

**Greater Arnprior Seniors Council (GASC) Records of Discussion
Wednesday, May 16, 2018**

Location: Arnprior Library, Main Hall

Present:

Darrel O'Shaughnessy – GASC Member (Chair)
 Sandra Elliott – GASC Member (Secretary)
 Ralph Chown – GASC Member
 Pamela Lemay – GASC Member
 Eleanor Hotchkiss – GASC Member
 Zander Abercrombie – GASC Member, Youth Representative
 Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home
 Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home
 Katrin Spencer, Arnprior Regional Health
 Geoff Patterson – Township of McNab/Braeside Recreation
 Glenn Arthur- Town of Arnprior, Recreation

Regrets:

Robin Paquette – Town of Arnprior
 Rick Gwalchmai – Town of Arnprior Recreation
 Karla Blemkie – Township of McNab-Braeside, Recreation
 Maureen Sullivan-Bentz – Hospice Renfrew
 Judy Cobus - Hospice Renfrew
 Karen DeLuca – Town of Arnprior, Library
 Eric Hanna – Arnprior Regional Health
 Jennifer Torode- Arnprior and District Family Health Team
 Kaila Zamojski – Town of Arnprior, Deputy Clerk
 Caitlin Brydges – Dementia Society of Ottawa and Renfrew County
 Laurie Reid – GASC member
 Janet Parry – GASC Member

1. Call to Order:

The Greater Arnprior Seniors Council (hereinafter shown as GASC) meeting commenced at 9:00 AM.

2. Roll Call

All Members of the Greater Arnprior Seniors Council were present, with the exception of those shown above.

Sandra introduced Zander Abercrombie a new member of the GASC. Zander is a Grade 10 student at ADHS who will represent the youth of our community and assist us in fulfilling

the intergenerational component of our mandate. Zander was recommended to us by Tom Havey, Principal of ADHS. He also volunteers several hours per week at the Opportunity Shop and The Grove Nursing Home and is involved in the swimming programs at the Nick Smith Centre and with the Bluefish Swim Team. We are thrilled that Zander has agreed to join our group.

Sandra also advised of another new member of the GASC, Laurie Reid who was unable to attend this meeting. Laurie is semi-retired and recently moved back to Arnprior from the Maritimes. She was looking to become involved in the community and after reviewing our website, sent us an application letter. Laurie is a strategy person with background in destination planning and development at provincial, regional and municipal levels. She has facilitated and taught groups in university and community settings. We felt she would be a welcome addition to the GASC and Darrel has asked her to also join the SALC Steering Committee to help develop their Marketing, and Outreach plan.

3. Adoption of Agenda

The agenda for the Greater Arnprior Senior Council of May 16, 2018, was adopted as presented.

4. Approval of Records of Discussion from March 21, 2018

Approved

Guest Speaker

Glenn Arthur introduced our guest speaker, Amanda Giroux, Aging at Home Coordinator of the Renfrew County Metis Nation of Ontario. This is a new program in Renfrew County aimed at indigenous seniors 55 years of age or older and funded by LHIN. Their head office is in Ottawa and are branching out to local communities in Renfrew County. The goal is to assist seniors to live independently at home by providing home care such as bath preparation, light housekeeping, laundry, and meal preparation. They also provide friendly home visits, transportation to medical appointments, shopping and banking. All services are provided at no cost to low income clients and through doctor referrals. This program is very similar to our local Seniors-at-Home Program and we encouraged Amanda to get in touch with Dennis Harrington who would be a helpful resource for her. Amanda will provide Sandra with an outline of the program which we agreed to provide a link to on our www.agefriendlyarnprior.ca website.

5. Matters for Discussion

5.1 Senior Transportation Options – Community Transportation Grant Program

Good News! Dennis Harrington advised that the Town of Arnprior, Carefor and Arnprior, Braeside-McNab Seniors at Home were successful in applying for this grant. The Seniors at Home Program will receive \$500,000 over 5 years to pay for the cost of a

new accessible vehicle, a driver, training, etc. This is a major news for the town and they hope to have the new vehicle by September.

5.2 Community Anti-Ageism Program

Eleanor Hotchiss advised that the Certificates of Recognition are ready to be presented to the ADHS students involved with conducting the interviews with seniors in our community. She is awaiting the names of the students and action is on ADHS to get back to us. Zander will approach the new history teacher on our behalf to provide this information. Eleanor and Zander will work together to move this forward. It is noted that June is Seniors month and it would be worthwhile to be able to have the certificates presented with a photo and an article in the local paper.

5.3 Seniors Games Update

Glenn Arthur advised that the carpet bowling event is being held in Arnprior today.

Discussion was held on Seniors Games activities throughout the county and how disorganized the planning process is. It was thought that transportation needs to be provided so more seniors can participate. These games were once very popular and well attended. Sandra was asked to bring this item forward in Feb/March next year so advanced planning can be organized and perhaps the GASC can assist in putting life back into the Games.

The Renfrew County Seniors Games AGM is being held at the Arnprior Legion on June 14 at 3 pm and **GASC Members are encouraged to attend**. Following the AGM there will be entertainment provided by Dennis Harrington and dinner at 5 pm. Tickets are \$17 for the dinner and they need to know numbers by May 31st. This is the first AGM in Arnprior in 20 years. Glenn will put together something for our website and for the Town's website. He will also have something put together for the local paper.

5.4 Seniors Month - June

Dennis Harrington advised that a BBQ in the park hosted by Seniors-at-Home is held in July rather than June.

Dennis will ask Robin to upload the poster announcing Seniors Month on the Town website. It was asked if there will be a Town Declaration and Dennis Harrington will ask Town Council to provide an announcement. Darrel will write an article on the GASC successes for the local paper.

There has been no activity on the Seniors Expo planning. Glenn's replacement as Recreation Director is Graham Ivory. Darrel will contact Rick Gwalchmai and Jay Koch for their thoughts.

5.5 Seniors Active Living Centre – SALC

Katrin advised that this Task Force has had their first kick-off meeting and key topics of discussion were:

- Interim locations – Schools, Kenwood Centre, New McNab Rec Centre
- Activities – Tai Chi, Senior Yoga
- Men’s Shed – get men involved to promote health, discussion groups
- Photography
- Computer Literacy
- Creative Writing

They hope to start introducing some of these activities in the Fall and will be looking for volunteers, instructors to run programs. They will be able to pay instructors and seniors with expertise in various programs may be interested. It is anticipated that Laurie Reid may be interested in driving the marketing of these activities.

5.6 Creative Writing Opportunities for Seniors

There seems to be two separate programs for creative writing, one driven by Karen DeLuca of the library and one for SALC. The GASC will reach out separately for someone to lead the SALC program. Perhaps a retired teacher. Darrel will contact the lady from the Almonte program to see if she knows of anyone who might be interested.

5.7 Dragon Boat Festival – July 21

Darrel has asked Zander for his assistance in recruiting youth to participate in a team with seniors to be named Mixed Assets. He is looking for 22 participants, 11 seniors and 11 youth. Zander will talk to ADHS Principal Tom Havey to see if ADHS will promote.

Pam LeMay will talk to her cycling group to see if any interest. Ralph will put a poster at the Pool at Nick Smith Centre.

5.8 Hike for Hospice Renfrew – May 6

The GASC team raised almost \$1500 and the Hike total was \$130,000. Amazing turnout.

6. New Business

6.1 Reading in Schools Program

Darrel has been approached by a couple of senior women proposing, through the GASC, a Let Older Volunteers Educate (LOVE) reading program for young children in elementary schools. This program would entail either children reading to seniors, or seniors reaching to children in a classroom setting. Darrel initially reached out to Karen Deluca at the library for input and she provided contact information for the principals of local schools. Darrel is looking for someone on the committee to

coordinate this program. Sandra Elliott and Pam LeMay have stepped forward and will contact the principals to see if this is of interest. Geoff Patterson will provide Sandra with the contact information for the Principal of McNab Public School as well.

6.2 LHIN

Darrel will be attending the Western Health Link Steering Committee meeting on May 18 on behalf of the GASC and will provide updates.

6.3 Grove Redevelopment Fundraising Campaign.

Darrel advised that he is on Arnprior Regional Health Fundraising Committee along with Glenn Arthur, Ed Reid, Lori Sullivan, Bruce Hill, Alyssa at McEwan Homes and George Stanois. They have had a meeting with the mayors of Arnprior and McNab-Braeside. Their goal is to raise \$5 million over 10 years of which \$1 million will be designated to new equipment for both the Grove Nursing Home and the hospital. All agreed that at our June 20 meeting we should have representation from this Committee.

7. Other Business

7.1 Champlain LHIN

Darrel wrote a letter to the Champlain LHIN pledging the support of the GASC with ARH in helping facilitate an expanded Adult or Dementia Day Program in the greater Arnprior region. He outlined the focus of the GASC and advised that an increased number of spaces available to the public for Adult or Dementia Day programs will benefit our community and encouraged LHIN to give this business initiative serious consideration.

8. Adjournment and Next Meeting

The meeting adjourned at 10:15 AM

**The next meeting of the GASC will be held on Wednesday, June 20, at 9:00 am
Kenwood Corporate Centre, Suite 110, 16 Edward Street S, Arnprior**