

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION

Wednesday, May 19, 2021- 9:00 AM

Present

Darrel O'Shaughnessy, Chair	Kaila Zamojski, Town of Arnprior, Deputy Clerk
Sandra Elliott, Secretary	Karen Simpson, AFHT
Pamela LeMay, Arnprior	Graeme Ivory, Town of Arnprior Recreation
Eleanor Hotchkiss, Arnprior	Tracey Foster, Island View
Dana McCabe, SALC	Lynn Russet, Island View
Geoff Patterson, McNab-Braeside Recreation	Brittany Harris, Arnprior Villa
Judy Cobus, ARH	Cathy McCaig, Arnprior Ministerial
Paul Helm, Arnprior	Audrey Edwards, Dementia Society
Tom Peckett, Mayor, McNab-Braeside, Guest	Glenn Arthur, Arnprior

Absent

Ralph Chown, McNab-Braeside	Eric Hanna, ARH
Pierce Campbell, ADHS, Youth Rep	Rick Gwalchmai, Arnprior Recreation
Marjorie Joly, Hospice Renfrew	Dennis Harrington, Seniors At Home
Mandy Stinson, Seniors at Home	

1. Call to Order

The April meeting of the GASC was called to order at 9:00 am.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above.

3. Adoption of Agenda

The Agenda was adopted as presented with no additions.

4. Approval of Records of Discussion from meeting of April 21, 2021

The Records of Discussion were approved and reported.

Program Updates

5.1 SALC – Dana McCabe

- Darrel welcomed Dana McCabe as the new Program Coordinator at SALC and as a member of the GASC.
- Dana outlined the virtual programs currently being offered at SALC: Yoga, Salsa and Pilates are well received and are complimentary for the month of June.
- The Community Gardens at Galilee are now open with 12 plots for Seniors. Six of these gardens are raised and all are spoken for

- Dana is hopeful SALC can re-open soon and looks forward to seeing everyone live with the return of bands, bridge and bus trips
- Seniors Without Walls continues to grow.
- Speakers are booked through the end of summer.

5.2 Men's Shed – Darrel O'Shaughnessy

- The Men's Shed partially re-opened on May 18 with protocols approved by the RCDHU and ARH.
- The Men are only focusing on building Memory Boxes for the new Grove residents at this time with 5 members assigned to this project. Darrel thanked Eric Hanna and Judy Cobus for their support. 39 Memory Boxes at \$175 each have been adopted to date with 16 businesses sponsoring at \$500 each. Rona, Gilks and McDonald Construction are significant sponsors.
- Other members are working on community projects from their homes.
- 40 Accessible picnic tables have been made.
- Planter boxes are being constructed and horse shoe pits for McNab-Braeside.
- Another Little Lending Library has been made for Veterans Park.

5.3 Arnprior Regional Health

Judy Cobus introduced herself as the new Manager of Community Programs at ARH which includes the SALC, the Men's Shed and the Adult Day Program at The Grove Nursing Home.

The Grove Redevelopment

- Lots of exciting things moving forward at the new Grove.
- Construction is on-track and residents will be moving into the new facility the first week of September.
- Residents are being interviewed on local radio stations and via social media.

Ontario Health Team

Judy wasn't able to address this topic.

5.4 Island View Activities - Tracey Foster

- The Island View is having an exciting draw sponsored by Reid Bros. It's a car detailing package for seniors.
- They are gradually opening outdoor games and coffee get-togethers in groups of 10 on the patio and gazebo.

5.5 The Villa Activities – Brittany Harris

- The Villa are also introducing limited outdoor activities on their courtyard and porch.
- Isolation orders are somewhat reduced for new members.
- They are starting to see some light at the end of the tunnel
- All are fully vaccinated.

5.6 Hospice Renfrew Activities - Marjorie Joly.

No report available

5.7 Seniors at Home – Dennis Harrington

No report available

5.8 Arnprior Family Health Team – Karen Simpson

- Karen advised that her life has been 100% focused on the vaccination rollout at the NSC.
- They are booking 1000 clients a week through end June and have been very busy. She thanked the many volunteers, the Town and the community for their overwhelming support
- With the paving of the NSC parking lot, the drive-through clinic will move to the high school in July.
- VTAC are also busy swabbing and testing
- There has been a huge increase in calls to physicians. There are currently 17 physicians working with the Family Health Team and over 15,000 patients. Many residents have no family physician.
- Arnprior was hit badly by COVID but there is light at the end of the tunnel and evidence shows that the vaccines are working.

5.9 Seniors Affordable Housing – Pam Lemay

- This Sub-Committee has been active
- Guest Speaker Richard Wright a local architect spoke on the tiny home housing concept and brought forward aspects to consider concerning construction, energy efficiency, zoning, by-laws, etc.

- There are a number of projects currently under consideration including the Galilee/Abbeyfield partnership, the First Baptist Church and McNab-Braeside properties.
- Mayor Tom Peckett of McNab-Braeside has joined this sub-committee and has confirmed the support of the township.
- The United Church CEC Centre was deemed not suitable for seniors housing but it could be repurposed into another seniors' service.
- It was agreed that the GASC and the Senior's Affordable Housing Sub-Committee will develop a Media Release, or a Community Report about our work since we last reported to Council highlighting our achievements with to regards to helping the Town of Arnprior establish itself as an Age-Friendly Community, our work in helping to increase to number of Long Term Care Beds in our Community from 60 to 96, as well as our commitments to explore and help facilitate Senior's Affordable Housing in the Greater Arnprior Region. With respect to Senior's Affordable Housing, it will be important to support the County of Renfrew's Senior's Housing Strategy by helping to validate local needs, and help us prioritize overall investment, including engaging the private business sector in our work.

In our view, the Community needs to know what's going on here at home with respect to Senior's Affordable Housing and our Community Report will help disseminate this information.

- Cathy McCaig advised that the Ministerial Group are meeting next week and she would pass on this information and solicit their support. Pam advised that she is on the Agenda at this meeting.
- Eleanor Hotchkiss offered her support and thought a publicity campaign was vital
- Dana offered to promote through SALC.
- **The concensus from this meeting was to go full steam ahead.**
- Palm Helm though it important to involve CMHC before going too far ahead with the tiny home concept and Pam wondered if we could ask them to attend one of our housing meetings.

5.10 Arnprior Recreation/Nick Smith Centre – Graeme Ivory

- The docks have been installed at the marina, the fence has been removed and new gates are being installed at each pier. It is looking more welcoming.
- June is Parks and Recreation month and our focus will be on parks and trails. A Participaction Grant of \$1000 will be used for this program.
- The Final Draft of the Waterfront Plan will be presented to Council.
- Outdoor concerts and Canada Day programs are in limbo right now.

- Currently working with consultants on the installation of accessibility, signage etc, at the NSC with the Grant money received.
- Applied for an ICIP Grant for 2 play structures. Some funds have been received.

5.11 Town of Arnprior – Kaila Zamojski

No report available.

5.12 McNab-Braeside – Geoff Patterson

- Geoff reported great participation from the community during the clean-up campaign. Geoff thanked the Men's Shed for their donation of a Muskoka Chair which enhanced the campaign.
- Many community programs in limbo right now and they are leaning towards more virtual programming. Fitness, boot camps and yoga are popular.
- The Museum grounds are being maintained.
- Like Arnprior, their Participaction Grant will focus on June Recreation and Parks month and weekly focus groups including a cycling group offering advice and techniques.

5.13 Dementia Society – Audrey Edwards

- Audrey advised that most of their programming now is virtual. When in the green and yellow zones they were able to meet with client groups and had a good response. Virtual programming is challenging with dementia patients.
- The Dementia Society are continuing to promote their Project Lifesaver which provides assistance in locating clients who wander. It involves wearing a bracelet which provides an AM/FM tracking signal which has proven to be more effective than a GPS in locating wanderers. If you know of anyone who could benefit from this device we are encouraged to promote and contact the Dementia Society.
- Darrel asked Audrey what the GASC could do to assist the Society
- They would like to roll out a dementia friendly campaign to local businesses including retail.
- The GASC mandate is to promote an age-friendly community and we can help with this.
- SALC is willing to assist and Brittany said The Villa could promote any of these programs through their newsletter.

5.14 Greater Arnprior Poverty and Homeless Committee – Paul Helm

Paul reported that this Committee is restructuring itself into various modules right now and attempting to get a handle on what the needs are. They are finding that attitudes are challenging.

5.15 Ministerial – Cathy McCaig

- Cathy is happy to bring any concerns to the Parish and the meeting next week might be their last for a while. They don't tend to meet regularly.
- Clark Young of Glad Tidings is the Chair of this group and can be contacted at clark@gt.ca

6 New Business

No new business was identified.

7 Other Business

- Darrel advised that Will Paterson of the Whitewater Region of Renfrew County has reached out to him. Will is very interested and impressed with what the GASC has accomplished with our partnerships and alliances and is asking for our assistance in establishing a seniors' council going forward. He may reach out to each of us.
- This is Glenn's last week at the SALC but he will stay on as a member of the GASC in a personal capacity which we are pleased to hear.
- Judy Cobus advised that the Ministry of LTC has approved the redevelopment of 35 LTC beds in the old Grove.

8 Adjournment.

This meeting was adjourned at 10:05 am

***THE NEXT MEETING OF THE GASC WILL BE HELD AT 9 AM
ON WEDNESDAY, JUNE 16 VIA ZOOM.***

***THIS WILL BE OUR LAST MEETING AS WE PAUSE FOR A
SUMMER HIATUS. WE WILL RESUME OUR MONTHLY
MEETINGS AGAIN IN SEPTEMBER,***