

**Council on Aging**  
**Minutes of the Meeting of January 11th, 2019**

**Location:** Active Lifestyles Seniors Centre

**Time:** 9:30 a.m. to noon.

**Attendance:** Jan Chamberlain, Wally Halliday, David Bradley, Linda Isbester, Ann Manger, Mary Beth Lisk, Judy Chalmers, Emily Powell, Doug Walsh, Sharon McKeachnie, Sharron Colter, Mary Lou Pfeffer, Sandra Hong, Rosalind Brooks.

**Guest:**

**Regrets:** Tanya Shute, Stephanie Lacey – Avon, Elizabeth O'Brien, Connie Barker, Meri Diane Carroll, Pamela McDermid, Elvin Martin, Lorretta Dunn, Sandy Pusztay,

**Welcome:** Wally as chair, welcomed the group.

**Additions to the December minutes to include that 30% of seniors are without or do not use a computer (not proficient users) therefore to obtain for example health care information, information must be available via a real person contact (end of phone or in person), in print as well as online.**

**Also, Connie in her presentation. Connie reported from the Chantry Centre, Saugeen shores that "Bruce County Museum was successful in acquiring a New Horizons grant from the Ont. Gov't. These funds allowed for programming for senior men and women over the 2018 year".**

1. **Approval of the Agenda:** Agenda and minutes were approved by consensus. The minutes with the above noted changes.
2. **Approval of the Minutes:** see above
3. **Correspondence:** Non to report.

**Business Arising:**

4. **Senior's Summit:** Jan reported that an adhoc committee has begun work on the summit to be held on September 24<sup>th</sup> and 25<sup>th</sup> at the Bayshore Community Centre. The committee will be applying for funding through the ALC on behalf of COAGB. Funds may also be available through other agencies.

On Tuesday evening there will be a keynote speaker. Confirmation is pending.  
Topics for Wednesday may include Loneliness and housing, Seniors Centre without Walls.

The Senior's Centre without Walls is a program of the Good Companions Centre in Ottawa. It is a phone call approach to loneliness with guest speakers, TED talks etc. over the phone. Much like a conference call with privacy.

Jan and Tanya are taking part in a teleconference this am via Mercuri.ca to determine whether membership for us would be valuable.

The ALC has applied for funding for a program called "Answers for Seniors" a similar program that can answer senior's questions in person, by phone or email. The project would be modelled after the BVO program. Helpagecanada.ca has information about isolation.

5. **Housing Report:** Jan reported that a Guelph program for Loneliness is adopting a "Senior's Co-housing and Co-caregiving" focus. Women can apply to have a student living with them if space is available. A registry provides security and a matching process. One of the local Owen Sound Probus interest groups is looking at co-housing.

#### 6. **Executive Committee Report:**

The Executive Committee met on January 8<sup>th</sup>, 2019.

**Communication-** the executive and communications committee was asked to simplify the access to email for the Council on Aging. The revised email address is now [coagreybruce@gmail.com](mailto:coagreybruce@gmail.com)

**Strategic Plan** – Tanya and Wally are in the process of updating the strategic plan. Some great successes have been achieved. New and revised pamphlet, website development, communications via phone and email and presentations to several Municipalities some of which have supported Senior or Community Advisory committees.

In 2019 need to go back to some Municipalities who have new councils or who were part way through the process or at the town hall stage when the election was called.

The revised Strategic Plan will be presented for explanation, comment and next steps at the February 8<sup>th</sup>, 2019.

The Feb. meeting will also be an opportunity to update members on the COAGB goals/purpose and outcomes.

The next steps when re-visiting the Age Friendly presentations to Municipalities are to look at job descriptions for the 17 geographic area representatives as COAGB members.

We need an official orientation package for new members- most of which we can pull from the website as a separate section. As well as [www.agefriendlyontario.cinga](http://www.agefriendlyontario.cinga) "Age Friendly Communities (AFC) improve the ability of older adults to live in security, enjoy good health and continue to participate fully in society.

Another website to pay attention to is [www.macmasteroptimalaging.org/blog/detail/hitting](http://www.macmasteroptimalaging.org/blog/detail/hitting)

#### 7. **Communications Report:**

**Wally's report –See attached Communications-**

**Outreach:** Any email or phone information requests pertaining to the COAGB initiatives was received and responded to as needed during the last month. No requests from municipalities were received since the last report.

**Next Steps:**

**Continue to monitor and respond as needed to emails/phone enquiries/requests regarding the COAGB from both the [coagreybruce@gmail.com](mailto:coagreybruce@gmail.com) account and/or forwarded from the ALC office in Owen Sound.**

**8. Financial Report:**

**David's reported that the bank balance has not changed-** see below.

Bank Balance \$1106.08 total.

The pamphlets are in. Please take if required. Check for the pamphlets has been issued. Next issue please change the brochure- change ALSC to ALC (Active Lifestyles Centre Grey Bruce)

**9. Give and Get Information Sharing:**

**WALLY asks us to please send all events to Wally as they arise. He will post on the website and it will cut down on meeting time.**

**Linda** reported that she is meeting with Wiaraton Seniors on January 30<sup>th</sup> at 10:00 am at St. John's United

Church. David, Doug and Sharron are going to assist Linda.

Linda will connect with Terry Bell councillor, SBP to confirm her membership on the COAGB. Once Linda is confirmed as the member by SBP council Linda will ask to make a ten-minute presentation to update the Council.

**Judy** reported that the Active Lifestyles Centre is prepared for the Robbie Burns event on Sunday January 20<sup>th</sup>. There are still tickets available and there will be some for sale at the door.

**Doug** reported that the grey Bruce Family Health Team is offering speakers and exercise programs at the community centre. Sessions are free to everyone from Arran Elderslie.

Doug is impressed with the librarian and chair of the friends of the library. He is starting reading programs at senior's homes in Chesley and wants to develop a package of information re dementia. Doug will connect him to Sandra.

Brockton is hosting the senior's games for zone 27 in the Spring of 2019. The new Chesley bridge is open and has been named the "Ron Oswald" bridge.

**Sharon** reported as above re Robbie Burns.

**Sandra** reported that January is Alzheimer's Awareness month. There is a workshop for care partners or/and those living with dementia..." Breaking Down the Stigma", March 8<sup>th</sup> at the Plex. Michael Barnes presents "Letters to a Caregiver".

**Sandra also has socks for sale as a fundraiser.**

The "Memory and Aging" sessions presented in SBP went well. Great attendance. Sandra mentions that we should put Diane Jackson on our speakers list re "Share the Care"

Fire fighters in Singhampton, Saugeen Shores and Owen Sound (Grey Bruce) are implementing a “Dementia Friendly” environment.

**Emily** provided information re “Rate My Treads”. Shoe and boot companies are manufacturing their products now to make them safer for walking. This year 30% of footwear made the list. There is a brochure- “Safe Winter Walking, Enjoy and Be Safe”. Other resources include “What to do if you have a Fall”, “Exercises at the Kitchen Sink”, “Canada Physical Activity Guidelines” **etc.**

**Colleen** representing Home and Community Support Services is looking forward to contributing as an agency member.

**Ann** is really pleased to be a part of the group. Jan is a great mentor.

**Sharron** reported that the community is having a silent auction raise funds to renovate the legion’s washrooms and ramp to make the Legion Hall accessible. Sharron also suggested a silent auction to raise funds for the COAGB at the Senior’s summit.

**Mary Lou** reported that the Senior’s Centre for North Wellington (Drayton) is supported by the LIHN and has outreach in Clifford, Harriston etc. Programs offered include exercise, dining, friendship circles and walking groups. <http://www.mapleton.ca/live-mapleton/seniors-centre.html>

10. Meeting Adjournment. Sharron moved the adjournment of the meeting at 11:55 am.

11. **Next Meeting:** Friday February 8th, 2019 at 9:30 am to 12 noon.

PLEASE NOTE LOCATION:

**Active Lifestyles Seniors Centre, Owen Sound.**