

**Council on Aging**  
**Minutes of the Meeting of October 12th, 2018**

**Location:** Active Lifestyles Seniors Centre

**Time:** 9:30 a.m. to 11:30.

**Attendance:** Tanya Shute, Jan Chamberlain, Wally Halliday, David Bradley, Judy Chalmers, Emily Powell, Doug Walsh, Sandy Pusztay, Sharon McKeachnie, Mary Lou Pfeffer, Sandra Hong, Elvin Martin, Sharron Colter, Rosalind Brooks.

**Regrets:** Stephanie Lacey-Avon, Lorretta Dunn, Elizabeth O'Brien, Pam McDermid, Meri Diane Carroll

**Welcome:** Tanya, chair, welcomed the group.

1. **Approval of the Agenda:** Agenda approved
2. **Approval of the Minutes:** Minutes approved with the following change- Pam McDermid has a 5 -day volunteer position as a member of the New Horizons Regional Assessment Committee.

Wally Halliday was not present at the last meeting.

**3. Executive Committee Report:**

The Executive Committee did not meet during the last month but Tanya, Sharron and David made a COAGB presentation to the "Safe Communities Committee" of Warton and the Bruce Peninsula. COA reps invited a rep from this committee to sit on COA. Ros agreed to connect with Judy Nafziger re representation.

Tanya and Jan are attending the OCAO conference on Oct. 29<sup>th</sup>. Will report back at the November meeting.

4. **Correspondence:** None to report.

5. Meetings and Speakers:

- ✓ We have a speakers list. Add Jackie Ralph, LIHN health line, 211, Seniors for Excellence, retired neuro surgeon Dr. Brian Taylor. Send other ideas to David or Emily to add to the "speakers List"
- ✓ Mary Lou to contact North Wellington, Seniors for Excellence re attending the Nov. 9<sup>th</sup> meeting. Let Tanya know.
- ✓ Next agenda- set up dates re meeting at community venues.

**6. Group Discussion re: Municipal Elections/Voting System**

- An all candidates meeting at the ALSC. Described system of online or phone voting. Also, on website. Meeting poorly attended. Not all candidates able to attend. Privacy is a concern re mail left in lobbies in apartment buildings etc. but

need to enter birthdate to start the online/phone system of voting. Concern re privacy when people are asking for assistance at the Help Centres. "If people are compromised in any way they are not likely to vote"

- A warm transfer from the old system to the new would have been useful. Can we put something on the COAGB website?
- All the information required is on the voting card.
- Accessibility is a concern in some areas/help centres
- Question re can COA offer workshops, response we must continue to refer people to resources. COA does not provide programs. We cannot be a political body.
- The Sun Times had a set of questions for all candidates and their responses which are now on their website
- Southgate- District 9, Durham Rally, speaker Ethan Henry works for Southgate. Kinplex meeting well attended but no time to have mail in questions answered.
- Arran Elderslie- all ballots are mail in. At "All Candidates" meeting there were no questions re voting system.
- Brockton- very good video re voting online.
- North Bruce Peninsula- Many don't feel politics is important! Many seniors don't have the technical skills to vote online. All candidates meeting in Tobermory. Tobermory Press had insert in paper- 5 questions to candidates. Four of five questions related to the environment.
- West Grey- Lots of info available on U Tube etc.- West Grey going into Senior's Residential Homes
- **It was agreed that Jan would take a lead on an article to gather all the concerns and information and post it on the COAGB website.**

## 7. Business Arising:

### Communications Report:

#### Communications- Wally reported that;

- ❖ **The website** is active as of Sept. 14<sup>th</sup>. Elizabeth, Tanya, Jan and Wally attending training at Have 1.com on Friday October 12<sup>th</sup>@ 12:45 PM. Website is [www.coagb.com](http://www.coagb.com)
- ❖ **Southgate Seniors Fair:** COAGB members attended and had a booth at the Southgate Seniors Fair on Wednesday September 26<sup>th</sup> from 10:00 am until 3:00 pm in Holstein.
- ❖ **Inquiry:** Wally contacted Bruce Edwards from Kincardine about attending the Oct 12<sup>th</sup> meeting. Bruce does not drive but wants to be involved and inquired as to an opportunity to access the meetings via "zoom" or other on-line means.

#### 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.

### **Executive Members Meetings Schedule:**

- ❖ Oct. 4<sup>th</sup> @ 4 PM @ Safe Communities Bruce Peninsula meeting @ Wiarton OPP Station
- ❖ Oct. 11<sup>th</sup> @ 2 PM @; David and Wally meeting with Lynne Davidson, Brockton Rec. Dept. and Janine Dunlop, Regional Advisor, Ministry for Seniors and Accessibility; regarding grants to move the Brockton SAC forward.
- ❖ Oct. 12<sup>th</sup> @ 9:30 AM @ COAGB board meeting at ALSCGB @ Owen Sound
- ❖ Oct 26<sup>th</sup> @ 7:45 AM @ Healthy Communities Partnership meeting @ the Grey Bruce Health Unit @ Owen Sound
- ❖ Oct. 29<sup>th</sup> & 30<sup>th</sup> @ OACAO “Aging Well, Turning Vision Into Action” Conference @ Mississauga.
- ❖ It was suggested that Wally send COA meeting notices to “Boomer Magazine”. Our meetings are NOT events but local areas can send notices; eg: their notice of “Senior’s Fairs” etc. We can also send Amy an update article of COAGB activities.

### **Next Steps:**

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

### **Financial Report:**

#### **David’s report-**

Bank Balance: = \$ 1207,55 total. I am also keeping track of the CFGB Grant funds.

CFGB Grant Balance = \$103,55. (Have 1 invoice 0033406 (\$1428.77) Have 1 invoice 0033406 (\$1117.68)) = \$453.55 - \$350,00 ALSC Administration Services.

Total Balance: = \$1311,10

Note; how many brochures do we have left. Need to order more. I have already added our new website. Are there any other changes that are needed?

Motion made by David Bradley to order 1,000 more brochures with the changes as noted including changing some of the order to “Rack” cards Seconded by Doug Walsh. Carried

- ❖ **Brockton:** Wally has summarized
- ❖ **Saugeen Shores:** I have made multiple calls to Lisa Billings our SS municipal contact. No messages have been returned. I expect it is only due to the upcoming elections turmoil and will follow up after the elections. I did contact Connie Barker and she wanted to come to the Oct. 12<sup>th</sup> meeting but she runs an exercise class for VON (Loretta) on Friday morning so was not available. Connie would like to get a copy of the minutes. [cbarker797@gmail.com](mailto:cbarker797@gmail.com).
- ❖ **Wiaraton Oct. 4<sup>th</sup>:** Sharron, Tanya and I attended the “Safe Communities Bruce Peninsula” Committee meeting held at the OPP station in Wiaraton. I was really impressed with this committee and their mission. “safe Communities for all” The

committee consists of representatives from the Municipal Councils, schools, OPP, Health Unit, United Way, Media etc. We made our COAGB presentation and it was well received, in fact the question was “who is the Southern Bruce Peninsula representative on the COA”? Linda Isbester asked the question and hopes to attend the Oct 12<sup>th</sup> meeting. **The Southern Bruce County Safe Communities Committee celebrates as a designated Safe Community under the “ParachuteCanadaCharitableOrganization.**  
<http://www.parachutecanada.org/>

❖ **Kincardine:** I will re-establish communications after the municipal election.

## 8. Housing Report:

Jan reported that municipal candidates are not all current or clear re housing needs or issues. Matt Shute gave an excellent presentation re housing needs from a mental health perspective. Housing is complex!

Seniors want rental housing. In each municipality can we endorse a housing registry and add seniors who want co-housing?

We need another Senior’s Summit. B.F. to next meeting.

To attract frontline workers to the area we need more affordable housing.

## 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.**

**Judy** reported that a new ALSC Admin staff will start on Oct. 29<sup>th</sup>. Thanks to Sharon for filling the gap after Gail left.

**Doug** reported that the fall rally for this zone is on Oct 22<sup>nd</sup>. Flu doses this season are in limited supply. Contact your Doc. Asap. October 1<sup>st</sup> is the United Nations Seniors Day. - Toronto

**Sharron** reported that she will follow up with Emily re an article in “Zoomer”- free promotional material.

**Sandra** reported that

- ✓ Jerrie Traynor/Karen Neerhof, SBP have asked for a “Memory and Aging” workshop. It will be 2 hours a week for 5 weeks.
- ✓ Hanover has a learning series- “Memory Café”. In the process of looking for free space. Try legion, local police offices, Early On hub on 9<sup>th</sup> St.
- ✓ “Night to Remember” on Oct. 20<sup>th</sup>, Guest speaker Tony Luciani. (Ted Talk)
- ✓ “Changing Melody” conference on Oct 22<sup>nd</sup> from 9am -1pm

**Tanya** reported that there will be “Lonely no More” train the trainer sessions held in Dundalk (Oct 26<sup>th</sup>) and Owen Sound (Oct 29<sup>th</sup>). This workshop builds on the program “Seniors with out Walls”, a telephone assurance program based on research.

**Tanya also reported for Loretta** that there are waiting lists for housekeeping and meals on wheels services. Posters attached re programs offered.

**Elvin** reported that yesterdays SAC meeting for Southgate is the last until after the municipal election. The health fair was very successful. Will do a start, stop, continue list for the next event.

Accolades from all who attended. Elvin felt that the free lunch was a hit but there was insufficient seating for people to sit and eat comfortably. The Mayor was unable to attend but sent a congratulatory letter

**Jan** reported that the “Healthy Communities Partnership meeting will be held on October 26<sup>th</sup> in the Grey County Building (595 9<sup>th</sup> Ave. East, Owen Sound) in the Valley Room

Jan reported that she had visited “Good Companions”. A senior’s centre without walls. in Ottawa.

**Emily** reported that the Southgate fair was a great success. People raved about the soups! Consider different layouts for tables next time. Emily had meaningful conversations and made a number of connections/partnerships. Feedback from seniors was terrific.

Two grant streams provided funding including \$3,000 from the “Community Foundation Grey Bruce.

Owen Sound Family Health Team is looking at people (7000) who haven’t had bone density tests. Focusing on falls etc. Connection to Health Unit re falls prevention.

November is Falls Prevention and Osteoporosis month. Information is circulating via libraries.

Emily is working on a committee for the Owen Sound and Area Health Fair with the United Way. Developing principles to support decision making.

**David – Outreach- Much of this work is in Limbo pending elections and results!!**

**Mary Lou** reported that West Grey would like to host a health fair in 2020. Planning has started.

## 10. Meeting Adjournment.

11. **Next Meeting:** Friday November 9th, 2018 at 9:30 am to 11:30 am at the ALSC, Owen Sound

PLEASE NOTE LOCATION:

Active Lifestyles Seniors Centre, Owen Sound.