

COUNCIL ON AGING GREY-BRUCE (COAGB)

Minutes of Meeting on *Friday February 7, 2019*

Time: 9:30 a.m. – 11:30 a.m.

Location: Active Lifestyles Seniors' Centre, Owen Sound

1. Welcome: Tanya Shute as Chair welcomed the group and asked for roundtable and teleconference introductions

Present:

Tanya Shute, Chair, Linda Isbester, Wiarton, Sandra Hong, Public Education Coordinator, Alzheimer Society, Grey-Bruce, Audrey and Doug Walsh, USCO Zone 32, Chesley, Jan Chamberlain, Owen Sound, Carolynne Wood, Elvin Martin Grey Highlands, Judy Nafziger, David Bradley, Wally Halliday, 2nd Vice-Chair/Communications Chair, South Bruce, Ann Magner, Owen Sound

Present via teleconference: Mary Beth Lisk, Sharon Coulter, North Bruce, Pam McDermid, Colleen Bonninger, Pauline of Community Support Services, Elizabeth O'Brien, Emily Powell, Health Promoter Grey Bruce Health Unit

Regrets: Rosalind Brooks, Owen Sound

2. Approval of the agenda:

Motioned by Doug Walsh

Approved by: all

3. Approval of Minutes:

Approved by: all

4. Presentation: Tanya: No formal presentation today.

Instead there will be a discussion of the **Annual Work Plan** and any updates.

Discussion from January meeting about Work Plan – large and comprehensive and not as straightforward – three high-level ideas to move forward

1st goal = to engage municipalities

Wally is involved in most municipal engagements. Thus there is a stand-alone document in place listing municipalities, presentations, subsequent presentations and the game plan moving forward. This is a 'living' document, which encompasses ongoing conversations regarding Age-Friendly communities. IT is to facilitate Wally and Tanya corresponding via email. This document is almost like a contact list for when new reps come onboard. It will be placed on the website because people are being steered to website. Upcoming 2019 presentations
 2017 – 19 Promote COA and Age-Friendly Communities and different modes of delivering information
 Connected on 211

5. New Business:

a) **SENIORS SUMMIT**: Jan Chamberlain

DATE OF SUMMIT: SEPTEMBER 24th and 25TH 2019

LOCATION: Bayshore Community Centre, Owen Sound

Cori at the Active Lifestyles/Tannery office in Owen Sound will help with all promotions and registration for the Summit. Cori has a wealth of past experience with the organization of 10 national conferences under her belt, including an event starring Rick Mercer. Cori will handle all promotions and registrations for the Summit.

Plan: On Tues. evening of the Summit on September 24/19 there will be an evening meal. Cori's idea for promoting the Tues. night event at the Summit with Dr. Goldman, is to look for a known Owen Sound chef to prepare the Tuesday evening meal, thus attracting people to attend the dinner. Ros has given a couple of names of possible chefs to Cori. There will be a charge of \$40 or \$50 dollars per person. The Summit is open to public on Tuesday night. There will be the option of buying a table. The majority of the costs for the Summit will be from Tuesday night, September 24th, over and above the Wednesday day of the event.

On Tues. evening Sept. 24/19 there will be a Guest Speaker: Dr. Brian Goldman. Dr. Goldman will be speaking to his book *The Art of*

Compassion, including addressing the challenge of doctor 'burn out'. The book *the Art of Compassion* will be available for sale Tuesday night at the Summit. Local leaders will be attending. The plan is to have COAGB friendly greeters in place. COAGB is targeting a senior leaders audience and is brainstorming how to attract physicians as champions for seniors, and caregivers. The Summit will help COAGB with its profile. Plans are in place to promote the Seniors Summit at the Seniors Fair in June 2019. Cori will send out *Save the Date* announcements for the Seniors Summit ahead of time.

b) SOCIAL ISOLATION UPDATE: Jan

Senior Centre without Walls concept as a way of addressing loneliness and seniors. An example of this concept in action was when, after Jan gave Linda a name of someone in Wiarton who does not drive, Linda organized taking her to seniors' meetings, matinees, 'Champion' information was shared with contacts from the centre.

b) HOUSING CHAIR UPDATE: Jan

Jan is on the Housing Committee with Owen Sound. She reported on a special meeting on housing with Bill Walker at St. Andrew's Church. Notes from this discussion will be summarized to take back to the provincial government. Jan has Grey County's submission to be put with minutes to send out to all. There is a need for continued work with housing developers, which takes time. Money is coming. There are too many restrictions placed on the right mix of housing. Innovative thinking is needed. There is a Feb. 20/19 meeting. A summary of this meeting will be available to present at the Summit.

Elvin: Reported on the need and availability for affordable senior housing within various 17 communities. He is currently referring people to 211. Housing should be considered as a topic at the Seniors Summit and as one of the main breakout sessions. Currently there are extensive wait lists for housing. This is a topic that is localized and pertinent to now, but is also an overall issue for seniors.

There was a recommendation to put housing in the draft Summit Work Plan and connect with local speakers. There is a move to

affordable or attainable rent geared to income. Do we see this as trend within?

Pam: There is a greater need for ethical landlords and developers who have the interests of affordable and accessible housing for seniors at heart. A new build is in progress on 9th Ave. with room for 8 new families, and is scheduled to be open on May 1/19.

d) FINANCIAL UPDATE: David

Tracks COAGB balance and funds for community foundations grant. Carry over from January 2019 is \$1003.26 includes fourth order of brochures

Grant balance carried over is \$103.05.

\$1106.81 Total

No transactions from Jan./19 meeting.

e) EXECUTIVE UPDATE: Tanya

Focus on the Work Plan and on engaging municipalities, along with the vital communications piece. Wally and Tanya were both on Rogers TV. The Seniors Summit is something we are branding. We are the host.

f) COMMUNICATION CHAIR UPDATE: Wally

- **Website:** www.coagb.com is active and updates and/or additions being made as needed.
NOTE: Board Minutes are being posted to the website.
- **Email Address:** New email address; coagreybruce@gmail.com has been created and activated. The old email address is still active and has been forwarded to the new email address.
No change has been made on the COAGB website as yet but will be updated with the new email address.
- **Brochures:** The brochure has been updated to include the logos' of our sponsors. The Community Foundation Grey Bruce logo and the corrected Active Lifestyles Centre Grey Bruce logo.
- **Saugeen Shores:** A meeting is arranged with the new mayor, Luke Charbonneau for Tuesday March 5th 2019 @ 1 PM to address the COAGB. Connie B, David B and Wally H will be attending.

- **Kincardine:** The municipality initially declined to participate in the formation of an SAC at this time. David continued an open dialogue, which resulted in the CAO of Kincardine agreeing to revisit the formation of a local SAC in the spring and the appointment of a municipal liaison. As well David is corresponding with the interested individuals in Kincardine to solicit a representative from the Municipality of Kincardine to sit on the COAGB Board.
- **Brockton:** David B and Wally H will be meeting with Lynne in early 2019 to help produce an asset management list of people resources, physical infrastructure resources, funding resources and a community needs assessment in preparation for future granting opportunities.
- **Northern Bruce Peninsula:** Sharron C is collaborating with Bill Jones, CAO of the Municipality of Northern Bruce Peninsula to set up the logistics of forming a SAC in NBP.
- **South Bruce Peninsula:** David B, Doug W and Ann M attended a Seniors Group meeting with Linda I at St Johns United Church Warton to present the COAGB initiatives and objectives.

Outreach:

- Community information organizations, southwesthealthline.ca and 211, have been updated with the COAGB website information as well as other changes as needed.
- Any email or phone information requests pertaining to the COAGB initiatives was received and responded to as needed during the last month.

Executive Meeting Schedule:

Feb 6th, 2019 @ 10 AM @ St. Johns United Church @ Warton

Feb 8th, 2019 @ 9:30 AM @ COAGB Board meeting @ ALCGB office @ Owen Sound

Mar 5th, 2019 @ 1 PM @ meeting with Saugeen Shores Mayor @ Port Elgin

Mar 8th, 2019 @ 9:30 AM @ COAGB Board meeting @ ALCGB office @ Owen Sound

Next Steps:

Continue to monitor and respond as needed to emails/phone enquiries/requests regarding the COAGB, from the www.coagb.com

website, coagreybruceowensound@gmail.com account and/or forwarded from the ALSC office in Owen Sound.

g) ROUNDTABLE: ALL

Judy: The newsletter, Active Happenings @ ALC, is out
The Robbie Burns event was a resounding success.
Copies of new bus trips for 2019: were distributed.

Elvin: Towards the end of 2018 he received an email from Tanya inviting him to attend the SAC meeting at Grey Highlands in Jan./19. Before the day ended Elvin was appointed Chair of the Grey Highlands SAC and representative on the COA. He was asked to attend the March COAGB meeting.

Tanya: to organize contacts for newer members and is looking to work with the community. She is keen about the new councilor, Lynn Silverton, who is "on board for the next four years.

Doug: District 27 hosting southwest regional senior games after contact with the local parks and recreation committee. The Brockton Family Health Team is running a fitness program, and information is available from Doug. Re: frauds and seniors. Doug experienced a scam from someone posing under a false identity, so exercise caution. Doug will keep the COA informed as to the upcoming Seniors Fair. A suggestion for working effectively with the government is not to ask or demand. Doug is currently going over all resolutions received, and at the next meeting he will bring in resolutions to discuss. There is an upcoming Health Fair in Chesley on October 23/19 with an admission charge of \$2 or a donation.

Sandra: 20 registered people will be going to a health conference on aging in March 2019. Elvin asked about the memory clinic once available through CAMH and the Alzheimer's Society of Canada. *Perspectives of a Care Partner* takes place Fri. March 1-3/19 in Port Elgin with Mike Barnes, and Sandra is presenting on the *Power of Support*. The Alzheimer's Society is being promoted in Markdale along with services what we can provide collectively. The reality is

that often the care partner is struggling more so than the one suffering from dementia.

Linda: Thanks to Doug and Dave for their COA presentation, and to Ann for taking the minutes at the Warton Seniors' meeting on Feb. 5/19. Terry Bell's attendance was very well received as a guest at this meeting (current councilor). Linda has been working in collaboration with Terry to highlight the COA. The Safe Community Care Committee covers safety across board. Terry supports Linda as a member of this committee. Linda needs to contact municipal council and fill out a delegation form. Linda also spoke about a dance program for seniors reported in the Tobermory Press called Sharing Dance Seniors. There is an on-site coordinator for this program, which has 3 components. The cost is \$350 fee for an individual, with the exception of Tobermory seniors, who are free due to sponsorship.

Tanya: Reported that she will apply for website funding to continue to develop the website. Southeast Grey Community Health Centre has represented COAGB at seniors' fairs, health fairs, and various presentations. Brochures have been revised and printed. The Year End Report has been presented on behalf of the COAGB and Tanya continues to develop and redevelop communication and fills the need for a common person to vet communication. Tanya spoke about the importance of provincial networking and shared the example of Sarah Webster's Age Friendly London Network at <http://www.london.ca/residents/Seniors/Age-Friendly> out of southwest London. The website highlights news around age friendly communities and beyond. Webinars are posted and the message is sent out the moment grants are available for application, including technology grants.

Doug: reported the provincial connection between himself and the United Seniors' Federation. The federation advocates for funding including the successful Community Foundation grant and is active in applying for other grants. There is a March 7/19 meeting at the Legion on grant money application.

Elvin: reported the need for a rep from COAGB to attend the Granting Fair and not for profit workshops. 6 funding organizations will be present with funding criteria in a.m. \$25 for attendance fee. Call 519-371-7203 to speak to Wendy to register.

Jan, David, and Tanya have attended in the past and consider it very worthwhile. Elvin reported on the 'Back Wall' a classified section for volunteer opportunities to establish a network for both Grey and Bruce County. Elvin will attend, collect information, and share as he represents COAGB.

Jan: The Police Chief is new to Owen Sound; therefore it's important to apprise him of how we are working for seniors. It would be a proactive gesture to invite him as a presenter in order to highlight the importance of a police presence for seniors to combat fraud and ensure seniors' safety, including seniors with dementia.

Sandra: There is a program available, which is supported by the Ontario Seniors' Secretariat, that educates seniors with dementia, and the public, i.e. if seniors go lost there is a website called *Finding Your Way*. It's interactive and demonstrates how to make your home safe for people with dementia. This topic is applicable to COAGB discussions regarding establishing a partnership with police. Sandra could report on this next month within an hour, and possibly along with a police presentation. Jan will organize this for the next COA meeting on March 8th, and Sandra will present.

Doug Walsh: highlighted the 50 + Lifestyles Fair, Chesley, and the Seniors Health Fair. In the past, partnered with them and shared a table at a cost \$35 per table. Wed. Oct. 23/19 is the seniors' Fair. Doug will keep us informed

Linda: belongs to *Safe Care for All* Bruce Peninsula. There was discussion on safe communities vs. age friendly communities.

Pam: Could we have an opportunity at the Summit to share all we've done, so as not to duplicate. The main goal of Summit is to bring people up to date on all going on.

Tanya: responded that this is in place in the Work Plan, along with a chart to use as steering for planning for conference.

Pam: Re: Senior Safety Network. Careful thought is needed in regards to acquiring vital input from seniors to answer the question: What makes a community safe for seniors? Meeting March 28/19, Thurs. from 1 p.m. to 4 p.m., hosted at Bayshore to get as much input and engagement from people attending this community based event. Promotion and input is achieved by going to fairs and taking every opportunity to speak with seniors about abuse, and not having others speak for them. Focus on the topic of abuse for the Seniors' Summit. There was discussion regarding the need for a Senior Safety Line. There exists an impression amongst many older people that there is nothing seniors can do regarding elder abuse, which is accompanied by feelings of helplessness. The importance of highlighting what is being done and what is available was stressed.

Sandra just completed several presentations on elder abuse and dementia. Thanks to the Community Health Centre out of Markdale, all expenses were covered with a nominal cost.

Advocacy is not in the Work Plan. Some Seniors Advisory groups are big on advocacy. (Grey Gables – example provided). The importance of being diplomatic and not showing bias was stressed. All in all it comes down to the core of COA, which is representing and speaking on behalf of all seniors

David: expressed the challenges entailed in representing 17 municipalities without any conflict of interest, or some divisiveness, which detracts from the goals at hand.

Pam: The challenge is between personal opinions vs. supporting the principles of COA. We do not want to play a part in dividing interests of seniors.

Doug: 250,000 members in organization, COAs represent 2 1/2 million seniors. Currently hold a seat at Queen's Park, but there's difficulty meeting with Minister of Seniors' Affairs, and meetings are often postponed. Thus it's even more important that we be united. Seniors are even more vulnerable in terms of legislation, funding, etc. and issues that impact them. Advocacy is needed at a broader level for change. Housing issues are paramount.

Jan: encouraged the use of the word 'Champions' as part of the key vocabulary when discussing leaders who are seniors. There needs to be ongoing work on acquiring local government support. We don't want to pretend issues don't exist, but the question remains as to how we can most effectively communicate these issues. Do we bring things up at the table, so as not to divide this group? We don't want the municipal govt. to see us as lobbyists. e.g. online voting piece.

Pam: suggested that we contact a couple of local organizations that can provide the COA with a presentation on ways to effectively advocate, based upon their own successful experiences. This would be a positive learning opportunity and a chance to see what is being done elsewhere.

Jan: Let's begin with teaching people how to collaborate vs. working in isolation or in silos.

Doug: The word advocacy has been removed from the government's bylaws because it connotes political action. There's a need for education and a definition of advocacy placed into the Work Plan. We are a 'velvet glove' organization.

Dave: Advocacy is the focus of CAC and the COA supports the CAC for the greater good of its population.

Elvin: Caution is needed. The consensus is to look into the role of advocacy and or next steps using the Work Plan as the vehicle to do this.

Dave: stressed the importance of providing video conferencing as an option for seniors.

Sandra: March 27 all day from 10a.m. to 3 p.m. - *Friendly Visiting Forum*, Home and Community Support Services, offers *One Person One Hour*, which highlights the signs of isolation and loneliness with a focus on improving issues related to the importance and need for social connection. Not open to public.

Doug: asked if his pastoral care role would be a natural connection to this, so as to share with the church community. The challenge is the number of seniors who need the visit, and the lack of volunteers available. Palliative care is covered. This would be another timely topic for the Seniors Summit.

Tanya: re: Dundalk's Young at Heart presentation as example of Senior Centres Without Walls. The COA meeting on March 8th would provide the opportunity for a quick turn around to present on March 12/19 at 1 or 1:30 p.m.

Colleen: Friendly Visiting, Adult Day Program, Care for Clients with Dementia are information sessions with a focus on Owen Sound and how to provide better care for our clients.

Sharon: invited to Ladies of Lions Head luncheon on Mon. to give synopsis of plans going forward. There is an Exercise program twice a week. Dr. Taylor, a retired surgeon, is presenting *How Seniors Can Best Approach Doctors of Today* on Feb. 14/19 at the Friendship Club, Lions Head, along with a 1:00 potluck luncheon. Dr. Taylor will speak at 2p.m.

Elizabeth: Sharon please let him know about our upcoming Seniors Summit, as he would be an excellent speaker for a break out session.

Mary Beth: Sharon and Mary Beth are to meet prior to presentation to municipal council and will reschedule due to inclement weather.

Jan: Sat with Deputy Mayor and spoke about 211. Relayed that the mayor required time spent apprising him on issues relating to seniors'. Carolyn Wood would like to partner with Mary Beth to form a sub committee for Georgian Bluff Seniors.

Pam: Jackie Dumar of the SW LHIN offered a workshop to seniors on *Getting the Most Out of Doctors Appointments*. On Feb. 27/19 there'll be a session on federal tax benefits for seniors, and implications for tax purposes with RRSPs and RIFs. *Cultivating Brain Health* event in Jan./19 in Thornbury had 92 people in attendance.

Sandra: Will follow up in May from her perspective regarding people concerned about identifying dementia and Alzheimer's after observing behaviors in family members and/or friends.

Pam: Let Pam know if want to be on the mailing list. There is a dementia play and one on elder abuse, which are examples of interesting sessions offered by First Nations. There is some funding from the Grey Bruce Foundation. The *Cultivating Brain Health* event is a one off presentation. The Family Health Team doesn't do the presentation, but instead it's by the Alzheimer's Society.

7. NEXT MEETING: March 08, 2019 at 9:30 a.m.
LOCATION: Active Lifestyles Centre in Owen Sound

Meeting adjourned at 11:30 a.m.
Minutes prepared by Ann Magner