



## **COUNCIL ON AGING GREY-BRUCE (COAGB)**

### **Minutes of Meeting, July 12, 2019**

**DATE:** Friday July 12, 2019, Time: 9:30 a.m. – 11:40 a.m.

**LOCATION:** Active Lifestyles Centre, Owen Sound

**1. WELCOME** by Jan C, Co-Chair, with introductions and sign in attendance sheet.

**Present:** Dave B., Ann M., Sandra H., Elvin M., Sharron C., Sharon Mc., Linda I., Doug W., Audrey W., Amber S., Mary-Beth L., Wendy W., Stephanie L-A., Elizabeth O., Pam Mc., Jan C., Wally H., Catherine F.

**Regrets:** Ros B., Tanya S., Judy C., Colleen B.

**2. APPROVAL OF THE AGENDA:** Carried, with the following revision: 'South Bruce Peninsula Request' should read Safe Communities, South Bruce (Note: The Safe Communities meeting is Sept. 30<sup>th</sup>, 9:30 am, with the venue TBA. Wally H. cannot attend, but COAGB will be represented).

**3. APPROVAL OF THE MINUTES** for June 14, 2019. Carried

**4. PRESENTATION:** *Case Study presented by Florence H.* Introduction by Jan C., under the topic 'Age Discrimination in Healthcare & COAGB's Role' Florence H. spoke of the challenges faced during a recent health crisis with her husband, and of their frustrations with the health care received at GBHS, Owen Sound. Florence's husband was discharged from the Emergency Department at 4 am, in the rain, in his stocking feet, to a taxi, without the correct diagnosis of a fractured hip, (and not diagnosed by the family doctor) or with proper communication with the caregiver at home. Ongoing pain and discomfort warranted a second visit to the Emergency Department 2 weeks later, where Florence's husband received a fractured hip diagnosis. He was cared for in the hospital for 10 days. Florence called the Interim President and CEO of GBHS, Owen Sound and met in her office. Florence's husband was sent to Summit Place for rehabilitation for 2 weeks,

and then brought home prior to the completion of a 3-month stay. Physiotherapy was provided for free and a meeting with the family doctor resulted in multiple apologies. The Paramedic program has provided professionals who have arrived three times thus far to Florence's home, and have given excellent care. Florence stressed the importance of taking an advocate with health care experience along to the hospital in an emergency situation, and she emphasized the importance of medical professionals actively listening to the patient. The GBHS Owen Sound responded to Florence and her husband by letter.

#### COAGB ACTION PLAN:

1. LETTER: The writing Team of Mary-Beth L., David B., Pam Mc., and Ann M. will compose a letter to the Interim President and CEO of GBHS Owen Sound on behalf of the COAGB, to advocate for Florence H. and her husband. Mary-Beth will complete the first draft and send it onwards to the writing team. Once completed Ann M., will email it to all members of the COAGB prior to sending it to the GBHS Interim President and CEO.

Ann M. will also forward the letter to 30 individuals including the *Premier of Ontario, all MPs and MPPs, the Ontario Ministry of Health, the Deputy Premier and Minister of Health, the Ontario Ministry of Long Term Care, the Ontario Ministry of Seniors and Accessibility, Public Health Grey Bruce, the Medical Officer of Health, the College of Physicians and Surgeons of Ontario, and to Mayors from all municipalities in Grey and Bruce County.*

2. RESOLUTION to be written and submitted by the Active Lifestyles Centre and brought forward to the USCO and the OCAO by Doug W. David B. will write the Resolution with input from Mary-Beth L., Pam Mc., and Ann M. The Resolution will address the actions of the Emergency Department and discharging senior patients in the early hours of the morning. David B. will contact Florence H. and read her the final resolution to ensure it accurately represents her concerns. The resolution will be completed by July 17/19 for submission.

3. MEDICAL PROFESSIONALS WILL BE ENCOURAGED TO ATTEND THE SENIORS' SUMMIT 2019 TO HEAR SENIORS' CONCERN

**6. NEW BUSINESS:**

a) **SENIORS' SUMMIT UPDATE:** next meeting is July 18<sup>th</sup>. Sandra H. was informed that there would be booths available at the Summit, so the Alzheimer's Society will attend to a booth. Posters for the Summit will be available next week.

b) **SOCIAL ISOLATION UPDATE:** Jan C.: no report.

c) **HOUSING CHAIR UPDATE:** Jan C.: Jan C. and Mary Lou had a productive meeting with Wendy Woodhouse. A Housing Panel will be established. It's not yet decided as to who will be on that panel. Wendy stated that there are plenty of opportunities for learning.

d) **FINANCIAL UPDATE:** David B. Treasurer

1016.81 – \$100\* for the Ontario Association for Councils on Aging (OACA) Membership Dues)\*the invoice from OACA for Membership arrived June 16<sup>th</sup>, and is paid

Balance: \$916.81

Jan C.: At its recent 10<sup>th</sup> anniversary celebration, the Active Lifestyles Centre Grey Bruce received a \$1,000 cheque, as well as a \$2000 cheque to the COAGB for the Seniors' Summit 2019, both from Community Foundation Grey Bruce.

e) **EXECUTIVE UPDATE:** no report

f) **COMMUNICATION CHAIR UPDATE:** Wally H.

**See attached report**

g) **ROUNDTABLE:** ALL

Doug W.: spoke of a Survey for a Senior Liaison Committee and Consultation, and of his attendance in Toronto at the COAO, along with Audrey W. The latter was facilitated by soon to retire Abby K. Star, and had a wealth of information available on Age Friendly Communities, 211, and elder abuse. Lillian Wells, President of Ontario Association of COA, the Federal Association of Retirees, RTFO, and the Alzheimer's and Dementia

Society were some of those present. Doug noted that urban Ontario was well represented, more so than rural Ontario. COAO meetings are held quarterly through the Ministry of Seniors and Accessibility.

**Linda I.:** present at Safe Community meeting with a focus on slowing traffic down on Hwy. 6. The closest seniors group is shut down for the summer. Sauble has 50/50 draws on Tuesday nights.

**Sharon Mc.** June 27<sup>th</sup> was the Active Lifestyles Centre's AGM and 10<sup>th</sup> anniversary celebration. The scheduled guest speaker was unable to attend and replaced by Judy Sook, a humourist who spoke on the topic '7 Ways To Age'. 80 to 100 people attended and enjoyed a delicious lunch and an anniversary cake. The president of Community Foundation Grey Bruce presented the ALC with a cheque for \$1000. New members on board were nominated and chose to stand. Jan C. has asked to be removed from the position of rep for the COAGB, so a new rep is needed. Meetings take place on the fourth Tuesday of each month at 9:30 a.m. Sharron C. agreed to stand with Jan C. as a co-rep. The next meeting is July 30<sup>th</sup>. Judy C. is now retired from the board after 6 years serving.

**Sharron C.:** is looking for a panel of 4 people willing to speak on the workings of the COAGB on Wednesday Oct. 16, 2019, between 1 and 2pm at the Owen Sound Legion (pending approval of bus trip). Sharron noted her appreciation to Bruce Peninsula Press for consistently publishing all her articles. A handout was distributed for the Memory and Aging Program, 'an education and workshop series', which was delivered in Sharron's area by Sandra H. of the Alzheimer Society. This program will be offered again in the fall of 2019 by Sandra H. at Bayshore Community Centre.

**Catherine F:** a meeting took place two weeks ago regarding housing for seniors, and developers are listening. Information is available on the Southgate municipal website, and is based on feedback from the community. All statistics are online. 10 people attended the meeting and the importance of a collective voice was emphasized.

**Elvin M:** The Southeast Grey Community Health Centre raised \$25,000 for the Cardiac Rehabilitation Centre from their golf tournament. There was a SAC meeting on the upcoming Seniors Summit and it was agreed that 5 or 6 members would be attending with expenses covered from monies made available from Council.

**Sandra H.** On July 24<sup>th</sup>, 2019 from 10am to 12pm at the Grey Bruce Health Unit, the Alzheimer's Society is hosting 'Let's Taco-About What's New at

the Alzheimer's Society' and includes free tacos. New services will be discussed, virtual dementia goggles provided, and demonstrations delivered. Signing up is not necessary, just show up. Sandra has begun work in Meaford as part of a plan to educate residents on how to become dementia friendly. Tips and strategies are available for Council and commerce in Meaford and postcards are being made up, as well as business cards that individuals with dementia can carry. Education on the impact the environment has on an individual with dementia will be provided. Another memory course was successfully completed in Lion's Head. Unfortunately due to time constraints, Sandra has had to resign from Age Friendly Communities meetings in Hanover, but will continue to attend as much she can, the COAGB meetings

**Ann M.:** thanked Sharron C. for completing the Minutes for the June 14, 2019 COAGB meeting and requested reports from members for the roundtable discussion at these meetings to be sent to her through email, or a hard copy kindly provided to her at the meeting.

**David B. Outreach:** Moving ahead in Kincardine, Northern Bruce Peninsula and Southern Bruce Peninsula, Meaford, as per Wally's report.

**Kincardine:** We still have 4 people (Marilyn M., Shirley B., Randy H., and Bruce E.) who are interested in seeing the Kincardine Senior/Community Advisory/Action Committee move forward in Kincardine. Wally and David will be meeting with these residents over the next month or two to brainstorm the best path forward. David has spoken with Karen K. (Recreation Director) and asked if Kincardine had any projects or programs related to seniors sitting on the shelf because they did not have resources to develop and implement them. Karen is going to discuss with her staff and get back to David and the COAGB. In discussion with Crystal (facility booking) we can have the meeting room and Mon., Tues., or Fri. mornings. David B. also mentioned the uniqueness of the COAGB and its Community Advisory Committees (CAC), which represent each of the 17 municipalities in Grey Bruce. In other areas, the COA is the CAC.

**Pam Mc.:** At Almonte in Eastern Ontario, the Seniors Centre assists in finding people who are reliable to do small jobs. A registry of 'handyman' services has been established and includes Vulnerable Sectors Checks, so when a senior calls, a trusted name and contact information is provided.

**Elizabeth O.:** The Blue Mountains Seniors Fair in Thornbury, takes place from 10am to 2pm on Sept. 11<sup>th</sup> 2019. The Seniors Network Blue

Mountains applied for a grant: 'Seniors Have Your Say About What Matters Most' is the topic. The project includes 4 workshops; each with a facilitator, and a survey will be widely circulated.

**Stephanie L-A.** A policy document and official plan was approved last month, which speaks to various housing needs. A survey was used for planning. Tanya S. has reached out with a Housing Panel at the Seniors Summit. There will be a Health Fair in the Fall 2019, so Stephanie is looking for reps from the community (e.g. Active Lifestyles Centre) to assist by sharing their resources.

**Mary Beth:** is going to Council in the fall, so asked about a letter of introduction template. Wally directed her to the COAGB website and 'requesting a delegation'. Wally also advised to plan for 20 minutes with the mayor prior to addressing the Council, and to send the full presentation ahead of time.

**Amber S.:** The Grey Bruce Fall Prevention and Intervention Committee is currently planning for Fall Prevention Month this November. Plans include media and social media promotion, presentations, displays and trivia cards. The group is also working on a project exploring how older adults can find physical activity opportunities in their area.

**Wally H.:** see attached report

**7) Next Meeting:** August. 9, 2019, 9:30am, at the Active Lifestyles Centre, Owen Sound

**Meeting Adjourned:** 11:40 a.m., Minutes prepared by: Ann M.