



COUNCIL ON AGING GREY-BRUCE (COAGB)

Minutes of Meeting August 9, 2019

DATE: Friday August 9, 2019, Time: 9:30 a.m. – 11:45 a.m.

LOCATION: Active Lifestyles Centre, Owen Sound

1. WELCOME by Tanya S., Chair, with introductions and sign-in attendance sheet.

Present: Jan C., Tanya S., Colleen B., Doug W., Brian G., Muriel S., Sharron C., Meri-Diane C., Jane A. -D., Elvin M., Sandra H., Dave B., Ann M., Sharon Mc., Linda I., Mary-Beth L., Sandy P., Audrey W., Barry M., Wally H.

Regrets: Amber S.

2. APPROVAL OF THE AGENDA: Carried

3. APPROVAL OF THE MINUTES for July 12, 2019. Carried, with revisions.

4. PRESENTATION: Seniors ASK, by Jane Abraham-Dunn, Seniors Peer Support Leader, Active Lifestyles Center, Grey Bruce. Jane delivered a confidential preview of ASK, which will be presented at the Seniors' Summit on September 25, 2019. She thanked the COAGB for their input and noted that there will be times after the launch of the ASK program when she will rely on the COAGB for guidance.

5. REPORTS:

a) SENIORS' SUMMIT UPDATE: Jan C. and Tanya S.

Wednesday September 25, 2019: Dinner and opening remarks by Mayor Ian Boddy, followed by Guest Speaker, Dr. Brian Goldman's talk titled *The Power of Kindness: My personal and professional search for empathy in healthcare*. Thursday September 25th's Conference will include a second talk by Dr. Brian Goldman, titled *Empathy: The Secret Sauce for Seniors* followed by Panel Discussions on the following topics:

1. Well being & Seniors: Food, Nutrition, Supplements, Vitamins

2. Preventing Fraud and Scams/Income Security/Budgeting, with Holly from the United Way, and Chief Ambrose.
3. Building Age Friendly Communities x2
4. Transportation
5. Getting the most out of your healthcare appointments:

Thus far 60 participants are registered for the dinner and keynote, and 60 for the conference the following day, with a 40-person overlap. COAGB's presence at the conference will clarify for participants where we fit in and what we've worked on, and then what Hanover is doing using a different model.

Amber S. will send a letter out to pertinent governments, and CEOs. Seniors' Summit promotion and marketing taping was completed at Rogers with Jan C. and Tanya S. and will air beginning September 1, 2019. An article has been submitted and will appear in Mosaic's September issue.

b) SOCIAL ISOLATION UPDATE: Jan C.: addressed in Seniors' Summit program

c) HOUSING CHAIR UPDATE: Jan C.:

1. Glassworks <https://www.glassworks.coop>. Jan shared information about this co-operative, off grid, housing initiative where seniors adopt both a business and a lifestyle approach to housing by investing in living together. This housing model is an example of Dr. Brian Goldman's message - we need to look after each other.
2. Exeter has had co-op housing for years with good success. It was suggested that the COAGB could approach Exandrea Meadows Housing Co-operative in Exeter, Ontario to learn more about the model.
3. Abbeyfield House, Durham, <http://www.abbeyfielddurham.ca/home.html> provides another unique approach to housing.
4. Jan suggested that the COAGB acquire a list of all housing scheduled or in progress under the cost of \$1000 a month.

37 more units are being built in Chesley, but are not affordable, starting at \$1500 per month rent. It was noted that the perception among developers appears to be that upcoming retirees will be affluent, and thus they are building for this perceived group.

d) FINANCIAL UPDATE: David B. Treasurer see attached report
In addition, a motion was carried to reimburse Ann M., secretary COAGB, \$36.49 for office supplies.

e) EXECUTIVE UPDATE: no report
The Executive will reconvene again as a group after Seniors Summit.

f) COMMUNICATION CHAIR UPDATE: Wally H.
See attached report as well as;
Seniors' Friendly Care Committee (SFCC), GBHS (mandated by the LHIN to come up with a work plan for senior friendly hospitals)

1. Motion: Moved by Jan C., and seconded by David B., that a small group including Mary Beth L., David B., Jan C., Sharon Mc., Ann M., and Sandra H. will meet with the Seniors' Friendly Care Committee of GBHS to discover what the committee is about, and then appoint one COAGB representative and one stand-in to sit on the GBHS SFCC. Jan C. will initiate action on this motion as a representative of the Owen Sound Seniors Advisory Committee, with COAGB support. This is an opportunity to positively influence the GBHS SFCC.
2. Once a relationship is established, then ask the GBHS Seniors Friendly Care Committee to make a presentation to the COAGB, possibly at the COAGB October meeting.
3. It's important that the response letter from GBHS's interim director be kept confidential, as it is for members of the COAGB only, thus not to be distributed.
4. COAGB's role as an advocate and voice for seniors was reinforced with this first strategic action, along with the steps taken and the responses received.
5. Florence H. has no wish to register a complaint with The College of Physicians and Surgeons.

g) ROUNDTABLE: ALL

Sharon Mc.: would like to volunteer as person to sit on committee above
Busy with SS prep.

Linda I.: seniors breaking for summer with the exception of Sauble. A presentation was made to the Legion to request a donation for the Seniors' Summit. Two other service clubs will be approached. Warton International Airport has scheduled flights to Toronto for \$175 each way + tax. The flight is 40 minutes in the air and lands on Toronto Island, with shuttles to Pearson International Airport and Union Station. Flights are available Thursday thru Monday at 2 pm.

Mary Beth L: has contacted the Georgian Bluffs Deputy Clerk through email. She provided a brief description of the COAGB and requested the opportunity to deliver a presentation on the COAGB.

Colleen B.: the Central Intake has been running for two months. Call the 1-800 number to receive information on Home and Community Support Services, the Alzheimer's Society Grey Bruce, VON, SOAHAC, and the Dale Brain Injury and Participation Lodge. The Central Intake can register clients for specific services and/or send referrals to the other agencies to avoid redundancy.

Doug W.: On August 11, 2019, Elvin M., Audrey W., and Doug W. will be in Cobourg at a convention to address the most recent resolution submitted by Dave B. and team, as well as the resolution written by himself. pertaining to the lack of doctors in the area. It is hoped that perhaps the government can provide some sort of incentive to sustain doctors. There are 75 resolutions in total being addressed, with the above committee of 3 will be available to discuss pertinent resolutions. Doug W. will stand for election again.

Muriel S.: Southgate Seniors Advisory Committee meeting will have a workshop in fall. The day will include topics such as elder abuse and other common themes and housing will be discussed. Building plans are in progress for an upcoming seniors' apartment. The developer has contracted an architectural firm with experience in seniors housing. Sandra H. has a very good set of slides on housing for seniors,

including adaptations for seniors with visual problems or seniors with dementia. Sandra will send these to Muriel for her to use as she determines with the developer.

Jan C.: Innovation Fund, with new developers involved. Future talks are planned, which will relay the action plan of the federal government.

Sharron C.: 1. Re: *Seniors' Summit Grey Bruce Corporate or Group Sponsorship:*

- A request for a donation was made at the July meeting of the Lion's Head Rotary Club and will be considered by the Rotary Financial Committee.
- Wednesday September 11, 2019, at 7p.m., a presentation to the Lion's Head and Ferndale Lions Club regarding the Seniors Summit 2019 and corporate sponsorship takes place.
- The Royal Canadian Lions Head Legion Branch 202 asked how the Seniors' Summit would recognize donations and/or groups who supported the Seniors' Summit.

2. On Tuesday September 17, 2019, 10 a.m. to 12 noon, the third meeting of the *Community Support Committee* will discuss their number one priority, *Transportation*. Gerry M., driver of the 16-seater van at the Golden Dawn Senior residence will discuss the possibility of using the wheelchair-accessible van to meet some transportation needs in the area. Other options being explored include The United Way, thru Francesca Dobbin, Tobermory National Park at www.parkbus.ca and its bus from Toronto to Tobermory on weekends during the summer months and up to Thanksgiving weekend, and Movin' GB for Home and Community Support at www.homeandcommunitysupport.com/movin-gb/.

3. has been requested to make a presentation on Age Friendly Communities and the Council on Aging Grey Bruce to the Lion's Head and Ferndale Lion's Club on Wednesday October 9, 2019. Dave B. and Wally H. will attend to deliver a 7 pm presentation.

4. a bus trip takes place on October 16, 2019 to the Owen Sound Legion Panel on Age Friendly Communities and the Seniors ASK program.

Meri-Diane C.: the publicized outcome of the Wetloffer case is causing anxiety and is resulting in recommendations for Seniors' homes. 55+ Club in Meaford may have the Club as the SAC. Meri-Diane thanked David B. and Wally H. for their COAGB presentation to Council.

Brian G: thanked the COAGB for the opportunity to attend their meeting.

Jane: please share with others, the need for volunteers for the Seniors' ASK program.

Alvin M: no report

Sandra H.: is in Meaford on August 9, 2019 p.m. to meet with the Dementia Friendly Community Committee. A member from Council is not present on the Committee at this time, but there is enthusiasm and commitment from the people in the community. September 21, 2019 is World Alzheimer's Day, with the potential to light up the Meaford theatre in blue lights. There is an Alzheimer's Society presence in the Chamber of Commerce newsletter each week with 'e-blasts' such as 10 tips to help communicate people with dementia.

David B: see attached report

Ann M.: thanked the COAGB for their Roundtable reports. Keep them coming!

Barry M.: guest through Open Line

Wally H.: see attached report

7) Next Meeting: September 13, 2019, 9:30 a.m., at the Active Lifestyles Centre, Owen Sound

Meeting Adjourned: 11:45 a.m., Minutes prepared by: Ann M.