



COUNCIL ON AGING GREY BRUCE (COAGB)

Minutes of the Meeting of November 8, 2019

Location: Grey Bruce Health Unit, 101 17th St. E., Owen Sound, N4K 0A5

Time: 9:30 a.m. – 12:00 p.m.

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

Attendance: Tanya S., Dave B., Mary-Beth L., Audrey W., Doug W., Rosalind B., Jan C., Wally H., Amber S., Linda I., Sharon Mc., Sandra H., Muriel S., Sharron C., Ann M., Robyn Wilson, the Seniors ASK (**A**dvocacy, **S**olutions, **K**nowledge) Program Coordinator

Teleconference: Cathe Mc., Lynn S. of Grey Highlands, Pam Mc., Stephanie

Regrets: Sandy P., Loretta D.

Guest: Regrets: Saskia MacMillan, Guest, Patient Relations Grey Bruce Health Services (GBHS)

2. Approval of the Agenda: change in Agenda noted, **Carried**

3. Approval of Minutes from September 13, 2019: Moved by Doug W., Seconded by Sharon Mc., **Carried, with revisions.**

4. Presentation: Saskia MacMillan, Patient Relations, GBHS, was unable to attend the meeting. Instead, Jan C. spoke about her attendance at the recent Age Friendly Communities meeting. In her synopsis of the meeting she shared that there is a Patient Relations Officer (PRO) at each hospital in Grey and Bruce counties.

COAGB Question: Do we have a list of Patients Relations Officers (PRO) at hospitals in Grey Bruce?

Answer: Currently the COAGB has the names of the PRO for the Owen Sound and Hanover hospitals only. Other Grey Bruce hospitals are located in Chesley, Walkerton, Kincardine, Markdale, and Durham.

Homework: Those members of the COAGB who represent municipalities with hospitals other than Owen Sound or Hanover will locate the name and phone number of their PRO. Then this information will be communicated to their SAC's.

This is part of our role as the 'Voice of Seniors'- to advocate for seniors, so that individuals are equipped to solve their own problems.

5. Reports:

- a) **SENIORS' SUMMIT REPORT AND EVALUATIONS:** including the Seniors' Summit 2019 Feedback Survey Summary Report by Amber Schieck, Health Promoter, Grey Bruce Health Unit.

Amber reported an overwhelmingly positive response to the Summit, evident in the 88 evaluation surveys received from attendees. The three key topics or concerns from participants who completed the Aging Well in Grey Bruce Summit evaluation survey included healthcare services, transportation, and housing. The Summit had representation from the municipalities, the health care system, and the education, social services and housing sectors, among others. In answer to the survey question, "Did the Seniors' Summit change your confidence about aging well in Grey Bruce?" 64.77% reported "Yes I feel more confident after attending".

The importance of considering all constructive feedback from the evaluation surveys was stressed by Pam Mc. All input provides valuable guidance for the future, she said.

It was also reported that some groups in attendance at the Summit were not reflected in the survey (because a survey was not submitted).

Sharon Mc. reported on the financials of the Summit. A sub-total of \$1380.76 profit was made from the Seniors' Summit, although some figures need to be reallocated. Cori's hours had not yet been considered. All invoices from the Seniors' Summit are paid.

Follow-up Discussion: revolved around questions about how to use Amber's report in each of the COAGB's Senior Advisory Committees (SAC) and how to

convey the results to each municipality. Jan C. suggested a press release, as well as having COAGB members report to their SACs.

The importance of involving the COAGB partners (who have resources in place) was emphasized, to help keep the momentum of the Summit moving forward. Sandra H. stated that the Geriatric Education Cooperative is looking for topics for its Spring 2020 venue. Although this Cooperative is usually geared towards health care professionals, Sandra will bring the discussion from the COAGB to the table regarding the prioritized Summit topics of concern, as well as the availability of local presenters/groups for the general public. The guiding question is 'What do we see as a need or want for presentation topics for people in our communities? based on the Senior Summit results.

Pam Mc. spoke of 'Answers for Seniors', Beaver Valley Outreach, which offers several 6-session series on such topics as financial advice for seniors. Pam is willing to share the speaker's list for these series with COAGB members, so that they can make it available to their SAC's in their follow up to the Seniors' Summit.

Send additional ideas to Tanya S. It was determined that after further discussion takes place on specifically which topics of concern to address, the roll out of the Seniors' Summit follow-up plan would begin with each of the COAGB's 17 representatives from the municipalities delivering a summary of the Seniors' Summit follow-up plan to their SAC's, who would then be the driving force to actively involve municipal councils, seniors groups, and partners.

Amber S. will send an Executive Report to Tanya and Tanya will send it out. Tanya has the most up to date mailing list.

As well, Jan C. brought the member's attention to the full-page article on the Seniors' Summit by Stuart Reid of Community Foundation Grey Bruce, which is in November/December 2019 issue of Mosaic magazine.

Doug W. also shared the article he wrote on the Seniors' Summit, titled 'Aging Well in Grey Bruce', and published in the Voice magazine, which is distributed across Ontario.

- b) **SOCIAL ISOLATION UPDATE:** Jan C. asked that this report be removed from the COAGB meeting template, along with her name as the reporter. The issue of social isolation and seniors was initially part of discussions in

Seniors Centre Without Walls, and then ASK came along, and so now this issue can be imbedded in all conversations, she said. For example under 'New Business in the Minutes', it was suggested that Sharron C. or another member could report back to COAGB regarding the Retired Teachers Federation of Ontario (RTFO) initiatives on seniors and social isolation. Sharron reported that according to RTFO research, 24% of seniors over 65 report feel socially isolated. RTFO has a grant in place for \$50,000 to study the effects of social isolation. It was also noted that there must be other studies on isolation and loneliness available for us to become aware of.

Sharon Mc. introduced Robyn Wilson, the new Seniors ASK (Advocacy, Solutions, Knowledge) Coordinator program. Robyn is meeting with the steering Committee this morning, and the hard launch of the ASK program is on December 2, 2019. Robyn W. reports more on this program under Roundtable Reports below.

- c) **HOUSING UPDATE:** Jan C. visited Abbeyfield in Ottawa as a follow-up to the suggestion, which evolved from the Summit, to establish an Abbeyfield Houses Society in Owen Sound. Abbeyfield Ottawa has applied for a Trillium GROW grant and Jan C. was asked if the COAGB could provide a letter of support. In return, those at Abbeyfield Ottawa would help the COAGB complete it's own grant. It was unanimously agreed that Wally H. will write a letter on behalf of COAGB to the Executive Director of Abbeyfield Canada in support of a GROW Grant to the Ontario Trillium foundation for Ottawa's Abbeyfield Houses Society, and for the establishment of an Abbeyfield Houses Society in our area (including recognition and support of the Abbeyfield Houses Society of Durham).

Additional Housing Report: Jan reported that this committee (including Rosalind B. and Sharon Mc.) is moving forward in its efforts to continue to build an information piece for people on Housing. A registry for Housing has been discussed with the YMCA . There is one in place for students, but it will now include seniors as well. It was also noted that Municipal councillor, Carol Merton, is researching homelessness in Owen Sound.

Pam Mc. asked if the Housing Committee could explore the HomeShare model that exists in Toronto and elsewhere.

d) FINANCIAL UPDATE: David B., Treasurer

COAGB Balance:	880.32	
	<u>400.00</u>	Paid to Active Lifestyles Centre – NEED RECEIPT
	480.32	

Note: 2000 brochures have been ordered. See Invoice – \$288.15

CFGB Grant	<u>2000.00</u>	Funding for Seniors Summit
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To date, Senior Summit expenses have not been finalized.

Total	2480.32
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Placed on COAGB website by Wally H. is David's one minute Executive Summary of who we are as an organization. Contact David if interested in a copy.

e) EXECUTIVE COMMITTEE UPDATE: Tanya S. reported that the COAGB Executive met on October 10th at Markdale's South East Grey Community Health Centre (SEGCHC). Discussions centred on the COAGB's Strategic Plan and included the importance of being more accessible through teleconferencing options for COAGB members for meetings. As a result a teleconferencing line is booked and available for future meetings. As well a focus on making the COA more visible in Grey Bruce was discussed by rotating venues across the counties for meetings.

Jan C. suggested that, because the SAC's are becoming more active, discussion could focus on scheduling more SAC meetings in 2020. The SAC's in each of the municipalities are where the grass roots work for the COAGB takes place, she said. We heard at the Summit that we have 14 representatives from a total of 17 municipalities, (with the exception of Chatsworth and South Bruce). This could be part of the COAGB's Strategic Plan. Jan is working on actively hosting Owen Sound SAC meetings and will work in conjunction with the Active Lifestyles Centre and Sharon Mc.

Jan also proposed that we have fewer COAGB meetings in 2020 and instead, more SAC meetings. It was suggested that there be 6 COAGB meetings, every other month and 6 SAC meetings. The COAGB was asked to give thought to this proposal for future discussion.

It was also suggested that we skip the February 2020 COAGB meeting. In the interim the COAGB was asked to think about their own communities and various possible venues to hold COAGB meetings in 2020. Teleconferencing is available.

Tanya also reported that, regarding the Health Equity initiative, and the impact of poverty on access, Tanya's colleague (who has a scheduling conflict with COAGB meetings and is unable to attend) is sitting on the Poverty Task force, but if Tanya stepped down as Chair of the COAGB, she could sit on this Poverty Task Force. We will discuss more at the next meeting.

The COAGB December 13th meeting will be held again in the GBHU room and Tanya will ensure it's placed on the GBHU schedule. Both a Pot Luck lunch after the meeting, or the option of going out for lunch was discussed. *It was decided that lunch at the Inn on the Bay, Best Western, was the chosen option with an invitation provided through the Minutes. The cost will be \$15 per person, with members of the COAGB paying for their own lunch*

f) COMMUNICATION CHAIR UPDATE: Wally H., see-attached report

g) ROUNDTABLE REPORTS

David B. reported the following on Outreach activities.

Kincardine : The Kincardine Senior Action/Advisory Committee (**KSAAC**) held their November meeting in the OPP Board Room at the Kincardine detachment. Their next meeting is December 3rd, same location.

KSAAC is planning to host a COAGB workshop in the last week of November and the first week of December 2019 to promote their committee, get more members involved, and assess the needs in their municipality. They have also made a request that we make a presentation to the Kincardine PROBUS Club.

David B. also announced the November 20th, NBP Transportation Committee meeting and offered to take 2 members with him to the meeting.

Elevator Speech: David seeks approval for a revision to this document. He has added “not for profit, volunteer driven” to the first line so that it reads. The Council on Aging Grey Bruce (COAGB) is a **not for profit, volunteer-driven**, two level organization that: The full document is posted on our website.

OACA (Ontario Association of Councils on Aging): Our provincial organization has incorporated. At the current time, David B. is your COAGB representative on the board of directors. There are a few things happening at the OACA, which David mentioned:

1. The OACA is developing a position paper to be put forward to the province regarding the need for Long-term care (LTC) beds in Ontario. David has agreed to help with this position paper, and will keep the COAGB posted. *
2. Conference call – Oct. 16th:
 - a. The OACA is applying for a grant to develop their own website
 - b. A press release has been drafted to provide an executive summary of the OACA that includes a list of the Contacts for each Council on Aging in Ontario. Once finalized, David will make sure we receive a copy.
 - c. The minutes of the Conference call includes brief reports from each of the 11 members COAs. It is very interesting to read what other COAs are doing. Really a wide spectrum of focuses but all very relevant to our mission and promoting Age Friendly Communities. Wally has agreed to send this out for your perusal.

*** COAGB discussion evolving from David’s reported participation in the Ontario LTC position paper follows:**

It was reported that the United Senior Citizens of Ontario (USCO) statistics relay that there are 35,000 seniors in Ontario waiting for long-term care beds. Many of these facilities are short-staffed and it’s difficult to entice individuals in Grey Bruce to work in long-term care. Sandra H. reported that

various agencies are available to provide support regarding long-term care. She has recently returned from a workshop on the culture in care in London, Ontario, which stressed the importance of treating PSW's well to entice them to keep them in job. Georgian College currently has a full compliment of Personal Support Workers (PSW) students for January 2020 as a result of its offer of 'free' tuition (and the availability of \$5000 bursaries to students). Others reported that retention of PSW's is a challenge due to minimum wage salaries and the demands of the job. It would be interesting to research PSW staff retention figures for LTC facilities with unions as compared to LTC operated under private facilities with licenses under Ministry of Health. Pam Mc. reported the following on LTC in Grey Bruce:

Additional or Redeveloped Beds -- part of the 15000 new beds 'commitment' of the Ontario government

Long-term care beds **announced** for **Grey Bruce**. Other applications have been submitted

200 new, 300 redeveloped (numbers are slightly different; see below)

Community	New	Redeveloped	
Durham	28	100	Rockwood Terrace
Meaford	51	77	Meaford LTC
Owen Sound	91	69	Southbridge Care Homes on Owen Sound's east side,
Hanover	26	70	The Village Seniors Community project
TOTALS	196	316	

Sun Times, September 24/19

Haldimand Norfolk Brant Hamilton Niagara

New	1,000
Redeveloped	800

Runnymede Care Centre, Toronto

New

200

Re: Ontario government news releases and LTC: Pam reported that in various government releases, wait lists are identified as 34,000, 35,000, more than 36,000, and 37,000

Note: Wally H. earlier brought our attention to the Ontario *News Release titled*

Ontario Investing in More Than 500 Long-Term Care Beds in Bruce-Grey posted on September 23, 2019

Pam referred to the model for home care available for individuals with autism, which now includes a focus on senior care too. Speak with Pam for further information.

Wally H.: see attached report

Sharron C.: reported that she, along with David B., Wally H., will attend a meeting on November 13, 2019 at the Lions Club on behalf of the COAGB and a meeting on November 20th, from 2:00 until 3:00 p.m. on transportation. On November 15th, at the Lion's Head Legion, Sharron will be recognized and congratulated by Bill Walker for applying for and receiving the Ministry of Seniors and Accessibility Senior Community Grant, Stream 1 for up to \$4000.00. COAGB was given a cheque for \$135.00 as an honorarium. Sharron submitted a grant application to the Northern Bruce Peninsula Council for a waiver of rental fees for the second Wednesday of each month from January to December 2020. She asked for \$500.00 in funding (\$250.00, honorariums, \$150.00, secretarial supplies, \$100.00, refreshments). Finally, Sharron thanked Linda I., and Wally H., for attending the bus trip at the Owen Sound Legion to present on behalf of the Safe Communities Committee and the COAGB transportation issues.

Jan C. no report

Rosalind B. no report, with the exception of the fact that she is so pleased the Seniors' Summit went well.

Doug W. reported that he will be delivering a COAGB presentation along with Wally H. and David B. next Tuesday (November 12th). Ask Doug for further details if interested in additional information. Doug reported that he and Audrey W. recently attended an exercise class at the local municipal office and met the geriatric nurse who is being considered for work in the area, and who will be attending the meeting next Friday (November 15th) to speak to seniors. Currently this service is only for the Chesley area, but Doug will remind decision makers that the entire municipality of Arran-Elderslie is supported through the Chesley clinic. Doug stated that Ontario has not graduated a geriatric doctor in over 10 years and currently there is just one doctor to every 10,000 seniors in Ontario.

Audrey W. no report

Muriel S. reported on the successful workshop held with Sandra H. and the Alzheimer's Society. 30 people were in attendance.

Lynn S. of Grey Highlands, and on teleconference suggested providing the Minutes of COAGB meetings to all SACs. No further report.

Sandra H. reported on the active Dementia Friendly Committee in Meaford. She noted that many businesses and organizations have been supportive to individuals with memory loss. Sandra has initiated positive visits among these business owners and organizations and asked if there anything more she can do to help them build on the support they offer to individuals with memory loss. As well, she has actively listened to the challenges shared by these individuals. She will be presenting to the fire department in Meaford, and reported that things are moving along well with the community Safety Advisory Committee. Sandra will send Tanya Sarah Cowley's (RN, LTC in Meaford) email and Tanya will connect with her.

Sharon Mc.: is interested in using the text from COAGB's Terms of Reference (TERF) for the Active Lifestyles Centre. She reported that a survey was distributed to the Active Lifestyles Centre membership. Nov. 15th is a Huddle Day. In the morning on that day any senior is welcome to provide concerns to their board of directors. Soup a sandwich and dessert are provided free of charge. The ALC board will then meet and determine an action plan after Nov. 15th. The COAGB through the Active Lifestyles Centre can print our brochure cheaper than other options. The ALC Christmas Dinner Party is on December 5th, with posters distributed. Dr. Brian Taylor, a musician and storyteller, will provide entertainment. Note: Dr. Taylor has composed a song on Alzheimer's. Roast turkey is on the menu at a cost of \$25 for non-members and \$20 for members. Tickets are available at the ALC GB in Owen Sound.

Dec. 7th is a Bake Sale at Heritage Place Mall. Bring baking to the ALC on December 6th. ALC cookbooks are for sale in December from the centre and would make a great Christmas gift. Tickets to the annual Robbie Burns celebration at Bayshore Community Centre on Jan. 26' 2020 can be purchased at the ALC for \$30 each or \$50 for 2. The time of the event will be posted shortly.

Mary-Beth L. reported that she delivered a presentation to Georgian Bluffs Council on October 9, 2019 at 7:00 p.m., with other COAGB members present to help address any questions. Council unanimously voted in support of Mary-Beth L. being the representative from Georgian Bluffs on the COAGB and also supported the formation of a Seniors' Advisory Committee (SAC). She shared that it is a daunting task to put together a seniors advisory committee, but fortunately she has the mentorship of a couple from the Kilsythe SAC. Since her presentation to Council, Mary-Beth has been invited to a stakeholders meeting to offer input on the Recreation and Trails Study, and she anticipates that she will be involved in a similar fashion in a Strategic Planning Session. The Recreation Department of Georgian Bluffs requested a Letter of Support from the Council on Aging Grey Bruce in support of application for an Investing in Canada Infrastructure Program Grant. If successful, the grant will be used

to upgrade the Kemble arena. The letter was written by Wally H., and forwarded to Georgian Bluffs in a timely fashion.

Ann M.: requested that the Roundtable Reports keep on coming and thanked all those who submit their reports to her ahead of, during or after the meetings. It makes the job of ensuring clarity in our very comprehensive Minutes so much easier!

Robyn Wilson: reported that she brought marketing materials for the ASK program and these were distributed at the meeting. seniorsask@gmail.com will be the method of communication for ASK until the phone number is in place. Robyn is looking for additional volunteers. There is a volunteer application available, and if selected, training will be provided. Volunteers will be available 4 hours a week, from 9:30 to 12:30 on Tuesday mornings to provide 'Advocacy, Solutions and Knowledge' to seniors and to answer a wide variety of questions ranging from 'How do I get my groceries if I don't drive anymore?' to "What affordable housing is available?' Seniors can also make an appointment and sit with one of volunteers for ASK assistance. November 28th is the official launch date for ASK, held at the Active Lifestyles Centre at 1 pm. Telephone lines and the phone number will be active on December 2, 2019. Robyn thanked the COAGB for the support given to the ASK program at the Seniors' Summit.

Linda I.: applauded Mary-Beth L. for the excellent job she did in successfully speaking to Council regarding establishing a SAC for Georgian Bluffs. Linda further reported that she will take the ASK information to the South Bruce Peninsula Council. She asked if thank you notes and receipts were sent to those who donated money to the Seniors Summit including the Wiaraton Legion, who gave \$100. Linda will send a thank you note, and Jan C. suggested that a thank you be posted to sponsors on the COAGB website.

Amber S.: reported that November is Fall Prevention Month. Brochures are available, which contain a checklist on how to prevent falls. Amber stated that Grey Bruce counties have a higher rate of falls amongst older adults

and infant children, with more people in these counties suffering from the impact of a fall. Trivia cards on fall prevention will be available at select restaurants in Grey Bruce. Amber suggested that COAGB members also take some with them after the meeting to distribute. Elsie's Diner was suggested as a busy venue for the Trivia cards.

Pam Mc: reported on Prevention and Response to Abuse of Older Adults. The Seniors Safety Network Grey Bruce is able to do presentations of 'It's Not Right: neighbours friends and family of older adults' (developed by Western University and being used province-wide). At this time, contact Pam (seniorsmatterstoday@gmail.com) to receive more information. The Network members are meeting on November 22nd to organize details of bookings and provide more information.

Pam would like to be connected to the senior's safety planning groups that several COA members mentioned at today's meeting.

Sheatre, a wonderful social issues theatre group, is able to do performances of 'Ye Canna Throw Your Granny From the Bus', a play focusing on the issues related to abuse of older adults. For some communities, this is a very good introduction to the problem and can be paired with a presentation of 'It's Not Right' following or preceding the play.

Elizabeth O'Brien, chairperson of the Seniors Network, Town of Blue Mountains, is moving to Ottawa. The Network will advise COA about future representation.

Cathe Mc.: on teleconference, no report

Stephanie L-A: Intermediate Planner for Grey County, Colour it Your Way, reported that they have new affordable housing videos and a website that may be of interest to the COAGB. You can find the video series at www.Grey.ca/HousingForAll.

h) Next Meeting: Friday, December 13, 2019 at 9:30 am to 11:45 a.m.

Grey Bruce Health Unit, (GBHU) 101 17th Street East Owen Sound Ontario N4K 0A5 Phone: 519-376-9420 or 1-800-263-3456

The COAGB is invited to enjoy LUNCH together.

WHEN: Friday December 13, noon, after the COAGB Meeting

WHERE: Inn on the Bay, Best Western Hotel, 1800 2nd Avenue E., Owen Sound

COST: \$15 per person.

Please RSVP to Ann M. at annmagner55@gmail.com if you plan to attend.

Thank you.

Minutes prepared by: Ann M.