

COAGB - COUNCIL ON AGING GREY BRUCE October 9, 2020 Teleconference

'AT A GLANCE'

BELOW ARE SOME OF THE KEY IDEAS SHARED DURING OUR MOST RECENT TELECONFERENCE, including Wally's and David's reports.

WELCOME, introductions by Chair, Tanya S

PRESENT via teleconference: Wally H., Ann M., David B., Tanya S., Sharon Mc., Mary Beth, Pam, Muriel, Ed P., Jan C., Wally H., Ed P.,

ROUNDTABLE

Jan C. reported on Housing: Work has begun on a new 60-unit apartment building and the City of Owen Sound has provided bridge financing. Some of these units will be market share, some are planned as affordable housing, and others are rent geared to income, with eligibility determined from the housing list with Grey County.

Definition of Housing Terms provided by Pam at Jan's request

Affordable Housing: calculated at a fixed rent every month, every 1 bedroom costs the same rent, based on 70% to 80% of what Canada Housing reports is the average rent.

Rent Geared to Income: just as the name implies rent based on income

Market Share: is different from affordable housing with the top rate geared to market.

David B. provided the following Treasurer's Report and OACA report

Treasurer Report:

There has been no change to our Meridian Account since our last meeting.

ALCGB	1276.91	Transfer
Lion Head Legion	135.00	Speaker Honorarium
Hanover Active Aging Expo	300.00	Speaker Honorarium
SEGCHC	550.00	Administration Funding
Balance	2261.91	
OACA Membership Fee	- 60.00	Paid
Total Balance	2201.91	

Outreach:

Kincardine : The Kincardine Area Senior Action/Advisory Committee (KASAAC)

Nothing to report this month.

OACA (Ontario Association of Councils on Aging):

Thurs. Oct. 8th I had a 45 min. interview with the Ministry of Senior Affairs and Accessibility. The topic of the interview was their Age Friendly Outreach Program. The Ministry is looking for feedback from the field on how the AFOP is being received and how effective it is. I reviewed how our COA began, our goal of having a representative from each on the 17 municipalities at our council table, where we are in the process and some of the successes we have had. Sharron has an interview with them on Sept. 13th. David reports that on Sept. 16th, we held a virtual AGM/Conference. It lasted 1.5 hours. Last year our AGM at a conference center took a whole day??? Sept. 21. Our 3rd Strategic Planning session scheduled from 1 -3 PM.

NOTE: David has an action to get a quote on a projector and laptop. He has not made any progress on this action, but will be contacting Best Buy about their mini portable projector and a laptop to support presentations. He has put Sharron C. and Pam's names forward as outreach contacts for the Ministry of Seniors and Accessibility. Sharron has an interview on September 13th. David will follow up to see if the presentation scheduled for West Grey on October 21st is still on.

[Sharron C.](#) reported that it has been an exciting and busy last two weeks. She hopes to follow up with Linda I. to partner on some of the programs that are being put into place. Sharron spoke about the Senior's Centre Without Walls, a pilot project, which will be in place for the next five months, as well as a presentation that she made to the Northern Bruce Municipal Council via Zoom in a closed meeting. The new CAO will respond to her with a report on Oct. 13th. Sharron is exploring the prospect of partnering with United Way, Grey Bruce, and the New Horizons Grant. She shared a plan to distribute survival kits through the Food Banks to recipients as a surprise. She hopes this will be adopted on a regular basis for the winter months and expressed concerns about seniors living in non-winterized cottages instead of going south for the winter. Sharron spoke of an upcoming webinar titled [Age-Friendly Rural Communities/Are They Possible? on Tuesday October 20th from 4 until 5 pm.](#) Wally will look into the format the poster is in to possibly post on the COAGB website. Sharron also noted that a laughter coach from Niagara Falls has been scheduled as a speaker, as well as Sandra Hong. Mary Beth L. congratulated Sharron on all her accomplishments and also applauded the fact that there have been 0 cases of COVID in Northern Bruce Peninsula from the beginning of the pandemic, even after an influx of tourists over the summer. Jan said that Mary Beth has been missed because of her positivity.

[Sharon Mc.](#) reported that the Active Lifestyles Centre has been reopened to small groups of less than 10 people. This may change in a week or two

depending on updates. They are looking at installing UV lighting for disinfecting. Pam shared that they have UV lighting at the Collingwood hospital. A painting bee is scheduled in a week to refresh the centre, said Sharon. The Seniors' ASK group has met and they are proceeding with the program although the current coordinator has had to resign. They'll fill that position in January 2021. Sharon asked the group if the COAGB could be contacted for support with possible volunteers for the program and/or ideas as to who may want to coordinate the program. Cori is working 'as needed' at the Active Lifestyles Centre. She is not available to step into the coordinator position for the Seniors' ASK program.

Ed P.: reported that the Clubhouse is closed with plans to work in the building in the spring, so it's a quiet time for seniors.

Lynn S.: Tanya reported that Lynn sent her regrets, as she is involved in another event.

Muriel S.: reported that there has not been a meeting since the shutdown due to COVID. The October meeting was cancelled. The Young at Heart Group is not meeting either. Muriel shared that there is another housing development in progress with 30 more homes geared to seniors.

Tanya S. reported that in the past week the first Tai Chi classes were offered in Markdale to 8 participants. Next week on Wednesday seated exercises will be offered, and both yoga and Tai Chi are offered on Thursday. The organizers are being creative about ensuring the sessions safely meet demand. Yoga is available on-line through Zoom, including gentle yoga. Reach out to Tanya to register and remember that participants have the option to turn their video off and just use the audio for the class. Next week Breakfast to Go is starting up again along with free meal delivery for isolated seniors. This program began with the delivery of 17 or 18 meals and has grown to 1, 045 meals! It's success is due to the work of the program coordinator, along with a partnership with OShare, which has helped the program evolve into something similar to a regional food distribution centre with hundreds of dollars in free food available. Tanya also shared that their work with the food banks has led to offering additional informal supports for seniors such as picking up their income tax, or checking in on people. Sharron applauded Tanya and her group for beginning the food program, which addresses specific dietary needs such as gluten free, or dietary needs for diabetics. This is a grass roots in house program said Tanya, to help address the cost of specific diets and the difficulty accessing food to support these diets in these pandemic times and with isolated seniors. They are looking at acquiring two more volunteers to help deliver. Training remotely is being explored through a YouTube channel.

Pam advised that we use this experience and all that Tanya's team is doing to support seniors and plan to sustain these supports in a long-term plan beyond the pandemic. Pam also noted the challenge of working in isolation and not being apprised of what other supports are in place within Grey and Bruce County and stressed the importance of groups partnering together to share the load, rather than being exclusive and working within their own guidelines. The challenge Tanya stated would be in sharing the funding. This is a topic for the COAGB in the future.

Pam Mc. reported that they are focused on pilot project funding for Senior Centres Without Walls (SCWWs) as a OACAO project to promote SCWWs across the province. Training is ongoing. SCWWs is comprised of activities that are social in nature, and incorporate music, recreation, etc. and it is based solely on phone. This is a program that provides a safe alternative and focuses on seniors who are isolated and not connected with a community. As of now there are not enough volunteers. They are seeking volunteers, after a call out last week. Anyone can contact the OACAO.

Tanya S. spoke of the synergy of the COAGB and its advocacy work, including Mary Beth's contributions, Southgate Seniors, Sharron's work, and many others, all of who bring a special piece to all of this, which fits together in a larger advocacy and support puzzle. Sharron C. will contact Pam to talk to her about the SCWW and about approaching municipalities to ask for grant support. Pam reported that she has finished the OACAO grant and is now working on the New Horizons grant. Municipalities are eligible to apply

Sharron – webinar Oct. 20th Age Friendly Rural Communities Are They Possible?

Ann M.: reported on the Speakers Series offered through CFUW Ontario Council and the first topic of long term care, which was offered via a Zoom meeting.

Three excellent speakers provided their input, and then participated in a question and answer period with over 200 participants from clubs across the province. The CFUW is looking for clubs to be advocates and participate in a letter writing campaign. Ann thanked Wally, Pam and Sharron for their help promoting a free lecture for seniors on fraud offered through the Bluewater Association for Lifelong Learning (BALL). Pam, Sharron, and David all shared that they left the lecture early due to audio problems. Ann suggested that they complete the quick evaluation online. David had done so.

Mary Beth reported that the church opened its doors again, but she has chosen not to attend to keep herself and her new grandchild and family safe. The Seniors Centre at Sauble Beach in the Community Centre has shut down, thus its programs have shut down too.

Wally H.: See report. Tanya and Sharron commended Wally for all he does so well.

Linda I.: Although Linda sent her regrets for the teleconference, she sent Ann this report via email. On Sept. 29th via email, on the recent death of Art Haley, age 104, he was a founding member of Wiarton Sandpipers Seniors. The town of South Bruce Peninsula are going to name a street in his honour. Betty Nelson, a member of Sandpipers, has been doing a weekly newsletter keeping we seniors up to date including the Big dig in Wiarton. The United church in Wiarton has started church services, but the church will not allow our meetings to resume there, until 2021. Sauble Sandpipers have started holding small outdoor gatherings.