

Senior Advisory Committee Meeting Agenda

Thursday, July 26, 2018, 6:00 pm
Tecumseh Town Hall
www.tecumseh.ca

Pages

1. **Call to Order**
2. **Roll Call**
3. **Disclosure of Pecuniary Interest**
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 - d. Elder Abuse Ontario Workshops
8. **New Business**
9. **Next Meeting**
10. **Adjournment**

Minutes of the Senior Advisory Committee
for the Corporation of The Town of Tecumseh

A meeting of the Senior Advisory Committee for the Town of Tecumseh was scheduled to be held on Thursday, May 24, 2018, in the Council Chambers at Town Hall, 917 Lesperance Road, Tecumseh at 6:00 pm.

1. Call to Order

The Vice Chairperson calls the meeting to order at 6:00 pm.

2. Roll Call

Present:

Chair	Douglas Drouillard (6:04 pm)
Vice-Chair	Paul Morand
Member	Suzanne Beneteau
Member	Dara Pfiefer O'Connor
Member	Nancy Tennant

Also Present:

Manager Committee & Community Services	Christina Hebert
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Absent:

Member	Michelle Phillion
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3. Disclosure of Pecuniary Interest

None reported.

4. Delegations

None.

5. Communications

a. Senior Advisory Committee Minutes- March 22, 2018

b. Senior Advisory Committee Minutes - April 26, 2018

Motion: SAC- 10/18

Moved By	Member Nancy Tennant
Seconded By	Member Suzanne Beneteau

That the minutes of the March 22, 2018 and April 26, 2018 meetings of the Senior Advisory Committee be approved.

Carried

c. Public Notice

Re: Seniors Ride the Bus for Free in June

Motion: SAC- 11/18

Moved By Member Dara Pfiefer O'Connor
Seconded By Member Nancy Tennant

That Communication item C as listed on the May 24, 2018 Senior Advisory Committee Agenda be received.

Carried

6. Reports

None.

7. Unfinished Business**a. Seniors Community Grant**

The Members are apprised that the final report for the Seniors Community Grant was submitted.

As previously discussed, the remaining grant funds were allocated to persons on the wait list for Life After Fifty memberships and a limited number of memberships were made available to Tecumseh seniors on a 'first come, first serve' basis.

b. Education Workshop

Details respecting the Nutrition workshop to be held on Friday, July 27, 2018 are discussed. The workshop will commence at 10:00 am.

Cindy Dodsworth, In-Store Dietitian at Zehrs Manning Road, together with the Zehrs Pharmacist will be in attendance to discuss healthy eating and medical services available to seniors.

The Golden Age Club will once again host the workshop and arrange for room set up and coffee/tea provisions.

Light refreshments and water will be provided by the Committee.

The Members recommend hosting a future workshop in regards to the Inheritance Tax. A suggestion is made to receive feedback from the participants at the Nutrition workshop on future topics that would be of interest.

c. Age Friendly Presentation

The Manager Committee & Community Services advises Bonnie Pacuta is available for the June Committee meeting to present information in regards to elder issues and age-friendly initiatives.

The Members suggest the presentation be postponed until the fall due to Members upcoming vacation schedules and conflicts.

d. Ontario Sport and Recreation Communities Fund

Further to the email correspondence previously sent advising the Town was successful in receiving the Ontario Sport and Recreation Communities Fund Grant for a 'Senior Fitness Around Town' (SFAT) Program, the Manager Committee & Community Services provides an overview of the program details.

The SFAT Program will provide Tecumseh residents the opportunity to participate in a variety of fitness programming to increase physical activity and help lead engaged, active and healthy lifestyles in a recreational environment.

Older adults (55+) and seniors will participate in approximately one-hour a week, physical activity over a six-week program period. Equipment, where applicable, will be provided to participants. Program costs are provided under the Grant.

The Members assistance in helping to promote the SFAT survey currently available on the Town's website is greatly appreciated to receive feedback regarding the types of activities, preferred days and times of the week, etc.

Further details will be shared with the Committee as coordination for the SFAT continues.

e. Seniors Services Directory

The Members review the draft Seniors Services Directory and provide the following comments:

- Add a 'Heritage and Culture' category
- Increase font size
- Include Tecumseh services only

Member Nancy Tennant will review the draft directory for any further amendments.

The Members will continue to forward any additional services for inclusion in the directory.

8. New Business**a. Cada Library Complex Renovations**

Discussion ensues regarding the proposed Cada Library Complex Renovations.

The Members will forward any comments in respect of the proposed renovation options to the Manager Committee & Community Services by the end of next week.

b. Zehrs Live Life Well Health Fair

The Members are informed of the Live Life Well Health Fair to be held on Saturday, June 23, 2018 at the Zehrs Manning Road location from 10:00 am – 2:00 pm. The free event will feature a variety of vendors to help improve your health

9. Next Meeting

The next meeting of the Senior Advisory Committee will be held on Thursday, June 28, 2018.

10. Adjournment

Motion: SAC- 12/18

Moved By	Member Dara Pfiefer O'Connor
Seconded By	Chair Doug Drouillard

That there being no further business, the May 24, 2018 meeting of Senior Advisory Committee now adjourn at 7:02 pm.

Carried

Doug Drouillard, Chair

Paul Morand, Vice-Chair

Minutes of the Senior Advisory Committee
for the Corporation of The Town of Tecumseh

A meeting of the Senior Advisory Committee for the Town of Tecumseh was scheduled to be held on Thursday, June 28, 2018, in the Council Chambers at Town Hall, 917 Lesperance Road, Tecumseh at 6:00 pm.

1. Call to Order

The Chairperson calls the meeting to order at 6:03 pm.

2. Roll Call

Present:

Chair

Douglas Drouillard

Vice-Chair

Paul Morand

Member

Dara Pfiefer O'Connor

Member

Michelle Phillion

Also Present:

Manager Committee & Community Services

Christina Hebert

Absent:

Member

Suzanne Beneteau

Member

Nancy Tennant

3. Disclosure of Pecuniary Interest

None reported.

4. Delegations

None.

5. Communications

a. Seniors Active Living Centres, email dated June 8, 2018

Re: Elder Abuse Ontario Educational Workshops

b. Older Adult Centres' Association, email dated June 13, 2018

Re: OACAO Membership and Funding Opportunity

Motion: SAC- 13/18

Moved By

Member Michelle Phillion

Seconded By

Vice-Chair Paul Morand

That Communications - For Information A through B as listed on the June 28, 2018 Senior Advisory Committee Agenda are received.

Carried

Discussion ensues respecting the Elder Abuse Ontario (EAO) Educational Workshops and the OACAO Membership Opportunity.

The Members review the educational workshop topics offered by EAO, in particular the topics which promote awareness around elder abuse and strategies for prevention and confirm their interest in hosting an EAO training session. The Manager Committee & Community Services will coordinate same with the EAO.

The Members request further information in respect of the OACAO Membership and membership benefits, specifically if the membership cost would be prorated as the Membership Year runs from April 1st to March 31st.

6. Reports

None.

7. Unfinished Business

a. Senior Fitness Around Town Program

The Members are reminded the first session of 'Senior Fitness Around Town' (SFAT) Program commenced today with ten (10) participants enrolled.

Older adults (55+) and seniors are participating in approximately one-hour a week, physical activity over a six-week period. The Session 1 physical activities include: Fitness, Aquafit, Pickleball, Disc Golf, Urban Poling and Cooking/Nutrition Demonstration

Each week, qualified instructors will teach an introductory level class where participants will learn the fundamental movements of each activity, with an emphasis on continuing the physical activity beyond the session for lifelong health and well-being benefits.

Each six-week session will begin with an orientation session that will provide participants with important information relating to hydration, sun safety, fall prevention and the like.

Participants are also required to complete a brief pre and post health assessment, administered by the Windsor Essex County Health Unit, to assist in determining the participant's level of physical activity and wellness prior to the start of the session and post session.

As previously advised, the Registration Form, Session 2 schedule and promotional flyer are available on the Town's website and social media pages, as well as shared with various community partners.

The Members ongoing assistance in promoting the SFAT Program is encouraged.

b. Seniors Community Grant

The Manager Committee & Community Services confirms the remaining Life After Fifty memberships have been redeemed by Tecumseh seniors.

c. Nutrition Education Workshop

Details for the Nutrition workshop to be held on Friday, July 27, 2018, at 10:00 am, are reviewed.

The promotional material for the workshop is being finalized and will be circulated to the Members.

Additionally, the event flyer will be available on the Town's website and social media pages, shared with various community partners and published in the Shoreline Week and Essex Free Press.

The Members assistance in promoting the workshop is appreciated.

8. New Business

None.

9. Next Meeting

The next meeting of the Senior Advisory Committee will be held on Thursday, July 26, 2018.

10. Adjournment**Motion: SAC- 14/18**

Moved By	Member Michelle Phillion
Seconded By	Member Dara Pfiefer O'Connor

That there being no further business, the June 28, 2018 meeting of Senior Advisory Committee now adjourn at 6:43 pm.

Carried

Doug Drouillard, Chair

Paul Morand, Vice-Chair

Free Fall Prevention Clinic

The **Fall Prevention Clinic** is a free screening that will assess what may be putting you at risk, educate you on how to reduce your risk and connect you to community programs and health services.

Following your visit, you will receive a plan to lower your risk of falling.

YOU SHOULD COME TO A CLINIC IF YOU:

- ☒ Are 60 years of age or older
- ☒ Want to remain independent
- ☒ Have had a fall or a near fall
- ☒ Have a fear of falling
- ☒ Want to maintain or improve balance

NEXT CLINIC DATE:

Fri. Aug. 10, 2018

Golden Age Club

12420 Lanoue St.

Tecumseh, ON N8N 3A5

9am-12pm



To register contact:

519-997-2823 ext. 417

PreventFalls@wechc.org