

**Senior Advisory Committee Meeting
AGENDA**

Thursday, February 22, 2018, 6:00 pm
Tecumseh Town Hall
www.tecumseh.ca

Pages

1. **CALL TO ORDER**
2. **ROLL CALL**
3. **DISCLOSURE OF PECUNIARY INTEREST**
4. **DELEGATIONS**
5. **COMMUNICATIONS**
 - a. Senior Advisory Committee Meeting Minutes
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6. **REPORTS**
7. **UNFINISHED BUSINESS**
 - a. Seniors Community Grant 6 - 6
 - b. Senior Services Directory
 - c. Fall Prevention Clinic
8. **NEW BUSINESS**
 - a. Call for 2018 Committee Applications
9. **NEXT MEETING**
10. **ADJOURNMENT**

MINUTES OF A MEETING OF THE SENIOR ADVISORY COMMITTEE FOR THE TOWN OF TECUMSEH

A meeting of the Senior Advisory Committee (SAC) for the Town of Tecumseh was held on Thursday, January 25, 2018, in the Council Chambers at Town Hall, 917 Lesperance Road, Tecumseh at the hour of 6:00 p.m.

(SAC 1-1)

ORDER

The Manager Committee & Community Services calls the meeting to order at 6:01 p.m.

(SAC 1-2)

ROLL CALL

Members Present:	Member	- Doug Drouillard
	Member	- Dara Pfeifer O'Connor
	Member	- Michelle Philion
	Member	- Paul Morand
	Member	- Nancy Tennant
	Member	- Suzanne Beneteau (6:46 p.m.)

Also Present:	Manager Committee & Community Services	- Christina Hebert
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Election of Chair

The Manager Committee & Community Services opens the floor to nominations for the Chair for the Senior Advisory Committee, for a one (1) year term, ending December 1, 2018.

Motion:(SAC-01/18)	Moved by	Member Paul Morand
	Seconded by	Member Nancy Tennant

That Member Doug Drouillard be appointed Chair of the Senior Advisory Committee for the Town of Tecumseh for a one (1) year term, ending December 1, 2018.

Carried

Election of Vice Chair

The Manager Committee & Community Services opens the floor to nominations for the Vice Chair for the Senior Advisory Committee, for a one (1) year term, ending December 1, 2018.

Motion:(SAC-02/18)	Moved by	Chair Doug Drouillard
	Seconded by	Member Dara Pfeifer O'Connor

That Member Paul Morand be appointed Vice Chair of the Senior Advisory Committee for the Town of Tecumseh for a one (1) year term, ending December 1, 2018.

Carried

(SAC 1-3)

DISCLOSURE OF PECUNIARY INTEREST

None Reported.

(SAC 1-4)

DELEGATIONS

None.

(SAC 1-5)

COMMUNICATIONS

Minutes

A. Senior and Advisory Committee Meeting held November 30, 2017

Motion:(SAC 03/18) Moved by Member Nancy Tennant
 Seconded by Member Dara Pfeifer O'Connor

That the Minutes of the Senior Advisory Committee meeting held November 30, 2017, be approved.

Carried

B. Senior Advisory Committee Terms of Reference

C. Senior Advisory Committee 2018 Budget

Motion: (SAC-04/18) Moved by Member Michelle Phillion
 Seconded by Member Nancy Tennant

That Communication items B and C on the January 25, 2018 Senior Advisory Committee Meeting Agenda, be received.

Carried

(SAC 1-6)

REPORTS

None.

(SAC 1-7)

UNFINISHED BUSINESS**Seniors Community Grant Program**

The Manager Committee & Community Services advises of the upcoming events at Life After Fifty (LAF) for the Members consideration in determining the next social event.

The following events are discussed:

- St. Patrick's Day Luncheon on March 14 will be held at the East Side Centre. The approximate ticket price will be \$10.00 for non-members. There will be lunch and some form of activity to be determined. It is noted there is limited space for this event.
- A Brunch is scheduled for March 22 at the West Side Centre. The cost for the brunch is \$5.00. The Meal Vouchers purchased under the grant could be utilized for this event, together with a day pass to allow participants to experience the programming offered at LAF. It is noted this event would be a full day opportunity.
- Better Living Day, a one-day conference that offers participants a chance to attend four (4) different workshops (i.e. photography, cooking demos, computers, etc.) will take place on June 21 at the West Side Centre. The ticket price is \$15.00 approximately. Confirmation would be needed from the Ministry if the event is permissible under the grant funding as it is scheduled after the grant timelines.

The Members are also reminded that approximately six (6) persons are on the waiting list for LAF memberships, should funds be available.

The Committee selects the Brunch on March 22 for the next social event, along with coordinating transportation to the event. The Members also concur with issuing memberships to persons on the wait list, subject to funding.

Administration will inquire if the Better Living Day is permissible should funds remain after the Brunch event.

Senior Services Directory

Member Nancy Tennant explains the Senior Services Directory project for the benefit of the new member. Information compiled by the Committee has been cross-referenced with the City of Revelstoke directory template to determine what classification of services are lacking.

The Members discuss including information for services and agencies located outside of Tecumseh, such as Canterbury ElderCollege. It is also noted that transportation services should be listed in the directory.

Member Nancy Tennant offers to conduct further research on the areas found to be deficient for inclusion in the Senior Services Directory.

Vice Chair Paul Morand vacates the meeting at 7:05 pm.

(SAC 1-8)

NEW BUSINESS

2018 Project Planning

Discussion ensues respecting project planning and ideas for 2018.

In addition to concluding the Senior Community Grant and finalizing the Senior Services Directory, the Members concur with continuing to host education workshops.

It is noted there may be other potential grant opportunities throughout the year.

The importance of supporting the health and well-being of older residents to lead active lives in the community through age-friendly initiatives is conveyed. A suggestion is made that consideration be given towards developing ways the community can help support seniors to live safely and stay involved.

Chair Doug Drouillard informs he spoke with the Director Parks & Recreation in regards to the proposed Multi-Use Sportsplex and input from the community. The Members express they would like the opportunity to provide input on the needs of seniors. Member Nancy Tennant advises health instructors have conveyed the importance in ensuring the flooring used in the facility is geared towards seniors` health benefits i.e. the walking track and fitness rooms. The Members request that the Director Parks & Recreation be invited to a future meeting to further discuss and share the results of the feasibility study conducted.

Chair Doug Drouillard also advises the Members about `Float Lakeshore`. Flotation therapy is a way of achieving deep relaxation by floating in a solution of Epsom salt and water. He suggests this may be of benefit for seniors as the therapy helps skeletal and muscular relief of pain and tension.

It is noted that `Float Lakeshore` is a privately run business, located at Lakeshore MedArts complex.

Ontario Sport and Recreation Communities Fund.

The Manager Committee & Community Services advises the Town has made application for the Ontario Sport and Recreation Communities Fund (OSRCF) for a `Senior Fitness Around Town` program. Under the proposed initiative, Tecumseh residents would have the opportunity to participate in a variety of fitness programming to increase their physical activity and help them lead engaged, active and healthy lifestyles in a recreational environment. Older adults and seniors would participate in weekly physical activity over a six-week program period.

A survey would be conducted in advance of the fitness programming to determine what specific physical activities seniors are most interested in. Instructors would be scheduled to lead the weekly activities.

Should the Town be successful in receiving the grant funding, Senior Fitness Around Town sessions would commence in May 2018. The Town would offer four (4) six-week sessions over the course of May 2018 through to October 2018.

Registered participants would receive their own fitness equipment related to each weekly activity to eliminate barriers for participation and encourage lifelong physical activity beyond the program.

The Golden Age Club will be partnering with the Town on this initiative by providing the use of the Golden Age Club facility to host some of the activities. The Windsor-Essex County Health Unit (WECHU) will assist in providing community support of the program

by conducting pre and post assessments of the program participants to determine their level of physical activity and wellness prior to the start of the six-week session and post session. WECHU will also provide nutrition education to the participants during each of the six-week sessions.

The goal of the program will be for older adults and seniors to stay actively engaged in the community and thereby prolong physical and mental well-being.

Fall Prevention Clinic

The Manager Committee & Community Services explains the Windsor-Essex County Health Unit (WECHU) has advised of an opportunity to host free fall prevention clinics for older adults. Registered participants would receive an approximately 30 minute screening which would assess the individual on what might be putting them at risk for falling, educate them on how to reduce the risk of falling and connect them with community resources.

The WECHU is looking to host sessions throughout Windsor Essex County. The screening is generally scheduled for either a half or full day session. The WECHU requires a multipurpose room, with tables and chairs, which is accessible to older adults. The WECHU also assists with promotion and registration of the clinic.

The Golden Age Club is proposed as the ideal location to host the screening.

Administration will coordinate scheduling the session with the WECHU and the Golden Age Club.

Seniors Page

The Members are apprised that a webpage dedicated to services available to Tecumseh seniors has been created on the Town's website. The page, available under the 'Residents' tab on the homepage, will be continually updated with information, events, and the like related to seniors.

(SAC 1-9)

NEXT MEETING

The next meeting of the Senior Advisory Committee will be held February 22, 2018.

(SAC 1-10)

ADJOURNMENT

Motion: (SAC-05/18) Moved by Member Michelle Phillion
Seconded by Member Suzanne Beneteau

That there being no further business, the January 25, 2018, meeting of the Senior Advisory Committee be adjourned at 7:43 p.m.

Carried

Doug Drouillard, Chair

Paul Morand, Vice-Chair

‘LIFE AFTER FIFTY’ SOCIAL EVENT

The Town of Tecumseh Senior Advisory Committee has received funding under the Seniors Community Grant Program for a pilot project with Life After Fifty (LAF) to offer adults new ways to participate in the community by engaging in active, healthy and social programming benefits.

LAF is a non-profit organization and a registered charity in Windsor-Essex. LAF is designed as a recreation centre for adults age 50+ in the Windsor-Essex community. Seniors are able to participate in a large array of programs, classes, activities and workshops designed to promote well-being and active living.

Curious about LAF programs and classes? Interested in visiting LAF?

Come experience firsthand a day of programming and enjoy brunch for FREE!

The pilot project affords Tecumseh seniors the benefit of participating in the following upcoming event presented by LAF:

What: Brunch and Programming

Where: LAF West Side Centre, located at 635 McEwan Avenue

When: Thursday, March 22, 2018

Time: 9:30 am – 4:00 pm approx.

Accessible bus transportation arrangements to the above event, including the cost of Brunch and a Day Pass to participate in programming such as pickleball, LaBlast Fitness, Canasta and Mahjong, are provided under the grant funding.

Register to attend this **FREE** and exciting event by contacting Ext. 143, no later than March 12. Limited spaces are available and issued on a first come, first serve basis.

Event details can be found on the Town’s website, or by contacting Ext. 143.

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