

Senior Advisory Committee

Minutes

Date: Thursday, February 27, 2020
Time: 6:00 pm
Location: Tecumseh Town Hall - Sandwich South Room
917 Lesperance Road
Tecumseh, ON N8N 1W9

Present: Councillor, Rick Tonial
Member, Paul Morand
Member, Suzanne Beneteau
Member, Gabrielle McMillan
Member, Dara Pfeifer O'Connor

Absent: Member, Dorothy Nagy
Member, Loretta Stoyka Henderson
Member, Nancy Tennant

Also Present: Manager Committee & Community Services, Christina Hebert

A. Call to Order

The Manager Committee & Community Services calls the meeting to order at 6:00 pm.

B. Roll Call

1. Election of Chair and Vice Chair

The Manager Committee & Community Services opens the floor to nominations for the Chair and Vice Chair for the Senior Advisory Committee, for a one (1) year term, ending December 31, 2020.

Motion: SAC- 01/20

Moved By Member Gabrielle McMillan
Seconded By Member Paul Morand

That Member Nancy Tennant be appointed Chair of the Senior Advisory Committee for the Town of Tecumseh for a one (1) year term, ending December 31, 2020.

Carried

Motion: SAC- 02/20

Moved By Member Paul Morand

Seconded By Member Suzanne Beneteau

That Member Gabrielle McMillan be appointed Vice Chair of the Senior Advisory Committee for the Town of Tecumseh for a one (1) year term, ending December 31, 2020.

Carried

C. Disclosure of Pecuniary Interest

None reported.

D. Delegations

None.

E. Communications

1. Senior Advisory Committee Minutes - December 5, 2019 and January 23, 2020

Motion: SAC- 03/20

Moved By Member Suzanne Beneteau

Seconded By Member Dara Pfeifer O'Connor

That the December 5, 2019 and January 23, 2020 minutes of the Senior Advisory Committee as were duplicated and delivered to the members, **be adopted.**

Carried

2. Senior Advisory Committee Terms of Reference

3. Procedural By-Law 2020-13

4. 2020 Budget

Motion: SAC- 04/20

Moved By Member Dara Pfeifer O'Connor

Seconded By Member Paul Morand

That Communications - For Information 2 through 4 as listed on the Thursday, February 27, 2020 Senior Advisory Committee Agenda **be received.**

Carried

Motion: SAC- 05/20

Moved By Member Dara Pfeifer O'Connor

Seconded By Member Suzanne Beneteau

That the Senior Advisory Committee Terms of Reference **be amended** to reflect the meeting start time at 5:00 pm.

Carried

F. Reports

None.

G. Unfinished Business

1. Seniors Lunch N' Learn Workshops

The Manager Committee & Community Services provides an update with respect to the Lunch N' Learn workshop series. The workshops held to date, including: Ink Demonstration, How to Avoid Financial Abuse, Fitness and Understanding Powers of Attorney & Inheritance Tax and Fraud Prevention have been very well-received. Participants have expressed interest in continuing education workshops, which they feel are extremely beneficial and enjoyable.

The Committee completes the Elder Abuse Prevention (ON) evaluation form pertaining to the January 29 workshop.

The Members are reminded 'Mind Your Memory' is the next scheduled workshop on March 11 at the Golden Age Club, starting at 11:00 am.

Arrangements are being made for an introductory self defence class and presentation on medical marijuana for the final workshop on March 25.

Appreciation is extended to the Members for their continued assistance in promoting the Lunch N' Learns.

2. Aquafit Programming

Further to Chartwell St. Clair Beach Retirement Residence generous offer to use the facility, including the indoor pool, arrangements have been made for aquatic programming. The first six-week session started on Monday, February 24 and both the 9:00 am and 10:15 am classes are full with a long wait list.

Based on interest, a second six-week session is being coordinated to start in early April, leading into the opening of the Tecumseh Leisure Pool for the summer season.

H. New Business

1. Fall Prevention Clinic

A reminder is provided the next Fall Prevention Clinic is scheduled to be held on Thursday, March 5 at the Golden Age Club. The half-day session, will take place from approximately 9:00 am – 12:00 pm.

Members are encouraged to continuing promoting the event, which is free to persons 60 years of age and older.

2. Xanadu Fitness Programming

The Manager Committee & Community Services appries Xanadu Fitness is actively striving to be strong community leaders in health and fitness and as such, are offering free on-site health and wellness initiatives. Lead by a Certified Fitness Coach and/or Registered Nutritionist, organizations' may choose fitness classes or nutrition workshops with the opportunity to promote Xanadu Fitness and potentially encourage membership enrollments.

The Members concur it may be of interest to seniors, particularly the nutrition workshop. The Manager Committee & Community Services will coordinate the initiative with Xanadu Fitness.

I. Next Meeting

March 26, 2020

J. Adjournment

Motion: SAC- 06/20

Moved By Councillor Rick Toniai

Seconded By Member Paul Morand

That there being no further business, the Thursday, February 27, 2020 meeting of the Senior Advisory Committee **be adjourned** at 6:22 pm.

Carried

Gabrielle McMillan, Vice-Chair

Christina Hebert, Manager Committee
& Community Services