

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