

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, July 26, 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 6:12 pm.

**2. Roll Call**

**Present:**

Chair	Douglas Drouillard
Member	Dara Pfeifer O'Connor
Member	Dorothy Nagy
Member	Nancy Tennant

**Also Present:**

Manager Committee & Community Services	Christina Hebert
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**Absent:**

Vice-Chair	Paul Morand
Member	Suzanne Beneteau
Member	Michelle Phillion

**3. Disclosure of Pecuniary Interest**

None reported.

**4. Delegations**

None.

**5. Communications**

**a. Senior Advisory Committee Minutes - May 24, 2018**

**b. Senior Advisory Committee Minutes - June 28, 2018**

**Motion: SAC- 15/18**

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

**That** the minutes of the May 24, 2018 and June 28, 2018 meeting of the Senior Advisory Committee be approved.

**6. Reports**

None.

**7. Unfinished Business**

**a. Senior Fitness Around Town Program**

The Members are apprised that the first session of 'Senior Fitness Around Town' (SFAT) Program is almost done and there is a wait list for Session 2, which starts August 7.

Session 2 physical activities are the same as Session 1 and Sessions 3 and 4 will offer yoga and tai chi in place of pickleball and disc golf.

Positive feedback has been received thus far from the Session 1 participants who are enjoying the exposure to different physical activities and the opportunity to continue the physical activity beyond the session for lifelong health and well-being benefits.

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. Session 3 schedule will be posted shortly.

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

**b. Nutrition Education Workshop**

Due to low registration, the Nutrition workshop scheduled to be held tomorrow, Friday, July 27 will be rescheduled to late Fall.

Discussion ensues regarding what education topics may be of interest to older adults and seniors in the community and how that information may be obtained.

A suggestion is made to consider having a booth at local events, such as the Corn Festival and BIA Fall into Health Fair to help promote the SAC and receive information on what may be of interest to local seniors.

**c. Fall Prevention Clinic**

Arrangements have been made for the Fall Prevention Clinic on Friday, August 10, 2018. The half-day session, approximately 9:00 am – 12:00 pm, will be hosted at the Golden Age Club.

Registered participants will 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 Windsor Essex County Health Unit has advised a few spots are still available and the Committee's assistance in promoting same is appreciated. The promotional flyer, previously circulated to the Members, is available on the Town's website and social media pages, as well as shared with community resources.

**d. Elder Abuse Ontario Workshops**

The Manager of Committee & Community Services advises she has inquired with the Ministry of Senior Affairs in regards to offering Elder Abuse Ontario workshop(s) locally and is waiting for a response.

**8. New Business**

None.

**9. Next Meeting**

The next meeting of the Senior Advisory Committee will be held on Thursday, September 27, 2018.

**10. Adjournment**

**Motion: SAC- 16/18**

Moved By                Member Dorothy Nagy  
Seconded By            Member Nancy Tennant

**That** there being no further business, the July 26, 2018 meeting of Senior Advisory Committee now adjourn at 7:04 pm.

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Doug Drouillard, Chair

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Christina Hebert, Manager Committee  
& Community Services