# 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, October 25, 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 6:05 pm.

## 2. Roll Call

Present: Vice-Chair Member Member Member Member

Paul Morand Dorothy Nagy Dara Pfeifer O'Connor Michelle Philion Nancy Tennant

#### Also Present:

| Manager Committee & Commun | ty Services Christina Hebert |
|----------------------------|------------------------------|
|----------------------------|------------------------------|

Absent: Member

Suzanne Beneteau

#### 3. Disclosure of Pecuniary Interest

None reported.

## 4. Delegations

None.

# 5. Communications

None.

# 6. Reports

None.

# 7. Unfinished Business

# a. Senior Fitness Around Town Program

The Manager Committee & Community Services apprises the final session of 'Senior Fitness Around Town' (SFAT) Program will begin on November 1. The session, with approximately thirty (30) participants is full.

Comments continue to be received by the participants expressing their enjoyment of the program and the health benefits.

# b. Nutrition Education Workshop

Updates with respect to the Nutrition workshop, scheduled for Friday, November 9 at the Golden Age Club, are provided.

Copies of the promotional flyer, previously circulated to the Members via email are distributed to post around town. The Members are reminded Zehrs requires a minimum of ten (10) participants and their ongoing assistance in promoting the workshop is appreciated. Notices have been placed in the local newspapers, shared on the Town's social media and with various community partners.

## c. Elder Abuse Ontario Workshops

Further to the Committee's inquiry, Elder Abuse Ontario (EAO) is able to combine workshop topics and customize workshops based on the interests of the Committee.

The Members concur it is best to pick one workshop topic for the time allocated.

Arrangements will be made to schedule a workshop for early spring and the Members will confirm the workshop topic in the new year.

# d. Life After Fifty Pilot Program

The Members are advised Life After Fifty is working on gathering statistical data regarding the number of persons who utilized the Life After Fifty Memberships, provided under the Seniors Community Grant, and the frequency of their participation.

#### e. Call for Committee Applications

A reminder is provided that October 31<sup>st</sup> is the submission deadline for making application to the Town's Committees and Awards.

#### f. Age Friendly Presentation

The Members suggest the presentation be postponed until early 2019 as the term of the Committee is coming to an end and to provide the opportunity for potential new members to also receive the presentation.

#### 8. New Business

## a. Lakewood Park

An inquiry is made regarding the potential for park benches nearby the Gazebo at Lakewood Park.

#### b. Snow & Leaf Angels Program

The 2018 – 2019 Snow & Leaf Angels Program (Program) commences October 31 through to March 31, 2019. Snow & Leaf Angels are matched with seniors and persons with physical disabilities living in the Town to clear snow and leaves from Town sidewalks and driveway entrances for those in need of assistance.

Further information, including the application forms, are available on the Town's website.

The Members are encouraged to share the information with seniors (those ages 65 or older) and persons with physical disabilities who may apply for assistance.

# c. Committee Logo

A suggestion is made to develop a Committee logo to help identify and promote the Committee initiatives.

# 9. Next Meeting

The next Senior Advisory Committee meeting will be held on Thursday, November 29, 2018.

# 10. Adjournment

#### Motion: SAC- 20/18

| Moved By    | Member Michelle Philion      |
|-------------|------------------------------|
| Seconded By | Member Dara Pfeifer O'Connor |

That there being no further business, the October 25, 2018 meeting of the Senior Advisory Committee now adjourn at 6:47 pm.

Paul Morand, Vice-Chair

Christina Hebert, Manager Committee & Community Services