



# Youth & Senior Advisory Committees

Presentation to Town Council  
August 13, 2019



# Presentation Outline

- 1) Introduction of Senior Advisory and Youth Advisory Committee Members
- 2) Committee Mandates
- 3) Committee Accomplishments
- 4) Committee Initiatives
- 5) Questions and/or Comments



# Meet the Members: Senior Advisory Committee

## Members:

- Paul Morand(Chair)
- Gabrielle McMillan (Vice-Chair)
- Dara Pfeifer O' Connor
- Nancy Tennant
- Dorothy Nagy
- Suzanne Beneteau
- Loretta Stoyka Henderson
- Councillor Rick Tonial



# Meet the Members: Youth Advisory Committee

- Brendan Froese (Chair)
- Suzie Sawicki (Vice Chair)
- Kristi Koutros (Treasurer)
- Tamsyn King (Secretary)
- Ava Ruuth
- Michael Altenhof
- Jacob Altenhof
- Kurtis Hengl Lachance
- Tia-Lynne McCann
- Cameron Skinner
- Councillor Rick Tonial

*YAC & SAC positions are held for the term of Council.*



# SENIOR ADVISORY COMMITTEE (SAC)

The purpose of the SAC is to:

- provide advice to Council and Administration of the Town on issues that affect area seniors;
  - work with Town departments, agencies and organizations for the purpose of improving the quality of life for senior residents in Tecumseh;
  - solicit input and act as a public forum for issues that affect local seniors; and
  - identify barriers of access to seniors to Town services and programs.
- The Senior Advisory Committee is comprised of members over the age of 60.
  - The Committee meets on the fourth Thursday of every month at 6:00 pm.



# YOUTH ADVISORY COMMITTEE (YAC)

The purpose of the YAC is to:

- provide advice to Council and Administration of the Town on issues that affect area youth; and
  - work with Town departments, agencies and organizations that are involved in youth initiatives.
- The Youth Advisory Committee is comprised of area youth between the ages of 13-23.
  - The committee meets on the third Monday of every month at 4:30 pm.



# SAC 2018 Accomplishments

- **Ontario Sport and Recreation Communities Fund** – received grant funding for a ‘Senior Fitness Around Town’ program for seniors to increase their physical activity and help them lead engaged, active and healthy lifestyles in a recreational environment;
  - Approx. 92 older adults and seniors participated in once a week physical activity over four (4) six-week sessions
  - Activities included disc golf, pickleball, aquafit, yoga, fitness, urban poling and tai chi and related equipment was provided to encourage lifelong enjoyment
  - Participants also received nutrition, sun care safety and fall prevention education during each of the six-week sessions
  - Grant funds were also utilized to purchase City of Windsor Pool & Fitness Memberships for indoor physical opportunities during the winter months, Zumba Memberships and Tecumseh Leisure Pool Summer Memberships for 2019
- **Seniors Community Grant Program Education Workshops** – concluded the funding program in support of a pilot partnership program with Life After Fifty (LAF) which provided LAF Memberships and social events/programs to Tecumseh seniors



# SAC

## 2018 Accomplishments Cont'd

- **Fall Prevention Clinic (FPC)** – hosted a FPC on August 10 in partnership with the Windsor-Essex County Health Unit;
  - Each 30 minute screening assesses an individual on what might be putting them at risk for falling, educates them on how to reduce the risk of falling and connects them with community resources.
- **Education Workshops** – hosted a Nutrition education workshop on November 9 at the Golden Age Club;
  - The In-Store Dietitian at Zehrs Manning Road, together with the Zehrs Pharmacist discussed healthy eating and medical services available to seniors.
  - The workshop was well-received and provided informative information to Tecumseh older adults and seniors





# SAC 2019 Initiatives

- **Seniors Community Grant** – made application for a series of ‘Lunch ‘N Learns’ on a variety of workshop topics such as Art Therapy, Powers of Attorney, Senior Safety, etc., to educate and help reduce social isolation. Older adults & seniors would attend monthly workshops, receive lunch and have an opportunity to interact with their peers, if successful.
- **SAC Logo** – commissioned services to design a SAC logo to readily identify & associate the SAC’s initiatives and events.
- **Fall Prevention Clinic (FPC)** – following success of last year’s FPC, in partnership with the Windsor-Essex County Health Unit, a FPC was held on January 17, 2019 & another FPC is scheduled for November 7 at the Golden Age Club.
- **Tecumseh Corn Festival** – hosting a booth on Seniors Day to engage seniors on what education topics, as well as other senior initiatives that are of interest via survey.
- **Education Workshops** – continue education and awareness workshop coordination on various topics, including Elder Abuse.



# YAC 2018 Accomplishments

- **Earth Day** - organized a 'hands on' children's activity at Lakewood Park as part of the Town's Earth Day event on April 22, 2018. Painting supplies were provided for kids to decorate clay pots and plant seedlings to bring home and grow.
- **Rock & Swim** – sponsored a DJ to enhance the Rock & Swim on June 29, 2018 at the Tecumseh Leisure Pool as a kick-off to the summer season.
- **Outdoor Movie Night** – hosted & funded an inaugural Outdoor Movie Night on July 7 at the Town Centre Park for family-friendly entertainment. Complimentary popcorn was also provided courtesy of YAC.
- **Recreation Events** – assisted the Recreation Department with planned activities for the Family Day & Canada Day Celebrations, Community Bonfire & Marshmallow Roast, Christmas in Tecumseh and Breakfast with Santa events.



# YAC 2018 Accomplishments – Cont'd

- **Family Game Night (FGN)** – sponsored & supervised monthly FGNs, in the Fall, at the Tecumseh Arena to provide families an opportunity to 'power down' from technology and engage in a variety of board games. A total of 204 persons attended the Sept. – Nov. FGNs.
- **Social Media** – ran a social media contest to help bring awareness & generate followers for the YAC Facebook & Twitter pages and provided Town prize packs to the winners.
- **Youth Career Fair (YCF)** – based on the success of the 2017 inaugural YCF, YAC determined to make it an annual event;
  - Hosted the YCF on November 7, 2018 in the Auditorium at I'Essor High School where approx. 375 students participated
  - The YCF provided an opportunity for youth to meet & interact with twenty (20) various sectors of employment, such as Canada Border Services Agency, OPP, St. Clair College Fire Services, University of Windsor, Workforce WindsorEssex and the Town of Tecumseh



# YAC 2019 Initiatives

- **RBC Future Launch Community Challenge** – make application for a Wellness Fair and Teen Photovoice Project
  - The Wellness Fair would be held near post-secondary & secondary exam time to provide students with a ‘stress relief’ day of activities such as study guide sessions, mindfulness breathing techniques, meditation/yoga, massage therapy, refreshments, etc.
  - The Teen Photovoice Project engages youth to express their perspective on issues they believe are important & empower them to create change in the community by using photography as the medium. Youth would learn photography skills & be tasked with various themes to capture community images for discussion and display.
- **Youth Career Fair (YCF)** – explore enhancing the YCF with potential partnership opportunities and continuing to increase number of student & vendor participants.
- **Event Sponsorship & Participation** – partnering with the Recreation Department to provide a number of family-friendly activities, including:
  - Family Day & Canada Day Celebrations, End of Summer Concert with Bonfire / Marshmallow Roast & Fireworks, Christmas in Tecumseh & Santa Parade, along with Breakfast with Santa
  - Sponsoring a DJ for the Rock N’ Swim Pool Party at the Tecumseh Leisure Pool & monthly Family Game Nights in the Fall/Winter
  - Hosting Outdoor Movie Night on July 20 for community enjoyment
- **Local Government Week (LGW)** – provide collaboration and ideas for engaging local youth to participate in LGW.



# QUESTIONS AND/OR COMMENTS?

