

PELHAM SENIORS' ADVISORY COMMITTEE AGENDA

SAC 2016
MEETING DATE: Wednesday, April 6, 2016
4:00 PM
Town of Pelham, Council Chambers, Fonthill

1. Declaration of Quorum and Call to Order
2. Adoption of Agenda
3. Disclosure of Pecuniary Interest & General Nature Thereof
4. Minutes Approval
 - 4.1. SAC/2016 – Pelham Seniors' Advisory Committee Minutes, March 2, 2016
5. Business Arising from Minutes
 - 5.1. Conversation Café
 - 5.2. Goals and Strategy – Review (Deferred from last meeting)
 - 5.3. Report on Meeting with Gerontology Dept. at McMaster University (Deferred from last meeting)
 - 5.4. Social Isolation of Seniors, Volume 1: Ideas Exchange (Deferred from last meeting)
 - 5.5. Forum IV, May 18, 2016 – Update
6. Committee Reports
 - 6.1. Niagara Aging Strategy & Action Plan Workshop Lisa Coxon
 - 6.2. Mayors Youth Advisory Committee Tessa Piccolo
7. New Business
 - 7.1. External Information Providers
 - 7.2. Pelham Transit Schedule
 - 7.3. Committee Report to Council, March 21, 2016
8. Correspondence to the Committee
 - 8.1. None
9. Correspondence from the Committee
 - 9.1. None
10. Adjournment

PELHAM SENIORS' ADVISORY COMMITTEE

MINUTES

SAC/2016

MEETING DATE: Wednesday, March 2, 2016

4:00 PM

Town of Pelham Council Chambers

Attendance:	Gail Hilyer, Chair (ADAC)	Robert Hildebrandt, Member (FMA)
	Gwen MacDougall, Member (Lib Bd)	Liisa Harju, Member (Arts)
	Bill Gibson, Member (PATC)	Lisa Coxon, Member
	Tessa Piccolo (MYAC)	Sue Kicul, Member (FMA)
	Sharon Cook, Vice-Chair (JAAC)	Councillor Peter Papp
Regrets:	Del Leney, Member	
Staff:	Judy Sheppard, Acting Deputy Clerk	
Interested Citizens:	Debbie Rollo	

1. Declaration of Quorum and Call to Order

Gail Hilyer, Chairperson, declared that a quorum was present and called the meeting to order at 4:00 p.m. Ms. Hilyer welcomed everyone and introduced an interested citizen, Debbie Rollo who commented that she was previously involved in the Welland Age-friendly Committee and is interested in getting involved in this Committee.

2. Adoption of Agenda

Moved by: Sharon Cook

Seconded by: Gwen MacDougall

THAT the agenda for the March 2nd, 2016 meeting be adopted with the following addition: 5.7 Update on the Committee's Presentation to Council.

Carried

3. Disclosure of Pecuniary Interest & General Nature Thereof

There were no disclosures of pecuniary interest noted by any of the members present.

4. Minutes Approval

4.1. SAC/2016 – Pelham Seniors' Advisory Committee Minutes, February 3, 2016

Moved by: Bob Hildebrandt

Seconded by: Tessa Piccolo

THAT the minutes for the Pelham Seniors' Advisory Committee meeting, February 3, 2016 is hereby approved as presented.

Carried

5. Business Arising from Minutes

- 5.1. Webinar, Ontario Age-Friendly Communities: Developing an Action Plan
The committee listened to a video regarding Age-friendly Chatham-Kent 2015 Community Action Plan and had extensive discussion regarding how those same issues relate to Pelham.
- 5.2. Goals and Strategy – Review
- Deferred to next meeting;
- 5.3. Report on Meeting with Gerontology Dept. at McMaster University
- Deferred to next meeting;
- 5.4. Transit Report
- See Agenda Item No. 6.2
- 5.5. Programming 2016
- 5.5.1 Community Forum IV

Extensive discussion took place regarding plans for the next Community Forum IV. It was decided that the next Community Forum IV will be held tentatively, on May 18, 2016.

Due to extensive feedback from Senior Citizens of Pelham regarding a need for accessible and affordable housing for seniors, the Committee decided to focus on this subject for the forum. Various Developers will be invited to speak to the residents regarding future plans to build affordable and accessible housing in the area.

Moved by: Bill Gibson
Seconded by: Gwen MacDougall

THAT the Committee approve a Community Forum IV to be hosted by the Pelham Seniors' Advisory Committee, Wednesday, May 18, 2016, 10am-2pm at the Royal Canadian Legion (141 Hwy 20 East); to invite developers to speak to Seniors of the Town of Pelham to provide them with an opportunity to inquire regarding development plans for affordable and accessible housing in the area.

Carried.

Ms. Hilyer asked for volunteers to establish an Ad Hoc Planning Committee to plan for the Community Forum and the following people agreed to be on the committee: B. Hildebrandt, S. Cook, and Councillor Papp; they will provide updates to the committee periodically.

- 5.6. Community Expo – Debrief
The following comments were shared from members who attended the Community Expo:
- Well attended;
 - Residents shared ideas;
 - Committee hopes future Expos will be an accessible venue;

- Residents stressed interest in affordable housing for seniors;
- Volunteers were thanked for their participation;

5.7 Committee's Report to Council

Ms. Hilyer advised that she will be presenting a 2015 report to Council on Monday, March 21st. The Committee strongly suggested that the following be included in the report:

- Request Council to facilitate a meeting with key development partners of the housing business regarding affordable and accessible housing;
- Request an update regarding what types of development is happening in the area; and what medical services are going to be provided;

6. Committee Reports

6.1 Proposed Bench Locations

- Mr. Gibson advised that the PATC have plans to build 3 benches, \$150. each; a request will be submitted to the Town Council for approval to fasten the benches to the Town's utility poles on Church Hill;

6.2 Pelham Active Transportation Committee – Report

- The Town is developing a plan to improve active transportation in Pelham. Consultants are asking for feedback from residents via the Town's website on issues regarding transportation; a summary of the results of the survey will be discussed at the Pelham Active Transportation Committee;
- Mr. Gibson provided the Committee Members with a promotional card which contained the contact information to participate in the survey which can be accessed at www.communityremarks.com/Pelham.

6.3 List of Committees Represented

Ms. Hilyer reminded members to please provide updated reports of Committees they represent to this Committee for information.

Ms. Kicul represents PSAC on the Canada Day Committee and advised that plans for the upcoming Canada Day Celebrations are going well. PSAC provided brief feedback from last year's event which Ms. Kicul will take back to the Canada Day Committee.

7. New Business

7.1. Social Isolation of Seniors, Volume 1: Ideas Exchange

- Deferred to next meeting;

8. Correspondence to the Committee

8.1 Niagara Age Friendly Implementation Committee

- Deferred to next meeting;
- Members were provided with the contact information for the Niagara Aging Strategy and Action Plan Project;

- Additional information available at: Niagara Aging Strategy and Action Plan: Project Report; Niagara Aging Strategy and Action Plan: Implementation Plan; Niagara Aging Strategy and Action Plan: Tool Kit;

8.2 Letter from Council, Support Application to ON Senior Community Grant Program
Ms. Hilyer advised that Council approved the Committee's request for support of the application that was to be submitted to the Ontario Senior Community Grant Program for a grant in the amount of \$7,000.00 for the development of a Communication Centre for Seniors. Ms. Hilyer advised of the following:

- The application has been completed and it will be submitted; however, it appears that the Committee does not qualify because they are formally appointed and financially supported by the Town;
- The suggested temporary location for the Communications Centre for Seniors is Sobeys Café; the Manager has agreed to allow the Committee to use the accessible table area and will supply fruit, cookies, a TV, etc.
- Topics for the Café are to be determined; a qualified person has volunteered to come and talk to seniors about topics of choice;
- Transportation – this issue will be addressed;

8.3 ADAC Meeting with Council, Monday, February 29, 2016

- Ms. Hilyer and Ms. Cook advised that as members of the ADAC, they attended the Special Committee of the Whole meeting on Monday, February 29, 2016 regarding a presentation of the proposed Community Centre and provided an update to the Committee;
- A request was made to the Town to add the PSAC, as well as all Advisory Committees to the Community contacts list regarding updates of the proposed Community Centre;
- It was confirmed at the meeting that the size of elevators to be installed in the proposed Community Centre will be large enough to accommodate large wheelchairs, scooters, etc.

9. Adjournment/next meeting

Moved by: **Gwen MacDougall**

THAT the meeting of the Pelham Seniors' Advisory Committee be adjourned at 6:08 pm until the next meeting, scheduled for April 6, 2016.

Carried

BROCK UNIVERSITY 50 1964-2014 (THIS HAS ALREADY BEEN EMAILED TO YOU)

APRIL 5TH CONVERSATION CAFÉ: WHAT IS THE RELATIONSHIP BETWEEN LOVE & FEAR? EVENT DETAILS

The **Conversation Café Festival Series** is a spontaneous gathering of people interested in the world and in community-based learning. The Series features one month of big questions held three times per year.

Each Café is centered around an interesting question and is launched with a guest, led by a moderator, and intended to spark the exchange of ideas. Cafés are open to audiences and participants of all ages and all backgrounds.

Can love and fear co-exist? Or does perfect love cast out all fear? Is there more in the world to be loved or to be feared? Is love scary? Is fear necessary in order to be safe?

Registration is not required. More information can be found by clicking "[Learn More](#)" below.

Cost: Free

TIME: *(Tuesday) 7:00 pm - 8:30 pm*

LOCATION: *Mahtay Café and Lounge 241 St. Paul Street St. Catharines, Ontario*

ORGANIZER *Brock University - Conversation Cafescommunity.learning@brocku.ca*

APRIL 12 CONVERSATION CAFÉ: WHAT IS THE RELATIONSHIP BETWEEN ART & SCIENCE? EVENT DETAILS

The **Conversation Café Festival Series** is a spontaneous gathering of people interested in the world and in community-based learning. The Series features one month of big questions held three times per year.

Each Café is centered around an interesting question and is launched with a guest, led by a moderator, and intended to spark the exchange of ideas. Cafés are open to audiences and participants of all ages and all backgrounds.

Some feel that art and science both push the boundaries of what we know and how we know it, others feel that art and science are polar opposites; one is data-driven while the other is driven by emotion. How, if at all, are art and science related?

Registration is not required. More information can be found by clicking "[Learn More](#)" below.

Cost: Free

TIME *(Tuesday) 7:00 pm - 8:30 pm*

LOCATION *Mahtay Café and Lounge 241 St. Paul Street St. Catharines, Ontario*

ORGANIZER *Brock University - Conversation Cafescommunity.learning@brocku.ca*

APRIL 19 CONVERSATION CAFÉ: WHAT IS THE RELATIONSHIP BETWEEN MONEY, SUCCESS AND HAPPINESS?

EVENT DETAILS

The **Conversation Café Festival Series** is a spontaneous gathering of people interested in the world and in community-based learning. The Series features one month of big questions held three times per year.

Each Café is centered around an interesting question and is launched with a guest, led by a moderator, and intended to spark the exchange of ideas. Cafés are open to audiences and participants of all ages and all backgrounds.

Does money buy, or detract from, happiness? What level of income is necessary to meet basic needs? Is success more closely related to money or to happiness?

Registration is not required. More information can be found by clicking "*Learn More*" below.

Cost: Free

Time: (Tuesday) 7:00 pm - 8:30 pm

Location: Mahtay Café and Lounge, 241 St. Paul Street St. Catharines, Ontario

Organizer: Brock University - Conversation Cafes community.learning@brocku.ca

Conversation Café Festival Series 2015-16

Think BIG this year

The Conversation Café Festival Series is a spontaneous gathering of people interested in the world and in community-based learning. The Series features one month of big questions held three times per year. This year's Festival Series will be held in downtown St. Catharines organized by Community Learning, Brock University.

Each Café is centered around an interesting question and is launched with a guest, led by a moderator, and intended to spark the exchange of ideas. Cafés are open to audiences and participants of all ages and all backgrounds. No formal training in philosophy (or anything else) is required. Come with your own real-life experience and a sense of curiosity.

Free. No registration is required.

Each conversation cafe takes place from 7:00 p.m. to 8:30 p.m. at [Mahtay Cafe](#) - 241 St Paul St, St. Catharines

SPRING

What is the relationship between love and fear?

Can love and fear co-exist? Or does perfect love cast out all fear? Is there more in the world to be loved or to be feared? Is love scary? Is fear necessary in order to be safe?

Tuesday April 5, 2016

7 to 8:30 pm Mahtay Café

What is the relationship between art and science?

Some feel that art and science both push the boundaries of what we know and how we know it, others feel that art and science are polar opposites; one is data-driven while the other is driven by emotion. How, if at all, are art and science related?

Tuesday April 12, 2016

7 to 8:30 pm Mahtay Café

What is the relationship between money, success and happiness?

Does money buy, or detract from, happiness? What level of income is necessary to meet basic needs? Is success more closely related to money or to happiness?

Tuesday April 19, 2016

7 to 8:30 pm Mahtay Café

What is the relationship between conflict and change?

Do you prefer change or stability? Is conflict necessary for change? Does change always create conflict? If change is inevitable will we always be in a state of conflict?

Tuesday April 26, 2016 7 to 8:30 pm

DRAFT: PROJECT SUGGESTION

Seniors' Conversation Café. The project is designed to provide a venue and knowledgeable facilitators for seniors to meet, to secure and discuss information related to services, many of which may not be currently located in our community. Issues currently of concern to resident seniors would be brought forward to Council as part of the advisory/advocacy responsibility of the Pelham Seniors Advisory Committee. As well, the Café would provide an opportunity for seniors in our rural /small town environment to become an integral part of the Town as it is now and to contribute to service and activity development for seniors to be made available in a Community Centre currently in the planning stage.

The Café could begin on Wednesday, September 7th, 2016 and continue each Wednesday until January 25, 2017. The Café will be staffed by volunteers from 9:30 a.m. until 11:30 a.m. The choice of time/day is partly predicated on the regular route of intra Town transit, provided as part of a pilot project, to enable seniors who do not drive to come to the venue where the Café will be held.

PROJECT PLAN

Current information will be published on the Town's website.

Outcomes of this project will enable seniors to come to a designated gathering place to discuss issues of concerns in a one-to-one setting or in a small group. All seniors in the community will be invited to take advantage of this opportunity.

Pelham currently has a significant seniors' population of 20% of a total population of approximately 17,000 residents. It is predicted that this percentage will grow to 29% by 2025. The seniors

population consists of long-term residents and an increasing number of new senior residents who come from larger communities. It is assumed that the interests and wishes of these two groups and any blended groups may be different. It is part of the intention of this project to clarify with the seniors in the community their expectations and needs for community opportunities and services.

We anticipate approximately 10 individuals participating in each Café for a total of approximately 200 during the project time. Initially, possible topics for discussion will be advertised, with the understanding that alternate or other topics would be welcome. It is hoped that as the project continues, potential participants will identify topics and knowledgeable facilitators will be provided to assist as needed.

The Café will be located in the Town of Pelham and will be open specifically for the senior residents of Pelham, with others who are involved with seniors including caretakers and activity providers being encouraged to participate when relevant.

The Café will be held in a designated refreshment area, currently open to the public, in the local Scobey's Grocery Store. The location is accessible and adjacent to the entrance/exit. Appropriate refreshments, courtesy of the management, will be available throughout each session.

The time for the event is, in part, related to time when bus transit is available. If a senior wishes to attend and is unable to secure transportation, it is planned to partner with a local volunteer organization to provide transportation for that individual.

Collaborations with other community groups will be undertaken in a number of ways:

- Presentations to community groups

- Advertising

- Requests for assistance with facilitators/transportation

- On-going evaluation of outcomes

The two key priorities for this project are to lead to opportunities for seniors in the community to become aware of available services and events, contribute to the development and programming of events and ultimately contribute to longer term programming as part of an Elder Person's Centre at the proposed Community Centre currently being planned by the Town. One intent of this project and on-going events is to encourage all seniors to be involved in programming which will be part of their Community Centre.

Gail Hilyer

For consideration by the Pelham Seniors Advisory Committee

March 2016