

Pelham Seniors' Advisory Committee Agenda

Meeting #: 18-06
Date: Wednesday, June 13, 2018
Time: 4:00 p.m.
Location: Town of Pelham Municipal Office - Council Chambers
20 Pelham Town Square, Fonthill

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2. ADOPTION OF AGENDA
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PELHAM SENIORS' ADVISORY COMMITTEE

Date: Wednesday, May 2, 2018

Time: 4:00 p.m.

Location: Town of Pelham Municipal Office - Council Chambers
20 Pelham Town Square, Fonthill

Members Present	Gail Hilyer, Chair Sharon Cook, Vice-Chair Peter Papp (ex-officio) Debbie Rollo Del Leney Sue Kicul (PC) Bea Clark (PATC) Susan Buckingham
Staff Present	Judy Sheppard, Deputy Clerk Vickie vanRavenswaay, Director of Recreation, Culture & Wellness Julie Cook, Recreation Programmer
Others Present	Item 4.1 - Jodi Krah, ReStore Manager, Habitat for Humanity

1. DECLARATION OF QUORUM AND CALL TO ORDER

Noting that a quorum was present, the Chair, Gail Hilyer, called the meeting to order at approximately 4:02 p.m.

2. ADOPTION OF AGENDA

Moved By Sharon Cook

Seconded By Debbie Rollo

THAT the agenda for the May 2nd, 2018 regular meeting of Pelham Seniors' Advisory Committee be adopted.

Carried.

4. DELEGATIONS

4.1 Jodi Krah, ReStore Manager, Habitat for Humanity

Jodi Krah, Manager of ReStore, Habitat for Humanity appeared before the Committee to make a presentation regarding Habitat for Humanity. Ms. Krah's presentation included, but was not limited to, the following:

- Habitat for Humanity Niagara's mission is to mobilize volunteers and community partners in building affordable housing and promoting home ownership as a means to breaking the cycle of poverty
- The organization is a team of volunteers, community and staff
- Committed to the Environment and project an annual waste diversion of approximately 2.3 million pounds of waste
- Their programs – Donations; salvage program; E-waste; Metal Products; Paint and Stain;
- Benefits of a ReStore: Green – diverts product from landfills; generate funds to build Habitat homes and cover all administrative costs; no tax on products sold in store; a charitable tax receipt is provided to donors more than \$100.
- In 2017 they built 5 homes
- In 2018 they are building 5 homes in Welland
- Sponsored builds in Haiti
- 35-40 new homes will be built in next 5 years
- Donations: drop off at ReStore 6 days a week, Monday through Saturday – 9:00 am to 5:00 pm; they do pickups; email for donations: fhwarehouse@habitatniagara.ca
- Volunteers are needed
- Contact: Jodi Krah, 905-329-7773 or Jodi@habitatniagara.ca or visit their website: www.habitatniagara.ca for more details

The Chair thanked Ms. Krah for her presentation.

5. PRESENTATIONS

5.1 Vickie vanRavenswaay, Director of Recreation, Culture & Wellness - Seniors' Activities Update

Vickie vanRavenswaay, Director of Recreation, Culture & Wellness, and Julie Cook, Recreation Programmer, Town of Pelham made a presentation on Seniors' Activities. The presentation included, but was not limited to, the following:

- Provided an update on grants that were not successful such as the Seniors Community Grant and the Ontario Sport and Recreation Grants; other grants have been submitted and a response is expected in the near future;
- Community Centre
 - Plans are progressing
 - The official opening - TBA

6. APPROVAL OF MINUTES OF PREVIOUS MEETING

Moved By Sue Kicul

Seconded By Bea Clark

BE IT RESOLVED THAT the following minutes be adopted as printed, circulated and read:

1. Pelham Seniors' Advisory Committee, April 4, 2018.

Carried

7. BUSINESS ARISING FROM MINUTES

7.1 Conversation Café

PSAC accepted the sub-committee's initial report, and requested that the sub-committee develop proposed ideas for events in September, October and November 2018. The sub-committee presented the following:

1. Plan and host three events at the Meridian Community Centre. The purpose of the events is twofold: 1) engage residents of Pelham in topics relevant to seniors through discussion and sharing of information and resources and 2) raise awareness of PSAC and its role. The target audience for the events is primarily seniors but not exclusively.

2. Designate “Staying Active” as the theme for the fall events which will include a Fall Fair in September with three main components: physical activities, social activities and nutrition and wellness. October 2nd event: Let’s Start Walking; and November 7th event: Nutrition and Wellness.

Moved By Bea Clark

Seconded By Susan Buckingham

WHEREAS, the Pelham Seniors' Advisory Committee (PSAC) intends to continue to engage residents of Pelham in topics relevant to seniors through discussion and sharing of information and resources; and raise awareness of PSAC and its role;

THEREFORE, the Pelham Seniors' Advisory Committee recommends that the Town of Pelham, in partnership with the Committee, host

"Aging Well in Pelham" at the Meridian Community Centre with the following events:

- 1. September 2018 - "Staying Active" Fall Fair**
- 2. October 2, 2018 - "Let's Start Walking"**
- 3. November 7, 2018 - "Nutrition and Wellness".**

Carried

7.2 Affordable Housing

Moved By Sharon Cook

Seconded By Sue Kicul

Whereas, 40% of the Town of Pelham's population is presently over the age of 55 and is projected to increase to 60% by 2030; and

Whereas, the Residential Development Industry is building to meet current and expanding market demands which create unaffordable options for both young and older citizens; and

Whereas, some Pelham lifelong community Seniors have found it necessary to relocate outside for affordable housing options; and

Whereas, the Town of Pelham has been welcomed by the WHO (World Health Organization) Global Network of Age-friendly Cities and Communities as a member for which relevant and affordable Housing is a critical health determinant factor; and

Whereas, the Town of Pelham is quickly running out of residential development land; and

Whereas, other Municipalities have taken steps together with the development community to make provisions within their Official Plan and Zoning By-Laws to reflect and make policy amendments to address Affordable Housing (see attachments); and

Whereas, the Town of Pelham will complete and implement its relevant Comprehensive Zoning By-Law in the Fall of 2018;

Therefore, the Pelham Seniors' Advisory Committee strongly requests that Town Council take immediate and appropriate steps to ensure that all Town citizens have affordable Housing options which are embedded in the Town's Strategic Plan and its binding Planning Policy and Procedure directives.

Carried.

7.3 Seniors' Month - Activities

At their Regular Meeting of Council on April 16, 2018, Mayor D. Augustyn proclaimed June 1st - 30th, 2018 as Seniors' Month in Pelham and that the Town further celebrate by lighting the arches blue.

7.4 DRAFT Design for Seniors' Flag

The Pelham Seniors' Advisory Committee is in the process of designing and purchasing a flag and a banner to be used for promotional purposes. There were two draft designs presented to the Committee and staff was directed to proceed with Design #1.

8. COMMITTEE REPORTS

8.1 Joint Accessibility Advisory Committee

Sharon Cook is a member of the Joint Accessibility Advisory Committee (JAAC) and her reported included, but is not limited to, the following:

- The Committee is currently dealing with an issue regarding scrubs and bushes hanging over various sidewalks in town which are causing issues for people with sight challenges. Ms. Cook advised that she will be requesting to be a delegation at a Council meeting to make a presentation regarding this, on behalf of the JAAC.
- The JAAC is considering establishing an award system with the six (6) municipalities - evaluating buildings regarding accessibility;

The Chair thanked Ms. Cook for her verbal report and commented that the PSAC supports the JAAC efforts.

8.2 Pelham Active Transportation Committee

Bea Clark is a member of the Pelham Active Transportation Committee (PATC) and her report included, but was not limited to, the following:

- PATC will be actively involved in the Town events that are coming up;
- PATC is also addressing concerns regarding site lines on sidewalks; the committee has been encouraging people to visit the Town's website and complete a PSR to address their concerns; this will allow the staff to appropriately assess the issue;

The Chair congratulated the Town of Pelham and the Pelham Active Transportation Committee, on behalf of the Pelham Seniors' Advisory Committee, for recently securing a substantial grant from the Province to

promote commuter cycling education and road safety for pedestrians and cyclists.

8.3 Canada Day Celebrations

Sue Kicul is a member of the Canada Day Celebrations and she advised that planning for the July 1st celebrations is ongoing.

8.4 Summerfest 2018

There was no report.

9. CORRESPONDENCE TO THE COMMITTEE

9.1 Age Friendly Niagara Network Forum, May 1, 2018

The Committee received correspondence, for information, from the Age-Friendly Niagara Network Update regarding a Forum to implement and sustain age-friendly action in Niagara - May 1, 2018, 1:00 - 4:00 p.m., Welland.

The planning for the Age-friendly meeting for June 26, 2018 is progressing.

9.2 Niagara Connects, Rethink Niagara, May 8, 2018

The Committee received correspondence, for information, from Niagara Connects regarding Rethink Niagara Data Forum to begin building the Niagara Data Repository and Refinery tool; and provide input to Ontario's Open Government Action Plan 2020. The Forum is scheduled for May 8, 2018, 8:30 a.m. - 12:30 p.m., Heartland Forest Nature Experience, 8215 Heartland Forest Rd., Niagara Falls.

10. CORRESPONDENCE FROM THE COMMITTEE

10.1 WHO (World Health Organization) Logo - Request Permission to Use

The Pelham Seniors' Advisory Committee would like to include the WHO Global Network for Age-friendly Cities and Communities logo on the flag and banner that they are in the process of designing for the committee.

Staff was directed to request permission from WHO GNAFCC to use their logo on the flag and banner.

11. NEW BUSINESS

11.1 Mayor's Gala - May 26, 2018

The Mayor's Gala is scheduled for May 26, 2018 and tickets are available at the Mayor's office.

11.2 Request to Change Date of PSAC Meeting for June, 2018

The members agreed to reschedule the date of the next Committee meeting to June 13th, 2018 in order to accommodate various scheduling.

11.3 Chair's Report

The Committee Chair, Gail Hilyer, provided her report to the Committee. Her report included, but was not limited to, the following:

- The Committee Secretary, Judy Sheppard, Deputy Clerk, has resigned from the Town of Pelham, effective June 14, 2018;
- The next Committee meeting will be rescheduled to June 13, 2018 at 4:00 p.m.
- The Chair will be presenting PSAC's Annual Report to Council, June 4, 2018 at 6:30 p.m. Members of the Committee are encouraged to attend;
- The Committee will not be meeting during July and August 2018;
- The following are dates for the Fall schedule:
- September 5, 2018
- October 10, 2018
- Congratulations to PATC (Pelham Active Transportation Committee) on securing funding for both equipment and signage to enhance and support inclusive active living in Pelham;

12. ADJOURNMENT

**Moved By Sue Kicul
THAT this Regular Meeting of Pelham Seniors' Advisory Committee be
adjourned until the next regular meeting scheduled for June 13, 2018
following Council.**

Carried

Chair Gail Hilyer;

Judy Sheppard, Deputy Clerk

May 7, 2018

Beth Dal Bianco
6647 Glengary Street
Niagara Falls ON L2J 1L5
Beth.dalbianco@yahoo.com

Dear Beth,

As I re-read your document, prior to preparing a presentation to Council, of the work of that PSAC has undertaken since June 2017, I was once again reminded of the scope of the Age-Friendly work being done by so many organization and individuals in the Region. Given that so much of the specific and on-going efforts have mostly begun in the past five years, much has been accomplished.

Thank you for your effort in collecting and presenting this information. I found myself thinking of how it fits into your “Introduction of Happiness” as a place to start and a place to be which is an interesting learning experience.

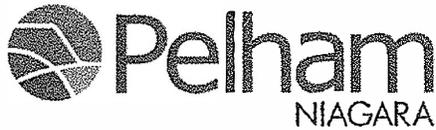
The document can be sourced as part of the work of the Town of Pelham, Pelham Seniors' Advisory Committee. If anyone should ask you for access to it, please refer them to PSAC c/o Town of Pelham.

On behalf of the Pelham Seniors' Advisory Committee, best wishes for your next adventure.

Sincerely,

Gail Hilyer, Chair
Pelham Seniors Advisory Committee

| Pelham Seniors' Advisory Committee |



Vibrant · Creative · Caring

May 8, 2018

Jodi Krah
ReStore Manager Fonthill
Habitat for Humanity
Jodi@habitatniagara.ca

Dear Jodi,

It was very refreshing to discover that an organization such as Habitat for Humanity is striving to help provide solutions to the many hard-working families who are in need of help to provide for their families.

You are to be commended for the programs you provide such as Donations; Salvage Program; E-Waste; Metal Products; Paint and Stain; all of these programs help protect the environment which in turn, helps everyone. Thank you for providing a number of your brochures. They complement your programs very well and I have already had an opportunity to pass one on to each of two families who are moving to the Region next month.

On behalf of the Pelham Seniors' Advisory Committee, thank you for your very informative presentation and we wish you every success in reaching your goals.

Sincerely,

A handwritten signature in black ink that reads "Gail Hilyer". The signature is written in a cursive, flowing style.

Gail Hilyer, Chair
Pelham Seniors Advisory Committee

| Pelham Seniors' Advisory Committee |

Judy Sheppard

To: Gail Hilyer
Subject: RE: Age-Friendly Niagara Network Update (May 2018)

From: Age-Friendly Niagara Network [mailto:info=agefriendlyniagara.com@mail232.suw14.mcdlv.net] **On Behalf Of** Age-Friendly Niagara Network
Sent: May-24-18 9:02 AM
To: Gail
Subject: Age-Friendly Niagara Network Update (May 2018)

Age-Friendly Niagara Network Update (May 2018)

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Age-Friendly Niagara Network Update May 2018

Welcome to the Age-Friendly Niagara Network (AFNN) Update! You are receiving this e-newsletter because you opted into the AFNN database to receive regular emails about age-friendly activity in Niagara. The intent is to keep you informed about Niagara Aging Strategy & Action Plan (NASAP) implementation steps and other age-friendly action happening across Niagara.

1. Age-Friendly Niagara Network Forum Focuses on Sustainability

On May 1st, 2018, 59 people from across Niagara gathered at the Centre de santé communautaire for the Age-Friendly Niagara Network Forum.

Sarah Webster (Ontario Age-Friendly Community Planning Outreach Initiative) provided highlights of a 2017 survey to identify what is working in regard to sustaining Age-Friendly action in communities across the province. Event participants identified that the three most important factors for sustaining Age-Friendly action in Niagara are (1) funding; (2) regional/ local leadership, governance and infrastructure; and (3) strategic alignment.

The panel discussion featured three examples of intergenerational Niagara-focused research with older adults, including presentations from Dr. Kimberley Gammage (Brock-Niagara Centre for Health & Well-Being), Carolyn Triemstra (Niagara College), Dr. Lynn McCleary and Stephanie Blais (Brock University), and Daniel Keays (Foyer Richelieu).

The intergenerational component of these research initiatives was identified as one of the biggest opportunities for Age-Friendly sustainability in Niagara, as it is viewed as key to broadening the scope of our work together to be truly “age-friendly”.

Participants also expressed a strong interest in continuing to engage, collaborate, communicate, and strategically align with diverse organizations and groups.

2. Age-Friendly Niagara Network: Implementing the Niagara Aging Strategy & Action Plan (NASAP) - Action Priorities (2018-2019)

This two-page roadmap describes the governance structure of the Age-Friendly Niagara Network, as well as the 2018-2019 focused action priorities across the three Action Groups of the AFNN:

1. Community Engagement and Communications
2. Recreation, Learning and Leisure
3. Improved Services, Systems and Infrastructure

[Click here to see the resource](#)

3. Thorold Age-Friendly Business Guide & Self Assessment Tool

An age-friendly business provides goods, services and/or spaces creating an age-friendly environment more welcoming to our ageing population and the broader community and its members. Any business located within the municipal boundaries of the city of Thorold can review the "Creating an Age-Friendly Business Guide" or complete the four page self-assessment to help determine if your business qualifies for an Age-Friendly Business Recognition Certificate and sticker. The Age-Friendly Business Guide is an adaptation of the [Welland Pelham Age Friendly Guide](#).

[Click here to see the Thorold guide and assessment tool](#)

4. Make the Right Call: Thorold Rack Card

This two-sided information card helps Thorold citizens make the right call. One side describes the differences between 211,411,511,911 and the City of Thorold number. The second side keeps important Thorold phone numbers at your fingertips. This rack card is an adaptation of a similar resource from Kingston, Ontario.

[Click here to see the resource](#)

5. Future Business of Ageing Niagara Network Meetings

5:30 - 7:30 p.m. | Welland

The Business of Ageing Niagara Network (BANN), launched by AGEWORKS™ in conjunction with Niagara College, is a membership-based networking group for individuals who are interested in learning more about issues pertaining to an ageing population, age inclusiveness and engaging older adults.

Meetings will be held quarterly at Niagara College, Welland Campus on Wednesday evenings between 5:30 -7:30pm. Each meeting will have a relevant speaker/presentation topic for 30-45 minute, then 1.5-hour networking session. Refreshments will be served at each meeting.

- [June 20, 2018](#) - Combating Ageism: What Does This Mean for Your Business?
- [September 19, 2018](#)
- [November 21, 2018](#)
- [January 30, 2019](#)

6. The Canadian Longitudinal Study on Aging (CLSA) Report on Health and Aging in Canada: Findings from Baseline Data Collection 2010-2015

The Canadian Longitudinal Study on Aging (CLSA) is Canada's largest and most comprehensive study on the health and well-being of the country's aging population. The full report highlights insights related to: physical and psychological health, loneliness and social isolation, caregiving and care receiving, transportation and mobility, work and retirement, physical function, disability and falls, lesbian, gay and bisexual aging, and lifestyle and behaviour, among others.

[Click here to read the report](#)

7. Building a Stronger and More Inclusive Ontario Part 2: Understanding the Link Between Age-Friendly and Compassionate Communities

May 31 | 1:00 - 2:00 p.m. (Webinar)

In light of Canada's aging population, Hospice Palliative Care Ontario is supporting a new provincial strategy called "Compassionate Communities" to catalyze whole person care throughout the province of Ontario, to benefit patients, family caregivers, and the formal health care system. A Compassionate Community is one where: local health policies recognize compassion as an ethical imperative; sectors work together to meet the special needs of the aged, those living with life-threatening illnesses, and with loss; a strong commitment to social and cultural differences enables access to wider variety of

supportive experiences, interactions, and communication; and all people have easy access to grief and holistic or palliative care services.

During this webinar, participants will learn how to start a Compassionate Community movement in their community, gain insights as to how Compassionate Community approaches can complement Age-Friendly and Dementia-Friendly initiatives, and discuss opportunities for collective action.

[Click here for information and event registration](#)

8. Taking Charge: New Models for Aging in Place, Designed by Seniors, for Seniors June 14th | 1:00 - 2:00 p.m. (Webinar)

Taking Charge: New models for Aging in Place, Designed by Seniors, for Seniors, is a research-through-storytelling project aimed at uncovering grassroots models of seniors' supportive living that are emerging across Canada and the United States. In this webinar you will hear four case studies:

1. Homesharing
2. Seniors cohousing
3. Naturally occurring retirement communities with supportive service program (NORC-SSP)
4. Virtual villages.

[Click here for information and event registration](#)

9. Naturally Occurring Retirement Communities: The Oasis Model June 28th | 1:00 - 2:00 p.m. (Webinar)

Oasis is a grass-roots developed program for seniors operating out of a privately owned and operated apartment building in central Kingston. Oasis has gained province-wide recognition as a successful alternative housing model for older adults who often cannot afford private residential care. In this webinar, the presenter will:

- Review the Oasis structure and core partnerships necessary to keep it true to its mandate
- Describe upcoming research projects, conducted in partnership with faculty of the Queen's School of Rehabilitation Therapy and focused on the expansion and evaluation of Oasis.

[Click here for information and event registration](#)

10. Older Adults with Cancer: Psychosocial Interventions for Patients and Their Families

Jun 4 - Jul 1 | Online Workshops (Registration Deadline May 28)

Approximately 60% of cancer incidence occurs in adults 65 years and older. And it is notable that older adults experience the majority of cancer deaths but also make up the majority of cancer survivors. (Hurria et al, JCO, 2015). During this workshop, we focus on the ways that older adults and their families may have different needs than younger adults and children.

[Click here for information and event registration](#)

11. Using a Montessori Approach for Managing Dementia

Jun 4 - Jul 1 | Online Workshop (Registration Deadline May 28)

Course Objectives:

- To provide an overview and enhance existing knowledge about the Montessori-based Dementia Program principles in the context of an aging population;
- To gain an understanding of the various types of dementia and their causes.
- To gain an understanding of responsive behaviours and their triggers.
- To provide an overview of the Montessori Prepared environment, and the application of the principles of the Montessori pedagogy to everyday contexts of care for older adults;
- To gain an understanding of specific Montessori-based activities and their benefits to people living with dementia.
- To gain an understanding of ways to promote a social environment based on the Montessori principles.

[Click here for information and workshop registration](#)

12. Age-Friendly Environments Mentorship Programme (MENTOR-AFE)

Application Deadline May 30, 2018

Do you know someone working on an age-friendly project who could benefit from mentorship? Making your city or community age-friendly is no easy task. The World Health Organization and the International Federation on Ageing have launched a new, global capacity building programme for emerging or current leaders in age-friendly cities

and communities. Mentees will be connected with an experienced mentor to take their age-friendly leadership skills to the next level.

[Click here for information](#)

13. 14th Global Conference on Ageing: Call for Volunteers

Are you an enthusiastic, committed individual with a keen interest in the Ageing population? Do you want to expand your network of researchers, academics and decision makers from across the globe? Do you want to be surrounded by thought leaders and policy makers involved in the field of ageing? Apply to be a 14th Global Conference on Ageing volunteer!

[Click here for more information about the benefits, available roles and responsibilities](#)

Questions? Contact us at: info@agefriendlyniagara.com

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