

Pelham Senior's Advisory Committee Agenda
Thursday, November 21st, 2019 @ 1:30 p.m.

Present:

Julie Cook (Recreation and Wellness Programmer)
Sharon Cook (President)
Councillor Marianne Stewart
Gwen MacDougall (Library)
Del Leney (Vice President)
Wayne Olson
Susan Buckingham
Anne Villalta
Dave Nicholson
Elena Simone-Simonetti
Brittany MacLean (Active Living Programmer)

Absent with Regrets:

Anna Oakes (Lookout Ridge)

1. **Declaration of Quorum and Call to Order-1:30pm** by Sharon Cook
2. **Additions to Agenda**
 - a. Excursions
 - b. Recent Funding for Seniors Active Living Programs
 - c. 55+ Member Activities
 - d. Senior Exercise Class Update
3. **Adoption of Agenda**

Motioned by: Gwen MacDougall
Seconded by: Del Leney
4. **Disclosure of Pecuniary Interest and General Nature thereof**

None.
5. **Approval of Minutes of Previous Meeting.**

Moved by: Wayne Olson
Carried by: Del Leney

From the Department of



6. **Correspondence-None.**

7. **Business Arising from Minutes:**

- **Niagara Age Friendly Network Meeting October 24, 2019-**
 - **"Lets chat"**- The proposal to have specific benches with a sign "Lets chat" for people to sit and talk to one another. If you sit on the bench, you are showing you are open to conversation. Talk of one being inside of the MCC.
 - **Talks of a News Letter**-Age friendly feel as though it would be beneficial to have a news letter in order to share what other groups are doing to be age friendly
 - **Niagara Forum in the spring (May)**- Age Friendly Network is planning for a forum for Seniors month. At the last meeting they discussed hosting it at the MCC, but the event would be based on donations, as they have no budgets, so they are looking to hold it free. One idea shared was to host an obstacle course for seniors (Canadian sport for life).
 - **Sharon will go to the next meeting on the 29th and report back**
 - **Jane's Walk**- Dave Nicholson discussed that the Active Transportation Committee are looking to lead a Jane's walk. In order to be considered a "Jane's walk" it must be structured around the following criteria: 1) free without charge 2) no commerce or politics 3) Stimulate conversation. The walk they are planning follows the theme of forestry and appreciation of trees. This will be a guided 1-2 hour walk with stops along the way. With this happening in May, there was talk about combining this event with another event to keep seniors active yet at a more "gentle" pace for those who are less mobile.
- **PSAC Logo**- Julie had reached out to Marc, who had provided 5 logos he created. PSAC members like the idea of incorporating the town ball or the colours used within the town ball. They felt as though it is important for the logo to demonstrate movement, 'reaching out', as well as having the font and colours be large and bold enough to be considered senior friendly. They would also like "Pelham Seniors" to be a bigger font than "Advisory Committee". Julie will be sending the designs back to Marc with the suggestions from PSAC members, with hopes to have Marc redesign before the next meeting.
- **Automatic Door Opening to Lounge**- After the last meeting, the request has been taken to James, the Facility Supervisor, who is looking into pricing to see if it is possible. His findings will be discussed at the next meeting.
- **Forum November 27th with Brock Godfrey**- We have 60 registrants so far with the numbers continuing to grow. People are having difficulty registering through Eventbrite, so having the option to call in was important. We have promoted the event in the Voice and on posters throughout the MCC, with another publication

going out in Niagara This Week this weekend. Brock Godfrey will be speaking from 10:30-11:30am, and from 1:30 to 2:30pm, with an optional \$3 lunch. Brock will be Educating on current scams and how to protect yourself. Will check to see if we have notepads and pens for people to take notes.

- **VIP Program** - The first round of Service Excellence training took place with Senior VIP participants. We have a second training coming up on January 23rd, 2020. For the registration of the next training date, PSAC has asked that we specify that the training is for the MCC ambassador program only and identify what the program is all about, as there has been some confusion about the program. Vests are being ordered and an orientation is taking place on November 28th, 2019.
- **PSAC Goals Brochure**- Julie had sent the new PSAC goals to Marc which he has updated. He has created a tri-fold brochure, which PSAC made a few alterations to. These will be sent back to Marc to update. PSAC has asked for a second bulletin board to post the brochure, as well as holders for other brochures to put in the lounge. PSAC has decided to wait until they have chosen a logo before printing- this will go on the front fold in place of "Seniors Advisory Committee". Julie will determine the cost of the printing in order to decide on how many to print.
- **Update on Fair Financials**- PSAC used all of their funding they received on their Seniors Information and Active Living Fair this year, costing them some money from their own budget. This is because they received more money last year, being their first year. The honorarium for the keynote speaker also added to the costs this year.

8. New Business

- **PSAC and Housing Regulation Changes**- Elena has asked that the topic be deferred until next meeting.
- **SAY IT! Seniors and Youth Intergenerational Theatre**
 - SAY IT! Is having their performance on December 13th and 14th at 7pm. Members tickets are \$5, non members are \$10. This process started with conversation circles and interviews of the seniors, which then incorporated youth, where they worked alongside the seniors to create their play together. The success of this program has lead to plans for a second play happening in the New Year.

9. Excursions

- PSAC started to brainstorm ideas for excursions which included seeing the lights in Niagara Falls (buses must book ahead), a show or night out. The Pelham Christmas light bus tour was also discussed, as this is an excursion that is currently being planed for December.

10. Recent Funding for Seniors Active Living Programs

- With the news of the funding for the Seniors Active Living Programs in Pelham, there was some confusion and discussion around where the money is going. Julie shared that the money comes in 2 parts- \$42,700

goes to pay for running the lounge in the facility and part of the Recreation and Wellness Programmer Wage. The other \$10,000, will go towards furniture for the lounge, money for guest speakers and lunches and hearing devices.

11. Member Activities

- This month we hosted our first Ladies Social where we had 6 ladies in attendance. The next ladies social will have a cookie exchange for the holidays, and there will be no cost to attend.
- This month we hosted our first Men's Breakfast where we had 11 registered and 9 attended. We already have had many sign up for next month, so we are hoping to see an increase in numbers.
- We are looking for new speakers to be part of our Speaker Series for the new year. Some ideas include Alzheimer society, elder abuse and fall prevention.

12. Senior Exercise Class Update

- The Brock University Seniors program partnership is coming to the MCC starting in January. This will be a pilot of 2 12 week programs. Their kinesiology students will be coming here to instruct the program. It will cost approximately \$120 per 12-week session, and will take place 3 times a week. This program will focus on circuit training around balance, with some cardio. Each participant will have their own chart to track their progress.
- Stay fit and Balance Classes will be resuming at the MCC. Their funding does not allow for them to spend money on a place to host, but Council has approved this program continuing for the next 2 years.

13. Next Meeting: Thursday, December 18th, 2020 from 1:30-3:30pm

14. Adjournment

Moved by: Elena Simone- Simonetti

Seconded by: Gwen MacDougall

THAT the meeting of the Pelham Seniors Advisory Committee meeting, November 21, 2019 adjourned at 3:07pm.

CARRIED.


Sharon Cook, Chair


Secretary