

**Pelham Senior's Advisory Committee Minutes**Thursday, November 12<sup>th</sup>, 2020 @ 1:00 p.m. by Zoom conference.

**Present:** Sharon Cook (President)  
Councillor Marianne Stewart  
Susan Buckingham  
Elena Simone-Simonetti  
Dave Nicholson  
Anne Villalta  
Gwen MacDougall (Library)  
Erin Stitt (Lookout Ridge)  
Julie Cook (Senior Programmer)  
Brittany MacLean (Active Living Programmer)

**Absent with Regrets:** Anna Oakes (Lookout Ridge)

1. **Declaration of Quorum and call to Order-** 1:06pm by Sharon Cook
2. **Additions to Agenda**
  - a) Budget for 2021
  - b) Age Friendly Inclusive Community Grant Program
3. **Adoption of Agenda**

Moved by: Anne Villalta  
Seconded by: Susan Buckingham
4. **Disclosure of Pecuniary Interest and General Nature thereof**

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

Moved by: Elena Simone-Simonetti  
Seconded by: Anne Villalta

THAT the minutes for the March 12, 2020 Pelham Seniors Advisory Committee meeting be approved.

CARRIED

6. **Correspondence**
  - Letter of Resignation- Del Leney
7. **Business Arising from Minutes:**

- Niagara Age Friendly Network- Are we (the Town of Pelham) doing enough for seniors in response to COVID-19?
  - a. Main areas of focus to help support Seniors during COVID-19: Loneliness, food insecurity, isolation, transportation, providing contacts and resources to seniors within the community.
  - b. Initiatives the Town of Pelham is taking to support Seniors: Virtual Visits- FaceTime and Zoom calls, Art Your Service social and active virtual programming.
  - c. Sharon attended the Niagara Age Friendly meeting, and reports that almost all other municipalities are having regular meetings with their advisory committees. PSAC would like to continue these meetings to brainstorm ideas on how to connect with Seniors in Pelham.
- 2020 PSAC Initiatives: Postponed due to COVID-19

#### 8. **New Business:**

- Seniors Centre Without Walls
  - a. The Town of Pelham, along with PSAC members, put great effort into the Senior Centre Without Walls program, but it didn't see the participation that was needed to continue. The topics were engaging and shared great materials, while providing social opportunities, but lacked the participation that was needed to be successful.
  - b. Other municipalities who had great success with this program had pre-existing Senior's clubs and groups before COVID-19, making it easier to reach the Seniors within their community and have greater participation.
  - c. Art Your Service programming has since replaced the Senior Centre Without Walls program, providing experiences and opportunities for Seniors to make personal connections and engage socially, helping to offer feelings of connectedness while at home to combat social isolation. Art Your Service provides 2 programs, 1 social and 1 active, per day, 5 days a week, as well sends program recordings after the program times for members to participate on their own time.
- Seniors Lounge Re-location
  - a. Due to the distancing regulations and the size of the Active Living Lounge space that currently exists, the Lounge will be moved to the main floor of the Meridian Community Centre, accommodating up to 15 people. Funding from the SALC grant, in the amount of \$10,000.00, has been used to purchase furniture including 10 chairs and artificial plant material

to create a gradient barrier to separate the space from the main atrium. Funding from Enbridge in the amount of \$3,000.00 has been spent to purchase a large TV for the lounge, with Wi-Fi and surround sound capabilities.

- b. The committee understands that in person interactions are what people are seeking, and are interested in offering some face-to-face, distant programs. This space will provide the opportunity to resume the Men's Breakfast and Women's Social that took place before COVID-19. These programs create a great social opportunity that have the potential to be physically distanced in this new space. Face to Face interactions are important for mental and physical health, as well as helping to combat social isolation and loneliness. This space also has the potential to host virtual experiences, such as presentations from the Botanical Gardens.
- c. Town of Pelham staff have applied for the 2021/2022 SALC grant, seeking funding to create an outdoor programming space with shade structures and comfortable and accessible outdoor furniture.
- Where do we go from here?
  - a. Committee Members are interested in having a presentation regarding Women's safety from attacks. Depending on restrictions, the presenter could Zoom in, or attend in person, and guests could attend virtually or in person.
  - b. As the Town of Pelham has now changed transit providers, transportation to and from programs is no longer free for Seniors. PSAC is willing to fund transportation tickets for those who attend programs frequently, as they agree this would encourage more participation from Seniors.
  - c. Continue to send frequent and consistent check-in emails to our Seniors data base, providing information on services within the community, upcoming webinars, or programs being offered.
  - d. Offer a workshop style program to help combat the unmet need to get Seniors online. This would involve workshops on how to use iPads, cellphones, Zoom, and other technological topics. Brittany will follow up with her contact on leading these sessions, and report back at the next meeting.
  - e. Active Transportation Report- The Steve Bauer Trail has been resurfaced, making the trail more accessible. PATC is increasing the awareness on trails within the Town, as some of the Town maps don't indicate some existing trails.

- f. PSAC is striving to find a way to alleviate stress and anxiety during December and create meaningful connections, as it is a difficult month for many.

**Motion:** To put a large, ½ page Christmas wish in the Voice of Pelham from PSAC, offering assistance and reaching out to Seniors within the community who may be seeking social connections or resources within the community. This would provide a contact to help find resources or suggest ways to stay connected with others within the community.

Moved by: Anne Villalta  
Seconded by: Gwen MacDougall  
CARRIED.

- Replacement of Resigned Committee Members
  - a. Nancy Bozzato is aware of Del's Leney's resignation, as well as Councilor Olson's new obligations, and will search for new PSAC members.
- Budget for 2021
  - a. The 2021 budget will go to Council asking for \$5,000.00, as in years past. Although the full amount was not spent by PSAC this year due to COVID-19, this will not affect the chances of receiving this amount in 2021.
- Age Friendly Inclusive Community Grant Program
  - a. A grant has been made available through the Ministry for Seniors and Accessibility, with a maximum amount of \$60,000 per successful applicant. Town Staff will be looking into the information provided to see if we are eligible for funding.

9. **Next Meeting:** Thursday December 10, 2020 at 1:00pm by Zoom.

#### 10. Adjournment

Moved by: Sharon Cook

THAT the meeting of the Pelham Seniors Advisory Committee meeting, November 12, 2020 adjourned at 2:11pm.

CARRIED.

A handwritten signature in blue ink, appearing to read "Sharon Cook", is written over a horizontal line.

Sharon Cook, Chair