

Date: 10, May 2023
Time: 1:00 pm
Location: Accursi Room, Meridian Community Centre

Attendance: Alan Bown
Katherine Champaigne, Masters of Gerontology Student
Tony Ferrara
Randy Gananathan, Vice-Chair
Brianna Harford, RCW Administrative Assistant
Brittany MacLeod, Active Living Programmer
Bill McInerney, Chair
Shellee Niznik, Councillor
Pat O'Hara
Lynn Reynolds

1. Call to Order and Declaration of Quorum

Noting that quorum was present, Chair Bill McInerney called the meeting to order at approximately 1:03 pm.

2. Land Recognition Statement

Chair Bill McInerney recited the land recognition statement.

3. Approval of Agenda

Moved by Randy Gananathan
Seconded by Tony Ferrara

THAT the agenda for the May 10, 2023, regular meeting of the Pelham Seniors Advisory Committee be adopted.

Carried

4. Declaration of Pecuniary Interest and General Nature

There were no pecuniary interests disclosed by any of the members present.

5. Approval of Minutes

The Committee approved the minutes from the April 12, 2023, Pelham Seniors Advisory Committee Meeting.

Moved by Lynn Reynolds
Seconded by Alan Bown

THAT the minutes of the April 12, 2023, Pelham Seniors Advisory Committee Meeting be approved.

Carried

6. Unfinished Business
None.

7. Regular Business

7.1. Introduction – Katharine Champaigne, Summer Student, Masters of Applied Gerontology at Brock University

Brittany introduced Katharine to the Committee. Katharine provided a brief explanation of her education background.

Moved by Randy Gananathan
Seconded by Pat O'Hara

THAT the Committee received item 7.1, Introduction of Katharine Champaigne, for information.

Carried

7.2. Seniors Activities and Services in Pelham

Committee members received a list of seniors activities and services in Pelham, which Brittany reviewed with the Committee. Alan mentioned that many seniors attend the yoga classes at the MCC, but the participants are mostly women. The Committee discussed how to include more men in programming. The Committee also discussed the issue of transportation and accessibility for seniors. Alan suggested creating an information brochure to hand out at programs at the MCC that are well attended by seniors, to spread information. Randy suggested creating a brochure that can be distributed to every post box in the community. Councillor Niznik explained that a mass mailout may not be feasible but there will be a budget for the Committee. Some of this budget can be used to make large posters to display at common locations (library, drugstores) with information for seniors.

Moved by Alan Bown
Seconded by Lynn Reynolds

THAT the Committee received item 7.2, Seniors Activities and Services in Pelham for information.

Carried

7.3. Requests by Seniors for New Services

Brittany was asked to bring any requests by the seniors in Pelham in relation to programs or activities to the Committee so that they better understand the needs and interests of Seniors in Pelham.

Moved by Tony Ferrara
Seconded by Lynn Reynolds

THAT the Committee received item 7.3, Requests by Seniors for New Services, for information.

Carried

7.4. Collecting Feedback from Seniors – Retirement Home Visits

Brittany updated the committee that she contacted all retirement facilities in Pelham. One retirement facility responded and provided information on the number of suites in the facility. This retirement home is eager to share information for seniors and welcomes the Committee to come do presentations or hand out informational materials.

Moved by Lynn Reynolds
Seconded by Tony Ferrara

THAT the Committee received item 7.4, Collecting Feedback from Seniors – Retirement Home Visits, for information.

Carried

7.5. Development of Senior Contact List

The Chair continued discussion from the previous meeting on the difficulty some seniors experience in receiving information due to restraints in using technology. The Chair suggested developing a seniors contact list to distribute information to seniors. The Chair suggested posting an article in the local newspaper to inform seniors of the contact list and to ask for contact information. Councillor Niznik confirmed there is a link on the Town of Pelham's website where seniors can add their contact information to a digital database. Brittany confirmed there are currently over 500 people on the list. Tony mentioned that sometimes it is difficult to find information on the website. The Committee discussed making the link more visible on the website. Brittany will look into updating the website to increase the visibility of the link.

Moved by Randy Gananathan
Seconded by Lynn Reynolds

THAT the Committee received item 7.5, Development of Senior Contact List, for information.

AND THAT Brittany will update the website to make the link to sign-up for the seniors database more visible.

Carried

7.6. Alan Bown – Suggestions for Committee Goals

Alan compiled a list of his suggestions for the Committee, which each member received. Alan proposed organizing a weekly outing for seniors following one of the fitness programs at the MCC. This outing could include grocery shopping and would also be an opportunity for seniors to socialize. The Committee discussed options for transportation and the frequency of the outings. Lynn suggested organizing this for Seniors Month in June. The Chair suggested informing the contacts currently on the seniors database. Committee members will also share this information with their contacts. The Committee decided that Lynn will speak to the participants in Chair Yoga on May 16th, informing them of the opportunity to gather for coffee following Chair Yoga, the following week, on May 30th and provide them with an informational brochure.

Moved by Lynn Reynolds
Seconded by Randy Gananathan

THAT the Committee will begin organizing opportunities for seniors to socialize or go shopping following a seniors fitness class at the Meridian Community Centre.

AND THAT Lynn Reynolds will assist in organizing the first seniors gathering on May 30th, by informing the Chair Yoga participants on May 16th.

Carried

7.7. Presentation by Councillor Niznik – Recreation, Culture and Parks Draft Master Plan

Councillor Niznik reviewed information relevant to seniors from the draft Recreation, Culture and Parks Master Plan with the Committee, including a large support from the community for seniors services, forecasted growth in Pelham, and the five goals and the proposed vision of the Master Plan. Topics discussed included seniors housing, accessible park washrooms and Recreation opportunities.

Moved by Randy Gananathan
Seconded by Lynn Reynolds

THAT the Committee received item 7.7, Presentation by Councillor Niznik – Recreation, Culture and Parks Draft Master Plan, for information.

AND THAT the Committee will postpone the goal of affordable housing to a later date.

Carried

7.8. Seniors Month in June

The Committee discussed activities for Seniors Month in June. Councillor Niznik suggested incorporating the Bandshell nights into seniors month. Brittany updated the Committee that a seniors flag raising and social event are planned on June 5th at 10:00 am at the MCC. Brittany also reviewed past

activities with the Committee. To help promote activities available for seniors in Pelham as part of Seniors Month, Brittany and Katharine will create a brochure and poster, which Committee Members will volunteer to distribute throughout the community. Brittany will let the Committee know when the print materials are ready for pickup and distribution. Brittany will also contact Leah, the Communication Specialist, to reach out to the local newspaper regarding promotion for Seniors Month and the Seniors Database.

Moved by Lynn Reynolds
Seconded by Randy Gananathan

THAT the Committee will promote activities available for Seniors in Pelham during Seniors Month by distributing posters and brochures in the community.

Carried

7.9. PSAC Meetings During the Summer

The Committee discussed continuing meetings during the summer and decided to wait until closer to the summer meetings to make a decision.

Moved by Randy Gananathan
Seconded by Tony Ferrara

THAT the Committee will wait until the summer months to decide if meetings will continue.


Carried

8. Adjournment

Moved by Alan Bown
Seconded by Pat O'Hara

THAT this Regular Meeting of the Pelham Seniors Advisory Committee be adjourned at 2:30 pm.

Carried


Lynn Reynolds

Chair, Lynn Reynolds*Brianna Harford*

Brianna Harford, RCW Administrative Assistant