

Date: 14, June 2023
Time: 1:00 pm
Location: Accursi Room, Meridian Community Centre

Attendance: Alan Bown
Tony Ferrara
Randy Gananathan, Vice-Chair
Brianna Harford, RCW Administrative Assistant
Brittany MacLeod, Active Living Programmer
Shellee Niznik, Councillor
Lynn Reynolds
Pat O'Hara

Regrets: Katherine Champaigne, Masters of Gerontology Student

1. Call to Order and Declaration of Quorum

Noting that quorum was present, Vice-Chair Randy Gananathan called the meeting to order at approximately 1:05 pm.

2. Land Recognition Statement

The Vice-Chair recited the land recognition statement.

3. Approval of Agenda

Moved by Tony Ferrara
Seconded by Alan Bown

THAT the agenda for the June 14, 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 May 10, 2023, Pelham Seniors Advisory Committee Meeting.

Moved by Tony Ferrara
Seconded by Pat O'Hara

THAT the minutes of the May 10, 2023, Pelham Seniors Advisory Committee Meeting be approved.

Carried

6. Unfinished Business
None.

7. Regular Business

7.1. Election of New Chair

Due to Chair Bill McInerney's resignation from the Committee, an election was held to nominate a new Chair. Brittany asked the Committee for nominations. Lynn nominated herself as Chair. The Committee moved forward with Lynn as Chair and Randy as Vice-Chair. As per Lynn's request, Randy continued to run the meeting.

Moved by Tony Ferrara
Seconded by Alan Bown

THAT the Committee elected Lynn Reynolds as the new Chair of PSAC.

Carried

7.2. Seniors Month Events Debrief

Brittany updated the Committee on Katharine's behalf on the events that have taken place so far during Seniors Month. Events included a Seniors flag raising, SAY IT! On Stage workshop, a presentation by the Niagara Christian Gleaners, and two after program socials. Brittany informed the Committee that the socials were the most successful events, and a lot of feedback was received from seniors on programming. A significant factor that seems to have contributed to the number of participants and instructors attending the two socials was the enthusiasm generated by visits from Pat and Lynn to MCC classes including: Brock Fit, Men's 60+ Shinny, 55+ Aerobics, Zumba, Chair Yoga & Bridge. The visits were done in the weeks ahead of the socials and again as a reminder on the mornings of the socials. Brittany informed the Committee that participation was low for the

Niagara Christian Gleaners presentation which could be an area of improvement for future presentations. Brittany also mentioned that a free yoga class was held at the MCC on May 30 as part of Mental Health Awareness Month which had over 30 participants.

Moved by Alan Bown
Seconded by Tony Ferrara

THAT the Committee received item 7.2, Seniors Month Events Debrief for information.

Carried

7.3. Program Updates

Brittany updated the Committee on Katharine's behalf regarding the upcoming speaker series. Prior to arranging speakers, a survey was sent to the Seniors Database to gauge interest and feedback from seniors. Brittany reviewed the upcoming speakers with the Committee, as listed below:

July – Community Support Services of Niagara. The presentation will focus on available services for seniors in the community.

August – Ontario Caregiver Organization. This organization provides physical and emotional support to those supporting older adults in Ontario.

September – Osteoporosis Canada. This will include an active program component on bone health.

October – Lincoln Pelham Public Library to celebrate library month.

Brittany informed the Committee that speakers are still being arranged for November and December. Brittany asked the Committee for any suggestions for speakers. Councillor Niznik suggested Pelham Cares. Alan Bown suggested a history of the Pelham speaker who spoke at PROBUS. Lynn suggested including a holiday-based theme for the month of December including a presentation on staying healthy during the holidays. Randy will reach out to a contact and get back to Brittany to coordinate an insurance presentation. Brittany also updated the Committee that shuffleboard will continue to be a free activity available in the MCC lobby on Fridays as long as events are not taking place.

Brittany also provided the Committee with two handouts from Seniors Month and asked the Committee to forward feedback on the handouts. Once the Committee sends Brittany feedback, the handouts will be printed on higher quality paper. Brittany informed the Committee that the link to the seniors database was enlarged on the website and thirty new people have added their emails to the database.

Another program update included the dates of the senior's socials, as discussed during last month's meeting, changed from May 30 and June 1 to June 8 and 9.

Moved by Lynn Reynolds
Seconded by Pat O'Hara

THAT the Committee received item 7.3, Program Updates, for information, and will forward Brittany feedback on the Seniors Month handouts.

Carried

7.4. Business Cards for PSAC Members

Randy updated the Committee on an inquiry he had sent to Brianna via email regarding the possibility of having business cards made for PSAC members to give out to members of the community. Brianna reached out to the Deputy Clerk and was informed business cards are not included in the budget. Randy provided the Committee with this update. As an alternative, Brittany and Councillor Niznik suggested their Pelham business cards can be used instead as the main contact for PSAC. The Committee decided to move forward with this option and reassess how this is working in the fall.

Alan inquired if the open space on the Committee will be filled. Brittany informed the Committee that applications are currently being accepted for PSAC. Brittany also updated the Committee that in response to the Committee members interest in being identifiable to the community, Brittany has made each member a Pelham lanyard with a PSAC nametag to wear when attending public events.

Moved by Lynn Reynolds
Seconded by Pat O'Hara

THAT the Committee will use Brittany and Councillor Niznik's Pelham business cards as the main contact for PSAC and this will be reassessed in the fall.

Carried

7.5. Seniors Surveys

Brittany updated the Committee on two surveys that were created for Seniors Month. The speaker series survey will be online until the end of the month. This survey is specific to the grant for the speaker seminar. The second survey was created by Lynn to receive feedback on what is important to seniors in the community. The Committee discussed the survey including incentives for people to participate. The Committee decided to wait until the fall when more survey responses are received to reassess the survey and to see if any changes are necessary. The Committee decided to also leave surveys at the MCC Customer Service desk.

Moved by Tony Ferrara
Seconded by Pat O'Hara

THAT the Committee received item 7.5, Seniors Surveys, for information, and will wait until the fall to reassess the seniors survey.

Carried

8. Adjournment

Moved by Alan Bown
Seconded by Tony Ferrara

THAT this Regular Meeting of the Pelham Seniors Advisory Committee be adjourned at 2:00 pm.

Carried

Lynn Reynolds

Chair, Lynn Reynolds

Brianna Harford

Administrative Assistant, Brianna Harford