

Date: December 13, 2023  
Time: 1:00 PM  
Location: Kinsmen Room- Meridian Community Centre

Attendance: Alan Bown  
Katie Kilbreath, Seniors, and Community Services  
Programmer  
Tony Ferrara  
Ty Bolibruk  
Randy Gananathan, Vice-Chair  
Natasha Gibson, RCW Administrative Assistant  
Lynn Reynolds, Chair  
Shellee Niznik, Councillor  
Pat O'Hara  
Halee Braun, Supervisor

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**1. Call to Order and Declaration of Quorum**

Noting that quorum was present, Chair Lynn Reynolds called the meeting to order at approximately 1:07 pm.

**2. Land Recognition Statement**

Councillor Niznik recited the land recognition statement.

**3. Approval of Agenda**

**Moved by** Randy Gananathan  
**Seconded by** Alan Bown

**THAT the agenda for the October 12 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.

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**5. Approval of Minutes**

The Committee approved the minutes from the October 11, 2023, Committee meeting with the addition of the 'terms of reference' to the title of item 6.2 and the title of the Director of the Pelham Seniors Advisory Committee Meeting.

**Moved by** Tony Ferrara  
**Seconded by** Alan Bown

**THAT the minutes of the October 11 Pelham Seniors Advisory Committee Meeting be approved.**

**Carried**

**6. Guest speaker Amy Ethier (Outreach Team Community Worker) – Seniors' Community Programs, Niagara Region**

The committee welcomed Amy from The Niagara region Seniors community programs, focusing on serving seniors 60+ in the Niagara region (not residents of long-term care homes). Amy specifically focuses on care of the community outreach, where she is out in the community connecting seniors to different services. Services offered to help aid with the following: financial issues, food insecurity, transportation, medical service. Amy shared information about the adult day programs for patrons with a formal diagnosis and or working with a physician. The Adult Day Program offers a safe atmosphere where seniors can socialize and engage in meaningful programming. Program content encourages clients to reminisce, take notice, learn something new and participate in fun and meaningful activity. 'Healthy safe and strong' is also a great program that is offered to seniors, this is a group exercise program that helps older adults live active, healthy, and independent lives. The program provides free group exercise programs delivered by certified personal trainers. Exercises are intended to support and improve activities of daily living. The program is offered once a week as well as additional online components. Amy also briefly touched on the respite support program that is also offered. This program provides an in-home respite companion for persons living with Alzheimer's or other progressive dementia and their care partners. Respite companions are trained to provide activities, tailored to the clients' interests. Amy will

continue to share beneficial information with Councillor Niznik that she may then share with the committee.

## **7. Seniors' Advisory Committee – Year in Review 2023 – Attachments on page 3-13**

The committee briefly reviewed the goals that they had set at the beginning of 2023. One of the main goal areas was to increase communication with seniors in both directions and provide more activities for engagement. A second significant goal identified was to increase activities for seniors and advocate for information sharing around the Region.

The committee discussed the success of the inter-generational seminar, and fraud and scams seminar series and how well received they were. The last seminar in December was the most successful, it had upwards of 90 patrons in attendance.

The committee discussed the success of the surveys beginning in June, with the link distributed through the website, newsletter, and seminar. surveys gave the feedback the committee needed to improve communication as well as informing the committee on the needs of seniors in the community. The committees goal moving forward is to improve the survey to continue to improve the two-way communication with seniors. The committee also noted how beneficial the senior's monthly newsletter has been with communicating events and programs with seniors in the community monthly. The committee would also like to work on getting the newsletter printed and in the hands of seniors as opposed to just digital.

**Moved by** Tony Ferrara

**Seconded by** Pat O'Hara

**THAT the Committee received the Seniors' Advisory Committee – Year in Review 2023, for information.**

**Carried**

## **8. Unfinished Business**

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**8.1 Update on Seniors Lounge (Refreshment Equipment & Supplies)**

The committee discussed the seating and refreshment equipment in the Seniors Lounge. Staff was able to rearrange the furniture to make it more comfortable. Staff will investigate providing additional chairs if possible.

**Moved by** Tony Ferrara  
**Seconded by** Pat O'Hara

**THAT the Committee received the Update on Seniors Lounge (Refreshment Equipment & Supplies)**

**Carried**

**8.2 Continued discussion on Senior's involvement – (Library Update, Cyber seniors, intro to computers, walking club, socials)**

Randy discussed meeting Cyber seniors at the Seniors information Fair and shared a bit of information regarding their programs. Randy noted that for a fee, a volunteer could receive training to then be able to offer one-on-one support. The chair also discussed potentially working with Niagara Falls with the program that they are offering for tech support. The committee discussed and all agreed that providing a service such as this, is not a part of our role. The committee will continue to explore already existing local options (i.e., the library) for senior's cyber support. The Chair suggested adding a question to the surveys going out to ask if technology courses would be beneficial to seniors if offered.

**Moved by** Randy Gananathan  
**Seconded by** Pat O'Hara

**THAT the Committee received item 8.2 Continued discussion on Senior's involvement and that a question will be added to the survey.**

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**Carried**

**8.3 Update on Pelham residential buildings' representatives -  
Traffic Complaint Letter to PSAC - Attachment on Page 14**

The committee discussed a letter that was sent to Pat regarding a traffic complaint. There was a discussion on what the necessary steps are to be taken when something like this is received and what the role is of the committee. When the letter was received Councillor Niznik forwarded the letter to Jason Maar, the town's public works director and asked if there is anything that can be done in terms of signage, and Jason then in turn will forward it onto his staff. Councillor Niznik has yet to receive a response from Jason currently. The committee discussed whose role it is to respond to the resident. The chair has responded to the resident letting them know that the letter has been received. Moving forward the committee will have Staff respond to resident complaints. The committee will continue this discussion at a future meeting to follow up.

**Moved by** Randy Gananathan  
**Seconded by** Tony Ferrara

**THAT the Committee received the Update on Pelham residential buildings' representatives - Traffic Complaint Letter to PSAC - Attachment on Page 14 for information and will follow up on this letter at a future meeting.**

**Carried**

**9. Regular Business**

**9.1 Seniors Information and Active Living Fair Update**

Katie shared that the fair was very successful, with over 28 vendors present, which is the highest number of vendors the town has seen. All the feedback received was that patrons were thrilled to network and connect with new services that they might not have been aware of before. It was an overall success.

**Moved by** Randy Gananathan  
**Seconded by** Alan Bown

**THAT the Committee receive the Seniors Information and Active Living Fair Update, for information.**

### **9.2 Past & Upcoming Seminars and Program Updates – Attachments on pages 5-6 & 9-10**

The committee discussed the success of the past and upcoming seminars. Attendance has continued to improve since the start of the seminars, and the surveys feedbacks continue to help improve communications with seniors in the community.

**Moved by** Tony Ferrara  
**Seconded by** Pat O'Hara

**THAT the Committee receive the Past & Upcoming Seminars and Program Updates – Attachments on pages 5-6 & 9-10, for information.**

### **9.3. Budget Update**

The committee had a discussion on what is left in the budget and what it should be spent on. Staff also updated the committee on the sponsorship for the wreath-making workshop, the amount spent was \$1,898. The committee has agreed to spend the remainder of funds (approximately \$2000) on community bridge and refreshments and games for the lounge space.

**Moved by** Alan Bown  
**Seconded by** Pat O'Hara

**THAT the Committee received the Budget Update and has agreed to spend the remainder of the budget on coffee supplies**

**Carried**

### **9.4. Community Bridge request for supplies**

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The committee has agreed to spend up to \$900 on supplies for the bridge program (i.e., cards and card holders).

**Moved by** Pat O'Hara

**Seconded by** Alan Bown

**THAT the Committee received item 9.4 Community Bridge request for supplies**

**AND THAT the committee will spend up to \$900 on supplies for the bridge program.**

**Carried**

**10. Next Meeting: January 10<sup>th</sup>, 2024, 1 PM, Kinsmen Room, Meridian Community Centre**

Staff shared with the committee that Bea Clark will begin her consulting services at either the January or February meeting to provide consultation to the committee to help work on priorities and goal setting.

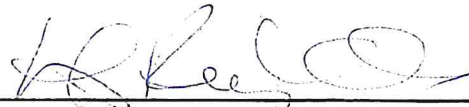
**11. Adjournment**

**Moved by** Tony Ferrara

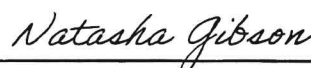
**Seconded by** Alan Bown

**THAT this Regular Meeting of the Pelham Seniors Advisory Committee be adjourned at 2:47 pm.**

**Carried**

A handwritten signature in black ink, appearing to read "Lynn Reynolds", written over a horizontal line.

**Chair, Lynn Reynolds**

A handwritten signature in black ink, appearing to read "Natasha Gibson", written over a horizontal line.

**Natasha Gibson, RCW Administrative Assistant**

**\*Amendments provided for by Sarah Leach, Deputy Clerk**