

The Town of Oakville

Department of Recreation & Culture

Seniors' Working Action Group (SWAG) - We're Age Friendly

Minutes – March 27, 2024, via ZOOM

In Attendance: Darlene Cox, Councillor Duddeck, Julie Pennal, Ruth Sheridan, Pat Moore, Ted Lambert, Michelle Nichols, Pierre Wong, Shahzi Bokhari, Stephanie O'Keefe, Bev Cathro, Jennifer McPetrie.

Regrets: Margaret Kirwin, Beth Robertson

Guest: Linda Horsky, Transitional Case Management Program, CMHA

Minutes: Kelly Meeussen

1. **Call to Order:** by Darlene Cox – 1:30 p.m.

2. **Guest Speaker:** Linda Horsky, Transitional Case Management Program, CMHA

- CMHA (Canadian Mental Health Association – Halton Region Branch) offers several services for Halton region residents.
 - Crisis Services – Outreach and Support Team (COAST) that includes a mobile crisis team, 24/7 crisis line and 9-8-8 Suicide Crisis Helpline.
 - Crisis Outreach program – short term case management (3-5 weeks)
 - Safe Beds – 24/7 community based residential service for adults 16+
 - Call-In Counselling – free single sessions available at Oakville and Milton offices for individuals 16+.
 - Cognitive Behavioural Therapy for Anxiety and Depression.
 - Dialectical Behavioural Therapy – skills groups and workshops.
 - Transitional Case Management – for those struggling with mental health and/or substance abuse.
 - CCDP Halton Community Concurrent Disorders Program Integrated Service – includes case management, psychotherapy, and access to a registered nurse.
 - Dual Diagnosis Case Management – 6-9 months of management for mental health and developmental disability.
 - Justice Services, including release from custody, court support and post court transitional case management.
 - Peer Support
 - Group Support (coping skills for change, structured relapse prevention)
 - AFFIRM – serving LGBTQ2S+ youth and adults.
 - Information and referral services
 - *Contact: 905-693-4270 or info@cmhahrb.ca (two office, Oakville located at 1540 Cornwall Rd, Unit 2 and 470 Bronte Street S., Unit 204, 205 in Milton)*

3. **Attendance / Regrets** – Regrets as noted.

4. **Acceptance of previous Minutes / Agenda**
Pat Moore, seconded by Ted Lambert. Carried.

5. **Update from Jen McPetrie -**

- Parks and Recreation Master Plan includes changes to the Central Library. Council will be meeting to discuss the changes and present to the community in the late spring or early fall.
- There are plans to include a future Cultural Hub at the Central library. Jen to share information as it is available.
- Family Day saw record numbers (25,000) people through the community centres between the hours of 10 a.m.- 2 p.m.

Standing Agenda Items

Councillor update: Cathy Duddeck –

- **Oakville Midtown** – a meeting will take place in early April to present the 1st draft of the Official Plan Amendment regarding Midtown (GO station area)
- **Federal proposal for the Housing Accelerator Fund:** Mounting opposition to the “4 as of right” development on a single property anywhere in the town.
- **An 800 metre distance surrounding Sheridan College to permit additional height (4 story) and density in the surrounding area.** Concerns have been raised about the lack of community consultation/notification. Concerns relating to the impact on the surrounding neighbourhoods that are predominantly single dwelling and townhomes. Questions continue to be raised about why Sheridan is not accommodating the student housing needs on their own property versus the neighbours.
- **Tree Canopy:** Currently reviewing the private tree bylaw and how to maintain our tree canopy and meet the targets to increase our tree canopy coverage. Serious reviews to be undertaken when reviewing the request to remove a healthy tree and pay the cost of replacement. Tree replacement should not be given for cedar trees (when a tree is removed).
- **Councillors have been giving a preview of the work that has been undertaken to create a “Data Information Hub”** – this will provide a simpler landing page that will contain all the information that the town tracks on numerous issues – planning, traffic, housing targets, etc. There will be a public launch of this page in April once the fine tuning and revisions are completed. Stay tuned!
- **Noise bylaw review** is being undertaken and there continues to be concerns raised about the use of loud lawn equipment (often the landscapers using/muffler noise/loud music on vehicles, etc.) There have been recent changes under the provincial regulations of what a municipality can do in terms of fines/charges.
- **Towing issues** – the Ward 1 councillors have once again raised concerns regarding predatory towing (especially in Bronte) and have asked staff to report back on any options that might be available to the municipality.

- **Lakeshore Road West reconstruction:** Council approved a modification to the plan for reconstructing Lakeshore Road West from West Street to Third Line and Third Line to Dorval Drive. The section from West St. to Third Line will proceed and will take place later (depending on the large amount of development on Lakeshore in Bronte (south side between Jones and Nelson) corner of East St. and Lakeshore (condominium building). The remaining sections east of Third Line are deferred until a later date.

Meals on Wheels – Michelle Nichols

- The Meals on Wheels March campaign raised over \$22,000. There was great uptake from the community this year.
- Currently serving 110 people + 3 Acclaim Adult Programs for a total of 165 meals per day.
- Received a grant that allowed a Sheridan media student to be hired on contract. This student developed social the media campaign for March for Meals and continues to manage social media platforms.

Senior Connector Update – Pat Moore

- There is no news or direction regarding funding opportunities.
- CDH will continue to insure the volunteers and the program until the end of June.
- Jude, Volunteer Engagement Program Officer finished his contract at the end of March.

enVISION Oakville Update – Ruth Sheridan.

- Our support group now has 23 members; 20 of whom actively participate in our virtual &/or in person meetings.
- We meet in person on the first Tuesday of every month at Trafalgar Park Community Centre, & virtually the third Tuesday of every month using ZOOM.
- March 5 enVision Oakville Meeting #185 (In Person), we had 13 Participants. In addition to a lively check-in with the participants Sharing their stories; we agreed to have Dr. Gary Yau as a guest speaker virtually using zoom on Wednesday, April 17, 8 p.m-8:45 p.m.
- March 18 CNIB Volunteer Group leads zoom meeting hosted by our CNIB staff lead Vera. I was one of three participants.
- I represented Oakville and the other two leads represented Burlington/Hamilton, and the new group beginning soon in Waterloo.
- March 19 enVISION Oakville Meeting #186 (Virtual), we had 7 Participants of whom 3 shared their stories. Among them was our member who is in long-term-care and is still seeking more social contact. We suggested again that her daughter contact Halton Registry.

OAAC – Darlene Cox

- Last meeting hosted Donna Slater from Food for Life. This organization partners with charitable organization to provide food support.
- There are 49 free food programs, 2 markets who service over 2,550, 1486 households. Appointments can be made to pick up the food and no one is turned away. You do not have to qualify for the program. Currently the main library holds a fresh food locker. It is noted that 22% of users are older adults.
- Subsidized apartments receive Food for Life programs.
- Salon Jeffers, Health Promoter, Halton Region discussed the dental program and asked for feedback.
- Heather Thompson will be at the next meeting to discuss Elder Abuse and will have two police officers with her.

Connection in Action – Shahzi Yasmin Bokhari –

- Attended market with Food for Life back in November/December of 2023. Many people came by the table resulting in three referrals.
- The Food for Life App is not as convenient, but you can book a time in person at the market.
- Shahzi to reach out to Pat regarding upcoming events and finalize posters. (Milton and Oakville). Space is being provided in kind and CIA will be covering costs of parking at the library.

Halton Age-Friendly – Julie Pennal

- Attended the first meeting via Zoom.
- Attending light education training on April 8
- Presenting information about Oakville Seniors Services to CIA event at the library.
- Priorities this year include funding.

WOW/Links2Wellbeing – Kelly Meeussen

- Seniors Centres Without Walls (WOW) is a telephone-based activity program offered to seniors 50+. No additional technology other than a telephone is required.
- Currently offering programming twice per week, including historical discussions, chair fitness and meditations.
- Partnered with Aurora Seniors Centre to expand program offerings. Calendar reflects programming from Monday to Friday, mornings and afternoons.
- April, May and June, Oakville is offering 2 new programs. The first Thursday of each month features a guest speaker. The last Wednesday morning of each month features “What’s the Tea?”

	<ul style="list-style-type: none"> ○ 2023 stats showed 813 callers for the year with an average of 68 callers per month. Numbers have declined since the pandemic, however, continue to be steady in 2023 and early 2024. ○ Links 2 Wellbeing is a program that aims to transform the way healthcare providers link older adults to social and recreational opportunities. This is a made-in-Ontario social prescribing program that began in 2018. Jolaine Montgomery, Assistant Programmer from QEPOAC is the facilitator of this program for Oakville Seniors Services. ○ Currently have 10 participants and 3 referrals. There are 3 volunteer ambassadors that meet with clients to review our programs and find out what they are interested in. Programs include, drop-in programs, memberships, registered programs and day trips. ○ See video explaining the impact of this program: https://www.oacao.org/wp-content/uploads/2022/10/OACAO-Social-Prescribing-Conference-Video-1-1-1-1.mp4
7.	<p>New Business Arising/Information Sharing</p> <ul style="list-style-type: none"> ○ Feedback on SWAG presents: POA's with Andrea Parliament – 36 surveys indicated the attendees were pleased with the presentation and 2 said they disliked it. ○ Andrea has asked if she can attend some SWAG meetings. Her next career focus will be understanding and helping seniors understand what dignity really looks like for themselves and for those who care for them. ○ The SWAG committee discussed the Midtown Development Proposal from both an older adult and young persons prospective and it was agreed that the members would each put their thoughts in an email that would be sent to Darlene. A letter would then be written, that captures these thoughts and forwarded to Councillor Duddeck who would present them to Council on behalf of SWAG. ○ Reminder that the Senior's Information Fair at QEP is taking place on Tuesday, April 30 from 9 a.m. to noon. There will be 44 vendors attending, and 2 sponsorships to cover the cost of food, bags and giveaways. ○ SWAG May 22 meeting has been cancelled and moved to Friday, May 24 at 9:30 a.m. at QEP with the Policy Review Board. ○ Reminder from Margaret that Oakville Green is selling native flowers. Darlene to send out the website for more information. ○ Ted asked if questions could be sent in advance regarding the master plan. Jen McPetrie agreed to accept the questions in advance. ○ Darlene suggested that we have a speaker to talk about Emergency Management in Halton. <p>Meeting adjourned at 2:55 p.m.</p>
8.	<p>Date of next meeting – Wednesday, April 24, at 1:30 p.m. on Zoom</p>