

**The Town of Oakville**

**Department of Recreation & Culture**

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

**Minutes – February 28, 2024, via ZOOM**

**In Attendance:** Darlene Cox, Councillor Duddeck, Julie Pennal, Ruth Sheridan, Pat Moore, Margaret Kirwin, Ted Lambert, Michelle Nichols, Pierre Wong, Shahzi Bokhari, Stephanie O’Keefe, Bev Cathro

**Regrets:** Jennifer McPetrie, Beth Robertson, Ayaa Mohamad

**Guest:** Jennifer Valinouth to be re-scheduled to the March meeting.

**Minutes:** Kelly Meeussen

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

2. **Guest Speaker:** Jennifer Valinouth to be re-scheduled to the March meeting.

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

4. **Acceptance of previous Minutes / Agenda**  
Ted Lambert, seconded by Bev Cathro. Carried.

5. **Update from Jen McPetrie -**

- Centennial cup is fast approaching at Sixteen Mile, May 9 - 19
- Our commissioner, Colleen Bell is retiring at the end of March; posting is up now for a replacement.
- Draft Inclusion, Diversity, Equity and Accessibility multi year plan is going to council in March.
- March 17 marks the deadline for local artists to submit proposals to create traffic signal cabinet wraps for this year’s Connexions exhibition. The cabinet wraps will appear at several intersections across Oakville and will be featured at this year’s Culture Days Festival in September and October.

**Standing Agenda Items**

**Councillor update: Cathy Duddeck –**

- Chaired another meeting on February 27 for the mid-town project (16-mile to Chartwell to QEW).
- OMG architects suggested a medium to high density plan. This resonated with residents. This does not comply with provincial plans. This can be appealed at the Ontario Land Tribunal; however, a plan must be in place to oppose the 54 story buildings.
- In April, consultants will draft a plan and comments can be made by the public in late April. June will be the final approval and in September there will be an opportunity to appeal and list issues and concerns. Entire process to be completed by 2025.
- Citizen satisfaction surveys are being completed.

- Lakeshore Rd reconstruction is divided into two sections: Mississauga St. to Third line is part one and Third Line to Dorval is part two. The plan is to remove less than 100 trees in the reconstruction process with the opportunity to work around some of the larger ones. The Town is moving ahead with Part one of the project and Part two has been put on hold.
- St. Hilda's site, purchased by the Region will be breaking ground shortly. It will offer 3 Detached homes on Lakeshore Rd with 14 semi detached rental Bungalows in behind which Halton will be subsidized by Halton Region.
- On March 4 Cathy is attending a meeting to discuss the Federal Government's accelerator fund being provided to municipalities that meet the housing criteria. The Ontario Government has already legislated three units per dwelling however the Municipalities still have control over zoning. The Federal Government's proposal is to increase to four units, with Municipalities having no say in Zoning. There are also multiple concerns related to parking, traffic and spacing between homes. Areas within 800 meters of Sheridan College will be allowed to build to 4 stories with no zoning restrictions.
- Council meetings have returned to a virtual platform as there has been an increase in protests compromising security at Town Hall.

**Oakville Meals on Wheels – Michelle Nichols**

- Tuesday March 5<sup>th</sup> – Mayor Burton will raise the Oakville Meals on Wheels Flat at Town Hall and proclaim March for Meals.
- The week of March 18<sup>th</sup> we will be hosting our annual Champion Week, and we will have special guests delivering meals to help raise awareness about our program.
- Currently we have confirmed the following guests: MPP Crawford, Town Councillor Cathy Duddeck and Deputy Boyer, Oakville Fire Department

**Senior Connector Update – Pat Moore**

- Attended a meeting on March 8 to discuss next steps as the CDH (Community Development Halton) will no longer provide funding for the Senior Connectors.
- A grant application will be going out at the end of the month.
- Continue to provide invaluable support and share personal experiences for senior groups in the community.
- Open to suggestions regarding support/funding from other organizations supporting seniors in the community.

- Darlene suggested perhaps this group could be absorbed into the OAAC Communications group. She will bring this issue to the attention of the OAAC Committee at their next meeting.

### **enVISION Oakville Update – Ruth Sheridan.**

- February 6 - 11 participants attended. The friendship and camaraderie in the group was palpable. Many members, for example, brought food items or Little Valentine's Day gifts to take home. It was difficult when we discussed the passing of Elizabeth McCarville, who was one of the founding members of this group. During the first years of existence, she was a regular until her health made it difficult. She was a very positive spirited person and role model for many of us. She was 97 years old.
- February 20 enVISION – Virtual and 9 participants attended. This meeting was not that lively, and only five participants shared stories of the last two weeks, even though with Valentine's Day and Family Day there should have been plenty of material. So, we instead talked about points of interest, and it created the following action items below:
  - ~ Distribute information on WhatsApp use.
  - ~ Distribute Invitation to Smart Vision 3 Phone review organized by the AAUG.
  - ~ Distribute invitation about android Accessibility review organized by the AAUG.
  - ~ Schedule Bridget ophthalmologist for end of April.
  - ~ Send around the Notes of our nutrition class.
  - ~ Organize VLRO independent living session.
- By February 25 I & others in our group completed the Oakville Accessibility Survey.
- February 27 - I and others in our group took part in the White Cane Conference, a collaboration of Canadian Council of the Blind & Fighting Blindness

### **OAAC – Darlene Cox**

- Rishia Burke from Community Development Halton provided a presentation about volunteering. She presented statistics on Volunteering for the Older Adult population and also the Youth in school who are looking for ways to complete their required Community Hours. CDH wants to help match people with the many Volunteer positions available.

### **Connection in Action – Shahzi Yasmin Bokhari –**

- Connection in Action updates on our Outreach Strategy:
  - In the last month, we've presented to Oakville Public Library branches and Oakville Meals on Wheels volunteers.

- We presented to a residential building on Kerr St and also ran an activity (the Price is Right). We invited the Senior Connectors to this event.
- LITE Education is being offered to all members of the Older Adult Isolation Action Table in early April, and we will be offering public dates for anyone to join.
- About LITE Education:  
Loneliness, Isolation to Empowerment (LITE) Education is offered by Connection in Action in partnership with the new Halton Elder Abuse Prevention Network.  
This 3-hour, capacity-building education is designed for service providers, community groups and committees, volunteers, older adults, and community members. Participants will gain information and insights related to issues impacting older adults.  
Topics include the value of social connections, the impacts and outcomes of isolation and loneliness, age-friendly communities and design, ageism, and elder abuse. Participants will also learn tools, resources, and skills to help spot warning signs, to intervene with dignity, and to promote age-friendly practices within your community, organization, and service delivery.
- We will be hosting an educational event (like Tea and Talk) for older adults in May or June. Presentations will consist of Connection in Action and social isolation and loneliness, as well as presentations from some of our Action Table partners. We will be hosting two events: one in Milton and one in Oakville.
- If you have a suggestion for affordable venues in Oakville that can host about 40 – 50 people, please let me know.
- Call for SWAG members to join the Older Adult Isolation Action Table's working groups: Community Knowledge and Mobilization or Referral and Connection. If you know of any older adults in the community who might be interested in joining our working groups, please let me know.
- Learn more about Connection in Action: [www.ConnectionInAction.ca](http://www.ConnectionInAction.ca)
- HelpAge Canada is hosting their first ever summit: 2024 Community-Based Seniors' Services (CBSS) Sector Summit: Claiming our Space, Naming our Future. The summit will be held in June in Ottawa. Connection in Action / Halton's Older Adult Isolation Action Table will be presenting at this summit. <https://healthyagingcore.ca/nationalsummit2024>
- The Ontario Age-Friendly Communities Outreach Program is hosting a free and virtual conference from March 20 to 22, 2024: Building Healthy Communities: Uniting Experience, Research, and Practice for Ontario's Age-Friendly Future. <https://sagelink.ca/event/2024-conference-building->

[healthy-communities-uniting-experience-research-and-practice-for-ontarios-age-friendly-future/](https://www.halton.ca/healthy-communities-uniting-experience-research-and-practice-for-ontarios-age-friendly-future/)

**Halton Age-Friendly – Julie Pennal**

- Julie will be part of the 2024 action plan.
- Attending the next meeting in March and will have a full report to share at that time.

**7. New Business Arising/Information Sharing**

- The Housing and Homesharing Options for Seniors virtual presentation on Thursday, February 22 was well attended. Julie sent out the link for the recording to those who registered.
- Reminder to get your tickets and register for an in-person presentation on Tuesday, March 5, 1 – 3 p.m. Wills and Power of Attorney with Andrea Parliament at Sir John Colborne Recreation Centre for Seniors. Currently 90 people are registered. This is a ticketed event and space is limited. To register please visit the Colborne Senior Centre or call 905-815-5960 and ask to be added to the guest list.
- Reminder of the Seniors Information Fair at QEPCCC on Tuesday, April 30 from 9 a.m. to noon.
- Possible speakers to consider:
  - a. Golden Girls – goldenhomesharingconnections.ca
  - b. Jeanette Bock – Fluid Senior Transitions
  - c. Carly Hickey – ACE Planning Company
  - d. Deputy Fire Chief Kalpana Rajgopalan
  - e. Suite Living 360 – Norma Gamble
  - f. Death Café
  - g. Dr. Ken Hook and Gordon Smith

**Meeting adjourned at 2:55 p.m.**

**8. Date of next meeting – Wednesday, March 27, at 1:30 p.m. on Zoom**