

The Town of Oakville

Department of Recreation & Culture

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

Minutes – Wednesday, January 28, 2026,

In Attendance: Darlene Cox, Pierre Wong, Pat Moore, Bev Cathro, Ruth Sheridan, Councillor Duddeck, Micheline Wheeler, Julie Pennal

Regrets: Ted Lambert, Margaret Kirwin, Rachel Fraser, Michelle Nichols, Michelle Cleary

Guest: Debra Popa - KnowledgeFlow Cybersafety Foundation

Minutes: Kelly Meeussen

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

Guest Speaker: Debra Popa – KnowledgeFlow Cybersafety Foundation

- The KnowledgeFlow Cybersafety Foundation is a national nonprofit organization created to educate communities, families, youth, seniors and other vulnerable sector individuals. Through our education, initiatives and resources we empower individuals and communities to:
 - Prevent cybercrime victimization through protecting personal information and managing online existence.
 - Detect cyber abuses through understanding the value of personal information to fraudsters and data brokers and recognizing the key indicators of compromise.
 - Respond to cyber fraud and privacy invasions through understanding privacy rights and the applicable reporting avenues, KnowledgeFlow is dedicated to the highest quality of cybersafety training delivered with authenticity, sincerity and honesty. Our focus on empowerment ensures that participants are confident in their cyber situational awareness rather than relying on fear and lists of 'what not to do'.
- Presentation: How Scammers Target Seniors
 - Summary: Think scammers have the upper hand? Think again! This course is designed to help you stay safe online by giving you a behind-the-scenes look at how scammers operate. You'll get a front-row seat to "**Scammer Training 101**," where we reveal their sneaky tricks and schemes—so you'll know exactly how to spot and avoid them. From recognizing, phishing emails to staying safe from fake tech support calls, you'll gain the skills and confidence to protect yourself and your personal information. Remember, the best way to beat a scammer is to understand how they think. Let's outsmart them together and keep you #UnHackable!
 - Visit www.cybersafetyfoundation.org for more information and to access more courses.

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

3. **Acceptance of previous Minutes / Agenda**

	Pat Moore, seconded by Micheline Wheeler. Carried.
4.	<p>Update from Rachel Fraser –</p> <ul style="list-style-type: none"> ○ Julie shared that Walking Tracks will be accessible and included in the Seniors Services membership during regular facility hours, including weekends and evenings. This will also include the Sixteen Mile Community Centre in the spring.
5.	<p>Standing Agenda Items</p>
a.	<p>Councillor Cathy Duddeck update:</p> <p>There have been several documents filed by the province to enable the implementation of a MZO (Ministerial Zoning Order) on the Midtown lands.</p> <p>It is worth noting that MZO's are not appealable.</p> <p>We have had a last-minute development from the Federal Government on Midtown – Nav Canada has written to the developer – Distrik to advise them that their proposal is not in keeping with the Nav Canada guidelines in terms of height along the flight path over Oakville. Their letter indicates a height limit of 38 storeys on any buildings (the developer has applied for 60/58/56 storeys on their lands).</p> <p>At Monday night's Council meeting staff presented some revisions under the business permits process. While most of these changes will not impact the average resident, one item was presented which we have had concerns about for some time now, Payday Loan establishments. They will now only allow one in the southern wards and one in the northern wards. Currently, there are 2 located in Ward 2 so no more permits will be issued here until those establishments close.</p> <p>Oakville has been recognized by the provincial government as an Age Friendly Community. This committee has contributed considerably through advocacy for seniors and should be very proud of those efforts.</p> <p><u>Former GE lands (south service road)</u></p> <p>Applied to the town for the phased development of the lands as part of a mixed-use community consisting of four blocks with a combined 14 residential or mixed-use buildings, ranging in height from 35 to 48 storeys with six storey podiums. The site is proposed to be subdivided into four blocks of developable land, delineated by the future extension of public roads. The development will be served by this new public road network and includes a park and open space system (public park, strata parks and privately-owned public space) that is integrated and connected throughout the development. A total of 6,945 residential units is proposed with 9,117 m² of at-grade non-residential/commercial uses within the podiums, and 0.42 hectares of public park, 1.91 hectares of strata park and 0.38 hectares of privately owned public space.</p>

b. **Meals on Wheels – Michelle Nichols** - no report this month.

c. **Senior Connector Update – Pat Moore**

- Pat shared the document “Put waste in its place” which speaks to the new recycling program in Halton. For more information call 311 or go to halton.ca/waste
- Pat mentioned that there has been a report of counterfeit bills circulating in Halton. HRPS advise people to be particularly careful when buying or selling items privately.

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

- Peer support group is now supervised by Olivia Pellicciotta.
- Met Olivia for the first time at the January meeting. Olivia secured our contract at Trafalgar Park Community Centre until the end of the summer.
- Ruth will be attending a ceremony on February 22 at OTMH and will be receiving a ten-year pin for volunteer services.

e. **OAAC - Darlene Cox**

- Dwain Newham and Allison Theriault from the Halton Regional Police Service, Elder Abuse, gave a presentation on their Older Adult Outreach Program.
 - LEGHO program. (a free Ontario-based initiative supporting seniors (typically 55+) and adults with functional impairments transitioning from hospital to home. It provides 4–6 weeks of services, including transportation, meals, light housekeeping, and safety checks to prevent readmissions.)
 - The Lifesaver Program which HRPS ran, has been phased out as the GPS system used was outdated, the battery life of the watches was too short and they needed too much maintenance.
 - Programs such as Angel Sense and Lil Tracker - specialized GPS tracking and safety programs designed for children, teens, and adults with autism, special needs, or dementia to prevent wandering are being used by individuals needing such devices. The system includes a small durable, wearable device that attaches to clothing and a comprehensive app for real-time tracking, geo-fencing, 2-way voice communication, and location history. The HRPS are no longer involved in the program.

f. **Older Adult Isolation Table - Julie Pennal**

- No report this month.

g. **Links2Wellbeing – Kelly Meeussen**

	<ul style="list-style-type: none"> ○ As of November 2025, there has been 5 referrals from a Social Worker in the Neuro Rehab Department at OTMH. ○ We have partnered with the hospital to start a Stronger and Steadier program which started in November. Registration has been positive and classes are full for the winter program. ○ The Outreach and Engagement Program Coordinator for Links2Wellbeing has reached out to the Manager of Social Workers at Halton Healthcare to schedule a meeting to promote the program.
6	<p>Business Arising – Future Guest Speakers</p> <ul style="list-style-type: none"> a. MPP Stephen Crawford – asked to speak but no confirmed date. b. Mary Dimas, Town of Oakville, Bike Trails, February 25, c. Pat Dunn, Senior Women Living Together, March 25, d. Facility tour at Sixteen Mile Creek has been scheduled for Friday, February 13 at 9:30 a.m. e. AI presentation April 2 Virtual – Please register using the link below: https://us02web.zoom.us/meeting/register/fYgTG074S_aZg60bPZ1iSQ If you require assistance, please contact Kelly at 905-815-5960 f. MAiD and death café in person event – Tuesday, May 5 at 1 p.m. at the Colborne Centre.
7	<p>Date of next meeting – Wednesday, February 25 at 1:30 p.m. in person with Zoom option.</p>
8	<p>Adjournment – 3:30 p.m.</p>