

The Town of Oakville

Department of Recreation & Culture

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

Minutes – January 25, 2023 via ZOOM

In Attendance: Darlene Cox, Julie Pennal, Dee Webber, Ruth Sheridan, Bev Cathro, Margaret Kirwin, Pierre Wong, Pat Moore, Ted Lambert, Nabeel Rahman, Jen McPetrie, Kelly Meeussen, Councillor Cathy Duddeck

Regrets: Beth Robertson, Michelle Nichols

Guest: Tom Carrothers

1.	Call to Order by Darlene Cox – 1:30 p.m.
2.	Introduction of Kelly Meeussen, Recreation Assistant, Recreation and Culture to SWAG Committee,
3.	Attendance / Regrets – Regrets as noted.
4.	Acceptance of previous Minutes / Agenda Ruth Sheridan, seconded by Pierre Wong. Carried.
5.	Update from Jen McPetrie – no update provided at this time.
6.	Standing Agenda Items a. Older Adult Isolation Table Update – LITE Training: Nabeel Rahman -This is an opportunity for organizations to participate in an informative session to learn about social isolation and loneliness among older adults and how you can help. -This workshop is designed for service providers and volunteers who support older adults in their communities across Halton. -Heather Thompson, Community Development Halton 3350 South Service Road, Burlington, ON. 905-632-1975 x. 3, hthompson@cdhalton.ca , www.cdhalton.ca -LITE Training/Education Dates: January 30, 2023 – 9:30 a.m. to 12:30 p.m. February 27, 2023 – 9:30 a.m. to 12:30 p.m. March 20, 2023 – 9:30 a.m. to 12:30 p.m. -LITE Education is onsite in Burlington at Community Development Halton. Space is limited. Free of cost. Senior Active Living Centre Grant Application: -Grant in the process of being submitted for Sir John Colborne, Trafalgar Park and Iroquois Ridge Senior Centres. Senior Community Grant Application Now Open: -Seniors Community Grants(SCG) support local not-for-profit community groups and organizations to deliver programs and opportunities that encourage greater social inclusion, volunteerism and community engagement for older adults (aged 55+). Since 2018, more than 950 organizations have received Seniors Community Grants to benefit older Ontarians. -Grants are available from \$1,000 to \$25,000.

b. Councillor Update – Councillor Duddeck was welcomed on the SWAG Committee :

- Approval for building of 4 story rental apartments, 3 stories of apartments and 1 story will house PACE Community Hub (Program of All-Inclusive Care) which will be a Wellness Hub for seniors in the Kerr St. area. This property will be operated by Halton Region.
- 52 units (45 will be subsidized and 7 will be 79% of market rate)
- Budget process: provisions for comments on budget. Link to be sent to Darlene.
- Require a better coordination of services and agencies supporting mental health and homelessness issues.

c. Oakville Meals on Wheels – Michelle Nichols

No report (Darlene indicated Michelle is always looking for volunteers)

d. Senior Connector Update – Pat Moore

- Minister of Seniors tax credit/payment dates to be sent to Darlene.
- Senior Connectors attend events offered by ‘Pastor Fran’ (St. Aidans Church, Oakville) to help provide senior information to isolated, lonely seniors that can assist them in getting connected with other seniors.

e. enVISION Oakville Update – Ruth Sheridan

- Monday, January 23rd - held their 152 meeting since the group was formed, September 18, 2017.
- The CNIB’s Mobile Hub and SmartLife Store will be at Trafalgar Park Community Centre February 21 offering us programs, services and products to try out and purchase.
- Ruth is taking training sessions for Mental Health and Wellness.
- Virtual meetings have been extended one hour to 1.5 hours every second Monday.
- In person meetings have received funding that will continue into August 2023.

f. OAAC – Darlene Cox

- Currently not meeting yet.

g. Halton CARP-Tom Carrothers

- Tom has been working with Heather Thompson to try and restart the Elder Abuse Prevention for Halton (HEAP) It hasn’t been operational for several years and with Elder Abuse on the increase, it is needed.
- The Hamilton/Niagara/Haldimand/Brant LHIN is offering free exercise classes for seniors – Sit to be Fit. Darlene will check to see if the Mississauga/Halton LHIN is also offering this program. (It was noted this was offered at Oakville Retirement Homes prior to Covid with little uptake from the Oakville Community).

7.	<p>New Business Arising</p> <p>a) 911 Card: What happens when you call 911? New system for safe identification of critical and life-threatening situations.</p> <ul style="list-style-type: none"> • Julie placed cards throughout centre for members. • Discussed issues regarding EMS response time and care provided to patients. • Concerned about the number of questions asked when calling 911 and 911 etiquette when calling for an emergency. • Jen McPetrie to reach out to Halton EMS to provide education. <ul style="list-style-type: none"> • Frauds and Scams update for SWAG presents event – Confirmed Swag Presents in 2023: February 9 Anti-Fraud Awareness 1:30 p.m., March 2: Consumer Protection Awareness at 1:30 p.m., April 13: Identity Theft and Financial Fraud Awareness at 1:30 p.m. – free virtual events. • Darlene mentioned that questions are encouraged by the all the Presenters • Julie to reach out to Laura Pennal re: Communicate with funeral homes in Oakville to educate families to be aware of fraud, check with family before making any financial decisions following the loss of a loved one.
8.	<p>a) Falls Prevention Committee – Pat Moore & Ruth Sheridan</p> <ul style="list-style-type: none"> • Package with general information for vision impaired patients and families of what to bring when coming to the hospital. Information to be made available on Halton Healthcare website and to be shared with SWAG. <p>b) 2023 planning:</p> <ul style="list-style-type: none"> • Darlene will contact Andrew Balahura, Director, Housing Services, Social & Community Services, Halton Region, re: discussing affordable housing options in Halton with the SWAG Committee. • Darlene/Julie to reach out to CAMH re: mental health services and speak to Nabeel Rahman, Community Development Specialist, Recreation and Culture. • Darlene to reach out for updated information re: P& R Master Plan and what is happening in relation to the needs of the community. • Request for a speaker on Bill 23
9.	<p>Information Sharing</p>
10.	<p>Date of next meeting – Wednesday, February 22 at 1:30 PM via Zoom.</p>
11.	<p>Adjournment – Darlene thanked everyone for attending The meeting was adjourned 3:00 p.m.</p>