

The Town of Oakville

Department of Recreation & Culture

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

Minutes – April 26, 2023 via ZOOM

In Attendance: Darlene Cox, Julie Pennal, Beth Robertson, Margaret Kirwin, Dee Webber, Pierre Wong, Nabeel Rahman, Bev Cathro, Heather Thompson, Michelle Nichols, Kelly Meeussen

Regrets: Councillor Cathy Duddeck, Ruth Sheridan, Pat Moore, Ted Lambert

Guest: Rebecca Taylor and Ivana Njelakovic – Deloitte

1. **Call to Order by Julie Pennal – 1:30 p.m.**
2. **Attendance / Regrets –** Regrets as noted.
3. **Acceptance of previous Minutes / Agenda**
Margaret, seconded by Bev. Carried.
4. **Guest Speaker:** Rebecca Taylor from Deloitte
 - Town of Oakville Vision 2057 & Strategic Plan 2023-2026 Seniors Working Action Group – Focus Group discussion to provide a voice for seniors living in the community.
 - Vision and Mission, Town to focus on 4-5 main areas and several objectives under the areas of focus. Will determine what the strategic pillars should be and what they want to accomplish under these pillars.
 - Completed 17 interviews with individuals who represented organizations from different Oakville groups, focus group with Oakville youth action committee, accessibility advisory committee, 7 open houses in community centres, 1 in each ward and resident surveys online and by telephone.
 - SWAG committee members had the chance to share what they love about Oakville and what they do not want to see changed.
 - Ivana Bjelakovic from Deloitte recorded comments, concerns and suggestions presented by SWAG committee members.
 - Provincially mandated growth, forecasting population of Oakville by 2051 to be 400,000. Currently 234,000 living in Oakville.
 - Stats presented: 45% are first generation immigrants, 43% black, indigenous, and people of colour, 22% persons with disabilities, 16% 65+, 52% are women.
 - Committee was asked what the Town should focus on immediately (3 years) and what they should focus on in the long term (10-25 years).
 - Discussed where they are in the phase of development to reach the final plan which will be shared with the community to allow input to be provided before final plan is implemented.
 - Survey responses – 2400 online mixed between phone and online.
5. **Update from Jen McPetrie**
 - Master Plan Open House sessions in coming weeks. Focus will be on Recreation, Parks, and Libraries infrastructure in the next 10 years. Survey is available online. Do one survey per person only. Do no re-do another survey, email Jen directly with a comment and she can share with the committee.

6. **Standing Agenda Items**

- **Older Adult Isolation Table Update – LITE Training: Nabeel Rahman**
 - Nabeel has been asked to be the Co-Chair of the Older Adult Isolation Table
 - Looking forward to engaging SWAG in more initiatives moving forward.
- **Age Friendly Meeting:**
 - The Ontario Caregiver Organization (OCO) exists to improve the lives of Ontario caregivers, who provide physical and emotional support to a family member, partner, friend, or neighbour.
 - i. Who Are They?
 1. 87% care for one person, usually an older family member, often a parent.
 2. 49% of care recipients live with their caregiver, 37% live in other private homes, and 11% live in healthcare facilities.
 - ii. Caregiver Health and Well-being
 1. 25% say their caregiver tasks are getting more difficult since the easing of pandemic restrictions.
 2. 1 in 5 caregivers say their mental health is worse than it was during the pandemic.
 3. 63% feel they have hit their breaking point.
 - Many municipalities are currently conducting public consultation age friendly program awareness, strategic planning, and Healthy Aging Report
 - i. Kitchener, Region of Waterloo Aging Series, City of Brantford
 - Brantford
 - i. They are working on the Healthy Aging Passport, which offers an opportunity to try various free and new activities with community partners from June to September
 - ii. They received a grant to extend the previous program for a few months.
 - iii. They are looking into integrating programming into affordable housing sites in Brantford.
- **Councillor update: Cathy Duddeck**
 - Work has already commenced on the new seniors' assisted housing project and PACE program on Kerr St. (the old Kerr Senior's Centre).
 - Speers Road will be under construction this summer as we progress from Fourth Line eastward. The introduction of a 5th designated turning lane and bike lanes will be part of this construction (the turning lane is a crucial part of increasing safe turns for those turning off Speers Road and drivers not swerving out and around those making turns).
 - There has been no further word about the Hopedale Mall/ South O proposal – Smart Centres expressed interest in developing the old Target/Zellers portion of the property to house townhouses and introduce 9 storey seniors building (privately run by Revera).
 - This year Downtown businesses are forgoing the Midnight Madness event that they usually host in July. The shop owners have expressed mixed feelings about the cost and the impact to their businesses in hosting this

event (increasing crowds were problematic to preventing shoplifting of their merchandise and requiring they hire additional staff for that one night).

- The Lakeshore Road West reconstruction has been awarded to an Engineering firm CIMS who will work with staff in going out to the public for their input and comments as to what they want to see incorporated in the design. There is no design as Council and the public did not agree on introducing a turning lane running the full length from Mississauga St. to Dorval Drive. The possible removal of an estimated 400 trees was part of that proposal and Council requested that they return to the table and provide a plan that maintains the scenic corridor (protecting trees, minimizing expropriation of private lands, etc.)

- **Oakville Meals on Wheels – Michelle Nichols**

- Nothing to report.

- **Senior Connector Update – Pat Moore**

- Halton Regional Police Service have a new Community Service Seniors Contact:
- Sergeant Will Clayton email: William.Clayton@haltonpolice.ca telephone: 905-825-4747 ext 4727
- OTMH have made changes to their masking policies as of April 21, 2023: they will relax mask requirements for staff, physicians and volunteers outside of clinical and public areas at our hospitals and off site locations.
- To continue to protect patients and the most vulnerable, masks will still be required in all patients facing and clinical spaces (e.g. Nursing station, inpatient and outpatient areas) as well as all common areas including lobbies, elevators, hallways and anywhere a patient may be present.
- OTMH remains mask-friendly in all settings and welcome anyone who wishes to continue wearing a mask to do so.

- **enVISION Oakville Update – Ruth Sheridan**

- Joe continues to host all virtual and In Person meetings while Ruth recovers.
- On Monday, April 3, seven participants attended the group's 158th meeting held virtually.
- Topics: Airline travel: which airlines are better than others, how to prepare, what services and assistance are out there, recommended Audio books, recommended Podcasts: there is good content out there for example, with regards to self-help and learning foreign languages.
- On Tuesday, April 4, ten participants attended the group's 159th meeting held In Person
- On Monday, Apr. 17, six participants attended the group's 160th meeting held virtually.
- Discussions about the emotions, the ups and downs, that come with vision loss & some tricks around voice selection on the iPhone, and within the easy reader app.
- On Thursday, April 20th nine members attended a luncheon at El Spero restaurant in Bronte.

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| | <ul style="list-style-type: none"> ● OAAC – Darlene Cox ● No Report as OAAC has not yet started for 2023 |
| 6. | <p>New Business Arising</p> <ul style="list-style-type: none"> ○ April 13 – Identity Theft and Fraud with OSC. Julie indicated that there was a lot of good feedback. Those who attended felt that they got a lot out of the presentation. ○ Period Promise: Julie Mitchell indicated that the Town has allocated funds for period products in all facilities. Policy Review board who oversees the seniors centres asked about people who require incontinence products and indicated that they are needed and can be very expensive. Considering a pilot project at SJC and QEP who have designated washrooms for adult members and community partners. ○ The idea is to have the emergency kit available at the front desk. Include additional items such as dental floss, wet wipes, hand sanitizer to avoid embarrassment. ○ Place a sign in the washrooms indicating the items available. Come to the front desk and ask for the kit. ○ Meeting with Alison from Amica who indicated that she is happy to supply a few packs of incontinence products to support the kits. ○ SWAG committee to connect with community partners who can help with building of the kit with donated supplies. ○ Beth to connect with Health Department to ask for toothbrushes. ○ Committee suggested approaching corporate sponsorships or local businesses for donations for items for the kits. ○ Send a list of ideas for items to Julie and SWAG to put together the kits. ○ Julie spoke about the free bus ride experience – EV bus ride to TPOAC followed by lunch at SJC with the Mayor, Councillors, and staff. There was a lot of conversation about the buses. Joanne from Transit indicated that the EV buses will be used for Caravan and on-demand services. ○ Future cannabis presentation: this has been on the agenda for awhile. Canaway provided a presentation in 2018 and interested in doing another presentation for us. They are very knowledgeable and provide advice on medial and inform on recreational. ○ Darlene to follow up with Andy Donald from the Health Depot. ○ Julie indicated that Stephanie from Trafalgar Park has been receiving requests for POA information. Darlene to approach ACE to see if someone would provide a presentation on this for the committee. This topic was done pre-pandemic in 2018. Darlene to reach out to Heather and see if she has any contacts and asked committee to see if they know of anyone who could provide a presentation on this topic. ○ Halton health coalition: Private group of citizens created a province wide referendum, regarding the privatization of hospitals. For more information contact the Halton Health Coalition. ○ Jen indicated that the coalition has been permitted a space downtown to gather signatures on their petition. ○ Community Hub: Andrew Balahura and team will be here in June. |
| 7. | <p>Information Sharing</p> <ul style="list-style-type: none"> ● No new information shared |

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| 8. | Date of next meeting – Wednesday, May at 1:30 PM via Zoom. |
| 9. | Adjournment – Julie thanked everyone for attending. The meeting was adjourned 3:35 p.m. |