

AGENDA

Seniors Advisory Committee

Thursday, May 9, 2019

9:30 am

Crosbie Road

ST. JOHN'S

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Seniors Advisory Committee

May 9, 2019

9:30 a.m.

Crosbie Road Board Room

Pages

1. CALL TO ORDER
2. APPROVAL OF THE AGENDA
3. ADOPTION OF THE MINUTES
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4. BUSINESS ARISING FROM MINUTES
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5. OTHER BUSINESS
6. ADJOURNMENT

**MINUTES
SENIORS ADVISORY COMMITTEE MEETING
March 12, 2019 @ 9:30 am – Crosbie Road**

Present: Sharon Callahan - Citizen Representative, Chair
Patsy Yetman - Citizen Representative
Neil Moores, Organization Representative
Lorraine Best – Organization Representative
Glenda Reid – Citizen Representative
Ruby Constantine, Citizen Representative
Deanne Stapleton – Council Champion
Devonne Ryan – Nexter Representative
Karen Sherriffs, Manager – Community Development
Robyn Dobbin, Community Services Coordinator

Regrets: Linda Babstock – Citizen Representative
Neil Hamilton, Organization Representative
Sam Wells- Citizen Representative

Addition to Agenda:

- MUN Botanical Garden Day

ADOPTION OF AGENDA

Moved by Neil Moores – Seconded by Patsy Yetman

That the agenda be adopted as presented.

CARRIED UNANIMOUSLY

ADOPTION OF MINUTES

Moved by Neil Moores; Seconded by Devonne Ryan

That the minutes of February 5, 2019 be adopted as presented with the following revisions:

- **Neil Hamilton was present at meeting but not noted**
- **Ruby Constantine was present at meeting but not noted**
- **“Regrets” was misspelled.**

CARRIED UNANIMOUSLY

BUSINESS ARISING**a. Information Note dated March 5, 2019 re: Connections for Seniors**

The Committee met with Mohammad Abdallah, Program Manager with Connections for Seniors. He introduced the Committee to the work of Connections for Seniors and conducted a power point presentation in this regard. The Organization was established in 2018 and its purpose is to provide emergency accommodations and case management services for older adults (55 years of age and older) facing homelessness. The need is so great that in April of last year, Connections for Seniors had to turn away about 40 individuals due to lack of capacity. Seniors who find themselves homeless are particularly traumatized given their age and state of health which make them more vulnerable to financial and emotional abuse. The mission statement and mandate of Connections for Seniors is as follows:

Mission Statement:

To provide supportive services to seniors facing homelessness or in crisis.

Mandate:

To empower seniors to overcome barriers to safe and affordable housing, and provide support services that help reduce risks to well-being and promote quality of life. We believe that all seniors have the right to feel safe, to feel healthy, and to make choices about their own lives.

Funding: Connections is paid per diem by the Province as an emergency shelter as they are not large enough to receive block funding. They receive donations sometimes and have submitted funding proposals for various initiatives and work closely with Seniors NL.

Other Services Provided:

Transportation: in addition to providing shelter, Connections for Seniors also provides transportation for seniors to go back and forth to important appointments. Mr. Abdallah noted that it is not uncommon for vulnerable seniors to miss appointments due to their inability to pay for transportation. As an example, he cited one case where a senior could only afford to go once or twice per week to receive dialysis when they should have been going three times per week.

Outreach: Connections for Seniors gets a lot of referrals from Eastern Health, Seniors NL, and approximately twenty other organizations to intervene and advocate on behalf of vulnerable seniors, i.e. simple reminders to take medication or ensuring medical appointments are not missed, as well as accompanying seniors to appointments if required. Facilitation between landlord and tenant is also provided to offset the possibility of evictions as a result of a senior's forgetfulness to pay rent.

Homeshare program: This program was initiated a few years ago to house students with seniors in a mutually beneficial arrangement whereby students would receive

reasonable housing in exchange for the provision of light housework, etc. Connections recognizes that there is less of a demand to accommodate students today given the vast selection of student housing now available. Instead, the focus is now toward the creation of a cultural exchange between seniors and foreign students.

Emergency shelter: located at 58 Prince of Wales St. and currently houses four individuals with one shared washroom. Guests can stay anywhere from a day to six months depending on their circumstances. When seniors get re-housed, Connections tries to stay in touch with them to ensure they are safely coping. Connections is also expanding its operation into the property next door which they will use to continue their advocacy.

Members of the Committee expressed concern about seniors being evicted from personal care homes which are supervised, managed and assessed and which also receive government subsidy. Mr. Abdallah noted that the issue is complicated and the prospect of less funding investment in this area is a concern. It was felt that government needs to have more supports in place to offset systemic homelessness. A meeting was held a few weeks ago to discuss this issue and a committee has been established as a result. The importance was stressed that though housing is important, it must be complemented with other basic needs to ensure success, i.e. the need for food, health and community supports.

Following discussion, the Committee thanked Mr. Abdallah for the presentation and looked forward to future consultation with Connections for Seniors. Staff were particularly interested in investigating possibilities wherein the City may consult and/or assist with recreational programming opportunities. Mr. Abdallah retired from the meeting at 10:35 a.m.

b. Information Note dated March 5, 2019 re: Active for Life

Mrs. Dobbin, Adult & Senior Coordinator updated the Committee on the above noted. The City has received a wellness grant in the amount of \$1000 to help offset the cost of transportation to be used for seniors to attend an Active for Life exercise program. The program will take place at the Mews Center starting in September consisting of a twelve-week program, offered to people who are 55 years of age and over. The cost per participant is estimated to be \$144. Each session will be of 90 minute duration twice per week. Details will be available in the City Guide Fall Edition. It was suggested that the program be trialed with a group of individuals.

c. Information Note dated March 5, 2019 re: Age Friendly City

Mrs. Dobbin, Adult & Senior Coordinator updated the Committee on the above noted. She referenced the check list wherein there are eight key domains for a City to become age friendly:

- Outdoor spaces and buildings;
- Transportation;
- Housing;
- Social participation;
- Respect and social inclusion;
- Civic participation and employment;
- Communication and information; and
- Community support and health services

Staff are in the process of reaching out to various city departments to obtain their feedback in relation to their accommodations which coincide with the above noted check list. Once this information has been provided, the gaps will be identified with a view to enhancing the age friendliness of this City. This will be a long process and the Committee will be kept apprised of progress. Once the information is compiled, a sub-committee will be established to review and determine priorities.

d. Information Note dated March 5, 2019 re: Seniors Day 2019

Mrs. Dobbin, Adult & Senior Coordinator updated the Committee on the above noted. The theme for this year's event is "This is our Community". This year, the focus will be on showcasing free things that are offered to seniors in their community and a list has been compiled in this regard. Booth spaces and presenters will be decided at the next sub-committee meeting taking place on March 21, 2019. Members of this Committee will be kept apprised as planning takes shape.

Councillor Stapleton noted that members of Council are agreeable to participating in a booth on Seniors Day and will be scheduled in different slots throughout the day.

NEW BUSINESS

a. Information Note dated March 5, 2019 re: Senior of the Year Award

Councillor Stapleton advised that she has been promoting the above noted with members of Council and publicly during each Regular Meeting of Council.

Applications for Senior of the Year are on-line at the City's website. Members were encouraged to promote this to their various networks. The deadline for receipt of nominations is Friday, May 3 at 4:00 pm.

OTHER BUSINESS**MUN Botanical Gardens Seniors Day – September 17, 2019**

Chairperson Callahan informed the Committee of the above noted event taking place on September 17th, 2019 from 10:00 am – 4:00 pm, with a rain-day scheduled on September 19th. The theme is “Seniors on the Go”. She suggested that the City have a booth at this event to showcase what the City has to offer. The City’s presence will provide an opportunity to showcase the City’s programs and offerings as outlined in the City Guide (and copies of this could be made available at booth), as well as having a sign-up sheet to seek people’s interest in being involved with the Seniors Advisory Committee.

The Committee agreed this was a great idea and members will be contacted to ascertain their interest in participating at the booth throughout the day.

ADJOURNMENT & NEXT MEETING

There being no further business, the meeting adjourned at 11:15 am

The next meeting was scheduled for Thursday, May 2nd at 9:30 am. at Crosbie Road at 9:30.

**Sharon Callahan, Citizen Representative
Chair**

INFORMATION NOTE

Title: Seniors Day 2019

Date of Meeting: May 9th, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: Not Ward Specific

Issue: Next Steps for Seniors Day 2019

Discussion – Background and Current Status:

Updates will be given to the committee regarding: Budget, Presenters, Booth space & assessment of facility

Seniors Day is an event that is coordinated by a sub-committee of the Seniors' Advisory Committee. Seniors Day is an opportunity for the City of St. John's to recognize seniors and provide them with information to improve their quality of life. This is an annual event that attracts members of the public (primarily seniors), community organizations, members of council and the media.

Key Considerations/Implications:

1. Budget/Financial Implications
 - This event is budgeted for
2. Partners or Other Stakeholders
 - In the past approximately 20 organizations have been involved with this event.
3. Alignment with Strategic Directions/Adopted Plans
 - Neighbourhoods Build our City – Promote a safe and secure city
 - Neighbourhoods Build our City – Increase access to range/type of housing
 - A Culture of Cooperation – Create effective City – Community collaborations
 - A Culture of Cooperation – Create effective City-education collaborations
 - A City for all Seasons – Promote active and healthy lifestyles
 - Responsive and Progressive – Create a culture of engagement
 - Responsive and Progressive – Become a welcoming and inclusive city
 - Effective Organization – Support a learning culture
4. Legal or Policy Implications
 - n/a

5. Privacy Implications:

- n/a

6. Engagement and Communications Considerations

A detailed communication plan is released from the communications and marketing team outlining their plan of action

7. Human Resource Implications

- The event is planned and coordinated by the Seniors advisory subcommittee and Recreation staff and other city departments depending on the focus of the event.

8. Procurement Implications

- n/a

9. Information Technology Implications

- n/a

10. Other Implications

- n/a

Conclusion/Next Steps:

The next sub-committee meeting will be May 17th, 2019

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- May 6, 2019

Approved by/Date:

Attachments:

INFORMATION NOTE

Title: Age Friendly Cities

Date of Meeting: May 9, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Issue: Age Friendly Cities

Discussion – Background and Current Status:

Next steps: Review checklist categories that have been completed

What is an Age Friendly Community, and Why Become Age Friendly?

We live in an aging community and statistics show that Canada's senior population is growing. Therefore, it is crucial that we support the health and well-being of older Canadians. This allows for older adults to live healthy and active lives and stay involved in their communities.

In an age-friendly communities, policies, services and structures are designed to help seniors age actively and the community is designed to help seniors live safely, stay healthy and stay involved.

An age-friendly community:

- recognizes that seniors have a wide range of skills and abilities;
- understands and meets the age-related needs of seniors;
- respects the decisions and lifestyle choices of seniors;
- protects those seniors who are vulnerable;
- recognizes that seniors have a lot to offer their community; and
- recognizes how important it is to include seniors in all areas of community life

The World Health Organization (WHO) Global Network for Age-friendly Cities and Communities was established in 2010. The goal is to connect cities, communities and organizations with the mutual vision of making their community a place to grow old and participate successfully. Ideally this results in adopting policies and services for older adults participate fully and promotes healthy and active ageing.

The mission of the Network is to stimulate and enable cities and communities around the world to become increasingly age-friendly. The Network seeks to do this by:

- inspiring change by showing what can be done and how it can be done;

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- connecting cities and communities worldwide to facilitate the exchange of information, knowledge and experience; and
- supporting cities and communities to find appropriate innovative and evidence-based solutions.

Membership to the Network is not an accreditation for age-friendliness. Rather, it reflects cities' commitment to listen to the needs of their ageing population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create age-friendly physical and social environments. Membership is also a commitment to share experience, achievements and lessons learnt with other cities and communities.

[\(https://extranet.who.int/agefriendlyworld/who-network/\)](https://extranet.who.int/agefriendlyworld/who-network/)

8 key domains to become age friendly:

- outdoor spaces and buildings;
- transportation;
- housing;
- social participation;
- respect and social inclusion;
- civic participation and employment;
- communication and information; and
- community support and health services

Key Considerations/Implications:

1. Budget/Financial Implications
2. Partners or Other Stakeholders
3. Alignment with Strategic Directions/Adopted Plans
 - Neighbourhoods Build our City – Promote a safe and secure city
 - Neighbourhoods Build our City – Increase access to range/type of housing
 - A Culture of Cooperation – Create effective City – Community collaborations
 - A Culture of Cooperation – Create effective City-education collaborations
 - A City for all Seasons – Promote active and healthy lifestyles
 - Responsive and Progressive – Create a culture of engagement
 - Responsive and Progressive – Become a welcoming and inclusive city
 - Effective Organization – Support a learning culture
4. Legal or Policy Implications
 - n/a

5. Privacy Implications:
 - n/a
6. Engagement and Communications Considerations
 - n/a
7. Human Resource Implications
 - n/a
8. Procurement Implications
 - n/a
9. Information Technology Implications
 - n/a
10. Other Implications

Conclusion/Next Steps:

Review and continue to bring information forward to committee

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- May 6th, 2019

Approved by/Date:

Attachments:

Complete required pieces of Application to join the Network
<https://extranet.who.int/agefriendlyworld/application-form/>

INFORMATION NOTE

Title: Party in the Park 2019

Date of Meeting: May 9th, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: Not Ward Specific

Issue: Party in the Park

Discussion – Background and Current Status:

Party in the Park is a free senior's annual event that takes place in front of the bungalow in Bowring Park. It's an afternoon filled with live entertainment, giveaways, light refreshments and more. The event will take place from 1 to 4 p.m. on July 4th with back up day of July 5. The city will be providing a bus with a small fee of \$5, the event is accessible and all Go Bus and cars with accessible permits will be aloud to come and drop off those attending. There will be a limited number of parking provided.

Key Considerations/Implications:

1. Budget/Financial Implications
 - This event is budgeted for
2. Partners or Other Stakeholders
 - N/A
3. Alignment with Strategic Directions/Adopted Plans
 - Neighbourhoods Build our City – Promote a safe and secure city
 - Neighbourhoods Build our City – Increase access to range/type of housing
 - A Culture of Cooperation – Create effective City – Community collaborations
 - A Culture of Cooperation – Create effective City-education collaborations
 - A City for all Seasons – Promote active and healthy lifestyles
 - Responsive and Progressive – Create a culture of engagement
 - Responsive and Progressive – Become a welcoming and inclusive city
 - Effective Organization – Support a learning culture
4. Legal or Policy Implications
 - n/a
5. Privacy Implications:
 - n/a

The logo for St. John's features the words "ST. JOHN'S" in a bold, serif font. The letter "O" in "JOHN'S" is replaced by a stylized graphic of a signal tower or antenna emitting three curved lines representing a signal or broadcast.

6. Engagement and Communications Considerations

A detailed communication plan is released from the communications and marketing team outlining their plan of action

7. Human Resource Implications

- The event is planned by the Adult & Seniors Coordinator & Fieldworker

8. Procurement Implications

- n/a

9. Information Technology Implications

- n/a

10. Other Implications

- n/a

Conclusion/Next Steps:

Staff will continue to move forward with the organization of this event

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- May 6th, 2019

Approved by/Date:

Attachments:

INFORMATION NOTE

Title: Senior of the Year Award

Date of Meeting: May 9, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Issue: Senior of the Year Award

Discussion – Background and Current Status:

Update on applications received, and applications will be reviewed by selected committee members after the May 9th meeting.

Key Considerations/Implications:

1. Budget/Financial Implications
 - Kenny's Pond provides the award (Approximate Value of \$450)
 - City Clerk's Office provides light food and refreshments for the recipient and 4 family members)
2. Partners or Other Stakeholders
 - The award is sponsored by Kenny's Pond Retirement Living
3. Alignment with Strategic Directions/Adopted Plans
 - Fiscally Responsible – Explore sponsorship strategies
 - Responsive and Progressive – Become a welcoming and inclusive city
4. Legal or Policy Implications
 - n/a
5. Privacy Implications:
 - n/a
6. Engagement and Communications Considerations
 - This is being handled through Marketing and Communications and a detailed plan has been developed and submitted
7. Human Resource Implications

- Community Services Coordinator – Adult/Seniors and Community Development Manager will sit on the selection committee along with two members of the Seniors Advisory Committee and a minimum of one council member.

8. Procurement Implications

- n/a

9. Information Technology Implications

- n/a

10. Other Implications

- n/a

Conclusion/Next Steps:

Select and contact recipient of the award and arrange recognition at June 3rd council meeting

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- May 6th, 2019

Approved by/Date:

Attachments: