

ST. JOHN'S

Seniors Advisory Committee

November 5, 2019

9:30 a.m.

Crosbie Road Board Room

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ST. JOHN'S

Seniors' Advisory Committee - Minutes

September 24, 2019

9:30 a.m.

Crosbie Road Board Room

Present: Sharron Callahan, Chair (also represents CARP)
Deanne Stapleton, Council Representative
Glenda Reid, Citizen Representative
Judy Tobin, Manager of Housing
Neil Hamilton, CARP
Neil Moores, NLPSPA
Ruby Constantine, Citizen Representative

Regrets: Sam Wells, Citizen Representative
Lorraine Best, Seniors NL
Devonne Ryan, Public Representative (19-35)
Patsy Yetman, Citizen Representative

Staff: Robyn Dobbin, Adult & Seniors Co-ordinator
Maureen Harvey, Legislative Assistant

Others: Simone Lily, Affordable Housing and Development Facilitator

1. CALL TO ORDER

The Chair called the meeting to order at 9:30 am.

2. APPROVAL OF THE AGENDA

2.1 Adoption of Agenda - September 24, 2019

Recommendation

Moved By Ruby Constantine

Seconded By Neil Moores

That the Agenda of September 24, 2019 be adopted with the following additions:

- Seniors on the Go
- Generators in Personal Care/Seniors Facilities.

CARRIED UNANIMOUSLY

3. ADOPTION OF THE MINUTES

3.1 Adoption of Minutes - June 18, 2019

Recommendation

Moved By Neil Moores

Seconded By Ruby Constantine

That the minutes be adopted as presented with one correction: To remove the title Chair from the roll call for Sam Wells.

CARRIED UNANIMOUSLY

4. DELEGATIONS/PRESENTATIONS

5. BUSINESS ARISING FROM THE MINUTES

5.1 Update on Terms of Reference

Legislative Assistant, Maureen Harvey, informed the Committee of recent changes to the Terms of Reference for all Advisory Committees. She highlighted the major changes that include:

- a. ensuring items that are being discussed are within the City's legislative authority
- b. establishing a means of ensuring attendance of members to ensure a quorum is present for each meeting.

5.2 Home to Stay - Stella's Circle

The Committee was informed of a social enterprise of Stellas Circle, entitled Home to Stay, the purpose of which is to assist seniors in making their homes age-friendly. It offers professional home modification services that are individualized to the needs of homeowners.

Services include:

- Installation of grab bars or handrails
- Bathroom modifications
- Improved lighting
- Falls prevention recommendations
- Installation of lever handles on sinks and doors

Access to the program is through a personalized assessment for a safe and accessible home.

It was agreed the Committee be provided information on this program.

5.3 Party in the Park

The Committee was informed that Party in the Park scheduled for July was cancelled due to inclement weather. The Committee considered whether an indoor venue would be appropriate however, Robyn mentioned that the City had a backup indoor venue for many years but given that this is a summer event staff and management decided to add a backup day to the next day in case of inclement weather. As the event was cancelled for 2019 it was also mentioned that the date has been scheduled for a week later in July in hopes of better weather.

6. NEW BUSINESS

6.1 Information Note dated September 24, 2019 re: Affordable Housing, City of St John's

Affordable Housing staff Judy Tobin and Simone Lilly were in attendance and spoke about the following:

1. Grant Opportunity: The Housing Catalyst Grant will be accepting applications as of October. Staff is hoping to broaden the reach of this grant and the range of applications we receive. The Housing Catalyst Fund allows the City to be a catalyst for practical and collaborative projects that produce tangible housing solutions. The City's role through this fund is to work collaboratively with community groups and other stakeholders (builders, developers, etc.) to facilitate and plan housing solutions that will enhance the quality of life for individuals and families and build a healthier community.

To be considered, projects must be solution focused and action oriented and must be in line with the City's Affordable Housing Strategy 2019-2028.

Applicants can apply for up to \$10,000 per project. The application deadline is the last Friday in November. The application can be found at <http://www.stjohns.ca/forms/housing-catalyst-fund>.

Highlights of discussion:

- a. the grant can be awarded to an individual based on merit.
- b. the Canadian Home Builders and other non-profit groups are well versed in the program and both groups encourage participation when the situation presents itself.
- c. City Housing staff are attempting to broaden the reach for this program and encouraged members to advance the program through their contact groups. Simone will provide an email summary that can be used for distribution.
- d. Grants should be a one-year project. This is the fourth year of the program and there is 100% uptake each year.
- d. Simone will provide an email summary of the program which members can use.

2. Event: Information session on Housing Need in St. John's and new research and practices to respond to housing trends. This event is taking place on Oct 4th and is hosted by the City of St. John's in partnership with CMHC.

Date: Friday, October 4th, 2019

Registration/Coffee: 8:45am

Information Sessions: 9am-11:30am

Location: Foran Greene Room, 4th Floor - St. John's City Hall City Hall

The Committee was informed there will be two presenters. David Harrison (consultant for housing needs assessment) who will address the group on funding and opportunities. Rene Babin - Outreach specialist with CMHC will speak about mechanisms in place for aging and share research and resources. It is hoped that he will also explore different housing models.

This is a free event where discussion take place about the Housing Catalyst Fund. Participants will have the opportunity to meet one-on-one with presenters.

It was agreed that the presentations at this session be forwarded to Committee members who are not able to attend.

Discussion took place on the term "affordable" with agreement that it is a subjective term. Some organizations have defined it as being income of \$32,500 or less. It was noted there appears to be differing opinions on whether there should be restrictions on rent or mortgage control. Judy Tobin, Manager of Housing agreed to share some data on this topic and the Committee agreed to entertain a presenter to discuss same.

6.2 Information Note dated September 24, 2019 re: Active for Life

Robyn Dobbin informed the Committee that the pilot project "Active for Life" program has sold out for the fall. This is a pilot project that can accommodate twenty people. It was noted that the City had received funding for this program to help offset the cost of program including healthy snacks, new fitness equipment and to provide transportation to and from the program within the City. She reported that this funding is not available for the winter/spring sessions with the hope that it can be reintroduced in the fall.

This fall prevention fitness class will help older adults improve balance and flexibility to decrease the risk of falls.

Robyn agreed to provide the Committee with more detailed information once it becomes available.

6.3 Information note dated September 24, 2019 re: Age Friendly Cities

The Committee was informed that the Age Friendly sub-committee has been meeting and attempting to break down the eight domains to becoming an age-friendly city. They are:

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

The Chair suggested, that as part of this process, there is an opportunity for Citizen engagement. Robyn agreed to pursue this initiative as part of "next steps".

The next sub-committee meeting is scheduled for October 18th at 9:30 am.

6.4 Information note dated September 24, 2019 re: Canadian Foundation for Economic Education

The Committee was informed that Mayor Danny Breen was approached by the Canadian Foundation for Economic Education for the City of St. John's to host a Financial Literacy Workshop for seniors. The workshop will take place on November 19th from 10 a.m. to 12 p.m. at Paul Reynolds Community Centre.

The following is a brief description of the foundation and what the workshop will entail.

Mayor's Financial Literacy Workshop for Seniors "Managing Your Money In Canada" (<http://www.mymic.ca>).

The Canadian Foundation for Economic Education (CFEE) - www.cfee.org - is pleased to offer a series of workshops on financial literacy for seniors. The workshops are both interactive and needs-based, covering a number of key topics to be chosen by you that will best suit Seniors in your community.

Workshops – each workshop will be facilitated by Kevin Maynard, who has years of experience working with Seniors. The sessions will be: 1) activity-oriented 2) explore key topics and 3) provide take-aways all of which are designed to assist the participants. Resources will include print materials, worksheets and on-line access. Each workshop is 2-3 hours in length with light refreshments included.

Topics – such as planning for retirement, making estate arrangements, moving as housing needs change, living with long-term illness or disability, caring for a loved one, dealing with attempted fraud or financial abuse, living on a budget, where and how to save money, and managing credit and debt, are some examples of areas that could be covered.

Cost – There is no cost for an office to hold the workshop and is free for

Seniors to attend. The CFEE welcomes assistance in securing a location such as a seniors centre, community centre, or town hall. We would be pleased to help in the promotion of the Workshop.

The matter was discussed with agreement that:

- Staff check the availability for the Paul Reynold's Community Centre on November 19th PRCC from 10:00 am - 12 noon
- There is a poster/handout which will be circulated in a few weeks.
- Members were invited to register and information on registration process is to follow.
- Staff to confirm the maximum number of registrants
- Staff to ensure that potential speakers are aware of the financial models that exist here in the Province to ensure that information being conveyed is relevant.

6.5 Seniors on the Go

Members of the Committee commended staff of the Community Services Department for hosting a booth at the Seniors on the Go Event which took place at the Botanical Garden on September 17th. While there were only five to six booths displayed it was great to see seniors' programs highlighted. Hats off to the staff who attended with particular mention of Shane Sweeney, a casual staff member, who was very interactive with visitors and whose presence and socialization with the audience was a tremendous attribute in conveying the message from the City.

6.6 Requirement to Install Generators for Long-Term Care Homes

The Committee was reminded of a discussion which took place some time ago when the Municipal Plan and Development Regulations were brought before the Committee as a presentation. At that time an inquiry was made with respect to the requirement to have generators installed in institutions, with particular reference to facilities that house seniors. Maureen Harvey agreed to follow up and update the Committee.

7. ADJOURNMENT

Dates were set for the next three meetings of the Committee - November 4, December 17 and February 4, 2020 - all at Crosbie Road Boardroom starting at 9:30 am. There being no further business, the meeting adjourned at 10:50 am.

CHAIRPERSON, SHARRON CALLAHAN

INFORMATION NOTE

Title: Active for Life

Date Prepared: October 31, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Active for Life

Discussion – Background and Current Status:

Active for Life is a falls prevention fitness program that focuses on balance and flexibility movement with the goal to decrease falls in the older adult population.

The 12 week- 36 hour program for the Fall consists of a 50 minute fitness class followed by a 30 minute social time. Currently there are 20 participants registered for the Active for Life pilot program and with the help of the Government of NL and the Wellness Coalition; transportation and healthy snack options are provided. The session concludes for the Fall session on December 5th.

Key Considerations/Implications:

1. Budget/Financial Implications
 - Grants in place to offset cost for program
2. Partners or Other Stakeholders
 - Wellness Coalition- Eastern Health, NLH, Seniors NL, Government of NL
3. Alignment with Strategic Directions/Adopted Plans
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
 - A City That Moves- A city that builds a balanced transportation network to get people and goods where they want to go safely
 - A Connected City- A city where people feel connected, have a sense of belonging, and are actively engaged in community life
 - An Effective City- A City that performs effectively and delivers results
4. Legal or Policy Implications
 - n/a
5. Privacy Implications
 - n/a

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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

- n/a

Conclusion/Next Steps:

Active for Life is scheduled for 2020, depending on grant opportunities each season may vary on what can be offered i.e transportation, healthy snacks. Winter 2020- Tuesday's & Thursdays- Southlands Community Centre- 1 to 2:30 p.m. Dates: January 14th to April 2nd. At this time we're awaiting confirmation from Eastern Health on a \$1000 grant application to help provided healthy snacks for the Winter session.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- November 4th, 2019

Reviewed by/Date:

Approved by/Date: November 4th, 2019

Attachments:

INFORMATION NOTE

Title: Age Friendly Cities

Date Prepared: October 31, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Age Friendly Cities

Discussion – Background and Current Status:

Key Considerations/Implications:

The age-friendly sub-committee have been meeting monthly since July working to review the eight domain checklists that the World Health Organization use as a resource to qualify your city as and “Age-Friendly City.” Below are a list and up to date information on each domain checklist.

- **Outdoor Spaces and Buildings-** checklist items were reviewed by Brian Head- Manager of Parks & Open Spaces and Leslie O'Brien- manager of City Buildings. Sub-committee review is ongoing
- **Transportation;** reviewed by sub-committee, still in review
- **Housing;** checklist items reviewed by Judy Tobin- Manager-Housing, reviewed by sub-committee
- **Social Participation;** checklist items reviewed by sub-committee, still in process
- **Respect and Social inclusion;** checklist items reviewed by sub-committee, still in process
- **Civic participation and Employment;** still in review
- **Communication and Information;** checklist items reviewed by Shelley Pardy- Communications & PR Officer, reviewed by sub-committee, still in process
- **Community Support and Health Services;** reviewed by sub-committee, still in process

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.

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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;
- 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/>)

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
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
 - A City That Moves- A city that builds a balanced transportation network to get people and goods where they want to go safely
 - A Connected City- A city where people feel connected, have a sense of belonging, and are actively engaged in community life
 - An Effective City- A City that performs effectively and delivers results
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:

Continue to work closely with sub-committee and other Departments within the City to conclude the review of the 8 domains.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services

Reviewed by/Date:

Approved by/Date:

Attachments:

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

INFORMATION NOTE

Title: Canadian Foundation for Economic Education

Date Prepared: October 31, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Free Financial Literacy Workshop

Discussion – Background and Current Status:

The Financial Literacy Workshop will be taking place on November 19th from 10 to 12 p.m. at Paul Reynolds Community Centre for anyone over the age of 50. The Canadian Foundation for Economic Education will be presenting this workshop.

The following is a brief description of the foundation and what the workshop will entail.

Mayor's Financial Literacy Workshop for Seniors
"Managing Your Money In Canada" (<http://www.mymic.ca>)

The Canadian Foundation for Economic Education (CFEE) - www.cfee.org - is pleased to offer a series of workshops on financial literacy for seniors. The workshops are both interactive and needs-based, covering a number of key topics to be chosen by you that will best suit Seniors in your community.

Workshops – each workshop will be facilitated by Kevin Maynard, who has years of experience working with Seniors. The sessions will be: 1) activity-oriented 2) explore key topics and 3) provide take-aways all of which are designed to assist the participants. Resources will include print materials, worksheets and on-line access. Each workshop is 2-3 hours in length with light refreshments included.

Topics – such as planning for retirement, making estate arrangements, moving as housing needs change, living with long-term illness or disability, caring for a loved one, dealing with attempted fraud or financial abuse, living on a budget, where and how to save money, and managing credit and debt, are some examples of areas that could be covered.

Cost – There is no cost for your office to hold the workshop, and is free for Seniors to attend. We welcome your assistance in securing a location such as a seniors centre, community centre, or town hall. We would be pleased to help in the promotion of the Workshop.

Key Considerations/Implications:

1. Budget/Financial Implications

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- a. All budget items will be covered by the Canadian Foundation for Economic Education (CFEE)
2. Partners or Other Stakeholders
 - a. Canadian Foundation for Economic Education (CFEE)
3. Alignment with Strategic Directions/Adopted Plans
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
 - A Connected City- A city where people feel connected, have a sense of belonging, and are actively engaged in community life
4. Legal or Policy Implications
 - n/a
5. Privacy Implications:
 - n/a
6. Engagement and Communications Considerations
 - Promoted by: Recreation Divisions staff, facilities and programs, members of the Seniors Advisory Committee and Seniors NL
7. Human Resource Implications
 - n/a
8. Procurement Implications
 - n/a
9. Information Technology Implications
 - n/a
10. Other Implications

Key Considerations/Implications:

Conclusion/Next Steps:

Additional promotion of this workshop is required.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services

Reviewed by/Date:

Approved by/Date:

Attachments:

[..\Workshop template Seniors Poster.08.2019.docx](#)

INFORMATION NOTE

Title: Generators in Personal Care Homes

Date Prepared: October 31, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Policies- Generators in Personal Care Homes

Discussion – Background and Current Status:

During the September 24th meeting the Seniors Advisory Committee asked that the City's Planning, Engineering & Regulatory Services Department be contacted to get an update on the outcome of the findings in relation to generators being required when a building of multiple units is being constructed. Ken O'Brien- Chief Municipal Planner and Lindsay Lyghtle- Planner III gave this response:

- The National Building Code of Canada for personal care homes generally does not require a generator, but they can be required in some circumstances.
- The requirement for a generator in a personal care home depends on the height and size of the building.
- High-rise buildings used as personal care homes do require a back-up generator.
- Some developers of personal care homes are installing generators for peace of mind (which can help with sales), even if one is not required by the Building Code.
- Generally, the City does not require the installation of a generator in an existing personal care home unless a specific issue arises.

Key Considerations/Implications:

1. Budget/Financial Implications-N/A
2. Partners or Other Stakeholders -N/A
3. Alignment with Strategic Directions/Adopted Plans
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
 - An Effective City- A City that performs effectively and delivers results
4. Legal or Policy Implications-N/A

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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: N/A

Conclusion/Next Steps:

Next steps will be determined based on discussion with committee members.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services.

Reviewed by/Date:

Approved by/Date:

Attachments:

INFORMATION NOTE

Title: Seniors Special Events- Christmas

Date Prepared: October 31, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Christmas Seniors Event

Discussion – Background and Current Status:

Seniors Christmas Dinner & Dance

Date: December 12th, 2019

Time: 6:30 p.m. to 10:30 p.m.

Location: City Hall- Foran Greene Room

Hot meal, live entertainment and draw prizes are included for all those registered.

Please note this event is sold out and has a waitlist.

Key Considerations/Implications:

1. Budget/Financial Implications
 - This event is budgeted for 7333- Adult & Seniors Programming
2. Partners or Other Stakeholders
 - N/A
3. Alignment with Strategic Directions/Adopted Plans
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
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 - A Connected City- A city where people feel connected, have a sense of belonging, and are actively engaged in community life
 - An Effective City- A City that performs effectively and delivers results
4. Legal or Policy Implications
 - n/a

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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
 - n/a

Conclusion/Next Steps:

Please arrange with Robyn if you'd be interested in volunteering for this event or dropping by for a visit.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- November 4th, 2019

Reviewed by/Date:

Approved by/Date:

Attachments: