

AGENDA

Seniors Advisory Committee

**Tuesday, September 24, 2019
9:30 am**

Crosbie Road

ST. JOHN'S

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Seniors Advisory Committee

September 24, 2019

9:30 a.m.

Crosbie Road Board Room

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1. CALL TO ORDER	
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Seniors' Advisory Committee - Minutes

June 18, 2019

9:30 a.m.

Kenmount Terrace Community Park

Present: Sharron Callahan, CHAIR, CARP
Lorraine Best, Seniors NL
Devonne Ryan, Public Representative (19-35)
Deanne Stapleton, Council Representative
Neil Moores, NLPSPA
Ruby Constantine, Citizen Representative
Patsy Yetman, Citizen Representative

Regrets: Glenda Reid, Citizen Representative
Sam Wells, Chair
Judy Tobin, Manager of Housing
Neil Hamilton, CARP

Staff: Karen Sherriffs, Manager of Community Development
Robyn Dobbin, Adult & Seniors Co-Ordinator
Maureen Harvey, Legislative Assistant

1. **CALL TO ORDER**

The meeting was preceded by a tour of 15 Convent Square at 9:30 am.

The meeting was called to order at 11:00 am

2. **APPROVAL OF THE AGENDA**

Recommendation

Moved By Neil Moores

Seconded By Patsy Yetman

That the agenda be accepted as presented.

CARRIED UNANIMOUSLY

3. ADOPTION OF THE MINUTES**3.1 Minutes of May 9, 2019****Recommendation****Moved By** Ruby Constantine**Seconded By** Devonne Ryan

That the Minutes of May 9, 2019 be adopted as presented.

CARRIED UNANIMOUSLY

4. DELEGATIONS/PRESENTATIONS**5. BUSINESS ARISING FROM THE MINUTES****5.1 Information Note dated June 18, 2019 re: Age Friendly Cities**

The committee was informed that the following members have agreed to service on the sub-committee for the Age-Friendly Cities project.

- Patsy Yetman
- Ruby Constantine
- Glenda Reid
- Lorraine Best
- Sharron Callahan
- Devonne Ryan

The sub-committee will meet in the latter part of July.

5.2 Information Note dated June 18, 2019 re: Seniors Day 2019

Seniors Day 2019 with the support from the Seniors Advisory Committee was a great success. In total there were 208 seniors in attendance, 24 organizations which provided information booths and 15 staff and volunteers. The change in venue to Paul Reynold's Community was very well received. The venue provided ample space for: accessibility, participants, booths, and for staff & volunteers to prepare and serve food effectively.

The Committee discussed Seniors day and provided the following information to assist staff in completing the Seniors Day final report:

- Place cards on table with information booth details sound improvements ie. sound barrier between the exhibition and event space.
- more cookies
- adjust schedule to improve flow of vehicles for parking
- additional tables
- ensure additional advertising for changes to current programming at the centre
- consider changes to the time of the event i.e. maybe 11 am to 2 pm
- No entertainment during booth browsing time. This will reduce the amount of noise.
- Consideration of a photo booth and/or small carnival games
- Consideration of renting dinnerware and silverware

Overall the Committee and those in attendance were very pleased with the change in venue from City Hall to the Paul Reynolds Centre. Approximately 270 people were in attendance and, other than a limited number of cookies available, food was adequate. The accordion playing in the lobby was a very welcomed feature and collaboration at the registration desk made for a smooth registration process.

5.3 Information Note dated June 18, 2019 re: Stella's Circle - Home to Stay

On June 10th, Manager of Community Development, Karen Sherriffs and Coordinator of Adult & Seniors Programming Robyn Dobbin met with employees of Stella's Circle to discuss their new initiative "Home to Stay." Along with "home to Stay" we discussed other services that both the City and Stella's Circle provide.

Stella's Circle provides services to adults who face many barriers to fully participating in their community. These barriers include mental health

challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Home to Stay, a social enterprise of Stella's Circle, has the expertise to make a home age-friendly. They offer professional home modification services that are individualized to your needs.

Their services include:

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

The Committee discussed with reference to the assessment process. It was reported that the organization uses the expertise of occupational therapists. The intent of Stella's Circle is to promote the availability of this service.

While there is no request to the Committee or the City at this time, it was agreed that the Committee will reconnect with Stella's Circle in the fall.

5.4 Information Note dated June 18, 2019 re: Party in the Park 2019

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 to celebrate seniors through song, dance and socialization. The event will take place on July 4 with backup day of July 5th from 1 to 4 p.m. 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 allowed to come and drop off those attending. There will be a limited number of parking provided.

Staff will continue to move forward with the organization of this event. Hard copy and electronic posters will be provided to the Committee for circulation to assist with event promotion.

6. OTHER BUSINESS

Deanne Stapleton left the meeting at 11:23 am.

7. **ADJOURNMENT**

There being no further business, the meeting adjourned at 11:40 am

CHAIRPERSON, SHARRON CALLAHAN

INFORMATION NOTE

Title: Affordable Housing, City of St John's

Date of Meeting: September 24, 2019

Report To: His Worship the Mayor and Members of Council

Councillor & Role: Councillor Deanne Stapleton

Issue: Upcoming Events

Discussion – Background and Current Status:

Affordable Housing staff Simone Lilly will speak about the following:

1. 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: Tuesday 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

2. Grant Opportunity: The Housing Catalyst Grant will be accepting applications as of October. We are 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. Then application can be found here: <http://www.stjohns.ca/forms/housing-catalyst-fund-application>

Key Considerations/Implications:

1. Budget/Financial Implications-N/A
2. Partners or Other Stakeholders -N/A
3. Alignment with Strategic Directions/Adopted Plans

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- 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
- 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: N/A

Conclusion/Next Steps:

Question and answer period regarding event discussed

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services. September 24, 2019

Approved by/Date:

Attachments:

INFORMATION NOTE

Title: Active for Life

Date of Meeting: September 24th, 2019

Report To: His Worship the Mayor and Members of Council

Councillor & Role: Councillor Deanne Stapleton

Issue: Active for Life

Discussion – Background and Current Status:

Updates will be provided by Robyn Dobbin- Adult & Senior Coordinator

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
6. Engagement and Communications Considerations
 - n/a
7. Human Resource Implications
 - n/a
8. Procurement Implications
 - n/a
9. Information Technology Implications

The logo for St. John's features the words "ST. JOHN'S" in a large, bold, serif font. The letter "O" in "JOHN'S" is replaced by a stylized graphic of a signal tower or antenna, consisting of a vertical line with three concentric semi-circles at the top.

- n/a

10. Other Implications

- n/a

Conclusion/Next Steps:

Staff are going to assess the pilot program and implement any necessary change for Winter 2020. Currently reviewing possible grants for Winter 2020.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- September 24, 2019

Approved by/Date: September 24, 2019

Attachments:

INFORMATION NOTE

Title: Age Friendly Cities

Date of Meeting: September 24th, 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:

Update on Age-Friendly Sub-Committee

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/>)

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 bring updates back to the committee.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services-September 24th, 2019

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 of Meeting: September 24, 2019

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Issue: Free Financial Literacy Workshop

Discussion – Background and Current Status:

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 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
2. Partners or Other Stakeholders
3. Alignment with Strategic Directions/Adopted Plans

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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:

Workshop to take place November 19th, 2019 from 10 to 12 p.m. at Paul Reynolds Community Centre. Advisory committee will be given the workshop poster at the next committee meeting to pass along to seniors groups

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services-September 24, 2019

Approved by/Date:

Attachments:

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