

ST. JOHN'S

Seniors' Advisory Committee - Minutes

November 5, 2019

9:30 a.m.

Crosbie Road Board Room

Present: Sharron Callahan, Chair (CARP)
Sam Wells, Citizen Representative
Lorraine Best, Seniors NL
Devonne Ryan, Public Representative (19-35)
Neil Hamilton, CARP
Neil Moores, NLPSPA
Ruby Constantine, Citizen Representative
Patsy Yetman, Citizen Representative
Judy Tobin, Manager of Housing

Regrets: Deanne Stapleton, Council Representative
Glenda Reid, Citizen Representative

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

- 1. CALL TO ORDER**
- 2. APPROVAL OF THE AGENDA**
 - 2.1 Adoption of Agenda**

Recommendation

Moved By Neil Hamilton

Seconded By Devonne Ryan

That the agenda be adopted with the following addition:

- Update on the status of housing at the former Bishop's College and Booth Memorial.

CARRIED UNANIMOUSLY

3. ADOPTION OF THE MINUTES

3.1 Adoption of Minutes - September 24, 2019

Recommendation

Moved By Sam Wells

Seconded By Ruby Constantine

That the minutes of the meeting held September 24, 2019 be adopted with the removal of the words "or mortgage" in item 6.1.

CARRIED UNANIMOUSLY

4. DELEGATIONS/PRESENTATIONS

5. BUSINESS ARISING FROM THE MINUTES

5.1 Information Note dated October 31, 2019 re: Active for Life

The Committee reviewed the information note and noted that 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.

Active for Life is scheduled for 2020, (registration commences on December 5th for winter 2020) and depending on grant opportunities, each season may vary on what can be offered i.e transportation, healthy snacks. For the winter session (January 14th to April 2nd) it is offered on Tuesday's & Thursdays at the Southlands Community Centre from 1:00 to 2:30 p.m. At this time the City is awaiting confirmation from Eastern Health on a \$1000 grant application to help provide healthy snacks for the Winter session. Cost of the program is \$144 for 24 classes.

The Committee was also informed that there is usually a healthy educational component to this program and recently resource manuals from Seniors NL were printed and distributed to participants.

Because of a reduction in grants to from the Province the City will not be able to offer free transportation as it had in the past. The Committee was informed the City has a subsidy program that may be eligible for people who wish to participate but do not have the required funds to do so.

Discussion concluded with the following comments:

- Government ought to be encouraged to continue to direct funds to this program as it is a preventive initiative that will mitigate the burden of injuries and acute care within the health sector.
- Pictures of activity in the program will be instrumental in promotion
- A new sponsorship program/policy is under review, which may be able to assist in program delivery.
- If the demand for this program continues, additional schedules and/or venues will be considered.

5.2 Information Note dated October 31, 2019 re: Age-Friendly Cities

The Committee reviewed the information note and concurred with staff's decision to continue to work closely with sub-committee and other Departments within the City to conclude the review of the 8 domains. Next sub-committee meeting is November 28th at 9:30 at the Mews Centre.

5.3 Information Note dated October 31, 2019 re: Canadian Foundation for Economic Education

A Free 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 and managing 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 will be covered.

Cost – There is no cost for the workshop and is free for Seniors to attend.

The information note was reviewed by the Committee with agreement that it be modified to place less emphasis on planning for retirement and more emphasis on managing retirement. It was also agreed that given the limited registration, the deadline date be extended to November 12th. Committee members were asked to circulate the poster to their respective stakeholders as a promotional effort.

5.4 Information Note dated October 31, 2019 re: Generators in Personal Care Homes

The Committee reviewed the information note which outlined the Chief Municipal Planner's position with respect to this topic. Given the Committee's concern for the safety of the public, particularly seniors, it was agreed that representatives from the City's Planning & Regulatory Services Department, and Emergency Measures Department be invited to attend the next meeting of the Committee on February 4, 2019. It was further agreed that Sharron Callahan and Neil Hamilton, prepare documentation for staff attending the meeting to substantiate the Committee's position that generators ought to be installed in buildings containing multiple units.

6. NEW BUSINESS

6.1 Information note dated October 31, 2019 re: Seniors Christmas Event

The Committee was informed that the Seniors Christmas Dinner and Dance taking place at City Hall on December 12, 2019 has sold out and there is currently a waitlist. Committee members were asked to inform staff if they wish to drop by or volunteer at this event.

Staff is of the opinion that while seniors generally prefer the Foran Greene Room for this event, consideration may need to be given to other venues if the demand continues to increase.

6.2 Housing at Former Bishops College and Booth Memorial High School

The Committee was informed that the former Bishops College and Booth Memorial are being converted into seniors complexes, a personal care home and a venue for an adult day program. It was also noted that the Patrick Street development for an Apartment Complex will also result in more units being available.

Robyn Dobbin agreed to secure and distribute the information of Seniors NL to the Committee.

The Manager of Housing noted that the housing units at 15 Convent Square are now ready for occupancy and encouraged members to promote their availability to seniors' agencies.

6.3 National Housing Week - November 18-22, 2019

Judy Tobin, Manager of Non-Profit Housing reported that the week of November 18th will be proclaimed National Housing Week.

She advised the Committee of the following events and agreed to distribute a full list of activities to the Committee.

- Signing of Proclamation - November 18th

November 19th - the City of St. John's & End Homelessness St. John's are hosting a screening of "Push" a film by Fredrik Gertten, that follows Leilani Farha, the UN Special Rapporteur on Adequate Housing, as she's traveling the globe, trying to understand who's being pushed out of the city and why. The film will be followed by a panel discussion about the local housing sector.

- November 22nd - Coffee break at Wyatt Great Hall in City Hall where community partners and agencies will participate in discussions on

Housing. Deputy Mayor O'Leary and Councillor Jamieson will address the group.

7. **ADJOURNMENT**

There being no further business, the meeting adjourned at 10:45 am. It was agreed the December 17th scheduled meeting be cancelled. The next meeting will take place February 4, 2019.

CHAIRPERSON, SHARRON CALLAHAN