

# **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](http://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.

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CHAIRPERSON, SHARRON CALLAHAN