



**City of Hamilton**  
**SENIORS ADVISORY COMMITTEE**  
**AGENDA**

**Meeting #:** 21-02  
**Date:** February 4, 2022  
**Time:** 10:00 a.m.  
**Location:** Due to the COVID-19 and the Closure of City Hall  
All electronic meetings can be viewed at:  
City's YouTube Channel:  
<https://www.youtube.com/user/InsideCityofHamilton>

Lisa Maychak, Senior Manager, Age-Friendly City (905) 546-2424 ext. 1721

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**Pages**

**1. CEREMONIAL ACTIVITIES**

1.1. Land Acknowledgement

**2. APPROVAL OF AGENDA**

(Added Items, if applicable, will be noted with \*)

2.1. February 4, 2022

**3. DECLARATIONS OF INTEREST**

**4. APPROVAL OF MINUTES OF PREVIOUS MEETING**

4.1. January 7, 2022

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**5. COMMUNICATIONS**

**6. DELEGATION REQUESTS**

**7. CONSENT ITEMS**

**8. PUBLIC HEARINGS / DELEGATIONS**

**9. STAFF PRESENTATIONS**

9.1. Greg Crossley, Cancer Assistance Program

11

**10. DISCUSSION ITEMS**

10.1. Working Groups

10.1.a. Getting Around Hamilton Working Group

10.1.b. Elder Abuse Working Group

10.1.c. Housing Working Group

10.1.d. Communications Working Group

10.2. Working Committees

10.2.a. Age-Friendly Plan Governance Committee

10.2.b. Older Adult Network

10.2.c. International Day of Older Persons Committee

10.2.d. McMaster Institute for Research on Aging

10.2.e. Ontario Health Coalition

10.2.f. Our Future Hamilton Update

10.2.g. Senior of the Year Award

**11. MOTIONS**

**12. NOTICES OF MOTION**

**13. GENERAL INFORMATION / OTHER BUSINESS**

13.1. Council Approval for "Let's get Walking" Workshops

**14. PRIVATE AND CONFIDENTIAL**

**15. ADJOURNMENT**



Hamilton

**Seniors Advisory  
Committee**

**Minutes 22-001**

**10:00am – 12:00pm**

**Due to the COVID-19 and the Closure of City Hall**

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**In Attendance:**

Penelope Petrie (Chair), Aref Alshaikhahmed, Sheryl Boblin, Jeanne Mayo, Maureen McKeating, Barry Spinner, Douglas Stone, Marian Toth, Marjorie Wahlman, Ann Elliott, Kamal Jain, Dahlia Petgrave, Carolann Fernandes, David Broom, Sarah Shallwani, Noor Nizam

**Also, in Attendance:**

Lisa Maychak, Project Manager, Healthy & Safe Communities Department  
Kim VanderMeulen, Program Secretary, Healthy & Safe Communities  
Sonya Baldwin, Program Secretary, Healthy & Safe Communities  
Aine Leadbetter, Manager, Elections & Print/Mail, Corporate Services  
Conor Flood, Coordinator Elections, Corporate Services

**Absent with Regrets:**

Councilor Tom Jackson, Jeanne Mayo

**Absent:**

Vince Mercuri, Dahlia Petgrave

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**1. CEREMONIAL ACTIVITIES (Item 1)**

Land Acknowledgement presented by M. Toth

A. Alshaikhahmed has volunteered to read the Land Acknowledgement at the next meeting.

## 2. APPROVAL OF AGENDA (Item 2)

### (A. Elliott/A. Alshaikhahmed)

That the Seniors Advisory Committee approves the January 7, 2022 agenda, as presented.

**CARRIED**

## 3. DECLARATIONS OF INTEREST

None.

## 4. APPROVAL OF MINUTES OF PREVIOUS MEETING (Item 4)

### (i) December 3, 2021 (Item 4.1)

#### (M. Wahlman/C. Fernandes)

That the Seniors Advisory Committee approves the December 3, 2021 minutes.

**CARRIED**

## 5. STAFF PRESENTATIONS (Item 9)

### (M. Toth/A. Elliott)

That the following presentations be received:

### (i) Aine Leadbetter, Manager Elections, City of Hamilton respecting Municipal Election Update (Item 9.1)

A. Leadbetter and C. Flood presented to the Seniors Advisory Committee information on the enhancements for the 2022 Municipal Election that arose from the consultations with Advisory committees in 2021, as well an overview of the communication and outreach plan. Detailed poll information will be shared prior to the elections. Feedback was given by this committee on the Poll Selection Criteria Form and possible communication and barrier enhancements. A. Leadbetter to forward contact information for L. Maychak to provide to committee members to send any further feedback.

### (ii) Elder Abuse

Senior Advisory committee member, Aref Alshaikhahmed gave a presentation on Elder Abuse that he created for the rest of the committee. A question and answer period followed the presentation.

**CARRIED****7. DISCUSSION ITEMS (Item 10)****(i) Working Groups (Item 10.1)****(a) Getting Around Hamilton Working Group**

A. Elliott reported in J. Mayo's absence that this group is currently working on driver workshops, but because it is funding dependent the group has since put in another request to New Horizons for funding. The group is also looking at world transit costs for seniors and measures to increase pedestrian safety workshops. The development of the re-vamped "Let's Take a Bus" workshop is currently making good headway.

**(b) Elder Abuse Working Group**

A. Alshaikhahmed reported the committee discussed two strategies about addressing Elder Abuse in Hamilton. The first is to form a clear vision about what is going on in Hamilton in terms of Elder Abuse.

The group suggested that a key person from Catholic Family Services of Hamilton and Hamilton Council on Aging be invited to a future meeting to the Elder Abuse Working Group.

The purpose of these invitations would be to:

- listen to committee members' experiences and explore the strengths and weakness in addressing the issue of Elder Abuse
- talk about the available resources and opportunities for Elder Abuse activities in Hamilton
- further explore the challenges these organizations are facing in effective implementation of Elder Abuse programs in Hamilton.

Senior Advisor Committee Member C. Fernandes is to be invited to the next Elder Abuse Working Group. The Committee would like sufficient information about Elder Abuse to be available on the Seniors Advisory Committee webpage, as well as the Hamilton Police Services website.

The committee would like the Senior Advisory Committee to

address the staff working on the city website to take this request into consideration. A McLaughlin, Senior Support Officer, Hamilton Police Services (HPS), has reported previously that she is currently working on this with HPS and the group is awaiting a further update from her.

**(c) Housing Working Group**

M. Toth reported that this group continues to work on heat mitigation strategies and are developing their own information that can be shared in the future with the public.

M. Toth and J. Mayo met with Lauren McAusland of Mohawk College and the Bay Area Climate Change Council regarding retrofit education for seniors. They've created programs developed for seniors to reduce utility bills, home efficiency scans that will be distributed to realtors, contractors, environmental and budget-minded individuals and seniors. They are also using social media programs for income-based seniors, a one-stop shop for retro fitting information. The Home Retro-fit programs for income-based seniors (HERO) is now up and running in Burlington and hope it will be available for the community in 2022.

The next meeting will have guest Laura Ryan from Neighbor to Neighbor who will be speaking on rebates on electrical bills.

**(d) Communication Working Group**

D. Broom reported that the group is continuing to discuss and work on the group's production of the Senior Advisory Committee pamphlet. Library staff was not present, so updates of the Brown Bag Lunch program are not available at this time. D. Broom will send out the next meeting date information to members of this working group.

**(ii) Working Committees (Item 10. 2)****(a) Age Friendly Plan - Governance Committee**

A. Elliott reported that the 2021 Age-Friendly Community Progress questionnaire closed on January 7<sup>th</sup>. L. Maychak reported to this group the Community Progress Event will be held on Cable 14 and the City's YouTube channel and the goal champions will be involved. The committee received an update on the seven goal groups which include;

1. Housing
2. Transportation
3. Information and Communication
4. Health and Community Services
5. Social Participation, Recreation, Learning, Arts and Culture
6. Engagement, Volunteerism and Employment
7. Outdoor Spaces and Buildings

L Maychak added that the Age Friendly Progress event will be held virtually in March and she will share the date next month. Senior Advisory, Hamilton Council on Aging and the City of Hamilton will present the plan progress and there will also be some video interviews to make it more engaging for viewers.

**(b) Older Adult Network**

There are no updates at this time.

**(c) International Day of Older Persons Committee**

D. Stone reported that this group will be meeting Mon Jan 10<sup>th</sup> to look at upcoming activities for 2022.

**(d) McMaster Institute for Research on Aging**

There are no updates from this committee.

**(e) Ontario Health Coalition**

C. Fernandes will continue to send the committee email updates through L. Maychak.

**(f) Our Future Hamilton Update**

There are no updates from this committee.

**(g) Senior of the Year Award**

L. Maychak reported the event is targeted to take place at the end of October 2022 and hopefully will occur in person this year and a meeting is planned for the end of January.

**8. MOTIONS (Item 11)****(i) "Let's Get Walking" Workshops (Item 8.1)****(A. Elliott/D. Broom)**

That the motion be amended to change the wording of the original motion that workshops will occur virtually and not in-person.

Motion to be amended that the Senior Advisory support up to \$500 to the "Let's Get Walking" workshops that are planned to be held in February/March of 2022 and will be delivered virtually due to the current COVID-19 situation.

**CARRIED**

**9. GENERAL INFORMATION/OTHER BUSINESS (Item 13)**

(/)

That the following information be received:

**(i) Leave of Absence Request****(P. Petrie/M. Wahlman)**

P. Petrie informed the group that committee member D. Petgrave has requested a Leave of Absence from this committee until March 2022. P. Petrie will advise D. Petgrave this request has been granted.

**CARRIED**

**(ii) Absences with Committee members**



M. Wahlman brought up the issue of committee members that are continually missing more than three meetings in a row without sending regrets and the status of their continued membership within this committee.

**(iii) Police Services Motion**

D. Broom reported an update on a previous motion the Senior Advisory Committee put forth for Hamilton Police Services to appear before council was sent to the Emergency Services Committee and has now been sent by that committee back to the Hamilton Police Services Board. There are currently no future meeting dates listed on the Hamilton Police website but hopeful this motion will be addressed soon. D. Broom will continue to track the progress and update the committee.

**(iv) Elder Abuse Awareness Day**

The task has been given to the Communication Working group to add to their agenda and begin talking about an awareness plan for Elder Abuse Awareness Day which is being held on June 15, 2022.

**(v) 211 Day Update**

This day is not a City initiative so the awareness and helping to support this day will be taken on by our Communications Working group. Any promotional material created by 211 will be used for awareness. A member of the Communication Working group is to reach out to 211 and inquire about these materials. L. Maychak can then work with the City Communication's department to help distribute the information for February 11, 2022.

**CARRIED**

**10. ADJOURNMENT (Item 15)**

**(M. Wahlman/S. Boblin)**

That the Seniors Advisory Committee be adjourned at 11:53 a.m.

**CARRIED**

Next Meeting: February 4, 2021





# Cancer Assistance PROGRAM

**Greg Crossley**

Coordinator, Community Engagement

February 4<sup>th</sup>, 2022



# Cancer Assistance Program

- ▶ The Cancer Assistance Program (CAP) is here to provide you with practical and essential services that will help you live at home while you navigate your cancer journey.
- ▶ Our services are FREE of charge, for as long as you need them:
  - ▶ Transportation to and from cancer-related medical appointments
  - ▶ Access to parking for appointments taking place at the Juravinski Hospital and Cancer Centre (JCC)
  - ▶ Home health equipment loans
  - ▶ Monthly issuances of oral nutritional supplements and adult incontinence products
  - ▶ Issuances of wigs, alternative head coverings, breast prostheses and mastectomy bras
- ▶ In 2021, CAP registered over 900 new clients for our services.



# Volunteers

- ▶ The Cancer Assistance Program has a long and lasting legacy of volunteer involvement.
- ▶ Our volunteers are the front lines of the organization, providing direct service to our clients.
- ▶ By contributing their time and energy to CAP, volunteers are able to spend their days in a rewarding manner.
- ▶ They work as part of an incredible team of people who are busy making a difference in the lives of individuals and families affected by cancer.

9,950

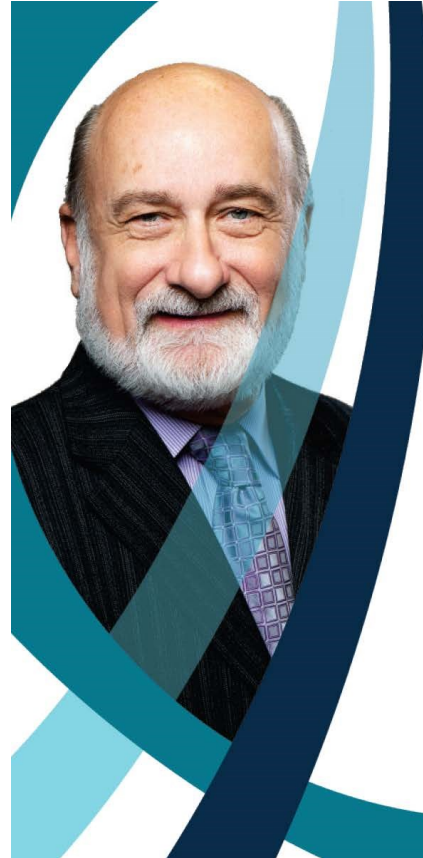
VOLUNTEER HOURS





# Educational Podcast

- ▶ Cancer Assist Show
  - ▶ Practical cancer-related educational podcasts featuring cancer experts
  - ▶ Listen to Dr. Bill Evans and other cancer care specialists as they discuss a variety of practical cancer-related topics to help navigate prevention, treatment and care.



## THE CANCER ASSIST SHOW

WITH HOST DR. BILL EVANS, MD, FRCPC

Past President, Juravinski Cancer Centre

Cancer Assistance Program, Board of Directors

LISTEN  
ANYTIME  
ANYWHERE

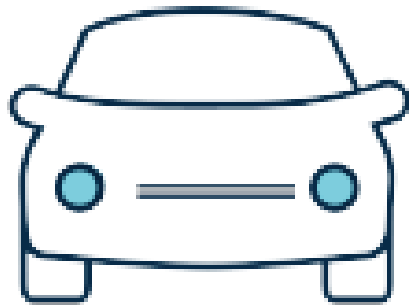


Practical cancer-related  
educational podcasts  
featuring cancer experts



# Transportation

- ▶ The client will either be transported in a CAP Van or a volunteer driver's personal vehicle
- ▶ The assigned driver will contact the client the day before the appointment to provide the time and vehicle description for pick up



5,908 RIDES TO  
CANCER-RELATED  
APPOINTMENTS  
= \$39,879



# Parking



1,074 FREE  
PARKING  
SPOTS  
= \$21,480

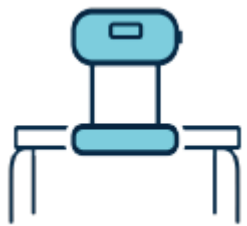
- ▶ Parking at Hamilton hospitals and medical facilities are expensive and can be the cause of undue stress and anxiety for patients and families.
- ▶ CAP provides limited parking spaces in a private lot at Sacred Heart Parish Centre within walking distance to Juravinski Cancer Centre.
- ▶ Clients call our office ahead of time as the parking spaces have to be reserved.





# Equipment

- ▶ Home health equipment loans are available, at no charge, for as long as the client needs the item.
- ▶ They can borrow as many items as required and exchange them as necessary, at any point that their personal needs change.
- ▶ In 2021, CAP loaned over 1000 pieces of equipment to clients.



113 LOANED  
BATH TUB  
TRANSFER  
CHAIRS  
= \$40,680

138 LOANED  
TRANSPORT  
CHAIRS  
= \$66,240



206 LOANED  
COMMODOES  
= \$49,440

104 RAISED  
TOILET SEATS  
= \$31,200



- ▶ Equipment available for loan includes such things as:

- ▶ • Rollators
- ▶ • Walkers
- ▶ • Transport Chairs
- ▶ • Wheelchairs
- ▶ • Canes
- ▶ • Bath Accessories
- ▶ • Toilet Accessories
- ▶ • Bed Rails



355 LOANED  
ROLLATORS  
= \$127,800



# Personal Care



3,006 SIX-PACKS  
OF NUTRITIONAL  
SUPPLEMENTS  
= \$30,060

- ▶ The Cancer Assistance Program provides clients with a range of wigs and head coverings, incontinence items and nutritional supplements.
- ▶ **Bras for Buddies Program**
  - ▶ Thanks to our generous donors, CAP administers the Bras for Buddies Program in partnership with Sue Teschke from Mastectomy Lingerie & More.
  - ▶ CAP's donated mastectomy items are free for CAP clients and if we can't suit their needs, we will provide them with a voucher that they can take to Mastectomy Lingerie where they will be fitted for a new mastectomy bra.

2,629 PACKAGES  
OF INCONTINENCE  
PRODUCTS = \$39,285





# Drive To Deliver



1,198 GROCERY  
BAGS = \$59,900

- ▶ Due to the current COVID-19 Pandemic, we have altered some of our services in order to protect our clients, volunteers and staff.
- ▶ We implemented a **Drive To Deliver** program to deliver the essential items our clients could not leave the house to purchase themselves.
- ▶ Clients will receive a monthly issuances of oral nutritional supplements and adult incontinence products.
- ▶ We also partnered with Zarky's grocery store, to provide clients with essential grocery items.

1,477  
DOORSTEP  
DELIVERIES  
= \$9,970





# Fundraising

- ▶ With no sustainable government funding we are challenged daily to meet the financial cost associated with the continual rise in demand for our services
  
- ▶ Our signature events include:
  - ▶ Care Walk
  - ▶ Golf Classic
  - ▶ Gala
  - ▶ 50/50 Draws
  - ▶ Third Party Events



# Care Walk



**Thank You for Your Support!**







# Golf Classic







# Gala





# Third-Party Events

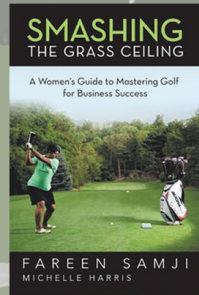
## WOMEN'S 9 AND DINE

In Support Of



Cancer Assistance  
PROGRAM

Hosted by Far Samji of "Smashing the Grass Ceiling"



- 9 Holes With A Cart
- Tips From The Pros
- Delicious Dinner
- \$50.00 Tax Rebate



SOUTHERN  
PINES GOLF





# Cancer Assistance PROGRAM

Help when you really need it.




# Cancer Assistance PROGRAM

Help when you really need it.

Cancer Assistance Program provides

# FREE

practical and essential services

- Transportation
- Home equipment
- Personal care
- Parking
- Education



Ontario Trillium Foundation  Fondation Trillium de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



Cancer Assistance Program  
Contact us at 905 383 9797  
or at [cancerassist.ca](http://cancerassist.ca)

555 Concession Street, Hamilton, Ontario L8V 1A8

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## Cancer Assistance PROGRAM

Aiuto, quando più ne hai bisogno.



Il Cancer Assistance Program offre

# GRATIS

servizi pratici  
essenziali:

- Trasporto
- Ausili a domicilio
- Assistenza individuale
- Parcheggio
- Informazioni

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Cancer Assistance Program  
Contattaci chiamando il numero  
905 383 9797 o visita  
cancerassist.ca

555 Concession Street, Hamilton, Ontario L8V 1A8



## برنامج المساعدة لمرضى السرطان

يوفر المساعدة حينما تحتاجها بالفعل.



يقدم برنامج المساعدة لمرضى السرطان

خدمات عملية وضرورية

# مجاناً

- التنقلات
- المعدات المنزلية
- الرعاية الشخصية
- توقيف السيارات
- التثقيف

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برنامج مساعدة مرضى السرطان  
اتصل بنا على الرقم  
905 383 9797 أو  
cancerassist.ca

555 Concession Street, Hamilton, Ontario L8V 1A8



## PROGRAMA DE Atenção ao Câncer

Ajuda quando você mais precisa



Nosso Programa de Atenção ao Câncer  
oferece serviços práticos essenciais

# GRÁTIS

- Transporte
- Equipamentos domésticos
- Cuidados pessoais
- Estacionamento
- Orientações

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Programa de Atenção ao Câncer  
Fale conosco: 905 383 9797  
ou no site cancerassist.ca

555 Concession Street, Hamilton, Ontario L8V 1A8



# Questions?