



City of Hamilton
SENIORSADVISORY COMMITTEE
AGENDA

Meeting #: 23-06
Date: June 2, 2023
Time: 10:00 a.m.
Location: Room 192, 1st Floor (in-person)
71 Main Street West

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

Pages

1. CEREMONIAL ACTIVITIES

“The City of Hamilton is situated upon the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee and Mississaugas. This land is covered by the Dish With One Spoon Wampum Belt Covenant, which was an agreement between the Haudenosaunee and Anishinaabek to share and care for the resources around the Great Lakes. We further acknowledge that this land is covered by the Between the Lakes Purchase, 1792, between the Crown and the Mississaugas of the Credit First Nation.”

Today, the City of Hamilton is home to many Indigenous people from across Turtle Island (North America) and we recognize that we must do more to learn about the rich history of this land so that we can better understand our roles as residents, neighbours, partners and caretakers.”

2. APPROVAL OF AGENDA

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

2.1 June 2, 2023

3. DECLARATIONS OF INTEREST

4. APPROVAL OF MINUTES OF PREVIOUS MEETING

4.1 May 5, 2023

5. COMMUNICATIONS

6. DELEGATION REQUESTS

7. CONSENT ITEMS

8. PUBLIC HEARINGS / DELEGATIONS

9. STAFF PRESENTATIONS

9.1 Brent McLeod, Program Manager/Commander, Paramedic Services, City of Hamilton

9.2 Consultation -Review of Level of Service for Winter Control, Mike Field, Acting Director, Public Works, Transportation Operations and Peter Sniulis, Manager, Public Works, Roadway Maintenance

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

10.2.b Senior Kick Off Event

10.2.c International Day of Older Persons

10.2.d McMaster Institute of Research

10.2.e Ontario Health Coalition

- Member C. Fernandes will continue to send out communication through L. Maychak.

10.2.f Our Future Hamilton

10.2.g Senior of the Year Award

11. MOTIONS

12. NOTICES OF MOTION

13. GENERAL INFORMATION / OTHER BUSINESS

13.1 Appointment of Council to Seniors Advisory Committee

14. PRIVATE AND CONFIDENTIAL

15. ADJOURNMENT



Hamilton

**Seniors Advisory
Committee**

May 5, 2023

Minutes 23-05

10:00am –

12:00pm

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>

In Attendance:

Penelope Petrie (Chair), Maureen McKeating, Marian Toth, Marjorie Wahlman, Ann Elliott, Carolann Fernandes, David Broom, Alexander Huang, Sheryl Boblin, Aref Alshaikhahmed, Barry Spinner

Also, in Attendance:

Lisa Maychak, Project Manager, Healthy & Safe Communities Department
Kim VanderMeulen, Program Secretary, Healthy & Safe Communities Department
Dana Simpson, Victoria Order of Nurses
Greg Tedesco, Senior Project Manager, Community Engagement, City Manager's Office
Sandi Bell, Hamilton Immigration Partnership Council

Absent with Regrets:

Councilor T. Jackson, Kamal Jain, Peter Lesser

Absent:

Steve Benson, Noor Nizam

1. CEREMONIAL ACTIVITIES (Item 1)

- (i) Land Acknowledgement presented by A. Alshaikhahmed
M. Toth has volunteered to read the Land Acknowledgement at the next meeting.

2. APPROVAL OF AGENDA (Item 2)

(M. Wahlman/M. McKeating)

That the Seniors Advisory Committee approves the May 5, 2023 agenda, as presented.

CARRIED

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

- (i) Housing Working Group remove snow removal item. (Item 10.1c)
- (ii) Spelling correction under Seniors Kickoff. (Item 10.2b)

(M. Wahlman/M. McKeating)

That the Seniors Advisory Committee approves the April 14, 2023 minutes, as amended.

CARRIED

4. STAFF PRESENTATIONS (Item 9)

(M. Wahlman/D. Broom)

That the following presentations be received:

(i) Dana Simpson, Victoria Order of Nurses (Item 9.1)

D. Simpson presented to the Seniors Advisory Committee (SAC) on the services of the Victorian Order of Nurses (VON). There was an opportunity for questions to be asked after the presentation.

(ii) Greg Tedesco and Sandi Bell, Hamilton Immigration Partnership Council (Item 9.2)

G. Tedesco and S. Bell presented to Seniors Advisory Committee (SAC) on the updated campaign of Hamilton For All 2023, a community run campaign led by multiple organizations. There was an opportunity for questions to be asked after the presentation.

CARRIED

5. DISCUSSION ITEMS (Item 10)

(i) Working Groups (Item 10.1)

(M. Wahlman/A. Elliott)

That the following updates be received:

(a) Getting Around Hamilton Working Group

- There are no updates from this working group.

(b) Elder Abuse Working Group

A. Alshaikhahmed reported this working group reviewed the current situation of Elder Abuse in Hamilton. The group has decided to approach Elder Abuse Prevention Ontario (EAPO) to help with establishing an Elder Abuse Network locally, and the working group will be meeting with EAPO.

(c) Housing Working Group

M. Toth reported the Housing Working group was unable to meet in April. M. Toth had the opportunity to explore the Hamilton Inclusionary Zoning that connects with the current project of the creation of a housing guide for seniors from this working group. M. Toth shared the following graph that showed the types of housing that should occur in Hamilton with inclusionary zoning.



(d) Communication Working Group

D. Broom presented a draft questionnaire developed by the Communication Working Group to be distributed to individuals and groups attending the Seniors Kick Off event.

(A. Huang/A. Alshaikhahmed)

A motion was put forward that the Senior Advisory Committee (SAC)

accept the questionnaire as presented and that it is to be distributed at the Seniors Kick Off event.

CARRIED

(ii) Working Committees (Item 10.2)

(M. Wahlman/A. Elliott)

That the following updates be received:

(a) Age Friendly Plan - Governance Committee

- There are no updates from this committee.

(b) Seniors Kick Off Event

L. Maychak reported the Seniors Kick Off event planned for June 20 at Sackville from 10-2pm has to date 50 registrants and raised approximately \$8000 from donations and sponsors. Presentations will include the Hamilton Police Services to talk about recent frauds and scams involving seniors. L Maychak to share the Eventbrite link with the Seniors Advisory Committee.

(c) International Day of Older Persons Committee

- There are no updates from this committee.

(d) McMaster Institute for Research on Aging

- There are no updates from this committee.

(e) Ontario Health Coalition

- Member 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 has been launched using various advertising tactics. The deadline for nominations is June 30, 2023.

CARRIED

6. GENERAL INFORMATION/OTHER BUSINESS (Item 13)

(i) June 2, 2023 meeting

(M. Mckeating/M. Wahlman)

That the Seniors Advisory Committee (SAC) hold the June 2, 2023 meeting in person with a luncheon to follow.

CARRIED

(ii) July and August 2023 meetings

(M. McKeating/M. Wahlman)

That the Seniors Advisory Committee do not hold meetings in the months of July and August and resume the meeting schedule in September.

CARRIED

(A. Elliott/D. Broom)

That the Seniors Advisory Committee defer the September 1 meeting scheduled to September 8, 2023.

CARRIED

7. ADJOURNMENT (Item 15)

(M. Wahlman/S. Boblin)

That the Seniors Advisory Committee be adjourned at 11:56 am.

CARRIED

Next Meeting: June 2, 2023



**Live
Every
Day.**



Victorian Order of Nurses

Hamilton Niagara Haldimand Brant

*Community Support Services: Program
Overview and Caregiver Support and Education*

Presented by: Dana Simpson, Coordinator, Caregiver Education

About VON – Who we are



- Non-profit, charitable organization with over 125 years of providing care
- Provide clinical, personal and social supports to help individuals live well and remain independent at home and in their community
- 75 different programs through 52 site locations in Ontario and Nova Scotia
- Over 1 million clients served each year and counting





93%

Autonomy

Safety





VON Services





COMMUNITY SUPPORT SERVICES

- Adult Day Programs
- Overnight Respite Programs
- In-Home Respite Services
- Falls Prevention and Exercise

VOLUNTEER SERVICES

- Tele-Touch
- Volunteer-Assisted Medical Transportation
- Volunteer Visiting
- Hospice Volunteer Services
- Meals on Wheels



Caregiver Support and Education



Human beings are naturally subject to periods of dependency, and people without disabilities are only **“temporarily abled”**.

-Eva Fedder Kittay, *The Ethics of Care, Dependence, and Disability*



Canada's Caregivers: Scope of Impact



25% of Canadians over the age of 15 are caregivers.
(Statistics Canada, 2020)



Many are "dual caregivers".
(Statistics Canada, 2020)



25% of older adults are caregivers.
(Arriagada, 2020)

Canada's Caregivers: The Impact on the Individual



Caregivers often **worry** about...

- Not knowing what to expect
- Navigating and advocating for services
- The Balancing Act
- Contradicting emotions
- Losing themselves in the process
- Not being able to fulfill The Promise



Canada's Caregivers: The Impact on the Individual



While caregiving can be a very **rewarding** and **fulfilling** experience fostering **joy** and **intimacy**, it is also common for caregiver to experience...



- Stress
- Anxiety and depression ("2am thoughts")
- Guilt
- Resentment
- Anger
- Frustration
- Isolation
- Compassion fatigue
- Caregiver burnout (24/7)

More than 1/3 unpaid caregivers report experiencing distress (CIHR, 2020).

Caregivers: The Impact on the System



“With 93% of older Canadians living at home, **unpaid or informal caregivers provide up to 75% of care services**, which equates to about **\$24–\$31 billion in unpaid work annually**”

(Health Council Canada as cited in Stall, 2019).



“Caregiver stress has been associated with the **decline of the caregiver’s health**, overlapping domains of physical, mental, and psychosocial health”

(Adelman et al., as cited in Hall & Holtslander, 2022).

Canada's Caregivers: The Impact of Social Support



C.S. Lewis once wrote, "The typical expression of opening Friendship would be something like, '**What? You too? I thought I was the only one.**' And instantly they stand together in an immense solitude." (Brown, 2021)

CARING FOR THE CAREGIVER: Respite and Programming



Caregiver Programming



- **Free** programs designed to support caregivers in every aspect of the caregiving journey
- Registration is required
- In-person and online options available
- Seasonal program flyer distributed to community partners and caregivers

Caregiver Education & Support



1. Caregiver Education Series “From Stress to Strength”

- Self-care
- Resilience
- Navigating the system

2. Caregiver Support Groups: Virtual and in person

3. One-on-one Support: Decision-making support, topics not appropriate for a group setting

Caregiver Outings

- **Create a sense of community**
- **Accessible**
- **Self-care centric themes**



CAREGIVER OUTINGS: "TOURIST IN TOWN"

Summer outings to look forward to

JUN	30	WESTFIELD HERITAGE VILLAGE GUIDED TOUR 1-2:30PM
JUL	28	BOTANICAL GARDENS, HENDRIE PARK, "STOP AND SMELL THE ROSES" 1-2:30PM
AUG	25	ART GALLERY OF HAMILTON, "ARTFUL MOMENTS" 1-3PM

-LIMITED SPACES AVAILABLE AND REGISTRATION REQUIRED-

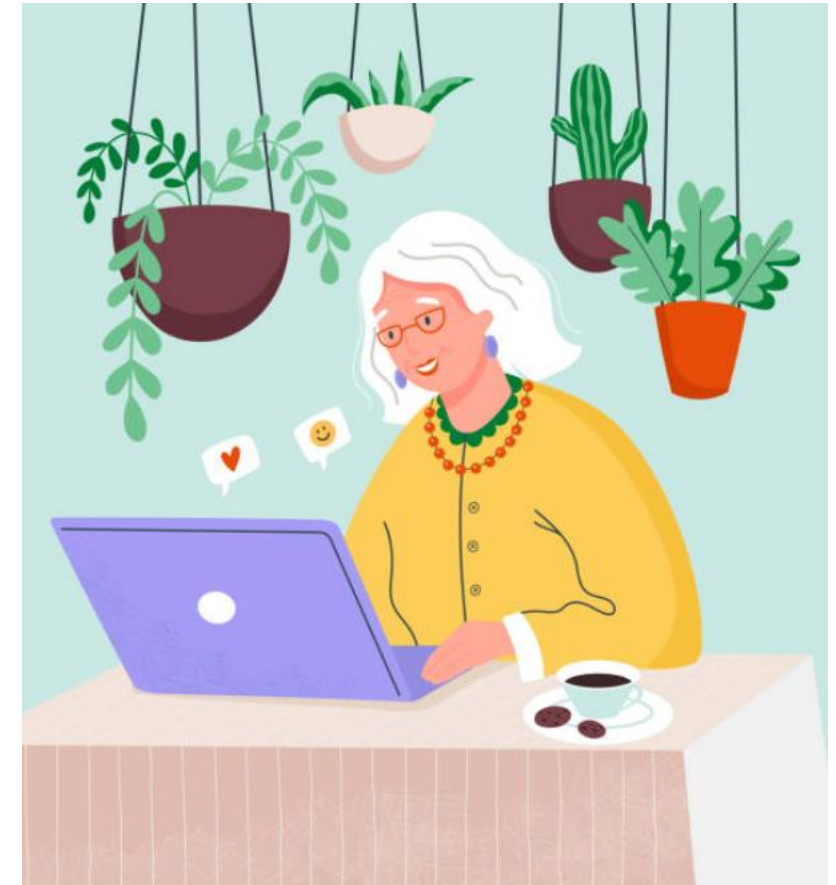
CALL OR EMAIL DANA SIMPSON TO REGISTER:
905-523-1055 X408 / DANA.SIMPSON@VON.CA

Caregiver Education & Support

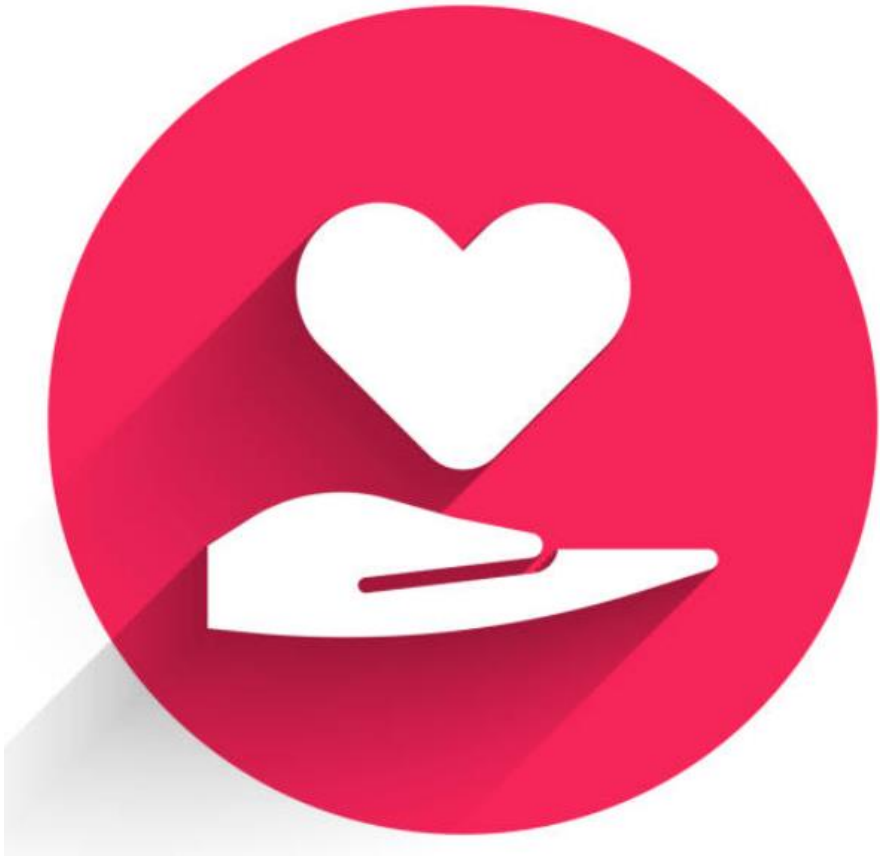


Upcoming Education Sessions

- Reframing Caregiving: Ethics of Care
- Understanding the Science: Reading Peer-Reviewed Literature for Beginners
- Past, Present, and Future of Caregiving
- Roles, Transitions, and Decision-Making
- Communication Strategies for Caregivers



Caregiver Education & Support: Moving Forward



- Community Partnerships
- Population-specific education and support programs
 - Cancer
 - Stroke
 - LGBTQ+
 - Siblings
- Seminar and Discussion Series

Thank you.

Please reach out anytime.

Dana Simpson

905-523-1055 x 408





References

Arriagada, P. (2020, November 24). The experiences and needs of older caregivers in Canada. Retrieved April 12, 2023, from <https://www150.statcan.gc.ca/n1/pub/75-006-x/2020001/article/00007-eng.htm>

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CIHI. (2020). *1 in 3 unpaid caregivers in Canada are distressed*. Retrieved April 25, 2023, from <https://www.cihi.ca/en/1-in-3-unpaid-caregivers-in-canada-are-distressed>

Government of Canada, S. C. (2018). *Differences in the characteristics of caregivers and caregiving arrangements of Canadians*. Statistics Canada: Canada's national statistical agency. Retrieved April 12, 2023, from <https://www150.statcan.gc.ca/n1/daily-quotidien/220114/dq220114c-eng.htm>

Government of Canada, S. C. (2023, January 5). *More than half of women in Canada are caregivers*. Statistics Canada. Retrieved April 14, 2023, from <https://www.statcan.gc.ca/o1/en/plus/2649-more-half-women-canada-are-caregivers>

Hall, S., & Holtslander, L. (2022). Assessing the Need for Caregiver Support in Saskatchewan, Canada: Gathering Perspectives and Setting Priorities. *Canadian geriatrics journal : CGJ*, 25(3), 233–239. <https://doi.org/10.5770/cgj.25.604>

Kittay, E. F. (2011). The ethics of care, dependence, and disability. *Ratio Juris*, 24(1), 49–58. <https://doi.org/10.1111/j.1467-9337.2010.00473.x>

Stall, N. (2019). We should care more about caregivers. *CMAJ : Canadian Medical Association journal = journal de l'Association medicale canadienne*, 191(9), E245–E246. <https://doi.org/10.1503/cmaj.190204>



HAMILTON FOR ALL 2023

LEARN ABOUT THIS UPCOMING
INCLUSION CAMPAIGN FOR
HAMILTONIANS!



**HAMILTON
FOR ALL
2023**

TABLE OF CONTENTS

The following document provides an overview of the Hamilton for All 2023 campaign. It includes key information on the campaign's development, components, and how you or your organization can get involved!

Last updated: April 2023

• **WHO WE ARE**

• **CAMPAIGN CONTEXT**

• **CAMPAIGN DEVELOPMENT**

• **OUR OBJECTIVES AND LAUNCH**

• **HOW TO GET INVOLVED**

**HAMILTON
FOR ALL
2023**

WHO WE ARE



Founding Organizations



Hamilton for All is a community-run campaign led by multiple organizations in Hamilton - all with growing concern for our city and a mandate to support diverse groups experiencing exclusion and discrimination.

Steering Committee (Campaign Planners)

Sarah Wayland
Natasha Hernandez
Lyndon George
Hugh Tye
Gachi Issa

Clare Freeman
Chelsea Kirkby
Cole Gately
Koubra Haggart
Greg Tedesco

Roundtable Expertise

- Diversity, Equity and Inclusion lens
- Community initiatives, immigration, discrimination barriers
- Lived Experiences as women, racialized minorities, LGBTQ+, Indigenous peoples, etc.
- Professional experience in Community Building, Communications/Marketing, Strategic Planning, etc.

HAMILTON FOR ALL 2023

PAST CAMPAIGN

Hamilton For All is a campaign that was first released in 2017 with a focus on newcomers and immigrants in Hamilton.



Hamilton for All 2017 campaign used bus shelter advertisements and other physical displays to raise awareness about newcomers, immigrants and refugees.

Hamilton for All 2023 will use similar tactics but will feature more groups affected by discrimination

HAMILTON
FOR ALL
2023

WHY 'HAMILTON FOR ALL'?

There has been increased polarization and public expressions of hate since the last campaign.

Discrimination, anti-hate and exclusion are on the minds of many more people, giving the campaign a wider reach.

Hate Crimes on the Rise

- 174 hate incidents were reported to Hamilton police in 2022, up 61% from 2021, with the Black, Jewish and LGBTQ communities the most frequent targets.
- In 2021, Hamilton saw the highest rate of hate crimes in any jurisdiction in the GTA and the third highest in the country



WHY 'HAMILTON FOR ALL'

Discrimination in Hamilton

- 6 out of 10 immigrants and racialized minorities and 8 out of 10 Indigenous peoples reported experiencing discrimination in Hamilton
- Top places people are experiencing discrimination are: when applying for a job, in the workplace, while using public areas (such as sidewalks and parks), or while on public transit

WHAT WE HEARD FROM HAMILTONIANS

FROM CAMPAIGN COMMUNITY
CONSULTATIONS (2022)

“It's uncomfortable to talk about racism, so **we need to acknowledge it**, shine a light on it, and ask for it to be dealt with.”

“

“Maybe someone won't sit by you or will move away on the bus but won't say anything.

We recognize the signs of being excluded.”

“

“It seemed progress was being made, but now we are in 2022, and we wonder if this will ever end.”

HOW DID WE GET HERE?



WHO ARE WE FEATURING IN THE CAMPAIGN?

There are many groups in Hamilton experiencing discrimination or exclusion. This campaign is a start-off point to communicate that they are an integral and important part of Hamilton.

The groups we would like to see featured in 2023 are those who are experiencing highest levels of discrimination in Hamilton:

- **Newcomers, immigrants and refugees**
- **Indigenous peoples**
- **Black and racialized persons**
- **Religious minorities or those experiencing faith-based discrimination**
- **People from the 2SLGBTQ+ community**
- **People with disabilities**

CAMPAIGN OBJECTIVES

I. RAISE AWARENESS

A big undertaking of Hamilton for All is raising awareness of inclusion/exclusion in Hamilton and who is affected by these particular experiences.

We want people who see displays, marketing or advertising to be moved to learn more.

II. BUILD CAPACITY

Beyond awareness, we want to build capacity against hate and bigotry in Hamilton. Observers of this campaign should be moved to take action and understand the steps they can take to combat hate and discrimination in their communities.

EVALUATION

In order to observe the success of Hamilton for All, the team will be assigning particular metrics to both these objectives - ensuring that evaluations can support learning and future iterations of this campaign.

HAMILTON FOR
ALL 2023

I. RAISING AWARENESS



The awareness part of this campaign will be accomplished through widespread dissemination of visual displays. These displays will feature representative pictures of different groups who experience discrimination in Hamilton with the catchphrase "We are Hamilton." Displays can be altered to suitably fit in HSR ads, lawn/business signs, and social media paid advertisements.

HAMILTON FOR ALL 2023

I. RAISING AWARENESS

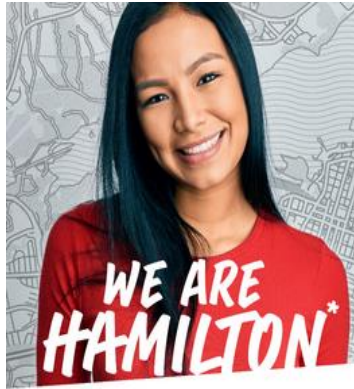


We've always been here and we just arrived today. We are every colour, identity, ability and creed. And no matter where we live, we all call this city home.

We are half a million individuals sharing the same space. And together, we make Hamilton better when it's...

HAMILTONFORALL.CA

* HAMILTON IS SITUATED UPON THE TRADITIONAL TERRITORIES OF THE ERIE, NEUTRAL, UNKON-MENKAT, HAWDENSANGNEE AND MISSISSAUGAS.



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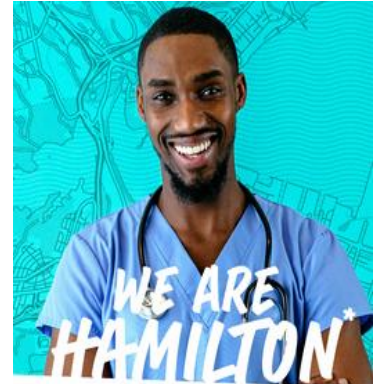


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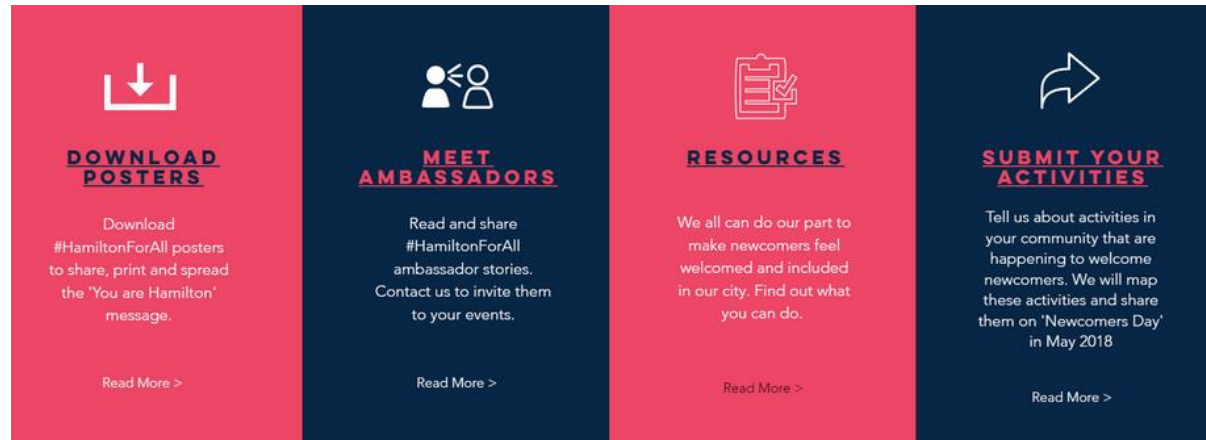


II. BUILDING CAPACITY




Capacity will focus on redirecting observers of this campaign to a dedicated Hamilton for All website which will include a wide range of easily accessible, interesting and highly engaging resources for individuals to take action against hate, discrimination and bigotry in Hamilton.

Example:
From Hamilton for All (2017) campaign website. New website will feature similar headings.



OPPORTUNITIES (TO BE DEVELOPED)

-  **CAMPAIGN LAUNCH IN SPRING 2023**
-  **HOST OR CO-HOST A COMMUNITY EVENT**
-  **AMBASSADOR / SPEAKING EVENTS**
-  **PROMOTE THE CAMPAIGN (SOCIAL MEDIA)**
-  **MAKE A PLEDGE AND TAKE ACTION**
-  **CONTRIBUTE TO OUR RESOURCES/WEBSITE**

CAMPAIGN BUDGET (SO FAR)

Who is currently sponsoring Hamilton for All?

City of Hamilton - \$15,000

Hamilton Immigration Partnership Council - \$6000

Immigrant and Refugee Advisory Committee - \$1500

+ in process of approaching other City of Hamilton Advisory committees

Where is campaign money being spent?

- Campaign concept, website and branding (already spent) - \$8000
- HSR ads - \$5000 for feature of TWO posters, every 6 weeks (ongoing)
- Social media - \$200-\$1000
- Posters - \$100-1000
- Retractable banners - \$200 apiece
- Events and workshops - speakers, meals/refreshments, venue rentals and honouraria - varies



Hamilton Community Legal Clinic
Clinique juridique communautaire de Hamilton



CONNECT WITH US!

FOR GENERAL INFORMATION:



Email info@HamiltonForAll.ca

QUESTIONNAIRE FOR INDIVIDUALS AND GROUPS ATTENDING
SENIORS KICKOFF EVENT AT SACKVILLE SENIOR CENTRE
JUNE 20,2023

Hi, my name is _____, I'm a member of the Seniors Advisory Committee (SAC) for the City of Hamilton and a member of SAC's Communication Working Group. We're working on an initiative to help our committee communicate more effectively with various groups as well as the citizens of Hamilton. For that purpose, the Communication Group has the following questions. Your responses will help us to better understand the needs and/or requirements of the various groups and/or individuals we interact with.

I would appreciate your response to the following questions.

- 1. How do you or your organization receive information that is relevant to your interests and needs?**

- 2. What kind of information is most valuable to/wanted by/needed by you? Is the information your group needs similar to the information your clients need?**

- 3. What do you think is the most effective way to communicate with seniors who:**

A. Do not use technology

B. Do not access community centres, libraries, or senior centres.

PLEASE ADD ANY ADDITIONAL THOUGHTS OR COMMENTS.
You can add your contact information if you like.
