



Hamilton

**Revised  
MINUTES:**

**Seniors Advisory Committee  
Friday, November 1, 2013 – 10:00 a.m.  
Rooms 192/193, Hamilton City Hall**

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**Present:** Frank Brodnicki, Deirdre Chartrand, Carolann Fernandes, John Kennard, Jeanne Mayo, Vi Morgan, June Noonan, Penelope Petrie, Bernice Price, Shirley Robinson, Mary Sinclair, Ron Smithson, Bob Thomson, Emmy Weisz, John Winslow, Bill Wright

**Regrets:** Doug Fraser, Lorraine Meloche, Marj Wahlman, Vicki Woodcox

**Also Present:** Mike Richards, Carolyn Bish – Corporate Services (Customer Service, Access & Equity)  
Bea McDonough – Public Health Services  
Eleanor Morton – Recreation  
Trish (for Marj Wahlman) – DARTS  
Lisa Maychak (for Vicki Woodcox) – Lodges

**1. WELCOME & INTRODUCTIONS**

Chair Smithson welcomed the committee members and guests in attendance.

**2. ACCEPTANCE OF AGENDA**

E. Weisz and M. Sinclair advised that they have items to add to the agenda.

**(E. Weisz/M. Sinclair)**

That the November 1, 2013 agenda of the Seniors Advisory Committee meeting be accepted, as amended. **CARRIED**

**3. DECLARATION OF INTEREST**

None declared.

**4. DELEGATION**

#### **4.1 Nancy Pursor – Transit re Golden Age Presto Pass**

Committee members welcomed Nancy Pursor, Manager of Transit Support Services, who attended to obtain input from the Seniors Advisory Committee on two proposed options to move the Golden Age pass to a Presto pass. Option 1 was referred to as a “period pass” (good for 5 years) and option 2 as a “loyalty program”. The pros and cons of both options were presented by Nancy. Discussion followed and comments made included:

- Golden Age Pass only good in Hamilton so could see any problem with converting to Presto
- those travelling on other carriers (i.e. GO) could carry 2 separate Presto cards, however Presto card can be programmed to travel on other systems. Additional funds will need to be added to the card to do this.
- Presto card will indicate that photo ID is required – ID will be kept in same pouch as Presto pass
- Golden Age concession will not expire, however the Presto card will. The expiry date will have no impact on the user.

By a show of hands, the consensus of the Seniors Advisory Committee is that the loyalty program is the preferred method of converting the current Golden Age Pass to a Presto card.

Nancy advised that the current Golden Age pass expires on December 31, 2013. New cards and instructions will be mailed to users.

Members thanked Nancy for her presentation.

#### **4.2 Seniors Strategy Update**

Committee members welcomed Mark Weingartner, Colin McMullen and Paul Johnson who attended from the Neighbourhood & Community Initiatives Division to provide an update on the Seniors Strategy. Mark provided background to the Seniors Strategy and related some of the comments received from the 6 community focus group meetings hosted by the Hamilton Council on Aging. These focus group meetings were the initial stage. A broader consultation will take place with further group meetings encompassing more individuals. The ultimate goal is to have the City of Hamilton designated by the World Health Organization (WHO) as an “age friendly city”. An update on the Seniors Strategy will be provided to the Emergency & Community Services Committee (E&CS) on December 9, 2013. At that time staff will be asking E&CS for endorsement to contact WHO. The goal in 2014 is to establish a steering committee to develop the Terms of Reference; the vision, values and guiding principles; consult with older adults and community stakeholders and develop the key

recommendations, actions and accountability framework for the Seniors Strategy.

Comments, questions/answers included:

- Educate Hamilton Health Sciences  
Mark W. – outside City's scope. Many community groups are participating in the group and hopefully will take the information back to their group.
- Have ethno-cultural groups been consulted and how do you plan to engage this group?  
Mark W. – this will be covered during the broader consultation.
- Would the endorsement of the Seniors Advisory Committee be helpful?  
Mark W. – as the work on the Seniors Strategy accelerates, he will be meeting regularly with the Seniors Advisory Committee and the subcommittees. He would like to be able to say that the Seniors Advisory Committee is on board.

**(J. Mayo/M. Sinclair)**

That the Seniors Advisory Committee endorse the development of the Seniors Strategy as outlined to date and look forward to working with and providing feedback to the City of Hamilton's Neighbourhood & Community Initiatives Division on future undertakings towards having the City of Hamilton designated by the World Health Organization (WHO) as an "age friendly city".

**CARRIED**

**5. APPROVAL OF MINUTES**

The following changes to the October 4, 2013 Seniors Advisory Committee minutes were noted.

Item 4.2 – Emmy Weisz requested that the term "racialized seniors" be changed to "ethno-cultural seniors".

Item 6.2 (d) – Jeanne Mayo noted that the wording in the motion should be modified to indicate that the Transcab stop be clearly announced on the bus both verbally and visually.

Item 6.2 (h) – Mary Sinclair advised that the last sentence stating "all are welcome" be removed.

Item 8.2 – Mary Sinclair advised that the information for distribution was provided at the meeting.

**(P. Petrie/F. Brodnicki)**

That the October 4, 2013 minutes of the Seniors Advisory Committee be approved, as amended. **CARRIED**

## **6. BUSINESS / DISCUSSION**

### **6.1 Committee / Subcommittee Updates**

#### **a) Age Friendly City Subcommittee**

Jeanne Mayo advised that, in light of the update regarding the Seniors Strategy, she had nothing further to report.

#### **b) Seniors Group Subcommittee**

Bob Thomson advised that the City's Web Development team is hosting two open house sessions on Tuesday, November 5, 2013 in Room 264, City Hall. Sessions are from 2 to 4 pm and from 6 to 8 pm. Mike Richards encouraged members to attend to provide your feedback.

Bob also distributed draft motions prepared by the Seniors Group Subcommittee regarding ethno-cultural activities at recreation centres. Discussion followed. Eleanor Morton advised that the Boards at the various seniors' centres decide what programs are to be offered.

#### **(B. Thomson/J. Winslow)**

In the spirit of inclusiveness, the Seniors Advisory Committee would like to ensure that Hamilton's ethno-cultural groups have the opportunity to engage in healthy, active lifestyles and recommends that the City of Hamilton broaden the scope of their programs and activities, particularly for ethno-cultural seniors, by offering diverse, culturally sensitive and appropriate activities. **CARRIED**

#### **(B. Thomson/J. Winslow)**

The Seniors Advisory Committee would like to enable the Senior Centres in Hamilton to respond to the diversity of their communities and recommends that the Manager of Senior Services be included in a process of consultation with the ethno-cultural community to advise and assist the Senior Centres in implementing programs of a diverse nature. **CARRIED**

Further discussion took place regarding the lack of information about what takes place at the various seniors centres. The majority of members would like to see this information include in the published Recreation Guide. Eleanor Morton will bring this up at a meeting with her Director to determine if anything can be done for 2014.

#### **(C. Fernandes/J. Mayo)**

That the Seniors Advisory Committee recommends that the Recreation Division include activities taking place at the City's Seniors Centres in the Recreation Guide or in a separate publication. **CARRIED**

**c) Housing Subcommittee**

Carolann Fernandes outlined the plan for the SAC Housing Subcommittee from October 2013 to February 2014. Bill Janssen from the Planning Department has been invited to the subcommittee's November meeting. A series of questions will be prepared at their October meeting. Carolann also outlined the highlights of the Ontario Non-Profit Housing Conference she attended on October 18, 2013. A summary of her findings are attached to these minutes.

**d) Transportation Subcommittee**

Jeanne Mayo advised that the Pedestrian Mobility Plan would be presented at the November 6, 2013 General Issues Committee starting at 9:30 a.m. in Council Chambers. The SAC Transportation Subcommittee will be reviewing this document. The subcommittee will meet next on Wednesday, November 20, 2013 at 3:00 p.m. in Room 222, City Hall.

**e) ACPD Transportation Subcommittee**

Mary Sinclair provided an update on the October 22, 2013 ACPD Transportation Subcommittee meeting. A presentation was made on Accessible Bus Stop Design Criteria. They are doing an audit of HSR bus stops to determine if they meet the accessible design criteria. On completion of this audit, bus stops requiring improvement will be prioritized and brought up to accessible standard. The next meeting of the Eligibility Committee will be on November 22, 2013.

**f) Community Heat Response Committee**

Vi Morgan advised that the previous meeting was cancelled and this committee would be redirected to another staff member's portfolio, still to be determined.

**g) Seniors Award Event**

Lisa Maychak advised that the date of June 24, 2014 had been set for the Seniors Award Event. The deadline for Requests for Quotes (RFQs) is today. There will be the main award plus 8 new awards. Nomination packages will be available in January 2013. Will be looking for sponsors (per award and in-kind).

**6.2 December Meeting**

In keeping with tradition, arrangements will be made for a luncheon following the December meeting. It was suggested that lunch be ordered from the YWCA.

**7. NEW BUSINESS**

**7.1** Emmy Weisz advised that the **2013 Alzheimer Report** had been issued and that members could email her for web address.  
[www.alz.co.uk/research/WorldAlzheimerReport2013](http://www.alz.co.uk/research/WorldAlzheimerReport2013).

**7.2** Carolann Fernandes advised that the SPRC had made a presentation regarding the poverty of seniors.

**8. ANNOUNCEMENTS / INFORMATION SHARING**

**8.1** Bea McDonough announced that the upcoming **Flu Shot clinics** were posted on the City's website at <http://www.hamilton.ca/flu>.

**9. ADJOURNMENT**

The meeting adjourned at 12:15 p.m.

**NEXT MEETING**

**Friday, December 6, 2013, 10:00 a.m., Rooms 192/193, City Hall**

**2013 ONPHA Conference and Trade Show**  
**October 18-20, 2013**  
**Sheraton Centre Toronto – 123 Queen Street West, Toronto ON**

**Summary of the October 18, 2013 session attended by Carolann Fernandes attending on behalf of the Seniors Advisory Committee**

## **KEYNOTE SESSION**

1. **Chairperson Sylvia Patterson** congratulated the Ontario Non-Profit Housing Association (ONPHA) on celebrating 25 years. The theme of conference, "Building On Our Strengths", is reflective of the fact that the organization has, over the years, given its members the tools to be the best managers. It has conducted research to track, analyse trends, issues and concerns based on affordable housing. The organization has demonstrated that its members are sound business leaders and have learned to manage assets with fewer resources.

2. **Speaker MPP Linda Jeffrey**s, Cabinet Minister Responsible for Municipal Affairs and Housing, reiterated how vital housing is and how important it was for a person to have safe space – a place called home. The Ontario government has heard how those engaged in affordable housing have said that they spend too much time doing administrative work. She believes that they could help the government by engaging in strategic conversations with the community and community partners and voice issues of not-for-profit housing.

She commented that, over the last two decades, the Federal Government has decreased its investment in housing programs. Canada is one of the few countries without a national housing plan. Federal housing investments have been eroding nationwide and the burden of affordable housing has fallen on the municipalities. Over three million Canadian households spend more than 30 per cent of their income on housing and rents and mortgages continue to sky rocket thus creating larger disparities between the rich and poor.

The Senior population in Canada has reached 13 million since 2011 and continues to increase by 15 per cent each year. Social Housing is a priority for the provincial government.

3. **Speaker Gregory Boyle**, a Jesuit priest known as the "Gandhi of the Gangs" is the author of two books, "Tattoos Of The Heart" and "Barking To The Choir". He is the creator of the Home Boy Industries, a program that provides and engages youth from gangs in jobs with his humorous storytelling style shared his experiences with this group in a Los Angeles Parish.

His message was that access to Affordable Housing provides an opportunity to open doors, to help people where there is a "lethal absence of hope" that we have to have a vision of a community where kinship is the goal. He reminded us that we belong to each other, that there is no "them or us", no "haves and have nots", that we have a responsibility to stand on the margins with the voiceless.

## **AGING IN PLACE**

### **Cost Effective Solutions and Techniques**

**Presenter: Dr. Tilak Dutta, Toronto Rehabilitation Institute**

The Toronto Rehabilitation Institute is engaged in testing and research. Their goal is to maximize life for those living with the effects of a disability, illness and aging to prevent injury by making homes, streets and workplaces safe. The following examples were shared.

#### **Footwear**

- looking at the outer and inner soles & testing the product to find how effective they were in helping prevent falls

#### **Handrails**

- looking at a variety of rails – their shape, height and other details to determine how effective they are in stabilizing and preventing falls

#### **Super Poles**

- structures erected in the lived environment (i.e. homes, near beds) to evaluate how useful they are in preventing falls and assisting in walking independently

#### **Stairs**

- looking at the height, length, width and number of stairs
- looking at stairs with carpeting and different types of carpet materials
- also looking at different types of flooring to make them safe and prevent falls

#### **Wheelchairs, Walkers, Scooters**

- testing the wheels on mobility devices to determine how they could move with ease in all conditions

#### **Street Intersections/Crossings**

- testing a variety of mobility devices in different weather to maximize safety

#### **Bathrooms**

- determining what is the best and safest space requirement between the washstand, bathtub, toilet and door for the seniors as well as the caregivers

#### **Grab Bars**

- determining what is the best and safest height, length, etc.

#### **Safe Lifts**

- methods to prevent injuries to the lifter
- checking floor lifts, suspended lifts, sling lifts, air pressure lifts

#### **Assisted Living Device**



- an artificial intelligence unit mounted on the ceiling similar to a smoke detector with an image camera and communication system that will track and monitor the movements and respond to situations that arise.

**Sleep Apnea**

- researching headgear that will diagnose sleep apnea condition; send a warning when in distress or of a potential problem

**Graduated Simulated Driver Test**

- to assess seniors' driving capability
- test has various conditions simulated to evaluate

**Session 104 - What To Do When Seniors Can No Longer Live Independently**

A panel shared experiences of what potential issues may arise when tenants in non-profit housing are unable/unwilling to seek supports, i.e.

- what supports are available
- what legislation to look at when the capacity for decision making deteriorates and safety is the issue
- what are the landlord's obligations to the older adult resident
- what is the path to follow to monitor and assess risks and provide supports
- what is the duty to accommodate the older adult with respect and dignity ..