



Hamilton

**MINUTES: Seniors Advisory Committee
Friday, November 6, 2015 – 10:00 a.m.
Rooms 192/193, Hamilton City Hall**

Present: Deirdre Chartrand, Carolann Fernandes,
John Kennard, Jeanne Mayo, Penelope Petrie,
Mary Sinclair, Ron Smithson, Bob Thomson, Marjorie
Wahlman, Emmy Weisz & John Winslow

Regrets: Frank Brodnicki, Douglas Fraser, Lorraine Meloche,
Vi Morgan, Bernice Price and Shirley Robinson

Also

Present: Councillor Tom Jackson
Cindy Mercanti, Mike Richards, Maxine Carter &
Deb Thomas – Corporate Services (Customer Service,
Access & Equity)
Lisa Maychak - Community & Emergency Services
(Neighbourhood & Community Initiatives)
Eleanor Morton – Community & Emergency Services
(Recreation)
Liz Conti – Public Health (Healthy Living)
Vicki Woodcox – Community & Emergency Services
(Macassa Lodge)

Guests: Dr. Ellen Ryan & John Hawker

1. WELCOME & INTRODUCTIONS

Chair, Ron Smithson, welcomed everyone.

2. ACCEPTANCE OF AGENDA

(J. Wahlman/P. Petrie)

The following addition was made to the Agenda under 7. New Business:

i) CCAC (E. Weisz)

The following addition was made to the Agenda under 8.1 Announcements:

i) Cell Phones (M. Sinclair)

That the November 6, 2015 Agenda, of the Seniors Advisory Committee meeting be accepted, as amended.

All in favour.

CARRIED.

3. DECLARATION OF INTEREST

None declared.

4. APPROVAL OF MINUTES

4.1 Meeting of October 2, 2015

(P. Petrie/J. Winslow)

That the October 2, 2015 Minutes of the Seniors Advisory Committee be approved. All in favour.

CARRIED.

5. PRESENTATIONS

Dr. Ellen Ryan provided a brief video presentation regarding "Aging in Community". Dr. Ryan reminded everyone that the need to plan for when we are no longer independent is now and gave a handout – "Aging in Community: Seniors' Options for Creating Mutual Support and Cohousing" (attached).

Dr. Ryan also discussed the "Halton HomeShare Toolkit". The Barrie Chapter of CARP (Canadian Association of Retired Persons) in partnership with Solterra is developing the co-housing concept. Dr. Ryan presented the book "Aging in Community" by J.M. Blanchard to the Chair.

During a question and answer period, Liz Conti noted that this might be something Housing might want to explore. Vicki Woodcox advised that it aligns with the age friendly strategy. Carolann Fernandes felt this could be a new initiative for the next term of the Housing Sub-committee.

Dr. Ryan thanked Jennifer Mak for her technological help.

6. BUSINESS/DISCUSSION

6.1 Business Arising From Previous Minutes (Action Items)

- a) Refresher bike courses for seniors – put on hold while waiting to receive information regarding number of seniors interested in attending before proceeding

6.2 Committee/Sub-committee Updates

a) Housing Sub-committee (C. Fernandes)

Carolann Fernandes advised that the Sub-committee is still working. A big thanks to B. Thomson and his work on the Housing Booklet. People who have had an opportunity to view the Booklet have said they are impressed. Once the Booklet is distributed, it will be made available on the City's website.

(P. Petrie/M. Sinclair)

That the Distribution List (attached) provided to SAC members be approved.

All in favour.

CARRIED.

Carolann noted that in order to request additional copies, funding will be required. It was suggested that a scaled down version be considered (taking out some of the pictures). Lisa Maychak offered to look into help from Neighbourhood & Initiatives. Councillor Jackson advised that SAC could submit a report requesting additional funds.

Councillor Jackson suggested that a presentation would be a good idea. Maxine Carter will look into and target getting the presentation on the December agenda.

(C. Fernandes/P. Petrie)

That the Housing Booklet through go to the Emergency & Community Services Standing Committee and Council for presentation for approval. All in favour. **CARRIED.**

b) Transportation Sub-committee (J. Mayo)

Jeanne Mayo provided SAC members with a report outlining the work completed by the Sub-committee (attached) and wanted to draw attention to the last item. After consultation with City staff, the conclusion was that there is no by-law that requires the City to provide washrooms in public spaces and the concept of accessibility is very complex. One of the problems has been physical space as mobility devices are getting larger. However, new structures are being built to the new standards.

(J. Mayo/P. Petrie)

That the location and availability (open year round, closed during winter months, etc.) of all public washrooms be put on the City's website and the Seniors' page with information as to the accessibility features.

All in favour.

CARRIED.

There will be no more meetings until the new term.

**c) ACPD Transportation Sub-committee
(M. Sinclair)**

Regarding the Metrolinx meeting held on October 27, members expressed concern about attending evening meetings and felt there should be a day option. Maxine Carter will pass on the information to the organizers requesting that they offer daytime and evening meetings.

Mary Sinclair had hoped at the meeting they would deal accessibility in the 10-year Transit Plan because there is no mention.

d) HHS AODA Committee (M. Sinclair)

No meeting - no report at this time. Mary noted that this Committee has not met for the past year and possibly they are only meeting when doing their five year plan. We will remove this item from the Agenda for now.

e) Older Adult Network (D. Chartrand)

Deirdre advised that the Older Adult Network met on October 28. For those who are not aware, there are 211 translation services available. The group received a presentation by Margaret Denton.

f) Seniors Award Event (L. Maychak)

The Committee is planning for 2016 now and preparing for the nomination phase. Sponsorships have been secured. A question was asked about making the nomination form easier. Lisa advised that the form has been streamlined and if anyone needs help, she is available to assist. Also, the best thing in completing the form is to get the nominee involved.

g) Age Friendly (L. Maychak)

Lisa advised that the recent update is regarding the webpage. January will be launch of the seniors' webpage and the information found there will be age friendly.

7. NEW BUSINESS

7.1 Advisory Committees

Terms of Reference – Maxine wanted to finalize the changes from the last meeting. While reviewing, Councillor Jackson pointed out to SAC the paragraph under "Term of Office" that states "...at least one-third of the members shall be new members...". If everyone re-applies there is a chance not all may get selected. Decision made to change the word "shall" to "may". Everyone was fine in agreement. It was also pointed out that resource staff are non voting members.

(C. Fernandes/M. Sinclair)

That the changes discussed to the Terms of Reference be accepted. All in favour.

CARRIED.

Roles & Responsibilities – Changes discussed at last meeting were included and additional changes made. It was also decided that for the recruitment process, advertising will include, but not be limited to, the local newspapers, all media outlets, Cable 14, seniors' centres, recreation centres, ethno-cultural groups, places of worship/faith communities, Regional Indian Centre, Six Nations and the City's website.

(J. Mayo/E. Weisz)

That the additional changes to the Roles & Responsibilities discussed be approved.

All in favour.

CARRIED.

7.2 CCAC (E. Weisz)

Emmy Weisz was following up on a comment made at a previous meeting regarding CCAC and approved by clinical assessment. Emmy noted that there is no transparency/accountability and no appeal regarding decisions made. Liz Conti advised that a recent article in the Toronto Star noted Dr. Hoskins will be reviewing the CCAC process and changes are coming. Vicki Woodcox will look into facilitating someone from LHIN coming to speak to SAC to provide information on the process of obtaining CCAC assistance.

8. ANNOUNCEMENTS/INFORMATION SHARING

8.1 Cell Phones (M. Sinclair)

Mary Sinclair wanted to share with members information about a cell phone for seniors. Snapfon offers a senior-friendly cell phone with larger buttons, a bright screen, large fonts, enhanced rings and sound and a simple to navigate menu. For more information, visit: www.snapfon.com

8.2 Update from Councillor Jackson

Councillor Tom Jackson provided the following: we have a new government and Canada Post has taken a pause putting the mailbox conversion on hold; winter operations are underway; SAC may want to put together a list on infrastructure needs (i.e. roads, sidewalks, recreation, parks, libraries, seniors centres, public transportation, seniors housing, watermain / sewer upgrades, etc.) as \$10 billion will be considered for infrastructure across the county.

8.3 Christmas Luncheon

Debbie will arrange catering for the December Christmas luncheon.

9. ADJOURNMENT

The meeting adjourned at 12:00 p.m.

10. NEXT MEETING

**Friday, December 4, 2015, 10:00 a.m.,
Rooms 192/193, City Hall.**

HOUSING BOOKLET DISTRIBUTION

Group	Number
SAC & staff	25
Councillors	15
Mayor	1
Jen & Mark	2
Recreation Centres/Arenas	41
Seniors Centres	5
Seniors Clubs	7
Housing Help Centre	2
Housing Services Division	5
Hamilton Public Libraries	2
Customer Contact Centre	2
YMCA/YWCA	10
Public Health	2
Council of Aging	1
McMaster Geriatrics	1
SPRC	1
VON	1
Red Book	1
CMHC	1
Good Sheppard	1
Mission Services	1
St. Peter's Hospital	1
United Way	1
Hamilton Community Foundation	1
Advocacy Agencies	18
Housing Agencies	8
Assisted Living Agencies	16
Assisted Living Services	19
Mental Health Outreach	1
Urban Core	1
Poverty Roundtable (Tom Cooper)	2

Housing Booklet Distribution - Continued

Hamilton Community Legal Clinics	5
CCAC	1
Catholic Family Services	1
Medical Clinics	4
Police Services	3
MP's & MPP's	10
	219

**Seniors Advisory Committee
Transportation Sub-committee
Work Completed November 2011 to November 2015**

1. HSR

- Confirmation of permanent Golden Age Pass.
- Introduction of Senior Monthly Pass.
- Year-round access to walking trails, i.e. Bay Front and Hamilton Beach trails by bus – collaborated with Hamilton Council on Aging to produce booklet “Let’s take a Walk” which gives full information on 18 walking trails in Hamilton, including access by public transit.
- Bus access to all Senior Centres and Clubs – area rating for HSR is an obstacle – add “directions” to each Centre and Club in the 55+ Program Guide.
- Measures to ensure safe entering, seating and exiting – some bus stops moved to allow bus to pull into curb more easily. HSR publishes a booklet “For Safety’s Sake: Safe Travel Tips for Seniors”. This booklet needs to be updated.
- Park and Ride – one area established at Mountain Transit Terminal. This service needs to be advertised on HSR home page. More areas need to be established.

- Trans-cab service extended – one route added but then discontinued because of area-rating for HSR. This service needs to be expanded. Note: SAC resolution of June 2015 – “SAC notes, with disappointment, that whereas Council agreed to increase HSR fares, proposals by HSR to maintain, in case of trans-cab service to Binbrook and to extend service to growth areas in the suburbs have been defeated because of area-rating.
- SAC urges Council to review area-rating so that all HSR costs are borne by the City as a whole”.
- Bus-only lane on King Street created which increased senior safety on buses and then discontinued. SAC expressed its disappointment to Council.
- Very visible bus number and destination signage being introduced on all buses.
- Improved bus access to hospitals and major medical centres - this action needs to be studied in collaboration with the Committee on People with disabilities.

2. Adapted Taxis

Resolution adopted by SAC on May 4, 2012:

“SAC recommends that the standard taxi, which allows access by sitting on the seat without having to step up remain available in sufficient numbers to meet the demand”.

3. Snow Removal

Committee met with Acting Director of Snow Control and Co-ordinator of Enforcement By-laws and reviewed the Snow Angels program designed to aid seniors unable to shovel snow and the pamphlet “SOS – Snow off the Sidewalks”. SAC passed a resolution concerning the pamphlet and recommendations for improving snow removal and complaints process at its meeting in June 2014. This topic should be examined again in light of Council’s decision in October, 2015 to take over the Snow Angels program from Volunteer Hamilton.

4. Bicycle Courses for Seniors to be Given Through Recreation Centre

With the introduction of SOBI bicycle programs, SAC asks that a refresher course on riding a bike be offered through Senior recreation programs. This action is under study by the Recreation Department.

5. Pedestrian Safety

a. Walking

SAC passed the following resolution at the June 2015 meeting:

The Senior Advisory Committee supports the numerous policy reports that encourage walking. It also notes that, as the population ages, there is an increase in the number of people who have some difficulty walking and therefore walk at a slower pace or who use a mobility device. In order to ensure that all pedestrians are able to use the sidewalks safely, SAC urges Hamilton City Council to:

- Ensure the implementation of the guidelines in the Pedestrian Mobility Plan with regard to width of sidewalks in all contracts that involve sidewalks, either repair or new installation.
- Ensure that all sidewalks are kept in good repair to minimize accidents and bumps for wheelchairs and walkers.
- Continue to install Urban Braille.
- Create and disseminate a publicity program to encourage safe walking habits and sharing of sidewalk space amongst pedestrians and mobility device users.

b. Traffic signals

SAC adopted the following resolution at the June 2015 meeting:

- Count-down walk signals become the standard replacing the white hand signal.
- The walk-time of .9 m/s (from 1.2m or 1m) become the standard at all intersections.
- The Public Works Department examine the possibility of installing protected pedestrian crossings (i.e. no turns by cars permitted) in high pedestrian density areas.
- In June 2016, SAC collaborates with the Hamilton Road Safety Committee to promote pedestrian safety during Seniors Month

6. Access to Public Washrooms

There is no by-law which obliges the City of Hamilton to provide public washrooms in public spaces. There are regulations regarding the accessibility of washrooms. However, these regulations are applied with the space available and do not meet the accessibility requirements of all types of mobility devices.

SAC, through its Transportation Sub-committee, recommends that the location of all public washrooms be put on the City's website as well as on the Seniors' page with information as to the accessibility features.

Ellen Ryan 2015

Email: ryaneb@mcmaster.ca

Writing, Aging and Spirit: www.writingdownouryears.ca

**Aging in Community:
Seniors' Options for Creating Mutual Support
and Cohousing
[How can we build neighbourliness?]**

Aging Together

Hamilton mutual support group of seniors, founded by Ellen Ryan and Donna Paige in 2013.

[Aging in Community Video - 9 minutes - E.Ryan](#)

Link: writingdownouryears.ca/resources/aging-in-community/

Village to Village Model

A non-housing approach to creating and sustaining a mutual support network within a specific geographical area. The fast-growing Village to Village Network already supports 200+ Villages across North America. The most frequent services offered by these mostly- volunteer, seniors-led villages are: information and referral, transportation and shopping, household and computer maintenance.

Senior Cohousing Model

Adapting the European approach to senior cohousing for Canada, these innovative seniors- led housing communities support optimal aging. Senior cohousing combines private home ownership with shared amenities (small private space with large common space), lower energy use, neighbourly cooperation, and an emphasis on flourishing through mutual support. Variations include subsidized units, intergenerational housing, intergenerational outreach. Most cohousing communities are located within a broader neighbourhood with easy access to services and opportunities.

Other Community-Oriented Housing Models

In **Shared Housing**, a homeowner offers accommodation to a homesharer in exchange for an agreed level of support in the form of financial exchange, assistance with household tasks, or both. Alternatives include repurposing big homes with 3-4 suites and shared common space. Some municipalities offer a matching and support service.

See the Halton HomeShare Tool kit (2015).

In **Co-operative Housing**, members elect a board of directors and volunteer to support the common space. In Hamilton, some co-operative housing units are subsidized for lower-income individuals. Seniors Co-housing grew out of the older and more diverse Co-op movement.

Websites

Village to Village Network	www.vtvnetwork.org
Senior Cohousing	www.seniorcohousing.com
Canadian Senior Cohousing	www.canadianseniorcohousing.com
Second Journey	www.secondjourney.org

References

- *Blanchard, J. M. (Ed.) (2013). *Aging in Community*. Chapel Hill NC: Second Journey. See also <http://www.secondjourney.org/itin/ISSUES/AIC.htm>
- Chapin, R. (2013). *Pocket Neighborhoods: Creating Small-Scale Community in a Large-Scale World*. Newtown CT: Taunton Press.
- Durrett, C. (2009). *The Senior Cohousing Handbook: Community Approach to Independent Living, 2nd ed.* Gabriola Island, BC: New Society.
- Green, L. (2013). *The Perfect Home for a Long Life: Choosing the Right Retirement Lifestyle for You*. Toronto: Thomas Allen Publishers

McCamant, K., & Durrett, C. (2011). *Creating Co-housing: Building Sustainable Communities*. Gabriola Island, BC: New Society Publishers.

Pinker, S. (2014). *The Village Effect: How Face-to-face Contact Can Make Us Healthier and Happier*. Random House Canada.

ScottHanson, K., & ScottHanson, C. (2004). *The Cohousing Handbook: Building A Place for Community*. Gabriola Island BC: New Society Publishers.

Selected Quotations

Perhaps ironically, while the oldest old may live alone and emphasize independence, many are only able to be autonomous because they ask for help. They, like all of us, balance dependence with independence. ~ Meika Loe

Connecting with another person is a deeply fulfilling experience. When a group of people purposefully stretch themselves, by connecting to each other beyond the borders of selectivity and commonality, a profoundly hospitable community is created.

- a community in which belonging, contribution and accomplishment occur regularly and naturally.

Now that's something to look forward to during one's second journey through life! ~ Emily Headley

Sitting around a table is not just a way of passing time. It is the way the wisdom gets passed along. ~ Rachel N. Remen

Community is where humility and glory touch. ~ Henri J.M. Nouwen

We hunger for communities for meaning that can transcend the individualism and selfishness that we see around us. ~ Michael Lerner

Alone we can do so little; together we can do so much. ~
Helen Keller

It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community, a community practicing understanding and loving kindness, a community practicing mindful living. This may be the most important thing we can do for the survival of the earth. ~ Thich Nhat Hahn

The fundamental quality of human beings is to be in relationship. ~ Jean Vanier