



Hamilton

Minutes
Seniors Advisory Committee
Friday, December 1, 2017
10:00am – 12:00pm
Rooms 192/193, City Hall

Present: Barry Spinner, Bob Thomson (Chair), Carolann Fernandes, Paula Kilburn, Jeanne Mayo, Dahlia Petgrave, Doug Stone, John Kennard, John Winslow, Karen Thomson, Lou DeStephanis, Marjorie Wahlman, Margaret Cheyne, Mary Sinclair, Penelope Petrie.

Regrets: Councillor Brenda Johnson, Emmy Weisz, George Hough (leave of absence), Ramanath Kamath, Karen Thomson.

Also

Present: Jessica Bowen (Human Rights, Diversity & Inclusion), Councillor Tom Jackson, Eleanor Morton, (Emergency & Community Services), Gloria Rojas, Senior Tax Policy Advisor, Corporate Services Heather Bamsey, McMaster University, Food Security Social Lab Project

Guests: John Hawker

1. Changes to the Agenda

Addition of Item 4.3 Update on *Envisioning Ageing In Place* Conference

Addition of Item 4.4 Recreation Fee Increase **Update**

2. Approval of Minutes

2.1 November 3, 2017

3. Presentations

3.1 Information Hamilton, Directory of Community Resources for Older Adults

Tabled

3.2 Heather Bamsey, McMaster University, Food Security Social Lab Project

H. Bamsey explained that she is a research assistant with the Office of Community Engagement and Social Work at McMaster University. The Office is running a series of social labs. They are engaging community stakeholders to try to find solutions to complex problems. One of the areas they are engaging in is food security. H. Bamsey requested to attend the Seniors Advisory Committee to gain Committee Members' feedback in response to three (3) questions.

H. Bamsey explained that consultation has already occurred with the following groups:

- Immigrant Working Center
- City Hall
- Community Gardens
- Mustard Seed Co-op
- Barton 541 Eatery and Exchange
- Select Professors at McMaster University
- Food Advisory Committee

Question 1:

What are some current issues that older adults have in accessing healthy food on consistent basis in Hamilton, while taking into consideration the diversity of older adults? What is needed to improve this?

Committee's Responses:

- Cost
- Getting to and from the location (transportation / mobility). Carrying products home (this is more challenging during the winter months)

- Access to diverse food and to a variety of food.
- Food selection; fast foods are not healthy and they don't taste good;
- Information about what is healthy and where to get it.
- Not wanting to buy large quantities; individuals may not have the physical dexterity to do the cutting that is required;
- Having the option to have smaller (individual) portions available of meat, vegetables, etcetera, without an increase in price;
- Easy opening containers /accessible packaging;
- The labelling on foods is so small that you cannot read the ingredients list.

Question 2

Are there any current gaps in services, or barriers to accessing available food related services in Hamilton for older adults?
What is needed to improve this?

Committee's Responses:

- Accessibility to grocery store;
- There is no bus route between Mohawk and Stonechurch to get older adults to the grocery stores in this area. The stores should have an option to have groceries delivered.
- Assistance from staff in the grocery stores to help individuals find the products they need. The stores move products around a lot. Staff should be available to assist.
- Grocery stores should have items available and packaged in single portions.
- Grocery store flyers need to be accessible with a text version of flyer items instead of only pictures.

Question 3

Is there anything related to food security or insecurity happening in other communities that would be beneficial for older adults in Hamilton?

Committee's Responses:

- One of the projects that is currently ongoing under the Age Friendly Plan is to have scheduled transportation for older adults to get to and from the grocery stores.
- Committee members noted that another community partnered with Uber in order to ensure that older adults are able to access a series of destinations with a fixed fee. The destinations include grocery stores.
- Committee members noted that providing for individuals with allergies is a priority.

H. Ramsey indicated that once all the feedback had been collected from the various stakeholder consultations she will be in contact with the Committee to provide an update on this project.

Committee members inquired how long this project would be ongoing. H. Ramsey indicated that there no termination date. The project is expected to run over the next two (2) years.

3.3 Working Groups/Committees

a) SAC – Housing Working Group (M. Sinclair)

M. Sinclair advised that the working group has finished the glossary. The group revised and unanimously agreed on a smoke-free motion to be brought forward to the Advisory Committee for People with Disabilities

The group's final meeting of the year is December 19, 2017 at 2:00pm. The group had two parts of the guide to complete: (a) conditions that people have in Housing and (b) Safety tips in Housing.

b) SAC – Getting Around Hamilton Working Groups (J. Mayo)

J. Mayo shared that the "Let's Get Moving" project continues to move ahead. She explained that there have been workshops on walking but that biking and using the HSR are also a part of the project. There have been workshops on

walking and there may be a walk around Gage Park scheduled for January 2, 2018. J. Mayo suggested that those who are interested consult the Hamilton Council on Aging website's calendar of events for more detailed information as the date approached.

The next project is pedestrian safety; there have been four (4) workshops so far and six (6) more are planned through February and March. The sessions have been well received and the evaluations have been positive.

There are two follow-ups happening with this project. One component of the project is related to problems with pedestrian safety. Parallel to this project is Friendly Streets which is focusing mainly on the area around Hamilton General Hospital. We are going to partner with them so that we come up with some recommendations.

The other project that arose from the pedestrian safety sessions is the creation of a pamphlet on walking safety in winter. This has to do with concept of elements such as appropriate footwear. There is research being done now and we want to bring that information into a pamphlet.

J. Mayo also shared that a meeting was held with a representative from the HSR to follow up on several items. One of the items that did not pertain to the HSR promoted the group to make a motion that the Seniors Advisory Committee will adopt in relation to the LRT which is to write a letter to Paul Johnson for the LRT.

The Committee proposed the following motion:

The Seniors Advisory Committee is urging the City of Hamilton to include the provision of park and ride areas at

both ends of the LRT to encourage older adults living in outlying areas to use the LRT.

(J. Mayo / J. Winslow)

CARRIED

J. Mayo will send the letter to the staff liaison.

c) SAC – Communications Working Group (B.Thomson)

The Communication working group has been updating the existing SAC Brochure. The brochure is for information sharing purpose and is shared at events such as the Seniors Kick Off; Age Friendly AGM; and other events deemed appropriate.

**d) Age Friendly Plan – Governance Committee
(J.Mayo/B.Thomson)**

J.Mayo and B. Thomson shared that the adaptations to the rental buildings document were published. There were two publications, one contains information for residents and tells residents what adaptations they should/could have in their apartments. The second is information for Property Managers which was worked on in conjunction with the Property Managers Association.

The publication is available on the Age Friendly website

e) Older Adult Network (D.Stone)
No update at this time.

f) AODA – Hamilton Health Sciences (M.Sinclair)
M. Sinclair shared that the group met on Monday, November 27, 2017. HHS was engaging in some updates to their Customer Service Guidelines.

- g)** International Day of Older Persons Committee (D.Stone)
No update at this time.
- h)** Social Isolation (K.Thomson)
Tabled until January 2018 meeting.
- i)** McMaster Institute of Research on Aging (E. Weisz)
Tabled until January 2018 meeting.
- j)** Ontario Health Coalition (C.Fernandes)
C. Fernandes reported that the Ontario Health Coalition wants Seniors to send a message to their MPP to withdraw Schedule 9 of Bill 160.

The Committee proposed the following motion:

To send the letter support the withdraw of Schedule 9 of Bill 160 signed by the Seniors Advisory Committee.

(C. Fernandes / P. Petrie)

All in favour

CARRIED

4. Business / Discussion Items

4.1 Business Arising from Previous Minutes

4.1.1 Property Tax Deferral

Following the presentation that was provided to the Committee in November 2017, G. Rojas followed up with the Committee to collect their feedback on the program. Committee members provided the following feedback:

Q: How will City of Hamilton residents be made aware of the program?

A: The first step is to get the program approved. The program is to be reviewed on January 17, 2018. If

approved, the Communications Department will be engaged to help make the public aware of the Program.

Q: How many people are taking part in the program?

A: There are 51 referrals. But it is likely the number of participants will increase with advertising. It will be challenging to estimate how many additional applications will be received. In 2016, there were 16 new applications submitted to the City.

Q: Is there a maximum number of applications that the City could sufficiently receive and manage?

A: There would be no maximum as that would not be equitable. The program would be open to anyone who qualifies.

Q: When will a decision be made about the program?

A: There is a report that will be presented at GIC on January 17, 2018.

Committee members agreed that when the program receives approval, the Committee should be consulted on the marketing strategy.

The Chair advised that the intention of having this item on agenda was to provide the Committee with an opportunity to submit their input and to determine if the majority of the Committee supports the full deferral program.

The Committee proposed the following Motion:

- a) That the full tax deferral program for seniors and persons with disabilities be supported in principle.
- b) That the decision of SAC being included as a part of the staff presentation to the General Issues Committees' decision in 2018.

(B.Spinner / P.Petrie)

4.2 Supply of Emergency Generators

The Committee was provided with the Report referred to below as well as the following information regarding the status on this item:

Supply of Emergency Generators (PED17186) (City Wide) (Outstanding Business List Item) (Item 5.5)

That Report PED17186 respecting Supply of Emergency Generators, be referred to the Emergency and Community Services Committee for consideration in addition to the information researched by staff regarding the procedures used by the City of Orillia in conjunction with Orillia Power Corporation when there is a large power outage.

B. Spinner shared that he lived in a co-op in Ottawa at the time of the 2003 blackout in a multi-resident unit. The services within the building responded when the power when out; the doors, elevators, and electricity was working when the rest of the world's power went out. The structure of this residence could be provided as an example to support City staff as they research this item.

4.3 Update on the *Envisioning Ageing In Place* Conference

Dhalia Petgrave provided the following update to the Committee regarding the *Envisioning Ageing In Place* Conference

The conference was held on Thursday, November 23, 2017 at Ryerson University in Toronto. The format was that of panel presentations by a number of experts, thought leaders, practitioners, and delegates who are experts in the field.

Panel One focussed on Shifting towards inclusive Municipal Planning processes and land use policies to more effectively support ageing in place. The emphasis was on Community mobility and how to prevent

isolation of seniors who are unable to freely move around in the community. Mention was made of seniors who, due to age, were not able to extend their driving careers and have their drivers' licence renewed and the effect that this had on their independence or lack thereof. Recommendations were also made to re-educate seniors about fire safety codes in their residences so that they will be able to react when the codes are activated. Another important aspect that was looked at was having younger seniors (Seniors in Training – so to speak, that is adults between the ages of 54 – 60) who would volunteer to provide services to older seniors for example run errands, read, sit for a few hours and interact with the older individuals to lessen the feeling of isolation.

Panel Two dealt with Building designs and renovations: Innovative ideas for accessibility and future proofing housing. With building modifications put into place, this is beneficial to not only the individual but also the community as scarce resources would be redirected from emergency care as fall preventions would be kept to a minimum. One of the panelists presented a slide show that illustrated how innovative ideas for future proofing housing can be put in effect in order to ensure the safety of occupants who are not as mobile as they used to be in earlier years and can design new or adapt existing house or business to be completely accessible for people with mobility challenges. At times with the rapid decline in health, building modifications must be a part of the equation so occupational therapists, designers, contractors and architects should play a significant role in the decision making in order to modify structures.

Prior to the lunch break, the conference was addressed by Dipika Damerl, the Minister of Senior Affairs and MPP for Mississauga East – Cooksville. She informed the conference that there were approximately 2.5 million seniors in the province of Ontario and at the current rate of growth in another 25 years, it is estimated that this will increase to approximately 4.5 million seniors in Ontario. Presently, visible minorities account for four times the rate of growth of the

population and are increasing, so plans need to be put into place to satisfy the cultural needs of this growing community.

Panel Three looked at Collaborative and cost- effective strategies to increase the impact and reach of age-friendly communities. The panelists highlighted how seniors can age with confidence in their own communities for as long as possible. One panelist spoke about Senior supportive living which is an alternative to living in retirement residences. Her group called OASIS, advises on how groups can create a community partnership and implement retirement type living with an onsite Personal Support Worker (PSW), social and exercise programs, hot prepared group meals. The program is designed to address isolation, nutrition and physical fitness issues and is an alternative to the higher cost of retirement residences.

All in all, the conference was very informative and eye opening and the National Institute for Ageing must be commended for its efforts to support older adults as they age with confidence and in place.

4.4 Recreation Fee Increase Update

Eleanor Morton advised that there would be another 2% increase in Recreation Center fees in 2018.

The increase for Seniors will increase from \$33.85 to \$34.50.

Committee Members engaged in a discussion about the diversity of users who could access the Recreation Centre but English may not be their first language. Members discussed how the Rec Centre programming caters to the diversity of the City of Hamilton. These barriers prevent seniors from accessing programming and reducing their ability to engage in healthy activity and reduce social isolation.

E.Morton indicated that Recreation is working towards reducing barriers for all City of Hamilton residents to Recreation Centre programming.

5. Adjournment

The meeting adjourned at 12:00 p.m.

(M. Wahlman / P. Petrie)

That the Seniors Advisory Committee meeting be adjourned.

Next Meeting

Friday, January 5, 2018