



Hamilton

Seniors Advisory Committee

September 6, 2024

Minutes 24-009

10:00am – 12:00pm

YouTube Channel Streaming for Virtual
Meetings

All electronic meetings can be viewed at
City's YouTube Channel:

<https://www.youtube.com/user/InsideCityofHamilton>

In Attendance:

Peter Lesser, Sheryl Boblin, Penelope Petrie, Kamal Jain, Marian Toth, Maureen McKeating, Alexander Huang, Carolann Fernandes, Barry Spinner, Ann Elliott, Marjorie Wahlman, David Broom

Also in Attendance:

Lisa Maychak, Project Manager, Healthy & Safe Communities Department
Carol Faulkner, Program Secretary, Healthy & Safe Communities Department
Dr. Anthony Levinson, John Evans Chair in Educational Research,
Faculty of Health Sciences, McMaster University
Dr. Anthea Innes, Director of Gilbrea Centre for Studies in Aging, McMaster University
Mason McLeod, Share Network Coordinator, Gilbrea Centre
for Studies in Aging, McMaster University

Absent with Regrets:

Aref Alshaikhahmed, Noor Nizam

1. CEREMONIAL ACTIVITIES (ITEM 1)

(i) Land Acknowledgement

P. Petrie read the Land Acknowledgement. P. Lesser to read the Land Acknowledgement at the next meeting.

2. APPROVAL OF AGENDA (ITEM 2)

The Chair advised of the following changes to the agenda:

13. GENERAL INFORMATION / OTHER BUSINESS

13.4 McMaster University Research Study (Added Item 13.4)

(S. Boblin/ M. Wahlman)

That the Seniors Advisory Committee approves the September 6, 2024 agenda, as amended.

CARRIED

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

(i) June 7, 2024 (Item 4.1)

(D. Broom/M. McKeating)

That the Seniors Advisory Committee approves the June 7, 2024 minutes.

CARRIED

4. STAFF PRESENTATIONS (ITEM 9)

(i) Dementia Risk Reduction- Dr. Anthony Levinson, John Evans Chair in Educational Research, Faculty of Health Sciences, McMaster University (Item 9.1)

Dr. Levinson presented to the Seniors Advisory Committee a website with shared resources on Dementia Risk Reduction (www.DementiaRisk.ca). Dr. Levinson indicated that there a variety of topics for loved ones of those living with dementia in multiple learning formats. Dr. Levinson also indicated that he is submitting a grant proposal to the Public Agency of Canada, Dementia Community Investment stream, and if successful in moving to the next proposal stage is requesting a letter of support from the Seniors Advisory Committee, as well assistance in promoting the project. There was an opportunity for questions to be asked after the presentation.

(D. Broom/ P. Lesser)

That the presentation respecting Dementia Risk Reduction presented by Dr. Anthony Levinson, be received.

CARRIED

(ii) Gilbrea Centre for Studies in Aging- Dr. Anthea Innes, Director of the Gilbrea Centre for Studies in Aging, McMaster University and Mason McLeod, Share Network Coordinator, Gilbrea Centre of Studies in Aging, McMaster University (Item 9.2)

Dr. Innes and M. McLeod presented to the Seniors Advisory Committee an overview of the Gilbrea Centre, that it is an interdisciplinary research hub for social science research dedicated to issues in aging. Dr. Innes and M. McLeod provided a description of the Gilbrea Centre's Research and Knowledge Translation Group and Dementia Advisory Group as well as 2025 projects, those being dementia and music and an intergenerational kitchen. Dr. Innes and M. McLeod then asked Seniors Advisory Committee members how they could work with the Gilbrea Centre and what type of projects the Gilbrea Centre should be working on in the future. There was an opportunity for questions to be asked after the presentation.

(D. Broom/ P. Lesser)

That the presentation respecting the Gilbrea Centre for Studies in Aging presented by dr. Anthea Innes and Mason McLeod, be received.

CARRIED

5. DISCUSSION ITEMS (ITEM 10)

(i) Working Groups (10.1)

(M. Wahlman/ S. Boblin)

That the following updates be received:

(a) Housing Working Group (Item 10.1(a))

M. Toth indicated that the working group through L. Maychak were asked by the McMaster Institute for Research on Aging to work with a student team this Fall on a project titled, "How can we design Age-Friendly homes for Hamilton residents who want to age in their home?"

M. Toth asked about the status of the new Housing Guide for Older Adults in Hamilton. L. Maychak indicated that it has been reviewed and approved by leadership staff in the City's Housing Division and is currently on the City's webpage for older adults. L. Maychak to send the guide to all Seniors Advisory Committee members.

(b) Communications Working Group (Item 10.1(b))

D. Broom indicated that A. Huang is now the chair of the working group. A. Huang informed members that at the last working group meeting he presented two slides. In terms of the Communications Survey for Older Adults, the first slide displayed timelines for preparing, disseminating, and correlating survey results.

A. Huang presented the second slide that displayed a project idea titled, "Borrowing a Person." A. Huang explained that this project would involve seniors calling a volunteer affiliated with the public

library to find out more information about areas of interest to them.

(c) Getting Around Working Group (Item 10.1(c))

There are no updates from this working group.

(d) Elder Abuse Working Group (Item 10.(d))

There are no updates from this working group.

CARRIED

(ii) Working Committees (Item 10.2)

(M. Wahlman/ S. Boblin)

That the following updates be received:

(a) International Day of Older Persons (Item 10.2(a))

L. Maychak indicated that this event is being hosted at Sackville Seniors Centre on October 1, 2024. There will be a small information fair from 1:30 pm to 2:30 pm and presentations from 2:30 pm to 4:00 pm. The theme is Climate Change and the Impacts on Older Adults. Registration is required. L. Maychak will send the promotional poster with registration information.

(b) Seniors Kick-off Event (Item 10.2(b))

L. Maychak indicated that this event that took place in June 2024 hosted over 600 older adults and 60+ exhibitors.

(c) Senior of the Year Awards (Item 10.2(c))

L. Maychak stated that this year nineteen nominations were submitted, and that tickets for the October 15, 2024 event are now on sale at all City of Hamilton seniors and recreation centres as well as online at www.hamilton.ca/seniorsawards. L. Maychak also indicated that both A. Huang and S. Boblin have been nominated for this year's Senior of the Year Awards.

(d) Ontario Health Coalition (Item 10.2(d))

C. Fernandes and A. Huang to continue to send correspondence through L. Maychak.

(e) Age-Friendly (Item 10.2(e))

L. Maychak indicated that the Age-Friendly Equity, Diversity, and Inclusion (EDI) Strategy has been completed and is included in the Age-Friendly Information Report being presented to Emergency and Community Services Committee on September 19, 2024 at 1:30 pm.

(f) Extreme Heat Committee (Item 10.2(f))

P. Lesser stated that “How to Beat the Heat” kits were disseminated to residents over the summer months. P. Lesser also stated that a recommendation report will be going to City Council over the next few months regarding extreme heat and adopting a by-law for landlords to follow.

CARRIED

6. GENERAL INFORMATION / OTHER BUSINESS (ITEM 13)

(i) Councillor’s Update

L. Maychak stated that both Councillor Jackson and Councillor Pauls were approved by City Council to be the two Council representatives for the Seniors Advisory Committee.

(ii) Accessibility Fair

L. Maychak reminded members that the fair is being hosted on September 26, 2024 from 11 am to 3 pm in the forecourt at City Hall and thanked all members who offered to volunteer on the Seniors Advisory Committee/Age-Friendly table.

(iii) In Person Meetings

L. Maychak asked members if they would like to meet in person for future meetings. Some members were in favour of in person meetings while others preferred virtual meetings.

(iv) McMaster University Research Study (Added Item 13.4)

L. Maychak presented the McMaster University Social Disparities-Biological Exploration Connecting Multi-omics Approach with Healthy Aging (Social BEACON) research initiative to members. The aim of this project is to understand the connections between social disparities, biological factors, and health outcomes in middle-aged and older adults. L. Maychak to send contact information to members.

CARRIED

9. ADJOURNMENT (ITEM 15)

(M. Wahlman/ D. Broom)

That the Seniors Advisory Committee be adjourned at 12:09 pm.

CARRIED