



# INFORMATION REPORT

<b>TO:</b> Chair and Members Emergency and Community Services Committee	<b>WARD(S) AFFECTED:</b> CITY WIDE
<b>COMMITTEE DATE:</b> September 21, 2011	
<b>SUBJECT/REPORT NO:</b> Recreation Grant Summary (CS11078) (City Wide)	
<b>SUBMITTED BY:</b> Joe-Anne Priel General Manager, Community Services Department	<b>PREPARED BY:</b> Dawn Walton (905) 546-2424 ext.5015
<b>SIGNATURE:</b>	

**Council Direction:**  
 Not Applicable.

**Information:**

Throughout 2011, the Recreation Division was successful in receiving a number of grants from various funders to support the delivery of recreation services and active living initiatives for school age children and older adults in the City of Hamilton. These initiatives reduce barriers, provide opportunities, and improve supports to increase participation in recreational programs and services with a strong presence in “Code Red” identified neighbourhoods. The Hamilton Spectator's Code Red series demonstrated the differences in health outcomes across the city, and linked these to income, education and other demographic inequities that characterize many of the city's neighbourhoods.

The three independent grants received in 2011 total \$690,479 and support the following initiatives:

	<b>Initiative</b>	<b>Funding Body</b>	<b>Amount</b>
<b>1</b>	<b>After School Strategies</b>	Ministry of Health Promotion and Sport	\$93,600
<b>2</b>	<b>Elderly Persons Centres</b>	Ministry of Health and Long Term Care	\$466,680

<b>3</b>	<b>Falls Prevention through Exercise Intervention</b>	Hamilton Niagara Haldimand Brant - Local Health Integration Network (HNHB-LHIN)	\$130,199
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### **1. After School Strategies**

We continue to partner with the Ministry of Health Promotion and Sport for the delivery of free After School Programs. The After School Strategies initiative targets children and youth ages 5 to 14 years. The program is designed to reduce the financial barriers to participate in recreation and active living activities outside of school, and incorporates health & wellness, physical activity and nutrition components daily.

The City is committed to addressing gaps and unmet recreation needs in after school programming that will deliver positive health outcomes to targeted children and youth.

Five recreation sites have been selected by the Ministry of Health Promotion in cooperation with the Recreation Division based on the criteria of highest economic need and serve a combination of elementary and middle school aged children.

- Beasley Community Centre, 145 Wilson Street East
- Bennetto Community Centre, 450 Hughson Street North
- Dominic Agostino Riverdale Community Centre, 150 Violet Drive
- Hill Park Recreation Centre, 465 East 16<sup>th</sup> Street
- Ryerson Recreation Centre, 251 Duke Street

Each site operates five days a week during the school calendar year, from September 2011 to the end of June 2012, from 3:00pm to 5:00pm. The program serves more than 125 students. Funding covers direct operating costs for staff and program materials with an additional one-time funding allocation for training and resources.

The initiative strives to achieve positive outcomes in participants including increased physical activity, making healthy food choices, improved knowledge of nutrition as well as building self esteem and resiliency. Public Health has partnered to provide resource and consultation support surrounding physical activity, nutrition, injury prevention and tobacco free living.

### **2. Elderly Persons Centres**

Under the Elderly Persons Centres Act R.S.O. 1990, Chapter E.4 (EPCA) and regulation 314, the Ministry of Health and Long Term Care provides annual operating grants and special one time fund equipment grants to municipalities and corporations that maintain and operate approved Elderly Person Centres (EPC).

Elderly Person Centre's provide ongoing registered programs, drop-in activities and special events in clubs and centres for seniors in support of active living. Hamilton's

EPC sites include municipal senior centres, local senior clubs and partner agency senior centres which receive support from the City in the form of facilities, operation and maintenance assistance, and financial support.

The City of Hamilton, Recreation Division has nine approved EPC sites.

- Ancaster Senior Achievement Centre, 622 Alberton Road South
- Club 60 Senior Citizen Centre, 4-6 King Street West
- Dundas Rotary Cattel Senior Centre, 10 Market Street South
- YWCA Hamilton Seniors Active Living Centre, 75 MacNab Street South
- YWCA Hamilton Senior Active Living Centre, 52 Ottawa Street North
- Main Hess Senior Centre, 181 Main Street West
- Rosedale Seniors Club, 100 Greenhill Avenue
- Sackville Hill Seniors Recreation Centre, 780 Wentworth Street
- Winona Senior Citizen Centre, 1239 Hwy 8

Each of the above centres receives an annual subsidy based on the operating costs of the centres. Each year the centres are also eligible to apply for additional one-time equipment grants to purchase supplies and equipment used to operate their centres and programs. In 2011, each of Hamilton's EPC locations received equipment grants in addition to their operational subsidy. Collectively the funding received for the 2011 operation year totals \$466, 680.

The Elderly Persons Centre funding provides support to the City of Hamilton senior centres and clubs which deliver a variety of older adult programs and services at an affordable cost. Hamilton's senior centres and clubs play a critical role in keeping older adults physically active and socially engaged.

The council of a municipality is permitted to establish and operate a centre by passing a by-law that provides operation in accordance with the Elderly Persons Act and that is approved by the Minister. The Ministry requires a formal application in order to consider a building or premises as an approved centre under the EPCA. Municipalities and corporations may make application once per year for consideration by the Ministry of Health and Long Term Care.

### **3. Falls Prevention through Exercise Intervention**

The Falls Prevention through Exercise Intervention grant is provided through the Hamilton-Niagara-Haldimand-Brant - Local Health Integration Network (HNHB-LHIN) as part of its Falls Prevention exercise initiative. The initiative involves many stakeholders, which includes the City of Hamilton in the delivery of community based exercise programs targeted to at-risk seniors. One risk factor for falls is the lack of physical exercise. The purpose of the program is to educate and deliver an introductory program to older adults which Recreation delivers through city-operated recreation centres,

senior centres and senior clubs. The program is designed to prevent falls which could result in serious injury.

Given its mandate to support and encourage healthy active living, the City-operated recreation centres play a key role in providing safe and convenient locations to deliver the program. Through the Recreation Division's effort, the City of Hamilton is the only non-medical organization to receive the funding from the HNHB-LHIN. Over the course of the previous two years we have successfully served 1002 seniors in this program.

Year three of this initiative is funded from April 2011 to March 2012 with the City receiving a \$130,199 grant which will serve 480 older adults. The program is offered to seniors at high risk for falls with no charge to participate.

Falls are a major threat to the health and independence of seniors and result in a large percentage of injury related hospital admissions. Most falls are predictable and preventable. By eliminating fall risk factors, such as hazards in the home, misuse of medications, balance and gait problems, seniors can remain independent and healthy longer. The Program works to reduce the number of transfers to hospitals due to falls and increase the quality of life for seniors.

**Conclusion:**

Staff will ensure the grants are managed in accordance with each agreement. The new funding will maintain and expand recreation programming for key groups including children, at-risk youth and older adults in Hamilton. In addition to reducing financial barriers to participation, the initiatives will strengthen community partnerships and help citizens become more active and engaged. The Recreation Division will continue to pursue funding from all sources in an effort to support recreation programming, which is vital to individual and community health and well-being.