



**The Corporation of the Township of Tay
Seniors Advisory Committee**

Agenda

January 14, 2020

2:00 p.m.

Municipal Office – Administration Board Room

- 1. Call to Order:**
- 2. Acceptance of Agenda:**
- 3. Declarations of Pecuniary Interest:**
- 4. Adoption of Minutes:**
 - 4.1 December 17, 2019
- 5. Items for Information:**
 - 5.1 Seniors Advisory Fan out of Information
 - 5.2 Topics for Seniors Talks
- 6. New & Unfinished Business:**
 - 6.1 Recap of Seniors Director Meeting
 - 6.2 Review of Survey Results
 - 6.3 Update on Symposium Planning
- 7. Adjournment**

**The Corporation of the Township of Tay
Seniors Advisory Committee Meeting
December 17, 2019
2:00 P.M.**

Present: Councillor Mary Warnock
Cate Root, Chair
Joyce Himel
Janet Pattullo

Staff Present: Alison Gray, Clerk
Erin Hancock, Consultant

Regrets: Jo-Anne Granger
Shirley White

1. **Call to Order:**
The Chair called the meeting to order at 2:02 p.m.
2. **Acceptance of Agenda:**
Moved by: Mary Warnock
Seconded by: Jo-Anne Granger
That the December 17, 2019 agenda be adopted with the following amendment:
 - 7.7 – deferred to January meeting.

Carried.
3. **Declarations of Pecuniary Interest:**
None were presented.
4. **Adoption of the Minutes:**
 - 4.1 **Moved by: Mary Warnock**
Seconded by: Jo-Anne Granger
That the October 24, 2019 minutes be adopted as amended.

Carried.
 - 4.2 **Moved by: Janet Pattullo**
Seconded by: Joyce Himel
That the November 26, 2019 minutes be adopted as amended.

Carried.
5. **Correspondence:**
None were presented.
6. **Items for Information:**
 - 6.1 The Committee received for information a listing of seniors talks suggestions based on the senior survey results.

7. New & Unfinished Business:

7.1 Gingerbread House Event Recap

The Committee discussed the recent event and noted that the Committee should host the event again in 2020 with increased emphasis in the flyer/promo on it being about 'Seniors', Grandchildren and Families' so seniors felt directly invited. In addition, the Committee noted that the start time should shift to 10:00 am. to noon based on feedback received. Additional discussions will be held in 2020 regarding the location of the event.

7.2 Seniors Talk Flyer – Backside Information

The Committee agreed to proceed with using the backside of the seniors talks flyer to spread awareness of various seniors services and information available. It was agreed that a portion of the flyer would remain constant, with a small section relating to the topic being promoted. Content is to include 211, 511, VON, as well as links to Community Reach, the library and the Township's webpages on recreation & seniors.

7.3 General Advertising & Awareness – Seniors Webpage

Staff advised that the Committee does have a webpage (tay.ca/seniors) which the Committee can fill with information; however, the webpage is template so limited changes can be made to the formatting.

The Committee agreed to review the webpage and discuss it further at the next meeting.

7.4 March Symposium

The Committee discussed the March 27, 2020 Symposium to be held at Oakwood, 10 a.m. to 2 p.m.

If hired on time, it was agreed that some time would be given to the Township's aging plan consultant. In addition, the Committee directed staff to see if the County could do a presentation on county affordable housing, 60 Maple Street, seniors' resources as well as the Ontario Renovates Program. The Committee expressed a desire to have the second speaker session respecting seniors' health, including mental health, and the Chair advised that she will forward information to coordinate.

7.5 Seniors Directory

Staff advised that a meeting has been set up with the other North Simcoe municipalities on January 10th to discuss the directory.

The Committee requested that staff report back to the next Committee's meeting.

7.6 Seniors Talks 2020

Following a recent meeting with the Township of Tiny's staff, staff expressed concerns that having the seniors talks monthly is not sustainable and suggested that the Committee consider reducing the number of sessions to bi-monthly or quarterly (as Tiny has done). The Committee agreed that they would prefer to provide bi-monthly sessions that have quality speakers rather than rushed monthly topics.

It was agreed that sessions would be held in January & February due to the grant, with no session in March due to the Symposium the following week. Afterward, senior sessions would be held as follows:

- April 2020 – Gardening & Health
(Potential Speakers – Horticulture Committee, Fresh by Leanne & chiropractor Sue Lyons)
- June 2020 – Hearing & Vision
- September 2020 – Wills & Probate
(Potential Speakers - local solicitor John Walker)
- November 2020 – Technology & Seniors

Staff was directed to email the Province to see if the Committee could retain any unused grant funds for future seniors programming and needs.

7.7 Survey Results

Deferred to the January 2020 meeting

8. **ADJOURNMENT:**

The Seniors Advisory Committee meeting adjourned at 3:45 p.m.

Cate Root, Chair

Seniors Advisory Fan out of information

Joanne	All 6 Lions organization in our region
Shirley	Port McNicol Legion & PM Library
Janet	Victoria Harbour and Waubaushene Legions Tay Shores Public School
Mary	Presbyterian and St. Mary's Church, Ste. Vincent de Paul Food bank VON SMART program Georgian Bay Cancer Support Centre Karen Roberts- GBGH volunteer Co-ordinator Horticulture committee
Jody	Tay and Midland Libraries
Joyce	VH Foodland, Oakwood Community Centre VH LCBO VH Post Office VH laundromat Doctor's Office in VH North Simcoe Clinic
Cate	Angela Kruger at Martyr's Shrine Benny's club, Cindy Pearson Wayne Coombes at Keewaitin SSEA, Michelle Hudolin Tay Bike Day Waubaushene Blog Tay Report- John Cole Wye Marsh Ste Marie Community Reach

Topics for Seniors talks

Health related such as hearing loss, vision care

Making essential services more accessible

Seniors health issues, transit issues, educational opportunities

Financial Assistance

More help for Seniors so they can stay longer in their own home, such as snow removal, yard cleaning

Often attend " A day in the life at MCC"

Lots

Where are events held

Health & Nutrition

Brain health

None

Depression

Nutrition

Estate planning, preplanned funerals

What happens if you have no will?,

Lime disease

Transportation

Good session with cookies and fruit

Wills, POA, Health issues

no time to attend right now

Any topics

How to get along in my own home, I live alone.

Snow removal in the winter

Probate

Probate

ketogenic diet for Seniors

Nutrition and health, stress and meditation

You are doing a great job, maybe include the seniors Home in Waub and transport them to events and talks

Any particular transportation issues

To get to Midland from Waubaushene

Issues surrounding Doctors appts. Out of town, visiting after hours (Waubaushene)

None to date

I drive anywhere I need to be but night vision is becoming a challenge

I would like rides to appointments, doctor, dentist... I dont drive.

Cost of transportation- taxi

Need Midland and Orillia transport from Victoria Harbour

Senior's Survey

June to Dec 2019

Where do you live

Rural Tay	14
Pt McNicol	18
Victoria harbour	66
Waubushene	16
Another area municipality	15

54 % of those who responded live in victoria Harbour

Age

less than 55 years of age	
55 to 65 years	20
66 to 80 years	92
over 80 years	19

75 % of those who answered the survey were between 66 and 80 years of age

Activity / Social Engagement

How often do you engage in physical activities	
none	10
one to three times per week	70
four or more times per week	33

60 % of those who responded participated in physical activities 1 to 3 times a week

How often do you engage in other activities	
none	28
1 to 3 times per week	66
four or more times a week	28

Do you have close family or friends within an hour of where you live	
Yes	112
No	13

11 % of those who responded , do not have close family or friends living within an hour of where they live

Do you go out to an event or public place at least once per week	
Yes	102
No	13

11 % do not go out to a public place or attend an event on a weekly basis

What suggestions do you have to reduce social isolation for seniors in Tay

Get involved

Pick up your friends

Transportation

Places to gather to sit and talk

Proactive work to is needed to identify isolated seniors so they can be engaged to participate in activities

more housing for Seniors

Have a drop in Centre for Seniors and other residents

Call centre for retirees, both directions in call-out calling

For those who don't have cars , there should be easily accessible transportation like wheel trans or something like that , volunteer drivers?

We invite neighbours regularly for pm cake and coffee, Get a dog, you'll meet more people while walking your pet and that pet will give you unconditional love¹⁴

Sitting together

close access to community type bldg- meeting place for Seniors, not 10 minutes by care but more central here in Waubaushene especially in winter

Better transportation for those who need it

Euchre, other card games

Living with MS. I need greater assistance with the difficulties of living along while still owning a property that requires maintenance

Daily bus rout or alternative: ie UBER, use of local library for knitting groups, stretch classes, yoga (Waubaushene)

Get out any way you can-and get moving!

Offer events for seniors in Waubaushene as there is nothing in town

Transit improvements

Home visits for shut ins

More facilities for social interaction

After tea gathering

Free social events, List of ride providers

Volunteer

Volunteer/church/Social activities

A seniors meeting area; eg gym, coffee shop with rooms for groups, knitting, yoga

Regular bus service

Bus

Bus service needed in Port McNicol and Old Fort Road area

Grocery delivery, ride to church, House cleaning

Transportation or phone calls

Transportation to Midland or Orillia

Tranpostation

Chair Yoga
Make walking easier... more options
Transportation/ affordable housing
Seniors need to help seniors- on line connections, doctors are good connectors
It is difficult with no transportation
Anything that involves seniors in a close area to their homes
Christmas events such as carolling/ sleigh rides, summer craft sales
Get out and play cards

Housing

Where do you live

own home	96	78% live in their own home
apartment	10	
secondary suite	6	
LTC		

Any housing issues or concerns

That the retirement home will not be built soon enough for me , now I'm 85

Affordable needed

bad roads, need permanent fixes, not patches

Outside Home supports, grass cutting etc

We need more seniors apartments, geared to income meaning more housing for seniors that are very mobile and need no physical assistance whether cane , walker etc.

Realize one being built but that is for very low income residents. Would like to see one built or use the old school in Port McNicoll. Not everything to do with the Harbour.

Finding help for getting work done at your home is a challenge

Leaking roof due to water /wind/rain

Stairs, increased taxes, no taxi, or water bill, people away part of the year.

Not yet, Stairs in future

Affordable prices for apartments

Stairs,

reasonably priced jack of all trades

Transportation

Drive your own car	86	
Friend / family who can drive regularly	18	15 % of Seniors surveyed did not drive or own their own car
Aware of accessible transit options		
Yes	46	
No	38	
Aware of local grocery delivery services		
Yes	39	
No	32	26% of those surveyed were not aware of local grocery delivery services
Any particular transportation issues		
To get to Midland from Waubaushene		
Issues surrounding Doctors appts. Out of town, visiting after hours (Waubaushene)		
None to date		
I drive anywhere I need to be but night vision is becoming a challenge		
I would like rides to appointments, doctor,dentist... I dont drive.		
Cost of transportation- taxi		
Need Midland and Orillia transport from Victoria Harbour		

Health Care

Do you carry extra health care beyond OHIP		
Yes	49	
No	56	46 % of respondents did not have health insurance beyond OHIP
Dental coverage		
Yes	42	
No	67	
Are you aware of local pharmacy and clinic in the area		
Yes	97	
No	5	

Topics for speaker sessions Ecological Awareness on Georgian Bay, Transportation What resources are available Estate planning Travel experience Geneology

Health related such as hearing loss, vision care

Making essential services more accessible

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What time works best for you?

morning 9

afternoon 22

evening 2

123 surveys completed