



PORT COLBORNE

**City of Port Colborne
Port Colborne Senior Citizens Advisory Committee Meeting Agenda**

Date: Tuesday, June 18, 2024
Time: 10:00 am
Location: Committee Room 3-City Hall
66 Charlotte Street, Port Colborne, Ontario, L3K 3C8

Pages

1. Call to Order
2. Adoption of the Agenda
3. Disclosures of Interest
4. Approval of Minutes 1
5. Business Arising from Minutes
6. Order of Business
 - 6.1 Friday Farmer's Market, June 7th
Sue and Tammy will give an update on the June 7th Farmer's Market.
 - 6.2 Brochures and Rack Cards
Sloane will give an update on our Brochures and Rack Cards
 - 6.3 Discussion: Marilyn Barton's proposed partnership
Do we want to partner with Marilyn Barton on her proposed Women's Wellness Group.

6.4 Southern Ontario's Age-Friendly Network

Sloane met with Sarah Webster, Manager of the Centre for Studies in Aging and Health and the Ontario Age-Friendly Communities Outreach Program.

Sloane also attended the Southern Ontario Age-Friendly Network meeting on Tuesday, June, 11th.

7. **New Business**

8. **Adjournment**



City of Port Colborne

Port Colborne Senior Advisory Committee Meeting Minutes

Date: Tuesday, May 21, 2024
Time: 10:00 am
Location: L.R. Wilson Heritage Research Archives
286 King St, Port Colborne, ON L3K 4H2

Members Present: S. Brown
M. Cooper
D. Santarella
T. McDowell
N. Salvage
D. Rudyk

Staff Present: S. Powel-Baswick, Director, Museum and Culture
S. McDowell, Public Programmer, Museum and Culture

Others: U. Hudson, Representative of CARP
M. Barton, Life and Wellness Coach

1. Call to Order

Susan called the meeting to order at 10:04 am

2. Adoption of the Agenda

Motion to adopt agenda for May 21st, 2024.

Moved by M. Cooper

Seconded by D. Rudyk

Carried

3. Disclosures of Interest

No disclosures of interest.

4. Approval of Minutes

Motion to approve of minutes from March 19th, 2024.

Moved by T. McDowell

Seconded by N. Salvage

Carried

5. Business Arising from Minutes

No business arising from the minutes.

6. Order of Business

6.1 Seniors Community Grant Update

Sloane updated the group on the Seniors Community Grant. We are still awaiting approval for this grant, but we will continue with our plans whether we get the grant or not.

Stephanie introduced a new grant; the Inclusive Communities Grant, that the Department of Museum and Culture has applied for on behalf of the City of Port Colborne and the local BIAs. This grant will provide accessible picnic tables for the Roselawn Centre, improve accessibility at the Roselawn Centre with the addition of an elevator and will assist with Port Colborne's participation in the StopGap program.

Motion for the Seniors Advisory Committee to support this grant.

Moved by M. Cooper

Seconded by D. Santarella

Discussion:

Mike asked how many picnic tables the grant will provide

Stephanie reported it would be 2 picnic tables, but we hope to add more in the future.

Mike expressed that there needs to be more accessibility added to local parks like H.H. Knoll.

Ursula asked a question about grant writing when it comes to federal and provincial grants.

Ursula asked if this grant has a restriction on age? can those not considered seniors benefit from this grant?

Stephanie explained this grant is for 'age-friendly' initiatives, but you may see more people applying from all age groups.

Carried

6.2 Magnifiers

Sloane updated the group on the magnifiers. They are ready to go for the Farmer's Market.

6.3 Farmers Market Schedule

Ursula asked what we do at the farmers market.

Mike explained the purpose of our booth at the market.

Motion to go to market every Friday for the month of June from 8:00am to 11:00am.

Moved by M. Cooper

Seconded by N. Salvage

Carried

Discussion:

Sue asked if the banner has been found.

Sloane reported the banner is not there anymore, we may need to look at purchasing a new one.

Discussion about having outreach for checking in on seniors. Gatekeepers already does this. We can invite a representative from Niagara gatekeepers to join us at market or one of our meetings to ask how we can best help the community.

Mike asked if the committee could be present at the raising of the Seniors Month flag at City hall. Sloane will contact the communications team to set this up.

Farmer's Market Schedule:

June 7th: T. McDowell and S. Brown

June 14th: M. Cooper and T. McDowell

June 21st: N. Salvage and D. Santarella

June 28th: D. Rudyk and N. Salvage

Sue suggested everyone bring their own chair.

6.4 Brochure and Rack Card discussion

Tammy asked if we need permission from the groups included on the brochure to share their information.

Sue said they were on the brochures previously so it should be fine.

Sue requested the phone numbers be moved so they're all on one line.

Ursula asked who pays for the printing of the brochures.

Sue explained the museum has given us a budget for the magnifiers and brochures. If we get the Seniors Community Grant that money will be given back to the museum.

Motion for Sloane to make the requested changes to the brochures and send them to be printed.

1st M. Cooper

2nd D. Rudyk

Discussion:

Sue asked how we should order.

Mike suggested at least 500, and asked where they should be printed.

Sue suggested D'Angelos at the group as we have used them in the past.

Sloane will research some printers and come back with prices.

Carried

7. New Business

7.1 CARP Representative Ursula Hudson

Introduction from Ursula Hudson about The Canadian Association of Retired Persons (CARP) and what they do at the organization. CARP advocates for financial security and better access to healthcare for older adults and leads the fight to end ageism.

Ursula provided books, brochures, and pamphlets to the committee with age-friendly resources.

Ursula hopes to attend all Seniors Advisory Committee meetings and connect with seniors in the area.

Dorothy asked how to start receiving CARP's 'Zoomer' magazine.

Ursula explained you can buy them individually or become a member of CARP and receive them with your membership.

7.2 Certified Life & Wellness Coach Marilyn Barton

Introduction from Marilyn Barton about health and wellness coaching.

Marilyn expressed desire to start a free women's wellness group for seniors. Marilyn doesn't have social media or marketing experience so would need a partnership to get the group going. Proposed the committee partner with her to provide a safe space for senior women to speak once or twice a month.

Marilyn has been working with Sandy Marr, who hosts the 'Learning Cafes' each month at the Guild Hall to propose new speakers.

Marilyn spoke about starting a new initiative called 'seniors helping seniors' where retired seniors can continue to work in their profession after retirement by offering their services to other seniors (cleaners, gardeners etc.).

Tammy mentioned this does already exist, 'Seniors for Seniors'.

Tammy mentioned many seniors could benefit from a lifestyle change. There is a lot of negativity in seniors homes, and it would be good to provide a positive look on getting old and moving into a seniors home.

8. Adjournment

Motion for meeting to adjourn at 11:28am

1st: D. Rudyk

2nd: S. Brown

Approved

Motion Carried

Chair

Staff Liaison

