



**Township of Southgate
Seniors Advisory Committee**

April 7, 2022

2:00 PM

Electronic Participation

Pages

1. Electronic Access Information

If you wish to listen to the Seniors Advisory meeting electronically please wait until the start time of the meeting, then dial in with your phone using the following information:

Phone Number: **1 (647) 497-9373**

Access Code: **302 - 179 - 053 #**

2. Call to Order

3. Confirmation of Agenda

Be it resolved that the Committee confirm the agenda as presented.

4. Declaration of Pecuniary Interest

5. Delegations & Presentations

5.1. Seniors Ask Program - David Wenn

3 - 5

Be it resolved that the Committee receive the Seniors Ask Program Presentation as information.

6. Adoption of Minutes

6 - 10

Be it resolved that the Committee approve the minutes from the February 10, 2022 Seniors Advisory Committee meeting as presented.

7. Staff Updates

**7.1. Southgate Ruth Hargrave Memorial Library - Homebound Services and Tech Training for Seniors - Lacy Russell, Librarian
CEO**

8. New Business

8.1. Long Term Care vs. Home Care - Member Muriel Scott

8.2. Southgate Seniors Fair Update

9. Members Privilege - Good News & Celebrations

10. Next Meeting

Thursday June 9, 2022 at 2:00PM.

11. Adjournment

Be it resolved that the Committee adjourn the meeting at [TIME].

What is Seniors ASK?

The heart and soul of the Seniors ASK Program is, for the most part, seniors volunteering their time and expertise to provide information to seniors and/or caregivers. To connect you to the right people with less frustration or confusion than can be the case.



Seniors ASK is a FREE service provided in collaboration with your local Seniors Centres, ONTARIO 211, and other supportive businesses and organizations throughout Grey-Bruce.

SENIORS ASK is:

ADVOCACY: The act or process of supporting a cause or proposal

SOLUTIONS: The outcome or resolution to a question, problem or difficulty

KNOWLEDGE: Facts, information, and skills acquired by a person through experience or education.

When Seniors ASK, the Community Hubs can direct seniors and caregivers questions regarding:

- Fitness, Leisure, Community events
- Friendship and Socialization
- Club Memberships
- Health, Education, Spirituality
- Documents (legal, medical, etc)
- Transportation, Sports & Recreation
- Entertainment and more ...

Senior Friendly... Senior Focused ...

Contact Seniors ASK

At Seniors ASK we help seniors /caregivers by collecting and sharing information. Seniors Ask staff works closely with Community Hubs sharing updated information and connecting with new Hub locations to ensure seniors get help and answers locally.

Contact Dave Wenn or one of our Seniors ASK community Hub locations below for more details on other locations and activities in your area.

Dave Wenn, Peer Support Leader
seniorsask@gmail.com | 519-374-9495
www.alscgb.ca/seniors-ask

Seniors Ask Community Hubs

OWEN SOUND

Active Lifestyles Centre Grey Bruce
519-376-8304

SOUTHAMPTON

Chantry Seniors Centre 50+
519-374-9495

MARKDALE

South East Grey Community Health Centre
519-986-2222

DUNDALK

South East Grey Community Health Centre
519-986-2222

TOBERMORY

The Meeting Place
519-596-2313



This project is funded by
the Government of Canada.



SENIORS ASK PROGRAM

Advocacy, Solutions, Knowledge

Seniors ASK program specializes in helping seniors/caregivers in answering questions they may have in any area of concern to them, either locally or beyond Grey Bruce.

519-374-9495



Senior Friendly... Senior Focused ...

Our History!

Over many years **Active Lifestyles Centre Grey Bruce** (ALCGB) has been involved with the Council on Aging and many other programs in Grey and Bruce to help older adults stay active in and informed about their communities.



While all these Programs aim to help make life easier for seniors/caregivers the ALCGB Board saw a need to create a new Program for seniors/caregivers in Grey-Bruce to easily access free information of concern to them.

Seniors ASK was originally funded through a New



Horizons for Seniors program (NHSP) grant in 2019-2022 sponsored through the ALCGB.

The Government of Canada continues to meet the needs of seniors by supporting initiatives that help them stay active and involved in their communities.

The ALCGB acquired NHSP funding in the Spring of 2019.

We Can Help!

Contact any identified Community Hub, by phone or visit during scheduled hours with your question or concern.

- Your issue will be handled to the best of our ability.
- Your information will be kept in confidence.
- Sometimes you may be asked to leave a message and we will call you back as soon as possible.



If you need help to complete some kind of government or pension form, issues with Wills, Pensions, Real Estate etc. we will do our best to help.

We have the ability to put you in touch with the right people.

We take your questions and concerns seriously and confidentially. Sometimes answers take time. We will follow up and follow through to ensure help is provided.



One of the ways users of Seniors ASK can help is to spread the news about the program to their friends and family.

Key Supporters

ALCGB

Active Lifestyles Centre Grey-Bruce is a not for profit incorporated organization that provides leadership, socialization, programs and activities that encourage healthy lifestyles and independence of 55+ adults.. www.alscgb.ca

COA

Council On Aging is a not for profit organization that provides older adults in Grey Bruce with the platform to make their collective voices heard at the Municipal, County and Provincial levels. coagb.com



SEGCHC

The South East Grey Community Health Centre is a non-profit organization committed to providing primary care services and health programs to the residents of the Municipalities of Chatsworth, Grey Highlands, Southgate and West Grey. www.segchc.ca

Ontario 211

211 is an award winning helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. The vision for 211 Ontario is to be the primary source of information and gateway to human services for individuals and planners. – brucegreycommunityinfo.ca

Seniors ASK !!! ...

Welcome to **Seniors ASK...** It is a **FREE** telephone call in support service that specializes in helping both Seniors and Caregivers by providing answers to questions you may have in any area of concern, either locally or beyond Grey Bruce... (see the attached brochure for more details)

Our program is **Seniors Friendly and Seniors Focused** and is staffed primarily by Senior Volunteers who dedicate their time and expertise to help other like-minded people. - **Seniors helping Seniors.**

We are a Not for Profit initiative developed by the Active Lifestyle Centre Grey Bruce. The service is supported through funding from a New Horizons for Seniors grant and in collaboration with local Seniors Centres, South East Grey Community Health Services, Community Connections (211), Council on Aging and other supportive service clubs and organizations throughout Grey Bruce.

Following research through both Surveys and Focus Groups, we have compiled a comprehensive database of information that will be helpful in supporting answer to your requests.

We work in co-operation with a number of Community Hubs throughout the region who are equipped to respond to your specific inquiries. Current individual locations are in Owen Sound, Southampton, Markdale, Dundalk and Tobermory... (see the attached brochure for more details)

Call us at our direct number - 519-374-9495. Your inquiry will be treated as confidential. If we are unable to answer your request immediately, we will get back to you as soon as possible. Just leave a message or email and we will return your call. **It's that Simple and Easy !!! ...**

Our team is available and ready to help. We Believe in Making a Difference ...

We look forward to hearing from you. **Just ASK !!! ...**

Your Seniors ASK Team



Township of Southgate
Minutes of Seniors Advisory Committee

February 10, 2022
2:00 PM
Electronic Participation

Members Present: Ellie Adams
Muriel Scott
Jan Powell
Catherine Faulds
Mary Leach

Members Absent: Barbara Rowe
Arlene Crooks

Staff Present: Dave Milliner, CAO
Kevin Green, Facilities Manager
Terri Murphy, Economic Development Officer
Holly Malynyk, Recording Secretary

1. Call to Order

Chair Ellie Adams called the meeting to order at 2:03PM

2. Confirmation of Agenda

Moved By Muriel Scott

Seconded By Mary Leach

Be it resolved that the Committee confirm the agenda as presented.

Carried

3. Declaration of Pecuniary Interest

No one declared a pecuniary interest related to any item on the agenda.

4. Delegations & Presentations

None.

5. Adoption of Minutes

Moved By Ellie Adams

Seconded By Catherine Faulds

Be it resolved that the Committee approve the minutes from the December 9, 2021 Seniors Advisory Committee meeting as presented.

Carried

6. Staff Updates

6.1 OACAO Membership

Chair Ellie Adams noted that the Township of Southgate has applied for a membership to the OACAO, one of the benefits of being a member of the OACAO is that there are funding and grant opportunities that can be utilized toward the upcoming Seniors Fair.

7. New Business

7.1 Southgate Seniors Health Fair

Chair Ellie Adams noted that the Southgate Senior Advisory Committee is excited to have a 2022 Southgate Seniors Fair. The first fair was in 2018. Ellie noted that the date of the Seniors Fair is Wednesday, September 28, 2022.

7.1.1 Theme of the Fair

Members of the Senior Advisory Committee and Community Partners discussed possibilities of the theme of the Southgate Senior Health Fair. Members discussed that the theme of the fair would be Southgate's Quality of Life.

Dave Milliner, CAO joined the meeting at 2:14 pm.

7.1.2 Opening Ceremony for Southgate Seniors Health Fair

Members and Community Partners discussed an opening ceremony for the fair and who they would like to invite to attend the fair. The CAO reported that perhaps people unable to attend would be able to send a video greeting, and that Mayors of other Townships like Grey Highlands and Melancthon could be invited given their close proximity to Southgate.

7.1.3 Southgate Seniors Health Fair Budget

Chair Ellie Adams noted that Community Foundation Grey Bruce has funding available for the Seniors Health Fair and that funding is also available through the OACAO. Chair Ellie Adams estimated that the total would be just over \$11,200, noting that there could be some leg work involved by members looking for donations. Geoff Van Geem from SEGCHC had suggested looking for sponsorships and perhaps reach out to community members to discuss the possibility of sponsorships.

7.1.4 Southgate Seniors Health Fair Advertising

Members and Community Partners discussed advertising for the Seniors Fair. Chair Ellie noted that last year, there was advertising on radio stations, and that once there were advertisements created Township of Southgate can send the information out on the Township's Social Media platforms, and on the Electronic Signs.

7.1.5 Southgate Seniors Health Fair Lunch

Members and Community Partners discussed that they would like to have a free lunch, much like they did in 2018 and discussed possible ways to fund this lunch.

7.1.6 Southgate Seniors Health Fair Exhibitors and Exhibitor Coordinator

Members and Community Partners discussed exhibits and exhibitors. Facilities Manager Kevin Green discussed the capacity limits, and where it would be beneficial to set up

both exhibitors and the location of the lunch, and discussed that there are tables available for use. Facility Manager Kevin Green provided floor plans for the Seniors fair. Members and Community Partners discussed if power would be available to exhibitors and noted that there is limited power so that is something that should be mentioned at the time of registration.

7.1.7 Southgate Seniors Health Fair Speakers

Members and Community Partners discussed the location of where the speakers would be and who they would like to invite to speak at the Health Fair.

7.1.8 Southgate Seniors Health Fair Door Prizes and Welcome Bags

Members and Community Partners discussed the possibility of a goody bag, or a tote bag and that someone will need to reach out to find a tote bag. Members and Community Partners discussed the possibility of things that they could put in the bags and had a discussion about door prizes that could be available on the day of. Terri Murphy, Economic Development Officer suggested that she would be able to work with local businesses to provide these things.

7.1.9 Southgate Seniors Health Fair Volunteers

Members discussed that volunteers would be needed on the day of and that they would reach out to community groups to see if there were any local volunteers.

7.1.10 Southgate Seniors Health Fair Parking Management

Chair Ellie Adams noted that she had been in contact with the Dundalk Fire Department Fire Prevention Officer, RJ Amyotte, who suggested that they could assist in parking.

8. Members Privilege - Good News & Celebrations

Facilities Manager Kevin Green discussed events that are going on with the South East Grey Community Health Centre in the Dundalk Arena

and the events that will be coming back to the Southgate area now that provincial restrictions are lifting.

Members extended their thanks to the Community Partners who were present and are looking forward to working together to create a successful fair.

9. Next Meeting

April 7, 2022 at 2:00PM

10. Adjournment

Moved By Catherine Faulds

Seconded By Muriel Scott

Be it resolved that the Committee adjourn the meeting at 3:27PM.

Carried

Chair Ellie Adams

Recording Secretary Holly Malynyk