



County of Simcoe  
1110 Highway 26,  
Midhurst, ON  
L0L 1X0

Main Line 705-726-9300  
Toll Free 1-866-893-9300  
Fax 705-792-5743  
simcoe.ca

## MINUTES

**SUBJECT:** Age-Friendly Advisory Committee

**MEETING DATE:** March 29, 2023 **TIME:** 10:30 AM – 12:00 PM

**LOCATION:** Zoom Meeting

**CHAIR:** Jane Sinclair, General Manager, Health & Emergency Services

**RECORDER:** Catherine Ivanyshyn, Administrative Assistant II, County of Simcoe

**ATTENDANCE:**

Margaret Adolphe, Chair, Accessibility Committee of Collingwood  
Jacqueline Berchtold, Project Coordinator, PQD, County of Simcoe  
Judy Contin, Executive Director, Askennonia Senior Centre  
Marshall Green, Senior Community Member, County of Simcoe  
Councillor Randy Greenlaw, Mayor Township of Oro-Medonte  
Tracy Hill, Programs & Support Supervisor, Seniors Services and Age-Friendly Champion  
Samantha Kane, Simcoe Muskoka District Health Unit  
Gwen Kavanagh, Barrie Chapter CARP  
Dan Leonard, Service Coordinator & Community Navigator, Independent Living Services  
Catherine O’Conner, Hearing Care Counsellor, Canadian Hearing Services (CHS)  
Sarah Orr-Shaw, Public Health Nurse, Simcoe Muskoka District Health Unit  
Christina Strong, Communications Coordinator, Independent Living Services Simcoe County  
Cheryl Stubbings, Manager, Helping Hands Orillia

**GUESTS:**

Accessible & Inclusive Music Theatre Project - Rise, Shine, Sing!  
Dr. Colleen Renihan, Co-Principal Investigator & Music Facilitator (Associate Professor and Queen's National Scholar in Music Theatre and Opera at the DAN School of Drama and Opera)  
Dr. Julia Brook, Co-Principal Investigator & Music Facilitator (Director and Associate Professor at the DAN School of Drama and Music, Queen's University)  
Amy Booth, Dance Facilitator (physiotherapist and dance educator)

Embedded PDFs are attached to these Minutes

ITEM	ACTION ITEMS
<p><b>1. WELCOME AND INTRODUCTIONS</b></p> <p>All committee members were welcomed to the meeting. New members in attendance were welcomed to the Committee as follows:</p> <p>Councillor Randy Greenlaw, Mayor Township of Oro-Medonte</p>	



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<p>Marshall Green, County of Simcoe Senior Counsel            (retired) Gwen Kavanagh, CARP, Barrie Chapter</p>	
<p><b>2. APPROVAL OF AGENDA</b></p> <p>The Agenda was approved as presented by Dan Leonard and seconded by Judy Contin.</p>	
<p><b>3. APPROVAL OF PREVIOUS MINUTES (April 5, 2022)</b></p> <p>The Minutes from the November 29th meeting were approved as presented by Judy Contin and Sandie Macdonald.</p>	
<p><b>4. Presentation: Rise, Shine, Sing, Accessible &amp; Inclusive Music Theatre Project</b></p> <p>Dr. Colleen Renihan, Co-Principal Investigator &amp; Music Facilitator            Dr. Julia Brook, Co-Principal Investigator &amp; Music Facilitator            Amy Booth, Dance Facilitator</p> <p>The Rise, Shine, Sing program is a research project that involves interviews with members, observations of the sessions by student research assistants who participate. As well, questionnaires on the program are distributed.</p> <p>Observations and goals of the program:</p> <ul style="list-style-type: none"> <li>• Participation is free.</li> <li>• People can join from the comfort of their own homes across Canada.</li> <li>• Can sing and dance seated or standing positions.</li> <li>• Unique opportunities with combining singing and dancing and use of props if they want.</li> <li>• As they are usually alone in their space, they can set their own goals and there is no competition. Participants enjoy the combination and the ability to set their own challenges.</li> <li>• Participants are able to keep their video on or off and join at their own comfort levels.</li> <li>• The emphasis is on joy and uplifting songs are used.</li> <li>• The goal to this is to have fun while exercising.</li> <li>• It was noted that participants feel more joy and positivity throughout the week following a session.</li> </ul>	<p>Amy Booth to connect with            Catherine O’Conner re: hearing impaired:  <a href="mailto:COconnor@chs.ca">COconnor@chs.ca</a></p> <p>Tracy will contact for future Rise Shine Sing sessions at Simcoe County LTCSS Homes.</p> <p>Marshall Green will connect for information to add to Newsletter.</p> <p>Sarah Orr-Shaw            (<a href="mailto:Sarah.Orr-Shaw@smdhu.org">Sarah.Orr-Shaw@smdhu.org</a>) will connect with Amy Booth to look at potential dance sessions for seniors in the region.</p>



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<p>Sessions take place on Mondays at 10:00am to Rise, Shine, Sing! The call is opened at 9:45 for a visit with participants, to share how their week has been, and to share some tips. Queens undergrad Research Assistants will join and begin with trivia questions that usually relate to the the song or the theme. A warm-up takes place just before each session.</p> <p>Sessions begin the first Monday after Thanksgiving in October and run to the end of April. The same Zoom link is used each week and an email newsletter is sent out weekly with the link and the lyrics to the songs. Song Lyrics are also shared on the screen at each session. Participants can sign up for the newsletters at: <a href="https://www.riseshinesing.ca">https://www.riseshinesing.ca</a> Questions about the program:</p> <p><i>If someone wasn't able to attend the Monday timeslots, can they view a recorded session?</i></p> <p>At this time, the complete session is live only. On the "Resources" section of the website, there are some prerecorded songs. Will be reviewing the suggestions on prerecording sessions.</p> <p><i>Other suggestions:</i></p> <p>Group Sessions: Can do this through a group on a central screen. Prop bags are sent ahead of time and the group can participate from a central location to host online. Use balance movements as a goal during the dance/movement portion.</p> <p>Contact Information: Website: <a href="https://www.riseshinesing.ca">https://www.riseshinesing.ca</a> Email: Dr. Colleen Renihan <a href="mailto:colleen.renihan@queensu.ca">colleen.renihan@queensu.ca</a> Dr. Julia Brook <a href="mailto:julia.brook@queensu.ca">julia.brook@queensu.ca</a></p>	
<p><b>5. Review of Age-Friendly Advisory Committee Survey</b></p> <p>Jane Sinclair, General Manager, Health &amp; Emergency Services</p> <p>Jane reviewed the results from the Advisory Committee Survey conducted February – March 2023.</p> <p> AF Advisory Committee Survey Pr</p>	



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ITEM	ACTION ITEMS
<p><b>Summary of Action Items in response to survey feedback:</b></p> <ul style="list-style-type: none"> <li>• Meeting frequency will be adjusted to quarterly.</li> <li>• Refresh and redefine Committee Member roles and TOR.</li> <li>• Invite Committee Members to contribute to the development of the Meeting Agenda.</li> <li>• An invitation format with backgrounder information will be forwarded to the Committee to circulate to interested individuals who wish to become members.</li> <li>• Jane will reach out to the Joint Emergency Services Administration Group (JESAG) held regularly at the County for emergency responders who may be interested in joining this Committee.</li> <li>• The Age-Friendly Municipal Champions Committee will be reconvening that will include all 16 member municipalities and will include Barrie and Orillia Municipal Champions. Meetings will begin in April this year.</li> <li>• Update the Positive Aging Strategy for 2024-2029 and set up workshops for Committee volunteers to participate in developing the 2024-2029 Positive Aging Strategy.</li> <li>• Tie in the eight (8) WHO Domains to County Community initiatives, Committee Meetings and presentations.</li> <li>• Invite Committee Members to upcoming workshops to focus on Age-Friendly initiatives.</li> <li>• Invite Committee Members interested in volunteering to participate in the planning and execution of the following three (3) initiatives: 1) Annual Seniors Housing Grant, 2) Municipal Champions Grant; and 3) Business and Individual Recognition Program.</li> <li>• Review a yearly report/scorecard with the Committee and report to Council.</li> </ul>	
<p><b>6. What's Happening (local community initiatives) – Roundtable</b>  <b>Gwen Kavanagh, Barrie Chapter CARP (Canadian Association of Retired Persons)</b></p> <p>Barrie CARP works to improve the lives of Canadians as they age. One of the initiatives is seniors living at home as they age. CARP runs a Seniors Community Fund that aids seniors living at or below poverty line. CARP will aid with amounts of \$100-\$500 for various</p>	<p>Add Seniors Community Fund information to the Age-Friendly Resources webpage.</p>



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<p>things such as food and appointment needs. Most promotions for this is by word of mouth. Met with Valerie Scott (Empower Simcoe) if there are any families (seniors) that would take in a Ukrainian family.</p> <p><b>Margaret Adolphe, Chair, Accessibility Committee Collingwood</b></p> <p>The Collingwood terminal and surrounding lands are now being redeveloped to provide commercial, hotel, restaurants, residential areas, and other amenities to the town.</p> <p><b>Judy Contin, Executive Director, Askennonia Senior Centre</b></p> <p>The County Navigator is experiencing an increase in individuals who are in dire need financially. Individuals can sign up for the Fruit and Veggie bags by March 1<sup>st</sup> and over one hundred people have signed up by March 4<sup>th</sup>.</p> <p><b>Christina Strong, Communications Coordinator, Independent Living Services Simcoe County</b></p> <p>ILS is looking for board members to join ILS. The advertisement is on the Age-Friendly website: <a href="http://Simcoe.ca/Age-Friendly.ca/CommunityHighlights">Simcoe.ca/Age-Friendly.ca/Community Highlights</a></p> <p><b>Catherine O’Conner, Hearing Care Counsellor, Canadian Hearing Services (CHS)</b></p> <p>If an organization would like to set up a free hearing screening or a presentation on hearing loss, contact Catherine O’Conner - <a href="mailto:COconnor@chs.ca">COconnor@chs.ca</a>.</p> <p><b>Sarah Orr-Shaw, Public Health Nurse, Simcoe Muskoka District Health Unit (SMDHU)</b></p> <p>The Health Unit has been previously more focused on Falls Prevention. Currently, they are reframing Falls Prevention to Aging and Wellness, which compasses more of what the Health Unit does versus the goal to achieve. This covers every aspect of aging and wellness that helps to prevent falls. Ageism is an important aspect as spoken earlier. There is a need to remove the word “age” from the vocabulary as health and wellness has become more important in ensuring there are supports available for individuals as they age.</p>	<p>Judy will forward the CARP Seniors Community funding information to the Navigator.</p> <p>Hearing Screening and presentations: Contact Catherine O’Conner: <a href="mailto:COconnor@chs.ca">COconnor@chs.ca</a>        Add information to the Age-Friendly website.</p> <p>Four Stage Balance Tests can be set up with a Request for Service. Contact: Sarah Orr-Shaw for more information: <a href="mailto:Sarah.Orr-Shaw@smdhu.org">Sarah.Orr-Shaw@smdhu.org</a></p>



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<p>The Health Unit created a new interactive display called “Fall in Love with Your Balance.” The Health Unit will be attending fairs to introduce the Four (4) Stage Balance Test. Local resources will be compiled along with social prescribing and referring to support services to help individuals engage in community and social activities. The Health Unit continues to do the mystery bag presentations. The Mystery bags engage individuals in identifying what can contribute or prevent falls. Four Stage Balance Tests can be set up with the Health Unit on a Request for Service basis.</p> <p><b>Dan Leonard, Service Coordinator &amp; Community Navigator, Independent Living Services (ILS)</b></p> <p>Dan is a community navigator at ILS that promotes and provides information to the communities through networking at Fairs and community events. ILS has been invited to the Town of Innisfil, Sandy Cove, to present to the Mobile Seniors Active Living Centre. They have implemented a new mobile program to take their active living programs to community locations. ILS will be presenting a Home for a Lifetime Project that has been repositioned with an aging in place focus to service clubs and seniors' centres.</p> <p><b>Marshall Green, Senior Community Member, County of Simcoe</b></p> <p>Marshall Green publishes a weekly newsletter that currently has approx.. 930 subscribers and will add local seniors' events of interest. It was noted that Spirit Home Healthcare is organizing a Health &amp; Wellness event with 18 booths and presentations at Tollendale Village.</p>	
<b>7. Closing Remarks</b>	
<b>8. Adjournment:</b> 11:45	
<b>9. Next Meeting:</b> June 15 <sup>th</sup> , 2023 10:30 AM -12:00 PM	

# An Age-Friendly Simcoe County

## 2023 County of Simcoe Age-Friendly Advisory Committee Meeting Evaluation Survey

Data Collected: February – March 2023

Data compiled: Monday, March 20, 2023

Survey Invitations Sent: 38 Members

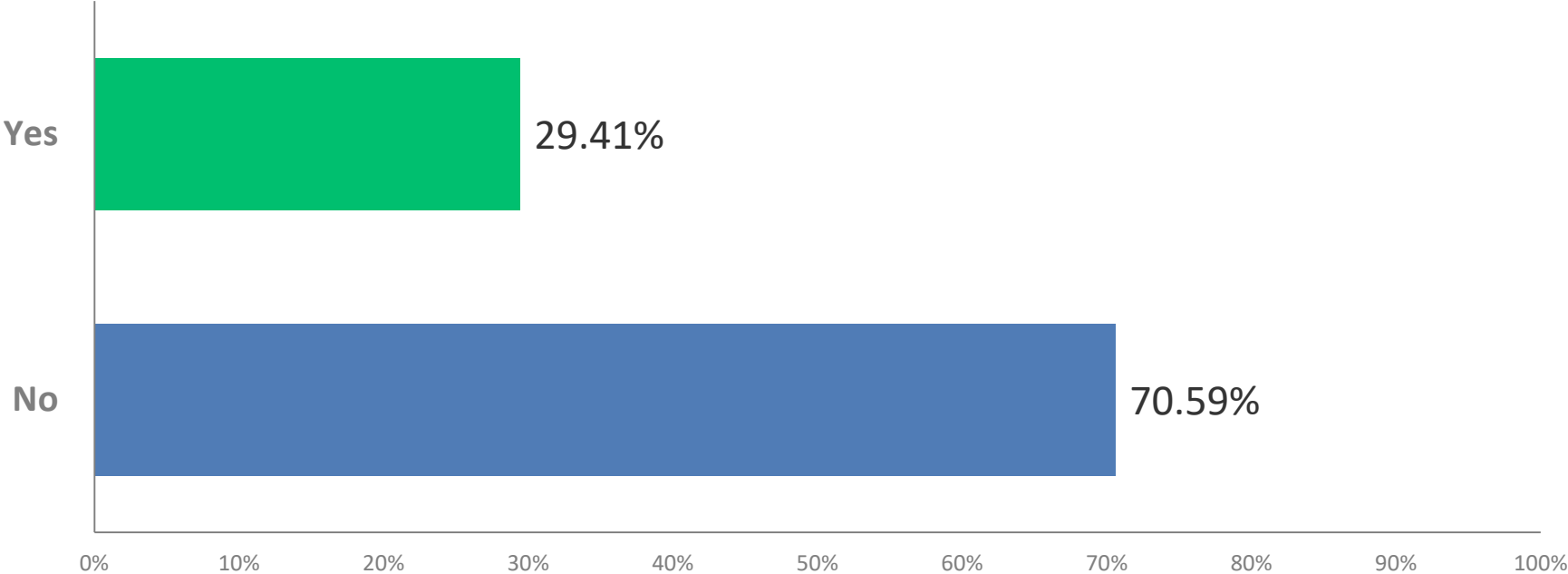
Complete Responses: 17 Members





# Q1: Did you attend the meetings regularly?

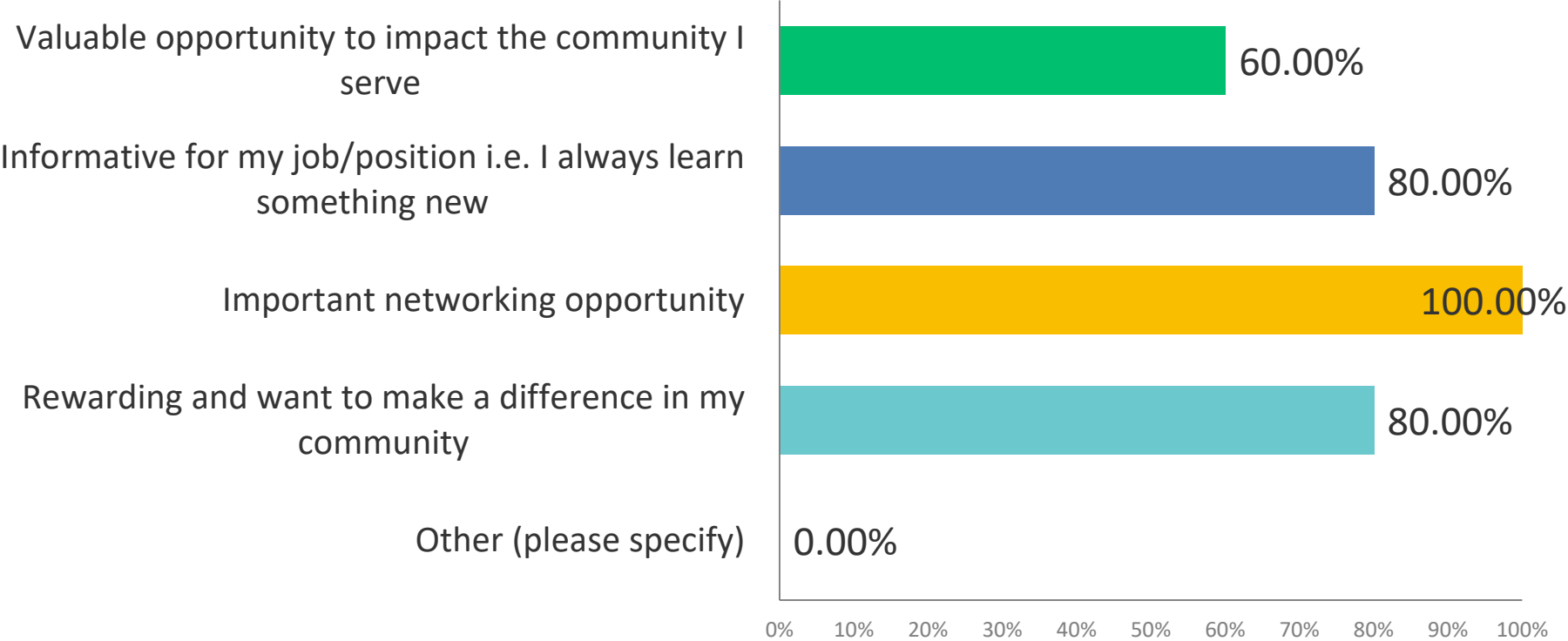
Members: 38 Answered: 17 Skipped: 0





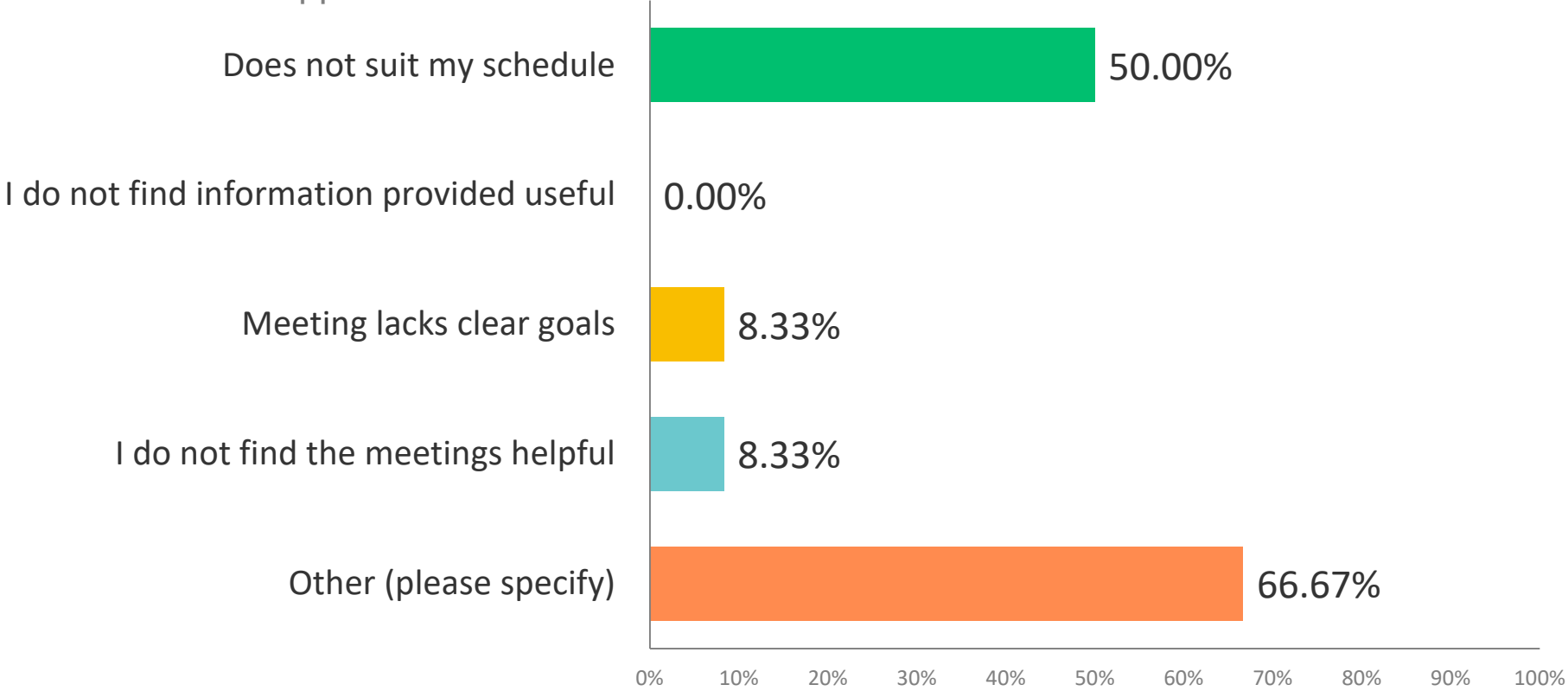
# Q2: Did you attend the meetings regularly? If YES, why?

Answered: 5 Skipped: 12



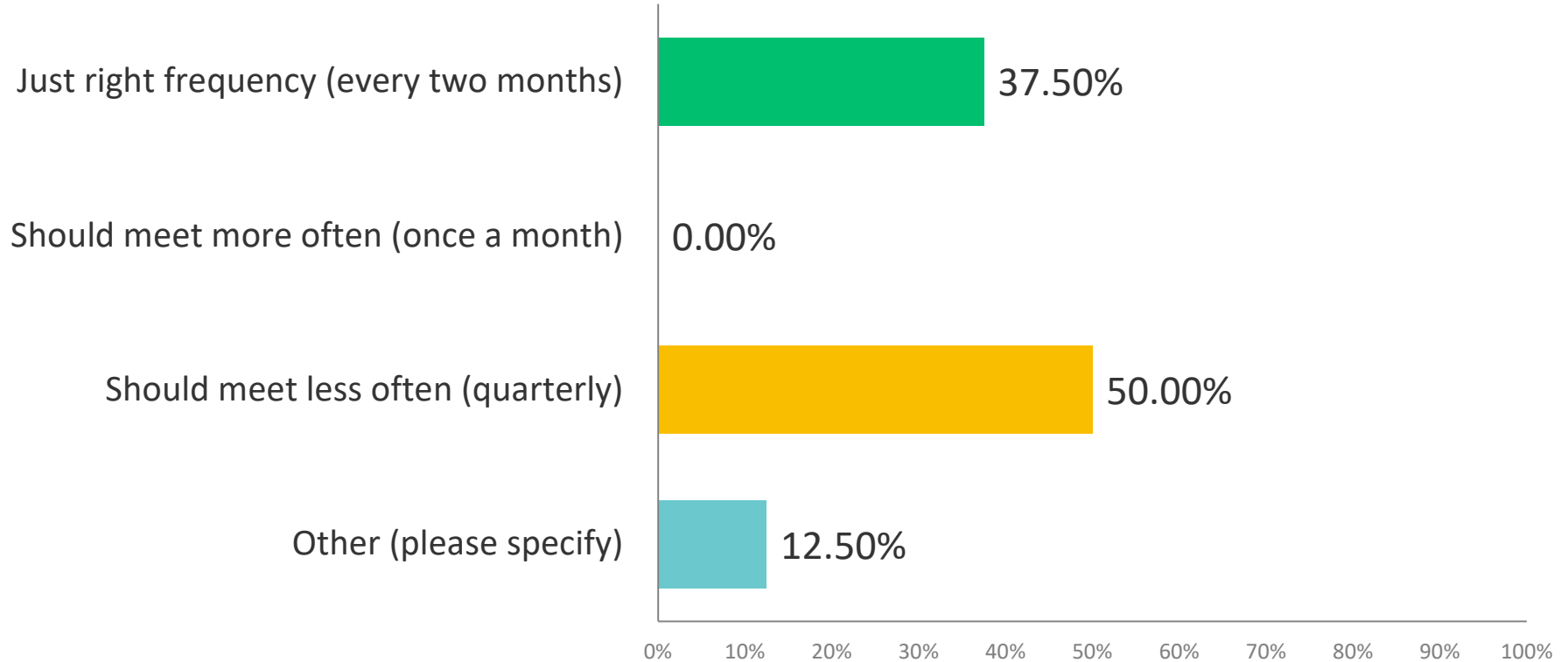
### Q3: Did you attend the meetings regularly? If NO, why?

Answered: 12 Skipped: 5



## Q4: Please share your opinion about the frequency of the meetings:

Answered: 16 Skipped: 1

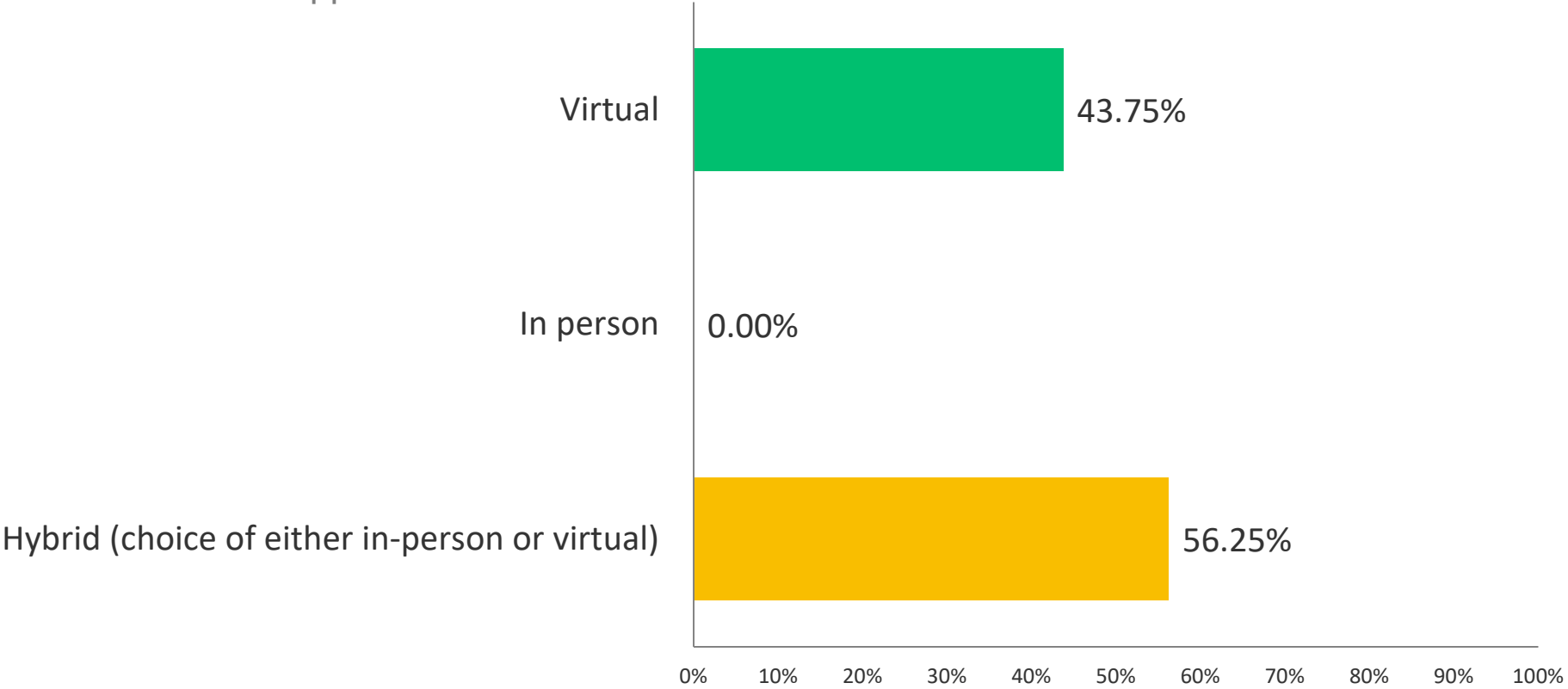


### Q3: Meeting attendance and frequency feedback summary

- The main reason for not being able to attend is conflicts in schedule.
- Would like to meet less often (i.e., quarterly).
- Would meet more often when working groups are formed for specific projects/initiatives.

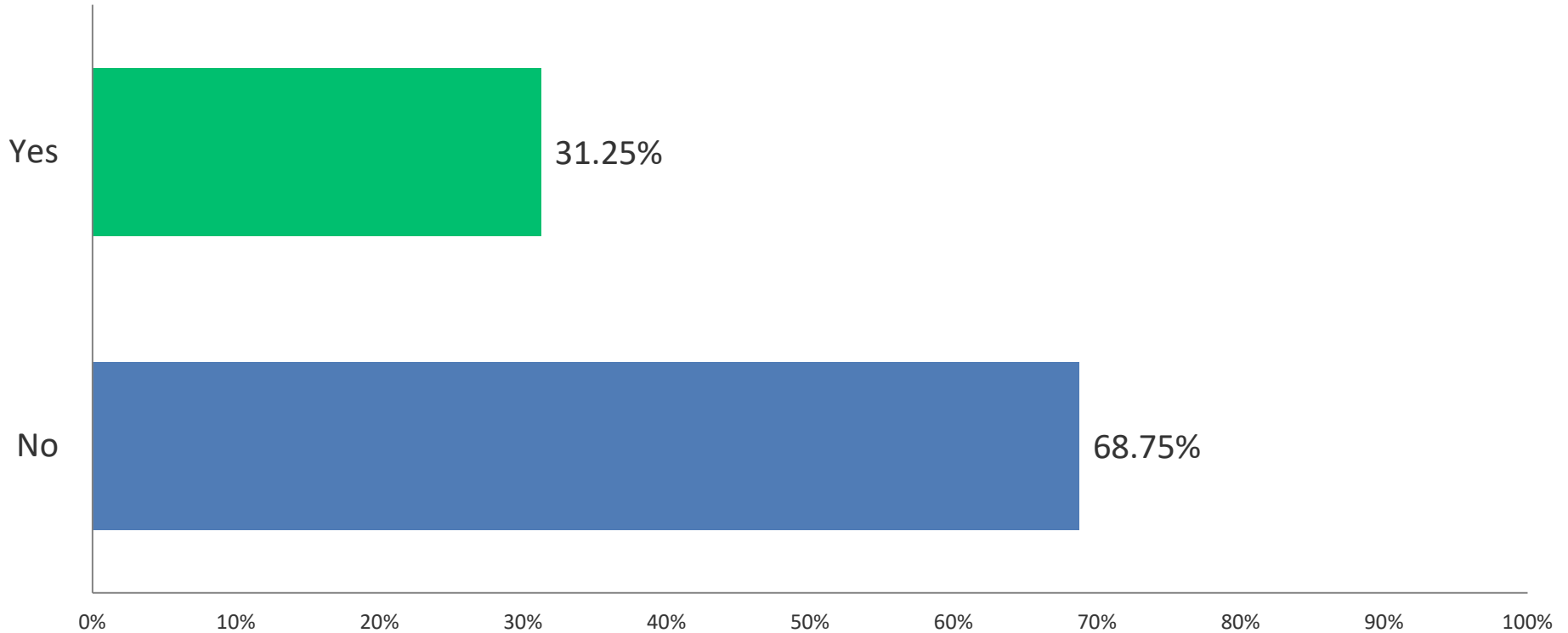
# Q5: What types of a meetings do you prefer?

Answered: 16 Skipped: 1



## Q6: Looking at the membership of your committee, do you feel that any sector of the community is NOT represented on the committee?

Answered: 16 Skipped: 1



## Q7: What organization/individual do you recommend?

- More seniors from the County.
- LGTBQ2S+, Black, Indigenous and Other People of Colour (BIPOC), new immigrants.
- Representatives from the following: the arts, recreation, mental health sector, social workers, emergency responders, physicians/nurse practitioners, researchers.
- Age-Friendly Champions from other municipalities.



# Q8: Thinking about the Committee objectives, please identify how important these objectives are

Answered: 12 Skipped: 5

To engage community members to provide feedback and identify priorities included within the WHO Age-Friendly framework that focuses on the eight domains within our communities.



To increase awareness in communities, share best practices and identify new initiatives to help support healthy aging.



To participate in Committee oversight and guidance in the completion of an updated engagement study every five (5) years in Simcoe County to inform the Positivity Aging Strategy planning process.



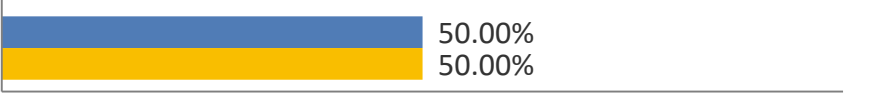
To monitor and evaluate age-friendly initiatives on a short, medium and long-range planning horizon outlined within the County of Simcoe Positive Aging Strategy. Staff will provide regular progress reports to the Committee for...



To provide input and participation in Age-Friendly program development and annual evaluation process (examples: AFC Seniors Housing Grant, Municipal Champions Grant Program, AFC Recognition Program).



To identify community events and participate in promoting Age-Friendly programs and services.



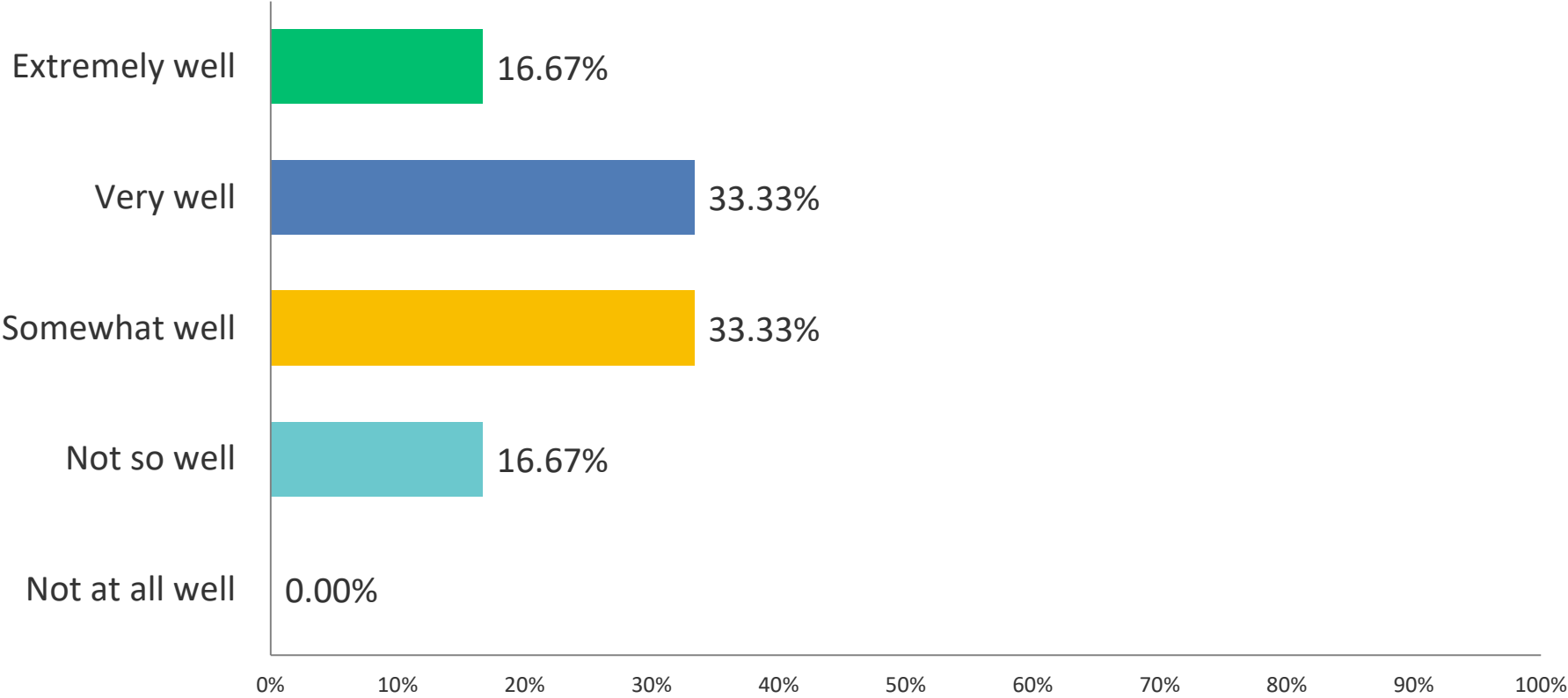
0% 20% 40% 60% 80% 100%

## Q8: What other objectives would you recommend focussing on in the next five (5) years?

- Focus on the eight (8) WHO Domains.
- Meetings to be more focused on strategies and age-friendly framework.
- Participation in grant and recognition awards and initiatives.
- Age-Friendly initiatives promotion and Community events promotion.

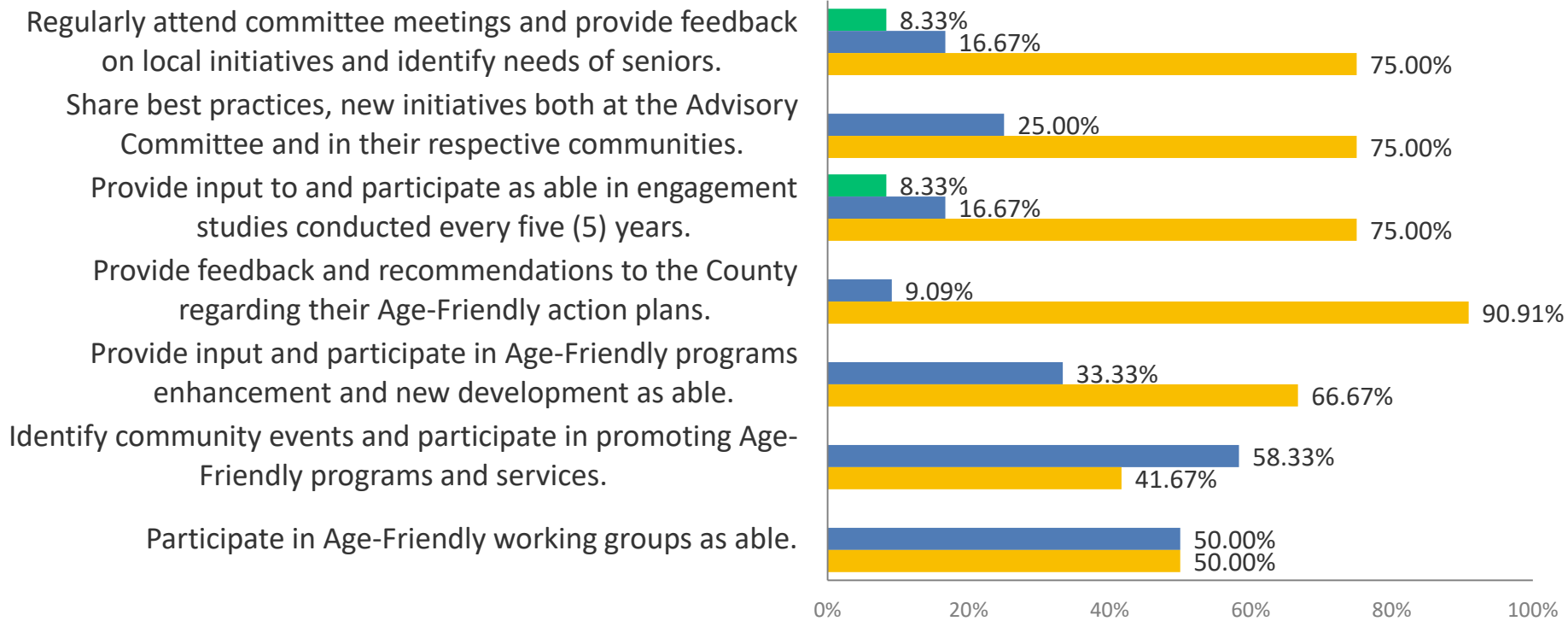
# Q9: How well do committee meetings meet these objectives?

Answered: 12 Skipped: 5



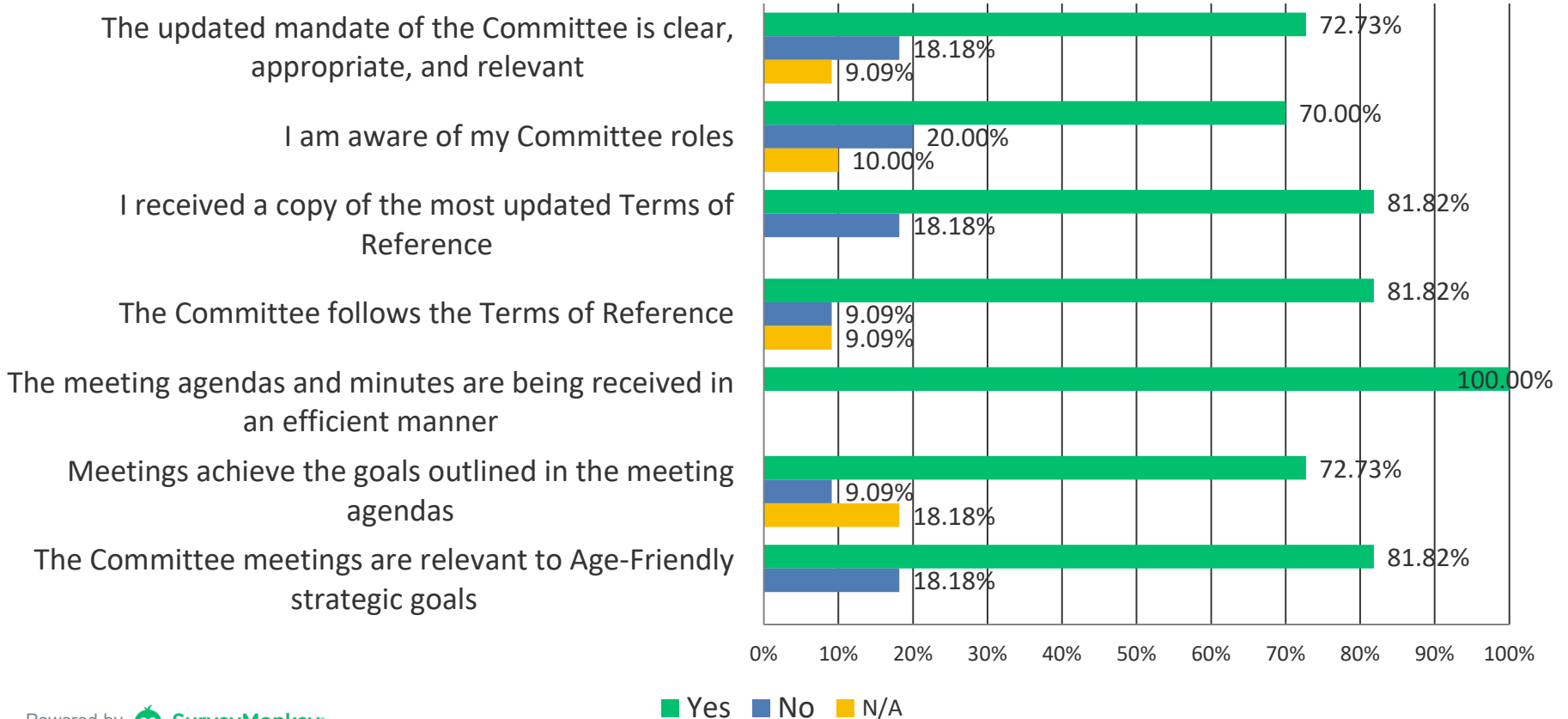
# Q10: Please rate, how important the following member responsibilities are:

Answered: 12 Skipped: 5



# Q11: Do you agree with the following statements:

Answered: 11 Skipped: 6

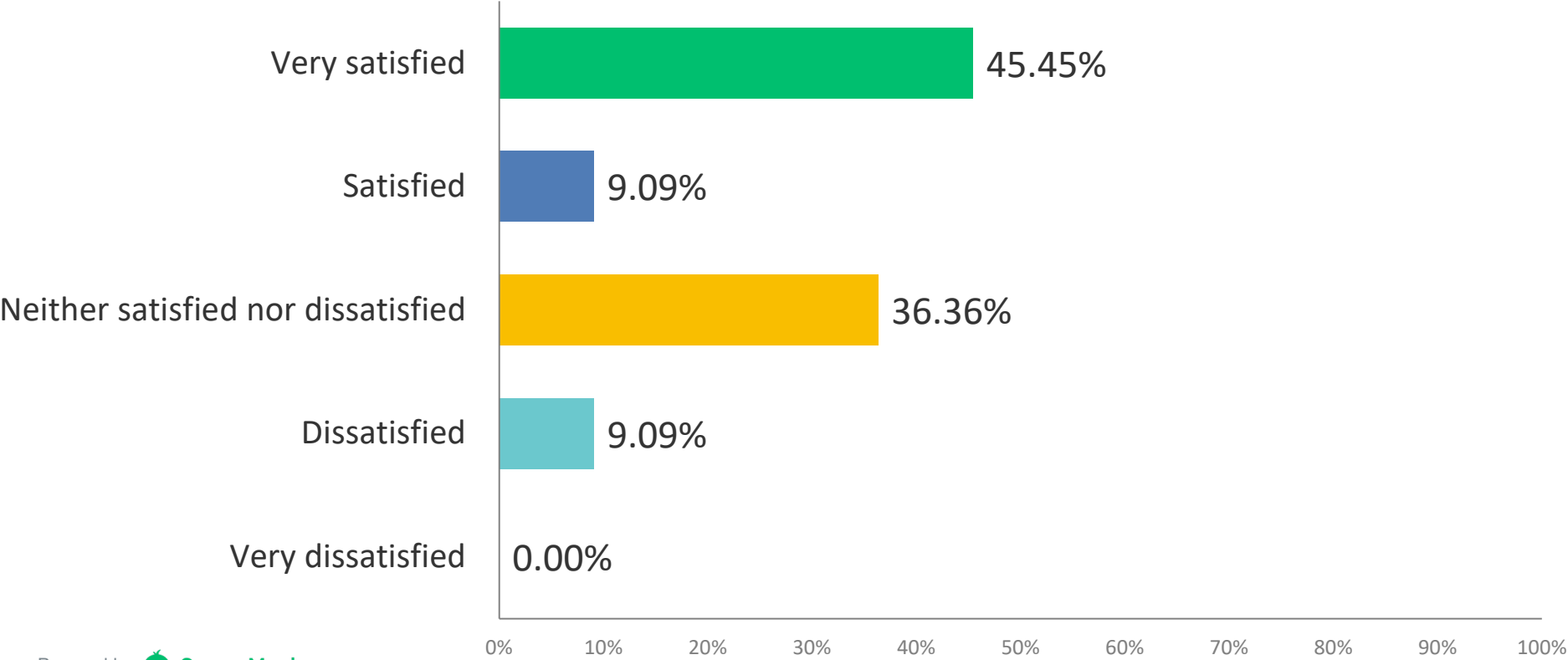


## Q11: Feedback summary on Committee Structure and Responsibilities:

- Refresh and redefine the committee member roles.
- Participation in focus groups and workshops with more opportunity for involvement.
- Members to be included in Agenda items and preparation.
- Consult with Members on recommendations for presentations.
- Meetings to be more goal focussed and relate goals to WHO Domains.
- Review of the County Positive Aging Strategy in relation to the WHO domains.
- Information sharing that identifies specific needs of seniors.

# Q12: In general, how satisfied are you with the overall organization of the committee meetings?

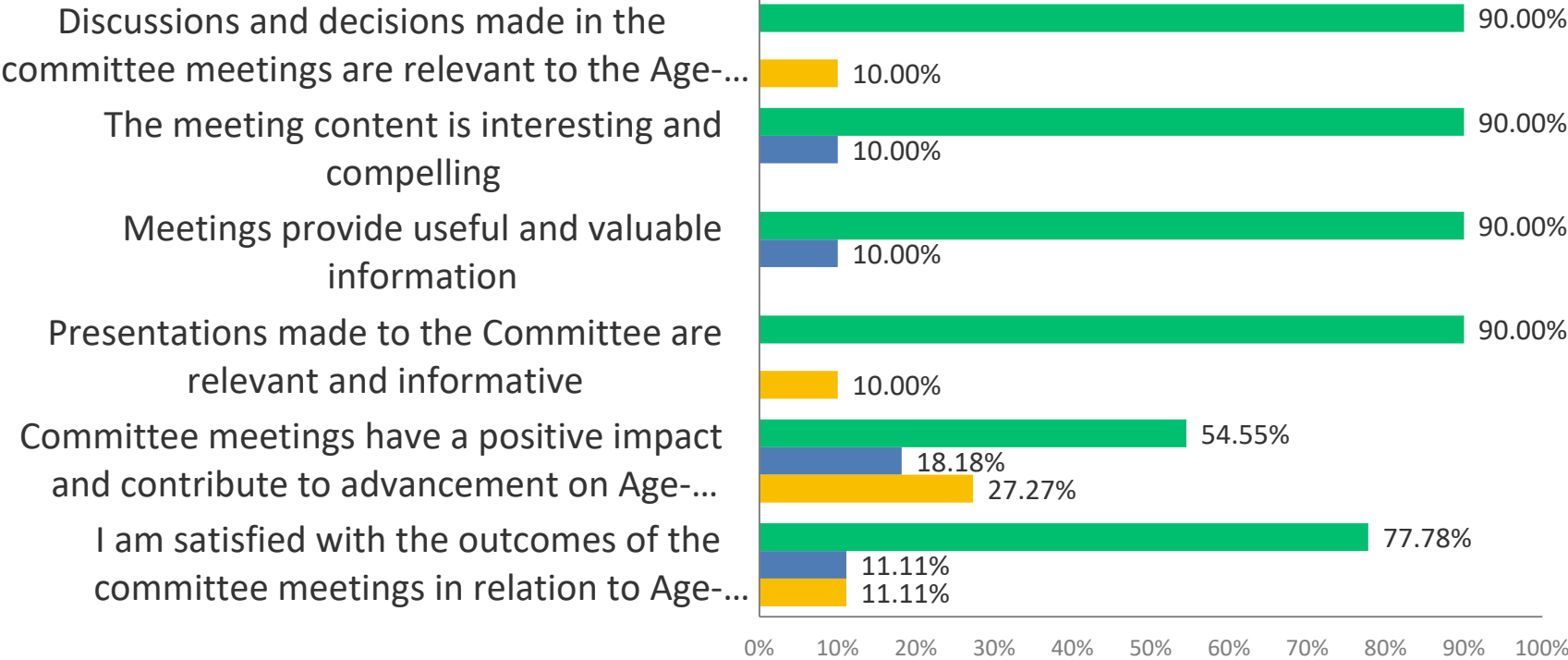
Answered: 11 Skipped: 6





# Q13: Do you agree with the following statements regarding the efficiency of the meetings:

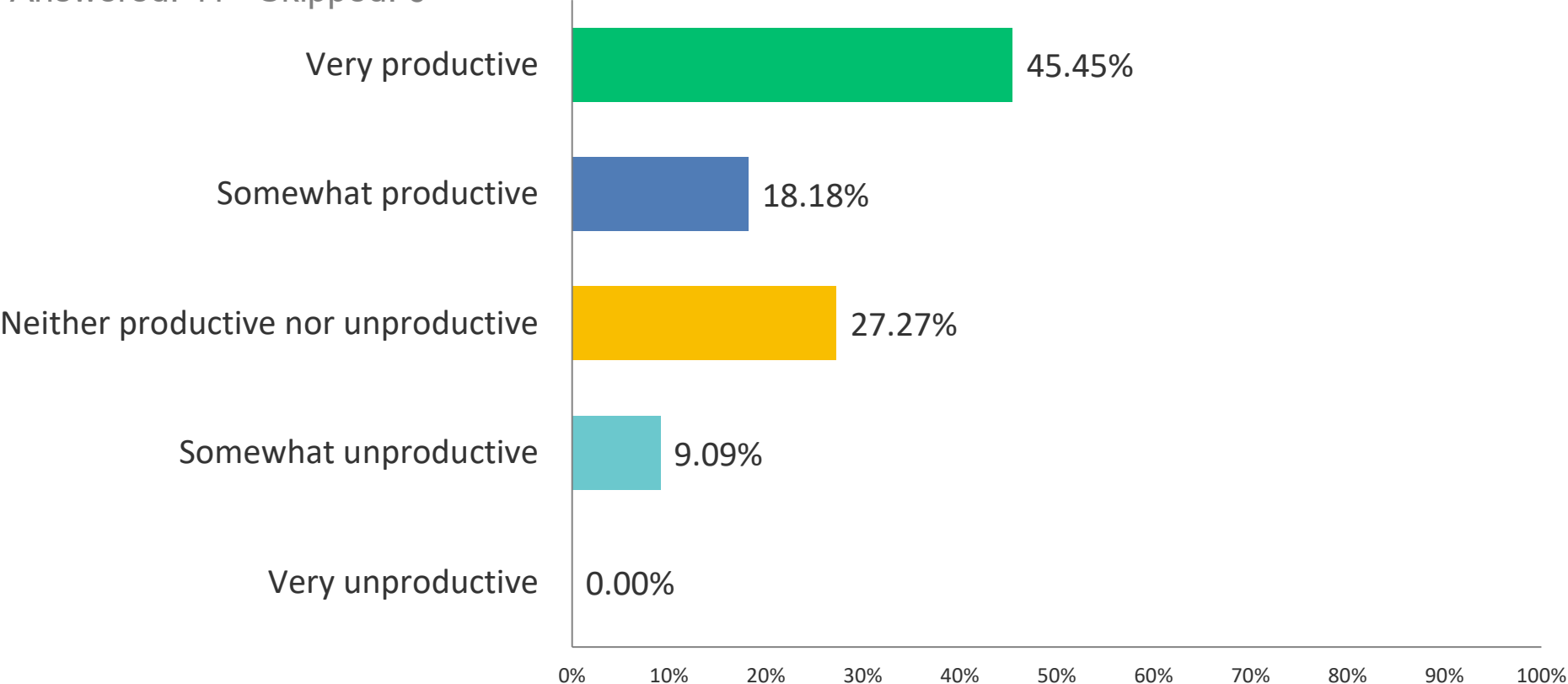
Answered: 11 Skipped: 6



■ Yes ■ No ■ N/A

# Q14: Overall, how productive or unproductive do you think the meetings are?

Answered: 11 Skipped: 6



## Q14 & Q15: Additional projects / new directions for the Committee

- Provide an annual report/report card on the County of Simcoe's strategic plan.
- Align County Age-Friendly initiatives with Municipal Age-Friendly Initiatives and identify success stories.
- Presentations on success stories from other Communities.
- Strategies to address Ageism and other issues in Communities with follow up.
- Refocus Committee to the eight (8) WHO Domains.
- Sub-committees and workshops focussed on defined outcomes.



*Thank you for participating in this survey!*

