



Simcoe County Age-Friendly Advisory Committee

MINUTES

Meeting Date: January 19, 2022 **Time:** 10:30 AM – 12:00 PM

Location: Zoom Meeting

Chair: Jane Sinclair, General Manager, Health & Emergency Services

Recorder: Catherine Ivanyshyn, Administrative Assistant II

Attendance:



- Laura-Lynn Bourassa, Manager Education & Support Programs, Alzheimer Society
- Jacqueline Berchtold, Project Coordinator, PQD, County of Simcoe
- Judy Contin, Executive Director, Askennonnia Senior Centre
- Tracy Hill, Programs & Support Supervisor, Seniors Services and Age-Friendly Champion
- Dan Leonard, Service Coordinator & Community Navigator, Independent Living Services
- Councillor Sandie Macdonald, Mayor Township of Essa
- Emeka Onuoha, Manager, Collaboration and Partnerships, United Way Simcoe Muskoka
- Sarah Orr-Shaw, Public Health Nurse, Simcoe Muskoka District Health Unit
- Cheryl Stubbings, Manager, Helping Hands Orillia
- Nathan Westendorp, Director Planning & Chief Planner, County of Simcoe


Guest:

Lincoln McCardle, Founder, Snow Angels Canada

Embedded PDFs are attached to these Minutes


ITEM	ACTION ITEMS
<p>1.0 WELCOME AND INTRODUCTIONS</p> <p>All committee members were welcomed to the meeting.</p>	
<p>2.0 APPROVAL OF AGENDA</p> <p>The Agenda was approved as presented by Dan Leonard and seconded by Judy Contin.</p>	
<p>3.0 APPROVAL OF PREVIOUS MINUTES (April 5, 2022)</p> <p>The Minutes from the November 29th meeting were approved as presented by Judy Contin and Sandie Macdonald.</p>	



ITEM	ACTION ITEMS
<p>4.0 Presentation: Snow Angels Canada</p> <p>Lincoln McCardle, Snow Angels Canada</p> <p>Volunteer Poster: Client Poster:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  SNOW - Volunteer Poster - Canada.pdf </div> <div style="text-align: center;">  SNOW - Client Poster - Canada.pdf </div> </div> <p>Lincoln McCardle is the founder of the Snow Angels Canada program. In 2015, Snow Angels London, Ontario was formed. The program operates from a web-based online portal where individuals, who need help with shovelling their snow, can register online. And volunteers who are offering to shovel snow for someone also register. In 2019, Snow Angels London became popular among other cities and was approached by several cities, including Barrie, to incorporate the program into their communities. Hence, the name was changed to Snow Angels Canada and Google Maps was utilized to help make this service available coast to coast.</p> <p>Snow Angels Canada does not formally advertise. The program is promoted through the various communities to their respective residents. Barrie was the first who reached out to their community using mailers, local media and social media. They were successful in launching and had a number of volunteers sign up. Barrie actively promoted this program in 2019 and volunteer lists were sent to the City of Barrie who created “Snow Angels masks” that were worn by volunteers. A number of other communities then came onboard throughout Canada.</p> <p>The Website (https://snowangelscanada.ca/) provides a log-in for individuals who would either like to be a volunteer or someone who needs snow shovelling help. Those who are not able to log onto a website, it is recommended to have a family member, friend or neighbour log-in and add a posting, keeping in mind that they would be responsible to connect with the volunteer to make arrangements for shovelling. The maps operate by postal code as addresses are not shown. Everyone is assigned a winter themed name automatically through the system, as real names are not used. Volunteers and those needing help can create a post and posts can be turned on (when needed) and off (if not needed) for any period of time. Once the person needing help contacts the volunteer, an email</p>	<p>Jane will report and share with County Council and discuss promotion opportunities through Corporate Communications.</p> <p>Advisory Committee working group for summer/fall promotion - connect with Barrie and Orillia.</p> <p>Promote through Community seniors centres, fairs and conferences.</p> <p>Add to the County of Simcoe Age-Friendly Resources webpage.</p>

ITEM	ACTION ITEMS
<p>is sent back and forth between the two and a connection is made and further arrangements are made between the two parties.</p> <p>There must be a volunteer base prior to spreading the word to those needing help with at least one volunteer for every person requesting help. Students or others can use this program towards their volunteer hours.</p> <p>Volunteers are not permitted to accept money, gifts or enter into people’s homes. Volunteers do not undergo Vulnerable Sector Checks or undergo a registration process, it has been noted that Snow Angels take the “good neighbour approach” and there has not been any issues since opening. Volunteers can be tracked through email addresses only.</p> <p><u>211 Ontario</u> directs individuals in need of help to Snow Angels Canada webpage.</p> <p>Lincoln McCardle, Snow Angels Canada Email: lincoln@twittens.ca Website: https://snowangelscanada.ca/</p>	
<p>5.0 Presentation: 2023 Askennonia Senior Centre</p> <p>Judy Contin, Executive Director, Askennonia Senior Centre</p>  <p>County Healthy Aging Presentation .</p> <p>Askennonia is a not-for-profit, charitable organization incorporated in 1987 to promote general health, fitness, education, recreation and socialization and to assist in illness prevention.</p> <p>People can purchase a prepaid fitness cards for activities such as: Physical Exercise Programs: Zumba Gold, Yoga, Chair Yoga, Hustle Muscle & Stretch, Circuit Class, Tabata, Flow, Walking & Pole Walking, Tai Chi, Pickleball, Badminton, Table Tennis, and Line dancing.</p> <p>Other activities include: <u>Learning</u>: water colour painting, writing, woodcarving, French, card-making, computer, quilting, family tree, photography, knitting, play the ukulele, piano and belong to a choir.</p>	<p>To add to County of Simcoe Age-Friendly Resources website.</p>



ITEM	ACTION ITEMS
<p><u>Board games</u>: Bid Euchre, Bridge, Cribbage.</p> <p><u>Cooking classes</u> are offered by volunteers at a specific cost per class.</p> <p><u>Specialty programs</u> run throughout the year and include: Paws in the Park (pet obedience class spring and fall), free lunch & learns promoted through seniors grant programs, walk-in flu and Covid vaccinations (with the help of local pharmacy) free Covid Test Kits through Chigamik.</p> <p><u>New programs</u> as requested by members are: Crock Pot meals prep, E-Bike Club in spring and Conversational English Club.</p> <p>Many of the programs have a member and non-member fee. Some programs have a larger fee depending on the program requirements (for example, cooking classes) as space and supplies are limited.</p> <p><u>Social Prescribing</u> started a few years ago and is utilized by medical professionals who can refer individuals who would benefit from social or recreational programs. This program is sponsored through OACAO (Older Adults Centres Association of Ontario).</p> <p>In 2022, Askennonia received 33 referrals through Social Prescribing. Navigator, Mary Moreau, assists seniors to navigate programs and supports that may help them to continue to live independently and improve their quality of life. Sponsorship is through the County Social & Community Investment Fund. Also run through this funding is a monthly fruit & vegetable bag that runs once a month for 55+.</p> <p>The Askennonia Senior Centre fundraises to balance the \$300K budget. Fundraising activities include bus trips, seasonal parties, sponsorships, donations, and membership fees. Membership in 2019 was at 1,325 members and currently at 1,100 members (members require a double Covid vaccination).</p> <p>To sign up for a weekly email, visit www.Askennonia.com and click on the weekly e-blast button.</p>	

ITEM	ACTION ITEMS
<p>6.0 Presentation: United Way Urgent Need Fund</p> <p>Emeka Onuoha, Manager, Collaborations & Partnerships, United Way Centraide Simcoe Muskoka</p>  <p>United Way UNF 2023.pdf</p> <p>The Urgent Needs Fund (UNF) is in place to help fill the gaps in communities where other resources have been exhausted. The UNF is also utilized to help provide support to those fleeing a country in war and their family members as they navigate their stay in Canada. Residents of Muskoka dial (705) 645-2412 and residents of Simcoe and the town of The Blue Mountains dial 211 for social assistance and non-emergency help, respectively. The UNF only kicks in when there are no other services available, or when the available services are inadequate to meet the needs of the resident.</p> <p>The major needs in our region noted through 211 are food, utilities and health and wellness. The demographics needing the most assistance in the region of Muskoka are seniors - 80% of Muskoka are 55 years of age and older. It was noted that 25% of Simcoe County are seniors.</p> <p>What can you do? Refer the UNF program to those who are vulnerable and have exhausted all resources for help.</p> <ul style="list-style-type: none"> • Simcoe County residents, including residents of The Town of The Blue Mountains - dial 211. • Residents of The District of Muskoka - dial (705) 645-2412. <p>Emeka Onuoha, Manager, Collaborations and Partnerships EOnuoha@UWSimcoeMuskoka.ca (705) 726-2301 x 2024 www.uwsimcoemuskoka.ca @UWSimcoeMuskoka</p>	

ITEM	ACTION ITEMS
<p>7.0 Review of Terms of Reference</p> <p>Jane Sinclair, General Manager, Health & Emergency Services</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  AFC Advisory Committee TOR - Oriç </div> <div style="text-align: center;">  AFC Advisory Committee TOR - Pro </div> </div> <p>Proposed changes to the Terms of Reference were reviewed with the Committee. Changes included an edit to the “Objectives”.</p> <p>The 2018-2023 Positive Aging Strategy which was developed in 2017 and brought to County Council for endorsement. This year and early next year, the 2024-2029 Positive Aging Strategy will be developed and the County will be engaging this Advisory Committee in this development.</p> <p>New initiatives include the creation and development of a central compendium that will capture age-friendly activities across our communities such as surveys, community events, activities and presentations. This compendium of information will help promote the age-friendly initiatives in communities across the County.</p> <p>An Age-Friendly Advisory Committee survey will be forwarded to members in the next few weeks and the results will be shared with the Committee. This survey will help to review processes, meeting engagement and frequency, membership roles and help to form the Committee goals and objectives.</p>	
<p>8.0 Closing Remarks</p> <p>The next Agenda will include a review of a Survey that will be forwarded prior to the March 29th meeting.</p> <p>If there are any topics or guest speakers that the Committee Members would like to see, please contact us.</p>	
<p>9.0 Next Meeting: March 29th, 2023 (10:30 AM – 12:00 PM)</p>	
<p>10.0 Adjournment: 12:00 PM</p>	

SNOWANGELS CANADA

Who are the Snow Angels?

Snow Angels is an experiment in kindness. Canadians can request assistance to have their driveways and windrows cleared during our snowy winter months. Volunteers can find neighbours or community members in need of assistance. It's neighbours helping neighbours, and building strong connected communities while we're at it.

Snow Angels is strictly a volunteer platform that originated in London, Ontario in 2015.

Who Can Request Service?

Anyone in need of support! Snow Angel clients are typically older adults and those with physical disabilities.

How it Works:

Step 1: Go to our website: www.snowangelscanada.ca.

Step 2: Follow the directions and register as someone in need of support.

Step 3: Create a post detailing what your needs are (e.g. driveway, windrow clearing).

Step 4: Search for, and contact volunteers in your area.

Questions?

Check out our website, we've got lots of information there. Otherwise, send us an email at archangel@snowangelscanada.ca

SNOWANGELSCANADA.CA

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What Exactly Am I Signing Up for?

It's Canada, and it's winter. Snow happens. You'll be volunteering to help those who may need extra support when it comes to clearing out their driveways after a snowfall. We have a map on our website that locates those in near you how have requested a Snow Angel. The rest is up to you!

For both safety reasons and to increase the fun factor, we recommend that you form a 'halo' – a group of friends and/neighbours when you head out to shovel. You can find other Snow Angels on our website – so it's super easy! Plus – shovelling is easier in numbers.

Who Can Request Service?

Anyone in need of support! Snow Angel clients are typically older adults and those with physical disabilities.

Who Can Volunteer?

Anyone who is willing and able. Snow Angels is 100% volunteer based. It's a community fuelled tool to connect neighbours and their neighbourhood.

Ok, I'm In!

Great! Head to our website at www.snowangelscanada.ca . From there, you'll be able to create an account and register. It's that easy. Happy to have you on board!

If you have more questions, email archangel@snowangelscanada.ca

SNOWANGELSCANADA.CA



Not-for-profit, charitable organization incorporated in 1987 to promote general health, fitness, education, recreation and socialization and to assist in illness prevention.

Physical Exercise Programs – 13/wk

Zumba Gold, Yoga, Chair Yoga, Hustle Muscle & Stretch,
Circuit Class, Tabata, Flow, Walking & Pole Walking, Tai Chi
Prices range from \$1 to \$3.50/class



Pickleball 4/wk & Badminton 2/wk
\$3/visit



Table Tennis twice per week

\$3/visit



Line Dancing

Beginner, Basic & Advanced

\$1/visit



LEARN: Painting, Writing, Woodcarving, French, Cardmaking, Computer, Quilting, Family Tree, Photography, Knitting





Ukulele, Piano and Choir!

Bid Euchre, Bridge, Cribbage



Cooking Classes!



Paws in the Park
Free lunch & learns
Walk-in Flu & Covid Vaccinations
Free Covid Test Kits
New programs as people request
Crock Pot & E-Bike Club in Spring





*Conversational
English Club*

Social Prescribing

Any medical professional can refer individuals who would benefit from social or recreational programs. Some costs covered. Sponsor - OACAO

Navigator Mary Moreau

Helps seniors determine whether there are programs or supports (\$) to help them live independently and improve quality of life. Mary is amazing. Sponsor-County Social & Community Investment Fund

Monthly Fruit & Vegetable Bag
75/mth for 55+ late in month





Fundraising to balance our \$300K budget includes bus trips, seasonal parties, sponsorships, donations, membership fees (\$50/year).

**HOW TO FIND OUT MORE: Visit www.Askennonia.com
Then click on the Weekly Eblast button**



That's all Folks!





**Urgent
Needs Fund
2023**



**United Way
Centraide**
Simcoe Muskoka

Urgent Needs Fund Help for those who can't find it anywhere else

Filling the gap in our communities

United Way Simcoe Muskoka hosted a series of community consultations and found that there was a gap amongst social services.

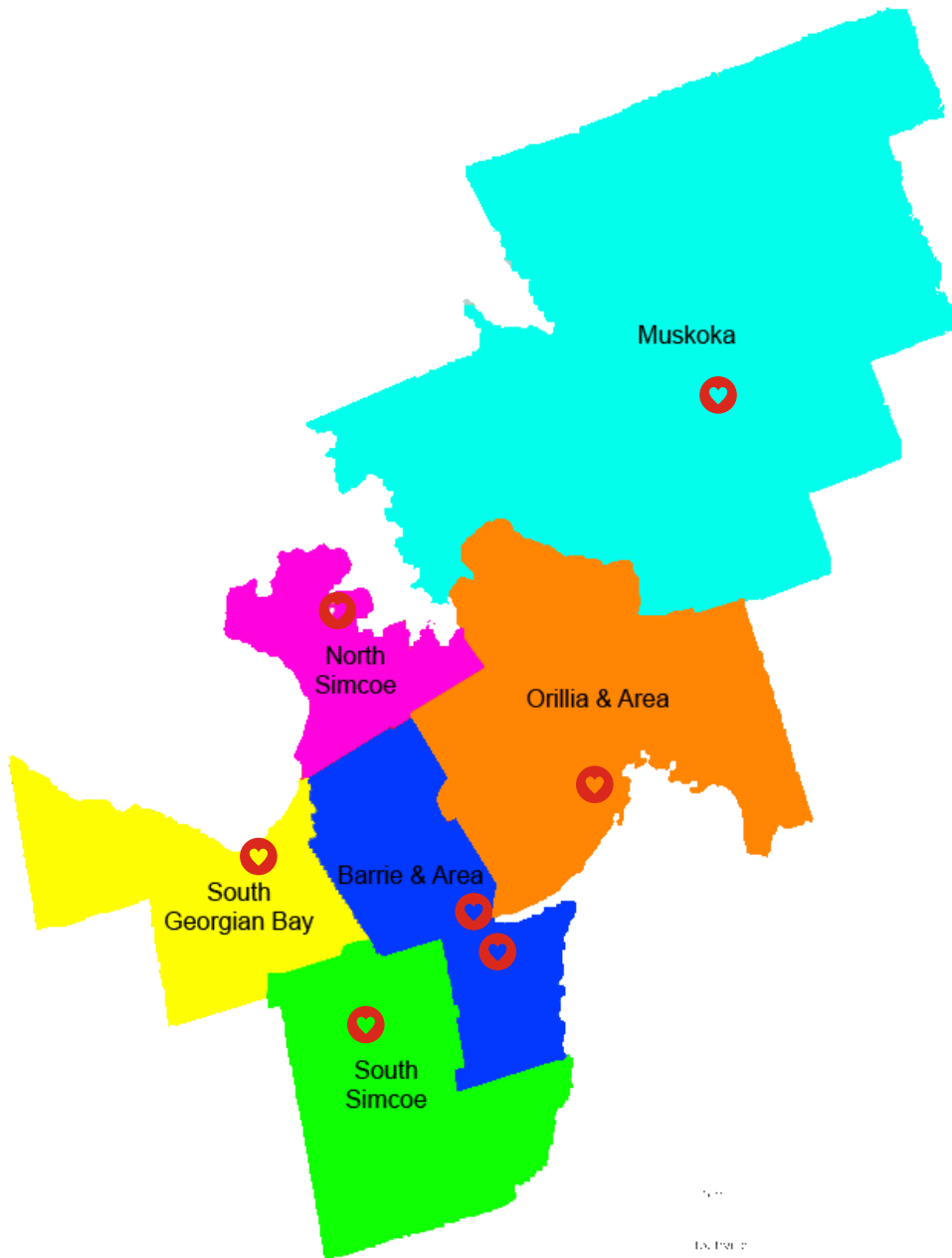
For those living in poverty, some services can be life-saving. But for many, the assistance they need just isn't there. The Urgent Needs Fund, by providing modest, one-time grants, can help the most vulnerable in our communities in the most pressing times.

Special focus on those arriving Simcoe Muskoka on humanitarian grounds

For example to Ukrainians, Afghans, Syrians fleeing conflict. The UNF is positioned to provide support to them and their family members as they navigate their stay in Canada.

Source of Data

Beyond the immediate assistance, the UNF also provides us with data to not only better understand poverty and those experiencing it in our communities, but it will enable us to create more effective, long-lasting programs in the future.



211 Community Connection (Initial Intake)

- South Georgian Bay Community Health Centre (South Georgian Bay)
- CHIGAMIK Community Health Centre (North Simcoe)
- Catholic Family Service of Simcoe County (Orillia & area) & (Barrie & Area)
- CONTACT Community Services (South Simcoe)
- Barrie and Area Native Advisory Circle (NSM) – Indigenous Serving
- The District Municipality of Muskoka (Muskoka)

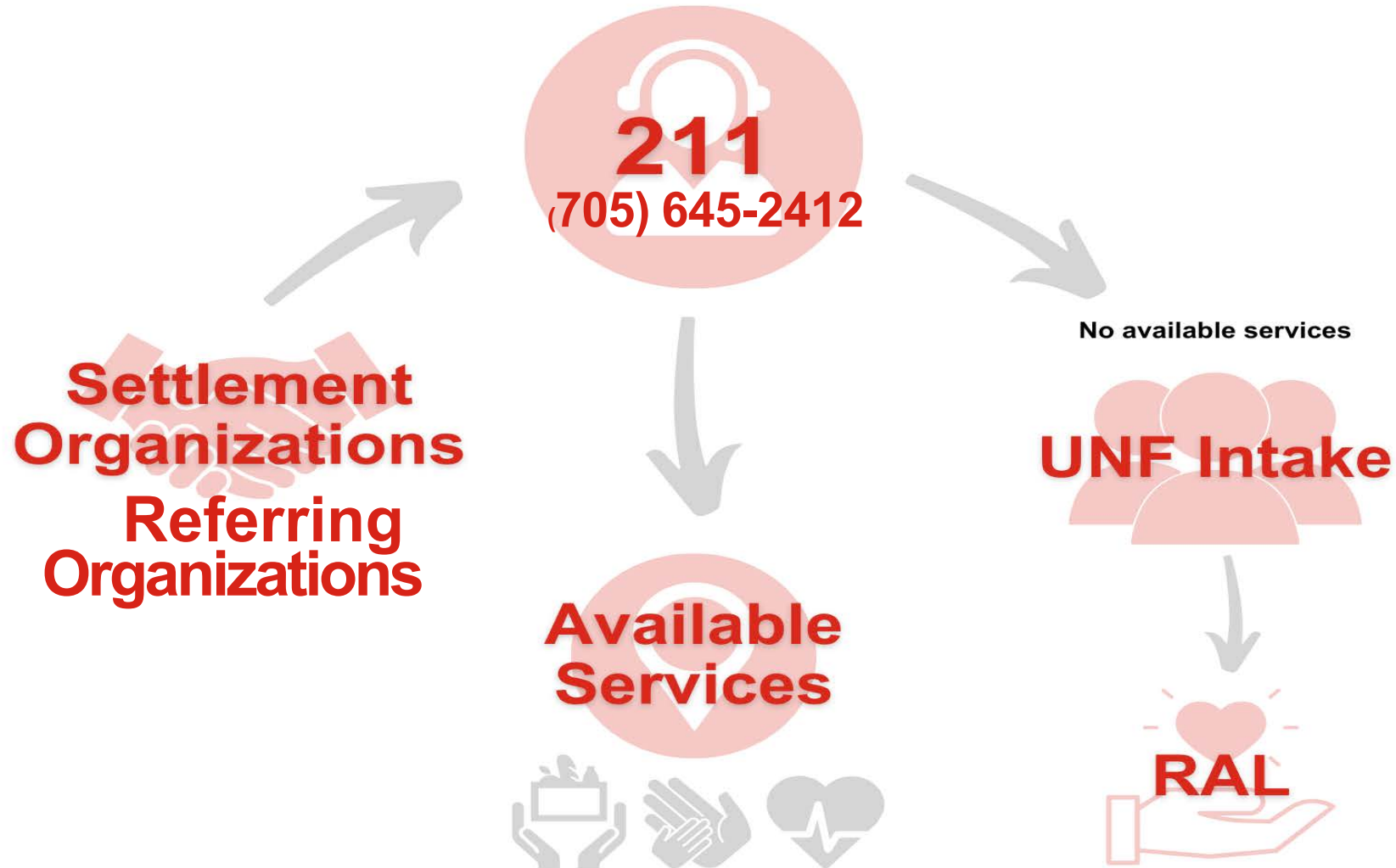
How the UNF Works

The UNF works when residents of Muskoka dial (705) 645-2412 and residents of Simcoe and the town of The Blue Mountains dial 211 for social assistance and non-emergency help, respectively.

The UNF only kicks in when there are no other services available, or when the available services are inadequate, to meet the needs of the resident.



Role of Organizations : Referrals



The Urgent Needs Fund is a grant of LAST Resort. It is accessed ONCE in a calendar year.

Understanding Eligibility

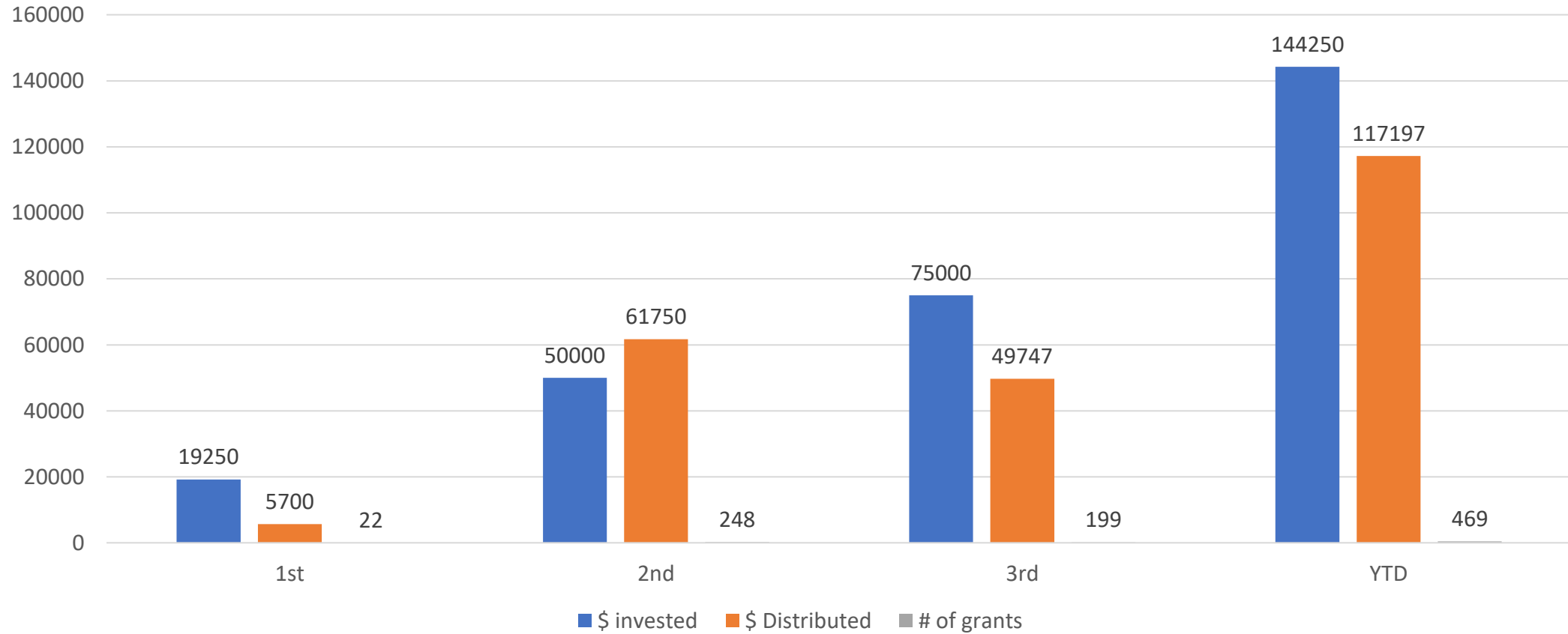
An individual arriving from other countries on a humanitarian ground will be eligible to apply for the UNF if they are on regular work permits and can provide proof of identification and meet the income eligibility threshold

Filling the gap in our communities

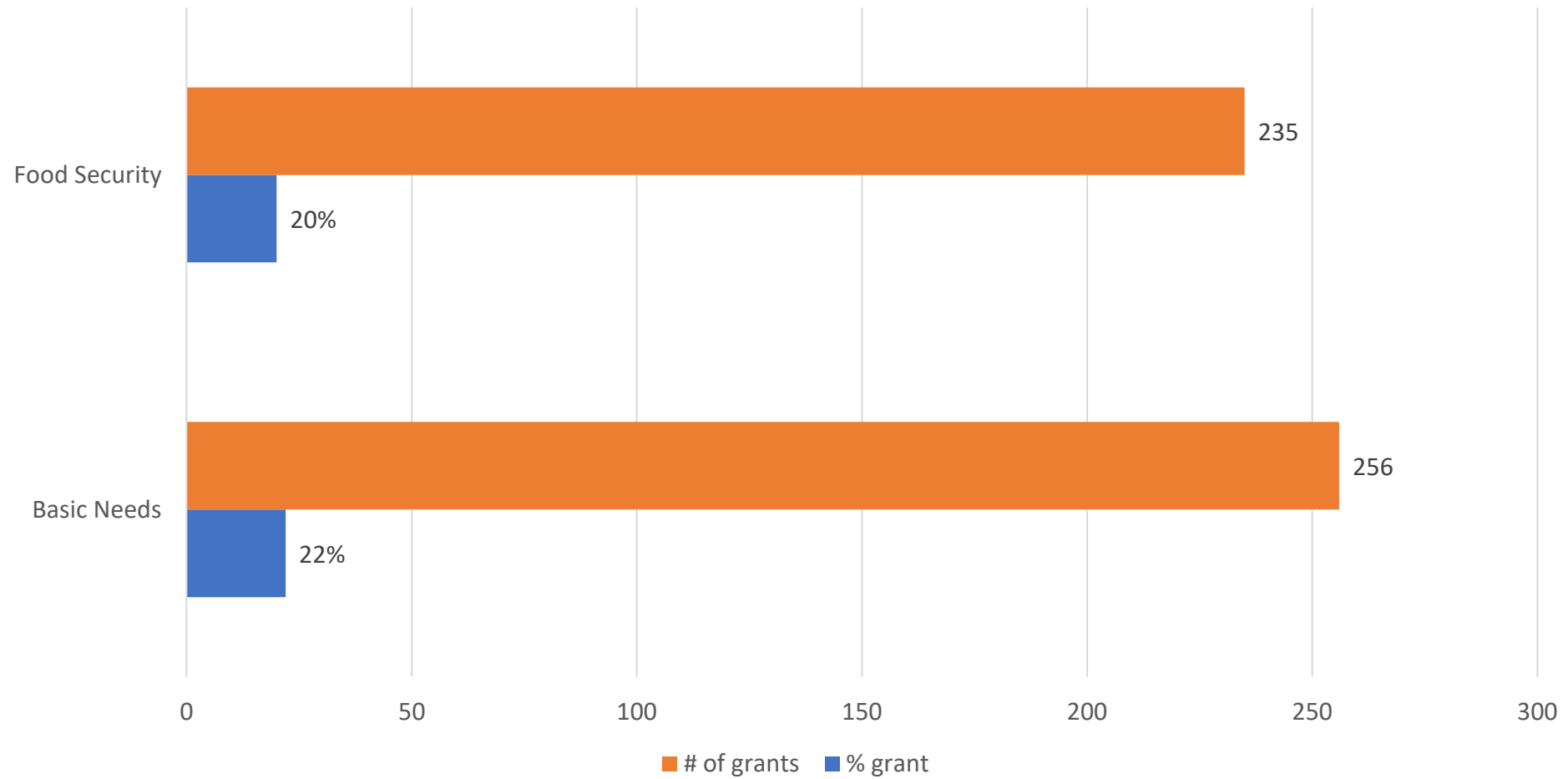
Major gaps in funding were identified from our consultations with the Local Immigration Partnership (LIP). The UNF is designed to address some of those gaps.

Some of the costs to be covered for these individuals would include, but not limited to, bus passes to get to jobs, food and shelter access and in some cases clothing (especially in the winter months)

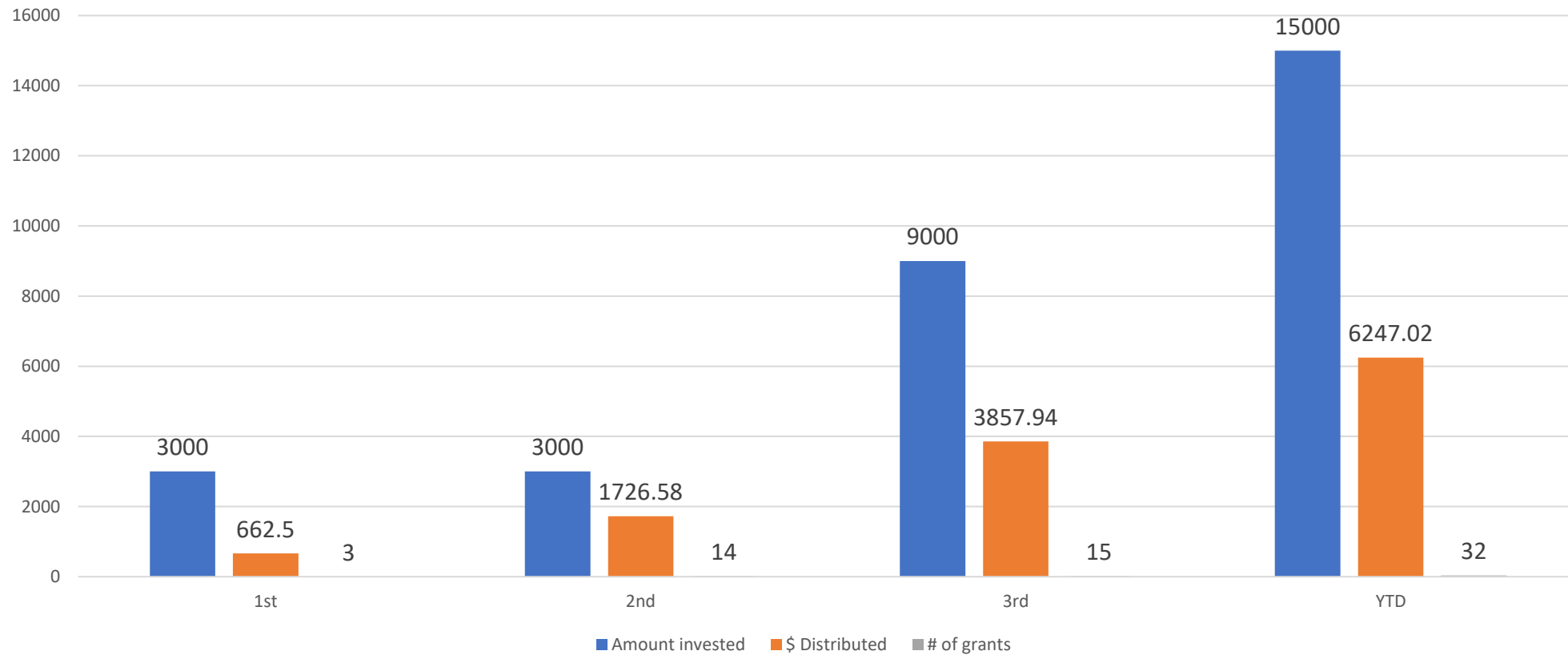
Simcoe UNF Breakdown – Financials and number of grants based on recipient intake date



Calculated against 469 total number of grants granted.



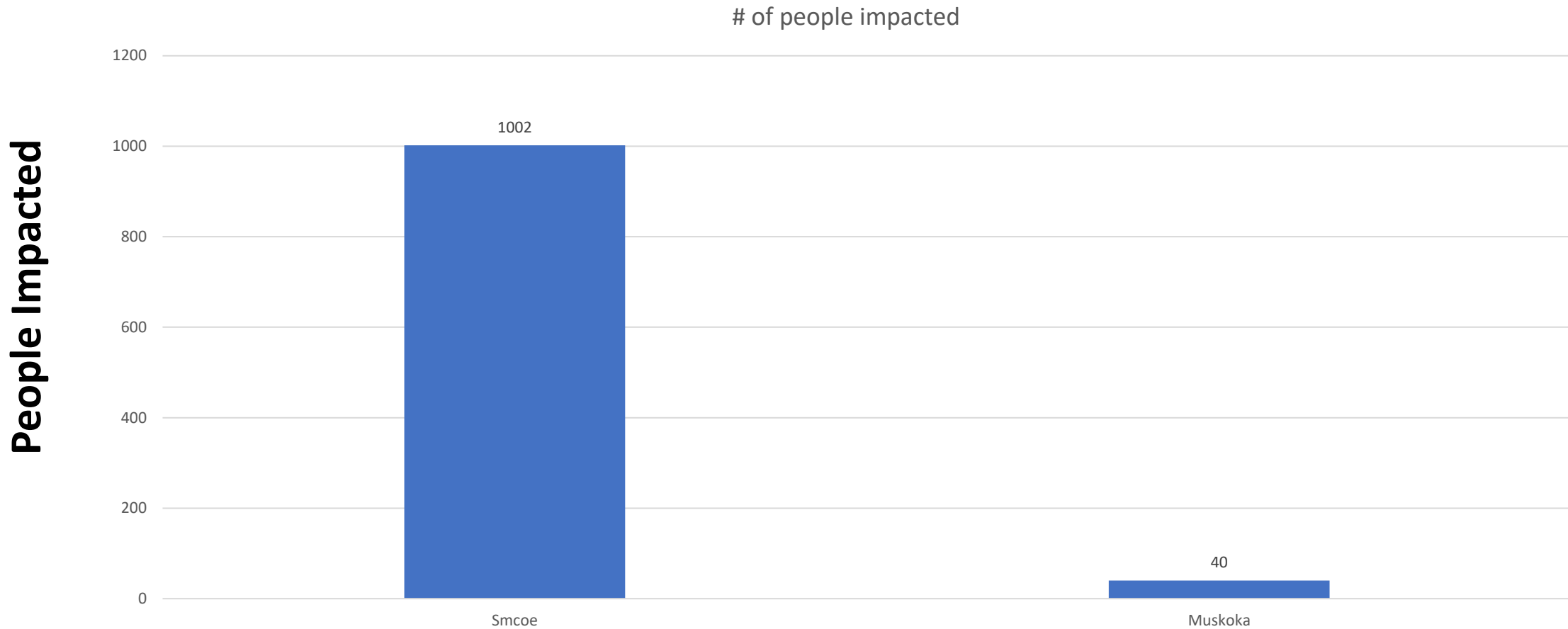
Muskoka UNF Breakdown – Financials and number of grants based on recipient intake date



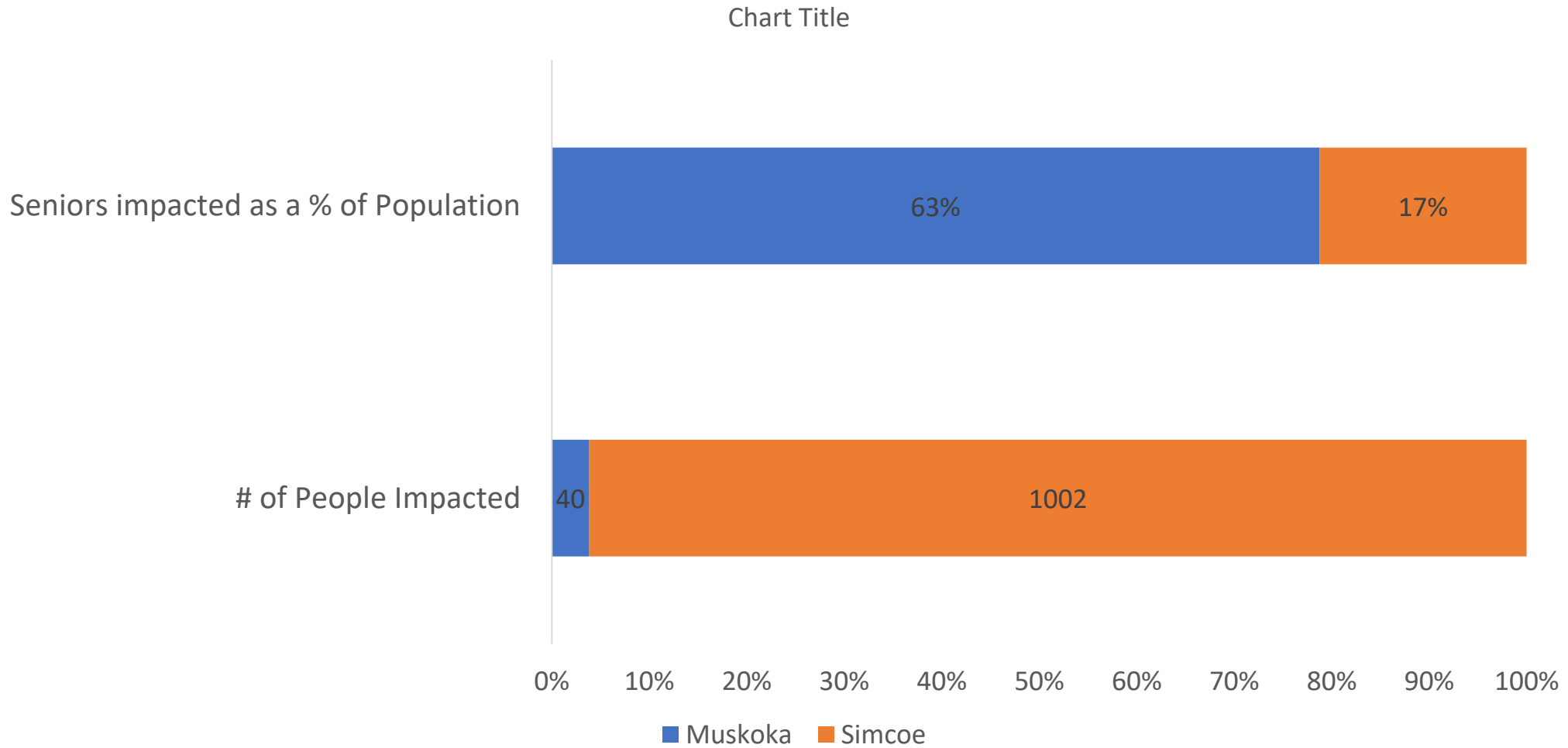
NUMBER OF RESIDENTS IMPACTED FYTD – Simcoe Muskoka



A total of 1042 residents of Simcoe and Muskoka have been impacted by the UNF this Fiscal Year till date.

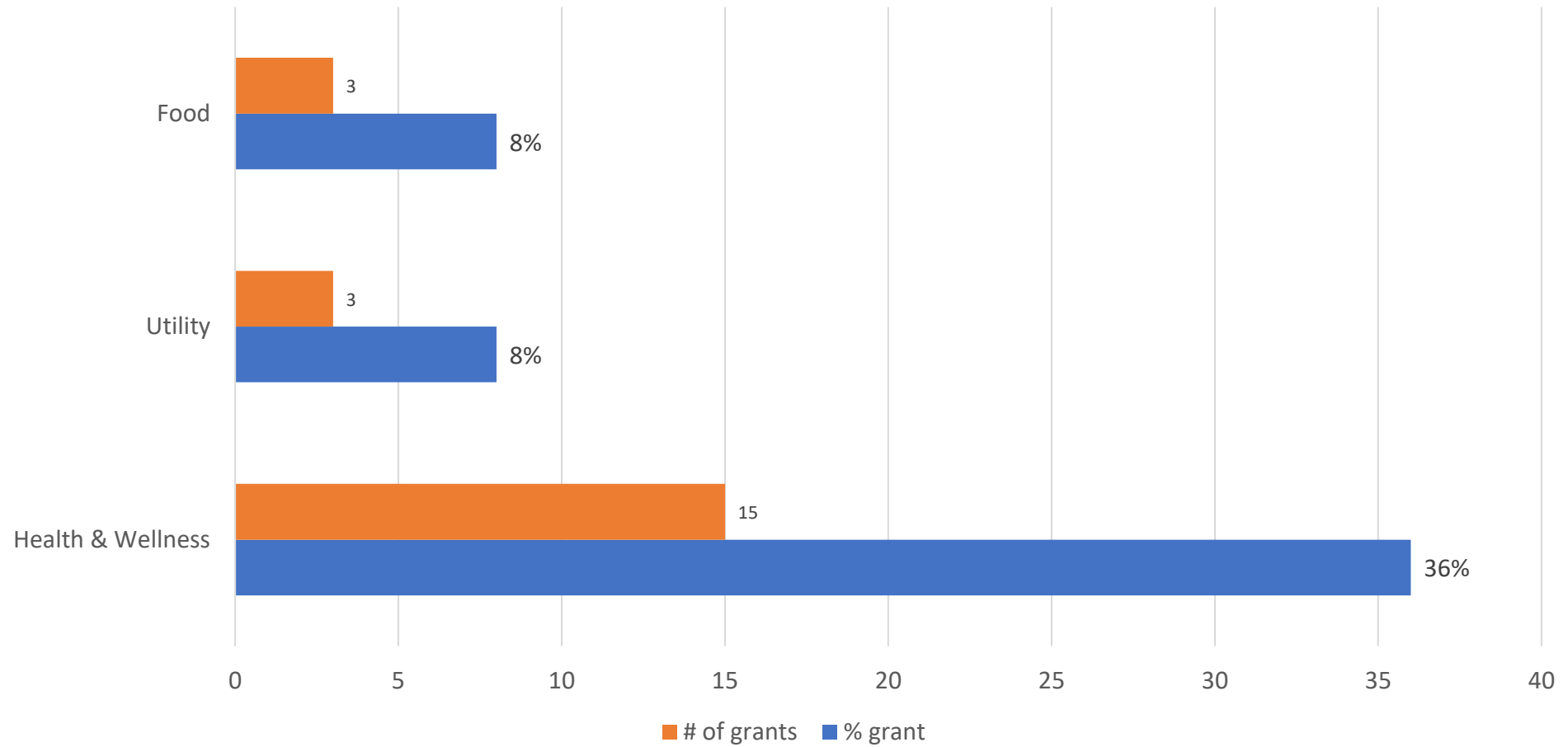


NUMBER OF SENIORS IMPACTED AS A PERCENTAGE OF TOTAL POPULATION



UNF TOP NEEDS - Muskoka

Calculated against 38 total number of grants granted.



Benefits of partnership with you

Some of the benefits to you that we seek to establish are:

- Synergy for Public and Non Profit partnership
- Client focus enhancement
 - Fill gaps for many UNF clients who are new comers
 - Clients potentially receive wrap around services from settlement agencies
- Streamlined delivery of UNF
 - Settlement agencies are accessible and have regular business hours



What can you do?

Refer the Vulnerable, Newcomers, Ukrainians (and all those fleeing conflict around the world) to the UNF. Simcoe residents (including residents of The Town of The Blue of Mountain) are to dial **211** while residents of The District Municipality of Muskoka are to dial **(705) 645-2412**

How to Reach 211



Dial **2-1-1**

Toll-Free: **1-877-330-3213**

TTY: **855-405-7446**

Our helpline is answered by real people 24/7.
Service is available in 150+ languages.



Text **2-1-1**

Text is available Monday to Friday from 7am to 9pm ET.



Live Chat

Live chat service is available Monday to Friday
from 7am - 9pm ET.



Email **gethelp@211ontario.ca**

Emails are monitored Monday to Friday from
7am to 9pm ET.

Complaints and compliments can be sent to this
address.

Spread the Word

Let other organizations, companies and community tables know about the UNF.



**SHOW
YOUR
LOCAL
LOVE**

Thank you for your time!

Emeka Onuoha

Manager, Collaborations and Partnerships

EOnuoha@UWSimcoeMuskoka.ca

(705) 726-2301 x 2024

www.uwsimcoemuskoka.ca

On Social: @UWSimcoeMuskoka



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AGE-FRIENDLY COMMUNITIES ADVISORY COMMITTEE

Terms of Reference

Age-Friendly Community Dimensions:

The World Health Organization framework for Age-Friendly Communities can be used to assess and enhance the age-friendliness of communities. The framework identifies eight aspects of community life that overlap and interact to directly affect older adults, as such:



Goal: To develop and seek Council endorsement of Simcoe County's Positive Aging Strategy: Older Adults Strengthening our Communities including a planning framework.

Objectives:

- To engage community members to assess how age-friendly Simcoe County is, within the above eight domains and to determine age-friendly priorities.
- To develop a coordinated approach by engaging stakeholders to help define the key principles for aging well within Simcoe County.
- To increase awareness in communities to help support healthy aging.
- To incorporate age-friendliness in our communities into the short and long-range strategic planning process for the County of Simcoe.
- To provide advice and support in the ongoing activities of Age-Friendly Community Planning.

Mandated Membership:

The Age-Friendly Communities Advisory Committee will be comprised of 20-30 members. Membership will include:

- County of Simcoe Staff.
- 2 County of Simcoe Councillors appointed by Simcoe County Council.
- Representatives from senior-serving organizations.
- Representatives from disability-related organizations.
- Representatives from Seniors Advisory Committees.
- Representatives from the cities of Barrie and Orillia.

- Representatives from the LHINs and Health Links
- Representatives from Francophone and Aboriginal organizations.
- Representatives from the local business community or Chamber of Commerce.
- Individuals involved with one (1) or more of the eight (8) age-friendly domains.
- Members of the public.

Term

The implementation of this committee will begin May 2017. The terms of the committee will be re-evaluated Fall 2018 or at the end of the current County Council term.

Mandate

The committee is mandated to:

- Provide strategic direction, planning and guidance in the undertaking of Simcoe County's Positive Aging Strategy, including identification of:
 - ways in which the communities are currently accessible, inclusive and age friendly;
 - issues and barriers to age-friendliness that are present in the communities and their services;
 - opportunities to improve the accessibility, inclusivity and age-friendliness of the communities;
 - gaps and ways in which current age-friendly assets and initiatives can be expanded.
- Engage a diverse range of community residents/stakeholders to inform the development of the age-friendly assessment.
- Disseminate the results of the assessment.
- Based on the results of the assessment develop a planning framework that acts as a guide for municipalities in future development.
- Confirm project charter and monitor progress throughout the term.
- Anticipate and review project constraints and challenges and provide suggestions for improvements and resolutions.
- Act as a forum and catalyst for community collaboration around the objective(s) of making the communities more age-friendly.
- Promote the concept of age-friendly across the communities, including the private, non-profit and public sectors.
- Engage members of the business community as key partners in making work places and private sector services in the communities more age-friendly.

Working Groups

The committee has the authority to establish working groups as it deems necessary to fulfill designated functions consistent with the committee's mandate.

Meetings

Meetings will be held bi-monthly (every 2 months), with additional meetings held on an as needed basis, as determined by the Chair.

Reporting

The committee shall report through the Chair to the County Council.