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MINUTES

SUBJECT: Age-Friendly Advisory Committee

MEETING DATE: June 14, 2022 **TIME:** 2:00 – 3:30 PM

LOCATION: Zoom Meeting Link:

https://simcoe.zoom.us/j/91979425390?pwd=RkVFYjYzbGJia1pBb0lDM3dVVUFOUT09

Meeting ID: 919 7942 5390

Passcode: 449968

Telephone: 1-855-703-8985

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

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

ATTENDANCE:

Catherine O'Connor, Hearing Care Counsellor, Canadian Hearing Services

Dan Leonard, Service Coordinator & Community Navigator, Independent Living Services

Jamie White, Student, Long-Term Care & Seniors Services, County of Simcoe

Jacqueline Berchtold, Project Coordinator, County of Simcoe

Judy Contin, Executive Director, Askennonia Senior Centre

Kris Hughston, Project Champion, Project LifeSaver

Maria Borczyk, Matthews House Hospice

Michele Gouett, Chair Tay Seniors Advisory Committee

Michelle Pauzé, Director, Seniors Services, County of Simcoe

Ron Coutts, Seniors Representative

Sarah Orr-Shaw, Simcoe Muskoka District Health Unit

Sherry Teeter, Community Connection/211 Central East Ontario

Tracy Hill, Programs & Support Supervisor, Seniors Services and Age-Friendly Champion,

County of Simcoe

GUESTS:

Jenna Wickens, Mature Minds Program Coordinator of Catholic Family Services Simcoe County Kristy Campbell, Community Paramedicine Program Manager, County of Simcoe

REGRETS:

Andrea Roylance, Matthews House Hospice

County Councilor Anita Dubeau, Deputy Mayor, Town of Penetanguishene

Annick Brown, Director of Family Services, La Clé

Arfona Zwiers, Director, Social and Affordable Housing, County of Simcoe

Åsa Klint Piggott, Manager, Performance, Quality & Development, County of Simcoe

Barbara Knechtel, Midland Senior Council

Carly Murphy, Essa Township

Cate Root, Tay Township Representative

Christina Strong, Communications Coordinator, Independent Living Services Simcoe County



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County Councilor Sandie Macdonald, Mayor, Town of Innisfil

Deborah Dion-Smith, Midland Seniors Council

Chris Greer, Tiny Township Senior Advisory Committee

Dawn Hipwell, Director, Procurement, Fleet & Property County of Simcoe

Greg Bishop, Director, Social and Community Housing, County of Simcoe

Heather Hollingshead, Spinal Cord Injury Ontario (SCIO)

Jim Gough, Seniors Representative

Johan Chen, Planning Officer, Entité 4

Kari Warnar, Community Safety and Wellbeing, Avail Consulting

Kelley Swift Jones, County of Simcoe Museum

Kim Woodland, Matthews House Hospice

Laura-Lynn Bourassa, Manager Education & Support Programs, Alzheimer Society

Linda Flemington, Collingwood

Lori Crossan, Collingwood Public Library

Lucia Ricardo, Seniors Advisory Committee and CNIB Simcoe Muskoka

Margaret Adolphe, Chair Accessibility Committee of Collingwood

Marie Hartman, South Georgian Bay Community Health Centre

Marlene de Jesus, Helping Hands Orillia

Mary Warnock, Chair Seniors Advisory Committee, Tay Township

Melissa Mei, LHINS

Merideth Morrison, Director, Performance, Quality & Development, County of Simcoe

Mia Brown, Manager, Substance Use & Injury Prevention Program, SMDHU

Nancy Esson, Right at Home Canada

Nathan Westendorp, Director Planning & Chief Planner, County of Simcoe

Ruth McArthur, Simcoe Muskoka District Health Unit

Sandra Easson Bruno, Director North Simcoe Muskoka Specialized Geriatric Services Program

Susan Plewes, LHINS

Tami Tarini, Independent Living Services

Tom Johnston, Seniors for Seniors

To open a link: click on the link, Ctrl key + right mouse-click. PDF documents embedded below are also appended/attached to these Minutes.

ITEM		ACTION
1.0	WELCOME AND INTRODUCTIONS	
	All committee members were welcomed to the meeting.	
2.0	APPROVAL OF AGENDA	
	The Agenda was approved as presented.	
3.0	APPROVAL OF PREVIOUS MINUTES (April 5, 2022)	
	The Minutes from the February 22 nd meeting were approved as presented by Judy Contin and seconded by Catherine O'Connor.	



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	ITEM	ACTION
4.0	Funding Application Updates Tracy Hill, Age-Friendly Program Lead Grant proposals have been submitted for the Simcoe County Age-Friendly Framework. The first was the Bell Canada Grant for \$25,000 and the second was the New Horizons Grant for \$25,000. Through this grant, the County was able to purchase interactive projectors called Lycunt for our four Long-Term Care homes. Lycunt was created with the idea that interactive	
	gaming can take a person out of their environment and into a virtual world. A world where individuals with cognitive impairments can experience fun and social interaction. With the wave of a hand or the step of a foot, images come alive and immerses the individual into a playful environment that stimulates the brain and encourages physical activity with effects that improves recall by encouraging the recollection of memory via pictures or games that enhance hand-eye coordination through the movement of pictures. Lycunt provides fun and innovative care with over a hundred games.	
5.0	Presentation: Grandpals	Catherine Ivanyshyn
	Jenna Wickens, Mature Minds Program Coordinator of Catholic Family Services Simcoe County	will add Grandpals to the Age-Friendly
	Catholic Family Services (CFS) MatureMinds: Provides programs and services that makes ageing exciting for everyone. Ageing is a privilege and through MatureMinds, CFS do education awareness webinars on ageism. Programs include: Friendship Bench in Seniors Month in Barrie, Bradford and Orillia where a CFS representative sits on a bench with a sign to come and talk (90% being older adults who sit and talk with them); Slow Cooker Club in Barrie and Orillia in the fall where they give a slow cooker away and teach them how to use it; Better with Age Speaker series; and, Valentines and Easter Cards. Programs are listed on the website. MatureMinds: https://cfssc.ca/matureminds/	website. Jenna Wickens will forward a handout to Tracy for distribution.
	GrandPals: To build a world of deeper intergenerational learning, storytelling and friendship. This is done by engaging older adults with students at an elementary school level. Grandpals started as in-person with older adults sharing their stories. The Pandemic halted the in-person interaction. This has been shown to create friendships between the older adults and the students. GrandPals recruit GrandPals who want to be	

involved and are vetted and matched with a training program



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ACTION

where older adults practice telling their stories and are taught the technology and then they are paired with an elementary school. GrandPals will be moving into a hybrid model with both virtual and in-person. GrandPals also develop friendships with each other. GrandPals is an Age-Friendly program that incorporates respect and social inclusion as well as social participation. GrandPals is looking for people who would be a GrandPal and a champion GrandPal and share their stories.



Website: www.grandpals.ca

Email: jwickens@cfssc.ca

6.0 Presentation: Community Paramedicine Program

Kristy Campbell, Manager, Community Paramedicine, County of Simcoe



CPHV Program Presentation - June

Community Paramedicine Home Visit Program – Funding fro this Program was received from the Ministry of Long-Term Care. Community Paramedicine supports patients to stay healthy and independent within their own homes and to support people who are on a long-term care waitlist or soon to be on this waitlist. Through this program, patients become less reliant on calling 911, which can result in a reduction in hospital visits and clinic/physician appointments allowing for increased health care system capacity and enhanced patient satisfaction.

The program provides in-home support for patients with Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD) and Diabetes and recently, has been supporting chronic Urinary Tract Infections. Community Paramedics can perform routine and exacerbation assessments in consultation with the patient's physician/nurse practitioner and the in-house medical delegation of Dr. Marty McNamara and Morgan Krauter (Nurse Practitioner).

Referrals for the Community Paramedicine Home Visit Program can come from patients, family members, neighbours,



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ITEM ACTION

paramedics, Home and Community Care, emergency departments and other healthcare providers across the County.

Wellness Clinics – Wellness clinics have been set up to support homeless individuals' unmet medical and mental health needs. Also run wellness clinics for the vulnerable population to support wellness, decrease 911 calls and hospital visits. If successful with the recent funding, the County will be looking to expand into low income seniors housing. Currently, there is support for two (2) full-time Community Paramedics and weekly wellness clinics for individuals in seven homeless shelters.

In collaboration with CMHA (Canadian Mental Health Association), Community Paramedics provide general wellness checks, episodic care, vaccinations, referral services, access to mental health and addiction services, and connection with primary care providers.

The Community Paramedicine Program receives approximately 100 referrals a month and these referral forms are assessed to determine the best referral pathway.

Want to confirm that referrals can only be made for the three chronic diseases? No renal or hepatic disease, pain etc.?

Correct. Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD) and Diabetes are the three main disease criteria for the program. However, once a patient is in the Community Paramedicine Program, all pain is treated. The County is hoping to expand the program and identify needs specific to our community. Some of these needs include palliative care, dementia and mental health. The County's Community Paramedicine team will be collaborating with community partners to determine need and develop medical directives around these needs.

The Ambulance Act legislation changed a few years ago. When there is a 911 call, paramedics would arrive, assess and transport to the nearest hospital or to specific hospitals if required. Currently, depending on appropriate fit, alternate destinations are now part of this assessment, such as hospice. A Model of Care has been developed and the County is waiting on feedback from the Province. Community Paramedicine will be happy to present to this group again in future meetings to present any new updates.

Email: Kristy.Campbell@simcoe.ca



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	ITEM	ACTION
7.0	WHAT'S HAPPENING (local community initiatives) – Roundtable	
	Sarah Orr-Shaw, Simcoe Muskoka District Health Unit Cyber Seniors has expanded internationally and there is no longer a need for the IPads within the County as the program has ended in this region. Sarah will coordinate delivery to the County for use in Long-Term Care and Seniors Services. Sarah will be returning to the position on the Fall Prevention Collaborative table.	Sarah will coordinate with Tracy Hill on the IPads for donation to the County.
	Dan Leonard, Service Coordinator & Community Navigator, Independent Living Services Seniors Information shows are starting up again. Tiny Township just had their Seniors Symposium in the last few weeks. This was well attended. The Town of Penetanguishene just had their symposium last week, also with a good turnout. Wasaga Beach Seniors Symposium is taking place next week.	
	Dan enquired with Sarah Orr-Shaw about the End Falls Program. This program ended due to lack of capacity and partners that are required to keep it running. Interested in this program resurging.	
	Judy Contin, Executive Director, Askennonia Senior Centre Askennonia Senior Centre will be hosting their first outdoor BBQ this summer. The Centre continues with masking protocols within the buildings.	
	Michele Gouett, Chair Tay Seniors Advisory Committee Michelle has been Chair this group in recent months. It was noted that during COVID, there was some difficulty engaging members. Tay Seniors Advisory Committee Seniors Symposium is planned for October 19th 2022. The Committee applied for a Community Services Grant from the Ontario Government in the amount of \$18,000 to put together a program called Seniors Talks and the Committee is awaiting a response. In the interim, the Committee will hold their first event on June 15th. A retired County of Simcoe employee will be a guest speaker to talk about seniors grants. There will be an update to the Simcoe Directory in conjunction with the four municipalities and the Province.	



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nerry Teeter, Community Connection/211 Central East

Sherry Teeter, Community Connection/211 Central East Ontario

The survey (focus groups) are being conducted in South Simcoe, South Georgian Bay, North Simcoe, Barrie and one done on the Zoom platform over the next two (2) weeks. A formal report will be completed and distributed this summer. This report will encompass libraries, seniors centers, recreation centers, and other such places in order to support actions needed based on the focus group results. It was noted that one of the biggest challenges noted from feedback was how seniors were finding it difficult to find the list or calendar of available activities scheduled in their communities. A suggestion was put forth to post these at local banks, grocery stores, local newspapers in the seniors section, clubs, community boards, etc. where seniors would easily find them. And to ensure large, bold colours that can be easily seen and identified by seniors.

<u>Catherine O'Connor, Hearing Care Counsellor, Canadian</u> <u>Hearing Services</u>

The Canadian Hearing Society no longer has an office in Barrie or Simcoe County. Catherine oversees northern Simcoe County area and Ross Howard oversees southern Simcoe County and both split the Barrie region. For those who do not have access to Zoom, the Counsellors were able to visit clients in their homes for assistance. However, currently, they are only visiting via telephone or zoom. There is a new program called "Sound Advice" which consists of four (4) sessions on How to Communicate with Family, How to Communicate with Physicians, Troubleshoot a Hearing Aid and the Psycho Social Aspects of Hearing Loss.

Maria Borczyk, Matthews House Hospice

Matthews House Hospice remained open during the Pandemic. Community Programs have opened up and back to in-person or operating in a hybrid fashion. The focus is on identifying those who have been diagnosed with a life-limiting illness as soon as possible in order to help support them sooner. The Hospice is partnering with the Alzheimer's Society, Parkinson's and Cancer support programs to support them and their families. The Hospice is providing a caregiver relief program for clients and providing this service as a hospice at home of four hours a week through extra support of PSWs. Hospice all provides care planning support for families and the community.



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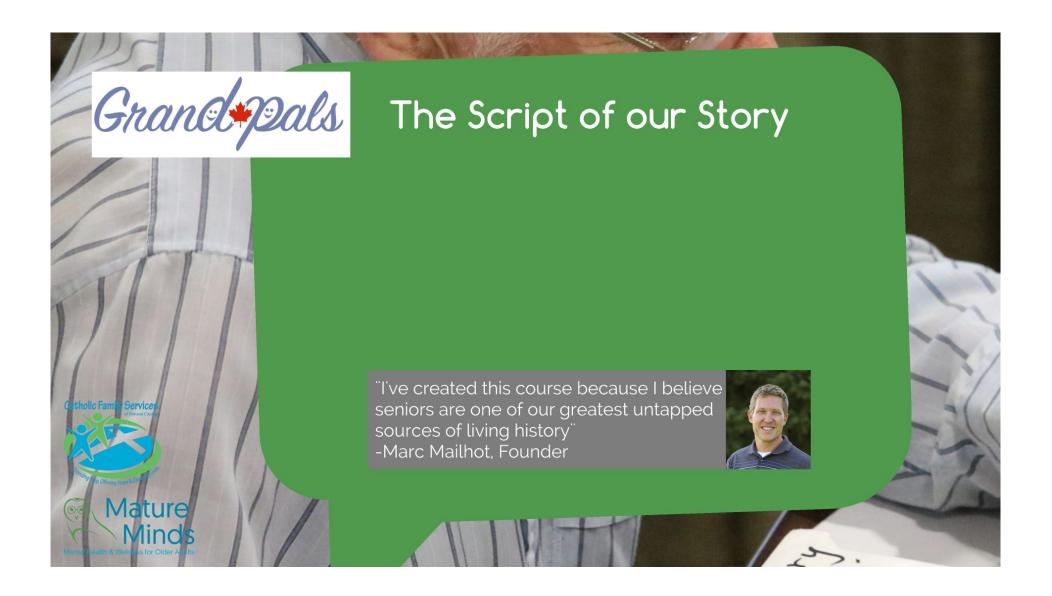
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	ITEM	ACTION
	Kris Hughston, Project Lead, Project LifeSaver	
	Project LifeSaver continues to work with Police on Project LifeSaver training in Wasaga Beach, Penetanguishene, Midland, Tiny and Tay. There has been a reach out Nottawasaga area and hoping to reach all of Simcoe County. Presentation yesterday to Tay Township to their Seniors Advisory Committee. There has been enquiries from parents with children with Autism looking to utilize this program.	Connect with County of Simcoe Social Services Dept. on the Community Vet Outreach Program.
	Community Vet Outreach – An event was held on May 28 th to showcase this program. Aid was provided to four (4) individuals with three (3) dogs and one cat for support with rabies shots, flea and tick, cat food, dog food, etc. If anyone with pets is on ODSP (Ontario Disability Support Program), CPP (Canadian Pension Plan) and OAS (Old Age Security) or OW (Ontario Works), you may refer them to Community Vet Outreach - https://vetoutreach.org/	
	Tracy Hill, Age-Friendly Project Lead, County of Simcoe Georgian Village Community Pool and Fitness Centre is opening back up to external members. The Age-Friendly Seniors Housing Grant is open and deadline is June 30th. June is Seniors Month across the Seniors Campuses and programs are running in all areas.	
	Ron Coutts, Seniors Representative Very happy to see all of the great programs opening up in the communities.	
8.0	Closing Remarks	
	Debbie Islam, the CEO of the Alzheimer's Society is retiring and the Committee will help recognize her work with seniors at the next Age-Friendly Advisory Committee Meeting.	
	The Age-Friendly Seniors Housing Grant program continues despite COVID delays.	
	The Municipal Grant Program was challenged over COVID, but will start back up again soon.	
	The Age-Friendly Business Recognition Program will start back up again this year with a new component which will be added to broaden this recognition to individuals who have gone above and beyond to help support seniors in our communities.	



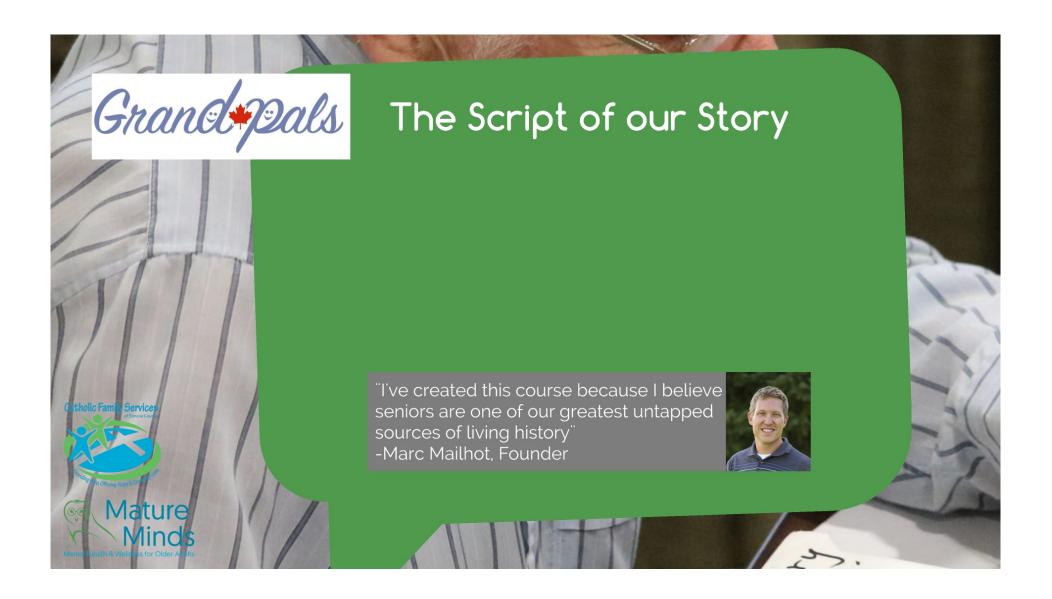
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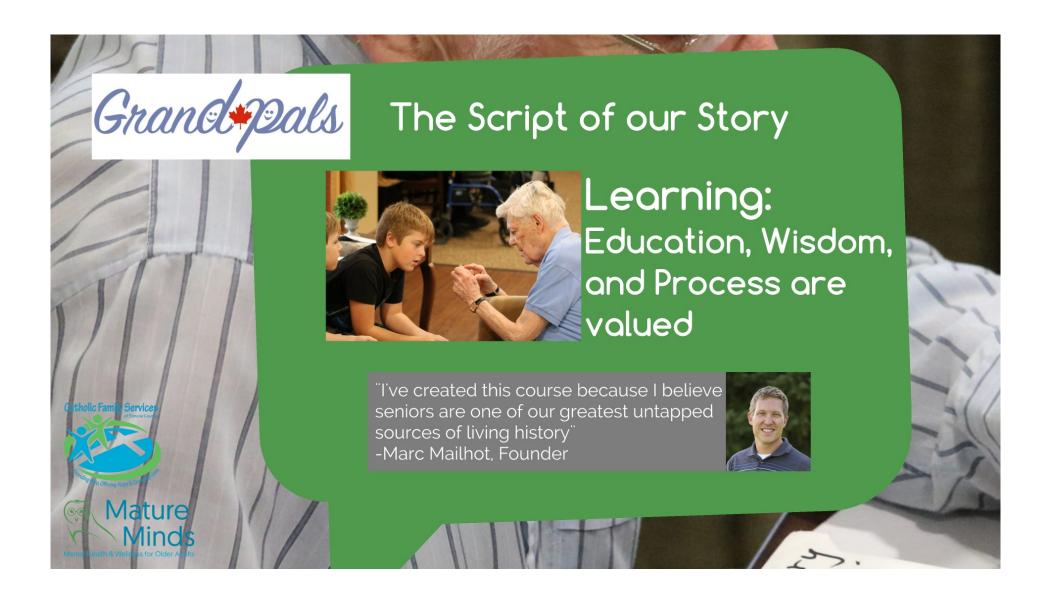
	ITEM	ACTION
	More information will be provided in the coming months and feedback is welcome from the Committee.	
9.0	Next Meeting: September 13 th , 2022 (1:00 PM – 2:30 PM)	
10.0	Adjournment: 3:20 PM	

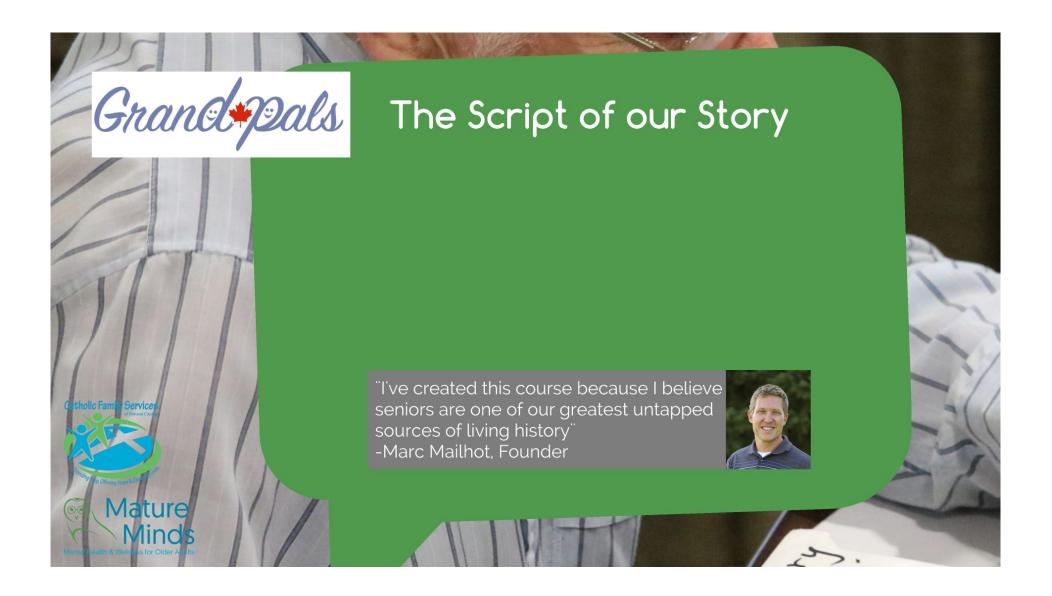




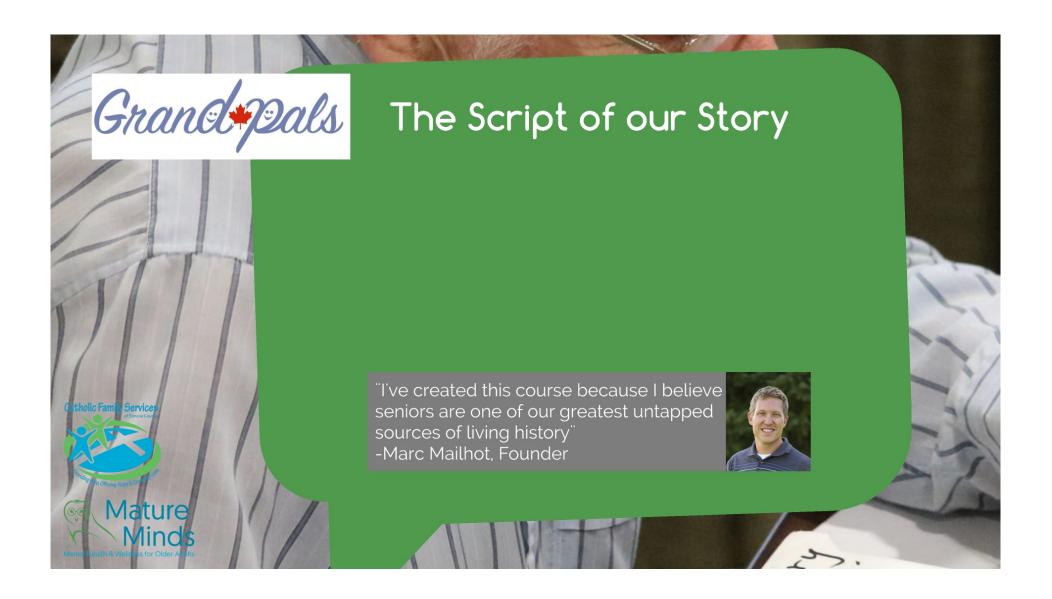




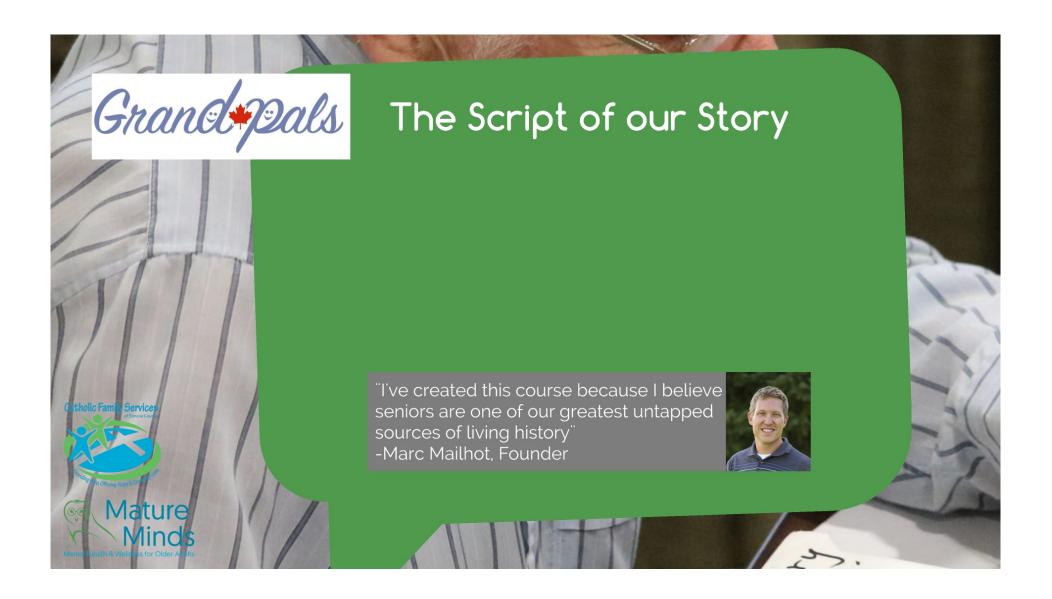


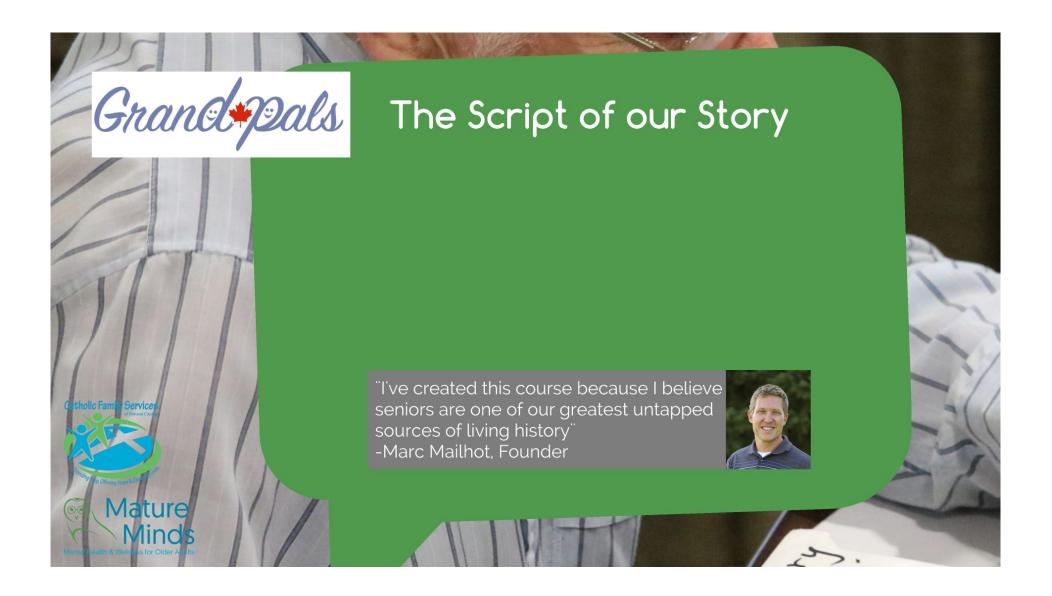




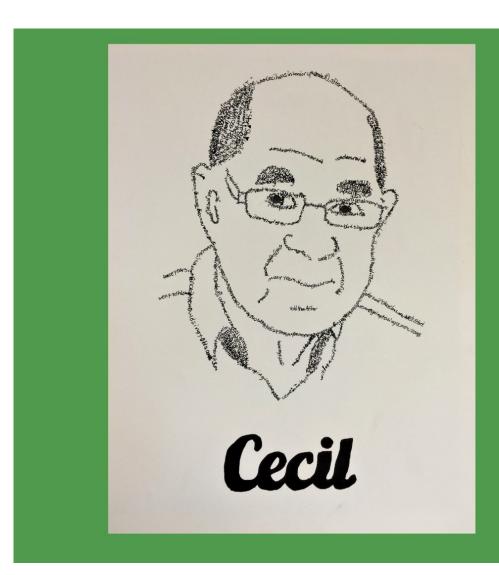


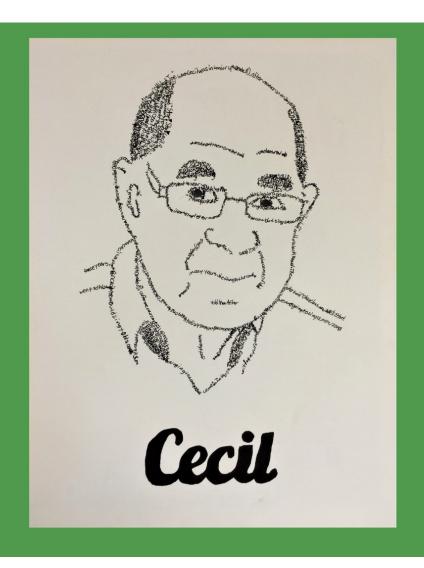






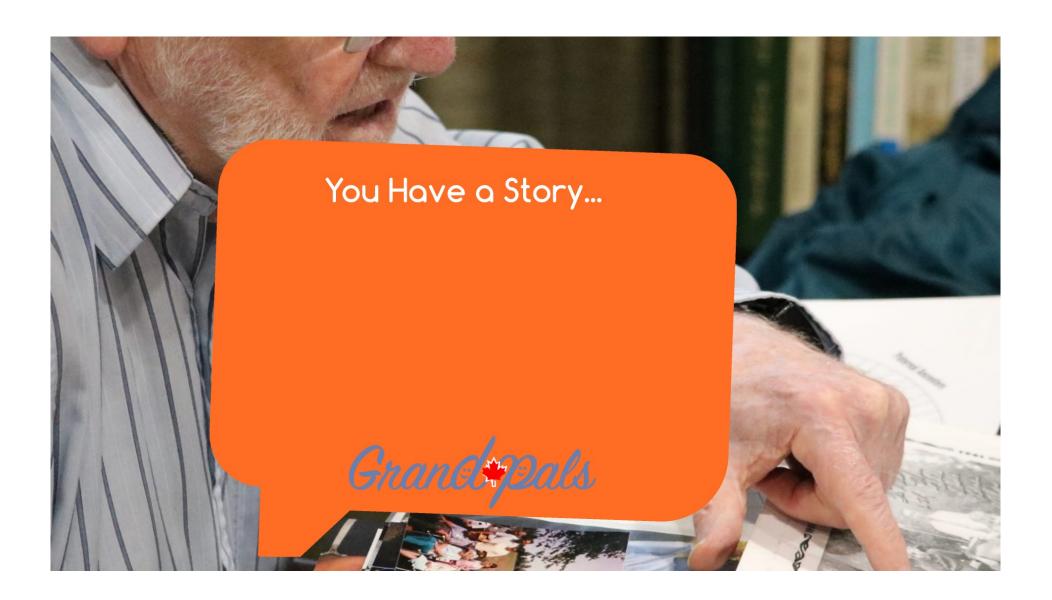


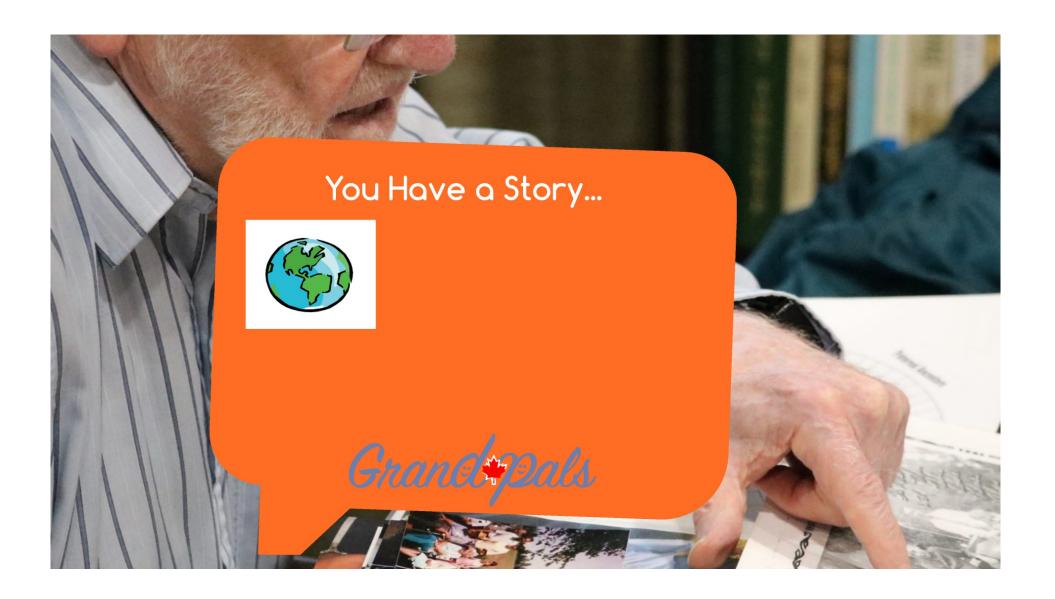
































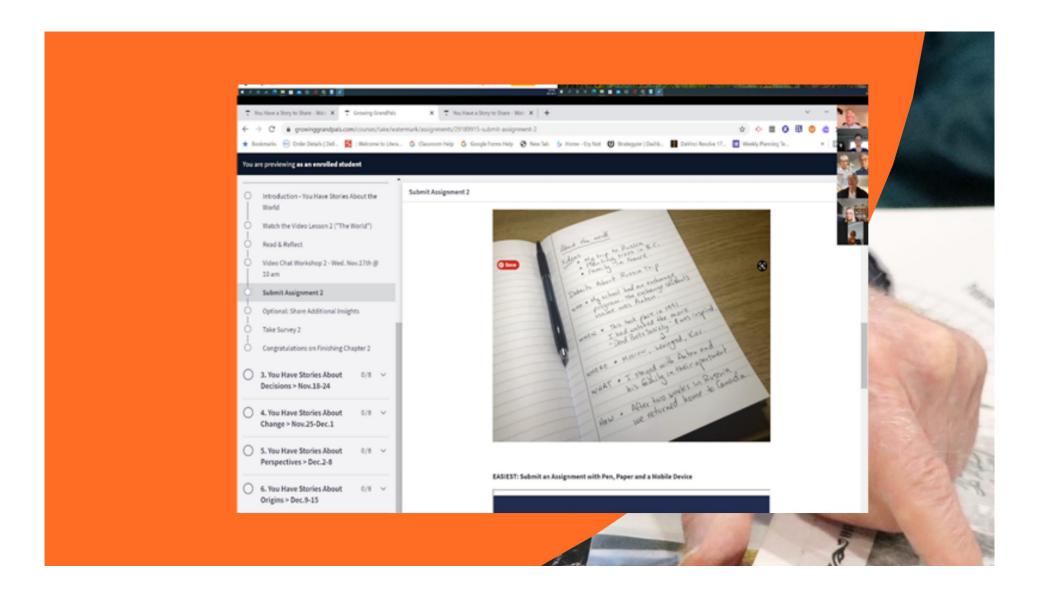




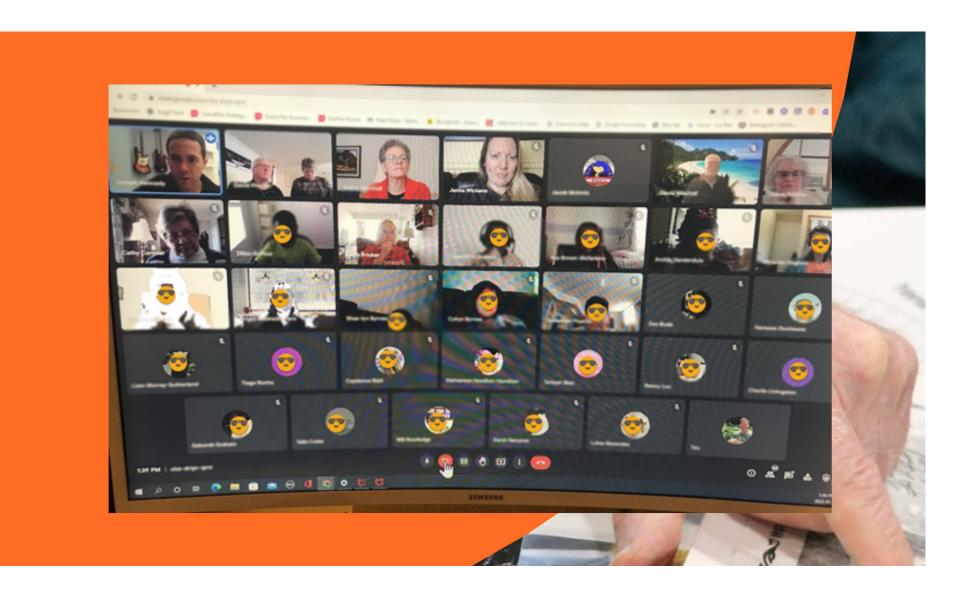






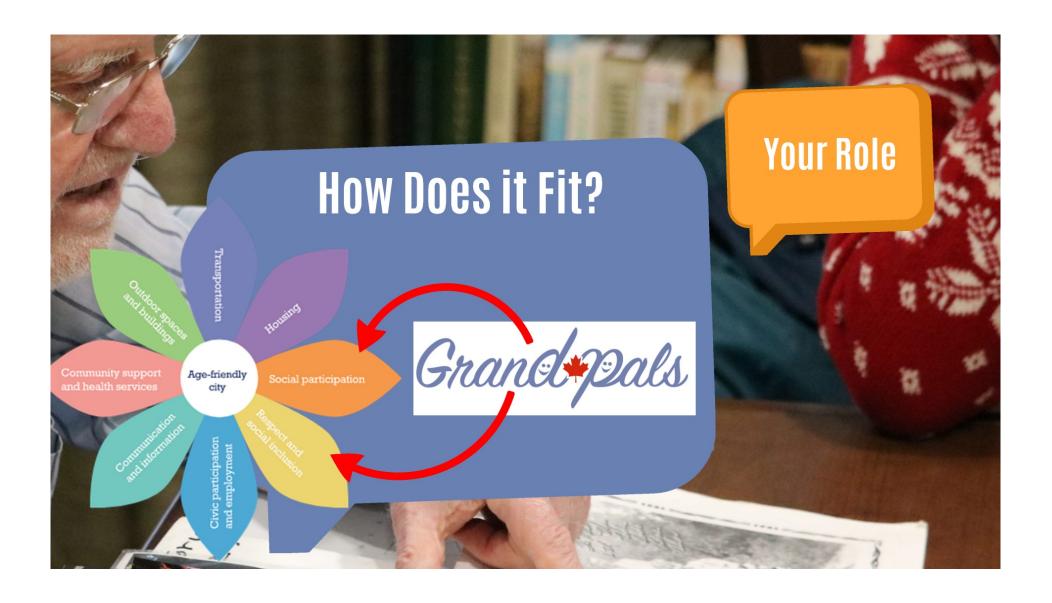












Your Role:



"I THINK MOST PEOPLE DO NOT THINK THEY HAVE STORIES.
YOU'VE GOT EXPERIENCES TO BRING TO YOUNG PEOPLE HERE
THAT ARE GOING TO BE LIFE CHANGING FOR THEM...SO BE
THAT PERSON IN THEIR LIFE. THAT'S GOING TO MAKE A
DIFFERENCE."

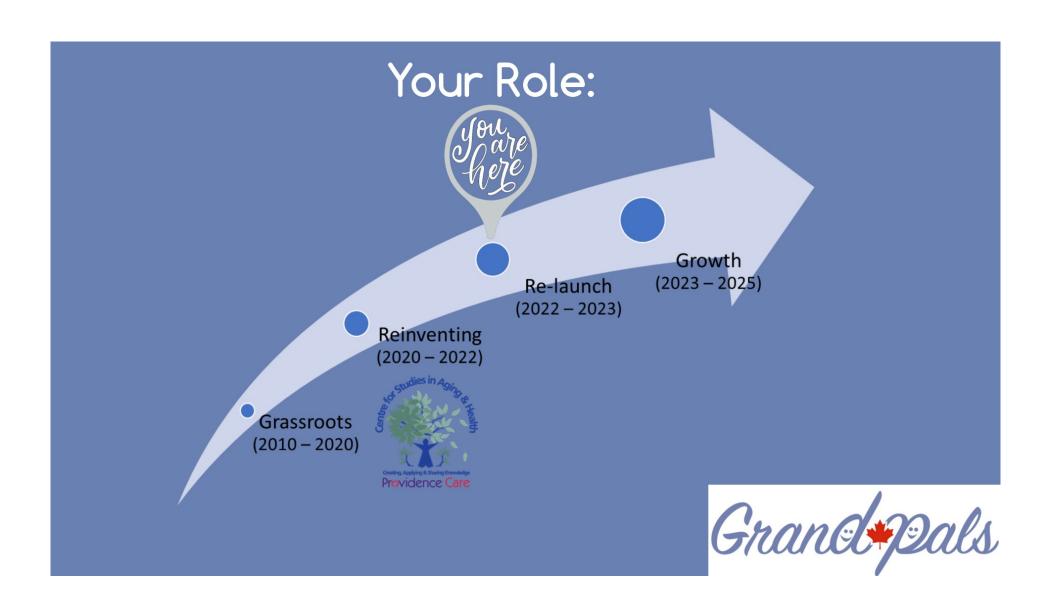


-NEIL ORFORD, HISTORIAN / AWARD WINNING EDUCATOR



Your Role:





Your Role:







1. GrandPal- meet with students and share your story



- 1. GrandPal- meet with students and share your story
- 2. Champion GrandPal- recruit GrandPals



- 1. GrandPal- meet with students and share your story
- 2. Champion GrandPal- recruit GrandPals
- 3. Program Coordinator- start up & coordinate GrandPals in your community



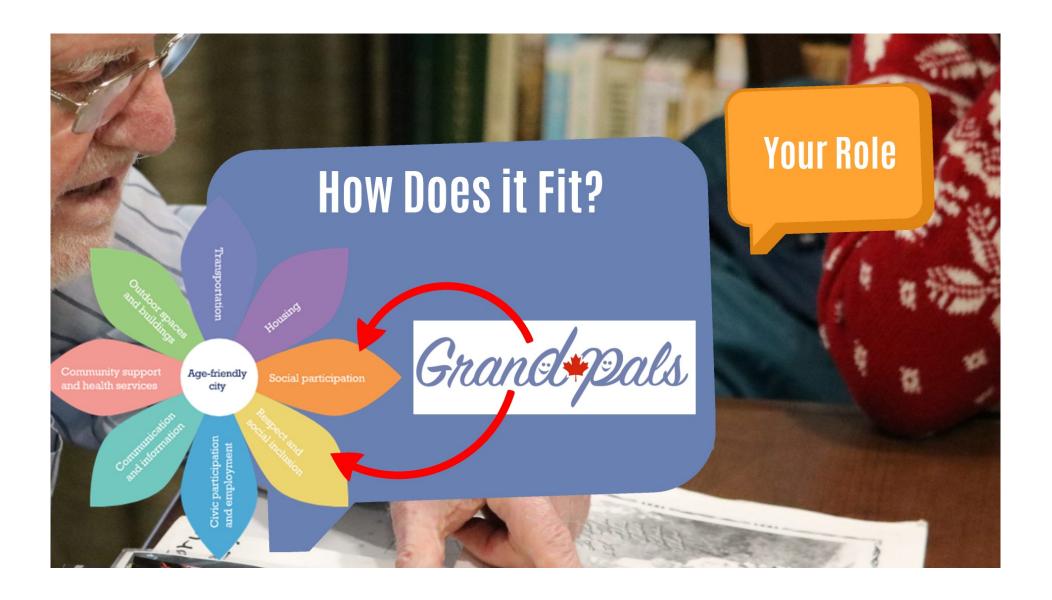
- 1. GrandPal- meet with students and share your story
- 2. Champion GrandPal- recruit GrandPals
- 3. Program Coordinator- start up & coordinate GrandPals in your community
- 4. Host Teacher- enrich student learning by hosting GrandPals in your classroom

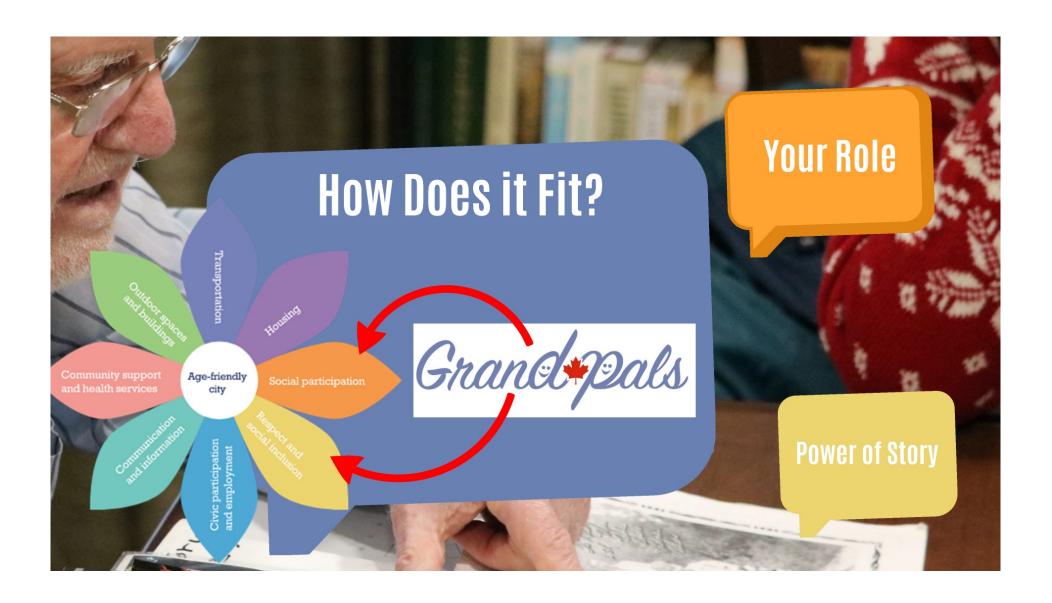


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- 4. Host Teacher- enrich student learning by hosting GrandPals in your classroom

Contact Jules Myer, Project Manager at julia.myer4@gmail.com for more information!

















Community Paramedicine Home Visit Program

Kristy Campbell

Community Paramedicine Program Manager County of Simcoe Paramedic Services

Community Paramedicine Home Visit Program

Key features:

- Recent funding from Ministry of Long Term Care to support clients on the long term care wait list
- Expanded scope paramedics
- In-home support for patients with CHF, COPD and Diabetes
- Routine and exacerbation assessments
- Consultation with the patient's physician/nurse practitioner
- In-house medical delegation
 - Dr. Marty McNamara
 - Morgan Krauter (NP)



Community Paramedics



Community paramedics can perform the following:

- Wellness Checks
- Physical Assessments
- Other Assessments
 - Frailty Score, Rapid Geriatric, ADL/iADL,
 Snellen, Home Safety, PPS, CAT, ESAS, mMRC
- Vital Signs (including ECG)
- Chronic Disease Management
- Patient Education
- Medication Compliance
- Medication Administration / Symptom Relief

- Home Safety Scans
- Bloodwork
 - Electrolytes, blood urea nitrogen, creatinine, glucose, hemoglobin, hematocrit, INR, AIC
- COVID-19 testing
- Influenza and COVID-19 Vaccinations
- IV access
- Tracheostomy, Catheter and Ostomy Care

Community Paramedicine Home Visit Program

BENEFITS

- Community Paramedicine supports patients to stay healthy and independent within their own homes
- Patients become less reliant on calling 9-1-1
- Reduction of hospitals visits
- Reduction of clinic/physician appointments
- Increased health care system capacity
- Enhanced patient satisfaction



Our Home Visit Patient

72 y/o female with multiple chronic diseases:

COPD, Pulmonary Interstitial Fibrosis,
 Pulmonary Embolism, Pulmonary hypertension,
 CVA, depression, anxiety, rheumatoid arthritis

A routine community paramedicine in-home visit:

- Increased SOBOE with increased cough and purulent sputum production x 2 weeks
- Impossible for her to lay flat to sleep due to her SOB
- Auscultation revealed deep rhonchi in the mid to base bilateral and mild inspiratory crackles
- Considering Medical Assistance In Dying

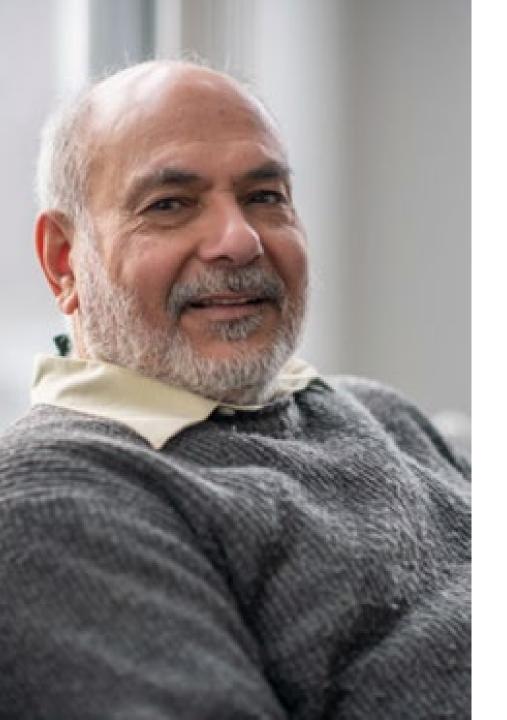
How the CP Home Visit Program Helped:

Following the comprehensive assessment, the CP conducted a phone consultation with the patient's primary care physician:

- Patient was prescribed:
 - Moxifloxacin 400 mg OD for 7 days
 - Prednisone 50 mg OD for 5 days
 - Atrovent and Ventolin 4 puffs each QID as per CP directive
- The CP reviewed the prescription with the patient and provided 3 days of each medication
- The prescription was sent to the pharmacy for delivery directly to the patient
- Discussion, support and resources provided to the patient regarding the MAID program

In-home follow-up assessments 3 and 7 days post

 The patients condition had improved and she fully recovered from her COPD exacerbation





Patient Referrals

- Accepting patients who would benefit from in-home support to manage their chronic CHF, COPD and Diabetes
- Referrals can be made by completing and faxing the referral form
- www.simcoe.ca/communityparamedicine

After a Patient is Referred:



- Acceptance

 — Initial home visit scheduled
- Inform patient's Physician/NP
- Initial visit:
 - Patient assessment, medical conditions, current treatments, supports in place
 - Consult patient's physician/NP to facilitate changes to medications and treatment plans (if required)
 - Answer questions, schedule a follow-up appointment and make suggestions for any additional supports that may be available.
 - Phone number to consult a Paramedic directly for exacerbation

Wellness Clinics



- Homeless individuals, unmet medical and mental health needs
- Wellness clinics by Vulnerable Population Community Paramedics
- Ensure wellness and decrease 911 calls / hospital visits
- 2 full-time CPs, weekly wellness clinics for individuals in seven homeless shelters
- Provide general wellness checks, episodic care, vaccinations, referral services,
 access to mental health and addiction services and connection with primary care
- Collaboration with CMHA

911 Referrals





- Paramedics assessing and identifying patients with unmet health and social needs
- All referrals are reviewed and submitted to partner organizations including 211, Home and Community Care, CMHA and our CP Home Visit Program
- Approximately 100 referrals per month
- No door is the wrong door

Contact Information:

Kristy Campbell
Community Paramedicine Program
Manager County of Simcoe Paramedic
Services
Kristy.Campbell@Simcoe.ca

