

Seniors Advisory Committee

Tuesday March 12, 2019

3:00 PM – 5:00 PM

Ontario Room

Minutes

Attendance:

Satya Arora
Arul Rajasingam
Patricia Anderson
Anthony Ko
Almas Mawani
Alam Muhammad
Yash Kapur

Regrets:

Gail Leet, Chair
Councillor Amanda Collucci
Mithan Lal Kansal
Diane Gabay

Guests:

Janet Rurak, York Region
Judy Coultres-MacLeod, York Region
Peter Thoma, Urban Metrics
Michael Johnson, Urban Metrics
Kirk McDonald – Angus Glen Seniors Club
KY Chu - MONTM KC

Staff:

Josh Machesney, Elections & Council/Committee Coordinator
Marta Wrzal, Recreation Coordinator – Programs & Outreach

| Item | Discussion | Action Item |
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| 1. Call to Order & Disclosure of Pecuniary Interest | The Seniors Advisory Committee convened at 3:05 PM with Marta Wrzal Recreation Coordinator – Programs & Outreach, presiding as Chair. | |
| 2. Approval of the February 19, 2019 Seniors Advisory Committee Minutes | That the February 19, 2019 Seniors Advisory Committee Minutes be approved. Carried | |
| 3. Michael Johnson, Senior Project Manager, Urban Metrics – York Region Seniors & Caregivers Capacity Planning Workshop | <p>Mike Johnson, Urban Metrics, was in attendance to facilitate a discussion with Committee Members regarding the core service needs for different senior populations in York Region. Mr. Johnson advised that Urban Metrics is currently undertaking a study on seniors in York Region that attempts to understand the most necessary programs and services for seniors in York Region. Mr. Johnson provided two handouts entitled “Vulnerability Characteristics” and “Capacity Planning for Seniors & Caregivers to Navigate the System” and asked that Committee members complete the questionnaire portion and return it to him.</p> <p>There was an open discussion about the top programs and services available in York Region, or that ought to be available in York Region, that help seniors “age in place”. A number of programs and services were identified as being necessary during the discussion:</p> <ul style="list-style-type: none"> • Access to health care programs & therapies; • Access to CCAC • Snow & windrow removal; • Public transit & escort; • Companionship services; • Availability of recreation spaces at community centres; <p>It was acknowledged by Members and Guests that the lack of</p> | |

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| | <p>communication about seniors' programs and services is a barrier to seniors being able to access them. Mr. Johnson explained that York Region and the City of Markham is aware of this and have prioritized the communication of seniors' programs and services to improved accessibility through their Older Adult Strategies and Age-Friendly initiatives.</p> <p>There was concern expressed for the cancellation of seniors recreation programs during March Break and during the summer months to allow for children's recreation programs. It was pointed out that senior recreation programs are imperative for a number of reasons, including promoting a healthy lifestyle and helping to combat social isolation among seniors.</p> | |
| 4. Coffee Talk Update | <p>Marta advised that herself, Satya and Gail met with Luke Hiltz to begin organizing the Committee's first Coffee Talk. Marta announced that Armadale Community Centre will host it. The Talk will take place during the second week of April (date to be determined). The topic is "Ministry of Transportation", and a representative from the Ministry will be there to facilitate the discussion. The flyer will be made available to members once a date is selected.</p> | |
| 5. New Business | <p><u>Middlefield Seniors</u> Arul advised that Middlefield Seniors is opening a café at Aaniin Community Centre.</p> | |
| 6. Adjournment | <p>The meeting adjourned at 4:45 PM.</p> | |