

Seniors Advisory Committee

Tuesday November 13, 2018

3:00 PM – 5:00 PM

Ontario Room

Minutes

Attendance:

Ramma Chabra, Vice-Chair
Satya Arora
Laila Jiwa
Arul Rajasingam
Diane Gabay
Patricia Anderson
Christine Wong
Almas Mawani
Gail Leet, Chair
Anthony Ko
Alam Muhammad
Yash Kapur
Councillor Amanda Collucci

Regrets:

Councillor Colin Campbell
Regional Councillor Nirmala Armstrong
Mithan Lal Kansal

Staff:

Josh Machesney, Acting Council/Committee Coordinator
Brian Bailey, Supervisor, Community Programs
Emma Girard, Communications Advisor

Item	Discussion	Action Item
1. Call to Order &	The Seniors Advisory Committee convened at 3:00 PM with Gail Leet	

Disclosure of Pecuniary Interest	presiding as Chair.	
2. Approval of the September 11, 2018 Seniors Advisory Committee Minutes	That the September 11, 2018 Seniors Advisory Committee Minutes be approved. Approved	
3. Presentation by Vena Stewart – Semprie – Seniors taking Care of Seniors	<p>Diane Gabay introduced Vena Semprie, Caregiver and author of Caregiver Triumphant. Ms. Semprie was in attendance to talk with the Committee about “caregiver burnout”.</p> <p>Ms. Semprie discussed her experiences and challenges caregiving for her husband, who had been diagnosed with Multiple Sclerosis.</p> <p>She encouraged those Committee Members who are also caregivers to take care of themselves first – this is an essential first step in taking care of others. She discussed a number of strategies to help caregivers avoid burnout:</p> <ul style="list-style-type: none"> • Proper nutrition • Exercise • Adequate Rest <p>She urged anyone who is struggling with caregiving to reach out to her.</p>	
4. Health and Wellness Fair	<p>Ramma Chabra, Vice Chair, reminded the Committee that the Health and Wellness Fair runs November 15 from 10 AM – 12 AM at Cornell Community Centre. The Committee will have table #29 and will be passing out information. Satya and Ramma will be running the table.</p> <p>Ramma encouraged all members to attend the Fair.</p>	
5. Holiday Luncheon	Diane advised that she is in the process of ordering food for the luncheon.	Josh will reach out the Mayor’s Office

	So far, 15 people have confirmed their attendance.	to extend an invitation to the Mayor.
6. Markham Life Update	<p>Emma Girard, Communications Advisor, advised that Heather Hogan is working on the Spring Issue of Markham Life. Heather is working with Jane from MOSIAC to write an article on Seniors Services.</p> <p>A short article written by Gail regarding the Seniors Extravaganza will also be featured in the Spring Issue of Markham Life.</p>	
7. New Business	Seniors Hall of Fame ceremony for 2019 will take place on October 19, 2019.	
8. Adjournment	The meeting adjourned at 4:04 PM	