

MINUTES
SENIORS' ADVISORY COMMITTEE
July 14, 2015
Ontario Room
3:00 P.M. – 5:00 P.M.

Attendance: Gail Leet, Christine Wong, , Sajeda Shirazi, Asad Shariff, Diane Gabay, Ramma Chabra, Devendra Mishra, Manickampillai Velauthapillai, Vincent Cheung, Katy Kwan, Faiz Mohyuddin, Laila Jiwa and Regional Councillor Nirmala Armstrong Guests: Debra Cooper-Burger, CEO of Unionville Home Society and Rebecca Shields, Canadian Mental Health Association (York and South Simcoe) Staff: Kiran Saini, Jason Tsien, Janet Beatty, Emma Girard and Diane Samek Regrets: Councillor Amanda Collucci, Councillor Colin Campbell, Balasunderam Ponniah and Yash Kapur
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Item	Discussion	Action Item
1. Call to Order	The Seniors Advisory Committee convened at 3:01 PM with Gail Leet presiding as Chair and Ramma Chabra chaired the meeting from 3:36 PM until adjournment.	
2. Unionville Home Society Campus	Gail Leet welcomed Debra Cooper-Burger CEO NUHS to the meeting. Debra Cooper-Burger, advised that the Unionville Home Society is working with the Region to build affordable housing for seniors. The Heritage Villa at Union Villa will be closing in 18 months for redevelopment, with twice the amount of the housing units currently available for seniors. She advised that individual meetings and interviews are being conducted with the current tenants, in an effort to relocate them on an interim basis. Transition packages have been provided to the current residents, and are updated on a bi-weekly basis. A copy of this package will be made available to Committee Members. Their website is continuously updated and quarterly meetings will be held for the tenants. Translators will be provided to the tenants.	

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	Regional Councillor Nirmala Armstrong advised that the Region has been working on this matter for a while and it is an important issue for the Senior's Advisory Committee to get involved in. She advised that Committee Members should question, or continue to question their Regional Councillors' on important seniors' issues. It was noted that questions surrounding seniors' issues/matter should be addressed with the Regional Council or Markham Council as a whole. She asked the Committee to develop questions that she, or another member of Regional Council, could ask at the Regional Housing Committee level going forward.	
3. Canadian Mental Health Association (CMHA)	Gail Leet welcomed Rebecca Shields, CEO from CMHA (York Region South-Simcoe Branch). Rebecca Shields advised the Committee that CMHA focused on treatment, rehabilitation, prevention and early Intervention in mental health. She delivered a PowerPoint presentation which focused on areas of concerns for seniors, such as anxiety, depression and addiction. Rebecca provided information on CMHA's Bounce Back program, which has had successful implementation in British Columbia. The program focuses on mild to moderate depressed individuals, and provide over the phone counseling. It is a free service, but an individual must be referred through their family physician. It has been fully translated into Cantonese and Mandarin. Rebecca advised that CHMA has a fully functional mobile walk in clinic called "MOBYSS" which is staffed with a nurse practitioner. It has been on the road since May 4, 2015 and travels around York Region and the South Simcoe area where the youth typically would congregate (schools, skate parks, etc). It is a free service and youth are not required to bring in the OHIP card when they visit. To date, they've had over 2,000 youth pass through their bus. The Senior's Advisory Committee expressed interest in a mobile clinic targeted for seniors. This would be especially helpful for seniors who have limited mobility or are in isolated areas. The Committee discussed that they would need to articulate the mobile bus for seniors as a community need. It would be important to engage the Region as well. Stakeholder engagement of seniors in the York Region and South Simcoe area	

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	would be required to ensure that the bus is created appropriately for seniors.	
4. Approval of Minutes, June 9, 2015	Ramma thanked Asad for arranging CHMA to come to speak to the Committee. Moved by Christine Wong Seconded by Devendra Mishra That the June 9, 2015 Seniors' Advisory Committee minutes be adopted as distributed. Carried	
5. Health & Wellness Fair	<u>Markham Life Magazine</u> Emma advised that Diane Samek will be the Corporate Communications representative who will sit on the Committee going forward. Emma advised that Gail was provided a draft of the 2 page spread showing the Committee mandate and save the date for November 5 health and wellness fair. Gail will provide Diane with the poster of the seniors extravaganza. The Markham Life Magazine will be distributed on August 6, 2015 and the fall issue will be published on October 29, 2015. Information for the winter issue needs to be submitted to Corporate Communications by end of the August/early September, the latest. <u>Health & Wellness Fair</u> Any applications should be forwarded to Janet Beatty. Currently only 2 booths have been confirmed. The Committee discussed having MOBYSS attend or a representative from CHMA the Health and Wellness fair. Diane Gabay advised that RBC will be supporting the event for \$200 and will have a table at the event. Laila Jiwa advised that Michael Angelo's will donate 200 bags for handouts, but will not be sponsoring a table. Katy Kwan advised that she will contact Longos for additional	Gail to provide Diane with the poster of the seniors extravaganza

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	bags. It was noted that at the last meeting, Councillor Amanda Collucci advised that she would follow up with Yee Hong and Shoppers for items to distribute at the fair.	
6. OLDER ADULT STRATEGY	Jason Tsien advised that the City of Markham received a grant for the Older Adult Strategy. Staff members are currently working on the Request for Proposal document, which is in its preliminary stages. Jason advised that the Committee should focus on sections 1 to 6 and 14. Feedback should be provided to Jason no later than July 28, 2015. While the province requires municipalities to launch their Older Adult Strategy by March 2017, Staff members are working to launch Markham's Strategy by December 2016. Jason reminded the Committee that the Older Adult Strategy does not address housing and transportation. A Steering Committee will be formed in conjunction with the consultation selection process (will include academics, service providers, and members of the community). Terms of Reference for the Steering Committee will be brought forward to Council once ready. There was no new business.	
7. NEW BUSINESS	There was no new business.	
8. ADJOURNMENT	The Seniors' Advisory Committee adjourned at 4:54 PM.	