

Minutes of the Meeting of the Brandon Age Friendly Committee of Council
Held January 12, 2023, at 5:00 p.m. in the T.E Snure Multi-Purpose Room, 638 Princess Ave.,
and via Teams Online Platform (Meeting Recorded)

Present:

Nancy McPherson, Co-Chair
Heather Karrouze, Councillor
Greg Hildebrand, Councillor (arrived at 5:15 p.m.)
Doug Fraser, Citizen Representative
Deirdre Chisholm, Citizen Representative (arrived at 6:00 p.m.)
Meryl Orth, Citizen Representative (via Teams)
Rob Lavin, Citizen Representative
Susan Boyachek, Citizen Representative
Areta Donnelly, Citizen Representative
Perry Roque, City Facilitator
Sincerely Sibanda, City Administrative Assistant

1.0 Call to Order

Welcome/Introduction

Chair Nancy McPherson called the meeting to order at 5:00 p.m. and welcomed Sincerely Sibanda as the recording secretary and asked for brief introductions from all Committee members.

2.0 Approval of Agenda

Motion: Doug Fraser/Rob Lavin

To approve the January 12, 2023, Age Friendly Committee agenda as amended with the following additions:

Item 6 (j) Review of meeting dates and times

Item 8 (a) Social prescribing initiative

Item 8 (b) Older adult training

Item 8 (c) World Hearing Day

Item 8 (d) Transportation Options Networks for Seniors (TONS)

Item 8 (e) Thank you

Carried

3.0 Approval of Age Friendly Committee Minutes

Motion: Doug Fraser/Areta Donnelly

To approve the meeting minutes of November 17, 2022, and December 15, 2022, as circulated.

Carried

4.0 Presentation

None

5.0 Correspondence

None

6.0 Old Business

A. Age Friendly Brochure - Susan Boyachek

The Age Friendly brochure (postcard) had been completed and delivered to Susan Boyachek. The postcard is available as a marketing tool for future distribution.

B. Working Group: Terms of Reference – Nancy McPherson

Nothing to report.

C. Working Group: Action Plan and Evaluation Metrics – Susan Boyachek

Nothing to report, however it was requested to be included on the next meeting agenda to:

1. review the action plan and include proposed timelines for all projects.
2. review any additional metrics that could be added.

ACTION ITEM: Committee to review Action Plan in preparation for the next meeting. Perry Roque to send out the most current Action Plan to Committee members.

D. Working Group: Seniors Resource Guide - Rob Lavin

Committee agreed to discuss Items 7 (d) News Release and 7 (e) Distribution at this time.

Rob Lavin advised that the Resource Guides have been delivered to Seniors for Seniors for further distribution. No public announcements have been made until the press release is approved by the Committee.

(03/2023)

Motion: Susan Boyachek/Doug Fraser

That the Committee approves the media release for the Seniors Resource Guide with the inclusion of the councillor's comment and to be sent to Merrilea Price, City Communications Officer, for final editing and distribution to all media outlets. *Carried*

ACTION ITEM: Distribution of the Seniors Resource Guide will occur as follows:

- Councillor Greg Hildebrand to deliver to 25 senior residences/pch as listed, Friendship Centre, MMF, Westman Immigration, Legion, Army & Navy and funeral homes.
- Nancy McPherson to deliver to ACC and BU.
- Cheryl Winger to deliver 30 to Community Mental Health and 20 to BRHC Social Workers.
- Councillor Heather Karrouze to deliver 50 to Monterey Estates.
- Balance will remain at Seniors for Seniors for walk-in pickups

Last year's marketing plan included boosting a Facebook post for \$100 announcing the Guide and pointing people to the Age Friendly website to access the pdf. The Committee agreed this plan should continue for the current 2nd edition.

(04/2023)

Motion: Susan Boyachek/Heather Karrouze

To approve a Facebook post boost expense of \$100 for marketing of the Seniors Resource Guide. *Carried*

E. Social Media - Susan Boyachek

Nothing to report.

F. Newsletter – Nancy McPherson

Nothing to report.

7.0 New Business

A. Action Plan - Feedback Re: Community Engagement Network – Rob Lavin

Committee agreed to discuss Items 7 (b) draft CEN report re City Plan and 7 (h) final report to be placed on website, at this time.

Rob Lavin reiterated information from past meetings relating to the Community Engagement Network Program. He had previously shared minutes of the community meetings with the Age Friendly Committee and from these minutes, a draft report has been prepared that consolidates this information as this item specifically relates to one of the Committee's Action Plan items, ie "Item 6(c) Participate in community engagement events to seek public feedback that may relate to the City of Brandon Development Plan, in partnership with the Advisory Committee for the provincial Community Engagement Network process." The Committee discussed that this report could be used to formulate a presentation to Council and to meet with Department Heads to share the information. It was also discussed that the CEN provincial survey results and Brandon City Plan engagement report should be incorporated as an addendum to provide related expanded results when placed on the Age Friendly website.

(05/2023)

Motion: Susan Boyachek/Areta Donnelly

To form a working group consisting of Susan Boyachek, Rob Lavin, and Nancy McPherson to address Action plan item 6(c) with the development of a formal report and applicable meetings/presentations and follow up. *Carried*

B. Draft report Community Engagement Network

Addressed with item 7(a).

C. Age Friendly Committee 2023 - Appointment of Chair or Co-Chairs

(06/2023)

Motion: Heather Karrouze/Greg Hildebrand

Appoint Nancy McPherson as Chair and Susan Boyachek as Co-Chair to the Age Friendly Committee for 2023. *Carried*

D. Seniors Resource Guide draft news release

Addressed with item 6(d)

E. Seniors Resource Guide distribution list

Addressed with item 6(d)

F. Southwest Secondary Plan objection

Susan Boyachek advised the Committee that the 1st reading to the amendments to the Southwest Secondary Plan was completed at the January 3, 2023, Council Meeting. She further advised that an objection to the Southeast Plan Secondary Plan was presented in 2021 and was well received by the Department with many of the items incorporated into the amended Plan. The focus was on including the Accessibility Act as a governing policy, green space, and community gardens. It was suggested that the Committee should not miss out on the opportunity to submit objections for the Southwest plan, if appropriate.

ACTION ITEMS:

- Committee Members are to review the Southwest Secondary Plan to highlight Age Friendly principles that may have been overlooked and can be incorporated into the Plan amendments and provide feedback at the next regular meeting.
- Susan Boyachek will contact Andrew Mok to determine the scope of the hearing, ie entire Secondary Plan or limited to amendments presented at January 3rd Council Meeting and whether a meeting to discuss items is sufficient or if a formal report is required.
- Nancy McPherson and Doug Fraser will compile report, set up meeting with Planning or present an objection on behalf of Age Friendly Committee if required.

G. Budget discussion – contract employee proposal

With upcoming budget deliberations of City Council, the Committee is required to review budget requirements and provide Council representatives with items for consideration. A written proposal was presented for Committee consideration to use the bulk of the anticipated funding to pursue a contract employee as a pilot project for the 2023 year. In previous years, funds have been targeted toward marketing and promotions and the intent of the 2023 proposal would be to work on projects within the Action Plan, including but not limited to, WCG programming, newsletter, social media and general support to Committee. Aside from the ask to Council for the 2023 budget, the Committee will attempt to leverage more funds from outside grant opportunities to support the contract proposal.

ACTION ITEM:

- Perry Roque to discuss with City HR to determine appropriate steps to acquire contract person to ensure it meets with Union Agreement.
- Committee to proceed with contract proposal if funds approved through Council.

J. Meeting dates and times.

Tabled for discussion to next regular meeting.

8.0 Information Items

A. Social Prescribing Initiatives

Nancy McPherson advised the Committee that Perry Roque, Rob Lavin and herself met with a provincial planning team on this new initiative. Rob Lavin advised the “Social Prescribing Initiatives” is a new plan in the province facilitated by Manitoba Association of Senior Communities (MASC). They selected a few communities as pilot projects including Winnipeg, Steinbach, Selkirk, and Brandon and have requested a point of contact person for each location which has been appointed to do an administrative staff person at Brandon Seniors for Seniors. Nancy McPherson added that social support networks are a key determinant of health. One of the big lessons from COVID is that people, in general, are socially isolated not because of the lockdown but just from being socially isolated. Thus, the idea for the social prescribing initiative arose in which family physicians and primary care providers can write prescriptions for things such as walks in nature, joining pickleball, or joining a knitting league, etc. Other Provinces have adopted the idea of social prescribing and have seen positive results by raising the profile of social connections. Nancy McPherson concluded that this is in the primary stages and more to come as this initiative unfolds.

B. Older Adult Training

Meryl Orth shared with the Committee of a first of its kind in Canada offered by the University of Manitoba Extended Education Division called Micro Certification in Facilitating Older Adult Learning. It is a new 12-week online program designed for all sectors, from healthcare professionals to educators to leaders and anyone who engages with older adults, some or all the time. It is designed to enhance understanding of how learning can be affected as you age and how to design and facilitate learning experiences for older adults. The program starts on January 30, 2023, and registration is currently open.

C. World Hearing Day

Meryl Orth advised Committee World Hearing Day is January 12.

D. Transportation Option Networks for Seniors for the Province of Manitoba (TONS)

Meryl Orth advised the Committee that she is a member of the TONS Board, and the TONS Board has two questions for Brandon Transit and wanted to know how to proceed with obtaining the information.

- 1) Does the Brandon Transit have a policy or protocol on motorized scooters and motorized wheelchairs that they could share?
- 2) Does a person stay seated on their scooter once they are strapped down in the handi-van?

ACTION ITEM:

Meryl Orth was advised to send a formal request to Chair Nancy McPherson who will liaise with Brandon Transit and respond on behalf of Age Friendly Brandon.

E. Thank you

Meryl Orth wanted to express a thank you to the City Planning Department for a good job in addressing the Age Friendly mandates put forth by the United Nations and endorsed by Canada as per information circulated to the Committee and the recent Brandon Sun newspaper articles.

F. University of Manitoba Center of Aging Online Program

Doug Fraser shared that UofM is offering a six-week online program designed to help reimagine aging. Program begins in the next week and runs through February.

9.0 Adjournment

(07/2023)

Motion: Doug Fraser /Heather Karrouze

To adjourn the meeting at 7:07 pm.

Carried

Chairperson

Date

Next Meeting: Feb 16, 2023

Minutes prepared by Sincerely Sibanda.