

## **Chatham-Kent Age Friendly Advisory Committee**

**Date and Time:** Thursday February 8, 2018, 4:30pm – 6:00pm

**Location:** Chatham Public Library, Community Board Room

**Present:** Karen Herman (Chair)  
Barbara Ferren  
Helen Kehoe  
Andrew Tompsett  
Sue Williams

**Regrets:** Marjorie Crew, Sara Ebare, Jane Rance

**Staff Present:** Heather Bakker, Administrative Assistant, Public Health  
Cathy DeBresser Knowler, Age Friendly Coordinator

### **1. Welcome**

### **2. Approval of the Agenda**

Motion of Approval: Barbara Ferren  
Seconded: Sue Williams  
Carried.

### **3. Declaration of Pecuniary/Conflict of Interest**

No members declared a pecuniary interest on any matter on the open session agenda.

### **4. Approval of Minutes of November 8, 2017**

Motion of Approval: Andrew Tompsett  
Seconded: Helen Kehoe  
Carried.

### **5. Business Arising from Minutes**

World Health Organization (WHO) Update – date for project submissions to the WHO has yet to be announced. A request to WHO has been made regarding the status of the plaque, recognizing Chatham-Kent as an Age Friendly community, currently set to expire in March 2018.

### **6. Age Friendly Coordinator's Updates**

#### **6.1 – Facebook Page**

All agreed to have a bio and picture of each committee member added to the Facebook page; members are asked to send information to the Coordinator. Also suggested getting the Age Friendly in the Chatham-Kent Seniors magazine; will

follow-up with Thiel Marketing to see if they would be interested in completing an article on Age Friendly. Also suggested being shown on the Thames View Family Health Team television promotion; details to be provided at next meeting.

## **7. 2018 Ontario Age Friendly Recognition Award**

Each community could nominate self for award; Mayor can nominate as well.  
Cathy submitted

## **8. Seniors Community Grant Program 2017-19 Application Updates**

Advised that would hear in early 2018 if awarded the grant; however still in the reviewing process.

## **9. Committee Member Vacancies**

Member has submitted resignation on the Committee. Need to look at gaps for the committee, i.e. geographical diversity or ethnic diversity.

## **10. Age Friendly Sub-Committee Updates**

All have met and reviewed the plan's existing goals. Data will be compiled from the committees to be presented at the next meeting. Need to look at future goals and objectives. It was suggested that the committee look at creating a project that encompasses the 6 pillars. It was also suggested that a questionnaire to the seniors' centres, asking for the 10 questions that are asked frequently.

## **11. Senior Directory**

Deferred for future discussion.

## **12. Next Meetings**

March 8, 2018

### **1. Adjournment**

Moved by Helen Kehoe to adjourn meeting at 6:05 pm. CARRIED

CONFIRMED: \_\_\_\_\_, CHAIR

## **Chatham-Kent Age Friendly Advisory Committee**

**Date and Time:** Thursday March 8, 2018, 4:30pm – 6:00pm

**Location:** Chatham Public Library, Community Board Room

**Present:** Karen Herman (Chair)  
Sara Ebare  
Barbara Ferren  
Jane Rance  
Sue Williams

**Regrets:** Marjorie Crew, Helen, Kehoe, Andrew Tompsett

**Staff Present:** Cathy DeBresser Knowler, Coordinator

### **1. Welcome**

### **2. Approval of the Agenda**

Motion of Approval: Sue Williams  
Seconded: Barbara Ferren  
Carried.

### **3. Declaration of Pecuniary/Conflict of Interest**

No members declared a pecuniary interest on any matter on the open session agenda.

### **4. Approval of Minutes of February 8, 2018**

Motion of Approval: Barbara Ferren  
Seconded: Sue Williams  
Carried.

### **5. Business Arising from Minutes**

Senior Advisory Committee has requested that the C-K Seniors Portal be kept separate from Age Friendly Facebook page. The Coordinator will research options and bring information to committee at April 12, 2018 meeting.

### **6. Age Friendly Coordinator's Updates**

#### **6.1 – EMS and Fire Services**

Recommendation CH3 in The 2015 Community Action Plan states “Encourage emergency and disaster relief services to coordinate additional public awareness and communication protocols to better identify and target the needs of isolated and aging individuals.

Age-Friendly Coordinator met with Administrative staff at Chatham-Kent EMS Headquarters to discuss the Age-Friendly initiative and how they can be partners.

They talked about the recent flood evacuation in Thamesville and other parts of Chatham-Kent, there is better understanding of the roll EMS had. Through 9-1-1 data, citizens age 60+ were flagged on a map and shared with incident commanders. In the event of a mandatory evacuation they were ready to start knocking on doors. The day prior to the flood they did a phone canvas of all 60+ citizens of Thamesville to check in to find out if all of them had enough medication, food and supplies. They asked if there were any medical issues they should know about, if they were aware of the pending flood and what their plans were should there be a mandatory evacuation. When the Municipality asked for medical supplies, a Community Paramedic was dedicated to stay the night at the Bradley Centre to work alongside Public health nurses. (This is now written into the disaster plan).

Three programs that CKEMS have in place that fit into our Age-Friendly action plan are:

- a) Chatham-Kent Community Para Medicine Program – a program that focuses on servicing clients who rely heavily on the healthcare system, in order to reduce wait times, and a strain on Emergency departments. Clients are usually from our vulnerable sector, referred by their primary health care agency. It's an intensive case management model where they go into a client's home to monitor medicine compliance, and other factors that contribute to their medical issues. They are serving as a patient advocate for people who have little knowledge to navigate the health care system, or don't have family to navigate for them. This program is not intended to duplicate services, rather to compliment them. EMS and LHIN have developed a close partnership and are working together to make the referral process smooth, and to ease the caseload that was on their Rapid Response Nurse Program. LHIN endorses this program. Program runs 7 days a week for 8 hours a day. 30 clients are being served at any one time. When this program was launched there was a 90% drop in ER visits of these chronic Emergency department visitors.
- b) Remote Monitoring – A tool used for patients with diabetes, COPD (Chronic Obstructive Pulmonary Disease) or CHF (Congestive Heart Failure). Patient is provided with their own blood pressure cuff, heart and oxygen monitor, scale and glucose monitor. All are Bluetooth enabled. A portal is installed in the patient's home. All information is sent to a server that is monitored by the Community Paramedics and can be accessed by the family doctor. It has a trigger so if the patient has 2 abnormal readings in a row an email is sent to the Community Paramedic, then that patient is red flagged and becomes a priority. In order for a patient to qualify for this program they have to have had 2 visits to the ER in a one year span for the same chronic illness. This program is working and saving thousands and thousands of dollars in ER visits and the need for intensive care because problems are caught before they get out of hand. There are 32 services in Ontario who have the program, Chatham-Kent has produced the best results thus far.
- c) Wellness Clinics – EMS partnered with St. Clair College's second year paramedic students to staff weekly wellness clinics at places around Chatham-Kent that house vulnerable people including seniors. An example is every Wednesday from 1pm-3pm a paramedic and 2 students set up in the

community room of 100 MacFarlane and check vitals, do meds reviews, symptom assessments. They started with just 2 residents attending on the first day and now have line ups of 90% of the residents of the building showing up. They have formed relationships with people who for some, have no other supports.

#### 6.2 Prosperity Roundtable

Age Friendly Coordinator met with the new coordinator of the Prosperity Roundtable to see how we can work together to meet the goals of both initiatives. Perhaps a partnership with United Way regarding Homeshare program and Tiny Homes Initiative. As well, perhaps the opportunity to work together to do a business recognition program that assists both initiatives.

### 7. 2015 Community Action Plan Updates

Over the past few months, subcommittees dedicated time to each of the six dimensions. The data gathered from that work was added to the dashboard (an excel spreadsheet tool to track as Action Plan recommendations are being met). Committee will cover one dimension over the next eight Age Friendly committee meetings.

Age Friendly Committee's goal for Community Support & Health Services is 6.3.4 (to develop and launch a public awareness campaign encouraging people to "Plan Your Aging"). All were in favour.

### 8. Partners

Deferred to next meeting.

### 9. Community Action Plan 6 Dimensions versus the WHO's 8 Dimensions

A discussion of whether the committee should revisit the idea of having 8 dimensions that line up with the World Health Organization's 8 dimensions rather than the 6 that Chatham-Kent's 2015 Community Action Plan outlines. Motion made by Barbara Ferren to continue with the 6 dimensions, not 8; seconded by Sue Williams.

### 10. Next Meetings

April 12, 2018

#### 1. Adjournment

Moved by Sara Ebare to adjourn meeting at 6:05 pm. CARRIED

CONFIRMED: \_\_\_\_\_, CHAIR

## **Chatham-Kent Age Friendly Advisory Committee**

**Date and Time:** Thursday April 12, 2018, 4:30pm – 6:00pm

**Location:** Chatham Public Library, Community Board Room

**Present:** Karen Herman (Chair)  
Marjorie Crew  
Sara Ebare  
Barbara Ferren  
Helen Kehoe  
Jane Rance  
Sue Williams

**Regrets:** Cathy DeBresser Knowler, Andrew Tompsett

**Staff Present:** Heather Bakker, Administrative Assistant, Public Health

### **1. Welcome**

### **2. Approval of the Agenda**

Motion of Approval: Sue Williams  
Seconded: Sara Ebare  
Carried.

### **3. Declaration of Pecuniary/Conflict of Interest**

No members declared a pecuniary interest on any matter on the open session agenda.

### **4. Approval of Minutes of March 8, 2018**

Motion of Approval: Helen Kehoe  
Seconded: Barbara Ferren  
Carried.

### **5. Business Arising from Minutes**

5.1 Discussion on developing a tag line that encompasses the goals of the Committee (develop and launch a public awareness campaign encouraging people to “Plan Their Aging”). Deferred to next meeting.

Website Development - Seniors Advisory Committee (SAC) would prefer not to be combined with the Age Friendly. Coordinator will proceed with creation of a SAC page within the Municipal website.

February – Thames Family Health Team meeting is scheduled to discuss having Age Friendly information on their media screens. Information will be brought forward to next meeting.

## **6. Age Friendly Coordinator's Updates**

### 6.1 – Age Friendly Recognition Award

Cathy and Karen attended the Ontario Age Friendly Communities Symposium: Aging with Confidence where Chatham-Kent received the Age Friendly Recognition award. All agreed that presentation to be made to Council for this recognition.

### 6.2 - Youth Advisory Committee (YAC)

Marjorie Crew moved, seconded by Sara Ebare:

**“That should a YAC be created , the Age Friendly Committee (AFC) to advocate to have a member be added to AFC and Terms of Reference be adjusted to reflect this addition. Coordinator to review and update current Terms of Reference and present to Committee at next meeting.**

The Chair put the Motion.

**Motion Carried**

### 6.3– Age Friendly Community Presentations

Cathy and Karen are planning to attend community meetings to present the Age Friendly initiative; have scheduled to attend Blenheim Rotary and Chatham-Kent Accessibility Committee.

## **7. Discussion plan of the 2015 Community Action Plan's dimensions; discussing measurable, tangible goals, identify partners and next steps**

Committee has directed the Age Friendly Coordinator to complete the report highlighting the status of the 2015 Action Plan. Subcommittees (Civic Engagement; Community Support and Health Services; Housing; Outdoor Spaces and Buildings; Social Participation; and Transportation) will meet and review the 2015 action plans respective of each dimension and will present update report with proposed 2018 goals at a future meeting; with plan to have a complete report by February 2019.

## **8. Report to Council**

Deferred to next meeting.

## **9. Finance**

Members discussed the implications of budgeting, need to research potential grant applications. Committee is in agreement to host an “Age Friendly” symposium; Coordinator will research costing of an event.

Jane Rance moved, seconded by Marjorie Crew:

**That the Coordinator research and investigate the cost of designing and maintaining a website and report back.**

The Chair put the Motion.

**Motion Carried**

**10. Next Meetings**

May 10, 2018

**1. Adjournment**

Moved by Helen Kehoe to adjourn meeting at 5:58pm. CARRIED

CONFIRMED: \_\_\_\_\_, CHAIR