

**THE CORPORATION OF THE TOWNSHIP OF WAINFLEET
AGE-FRIENDLY ADVISORY COMMITTEE MEETING
MINUTES**

C03/23
AUGUST 16, 2023
6:00 P.M.
BOARDROOM 1

MEMBERS PRESENT:

A. Stapleton
D. Flagg
K. Krause
L. Gibson
M. Grace
P. Shaw
L. Hickey

REGRETS:

S. Van Vliet (Council Representative)

OTHER:

C. Sernasie, Former Chair of Committee in Welland
B. Mynlieff, Seniors Drop-in Centre Coordinator

STAFF PRESENT

M. Kirkham Deputy Clerk

C03/23

1. **Call to Order**

Chair Stapleton called the meeting to order at 6:05 p.m.

2. **Declarations of Interest and the General Nature Thereof**

None.

3. **Adoption of Previous Committee Meeting Minutes**

a) Minutes of the regular meeting held June 21, 2023

By way of general consent, the minutes from the regular committee meeting held June 21, 2023 were adopted as circulated.

4. **Delegations**

None.

5. **Business**

a) Carol Sernasie – Former Chair, Welland Senior Citizens Advisory Committee

Carol, former Chair of the Welland Senior Citizens Advisory Committee was in attendance via Zoom to share her experience, knowledge and insights from her time spent on the Committee.

Some key points and suggestions were:

- Stay as current as possible
- Keep committee interested
- Connection to Staff and Council are key to success
- Get involved with Age-Friendly Niagara Council
- Research certain grants that may be available
- Network and seek mentors in the Age-Friendly Niagara Network

C. Sernasie stated that she would like to remain involved and would be happy to be of assistance in the future.

b) Barb Mynlieff – Wainfleet Seniors Drop-in Center Coordinator

Barb Mynlieff, Wainfleet Seniors Drop-in Centre Coordinator was in attendance to share with the Committee members what the Seniors Drop-in Centre was utilized for. The following areas were discussed:

Socialization: One of the primary purposes of the center is to provide a space where seniors can come together, socialize, and combat feelings of loneliness or isolation. Seniors can enjoy the company of their peers, make new friends, and engage in conversations.

Recreation and Activities: The center often offers a variety of recreational activities and programs tailored to seniors' interests (Munchie Mondays, euchre, exercise classes).

Community Engagement: The center used to often host outings, workshops, and seminars that promote community engagement, however this does not appear to be of interest at this time for those using the center.

It offers a range of services and activities aimed at promoting social interaction, physical and mental well-being, and overall happiness among older adults in Wainfleet.

The Committee discussed concerns related to transportation for seniors and improving information dissemination within the seniors' community.

6. **Action Items from Previous Meeting**

a) Options for Survey Creation

A. Stapleton advised the Committee that she connected with the program coordinator from Brock to discuss the potential for their assistance with survey creation. The meeting is set for August 22, 2023. The Committee discussed the importance of ensuring the questions in the survey would remain geared toward a rural community.

Discussion was had to have a place on the website where Wainfleet residents could submit comments respecting ideas and suggestion on the

needs of the community, which in turn could assist the community in narrowing down the scope of their mandate.

b) Home Care

Maureen Grace provided a presentation to the Committee respecting Home Care. The presentation is attached to the minutes.

c) Housing

This item will remain a standing item on the agenda.

d) Transportation

Lynn Gibson provided the Committee with her experience in using the Niagara Region on Demand system. Discussion surrounding concern with the phone system that is in place and more specifically how it would be a concern for the senior community.

e) Recreation

This item will remain a standing item on the agenda.
(Suggestion to invite Recreation Coordinator to an upcoming meeting)

f) Health Care (EMS)

7. **Other Business**

Discussion was had regarding resources and reference materials that may be of use to the Committee in becoming recognized as an Age-Friendly Community. P. Shaw will circulate materials to the Committee after the meeting.

8. **Next Meeting Date**

The next regular meeting will be held September 13, 2023 at 6:00 p.m.

9. **Adjournment of Meeting**

There being no further business, the meeting was adjourned at 8:37 p.m.

A. Stapleton, CHAIR

M. Kirkham, RECORDING SECRETARY

Approved by Committee September 13, 2023