



THE CORPORATION OF THE TOWNSHIP OF WAINFLEET

AGE-FRIENDLY ADVISORY COMMITTEE AGENDA

MONDAY, May 26, 2025 AT 6:00 P.M.

BOARDROOM 1

C05/25

1. **Call to Order**
2. **Declarations of Interest and the General Nature Thereof**
3. **Adoption of Previous Committee Meeting Minutes**
 - a) Minutes of the committee meeting held April 28, 2025
4. **Delegations**
5. **Business**
 - a) Committee Member Resignations
L. Hickey & P. Shaw
 - b) Community Garden – Grant Proposal
 - c) Learning Café & iPad classes for Seniors – Port Colborne
Funded by New Horizons Grant
 - d) Upcoming Event Invites
Seniors' Seminar June 6, 2025 at the West Lincoln Community Centre.
Presented by the West Lincoln Age Friendly Advisory Committee.

Seniors Expo – June 12, 2025 11:00 am – 3:00 pm at the Friends Over 55
Centre in Port Colborne. Hosted by the Port Colborne Age Friendly Advisory
Committee
 - e) June Senior's Month Event – Partnership with Library (June 12, 2025).
Flyer Distribution
6. **Action Items from Previous Meeting**
 - a) Slide deck from Brock University Presentation at April Niagara Older
Adult Alliance Meeting

7. **Other Business**

8. **Next Meeting Date**

June 16, 2025

9. **Adjournment of Meeting**

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

C04/25
April 28, 2025
6:00 P.M.

MEMBERS PRESENT: A. Stapleton
L. Gibson (via Zoom)
M. Grace
D. Flagg
K. Krause

REGRETS: L. Hickey
P. Shaw
S. Van Vliet

STAFF PRESENT: S. Akins, Administrative Assistant

C04/25

1. **Call to Order**
The meeting was called to order at 6:09 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 February 24, 2025 are approved
 - b) Minutes of the regular meeting held March 17, 2025 are approved
4. **Delegations**
None
5. **Business**
 - a) Wainfleet Community Day Post Event Review April 23,
Not a huge turn out, Feedback – community garden, active classes (Allison to contact the Region) sit and talk current Monday & Wednesday drop in at Arena, transportation, community dance
 - b) Update from Niagara Older Adult Alliance Meeting April 24, 2025
Allison to distribute digital copy of information to be attached to meeting minutes, terms of reference to be shared once they are updated.
Other Municipalities are doing Speaker Series
Age Friendly Designation – how to obtain this?

c) June Seniors Month Event – Partnership with Library June 12, 2025
Members A. Stapleton, L. Gibson, M. Grace plan to attend, Age Friendly has been asked to supply “goodie” cookies, squares, Committee to ask Council if a budget can be provided.

6. **Action Items from Previous Meeting**

7. **Other Business**

We have placed Age Friendly Flyers at Townhall
Member A. Stapleton to ask Carrie about a digital copy of the flyer for June Event, we can put up on social media.

8. **Next Meeting Date**

May 26, 2025

9. **Adjournment of Meeting**

There being no further business, the meeting was adjourned at 6:55 p.m.

A. Stapleton, CHAIR

S. Akins, RECORDING SECRETARY

You're Invited to a FREE



Seniors' Seminar

*Presented by the West Lincoln
Age Friendly Advisory Committee*

DATE: Friday, June 6, 2025

TIME: 1 to 3 p.m.

- ✓ Results of Roads Less Travelled Study, Rural Residents Coping with Lack of Public Transportation, McMaster Research Team
- ✓ Support Services Available in Niagara, Happy in my Home

West Lincoln Community Centre
Upstairs Community Room
177 West Street, Smithville
Contact: 905-957-3346 ext. 6726

westlincoln.ca/agefriendly



Examining out-of-home participation of older adults in rural Ontario: The 'Roads Less Travelled' Study

Investigators: Karina Tavernese^{1,2}, Evelyne Durocher, PhD, O.T. Reg. (Ont.),^{2,3} & Brenda Vrkljan, PhD, O.T. Reg. (Ont.),^{2,3}
Community Partners: Mayor Cheryl Ganann,⁴ Stuart Lord,⁵ and the West Lincoln Age-Friendly Committee

Acknowledgements

The Roads Less Travelled research team gratefully acknowledges the McMaster Collaborative for Health and Aging, whose Older Adult partners provided valuable advice in helping launch this project. We would also like to extend our thanks to Managing Director Soo Chan-Carusone, PhD, and Alison Finney for their support.

¹Department of Arts and Science, McMaster University, Hamilton, ON, Canada; ²Member of the McMaster University Collaborative for Health and Aging, Hamilton, ON, Canada; ³School of Rehabilitation Science, McMaster University, Hamilton, ON, Canada; ⁴Mayor of the Township of West Lincoln, ON, Canada; ⁵Resident of the Township of West Lincoln & Older Adult Advisor to the Project, West Lincoln, ON, Canada

Introduction

In the Roads Less Travelled study we explore how older adults access and engage in the everyday activities they want and/or need to do. By holding one-on-one interviews with older adults living in a community with limited transportation, we are aiming to learn about what helps or hinders their mobility and participation.

- Using one-on-one 'go-along' interviews, we examine lived experiences of older adults in West Lincoln, ON;
- The project is built on community partnerships, guided by insights from Mayor Cheryl Ganann and an advisory committee of older adults to shape study design;

The study will culminate in a participatory forum in which residents can share their experiences and guide future research on aging in rural communities, fostering lasting partnerships to support aging.

Objectives

1. Examine relationships (intersections) between aging, mobility, and participation for older adults with varying mobility abilities living in rural Ontario;
2. Explore factors that can facilitate or challenge mobility and participation in rural areas, and explore ways to support participation in activities for older residents;
3. Evaluate the 'go-along' interview method, as a way to capture everyday experiences of aging-in-place-of-choice.⁵

Community Engagement Strategies

We will draw on Canada's Strategies for Patient-Oriented Research (SPOR) to ensure that collaboration, inclusivity, and mutual respect guide the research:⁶

Direct
Community
Interaction

Collaboration
with Advisory
Committees

Mentorship and
Peer Support

Engagement
with Municipal
Leaders

Active
Recruitment and
Analysis Support

Background

- Within Canada, approximately 23.2% of older adults reside in rural and remote communities;²
- The Municipality of West Lincoln has identified the transportation needs of the aging population as one of the most pressing issues facing their community;³
- West Lincoln is exploring ways to support aging in place and what current mobility options are available to those with unmet transportation needs.

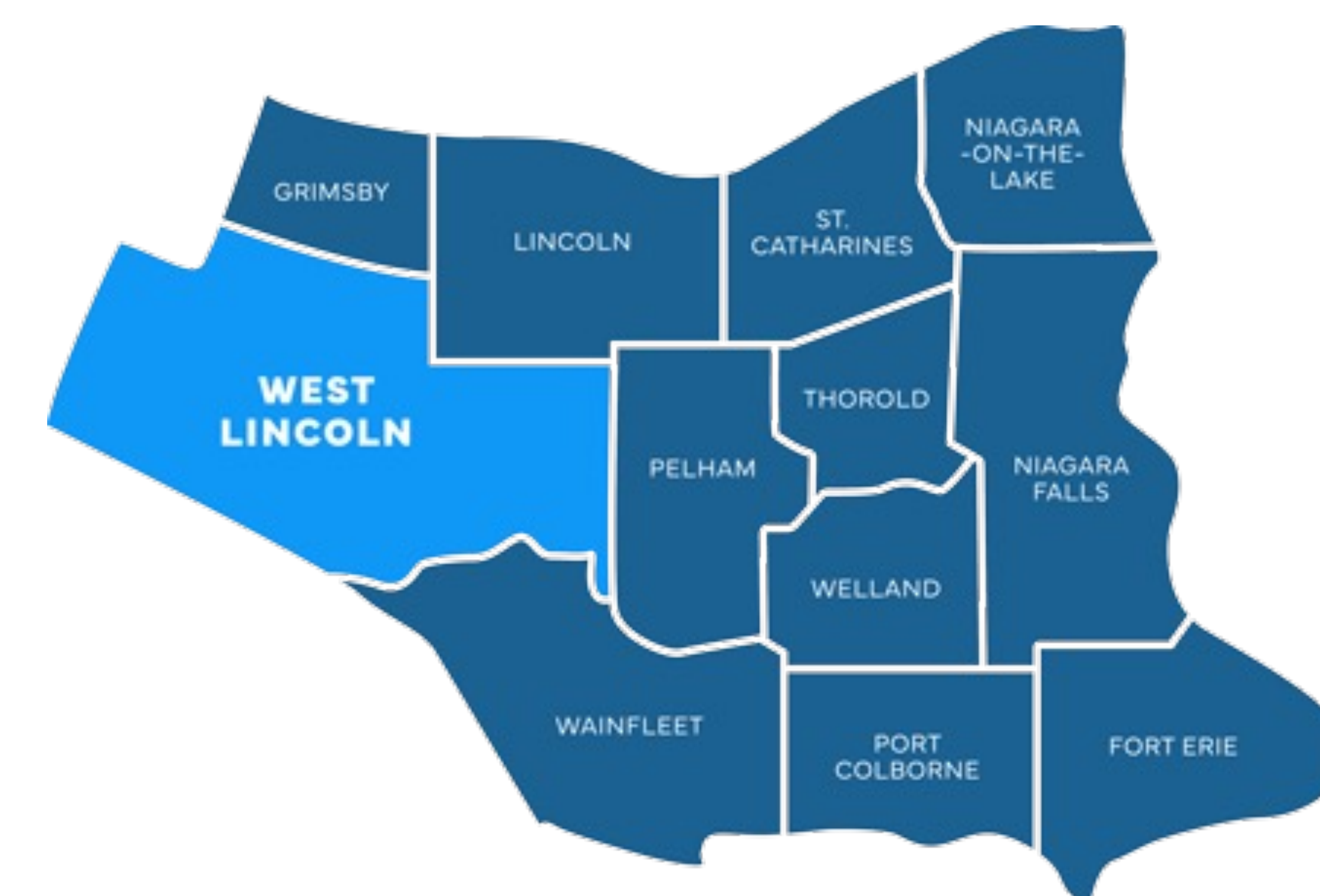


Figure 1 Map of the Niagara region highlighting the Township of West Lincoln, Ontario⁴



Figure 2 Photo from the West Lincoln Aging Well Forum, the first held since COVID-19 restrictions were lifted. The Roads Less Travelled research team attended on June 14, 2024.

Next Steps

With ethics approval received from the Hamilton Integrated Research Ethics Board (HiREB) (Project #17730), we are now launching our recruitment strategy, aiming to recruit a diverse group of participants to represent West Lincoln:

- The project was recently featured in West Lincoln's local newspaper, *NewsNow*, and;
- a call for participants has been shared through West Lincoln's Age-Friendly Advisory Committee.

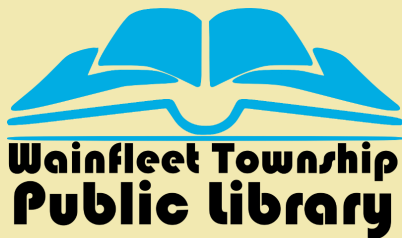
This project is built on the relationships that our research team is developing within the community and serves as a launching pad for future research in rural Ontario.

Contact Information

Karina Tavernese
Undergraduate Student Researcher
Department of Arts and Science
McMaster University
Ontario, Canada
tavernek@mcmaster.ca

References

1. Carpiano, R. (2009). Come take a walk with me: The "Go-Along" interview as a novel method for studying the implications of place for health and well-being. *Health and Place*, 15, 263-272.
2. Statistics Canada. (2022b, April 27). In the midst of high job vacancies and historically low unemployment, Canada faces record retirements from an aging labour force: Number of seniors aged 65 and older grows six times faster than children 0-14. <https://www150.statcan.gc.ca/n1/daily-quotidien/220427/dq220427a-eng.htm>
3. C. Ganann (personal communication, June 10, 2024)
4. The Township of West Lincoln. West Lincoln Chamber of Commerce. (2024, January 26). <https://westlincolnchamber.com/about/the-township/>
5. Lim, W. M., & Bowman, C. (2022). Aging in a place of choice. *Activities, Adaptation & Aging*, 46(3), 183-189. <https://doi.org/10.1080/01924788.2022.2097806>
6. Canadian Institutes of Health Research [CIHR]. (2019, May 27). Strategy for patient-oriented research - patient engagement framework. Canadian Institutes of Health Research. <https://cibr-irsc.gc.ca/e/48413.html>



Discover Your Roots and Local Resources: 55+ Seniors Information Fair

A Free Educational Drop-In at Your Library



Join us for a relaxed and
informative afternoon featuring:

Engaging genealogy presentations
at 1:30 | 2:30 | 3:30

Local senior services resources
Tea, treats and friendly conversation



Whether you're curious about your family history
or looking to learn more about resources available
to seniors, this event is the perfect opportunity
to connect, discover and enjoy.



Thursday, June 12 from 1-4 p.m.
31909 Park Street, Wainfleet, ON L0S 1V0
wainfleetlibrary.ca ~ 905-899-1277

Brock University Niagara Community Observatory **NCO Policy Brief #59**

Change in an Evolving Niagara: Navigating the Age-Friendly Communities Movement and Volunteerism



1

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Researchers



Aliya Aragon (She/Her)
BA Public Health



Miya Narushima (She/Her)
Associate Professor
Department of Health Sciences

2

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Goals of Knowledge Synthesis

- To update Age-Friendly Niagara movement
- To examine demographic changes and the impact of COVID-19 pandemic on volunteerism
- To recommend strategies to turn “challenges” into “opportunities”

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WHO Age-Friendly Community (2007~) Age-Friendly Niagara Movement (2009~)

Decade of healthy ageing

4

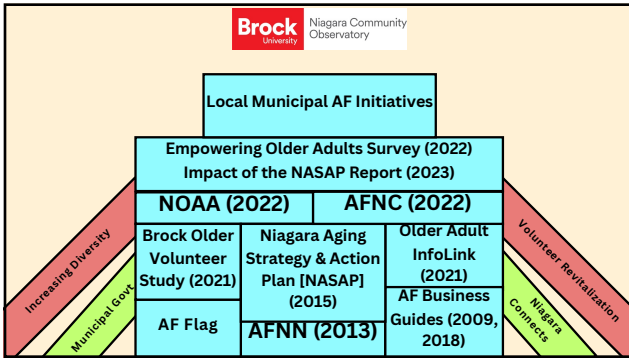
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Changing demographic

6



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Niagara Region's Diversity, Equity, and Inclusion Action Plan (2023-2027)

- Francophone
- Indigenous
- Ethnocultural
- New Immigrants
- 2SLGBTQIA+
- People with Disabilities
- Older Adults
- People with Low Income
- People Experiencing Homelessness
- Youth
- Gender

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Meet Ruth!

She is a 72-year-old retired teacher in Niagara who wants to give back to her community.


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Ruth Sees Her Community Changing

- **6.7%** population increase between 2016 & 2021
- **23.3%** of Niagara's population are 65+
- **4.4%** increase of racialized people in Niagara since 2016
- **47.8%** of those identifying as transgender are 34+
- **68.5%** of those 80+ earn below the median income
- **28.9%** of people in the St. Catharines-Niagara Census Metropolitan area are living with disabilities

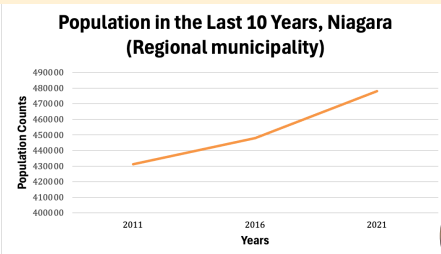
(Niagara Region Public Health and Emergency Services, 2023)



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Population Increase (2011-2021)

Population in the Last 10 Years, Niagara (Regional municipality)



Year	Population Count (Approximate)
2011	430,000
2016	445,000
2021	465,000

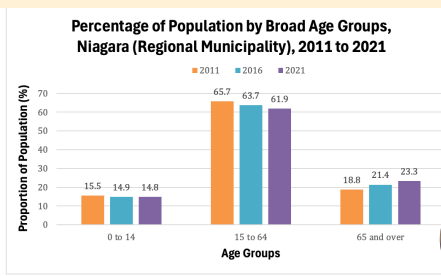
Data Source: Statistics Canada, 2021 Census of Population.



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
Aging Niagara (2011-2021)

Percentage of Population by Broad Age Groups, Niagara (Regional Municipality), 2011 to 2021

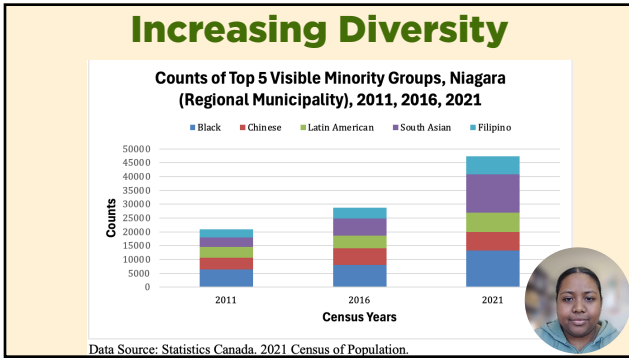


Age Group	2011 (%)	2016 (%)	2021 (%)
0 to 14	15.5	14.9	14.8
15 to 64	65.7	63.7	61.9
65 and over	18.8	21.4	23.3

Data Source: Statistics Canada, 2021 Census of Population.



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Ruth wants to be more involved in volunteering, but she faces barriers.

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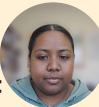
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Barriers to Volunteering in Later Life

- Time constraints
- Health issues
- Physical functioning
- Financial constraints
- Lack of transportation
- Lack of information & opportunity
- Inadequate volunteer management

(Southby et al., 2019)



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Barriers to Volunteering for Canadian Adults

Top 4 Reasons:

- Not having enough time (67%)
- Inability to make long-term commitment (62%)
- Preferred to give money (52%)
- No one asked (45%)

(Statistics Canada, 2018)




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Decreasing Volunteers in Niagara

- Cultural and recreational **volunteering has decreased nearly 30 per cent** since 1998 (Living in Niagara QoL Report, 2017)
- Niagara's long-term care homes have seen a volunteer **decrease, down nearly 9,000 hours** between 2017 and 2019 (Public Health & Social Services Committee, 2018, 2020)
- **Covid-19 put more pressure** on already-stretched agencies & their workers (Living in Niagara QoL Report, 2023)




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Tension between volunteerism and people's other competing responsibilities, including unmet basic needs.

How can this be reconciled?



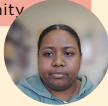
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Benefits of Volunteering for All

<p>Personal:</p> <ul style="list-style-type: none"> • Staying active • Social networking • Rewarding feeling • Build confidence, resilience, self-esteem, & purpose 	<p>Community:</p> <ul style="list-style-type: none"> • Providing services & care • Sense of belonging • Social trust & cohesion • healthy aging • Inclusive community
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(Volunteer Canada, 2024; Gray & Stevenson, 2020)




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Health Benefits of Volunteering for Older Adults

Reduce mortality risk	Social connectedness
Improve physical function	Improve cognitive function
Reduce depression	Increased self-e

(Anderson et al., 2014; National Academy of Medicine, 2022)



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How can we help Ruth and others like her?

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Meet Ruth!

She is a 72-year-old retired teacher in Niagara who wants to give back to her community.

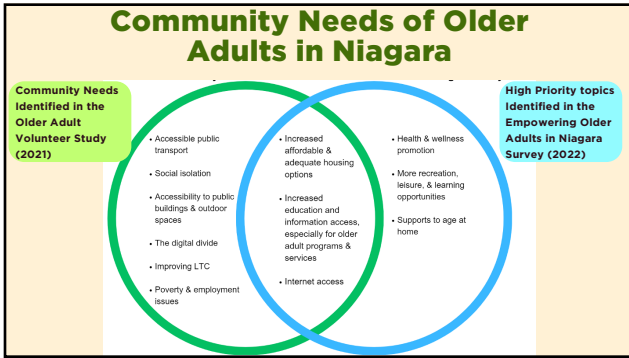
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Recommendation 1

Support the Age-Friendly Niagara movement at the municipal and regional levels

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Recommendation 2

Centre the needs of equity-denied groups in community development

Photo: Niagara Folk Arts Festival

Photo: Brock News

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Niagara Community Observatory

Recommendation 3

Revitalize community volunteerism by listening to older adults and incorporating new models


H. Garcia & F. Miralles (2017)

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Recommendation 4

Foster cohesiveness and community well-being through intergenerational relationships



DSBN Academy

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Ruth is one of many stories...

We benefit as a community if we have equitable access to opportunities for people of all ages and backgrounds!



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Acknowledgements

Carol Phillips at Niagara Community Observatory
Mary Wiley at Niagara Connects-Community Potential
Dominic Ventresca at the Age-Friendly Niagara Council
Pauli Gardner from Dept. of Health Sciences at Brock
Charles Conteh at Niagara Community Observatory
Funding: Brock University Match of Minds

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Thank You

If you have any questions or concerns,
feel free to contact us:

Miya Narushima
mnarushima@brocku.ca

Aliya Aragon
aaragon@brocku.ca



It was a pleasure to meet you at the AFN NOAA meeting last week.

Here are the references for the statistics we included in the NOC policy brief and presentation and the poster.

Transgender stat:

- Niagara Region Public Health and Emergency Services [NRPHEs]. (2023g). Niagara Priority Profile: Sex and Gender, Version
2. <https://www.niagararegion.ca/health/equity/pdf/priority-profile-gender.pdf>
 - page 5

Median income stat:

- Niagara Region Public Health and Emergency Services [NRPHEs]. (2023a). Niagara Priority Profile: Age, Version
2. <https://www.niagararegion.ca/health/equity/pdf/priority-profile-age.pdf>
 - page 7

Disabilities stat:

- Niagara Region Public Health and Emergency Services [NRPHEs]. (2023b). Niagara Priority Profile: Disabilities, Version
2. <https://www.niagararegion.ca/health/equity/pdf/priority-profile-disabilities.pdf>
 - page 4

I hope this helps! If you have any further questions, please contact us. Thank you.

Very best wishes,
Miya Narushima & Aliya Aragon

CHANGE IN AN EVOLVING NIAGARA:

Navigating the Age-Friendly Communities Movement and Volunteerism —

What is the Age-Friendly Movement?

The Age-Friendly Movement aims to create inclusive and enabling communities for all ages, to support autonomy, participation, and active and diverse lifestyles, while reducing barriers. The WHO outlines **eight dimensions of age-friendliness**.¹

Age-Friendly Niagara

Beginning in 2009 and led by volunteers, the **Age-Friendly Niagara Council (AFNC)** advocates for older adults' needs and social participation by advising local municipal councils, developing educational programs, and sharing best practices.²

Recent region-wide accomplishments include:

- **Niagara Aging Strategy and Action Plan (2015)**
- **Older Adult Infolink (2021)**
- **Empowering Older Adults in Niagara survey (2022)**
- **Impact of the Niagara Aging Strategy and Action Plan and the Way Forward to 'A Community for all Ages' (2023)**

Emerging Challenges? Or Opportunities?

Concurrent with the many accomplishments of the Age-Friendly Niagara movement, two significant changes have emerged in the last 15 years—the population in the Niagara region has become significantly older and more diverse, while community volunteerism has decreased during the COVID-19 pandemic.

As the last of the Baby Boomer generation exits the full-time workforce, we must create and sustain equitable, age-friendly communities for all ages and social identities.

This requires identifying and shifting away from ageist attitudes that frame older adults as a predominant social concern, creating counter-productive intergenerational conflict.³

As Niagara's community diversifies and changes, many opportunities exist to engage people of all ages and encourage their civic engagement.

DEMOGRAPHIC CHANGES IN THE NIAGARA REGION⁴

- 6.7% population increase between 2016 & 2021
- 23.3% of Niagara's population is age 65+
- 4.4% increase of racialized individuals in Niagara since 2016
- 47.8% of individuals identifying as transgender are age 34+
- 68.5% of individuals age 80+ earn below the median income
- 28.9% of individuals in the St. Catharines-Niagara Census Metropolitan Area are persons with a disability

DECREASING VOLUNTEERS

Volunteers are an important unpaid labour force in Canada. Volunteering has great social, economic, and health benefits for everyone involved.

- Mature volunteers (born between 1918 and 1945) contribute the most average hours per year⁵

The **Living in Niagara 2023 report** states, "Volunteer patterns are changing, and numbers of volunteers are slow to build back after the pandemic. This is putting extra pressure on already-stretched agencies and their workers."⁶

WHAT CAN WE DO?

1. Support the Age-Friendly Niagara movement at the local municipality and regional levels

- Address priorities in the 2022 Empowering Older Adults in Niagara survey, and provide consistent financial, administrative, and political support

2. Center the needs of equity-denied groups in community development

- Engage in equity initiatives, participate in cultural events, share knowledge and resources with diverse communities, and optimize multiculturalism as a strength

3. Revitalize community volunteerism by listening to older adults and incorporating new models

- Diversify volunteer opportunities, eliminate barriers, adopt characteristics of global models such as "Ikigai" and AmeriCorps

4. Foster cohesiveness and community well-being through intergenerational relationships in neighbourhoods across Niagara

- Encourage development of more all-age events, intergenerational learning programs, and partnerships (e.g., between schools and care homes)

1. World Health Organization [WHO]. (2023). National programmes for age-friendly cities and communities: a guide. World Health Organization. <https://iris.who.int/handle/10665/366634>.

2. AFNN Research Team. (2023). Community Study Report Civic Engagement to Build Sustainable Local Capacity: Perspectives of Age-Friendly Community Volunteers in the Niagara. In Niagara Knowledge Exchange. Brock University. https://niagaraknowledgeexchange.com/wp-content/uploads/sites/2/2023/02/2023-01_Age-Friendly-Volunteers-in-Niagara-Community-Study-Report.pdf

3. National Academy of Medicine. (2022). Global roadmap for healthy longevity. The National Academies Press. <https://doi.org/10.17226/26144>

4. Niagara Region Public Health and Emergency Services. (2023). *Niagara Priority Profiles*. <https://www.niagararegion.ca/health/equity/priorityprofiles.aspx>

5. Hahmann, T. (2021). Volunteering counts: Formal and informal contributions of Canadians in 2018. Statistics Canada. <https://www150.statcan.gc.ca/n1/en/pub/75-006-x/2021001/article/00002-eng.pdf?st=j1V5Lfx>

6. Niagara Connects. (2023). Living in Niagara 2023 Report. Niagara Connects. <https://www.livinginniagarareport.com/wp-content/uploads/2024/05/LivingInNiagara-report-2023.pdf>