



Pelham Senior's Advisory Meeting Agenda

4-2025

April 9, 2025

1:00 pm

RCW Meeting Room, Meridian Community Centre

1. Call to Order and Declaration of Quorum

2. Land Recognition Statement

The Town of Pelham is situated on treaty land, steeped in the rich history of the First Nations such as the Hatiwendaronk, Haudenosaunee and the Anishinaabe, including the Mississaugas of the Credit First Nation. This territory is covered by the Upper Canada Treaties and is protected by the Dish With One Spoon Wampum Agreement. Today, many First Nations, Métis, and Inuit people from across Turtle Island live and work in Niagara. The Town of Pelham stands in solidarity with all Indigenous peoples, past and present, acknowledging that our high standard of living is a result of the resources and lasting friendship of Indigenous peoples.

3. Approval of Agenda

4. Declaration of Pecuniary Interest and General Nature

5. Approval of Minutes

February 12, 2025

6. Welcome New Member

7. Unfinished Business

7.1 Seniors Pamphlet/Brochure & Magnet Update

7.2 Pat O'Hara & Ty Bolibruk & Shellee Niznik Senior residence visit

7.3 Senior Socials 2025

7.4 Pelham Cares Plans 2025

7.5 MCC Senior's Space Updates

7.6 Brainstorming and Discussion - Attachment on page 9 & 10

8. Regular Business

8.1 Upcoming Seminar and Program Updates

8.2 Grants

8.3 Grant Application Process - review

8.4 Hosting NOAA April meeting in Pelham

8.5 presentation to Council re: potential for small care homes in Pelham

8.6 Participation in July 1 event

8.7 Summerfest

8.8 Summer Meeting Dates

9. Next Meeting

May 14, 2025, at 1PM, RCW Meeting Room, Meridian Community Centre

10. Adjournment

Date: Feb 12, 2025
Time: 1:00pm
Location: RCW Meeting Room, Meridian Community Centre

Attendance: Katie Kilbreath, Seniors and Community Services
Programmer
Kristina Clint, Manager of Recreation Culture and Wellness
Tony Ferrara
Randy Gananathan, Vice-Chair
Natasha Gibson, RCW Administrative Assistant
Lynn Reynolds, Chair
Shellee Niznik, Councillor
Pat O'Hara
Ty Bolibruk

Regrets:

1. Call to Order and Declaration of Quorum

Noting that quorum was present, Vice-Chair Randy Gananathan called the meeting to order at approximately 1:04pm.

2. Land Recognition Statement

Councillor Shellee Niznik recited the Land Recognition statement.

3. Approval of Agenda

Moved by Randy Gananathan
Seconded by Tony Ferrara

THAT the agenda for the February 12, 2025, regular meeting of the Pelham Seniors Advisory Committee be adopted.

Carried

4. Declaration of Pecuniary Interest and General Nature

There were no pecuniary interests disclosed by any of the members present.

5. Approval of Minutes

The Committee approved the minutes from the December 04, 2024, Pelham Seniors Advisory Committee meeting.

Moved by Randy Gananathan
Seconded by Ty Bolibruck

THAT the minutes of the December 04, 2024, meeting be approved.

Carried

6. New Business

6.1 Welcome new Member of PSAC, Jesse Stockton

New member Jesse Stockton provided a brief introduction, sharing his background and what led him to join the committee.

6.2 Brainstorming and Discussion – Attachment on Page 11 & 12

The committee chose to proceed with a magnet rather than a pamphlet/brochure, recognizing the accessibility benefits of a magnet. They brainstormed and reviewed the content to include, focusing on elements such as QR codes, emergency numbers, Town Hall contacts, Spot & Share It, Pelham Cares, and Happy in My Home. They also emphasized the importance of including a list of key information. With the content finalized, staff will work with the communication specialist to design the magnet. The committee discussed options for distribution, weighing direct mailers against pick-up locations and the possibility of mailing it alongside Life in Pelham. Staff will present a draft of the design with pricing options for review at the next meeting.

6.3 Seniors Pamphlet/Brochure

This item was discussed as part of item # 6.2 Brainstorming & discussion.

6.4 Pat O'Hara & Ty Bolibruk Senior residence visit update

Due to Pat being out of country, Councillor Niznik and Ty visited Pioneer Elder Care in St. Catharines, which offers 10 beds in 10 suitable bungalows, with two shared bathrooms. The facility cares for Alzheimer's and dementia patients and maintains a low staff-to-resident ratio of 5:1, with an on-call doctor available 24/7. Given that the town is considering rezoning, this is an important factor to consider. The next steps involve the subcommittee arranging a meeting with Sedona to explore the feasibility of this option and gather their feedback.

6.5 Senior's Socials

This item was deferred until the next subsequent meeting.

6.6 Upcoming Seminar and Program Updates

Staff provided an update on the new PULSE program, a grant-funded Monday drop-in for older adults (9-11 AM) that provides unstructured social time and activities, which has been running for two weeks so far. The initiative includes coffee and light refreshments, cabinets filled with table games, and guest speakers who attend to discuss various activities. Staff have also reached out to organizations to participate. The program will run until March 31st.

Additionally, staff are working with Brock University to involve one Brock MAG student in planning older adult workshops and are partnering with Pelham Cares, though this is still in the application stage. Staff are exploring the possibility of designating the Served area as a senior-enhanced space, available Monday through Friday during daytime hours. The committee was also provided with a Winter 55+ Activity schedule, the schedule is displayed and available at the MCC.

6.7 Grants Update

The committee submitted a letter of support for the Inclusive Community Grant, seeking funding for additional benches along Pelham's trailways. The request was approved, and 12 new benches will be added.

6.8 New process for Agenda & Minute call – out for committee members

Staff updated the committee that, moving forward, when emailed for the agenda call-out, they will also include any items carried over from previous minutes for committee members to review before submitting new agenda items.

6.9 Update on transportation Survey & presentation in Pelham

Niagara Transit was present at the MCC on Wednesday February 5 from 9:30 – 12:30 pm hosting a public information session to inform the community about Niagara Transit's Master Plan and share their thoughts and feedback. The master plan survey submission deadline is February 21, 2025.

6.10 New weekly Monday Senior's Events

This item was discussed as a part of item # 6.6 Upcoming seminar and program updates.

6.11 MCC Senior's space update

This item was discussed as a part of item # 6.6 Upcoming seminar and program updates.

6.12 Family Day – Volunteers & handout materials

The committee discussed and agreed to host a table at the Family Day Expo at the MCC. Councillor Niznik will be present at the table from 11:00 AM to 1:00 PM.

6.13 Pelham Cares Plans 2025

This item was deferred until the next subsequent meeting.

THAT Staff will work with the Communication Specialist to draft the senior's information magnet to be brought to the next meeting with pricing options.

THAT the sub working group will meet to discuss arranging a meeting with Sedona to explore the feasibility of this option and gather their feedback.

THAT item #6.5 Senior's socials be deferred to the next subsequent meeting.

THAT The committee receive item #6.6 Upcoming Seminar and Program Updates for information

THAT The committee receive item #6.7 Grants Update for information.

THAT Staff include any items carried over from previous minutes for committee members to review before submitting new agenda items during the agenda Call-out.

THAT The committee receive item #6.9 Update on transportation Survey & presentation in Pelham for information.

THAT The committee will host a table at the Family Day Expo.

THAT Item # 6.13 Pelham Cares Plans 2025 will be deferred until the next subsequent meeting.

Moved by Randy Gananathan
Seconded by Tony Ferrara

Carried

7. Next Meeting

March 12, 2025, at 1PM, RCW Meeting Room, Meridian Community Centre

8. Adjournment

Moved by Tony Ferrara
Seconded by Randy Gananathan

THAT this Regular Meeting of the Pelham Seniors Advisory Committee be adjourned at 2:21 pm.

Carried

Vice Chair, Randy Gananathan

Secretary, Natasha Gibson

Dear Committee Members,

As per Pat's recommendation, I have compiled the following brainstorming suggestions for your review, comments, and consideration. These include a mix of previously discussed ideas and new initiatives. Your insights, additions, or edits are greatly appreciated.

Mobility and Accessibility:

1. **Dedicated Senior Parking:** Reserved spots closer to entrances at community centers, shopping areas, banks, and parks.
2. **Extended Crosswalk Timers:** Increase crossing time at intersections to ensure seniors can cross safely.
3. **Benches and Rest Areas:** Place benches at regular intervals in parks, along sidewalks, and in shopping areas.

Transportation:

1. **Senior Transit Discounts:** Reduced fares or free ride programs for seniors.
2. **Volunteer Driver Programs:** Research and share organizations offering free rides for appointments, grocery shopping, and social events.
3. **Shuttle Services:** Explore costs and feasibility of community shuttles for seniors to access key services and activities.

Community and Social Engagement:

1. **Senior Activity Centers:** Classes, workshops, and events tailored to senior interests (e.g., arts, fitness, technology training).
2. **Intergenerational Programs:** Opportunities for seniors to engage with younger generations through mentoring or shared learning.

Health and Safety:

1. **Eldercare Communities:** Affordable housing or independent living options designed with senior needs in mind.
2. **Fall Prevention Programs:** Workshops on home safety and free home modifications (e.g., grab bars, non-slip mats).
3. **Community Health Days:** Free health screenings and informational sessions on senior-focused topics.

Technology and Communication:

1. **Tech Literacy Programs:** Classes to help seniors use smartphones, computers, and social media.
2. **Digital Accessibility:** Ensure town websites and services are senior-friendly with larger text, clear navigation, and simple language.
3. **Senior Helpline:** Dedicated phone line for seniors to access resources and assistance.

Outdoor and Recreational Spaces:

1. Senior-Friendly Parks: Shaded seating, smooth pathways, and fitness equipment designed for low-impact exercise.
2. Gardening Programs: Community gardens with raised beds for easier access.
3. Walking Clubs: Group walks with routes suitable for varying mobility levels.

Awareness and Advocacy:

1. Senior Advocacy Days: Platforms for seniors to voice their concerns and needs to policymakers.
2. Educational Campaigns: Awareness on senior issues, including elder abuse, caregiving resources, and aging-friendly practices.

Potential Grants/Funding:

1. Accessibility Audits: Grants for town-wide reviews of public spaces and businesses to ensure accessibility compliance.
2. Senior Wellness Checks: Grants for programs offering regular contact with isolated seniors through calls or visits.
3. Emergency Response Systems: Funding for community-wide systems like accessible defibrillators.

Thank you for your time...looking forward to your thoughts.

Kind regards,
Tony