

Seniors Citizens' Advisory Committee, Welland (SCAC)
Strategic Planning Draft #3
Feb 13 2020

Background Information

Aging Population

- Between 2011 and 2031, seniors 65 and older will account for 60 % of population growth in Niagara, while those in the 0-25 age category will account for 7%. Stats Canada: one in five Canadians should be aged 65 and older in 2024.
- Welland's population is 52,293, **21.28% are over 65**, Niagara on the Lake and Pelham are higher.

World Health Organization (WHO) 8 domains of livability

- 1: Outdoor Spaces and Buildings
- 2: Transportation
- 3: Housing
- 4: Social Participation
- 5: Respect and Social Inclusion
- 6: Civic Participation and Employment
- 7: Communication and Information
- 8: Community and Health Services

Age Friendly Community Vision

A caring community that optimizes opportunities for overall wellbeing to enhance quality of life as people age.

Niagara Age Friendly Niagara Network (AFNN) Forum Discussion for Collective Focus

- Address issues of common concern across Niagara through joint advocacy (e.g. transportation, housing, social isolation)
- Strengthen the intergenerational aspect of the AFNN by engaging youth in our planning and action
- Implement mechanisms, such as an online portal, to support timely information-sharing between municipal committee
- Look for new ideas and best practices by connecting with municipalities in Niagara and beyond
- Engage directly with developers, planners and affordable housing experts
- Engage with Niagara Regional Housing, long-term care homes, and transitional housing providers
- Bring forth recommendations informed by best practice and evidence conversations to the respective local municipal councils

Senior Citizen's Advisory Committee (SCAC) Strategic Plan 2020 Draft #3 Feb 13 2020

Rose Dzugan SCAC Vice Chair

Committee: Carol Sernasie Chair, Rose Dzugan Vice Chair, Doug Rapelje, Carol Rae, Denise Bourque, Jeanine Hughes, Arthur Rendall, Linda Oakes, Joan Churchman, (Leo Van Vliet, Richard Dalton)

**In alignment with Niagara Aging Strategy and Action Plan (NASAP)
And
2015 SCAC Terms of Reference**

THINK GLOBALLY, ACT LOCALLY

Niagara Aging Strategy and Action Plan Goals (NASAP)	Strategy	Action Step	Responsible	Time line	Priority 1 - 3
Goal #1 Elevate the profile, level of leadership and engagement of older adults in the community	Partner with other seniors	- Initiate communication with local seniors groups to - Propose partnerships for planning and conducting seniors events	Carol S Rose D Doug R	Ongoing	1
	Age Friendly Niagara Network (AFNN) and action plan	- Collaborate and support the AFNN sustainability plan within the SCAC strategic plan - Confirm 2 SCAC members on AF Leadership Council	Rose D Doug R	Ongoing	1

WHO Age Friendly (AF) criteria (Ontario recognition of Outstanding AF Community)	<ul style="list-style-type: none"> - Sustain AF WHO designation for Welland Assume leadership role in completing and updating WHO criteria - Consider opportunity to pursue a Niagara-wide WHO designation - Maintain relationship with Ontario Age Friendly Niagara Network - Provide info to Ontario Age Friendly initiative through SCAC members - Integrate SCAC with WHO Age Friendly (AF) criteria 	Denise B Carol S AF Leadership Council and SCAC Doug R Rose D	Ongoing	1
"Let's Chat Benches" Niagara wide initiative	<ul style="list-style-type: none"> - Complete design prototype: done: considering French version and possibly braille - Obtain Council approval 	Doug R	Short term Oct 31 2020	1
Niagara-wide AF flag	<ul style="list-style-type: none"> - Collaborate with AF Leadership =Develop generic flag to be used across Niagara Generic Niagara Crest - Fly flag during seniors month June and World Seniors/United Nations day Oct 1 - Raise the profile of Seniors Month Across 12 municipalities 	Doug R SCAC	Ongoing Short term May 1 2020 Oct 1	1
Age friendly business requirements	<ul style="list-style-type: none"> - Participate in Ruby Awards, including recommendations for the Age-Friendly Community Business Award. - Collaborate with Welland Chamber of Commerce. 	Rose D	Ongoing Fall 2020	1

Community engagement in SCAC initiatives	<ul style="list-style-type: none"> -Invite community as ad hoc members to appropriate SCAC initiatives -Plan general discussions with seniors following seniors day lunch. -Determine feasibility attend WCenter once/month to be available for discussion with Seniors - investigate attending at locations frequented by Senior and identify locations -investigate Inviting youth to participate in SCAC initiatives 	SCAC	Ongoing	1
SCAC membership add youth	<ul style="list-style-type: none"> - Investigate youth representation to support Intergeneration aspects of AF community -Investigate feasibility of SCAC member attending youth committee -involve youth in planning an carrying out activities 	SCAC	Ongoing	2
Age-Friendly Niagara Network Mailing List :Niagara Connects	<ul style="list-style-type: none"> -Join the Age-Friendly Niagara Network Mailing List : Niagara Connects -Provide content about age-friendly initiatives, events, or resources in Niagara -Promote SCAC Age Friendly initiatives with Niagara Network 	SCAC email info@agefriendlyniagara.com Doug R	Immediate	2
Age-Friendly Floral Display	-Draft letter to City requesting date for display	Doug R. Carol S.	March 2020	2
Age friendly wall at WCenter for all ages	-Collaborate with Wellness Center to determine feasibility for display	Doug R. Carol S	Planned 2020	3

<p>Goal #2 Facilitate an active and positive lifestyle for older people</p>	<p>Education for seniors, caregivers, all age ranges: determine sources</p>	<ul style="list-style-type: none"> -Partner with and develop ongoing relationship with Brock University's Growing with Brock and Lifespan Research -Lifelong Learning Speaker Series -Age Works series -Suggest lecture series with emphasis on mental health, senior isolation, dementia and cognitive impairment, health and nutrition, brain health, etc. -Host speakers: partner with Brock -Participate in research studies if appropriate -Investigate partnerships with other appropriate organizations regarding speakers' series ie. Niagara College, Brock, Carp, Lifelong Learning, Alzheimers Society -Consider hosting regional AF Leadership Council Forum 	<p>SCAC</p>	<p>Ongoing</p>	<p>2</p>
	<p>Age friendly active lifestyle education</p>	<p>-Collaborate with other age friendly groups to host a Seniors' Information and Active Living Fair</p>	<p>SCAC</p>	<p>ongoing</p>	<p>2</p>

<p>Goal #3 Optimize the health and wellness of older people And Goal #4 Improve access and utilization of services and supports</p>	<p>Hospice South Niagara</p>	<p>-Continue advocating and lobbying for Hospice in South Niagara in partnership with Hospice, City of Welland -Actively participate in new <u>South Niagara's</u> proposed development. Ongoing support activities currently under way. Provincial funding essential</p> <p>-Integrate knowledge of existing local Hospice services: Visiting programs, McMaster office Prince Charles Grimsby McNally House 6 beds. St Caths 10 beds Hospice Niagara Stabblers Center (16 beds for Niagara) -Draft letter to City in support of locating Hospice in Welland</p>	<p>Doug R Carol Nagy Carol S</p>	<p>Ongoing</p>	<p>1</p>
	<p>Age Friendly requirements for recreational purposes</p>	<p>-Participate in planning for new Rotary Park with reference to age friendly features</p>	<p>Richard Dalton Arthur R.</p>	<p>Ongoing</p>	<p>3</p>
	<p>Transport Inter-municipal transportation, go train integration and growth</p>	<p>-Consider results of one day free transport for seniors study in Niagara Falls All municipalities waiting on Niagara Falls report. - Meet with City Transit Manager: Doug has done. City agreed to AF Signs on buses and bus stops: Doug has examples of signs</p>	<p>Doug</p>	<p>Ongoing 2020</p>	<p>3</p>
	<p>Affordable housing</p>	<p>-Consider dependence on Regional planning -Continue advocating for affordable housing in Welland</p>	<p>Generic AF Leadership and SCAC</p>	<p>Ongoing</p>	<p>1</p>

	Social isolation	-Plan for SCAC availability in discussing issues with seniors -Investigate other methods of addressing social isolation/inclusivity -Integrate current findings and strategies into SCAC planning	SCAC	Ongoing	1
	Age Friendly signage and way finding	-Promote AF sign/font size within City -Letter to City	Carol S	2020	3
Goal #5 Improve and maintain a supportive infrastructure SCAC view	SCAC Budget	-Utilize budget template -Plan for future budgetary needs -provide budgetary requirements to City -Invite manager to discuss budget needs prior to next budget timelines -Investigate possibility of treasurer role to manage SCAC budget	Rose D Carol S	2020	3
	Senior's Month	-Develop sub-committee: Partner with City -Aim for June 2 Wellness Center	Working group	Date:June 2 2020 75% complete	1
	National Seniors Day October	-Raise Flag in City Center with City officials	SCAC City of Welland	Oct 2020	1
	Year round age friendly events	-As identified in Strat Plan	SCAC	2020	1
	Alzheimer's Coffee Break	-Collaborate with Recreation Manager to host, plan and provide signage at WC "fundraiser event"	Denise B.	Third week Sept	1
	New SCAC brochure	-Create new SCAC brochure - Identify budget funds to develop brochure -Compose working group to develop content	Rose Jeanine Doug	Immediate Jan 2020	1

Quarterly Newsletter	- Continue hard copy print and identified distribution areas -review quantity and distribution sites -Meet with recreation manager and make recommendation to city to address issues related to electronic delivery	Carol S With Ann Osborne	Ongoing	1
Research grants and donations	-Identify appropriate Research Grants: funding source, grant criteria, application deadline, writing grant, requirement for tax receipts, and submission through City	Jeanine Rose	Spring 02	3
SCAC Terms of Reference	-Review Terms of Reference annually	SCAC	Within 2020	3
SCAC name	-Suggest name change to Welland Age-Friendly Advisory Committee -recommend and take to Council	Carol S	2020	3
Orientation package	-Maintain updates to orientation package and provide package to new members -Identify mentor for new members	Rose D	Ongoing	3
SCAC accomplishment summary	-Maintain ongoing list of SCAC accomplishments and project summary. Build on 2016, 2017, 2018 list	Denise B	Ongoing	3
SCAC calendar of events	-Create SCAC calendar of events: For web site and Welland City web site - integrate other source events as appropriate	SCAC	Ongoing	3

<p>SCAC profile</p>	<ul style="list-style-type: none"> -Raise community awareness and seniors education through the following strategies -Partner with Niagara College Or other source to create AF Welland video, use at presentations and make available on web site - Check availability of grant \$ -Promote SCAC's work in the Wellness Guide. -- -Consider using social media, Facebook, Twitter Newsletter Newspaper articles. Social media article Collaborate with Recreation Manager, Marketing Director News release Niagara this week and local 	<p>Working group</p>	<p>2020</p>	<p>2</p>
<p>SCAC knowledge base</p>	<ul style="list-style-type: none"> -request funding and attend International Federation on Aging : Global Conference on Ageing November 2020, Niagara Falls -interact with other local seniors committees and groups -Invite guest speakers to SCAC meetings at discretion of Chair 	<p>Carol S Rose D</p>	<p>Nov 2020</p>	<p>Immediate</p>
<p>Annual Report to City</p>	<p>Prepare and submit an annual report and recommendations to Council for consideration according to -2.7 Terms of Reference</p>			
<p>SCAC member acknowledgement</p>	<ul style="list-style-type: none"> -Thank committee members on retirement from SCAC and long term commitment/ membership with Achievement pin and Certificate 	<p>Carol S</p>	<p>Ongoing</p>	<p>2</p>

