

**The Town of Oakville**

**Department of Recreation & Culture**

**Seniors' Working Action Group (SWAG) - We're Age Friendly**

**Minutes – Wednesday, February 26, 2025 via ZOOM**

**In Attendance:** Darlene Cox, Micheline Wheeler, Pierre Wong, Pat Moore, Rachel Fraser, Julie Pennal, Michelle Nichols, Councillor Duddeck, Ted Lambert, Bev Cathro, Ruth Sheridan

**Regrets:** Tom Carruthers, Margaret Kirwin

**Guest:** Kristina Zietsma, new Director of Recreation and Culture with the Town of Oakville and Tashiya Peiris – Tuktu Care Inc.

**Minutes:** Kelly Meeussen

1. **Call to Order:** by Darlene Cox – 1:30 p.m.

2. **Guest Speaker:**

**Kristina Zietsma, Director of Recreation, Town of Oakville**

- Kristina joined the Town of Oakville as Director of Recreation, just over a month ago.
- She has worked in recreation for most of her career, starting as a lifeguard when she was a student.
- After many years, holding various roles in administration, supervisory and management roles, became the Director of Recreation for the city of Mississauga during the pandemic.

**Tashiya Peiris – Tuktu Care Inc**

- Tuktu is a platform/app that links vulnerable seniors to supports in their home or a care facility.
- The main office is based in Vancouver with satellite offices in Alberta and Ontario (Markham)
- It is an on-demand support service. They offer service for one hour if that is all that is needed or for longer times
- AI technology connects you with services such as Housekeeping, Companions, Virtual and in-person check ins, Personal shoppers, Tech helpers, Gardening buddies, Kitchen assistants, Pet care, Travel buddies, Drivers to appointments, Dementia Care, Post-hospitalization recovery, Overnight attendant care and Deep cleaning beauty services
- For more information and rates, please see their website [www.tuktu.ca](http://www.tuktu.ca)

3. **Attendance / Regrets –** Regrets as noted.

4. **Acceptance of previous Minutes / Agenda**  
Pierre Wong, seconded by Micheline Wheeler. Carried.

5. **Update from the Town of Oakville: Rachel Fraser**

- Walking the site of Sixteen-Mile in the coming weeks. Once deemed safe to tour, members of SWAG will be asked to tour the site with staff to determine where the senior's centre will be located.

6 **Standing Agenda Items**

a **Councillor Cathy Duddeck update:**

Midtown

The Town Council has unanimously approved the OPA (Official Plan Amendment) for the midtown area. This amendment is over and above what the province has requested in terms of density/population, and we are hopeful that they will accept and endorse the OPA prior to the TOC (Transit Oriented Community) presents their recommendations for the area. The TOC has provided the developer, Distrikt, more density than they originally applied for and what is currently being appealed to the Ontario Land Tribunal (formerly OMB).

Regional news

- The Region Council has recently approved additional funding to support the construction of the Margaret Drive housing complex
- 13 units (5 three bedroom, 5 four bedroom, 3 five bedroom)
- Family units (including 2 fully accessible units)
- ~1,000 square feet of community programming space

Automated Speed Enforcement - The project has now gone "live"

1) The most important thing you need to know about Automated Speed Enforcement is that there is no leeway. If you are over the posted Maximum Limit, you will very likely get a ticket.

2) The next most important point is this is not a cash grab by the municipality. The Town hopes to break even, but that will be based on the number and amount tickets issued when applied to the costs of the program which are charged by the province

Towing Bylaw

As of Friday, February 28, 2025, only Town of Oakville enforcement staff, municipal law enforcement officers (MLEO) appointed by the town, or police officers are authorized to arrange for the towing or impounding of a vehicle without the consent of the vehicle's owner. Before a tow can be performed, first, a penalty notice must be issued, which will be followed by a mandatory half-hour waiting period.

**b Meals on Wheels – Michelle Nichols**

- On March 4 at 10 a.m., flag raising to highlight “March for Meals” at Town Hall.
- Third week of March “Community Champions Week” where local mayors, elected officials, local celebrities and other prominent community figures deliver meals. Both Darlene Cox and Julie Pennal volunteered to assist.
- A part-time Program Coordinator will be hired to coordinate routes for volunteer drivers. This person will also act as a back up for the volunteer drivers.

**c Senior Connector Update – Pat Moore**

- Grocery stores promoting made in Canada groceries and retailers.
- March 4, 1-2:30 p.m. Eder Abuse Prevention Ontario is partnering with Equifax to provide a webinar that will dive into the world of credit reports and credit scores, debunk common myths and explore strategies for building and maintain healthy credit scores. It includes informative discussion on protecting and restoring your identity and credit. Please see the link below.

*Equifax: Protecting and Restoring your Identity and Credit*

**March 4, 2025, 1:00 – 2:30 PM**

**Register Today:** [https://eapon.ca/Webinar\\_Equifax\\_Mar4](https://eapon.ca/Webinar_Equifax_Mar4)

*It's Tax Time — Beware of Tax Scams (Hosted with Canadian Anti-Fraud Centre)*

**March 20, 2025 1:00 – 2:00 PM**

**Register Now:** [https://eapon.ca/webinar\\_TaxScams\\_March20](https://eapon.ca/webinar_TaxScams_March20)

**d enVISION Oakville Update – Ruth Sheridan.**

- There are now 29 members - 4 added in January!

**January 13 - CNIB Mobile Hub at Glen Abbey**

- All day program and products demonstrated and for sale.

**February 19 - A VL (Adjustment to Vision Loss) classes**

- Several of our members are participating in a series of 6 sessions using the zoom platform each Wednesday. The classes are held in conjunction with a group located in British Columbia.
- I participated in 4 virtual sessions about "Motivational Interviewing" - a useful tool to guide clients into making changes that will benefit their particular situation.

	<ul style="list-style-type: none"> <li>○ Each class took place over four days, two weeks apart from an 11:30 a.m. - 4 p.m.</li> <li>○ I have become a member of a new committee at OTMH. This committee is the "Senior Friendly Care Steering Committee. "Senior Friendly Care (sfCare) is evidence-based, preventive and proactive care for the unique needs of older adults. Senior friendly processes of care include: delirium, mobilization, social engagement, nutrition, pain, polypharmacy, and urinary incontinence.</li> </ul>
e	<p><b>OAAC- Darlene Cox</b></p> <ul style="list-style-type: none"> <li>○ Joanne Phoenix Manager of Planning and Accessible Services at Oakville Transit in Oakville, is retiring in May 2025.</li> <li>○ Oakville now has large and small electric buses.</li> <li>○ Oakville has Care-A-van which is available to anyone who is unable to use conventional transit. The service uses fully accessible transit vehicles supplemented in partnership with local taxi providers when necessary.</li> <li>○ There is interest in another "Ride a Bus" event to help promote the Oakville Transit Service for seniors and to enable more seniors to become familiar with the ease of using the new electric buses.</li> <li>○ Julie to reach out to Joanne to determine if an event could be planned in conjunction with the opening of Sixteen-Mile and seniors living communities in the north end. Julie to speak with Surrendar Menrai to engage his faith-based community living in the area.</li> </ul>
f	<p><b>Halton Age-Friendly – Julie Pennal</b></p> <ul style="list-style-type: none"> <li>○ The Older Adult Action Table established the Inclusion, Diversity, Equity, Anti-Racism, Anti-Oppression (IDEAA) Committee in May of 2024. The committee is seeking one additional member. The committee has held two meetings thus far and is still in the early stages of development. Current members include Shahzi (lead) and Sonya (member). For more information and if you are interested in joining, please review the attached document and contact Shahzi at <a href="mailto:SYasmin@AcclaimHealth.ca">SYasmin@AcclaimHealth.ca</a>.</li> </ul>
9	<p><b>Links2Wellbeing – Kelly Meeussen</b></p> <ul style="list-style-type: none"> <li>○ <b>Links2Wellbeing:</b> Currently, 2 more Links2Wellbeing referrals came from Oakville Hospital Social Work department. Jolaine will be contacting them to find out what programs they're clients would like to be involved in. There are a few Links2wellbeing clients that Jolaine has been able to get involved in programs which is encouraging.</li> </ul>

<p>7</p> <p>a</p> <p>b</p> <p>c</p> <p>d</p> <p>e</p>	<ul style="list-style-type: none"> <li>○ The last Monday of every month, Jolaine will try to attend the Links2Wellbeing check in meetings to learn more about the program, how to spread the word and what other communities are doing to be successful when clients come into their centres.</li> </ul> <p><b>New Business Arising/Information Sharing</b></p> <ul style="list-style-type: none"> <li>○ June is senior’s month Housing Symposium: June 17 from Noon-2:30 p.m. The day will include 2-3 speakers (20-25 minutes) with question-and-answer period. Julie to reach out to: Jeanette Bock, Garth from Accessory Building, Spaces Shared.</li> <li>○ Day will include lunch.</li> </ul> <p><b>Information Fair:</b></p> <ul style="list-style-type: none"> <li>○ Tuesday April 29 from 9 a.m.-noon at QEPCCC. OAAC and CARP will be invited, same vendors as last year (50), taking place in the Rehearsal Hall, MP1 &amp; 2 at QEPCCC. This will be in combination with Oakville Seniors Open House. “Try Its” will take place in MP rooms 3 and 4. Will provide a continental breakfast, door prizes, swag items, map for directions. Looking for volunteers to support areas such as the welcome table, OAC room serving refreshments, etc. Possible sponsorships coming from Amica and Chartwell. It was suggested that we have a lawyer present. Darlene suggested Giulia Reinhardt or designate from Halton Community Legal Services. Opportunity to feature Sixteen Mile Recreation Centre.</li> </ul> <p><b>Monday, April 7 from 2-4 p.m. Frauds and Scams – Canadian Anti-Fraud Centre Virtual Zoom Presentation – NEW DATE, NEW TIME!!</b></p> <p><b>Guest at March SWAG meeting – Tracy Clapham, Municipal Standards Investigator from Municipal Enforcement, Services Oakville.</b></p> <p><b>Guest at April SWAG meeting. - Ontario Caregiver Organization with Katie Muirhead</b></p>
<p>8.</p>	<p><b>Information Sharing:</b></p> <ul style="list-style-type: none"> <li>○ Micheline crafted a letter requesting a speaker from CAMH.</li> <li>○ Joint meeting with SWAG and Policy Review Committee scheduled for, Friday, March 28 at 9:30 a.m. at Sir John Colborne Centre.</li> <li>○ See attached posters for review.</li> </ul> <p><b>Next meeting: Wednesday, March 26 at 1:15 p.m. in person or via Zoom at Sir John Colborne Centre boardroom.</b></p>

**Meeting adjourned at 3:30 p.m.**