



## **Burlington Seniors' Advisory Committee Meeting**

### **Minutes**

Date: April 25, 2022  
Time: 10:00 am  
Location: Virtual

#### **1. Members Present:**

Ron Minaker (Chair), Nancy Gilbert, Bob Chepyha, Margaret Doma, Heather Westhaver, Kerry McGregor, Sara Elkabany, Deepak Sharma

#### **2. Member Regrets:**

John Kalbfleisch

#### **3. Others Present:**

Mandy Kerr (Supervisor of Recreation-Adult Programs), Councillor Stolte, Emilie Cote (Manager of Recreation Services), Kristin Sprukulis (Clerk)

#### **4. Land Acknowledgement**

Ron read the Land Acknowledgement.

#### **5. Declarations of Interest:**

None.

#### **6. Approval of Minutes:**

6.1 Approval of the minutes from the meeting held March 28, 2022

On motion, the minutes from the meeting held March 28, 2022, were approved as presented.

#### **7. Delegation(s):**

7.1 Mandy Kerr (Recreation, Community and Culture) regarding the Active Aging Plan

Mandy Kerr, Supervisor of Recreation-Adult Programs, provided an update on the Burlington Active Aging Plan (BAAP). The updates focused on the social inclusion aspect of the BAAP and included:

- The BAAP was developed in 2017 and put into action in 2017 and then became fully implemented in 2018. There are five areas of focus: Transportation and Transit, Outdoor Spaces and Buildings, Social Inclusion, Civic Participation, Communications and Information. Two other areas are also Housing and Health and the City works with regional partners on these pillars as Burlington does not have sole influence in these areas.
- Mandy reviewed the attached slides. On page 3 we are able to see a snapshot of the progress of each of the areas. Many of the areas that are paused have been paused due to Covid.
- The community wanted more intergenerational programs, expanded recreation opportunities in more locations, the ability to develop partnerships, increase in sport and restorative programming, more newcomer programming, more fee assistance (access to and awareness of), a decrease in the number of program launches (in regards to registration this is usually done four times a year, it was then reduced to two, but because of Covid it had to increase to four again as the circumstances were always changing), review of age friendly features in recreation centres, personal leisure assessment tools, and more social programs.
- 70% of activities are geared to 55+, 30% geared to younger individuals.
- Recreation was once informed that no one wanted virtual programming, but due to Covid that has become more prevalent, and it made it so a lot of programming did not matter the age, this allows for intergenerational programming. There are more maker programs that allow for everyone to get involved, and sports are now about matching skills rather than by age group.
- Working on expanding sport in regards to "5 Ways to Get in the Game"- this means using outdoor amenities, private rentals, instructional clinics, open drop-in sessions and registered levels.
- Fee assistance is available to all and the city is looking to enhance this further. Goal is to expand the availability and awareness in the future. This will be able to reduce barriers in the future.

- Costs- there are quite a few free activities right now, and the city is hoping this will continue. Recreation has also removed the membership requirement and extra hidden cost- this was originally required at the seniors centre and was used to provide a discount, however the concept of exclusive membership no longer makes sense. The price you see is now the price you pay.
- Registration- phone registration has returned and while the waits can be long, they are better than waiting for hours in person.
- Diversity and Inclusion program review is under way. The city is looking at the amenities and services with a lens at inclusivity. Ex. Hearing loops in centres. These hearing loops pick up sound source from a microphone and go directly into a hearing aid or cochlear implant without background muffling. These are in most used community rooms and customer service areas at the seniors centre. The rest of the city cannot be done until funding is received.
- Question: As this is a living document, are these practices changing as new information is found? Yes, we made a commitment to the city to review and revise the plan every three years. 2021 had been the target but this was pushed back and it is now being started again.
- Question: Are there any engagement opportunities for local schools and communication to make this available for young people to volunteer? Yes, young people have the opportunity to come and join, especially students looking for their 40 hours of volunteer hours. There is a new program called Better Impact that will be used by the city in upcoming months to assist with volunteering.
- Question: Are residents coming back to the seniors' centre? Not in the waves they used. Many people want to come back but are not ready yet. In the meantime there are outdoor, virtual and phone opportunities.

## **8. Regular Items:**

### **8.1 Updates from Recreation, Community and Culture**

No updates at this time.

### **8.2 Farmers' Market Update**

Kristin shared that the details of the Farmer's Market table at the Burlington mall are still being worked out with Burlington Accessibility Advisory Committee and further updates will be available in May.

### 8.3 Seniors' Month Update

Kristin shared that the Burlington Public Library will be hosting many events in promotion of Senior' Month. This includes information sessions, World Wide Knit day, iPad Boot Camp, Telepals, and Yoga (all items subject to change). Further information with dates and times will be available at a later date.

### 8.4 Flag Raising and Proclamation approval- October 2022

The motion to approve submitting a flag raising request for Seniors Day in October 2022 and to approve the submission of the proclamation for Seniors' Day in October 2022 was approved as presented.

Action: Kristin will submit the flag raising and proclamation request to the Mayor's office and confirm a date at a later time.

### 8.5 Roundtable Updates

#### a. Burlington Public Library

Kristin, on behalf of Heather, provided the following updates from Burlington Public Library:

- That in person events will be beginning shortly
- Registration for programs opens up on the 2nd of every month and the calendar can be found [here](#).
- To stay up to date subscribe to the library's e-newsletter [here](#).

#### b. Burlington Accessibility Advisory Committee

Kristin, on behalf of John, provided the following updates from BAAC:

- It is National Accessibility Week from May 29-June 4, 2022.
- BAAC is trying to establish which trails at the Royal Botanical Gardens are accessible and could be added to the Birdability Map. This map can be found [here](#).
- There are no further updates from the parking standards meeting
- From the coordinators report:

- Inquiries about Accessible Housing: Landlords are apparently reluctant to rent to disabled persons as they feel they are a liability
- The issue of accessible taxis was discussed as it was mentioned that there was only one in Burlington. Further discussion was whether or not taxis would allow Service Dogs.
- BAAC is hoping to have the Elections Officer come and discuss the accessibility plan
  - In regards to this, Kristin also advised that BSAC would be trying to have the Elections team come to discuss what is being done for older adults in regards to the election.

c. Burlington Inclusivity Advisory Committee

Deepak provided the following updates from BIAC:

- BIAC is looking to make improvements to the online webpages in regards to resources. Suggestion to include resources about funerals in Burlington.
- BIAC is arranging a panel from the community to discuss hate crimes in Burlington in order to shine a light on what can be done to remove this problem.

d. Integrated Transportation Advisory Committee

Peter provided the following updates from ITAC:

- There is a plug and drive event going on. Residents can set up an appointment to test drive an electric vehicle. The link to this registration can be found [here](#). This is going on from April 23 to May 20.
- There was discussion around having school buses and transit buses also becoming electric.
- There was discussion around regulations for E-bikes and motorcycles and that they should be the same regulations. There is a need for some form of separation from roads and cars and bikes. Cycling should be encouraged but it can be daunting and dangerous.

- Another concern was about the signage in the city as it relies heavily on English on the signs versus symbols. It can be difficult to understand certain road signs, especially for newcomers.

**9. Other Business:**

Councillor Stolte informed that she was pleased to hear about age friendly initiatives occurring. And that Age Friendly Halton was covering other pillars of the Active Aging Plan that Burlington does not completely cover as it is not under their jurisdiction.

**10. Adjournment: 11:31 a.m.**