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# Advocacy for Seniors

## Senior Adults Living Triumphantly

**Present:** Sheila Hipton, Lora Stratton, Jessica Vanstokkum, Andrea Herman Johnson, Guy Lamontagne, Trisha Gupta, Don Marion, Ann Le Messurier, Marjorie Field, Grace Newsome, Edwige Petruzelka, Fay Henry, Emily Leech, Teresa Lirette,, Ginny Rice, Kaya Preet Kaur Bhatia, Ruth Wulwik, Irene McInnis, Dave Rogers, Gerri Malloy, Iqbal Singh, Jangir Singh Sehmy, Gurmel S. Saggu, Jagdev Singh Grewal, Ravinder Singh Talawar, Suberge, Kumaria, Sulsander Singh Dhillon, Sat Pal Malhi, Hardip Chhokar, Doreen Manning, Lucila Agigo, Crisantina Ragindir, Severino Raguindin, Ruth Bender, Toni Sincovicli, Pamela Sims, Pooja Patel, Nauckch Aidaus, Shan Abbasi, Lucinda Sloley, Dan Clark, Evelyn Mates, Prabhat Chatterjee, Myrna Adams, Regional Councillor Pat Fortini, Chris Hogg, Katie Smith

**Regrets:** Amrik Kumria

President welcomed everyone and begun the meeting with the Indigenous Land Acknowledgement

Approval of Agenda: Approved by Don Marion, Seconded by Edie Petruzelka

Approval of Minutes: Approved by Edie Petruzelka, Seconded by Teresa Lirette

President's Report: Received great suggestions for advocacy issues and we are beginning work on the following:

1. Marketing of available programs for seniors within their areas
2. Advocating for more programs for seniors to encourage participation in activities to manage better physical and mental health
3. Advocating for better in-home services for seniors allowing them to remain in their homes for a longer period of time
4. More friendly visiting programs, telephone calls
5. Advocate for housing for the homeless and those at risk of becoming homeless

Explained Peel Council on Aging and save the date of May 10, 2023 for the Summit on Aging to be held at Bob Callahan Flower City Seniors Centre. Members were asked to attend as this is extremely important for seniors to attend to have their voice heard regarding seniors' issues

Treasurer's Report: Bank balance as of January 31, 2023 = \$1,640.76

Speaker Jessica Vanstokkum presented information on free workshop series for adults 55+ that includes variety of fitness classes such as ; Zumba, Stretch and Strengthen, Library, Parks and Recreation taking place February TT Riverstone and March at Bob Callahan Seniors Centre. Classes are from 9 -11 am. Registration is required for the full series, however, attend when you can.

Speaker Marc Rainford discussed City's Nurturing Neighbourhoods Program, presented a survey to be completed and will pick up from BSCC. Neighbourhood profile is online. Identify assets in your neighbourhood. City of Brampton safety plan on a paper. New Initiative: Friends of the office. Geo hub application available.

Series of questions regarding Bill 23, not clear what will happen with development charges, zoning changes, waiting for reports.

Systems here must change

February 13<sup>th</sup>.and March 13th Retraining jobs for seniors

Free use of City facilities for seniors 70+ physical activities being discussed in the budget.

Private dressing or change rooms needed.

Region follows City snow removal program \$200.00 and \$300.00 for a corner lot

Mr. Iqbal Singh Virk announced that he would pay for refreshments for the March Meeting as it is his birthday and that is his gift to BSCC.