

**TOWNSHIP OF WEST LINCOLN
WEST LINCOLN AGE FRIENDLY ADVISORY COMMITTEE (WLAFAC)**

MEETING NO. ONE HELD: Friday, Jan 12, 2024, Township Administration Building, 318 Canborough Street, and Smithville – 9:00 a.m. Council Chambers

PRESENT:

Chair:	Deb Thomas
Members:	Mayor Cheryl Ganann Kitty McGrail Tina Jol Toni Mills Linda Sivyer John Ganann Sue Langdon Karen Parker
Regrets:	Lisa Maychak Councillor Terry Bell
Guest:	Stuart Lord
Staff:	Jacque Thrower, Executive Assistant

1. Welcome and Introduction of members/guests

Chair Thomas welcomed the members of the Committee to the meeting and welcomed Stuart Lord as a guest. Stuart has submitted his application to join the Committee and a formal bylaw will be presented at the Jan 29, 2024 Council Meeting.

2. Ratification of Minutes from last meeting – Dec 8

The minutes of Friday, December 8th, 2023 were ratified by the Committee as amended.

3. Business Arising from Minutes – Collecting Info/resources and contact info for June 14, 2024 Forum – Business Cards etc.

There was general discussion regarding the Older Adult's Forum contact form that Chair Thomas distributed and contact information was updated with the understanding that any further changes be emailed directly to her. Chair Thomas will forward an updated contact form once she has completed all the changes.

Jacque distributed a draft letter that can be sent to potential organizations inviting them to participate in the 2024 Older Adult Forum. Jacque will distribute letters accordingly.

John provided members of the Committee with a link for free events for seniors hosted by the Burlington Central Library, (Centennial Hall) which is located at 2331 New St, Burlington ON. <https://www.mariongoard.ca/seniors/empowered.aspx>

John advised that he recently attended the Crime Stoppers Flag Raising at the West Lincoln Community Centre and met the Board Chairman, Ernie Sibbert who is interested in participating in the Older Adult Forum. Jacquie will forward a letter to Crime Stoppers inviting them to participate in the Forum. John advised he recently viewed a webinar regarding a sleep disorders study for seniors that was very informative and advised that webinar would be posted online. Link below:

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2022/01/19/insomnia-are-sleeping-pills-the-answer>

John will provide Jacquie with the McMaster Aging Portal info that she can share with the committee. Link below:

<https://www.mcmasteroptimalaging.org/contact>

John suggested that we contact neighbouring municipalities to spread the word about upcoming events.

Stuart volunteered to reach out to various organizations to invite them to attend the forum.

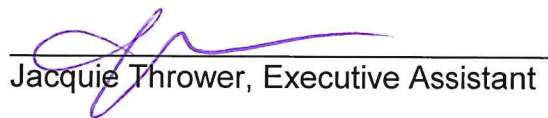
Karen inquired about inviting area businesses who provide pet care to attend the forum to provide info to older adults.

4. Adjournment

The meeting adjourned at 10:30 a.m.



Chair Deb Thomas



Jacquie Thrower, Executive Assistant