

**Seniors Citizens' Advisory Committee, Welland (SCAC)  
Strategic Planning  
FINAL**

**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  
Lead By: Rose Dzugan SCAC Vice Chair**

Committee Members: Carol Sernasie Chair, Rose Dzugan Vice Chair, Doug Rapelje, Denise Bourque, Jeanine Hughes, Linda Oakes, Joan Churchman, (Richard Dalton)

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

**THINK GLOBALLY, ACT LOCALLY**

<b>Niagara Aging Strategy and Action Plan Goals (NASAP)</b>	<b>Strategy</b>	<b>Action Step</b>	<b>Responsible</b>	<b>Time line</b>	<b>Priorit y 1 - 3</b>
<b>Goal #1</b> 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)	- Sustain AF WHO designation for Welland Assume leadership role in completing and updating WHO criteria	Denise B Carol S  AF Leadership	Ongoing	1

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

		<ul style="list-style-type: none"> <li>-Plan general discussions with seniors following seniors day lunch.</li> <li>-Determine feasibility attend WCenter once/month to be available for discussion with Seniors</li> <li>- investigate attending at locations frequented by Senior and identify locations</li> <li>-investigate Inviting youth to participate in SCAC initiatives</li> </ul>			
	SCAC membership add youth	<ul style="list-style-type: none"> <li>- Investigate youth representation to support Intergeneration aspects of AF community</li> <li>-Investigate feasibility of SCAC member attending youth committee</li> <li>-involve youth in planning an carrying out activities</li> </ul>	SCAC	Ongoing	2
	Age-Friendly Niagara Network Mailing List :Niagara Connects	<ul style="list-style-type: none"> <li>-Join the Age-Friendly Niagara Network Mailing List : Niagara Connects</li> <li>-Provide content about age-friendly initiatives, events, or resources in Niagara</li> <li>-Promote SCAC Age Friendly initiatives with Niagara Network</li> </ul>	SCAC email <a href="mailto:info@agefriendlyniagara.com">info@agefriendlyniagara.com</a> <u>Doug R</u>	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
<b><u>Goal #2</u></b>	Education for seniors, caregivers, all age	-Partner with and develop ongoing relationship with Brock University's	SCAC	Ongoing	2

Facilitate an active and positive lifestyle for older people	ranges: determine sources	<p>Growing with Brock and Lifespan Research</p> <ul style="list-style-type: none"> <li>-Lifelong Learning Speaker Series</li> <li>-Age Works series</li> </ul> <p>-Suggest lecture series with emphasis on mental health, senior isolation, dementia and cognitive impairment, health and nutrition, brain health, etc.</p> <ul style="list-style-type: none"> <li>-Host speakers: partner with Brock</li> <li>-Participate in research studies if appropriate</li> <li>-Investigate partnerships with other appropriate organizations regarding speakers' series ie. Niagara College, Brock, Carp, Lifelong Learning, Alzheimers Society</li> <li>-Consider hosting regional AF Leadership Council Forum</li> </ul>			
	Age friendly active lifestyle education	-Collaborate with other age friendly groups to host a Seniors' Information and Active Living Fair	SCAC	ongoing	2
<p><b>Goal #3</b> Optimize the health and wellness of older people And</p> <p><b>Goal #4</b> Improve access and utilization of services and supports</p>	Hospice South Niagara	<ul style="list-style-type: none"> <li>-Continue advocating and lobbying for Hospice in South Niagara in partnership with Hospice, City of Welland</li> <li>-Actively participate in new <u>South Niagara's</u> proposed development. Ongoing support activities currently under way. Provincial funding essential</li> </ul>	Doug R Carol Nagy  Carol S	Ongoing	1

		<ul style="list-style-type: none"> <li>-Integrate knowledge of existing local Hospice services: Visiting programs,</li> <li>McMaster office Prince Charles Grimsby McNally House 6 beds.</li> <li>St Caths 10 beds Hospice Niagara Stabblers Center (16 beds for Niagara)</li> <li>-Draft letter to City in support of locating Hospice in Welland</li> </ul>			
	Age Friendly requirements for recreational purposes	-Participate in planning for new Rotary Park with reference to age friendly features	Richard Dalton Arthur R.	Ongoing	3
	Transport Inter-municipal transportation, go train integration and growth	<ul style="list-style-type: none"> <li>-Consider results of one day free transport for seniors study in Niagara Falls All municipalities waiting on Niagara Falls report.</li> <li>- Meet with City Transit Manager: Doug has done. City agreed to AF Signs on buses and bus stops: Doug has examples of signs</li> </ul>	Doug	Ongoing 2020	3
	Affordable housing	<ul style="list-style-type: none"> <li>-Consider dependence on Regional planning</li> <li>-Continue advocating for affordable housing in Welland</li> </ul>	Generic AF Leadership and SCAC	Ongoing	1
	Social isolation	<ul style="list-style-type: none"> <li>-Plan for SCAC availability in discussing issues with seniors</li> <li>-Investigate other methods of addressing social isolation/inclusivity</li> <li>-Integrate current findings and strategies into SCAC planning</li> </ul>	SCAC	Ongoing	1

	Age Friendly signage and way finding	-Promote AF sign/font size within City -Letter to City	Carol S	2020	3
<b>Goal #5</b> 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	Carol S With Ann Osborne	Ongoing	1



		and make recommendation to city to address issues related to electronic delivery			
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
SCAC profile		-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	Working group	2020	2

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