

## **Burlington Mayor's Seniors Advisory Committee – 2010 Annual Report**

### **Recommendations**

*For information only.*

### **Background**

The MSAC committee is composed of ten (10) members – three (3) charter members – Crime Prevention Committee, Accessibility Advisory Committee, Seniors Centre Board, plus seven (7) representatives from the community including residents and stakeholders, with Councillor Carol D'Amelio as our Council liaison and the Committee Clerk.

The City of Burlington Mayor's Seniors Advisory Committee is to:

1. Provide advice to the Mayor and Council on issues related to the quality of life for seniors within Burlington; and
2. To promote and increase the quality of life for seniors living in Burlington.

MSAC fulfills both of these objectives by:

- Working with City staff
- Raising awareness about the Age Friendly Resolution 2009 by the City of Burlington
- Partnering with the United Way (past workshops and roundtables) and currently working with the Age Friendly Task Force
- Identifying the needs within Burlington seniors community
- Identifying and reviewing the information from the Ontario Seniors Secretariat

### **Highlights from 2010**

During the past year, MSAC has concentrated its efforts on developing a partnership with the United Way of Hamilton and Burlington to better assist us in our work developing an Age Friendly Community under the United Nations, World Health Organization Guidelines.

- Four roundtables were held with the topics of Healthy Economics, Healthy Housing, Healthy Aging, Healthy Community Issues
- Built awareness on Age-Friendly initiatives through
  - MSAC note pads with age friendly checklist
  - Seniors Brown Bag Picnic
  - Seniors Roundtable discussions: A Community's Path for an Age-Friendly City
  - Burlington Seniors' Roundtable report for an Age-Friendly city
  - Media releases with the United Way and the City of Burlington
- Empowering Seniors: Protecting Yourself – an informative and interactive event designed to inform seniors on the latest scams and educated them on

their legal rights (March 29, 2010) The event drew in more than 120 attendees and included topics on scams and fraud, estate and financial future, contractors, and elder abuse.

- Breakfast at the Bistro – committee members support this monthly program targeting seniors who are living in isolation by volunteering in June.

#### Ongoing project and new initiatives for 2011:

2011 will be a busy year for the Mayor's Seniors Advisory Committee in preparation to have Burlington an 'Age Friendly Community' moving forward with enthusiasm and dedication.

The Committee's budget and efforts in 2011 will focus on Empowering Seniors to improve their quality of life through:

- Monthly committee and sub committee meetings
- Sharing of work plan with Crime Prevention Committee, Burlington Accessibility Advisory Committee and Senior Centre
- Meeting with the United Way as partners in the Age Friendly Task Force to address Transportation, Housing Affordability, Communications & Education (2011), Holistic Health-mind, body & spirit, seniors' income (2012)
- Seniors Brown Bag Picnic, September 2011
- Empowering Seniors Interactive Event, March 2011
- Breakfast at the Bistro, June 2011
- Walkability audits

MSAC will continue to play an active role with participation of charter members from:

- Burlington's Inclusivity Committee
- Crime Prevention Committee
- Accessibility Advisory Committee
- Seniors Centre

#### **Staff Resources**

We are supported by the Committee Clerk from the Clerks Department.

#### **Communication Matters**

MSAC has created and approved a yearly Work Plan to keep us on track to improving quality of life for seniors within Burlington.

#### **Conclusion**

Advising Mayor and Council with various needs which would result in improving the quality of life for seniors residing in Burlington. An 'Age Friendly Community of

Burlington' will show Burlington as a lighthouse within Ontario giving a truly age friendly place to live and enjoy!

All members take the volunteer responsibilities very seriously and focus to insure that we are reliable and informed resources to Burlington Mayor, Council, and City staffers. MSAC looks forward to working with New Mayor and Council for continued leadership to inspire and guide us.

This Report would not be completed without the recognition of the major contributions of Councillor D'Amelio, Mayor Jackson, Deb Caughlin, Joanne Hyde, Cathy Lamb, Bea Mc Donough, Suzanne Soto Davies, Kathy Bonham-Brown, Shelley Chalmers, Carol Thomas, Michael Hourigan, Marion Angel, Molly Yeates, and Penny Hersh.

We are very grateful for their combined knowledge, experience, enthusiasm and determination.

Respectfully submitted,

Joan Gallagher-Bell,  
Chair, Burlington Mayor's Seniors Advisory Committee