City of
Elliot Lake

# SENIORS ADVISORY COMMITTEE
# AGENDA

Thursday, April 20, 2017, 4:30 pm
Committee Room

Pages

1. ROLL CALL

2. DECLARATION OF CONFLICT OF INTEREST

3. MINUTES OF THE PREVIOUS MEETINGS

4. PUBLIC PRESENTATIONS

5. INTRODUCTION AND CONSIDERATION OF CORPORATE REPORTS

6. PRESENTATION OF COMMITTEE REPORTS

7. UNFINISHED BUSINESS

   7.2    **Project Lifesaver**
          Update

   7.3    **Canada 150**
          Continued discussion on possible event hosted by Seniors Advisory
          Committee

   7.4    **2017 Senior of the Year Award - Nominations**
          As this matter deals with personal information about identifiable
          individuals, it may be discussed in closed session under Section
          239.(2)(b) of the Municipal Act.

8. NEW BUSINESS

9. CORRESPONDENCE

10.     PUBLIC QUESTION PERIOD

11.     ADDENDUM

12.     CLOSED SESSION

13.     SCHEDULING OF NEXT MEETING

14.     ADJOURNMENT

**City of**
## Elliot Lake

## SENIORS ADVISORY COMMITTEE

## MEETING MINUTES

Thursday, March 16, 2017
4:30 pm
Committee Room

| | |
|---|---|
| Present: | C. Nykyforak, Chair, D. MacPhail, W. Bromley, S. Bourret, D. Marchisella, Mayor (Ex-Officio) |
| Regrets: | S. Pilon-Nicholls, A. Vlahovich |
| Resources: | R. Baird, P. Young (OPP), S. Gordon (OPP) |
| Recording Secretary: | A. Roy |
| Others Present: | W. Rowland |

## 1. ROLL CALL

The meeting was called to order by the Chair at 4:30 PM

## 2. DECLARATION OF CONFLICT OF INTEREST

## 3. MINUTES OF THE PREVIOUS MEETINGS

### 3.1 February 23, 2017

**Res#: 5/17**
Moved By: S. Bourret
Seconded By: D. MacPhail

THAT the minutes of the March 16, 2017 Seniors Advisory Committee meeting be adopted

**Carried**

**4.    PUBLIC PRESENTATIONS**

**5.    INTRODUCTION AND CONSIDERATION OF CORPORATE REPORTS**

**6.    PRESENTATION OF COMMITTEE REPORTS**

**7.    UNFINISHED BUSINESS**

**7.1    Age Friendly Elliot Lake**

Update

Review of documents taking place by City staff.

**7.2    Project Lifesaver**

Update

**Res#: 6/17**
Moved By: D. MacPhail
Seconded By: W. Bromley

THAT the Seniors Advisory Committee would request sponsorship to the Project Lifesaver program, and ask the Economic Development Committee to consider our request for approval, and if approval is granted, to forward the request to Council for its review and approval

**Carried**

**7.3    Canada 150**

Continued discussion on possible event hosted by Seniors Advisory Committee

Speaker series to take place June 2017. Various speakers and topics were suggested. Details will be finalized.

**8.    NEW BUSINESS**

**9.    CORRESPONDENCE**

**9.1    Letter from the Ministry of Seniors Affairs**

2017 Senior of the Year Award

2017 Senior of the Year Award nomination call-out on Page 2 of the Standard and City website. Deadline is April 30 2017 for municipality to submit nomination online.

**10.    PUBLIC QUESTION PERIOD**

**11.    ADDENDUM**

**12.    CLOSED SESSION**

**13.    SCHEDULING OF NEXT MEETING**

The next scheduled Seniors Advisory Committee meeting is Thursday April 20, 2017

**14.    ADJOURNMENT**

**Res#: 7/17**
Moved By: D. MacPhail
Seconded By: S. Bourret

That the meeting be adjourned at the hour of 5:00 PM

**Carried**

## Age Friendly Action Plan Project

*An Age Friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities (WHO, 2007). Not only does an Age Friendly community benefit older people, but people of all ages. "Design for the young and you exclude the old, design for the old and you include everyone," (Bernard Isaacs).*

*The 8 Age Friendly Themes identified by the World Health Organization are*

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 Support and Health Care Services*

**Update- April 2017:**

- Drafts of Report to the Community, Action Plan and Checklist have been completed and went to the Economic Development Committee April 19, 2017 for review.
    - o Please see documents attached.

# Age Friendly Elliot Lake

# Report to the Community Age Friendly Survey 2016



**Figure 3**

Prepared By: Amanda Roy

Community Planning Intern

City of Elliot Lake

April 2017

## Acknowledgements

Funding provided by:

**Executive Summary**

An Age Friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities (World Health Organization, 2007). Not only does an Age Friendly community benefit older people, but people of all ages.

In June 2015, the City of Elliot Lake received the Age Friendly Community Planning Grant. This grant was used to create the Age Friendly Elliot Lake Action Plan through focus groups, public consultations and survey of the community. This Action Plan is to help improve Elliot Lake's age-friendliness and overall quality of life for community members. The five year plan outlines strategies and goals to improve Elliot Lake in eight key areas:

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Civic Participation & Employment
- Communication & Information
- Community Support & Health Care Services

The Action Plan contains short, medium and long term goals. Each of these goals includes action step(s), timeframe and resources required to accomplish the goal.

Close to 500 people responded to the survey. The survey was limited to those who lived or worked in Elliot Lake. Age of respondent's ranged from teens to nineties. However 36% of respondents were in their fifties or sixties and were primarily female overall.

The results of the survey, which are outlined in this report, identify the current age-friendliness of Elliot Lake and provide information regarding the gaps and the needs in the community to make the City more age-friendly.

This report will address the steps followed in order to create the Age Friendly Elliot Lake Action Plan. This included research, focus groups, community based survey, and public consultations, as well as meetings with the Age Friendly Working Group.

**Table of Contents**

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## Introduction

**History of Elliot Lake**

Elliot Lake is truly unique, in its population and the beautiful and vast nature that surrounds it.

Established in 1955 after uranium was discovered in the area, Elliot Lake became a booming mining town with a population of 20,000. In the late 1980s, with the Cold War over and interest flagging in uranium, the mines began to close. Over 4,500 layoffs devastated the City. Instead of accepting defeat, the City managed to band together, and create a new primary industry---residents.

Vacant homes were marketed and sold or rented to retirees, who've been retiring to Elliot Lake since the early 1990s. Due to retirement living, cottaging, tourism and some entrepreneurial business people, the City of Elliot Lake has rebounded and has managed to maintain some infrastructure that was designed for a booming mining community and the population has stabilized at approximately 10,000.

**How Age Friendly is Elliot Lake?**

Given the history of Elliot Lake the move to re-establish the community from mining to retirement resulted in a City that had one of the highest average age populations in Canada and planning for older adults was a requirement for success. This resulted in Elliot Lake being well on the way to being an Age Friendly community.

**Healthcare**

The community of Elliot Lake is equipped with facilities to provide a continuum of care, from acute hospital care and health clinic care, to assisted living and home care services. The community is also served by a full complement of medical professionals and services including optometrists, opticians, dentists, denturists, chiropractic clinics, and other health and wellness services.

There are a number of specialized health care suppliers and services within the City. There are a variety of services that offer safety and convalescent aids, oxygen services, medical supplies, valet services and home care. There are a number of agencies that deal with emotional support and counselling services as well as substance abuse counselling.

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**Accessibility**

The City of Elliot Lake is committed to reviewing its practices, processes and policies with respect to removing barriers for persons with disabilities. Under the Accessibility for Ontarians with Disabilities Act, the City of Elliot Lake established the Accessibility Advisory Committee, to assist the City in identifying and eliminating barriers.

**Emergency Services**

The City of Elliot Lake is well prepared to respond to emergency situations. The City is home to a fire hall, ambulance base station and a full complement police force. In addition, the City is well serviced by response agencies and has a very detailed Emergency Management Plan supported by a staff coordinator. This plan can be accessed through the City's website, www.cityofelliotlake.com, or by contacting City Hall, 705-848-2287.

**Transit and Transportation**

The community has an excellent local public transit system. A new transit schedule was produced December 19th 2016. Transit service is provided by municipally owned and maintained accessible buses. The fleet includes accessible busses as well a specialized transit for those with special needs. In Elliot Lake 95% of residence are within a 5-minute walk of a bus stop.

In addition to the transit service provided by the municipality, there are also taxi services, personalized transportation, vehicle rental services and shuttle services provided to Greyhound bus service.

**Groups, Clubs and Activities**

Elliot Lake offers a wide range of groups, clubs and activities for people of all ages; whether it's walking/hiking programs, organized/unorganized sports, various clubs, camps, or special events, there is always something happening in Elliot Lake for people to join and be a part of.

**Arts, Culture, Facilities and Outdoor Spaces**

Elliot Lake has a vibrant and active arts and culture community. From the visual arts to theatre to music and dance, and everything in between. Elliot Lake is home to a gallery, museum and theatre all at the Lester B. Pearson Civic Centre. There is also an arena and outdoor ice rink, a municipal pool, multiple beaches, boat launches, sport fields and courts, parks and playgrounds, and an abundance of trails.

## Purpose of Report

The purpose of the report is to identify the process followed to establish the Age Friendly Elliot Lake Action Plan, and will summarize the results derived from the survey.

Recommendations are intended to provide useful tools accessible by all sectors of the community including citizens, businesses, organizations, and service providers.

## Timeline of Age Friendly Elliot Lake

- In 2015 the City of Elliot Lake received the Age Friendly Community Planning Grant. This grant was used to create the Elliot Lake Age Friendly Action Plan. Once the grant was received, more research on Age Friendly communities was initiated and this resulted in planning the focus group sessions with service providers, agencies, organizations, activity groups, and business owners.
- In January 2016 the City of Elliot Lake partnered with the Northern Ontario School of Medicine (NOSM). The partnership provided assistance with the facilitation of focus group sessions, drafting and distribution of the survey, and collection of the resulting data. The survey was reviewed by the Ethics Review Board at Laurentian University and received ethical approval.
- The Age Friendly Working Group was also established concurrently. This group was comprised of three volunteers and a City staff member.
- In August 2016 the survey was deployed throughout the community with the assistance of NOSM summer students. Four public consultations were held in addition to the survey.
- In September 2016 data collected from the survey was analyzed.
- October 2016 to April 2017 a final report was drafted in addition to Elliot Lake's Age Friendly Action Plan. This plan was reviewed by the Age Friendly Working Group to gain feedback and make changes if necessary before presenting it to the Economic Development Standing Committee.
- In April 2017 the final report and Age Friendly Action Plan was presented to Elliot Lake's Municipal Council for review and approval.

## Goal

There are two main goals of the Age Friendly Elliot Lake project. The first is to acquire designation as an Age Friendly Community by the Province of Ontario and the World Health Organization (WHO). The second is to improve Elliot Lake's overall accessibility and inclusiveness of people with varying needs and capacities. Successful recognition as an Age Friendly Community will allow the City to advertise as such, increase opportunities for research, potential job creation, networking, partnerships and funding opportunities.

## Age Friendly Survey Methodology

The survey was intended to reach as many people as possible throughout Elliot Lake who live and/or work in the community. The sample size that was required for the survey was determined by an online program called Raosoft. The sample size required was 372. The number of respondents that completed the survey was 478.

The survey was created through focus group sessions focused on the eight key areas that the WHO identifies (outlined on Page 2). There were nine separate focus group sessions held on a one time basis. One key area, Community Support & Health Care Services, was split up into two focus group sessions as this was a large spanning group with many potential participants. Those invited to the focus groups were carefully selected by City staff. Individuals included business owners, organizations, private sectors, agencies, and activity groups. The focus groups were meant to gain information and feedback from the eight age friendly areas. From that information, a survey was created for the completion by community members to gain feedback and input. The survey was a tool to help identify the needs and the gaps in the community.

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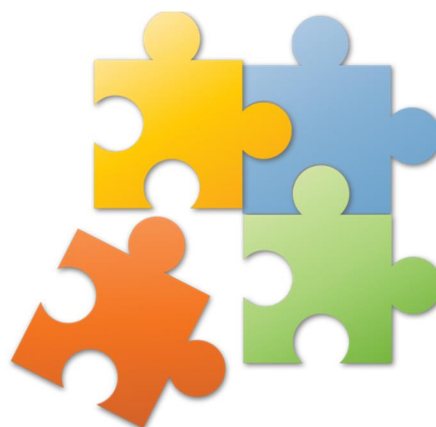
**Survey Design**

The survey was designed by City staff, partners at the NOSM office in Elliot Lake and the Age Friendly Working Group.

The survey was divided into the eight key areas that the WHO identifies and under each of the eight areas there were questions that were derived from information gained from the focus group sessions.

The questions were straight forward and gave the options 'Yes', 'No', 'I don't know', and 'Not applicable'. Some questions included the respondents gender, age, household income, whether the person lives or works in Elliot Lake, as well as questions pertaining to groups, services and activities in the community and which ones they have heard of or are a part of. The survey also contained comment sections after each grouping of questions for people who wanted to elaborate on their answers. It should be noted that any additional comments written beside survey questions on the paper based copies were inputted into survey monkey in the comment sections.

The survey was available to the community for two weeks in August. The survey was available online or paper based and it was available in both Official languages.

There were pick up and drop off locations for the paper based survey; City Hall, the Civic Centre, and the Pool. As well, for a week the City staff member in charge of the project along with NOSM summer students were at various locations in Elliot Lake, including Retirement Living apartment buildings activity rooms discussing the project and distributing the survey.

There were four public consultations held. These consultations were for people to gain more information and ask questions about the Age Friendly Elliot Lake initiative and to complete the survey if desired.

In order to more accurately read the survey data it was decided that the options 'I don't know' and 'Not Applicable' be removed from the analyses giving a truer percentage to the questions, leaving only 'Yes' and 'No' answers, and of course the comment sections.

The survey did what it was meant to do. It identified needs in the community. The results of the survey were the building blocks for the Age Friendly Elliot Lake 5 Year Implementation Action Plan.

The survey questions related to physical and social environments within Elliot Lake and have been grouped within each of the eight areas of age-friendliness as identified by the Age Friendly Elliot Lake Action Plan. Table 1.0 defines each of the eight areas:

**Table 1.0**

| 8 Areas of an Age Friendly Community | Definition |
|---|---|
| Community Support & Health Care Services | • A range of services that help promote, protect, and maintain independence and mental and physical health should be available and accessible to people of all ages and health statuses |
| Respect & Social Inclusion | • Community attitudes of respect and recognition to the role older adult's play in our society are critical to establishing an age-friendly community. Age-friendly communities foster positive images of aging and intergenerational understanding to challenge negative attitudes |
| Transportation | • Personal mobility is affected by the condition and design of transportation-related infrastructure such as signage, traffic lights and sidewalks. Access to reliable, affordable public transit becomes increasingly important when driving becomes stressful or challenging |
| Outdoor Spaces & Buildings | • Neighbourhoods that are safe and accessible enable outdoor activities and community engagement. This involves removing barriers that limit opportunities for people with mobility challenges or disabilities. It also involves allowing older adults to participate in social activities or to access important health and social services and businesses |
| Civic Participation & Employment | • Civic engagement involves activities that enable older adults to contribute to their community, such as volunteering, becoming politically active, voting and working on committees. Age-friendly communities enable older adults to remain employed or find new employment. This also |

| | |
|---|---|
| | benefits employers who recognize the experience and commitment that older employees bring to the workplace |
| **Communication & Information** | • Age-friendly communities ensure information about community events or important services is readily accessible and in formats that are appropriate for older adults. An age-friendly community also recognizes the diversity of older adults and promotes outreach initiatives to non-traditional families, ethno-cultural minorities, newcomers and Aboriginal communities |
| **Housing** | • The availability of appropriate, affordable housing with a choice of styles and locations and that incorporates flexibility through adaptive features is essential for age-friendly communities |
| **Social Participation** | • Interacting with family and friends is an important part of positive mental health and community awareness. Social participation involves the level of interaction that older adults have with other members of their community and the extent that the community itself makes this interaction possible |

*The eight areas of an Age Friendly community are ordered as they are in Elliot Lake's Action Plan.

*Definitions for 8 Areas of an Age Friendly Community came from http://agefriendlyontario.ca/afc-guide-8-dimensions

## Age Friendly Survey Results

### Who completed the survey?
Only people who live or work in Elliot Lake were eligible to complete the survey.

The following charts show the demographic characteristics of survey respondents.

### Gender



Male 119

Female 325
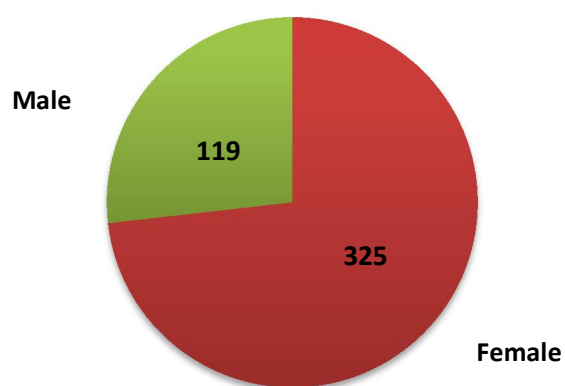
**Gender**- More women than men responded to the survey, as 72.71% were female and 26.62% were male.

**Household Income**- Because there were only two options for income, results were almost even. Where 45.87% of respondents had a total household income of less than $40,000 and 54.13% of respondents had a total household income of more than $40,000.

### Household Income



Less than $40,000

More than $40,000

236    200

11
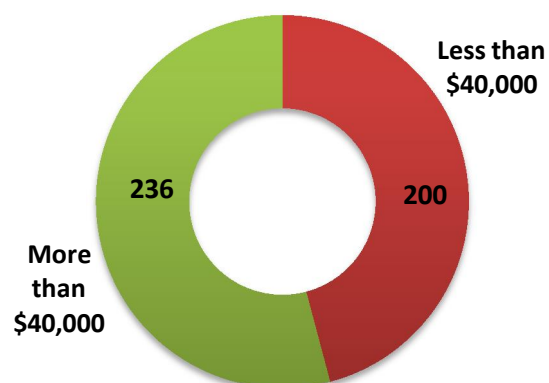
## Age
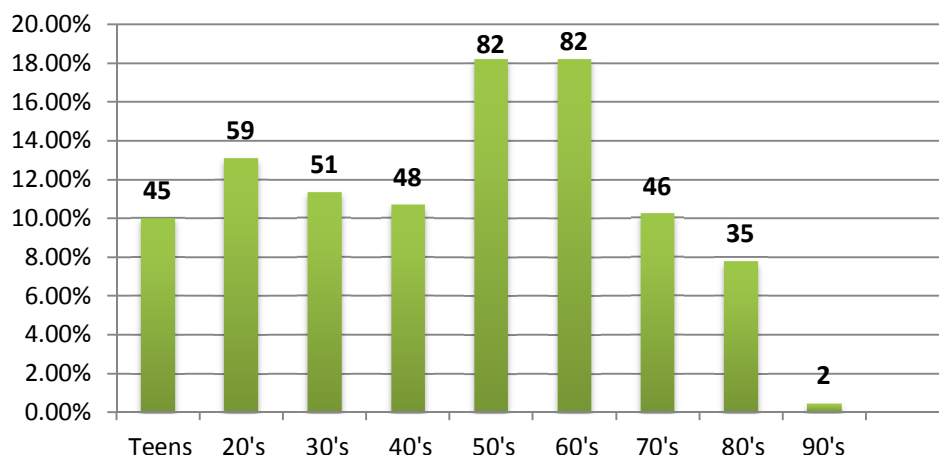


**Age**- People from their teens and older completed the survey, however the average ages were people in their 50's and 60's, each at 18.22%. And there was a focus on the senior population.

**Years Lived in Elliot Lake**- 39.82% of respondents lived in Elliot Lake over 20 years compared to 5.09% of respondents who lived in Elliot Lake under a year. There were also respondents who lived in Elliot Lake 1-5 years, 6-10 years, and 11-20 years.

## Years Lived in Elliot Lake



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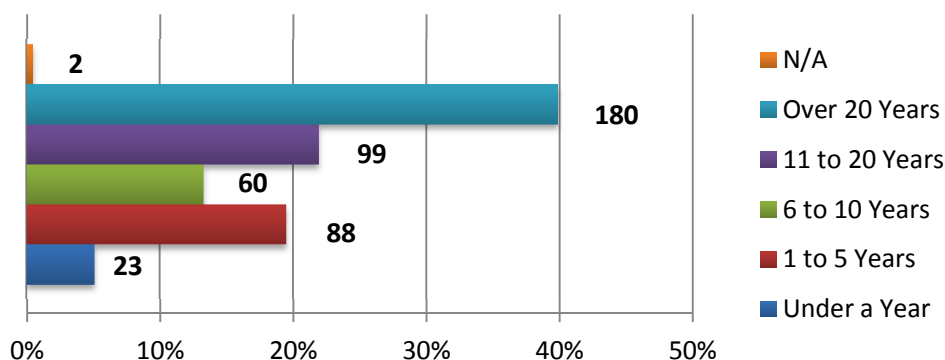
Each action item was given a timeframe in which it is to be completed; Short Term (1-2 Years), Medium Term (3-4 Years), Long Term (5 years+), and Ongoing (Continuous). Timeframes were chosen based on the needs of the community but also based on what the City would be able to accomplish each year. The action items and time frames have to be attainable otherwise the goals will not be fulfilled. Because the Action Plan is a living document, some of the timeframes may change based on resources required. For example, funding may not be available for an action item until a certain year.

Some action items may start in one year but end in another. Action items may take more than one year to complete.

Some action items came specifically out of additional comments from surveys.

Stated in the *Survey Design* portion of this report, in order to more accurately read the survey data it was decided that the options 'I don't know' and 'Not Applicable' be removed from the analyses giving a truer percentage to the questions, leaving only 'Yes' and 'No' answers, and the comment sections.

Recommendations are offered for each age friendly area based on the survey results.

Figure 1

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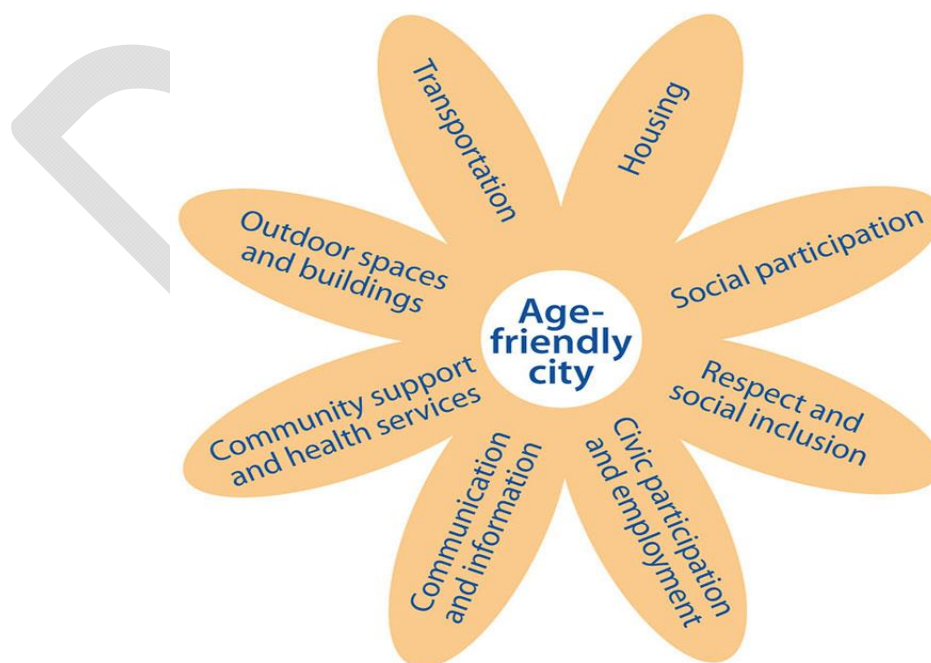
**Summary of Findings:**

The results of the survey indicate that there are areas for improvement within all eight age friendly areas. Key improvements to Elliot Lake will result in becoming more age friendly. Results show that although Elliot Lake does already have some age friendly aspects, there is room for improvement in each of the eight areas. The survey was a baseline assessment to help focus attention on specific issues that can be prioritized in the 5 Year Age Friendly Implementation Action Plan.

**How will we know if we are becoming more Age Friendly?**

The successful completion of the focus group sessions, survey and public consultations (baseline assessment models) ensures that Elliot Lake has a good sense of where the community is in terms of age friendly. The survey results can be referred back to and provide a snapshot in time which may be used to measure future success and progress. An annual review of accomplishments and comparative analysis from baseline results will be completed to ensure the community is moving toward the targeted goal. A survey may be administered once the Age Friendly Elliot Lake Action Plan has been fully implemented.

It is recommended that separate working groups be formed to engage in identified areas of the Action Plan. This will enhance productivity, and input from community members to achieve results from varying perspectives.



Age Friendly Elliot Lake

**Links to the City of Elliot Lake's 2015 Strategic Plan**

The Action Plan aligns with the City of Elliot Lake's Strategic Plan through the following goals and actions;

- Economic Development and Diversification, Stabilization, and Investment Readiness
  - Continue to foster retirement opportunities
- Development of Strong Partnerships
  - Support the local business community
  - Identify projects that require partnerships and the communities that will be impacted
- Health and Community Wellness
  - Give priority to Health Care Provider Recruitment and Retention Process
  - Support the hospital's redevelopment plan
  - Develop an Aging in Place Strategy
  - Provide activities and promote healthy lifestyles through recreation for all age groups

**Links to Elliot Lake's Economic Development & Diversification Strategy**

The Action Plan aligns with the Economic Development & Diversification Strategy through the following goals;

- Goal 1: Shape The Institutions of Tomorrow, Today
- Goal 2: Building a "Network of Networks"
- Goal 3: Nurture the Built Environment
- Goal 6: Making Aging in Place a Reality (Not Just a Promise)

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**Conclusion**

The Age Friendly Elliot Lake initiative has been successful in including the community as a whole in creating a straight forward and effective Action Plan for implementation and evaluation of age friendly improvements over the next five years. The survey was one tool used to define the Action Plan with a total of 478 respondents; there were also one-on-one and group discussions that took place with older adults and committees.

In addition to the survey, there were also focus group sessions held with service providers, organizations, activity groups and businesses, and four public consultations for people who had questions or comments about Age Friendly Elliot Lake and/or the survey.

The information gained from this process is essential as a starting point for creating a cohesive age friendly community. Moving forward, the results of the survey will continue to inform and enhance Municipal planning, local partners and volunteer groups. Activity groups, businesses, service providers, organizations, and corporations are encouraged to use this information and take part in the Age Friendly Elliot Lake initiative, by improving or reviewing internal practices or partnering with the Municipality on implementation of goals where applicable. The Age Friendly Elliot Lake five year implementation action plan is a community plan, and it is with the participation and interest from community members that Age Friendly Elliot Lake will flourish.

*"Design for the young and you exclude the old, design for the old and you include everyone"- Bernard Isaacs*

## References

Figure 1. MAV-Age Friendly Communities. Digital image. *Municipal Association of Victoria.* 2017. Web. 12 April 2017. <http://www.mav.asn.au/policy-services/social-community/ageing-disability/ageing/Pages/age-friendly-cities-communities.aspx>

Figure 2. Elliot Lake: 5KM G1. Digital image. *Dark Pines Photo*. 2 October 2012. Web. 7 November 2016. <https://darkpinesphoto.wordpress.com/2012/10/02/elliot-lake-5km/>.

Organization, W. H. (2007). *Global age - friendly cities: A guide*. Genewa World Health Organization.

Figure 3. Steed, Alan. "Why We Love Elliot Lake!" *You Tube.* You Tube. 11 October 2014. Web. 12 April 2017. <https://www.youtube.com/watch?v=ZNw0JLaPVc4>

Figure 2

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# Age Friendly Elliot Lake

## 5 Year Implementation Action Plan

# AGE FRIENDLY ELLIOT LAKE - IMPLEMENTATION PLAN

This five-year Action Plan represents the next step in Elliot Lake's journey to becoming a designated Age Friendly community. The plan builds on various initiatives and operations currently underway in Elliot Lake, and identifies other areas in the community that need to be addressed. Everyone in the community has a role to play improving the age friendliness of Elliot Lake, from young to old.

As Bernard Isaacs said;

> ***"Design for the young and you exclude the old, design for the old and you include everyone"***

Implementation of the Plan

In order to implement most of the action steps in this plan there must be a partnership between citizens, organizations, businesses, service providers, volunteers and the City of Elliot Lake.

Select action steps in this plan may overlap with existing community planning documents such as the City of Elliot Lake Strategic Plan and Economic Development & Diversification Strategy. It is recommended that the action items in this plan be considered, and integrated into other community planning processes.

It is to be noted that this action plan is a 'living' document and will be reviewed and evaluated on a year to year basis to monitor the progress that has been made in becoming more age friendly, and to track implementation of the five year plan.

For reference: Short Term= 1-2 Years, Medium Term= 3-4 Years, Long Term= 5 Years +, Ongoing (continuous)

Please note: This is not intended to represent a final list of resources required. These projects will be finalized as a first step of their implementation.

## Table of Contents

## 1. COMMUNITY SUPPORT AND HEALTH CARE SERVICES

### 1.1 PHYSICIAN RECRUITMENT STRATEGY

| ACTION ITEM(S) | TIMEFRAME (SHORT, MEDIUM, OR LONG TERM) | RESOURCES REQUIRED |
|---|---|---|
| Review and update the Physician Recruitment framework to include Healthcare Professionals and to support healthcare development | Short Term | TBD |

### 1.2 BUILD FEASIBILITY OF NEW HOSPITAL

| | | |
|---|---|---|
| Investigate the feasibility of new hospital and offer assistance if and where needed | Short Term | TBD |

### 1.3 PROMOTING HEALTH AND WELLNESS

| | | |
|---|---|---|
| Promote  and support Health and Wellness (i.e. Workshops) | Ongoing | Community Services Department |

### 1.4 AMENDMENT TO CITY ZONING BY-LAW

| | | |
|---|---|---|
| Amend City Zoning By-law No. 96-16, section 3.34 Home Occupation to inlcude Adult Caregiving in the home | Medium Term | No Cost |

### 1.5 NAVIGATING OUR HEALTHCARE SYSTEM, INCLUDING COMMUNITY SUPPORT

| | | |
|---|---|---|
| Develop an educational series on how to navigate the healthcare system | Medium Term | TBD |

### 1.6 VULNERABLE PERSONS PLAN

| | | |
|---|---|---|
| Develop a vulnerable persons plan, which includes an investigation into developing a phone or visitor "check-in" service for isolated persons | Short Term | TBD |

### 1.7 WALK-IN CLINIC

| | | |
|---|---|---|
| Investigate the need for a walk-in clinic in Elliot Lake | Short Term | TBD |

### 1.8 SMOKING BY-LAW

| | | |
|---|---|---|
| Identify where No-Smoking signs are needed on outside of buildings and advocate for the enforcement of Ontario's Provincial smoking By-law: Smoke-Free Ontario | Short Term | By-law Enforcement Division |

| 2. RESPECT AND SOCIAL INCLUSION | | |
|---|---|---|
| **2.1 INTERGENERATIONAL PROGRAMMING** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Create intergenerational programs to connect youth and seniors | Medium Term | TBD |
| **2.2 AGEISM AND RECOGNIZING SENIORS IN A POSITIVE WAY** | | |
| Assist in alleviating the stereotypes of Ageism in Elliot Lake and identify key areas of focus for a campaign and identify partners | Medium Term | TBD |
| Recognize Seniors Day and Month annually and have City Council make a proclamation | Short Term | TBD |

| 3. TRANSPORTATION | | |
|---|---|---|
| **3.1 REVIEW OF TRANSIT SCHEDULE AND ROUTES** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Review bus schedule hours & bus routes | Short Term | Infrastructure Services/ Community Services Department |
| Feasibility of Sunday bus service | Short Term | Infrastructure Services/ Community Services Department |
| **3.2 ACCESSIBLE BUSSING** | | |
| Review current accessible transit programs | Short Term | Infrastructure Services/ Community Services Department |
| **3.3 OUT OF TOWN TRANSPORTATION** | | |
| Advertise programs and communicate to the public out of town transportation that is available | Short Term | TBD |

| 4. OUTDOOR SPACES & BUILDINGS | | |
|---|---|---|
| **4.1 IMPROVE ACCESS TO WASHROOMS IN PARKS AND/OR ALONG TRAILS** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Investigate and review operations of outdoor facilities | Short Term | Infrastructure Services/ Community Services Department |
| Investigate where more public washrooms are needed throughout the community | Medium Term | Infrastructure Services/Community Services Department |
| **4.2 IMPROVE THE QUALITY OF PARKS** | | |
| Re-evaluate and improve quality and aesthetics of dog park | Short Term | Infrastructure Services/ Community Services Department |
| Review quality of all playgrounds, fields and courts and make reccomendations for optimization | Medium Term | Infrastructure Services/ Community Services Department |
| Review cleanliness of parks and trails | Short Term | Community Services Department |
| Review enforcement of animal by-laws, especially at parks and on trails | Short Term | Community Services Department/By-Law Enforcement Department |
| **4.3 IMPROVE QUALITY OF CITY FACILITIES** | | |
| Review accessibility of facilities to meet or exceed AODA and building code | Long Term | Community Services Department/ Infrastructure Services/ Building Department |

| 4.4 INCREASE SIDEWALKS, ACCESSIBILITY OF BUILDINGS & PARKS, ROADS | | |
|---|---|---|
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Continue to support accessibility of public spaces | Long Term | Funding |
| Evaluate and improve accessibility of waterfront areas, including accessibility of docks | Medium Term | TBD |
| Repair existing sidewalks, and determine where more sidewalks are needed | Long Term | Infrastructure Services |
| Identify roads that require repair or replacement | Long Term | Infrastructure Services |
| Develop a biking route | Long Term | TBD |
| Investigate and improve the accessibility of parks where required | Short Term | Infrastructure Services/ Community Services Department |
| Install pieces of equipment in parks that can be used by those with varying needs and abilities, including special needs | Long Term | TBD |
| Increase accessibility of beach areas by creating pathways for water access | Long Term | Infrastructure Services/ Community Services Department |
| Maintain existing public benches and increase number of public benches along walkways and trails | Short Term | Funding |
| Improve Wayfinding- Signage trails within community, (i.e. Cross Country Ski trails, ATV trails walking/hiking trails), identify premium trails that are accessible, and identify Age Friendly trails that are within City limits | Short Term | Community Services Department |

| 5. CIVIC PARTICIPATION AND EMPLOYMENT | | |
|---|---|---|
| **5.1 ECONOMIC DEVELOPMENT DIVISION** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Educate the public about services available in regards to business support and development within the City | Short Term | Community Services Department |
| **5.2 ATTRACT AND ENCOURAGE NEW JOBS AND BUSINESS** | | |
| Encourage and promote job and business retention and expansion within the community through partnerships and networking | Short Term | TBD |
| Attract and retain professionals | Medium Term | TBD |

| 6. COMMUNICATION AND INFORMATION | | |
|---|---|---|
| **6.1 UPDATE CITY'S WEBSITE** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Review and update City website to make it more user friendly and accesible | Medium Term | Information Systems Administration |
| **6.2 CREATE AND INFORMATIVE GUIDE FOR ELLIOT LAKE** | | |
| Create a package for community with listings of clubs, organizations, businesses, medical information, schools, churches, housing, etc., and review and update if necessary on an annual basis | Ongoing | Community Services Department |
| **6.3 AWARENESS OF ELLIOT LAKE'S EMERGENCY PLAN** | | |
| Increase awareness and knowledge of Elliot Lake's Emergency Plan | Short Term | TBD |
| **6.4 USE EXISTING BUILDINGS AND SPACE TO PROMOTE DIFFERENT INFORMATION** | | |
| Increase use of existing infrastructure and space to promote information including programing (library, City Hall, Civic Centre, Collins Hall, Health Centres, etc.) | Short Term | No Cost |

| 7. HOUSING | | |
|---|---|---|
| **7.1 ACCESSIBLE HOUSING MODELS** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Investigate potential housing models/options/best practices for older adults and work with public and private sectors to develop living options | Medium Term | TBD |
| **7.2 LONG-TERM CARE** | | |
| Investigate further the need for hospice services, assissted living programs and long term care needs | Long Term | TBD |

| 8. SOCIAL PARTICIPATION | | |
|---|---|---|
| **8.1 PROGRAMMING IN CITY FACILITIES** | | |
| **ACTION ITEM(S)** | **TIMEFRAME (SHORT, MEDIUM, OR LONG TERM)** | **RESOURCES REQUIRED** |
| Continue to explore opportunities to merge facilities and renew them under a new fully accessible, barrier free multi-use complex that offers Age Friendly programming aimed at healthy active living | Medium Term | Community Services Department |
| **8.2 ACCESSIBLE EVENTS** | | |
| Review, develop and implement accessibility plan for events | Short Term | Community Services Department |
| **8.3 ARTS AND CULTURE** | | |
| Continue to support and maintain Arts and Culture in Elliot Lake | Ongoing | Community Services Department |
| **8.4 IMPROVED ADVERTISING** | | |
| Review inclusivity of events and activities in community. Create a City policy with guidelines for advertising for events for increased awareness and inclusivity and advertise benefits and availability of Welcome Cards | Short Term | Community Services Department |
| Advertise for events in both Official languages | Short Term | Community Services Department |

**Action Plan Summary - Progress Checklist**

| Short Term (1-2 Years) | ✔ |
|---|---|
| Review and update the Physician Recruitment framework to include Healthcare Professionals and to support healthcare development | |
| Investigate feasibility of new hospital and offer assistance if and where needed | |
| Develop a vulnerable persons plan, which includes an investigation into developing a phone or visitor 'check in' service for isolated persons | |
| Investigate the need for a walk-in clinic in Elliot Lake | |
| Recognize Seniors Day and Month annually and have City Council make a proclamation | |
| Review bus schedule and hours of bus routes | |
| Feasibility of Sunday bus service | |
| Review current accessible transit programs | |
| Advertise programs and communicate to the public out of town transportation that is available | |
| Investigate and review operations of outdoor facilities | |
| Re-evaluate and improve the quality and aesthetics of dog park | |
| Review cleanliness of parks and trails | |
| Review enforcement of animal by-laws, especially at parks and on trails | |
| Investigate and improve the accessibility of parks where required | |
| Maintain existing public benches and increase number of public benches along walkways and trails | |
| Improve way finding signage, label trails within community, identify premium trails that are accessible and  identify Age Friendly trails within city limits | |
| Educate the public about services available in regard to business support and development within the City | |
| Encourage and promote job and business retention and expansion within the community through partnerships and networking | |
| Increase awareness and knowledge of Elliot Lake's Emergency Plan | |
| Increase use of existing infrastructure and space to promote information including programming | |
| Review, develop and implement accessibility plan for events | |
| Review inclusivity of events and activities in community | |
| Create a City policy with guidelines for advertising events for increased awareness and inclusivity | |
| Advertise benefits and availability of Welcome Cards | |
| Advertise for events in both Official languages | |
| Review and update City website to make it more user friendly and accessible | |

| Medium Term (3-4 Years) | ✔ |
|---|---|
| Amend City Zoning By-law No. 96-16, section 3.34 Home Occupations to include Adult Caregiving in the home | |
| Develop an educational series on how to navigate the healthcare system | |
| Create intergenerational programs to connect youth and seniors | |
| Assist in alleviating the stereotypes of Ageism in Elliot Lake and identify key areas of focus for a campaign and identify partners | |
| Investigate where more public washrooms are needed throughout the community | |
| Review quality of all playgrounds, fields and courts and make recommendations for optimization | |
| Evaluate and improve accessibility of waterfront areas including accessibility of docks | |
| Attract and retain professionals to labor force | |
| Investigate potential housing models/options/best practices for older adults and work with public and private sectors to develop living options | |
| Optimize use of facilities by offering Age Friendly programming aimed at promoting healthy active living | |

| Long Term (5 Years +) | ✔ |
|---|---|
| Review accessibility of facilities to meet or exceed AODA and building code | |
| Continue to support accessibility of public spaces | |
| Repair existing sidewalks, and determine where more sidewalks are needed | |
| Identify roads that require repair or replacement | |
| Develop a bike route | |
| Install equipment in parks that can be used by those with varying needs and abilities, including special needs | |

| Ongoing (Continuous) | ✔ |
|---|---|
| Promote and support Health and Wellness (ie. Workshops) | |
| Create a package for community with listings of clubs, organizations, businesses, medical information, schools, churches, housing, etc., and review and update if necessary on an annual basis | |
| Continue to support and maintain Arts and Culture in Elliot Lake | |

Age Friendly Elliot Lake

## P.E.T. Scanner
### (POSITRON EMISSION TOMOGRAPHY)

### FOR NORTHEASTERN ONTARIO

April 12, 2017

City of Elliot Lake
Attention: Connie Nykyforak
cnykyforak@city.elliotlake.on.ca

Dear Connie,

Please accept this letter as a request to the City of Elliot Lake, to help bring a P.E.T. Scanner to Sudbury…for all communities across Northeastern Ontario.

In December 2015, the Ministry of Health gave approval for funding the ongoing 'operational costs' at Health Sciences North in Sudbury. **The cost of the P.E.T. scanner is $3.5 million and although most of the capital costs have been raised….we still need your help.**

A Positron Emission Tomography (P.E.T.) Scanner is a **critical diagnostic tool used for the detection of cancer and cardiac disease**. It is also a valuable research tool that will help our physicians and researchers make new treatment discoveries for patients.

The **City of Greater Sudbury** approved a motion to provide funding of $1 million dollars as follows: "AND WHEREAS at its meeting of the Finance and Administration committee as at February 3, 2016, the City of Greater Sudbury voted to provide funding of $100,000 per year for up to 10 years to Health Science North towards the purchase of a PET Scanner"

**How can you as a Municipality/Township in Northeastern Ontario help?** To give you some context, among other municipalities, the **Town of Blind River has pledged $10,000 over 5 years** and the **Town of Kapuskasing has pledged $50,000 over 5 years**. We are hoping that the City of Elliot Lake will join our other municipalities in pledging support.

Please contact Lorraine Wilkinson at the NCF: 705-523-4673 or lwilkinson@hsnsudbury.ca. Lorraine has been working with many of our Northeastern Ontario Municipalities to bring the P.E.T Scanner to your Cancer Centre.

Thank you for supporting Sam Bruno's dream and helping future patients from Northeastern Ontario get access to this **vital equipment, close to home**.

Sincerely.

Shayne Smith, Chair,
Northern Cancer Foundation Board of Directors

## The Northern Cancer Foundation

- Established in 1992.

- Mission to raise funds to support cancer care, research and equipment for the Northeast Cancer Centre (NECC) in Sudbury.

- Fundraising efforts take place throughout the region: from Wawa to the Quebec border from the James Bay coast to Parry Sound.

- 100% of all monies raisd by the NCF remain in the community and directly support patients and their families receiveing care at the NECC.

- For every $1 raised, our cancer reserachers are able to attract an addition $4 in external grants to further their studies.

- Since 1992 the NCF has partnered with secondary schools, mine and smelter workers, Royal Canadian Legionnaires, service clubs, community groups, families and individuals all united in their desire to make a difference.

Northern Cancer Foundation
Fondation du Nord en cancérologie

## Frequently Asked Questions

Q: How can I make a donation?

A: The easiest way to make a donation to the fund is to send your donation directly to the Northern Cancer Foundation (NCF). The office is located in the main lobby of the Northeast Cancer Centre at 41 Ramsey Lake Road in Sudbury. For more information, please call 705.523.HOPE (4673).

Q: Will I receive a receipt for my donation?

A: Absolutely. The Sam Bruno P.E.T. Scanner Fund is a part of the Northern Cancer Foundation. The Foundation is a registered charity and receipts all eligible donations above $20.

Q: How do I organize an event for the P.E.T. Scanner Fund?

A: If you are interested in volunteering or holding an event to raise money for the Fund, please contact the number listed below.

**P.E.T.** POSITRON EMISSION TOMOGRAPHY
*Pulling Everyone Together in the Spirit of Sam Bruno*

c/o Northern Cancer Foundation
41 Ramsey Lake Road,
Sudbury, ON P3E 5J1
Office: 705.523.HOPE (4673)

# SAM BRUNO P.E.T. SCANNER FUND





## Pulling everyone together in the spirit of Sam Bruno

Northern Cancer Foundation
Fondation du Nord en cancérologie

# WHAT IS A P.E.T. SCAN?

Positron Emission Tomorgraphy (P.E.T.) is a procedure that adds an important new dimension for physicians in the diagnoisis and management of diseases such as cancer. It is simple, painless and quick, offering patients and their families life-saving information that allos for earlier treatment of illness.

A P.E.T. Scan is very different from an ultrasound, X-ray, MRI or CT Scan. Unlike these imaging technologies which merely confirm the presence of a mass, a P.E.T. Scan can distinguish between benign and malignant disorders and can detect abnormalities in cellular activity, generally before there is any anatomical change.

In addition to cancer studies, P.E.T. is used in cardiology studies to measure damaged heart tissue and in neurology to identify brain disorders such as dimentia, Parkinson's disease and epilepsy.

P.E.T. Scans eliminate the need for a surgical biopsy in 70% of cases and decrease the number of additional tests and procedures in up to 90% of cases. These scans provide cost-savings to our healthcare system if used as a front-line diagnostic tool.

# THE PROCEDURE

Prior to commencing the scan, an IV is started in a patient's hand. A small amount of radioactive chemical (usually glucose) is injected into the blood stream (the amount is too small to have any side effects). Once it has been injected, a patient has to wait for approximately one hour to allow for the glucose to distribute in the body. When the patient is ready, they are asked to lie on an examination table and the body is scanned (the radiation exposure associated with a P.E.T. scan is similar to that of a CT scan. While the total time a patient will spend at a clinic is about 2-3 hours, the actual scan only takes 30 minutes.



**P.E.T.** POSITRON EMISSION TOMOGRAPHY

*Pulling Everyone Together in the Spirit of Sam Bruno*

# THE FACTS

- Sudbury has a high number of cancer, cardiac and Alzhiemer cases - higher than most other cities in Canada.

- Ontario conducts the fewest number of publicly-funded P.E.T. Scans in the country. Quebec (with a population approximately half the size of Ontario's) has more P.E.T. Scanners (15) and conducts up to 4000 scans per machine per year. That's 60,000 scans per year compared to 5000 scans conducted in Ontario **over the last 10 years**.

- Ontario has the most restricted access policies to these machines in the world and of those in operation Canada, they remain the most underutilized.

- In 36.5% of cases of patients who have had a P.E.T. Scan, their physician either changed their diagnosis or course of treatment.

- A P.E.T Scanner comes at a cost of approximately $3.5 million - monies that must be raised by the residents of Sudbury to treat patients in the North!

## La Fondation du Nord en cancérologie (FNC)

- L'organisme a été fondé en 1992.

- Sa mission: recueillir des fonds à l'appui des soins en cancérologie, de la recherche et de l'achat d'appareils pour le Centre de cancérologie du Nord-Est (CCNE,) à Sudbury.

- Des efforts financement ont lieu dans toute la région, soit de Wawa à la frontiére du Québec et de la côte de la baie James à Parry Sound.

- Tous les fonds recueillis par la FNC demeurant dans la collectivité et servent à appuyer les patients recevant des soins au CCNE, ainsi que les familles.

- Chaque dollar récolté permet aux chercheurs en cancérologie d'obtenir quatre dollars en subventions externes afin de poursuivre leurs travaux.

- Depuis 1992. la FNC a établi in partenariat avec les écoles secondaires, les travailleurs miniers et de fonderies, la Légion royale canadienne, les clubs philanthropiques, les groupes communautaires, les familles et les individus, tous unis dans leur volonté de faire une différence.

**Northern Cancer Foundation** — **Fondation du Nord en cancérologie**

## Foire aux questions

**Q:** Comment puis-je faire un don?

**R:** La façon la plus simple de faire un don, c'est de l'envoyer directement à la FNC. Son bureau est situé dans l'entrée principale du CCNE au 41, chemin Ramsey Lake, à Sudbury. Pour plus de renseignements, veuillez composer le 705-523-HOPE (4673).

**Q:** Recevrai-je un reçu pour mon don?

**R:** Bien sûr. Le Fonds Sam-Bruno pour l'achat d'une caméra TEP fait partie de la FNC, un organisme de bienfaisance enregistré. Tous les dons admissibles supérieurs à 20$ donnent droit à un reçu.

**Q:** Comment puis-je organiser une activité au profit du Fonds Sam-Bruno pour l'achat d'une caméra TEP?

**R:** Pour faire du bénévolat du organiser une activité afin de recueillir de l'argent pour ce fonds, veuillez composer le numéro ci-dessous.

**P.E.T.** POSITRON EMISSION TOMOGRAPHY

*Pulling Everyone Together in the Spirit of Sam Bruno*

Fondation du Nord en cancérologie
41, chemin Ramsey Lake
Sudbury (Ontario) P3E 5J1
Bureau: 705.523.HOPE (4673)

# FONDS SAM-BRUNO POUR L'ACHAT D'UNE CAMÉRA TEP

## Tous ensemble participons dans l'esprit affiché par Sam Bruno

**Northern Cancer Foundation** — **Fondation du Nord en cancérologie**

# QU'EST-CE QUE LA TEP?

La tomographie par émission de positons (TEP) est une intervention qui ajoute une importante dimension pour les médecins relativement au diagnostic et à la gestion de maladies comme le cancer. Simple, sans douleur et rapide, elle permet aux patients et aux familles d'obtenir des renseignements permettant de sauver des vies afin de traiter plus rapidement certaines maladies.

La TEP est très différent d'une échographie, d'une radiographie, d'un examin d'imagerie par résonance magnétique (IRM) ou d'un tomodensitogramme. Contrairement à ces technologies d'imagerie qui comfirment seulement la présence d'une masse, la TEP permet de faire la distinction entre des troubles bénins et malins. Elle peut aussi détecter des anomalies de l'activité cellulaire, généralement avant l'apparition de changements anatomiques.

La TEP est utile aux études sur le cancer, mais aussi en cardiologie afin de mesurer les tissus cardiaques endommagés. En neurologie, elle sert à déceler les troubles cérébraux, dont les démences, la maladie de Parkinson et l'épilepsie.

Grâce aux examins de TEP, dans 70% des cas il n'est plus nécessaire de procéder à des biopsies chirurgicales et le nombre de tests et d'interventions supplémentaires est réduit dans 90% des cas. S'ils servent à des fins diagnostiques en première ligne, cas examens réduisent les coûts pour notre système de soins de santé.

# LE DÉROULEMENT

Avant d'amorcer l'examen, une intraveineuse est insérée dans la main du patient. Une petite quantité d'un produit chimique radioactif (habituellement du glocose) est injectée dans la circulation sanguine (une qualité trop faible pour qu'il y ait des effets secondaires). Le patient doit ensuite attendre une heure pour que le glucose se répande dans le corps. Lorsque le patient est prêt, on lui demande de s'allonger sur une table pour qu'on procéde à l'examen (l'exposition à la radiation associée à la TEP est semblable à celle d'un tomodensitogramme) Le patient est à la clinique pendant 2 à 3 heures. mais l'examen ne prend que 30 minutes.



# LES FAITS

- Sudbury compte le plus grand nombre de personnes atteintes de cancer, de troubles cardiaques ou de la maladie d'Alzheimer, un total supérieur à celui de la plupart des autres villes canadiennes.

- L'Ontario est l'endroit au pays où l'on mène les moins d'examens au moyen de caméras à positions (caméra TEP) financées par des fonds publics. Au Québec, qui compte environ 2 fois moins d'habitants que l'Ontario, il y a plus de caméras TEP (15); chaque année, on y effectue jusqu'à 4000 examens par appareil, soit 60 000 annuellement, comparativement à 5000 en Ontario **depuis 10 ans.**

- L'Ontario a en place les politiques d'accés le plus restrictives au monde concernant ces appareils. Ceux qui sont opérationnels au Canada sont les plus sous-utilisés.

- Dans 36,5% des cas de patients ayant passé un tel examen, leur médecin a modifié leur diagnostic ou leur séroe de traitements.

- Une caméra TEP coûte environ 3,5 millions de dollars, soit une somme que les résidents de Sudbury doivent recueillir afin de traiter les patients dands le Nord.