

Adult Day Program Association | MINUTES

Meeting date | 24 May 2024 Time | 9:30 - 11:00 am

Meeting location | Teams Platform online.

AGENCY REPRESENTED	PRESENT	REGRETS
Penny Bodnoff, The Good Companions – <i>Chair</i>	X	
Allan Cormier, Ottawa West Community Support – <i>Vice Chair</i>		X
Sylvia Nicol, Carleton Lodge Day Program (City of Ottawa) – <i>Treasurer</i>	X	
Arnprior Regional Hospital – The Grove – Michaela McClymont	X	
Abbotsford House at the Glebe Centre – Cassandra Ford	X	
Beth Donovan Hospice – Sue Walker		X
Bruyère - Résidence Saint-Louis – Anisha Mehreja		X
Carefor Health and Community Services – Eastern Counties – Natacha Brisson		X
Carefor Ottawa (Perley Site) – Erica Miskiman Beaton, Tammy Doxtator		X
Carefor (Carling) – Cheryl Conway	X	
Centre d'accueil Champlain (City of Ottawa) – Manon Geoffroy	X	
Eastern Ottawa Resource Centre – Pono Traore, Julia Fatuma & Aline Vlasceanu	X	
Good Companions – Sonia Movrin	X	
Harmer House – Jenna Redman (Sarah McCauley for Jenna)	X	
Hospice Care Ottawa – Spring Kozak & Ina Carmen	X	
Jewish Family Services - Seniors Support Services - George Sladowski	X	
J. W. MacIntosh Community Support Services – Sarah Speer	X	
Marianhill – Joanna Chisnell		X
Montfort Renaissance – Guillaume Gervais	X	
The Olde Forge Community Resource Centre – Scott Roscoe	X	
Vista Centre Brain Injury Services (VCBIS) – Mandy Lemire	X	
Western Ottawa Community Resource Centre – Jennifer Jones	X	
Rural Ottawa Support Services South (ROSSS) – Lyn Rorke		X
Royal Ottawa Geriatric Day Hospital – Greg Stenman		X
PARTNERING AGENCY	PRESENT	REGRETS
Champlain Community Support Network (CCSN) – Chris Cobus	X	
Dementia Society of Ottawa and Renfrew County – Carolyn Purderer	X	
Home and Community Care Support Services – Isabelle Meunier	X	
Para Transpo – Laura Anderson	X	

AGENDA ITEMS

1. Welcome and Introduction

Penny Bodnoff, ADPA Chair, opened the meeting and welcomed members.

2. a) Approval of agenda

The 24 May 2024 agenda was approved. Motioned by Cheryl Conway, seconded by Sylvia Nicol.

b) Approval of minutes

The 22 March 2024 ADPA Meeting Minutes were approved as circulated.
Motedioned by Cheryl Conway, seconded by Pono Traore.

3. Update from Para-Transpo – Laura Anderson

Para-Transpo is challenged by the fact that their buses are aging and there is no funding on the horizon to purchase replacement vehicles until at least the end of 2025. As a result, they will be leaning heavily upon taxi contracts to address client needs as much as possible. They will not be accepting any new 'bus only' requests unless it is impossible for the client(s) involved to take a taxi. Previous "bus only" requests should proceed, e.g., some ADP clients have busing arrangements currently in place, and these should continue.

Efforts to have automated phone calls confirming bookings have been delayed until the fall, due to technical difficulties.

Para-Transpo to have a "Fleet Show" on 12 June 2024 at 925 Belfast (behind OC Transpo) from 10 am – 2 pm, to allow public to view the vehicles used to respond to their transportation needs. **Action:** Laura to send Penny details to circulate to the group.

4. Dancing with Parkinsons – Free Online Daily Classes for seniors – Sarah & Jessica

Program founded in 2008 on evidence-based data supporting the use of dance to improve the quality of life for people living with Parkinsons: a neurological disorder affecting all bodily movements, one's brain health, balance, and mental health. With the onset of the pandemic, as in-person events were shutting down, the program quickly pivoted to an online format. Its popularity grew immensely, as participants requested expanding access to **all** seniors, whether they were living with Parkinsons or not.

Currently there are over 5,000 seniors registered, and approximately 100 participate each day, 7 days a week, every day of the year **including all holidays**. Each session begins with a 15 minute 'meet and greet' to allow participants to converse/socialize and each class ends with another 15-minute chat to allow participants to wind down. The idea is to encourage people to move to the music, but the choice is theirs to listen, move, dance, and/or socialize, with camera off or on, as they wish. It is a safe and respectful atmosphere, as the group takes the time needed to let participants participate in their own way and at their own pace. Bi-weekly, dancers take time to share "a slice of life", i.e., share a story about themselves with the group if they wish. Leaders help facilitate this and the chat segments, as well as, manage the diverse level of communication abilities among participants, to ensure respect for all involved.

Any place seniors naturally gather in group, are welcome to join in (e.g., ADP, LTC, other) and to encourage daily access at 11 am each day. Session participation has proven to raise self-confidence, passion for life, and increase friendships and community connections. For more details contact Jessica Dargo Caplan:

jessica@dancingwithparkinsons.com or visit their website: www.dancingwithparkinsons.com

5. Update from Home and Community Care Support Services (HCCSS) – Isabelle Meunier

Isabelle acknowledged appreciation for the ongoing collaboration between HCCSS and ADP's. She reminded the group that HCCSS will be adopting a new name this summer: "Ontario Health at Home". Services will remain the same, but ADP providers may notice an increase in referrals as HCCSS Champlain aligns with provincial standards of care. Referrals will flow through HPG as a need for ADP services are identified, accompanied by assessments (either the RAI-PS or the RAI-HC assessments). HCCSS is currently reviewing the referral form sent to ADP providers to ensure it has all the information needed, as well as more information put on the Pre-Screener consultation form, e.g., whether the client is a smoker or not, cognition status, and whether wandering is a concern. ADP providers were encouraged to note these things on their status chart also.

6. Update from Champlain Community Support Network (CCSN) – Chris Cobus

Chris noted the following:

- CCSN is looking into some available spaces for Dementiability Training with GPCSO. Stay tuned for further details.
- the regional ADP Providers Service Network has a small working group looking into best practice standards and guidelines used by ADP providers throughout the region, for the purpose of updating current documents. Again, stay tuned for further updates from this working group.

7. Dementia Society Update – Carolyn Purderer

Carolyn introduced herself as a Care Coach, filling in for Misia McCallum at today's meeting.

Note: The Daisy Café is ending next week, as the current funding has run out. DSORC is hopeful that this service will resume in the fall if additional funding is found.

8. Business Arising

8.1 - Sylvia Nicol, ADPA Treasurer, indicated the current bank account stands at \$4785.83. Membership fees due: June 1, 2024. **Motion:** To increase fees from \$100 per year to \$150 per year. Approved by majority in attendance.

8.2 – Kudos were extended to the planning committee for the 2024 ADPA Conference held on 10 May 2024 in Ottawa. Participants were reminded to complete the post conference survey, to provide feedback for future planning purposes.

8.3 – ADPA Terms of Reference – tabled to Executive meeting.

9. Round Table Discussion

Carling Day Program & Let's Get Together – Cheryl Conway

- Status quo: both programs full with robust waitlists.
- Reintroduced first 'intergenerational program' in some time.

Carleton Lodge – Sylvia Nicol:

- 2 programs, both full
- 45 people currently on waitlist.

Vista ABI – Mandy Lemire:

- Ottawa program full
- Space available in Cornwall program.
- Brain Injury Awareness Day - June 12

Centre d'accueil Champlain (City of Ottawa) – Manon Geoffroy

- Space available
- 5 clients waiting

Hospice Care Ottawa – Spring Kozak and Ina Cameron (new)

- May Court - 2 days
- French ADP – 1 opening
- Day Hospice – Tues & Wed – space available
- Encouraged others to consider referring clients from their waitlists, if clients are facing a life limiting illness (free to attend and sometimes transportation available).
- Expressed thanks for the ADPA Conference

Jewish Family Services – George Sladowski

- Specialized ADP for Jewish participants
- always openings (5-7 spaces)
- interest in evening programming
- offer spiritual care to those transitioning to LTC.
- expressed interest in having a speaker at a future ADPA meeting from Ottawa Volunteer Bureau.
- Noted: Manager of Diverse Seniors offers more programs offsite for seniors from varied ethnic origins.

J.W. MacIntosh – Sarah Speer

- Mon-Fri program – full
- One opening in their Wed program.
- Summer day trips being planned.

Harmer House – Sarah McCauley

- Programs full
- 18 clients per day
- 60 people on waitlist

Montfort Renaissance – Guillaume Gervais:

- 4 days per week (Mon, Tues, Thurs, & Fri)
- A couple of spaces on Mon 7 Fri
- Referrals welcome - French speaking participants

EORC – Julia Fatuma

- A few spaces, but expected to be filled by the end of the month
- Expressed thanks for the ADPA Conference

Abbotsford – Cassandra Ford

- 3 days a week (Wed, Thurs, Fri)
- 12 clients a day
- 75 on waitlist

Olde Forge – Scott Roscoe

- Mon (dementia programming) full
- Tues (mixed) maybe some space, several participants 'trialing' program.
- Student assisting with review of waitlist; 20 people removed from waitlist, but still 98 people waiting.

WOCRC – Jennifer Jones

- Growing waitlist
- Reducing the number of people offered more than one day, and planning to no longer offer more than one day in future.

The Good Companions – Penny Bodnoff

- A couple of spaces (on Tuesday's & Friday's)
- 8 spaces on Saturdays (2SLGBTQIA+ program)
- 25 on waitlist

CareFor Eastern Counties – Natacha Brisson (sent update via email)

- 3 Spaces on Mondays
- 1 Space on Tuesdays
- Thursday's full

10. Adjournment

Meeting adjourned at: 10:55 am **Next Meeting:** 27 September 2024 at 9:30 am via *Teams*.

Penny reminded the group to make it a habit to update their program status monthly on Teams. Any questions about access to the ADP Status Chart, contact Chris Cobus ccobus@ccsn-rscc.org