

| Type of Decision                              |                       |                  |  |    |                 |                       |      |  |        |
|---|-----------------------|------------------|--|----|-----------------|-----------------------|------|--|--------|
| Meeting Date                                  | Friday, July 18, 2013 |                  |  |    | Report Date     | Tuesday, July 9, 2013 |      |  |        |
| Decision Required                             | X                     | Yes              |  | No | Priority        | X                     | High |  | Low    |
| Direction                                     | x                     | Information Only |  |    | Type of Meeting | X                     | Open |  | Closed |
| REPORT TITLE                                  |                       |                  |  |    |                 |                       |      |  |        |
| RCD Health Unit Review Report - 18/07/13/1206 |                       |                  |  |    |                 |                       |      |  |        |

Subject: A review of the programs supported by the RCD Health Unit in our area as requested by Mayor Emon and Mayor Wilson, Chair of the Board.

**RECOMMENDATION:** That Council consider the attached resolution directing staff in comments to forward to the Health Unit.

**WHEREAS** the population of Head, Clara & Maria is composed of approximately 49% of residents over the age of 55;

**AND WHEREAS** social program focus should provide activities for the largest single segment of any population;

**THEREFORE BE IT RESOLVED THAT** the Council of the United Townships of Head, Clara & Maria does hereby agree to work towards increasing the number of programs and services offered to area seniors by hosting information sessions alone or in conjunction with the Renfrew County and District Health Unit;

**AND FURTHER THAT** staff is directed to contact the Unit with a list of programs which Council deems worthy of pursuing as further directed.

**BACKGROUND/EXECUTIVE SUMMARY:** The programs currently offered in our area which includes Deep River, Chalk River, Laurentian Hills and HCM. A list was scanned and emailed previously. A summary follows.

1. Healthy Babies Healthy Children – home visits, postpartum contacts
2. Dental Program - Oral health screening in schools
3. Clinical Services
  - a. Immunization Clinics - community
  - b. School based immunization clinics
  - c. Influenza clinics
  - d. Distribution of Publicly funded vaccines
  - e. Sexual Health clinics – young adult drop in
  - f. Student Health Centre – Mackenzie community school

#### 4. Health Promotion Programs

- a. Public Health Nurse or Health Promoter at schools to help with curriculum etc.
- b. Tobacco prevention, nutrition, lunch menu review, teacher package,
- c. High School – Youth Engagement Program, Drive for Life Program, Enjoy the Skin You're IN program, tobacco prevention, injury and substance abuse, resiliency, smoking cessation sessions,
- d. Indoor walking program - Mackenzie
- e. Hand washing presentation... etc.

Upon review of the additional materials, the following topics may be of interest for our community based on our population. Perhaps some of these can be in conjunction with coffee mornings. We may be able to work with the Library Board to locate presenters – topics of interest?

1. Aging Safe, Healthy and Strong Committee campaigns;
2. Annual May Medicine Clean Out Campaign – request for information which we can share in our Newsletter;
3. Flu clinic repeat;
4. A joint committee formed which will focus on services for seniors similar to that used at the Grove Nursing Home but instead focusing on activities, services for seniors in their homes. Encourage activity and participation within the community?
5. Safe Driving for Older Adults?
6. Falls Prevention?
7. Heart Health? Reducing Sodium in the Diet?
8. Eganville's *Nature in Your Neighbourhood* event? Encourage creation and use of walking trails at the park? In community?

Suggestions for workshops from other areas provincial sites:

1. Safe food handling.
2. Health and Wellness – active living - volunteering
3. Elder Abuse
4. Financial Independence – income taxes – filing for programs – rrsp's etc.
5. Explaining the Ontario Drug Benefit Program
6. Planning for eventually leaving home – retirement homes and options

Options/Considerations:

1. Request that additional programs be held here.
2. Request sessions during existing paramedic health visits.
3. Request sessions during Coffee mornings?
4. HCM host a family health day with various displays etc. along with any type of activity – cards? Bingo? Pot luck? Fundraiser? Anything you can think of!

Policy Impact: n/a

Others Consulted:

Approved and Recommended by the Clerk

Melinda Reith,

Municipal Clerk

*Melinda Reith*