

Meeting of the Seniors' Advisory Council of Nova Scotia
Minutes, Thursday, October 22, 2020
Via Zoom

ATTENDANCE:

Present:

Bill Berryman, *Retired Teachers Organization*
Alyson Hillier, *Retired Teachers Organization*
Bernard Conrad, *Nova Scotia Government Retired Employees Association*
Ron Swan, *CARP Nova Scotia Chapter*
Bill VanGorder, *CARP Nova Scotia Chapter*
Carol Rogers, *Community Links*
Helen MacDonnell, *Community Links*
Peter Kerr, *National Association of Federal Retirees*
Michelle Langille, *National Association of Federal Retirees*
Claude Renaud, *Regroupement des Aînés de la Nouvelle-Ecosse*
Richard Malin, *Royal Canadian Legion, Nova Scotia /Nunavut Command*
Terry Donovan, *Federation of Senior Citizens and Pensioners*
Bernie LeRusic, *Federation of Senior Citizens and Pensioners*
Margaret Casey, *Senior and Retired Doctors Section of Doctors Nova Scotia*
Phil Bagnell, *Senior and Retired Doctors Section of Doctors Nova Scotia*
Nancy MacLellan, *Department of Seniors*
Faizal Nanji, *Department of Seniors*
Shalini Keel, *Department of Seniors*

Regrets:

Véronique Legault, *Regroupement des Aînés de la Nouvelle-Ecosse*
Ernestine Gouthro, *Nova Scotia Government Retired Employees Association*

1.

Welcome and Call to Order:

Bill B. called the meeting to order. Bill B. advised members of the passing of Alma Johnston-Tynes on October 21,2020. A moment of silence was observed by members.

2.

Additions/Adoption of the Agenda:

MOTION: That the agenda be approved.

Alyson H./ Michelle L.

CARRIED

3.

Approval of September 24, 2020 Minutes

MOTION: That the minutes of September 24, 2020 be approved as amended

Alyson H./ Michelle L.

CARRIED

4. **Update from Department of Seniors**

Seniors Week October 1-7, 2020

Deputy MacLellan thanked members for sharing the activities report for Senior Week 2020 “Seniors for Nova Scotia Strong” with their members and networks.

Deputy MacLellan provided members with the SHIFT 2.0 Critical Path outline. See below.

Proposed Critical Path/Time Line at October 22, 2020

Target date	Deliverable
October	<ul style="list-style-type: none"> • Update for Seniors Advisory Council <i>Thursday, October 22, 2020</i>
	<ul style="list-style-type: none"> • Shift 2017-2020 final report first draft due. • Activities from departments for Shift 2.0 due
November	<ul style="list-style-type: none"> • Briefings for Deputy MacLellan on proposed activity for Shift 2021-2024 • Final review of 2017-2020 report by departments. • Confirmation from departments on activities & budget requests for Shift 2021-2024 • Shift Advisory Committee meeting • Seniors Advisory Council of Nova Scotia meeting (<i>presentation on 2017-2020 final report, and overview of activity proposed for 2021-2024</i>) <i>November 26, 2020</i>
December	<ul style="list-style-type: none"> • Deputy Minister meetings • Refine activities per feedback from stakeholders
January	<ul style="list-style-type: none"> • Final document preparation
February	<ul style="list-style-type: none"> • Documents finalized and submitted for approval

5. Office of Social Innovation and Integrative Approaches

Jean Flynn, Executive Director, Department of Justice

Deputy Minister Candace L. Thomas was not able to attend this meeting and sends regrets.

Slide 1

<p>Office of Social Innovation & Integrative Approaches Presentation to Seniors' Advisory Council of Nova Scotia October 22, 2020 Jean Flynn, Executive Director</p>

Slide 2

<p>Office of Social Innovation & Integrative Approaches</p> <ul style="list-style-type: none"> ▶ Situated within Executive Council Office and aligns Office Strategy Management ▶ Premier is the Minister responsible for OSIIA ▶ Deputy Minister Thomas is initially supported by small and flexible executive team ▶ Jeannie Flynn

▶Richard Derible

Slide 3

OSIIA Mandate & Objectives

- ▶Central office supporting collaboration and change process through the development of policy, programs, initiatives and practices to support progress on sustainable development goals
- ▶Lead and enable systematic integration of restorative principles into the corporate systems of government
- ▶Offer facilitative leadership across departments in support of integrated human centred policy design
- ▶Build collaborative relationships internal and external to government to utilize and build on resources and expertise to support and build on resources and expertise to support well-informed, responsive, and participatory decision-making.

Slide 4

OSIIA Key Responsibilities

- ▶Initial focus on 'how' we work to support social innovation. The how helps us think about what is necessary to nurture the actual conditions to think, act, and work differently. This will include:
 - ▶Building Relationships in connection with and support of the work
 - ▶Developing research, collaboration, and capacity in support of learning and understanding new ways of working
 - ▶Convening, knowledge building, strategic policy, and systems advice

6. Business Arising from Minutes

- a) Brief on the Proposed Removal of the Capped Assessment Program by the Nova Scotia Federation of Municipalities. Brief sent to members. Ron to setup meeting of subcommittee members (Ron, Terry, Bill B. Michelle, Helen, Peter)
- b) COVID Recovery Measures for Seniors Facilities
Terry sent information, received from Department of Business, out to members. Received some positive feedback but too early to know outcome. Will have a better sense by November.
- c) New Horizons for Seniors Program Grants

Deadline to apply for funding has been extended to November 1, 2020. Members clubs applying for funding: Pictou New Horizons 55+ club, and Cape Breton Council.

- d) Innovate Care Virtual Conference October 5-6, 2020.
Peter Kerr, *National Association of Federal Retirees*, Ron Swan, *CARP Nova Scotia Chapter*, Margaret Casey, *Senior and Retired Doctors Section of Doctors Nova Scotia*, Helen MacDonnell, *Community Links* attended the virtual conference. 250 registered attendees with 60% from Nova Scotia and most of the remainder from the rest of Canada. A small number of international attendees. Expecting a summary report soon.

7. **Treasurer's Report**

Claude provided Report to members. The balance on October 22, 2020 was \$1,070.

Claude R./ Terry D.

CARRIED

8. **High Dose Flu Vaccine**

There is a shortage of High Dose Flu Vaccine. No longer available to be purchased and cost is an issue. Bill B. shared the NS Gov COVID-19 update October 19th regarding FAQ Flu Shot. See below.

Flu Shot

Q: Where can I get the flu shot?

A: The standard dose flu vaccine is available to all Nova Scotians free of charge through their primary care providers, community pharmacies and public health. We encourage all Nova Scotians to get their annual flu shot.

Q: If I get the flu shot in October, will I be protected from getting the flu in March?

A: Protection from the flu shot generally begins 10 to 14 days after immunization and may last six months or longer.

Q: Is the flu shot safe?

A: Flu vaccines are a safe and effective way to protect yourself and those around you from deadly influenza viruses. In addition to routine surveillance every year during the seasonal flu vaccination campaigns, the Public Health Agency of Canada, and provinces and territories are engaged in weekly surveillance of current influenza vaccines to identify vaccine safety signals. Most people don't have reactions to the flu shot; those who do may have soreness, redness or swelling at the injection site. Severe reactions to the vaccine are extremely rare.

Q: How effective is the flu shot?

A: Influenza vaccine has been shown to be effective in providing protection against influenza infection and illness. The effectiveness of the vaccine can vary from season to season and depends on how well the vaccine strains match with circulating influenza viruses. Effectiveness also depends on the health and age of the individual receiving the vaccine. Even when there is a less-than-ideal match or lower effectiveness against one strain, those who receive the flu shot are still more likely to be protected compared to those who do not.

Q: Can I get the flu shot if I'm not feeling well?

A: This year, individuals who are unwell should wait to receive their flu shot until they are feeling well. In addition, individuals who are waiting for a COVID-19 test or results and those who are under any Public Health requirement to be in self-isolation should wait to receive their flu shot until their self-isolation restriction is lifted.

Q: Why does the flu shot make me feel like I have the flu?

A: The flu vaccine available to Nova Scotians does not contain live virus and cannot cause influenza. Some people report having mild side effects after receiving their flu shot. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after vaccination and last 1-2 days.

Q: Is the high-dose flu shot available for free for seniors?

A: The high-dose flu vaccine is available for free to adults 65 years of age and older living in long-term care facilities, including nursing homes and residential care facilities. Residents aged 65 years and older within these facilities are at an increased risk of influenza and influenza related complications due to age, compromised health status and institutional living environment. Evidence also indicates better protection with the use of high-dose influenza vaccine compared to the standard-dose vaccine for those 65 years and older.

Q: How are we preparing for the flu season differently this year?

A: The COVID-19 pandemic creates a series of challenges for the delivery of the seasonal influenza immunization program. Adaptations could include pre-screening for illness/exposure to COVID-19, reducing clinic crowding by using appointments, keeping physical distance whenever possible, requiring hand washing and mask wearing, and using technology to reduce contact (i.e. online registration, paperless registration, consent and recording processes).

Q: How will I know if I have COVID-19 or the flu?

A: If you become unwell, you are encouraged to do the online COVID-19 self-assessment. If you cannot access the online self-assessment or wish to speak with a nurse about your symptoms, you can contact 811.

Q: Is it possible to have COVID-19 and the flu at the same time?

A: Yes, the viruses that cause COVID-19 and the flu are different and so it is possible to have both diseases at the same time. Receiving your flu shot will protect you against influenza and practicing good hand hygiene and cough and sneeze etiquette, physical distancing and mask wearing protects against both viruses.

Deputy advised government place order for flu vaccines in January for the following season. Bill B. to write the Minister of Health and Wellness on behalf of the Council and request a meeting to discuss.

9. Low Income Seniors at risk of not receiving financial support
Some seniors cannot file taxes and therefore, not receiving GIS. How are groups dealing with this concern? There is a free income tax filing system for low income seniors is available from the Canadian Revenue Agency.
10. Nominating Committee – Elections for Officers
Bill V. setting up committee for Election for officers. Members include Claude R. and Phil B.
11. Centre of Rural Aging and Health (CORAH) – NSCC Middleton Campus
This was a pilot program announced January 27, 2020. Funding for this program came from the Department of Health and Wellness Co-Lab. Community Links did a presentation at the Campus. Bill B. to share information with members.
12. Engage Nova Scotia – Quality of Life Initiative
Jennifer from Engage Nova Scotia wants to meeting members regarding Survey. Members agreed to meet. Bill B. to arrange meeting.

13. Seeing Dementia Through the Lens of COVID-19 - Lessons Learned
Alzheimer Society Virtual Conference October 20, 2020. No members participated.
14. Seniors Advisory Council Priorities 2020 – 2021
To be discussed at the November 26th meeting.
15. New Business
 - Canadian Frailty Network Webinar October 27, 2020
Bill B. shared via email to members
 - National Seniors Council
The Government of Canada is seeking applications from qualified Canadians to fill current and future vacancies on the National Seniors Council. The review of applications will begin on November 1, 2020.
 - Bill B. to send card to Alma's Family
15. Future Meeting November 26, 2020
19. Adjournment