



## Seniors Community Conversation Notes: January 4<sup>th</sup>, 2023

### TRENDS:

- Local home support business is noticing an obstacle to in home support services: seniors are reluctant to lose independence/autonomy.
- The Jasper Seniors' Society raised that seniors over 75 may be encountering a financial barrier to accessing the pool. They asked if seniors over 75 could have free access to the pool.
- Mental health and addictions will be launching new programs and education for seniors. There is some pressure for some programs to be virtual, but that format isn't necessarily ideal for seniors who may experience technology barriers.
- There has been a decrease in seniors attending events like the Chamber Christmas party, Fire department party, and Community Holiday party. The group discussed that this could be due to COVID-19 or a change over of staff as many retire.

### COMMUNITY UPDATES:

- Jasper Seniors Housing Society (JSHS) exists to create non-profit housing. They will approach parks to let them know JSHS exists and then hire a consultant. They have reached out to the Jasper Community Housing Corporation but have not heard back.
- Jasper Seniors Society revamping what the organization does and how they can participate in the community more and serve more seniors in the community.
- Jasper Seniors' Society exploring what the barrier might be to membership. Is it the cost? Also, what can the organization do with those funds?
- The Library is providing a delivery service but are having low uptake.
- Alpine Summit is opening their programming again soon to any seniors in town.
- Janeen/Community Outreach Services is doing programming at Pinegrove
- Coffee Connections continues every week Mondays (hosted by Ian) and Wednesdays (hosted by Janeen) at the Jasper Activity Centre
- Full-time mental health therapist position is posted at Alberta Health Services

### NEW PEOPLE, NEW ROLES:

- Linda Morgan is reading to seniors at the library in a program called 'From the Stacks' and there are snacks.
- Tasha is a Mental Health First Aid for Seniors trainer and will be offering the program again soon in collaboration with the Jasper Employment and Education Centre

### UPCOMING PROGRAMS OR EVENTS:

- *From the Stacks* programming is starting again.
- Jasper Seniors Society meeting Monday 1:30 pm, all seniors welcome.
- Alberta Health Services is offering a program: *Using the pool and gym safely*.

### ACTION:

- **Lisa:** Invite Evergreens to Community Conversations. *Done*.
- **Christopher:** Increase access for seniors to Municipality of Jasper facilities
- **Lisa:** Add Dale Karpluk to Community Conversation list. *Done*.



- **Lisa:** Share Meghan's email with all ▶ 780-883-0447 [verheyfriendlyvisiting@gmail.com](mailto:verheyfriendlyvisiting@gmail.com)
- **Ann Thomas:** Email Lisa with new Jasper Seniors Society email. Lisa will share.
- **Lisa:** Orientation to calendar/seniors' calendar
- **Christopher + Lisa:** Look into stats around pool use for seniors of 75.

### What do you think?

- ✓ [Municipal public engagement opportunities](#)
- ✓ [Give feedback, contact council or report an issue.](#)
- ✓ [You can also contact council by emailing them.](#)

### Promote your program or event:

- ✓ [Check the Community Calendar to find out what's going on in Jasper.](#)
- ✓ [Add your program or event to the calendar.](#)

### Share your passion:

- ✓ [Fill out this form](#) and we will contact you to discuss your idea!

### All things Community Conversations:

- ✓ [Community Conversations schedule and information](#)
- ✓ Community Conversations most recent notes
- ✓ Application to join Community Conversations
- ✓ Municipal Community Conversations policy

### Do you have neighbours or colleagues who are new to Jasper?

- ✓ The [New to Jasper page of the website](#) has helpful information for them.

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