

NORTHERN LIFE

Sudbury Northern Life Reporter Bill Bradley

More than 200 affordable condominium units are coming to Greater Sudbury.

The announcement was made at a press conference at Tom Davies Square yesterday.

The units will be built using the Options for Homes concept, which provides quality home ownership at cost-effective prices. No city money is involved.

"These developments will help to address our community's need for housing that is affordable to low and middle class residents," said Mayor John Rodriguez.

"With our high housing prices, many people who would like to buy their first home are unable to do so. This will provide an excellent opportunity for many residents to become first-time homeowners," he said.

One of the sites is five acres located in Chelmsford near the Place Bonaventure Mall, where 116 units are planned. A 92 condominium complex is proposed at 162 MacKenzie Street in the downtown.

Prices, which are still approximate for the downtown location, are the following: two bachelor units starting at \$86,600, 37 one bedroom units starting at \$110,400, and 53 two bedroom units starting at \$208,300. An income of \$28,000 would be sufficient for the bachelor units. A rezoning application has been filed with city officials for the site.

The project should be completed in late 2009, noted Mike Penwarden, a local TD commercial banker and member of the city's Greater Sudbury Development Corporation board.

In Chelmsford the 22 fourplex units start at \$98,200 for a one bedroom unit (17 available), \$129,800 for a two bedroom unit (46 available) and \$164,800 for a three bedroom unit (25 available).

Local developer Tom Corbett is the development consultant for Options for Homes locally.

For more information or to get on the list phone Mike Corbett at 675-7232 or visit the website at <http://www.optionsforhomesgs.ca/>.

Copyright 2008 Laurentian Media Group. All rights reserved.

IMV 09

IMV 109

Implementation of solutions for ALC crisis underway

BY LAUREL MYERS

LMYERS@NORTHERNLIFE.CA

A steering committee, formed almost two months ago and tasked with developing solutions to the ever-growing Alternate Level of Care (ALC) bed crisis in the city, have made a list of 10 priorities to begin taking the pressures off the system.

The Sudbury ALC Community Steering Group met on Wednesday to finalize the list for the ALC work plan. The priorities include a range of options and ideas for action, which are set to be implemented over the next weeks and months, according to members of the group.

Among the top priorities is supportive housing, which requires immediate attention, according to Terry Tilleczek, Northeast LHIN senior director, and co-chair of the ALC Community Steering Committee.

"We've just completed a study across

northeastern Ontario which has identified the magnitude of the problem we have," he said. "If we look at the population projections and the current capacity we have for supportive housing, the two don't match."

However, he said the challenge right now is funding. "We're still trying to get the details around whether there is supportive housing elements within some of the infrastructure programs (in the federal budget)," he said. "What we want to do here is take a look at what opportunities might be in this community... and be ready when there are some resources available on the capital side to begin putting the shovel into the ground."

Dr. Peter Zalan, co-chair of the ALC Community Steering Committee, said that



TILLECZEK

by May the provincial government will likely have a supportive housing policy. He also said the city understands the need for supportive housing and they want to make it happen, but the question, again, is funding.

A second priority, which has already received government funding, is a registered nurse long-term care home outreach program. The program would treat conditions in their original settings (nursing homes) to avoid transfers to hospital.

"In southern Ontario, they ran a pilot project and cut down admissions by 75 per cent from nursing homes," said Zalan. "That would be an amazing improvement. We need to hire the nurses and make it happen."

Other priorities within the work plan

include: alternate care/housing options using current capacity; bed capacity challenges associated with single site initiatives and transition needs; specialized services development; integrated care pathways project; enhancing primary care services in the home setting; health human resource challenges; recruitment and retention; the role of prevention and promotion; and long-term care bed needs analysis. "It's one thing to increase capacity — we don't have enough alternative care beds or supportive housing — but we also want to prevent people from becoming alternate care patients in the first place," Tilleczek said.

The steering group has identified lead organizations for each of the priorities and will meet again by March 30 to review, monitor and evaluate the work plan progress.

➡ See the video at www.northernlife.ca/video

JAW 09

LHIN helping to make healthy aging possible

It's happening even as you read this sentence. I'm getting older, and so are you. So are your friends, and your beloved family members. In fact, here in Ontario's North East region, where our Local Health Integration Network has responsibility for transforming the health system,

Rémy Beaudoin



grey hair and wrinkles are prevalent at a greater rate than anywhere else in the province.

Most would not want to claim this sort of No.1 position. But it's our reality. According to the 2006 Census, 17 per cent of the North East Local Health Integration Network (NE LHIN) region is age 65 and over, versus the provincial average of 13.5 per cent. And seniors will continue to be the largest growing part of our population over the next 25 years. In fact, this 17 per cent is expected to increase to 29 per cent by 2031.

These statistics, and the stress this demographic is already placing on health services and systems, have led to two of the North East LHIN's current priority projects—Aging at Home and Alternative Level of Care (ALC). Both of these tie into a third priority, our Integration Strategy. By integrating health services, we intend to shape a health system that is more sustainable and patient-focused, with fewer service gaps.

What happens now when people get old? If they're well and mobile, they continue to live in their own homes or apartments. However, for those who are in delicate health, issues of daily living can be compounded. As we've seen flash to a pressure point here in North East Ontario, ill seniors often enter the hospital for treatment and then subsequently await the limited places available in long-term care facilities. This leads to ALC pressures — when hospital acute care beds become inundated with elderly patients who should be leaving the hospital once their medical care is no longer urgent.

ALC causes major strains for North East hospitals. When seniors who would be more comfortable in their own home or another setting stay in an acute care bed, it causes hospital bottle necks from the ER up. This is where the North East LHIN's Aging at Home Strategy comes in. This three-year, \$19 million dollar program is all about creating new community-based programs and enhancing existing ones to allow seniors to live comfortably longer in their own home.

Our Year 1 Aging at Home program (2008/09) involves 26 projects spanning the NE LHIN region. It has provided our communities with more than \$4.3 million in funding.

NE LHIN Aging at Home funding for Years 2 and 3 will concentrate on further system enhancements, to the tune of more than \$14 million and with a focus on integration and innovation as key components.

Most recently, the NE LHIN created a five-point ALC Action Plan with specific measures to decrease ALC pressures across our region, and is co-leading a ALC Community Steering Group in Sudbury which will oversee the implementation of projects and solutions to help alleviate ALC pressures being felt at our regional hospital.

I invite you to visit our website at www.nelhin.on.ca to learn more about these and other initiatives dedicated to our seniors' well-being and independence.

Rémy Beaudoin is the CEO of the North East LHIN.

Helping keep seniors independent, happy – and at home

When one hears or reads of the Canadian Red Cross, services to local seniors may not be top of mind. However, in Sudbury, the Red Cross has been a community leader in supporting local seniors with programs that are helping them achieve the most out of life and community living.

Traditionally, the Red Cross is seen as an agency dedicated to the betterment of humanity around the world. Internationally, our organization is often called to provide aid and assistance to some of the world's most desolate and desperate situations. Be it an earthquake, tsunami or a theatre of war, odds are you'll find the Red Cross. In Canada, the Red Cross also provides disaster management services. Our ability to organize and react in what was a moment's notice in Kashechewan helped to drastically reduce the pain and stress of displacement of an entire community.

Locally, the Sudbury Branch of the Red Cross plays an active role in the region. Our organization provides supportive housing assistance, local disaster management, homemaking services, and home maintenance. One of our most popular and effective programs serving the community is the Red Cross Seniors' Transportation Program.

Seniors' transportation programs are a key element in assisting senior

Louise Trudel



citizens within the Sudbury-Manitoulin area to maintain healthy, independent and productive lives. Our program provides senior citizens with friendly, safe and affordable transportation, providing them the opportunity to continue to interact within their community. By removing the barriers to some aspects of everyday living such as banking, shopping, visits to medical appointments or just simply visiting and socializing, the Red Cross Seniors' Transportation Program is support-

ing local seniors in their wishes to remain in their home while maintaining their independence and a healthy lifestyle.

The Red Cross Seniors' Transportation Program is available to anyone over the age of 60, who is not currently driving, is unable to access public transportation due to a frailty, is not living in a long-term care facility and can successfully get in and out of a vehicle with little-to-no assistance.

If you or someone you know is interested in utilizing our program, or if you are interested in becoming a volunteer driver for the Canadian Red Cross, please feel free to contact us at 674-0737 ext 213.

The Canadian Red Cross is a member of the Community Support Services Network of Sudbury-Manitoulin.

The Network is an organization comprised of 15 non-profit organizations whose goal is to provide quality service and support for citizens living in and around the Greater Sudbury Region, for more information please visit: www.cssnetsudbury.ca.

Louise Trudel is the District Branch Manager for the Canadian Red Cross in Sudbury. For more information regarding the Red Cross and their programs please visit www.redcross.ca or call 674-0737.

54W 09

Group wants province to commit

Hopes Ontario will fund long-term beds in one of the soon-to-be-closed hospitals

BY CAROL MULLIGAN
The Sudbury Star

Dr. Peter Zalan wants a decision by March on whether the province will fund a long-term care residence at Sudbury Regional Hospital's Memorial or St. Joseph's Health Centre sites when the new one-site hospital opens.

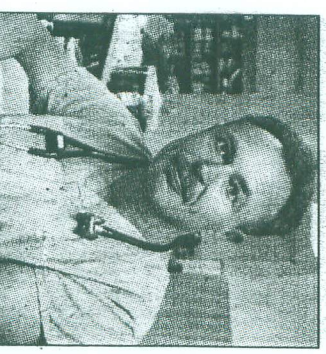
Zalan is co-chair of the Alternate Level of Care Community Steering Group, struck last month to find solutions to the chronic bed crisis at Sudbury Regional Hospital.

The North East Local Health Integration Network, and seven other health-care representatives met for seven hours Monday to chip away at the problem that has been crippling hospital operations.

Fears are the current bed crisis will get worse when one-site hospital opens in 2010 with even fewer beds.

As many as a third of the hospital's 322 beds are filled with patients who shouldn't be in hospital, but for whom there is no other alternative. When the one-site hospital opens in April 2010, there will be even fewer hospital beds in the system.

It's a problem that "needs to be resolved ASAP," said Tilleczek after Monday's meeting. An action group was struck Monday to detail what it would take to transfer alternate level of care patients from the hospital system to a separate facility where they could be cared for more appropriately.



THE SUDBURY STAR
Dr. Peter Zalan is co-chair of the Alternate Level of Care Community Steering Group.

See BEDS / A4

NORTHERN LIFE

Sudbury Northern Life Reporter Laurel Myers

Christmas came early for the St. Joseph's Health Centre. The Ontario government, through the Northern Ontario Heritage Fund Corporation (NOHFC), announced a \$2-million investment to assist in the construction of a new 128-bed long-term care home in Chelmsford.



watch video

Sudbury MPP Rick Bartolucci was at the St. Joseph's Health Centre on Paris Street Tuesday morning to make the announcement to a packed room of health care workers and supporters alike.

"This significant NOHFC investment will help address some of the alternate level of care pressures currently being faced by our community," said Bartolucci.

"Once fully operational, this facility will go a long way in ensuring our community has the necessary infrastructure to meet the needs of our aging population."

The new long-term care facility will be built on an eight-acre property — located behind the Place Bonaventure Mall — which was donated to the St. Joseph's Foundation by Gabe Bélanger, owner of the Bélanger Ford Lincoln Centre in Chelmsford.

The proposed home will be a 90,000-square foot, two-story facility that is expected to be completed by the fall of 2010. It will bring roughly 100 jobs to the region.

"This is truly a Christmas gift, and we are most grateful to the NOHFC for their support," said Sister Mildred Connelly, chair of St. Joseph's Health Centre board of directors.

"This long-term care project will have an enormous impact on our community, and thanks to this \$2-million investment, we are one step closer to meeting our financial commitments for this project."

She said when the board started laying the ground work for the project, they knew it wouldn't be an easy journey with raising construction costs, labour shortages and market demands.

"All this threatened to put the project out of our reach," she said. "The ALC crisis in our city has reached such a critical level...we (the board) had to respond."

The estimated cost of the project is \$20 million, according to Bartolucci. The \$2-million investment is in addition to the \$9.6 million announced for the project in August 2007 by the Ministry of Health and Long-Term Care, to go toward operating costs.

"It's a good investment because it's an investment in people," the MPP said. "These 128 beds are critical to solving the problems we have with ALC patients."

"Everything is happening, the energies are pointed in the right direction," he added. "People should have a great deal of confidence in the future and our hospital, once it's finished, will be big enough for all."

Copyright 2008 Laurentian Media Group. All rights reserved.

Many seniors need help: survey

Sudbury Star Article by Denis St. Pierre:

At 89, Kay Oldenburg lives independently and is more fit and active than many Sudburians who are several years - even decades - her junior. Oldenburg says she often feels sad for senior citizens mired in isolation, lacking proper nutrition and personal care.

"Sometimes we make food for them and bring it to them, because they never have good meals," she said. "They just don't seem to know how to go about being anything other than isolated ... It's too overwhelming for them." Oldenburg says she isn't surprised by the findings of a new survey, including the notion that nearly one-quarter of Greater Sudbury's senior citizens need help with basic household chores. "So many people need help, but they don't get it, or they don't ask for it," she said.

Oraclepoll Research recently surveyed 252 older adults across Greater Sudbury to identify the concerns and needs of the city's seniors population. The survey was commissioned by Friendly To Seniors Sudbury, a community group which received federal funding to hold focus groups with older adults and for other research and education initiatives.

The survey's findings are being reviewed and analyzed to prepare a report that will be submitted to all levels of government, said John Lindsay, Friendly To Seniors Sudbury chairman. Ideally, the report will be used by governments to make better-informed policy and program decisions affecting older adults, Lindsay said.

The survey and supporting focus groups looked at issues ranging from age and gender breakdowns of the city's older adult population, to marital status, income level/financial status, housing situations, education history, employment status and health and mobility issues.

The actual survey's findings, released last week at the Parkside Older Adult Centre, are considered accurate within 6.2 per cent, 19 times out of 20.

"Home help ... was the largest area for which older adults expressed a need," Lindsay said. More than 24 per cent of respondents said their level of physical mobility limits their ability to do daily tasks such as household cleaning, grocery shopping, preparing meals and personal care. Nearly 11 per cent of respondents say they have no one to turn to in the city - neither relatives nor friends - when they need help.

Such findings point to the need for better programming and greater outreach to seniors who are isolated and need help, said Lindsay.

Many survey respondents also complained of various impediments to being more active in the community. More than 40 per cent of respondents, for example, cited the poor condition of sidewalks and lack of snow and ice clearing in winter.

Seniors who rely on motorized wheelchairs and scooters often are risk travelling on the side of the road due to the condition of sidewalks and large cracks along curbs that prevent them from accessing the sidewalk, said Bill Cooney.

"A lot of us abandon the sidewalks and take our chances on the road," said Cooney, 81, who surveyed several local streets and sidewalks, compiled a report their condition and sent the documents to city hall. He received a letter of response, in which a city manager promised to look into the problem areas.

The results

Some of the findings of a recent survey of older adults (55 or older) in Greater Sudbury:

24 per cent said their level of physical mobility limits their ability to do daily tasks such as household cleaning, grocery shopping, preparing meals and personal care;

10.8 per cent of respondents have no one to turn to in the city - neither relatives nor friends - when they need help;

78 per cent drive their own vehicles;

seven per cent use public transit;

15.3 per cent have an individual, annual income below \$10,000;

2.3 per cent have an individual, annual income above \$100,000;

2.5 per cent have a total, household income below \$10,000;

12.7 per cent have a total, household income above \$100,000.

Media Release:

Older Adult Survey Results to be presented:

A survey conducted by **OraclePoll**, on behalf of the Sudbury **Friendly to Seniors** organization came up with a number of interesting findings dealing with a variety of topics related to the perceived needs and concerns of our older residents. The poll, involving a representative group of Sudbury citizens over the age of 55, provided a basis for a series of ongoing focus groups to further explore the issues of aging in our community including housing, health care, taxation, transportation, communication, recreation etc.

The need for functional and affordable living accommodations in later life was expressed by many older adults, just one of the findings. The survey was part of a **New Horizons** project on the **Challenges of Aging**. The results of the survey will be presented at two public forums to be held at the Parkside Older Adults Centre on **Tuesday afternoon Nov. 13th at 2:00 p.m** and **Wednesday evening Nov. 14th at 7:00 p.m.**

The public forums will give those in attendance the opportunity to contribute their views which will go to make up the final Challenges of Aging report which will be presented by Friendly to Seniors to all levels of government. Focus groups of from 6 to 10 persons will continue to be held until the end of this year. Seniors groups or individuals interested in becoming involved should contact Friendly to Seniors at info@friendlytoseniors.ca or call 507-6087. Besides refreshments all those attending the public forum meetings or taking part in focus groups will receive a **Sudbury Seniors Remember** commemorative DVD.

More information: John Lindsay
Chair: Friendly to Seniors Sudbury
525-7526 or 507-6087

info@friendlytoseniors.ca

Arts and the Older Adult: A Dynamic Combination

Golf, fishing and travel. You might think by looking at the ads on TV and in magazines that these are just about the only activities for retired folks. Truth is that while for some these might be attractive ways to spend time and money, there is much more to do in the “golden” years. Just look around the City of Greater Sudbury to see older adults in action in many different endeavors, many of them involving what we consider to be the “arts”.

One of the challenges of aging is to keep active in mind and body. The many different facets of the arts community can provide mental and physical stimulus in a variety of ways that will yield positive outcomes for a healthy lifestyle.

Many individuals later in life have discovered in the arts, talents they had no idea they possessed. There are numerous stories of those who, in retirement, became accomplished painters, carvers and sculptors. Others have found a passion in performance, either on stage or behind the scenes. Many women and some men have raised their voices in song with a local choir, never having sung a note in public before, while others have taken up a musical instrument. Digital photography and computer magic has made bold graphic artists out of those who consider themselves artistically challenged in the more traditional arts environment. And there are the readers who have taken the plunge and become writers, satisfying another expressive and creative urge.

It has been said that the arts are the heart and soul of the community. As a culture we tend to underestimate the tremendous potential that people of advanced age still have. Human beings need artistic influences all the time regardless of how old they might happen to be. Various studies have shown that arts and arts related activities can improve a senior's attitude and outlook significantly and contribute greatly to an improved quality of life for themselves and their friends and family.

Painting, drawing, printmaking, sculpture, bookmaking, dance movement, music, and theater for older individuals can provide an outlet for creative energies and contribute to the cultural enrichment of our entire community.

A Friendly to Seniors project “Meeting the Challenges of Aging”, would like to hear from older adults in the City of Greater Sudbury on just how the arts can improve the quality of life for our aging population, and how we can make arts activities and programs more accessible and attractive. If you have ideas then let us know. To learn how you can contribute to this New Horizons endeavor please go to the web site www.friendlytoseniors.ca. Your comments and suggestions would be most appreciated.

John Lindsay, Chair Friendly to Seniors and Board Member of the Sudbury Arts Council