

Kanata Seniors Council Inc.
Minutes – Board of Directors Meeting of January 16, 2026

Present: Kay Dubie, Céline Ruest, Frank Boisvenue, Doreen McNair, Sandra Freeman, Mike McMahon, David Lee, Susan Ditmar, Diane Brewer, Trevor Shaw, John Box, Marie Eveline, Rachel McGregor (Recording Secretary)

Regrets: Moe Saleh, Jeet Wadehra

Associates/Guests: Cindy Massicotte (Wellings of Stittsville), Maureen Moynahan (City/KSC), Patsy McCarthy and Janice Hannah (The Bradley), Lillian Cepalo and Cindy Orleck (Comfort Keepers), Bonnie Oostlander (KSCI member)

Opening: Kay Dubie opened the meeting shortly after 9:00 with a welcome to all and introductions. Marie Eveline was introduced as a new Board member, and Rachel McGregor was welcomed back as recording secretary.

Approval of agenda: The agenda was amended to add an in-camera session (board members only) immediately after the coffee break. The regular board meeting will reconvene after the in-camera session.

Frank Boisvenue moved that the agenda be approved with this addition; seconded by Susan Ditmar. Carried.

Approval of previous minutes:

Frank Boisvenue moved that the minutes of December 19, 2025 be approved as circulated; seconded by John Box. Carried with 1 abstention.

Presentations:

Patsy McCarthy (The Bradley): Patsy introduced the new Executive Director, Janice Hannah. She then explained about the Bradley College, which started about a year ago, which has retired professors coming to talk to the residents. On Thursday, January 29 at 2pm, Roy McGregor (columnist and author) will be starting a series of talks about his memoirs. Info on this will be in the Flash this coming weekend.

Lillian Cepalo (Comfort Keepers): Comfort Keepers provides in-home personal support services. They are interested in the different social activities available to their clients. She reports that in addition to Health Care Agencies, Personal Support Workers now need to be properly registered as well (Government of Ontario).

Cindy Massicotte (Wellings of Stittsville): The next Wine and Food Pairings is January 20 at 2pm. The residence has launched “Socks for A Mission” – they want to collect 1,000 pairs of new socks to donate. Financial support is also accepted – the residence will buy some socks with a monetary donation. In February, the residents will be making “Valentines for Veterans”.

Maureen Moynahan (City of Ottawa): In February, the center will once again be running their SALC survey (Seniors Active Living Centers) to get information/data for funding and new programs. On February 5, an in-house “how to” registration demo will be presented, as there are still concerns with navigating the on-line registration process. The next Learning Series will feature Karen Winterstein from “Boxing 4 Health” on Thursday, February 26. The agreement between the center and the council has gone back to the city for approval.

General Items/Events:

- Travel and Lifestyles Highlights: A very successful December was followed by great events scheduled for January: Expedia Cruises presentation; International Dining at the Lone Star; and a Line Dancing demo with Salva Dance followed by lunch at Zola’s. February events include a Drumming circle, a Kanata theater trip; International Dining at Chez Lionel; and a pancake breakfast.
- Health Team Highlights: The humour event scheduled for January 15 had to be cancelled due to the weather; it is hoped it can be rescheduled. The February event will be “Planning with Peace of Mind” (preparing for loss).
- 30th Anniversary Celebration: Saturday, September 26, 2026 at the Holiday Inn with catering by Chez Lionel.

In-camera session: Began approximately 9:50am and ended at approximately 11:25am. One motion was tabled from this session as follows:

Frank Boisvenue moved that, based on legal advice, the Board approve additional compensation to the Café Manager for 2025. Seconded by Susan Ditmar. Carried (100%).

Due to time constraints, the financial report, correspondence, directors’ reports, old business (Budget, Priorities and Goals and Audit Review) and new business (EC update) were all deferred to a special meeting that will be held within the next two weeks.

Next Meeting:

Friday, February 20, 2026, 9:00 am, Owen Prince Room, KSC

Adjournment: Meeting was adjourned at 11:30am.