

Lionsview Seniors' Planning Society

# Annual Report

26th  
Anniversary

2016-2017 Fiscal Year

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## Lionsview Seniors' Planning Society

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*A Strong Voice for Seniors  
on the North Shore*

## Who We Are

The Lionsview Seniors' Planning Society is a non-profit society dedicated to the interests of seniors on the North Shore. We are a non-partisan association and a registered charity.

We are a seniors led and seniors driven organization promoting the participation of seniors in the ongoing co-ordinated planning and delivery of health, social and all other activities that affect the quality of our lives. We believe that individuals desire to live independently and to be responsible for their own health. Seniors, and all other citizens, have the right and responsibility to make informed decisions on matters that affect their well-being.

Our research, projects and programs are directed at meeting needs expressed by those over 55 years of age though we encourage volunteers and participation from community members of all ages.

**Our primary goal is to act as a strong voice for seniors through research, planning, coordination, collaboration and education.**



Coordinator and Board Members  
celebrate 25th Anniversary at last  
year's AGM



## Greetings from the President

This year has been another productive year for Lionsview. As you will note below, we are very pleased with how well the society met its mandate to be a strong voice for seniors on the North Shore.

### **25<sup>th</sup> Anniversary:**

Lionsview celebrated its 25<sup>th</sup> anniversary last year. We would like to thank Mayor Darrell Mussatto for presenting Lionsview with a certificate acclaiming this accomplishment at a small ceremony in his office. Lionsview was very pleased with the recognition.



### **Services to Seniors Coalition:**

The Seniors Coalition attendance continues to grow and we have built a stronger connection with the municipal Social and Community Planners.

In January we had presentations from Hollyburn Family Services on housing and homelessness, and a food presentation from Meals on Wheels, both of which were well received.

In February the Allies and Aging group gave a very informative presentation on its project which is to reach isolated seniors in Metro Vancouver in order to provide appropriate programming.

In March we had a presentation about the First Link program by Bronwyn James of the North Shore Alzheimer Society, again which was very much appreciated.

Thank you to all the Service Providers who have shared their time and information with us.

### **Senior Action Tables (SAT):**

The Capilano SAT completed a series of computer classes that were held in the fall. They are now putting together workshops on “welcoming Farsi seniors” and a new set of computer classes for next fall. With assistance from the City SAT, our brochure has been redone, and has been translated into Farsi. Thank you Khodarahm for assisting with this task.

Seymour SAT has recruited new members and created an agenda of three priorities including transportation, information and home care.

CNV SAT is in the process of updating their stock of brochures to ensure we have accurate information for our Mobile Information Kiosk. The CNV SAT and the CNV Library Seniors group will be presenting information on Age Friendly Open Spaces on July 11, 2017.

West Vancouver SAT has received funding to support them in regenerating themselves.

### **Older and Wiser Column:**

Thank you to Margate Coates for her varied and interesting Older and Wiser Columns. The column is regularly uploaded to our web site [www.lionsviewseniorsplanning.com](http://www.lionsviewseniorsplanning.com) for your reading enjoyment!



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### **Seniors Planning Initiatives:**

This year Lionsview has participated in a variety of planning projects and events.

We have sat on the North Shore Seniors Health Expo steering committee whose theme was a Dementia Friendly North Shore.

We are participating in the Age Friendly steering committee which is focused on continuing the work of the Age Friendly Priorities for Meaningful Change.

We are continuing to support the work of the Lower Capilano Partnership Program Committee which is focusing on transitional programming until the new community centre is built in the Capilano area.

### **Who we are:**

We are often asked what Lionsview does.

Lionsview is a non-profit Society dedicated to the interests of seniors on the North Shore. Our mission is to ensure that North Shore seniors are able to live and age well in their own communities.

Membership in the Society is open to anyone who is interested in working with others to ensure the participation of seniors in planning and delivering programs and services. The Society works to empower seniors to make decisions and to establish priorities related to seniors services.

If you are interested in becoming a member or volunteer for Lionsview please contact one of our Lionsview directors or call the office at 604 985-3852.

I want to thank the board and staff for its continuing work for the organization. Oh and by the way, welcome Laura Anderson, our new Coordinator who is working with Margaret. Without the board, the staff and the volunteers we couldn't do the remarkable work we do.

Raye Lee, President



City of North Vancouver Mayor  
Darrell Mussatto presenting a certificate  
recognizing Lionsview's 25 years of  
community work

## Coordinator's Report

This is my second year as the Coordinator of Lionsview and, to my mind, it has been a great year for this small but vital organization. Last year we continued our impressive work with the invaluable participation of the board and volunteers. I believe we are recognized widely for the contribution we give to the community through our ongoing programs and activities.



In the previous year, Lionsview experienced more changes to the organization, including the addition of my work colleague Laura Anderson to our staff. Tom Carney stepped down as the writer of the Older and Wiser Column and was replaced by myself. Lionsview thanks Tom for his work and wishes him well in the future. We formed and re-established four committees including the SAT Steering Committee, Programs, Services and Community Relations Committee, Membership and Volunteer Enhancement Committee and the Executive Committee. Each hard-working member of the board now sits on one or more of the committees. Many thanks go to the board for its participation in committees and in other activities.

Raye Lee, our president, who brings a wealth of experience with her as a volunteer in several capacities on the North Shore, particularly with seniors, did a great job of guiding our organization this last year. Thanks to Raye for her ongoing support to the organization.

The programs and activities of the organization have been revitalized, particularly the Seniors Coalition and the SAT programs. The attendance is growing at the Seniors Coalition as we bring more vitality to the meeting through more presentations and through dealing with relevant and current issues of concern to seniors' organizations. We continue to grow the Seniors Action Tables, with increasing participation and energy from seniors.

Our web site, which we hope keeps our members and North Shore residents informed about our activities and programs, is getting the attention it needs. Thanks to Laura the home page is regularly updated and she has begun to revise many of the sections to keep the web site current. Check it out at [www.lionsviewseniorsplanning.com](http://www.lionsviewseniorsplanning.com).

We continue to pursue funding opportunities in order to enhance our continuing work on behalf of seniors and seniors' organizations. We were successful in receiving a New Horizons for Seniors grant and a Lower Capilano Community Services Enhancement Grant this year. Coalition members have also supported us with their yearly membership.

I would like to thank our donors, supporters and friends of Lionsview (see page 11 for a list). Of course, thanks to the hard-working volunteers and our members who support us in our continuing work.

We hope you enjoy this Annual Report which has information about our programs and activities, structure, funders and supporters and much more.

Submitted by Margaret Coates

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## Programs and Activities

### Services to Seniors Coalition

The Services to Senior Coalition main purpose is to provide a voice, forum, and vehicle for information sharing, collaboration and networking for organizations and individuals on the North Shore. It also provides an opportunity for education sessions and presentations. The 55 participants from across the North Shore come together 9 times a year to network, set priorities and plan services strategically. This year, some organizations are collaborating on a federal grant stream and others are willing to share their ideas for funding in order to support each other.

Importantly, the SSC adds value to the 35 organizations represented at the Coalition because of its indirect impact on their programs, services and ultimately clients through networking, collaboration and information sharing.



Last year we were pleased to sponsor presentations from a number of organizations concerned about seniors on the North Shore. The Coalition heard presentations from municipal staff on the Dementia Friendly North Shore initiative, North Vancouver City's Pedestrian Plan, the redevelopment of the old Delbrook site and the development of the Lions Gate Centre (our new home in 2019). In association with the Dementia Friendly presentation we heard about the First Link program of the Alzheimer's Society.

The volunteers from Meals on Wheels brought food they deliver to seniors across the North Shore to our meeting for us to taste - yummy. Nidus Personal Planning Resource Centre and Registry presented a seminar on basic end of life planning. Hollyburn Family Services updated the Coalition about their homelessness program on the North Shore, including information on their Safe House for seniors. A group of staff from various organizations presented on the Allies in Aging project, a New Horizons project designed to reach isolated seniors across Metro Vancouver.

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Isobel Mackenzie, the BC Seniors Advocate, will be presenting her latest findings to us at the May meeting. In June, Lionsview, in association with Silver Harbour Centre, will facilitate a discussion on the planning of Age Friendly activities by the organizations who participate in the Coalition. We expect the meeting to create an action plan with some organizations taking responsibility for the actions.

## **Seniors Planning Initiatives**

Lionsview has been involved in working with the community on a number of seniors planning initiatives including: home care, housing, Age and Dementia Friendly initiatives, the North Shore Seniors Health Expo, transitional programming for Lower Capilano, transportation, raising the profile of seniors' organizations and more.

Lionsview was instrumental in setting up the Age Friendly Designation and continues to be involved in looking at the Priorities for Meaningful Change which came out of the Age Friendly process. A small team has taken information from an interactive session at a Coalition meeting and looked at ways that the community can facilitate some of the suggested initiatives by building a matrix of goals, objectives and what can be done. And, as mentioned above, this planning piece will be brought to the Coalition in June for discussion.

Lionsview is now working on the Dementia Friendly initiative organized by the municipal planners across the North Shore. A steering committee (of which we are a member) has been set up to work on a framework for a Dementia Friendly North Shore.

We continue to sit on the Better at Homes Steering Committee and the Lower Capilano Partnership Steering Committee, which is looking at transitional programming for lower Capilano until the new Lions Gate Centre is built. We participated in the Affordability Housing Strategy Plan for the City of North Vancouver and in the Vital Signs project of the West Vancouver Community Foundation. We hope to be involved in the second annual North Shore Seniors Health Expo.

## **Seniors Action Tables**

Lionsview Seniors' Planning Society has been supporting and mentoring Seniors Action Tables (SAT's) since 2012. The SATs are grassroots entities that choose to align themselves with the purposes and principles that the World Health Organizations has defined for age-friendly communities. They are comprised of local groups of seniors who discuss barriers to age-friendly communities. They plan and implement initiatives and advocate for change.

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## Programs and Activities

Presently there are two very active SAT's, the City and the Lower Capilano SAT. They meet regularly with the City SAT concentrating its energy on outdoor spaces including walkability, transportation, lighting and safety on streets, walkways and more. The City SAT has travelled to a number of events with its mobile Kiosk which has information of interest to seniors. The City SAT was instrumental in updating the SAT brochure, including the inclusion of a new logo.

In collaboration with the Capilano Library, the Lower Capilano SAT has run two successful computer programs and in collaboration with Capilano Community Services Society ran a set of workshops on elder abuse for Farsi speaking seniors. The Lower Capilano SAT is also looking at transitional programming for the Capilano area until the new centre is built. They assisted in getting the updated SAT brochure translated into Farsi.

The Seymour SAT, is looking at goals, objectives and activities for the coming year. West Vancouver SAT is being worked on with growing support from the community.



Computer Literacy Class sponsored by Lower Capilano SAT



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## Older and Wiser

For a number of years Lionsview has sponsored a column for and about seniors first written by Mary Segal, later by Tom Carney. The column, published in the *North Shore News*, titled “Older & Wiser” is now being written by Margaret Coates as Tom decided to step down after 10 years or so of writing the column. Lionsview thanks Tom for the work he put into keeping the North Shore aware of seniors’ issues and concerns. The column will continue to promote discussion on seniors’ issues, reflect the views of the Lionsview Seniors Planning Society and to influence policy and decision makers. Using an integrative approach, we are attempting to make the column line up with Coalition and SAT initiatives, and also with relevant seniors’ activities in the community.

The column reaches approximately 30,000 people across the North Shore, many of whom are seniors, including some isolated and stay at home seniors. The column allows them to access valuable information and to keep current about issues and concerns. Recent topics included: resources and information for seniors, healthy eating and how it affects our well being, isolation of some seniors and what that does to individuals and the community, housing and homelessness (yes there are homeless seniors on the North Shore), end of life planning, funding challenges for seniors’ organizations, the role of robots in elder care, volunteerism and its effect on the community, and support for caregivers.

Suggestions and feedback from our readers are always welcome, and these can be sent to [lions\\_view@telus.net](mailto:lions_view@telus.net).

## Volunteers

Volunteers are instrumental in keeping the organization going as a thriving enterprise. Our dedicated Volunteers work on the Seniors Action Tables, on the Coalition, on the board and on committees. A very big thank you goes to these dedicated individuals.



Members and Volunteers  
chat after the 2016 AGM

## Board Members 2016-2017



Biographies of Board Members are on our web site.

Raye Lee – President

Lorna Goodwin – Vice President

Khodarahm Bakhshandeh – Treasurer

Virginia (Ginny) Cathcart – Secretary

Joanne Cooper – Director

Deanna Charlton – Director

Vi Johnston – Director

Annwen Loverin – Director

Deacon Rennie Nahanee – Director

Executive Meeting  
April 2017



## Staff

Margaret Coates – Coordinator

Laura Anderson – Coordinator

# Thanks to the Donors, Supporters and Friends of LSPS

This is a list of institutional and government donors and funders. We also receive donations from a number of individuals. Support from our community partners is deeply appreciated.

## Government of Canada

New Horizons for Seniors Program  
Canada Summer Students Program



## Province of British Columbia

Ministry of the Solicitor General – Community Gaming Grants



## Municipal Governments

The City of North Vancouver – Municipal Grants  
The District of North Vancouver – Municipal Grants and  
the Lower Capilano Community Enhancement Grant  
The District of West Vancouver  
North Vancouver Recreation Commission



## Social Service Groups, Foundations and Grants

Lower Lonsdale Legacy Fund  
Royal Canadian Legion #114  
Royal Canadian Legion #118  
United Way of the Lower Mainland  
Vancouver Foundation  
West Vancouver Foundation



## Corporate Donors

ICBC  
PARC Retirement Living

## Supporters

Services to Seniors Coalition Members  
Individual Donors



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## Contact Information

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"I am really pleased with the presentations at the Coalition meetings. They provide a great overview of the community of seniors services providers" - New Member

"I love reading the columns. It seems they speak right to me. The columns are well researched and well written and I have learned a lot about seniors' issues from them." - *Older and Wiser* Reader

"It is fun to sit at the Mobile Information Kiosk getting information about seniors out to the community. I really enjoy talking to people about seniors." - SAT Member