

Lionsview Seniors' Planning Society

Annual Report

27th
Anniversary

2017-2018 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.



BC Seniors Advocate, Isobel Mackenzie, speaks at Silver Harbour Centre, May 2017. The event was jointly sponsored by Lionsview and Silver Harbour.

Greetings from the President

Greetings to everyone reading this report. As always, we appreciate your continued support of Lionsview which allows us to continue to be a strong voice to help improve the quality of life for seniors on the North Shore. In this edition of our Annual Report you'll see a summary of many of our programs and activities. I'd like to highlight just a few.

Services to Seniors Coalition:

I'm happy to report that the Seniors Coalition continues to grow and the presentations are very well received. We'd like to thank all those individuals and groups who attend regularly. We would also like to thank the planners Cristina Rucci from the District and Heather Evans from the City of North Vancouver for their continued support to the Coalition and to all North Shore seniors.

Senior Action Tables (SAT):

City of North Vancouver Seniors Action Table (SAT)

The City SAT continues to work on the 8 priorities of an Age-friendly Community and will continue the work they have started on outdoor spaces and buildings and the need for amenities for seniors such as benches throughout the city. Information continues to be disseminated over the North Shore through our Information Kiosk program. The Kiosk was seen this year at the West Vancouver Library, Mount Seymour United Church Thrift Shop, Parkgate Day, Silver Harbour and Canada Day at Waterfront Park.

Capilano Seniors Action Table (SAT)

A series of training classes was organized by the Capilano SAT. The computer classes for the Farsi speaking seniors were hosted at the Capilano Branch of the North Vancouver District Library. A big thanks goes to the library staff for hosting the computer classes and helping to make them such a success. A small reception was held on the last day of classes to thank the group for their participation and a big thank you to Khodarahm Bakhshandeh (LSPS treasurer) for his continued support and dedication to the program. Lionsview continues to work with our partner, Capilano Community Services, on creating programs in anticipation of a move in 2019 to the new Lions Gate Community Centre.

West Vancouver (SAT)

The West Vancouver SAT is working on housing and transportation issues. A review of the Official Community Plan (OCP) led to supporting the inclusion of Age-friendly principles and specific supports for improving quality of life for seniors in the West Vancouver OCP.



Raye Lee



Ginny Cathcart at the Access4All Fair, West Vancouver, September 2017

President's Report (Continued)

Seymour (SAT)

The core group continues to work on their goals, objectives and activities. They have reached out to Elder College and Keep Well as well as members of Parkgate as part of their recruitment plan. They are concentrating on communication as one of their Age-friendly priorities.

North Shore News Columns:

Lionsview is very fortunate to have two accomplished writers whose columns are featured in the North Shore News. Thank you to Margaret Coates for her dedication and thoughtfulness in writing about seniors' issues and concerns in her Older and Wiser Column.



Laura Anderson

Thank you to Laura Anderson who writes the "Memory Lane" column for the North Shore News. The column profiles local seniors in order to collect and preserve their living history. The life stories are always written with care and compassion.

Seniors Planning Initiatives:

Lionsview continues to build a strong connection throughout the North Shore by attending community meetings. They include Priorities for Meaningful Change, The Dementia Friendly Steering Committee and CHAC – Community Housing Action Committee. We were also part of events such as the Seniors on the Go, a community event about pedestrian safety and accessibility. It was presented by the North Vancouver City Library's, Seniors Gathering Group and the City Seniors Action Table Committee. The purpose of the event was to present current and planned activities to improve safety and accessibility in the City for seniors, and to hear comments and concerns from City based seniors. The presenters took questions from the audience and a very lively discussion followed! Thank you to Margarete Wiedmann, Special Services Coordinator at the City Library, for her continued support of the CNV Seniors Action Table and including LSPS in the implementation of these events.

Funding:

We are very appreciative of the continued financial support that we receive from the three municipalities, the Province of BC, the Federal Government, community organizations, foundations and our members.

Volunteers, Members and Staff:

It always gives me great pleasure to thank all our volunteers, including the board for all the work they accomplish for Lionsview. The members continue to support us and we thank them as well. Lastly thanks to the staff, Margaret and Laura, for their hard work and dedication.

Submitted by Raye Lee, President

Coordinator's Report

Over the last year Lionsview has thrived. We continued our impressive work with the invaluable participation of the board and volunteers and we believe we are recognized widely across the community for the contribution we give to the community through our ongoing programs and services. LSPS offers mentorship and is able to reach into the community and provide information and research, education, planning, expertise and collaboration.



Margaret Coates

The programs and activities of the organization continue to be 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 and the organizations who serve them. We made significant progress in growing the Seniors Action Tables across the North Shore, with increasing participation and energy from seniors.

Our social media activities have been greatly improved. We provide regular tweets and updates to our Facebook page with the assistance of two volunteers. 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 a new volunteer our home page is regularly updated and we have worked on revisions to many of the sections to keep the web site current. Check it out at www.lionsviewseniorsplanning.com.

In addition to social media, we are now pursuing other ways to let the community know about Lionsview including presentations using our new Power Point slideshow. Our first presentation was to the City of North Vancouver Social Planning Advisory Committee.

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 in greater numbers have also supported us with their yearly membership.

Many thanks go to the board for its participation on committees and in other activities. Raye Lee, our president, did a great job of guiding our organization this last year.

We 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. If you are interested in becoming a member or volunteer let us know.

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 and Laura Anderson, Co – Coordinators

Programs and Activities

Services to Seniors Coalition (SSC)

A principal program of LSPS is the “one of a kind” Services to Seniors Coalition/Planning Table. The main purpose of the program is to provide a voice, forum and vehicle for information sharing, collaboration, networking and providing education sessions. The 55 participants from across the North Shore come together 9 times a year to network, set priorities (i.e. Age-friendly Action Plan) and plan services strategically. The regular agenda at meetings includes 18 presentations such as Technology and Care Giving, Seniors Advocate’s office update, NSNH Peer Support Program and NSCR’s One Stop program.

Other members of SSC and staff/board of LSPS meet as part of steering and action committees around issues of significance to seniors including transportation, caregiver/care giving supports and Age and Dementia Friendly communities.

The SSC is a central repository for information (i.e. grants, jobs, resources, and programming) which it distributes daily/weekly by email blasts or at the Coalition meetings. Most importantly the SSC adds value to the 55 participant organizations because of its unique mandate. Organizations look to Lionsview to provide education, collaboration, communication and planning for seniors that greatly supplement their own activities

The SSC assisted in the Age and Dementia Friendly designation for the District and City of North Vancouver and will continue to work on the Age-friendly Assessment and Action Plan.



Coalition meeting February 2018

Seniors Planning Initiatives

In the past year 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, transitional programming for Lower Capilano, transportation, raising the profile of seniors' organizations and more.

Lionsview has worked on the Dementia-friendly initiative organized by staff from the three municipalities, Vancouver Coastal Health, the Alzheimer society, a resident and an advocate living with dementia and a gerontologist. A steering committee (of which we are a member) had been set up to work on a framework for a Dementia-friendly North Shore. A final report called Dementia-friendly North Shore Action Plan, endorsed by the three North Shore municipalities, was produced this year. The report identifies key priorities for moving forward.

We continue to sit on the Better at Homes Steering Committee and have joined CHAC, Community Housing Action Committee, with a view to re-engaging Lionsview in housing as a priority issue.

We have attended and participated in the Raising the Profile conferences which were to advocate to government, policy makers and citizens on the importance of Seniors Organizations. We cosponsored two seniors' events, one on issues around walkability, transportation, the built environment and another on TransLink.

Seniors Action Tables

Lionsview has been supporting and mentoring Seniors Action Tables (SATs) since 2012. The SATs are grass-roots entities that choose to align themselves with the purposes and principles that the World Health Organization has defined for Age-friendly communities. The four Seniors Action Tables, which are based across the North Shore, work on and plan initiatives to improve the quality of life and well-being of seniors on the North Shore. SATs are made up of volunteer seniors, people who work with seniors and partner organizations (Parkgate, Capilano Services, City Library, Silver Harbour Centre and West Van Seniors Centre). The SATs work with residents, municipalities, organizations and businesses to raise awareness of seniors' issues and the need for age and dementia friendly communities. The SATs assist in community projects such as the Age-friendly designation, advising planners regarding seniors issues in the city and districts, create projects, plan for the future by looking at Priorities for Meaningful Change, including housing, transportation, outdoor spaces, public buildings, information sharing, community and health services, respect and inclusion. The SATs participate in public consultation meetings (Mobility pricing, Mayors Meeting, housing, transportation (Seniors on the Move), walkability, Vital Signs (West Vancouver Community Foundation).

This year LSPS, in partnership with our community hosts, held public meetings to re-engage with our SATs in Seymour (Parkgate Community Services Society), West Vancouver (West Vancouver Seniors Activity Centre) and Capilano (District of North Vancouver Recreation and Culture Commission). These extended the reach of LSPS, and found new 'audiences' and new affiliations with community groups.

Programs and Activities

The City of North Vancouver SAT in partnership with CNV Library Seniors' Gathering, hosted public meetings with a focus on transportation and walkability. Guest speakers included CNV planners, RCMP, Executive Director at Silver Harbour Centre, and TransLink. City SAT volunteers hosted Kiosks at Silver Harbour Spring Fair and Christmas Sale, at North Vancouver's Waterfront Park on Canada Day and Mount Seymour United Church.



North Vancouver City Library Seniors Gathering- February 13, 2018

West Vancouver SAT reviewed the draft OCP and recommended the inclusion of Age-friendly references and considerations, particularly in housing, transportation and social inclusion.

Seymour SAT did a presentation to the Keep Well community health group at Parkgate.

The Lower Capilano SAT has run two successful computer programs for Farsi speaking seniors and a set of workshops on elder abuse for Farsi speaking seniors.

Computer Training (in Farsi)
organized by Capilano SAT



Older and Wiser

The Older and Wiser Column, sponsored by LSPS, is a popular and effective medium for discussing and addressing seniors' needs. The column, written in house, is published bi-weekly on Wednesday by the North Shore News. It lends media support to many of the issues seniors face. It potentially reaches at least 30,000 seniors who live on the North Shore through its door to door service, web news and at newsstands. Home bound, vulnerable and isolated seniors are able to access information about services and may be empowered to address their own needs. Many younger people find the information useful to them in assisting their aging and vulnerable relatives and/or friends.

The column often showcases the good work of organizations on the North Shore which assist seniors. The Older and Wiser column reflects the goals of Lionsview Seniors' Planning Society: 1) to raise awareness of seniors' needs, 2) to give a voice to the seniors living across the North Shore and 3) to recognize the contributions made by organizations in our communities.

Recent columns include *Creating a dementia-friendly North Shore*, *Volunteering*, *Exercising your mind*, *Effects of the latest budget on seniors*, *Technology and seniors*, *Oral health*, *Community based seniors services*, *Healthy eating for seniors*, *How to cope with the heat*, *Elder abuse*, *Resources for seniors*, *Mental health issues for seniors*, *The value of the flu shot*, *Exercise and seniors*, *Seniors' Expo*, *Provincial Seniors Advocate meeting* and *Loneliness*.

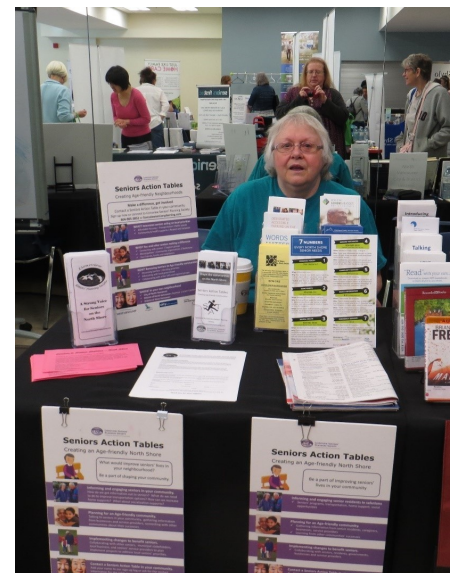
The column will continue to promote discussion on seniors' issues, reflect the views of the Lionsview Seniors Planning Society and to influence policy and decision makers. Using an integrative approach, we are attempting to make the column line up with Coalition and SAT initiatives, and also with relevant seniors' activities in the community.

We welcome suggestions and feedback from our readers. These can be sent to lions_view@telus.net.

Volunteer Program

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.

With funding from New Horizons for Seniors we were able to revitalize our volunteer program this year. Through the project we created a volunteer manual, held 5 well attended public meetings and planned 4 workshops. We recruited 39 interested volunteers who expanded the range of seniors' related issues and concerns and brought new perspectives to advocating for improvements to quality of life. Through the project funding we revitalized two Seniors Action Tables and assisted in mentoring seniors to take action on issues of concern to them.



Tangee Gunderson volunteers
at the Caregivers Expo

Board Members 2017-2018



Biographies of Board Members are on our web site.

Raye Lee – President

Joanne Cooper – Vice President

Khodarahm Bakhshandeh - Treasurer

Virginia (Ginny) Cathcart – Secretary

Deanna Charlton – Director

Annwen Loverin – Director

Vi Johnston – Director

Lorna Goodwin – Director

Deacon Rennie Nahanee – Director

Board Gathering
Summer 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 Community Foundation



Corporate Donors

ICBC
PARC Retirement Living

Supporters

Services to Seniors Coalition Members
Individual Donors



Contact Information

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"So much great work has been accomplished because of the Coalition's willingness to work together over the last few years." - A Services to Seniors Coalition Member

"A Farsi doctor was so happy with our Farsi literature, she practically wept with joy. It fitted her interests perfectly. Thanks for letting me represent Lionsview at this."
- Volunteer at a Lionsview information kiosk

"Today's was an engaging and informative piece that warmed my crusty old heart (and crusty old brain too). Thank you. Great work." - *Older and Wiser* reader.



North Shore Image from Google Maps

Serving the whole North Shore