

Lionsview Seniors' Planning Society

Annual Report

28th
Anniversary

2018-2019 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 their 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 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. We believe that every issue is a senior's issue, and seniors' issues are relevant to the entire community.

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

The Organization has developed the following vision, mission and values as guiding principles:

Vision

Our vision is a community where all North Shore Seniors are included, informed, autonomous, connected, empowered and engaged.

Mission

LSPS informs and advocates on issues relevant to North Shore Seniors.

Values

Our values are to be:

- *Age Friendly*
- *Relevant*
- *Flexible, fit and nimble*
- *Influential*
- *Inclusive*
- *Grass Roots*
- *Action focused*
- *Collaborative*
- *Knowledgeable*
- *Advocacy orientated*
- *Evidence based*

Greetings from the President

Thank you for reading our 28th anniversary Annual Report. As always, I'd like to extend my appreciation for your continued support to our organization. In this section, I have highlighted a few things and hope that you will also review the whole report which contains a summary of programs and activities from the last year.

SERVICES TO SENIORS COALITION:

The Seniors Coalition, which is hosted by LSPS, was established in 1992 by a group of engaged citizens, and has continued to grow and to increase its membership. This is due to the dedication of community partners who volunteer their time to give the coalition members informative and interesting presentations. Our members include service providers, community members and invited guests. We thank you all for helping us to grow and share information in our community. Many thanks go to Heather Evans, the City of North Vancouver Community Planner and Cristina Rucci, the District's Social Planner, for their continued support of the Seniors Coalition.



Raye Lee

SENIORS ACTION TABLES:

CNV Seniors Action Table (CNV SAT)

The City SAT a committee, which I sit on, continues to work on age-friendly issues for seniors. It sponsored the writing of letters to new mayors and councils asking them to consider community groups for continued funding. They worked on a bench campaign, sent letters to Translink about busing issues, and they continued to set up the Kiosk program at various events.

Capilano Seniors Action Table (Cap SAT)

The CAP SAT have continued the Welcome Farsi program aimed at Keep Well, Silver Harbour and Red Cross volunteers. They have also sponsored the Introduction to computers for Farsi speaking seniors in partnership with North Vancouver District Public Library. They plan on hosting a panel discussion in June on housing options for North Shore Seniors.

West Vancouver Seniors Action Table (WV SAT)

West Vancouver SAT has been revitalized and is a growing concern. This group has been hosting speakers on community issues, most recently Councillor Sharon Thompson, who has joined the West Vancouver SAT.



Raye Lee, Barry and Lorna Goodwin at
2018 AGM

The WV SAT had consultation meetings with those running for the new Council. They are planning to participate in the WV Seniors Expo in September 2019, and continue to support the need for an Adult Day Centre at the Gordon Avenue site.

Seymour Seniors Action Table (Sey SAT)

The Seymour SAT continues to work on traffic issues in the area and they are also working on a series of public talks with the Parkgate Community. They are participating in a tour of Seymour area neighbourhoods for Parkgate volunteers coming in June 2019. The North Vancouver District Library is now represented on the Seymour SAT.

OLDER AND WISER:

The Older and Wiser Column written in house continues to feature seniors' issues and concerns. Recently a column on "Respite Care" sparked interest from Isobel Mackenzie, the BC Seniors Advocate, who phoned to get more information. Feedback on the Older and Wiser columns has increased considerably and has been very positive.

BOARD AND STAFF:

I want to thank the hard working board and staff who have kept Lionsview going over the last year. They have completed three strategic planning sessions, one to discuss our goals for the next few years, one to prioritize these and assign board to each of the 4 goals and another to work on our Vision, Mission and Values statements. (See inner front page for these new statements) Encouraged by our new strategic process, the board and staff are geared up to continue LSPS's good work.

FUNDING:

We would not be able to continue as a strong voice for seniors on the North Shore if it was not for the continued financial support from the three municipalities, the federal government, community organizations, Province of BC, foundations and our members. Thank you!

VOLUNTEERS, MEMBERS AND STAFF:

Without the invaluable work of volunteers, members and staff Lionsview would not be viable as an organization. I would like to extend my thanks to all our hard working and keen board members – its been a pleasure working with you over the last year. Finally my thanks go to our consultant staff Margaret and Laura for all that you do for the organization.

Submitted by Raye Lee, President

Laura Anderson



Coordinators' Report

Over the last year, Lionsview continued to grow and develop the organization and its programs and services. We are confident in saying that Lionsview continued to be a strong voice for seniors on the North Shore.

Last year, LSPS spent time on a strategic planning process which we expect will underpin the work of the organization over the coming years. Our strategic planning process included two meetings to develop and clarify our goals. Each of the four prioritized goals is resourced by one or more board members and a staff person.



Margaret Coates

These goals include:

- researching organizational models for non-profits
- increasing our revenue and human resources
- identifying LSPS's most successful, prospective niche, and
- creating a communications plan.

A third planning session included developing a new vision, mission and values statements. These we hope will clarify our role in the community and also guide our future work. (These statements can be found on the inside front page)

Supported by the board, members, community partners and volunteers, LSPS has again revitalized its programs. We have introduced new programs including a Welcoming Farsi program for front line staff, and a multicultural project in partnership with the City of North Vancouver and Silver Harbour Centre funded by Union of BC Municipalities. We also continued our popular Farsi speaking seniors introduction to computers classes.

Last year thanks to a New Horizons for Seniors program which funded a capital grant we bought new tables and chairs, which gave a lift to our meeting spaces. You can see the items being put together by some of our new volunteers on page 9.

We want to say thanks to Raye Lee, our president, for her guidance over the last few years. Unfortunately she has to move on, and we will miss her. Thanks to the rest of the board who worked hard last year visioning our future through the strategic planning process and for all the other work they do keeping LSPS vital.

We would like to thank our donors, supporters, partners 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 in the community.

Submitted by Margaret Coates and Laura Anderson, Co – Coordinators

Programs and Activities

Services to Seniors Coalition (SSC)

The “one of a kind” program Lionsview is very proud to be managing is the Services to Seniors Coalition/ Planning Table. The Coalition’s main purpose is to provide a voice, forum and vehicle for information, sharing, collaboration, networking and educational sessions. The 55 participants from across the North Shore came together 9 times last year to network, set priorities and plan services strategically. The agenda usually includes presentations, information sharing and discussion on current issues for seniors in the community. Some of the presentations included: Bev Pitman on the changing role of Information and Referral in BC, Bowinn Ma on the government’s impact on seniors in the province, the developer of the new Dementia Village in Langley, the publisher of the North Shore News on the role of community newspapers. There were also updates on the Allies and Aging project, Better at Homes and MyParkgate Break programs, to name a few.

Most importantly the SSC adds value to the 55 participant organizations because of its unique mandate. Organizations look to the Coalition to be the vehicle to provide education, collaboration, communication and planning for seniors that greatly supplement their own activities and decreases their work load. 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.



MLA Bowinn Ma spoke at the Coalition meeting, March 2019

Seniors Planning Initiatives

Over the last year Lionsview has been involved in working with the community on a number of seniors planning initiatives including: seniors housing, Age and Dementia Friendly initiatives, transportation, and more.

This year Lionsview received funding from three sources in order to look at multiculturalism and seniors. Lionsview continues to work 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. We continue to sit on the Better at Homes Steering Committee and have joined CHAC, Community Housing Action Committee with a view to reengaging Lionsview in housing as a priority issue. We have been invited to update our 2011 report on Homelessness for Seniors on the North Shore.

Seniors Action Tables

The Seniors Action Tables (SATs), a strong component of Lionsview's programs and activities have been operational since 2012. The SATs, supported and mentored by LSPS, are grassroots entities that choose to align themselves with the purposes and principles that the World Health Organizations has defined for age-friendly communities. There are four SATs based across the North Shore and their mandate is to plan and advocate on initiatives to improve the quality of life and well-being of seniors. The SATs are made up of volunteer seniors, people who work with seniors and partner organizations such as Parkgate, Silver Harbour, Capilano Services, the City Library and West Vancouver Seniors Centre. SATs work with residents, organizations and businesses to raise awareness of seniors' issues and the need for age-friendly communities. All the SATs continue to provide consultation meetings such as the public art spaces project, Seniors on the Move through Allies in Aging and walkability.



Over this year we continued to put our efforts into rebuilding the West Vancouver and Seymour SATs in partnership with West Vancouver Seniors Centre and Parkgate. West Vancouver SAT is providing speakers on community issues, most recently, councillor Sharon Thompson, who has joined this SAT. SAT is now represented on WV SAC Advisory committee by one of our SAT members and the SAT is planning to participate in the WV Seniors Expo in September. Finally, they were supporting the need for an Adult Day Centre at Gordon Avenue site. Seymour SAT continues to work on traffic issues in the area, organizing a series of public talks with Parkgate Community Services Society and Vancouver Coastal Health for fall 2019, and is participating in a tour of Seymour area neighbourhoods for Parkgate volunteers in June. The Capilano SAT continued Welcome Farsi program with Keep Well and Red Cross volunteers and continued Introduction to computers for Farsi speaking seniors in partnership with North Vancouver District Public Library. In June they are hosting a panel discussion on housing option on the North Shore. The City SAT continued to work on Age-friendly activities especially outdoor spaces. They continued their bench campaign gaining some traction when Councillor Don Bell got on board. They continue to provide information through the Kiosk service at various events. *(See photo on page 11)*

North Shore News Column - Older and Wiser

Sponsored by Lionsview Seniors Planning Society and the North Shore News, the Older and Wiser Column reflects the goals of LSPS by: 1) raising awareness of seniors' needs, 2) giving a voice to seniors living across the North Shore and, 3) recognizing the contributions made by organizations in our communities. In addition, the column attempts to influence policy and decision makers. For example, a column written last year looked at how Seniors Centre's positively impact the community and that they need government support to continue their work. As well using an integrative approach the column reflects and integrates the work of the Coalition and the Seniors Action Tables. The column written in house by a contractor to Lionsview is published bi-weekly on Wednesday by the North Shore News. It potentially reaches at least 30,000 seniors through the North Shore News door to door service, web news and at newsstands dotted about the north shore and at many organizations. Home bound (isolated) seniors are able to access information about issues and concerns and services and they 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 showcases the good work of organizations on the North Shore which assist seniors. A column written last year outlined the transportation issues of seniors and those who provide various alternative modes of transport such as Parkgate, Silver Harbour, West Vancouver Seniors Activity Centre and the Better at Homes Program through North Shore Community Services Society. Another column looked at the issue of Dementia for seniors and showcased the groups and people who deal with this issue including, Alzheimer Society of BC and the Dementia Friendly Strategy sponsored by the three municipalities on the North Shore.

Other columns written last year included benefits of volunteering, falls prevention, benefits of sleep for seniors, fraud and scams, staying healthy over the winter months, celebrating the contributions of seniors in Canada, eating and exercise for health and well-being.

The column can be found on the North Shore News web site and at the Lionsview web site. Suggestions and feedback from our readers are always welcome, and these can be sent to lions_view@telus.net.



A group of seniors and volunteers including members of the City SAT attended a Seniors on the Move workshop

Volunteer Program

Many thanks go to our volunteers as they are instrumental in keeping the organization going as a flourishing enterprise. LSPS's dedicated volunteers work on the Seniors Action Tables, on the Coalition, on the board and on committees. Some volunteers support our social media initiatives such as updating the web site, tweeting and facebooking. Others work on marketing activities such as creating brochures and posters. Our information kiosks are staffed by volunteers and volunteers also assist in supporting some of our grant projects such as the team who put together tables and chairs purchased with capital funding from a New Horizon Grant.

Heartfelt thanks go to everyone.



Volunteers assembling chairs and tables funded through a New Horizons grant

Board Members 2018-2019



Biographies of Board Members are on our web site.

Raye Lee – President

Joanne Cooper – Vice President

Deanna Charlton – Treasurer

Virginia (Ginny) Cathcart – Secretary

Khodarahm Bakhshandeh - Director

Annwen Loverin – Director

Vi Johnston – Director

Staff

Margaret Coates – Coordinator

Laura Anderson – Coordinator



Information Kiosk shared with North Vancouver Libraries.

Thanks to the Donors, Supporters and Friends of LSPS

The following is a list of institutional and government donors and funders. We also receive donations from a number of individuals and organizations.

Government of Canada

New Horizons for Seniors Program



Province of British Columbia

Ministry of the Solicitor General – Community Gaming Grants

Ministry of the Solicitor General – Multicultural Grant

We acknowledge the financial assistance of the Province of British Columbia



Municipal Governments

The City of North Vancouver – Municipal Grants

The District of North Vancouver – Municipal Grants

The District of West Vancouver – Municipal Grants

North Vancouver Recreation and Cultural Commission

Union of BC Municipalities – Multicultural Grant



Social Service Groups, Foundations and Grants

Royal Canadian Legion #114

Royal Canadian Legion #118

United Way of the Lower Mainland

Vancouver Foundation

West Vancouver Community Foundation – Multicultural Grant



Corporate Donors

ICBC

PARC Retirement Living



Supporters

Services to Seniors Coalition Members

Individual Donors

Partners

Silver Harbour Seniors' Activity Centre

Parkgate Community Centre

West Vancouver Seniors' Activity Centre

North Vancouver City Library

North Vancouver District Public Library

Capilano Community Services Society



Support from our funders is deeply appreciated

Contact Information

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"It was a very interesting meeting yesterday at the Seniors Coalition. There are so many great organizations on the North Shore and when you bring people and organizations together you can focus on working towards shared goals. It was great to see that happening here on the North Shore." - *A Services to Seniors Coalition Visitor*

"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*

"Thank you for the article you wrote in the North Shore News dated January 30th, "Early support can help any Alzheimer crisis". It was a very informative article and we very much appreciated you listing our resources. We did receive a number of calls from people who had read the article and who were looking for support and information." - *Bronwyn James, Support & Education Coordinator, First Link.*



North Shore Image from Google Maps

Serving the whole North Shore