



## **LIONSVIEW SENIORS' PLANNING SOCIETY**

A Strong Voice for Seniors on the North Shore

# **ANNUAL REPORT 2014 - 2015**

**North Building, 600 West Queens Road**

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## **BOARD OF DIRECTORS**

**2014 – 2015**

Barbara Brett – PRESIDENT

Wendy McCrea –VICE PRESIDENT

Anita Dadson – SECRETARY

Kodarahm Bakhshandeh – TREASURER

Deanna Charlton – PAST PRESIDENT

Lorna Goodwin - Director

Raye Lee – Director

Annwen Loverin – Director

## **STAFF**

Robyn McGuinness, Executive Director

# **Lionsview Seniors' Planning Society**

## **Mission Statement**

Our objective is to ensure that North Shore seniors are able to live and age well in their own communities.

## **Our Commitment**

We promote the ongoing participation and contribution of seniors in the community.

We coordinate an inclusive North Shore Seniors Planning Table.

We undertake research and education and initiate planning projects on seniors' issues.

We host the Services to Seniors Coalition and work in partnership with service providers.

## **Our Organization**

We are a registered charitable society operating on the North Shore.

We encourage volunteers and participation from community members of all ages.

Our research and projects are directed entirely at meeting needs expressed by those over 55 years of age.

***We speak with a strong voice for seniors on the North Shore***

Adopted November 18, 2010



## **Board Biographies 2014-15**

### **Annwen Loverin**

Annwen has worked in the field of seniors' recreation and social services since 1997. She is currently Executive Director of Silver Harbour Seniors' Activity Centre, which provides more than 70 programs and services for North Vancouver seniors. Annwen comes to this work with an MA in Community Planning from the University of British Columbia and a commitment to community development and engagement. She joined the Lionsview Board of Directors in 2013.

### **Khodarahm Bakhshandeh**

Khodarahm is a retired mechanical engineer from Iran. Khodarahm held many important positions in the Abadan Refinery in Iran, eventually becoming the General Manager of this refinery. He spent 18 years working in Germany as the Authorized Representative for the reconstruction project of Bander Immam Petrochemical Complex and then as Procurement Manager in a company in Hamburg. He immigrated to Canada with his wife to be closer to their daughter. Khodarahm enjoys spending time with his 3 children and 3 grandchildren. He has been an active volunteer with "Hamrahan", an Iranian Senior Peer Support program since March 2009 and is currently a member of the Lower Capilano Seniors' Action Table. He serves on the board of the Canadian Iranian Foundation and joined the Lionsview Board of Directors in 2013. Khodarahm is currently serving as Treasurer of the society.

### **Barbara Brett**

Barbara is a retired social worker who has lived on the North Shore since 1972. She has held various clinical and management positions in child welfare settings including 15 years as Executive Director of Family Services of Greater Vancouver. She has had appointments at the UBC School of Social Work and was Registrar of the Board of Registered Social Workers. She served for seven years on the BC Review Board for Mentally Disordered Persons. Her volunteer work has been with the United Way, the BC Association of Social Workers, and the North Shore Health Board. Barbara looked for opportunities to participate in volunteer activities on the North Shore and is pleased to have joined the Lionsview Board in 2011. She currently serves as the President of the Board of Lionsview.

### **Deanna Charlton**

Deanna has two daughters and has lived on the North Shore since 1978. She is a retired RN and her nursing career spanned 17 years in general surgery at St. Paul's hospital. Prior to entering nursing she had a 20 plus year career in business, primarily as a purchasing and inside sales manager for an analytical chemistry company and several electronics firms. Her hobbies and interests include seniors and community issues, music, photography and travel. She is currently a member of the Board of the Keep Well Society and a Past President of the Lionsview Seniors' Planning Society.

### **Anita Dadson**

Anita has worked tirelessly for more than 30 years advocating for the development of community services for people with developmental and severe disabilities as well as seniors. She is the Past President of the Board of the Lionsview Seniors' Planning Society, working on housing and transportation issues relating to seniors and the disabled community. She is also Past President of the BC Association of Community Living and the current President of the BC Family Network. Anita has been awarded the Freedom of the District Award from the District of North Vancouver, the YMCA Woman of Distinction Award and the BC Community Achievement Award. Anita is a caring and committed individual who has worked and continues to work hard for the betterment of her community. She is currently the Secretary for the Board of Lionsview.

**Lorna Goodwin**

Lorna Goodwin has extensive experience in community development, not for profit governance, and management. A long time North Shore resident, she is a retired employment services manager and career coach. With over 20 years' experience, she is a Registered Rehabilitation Professional and Clinical Counsellor working in various sectors: education, health, government, social work and business. Currently, Lorna serves on various boards and committees including: Advisor, Capilano University's Elder University, Member of the Elder University Program Planning Committee, Past Chair, North Shore Chapter of Canadian Association of Retired Persons (CARP); a founding member for Volunteer North Shore, she is a volunteer interviewer and currently serves on the Advisory Committee to the Better at Home and Caregiver Support Projects. She represents Lionsview at the Seymour Seniors' Action Table, and serves on the Parkgate Community Services Steering Committee for the new Seymour Area Dementia project.

**Raye Lee**

Raye joined the Lionsview Seniors' Planning Society (LSPS) in June of 2012, and is currently the LSPS Liaison to the City of North Vancouver Senior Action Table and the Seniors Today Advisory Committee. Raye recently retired from the Federal Public Service with 35 years of service and brings a wealth of community and public service to the Lionsview board. Raye served as a volunteer with the City of North Vancouver on the Social Planning Advisory Committee (SPAC), the Coach House Community Working Group, and the Lower Lonsdale Legacy Fund and represented the SPAC Committee on the Tri-Municipal Review of Community Grant forms. Raye is looking forward to continuing to support an age-friendly initiative on the North Shore that is not just for seniors, but for all of its citizens. Raye has two daughters and has enjoyed working and living on the North Shore for many years.

**Wendy McCrea**

Wendy moved to North Vancouver at the age of five. With a M.Sc. in Health Planning and Administration she has dealt with the needs of many seniors, particularly as the Executive Director of the Osteoporosis Society of BC and in a contract position with the Arthritis Society of Canada. Other employment includes management positions at UBC Hospital, ICBC, and as a physiotherapist in Vancouver, Montreal, London the UK and Neuchâtel, Switzerland. She has served as the President of the Lower Mainland chapter of the Canadian College of Health Care Executives, as a provincial appointee for the Assistive Devices Research and Development Board, and when her three children were young, on the Board of the North Shore Association for the Physically Handicapped. Wendy enjoys bridge, books and plays, walking, Aqua fit and travelling.

## **President's Message**

Lionsview Seniors' Planning Society continued with its strong commitment to our goal of encouraging involvement of seniors in every area affecting the quality of their lives. In 2014-15 we participated in the United Way's Seniors Planning for Change Initiative as one of 9 Lower Mainland Seniors' Planning Tables. We hosted the North Shore Services to Seniors Coalition and supported our local Seniors Action Tables. In addition, the Older & Wiser" column with Tom Carney enlightened and informed seniors from Deep Cove to Horseshoe Bay and beyond.

We are grateful for the financial support of: The District of North Vancouver, the City of North Vancouver and The District of West Vancouver and for the collegial relationship we enjoy with their planning staff.

We also thank BC Gaming, the United Way of the Lower Mainland and all of our individual contributors.

## **Executive Director's Report**

Lionsview Seniors' Planning Society continues to support Age-friendly communities on the North Shore with the Services to Seniors Coalition, Seniors Action Tables and community partner initiatives. Our partners offer social and recreational programs, information including Better at Home activities, health and social services. All of these services encourage and enable independent living and provide a better quality of life for seniors on the North Shore.

The need for planning and forming strong community partnerships has more relevance today than ever. With the make-up of the North Shore community having 3 distinct municipalities, an aging population and recent funding changes to the not for profit sector, there is a greater need for collaboration to maximize the impact of available resources and reduce duplication of services.

## **Services to Seniors Coalition**

The Seniors Coalition provides education, information and networking opportunities for seniors and service providers. Through the Services to Seniors Coalition, Lionsview had the opportunity to participate in the planning and implementation of several key initiatives on the North Shore. These included seniors' transportation and the Seniors Connect Transportation Project; funding and the Vancouver Coastal Health Community Partnership Program, Collective Impact Workshops and Age-friendly designations for the City and District of North Vancouver.



## **Education and Networking**

The Seniors Coalition provides monthly meetings and educational sessions for service providers.

The educational sessions for 2014-15 were:

- Innovations from the American Society on Aging Conference (April)
- Tetra Society (May)
- Dr. Lysyshn, North Shore Medical health Officer (June)
- Seniors Connect Transportation Project (Sept.)
- Dementia Friendly Cities Initiative- New Westminster (Oct.)
- Seniors Funding Collaborative and Collective Impact (Nov.)
- Deborah Lorimer, Director of Seniors Care, VCH (Nov.)
- Better at Home – United Way of the Lower Mainland (Jan.)
- Canadian Mental Health Association Programs (Feb.)
- Homelessness, “Shifting to a Housing First Model (Mar.)

## **Community Initiatives**

### Transportation

Transportation was identified in the Seniors Today Project Survey (2011) as the #1 priority for seniors living on the North Shore. The Seniors Coalition participated in the planning of a new community transportation service, building on the efforts of several existing service providers. A key goal was expanding the North Shore’s existing volunteer transportation model to include an integrated, single entry point service, primarily to reach isolated seniors. The project is funded through a New Horizons grant and called the North Shore Seniors Connect Transportation project. This collaboration includes the lead agency- Silver Harbour Seniors’ Activity Centre, Lionsview Seniors’ Planning Society, North Shore Community Resources- Better at Home, Special Services, and the West Vancouver Seniors’ Activity Centre. The project began in 2014 and is funded through to 2016.

### Funding

A Seniors Coalition Task Group worked with Vancouver Coastal Health to create a stronger partnership with service providers, through a more inclusive process for allocating the Community Partnership Grants. The revised process enabled new programs access to funding, encouraged new partnerships with existing services and gave the community a voice in the selection process.

### Collective Impact

Lionsview participated in 2 Collective Impact Workshops provided by the West Vancouver Community Foundation.

### Age- Friendly Communities

Lionsview worked with Community Planners and the City of North Vancouver Seniors Action Table to complete the Age-friendly Designation application for Provincial recognition as being Age-friendly communities. The applications were submitted in March.

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

### City of North Vancouver SAT

The priority for the City of North Vancouver SAT is creating a more Age-friendly community with their mobile seniors information kiosks. These have been well received by the community.

The SAT members helped to complete the Provincial Age-Friendly Designation application for the City and District of North Vancouver by reviewing the Official Community Plans and identifying Age-friendly research, programs and services in the 2 municipalities.

Many SAT members were active in community workshops and forums such as the Canadian Centre for Policy Alternatives Health Care Forum with the BC Seniors Advocate and the Ombudsperson in February. Transportation was provided to the event and the North Shore was well represented with approximately 40 seniors.

### District of North Vancouver- Lower Capilano SAT

The Lower Capilano SAT continued to support seniors who were new to Canada through computer literacy training. Training sessions were held at the Grouse Inn for Farsi speaking seniors. The District Library provided instruction on email, word processing, face book and how to use the internet. The SAT volunteers provided translation of materials and of the weekly presentations. Volunteers also assisted on a one to one basis during the class. These programs provided valuable information that helped seniors connect to their families and local services.

### Seymour Area SAT

The Seymour SAT was instrumental in identifying the need for and developing a plan to support adults living with early dementia. An adult day centre type program was planned in partnership with Parkgate Community Services, Vancouver Coastal Health and support from a New Horizons grant. The program began in 2014 and members of the SAT are now serving as advisors for this innovative new program.



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Lionsview Seniors' Planning Society's Board Members- Anita Dadson, Annwen Loverin, Wendy McCrea, Andrew Widster, Deanna Charlton, Barbara Brett and Raye Lee with long time Lionsview supporter Alana Jones and Executive Director Robyn McGuinness

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Computer literacy training for Farsi speaking seniors with volunteers Fariba Rezai and Board Treasurer Khodarahm Bakhshandeh

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Board Member Wendy McCrea and Robyn McGuinness at the 2014 Annual General Meeting



Barbara Brett, President Lionsview Seniors Planning Society at the Christmas Lunch



## **“OLDER & WISER” NORTH SHORE NEWS COLUMN**

Lionsview has the privilege of writing a column for seniors that is published in the North Shore News. The column, now published under the title “Older and Wiser,” is written by Tom Carney, former ED of the society and appears bi weekly in the Seniors Section in the Sunday edition of the paper.

Lionsview has been writing the column for 14 years. We were asked to write the column for a number of reasons. We promote the idea of age friendly communities across the North Shore and our focus on research and education helps to inform us about seniors and seniors’ issues in our community. The goals of the column are to raise awareness about seniors’ service needs, to give a voice to the more than 30,700 seniors who live on the North Shore and to recognize the contribution seniors make to our community. The issues are topical but the column is non-partisan and non-political.

We covered a wide range of topics in the column this past year. Dispelling Aging Myths, Retirees in the Workforce, Finances and Shopping Scams, Estate Planning, Caregiving, Pension Plans and RRIF Reform. We also covered some of the timely and important events that took place for seniors across the North Shore and the Province.

Our target group, really, is anyone who lives on the North Shore. We do, of course, write the column for seniors and their families and we want to influence decision makers, but the fact is, we get responses to the column from all age groups. Now that more people have access to the Internet we also get responses to the column from across Canada and around the world.

The column is an opinion piece, but the commentary is informed by our work in the community and the feedback we get from our readers. The column is intended to give a voice to seniors and provide their perspective on a whole range of issues that are important to them. The column identifies gaps in services to seniors, initiates a discussion on how to meet these needs and prompts decision makers to take action on the important issues in the community. No other organization on the North Shore that we are aware of is providing this service to seniors.

Over half the columns that appear are generated from suggestions from the reader. We also seek and receive feedback on the column from our editor at the North Shore News, from our members and our community partners and when we talk with seniors in the community.

Lionsview Seniors' Planning Society AGM 2014-2015

# CONTRIBUTORS

## 2014/2015

Our sincere appreciation goes to the organizations and individuals listed below as well as the many others who have made contributions to Lionsview Seniors' Planning Society in the past year. We value your support.

### Province of British Columbia

Ministry of Public Safety and Solicitor General - BC Gaming

### Municipalities

City of North Vancouver  
District of North Vancouver  
District of West Vancouver  
NV Recreation Commission

### Social Service Groups/ Foundations

United Way of the Lower Mainland

### Coalition Members

Alzheimer Society of BC  
AMICA  
Capilano Community Services  
Churchill House  
City of North Vancouver  
District of North Vancouver  
District of West Vancouver  
Hear at Home  
Hollyburn Family Services  
Home Care West  
LINKS to Healthy Living  
Living Well Home Care  
North Shore Adult  
Support Network  
North Shore Caregivers  
Support Program  
North Shore Community  
Resources Society

North Shore Disability  
Resource Centre  
North Shore Keep Well  
North Shore Meals on Wheels  
North Shore Multicultural  
Society  
North Shore Neighbourhood  
House  
North Shore Seniors Peer  
Support  
North Shore Restorative  
Justice  
North Shore Stroke Recovery  
North Shore Volunteers for  
Seniors  
North Vancouver Recreation  
Commission  
Park Gate Community  
Services  
Seniors Connect  
Special Services Society  
Silver Harbour Seniors' Activity  
Centre  
United Way of the Lower  
Mainland  
Vancouver Coastal Health  
We Care Home Health  
West Vancouver Seniors'  
Activity Centre  
West Vancouver United  
Church

### Supporters

Laura Anderson  
Khodarahm Bakhshandeh  
Joan Beddoes  
Barbara Brett  
Tom Carney  
Dolly Cartwright  
Deanna Charlton  
Anita Dadson  
Sheila Gilmour  
Lorna Goodwin  
Elicia Hart  
Janell Hilton  
Alan Jones  
Claire Kerruish  
Annwen Loverin

Raye Lee  
Maureen Leyland  
Doris Macdonald  
Wendy McCrea  
Jane Osborne  
Pat Overgaard  
Pat Scarlett  
Renee Strong

Lionsview Seniors' Planning Society

Financial Summary

2014-2015

Balance Sheet Ending March 31<sup>st</sup>, 2015

Revenue and Expenses April 1, 2014 to March 31, 2015



**LIONSVIEW SENIORS' PLANNING SOCIETY**  
**BALANCE SHEET**  
**AS AT MARCH 31, 2015**

|                                 | <u>MAR 15</u> | <u>MAR 14</u> |
|---------------------------------|---------------|---------------|
| <b>ASSETS</b>                   |               |               |
| <b>Current Assets</b>           |               |               |
| Cash                            | 29,742        | 28,378        |
| Gaming Account                  | 14,028        | 12,028        |
| Equity Shares                   | 13            | 13            |
| Accounts Receivable             | 4,172         | 0             |
| GST Recoverable                 | 109           | 314           |
|                                 | <u>48,064</u> | <u>40,733</u> |
| Capital assets                  | <u>48,064</u> | <u>40,733</u> |
| <b>LIABILITIES</b>              |               |               |
| <b>Current Liabilities</b>      |               |               |
| Accounts Payable                | 290           | 323           |
| Payroll Liabilities             | 3,406         | 1,979         |
| Deferred Revenue (Note 2)       | 14,000        | 12,000        |
|                                 | <u>17,696</u> | <u>14,302</u> |
| Total Liabilities               | <u>17,696</u> | <u>14,302</u> |
| <b>MEMBERS' EQUITY</b>          |               |               |
| <b>Members' Equity</b>          |               |               |
| Members' Equity                 | 20,180        | 17,396        |
| Restricted Funds (note 3)       | 0             | 6,250         |
| Excess of Revenue Over Expenses | 10,187        | 2,785         |
|                                 | <u>30,368</u> | <u>26,431</u> |
|                                 | <u>48,064</u> | <u>40,733</u> |

**LIONSVIEW SENIORS' PLANNING SOCIETY**  
**STATEMENT OF REVENUE & EXPENSES**  
**Summary April 1, 2014 to March 31, 2015**

|  | Apr 1, 2014 to<br>Mar 31, 2015 | Apr 1, 2013 to<br>Mar 31, 2014 |
|--|--------------------------------|--------------------------------|
| <b>REVENUE</b>                         |                                |                                |
| Coalition Membership Fees              | 865                            | 475                            |
| Donations & Fundraising                | 614                            | 557                            |
| Grants                                 | 28,450                         | 39,498                         |
| Interest Income                        | 224                            | 62                             |
| LSPS Membership Fees                   | 180                            | 220                            |
| North Shore News                       | 1,050                          | 1,450                          |
| SAT Lower Cap Comp Literacy            | 1,200                          | 0                              |
| United Way Grant - SPT                 | 27,185                         | 21,686                         |
|  | <u>59,768</u>                  | <u>63,948</u>                  |
| <b>EXPENSES</b>                        |                                |                                |
| Computer Expenses                      | -                              | 136                            |
| Fees, Dues & Licences                  | 474                            | 63                             |
| Fundraising                            | -                              | 0                              |
| Honoraria                              | 807                            | 575                            |
| Insurance                              | 1,013                          | 965                            |
| Interest & Bank Charges                | 115                            | 104                            |
| Office Supplies                        | 942                            | 489                            |
| Meeting Expenses                       | 1,997                          | 1,394                          |
| Photocopies                            | -                              | 228                            |
| Postage                                | 133                            | 121                            |
| Public Relations                       | -                              | 1,979                          |
| Rent & Utilities                       | 2,588                          | 2,782                          |
| Seniors Todays Project                 | 3,706                          | 16,690                         |
| Communications                         | 1,120                          | 5,919                          |
| Travel                                 | 183                            | 183                            |
| Wages & Benefits                       | 36,504                         | 29,535                         |
|  | <u>49,581</u>                  | <u>61,163</u>                  |
| <b>Excess of Revenue over Expenses</b> | <u><u>10,187</u></u>           | <u><u>2,785</u></u>            |