

Services to Seniors Coalition – North Shore

Co-Chairs

- Trish Alsop, *North Shore Neighbourhood House, and John Braithwaite Community Centre*
- Margaret Coates, *Lionsview Seniors' Planning Society*

About the Coalition

The *Lionsview Seniors' Planning Society* is the host agency for the Services to Seniors Coalition – North Shore. The Coalition has been operating since 1992 and is the planning table for issues facing seniors and services to seniors on the North Shore. The 50+ participating organizations and individuals represent a wide spectrum of service providers. We come together as the Coalition to network, plan services and supports strategically and set priorities and target resources for collaborative action.

Contact the Coalition

C/o Lionsview Seniors' Planning Society
1733 Lions Gate Lane
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Meeting Notes

Tuesday, September 16, 2025

12:00 pm to 1:30 pm

North Shore Community Resources

1. Welcome – Lea Howard

2. Land Acknowledgement

LSPS acknowledges and honours that we live and work on the unceded territories of the Coastal Salish people, including the St'at'imc, Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and səliłwətaʔt (Tsleil-Waututh) Nations.

3. Introductions

Attendees:

Lionsview Seniors Planning Society: Margaret Coates, Wallis Dixon, Lindsay Macklin

North Shore Neighborhood House: Lea Howard

North Shore Community Resources: Judy Stott (Better at Home), Anne-Marie Jamin, Vic Gailiunas, Adrean, Alex, Kathy Jarvis

City of North Vancouver Library: Rakhshanda Ansari

Family Services: Robin Rivers

BCCRN: Joanne Cooper

City of North Vancouver: Lisa

Hollyburn Community Services: Destiny Doherty, Mary Sorrenti

Parkgate Society: Kelsey Grass

Keep Well: Adele Wilson

Silver Harbour Seniors Centre: Annwen Loverin

Divisions of Family Practice BC: Susan Fuller Blamey, Beth Renolds

Next meeting:

- **Time/Location:** October 21, 2025 at NSCR.
- **Guest:** UBC professor on the intersection of health, gender, and social prescribing; will be seeking community feedback.

4. Presentations

North Shore Community Resources (NSCR)

Overview (Anne-Marie):

Programs and services strengthen well-being, social connections, and empowerment. Core pillars:

1. **Child & Parent Services** – intergenerational programs, early childhood education, licensing.
2. **Community Legal Services**
 - *Family Law Advocate Program*: divorce, parenting time, child/spousal support, more.
 - *Legal Advocacy Program*: landlord, employment, income assistance, debt, other basic living issues.
 - *Legal Information & Assistance Program*: referrals to legal aid, wills/estates, debt, other supports.
3. **Community Engagement** – Information North Shore, Affordable Housing Committee, community volunteers, Democracy Café, IntergenNS, Community Income Tax Clinic.
4. **Seniors & Caregivers** – wide range of programs and supports.

Seniors One Stop (Kathy Jarvis):

- Navigation centre for information and referrals (in-person/phone).
- Volunteer-driven (over 15 volunteers, including Farsi-speaking).
- Key resources: brochures, in-home services guide, seniors' directory.
- 2024–25 stats: 1,500 people served; 4,000 referrals; 1,832 service interactions; 436 participants; 20+ partnerships.
- *Social prescribing* (United Way funded): integrates medical and social supports; referrals from physicians and paramedics growing.

Better at Home (Judy Stott):

- Non-medical services for 65+ or those with disability designation.
- Supports: light housekeeping (1 subsidized visit/month), minor repairs, yard work, meal pickup, friendly visiting (free, in-person/phone).
- Service area: Deep Cove to Horseshoe Bay and Bowen Island.
- 2024–25 stats: 6,194 service contacts; 521 participants; 20 partnerships; 76 volunteers.
- Many register proactively for future needs.

Caregiver Support (Vic Gailiunas):

- Five groups: wellness/education (Farsi & Korean), caregiver support (monthly, in-person/Zoom), bereavement (bi-monthly), men's caregiving & grief.
- Newsletter; co-hosts Caregiver Expo in October (all seniors programs featured).
- Referrals encouraged.

Volunteer North Shore (Alex Kershaw):

- Central hub for volunteer opportunities, promoting inclusion and wellbeing.
- Services: online database, personal referral matching, youth directory.
- Collaborated with 47 organizations and coordinated 126 opportunities in past year.

- Annual Community Spirit Awards and Volunteer Fair (Sept 20, CNV Library, 10–2).

Community Income Tax (Adrian Partridge):

- Free tax preparation for low-income residents by trained volunteers; helps unlock government benefits.
- Year-round service; 63% of clients are seniors.
- 2024–25 stats: 958 tax returns; 32 volunteers; \$423,000 refunded.
- Eligibility: CRA criteria (<\$45,000 individual, <\$50,000 couple).
- Outreach clinics (e.g., Squamish Nation).

Gathering Place Needs Assessment (Lindsay Macklin, Lionsview):

- Presented the recent collaborative needs assessment exploring the potential value of developing gathering places on the North Shore for older adults.

For more information, see the attached needs assessment report.

5. Updates:

- **Hollyburn Society:** Below-market housing at Jinju, Baden Park, and Hollybrook. The Seniors Safe House will be moving from the District to the City of North Vancouver — more updates to come.
- **Silver Harbour:** New *Memory Café* program, open to all caregivers.
- **Parkgate:** New programs include *Eye Connect* (vision loss peer support, monthly and topic-based) and a *Men's Coffee Chat*.
- **Hearing Supports:** Family physicians are successfully referring patients for hearing aids; NSCR is also offering second-hand hearing aids.
- **KeepWell:** Recent Walkathon drew 123 participants and featured music, dancing, and transportation support.