

# 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

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## Meeting Notes

Tuesday, October 21, 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 (Tseil-Waututh) Nations.

3. **Introductions**

### **Attendees:**

**Lionsview Seniors Planning Society:** Margaret Coates, Wallis Dixon, Lindsay Macklin, Margarete W.

**Comfort Keeper:** Cherian Itty, Betty

**North Shore Neighborhood House:** Lea Howard

**North Shore Community Resources:** Judy Stott (Better at Home), Anne-Marie Jamin, Kathy Jarvis, Yola Switkowski, Cindy Bouvet

**City of North Vancouver Library:** Rakhshanda Ansari

**Family Services:** Robin Rivers

**BCCRN:** Joanne Cooper

**City of North Vancouver:** Lisa

**Parkgate Society:** Kelsey Grass

**Keep Well:** Adele Wilson

**Silver Harbour Seniors Centre:** Annwen Loverin

**West Van:** Davida Witala and Jen Jefferies

**Bowen Island Community Health Centre:** Colleen O'Neil

**Capilano Community Services Society:** Austin Neaves

### **Next meeting:**

- **Time/Location:** Tuesday, November 18 2025 / Hollyburn Community Services Society
- **Host:** Hollyburn Community Services Society
- **Guest:** Presentation by SFU researchers on older adults' leadership in climate action and community resilience.

#### 4. Presentation: Gender, Social Connection, and Health – Dr. Annalijn Conklin

Dr. Annalijn Conklin presented on the intersections of gender, social connection, and health, highlighting existing research, limitations, new findings, and practice implications for programs addressing social isolation.

##### Key Takeaways:

1. Feeling connected is important to our heart and brain health, although the research remains limited
2. Different types of social structures, ties, and life course trajectories influence our health in gender-specific ways.
3. Practice implications point to the need for improved research and measurement tools (including both functional and structural aspects of social connection), more nuanced screening to identify risks of isolation, frailty, etc., and gender-responsive approaches to service delivery (i.e. varied social opportunities for women; transitional support programs for men).

##### Discussion Highlights:

- o Members reflected on how to address social isolation among those who may perceive connection as a threat, noting the physiological benefits of simply being around others.
- o The discussion also touched on financial barriers to accessing social prescribing programs and the need for broader policy engagement, including support from financial and infrastructure sectors, to enhance older adults' overall wellbeing.

The group expressed interest in revisiting these themes in a future meeting, once more of Dr. Conklin's research has been released.

#### 5. Updates:

**Family Services** reported new supports for caregivers of people living with dementia, including caregiver groups and grief support groups. New volunteers are available to help with neighbourhood walks, friendly visits, and phone check-ins. Contact Robin to refer someone.

**Parkgate Society** advised that winter programs will open soon and they are still accepting social prescribing participants. Their peer-support program for people with vision loss has welcomed its first visitor, and the men's group has grown to 14 participants.

**District of West Vancouver** noted a busy fall and a new outreach, Jen Jeffries. Pilots are underway for medical rides and friendly-call programs.

**Silver Harbour Seniors' Activity Centre** announced a Monday Memory Café focused on arts and story-writing.

**North Shore Community Resources (NSCR)** reported that the Seniors Expo was well attended; legal planning was a high-demand topic and an area for program growth.

**KeepWell Society** continues to offer drop-in and Zoom classes, with increasing uptake on Zoom. Their New Horizons grant applications are focusing more on legal-support programming.

**Bowen Island Community Health Centre** said people can be referred back to Bowen; two Community Care Coordinators are available to help with access to services directly on the island.

**Capilano Community Services** noted upcoming community meals and events, including a Harvest Lunch on Thursday, a community lunch on Tuesday, and a Christmas market end of November.

**BCCRN** is developing public education and video training on hoarding, abuse, and neglect.

**North Vancouver City Library (NVCL)** continues seniors' gatherings on the second Tuesday of the month, runs a device clinic every Wednesday morning, coordinates deliveries each Wednesday, and is planning an InterGen high tea with teens and elders next month.

**North Shore Neighbourhood House (NSNH)** reported that senior social programs, events, lunches, and recreation programs at JBCC are full; email for more information.