

# Lionsview Seniors' Planning Society

# Annual Report

29th  
Anniversary

2019-2020 Fiscal Year

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## Lionsview Seniors' Planning Society

North Building,  
600 West Queens Road  
North Vancouver BC V7N 2L3

Phone: (604) 985 3852  
E-mail: lions\_view@telus.net

We're on the Web  
[lionsviewseniorsplanning.com](http://lionsviewseniorsplanning.com)

*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:

### Vison

*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

- *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 your continued support of LSPS, and I hope that this message finds you well during this challenging time. We are all adapting to new ways to live and work and to balance our lives within the changes and constraints brought about by physical distancing. For the community-based seniors' services on the North Shore, most have had to adapt their programs and services to work remotely in a manner that still provides a source of strength and support for older people in our local communities – especially those most vulnerable.



In light of the current situation, LSPS has renewed its commitment to the values and mission that the organization has been dedicated to since its inception in 1992. The organization will continue to host the 'Services to Seniors Coalition' and the Seniors' Action Tables. The Older and Wiser Column authored by Margaret Coates is as relevant as ever; and will continue to feature emerging issues and concerns (now on-line until the North Shore News resumes paper delivery). Our board and staff continue to make progress on goals outlined in our strategic plan and actively seek opportunities to collaborate with other local agencies. All this would not be possible without the financial support we receive from the three North Shore municipalities, the federal government, community organizations, the Province of BC, foundations and our members. Thank you!

The coming days and months will continue to be challenging for our North Shore residents; especially those experiencing the pain of lost loved ones, ill-health, unemployment and economic uncertainty. While the COVID-19 crisis reminds us of our shared fragility, it also has demonstrated how everyone is truly connected. We see that the ecological order is connected to the human condition; that eradicating the pandemic in one community will never be achieved unless it is done in all communities; and that the success and safety of essential workers are linked to our willingness to stay home. I would like to thank all our healthcare and home support workers, our non-profit agency staff, first responders and other essential workers for their dedicated and selfless work to make our communities safer for everyone.



Retiring President Raye Lee at 2019 AGM

**Submitted by Joanne Franko, President**

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## Coordinator's Report



Supported by the board, members, community partners and volunteers, Lionsview Seniors' Planning Society has again had an outstanding year. We successfully met our goals and objectives in our programs and services and in developing and implementing new programs.

We played a leadership role as part of a team to obtain two joint funding projects on the North Shore. Our *Older and Wiser* column is gaining in readership and importance to the community and our Services to Seniors Coalition has become a model for other jurisdictions to implement. A new Coalition is being planned for Greater Vancouver based on our successful model. As we go through this difficult time of the COVID-19 virus, we are taking on a coordinating role, being advisers to policy makers and planners, and being a crucial source of information for the community. *Older and Wiser* recently featured helpful articles related to the COVID-19 situation.

Recently I was asked to comment on four things I am most proud of about Lionsview. I would say that the first would be the crucial role we play in the community as a planning and coordinating table, second would be the role we play in bringing the community together to promote cooperation and reduce duplication of services and third, that we are seen as invaluable to the community as an expert on seniors issues and, finally our role in being a strong advocate for seniors.

Thanks go to the members of the Lionsview board for their great work in keeping our organization vital in the community over the past year. Board members were responsible for developing our social media and promoting our web site, keeping us in the limelight, and board members assisted at Coalition meetings with presentations and other tasks. The board is continuing our strategic planning process, which will add to Lionsview's ongoing success.

Last year we said goodbye to Laura Anderson and welcomed Joni Vajda, our new Community Coordinator. It will be her job to work with the SATS and the Coalition in coordination and planning.

Lastly, I would like to thank our donors, supporters, partners and friends of Lionsview (see page 11 for a list). Of course, it goes without saying heartfelt thanks go to the hard-working volunteers and our members who support us in our continuing work in the community. Also, a big shout-out to all those people who are working on the front lines and behind the scenes during this unprecedented time.

I am confident in saying that Lionsview continues to be a much-needed *strong voice for seniors on the North Shore*.

**Submitted by Margaret Coates**

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## Community Coordinator

I have enjoyed a 40 year career working on the North Shore delivering social recreation programs and services to North Vancouver City, North Vancouver District and the District of West Vancouver. During this time, I have been most interested in supporting our aging and vulnerable populations. This work has allowed me to positively impact seniors in their pursuit to live a meaningful and rich life, assisting them to overcome barriers that restrict their involvement.

I am excited to be involved with the Lionsview Seniors' Planning Society. I look forward to working with the committed volunteers that are involved with the Seniors Action Tables, helping them bring their ideas and voices to their age-friendly community projects. In this upcoming year, I will be inviting seniors from the Capilano community to become involved in their Seniors Action Table.

We plan to host "Seniors on the Move" community meeting. I will also be reaching out to the Seymour area to spark interest in revitalizing the Seymour Seniors Action Table. These action tables provide a meaningful and valued volunteer opportunity that brings richness to the communities they live in and care about.

This past fall, I supported Margaret in providing relevant and interesting professionals to come and speak at the monthly Seniors Coalition Meetings. I am looking forward to continuing with this planning process in the upcoming year.

I am very happy to be a part of the Lionsview team.

**Submitted by Joni Vajda**



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## Programs and Activities

### Services to Seniors Coalition (SSC)

The Services to Seniors Coalition/Planning Table program is a "one of a kind" model for seniors and seniors' organizations to come together to increase awareness about seniors' issues and concerns and to plan, educate and coordinate programs and activities for seniors. The Coalition, a 55-participant group from across the North Shore, meets 9 times a year to network, set priorities and plan services strategically. The agenda of the meetings includes 18 presentations on a variety of topics meant to educate and inform participants. Last year we had presentations on (among others) CNIB programs for low vision and blind seniors, Better Balance programs, Housing Navigation programs, Christmas Bureau and seniors, and an overview of the Library programs and resources for seniors. We also had reports and discussion on how the seniors services community is dealing with the impacts of COVID-19.



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## Services to Seniors Coalition (continued)

The objectives of the Coalition are to 1) provide a venue for meetings of participants for collaboration, networking and education, 2) provide a vehicle for information sharing and 3) provide a vehicle to meet on trending issues (dementia friendly, housing alternatives for seniors) and extraordinary issues (COVID-19 impacts). The Coalition responds to changing community need and suggest plans of action. It works collaboratively to ensure that there are no gaps in programs and services and plans and implements programs to fill the identified gaps through funding proposals and partnership building. LSPS recently worked on partnership funding applications to fill gaps in services for the frail/elderly and multicultural seniors across the North Shore.

The Coalition/Planning Table's primary targets are 55 participant organizations and individuals on the North Shore. The organizations include government, non-profit and for-profit groups, VCH and some faith-based groups. Participants represent health, social planning, recreation, social service, multicultural and persons with disabilities sectors. Our targets are also the staff, participants and clients in the programs provided by these organizations. These people benefit from the added value to their organizations in terms of their having a collective voice for seniors, networking, information sharing and collaborative action plans. Though much of the work goes on at the Coalition, participants work on issues outside of the meetings, sometimes to extend a discussion or to work through a problem.

At the 9 monthly coalition meetings, along with presentations, the participants looked at issues such as funding, COVID-19 responses from community groups, housing issues and volunteer recruitment. The Coalition staff and volunteers sat on committees, organized events and workshops and shared information widely.

Because the Coalition/Planning table is committed to its objectives (noted above) it adds value to organizations who need a central arena for a collective voice, networking, and to set agendas for seniors, seniors' organizations and the residents of the North Shore.

## Seniors Planning Initiatives

Lionsview has been involved in working with the community on several seniors' planning initiatives including, seniors' housing and homelessness, Age and Dementia Friendly initiatives, welcoming communities and, more recently, the impacts of the COVID-19 virus situation. Lionsview has created an information flow system about the COVID-19 pandemic through its web site and email blasts.

Lionsview received funding from the Union of BC Municipalities and the West Vancouver Community Foundation for a multicultural project which resulted in a report called "Integrating Multicultural Seniors in an Age Friendly Community". The report, a coordinated effort to write, edit, desk-top and publish, can be found on the Lionsview web site at <https://www.lionsviewseniorsplanning.com/workshops/>. A webinar is scheduled for May 19, 2020 to replace the forum that was planned for April.

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We continue to sit on the Better at Homes Steering Committee, Care Giver Support Committee and the Community Housing Action Committee. At present, we are also sitting on the Seniors' Working Group which is looking at impacts and solutions for seniors during the COVID-19 situation.

These initiatives have made a difference in the seniors' community because they create appropriate action and continue to provide a strong voice for seniors on the North Shore. In this way, Lionsview acts as advocate, community coordinator and consultant.

## Seniors Action Tables

The Seniors Action Tables (SATS), operating since 2012, are supported and mentored by Lionsview. The SATS are grassroots entities that align themselves with the purposes and principles that the World Health Organization 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 Seniors' Activity Centre, Capilano Community Services, the City Library and West Vancouver Seniors' Activity Centre. SATs work with residents, organizations and businesses to raise awareness of seniors' issues and the need for age-friendly communities.

Each of the SATS operates differently, with some (among other undertakings) focused-on planning and holding public meetings and others consulting with planners on various issues for seniors. For instance, the CNV SAT consulted on the bench program and the use of public spaces for the City of North Vancouver. The CNV SAT also is part of a knitting group – see a clip of the program at <https://bc.ctvnews.ca/more-than-a-knitting-club-north-vancouver-group-battling-social-isolation-among-newcomers-1.4727768>.

The Capilano SAT held a successful meeting on housing for seniors. Over 50 people attended this important meeting and a report called "*Creative Housing Options for Seniors*" was generated and can be found on the Lionsview website on the Reports and Workshops page: <https://www.lionsviewseniorsplanning.com/workshops/>. The CAP SAT will also be hosting a public meeting "Seniors on the Move" as soon as it is possible to hold face-to-face meetings. A zoom meeting may be an alternative.

Over the last year we continued to put our efforts into rebuilding the West Vancouver and Seymour SATs in partnership with West Vancouver Seniors Centre and Parkgate. Work was going smoothly until we were beset with the COVID-19 virus. However, we continue to send out email to the groups with useful information and we have had, and will continue to have virtual meetings. We have hired a new Community Coordinator to support and build the SATS.



Michael Geller, one of the panel members at a workshop on seniors' housing, June 25, 2019

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## North Shore News Column - Older and Wiser

The Older and Wiser Column, which is Sponsored by Lionsview Seniors Planning Society and the North Shore News, 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. As well, using an integrative approach, the column reflects and integrates the work of the Coalition and the Seniors Action Tables.

The column is written in house by Margaret Coates and is published bi-weekly by the North Shore News. The column 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 can 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. Finally, the column showcases the good work of organizations on the North Shore which assist seniors.

Last year, a column featured the work of mental health organizations while another looked at how many community groups and organizations work on behalf of seniors. Other columns included items addressing the following: hearing and oral care, new technologies, seniors and poverty, effects of isolation and sun sense. At this extraordinary time, the column has focused on the physical and mental impacts of COVID-19 on seniors, what community groups are doing for seniors and what seniors can do when physical distancing and staying at home.

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](mailto:lions_view@telus.net).



April 2020

A photo featured in a North Shore News *Older and Wiser* column

Don Do, John McCann and Zoltan Csapkay of Silver Harbour Seniors Centre's Go Bus Food Delivery program.



## Volunteer Program

Though a small organization, much of the work of Lionsview Seniors Planning is performed by dedicated volunteers – 9,000 hours worth.

Many thanks go to these folk whose support and assistance ensures that Lionsview is a flourishing organization.

Volunteers sit on committees such as the Seniors Action Tables and the Coalition where they assist in programming.

We have a great team of volunteers who provide ongoing technical support, keep our website up to date and post regularly through our social media (twitter and Facebook).

Others work on marketing activities, and on editing, proofing and posting the *Older and Wiser* column. They provide instruction to classes, give presentations at meetings, and staff information kiosks at community events.

Of course, the organization would not function without the hard work of the board and its committees.

**A heartfelt thanks go to everyone!**



Setting up information kiosk for Canada Day

May 2020

Lionsview continues to meet using on-line technology



## Board Members 2019-2020



Biographies of Board Members are on our web site.

### Board Members

Joanne Franko – President

Denise Kelly – Vice President

Deanna Charlton – Treasurer

Virginia (Ginny) Cathcart – Secretary

Joanne Cooper – Director (stepped down mid year)

Lorna Goodwin – Director

Joy Hayden – Director

Vi Johnston – Director

Annwen Loverin – Director

### Staff

#### Staff

Margaret Coates – Coordinator

Joni Vajda – Community Coordinator



Audience at Workshop on Creative Housing Options for North Shore Seniors

# 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

Lionsview Seniors' Planning Society  
North Building, 600 West Queens Road  
North Vancouver BC V7N 2L3

Phone: (604) 985 3852

Email: lions\_view@telus.net

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“The Coalition plays a crucial role for me in keeping my organization connected to community services for seniors. I love the meetings...they are not just informative, but fun as well.”

*-Coalition Member*

“Its awesome that the Seniors Action Table assists its members to access grants to carry on other projects. The Multicultural Knitting Group, funded by a small grant from the United Way, is amazing.””

*-SAT Admirer*

“You’re performing a very important and unique role during these times. And your writing, always good, is getting even better I think!”

*-Reader of Older and Wiser Column in the North Shore News*



North Shore Image from Google Maps

**Serving the whole North Shore**