

Lionsview Seniors' Planning Society

Annual Report

30th
Anniversary

2020-2021 Fiscal Year

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Lionsview Seniors' Planning Society

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We're on the Web
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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:

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

Greetings to Members and Community Partners,

I hope my message finds you and your loved ones safe and healthy during this stressful chapter in our history. The Covid-19 pandemic has truly impacted every one of us, and it continues to be a shadow over our lives in ways none of us could have ever imagined. I would like to thank you for your continuing support over the past year; I am immensely proud of how our North Shore community continues to care for those in need.

Despite restrictions on in-person meeting, our dedicated staff team of Margaret Coates and Joni Vajda coordinated virtual meetings supporting the work of the Board, North Shore Seniors' Coalition, and the Seniors Action Tables. In addition, Lionsview took the lead by convening regular meetings for a local, inter-agency Covid-19 response (an extension of the Emergency Management Network for supporting citizens in crisis). The North Shore network of services rallied to provide services to isolated seniors who were disproportionately impacted by the pandemic. Agencies were convened to share best practices and collaborated to distribute food safely, find suitable housing, provide transportation, conduct check-in phone calls, offer computer support and virtual programs, et cetera.



Joanne Franko

Those of us working in the community-based seniors' sector have been called to adapt in many ways and Lionsview has managed to stay nimble to fulfil its mandate. I have no doubt that our strength comes from committed staff and board, membership, and coalition stakeholders who continue to support each other; responding to new challenges with creativity, innovative ideas, and compassion. We are grateful to the many guest presenters who have volunteered their time to attend virtual Coalition meetings to educate our members about emerging issues in the sector. At the risk of sounding cliché, I believe author Vivian Greene was right when she exclaimed: "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain".

Our pledge to the many North Shore organizations providing critical services and programs for the elderly is to continue to provide support for navigating this novel situation – whether virtually or by phone – as best we can and know how, so we can be better informed, and more prepared for the recovery phase that is just around the bend.

In Gratitude,

Joanne Franko, President

Coordinator's Report



Margaret Coates

Greetings to the members and supporters of Lionsview Seniors' Planning Society. It has been a remarkable and for most of us a distressing journey dealing with the impact of the COVID-19 pandemic. But I believe that, supported by the board, members, our community partners, donors and volunteers, Lionsview Seniors' Planning Society has again had an exceptional year. Lionsview played a valuable role in assisting organizations and seniors deal with the impacts of the pandemic through its ongoing and new programs.

Although hampered by COVID-19 restrictions, we successfully met our goals and objectives for the organization. We were able to effectively pivot our programs and services and continue to develop and implement new programs. We played a leadership role as part of a team to obtain one joint funding project on the North Shore: the Therapeutic Activation Program (TAPS) to assist the frail/elderly members of our community. We continue to provide leadership to the activities of the Multicultural Inclusion Project.

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 providing a crucial source of information for the community. We are facilitating the Seniors Working Group which came together for organizations to deal with the impacts of COVID-19. The 18-member group feel supported by the collegiality and networking of the group, thus assisting in keeping their organizations alive and well through the worst of the pandemic.

Our Older and Wiser column gained in readership and importance to the community as we featured articles related to coping with the pandemic. Articles ranged from how to stay connected to community while isolating and how to get support in getting your vaccination.

Last year we became part of a group of organizations who are looking at forming a new Provincial Coalition of Seniors Planning groups. We believe this will be crucial in obtaining funding support for our Services to Seniors Coalition.

As always, thanks go to the members of the Lionsview board for their great work in keeping our organization vital and active 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 have been moving to review our strategic planning process and vision, mission, and values.

Thanks goes to Joni Vajda our Community Coordinator who assisted LSPS so well over this last difficult year. Finally, 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. LSPS would also like to acknowledge all those people who are working on the front lines and behind the scenes during this unprecedented time.

In keeping with our primary goal, I believe Lionsview continues to be a strong voice for seniors on the North Shore.

Community Coordinator's Report

Over this last year I was glad to be part of Lionsview Seniors Planning Society which has provided leadership, during this unusual year of the pandemic. LSPS supported the community of North Shore Seniors Services Providers as they worked with seniors. The Seniors Working Group and the Seniors Coalition, which I provide support to met regularly to problem solve with the “ever changing” health and safety protocols and restrictions. It was impressive to see how these service providers collaborated and supported one another offering outreach to isolated seniors in the community.

With my support, Lionsview hosted monthly City Seniors Action Table meetings, often on Zoom. Several of the City SAT volunteers found the technology difficult to master which limited the participation. Outreach by phone and email, and cards became a welcome connection for everyone. During summer months we hosted well attended outdoor, distanced meetings at the NV City Plaza. The City SAT members are anxious to meet again in-person soon. The Lions Gate Community Centre, serving the Lower Capilano community, is preparing to open in the fall of 2021. This will be an opportunity to recruit interested seniors in the lower Capilano area to become involved with the Capilano Seniors Action Table, which has been meeting during this last year by Zoom.

The Seniors Coalition held successful and well attended monthly Zoom meetings. It was my job to find interesting and relevant presentations for the first hour of each meeting, followed by time for community problem solving, sharing and updates, especially around issues for seniors during the pandemic.

I am looking forward to working on the Therapeutic Activation Program (administered by Lionsview) with services offered at four North Shore organizations. I will be assisting staff with their initial intake process of new participants and making sure that information gets to our funders.

I am grateful to have worked for Lionsview this past year. I appreciated being able to support where needed and in a small way contribute to our community of seniors.

Programs and Activities

Seniors Planning Initiatives

Lionsview Seniors' Planning Society worked on several planning activities and initiatives last year and despite the COVID-19 pandemic we were busier and more productive than ever. Lionsview had been the lead or partner in several initiatives last year thus fulfilling its mandate to coordinate and collaborate on building programs in the interests of seniors on the North Shore. These initiatives and more 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 facilitator/consultant.



Joni Vajda

Partnership Programs

LSPS continued to work in partnership with Silver Harbour Seniors' Activity Centre, the North Shore Multicultural Society and the City of North Vancouver Social Planner on the multicultural project begun two years ago and which has taken on many phases. At this point we are poised to create an action plan to deal with the recommendations which came out of our original research.

Last year Lionsview had successfully written a grant for funding from the Ministry of Health (via the Untied Way) for a 5-group partnership to provide programs and services to the frail/elderly seniors on the North Shore. The pilot project called the Therapeutic Activation Program began this January and will run until June 2022 after which we hope to continue to receive funding.

In the last two years, Lionsview worked with Capilano Community Services Society on a partnership for a shared summer Student. LSPS obtained the funding, and the two groups successfully shared the time of the student for seniors programming.

Seniors Working Group

Over the last year, LSPS has been facilitating the 18 member Seniors Working Group which has been dealing with the effects of COVID-19 on seniors on the North Shore. Funded by West Vancouver Seniors Foundation the group met every two weeks to look at how organizations could effectively pivot their activities, deal with the changing landscape in terms of programs and services as they followed health guidelines and how they could assist seniors with the vaccine process. The group shared ideas and resources and acted to problem solve issues and concerns. Going forward, SWG will be engaged in looking at how organizations will begin to integrate and transition their participants and volunteers to on-site programs. For an overview of the committee's activities see the report called at "*Seniors Working Group 2020*" at <https://www.lionsviewseniorsplanning.com/workshops/>.

Other activities

Lionsview continues to be a conduit for information and resource sharing through its web site and email blasts. We also share information, supported by volunteers on our web site, Facebook page and Twitter. In the last year, we have created an extensive list of contacts for our information sharing.

We continue to sit on and participate in an advisory way on various committees on the North Shore dedicated to issues and concerns of seniors. Last year, we found ourselves going farther afield by playing a strong role in the Seniors Community Action Committee, a provincially based group formed to support individual Seniors Planning and Action Committees in the province through core funding and overall coordination. SCAC's goal is to get endorsement from the United Way to build a provincial body made up of committees from around the province. With a strong stakeholder involved the new provincial body would be more effective in accessing and administering funding for each group in the province who needs support. It would also have the support of a wide range of groups to effectively advocate for seniors in their communities.

Services to Seniors Coalition (SSC)

The North Shore Services to Seniors Coalition/Planning Table program is a model set up for seniors and seniors' organizations to come together to increase awareness about seniors' issues and concerns and to plan, implement, educate, collaborate, and coordinate programs and activities for seniors. The Coalition, a 55-participant group meets 9

Services to Seniors Coalition (continued)

times a year; 12 times last year as the group wanted to meet more frequently because of COVID-19. Using virtual platforms, the Coalition met to network, set priorities and plan services strategically. The agenda of the meetings included 18 presentations on a variety of topics meant to educate and inform participants. We also had reports and discussion on how the seniors' services community is dealing with the impacts of COVID-19.

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.



Coalition members met frequently using Zoom

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 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.

Seniors Action Tables

LSPS continues to support and mentor the Seniors Action Tables (SATs), which have been operating since 2012. The SATs are grassroots entities that align themselves with the purposes and principles that the World Health Organization has defined for age-friendly communities. The four SATs are 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.

Unfortunately, because of COVID-19 some SATs are either operating virtually or have taken a break from meetings. However, LSPS staff keeps in touch with phone calls and email. The City SAT has been meeting virtually and sometimes in safely distanced outdoor meetings. The Capilano SAT continues to meet with a focus on building programs and services in the lower Capilano area while it waits for the anticipated opening of the Lionsgate Community Centre.

North Shore News Column - *Older and Wiser*

The *Older and Wiser* column sponsored by the Lionsview Seniors' Planning Society is written in house by Margaret Coates and is published bi-weekly by the North Shore News both on-line and in the paper. The 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. As well, using an integrative approach, the column reflects the social planning initiatives of Lionsview by keeping the community aware of current issues and concerns of seniors.

Potentially the column 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. Many isolated and home bound seniors can access information about issues and concerns and services. Through the useful information in the column, they may be empowered to address their own needs. Caregivers 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. During the COVID-19 pandemic the column had highlighted the incredible work of the Seniors Working Group (funded by the West Vancouver Foundation) who have worked collaboratively on how to provide services while restricted by the pandemic. The column has focused on the physical and mental impacts of COVID-19 on seniors and made suggestions for coping while meeting the guidelines of the Health Authorities. Recently columns have focused on the vaccine process and how seniors can and should get their jab.

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. Email us at lions_view@telus.net



The North Shore News *Older and Wiser* column continues to publicise the community response to the pandemic.

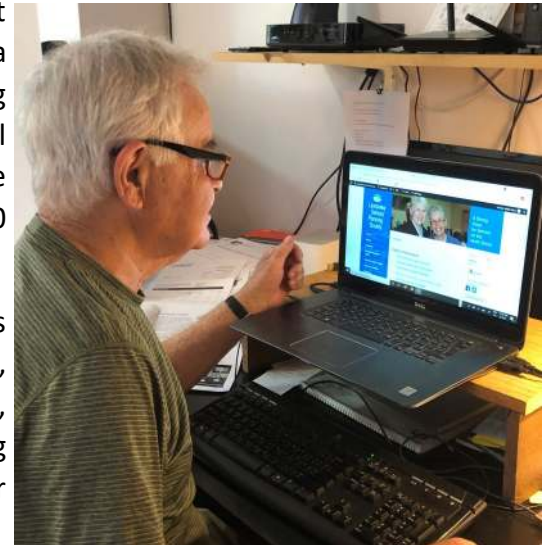
John McCann and Don Ho of Silver Harbour Seniors Centre's Go Bus Food Delivery program.

Volunteer Program

Many thanks and gratitude go to these volunteers whose support and assistance ensures that Lionsview Seniors' Planning Society is a flourishing organization and can fulfil its mandate to be a strong voice for seniors on the North Shore. Lionsview is a small organization with few staffing/consulting hours, so we rely on the generous donation of volunteer hours which total nearly 9,000 hours a year.

Our great team of volunteers sit on committees such as the Seniors Action Tables and the Coalition where they assist in programming, presentations and creating action plans. They also sit on the board, board committees and ad hoc committees. They provide ongoing technical support, keep our website up to date and publicise our work at Lionsview 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.



Lionsview's web site and social media is maintained by volunteers

A heartfelt thanks go to everyone!



Lionsview members meet on-line

Board Members 2020-2021



Biographies of Board Members are on our web site.

- Joanne Franko – President
- Denise Kelly – Vice President
- Deanna Charlton – Treasurer
- Virginia (Ginny) Cathcart – Secretary
- Joanne Cooper – Director
- Lorna Goodwin – Director
- Barry Goodwin - Director
- Joy Hayden – Director
- Vi Johnston – Director
- Annwen Loverin – Director

Staff

Consultant Staff

- Margaret Coates – Coordinator Consultant
- Joni Vajda – Community Coordinator Consultant



City Seniors Action Table meets outside the library, summer 2020. One member Zoomed in via the laptop.

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

Ministry of Health – TAPS 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

United Way of the Lower Mainland—TAPS Grant

Vancouver Foundation

West Vancouver Community Foundation – Seniors Working Group



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

City of North Vancouver

District of North Vancouver

District of West Vancouver



Support from our donors and funders is deeply appreciated

Contact Information

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Seniors Working Group

"The Senior's Working Group has been a lifeline for me over the course of the pandemic. I am truly not sure how I would have coped without this group. The collaboration, referrals, helping one another, making collective decisions, and brainstorming has just made me feel that we are truly 'in this together'. I look forward to the meetings and really appreciate every single person involved in this group."

Coalition

"Thanks for all the hard work Lionsview does on the Seniors Coalition - it is so great to hear about all we are accomplishing together on the North Shore and to share together the good times and the hard ones."

Older and Wiser

"Our office was happy to see that the provincial government has stepped up promotion of vaccine information this week, through a variety of channels and including materials translated into a number of languages. Having your article published now under the *Older and Wiser* masthead comes at the perfect time. Thank you so much for your contribution to helping spread the word!"

Seniors Action Table

"Though last year was difficult, our SAT members stayed in touch virtually and when possible, with distanced meetings. I like being part of a committee that is dedicated to helping solve seniors' issues. This committee has given me a broader understanding of our community and is one of the reasons I will continue to be part of a strong voice for seniors on the North Shore "



North Shore Image from Google Maps

Serving the whole North Shore