

Lionsview Seniors' Planning Society

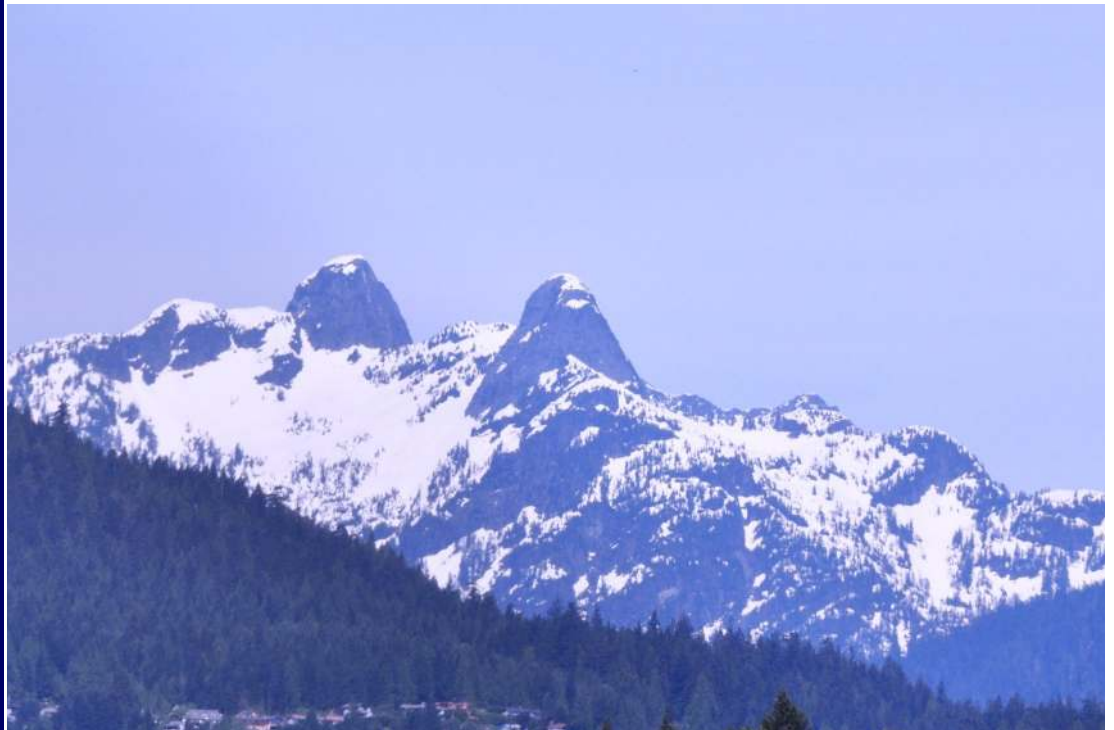
Annual Report

31st
Anniversary

2021-2022 Fiscal Year

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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:

Vision

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

President's Message: Adapting and Evolving While Caring for Elders in Community

A few weeks ago, I was driving north on St. George's Avenue in North Vancouver and as I approached the intersection at 13th Street, I witnessed a scene that made me proud of my community. An older man had fallen while stepping up onto the curb, and pedestrians and drivers from several cars rushed to help. After helping him to his feet, all those who were aiding stood by to continue supporting him and other drivers that were blocked waited patiently (not one honk). An RCMP officer arrived, and drivers returned to their cars to resume their journey.

As I drove north through the intersection, I saw people had stayed to speak to the officer and support the older gentleman as he was still unsteady. One driver who had been ahead of me pulled over north of the intersection and got out of her vehicle to walk back to the scene. I continued with my own journey with a lighter heart, grateful to be a member of such a caring North Shore community and happy my aging parents (or anyone of us for that matter) would receive assistance from strangers if ever required.



Joanne Franko

In reflecting back on the year, and the fact that we're still faced with uncertainties related to COVID-19, my choice of title highlights both the stark reality of today, and the budding optimism as we work and move forward. The annual report aims to communicate two messages: the first conveys all the creative ways LSPS has been navigating the challenges presented by the pandemic; and the second, our renewed commitment to initiatives outlined in the strategic planning that was underway pre-pandemic.

The last two years have provided insight into the many ways systemic inequity impacts older adults. LSPS continues to advocate for transformation of our housing, health, transportation, emergency management, and home support systems while supporting community-based senior services' providers. Staff and Board met regularly to facilitate the Coalition, Seniors Action Tables, and community partnerships. I would like to thank and acknowledge our dedicated, intrepid staff members: Margaret Coates, long-time Coordinator, and author of the "Older and Wiser" column in the North Shore News, and Joni Vajda, Community Coordinator, convenor of the North Shore Coalition of Seniors' Services, and the Seniors' Action Tables. As well, I am overwhelmed by the generosity of our volunteer Board of Directors who cheerfully support the work of the Board with their time and talent.

"For a community to be whole and healthy, it must be based on people's love and concern for each other."
Millard Fuller, co-founder Habitat for Humanity

Joanne Franko, President

Coordinator's Report



Margaret Coates

What a remarkable year it has been. Last year, we not only felt the effects of the pandemic but also the effects of the heat dome and smoke from wildfires. The pandemic and these disturbing climate events also impacted how we provided our programs and services for seniors. Another exciting, but somewhat disruptive event was LSPS's move to the Lions Gate Community Recreation Centre.

Despite those events and impacts, I believe that Lionsview was able to have another exceptional year. Supported by the board, members, our community partners, donors, and volunteers, Lionsview successfully met its goals and objectives. Lionsview also played a valuable role in assisting organizations and seniors deal with the negative impacts of the pandemic and climate events through its ongoing and pivoted programs. We continue to take on a coordinating role, being an adviser to policy makers and planners, and providing crucial sources of information to the community.

We played a valuable role in coordinating the Seniors Working Group (funded by the West Vancouver Foundation) which assisted organizations in dealing with the impacts of COVID-19 and now climate change issues.

We played a leadership role as part of a team on several joint projects including TAPS and two multicultural projects (see more information on pages 5 & 6).

Our Older and Wiser column featured articles related to coping with the pandemic and the effects of climate change as well as seniors' issues and concerns. Articles ranged from emergency preparedness to advocating seniors get their three vaccines to protect them from the worst effects of COVID-19.

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

As always, Lionsview could not do its work without the donors, supporters, partners, and friends of Lionsview (see page 11 for a list). It goes without saying that we wish to thank the hard-working volunteers and our members who support us in our continuing work in the community. As well, thanks go to the members of the Lionsview board and Joni Vajda our Community Coordinator for their great work in keeping our organization vital and active over the past year. Finally, LSPS would also like to acknowledge all those people who are working on the front lines and behind the scenes during this unprecedented time.

I believe Lionsview continues to be a strong voice for seniors on the North Shore and as such I'm proud to be part of an organization that does so much for seniors.

Community Coordinator's Report

Though the year presented many challenges for everyone, Lionsview continued to support and provide leadership to North Shore seniors and Seniors Service organizations this past year. I was glad to be a part of coordinating and supporting our programs during this challenging time. My role at Lionsview was to coordinate and support (note taking at meetings, organizing the agendas, presenters etc.) the Seniors Action Tables, the Service to Seniors Coalition and to support the various projects Lionsview took on over the year.

The pandemic continued to be a primary consideration when planning community meetings. Last year our oldest and most compromised seniors started the process of vaccinations. This protection combined with PHO protocols gave people the opportunity and confidence to venture out into their community. Lionsview whole heartedly assisted seniors in the process. However, just as the pandemic waned the North Shore experienced several extreme weather events that had negatively impacted seniors, keeping them from fully participating in community. These events impacted how we did things in the community. For instance, we held more zoom meetings rather than face-to-face meetings.

The City Senior's Action Table met monthly this past year, in person at Silver Harbour Seniors Centre's auditorium following strict protocols. Several members of this group looked forward to these meetings as seeing each other face-to-face offered them critical support for their personal mental health and wellness. The Lower Capilano community, including the Capilano Seniors Action Table are excited to finally have their new centre, Lions Gate Community Recreation Centre. This group looks forward to inviting seniors to attend small community meetings with the purpose of creating a Capilano Seniors Action Table consisting of more senior/community members.

Over the last year, to support the TAPS program I had been facilitating the intake process for over 90 seniors who have been participating in the programs run by four agencies. Funding has been extended and I will continue to provide the "In Take" process for new members.



Joni Vajda



Volunteers pack gift bags

North Shore Services to Seniors Coalition has continued to hold monthly meetings for members using zoom as a platform this past year. We have been able to attract interesting presenters to the meetings and attendance has been great.

In a project aimed at ethnocultural seniors, bags loaded with resources and gifts were put together to be handed out to Farsi and Chinese seniors. It was my role to obtain most of the enclosures and put together the brightly coloured bags. A fun project meant to get community information to a hard-to-reach community.

As the pandemic fades, I am looking forward to connecting face-to-face with more of our seniors on the North Shore.

PROGRAMS AND SERVICES

Seniors Planning Initiatives

To fulfill Lionsview's primary goal to act as a strong voice for seniors through planning, coordination, collaboration, research, and education, Lionsview worked on several planning activities and initiatives last year. Lionsview had been the lead or partner in several initiatives thereby fulfilling its mandate to coordinate and collaborate on creating programs in the interests of seniors on the North Shore. LSPS continued to facilitate the Seniors Working Group, the Seniors Coalition and Seniors Action Tables, creating strong community links to organizations that advocate for seniors.

Partnership Programs

In 2020 Lionsview had successfully written a grant for funding from the Ministry of Health (via the United 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 April 2023. While Lionsview is the administrator for the program, it also involves 4 other agencies who provide services, including Silver Harbour Seniors' Activity Center, Parkgate Community Centre, Capilano Community Services and North Shore Neighbourhood House.

Through a New Horizons Grant, five organizations came together to coordinate and deliver support to Multicultural and Immigrant seniors on the North Shore. The project involved the delivery of 270 bags containing resources and gifts.

In the last three 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 work hours of the student, supporting seniors programming.

Seniors Working Group

The 18 member Seniors Working Group (SWG) set up in 2020 to deal with the effects of the pandemic, continued to meet to discuss and collaborate around reopening, rebuilding, and repurposing their activities. With new funding from the West Vancouver Foundation, LSPS played a facilitating role. SWG looked at a complexity of issues for how member organizations will begin to integrate and transition their participants and volunteers to more on-site programming and services.

In a survey of SWG in 2021 summer, members of the group were asked if they wished to continue to meet, and if the group should expand their agenda. Ninety percent of the respondents said yes to both questions. As emergency preparedness become an issue over the summer with the heat dome, smoke and more recently extreme weather causing torrential rain and flooding, this was deemed a crucial agenda item for the group.

Finally, as was ascertained last year, organizations will need to look at the return of participants who may have had a sharp decline in physical or emotional health over the last 10 months. This could mean collaborating on setting up different programs with a mental health component.

For an overview of the committee's activities see the report called at "Seniors Working Group 2021" at <https://www.lionsviewseniorsplanning.com/workshops/>.

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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 BC Seniors Action Network, a provincial body formed to support individual Seniors Planning and Action Committees throughout the province. Seeking core funding and overall coordination, BCSAN'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 which 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 from across the North Shore, meets 9 times a year; 11 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. LSPS recently worked on partnership funding applications to fill gaps in services for the frail/elderly and multicultural seniors across the North Shore.



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.

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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.

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 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 mandate of the SATs 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 the 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 in its new home in the Lions Gate Community Recreation Centre.



SAT meeting including Zoom attendees

NORTH SHORE NEWS COLUMN (OLDER AND WISER)



The column is distributed to a wide audience consisting of organizations, community groups and 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, and through 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. The column is also distributed by Lionsview in a recently created format called "Lionsview Talks" coinciding with the publication by the NSN (approximately 24 times a year). Some organizations put the column in their own newsletter which reaches a wide audience.

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During the worst of the COVID-19 pandemic reality, the column had been used to bring seniors attention and those who work with senior's to how older people can best deal with the pandemic. While the column has focused on the effects of the COVID-19 pandemic, it has also looked at Natural Disasters like the heat dome and fires which occurred last summer and how they affect seniors. It has been used to get information to seniors and to communicate to seniors who may have become more isolated because of natural disasters and COVID-19.

The column also 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. Lately the column has highlighted how organizations are dealing with recent climate change effects and emergency preparedness.

The column can be found on the North Shore News and Lionsview's web sites. Suggestions and feedback from our readers are always welcome, and these can be sent to lions_view@telus.net.

VOLUNTEER PROGRAM

Lionsview is a small, but flourishing organization with few staffing or consulting hours. LSPS relies on volunteers to assist it to fulfill its mandate to be a strong voice for seniors on the North Shore. To that end, volunteers donate nearly 9000 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.



Deanna Charlton, long time member of LSPS, volunteers as our Treasurer

Lionsview could not do the work without volunteers – and our heartfelt thanks go to everyone who commits their time to us!

Volunteer packing gift bags



Board Members 2021-2022



Some board members and staff meet online.

Biographies of Board Members are on our web site.

Joanne Franko – President

Barry Goodwin – Vice President

Deanna Charlton – Treasurer

Virginia (Ginny) Cathcart – Secretary

Lorna Goodwin – Director

Joy Hayden – Director

Annwen Loverin – Director

Margaret Wiedmann – Director

Staff

Consultant Staff

Margaret Coates – Coordinator/Consultant

Joni Vajda – Community Coordinator/Consultant



City Seniors Action Table meets outside the library



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

“For almost two years now I have attended the Seniors Working Group and I intend to attend into the future. The time spent collaborating and sharing resources made the pandemic less difficult to manage. I also like the new direction of the SWG – emergency preparedness, and I know that we will manage climate change issues for seniors much better as a group.”

Coalition

“Thanks so much for organizing and facilitating the Services to Seniors Coalition. The monthly zoom calls are a valuable resource for all of us concerned about issues facing older adults on the North Shore and in the province of BC.”

Older and Wiser

“I took some time today to read all your 2021 Columns which I found most interesting and so relative to all of us Seniors. There is no doubt that Seniors in many ways can be a vulnerable group today and your thoughts and ideas certainly hit the mark with valuable advice and information. I will continue to read the remaining past articles and I very much look forward to upcoming issues.”

Seniors Action Table

“Wow after two years of distanced and zoom meetings I am so happy to be back with people who want to discuss and act on issues for seniors. At our last meeting I was impressed with how much more we still need to do and I'm ready to get onto the issues for seniors. I really like being part of a committee that is dedicated to helping solve seniors' issues.”



New home of Lionsview Seniors' Planning Society