

Lionsview Seniors' Planning Society

Annual Report

32nd
Anniversary

2022-2023 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.

- *Age Friendly*
- *Relevant*
- *Flexible, fit and nimble*
- *Influential*
- *Inclusive*
- *Grass Roots*
- *Action focused*
- *Collaborative*
- *Knowledgeable*
- *Advocacy orientated*
- *Evidence based*

Greetings from the President

Situated on the Westcoast of BC, the North Shore is one of the best places to see and appreciate nature throughout the seasons and I am grateful to live and work here. I am fortunate I can enjoy leisure time with family and friends in the great outdoors. Despite high livability ratings, my work in social policy reminds me that it is expensive to live here, and many people are being negatively impacted by cost-of-living increases, limited housing options and a fragmented public health system. Older people with limited financial resources and social networks are at further risk of social isolation, physical decline, and decreased quality of life.

It's not surprising that concerns about the rising costs of an aging population frame much of the discussion in the media about the future sustainability of our public health services, and whether there will be housing options that are available, affordable, and appropriate. It is well documented that community-based senior's services play an important and critical role in keeping people healthy and living independently. The Lionsview Seniors' Planning Society (LSPS) plays a crucial role in supporting a range of services by convening the Coalition of Seniors Services on the North Shore and facilitating the local planning tables including work on emergency plannings.



Joanne Franko

I would like to take this opportunity to thank our dedicated staff and Board volunteers for another productive year. I would also like to express my appreciation for our funders and their willingness to offer extra support and flexibility during the Covid-19 pandemic.

Looking forward to the next year of activity, LSPS is excited to present an updated strategic plan that will continue to be responsive to community needs. Staff and Board volunteers continue to build capacity in the sector by nurturing established relationships and, partnering for work that supports equity and provides care for the whole community.

Submitted by Joanne Franko

Coordinator/Executive Director's Report



Margaret Coates

Despite a relatively challenging year because of COVID-19, climate change issues and getting acclimatized to our new office, Lionsview had a great year. LSPS worked very hard on creatively developing our programs and services. With a focus on the future, we updated our strategic plan.

Lionsview, supported by board, members, community partners, donors and volunteers again met its goals and objectives to be a strong voice for seniors on the North Shore. Crucially, we also supported other North Shore organizations to meet their goals for seniors through the work of the Seniors Working Group (funded by the West Vancouver Foundation) and the Seniors Coalition. The SWG focused mainly on the lingering effects of COVID-19 and the impacts of climate change.

We also continue to take on a coordinating role, being an adviser to policy makers and planners, and providing a crucial source of information for the community. We held a very successful consultation on Ageism on behalf of the Federal and Provincial governments.

We played a leadership role as part of a team on several joint projects including TAPS, Tech Connect, and an Age Friendly project. We also partnered with two organizations on a Connect and Prepare project to assist seniors in city buildings on emergency preparedness issues. We joined the North Shore Housing Lab as a member of their steering committee.

Our column, called "Older and Wiser", enabled us to get critical information to a wide audience on the North Shore. The column featured articles on frauds and scams, volunteering, healthcare and the aging population, long-term-care system, ageism, emergency preparedness and more.

In terms of organizational development, over the last year the Lionsview board and staff reinvigorated their strategic plan which we expect will guide us through the next few years. We looked at several issues including a name change, succession planning, where we fit in the community and how we are best placed to accomplish our goals. We also looked at our mandate and goals and objectives to see if they continue to be relevant to the future work of the organization.

Of course, we couldn't have accomplished our goals and objectives without the hard-working volunteers and our members who support us in our continuing work in the community. Essentially, Lionsview could not do its work without the donors, supporters, partners, and friends of Lionsview. 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. Overall, 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 this organization that does so much for seniors.

Submitted by Margaret Coates

Community Coordinator's Report

As our North Shore seniors see the end of COVID-19 protocols, including isolating, they are venturing back to enjoy attending their pre-pandemic "in person" programs and activities. This has made for an interesting and very busy year for my Lionsview Community Coordinating work.

The City Seniors Action Table, which I facilitate, has grown in numbers and the re-energized group is now meeting at the North Vancouver City Library. They have worked together to establish new goals and objectives for moving forward. They remain interested in continuing to provide both positive and negative feedback to the North Vancouver City Planners regarding bench placement in outdoor spaces as well as reaching out to their neighbours to support them with Emergency Preparedness planning and other social challenges.

The North Shore Seniors Coalition, another program which I co-organize has continued to meet monthly on zoom with one exception, the November In-person workshop on Ageism. This meeting attracted approximately 28 participants and we received excellent feedback from everyone that attended. The May and October meetings focussed on a conversation about Gaps in Services for Seniors. These two meetings laid the groundwork for presentations for the balance of meetings.

A new project this past year that I was involved with was the Free Tech Training for Seniors. Silver Harbour, Keep Well Society, and the North Vancouver City Library partnered with Lionsview to provide semi-private tech training sessions to 70 + seniors this past winter/spring. Participants really enjoyed these classes and have requested that we offer this program again. A special thank you to: Rakhshanda Ansari from the North Vancouver City Library and Wallis Dixon, Lionsview Seniors Planning who provided the excellent tech training.

Another exciting project has been the continuation of the Resource Information and Gift Bags. Lionsview has partnered with Silver Harbour, North Shore Community Resources, North Shore Impact, and Capilano Community Services to provide a 2nd run of the bags to vulnerable and isolated seniors in the next few months. Thank you to Silver Harbour LINKS volunteers for their energy and support putting the bags together.

The TAPS funding is continuing for another 2 years. I have become involved with the United Way Co-Creation meetings which are designed for staff from all TAPS communities to share successes and challenges with each other. Project design and criteria for participation is also being developed.

Although I will be staying with LSPS as a special project person, I will be leaving my role as community coordinator. Thanks to all the people, members and participants who supported me in running these great programs over the last few years.

Submitted by Joni Vajda



Joni Vajda

Programs and Activities

Seniors Planning Table (SPT)

For over 29 years, the LSPS Seniors Planning Table program has been overseeing Lionsview Seniors' Planning Initiatives on the North Shore. The SPT provides the venue and the leadership opportunities where seniors and service providers (both non-profit and business orientated) identify and address issues and concerns that impact the lives of local seniors. This is accomplished through the Seniors Coalition, Seniors Working Group, Seniors SATs, and Partnership Programs.

Over the last year, despite still dealing with the waning pandemic and the increasing impacts of climate change, LSPS was quite successful in their Seniors Planning Table activities. Lionsview was the lead or partner in several initiatives thus fulfilling its mandate to coordinate and collaborate on building programs in the interests of seniors on the North Shore. This is accomplished to avoid duplication of effort, to fill a gap in services, and to build community connections. 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.

Partnership Programs

LSPS was involved in several partnership projects across the North Shore. These projects include TAPS, Age Friendly, Tech Connect, Connect and Prepare and the BAG inclusion project. The Age Friendly project allows us to continue our bag inclusion project and to also bring more information to the seniors' community about emergency preparedness through mini and full-size workshops, distribution of information kits and products and friendly phoning programs.

Lionsview is continuing to work on the Therapeutic Activation Program through a grant received 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 program has been approved for 2 more years, with further negotiations to obtain 3-year ongoing funding after that time.

Lionsview worked with Silver Harbour, Keep Well Society, and North Vancouver City Library on a project to bring training to seniors who wish to get comfortable with technology. The project is so popular that we are considering a rerun of the program in the fall.

In the last few 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 (SWG)

At the inception of the COVID-19 pandemic in early 2020, several groups were formed on the North Shore to respond to the pandemic especially as it impacted seniors and seniors' organizations. One of these was the *Seniors Working Group* facilitated first by the District of North Vancouver Community Planner and then later by Lionsview Seniors' Planning Society. LSPS took over the group in August 2020 and, with funds from the West Vancouver Foundation, has been facilitating the group meetings every month.

Organizations in the group found the meetings invaluable for sharing resources, collaborating on delivery of programs, and networking on different approaches to reopening after the pandemic waned. Going forward, SWG was engaged in

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looking at how organizations have integrated and transitioned their participants and volunteers to on-site programs. Members then focused on issues arising from climate change.

In a survey of SWG in the summer of 2022, 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 climate change and emergency preparedness become an increasing issue this was deemed a crucial item for the group's agenda, while still dealing with the waning pandemic effects on seniors and organizations. The committee has made valuable links to municipal and provincial stakeholders in dealing with emergency preparedness activities. These include North Shore Emergency Management and Vancouver Coastal Health's Healthy Environment and Climate Change Committee.

At the close of our year, we will be talking to Minister Bowinn Ma about climate change and how it impacts seniors and giving her information about the activities that the community has been involved in supporting North Shore seniors on these issues.

Services to Seniors Coalition (SSC)

The North Shore Services to Seniors Coalition provides a vehicle 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. Using mainly 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 about the community of seniors.

The Coalition responds to changing community needs and suggests 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. We have outlined some of our partnerships above.

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



Lionsview groups held many virtual meetings

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 meetings, 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. Last year the Coalition hosted a consultation on Ageism in partnership with the Federal and Provincial governments. In the following year we hope to do more of these consultations.

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Because the Coalition/Planning table is committed to its objectives to bring organizations together to collectively address issues, 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.

A survey was conducted during the summer based on last years activities and our response to COVID-19. The survey concluded that the Coalition was a much-needed service in the community.

Seniors Action Table (SAT)

The Seniors Planning Table and Initiatives also includes Seniors Action Tables. During the two and a half years of the pandemic, two of our SAT committees were not meeting, though we kept in touch with members by phone. This year we have plans to revitalize the Capilano SAT to engage seniors in the new Lions Gate Centre area. The City Seniors Action Table, however, has been working hard on city residents' issues, with a concentration on making sure the city's outdoor spaces are age friendly. They have committed to a new set of tasks to work on for seniors over the next year.



SAT Group Meets

Other Seniors Planning 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 website, 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. Being able to do this means we can share information widely across the North Shore to pave the way for collaboration on shared activities, hopefully to enhance programs and decrease duplication of effort.

Committees we sit on which meet the goal of LSPS to deal with housing issues for seniors include Community Housing Action Committee and North Shore Housing Solutions. To deal with emergency management issues (in addition to our own Seniors Working Group) we are connected to the Building Resilient Neighbourhoods Group and North Shore Emergency Management. More recently to keep our profile up in West Vancouver we have joined the West Vancouver Seniors Activity Centre Outreach Committee, and Positive Voices.

North Shore News Column (*Older and Wiser*)



In 1998, Lionsview began to sponsor two columns for and about seniors. One of these was entitled "*Older and Wiser*" and was chosen to be published bi-weekly by the North Shore News (NSN). Today the column is still going strong, written by one of the staff at Lionsview, who has a wide knowledge of seniors' issues. The column continues to promote discussion and action

on seniors' issues and concerns, reflect the views of Lionsview Seniors' Planning Society and influence policy and decision makers. As well, using an integrative approach, the column reflects the social planning initiatives of Lionsview and keeps the community aware of current issues and concerns of seniors.

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Through various means, the column is distributed to a wide audience consisting of organizations, community groups, seniors and those who have an interest in seniors' issues such as caregivers. 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 homebound seniors can access information about issues, 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 newsletter format called "Lionsview Talks". This coincides with the publication by the NSN (approximately 24 times a year). Some organizations put the column in their own newsletter which reaches a wider audience. Lately the column can sometimes be found in NSN affiliated on-line publications such as Burnaby Now.

Among other issues covered by the column, (scams and frauds, health and wellness, emergency preparedness, holiday stress, ageism), the column has focused on the effects of the COVID-19 pandemic and more recently, Natural Disasters like the heat dome and fires which occurred two summers ago.

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 and lately how organizations are dealing with recent climate change effects and emergency preparedness for seniors.

Older and Wiser can be found on the North Shore News and Lionsview's websites. 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. Thus, 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 publicize our work at Lionsview through our social media (Twitter and Facebook).



Volunteers at Work

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

Board Members 2022-2023



Some board members and staff meet online.

Biographies of Board Members are on our web site.

Joanne Franko – President

Barry Goodwin – Vice President

Annwen Loverin – Treasurer

Virginia (Ginny) Cathcart – Secretary

Deanna Charlton – Director

Lorna Goodwin – Director

Joy Hayden – Director

Margarete Wiedmann – Director

Staff

Consultant Staff

Margaret Coates – Coordinator/Consultant

Joni Vajda – Community Coordinator/Consultant



SAT Volunteer and LSPS Summer Student



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

BC Healthy Communities

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



Supporters

Services to Seniors Coalition Members

Individual Donors



Partners

Silver Harbour Seniors' Activity Centre

Capilano Community Services Society

North Shore Neighbourhood House

Parkgate Community Centre

North Shore Keep Well Society

West Vancouver Seniors' Activity Centre

North Shore Community Resources Society

North Vancouver City Library & North Vancouver District Library

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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Testimonials

Coalition

"Thank you very much for the work that the Coalition does for seniors on the North Shore. The monthly zoom calls are a valuable resource for all of us concerned about issues facing older adults. I value all the work the Seniors Coalition provides. "

North Shore News – "Older and Wiser"

"I happen to be a low-income senior. Thanks for the article on dentistry, it gives me some hope as I face the rising costs of health care, dentistry, food, and rent. "

Seniors Working Group

"As a newcomer to Seniors Services, the SWG gave me my first look at the wide range of programs on the North Shore and the ability to connect with them. The SWG was a huge tool for me while I learned how to best help seniors in my area."

TAPS Program Participant

"I just wanted to tell you how much I appreciate the program that my wife attends. It was recommended by her doctor for her dementia. I wanted you to know the positive change your program has made for her. Her depression has improved, which I thought unlikely, and her memory has improved quite markedly which I also wasn't expecting. Thank you very much for running and hosting this program."



Lionsview Seniors' Planning Society's office is located in the Lions Gate Community Recreation Centre