

Services to Seniors Coalition – North Shore

Co-Chairs

- Trish Alsop, *North Shore Neighbourhood House and John Braithwaite Community Centre*
- Margaret Coates, *Lionsview Seniors' Planning Society*

About the Coalition

The *Lionsview Seniors' Planning Society* is the host agency for the Services to Seniors Coalition – North Shore. The Coalition has been operating since 1992 and is the planning table for issues facing seniors and services to seniors on the North Shore. The 50+ participating organizations and individuals represent a wide spectrum of service providers. We come together as the Coalition to network, plan services and supports strategically, and set priorities and target resources for collaborative action.

Contact the Coalition

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Notes

**Tuesday, February 15, 2022
12:00 pm to 1:30 pm**

By Zoom

1. **Welcome: by Trish and Margaret (2 minutes)**
2. **Acknowledgement Trish (1 minute)**
3. **Introductions Trish (5 minutes)**
4. **Presentations – introductions Joni**

1) **Decolonizing Workshop Series**, Silver Harbour Seniors Centre, presented by Logan Thackray, Program Coordinator (15-20 minutes)

Logan Thackray has developed this workshop series and will be facilitating this important conversation.

Logan will create an environment that builds upon relationship building while discussing indigenous issues. The group will be unlearning harmful history, taking responsibility for it and be open to learn more about how we can start to make differences.

Decolonizing Workshop Series

Are you ready to learn more about the history of Canada, Indigenous nations and how to be a better human to other humans? Created by Nahanee Creative, a Squamish-based Indigenous organization, this monthly workshop series will ask you to open your perspective and learn about the ongoing effects of colonialism and how we can learn new ways of understanding. This workshop series will be a place to ask questions, work through hard truths and will move us towards creating a community of compassionate individuals who are ready to learn and grow together.

Workshop topics for discussion will include:

- Introducing Decolonizing Practices
- Introduction to Territorial Acknowledgements
- Restorying Colonialism
- Etiquette for Allies
- Cultural Safety

2nd Monday of the month (starting March 14th) 1:00 – 2:00 pm

2) “Seniors: Emergency Preparedness and Community Wellbeing” Kendra Taylor and Renee de St. Croix, Planning and Development, North Vancouver City. (30-35 min)

Community Well Being Strategy is a 10-year plan and conversation on how to best create a “City where everyone belongs.... and thrives.”

Renee de St. Croix and Colleen Alexander presented the Community Wellbeing Strategy to the group, with a focus on Seniors. North Vancouver city planners will be reaching out regularly, to the community to find ways to connect.

Action ideas to date: Seniors Housing, Connectedness and reducing Social Isolation, seeking funding and partnerships to support the strategy and awareness to diverse seniors’ populations.

Specific Action for seniors includes: Ensuring access and inclusion, communications and outreach, age-friendly cities and what that means and setting up programs for collecting stories/experiences/indigenous teachings and history.

“Hey Neighbor” Community program, Victoria, B.C. HNC is a group of practice partners that build social connections and resilience. 100% of neighbor’s feel more connected and less lonely.

NVC will be looking for nonprofit partnerships that will be interested in working together on creating a similar model in apartment buildings and complexes in North Vancouver.

If you have feedback or questions on the Community Well being Strategy, you can email wellbeing@cnv.org or call 604-982-3946

5. Community Updates/information sharing (15 minutes).

• **Family Services of the North Shore - Robin Rivers**

Counselling is available in person, online and via phone

Caregivers support through monthly online meeting, drop-in inspiring workshops at Silver Harbour, Parkgate, North Shore Neighbourhood House (will send posters for you to circulate), one to one support via phone

Online Grief Support Group for those who have lost a loved one

Phone support for seniors who are feeling isolated

• **North Shore Neighbourhood House/ JBCC – Trish Alsop**

Tax clinic will be starting soon. This will be a drop off/pick up when done process.

Low-income seniors can drop off information on Monday and Thursdays.

Foodbank hours have expanded. They are now Wednesdays 9am-6pm. This will help alleviate lineup of seniors outside. It is working well.

JBCC seniors’ programs are going well. Fitness and bus trips are well attended.

• **Silver Harbour Seniors Activity Centre – Annwen Loverin**

There are now 42 of the 70 programs back up and running.

Income tax clinics are starting soon. SH will be offering in person clinics but seniors attending must show proof of vaccination.

• **Parkgate Community Centre – Kelsey Grass**

Most programs are up and running and are well attended.

• **North Shore Community Resources – Sue Carabetta**

Tax clinic is starting up soon. By appointment only. Seniors will drop off information. No proof of vaccination is required. Staff and volunteers will be provided with PPE and will follow Health protocols.

SOS – The Seniors Directory is in its final proof and will be hot off the press soon.

Pamphlets have been updated.

Better at Home – Looking for drivers. Currently offering transportation to medical appointments. Seniors would like to expand this to offer rides to other services.

Offering Grocery pick up and delivery.

Offering Gardening and Home repair services.

Information and Referral Services are available in an outreach capacity. Staff and volunteers are going out to seniors to support them with support in filling out forms.

- **Capilano Community Services, Seniors Hub – Melanie Macauley**

MOVED!!!! Just last week.

Lions Gate Community Centre – 1733 Lions Gate Lane

Not sure when the doors will be open to the public. The facility is lovely. Challenging parking is anticipated.

My Lionsgate Break will be continuing out at Parkgate Community Centre for one more session.

They will be providing the group with a bus trip to the new centre in preparation.

Shopping and Bus Trips continue to be offered at 50% capacity.

All of the members are looking forward to attending socials in the new centre.

- **Lionsview Seniors Planning – Margaret Coates**

Lionsview will be working out the of new Lions Gate Centre. NVRC has provided several small nonprofits with workspaces.

There is a possibility that the NS Seniors Coalition meetings could be held in one of the large rooms at the centre.

- **North Vancouver City Library – Rakshanda Ansari**

Seniors Gathering – February 15th, 6-7pm Elder Abuse. Register on-line north Van City library.

Seniors Devise workshops will be offered soon. Looking forward to offering the Seniors Gathering in person soon.

- **North Vancouver District Planning Depart. Eirikka Brandson**

Grant time!

Community Building Grants are available. Neighborhoods (requires 2 people) can fill out a simple plan for event and will receive \$500 support.

6. Next meeting: March 15, 2021

North Shore Emergency Management – Jocelyn Hewson – Education Lead

Emergency Preparedness (45 minutes)

7. Lionsview Seniors' Planning Society acknowledges and honours that we live and work on the unceded territories of the Coastal Salish people, including the St'at'imc, S?wxwú7mesh (Squamish), x?m??k??y??m (Musqueam) and s?!?ilw?ta?? (Tseil-Waututh) Nations.