

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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Agenda

**Tuesday, October 19, 2021
12:00 pm to 1:30 pm**

By Zoom

- 1. Welcome: by Trish and Margaret (2 minutes)**
- 2. Acknowledgement Annwen**
- 3. Introductions Trish (5 minutes)**
- 4. Presentations –**
 - Exercise and Balance - 20-25 minutes**
Susan Bock Smith – Co owner “Sure feet”, Older Adult Brain, Balance and Mobility Exercise Classes.
The Balance and Falls Prevention Classes offer by the Surefeet Team to North Shore Communities have the following identifying components: Assessments, Balance Activities for strength and flexibility, Sensory System training, Gait training, and progressions for all abilities to be successful. The classes also include Brain Health exercises, Education component and social connecting.
Participants can expect to gain confidence in their daily living, minimizing their fear of falling.
During the pandemic, the Surefeet Team, provided “on-line” weekly classes. This involved extensive amounts of time, with education and support for seniors (or their family and friends) in how to successfully participate in a zoom exercise class. This proved to be extremely successful, with weekly participation exceeding expectations.
 - Special Report – ‘In Community’: Information and Referral services for Seniors – 40-45 minutes**
Karen Wong – 1st Author on the “In Community” Report
Lesley Remund – Co Author, 411 Seniors Centre

Karen reported findings from the thorough and extensive research collected by herself and colleague, Dr. Andrew Sexsmith (SFU Gerontology Dept).

Leslie, working in the community to provide seniors access to information and referral services, including utilizing technology in British Columbia. Seniors 411 has been designated the United Way backbone organization working to support development of localized navigation and peer support programs across the province.

Both Presentations Power Points can be accessed on the Lionsview Seniors Planning Website.

5. Community Updates/information sharing (17 minutes).

Family Services of the North Shore: Robin Rivers

There is continued support for seniors through weekly phone calls, online monthly support group for family and friend caregivers and drop-in sessions for caregivers at Silver Harbour, Parkgate and North Shore Neighbourhood House at John Braithwaite Community Centre. Our counsellors are available for one to one support on a sliding fee scale.

Christmas Bureau is reaching out to low-income seniors who received support last year. For those who would like to apply this year, they can register online

<https://www.familyservices.bc.ca/find-support/christmas-bureau/> or call 604-984-9627.

6. Next meeting – November 16, 2021

Next month tentative agenda: Seniors at Risk and Extreme Weather

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.