

Services to Seniors Coalition – North Shore

Meeting Notes

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

1. Welcome: by Trish and Margaret, co-chairs

Meeting support: Joni – note taker/ presenter support.

2. Introductions– 22 guests

3. Presentations

Housing on the North Shore: Joy Hayden, Hollyburn Family Services Society.

- Housing Insecurity is a significant social challenge for North Shore communities.
Increasing homelessness population
Increasing number of first-time homeless individuals.
All renters are currently “at risk” of becoming homeless. Particularly if living in wood framed rental units.
Seniors on fixed incomes are at risk of becoming homeless.
Mental Health is on the rise and creating an additional layer to housing challenges.
- Hollyburn Family Services is working with Developers who are providing housing stock that will be available for people who live below the poverty level. Partnering with BC Housing, District of North Vancouver and the North Vancouver City.
- The “Lack of Inventory” crisis is percolating into every community with seniors being the most vulnerable.
- Room mate Registry - This is a home sharing program that matches seniors with homes with seniors without. The program will provide structure/guidelines for living together. Family Services is currently unable to offer this program due to lack of funds.
- There is a Housing list available at North Shore Community Resources. Contact Elaine for information. 604-982-3302

Joy Hayden
Innovation and Engagement Specialist
Hollyburn Family Services Society

#104-267 W. Esplanade
North Vancouver, BC V7M 1A5
cell: 604-512-2483
ph: 604-987-8211 fax: 604-987-8122
email: jhayden@hollyburnsociety.ca
www.society.hollyburn.ca

- A repeat presentation: **Ginny Cathcart from North Shore Elder College**

Presented the Winter/Spring program On-Line programming.

The North Shore Elder College invites everyone to be a part of a group that values staying intellectually active and involved in community through education.

www.nseldercollege.org

4. Community Updates/information sharing –

North Shore Neighborhood House

Trish Alsop – Food Bank will be offered 3 Wednesdays a month (not the 3rd Wed)
Line ups have diminished since the hours have expanded to 12-6pm.

Zheni Gazdova – John Braithwaite Com Centre On-Line zoom meetings have been successful: includes women’s discussion, movies, card games and mild exercise. Waiting to hear about the Public Health restrictions to start up additional programs.

North Vancouver Library

Margarete Weidmann

Seniors Gathering: Feb 9 10am London Drugs Pharmacist

Mar 9 10am North Van City Mayor Buchanan

Registration on City Library website. Both sessions include tech session and conversation.

Libraries are expanding hours to accommodate the demand with health department protocols.

- **North Shore Family Services**

Robin Rivers- Community outreach – phone support; caregiver peer support

Grief Support – 8- week on-line support has started.

Free counselling sessions available – 6 free sessions

- **Keep Well Society** - Wallis Dixon

Keep Well is currently offering zoom classes to members: Mon/Wed 10 am, Mild exercise (Opportunity to expand to 3 x week).

- **North Shore Community Resource Better at Home Services** open and in demand. Transportation is currently happening with safety protocols utilizing volunteers with private cars.
There is currently a waitlist for housekeeping.

Seniors One Stop is operating with staff support (Kathy Jarvis) at this time.

Looking at providing this phone service in Farsi.

Caregiver Program – Melissa Wade, Elizabeth Bishop will be presenting the new Caregiver Coach program at the Seniors Coalition Meeting: Tuesday Feb 16th.

New Website is about to be launched. Hoping to connect agencies with Volunteer Directory service. **Green Book** has been out of print for 5 years +. Hopes to create a new North Shore Resource Guide soon.

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

My LionsGate Break – has been offered weekly, virtually.

Seniors Hub is offering online classes: Low intensity exercises, Brain games and entertainment. Also, continuing to provide outreach to members through phone calls, newsletters and monthly gift boxes.

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

Programs are operating at approximately 30%.

Following the Public Health protocols and guidelines. Mild, low intensity exercise classes have been added to the schedule. Currently 34 programs out of 70 operating.

Food service and delivery continues to be a large focus for staff. There is also a component of prepared foods from restaurants, bakery items available for the seniors.

5. North Shore Grants

West Vancouver Foundation Community Grants – Denise Howell

Due Jan 29th

North Vancouver Community Grants – Heather Evans

For information contact heveans@hcnv.org or call 604-209-8072

Due Jan 29th

Neighbourhood Grants – Now called Responsive Grants during Covid – Up to \$500 available.

Some ideas from 2020

- Gentleman held an online workshop on how to maintain motorcycles,
- Community Gardens
- North Vancouver Podcast interviewing north Vancouver businesses,
- An art project where neighbours each did a mural on their fence,
- A young girl did care packages for seniors which NSNH helped distribute.

Our granting cycle begins on February 23rd and goes to November 9th.

To apply, people can go to: <https://neighbourhoodsmallgrants.ca/>

6. Next meeting – February 16, 2021