

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

C/o Lionsview Seniors' Planning Society
1733 Lions Gate Lane
North Vancouver
Tel: 604 988-7115 ex 4001
Email: lions_view@telus.net
www.lionsviewseniorsplanning.com

Notes

Tuesday, February 18, 2025

12:00 pm to 1:30 pm

By Zoom

- 1. Welcome – Margaret Coates**
- 2. Land Acknowledgement**
- 3. Introductions**

Lionsview Seniors Planning – Margaret Coates, Don Peters, Wallis Dixon, Margarete Wiedmann Lindsay Malkin, Joni Vajda,

Family Services of the North Shore – Robin Rivers

Disability Alliance of BC – Pam Horton

North Vancouver City Library – Rakhshanda Ansari

Capilano Community Services – Austin Neeves and Maya

Community Response Network – Sarah Gibson

Parkgate Seniors – Angela Sealy

West Van Seniors – Davida Watilla, Madi Gafney

Keep Well Society – Adele Wilson

North Shore Community Resources – Kathy Jarvis, Judy Stott

North Shore Neighbourhood House – Lea Howard

- 4. Presentations**

Jennifer Abbott – Mobile Services Network

This newly formed network meet monthly to discuss and care for older North Shore residents as well as promote each others service. They often share the same client base and all of these companies provide an “At Home” option for service. This breaks down a significant barrier for the senior. Often isolated seniors are unaware of services that are available to them.

Hear @ Home - Jennifer Abbott

This North Shore company has been in business for 16 years.

It is a hearing company that offers Mobile service enabling individual care for seniors as well has an office with full-service testing and assessments. They offer:

Simple, Non-Invasive Yet Comprehensive Hearing Assessments

Cognitive Assessments

Access to Advanced Hearing Technology

Enhance Your Ability to Communicate

Extend the life of your device & improve its performance

Location: Delbrook Plaza

Ph: 778-340-1101

Email: enquiries@cshbc.ca

Website: <https://hearathome.ca/>

Chipperfield Mobile Physio and Wellness – Justin Chipperfield

This is a mobile team of healthcare practitioners providing recovery services to all individuals.

Services offered are:

In- home Physiotherapy

In- home Occupational Therapy

In-home and virtual Clinical Counselling

In-home Kinesiology

In-home Acupuncture

In-home Massage Therapy

Contact information:

Office: 351 W. 20th St.

Phone: 604-828-2610

Time Rescue Errands – Cara Plummer

Errands, Tasks and More!

Cara can become your personal assistant.

Services offered:

Dr. appointment support

Pet Sitting

Hospital service support

Light banking

Contact information:

cara@alwaystimerescue.com

website: <https://www.alwaystimerescue.com>

Phone: 778-772-7811

The Travelling Hygienist – Wendy

A new dental experience centered around you

Mobile Dental Hygienist

Provides easy access, direct billing to insurances, Canada Dental Plan,

Services offered:

Exam, x-rays and cleaning

Cavities temporary fillings

Whitening, Mouth guards

Contact information:

Phone: 778-231-0475

<https://www.thetravellinghygienist.com/contact-us>

Live Peace Mobile Healthcare

Provides

- Flexible Hourly Care
- Highly trained caregivers

- No long-term contracts – adjust as needed
- Quality care with frequent check-ins

For more information:

Phone: +1 604 442 1746

Email : info@livepeaceseniors.ca

Website: www.livepeachseniors.ca

North Vancouver Notary – Alisha Dagenais

Alisha will bring her business to your home at your convenience.

Commissioned by the Supreme Court of British Columbia, Alisha belongs to a group of specialized legal service providers with a history rooted in integrity and trust.

Provides:

- Notarization of a document or real estate transaction
- Support with Estate Planning, wills and representation agreements.

For more information:

Phone: 604-715-6060 (Call or Text)

Email : alisha@nvannotary.com

Address: 1641 Lonsdale Ave

Mobile Acupuncture Services – Claudia Chen

Personalized Care – one-hour appointments. Practitioners must complete 3yr training program.

Common Health Concerns we provide support for:

- Back pain
- Injury Rehabilitation
- Stroke Recovery
- Sciatica
- Cancer Support
- End-of-Life Care
- Stress/Anxiety
- Chronic Fatigue
- Joint pain
- Fibromyalgia
- Fertility/Pregnancy Support
- Women’s Health

For more information

Phone: 604-812-6838

info@mobile-acupuncture.com

Your Moving and InHome Concierge – Judy Dahl

Helping seniors age in place. Your concierge service will act as your personal project manager and will assist you with all of life’s challenges. Professional support for residents with downsizing or decluttering one’s belongings.

For more information:

Phone: 604.210.7015

Email: info@yourmovingconcierge.ca

Website: <https://yourmovingconcierge.ca>

Clearlight Eyecare – Swail Pirzada

Optometrist Owned and Operated. Works closely with North Shore Ophthalmologists.

Services provided:

- Comprehensive eyecare
- Advanced Diagnostic Technology
- Mobile Eye Clinic
- Eyewear

For more information:

Phone: 604-770-0475/ 604-210-7015

Email: info@clearlighteyes.ca

Website: . <https://clearlighteyes.ca>

There is a **Foot Care Company** that was unable to attend. For more information: Contact Jennifer Abbott from Hear@Home.

Q and A

1. **Q.** Can Hear@Home help someone with hearing aids that they have purchased from another source.
A. The staff will do their best to minimize additional costs to customer.
2. **Q.** Does “Moving and In Home Concierge” successfully support clients who are experiencing extreme clutter?
A. Staff access support from professionals. They have access to: Occupational Therapists and Phycologists.
Philosophy of co. is to minimize the amount of waste going into the landfills. Often the concierge will facilitate difficult neighbourhood/strata situations that are moving towards unsafe housing situations. Considerations include Healthcare, family concerns, building management, real estate agents (for resale) while working closely to support the client.
There is interest from Judy Dahl to work together with Lionsview Seniors Planning SWG and the Community Response Network.
Concierge team provides gentle and effective support dealing with difficult and emotional issues.
3. **Q.** Do any of the private agencies in the Network provide financial support for low-income seniors? Possibly providing a sliding scale for fees/charges?
A. Judy from In Home Conscierge is currently working with Susie Chant – MLA and Kathy Jarvis – NSCR to look for ways to provide subsidizing services required to continue to age in place.
Jennifer from Hear@Home has a non advertised bank of hearing aids they donate to low income seniors.
Travelling Hygienist provides low-cost service to seniors made possible by the Canada Dental plan.

“Take away is the importance of all agencies and companies supporting seniors as they age in place benefit from this kind of connection and conversations.”

Suzanne Fuller Blamey – North Shore Primary Care Network – Unfortunately unable to attend meeting.

5. Community Updates

Parkgate Community Services, Social Prescribing Program – Angela Sealy

Social Prescribing Engagement Social - March 5 10 :30-12 :30 at the

Royal Canadian Legion – 123 West 15th North Vancouver

Refreshments will be served.

Family Services of the North Shore – Robin Rivers

- One on one visitation has enhanced opportunities due to the completion of a volunteer training program.
- Service is available for isolated seniors and seniors living with chronic illnesses with phone check ins, friendly home visiting, and walking in their community.
- Space available in on-line monthly Caregiver Support program
- Parkgate Caregiver program meets twice monthly and there is space in this program.
- Grief support (8-week program) will commence in April. Register now to ensure a spot.

Tax Clinics will be commencing in early March. This is available for low-income seniors with straight forward tax returns. More specific information available on www.canada.ca

North Van City Library – Contact Rakhshanda

North Shore Community Resources – Kathy Jarvis

North Shore Neighbourhood House – Trish Alsop

West Vancouver Seniors Centre – Davida Watilla

North Shore Women’s Centre

Keep Well Society – Adele Wilson

Urgently looking for fitness instructor with Older Adult Training.

Contact Keepwell@telus.net

6. Next meeting: March 18, at 12:00.

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).