

# 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, January 18, 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)**  
32 members joined the meeting
4. **Presentations – introductions Joni**

## **Failing to Plan is Planning to Fail! A cautionary tale about estate planning:** Lesley Mizdain – Lawyer on the North Shore

In the business of stress reduction. Approximately 50% of Canadian Adults do not have their plan in place.

### **Personal Legal Planning Includes:**

**Estate Planning:** A plan for others. An opportunity to create a legacy. Wills are the cornerstone of estate planning. Also includes Trusts and Beneficence designations.

This will ensure that your wishes will occur upon your death.

**Incapacity Planning:** Important to make sure you have a plan.

This is where others will be able to act on your behalf and take care of your affairs while you are still alive. Legal documents involved in Incapacity Planning: Power of Attorney and Representation Agreements.

### **Relationship Planning**

**Discussion:** Amelia Geddes- Alzheimer's Society wanted legal guidelines for assessing capacity.

Dying without a will results in failure of Intentions, Confusion and cost and more opportunity for fraud, abuse and indifference to your wishes.

## **Volunteers North Shore: Website Launch** Sue Carabetta and Elaine Smith – North Shore Community Services

The 170 North Shore agencies that provide opportunities for volunteers will input and maintain their specific information required for existing positions.

Jennifer Fitzgerald will be contacting all these agencies to support them

in activating their agency page on the new website.

NSCR provides a table for Volunteer Coordinators across the North Shore can meet and share ideas, three times a year.

North Shore Community Resources Youth Volunteer Coordinator finds and manages the High School and Educational Opportunities for work experience. NSCR sponsor the Spirit Awards which occur annually and post pandemic, are looking forward to partnering with North Vancouver Library's to offer a Community Volunteer fair.

#### **Emergency Preparedness update – John Hawkes, North Shore Emergency Management**

John had an opportunity to explain the plan that North Shore Emergency management is currently working on, on Extreme Weather Events. There are several people in this meeting that he is looking forward to reaching out to.

If there is anyone interested and has thoughts about how to support the Emergency Management Team with their plan, please contact John Hawkes.

[jhawkes@nsem.ca](mailto:jhawkes@nsem.ca).

#### **5. Community Updates/information sharing**

The meeting was running overtime, so Margaret has asked members to send any information to her and she will circulate to the group.

##### **Family Services of the North Shore – Robin Rivers**

The in-person Caregivers Connect drop-in sessions at community partners is on hold. We hope to resume services in February if it is safe to do so.

Online monthly Caregivers Support Group are continuing.

Staff are providing resources/information via phone/email.

Volunteers continue to provide phone support to caregivers and isolated seniors.

Online Grief Support Group is started Jan. 24 and it is full.

Counsellors are providing support in person, online, and via phone.

Most staff are currently working from home and will re visit in February.

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

Justin Lee from Seniors First BC will talk about “Elder abuse” and strategies to deal with it. The talk is being held via zoom on the 16<sup>th</sup> of Feb from 6 to 7 pm.

More information and how to register at the following link,

<https://www.nvcl.ca/calendar?trumbaEmbed=view%3Devent%26eventid%3D157344974>

#### **6. Next meeting: February 15, 2021**

- 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.**