

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

Agenda

Tuesday, January 21, 2025
12:00 pm to 1:30 pm
North Shore Neighbourhood House
225 E. 1st St. North Vancouver

1. Welcome – Trish Alsop

2. Land Acknowledgement

3. Introductions

North Shore Neighbourhood House – Trish Alsop, Lea Howard
Lionsview – Margaret Coates, Lindsay Malkin, Wallis Dixon, Barry Goodwin, Lorna Goodwin, Joni Vajda
Parkgate Community Centre – Kelsey Grass
Hollyburn Family Services – Veronica Traille, Destiny Doherty, Marianne Salehi, Mary Sorrento
NV City Library – Rahkshanda Ansari
Silver Harbour Seniors Centre – Annwen Loverin
West Vancouver Seniors Activity Centre – Davida Watilla
Keep Well/LVCA/Susie Chant, MLA – Adele Wilson
NSCR (Better at Home)- Judy Stott
NSCR – Kathy Jarvis
BCCRN – Sarah Gibson

4. Presentation – Speakers

North Shore Neighbourhood House – host Trish Alsop

The North Shore Neighbourhood House's mission is to work together to enhance the lives of our neighbours, especially the most vulnerable. The Centre is celebrating 85 years of programs and services offered to the North Shore. As the largest non-profit on the North Shore with an annual operating budget of over \$11 million, it is currently running programs out of 14 sites with over 400 volunteers. Programs are offered to Families, Youth, Pre-school aged and Seniors. NSNH partners with several agencies in program delivery to seniors. These include the North Shore Keep Well Society and the North Shore Stroke Recovery Centre.

Manager of Community Services and Seniors, Lea Howard oversees the UBCM funded Navigator Program, and Table Matters North Shore.

The Navigator Program staff advocate for approximately 75 at risk seniors monthly, providing support in food and housing insecurity. Meeting people in the community where they are. Table Matters is a “Network of Food Providers on the North Shore”. For information, on free and low-cost resources for food, please refer the website. <https://tablematters.ca/>

The North Shore Food Bank is part of the Larger Greater Vancouver Food Bank Program and is located at the NSNH. To Register as a new client for the food bank, people must call/email the Vancouver location to book an “On site” registration appointment. This is a significant barrier to North Shore residents wishing to access service. Neighbourhood staff are working to provide this service at the NSNH location.

The Food bank is open every Wednesday from 9-5:45pm and sees up to 1200 people each week. Over 200 of these are seniors. Prior to COVID, the food bank served 200 people weekly.

NSNH oversees the operation of Loutet Farms, 1400 Rufus Ave. NV. This garden sells low-cost produce and provides educational opportunities for the community. In addition, there are 5 sharing gardens on the North Shore. These gardens, operated by 40-50 volunteers provided over 6000 lb of food to the food bank last year.

Sarah Gibson, BC Community Response Network

An Introduction to Extreme Clutter

Language is important when supporting someone living in extreme clutter.

“Hoarding” holds stigma and judgment about the situation and the individual.

There are 3 stages to the development of a hoarding situation.

Collecting – People enjoy collecting and displaying items

Clutter – This is where the collections become items of no value and use and starts to take over a home.

Hoarding –No longer able to use a room for its intended purpose.

People could be suffering from Hoarding Disorder due to:

A stroke or brain injury

Dementia and Aging

Physical Disabilities.

Mental Health challenges such as obsessive-compulsive disorder

Possible life trauma

Genetics

Between 2-6% of the population suffers from Hoarding Disorder. These individuals acquire excessive amounts of things and do not have the ability to get rid of anything.

Anxiety and embarrassment result in self isolation so that others do not see what is happening.

Many seniors get to a point where they can no longer live independently because help and support workers for daily living are not able to come into the home.

This is self neglect and can cause serious housing issues for them. Their home could become a fire and/or safety hazard. Evictions can result in them becoming homeless. People do not want to rent to them as they are not good neighbours.

Providing support is very seldom successful because once their home is cleaned up, the individual will start the cycle of collecting, clutter and hoarding all over again. There is often comfort being surrounded by personal items.

A coordinated community response is required to be able to provide successful outcomes. This is currently not happening on the North Shore.

For more information:

Hoarding.psych.ubc.ca
Vancouver.pathways.ca
Cluttertocash.com
Localtraumaclean.ca
Declutter.ca

5. Updates

Alzheimers Society – Amelia Geddies

January is Alzheimer’s Awareness Month

- Encouraging individuals to learn more about dementia
- Help spread the word in the community
- Connect with local societies
- Listen to stories of people with lived experience
- Support community initiatives

For more information <https://alzheimer.ca/bc/sites/bc/files/documents/AAM-community-partner-toolkit.pdf>

Family Services of the North Shore – Robin Rivers

- Winter Grief Groups (NV City Library and Mollie Nye House) are underway and currently full
- Caregiver Groups – Space is available in On-Line program and the Tuesday Group at Parkgate.
- One on one support for caregivers is available through phone or email.
- Community volunteers are working to support isolated seniors with friendly visits , walks and caring calls
- More information contact: rivers@familyservices.bc.ca

Thank you to the Trish Alsop, North Shore Neighbourhood House, for hosting the January meeting. The refreshments and treats were enjoyed and appreciated.

6. Next meeting: February 18, at 12:00 on Zoom

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).