

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, March 18, 2025
12:00 pm to 1:30 pm
At Silver Harbour Centre

1. Welcome – Trish Alsop

Thank you to Silver Harbour Seniors Activity Centre and Annwen Loverin for hosting this meeting.

2. Land Acknowledgement

3. Introductions

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

North Shore Neighborhood House - Trish Alsop, Lea Howard

Capilano Community Services – Austin Neeves

Silver Harbour Seniors Centre – Annwen Loverin

West Vancouver Seniors Activity Centre – Maddy Gaffney

North Vancouver City Library – Rakhshanda Ansari

North Shore Community Resources – Kathy Jarvis, Anne-Marie Jamin

Parkgate Community Centre – Kelsey Grass, Ellen Claque

Keep Well Society – Adele Wilson

Family Services of the North Shore – Robin Rivers

4. Presentation #1 Suzanne Fuller Blamey – North Shore Primary Care Network (on zoom)

Primary Care Networks are funded by the BC Ministry of Health.

North Shore Primary Care Networks serve District of North Van, City of North Van, District of West Van, Squamish Nation, Tsleil-Waututh Nation, Bowen Island and Lions Bay.

The Network provides timely access to longitudinal and episodic primary care.

Recent work has seen a refresh and focus on Physician leadership and community connections.

Continued engagement with First Nations into Primary Care providing additional Nurses, Mental Health Clinician, and Clinical Pharmacist.

Eight Core Attributes provide a foundation for evaluation:

- How long does it take to get into a practitioner's office?
- How long are the hours open?
- How many patients access virtual care?
- Is there comprehensive care plan with additional medical support for patients?
- Is there a link between LGH and Primary Care services?
- What communication is taking place?

The major population includes:

- Mental Health patients
- Frail Older Adult patients
- Indigenous patients
- Cancer Care for patients
- Maternity care for patients

There has been a recent increase in primary care providers for the North Shore.

- 35 new Doctors
- 12 Nurse Practitioners
- 12 Mental Health Professionals
- 3 Primary Care Pharmacists
- 10 Registered Nurses in Practice

North Shore Primary Care has recently attached 12,000 patients with a primary care provider with plans to add an additional 12,000 more patients in 2025.

Preventative Care Strategic Planning Framework – for public engagement

Who do we serve?

What services are we providing?

Where/ Who are viable partners in care providing services?

What will the public engagement process look like?

How will we share information with the public?

Current community partnerships include:

West Van Police

BC Emergency Health Services

North Shore Emergency Management

Lookout

Community Libraries

District Planning Departments

North Shore Impact

BC Housing

North Shore Community Centres

Marineview

West Coast Wills and Estates

North Shore Community Resources

Social Prescribing Program – United Way initiative

PCN are currently partnering with North Shore Community Services Navigator program

Discussion

Note: Parkgate is also offering the social prescribing program and should be included in partnership with Primary Care Teams.

Other groups to reach out to are: North Shore Neighbourhood House, West Vancouver Seniors Centre, Parkgate Seniors, and North Shore Community Resources. This will bring community agencies offering navigational support for seniors and health care workers together.

Social Prescribing Week – March 17-22

Lionsview will reach out to community collaborator programs and invite them and VCH PCN's to a meeting to collaborate with North Shore Social Prescribing Programs.

Rhakshanda noted: **VCH Primary Care Clinic offers Health Connections Clinics**

148 E. 15th St. North Vancouver.

Sees patients with substance abuse and mental health issues and concerns. Walk-ins available.

Presentation #2

Annwen Loverin – Silver Harbour

Annwen welcomed everyone to the centre and invited them to have a facility tour after the meeting.

Silver Harbour currently offers 75 programs/ services weekly

These include physical programs, visual arts and performing arts, learning classes, educational activities and supportive and helpful services for seniors.

Physical activities:

Keep Well, Osteofit, Yoga, Tai Chi, Get up and Go, Dance programs, and Sports and Games

Visual Arts

Pottery, dress making, arts/ crafts, weaving, woodworking, special events

Learning and Educational

Language classes, ESL Partnering with Impact and Elder college seminars and workshops and

Social programs

Conversations groups, bus trips, special events, and workshops featuring guest speakers

Helpful Services

Legal support (from practicing lawyers), Free wills clinics, Information and referral, Food and meal services (Mon -Fri Hot lunch served) and refreshments throughout the day.

150 people enjoy food services daily. Lunches are subsidized, offering below 30% of preparation costs.

Seniors Centre Intended Outcomes

- Social Connectedness
- Sense of Purpose
- Self Confidence with increased Self Esteem
- Resilience
- Creative Expression
- Mental and Emotional Wellness
- Physical Health
- Capacity to plan and make informed choices

The centre sees 3000 seniors annually.

The centre operates with a small but mighty staff team of 6 members. This provides 25% of services. Volunteers provide balance of leadership and workload (totally between 200-300). There is a very strong Volunteer Board of Directors overseeing the operations.

Financials

Revenues

- Budget – \$1,000.000
- 35% Municipal Grant
- 15% Other grants and donations
- 50% Fees and charges and earned income

Expenses

- 50% staff
- 20% Building maintenance
- 20% Programs
- 10% Admin

Moving Forward

The New Building is slated to open April, 2026. The Senior Centre is part of the large construction on the Harry Jerome Community Centre Site and is located on the Southeast Corner on 23rd and St. Georges.

The Seniors owe huge gratitude to the City of North Vancouver.

The building will cost 25 million \$ with a recovery of 18 million \$ from the sale of the existing property of Silver Harbour and Harry Jerome Rec Centre.

Hours of operation in the new facility will be extended from a 5-day operation to 6 days and programs will be offered in the evenings.

Silver Harbour will pay for program equipment.

Transfer to the new facility will involve a possible 2-week closure.

Staff have had a lot of input into the layout of interior spaces.

Discussion:

SH has a subsidy program for members who are unable to pay for programs. Financial assistance is available for financially insecure seniors. They can receive 50% off of a membership and 50% off programs. The process has minimal barriers. A request for support is required. There are currently less than 10 members accessing support.

Free Food Shelf in the Hallway is available to everyone.

SFU – Accessibility, Inclusion and Impact program will be supporting the transition of moving from one facility to another in the form of a Masters Gerontology Student. An accessibility, Inclusivity and Impact Survey is currently underway with members and guest of Silver Harbour.

Updates:

Lionsview would like to invite everyone to:

A Conversation with Susie Chant, Parliamentary Secretary for Seniors Services and Long-Term Care

April 9th 1:00pm - NSCR Community Services (in the community room).

Susie has requested this meeting of the North Shore Seniors Coalition.

Agencies will be invited to introduce themselves and their services.

This is an opportunity to speak directly with government.

Lionsview will create a presentation that will prioritize questions for this meeting. Margaret will be reaching out to Coalition and SWG members for input in this process. Current topics could include housing, accessibility and the SWG Transportation workshop information.

North Shore Neighbourhood House – Trish Alsop

Low-income tax clinics are underway. Drop ins are welcome. Will continue until the end of April.

Capilano Community Services - Austin Neeves

Upcoming community lunch is being hosted by the Cap Cooking Cooperative. Cost: \$5

Family Services of the North Shore – Robin Rivers

- Free 8-week spring Grief Support Groups begin on April 1 at Mollie Nye House, April 10 at the North Vancouver City Library.
- There is space available in the monthly online Caregiver Support Group and bi-weekly Caregiver Support Group.
- Trained volunteers are available to provide weekly calls, friendly visits and walking companionship for caregiver's seniors who are feeling isolated or living with a chronic illness.

Contact Robin Rivers, Family Services of the North Shore, at rivers@familyservices.bc.ca or call 604-988-5281 ext. 233

Next Coalition Meeting: April 24th at 1:00, at the NSCR, A Conversation with Susie Chant.

Contact Margaret for more information about this meeting.

Capilano Mall

201-935 Marine Dr, North Vancouver

Up the escalator by Walmart front entrance

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).