

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, May 16, 2023
12:00 pm to 1:30 pm

By Zoom

1. **Welcome: by Trish Alsop (2 minutes)**
2. **Land Acknowledgement (1 minute)**
3. **Introductions (5 minutes)**
4. **Presentations – introductions Joni**

Community Supports for Seniors

- 1) **Alies in Health – Research Project – Shannon May Craig**
UBC Research – Psychology Department

UBC invites individuals with a study partner to participate in this Alies in Aging research project.

Looking at how social interaction affects daily life.

What's Involved:

2 virtual appointments

90-150 min of self-paced movement

Blood draw @ a life lab of choice

Participants will receive an honorarium of \$150

Interested seniors:

allies@psych.ubc.ca

604-822-3549

www.blos.ubc.ca/aliestudy

- 2) **NSCR - Information and Referral – Kathy Jarvis**

Seniors One Stop – This is a referral program that supporting North Shore. Available by phone, drop-in and provides an updated NS Seniors Directory. Community volunteers with experience and knowledge of North Shore Community provide this important support.

Volunteers are trained to “LISTEN”!

Support is provided for form filling. There is an available computer for community access.

10 Flyers – Translated into Farsi and Basic English.

Farsi support is available in the NSCR office.

Community Connector – Social Prescribing

Barb provides one on one support for seniors requiring support and advocacy.

This work is done in partnership with other Seniors Service Agencies on the North Shore.

NS Better at Home Program- Judy Stott

Funding provided by the United Way. As the # of seniors increases, more funding will be required to provide this service effectively.

The program provides support to help seniors remain independent.

Some services are provided free of charge, others are charged on a “sliding scale” basis.

Services include:

Light Housekeeping – Currently a waitlist available

Minor house repairs

Light yard work

Friendly phone check in

Transportation to and from medical appointments.

Grocery shopping support program

Prescription pick program.

A formal intake assessment is required.

Other NSCR one stop programs are:

Caregiver Support Programs

Community Tax Program

Community Legal Program

Volunteer North Shore Website

Contact information for NSCR:

604-985-7138

201-935 Marine Dr. North Vancouver (right across from Walmart entrance and up the escalator)

SOS – 604-982-3302

nscr@nscr.bc.ca

3) NSNH- Peer Support Program – Lorna Harding

The NSNH peer support program is available for volunteers and seniors that are 55plus.

The program is part of the Provincial Regional Peer Support Group of B.C.

This is a free service of one-on-one support.

The program currently has 25 active volunteers providing support with an additional 35 on a list (vacation etc).

Volunteers must complete the intensive 50+hr training program. They are always looking for seniors that are interested in making a difference in someone else’s life.

The program provides connections, opportunities to share, friendship and especially to have some fun.

Referrals to the program come from: VCH Older Adult Mental Health team, Lions Gate Hospital, family and friends and self-referrals (often word of mouth).

The program operates out of the John Braithwaite Community Centre. Other support programs includes: Mind and Body Program and Knitting Social

Referrals and information:
Lorna Harding Cell: 604-315-2084

4) Parkgate - Social Prescribing – Angela Sealy, Community Connector and Kate Layard, UBC Social Work Student

The United Way Social Prescribing program operates out of the Parkgate Community Centre. Medical personnel in the community can prescribe that their patient or client participates in this connection/ navigation program. Evidence shows that social connectivity enhances wellbeing resulting in better health outcomes.

There are currently 20 members in the program, with all of them residing across the whole of the North Shore.

Angela and Kate will connect with appropriate community agencies that will best support their clients. Staff will then provide first day support as they join in their neighborhood activities, meeting old and new friends and minimizing the barrier of transportation.

For information:

Contact: Angela Sealey at asealy@parkgatesociety.ca
<https://parkgatesociety.ca/social-prescribing-referral-form/>
Seniors phone line: 604-983-6359

5) Community Updates

NSNH - Trish

Staff changes will see Zheni moving from Neighbourhood house to Parkgate Community Services. Zheni's position has been posted on the NSNH website.

Transportation is a challenge with very few drivers available. This is impacting the VCH programs offered, Bright Spot and Golden Circle.

NSCR – Connect and Prepare – Sue

Age-Friendly Communities workshops for seniors. Caitlyn and Yola will be in the community hosting fun workshops to prepare seniors for extreme weather events. To book one of these important and fun sessions contact:

Caitlyn Swail, Connect and Prepare Coordinator

604-982-3311 caitlyn.swail@nscr.ca For information: www.nscr.ca

Alzheimer's Society – Amelia

A recent Caregiver Expo was great success.

A Farsi speaking caregiver support program is currently in the works. Watch for it!!

Margaret will send this information out to the coalition soon.

NSVS - Martine

Offers small intimate programs for seniors who are lacking confidence to participate in larger centres and programs.

Programs offered: i-pad tech club, story telling and writing, and chair yoga.

Information: www.nsvs.ca

NV City Library

Offers on going Seniors Device Clinics

Monthly seniors gathering provides speaker series for members.

WVSAC – Davida

The 5th NS Seniors Expo will be happening on Friday Sept 8, 10am-4pm. Nurse Next Door will be the Gold level sponsor.

Advisory Board is involved with a Survey for members called 'Guage with Age'. Next meeting will be Friday May 26th 9-10 for interested seniors. Discussion will be Key areas of Seniors Services Trends.

Outreach offering: Grief Support, friendly phone calls and medical rides to and from appointments.

Announcements:

Margarete W. There will be a Volunteer Fair held at the NVCity Library, May 27th.

6) Next meeting: June 20th, Long Term Care

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.