

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, October 15, 2024

12:00 pm to 1:30 pm

Parkgate

1. Welcome

2. Land Acknowledgement

3. Introductions :

Lionsview: Margaret Coates, Wallis Dixon, Joni Vajda

NSNH: Trish Alsop, Taylor Prescott

Parkgate Seniors: Kelsey Grass, Ellen Claque, Ashton Ying

Silver Harbour: Annwen Loverin

Community Response Network: Sarah Gibson

Comfort Keepers: Cherian Itty, Betty Wills

Hollyburn: Destiny Doherty, Mary Sorrento

Thank you, Parkgate Community Services, for hosting this meeting.

4. Presentation

Parkgate Programs, Social Prescribing and video Kelsey Grass

Parkgate Community Services creates opportunities for seniors to connect and live life better. Everyone is welcome.

The center is a community hub and provides enhanced social, cultural, educational, health and fitness and activity-based programs and services to the community at low or no cost.

Programs offered:

Seniors' drop-in programs:

- Caregiver support programs
- Games – Bridge and Mahjong
- Movie Club
- i-pad group
- What's news

Fitness programs: Keep Well, Balance and Mobility, Yoga, Line Dancing, Men's Walking group, Parkgate Pacers and Fairway friends.

Transportation for seniors to and from the centre is a challenge.

Parkgate offers bus pick up to the Enhanced Meal Program (Grant).

Shuttle bus – provides service from the Parkgate Centre to Deep Cove.

The Coalition is funded, in part, by the District of North Vancouver, the District of West Vancouver, the City of North Vancouver, the Policy and Enforcement Branch of the BC Gaming Commission and through other funding sources

Access Bus – Tue/Thurs Shopping and Social program for 3 hours.

My Parkgate Break – This program is a safe gathering place for individuals experiencing changes associated with early to moderate dementia. The program provides respite for loved ones 2 days a week for 4 hours. There are opportunities for intergenerational programs such as the onsite preschool program enjoys story time and show and tell with the seniors.

Caregiver Connect – is offered to spouses of members of My Parkgate Break and runs at the same time as the program

Noteworthy Singers – This partnership with VCH/ Windsor School and Parkgate Seniors who are experiencing losses due to dementia (Loved one/participant/Student) enjoy a fully conducted music program. The choir is currently operating with 50 singers.

Social Prescribing – A nonmedical method of support for seniors on the North Shore (one of 2 programs offered on the North Shore). Staff review the senior's challenges with health and help them gain access to appropriate programs and services to support wellness.

a) **Multicultural Programming: Bitra Parsa**

Unfortunately, Bitra was unable to attend. Please see the notes from her presentation to the October 9th meeting of the Seniors Working group.

Programming for Middle Eastern Seniors resident in North Vancouver, Bitra Parsa

- Middle Eastern Seniors Society is very new and in the development stages.
- Serving Elderly Persian North Shore residents.
 - Focus on enhancing quality of life through socialization. Programming will provide opportunities to maintain positive mental health and resilience resulting in members living longer, healthier happier lives. Volunteer opportunities will be available. Specific program requests: Music, Arts, Yoga, and Digital literacy lessons.
- Looking for partners with agencies that can provide facilities for these programs.

For more information: Bitra.hiss@gmail.com

Or www.shirazseniorssociety.ca

5. **Community Updates:**

Community funding model discussion – Wallis/ Annwen/ Trish.

NSNH, SH, PG, Lionsgate/ Cap Services all seem to operate with a different funding model. They are partnered with NVRC.

New facility opening soon – Lynnecreek

Silver Harbour Seniors Centre – Annwen

Christmas Market – Saturday November 16th 10-2pm

NSNH – Trisha

Construction of Care BC building next door is moving along. This creates parking challenges for participants.

Food Bank continues to operate at capacity. There is now a cut off time of 5:45pm.

There seems to be more singles showing up for support.

Comfort Keepers – Cherian

The Intellectual Disability Association is looking for people who would be interested in housing one of their senior members. This is a paid situation \$2000/mo. Must provide room and meals.

Hollyburn Family Services of the North Shore

New General Manager – Mark Friesen is making the rounds to meet staff and community. People find him personable and approachable.

6. Next meeting: November 19th, 2024, at 12:00 (Zoom Meeting).

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?? (Tsleil-Waututh).