

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 Coalition has 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 18, 2022
12:00 pm to 1:30 pm

By Zoom

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

Kim Hockey was unable to attend the meeting. She would like to present on SFU Home share program in the new year

1)Special Coalition Event – Joni Announcement

The North Shore has been asked to conduct a Consultation on Ageism at the Services for Seniors Coalition regular November meeting.

Tuesday November 15th, 12-2pm

Lions Gate Community Centre
1733 Lions Gate Lane, NV

Please register by contacting Joni at lions_view@telus.net

2) North Shore Emergency Management Update - John Hawkes

Connect Day – North Shore was held at the Pipeshop, Shipyards on Monday October 17, 2022. It was a busy and successful event with many organizations participating.

Shake Out Event – Thursday Oct 20th. The North Shore emergency drill focuses on what to do in the event of an earthquake emergency. At 10:20am everyone is to drop and cover if possible.

There will be an on-line conversation on Tuesday Oct 18th, 7-8pm featuring local earthquake expert, Taryn Moore. To register:

www.eventbrite.ca.earthquake-preparedness-beforeduringandafter.com

Launch of the Connect and Prepare program: This grant initiative involves: New Westminster, Burnaby, Vancouver-Mount Pleasant and North Vancouver City. The goal will be to identify 3 community buildings that houses mixed populations with a high percentage of seniors living in them. Emergency Management will act as a vehicle to break down barriers within the buildings, encouraging connecting with neighbors.

Partners working on this project include: NSEM, SH, NSCR and Lionsview.

NSEM Website The page will be turned later this week and will emphasize protocols and information about cold and wet weather conditions.

Another grant opportunity highlighting data collection of information identifying risk locations on the North Shore is underway. This will support vulnerable neighbourhoods during extreme weather events.

Weather Conditions - The unprecedented extreme draught conditions will be coming to an end this week. We can expect a lot of rain this winter. The ground is less able to absorb rain water and could result in localized flooding. NSEM is working to provide support for vulnerable homeless citizens at this time.

Current smoke situation is causing challenges for many people. The poor air quality is a result of fires in Northwest Washington state. This will dissipate when our weather changes to rain. Sunshine Coast is on state of emergency with restricted water usage.

NSEM/Community Facility Partners - Community Centres and Libraries have become the cooling centers for our community in the summer months and warming centres in the winter months. This is an excellent fit as most people are familiar with staff and facilities providing a level of comfort.

1) North Shore Family Respite Centre – Inge Schamborski - ED Care BC

History

In 2008, The Board of Care BC decided there was a need for a respite centre on the North Shore. At this time, 12 beds were available in Vancouver, supporting both Vancouver and North Shore families.

BECAUSE YOU CARE became the fundraising vehicle that has raised \$ over the past 15 years. The fundraising goal was 11 million dollars. They have currently raised 6 million dollars.

What is a respite program? This program is designed to provide caregivers with a break enabling them to be able to continue to take care of their loved ones at home. The program is licenced and operates somewhat like a hotel visit. Staff provide 24-hour nursing care while relying on individuals' physicians in the event of any emergency. The program offers socialization activities, therapeutic recreation in the form of exercise, music therapy and entertainment. There is also a garden that offers therapeutic support.

New Centre

Will offer 25 adult day program spaces and 18 overnight rooms. The day program will cost \$10/day and overnight guests \$40. Facility will be completely accessible.

This could have 43 daily clients involved in the day program (combining night residents and day program seniors).

The centre was originally planned for a location in the District of North Vancouver.

Unfortunately, this plan fell through and the City of North Vancouver council has picked up the ball and has provided space for this important centre on the main floor of a building to be developed on St. Georges and East 2nd Ave.

This centre will be highly regulated. It is 18,000 sq.feet (2 full acres) on the north east corner of the building. The centre will offer a large kitchen and commercial laundry facility. There will be a cook on site 7 days a week providing meals for guests.

Night guests will be encouraged to have a minimum 2night stay. They will develop an individual care plan. They will receive meals and a routine that suites their individual needs. Guests and caregivers often come to the respite centre with anxiety and apprehension. It has been proven

that the overnight guests will go home with a higher level of function than when they arrived. They enjoy socializing and tend to step up to be helpful towards staff.

The exciting news is that the plan is to break ground on this building in early December of this year and will take between 22-24 months to complete

2) North Shore Neighbourhood House new facility update – Tricia Alsop

History

The North Shore Neighbourhood House has been in the City of North Vancouver for over 83 years.

The centre operates on an integrated senior's hub model and involves partnerships with many non-profit organizations.

Their mandate is to "Enhance the lives of the neighbourhood".

The current building is no longer large enough to meet the current community needs.

During the pandemic, the facility gymnasium has become the expanded North Vancouver division of the Vancouver Food Bank.

New Building

There are 3 phases proposed for the development of the new facility. All of these phases require community collaboration. They are:

The development of the Family Respite Centre.

The development of the New North Shore Neighbourhood House

And finally, the development of a Community Park.

Hollyburn Family Services housing will be providing low cost housing on the upper floors of the building.

North Shore Neighbourhood house will remain open during construction. The building will be a city building and is currently involved in the capital budgeting process.

Community Updates:

North Shore Neighbourhood House – Tricia Alsop

Food bank stats – 788 lives weekly are affected by the Wednesday food bank.

150 people weekly affected by the Thursday hamper program.

There is a new "Share Box" program that has been placed at the front door of the NSNH. This box contains canned foods, personal products, and books. It has only been available for one week and staff are working on the best way to offer items to the most amount of people. This is a good stop gap for food insecure individuals that are waiting for their food bank opportunity on Wednesdays.

Christmas at Neighbourhood house – There will not be a Christmas lunch. The food bank Wed Dec 21st will have a festive day with treats and entertainment for clients. There will be a Santa Breakfast.

There was a successful senior's Thanksgiving event held at JBCC.

Bus Trips are at capacity. There is a need for more drivers.

Parkgate Community Centre – Kelsey Grass

Bus trips are full and popular. They are currently making plans for Christmas trips.

The meal delivery program is alternating every other week. One week, food delivery and the next week, "dine in" is available for members.

The social prescribing program is full and has a waitlist.

My Parkgate Break is up and running.

The intergen program will be commencing in January 2023.

Capilano Community Services – Melanie MacCauley

There are 21 senior's programs being offered at their new facility.

Ten of these programs are drop-in and popular.

The shopping outreach programs continue to thrive.

There have been an increase number of "intakes" in the past week.

My Lions Gate Break is running Monday and Wednesday. There is currently space in this program. New brochures are available through Melanie.

Family Services of the North Shore – Robin Rivers

Grief support program is running "in person" sessions at Mollie Nye House.

Volunteer support and outreach is happening in the form of friendly phone calls and companion walking.

Drop-in caregiver groups are happening at Silver Harbour, John Braithwaite Community Centre, and Lions Gate Community Centre.

There has been an increase number of "intakes" this last month.

The Christmas Bureau will host it's Open House Thursday Oct 20 on the upper floor of the old sears building.

Hollyburn Family Services – Veronica Traille

Noted another **gap in services** on the North Shore. There has been an increase in the number of seniors that do not have a "Next of Kin" or someone that will help advocate for themselves. These seniors are falling through the cracks because no one is speaking up for them.

Kelsey noted that they would fit into the Parkgate Social Prescribing program. Have them call Katie at Parkgate.

Tricia noted that NSNH has a strong peer support program and this might help someone. Conversation is to be continued!

Keep Well Society – Rosa Tkavoca

Keep well is currently offering 7 "in person" programs on the North Shore.

There are plans to expand this to offer a Keep Well program at West Vancouver Kiwanis Village.

Lynn Woods community are in the planning stages of developing a new program.

Lionsview Seniors Planning – Joni Vajda

Reminder to register and attend the important November 15th meeting on Ageism.

5. Next meeting: November 15, 2022 – Consultation – workshop on Ageism.

6. 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.