

# TRI-CITIES SENIORS PLANNING NETWORK

## Minutes of Meeting

Tuesday, January 14, 2014 - 1:00 - 3:00 pm

Location: Poirier Library - Nancy Bennett Room

### In Attendance:

Aida Alves  
Masumeh Bakhshian  
Effie Garcia  
Patricia Garner  
Joanna Habdunk  
Peggy Hendrickson  
Jackie Hong  
Gina Hortelano  
Judy Jackson  
**King Lum (chair)**  
Pat McBlane  
Massi Moosavi  
Mike Oakley  
Christine Spinder  
Suzanne Tempel  
Irene Turnbull  
Karen Tyrell  
Linda Western

### Regrets:

Stacy Ashton  
Bruce Bird  
Marg Gordon  
Jean-Marc Lamarche  
Robyn Newton  
Carolyn Sherrell (until June)  
Sue Uremovich

1. Introductions were made around the table.
2. King introduced Christine Spinder as our guest speaker.

Christine is a Regional Mentor for the BC Association of Community Response Networks (CRN). As a Mentor, she assists Community Response Networks, or helps to establish them, throughout specific communities in the Lower Mainland.

The goals of the Network include:

- Working with community agencies and volunteers to coordinate their efforts in finding solutions for supporting vulnerable, neglected and perhaps abused seniors and adults with disabilities.
- Creating community networks to prevent and stop adult/elder abuse, neglect and self-neglect
- Enable communities to create positive, local active protocols by building relationships, skill and capacity
- Changing the culture of abuse and neglect by fostering community practices of caring, respect and inclusion
- Build networks, relationships and practices of support so that individuals and organizations in communities know who to call

Vulnerability issues may include:

- Having no family or support system nearby
- Language issues
- Developmental or other disability
- Mental illness
- Dementia

It takes a lot of collaboration among many organizations and individuals.

Networks need to create local contact lists for different issues and ensure staff members are trained to help share this information to those who need it.

Christine spoke of the training component for community organizations. An example of training programs available is “Neighbours, Friends and Families - ‘it’s not right’”. This is a federally funded training program to teach people how to respond, how to start talking about abuse?

SUCCESS recently held this workshop in their office. Effie and Jackie were asked to share their experience:

- They found the experience enhanced sharing of information amongst others in training
- They started to understand that different cultures have different ways of approaching and dealing with older people and had a better understanding how to react in a variety of situations. They learned that if a client is concerned about a relationship being effected, they tended to shutdown

- SUCCESS is a member of the Tri-Cities CRN that is creating a 'go to' list

In addition to the workshops, there is a series of 7 training videos created to assist organizations.

Training length is variable depending on agency needs and the training modules such as "Neighbours, Friends and Families" workshops can work for groups anywhere from 5 to 50 people. Agencies could coordinate dates and enhance sharing opportunities.

It was suggested that engaging with Older Adult Recreation Centres for outreach and training would be a positive step for the community.

Agencies currently involved in the Tri City CRN include:

SUCCESS

SHARE

Better at Home Program

Community Volunteer Services

Fraser Health Geriatric Mental Health

RCMP Victim Services (Pt. Moody & Coquitlam RCMP)

Ending Violence in Relationships

Tri City Transitions

Tri Cities Seniors Network

Once established, the Network will meet about four times per year. There is a need to stay focused on what we're working on. Training frontline volunteers is crucial as well as the need to continue outreach training. The skills and collaboration are at the table.

June 15 is World Elder Abuse Awareness Day. BCCRN will be involved and would love to see our Network involved. She sees the need for community involvement at the frontline and to take information to provincial and national groups with additional project dollars to do elder abuse training.

Tri Cities CRN is meeting on January 28<sup>th</sup> from 1:30 - 3:30 pm at the SUCCESS office at Henderson Place. They will be planning the focus for the coming year. Everyone is welcome to attend.

Christine also provided some background information on the Adult Guardianship Act.

One of the mandates in the Adult Guardianship Act is that a designated authority needs to respond and investigate. If charges are not pressed designated agencies cannot interview.

Designated agencies should be called as a last resort, they include:

- All Health Authorities
- Home health/mental health and social workers
- Community Living agencies (when disabilities are present)

The Guardianship Act was written in 2002. They knew then that they did not have the resources. This was one of the reasons Community Response Networks of BC was established. Christine's job is for 40 hours per month and she covers 10 communities.

Elder Abuse and Crisis Lines: are available on the Seniors Guide

- CRN will be sharing the contact lists although it is a challenge keeping the lists up to date

Overall the goal is to start changing people's attitudes and ideas about how we treat one another.

King, and committee members, thanked Christine for her presentation and the great information shared.

### **3. Agenda was accepted with a couple of additions**

### **4. Minutes of December 17, 2013**

- Bruce Bird had pointed out that when there are two people present with the same first name, they should be identified by last i.e. Bruce Bird and Bruce Hansen
- Karen Tyrell's presentation was to CARP, not COSCO
- Minutes approved with corrections made as noted
- Moved by Effie; seconded by Mike

## 5. Business Arising from previous meetings:

### a) Transportation Survey (Pat McBlane)

- The committee has met and came up with a plan for distribution
- They reviewed the survey and made some minor adjustments based on last network meeting
- Everyone was given a hard copy of the survey
- 'Bookmarks' have also been made to distribute to those who want to go online
- Linda Western has agreed to have her name as contact person on the survey
- Five different distribution mechanisms were identified, each will require a team leader and volunteers:
  - Community organizations, non-profits and businesses - Stacy/SHARE will send out to their mailing lists
  - Online - Stacy will take charge
  - Drop off locations at public facilities - need volunteers
  - Face to face interviews at malls/food banks, etc.
  - Look for community events i.e. Multicultural Day at the end of February
- Stacy will design a front page for the survey
- Distribution will begin asap
- Return date will be the end of March; this should allow a couple of months remaining to move forward with the Forum (early June - Seniors Week)
- Hope to reach as many people as possible, including:
  - Aging seniors about to lose their driving privileges
  - Transit users (issues around routes)
  - Supported transportation i.e. HandiDart, Home James
  - Volunteer drivers
- Survey will help us set up the conversation
- Will help us determine transportation issues as well as the content for the Forum
- Results will help us determine the appropriate guest speakers/panel for the Forum

**Karen moved to accept the survey as presented with a return date of March 31<sup>st</sup>. Mike seconded.**

**Carried.**

Continued discussion on distribution...

- Effie (SUCCESS) will have the survey translated in to Chinese. Questions 6 and 7 may be eliminated as language will be know to be Chinese.
- Pick up completed surveys where they are dropped off
- May not work in all cases so it was suggested we include drop off locations on cover page
- Need to have notification of the survey and possibly web link in local newspapers
- Three team leaders are required for:
  - Wilson Centre Health Fair and SUCCESS Multicultural Day
  - Coordinate and contact places for drop off
  - Coordinate face to face interviews
  - Peggy Hendrickson and Patricia Garner volunteered to do surveys at the Wilson Centre Health Fair on February 15<sup>th</sup>
  - Senior Multicultural Day - February 28<sup>th</sup> - several people advised they were able to help (King, Linda, Judy, Peggy , Pat)
- Gina suggested Food Banks would be better approached in March

**b) Age Friendly Survey**

- This survey was sent out last summer to 14 organizations; only five were completed
- We not sure we got what we needed
- Will be discussed further at next meeting

**c) Multicultural Day (Jackie/Massi M)**

- February 28<sup>th</sup>, Henderson Place Mall
- Would like each organization to send approximately ten people
- Each organization is asked to do their own registration and then forward it to Jackie at SUCCESS
- Last year was only focused on entertainment
- This year will have entertainment but will also have information sessions on relative topics for seniors i.e. fall prevention

- Christine suggested she may be able to find one to do a short presentation on CRN
- Karen suggested chair exercises for 'fun' and to express the importance of exercise
- Looking for prizes if anyone is able to donate something
- Email Jackie if available to volunteer at the event, or if you have suggestions for the program, by the end of January ( [jackie.hong@success.bc.ca](mailto:jackie.hong@success.bc.ca) )

#### **d) Wilson Centre Health Fair**

- February 15<sup>th</sup>, Wilson Centre
- Seniors Network will have a booth/table there
- Peggy Hendrickson and Patricia Garner volunteered to sit at the Network booth

#### **6. New Business:**

##### **a) Marketing Material**

- Linda handed out a flyer used at events in the past
- The Network are asked to forward any input to a new flyer to Linda asap
- The Group suggested that a brochure format would work better than a one page flyer

#### **7. Updates**

##### **Aida Alves - Home Instead**

- Aida talked briefly about Salute to Seniors
- Nominations start January 15<sup>th</sup>
- Please be sure to vote

##### **Effie Garcia - SUCCESS**

- Citizens can no longer access Settlement Services
- SUCCESS is looking at alternatives
- Volunteers are welcome, support and training is provided

##### **Karen Tyrell - Caregiver Support Program**

##### **New Caregivers Support series:**

- Port Moody Rec Centre
- February 8<sup>th</sup>

- Five consecutive Thursdays, 1 to 3 pm
- Dogwood Pavilion
- February 12<sup>th</sup>
- Five consecutive Wednesdays, 1 to 3 pm

Linda Western

- As of December 27<sup>th</sup>, the 3 Community Foundations in the region started to accept grant applications
- Coquitlam deadline, February 14<sup>th</sup>
- Port Moody deadline, January 23<sup>rd</sup>
- PoCo deadline, January 15<sup>th</sup>
- Linda will discuss with Stacy to look at needs down the road

## **8. Next meeting:**

Tuesday, February 18<sup>th</sup> at the Port Moody Arts Centre (address and directions to follow)