

TRI-CITIES SENIORS PLANNING NETWORK

Minutes of Meeting

Tuesday, October 22, 2013 - 1:00 - 3:00 pm

Location: SUCCESS at Henderson Place

In Attendance:

Stacy Ashton
Massie Bakhshian
Bruce Bird
Effie Garcia
Peggy Hendrickson
Jackie Hong
Gina Hortelano
Lloyd McInnis
Massi Moasavi
Carolyn Sherrell
Suzanne Tempel
Lisa Kwan
Edna & Arthur Leyland
King Lum
Tom Saunders
Linda Western

Regrets:

Judy Hamanishi
Judy Jackson
Christine Spinder
Karen Tyrell
Sue Uremovich
Pat McBlane

Sympathies to Judy on her losses.

Facilitator: Linda Western

Introductions

- Welcome to new members: Tom and Edgar who heard about this committee through a CARP mailout
- Meeting hosted by Effie Garcia at SUCCESS in Henderson Place

Approval of Agenda

SUCCESS presentation on immigrant services

Approval of Minutes from September 17th

- Home Health Services covers the region from Burnaby to Boston Bar
- Accepted as amended

SUCCESS Presentation

Effie Garcia

- This is a two year project funded by United Way, 2013/14 and 2014/15
- Outreach to Korean and Persian seniors 55+

Powerpoint presentation
“Seniors Enrichment Project”

Goal: Keeping Korean and Persian seniors with language barriers busy and connected to the community.

Plans:

All of these are focused on Korean and Farsi speaking seniors (25% of settlement clients are Korean or Persian in the Tri-Cities)

1. English conversation circles
2. Computer classes
3. Community tours

Locations:

North Road (works with the Korean settlement)
Henderson Place (works with the Persian settlement)

Outreach Strategy:

- Newspaper ads through local and ethnic media
- Via Korean and Persian TV programming
- Word of mouth

Capacity:

- Have waiting lists for programs
- 30 maximum for English conversation circles
- 15 spots in the computer classes, with both a morning and afternoon class

Bottlenecks for Expansion

- Space
- Teachers trained in ELSA standards
- Computer units

Presentations to Seniors

1. Have had groups present workshops in English with SUCCESS translators offering translation during the presentation
2. Example: Alzheimer's Society offered their two day workshop on dementia translated into Korean and Persian

Business Arising

1. Health Authority Presentation

Discussion:

- What are the goals and desired outcomes for Fraser Health's revamp of their seniors' services?
- Where will the funding come from to support these services?
- Fraser Health representative interested in being a part of the Tri Cities Seniors Planning Network

Action: Linda will contact to follow up on assigning a representative from Fraser Health to the Tri Cities Seniors Planning Network

2. Transportation Committee

- Will be meeting on October 29th, 2 pm at Glen Pine
- Terms of Reference have been circulated to members

Discussion:

- Car in France has been invented that runs off of compressed air; no interest so far in bringing this technology to Canada/USA
- Tom is organizing with a group to bring a car over to Canada and begin showing it around
- City of Coquitlam has concerns with access to transit, especially for seniors. They have analyzed changes to bus routing and identified that there are more routes further away from seniors housing
- Letters raising concerns about access to transit in Coquitlam would be welcomed by City Council. Should be cc'd to Translink and MLA's

3. United Way Caregiver's Handbook

- Has been received by seniors organizations and libraries
- Link to handbook was sent out with invitation to this meeting

4. Better at Home

- Fully operational with driving and housekeeping

- Have not had calls yet for grocery shopping
- Goal is to have 10 volunteer drivers so we can offer up to 60 drives a month
- Are making progress to 10 volunteer goal and may surpass that by Christmas
- Volunteers can help clients in Chinese and Farsi
- We Care and Spic & Span are the contracted housecleaners

5. New Business

- BC Seniors Health
 - Have up to \$20K for municipalities which could be used by this Network if a city was able to host funds
 - Could be a way to fund a forum on transportation issues
 - We could see if each municipality would apply for \$20K each
- Planning for Health Aging
 - Online resources via seniorsbc.ca
 - Are there ways to weave preventable health issues and self-care in all activities the Seniors Network does?
- Multicultural Seniors Fair
 - Organized by SUCCESS
 - Goal to have people leave the event with a better understanding of healthy aging
 - Healthy Aging or Self-Care across different cultures
 - Ideas for Seniors Fair:
 - Persian dancing
 - Yoga
 - Tai Chi
 - Fall prevention handout
 - Healthy eating from different cultures
 - Transitioning from aerobics to muscle development to flexibility and balance as you age
 - Date: Early March, before spring break at Henderson Place Central Court
- Cross-Cultural E-Hub for Diverse Seniors from United Way
 - Seeking bilingual seniors
 - Linda will forward information to Effie at SUCCESS
- Douglas College Programs for Seniors

- Have students available to do research and marketing projects
- Able to offer free space for events
- Free Flu Shots for Seniors
 - Fraser Health has their calendar of flu clinics up on their website
 - COSTCO is offering free flu shots to members
 - Target and Safeway are offering flu shots - free to everyone

7. Updates

- Tri Cities VolunteerFest was very busy. Three people were recruited for the Seniors Network
- Embrace BC Wine and Wisdom event gathering service clubs and ethnic associations (date not yet known)

Next Meeting: November 19th, 1 to 3 pm, SUCCESS office at Henderson Place