

TRI-CITIES SENIORS PLANNING NETWORK

Minutes of Meeting

Tuesday, January 20, 2015 - 1:00 - 3:00 pm

Location: City Centre Library, 1169 Pinetree Way, Coquitlam

Attendees:

Stacy Ashton
Masumeh Bakhshian
Bruce Bird
Ryan Drew
Marg Gordon
Peggy Hendrickson
Gina Hortelano
Brenda Hynes
Judy Jackson
King Lum, Chair
Pat McBlane
Mary Ong
Teresa Rehman
Irene Turnbull
Karen Tyrell
Linda Western
Ria Zapf

Regrets:

Bob & Pat Darnbrough (withdrawn)
Mike Oakley
John Schofield
Michi Tsurumi (withdrawn)

Introductions:

- Welcome **Ryan Drew**, SUCCESS (replacing Effie Garcia) and **Ria Zapf**, a Coquitlam community volunteer

Additions to Agenda:

- Petition for National Dementia Strategy (Karen T.)
- Aging Well Initiative Introduction (Stacy)
- Invitation from Better @ Homes (Gina)

Minutes of Last Meeting (November 18, 2014)

- Motion to accept, Pat McBlane
- Seconded by Massi B.
- Carried

Election of New Vice Chair

- Pat will be away most of the summer
- Karen Tyrell volunteered to sit as 2nd Vice Chair
- Motion to accept, King
- Seconded by Stacy
- Carried. Thank you Karen!!

Day Care Update

- December meeting didn't happen
- Need to reschedule a meeting but feel the issue of Day Care should be a combined issue with Senior Housing

Housing

- Affordable Housing Committee will continue to meet
- Currently Linda Western, Massi Bakhshian and Karen Tyrell make up the committee
- Anyone who would like to join, please contact Linda Western (away until Jan. 27th)
- Next meeting scheduled for January 30th, 9:30 am at Linda's home.
- Bruce gave a very short update on the Age Friendly Communities information received from CARP; he will make the full PowerPoint presentation at our next meeting.
- Linda Western will represent our Network at the February 11th meeting regarding City of Coquitlam's Affordable Housing Plan. King was unavailable to attend.
- Other organizations are encouraged to contact City of Coquitlam in order to send their own representatives to this meeting.

New Business

Seniors Advisory Committee

Linda, Massi and Karen met informally to discuss issues

- They asked – 'what is the best way to get noticed?'
- They felt that we should push City Council for a Seniors Advisory Committee to be a part of Council
- Should we send a letter from our group to suggest such a committee be established?
- Or, perhaps we should ask to speak at an upcoming City Council meeting?
- Marg pointed out that we can apply on-line if we choose
- Once this Committee is established it would be our avenue to City Hall
- It was decided we should make a presentation to City Hall
- We recommend starting with Coquitlam and branching out to other cities from there, including Anmore and Belcarra
- Our presentation should clarify our role
- Emphasize the need for a Committee targeted to seniors
- Internally it would provide an opportunity to bring in voices earlier
- Motion: (Linda) We recommend that we should contact each municipality (beginning with Coquitlam City Council), and ask that a Seniors Advisory Committee to Council be established.
- Seconded: Stacy
- Carried.

- Motion (Stacy): We will set up a small committee to prepare a presentation to each Council. A 5-10 minutes presentation about who we are and why SAC's should exist. Draft presentation back to Committee by March meeting.
- Seconded: Linda Western
- Carried.
- Bruce Bird, Linda Western, Karen Tyrell and Pat McBlane volunteered to be the sub-committee to create the presentation to Council. Linda Western/Bruce Bird will contact others re: meeting schedule.

Brochure

- Brochure will be updated prior to Multicultural Day in February with our new logo

Senior Multicultural Day

- Sponsored by SUCCESS, February 13th at Henderson Place from 1 to 4
- Judy will help to set table up; others (Peggy, Linda, Karen, King, Massi, Mary) indicated they would be there and stop by to help out.
- Karen agreed to take the table display down.
- Judy will work with Karen to get copies of brochures and display. Sign up sheet to be created as well.

SUCCESS Korean/Farsi ESL Social Groups

- SUCCESS losing funding for Korean and Farsi ESL groups
- Library runs a lot of seniors groups or other ESL groups; any activities to be held at library need to be sanctioned by the Library.
- Glen Pine can accommodate such seniors social groups on an informal basis but all the participants may need to be Glen Pine members

Donations to Alzheimer's Society

- Power Pioneers want to make a donation to the Alzheimer's Society
- Karen confirmed that donation should go to the Alzheimer's Society of BC
- It was noted that the Walk for Alzheimer's is Sunday, January 25th at Hyde Creek
- It was also suggested, if Power Pioneers want to support seniors, that donations to Glen Pine identified to support the continuation of the Leisure Connections program would be most appreciated
- **Marg made a motion that, via the minutes, we recognize and express our appreciation to the Glen Pine Board for accepting responsibility to continue the Leisure Connections programing.**
- Seconded by Massi.
- Carried.

Petition for National Dementia Stratgey

- Karen passed a petition for signatures
- It has been said that MP's only have to receive seven letters on one subject before they pay attention. Karen asked that everyone write to either Fin Donnelly or James Moore (very easy to do via CARP's evoice: <http://www.carp.ca/evoice/>) *(A sample letter from Karen is attached at the end of the minutes... feel free to copy and paste.)*

For more info on the Strategy: <http://claudegravelle.ndp.ca/national-dementia-strategy>

Aging Well Initiative

- Stacy is taking part in United Way's Public Policy Institute, Mike Harcourt is the facilitator
- May take pilot projects in the community and provide support by grad students
- Stacy to ask if anyone is available to make a presentation to our group

Better at Homes

- Setting up an Advisory Group
- Would like to invite a representative to replace Carolyn Sherrell on the new Advisory Group
- Meetings May and October, may increase slightly
- Pat McBlane volunteered to accept this position. Thank you Pat!

Updates

Peggy:

- Sue Todd has been hired as the new volunteer and program coordinator for Glen Pine
- Leisure Connections program in dire need of funding; only funding through the spring
- Glen Pine looking for new board members. AGM is March 5th. Looking for members with an interest in either Arts and Crafts or sports.

Bruce Bird:

- Extended an invitation to attend CARP meeting, February 19th
- 1:45 – 3:45 pm at the Scandinavian Social Centre (at Thomas St. and Kensington)
- Bruce is attending a meeting with Motor Vehicles Dept. on Feb. 26th around seniors issues and request to eliminate medical examination requirement
- Government of Canada has a new 'Action for Seniors Report', it should be available at www.seniors.gc.ca

Linda Western:

- Will be attending the System Change Forum on February 6th at Hilton Metrotown
- Date: Friday February 6, 2015
Time: 8:30 AM – 4:15 PM
Location: Hilton Metrotown (6083 McKay Ave, Burnaby)
Cost: \$25 (a free option is available if you cannot afford this fee)
- Please visit policyalternatives.ca/bcseniorsforum to learn more, review the agenda for the day, and register. Or feel free to contact Lindsey Bertrand at 604-801-5121 x233.

Karen Tyrell:

- Caregivers 101 program starting on February 18th, 10 a.m. at Port Moody Rec Centre

NEXT MEETING: Tuesday, February 17th, 1:00-3:00 p.m. – Port Moody Arts Centre

**Sample letter to be forwarded to your MP regarding need for National Strategy for Dementia:
....feel free to cut and paste**

Dear Fin Donnelly,

The federal government needs a national strategy for dementia the health care of persons afflicted with Alzheimer's disease or other dementia-related diseases. I call on the Minister of Health and the House of Commons to pass Bill C- 356 , An Act respecting a National Strategy for Dementia, introduced by Claude Gravelle, MP for Nickel Belt.

The strategy includes requiring the Minister to : (a) initiate discussion within 30 days after the Act comes into force with provincial and territorial ministers to develop a comprehensive national plan to address all aspects of Alzheimer's disease and related dementias (ARD) (b)develop specific national objectives to improve the situation of persons with ARD and decrease its burden on Canadian society (c) provide an annual report based on an annual assessment of Canada's progress to meeting those objectives that includes recommendations as to which remedial actions should be given priority (d) establish a standing round table to receive advice from Canadians on the national strategy (e) encourage greater investment in ARD research and discovery and development of treatments that would prevent, halt or reverse ARD (f)make recommendations on ways to support and strengthen Canada's capacity to care for persons with dementia.

I have seen how caring for someone with dementia can affect families and communities. It would be great to see our nation take a strong stance on this issue. Thank you for considering my views.

Karen Tyrell, CDP, CPCA
Coquitlam Resident

Karen asked that everyone write to either Fin Donnelly or James Moore (or whoever your MP happens to be) -- very easy to do via CARP's evoice: <http://www.carp.ca/evoice/>