

**SENIORS ADVISORY COMMITTEE (SAC)**  
**September 12, 2019 at 2:00 p.m.**  
**Committee Room 2, City Hall**

**MINUTES**

**MEMBERS PRESENT:**

Councillor Chinu Das	- Chair
Wayne Benitez	- Alternate Chair/Community Member
Deanna Cavanagh	- Community Member
Joy Davies	- Community Member
Tracey Dermirbas	- Fraser Health Authority Representative
Calvin Donnelly	- Sapperton Old Age Pensioners' Association Representative
Rosemary Dunne	- Community Member
Tim Hicks	- Community Member
Donna MacLean	- Queensborough 50+ Social Club Representative
Val MacDonald	- Community Member
Betty McIntosh	- Senior Services Society Representative
Carole Wylie	- Century House Association Representative

**STAFF PRESENT:**

Lisa Leblanc	- Manager, Transportation
Robyn McGuinness	- Manager, Seniors & Youth Services
John Stark	- Supervisor of Community Planning
Carilyn Cook	- Committee Clerk

The meeting was called to order at 1:58 p.m.

**1.0 ADDITIONS / DELETIONS TO THE AGENDA**

**1.1 MOVED and SECONDED**

*THAT the September 12, 2019 Seniors Advisory Committee meeting agenda be adopted with the addition of New Business Item 4.3: Disabled Parking in Queensborough by Donna MacLean, Queensborough 50+ Social Club Representative.*

**CARRIED.**

All members of the Committee present voted in favour of the motion.

**Procedural note:** Item 4.1: Social Isolation and Seniors will be addressed first on the agenda to accommodate Ms. Leblanc's schedule.

## **2.0 ADOPTION OF MINUTES**

### **2.1 Adoption of May 9, 2019 Minutes**

#### **MOVED and SECONDED**

*THAT the Minutes of the May 9, 2019 Seniors Advisory Committee meeting be adopted as circulated.*

**CARRIED.**

All members of the Committee present voted in favour of the motion.

## **3.0 PRESENTATIONS**

### **3.1 Transportation and Seniors**

Ms. Leblanc, Manager, Transportation, briefly introduced herself and provided a presentation on transportation and seniors.

Due to time constraints and the desire for feedback from Century House and other seniors groups, Ms. Leblanc will attend the November 14<sup>th</sup> meeting to receive feedback from Committee members.

## **4.0 NEW BUSINESS**

### **4.1 Social Isolation and Seniors**

**Procedural note:** This Item was addressed in conjunction with Item 4.2: Hey Neighbour Collective

John Stark, Supervisor of Community Planning, provided a presentation on social isolation and seniors.

Robyn McGuinness, Manager, Seniors & Youth Services, shared that years ago Century House (CH) started the Notable 90s program in recognition of the multitude of generations that utilize the facility and its programs and the desire to reach out to those that may feel isolated and need to connect to others of their generation.

Discussion ensued, and the Committee provided the following comments:

- CH patrons often enjoy coffee, etc., together after class but this does not occur as much with older seniors and men;
- There is a difference between loneliness and isolation and assumptions should not be made as some people chose to be alone;

- People will be encouraged to call the Volunteer Visitors Program at Century House if they notice someone who appears to be lonely;
- Solutions to systemic issues such as housing, lack of income, funding for community programs, etc., could relieve isolation;
- Consideration needs to be given as to how the government can be encouraged to increase funding for seniors' programs;
- Social inclusion is one of the goals identified by the Canadian Association for Retired Persons (CARP) as isolation increases the risk factor for dementia;
- Transportation can be very challenging for seniors, especially during the winter months, and having to walk a significant distance to transit may discourage them from going out;
- Every idea for a solution is valid as no one program can resolve all senior isolation issues. For example, something as simple as receiving a quick text or phone call from someone, just to touch base, may help;
- Assumptions cannot be made when creating questions for data collection including acknowledgment that quality of life means different things to different people;
- Seniors groups required leaders who can positively draw group members out;
- There is potential for underutilized amenity rooms in some seniors residential buildings, including at the Quay;
- Many groups struggle getting new members and need to advertise their meetings and events; however, that is becoming more challenging as newspapers are getting lost to online social media, which most seniors do not use. Perhaps, CH could look at some type of communication to help spread the word about other seniors events, groups, and services;
- Outreach should be made to those who may not speak English, including introduction to ESL programs; and,
- Those who do not have funds to participate in programs, may be too embarrassed to ask for subsidies. This is a stigma that needs to be addressed.

**Procedural note:** Item 3.1 Transportation and Seniors was addressed at this time.

#### **4.2 Hey Neighbour Collective**

This Item was addressed along with Item 4.1: Social Isolation and Seniors.

#### **4.3 Disabled Parking in Queensborough – Donna MacLean**

Mr. Stark will follow up with Ms. Leblanc with respect to Ms. MacLean's concerns regarding the lack of disabled parking in Queensborough.

## **5.0 UNFINISHED BUSINESS**

### **5.1 Seniors Festival – Robyn McGuinness, Manager, Seniors and Youth Services**

Ms. McGuinness announced that famed artist, Robert Bateman, will be the keynote speaker at the Seniors Festival on Saturday, October 19<sup>th</sup> at Century House. Other entertainment at the Festival will include Drumming and Health and ArtsToGo, which will be a fun and educational experience with the Arts Council of New Westminster.

Ms. McGuinness thanked the Festival Committee and the Arts Council of New Westminster for their work on this year's Festival.

### **5.2 Air Conditioning at Century House (Update) Robyn McGuinness, Manager, Seniors and Youth Services**

Ms. McGuinness informed Committee members that air conditioning has been installed at Century House adding that staff and patrons are grateful that the project was able to be done as it involved retrofitting the system. She noted that having an air conditioned facility will allow for more outreach opportunities in summers to come.

## **6.0 REPORTS AND INFORMATION**

### **6.1 Seniors Services Society Report – Betty McIntosh**

Ms. McIntosh shared that the Seniors Services Society will, along with the Rotary Club of New Westminster, be holding an *Age is Just a Number* fundraiser on October 2<sup>nd</sup>.

Ms. McIntosh also announced that funding has been received from the Ministry of Mental Health and Addictions for SHINE (Seniors Housing Information Navigation with Ease) noting that a program manager has been hired and funds will be allotted over two years.

### **6.2 Century House Association Report – Carole Wylie**

Ms. Wylie advised that Century House offers conversation groups for seniors who wish to practice their English skills and those interested can call CH to register.

Ms. Wylie also shared that the CH Executive is holding three workshops to create a new Memorandum of Understanding (MOU) with the City which will update the policies and procedures, as well as address the expansion of partnership agreements with other groups. It is anticipated that the MOU will be complete by Christmas at which time it will go to Council for finalization.

### **6.3 Sapperton Old Age Pensioners Association Report – Calvin Donnelly**

Mr. Donnelly requested that Committee members share with their peers that the Sapperton Old Age Pensioners Association meets on the 3<sup>rd</sup> Wednesday of each month and new members are always welcome.

### **6.4 Queensborough 50+ Social Club – Donna MacLean**

Ms. MacLean shared that the Queensborough Festival will take place on September 14<sup>th</sup> at Ryall Park and reminded Committee members that the Queensborough 50+ Social Club meets every Tuesday with a \$6 lunch offered on the 2<sup>nd</sup> Tuesday of each month.

## **7.0 CORRESPONDENCE**

There were no items.

## **8.0 NEXT MEETING**

Thursday, November 14, 2019 at 2:00 p.m. – Committee Room 2, City Hall

## **9.0 ADJOURNMENT**

**ON MOTION**, the meeting was adjourned at 4:05 p.m.

Certified correct,

Original Signed  
**Councillor Das**  
**Chair**

Original Signed  
**Carilyn Cook**  
**Committee Clerk**