



RICHMOND SENIORS ADVISORY COMMITTEE

Held June 14, 2017
City Hall M.1.002
9:30 a.m.

In Attendance:

Hans Havas (Chair), Doug Symons, Mohinder Grewal, Joan Haws, Sheila Rooney, Councillor Ken Johnston, Becky Wong, Jackie Schell, Seemah Aaron, Peter Chan, Paul Cassidy, Yasmin Ali, Shams Jilani, Heather Muter (Staff Liaison), Nora Wright (Recording Secretary)

Regrets:

Daryl Whiting, Sandra Gebhardt, Neil Bernbaum

1. Meeting called to order at 9:31 am with welcome and Introductions by the Chair.
2. **Guest Speakers – Roop Nagra, Community Leisure Transportation co-ordinator
Jose Mendoza, Older Adults Co-ordinator Steveston Community
Centre
Donna Wilson, Older Adults Co-ordinator, West Richmond
Community Centre**

Roop Nagra

Roop provided an overview of the Community Leisure Transportation program with information provided as follows:

- Program adopted by Council in 1989 to provide accessibility to older adults, youth with disabilities and all other residents
- There are six buses 16 – 22 capacity with two being wheelchair accessible and the buses are located and maintained at the City Works Yard
- The buses are also used by community associations and trips are made to Whistler, Hope and Vancouver Island to name just a few. Winter, Spring and Summer are the busy seasons and used by children and youth
- Rosewood Manor donated a bus and use 3 to 4 day a month with Lions Park using once a month or less
- City of Richmond Diversity Services Department also uses the buses to visit facilities and provide access to programs offered
- The bus transportation service is also used for City events as a shuttle service i.e. Pioneer lunch, Oval and Tall Ships

- RCCS and Richmond Multi Cultural Concerns also use CLT
- Home pick up and drop off for shopping services are provided by Minoru, Cambie and West Richmond
- There are 12 drivers for CLT
- Between September 2015 and August 2016 there were 669 bookings with 40,916 miles covered and 10,272 passengers

Jose Mendoza

- Handout circulated with details on the Iki Iki program (Lively, Lively) which is a social day program to help meet the needs of adults with dementia in the mild to moderate stages. The program aim is to reduce social isolation, eliminating the stigma of living with dementia and delay the distressing symptoms of cognitive impairment.
- Iki Iki is an initiative of the Nikkei Seniors Health Care and Housing Society. The program began in 2013 with a grant from New Horizons and the Vancouver Foundation and is now operating at Japanese Canadian community centres in Burnaby, Vancouver and Richmond (Steveston).
- Features of the program were provided together with a typical day at Iki Iki
- Program takes place on Thursdays from 12 noon to 4 pm at the Steveston Japanese Canadian Cultural Centre.
- 16 Japanese Canadian seniors have participated since 2013 and 9 active volunteers assist in program delivery and provides valuable respite to caregivers

Donna Wilson

- Handout circulated on the Music Works Program which is a music based wellness program for isolated, frail and at risk seniors
- This program provides relaxation and stress reduction, there are drumming and ukulele circles and the sharing of life stories through song and personalized music
- The pilot project took place between April 2016 and May 2017 and are in the process of identifying grants to continue with this program 3 times per year/ 10 weeks each program and would ultimately like to see this program across Richmond at other community centres. The cost being approximately \$4000 per program.
- Weekly activities also include transportation, lunch and social time
- Participants in the program range in age from 64 to 90 all of which experience isolation for a variety of reasons
- Participants and volunteers all report a high degree of satisfaction with this program and the positive impact on the participants

The Chair thanked the guests for their attendance and sharing of information which was much appreciated by the Committee.

3. Approval of Agenda – Moved: Doug Symons, Seconded: Sheila Rooney, Carried.

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4. Approval of May 10, 2017 minutes – Moved: Shams Jilani, Seconded: Becky Wong, Carried.
 5. Correspondence – None.
 6. **Business Arising**

SFU Gerontology Conference update

Peter commented on two topics from the Conference that were of special interest to him.

The first one being “Pets and Mental Health for Seniors” with information being provided on the functions and values for seniors to keep pets and also the existence of rules and restrictive policies for pet owners in some housing corporations and senior centres. It would require the efforts of respective organizations and parties involved to work out ways to resolve such a difficult situation.

The second one was “Strengthening the Caregiver Community” with information being provided that most caregivers are family members who, while feeling rewarded in providing care to their loved ones, many of them also feel tired and overwhelmed. Peter stated that providing them with respite service and recognition are of equal importance as other suggested support services.

Doug supported Peter and added that pets visiting care homes provided a good connection between residents and increased communication. Doug stated that 80% of caregivers are family and emphasized that they were at risk of breakdown due to the responsibility of caring.

Mohinder commented that he would like to see more seniors in panel discussions about seniors and would be writing to SFU on this issue.

Doug concluded that Richmond does well in the provision of services to seniors.

COSCO Membership

Mohinder recommended that RSAC become an affiliate member rather than an associate member as affiliate members had a right to speak at the committee meeting but not associate members. The cost would be the same \$25 membership fee. Mohinder also recommended that a RSAC committee member be identified as a delegate to attend COSCO meetings.

Motion:

To approve a change in the membership category for COSCO from Associate member to Affiliate member and to nominate a delegate to attend the meetings.

Moved: Mohinder Grewal, Seconded: Sheila Rooney, Carried.

Becky Wong offered to become the delegate and this was accepted. Hans offered to be the alternate and this was accepted beginning September 2017.

7. **New Business**

Seniors Advocate Forum

Hans asked for consensus from the committee in regard to the visit by the Seniors Advocate and whether it would be more beneficial to host a public meeting at the Cultural Centre, Library or City Hall from 9.30 am to 12 noon during October and so have a larger audience rather than to speak with the committee members only.

The committee supported hosting a public meeting with a date in October to be arranged. Hans commented that hosting a Forum had been included in the Work Plan for the committee. Hans and Heather to make the appropriate arrangements for this forum to take place.

8. **Reports**

COSCO

Mohinder requested that the delegate minutes be circulated by Heather to the committee. Mohinder then drew attention to specific pages to be noted i.e. Page 4 of the President's report, pages 12-15 resolutions, page 18-20 October 1st International Day of the Older Person, page 10 recommendations from the Conference and page 19 principles.

Falls Prevention Network

Sheila confirmed that the next meeting was during the week of June 19th and a report would be submitted to the September meeting.

Health

Paul provided a report as follows:

COO Jennifer McKenzie report on new tower status. An allocation of \$3million will be received to prepare full business plan and to ensure the submission is appropriate.

The Lions Manor project has been moved up the priority list and its focus is aging in place that will include primary care, mental health & Addictions, dedicated Gerontology beds and psychiatry support for dementia patients. In addition there will be support programs for adult caregivers up to 25 adult caregivers.

Anticipated additional hospice beds (16). Mental health & Addiction support at new Community Health clinic at Alderbridge, including 4 substance abuse beds.

There have been 6 deaths in Richmond associated with overdoses this year.

There was a discussion on Potential complimentary services for Richmond. One example is currently operated at the Cancer Control Agency.

Attended Brain Health Seminar, highlights were:

Richmond Seniors Advisory Committee

Aging Well, what it is and what it is not.

Acceptance of Change

Identifying challenges, physical, mental.

Managing stress, coping mechanisms—healthy & unhealthy

Drug & Alcohol dependency/addiction and how to have a discussion with a senior who is dependent.

Identifying additional skills and sources of support e.g. seminars, City of Richmond leisure guide, public libraries.

Multicultural

Shams referred to the revised Multicultural Policy and the fasting for Ramadan.

Promotions

Jackie had no report and asked to be involved in the Seniors Advocate Forum arrangements and promotion.

Richmond Community Services Advisory Committee – no report.

Richmond Intercultural Advisory Committee

Shams commented on his attendance at the last meeting and emphasized that he would like to see an Intercultural Award established in Richmond to either select an individual or an organization for this award.

Seniors Advocate

Mohinder confirmed that the survey on Residential Care Facilities should be released soon and had been postponed until the new Minister of Health had been appointed. Mohinder also commented that he was unsure if the survey would be reported independently or directly from the MOH.

Transportation

Hans referred to his report attached to the agenda and continued by referring to his participation with HandyDart with regard to increasing the fleet and looking at ideas for improvement of the service. Hans stated he was of the firm opinion that HandyDart should be treated the same as Translink. Hans concluded by asking everyone to please complete the online survey.

Council Liaison

Councillor Johnston provided information as follows:

Richmond Seniors Advisory Committee

- Pioneer Lunch was very successful
- Sign Bylaw revised and policy implemented with expectations on language
- Size of houses on ALR land was confirmed as 10,000 sq.ft maximum
- Gambling houses were becoming a challenge in Richmond

MPAC/Seniors Services/Staff Liaison

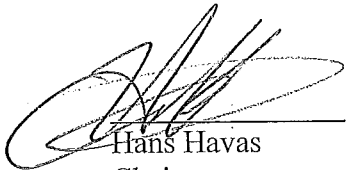
Heather provided information as follows:

- Seniors Week a great success with 20 events throughout the City and 1000 participants
- Richmond won a Rick Hansen Accessible Cities Award
- Parks and Recreation Committee meeting on June 27th at 4 pm to provide an update on the Senior Services Plan
- Minoru Senior centre temporarily closed June 26th and opening July 6th
- Nan Baardsen of the Glee Club was the Volunteerism Winner at the Arts Awards
- Seniors Co-ordinator Policy Planning position has been advertised and this staff person would also be the staff liaison to the RSAC beginning September 2017.

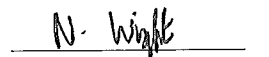
9. **Next meeting – Wednesday September 13, 2017 at 9.30 am, Richmond City Hall,
Meeting Room M.1.002**

No further business and meeting adjourned at 11.27 am.

Certified a true and correct copy of the minutes of the meeting of the Seniors Advisory Committee of the Council of the City of Richmond held on June 14, 2017.



Hans Havas
Chair



Nora Wright
Recording Secretary