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**RICHMOND SENIORS ADVISORY COMMITTEE**

Held September 13, 2017  
City Hall M.1.002  
9:30 a.m.

**In Attendance:**

Hans Havas (Chair), Doug Symons, Mohinder Grewal, Sheila Rooney, Councillor Ken Johnston, Becky Wong, Jackie Schell, Seemah Aaron, Peter Chan, Paul Cassidy, Yasmin Ali, Shams Jilani, Sandra Gebhardt, Neil Bernbaum, Heather Muter (Minoru Place Activity Centre), Debbie Hertha (Staff Liaison), Nora Wright (Recording Secretary)

**Regrets:**

Daryl Whiting, Joan Haws

1. Meeting called to order at 9:33 am with welcome and Introductions by the Chair.
2. **Guest Speaker – Dr. Meena Dewar, Medical Health Officer, Vancouver Coastal Health (VCH)**

Dr. Dewar reported on the Richmond Community Health Profile and on the Health and Wellness in Richmond with a slide presentation on statistics, goals and challenges as follows:

- Journey to wellness
- Overview of illness and wellness
- History of disease
- Lifestyle diseases in 21<sup>st</sup> century, risk factors including physical activity, smoking and alcohol
- Wellness is mandate beyond the health care system
- Richmond Wellness Strategy 2010-2015, first partnership between municipal government and health authority
- Population health opportunity – adults, children and youth
- Richmond is last in the report of physical activity
- 64% use cars to go to work and school
- 42% of seniors meet physical activity levels (modest activity)
- Healthy eating challenges i.e. fruit and vegetable consumption only 21%
- Social connections are very important
- Journey of Wellness conclusion: Active Living, Healthy Eating and Social Connections

A question and answer period followed with the following issues being raised:

- Priority to be given to one stop shopping for chronic illnesses
- More funding for mental health as social inclusion is so important i.e. counselling and psychiatric concentration
- Assisted living/residential homes is expensive, more should be done to keep people in their homes i.e. community care. Just how much funding does VCH provide in this area
- Quality of care is important but there is a shortage of GPs and relationship with family practitioner is critical. GPs are better equipped than Walk In Clinics.
- Subsidy program does not work at community centres to access programs due to pride and social stigma
- After hours care is a critical issue and hopefully the new government will follow through with Urgent Care Clinics

Presentation concluded at 10.20 am

Hans welcomed Debbie Hertha, the new Seniors Coordinator for the City of Richmond in the Community Social Development Division of Community Services at City Hall. She will be taking Heather's position as Staff Liaison for the Seniors Advisory Committee as of September 2017. September's meeting will be a transition.

3. Approval of Agenda – Moved Peter Chan, Seconded: Sheila Rooney, Carried.
4. Approval of minutes from June 14, 2017 – Moved: Becky Wong, Seconded: Mohinder Grewal, Carried
5. **Correspondence**

Hans referred to the BC Seniors Advocate announcement on September 15<sup>th</sup> attached to the agenda and noted that 15 of the RSAC would be attending. Heather confirmed that a bus had been arranged for pick up at 10.30 am at the drop box area of the Library with return anticipated at 2.15 pm.

6. **Business Arising**

Seniors Advocate Forum – still awaiting a response

Dental Programs for Low Income Seniors

Peter referred to the information circulated with the agenda and drew attention to the following:

- Would like to see a free program for basic services
- Need to work out a model
- COSCO/Health Committee to pursue dental program for low income seniors
- UBC dentistry provide care and Hygienist cleaning of teeth for \$26

Hans recommended that the Health Committee via Paul should be approached to follow up on this issue as an agenda item at their next meeting. Debbie confirmed that VCH offer free dental clinics at 3-4 monthly intervals at the hospital in conjunction with UBC Dentistry.

Sheila stated that she would like more information and facts and Hans responded that may be someone should be invited to the next RSAC meeting to talk about dental health issues and programs. Peter concluded by emphasizing the need to bring a dental program to the forefront via appropriate avenues.

## 7. **New Business**

### Seniors Service Plan 2016 Update and Video

A video was shown and Heather circulated copies of the Seniors Services Plan 2016 Update.

## 8. **Reports**

### COSCO

Mohinder referred to the circulation of the June and September minutes together with two reports and then acknowledged Becky as the new COSCO representative.

Becky reported that she found the September meeting to be very informative and mentioned guest speaker Dr. Steve Morgan on the issue of universal health care coverage. Becky stated that many countries have universal health care but Canada does not. Becky continued by asking everyone to visit the Pharmacare web site ([pharmacare2020.ca](http://pharmacare2020.ca)) and to support universal health care. Newsletter distributed for information.

### Falls Prevention Network

Sheila stated that the next meeting was scheduled for September 19<sup>th</sup>.

Sheila continued by confirming that Richmond Cares, Richmond Gives (reported by Carol Dixon) had received funding to conduct a community forum on the subject of Ageism which would cover information on how people view seniors and ageing and to prepare a presentation for Kwantlen College students. Carol would be sending out information shortly on this forum.

### Health

#### Seniors Advisory Health Report Sept. 2017

The following Community Engagement projects will soon be commencing or are already underway:

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## VANCOUVER/REGIONAL

### Acute Services

- **Pre-habilitation Prior to Major Oncology Surgery Working Group** – NEW! Have you or a family member had major abdominal/oncology surgery at Vancouver General Hospital? Consider being a part of this short term advisory committee.
- **Pre-admission Clinic Relocation Working Group** – NEW! Have you or a family member been to a pre-admission clinic before (does not have to be at VGH)? This team would like to consult you about their service relocation and redesign!
- **VGH Operating Room Renewal Project** – UPDATE! The VGH Operating Rooms are being redeveloped and the project team is seeking patients and/or caregivers for their steering committee! **You do not need to have had surgery – they are now asking for folks with no medical background.**

### EXTERNAL OPPORTUNITIES

Patient Voices Network (PVN) is a provincial network of patient advisors that recruits for opportunities with provincial health bodies as well as Providence Health Care. We are pleased to share their opportunities with you.

**PVN - Participant, Person-Centred Care Focus Group** – NEW! As part of the Patients as Partners initiative, the British Columbia Ministry of Health welcomes you to participate in a one-day focus group on person-centred care. In this event we would like to hear your experiences with the health care system. This work will contribute to the development of a provincial policy and tools for person-centred care that would standardize the delivery of health “with” patients, families and caregivers as partners in health care, rather than doing “to” or “for” them.

### Multicultural

Shams commented on the very busy time for the Muslim and Chinese communities.

### Promotions

Jackie commented on the fact that there were only two committee members. No report to submit.

### Richmond Community Services Advisory Committee

Sandra stated that the next meeting was September 14<sup>th</sup>. AGM held in July. Report will be available for the October meeting.

Richmond Intercultural Advisory Committee

Shams announced that the Co-ordinator had retired and commented on the success of the Seniors lunch.

Seniors Advocate

Mohinder commented on the following:

- Caregivers in Distress report circulated
- Home Support report would be available in October
- COSCO to take priority items forward to MOH on September 26<sup>th</sup>
- Regulations for assisted living needed to be addressed

Transportation

Hans referred to the circulated report on Brighthouse mall area, traffic signals, crosswalks, walkways, bus amenities and increased bus services. Steveston Village Area Plan information with regard to Streetscape were available on the City web site, survey had now closed. Update provided on the George Massey tunnel improvement project.

Council Liaison

Councillor Johnston provided information as follows:

- RCMP meeting with indication that mental health calls are up and taking a lot of time
- Massey bridge work has stopped
- Looking at feasibility of running tram to Gulf of Georgia Cannery
- Signs Policy includes 50% English
- 900 sign applications received to date with 100% compliance
- Plans for an Emergency Shelter on No.5 Road by Salvation Army and VCH for both men and women
- Challenge with YVR as they are applying for 3<sup>rd</sup> runway and building height restriction both of which are being opposed by Council

MPAC/Seniors Services

Heather provided the following information:

- October 1<sup>st</sup> is National Seniors Day
- Culture Days program information brochure circulated
- Minoru Centre for Active Living (MCAL) Information Sessions will be held September 18<sup>th</sup> from 2 to 3 pm and September 28<sup>th</sup> from 6.30 pm to 7.30 pm.
- MCAL Centre Manager is Dee Bowley-Cowan

Staff Liaison

Debbie reminded everyone of the request from the City for volunteers for the various City committees. Deadline for applications is September 22, 2017. Debbie confirmed that there are six vacancies for RSAC this term. Those eligible to return and who must re-apply include Daryl Whiting, Jackie Schell and Peter Chan. Terms of office have expired for Neil Bernbaum, Doug Symons and Mohinder Grewal.


9. **Next meeting – Wednesday, October 11, 2017 at 9.30 am, Richmond City Hall, Meeting Room M.1.002**

No further business and meeting adjourned at 11.35 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 September 13, 2017.



Hans Havas  
Chair

  
Nora Wright  
Recording Secretary