



RICHMOND SENIORS ADVISORY COMMITTEE

Held November 8, 2017

City Hall M.1.002

9:30 a.m.

In Attendance:

Becky Wong, (Chair), Mohinder Grewal, Peter Chan, Councillor Ken Johnston, Carol Dickson, Paul Cassidy, Jackie Schell, Seemah Aaron, Yasmin Ali, Shams Jilani, Sandra Gebhardt, Neil Bernbaum, Debbie Hertha, (Staff Liaison), Heather Muter, Nora Wright (Recording Secretary)

Regrets:

Daryl Whiting, Joan Haws, Hans Havas, Doug Symons, Sheila Rooney

1. Meeting called to order at 9:31 am with welcome and introductions by the Chair. Chair announced that a letter had been received from Sheila Rooney resigning from the RSAC.
2. **Guest Speakers – Aurora Ballot and Estella Torres, Aging Well Outreach Counsellor and Prevention Specialists, Richmond Addiction Services Society**

Re: Older Adults and Addiction

Presentation by the guest speakers with the following information provided:

- RASS is a not for profit community service
- Counselling for Richmond youth under 25 as well as individuals over 55
- Misuse/abuse equates the inappropriate use of a substance with no loss of control over the substance or major adverse consequences in the individual's life, whereas addiction is a physical and/or psychological need (compulsion/cravings) with loss of control and continued use beside negative consequences in areas of life.
- Why seniors use drugs? Forget problems, lose or gain weight, relief from pain, relax or energize, physical or emotional pain, gain confidence, self medicate
- Lack of information when treating illness, anxiety, loneliness, boredom, coping with loss and age related problems
- Due to growing number of seniors, there is an increasing demand for health and social services
- Canada wide statistics provided i.e. 8 out of top 14 causes of death involve smoking
- 50% of alcohol related deaths in BC are people over 65
- One-third of seniors engage in high-risk drinking develop a drinking problem after the age of 60.

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- Seniors are way more sensitive to alcohol as ageing changes the way our body processes alcohol.
 - Misuse of medication by seniors is a challenge
 - Seniors make up 18% of population in Canada
 - Most common pharmaceutical drugs abused are opioids (painkillers), depressants (sedatives, benzodiazepine) and over the counter medication
 - 50 to 64 years of age use more illicit drugs than older people
 - Misdiagnosis is a challenge due to a variety of symptoms exhibited
 - Good news, moderate drinking no long-term adverse effects i.e. max 2 glasses/day for women (no more than 10/week) and 3 glasses for men (but no more than 15/week) and avoid drinking every day.
 - Addiction is practically defined by the presence of the 3 C's in relation to any one substance or behaviour:
 - Control – person has tried to control or cut back his use; and experienced periods of loss of control in between
 - Compulsion – which may be due to tolerance, withdrawal or psychological need
 - Consequences – person continues the use or behaviour in spite of negative consequences

Aging Well Program

- Program for age 55 and over with barriers to access mainstream services (mobility/transportation issues, cognitive impairments, lack of motivation to change, mental health issues, financial difficulties...)
- Outreach counselling provided
- Referrals to other agencies and support for affected others
- Ongoing support is all free
- Richmond is rich in services and social partners in the community
- Works with Richmond Hospital
- Collaborate with other professionals
- Focus on isolated seniors
- Involve family and support network
- Holistic approach
- No time limit on support
- Building trust with people
- Seniors immigrants have a period of adjustment and unique needs re culture
- More provisions and resources are needed for immigrant seniors
- Reaching ethnic groups re drug/alcohol abuse is a challenge

Community Programs – education, workshops, ambassadors, partner relationships, know your neighbour project and connection to Richmond pharmacies.

A question and answer period followed with conclusion at 10.25 am. RASS information brochure circulated.

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3. Approval of Agenda – with the addition of next meeting December 13, 2017 and under New Business: Information for RSAC. Moved: Jackie Schell, Seconded: Seemah Aaron, Carried.
 4. Approval of minutes from October 11, 2017 – Moved: Neil Bernbaum, Seconded: Sandra Gebhardt, Carried
 5. **Correspondence** – none.
 6. **Business Arising**

Office of the Seniors Advocate Response

Heather enquired as to whether or not to pursue a presentation in 2018. It was suggested by the committee that an open forum for Richmond would be beneficial with specific topics to be addressed. Heather recommended that a presentation be organized for National Seniors Day at Minoru Centre for Active Living (MCAL) and this was supported by the members.

7. **New Business**

RCSAC

Sandra drew attention to the fact that RCSAC would be hosting MLA in December and enquired if there were specific issues to be added to the agenda or questions to be asked. The responses included an enquiry if a Minister for Seniors could be appointed and an Assisted Living for Seniors update. Sandra committed to reporting back in January 2018 on the outcome of the meeting.

Accessible Design Guidelines Stakeholder Committee Report

Debbie stated that a request had been received for a member of RSAC to become a member of this stakeholder committee. Yasmin Ali volunteered her services. Debbie asked if anyone would like to be a second for this committee, to please let her know.

2017 Annual Report and 2018 Workplan Discussion

Debbie confirmed that she would be submitting a report to Council on RSAC in January 2018 and asked that all the chairs of the sub committees to please forward their reports by December 1, 2017 so that she can compile the information. Debbie committed to sending out the format and guidelines to assist the chairs with their responses.

Debbie referred to the Work Plan for 2018 and asked that everyone give some thought to what had been done, what to remove or change and suggested that the Work Plan content be discussed in more detail at the December meeting as there would be no guest speaker. Debbie asked that if anyone had any suggestions or ideas to please submit to her via email or bring to the next meeting.

HandyDart Report Discussion – deferred to December meeting. Members were asked to review the information handout circulated for discussion at next meeting.

8. Reports

COSCO

Becky referred to the handout circulated from the October 13th meeting and reviewed the highlights.

Falls Prevention Network – no report. Due to the resignation of Sheila Rooney, Jackie Schell offered her services as a committee member for the FPN.

Health – no meeting held. Paul confirmed that he would be meeting with Vancouver Coastal Health with regard to specific issue within the Richmond community e.g. mental health support etc.

Multicultural – Shams referred to the very prominent Diwali celebrations across the country.

Promotions – Jackie referred to her submitted report and reviewed the highlights.

Richmond Community Services Advisory Committee

Sandra referred to the submitted report and drew attention to the Homeless Count with more seniors over 55 counted than young people.

Richmond Intercultural Advisory Committee – Shams commented on the continuing process of translation into six languages and the committee deciding on priorities for 2018. Debbie to circulate more information on the Diversity Symposium to be held at Richmond City Hall on November 24th 8.30 am to 4.00 pm which was free and included a lunch.

Seniors Advocate

Mohinder provided feedback on the Raising the Profile conference he had attended in Surrey.

Seniors Advocate Office report still pending.

Mohinder then referred to the Health Accord and the home and community care funding from the Federal government and the separate agreements with each Province in this regard. There was a need to see how funding was being spent as policies were not being effectively enforced.

The Health Committee of COSCO had not approved the proposed amended regulations and had submitted a request for the Ministry of Health to consult with seniors before any new regulations were approved.

Transportation – report circulated.

Council Liaison

Councillor Johnston confirmed that appointments to the various City Committees had now been completed.

MPAC/Seniors Services

Heather provided the following information:

- Minoru Seniors newsletter circulated
- Christmas dinners to go \$20
- Christmas cookies \$6 per bag of 12
- Hired a Seniors Wellness Co-ordinator Sonia Chaudhary
- Remembrance Day Nov. 11th at City Hall
- Writer in Residence Program invitation to Wrap Up Party November 25th from 2 pm to 4 pm at the Cultural Centre

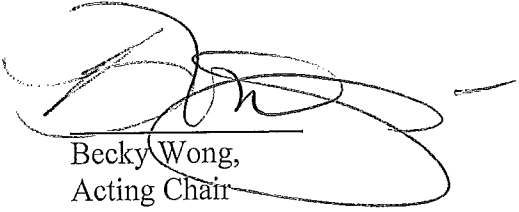
Staff Liaison

Debbie commented on the Provincial Summit on Ageing she had attended together with other community based seniors representatives. Debbie and Heather were pleased to confirm that Richmond was doing very well in addressing the needs of seniors by providing both staff, designated space and support. Mohinder had also attended and provided his views on the summit program content.

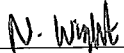
9. Next meeting – Wednesday December 13, 2017 at 9.30 am, Richmond City Hall, Meeting Room M.1.002

There being no further business meeting adjourned at 11.38 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 November 8, 2017.



Becky Wong,
Acting Chair



Nora Wright
Recording Secretary

