

Present:

Chair – Councillor Steele
Co-Chair – Councillor Starchuk
M. Drozda
Dr. B. Lalli
S. McIntosh, Seniors Come Share
K. Noonan, COSCO
J. Schmalz, BC CEAS
K. Weber, Fraser Valley Realty Board
M. Cross
R. Cross

Absent:

C. Hong, Options Immigrant
Society
S. Jahan-Chaudhary,
DIVERSEcity
L. Lange, Fraser Health
A. Poon, BC Securities
Commission
A. Sharma

Staff Present:

J. Tyler, Manager, Fraser Heights / Guildford
Recreation Centre
S. Tosdevine-Tataryn, Community Services
Coordinator, North Surrey
K. Huffer, Community Services. Assistant
I. Stachura, Manager, Read Ability Services,
Library
S. Caley, RCMP District 5, CSO
A. Sousa, Crime Prevention Programs Coord.,
Surrey RCMP District 5
T. Dykeman, Surrey Fire Services
S. Robinson, Asst. Chief, Surrey Fire Services
C. Bejtovic, Legislative Services

A. ADOPTION OF MINUTES

1. The minutes of the Seniors Advisory & Accessibility Committee meeting of June 2, 2015 to be adopted.

It was

Moved by K. Weber

Seconded by K. Noonan

That the minutes of the Seniors Advisory &
Accessibility Committee meeting of June 2, 2015, be adopted.

Carried

Councillor Steele introduced Marilyn Hermann, Executive Director of the Surrey Food Bank.

B. DELEGATION

1. **Danielle Duvauchelle, Alzheimer Society of B.C.**
File: 5000-20

In attendance before the Committee to provide a brief overview of the Alzheimer Society Minds in Motion Program.

The following comments were made:

- Minds in Motion is a weekly fitness and social activity program for people with early symptoms of Alzheimer's disease or other dementia. The program is a place where people can be themselves, experience success, increase social connections, and improve their quality of life. Participants must be accompanied by a family member or friend.

- Minds in Motion is a partnership between the Alzheimer Society of BC and community or senior centres around the Province. The program is divided into two components:
 - low impact exercise with a certified fitness instructor; and
 - one hour of social time with light refreshments
- The Alzheimer Society of BC offers workshops and training for fitness instructors working with people with dementia. The Society covers the cost of the fitness instructor who is supported by the Minds in Motion Coordinator and volunteers. The Society recruits their own volunteers but is also open to utilizing community centre volunteers. Social time involves playing games at different levels of participation.
- The goals of Minds in Motion are for individuals to participate in social and cognitive activities to keep the mind active. Providing these programs out in the communities gives seniors access to information about other programs and services offered by the Alzheimer Society of BC.
- There are more than 20 programs across the Province. Benefits of the program are seen in improved balance, energy, strength, flexibility, mobility and reduction of stress. It is an opportunity to connect socially and make new friends.
- Program registration occurs directly through the recreation centres. Fees vary depending on the length and location of the session; sessions are usually 8-10 weeks depending on the community centre. The Society does their own advertising but asks the community centres to advertise the programs as well.
- The Vision and Mission of Minds in Motion is to create a world without Alzheimer's disease and related dementias; to alleviate personal and social consequences of Alzheimer's disease and related dementias; to promote public awareness; and to search for the causes and cures.
- Other programs and services include Alzheimer resource centres, education, support groups, information bulletins, and the First Link Dementia Help Line.
- The Society would like to partner with SAAC to bring Minds in Motion to the City of Surrey.

Discussion

- Danielle indicated the cost to participants in other areas is usually around \$49. When individuals register they pay the community centre directly. The cost covers the participant; the Society asks that the care partner not be charged. If there are not enough registrants to cover the cost of the fitness instructor, the Society will cover the balance.
- Fitness instructors must be certified; the Society is designing workshops to train instructors to work with seniors.

- The Committee suggested that if they partner with the Minds in Motion program, the City could pay the fitness instructor directly and not charge the seniors anything to participate. It was noted that the City of Surrey has qualified fitness instructors who could be utilized for the Minds in Motion program.
- The delegation noted that some individuals travel from North Surrey to White Rock to participate; it would be beneficial to have the program in Surrey.
- When asked about a drop-in program, the delegation advised that drop-ins are not feasible as individuals must eventually transition out of the program; however, there is a lot of support to assist in that transition.

C. OUTSTANDING BUSINESS

1. **8-1-1 Nurse Line - Resource Update** S. McIntosh

The following comments were made:

- The 8-1-1 Nurse Line is currently understaffed and is unable to provide anyone to appear as a delegation to SAAC. They were also unable to provide any videos or other information to share with the Committee.

2. **Aging in Place Conference - Review and Feedback**

The following comments were made:

- Staff provided copies of the evaluation results for the Aging in Place Conference.
- The most popular workshops were those related to dementia, caregivers, diabetes, as well as the legal workshop and the Service Canada discussion about pensions.

3. **Doors Open - Review and Feedback**

The following comments were made:

- The overall attendance of Doors Open is unknown but it seemed quiet at City Hall. Whalley Corner was under-attended as well and the Newton Festival was quieter than usual.
- The heat may have been a factor in keeping some people away. There were also other events going on at the same time. Choosing an appropriate time of year for Doors Open can be challenging. After school breaks for the

summer, families may be away on vacation. It may be better to hold Doors Open at the beginning of the programming season in September, or earlier in the year before school ends.

4. **Seniors' Strawberry Tea, July 1 - Review and Feedback**

The following comments were made:

- This year's Seniors' Strawberry Tea did not seem as well attended as last year's event. It was noted that the Tea is generally not as well attended when held indoors. Being outside gives it a better sense of being part of the Canada Day festivities. Although the attendance was down from last year there were a lot of positive comments about the strawberry shortcake tea.
- Many different cultures hold their own Canada Day festivities which may also have contributed to the lower attendance.
- The planning committee will discuss changes for next year.

5. **Transportation and Mobility Symposium - Update and Brochure**

The following comments were made:

- The Transportation and Mobility Symposium is scheduled for September 25. The planning committee will discuss potential keynote speakers. Workshops are being planned similar to those at the Seniors Conference, partnering with RCMP, ICBC, and Translink.
- Staff have obtained a \$5,000 grant from Translink towards the symposium.

6. **Lunch and Learn - Update**

The following comments were made:

- Lunch and Learn sessions are planned for July and August to be held at City hall.

7. **Resource Inventory - Update**

The following comments were made:

- Staff have compiled an inventory of residential care facilities and churches; all seem interested in Mobile Outreach. Seniors residences which have three levels of care can integrate everyone into one Mobile Outreach session. The response has been very positive.

- A Mobile Outreach package listing suggested workshops will be sent out for the fall.
- The yellow folding card which lists pertinent resources is being updated and will be printed in the City Wide Seniors Guide. It was suggested to include the Alzheimer Society First Link help line.

D. NEW BUSINESS

1. Tapestry Retirement Communities

The following comments were made:

- Tapestry Retirement Communities, a community of high end seniors' residences, have asked the SAAC to partner with them in organizing a forum for the fall.
- Sessions could be held at their facilities; however, they were interested in coming to the City's facilities as well. It was suggested that the first session be held at one of the City's recreation centres to determine how much interest there is.

2. Seniors Day at the Food Bank

The following comments were made:

- Seniors Day at the Surrey Food Bank is every other Wednesday at 1:00 p.m.; some seniors arrive as early as 7:00 a.m. A special seniors' depot was opened a year ago; 90 seniors are attending this dedicated seniors' afternoon. However, as there is very limited space, they are not able to come in to the facility while they wait; many stand in line outside and will continue to do so through the winter.
- For many seniors, this is the only opportunity to get out of the house. They are isolated and the special seniors' depot is an opportunity to make social connections.
- With the Chuck Bailey Recreation Centre right across the street, it was suggested to create a morning program for seniors to attend before going to the food bank, and possibly afterwards to give them the opportunity to socialize. Councillor Steele has been in discussions with staff to establish a "super volunteers" program, a group of volunteers (mostly seniors) to come out to Chuck Bailey for coffee and a visit.
- The mandate of the Surrey Food Bank is to facilitate connections, particularly with seniors. They have connected with the Fraser Health Slippers Program, and Service Canada has attended in the past to provide information on eligibility for increased income.

- The Seniors Come Share Connectors assist at the Food Bank and would like to start their "Coffee and Connect" program at one of the recreation centres. This program has branched out in some communities to become more about networking and connecting; some have turned into potlucks. As it can be difficult for some seniors to attend more than once a week, it would be important to make sure that the day they come is as full as possible and they can stay for the day.

ACTION: Staff will arrange to follow up with the Food Bank to develop a sustainable outreach program to support senior participants of the Food Bank in our community.

Dr. Lalli left the meeting at 10:14 a.m. resulting in a loss of quorum.

The agenda was varied.

J. ADJOURNMENT

It was

Moved by Councillor Steele
Seconded by Councillor Starchuk
That the Seniors Advisory & Accessibility

Committee meeting do now adjourn.

Carried

The Seniors Advisory & Accessibility Committee adjourned at 10:15 a.m.

Jane Sullivan, City Clerk

Chairperson, Councillor Steele
Seniors Advisory & Accessibility Committee

The Seniors Advisory & Accessibility Committee meeting continued with the agenda, proceeding as notes only.

1. Property Taxes - Opportunity for Education and Awareness - Meeting

The following comments were made:

- Questions around property taxes arose at one of the Roof Over My Head workshops. It was suggested a forum be planned focused on topics pertaining to home ownership, i.e. property taxes, deferring taxes, eligibility for grants, etc.

10:23 a.m. K. Weber left the meeting.

E. ITEMS REFERRED BY COUNCIL

F. CORRESPONDENCE

G. INFORMATION ITEM

H. OTHER BUSINESS

The following comments were made:

1. Staff submitted a proposal to the BC Crime Prevention Symposium to present a workshop on the issue of elder abuse, and to inform them what the City of Surrey is doing in this regard. Smaller communities in the Province might need assistance with this kind of work. The fire service could be part of that, offering presentations on smoke alarms and fire safety.

2. A discussion was held around Park Mobile located at 9525 King George Boulevard and its new owners. The building to be constructed is senior specific and will contain rental units and health care services.

The Healthy Communities Committee is concerned that people living in this trailer park are at risk. The property floods regularly every winter and some individuals are living with mold in their homes.

Cllr. Starchuk has been working closely with the Manufactured Homes Association and also met with the residents of Park Mobile. The City of Surrey has been dealing with the new property owners who have a presence on-site and are attempting to mitigate the residents' fears. The new owners are purchasing the units from the residents and relocating the residents wherever they want to go.

The new property will consist of two towers, one of which will be connected to Surrey Memorial Hospital. It will be primarily seniors who will rent there.

Concern was expressed that seniors may be at a financial disadvantage. It was reaffirmed that all residents will be relocated at the cost of the developer who is also offering to pay the first 12 months' rent at the residents' new location.

3. Seniors Come Share held their AGM in June. Approximately 51,000 seniors participated in programs last year, including income tax clinics and legal clinics; this is up from 41,000 the year before.

The Better Home Program operates in a variety of places and has developed an intake clerk for all of Surrey. This means one phone number for all service areas in Surrey, providing more consistency in access and follow-up.

Seniors Come Share has 232 volunteers filling multiple roles. They continue to work on getting the blue book printed, and have applied for the Pan Canadian New Horizons grant.

One of the Seniors Come Share initiatives is to have a recreational therapist visit individuals in their home. Other initiatives include the Seniors Connector program; expanding the Tech Buddies program, which aligns seniors with students to learn computer skills; and getting former nurses and social workers involved.

4. Staff advised that CARP is hosting a session in Abbotsford on November 7 on the topic of prevention and awareness of elder abuse. CARP has asked if the City of Surrey would attend and offer a presentation. The SAAC made the decision to decline the invitation.

I. NEXT MEETING

The next Seniors Advisory & Accessibility Committee meeting is scheduled for Tuesday, September 1, 2015.