

**Delta Seniors Planning Team
Minutes**

Monday, November 19, 2018
Tsawwassen United Church

Chair: Val Windsor

Recorder: Lyn Walker

In Attendance: Dianne Burditt, ML Burke, Kay Dennison, Darlene Harris, Ruth Rowett, Rita Sager-Nunns, Pat Thiesen, Margaret Toews, Kristin Vaughan-Smith, Lyn Walker, Val Windsor, Sheila Zerr, Donna Ellis

Welcome and Introductions

Guest Speaker: Ana Arciniega, Executive Director, Delta Gymnastics

Delta Gymnastics applied for a New Horizon's Grant (Federal) to develop a program for seniors 50+ that would be different from a traditional gym program.

The "Seniors Can Move" program was developed offering 20 classes to four different seniors groups. The program involved seniors from KinVillage Community Centre, Waterford, Wexford and Augustine House residences. The funding grant was for one year only. Another grant has been applied for to help keep the program going and to expand it to two more seniors centres (Kennedy and McKee Seniors Recreation Centres). The program was well attended and very successful. The question was asked if the City of Delta, possibly through Parks & Rec would be able to help. It was stated that City of Delta was approached for funding to help build more space so the

programs for young children and seniors wouldn't have to keep moving the equipment around the other programs. The request was not successful. Perhaps Fraser Health would be a good partner as they are very active with the Fall Prevention programs and this would nicely fit the criteria. The Seniors Planning Team would be happy to support any request to either the City.

Much thanks to Ana for coming and sharing the information on this very innovative and needed program for seniors.

Approval of Agenda: Moved by Pat Thiesen, seconded by Dianne Burditt. Approved by all

Approval of Minutes for September 18, 2018 - Moved by Sheila Zerr, seconded by Kristin Vaughan-Smith. Approved by all

Action Team Updates:

Transportation & Mobility Action Team – Kay Dennison

- Kay participated with ICBC, Delta Police and Fraser Health in a Walkability/Biking study in North Delta in the 84th and 112th Street area. They passed out safety reflectors and safety tips to pedestrians. Study was also done in Ladner and Tsawwassen (Nov. 6, 7, 8).
- There is a need for the 601 bus to be reinstated in South Delta and community buses in North Delta
- The Seniors Buses are a help but they do not cross boundaries outside of the north or south areas.
- Pat Thiesen spoke on the “Stay on the Road” workshops that are currently being presented in various communities in the province.

She has enquired about doing the workshop in Delta that could be hosted by the Seniors Planning Team. Her report is attached.

Service Action Team – Kay Dennison

There were three Frauds and Scams workshops at the three libraries in Delta. South Delta had low attendance (Tsaw 2 and Ladner 7) and there were 10 people at the one in North Delta. There is a new Federal frauds and scams resource “The Little Black Book of Scams” available through the Delta Police Department. There is a lot of information in the booklet and it was thought it could be beneficial to produce a synopsis of the information in larger font for the seniors.

Fraser Health Above and Beyond Awards – given to Ladner United Church, Deltassist, Delta Seniors Planning Team working in collaboration to present a community workshop on Advanced Care Planning.

Housing Action Team – ML Burke

- ML, Kay and Pat were at Ravi Kahlon’s office for the latest housing funding announcement for affordable housing initiatives (in South Delta only).
- Is considering a presentation to City Hall in the spring regarding innovative ideas for Paterson Park in Ladner.
- ML’s Housing Report is attached.

Donna Ellis spoke to the housing funding announcement for KinVillage in Tsawwassen. Going forward with the proposal there will be a housing mix for seniors with low to moderate incomes. The final project approval with hopefully be in the next year to year and a half

with building in two years. There will possibly be another public meeting on the project in January 2019.

Committee Business:

- Discussion around changing the format of the meeting to suspend the Action Teams going forward until enough interest is shown by a larger number of people. Those committees' information will be part of the general meetings. Changing the length of the general meetings was also discussed and agreed on to move forward at 3 hours – 10 am to 1 pm (continuing every other month). Approved by all.
- Information and updates on the external community committees can be found in the attached report.

Announcement – ML Burke shared information on Medical Alert Services:

Life Assure costs \$70.00 a month and includes Fall Alert and GPS anywhere in Canada; Life Line has AutoAlert that is \$50.00 a month or wireless with GPS capability for \$80.00 a month; and Telus has the same program as Life Assure for only \$55.00 per month.

Next Meeting: Monday, January 21, 2019 at 10 am

At the Deltassist ND office (9097 120th Street)