

Delta Seniors Planning Team

November 18, 2014

Ladner Pioneer Library

Minutes

Chair: Val Windsor

Recorder: Kay Dennison, Coordinator

Attendance: Lynda Brummitt, ML Burke, Kay Dennison, Ralph D'Souza, Jenn Fancy de Mena, Charlotte Haddred, Marg Kennett, Viola Kiess, Jill Klaponski, Nancy McLeod, Christiann Munro, Keith Naddrell, Rita Sager-Nunns, Alice Persson, Doug Sabourin, Jeanne Sommerfield, Margaret Toews, Val Unrah, Joanne Van Snellenberg, Sandi Vidulich, Lyn Walker Val Windsor, Sheila Rankin Zerr,

Guests: Lu Sisoski, Cosco, Stefanie McLellan, Delta Mental Health

Item	Discussion/Information	Action
1. Welcome	Val Windsor chaired the meeting and welcomed everyone and each person introduced themselves Presentation: Depression, Dementia and Delirium Lu Sisoski, Cosco volunteer speaker Stefanie McLellan, Delta Mental Health, Geriatrics Team See presentation notes at end of minutes	
2. Approval of Agenda	Agenda approved as circulated.	Moved Sheila Rankin Zerr Seconded Joanne Van Snellenberg
3. Approval of Minutes	Minutes on the October 2014 approved as circulated.	Moved Lyn Walker Seconded Margaret Toews
4. Follow up from October Minutes	4.1 Municipal Election - 4 candidates replied with answers to our questions. The responses were forwarded to our members for their information. 4.2 Seniors Advocate – copies of the Seniors Advocate's first report are available - <u>The Journey Begins: Together, We Can Do Better.</u> Report summarizes the results of her provincial consultation and identifies 13 priority items. Her first report for 2015 will be on seniors housing – affordable, accessible and appropriate. Kay has copies of the report or it can be read on line. http://www.seniorsadvocatebc.ca/wp-content/uploads/sites/4/2014/10/The-	

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	<p data-bbox="426 142 1077 175">Journey-Begins-Together-We-can-Do-Better.pdf</p> <p data-bbox="426 217 1556 326">4.3 Thank you letter received from Corporation of Delta regarding our involvement with the Seniors Expos at McKee and Kennedy Senior Recreation Centres.</p>	
5. Updates Action Team	<p data-bbox="426 337 1125 370"><u>5.1</u> <u>Non Medical Services</u> – Kay Dennison</p> <ul data-bbox="474 375 1566 1219" style="list-style-type: none"> <li data-bbox="474 375 1514 448">• Emergency medical cards have been very successful. Need to find more funding as we only have approx. 300 cards left. <li data-bbox="474 453 1566 870">• Val and Kay attended the GP for Me committee meeting, organized by the Delta Division of Family Practice. Meeting discussion topic was how family doctors provide primary care in our community when there are not enough family doctors willing to come into the community as the now practicing GP’s are now starting to retire. Need to use more nurse practitioners. Patients now have to go out of the community because of the lack of specialists in Delta. Doctors would like to have a community clinic built on hospital land to include all medical supports for patients. Focus on keeping patients healthy, particularly seniors. <li data-bbox="474 875 1503 1024">• Val and Kay also attended the North Delta Rotary meeting to thank them for funding the cards. Rotary thanked the Delta Seniors Planning Team for allowing them to be of service to seniors in the community. <li data-bbox="474 1029 1545 1219">• Kay spoke to a reporter from the Delta Optimist about the cutting of home delivery by Canada Post. This will begin in 2015. The committee approved sending a letter to the Seniors Advocate and MP’s to let them know that the Delta Seniors committee strongly disagrees with this decision. <p data-bbox="426 1263 846 1295"><u>5.2</u> <u>Housing</u> – ML Burke</p> <ul data-bbox="474 1300 1545 1451" style="list-style-type: none"> <li data-bbox="474 1300 1545 1451">• Heather King, elected to Council made a comment on our proposal for Paterson Park and had our information on her website. During the campaign she proposed the possibility of a land swap between MK Lands (at 72nd and Hwy 91) and 	<p data-bbox="1591 1068 1934 1295">Action: Prepare and sent letter to Seniors Advocate and MPs regarding our concerns for cut in postal service</p>

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	<p>Paterson Park as a way to address community concerns and get needed housing. She attended a HAT meeting to explain her proposal.</p> <ul style="list-style-type: none"> • HAT committee is doing outreach to build interest and partnerships for the Paterson Park vision. Met with Paul Callon of Global Funding Strategies – investors (not developers). They are interested in the potential of Paterson Park and would be interested in working with a reputable developer. • Poster of Paterson Park Vision – ML prepared a poster on our vision and it will be on display as part of the Pacific Housing Research Network conference held at the BC Non Profit Housing Association conference November 19th. This is a good opportunity for connecting with representatives of CMHC, BC Housing, housing service providers, researchers and academics. • Looking into CMHC seed funding (\$10,000) for feasibility or business plan for Paterson Park – eligible for funding if there is a promise of land. Kwantlen Polytechnic University has 10 acres at Paterson Park. • ML is a regular columnist for Delta Optimist – publishes every 3 weeks. She can write on whatever topic she wishes. If she writes about Delta Seniors Planning Table will have her column vetted before publishing. • Lynda Brummitt provided information about a new database by BC Non Profit Housing Association. It is an interactive map that gives housing information for each community –including cost of rental accommodation, affordability, overspending on accommodation, income gap, overcrowding and housing shortfall. This is good information for municipal councils to have for planning for future housing needs. http://bcnpha.ca/research/rental-housing-index/ Lynda suggested that a letter be sent to Council advising them of this resource. Also include the vulnerable seniors infographic prepared by SPARC BC that identifies specific senior housing needs. Lynda will work with co-chairs to prepare this letter. 	<p>Action: send a letter to Delta Council with information about the rental housing index information for Delta.</p>

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	<p><u>5.3 Transportation and Mobility</u> – Marg Kennett Marg has been working on an education project for seniors using scooters – there have been two traffic fatalities relating to scooters and people are aware of incidences of seniors tipping in their scooters. She has researched programs in other communities and has information on how we could organize an event in Delta. Marg will organize an initial planning meeting for early December. Volunteers interested in helping are invited to come. The meeting information will be circulated.</p>	
6. Updates from other Committees	<p><u>6.1 Access Transit</u> – Kay Dennison Upgrades continue at many Sky Train stations, with most station now having 2 elevators instead of just one. Washrooms are still an issue. Municipalities need to be on board with the installation of washrooms and share the cost but most are not considering such a measure. Delta’s accessible bus stops have gone from 49.4 percent in 2013 to 51.9 percent in 2014. Compass cards are still a problem. Translink wants to make sure that all the “bugs” are out of the system before introducing the cards to the entire transit system.</p> <p><u>6.2 Seniors Advisory Committee</u> – no report</p>	
7. Integration Project discussion	<p>Need to raise funds, will need to be creative. Seniors have a valued voice and we need to make ourselves heard. \$25,000 dollars is all that is needed.</p> <p>Recent election had candidates now elected making promises to support seniors and the Delta Seniors Planning Team. We need to hold their feet to the fire over these promises regarding need for a social planner, need for affordable and appropriate housing for seniors, better transportation. Need to provide input to Council regarding senior priorities as they build their agenda for the next 4 years.</p>	
8. Announcements	Jenn Fancy de Mena - Seaquam Secondary School is holding grad transition interviews for the Grade 12 class (it is part of their	

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	graduation requirements). Interviewers are needed to conduct the interviews – half day or full day on January 27 th . This is an interesting volunteer opportunity and anyone interested can contact Jenn for more information – prevent@shaw.ca Jeanne Sommerfield would like to get support and ideas on how to develop a program for those with dementia and their caregivers. She is interested in working with others on this.	
9. Adjournment	Next Meeting January 20 th , 2015, 10:00 to Noon Deltassist Family and Community Services 9097-120 th Street, North Delta	

Presentation: Depression, Dementia and Delirium

Lu Sisoski, Cosco volunteer speaker

Stefanie McLellan, Delta Mental Health, Geriatrics Team

Lu Sisoski, representative of COSCO, Seniors Health and Wellness Institute which is funded by the Federal Government through the New Horizons Grant program.

Stefanie McLellan from Delta Mental Health was on hand to provide local information relating to the topic of the presentation.

World Health Organization Definition of health: “A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.” Senior with good mental health: A sense of well-being, control over their life and ability to interact positively with others. Health is more than absence of disease – it is complete health including physical, mental and social health.

Types of Illnesses

- Mood disorders such as bipolar disorder, depression and seasonal affective disorder
- anxiety disorders such as phobias, panic disorder, post-traumatic stress disorder and obsessive compulsive disorder
- Personality disorders such as narcissistic personality
- Eating disorders such as anorexia and bulimia
- Suicidal behaviours

- Schizophrenia and other psychoses
- Drug and alcohol abuse

Risk factors

- Lifestyle choices, substance abuse, lack of exercise, poor diet
- Genetics
- Trauma
- Chronic stress – examples loss of job, moving into care when you don't want to
- Loss of social support
- Health problems or presence of chronic disease -77% of those 65+ at least one chronic health issue
- Women live longer than men
- Hormones have different effects, more women than men are diagnosed with depression

Mental Health/Illness

- Men and women socialize differently
- Mental illness is not part of aging
- In older adults 17 to 30 % may need help with mental health issues
- Barriers to getting help - stigma attached to mental illness (it is just another chronic illness like blood pressure, diabetes etc.)
- To get help: contact Delta Mental Health – it's confidential and self-referral – call 604.948.7010

Most common mental health issues for older adults

- Anxiety
- Suicide
- Alcohol and substance abuse
- Depression
- Dementia
- Delirium

Depression: Up to 11% of seniors are affected by depression; females are twice as likely as males to develop depression.

Warning signs:

- Feelings of sadness and loss
- Feeling of guilt and worthlessness
- Irritable or short tempered
- Loss of interest or pleasure in usually enjoyed activities
- Changes in weight or appetite
- Insomnia or changes in sleep pattern
- Not able to think clearly or make decisions

Risk factors: being female, experienced depression in the past, having a relative with depression, recent life changing event, chronic illness, certain medications, lack of a social network, isolated.

Being around a person who is depressed can affect your emotional health but is it not contagious. If symptoms last more than 2 or 3 weeks it is time to see a doctor.

Depression and dementia can look similar in terms of symptoms: feeling tired, not motivated, short term memory loss, anxiety, muscle and joint pain, headaches, withdrawal from friends and family. Recurring thoughts of suicide.

Stefanie cautioned: remember there are different medications for depression.

Knowledge of depression is needed in order to treat, different drugs for different forms of depression. When prescribed medication, know what the risk factors are with each medication. It can take 4 to 6 weeks after starting medication to see improvement. After 6 months some patients feel better and may decide to stop the medication, it is advised not to make this decision on your own and consult with Doctor/therapist before going off a medication.

Best results treating depression is a combination of medication and cognitive behaviour therapy. Go to support groups, see a friend. DO SOMETHING.

World Health Organization Checklist helps identify certain factor as important in enhancing social participation for seniors. Checklist includes:

- Availability of accessible transportation
- Availability of various and affordable activities
- Awareness of activities and events
- A culture encouraging participation

- Integration of generations, cultures and communities

Dementia

- Likelihood of dementia increases with age.
- 1% of those under 65
- 2.5% of those between 65 and 74
- 30 – 40% of those over 85
- 1 in 11 Canadians over the age of 65 (approximately 500,000 people) has Alzheimer's disease or a related dementia
- Dementia not a part of normal aging

Risk factors: increases with age, females are twice as likely to develop dementia, family history of dementia, head traumas, diabetes, and cardio vascular disease.

Dementia will double in the next 20 years. Memory loss affects day to day function, this is not just being forgetful.

Prevention: Keep mentally active, challenge yourself to learn new things, try new ways to do a project. Use it or lose it.

Be supportive of someone who is in the early stages of dementia, it's very scary.

- Be compassionate, don't criticize.
- Don't parent the person with dementia, give them independence as much as possible.
- No cures but there are some medications that can be helpful.

Delirium

- Can develop quickly, sudden change in cognition - sometimes within a day, this is a medical emergency as death can occur without treatment.
- This disease can look like dementia but the onset is sudden and takes time to diagnose.
- Person with delirium may be restless, anxious, agitated and hostile, hear or see things that do not exist, believe others are trying to harm them, may not know where they are, lose bladder control.
- Sometimes the signs are quiet: drowsy, drifting in and out, withdrawn, inactive, respond slowly.

Stefanie advised: Very important that everyone, before illness occurs, has a Power of Attorney and a Representation Agreement done so that wishes are known if suffering with delirium.

For more information about help available in Delta, contact Delta Mental Health, Geriatrics team – 604.948.7010, a doctor's referral is NOT required.