

## Delta Seniors Community Planning Team

February 21, 2012

Tsawwassen Alliance Church

Minutes

**Chair:** Joanne Van Snellenberg

**Recorder:** Kay Dennison, Coordinator

**Attendance:** Gerry Bouman, Don Browning, Lynda Brummitt, ML Burke, Mary Cooper, Kay Dennison, Donna Ellis, Jane Gericke, Liz Gibson, Henry Jonker, Flo Mann, Sepia Sharma, Jean Thompson, Cynthia Vallance, Joanne Van Snellenberg, Lyn Walker, George Winkelhorst, Angelica Wrobbel, Sheila Zerr, Anthony Kupferschmidt, Richmond Advisory Committee members,(Jackie Shell, Aileen Cormack, Kathleen Holmes)

Item	Discussion/Information	Action
1. Welcome	<p>Joanne introduced our speaker Anthony Kupferschmidt, Support and Education Coordinator, Alzheimer Society of B.C. See notes of his presentation at end of minutes.</p> <p>Joanne introduced our speakers from Richmond Seniors Advisory Committee. See notes of their presentation at the end of the minutes.</p>	
2 Discussion: Recommendations for Delta Seniors Advisory Committee	<p>The Planning Table has been asked to give feedback to Delta Council on the new Advisory Committee that Council has adopted.</p> <ol style="list-style-type: none"> <li>1. One representative from the Planning Team.</li> <li>2. Committee is made up of seniors.</li> <li>3. Encourage Advisory to have speakers at monthly meetings that represent seniors in the community.</li> <li>4. Meetings to be open to the public.</li> <li>5. Two year terms for those serving on the advisory as there is a lot to learn. That the terms of individual members be staggered so that there is continuity. Members be allowed to reapply at the end of their two year term.</li> <li>6. Ask for the Committee under the auspices of the Planning Department with staff support and a budget. Can reapply after serving two years.</li> </ol>	<p>Joanne suggested that item 5 of the agenda: Discussion of Seniors Advisory for Delta be moved after the presentation by Richmond Advisory Committee presentation.</p>

Item	Discussion/Information	Action
	Two separate letters to go the Mayor and Council: one on feedback for the formation of a Seniors Advisory and one requesting a representative from the Delta Seniors Planning Team.	
2. Approval of Agenda		Approved as circulated
3. Approval of Minutes		Approved as circulated
4. Follow Up items	<p>For our April meeting Sepia Sharma has confirmed Lynda Foley, Executive Director for Home Health and End of Life Care, Fraser Health Authority.</p> <p>We will use our March meeting to prepare questions for Lynda Foley, including recommendations from Ombudsperson's report.</p>	
5. Updates from action Teams	<p><b>Housing Action Team:</b> ML Burke, Co-Chair  March 8 the Housing Team will be going to Maple Ridge to see a Seniors Housing Complex developed by B.C. Housing and Maple Ridge Municipality. Will bring back information on how this working relationship was developed.</p> <p><b>Non Medical Services Action Team:</b> Henry Jonker, Chair  Making inquiries of providing a venue for senior serving agencies to meet. Developing a plan for what needs to be accomplished and how this will educate the community as well as the service providers on what service providers see as gaps in service and what is working.</p> <p><b>Transportation and Mobility Action Team:</b> Joanne Van Snellenberg, Chair  Cartographer is digitizing the maps from our report so they can be included on the web site and in the print copy of the report.</p> <p><b>Communications Action Team:</b> Don Browning, Chair  Will meet today, after general meeting. Work is continuing on developing a senior's column for local papers. Don is working on an article about banks and fees charged to seniors. Reminder:</p>	

Item	Discussion/Information	Action
	Mortgage workshop being offered at McKee Seniors Recreation Centre, organized by ML. This will be on Saturday, February 25 <sup>th</sup> from 10 am to noon.	
6. Regional Seniors Planning Table	Val needs someone to replace her. Next meeting is on March 8, 2012 at 10 a.m. at the United Way of the Lower Mainland offices in Burnaby. Don Browning is our other representative and has offered a ride to the meeting for the person who volunteers.	Contact Kay or Lynda if you are interested in representing the Planning Team
7. Motion to adjourn meeting		
Next Meeting	Tuesday, March 20, 2012 Ladner Christian Reformed Church 4594 – 54A Street, LADNER 10:00 am to noon	

**Notes:** Presentation by Anthony Kupferschmidt, Support and Education Coordinator, Alzheimer Society of B.C

Anthony educates the community, families and those with dementia, offers one to one support in the office and on the telephone. Anthony previously worked at UBC Hospital in the provincial clinic as a researcher and interviewer for those with dementia.

Alzheimer Disease is one form of dementia -

**Signs of Dementia:** Each individual is affected differently. It is difficult to predict which symptoms will present, the order in which they will appear or the speed of their progression. Early signs that may signal the onset of Alzheimer’s disease include the loss of the sense of smell and loss of weight. The following are some of the changes you may expect as the disease progresses:

- A person’s ability to understand, think, remember and communicate will be affected.
- Ability to make decisions will be reduced. Simple tasks will become more difficult or be forgotten. Confusion and memory loss for recent events and later long term events.

- Affected person lose their way, even when walking in familiar surroundings. These cognitive changes often occur a few years before dementia is actually diagnosed.
- Person may appear apathetic, less expressive and withdrawn. However, the person even in the later stages of the disease may continue to feel joy, anger, fear, love and sadness.
- Reaction to his or her environment. May seem out of character for the person. Repeating the same action or words, hiding possessions, physical outbursts and restlessness.

**What is dementia?** It is a collection of symptoms, poor judgment, and lack of concentration and personality changes. Alzheimer's is just one type of dementia. There is vascular dementia which may cause hallucinations, personality changes, and lack of inhibition. All dementias are different. Most people live 7- 15 years with the disease. Progression of the disease is sporadic; most is developed in later life. Genetic issues may increase the progression of the disease. Early onset (before age 50) usually progresses faster.

**Prevention:** Strong evidence that exercise, good diet, using the brain to do crosswords, learn a new task and reading are all helpful. Do something you enjoy, have a spiritual belief, and avoid isolation. Good diet, reduce salt and sugar, be sure to get a good source of Vitamin B. Age is a factor but there is no evidence that where we live is a factor. Vitamins will boost memory.

**MYTHS:** Anthony brought copies of a brochure that dispels some of the following incorrect beliefs about Alzheimer's Disease:

- If someone in my family has dementia, I will too.
- Alzheimer's only affects older people.
- There is a cure of Alzheimer's.
- Memory loss means Alzheimer's.
- Aluminium causes Alzheimer's.
- If I'm diagnosed, my life is over.
- All people with Alzheimer's disease become violent and aggressive.
- People with Alzheimer's cannot understand what is going on around them.

The Alzheimer Society provides support, research, education and advocates for better care.

### **Richmond Seniors Advisory**

**Jackie Shell** was the coordinator of the Richmond Seniors Society which was the beginning of Seniors Advisory Committee. Established because of concerns that seniors were not being consulted in the planning of the community e.g. in renovating the Richmond Mall a walkway was closed that connected the seniors' apartment buildings behind the mall to transit and local amenities and closed the grocery store in the mall. Many people deliberately moved into this area around the Mall for ease of shopping and being able to walk to shop, location of seniors groups, Senior Center etc. Applications and interviews were done for appointment to the Seniors Advisory Committee. The Seniors Advisory Committee provided an opportunity for seniors to learn about local government and educate themselves. The advisory committee wanted members from all areas of the community. Length of time on the advisory committee is 2 years. Individuals can apply for another term if they choose to. The Seniors Advisory Committee is now part of the Planning Department. There are 15 people on the Advisory Committee.

**Aileen McCormack** was a founding member. In 1996 the monthly meetings of the Seniors Advisory Committee moved to City Hall and meetings are open to the public. A City counsellor is assigned to the Advisory Committee. There is City Hall staff support, meetings are attended by a staff recorder and minutes are done by staff. Mayor and Council come to advisory committee to discuss seniors' issues. Advisory Committee is made up of a cross section of the community - cultural, professionals (lawyers, planners etc.). Events and activities that the Advisory Committee has sponsored over the years, many continuing to this day: Wellness clinics, Peer Counselling, Seniors' Week events, forums for seniors on topics such as End of Life. Funding for the Advisory Committee is provided by City. Advisory Committee has use of City Hall meeting room, liability is covered by the City. They also have access to City facilities such as recreation centres, seniors' centres, etc.

Example of working with the City -

Housing: Need for changes, developers use Universal guidelines for seniors housing and will bring plans to the Advisory Committee for feedback. Latest example is a seniors redevelopment on property operated by Richmond Kiwanis, the developer Polygon, Kiwanis and City are working together to build condo towers for seniors on the site. Two of the towers will provide subsidized housing for low income seniors.

Chair of Advisory sets the agenda for monthly meetings. Sub committees are Housing, Transportation and Health. Advisory becomes a liaison for other seniors groups in the community. Example: a group came to the Advisory Committee to ask for a bench at the mall for those waiting for a bus. Biggest challenge for the Advisory Committee is getting known in the community.

**Kathleen Holmes:** Second year as chair. She advised to be sure to keep records of the history of the Seniors Advisory Committee. Have a web site, set up a record of history, minutes, issues being presented e.g. bathrooms in public spaces, lack of space for a senior's centre, etc.

Kathleen benefitted personally from the actions of the Richmond Seniors Advisory Committee. She attended a Wellness Clinic organized by the Seniors Advisory Committee and took advantage of a free glucose test. The test alerted her to diabetes and she went to her doctor for treatment. The Wellness Clinic helps seniors to easily access a number of preventative health tests that can help with early detection of chronic illness.

Richmond Seniors Advisory Committee has a budget of \$2000 from Council.

Richmond Seniors Advisory Committee represents all those over 55 years of age.

Richmond now has a Seniors Planning Table funded by United Way. This is a separate entity from the Richmond Seniors Advisory Committee.