

Delta Seniors Planning Team

June 18, 2013

Ladner Pioneer Library

Minutes

Chair: Val Windsor

Recorder: Kay Dennison, Coordinator

Attendance: Gerry Bouman, Don Browning, Lynda Brummitt, Kay Dennison, Cecelia Duncan, Jenn Fancy de Mena, Adrienne Johnson, Louise Long, Flo Mann, Margaret Nielsen, Jean Thompson, Margaret Toews, Joanne Van Snellenberg, Lyn Walker, Brian White, Val Windsor, George Winkelhorst, Sheila Rankin Zerr, Hilda Mantler, Marg Kennett

Item	Discussion/Information	Action
1. Welcome	Val introduced our guest speaker, Adrienne Johnson, Seniors Outreach Counsellor with Deltassist Family and Community Services – This is a new service that Deltassist is now offering to seniors. See notes at end of Minutes.	
2. Approval of Agenda	Additions to agenda – Social Planner for Delta – new business Agenda approved as amended.	Moved by Sheila Rankin Zerr Seconded by Louise Long
3. Approval of Minutes	Minutes of May 21, 2013 – approved as circulated.	Moved by Flo Mann Seconded by Lyn Walker
4. Follow up from Minutes	4.1 Invitation to Kim Carter, Ombudsperson to speak in Delta – A task group formed to arrange this community meeting - Marg Kennett, Joanne Van Snellenberg, Val Windsor, Hilda Mantler. Kay Dennison will follow direction of the task group to arrange venue and contact Kim Carter. 4.2 New logo – Kay Dennison reported that she will work with Chelsea Reed who made the design to finalize it with input from last	

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	<p>meeting.</p> <p>4.3 Better at Home Consultation Meetings – Lyn Walker Better at Home program will be offered by Deltassist Family and Community Services. Deltassist will be moving forward in early Oct. 2013 and hope to have the program up and running by Jan. 2014. Some of the services that will be offered are: volunteer drives, small home repairs, gardening, light housekeeping, volunteer visiting and shopping. During the next few months a base of volunteers will be built and trained. A sliding scale will be used for fees. This program will be a three year contract. Deltassist will be looking to hire staff to help with this program. Lyn thanked the members of the committee for their support and assistance during the process. Better at Home services will include a volunteer drive program for medical appointments and could include social appointments in the future. Lyn has heard that Delta Municipality which has the Seniors Bus in North Delta is looking at the possibility of offering a Seniors Bus in South Delta in the future.</p> <p>4.4 Delta Seniors Advisory Committee – Gerry Bouman/Kay Dennison Gerry spoke at Council meeting on June 17th. He tried to get on list on June 10th and found the sign up sheet had been suspended at 3pm because of large number of speakers, many of which had phoned in to be put on list. Gerry let the Clerk know that according to the rules, speakers must sign up in person, not over the phone. Gerry was first on the list yesterday. He expressed frustration that a Seniors Advisory meeting had not been called since Oct. 2012. Asked the Mayor and Council to refer to the Terms of Reference that require meetings to be called at the Mayors pleasure and Gerry suggested that if the Mayor is too busy to call a meeting, to step down and assign another chair. The Terms of Reference also require a Work Plan be developed in the first</p>	

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	<p>year of the Advisory Committee; none has been developed in the past year. He stated that 7 staff people on the Advisory are not seniors and requested that there be 2 people appointed from Tsawwassen, Ladner and North Delta which would bring the number of seniors to 6 instead of the 4 now appointed. Gerry will do a follow up letter to be sent to the Mayor and Council. The Delta Seniors Planning Team thanked Gerry for his efforts. It was also suggested the Gerry notify the local newspapers about the lack of Seniors Advisory meetings.</p>	
<p>5. Updates Action Team</p>	<p>5.1 Services Action Team – Lyn Walker Plans for development of Emergency Information Cards are being discussed; Kay and Lynda will be writing a proposal for a New Horizons grant to provide the funding necessary. Action Team will meet in July to start developing a work plan. Funding will be required to support this initiative.</p> <p>Project Life Saver: Speaker will be coming to the Sept 17th General Meeting of the Seniors Planning Team to provide details of how to keep individuals with dementia and Alzheimer’s safe in the community.</p> <p>5.2 Housing Action Team – Lynda Brummitt Plans for a Housing forum or panel are being developed. Housing concerns that we want to discuss are rental housing, seniors only housing affordability, and the need for universal design in new construction (SaferHOME). We are working on a land use concept for Paterson Park, which could generate income as it is a good size property to support building a community Hub as the area already has the hospital, Hospice, Recreation Centre, parkland and transportation nearby. Currently the 12 acres at Paterson Park owned by the municipality is not being developed.</p>	

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	<p>We prepared written submissions for Marina Garden Estates. We are watching the waterfront development on Chisholm which could include a housing development that would be close to amenities, means less use of a car and encouraging walking – suitable for seniors. We may make a submission in the future.</p> <p>5.3 Transportation and Mobility- Joanne Van Snellenberg</p> <p>Finalizing Walkability report. Will be presenting to Seniors Advisory Committee when a meeting is called. Will do a mini presentation of our report to our committee.</p> <p>Requested a meeting with the Engineering Department as we had met with them before we finalized our report. We were told to take it to the Seniors Advisory Committee.</p>	
7. Updates Regional Committees	<p>Access Transit – Kay Dennison</p> <p>Meeting next week with Transit and will report in Sept. If there are any immediate developments an email will be sent out.</p>	
8. New Business	<p>8.1 Annual Report for United Way of the Lower Mainland</p> <p>Kay Dennison and Lynda Brummitt will be writing the report in July for submission by Aug. 2. Our full funding has been continued with the hard work and support of Bev Pitman. There was a concern over the past 6 months that some of the funding for the Seniors Planning Tables would be cut back as donations to United Way have been less than in previous years but with the information all the Planning Tables provided to Bev, the decision was made to keep the funding in full.</p> <p>8.2 Speakers for 2013 – 2014</p> <ul style="list-style-type: none"> - Jenn Fancy de Mena-Prevention Specialist BC Responsible and Problem Gambling Program will be doing a presentation in the fall. - Joanne, Kay and Lynda attended at workshop at United Way of the Lower Mainland looking at developing Dementia Friendly Communities. 	

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	<p>There will be follow up meetings in the near future and we will be bringing the information to the general meetings.</p> <ul style="list-style-type: none"> - TED talks have a number of videos available that can be used at our general meetings. - Information on loss of hearing - arrange for a speaker - Low Vision - need for a speaker on macular degeneration - Bring in an Occupational Therapist. - A panel discussion for hearing, low vision and the impact on a senior's life. <p>8.3 Social Planner Several members of the committee attended the Canadian Federation of University Women– Delta presentation workshop with Mayor and Council on the need for a Social Planner in the municipality. Their report provided local research on the concern of child poverty in our community. Mayor and Council were not interested in addressing this issue as they see poverty as a provincial and federal issue and did not agree that Delta needs a Social planner.</p>	<p>Delta Seniors Planning Team will write a letter to Mayor and Council supporting the need for a Social Planner, also providing information on what a Social Planner can contribute to a community.</p>
9. Announcements	None	
10. Motion to adjourn	Meeting adjourned at noon.	
Next Meeting	<p>Tuesday, September 17, 2013 Deltassist Family and Community Services 9097 – 120th Street, North Delta 10:00 am to Noon</p>	

Notes: Presentation by Adrienne Johnson, Seniors Counsellor, Deltassist Family and Community Services.

Seniors Counselling is a new service offered by Deltassist Family and Community Services that started February, 2013. Adrienne was hired for this position. She is a registered Clinical Counsellor and her previous experience includes counselling in hospital and church settings as well as transition counselling.

The Seniors Counselling Program has the flexibility to offer counselling services in the senior's home or at one of the Deltassist offices. It is for people who are 55+ in age. The counselling service may extend over 6 to 9 months depending on the needs of the person served. While this service is offered in the home of the senior, it is not a visiting program. There will be goals set for the sessions for the senior to work toward for making changes. Phone 604.594.3455.

Issues that seniors receive help for may vary and could include:

Isolation and loneliness – how to change that, how to connect with people

Life transitions – moving, retirement, downsizing

Loss – of a spouse/partner

Anxiety/depression

Finding new purpose in life

Managing stress with health issues

The counselling service focuses on ways to make overall improvement and connecting to community resources.

She accepts most referrals but is not able to work with seniors with later stage dementia or serious mental health issues (i.e. psychosis or schizophrenia). For addictions or relationship violence, she will refer to other Deltassist counsellors. She also will make referrals to Delta Mental Health or Hospice if their specialized services are required.

How to receive help:

This service is provided on a self referral basis or from a professional such as a Doctor, public health nurse, mental health workers. If a senior is concerned about a friend, they can call Adrienne about the situation, but the senior with the problem will have to talk to Adrienne before receiving the counselling service. Counselling sessions can be held in the senior's home and Adrienne can travel to any Delta location.

Assessments

Adrienne provides a phone assessment to ensure that the service is the best fit for the person calling and the first 4 sessions are used to identify concerns, set goals and make referrals if needed. After the assessment, counselling sessions are usually weekly for 1 to 2 hours, depending on the person's needs. The counselling can continue for 6 to 9 months. Some evening appointments are available for seniors still working.

Question and Answers:

Q: Do you work with family members as well?

A: Haven't done so yet, but it is possible to bring in family members later in the counselling if it is agreed to. She also works with couples.

Q: What about help for caregivers?

A: She can help seniors who are parenting grandchildren as well as those providing care to spouse or other family member.

Q: Is there a waiting list?

A: Because the service is new there is no waiting list, but at present there is only one opening left in the program (generally serving 7 to 9 seniors at a given time). She will be flexible in helping seniors when there is a waiting list. She will assess all calls to make sure that urgent matters are referred onto emergency services – if a senior is suicidal she will help with a referral.

Q: Isolated seniors would benefit from the service, how will they hear about it?

A: They may hear of it through BC 211, Meals on Wheels, Seniors Advocacy and Information. Adrienne has also met with the staff at Kennedy, McKee and KinVillage Senior Recreation Centres.