




Meeting Record

Senior's Needs Assessment Focus Group Meeting

Wednesday, February 06, 2013 6:30 p.m.

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| Facilitator and note taker: | Sue Lawther |
| Attendees: | Kathy Macalister, Sue Lawther, Linda McKean, Phil Mitchell, Judy Gaudin-Reise, Celia Brooks, Mark Watson, Michelle Cary-Barnard |
| Regrets: | Freda Cook, Jan Mitchell, Melissa Deller |
| Guests: | none |

| Issue | Discussion | Action: |
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| Opening Remarks | Sue thanked everyone for coming and opened the meeting. | |
| Review of Last Meeting's Action Steps | <p>Review Action Steps from last meeting:</p> <ol style="list-style-type: none"> 1. meet with STAR regarding leasing process and costs involved (Phil) 2. work on transportation funding and partnership potentials in Whistler (Sue) 3. forward Myth Busting ideas for Silver Linings column to Maria S. (Sue) 4. work on putting the column archive on our new website (Sue/Don) 5. contact Bernie and determine her availability (Sue) 6. check with Our Lady of the Mountain Church regarding availability of the Hall the last week in January (Sue) 7. draft 5 areas or categories for inclusion in the Downsizing Guide (All) | <p>Ongoing</p> <p>Ongoing</p> <p>Completed</p> <p>Outstanding</p> <p>Completed</p> <p>Outstanding</p> <p>Completed</p> |
| New Horizons Grant Update | <ul style="list-style-type: none"> • Melissa is tracking usage for Seniors Centre. • Intergeneration project is moving along well. Currently working on best process to handle volunteers in the school. • Identified areas are: <ul style="list-style-type: none"> ○ Textiles in the grade 8 classroom ○ Homework sessions 3:00 – 4:30 p.m. Wednesdays and Thursdays ○ Craft sessions in the afternoons 2-4 p.m. • Seniors have asked for help with the following: <ul style="list-style-type: none"> ○ Using SMART phones ○ Using digital cameras and putting photos into digital albums ○ Using iPads ○ Using e-mail effectively • We need to start the final reporting for NH ... format to be brought to next meeting. | <p>Sue to print off reporting template and bring to next meeting.</p> <p>Melissa to continue working with WSS</p> |
| S.N.A.P. Report | <ul style="list-style-type: none"> • Upcoming programs available for seniors include: | |

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| <p>(submitted and read)</p> | <ul style="list-style-type: none"> ○ Family Dinner Night ○ Community Kitchen cooking classes ○ Yoga for seniors ○ Evening presentations once the evenings are lighter – too dark for most seniors to drive right now ○ Helping Hand senior volunteer program ○ WCSS membership cards for seniors offering 50% off at Re-Use It and some items at Re-Build It <ul style="list-style-type: none"> ● January Drop in Thursdays have featured a pharmacist and a professional photographer ● Snowshoeing is going really well ● Community outreach program going well ... have met new seniors who are now living here full time. Had my knowledge of post-surgery support services available in the community tested. | |
| <p>S.T.A.R. Transportation Report</p> | <p>Sea 2 Sky Transportation Team representatives (Sue Lawther and Lois Wynn) met with S.T.A.R.'s Steve Beck to review the Business Plan. It became clear that we needed to enlarge the target users in order to keep costs down to a reasonable level and with this in mind, funding has been obtained from Squamish Savings to complete a comprehensive study of the corridor beyond seniors. The STAR Needs Assessment was only based on a senior demographic, but the enhanced needs assessment will look at all sectors of the corridor including handicapped, transient, youth, and non-vehicle owner demographics. The enhanced needs assessment will also identify funding sources and sponsors. The RFP went out in mid-January, and the contract submission deadline is February 18th. VCH will co-ordinate the RFP responses and award the contract.</p> | <p>Sue to report back on STAR's corridor wide business plan when released.</p> |
| <p>Silver Linings Topics</p> | <p>Busting the Myths #2 is the myth that there are not any services for seniors in Whistler. Brainstormed ideas were:</p> <ul style="list-style-type: none"> ● Helping Hand includes volunteer drivers to take you wherever you need to go (even Vancouver) ● Post-Surgery Assistance through VCH ● Seniors Centre and drop in Thursdays ● Seniors Needs Action Planner – the very existence of Melissa is unknown to many ● Shopper Drug Mart will keep a record of your Blood Pressure which they will print off for you to take to your doctor ● Nutritional services available at Nesters ● Pharmacists can provide an interim supply of your medications if you have run out or forgotten your meds while travelling ● Whistler Public Library has talking books and e-books now online ... !! ● The existence of MAC Fitness and MAC Lite Fitness classes | <p>Sue to forward these ideas to Marie Schwartz</p> |
| <p>Vision/Strategy Debrief</p> | <p> The Vision statement agreed upon was: <i>Our Vision Is a welcoming, supportive community where Whistler residents 55+ comfortably age in place and are valued for what they do.</i></p> <p> The Mission statement agreed upon was: <i>Our mission is to identify opportunities then advocate for policies and programs that will move our vision into reality.</i></p> <p> General discussion followed with these highlights:</p> <ul style="list-style-type: none"> ● The Mature Action Community : Celebrating Seniors in Whistler ● National Seniors Day is October 01 – let's try to engage our community on this day through some activities www.seniors.qc.ca Ideas put on the table included a Launch, a luncheon, some presentations (legal, financial, internet for beginners, back to basics computer class, injury | <p>Sue to meet with Sally Calladine re: logo redesign Sue to draft business card template with new logo All to bring strategic driver ideas to next meeting and action steps to achieve our goals</p> |

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| | <p>prevention, family history, internet safety for seniors (social networking, privacy concerns, phone and webcam safety, safe blogging, safe commerce, online dating), and new technologies e.g. Kindle, iPhone),</p> <ul style="list-style-type: none"> • Draft a business card for all Board and Focus Group members to hand out in the community when talking to people • Identify our strategic drivers in our next meeting (how we are going to achieve our vision) • Change our name to Mature Action Community • Source a new logo to more accurately represent who we are and what we do • MAC has a passion for enhancing the independence and quality of life for seniors, and stops at nothing to advocate for seniors in the community | |
| <p>Downsizing Guide Reports</p> | <ul style="list-style-type: none"> ➤ Because we break over the summer months, and the Access Guide goes into production in early September, we should have the Downsizing Guide ready by the end of June ➤ Format agreed on is similar to the Lifestyle Guide ➤ Categories discussed were: <ul style="list-style-type: none"> ○ Financial Requirements ○ Residential Requirements ○ Legal Matters ○ The Moving Process ○ Emotional Support (Continuity Requirements?) ○ Resources ➤ Financial Requirements: <ul style="list-style-type: none"> ○ Funding ○ Planning (how much do you need?) ○ Long term care insurance ➤ Legal Requirements: <ul style="list-style-type: none"> ○ Wills ○ Representation agreements ○ End of life wishes ➤ Residential Requirements: <ul style="list-style-type: none"> ○ In your current home ○ In a smaller home ○ Senior oriented apartments or developments ○ Retirement communities ○ Independent living residences ○ Assisted living residences ○ Complex care residences ○ Living with a family member ➤ The Moving Process: <ul style="list-style-type: none"> ○ Downsizing ○ Selling current home ○ Decluttering – reducing, recycling and donating options ○ Organizing things and data ➤ Emotional Support (Continuity Requirements?) <ul style="list-style-type: none"> ○ Friends ○ Activities | <p>All to review categories and edit where appropriate. All to decide which category you would like to work on.</p> |

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| | <ul style="list-style-type: none"> o Religion o Support services and groups o Family members <p>➤ Resources :</p> <ul style="list-style-type: none"> o A listing of local resources to help with the above <p>Everyone agreed to review this list and decide by next meeting if the list needs to be expanded or reduced, and which area they would like to work on.</p> | |
| AGM | <p>AGM scheduled date is April 8, 2013 at Our Lady of the Mountain Church Hall at 7:00 p.m. Hall booking to be confirmed.</p> <p>Speaker ideas included:</p> <ul style="list-style-type: none"> o Someone from TED – they will be looking for volunteers when they are here in 2014 and 2015 o Michael Audain Gallery representative o G.D. Maxwell on “Being a Senior in Whistler” o Justin Trudeau on the current state of seniors in Canada | Phil to contact Tourism Whistler to determine if a speaker is available for our AGM. |
| Action Steps | <ul style="list-style-type: none"> ✓ Print off New Horizons reporting template and bring to next meeting ✓ Continue working with WSS on intergenerational project ✓ Review corridor wide STAR business plan ✓ Forward Myth Buster ideas to Maria for column ✓ Meet with Sally Calladine re logo redesign ✓ Draft business card template ✓ Draft strategic drivers and action steps ✓ Review and edit downsizing guide categories and identify which category you want to work on ✓ Contact Tourism Vancouver with a view to having a speaker about TED coming to Vancouver 2014 and 2015 (http://www.ted.com/) which is bigger than the Olympics in terms of drawing visitors to an area. They will be looking for volunteers ... and MAC might be a good source? | <p>Sue</p> <p>Melissa</p> <p>All</p> <p>Sue</p> <p>Sue</p> <p>Sue</p> <p>All</p> <p>All</p> <p>Phil</p> |
| Set Next Meeting Date | The next meeting date was set for Wednesday, March 6, 2013 in the Outreach Room at <i>The Whistler Blackcomb Foundation Social Services Centre</i> at 6:30 p.m. | |
| <h2>Parking Lot</h2> | | |
| 1. | Nurse Practitioners in Whistler – a new model for gerontology? | |
| 2. | How do Seniors age in place in a virtual community? | |
| 3. | Is there a role for the group as a catalyst for support groups? | |
| 4. | Library partnership potential? | |
| 5. | Vehicle sharing of Adaptive Sports van – this could come into play with STAR initiative???? | |
| 6. | Schedule follow up Town Hall meeting later in the year (2012) | |

Next Meeting Takes Place....

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| Date 06 Mar 2013 | Start 6:30 p.m. | End 8:00 p.m. | Location Outreach Room, WB Foundation Social Services Centre (Spring Creek) |
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