Meeting Record	Senior's Needs A Focus Gro	Senior's Needs Assessment Focus Group Meeting				
	Wednesday, February 06, 20	013 6:30 p.m.				
Facilitator an note taker:	d Sue Lawther	Sue Lawther				
Attendees:	Kathy Macalister, Sue Lawther, Linda McKean, Phil Mitche Celia Brooks, Mark Watson, Michelle Cary-Barnard	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	Freda Cook, Jan Mitchell, Melissa Deller none				
Guests:	none					
Issue	Discussion	Action:				
Opening Remarks	Sue thanked everyone for coming and opened the meeting.					
Review of Last Meeting's Action Steps	 Review Action Steps from last meeting: meet with STAR regarding leasing process and costs involved (Phil) work on transportation funding and partnership potentials in Whistler (Sue) forward Myth Busting ideas for Silver Linings column to Maria S. (Sue) work on putting the column archive on our new website (Sue/Don) contact Bernie and determine her availability (Sue) check with Our Lady of the Mountain Church regarding availability of the Hall the last week in January (Sue) draft 5 areas or categories for inclusion in the Downsizing Guide (All) 	Ongoing Ongoing Completed Outstanding Completed Outstanding Completed				
New Horizons Grant Update	 Melissa is tracking usage for Seniors Centre. Intergeneration project is moving along well. Currently working on be process to handle volunteers in the school. Identified areas are: 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: 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. 	Sue to print off reporting template and bring to next meeting. Melissa to continue working with WSS				
S.N.A.P. Report	Upcoming programs available for seniors include:					

(submitted and	 Family Dinner Night 	
read)	 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 	
	 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. 	
S.T.A.R. Transportation Report	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 18 th . VCH will co-ordinate the RFP responses and award the contract.	Sue to report back on STAR's corridor wide business plan when released.
Silver Linings Topics	Busting the Myths #2 is the myth that there are not any services for seniors in Whistler. Brainstormed ideas were:	Sue to forward these ideas to Marie Schwartz
	Helping Hand includes volunteer drivers to take you wherever you need to go (even Vancouver)	Schwartz
	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	
Vision/Strategy Debrief	The Vision statement agreed upon was: <i>Our Vision is a welcoming, supportive community where Whistler</i> <i>residents 55+ comfortably age in place and are valued for what they</i> <i>do.</i>	Sue to meet with Sally Calladine re: logo redesign Sue to draft business
	 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> General discussion followed with these highlights: 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.gc.ca Ideas put on the table included a Launch, a luncheon, some presentations (legal, financial, internet for beginners, back to basics computer class, injury 	card template with new logo All to bring strategic driver ideas to next meeting and action steps to achieve our goals

	 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), 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
Downsizing Guide Reports	 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: Financial Requirements Residential Requirements Legal Matters The Moving Process Emotional Support (Continuity Requirements?) Resources Financial Requirements: Financial Requirements: Emotional Support (Continuity Requirements?) Resources Financial Requirements: Funding Planning (how much do you need?) Logal Requirements: Fund of life wishes Representation agreements In your current home In a smaller home Senior oriented apartments or developments Restidential Requirements: In your current home Independent living residences Complex care residences Living with a family member The Moving Process: Downsizing Selling current home Decluttering – reducing, recycling and donating options Organizing things and data
	 Emotional Support (Continuity Requirements?) Friends Activities

0 Support services and groups 0 Family members > P Resources : 0 A listing of local resources to help with the above Everyone agreed to review this list and decide by next meeting if the list needs to be expended or reduced, and which area they would like to work on. Phil to contact: AGM 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. Phil to contact: Speaker ideas included: o. Someone from TED – they will be looking for volunteers when they are the in 2014 and 2015 Michael Audain Gallery representative Someone from TED – they will be looking for volunteers when they are 10.014 and 2015 Melessa Action Steps P rint off New Horizons reporting template and bring to next meeting Yee Melessa Action Steps P rint off New Horizons reporting template and bring to next meeting Sue Sue Action Steps P rint off New Horizons reporting template and bring to next meeting Sue Sue Action Steps P rint off New Horizons reporting template and bring to next meeting All Action Steps P rint off New Horizons reporting template and bring to next meeting All Action Steps P rorar busines and template Sue Sue Action Steps Review a		o Religion					
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	6.	Schedule follow up Town Hall meeting later in the year (2012)					

Next Meeting Takes Place....

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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