

# Mature Action Community History



MAC has been advocating for the seniors of Whistler for over 30 years. MAC's activism began with a focus on providing housing, and has expanded its advocacy, lobbying, providing information, and organizing efforts to include areas of IDEA (inclusion, diversity, equity and accessibility), health and wellbeing, transportation, public spaces, supportive services/healthcare, representation, living well, and fostering an age-friendly community.

### 1993 - 2000

The first exploratory meetings of the Mature Action Community (MAC) began in 1993, as Whistler community members realized that market housing pressures meant that many community members would not be able to continue living in Whistler as they aged.

This early group incorporated as a non-profit organization under the Society Act of BC in 1995, and efforts primarily focused on organizing, visioning, eligibility requirements and raising awareness about housing.

In the fall of 2000 MAC completed a Needs Survey from within membership, and retained a planning and development consultant. During 2001 several new initiatives were undertaken including: updating membership requirements; completion of an overview Site Opportunity Study; selecting sites for further consideration; preparation of a Subscribers Agreement; raising monies to help with initiatives; consultations with the Whistler Housing Authority (WHA); and preparation of a formal submission to the municipality requesting 'A Municipal Policy And Assistance Relative To Seniors Housing.'

It soon became apparent that without incentives, the marketplace would not be building any seniors' housing. MAC held ongoing meetings with municipal staff and council members, building awareness and emphasizing a sense of urgency in the need to prioritize housing for people aged 55+.

### 2001 - 2004

In November 2001, Council confirmed by resolution that 'Housing developed exclusively for use by Whistler seniors [subject to appropriate price and resale controls and qualification requirements] is considered resident housing,' and is therefore not subject to the municipal bed unit limit, which gave formal recognition to seniors' housing under the municipal resident housing policy. Unfortunately, over the years a growing number of seniors have relocated to other municipalities because there has been no suitable housing for them in Whistler.

In early 2003, a seniors' housing task force was created as a Council initiative, and it reported back to Council with 12 recommendations. A follow-up policy report was presented by staff to Council in December 2003; soon after it was agreed that the RMOW would take on the lead role for delivery of seniors' housing, with a first priority to find a suitable site.

Although housing had historically been MAC's first priority, by early 2004 MAC expanded its role in the community to represent seniors' needs and issues on a broader scale.

## 2005 - 2007

Early in 2005 MAC, entered into a partnership agreement with the RMOW relative to the Whistler2020 Community Vision, with our common purpose to work together towards a future that is sustainable for seniors. By now, MAC was well represented on organizations and committees throughout the community.

In November 2005 MAC, entered in principle, into a Memorandum of Understanding (MOU) with the WHA, which set out guidelines for a partnership to facilitate the provision and administration of seniors-restricted housing in Whistler. The MOU includes the qualification requirements for occupancy of seniors-restricted housing, either as an owner or tenant.

As part of this MOU agreement a MAC representative has been sitting on the WHA Board as a non-voting member since November 2005. During 2005, several opportunities for seniors-restricted housing were identified by the Municipal Planning Department in consultation with MAC, and three were selected for further consideration.

By early 2006 these three seniors housing communities were moving forward through various stages of preliminary planning and the development process as part of more comprehensive developments. Current housing advocacy initiatives and projects can be found on the MAC housing page.

## 2008

Created a focus group with initial MAC members Stephen Milstein, Kim Shellborn, Mark Watson, Marnie Simon, Sue Lawther, Doug Deeks, Freda Cook and Betty McWhinnie whose purpose was “to review potential opportunities for activity services in the Resort Municipality of Whistler that will not only enable seniors to age in place, but also enhance seniors’ lifestyle choices allowing them active engagement in the community.”

First steps were to:

- explore funding opportunities (Federal and Provincial as well as local businesses)
- explore existing programs (Vancouver Coastal Health, Meadow Park Community Centre, Myrtle Phillips Community School)
- establish a Seniors’ Hotline
- draft terms of reference for a Seniors’ Co-ordinator
- develop partnerships to bring seniors’ activities to the community

Activity and medical services inventory and seniors survey completed as current baseline. Seniors Needs Advocate Planner (SNAP) job description drafted; partnerships explored.

## 2009

Focus Group added MAC members Linda McKean, Kathy Macalister, Marnie Simons and Mark Watson

Community survey undertaken with 181 respondents participating

- Qualtrics sponsored this survey with a significant discount on cost
- The cross tabulated results were amazing and gave us much needed data to back our advocacy in the community

Greg McDonnell of WCSS committed to hosting the position of the Seniors Needs Advocate Planner in his 2010 budget based on survey findings and historical events:

- 4 years ago a VCH seniors advocacy group was approached by WCSS with the thought of having a seniors' co-ordinator in the community
- At that time, MAC felt that the Holborn development was going ahead with its Seniors' Activity Centre space, and did not immediately jump on board with this concept
- Since then, it has become apparent there are some delays with the Holborn development, and the Seniors' Activity Centre may be some years away
- WCS identified a perceived need for a Seniors' Advocate some time ago, but did not have the data to support their perception and were unable to convince their board that the need was real
- With this survey data in hand, they are now more than willing to move ahead with some type of partnership with MAC on this position

Community Information Session releasing the survey results was held on November 23 at Maury Young Arts Centre; feedback recorded from community members and panel members (North Shore Credit Union, WCSS, RMOW Mayor and Medical community representative)

Negotiated 6 townhouse units and 24 apartment units for seniors in the Cheakamus Crossing Olympic Village housing mix. MAC will receive applications and prioritize according to age, number of years worked in whistler and number of years lived in Whistler.

2010

Seniors Needs Advocate Planner was hired by WCSS with a start date of May 10, 2010

MAC website was updated and platform upgraded to provide greater functionality

Talks took place between MAC and RMOW for a Seniors' Centre given that the Holborn site is not being developed

Successfully applied for a UBCM grant – funds were allocated go to SPARC BC to obtain the information necessary to make ageing in place a part of the new Official Community Plan for Whistler; \$6K towards the production of a seniors resource guide; and the balance towards a seniors' wellness fair that was held in the Fall in conjunction with a flu vaccine clinic.

Worked with RMOW on an Age Friendly Assessment for Whistler

Intergenerational opportunities in both employment and volunteering were encouraged through seniors as a community resource. For example, volunteering at the elementary school and at youth soccer. MAC's project: "Connecting Seniors – Changing Lives", provided additional opportunities such as computer classes

Whistler Seniors through considerable volunteering and memberships in various community groups demonstrated leadership in community contribution. MAC's projects continued to raise the profile of seniors within the community of Whistler. Through fund raising negotiations, struck a deal with the Municipality that ensured seniors would be included in the Municipality's OCP.

Whistler's seniors were well on the way to ensuring full participation of older adults in decision-making initiatives for the full range of community planning. A member of MAC now on the Measuring Up Committee (accessibility), MAC took a leadership role in providing community housing for seniors, and the seniors were involved in a full range of community groups, clubs and programs. Finally, MAC's seniors took a leadership role in ensuring seniors' needs are met through the recruitment and hiring of a Seniors' Needs Advocate Planner.

MAC's project: "Connecting Seniors – Changing Lives" was a major contribution of Whistler's seniors potentially increasing the number of activities run by older adult volunteers for older adults. (Seniors Mentoring Seniors was one significant program).

Seniors Resource Guide was produced in partnership with the Whistler Question under funding supplied by the UBCM grant. The name suggested for the guide was "Access Whistler: An Inclusive Resource Guide for Seniors."

Negotiated a deal with WB on initiative to work with MAC on potential employment and volunteer opportunities. WB announced the program in the Pique Newsmagazine with front page headline "recruitment-patterns-change-job-fairs-dwindle"

WCSS negotiated on our behalf with RMOW to provide a venue and promotion for a standalone Seniors' Lifestyle Expo which was held October 27th at Spruce Grove Field House. Over 100 attendees were enthusiastic!

## 2011

Bulletin Board negotiated at the library as an information hub for seniors

55+ drop-in at the library continued with featured speakers (e.g. RCMP, pharmacists, VCH)

Applied for a Community Enrichment Grant for a website redesign (unsuccessful)

Started a conversation with Janet Hickey-Blackburn, VCH Manager for Home and Community Care, and Karen Clarke, VCH Community Development to identify Whistler needs through the lens of chronic disease management, proactive and preventative care, advance planning and education

Issues prioritized by the board were:

- Identify community issues and collaborate with VCH for solutions
- Review current name as it does not reflect who we are
- Establish a seniors' centre
- Host more workshops
- Communicate who we are in the community
- Collaborate with Squamish seniors to build critical mass for services

The Seniors' Needs Advocate Planner worked with RMOW to structure a proposal for seniors to utilize the Youth Centre during hours when not in use by youth e.g. 10 a.m. to 2 p.m. Board approved rental cost of the facility be taken from MAC funds for a trial 4 month period. First monthly Open House was held in October and schedule included ongoing Tuesday events from 10 a.m. - 2 p.m.

Explored having a caregiver support group in Whistler

Seniors' cooking classes at Myrtle Phillips school continue

AGM theme was advanced care planning and featured a presentation panel Ian Davis (legal), Louise MacDonald (health) and David Sweeney (financial), the top three areas of concern as per the 2009 survey

Applied for the Federal Community Development Program: Building Rural and Northern Partnerships in collaboration with WCSS (\$50K)

WCSS increased the Seniors Needs Action Planner (Melissa Deller) hours from 15 hr per week to 26 hr per week in recognition of the growing needs of seniors in the community

VCH brought the Healthy Brain program to Whistler for May and June

Access Guide publication in partnership with the Whistler Question - "Lifestyle Planning Guide for Zoomers" to be published each year

Walking Group was created led by SNAP, as well as MAC Lite Fitness and AquaMAC

Seniors Supporting Seniors was established along with a driving program with a mileage rebate of \$100 to Vancouver and \$30 to Squamish

Seniors Lifestyle Expo held in partnership with VCH flu shot on October 27. 160 people attended and 100 flu shots were given

Creekbread Community Night Fundraiser

Hosted an Advance Care Planning Workshop (Fraser Health and Vancouver Coastal Health presenters) which was sold out at 60 attendees

Did a Council presentation 2011/07/19

## HOUSING:

Rainbow development survey results show solid interest in Lot 10 development for senior housing at Rainbow. The Board suggests that the serious results of the survey demand be communicated to the RMOW by MAC. Survey shows more positive demand for senior housing uptake at Rainbow than any previous surveys have shown.

The summary report for the survey will be presented to the WHA Board at its next meeting on January 24th. After discussion, the WHA Board may make recommendations to Municipal Council relative to a development process for Seniors Housing on Lot 10.

WHA strategic planning includes senior housing as a goal.

WHA pausing in development of housing to assess current needs in Whistler after recent projects have been successfully sold.

Gord reported that the seniors housing development proposed for Lot 11 Rainbow, known as The Woods at Rainbow, will not be proceeding this spring due to insufficient presales. Rod Nadeau indicated that he may start a reservation list later this year, based on \$1000 fully refundable deposits.

- The WHA at its January 24th Board meeting, reviewed the Rainbow Lot 10 Seniors Housing Needs Assessment information report, and discussed a process for project implementation. In response to the survey results, the Board discussed potential pricing of the housing and ensuring that the housing can be built at a cost that will allow:
  - Current owners of resident housing to be able to transition into this housing in the future;
  - Next steps including potentially hiring a development coordinator to begin moving the project forward;
  - Researching seed funding opportunities through CMHC and other organizations

Permission had been received from WHA in September to go ahead with a survey for expressions of interest in the revised Lot 10 development. A preferred option has been selected for 8 townhomes on Lot 10 at Rainbow and probable costs have been calculated by a Quantity Surveyor.

Lot 10 Final draft plan included 8 townhouse units

A survey was sent out to determine interest - 18 responses (4 were serious, 4 showing strong interest, 2 cheques have been received; 4 more potential)

Some reduction in costs is possible (opportunity to reduce costs lies primarily in common area costs) – pricing for survey purposes was on the high side

Market issues still prevail ... seniors having to sell in a tough market are unwilling to commit to moving

WHA is looking at finding bridge financing for seniors who want to move to Rainbow but cannot sell their homes for a price that makes sense for them to move

## 2012

Walking group morphed into a snowshoeing group

Presentation by David Sweeney was huge success – members want more of this kind of information

MAC partnered with WCSS for a seniors' activity centre at their new location in the Whistler Blackcomb Foundation Social Services Centre at Spring Creek.

Access Guide review indicated total cost of \$5000 which was funded through ads

Vicky Crompton started writing a monthly article on seniors for the Whistler Question (Silver Linings) which opened with a theme "Myth Busters" (there aren't any seniors in Whistler; there aren't any seniors services in Whistler; all seniors are prepared for the reality of ageing; downsizing is easy – just sell your house)

Applied for Community Enrichment Grant again (unsuccessful)

Explored opportunity to partner with WCSS for a seniors activity centre at their new home (Whistler Blackcomb Foundation Social Services Centre)

Submitted an application for a New Horizons for Seniors grant (\$16K) for "Seniors Centre Intergenerational Activity Project" which was successful

Hosted a Town Hall meeting

Started an intergenerational reading program with Spring Creek Community School



Seniors Centre opened on September 6th at WBF Social Services Centre with MP John Weston in attendance along with 70+ seniors

MAC's purpose : to provide leadership in the creation of a safe, secure and sustainable environment for seniors to age in place in Whistler.

Website redesign took place funded by the New Horizon's for Seniors grant

Did Council presentations 2012/02/07 and 2012/05/15

### The goals established were:

- Advocate for a seniors' advisory committee at Municipal level
- Make MAC the 'go-to' source for what is happening with Whistler's Seniors
- Work on driving more people to MAC's website
- Get the word out about available seniors' services and MAC
- Increase awareness of MAC in the community and recruit new MAC members
- MAC branding
- MAC - name change or branding?
- Communicating to all seniors in the community (not just MAC members) the programs and services that are available in the community
- Cultivate a more inclusive senior image. MAC is not just housing.
- Awareness
- Education (ageing and needs)
- Opportunities
- Explore the potential for a Sea to Sky Hospice in Squamish, Whistler, or Pemberton
- Partner with Whistler Blackcomb to develop a seniors' volunteer and work model
- Increase the number of activities run by older adult volunteers for older adults
- Create a resource of current activities and volunteer activities available to seniors in the community
- Develop a stronger volunteer program (e.g. Seniors Supporting Seniors)
- Expand our relationship with VCH and our own local doctors and health care providers
- Liaise with the local medical/health care community
- Liaise with Whistler Public Library to develop health care and mental health display with reading lists
- Focus on intergenerational programs, supporting youth and mentorship
- Advocate for a seniors' transit pass when pay parking starts

Seniors' Lifestyle Expo and Flu Clinic was held October 24 with 140 attendees

1st Seniors Voice Monthly Column article appeared October 11

Joined board of S.T.A.R. (Seniors Transportation and Resources Project) – special collaboration between United Way BC and Better Environmentally Sound Transportation. STAR is to work on development of a corridor-wide transportation solution with nodules of local service. Priority targets are to be based on local needs, with the suggestion that local services could feed into one of the nodes where required. STAR was set up to meet and consult with local agencies to identify specific issues and solutions.

Produced a Downsizing Guide for the Access Whistler publication

## HOUSING:

Lot 10: did not receive sufficient numbers willing to commit financially at this time

Rental accommodations would need equity financing

WHA does have \$1.5M in the housing fund, but a conversation has not been opened about using this fund for rental housing. This may occur under the new WHA Board as the new Council have indicated that they are “open for business”

There may be an opportunity for seniors housing on Lot 9 (the commercial site) on the 3 floors above the commercial space.

Currently 30 residential units over the commercial space in the agreement

Applying for increased density of both residential and commercial

Interested in making a seniors’ component of the development

Prepared to ease up on commitment requirements

Looking for cost plus 7.5% profit

Even though land is free, they are still using \$330 - \$340 psf as their baseline for proforma calculations - WHA guideline is \$270 psf

### Holborn site:

- There has been a request to rescind all 3 rezoning readings and start again.
- May be an opportunity to go after independent and assisted living facilities
- Need to keep the pressure on for a seniors’ centre on the site
- There has been some talk of putting the tennis facility off site in a location such as Spruce Grove Park
- the Holborn architects and principals met with the RMOW regarding reviewing the current zoning application on the site. The tennis facility is too much of a burden on the proforma and compensation is being sought. The RMOW does not want to take on the operation of a tennis facility. Other alternatives include bringing in a tennis partner. There has been a suggestion of relocating the operation to Spruce Grove where there is vacant land and usage is commensurate with the Community Parks land use requirements.

No new developments discussed for Lot 9.

A proposal was received by WHA from Neil Godfrey and Alan Forester to develop Lot 10 as co-operative housing. The development would allow for up to 70 restricted residential units, including some rental. Concept is for private dwellings with common facilities. Discussion focused on how and why WHA would do this. Neil and Alan were asking for exclusivity on the property, but all transactions must be transparent and open to all. Based on past experience, it was felt this proposal had little chance of success given that common area space is expensive, and keeping the price point to a minimum is critical to the sustainability of long term availability to senior residents. The recommendation was to develop Lot 9 first, then follow with Lot 10.

**Holborn site:**

- Creek issues resolved
- Downsized tennis facility being proposed
- This is an opportunity to renegotiate seniors' housing and seniors' centre
- Cost structure needs to be determined up front
- Holborn have been instructed to proceed with an assessment of the site. Holborn has indicated they are OK with the Senior Housing component of the project. There was no adverse reaction to the request for additional land for a limited seniors' care facility. However it is essential to Holborn that the tennis be relocated to Spruce Grove. However, Waldorf School has occupied the Spruce Grove facility and they have ambitious plans for the future of Waldorf on the site with schools to be built.
- Holborn will likely not proceed if tennis cannot be moved from the site of the current tennis facility to Spruce Grove.
- The Council of the RMOW must decide is it to be tennis or Waldorf at Spruce Grove.
- The Holborn proposal progressed to third reading. The re-zoning would provide 27,000 sq ft of Seniors' non-market housing with 20-23 townhomes, a 1500 sq ft Seniors' Centre and underground parking on the plans, including allowance for progression from independent living to assisted living to full care.

**2013**

Implemented a membership drive to increase membership from 212 to 1000

Designed 2 trifold : What Does MAC Do? and Whistler's Senior Voice

Housing discussions underway:

- Holborn withdrew their application for rezoning
- Cheakamus Crossing co-housing proposal with WHA
- Rainbow Lot 9
- Rainbow Lot 10
- Rainbow Lot 11

Website redesign generating more traffic to our site

Logo redesign

Secured Whistler as a site for a needs assessment for Better at Home Services – Jane Balance to undertake assessment throughout the Corridor.

Hosted another Annual Town Hall Meeting

Initiated an intergenerational project with Spring Creek Community School, seniors reading with students – and in discussion with WSS on opportunities (Textiles in the Classroom; homework sessions and craft sessions)

Seniors Centre continued running programs for seniors:

- Family Dinner Night
- Community Kitchen cooking classes
- Yoga for seniors
- Helping Hand volunteer program

Implemented WCSS membership cards for seniors offering 50% off at Re-use It and some items at Re-Build It

Walking and snowshoeing programs very popular

Silver Linings articles in Whistler Question very well received

Held a strategic planning session with Bernie ... Mission and Vision statements evolved:

- Our Vision is a welcoming, supportive community where Whistler residents 55+ comfortably age in place and are valued for what they do.
- Our mission is to identify opportunities then advocate for policies and programs that will move our vision into reality.

Changed our name to Mature Action Community  
(Community having a more inclusive vibe than Committee)

Redesigned our logo

Part of a Corridor-wide STAR business plan for seniors' transportation

Did another Council Presentation 2013 12 03

3rd Annual Lifestyle Expo held November 05

Successfully applied to volunteer at Ironman (they pay \$2000 to each non-profit that volunteers to man a station during Ironman)

Established a Sea to Sky Transportation Collaborative with Pemberton and Squamish Seniors Groups

Met with Jack Crompton of RideBooker

- Jack expressed interest in exploring a new Sea to Sky Transportation model to meet the needs of seniors
- He will attend the next Sea to Sky Transportation Committee meeting in the new year
- He has the vehicles and it makes sense to keep the wheels moving
- Would eliminate the need to lease equipment
- He has license for the Sea to Sky corridor. New operators would likely not have required licenses nor would they be able to get them
- Club 50 came under the MAC umbrella as the social arm of our group
- Started a conversation about creatively recording seniors' stories about Whistler – Whistler Arts Council and Whistler Museum interested

## 2014

Held Annual Town Hall Meeting January 13

Participated in a BC Government Forum on Seniors February 27 in Vancouver

Volunteered again for Ironman

April 7th AGM Speaker Lyndsay Green was engaging and informative

- Popular Canadian speaker, sociologist, and researcher explores what the baby boom generation should be doing to ensure they have a successful old age. Author of **You Could Live a Long Life: Are You Ready?** And **The Perfect Home For A Long Life: Choosing The Right Retirement Lifestyle for You**, Lyndsay will speak to us on designing our own future, providing creative and concrete examples of the myriad ways we can organize and support lives of quality and fulfillment.

WHA completed a housing survey. Seniors data indicated:

- interest has increased over the past 3 years; possible timing for up to 25 households by 2016-17
- interest in 'rentals' has increased, and particularly by those who are prepared to own or rent; potentially 19 out of 46 respondents
- the response suggests that there may be the critical mass to justify development of Lot 10 Rainbow to its 20-unit maximum, rather than the alternative of 8 town homes [best use of site] - also noted that the preference for two bedroom and two BR plus den probably reflects in part many two person households
- further analysis of the survey returns is required to confirm the apparent demand relative to affordability (i.e. unit preferences vs. purchase costs or rental rates)

Savvy Whistler Guide produced by a private company (Whistler Question no longer interested in producing the Access Whistler for Seniors guide). Cost was \$1500 to us (ads covered the remainder of the costs)

Sea to Sky Transportation initiative moved under SSCS as Volunteer Driving program model is evolving rapidly and it would need to be run under a registered charity (we were unable to secure a municipal sponsor for the program). Trial programs were set up in Pemberton and Squamish model on our existing Helping Hands driving program here in Whistler

Mature Action Community History

Produced a trifold brochure documenting available transportation opportunities throughout the Sea to Sky Corridor. Distributed through VCH, SLRD, RMOW, Village of Pemberton, and Squamish Municipality channels.

MAC Membership card discussed as a 'value for membership' opportunity to build critical mass in memberships – decided not to go ahead with proposal as it could have negative impacts on our advocacy goals

Submitted a grant application to New Horizons for Seniors for a digital storytelling project

RMOW Council Presentation 2014/05/06

Town Hall participants assigned action steps as follows:

Solution	Owner
MAC card available at Nesters to encourage donations	MAC
Remove isolation and create community	WCSS and MAC
Advocating RMOW to keep momentum going	MAC
Encouraging voter turnout at elections	MAC
Organize political meeting with candidates to determine older adult platform	MAC
Creation of a voice on council and/or Seniors' Advisory Group	MAC
Celebration of Seniors' Day	WCSS
Sponsorship for local charities in order to be seen as a group raising money for other causes	MAC
Develop a meeting place for seniors on the mountains	MAC
Guest Speaker program	WCSS and MAC
Focus Group expan	MAC
Research homecare possibilities	MAC
Updated survey	MAC
Statistics from MAC both long and short term	MAC

Speakers program at Seniors Activity Centre continues to be popular – and Dr. Gabor was a sellout at WSS on September 23 (standing room only!)

Negotiated with RMOW to include the following questions on the Muni Life Survey in November:

- How many 2nd homeowners between the ages of 45 and 64 who are planning on making Whistler their primary residence
- What the projected growth patterns are
- How many current residents are planning on ageing in place here in Whistler
- If access to health care was expanded, would that influence your decision to stay
- By age group, what % of your disposable income do you spend in Whistler (e.g. groceries, restaurants, clothing, goods and services)

Opened discussions for a Seniors Meeting Place on the Mountain

Held a Mad Hatter Tea Party for Seniors' Day (Oct 1st) which was an overwhelming success and will require a committee to plan a larger event next year!

Flu and Wellness clinic held October 31

Hot lunch at the Church Hall was overcommitted and should be discussed as a reoccurring opportunity

Over 5000 volunteers hours logged by seniors at Village Host stations in 2014

## 2012

Town Hall meeting held January 19 with guest speaker Norm McPhail, Community Engagement Director, RMOW

Some actionable identified action steps were:

Action Step
Make "What Is Available" the theme of the next Savvy Whistler Guide insert
Compile a list of all Muni advisory boards and ensure we have a senior representative on each of them
Get involved with our MLA, Jordan Sturdy
Prepare a summary of transportation issues to give to the BC Transit Stakeholders Committee (Phil Mitchell), the Sea to Sky Transportation Committee (Sue), and the RMOW (Emma de Santo)
Review MAC website with a view to including more seniors' resources and links
Lobby RMOW for seniors' page on their website
Push Better at Home as a tool for ageing in place
Summarize housing concerns and pass them along to WHA (Bob Calladine) e.g. rezoning of land near the Village, raising the bedcap to allow multi-care facility near the Village, etc.

Mountain Meeting Place established on Whistler and Blackcomb

WCSS advised that they no longer felt seniors' services were within their mandate and withdrew their support of the Seniors Outreach Worker and the Seniors' Activity Centre. We lost Melissa, the outreach worker, and were not able to find an alternate partnership to keep the position and location in place. We explored the opportunity of a Regional Seniors' Outreach Worker in the Sea to Sky Corridor to link communities of Squamish, Whistler, and Pemberton. SSCS agreed to explore this opportunity with us under a grant for a "Seniors Community Connector" (a Seniors' Pan Pacific grant)

Participated in a BC Transit Stakeholders meeting to shape a vision to 2040

April 13th AGM speaker was Dr. Art Hister

Negotiated with RMOW to include a Seniors' Drop in Centre in the plans being drawn up for Meadow Park expansion

New Horizons for Seniors grant application was successful. Planning and recording of the stories took place throughout the year under the leadership of the Focus Group and filmmaker Nathan Starzinsky. Target release date is March 2016

Explored a collaboration with Better at Home to produce the Savvy Guide for Seniors to include the whole corridor

Secured both a 55+ section in the Leisure Guide for activities at Meadow Park, and a page on the RMOW website for seniors

Top 3 initiatives for 2015/2016 were:

- Men's' Shed in partnership with Rotary
- Revamp "Who We Are and What Do We Do" documents based on the outcomes of the Board's November 9th strategic planning session
- Produce a "Services Available in Whistler" flyer / document (Town Hall meeting indicated many residents simply did not know what services were already here in Whistler) using scenarios to group the services available e.g. Heart Attack, Stroke / Hypertension Diagnosis; Dementia Diagnosis; Are You A Caregiver?; Cancer Diagnosis; and so on. Look for a sponsor to publish the pamphlet / flyer.

In 2016 premiered "Whistler: From Wilderness to World Class". The project was "digital storytelling" and the film tells the history of Whistler through the stories of its senior people, past and present. It was made possible by Canada's New Horizons Grant for Seniors and the joint participation of MAC, the Whistler Museum and Archive Society and the Whistler Arts Council.

With the Rainbow Resident Housing Neighbourhood being approved, the Solana, 20 units designated specifically for Seniors and "for purchase" were built. Pursuant to the Mayor's Task Force on Resident Housing 2016-2019 specific to Senior Application Management, implementation of the new Council Policy called for the Senior waitlist process to be aligned with all policies on the eligibility for the general Employee Housing Program. This would move MAC onto the general WHA waitlist.

In 2017, Holborn chose not to proceed with its development and sold the to the Beedie Group. The Beedie Group have been in discussions with the RMOW and the Community since that time.

In 2018, a partnership was formed with Spring Creek Community School Grades 5-7 Reading Program and 10 MAC volunteers

In 2019, the Illumina was built in Rainbow with 20 senior rental units. It was maintained that eligible seniors would still get priority access to seniors' housing projects, prioritized by age, from oldest to youngest Senior. MAC developed a 3 year strategic plan organized along the WHO themes for an age-friendly city.

2021 MAC participates in the Lifting the Community project led by Arts Whistler in which old Catskinner chairs were given a new life as works of art. MAC's chair was a stunning depiction of the view from the Catskinner chair by artist Tonnja Kopp. The WHA makes the decision that qualifying seniors are eligible for all employee housing units not only Senior Designated Units. The WHA removes the MAC non-voting WHA Board member.

In 2022, The Making Connections dementia-friendly program was developed and started as a as a 5-session pilot held every two weeks for 2 ½ hours from late October to December 2022. In April, the WHA decides only one waitlist will be maintained and managed by the WHA for allocation of all restricted units, including Senior Designated units.



In 2023, based on the success of the Making Connections pilot, in January a weekly program was launched at Our Lady of the Mountains Catholic Church with the diocese providing the use of the church free of charge and lunch provided by the Better at Home program. In February, MAC was awarded a Federal New Horizons for Seniors Program grant in the amount of \$21,440 effective April 1 for the MAC Making Connections Program.

MAC implements a new strategic plan under key focus areas of supportive services; health and well-being; inclusion, diversity, equity and accessibility; and organizational capacity to guide priorities until the end of 2024.

Thanks to a grant from the Real Estate Association of Whistler, the Whistler Mature Action Community purchased a pedal wheelchair to benefit area residents and visitors with impaired mobility and poor balance from a number of conditions including Parkinson's disease, multiple sclerosis, strokes, or those rehabilitating from injuries or surgery.

MAC received a grant of \$22,965 from the Community Services Recovery Fund through the Community Foundations of Canada to upgrade to a new website and to implement software to modernize the member and event registration, current databases, systems and records so to communicate with our membership in a more efficient, effective manner.

### Mature Action Community History

MAC partnered with the BCCRN to set up the Whistler CRN.

In November MAC held a Housing Forum for members.

WCSS hired a Senior Outreach Coordinator.