



# City of Port Moody

## Minutes

### Seniors Focus Committee

Minutes of the meeting of the Seniors Focus Committee held on Thursday, March 25, 2021 via Zoom.

#### Present

Councillor Diana Dilworth, Chair  
Yolanda Broderick  
John Crowther  
Wilhelmina Martin  
Grace McKeown

#### Absent

Councillor Amy Lubik, Vice-Chair  
Wayne Borthwick  
Malcolm Harkness (Regrets)  
Katharine Lemond

#### In Attendance

Angela Blackall – Recreation Coordinator  
Mary De Paoli – Manager of Policy Planning  
Philip Lo – Committee Coordinator

#### 1. Call to Order

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#### Call to Order

1.1 The Chair called the meeting to order at 7:06pm.

#### 2. Adoption of Minutes

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#### Minutes

##### 2.1 SFC21/007

Moved, seconded, and CARRIED

**THAT the minutes of the Seniors Focus Committee meeting held on Thursday, February 4, 2021 be adopted.**

#### 3. Unfinished Business

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#### 4. New Business

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**Parks and  
Recreation: 2021  
Recreation Programs  
and Seniors Centre**

**4.1 Manager of Recreation and Recreation Coordinator**

The Chair noted that a budget for the seniors centre feasibility study has been identified; however the work has been lowered in priority and could proceed in 2022.

Staff provided a presentation on upcoming Parks and Recreation seniors programming, noting the following:

- programming is limited by the number of permitted outdoor activity participants; that number is currently at 10, while maintaining a minimum of 2.5-meter distance;
- there are two upcoming outdoor walking talks with environmental technicians along the Shoreline Trail; three more walks are planned until June;
- the pollinator garden project at Chip Kerr Parks is looking for 10 volunteers; the project is being conducted in partnership with the City's horticulture department;
- a garden series with local experts will be held to educate residents about growing food, gardening on balconies, attendance is being limited to 10 participants;
- community gardens currently have long wait lists; Council resolved to add another 60 plots at Art Wilkinson Park and near the Recreation Centre;
- indoor tai-chi is being held at the Recreation Centre; masks are required;
- yoga has been moved into the Wellness Room in the Recreation Centre, and could potentially be held at other facilities such as Old Orchard Hall; chair yoga, hatha yoga, men's yoga, and yoga 101 are being offered;
- low-intensity spin and stretch classes will be held in the curling rink;
- strength and stretch classes will be held in the gym;
- creative writing is currently on hold, as indoor sit-down activities have not been identified by the Public Health Officer as a permissible activity at this time;
- the City has made adjustments to existing sports courts and boxes to accommodate pickleball, which is gaining in popularity; for indoor pickleball, only singles games are permitted at this time; and
- some pickleball users are bringing their own nets for some courts; the City has some nets that can be loaned out.

The Committee noted the following discussion:

- Coquitlam provides a service where a gardener attends residences to access the gardens and plants; Port Moody could consider offering a similar service;

- the PoCoMo Pickleballers is a Tri-Cities community group that is currently being organized, and will become active shortly; and
- there is currently a lack of direction to seniors activities on the City's website.

## Seniors Webpage Brainstorm

4.2 The Committee noted the following in discussion regarding a seniors microsite on the City of Port Moody website, noting the following:

- include information and resources on programs and services that seniors specifically need access to, such as health and wellness, outdoor and recreation, vaccination clinics, seniors discounts, and education and victim services for scams and domestic abuse;
- other information that can be included are upcoming seniors events and social activities, volunteer opportunities, active aging guides, emergency contact and emergency transportation information;
- recreation programs that are appropriate for seniors are not clearly listed on the City's website, and program options are limited;
- consider including information compiled and sent out periodically by Mr. Ken Kuhn that are of interest for seniors;
- the Tri-Cities Seniors Society is currently being established, and could provide education for seniors to become computer and internet savvy;
- use a coordinated approach to group things together for seniors on the website;
- staff contact information is currently not easy to find on the City's website, and the use of search terms is not effective;
- "As We Age" is a good seniors resource guide published by Tri-Cities news, and includes a variety of topics relevant to seniors, and can be used as a guide for microsite content; the City can also consider a partnership to have this publication be available for pickup at City facilities;
- there should be a marketing plan to promote a seniors resource and how to access it; consider using targeted social media marketing for specific age groups and existing mailing lists;
- develop a corresponding program for seniors alongside the website;
- programmers at Dogwood Pavilion in Coquitlam maintain a distribution list that seniors can sign up for; Port Moody can consider doing the same; and
- Coquitlam is considering phasing out the word "senior" as they want the centre to be multi-generational; as

ageism and stigma is an ongoing issue in the community, consider a term that is emblematic of wisdom and experience in the community.

Staff noted the following in response:

- the City's current website is quite new; staff are continuously working to locate and fix issues;
- BC 211 is a good resource for seniors that provides information on emergencies, counselling, health, and victim services, as well as legal and educational information;
- the City currently uses automated mailing lists and targeted advertising towards specific projects; staff can discuss this issue with Communications staff; and
- the City uses the term "adult", which includes ages 19 to 99 in order to capture a wide demographic.

## 5. Information

### **Staff Updates**

- 5.1 Staff noted that Council adopted the Tri-Cities Food Council Terms of Reference, and that funding has been secured for two projects: Tri-Cities Food Security Assessment and Action Plan (including Belcarra and Anmore) funded by a UBCM grant, and the Tri-Cities Food & Diversity Stories Project funded by Plan H.

## 6. Adjournment

The Chair adjourned the meeting at 8:13pm.



Councillor Diana Dilworth,  
Chair



Philip Lo,  
Committee Coordinator