



**City of Port Moody**  
**Minutes**  
**Seniors Focus Committee**

**November 2, 2023**  
**7:00 pm**  
**Electronic Webinar via Zoom**

**Present:** Councillor Haven Lurbiecki, Chair  
John Crowther  
Leanne Lange  
Holly Lee  
Amanda Maxwell  
Grace McKeown  
Jim Millar

**Absent:** Christine Felton  
Wilhelmina Martin  
Farid Zoldjalali

**In Attendance:** Liam McLellan, Social Planner II  
Adam Shroff, Legislative Services Coordinator

**1. Call to Order**

The Chair called the meeting to order at 7:00pm.

**2. Territorial Land Acknowledgement**

The Chair provided the territorial land acknowledgement.

**3. Adoption of the Agenda**

**3.1 Agenda**

SFC23/012

*THAT the agenda of the November 2, 2023, Seniors Focus Committee meeting be adopted as circulated.*

CARRIED

#### **4. Adoption of Minutes**

##### **4.1 Minutes**

SFC23/013

*THAT the minutes of the Seniors Focus Committee meeting held on October 5, 2023, be adopted.*

CARRIED

#### **5. Unfinished Business**

#### **6. New Business**

##### **6.1 Men's Shed Overview**

Verbal Report: Jim Millar

Jim Millar provided an overview of the Men's Shed and noted the following;

- the history of Men's Shed;
- the proliferation of Men's Sheds;
- the health and wellbeing purposes of sheds;
- the nature of sheds as not a handy man service, but performing community work;
- sheds help to provide members with sense of purpose and meaning;
- all members are over age of majority;
- the social challenges facing men and the nature of social support through work and its effect on retirees;
- all programming is entirely informal;
- Port Moody's shed was started with the involvement of the City and an age-friendly study by a consultant;
- the shed operates in collaboration with the museum; and
- shed work is designed to be for community benefit, not for personal projects or for-profit projects.

Committee discussion ensued regarding the following topics:

- funding for the shed through grants and the provincial government;
- donations of tools and equipment;
- membership fees;
- the nature of the membership;
- number of members;

- the shed location at the Port Moody museum;
- the desire to start a second shed in the Loco Community Hall;
- community partner collaboration, especially for grief counselling; and
- the possibility of inclusion of the Men's Shed in events.

**Link:** <https://bcmensshed.ca/port-moody>

## **6.2 Senior Needs Assessment Update and Next Steps**

Verbal Report: Seniors Needs Subcommittee

The Seniors Needs Assessment subcommittee reported back on the Seniors Needs Assessment sessions and noted the following:

- the positive feedback provided by the attendees;
- the revelations around the impact that the services provided for seniors have on them;
- friendships developed through the sessions;
- the need for providing information for seniors;
- the preference for paper, lack of print bring a gap in communication;
- lack of a newspaper being an issue; and
- the computer being a limitation for seniors.

Committee discussion ensued regarding the following topics:

- possible further ideas for collaboration; and
- appreciation for the work by the subcommittee.

## **6.3 Seniors Fair 2024**

Verbal Report: Recreation Coordinator

Committee discussion ensued regarding the following topics:

- plans and next steps for the 2024 fair;
- a late winter or early spring demo day;
- possible opportunities for committee members to add to the demo day;
- desire to coincide with June 6-12 or the possibility of doing an event separately as well;
- the varying definition or perception of who qualifies as a senior;
- the "super senior" category over the age of 85 years;
- efforts to provide a clear description of services provided in program descriptions to help participants decide if it meets their needs;

- pricing schedule linked to age brackets;
- need linked to physical ability;
- use of the demo day to help decide how an eventual seniors fair may look.

#### **6.4 Year Recap**

Verbal Report: Chair

The Chair gave an overview of the many topics and projects that the Committee had undertaken over the course of the committee year.

Committee discussion ensued regarding the following topics:

- recruitment; and
- appreciation for the work performed by the committee.

#### **6.5 Round Table**

Committee discussion ensued regarding the following topics:


- strong appreciation for the work by the staff liaison;
- the desire for a seniors' centre in Port Moody
- appreciation for the committee and its contributions to the City; and
- happy Holiday wishes all around.


### **7. Information**

#### **7.1 Staff Updates**

### **8. Adjournment**

The Chair adjourned the meeting at 8:11pm.

  
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A. Lurbiecki, Chair

  
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A. Shroff, Legislative Services  
Coordinator