



City of Port Moody

Minutes

Seniors Focus Committee

Minutes of the meeting of the Seniors Focus Committee held on Thursday, March 5, 2020 in the Brovold Room.

Present

Councillor Amy Lubik, Vice-Chair
Yolanda Broderick
John Crowther
Malcolm Harkness
Grace McKeown

Absent

Councillor Diana Dilworth, Chair (Regrets)
Ruth Cox
Tonny Scholten (Regrets)

In Attendance

Liam McLellan – Social Planner
Jennifer Mills – Committee Coordinator

Also In Attendance

Jill Jukes, Regional Manager, Stroke Recovery Association of BC and March of Dimes

1. Call to Order

Call to Order

1.1 The Vice-Chair called the meeting to order at 7:03pm

2. Adoption of Minutes

Minutes

2.1 SFC20/006

Moved, seconded, and CARRIED

THAT the minutes of the Seniors Focus Committee meeting held on Thursday, February 6, 2020 be adopted.

3. Unfinished Business

**Understanding
Stroke Victims**

4. New Business

4.1 Presentation: Jill Jukes, Regional Manager, Stroke Recovery Association of BC and March of Dimes

Jill Jukes gave a presentation on the Stroke Recovery Association of BC (SRABC) and the following was noted:

- the Heart and Stroke Foundation of BC provides funding for research and prevention and the SRABC delivers after-stroke programs and services for stroke survivors and their care partners;
- a stroke is a brain bleed or blockage which can impact the survivor cognitively and/or physically;
- the community-based recovery programs are developed to be person-centred, following the Canadian Stroke Best Practices Recommendations, and are guided by the belief that every stroke survivor has the potential to get better;
- the financial hardships faced by stroke survivors can be a barrier to accessing programs as they are now faced with higher expenses and lower income prior to having the stroke; making programs and services more accessible in communities is essential; and
- the stroke survivors often self-manage the recovery process once they have returned home; to achieve their goals the community requires more services to provide support, resources, information, and networks.

Ms. Jukes noted the following in response to Committee members questions regarding the presentation:

- there is no program in Port Moody; however, work with Heart and Stroke and Provincial Health Services Authority is ongoing to address the gaps and determine how community programs can compliment one another;
- the SRABC was initially formed by “community navigators” who advocated to have the programs offered in the communities they live;
- the current programs in Coquitlam, Abbotsford, and Kelowna were noted as reference for model partnerships with City staff and SRABC; there are many ways to offer programs in the community on a small budget;
- the Fitness and Mobility Exercise Program by Dr. Janice Eng could be incorporated into recreation programming;
- the Tetra Society of North America is a volunteer group that design and build assistive custom-made devices; and

- the cost of a SRABC Coordinator is approximately \$7,000/year and a City employee could be trained-up for delivery of the program.

SFC20/007

Moved, seconded, and CARRIED

THAT the Stroke Recovery Association community programs be explored and considered for application to Port Moody.

Ms. Jukes left the meeting at this point and did not return.

Presentations for Seniors in the Tri-Cities

4.2 The Social Planner distributed the Seniors-Orientated Presentations in the Tri-Cities on-table and noted that the list was generated by researching the Tri-Cities Planning Network and City of Port Moody and Coquitlam websites. The Social Planner further noted that previous seminars directed at seniors have been cancelled due to low registration numbers and requested Committee members' feedback on how to encourage more seniors to attend the seminars, and the following was noted:

- provide an extended advertising time prior to the scheduled event;
- provide more information on the dedicated City of Port Moody Seniors webpage; and
- advertise in locations such as the TV in the Galleria, the Port Moody Museum Kiosk, and Seniors Housing information boards.

The Social Planner noted that the Age-Friendly Plan contains material on Communicating Activities and Materials for Seniors and the City will be working with the Communications Department to improve this area.

Seniors Statistics Infographic

4.3 This item was postponed to a future meeting.

5. Information

Staff Updates

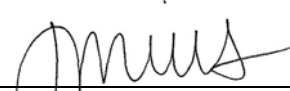
5.1 No updates were provided.

6. Adjournment

The Vice-Chair adjourned the meeting at 8:28pm.



Councillor Amy Lubik,
Vice-Chair



Jennifer Mills,
Committee Coordinator