



City of Port Moody  
Agenda  
Seniors Focus Committee

Brovold Room  
Thursday, March 5, 2020  
Commencing at 7:00pm

	1. Call to Order	
<b>Call to Order</b>	1.1	
	2. Adoption of Minutes	
<b>Minutes</b>	2.1 <b>Recommendation:</b>	
<b>Pages 3-8</b>	<b>THAT the minutes of the Seniors Focus Committee meeting held on Thursday, February 6, 2020 be adopted.</b>	
	3. Unfinished Business	
	4. New Business	
<b>Understanding Stroke Victims</b>	4.1 Presentation: Jill Jukes, Regional Manager, Stroke Recovery Association of BC and March of Dimes	
<b>Presentations for Seniors in the Tri-Cities</b>	4.2	
<b>Seniors Statistics Infographic</b>	4.3	
	5. Information	
<b>Staff Updates</b>	5.1	
	6. Adjournment	

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## City of Port Moody

### Minutes

### Seniors Focus Committee

Minutes of the meeting of the Seniors Focus Committee held on Thursday, February 6, 2020 in the Brovold Room.

#### Present

Councillor Diana Dilworth, Chair  
Ruth Cox  
Malcolm Harkness  
Grace McKeown  
Tonny Scholten

#### Absent

Councillor Amy Lubik, Vice-Chair (Regrets)  
Yolanda Broderick (Regrets)  
John Crowther (Regrets)

#### In Attendance

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

#### Also In Attendance

Kate Milne, Cardea Health Consulting

#### 1. Call to Order

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#### Call to Order

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

#### 2. Adoption of Minutes

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#### Minutes

#### 2.1 SFC20/004

Moved, seconded, and CARRIED

**THAT the minutes of the Seniors Focus Committee meeting held on Thursday, January 9, 2020 be adopted.**

#### 3. Unfinished Business

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#### 4. New Business

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##### **Draft Age-Friendly Plan**

##### 4.1 Presentation: Kate Milne, Cardea Health Consulting

The consultant gave a presentation on the first draft of the Age-Friendly Plan noting the following:

- Public Health Agency of Canada indicators were used as the basis of the survey; and
- the Manager of Economic Development provided input on creating an Age-Friendly business strategy and how to involve local businesses on implementing the strategy.

The consultant reviewed the survey results and noted the following proposed actions in the draft Age-Friendly Plan, as divided into the following categories:

##### Outdoor spaces – Walkability

- increase access to rest places in walking areas and public spaces; there may be a partnership opportunity with the Arts and Culture Committee to decorate “friendship benches” and redesign seating at the Queens Street Plaza;
- increase access to accessible washrooms; look into apps that can incorporate washroom location data;
- improve crosswalk safety; and
- increase sidewalk and trail safety;

##### Outdoor spaces – Accessibility

- ensure age- and dementia-friendly initiatives and accessibility in design considerations.

##### Outdoor spaces – Crime Prevention

- conduct a senior’s safety workshop with the Police.

##### Transportation

- increase access to affordable and accessible transportation options, including consideration of an on-demand shuttle service for a specified service area.

##### Housing

- increase access to subsidized and accessible housing options for seniors;
- provide information on cost savings by retro-fitting for more energy-efficient homes;

- provide greater awareness and access to the Home Adaptations program; and
- increase access to more supportive care housing options.

### Recreation

- consider the options to redevelop Kyle Centre, relocate it, or build a new dedicated seniors centre or within a shared space;
- provide more recreation options for more active seniors; such as balance and mobility classes similar to the SteadyFeet Program from Vancouver Coastal Health; and
- a “men’s shed” – a shared tool and workshop space for senior men – could reduce social isolation and provide opportunities for volunteer home repair services.

### Inclusion

- actively recruit First Nations and new immigrant representatives to serve on the Committee;
- include land acknowledgments on all age-friendly documents;
- consider a bus service that shuttles seniors to a meal, exercise classes, and a return trip home;
- consider a volunteer ambassador program for seniors; and
- make recreation programming dementia-friendly, and include access to caregivers and training to frontline staff;

### Civic Engagement

- assign a dedicated staff to the seniors portfolio;
- add flexibility to volunteer opportunities;
- increase marketing on how to be involved in City affairs; and
- provide access to elected officials, such as hosting special events.

### Communication

- include seniors information in City mail-outs such as tax notices, and have regular advertising in Tri-Cities News;
- collaborate with strata councils to provide senior-specific information;
- create a directory for senior-specific information and services; and increase awareness of the 2-1-1 service; and

- host ongoing monthly workshops on various seniors issues, with the City providing space.

#### Community and Health

- develop emergency preparedness for seniors;
- improve services for visually-impaired seniors; and
- provide senior caregiver support information on the City's website.

The consultant reviewed the next steps of Plan, including:

- seek Council approval of the Plan;
- Publicly post the assessment and the action plan;
- pursue and establish partnerships and resources for implementation;
- look into connecting with the Raising the Profile project for the provision of non-medical services;
- pursue grant-funding opportunities;
- make a formal plan to monitor and measure the outcomes of the Plan prior to implementation;
- seek formal recognition as an Age-Friendly Community in BC;
- involve the Committee to provide an age-friendly lens on municipal plan updates such as the Official Community Plan (OCP) and TransportMoody;
- extend the emergency preparedness process to include seniors and people with disabilities; and
- work toward a vision with guiding principles for the age-friendly work.

The Chair noted that the full report will be forwarded to Committee members for feedback and recommendations, prior to presentation to Council.

#### **2020 Seniors Focus Committee Work Plan**

4.2 Attachment: Draft 2020 Work Plan – Seniors Focus Committee  
File: 01-0360-20-53

The Chair recommended the following changes to the draft 2020 Work Plan:

- move the review of recreation programming for seniors to June;
- move the compilation of Tri-Cities presentations to March;
- add a presentation to Council regarding the Seniors Centre visioning exercise, tentatively in September or October;
- the Business Excellence Awards in October is an opportunity to make a presentation regarding the Age-

Friendly Business program and to allow businesses to sign up;

- add a Christmas Social at The Club in December; and
- include monthly outcomes in the Work Plan calendar;

The Committee agreed to invite Yvonne Harris to participate in the Heart and Stroke Foundation presentation March, with additional contributions from Tonny Scholten.

Malcolm Harkness agreed to help lead the Seniors Centre Visioning Exercise.

SFC20/005

Moved, seconded, and CARRIED

**THAT the 2020 Seniors Focus Committee Work Plan be endorsed as amended.**

**Interim Uses of Old Firehall Site**

- 4.3 Attachment: Old Firehall No. 1 Site: Committee Input on Potential Interim Uses  
File: 01-0360-20-53

Staff gave presentation on the Old Firehall Site, noting the site context and history, and Council's referral of this topic to all civic committees for feedback.

The Committee noted the following in response:

- it can be used as a dementia-friendly park with walking loops and benches, and provide a rest area for their caregivers;
- it can be used as a community flower garden with raised beds, so they can be relocated if necessary;
- washrooms should be included on site;
- it can be a space for potential daycare use;
- Bryant Park in New York City is an example of public space activation with interactive and entertainment activities;
- consider multi-season use, such as a temporary ice rink in the winter and a pop-up water park in the summer; and
- concerns were expressed regarding traffic safety and on-site uses being a distraction to traffic.

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**5. Information**

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**Staff Updates**

- 5.1 The Chair noted that addition people should be encouraged to join the Committee, including First Nations representation, and suggested that Communications staff could advertise and promote involvement in the Committee.

Staff will follow-up and identify individuals who may be suitable to join the Committee.

**Seniors Centre Ideas**

- 5.2 Attachment: Seniors Centre for Port Moody  
File: 01-0360-20-53

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**6. Adjournment**

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The Chair adjourned the meeting at 8:56pm.

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Councillor Diana Dilworth,  
Chair

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Philip Lo,  
Committee Coordinator