#### WILSON SENIORS ADVISORY BOARD – Minutes November 15, 2023

#### Location: @Arena Meeting Room at PCCC

Attendees: Linda Lou Bartlett, Pat Dales, Karen Dobson, Teresa Foreman, Bev Holland, Joan Mullen, Ann Pratt, Ravi Seru, Royce Shook, Donna Stanbrook, Doug Stanbrook, Diane Todd
Regrets: Jean Ridgewell, Gilda Tweedie
City: Baljit Sastry
City Representative: Councillor Nancy McCurrach

- 1. Meeting called to order @ 10.01 am
- Motion to approve minutes of previous meeting: Moved Karen Dobson Seconded Ann Pratt Carried
   Motion to approve Agenda as circulated: Moved Linda Lou Bartlett Seconded Teresa Foreman Carried
- 4. Action Items
  - a) Welcome to the new Board Members Bev Holland, Donna and Doug Stanbrook, Ravi Seru, and Diane Todd and to our returning Board members Ann Pratt, Karen Dobson, Jean Ridgewell, Linda Lou Bartlett
  - b) Vice-President

Moved by Linda Lou Bartlett Seconded by Teresa Foreman that Gilda Tweedie by appointedVice-President until the next AGM (one year).CarriedTreasurer – vacantCarried

- c) The initiative Seniors & the age of Technology is still moving ahead and hopefully we will start to put staff to work on it early in the new year. Don Seeley volunteered to work with the City on this when he needed. An information survey is currently being circulated to find out just what members would like to learn.
- d) Shirts and Banners for Choir awaiting information regarding quotes.
- e) Christmas Lunch for Board agreed that the annual Christmas Lunch for Board members will take place at the Legion following the Board meeting December 13, 2023.
- f) Meeting Dates for next Spring discussion about dates/times of board meetings due to the cold temperature of the Arena room.
   Moved by Linda Lou Bartlett Seconded by Teresa Foreman that we wear more clothes and stay in the Arena room, meeting at 10 am on the 2<sup>nd</sup> Wednesday of the month. Carried
- g) Heat in the Bingo Hall ongoing with maintenance.
- h) Donation to Wilson Kitchen donor of \$4000 towards kitchen costs has received a tax receipt for \$2000 (as requested).
- i) Remembrance Day Ceremony thanks to Ann Pratt and Teresa Foreman for representing the board at the Remembrance Day Ceremony and presenting the wreath. Compliments to the Silver Chord Choir for their singing at the Ceremony. (photo page 4)
   Moved by Teresa Foreman Seconded by Bev Holland that a letter be sent to the Legion to express appreciation for the Ceremony service, including the prayers. Carried
- j) Xmas Tree entry tree to be decorated Nov 24<sup>th</sup> at 10 am (PCCC).
- k) Helping Hands at Christmas. Last year the Board allocated \$5000 to this program. That provided Save-On food cards (\$75 each) to low-income Port Coquitlam seniors. Food costs have increased over this past year so there is a motion to increase the amount donated.
   Moved by Linda Lou Bartlett Seconded by Bev Holland that the amount donated this year be raised to \$7500 to provide \$100 cards for up to 75 people.

- **I)** May Day Preparations and recruitment Teresa Foreman and Bev Holland to liaise with Tobie.
- m) Health Fair committee Agreed at the last board meeting that we would have a Health and Wellness Fair in 2024. The date will be Saturday, June 8. Committee will meet early 2024.
- n) Bus Excursions Royce/Linda Lou will contact the bus company to arrange a bus excursion in December to view Christmas lights. Possible destinations: VanDusen Gardens/Burnaby Museum
- o) Social Activities. Wait lists are becoming a problem as our membership grows and people want to get out and socialize after isolating during Covid. Currently the birthday party socials are held in the Wilson Lounge which provides an intimate atmosphere but only accommodates 60.
   Moved by Pat Dales Seconded by Karen Dobson that the birthday socials be moved to the Mabbett Hall as a one-time experiment during which members will be surveyed. Carried (2 nays)
- p) Tuesday Talks. The final talk of 2023 on Tuesday, Nov 28, will be a workshop on Hearing Health. The Nov 14<sup>th</sup> talk on Aging & Cognition was insightful and well received. January talks are booked and the committee will be meeting to arrange talks for February & March. The talks will be arranged in a 3-month block.

## 5. Councillor Nancy McCurrach - report

As some of you are aware I am also the City Council Designate for the Fraser Valley Regional Library (Terry Fox Library), and I wanted to draw your attention to the new Playground device available to loan. It is an easy-to-use, portable Air Quality Monitors. The library is committed to the vibrant health of our communities as well as the planet we share. Air Quality Monitors provide real-time, easy-to-understand information on air quality levels. Test your air carbon dioxide (CO2), small particulate matter (PM 2.5), formaldehyde(HCHO), and volatile organic compounds (TVOC). The goal is to provide customers a deeper understanding of air quality and its impact on individual health in their homes.

Also, there is a canvas out for children and youth to submit their holiday-themed artwork to the City for the City's third annual Holiday Card. Artwork will be displayed on holiday cards that will be sent to seniors living in long-term care homes in Port Coquitlam with a personalized message from Council: Connecting children and youth with seniors.

| 6. | City Report – reported by Baljit Sastry – see attached              |                               |         |  |  |  |  |
|----|---|-------------------------------|---------|--|--|--|--|
|    | Moved to accept the report: Ann Pratt                               | Seconded Teresa Foreman       | Carried |  |  |  |  |
| 7. | <ol> <li>President's Report – Royce Shook – see attached</li> </ol> |                               |         |  |  |  |  |
|    | Moved to accept the report: Doug Stanbrook                          | Seconded: Ann Pratt           | Carried |  |  |  |  |
| 8. | Treasurer's Report – Royce Shook – see attached                     |                               |         |  |  |  |  |
|    | Moved to accept the report: Linda Lou Ba                            | rtlett Seconded: Karen Dobson | Carried |  |  |  |  |
| 8. | New Business:   |                               |         |  |  |  |  |
| 0. |   |                               |         |  |  |  |  |

Arising from the AGM Two Concerns about Social functions.

- 1. lack of space for those wanting to attend
- 2. the problem of access for those using walkers/wheelchairs

These issues were discussed above (see Social Activities (4.0)

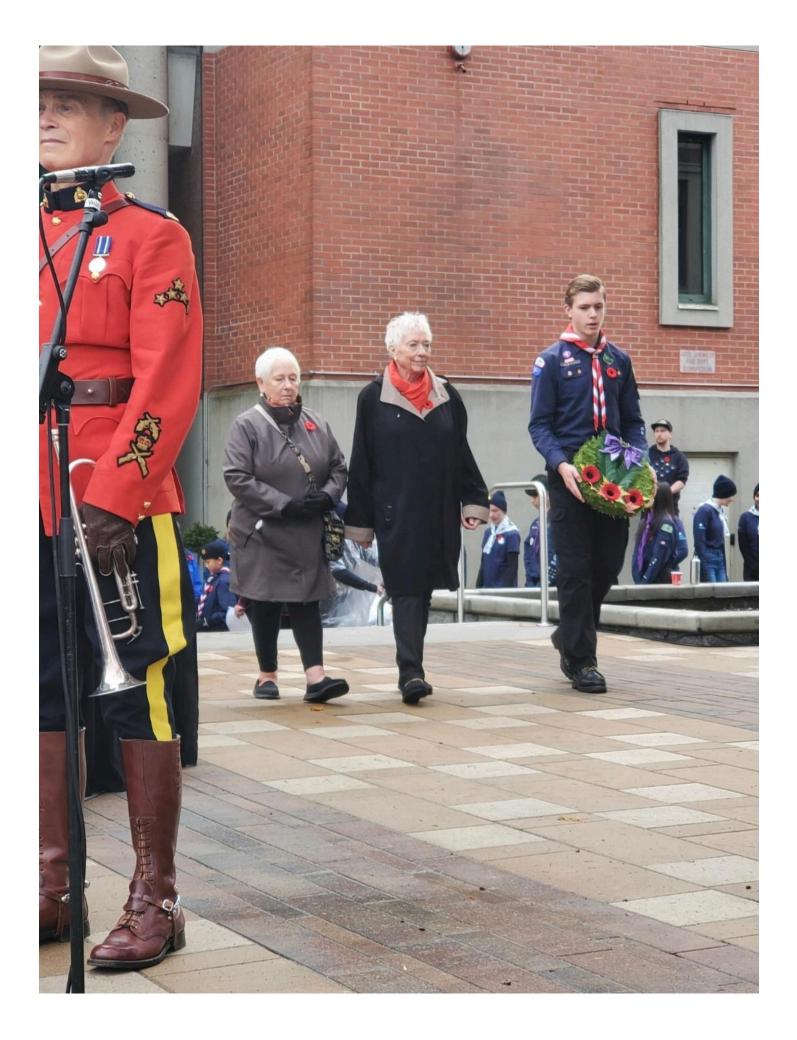
Ruth Wilson, long-time board member, has retired from the Board.
 Moved by Ann Pratt Seconded by Donna Stanbrook that a card and \$100 gift certificate be purchased as a thank you for Ruth.
 Carried

9. Adjournment @12.30 pm Moved by Karen Dobson

Seconded Teresa Foreman

Carried

## Next regular Board Meeting December 13, 2023 10 am Arena Meeting Room



# President's Report for November 2023– Royce Shook

We have run into a breakdown of communications with the Bus company, and I was asked to follow up with them by Linda Lou, but have been unable to connect to this point.

The AGM went smoothly, thank you to Baljit who did a wonderful job in handling the elections. We would also like to extend a warm welcome Katelyn Allen who is now working with Baljit. We now have a full Board. Welcome to the new and returning Board members. I was asked about the duties of the executive positions that had not been filled and I sent out a notice with all of the information. Thank you to all those who got back to me. The lack of a Treasurer and a Vice President will continue to be a problem for the board.

At the AGM two issues were raised about the social activities. As was pointed out the membership is growing and one of the highlights for members are the social activities we host. Because of high demand, the Board has to look for solutions to the wait list issue as well as the accessibility issue for those with mobility devices.

Thanks to Ann and Teresa for laying the wreath at the Legion ceremony on Saturday. The event was well attended, and the Silver Cord Choir did a great job. I was wondering how the purchase of shirts was going for the Choir and did we get an idea for a design for a stand-up banner for the choir?

We have to move forward on the Helping Hands at Christmas, initiative. We also need to set a date for the Xmas lunch for the Board. Normally it is held after the December meeting which is Dec 13<sup>th</sup>. We also need to start planning how we will market our involvement in The May Day celebrations. We will need some help in the new year with planning the senior's week and our health fair. If you are interested in helping let me know.

We have completed the annual filing required by the Societies Act. The Bingo licence has been renewed. The 50/50 is not due to be renewed for a while. I have been looking for additional grants for senior organizations, but they are few and far between, so if anyone knows of any organization that could support us, let me know.

On November 16<sup>th</sup> Board has to close out the existing account at Prospera Credit Union and Transfer the money to our Van City account. I propose we put the money into a short-term deposit as we will not need the money for a while.

| Monthly Treasurers Report for November Board Meeting |                     |            |             |           |              |  |  |  |
|--|---------------------|------------|-------------|-----------|--------------|--|--|--|
| Prospera Credit Union                                | Description         | Date       | Income      | Expenses  | Balance      |  |  |  |
| Term Deposit (Expires Nov<br>2023)                   |                     | 30-09-2023 |             |           | \$ 17,632.33 |  |  |  |
| Checking Account                                     |                     | 30-09-2023 |             |           | \$ 2,111.60  |  |  |  |
| High Interest Savings                                |                     | 30-09-2023 | \$ 6.36     |           |              |  |  |  |
| Total in Prospera (to be clos                        | ed in Nov)          | 30-09-2023 | \$ 6.36     |           | \$ 19,750.29 |  |  |  |
| Van City Credit Union                                |                     |            |             |           |              |  |  |  |
| Activity October 2023                                | Description         | Date       | Income      | Expenses  | Balance      |  |  |  |
| Balance Sept 30 2023                                 |                     |            |             |           | \$ 50,134.97 |  |  |  |
| Balance October 01, 2023                             |                     |            |             |           | \$50,134.97  |  |  |  |
| 03-Oc  | Etransfer credit    |            | \$ 3,000.00 |           | \$ 53,134.97 |  |  |  |
| 03-Oc  | Etransfer credit    |            | \$ 1,000.00 |           | \$54,134.97  |  |  |  |
| 06-Oc  | Cheque cleared #23  |            |             | \$ 50.00  | \$54,084.97  |  |  |  |
| 10-Oc  | Cheque deposit      |            | \$50.00     |           | \$54, 134.97 |  |  |  |
| 11-Oc  | Cheque cleared #24  |            |             | \$63.22   | \$54,071.75  |  |  |  |
| 25-Oc  | Cash deposit-branch |            | \$545.55    |           | \$54,617.30  |  |  |  |
| 25-Oc  | Cash deposit-branch |            |             | \$ 545.55 | \$54,071.75  |  |  |  |
| 25-=Oc   | Cash deposit        |            | 547.95      |           | \$54,619.70  |  |  |  |
| 31-Oc  | Closing balance     |            | \$ 5,143.50 | \$ 658.77 | \$54,619.70  |  |  |  |
| Balance October 31, 2023                             |                     |            |             |           | \$54,619.70  |  |  |  |
| Shares in Van City                                   |                     |            |             |           | \$ 5.00      |  |  |  |
| Float  |                     |            |             |           | \$ 50.00     |  |  |  |
| Totals Van City, and Prospe                          | a                   |            | \$5,149.86  | \$658.77  | \$74,424.99  |  |  |  |
| Total Cash as of October 31<br>2023                  |                     |            |             |           | \$74,424.99  |  |  |  |