

WILSON SENIORS ADVISORY BOARD – Minutes May 14, 2025

Location: Small Multipurpose Room at PCCC

Attendees: Royce Shook, Pat Dales, Karen Dobson, Donna Stanbrook, Doug Stanbrook, Diane Todd, Gilda Tweedie, Barb Allen, Don Preston, Rosamund Levy,

Regrets: Barrie Seaton, Ravi Seru, Joan Mullen, Ann Pratt, Teresa Foreman, Gwendoline Turpin.

City: Baljit Sastry, Carrie Nimmo

City Council Designate: Nancy McCurrach

Meeting called to order @ 10:05

1. Motion to approve the minutes of the previous meeting as circulated:

Moved: Donna Stanbrook **Seconded:** Karen Dobson **Carried**

2. Motion to approve Agenda: as amended

Moved: Pat Dales **Seconded:** Doug Stanbrook **Carried**

3. Reports

a. **City Report** Baljit Sastry/Carrie Nimmo – See Appendix I – Karen & Diane to attend new members meeting during Senior’s Week

b. **Councillor Report.** Nancy McCurrach – no new items, but Councillor McCurrach shared her last report to City Council

c. **President’s Report** Royce Shook – See Appendix II

d. **Treasurer’s Report** Barbara Allen – See Appendix III

e. **Community Resource Network Report** Gilda Tweedie – See Appendix IV. In addition, contact numbers for Elder Abuse resources will be added to our website Resources section.

Motion to accept the above reports

Moved: Doug Stanbrook **Seconded:** Donna Stanbrook **Carried**

4. Action Items

a. **Activities report: Ann Pratt** Ann not present, no report

b. **Bingo report: Diane Todd.** There were 26 players last week – a good crowd for Bingo, with several new players.

c. **Tuesday Talks report: Pat Dales** Nutrition program was very popular, and the presenter has been asked to return June 24. Other popular topics include Financial health, and the importance of blood donations. Pat to provide updated list of all upcoming talks.

d. Grant updates: Royce Shook

i. The Sienna Grant for caregivers was not successful

ii. Diwali. Royce will be meeting with Mithila who is the community member that brought forward the Diwali ideas for Seniors Services but is also the one that is trying to do the coffee book with recipes from seniors.

e. **New Horizons** We are preparing a ballot so the membership can vote on the bus excursions

f. We are also looking at the cost of snacks for the Tuesday Talks to cover the cost from the grant.

g. **Marketing Strategy Development** Rosamund Levy.

i. Focus or marketing plans should be to increase membership and awareness of Wilson Senior’s Advisory Association.

ii. Need to promote at Farmer’s Market, Car Show, Health & Wellness Fair highlighting display case sales, upcoming cookbook, SPS workshops Nov 13, and food insecurity programs to both users and sponsors.

iii. Should also ensure we have a table at next year’s May Days party.

Motion to approve spending up to \$500 for 2 banners, 8feet wide, “Wilson Seniors – 60 Plus & Poco Proud – wilsonseniors.ca

Moved: Pat Dales **Seconded:** Barb Allen **Carried**

- h. Website Update Gwendoline Turpin – See Appendix V

5. New/Ongoing Business

- a. May Day

- 1. Opening Ceremony
- 2. Maypole Parade – Royce thanked all who participated, and shared they City’s appreciation. See Appendix VI

- b. **Farmer’s Market Coupon Program.** Coupons for the Farmers Market have been delayed, but will be available in June.

Motion: To approve spending up to \$6000 to provide coupons to seniors in need.

Moved: Pat Dales **Seconded:** Donna Stanbrook **Carried**

Motion amended to specify seniors coupons will be available to 55+

- c. **Health and Wellness Fair 8 presenters paid to date.**

- d. **Partnership with Seniors Service Society event November 13, 1 to 6**

Similar to a health and wellness fair, but more of a social theme, they want the silver Cord Choir to sing and there may be an honorarium for them They also will give one or two workshops, and they want us to suggest an opening speaker

- e. **Seniors Week Proclamation** to be awarded by Mayor West at Council meeting on May 27, 5 pm. Baljit to provide details. Royce Shook, Gilda Tweedie, Diane Todd, Karen Dobson & Don Preston to attend. All are welcome

Adjournment @ 12:12 Moved: Pat Dales **Seconded:** Karen Dobson **Carried**

Next regular Board Meeting June 18, 2025, at 10:00 AM

Appendix I

City Report to the Wilson Seniors Advisory Board May 14, 2025 Reported by Baljit Sastry and Carrie Nimmo

Membership

- As of May 4, 2025, there are 1061 seniors' services members. Numbers continue to hold steady.

Seniors Week:

We are gearing towards a week of fun during Seniors Week (June 1-7th). Activities include: Monday June 2nd

- 10:00am – Two-nie Breakfast (while quantities last) – Wilson Lounge

- 2:00pm Silver Chord Choir Performance - PCCC Lobby

Tuesday June 3rd

- 10:00am New Members Info Session- Wilson Lounge

- 1:00pm Exploring Watercolours Workshop – Michael Wright Art Gallery (

- 1:30pm Wholly Brain Wellness with the Adult Cognitive Wellness Centre – MHN Wednesday June 4th

- 1:00pm Guided Painting – Michael Wright Gallery

- 4:30pm Chess with Youth and Seniors with PoCo Knights Youth Chess Club Thursday June 5th

- 10:00am “Try It” – Drum Circle – Small Multi Purpose Room

- 12:30pm Seniors Week Luncheon (FULL)

Friday June 6th

- 11:30am “Try It” – Intro to Spanish - JB Young

- 1:30pm Container Gardening Workshop with Terry Fox Library – Wilson Lounge Patio

Marketing and promotion will start week of May 12th and continue until seniors' weeks. The June What's Up Wilson will release Thursday May 15th, information boards in the Wilson Lounge will be updated and social media marketing will start the week of May 20th. All programs are free except for the two-nie breakfast which will be \$2 for pancakes, sausage and coffee. Registration not required for events on Monday June 2nd.

Proclamation

- May 27th Council Meeting at 5pm – We will need representation from the Board to receive the proclamation.

Farmer Market Coupon

The 2025 market will be back at Leigh Square on Thursday from 3:00pm – 7:00pm starting June 5th and ending Sept 25th

- We have received an allocation of 41 households for Farmer Market Coupons from the BC Farmers Market Association. This the equivalent of \$27 per week for up to 16 weeks for individuals. With the delay in funding from the Ministry in Health, the coupon program will run

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from July – Sept even though the PoCo Farmers Market starts in June. Application forms will be available online as well as at PCCC starting May 16th. Deadline for application submission will be Monday June 9th 12 noon.

May Days

The City would like to thank the Wilson Seniors Advisory Association for your participation in the May Day parade and your Royal Party sponsorship. We are appreciative of your ongoing support.

Sponsorship

We have been working with the City's marketing department to develop a sponsorship package for those that would like to support the City's seniors events/activities. We are still in the draft stages of this document but are excited to see how this initiative will help support our growing registration numbers and associated costs

City Wide Garage Sale

Our City-Wide Garage Sale gives residents a chance to declutter, make some cash, and find a new home for reusable items. On June 14, 2025, join tons of people across the community in hosting garage sales. The annual event is part of the City's ongoing waste-reduction efforts.

Summer in the City – free fun events. List of events will be available on the City's website

- Block Parties - Applications open May 20

- Terry Fox National Ride of Hope - June 9 - 9:30 am - PCCC - Kelly Avenue All welcome to cheer the cyclists on

<https://terryfox.org/terry-fox-national-ride-of-hope/>

Appendix II

President's Report – May 2025 Royce Shook

May Day is a time for celebration—and a time for asking for help when it's needed. During Saturday's parade, the announcer concluded by adding a thoughtful, unscripted message: *"It's important to know that it's okay to ask for help, and this group is here to help. If you need support, reach out."* It was a great reminder of what we stand for.

And reach out we do. From Tuesday Talks and Bingo Afternoons to social dances and special events, there's always something happening to keep minds active and spirits high. These activities help foster connection, joy, and awareness of programs and services for seniors. A heartfelt thank you to Pat, Diane and her team, Ann, and Teresa for making these gatherings such a success!

Our partnership with the Community Resource Network continues to raise awareness about senior abuse and ageism in our community—important issues we're committed to addressing together.

We're also excited to receive support through the *New Horizons for Seniors Program*, which will help reduce social isolation and promote well-being among older adults in Port Coquitlam. It's another step forward in building a stronger, more connected community.

Through the *New Horizons for Seniors Program*, we are moving to help reduce social isolation and promote well-being among older adults in Port Coquitlam. Here's a summary of the spending areas we discussed. The amounts are just starting points and can be adjusted as the committee sees fit:

- **Mail Drop to Seniors** – \$4,000
- **Organize Transportation** – \$500 (initial outreach to SHARE)
- **Medical Assistance** – Budget TBD (to support the Dementia Program)
- **Phone Buddies Program** – \$1,000 (collaboration with PoCo Volunteer Dept.)
- **Bus Trips** – \$6,000 (to subsidize six trips and to keep the trips under \$50 each for participants)
- **Partnerships with Local Retirement Homes** – Budget TBD

It's another step forward in building a stronger, more connected community as there was a difference between what the committee recommends and what the grant suggests I have a proposal to reconcile the costs, which I will share with the committee via email, for discussion and approval.

The Health and wellness fair is well on its way to being sold out. To date we have received confirmation of participation in our Health & Wellness Fair 2025 from 14 Vendors accounting for 15 tables. Wilson Pharmacy has paid for two tables. Ravi is in India for six weeks looking after his mother who needs him. He said he would continue to monitor emails from potential vendors from India.

I had a meeting with Grace Shyng from Network Hearing who represents the Seniors Society group. This is a group of 16 plus business who provide a wide range of services to seniors in the Tri-Cities. They are holding an event in November and want to partner with us. I agreed that we could help.

Our new website is live! There are still a few minor issues to work through with regards to email, but I hope that we can solve those quickly

- A few other important notes:

- **Leadership in Environmental Sustainability and Climate Empowerment**". That initiative is underway, and the project team will be reaching out to us for support in the next few months.
- A huge thank you to everyone who participated in the May Day Parade. I was especially impressed by those who walked nearly the entire route. We were warmly received by the community, and Dough's cart, with its horn and backfire, definitely caught the crowd's attention!
- Barbara and I proudly represented the Board at the opening ceremony. We accompanied a group of enthusiastic young boys during the procession. One boy, clearly the ringleader, asked how old I was. I told him, "I'm ten times older than you, plus nine." After some counting on fingers and a brief huddle, he announced to the group: "*He's 107—we have to go slow!*" And they did. It was a sweet and memorable moment.

As a Board, we continue to grow a caring, inclusive community for seniors and caregivers in Port Coquitlam. Your commitment and compassion make all the difference—thank you.

Let's continue to celebrate this wonderful community we call home and be there for seniors who need a helping hand our support.

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Appendix III **Treasurers Report April 2025**

April 2025	Date	Description	Income	Expenses	Balance
	04-01-2025	Opening Balance			41,679.89
	04-02-2025	Cheque cleared 109 May Day Golf Carts		778.12	40,601.77
	04-07-2025	Preauthorized Payment Port Coquitlam (Bingo Rent)		199.86	40,701.89
	04-09-2025	Cash deposit-branch (showcase)	115.00		40,816.89
	04-09-2025	Cash deposit-branch (Bingo)	152.25		40,969.14
	04-09-2025	Cash deposit-branch (bingo 50 50)	18.50		40,987.64
	04-12-2025	Cheque cleared #110 (website development)		876.00	40,111.64
	04-24-2025	Cheque cleared #112(Social)		200.00	39,911.64
	04-29-2025	Cheque cleared #111 May Day)		554.74	39,356.90
	04-30-2025	Etransfer NAS Enterprises Ltd. (Wilson Pharmacy) for Health and Wellness fair	200		39,556.90
		Community Service Package #100096255517 (Gaming Account)			
	2024-12-17	Opening balance			0
		#100096166292 Cashable 90 Day Lockout 12 Month Term Initial Deposit: 16nov2024 \$21,043.99 Maturity Date: 16nov2025 Interest Rate: 2.750% Interest Is Compounded At Maturity			
	11-16-2024	Term deposit transfer			\$21,043.99
	11-16-2024	Total terms			\$21,043.99
		Totals			
	2025-04-30	Shares in Van City			\$5.02
	2025-04-30	Float			\$50.00
	2025-04-30	Totals Van City and float			\$60,655.91

BC Community Resource Network,

The BC CRN AGM is scheduled for June 24, 2025, at 5:00 pm on Zoom.

According to the Bylaws, nominations for directors must be received from a member (CRN or Board Member) by email (administration@bccrns.ca) not less than 30 days prior to the annual general meeting. This year the date to receive nominations is May 20, 2025, before 5:00 pm.

There are nine seats on the board of BC CRN to be elected (or re-elected) for the 2025-2027 term. If you choose to nominate a qualified person in addition to the above nominees and the total nominees are greater than nine, there will be an election (online) with the nominees receiving the most votes being elected to the board.

Your nomination must include:

1. Permission from the candidate to have their name put forward.
2. A short biography outlining qualifications for the position.
3. A paragraph from the candidate outlining what they would like to be elected.

Please direct any questions to the Board Chair, Susan McIntosh susanmcintosh1@telus.net or to the Executive Director, Heather Treleaven at heather.treleaven@bccrns.ca.

Meet the BC Human Rights Commissioner, Kasari Govender

Date & Time May 20, 2025, 10:30 AM in

Description: Commissioner Govender will speak about the work of BCOHRC and share information about the recent Inquiry into detentions under the Adult Guardianship Act and the findings and recommendations stemming from the report. BC's Human Rights Commissioner, Kasari Govender, started her term on Sept. 3, 2019. As an independent officer of the Legislature, Commissioner Govender is uniquely positioned to ensure human rights in BC are protected, respected, and advanced on a systemic level.

Commissioner Govender will speak about the work of BCOHRC and share information about the recent Inquiry into detentions under the Adult Guardianship Act and the findings and recommendations stemming from the report.

Register https://us06web.zoom.us/webinar/register/WN_mprYImNFSomiiYaquW2-rQ#/registration

Recent Webinars

1. Including & Affirming 2SLGBTQI+ People Provincial Learning Event Webinar
 - a. Our recent webinar focused on inclusive language and practices to promote respect, safety, and belonging in our workplaces and communities. Speakers Horst Backé M.N. (he/him) and Ashlee Wall (she/her) highlighted key topics such as the broad spectrum of identities beyond the male/female binary and discussed the ongoing challenges faced by 2SLGBTQI+ individuals, including discrimination and economic disparities. Watch the full recording here: https://bccrns.ca/prov_learn_event/april-15-2025

CRNs IN THE COMMUNITY: Creative Solutions for Safer Aging

Community Response Networks (CRNs) across BC have introduced a range of compassionate initiatives designed to support older adults' safety, connection, and well-being. These projects have included scam

recovery sessions, craft and wellness kits, workshops on health and emergency planning, caregiver support activities, and education on risks like extreme clutter. Each initiative has helped reduce isolation, promote self-care, and build awareness of abuse and neglect. By providing practical tools, emotional support, and spaces for connection, these efforts are empowering older adults to stay informed, engaged, and better protected in their communities.

BC Human Rights Commissioner Releases Final Report on Detentions Under Adult Guardianship Act

The BC Human Rights Commissioner has released the final report from the Inquiry into detentions under the Adult Guardianship Act (AGA), raising serious concerns about the protection of vulnerable adults. The report, "We're Still Here", found significant gaps in the legislation, including a lack of clarity around emergency powers and insufficient safeguards for individual rights. It concludes that the balance between protecting adults and respecting their liberty is currently inadequate. Commissioner Kasari Govender calls for major changes to law and policy to ensure the dignity and rights of vulnerable adults are upheld.

Supporting the Supporters: How Family Caregivers of BC Is Preventing Adult Abuse, Neglect, and Self-Neglect

Family Caregivers of BC (FCBC) is a vital resource for the 1.4 million unpaid caregivers across BC who support loved ones facing illness, disability, or age-related challenges. Many caregivers face burnout, poor mental health, and financial stress, yet often don't seek help until a crisis hits. FCBC offers emotional support, system navigation, and personalized care plans through their Caregiver Support Line and programs like Caregiver Rx. By supporting caregivers early, FCBC helps prevent adult abuse, neglect, and self-neglect, ensuring both caregivers and care recipients are safer and more supported.

Celebrating Intergenerational Day: Building Age-Friendly Communities Together

June 1st marks Intergenerational Day, a time to celebrate the meaningful connections between people of all ages, especially between younger generations and older adults. For our Community Response Networks (CRNs), Intergenerational Day is more than just a celebration, it's a call to action. It reminds us that building inclusive, age-friendly communities where seniors and vulnerable adults feel safe, supported, and valued requires intention and collaboration. Let's use this day as an opportunity to build bridges across generations and continue creating communities where all ages are safe, supported, and valued.

UPCOMING EVENTS” Virtual Event

It's Not Right! Neighbours, Friends & Families for Older Adults Online Presentation

June 3, 2025 | 12:00 pm - 1:00 pm PDT

Concerned about an older adult? Learn what to look for and how to help. You're invited to take part in this online Zoom presentation—your participation could have a meaningful impact on someone's life.

In this interactive session, you'll learn how to recognize the warning signs of abuse and neglect, understand the impact of ageism, and respond with care and confidence when something doesn't feel right, plus much more.

Whether you're a neighbour, friend, family member, or simply someone who cares, your voice matters. Together, we can help build more supportive and respectful communities for older adults.

Register: <https://us06web.zoom.us/meeting/register/tZUrdumrrTgsEtTCu-EN8e1A3M6FmwC4ylAx#/registration>

National WEAAD Webinar Virtual Event

June 11, 2025 | 10:00 am - 11:30 am PDT

Join us for the National WEAAD webinar as we come together to take action against elder abuse. This interactive session will feature a panel of experts and advocates sharing powerful insights on how we can protect the rights of older adults across Canada. Whether you're an individual, organization, or government representative, you play a crucial role in creating a society where older adults are valued and supported.

Space is limited, so secure your seat now and be part of the movement to end elder abuse in Canada.

Register https://us02web.zoom.us/webinar/register/WN_qhTDfwzqR--b3a3j9qpoSg#/registration

CRN Annual General Meeting Save the Date! June 24, 2025, 5:00 pm - 6:00 pm PDT

Attention CRN Coordinators: BC CRN's Annual General Meeting will be held over Zoom on June 24, 2025. Stay tuned for more details.

Appendix V

Website Report – May 14, 2025

Tag Line Results

60 Plus & PoCo Proud received the most votes.

I will find out how to add this to the website.

Darryl has been fantastic. He did all the setting up for me and has provided me with a manual to assist with my training. To date with his help I am starting to post items.

We will need to flesh out the stories area to recap what we have done. I will attend the High Tea to take pictures and do a recap.

I will take events from the *What's Up Wilson* to add to the calendar.

The website is live and I have asked Baljit to send an email to all of our members so that everyone can have access. She replied:

“Unfortunately, the only thing that we can send to the members via email is the *What's up Wilson*. But what we could do is put a link to the website in the June *What's up Wilson* and then members would get access to the link.

We will go with this option as we need to be able to advertise the site or we will end up the same as before and nobody will know about it.

We have completed the transfer and the email info@wilsonseniors.ca is now live and is forwarded to my email.

Will the website be added to any advertising materials we produce?

Appendix VI

