



Southeast Vancouver Seniors Arts &
Cultural Centre Society (Registered Charity)
S-53479

Meeting # 55 held at
Champlain Heights Community Centre
Thursday March 21, 2013 at 10:30AM
www.SVSACS.org – 604-325-0163 Messages
Our Goal: a Dedicated Seniors Centre

Minutes

Present: George Grant, Lorna Gibbs, Kamlesh Sethi, Manfred Hagen, Barbara Warner, Tom Chin, Mohinder Sidhu, Margaret Homonnay, Pietro Cassano, Bert Massiah, Eddie So, Philip Mah, Joan Wright, Pat Deibert, Wendy Emslander.

1. Call to Order – at 10:40 am Lorna Gibbs in the Chair
2. Approval of Agenda – Added Reports from Margaret & Joan - moved by Margaret Homonnay, 2nd by Pat Deibert, approved.
3. Minutes of Meeting 54 – No corrections.
4. Approval of Minutes of Meeting 54 - moved by Joan Wright, 2nd by Barbara Warner, approved.
5. **Reports** - President – Lorna urged all to attend the Community Centre Funding Meeting at Kensington CC March 26, 2013. Lorna passed out forms supporting the Community Centre funding model. The forms are also available at <http://www.myvancouvercc.com>.
 - Margaret Homonnay reported on the Community Forum *Taking Action on Seniors' Care and Support* that took place Dec. 10, 2012 at Maritime Labour Centre in Vancouver. 400 people attended. Main topics discussed were *Accessibility & Affordability, Information Sharing & Education, Integrated Care, Seniors Centres, Housing, Home Care & Home Support, Transportation, Family Councils, Seniors Advocate* and the Upcoming Provincial Election. Her report is very large. I have uploaded a copy to my hotmail space. If you wish a copy please send me an email.
 - Joan Wright reported that SVNH/HUB is attempting to arrange all-candidates meetings. She will let us know locations dates and times of the meetings. She distributed a *Seniors Fact Sheet* showing the decline over the Past decade in access to home and community health care. Her report is large and slow to upload. I have up uploaded a copy to my hotmail file space. If you wish a copy please send me an email.
 - Pat Deibert noted that in 2020 CHMC plans to end subsidizes to certain Co-op housing tenants. Co-op councils may not have the funds to continue the subsidies. 20-20 Committees are being formed at some Co-op housing locations to study the impact and plan transitions.
7. Annette O'Connor of COSCO presented ***Safety in the Home***. Her talk was most informative. Vision, hearing, sense of smell and sensitivity to touch decline as people age, putting seniors at greater risk of falling and being aware of temperatures. Over half the injuries to people over 65 are caused by falling. Her handout included a checklist of safety needs for all rooms and areas of the home. **The Good News** is most seniors *develop effective* ways of dealing with the changes

that normal aging brings. You can help to retain your health, quality of life and independence by taking a look at your home and your habits and making plans to adopt safety as a way of life. Other main points were adequate lighting throughout your home and property; Address visible at all times – recommend that it be lit at night; Stairways be equipped with hand rails on both sides; Do not wear reading glasses when using stairs; Keep rooms and hallways free of clutter; Stairs should be treated with non-skid material and the leading edges painted a contrasting colour; there should be a fire detector on every floor and the battery changed twice a year (recommended this be done at time changes to/from Daylight Saving); Equip your home with a Carbon Monoxide Detector (that should be on the lowest floor); Fire extinguishers should be checked regularly, should be easily accessible and away from the stove; Use oven mitts rather than pot holders; Do not wear sleep attire when cooking; Use night lights; Clearly mark all flammable material and store in child proof cabinets; Ensure medicines are stored properly and maintain a list of your medicines; Talk to your Pharmacist about possible interactions between medicines; Keep a list of emergency numbers next to all telephones in your home. Throw rugs and extension cords should not be used. I have uploaded a copy of the complete presentation to my hotmail space. If you wish a copy please send me an email.

8. Adjournment – at 12:30 pm.

Next movie: April 3, 2013, *A Passage to India* - registration will open on March 20

April 18, 2013 – next SVSACS meeting 10:30 am CHCC.

April 20, 2013 – Earth Day celebration at Everett Crawley Park – Champlain Heights CC is organizing the event. SVSACS hopes to provide a display.

Spring movies:

Wednesday May 1st - *Secret Life of Mrs. Beeton* - registration will open on Apr 17

Wednesday June 5th - *Life of Pi* - registration will open on May 22

Shakespeare in Love is to be rescheduled to the fall.

Send Donations to assist in our work c/o Huamali & Associates (CGAs)

3380 Maquinna Dr., Suite 100, Vancouver, B.C. V5S 4C6 -Tax Receipt will be issued.

Information: Mail: SVSACS c/o 6260 Killarney St., Vancouver V5S 2X7

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SVSACS PARTNERS are all working together to get a real Seniors Centre for you!

