



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

Meeting # 58 held at
Champlain Heights Community Centre
Thursday Sept. 19, 2013 at 10:30AM
www.SVSACS.org – 604-325-0163 Messages
Our Goal: a Dedicated Seniors Centre

Minutes

Present: Lorna Gibbs, George Grant, Tom Chin, Pat Deibert, Margaret Homonnay, Eddie So, Barbara Warner, Bert Massiah, Donna Davies, Gail McKay.

1. **Call to Order** – at 10:30 am, Lorna Gibbs in the Chair
2. **Approval of Agenda** - moved by Donna Davies, 2nd by Margaret Homonnay, approved.
3. Minutes of Meeting 57
4. **Approval of Minutes** of Meeting 57 - moved by Pat Deibert, 2nd by Barbara Warner, approved.
5. **President's Report:** We are pleased to welcome Ms. Sheila Pither from COSCO and benefit from her knowledge on how we come to terms with our bladders as time goes by. Welcome back. We have had a glorious summer, all two months of it and I urge everyone to make the most of this afternoon...in the sun!!

SVSACS was invited to the Victoria Drive Business Improvement Association's Summer Event (August 11) and MP Suzanne Anton's Summer Constituency Picnic (August 17). Many of you attended both events and I hope you enjoyed them. Thank you for your support and loyalty. Very good entertainment! See the Fall 2013 edition of the Revue for a write up of the event.

Recommended that SVSACS display at next year's event.

I spoke to Mr. Yulin Shih, Suzanne's Constituency Assistant last week to inquire if the long-awaited Meeting between MP Wai Young and our MLA Hon. Suzanne Anton had taken place and learned that it might well happen this week. I think the disagreement between the Park Board and Community Centres has everyone confused about what the future holds and which way to proceed. There is no doubt in my mind that all three levels of government are "on-side" and recognize the need for a Seniors Centre in this part of the City. I will continue to seek information about the "Meeting" and convey any news to our membership as it becomes available. The 2011 census data enumerated 32% of Vancouver's population, and 34% of those ages 55+, residing within the SVSACS focus area.

October 1st is Annual National Seniors Day instituted by the Federal Government and United Nations International Day of Older Persons.

You all deserve a special pat on the back for the great work you continue to do in raising awareness of the needs of older adults in Southeast Vancouver. Thank you,

A reminder: 2013/2014 memberships (\$5.00) may be paid anytime.
SVSACS Memberships run from AGM to AGM.

6. Presentation by Sheila Pither of COSCO: *Knowing your Bladder*. Sheila gave a most informative presentation. I have her complete power point presentation. Quite large...email me if you would like a copy.

Synopsis of her presentation: Lifestyle factors contribute to incontinence. Five types: Stress; Urge; Overflow; functional; Mixed - a combination of the previous four.

Stress – most common – caused by activities that put pressure on the bladder – coughing, laughing, lifting, exercise. Pelvic muscles may be weak.

Urge – bladder muscle contracts but cannot hold long enough to get to a toilet. May be due to bladder infection or medication side effects.

Overflow – happens when bladder is unable to empty fully. Risk of infection.

Functional – difficulty walking (arthritis), difficulty removing clothing. Usually paired with other types.

Mixed – a combination of two or more of the above.

Risk factors: alcohol, caffeinated beverages, chocolate, citrus fruits & juices.

What you can do: Limit caffeine to two cups and drink early in the day. Drink two cups of water for each cup of caffeine. Drink 6-8 glasses of water daily. Check with your doctor if you have heart or kidney problems. Carry a bottle of water to sip on when out.

Smoking: smokers cough puts pressure on bladder muscles. Quit if possible.

Empty bladder before going to bed; keep path to toilet clear of obstacles. Do not drink two hours before bed; Be alert to urinary infections (cloudy, odorous urine, burning sensation, dizziness). See your doctor ASAP if you suspect infection.

Exercise your pelvic muscle – known as **kegel** exercise – slowly contract and hold pelvic muscle, then slowly relax back down. Do not hold your breath while doing this exercise. Ask your doctor for advice on how to do them correctly. For more information visit:

<http://www.canadiancontinence.ca/>

7. New Business - none

8. Adjournment: 12:05 pm - Moved by Pat Deibert, 2nd by Barbara Warner, carried.

Fall Meeting/Movie Schedule:

Meeting dates: October 17 and November 21, 10:30 am at CHCC

Movie/Luncheons: October 2nd - *Lincoln* - Reg. Sept 18 – Sept 25
November 6th - *Hello Dolly* - Reg. Oct 23 – Oct 30
December 4th - *A Christmas Story* - Nov 20 – Nov 27

All movie/Luncheons at CHCC beginning at noon on dates noted.

- SVNH is holding a *Rooftop Fundraiser Party* Sept. 27, 2013. Live music, dancing, dinner and entertainment with draws and silent auction as well. Visit <http://www.southvan.org/news/> for more information. Due to funding shortfalls, we urge full support and ask you to promote the event in your spheres of influence.

- South Vancouver Policing Centre is providing free paper shredding Saturday Sept. 28, 2013 11:00 am – 2:00 pm in the London Drugs parking lot.

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
Telephone: 604-325-0163 or 604-321-3067 or email svsacs@gmail.com

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

