



**Southeast Vancouver Seniors Arts  
And Cultural Centre Society  
S-53479**

**Meeting # 73**

**Champlain Heights Community Centre  
Wednesday May 21 , 2015 at 10:00AM  
[www.SVSACS.org](http://www.SVSACS.org) – 604-325-0163**

**Our Goal: a Dedicated Seniors Centre**

**Minutes**

Present: Lorna Gibbs, George Grant, Ramesh Kalia, Mabel Leung, Barbara Warner, Beatrice Ho, Manfred Hagen, Wendy Emslander, Donna Davies, Lucette Moody, Philip Mah, Mohinder Sidhu, Tom Chin.

1. Call to Order – 10:00 am - Lorna Gibbs in the chair
2. Approval of Agenda - moved by Philip Mah, 2<sup>nd</sup> by Beatrice Ho, carried.
3. Approval of Minutes of Meeting 72 - moved by Donna Davies, 2<sup>nd</sup> by Barb Warner, carried.
4. Presidents Report – Attended several meetings including an informative presentation by Farzana Latif of Pomegranate Training. Her focus is on training medical staff and home caregivers with objective of improving life for loved ones with dementia (in its many forms). South Van is hoping to set up a support group if funding can be found to support the program.
  - Seniors Centre: Meeting held April 30. Present: Representatives of Building Committee, COV, Bruce Carscadden Architects. Committee was informed that six Bids were received from Contractors in response to the COV's Request for Expressions of interest. From these, three Contractors have been short-listed and their qualifications are now being evaluated.
  - *A Request for Quotation will go out to the shortlist of Contractors by end of June.*There was a question about what Kitchen Equipment would be installed as the Drawings did not list these amenities. Glen Stokes, Bridging Consultant, offered to have a list sent to the Building Committee. This list has not yet been received but we have been assured that a walk-in freezer is included.
  - We sent a request to the Building Consultant, Glen Stokes, to add a work sink with water outlet for plant pot wash ups etc. and installation of a drain for wastewater from the 2<sup>nd</sup> floor deck (off the Lounge area). Glen agreed it was a good suggestion and will relay it to the City Architect, Sandra Korpan.
  - Members of the Building Committee discussed flooring to be installed on first floor (Dining room). We want to see a more esthetically pleasing floor and are examining the options available. Killarney Association will help with cost if required. Luxury Vinyl Tile is under consideration but a choice has not yet been finalized,
  - On April 30, 2015, Killarney Seniors Association treated several SVSACS Members to a luncheon, including transportation, at Kerrisdale Seniors Centre. The intent was to view the facilities, the Servedy, and the volunteers in action. The event was worthwhile and most attendees were favorably impressed. We hope to visit two or three other Seniors Centres in the coming months for comparison purposes.

5. COSCO Workshop by Gail Harmer: *Navigating the Health Care System*

- A four-page synopsis of the Workshop is attached.

- **Main points:**

- Everyone should have a family Doctor. If you do not, and want one, contact the **College of**

**Physicians & Surgeons of BC - Website:** <https://www.cpsbc.ca> or **Phone:** 1-800-461-3008

- Keep a notebook and record questions you want to discuss with your Doctor. Consider taking a family member or friend with you when you visit the Doctor. Arrive early.

- Don't be afraid to ask for a second opinion

- Watch for Changes in activities of daily living and keep track of them

- Keep a list of current medications you take. Include over-the-counter supplements.

- Be aware of side effects of medications and interactions with over-the-counter supplements.

- Return any old or out-of-date prescriptions to the Pharmacy for proper disposal.

- Prepare an **Advance Care Plan** - Go to [MyVoice-Advance Care Planning Guide](#)

- Prepare a **Representation Agreement** and appoint a representative to act on your behalf.

See presentation and notes of Meeting 63 - March 20, 2014

6. Adjournment at 11:50 am - moved by Philip Mah, 2<sup>nd</sup> by Mabel Leung, carried.

### Upcoming Events

**Wednesday June 3, 2015 Luncheon/Movie: *Billy Elliot* - (2000) Comedy/Drama/Musical · 110 min · PG13. Luncheon for 1<sup>st</sup> 30 seniors to register served at 11:30 am.** Registration open from May 20<sup>th</sup> to May 27<sup>th</sup> call 604-718-6575. Reservation not required for the movie. Coffee/tea available. Movie start time 12:20

**Thursday June 4, 2015 Free Health and Safety Fair** 10:00 am - 12:00 in Killarney Gym. Brings "retired" community up to date on different health options available in Vancouver. Come and get information from experts representing health care organizations. Entertainment.

**Saturday June 6 - Champlain Heights CC Spring Fair** - 11:00 am to 3:00 pm. We exhibit at this event and need five or six volunteers over two shifts. If you can help please email or call me at 604-321-3067.

**Sunday June 14, 2015 – *Keep Vancouver Spectacular*** annual clean-up event on Victoria Dr. Sponsored by VDBIA, City of Vancouver and the Chinese Baptist Church. Meet at Jones Park at 1:00 pm. Free hot dogs served. Register by calling 604-323-2301 or on line at [vdbia@telus.net](mailto:vdbia@telus.net)

**Next meeting: Thursday June 18, 2015, 10:00 am at CHCC.** Everyone is welcome.

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

