



SENIORS ADVISORY COMMITTEE

Wednesday, May 15, 2019 at 7:00pm
Salmon River Committee Room
4th Floor, 20338 – 65 Avenue, Langley, BC

A G E N D A

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A. APPROVAL AND RECEIPT OF AGENDA ITEMS

1. Seniors Advisory Committee – May 15, 2019

Recommendation that Seniors Advisory Committee approve the agenda and receive the agenda items of the May 15, 2019 meeting.

B. ADOPTION OF MINUTES

1-6

1. Seniors Advisory Committee – April 17, 2019

Recommendation that Seniors Advisory Committee adopt the Minutes of the April 17, 2019 meeting.

C. DELEGATIONS AND PRESENTATIONS

1. Dementia-friendly Communities

Invited Presenter: Heather Cowie, Provincial Coordinator, Dementia-friendly Communities, Alzheimer Society of B.C.

D. REPORTS

1. Co-Chair Reports

E. CORRESPONDENCE

F. WORK PROGRAM

1. Social Sustainability Strategy

Social Sustainability Task Force member and staff to provide an update.

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G. COUNCIL REFERRALS

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

1. Green Burials (action item from March 20, 2019 meeting)

Cemetery Operations Review Report to be provided on table for information.

2. Township of Langley Website (action item from March 20, 2019 meeting)

Staff to provide an update and seek input on opportunities to make seniors-related information easier to find.

7-8

3. Seniors' Week Activities (action item from April 17, 2019 meeting)

Schedule of social and recreation activities provided for information.

4. Langley Hospice Society Presentation (action item from April 17, 2019 meeting)

Staff to provide an update.

9-11

5. Qmunity Presentation (action item from April 17, 2019 meeting)

Staff to provide an update. Posters for past local events and activities for LGBTQ seniors provided for information.

I. NEXT MEETING

Date: June 19, 2019

Location: Salmon River Committee Room
4th Floor, 20338 – 65 Avenue

Time: 7:00 pm

J. TERMINATE



SENIORS ADVISORY COMMITTEE

Wednesday, April 17, 2019 at 7:00pm
Salmon River Committee Room
4th Floor, 20338 – 65 Avenue, Langley, BC

MINUTES

Present:

C. Munnalall (Community Co-Chair)
Councillor P. Arnason (Council Co-Chair)
Councillor S. Ferguson (Council Co-Chair)

E. Brett, S. Hedao, and S. Soheili

Guest:

L. Cassap, Road Safety & Community Coordinator, ICBC

Staff:

V. Gafka, Senior Manager, Economic Investment & Development
P. Ward, Strategic/Social Planner
C. Quin, Recording Secretary

A. APPROVAL AND RECEIPT OF AGENDA ITEMS

1. Seniors Advisory Committee – April 17, 2019

Moved by S. Soheili,
Seconded by S. Hedao,
That the Seniors Advisory Committee approve the agenda and receive the agenda items of the April 17, 2019 meeting, as amended.

The following items were added to the agenda:

H.1 – Langley Hospice Society Presentation
H.2 – Qmunity Presentation
H.3 – Housing Discussion with Parliamentary Secretary Adam Vaughn
H.4 – Round Table

B. ADOPTION OF MINUTES

1. Seniors Advisory Committee – March 20, 2019

Moved by S. Soheili,
Seconded by S. Hedao,
That the Seniors Advisory Committee adopt the Minutes of the March 20, 2019 meeting.

CARRIED

C. DELEGATIONS AND PRESENTATIONS

1. ICBC Seniors Drive Smart

L. Cassap, Road Safety & Community Coordinator, ICBC, provided an overview of the ICBC Seniors Drive Smart presentation. The approximate one-hour presentation provides information about the impacts age has on driving, how to prepare for the Enhanced Road Assessment (ERA), and other road safety and driving tips. The following information was provided:

- The ERA is a driving assessment that evaluates a driver's ability to safely operate a motor vehicle. Drivers with a medical condition that may affect the motor, cognitive, or sensory functions required for driving may be referred to the ERA, which is administered by ICBC on behalf of RoadSafetyBC.
- The ERA is different from an ICBC road test as there is no pass or fail. The ERA assesses driving skills and behaviours, where driver must self-navigate and adapt to changes. ICBC forwards results to RoadSafetyBC to review in order to make a licensing decision.
- ICBC is exploring opportunities to deliver the Seniors Drive Smart presentation in the Township, in collaboration with other organizations. ICBC will be providing a presentation in the City of Langley during seniors' week (the first week of June).

Discussion ensued and the committee encouraged staff to explore potential opportunities for collaboration with ICBC in the delivery of the Seniors Drive Smart presentation.

Action Item:

Staff to correspond with ICBC in order to further explore opportunities for collaboration in the delivery of the Seniors Drive Smart presentation in the Township.

D. REPORTS

1. Co-Chair Reports

Councillor Arnason and C. Munnalall reported that they had participated in a virtual dementia tour offered by Bria Communities, and noted that it was a good experience. Councillor Arnason indicated that there may be future opportunities for other committee members to participate.

Councillor Arnason reported on the upcoming seniors' week during the first week of June, and noted that previous years featured many different activities throughout the Township.

Action Item:

Staff to forward the list of seniors' week activities to committee members once it is available.

C. Munnalall circulated a folder of seniors-related resources and information to committee members. Staff offered to scan and distribute copies of the information to committee members electronically.

E. CORRESPONDENCE

F. WORK PROGRAM

1. Age-friendly Business Recognition Pilot Program

V. Gafka provided a presentation on the 2019 Age-friendly Business Recognition Program. The 2019 program builds on the "Age-friendly Business is Good Business" initiative undertaken with SAC in 2016 as well as the pilot program launched in 2018 in conjunction with a UBCM Age-friendly Communities Grant, which sought to recognize local businesses implementing age-friendly practices. The 2018 pilot program involved the following work:

- Completion of best practice review and brand development
- Development of an application and self-assessment form, utilizing the age-friendly business criteria developed with SAC in 2016
- Delivery of dementia awareness seminars for local businesses in partnership with the Alzheimer Society of B.C.
- Delivery of communication and outreach from June to November 2018, with an application deadline of November 28, 2018
- Administration of a participant feedback survey

The 2018 application process was designed to be simple and straight-forward, and required business to make a commitment to improving age-friendly business practices on an ongoing basis. By December 2018, recognition certificates were awarded to 16 businesses

F. WORK PROGRAM

The program impacts included:

- Increasing ongoing public awareness about Township's Age-friendly Strategy and associated programs
- Helping local seniors continue to access goods and services in the community with independence
- Piloting a model that is potentially replicable and adoptable for future programs, by the Township and other municipalities

For SAC's input, the following 2019 program continuation details and activities were reviewed:

- An annual activation aligning with June's seniors' week
- A community-centric activation (Walnut Grove) with service-centric concentrations (grocery, coffee shop, etc)
- An "age-friendly challenge" to business associations / membership
- Collaboration with a seniors living facility (Chartwell in Walnut Grove), including a social at the facility to introduce the activity to residents
- Work with local media to garner attention
- TOL staff to visit nominated businesses and assess criteria achievement
- Compliant businesses to receive Age-friendly Business Recognition Certificate
- Nominating seniors to receive commendation recognition
- Post-activity assessment

Discussion ensued, and committee members noted the challenges experienced by some seniors in accessing local businesses due to pedestrian infrastructure and public transit service issues. Committee members expressed interest in learning more about TransLink's HandyDART service.

Action Item:

Staff to gather and provide information on TransLink's HandyDART service in the Township.

G. COUNCIL REFERRALS

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

1. **Langley Hospice Society Presentation**

S. Hedao suggested that the Seniors Advisory Committee invite a representative from the Langley Hospice Society to provide an overview of their services and end of life care in the community.

Action Item:

Staff to invite a representative from the Langley Hospice Society for a presentation.

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

2. **Qmunity Presentation**

S. Hedao suggested that the Seniors Advisory Committee invite a representative from Qmunity, a non-profit organization based in Vancouver that works to improve queer, trans, and Two-Spirit lives, to provide an overview of services and programs for LGBTQ seniors. Discussion ensued, and it was noted that a social group for LGBTQ seniors in Langley was formed in 2018.

Action Item:

Staff to gather and provide information on the status and activities of the social group for LGBTQ seniors in Langley.

3. **Housing Discussion with Parliamentary Secretary Adam Vaughn**

S. Soheili attended and gave a brief summary of a recent discussion with Parliamentary Secretary Adam Vaughn on housing measures in the 2019 federal budget and National Housing Strategy.

4. **Round Table**

E. Brett noted several external websites with information about green burials. Discussion ensued on green burials and the potential role of SAC. P. Ward noted that Township bylaws currently contemplate natural burials, but cemetery improvements would be required to accommodate them. P. Ward offered to arrange a meeting between E. Brett and the appropriate Township staff to further discuss the item.

E. Brett requested an update from staff on potential revisions to the Township website to make information related to seniors easier to find. P. Ward reported that staff have begun to explore opportunities to make such information easier to find.

I. NEXT MEETING

Date: May 15, 2019
Location: Salmon River Committee Room
4th Floor, 20338 – 65 Avenue
Time: 7:00 pm

J. TERMINATE

Moved by S. Soheili,
Seconded by S. Hedao,
That the meeting terminate at 9:00pm
CARRIED

CERTIFIED CORRECT:

Community Representative Co-Chair

Council Representative Co-Chair

Township of
Langley

Est. 1873

Seniors' Week

50+

Stay **ACTIVE** | Stay **INVOLVED** | Stay **HEALTHY**

Celebrating seniors and their contributions to our community.

	Saturday June 1	Sunday June 2	Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7
ACUCC	Yoga Flow 12:15 - 1:15pm		Fit for Life 8:30 - 9:30am	Senior's Tea 1:00 - 3:00pm	Hatha Yoga 10:45 - 11:45am		
GPC						Walking Hockey 10:00 - 11:00am	
WCB					Balance, Strength & Stretch 10:30 - 11:30am	Swim & Tea 12:30 - 2:30pm	Horseshoe Tournament 1:00 - 2:30pm
WGC		Learn to Length Swim 7:00 - 7:30pm		Water Walking 12:30 - 1:15pm	AquaFit 45 10:30 - 11:15am	AquaFit for Life 8:45 - 9:45am Let's Dance 1:00 - 3:00pm	Senior Swim Lessons 1:00 - 1:45pm
WBY			Bocce Ball 10:00 - 11:30am				

Schedule subject to change.

Activity Descriptions | Registration required

AquaFit 45 \$2

Come try this 45-minute introductory aquatic class that offers a low-impact, no bounce cardio workout with a stretch and strength component.

AquaFit for Life \$2

Low impact water training, incorporating a range of motion with cardiovascular exercises.

Balance, Strength & Stretch \$2

Join us for a seated (or standing optional) class, helping you to look and feel better.

Bocce Ball \$5

Willoughby Community Park, 7700 block 202A Street

Come for instruction and game play, including equipment and an instructor to help you out.

Fit for Life \$2

Utilize weights and stretching to enhance cardiovascular fitness and muscular strength in this low-impact class.

Hatha Yoga \$2

Focus on stretching, flexibility, and relaxation. Learn to focus and control your energy flow through basic hatha yoga positions.

Horseshoe Tournament \$1

McLeod Athletic Park, 56 Avenue & 216 Street

Join us for a social horseshoe tournament in a fun and friendly environment. All players welcome.

Learn to Length Swim \$2

An introduction to length swimming for seniors.

Spring Hop Dance \$8 in advance/\$10 at the door

West Langley Hall, 9400 - 208 Street

Join us for dancing, or just socialize and enjoy the live music! Partners and singles welcome.

Senior Swim Lesson \$2

An introduction to swimming for seniors.

Senior's Tea \$2

Aldergrove Kinsmen Community Centre, 26770 - 29 Avenue

An afternoon of socializing, refreshments, and live entertainment.

Swim & Tea \$2

Join us at W.C. Blair Recreation Centre pool to enjoy a swim, water-walking, and some hot tea.

Water walking \$2

An introduction to this self-led aerobic workout!

Yoga Flow \$2

Link breath and movement in a series of poses that harness the power of inhaling and exhaling. Expect movement, not just stretching.

Recreation
& Parks Culture



tol.ca

ACUCC

Aldergrove Credit Union
Community Centre
27032 Fraser Highway
604.857.4299

GPC

George Preston
Recreation Centre
20699 - 42 Avenue
604.530.1323

LCM

Langley
Centennial Museum
9135 King Street
604.532.3536

WCB

W.C. Blair
Recreation Centre
22200 Fraser Highway
604.533.6170

WGC

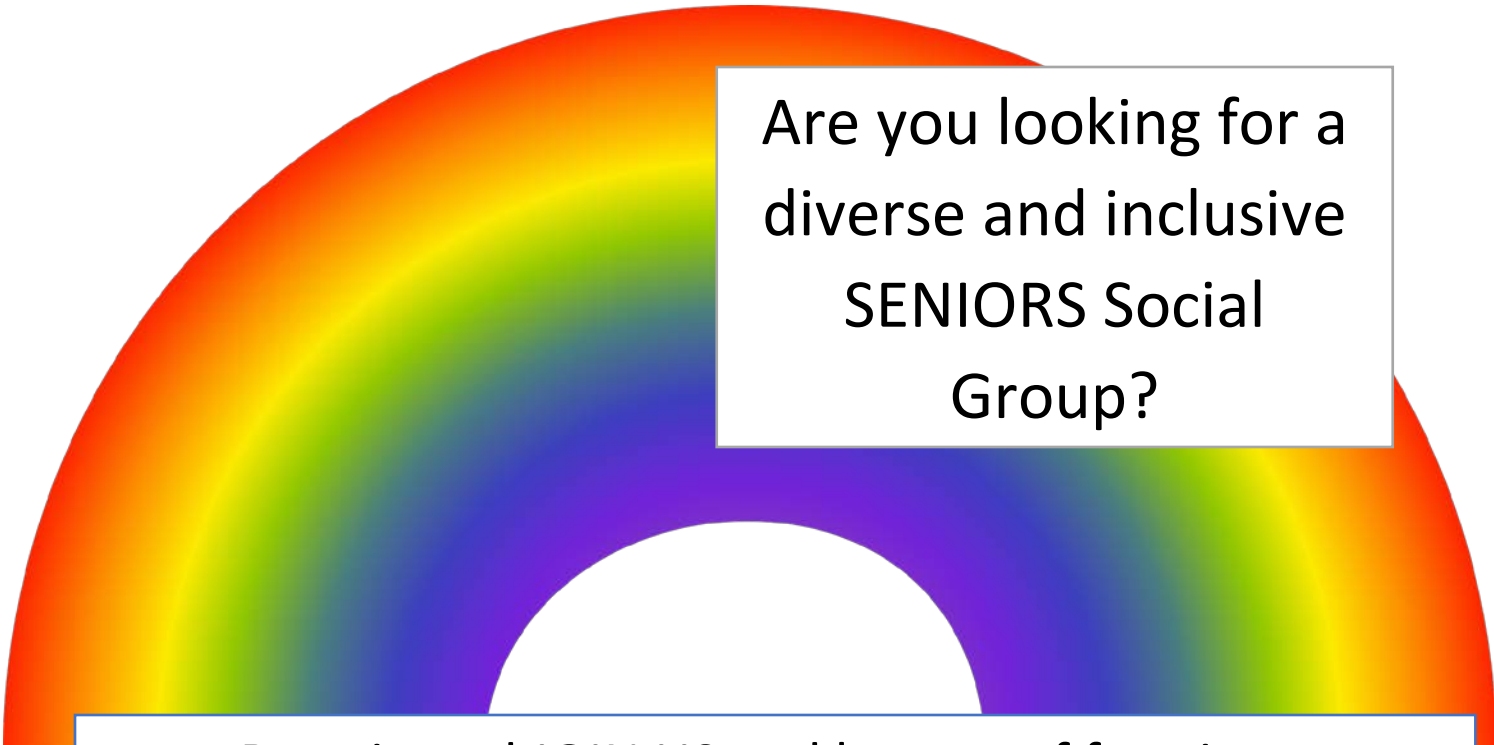
Walnut Grove
Community Centre
8889 Walnut Grove Drive
604.882.0408

WBY

Willoughby
Community Centre
7888 - 200 Street
604.532.7598

WBK

Willowbrook
Recreation Centre
20338 - 65 Avenue
604.532.3500



Are you looking for a
diverse and inclusive
SENIORS Social
Group?

Drop in and JOIN US and be part of forming a
NEW Seniors LGBTQ Group!

DATE

Monday January 22, 2018

DROP IN TIME

12:00-2:00p

WHERE

Hosted at Timms
Community Centre (MPR 4)
20399 Douglas Cres,
Langley

Finding inclusion, belonging,
and meaningful connections
can become more
challenging as we age.



For **questions** please email seniorsoflangley@gmail.com



Belonging



Are you interested in building safe, inclusive environments for your organization's Older Adult & Senior LGBTQ2S+ members?

Do you want to develop your understanding, language and skills to better support LGBTQ2S+ Folks in your work or personal life?

We can help! Queer Competency Trainings are experiential workshops to help you understand diversity and make your organization more inclusive for queer, trans, and Two-Spirit clients and staff

Date: Thursday, Jan 24th,
9:00am-1:00pm

Location: Langley Senior Resources Society, 20605-51B Avenue, Langley, B.C.

REGISTRATION REQUIRED:
qctLangley.eventbrite.ca

In partnership with
Langley Senior Resources Society
& Seniors of Langley





Social Meet & Greet with QMUNITY

QMUNITY is BC's queer, trans and Two-Spirit Resource Centre. For 40 years we've been connecting LGBTQ2S+ people across the province.

QMUNITY's Older Adults and Seniors programs offer opportunities for community connection, social support, and personal development for LGBTQ2S+ folks 55+.

We are hosting a LGBTQ2S+ Seniors Social Event to introduce ourselves and meet other local community members seeking connection.

Are you interested in volunteering to support this event? Volunteers can be LGBTQ2S+ or allies of all ages. Contact 604 684 5307 ext 110, Ask for Cass

Date: Thursday, Jan 24th,
2:00pm-4:00pm

Location: Langley Senior Resources Society, 20605-51B Avenue, Langley, B.C.

REGISTRATION REQUIRED:
qmunitySocialLangley.eventbrite.ca

In partnership with
Langley Senior Resources Society
& Seniors of Langley