



# COASTAL CONNECTIONS



*in partnership with the District of Ucluelet and the Westcoast Community Resources Society*

## 1. WC Seniors Hub – 2018 Spring Forum – Activity Report & Action Plan

**Place & Time:** Ucluelet Community Centre - April 24<sup>th</sup> 2018 (11am - 2pm)

**Attendance:** Marla Thirsk, Marilyn McEwen, Diane Harskamp, Randy Oliwa, Helen Stys, Katharine Fleming, Cynthia Newans, Vaida Siga, Mike Milne, Pam Evans

**WC Seniors Program Partnership:**

WC Community Resources Society - Margaret Morrison

AVEC WC Community Liason - Ursula Banke (forum facilitator)

District of Ucluelet - Abby Fortune, Barbara Gudbranson

**WC Seniors Hub – Spring Forum Package Contents:**

Agenda/Program, Membership Form, 2016 Action Plan-Status Report,

2017-18 Summary of Community Consultations, WC Seniors Hub - Organization Chart

Advisory Committee - Draft Term of Reference, 2017-18 Membership Directory

**Activity Report:**

1. Welcome and acknowledgement that this gathering is taking place on Yclulithlaht First Nation Territories. Roundtable introductions of attendees and WC Seniors Hub Program staff representing the program partners.  
**Suggestion:** At events like this, nametags should be provided
2. All participants were given a forum package and asked to sign in on the attendance sheet.
3. The facilitator led workshop 'Making our Community AGE-FRIENDLY' which started with identifying the 8 Pillars of the 2016 Age-Friendly Action Plan.
4. The facilitator acknowledged that New Horizons Seniors Program (Services Canada) are key funders for this initiative. District of Ucluelet are the lead proponents named on the funding agreement. WC Community Resources Society are the partners to the project.
5. The facilitator provided a brief overview of the day's activities and began with a review of what has been done to date and what needs to be done next:
  - a) Establish a WC Seniors Hub – Advisory Committee
  - b) Establish location – for office, for program activities & events
  - c) Identify and prioritize a list of program activities & events

**Westcoast Community Resources Society – Seniors Hub**

P.O. Box 868, Ucluelet, British Columbia V0R 3A0

Phone: (250) 726-2343 Fax: (250) 726-2353



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## WC SENIORS HUB – 2018 SPRING FORUM – ACTIVITY REPORT (CONT'D)

6. **Roundtable discussion:** reviewed and discussed draft 'Advisory Committee – Term of Reference'. Involvement as committee member would be 'hop on- hop off' in nature. Advisory Committee participation criteria were simple: participants should be registered members of the WC Seniors Hub and be 50 years of age or older to represent Senior community input and feedback. The committee involvement would be open, flexible and inclusive. The committee would meet 4 times a year to advise and consult with the Program Coordinator regarding program events and activities. In response to a roundtable call for participants to join the WC Seniors Hub – Advisory Committee, the following individuals volunteered:

**ACTION #1– Established the WC Seniors Hub - Advisory Committee**

Marla Thirsk, Marilyn McEwen, Diane Harskamp, Randy Oliwa, Vaida Siga, Kartharine Fleming  
Partner Reps - Barbara Gudbranson (DoU), Margaret Morrison (WCRS), Ursula Banke (AVEC)

7. **Roundtable discussion:** reviewed and discussed options regarding where to locate the office as well as where the program activities and events could take place. Participant general health and mobility needs as well as transportation would need to be considered when choosing program activities. Forest Glen staff announced their Sunshine Club meets Wednesdays from 1-3 and that they were planning a 'Strawberry Tea' in June.  
Office Location Options:  
The back office at the UCC Teen Room was identified as available. The teens do not use that space during the days so it could be made available during the daytime until 3pm. This space would be an 'inkind' donation from the DoU.

Location Options for Program Events & Activities:

- a) UCC Teen Room for activities during the daytime until 3pm
- b) One participant offered her home as a possible venue for some activities.
- c) Forest Glen (Sea View Seniors Housing Society) is appropriate for senior program activities.
- d) Future partners may provide space for programs – libraries, schools, aquarium, trails
- e) Outdoor activities – throughout the community (sidewalks, beaches, WPT)
- f) Outreach activities - Inter Community participation & partners

**ACTION #2 – Established the locations for offices and program activities and events**

Office Location – Teen Room (available daily until 3pm)

Program activities & events – Teen Room, Forest Glen, community partner locations

8. The group took a half hour break to have lunch and visit.

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*"Engaging in activities, programs & services that support our Age-Friendly Community"*



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## WC SENIORS HUB – 2018 SPRING FORUM – ACTIVITY REPORT (CONT'D)

### 9. Roundtables #1 & 2 – Program, Events, Activities - 6 month Action Plan

#### 2018 Spring Forum - Action #3 - Program Activities & Events - Roundtable #1 Exploring Ideas

Ideas	Programs	Activities	Events
1	Arts & Culture (All)	Walking, excursions, tours, Easel Nests, arts & crafts, knitting, painting,	Inter community events
2	Emergency Preparedness	Games - bingo, euchre	Forest Glen - openhouse, tour
3	Fitness	travel, field trips, armchair travel, travel presentations	High Tea
4	Cooking & Nutrition	host a themed 'social'	Celebrate Canada's Seniors' Day - October 1st (also UN International Day of Older Persons)
5	Health, Wellness & Selfcare	senior spa, Friday Social	BC Senior Games
6	Respite & Hospice	Dog walking, pet visits	Senior closet exchange
7	Education & Workshops	Taxes, technology, wills, legal, Power of Attorney	annual WPTrail Scavenger Hunt
8	Volunteering	Gardening, Music, local Wheels for Wellness - Tofino appointments, meals on wheels	Volunteer Fair

#### 2018 Spring Forum - Action #3 - Program Activities & Events - Roundtable #2 Establishing Priorities - for the next 6 months

Ideas	Programs	Activities	Events
1	Arts & Culture (All)	drawing, painting, ceramics, calligraphy, knitting, rock painting	Seniors Arts & Craft Demonstrations & Arts Show
2	Education	legal matters, technology, financial matters, local resources	Workshops for Seniors
3	Fitness (Health & Wellness)	walking groups, geocaching	WPT Scavenger Hunt
3	Culture	cross aged visitations, arm chair travel, themed storytelling	WC Seniors Storytelling
3	Volunteering	seniors helping seniors, reading, establish Senior google group for information exchange amongst seniors	WC Seniors Hub - Fall Forum to be held on Seniors Day - Oct 1st

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## **WC SENIORS HUB – 2018 SPRING FORUM – ACTIVITY REPORT (CONT'D)**

### **10. Next Steps –**

- a) WC Seniors Hub Partners - Communications
  - Distribute Forum Activity report to participants by email
  - Implement action items as identified in this Forum report
- b) Dist of Ucluelet - to submit final report to New Horizon Seniors Program
- c) WC Seniors Hub Partners to
  - attend May 3<sup>rd</sup> NHSP grant application & information session
  - apply for next round of NHSP funding
- d) WC Seniors Hub – Fall Forum
  - Date: October 1<sup>st</sup>, 2018
  - Time: 12noon to 3pm
  - Place: Ucluelet Community Centre

### **11. 2018 Spring Forum concluded as scheduled at 2pm**

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