



**Southeast Vancouver Seniors Arts
And Cultural Centre Society**

S-53479

Meeting # 51

Champlain Heights Community Centre

Thursday October 18, 2012 at 10:30AM

www.SVSACS.org – 604-325-0163

Minutes

Present: George Grant, Lorna Gibbs, Bert Massiah, Des Burke, Manfred Hagen, Linda Hagen, Pat Deibert, Barbara Warner, Wendy Emslander, Tom Chin, Donna Davies, Mohinder Sidhu, Jean MacPherson, Gail MacKay, Lucette Moody, Verna Eng, Eddie So, Margaret Homonnay.

1. Meeting called to order at 10:30 am – Lorna Gibbs in the Chair
2. Approval of Agenda – Moved by Des Burke, 2nd by Gail MacKay, carried.
3. Minutes of Meeting 50 – no changes.
4. Approval of Minutes of Meeting 50 - Moved by Bert Massiah, 2nd by Pat Deibert, carried.

5. Presidents Report

SVSACS 4th AGM held 13 Sept. 2012 was well attended. Nominations received resulted in election of officers as: Lorna Gibbs, President, George Grant, Secretary, Lorraine Huamali, Treasurer. Directors at Large: Joan Wright, Barbara Warner Donna Davies and Pat Diebert. Financial Statement was favorable: Kamlesh Sethi is doing a great job in recruiting new Members. The SVSACS team works well together, thanks to everyone with special thanks are to Keith, Wendy, Margaret, Belen, Joan Donna and Pat for the excellent work they did in making the AGM a success.

- On Oct. 9, 2012 Lorna and Bert Massiah attended a Meeting with Hon. Ralph Sultan, Minister of State for Seniors at the offices of MLA Kash Heed who had briefed Minister Sultan on the need for a Seniors' Centre in Fraserview Riding. SVSACS presented an overview of the Society's work to date and that of early work by Killarney Seniors Society which has resulted in the City's commitment of land, funding of \$2.5 million and pledges \$510,000 from Killarney Community Centre Association and Killarney Seniors Association.

Copies of pertinent documents presented to Minister Sultan included the Feasibility Study, Funding Proposal and Dr. Samir Sinha's article lauding the benefits of Senior's Centres as Key to Seniors' Health Care. He was pleased to receive copies of our published works: "*Mixing Bowl Cookbook*" and "*Stories of Southeast Vancouver*."

The importance of a meal program similar to that provided for Seniors at Kerrisdale Seniors' Centre was stressed as vital to our community and contributes to the success of any Seniors' Centre. This was well received by the Minister. We continue to be optimistic that the Provincial Government will fund the Seniors' Centre.

6. Kara Hay from Alzheimer BC (Website: www.alzheimerbc.org/) presented ***The Healthy Brain***, information about Alzheimer's disease. The cause and cure of this debilitating condition are unknown. 1 in 11 people over 65 and 1 in 3 over 85 will suffer from Alzheimer's. Kara emphasized that keeping your brain fit is a possible way of preventing or slowing the condition. She distributed a checklist (attached) of things a person should do to help improve the Mind,

Body and Spirit. Reducing risk through health lifestyle choices, including diet, exercise and keeping the brain active, may slow the possible development of Alzheimer's. Kara distributed information packets to all attendees. A page from *Heads Up for a Healthier Brain* is attached. For more information visit the above website or visit the national website at www.alzheimer.ca.

7. New Business

- Seniors Dialogue Workshops – Register at 604-718-7740 or by email dkyobe@sparc.bc.ca:

Six workshops are planned. Please make every effort to attend one or more. See the attached information sheet. If you wish to participate you are urged register for one of the meetings by email dkyobe@sparc.bc.ca or call 604-718-7740. If you cannot attend your views and ideas can be emailed to seniors.dialogues@vancouver.ca or call 311 between Oct 24, 2012 and Dec. 1, 2012. If you need help with transportation ask David at 604-718-7740.

– **Earthquake Preparedness** – Oct 18, 2012 is this year's annual *ShakeOut* day, a day to remind all that we live in an earth quake area and should all be aware of what to do should a quake occur. Member Gail Mackay ,(Chair South Vancouver Policing Centre) distributed a fact sheet (attached) on what to do during and after a quake. Several websites offering additional information are referenced in the handout.

8. Adjournment at 12:00 pm – moved by Donna Davies, 2nd by Barbara Warner, carried

Next Movie: November 7, 2012: Movie *Salmon Fishing in the Yemen*

Luncheon provided for the first 30 seniors to register. Call 604-718-6575 between October 22 and November 2 to reserve your seat. Personal reservations only, please.

Luncheon at 12:00 noon, movie at 1:30 pm – no need to register for movie.

New BC Seniors Guide is now available. For hard copies please call 1-877-952-3181 or visit the redesigned [BC Seniors website](http://www.bcseniors.ca). The Guide/website provides avenues to help seniors and their families navigate the health system, easily access information about care options and have a clear and simple way to register complaints. Mr. Sultan also has a newsletter available at <http://www.ralphsultanmla.ca/fall-2012-4/>

November Meeting: Nov. 15, 2012: Regular SVSACS meeting Champlain Heights Community Centre 10:30 am. All are welcome to attend meetings. Full Membership is limited to adults 55 or better!!

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



KILLARNEY
COMMUNITY CENTRE

