



Southeast Vancouver Seniors Arts

And Cultural Centre Society

S-53479

Meeting # 59

Champlain Heights Community Centre

Thursday Oct. 17, 2013 at 10:30AM

www.SVSACS.org – 604-325-0163

Our Goal: a Dedicated Seniors Centre

Minutes

Present: Lorna Gibbs, George Grant, Margaret Homonnay, Eddie So, Barbara Warner, Donna Davies, Des Burke, Manfred Hagen, Philip Mah, Mabel Leung, Nelson Didulo, Lucette Moody, Sharon Tong.

1. Call to Order – 10:35 am Lorna Gibbs in the chair
2. Approval of Agenda – Moved by Donna Davies, 2nd by Nelson Didulo, carried.
3. Minutes of Meeting 58 – No issues
4. Approval of Minutes of Meeting 58 – Moved by Donna Davies, 2nd by Manfred Hagen, carried.
5. Reports - President - Very busy month – Champlain Association (CHCC) memberships are \$3.00 annually for seniors. Please consider taking out a membership. CHCC spent a considerable sum purchasing 50 new chairs that seniors should find more comfortable. On Oct 18, 2013 the Mayor's Seniors Advisory Council is meeting here at CHCC. Start time is 10:am. Lorna will speak to the need for a Seniors Centre at Killarney CC. Please attend and voice your concerns about seniors issues. (15 members of SVSACS attended the Oct 18, 2013 meeting). Lorna urged all to attend the Park Board Meeting Oct 21. Two buses, one from Killarney and one from SVNH will provide transport for a large contingent to the meeting. Killarney Community Society held a barbecue Oct 19, 2013 starting at noon. Several craft fairs are scheduled...see notices.
6. Presentation by Ted Pearson of COSCO: ***Mature Driver Assessment Procedures***
 - For various reasons, people may be ordered to have their driving skills assessed.
 - One of those reasons is reaching the age of 80. The B.C. motor vehicle assessment process was described in detail. Preparation for the test and what is involved was discussed and advice offered as to how to do one's best in the various testing situations was given.
 - To maintain driving skills, it is necessary to eat a healthy balanced diet, exercise 30 or more minutes daily and get 7 – 8 hours good rest every night.
 - The Department of Motor Vehicles considers any person with 15 or more years of experience a mature driver. Assessment is not age-related.
 - The process begins with the requirement for drivers at age 80 (and every two years thereafter) to complete a Driver Medical Examination Report (DMER) with their physician. Only about 2% of drivers are referred for a DriveAble cognitive assessment.
 - The assessment measures specific cognitive functions needed for safe driving: memory, attention span, reaction time, spatial judgement and decision-making. It does not measure your overall cognitive functioning or intelligence. Results are judged against the results of someone of the same age who does not have any cognitive impairment.

- The DriveABLE in-office assessment is presented on a touch-sensitive screen and takes about an hour to complete. No familiarity with computers is needed. To complete the tasks, you only need to touch the screen or press a button. A mouse and a keyboard are not used. A trained healthcare professional administers the DriveABLE in-office assessment and guides you through the process.
 - If called for an assessment, please have someone drive you to and from your appointment, bring your driver's licence, your reading and/or driving glasses, your referral letter from OSMV, and your doctor's contact details (name, address, and telephone and fax numbers).
 - The DriveABLE on-road evaluation provides drivers who do not pass the in-office assessment with an additional opportunity to demonstrate their continued medical fitness to drive.
 - On-road evaluations assess memory, attention span, spatial judgement, decision-making, and other factors that can be used to assess the ability of a driver with a cognitive impairment to drive safely.
- For more information and to access the guide go to: [BC DriveABLE Guide](#)
 ICBC's web site <http://www.icbc.com/> has a link to a self -paced evaluation/knowledge test. Look under New Driver.

7. New Business - none

8. Adjournment – 12:10 pm Moved by Barbara Warner, 2nd by Margaret Homonnay, carried.

A reminder: 2013/2014 memberships (\$5.00) may be paid now.

SVSACS Memberships run from AGM to AGM. Next Meeting Nov 21 10:30 am

Fall movies: November 6th - **Hello Dolly Reg. Oct 23 – Oct 30**
 December 4th - A Christmas Story Reg. Nov 20 – Nov 27

Champlain Heights Community Association AGM Wednesday November 20 7:30 pm
 At Champlain Heights - email: champlaincc@vancouver.ca

Notices:

Flu Clinic at Killarney CC November 18, 10:00 to 4:00

Flu Clinic at Champlain H CC November 29, 9:00 to 12:00

Killarney Craft Fair Saturday November 23, 2013 - 10:00 am to 3:00

Kerrisdale CC Craft Fair Saturday November 23, 2013 –11:00 am to 3:00 pm

Champlain CC November 27 12:00 to 1:30 Lunch and Chat \$5.00 - Call 604-718-6575

SPCA Annual Craft Fair Saturday November 30, 2013 at Army & Navy Club, 3917 Main Street starts at 10:30 am. Lots of gorgeous stuff and Gail McKay's jams and jellies.

Kensington CC Craft Fair Saturday December 7, 3013 –10:00 am to 4:00 pm.

December 5th - Holiday Seniors Party (6 seats left) Dec. 5th 6:00 pm \$18.50. Call 604-718-8201 to register.

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



KILLARNEY
 COMMUNITY CENTRE

