



FALL FORUM REPORT



WCRS Seniors Hub

2019 Fall Forum September 30, 2019

Overview

The WCRS Seniors Fall Forum took place on Monday September 30th from 10am to 1pm at the Ucluelet Community Center main hall. This well attended event showcased the progress that has been made in the past year to help west coast seniors age in place and get the most out of their golden years. An amazing lunch was provided by Heartwood Kitchen with treats from Zoe's Bakery and Café. Each attendee received a gift bag full of discount coupons and freebies from participating businesses in Tofino and Ucluelet and a BC Seniors' Guide. Myles Morrison played guitar and sang while people took their seats and during the lunch service. Pacific Rim Hospice provided free transportation for the Tofino residents.

Event Sponsors

WCRS, District of Ucluelet Parks and Rec, BC Rural Dividend Fund, New Horizons Grant, Pacific Rim Hospice, Heartwood Kitchen, Zoe's Bakery, Blueroom Bistro, Forest Glen, Jan Draeseke, The Studio Ucluelet, The Gray Whale Deli, Barkley Café, Yayu Café, Ukee Scoops, Mermaid Tales, Chocolate Tofino, Driftwood Gifts, Sobo, Stormlight Outfitters, Janine Croxall Holistic Therapy.

Marketing and Promotion

Posters put up on all bulletin boards in Ucluelet and Tofino, Facebook, Westerly News, Presentations at Forest Glen Luncheons, the Coops in Tofino and Ucluelet, WCRS Luncheons, and seniors' activities put on by the Pacific Rim Hospice, Elders Luncheon, Email blast through Ucluelet and Tofino Chamber of Commerce. Emails to all First Nations Communities.

Forum Attendance

Participants – 55
Exhibitors – 16
Speakers – 6
Volunteers – 8
Total of 85 attendees.

Traditional Welcome

Samantha Touchie from the Ucluelet First Nations lead the opening prayer speaking in her traditional language.

Municipal Representatives

Mayco Noel, Mayor of Ucluelet, spoke about the challenges seniors face aging in place in our rural community. He talked about the Age Friendly Action Plan and updates to infrastructure in town that will benefit the whole community but are of particular interest to the seniors. New sidewalks, updated roadways, a new medical hub building, the opening of a new park near Forest Glen Seniors housing, and two new parks with walking trails were some of the highlights. Mayco also talked about increased seniors programming at the Community Center.

Josie Osborne, Mayor of Tofino, discussed top concerns for seniors based on last years fall forum questionnaire. Josie spoke about health care reform on the west coast, helping seniors age in their homes and offering more affordable adaptive housing options. She discussed increased transit, affordable transportation options, and increasing active living programming for seniors.

A message from Member of Parliament Gord Johns

Greetings to all who have gathered on Nuuchahnulth territory in Ucluelet for the Seniors' Fall Forum. I regret that the campaign schedule prevents me from attending but I am with you in spirit. Too many seniors struggle to make ends meet in our communities. I have met seniors in housing shelters, basement rooms and one couple living in their van. Others live cheque-to-cheque. Years of Conservative cuts and Liberal inaction make it harder for seniors to get by. Over 30% of single women over 65 are living in poverty across Canada. This is not acceptable. Every senior should have a right to safe and affordable housing, free of isolation. Our plan is for a half-million affordable housing units across the country over the next decade including supportive housing choices for seniors like intergenerational co-housing. We all deserve to age well. Please have a wonderful Fall Forum and I look forward to seeing you soon!

Gord Johns

Informative Speakers

Westcoast Older Worker Initiative

Ursula Banke, Community Liaison and Employment Center

Coordinator spoke about the new Westcoast Older Worker Initiative also known as the WOW Initiative. This new program plans to assist, advise and support employers and older workers to creating more age-friendly employment opportunities. The WOW Initiative will be surveying employers and old workers to determine interest in developing age-friendly opportunities. The WOW Initiative will assess skills and help with basic computer training, resumes and cover letters, job search, effective marketing, and job matching for older workers. They will help employers recognize the benefits of hiring old workers and how to create age-friendly positions within their organizations. All the Fall Forum participants received WOW Initiative surveys. Ursula also announced her new position as the BC Seniors Advocate to the Council of Advisors.

Alberni Clayoquot Health Network

Marcie Dewitt spoke about what the Alberni Clayoquot Health

Network is, who's involved and their roll in the development of our rural and remote communities. Marcie discussed their Strategic Plan and how they are implementing change. She spoke to the barriers we face in our communities and specifically touched on the transportation issue that effects everyone but significantly effects the aging population. Marcie talked about some of the successes with regards to transportation, focusing on the Wheels for Wellness pilot project. She also discussed the research and progress that has been made with regards to public transit being implemented in our coastal communities.

Elder Abuse and Neglect

Jane Osborne, Regional Mentor for Central & North Island BC Community

Response Networks, presented an informational mini seminar on elder abuse and neglect. Her presentation included a short video of a typical scenario where an elder was being mentally abused to show how easily these situations can happen. She discussed how to recognize when this is happening to you and ways of supporting friends that might be going through this. She touched on how not to approach a friend in this scenario and when to get the police involved. Each participant received some informative brochures on Elder Abuse and Neglect.

Vancouver Island Health Authority

Robyn Monrufet, Project Manager of Primary and Community care

with the Vancouver Island Health Authority discussed changes and upgrades that are coming to Vancouver Island Health. She asked the seniors of the Westcoast to reach out to her with their concerns regarding health care in these remote communities. Robyn also had a booth at the forum where she fielded questions from the attendees.

WCRS Seniors Hub Coordinator updates

Zoe Ludwig, Seniors Coordinator at WCRS, highlighted some of the changes coming regarding infrastructure and programing on the Westcoast. She spoke about the new Memoirs Workshop with Joanna Streetly coming to Forest Glen in November, of the Movie Matinees that will be taking place at the Ucluelet Community Center this fall, the tech help with the high school students and the new Seniors Directory she's working on with Schramm Designs. Zoe talked about the new Facebook page for the Westcoast Seniors Hub and a senior's discount card she's working on for both Tofino and Ucluelet through the Chamber of Commerce.

Exhibitors

Forest Glen Seaview Seniors Housing – Cathy Whitcomb

Rachelle Cole – Paramedic

Alberni Valley Employment Center and Work BC – Ursula Banke and Mary Ruff

Occupational and Physiotherapy – Carly Grigg, Jen Kennedy and Terilyn Martin

Alberni Lifeline – Dodi Clark

Registered Dietitian and Diabetes Educator with the Nuuchah

Nulth Tribal Council – Rachel Dickens

Surfrider Pacific Rim – Veronika Miralles Sanchez

The Comfort Zone Mobility Store – Sasha Brown

Vancouver Island Health Authority – Robyn Monruffet

District of Ucluelet – Parks and Recreation – Barb Gudbranson and Chris Martin



