

SEBLAC Minutes

February 7th, 2022 11:00 – 12:00

<https://us02web.zoom.us/j/83686799633>

In Attendance:

Ev Rolfe – Port Hardy Seniors, Rosaline Glynn - Chair, Eddy Lagrosse – Member and CRN, Viki Korhonen – Mental Health and Substance Use, Helen Gurney – Hospice and Hospital Auxiliary, Ashlee Wall – Better at Home, John Tidbury – District of Port Hardy, Matty Cervantes – Grad Student at UVIC, Pat Corbett-Labatt – District of Port Hardy Rep, Shelley Downey – Councillor, Town of Port McNeill, Health Network Rep, Donna Gault, Fred Robertson – MLA Constituency Assistant

Regrets:

Marjorie Giroux, Sandy McGregor, Julie Foster,

1. Territorial Acknowledgement:

- 1. We are meeting today with humility on the traditional territory of the Kwak'wala speaking people*

2. Welcome and Introductions

- 1. Round Table Introductions*

3. Additions to the Agenda?

- 1. Motion to Approve the agenda? 1st, 2nd, all in favour? Motion Carries*

4. Review of Last Meeting's Minutes

- 1. It was our holiday meeting! No minutes to review*

5. Can Connect Guests: Welcome Matty & Thomas

- 1. Discussion, CanConnect*
 - 1. Options for program expansion: Send in an expression of interest for a permanent ipad in your house to connect. This is a free program and there is no expense aside from the cost of wifi.*
 - 2. You can connect through Rosaline and Donna at the Hardy Bay Seniors*
 - 3. Does this work with android? Usually*
 - 4. Can people in a seniors care home get one? Yes*
 - 5. Will it work in gold river or other communities? Yes!*

6. Ashlee: Better at Home (250) 949-8333

- 1. This holiday season the giving tree was up in all the communities last year and was very well received. There are lessons learned*
 - 1. Ashlee has three new housekeepers*
- 2. There are more people on the waitlist then there are on the service list.*
- 3. Ashlee is opening Better at Home to Volunteers to increase capacity*
- 4. Ashlee is offering Chair fit classes by zoom and in person soon!*

7. Viki

1. **Community Health Services (CHS)** – Viki came on board with CHS to help people get caught up with things.
2. Navigating services and systems is a major issue for people, especially vulnerable people. (Resource navigation and system access is the role she started doing)
3. Clients need support – There are major improved health outcomes when they figure out how to address their problems and get in-person support.
4. CHS does client-focused care options, income, income, status, identification, MSP issues, service Canada items, lots with CRA, connected people to the volunteer tax program, advanced care planning, and referral services and more.
5. The MS Society of Canada puts a manual out that covers everything that goes out to people with disabilities and seniors – Viki says it's the best guide she knows of
6. Q: How do people access this support? What is the intake process?
 1. Intake through Mental Health
 2. Intake is possible through Primary Health Social Workers
 3. Through Salvation Army there are some referral issues, with noted capacity issues

8. Major Issue Discussion: Taxes and their impact on accessing subsidized health services

1. There are folks in community who really need help getting things up-to-date. The inability to provide taxation information impacts access to subsidies.
 1. There are tax options for low income people available: you can get information in person, and Taxes can be dropped off at North Island Community Services and Harvest Food Bank, and Salvation Army for assistance.
 2. Note: Hilde McLean does work in Port McNeill to assist in taxes. She knows how to file behind taxes
2. SUGGESTION: Host a tax seminar for seniors and people who are behind 250-230-3715
 1. Write a column for the newspaper about this topic

9. Seniors Guide: - Available through MLA

10. Dental Care Discussion: Being evaluated at the MLA's office

1. Dental Not covered
2. There are no appointments in the region even if you have sufficient funding
3. Not enough dentists in the region – how do we address this?

11. Discussion, Strategic Planning: Hearing each participant's view on the plans of SEBLAC

MAIN STRATEGIC GOALS:

- Inform seniors, in person or on the phone, about care options
 - **PILOT A SENIORS LIASON ROLE (Community Health Services does this)**
 - Systems navigation
- Create a better Communications Network:
 - **FOCUS ON AGING IN PLACE PROGRAMS**
 - **FOCUS ON DIGITAL LITERACY & MENTORSHIP**
- Increase Participation & Connection:
 - **MEET IN PERSON EVERY SECOND MONTH**

Newspaper articles are good for Seniors/Do a Seniors Article once a month - MWHN

- Communications help, do an article in the North Island Eagle
 - o Benefit of applying for taxes
 - o Ask Kathy for a budget for page a month for seniors
 - Tax
 - Exercise Options
 - Regional Needs
 - Systems Navigation
 - Food Bank & Food Security – Breakfast Clubs, Food Banks, and more. Addressing the stigma of accessing services.

12. Setting our meeting schedule: Moving back to more in-person events, Blended Model

1. *Send out meeting invites: Zoom invites for last Monday of Month*
2. *In-Person meetings every second month on Tuesdays in Port McNeill*

13. Next Meeting Date:

Next meeting date: February 28, 2022 11:00 – 12:00 on zoom

Tuesday, March 29th in Person, *Port McNeill Lions Hall 10:00am – 12:00pm*

BUSINESS FOR NEXT MEETING: EDDY Question:

Where do we go to complain and find support where our needs are not being met?

- o *Patient Quality Care Line*
- o *Patient partners*
- *ACTION ITEM: Make a one-page document of resources for complaints.*