

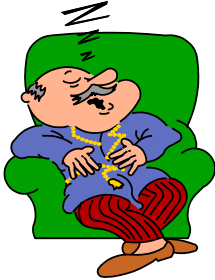


The PenGuIN

Newsletter of the Saanich Peninsula and Gulf Islands Branch of the BCGREA
APRIL 2016



FROM THE CHAIR



We have been very busy since my last report to you in our October newsletter. Our meetings continue to be both entertaining and informative. . . .

Our year started with the September meeting and an excellent presentation by Laura Mahoney of the B.C. and Alberta Guide Dog Services.

October's meeting was well attended and a presentation by Gary Wilton, Fire Chief in North Saanich was well received . A great deal of useful emergency response information was learned.

At our November meeting we had an interesting and timely presentation from George Phipps of the Sidney RCMP Detachment. He was very informative and helpful with information about common scams and frauds directed at seniors.



At the beginning of December we adopted a Salvation Army Christmas Kettle for a week. Our volunteers stood at the entrance to Thrifty Foods store in Sidney for five days (Mon. to Fri., 10 a.m. 'til 5 p.m.). We successfully raised **\$2,368.43** Thank you to all our volunteers.



We participated this year in the Sidney "Sparkles" Christmas Parade on December 6th. It is always an enjoyable event and good to see our branch banner displayed.

Our Christmas Dinner was held on Dec. 15th and was well attended. Again, instead of spending money on entertainment this year, we donated the funds to the Sidney Lions' Food Bank. As usual, the dinner was fantastic and our "Gift" exchange was fun and entertaining.

Our January meeting was well attended and we were spoken to by Caren Powell and her partner Neil who gave an interesting and inspiring talk about “South Africa – 20 years of Freedom”. She also had copies of her book “The Dark Side of the Rainbow”. It is a GREAT READ and enjoyed by many of our members who took advantage of purchasing an autographed copy.

At our meeting in February Simon Harvey from the “Cancer Drive Line Society” addressed how the “Society” was formed and the reasons for the continued efforts that are needed for success in serving the needs of their clients. It was a very inspiring story and showed why the service is so necessary for “Cancer Patients” in our area. See their web site at www.cancerdriveline.ca

Their Mission Statement: To provide free, safe and compassionate transport to patients receiving any form of cancer assessment, treatment or surgery or remedial procedures, who live or are staying within the thirteen municipalities of Southern Vancouver Island.

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In March we were treated to a presentation by Sally Thompson from HearingLife Canada who explained their program for hearing assessments **FREE** to any person over 60. She explained the effects of hearing loss and what can be expected from proper assessment and treatment.

I attended, on your behalf, the annual directors’ meeting of the BCGREA in Tsawwassen on March 23rd.

- Their guest speaker was Isobel Mackenzie – Office of seniors Advocate, Ministry of Health. The following pages have highlights from her presentation and I encourage every member obtain copies of their reports and to visit their web site for more information on the good work that her office is doing.
- Lisa Hansen from Johnson Inc. introduced highlights of a new flexible choice extended health program that is being developed. Look for more details in the future when they have rates to show us.
- Tom Martell – Martell Insurance Services – Life Insurance information provided for each Branch (given to Branch chair). Will be available to members at our meetings.

Our branch is looking forward to being involved in our community. We anticipate continuing with exciting activities for our members.

GET INVOLVED! Come to our meetings and hear all about it. . .

John MacLucas

B.C.'s Seniors Advocate: Issues and Mandate



www.seniorsadvocatebc.ca
1-877-952-3181

Role and Responsibilities

- ♦ **Monitors** the provision of seniors' services
- ♦ **Analyzes** issues pertaining to seniors
- ♦ **Provides** information and referral to seniors and their family members
- ♦ **Reports** to Minister and to the public on issues affecting seniors

5 mandated areas:

- **Health care**
- **Housing**
- **Income support**
- **Personal Support**
- **Transportation**
- Council of Advisors



B.C.'s Seniors: Housing

- 93% (762,700) live independently
- 20% rent
 - 78% have no mortgage
- 80% own their home
 - 78% have no mortgage
- Nearly 2/3 live in urban areas
- 26% live alone
 - Increases to 45% for 85+
- Less than 4% of live in residential care
 - 15% of 85+ year olds
- Less than 3% live in Assisted Living
 - Less than 1% are 85+
- Less than 4% receive home support
 - 2.3% of 65-84 year olds
 - 12.5% of 85+ year olds



OSA Reports



The Office of the Seniors Advocate

- ♦ **Seniors Action Plan** established commitment to create position of Seniors Advocate
- ♦ **Seniors Advocate Act** passed on March 14, 2013
- ♦ First Seniors Advocate appointed as of March 31, 2014



B.C.'s Seniors: Demographics

- 820,000 seniors in B.C. (17% of population)
- Projected to grow to 1.35 million, or 24%, by 2031
- According to the 2011 Census, 7.66% of B.C. seniors cannot hold a conversation in English
 - For B.C. seniors 75+ this increases to 9.22%



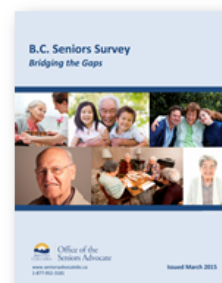
B.C.'s Seniors: Income statistics

- ♦ Median income 65+: \$24,000
- ♦ 24% of senior homeowners have household income <\$30,000
- ♦ 35% of seniors who rent have a household income less than \$20,000 annually
- ♦ 54,000 seniors receive the B.C. Seniors Supplement: meaning an annual income of \$17,000 or less



Key Findings from Reports

- ♦ **Bridging the Gaps**
 - 60% of low-income seniors do not know about MSP Premium Assistance
 - Only half of senior renters were aware of SAFER subsidy program
 - Senior homeowners with household incomes less than \$30,000 are least likely to be aware of Provincial Property Tax Deferment Program (PTD)
 - only 40% of these homeowners were aware of the program
 - 65% of low-income seniors had no coverage of ancillary health care needs



OSA Report: Housing

◆ Seniors' Housing in B.C., Affordable, Appropriate, Available

- SAFER not sufficient in high-rent markets, average rent Metro Vancouver is \$1,038 – SAFER cap is \$765; Average rent in Victoria is \$849 with cap of \$667
- Homeowner expense relief needed for low-income seniors
- Fundamental redesign of registered assisted living
- Ensure quicker access to preferred residential care bed
- 95% of residential care rooms are single room occupancy with ensuite bath by 2025



OFFICE OF THE SENIORS ADVOCATE

OSA Report: Placement, Drugs & Therapy

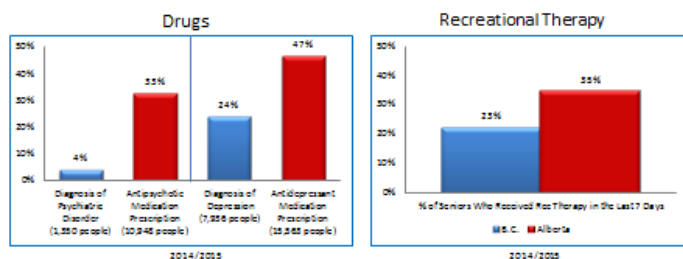
◆ Placement, Drugs & Therapy

- Up to 15% of seniors in residential care may be able to live more independently
- Overuse of some medications
- B.C. lagging in physical therapy and recreational therapy



OSA Report: Placement, Drugs & Therapy

◆ Placement, Drugs & Therapy



OSA Report: Caregivers

◆ Caregivers in Distress: More Respite Needed

- Three provincial respite programs:
 - Adult Day Programs (ADP)
 - Respite Beds
 - Home Support
- Findings:
 - 7% use ADP (9% for distressed)
 - 11% use respite beds
 - 47% had home support in the last 7 days



◆ Caregivers in Distress: More Respite Needed

- Findings:
 - 97% of home support clients have an unpaid caregiver
 - 50% of home support clients fit the clinical profile of a residential care client
 - Unpaid caregivers provide an average of 19 hours per week of task specific caregiving
 - 29% of caregivers are in distress, one of the highest rates in Canada
 - Provide 30 hours of care a week on average
 - Rate of distress increases to 38% for those caring for the more complex



OSA Report: Monitoring Services

◆ Monitoring Seniors Services

- Findings:
 - 96% of seniors report having a regular physician
 - 19% of diagnosed dementia patients are < 65 and 4 out of 5 seniors > 85 have no diagnosis of dementia
 - Population over 75 up 4% in last year, home support hours decreasing in 3 out of 5 health authorities
 - Wait times for residential care have ↑ overall
 - Complaints about residential care have ↑ 5.8%
 - Between 425 and 550 reported cases of resident on resident aggression resulting in harm in residential care



Work Ahead

- Resident on Resident Aggression Review
- Home Support Review
- PharmaCare Review
- Residential Care Survey
- Transportation Review
- Supplementary Benefits Review
- Hospital Discharge Experiences



Contact

www.seniorsadvocatebc.ca

Toll-free: **1-877-952-3181**

In Victoria: 250-952-3181

Open Monday to Friday, 8:30am - 4:30pm

Translation services available in more than 180 languages.

✉ info@seniorsadvocatebc.ca

📘 facebook.com/SeniorsAdvocateBC

📱 @SrsAdvocateBC



OUR ELECTION FOR CHAPTER EXECUTIVE IS HAPPENING AT OUR MAY MEETING!

A couple of hours per month is all that is required to help with planning future activities, celebrations, speakers and monthly meetings.

BE PART OF THE DYNAMIC TEAM OF DECISION MAKERS . . .
LET YOUR NAME STAND FOR POSITIONS ON OUR EXECUTIVE.
NOMINATIONS MAY BE MADE THROUGH THE NOMINATING
CHAIR – STEPHEN HIVES AT (250) **656-4586**.



Get your tickets at our next meeting(s)

To Celebrate our Year End!!

We're having a luncheon and entertainment for our members at:

“The Lakes” Grillhouse - Howard Johnson Hotel at Elk Lake

Tuesday, June 28th, from 11:30 'til 2:30

Lunch (soup, sandwiches, dessert) will be provided

Tickets: \$15.00 per member pre-paid

Tickets for guests \$25.00 each pre-paid

Tickets will not be available at the event

underground parking is available

We will be presenting several “Life” member certificates

ENTERTAINMENT by Heritage Productions – Victoria



RECIPES

From the kitchen of Ellen Woods



Fresh Peach Pecan Crumble

7 medium peaches, pitted and roughly chopped
1/2 cup fresh blueberries
Flour (2 tbsp. for the fruit, 3/4 cup for the crumble)
1/4 cup crystallized ginger, finely chopped
5 tbsp. dark brown sugar
1 cup chopped pecans
Pinch of salt
Pinch of cinnamon
2 tsp. lemon zest
1 tsp. lemon juice
1/4 cup unsalted butter, chilled and chopped into small cubes

Preheat oven to 375 F. Combine peaches, blueberries and 2 tbsp. of flour in a square 9" pan. Mix well the remaining 3/4 cup of flour with ginger, sugar, pecans, salt, cinnamon, lemon zest, juice and butter (use hands for best results) Put crumble over fruit and bake for 20 minutes. Crumble should be golden on top and the fruit soft and bubbling hot. Serve warm with a dollop of your favorite ice cream or yogurt. Serves 4 - 6.

Brown Sugar Cookie Squares with Butterscotch Chips and Pecans

vegetable oil spray
4 cups of flour
2 tsp. baking powder
1/4 cup pecan pieces
3/4 cup butterscotch chips
1/2 lb. of butter, at room temperature
2 1/2 cups of yellow brown sugar
2 tsp. vanilla extract
3 large eggs

Preheat oven to 300F. Coat a 9" x 13" pan with vegetable oil spray. Cut a piece of parchment paper to fit the bottom and up 2 sides. Place flour and baking powder in a bowl and whisk to combine, mix in butterscotch chips and pecans. In another bowl put in butter, brown sugar and vanilla, beat until well combined. Beat in eggs, one at a time. Mix the flour mixture into the butter mixture until well combined. Spoon dough into the pan. Lightly dampen your hands with cold water and press cookie dough into the pan, until evenly spread out. Bake for 60 minutes. Remove from oven and let cool to room temperature. Lift out of pan and cut into squares. Enjoy some now and keep others in a cookie tin. They will keep about a week at room temperature. They also freeze well. ENJOY!



GARAGE SALE !

Charity Fundraising –

Our Branch is very proud of our community involvement and our annual donations to local charities. With this goal in mind, we are holding a garage sale to raise funds for our future charities and we **need your help.** I am sure each of you have wondered “how am I going to down-size and rid myself of some of the ‘stuff’ that I have accumulated?” Members are asked to donate all items (NO CLOTHING – PLEASE). All merchandise should be dropped off at the garage sale site on Friday, June 3rd, after 4:00 p.m. Gloria has a ‘sign-up sheet and welcomes any member who is able to assist at the garage sale. For members unable to drop off merchandise, please contact John MacLucas, at johnrsanta@shaw.ca or telephone him at 250-656-3374. If your friends and neighbors would like to contribute to this worthwhile charity fundraising event we would welcome their ‘stuff’.

The garage sale will be held:

SATURDAY, JUNE 4, 2016

8 A.M. TO 1:00 P.M.

at

**9454 Greenglade
Sidney**