

MINUTES
HEALTHY SAANICH ADVISORY COMMITTEE
Held at Saanich Municipal Hall Committee Room #2
September 17, 2014 at 5:30 p.m.

Present: Chair: Councillor Paul Gerrard

Members: Jean Fraser, Jean Hodgson, Franca LaBella, Nancy McDuffe, Dorthy Rosenberg, Nadia Rajan

Staff: Julie Wallace, Programmer II; Kelli-Ann Armstrong, Senior Manager, Recreation Services; Elizabeth van den Hengel, Committee Clerk.

Guests: Susan Low, Community Developer, Community Social Planning Council of Greater Victoria; Marlene Bergstrom and Colin Booth, Shelbourne Community Kitchen

Absent: Fred Haynes (SCAN), Shirley Woods

MINUTES

MOVED by F. LaBella and seconded by J. Fraser, "That the minutes of the Healthy Saanich Advisory Committee meeting held June 18, 2014 be adopted as
CARRIED

LIVING WAGE INFORMATION FOR MUNICIPALITIES

The Chair introduced Ms. Susan Low, Community Developer, Community Social Planning Council of Greater Victoria. Ms. Low presented the Committee with an overview of the Living Wage Campaign. The following was noted:

- Adoption of the Living Wage by municipalities is one of the most practical and effective ways to address poverty at the municipal level, where so many of the policy levers are held by senior government at the provincial and federal levels..
- Paying a Living Wage directly improves the quality of lives for staff and contractors within a municipality and sends a strong message to other employers within the municipality.
- The Living Wage for Families Campaign is in its early days in BC. Currently there are three active campaigns in BC with Victoria being one.
- It is hoped that more municipalities will follow the lead of New Westminster, who became a Living Wage Employer in 2011.
- Living Wage calculations are recalculated yearly, and only includes meeting immediate daily expenses of a working family.
- Organizations and companies that have adopted a Living Wage program have experienced greatly reduced turnover rates which in turn save the employer recruitment and training costs.
- The Canadian Cancer Society has become a Living Wage organization because by some estimations "poverty is a carcinogen."

- Gathering information and sharing it with the community are critical parts of building support for a Living Wage policy.
- With New Westminster the cost of raising contractors to a Living Wage was determined to represent one-tenth of one percent of the overall budget and has been paid without raising taxes.

A discussion occurred and the following was noted:

- Federally the NDP has suggested raising the minimum wage to \$15.00 per hour.
- Emphasis to the employer the large impact paying employee benefits has to their employee's cost of living.
- Difficult to comparatively measure private sector and public sector benefits.
- Service industry is unusual because of the additional wage supplementation from tipping.

SHELBOURNE COMMUNITY KITCHEN

The Manager of Recreation Services introduced Ms. M. Bergstrom and Mr. C. Booth from the Shelbourne Community Kitchen. Ms. Bergstrom and Mr. Booth presented the committee with an overview of the Shelbourne Community Kitchen project. The following was noted:

- The Shelbourne Community Kitchen (SCK) is the product of the work done by the Mt. Tolmie Community Association and four area churches.
- The Shelbourne Valley is home to a diverse community. Many of the residents of the Shelbourne Valley are considered vulnerable (students, seniors, immigrants).
- The goal of the SCK is to bring people together to share resources, improve their food literacy and prepare a healthy meal together. There are 90 volunteers that assist with this program.
- The SCK is not a food bank or soup kitchen.
- Code of conduct has been introduced for all persons participating in the SCK. Disrespect is not tolerated.
- Saanich generously has allowed the SCK to use the space at 3541 Shelbourne Street.
- Community kitchens are a valuable community building tool.

COMMUNITY KITCHEN FOR SENIORS

The Manager of Recreation Services introduced Ms. J. Wallace, Programmer II. The Programmer II presented the committee with an overview of the Saanich Community Kitchen for Seniors program. The following was noted:

- The Community Kitchen for Seniors was started in February 2012 with a \$20,000 grant from UBCM.
- Originally the program ran over a six week time frame at no cost to the senior. On average six to twelve seniors would participate per session.
- The sessions consisted of food preparation and eating a meal together. A guest speaker would present a food related topic while the meal was being eaten.

- Many community partners; Silver Threads, Cedar Hill New Horizons, Cordova Bay 55+, Vancouver Island Health, and Saanich Volunteer Services, assist with the delivery of the Community Kitchen for Seniors program.
- Goals of the program were:
 - Reduce senior isolation
 - Help seniors live independently longer
 - Improve nutrition among seniors
 - Increase community and social participation
 - Increase safety for the seniors by having the seniors becoming familiar with Centre staff and members of the community.
- Lessons learnt:
 - The sessions should ideally be longer as it seemed to take the seniors a bit of time to establish social connections within the group. In the future 8-10 week sessions will be held.
 - Small fee will be charged to facilitate the feeling of ownership and to help offset the expense of running the program.
 - Shopping and other responsibilities should be incorporated into the program.
- The challenge as the program goes forward is how to keep the registration fee affordable so that all income levels can participate.
- A grant was received in June 2014 from Greater Victoria Eldercare to create a program to train seniors to run their own kitchens.

WHO AGE FRIENDLY SAANICH UPDATE

The Programmer II presented the committee with an overview of current projects and initiatives offered through Recreation Community Services that address the World Health Organization Age Friendly Cities key themes or principles. The following was noted:

- Community Services staff members facilitate a network of service providers for older adults and seniors and these groups meet twice a year to collaborate and plan for programs, services and to develop marketing tools .
- Steps to Connect Program-Saanich Community Services works in partnership with Island Health Hillside Seniors Centre to offer leisure education and community orientations.
- Mature driving workshops are offered in partnership with the BCAA traffic Safety Foundation in cooperation with the Saanich Police. These workshops address some of the changes mature drivers face.
- Aberdeen Art Program-The Arts Centre at Cedar Hill recently completed a pilot program in partnership with Island health's Aberdeen Hospital and the eldercare foundation.
- Conversation Cafes-These monthly dialogues offer an opportunity for seniors to discuss current issues important to seniors.
- Trust Me Intergenerational Dialogues-This project was created to advance social connections between seniors and teens.
- Senior Drop Ins-Community Services staff members facilitate several social drop in programs for both seniors and teens.
- Community Multi-generational Drop Ins-Offers an opportunity for grandparents and grandchildren to enjoy the Youth Centre at Gordon Head Recreation Centre.

- Minds in Motion-Is a fitness and social program for people experiencing early stage memory loss due to Alzheimer’s disease or a related dementia. Caregivers, family members or a friend are encouraged to attend with the individual.
- Gentle Walk and Talk programs-These free guided walks give seniors an opportunity to enjoy the fresh air and socialize while getting gentle exercise.
- Food Skills for Seniors-In partnership with the Diabetes Association to the Food Skills for Families: Senior edition workshop series Saanich Parks and Recreation educate seniors at free workshops on food literacy.
- Community Kitchens-In partnership with the Eldercare Foundation, Saanich Parks and Recreation offer a program for seniors and food literacy.
- Seniors Gardening Group-Saanich supports two plots in the Capital City Allotment Garden. Members can attend with the garden coordinator or on their own.
- Marketing and promotion of public health education and awareness have been supported with:
 - “Embrace Aging Show”
 - The Social and Recreational Opportunities Guide-this guide has been produced four times and was spearheaded and funded by Community Services. Future editions of the guide will be an annual guide representing all if Saanich’s partners in seniors services.

**** N. Rajan and F. LaBella left the meeting at 7:00 pm****

SCAN UPDATE

The Chair of SCAN was absent. The update will be provided at a future meeting.

HEALTHY SAANICH COMMUNITY WORKSHOP UPDATE

The Chair discussed the future of the document that was produced from the Healthy Saanich Community workshop. The information captured during the workshop will be considered as the next generations of the Official Community Plan and Strategic Plan are developed. The Healthy Saanich Community Workshop document will be incorporated into the workings of the HSAC and used as a guiding document for future HSAC issues.

RECREATION UPDATE

The Senior Manager, Recreation provided an update on recreation services.

ADJOURNMENT

The meeting adjourned at 7:15 pm.

NEXT MEETING

The next meeting is scheduled for January 15, 2015.

Chair

I hereby certify these minutes are accurate.

Committee Secretary