

AGENDA
HEALTHY SAANICH ADVISORY COMMITTEE

Held electronically via Microsoft Teams
Tuesday, April 12, 2022 at 6:00 p.m.

In light of the COVID-19 pandemic and to ensure social distancing, this meeting is closed to the public and can be viewed/heard via MS Teams. Please note that MS Teams callers are identified by their phone number which can be viewed on screen by all attendees at the meeting.

1. **TERRITORIAL ACKNOWLEDGEMENT AND DIVERSITY, EQUITY AND INCLUSION STATEMENT**
2. **ADOPTION OF MINUTES** (attachment)
 - March 2, 2022
3. **CHAIR'S REMARKS**
4. **OLDER ADULT STRATEGIC PLAN UPDATE** (attachment)
 - Alison Chamberlain, Community Programmer
5. **2021 CLIMATE REPORT CARD**
 - Rebecca Newlove, Manager of Sustainability
 - Follow the link below for access to the 2021 Climate Report Card:
 - [2021 Climate Report Card](#)
6. **HUMAN TRAFFICKING, SEXUAL EXPLOITATION AND CHILD SEX TRAFFICKING IN BC AND HOW TO STOP IT**
 - Cathy Peters, BC Anti-Human Trafficking Educator
7. **HOW TO BETTER SUPPORT 2SLGBTQIA+ PEOPLE** (attachment)
 - Ben Barnes, Advocacy Lead for Victoria Pride Society
8. **DIVISION REPORT – FOR INFORMATION** (attachment)
 - Cristina Caravaca, Senior Manager Community Services

* Adjournment *

Next Meeting: May 4, 2022 at 6:00 pm

In order to ensure a quorum, please contact Austin Winters at 250-475-5494 ext. 3508 or
Austin.winters@saanich.ca if you are unable to attend.

Territorial Acknowledgement and Inclusivity Statement

It is appropriate that we begin by acknowledging that the District of Saanich lies within the territories of the ləkʷəŋən (lay-kwung-gen) peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ (weh-saanich) peoples represented by the Tsartlip (Sart-Lip), Pauquachin (Paw-Qua-Chin), Tsawout (Say-Out), Tseycum (Sigh-Come) and Malahat (Mal-a-hat) Nations.

We are committed to celebrating the rich diversity of people in our community. We are guided by the principle that embracing diversity enriches the lives of all people. We all share the responsibility for creating an equitable and inclusive community and for addressing discrimination in all forms.

MINUTES
HEALTHY SAANICH ADVISORY COMMITTEE
Held virtually from Saanich Municipal Hall, Council Chambers
March 2, 2022 at 6:01 p.m.

Present: Chair: Councillor Ned Taylor.

Members: Basil Langevin, Clare Attwell, Carren Dujela, and Kam Judge.

Staff: Brenda Weatherston, Community Programmer; Cristina Caravaca, Senior Manager of Community Services; and Austin Winters, Committee Clerk.

Absent: Liz Miller (SCAN), Ryan Henderson, Silvia Mangué Alene and Jasmine Noble.

MINUTES

MOVED by K. Laberee and seconded by B. Langevin, “That the minutes of the Healthy Saanich Advisory Committee meeting held February 2, 2022, be adopted as circulated.”

CARRIED

CHAIR’S REMARKS

Nil.

MENTAL HEALTH REPORT RECOMMENDATIONS

There was a roundtable discussion led by the Chair on potential recommendations for the proposed mental health report. The following was noted during discussion with the committee members and staff:

- The Block Watch Program partnered with Island Health to put on a presentation to the community via Zoom on the overdose and addictions crisis.
- Block Watch may be a useful resource to have come and present to the Committee at some point.
- Certain communities (i.e. those with disabilities, youth, BIPOC, and the elderly) do face greater health disparities, thus when prioritizing recommendations these communities must be considered.
- The recommendations made by Committee Member Dr. Noble at the previous meeting were reviewed to assist with achieving a better understanding of how to approach any recommendations the committee may make.
- The Senior Manager of Community Services is creating a mental health report of an inventory of what Saanich is doing in relation to mental health initiatives and employee care.
- The report is to be brought forward to Council in April or May.
- Before anything is recommended the mental health theory should be examined to ensure appropriate steps are being taken.

- Potentially investigate how “story of place” can be included into the scope of the mental health report.
- More needs to be done to combat some other underlying policies that indirectly impact one’s mental health such as an appropriate housing strategy that ensures everyone has a safe place to sleep or seek shelter.
- It was decided that further discussion on this subject will be had at the next meeting.
- A request was made to reach out to the Director of Corporate Services, Laura Ciarniello, to come present at a future HSAC meeting.

ADOPTING THE DYNAMIC SYMBOL OF ACCESS

Committee Member B. Langevin presented to HSAC on the need for Saanich to adopt the dynamic symbol of access. The following was noted:

- The original international symbol of accessibility was developed in the 1960’s.
- Throughout the 2010s accessibility organizations and activists pushed for a contemporary symbol of accessibility that better reflected the abilities of those with disabilities rather than the supposed constraints.
- From this push came the introduction of the dynamic symbol of access which better reflects the mobility and motion of those with accessibility needs.
- This new symbol has been adopted in many jurisdictions such as Toronto, Hamilton, Nanaimo, Squamish, and Victoria.
- Some municipalities phase in the signage changes over time when new signage is required while others make the change immediately.
- The change to the dynamic symbol of access is more so a symbolic change that recognizes the lived experience of those with accessibility needs and does not create greater access.

The following was noted during discussion with the committee members and staff:

- There needs to be better representation of individuals and this symbol does that by being dynamic and moving in contrast to the old symbol which is static.
- Supporting people with intellectual disabilities who may also have physical disabilities is integral to community building.
- The new symbol of access is empowering and engaging.
- Staff noted at the end of 2021, the Parks, Recreation and Community Services Department through an initiative of the “Older Adult Strategy” created the “Signage and Wayfinding Strategy for Saanich.”
- The Strategy covers all four recreation centers and the golf course located in Saanich and this document outlines the use of the Dynamic Symbol of Access for all of the previously listed facilities moving forward.

MOVED by B. Langevin and seconded by K. Judge, “That the Healthy Saanich Advisory Committee recommend that Council direct staff to adopt the Dynamic Symbol of Access and that this updated symbol replace the International Symbol of Access moving forward.”

CARRIED

ROUNDTABLE DISCUSSION

The following was noted during the roundtable discussion with committee members:

- The prospect of inviting individuals or a group to present to the Committee on the topic of community weaving was brought forward.

ADJOURNMENT

The meeting adjourned at 7:02 p.m.

NEXT MEETING

The next meeting is scheduled for April 12, 2022.

Councillor Ned Taylor, Chair

I hereby certify these minutes are accurate.

Austin Winters, Committee Secretary



The Corporation of the District of Saanich

Report

To: Healthy Saanich Advisory Committee
From: Cristina Caravaca, Senior Manager of Community Services
Date: 03/07/2022
Subject: Update Report on the 2017-2022 Older Adult Strategy

RECOMMENDATION

That the Committee receives this report as information.

PURPOSE

The purpose of this report is to provide the Committee with an annual update on how the initiatives described within the Older Adult Strategy are being implemented by the Parks, Recreation and Community Services department.

BACKGROUND AND DISCUSSION

OLDER ADULT STRATEGY (OAS) 2017-2022

This report reflects on the previous four years of the Older Adult Strategic (OAS) and Implementation plan, and establishes a summary of developments that have been made to date. The OAS Strategy codified the community's need for the District of Saanich to create a spectrum of services for older adults. These services span many ages, abilities, cultures and income levels. The strategy is built on the foundation of four key focus areas: Programs, Communication, Collaboration and Age-Friendly spaces. The goal of each lens is to ensure that every Saanich resident can move through the stages of aging with support and dignity.

Obstacles: The Older Adult Strategy was originally adopted by council in the summer of 2017, and put forward for funding consideration at the end of that year. However, in the 2018 budget, the Older Adult Strategy only received \$25,000 of the \$124,000 requested to launch its first year. The funded items were Staff Awareness Training and Accessible Outdoor Walkways, with no additional staff to support the work. This pattern of partial funding has remained with the strategy each year. The recommendation for 2021 was that the plan would have a robust team of staff support, but we have only been awarded one of the four half-time Programmer 1 positions requested to support the plan. The Recreation Health Therapist has been denied through two funding cycles,

and is up for consideration again. While adequate staffing has been the biggest obstacle to success, COVID-19 also exponentially increased the difficulty staff face in delivering services to Saanich's vulnerable and isolated older adults.

Successes: Despite these setbacks, many valuable developments have been made. For example, staff has been able to identify partnerships and grants to leverage community work that serves older adults. New programs have been developed such as Nordic Pole Walking, Forest Bathing, Painting-Watercolour Retreat, Hearts Together Community Arts project, Chair Fitness, Brain Games, and Music on the Lawn at assisted living facilities.

Beyond just creating targeted programs for the older adult demographic, staff has also reviewed the District's public facilities to make them Age-Friendly. The Signage and Wayfinding Strategy has been completed, and Community Recreation Centres will now begin to create new signs that are inclusive and understandable to older adults. The District has added welcome desks to our centres (although COVID-19 temporarily slowed progress) and walkways around the exteriors have been made more accessible in key areas. The Parks Public Washroom strategy is also making it easier for people to get active and get outside, knowing that they will find a clean, safe washroom should they need it.

Communication is crucial to connectedness for Older Adult and as such, emphasis has been given to communication and outreach strategies that are specifically geared to the community. The Connections Older Adult guide is now being produced regularly, both digitally and in print, and nearly a quarter of a million copies have been distributed across the Greater Saanich area since it was created in 2019.

Finally, staff has had great success in keeping new community partnerships alive, despite the isolating provincial mandates of COVID-19. These meaningful ties help us to support Island Health practitioners, Urban Indigenous and First Nations elders groups, newcomers and refugees through the Intercultural Association and other older adult serving agencies.

As staff look to the final year of the strategy, the biggest initiatives are yet to be accomplished. In 2023, Council will receive requests to support the development of an Age-Friendly Park, a user-friendly Trail Guide, a communication plan for reaching residents age 75yrs and beyond, and technological support for the welcome kiosks at all four centres. When implemented, these initiatives will mark the completion of the OAS Strategy.

FINANCIAL IMPLICATIONS

Full funding for the Older Adult Strategy has not yet been approved. As described above, despite receiving Council's endorsement in 2017, the plan has received only partial funding each year. This has forced staff to pick and choose which recommendations they could reasonably support within existing levels. The plan has stagnated and large funding requests that were originally scheduled for 2020 and 2021 have not been brought forward because there is no staff available to support the work. Without full funding, staff will be unable to fully implement the Older Adult Strategy as it was approved five years ago.

STRATEGIC IMPLICATIONS

The implementation of the OAS directly supports Saanich Council's Strategic Plan 2019-2023 under the goal of "Community Wellbeing". The initiatives that comprise the majority of the OAS actively promote that "diversity, respect and inclusion is vital" and that we take action to "acknowledge the diversity of our community and changing demographics, and ensure the inclusion of all by adapting Saanich plans appropriately". We also affirm that through the outcomes of the OAS that we will "continue support to the Age-friendly Initiative"

CONCLUSION

Saanich Parks, Recreation and Community Services recognizes and values the diversity of the community and endeavors to provide meaningful activities that enrich the lives of resident no matter their age, ability, ethnicity, orientation, gender identity, national origin or financial means. The pursuit of these community-driven strategies has been a meaningful journey that has laid a solid foundation of participant-driven practice for the department. COVID-19 has only enhanced staff's commitment to providing these crucial services to those need them ensuring that "Everyone Belongs in Saanich".

ATTACHMENTS:

- A. Older Adult Strategic Plan Resource Requests
- B. Older Adult Strategy Year Four Summary



OLDER ADULT STRATEGY

Four Year Summary: 2018-2021



**PARKS, RECREATION
& COMMUNITY SERVICES**

Presented by Alison Chamberlain
Older Adult Services, Programmer II
Community Services Division
Parks, Recreation & Community Services Department

Four Years with Four Priorities

Visionary

Programming Continuum

Age-Friendly Spaces

Collaboration

Enhance Communication



Strategy Barriers

Internal: 4yrs Partial Funding
External: 2yrs Pandemic

2017 Approved

2018 Partially
Funded

2019 Partially
Funded

2020 & 2021 Pandemic
& Partial Funding



Successes

Age-friendly Signage & Washroom Strategy

Program skill development & variety in stages

Increased and enhanced collaboration

Enhanced communication



Saanich Older Adult Garden Program

In Progress



Welcome Desks
& Volunteer
Greeter Program

Multigenerational
Programming

Adapting to
current needs:
Social Programs

Looking
Forward
To

3

Part-time
Programmer I
Positions



1

Health
Therapist
Position

Next Steps

Sustainability with upcoming resource requests

3 Part-time Programmer Is

1 Community Health
Therapist

Technology for greeter desks

Age-friendly park plan

Elder College

User friendly trail guide

Communication plan 75yrs+

Impact

Physical Health

Connection/
Social Health

All ages &
Peers

Celebration,
Exploration &
Participation

Community/
Resiliency

Wellness

*"I have
become
accustomed
to feeling
isolated"*
(2021)



Long Term Sustainability

This strategy was well designed, we look forward to continuing the goals with the support of resources, to make age-friendly sustainable at Saanich.

- ✓ *Impacts everyone*
- ✓ *No one way to age*
- ✓ *Quality of life
deserved at every age*





Alison Chamberlain



PARKS, RECREATION
& COMMUNITY SERVICES

*Presenting work done by many
Saanich Parks, Recreation & Community Services staff &
Saanich partners*

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250-475-5408



**PARKS, RECREATION
& COMMUNITY SERVICES**

Older Adults Strategy

YEAR FOUR SUMMARY REPORT 2018–2021

Over the four years of partial funding this strategy has achieved much, but there is still so many goals and actions that need funding for the strategy to achieve sustainable change for older adults at Saanich.

Programming continuum



New outdoor programs added! Birdwatching & Croquet (2018), FREE Guided Walks for 70 years + (2021) and Inspired in Nature: Forest Bathing and Creative Expression Pilot Program (2021).

Participated in the 2019 inter-municipal review of LIFE (Leisure Involvement for Everyone) program

Received two Island Health grants for older adult isolation (2019) & neurodiversity/respite programming (2018)

Partnered with University of Victoria to **review Take Heart Program** (cardiac risk reduction) (2019)

2019 **begin participation on inter-municipal and health working group of HARP** (Health and Recreation Partnership Older Adults Committee)

2021 **Dementia Friendly Victoria working group member**

New options for try out/introductory classes: Try Before you Buy Week (2019), FREE Older Adult Introductory Swim Lessons at Gordon Head (2021), FREE Inspired by Nature: Forest Bathing and Creative Expression Pilot Program (2021) and Walkers With Walkers Walking Strength/Skill/Confidence Building Program (2021).

Additional staffing for weight rooms added across all Saanich recreation centres! Supporting skill development of older adults, including **Free Weight Room Orientations, for 60+ years (2019-on)**

New multi-generational programming from: Community Response Network's two Intergenerational Dinners (2018), iPAL (Intergenerational Physical Activity Leadership program), Minds in Motion Intergenerational Choir (2019-2020), planning for Intergenerational Memory Café (2021).

Older Adults Programmer II increased to full time hours

One Older Adult Programmer I added part time. *Seeking the remaining Programmer I's required staffing to achieve strategy goals and Community Services Recreation Health position.*

Age-friendly spaces



Parks, Recreation and Community Services

Washroom Operations and Capitol Plan created (2019)

New Signage and Wayfinding Strategy for our recreation centres (2021)

Volunteer Greeters Program (2019-2021). Pause and visioning work, due to factors of the pandemic (2021). Three welcome desks purchased, Saanich Commonwealth Place (2019), Cedar Hill Recreation Centre (2020), Gordon Head (2021), one to go (2022). Vests, training program and one iPad to help Older Adults navigate online have been some of the supplies purchased.

Staff training! Workshops using a simulation suit and Alzheimer's Society of BC workshop (2018) addressed challenges older adults face as they age. *This is ongoing work that needs more older adult staff to achieve on an ongoing basis.*

Accessible outdoor walkway loops at Recreation Centres plan created and completed!

- Feltham Road to Gordon Head Recreation Centre completed pathway
- Accessible loops completed at Gordon Head Recreation Centre (2020) and Cedar Hill Recreation Centre (2021).





Collaboration

Island Health practitioners can now access recreation facilities with clients (2019)

Programmers attended the **Victoria Urban Reconciliation Dialogue's Event** (2020)

Saanich presents on **Innovative Local Government Programs at the BC Summit on Aging Conference** highlighting Saanich Older Adults Strategy (2019)

Inter-municipal NEAT (Neighbours Engaging in Activities Together) program offered at subsidized and non-market housing agencies (2019)
NEPT (Neighbours Engaging on Phones Together) (2021) continues during pandemic.

Introductory programs for older adult immigrants include recreation centre tours (2019) and introductory recreation programs (2020), delivered in partnership with the Inter Cultural Association.

- Paused due to the pandemic and lack of Zoom access for Saanich programmers in 2021, resuming 2022.



Enhance communication

Older Adult Assistance Card (2019) available to community!

Older Adult Connections Activity Guide, specifically for adults 55+ years, is distributed to non-market housing and community groups (2019) and by 2021 to all Saanich News and Times Colonist readers with over two hundred forty seven thousand being delivered to homes in Saanich.

Free "Lifetime" 90 yrs + Monthly Access Pass more broadly marketed and communicated (2021) in our Connections Guide and branded content articles.

New! "Activity Talks", where anyone can ask an older adult related question (2021) to the older adult programming team! 65 older adults called in the first few weeks.

Communicating Together Survey (2021) 100 unique respondents ranging evenly, a few each age, from 55-78 years, and five people from 78-88 years. Shared how things were mid-pandemic, how they felt about Saanich's protocols and what was desired in the community and our programs at this time among other questions:

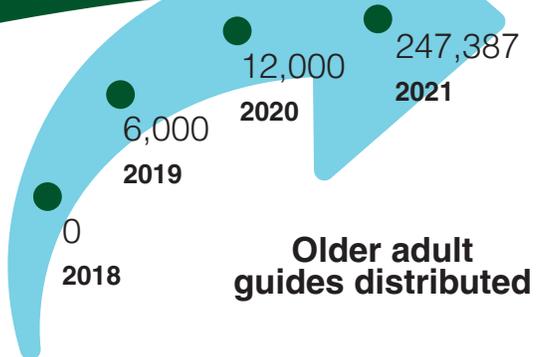


Communicating Together Survey summary:

- ✓ Highest "new barrier" due to the COVID-19 pandemic "physical health change" (20%)
- ✓ 60% very/satisfied, 20% neither satisfied or dissatisfied, 7% dissatisfied with COVID-19 safety protocols at Saanich Parks, Recreation and Community Services
- ✓ 14% dissatisfied with our online booking system
- ✓ 83% interested in opportunities to connect socially: with neighbours, game clubs/sport groups, other generations
- ✓ 20% interested in volunteering and more information about Indigenous cultures!
- ✓ 52% want to hear about art dance music and theatre opportunities and 32% wellness workshops
- ✓ When asked if we could offer more opportunities from home 64% said they would try an online fitness program if available
- ✓ 78% would try self-guided walking tours
- ✓ Over 60% said yes to guest speakers and neighbourhood activities and being outdoors in small groups

Interests were varied in line with what we see in our experiences with older adults. Opportunities to connect can be community wide with the right supports!





Older adult guides distributed

100
55-88 yr olds responded to 2021's Communicating Together Survey (2021)



41 Number of COVID-19 safety measures taken in 2019 to offer one older adult low intensity exercise class

1 Washroom Strategy completed

353 90+yrs Free "Lifetime Access Pass" memberships issued (2017-2021)

2,000
Free social drop-in's (2019)

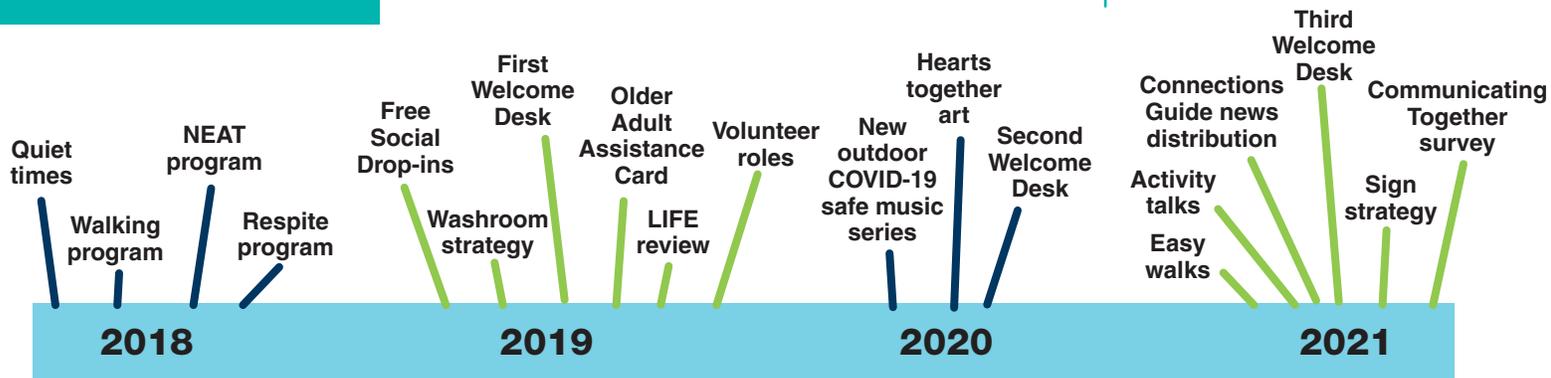
20% Say physical health change due to the pandemic is a new barrier for them (in Connecting Together Survey 2021)

5 times more FREE guided walks offered in 2021 than other years

1000
Days of pandemic challenges until reopen September 2021

65 Activity talks in one month connecting older adults to recreation services (2021)

1 Signage Strategy completed



Older Adult Strategic Plan Resource Requests

ALISON CHAMBERLAIN
OLDER ADULT SERVICES, PROGRAMMER II
COMMUNITY SERVICES DIVISION
PARKS, RECREATION & COMMUNITY SERVICES DEPARTMENT

Summary

Older Adult priorities have increased in representation over the four years of this summary report, in Saanich Parks, Recreation and Community Services. The Older Adults Strategy (OAS) has been funded full time hours for one Older Adult Programmer II (2019, July) but only funded so far for one (of four) part time Programmer Is (2020). This has allowed the strategy to begin its work and share it's priorities on a local, provincial and international scale.

However the strategy's biggest barrier has been the lack of funding. The OAS was originally adopted by council in the summer of 2017, and put forward for funding consideration at the end of that year. However, in the 2018 budget, the Older Adult Strategy only received \$25,000 of the \$124,000 requested to launch its first year. This pattern of partial funding has remained with the strategy each subsequent year.

Compounding these difficulties, is the global pandemic. Partnerships and access to the community suddenly became extremely restricted, older adults faced periods of recreation closures and periods of program restrictions. Of the two years of the pandemic included in this report, the 55+ population has only been vaccinated for six months of that time.

At the heart of adapting to these challenging conditions is staffing to continue the sustainability of the strategy work and adapt to delivering services in a pandemic. Although we are presenting a four year summary, we are actually in what we feel is the end of year two, in the five year strategy. Please find a summary of the four strategic priorities of the OAS plan over the past four years in this report.

Strategic Priority 1: Programming Continuum

In response to public engagement recommendations for the Older Adults Strategy (OAS), Saanich Parks, Recreation and Community Services programming, during the past four years has focused on expanding the variety of offerings of indoor/outdoor programs, health services, volunteer opportunities and dedicated staff working to address strategy goals and actions.

Saanich chaired an inter-municipal review of the LIFE program (2019), received two Island Health Community Wellness Grants for Older Adult isolation (2019) and neurodiverse/respite programming (2018). Partnered with the University of Victoria to review the Take Heart Program (2019) and worked on a Dementia Friendly Victoria Working Group (2021). The Older Adult Programmer also sat as a member of the HARP Older Adult working committee (Health and Recreation Partnership) with representatives from other municipal recreation providers and Island Health (2019-2021). Saanich added new outdoor programs such as birdwatching, croquet (2018), walks for 70+ years (2021), and ran a forest bathing and creative expression pilot program (2021). Lack of staffing to achieve goals has been identified as a barrier to keeping this work sustainable long term.

Resource Requests for Programming Continuum

New Options for Try Out/Introductory Classes (\$4,000/year)

Funded 2020 - ongoing

From 2018-2021 we saw an increase in try out and introductory classes including: Try Before You Buy Week (2019), Free Older Adult Introductory Swim Lessons at Gordon Head (2021), Free Inspired In Nature Pilot Program (2021) and Walkers with Walkers (2021) walking skill building program.

Additional Staffing for Weight Rooms (\$10,000/year)

Funded 2019 - ongoing

Each recreation centre (4) added additional weight room staff yearly to support skill development of Older Adults, including offering Free Weight Room Orientations, for all Adults 60+ (2019-2021).

New Multi-generational Programming (\$4,000/year)

Funded 2019 – ongoing

Multi-generational programming included partnering with Community Response Network for two Intergenerational Dinners (2018), continued iPAL (Intergenerational Physical Activity Leadership program) in schools, a Voices in Motion intergenerational choir (2019-2020) and our ongoing summer events outdoors such as Music in the Park. We were also able to work with the University of Victoria to plan an intergenerational Memory Café (2021).

New Volunteer Greeter Supplies (\$2,000/year)

Funded 2019 - ongoing

Ongoing Volunteer Greeter supplies have supported the Greeter program with welcome banners (2019), training equipment (2020), volunteer vests (2021), and one tablet (2021) to enable volunteers to assist navigating our online recreation systems and resources with the public. The program went on pause due to the significant changes in our centres over the pandemic, (less people in the centre, no loitering), the program is adapting and had a visioning meeting with a planned resumption going through consultation with centres (2021). More staff are required to support the viability and robustness of the volunteer program.

New Elder College Supplies (\$2,000/year)

Not funded

Lack of funding as well as lack of staff funding to facilitate this program has kept this goal unattainable at this time. Older adults teaching each other peer to peer college lifelong learning programs have additionally been held back due to lack of technology to reach Older Adults during a pandemic (lack of access to Zoom).

Increase Older Adults Programmer II to full-time (\$43,000/year)

Funded 2019, July - ongoing

Full-time hours has had a significant benefit allowing the programmer to continually addresses what strategies and goals can be acted on each year. This role is essential as an advocate and communication link with the rest of Saanich, the public and partners. Assisting multiple-site implementation of strategy goals this position enables greater partnership with other Older Adult serving organizations locally, provincially and internationally including:

Victoria Native Friendship Centre, Cordova Bay 55+, Saanich Silver Threads, Goward House, Saanich Volunteer Services Society, University of Victoria, Dementia Friendly Victoria, Alzheimer's Society of BC, Inter Cultural Association, The City of Victoria Recreation, Westshore Parks & Recreation, Island Health, BCRPA, BC Summit on Aging and the WHO Global Age-Friendly Cities Project.

Four new part-time Programmer I positions

(17.5 hours/week) (\$35, 500) one each year plus workstations (\$5,000) per position

One part-time P1 funded 2019 - ongoing.

Not funded for required additional staff 2020 & 2021

Seeking funding for 2022

Having staff is essential to be able to execute a fulsome and thriving strategy. Having the required, requested staff, would not only enable us to continue the priorities set in 2017, but better adapt how we achieve those strategies to an ongoing pandemic.

Having one part time Programmer I has been essential to running Cedar Hill Social Club, outreach and collaborative programs, they are essential to community relationships and serving our many Older Adults.

Many of the priorities we have that we have not been able to address yet would be addressed with more staff helping our programs and initiatives to flourish including: supporting the Volunteer Greeter Program, developing an Elder College-style programming, continuing staff awareness/training, more sustainability in the variety of programs offered and the sustainability of the OAS goals.

New Recreation Therapist position (\$86,000/year)

Not funded 2018, 2019, 2020, 2021

Seeking funding for 2022

This role is an essential link for the many health related partnerships that are needed to provide quality recreation and community services to older adults. With the concept of social prescription gaining ground in British Columbia, where health practitioners are more likely to refer patients to recreation or community programs, rather than just pharmaceutical interventions for health, and with our programming work increasingly involving partnerships and collaborations with Island Health and health serving agencies, having a Recreation

Therapist, on our team is a timely response to shifts in public recreation and remaining useful to our constituents.

Because we do not have this position this work takes up a majority of the Older Adult Programmer II time, meaning that other goals are not achieved.

Strategic Priority 2: Age-Friendly Spaces

Welcoming and inclusive spaces continue to be a priority with completion of a new Signage and Wayfinding Strategy (2021), washroom strategy (2019), three welcome desks and viable walkway loops added to Gordon Head and Cedar Hill Recreation Centres. Saanich Parks have also used Age-Friendly design with completion of walkway loops at Horner Park (2021).

Resource Requests for Age-Friendly Spaces

Welcome Kiosks in centre lobbies

(\$8,000/year 2019-2022) - Funded 2019-2021, Awaiting funding 2022

(\$10,000 for four computers) – to be requested in 2023

Kiosks were piloted in Saanich Commonwealth Place (2019) and then expanded one per year into Cedar Hill Recreation Centre (2020), and Gordon Head Recreation Centre (2021) (desk is currently in delivery). We are awaiting funding at G.R. Pearkes Arena for the coming year (2022). Staffing required to help make this program thrive to support the volunteer greeters/community ambassadors is required.

Signage Strategy created for Saanich Community Recreation Centres & Cedar Hill Golf Clubhouse (\$40,000)

Funded in 2019

A signage strategy has been created and is available online at the Older Adults webpage. We look forward to implementing the signage strategy in our recreation facilities.

Public Washroom Strategy for Saanich Parks (\$25,000)

Funded in 2019

The Parks, Recreation and Community Services Washroom Operations and Capitol Plan was funded and completed (2019). This plan drew on the Active Transportation Plan (2018) and Older Adult Strategy (2017), highlighting washrooms as an important component of a good park and trail system. Implementation has been slowed due to the pandemic but more washrooms have been added to parks and trails as able.

Create Staff Awareness Training on challenges older adults face as they age; implement (\$10,000)

Funded 2018

Staff were provided a series of internal workshops, and one with the Alzheimer Society of British Columbia (2018) on the challenges older adults face as they age. An age simulation suit was purchased and used for training (2018).

It is ongoing work to continue ensuring Saanich staff are responsive to the cognitive, physical and social needs of older adults and lack of Older Adults staffing is a barrier to keeping all staff orientated and trained.

Develop a Plan for Age Friendly Park (\$25,000)

To be requested for 2023

Although this resource request has not been requested yet, age-friendly aspects of recent park upgrades have been taken into consideration. The consultation process for the upgrades to Fowler/Lochside Park Project (2021) included input from the public of all ages and the Older Adults staff team.

Funding the forthcoming budget request to create and deliver an age friendly park plan will be a huge asset to the community and achievable with the staffing to carry out this work.

Plan Completed for accessible outdoor walkway loops at Recreation Centres (\$15,000)

Funded in 2018

Plan completed and the walkway from Feltham Road to Gordon Head Recreation Centre was improved (2018), assessable walkway loops were completed at Gordon Head Recreation Centre (2020) and at Cedar Hill Recreation Centre (2021).

Strategic Priority 3: Collaboration

Over the reports four years we have continued to develop and create relationships and opportunities with: Saanich Parks, Recreation and Community Services, Saanich senior serving organizations and partners, inter-municipal recreation leaders and programmers, Island Health and health services partners, University of Victoria, Victoria Native Friendship Centre, Inter Cultural Association, as well as older adult serving volunteer agencies.

Older Adult strategies have been incorporated into other departments' plans in Saanich when relevant. We are on the Recreation marketing committee, and many internal working groups and have presented and worked with different departments in Saanich closely.

Processes were achieved for Island Health practitioners to access Recreation facilities with clients (2019) and we attended the Victoria Urban Reconciliation Dialogue's Event (2020). Saanich also presented on Innovative Local Government Programs and Partnership Panel at the BC Summit On Aging conference highlighting Saanich Older Adults Strategy (2019).

Despite our lack of staffing and a pandemic, we feel more able to partner and connect than before the strategy, but we have had to turn down opportunities, and have been unable to achieve some collaborative projects due to lack of staffing.

Resource Requests for Collaboration

Offer Introductory programs at subsidized and non-market housing agencies (\$2,500/year)

Funded 2019-ongoing

Programs were offered offsite to subsidized housing units (2019) but faced a huge barrier when the pandemic shut access to the public in the buildings of many of our outreach partners. Phone based programming became a method for us to continue this work temporarily but participants have made it clear they would prefer Zoom programming (2021) to phone based programming.

New Introductory programming for older adult immigrants (\$2,000/year)

Funded 2019-ongoing

Facilitating introductory programs for older adult immigrants has included: recreation centre tours (2019), introductory recreation programs (2020) in partnership with the Inter Cultural Association with a pause during the pandemic in 2021.

Strategic Priority 4: Enhance Communication

The marketing of Saanich recreation programs, services, parks and trails more easily reaches older adults and is available through a range of print and digital means. Marketing remains positive and respectful, the LIFE program, Older Adult Assistance Card (2019) and information on services specifically of interest to Older Adults in the community are distributed. The Older Adult Connection Guide reached a high in distribution (2021) with over 247,000 being accessible to the public last year. Saanich has raised the awareness of the Free “Lifetime” 90 years + Monthly Access Pass for patrons (2021) in our marketing and communication. Added Activity Talks, where anyone can ask an Older Adult related question (2021) and a Connecting Together Survey (2021) (with 100 unique respondents ranging evenly from 55-89years) have brought us into contact with many diverse Older Adults in Saanich.

Resource Requests for Enhance Communication

Develop GIS data for all parks with trail difficulty rating (\$20,000)

Funded 2021

Working with Global Information Systems (GIS) Technicians to improve mapping information on parks and trails is work that Parks is carrying out amidst other emergent council priorities.

New Adult Program Guide (\$50,000/year)

Funded 2019 - ongoing

The Connections Older Adult guide specifically for adults 50+ years regularly produced and distributed to the community (2019) and neighbourhood housing groups and recreation centres increasing to 247,387 copies and three seasons of guides (2021) as we remain committed to providing information in print and online as we pivoted to Times and Saanich News distribution (2021).

User-friendly Trail Guide produced and distributed (\$50,000)

To be requested in 2023

Communication plan for reaching 75 years+ (\$10,000)

To be requested in 2023

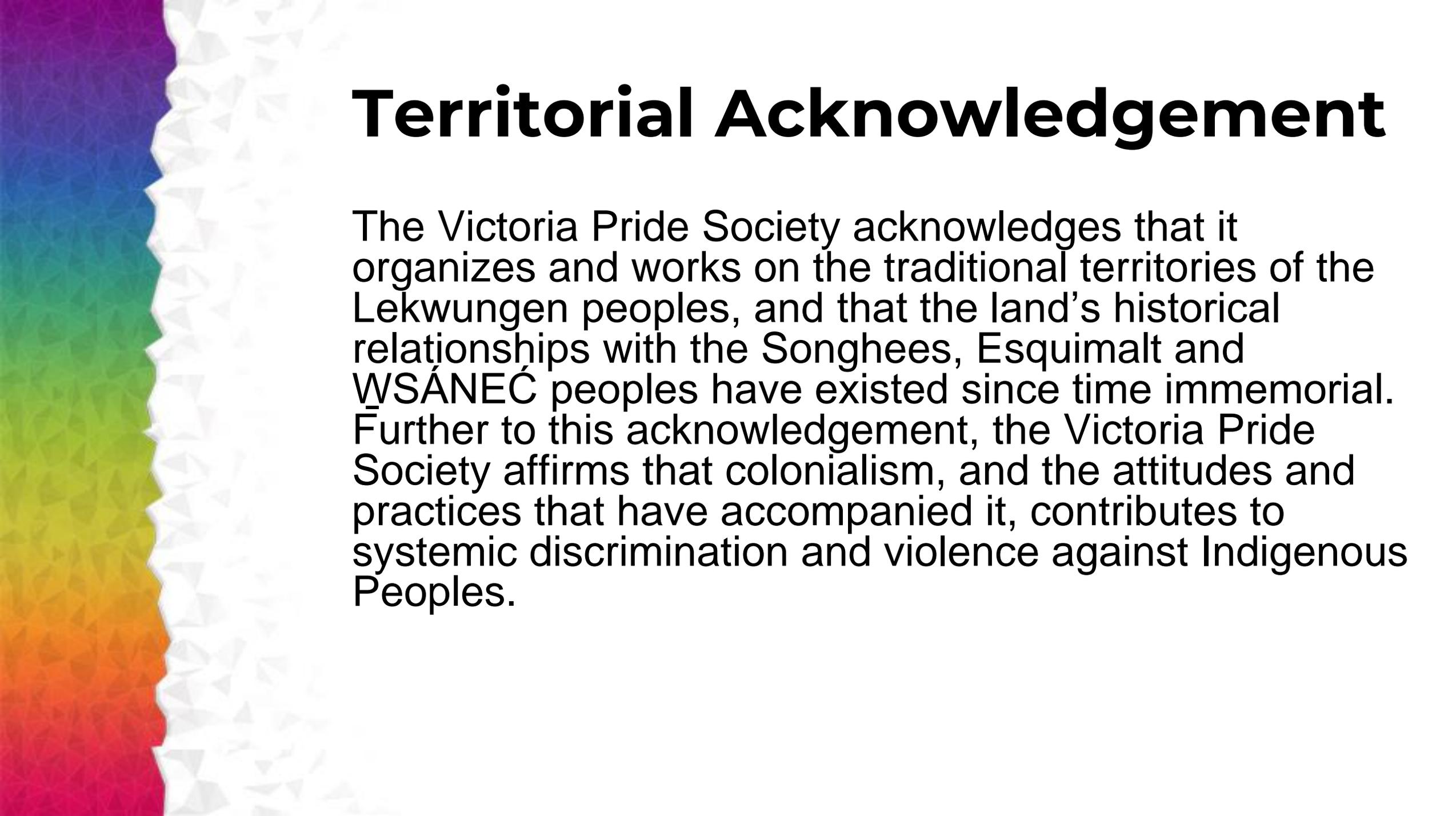
Conclusion

Older Adult priorities have increased in representation due to the Older Adults Strategy approved by council in 2017. Over the four calendar years of this summary report (2018-2021), lack of full funding for the strategy, as well as the COVID-19 pandemic, have realistically kept us in year two of achieving all the goals and actions that were well thought out in the plan. There is still a lot to celebrate however and we eagerly anticipate continuing this work and achieving the strategy goals as we go through the final years of strategy development.



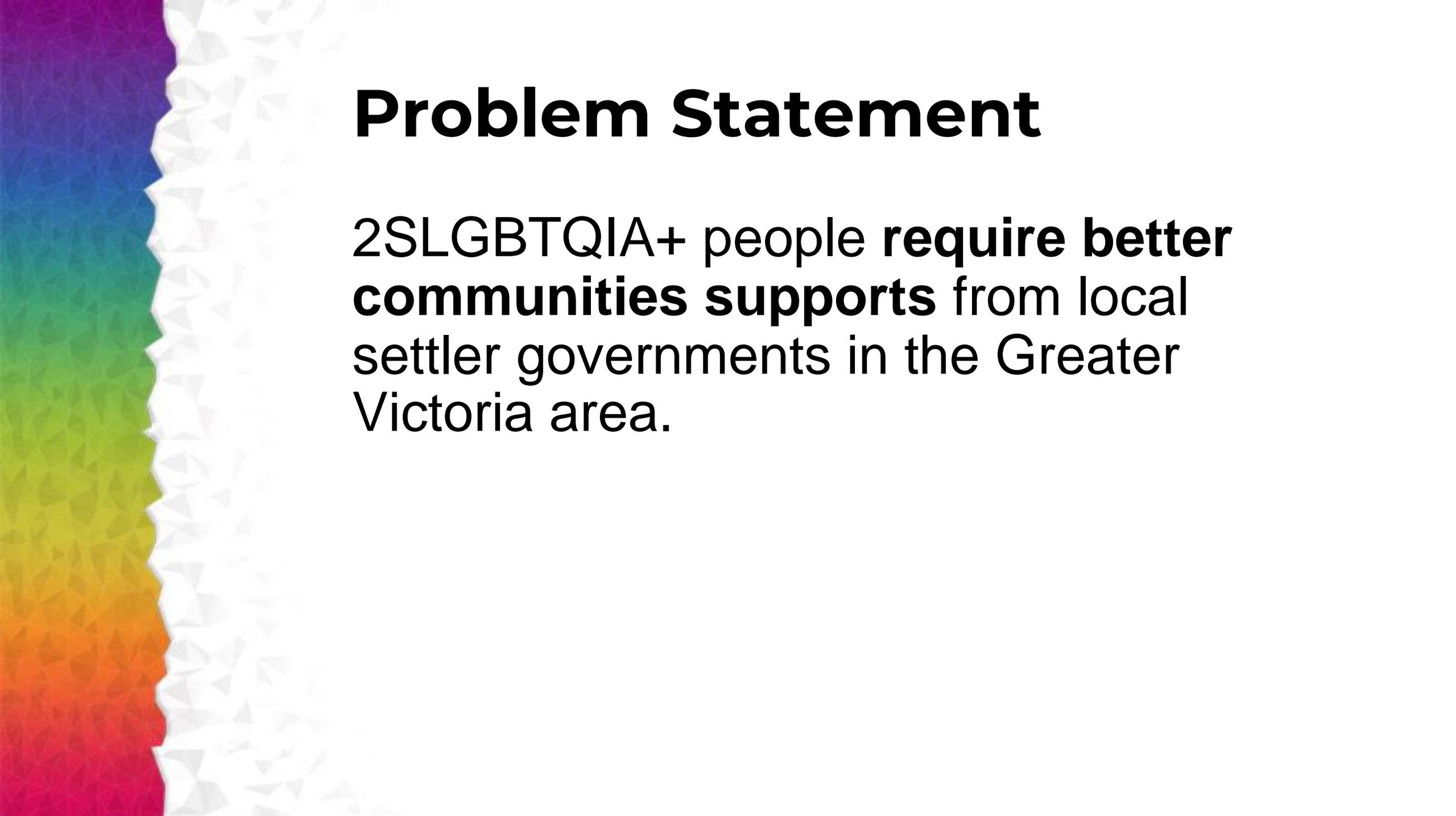
Building Up 2SLGBTQIA+ Communities in Greater Victoria

By Ben Barnes



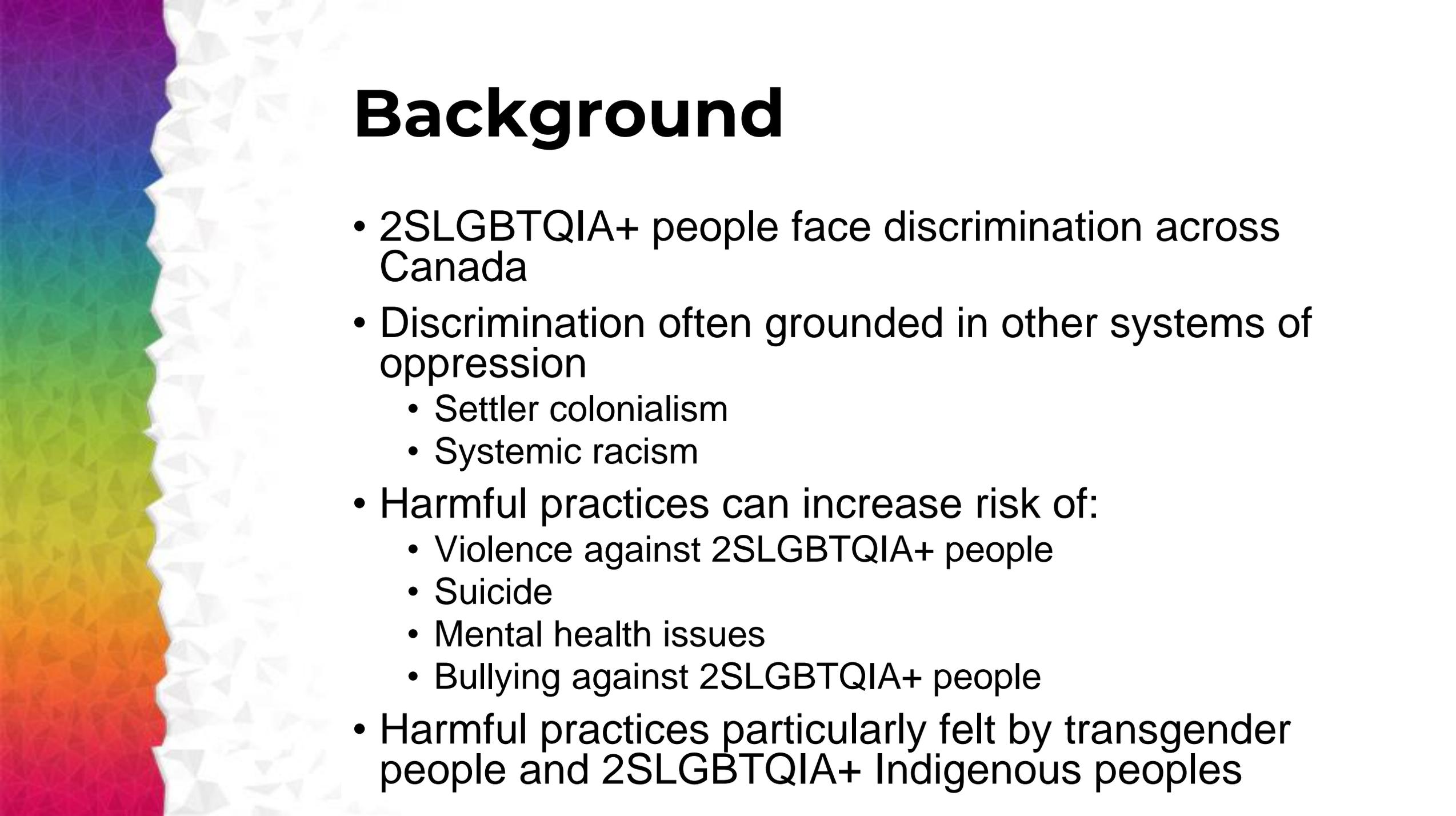
Territorial Acknowledgement

The Victoria Pride Society acknowledges that it organizes and works on the traditional territories of the Lekwungen peoples, and that the land's historical relationships with the Songhees, Esquimalt and WSÁNEĆ peoples have existed since time immemorial. Further to this acknowledgement, the Victoria Pride Society affirms that colonialism, and the attitudes and practices that have accompanied it, contributes to systemic discrimination and violence against Indigenous Peoples.



Problem Statement

2SLGBTQIA+ people **require better communities supports** from local settler governments in the Greater Victoria area.



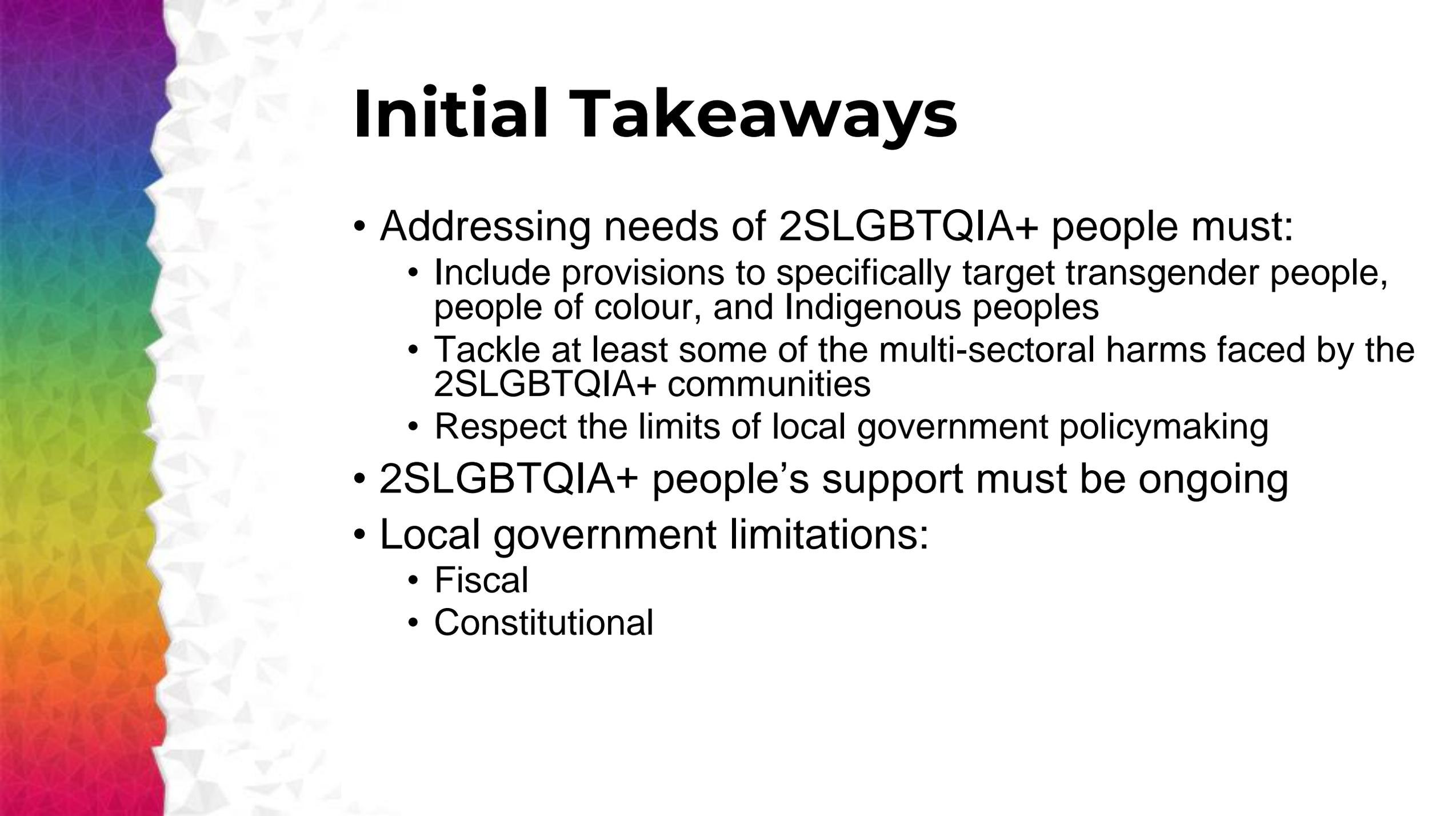
Background

- 2SLGBTQIA+ people face discrimination across Canada
- Discrimination often grounded in other systems of oppression
 - Settler colonialism
 - Systemic racism
- Harmful practices can increase risk of:
 - Violence against 2SLGBTQIA+ people
 - Suicide
 - Mental health issues
 - Bullying against 2SLGBTQIA+ people
- Harmful practices particularly felt by transgender people and 2SLGBTQIA+ Indigenous peoples

The Question

- How can Greater Victoria's local governments improve 2SLGBTQIA+ communities supports?
- Guiding Principles:
 - Diversity
 - Equity
 - Inclusion





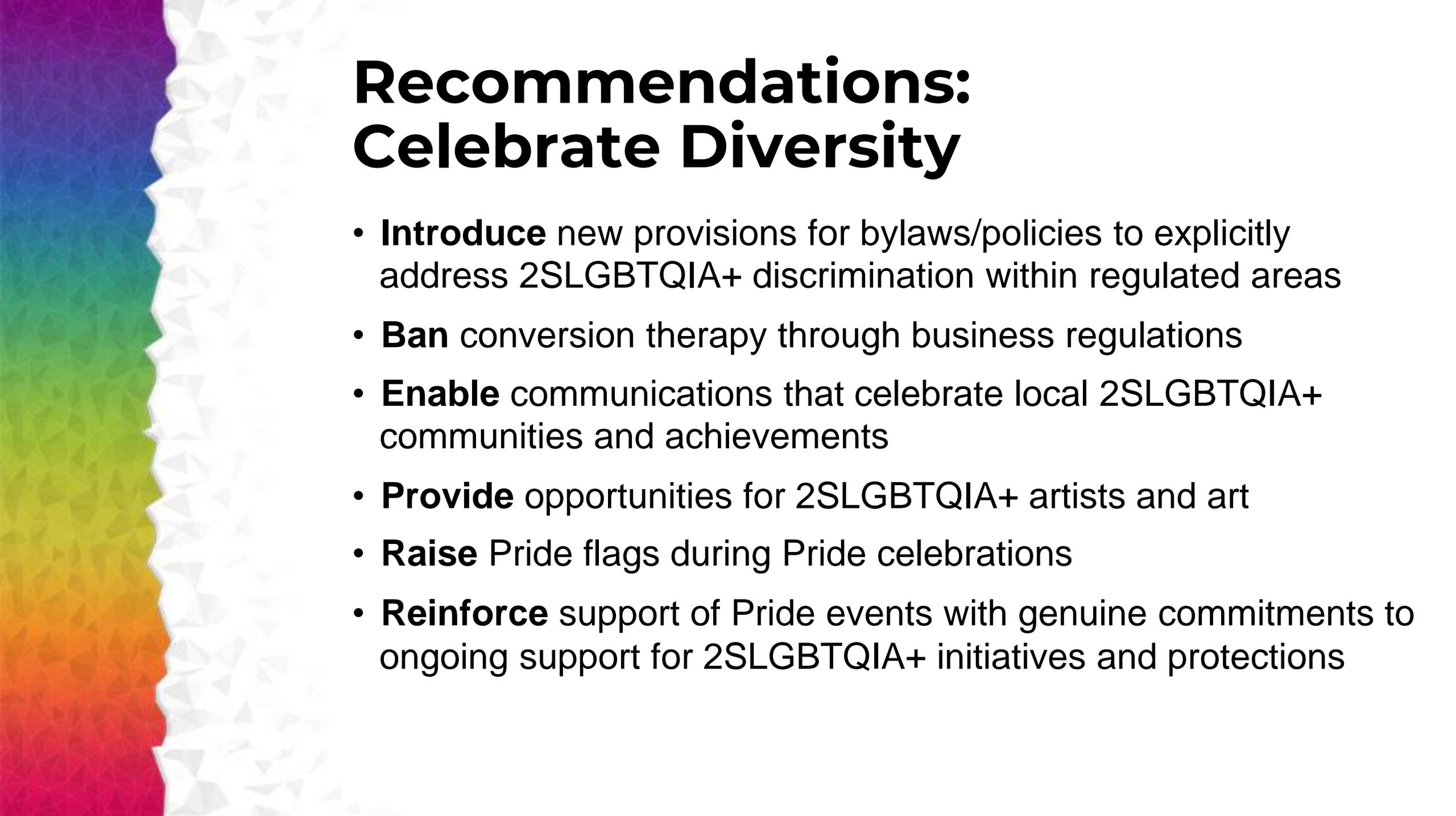
Initial Takeaways

- Addressing needs of 2SLGBTQIA+ people must:
 - Include provisions to specifically target transgender people, people of colour, and Indigenous peoples
 - Tackle at least some of the multi-sectoral harms faced by the 2SLGBTQIA+ communities
 - Respect the limits of local government policymaking
- 2SLGBTQIA+ people's support must be ongoing
- Local government limitations:
 - Fiscal
 - Constitutional

Objectives for Action

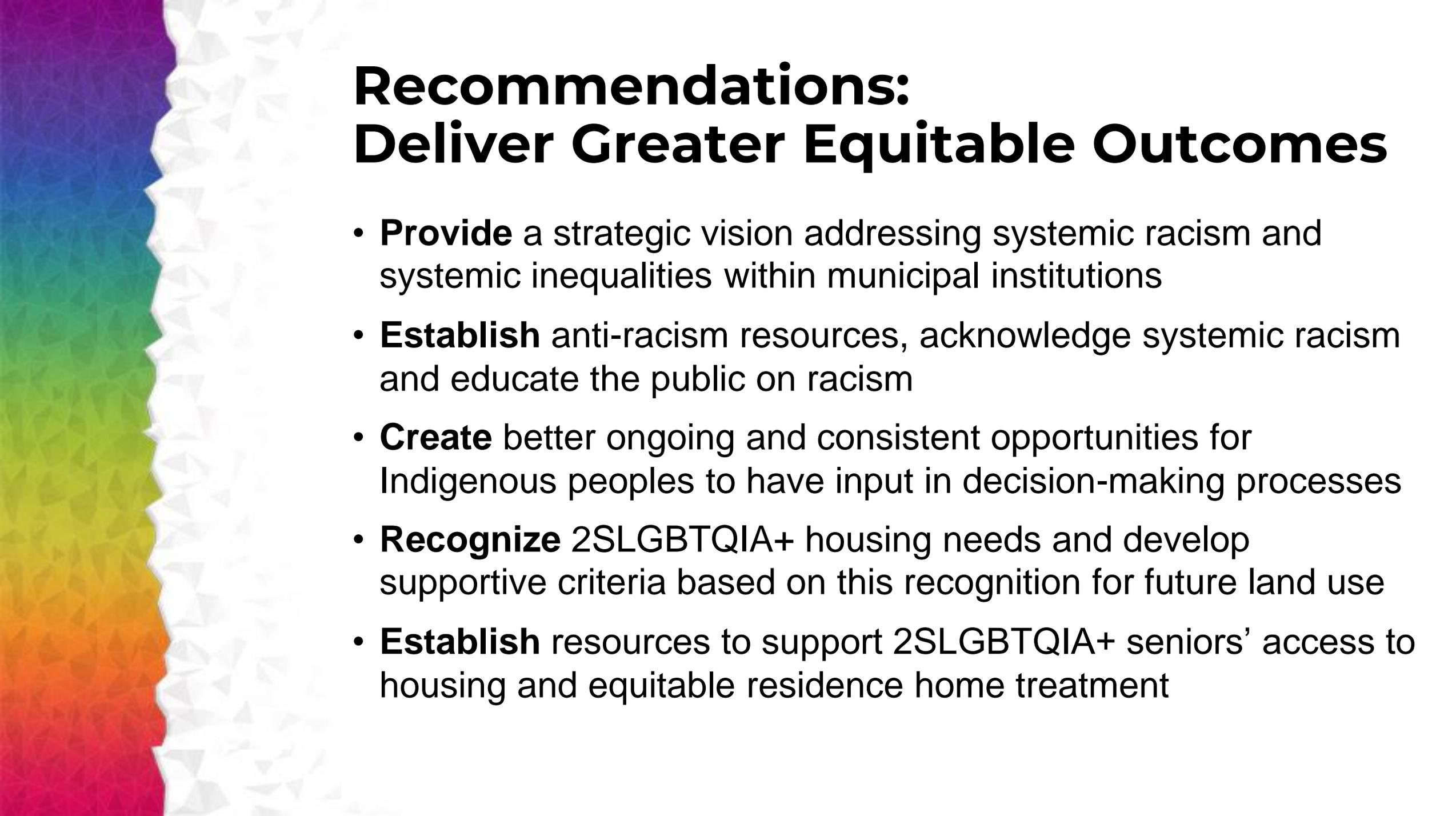
- Celebrate diversity
- Deliver greater equitable outcomes
- Create inclusion opportunities





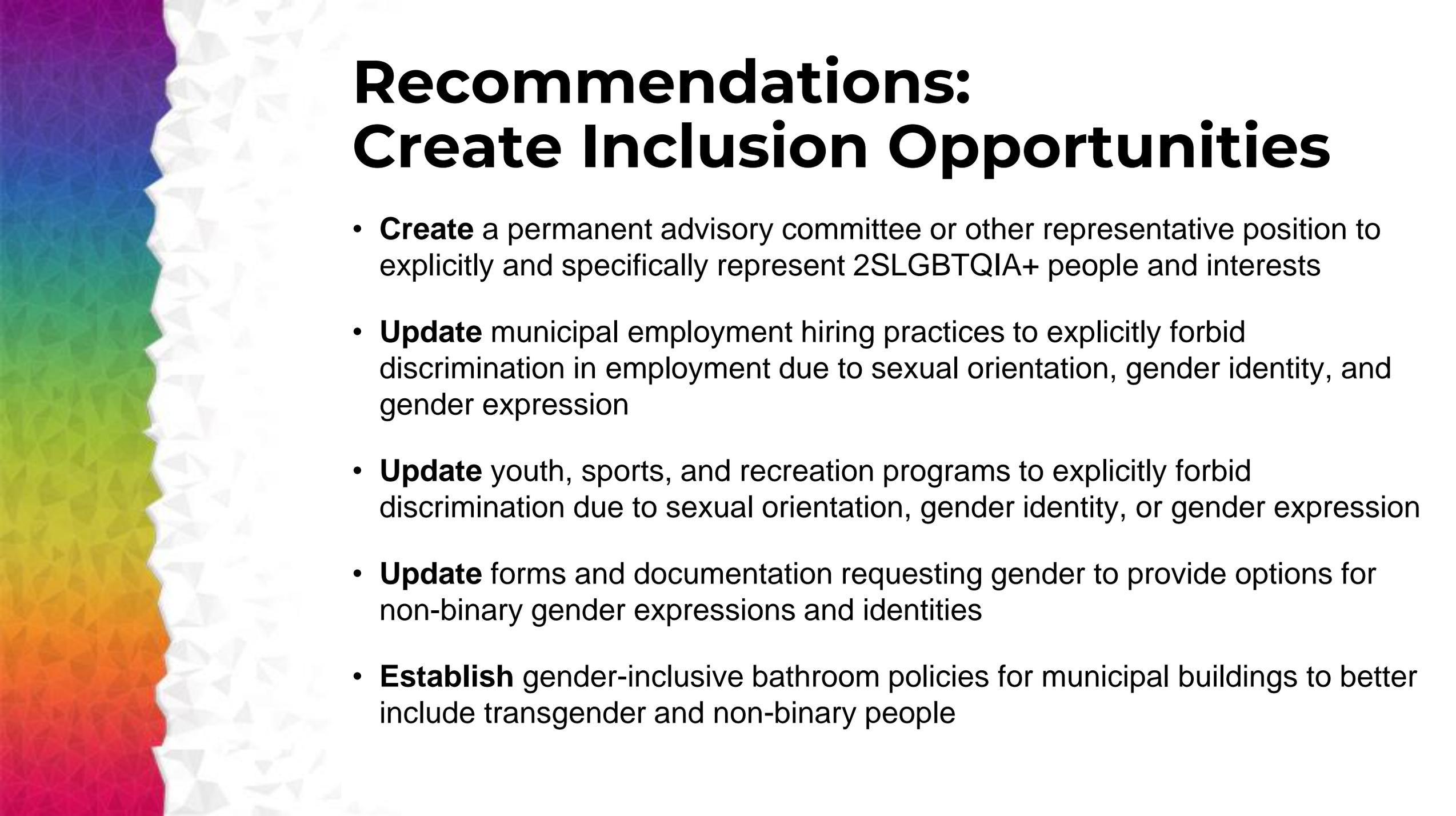
Recommendations: Celebrate Diversity

- **Introduce** new provisions for bylaws/policies to explicitly address 2SLGBTQIA+ discrimination within regulated areas
- **Ban** conversion therapy through business regulations
- **Enable** communications that celebrate local 2SLGBTQIA+ communities and achievements
- **Provide** opportunities for 2SLGBTQIA+ artists and art
- **Raise** Pride flags during Pride celebrations
- **Reinforce** support of Pride events with genuine commitments to ongoing support for 2SLGBTQIA+ initiatives and protections



Recommendations: Deliver Greater Equitable Outcomes

- **Provide** a strategic vision addressing systemic racism and systemic inequalities within municipal institutions
- **Establish** anti-racism resources, acknowledge systemic racism and educate the public on racism
- **Create** better ongoing and consistent opportunities for Indigenous peoples to have input in decision-making processes
- **Recognize** 2SLGBTQIA+ housing needs and develop supportive criteria based on this recognition for future land use
- **Establish** resources to support 2SLGBTQIA+ seniors' access to housing and equitable residence home treatment



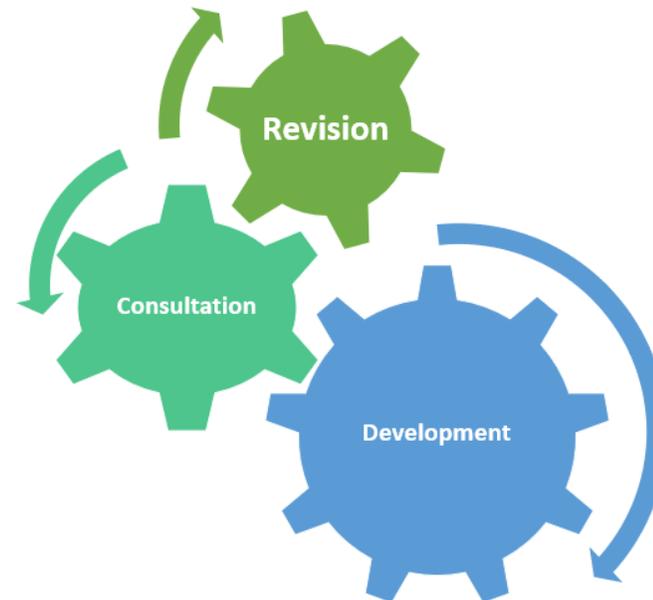
Recommendations: Create Inclusion Opportunities

- **Create** a permanent advisory committee or other representative position to explicitly and specifically represent 2SLGBTQIA+ people and interests
- **Update** municipal employment hiring practices to explicitly forbid discrimination in employment due to sexual orientation, gender identity, and gender expression
- **Update** youth, sports, and recreation programs to explicitly forbid discrimination due to sexual orientation, gender identity, or gender expression
- **Update** forms and documentation requesting gender to provide options for non-binary gender expressions and identities
- **Establish** gender-inclusive bathroom policies for municipal buildings to better include transgender and non-binary people

Next Steps: Option 1

- **Cooperative Collaboration**

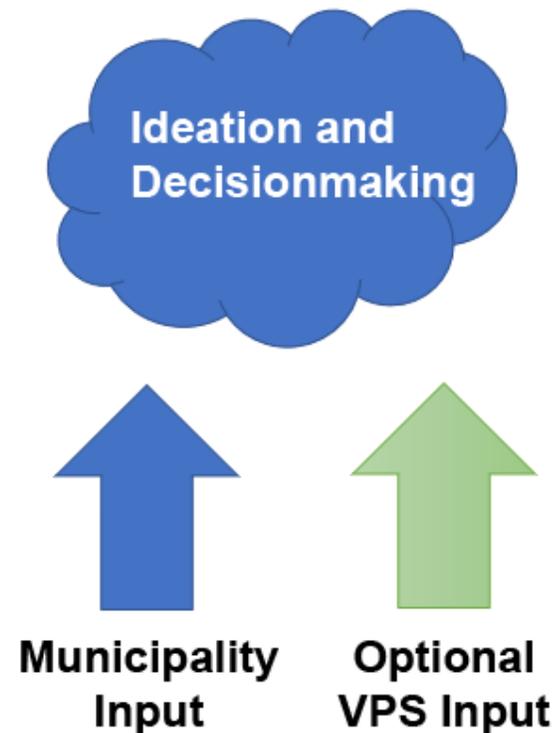
- 1) Municipality would lead policy with ongoing feedback from Victoria Pride Society
- 2) Feedback would be done on negotiated timeline
- 3) VPS would dedicate liaison for municipality to consult



Next Steps: Option 2

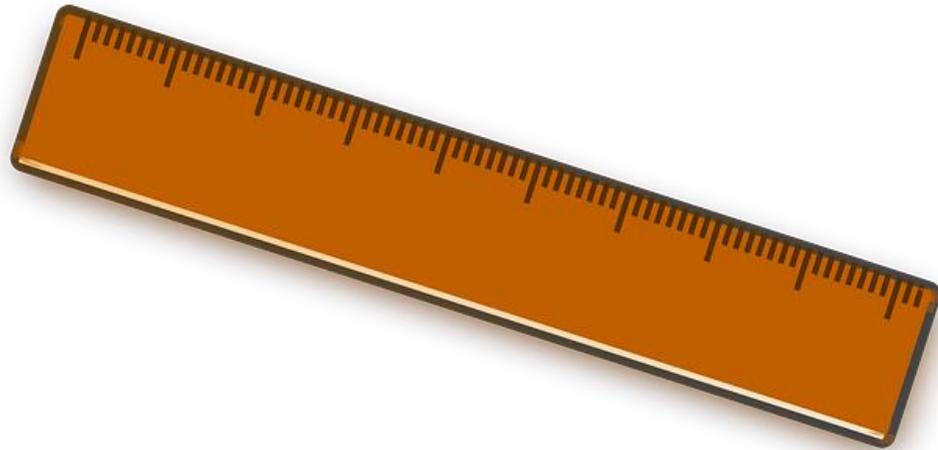
- **Independent Investigation**

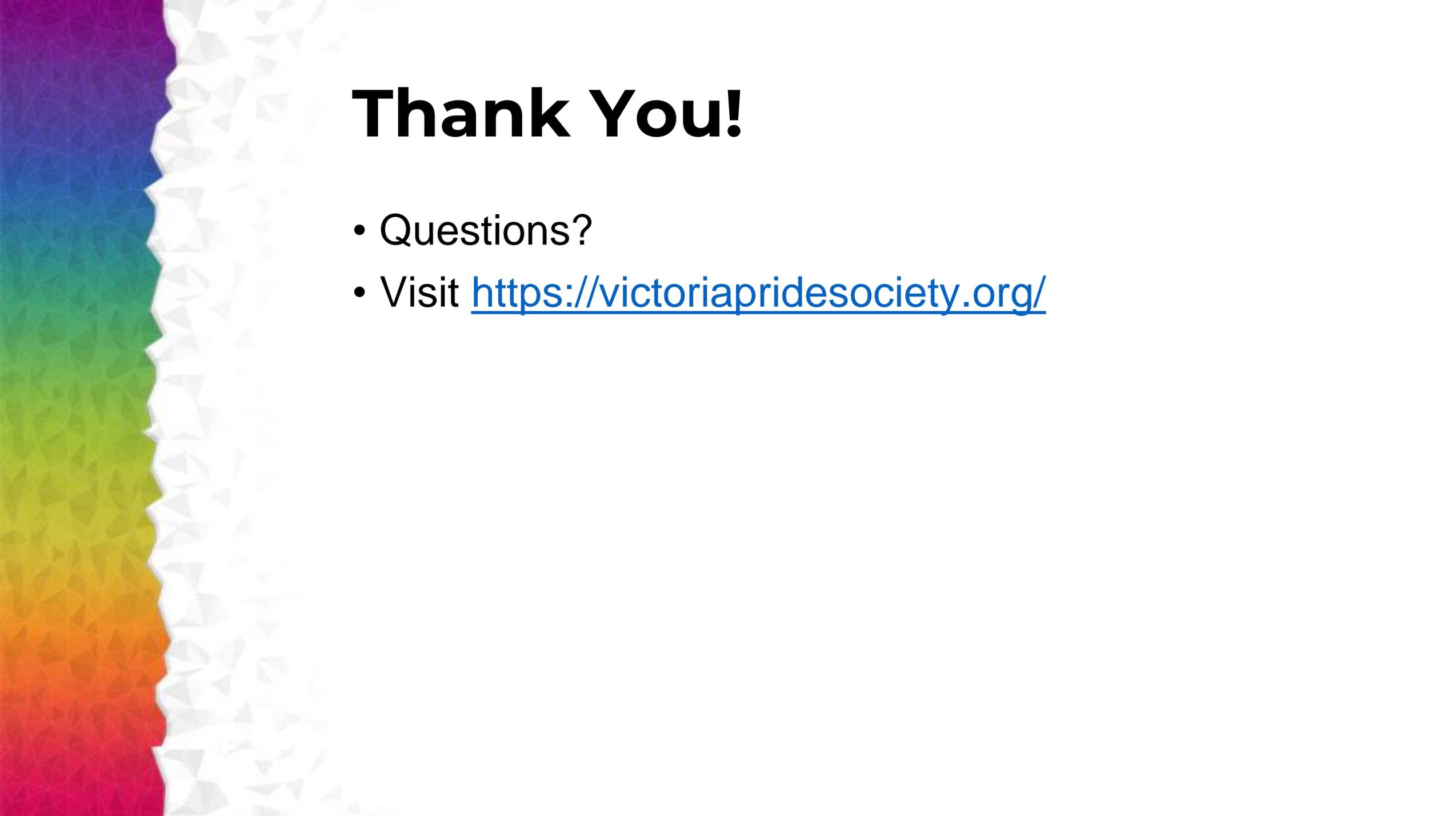
- 1) Municipality would deliberate issue alone
- 2) Optional follow-up with Victoria Pride Society upon request



Measuring Success

- Victoria Pride Society “report cards”
 - Report cards will evaluate key tasks’ progress
- Municipalities can collaborate with Victoria Pride Society to better inform evaluation





Thank You!

- Questions?
- Visit <https://victoriapridesociety.org/>

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The Corporation of the District of Saanich

Report

To: Healthy Saanich Advisory Committee;
Parks Trails and Recreation Advisory Committee

From: Cristina Caravaca, Senior Manager- Community Services

Date: April 12, 2022

Subject: Community Services Division Update

RECOMMENDATION

That the Committee receive this report as information.

PURPOSE

The purpose of this report is to provide the Committee with an overview of Community Services division activities.

DISCUSSION

Older Adult Services:



Visit us online at Saanich Volunteer Opportunities, select Saanich Recreation volunteer and then Community Services Department, to see the full volunteer posting or call Julie at 250-475-5502 for more information!

Community Ambassador Volunteer Program

Do you have a passion to better your community? Create your own contribution, or help us with an existing area, join this diverse group of volunteers, we need you!

Existing areas range from being an accessibility, site or facility tour guide, to hosting technology tips, to being a decoration and information hub for cultural celebrations, the arts, or our fun events held in Saanich and so much more!

COMING SOON TO THIS DESK!

Saanich
PARKS, RECREATION & COMMUNITY SERVICES

Cedar Hill Recreation Centre, Gordon Head Recreation Centre, G.R. Peakes Recreation Centre, Saanich Commonwealth Place

Posters are now up at our four recreation centres. “Coming Soon to our Saanich Recreation Centres: Community Ambassador Volunteers!” These posters are one of the many communication routes we are taking to actively recruit for volunteers, fulfilling welcoming roles, at our re-opening Welcome Desks.

These volunteers are diverse people, passionate about welcoming communities for all ages, including Older Adults. They will not only be a welcoming face, or a helping hand as you visit but will add additional welcoming features.

Added features that we are currently recruiting for range from: giving tours (history tours, accessibility tours, site indoor/outdoor tours), to helping with navigating Saanich Recreation Online with “Technology Tips Times”, to being a cultural event and celebration communicator, to being an event/meet/art show or tournament host, to a social lobby drop in facilitator, and so much more!

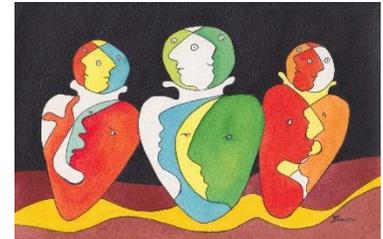
Welcoming features will occur on a regular basis that is shared with the public ahead of time. This way the Welcome Desk will be a hub the public can expect to

find added services that aid to everyone feeling welcome in this space on an ongoing basis. We look forward to starting the seeds of this program and watching it continue to grow, year after year!

Community Arts:

Exhibitions at Saanich Municipal Hall: Exhibitions by the African Arts & Cultural Community Contributor Society – Black History Month, Sharon Lam, and Robert Dalton and Bill Zuk ran through to March 31. New exhibitions for April include a Preview Exhibition by the Hills to Shore Artists Tour (Cadboro Bay, Gordon Head and Mt. Tolmie) for their upcoming May Artists Tour and works by artist Deborah Leigh.

Exhibitions at Cedar Hill Arts Centre: Artist Joanne Thomson's Exhibit "It's Going to Be Okay" Exhibit opened on International Women's Day, with a special gathering of circle dances to celebrate both this important day and the exhibit. Featuring selected works from her *Bottled Series*, the exhibit explores personal struggles with oppressions, and is about living with limits, relevant to the current world situation.



Programs: Coming up in April, a free BIPOC Youth Ceramics Workshop is being organized by Community Services, in collaboration with Esquimalt High Schools Students of Colour Association and the Cedar Hill Arts Centre. Community Services is also offering a 2022 offering of "Inspired by Nature: Forest Bathing and Creative Expression," a free 4-week program for older adults.

Diversity and Equity:

Lekwungen Territory Tours with Mark Albany have wrapped up for the winter. We ran one staff tour and four community tours between January and March. The goal of these tours is to help people understand when you hear or say "Lekwungen Traditional Territory" that you know where that was, some place names and stories, and how colonization has effected the area. All the tours ran full and there was a sizable waitlist for community tours. Greater Victoria Naturehood provided funding support for some of these tours and we will continue to offer the community tours quarterly.

Planning is underway for Music in the Park to return this year. It will be the 15th year for the concert series. We will be offering a slightly different format that removes close contact gather spots such as face painting in an effort to help keep the community safe.



Financial Assistance:

After school programming at Tillicum School supported by the Canadian Tire Jumpstart Charities program and the District of Saanich has been operating now for the past 7 years. This program provides children in grades 1-5 an opportunity to be physically active and socially engaged who may not have the resources or support to do so. PISE, Pacific Institute for Sport Excellence, provides the direct leadership highlighting the Jump, Run, Throw concepts through physical literacy principles. An evaluation of the program heard messages of

gratitude and appreciation from the parents, the teachers and the participants. The program provided children a space to feel a sense of belonging. School admin have noted that school attendance is

higher for these children on the days that they are committed to the after school program. Teachers are seeing improvements in school performance and behavior. The participants commented that the program is FUN! We greatly appreciate the support of the Canadian Tire Jumpstart Charities program enabling children in our community to be stronger in multiple dimensions of their existence. Moving forward, we continue to seek additional support and hope that the Canadian Tire Jumpstart program can continue to support this health initiative.

Child and Youth Services:

Programs have been welcomed back into our Flipside Teen Centre at Pearkes! Youth and staff are excited to be back in the space and are busy making it feel comfortable and friendly. As we get the space up and running our partnership with Saanich Neighbourhood House has been reignited with a Cooking Skills Course and the introduction of an Anxiety Awareness program. This program will be running in partnership with Colquitz School and SNP after spring break. These partnerships are both mutually beneficial and advantageous for our Pearkes Community.

SNPP Spring Break Camp is successfully running for the first time! Located out of Marigold Park, we are full with 24 kids ages 5.5 to 11 years old for both weeks. Although the weather has not been cooperative, the kids don't seem to be fazed and are having a blast playing capture the flag, aces and so much more!

With the refresh completed at the Upside Teen Centre, the space looks professional and inviting with new paint from top to bottom and new counter tops, just in time for the Canadian National Swim Meet at the beginning of April.

School programs at Royal Oak Middle School continue to be successful and are paused for Spring break, but the youth are eagerly awaiting the new spring session with a variety of arts, crafts, games and cooking planned.

In partnership with the Cedar Hill Arts centre, who share their gym and multipurpose space with us to program for Youth on Friday nights, we have seen a huge uptake in our program offerings. Over 30 youth are registered for the Sports drop in, where they gather to play volleyball, badminton, table tennis, and more. Across the hall, youth enjoy a drop-in social with board games and crafts, and attend weekly registered maker/artist workshops including this seasons valentines chocolate making, tie die, watercolor, felting, stamp making, and drawing classes.



Cedar Hill also partners with community services to provide a low cost, registered youth only ceramics open studio, and affordable clay workshops each season designed specifically with youth in mind.



Special Events, Film & Volunteers:



Earth Day Festival – Sat, April 23 from 11:00 am – 3 pm

After a long two years of pandemic restrictions on social gatherings the Earth Day Festival originally scheduled in 2020 is set for a return in April. Residents are encouraged to explore Saanich by bike, celebrate Earth Day, and learn about the different ways we can all care about the Earth and decrease human impact on our climate. The event will showcase the expansion of the Saanich cycling network and investment in active transportation, raise awareness of our natural ecosystems and show residents how they can get involved in taking climate action in their community.

Guests who cycle to the festival can register to win a variety of prizes including a \$1000 gift certificate towards an E-Bike from a local cycling shop.

Families can enjoy a variety of free activities in the Saanich Hall parking lot from 11:00 am - 3:00 pm including two live bands playing music throughout the afternoon.

Volunteers:

Plans are underway for National Volunteer Week (April 24-30). This year's theme is Empathy in Action. Plans include recognizing volunteers at each centre, through social media, the Saanich website and through email.

Volunteer applications have significantly picked up, specifically in children/youth programs, events and Aquatics. Parks continue to have a steady stream of volunteer applications with approximately 5-10 a week.

Meetings are underway with Volunteer Victoria. Connections and introductions to other organizations are happening. The goal is to share local resources, information and best practices. There is much potential to promote Saanich Volunteerism within the community.