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## 2018 Age-friendly Communities Grant Program

Phone: 250 356-2947 E-mail: [lgps@ubcm.ca](mailto:lgps@ubcm.ca)

Mail: 525 Government Street, Victoria, BC, V8V 0A8

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### APPLICATION FORM for STREAM 2

### Age-friendly Projects

Please complete and return this form by **November 10, 2017**. All questions are required to be answered by typing directly in this form.

#### Applicant Information

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**Local Government:** Columbia Shuswap Regional District

**Complete Mailing Address:** Box 978 Salmon Arm, B. C. V1E 4P1

**Contact person:** Jodi Pierce

**Position:** Manager, Financial Services

**Phone:** 250-832-8194

**E-mail:** JPierce@csrd.bc.ca

#### 1. PROJECT INFORMATION

Project title: HELPING SENIORS ACCESS NUTRITIOUS AND SAFE FOOD "Develop a Sustainable Nutrition Program and Resources to help Seniors Access Good, Healthy, Safe food for a Healthy Life. "

Proposed project start and end dates: Start: March 2018 End: November 2018

Proposed project budget: 15,000

#### 2. PROPOSED FOCUS AREA(S) - Please indicate which age-friendly components will be the primary focus of the proposed project:

- |  |   |
|--|---|
| <input type="checkbox"/> Outdoor spaces & buildings                | <input checked="" type="checkbox"/> Social participation                |
| <input type="checkbox"/> Transportation (including traffic safety) | <input checked="" type="checkbox"/> Communications & information        |
| <input type="checkbox"/> Housing                                   | <input type="checkbox"/> Civic participation & employment               |
| <input checked="" type="checkbox"/> Respect & inclusion            | <input checked="" type="checkbox"/> Community support & health services |

**3. CONFIRMATION OF AGE-FRIENDLY PLAN OR ASSESSMENT.** As outlined in the Program & Application Guide, in order to be eligible for Stream 2, applicants must have a completed age-friendly assessment or action plan, or demonstrate that their Official Community Plan, Integrated Sustainability Community Plan, or equivalent, is inclusive of age-friendly planning principles.

Please outline how your local government meets this requirement and attach completed plans, and/or assessments, or excerpts from higher-level plans, with the application form.

The South Shuswap Health Services Society managed the prior two Age Friendly grants (2015-2016) that created the foundation for choosing one of many needs identified for and by seniors. These grants proved to be an integral step to assessing the need for additional support for seniors in Area C of the Columbia Shuswap Regional District.

The 2015 preliminary assessment scoping survey focused on eight areas seniors would likely deem to be of significant concern. Health services emerged as the most important among them; 2016 Needs Assessment again identified health and wellness services as a key component to initiating the steps to build support services within the South Shuswap that are Age Friendly (p. 7 2016):

Clearly, health services should be considered a priority in any attempt to ensure that South Shuswap seniors may "Age in Place." Therefore, the Age Friendly action plan task to "Enhance Health/ Wellness Services" represents an essential and acknowledged initiative in the area for addressing and preventing chronic health issues, especially in light of the fact that 47% of survey participants reported they have chronic health conditions (Page 8 2016).

That wellness in general is of the highest priority for the people in the South Shuswap is attested to by the several participants who identified both the need for disease prevention and emphasis on wellness. Indeed, many specifically noted the need for "preventative health care." Therefore Health/ Wellness Services" represents an important initiative in the area for addressing and preventing chronic health issues.

The community's focus on health and wellness is likely exacerbated by existing levels of poverty: (Page 16 2016). Accessing safe, nutritious, accessible food for seniors, especially for those who live below the poverty level can be extremely difficult. Support from the community is therefore necessary through 1.) Minimizing isolation and, thereby, ensuring inclusiveness 2) Providing skills, support, and knowledge of ways to achieve access to safe, nutritious food via development of community gardens 3) Creating opportunities for seniors to participate in food-related educational activities and seminars.

The communities of the South Shuswap do not have easy access to supportive-living facilities (page 24 -2016). As seniors age, all manners of conditions from chronic diseases to the inability to chew or absorb food affect their ability to gain nourishment from a wide variety of food sources. Of the 277 seniors who responded to the survey, 15 (5%) required help with meals (Ref: #13 Page 9).

A Kelowna study, "Addressing food Security in Kelowna" by Jill Worboys, RD (et al) identified primary barriers to older adult food security as poverty, cost of more nutritious food and chronic diseases and secondary barriers as transportation, housing and social and cultural factors. Researchers underlined the strong correlation among the cost of food, health, poverty, housing, and transportation, pointing out that food is often sacrificed for housing. Importantly, they emphasize the role of connectedness that food is not just about eating: It's about community connection, conversation and inclusiveness—solving the problems of seniors' access to quality food and solutions for seniors' social needs to begin to emerge.

To help enhance the whole context of seniors' lives, the volunteers of the South Shuswap Health Services Society established Lab services in May 2017 in the new Blind Bay Health and Wellness Centre. On-going efforts are being made to source health practitioners to live and work in our communities. With an eye not only to providing accessible medical services, the society is

providing the link for seniors to access frozen meals prepared for various dietary needs. An essential next step would be to provide the education, practice, and means for greater food independence.

With the advent of the Centre and frozen meals, we are a step closer to providing every opportunity for seniors to stay in their homes as long as they are able. We are in a better position to plan for senior's housing, medical and allied support services, and healthy living choices. In essence, we are setting the stage for the completion of the planning process required to becoming an age-friendly community. On-going studies being done by CSRD in the South Shuswap support the planning stage of an age-friendly process (Ref: #10 Page 8).

Access to healthy food is a fundamental requirement and is a determinant of health. A focus on food for seniors will enhance the health of all seniors in the community and underpin all the undertakings of IH and CSRD to build a strong, sustainable Age Friendly Community.

**4. AGE-FRIENDLY RECOGNITION.** Many BC communities have already completed steps required to be recognized as an age-friendly community. In addition to Question 3 above, please indicate if your community has completed the following:

- Established an age-friendly advisory or steering committee that includes the active participation of older adults. An existing committee may also have taken on this mandate.
- Passed a council or district board resolution to actively support, promote and work towards becoming an age-friendly community. As an alternative, local governments may have chosen to commit to being age-friendly through specific goals, objectives or policies in an official community plan or strategic plan.
- Conducted an age-friendly assessment in consultation with older adults.
- Developed and published an action plan.

Can BC Healthy Communities (BCHC) Society contact you to discuss completing Age-friendly Community recognition?

Yes  No

**5. DESCRIPTION OF PROPOSED ACTIVITIES** - Please describe the specific activities you plan to undertake. Refer to Section 4 of the Program & Application Guide for eligible activities under Stream 2.

As the B.C. Government website outlines in its opening paragraph that "Eating well as you get older can help your body stay strong and your mind sharp, and can actually help slow the aging process" <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/healthy-eating>).

In 2016, one of our Board of Directors (Jerre Paquette PhD in Learning Theory) conducted a NHSP study on behalf of the Shuswap Settlement Services Society in the Shuswap area. The study found that elders in general and especially those suffering from various kinds and degrees of abuse, exhibit poor general mental and physical health, participate in community minimally, tend to eat poorly, and do not have a good understanding of how to address improvements in their diet to effect changes in the quality of their lives.

The SSHSS has made similar observations and therefore intends to develop and implement a program of education, food-related activities, and community interaction to enhance the nutritional status of all seniors in the South Shuswap communities in need of assistance and skill development.

The program will draw upon a broad knowledge base to create its agenda of activities:

- Established research
- Local institutional expertise, such as Okanagan College and Interior Health
- Successful models in other communities
- Conversations with professionals
- Involvement of interested seniors
- Participation of local farmers
- Opportunities presently existing in Blind Bay for community involvement.

This program will focus on UBCM's Funding Stream guidelines:

- "Respect and social inclusion"
- "Social participation"
- "Community support and health services."

As well, the program will address UBCM's list of eligible projects, in particular:

**6. PROGRAM GOALS & OBJECTIVES** - How will the proposed project meet the goals of the 2017 Age-friendly Communities grant program? How will this make your community more age-friendly?

The vision is to develop a sustainable nutrition program and resources to help seniors access safe, healthy food for a healthy life. "Food is not just about eating: it's about community, connection and conversation." The interaction of eating quality food and social engagement embraces the essence of the "Food" project for the senior population of the South Shuswap.

Exercise and nutritious food are the keys to prevention and control of chronic diseases. Diabetes, heart disease, arthritis, kidney failure, and fatigue are a few examples of diseases that can result from an unhealthy diet.

Two-hour, monthly workshops will be offered during Spring and Fall seasons on health and wellness. These sessions will feature how to identify healthy food and food sources, how to access affordable, quality food, the most effective and economical way of preparing food, what not to eat, how to determine the foods that will soften the impact of one's chronic diseases, how to select foods that will help to prevent chronic diseases, and what and when to eat to enhance sleep. Sessions will be offered from a selection of dieticians, farmers, chefs, Young Agrarians, and food outlet owners/managers.

Representatives from the Young Agrarians will interact with seniors open to guidance. Focus will include assistance with seasonal selection of best foods; safe packaging and storing of fresh foods, including how to determine reasonable portions of various foods; effective ways of avoiding wastage; and seniors will provide knowledge and understanding concerning seniors' complex needs to assist Young Agrarians in understanding and benefitting from the seniors market and the Age Friendly communities.

Small (4-6 pages), readable booklets co-authored (including participant seniors) chronicling the content of the sessions and skills taught and shared will be written and made available for a reasonable cost to participants and others. As the program develops, so can the booklets,

providing recipes and skills developed by session participants. Profits, if any, can be used to cover on-going expenses of the program.

Local grocery stores will be invited to participate in the process by packaging for seniors, as well as providing healthy options and food for special dietary restrictions.

Young Agrarians and local residents will be asked to assist seniors develop one model Community Age-Friendly Garden that serves as an example of easy-to-build and manage gardens that can be built and cared for throughout the South Shuswap area by seniors and/or Young Agrarians. Food from this garden can be used to feed the seniors involved and, if the supply is sufficient, can be sold at Farmers' Markets and/or provided to seniors unable to participate due to mobility or health issues.

Such an inter-generational approach has the advantage of serving more than one goal. The time that younger people will spend with seniors, allows more opportunity to provide support in other areas, including the detection of elder abuse.

Further, seniors gaining knowledge and skills in accessing good food may make it possible may make it possible for them to stay in their own homes and maintain their health. The ultimate goal is to develop sustainable age-friendly support for seniors in the South Shuswap. Engaging service providers and the communities in the discussion and participation in developing and maintaining the support required to ensure Area C is an age-friendly community.

**7. INTENDED OUTCOMES & DELIVERABLES** - What do you hope the proposed project will achieve? What will be the specific deliverables?

The commitment of the Age-Friendly team is to be sustainable, healthy, safe, beautiful, people-centred communities that are actively engaged in enhancing the quality of life for all citizens, regardless of age. Expanding opportunities to promote and support healthy nutrition for seniors supports their vision.

The expected deliverables are:

- 1.The development of sustainable programs and resources for seniors, providing support and education, ensuring a healthier life style for seniors. There will be weekly or monthly sessions, that will focus on various aspects of food security, accessing food, nutrition, preparing food, how to eat to manage and prevent chronic diseases, and special dietary tools.
- 2.Creating opportunities for people to socialize in the kitchen, learning hands on cooking skills and making healthy eating easy, enjoyable and affordable. Seniors who are lonely are often malnourished. Social interaction will support healthier eating habits for seniors who often experience poor nutrition
- 3.Improved health of seniors through a nutritious diet providing increased nutrient intake, and reduced food insecurity.
- 4.A reduction in chronic diseases and improvements for those who have chronic diseases.
- 5.A reduction in hospital stays related to malnutrition in seniors.
- 6.The forming of a committee consisting of all the stake holders to include IHA, SSHSS and community organizations, businesses and farmers, who will meet on a semi-annual basis to review and measure the progress of the programs.
- 7.The development of a community garden providing the opportunity for intergenerational participation.

8. Bringing awareness to seniors of the support available in the community.

**8. COMMUNITY PARTNERS & PARTICIPATION BY SENIORS**

A) Local governments are encouraged to work with their local Health Authority. How will the proposed project include your health authority?

The following individuals are providing support for the project:

Janelle Rimell Healthy Community Environment Health Office IHA

Linda Boyd RDPublic Health Dietitian Promotion and Prevention Community Integrated Health Services IHA

Tracey Lamerton IHA Professional Practice Lead Dietitian.for Salmon Arm and Revelstoke

B) List all confirmed partners (e.g. school districts, First Nations or Aboriginal organizations, seniors, senior-serving organizations, community organizations and other local governments) that will directly participate in the proposed project and the specific role they will play.

**LOCAL VOLUNTEER GROUPS**

South Shuswap Health Services Society	Lead Organization
Copper Island Seniors Resource Centre Committee	Co-Ordinate Community Awareness
Sunnybrae Seniors Centre	Co-Ordinate Sunnybrae (Community/Partner)

**GOVERNMENT ENTITIES:** The following are team members.

Interior Health Authority	Provide resources and guidance
Columbia Shuswap Regional District	Provide support
Better at Home	Connecting Seniors

**COMMUNITY ORGANIZATIONS**

The following organizations were involved in the discussions and town hall meetings.

- White Lake New Horizons Club
- White Lake Community Hall Society
- White Lake Community
- Together Shuswap Transportation
- South Shuswap Historical Society
- Sorrento Hospice Society
- Sorrento Community Health Centre

Sorrento Drop In Society  
Shuswap Hospice Society  
River of Life Church  
Probus Club-Sorrento  
Cedar Heights Community Association

SOUTH SHUSWAP BUSINESSES supported and/or participated in meetings.

Its All Good Bulk and Health Food Plus  
Shuswap Food Action Co op  
Turner Institute  
Extra Hands  
Blind Bay Resort  
Shuswap Lake Estates

C) Describe any direct participation by seniors in the proposed project.

South Shuswap Health Services Society and the supporting organizations are comprised of seniors over the age of 65. They are "Seniors Helping Seniors" organizations from the South Shuswap who assist in the co-ordination for their communities. Various Seniors organizations of the 7 communities in the South Shuswap Area C will participate.

**9. EVALUATION** - What tools will be used to evaluate the completed project (e.g. participant surveys, tracking tools, external evaluation, etc.)? How will this information be used?

Success will be measured by:

1. The number of seniors who participate in the various programs offered
2. The number of successful, sustainable programs available to seniors in the South Shuswap
3. Participants will be asked to complete questionnaires regarding the programs and events
4. If possible, a report from IHA indicating the project's impact on the seniors they are serving
5. Consultation with allied support services delivering programs.

**10. IMPACT ON LOCAL GOVERNMENT** - List any policies, practices, plans or local government documents that will be developed or amended as a result of your proposed project.

There will not be any changes to policies and plans as a result of this project.

CSRD is involved in many studies that may lead to the development of services and supports for seniors. These will improve access to support services, including healthy safe food, for seniors in the South Shuswap

1. Labour Market Assessment and Action Plan
2. Parks Master Plan to include active transportation

- 3. Shuswap Agriculture Study
- 4. Economic Development Study.

**11. SUSTAINABILITY – How will the proposed project be sustained after the grant funding?**

The programs and services will be sustained by:

- 1. Continuing communication and collaboration among volunteers, professional, and community organizations
- 2. Reviewing the programs and assessing success through discussions with participants, volunteers, and stake holders.
- 3. Charging a participation fee for programs. Costs may be reduced by using community halls at a reduced fee and through participation of volunteers.
- 4. Maintaining a committee of stakeholders, community organizations, and health authorities to collaborate on the development of the programs and measure their success.
- 5. Involving professionals and allied health and wellness service providers to offer valuable support and guidance to ensure the sustainability of services provided.
- 6. Developing support networks with associations and stakeholders such as the Canadian Diabetes Association and IHA to access developed for examples the Food Skills for Families Program.

**12. SUPPORT FROM BC HEALTHY COMMUNITIES (BCHC) SOCIETY.** Applicants approved under the 2018 Age-friendly Communities program may be eligible to apply for a range of services from BCHC Society.

The purpose of this support is to: 1) engage sector leaders so they can collaboratively prioritize the goals intended to be achieved through their age-friendly community grant; 2) understand and utilize key capacities and innovative practices that will support community groups to bring their age-friendly initiatives to the next level; and 3) determine the next wise actions to achieve the community’s age-friendly goals.

Would you be interested in additional information to learn more about possible supports from BCHC Society?

Yes  No

**13. ADDITIONAL COMMENTS - Please use this space to add any additional comments.**

The population of Area C of Columbia Shuswap Regional District is comprised of a large number of retirees who enjoy the Shuswap life style There is a large concentration of the population located in the centre of the transportation corridors providing easy access to all seniors. Age-friendly services are essential as this population ages.

Extrapolating that statistic to the 7921 people of the South Shuswap where 2,406 (33%) of the population are over the age of 65 and 835 (11%) are over the age of 75 means that 162 seniors will also need help getting good nutrition (all stats from 2016 Census).support the

need for health and wellness in general and quality food support in particular in the communities of the South Shuswap (page 29 2016).

**14. REQUIRED ATTACHMENTS** - Please submit the following with your application:

- Council/Board Resolution – Indicating local government support for the proposed project and a willingness to provide overall grant management
- Detailed budget
- Copies of completed age-friendly plans, and/or assessments, or excerpts from higher-level plans

**15. SIGNATURE** – Applications are required to be signed by the local government applicant. Please note all application materials will be shared with the Province of BC and BCHC Society.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name and Title

Please send the completed Application Form and all required attachments as an e-mail attachment to Local Government Program Services (UBCM) at [lgps@ubcm.ca](mailto:lgps@ubcm.ca).

If you submit by e-mail, hardcopies and/or additional copies of the application are not required. Please submit your application as either a Word or PDF file(s) and note "2018 Age-friendly" in the subject line.