

# AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

PO Box 1388, 100 Mile House, BC V0K 2E0

Phone 250 791 6406 or 250 395 4375

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## District of 100 Mile House & Cariboo Regional District Areas G, H & L GRANT FOR ASSISTANCE JOINT APPLICATION September 2018

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SEP 28 2018

DISTRICT OF 100 MILE HOUSE  
BRITISH COLUMBIA

## Grant for Assistance Joint Application



### Organization Information Sheet

<b>Name of Organization:</b> Age Friendly Society of the South Cariboo
<b>Mailing Address:</b> PO Box 1388, 100 Mile House, BC V0K 2E0
<b>Telephone:</b> Executive Director (Lea Smirfitt) [REDACTED] Chair (Ralph Fossum): [REDACTED] Vice Chair (Mary Shennum) [REDACTED]
<b>Purpose of Organization (From Constitution or Incorporation Documents):</b>  The purpose of the Society is to serve as the Age Friendly champion for the South Cariboo by developing a vision and priority action plan through engagement with seniors and elders. Priority Actions will be initiated that encourage a coordinated approach between citizens, local government, service providers, businesses, and community organizations to ensure age friendly initiatives are developed across the South Cariboo to support people to <b>age safely, enjoy wellness and to continue to live and participate fully in their communities.</b>
<b>How long has the organization operated in the community?</b>  The "Age Friendly" initiative operated as a program of the South Cariboo Community Planning Council beginning with a community assessment in 2013. Due to the growing interest in age friendly activities in 2016, members of the steering committee recommended that application be made for incorporation as a BC Society. The Society was registered on the 21 <sup>st</sup> of June, 2016.
<b>BC Society Registration Number:</b> S-0065655
<b>Federal Charitable Registration Number: (if applicable)</b> Not applicable
<b>Chairperson's name:</b> Chair: Ralph Fossum (home) [REDACTED] (cell) [REDACTED] Vice Chair: Mary Shennum (home) [REDACTED]
<b>Treasurer or Financial Officer's name:</b> Treasurer: David Shaw-MacLaren (Home) 250 791 5488

#### **Date of last Annual General Meeting (Attach minutes and current list of Directors):**

Date of last AGM is 24 May 2018. Attached are the AGM Minutes plus minutes of a subsequent motion taking place at the June 12, 2018 Board meeting where, by acclamation, the directors' and officers' positions were filled. Also attached is the "Board of Directors" list.

#### **Attach the last financial statement prepared and signed by the appropriate person (i.e., CA, CGA, CMA, comptroller, bookkeeper, financial officer, treasurer, etc.).**

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## **Grant for Assistance Joint Application**

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See attached financial statement as presented at the 24 May 18 AGM, signed by Board Chair and Treasurer.

### **Previous Year Grant from CRD and District (if applicable):**

The Cariboo Regional District approved \$2250 towards age friendly activities per the 2017 Grants for Assistance application by the Age Friendly Society of the South Cariboo. In 2018, the District of 100 Mile House budgeted \$7500 to administer age friendly contracts outside of the Grants for Assistance.

At the recent AGM the Society provided a final report of Age Friendly activities for the year including acknowledgement of community partners, along with a listing of events/speakers/locations/sponsors and financial reporting. A copy of the AGM report is attached.

### **Current Grant Amount Requested from Cariboo Regional District Areas G, H & L:**

**\$3,000**

### **Current Grant Amount Requested from the District of 100 Mile House:**

**\$2,000**

### **Total Current Grant Amount Requested:**

**\$5,000**

(The District of 100 Mile House provided age friendly financial support outside of the Grants for Assistance, substantially strengthening the framework within which age friendly initiatives operate. For example, together with the in-kind support of several partners including the BC Community Response Network, the Age Friendly Society held a Seniors Resource Fair in June 2018 attended by up to 600 people, showcasing 52 booths of support services and businesses. The Society also published the 2018 South Cariboo Seniors Resource Directory distributing, to date, approximately 1700 copies throughout the South Cariboo.)

## Grant for Assistance Joint Application



Please answer the following questions, using additional paper if necessary.

**1. What plans has your organization made to fund its activities over the next 3-5 years?**

The Age Friendly Society of the South Cariboo (AFSSC) funds its activities through a combination of volunteer labour, provincial and local government grants, membership dues (sliding scale \$1 - \$20), donations and "in kind" contributions of meeting rooms, advertising/promotion and supplies.

**2. If your organization charges user fees/memberships/admission, attach your current fee structure:**

It has not been our practice to charge user fees or admission to events. We invite attendees to support age friendly activities by becoming members of the society although membership is not a pre-requisite of attending any events. The rate is on a sliding scale of \$1 to \$20 per person. Membership is intended to give people who have actively supported our events a sense of ownership of the organization. (Membership Form and Guidelines for Working Together are attached.) The Society also receives donations from attendees at events.

**3. What are your organization's specific goals and objectives for this year? How do they differ from previous years?**

1. GOAL: to improve communication and information to/from seniors throughout the South Cariboo
  - a. Objective: To increase effectiveness of communicating age friendly information to South Cariboo seniors through the use of a variety of communication mediums (posters, phone contact, email broadcasts, engagement with partners including posting information on existing information networks such as websites existing in community)
  - b. Objective: To secure funding for and to coordinate a Seniors Resource Fair. This is a collaborative effort requiring engagement of several community partners.
  - c. Objective: To meet regularly with steering committee comprised of people (mostly seniors) who are the eyes, ears and voices of seniors in the South Cariboo (Steering committee currently comprised of up to 18 members)

## Grant for Assistance Joint Application



2. GOAL: to reduce social isolation for seniors and increase sense of belonging
  - a. Objective: to hold "gatherings" throughout the South Cariboo featuring guest presenters on subjects of interest to older adults and their families
3. GOAL: to build on the projects supporting the Society's purposes generated by the Age Friendly Steering Committee
  - a. Objective: to regularly identify actions and evaluate progress on projects supporting Society purposes that are undertaken by the Society

These goals expand on the successes of previous years and continue to build a safety network amongst seniors that will reduce isolation and provide increased ability for people to support each other with issues such as transportation, health, safety, etc.

**4. Who does your organization serve? (% of clients from District, % of clients from South Cariboo)**

The Age Friendly Society of the South Cariboo provides services to older adults and their families living in the South Cariboo. We know that our average attendance at gatherings is increasing with 50-150 people attending events. We are aware that people engaged in age friendly events come from across the South Cariboo including 100 Mile House, Lac La Hache, 108 Mile Ranch, Forest Grove, 70 Mile House, Canim Lake, the Interlakes area, Clinton, Horse Lake, Tsq'escen, and Lone Butte.

**5. Does your organization receive a rental subsidy from the CRD and/or District? If so, how much?**

We have not received rental subsidies from the District of 100 Mile House or the Cariboo Regional District. We do request not-for-profit rates when renting the Valley Room and the South Cariboo Rec Centre in order to keep costs to a minimum. Wherever possible we request rental subsidies at public halls, etc. for age friendly events. See note 7 below.

**6. Does your organization receive any benefit from permissive tax exemption, and if so, how much? (information available from District Tax Department) – no, not applicable**

**7. Does your organization use CRD or District owned facilities? If so, which ones?**



## **Grant for Assistance Joint Application**

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We hold steering committee meetings in the Meeting Room at the South Cariboo Rec Centre, meet with presenters and participants in the foyer of the Rec Centre, hold special meetings in the District of 100 Mile House Council Chambers and access office space in the District office and the South Cariboo Rec Centre upon occasion. We rent the Valley Room and the Rec Centre for events.

**8. How will you indicate that the CRD and District are contributing to your organization?**

It is our practice to acknowledge frequently all funding and donations on all our agendas, information packages, posters, and public presentations. See sample poster attached to application.

## Grant for Assistance Joint Application



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### Project Summary Sheet

Please answer the following questions, using additional paper if necessary.

**1. Brief Description of proposed use of grant being applied for:**

- To host a minimum of 8 community events throughout the South Cariboo including guest presentations on subjects of interest to seniors and regular community announcements
- To facilitate monthly steering committee meetings as a “temperature-taking” of progress on community actions to improve the ability of older adults to “age safely, enjoy wellness and to continue to live and participate fully in their communities”
- To continue to build an inclusive communication network to seniors and their families living in the South Cariboo
- To build awareness of resources available for seniors (and their families) living in the South Cariboo

**2. How do you know there is a need for this service/project in our community?**

- Completed detailed Age Friendly BC assessment in 2013
- Recorded stable attendance at events throughout 2017-2018 with regular attendance of 50-150 people at gatherings
- Age demographics of South Cariboo indicates more than half the area population is age 55 or over
- Documented need for information and resources for seniors (Seniors Advocate, Seniors Resource Fair, popularity of handouts at events)

**3. Is your agency applying for funds from other levels of government or other sources for this project?**

We will be supplementing funding by applying, when possible, for funding from Provincial and Federal levels.

## Grant for Assistance Joint Application



**4. Would you still be able to complete the project if you do not receive the other funds applied for?**

Although every effort is made to reduce costs at every level we do require funding to cover some expenses. In the past we have had substantial sponsorship and in-kind contributions. With the recent state of emergency we anticipate more difficulty in securing sponsors and donations.

**5. Please describe the impact of this application being denied or approval of an amount less than requested.**

We have enjoyed stable and supportive relationships with all levels of government and several local businesses and organizations. It has been our standard practice to seek in-kind contributions wherever possible and to partner with businesses/service providers/clubs and organizations in order to minimize costs.

**6. Start date of the project: 01 January 2019**

**End date for the project: 31 December 2019**

**7. Please describe the key activities that will take place to complete the project and any associated timelines.**

- a. Community Events – January, February, March, April, May, June, September, October, November including the possibility of another Seniors Resource Fair
- b. Steering committee meetings – Second Tuesday of each month from September to June
- c. On-going revision of email and phone contacts, expand places where posters are displayed
- d. On-going promotion of events in newspaper and other media through partnerships with local age friendly business partners with possible addition of a web site.

**8. Please provide a detailed financial budget for the project.**

- a. See attached

## Grant for Assistance Joint Application

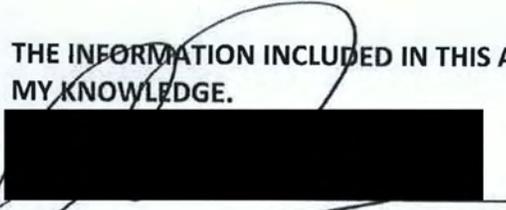
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9. Please explain how you will measure and evaluate the impact of this project on the community? How will you determine if it was successful?

- a. Record attendance and monitor attendance trends at events
- b. Update Projects Review regularly
- c. Regularly solicit feedback from attendees regarding topics, presenters, venues, etc.
- d. Maintain records of community partners engaged in age friendly activities
- e. Make use of Age Friendly Communities (Province of BC) evaluation toolkit and guidelines.

THE INFORMATION INCLUDED IN THIS APPLICATION IS TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE.

  
Chair



Number: S-0065655

# CERTIFICATE OF INCORPORATION

*SOCIETY ACT*

*I Hereby Certify that AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO* was incorporated under the *Society Act* on June 21, 2016 at 04:28 PM Pacific Time.



*Issued under my hand at Victoria, British Columbia,  
on June 21, 2016*

A handwritten signature in black ink, appearing to read "C. Prest".

CAROL PREST  
*Registrar of Companies*  
PROVINCE OF BRITISH COLUMBIA  
CANADA

# AGE FRIENDLY Society of the South Cariboo

## Board of Directors

Last Name	Address	Contact	Position	Email
CANTY	Pamela Jean PO Box 164, Bridge Lake, BC V0K 1E0 [REDACTED]	H: [REDACTED]	Director-at-large	[REDACTED]
DUNSMUIR	Gayle Marion PO Box 1535, 100 Mile House, BC V0K 2E0 [REDACTED]	H: [REDACTED]	Secretary	[REDACTED]
FOSSUM	Ralph PO Box 248, 100 Mile House, BC V0K 2E0 [REDACTED]	H: [REDACTED]	Chair	[REDACTED]
SHAW-MACLAREN	David Elmer PO Box 283, 108 Mile Ranch, BC V0K 2Z0 [REDACTED]	H: 250 791 5488	Treasurer	[REDACTED]
SHENNUM	Mary Earlene [REDACTED] (Mailing and physical address same)	H: [REDACTED]	Vice-Chair	[REDACTED]
STEWART	Sherry PO Box 2426, 100 Mile House, BC V0K 2E0 [REDACTED]	H: [REDACTED]	Director-at-large	[REDACTED]
WAGNER	Margo Anne PO Box 183, Canim Lake, BC V0K 1J0 [REDACTED]	H: [REDACTED]	Director-at-large	[REDACTED]



**AGE FRIENDLY SOCIETY  
of the SOUTH CARIBOO**

**SECOND ANNUAL GENERAL MEETING (AGM)**

**Thursday, May 24, 2018, 1:00 to 3:00 PM**

**Valley Room (Behind the 100 Mile Lodge)**

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**Thank you to the FRONT PORCH BAND for the welcoming tunes!**

The meeting was called to Order at 1:30 PM with Ralph Fossum chairing.

Mitch Campsall, 100 Mile House District Mayor, expressed thanks to the Society for the work they have been doing to promote "Age Friendly" in the District and area communities. He shared that members of other regional communities have expressed interest in the work of the Age Friendly Society of the South Cariboo with thoughts of forming Age Friendly Societies in their own communities.

Lea Smirfitt, Executive Director of the Society, explained the reason for having AGM's is to insure that all the structures, checks and balances of being a Society are in place.

Ralph reminded those present of the Society's by-law which states that in order to vote members must have been a member for 30 days prior to the AGM.

Members, in good standing, had been given voting cards upon arrival.

Mary Shennum, Vice Chairperson, verified the presence of the 20% quorum needed according to the by-laws.

Motion to adopt the printed Agenda: moved by Elsie Urquhart, seconded by Dave Shaw-MacLaren. Approved

Motion to adopt the printed Minutes of Previous Meeting: moved by Gayle Dunsmuir, Seconded by Mary Shennum. Approved

Recognition of the Current Board of Directors: Ralph Fossum, Mary Shennum, Dave Shaw-MacLaren, Gayle Dunsmuir, Pam Canty, Sherry Stewart and Margo Wagner.

Reports:

Chair: Ralph expressed gratitude to the Directors and Members of the Steering Committee for their commitment to the work of the Society. He also gave an example of how the Steering Committee does its work using the process of networking.

Executive Director: Lea spoke to the housing issue and assured the members that there is interest and movement happening behind the scenes. Housing development takes time. Lea also reviewed the year of educational events offered to seniors. A comprehensive report is found in the AGM booklet.

Treasurer's Report: Dave presented the financial report found in the AGM booklet.

Motion to approve the financial report: moved by Chris Lance, seconded by Jim Vinson. Approved.

Motion to appoint PMT, CPA, LLP, if the Board of Directors deems it necessary: moved by Jody Malm, seconded by Mandy Bremner. Approved.

Nominations to the Board: Pam Canty, Gayle Dunsmuir and Mary Shennum.

Election of Nominees: All nominees were elected by acclamation for two year terms.

Board of Directors: Ralph Fossum – 1yr. remaining, David Shaw-MacLaren – 1 yr. remaining, Sherry Stewart – 1 yr. remaining, Margo Wagner – 1 yr. remaining. Pam Canty – 2yrs. remaining, Gayle Dunsmuir – 2 yrs. remaining and Mary Shennum – 2 yrs. remaining.

Officers will be chosen from and by the elected directors.

Recognition of the Society's Steering Committee Members.

Members were invited to share something about themselves that has led them to the work of Age Friendly. Members are Mandy Bremner, Pam Canty, Josh Dickerson, Gayle Dunsmuir, Ralph Fossum, Chris Lance, Jackie O'Gorman, Barbara Perrey, David Shaw-MacLaren, Mary Shennum, Lea Smirfitt, Sherry Stewart, John Tutte, Elsie Urquhart, Margo Wagner, and Duncan Watson.

Special Thanks to Jackie O'Gorman for her dedication and expertise in providing refreshments at all our Society's events.

Door prizes: Our thanks to Pharmasave, 7-Eleven, Pet Valu and Canada Safeway for their generous donations.

Adjournment: The meeting was adjourned at 3PM upon a motion by Elsie Urquhart.

## Age Friendly Society of the South Cariboo

June 12, 2018

The Directors of the Board met prior to the Steering Committee meeting of the same day.

IA	Ralph Fossum	Chair
IA	Mary Shennum	Vice-Chair
IA	Dave Shaw-McLaren	Treasurer
IA	Gayle Dunsmuir	Recording Secretary
R	Pam Canty	Director at Large
R	Margo Wagner	Director at Large
IA	Sherry Stewart	Director at Large
IA	Lea Smirfitt	Executive Director

IA – In Attendance, R- Regrets, G- Guest

**Elections of Officers to the Board:** moved/seconded by Dave, Gayle that the officers stay as they are presently. Carried.

**AGM Report:** 45 people attended the AGM. Currently there are 92 members, 30 of those attended. AGM reports will be taken to the CRD and District offices by Lea and Ralph.

**Minutes of the previous Board meeting:** moved/seconded by Gayle, Dave that the minutes be approved. Carried.

**Cloth Bags for the Fair:** moved/seconded by Sherry, Mary that the expense of the bags be ratified. Carried.

**Finances:** The District of 100 Mile House made a generous and much appreciated donation to the work of the Society. Gayle to write a thank you note.

**BCCRN grant to the Society:** Lea explained the details of how this grant works.

The grant money has been used to create and produce the Seniors Resource Directory.

**Gaming Grant:** Moved/seconded by Sherry, Dave that the Board be given authority to contract a skilled grant writer to write the August Gaming Grant application. The expectation is that this contracted position will continue in the future to write other grant applications. Carried

**Red Cross Grant:** The application is 90% ready.

**Insurance:** Our insurance renewal has been sent in but no response to date.

**Financial Policies:** Lea explained the importance of having policies as a checks and balances part of societies. No direct action was proposed.

The meeting adjourned at 1:30 pm, called by Dave.

Minutes were recorded by Gayle Dunsmuir and read by Ralph Fossum.

# Age Friendly Society of the South Cariboo

Financial Report for the year 01 Jan 2017 to 31 Dec 2017

(As presented and approved at the 24 May 18 AGM)

Opening Balance, 31 December 2016 \$ 10,658.85

**Revenue:**

District of 100 Mile House (2017 grant)	\$ 1,500.00
Cariboo Regional District	\$ 2,500.00
Donations	\$ 715.00
Sponsorship	\$ 170.00
Membership	\$ 331.00
UBCM Seniors' Housing & Support Initiative	\$ 6,901.19
<b>Total Revenue</b>	<u>\$ 12,117.19</u>

**Expenses:**

Coordination	\$ 6,500.00
Casual Labour	\$ 250.00
Supplies & Event Expenses	\$ 839.88
Travel Expenses	\$ -
Advertising	\$ 731.61
Venue Rental	\$ 436.01
Professional Services	\$ -
Liability Insurance	\$ 600.00
Service charges	\$ 111.50
UBCM - housing & supports contract expenses	\$ 6,901.19
Age Friendly Business Promotion	\$ 225.00
Annual Report filing	\$ 40.00
<b>Total Expenses</b>	<u>\$ 16,635.19</u>

Excess Revenue over Expenses \$ 6,140.85

**Represented by:**

Chequing	\$ 6,115.35
Shares	\$ 25.00
Gaming	\$ 0.50
A/P 2017	
A/R 2017	
	<u>\$ 6,140.85</u>



Chair



Treasurer

### AGE FRIENDLY in the SOUTH CARIBOO - List of Events

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
24-Jan-17	Donna Barnett, Darryl Plecas, Marleen Morris, Trisha Shetler, Cindy Parent, Katie McLellan	South Cariboo 55+ Housing Forum	Age Friendly	100 Mile Community Hall Surveys	175 504
23-Mar-17	Roger Hollander, Fire Chief, 100 Mile House Fire-Rescue Shelly Somerville	Fire Safety Information on Northern Health Bus	Work'n'Play	Valley Room	70
24-May-17	Ken Bourne & Marsh Walk	Enriching garden soil, marsh walk	Horse Lake Garden Centre	South Cariboo Rec Centre	58
29-May-17	South Cariboo 55+ Housing Report Lauch	Housing and supports	Age Friendly	District - Council Chambers	36
21-Jun-17	AFSSC Annual General Meeting	AGM with entertainment by the Front Porch Band	Age Friendly	Valley Room	51
22-Jul-17	Comfort Station	Support for returning evacuees	Age Friendly	South Cariboo Rec Centre	
3-Sep-17	South Cariboo Summer Festival	Free Event for the Entire Family	S.C. Chamber of Commerce	Centennial Park	
26-Oct-17	Karen Broughton	Tai Chi Demo and Practice	Age Friendly	Creekside	53
7-Dec-17	Julie Lange, Pharmacist	Aging Safely with Medications	Age Friendly	Creekside	81
25-Jan-18	Josh Dickerson	Rec Centre Proposed Expansion	Age Friendly	Creekside	83
	Joanne Doddridge, Ulli Vogler, Shelly Morton, Christine Gallagher, MJ Cousins	Results of "Business Walk" - seeking mature workers			
3-Mar-18	24th Annual Business Excellence Awards	Age Friendly Business Award	South Cariboo Chamber of Commerce	100 Mile Community Hall	
Congratulations to DONEX PHARMACY and DEPARTMENT STORE - WINNER OF THE AGE FRIENDLY BUSINESS AWARD					
8-Mar-18	Julie Meyer, WL&D Credit Union	Identify Theft & Fraud Prevention	Age Friendly	Creekside	63
24-Apr-18	Dr. Kristin Buhr, Psychologist	Strategies for coping with stress & anxiety	Free Press/Age Friendly/District	Valley Room	150
24-May-18	AFSSC A G M	AGM, Entertainment by Front Porch Band, Steering Committee Overviews, Annual Report	Age Friendly	Valley Room	45
21-Jun-18	3rd Seniors Resource Fair	Seniors connecting with resources/seniors/community members, service provider networking, light lunch	Age Friendly	South Cariboo Rec Centre	500
21-Jun-18	South Cariboo SENIORS RESOURCE DIRECTORY		BC Association of Community Response Networks		2000
21-Jun-18	Environmental approach to disbursing Seniors Resources (cloth bags) and increasing awareness of "age friendly" activities		Partnership-Age Friendly Society of the South Cariboo, District of 100 Mile House, Cariboo Regional District, Sheree's Shirt Shack		600
28-Jul-18	Interlakes Farmers' Market	Showcase Age Friendly activities and resourcess	Interlakes Farmers' Market	Interlakes Farmers' Market	
11-Aug-18	South Cariboo Summer Festival	Showcase Age Friendly activities and resourcess	South Cariboo Chamber of Commerce	South Cariboo Rec Centre	
21-Sep-18	Dr. Bruce Nicolson & Lauren Bock, Registered Dietitian	Understanding Dementia and the Aging Process	Age Friendly	Valley Room	131

**AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO (AFSSC)**



PO Box 1388, 100 Mile House, BC V0K 2E0

Email: sc.agefriendly@gmail.com

Phone: 250 395 4375 (RF) 250 593 4152 (MS) 250 791 6406 (LS)

*"Supporting people to age safely, enjoy wellness and to continue to live and participate fully in their communities"*

**2018 MEMBERSHIP FORM**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Organizations please provide name of voting representative(s): \_\_\_\_\_

**Membership dues are based on a sliding scale from \$1 to \$20 per person and cover the period from January 1 to December 31.**

**Payment enclosed:**

Cash \$

Cheque payable to AFSSC Ck #  \$

Please add my name to the email distribution list so that I will be informed about events and information of particular interest to seniors, older adults and their families. Check here

I wish to be phoned when there is an AGE FRIENDLY event happening. Check here

I am interested in  Steering Committee  Volunteering  Communication  Other

As a member of the AGE FRIENDLY Society of the South Cariboo (AFSSC) I agree to uphold the Constitution, Bylaws and the Guidelines for Working Together.

A copy of documentation is available to members upon request, guidelines on reverse.

Signature of Applicant \_\_\_\_\_

Date \_\_\_\_\_

Card Issued: \_\_\_\_\_

# AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

## *Guidelines for Working Together*

### **INDIVIDUAL:**

- Be respectful and open to each other, and to diverse ideas and opinions.
- Listen actively to learn and understand. If unclear, ask for clarification.
- One person speaks at a time without interruption.
- Everyone is to have an equal opportunity to speak.
- Share air time. Ensure everyone has the chance to share.
- Participate! Share your ideas and experiences. You also have the right to pass.
- Use respectful, constructive language when making comments or asking questions.
- Define/avoid ACRONYMS.
- Be respectful of confidentiality. You are encouraged to share your learnings but please be respectful of any personal information shared by others in the room.
- Respect start and end times. We will start and end promptly. Kindly do your part to respect times, session activities, breaks, etc.
- Practice self-care. Do what you personally need to do to stay focused and involved: help yourself to refreshments, stand and stretch, use the washroom.
- Have fun! Bring your sense of humour.
- Please turn off cell phones or set to airplane mode.

### **COMMITTEE:**

- Community planning will be done in a collaborative manner using an inclusive approach of diverse population groups and human experiences.
- We recognize that community development must include active participation from social, economic, Aboriginal, environmental, cultural, recreational and political perspectives in order to be sustainable.
- AFSSC encourages a cooperative rather than competitive approach to problem-solving.
- Planning is done from a strengths-based approach and acknowledges an individual's right to privacy (confidentiality) and self-direction.
- We will learn from previous successes and lessons while taking innovative approaches to service provision and approaches
- When developing rural community strategies, we will consider service sustainability which includes reviewing economic feasibility.
- We will lead by example by displaying honesty, commitment, trustworthiness, respect and openness in our processes.
- In order to constantly seek improvement to the work we do, we will participate in regular visioning and evaluation of our work.

### **BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS:**

- ◆ Inclusion ◆ Meaningful Participation Which Supports Community Capacity ◆ Power Sharing ◆  
◆ Assumption of Adult's Capability ◆ Being Least Intrusive ◆

*(Adapted from South Cariboo Community Planning Council, Patients as Partners/Patient Voices Network and BC Association of Community Response Network documents)*

# AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

Estimated BUDGET for one-year period - 2019



	CRD/DOHM Grant for assistance	Donations In Kind	Other	TOTAL
Venue rental	1,000	1,000		2,000
Events Coordination	2,000			2,000
Supplies - refreshments, office, long distance	1,000	1,200	150	2,350
Advertising - posters, newspaper, booths	500			500
Age Friendly coordination	500	5,000		5,500
<b>Total Estimated Budget</b>	<b>\$ 5,000</b>	<b>\$ 7,200</b>	<b>\$ 150</b>	<b>\$ 12,350</b>

**The next  
AGE  
FRIENDLY  
event is:**



District of 100 Mile House



**AF** Age  
Friendly  
Society

**Friday, September 21, 2018  
from 1:30 to 3:00pm**

**Come Early,  
as parking  
is limited.**

**The Valley Room  
Behind the 100 Mile Lodge**

**Topic:**

**“Understanding Dementia  
and the Aging Process”... a conversation with  
Dr. Bruce Nicolson and Lauren Bock,  
Registered Dietitian**

**Everyone welcome!**

**This event is FREE and there will be light refreshments available.  
To assist with planning PLEASE CONFIRM YOUR ATTENDANCE**

**Email: [sc.agefriendly@gmail.com](mailto:sc.agefriendly@gmail.com)**

**or Call: 250-791-6406**

*Thank you to the District of 100 Mile House and the  
Cariboo Regional District for their support*

*This ad is sponsored by*

**AF** Age  
Friendly  
Society of the South Cariboo

**WELCOME**

**2018 ANNUAL GENERAL MEETING**

**AGE FRIENDLY SOCIETY**

**OF THE**

**SOUTH CARIBOO**



**24 MAY 2018 – 1:00 TO 3:00 PM**

**VALLEY ROOM**

**(LOCATED BEHIND THE 100 MILE HOUSE LODGE)**

**100 MILE HOUSE, BC**

# AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO



Annual General Meeting (AGM)  
Thursday, May 24, 2018, 1:00 to 3:00 PM  
Valley Room (Behind the 100 Mile Lodge)



## *Please enjoy the welcoming tunes of the FRONT PORCH BAND!*

Welcome	Chair, Ralph Fossum
Door Prize Draws - thank you to community!	Lea Smirfitt
Call to Order	Chair, Ralph Fossum
Society Incorporation and AGM	Lea Smirfitt
Voting by Members in Good Standing	30 days membership
Verify Quorum (20%) According to By-Laws	Mary Shennum
Agenda:	
Call for Additions	Ralph Fossum
Motion to Adopt	<input type="text"/>
Minutes of Previous Meeting	
Minutes of 21 June 2017	Gayle Dunsmuir
Motion to approve minutes	<input type="text"/>
Acknowledgement of CURRENT Board of Directors	Lea Smirfitt
Reports:	
Chairperson	Ralph Fossum
Executive Director	Lea Smirfitt
Treasurer	Dave Shaw-MaClaren
Motion to accept Treasurer's Report	<input type="text"/>
Motion to appoint PMT CPA LLP, if necessary	<input type="text"/>
Nominations to the Board	Lea Smirfitt
Election of Directors and Officers	Lea Smirfitt
Introducing the "Steering Committee"	Lea Smirfitt
"Special thanks" to Jackie O'Gorman	Lea Smirfitt
Draw for remaining door prizes	Karin Graham
Motion to adjourn AGM	<input type="text"/>

# AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO



INAUGURAL Annual General Meeting (AGM)  
Wednesday, JUNE 21, 2017, 1:00 to 3:00 PM  
Valley Room (Behind the 100 Mile Lodge)



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## Thank you to the FRONT PORCH BAND for the welcoming tunes!

The meeting was called to Order at 1PM with Ralph Fossum chairing.

Mitch Campsall, 100 Mile House District Mayor, expressed thanks to the Society for the work they have been doing to promote "Age Friendly" in the District and area communities.

Lea Smirfitt, Executive Director for the Society, explained the reason for having AGM's is to insure that all the structures, checks and balances of being a Society are in place.

Lea reminded those present of the Society's by-law which states that in order to vote members must have been a member for 30 days prior to the AGM.

Members, in good standing, had been given voting cards upon arrival.

Mary Shennum, Director at Large, verified the presence of the 20% quorum needed according to the by-laws.

Motion to adopt the printed Agenda: moved by Karin Graham, seconded by Kai Rasmussen. Approved.

Minutes of Previous Meeting. Not applicable as this is the First AGM of the Society.

Recognition of "The First Directors". Charter members: Konrad Schmid-Meil, Ralph Fossum, Barbara Perrey, Pam Canty, Mary Shennum and Gayle Dunsmuir were gifted with a Virginia Pettman print.

### Reports:

Chair: Ralph spoke to the Housing issue and reminded us of the journey that has resulted in the Rural Housing report.

Raffle Draw: Three books "How to Start Seeds Successfully" by Ken Bourne were raffled.

Adjournment The meeting was adjourned at 3PM upon a motion by Christine Gallagher.

Original signed by:

Ralph Fossum  
Chair

Gayle Dunsmuir  
Secretary

## AGE FRIENDLY in the SOUTH CARIBOO - List of Events

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
24-Jan-17	Donna Barnett, Darryl Plecas, Marleen Morris, Joanne Doddridge, Trisha Shetler, Cindy Parent, Katie McLellan	South Cariboo 55+ Housing Forum	Age Friendly	100 Mile Community Hall Surveys	175 504
23-Mar-17	Roger Hollander, Fire Chief, 100 Mile House Fire-Rescue Shelly Somerville	Fire Safety Information on Northern Health Bus	Work'n'Play	Valley Room	70
24-May-17	Ken Bourne & Marsh Walk	Enriching garden soil, marsh walk	Horse Lake Garden Centre	South Cariboo Rec Centre	58
29-May-17	South Cariboo 55+ Housing Report Lauch	Housing and supports	Age Friendly	District - Council Chambers	36
21-Jun-17	AFSSC Annual General Meeting	AGM with entertainment by the Front Porch Band	Age Friendly	Valley Room	51
22-Jul-17	Comfort Station	Support for returning evacuees	Age Friendly	South Cariboo Rec Centre	
3-Sep-17	South Cariboo Summer Festival	Free Event for the Entire Family	S.C. Chamber of Commerce	Centennial Park	
26-Oct-17	Karen Broughton	Tai Chi Demo and Practice	Age Friendly	Creekside	53
7-Dec-17	Julie Lange, Pharmacist	Aging Safely with Medications	Age Friendly	Creekside	81
	Josh Dickerson	Rec Centre Proposed Expansion			
25-Jan-18	Joanne Doddridge, Ulli Vogler, Shelly Morton, Christine Gallagher, MJ Cousins	Results of "Business Walk" - seeking mature workers	Age Friendly	Creekside	83
3-Mar-18	24th Annual Business Excellence Awards	Age Friendly Business Award	South Cariboo Chamber of Commerce	100 Mile Community Hall	
8-Mar-18	Julie Meyer, WL&D Credit Union	Identify Theft & Fraud Prevention	Age Friendly	Creekside	63
24-Apr-18	Dr. Kristin Buhr, Psychologist	Strategies for coping with stress & anxiety	Free Press/Age Friendly/District	Valley Room	150
24-May-18	AFSSC A G M	AGM with entertainment by the Front Porch Band	Age Friendly	Valley Room	
21-Jun-18	3rd Seniors Resource Fair	Resources, refreshments, social interactions	Age Friendly	South Cariboo Rec Centre	

# **Age Friendly Society of the South Cariboo**

**DRAFT Financial Report for the year 01 Jan 2017 to 31 Dec 2017**

**Opening Balance, 31 December 2016**

**\$ 10,658.85**

**Revenue:**

District of 100 Mile House (2017 grant)	\$ 1,500.00
Cariboo Regional District	\$ 2,500.00
Donations	\$ 715.00
Sponsorship	\$ 170.00
Membership	\$ 331.00
UBCM Seniors' Housing & Support Initiative	\$ 6,901.19

**Total Revenue**

**\$ 12,117.19**

**Expenses:**

Coordination	\$ 6,500.00
Casual Labour	\$ 250.00
Supplies & Event Expenses	\$ 839.88
Travel Expenses	\$ -
Advertising	\$ 731.61
Venue Rental	\$ 436.01
Professional Services	\$ -
Liability Insurance	\$ 600.00
Service charges	\$ 111.50
UBCM - housing & supports contract expenses	\$ 6,901.19
Age Friendly Business Promotion	\$ 225.00
Annual Report filing	\$ 40.00

**Total Expenses**

**\$ 16,635.19**

**Excess Revenue over Expenses**

**\$ 6,140.85**

**Represented by:**

Chequing	\$ 6,115.35
Shares	\$ 25.00
Gaming	\$ 0.50
A/P 2017	
A/R 2017	

**\$ 6,140.85**

# **AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO NOMINATIONS TO THE 2018 BOARD OF DIRECTORS**

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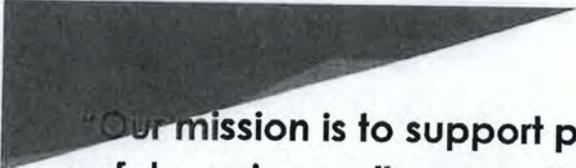
## ***What is the role of the Board of Directors?***

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Typical duties of Boards of Directors include:

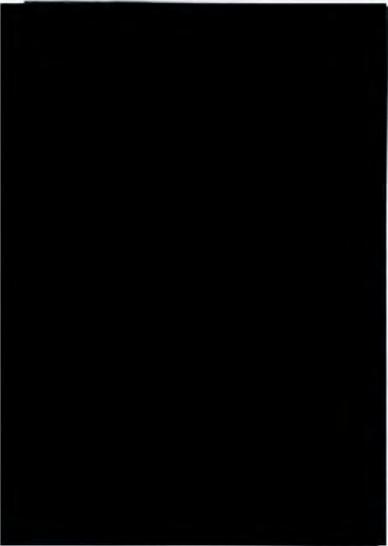
- Governing the organization by establishing board policies and objectives;
- Ensuring the availability of adequate financial resources;
- Approving annual budgets that support a strategic plan;
- Selecting, appointing, supporting and reviewing the performance of the executive director;
- And being accountable to the membership and stakeholders for the organization's performance.

**Directors on Boards of not-for-profit societies are volunteers. Without volunteers willing to fill these positions, a society cannot function. Please extend a huge thank you to the volunteers who have given considerable time in order for the AGE FRIENDLY SOCIETY of the SOUTH CARIBOO to lead this organization through another year enjoying considerable success in furthering the mission of this AGE FRIENDLY organization.**



**"Our mission is to support people to age safely, enjoy wellness and to continue to live and participate fully in their communities."**

AGE FRIENDLY SOCIETY of the SOUTH CARIBOO



### ***Mary Shennum***

After moving to 100 Mile House from the U.S. in 1992, Mary continued her career in nursing and healthcare administration until she retired in 2006. Since that time she has been a member/volunteer and Board member for the 100 Mile and District Hospice/Palliative Care Society and is currently Vice-Chair of the South Cariboo Health Foundation.

Mary's on-going interests include seniors' housing and transportation; supporting individuals and families during terminal illness, including educating people regarding Advanced Care Planning; plus maintaining basic healthcare services to people in rural BC.

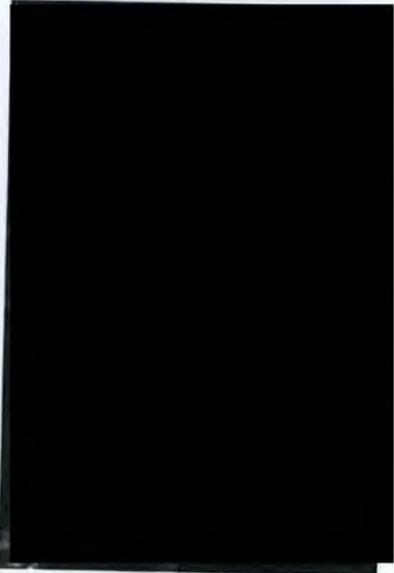
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### ***One Year Remaining in a Two-Year Term***

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### ***Ralph Fossum***

As a Councillor on the District of 100 Mile House Council, Ralph represents the District on a number of community groups and activities. This being an election year, Ralph plans to run for office again. He has lived in the Cariboo for over 43 years during which time he has been on many boards and committees and an active presence in many community events. Ralph is a retired Notary Public and property manager. He is presently a Director on the South Cariboo Health Foundation. When he has time, Ralph tutors and volunteers. He loves duplicate bridge, the great outdoors, fishing, and getting out with his two active dogs. Ralph has chaired the Board of the Age Friendly Society of the South Cariboo for the last two years.



***Margo Wagner***

As the Cariboo Regional District Director for Area H, representing Forest Grove and Canim Lake, Margo represents the Cariboo Regional District on the steering committee for the Age Friendly Society of the South Cariboo. Margo and her husband moved to the Cariboo from Alberta in 2004 after Margo retired from the nursing profession. She is committed to service to her community as is evidenced by being a Safety Officer and First Responder Instructor for the Forest Grove Volunteer Fire Department, Captain of the Canim Lake Citizens on Patrol, Chair of the Cariboo Regional District Board, a Director of Northern Development Initiative Trust (NDIT) and Co-Chair of the South Cariboo Joint Caucus.

