

Age Friendly Society of the South Cariboo

Grant for Assistance Joint Application

30 September 2019

Cariboo Regional District G, H and L and

District of 100 Mile House

RECEIVED

SEP 30 2019

DISTRICT OF 100 MILE HOUSE
BRITISH COLUMBIA

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

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

Phone 250 791 6406 or 250 395 4375

Email: psmirfitt@xplornet.com or sc.agefriendly@gmail.com



District of 100 Mile House & Cariboo Regional District Areas G, H & L GRANT FOR ASSISTANCE JOINT APPLICATION September 2019

Table of Contents	
1.	Joint Grant for Assistance Application
2.	Copy of Certificate of Society Incorporation – June 21, 2016
3.	List of Board of Directors including AGM minutes of 30 May 2019
4.	Financial Statements as presented and approved at the AGM of 30 May 2019
5.	Summary of Events, Guest Presenters, Locations, Advertising Sponsors, Attendance
6.	SAMPLE Membership form with Guidelines for Working Together
7.	Detailed Project Budget
8.	SAMPLE Poster advertising AGE FRIENDLY event

Grant for Assistance Joint Application



Organization Information Sheet

Name of Organization: Age Friendly Society of the South Cariboo
Mailing Address: PO Box 1388, 100 Mile House, BC V0K 2E0
Telephone: Executive Director (Lea Smirfitt) 250 791 6406 Chair (Ralph Fossum): 250 395 4375 Vice Chair (Mary Shennum) 250 593 4152
Purpose of Organization (From Constitution or Incorporation Documents): 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 age safely, enjoy wellness and to continue to live and participate fully in their communities.
How long has the organization operated in the community? 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 st of June, 2016.
BC Society Registration Number: S-0065655
Federal Charitable Registration Number: (if applicable) Not applicable
Chairperson's name: Chair: Ralph Fossum (home) [REDACTED] Vice Chair: Mary Shennum (home) [REDACTED]
Treasurer or Financial Officer's name: Treasurer: Ralph Fossum (home) [REDACTED] [REDACTED] Executive Director: Lea Smirfitt (home) [REDACTED]

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

Date of last AGM is 30 May 2019. Attached are the AGM Minutes. Also attached is the "Board of Directors" list.

Attach the last financial statement prepared and signed by the appropriate person (i.e., CA,



Grant for Assistance Joint Application

CGA, CMA, comptroller, bookkeeper, financial officer, treasurer, etc.).

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

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

The Cariboo Regional District approved \$3500 and the District of 100 Mile House approved \$1500 towards age friendly activities per the 2018 Grants for Assistance application by the Age Friendly Society of the South Cariboo.

At the most 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:

\$3,500

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

\$1,500

Total Current Grant Amount Requested:

\$5,000

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 membership 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. We also know that over half of South Cariboo residents are age 55 and over.

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

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. When needed, we pay rent for use of 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 this application.

Grant for Assistance Joint Application



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 2018-2019 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 all levels we do require funding to cover some expenses. In the past we have had substantial sponsorship and in-kind contributions. With the state of the forest industry and recent mill closures we anticipate increased 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. Again, with the state of the forest industry and recent mill closures we anticipate increased difficulty in securing sponsors and donations.

6. Start date of the project: 01 January 2020

End date for the project: 31 December 2020

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 in June
- b. Steering committee meetings – Second Tuesday of each month from September to June
- c. On-going expansion of communication to seniors through constant updating of email and phone contacts and expansion of places where posters are displayed
- d. On-going promotion of events in newspaper and other media through partnerships with local age friendly business partners



Grant for Assistance Joint Application

8. Please provide a detailed financial budget for the project.
- a. See attached
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. Discussion at monthly steering committee meetings regarding current and upcoming events
 - e. Maintain records of community partners engaged in age friendly activities
 - f. 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.

[Redacted signature]

Chairperson

[Redacted signature]

Vice-Chair

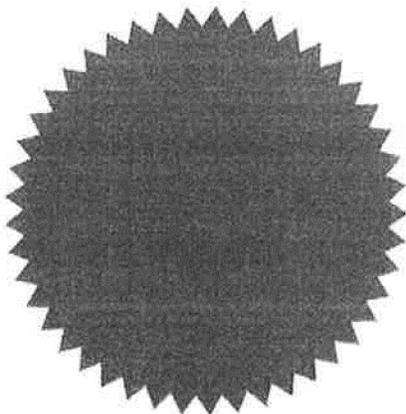


Number: S-0065655

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*

CAROL PREST
Registrar of Companies
PROVINCE OF BRITISH COLUMBIA
CANADA

AGE FRIENDLY Society of the South Cariboo

Board of Directors - as of 30 May 2019

Last Name	Address	Contact	Position	Email
CANTY	Pamela Jean PO Box 164, Bridge Lake, BC V0K 1E0 [REDACTED]	[REDACTED]	Director-at-large	[REDACTED]
DUNSMUIR	Gayle Marion PO Box 1535, 100 Mile House, BC V0K 2E0 [REDACTED]	[REDACTED]	Secretary	[REDACTED]
FOSSUM	Ralph PO Box 248, 100 Mile House, BC V0K 2E0 [REDACTED]	[REDACTED]	Chair/Treasurer	[REDACTED]
SHENNUM	Mary Earlene [REDACTED]	[REDACTED]	Vice-Chair	[REDACTED]
STEWART	Sherry PO Box 2426, 100 Mile House, BC V0K 2E0 [REDACTED]	[REDACTED]	Director-at-large	[REDACTED]
WAGNER	Margo Anne PO Box 183, Canim Lake, BC V0K 1J0 [REDACTED]	[REDACTED]	Director-at-large	[REDACTED]



AGE FRIENDLY SOCIETY

of the SOUTH CARIBOO

ANNUAL GENERAL MEETING (AGM)

Thursday, May 30, 2019, 1:30 to 3:00 PM

Creekside Seniors Centre, 501 Cedar Ave., 100 Mile House, BC

Thank you to the FRONT PORCH BAND for the welcoming tunes! Society Chair, Ralph Fossum, welcomed everyone present at 1:30 PM, inviting them to enjoy refreshments and the entertainment until the formal meeting begins.

The business meeting was called to order at 2:15 PM with Ralph Fossum chairing.

Vice-Chair, Mary Shennum, announced that we had 53 people present of which 38 people were members in good standing. Mary Shennum, Vice Chairperson, verified the presence of the 20% quorum needed according to the by-laws. Total membership at the time of the AGM was 111 members. Members in good standing were given voting cards upon arrival. 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.

Ralph Fossum called for additions to the agenda. There were no additions.

Motion to adopt the Agenda: moved by Ken Meville, seconded by Carla Karikstad. Carried

Mary Shennum presented the minutes of the AGM held on the 24th of May 2018. Motion to adopt the Minutes of Previous AGM: moved by Mary Shennum, Seconded by Amanda Bremner. Carried

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

Reports:

Chair: Ralph expressed gratitude to the Directors, Members and Volunteers for their commitment to the work of the Society. Ralph emphasized the on-going efforts of the members of the Steering Committee who provide direction and support of all the Society's work. He also gave an example of how the Steering Committee works collaboratively with each other and with our partners creating a network of support for age friendly programs. Ralph also spoke about recent announcements related to seniors housing – 36 units at the 108 Mile Ranch and 20 units at Carefree Manor.

Executive Director: Lea spoke of the success and growth of the organization reflected in the strong attendance of events, willingness of people/organizations/businesses to support our work, and of the steady growth of membership since the society's inception in 2016. The society was recently nominated for excellence in a non-profit organization at the Chamber of Commerce Awards Business Excellence ceremony. A comprehensive report is found in the AGM booklet.

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

Motion to approve the financial report: moved by Lory Rochon, seconded by Jenny Jensen. Carried.

Motion to appoint PMT, CPA, LLP, if the Board of Directors deems it necessary: moved by Wendy Hamlin, seconded by Helen Hall. Carried.

Nominations to the Board: Nominations for a two-year term were put forward by the nominating committee: Ralph Fossum, Sherry Stewart, Margo Wagner (One year remaining in a two-year term: Gayle Dunsmuir, Pam Canty, and Mary Shennum).

Election of Nominees: All nominees for two-year terms were elected unanimously through a show of hands.

Board of Directors: Ralph Fossum – 2 yrs.; Sherry Stewart – 2 yrs.; Margo Wagner – 2 yrs.; Pam Canty – 1yr. remaining; Gayle Dunsmuir – 1 yr. remaining; Mary Shennum – 1 yr. remaining.

Officers will be chosen from and by the elected directors.

How are you finding the aging process in the South Cariboo?

Ken Meville, Len Aune, Barbara Hooper and Kai Rasmussen were invited to share their "story" about how they were finding the aging process in the South Cariboo. It was acknowledged that this segment will become a welcome addition to upcoming community gatherings.

Special Thanks was extended to Jackie O'Gorman for her dedication and skill in providing refreshments at all our Society's events. Acknowledgement was also given to Tom Fisher for providing a musical "introduction" to our age friendly events over the past months.

Adjournment: The meeting was adjourned at 3PM upon a motion by Christine Gallagher, Seconded by Amanda Bremner.

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

Financial Report (Actual Revenue and Expenses) at 31 December 2018

Opening Balances at 31 December 2017:

Age Friendly Chequing Account	\$	6,115.35
Age Friendly Gaming Account	\$	0.50
Age Friendly Shares Account	\$	25.00

\$ 6,140.85

Revenues:

	Engaging Seniors	Seniors Directory	Seniors Fair	TOTAL
District of 100 Mile House	\$ 7,500.00			\$ 7,500.00
Cariboo Regional District	\$ 2,250.00			\$ 2,250.00
CRD - Grant for Bags	\$ 1,000.00			\$ 1,000.00
BCCRN-Directory		\$ 2,913.48		\$ 2,913.48
BCCRN-Fair			\$ 2,787.33	\$ 2,787.33
Membership	\$ 1,323.00			\$ 1,323.00
Donations-fair, directory, bags	\$ 2,397.30			\$ 2,397.30
Donations-general at gatherings	\$ 350.00			\$ 350.00
Credit Union Dividend	\$ 1.00			\$ 1.00
	\$ 14,821.30	\$ 2,913.48	\$ 2,787.33	\$ 20,522.11

Expenses:

	Engaging Seniors	Seniors Directory	Seniors Fair	TOTAL
AF Coordination	\$ 8,550.00	\$ 150.00	\$ 300.00	\$ 9,000.00
Casual Labour (Catering)	\$ 700.00		\$ 200.00	\$ 900.00
Supplies & Expenses	\$ 1,026.55	\$ 2,594.96	\$ 939.44	\$ 4,560.95
Food and supplies	\$ 423.59		\$ 747.41	\$ 1,171.00
Venue rentals	\$ 685.64		\$ 210.00	\$ 895.64
Advertising	\$ 594.26	\$ 168.52	\$ 390.48	\$ 1,153.26
Volunteer appreciation	\$ 25.00			\$ 25.00
Age Friendly business	\$ 65.00			\$ 65.00
Chamber of Commerce membership	\$ 59.85			\$ 59.85
AFSSC Cloth bags	\$ 1,733.06			\$ 1,733.06
AFSSC Liability Insurance	\$ 610.00			\$ 610.00
Service charges	\$ 164.10			\$ 164.10
Annual report filing plus transition pkg.	\$ 80.00			\$ 80.00
	\$ 14,717.05	\$ 2,913.48	\$ 2,787.33	\$ 20,417.86

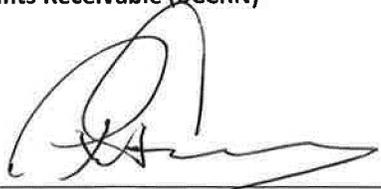
Opening balances plus revenues less expenses:

\$ 6,245.10

Represented by:

Age Friendly Chequing	\$	3,206.77
Age Friendly Shares Account	\$	26.00
Prepaid Expense	\$	225.00
Accounts Receivable (BCCRN)	\$	2,787.33

\$ 6,245.10



 DIRECTOR



 DIRECTOR

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO - List of Events - 2018/2019

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
25-Jan-18	Josh Dickerson	Rec Centre Proposed Expansion	Age Friendly	Creekside Seniors Centre	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 2018 AGE FRIENDLY BUSINESS AWARD					
8-Mar-18	Julie Meyer, WL&D Credit Union	Identify Theft & Fraud Prevention	Age Friendly	Creekside Seniors Centre	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	AFSSA 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 resources	Interlakes Farmers' Market	Interlakes Farmers' Market	
11-Aug-18	South Cariboo Summer Festival	Showcase Age Friendly activities and resources	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
25-Oct-18	Mike Winkel-Primary Care Paramedic, Laura Dewar-	Responding to a medical emergency, resources to cope with stress & anxiety, referral to fire mitigation project	Age Friendly	Creekside Seniors Centre	108
	Community Wellness Manager, Brianna Clark-Fire Mitigation Project Supervisor				

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO - List of Events - 2018/2019

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
29-Nov-18	Detachment Commander Svend Nielsen, 100 Mile R.C.M.P.	Fireside Chat - 911, Fraud awareness, Cannabis Legislation	100 Mile Free Press	Creekside Seniors Centre	62
31-Jan-19	Phil Doddridge	Winter Driving	Age Friendly	Creekside Seniors Centre	61
28-Feb-19	Tomas Slosarek	Hearing Loss Awareness & Solutions	Centurey Home Hardware	Creekside Seniors Centre	82
Congratulations to AGE FRIENDLY SOCIETY OF THE 2019 AGE FRIENDLY BUSINESS AWARD WINNER OF THE 2019 AGE FRIENDLY BUSINESS AWARD Nominee					
28-Mar-19	Barry & Tracy McMurren Cariboo Sleep Care Ltd.	Does someone you love snore? They may have sleep apnea.	Williams Lake District Credit Union	Creekside Seniors Centre	75
25-Apr-19	Tera Grady, Cariboo Regional District, and Oliver Berger	Recycling - Do's and Don'ts	Donex	Creekside Seniors Centre	84
30-May-19	AFSSC Annual General Meeting	AGM, Entertainment by Front Porch Band, Steering Committee Overviews, Annual Report	Age Friendly	Creekside Seniors Centre	53
20-Jun-19	4th Seniors Resource Fair	Seniors connecting with resources/seniors/community members, service provider networking, light lunch	100 Mile Free Press, Age Friendly Society and Community Partners	South Cariboo Rec Centre	600

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"

2019 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 attached.

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 01 Jan to 31 Dec 2020



	CRD/DOHM Grant for assistance	Donations In Kind	Other	TOTAL
Venue rental	1,000	1,000		2,000
Events Coordination	2,000	1,800	5,900	9,700
Supplies - refreshments, office, long distance	1,000	1,200	1,800	4,000
Bank charges	-	-	300	300
Insurance	-	-	700	700
Advertising - posters, advertisement, email	500	550	550	1,600
Age Friendly coordination	500	2,700		3,200
Total Estimated Budget	\$ 5,000	\$ 7,250	\$ 9,250	\$ 21,500

**The next
AGE
FRIENDLY
event is:**



District of 100 Mile House



AF Age
Friendly
Society

**Thursday, September 26, 2019
from 1:30 to 3:00pm**

**Creekside Seniors Centre
501 Cedar Ave. - South of former 100 Mile Junior High**

**A sense of place
in the Cariboo Chilcotin**

**Presented by:
Chris Harris, Photographer and Visual Artist**

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 or Call: 250-791-6406**

*Thank you to the District of 100 Mile House, the Cariboo Regional District
and the Royal Canadian Legion Branch 260 for their support.*



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia

We also acknowledge the Province of BC for financial support.

This ad is sponsored by

AF Age
Friendly
Society of the South Cariboo



AGE FRIENDLY SOCIETY of the SOUTH CARIBOO

ANNUAL REPORT

Presented: Thursday, May 30, 2019

Creekside Seniors Centre, 501 Cedar Ave., 100 Mile House, BC

The attached document is the report submitted at the 2019 Annual General Meeting and shared with all attendees. We have included this report with the GRANT FOR ASSISTANCE JOINT APPLICATION as it provides an overview of the activities and accountability of the Age Friendly Society of the South Cariboo. This report summarizes the following:

- Acknowledgement of 2018/2019 partners that work in collaboration with the Age Friendly Society of the South Cariboo providing evidence of how the society embeds its programs and services into the community
- Documents such as the previous year's minutes and financials as required by the Society Act of BC
- Non-Profit Business Excellence Award Nominee Certificate issued by the South Cariboo Chamber of Commerce to demonstrate an acknowledgement by the community of the work done by the Society
- List of Events for 2018/2019 summarizing the dates, guest presenters, topics, event sponsorship, location and numbers of attendees of events
- Brief biographies of Board of Directors showing the diversity, experience and interests of leadership of the organization.

In addition to this document it is important to acknowledge the Steering Committee members who provide a valuable connection to the people of the South Cariboo - the eyes, ears and voice of the organization:

Mandy Bremner, Ella Brown, Pam Canty, Josh Dickerson, Gayle Dunsmuir, Ralph Fossum, Lori Fry, Chris Lance, Bruce Madu, Jody Malm, Donna Morrison, Jackie O'Gorman, David Shaw-Maclaren, Mary Shennum, Lea Smirfitt, Sherry Stewart, John Tutte, Elsie Urquhart, Margo Wagner, Duncan Watson

Seniors are involved in the planning, decision-making, communication, community connections, phone calls, poster display, venue set up, refreshments and program direction. Age Friendly is open to people of all ages and is enjoying increasing numbers of attendees including many folks who are new to the Cariboo. Thank you for your support.

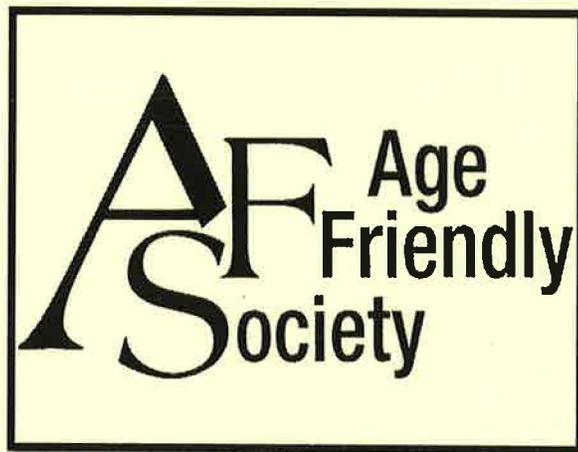
WELCOME

2019 ANNUAL GENERAL MEETING

AGE FRIENDLY SOCIETY

OF THE

SOUTH CARIBOO



30 MAY 2019 – 1:30 TO 3:00 PM

CREEKSIDE SENIORS CENTRE

(501 CEDAR AVENUE)

100 MILE HOUSE, BC

- 111+ members .
- 2 years going

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO



Annual General Meeting (AGM)
Thursday, May 30, 2019, 1:30 to 3:00 PM
Creekside Seniors Centre



1:30 PM	WELCOME and invitation to enjoy REFRESHMENTS	Chair, Ralph Fossum
	Let's listen to the welcoming tunes of the FRONT PORCH BAND	
	DOOR PRIZE Draw - Thank you to our community and Jackie!	Lea Smirfitt
2:15 PM	Call Business Meeting to Order	Chair, Ralph Fossum
	Voting by Members in Good Standing - 111 Members Per By-Laws - Verify Quorum (20%)	Mary Shennum
	Agenda:	
	Call for Additions	Ralph Fossum
	Motion to Adopt	<input type="text"/>
	Minutes of Previous Meeting	
	Minutes of 24 May 2018 - see Program	Mary Shennum for Gayle Dunsmuir
	Motion to approve minutes	<input type="text"/>
	Financial Report:	
	Report 01 Jan. 18 to 31 Dec. 18 - see Program	Ralph Fossum for Dave Shaw-MacLaren
	Motion to accept Treasurer's Report	<input type="text"/>
	Motion to appoint PMT CPA LLP, if necessary	<input type="text"/>
	Acknowledgement of current BOARD OF DIRECTORS and STEERING COMMITTEE	Ralph Fossum and Lea Smirfitt
	Reports:	
	Chairperson	Ralph Fossum
	Executive Director - See <i>List of Events</i> and <i>Thank You's</i>	Lea Smirfitt
	Nominations to the Board - Nominating Committee	See Program
	Election of Directors and Officers	Lea Smirfitt
	"Special thanks" to Jackie O'Gorman and Tom Fisher	Lea Smirfitt
2:45 PM	Motion to adjourn formal AGM	<input type="text"/>
	How are YOU finding the aging process in the South Cariboo?	Guests speak about their experiences
	Announcements - Seniors Resource Fair - Bring your AF bags	Would you like to help out?
	Draw for remaining DOOR PRIZES	Lea Smirfitt

AGE FRIENDLY SOCIETY
OF THE SOUTH CARIBOO

Acknowledgement of 2018/2019 Partners

Thank You!

The Board and Membership of the Age Friendly Society of the South Cariboo wish to acknowledge the tremendous support we receive from ALL our community partners including:

- District of 100 Mile House
- Cariboo Regional District
- Province of BC
- Royal Canadian Legion Branch 260 – Gaming Funds
- BC Community Response Network BCCRNS.ca
- All our GUEST PRESENTERS
- Canlan Icesports Corp./South Cariboo Rec Centre
- Creekside Seniors Centre/Cariboo Elders Building & Rec Society
- 100 Mile House Free Press
- Country 840 AM Radio
- CaribooRadio.com
- South Cariboo Chamber of Commerce
- Cariboo Chilcotin Partners for Literacy
- Cedar Crest Society for Community Living
- New Roads Nutritional Consulting
- Tom Fisher, Musician
- MLA Donna Barnett
- Local Businesses and Organizations – sponsoring ads, displaying posters, presenting topics of interest, providing resources, donating door prizes
- ALL OUR VOLUNTEERS without whom we would not enjoy such success in providing age friendly activities and supports.



AGE FRIENDLY SOCIETY of the SOUTH CARIBOO

PO Box 1388, 100 Mile House, BC V0K 2E0 sc.agefriendly@gmail.com Phone 250 791 6406 or 250 395 4375



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)

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. At the time of the AGM there were a total of 92 members; 45 people attended the AGM, 30 of whom are members.

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

Financial Report (Actual Revenue and Expenses) at 31 December 2018

Opening Balances at 31 December 2017:

Age Friendly Chequing Account	\$	6,115.35
Age Friendly Gaming Account	\$	0.50
Age Friendly Shares Account	\$	25.00

\$ 6,140.85

Revenues:

	Engaging Seniors	Seniors Directory	Seniors Fair	TOTAL
District of 100 Mile House	\$ 7,500.00			\$ 7,500.00
Cariboo Regional District	\$ 2,250.00			\$ 2,250.00
CRD - Grant for Bags	\$ 1,000.00			\$ 1,000.00
BCCRN-Directory		\$ 2,913.48		\$ 2,913.48
BCCRN-Fair			\$ 2,787.33	\$ 2,787.33
Membership	\$ 1,323.00			\$ 1,323.00
Donations-fair, directory, bags	\$ 2,397.30			\$ 2,397.30
Donations-general at gatherings	\$ 350.00			\$ 350.00
Credit Union Dividend	\$ 1.00			\$ 1.00
	\$ 14,821.30	\$ 2,913.48	\$ 2,787.33	\$ 20,522.11

Expenses:

	Engaging Seniors	Seniors Directory	Seniors Fair	TOTAL
AF Coordination	\$ 8,550.00	\$ 150.00	\$ 300.00	\$ 9,000.00
Casual Labour (Catering)	\$ 700.00		\$ 200.00	\$ 900.00
Supplies & Expenses	\$ 1,026.55	\$ 2,594.96	\$ 939.44	\$ 4,560.95
Food and supplies	\$ 423.59		\$ 747.41	\$ 1,171.00
Venue rentals	\$ 685.64		\$ 210.00	\$ 895.64
Advertising	\$ 594.26	\$ 168.52	\$ 390.48	\$ 1,153.26
Volunteer appreciation	\$ 25.00			\$ 25.00
Age Friendly business	\$ 65.00			\$ 65.00
Chamber of Commerce membership	\$ 59.85			\$ 59.85
AFSSC Cloth bags	\$ 1,733.06			\$ 1,733.06
AFSSC Liability Insurance	\$ 610.00			\$ 610.00
Service charges	\$ 164.10			\$ 164.10
Annual report filing plus transition pkg.	\$ 80.00			\$ 80.00
	\$ 14,717.05	\$ 2,913.48	\$ 2,787.33	\$ 20,417.86

Opening balances plus revenues less expenses:

\$ 6,245.10

Represented by:

Age Friendly Chequing	\$	3,206.77
Age Friendly Gaming Account	\$	-
Age Friendly Shares Account	\$	26.00
Prepaid Expense	\$	225.00
Accounts Payable	\$	-
Accounts Receivable (BCCRN)	\$	2,787.33

\$ 6,245.10

*Non-Profit Business
Excellence Award Nominee
Age Friendly Society of the South Cariboo*



**South Cariboo
Chamber of Commerce**

March 2, 2019

DATE

Shelly Morton

EXECUTIVE DIRECTOR

AGE FRIENDLY SOCIETY of the SOUTH CARIBOO - List of Events - 2018/2019

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
25-Jan-18	Josh Dickerson Joanne Doddridge, Ulli Vogler, Shelly Morton, Christine Gallagher, MJ Cousins	Rec Centre Proposed Expansion Results of "Business Walk" - seeking mature workers	Age Friendly	Creekside Seniors Centre	83
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 2018 AGE FRIENDLY BUSINESS AWARD					
8-Mar-18	Julie Meyer, WL&D Credit Union	Identify Theft & Fraud Prevention	Age Friendly	Creekside Seniors Centre	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 resources	Interlakes Farmers' Market	Interlakes Farmers' Market	
11-Aug-18	South Cariboo Summer Festival	Showcase Age Friendly activities and resources	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
25-Oct-18	Mike Winkel-Primary Care Paramedic, Laura Dewar- Community Wellness Manager, Brianna Clark-Fire Mitigation Project Supervisor	Responding to a medical emergency, resources to cope with stress & anxiety, referral to fire mitigation project	Age Friendly	Creekside Seniors Centre	108

AGE FRIENDLY SOCIETY of the SOUTH CARIBOO - List of Events - 2018/2019

DATE	GUEST PRESENTERS	TOPIC	AD SPONSOR	LOCATION	#'s
29-Nov-18	Detachment Commander Svend Nielsen, 100 Mile R.C.M.P.	Fireside Chat - 911, Fraud awareness, Cannabis Legislation	100 Mile Free Press	Creekside Seniors Centre	62
31-Jan-19	Phil Doddridge	Winter Driving	Age Friendly	Creekside Seniors Centre	61
28-Feb-19	Tomas Slosarek	Hearing Loss Awareness & Solutions	Centurey Home Hardware	Creekside Seniors Centre	82
Congratulations to BLISSSED OUT YOGA - WINNER OF THE 2019 AGE FRIENDLY BUSINESS AWARD AGE FRIENDLY SOCIETY of the South Cariboo - Non-Profit Business Excellence Award Nominee					
28-Mar-19	Barry & Tracy McMurren Cariboo Sleep Care Ltd.	Does someone you love snore? They may have sleep apnea.	Williams Lake District Credit Union	Creekside Seniors Centre	75
25-Apr-19	Tera Grady, Cariboo Regional District, and Oliver Berger	Recycling - Do's and Don'ts	Donex	Creekside Seniors Centre	84
30-May-19	AFSSC Annual General Meeting	AGM, Entertainment by Front Porch Band, Steering Committee Overviews, Annual Report	Age Friendly	Creekside Seniors Centre	
20-Jun-19	4th Seniors Resource Fair	Seniors connecting with resources/seniors/community members, service provider networking, light lunch	100 Mile Free Press, Age Friendly Society and Community Partners	South Cariboo Rec Centre	

AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO

NOMINATIONS TO THE 2019 BOARD OF DIRECTORS

What is the role of the Board of Directors?

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 to guide the AGE FRIENDLY SOCIETY of the SOUTH CARIBOO through another year, paving the way for this organization to enjoy considerable success in furthering AGE FRIENDLY goals.



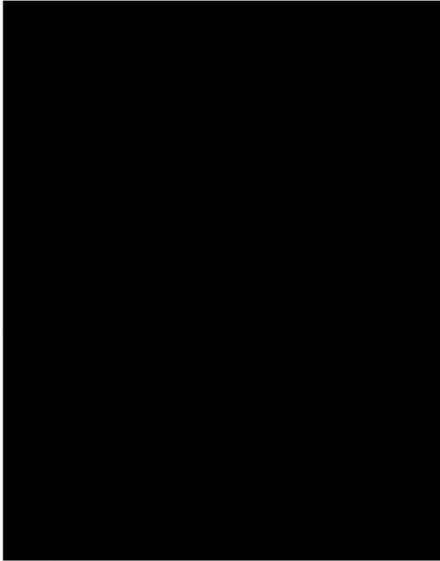
“Our mission is to support people to age safely, enjoy wellness and to continue to live and participate fully in their communities.”

AGE FRIENDLY SOCIETY of the SOUTH CARIBOO

Nominated for a Two-Year Term

Ralph Fossum

As a Councillor on the District of 100 Mile House Council, Ralph is active with many community groups and activities. He has lived in the Cariboo for over 44 years and is in his sixth term of office. Ralph is now retired from his business background. He has a passion for all things "Age Friendly" and he hopes to see it continue and flourish.



Sherry Stewart

Sherry has lived in the 100 Mile area for most of the last 50 years. She and her husband and 3 children settled on Roe Lake in 1968, and she has been writing pioneer articles, including her own family's experiences in the Cariboo, for both the 100 Mile Free Press and the Interlaker since 1969. A long-time member of the Cattlebelles and a former director of the B.C. Farm Women's Network, she was also a director for the South Cariboo Ag Centre, is a member of the Horse Lake Co-Op (CEEDS), and has had a booth for several years at the local Farmers Market.

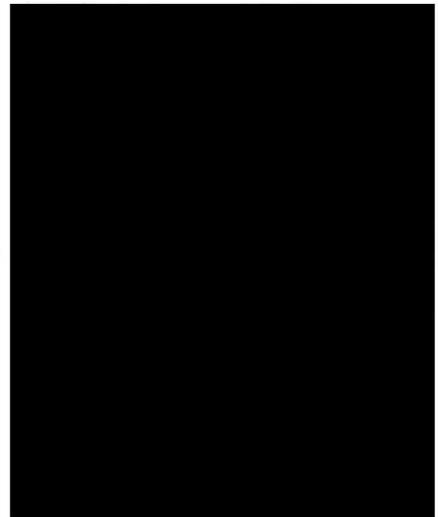


As an obstetrical specialist she has assisted in over 4,000 births. She later helped create the Doula movement and participated in training the early Canadian doulas.

"I have aged right along with 100 Mile House," she says, "And now, at my age, I am experiencing mobility issues. Because of that, I am especially inspired to do what I can to work toward helping local businesses become more aware of what they might do to make a trip to town more comfortable for handicapped and mobility challenged 100 Milers. Our Age Friendly family is vibrant and growing rapidly, and we are so lucky to have a local forum available to look at issues like low cost housing, food, transportation, and ease of mobility in our community."

Margo Wagner

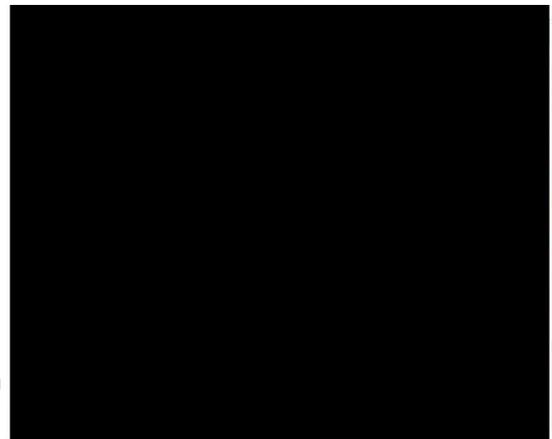
As the Cariboo Regional District Director for Area H, representing Forest Grove and Canim Lake, Margo represents the Cariboo Regional District on the steering committee for the Age Friendly Society of the South Cariboo. Margo and her husband moved to the Cariboo from Alberta in 2004 after Margo retired 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, Chair of Northern Development Initiative Trust (NDIT) and Co-Chair of the South Cariboo Joint Caucus.



One Year remaining in a Two-Year Term

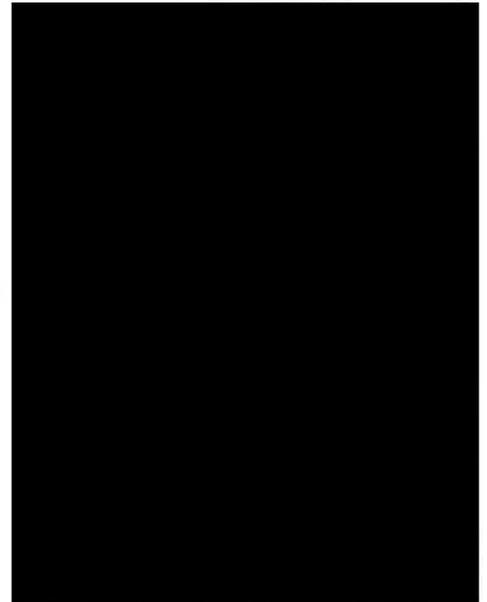
Gayle Dunsmuir

45 years of making 100 Mile House their home, and following retirement, Gayle and her husband have committed to continue to live in the area as long as the community can continue to meet their needs as they age. The AGE FRIENDLY SOCIETY of the SOUTH CARIBOO provides Gayle with an opportunity to help shape the community she believes we need now as well as into the future. Although all of the areas of concern identified in work done by the age friendly initiative are important to her, at this time her focus is on the resources needed to keep our population of seniors physically healthy. Gayle sits as a Director on the Board of the Society as well as being on the steering committee.



Pam Canty

Pam Canty and her husband moved to the Bridge Lake area in 2006. She joined the Age Friendly committee in 2014 with the idea of helping to promote aging well in a rural community. Areas of particular interest to Pam are aging in place with the aid of home care and promoting other services such as transportation. Pam became a Director of Age Friendly when the organization became a Society. She is also a Director of the South Cariboo Health Foundation.



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 a director 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.

