International Day of Older Persons

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ELDERCARE FOUNDATION
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Institute on Aging & Lifelong Health

VENUE SPONSOR:

THE SCHENK GROUP
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International Day of Older Persons

Join us as we celebrate the valuable contributions of older adults in our community.

October 1st, 2019 • 1:30pm - 4pm • Union Club of British Columbia
TODAY’S AGENDA

Welcome & Opening Remarks
◆ Scott Hofer, Director, IALH
◆ Lori McLeod, Exec. Director, Eldercare
◆ Peter Schenk, The Schenk Group

Valued Elder Recognition Awards

Light Afternoon Tea Service

Keynote Lecture: “Cannabis in the Treatment of Pain, Mental Health & Addiction”
◆ Philippe Lucas, PhD(c)

3:50pm  Closing Remarks

United Nations International Day of Older Persons

On 14 December 1990, the United Nations General Assembly designated October 1st the International Day of Older Persons (IDOP).

On this 29th anniversary, the United Nations has designated it the year to celebrate “The Journey to Age Equality”. The aim is to “ensure equal opportunity and reduce inequalities of outcome,” which includes measures to eliminate discrimination, and to “empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or other status.”

Too often, we only see, hear and read about the negative trends and impacts of our aging population. The journey to age equality starts with celebrating the significant contributions of older adults. By shining a spotlight on their dedication to volunteer service and the resulting multiple benefits to society, we can begin our journey of appreciation and understanding of the immense value older adults contribute to their communities and to society as a whole.

PHILIP EDWARD KYRLE SYMONS

From 1986-1994 Philip was a member of Amnesty International, and wrote a number of letters to free political prisoners, end drug cartels, and protect citizens from violence.

Philip joined the Social Responsibility Committee of First Unitarian Church of Victoria in 1994, where he served on the Church’s Board and the Social Responsibility Coalition (SRC) in a number of positions. Philip led the SRC’s Democracy team for 7-8 years, currently acting as secretary and contact person. Phillip also volunteers on the Church’s Core Group for Greater Victoria Acting Together (GVAT), which created the ‘Listening Campaign’ as a communication tool regarding social justice issues.

In 1996 Philip joined the Canadian Unitarians for Social Justice (CUSJ), and in 1999 he became an executive member. From 2001-2005, Phillip served as President for CUSJ, later moving into the position of Editor of CUSJ’s JUSTnews until 2017.

Philip began volunteering for the Victoria Chapter of Fair Vote Canada in 1998, holding executive positions until 2015, and still remains a member today. In 2005 he joined Faith in Action, which has sent a delegation to the Minister of Housing and staged demonstrations. From 2006-2008 Philip became a part of Wise Democracy, which assembled people to determine thoughtful citizen ideas for municipal city problems. Philip is also an active member of the First Unitarian Church of Victoria’s choirs, and also the High Noon Choir where proceeds from their events have gone towards the food bank and a project in Mozambique to help build a school.

From those who volunteer with them:

“He is deeply compassionate. He cares profoundly about … individuals and about alleviating immediate situations of suffering. But he also has a broad and futuristic outlook…” – Don Vipond, Social Responsibility Coalition
MARY JOAN SHARKEY

Mary Joan volunteered with the Legion in St Albert- Alberts Ladies Auxiliary from 1980-1990. She joined the Girl Guides with her daughter, and volunteered for 10 years in Ontario, Manitoba, and Alberta, holding the position of Guide Captain.

In 1993 Mary Joan began volunteering with the Saanich Volunteer Services Society and volunteers in a number of positions, including reception, driving, companion visitor, fundraiser, gatherer of volunteer statistics, and birthday card writer. She volunteers with the Saanich Volunteer Services Society’s Low Vision Macular Degeneration Support Group, where she assists in group meetings and acts as a companion visitor for members who are quiet and socially isolated.

Additionally, from 1994-2004 Mary Joan volunteered with Goward House as a kitchen volunteer, assisting with lunch service, shopping, and clean up.

From those who volunteer with them

“Over the years Mary Joan has been involved in various ways to help our organization grow, be financially sound and to help achieve our mission to promote independent living and enhance the quality of life of our clients…. When I think about our fundraising event I think of people like you, Mary Jo. Your time and commitment is what makes SVSS successful. “
– Cherie Miltimore, Saanich Volunteer Services Society

Valued Elder Recognition Award

The Valued Elder Recognition Award (VERA) is celebrated each year in conjunction with United Nations International Day of Older Persons on October 1st.

VERA came into being because concerned seniors involved with the then-Centre on Aging wanted to honor and celebrate their fellow volunteers.

The VERA has its roots in the UVic Institute on Aging (formerly Centre on Aging) and over the past 18 years, it has been our pleasure to celebrate over 70 outstanding volunteers. In 2017, the institute branched out to bring the Eldercare Foundation into the VERA celebration as an esteemed partner for this very worthy volunteer recognition.

Today’s Valued Elder Recognition Award honours each of our eight nominees, all of whom exemplify VERA. The Institute on Aging and Lifelong Health and the Eldercare Foundation wish to recognize and honour these individuals who, over their lifetime, have given exemplary service in helping others.

Thank you for being here today to celebrate with us. Please take a moment to enjoy reading about the community contributions of our 2019 Valued Elder Recognition Award recipients in the following pages.

All of the VERA recipients are commemorated on plaques located at the Institute on Aging and Lifelong Health in R Hut (off McKenzie Ave.) at the University of Victoria.

Please come visit us!
Much of our research is rooted in a broad orientation to health that includes attention to the social, psychological, environmental, and cultural contexts in which people live, as well as the institutions responsible for the health of our population.

Aging is a life-long process requiring attention to developmental influences and changes that occur across the life course.

Through research, we contribute to improving people’s health and quality of life, and assist families, health care providers, and policymakers in meeting the challenges and potentials of an aging society.

We pursue and engage in activities that:

- Contribute to the training of skilled research personnel which includes promoting and facilitating post-doctoral, graduate, and undergraduate training within the area of aging and health
- Facilitate communication and collaboration among scholars, practitioners, policy makers and older adults
- Mobilize knowledge on aging and health with scientists, practitioners, and the public
- Promote the translation of research findings into interventions, services, products and policies relevant to older adults.

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IRIS SCHOFFER
Iris started volunteering at a young age through her involvement in the Brownies, Girls’ Auxiliary, Sunday School, and through her participation in several charity and service groups.

In 1998 Iris began volunteering in the gift shop of the Luther Court Society, which raises funds for its assisted living facilities’ residents and day programs. Iris feels a “… devotion to the people who live there, to the seniors who attend the weekly day care programs and to the caring, dedicated employees.”

Iris has been an active member of the Lutheran Church of the Cross for forty-seven years, and has been involved with the Luther Court Society since it began. She and her late husband were some of the initial members of the organizing and fundraising committee, and the historical collections. In the 1990’s Iris held the position of Director for the Board at the Luther Court Society for three years. Iris was Treasurer of the Karren Stinson Bursary for 18 years, which was created in memory of a congregational youth worker who passed away. She has also been a member of the Altar Guild for 30+ years.

Why do YOU volunteer?

“My life is full. I treasure my commitments, whether they are to my family, my church, Luther Court, my friends or my volunteer work… There is always a way to help out, no matter what constraints age may place upon a person.”
MARGARET MONRO

In 1991 after her mother developed early-onset Alzheimer’s, Margaret started a caregivers’ support group with the help of the Family Caregivers of BC, the Alzheimer Society of BC, and the Salt Spring Seniors Services Society. Margaret co-facilitates the Caregivers’ Meditation each week prior to the support group.

Margaret also manages the Arts and Crafts in the local Seniors’ Building.

Margaret volunteers at the Lady Minto Hospital Ladies Auxiliary thrift store, in which proceeds go towards the care and comfort of patients in hospital, extended care, and the Greenwoods Long Term Care Facility.

Margaret has served on the Board of the Gulf Islands Seniors' Residence Association for the past 15 years.

Margaret coordinates the annual luncheon and celebration of veterans for retired lady officers of the Canadian Military on November 11th.

Additionally, Margaret participates in the Salt Spring Health Advancement Network.

Why do YOU volunteer?

“I started the [support] group because my Mother was diagnosed with what I now realize was early onset Alzheimer’s... There was no support or information out there at all... I vowed that when I finally moved to Salt Spring I would never let anyone take that long and lonely road down the dementia path alone.”

The Eldercare Foundation, established in 1982, is a registered charity that raises and manages funds dedicated to supporting the provision of an enhanced quality of life for older adults living in long-term care and in their own homes in community.

The Foundation is not government funded and relies on donations from individuals, businesses, service clubs, and special events. The purposes of the Foundation include promoting health care research projects, studies, and undertakings related to the general advancement of the health of older adults while fostering and encouraging the development and expansion of care for older adults in Canada.

As part of Eldercare’s Embrace Aging initiative, launched in 2006 and celebrated each March, Eldercare has partnered with numerous organizations run by, and for, seniors to promote healthy aging. Embrace Aging raises awareness and encourages people to connect to resources, educational opportunities, and activities in their community to help them navigate and embrace the journey of aging.

To learn out more about the Eldercare Foundation or to make a donation, please visit our website or give us a call and we’d be happy to share more about our important work.

Eldercare Foundation
1454 Hillside Ave, Victoria, BC V8T 2B7
Tel: 250-370-5664 Website: www.gvef.org
Registered charity #898816095RR0001
The Schenk Group is an investment team that is committed to providing individuals, families and businesses with comprehensive financial solutions with the highest level of customer care.

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The goals of our clients are paramount and they are the focus of our practice. Please give us a call to learn how we can help you.

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A heartfelt thanks to our Venue Sponsor

**WENDY LEYLAND**

Wendy volunteered with the Victoria Genealogical Society from 1998-2015, to pursue her interest in family history research. Wendy has served in a number of positions including secretary on the executive, and special interest group leader.

Wendy joined the University of Victoria Retirees Association from 2008-2013 as an office volunteer and later as the secretary of the executive from 2009-2010.

In 2003 Wendy began volunteering at the Belfry Theatre, and is active in assisting in numerous roles from front-of-house, concessioner, greeter, and ticket taker.

Wendy joined the Thrifty Foods Sendial Program as a phone volunteer from 2009-2014. Currently, Wendy is the Team Captain for phoners and shoppers at the Thrifty Foods Sendial Program.

In 2015 Wendy joined the Sooke Philharmonic Society, and is still an active volunteer for events, seeking raffle ticket prizes, and lift operation.

**From those who volunteer with them:**

“Wendy has a consistently friendly, welcoming and encouraging attitude toward all the volunteers. She is always willing to accommodate any “special needs” or preferences volunteers might have in the performance of their duties.”

– Jennifer Larsen, Thrifty Foods Sendial Program Volunteer
MURRAY GALBRAITH

Murray began volunteering with the Mental Health Recovery Partners (formerly the BC Schizophrenia Society, Victoria Branch), when his daughter was diagnosed with schizophrenia. In 1984 after he and his family had trouble accessing information and services, Murray and his wife became volunteers and advocates for this important cause.

Since 1984 Murray has held many positions including but not limited to Board Member, Board Treasurer, Board President with multiple tenures, event assistant, partnership presentation speaker, and transportation volunteer. Having been involved with the organization since it began Murray has a wealth of knowledge and speaks openly about mental illness and reducing its stigma.

Murray also has served as a Board Member for the Provincial BC Schizophrenia Society, as well as the National Schizophrenia Society of Canada. In 2004, Murray was awarded the Schizophrenia Society of Canada’s Volunteer of the Year Award.

Why do YOU volunteer?

“I became involved with the BCSS [now the Mental Health Recovery Partners] when my daughter was diagnosed with schizophrenia. We had trouble accessing any information at all from hospitals and doctors. Desperate for information about mental illness and our daughter’s condition, we became advocates for this important cause.”

KEYNOTE LECTURE

Philippe Lucas PhD(c) is Vice President, Global Patient Research and Access at Tilray, a federally authorized medical cannabis company based in Nanaimo, B.C., and a Graduate Researcher with the Canadian Institute for Substance Use Research at the University of Victoria. His scientific research includes the use of cannabis in the treatment of pain, mental health conditions and addiction.

Philippe is the founder of the Vancouver Island Compassion Society, and a former Victoria city councillor. He has received a number of accolades and awards for his work, including the Queen Elizabeth II Diamond Jubilee Medal for his research and advocacy on medical cannabis.

“Cannabis in the Treatment of Pain, Mental Health & Addiction”

This presentation will provide a broad overview of medical cannabis in Canada, with a focus on the treatment of pain, mental health and addiction. Additionally, the presentation will examine new research on the use of medical cannabis in older populations.
RONALD THOMAS (RON) BILINSKY

Ron began volunteering in his youth, and was nominated for the position Youth Vice President of Northern Ontario’s Mentally Handicapped Association. He started volunteering with the Scouts of Canada as a Beaver Scout leader in 1992. Since then Ron has held many positions within the Scouts including Group Commissioner in Brentwood Bay. He was part of the Restoration Committee for the 100-year old, “Old Schoolhouse”, which now serves the Scouts and Guides. For three years Ron served as the Scouts Saanich Peninsula Deputy Area Commissioner for the Honours and Awards program. As a member of the Scouts 30th Baden Powell Guild, Ron oversees Scout House’s Archives and Museum. As a member of Camp Barnard’s Camp Committee, he helps oversee camp operations and established the Ham Radio Shack, as well as acquiring a Defibrillator (AED) for Scout House and Camp Barnard. Ron also has volunteered at the Klondike Derby for the past 10 years. Ron has received a 25 year recognition certificate, Merit medals and Wood Badge 2 Beads with Scouts Canada.

Ron began volunteering with Sooke Fire Department’s Emergency Support Services because of his interest in community safety. Ron has taught the Neighbourhood Emergency Preparedness Program and acts as ‘POD’ Captain in his neighbourhood. Ron is also Captain of the neighbourhood Block Watch and was a Block Parent for 25+ years. In 2012 Ron began volunteering for the Sooke RCMP/ICBC Citizens on Patrol/Speed Watch Program, hosting many monthly meetings and events. Ron also volunteers for the Sooke Fine Arts Show and Fall Fair Great Zucchini Race.

From those who volunteer with them:

“Ron’s passion to improve his community stood out right from the beginning, always keeping at the forefront the best way to run the program for both the volunteers and the community.”
– Collen Woodger, ICBC Road Safety Coordinator

JOHN RICHARD (DICK) BULLARD

Dick joined the First Victoria Scouts with his sons, volunteering as the Cub/Scout Leader from 1981-1990. Dick later became the Leader and Regional Representative for the First Garry Oak Scouts.

From the late 1980’s to the early 1990’s Dick served as the Victoria Emergency Response Representative for Warren Gardens and Despard Avenue, where he distributed Victoria Emergency Response updates, literature, and established and maintained an emergency supply catalogue.

In 1997 Dick began volunteering with the Victoria Horticultural Society, and in 2003 accepted his longstanding position of Victoria Horticultural Society Membership Director, which he still holds. As Membership Director, Dick is responsible for maintaining and updating the membership database as well as answering inquiries, and circulating information to members.

In 2001 Dick became one of the original volunteers of Friends of Abkhazi Gardens, and established a system to track attendance and membership. He also partakes in the gardening, maintaining equipment, guiding group tours, and identified and drafted updates to the Friends of Abkhazi Gardens Society’s bylaws.

Why Do YOU volunteer?

“I always have admired ‘old’ gardens, delighting in the skills practised to maintain their vigour and attraction… and here was an opportunity to participate in the maintenance of the Abkhazi family’s now-seventy-year inspiration. This is a classic example of a meaningful opportunity that simply waits to be found.”