

District of Metchosin

Minutes

**Healthy Community Advisory Select Committee Meeting**

**January 28, 2025 at 4:30 p.m.**

Council Chamber

Metchosin Municipal Hall

---

**Present:** Sarah Anthony (Chair), Councillor Sharie Epp (Council Liaison), Shari Rourke (via telephone), Jim Macpherson, Kathleen Sutherland, Barret Fullerton, Shannon Carman

**Regrets:** Peter Havers, Chris Pratt, Stephanie Dunlop, Fire Chief

The meeting was called to order at 4:34 p.m.

**1. Agenda, Additions and Approval**

**Moved and Seconded** by Councillor Epp and Kathleen S. that the Committee approve the agenda.

**Carried**

**2. Presentations**

None.

**3. Public Participation**

None.

**4. Adoption of Minutes**

a) Healthy Communities Advisory Select Committee, November 26, 2024

**Moved and Seconded** by Councillor Epp and Jim M. that the Committee approve the minutes of the Healthy Community Advisory Select Committee meeting held on November 26, 2024.

**Carried**

**5. Receipt of Minutes**

a) Public Works and Protective Services Committee, December 29, 2024

**Moved and Seconded** by Councillor Epp and Shannon C. that the Committee approve the minutes of the Public Works and Protective Services Committee meeting held on December 29, 2024.

**Carried**

b) Committee of the Whole, January 13, 2025

**Moved and Seconded** by Shannon C. And Jim M. that the Committee approve the minutes of the Committee of the Whole meeting held on January 13, 2025.

## 6. Business Arising from the Minutes

None.

## 7. Reports

### a) Council Liaison

A Metchosin resident has been appointed for the Capital West Accessibility Advisory Committee. Councillor Epp suggests we invite her to attend the next committee meeting to talk about that process and how liaising with us will work. The new Terms of Reference are still being discussed. The Chief Administrative Officer will bring the Metchosin Village Square project to Council in March for approval to move forward. In early March there will be a Budget Open House for residents to ask questions, which will be advertised in the Muse, Facebook, etc. Chief Dunlop took a signage company to look around the Old School to get improved signage. Westshore Parks and Recreation's classes at the Old School have done well with many attending.

### b) Fire Chief

None.

### c) Seniors Information Resource Centre (SIRC) Liaison

- December 10<sup>th</sup> Memory and Aging with Debra Swain, 15 attended
- December 18<sup>th</sup> Holiday Light Tour, 24 attended
- Wellness Wednesday, 12 Better at Home clients, four volunteers, and two guests
- January - as reported by Sharie in the Committee of the Whole Meeting, January 13<sup>th</sup>
  - January 9<sup>th</sup> ICBC Driving Safety Presentation - 11 - an overview of the impact that aging has on driving
  - January 16<sup>th</sup> Caregivers Support Group, 15-17
  - January 22<sup>nd</sup> Service Canada/CRA Presentation, 17, disability tax credit, caregivers' credit, home renovation credits, renter's tax credit, scam awareness, dental care plan, CPP, OAS, GIS, etc.
  - January 29<sup>th</sup> Ears to You Mobile Hearing Testing, full with five people
  - January 31<sup>st</sup> Baha'is Friday Social at MCH - usually around 12
- February 8<sup>th</sup> Soroptimist Luncheon at the Church of the Advent - six from Metchosin Pearson Student Home Visits, one scheduled for February 7<sup>th</sup>, will visit and provide some help in the yard, three more requested visits with dates to be determined.
- Fitness Program is very popular with the seniors, Essentrics 25 and Functional Fitness 14
- In the planning - a visit to the Men's Shed in Langford, they have reached out to both the Muse team and SIRC - Brian Domney, Barrett Fullerton, and one other to arrange a time to visit and discuss how they may be of service
- AGM March 13<sup>th</sup> Potential Guest Speaker from Juan de Fuca Rec to speak on fitness for seniors
- Soup Kitchen - made two soups on January 7<sup>th</sup> - turkey and curry lentil, Soup Social scheduled for March 1<sup>st</sup> at the MCH

d) Poverty Reduction Subcommittee

Discussion around the Draft Poverty Reduction Grant Report, pertaining to format, clarity of purpose, the template used, and other comments. Sarah A. will be taking these comments back to the contractors to incorporate.

e) Health and Safety Subcommittee

Nothing to report.

**8. Correspondence**

None.

**9. Other Business**

None.

**10. Adjournment and Next Meeting Date**

Adjourned at 5:47 p.m. Next meeting will be Tuesday, February 25 at 4:30 p.m.