



February 26, 2019

Ms. Sheri Jack-Henderson
Special Events Officer
City of Burnaby-Shadbolt Centre for the Arts
6450 Deer Lake Avenue
Burnaby, BC, V5G 2J3

Dear Ms. Jack-Henderson:

On Wednesday, February 13, 2019, Roger Lemire, the Executive Director of Nikkei National Museum and Cultural Centre and myself met with Mayor Mike Hurley. It was exciting to hear of all the latest goals for the City of Burnaby and I came away very uplifted by the new initiatives and his interest and encouragement to submit a proposal letter to the City to request support in the work that we are doing for seniors of Burnaby.

We kindly ask for consideration of two requests. The first is to waive green fees which in turn will increase the funds raised from the Nikkei Place Charity Golf which will be directed 100% to programs. The second is a request to use the Allan Emmott Centre as a second location for (Kenko) Wellness Lounge programs.

1. Request to waive or relax green fees:

The 14th annual 2019 Nikkei Place Golf Tournament and Fundraiser will be held on Friday, May 31st at Burnaby's Riverway Golf Course. Since 2015, we have raised over \$130,000 to support dementia friendly programs and awareness at Nikkei Place.

In 2018, through the hard work of our committee, event volunteers and the extreme generosity of our supporters the tournament was able to raise, in excess of \$55,000 (net) of which 100% went to the delivery of much needed programs.

This is how the funds have been used:

- A full day dementia program "Lively Lively (Iki Iki)" 3 days a week which includes lunch, health check and activities
- Education workshops for families and seniors covering topics about home health, arranging care, how the health care system works for seniors – with doctors, social workers, pharmacists, nurses
- Tea and Chat – a twice a week club for residents living with dementia
- In 2018 launched – Outfight Parkinson (2 times a week), and Brain Exercise Fitness

- Outings for the residents (Canadian Softball Championships, Farm visits, outreach to local community centres)

For 2019, our goal is expanding all of these programs so that more and more Burnaby citizens can have access.

Most of the funds raised were used to help out with one of the few, GROUP, programs offered to seniors experiencing a mild to moderate level of dementia, in Canada. This program has been supported by the generosity of individuals and we are hopeful that the City of Burnaby can help us too.

We are proud to say that the ideas and research for the program, that we call, "Iki-Iki" was started at our Nikkei Place. The original, once a week, 6 hour session, is still offered today for only \$ 10 /person and includes lunch, thanks in big part to the funds raised from the golf fundraiser we run at Riverway.

For 2017, our 2016 golf proceeds helped us expand and offer 2 shorter versions of this program. These programs are open to any and all, and as they are full we would like to expand these in 2019/2020.

Our message to event participants is that we are part of, or know of friends or other family members who are living the growing trend of being the "sandwich generation". Taking care of our own children as well as taking care of one or both, aging parents. Our event helps support some of the options available in the city of Burnaby with programs like Iki-iki, as well as provide education and awareness in dealing with aging seniors.

The revenue for our golf event relies very heavily on what we can generate from items we have at our silent auction. We do not make any revenue from tournament entry fees.

We kindly ask if the City of Burnaby can consider making concessions for the green fees that Riverway Golf Course will charge the Nikkei Place Charity Golf in 2019.

2. Growing the neighbourhood within a neighbourhood

Welcome to the Highgate – Nikkei neighbourhood

In the Japanese Canadian community the Nikkei Seniors Health Care and Housing Society through its housing, health care and wellness outreach programs have developed an integrated community care model for its residents, tenants and lately the public.

Community based program such as ours integrate social and community care at the grass roots level with connections to the health care system helping to delay care needs, delay assisted living and residential care admissions by supporting the elderly and their families, etc. who make up an informal support can foreseeably result in lower medical and health costs, improved physical and mental well-being and delay the entrance to residential care or assisted living.

The (Kenko) Wellness Lounge programs have been growing with the programs funded from the Charity Golf. After one year in our new lounge we have found:

- Growing interest for more programs by our Society
- The programs and activities we develop are attracting multicultural seniors

- There is not enough space for to meet the need for dementia friendly programs

One very viable solution is accessing the Allan Emmott Centre. With more space and the support of the City of Burnaby through the golf tournament and the complementary use of Allan Emmott Centre, and the continued generosity of our donor public and strength of volunteers we believe can offer Burnaby more.

Allan Emmott Centre

With more space our Society can meet the needs of social isolation, promoting good health, hope and happiness by offering these programs:

- Lively Lively-Dementia Friendly Program OR tea and chat
- BEFit – Brain Exercise and Fitness
- Outfight Parkinson
- Boxing for Youth Development (eg. confidence, discipline, service, self-defense) to build connections to community
- Neighbourhood Boxing for Seniors
- Find Your Fit – an assessment to help you find your fitness program (motivate seniors with our business partners to get Fit)

To begin this new initiative we believe that one or two days a week in the banquet hall and if there were other rooms available we could try small group activities. Our goal is to offer these programs at the rates we currently charge which is \$10 for exercise and new rates for dementia friendly (eg. a full day is presently charged at \$20).

We kindly ask the City of Burnaby to consider a nominal rent charge (eg. \$10 for the year) as this would allow our Society to continue offering programs at a cost that is affordable to those who need it most and have difficulties accessing programs.

Thank you very much for your attention and consideration.

Yours sincerely,

NIKKEI SENIORS HEALTH CARE AND HOUSING SOCIETY



Cathy Makihara,
Executive Director