NSCCC

MONDAY MEETING

Location: Newton Senior Center
Date: 11/02/2026 @ 1:00pm
Attendees: 31 members
Chairperson: Vicci Burnett
Speaker: Sabra Basra

House Keeping

- At 1:00 pm, Vicci called the meeting to order.
- Reminded people to scan their Surrey Recreation Membership Card at the front desk whenever they come to the Newton Senior's Center, & check-in with Beth when they enter the auditorium.
- Remind people to silence their Smart phones.
- The previous meeting minutes were read in condensed form. Members were advised that meeting minutes are available on the club's website. **NSCCC.info**
- I would like to accept the minutes. Are there any errors or emissions, can we have a seconder? thank you
- Before the workshop began, Gerry from the education committee introduced a survey on participants' use of digital devices and technology.
    - **Purpose:** To learn what devices, software and skills members use so that future classes can be focused on real needs.
    - **Front side:** Asks about devices owned (home desktop, laptops, iPad, Chromebook, MacBook, smartphones, smart TV, camera, home security brand), operating systems (e.g., Windows 10 or 11), and level of familiarity (high, moderate, low). It also covers Word, Excel and PowerPoint use, email provider (Gmail, Yahoo, Outlook), web browser and search engine (Chrome, Google, Bing, Explorer, Firefox), and file storage, apps and portable hard drives.
    - **Back side:** Asks which apps members would like to learn, which classes they would like offered, and includes a half-page for any other comments.
    - **Format:** Hard copy only, so results can be compiled easily. Digital collection was ruled out because it would make compiling results confusing.
    - **Return:** Forms may be completed at coffee time (four pens were available to share) or taken home and brought back. The survey stays open until **November 30**.
    - **Next Monday** we have Florence Eng from Nidus presenting.

- **Health and Wellness forum** – The forum will focus on helping seniors access healthcare services. The club will have a table at the event, and members were encouraged to participate.
    - Date: November 14
    - Time: 10:00 a.m. - 2:30 p.m.
    - Location: Senior Center
    - Presented by: Community Services and ICON
    - Registration: Required at the front desk.

- **Free Apple Store Class** – A free educational class at the Apple Store is being planned for November. The date has not yet been confirmed. Members interested in attending were asked to sign up and indicate:
    - Attendance is limited to 12 participants.
- Today we have Sabra Basra from ICON

Topic: How to identify high-quality health information online

- The workshop is part of the digital literacy curriculum developed by the UBC Intercultural Health Network (ICON) with UBC Emergency Medicine and the UBC Faculty of Medicine. ICON is supported by the BC Ministry of Health as a partner in the initiative.
- Over its 18 years, ICON has worked with multicultural communities to help people self-manage disease and build the digital health literacy needed to find, assess and use health resources online.
- The guest speaker was introduced. She works as a healthcare social worker and spoke about her experience as a caregiver and healthcare advocate for her mother, who lived with advanced Parkinson's disease and passed away in December 2021, including the challenges of navigating the health system.

3. Discussion: Finding Reliable Health Information Online

The speaker invited participants to share their own experiences with online information.

- **Spotting reliable sites:** Participants suggested checking the website address. Sites ending in **.org** or **.ca** (e.g., government sites) were generally viewed as more trustworthy than **.com** sites, which may be commercial.
- **Social media:** Participants described frequently seeing ads and posts for products such as hair products. One participant noted clicking on content that turned out not to be what was expected, and said she avoids anything questionable and questions what she sees.
- **Benefits of quality information:** It helps people make informed choices about their health and take care of themselves, and it is grounded in evidence rather than personal stories alone.
- **Risks of poor information:** There is a risk of misinterpretation. A search on a symptom or condition (e.g., cholesterol or heart complications) can return many possible causes, some accurate and some not, which can cause unnecessary worry.

4. The TRUST Framework

The speaker presented the **TRUST** acronym as a checklist for evaluating a health website:

- **T: Tell me who made this.** Is the author or organization identifiable and qualified?
- **R: Reason.** Why was the information created (to educate, or to sell)?
- **U: Up to date.** Check the published or last-modified date.
- **S: Supportive.** Do other sources, and the person's own healthcare provider, agree with the information? Is it backed by references?
- **T: Talk to a healthcare provider** before acting on what is found.

Worked example: A nutrition page on a Canada.ca site was reviewed. It was created by the Canadian government, its purpose is public education, it displayed a recent modified date (small print on the page), and it cited references, including a Harvard-supported nutritional guide, at the bottom. The session then moved on to how to identify **unreliable** sources (transcript ends here).

Regina from the ICON team held a raffle and Beth B won the raffle.

Vicci thanked Sabra and the rest of the ICON team for coming and looked forward to them coming back.

Vicci reminded everyone **that next Monday** we have Florence Eng from Nidus presenting.

Meeting adjourned at 3 pm