



WESN

WEST END SENIORS' NETWORK



**WE APPLAUD VOLUNTEERS
FOR ALL THEY DO**

NATIONAL VOLUNTEER WEEK 2020

NATIONAL VOLUNTEER WEEK - APRIL 19-25, 2020

The West End Seniors' Network is fortunate to have over 250 dedicated volunteers who keep our programs, events and services running. Volunteers lead social and recreational groups, answer the telephone, respond to information and referral inquiries, help with technology questions, support thrift store customers, enter data, take individuals to medical appointments, sort donated items, fulfill grocery store orders, and more!

A big thank you to all of our volunteers! We will be postponing our annual Volunteer Appreciation Luncheon until we can come together as a group to celebrate everything you do to support WESN.

And thank you to the individuals who have recently come to us to offer their assistance during the COVID-19 pandemic.

HIGHLIGHTS:

- P.1 - Volunteer Week
- P.2 - Contact Information
- PP.3-4 - Message from the Board of Directors and Executive Director
- P.4 - BC211 Safe Seniors, Strong Communities
- P.6 - Remote Tea with Anthony and Zoom Set-up Assistance Appointments
- P.8 - Better and Home and Life Unlimited Service Updates
- P.11 - Welcome, Michelle and Alan
- P.13 - COVID-19 Resources
- P.14 - Virtual Entertainment Ideas
- P.15 - WESN Art Challenge
- PP.16-18 - Staffs' Favourite Recipes

CONTACT INFORMATION

Barclay Manor

604-669-5051
info@wesn.ca
1447 Barclay Street, Vancouver, BC V6G 1J6

Executive Director: Anthony Kupferschmidt
executivedirector@wesn.ca

Manager of Programs: Kaitlin Hong Tai
programs@wesn.ca

Manager of Community Services: Michelle Bobyn
servicesmanager@wesn.ca

Manager of Volunteer Resources: Vacant
volunteers@wesn.ca

Better at Home Program Coordinator: Vacant
betterathome@wesn.ca

Administrative and Program Coordinator: Abbie Purdy
info@wesn.ca

Accountant: Parveen Chand

Kay's Place

604-669-7339
kaysplaceinfo@wesn.ca
Denman Place Mall
118-1030 Denman Street, Vancouver, BC V6G 2M6

Managers of Support and Information Services:

Susan Paré Alan Stamp
susan@wesn.ca alan@wesn.ca

Information and Referral Services Coordinator: Isamu Yano
isamu@wesn.ca

Clothes and Collectibles

604-682-0327
Denman Place Mall
110-1030 Denman Street, Vancouver, BC V6G 2M6

Manager: Laura Fee
clothes@wesn.ca

Assistant Managers: Gordana Smocilac, Will Tessier

Supervisor: Fran Linnington

SOCIAL MEDIA

 wesn.ca

 westendseniors

 westendseniornetwork
clothesandcollectibles

 westendseniors
clothesandcollectibles

 West End Seniors'
Network Society

BOARD OF DIRECTORS

President: Joel Oger
board@wesn.ca

Vice President:
Marta Filipski

Past President:
Frank McCormick

Treasurer: Timothy Ng

Secretary:
Abudi Awaysheh

Directors:
Jane Goodridge
Sara Johnson
Karsten Kaemling
Bonnie Quam

VISION & MISSION

A Vancouver community that supports and empowers older adults to live involved, healthy and fulfilling lives.

To enhance the quality of life of older adults by providing social, recreational, educational and supportive programs and services that foster connection and inclusion in the broader community.

A MESSAGE FROM THE WESN BOARD OF DIRECTORS AND EXECUTIVE DIRECTOR

Joel Oger, Board President

Anthony Kupferschmidt, Executive Director

The last few weeks have been a challenging time for everyone in our community. Since we wrote you last, we have temporarily closed all three of our locations to the public. Many of you have expressed how much you miss the social, recreational and educational programs at Barclay Manor, or stopping in to Kay's Place for a coffee and a conversation, or perusing Clothes and Collectibles for the latest amazing find. We miss seeing your faces too.

The West End has the highest proportion of older adults that live alone of anywhere in Vancouver - twice as high as any other neighbourhood, in fact. We know that the Fireside Room at Barclay Manor and the social space at Kay's Place can serve as a living room for many of you, and that you come to our thrift store as much for the social connections as you do to shop. We know that many of you may be feeling very isolated and alone right now. Please be reassured that we are here, we haven't forgotten about you, and we are not closed for business.

Quite the opposite, in fact. Some things haven't changed too much, and all of our staff are still hard at work. For example, we continue to respond remotely to calls and emails coming in to Kay's Place and Barclay Manor, and to take Housing Navigation appointments by phone.

Of course, there have been some changes. The world isn't "business as usual," but neither are we. We have pivoted away from some of the programs, services and events that we simply can't host right now for the safety of our members, clients, customers, volunteers and staff. Instead, we are prioritizing check-in phone calls with all of our members and clients. Some of you have already received phone calls, and we will be reaching out to the rest of you very shortly. It can take a while to connect with over one thousand older adults, but we are working on it.

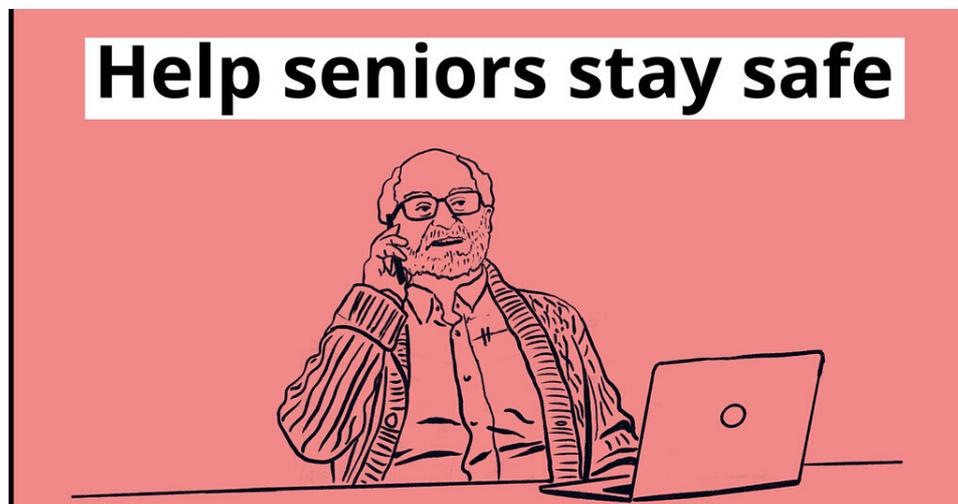
We are also directing much more of our time and energy toward our Life Unlimited Grocery Shopping and Delivery service. There has been an unprecedented demand for this service, and we are shopping for more older adults in our community than ever in our history. Organizations like WESN have been named essential services by the Province of BC in recent days, and they count on us to deliver many crucial programs during this pandemic.

We have also had many people come forward and offer to support our services as volunteers. This generous outpouring means so much, and our long-standing volunteers are training new volunteers to help us rise to this challenge.

A MESSAGE FROM THE WESN BOARD OF DIRECTORS AND EXECUTIVE DIRECTOR (CONTINUED)

For now, please stay at home and stay safe. Connect with your neighbours, friends and family (at a safe distance of at least two metres) and ask for their support. In high rises in the West End, we are very fortunate that in most cases there are people immediately above, below and beside us that we can turn to. But if you don't feel you have anyone to connect with, please call or email us so we can determine how we can help you.

Please continue to monitor www.wesn.ca and our social media channels for more information (see page 2), and donate online at www.wesn.ca to help us help you. We will also commit to sending you more updates via email so you feel connected with us. And when it is time, we look forward to opening our doors to you again.



Safe Seniors, Strong Communities

On March 26 and in response to COVID-19, the Province of BC announced funding for community agencies to support older adults. These services are intended to help older adults remain safe at home, and include:

- Check-in phone calls
- Grocery shopping and delivery
- Meal preparation and delivery
- Prescription medication pick-up and delivery

WESN already provides check-in phone calls and grocery shopping and delivery, and we will continue to provide these services. WESN will also be working with other partner agencies to help provide meal preparation and delivery, and prescription medication pick-up and delivery. Please stay tuned for more information.

Many individuals have already come forward and offered to volunteer and help WESN provide services. If you haven't already heard from us, we will be in touch soon about how you can help. If you would like to volunteer, please call Barclay Manor at 604-669-5051 or email volunteers@wesn.ca.

check-in phone calls

virtual programming

grocery shopping and delivery

**We cannot do what we do
without your support**

**DONATE NOW
WWW.WESN.CA**

Thank you!



information and referral

resource sharing

STATUS OF WESN PROGRAMS AND EVENTS

Kaitlin Hong Tai, Manager of Programs

At the time of writing this piece, Barclay Manor is closed to the public and WESN's social, educational and recreational programs and events are cancelled. **Barclay Manor will continue to be closed until further notice.** It is difficult to predict when we will be able to open. The best ways to learn about whether we are open or not are to check our website and social media channels (see page 2), and to watch for news from the City of Vancouver and the Vancouver Parks Board about the re-opening of City-run facilities such as community centres and libraries.

I have begun to look into hosting some of our social, educational and recreational programs online by video/phone conference or webinar. If we are able to do this with the contribution of our partners and volunteers, information will be posted on our website and social media channels as well as emailed to those on our email list. See below for the virtual programming we arranged in time to include in this newsletter!

Remote Tea with Anthony

Monday, April 20, 1:00PM - 2:00PM



Join a video/phone conference to chat with Anthony and your peers. Make yourself a cup of tea or coffee and have a snack ready. No pre-registration will be taken. Join either by computer, tablet or smartphone (stable Internet connection is required) or telephone - details below. You do not need to enable the video web camera if you join by computer/tablet/smartphone, but you will need a microphone to be able to speak.

From a computer/tablet/smartphone web browser, go to:

<https://meet.google.com/ubk-herg-kdg>

From a telephone, call **1-289-949-6623** then enter code **257 413 891#** when prompted.

Zoom Set-up Assistance with Ronda (By Appointment)

Mondays, Wednesdays and Fridays, 3:00PM - 4:00PM - Starting April 6

Zoom is a popular web-based video conferencing and webinar platform. If you have been wanting to set yourself up with Zoom to be able to call family and friends but you have questions on setting it up, our volunteer Tech Coach Ronda can help.

To book a 1-on-1 appointment, contact Kaitlin, Manager of Programs, by calling 604-669-5051 and leaving a voicemail with your full name, phone number, email address, and preferred date and back-up date. Or email the same information to Kaitlin at programs@wesn.ca. We will return your voicemail or email with a confirmation of your appointment date.

At 3:00PM on your appointment date, Ronda will call you to initiate the session.

STATUS OF FREE INCOME TAX CLINICS

Kaitlin Hong Tai, Manager of Programs

As you may know, our March tax clinics were cancelled, and the upcoming April 4th clinic will also be cancelled.

On March 18, the federal government announced that the 2019 tax filing deadline will be extended to June 1, 2020. Hopefully this will give those who require assistance enough time to seek support.

To learn more about assistance with filing taxes, please visit the Canadian Revenue Agency website (link below) or call them at 1-800-959-8281.

<https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html>

STARS OF VANCOUVER 2020 WINNER

Thank you to everyone who voted for us in the Vancouver Courier's annual Stars of Vancouver competition this year. WESN won first place in the Best Seniors Care Support Services category! We steadily moved up from third to second and now to first place because of our fantastic team of staff and volunteers and lovely network of members, clients and supporters.



DAVIE PHARMACY'S HAND SANITIZER DRIVE

Davie Pharmacy (1232 Davie St, Vancouver) is kindly supporting WESN by donating part of the proceeds from their hand sanitizer sales to us. Davie Pharmacy also donated hand sanitizer to keep our Grocery Shopping and Delivery staff and volunteers healthy and safe. Thank you!

**DAVID WATTS
NOTARY PUBLIC**



**Wills, Power of Attorney &
Representation Agreements**

Real Estate Transfers & Mortgages

In-Home Visits Available

604-685-7786 | david@davidnotary.com

1412 - 675 West Hastings Street, Vancouver BC V6B 1N2

BETTER AT HOME SERVICE UPDATES

Abbie Purdy, Administrative and Program Coordinator

Please note that we are not accepting new referrals for Better at Home services at this time. This includes for light housekeeping and minor home repairs.

LIFE UNLIMITED SERVICE UPDATES

Michelle Boby, Manager of Community Services

Grocery Shopping and Delivery: Currently, we are at capacity for both IGA and Safeway locations. We are collecting interested clients names and adding them to our waiting list. We are in the process of looking at how we can support older adults in the West End to continue to meet their food needs at this time.

Friendly Visiting: This service has been put on pause. We have advised all previous Friendly Visiting volunteers and clients to switch to check-in phone calls at this time. If you are interested in this service, we can add you to our waiting list until further notice.

Check-in Phone Calls: This service is still active. We are currently in the process of matching interested volunteers with clients, as we have received an increase in requests for this service.

Support seniors and your neighbours

Going to the store or pharmacy?
Call or text to ask if you can pick
something up for them.



Support seniors and your neighbours

Not close with your neighbour?
Don't be shy.
Leave a note with
your phone number.



AN UPDATE FROM CLOTHES AND COLLECTIBLES THRIFT BOUTIQUE

Laura Fee, Manager of Clothes and Collectibles

During these unsettled times, **our store is temporarily closed**. We cannot safely practice appropriate physical distancing in such a small space. We also are **not accepting any donations at this time**. We're closing our doors to protect our customers, donors, staff, and volunteers, many of whom are seniors or have compromised immune systems.

And speaking of volunteers, April 19-25 is National Volunteer Week, a time to celebrate and thank those who give so much of their time and energy. Whether we're speaking of WESN's amazing volunteers, or those who volunteer elsewhere, please take a moment to thank them for pitching in and brightening so many lives.

Please be careful and be kind. And please physically isolate but keep in touch with friends and family by phone, email or text. We'll have so much to catch up on when we meet again.



Image: Positive quotes and messages are displayed at the Clothes and Collectibles store window.

Do you have a positive message to share? Email Laura at clothes@wesn.ca and we will include them when we next update our store window.

MONTHLY ENGAGEMENT QUESTION

Every month we ask a question that everyone is welcome to answer. These questions are meant to stimulate conversations, ignite ideas and bring the community together.

April Engagement Question: If you could have one superpower, what would it be and why?

To participate in the activity, leave a comment on the designated social media posts or answer anonymously online with the below link.

<https://www.surveymonkey.com/r/RYTSGNR>

WESN will post comments submitted via the link on social media for you, so that others can read it.

See the responses to the previous question, at: www.wesn.ca

AN UPDATE FROM KAY'S PLACE

Susan Paré and Alan Stamp, Managers of Support and Information Services

Kay's Place is closed until further notice. Our staff members are continuing to answer phone and email inquiries about community and government supports and services. Furthermore, Housing Navigation and Peer Support appointments are being conducted over the phone.

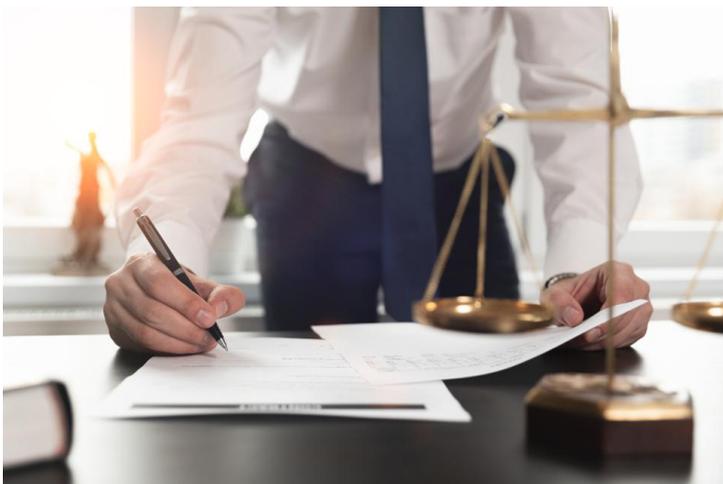
seniors first BC LEGAL CLINIC

The legal clinic held by Seniors First BC at Kay's Place is cancelled for April, however older adults seeking legal assistance can call 604-336-5653 and an intake will be performed. After the intake, a lawyer will call the individual within a week to discuss their issue. The lawyer will be able to offer advice and services by phone, fax and email.

If the lawyer feels that an in-person appointment is required we will let the older adult know that they will be contacted regarding an appointment after April.

A lawyer from Seniors First BC can answer questions on elder law issues such as:

- Wills and estates (including will variation claims)
- Drafting of representation agreements, powers of attorney, and advance directives
- Small Claims Court
- Complaints against professionals, service providers, government agencies, etc.
- Elder abuse including financial exploitation (unpaid family loans, misuse of power of attorney, joint accounts, etc.)



7:00PM CHEER FOR HEALTHCARE AND ESSENTIAL SERVICE PROVIDERS

Our healthcare and essential service providers are working extremely hard because of the pandemic. To show our support and appreciation of them, residents around the world have begun a new shared ritual.

At 7:00PM each evening, join your community by cheering and making noise from your home. Horns, whistles, banging pots and pans, clapping - it is all for the people who are keeping us healthy, secure, safe, and fed!

WESN WELCOMES A NEW STAFF MEMBER - MICHELLE BOBYN

Michelle Bobyn, Manager of Community Services

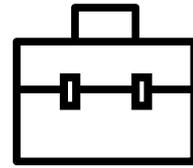
You may have noticed a new face around Barclay Manor! As the new Manager of Community Services, I wanted to take this opportunity to introduce myself to all of you.



My name is Michelle and I am a Registered Nurse from Kelowna, British Columbia. I completed my Bachelor of Science in Nursing at the University of British Columbia-Okanagan Campus.

Upon graduation, I decided it was time to move to a new location. I was keen to find a city that offered a climate that supported year-round hiking, golf, and running. Therefore, Vancouver was not a hard sell for me! I relocated to Vancouver two years ago when I accepted a position as a Clinical Hepatology Nurse at the Liver and Intestinal Research Centre (LAIR). My time at the LAIR Centre provided me with an opportunity to enhance my clinical judgement and learn about investigational products and devices, all while working with a fabulous and supportive team! Although I enjoyed my time at LAIR, I have always had a strong interest in supporting the health and well-being of seniors. I knew when I interviewed at the West End Seniors' Network that I had found the perfect fit!

I look forward to working together to support our community. Please introduce yourselves to me once Barclay Manor is open again, as I am excited to meet each of you!



JOB OPPORTUNITIES

We are hiring for the following positions:

- Community Services Coordinator
- Administrative and Program Coordinator

For more information, please keep an eye on our website:

wesn.ca/job-opportunities

NEW STAFF MEMBER - ALAN STAMP

WESN would also like to welcome Alan Stamp to the team! Alan will work alongside Susan and Isamu at Kay's Place starting on April 14th as a Manager of Support and Information Services.

Stay tuned for an introduction from Alan in the May newsletter.

What to expect when the Canada Revenue Agency contacts you

Scammers posing as the Canada Revenue Agency (CRA) continue to mislead Canadians.

How to know it's really the CRA:

The CRA may...

- ✓ Ask for personal information (e.g. name, date of birth, social insurance number).
- ✓ Ask for details about your account (business enquiry).
- ✓ Call you or write to you to begin an audit process.
- ✓ Notify you by email when something is available for you to view in CRA's digital services.
- ✓ Email you a CRA link, form, or publication when you request one during a call or a meeting with an agent.
- ✓ Ask for financial information such as the name of your bank and its location.
- ✓ Send you a notice of assessment or reassessment.
- ✓ Ask you to pay an amount you owe through any of the CRA's payment options.
- ✓ Take legal action to recover the money you owe, if you refuse to pay your debt.

The CRA will never...

- ✗ Ask for information about your passport, health card, or driver's license.
- ✗ Demand **immediate** payment.
- ✗ Accept payment by bitcoin, prepaid credit cards or gift cards.
- ✗ Use aggressive language or threaten to arrest or deport you.
- ✗ Send you an email with a link to your refund.
- ✗ Leave voicemails that are threatening or give personal or financial information.
- ✗ Give or ask for personal or financial information by email and ask you to click on a link.
- ✗ Email you a link asking you to fill in an online form with personal or financial details.
- ✗ Set up a meeting in a public place to take a payment.

The CRA never uses text messages or instant messaging such as Facebook Messenger or WhatsApp to communicate with taxpayers.



Check your tax account

Confirm your tax account information through one of the CRA's digital services.

Call the CRA's Individual Tax Account Balance Automated Service at **1-866-474-8272**.

Call **1-800-959-8281** for individuals or **1-800-959-5525** for businesses to verify if the CRA contacted you.

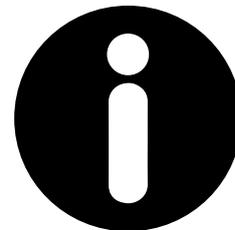
To report

Go to **antifraudcentre.ca** or call **1-888-495-8501**.

If you think you may be the victim of fraud or you unknowingly provided personal or financial information, contact your local police service, financial institution, and credit reporting agencies.

More information on tax scams and fraud can be found at canada.ca/taxes-fraud-prevention.

COVID-19 RESOURCES



BC Government: <https://www2.gov.bc.ca>

Canadian Federal Government: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

BC Centre for Disease Control: <http://www.bccdc.ca>

For non-health questions about COVID-19: 1-888-COVID-19 or www.gov.bc.ca/covid19

COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19>

BC211 Safe Seniors, Strong Communities program registration for older adults and individuals interested in volunteering: 2-1-1 or <http://www.bc211.ca>

WESN Blog Post - Senior Shopping Hours: <http://wesn.ca/seniors-store-hours>

West End Journal - Neighbourhood Updates:
<https://www.thewestendjournal.ca/covid-19update>
<https://www.thewestendjournal.ca/storehourupdates>

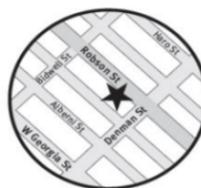


The Pharmacy West End,
where it's **Seniors' Day,**
every day!

Seniors' SAVE 20% Every Day!

*Seniors' save 20% off front store purchase.
See store for details.

- FREE prescription delivery
- Easy prescription transfers by phone
- FREE medication blister packaging
- Independently owned & operated



The Pharmacy West End
1747 Robson St, Vancouver
604-669-6927

**Across from Safeway
**Conveniently located beside
West End Medical Clinic*

Monday-Friday: 9:30am-7:00pm
Saturdays: 10am-5pm
Sundays: 12pm-5pm
Closed holidays

Want to reach older adults?

Advertise in WESN's monthly newsletter!
Our newsletter reaches over 2,000 people.

Visit wesn.ca/newsletters for sizes and rates.



SOCIAL-AKA PHYSICAL-DISTANCING & WELL-BEING

Kaitlin Hong Tai, Manager of Programs

Alongside proper hygiene and maintenance of sanitized environments, physical distancing from others is important in limiting the spread of the coronavirus. However, maintaining safe physical distances (1-2 metres apart) does not mean you need to be socially isolated from your networks.

Especially in challenging times, it is important to look after your mental health and well-being. While you are at home, you can call your family and friends, email and chat with people online, use video chats, speak with neighbours in your condo building while you are on the patio, or send off some hand-written letters.



Some other ideas for keeping busy are trying new recipes and enjoying them with those you are at home with, go for a walk, follow along with home exercise videos from YouTube, sign-up for an online course, borrow e-books through the Vancouver Public Library's digital library, practice meditation, pick up your hobbies such as crafting and jigsaw puzzles, and listen or play music.

VIRTUAL ENTERTAINMENT IDEAS

Cirque du Soleil - 60 minute Special: <https://www.youtube.com/watch?v=nQ5eUJNXrMw>

Crayola Colouring Pages: <https://www.crayola.com/free-coloring-pages>

Galleries and Museums: <https://artsandculture.google.com/partner?hl=en>

Kirov Ballet - Tchaikovsky's Swan Lake: <https://www.youtube.com/watch?v=9rJoB7y6Ncs>

Metropolitan Opera:
<https://www.metopera.org/user-information/nightly-met-opera-streams>

Older Adults' Stories of Success: <http://wesn.ca/stories-of-success>

San Diego Zoo - Live Cameras: <https://zoo.sandiegozoo.org/live-cams>

Vancouver Art Gallery - Art Connects: <http://www.vanartgallery.bc.ca/events>

Vancouver Public Library - Digital Library: <https://www.vpl.ca/digitallibrary>

WESN ART CHALLENGE

The WESN Painting Studio art group welcomes all artists to participate in their weekly art challenges. Whether you are a painter, photographer, drawer, digital illustrator, knitter, crafter, writer, or other art enthusiast, interpret the challenges in your own way and share your piece with others. This is an encouraging, supportive group and all skill levels and backgrounds are welcome.

See April's challenge - "Practicing Delights" - below.

Email Painting Studio volunteer Graham at gabro2008@gmail.com for information and to submit a piece.

When submitting visual pieces, please attach it as a JPEG or PNG file. Written pieces are best submitted as a Word document or RTF. Indicate "COVID19-YOUR NAME OR TITLE OF WORK" in the subject line of your email.



Practising Delights

So what brings you delight? For me its Spring, I will admit I have experienced better springs but I can still remember that first ever spring crocus I saw in Manitoba when a very small boy. And one of my delights here in Vancouver is spotting my first spring crocus. I did that a couple of weeks ago, so now on to new delights...

What are you delights, write or visually create something that best expresses one of your delights. Notice I said visually create yes this is very open, if your want to build something or knit just a square of colour then do that. Ok! then photograph *it* and attach *it* to an email and send *it* to me at gabro2008@gmail.com

Happy Birthday



We are not able to come together to celebrate the April-born WESN members at the moment, and our March birthday party was cancelled. But rest assured, we will invite you for cake, tea and live music once we can gather as a group!

In the meantime, we wish you a happy birthday!

We acknowledge that West End Seniors' Network locations are on the unceded, occupied, ancestral, and traditional homelands of the x̱w̱məθkwəy̓ əm (Musqueam), Skwxwú7mesh (Squamish) and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

BAKED OATMEAL RECIPE

Kaitlin Hong Tai, Manager of Programs

Have you tried baked oatmeal? I tried it for the first time recently, and I love it! It is delicious both hot and cold, especially with some yogurt. I have made the following recipe every week recently - I am thoroughly addicted.

The recipe can be made vegan with the substitutions in brackets.

Recipe is from Cookie and Kate: <https://cookieandkate.com/baked-oatmeal-recipe>

Ingredients:

- 1/2 - 2/3 cup nuts or seeds
- 2 cups old-fashioned rolled oats
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground nutmeg
- 1 3/4 cup milk (or any plant-based milk)
- 1/3 cup honey (or maple syrup)
- 2 large eggs (or 2 tbsp ground flax seeds with 6 tbsp water, thickened in the fridge for 5 minutes)
- 1 1/2 tbsp melted butter (or coconut oil or margarine)
- 2 tsp vanilla extract
- 2 - 2 1/2 cups fresh or frozen fruit



Instructions:

- 1) Preheat the oven to 375F/190C.
- 2) Grease a 9-inch square baking dish with sprayable oil, oil, butter, or margarine.
- 3) Toast nuts and seeds on a baking sheet for 4-5 minutes until fragrant, if desired.
- 4) Combine nuts/seeds, oats, baking powder, salt, cinnamon, and nutmeg in a bowl.
- 5) In a second bowl, combine milk, honey, eggs, butter, and vanilla. Microwave briefly if the milk causes the butter/coconut oil to solidify.
- 6) Place fruit into the baking dish. Pour the dry mixture on top.
- 7) Add the wet mixture on top of the dry mixture. Gently shake the baking dish so the liquid settles down into the dish. Press dry oats down so everything is soaked by liquid.
- 8) Top mixture with extra fruit or nuts if desired.
- 9) Bake for 42-45 minutes until the top is golden. Remove from the oven and allow to cool for a few minutes before cutting and serving.
- 10) Oatmeal keeps well in the refrigerator for 4-5 days, covered.

Do you have a favourite recipe? Share it with others on our Facebook page under the baked oatmeal post! www.facebook.com/westendseniornetwork

HERBY LAMB COBBLER RECIPE

Abbie Purdy, Administrative and Program Coordinator



A favourite recipe of mine, however it will need tweaking as you guys do not have self-raising flour here. Self-raising flour is just plain flour with baking powder already added in! My partner and I also substitute the lamb with beef, as lamb is too expensive!

Recipe is from BBC Good Food:

<https://www.bbcgoodfood.com/recipes/herby-lamb-cobbler>

Ingredients:

- 1 tbsp sunflower oil
- 200g smoked streaky bacon, preferably in one piece, skinned and cut into pieces
- 900g lamb neck fillets, in large chunks
- 350g baby onion, peeled
- 5 carrots, cut into large chunks
- 350g small button mushroom
- 3 tbsp plain flour
- 3 bay leaves
- small bunch thyme
- 350ml red wine
- 350ml lamb or beef stock
- large splash Worcestershire sauce

For the cobbler topping:

- 350g self-raising flour
- 4 tbsp chopped mixed herb, including thyme, rosemary and parsley
- 200g chilled butter, grated
- juice 1 lemon
- 5 bay leaves
- beaten egg, to glaze

Instructions:

1) Heat oven to 180C. In a flameproof casserole, heat the oil, then sizzle bacon for 5 minutes until crisp. Turn up the heat, then cook the lamb for 10 minutes until brown. Remove meats with a slotted spoon, turn the heat up to maximum, then add the onions, carrots and mushrooms. Cook for about 5 minutes until starting to colour, then stir in the flour. Return the meat to the pan with the herbs, and pour over the wine, stock and Worcestershire sauce. Season, then cover and braise in the oven for about 1 hour 20 minutes.

2) After about 1 hour, make the topping. Tip the flour and herbs into a large bowl, then season with salt and pepper. Add butter and mix using a fork. Make a well, then add lemon juice and 3 tbsp water. Gently bring together to make a soft dough. Roll out on a lightly floured surface to about 1.5 cm thick, then cut into rounds using a 7.5 cm pastry cutter. Re-roll the trimmings, then cut out more rounds until the dough is used up. After 1 hour 20 minutes, take the casserole from the oven, remove the lid, then arrange the circles of dough, overlapping, around the edge of the dish, sticking bay leaves between them. Brush with egg and bake for 45 minutes until golden.

Do you have a favourite lunch or dinner recipe? Share it with us on our Facebook page under the lamb cobbler post! www.facebook.com/westendseniornetwork

OATMEAL SESAME COOKIE RECIPE

Will Tessier, Assistant Manager, Clothes and Collectibles

Here is a favourite cookie recipe of mine. Comfort food works for me right now!

Ingredients:

- 1/2 cup oil (I use Canola)
- 1 cup dark brown sugar
- 1 egg, well beaten
- 1 1/4 cup rolled oats
- 3/4 cup sesame seeds
- 3 tbsp buttermilk
- 1/2 cup raisins
- 1 1/4 cup flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp nutmeg, or less if you're not a fan
- 1 tsp cinnamon



Instructions:

- 1) Preheat the oven to 375F/190C.
- 2) Cream oil and sugar in a bowl. Add the beaten egg and mix thoroughly.
- 3) Combine milk, raisins, sesame seeds, and rolled oats in a separate bowl.
- 4) Add the milk mixture to the sugar mixture.
- 5) Add sifted dry ingredients to the mixture and mix well.
- 6) Scoop dough into cookie-size blobs onto an oiled cookie sheet. Flatten dough balls a bit with your hand or a utensil.
- 7) Bake around 10-12 minutes until the bottom is just beginning to brown. This recipe will make around 24 2-inch cookies.

Note: Don't have buttermilk? Make buttermilk by adding a small amount of white vinegar or lemon juice to any milk and allow it to curdle for a few minutes. The normal ratio is to add 1 tbsp of vinegar or lemon juice and add enough milk to bring it to the 1 cup line on a measuring cup.

Do you have a favourite dessert recipe? Share it with others on our Facebook page under the oatmeal sesame cookie post! www.facebook.com/westendseniornetwork

Made a featured recipe? Share a photo with us by posting it on our Facebook page, tagging us on Twitter or Instagram, or emailing it to programs@wesn.ca to be reposted on our social media accounts! We would love to see what you make.

Our social media handles can be found on page 2. #wesn

