



WESN

WEST END SENIORS' NETWORK



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Safe Seniors, Strong Communities

In response to COVID-19, the BC Provincial Government announced funding for community agencies to support older adults. These supportive services 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 are working with partner agencies to provide meal preparation and delivery and prescription medication pick-up and delivery.

If you require any of these services and you haven't already spoken to a WESN staff member or volunteer, please contact info@wesn.ca or call **604-669-5051**.

VISION

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

MISSION

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.

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

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

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

Manager of Volunteer Resources, Acting: Agata Freeman
volunteers@wesn.ca

Life Unlimited Grocery Shopping and Delivery Coordinators:

Emily Lonsdale

Holly Lemme

shopping@wesn.ca

health@wesn.ca

Response Hub Manager: Kari Kessler
responsehub@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

 westendseniornetwork
clothesandcollectibles

 West End Seniors'
Network Society

BOARD OF DIRECTORS

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board@wesn.ca

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STARS
of
VANCOUVER
2020

TRAVEL DIARY IN TIMES OF CONFINEMENT

Joel Oger, Board President

Vancouver, 21st day of confinement. We are both now over 75. We just looked at the agenda: Right now, we should be in a bullet train between Roma and Venetia. I close my eyes and dream about it. This trip to Italy, we had been planning it since our wedding 56 years ago. Then we were living in France and postponed it as we considered it "the kind of things to do once one retires." So we traveled in more exotic countries, Middle East, North Africa, young age helping. Then we had our 3 children who grew up so fast to become the adults we had been. We moved further away to North America. Always, this trip to Italy was in our mind.



For our 50th anniversary, we contemplated finally going. Darn! We both had to have cancer surgeries, one after the other! But we beat the cancers and in the second half of 2019, time to go! On our own, not an organized trip, we would book every hotel, every train ourselves. We learned beginners Italian, and booked our dream-tour of Northern Italy.



Air Canada tickets were paid in December for March 12th: Paris, then Nice, then Firenze, Roma. Venetia, Milano, 5 days in each city to have the time to gorge on museums and churches, statues and paintings. Roman ruins and Renaissance churches. Giotto, Michelangelo, Da Vinci. Ending with a bang and five spring days in Cinque Terre, a seaside tourist area on the Ligurian sea. We were to fly back on the 26th of April.

All these plans started to crash down one month before our departure. Northern Italy had become the European centre of the epidemic from Hell. We canceled our flights, each of the hotel reservations, each of our train reservations. Each cancellation was tearing at our dream, each hotel was reluctant to reimburse us. Then we had to confine ourselves.

But thank God, we did not lose any dear friend or family. We can still plow through museum visits on the internet, leaf through our travel guides, use video conference to talk with the kids, and put gloves and masks on to go and wait in line to enter Safeway, stealing a conversation or two at a "social" distance. We can still daily show our thanks to our healthcare heroes at 7:00pm. We have not lost hope! We have decided to take this trip in October. We will see Italy, the Sistine Chapel, the Coliseum, Venetia and the Gondolas, the Duomo in Milano. But will the world be the same? Will Northern Italy be different? We anticipate with trepidation to discovering these changes.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Anthony Kupferschmidt, Executive Director

This past month has been an incredibly busy one for WESN staff and volunteers. However, normally when I say that, I am referring to the multitude of programs taking place in person at Barclay Manor. Or the number of people visiting Kay's Place for support and conversation. Or setting (yet) another record for the number of sales at Clothes and Collectibles, with a smiling face behind each one.

Instead, our locations feel eerily quiet right now. When I walk past them, I am sad to see the lights out and the blinds closed when normally these places are part of the pulse of the neighbourhood.

We have also made the decision to cancel this year's Strawberry Festival. This would have been the 30th consecutive year for this event. I could say that this was a difficult decision, but it was not. We have to do everything we can to flatten the curve, and I know that our Provincial Health Officer Dr. Bonnie Henry would not allow us to bring together that many West Enders in late June - no matter how much we might be craving strawberry shortcake or a horse-drawn carriage ride.

However, we are so much more than our physical locations and our special events. We have connected with virtually every single one of our members, clients and volunteers by phone and email since this started. We have offered our help and a reminder that we are here if you need us.

While we are looking forward to staying directly connected by phone and email with many of you as this pandemic progresses, I am very inspired to see that so many of you let us know that you didn't need our immediate assistance. I think this speaks to the power of both neighbours and our neighbourhood.

So many of you have told us that the people you know (and the people you may just be getting to know better right now) are assisting you with grocery shopping so you can stay safe at home, or checking in with you. I have always felt, ever since the first day I moved to Vancouver and took up residence in the West End, that our neighbourhood is a small town with high rises. And I feel that more so now than ever.

We continue to meet our mission of enhancing the quality of life of older adults by providing social, recreational, educational and supportive programs and services, as evidenced by this newsletter (the longest we have ever produced). If you need us, we are here for you. Please reach out by phone or email, and we will do what we can to help you feel informed, connected and supported.

A MESSAGE FROM THE EXECUTIVE DIRECTOR (CONTINUED)

And we continue to fight for you as well. As part of the Alliance of Seniors' Centres of BC, we wrote a letter to the federal government this past month because we are concerned about the inability to hold income tax clinics and what this could mean for your ability to file your taxes and maintain your access to the Guaranteed Income Supplement. To see a copy of this letter, please visit: wesn.ca/gis

National Volunteer Week was also last month. So many new volunteers have joined our team since March, and we are working to bring on even more to meet the growing need as this pandemic continues. Many of our long-standing volunteers (rightly) stepped away from these roles to self-isolate at home or because our locations are closed, and yet so many more have risen to the challenge. I am saddened that we didn't get to host our Volunteer Appreciation Luncheon in April, but just think about how large that celebration is going to be when we can all gather together again in person - we may need a larger banquet hall!

In the meantime, please stay connected to us, to your neighbours, and to one another. We will get through this together, and we will be stronger than ever when this is done.



FRIENDLY CHECK-IN PHONE CALLS

Abbie Purdy, Administrative and Program Coordinator

It is our hope here at the West End Seniors' Network that everyone is keeping as safe and connected as possible during these unprecedented times. Talking about staying connected, in April, you should have received a call (or email) from a WESN staff member or a WESN volunteer to check-in with you during this uncertain time and to see if you wanted to sign up for regular friendly check-in phone calls.

If you didn't hear from us, it may be because we do not have up-to-date telephone or email contact information on file for you, else it may be due to call-blocking technology or individuals not having voicemail capabilities.

Please ensure you update the West End Seniors' Network any time your contact information changes. If you have not already spoken with us and would like to receive friendly check-in phone calls during the COVID-19 pandemic, please email info@wesn.ca or call 604-669-5051 and leave a message for Abbie (extension 5), stating your name, contact information, and preferred frequency for check-in calls.



Thank you, and stay safe.

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

WESN PROGRAMS

Kaitlin Hong Tai, Manager of Programs

Remote Tea with Anthony

Monday, May 11, 1:00PM - 2:00PM

Chat with Anthony, WESN Executive Director, and your peers in an informal, welcoming online space. Make yourself a cup of tea or coffee and have a snack ready. No pre-registration is required.

Join by computer, tablet or smartphone (stable Internet connection is required): <https://meet.google.com/ubk-herg-kdg>

Or join via phone by calling **1-289-949-6623** and entering PIN **257 413 891#** when prompted.

You do not need to enable the video camera if you join with a web browser, but you will need to enable a microphone to be able to speak.



Online Creative Movement with Linda

In Partnership with The Dance Centre

Thursdays, 3:00PM - 4:00PM, Until May 28

A series of gentle, energizing movements to calming music.

Register by emailing programs@wesn.ca. You will be sent the Zoom link to join the class.



Technology Assistance (By Appointment)

Mondays and Thursdays, 2:00PM - 3:00PM and 3:00PM - 4:00PM with Simon

Tuesdays, 9:30AM - 10:30AM and 10:30AM - 11:30AM with Stacey

Do you have a computer, tablet or cell phone question? Book an appointment with one of our Tech Coaches to receive help by contacting Kaitlin, Manager of Programs, at 604-669-5051 or programs@wesn.ca. Please provide your full name, contact information, preferred date and time, and what method of contact you would like for the appointment (phone, email or video chat).



Zoom or Jitsi Meet Set-up Assistance (By Appointment)

Wednesdays, 3:00PM - 4:00PM with Ronda

Tech Coach Ronda is offering 1-on-1 phone appointments to help you set-up and use the free online communication platforms Zoom or Jitsi Meet. Book a session by calling 604-669-5051 and leaving a voice message with Kaitlin, Manager of Programs. Please leave your full name, contact information and preferred date. Or email the same information to programs@wesn.ca.

WESN PROGRAMS (CONTINUED)

COVID-19 and Older Adults: What You Need to Know

In Partnership with YPS Denman Pharmacy

Wednesday, May 13, 2:00PM - 3:00PM

Pharmacist Cathy Wang, owner of YPS Denman Pharmacy, will speak about COVID-19 and what older adults need to know for the first half of this presentation. Then, the floor will open for your questions.



This presentation will be held virtually. Register at programs@wesn.ca or 604-669-5051 extension 1 to receive the link or telephone information to join.

If you are joining via web browser, you do not need to enable the video camera or microphone, but you will need to enable a microphone to ask questions.

Virtual Animal Encounters at the Aquarium

In Partnership with the Vancouver Aquarium

Sea Otters: Thursday, May 7, 11:00AM - 11:30AM



The Vancouver Aquarium is an iconic establishment in Canada, and WESN is fortunate to be able to offer virtual encounters led by the animal trainers! Learn about different habitats or animals and stick around to ask questions. More encounters may be announced via WESN social media and sent out through email, so keep an eye out.

Register by emailing programs@wesn.ca or calling 604-669-5051 extension 1.

WESN ART CHALLENGE

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

Email your submissions to Graham at gabro2008@gmail.com and to be added to the list to see the work of peers.

A graphic titled 'Practising Delights' in a yellow, serif font. Below the title is a black silhouette illustration of three children jumping joyfully on a grassy hill, with a small dog running to the left. The entire graphic is enclosed in a green rectangular border.

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...

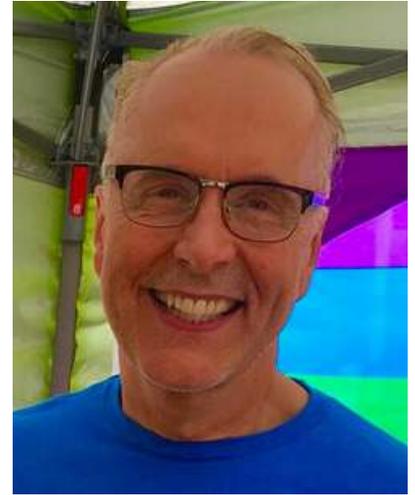
What are you delights, write or visually create something that best expresses one of your delights. Notice I said visually create yes this is very open, if your want to build something or knit just a square of colour then do that. Ok! then photograph *it* and attach *it* to an email and send *it* to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

WELCOME ALAN TO THE WESN STAFF TEAM

Alan Stamp, Manager of Support and Information Services

I'm excited to be joining the WESN team as a Manager of Support and Information Services at Kay's Place. For 9 years, I have provided the training for the Peer Support service at Kay's Place.

My entire professional life has been spent in the social services and counselling/therapy field, starting with child protection on several First Nations reserves in North Western Ontario in 1978. I continued with my education and training, completing graduate work in psychology in New York and a 4-year internship in family therapy. I am grateful that my internship consolidated my theoretical approach to how I work with others - with curiosity and respect.



For over 40 years, I have worked as a therapist and clinical director in various organizations, most recently completing 13 years of work at Jewish Family Services. Areas that I have specialized training and experience in include: clinical supervision, intake and assessment of clients, teaching, grant writing and budgeting, as well as being a member of management teams.

I have a special interest in older adults (being one myself!) and the varied challenges, including: loss, change, isolation, physical/mental health issues, poverty, food, and housing insecurity. I believe that community resources such as WESN have a role in lessening the impact of such concerns.

I'm delighted to join a team dedicated to supporting our valued clients, volunteers and members and look forward with great anticipation in meeting and working with the WESN team.

ALSO WELCOME KARI AND HOLLY

Kari Kessler and Holly Lemme have joined the WESN staff team to assist with work related to the COVID-19 pandemic. Kari is our Response Hub Manager and will coordinate communications and services related to BC211, United Way of the Lower Mainland and COVID-19. Holly comes on as an additional Life Unlimited Grocery Shopping and Delivery Coordinator in response to the increased demand for this service. If you participated in a recent Close to Home session, you will recognize Holly.

You may hear from Kari or Holly if you are accessing WESN services - please extend a warm welcome. They look forward to hearing from you.

THANK YOU, IGA AND SAFEWAY

Our two long-standing Life Unlimited Grocery Shopping and Delivery service partners are IGA Marketplace on Burrard Street and Safeway on Robson Street. These grocery stores assist WESN by designating a check-out lane to us on our service days, providing a dedicated staff member to ring our client orders through, and arranging deliveries to older adults.

As we have had to ramp up our service due to the circumstances brought about by COVID-19, we want to give a huge shout-out and thank you to the staff at IGA and Safeway.

Also, thank you to everyone who has stepped up and stepped forward to volunteer with WESN during these times. Your time, energy and support are greatly appreciated.



Above: We gave each staff member at Safeway Robson and IGA Marketplace Burrard a token of our appreciation.

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.

May Engagement Question: What is one positive change, that began in response to the COVID-19 pandemic, that people should retain long after the situation has passed?

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/6V3VBYG>

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

THANK YOU FOR YOUR SUPPORT

WESN is very appreciative of the support local stores, businesses and other organizations are providing us. Thank you - your support helps us to continue to provide services and programs to older adults during these unprecedented times.



Above: Davie Pharmacy (1232 Davie Street) donated bottles of hand sanitizer for our staff and volunteers to use while fulfilling grocery orders.



Above: YPS Denman Pharmacy (683 Denman Street) donated hand sanitizer, masks and gloves to help keep our team safe while they provide essential services to older adults.



Above: Garden Health (1204 Davie Street) donated N95 masks to keep our staff, volunteers and older adult clients safe.



Above: A line of baskets and carts containing grocery orders are ready to be checked-out at Safeway Robson.

BC TEMPORARY RENTAL SUPPLEMENT PROGRAM

Susan Paré, Manager of Support and Information Services

As part of the province's \$5 billion action plan, the BC Temporary Rental Supplement Program gives tenants and landlords temporary support towards rent payments for renters impacted by COVID-19. Payments are made directly to the landlords of eligible households.

This new program will provide a temporary rental supplement for April, May and June 2020. It will cover part of the rent for low- and moderate-income renters who have lost income as a result of COVID-19. Applicants will only have to apply once. If they apply in April, they will get payments for all three months. If they apply in May, they will get payments for the two remaining months. It is expected that the first payments will be provided before the end of April.



The program gives \$300 per month for eligible households with no dependents, and \$500 per month for eligible households with dependents.

The application and eligibility criteria are available through the BC Housing link below:
<https://bchousing.org/bctrs>

If you have any questions, please feel free to contact Susan Paré at **604-669-7339** or **susan@wesn.ca**.

HAPPY
BIRTHDAY

Happy Birthday to our
May-born WESN members!



ANXIETY AND THE COVID-19 PANDEMIC

Alan Stamp, Manager of Support and Information Services

After more than 40 years of practicing therapy, there's one thing that I can assuredly state: "Anxiety is the state of the human condition." While anxiety can feel unsettling or seem frightening, it's our body's natural protection system that is meant to tell us something is wrong and requires attention.

The COVID-19 pandemic has certainly been getting our attention. Many organizations - including WESN - are creating new, virtual ways of connecting with staff, clients, members and volunteers to inquire about the worry that some may experience. When people have the opportunity to talk about the impact of anxiety, there is often a gradual return to a less worrisome state.

Older adults with underlying medical issues, including being immuno-compromised, live with greater risk of infection with COVID-19, and older adults may have a heightened sense of anxiety for this reason. Symptoms of anxiety are varied, and may include feeling irritable, tense, impatient or being unable to participate in regular routines due to a lack of focus. Anxiety may diminish our sense of resiliency, so here are some suggestions to increase resiliency as we continue to confront the crisis of this pandemic.

1. If anxiety is a sense of dread and dread is the fear of the unknown, then it makes sense to understand - in this case - the COVID-19 virus and the routes of transmission. WESN has several links on their website (www.wesn.ca) to excellent and factual information pertaining to COVID-19. Learning facts about the virus is important to ensure that we know exactly what we're dealing with and what steps are required to minimize our risk.

2. The pandemic has altered the very routines that may have previously brought us calm. As much as possible, either find new routines in your day or return to the ones done before the pandemic. Simple and achievable things such as rising and going to bed at a similar time, reading, creating projects, making phone calls to friends and family, etc. I have a client whose new routine is to read a story to her grandchild each night by video link. This is very helpful for both parties and increases their sense of relaxation.



3. Today there are so many ways to maintain connections. Phone, email, text or video chat with people you care about. It's good to note that staying connected with others lowers anxiety levels and helps to "normalize" what has happened since COVID-19.

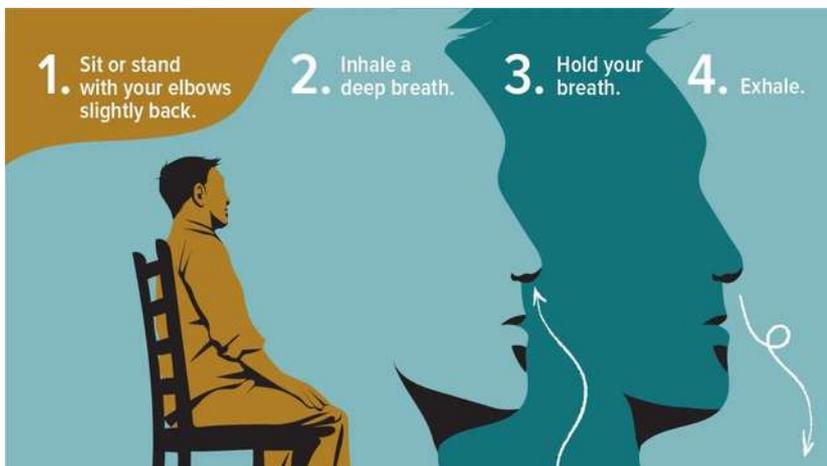
4. As always, practicing good self-care is important during this time or any time. Simple things such as getting sufficient rest, eating well, listening to music - whatever tasks or activities bring pleasure - are healthy habits to keep or to encourage.

ANXIETY AND THE COVID-19 PANDEMIC (CONTINUED)

5. Exercise is an excellent way to manage anxiety, though today one has to be more creative with the closure of fitness and other health centres. However, walking using the distancing rules is a great way of moving your body and may be as effective as running. Many other physical activities are possible at home - such as push-ups, lunges, stretching - and not much room is needed. These and other activities serve to increase cardiovascular health and reduce anxiety. Making a commitment to being active each day is another "healthy habit" that can yield improved health.



6. An easy task when anxiety is felt is to do 60 seconds of deep breathing. It can be done anytime and anywhere. I suggest that one hand is kept on the diaphragm to associate the movement with a deep breath as one does this exercise from a seated or lying position. Breathing increases the red-blood cells which carry more oxygen. It is the oxygen that may be depleted during a time of anxiousness. (Be aware that deeper breathing may bring dizziness for a short time.)



7. Talking is another way to reduce anxiety and stress. Much research has been conducted in the area of not just talk therapy, but talking with someone who really listens well to your concerns without being judgmental.

8. When it comes to understanding the pandemic, having a bigger picture is helpful. COVID-19 continues to be an anxious situation for young and old alike, but things have and will continue to improve as we slowly move towards returning to much more normal lives.



What the world is going through is unprecedented in our lifetimes. It's fair to say that there is a collective sense of loss, grief and anxiety. These are suggestions to reduce your worry, however you may find other things more useful as you adjust to the changes associated with this virus.

ANXIETY AND THE COVID-19 PANDEMIC (CONTINUED)

Here are some further resources for older adults:

BC211: Connect with non-medical support services such as counselling, emergency aid, grocery shopping, virtual visits, meal drop-offs, and errand-running. Those who wish to volunteer can also call 2-1-1 or visit the website to sign up (<http://bc211.ca>).

HealthLink BC: For information or advice about any health or mental health issue, including COVID-19, you can visit the website (<http://healthlinkbc.ca>) or call at 8-1-1 (7-1-1 for the deaf and the hard of hearing).

Mental Health Crisis Line: Call 310-6789 (do not add 604, 778 or 250 before the number) to connect to a local crisis line, 24 hours a day, every day. These workers are trained to provide emotional support, as well as mental health information and resources.

Centre for Addiction and Mental Health: This website is full of great resources and references on coping with mental health challenges, including a special section on COVID-19 (<https://www.camh.ca/en/health-info/mental-health-and-covid-19>).

Living with Worry and Anxiety Amidst Global Uncertainty: This free PDF guide from Psychology Tools offers great strategies for finding balance and coping with worry. https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

BounceBack: A free skill-building program designed to help manage low moods, mild to moderate depression, anxiety, stress, and worry. <https://bouncebackbc.ca>

Anxiety Canada: A wealth of resources about anxiety and techniques to manage it, including a special page on COVID-19, and links to the organization's MindShift CBT app for Apple and Android devices - designed to help actively manage anxiety using Cognitive Behavioural Therapy. <https://www.anxietycanada.com>

Support  **WESN** by becoming a member!

\$10 annually

Form on P.31 or online at www.wesn.ca



**Neighbourhood
Small Grants**



NEIGHBOURHOOD SMALL GRANTS

The Responsive Neighbourhood Small Grant stream provides grants of up to \$500 to BC residents for projects that connect people socially or involve sharing skills or talents with each other. The grant stream is open until further notice.

For information including eligibility criteria and to apply, visit: neighbourhoodsmallgrants.ca/blog/new-responsive-nsg-grant

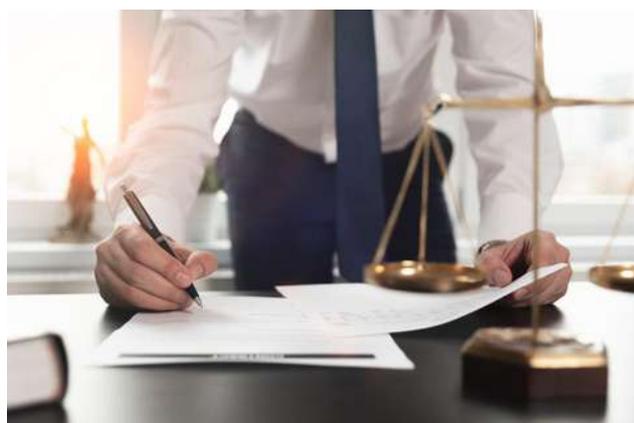
seniors first BC LEGAL CLINIC

The legal clinic held by Seniors First BC at Kay's Place is cancelled for May, 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.)



Want to volunteer with us?

Send us an email at volunteers@wesn.ca with a completed application form (on www.wesn.ca) or with your complete contact information, current availability and areas of interest.

Thank you.



Check us out on social media!



[westendseniornetwork
clothesandcollectibles](https://www.facebook.com/westendseniornetworkclothesandcollectibles)



[westendseniors](https://twitter.com/westendseniors)



[westendseniors
clothesandcollectibles](https://www.instagram.com/westendseniorsclothesandcollectibles)

16th Annual **International Day Against Homophobia, Transphobia, & Biphobia** Breakfast

A benefit for
QMUNITY
Presented by
Vancity

Save The Date!
Virtual Brunch

Connect. Support.
Drag. Art. Dance. & more!

17 May, 2020 | 11 am - 1 pm
via Facebook Live

#BreakingTheSilence
#IDAHOT2020



Join QMUNITY for the 16th annual International Day Against Homophobia, Transphobia, and Biphobia (IDAHOT) breakfast, online as we turn it into a fabulous virtual brunch! With this year's theme "Breaking The Silence" presented by Vancity and a benefit for QMUNITY. We're putting together a fun two-hour online brunch EXTRAVAGANZA. Everyone's welcome! There will be drag performances, art, dance entertainment, and much more! Free or by donation.

Register on Eventbrite: <https://www.eventbrite.ca/e/16th-annual-idahot-virtual-brunch-a-benefit-for-qmunity-tickets-95966607707>

MAY HEALTH AWARENESS MONTHS

Kaitlin Hong Tai, Manager of Programs

There are two important health awareness months for May - Speech and Hearing Month and Vision Health Month. As we age, our abilities to speak, hear and see may change. Aspects of change are natural, but there are preventative measures that can be taken to protect your abilities.

On the following pages, you will find resources to read about hearing, speech and vision.

Hearing

Many of us take our ability to communicate for granted. Yet the ability to speak, hear and be heard is much more vital to our everyday lives than most of us realize. Each year, Speech-Language and Audiology Canada dedicates the month of May to raising public awareness about communication disorders and the professionals who can help.

Common Hearing & Other Auditory Disorders:

Hearing Loss

Hearing loss is a partial or total inability to hear. The severity of the hearing impairment can range from mild to profound and can be in one or both ears. There are different types of hearing loss, which are caused by problems in different parts of the outer, middle and inner ear as well as the hearing nerve. Hearing loss can be caused by the natural aging process, excessive exposure to noise, head trauma, a history of ear infections or hereditary factors.

Auditory Processing Disorder

Auditory processing disorder (or APD) is a disorder that affects the way the brain processes sound – in other words, what the brain does with what the ear hears. Some symptoms of APD include poor listening, trouble following directions, short attention span and difficulty reading. People with APD can have normal hearing and APD is not related to intelligence.

Tinnitus

Tinnitus (TIN-A-TUS) refers to “ringing in the ears” when no other sound is present. Tinnitus can sound like hissing, roaring, pulsing, whooshing, chirping, whistling or clicking. Tinnitus can occur in one ear or both ears and while tinnitus is often associated with hearing loss, people with normal hearing can also have it. Sometimes the sounds are accompanied by pressure or pain in or around the ear or by a painful sensitivity to sounds. The impact of tinnitus ranges from annoying to debilitating.

Hyperacusis

Hyperacusis is a health condition characterized by an over-sensitivity to certain sounds. A person with severe hyperacusis has difficulty tolerating everyday sounds, some of which may seem unpleasantly loud to that person but not to other people. Although all sounds may be perceived as too loud, high frequency (pitch) sounds may be particularly troublesome.

www.communicationhealth.ca

May is Speech and Hearing Month
maymonth.ca



Speech-Language &
Audiology Canada
Communicating care

1 in 6 people
has a speech, language
or hearing disorder.

TIPS for talking with someone who has a hearing disorder:

- Get the person's attention by saying their name or touching their arm before you start talking.
- Speak clearly and loudly enough to be heard, but do NOT shout. Shouting distorts the speech sounds.
- Be patient and provide the person with some extra time to respond. Hearing and processing sounds may take a bit longer.
- Avoid putting anything around your face and mouth when you are speaking (e.g., pens, phones, hands). People with hearing loss use visual cues to help them understand the message. People without hearing loss also use visual cues!
- Create an ideal listening environment: move away from noise sources and choose a place with good lighting.
- Position yourself across from the listener rather than beside. Look at the person when talking.
- During group discussions only one person should speak at a time.
- Smaller group discussions are ideal. Listening in a large group setting can be difficult.

AUDIOLOGISTS are highly-trained hearing health professionals who identify, assess and manage individuals with hearing and balance disorders as well as other auditory disorders.

Speech & Language

Many of us take our ability to communicate for granted. Yet the ability to speak, hear and be heard is much more vital to our everyday lives than most of us realize. Each year, Speech-Language and Audiology Canada (SAC) dedicates the month of May to raising public awareness about communication disorders and the professionals who can help.

Some causes of speech and language disorders:

- Traumatic brain injury
- Stroke
- Head and neck cancers
- Learning disabilities
- Degenerative diseases (e.g., ALS, Parkinson's, etc.)

Types of speech and language disorders:

Articulation disorders occur when a person cannot correctly produce one or more sounds (e.g., wabbit for rabbit, kip for skip). May be the result of delayed development, poor muscle control, cleft lip/palate, hearing impairment or learning disabilities. In adults, may be the result of neurological damage from stroke or head injury.

Voice disorders include inappropriate pitch, loudness, quality or total loss of voice. Voice problems may result from damage to the vocal cords because of surgery, disease or yelling (vocal abuse), or from conditions such as cleft palate, cerebral palsy or hearing impairment.

Fluency disorders or stuttering is a disruption in the normal flow or rhythm of speech. Characteristics of stuttering may include repetitions of sounds, syllables, words or phrases.

Apraxia (A-PRAX-SIA): A speech programming disorder that makes words and sentences sound jumbled or meaningless.

Dysarthria (DIS-AR-THREE-AH): A group of speech disorders resulting from paralysis, weakness or lack of coordination of the muscles required for speech.

Aphasia (AH-FAY-SIA): A language disorder due to brain damage or disease resulting in difficulty in formulating, expressing, and/or understanding language.

www.communicationhealth.ca

May is Speech and Hearing Month
maymonth.ca



Speech-Language &
Audiology Canada
Communicating care

1 in 6 people
has a speech, language
or hearing disorder.

TIPS for better communication:

- Speaking with someone who has a communication disorder may require extra time and patience.
- Reduce background noises that may be distracting (e.g., turn off the radio or TV, close the door or move to a quieter place).
- Stick to one conversation topic at a time. Avoid quick shifts in conversation topics.
- Keep sentences and questions short.
- Allow extra time for responding.
- Ask questions with yes/no answers. Open-ended questions are more difficult to respond to.
- Be an active listener. Pay attention to eye gaze and gestures. Take a guess (e.g., "Are you talking about your dog? Yes? Tell me more.")
- Speak slowly and clearly.
- Do not speak louder to get your message across unless the person has a hearing loss

SPEECH-LANGUAGE PATHOLOGISTS are highly-trained professionals who are focused on the prevention, identification and management of speech, language and swallowing disorders.

National Institute on Aging

AgePage

Aging and Your Eyes

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.

How Can You Protect Your Eyesight?

Have your eyes checked regularly by an eye care professional—either an ophthalmologist or optometrist. People over age 60 should have dilated eye exams yearly. During this exam, the eye care professional will put drops in your eyes to widen (dilate) your pupils so that he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. If you wear glasses or contact lenses, your prescription should be checked, too. See your doctor regularly to

check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not controlled or treated.

See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Common Eye Problems

The following common eye problems can be easily treated. But, sometimes they can be signs of more serious issues.

■ **Presbyopia** (prez-bee-OH-pee-uh) is a slow loss of ability to see close objects or small print. It is normal to have this problem as you get older. People with presbyopia often have headaches or strained, tired eyes. Reading glasses usually fix the problem.

■ **Floaters** are tiny specks or “cobwebs” that seem to float across your vision. You might see them in well-lit rooms or outdoors on a bright day. Floaters can be a normal part of aging. But, sometimes they are a sign of a more serious eye problem such as retinal detachment. If you see many new floaters and/or flashes of light, see your eye care professional right away.

7 Tips for Healthy Eyes

- Protect your eyes from too much sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.
- Stop smoking.
- Make smart food choices.
- Be physically active and maintain a healthy weight.
- Maintain normal blood pressure.
- Control diabetes (if you have it).
- If you spend a lot of time at the computer or focused on one thing, you can forget to blink. Every 20 minutes, look away about 20 feet for 20 seconds to prevent eye strain.

■ **Tearing** (or having too many tears) can come from being sensitive to light, wind, or temperature changes, or having a condition called dry eye. Wearing sunglasses may help. So might eye drops. Sometimes tearing is a sign of a more serious eye problem, like an infection or a blocked tear duct. Your eye care professional can treat these problems.

■ **Eyelid problems** can result from different diseases or conditions. Common eyelid problems include red and swollen eyelids, itching, tearing, and crusting of eyelashes during sleep. These problems may be caused by a condition called blepharitis (ble-fa-RI-tis) and treated with warm compresses and gentle eyelid scrubs.

Eye Diseases and Disorders

The following eye conditions can lead to vision loss and blindness. They may have few or no early symptoms. Regular

eye exams are your best protection. If your eye care professional finds a problem early, often there are things you can do to keep your eyesight.

■ **Cataracts** are cloudy areas in the eye's lens causing blurred or hazy vision. Some cataracts stay small and don't change your eyesight a lot. Others become large and reduce vision. Cataract surgery can restore good vision. It is a safe and common treatment. If you have a cataract, your eye care professional will watch for changes over time to see if you would benefit from surgery.

■ **Corneal diseases and conditions** can cause redness, watery eyes, pain, problems with vision, or a halo effect of the vision (things appear to have an aura of light around them). Infection and injury are some of the things that can hurt the cornea. Treatment may be simple—for example, changing your

eyeglass prescription or using eye drops. In severe cases, surgery may be needed.

- **Dry eye** happens when tear glands don't work well. You may feel stinging or burning, a sandy feeling as if something is in the eye, or other discomfort. Dry eye is more common as people get older, especially for women. Your eye care professional may tell you to use a home humidifier or air cleaner, special eye drops (artificial tears), or ointments to treat dry eye.

- **Glaucoma** often comes from too much fluid pressure inside the eye. If not treated, it can lead to vision loss and blindness. People with glaucoma often have no early symptoms or pain. You can protect yourself by having dilated eye exams yearly. Glaucoma can be treated with prescription eye drops, lasers, or surgery.

- **Retinal disorders** are a leading cause of blindness in the United States. Retinal disorders that affect aging eyes include:

- **Age-related macular degeneration (AMD).** AMD can harm the sharp, central vision needed to see objects clearly and to do common things like driving and reading. During a dilated eye exam, your eye care professional will look for signs of AMD. There are treatments for AMD. If you have AMD, ask if special dietary

supplements could lower your chance of it getting worse.

- **Diabetic retinopathy.** This problem may occur if you have diabetes.

Diabetic retinopathy develops slowly and often has no early warning signs. If you have diabetes, be sure to have a dilated eye exam at least once a year. Keeping your blood sugar, blood pressure, and cholesterol under control can prevent diabetic retinopathy or slow its progress. Laser surgery can sometimes prevent it from getting worse.

- **Retinal detachment.** THIS IS A MEDICAL EMERGENCY. When the retina separates from the back of the eye, it's called retinal detachment. If you see new floaters or light flashes, or if it seems like a curtain has been pulled over your eye, go to your eye care professional right away. With treatment, doctors often can prevent loss of vision.

What Is Low Vision?

Low vision means you cannot fix your eyesight with glasses, contact lenses, medicine, or surgery. Low vision affects some people as they age. You may have low vision if you:

- Can't see well enough to do everyday tasks like reading, cooking, or sewing

- Have difficulty recognizing the faces of your friends or family
- Have trouble reading street signs
- Find that lights don't seem as bright

If you have any of these problems, ask your eye care professional to test you for low vision. Special tools can help people with low vision to read, write, and manage daily tasks. These tools include large-print reading materials, magnifying aids, closed-circuit televisions, audio tapes, electronic reading machines, and computers with large print and a talking function.

Other tips that may help:

- Brighten the lighting in your room.
- Write with bold, black felt-tip markers.
- Use paper with bold lines to help you write in a straight line.
- Put colored tape on the edge of your steps to help you see them and prevent you from falling.
- Install dark-colored light switches and electrical outlets that you can see easily against light-colored walls.
- Use motion lights that turn on when you enter a room. These may help you avoid accidents caused by poor lighting.
- Use telephones, clocks, and watches with large numbers; put large-print labels on the microwave and stove.

Remember to ask your eye doctor if your vision is okay for safe driving.

For More Information About Eye Problems

National Eye Institute

Information Office

1-301-496-5248

2020@nei.nih.gov (email)

www.nei.nih.gov/healthyeyes/aging_eye

National Library of Medicine

MedlinePlus

www.medlineplus.gov/eyediseases.html

For more information on health and aging, contact:

National Institute on Aging Information Center

P.O. Box 8057

Gaithersburg, MD 20898-8057

1-800-222-2225 (toll-free)

1-800-222-4225 (TTY/toll-free)

niaic@nia.nih.gov (email)

www.nia.nih.gov

Visit www.nia.nih.gov/health to find more health and aging information from NIA and subscribe to email alerts. Visit <https://order.nia.nih.gov> to order free print publications.



National Institute
on Aging

NIH...Turning Discovery Into Health®

January 2017

MEAL IN A MUFFIN RECIPE

Bonnie Quam, Board Director

These muffins are a meal all in one. Substitute the mix-ins as you see fit.

Ingredients:

- 1 1/2 cups chopped, cooked broccoli or 1 pkg (300 g) frozen cut broccoli, thawed
- 1 1/2 cups (250 g) chopped cooked meat (like turkey)
- 1 medium onion, chopped
- 1/2 cup grated Parmesan cheese
- 6 eggs
- 1/2 cup vegetable oil
- 1 1/4 cup all-purpose flour
- 1 tbsp baking powder
- 1 tsp each of dried oregano and parsley leaves
- 1/4 tsp dried thyme leaves
- 1/4 tsp garlic powder



Instructions:

- 1) Preheat the oven to 375F/190C.
- 2) In large bowl, combine broccoli, meat, onion, and cheese.
- 3) In another bowl, beat eggs until foamy, blend in oil. Add the dry ingredients; beat until smooth. Stir in broccoli mixture until just combined.
- 4) Pour into greased muffin cups. Bake in preheated oven for 20-25 minutes or until lightly browned. Serve warm or cold.

Yield: 12-15 muffins



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Saturdays: 10am-5pm
Sundays: 12pm-5pm
Closed holidays

NO-FAIL CROCK POT ROAST RECIPE

Alison Maher, Board Director

This is a slow cooker recipe that works every time, and it is a hit with my family. I usually roast potatoes, carrots, onion and whatever is in the crisper. Good for leftovers!

Ingredients:

- 1.8 kg (4 lb) blade roast (or stewing beef)
- 1.5 to 2 cups beef broth
- Steak spice
- 3 cloves garlic, minced
- 1-2 tsp ground dried thyme
- 1 tbsp savoury spices
- Olive oil, for browning of the roast
- 4 tbsp corn starch (for gravy)
- 4 tbsp cold water or broth (for gravy)
- Parsley (for garnish)



Instructions:

- 1) Add beef broth into the crock pot. Add minced garlic, thyme and savoury spices into broth. Mix.
- 2) In a frying pan on the stove top, add approx. 1 tbsp of olive oil. Brown the roast over medium (or medium high), until golden brown crust on all sides (do not burn). About 4 minutes per side. This gives a rich flavour. Remove onto plate. Rub entire roast with a light dusting of steak spice.
- 3) Lay browned roast into crock pot. Cover with lid. Set crock on high for 5-6 hours, or on low for 8-10 hours.
- 6) In the last hour, mix your cornstarch and water. Add it to the slow cooker to thicken the sauce.

Note: I take the roast out, and as it rests, I make gravy in the crock pot.

Serve with your favourite veggies and sides. Enjoy!



FAVOURITE PANCAKE RECIPE

Alison Maher, Board Director

If you are running out of pancake mix, this is an easy from-scratch version.

Ingredients:

- 1 1/2 cups all-purpose flour
- 3 1/2 tsp baking powder
- 1 tsp salt
- 1 tbsp white sugar
- 1 1/4 cups milk (start with 1 cup and add little by little until preferred thickness achieved)
- 1 egg
- 3 tbsp butter, melted



Instructions:

- 1) In a large bowl, sift together the flour, baking powder, salt and sugar.
- 2) Make a well in the center and pour in milk, egg and melted butter; mix until smooth.
- 3) Heat a lightly oiled griddle or frying pan over medium high heat.
- 4) Pour or scoop batter onto the griddle, using approximately 1/4 cup for each pancake.
- 5) Brown on both sides and serve hot.

Side Dish Ideas:

- A fruit salad, such as berries and sliced bananas.
- Make savoury - Use 2 pancakes with grilled deli ham and grated cheese; make like grilled cheese.
- Pancakes benedict - Top with grilled ham, a poached egg and hollandaise sauce.



Did you make a featured recipe? Let us know how it turned out on our Facebook, Twitter or Instagram pages. Our social media handles are found on page 2. #wesn

If you took a photo of your creation, email it to Kaitlin at programs@wesn.ca to be reposted on our social media accounts!

Have a recipe that you want to share with others in the next newsletter? Email it to Kaitlin at programs@wesn.ca.

VIRTUAL ENTERTAINMENT

Guitar Performance by WESN Volunteer Musician Cuneyt Tirmandi:

https://www.youtube.com/watch?v=_I7wYtB7tXk

LGBTQI2S Dignity Project Film Vignettes: <https://www.lgbtqi2sdignityproject.ca/>

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

Songs for Barclay Manor by WESN Volunteer Musician Helen del Val:

<https://youtu.be/tQC4DZ7cDs0>

Tiny Desk Concerts: <https://www.npr.org/series/tiny-desk-concerts>

Vancouver Aquarium Live Cameras: <https://www.vanaqua.org/live-cams>

Vancouver Symphony Orchestra: <https://www.vancouversymphony.ca/vso-digital-performances>

CARING NATION

The Governor General of Canada is collecting messages from Canadians about how they are doing. Visit the website to read or submit a message:

<https://www.gg.ca/Caring-Nation>

"Our street is filled with homes where Teddy Bears live. On both ends a sign is posted to find the bears. It makes kids (and adults too) happy."

"I've become penpal to random people in nursing homes. I made Easter treats for kids of low income families. I cooked soups for seniors. All while isolating myself."



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ELDERDOG
CANADA

ElderDog Canada's **Free Dog Care Program**

April 2020 Covid-19 Response: Due to these challenging times, ElderDog Vancouver is reaching out to inform all in need that we are here to assist dogs and dog owners as possible.

Please contact: elderdogvancouverLDR@gmail.com (604)-299-3667

ElderDog Canada is a free, volunteer-run program. In times of need due to illness or other situations, we provide:

🐾 Temporary foster care in an approved foster home

🐾 Adoption to an approved home if necessary for dogs of older adults and older dogs who have lost a human companion and are left without a caregiver. (Other dogs will be accommodated as we are able.)

Dogs eligible for temporary or long-term care in the ElderDog Dog Care Program:

- 🐾 typically are 10 years or older (age criteria will vary depending on breed/size) OR are owned by an older person;
- 🐾 have no history of aggression;
- 🐾 are experiencing a disruption in their lives due to change in residence, human companion illness or death;
- 🐾 may live with an elderly human companion who needs dog care assistance in order to stay together;
- 🐾 may have care needs that can no longer be adequately provided;
- 🐾 may face health and/or mobility challenges;
- 🐾 may be considered by an animal shelter or humane society to be "unadoptable" due to age, mobility, or state of health.

Dogs in Need of Temporary Care, Permanent Relocation, or Long-term Care Planning are our primary concern.

As older dogs may have special age-related needs or have experienced recent disruption or stress, we take extra care to find homes that best suit their needs. We are experienced and committed to supporting both seniors and their dogs in these challenging times.

Lower mainland:
elderdogvancouverLDR@gmail.com
604-299-3667

National office (N.S):
www.elderdog.ca
1-855-336-4226

MEMBERSHIP AND DONATIONS

If you are not already a member of the West End Seniors' Network, please consider joining! Anybody can join, and this is one way you can support our organization.

The cost of membership is \$10.00/year (October 2019 through September 2020).

To become a member or to renew your membership, please complete the form on the following page and mail it with your cash or cheque payment to:

West End Seniors' Network
1447 Barclay Street
Vancouver, BC
V6G 1J6



Some of the benefits of being a member include:

- Virtual programs, events, workshops, and presentations
- Monthly e-newsletters and regular updates
- Access to services that support older adults to live well, including:
 - Check-in phone calls and emails
 - Information and referral support
 - Peer support
 - Housing navigation
 - Grocery shopping and delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

Note that some of our usual benefits are not accessible at this time due to the COVID-19 pandemic, such as use of the Computer Lab at Barclay Manor and social spaces.

Your donations help us achieve our mission 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. All donations of \$10.00 or more are eligible for a tax receipt.

Please visit us at www.wesn.ca to make a secure donation by credit card. Please make cheques payable to the above address.

Thank you very much in advance for your generous donation.

Charitable Registration Number: 119292845RR0001



Oct 2019 - Sep 2020 Membership Application Form

Membership valid until the September 2020 Annual General Meeting

Please make cheque payable to West End Seniors' Network.

Submit completed form and payment to:

Barclay Manor
1447 Barclay Street
Vancouver, BC V6G 1J6

Kay's Place
118-1030 Denman Street
Vancouver BC V6G 2M6

Today's Date:

DD	MMM	YYYY

I am a **first time member**:

Yes No

I would like information about **volunteer opportunities**:

Yes No

Photo Consent: I consent to WESN taking and using photographs of me in print, online, or video materials, with or without my name, for any lawful purposes.

Yes No

Payment	
<input type="checkbox"/> Annual Membership Fee	\$10.00
<input type="checkbox"/> Donation to West End Seniors' Network	\$ _____
<input type="checkbox"/> I want my donation to be anonymous.	
<input type="checkbox"/> Newsletter Postage Fee	\$23.00
Tax receipts are issued for donations of \$10.00 and over.	
Total: \$ _____	
Charitable Registration Number: 119292845RR0001	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque

Prefix:	First Name:	Last Name:		
Address:		City:	Province:	Postal Code:
Date of Birth (DD/MMM/YYYY):		Gender:		
Phone Number:		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work
Alternate Phone Number:		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work
Email:		<input type="checkbox"/> DO NOT send me e-mail updates, including the monthly newsletter.		
Emergency Contact Name:	Emergency Contact Relationship:	Emergency Contact Phone Number:		

WESN will not disclose my information without my consent, unless requested under the Societies Act, and will not rent, sell or trade their contact list.

For Office Use Only

Membership Card Issued: Cheque #: _____ Receipt #: _____ Location: BM KP C&C

Staff/Volunteer (initial): _____ Revenue Control (initial): _____ Revenue Control Sheet #: _____ Data Entered By (initial): _____

Optional This section will be removed and used only to better understand the WESN membership. **2019-2020**
Your answers will remain anonymous and will not be attached to your name or other identifying information.

I identify with the following ethno-cultural group(s): _____

My marital status is (please select one):

Single Married / Common-Law Widowed Divorced / Separated

My current housing arrangement is (please select one):

Rent Own Subsidized Other: _____

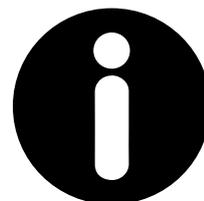
I identify as (please select all that apply):

Heterosexual Gay / Lesbian Bisexual / Pansexual Transgender Other: _____

My individual annual income is (please select one):

Up to \$17,688 \$17,689 - \$25,000 \$25,001 - \$38,400 Over \$38,400

COVID-19 RESOURCES



BC Provincial 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>

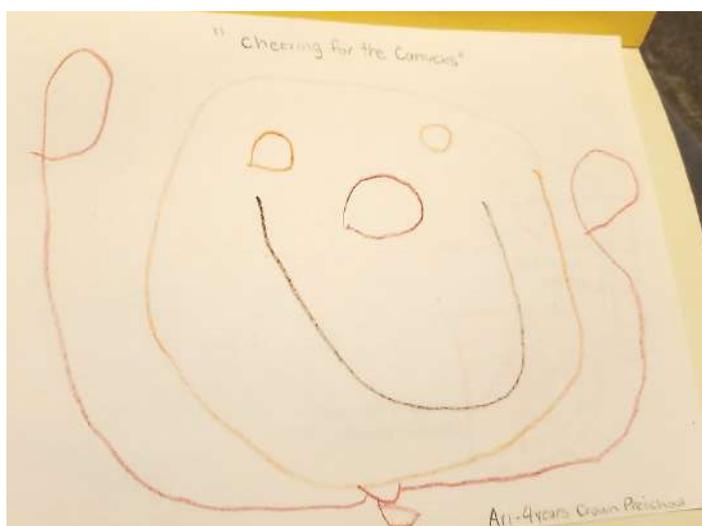
BC211 Safe Seniors, Strong Communities: 2-1-1 or <http://www.bc211.ca>

Greater Vancouver Food Bank: <https://foodbank.bc.ca>

Emergency Housing: <https://shelters.bc211.ca/bc211shelters>

WESN-Collated Resources: <http://wesn.ca/covid-19-resources>

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



Above: Artwork dedicated to you - WESN members - by 4-year old Ari.



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.

