

# WESN

WEST END SENIORS' NETWORK

June 2021

Programs, Services and Events for  
Adults 55 Years of Age and Older



**Wear Purple Day**

**JUNE 15**

**WORLD ELDER ABUSE  
AWARENESS DAY**

**(P. 20)**



**June 1 - 30 (P. 8)**

*Our biggest  
issue ever!*

**Ice Cream Day  
for BC Seniors Week**



**June 11 (P. 7)**



**VIRTUAL  
STRAWBERRY  
FESTIVAL  
2021**



**June 25 (P. 9)**

# AM I LIVING LIFE TO THE FULLEST?

It's an important question for seniors to ask when debating whether to stay at home or move to a safe and elegant Amica residence with outstanding dining, socially distanced activities and senior care, if and when they need it. And it's often the first step toward joining a friendly community of like-minded peers.



Larry O'Brien, an active senior and former pilot in BC, found the answer when he moved to Amica White Rock with his wife, Marjorie. "The move enhanced our lifestyle significantly," Larry says. "I thought it might be dull, but it's been the reverse. And you couldn't ask for a better staff: they're attentive, empathetic, cheerful and professional."

## Boost connection

Research shows that loneliness has real physical and mental health impacts. That's why residents especially appreciate the welcoming atmosphere at Amica residences.

## Enjoy life on your own terms

Do you want to stay in charge of your day while spending less time on chores? Seniors at Amica savour the freedom they've always maintained and the services and peace of mind they need to enjoy it. Unlike nursing homes or long-term care facilities, Amica owns and operates private-pay retirement residences where seniors are empowered with control over their schedules, exquisite private suites, and leading-edge safety measures.

## Stay safe and busy

It's easy to slip into an uninspiring routine at home. At Amica, you'll have daily opportunities to stay social and connected thanks to comprehensive safety protocols. And

hope abounds, with many residents and team members already vaccinated for COVID-19.

Each day, residents can choose to join safe activities from small and distanced fitness classes and creative workshops to online games, happy hour with doorway cocktail deliveries and more.

## Get the attentive care you deserve

If you need support for health conditions or personal care, you'll have assistance whenever you need it at Amica with on-site nurses, 24/7 support and emergency monitoring. You can also reassure your loved ones that you will always have the right care, since several Amica residences offer a combination of Independent Living and Registered Assisted Living or Licensed Residential Care and Memory Care under one roof.

## Live with optimism

It's easy to look on the bright side when you're safely enjoying each day thanks to premium amenities, dining and services in a beautiful neighbourhood. But at the end of the day, warmth matters most.

"I've never lived in a place where it feels more like family," says Larry. "We feel very fortunate to live here."



Larry and Marjorie O'Brien at Amica White Rock

To learn more about life at Amica, book a virtual tour at [amica.ca/book-a-visit](https://amica.ca/book-a-visit)

# AMICA

SENIOR LIFESTYLES

AMICA ARBUTUS MANOR ▪ AMICA EDGEMONT VILLAGE ▪ AMICA LIONS GATE ▪ AMICA WEST VANCOUVER

# Our Vision

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

# 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.

# Board of Directors

- President:** Joel Oger ([board@wesn.ca](mailto:board@wesn.ca))
- Vice President:** Marta Filipski
- Past President:** Frank McCormick
- Treasurer:** Ross McKinnon
- Secretary:** Alison Maher
- Directors:** Jane Goodridge, Karsten Kaemling, Stephanie Thomas, Omid Toub

# Land Acknowledgement

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

-  [wesn.ca](http://wesn.ca)
-  [info@wesn.ca](mailto:info@wesn.ca)
-  [westendseniors](https://twitter.com/westendseniors)
-  [westendseniornetwork](https://www.facebook.com/westendseniornetwork)  
[clothesandcollectibles](https://www.facebook.com/clothesandcollectibles)
-  [westendseniornetwork](https://www.instagram.com/westendseniornetwork)  
[clothesandcollectibles](https://www.instagram.com/clothesandcollectibles)
-  [West End Seniors' Network Society](https://www.linkedin.com/company/west-end-seniors-network-society)
-  Fax: 1-877-885-6561

# Table of Contents

Amica Senior Lifestyles Advertisement	P. 2
Our Vision and Mission	P. 3
Board of Directors	P. 3
Land Acknowledgement	P. 3
Contact Information and Social Media	P. 3
Staff and Site Contact Information	P. 4
Job Opportunities	P. 4
Closure Dates	P. 4
COVID-19 Protocol Summary	P. 5
COVID-19 Vaccine Access Information	P. 6
Ice Cream Day (BC Seniors Week)	P. 7
Community Better Challenge Classes	P. 8
Virtual Strawberry Festival	P. 9
Board and Staff Articles	PP. 10-11
Membership Renewal	P. 12
Volunteers	P. 13
Services	PP. 14-15
Safe Seniors, Strong Communities	P. 16
Housing Navigation	P. 17
Program Information	P. 18
Computer Lab	P. 19
Technology Assistance	P. 19
In-Person Programs	P. 20
Spa Services	P. 21
Seniors First BC Law Clinic	P. 21
WESN-QMUNITY Joint Programs	P. 21
Virtual Programs	PP. 22-24
Monthly Engagement Question	P. 24
WESN-Gordon Neighbourhood House Joint Virtual Programs	P. 25
Choose to Move	P. 26
COVID-19 Resources	P. 27
Community Information and Advertisement	PP. 28-29
Happiness with connectedness to nature: A sneak peak of findings from the Active and Connected at Home Study	P. 30
Classifieds	P. 31
Happipad - Companion Housing	P. 32
City of Vancouver Accessibility Strategy	P. 33
Membership and Donations	P. 34
Membership Application Form	P. 35
Seniors Mental Wellness Forum	Back Cover

# Contact Information

## **Barclay Manor**

604-669-5051

[info@wesn.ca](mailto:info@wesn.ca)

1447 Barclay Street, Vancouver, BC V6G 1J6

Mon - Fri, 9:00AM - 5:00PM

**Executive Director:** Anthony Kupferschmidt

604-669-5051 ext 4 | [executivedirector@wesn.ca](mailto:executivedirector@wesn.ca)

**Manager of Programs:** Kaitlin Hong Tai

604-669-5051 ext 1 | [programs@wesn.ca](mailto:programs@wesn.ca)

**Administrative and Program Coordinator:**

Jenna MacLeod

604-669-5051 ext 5 | [info@wesn.ca](mailto:info@wesn.ca)

**Manager of Volunteer Resources:**

Abbie Purdy

604-669-5051 ext 6 | [volunteers@wesn.ca](mailto:volunteers@wesn.ca)

**Manager of Community Services:** Suma Sudhir

604-669-5051 ext 3 | [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca)

**Community Services Coordinator:** Joe Humphries

604-669-5051 ext 2 | [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)

**COVID-19 Community Response Hub Manager:**

Kari Kessler

604-669-5051 ext 8 | [responsehub@wesn.ca](mailto:responsehub@wesn.ca)

**LinkAGE Social Prescribing Navigator:**

Emily Lonsdale

604-669-5051 ext 7 | [health@wesn.ca](mailto:health@wesn.ca)

**Choose to Move Activity Coach:** Ricky Jhauj

604-669-5051 ext 9 | [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca)

**Accountant:** Parveen Chand

## **Clothes and Collectibles**

604-682-0327

Denman Place Mall

110-1030 Denman Street, Vancouver, BC V6G 2M6

Wed - Fri, 11:00AM - 5:00PM

Sat, 12:00PM - 4:00PM

**Manager:** Laura Fee

[clothes@wesn.ca](mailto:clothes@wesn.ca)

**Assistant Managers:** Gordana Smocilac, Will Tessier

**Supervisor:** Brenda Wong

Operating hours are subject to change.

View our social media channels or contact the location to confirm, if needed.

Staff may be working remotely. Please be patient with response times.

## **Kay's Place**

604-669-7339

[kaysplaceinfo@wesn.ca](mailto:kaysplaceinfo@wesn.ca)

Denman Place Mall

118-1030 Denman Street, Vancouver, BC V6G 2M6

Mon - Fri, 10:00AM - 4:00PM

**Managers of Support and Information Services:**

Susan Paré

[susan@wesn.ca](mailto:susan@wesn.ca)

Alan Stamp

[alan@wesn.ca](mailto:alan@wesn.ca)

**Information and Referral Services Coordinator:**

Isamu Yano

[isamu@wesn.ca](mailto:isamu@wesn.ca)

## Job Opportunities

**We are hiring for the following positions:**

- Close to Home Program Coordinator
- Program and Event Assistant (Summer Student)

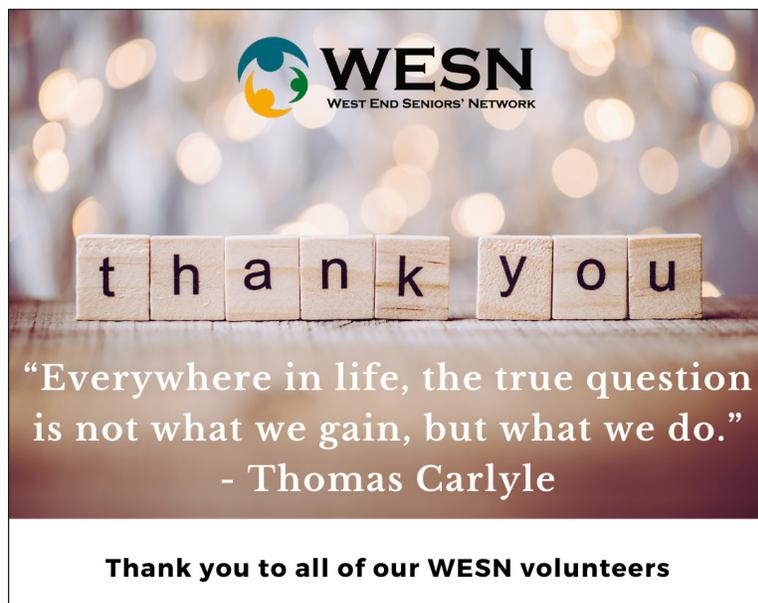
For more information, please visit our website:

[wesn.ca/job-opportunities](http://wesn.ca/job-opportunities)

Individuals selected for an interview will be contacted. Please do not call to inquire.

## Closure Dates

There are no scheduled closure dates in June.



# Our 3 locations have COVID-19 protocols in place:

- Stay home if you are not feeling well.
- Masks or face coverings are mandatory. Masks are available by donation.
- Wash or sanitize your hands upon entering.
- Space capacities are reduced. Registration is required for programs or appointments and/or you may be asked to wait to enter.
  - **Barclay Manor:** Maximum of 50.
  - **Clothes and Collectibles:** Maximum of 7.
  - **Kay's Place:** Maximum of 6.
- Follow posted signage and maintain physical distance (2 metres) from others.
- Enhanced cleaning protocols are in place.
- Food and drinks are not provided.
  - **Barclay Manor:** You may bring your own drinks, but please refrain from eating.
  - **Clothes and Collectibles:** No consumption of food or drinks.
  - **Kay's Place:** Please refrain from eating or drinking.



# COVID-19 Vaccine Information

**Everyone in BC must register with the Get Vaccinated provincial registration system once. This includes:**

- 1. Seniors, Indigenous people and people who are clinically extremely vulnerable who booked dose 1 through their health authority before April 6**
- 2. People who got dose 1 of AstraZeneca/COVISHIELD at a local pharmacy**

Registration ensures the province has your current contact information so they can contact you to book your first or second dose. Spread the word and help your friends and family complete their registration, book an appointment and get the vaccine.

## **There are 3 steps to get vaccinated:**

- 1. Register and get a confirmation number:** All adults are eligible to register.

Register online 24-hours a day at: <https://www.getvaccinated.gov.bc.ca/s/>

Register by phone 7 days a week from 7:00AM - 7:00PM (9:00AM - 5:00PM on statutory holidays) by calling: **1-833-838-2323**

Translation services are available if calling the registration number.

If you do not have a Personal Health Number, register by phone or in-person at a Service BC Office. Find information about Service BC offices at: <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc>

- 2. Book an appointment:** You will be contacted to book a vaccine appointment. You will book your appointment online or by phone. You will select a location, date and time.

- 3. Visit the vaccine clinic to get your vaccine dose.** Wear a short-sleeved shirt and a mask. Arrive a few minutes before your scheduled appointment time. You can bring one person with you for support.

All clinics are wheelchair accessible. You will be given a mask if you do not have one. People who get their first dose will be notified by email, text or phone call to book an appointment for their second dose within 16 weeks.

**If you are unable to leave your home for a vaccination appointment,** Vancouver Coastal Health (VCH) can help. Please call 1-833-838-2323 and inform the call centre representative that you are unable to attend a clinic. You will be referred to their Home Health team who will call you back for an assessment to receive a home visit.

If an in-home appointment is not an option, WESN will provide transportation to and from vaccination appointments for eligible individuals within the City of Vancouver. We will be utilizing Black Top & Checker Cabs to meet client transportation needs. For more information, please contact Sumathy at [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca) or 604-669-5051 ext 3.

**Beware of scams. You do not need to provide your Social Insurance Number (SIN), driver's license number or banking and credit card details.**

For the most up-to-date information, visit the BC Government website: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

Or, find information on the VCH website: <http://www.vch.ca/covid-19/covid-19-vaccine>

# ICE CREAM DAY FOR BC SENIORS WEEK

**Celebrate BC Seniors Week (June 6-12, 2021)  
with us by enjoying a delicious scoop  
of ice cream!**

**Friday, June 11, 1:00PM - 3:00PM  
Barclay Manor Parking Lot  
(1447 Barclay St)**



In partnership with:  
**Rain OR Shine**  
**ICE CREAM**

Sponsored by:  
 **G&F**  
FINANCIAL GROUP  
*life beyond banking™*

WESN members are able to receive a single scoop (1 or 2 flavours) in a cup or waffle cone. Vegan (dairy-free) option available. Limited quantities available. First-come, first-served. Max 1 per person. A valid 2020-2021 WESN membership card must be shown. Enter off of Nicola St and wear a mask while in line, please.



This challenge is a national physical activity initiative that encourages Canadians to get active.

Lets get moving!

Be entered to win a \$50 Sport Chek giftcard!

Snacks and water provided by:



Canada

## Aquafit in the Park

**Thursday, June 3, 10:00AM - 10:30AM, 10:45AM - 11:15AM, Barclay Heritage Square**

Fun and inclusive movements for all levels of fitness. Prizes for best on-land aquatic outfit (swimsuits, bathing caps, funky glasses, etc are encouraged but not mandatory).

## Summer Forest Bathing

**Sundays, June 6 - August 29, 2:00PM - 3:30PM, Stanley Park**

Forest bathing is a Japanese practice of taking in a forest through our senses. It is an exercise of simply being in nature, connecting with it through our senses. Meet at the Lost Lagoon benches near the intersection of Chilco St and Alberni St.

## Chair Yoga

**Monday, June 7, 11:00AM - 12:30PM, Barclay Heritage Square**

Work on your flexibility, balance and breathing without the need to be on the ground. No skill or experience required. Wear loose, comfortable clothing. Optional: bring a yoga mat, block and strap/towel.

## Strength with Resistance Bands

**Friday, June 18, 11:00AM - 12:00PM, Barclay Heritage Square**

Work on your strength by performing exercises with resistance bands. WESN has bands to loan, or bring your own. Wear comfortable clothing and shoes.

**Register at: 604-669-5051 or [info@wesn.ca](mailto:info@wesn.ca)**

All programs take place physically distanced outdoors, weather permitting. Classes may run on Zoom in the case of rain. Max 9 per class. Chairs will be provided. Current WESN membership and registration is required. There is 1 giftcard to be won, drawn from a list



**FRIDAY, JUNE 25**

**SHORTCAKE PICK-UP: 10:30AM – 1:00PM**

**VIRTUAL EVENT STARTS AT 2:00PM**

**THIS VIRTUAL EVENT WILL FEATURE PERFORMANCES,  
PRESENTATIONS, SPEECHES, AND THE PRIZE DRAW!**

View the Virtual Event on Facebook (<http://ow.ly/4vrc50ESCuM>)  
or on YouTube (<http://ow.ly/B8zS50ESCxM>).

Strawberry shortcake will be available by pre-order (\$5 each cash at pick-up). Each order comes with 1 prize draw entry. Limited quantities available. Pick-up will be from Barclay Manor. Please follow signage, maintain physical distancing and wear a face covering.

**Place shortcake orders by Friday, June 18, 4:00PM at:  
604-669-5051 or [info@wesn.ca](mailto:info@wesn.ca)**

Sponsored By: 

# Board of Directors

## WESN Members Matter - "YOU are the only game in town"

June is a wonderful month for "getting out and about," connecting with nature and community, and getting some fresh air.

We are sharing WESN Outdoor Walking Group feedback on their experiences and how important the people and program are in these times.

They shared how their time together (socially distanced accordingly) empowers them to partake in nature, healthy exercise and combats social isolation while encouraging friendships at the same time. Participants noted how much they value the time together and encourage others to do something similar.

In their words, the program:

- "is about movement, fresh air and friendship"
- "motivates me to get out the door"
- "[is] good...rain or shine"
- "gives me energy"
- "[is] the only game in town!"

The walkers also shared their gratitudes:

- "thank goodness for the walking group"
- "I really love that group a lot"
- "it's the people and the leader"
- "walking and talking is good therapy [especially] during COVID"

Leader Diane Davies keeps things fresh, finding new sights and paths for the group to discover. Thanks Diane and group for sharing your stories of exercise, connection and companionship.

Share your story on how you keep connected at [board@wesn.ca](mailto:board@wesn.ca) or call Barclay Manor and request to speak to a member of the Board at 604-669-5051.

Warm Regards,  
WESN Membership Committee  
*Jane Goodridge, Alison Maher, Frank McCormick,  
and Bonnie Quam*



## Our Barclay Manor Computer Lab is **OPEN**

Members can call us at 604-669-5051 to book an up to 1.5-hour session, up to a week in advance. 2 computers and a printer-copier (fees apply) are available.



# Barclay Manor

Joe Humphries  
Community Services Coordinator



Hi everyone, my name is Joe. I'm very excited to be joining the team at WESN as the Community Services Coordinator. I recently completed a Master of Arts in Gerontology from Simon Fraser University, graduating in August 2020. I focused my studies on affordable seniors housing, and my thesis work compared the perspectives of older people with lived experience of homelessness to younger people with lived experience during their transitions from hospital to shelter or housing. I am joining WESN from Seniors Services Society in New Westminster, where my work involved supporting older adults facing housing and homelessness challenges.

I have some previous experience working with WESN. I was the primary coordinator for the Engaging in Community Dialogues on Low-Risk Alcohol Use Guidelines for Older Adults project ([http://wesn.ca/files/2019/03/alcohol\\_low-risk\\_use\\_guidelines\\_older\\_adults\\_community\\_dialogues\\_rpt.pdf](http://wesn.ca/files/2019/03/alcohol_low-risk_use_guidelines_older_adults_community_dialogues_rpt.pdf)), which WESN led with the other current members of the Alliance of Seniors' Centres of BC. Also, back in 2018, I "upped the ante" with the WESN Poker Group while doing some coursework that involved observing patterns of social interaction among older adults in a group environment. I was also a table facilitator with WESN's Dialogues session with Canadian Virtual Hospice in 2019.

I'm an avid outdoorsman and my hobbies include backcountry skiing, fishing, hiking, and camping. I have worked at Grouse Mountain and other ski resorts in BC and Alberta. I also enjoy playing guitar and I am a huge hockey fan. I was born in Edmonton (go Oilers!) and moved to Vancouver in 2011. I have also lived in New Zealand and Australia.

I look forward to meeting you in the future!

## Clothes and Collectibles

Laura Fee  
Manager



I'm pleased to introduce Brenda Wong, a very welcome addition to our Clothes and Collectibles team.

A note from Brenda:

Hello, I'm Brenda, the new Store Supervisor at Clothes and Collectibles Thrift Boutique. After years of travelling, I've called the West End home the past decade. I love my community and its diversity. I volunteered for our favourite little thrift store for several years and am happy to be back. Please come by and let's get acquainted.

## 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  
COVID-19 - Protocols in Place**



# WESN

WEST END SENIORS' NETWORK

## Membership Renewal

only  
\$10

This is a friendly reminder that your 2019-2020 West End Seniors' Network (WESN) membership expired at our Annual General Meeting on September 18, 2020.

You can purchase your 2020-2021 WESN membership by cash or cheque at any of our locations:

Barclay Manor  
1447 Barclay Street

Clothes and Collectibles  
Denman Place Mall  
110-1030 Denman Street

Kay's Place  
Denman Place Mall  
118-1030 Denman Street

Or, the membership form can be downloaded from our website at [wesn.ca/membership](http://wesn.ca/membership) and the completed form and e-transfer payment can be sent to [info@wesn.ca](mailto:info@wesn.ca).

Social Programs  
and Events

Recreational  
Activities

Educational  
Workshops

Services to Help  
You Live Well

Information and  
Referral

Welcoming  
Social Spaces

Wi-Fi and  
Computer Lab

Newsletters and  
Updates

Volunteer  
Opportunities

# Volunteers

Are you interested in volunteering with the West End Seniors' Network? Learn more about volunteering with us and our current opportunities at: [wesn.ca/volunteer](https://wesn.ca/volunteer)

Contact Abbie, Manager of Volunteer Resources, at 604-669-5051 or [volunteers@wesn.ca](mailto:volunteers@wesn.ca) with a completed application form or if you have questions. The application form can be found on our website.

Below are a couple of open volunteer opportunities - more may be posted online:

**Clothes and Collectibles:** Our thrift boutique in the Denman Place Mall provides affordable, quality goods to all residents of the West End. All money raised from sales help fund the many activities and programs of WESN. Our active volunteers give heart and a very welcoming spirit to this great little thrift shop. We are currently looking for volunteers who are able to commit to a 4 hour shift each week, Monday through Saturday, either in the morning or afternoon. We ask for a minimum three month commitment.

**Events:** Assist with planning and running events (outdoors, at Barclay Manor or virtual on Zoom).

**Outdoor Walking Group Lead:** Guide a group of older adults on a weekly walk.

**Photographer/Videographer:** Are you a professional or serious hobbyist who may be able to take photos and videos for us on an ad hoc basis? We would like to hear from you.

## VOLUNTEER SPOTLIGHT



### MEET ART FACILITATOR VOLUNTEER - GRAHAM!

I have been the art facilitator at the West End Seniors' Network for a couple of years now and I have a background in graphic arts and fine arts. My role, currently, is very different due to the COVID-19 pandemic. When I started, my role was to primarily set up the art room, make the tea, and arrange the snacks (which were brought in by the members).

Because we can no longer meet in person, I started a weekly newsletter - the COVID-19 ART CHALLENGE - where anyone can submit their art, paintings, photographs or creative writings. The COVID-19 ART CHALLENGE allows members to keep meaningful connections with each other and it is a great way to share what they are creating. At the time of writing this we had just sent out the WEEK 58 newsletter.

If you have ventured to the West End Community Centre in the last year or so, you might have seen our art exhibition in the display gallery there (possibly the longest exhibition they have ever had). This art exhibit was a group effort but it was started and carried out through the efforts and passion of Patricia Haley-Tsui. We all thank her for her amazing accomplishments.

I find volunteering a great way of sharing what I know and learning from others. The Arts are important, not a frivolous luxury.

# Services

The West End Seniors' Network provides services across three locations. Visit our website at [wesn.ca](http://wesn.ca) or contact us for more information about eligibility, geographic boundaries, registration, and fees.

## Better at Home

Suma Sudhir 604-669-5051 ext 3 [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca)  
<http://wesn.ca/services/better-at-home/>

<b>Light Housekeeping</b>	Professionals provide light housekeeping such as vacuuming, dusting and laundry. Referrals are accepted but new client onboarding is currently on hold.
<b>Minor Home Repairs</b>	Volunteers assist with basic home repairs such as replacing lightbulbs. This service is currently on hold.
<b>Transportation to and from Medical Appointments</b>	Receive assistance with arranging transportation for a medical appointment if you have no other means of getting there and/or back.

## Life Unlimited

Joe Humphries 604-669-5051 ext 2 [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)  
<http://wesn.ca/services/life-unlimited/>

<b>Friendly Visiting</b>	Build a social connection with a volunteer through home visits, going out for walks or coffee, or similar activities. This service is currently on hold.
<b>Grocery Shopping and Delivery</b>	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.

## Safe Seniors, Strong Communities

Kari Kessler 604-669-5051 ext 8 [responsehub@wesn.ca](mailto:responsehub@wesn.ca)  
<http://wesn.ca/safe-seniors/>

<b>Check-In Phone Calls and Emails</b>	Connect by phone or email with a volunteer for reassurance and friendly conversation.
<b>Prepared Meal Delivery</b>	In partnership with Gordon Neighbourhood House and Shift Delivery Co-op, frozen meals are delivered weekly to older adults experiencing financial hardship and/or challenges accessing nutritious food. Clients are asked to pay what they can. All donations help ensure we can offer sustainable services to as many clients as possible.
<b>Prescription Medication Pick-Up and Drop-Off</b>	Volunteers assist with picking up and bringing prescription medication to you.

**HAVE YOU TALKED TO  
YOUR HEALTH CARE  
PROVIDER ABOUT  
SOCIAL PRESCRIBING?**



**CONTACT OUR LINKAGE SOCIAL PRESCRIBING NAVIGATOR TO LEARN MORE  
REACH EMILY AT 604-669-5051 (EXT 7) OR HEALTH@WESN.CA**

# Services Continued

## Kay's Place

<http://wesn.ca/kays-place/>

<b>Housing Navigation</b>	Information on housing options and support with finding and maintaining appropriate housing.	Susan Paré 604-669-7339 <a href="mailto:susan@wesn.ca">susan@wesn.ca</a> <a href="http://wesn.ca/housing-navigation/">http://wesn.ca/housing-navigation/</a>
<b>Information and Referral</b>	Access information on federal, provincial, municipal and community programs and services with the help of a volunteer.	604-669-7339 <a href="mailto:kaysplaceinfo@wesn.ca">kaysplaceinfo@wesn.ca</a> <a href="http://wesn.ca/info-and-referral/">http://wesn.ca/info-and-referral/</a>
<b>Peer Support</b>	Trained volunteers provide confidential emotional support for life stressors such as retirement, health changes, isolation, or loss.	Alan Stamp 604-669-7339 <a href="mailto:alan@wesn.ca">alan@wesn.ca</a> <a href="http://wesn.ca/services/peer-support/">http://wesn.ca/services/peer-support/</a>

## LinkAGE Social Prescribing

Emily Lonsdale 604-669-5051 ext 7 [health@wesn.ca](mailto:health@wesn.ca)

<http://wesn.ca/linkage/>

Health care professionals refer you to the LinkAGE Social Prescribing Navigator to access community-based programs and services to support your health and wellness.

## Clothes and Collectibles Thrift Boutique

604-682-0327 [clothes@wesn.ca](mailto:clothes@wesn.ca)

<http://wesn.ca/clothes-and-collectibles/>

Friendly volunteer-driven thrift store featuring quality donated goods at reasonable prices, including clothing, jewelry, shoes, books, and art.

## Thank you to our service funders:



McGrane-Pearson  
Endowment Fund



westendseniornetwork  
clothesandcollectibles



westendseniors



westendseniors  
clothesandcollectibles

Check us out on  
social media!

# SAFE SENIORS, STRONG COMMUNITIES

Are you an older adult (55+) who is staying safe at home due to COVID-19?  
The West End Seniors' Network is here to support you.



Friendly check-in calls



Grocery and prepared meal delivery



Prescription medication pick-up  
and drop-off

If you require any of these services and have not already spoken with a WESN staff member or volunteer, contact us at [responsehub@wesn.ca](mailto:responsehub@wesn.ca) or **604-699-5051**.

For information on our services, to apply to become a volunteer or to donate, visit our website at [www.wesn.ca](http://www.wesn.ca)

## Safe Seniors, Strong Communities Partners



OFFICE OF THE  
**SENIORS ADVOCATE**  
BRITISH COLUMBIA



BRITISH  
COLUMBIA





## ARE YOU AN OLDER ADULT IN THE WEST END, COAL HARBOUR OR YALETOWN FACING HOUSING CHALLENGES?

Are you looking for information on housing options and support with finding and maintaining appropriate housing?

We can assist you with:

- Subsidized Rental Housing
- BC Housing
- Shelter Aid For Elderly Renters (SAFER)
- Support with landlord and property manager concerns
- Vancouver Rent Bank
- Shelters
- Home Owner Grants
- Property Tax Deferment
- BC Rebate for Accessible Home Adaptations (BC RAHA)
- Companion Housing
- Independent Living
- Assisted Living
- Residential Care

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West End Seniors' Network at Kay's Place  
Denman Place Mall  
118-1030 Denman Street  
Vancouver, BC  
V6G 2M6

604-669-7339

kaysplaceinfo@wesn.ca

wesn.ca

# Program Information

A variety of social, recreational and educational programs are offered by the West End Seniors' Network for adults 55 years of age and older. We hope you will join us! New attendees are always welcome.

Programs take place virtually, at Barclay Manor, outdoors (weather permitting), or at local establishments where noted and as stated.

**Our programs and events are for 2020-2021 WESN membership holders.** Fees apply for non-members who would like to participate in a program. In addition to membership fees, **program participation is by donation** if a cost is not specified. Donations can be dropped off at Barclay Manor or Kay's Place (cash or cheque), sent via e-transfer to [info@wesn.ca](mailto:info@wesn.ca) or made online at [wesn.ca](http://wesn.ca). See P. 34 for more information.

## Fees

Annual Membership: \$10.00 | 1-Week Pass: \$5.00 | Day Pass: \$2.00

## Registration for Programs (In-Person), Technology Assistance, and Presentations

**Registration is required** for all in-person programs, Technology Assistance appointments, and presentations. Register at 604-669-5051 or [info@wesn.ca](mailto:info@wesn.ca). Drop-in in-person registration at Barclay Manor is not taken at this time, unless you are present for a previously booked appointment.

**Registration for June 1 - July 2 participation opens on May 25 at 10:00AM.**

Register early as space may be limited. If you are on a waitlist, please do not attend the program until a spot opens up and you are contacted by WESN. If you can no longer attend, please let us know by calling 604-669-5051 or emailing [info@wesn.ca](mailto:info@wesn.ca).

## Registration for Virtual Programs

**Registration is required and is always open for virtual programs.** You do not need to re-register for virtual programs each month or session, unless specified.

Please register through the appropriate link provided with the program description or by following specific registration instructions. **If you have trouble registering via the link or you wish to call into the program**, contact [info@wesn.ca](mailto:info@wesn.ca) or 604-669-5051.

**Note: All virtual programs can be accessed through a web browser or by calling into the session with a telephone. You do not need to download the Zoom application.**

## Cancellations and Waivers

Programs may be cancelled from time to time. We apologize for any inconvenience.

Some programs require signing a waiver prior to participating.

## Disclaimers

Participation in programs is at the discretion of the individual. Presentations and materials from external organizations or individuals may not reflect the views of WESN. Participant discretion is advised.

Feedback and recommendations can be submitted to [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051.

# Computer Lab

**The Computer Lab is open by appointment.** There are two PC computers with Internet access and a printer-copier-scanner (fees apply) for members to use. **Registration is required.** Slots are for up to 1.5 hours unless further available and can be booked up to a week in advance.

If you require assistance with printing or copying, please book an appointment with a Technology Coach, see below. Staff are unavailable to assist at this time.

Register to use the Computer Lab by calling 604-669-5051 or emailing [info@wesn.ca](mailto:info@wesn.ca).

## Technology Assistance

Do you have a technology question or want to learn how to do something with a computer, cell phone or tablet? Our Technology Coach volunteers are available for 1-hour, one-to-one appointments held either in the Computer Lab at Barclay Manor or virtually over the phone or over Zoom.

**Registration for June opens on May 25 at 10:00AM.** Book an appointment by calling 604-669-5051 or emailing [info@wesn.ca](mailto:info@wesn.ca). **Members can only hold one upcoming appointment at a time due to high demand.**

Day and Time	Type	Coach	Book for Help with
Mondays 10:00AM - 12:00PM	In-Person	Alastair - <b>NEW</b>	Computers, cell phones, tablets, Apple products, email, apps, Zoom, social media, blogs, websites
Mondays & Thursdays 2:00PM - 4:00PM	Virtual	Simon	Computers, cell phones, tablets, Apple products, email, apps, Zoom, social media
Mondays & Thursdays 3:45PM - 4:45PM	In-Person	Christina	Computers, cell phones, tablets, email, apps, Zoom, social media, Photoshop, 3D printing, C++
Tuesdays 10:00AM - 12:00PM	In-Person	Indira - Away June 29-July 13	Computers, cell phones, tablets, Apple products, email, apps, Zoom, social media
Tuesdays 1:00PM - 3:00PM	In-Person	Nicole - <b>NEW</b>	Computers, cell phones, tablets, Apple products, email, apps, Zoom, social media, blogs, websites
Tuesdays 2:00PM - 4:00PM	Virtual	Himanshu	Computers, cell phones, tablets, Apple products, email, apps, Zoom, social media, blogs, websites
Wednesdays 2:30PM - 4:30PM	In-Person	Vincent - <b>NEW DAY &amp; TIME</b>	Computers, cell phones, tablets, email
Fridays 9:30AM - 11:30AM	In-Person	Maria - <b>NEW DAY &amp; TIME</b>	Computers, cell phones, tablets, Apple products, email
Fridays 2:00PM - 4:00PM	In-Person	Wesley	Computers, cell phones, tablets, email

Please pay special attention to which Technology Coaches offer sessions in-person at Barclay Manor and who holds virtual sessions over the phone or on Zoom. Our Technology Coaches are volunteers who will do their best to assist you, but we cannot guarantee that they will have the answers to all questions and issues. Thank you for your understanding.

If you require use of a computer in the Computer Lab during your Technology Assistance appointment, please let us know when making the appointment.

### ARE YOU AN ADULT AGE 55+ WITHOUT AN INTERNET-CONNECTED DEVICE?

If you are interested in borrowing a tablet with Internet connection for 3 months, connect with Jenna at [info@wesn.ca](mailto:info@wesn.ca) or 604-669-5051.

Conditions and eligibility criteria apply.



# In-Person Programs

The below in-person programs are running. Other programs are on pause or running virtually. The statuses of programs may change depending on current Public Health Orders.

**Registration is required** for all programs. **Registration for June 1 - July 2 participation opens on May 25 at 10:00AM.** Register at 604-669-5051 or [info@wesn.ca](mailto:info@wesn.ca).

## Physical Activity and Wellness

### **Choose to Move - NEW INTAKE**

Introduce more physical activity into your daily life in ways that make sense for you. See P. 26 for more information.

Contact Ricky at [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca) or 604-669-5051 ext 9 for information or to register.

Fridays, June 11 - August 27, 2:00PM - 3:00PM, Barclay Heritage Square

**Choose to Move**

active aging society

BRITISH COLUMBIA  
Supported by the Province of British Columbia

### **Equipment Loan - NEW**

Borrow a pair of walking poles (8 available, not during scheduled Nordic Pole Walking programs), bocce set (standard or lighter weight) or croquet set. Speak with Barclay Manor reception to borrow. Items are due back by 4:30PM the same day.

### **Move Better - NEW TIME**

Learn how to improve your posture and exercise techniques with a 20 minute, 1-on-1 appointment with a Kinesiologist.

Friday, June 25, 11:30AM - 1:05PM, Piano Room, Kinesiologist: Ricky

### **Nordic Pole Walking**

Enjoy a walk in the neighbourhood while using nordic poles, which are great for strength and muscle activation. WESN has poles to lend and instruction is available. Meet at the front steps of Barclay Manor. Please maintain physical distancing and wear a face covering. Max 7 per group.

Wednesdays, 10:00AM - 11:00AM

Thursdays, 10:30AM - 11:30AM - **NEW TIME**

Volunteer: Jennifer



## Physical Activity and Wellness Continued

### **Outdoor Walking Group**

Enjoy our city's wonders with a leisurely walk. Please maintain physical distancing and wear a face covering. Max 9.

**With Volunteer Diane,** Meet at seawall benches across from Sylvia Hotel (1154 Gilford St):

Tuesdays, 11:30AM - 12:30PM - **Full**

Thursdays, 11:30AM - 12:30PM - **Full**

**With Volunteer Iman,** Meet outside Shoppers Drug Mart at corner of Nelson St and Denman St:

Mondays, 1:00PM - 2:00PM - **NEW**

## Social

### **Men's Picnic Lunch**

Bring your own food and drinks and have lunch in the park by Barclay Manor. Weather permitting - John/Fran will confirm with you directly via phone or email. Folding chairs are provided.

3rd Monday of the Month, 12:30PM - 1:30PM, Barclay Heritage Square, Volunteer: John



BC ASSOCIATION OF  
Community Response Networks  
*Stopping Adult Abuse and Neglect ...Together.*



**JUNE 15**  
**WORLD ELDER ABUSE AWARENESS DAY**



**WEAR PURPLE DAY**

Show your solidarity with victims of elder abuse and bring awareness to elder abuse by wearing purple on Tuesday, June 15. Purple ribbons and other swag will be available for pick-up from Kay's Place and Barclay Manor.

# Spa Services

2020-2021 WESN membership is required. Please pay technicians with cash. Methods of booking appointments differ per technician - see their description for details.

## Manicures and Pedicures

Professional hand and foot care. \$15 manicures, \$18 pedicures and \$5 for polish. Call WESN at 604-669-5051 to book.

Monday, June 21, 10:00AM - 3:00PM,  
Main Floor Kitchen, Technician: Heather

## Reflexology, Facials, Reiki, and Chair Massage

Professional spa services at a familiar location. Prices range from \$22-\$50+GST. Call 604-376-0106 or email [shirleyreikireflex@hotmail.com](mailto:shirleyreikireflex@hotmail.com) to book.

Tuesdays and Thursdays, 9:30AM - 3:30PM, Main Floor Kitchen, Technician: Shirley



# Seniors First BC Law Clinic

seniors first BC

As part of its Satellite Elder Law Clinic program, Seniors First BC is partnering with WESN to offer pro bono legal consultations to eligible older adults. The clinic will be held at Barclay Manor (new location).

Eligible seniors can speak to a lawyer in person to receive legal assistance for:

- Preparing wills, powers of attorney, representation agreements
- Understanding your legal proceedings and what to expect in court
- Reviewing court documents
- Preparing your own case and submissions
- Representation at certain court hearings in the Supreme Court of British Columbia and the Provincial Court (Small Claims Division) of British Columbia
- Assistance in matters of adult guardianship
- General legal advice

While Seniors First BC does not offer legal services in either family or criminal law, it can direct persons to organizations who may be able to assist.

To schedule an appointment, call Seniors First BC's legal program at **604-336-5653** and mention your interest in the Satellite Clinic at Barclay Manor.

1st Friday of the Month, 10:00AM - 12:00PM, Main Floor Kitchen

# WESN-QMUNITY Joint Program

QMUNITY  
BC'S GAY, TRANS, AND TWO-SPIRIT RESOURCE CENTRE

WESN and QMUNITY have joint programming for older adults. The following take place at Barclay Manor (1447 Barclay St) and are subject to WESN Barclay Manor COVID-19 protocols. Participants should be either a WESN or QMUNITY member. **Registration is required.** Register with WESN at 604-669-5051 or [info@wesn.ca](mailto:info@wesn.ca).

## GenYoga - Paused

Hatha yoga for LGBTQ2S older adults. Max 5.

Wednesdays, 11:00AM - 12:30PM, Basement Multipurpose Room, Volunteer: Adriaan

Learn more about QMUNITY and their programs at: <https://qmunity.ca/>

# Virtual Programs

**Registration is required and is always open for virtual programs.** You do not need to re-register for virtual programs each month or session, unless specified. Please register through the link provided with the program description or by following specific registration instructions.

**If you do not have a computer or smartphone, you can still participate in virtual programs** hosted on Zoom. **To join, call 778-907-2071** no more than 10 minutes before the program starts and **enter the program's Meeting ID and Passcode** when prompted.

**If you have trouble registering via the link or you wish to call into the program,** contact [info@wesn.ca](mailto:info@wesn.ca) or 604-669-5051. We will provide members who intend to call into programs with the Zoom Meeting ID and Passcode.

## Activity Book

We have a monthly activity book curated for you. View it online or print it out to complete at your leisure.

<http://wesn.ca/newsletter>

Volunteer: Laura



## Art and Music 🎵 🎸

### **Heritage Harmonies**

Sing well-known songs accompanied by a volunteer pianist/guitarist. Download lyric sets from: <http://wesn.ca/virtual-programs/>

Tuesdays, 10:30AM - 11:30AM, Volunteers: Frank, Cat and Mavis (alternating)

Register at: <http://ow.ly/InmA50CRqfz>

### **Painting Studio Art Challenge**

All artists and writers are welcome to submit their artwork to include in an e-newsletter shared with others. Email PDF, JPEG or text submissions to [gabro2008@gmail.com](mailto:gabro2008@gmail.com).

Volunteer: Graham

## Educational and Intellectual 🧠

### **Better Brain Health - Break until July after June 9 session**

Dive into research-backed tips, tricks, exercises, and activities to promote good brain health. Interactive and fun!

Wednesday, June 9, 10:00AM - 11:00AM, Volunteer: Chelsea

Register at: <http://ow.ly/9EaA50DEbsl>



## Educational and Intellectual Continued

### **Audiobook Discussion Group**

Listen to a 10-20 minute audiobook summary live as a group then discuss it together in a welcoming, safe and riveting environment. If you prefer, you can also read the full book ahead of time for a deeper discussion.

2nd and 4th Saturdays of the Month, 10:00AM - 11:00AM, Volunteer: Sourabh

**June 12:** Shawn Achor - *Big Potential*

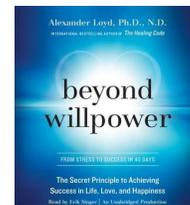
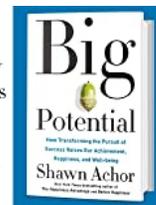
Register for June 12: <http://ow.ly/1DqI50EQOud>

**June 26:** Alexander Lloyd - *Beyond Willpower*

Register for June 26: <http://ow.ly/9rMN50EQOZS>

Big Potential  
reminds us that it is only  
by surrounding ourselves  
with other stars are we  
able to truly shine.

#BIGPOTENTIAL SHAWNACHOR.COM



### **TED Talks and Discussion**

Join us on Zoom as we view a selection of TED Talks and discuss them afterwards.

Thursdays, 10:00AM - 11:30AM, Volunteer: John

Register at: <http://ow.ly/43jR50CRqK2>

**June 3:** Leslie Chang - *The Voices of China's Workers*

Eric Li - *A Tale of 2 Political Systems*

**June 10:** David Deutsch - *A New Way to Explain Explanation*

Brene Brown - *The Power of Vulnerability*

**June 17:** Simon Sinek - *Why Good Leaders Make You Feel Safe*

Lisa Genova - *How Your Memory Works and Why Forgetting is Totally Ok*

**June 24:** Adam Driver - *My Journey from Marine to Actor*

Mike Rowe - *Learning from Dirty Jobs*

# Virtual Programs Continued

See P. 18 or P. 22 for registration and joining information. See P. 19 for Virtual Technology Assistance.

## Food 🍴

### Foodie Explorations

Discover new traditional and fusion cuisine dishes. This month we are making sweet and savory beef tajine! A week before the class, participants will receive the prep steps and list of ingredients to purchase. Materials are not provided.

2nd Sunday of the Month, 11:00AM - 12:00PM,  
Volunteer: Lily

Register at: <http://ow.ly/Txre50DbT4r>

## Languages 🗣️

### Beginners Italian Class

Learn how to speak conversational Italian.

Fridays, 10:00AM - 11:00AM, Volunteer: Ariane

Register at: <http://ow.ly/ino050DuYG3>

### Beginners Spanish Class - Now in 2-month lesson cycles

Learn how to speak conversational Spanish.

Tuesdays, June 1 - August 27, 2:00PM - 3:00PM,  
Volunteer: Sean

Register at: <http://ow.ly/WLWH50DFd9F>

### French Conversation Circle (Intermediate)

A social group that enables intermediate-level French speakers to maintain their language skills.

Mondays, 10:00AM - 11:00AM

Register at: <http://ow.ly/5nEG50CRrpN>

### French Conversation Circle (Advanced)

A social group for fluent French speakers

Wednesdays, 1:00PM - 2:30PM, Volunteer:  
Marie-Louise

Register at: <http://ow.ly/BndK50CRrQi>

### Language Exchange - NEW

Are you fluent in multiple languages and want to help someone learn or become stronger in a language? Are you looking to improve your skills in a language?

Sign-up to be matched at:

<https://forms.gle/SFmHd4ZK7rEiS6wH7>

Or, complete a form at Barclay Manor.

## Languages Continued

### Spanish Conversation Class A (Intermediate)

Practice your Spanish reading and speaking skills with exercises and discussions.

Wednesdays, 3:00PM - 4:30PM, Volunteer: Carlos

Register at: <http://ow.ly/SXgR50CRrFY>

## Physical Activity and Wellness 🧘

### Aquafit at Home - No class June 3, see P. 8

A fun, light exercise class from the comfort of your home. Modified movements provided for all levels.

Thursdays, 12:00PM - 12:30PM, Volunteer:  
Meaghan

Register at: <http://ow.ly/qNTi50CRs0L>

### Creative Movement



Gentle, energizing movements to calming music.

Thursdays, April 8 - June 24, 3:00PM - 4:00PM,  
Instructor: Linda



Vancouver Pride Society wants to invite you to Choose Your Pride on August 1, 2021 and join them for the Decentralized Parade.

To join WESN's virtual parade entry, submit a photo of yourself in your best, fabulous Pride gear!

Photos must be in JPG or PNG format and in high quality. Send photos to [programs@wesn.ca](mailto:programs@wesn.ca) by noon on Monday, June 28.



# Virtual Programs Continued

See P. 18 or P. 22 for registration and joining information. See P. 19 for Virtual Technology Assistance.

## Presentations

### **Dealing with Stress**

None of us can lead totally stress-free lives. However, excessive stress harms the quality of life of many older adults. We help to identify sources of stress and offer tips on how to them. Presented by Council of Senior Citizens Organizations of BC (COSCO).



Wednesday, June 2, 10:00AM - 11:00AM

Register at: <http://ow.ly/ZbyO50EONoC>

## Social

### **Virtual Tea with Anthony**

What is on your mind? Prepare yourself a beverage and a snack and chat with Anthony, Executive Director, and your peers in an informal, welcoming space.



Monday, June 14, 1:00PM - 2:00PM

No registration is required.

Join via Zoom: <http://ow.ly/OMhy50D0WBH>

Dial-in: 778-907-2071

Meeting ID: 963 7327 3484 Passcode: 1447

## Technology

### **Photo Editing for Beginners**

Learn the basics of photo editing on Photoshop or GIMP. Includes an overview of tools, editing and image manipulation. Basic computer skills required. Should be comfortable installing software. Recent software version required.

Sundays, 9:30AM - 10:30AM, Volunteer: Erica

Register at: <http://ow.ly/AO2Q50EsDqf>

## Technology Continued

### **Tech Talks**

Learn about different technology subjects each week in a group setting. Bring your questions!

Fridays, 12:00 - 1:00PM, Volunteer: Gloria

Register at: <http://ow.ly/qgHB50E2NMg>

**June 4:** Apple Suite

**June 11:** Google Suite

**June 18:** WhatsApp (Android and iPhone)

**June 25:** Social Media: Twitter, Facebook, Instagram, and Craigslist

## Writing

### **Pen Pal**

Connect with another individual with letters sent by mail. An initial start-up package of materials will be provided by WESN.

Complete this online intake form:

<https://forms.gle/puERc9FyuuiffkW3A>

Or, contact Jenna at [info@wesn.ca](mailto:info@wesn.ca) or 604-669-5051 to register.



# 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.

**June Engagement Question:** What is your favourite flavour of ice cream? Speaking of which, see P. 7 for information on our Ice Cream Day for BC Seniors Week!

Share your response via the survey linked below or comment under the appropriate social media post (see P. 3 for our social media handles): <https://www.surveymonkey.com/r/WD6R5L2>

Previous questions and responses can be found on the home page of our website at: <http://wesn.ca/>

# WESN-Gordon Neighbourhood House

## Joint Virtual Programs



WESN and Gordon Neighbourhood House have joint programming for older adults. The following programs are **hosted virtually on Zoom by Gordon Neighbourhood House**. Participants should be either a WESN or Gordon Neighbourhood House member. **Registration is required.** Register with Stephanie at 604-683-2554 or [stephanie@gordonhouse.org](mailto:stephanie@gordonhouse.org).

### **Qigong**

Mondays, Wednesdays, Fridays at 10:30AM

Join Christine on Mondays and Fridays at for *Relax with Qi* to unwind and recentre with breath, movement and imagination. On Wednesdays, energise and dance in flow through breath, movement and imagination with *Dance with Qi*.

### **Nourish in the Kitchen with Stephanie**

Mondays at 2:00PM

Follow along online with Stephanie while she goes through easy, delicious and nutritious meal recipes from her kitchen. You can sign up to participate and then pick up ingredients at Gordon House on Friday to get ready to be your own chef. Or, enjoy the cooking show for your leisure. There is always room for creativity and personalization to one's diet!

### **Seniors' Lounge with Grace Hann**

Tuesdays, Thursdays at 1:30PM

Connect with your community and meet your neighbours. A weekly social gathering hosted by Grace Hann with special guests sharing their special knowledge and insights.

### **Gentle Yoga & Meditation**

Tuesdays, Thursdays at 7:00PM

In this restorative, evening class we will wind down together by connecting some light yoga, soft meditation and gentle breath work. We will align our body with our mind, using calming breath and meditation techniques that will leave you rested, relaxed, reset, and restored.

### **Tech Tips & Tricks**

Wednesdays at 10:00AM

Want to learn how to increase your technology skills? Especially during these times, you can use technology to continue connections with others. If you're brand new or tech savvy, together we will go through how to use Zoom Video, social media, mobile apps and any other topics or questions you have regarding technology.

### **Chair Yoga**

Wednesdays at 12:00PM

Maintain better health and wellness. Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility and strength.

### **Photo Club**

Wednesdays at 1:00PM

Connect with your creative side and others at the weekly Photo Club! Take pictures on your camera or phone and share your perspective through the lens. Send us your pictures and share your stories each week and we'll make prints for you to frame, make cards and scrapbooks to go down memory lane!

The City of Vancouver is conducting a survey regarding Smithe Street upgrades (Richards Street to Thurlow Street).

The proposed upgrades will:

- Close major gaps in the existing bike network by providing an east-west connection between the West End and Cambie Bridge.
- Create safer intersections for everybody through protected intersections.
- Be delivered using a quick-build approach to minimize impacts.
- Maintain sufficient vehicle capacity for pre-COVID volumes.



Share your feedback before June 7 at: <https://shapeyourcity.ca/smithe-street-upgrades>

GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today-  
It's **FREE!**



“I am working to stay healthy...to be a role model for my grandkids. Choose to Move is so good for me.”

A **FREE** program that supports seniors to  
**BECOME** and **STAY** active!

- ✓ Develop a personal action plan to help meet your goals
  - ✓ Choose activities you like
  - ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

[www.choosetomove.ca](http://www.choosetomove.ca)

When: June 11 – August 27, 2021  
2:00PM – 3:00PM



Where: Outside Behind Barclay Manor  
(1447 Barclay St)

Contact Ricky to learn more or register at  
[choosetomove@wesn.ca](mailto:choosetomove@wesn.ca) or 604-669-5051.

# COVID-19 Resources

WESN has pulled together a selection of COVID-19 resources. See below and our website for more: <http://wesn.ca/covid-19-resources>

On our website you will find bank branch information, entertainment options, information about food and meal assistance, government information, grocery store hours, mental and physical health resources, and pharmacy hours and delivery options.

**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](http://www.gov.bc.ca/covid19)

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

**Multilingual Resources:** <https://digem.med.ubc.ca/covid-19-multilingual-resources>

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

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

**HealthLink BC:** <https://www.healthlinkbc.ca>

**Mental Health Crisis Line:** 310-6789 (no area code)

**SAIL - Seniors Abuse and Information Line:** 604-437-1940 or <http://seniorsfirstbc.ca/programs/sail>

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

**Zoom Tips:** [http://wesn.ca/files/2020/09/Using-Zoom\\_WESN.pdf](http://wesn.ca/files/2020/09/Using-Zoom_WESN.pdf)



## BC Recovery Benefit



Apply now for the BC Recovery Benefit, a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals.

**You have until June 30, 2021 to apply and can do so by phone or online.**

For information on eligibility and how to apply, visit:

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

**If you require assistance,** you may visit Kay's Place in the Denman Place Mall (118-1030 Denman Street) or call Kay's Place at 604-669-7339.

**If you require access to a computer** to complete the application online, you may book an appointment to use the Computer Lab at Barclay Manor by calling 604-669-5051 or emailing [programs@wesn.ca](mailto:programs@wesn.ca).

# Community Information

**ARE YOU AN OLDER ADULT  
WHO NEEDS ASSISTANCE  
CARING FOR YOUR DOG?**



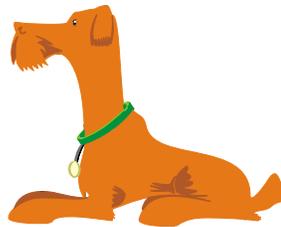
We can help with:

- Dog walking
- Delivering or picking up dog food
- Light grooming and hygiene
- Trips to the vet
- Temporary care during hospitalization



This is a free service provided by volunteers.

For more information:  
elderdog.ca  
info@elderdog.ca  
1-855-336-4226



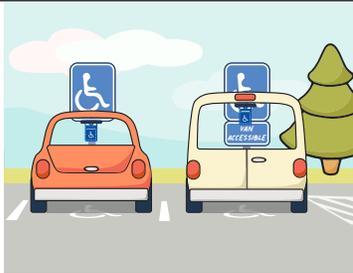
Proudly supported by  **WESN**  
WEST END SENIORS' NETWORK



**Are you an older adult who:**

- Wants to meet new people?
- Believes in the importance of grandparent connections?
- Enjoys sharing skills and experiences?
- Would love to have a positive impact in the life of a child?

To learn more about our not-for-profit organization please call 604-736-8271 or visit our website at [www.volunteergrandparents.ca](http://www.volunteergrandparents.ca)



The first Saturday in June is  
Access Awareness Day

**Say Yes to Access**

Saturday June 5, 2021 is Access Awareness Day—a day for communities to come together to celebrate what it means to be truly accessible and inclusive for everyone! By working together, it is possible to create communities where everyone can share their talents and abilities in real and meaningful ways and where the possibilities are limitless.

We know the difference that we can make together when we **Say Yes to Access.**



# Community Information



## POWERED BY AGE PODCAST

A podcast by seniors,  
for seniors.

Listen, get involved, and  
share your perspective!

[www.poweredbyage.com](http://www.poweredbyage.com)



### ADVANCE NOTICE

## Living IN THE 21<sup>ST</sup> CENTURY STRATEGIES for SENIORS

**Choices. Solutions.  
Mark your calendar today.**

When: September 27 and 28

For more information:  
Sheila Pither  
604-684-9720

[pres@coscobc.org](mailto:pres@coscobc.org)  
[www.coscobc.org](http://www.coscobc.org)



## NEURO RX GAMMA PHOTOBIO-MODULATION DEVICE FOR MODERATE TO SEVERE ALZHEIMER'S DISEASE (AD)



### ABOUT THE RESEARCH STUDY

The purpose of this study is to compare the active Neuro RX Gamma device (interventional device) to the sham device. This comparison will help to determine how the interventional device can assist in the management of cognitive and behavioral symptoms of moderate to severe AD.

The non-invasive device delivers near infrared light (NIR), a form of light therapy, also called photobiomodulation (PBM). The NIR light is delivered by comfortably placing a headset with LEDs on the head, and a small LED in one of the nostrils. The light therapy session lasts 20 minutes.



### FOR MORE INFORMATION

Please contact Gabriela Pawlowski at:  
604-786-0889 or [gabrielapawlowski@healthtechconnex.com](mailto:gabrielapawlowski@healthtechconnex.com)

### LOOKING FOR THE PATIENTS WITH THE FOLLOWING:

- **Diagnosis of Alzheimer's disease (AD)**
- **Age:** 50 and older
- If receiving AD/psychotropic medication, must be on a stable dosage for 12 weeks prior to trial enrollment with no changes anticipated for duration of the trial

### THE STUDY WILL INCLUDE:

- **Screening visit:** to determine eligibility, the Severe Impairment Battery (SIB) and mini-mental state examination (MMSE) will be done
- **Baseline visit:** assessments and study group assignment
- **Treatment Phase:** home-based 20 minute treatment sessions, 6 times per week for 24 weeks
- **Assessments and follow-up visits:** at weeks 12 and 24

## Are you a family member or friend living with and caring for a person living with dementia?

If you live with and care for a person living with dementia, we invite you and the person you care for to participate in this nursing study. We are particularly interested in hearing from men/male-identifying caregivers and members of the LGBTQ2SAI+ community.

If you choose to participate, we will interview you once every three months over a three-year period and ask you to keep a diary of your experiences.

You can stop participating at any time. We will compensate you for your time. Your participation will help us understand your experiences of providing and receiving care, and navigating the healthcare system over time.

For more information about the study, please contact:

**Jennifer Baumbusch at 604-822-7496**

[gero@nursing.ubc.ca](mailto:gero@nursing.ubc.ca)



THE UNIVERSITY OF BRITISH COLUMBIA

# Happiness with connectedness to nature: A sneak peak of findings from the Active and Connected at Home Study

Callista Ottoni

PhD Student, University of British Columbia

Twitter: @CallistaAnne

Spring is in full bloom in Vancouver. For many, this is an opportunity to spend more time outside, or get their hands dirty in a garden. Our previous research showed that older adults' who interact with nature feel good mentally and physically.[1]

Our current research explores how access to outdoor spaces mattered for wellbeing during the first wave of the COVID-19 pandemic. We asked older adults to take photographs of places that helped them feel connected and at ease. We learned that uncrowded green spaces close to home were especially vital during lockdown. Below I share a few 'preliminary' findings. WESN members took these photos last spring (2020) as part of the UBC Active and Connected at Home study:



"I felt happy to have an outdoor place where I could still be relatively isolated and safe."



"I love gardening and have found much pleasure in having more time to tend to the various flower displays on my patio."



"This was my first walk out after we were locked down. Early morning and not too many people – this wonderful scene set the stage for me to relax and feel I would be OK. The natural world will sustain my spirit."

Our participants suggested that connecting with nature helped them feel calm and happy. How have you connected to nature lately?

1. Finlay J, Franke T, McKay H, Sims-Gould J. Therapeutic landscapes and wellbeing in later life: Impacts of blue and green spaces for older adults. *Health Place*. 2015 Jul;34:97-106. doi: 10.1016/j.healthplace.2015.05.001. Epub 2015 May 18. PMID: 25982704.

# Classifieds

If you are an older adult (55 years of age or older) or you are trying to reach older adults with a product or service tailored to the population, we now offer limited space to run classified ads in our newsletter.

Classified ads are text only (no photographs or graphics). Ads can be up to 280 characters in length.

Visit [wesn.ca/advertising](http://wesn.ca/advertising) for information. Inquiries can be sent to [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051.

Disclaimer: WESN does not endorse or verify the content of advertisements. Advertisements may not reflect the views of WESN.

## Want to reach older adults to promote your research, events, specials, and more?

Advertise in WESN's monthly newsletter or social media channels! Our newsletter reaches over 2,000 people and our social media channels reach over 1,000 users.

Visit [wesn.ca/advertising](http://wesn.ca/advertising) for details including rates.



## PRE-PACKAGED DISPOSABLE OR CLOTH MASKS AVAILABLE

If you are in need of disposable or reusable cloth masks, we have some available at Kay's Place and Barclay Manor.

Masks are for older adults (ages 55+).

Maximum of 1 per person, while supplies last.



Kay's Place  
118 - 1030 Denman Street  
604-669-7339  
[kaysplaceinfo@wesn.ca](mailto:kaysplaceinfo@wesn.ca)

Barclay Manor  
1447 Barclay Street  
604-669-5051  
[info@wesn.ca](mailto:info@wesn.ca)



**Are you on a fixed or limited income?  
Do you have an unanticipated expense that you cannot afford?**

**Apply to the Seniors In Need Fund for financial aid.**

For more information, visit [wesn.ca/seniors-in-need-fund](http://wesn.ca/seniors-in-need-fund)

Or speak to a staff member at Kay's Place:  
604-669-7339

[kaysplaceinfo@wesn.ca](mailto:kaysplaceinfo@wesn.ca)

Unit 118 in the Denman Place Mall (1030 Denman Street)



# Companion Housing

Save money, help your community, feel good.

## WHAT IS COMPANION HOUSING?

Companion housing is a shared housing program intended to help address high housing costs while increasing social connections and opportunities for new friendships. WESN has partnered with Happipad, Canada's leading companion housing service provider, to bring this new housing solution to our community through the WESN Housing Navigation service ([wesn.ca/housing-navigation](https://wesn.ca/housing-navigation)).

## HOW DOES IT WORK?

Participants are connected with other mature adults who have compatible lifestyles and interests to share a home, eat meals together, play cards, and develop meaningful connections.

Participation is available as a home provider (landlord/host) where you will rent spare rooms in your home.

Or, you can participate as a renter where you will pay a fair monthly rent to share a home with others.

## REACH OUT TO LEARN MORE!

To learn more, please contact Susan Paré (Manager of Support and Information Services) at [susan@wesn.ca](mailto:susan@wesn.ca) or 604-669-7339 to book an appointment at our Kay's Place location.

Program funding provided by CMHC National Housing Strategy.

# You're invited to a Conversation about the **City of Vancouver's Accessibility Strategy**

**Tuesday June 8 10:00 - 12:00 pm**  
**Conversations will be virtual**

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**Are you interested in letting the City know what would help you to participate and feel included in your community?**

## **We want to hear from you**

Community members to join in a conversation to inform the creation of the Accessibility Strategy.

Accessibility means being able to reach, understand, contribute to and use the places, information and services in our City.

We want to hear the diverse voices and lived experiences of persons with disabilities, their families, their caregivers and those who provide services.

This strategy will help to create a liveable, equitable and inclusive City for all.

## **What to expect**

- Each session is 2 hours
- Each session will include 10-12 participants
- Honorariums will be provided
- The conversation will be 1.5 hours in length
- ASL and Close Captioning are provided for each session
- Sessions will be recorded
- There will be a facilitator and a note-taker
- The questions will be available on the City's website if you have more that you would like to tell us

**Email [karen.lai@vancouver.ca](mailto:karen.lai@vancouver.ca) to register.**  
**We look forward to hearing from you.**

# Membership

If you are not already a member of the West End Seniors' Network, please consider joining! Anybody can join regardless of age, and this is one way you can support our organization. The cost of membership is \$10.00/year (October 2020 through September 2021).

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

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

or

**West End Seniors' Network**  
**Kay's Place**  
**118-1030 Denman Street**  
**Vancouver, BC**  
**V6G 2M6**

**Or, completed forms and e-transfer payments can be emailed to: [info@wesn.ca](mailto:info@wesn.ca)**

Some of the benefits of being a member include:

- Access to programs, events, workshops, and presentations
- Monthly newsletters or 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
  - Prescription medication pick-up and drop-off
  - Grocery shopping and delivery (fees may apply)
  - Prepared meal 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.

# Donations

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.  
Charitable Registration Number: 119292845RR0001

Please visit us at [wesn.ca](https://wesn.ca) to make a secure donation by credit card. An email address must be provided for the tax receipt to be emailed to you for an online donation.

Cash and cheques may be dropped off at Barclay Manor and Kay's Place.  
Please make cheques payable to the West End Seniors' Network (1447 Barclay St, Vancouver, BC V6G 1J6).

E-transfer donations can be sent to: [info@wesn.ca](mailto:info@wesn.ca)



Thank you very much in advance for your generous donation.

Please make cheques payable to West End Seniors' Network.

Submit completed form and cash or cheque to:

**OR** Submit completed form

 Barclay Manor  
 1447 Barclay Street  
 Vancouver, BC V6G 1J6

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

 and e-transfer to:  
 info@wesn.ca

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	\$25.00
<b>Total: \$ _____</b>	
Tax receipts are issued for donations of \$10.00 and over.	
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> E-transfer	

First Name:		Preferred Name:		Last Name:	
Address:			City:	Province:	Postal Code:
Date of Birth (DD / MMM / YYYY):    /    /			Gender:		<input type="checkbox"/> Prefer not to answer
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 First and Last 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.  
 Charitable Registration Number: 119292845RR0001

## For Office Use Only

Membership Card Issued: <input type="checkbox"/>	Cheque #: <input style="width: 100px;" type="text"/>	Receipt #: <input style="width: 100px;" type="text"/>	Location: BM <input type="checkbox"/>	KP <input type="checkbox"/>	C&C <input type="checkbox"/>
Staff/Volunteer (initial): <input style="width: 50px;" type="text"/>	Revenue Control (initial): <input style="width: 50px;" type="text"/>	Revenue Control Sheet #: <input style="width: 50px;" type="text"/>	Data Entered By (initial): <input style="width: 50px;" type="text"/>		

**Optional** This section will be removed and used only to better understand the WESN membership. **2020-2021**  
 Your answers will remain anonymous and will not be attached to your name or other identifying information.  
**You may leave fields blank if you prefer not to answer a question.**

1) My marital status is (please select one):

 Single     Married / Common-Law     Widowed     Divorced / Separated

 2) I have lived in the West End, Coal Harbour or Yaletown neighbourhood of Vancouver for: \_\_\_\_\_ Years     Not Applicable

3) My current housing arrangement is (please select one):

 Rent     Own     Subsidized     Other: \_\_\_\_\_

4) I identify as (please select all that apply):

 Heterosexual     Gay / Lesbian     Bisexual / Pansexual     Transgender     Other: \_\_\_\_\_

 5) My individual annual income is (please select one):

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

It's been a difficult year for all of us - let's talk

# SENIORS MENTAL WELLNESS FORUM

JOIN US FOR A SAFE AND  
INFORMATIVE TELEPHONE  
DISCUSSION WITH MENTAL  
HEALTH PROFESSIONALS

**TUESDAY JUNE 29, 2021**  
**6:00-7:30PM**

Register in advance for this  
free event by calling:  
WESN: 604-669-5051 or  
Spencer: 604-660-7307

SUPPORTED BY



**WESN**  
WEST END SENIORS' NETWORK

**SPENCER  
CHANDRA HERBERT**

MLA - WEST END



register online at [spencerchandraherbert.ca](http://spencerchandraherbert.ca)

