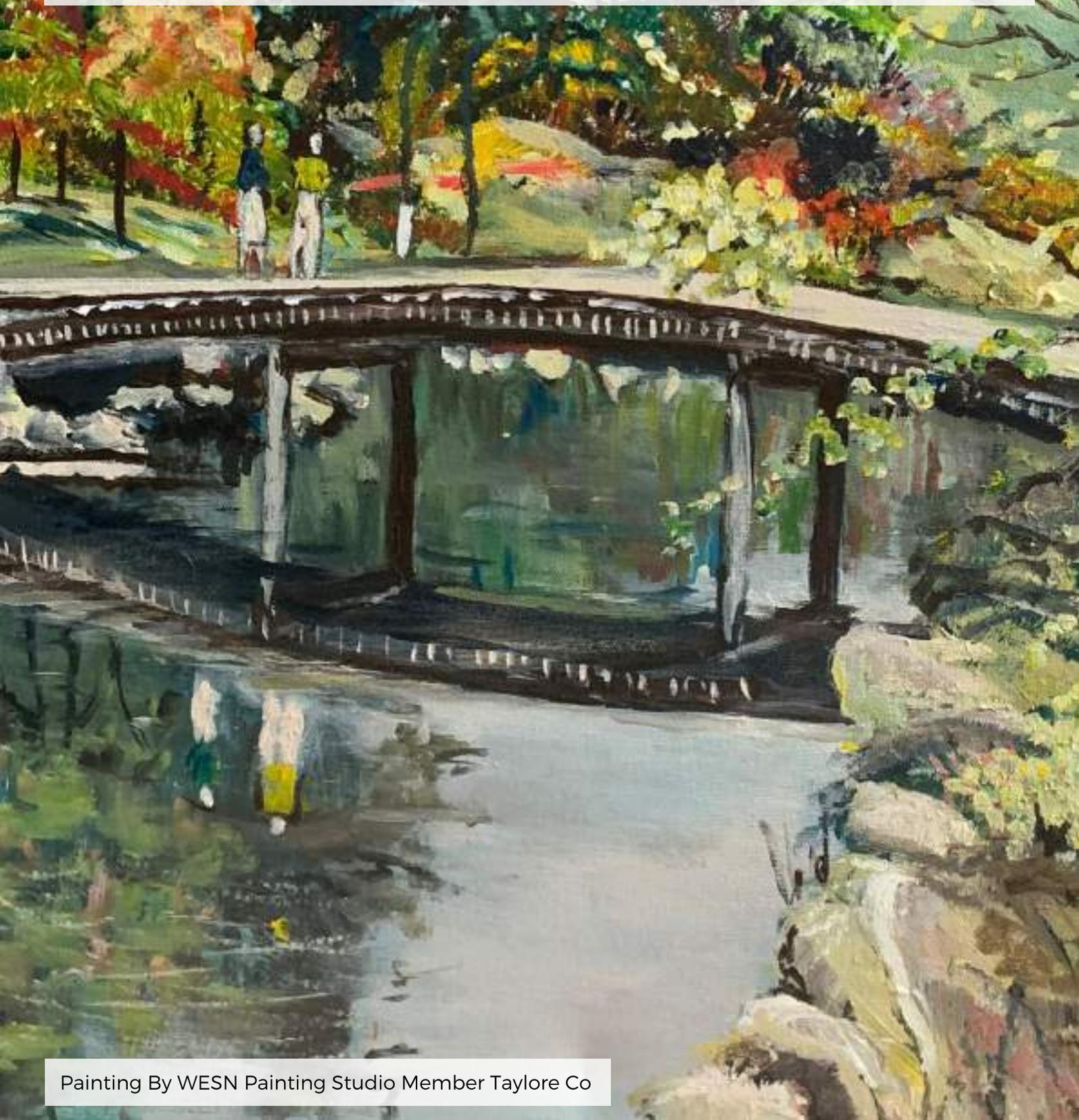




# WESN

WEST END SENIORS' NETWORK



# TABLE OF CONTENTS

P.3	Contact Information
P.4	Safe Seniors, Strong Communities
PP.5-6	A Message from the Executive Director
P.7	Donate Now
PP.8-10	WESN Programs
P.11	BC Seniors' Week Programs
P.12	Happy Birthday, Aging with Pride Planning Committee, Attention Heritage Harmonies
P.13	Clothes and Collectibles Update
P.14	Monthly Engagement Question
PP.14-15	Welcome, New Staff
P.16	Impact of COVID-19 on Income of Older Adults
P.17	World Elder Abuse Awareness Day
P.18	Neighbourhood Small Grants, Seniors First BC Legal Clinics
P.19	Delivering Prepared Meals, Kindness and Goodwill
P.20	WESN Art Challenge
P.21	Virtual Entertainment, Powered By Age Podcast
PP.22-24	Recipes
P.25	ElderDog Canada Program Information
P.26-27	WESN Membership and Donations
P.28	COVID-19 Resources

## **Looking for COVID-19 resources?**

The West End Seniors' Network has collated some resources on our website at <http://wesn.ca/covid-19-resources/>.

You can find entertainment options, information about food and meal assistance, government information, grocery store hours, mental and physical health resources, and pharmacy hours and delivery options.

## **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 x̱w̱məθkwəy̓ 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

**COVID-19 Community 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](http://wesn.ca)

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

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

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

 [West End Seniors'  
Network Society](https://www.linkedin.com/company/West-End-Seniors-Network-Society)

## BOARD OF DIRECTORS

**President:** Joel Oger  
board@wesn.ca

**Vice President:**  
Marta Filipski

**Past President:**  
Frank McCormick

**Treasurer:** Timothy Ng

**Secretary:**  
Abudi Awaysheh

**Directors:**  
Jane Goodridge  
Sara Johnson  
Karsten Kaemling  
Alison Maher  
Bonnie Quam  
Stephanie Thomas

**STARS**  
of  
**VANCOUVER**  
2020

# 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, please contact us at [info@wesn.ca](mailto:info@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



# A MESSAGE FROM THE EXECUTIVE DIRECTOR

Anthony Kupferschmidt, Executive Director

On March 26, there was an important announcement by the provincial government. The Ministry of Health and the BC Seniors Advocate partnered with the United Way of the Lower Mainland to launch Safe Seniors, Strong Communities. This initiative was designed to respond to the COVID-19 pandemic by bolstering supports around the province for older adults to stay safe at home.

Safe Seniors, Strong Communities enables older adults to call BC211 if they need services such as grocery shopping and delivery, prepared meal delivery, and prescription medication pick-up and drop-off. Or if they are looking to stay in touch with others, an older adult can be connected with a volunteer for regular check-in phone calls or virtual visits.



BC211 also became the place that people of all ages could call if they wanted to volunteer to assist older adults during these challenging times. But what wasn't part of the press release for this announcement was exactly how those offers of support would be matched with older adults in need.

We are proud to say that the West End Seniors' Network has been part of that solution. Even after our locations were closed to the public, we raised our hand to help. We were named one of 24 COVID-19 Community Response Hub agencies around the province by the Ministry of Health, and one of only four across Vancouver.

Almost overnight, we were asked to serve a much larger geographic area than we normally do. While our members can be found all around the Lower Mainland, we traditionally serve the West End and Coal Harbour neighbourhoods. As a Response Hub agency, we also began receiving service requests via BC211 from older adults in Kitsilano, Arbutus Ridge, West Point Grey, and UBC.

We were also asked to offer new services. While we already provide services like check-in phone calls and grocery shopping and delivery, we had never offered prepared meal delivery before.

We couldn't do it alone, and we aren't. We worked with our partners at Kitsilano Neighbourhood House to serve older adults on the other side of False Creek and English Bay. We partnered (yet again) with our 'old' friends at Gordon Neighbourhood House and our new friends at Shift Delivery Co-op to create a brand new prepared meal delivery service for our community. And of course we had waves of new volunteers contacting us directly and through BC211 to help us rise to the challenge.

# A MESSAGE FROM THE EXECUTIVE DIRECTOR (CONTINUED)

As a WESN member or client, you don't need to call BC211 if you need assistance. Please call or email us directly if you would like to receive check-in phone calls or virtual visits from a WESN volunteer, or if you need prepared meals or help with grocery shopping or getting your medications. We are here for you.



This time has been one of the most intense and most rewarding in the history of WESN. I am so honoured to be associated with an organization doing so much more for older adults in our community than I might have thought possible a few short months ago. This is a testament to the amazing team we have. The next time you see or speak with one of our staff members and volunteers, please thank them - they have been working hard for you.



Now that we have entered Phase Two of BC's Restart Plan, I hope that you will continue to stay safe at home but also stay connected with others and get out and be as physically active as possible. I wish you all a happy and healthy BC Seniors' Week!

## Calling Makers

We are looking for community members who can make reusable masks for volunteers and vulnerable older adults in the West End and Coal Harbour.

We are also seeking donations of appropriate fabric, elastic, ties, and nose-wires.

If you are able to make masks, donate masks or donate supplies, please connect with Laura at [clothes@wesn.ca](mailto:clothes@wesn.ca) or 604-682-0327.



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 - SOCIAL

Kaitlin Hong Tai, Manager of Programs

## NEW! Drop-in Online Social

**Tuesdays, 11:00AM - 12:00PM**

Chat with our Summer Student Elaine and your peers in a safe, open, casual, online space. Make yourself coffee or tea and bring an item to show the group and share a story about, or your favourite poem to read to the group, or the knitting project you have been working on. The possibilities for this social are endless. We look forward to seeing you! No pre-registration is required.



To join via web browser (computer, tablet or smartphone with a stable internet connection): <https://meet.google.com/jkg-neuy-zro>

To join via phone by calling in, call **1-289-434-7654** and enter PIN **308 597 297#** when prompted. Note that this number is Canadian but not local, and thus fees may apply based on your phone plan.

## Remote Tea with Anthony

**Monday, June 8, 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 find yourself a snack. No pre-registration is required.

Join via web browser (computer, tablet or smartphone with a stable Internet connection): <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. Note that this number is Canadian but not local, and thus fees may apply based on your phone plan.

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.



## NEW! Sunday Brunch at The Sylvia Hotel (1154 Gilford St)

**Sunday, June 28, 1:00PM with Volunteer Diane**

Mingle with others over brunch at this local treasure. Register with Kaitlin at 604-669-5051 ext 1 or [programs@wesn.ca](mailto:programs@wesn.ca) by June 24. Do not call the restaurant. Meet at the restaurant. Diner pays own way. Max 7. Please follow posted guidelines set by the restaurant and do not attend if you are ill or experiencing allergy symptoms (sneezing, runny nose, etc).



# WESN PROGRAMS - PHYSICAL ACTIVITY

## **NEW!** Online "Aquafit" at Home with Meaghan

**Thursdays, 12:00PM - 12:30PM**

Meaghan is a certified aquafit instructor, but with the pools closed because of COVID-19, she had to get creative. For WESN members, Meaghan will be hosting older adult-friendly online aquafit classes! Join her for a zumba/aquafit-style exercise class! Everyone is welcome - she will provide modified movements for all levels. Classes are free, but pay-what-you-can is encouraged and appreciated.

Classes are streamed live on [Facebook](#), [Instagram](#) and Zoom. You do not need a Facebook, Instagram or Zoom account to access the class.

Register by emailing [programs@wesn.ca](mailto:programs@wesn.ca).

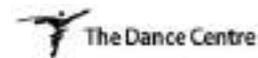


## **Online Creative Movement**

**In Partnership with The Dance Centre**

**Thursdays, 3:00PM - 4:00PM, Until June 25 with Linda**

A series of gentle, energizing movements to calming music. Register by emailing [programs@wesn.ca](mailto:programs@wesn.ca). You will be sent the Zoom link to join the class.



## **NEW!** Outdoor Walking Group

**Tuesdays and Thursdays, 11:30AM - 12:30PM with Volunteer Diane**

Enjoy the neighbourhood and get some fresh air and exercise with other older adults. Physical distancing guidelines will be followed. Please do not participate if you are sick or experiencing allergy symptoms (sneezing, runny nose, etc). The use of masks are to your discretion. Meet at the benches on the seawall opposite of the Sylvia Hotel and laughing people statues (the seawall entry point close to Beach Ave and Davie St). Register with Kaitlin at [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051 ext 1.

Support  **WESN** by becoming a member!



\$10 annually provides access to many benefits for adults ages 55+.

Information and membership form are on pages 26 and 27 or online at [www.wesn.ca](http://www.wesn.ca)



# WESN PROGRAMS - TECHNOLOGY

## **NEW!** Virtual TedTalks and Discussion

**Fridays, 11:00AM - 11:30AM with Elaine**

TedTalks are informative, witty, entertaining, and thought-inducing presentations. Join us online as we view a selection of TedTalks together and then discuss them. Videos are selected on the day. Suggestions for video topics will be taken at the end of the program each week for the upcoming session, or email your requests to Elaine. Register by emailing Elaine at [intern@wesn.ca](mailto:intern@wesn.ca).

## **Technology Assistance (By Appointment)**

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



Do you have a computer, tablet or cell phone question? Book an appointment with one of our Tech Coaches to receive help. Contact Kaitlin at 604-669-5051 ext 1 or [programs@wesn.ca](mailto:programs@wesn.ca). Please provide your full name, contact information, preferred date and time, and preferred method of contact for the appointment (phone, email or video).

## **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 by calling Kaitlin at 604-669-5051 ext 1 or emailing [programs@wesn.ca](mailto:programs@wesn.ca). Please provide your full name, contact information and preferred date.

# WESN PROGRAMS - PRESENTATIONS

## **Elder Abuse: What is it? How do we deal with it?**

**Presented by Seniors First BC**

**Monday, June 15, 1:00PM - 2:00PM**

**seniors first BC**

During these uncertain times people are concerned about their health and well-being. Sadly, elder abuse still exists; fraudsters are using the coronavirus outbreak as an opportunity to trick the public with seniors being the most vulnerable. It is imperative to be alert, stay informed and take precautions.

The main learning goals for this workshop will be:

- Learn about the link between social isolation and elder abuse
- Explore types of elder abuse and people involved
- Discuss strategies to deal with elder abuse including financial abuse
- What are the most common COVID-19 frauds and scams, strategies to deal with it and where to report it

Register online by clicking [here](#) or by contacting Kaitlin at 604-669-5051 ext 1 or [programs@wesn.ca](mailto:programs@wesn.ca).

# BC SENIORS' WEEK - SPECIAL PROGRAMMING

Kaitlin Hong Tai, Manager of Programs

June 1st to 8th is BC Seniors' Week - a time to celebrate and acknowledge older adults and their past and current contributions!

## Ballroom Basics and Creative Movement

In Partnership with The Dance Centre



**Tuesday, June 2, 9:00AM - 10:00AM with Claire**

Dance with Claire French through ballroom dancing basics and creative movement exercises. Gentle and upbeat! A *Power of Dance* additional class for BC Seniors Week.

Join the Zoom class by clicking [here](#). (Meeting ID: 881 8081 6068, Password: 001036)

## Head to Toe Exercise Class

In Partnership with Love Your Age Fitness



**Wednesday, June 3, 12:00PM - 12:30PM**

This exercise class will focus on posture, alignment, core, and balance. Options for chair and for standing will be given. Make sure to have a sturdy chair to hold on to or sit on, and wear comfortable clothing that allows you to move easily.

Join the Zoom class by clicking [here](#). (Meeting ID: 860 873 4629)

## Live Pinata Making Workshop

**Saturday, June 6, 3:00PM - 5:00PM**

Let us craft together from home! Meaghan Kennedy will be hosting a pinata workshop live on Facebook, Instagram and Zoom. She will help guide you in making the pinata of your dreams! Join by clicking [here](#).

You will need: 1 balloon, flour and water (in a bowl), newspaper or paper, scissors, tape, paints or markers, decorative items, fan or hair dryer, time, and imagination!

## WESN Activity Book

We have created an activity book that you can print out - it contains puzzles, riddles, exercises, colouring pages, and more. Find it on our website [www.wesn.ca](http://www.wesn.ca) or by clicking [here](#).

# ARE YOU A JUNE-BORN BABY?

*Happy  
Birthday!*

Be serenaded by our Birthday  
Celebration musician, Helen:  
<https://youtu.be/tQC4DZ7cDs0>



## Attention Heritage Harmonies Choir Members

Frank and Kaitlin are wondering if you are interested in having weekly sessions online, hosted through an online platform like Google Meet or Zoom.

Please let Frank or Kaitlin know. Kaitlin can be reached at [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051 ext 1.



Join the  **WESN**  
WEST END SENIORS' NETWORK

## AGING WITH PRIDE PLANNING COMMITTEE

Queer, trans, two-spirited, and ally individuals are invited to join our Aging with Pride Event Planning Committee. Assist WESN and partner organizations with planning the 2020 Aging with Pride event.

Connect with Kaitlin at 604-669-5051 ext 1 or [programs@wesn.ca](mailto:programs@wesn.ca) to sign-up.

# CLOTHES AND COLLECTIBLES UPDATE

Laura Fee, Manager of Clothes and Collectibles Thrift Boutique

We're back! Or we will be very soon. I'm sorry we can't give you a specific opening date yet, but we have a list of safety measures to implement before we can welcome you back.

To protect everyone who enters the store – volunteers, staff, customers, and donors – we will be following the specific guidelines set out by WorkSafe B.C. These changes will include:

- Hand sanitizers
- Face masks
- A plexiglass shield for our cashier
- Limiting customers to a few at a time
- Maintain physical distancing as much as possible
- Holding donations for several days before processing

In the meantime, we will be accepting donations 11 am to 3 pm Monday to Friday, June 1 to 5 and very possibly the following week. I'm sorry to be vague, but there's lots to do before we can safely open our doors.



We look forward to seeing you soon.

---

I'm sad to announce that Clothes and Collectibles volunteer, Anne Crawford, passed away on Friday May 22nd, 2020. She was a retired deacon with the Anglican Church, and was active in the West End with lawn bowling, euchre, and the Martini Club at the Sylvia Hotel, as well as other interests, including Clothes and Collectibles. She was a delight in the store, always full of good stories, and had a smile and a kind word for everyone. Some of you may remember that she retired from Clothes and Collectibles in 2018, but returned in 2019 on a very part time basis. She was well-loved and will be missed.

**DAVID WATTS  
NOTARY PUBLIC**



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

**Real Estate Transfers & Mortgages**

**In-Home Visits Available**

**604-685-7786 | [david@davidnotary.com](mailto:david@davidnotary.com)**

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

# WELCOME TO THE WESN STAFF TEAM

Holly Lemme, Life Unlimited Grocery Shopping and Delivery Coordinator

It is a pleasure to be joining such a great community at such an interesting time! I first began volunteering with WESN in January this year for the Close to Home program, but over the last few months I have transitioned to supporting the Life Unlimited Grocery Shopping and Delivery service team. When COVID hit BC, it was important to me to get involved in helping out the community and older adults, and I can't think of a better way than through WESN.

Apart from work, I am enjoying getting to know the city of Vancouver, as I moved here just under a year ago from Toronto to pursue graduate studies. I am currently completing my masters degree in gerontology at SFU, and my background is in urban planning and seniors housing.

As I continue enjoying the opportunities and challenges that arise out of this chapter in my life, I am very happy to be working with WESN and I am excited to one day meet you in person!



---

Kari Kessler, COVID-19 Community Response Hub Manager

I am thrilled to be joining the team at WESN and working with an organization that aligns so well with my passion to support and empower community members to live well and thrive. I have enjoyed a career that has allowed for exposure to many of the issues impacting older adults through roles in health care settings (acute, residential and primary care) and community based not-for-profits, including the Alzheimer Society of BC. I look forward to meeting all of you when we are able to reopen! In the meantime, when not working in the home office, I'm out walking the neighbourhood, with a slowed pace, enjoying the beauty of Spring.



# WELCOME TO WESN, ELAINE

Elaine Lam, Program Coordinator (Summer Student)

I'm excited to join the WESN team this summer as a Program Coordinator to assist with organizing programs, events, and services. I will be graduating this year with a Bachelor's of Science in Kinesiology from Simon Fraser University (SFU). I have a background in competitive swimming and have worked for several years as a lifeguard, swim coach, weight room supervisor, and personal trainer in the Lower Mainland.



Prior to this position, I have worked as a Co-op Student for 8 months with the Injury Prevention and Assessment Team and the Falls Prevention Mobile Clinic Team at Fraser Health Authority. I had the opportunity to work with a physiotherapist in assessing seniors in the community for their falls risk. I also helped with developing strategies and providing education to minimize their risk of falls in the future.

As a fitness staff at the City of Vancouver, I have also led Happy Hearts fitness classes for older adults with or who are at risk for heart disease.

In my free time, I love trying new baking recipes, learning how to knit, and reading. I look forward to meeting the rest of the WESN community. Please come say hello if you see me around at Barclay Manor when we are open.

## 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 summer beverage? Any particular beer, cocktail, smoothie, juice, etc? Find some smoothie recipes on page 21.



To participate in the activity, leave a comment on the designated social media posts or answer anonymously online by clicking [here](#).

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

See responses to previous questions at [www.wesn.ca](http://www.wesn.ca).

# THE IMPACT OF COVID-19 ON THE INCOME OF OLDER ADULTS

Alan Stamp, Manager of Support and Information Services

COVID-19 has had a worldwide impact including the loss of income, perhaps most noticeably on older adults. Throughout this pandemic, older adults in Canada have experienced financial hardship. For those who rely on investment income for their retirement, investments have fallen significantly with the decline of the stock market. Income has fallen, and older adults are incurring increased costs such as grocery delivery fees, pharmaceutical dispensing fees and additional cleaning supplies necessary for heightened hygiene. Though these individual expenses may appear small, they may add up to substantial costs over time for those with fixed incomes.

The Federal government has introduced several programs and benefits to offset the loss of income for older adults. These measures include:

- Investing \$1.3 billion in a one-time special payment through the Goods and Services Tax (GST) credit.
- Providing additional financial support of \$2.5 billion for a one-time tax-free payment of \$300 for seniors eligible for the Old Age Security (OAS) pension, with an additional \$200 for seniors eligible for the Guaranteed Income Supplement (GIS). This measure would give a total of \$500 to individuals who are eligible to receive both the OAS and the GIS, and will help them cover increased costs caused by COVID-19.
- Temporarily extending GIS and Allowance payments if your 2019 income information has not been assessed. This will ensure that the most vulnerable older adults continue to receive their benefits when they need them the most. To avoid an interruption in benefits, older adults are encouraged to submit their 2019 income information as soon as possible and no later than by October 1, 2020.

In addition to the above programs and benefits, the Federal government has introduced the Canadian Emergency Response Benefit (CERB), and working seniors who fit the criteria may apply. For more information, please click [here](#).

Provincially, new emergency measures are in place to ensure that people on income or disability assistance and low-income older adults do not encounter additional barriers. To learn more about Federal and Provincial benefits and how to apply, please phone 604-660-2421 or visit the [website](#).

This is one of the most challenging times in recent history for older adults in terms of physical, mental and financial health. By heeding the advice of our Provincial Health Officer and gathering governmental support, we have the best chance of moving through this difficult situation.

# STAND AGAINST ELDER ABUSE



Kaitlin Hong Tai, Manager of Programs

According to the United Nations, 1 in 6 older adults experience some form of abuse worldwide, and that number is expected to rise as more of the world's population ages.

Abuse can manifest in different ways - physical, sexual, financial, emotional, or spiritual. Neglect and self-neglect are also forms of abuse. Self-neglect occurs when an individual puts their own safety, health or well-being at risk and neglect is when somebody else puts an individual's safety, health or well-being at risk.

If you believe you are facing abuse, call 9-1-1 if you are in immediate danger. If you are not in immediate danger, it is recommended that you confide in someone you trust, such as a family member, close friend or doctor, and keep a detailed record of what is happening and when in a hidden place.

All abuse is wrong, but some forms are illegal. Consider speaking with a lawyer or connect with one of the below resources to discuss your situation and take action where it is warranted.

To confidentially speak to someone about your situation:

**Seniors Abuse and Information Line (SAIL):** 604-437-1940 (TTY: 604-428-3359)

**VictimLinkBC:** 1-800-563-0808 (TTY: 604-875-0885)

For information and referral services:

**Seniors First BC:** [seniorsfirstbc.ca](http://seniorsfirstbc.ca)

**Domestic Violence:** [www.domesticviolencebc.ca](http://www.domesticviolencebc.ca)

To report abuse, self-neglect or neglect of an older adult who cannot seek support or assistance on their own:

**Vancouver Coastal Health ReAct Adult Protection Program:** 1-877-732-2899

To report financial abuse of a vulnerable adult or by a substitute decision-maker:

**Public Guardian and Trustee of BC:** 604-660-4444

**WESN is hosting an online workshop by Seniors First BC about elder abuse - information is found on page 10. This workshop is free to attend.**

WESN is proud to be the Coordinating Agency for the Vancouver West End Community Response Network. To learn more about the BC Association of Community Response Networks, visit <https://bccrns.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](https://neighbourhoodsmallgrants.ca/blog/new-responsive-nsg-grant)

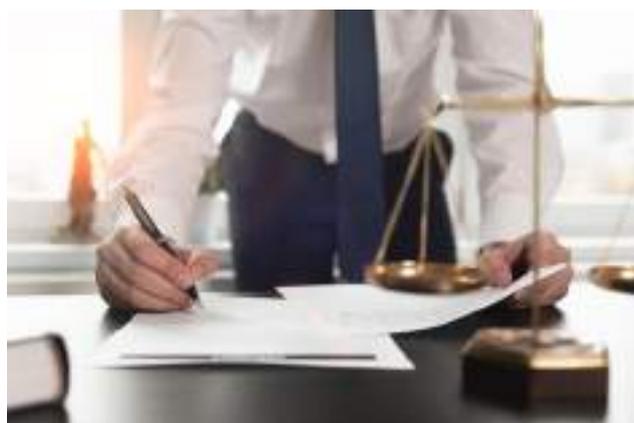
## seniors first BC LEGAL CLINIC

The legal clinic held by Seniors First BC at Kay's Place is cancelled for June, 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](mailto:volunteers@wesn.ca) with a completed application form (on [www.wesn.ca](http://www.wesn.ca)) or with your complete contact information, current availability and areas of interest.

Thank you.



### Check us out on social media!



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



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



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

## DELIVERING PREPARED MEALS WITH LOVE

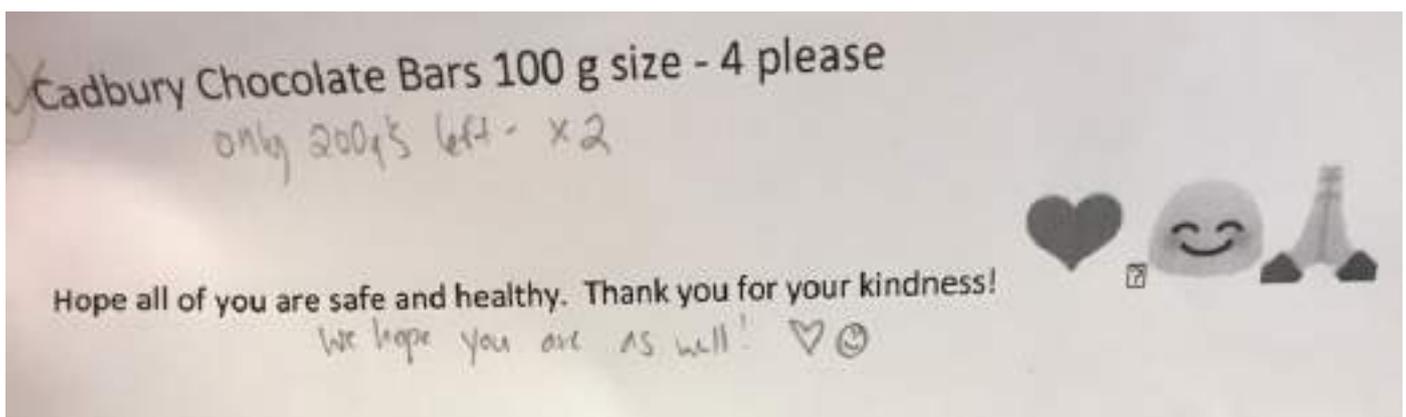
As part of our work as a COVID-19 Community Response Hub agency, WESN has partnered with Gordon Neighbourhood House and Shift Delivery to prepare and deliver meals to older adults in the West End and Coal Harbour areas. This service allows those experiencing financial hardship and/or challenges preparing meals to more easily access nutritious food and stay well.



## KINDNESS AND GOODWILL GO FAR

Michelle Bobyne, Emily Lonsdale, Holly Lemme, Community Services Team

The Life Unlimited Grocery Shopping and Delivery Service team would like to take the time to thank our staff, clients, and volunteers for their continued gestures of goodwill. This small note between a client and volunteer shopper is an example of how far kindness and generosity are going during these times. We are grateful to be a part of this community, and these little moments brighten our days.



# 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](mailto:gabro2008@gmail.com) and to be added to the list to see the work of peers.



**Practising Delights**

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

What are you delights, write or visually create something that best expresses one of your delights. Notice I said visually create yes this is very open, if you 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](mailto:gabro2008@gmail.com)



Painting by Junping Li, WESN Painting Studio Member



*Lost Lagoon late sun  
Bathes my spirit's edge,  
Isolating grief.*

Lost Lagoon photo and haiku by Victoria Carson, Volunteer at Clothes and Collectibles Thrift Boutique



# VIRTUAL ENTERTAINMENT

Easy Acoustic Guitar Song Tutorials from Guitar Jamz:

<https://www.youtube.com/watch?v=FdT-4-ovEFQ&list=PLNBMov4IGDdlvkvNaGY5wG-Avv5BxWDOa>

Life Long Learning Resources: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/lifelong-learning-and-creativity>

Metallica Live in Lima, Peru Full Concert: <https://www.youtube.com/watch?v=9t9saOTMebQ>

Poems from the Poetry Foundation: <https://www.poetryfoundation.org/>

Sharp Brains Brain Teasers: <https://sharpbrains.com/>

The National Gallery Virtual Art Tour:

<https://www.nationalgallery.org.uk/visiting/virtual-tours>



**POWERED BY  
AGE PODCAST**

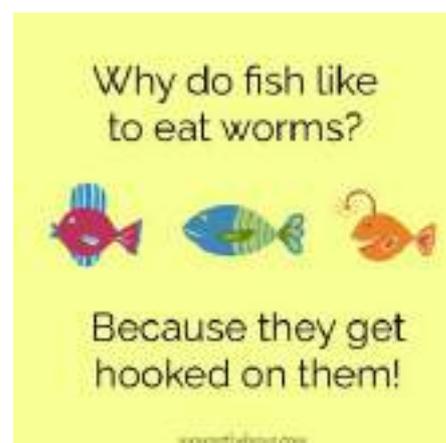


**SENIORS  
CENTRE  
SOCIETY**

The Powered by Age Podcast team is looking for volunteers to get involved with their by-seniors, for-seniors project. No experience is necessary, and most individuals are learning as they go. [www.poweredbyage.com](http://www.poweredbyage.com)

If you are interested in doing an interview, writing an essay or a lifelines piece, contact Sylvie at [oursylvia@outlook.com](mailto:oursylvia@outlook.com)

Projects underway include people in unconventional careers and/or roles and segments on activism, but anything else of interest will be considered.



# CHEESY BEER BREAD

Victoria Carson, Volunteer at Clothes and Collectibles Thrift Boutique

This is a recipe for a quick bread that I have used often during our isolation, using beer instead of yeast! Just pick up a can of cheap beer. You can omit the cheese, if you wish.

Ingredients:

- 3 cups flour
- 4 tsp baking powder
- 1 tbsp sugar
- 1/2 tsp salt
- 1 cup cheddar cheese, finely grated
- 1 1/2 cup (12 oz) beer, room temperature

Topping:

- 1/4 cup grated cheese, such as parmesan



Instructions:

- 1) Preheat oven to 350 degrees F. Grease a loaf pan for 1.5 L casserole dish.
- 2) Stir together flour, baking powder, sugar, salt, and cheddar cheese in a medium bowl.
- 3) Add beer. Mix just enough to moisten the flour. Transfer to loaf pan or casserole dish.
- 4) Sprinkle with grated cheese. Bake for 50 minutes.
- 5) Remove from dish and allow to cool on a wire rack for 10 minutes.

# SMOOTHIES

Kaitlin Hong Tai, Manager of Programs

Green Tropical:

- 1 cup spinach
- 1/2 cup mango
- 1/2 cup pineapple
- 1 banana
- 1 cup water

Peanut Butter and Jam:

- 2 tbsp peanut butter
- 1 cup strawberries
- 1/4 cup raspberries
- 1 banana
- 1 cup water or milk



Mixed Berry:

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/4 cup blackberries
- 1/4 cup raspberries
- 3/4 cup milk
- 1/2 cup plain Greek yogurt

Chocolate Cherry Protein:

- 1 cup milk
- 1/4 cup unsalted cashews
- 1/3 cup spinach
- 1 heaping tbsp cocoa powder
- 1 scoop protein powder
- 10 cherries, pitted
- 1/2 - 1 banana



Instructions:

- 1) Place everything into a blender and blend until smooth. Adjust with ice or liquid as needed and to preference.

# VEGAN JAPANESE CURRY

Kaitlin Hong Tai, Manager of Programs

I tried this recipe last month, and it was delicious! It makes enough for 4 very large portions. You can serve it with rice, quinoa or noodles. You can also add different vegetables and meats, if desired.

Ingredients:

For the curry:

- 1 tbsp oil
- 1 large onion, diced
- 4 cups (1 litre) of water or vegetable stock
- 2 carrots, peeled and sliced
- 2 large potatoes, chopped into chunks
- 1 apple, peeled and grated finely
- 1 tsp salt
- 1 tsp garam masala
- 1/4 cup (75 g) frozen peas or edamame

For the roux

- 3 tbsp oil
- 4 tbsp flour
- 1 tbsp garam masala
- 1 tbsp curry powder
- 1/2 tsp cayenne pepper (optional)
- Pepper, to taste
- 1 tbsp ketchup
- 1 tbsp Worcestershire sauce or soy sauce (vegan such as tamari, if desired)

For serving:

- Cooked grains
- Green onions, sliced
- Sesame seeds

Instructions:

1) Heat a large saucepan over medium heat and add the oil and onions. Fry until beginning to brown. Add the water or vegetable stock, carrots, potatoes, apple, salt and garam masala. Bring to a boil then reduce the heat to a simmer and cook until the potatoes and carrots are tender.

2) Meanwhile prepare the roux by heating the oil in a small pot over medium-low heat. Add the flour, garam masala and curry powder and mix well. Then add the remaining ingredients and cook, stirring continuously, until the roux sticks together in a ball and starts to crumble apart. Remove from heat.

3) When the vegetables are ready, ladle some of the liquid into the pot with the roux and mix well to dissolve all the flour. Add into the curry and mix until the curry is thick. Add the frozen peas/edamame. Serve over grain of choice. Sprinkle with sliced green onion and sesame seeds.



From Cilantro and Citronella

# CINNAMON COCOA SHORTBREAD

Will Tessier, Assistant Manager at Clothes and Collectibles Thrift Boutique

## Ingredients:

- 1 1/2 cups sifted flour
- 1/2 cup sifted cake flour
- 1/4 cup sifted unsweetened cocoa powder
- 3/4 cup confectioner's sugar
- 1/2 tsp cinnamon
- 1 cup cold unsalted butter
- 1 tbsp granulated sugar mixed with 1/8 tsp cinnamon

## Equipment:

- 350 degree F oven
- 2 ungreased 8" round cake pans



## Instructions:

- 1) Combine flours, cocoa, confectioner's sugar and cinnamon. Sift it all together into a large bowl.
- 2) Slice butter into the above mixture and mix with your fingers to a coarse crumb.
- 3) Work dough until smooth and well blended. Divide in half, press into cake pans.
- 4) Sprinkle top with cinnamon sugar mixture. Prick all over with a fork.
- 5) Bake 25 minutes or until firm. Cool 10 minutes, cut into wedges. Cool completely before removing wedges.

## Notes:

I have used 2 cups of regular flour (no cake flour) and it has been fine.

I have used berry sugar and/or regular white sugar instead of confectioner's sugar (powdered sugar) and it has been fine.

Did you make a featured recipe? Let us know how it turned out on our [Facebook](#), [Twitter](#) or [Instagram](#) pages. #wesn

If you took a photo of your creation, email it to Kaitlin at [programs@wesn.ca](mailto:programs@wesn.ca) and she will share it on the WESN social media accounts to showcase!

Have a recipe that you love and want to share with others in the next newsletter? Email it to Kaitlin at [programs@wesn.ca](mailto:programs@wesn.ca).



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](mailto: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](mailto:elderdogvancouverLDR@gmail.com)  
 604-299-3667

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

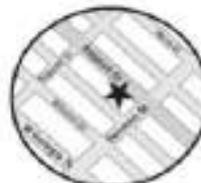


The Pharmacy West End,  
 where it's **Seniors' Day,**  
 every day!

**\*Seniors' SAVE 20% Every Day!\***

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

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



**The Pharmacy West End**  
 1747 Robson St, Vancouver  
 604-669-6927  
*\*Across from Safeway*  
*\*\*Conveniently located beside West End Medical Clinic*  
 Monday-Friday: 9:30am-7:00pm  
 Saturdays: 10am-5pm  
 Sundays: 12pm-5pm  
 Closed holidays

# 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
  - 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, 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](http://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:

<input type="text"/>	<input type="text"/>	<input type="text"/>
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
<hr/>	
Tax receipts are issued for donations of \$10.00 and over.	
<b>Total: \$ _____</b>	
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: \_\_\_\_\_

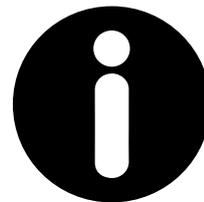
I identify as (please select all that apply):

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](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/>

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

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

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

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

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

Maundy Cafe at Christ Cathedral Church:

<https://thecathedral.ca/serve/community-outreach/food-ministry/>

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

WorkSafeBC: <https://www.worksafebc.com/en>

**Want to reach older adults?**

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

Visit [wesn.ca/newsletters](http://wesn.ca/newsletters) for sizes and rates.

The advertisement features a small image of a newsletter on the left with the text 'Promote YOUR EVENT, SPECIALS, RESEARCH' and the WESN logo. On the right, there is a small graphic of a computer monitor displaying a website layout.