



WESN

WEST END SENIORS' NETWORK

MARCH 2022

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





COVID-19 PROTOCOLS

THANK YOU FOR YOUR COOPERATION



- Stay home if you or someone in your household is ill, or if you were a direct contact of someone who tested positive for COVID-19.
- Masks are mandatory while inside Barclay Manor, Kay's Place and Clothes and Collectibles. Masks are available from WESN, if needed.
- Physical distancing measures are in effect.
- Please follow all posted signage.
- Clean your hands often.
- Only the front door of Barclay Manor will be unlocked. If the accessible back or basement entrance is required, ring the bell and wait for assistance.
- Food and drinks are not provided except for special events. Refrain from eating or drinking while visiting our sites.



If you have a medical exemption to a COVID-19 protocol, speak with WESN staff prior to visiting or registering for an activity.

Health and safety protocols are subject to change as we continue to monitor updates from the office of the Provincial Health Officer (PHO).

To be notified of cancellations or changes to activities, ensure you are registered at the beginning of each month.

This is a friendly reminder that your 2020-2021 West End Seniors' Network (WESN) membership expired at our Annual General Meeting on September 17, 2021.

You can purchase your 2021-2022 WESN membership by cash or cheque at any of our locations:

only
\$10

Barclay Manor
1447 Barclay 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 and the completed form and e-transfer payment can be sent to info@wesn.ca.

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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.

BOARD OF DIRECTORS

President Jane Goodridge (board@wesn.ca)

Vice President Karsten Kaemling

Past President Joel Oger

Treasurer Ross McKinnon

Secretary TBD

Directors Bonnie Quam, Dawid Cielosczyk, David Harvey, Marta Filipski, Stephanie Thomas, Omid Toub, Sara Johnson

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 Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

ST. PATRICK'S DAY EVENT & CONTEST

How many shamrocks are in this newsletter?

Be sure to count this and the ones on the cover!
Send answers to info@wesn.ca or 604-669-5051.
Or, write it down and put it in the box by the fireplace.
Please include your name and telephone.

If your answer is correct, you could win the gift basket!

Contest closes **Thursday, March 17 at 1 pm sharp.**

**The winner will be drawn later that afternoon,
at our St. Patrick's Day Event. Good luck!**

Thursday March 17, 2-4:30 pm, Piano Room

Wear your lucky green clothing, enter your shamrock count for the draw and listen to the musical stylings of our Ukulele group. Enjoy social fun and games with your fellow WESN members.



wesn.ca



info@wesn.ca



westendseniors



**westendseniornetwork
clothesandcollectibles**



**westendseniors
clothesandcollectibles**



**West End Seniors'
Network Society**



Fax: 1-877-885-6561

Contact Information

Barclay Manor, Kay's Place, Clothes and Collectibles

CLOSURES MARCH 21-25

Barclay Manor – closed all week
Clothing & Collectibles – open regular hours
Kay's Place – adjusted as follows:

Monday 10–4
Tuesday 10–3
Wednesday 10–3
Thursday 10–4
Friday closed

Clothes and Collectibles

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

Wednesday to Friday 11 am–5 pm
Saturday 12 pm–4 pm

Manager

Laura Fee | clothes@wesn.ca

Assistant Managers

Gordana Smocilac and Will Tessier

Supervisor

Brenda Wong

Kay's Place

604-669-7339
Denman Place Mall
118-1030 Denman Street
Vancouver, BC V6G 2M6

Managers of Support and Information Services

Susan Paré | susan@wesn.ca

Alan Stamp | alan@wesn.ca

Administrative Assistant

Brittanny Dzioba | kaysplaceadmin@wesn.ca

Barclay Manor

604-669-5051 | info@wesn.ca
1447 Barclay Street
Vancouver, BC V6G 1J6
Monday to Friday 9 am–5 pm

Executive Director

Martin Addison
604-669-5051 ext 4 | executivedirector@wesn.ca

Manager of Operations

Kari Kessler
604-669-5051 ext 9 | operations@wesn.ca

Manager of Programs

Kaitlin Hong Tai
604-669-5051 ext 1 | programs@wesn.ca

Administrative and Program Coordinator

Christopher Earl
604-669-5051 | info@wesn.ca

Manager of Volunteer Resources

Evelyn Boe
604-669-5051 ext 6 | volunteers@wesn.ca

Manager of Community Services

Suma Sudhir
604-669-5051 ext 3 | servicesmanager@wesn.ca

Community Services Coordinator

Joe Humphries
604-669-5051 ext 2 | servicescoordinator@wesn.ca

LinkAGE Social Prescribing Navigator

Emily Lonsdale
604-669-5051 ext 7 | health@wesn.ca

Choose to Move Activity Coach

Jennifer Conroy
604-669-5051 ext 8 | choosetomove@wesn.ca

Close to Home Program Coordinator

Jennifer Conroy
604-669-5051 ext 8 | closetohome@wesn.ca

Bookkeeper Ashley Lyder

WESN Income Tax Clinics

Page 1 of 2 Please read carefully as you prepare your paperwork



WESN is offering older adults assistance with filing their income tax return, for those with modest income and a simple tax situation only (must meet criteria below). All income tax returns are filed electronically by volunteers that are screened, trained, and authorized through the Canada Revenue Agency (CRA) Community Volunteer Income Tax Program (CVITP).

The WESN tax clinic volunteers are happy to assist you in filing your simple income tax return, but are not in a position to give you tax advice. You may be directed to contact the CRA if you require tax-related advice.

Please respect all WESN staff and volunteers. Rudeness or disrespect of any form will not be tolerated and you may be asked to make alternate tax arrangements. WESN retains the right to refuse service.

ELIGIBILITY CRITERIA

Family size and total family income is under:

- 1 person – \$35,000
- 2 persons – \$45,000
- 3 persons – \$47,500
- 4 persons – \$50,000

Simple tax situation

- Employment, pension, or support payment
- Benefits such as Canada Pension Plan (CPP), disability insurance, employment insurance, and social assistance
- Registered retirement savings plans (RRSPs)
- Scholarships, fellowships, bursaries, or grants
- Interest under \$1,000

Your tax situation is not simple if you

- Are self-employed or have employment expenses (exceptions apply)
- Have business income and expenses
- Have rental income and expenses
- Have interest income over \$1,000
- Have capital gains or losses
- Filed for bankruptcy in the tax year (or the year before, if that return has not yet been filed)
- Are completing a tax return for a deceased person
- Have foreign income or property (T1135)

DETAILS

Location

The clinic will be located in the basement multi-purpose room at Barclay Manor (1447 Barclay Street), located near the ground level entrance at the back of the building. This entrance is accessible for mobility device users. Please note that parking is NOT guaranteed in the lot behind Barclay Manor.

Date and Time

Beginning March 3rd tax clinic drop-off will be available every MONDAY AND THURSDAY FROM 10AM TO 3PM. This tax season we will continue to use a drop-off service but will no longer require appointments – accordingly, clinic use may be subject to wait times and your patience is appreciated.

Cost

There is no fee for use of this clinic, but a suggested \$20 donation to WESN helps us continue to offer our programs and services.

Please read carefully as you prepare your paperwork. See over for details on Process and Next steps.



WESN Income Tax Clinics

Page 2 of 2 We appreciate your consideration for staff and volunteers

PROCESS

At home

- Check the criteria (previous page) to confirm that you meet the clinic eligibility
- Prepare all relevant tax paperwork (i.e., 2020 Notice of Assessment, 2020 TD1 income tax summary if possible, income tax slips and receipts) and place in an envelope.
- Bring picture identification.
- If possible, complete all sections of the WESN Tax Clinic Intake form ahead of time (can be picked up at Barclay Manor, Kay's Place or downloaded on our website: <http://wesn.ca/income-tax-clinics/>)

At Barclay Manor

- Enter the building from the rear; follow signs to the basement multi-purpose room.
- Aggressive or abusive behaviour and language towards WESN staff and volunteers will not be tolerated.
- Due to ongoing COVID-19 circumstances, clinic users must respect masking requirements and social distancing measures while in line and in building.
- Complete Tax Clinic form if not done already.
- Present form, income tax documents and ID to the tax clinic intake staff.
- You will be provided with an information document to detail next steps.

DATES AND TIMES

Monday & Thursday 10 am–3 pm

Beginning March 3rd, tax clinic drop-off will be available Monday and Thursday, 10 am to 3 pm. This tax season we will continue to use a drop-off service but will no longer require appointments. Clinic use may be subject to wait times and your patience is appreciated.

NEXT STEPS

- Volunteers are assigned your income tax package and assist in the preparation and electronic filing of your return – this may take up to 4 weeks following the time of intake drop-off
- If the volunteer has any questions regarding your taxes they will call you – please note that they may be calling from a blocked number and it is important that you answer or have a functional voicemail system.
- When complete, a member of the WESN team will contact you for pick-up where you will verify and receive your completed return (please bring official ID for verification)
- If there are issues or errors found after your return is submitted, you are responsible for taking any corrective measures (calling CRA at 1-800-959-8281 or completing and submitting an adjustment form to the CRA)



PIANO ROOM PUZZLE

You Voted for the Popcorn

Last month we packed up the unfinished snowy scene that was the Christmas puzzle. We asked members to pick the next one by putting a sticky flag on the box that most appealed to them. With 6 sticky flags, the popcorn won. Drop by the Piano Room and help us fit some of the 500 pieces into place.

The Board of Directors

Jane Goodridge President

What does the West End Seniors' Network Board of Directors do? I'm sure this has been asked more than a few times between Annual General Meetings (AGMs). Let's take a brief look at the answer.

The Board is responsible for recruiting new Board members. WESN Board members are elected by the membership at the AGM to serve a two year term. Board members can be elected to serve for 3 consecutive terms or 6 years.

The main purpose for the Board is to be guided by WESN's Vision, Mission and bylaws to review these from time to time to ensure that they are still valid as society and demographics change constantly. The Board must always be prepared to evolve with these changes. Throughout the year the Board works on strategy, establishing goals, overseeing programs and activities and managing risk.

The Board is also involved in working with our West End neighbours for the benefit of the community at large. The Board, along with the Executive Director, is involved in public relations, speaking on

our programs, services and accomplishments to community leaders and the public.

One of the important roles of the Board is to select and appoint the Executive Director. WESN went through this process in the latter months of 2021. After screening applicants and interviewing several candidates the Board appointed Martin Addison as the new Executive Director.

The Board then provides the Executive Director with moral and professional support in working toward WESN's goals. The Board works closely with the Executive director in the overall planning process and supports operations in implementing plans.

The Board works with the Executive Director to develop the annual budget, ensure proper financial practices are in place, and ensure the organization is in compliance with Federal, Provincial and Municipal regulations.

That is a few of the things your Board is doing. We are always happy to answer your questions or hear your concerns, never hesitate to contact us.



BARCLAY HERITAGE SQUARE

Roedde House Museum

Exhibit on Victorian Mending and Crafting
Free craft kit for WESN members — limited supplies!

Roedde House Museum has an online beginner sewing workshop and a small number of free craft kits for interested WESN members. Kits were hand crafted by local artist Amy Walker of Makemobile.

Contact info@wesn.ca or come by Barclay Manor to pick up a craft kit. Roedde House has a video in which you can learn to make your own pincushion.

<https://roeddehouse.org/website/index.php/en/featured-events/sewing-workshop>

West End Seniors Network

Martin Addison Executive Director



Seniors housing is about more than a place to sleep. There is a strong connection to our physical, mental and social wellbeing. Housing is a secure, private space of our own where we can gather with members of our community.

Appropriate housing can help rebuild and maintain independence, day-to-day routines, confidence and social networks.

Research shows that seniors who live where they want to are more likely to have the social supports and a higher quality of life.

Of course, different seniors have different housing needs. At WESN, we have found the following to be important parts of good seniors housing:

Choice Being able to choose where you live is one of the most important factors in housing. It's even been shown to improve recovery from a mental illness. Choice also means that seniors can choose who they live with.

Stability Stable housing is housing that has no time limit. Supports may be tied to housing, but many seniors need different levels of support at

different times. So some seniors must move when their needs change. They may also move between supported and independent housing.

Support Seniors should be able to access the same support services even if they move — ideally, supports should not be tied to housing. These support options should be based on a person's needs, so that you have flexible levels of support as your needs change.

Cost Good housing is housing you can pay for and still afford things you need to live. Housing isn't affordable when housing costs (rent plus basic utilities) are more than 30% of your income before taxes. Seniors living with a mental illness have some of the greatest challenges finding housing. Furthermore, it can be very hard for seniors to sign up for government assistance programs, so people who qualify may not get the help they need.

Kay's Place saw 127 seniors between September 2021 and February 2022 with housing concerns. Over 25% of those needed to rehouse due to issues with housing costs. West End seniors can always discuss housing options at Kay's Place in the Denman Mall.

Community Services

Suma Sudhir Grocery Shopping

Joe Humphries Better at Home

Dear Clients and Family Members,

We will be adjusting our Grocery Shopping and Delivery service hours for the month of March. Please note that there will be no shopping on Wednesday March 23rd at IGA and Thursday March 24th at Safeway.

We ask all clients, family members, and WESN members who use the service to please keep these dates in mind and adjust orders accordingly. We apologize for the inconvenience and thank you for your understanding.

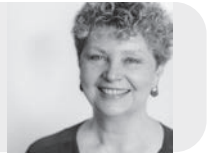
Due to the recent rise in COVID cases, onboarding for Better at Home Light Housekeeping services has been put on pause. If you are interested in enrolling to receive light housekeeping services, please be aware that there is a waiting list until further notice.

Better at Home Transportation to and from Medical Appointments remains operational in a limited capacity. Minor Home Repair services remain on pause. Thank you for your patience.

Kind regards, the Community Services Team

Clothes and Collectibles

Laura Fee Manager



“ONE OF THE BEST THINGS I EVER DID WAS VOLUNTEER AT CLOTHES AND COLLECTIBLES.”

by **Spencer van Vloten**

I was 30-50 years younger than most of my fellow volunteers and store patrons. But for 3 hours each Wednesday, we laughed, shared stories and adventures, and did so on equal footing, without age setting us apart forcing us into hierarchy. It was a valuable experience, one that made me reflect on an overlooked issue in Canadian society: the distant and often cold relationship between generations.

It is no wonder, with limited chances to know one another on equal footing, that each generation looks questionably on the other when they could be enjoying the benefits of working together. For young and old, intergenerational interaction improves physical health, reduces anxiety and depression, and combats negative stereotypes. It has been shown to increase prosocial behaviour among youth, as younger and older participants recognize their shared humanity and show greater appreciation for one another. Across sectors, intergenerational

interaction needs to be incorporated into programs focused on empowering specific age groups: young adults, middle agers, or seniors. Key to this is reciprocal exchange: curriculum and activities focused on how each group can share, and put their strengths together to reach a common goal.

This is what made my experience with Clothes and Collectibles so rewarding. It is also what I found as a member of the Social and Educational Events committee at the Robert E. Lee YMCA in downtown Vancouver. The committee included teenagers, seniors, and everyone between. We collaborated on social and educational events for newcomers to Canada, and everyone's contribution was valued. We held barbeques, Halloween parties, trips to local theatres, multicultural dance classes, and grew close as friends and colleagues, supporting one another well beyond committee activities.

As a society we must stop being rigid in how we think of others. This does not mean we should never see age or colour or gender or sexual orientation, but that each is only one part of a person. In doing this, we can create communities in which neighbours can rely on neighbours, and we can trust one another no matter the age or background. And when we do that, we can do so much more.

We appreciate your donations. Due to space constraints, we can only accept one shopping/grocery bag per person per day.

We welcome small amounts of men's and women's clothing, shoes and accessories (belts, handbags, wallets, ties, scarves, and jewelry) in clean and wearable condition. We accept small décor items: books, CDs, DVDs, and artwork.



Items We Cannot Accept

- Appliances: toasters, coffee makers, hair dryers, microwaves
- Computers/Printers, TV/stereos, VCRs, turntables, DVD players, cassettes/VHS tapes
- Children's clothing, shoes, books, toys
- Encyclopedias, magazines, dated travel guides, photo albums, computer/academic textbooks
- Food, plastic kitchenware, Knives
- Household linens, bedding, towels
- Furniture, walkers, canes, monitors
- Sports equipment: helmets, roller blades, golf clubs, skates
- Underwear/socks: unless new and unopened
- Clothes hangers, suitcases, paper grocery bags



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
- City of Vancouver Home Owner Grants and Property Tax Deferral
- Home Adaptations For Independence (HAFI)
- Independent Living
- Assisted Living
- Residential Care

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

Kay's Place Survey Says

Brittanny Dzioba Administrative Assistant



Your opinions matter Over the past few months, volunteers and staff at Kay's Place asked patrons to fill out a survey based on the quality of service received. We thank everyone who took the time: this data help us better understand the needs of the community and how we can continue to serve you.

We recognize that Kay's Place is an integral part of your day, whether it's picking up our latest newsletter, signing up for a membership, finding a community resource, looking for affordable housing, or just chatting with staff and volunteers. We wanted to share the results of the survey to showcase the wonderful work of our volunteers and staff. Our goal is to make Kay's Place your friendly, reliable, and empathetic community access hub.

- 97% said our services are of high value and that Kay's Place provides an excellent and necessary service to the community.
- 60% of our patrons identify as women and 40% of our patrons identify as men.
- Most are over the age of 70, with 45% between 70-79 years and 32% between 80-89 years.

Friendly Service

"Very important to have a seniors' place to come for help or just to chat with a friendly person."

"Great necessary visible service - great volunteers! Keep it rolling"

"Friendly and always a good place to rest for a moment. We could not do without this service!"

Knowledgeable Staff

"Helpful, kind, and knowledgeable!"

"I received help for immigration and housing issues."

Dedicated to Easing your Worries

"I was very happy that a real worry of mine was solved."

"The encouragement and help I received was so appreciated and a relief!"

"Nice and reassuring to have you here to help us!"

We will conduct another survey in late spring and we would love your input on what services you would like to see in the West End. Please feel free to reach out to the team if you have any suggestions or input.

You can email us at kaysplaceadmin@wesn.ca call **604-669-7339** or drop by #118-1030 Denman Street in the Denman Place Mall. Our hours are Monday to Friday 10 am-4 pm.

KAY'S PLACE TESTIMONIAL

I write to offer my thanks for the invaluable information found through WESN Kay's Place office.

I read the newsletter online as it was an excellent resource for my preliminary research. This is where I began my search for seniors housing programs and support. Having retired lately, I am a recent widow needing direction on available options. In two short months of meeting with Susan Paré, I have submitted final documents to the SAFER program. Susan was well-prepared with handouts and checklists, helping me create a personal roadmap

through this complex situation. She's a lifesaver.

This is not the first time WESN has been of valuable support. I've had valuable interaction with CARMH* psychology students in their surveys & studies (pre-pandemic) in the Denman Street office. The newsletter helped me secure opportunities to participate in key activities such as the City of Vancouver's Accessibility Strategy and Participatory Budgeting for the West End.

This office and services are a cornerstone of support for our community & is centrally located and accessible. I hope to join their volunteer network soon and offer my thanks and appreciation to all.

Denman Mall Community Services

West End Seniors' Network Storefront Locations

Kay's Place

HOUSING NAVIGATION

Information on housing options and support finding and maintaining appropriate housing

Susan Paré

604-669-7339 | susan@wesn.ca

<http://wesn.ca/housing-navigation/>

INFORMATION AND REFERRAL

Access information on federal, provincial, municipal and community programs and services with the help of a volunteer.

604-669-7339 | kaysplaceinfo@wesn.ca

<http://wesn.ca/info-and-referral/>

PEER SUPPORT

Trained volunteers provide confidential emotional support for life stressors such as retirement, health changes, isolation, or loss

Alan Stamp

604-669-7339 | alan@wesn.ca

<http://wesn.ca/services/peer-support/>

Clothes and Collectibles Thrift Boutique

604-682-0327 | 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.



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

Or speak to a staff member at Kay's Place:

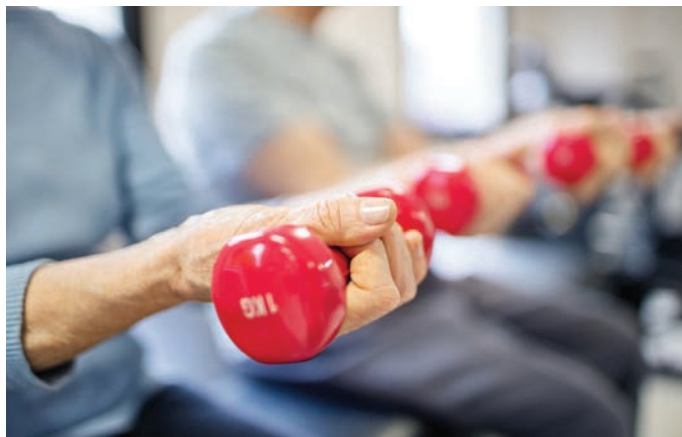
604-669-7339

kaysplaceinfo@wesn.ca

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

Choose to Move

Jennifer Conroy Activity Coach



Join the 20 Minute Daily Challenge!

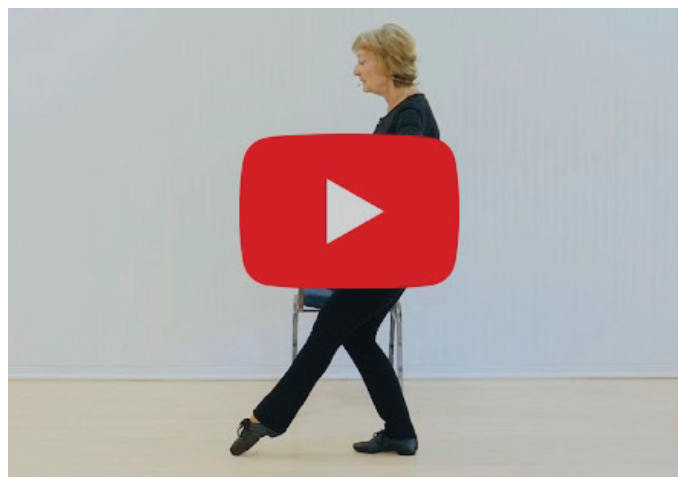
The Spring 2022 Cohort of Choose to Move has just started a 3-month challenge: 20 minutes of daily, easy strength work. We keep it light, warm and fun. The benefits of building strength for older people are well-documented. Our version offers loads of options and exercises, from leg strength and balance, to functional arm and shoulder work, and building a stable core. The best part is, each person chooses their moderate level, and we all aim to feel good.

choosetomove@wesn.ca | 604-669-5051

Jazz for Seniors with Joyce Reddy

Join Calgary's Confederation Park 55+ Activity Centre for a 30-minute jazz dance class. You'll enjoy a warm-up, jazz step tutorial, and learn a routine. You'll need a sturdy chair, comfortable clothing, shoes with a comfy/soft sole, and water. https://youtu.be/8Qd_K4CNA-M

This is a great class for people comfortable standing and grooving with your arms and legs. Not for you? There's more! Confederation Park's Youtube channel has a big collection of engaging videos, including crafts, music, line dancing, comedy, and more.



the
**TUESDAY
SANDWICH
CLUB**
join us!



SIGN UP WITH JENNIFER
604-669-5051, EXT 8
CLOSETOHOME@WESN.CA

Can we treat you to lunch? Will you tell a neighbour?

HERE'S HOW IT WORKS

1. Gather a few neighbours
2. Choose a day of the month
3. Sign up to choose a sandwich.

On the morning of the event, we deliver right to your door, in time to meet – online or in person – for lunch and a relaxed catch up.

learn more
WESN.CA/CLOSE-TO-HOME

Community Services

Ask us about eligibility, geographic boundaries, registration, and fees

BETTER AT HOME

Joe Humphries

604-669-5051 ext 2

servicescoordinator@wesn.ca

<http://wesn.ca/services/better-at-home>

Light Housekeeping

Professionals provide light housekeeping such as vacuuming, dusting and laundry. Referrals are accepted but there is a waitlist for this service.

Minor Home Repairs

Volunteers assist with basic home repairs such as replacing lightbulbs. This service is currently on hold.

Transportation to and from Medical Appointments

Receive assistance with arranging transportation for a medical appointment if you have no other means of getting there and/or back.

LIFE UNLIMITED

Suma Sudhir

604-669-5051 ext 3 | servicesmanager@wesn.ca

<http://wesn.ca/services/life-unlimited/>

Friendly Visiting

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

Grocery Shopping and Delivery

Volunteers take grocery orders by phone or email, shop, and arrange for delivery.

Check-In Phone Calls and Emails

Connect by phone or email with a volunteer for reassurance and friendly conversation

Emily Lonsdale

604-669-5051 ext 7 | health@wesn.ca

LINKAGE SOCIAL PRESCRIBING

Emily Lonsdale

604-669-5051 ext 7 | 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.

SAFE SENIORS, STRONG COMMUNITIES

responsehub@wesn.ca

<http://wesn.ca/safe-seniors/>

Prepared Meal Delivery

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.

Prescription Medication Pick-Up and Drop-Off

Volunteers assist with picking up and bringing prescription medication to you.

Thank you to our service funders



McGrane-Pearson
Endowment Fund

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 info@wesn.ca or **604-669-5051**.

For information on our services, to apply to become a volunteer or to donate, visit our website at: www.wesn.ca

Safe Seniors, Strong Communities Partners



OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA



BRITISH
COLUMBIA



Volunteers

Evelyn Boe Manager of Volunteer Resources



First Monthly Volunteer Meet and Greet!

Come and get to know your fellow volunteers for a social hour at Barclay Manor. After the last few years of being apart it's time to meet face to face. Numbers limited, phone 604-669-5051 to register. Open to all active WESN volunteers.

Monday March 28 | 2-3:30 pm

Contact Evelyn, Manager of Volunteer Resources at 604-669-5051 or volunteers@wesn.ca with a completed application form or if you have questions. The application form can be found on our website: <http://wesn.ca/volunteer/>.

Kay's Place Information and Referral

Located in the Denman Place Mall. Volunteers meet with clients in person or over the phone, discuss their needs with them, and inform them about the services that are available to them at the local, municipal, provincial, and federal levels. One 3+ hour shift a week, Monday-Friday 10 am-4 pm.

Clothes and Collectibles

Located in Denman Place Mall. Volunteers work at the cash register, accept donations, put priced items out to sell, and manage the flow of customers at the front door. Shifts are once a week for 2-3 hours Wednesday-Saturday.

VOLUNTEER SPOTLIGHT



MEET WALKING GROUP VOLUNTEER DIANE!

To encourage those older adults who may be tempted to hibernate during the cold wet winter months, WESN in the fall of 2018, hatched a plan to advertise a Denman Mall walking group to instead keep them active and socially engaged. Due to the mild winter, the group quickly turned into an outdoor walking group led by volunteer Diane!

"The walking group gets an average of 10 walkers each Tuesday and Thursday. We had a historic winter record of 18 walkers on February 1st. It was amazing to see so many willing to come out during the freezing cold.

Leading this group has definitely been the most satisfying volunteer job I have ever had. Witnessing the group bond, form relationships, have fun and keep healthy all at the same time just warms my heart. We walk rain, shine, snow, wind storms, heat waves, .. well, you name it .. we walk through it. I like to tell the walkers that they will never have to walk alone; even on a winter holiday.

With a lot of activities off the calendar for seniors during COVID, one member recently told me the group has saved their life. The group got them off the couch and out of their house and helped to restore their sanity. So, it's a tremendously gratifying experience for me.

Week by week we find our love for the community, our love for walking and our gratefulness for the beauty that surrounds us continues to grow. I love to encourage members to engage in acts of community service, whether they be small or great, and which all contribute to strengthen not only us but this West End community we call home."

- Diane

Program Information

Annual Membership **\$10** 1-Week Pass **\$5** Day Pass **\$2**

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

Programs take place at Barclay Manor, outdoors (weather permitting), virtually on Zoom, or elsewhere where stated. Please follow posted signage for the most up to date safety protocols in place. A summary of current protocols are on the inside front cover. Masks are mandatory.

Our programs and events are for current WESN membership holders. Fees (above) apply for non-members who would like to participate in a program.

In addition to membership fees, **programs and events are by donation if a cost is not specified.** Fees and donations can be dropped off at Barclay Manor or Kay's Place (cash or cheque), sent via e-transfer to **info@wesn.ca** or made online at <http://wesn.ca/>. See page 31 to learn more about membership and donations.

REGISTRATION

Registration is required for all programs including appointments, presentations and events, unless specified. Registration is monthly for programs and per session for appointments, presentations and events, unless specified. Register at **info@wesn.ca** or 604-669-5051.

Registration for March 1-31 participation opens on February 28 at 10 am.

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. Waitlists are kept for the current month only. If you can no longer attend, please let us know by calling 604-669-5051 or emailing **info@wesn.ca**.

VIRTUAL PROGRAMS

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

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** or 604-669-5051.

Virtual programs can be accessed through web browser, Zoom app or by calling in with a telephone.

Cancellations

If you see something you are interested in, please register for it. Programs and events may be cancelled if registrations are low. We apologize for any inconvenience from cancellations. Ensure you are registered so that we can contact you, if needed.

Waivers

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.

Barclay Manor Computer Lab

Computers, Internet, and Printing \$0.10/pg black/white, \$0.25/pg colour

There are five Windows PC computers with Internet access and a printer-copier-scanner (fees apply, above) for members to use.

First-come, first-served: time limits will apply if people are waiting (30 minutes more for the person present longest if nobody volunteers to leave).

Write your name and arrival time on the Computer Lab whiteboard. Masks are mandatory.

Please place printing payment into the box beside the Computer Lab printer. Different fees apply for other paper sizes. WESN has the right to turn down service requests for large printing jobs.

Events and Presentations

Registration opens on **Monday February 28** at 10 am

Register | 604-669-5051 | info@wesn.ca

Pathways to Happiness

Join your peers in a volunteer-led group to discuss the many challenges of the past few years. We will explore feelings of grief, loneliness, isolation and depression. Let's work together to find a pathway to happiness and well being.

Wednesday March 16 | 11 am–12:30 pm
Basement Multipurpose Room

St. Patrick's Day Event

Wear your lucky green clothing, enter in your shamrock count for the big draw and listen to the musical stylings of our Ukulele group. Enjoy social fun and games with your fellow WESN members.

Thursday March 17 | 2–4:30 pm, Piano Room

Healthy Leg Day Event

Kintec and Medi Canada will be discussing the benefits of compression socks, as well as how to care for them and how to easily put them on and take them off. Kintec will also discuss the importance of supportive footwear, orthotics and other foot health care products. Minimum 12 registrants needed to proceed.

Friday March 18 | 11 am–12 pm, Piano Room

West End Community Centre Celebratory Mural Visioning Session

Four murals will provide life and colour to large areas of grey concrete at the West End Community Centre. One mural will be guided by the ideas of seniors and will reflect on which aspects of their community are important to them and make positive impacts on their lives. <https://westendcc.ca/wecca-celebratory-mural-special-project>

This is a visioning session which includes painting a 4x4" tile that will be incorporated into the mural. Light refreshments will be provided.

Friday March 18 | 1–3 pm
Basement Multipurpose Room



Do you have a Tech Question?

Book a coaching session Registration opens Monday Feb 28

Register | 604-669-5051 | info@wesn.ca

Our Technology Coaches are volunteers who will do their best to assist you, but they may not have the answers to all questions and issues. Thank you for your understanding. Technology Coach volunteers are available for 30 minute, 1-to-1 appointments.

If needed, members may book 2 sessions back-to-back for a 60 minute appointment. Masks are mandatory and proof of vaccination is required.

Members may hold one session at a time due to high demand. Waitlists are kept for filling cancellations during the current month.

DAY AND TIME	TYPE	COACH	BOOK FOR HELP WITH
Mondays, Thursdays 2–4 pm	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesdays 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesdays 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Wednesdays 4–5 pm	Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps
Some Wednesdays 2:30–4:30 pm	In-Person	Sarah	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Thursdays 3–5 pm	In-Person	April	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Fridays 12–1 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Fridays 1:30–3:30 pm	In-Person	Terry	Android computers, cell phones and tablets, email, apps, Zoom, social media
Fridays 3:45–4:45 pm	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Some Saturdays 9:30–10:30 am	Phone or Zoom*	Gloria	Apple computers, cell phones and iPads (no PC/Android devices), email, apps, Zoom

*Volunteers may have caller ID off. Please answer a call from a private/unlisted number near appointment time.

In Person Programs

Masks Required Registration opens Monday Feb 28 **Page 1 of 3**

Register | 604-669-5051 | info@wesn.ca

ARTS AND CRAFTS

Happy Hookers

Work on your knitting and crocheting projects while you socialize.

Wednesdays 10 am–12 pm | Main Floor Kitchen
Volunteer: Nicole

Painting Studio

Bring in your project and supplies and paint alongside your comrades in a studio atmosphere. No instruction or supplies provided.

Wednesdays 2 pm–4:45 pm
Basement Multipurpose Room

LANGUAGES

ESL Beginner/Intermediate

Learn and practice basic conversational English.

Mondays 11:15 am–12:15 pm | Piano Room
Volunteer: Chris

ESL Intermediate (Waiting list)

Practice communicating in English.
Ability to converse in English is required.

Tuesdays 1:30–3:30 pm
Basement Multipurpose Room
Volunteer: Cynthia

French Conversation (Intermediate)

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

Mondays 10 am–11 am | Piano Room

German Conversation (Returns March 10)

A social group where German speakers of all levels can improve or maintain their skills.

Thursdays 2:30–4:30 pm | Piano Room
Volunteer: Brigitte

EDUCATIONAL & INTELLECTUAL

TED Talks and Discussion

Thursdays 10–11:30 am | Piano Room
Volunteer: John

March 3

1. Joshua Foer: Feats of memory anyone can do
2. Arthur Benjamin: A performance of “Mathemagic”
3. Shabana Basij-Rasikh:
The dream of educating Afghan girls lives on

March 10

1. Keith Barry: Brain magic
2. Rodney Mullen: Pop an ollie and innovate!
3. Adam Grant: Are you a giver or a taker?

March 17

1. Jackson Katz:
Violence against women – it’s a men’s issue
2. Leslie Morgan Steiner:
Why Domestic Violence Victims Don’t Leave
3. Chimamanda Ngozi Adichie:
We should all be feminists

March 31

1. Meg Jay: Why 30 is not the new 20
2. Aaron Huey: America’s Native Prisoners of War
3. Elizabeth Gilbert: Success, Failure, and the Drive to Keep Creating

MUSIC

Heritage Harmonies

Sing well-known songs accompanied by a pianist. Songbooks provided for the session.

Tuesdays 10:30–11:30 am | Veranda/Piano Room
Volunteer: Frank or Mavis

Ukulele Practice Group

Practice your ukulele with others. Songs chosen as a group. Must be able to play; no instruction provided.

Thursdays 3–4:30 pm | Main Floor Kitchen
St. Patrick’s Day Show March 17 | Piano Room

In Person Programs

Masks Required Registration opens Monday Feb 28 **Page 2 of 3**

Register | 604-669-5051 | info@wesn.ca

GAMES

Cribbage

A game of playing and grouping cards for points.

Fridays 10 am–12 pm | Main Floor Kitchen

Mahjong

Learn and play this Chinese tile-based game.

Wednesdays 11 am–3 pm | Basement Kitchen

Volunteer: Rich

Scrabble

Keep your mind active with triple word scores.

Wednesdays 1 pm–3 pm | Main Floor Kitchen

Texas Hold'em Poker

Play with chips in a low-stakes game while sharing a good laugh. Beginners welcome - learn how to play!

Tuesdays 1 pm–3 pm | Piano Room

Volunteer: Jeanette



FOOD-BASED SOCIALS

Register at least 3 days in advance. Do not call the restaurant, meet there, each diner pays own way.

Dinner Club

Join a group of friendly faces for a meal. Max 10.

Wednesday March 2 | 5:30 pm

Kinara Indian Cuisine, 1326 Davie Street

Volunteer: Alex

Happy Hour Hoppers

Quench your thirst and enjoy snacks at local happy hour spots. Max 8.

Wednesday March 23 | 4 pm

The Bayside Lounge, 1755 Davie Street

Volunteer: Jackie

Men's Group Breakfast

Join a group of men for breakfast at Denny's.

Monday March 21 | 9 am

Denny's, 1098 Davie St

Volunteer: Patrick

Sunday Brunch

Mingle with others for a leisurely brunch. Max 6.

Sunday March 6 and 20 | 11 am

Sylvia Hotel Restaurant, 1154 Gilford St

Volunteer: Sarah

In Person Programs

Masks Required Registration opens Monday Feb 28 **Page 3 of 3**

Register | 604-669-5051 | info@wesn.ca

EXERCISE AND MOVEMENT

Nordic Pole Walking (Beginners)

Learn to use Nordic poles with a short lesson at Barclay Heritage Square. WESN has poles to lend.

Thursday 10–10:30 am | Barclay Manor porch
Volunteer: Mary

Nordic Pole Walking

Enjoy a walk while using nordic poles, which are great for strength and muscle activation. WESN has poles to lend, or bring your own poles.

Thursday 10:30–11:30 am | Barclay Manor porch
Volunteer: Mary

Outdoor Walking Groups (Rain or shine)

Enjoy our city's wonders with a leisurely walk.

Tuesday & Thursday | 11:30 am–12:30 pm
Seawall benches near Sylvia Hotel | 1154 Gilford
Volunteer: Diane

Saturday | 9–10 am | Barclay Manor porch
Please register or let leaders know you are coming
Volunteer: Owen or Amadea

Choose to Move (Register for May-July)

Introduce more physical activity into your daily life in ways that make sense for you. Contact Jennifer at choosetomove@wesn.ca or 604-669-5051 for information and to go through eligibility screening.



SPA AND WELLNESS

Methods of booking differ by technician.
Please bring cash payment.

Manicures and Pedicures

Professional hand and foot care. Manicures \$15, pedicures \$18, polish \$5. Membership required.

Monday March 28 | 10 am–2:30 pm
Main Floor Kitchen | **Practitioner: Heather**

Reflexology, Facials, Reiki, Chair Massage

Professional spa services at a familiar location.
Price range \$25–50 +GST. Service 30–60 minutes.
Membership required. Ask about gift cards!

604-376-0106 | shirleyreikireflex@hotmail.com

Tuesdays 9:30 am–3:30 pm
Thursdays 9:30 am–2:30 pm | Main Floor Kitchen
Practitioner: Shirley

At Home Physiotherapy and Rehabilitation Appointments



Customized treatment programs in the comfort of your home. Book a physiotherapy or rehabilitation session with professionals from Physio for Seniors for pain management, posture, alignment, balance and falls prevention, strength and conditioning, movement, and mobility. Prices \$45–150.

778-378-9179 | trina@physioforseniors.com

Pathways to Happiness

Join your peers in a volunteer-led group to discuss the many challenges of the past few years. We will explore feelings of grief, loneliness, isolation and depression. Let's work together to find a pathway to happiness and well being.

Wednesday March 16 | 11 am–12:30 pm
Basement Multipurpose Room

Connections at a Distance

Some tech required Email, podcasts, paper and stamps

Register | 604-669-5051 | info@wesn.ca

Language Exchange

Do you speak another language? Would you like to share it with someone? If you are fluent or want to better your skills, we can match you with someone.

Have you had a Pen Pal?

Write letters by hand, on paper, and share in the delight of a personal exchange. We will match you with a Pen Pal, and provide a start-up package of 12 stamps, 12 envelopes, pen, and paper.

Creative Quest

Contribute your creations to a weekly e-newsletter. This Creative Quest will feature your work. Email a photo of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.



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Seniors First Law Clinic

Kay's Place Satellite Elder Law Clinic

Eligible seniors can speak to a lawyer in person to receive pro bono 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 Kay's Place with the West End Seniors' Network. Masks are required.

1st Friday of the month | 10 am–12 pm
Kay's Place, 118-1030 Denman St



seniors first BC

Virtual Programs

Register at any time Accessible by phone

Register using the link in the program description.
You do not need to sign up each month or session.

If you do not have a computer or smartphone, you can still participate: call 778-907-2071 no more than 10 minutes before the program starts and enter the Meeting ID and Passcode when prompted.

LANGUAGES

Beginners Italian Class

Learn to speak conversational Italian

Fridays 10:30–11:30 am

Volunteer: Ariane

<http://ow.ly/ino050DuYG3>

Spanish Conversation (Intermediate)

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

Wednesdays 3–4:30 pm

Volunteer: Carlos

<http://ow.ly/SXgR50CRrFY>

TECHNOLOGY

Tech Talk: QR Codes and WhatsApp

What are QR codes, how to set up WhatsApp on your computer and iPad, and general WhatsApp questions.

Saturday March 5 | 9:30–10:30 am

Volunteer: Gloria

<http://ow.ly/c3sh50Gfxz4>

PHYSICAL ACTIVITY AND WELLNESS

Aquafit at Home: Seniors Flow

A fun and inclusive gentle movement class. Focus on balance, breath and dancing! Wear comfortable exercise clothing and give yourself enough space to move around.

Tuesdays 12–12:30 pm

Volunteer: Meaghan

<http://ow.ly/EhQJ50Gelb9>

Creative Movement

A series of gentle, energizing movements. All levels welcome, no dance experience required.

Thursdays January 6–March 24 | 3–4 pm

Instructor: Linda

Register: info@wesn.ca

Lucid Dreaming and the Journey of the Wise Person

Lucid dreaming is an ancient metaphysical practice of becoming aware of the bridge between the unconscious and the conscious self. The practice allows us to become awakened in the dream of life. In this time of chaos and disintegration of the old world, we find ourselves asking questions and wondering who we are becoming. As we reach a certain age of wisdom, the archetype of the wise person arises in us, asking deeper questions and flourishing as the guide on the sacred journey of life.

In this 6 week period we will explore the process of lucid dreaming and becoming the wise person in today's world, as we step into a great global change of collective reality. The sessions are on Zoom and you will need to do a personal dream journal.

Saturdays February 12–March 19 | 2–3 pm

Volunteer: Katarina

<http://ow.ly/8SYF50Hv2f7>

WESN Gordon Neighbourhood House

Virtual programs partnership Register at 604-683-2554

Participants should be a member at WESN or Gordon Neighbourhood House. Register weekly at 604-683-2554 or jenn@gordonhouse.org.

Beginners' Spanish Class

Virtual Spanish classes via Zoom

Tuesdays | 9:30 am

Register: welcome@gordonhouse.org

Chair Yoga

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

Wednesdays | 10 am

Crafty Neighbours

Join for a weekly social gathering that connects our knitting community members and other creative folks to share their talents.

Wednesdays | 1 pm

Fitness with Lauren

Our weekly fitness class uses resistance band exercises to improve muscle tone and strength.

Tuesdays | 10 am

Out-Trips

Diverse outdoor and cultural programming for seniors. 604-683-2554 or jenn@gordonhouse.org.

Photo Club

Connect with your creative side and other photography enthusiasts! Alternates weekly between in-person and virtual sessions. In-person: meet at GNH for a walk around the neighbourhood to take pictures following the given theme. Virtual: share your photos and stories from the previous week's walk on Zoom with the group.

Wednesdays | 1 pm

Qigong with Christine

Qigong combines gentle flowing movement, sitting meditation, breathwork, intention, and imagination. Relax, activate, heal, and align your body, heart, mind, and spirit.

Wednesdays and Fridays | 10:30 am

Seniors' Lounge with Grace Hann

Connect with community and meet your neighbours.

Tuesdays | 1:30 pm

Tech Tips & Tricks (by appointment)

Want to learn how to increase your technology skills? If you're brand new or tech savvy, together we will go through how to use Zoom, social media, mobile apps and any topics or questions you have.

Mondays & Wednesdays | 10 am–12 pm



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?

www.volunteergrandparents.ca



Feel Good Findings

Community-Based Research closetohome@wesn.ca

Are you an older person living in a West End apartment building? Would you like more activities, events, or fun with neighbours, right where you live?

A lobby intercept is part meet and greet and part community-based research. It has an element of data gathering. A lobby intercept does 3 things:

- gathers directions for planning social events
- builds rapport–introduces you to the neighbours
- is social itself, with built-in activities

A recent event at a local building yielded multiple interactions and ideas. This event has conceived with WESN staff, building residents, and the tenant services manager. We built a list of categories: seasonal contests, fitness & exercise, books & videos, lunch & learn, music, arts & crafts, games.

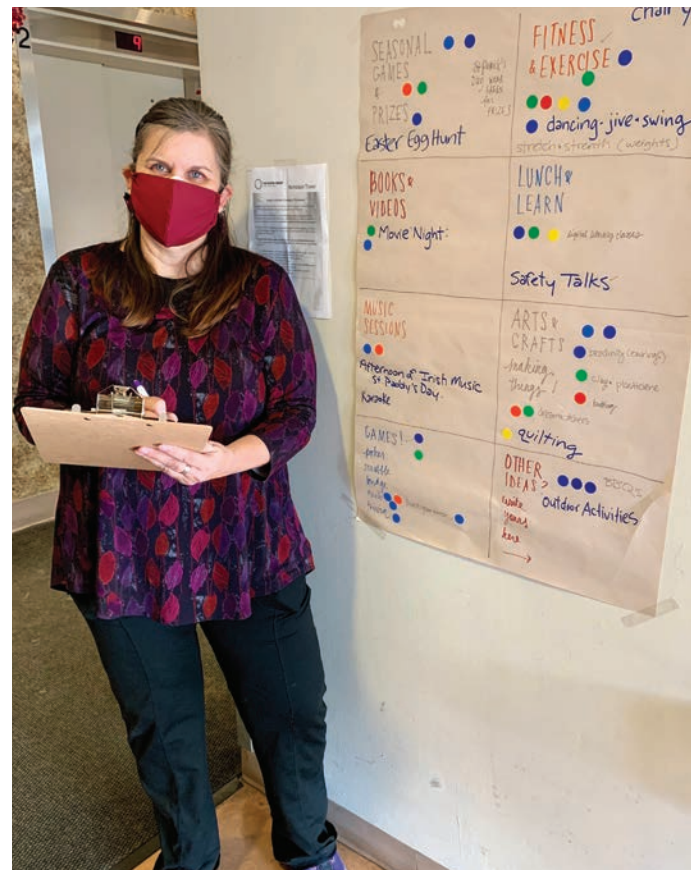
The tenant services manager wrote an introduction letter with a survey, delivered to every suite the week before the event. Nine suites responded in

detail, indicating solid interest among a small group:

- Fitness
- Arts and Crafts–writing, beading, painting
- Lunch and Learn–safety, emergency prep
- Games
- Seasonal contests, bookclub/Ted Talks, Music, Penpals
- 9 detailed suggestions under ‘other’

The lobby intercept used bright colours: posters, poster with categories, sticky dots, markers, giveaways, business cards, pens, and sign-up sheet. In an hour, 21 people stopped to talk and vote for their interests, consistent with survey findings:

- Fitness: chair yoga, dancing, stretch & strength
- Arts & crafts: knitting, quilting, painting
- Games: poker, scrabble, crib, trivia, backgammon
- Seasonal contests: easter egg hunt
- Lunch & learn: safety, emergency preparation, online safety



Neighbourhood Small Grants is based on a simple but powerful idea that the best people to bring a community together are the ones within it. Grants are given to anyone with an idea to contribute to their community—no experience necessary.

We believe everyone has something to offer.

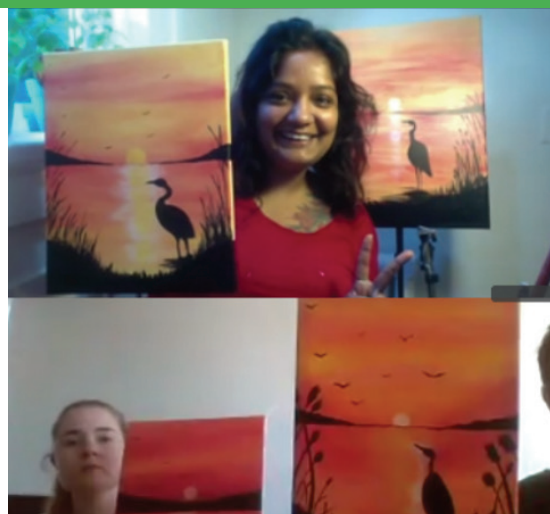
**Need help with
your application?**



**Apply for up to
\$500 and bring
your project
idea to life!**

Jim Balakshin
NSG Coordinator
jim@gordonhouse.org
(604) 683-2554

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: [@nsgnetwork](https://www.instagram.com/nsgnetwork)



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Small Grants
Downtown
Peninsula**

**Ideas that Connect
Neighbours**

GORDON
Neighbourhood House



IN PARTNERSHIP WITH
vancouver
foundation



55+

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).

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 or 604-669-7339 to book an appointment at our Kay's Place location.

Program funding provided by CMHC National Housing Strategy.

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.

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



For more information:

elderdog.ca
info@elderdog.ca
1-855-336-4226



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COVID-19 - Protocols in Place



The West End Seniors' Network
is proud to be a member of the
Alliance of Seniors' Centres.

Consider getting involved with
other local member organizations.

411 Seniors Centre Society

(604) 684-8171

411seniors.bc.ca

South Granville Seniors Centre

(604) 732-0812

southgranvilleseniors.ca



*Your Community, Your News, Your
Stories Online At*

thewestendjournal.ca

New features and photos every month

**West End Events - Small Space Gardening - King George High
School News - Community History - Business, Community, and
Restaurant Spotlights ... and More!**

Memberships & Donations

Martin Addison Executive Director

If you are not already a member of the West End Seniors' Network, please consider joining!

You can join at any age, and your membership helps support our organization. The cost is \$10/year (October 2021-September 2022). To begin or renew your membership, complete the form (next page) and mail or deliver with payment to:

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

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

Member Benefits (not all accessible during COVID)

- Access to programs, events, workshops, and presentations (ages 55 and over)
- Monthly newsletters, e-newsletters, and 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/delivery (fees may apply)
 - Prepared meal delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

The West End Seniors Network imagines a future where all seniors are thriving, achieving their full potential and having their needs met every single day. You can help to make our vision a reality by making a gift to WESN. You can bring a brighter future to seniors who need it most.

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 over \$10 are eligible for a tax receipt.
Charitable Registration Number:
119292845RR0001

Please visit us at <http://wesn.ca/> to make a secure donation by credit card. Please include an email address if you would like the tax receipt to be emailed 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

If you have any questions or would like to discuss a gifting option, please contact:

Martin Addison, Executive Director
604-669-5051
executivedirector@wesn.ca



We cannot do what we do without your support.

DONATE NOW
at www.wesn.ca or
by cash/cheque at Kay's Place or Barclay Manor.

Thank you!



Oct 2021 - Sep 2022 Membership Application Form

Membership is valid until the September 2022 Annual General Meeting.

Today's date: ____/____/____
MMM DD YYYY

Payment	
<input type="checkbox"/> Annual membership fee	\$ 10.00
<input type="checkbox"/> Donation to WESN	\$
<input type="checkbox"/> I want my donation to be anonymous	
<input type="checkbox"/> Newsletter postage fee (\$25)	\$
Total	\$
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> E-transfer <input type="checkbox"/> Credit Card	
Please Note: Tax receipts are issued for donations of \$10.00 and over.	

Please make cheques payable to West End Seniors' Network.

Submit completed form and cash or cheque to:

Barclay Manor

1447 Barclay Street
Vancouver, BC V6G 1J6

Kay's Place

118-1030 Denman Street
Vancouver, BC V6G 2M6

OR submit completed form and e-transfer to:

info@wesn.ca

How did you hear about us?

☐ Social Media ☐ Friend/Family

☐ Other _____

First Name:		Last Name:	
Address:		Buzzer:	
City:	Province:	Postal Code:	
Date of Birth (MMM/DD/YYYY):	Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Non-Binary <input type="checkbox"/> Transgender <input type="checkbox"/> Other: _____ <input type="checkbox"/> Prefer not to answer		
Preferred 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 e-newsletter	
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.			<input type="checkbox"/> Yes <input type="checkbox"/> No

Emergency Contact:	
First Name:	Last Name:
Emergency Contact Relationship:	
Phone Number:	<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work
Email:	

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			
Mbrshp Card Issued:	<input type="checkbox"/> Cheque #:	Receipt #:	Location: <input type="checkbox"/> BM <input type="checkbox"/> KP <input type="checkbox"/> C&C
Staff/Volunteer (int.):	<input type="checkbox"/>	Rev Control (int.):	<input type="checkbox"/>
Rev Control Sheet #:	<input type="checkbox"/>	Data Entered by (int.):	<input type="checkbox"/>



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