

# west end seniors' network



October 1<sup>st</sup>  
is National Seniors  
Day, an occasion  
for all Canadians  
to appreciate and  
celebrate older adults

Oktberfest 2023  
• **Latin Heritage Month**  
**Trip to Police Museum**  
and

• **Strategic Planning**  
**Mindful Eating & Qi Gong**

**OCTOBER 2023**



# Qualicare® Home Care as unique as your family.

From basic companionship to complex care, we create a Home Care approach just for you. Safe, reliable and local.



**778-897-3100**

[vancouver@qualicare.com](mailto:vancouver@qualicare.com)  
[qualicare.com/vancouver-bc](http://qualicare.com/vancouver-bc)





**SPENCER**  
**CHANDRA HERBERT**  
MLA WESTEND & COAL HARBOUR



# THANKFUL

FOR ALL THOSE  
VOLUNTEERING THEIR  
TIME IN THE WEST END  
& COAL HARBOUR.

YOUR KINDNESS AND  
DEDICATION MAKE  
OUR COMMUNITY AN  
EVEN BETTER PLACE.



923 Denman Street



604 660 7307



[spencerchandraherbert.ca](http://spencerchandraherbert.ca)



[s.chandraherbert.mla@leg.bc.ca](mailto:s.chandraherbert.mla@leg.bc.ca)





# Housing for all

Join us for a facilitated art experience where you can capture your personal perspectives and experiences of housing and belonging.

**DATE** Thursday, October 5, 2023

**TIME** 2:30-4pm

**LOCATION** Barclay Manor  
1447 Barclay Street

- Art supplies and Snacks included!
- For more information or to register, sign up at the front desk

**SPACE IS LIMITED!**

**Art work will be displayed during our Housing for All event on October 23<sup>rd</sup>.**



## H O U S I N G F O R A L L

### DINNER AND ARTWORK ON HOUSING IN OUR COMMUNITY

Join us for a delicious dinner and art exhibit on housing and belonging in our community.

**DATE** Monday, October 23, 2023

**TIME** 5:30- 7:30pm

**LOCATION** Mount Pleasant Neighborhood House (800 E Broadway, Vancouver, BC)

- This is free event, with lots of prizes and dinner discussions!
- To register sign up at the front desk.

**SPACE IS LIMITED!!**

**ASSISTANCE WITH TRANSPORTATION AVAILABLE.**





# In this Issue

OCTOBER 2023

Housing for All .....	4
Favourites .....	6-7
October at a Glance .....	8-9
Only in October .....	10
Let's Move .....	11
Flu Season .....	12
<b>Volunteer Appreciation Garden Party</b> .....	13
Community Services .....	14
Plan Your Visit .....	15



**Equity, Diversity, Inclusion** West End Seniors' Network commits to a diverse, inclusive, equitable, and accessible environment in which members, clients, staff, volunteers, and board feel respected, valued, and included regardless of gender, age, race, ethnocultural identification, ethnicity, religion, immigration status, socioeconomic status, life experience, housing status, heritage, national origin, ability, sexual orientation or identity, disability, education, or bias. We commit to non-discriminatory practice, with equal opportunities for employment, volunteering, and advancement.

## Volunteer with us!



Find out more and apply online  
at [wesn.ca/volunteer](https://wesn.ca/volunteer)

**Drivers Needed** Flexible hours, On-call

Use our Modo cars! Help with medical appointments.

**Friendly Visiting** Accepting dog volunteers too!

Visit older adults to ease the symptoms of loneliness.

**On-Call Tasks** Flexible hours

Small tasks and errands, either at WESN or picking up and delivering items for clients.

**Reception** 4 hours a week, Barclay Manor

Greeting members and answering phones

**Information & Referral** Kay's Place

3 hour/week, Denman Mall

**Clothes & Collectibles Thrift Store**

2-3 hour/week, Denman Mall

**Tech Coaches** 2 hours a week, Barclay Manor

One on one help with devices, email, internet.

### THE WEST END SENIORS' NETWORK

**Vision** A Vancouver community that empowers and supports older adults in healthy, involved, fulfilling lives.

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

**Our Place** We respectfully acknowledge that we gather on unceded, occupied, ancestral, and traditional homelands of the Coast Salish peoples: xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



# Good Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY SEPTEMBER 29



**Heritage Harmonies** Sing with Mavis and George  
Tuesday | 10:30–11:30 am

**Barclay Bards** Drop in Strum & Sing Circle  
Wednesday | 10:30 am–1 pm

**Karaoke** with Lan Thursday | 12–2 pm

**Ukulele Players** Thursday | 3–4:30 pm

**Men's Shed** with Earl Friday | 2–4 pm  
You don't have to be a skilled woodworker, just keen to gather with other guys to work on fun things. From repairs and garden boxes, to benches and birdhouses, building together benefits men's health and local causes.

## GAMES

**Bridge** Call 604-257-8333 Monday | 1–4 pm

**Mahjong** Monday | 1:30–4:30 pm

**Texas Hold'em Poker** Beginners Welcome  
Tuesday | 1–3 pm

**Scrabble** Wednesday | 1–3:30 pm

**Men's Group Breakfast** with John  
Monday 16 | 9 am  
Denny's, 1098 Davie

**Dinner Club** with Mauro  
Wednesday 18 | 5:30 pm  
Cafe 93, Denman Mall (entrance at Comox)

**Happy Hour Hoppers** with Jackie  
Wednesday 25 | 4 pm  
Bayside Lounge, 1755 Davie

**Golden Guys Group**  
Mondays | 3–4:30 pm

**Sunday Brunch** with Liz  
Sunday 29 | 11 am  
The Sylvia Hotel, 1154 Gilford





# Lifelong Learning

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY SEPTEMBER 29



**TED Talks & Discussion** with John Russow  
Thursday | 10–11:30 am

## October 5

- A powerful new neurotech tool for augmenting your mind
- How humans and AI can work together to create better businesses
- How life on Earth adapts to you and me

## October 12

- The fascinating physics of insect pee
- War, AI and the new global arms race
- The story of 'Oumuamua, the first visitor from another star system

## October 19

- You don't actually know what your future self wants
- "A seat at the table" isn't the solution for gender equity
- We can make COVID-19 the last pandemic

## October 26

- How a "Hi Level" mindset helps you realize your potential
- Stand with Ukraine in the fight against evil
- Is the pandemic actually over? It's complicated

**Barclay Yarn Artisans** Knit or crochet with us  
Monday & Wednesday | 10 am–noon  
**SALE** Wednesday 11

**Painting Studio** Tuesday | 12:30–4 pm

No teaching or supplies given.

**CREATIVE QUEST** Are you a practicing artist, writer, or poet with work to show? Publish it in a creative community [creativequest2022@gmail.com](mailto:creativequest2022@gmail.com)

**English as a Second Language (ESL)**

Beginners **Monday | 11:15 - 12:45 pm**

Intermediate **Tuesday | 11:15–12:45 pm**

Advanced **FULL Tuesday | 1:30–3:30 pm**

**Spanish Conversation** with Alicia & Isis

Beginners **Monday | 11:30–12:30 pm**

Conversation **Wednesday | 3–4:30 pm**

Intermediate **Friday | 11–11:45 am**

**French Conversation** Monday | 10–11 am

**German Conversation** with Brigitte

**Wednesday | 1–2:45 pm**



## MONDAY

10–11 am  
French Conversation

10 am–noon  
Barclay Yarn Artisans

10 am–4 pm  
**Wellness** with Shirley

11:15 am–12:45 pm  
ESL Beginners with Chris

11:30–12:30 pm  
Spanish Beginners with Alicia

12–2 pm  
**Community Lunch** Gordon House

1–4 pm  
**Bridge**

1:30–4:30 pm  
Mahjong, Intro/Refresher

2–3 pm  
**Tech Help** with Ron

3–4:30 pm  
Golden Guys Group

**October 16** 9 am  
**Mens Breakfast** at Denny's

**October 16** 11:30–12:30 pm  
Death & Dying Discussion

**October 16** 1:30–2:30 pm  
**Medication Awareness**

**October 23** 11:30 am–2:30 pm  
**Strategic Planning Session**

**October 23** 5:30 –7:30 pm  
**HFA: Dinner**

**October 23 & 30** 1:30 –2:30 pm  
Mindful Eating Part 1 & 2

## TUESDAY

10:30–11:30 am  
Heritage Harmonies

11:15–12:45 pm  
ESL Intermediate with Iraj

11:30 am–12:30 pm  
**Walking Group**

12:30–4 pm  
**Painting Studio** with Graham

1–3 pm  
Poker and Tea Time

1:30–3:30 pm FULL  
ESL Advanced with Walter

3–4 pm  
**Tech Help** with Nitish

7–9 pm  
**Bingo for Life**

**October 31** 4:15pm  
**Flu Clinic**

## WEDNESDAY

10 am–noon  
**Tech Help** with Waren

10 am–noon  
Barclay Yarn Artisans

10:30 am–1 pm  
**Barclay Bards** Strum & Sing-a-Long

12–1 pm  
**Tech Help** with Ella

1–2:45 pm  
German Conversation

1–3:30 pm  
Scrabble

3–4:30 pm  
Spanish Conversation with Isis

3–5 pm  
**Tech Help** with Ronaldo

**October 4** 1:30–4:30 pm  
**Strategic Planning Session**

**October 11**  
Barclay Yarn Artisan Sale

**October 11** 1–3 pm  
**Cycling Without Age**

**October 11** 1–4 pm  
Oktoberfest

**October 18** 1–4 pm  
Latin Heritage Month

**October 18** 5:30 pm  
**Dinner Club** at Cafe 93

**October 25** 10:30–11:30 am  
Tea with Claudine

**October 25** 4 pm  
**Happy Hour** at the Bayside





# Activities & Events

SIGN UP **FRIDAY SEPTEMBER 29**

## THURSDAY

10 am–4 pm

**Wellness** with Shirley

10–10:30 am

**Nordic Walking** Beginners

10–11:30 am

TED Talks and Discussion

10:30–11:30 am

**Nordic Walking**

11:30 am–12:30 pm

**Walking Group**

12–2 pm

Karaoke with Lan

3–4:30 pm

Ukulele Players

**October 5** 2:30–4 pm

**HFA: Artwork**

**October 26** 2–3:30 pm

**Indigenous Reads**

**October 26** 3 pm

**Billiards** with Richard

## FRIDAY

10 am–12pm

**Tech Help** with Stuart

10 am–1 pm

**Tech Help** with Moe

12 am–1 pm

**Tech Help** with Nitish

11–11:45 am

Spanish Intermediate with Alicia

**October 13** 12–1 pm

Movie Fridays - Just eat it!

1:30–2:30 pm

CHOOSE TO MOVE

**October 6**

CTM: Cannabis with Susan

**October 13**

CTM: Qi Gong with Christine

**October 20**

Chose to move

2–4 pm

Men's Shed

3:45–4:45 pm

**Tech Help** with Owen

**October 6** 1–2:45 pm

**Job Futures 55+** by YWCA

**October 20** 3–4:30 pm

**Pottery Class** with Serena

**October 20** 10 am–noon

**Theatre Playshop** with Deborah

**October 20** 1:25 pm

**TRIP** to Police Museum

## SATURDAY

9–10 am

**Walking Group**

## SUNDAY

**October 29** 11 am

**Brunch** at the Sylvia

### Tech Questions?

Did you know we offer 20 hours of tech help each week? **Call to book a 1-hour session.** Our coaches volunteer 1–2 hours a shift, sharing a love of tech, enjoying time with older people, and building valuable skills.

If this appeals to you, call us or go to **wesn.ca/volunteer**.



### Need to copy or print?

Feel free to use the printer in the computer lab by donation. See signs for room bookings.

- Offsite: **Walking/Out Trip**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**
- Onsite: **Tech Help**



THE  
**STARBUCKS®**  
FOUNDATION

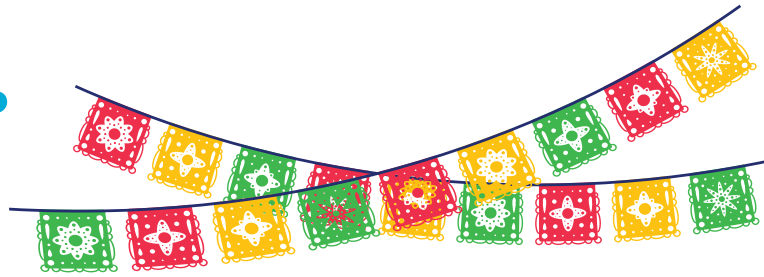


NEIGHBORHOOD GRANTS



# Only in October

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY SEPTEMBER 29



## Oktoberfest

**Wednesday 11 | 1-4 pm**

Celebrate the harvest with the WESN German Conversation group and Vancouver Friends For Life! Grilled Oktoberfest sausages and drinks will be available for \$5, singalong with the Barclay Bards and singer Bob Kozak to some Oktoberfest favorites, and an open mic session for all to share some laughs.

## Latin Heritage Month Celebration -

**Wednesday 18 | 1-4 pm**

Celebrate Latin Heritage Month with the WESN Spanish Conversation group and the Vancouver Latin Cultural Center! Join us for an afternoon filled with food, music, games, and dancing! Wednesday, October 18th 1 pm to 4 pm at Barclay Manor.

## Strategic Planning Process Beginning in October 2023

**Wednesday 4 | 1:30 – 4:30 pm**

**Monday 23 | 11:30 am – 2:30 pm**

This month we embark on a new strategic planning process! This process will involve several community engagement sessions; two of which will be hosted at Barclay Manor in October. These sessions will be facilitated by Chris Corrigan who is a teacher and facilitator of strategic conversations and a practitioner of the Art of Hosting.

Please pre-register for these sessions as there is limited capacity. There will be other opportunities to be involved and share your thoughts and ideas. As of October 18 Luna (student of Social Work, UBC) will be working with us. Luna will be conducting one to one sessions with folks who are not able to attend the in person sessions. To book an appointment with Luna – please contact the front desk to make an appointment.

## Job Futures 55+ presented by the YWCA

**Friday 6 | 1-2:45 pm**

Learn about this free 10-week employment program. There are group workshops on career exploration, employment options, health and wellness. Discuss barriers older job seekers can face and how to overcome them. Get one-to-one support and individual training plans; skills training or upgrading, how to interpret job postings, create targeted marketing materials (resume, cover letters, LinkedIn), and tips on interviewing.

## Housing for all Dinner and artwork in our community - FREE EVENT

**Thursday 5 | 2:30-4 pm**

**Monday 23 | 5:30-7:30 pm**

Time to talk with you about what matters to you. More info, see page 4



**BRITISH  
COLUMBIA**



# Let's Move!

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY SEPTEMBER 29



## CHOOSE TO MOVE

**Monday & Friday | 1:30-2:30 pm**

Support and motivation to get active. Stretch and strength, learn-to-dance, guest speakers. Join in to share new experiences, successes and challenges.

**Curious about Cannabis** with Susan Johnston RN

**Friday 6 | 1:30pm**

Learn how and why cannabis can help with pain, and how to access cannabis for medical purposes.

**Qi Gong** with Christine

**Friday 13 | 1:30-2:30pm**

**Medication Awareness** with Jerry Gosling

**Monday 16 | 1:30pm**

When did you have your last medication review from your Pharmacist... for free

**Mindful Eating Part 1 and Part 2** with Dietician

Arlaina Waisman

**Mondays 23 and 30 | 1:30pm**

Do you struggle with behaviours, thoughts or emotions that affect your eating? Learn how to improve what you eat by changing your relationship with food and eating.

**Choose  
to Move**

active  
**aging**  
society

**Walking Groups** with Diane

Weekend leaders needed!

**Tuesday & Thursday | 11:30 am**

Seawall benches near Sylvia Hotel | 1154 Gilford

**Saturday | 9 am | Barclay Manor porch**

Group led. Meet and choose your adventure.

**Nordic Pole Walking**

**Thursdays | 10-11:30 am**

Join Mary for lessons at 10 am, then a group walk in the neighbourhood. Bring your poles or borrow ours. Cardiovascular exercise with a workout for the arms, shoulders, core, and legs. Nordic poles activate the upper and lower body: engaging 80-90% of your muscles! You're more stable: more ground contact points means not relying on two feet alone. Nordic walking burns 18-67% more calories, lowering fat, LDL cholesterol, triglycerides, anxiety, chronic pain, depression, waist circumference, adding HDL cholesterol, cardiovascular fitness, endurance, strength, flexibility, quality of life. It's fun in a group!

## CALL FOR BOOKS!

Do you have an interesting story to tell? Now's your chance to tell it! WESN is launching WELL - the West End Living Library - and we're seeking live "books" to share their stories in small group settings at Barclay Manor.

The inaugural season will get underway in the new year with a pilot event taking place in November.

WELL Books application forms with more details are available now at Barclay Manor and Kay's Place.

**For more information contact [welivinglibrary@gmail.com](mailto:welivinglibrary@gmail.com) or call Kay's Place on 604 669 7339**





## CWA SCENIC RIDES

INFO@WESN.CA | 604-669-5051

WEDNESDAY 11 | 1 -3PM

Feel the wind in your hair! Sign up now for this special summer experience with the friendly pilots from Cycling Without Age, who visited at the Strawberry Festival. Sit back, relax, and spend a blissful hour touring the seawall and Lost Lagoon or Stanley Park and Beaver Lake.

**Choose a 1 or 2 pm start, the cost is \$10/person, and there are only 4 spots/hour!**

Fees are due at the time of registration — no holds — which includes a waiver. No-shows or cancellations will have fees put toward a later ride, but not refunded.



## TRIP TO POLICE MUSEUM

INFO@WESN.CA | 604-669-5051

FRIDAY 20 | 1:25 -5PM

Walk through the museum's authentic historic spaces and learn about some of Vancouver's most exciting criminal cases and unsolved murder mysteries. Find out about the fascinating history of forensic science and policing in Vancouver. NOTE: 3 flights of stairs! No elevator. Register for the Police Museum outing and also for the Spaghetti Factory dinner right after (optional).

## FLU SEASON

KAY'S PLACE | DENMAN PLACE MALL

TUESDAY 31 | 4:15PM

Flu season is coming up and one excellent way to protect yourself and everyone around you is to receive your flu shot! **The West End Seniors Network Kay's Place will be hosting a flu clinic on Tuesday, October 31st at 4:15pm.** A pharmacist from The Pharmacy West End will be providing the vaccine and will be able to answer any questions you have about this Flu season. Feel free to come by to receive a vaccine and consider bringing a loved one. First come first serve.





**VOLUNTEER APPRECIATION  
SEPTEMBER 8, 2023**

# Garden Party





# Community Services

**SAFE SENIORS, STRONG COMMUNITIES** WITH GORDON NEIGHBOURHOOD HOUSE  
**ASK US** 604-669-5051 | [INFO@WESN.CA](mailto:INFO@WESN.CA)



We are thrilled to welcome Joe to the role of Manager of Operations. Joe has been dedicated over the past year to growing and supporting the Community Services portfolio and team - and has done a phenomenal job. In his role as Manager of Operations Joe will be responsible for the oversight of the operational needs of our three locations, as well as supporting the management of our financial and human resource systems. His keen eye for detail and calm demeanor will be a great asset to WESN!.

*"It's been the joy of my career to work with all of our amazing clients. I look forward to seeing you again in the community! And a huge thank you to our Community Services volunteer and staff team - I'm thrilled to continue to support you in my new role."*

**Operations Manager** | Joe Humphries

WESN is excited to introduce our new Manager of Community Services, Meeka Marsolais! Meeka has been working with WESN as our Close To Home Coordinator and Choose to Move Activity Coach since September 2022 and has strong background in program development and delivery. Meeka will be overseeing our Community Services portfolio, including Better at Home, Social Prescribing, Peer Support, Housing Navigation, and Information and Referrals. Please feel free to reach out and say hello!

*"I am so grateful and excited to join the community services team as Manager, and contribute to their amazing work in our wonderful community. I have thoroughly enjoyed every moment of the past year working on the programs team. For now, I will continue to be the main contact for the Choose to Move and Close to Home programs"*

**Manager of Community Services** | Meeka Marsolais

## **Golden Guys Group** Mondays | 3-4:30 pm

Connect with other 55+ gay/bi/trans men, in a safe, nonjudgmental place to be curious about yourself and others. Build community and belonging, share stories, check in, and laugh along the way.

## **Death & Dying** Monday 16 | 11:30-12:30 pm

Informal discussion group; all are welcome to join.

## **Peer Support** Currently on pause

Our trained volunteers give confidential emotional support, with information and access to community resources. For the West End, many volunteers are gay men offering support to other gay seniors. Visit Kay's Place, contact 604-669-7339 or [wesn.ca/services/peer-support](http://wesn.ca/services/peer-support).

## **Looking to make a difference?**

**Join Kay's Place Volunteers!** Help older adults find the services they need by providing information and referrals during 3-hour weekly shifts. If you're reliable, empathetic, and looking to make an impact, we'd love to have you on our team. Contact us at [volunteers@wesn.ca](mailto:volunteers@wesn.ca)

## **Community Lunches** Monday and Friday

Enjoy a meal and meet people at **Gordon Neighbourhood House**. If you cannot attend in person, frozen meals are delivered on Tuesdays. \$7 members/\$10 others.

604-683-2554 or [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org)



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island



# Plan Your Visit

**BARCLAY MANOR** 604 669 5051 [INFO@WESN.CA](mailto:INFO@WESN.CA)

**KAY'S PLACE** 604-669 7330 **CLOTHES AND COLLECTIBLES** 604 682 0327

## Barclay Manor

1447 Barclay St | Monday to Friday 9 am–5 pm

**Executive Director** Claudine Matlo  
604-669-5051 x 4 | [executivedirector@wesn.ca](mailto:executivedirector@wesn.ca)

**Manager of Operations**  
Joe Humphries  
604-669-5051 x 6 | [operationsmanager@wesn.ca](mailto:operationsmanager@wesn.ca)

**Manager of Community Services**  
Meeka Marsolais  
604-669-5051 x 3 | [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca)

**Administrative Coordinator**  
Kit Buckham | 604-669-5051 x 5 | [admin@wesn.ca](mailto:admin@wesn.ca)

**Events and Communications Coordinator**  
Yathu Radhakrishnan  
604-669-5051 x 9 | [events@wesn.ca](mailto:events@wesn.ca)

**Volunteers Coordinator & Programs Assistant**  
Miriam Homem de Mello  
604-669-5051 x 110 | [volunteers@wesn.ca](mailto:volunteers@wesn.ca)

**Close to Home Coordinator & Activity Coach**  
604-669-5051 x 106  
[closetohome@wesn.ca](mailto:closetohome@wesn.ca) | [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca)

**Community Services Coordinator**  
Miel Nicholson  
604-669-5051 x 7 | [betterathome@wesn.ca](mailto:betterathome@wesn.ca)

**Community Services Coordinator**  
Niloofar Hedayati  
604-669-5051 x 2 | [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)

**Social Prescribing Coordinator**  
604-669-5051 x 107 | [health@wesn.ca](mailto:health@wesn.ca)

**Receptionist**  
604-669-5051 x 1 | [info@wesn.ca](mailto:info@wesn.ca)

**Board of Directors**  
We are excited to introduce WESN newly elected board next month | [board@wesn.ca](mailto:board@wesn.ca)

**On Leave**  
Jennifer Conroy - Program Manager  
Evelyn Boe - Operations Manager

## Clothes and Collectibles Denman Mall

604-682-0327 | Wednesday to Friday 11 am–5 pm  
Saturday 12–4 pm

**Manager** Laura Fee | [clothes@wesn.ca](mailto:clothes@wesn.ca)  
**Asst. Managers** Gordana Smocilac & Will Tessier  
**Supervisor** Brenda Wong

## Kay's Place Denman Mall

604-669-7339 | Monday to Friday 10 am–4 pm

**Manager** Susan Paré | [susan@wesn.ca](mailto:susan@wesn.ca)  
**Assistant** Rachel Acheson | [kpassistant@wesn.ca](mailto:kpassistant@wesn.ca)

## 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



Your Community, Your News,  
Your Stories Online At...

**[thewestendjournal.ca](http://thewestendjournal.ca)**

New features and photos every month

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







# RESILIENCE Study

## What is the study about?

As adults age, there is a decline in immune function which increases the risk of development and/or progression of infections and other diseases. An example of this was demonstrated during the COVID-19 pandemic, in which older adults suffered disproportionately.

The **RESILIENCE Study** is evaluating the effectiveness of QBKPN Site-Specific Immunomodulator in improving natural immune function and reducing respiratory infections in adults aged 65 years and older.

## Who can participate?

You may be eligible to participate if you are:

- ✓ 65 years of age or older
- ✓ Interested in participating in a clinical study evaluating a new therapy designed to enhance your natural immunity

## If you would like to hear more about this study:

Please contact the **Qu Study Team** who will be pleased to discuss the study with you and answer your questions.

**Email:** [info@isstudy.ca](mailto:info@isstudy.ca)  
**Phone:** 1-877-223-8637

## What is QBKPN?

QBKPN is a new medication in a class known as Site-Specific Immunomodulators (SSI).

SSIs are designed to train and/or improve innate immune function to reduce the risk of infections, improve immune response to cancer, and slow the progression of chronic inflammatory diseases.

## What does the study involve?

If you are eligible and want to participate, you will be:

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 16 weeks
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of a year.

## Who is conducting the study?

**Study Sponsor:** Qu Biologics, which is receiving funding from the National Research Council of Canada Industrial Research Assistance Program, to support the study.

Qu Biologics is a clinical stage biotechnology company located in Burnaby, British Columbia, which is developing the immunomodulatory platform called Site-Specific Immunomodulators (SSIs.)

**Principal Investigator:** Dr. Theodore Steiner

Dr. Steiner is a Professor of Medicine at the University of British Columbia. He is also an Infectious Diseases Specialist at Vancouver General Hospital, a Research Scientist at BC Children's Hospital Research Institute, and the Chief Medical Officer for Infectious Diseases at Qu Biologics.