

# west end seniors' network

WESN Survey 2024

Trip to the **Chinese Museum**  
*and*

**Decluttering tips for a fresh start**



**JANUARY 2024**





**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)



# In this Issue

Survey 2024	5-6
Stay in the Loop	7
January in a Glance	8-9
Programs and Events	10-11
Community Services	12
Kay's Place	12
Holiday Luncheon	13
Clothes & Collectibles	14
Plan your Visit	15

## JANUARY 2024



**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.

### 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.



### VOLUNTEER TO BE A BIRTHDAY PARTY FACILITATOR!

**Love parties?** Want to make members feel special during their birthday month? Sounds like you'd be a perfect Birthday Party Facilitator! On the last Wednesday of every month, we will be throwing a party to celebrate all the members whose birthdays fell in that month. We need volunteers to:

- help with set up and take down;
- create and put up party decor;
- cut the cake;
- pour tea and clean up tea cups;
- and, most importantly, sing happy birthday!

Interested? Reach out to **Margaret Ovenell**, our Program Assistant and Close to Home Program Coordinator at [closetohome@wesn.ca](mailto:closetohome@wesn.ca) or **604-669-5051**.



# BURNABY'S BEST KEPT SECRET HAS VACANCIES!

For less than \$2,000 per month, you really can have it all: three delicious meals a day, weekly housekeeping and laundry, cable, Wi-Fi, insurance, recreation activities and a security pendant that will provide you with peace of mind knowing that help is available 24/7 should you need it.

**TRIAL STAY SUITE NOW AVAILABLE.**  
Call to inquire.

You may also be eligible for assistance through BC Housing's Shelter Aid for Elderly Renters (SAFER) program. Please check their website at [www.bchousing.org](http://www.bchousing.org) for further information.

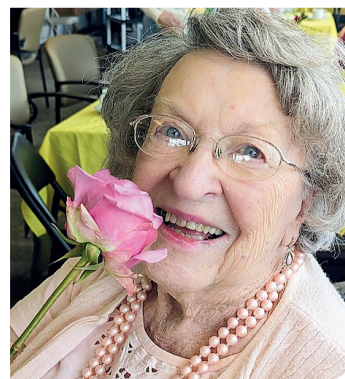
**OUR ALL-INCLUSIVE  
MONTHLY RATES  
START AT UNDER  
\$2,000 AND  
WE HAVE  
VACANCIES!**

Click on the  
QR code to take  
a virtual tour and  
learn more.



# SETON VILLA

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



**Voted Favourite Retirement  
Residence in Burnaby!**



**3755 McGill Street, Burnaby 604-291-0607**

## COMPASSIONATE HOLISTIC ALTERNATIVE HEALTH CARE AT DENMAN MALL

Denman Chiropractic, Acupuncture & Massage

- Acupuncture
- Massage
- Cupping
- Qi Gong
- Energy Healing
- Herbal Medicine

### It's not just needles!

**Covered by extended benefit plans**

**10% discount for WESN members!**  
(Just mention this ad)



**Jacob Larmour, R.TCMP**  
[daoessence.com](http://daoessence.com)  
604 600-3756





# West End Seniors Network 2024 Survey

Please take a moment to complete our survey so that we may serve you better in the future.

¿Encuesta en Español? Contáctanos en Barclay Manor  
نظر سنجی به فارسی؟ نیلوفر در BM منتظر شماست

## Do you live in the West End?

- ☐ Yes
- ☐ No

## Are you currently a member of the West End Seniors Network?

- ☐ Yes
- ☐ 1 year
- ☐ 2-5 year
- ☐ More than 6 years
- ☐ No
- ☐ If no - can you tell us why not? \_\_\_\_\_

## If you are a former member of WESN who is NOT a member now, please tell us why:

- ☐ I wasn't asked to renew my membership
- ☐ Membership is too expensive for me
- ☐ I don't see the value in being a member
- ☐ Other, please explain \_\_\_\_\_

## Age:

- ☐ Less than 65 years
- ☐ 65-75 years
- ☐ 75-85 years
- ☐ 85-90 years
- ☐ 90+ years
- ☐ Prefer not to say

## Gender:

- ☐ Male
- ☐ Female
- ☐ Non-binary
- ☐ Prefer not to say

## Programs & Events

### On average, how many times per month do you access programs and events hosted by WESN?

- ☐ 1x per month
- ☐ 2x a month
- ☐ Weekly
- ☐ Other \_\_\_\_\_

## Which programs do you attend at WESN?

- ☐ Games (e.g., poker, bingo, Mahjong, Scrabble)
- ☐ Creative Pursuits (e.g., painting, pottery, knitting and crochet)
- ☐ Music Related
- ☐ Fitness / Wellness
- ☐ Language Classes
- ☐ Educational Workshops
- ☐ Tech Help
- ☐ Special Events
- ☐ Social Groups and Drop-Ins (e.g., Men's Shed, coffee, dinner clubs)
- ☐ Other

## If we could offer any new program to our members, what would it be? \_\_\_\_\_

## How can we improve the programs that we currently offer? \_\_\_\_\_

## Services

### Do you access services offered at the West End Seniors Network?

- ☐ Yes
- ☐ No

### If yes, please select ALL of the services you use:

- ☐ Light Housekeeping
- ☐ Transportation to and from Medical
- ☐ Appointments
- ☐ Friendly Visiting
- ☐ Check-in Calls
- ☐ Grocery Shopping and Delivery
- ☐ Minor Home Repair
- ☐ Tax Clinic
- ☐ Information and Referral Services
- ☐ Peer Support
- ☐ Social Prescribing
- ☐ Housing Navigation

### Are you aware of Kay's Place and the services (housing navigation, information and referral, Peer Support) provided at our location in the Denman Place Mall?

- ☐ Yes
- ☐ No



## Clothes and Collectibles

**Are you aware of Clothes and Collectibles, our consignment store in the Denman Place Mall?**

- ☐ Yes  
☐ No

**If yes, how often do you shop at Clothes and Collectibles?**

- ☐ Never  
☐ Rarely  
☐ Sometimes  
☐ Often

## Communications

**How do you find information about what is happening at WESN?**

- ☐ Website  
☐ Newsletter  
☐ Social Media  
☐ Calling our front desk  
☐ Stopping by and asking a staff person  
☐ From emails

**Do you read our newsletter?**

- ☐ Yes  
☐ No  
☐ If yes - how can we improve the newsletter? \_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Would you recommend the West End Seniors Network to a friend?**

- ☐ Yes  
☐ No

## Volunteerism

**Are you a volunteer at WESN?**

- ☐ Yes  
☐ No

**If yes - how many times a week do you volunteer?**

- ☐ 1  
☐ 2  
☐ 3 or more  
☐ Monthly  
☐ Occasionally

**Would you be interested in becoming a volunteer?**

- ☐ Yes - please share your email address with us  
\_\_\_\_\_  
☐ No

**Please share any other ideas you have about how we can serve you better.** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Once completed you can return to one of our 3 locations to be entered into a draw. Name and phone number must be added for draw entry.**

# KEEP ON MOVING



**FILLING OUT THE PARTICIPATION WAIVER 2024**

USE THE HYPERLINK IN A BROWSER  
[HTTPS://TINYURL.COM/5N8UXTHU](https://tinyurl.com/5N8UXTHU)

SCAN THE QR CODE WITH YOUR SMARTPHONE

GET HELP AT BARCLAY MANOR





## Stay in the Loop

**IT IS EASY TO COLLECT BELONGINGS OVER THE COURSE OF A LIFETIME**, but letting go, on the other hand, can be difficult for some people. Keeping our living space free of hazards is important as we age, but it can also be beneficial for mental health! Reusing and recycling can give us purpose and create positive feelings from contributing to our communities and our world. Fortunately, there are some fairly easy ways to tackle our excess “stuff” and create a safe and enjoyable living environment.

## Tips for de-cluttering

**1 Make it manageable:** give yourself a goal of decluttering for 15 minutes per day. Set a timer and you'll be amazed how fast the time passes.

**2 Organize as you go:** separate and collect items into keep/throw away/donate. Designate a box to collect donations—ask a friend or family member to help you find the right place to donate them. Items should be in good condition, clean, and usable.

### 3 Start small and focus on just one area:

a countertop, dining table, coffee or bedside table, for instance. Once that area is clear, don't start accumulating again.

**4 Pick one drawer to sort:** pull everything out, and only return items you are keeping; then give away clothes you no longer wear or items you don't use anymore.

**5** Find a place for things you use regularly and return them to that spot each time you use them.

By **Andrea Wadman**

Decluttering is a process and does not need to happen in a day or week. If done consistently, before long your home will be transformed. And remember that less is more. You can appreciate your belongings more when they are not buried in clutter!



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

**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!



# January 2024

MONDAY	TUESDAY	WEDNESDAY
<b>January 15</b> 9 am <b>Men's Breakfast</b> at Denny's	10:30–11:30 am Heritage Harmonies	10 am–noon Barclay Manor Yarn Artisans
10am–12 pm Barclay Manor Yarn Artisans	11:15 am–12:45 pm ESL Intermediate with Iraj	10:30 am–1 pm <b>Strum &amp; Sing-a-Long</b> with Tara
10 am–11am French Conversation	11:30 am–12:30 pm <b>Outdoor Walking Group</b>	12–1 pm <b>Tech Help</b> with Ella
11:15 am–12:30 pm ESL Beginners with Chris	12:30–4 pm <b>Barclay Visual Arts Group</b>	1–2:45 pm German Conversation Circle
11:30 am–12:30 pm Spanish Beginners with Alicia	<b>January 9</b> 1 - 2:30 pm <b>Re-entering the work force</b>	<b>January 10</b> 1 - 3 pm <b>3rd Strategic Planning</b>
1–4 pm <b>Bridge</b> (WECCA)	1–3 pm Poker and Tea Time	1–3:30 pm Scrabble
1–3 pm <b>Tech Help</b> with Bob	1:30–3:30 pm (FULL) ESL Advanced with Walter	3–4:30 pm Spanish Conversation with Isis
1:30–4:30 pm <b>Mahjong</b> with Rich	3–4 pm <b>Tech Help</b> with Nitish	3–5 pm <b>Tech Help</b> with Ronaldo
1:30–2:30 pm <b>Choose to Move</b>	3:30–4:30pm <b>Tech Help</b> with Ron	3 - 4 pm <b>NEW</b> Gentle Hatha Yoga w/ Lisa
3–4:30 pm Golden Guys' Group		3:30–4:30 pm <b>Tech Help</b> with Slater

## MOVIES FRIDAY

### January 19, 2024

#### Canada, The Story of Us: Episode 9, A New Identity

- As we enter a new year, let's look back at a time when Canada had a new future ahead of it. Canada experiences a boom-time after World War 2, but not all are happy with the status quo and seek to reshape the country - dark legacies of injustice are challenged. The circle of Confederation grows and Canada emerges as a complex and cosmopolitan nation on the world stage.

### January 26, 2024

#### Still Alice

- After being diagnosed with Alzheimer's Disease, a linguistics professor leans on her family to help her courageously move forward.

### January 24 10:30 - 11:30 am Coffee with Claudine

### January 24 5:30 pm Dinner Club with Mauro

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

# Activities & Events

SIGN UP **TUESDAY JANUARY 2**

## THURSDAY

10–11:30 am  
**TED Talks and Discussion**

10–10:30 am  
**Nordic Walking** Beginners

10:30–11:30 am  
**Nordic Walking**

11:30 am–12:30 pm  
**Outdoor Walking Group**

12pm–2 pm  
Karaoke with Lan

**January 18** 12:30 pm  
**Chinese Canadian Museum**

1–3 pm  
**Tech Help** with Anita

**January 11** 2 -3 pm  
**Where does the waste go?**

**January 25** 2 - 4 pm  
**Birthday Tea**

3–4 pm  
**Tech Help** with Ron

3–4:30 pm  
Ukulele Practice Group

## FRIDAY

**January 19** 10 am - noon  
**Playshop** with Deborah

10 am–noon  
**Tech Help** with Stuart

10 am–1 pm  
**Tech Help** with Samuel

**January 26** 10:30 am - 11:30  
**WELL Story Time**

11–noon  
Spanish Intermediate with Alicia

**January 12** 1:30 – 3:00pm  
**Valentines Day Card Crafts**  
with Chu Chu Crafts

12 –1 pm  
**Tech Help** with Nitish

**January 12** 1 - 3:30 pm  
**Robert David Duncan**

1:30–3:30 pm  
**Tech Help** with Terry

**January 19 & 26** 1:30 - 3:30 pm  
**Movies Friday**

2–4 pm  
Men's Shed with Earl

## SUNDAY

**January 28** 11 am  
**Sunday Brunch** at Sylvia Hotel

### TED TALKS

#### January 4, 2024

- The first-ever cargo ship powered by green fuel
- Why rivals are working together to transform shipping
- The AI-powered tools supercharging your imagination
- How “digital twins” could help us predict the future

#### January 11, 2024

- How to hack your brain when you're in pain
- Why you should stop setting goals (yes, really)
- How to take the BS out of business speak

#### January 18, 2024

- Birds aren't real? How a conspiracy takes flight
- How to solve the world's biggest problems
- An extreme weather report from America's weatherman

#### January 25, 2024

- Can AI help solve the climate crisis?
- Are we the last generation — or the first sustainable one?
- How I found myself — by impersonating other people
- The world's rarest diseases — and how they impact everyone

### CHOOSE TO MOVE

**January 8, 2024** **Let's set some goals**

**January 15, 2024** **Healthy Eating for seniors**

**January 22, 2024** **Curious about Cannabis for Pain Management**

Learn the history of Cannabis in human culture, and how and why cannabis can help with pain management. Session is taught by a RN with 35 years of experience helping people manage their pain.

**January 29, 2024** **Home Stretch Active Living** with Melissa Gunstone

As a Kinesiologist and Fall Prevention Coach, Melissa will teach us ways to avoid the occurrence of falls through balance, coordination and stretching.





# Programs & Events

## Happy Birthday, Members with January Birthdays!

**Thursday, January 25th | 2 - 4 pm**

If you are a member whose birthday is in January, you are cordially invited to our birthday celebration at Barclay Manor! Join us for tea, coffee, cake, and a good time!

Please **RSVP** by phoning the front desk at **604-669-5051**.

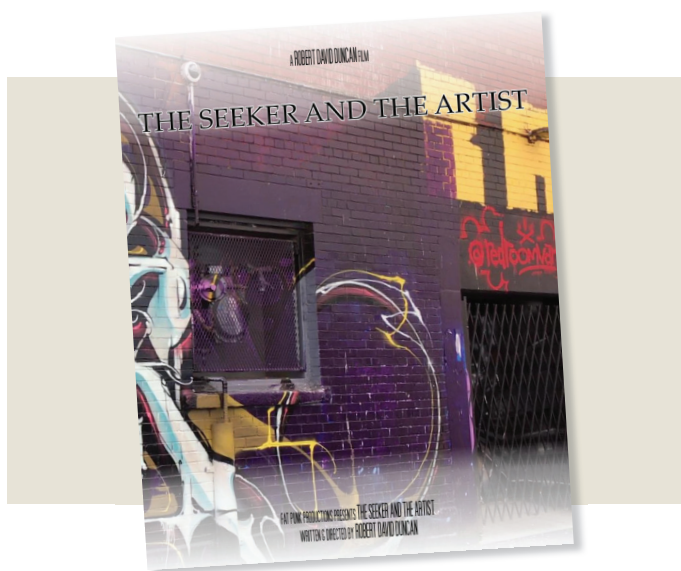
## Re-entering the workforce with “On Your Own Time”

**Tuesday, January 9th | 1 - 2:30 pm**

Join **Carolynne Mahood**, founder of On Your Own Time, a service that facilitates introductions between retirees and older workers who choose to work, to employers who value their skills and experience and are willing to be flexible. We'll discuss the barriers seniors face when re-entering the workforce and how you can overcome them to find financial stability.

## The Seeker and the Artist with Robert David Duncan

**Friday, January 12th | 1 - 2:30 pm**



Join **Robert David Duncan**, Award-winning filmmaker, multimedia artist, and writer in exploring his latest work called “The Seeker and the Artist” which follows a piece of AI that becomes entranced by the digital residue of a long-vanished artist.



## Chinese Canadian Museum Outing with Jeanette

**Thursday, January 18th | 12:30 - 3:30 pm**

Join **WESN volunteer Jeanette** for a trip to the New Town Bakery and Restaurant and the Chinese Canadian Museum. Try some unique baked goods and tea, and then embark on a 45-minute tour of the Chinese Canadian Museum which honours Chinese Canadians' history, contributions, and heritage. All attendees must be able to access public transit.

**Max attendance: 18**

Meet at **Barclay Manor**

## Let's Talk: Where does your waste go?

**Thursday, January 11th | 2:00 - 3:00pm**

Gholamreza Asadollahfardi, or just Reza, was a former engineer working in Waste Management in Iran. He is here to share his knowledge and experience with us all and enlighten us on how Waste Management works!



# Programs & Events

## The West End living library (WELL)

Friday, January 26th | 10.30 - 11.30 am

“Book” storyteller: Judy Marchesi presents **“Tales from Haida Gwaii: Stories from a Young Girl’s Magic Summer.”**

Our “Book” storyteller for this first event, **Judy Marchesi**, will present “Tales from Haida Gwaii: Stories from a Young Girl’s Magic Summer.”

Storytime: will be 10:30 to 11:30 am. (Please come a little early to settle in before storytime.)

Judy Marchesi (“our Book”) will share her story for approximately 20 minutes. Then the audience (our ‘Readers’ - a maximum of five people who have pre-registered) are encouraged to ask Judy questions to learn more about her experiences.

For more information, to register for this event, or to discuss being a “Book” in our series, please contact: [welivinglibrary@gmail.com](mailto:welivinglibrary@gmail.com) or call Barclay Manor at **604-669-5051**.

## Intergenerational Valentine’s Day Card Making Fundraiser

Friday, January 12th | 1:30 - 3 pm



We will be partnering with Lord Roberts Elementary School students from Miss Martin’s grade 7 class to create handmade Valentine’s cards with our WESN seniors. Serena Chu will be facilitating this program, demonstrating how to decorate the greeting cards with a variety of stamps, pencil crayons, and markers. Each senior will be paired with students to create a one-of-a-kind card!

These unique cards will be sold out of WESN to help raise funds for our every growing programs.

**Where** Lord Roberts Elementary School | 1100 Bidwell St





# Community Services

ASK US 604-669-5051 | INFO@WESN.CA

FRIENDLY CALLING | FRIENDLY VISITING | GOLDEN GUYS | GROCERIES |  
LIGHT HOUSEKEEPING | MINOR HOME REPAIR | TRANSPORTATION



## BEAT THE JANUARY BLUES

*Daylight exposure* The vitamin D from natural sunlight is one of the most effective remedies for winter depression. It improves the body's circadian rhythm and can boost serotonin. If you can't make it out, open the blinds or curtains and sit near a window.

*Stay Active* Exercise, while important all year round, can be vital to lifting you up during the winter months. You can exercise indoors or dress in layers and take your exercise outdoors for some fresh air, if it's not too cold. Stretching and walking are some ideas.

*Eat a Balanced Diet* Eating a balanced diet is a natural way to boost your mood and energy. Provide your body with the right combo of proteins, carbs, dairy, fruits and veg for you. If you struggle with grocery shopping, WESN has volunteers that can help!

*Socialize* Being around other people or talking to them over the phone can lift your spirits. Reach out to WESN to join the friendly visiting or check-in calls program!

*Stick to a Schedule* When experiencing the January blues, it can be tempting to avoid activities and socialization and hibernate instead. Try to stick to that same schedule. If you typically attend a weekly program at WESN, don't skip it this time of year.



Remember that many people are feeling sluggish, unmotivated, and down during the colder months. The most important thing is to talk to somebody and know that people are around to help and offer support. The Community Services team has volunteers available to do friendly visiting, check-in calls, help with groceries, transportation, and perform minor home repairs and other tasks. If you're interested in any of these services, please call Barclay Manor 604-669-5051 and ask to complete a Service Application Form.

**Do you need a ride** to visit friends or family members within Vancouver? Would you like to be picked up from the store?

**We are expanding our transportation service to include non-medical rides.**

## Kay's Place

ASK US 604-669-7330 | KPINFO@WESN.CA

INFORMATION AND REFERRAL | HOUSING NAVIGATION | PEER SUPPORT |  
SOCIAL PRESCRIBING

**Rachel Acheson**, who has been working at Kay's Place for a period of 6 months, has been nothing short of amazing! She has the wonderful gift of getting along with just about anyone. She is well respected by both our volunteers and members/donors. She is smart and learns very quickly. Her last day before she heads back to school was Friday, December 15th and she will be very missed. We wish Rachel all the best in her new studies and future employment.







## Holiday Luncheon

# VICTORIA DRIVE DENTURE CLINIC

5477 VICTORIA DRIVE (AT 39<sup>TH</sup> AVE.) - MYDENTURES.CA

*WE ARE COMMITTED TO KEEP YOU SMILING!*



**Are you a denture wearer who:**

- ☐ Has loose dentures?
- ☐ Cannot enjoy a meal?
- ☐ Has a sore mouth?
- ☐ Has stopped smiling?
- ☐ All of the above

**Need dentures for the first time?**

**WE CAN HELP YOU!**

**CALL FOR A FREE  
CONSULTATION**

**EUROPEAN QUALITY AT CANADIAN PRICES**

**TELEPHONE: 604 325 1914**

**NOW ACCEPTING NEW PATIENTS - NO REFERRAL NEEDED**



# Clothes & Collectibles

**If you've ever been curious about** what goes on behind the scenes at Clothes and Collectibles, here's a look. Not only do we receive more donations than we have room for, many items aren't suitable for a store that focuses on clothing and small décor. So, we have to be creative about how to best redirect some items.

**We sort and assess every donated item**, and any clothing that isn't suitable for our store (and we get lots of it) we send away – clothing and textiles that are stained, ripped, missing zippers or buttons. We simply don't have room for an 'as is' section in the store.

**We have avid readers in our community** and we receive boxes and boxes of books. The demand for fairly current fiction and non-fiction doesn't leave room for others – travel guides, manuals, languages other than English. We also send away anything mouldy, musty or ripped. Packing up the unwanted books is time-consuming and the boxes are heavy!

**We send children's items** – books, toys, clothing – to several downtown east side shelters, along with items for women – cosmetics, skin care, and personal care items. We send towels and other linens to animal shelters. These are items we don't sell in store.

**We receive incredibly generous donations of designer clothes, shoes and handbags.**

In the past, we have sent some higher end items to consignment stores. It's a highly competitive market, so now we are selling most of it in store. You may have noticed our designer rack near the cash desk.

**Some volunteers and staff take items home to repair or price** (watches, jewellery, mending). So, there are always items coming and going!

**All the proceeds from every sale (whether sold in store or through consignment) supports programs and services for our clients, members, and neighbours in the West End.**

As you can see, there is lots happening! Do you have questions about what we do? **Please ask a staff member.**

## THE SCOOP FROM SHOPPERS

**On a Wednesday in December**, I stopped by **Clothes and Collectibles** to chat with customers waiting in line for the store to open, many of whom shop there several times a week. What I learned was amazing! One senior collects used items from her neighbours and brings these donations regularly to the store. Once she's there, she loves to find and buy small serving bowls. Other customers talked about the benefits they get from buying used items: choosing not to participate in "fast fashion" and actively recycling and reusing improves their well-being. An older man I spoke to appreciates the prices because he is living on a limited budget; he was thrilled to find a pair of new jeans for \$6! Customers also talked about their "best" find. For one, it was a full-length winter coat; for another, an unopened package of vintage Christmas ornaments that reminded him of earlier years; and still another buys anything she can find

from Africa—her past purchases include Kenyan masks, sculptures, and candlesticks. Everyone I talked to spoke highly of Clothes and Collectibles and their welcoming staff and would encourage others to check it out (as long as you don't take all the good stuff).

By **Andrea Wadman**



# 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 Program Coordinator**  
Margaret Ovenell (she/her)  
604-669-5051 | [closetohome@wesn.ca](mailto:closetohome@wesn.ca)

**Choose to Move Program Coordinator**  
Lisa Gosselin  
604-669-5051 | [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)

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

**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  
**Supervisor on call** Larisa Todorovic

## 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** Deborah Loren | [kpassistant@wesn.ca](mailto:kpassistant@wesn.ca)

## Board Members

**President**  
David Harvey | [david@wesn.ca](mailto:david@wesn.ca)

**Vice President**  
Gary Glacken | [gary@wesn.ca](mailto:gary@wesn.ca)

**Treasurer**  
Maheen Jamaal | [maheen@wesn.ca](mailto:maheen@wesn.ca)

**Director**  
Dawid Cieloszczyk | [dawid@wesn.ca](mailto:dawid@wesn.ca)

**Director**  
Sara Johnson | [sara@wesn.ca](mailto:sara@wesn.ca)

**Board Secretary**  
Bonnie Quam | [bonnie@wesn.ca](mailto:bonnie@wesn.ca)

**Director**  
Serena Chu | [serena@wesn.ca](mailto:serena@wesn.ca)

**Secretary**  
Theo Madeley | [theo@wesn.ca](mailto:theo@wesn.ca)

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

**Graphic Designer**  
Claudia Fleury | [claudia@amperdesign.com.br](mailto:claudia@amperdesign.com.br)

## 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





## Oct 2023 - Sep 2024 Membership Application Form

Membership is valid until the September 2024 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)	\$
<b>Total</b>	<b>\$</b>
<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 \$20.00 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	
<b>Emergency Contact:</b>			
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: ☐ Cheque #: \_\_\_\_\_ Receipt #: \_\_\_\_\_ Location: ☐ BM ☐ KP ☐ C&C

Staff/Volunteer (int.): ☐ Rev Control (int.): ☐ Rev Control Sheet #: ☐ Data Entered by (int.): ☐