



## SENIORS CENTRE SOCIETY

# The Old Timers' Rag

Over 40 years of seniors helping seniors

Located on the unceded homeland of the Skwxwú7mesh (Squamish), and  
Selilweta?/Selilwitulh (Tsleil-Waututh) and xʷməθkʷəyəm (Musqueam) Nations.

*Greetings, friends, and thanks for your excellent feedback on The Old Timers' Rag. While the Centre remains closed, this newsletter will help keep you in touch with one another. You'll find news, stories and ideas that may improve life for people 55+, or just make you laugh. This month we highlight 411's incredible success at making sure that seniors are getting their GIS.*



### Dave Hibbard

Dave Hibbard is a 13-year veteran of 411's Information and Referral Program. Encouraged by his wife, Janet, a former staff person at Battered Women's Support Services, to get involved with the 411 Seniors Centre when it was still at the Dunsmuir location, he has never looked back.

"We're so lucky to have someone like Dave communicating with members and other seniors who are desperate to clear bureaucratic hurdles," says Leslie Remund, 411's Executive Director.

*The Old Timers' Rag* caught up with Dave between the end of his daily 10-km walk (that's 18,000 steps, for step counters) and his post-lunch nap. He filled us in on his background and the things he likes about his volunteer work at 411.

Dave has been retired for 10 years. He had a varied work life, in the fields of food security, wellness and retail. At age 40 he decided to study Criminology at SFU. "I came to 411 after several years as a volunteer with the John Howard Society," he explains. "I learned a great deal from that organization."

Both his studies and his John Howard volunteer work demonstrated to Dave what a huge part social conditions play in peoples' lives. He remarks, "I became poverty-aware and conscious of just how defeating poverty can be." In addition, he learned how difficult coming out of prison is, as people struggle to find work and regain credibility.

"Information and Referral can be a challenge," Dave says, "and is even more so during this pandemic. 411's clients are primarily poor and marginalized in one way or another. Poverty, literacy and immigration status can all contribute to the difficulty of finding the right words or understanding the bureaucratic language necessary to ensure that the correct documentation gets into the right hands."

Helping someone work through paperwork requires far more time when you're giving advice by phone. But this amazing 411 volunteer finds real satisfaction in helping people break through the barriers that can arise when signing up to receive the Old Age Pension or completing forms to resolve issues with immigration.

Like the rest of us, Dave is looking forward to the day when I&R volunteers are once again able to meet with people in person. Until then, he'll be standing by the phone for your call.



### Tips To Keep On Coping

A recent article in the local paper *Vancouver Is Awesome*, under the headline “Older Adults Coping Better with Pandemic,” reported on a study by UBC researchers that demonstrates we seniors are doing a pretty good job, in general, of staying safe and sane during the current pandemic. The study found that between mid-March and mid-April, people aged 60 and older “experienced greater emotional well-being and felt less stressed and threatened by the pandemic.” That is good news!

Yet, as seniors, we remain at high risk of getting COVID-19, and it’s important that we stay extra-vigilant to remain healthy. Of course, we must take the same precautions as everyone else by wearing masks when going out, washing our hands often and social distancing. There are other things we can do to help protect ourselves, too. Many stores have special hours for seniors, for example, and many of them do home delivery. Take advantage of these and other options.



## NEED HELP IN COMPLETING YOUR INCOME TAX?

If you need help completing your income tax, come to 411 Seniors Centre at 333 Terminal Avenue, 7<sup>th</sup> floor, any day from Monday to Thursday between 10:00 a.m. and 2:00 p.m. This is a free service available to low-income seniors and people with disabilities. Please bring all your tax information.

### The Eligibility Criteria for This Great Free Service:

1. Seniors 55+ years old
2. Persons with a disability who receive disability benefits
3. A total income less than \$35,000 per individual, \$45,000 for a couple, or \$45,000 per individual with a dependent
4. Interest income LESS than \$1,000

### You Are Not Eligible for the 411 Free Income Tax Clinic If You:

1. Have self-employment income
2. Have business or rental income and expenses
3. Have capital gains or losses
4. Have employment expenses
5. Filed for bankruptcy
6. Are filing for someone who is deceased

Angus Dan’s story from Issue #2 contained a few factual errors. Here is the real story for how Angus came to be a prized receptionist at 411 Seniors Centre.

Angus Dan is from a reserve called Skatin, formerly known as Skookumchuck. He came to 411 Seniors Centre to have his income tax done in 2012. On his way out the door, he was given what he was told was a membership form. Two years later, in 2014, he filled out the form and gave it to the receptionist. But, as the form had changed, Angus was given a new form – one that turned out to be a request to volunteer. He filled it out and that’s how Angus became a star receptionist at 411 Seniors Centre.





### Horchata Recipe

Horchata is a traditional Mexican drink made of white rice soaked in water. It's flavoured with cinnamon and sweetened with sugar. Everything is blended together and later strained to remove solids. Some versions are dairy free while others contain milk. Some contain nuts and/or vanilla or coconut. Thanks for the recipe, Monica!

1/4 cup of rice  
 1 can of condensed milk  
 1 can of evaporated milk  
 1 1/2 teaspoon of cinnamon powder  
 2 tablespoons of vanilla  
 1/2 litre of regular or nut milk  
 2 L of water

### Instructions

Rinse the rice and soak in water overnight.  
 Drain the rice and blend with vanilla, cinnamon, and the milks.  
 Strain through a colander into 2 L of water.  
 Add ice and mix.

Fill in the puzzle so that every row across, every column down and every 2 by 2 box contains the numbers 1 to 4.

			3
			2
3			
4			



The first time I got a universal remote control I thought to myself, "This changes everything."



### More Than a Good Painter

Bryan Phillips has been a member of 411 for six years and an active volunteer for the last three years. As a volunteer, Bryan has done many things, including helping to paint the entire centre last spring. He has also enjoyed the writing classes with Nick Enright-Morin. Bryan is particularly proud of the tremendous work done by 411's Information and Referral volunteers. 411's programs, according to Bryan, "help seniors to engage in more meaningful ways and give us the opportunity to reinvent ourselves." Bryan and others look forward to seeing what 411 Seniors programming will look like as we move through this pandemic known as COVID-19.

## 411 HIGHLIGHTS

### Did you miss getting your Guaranteed Income Supplement (GIS) last month?

When many seniors contacted us because they had not received their GIS supplement in July, 411 stepped in with quick action. We contacted Service Canada, the Federal Minister of Seniors, the B.C. Seniors Advocate and the Vancouver East Member of Parliament, Jenny Kwan. Everyone was helpful, and we all worked to resolve the problem. MP Kwan wrote letters and contacted a number of people.

At the end of the day, our hard work paid off. We were assured that people who did not get their GIS on July 29, 2020, would have it direct-deposited in their accounts on July 30, 2020 or within a few days by mail. This happened! The problem occurred because folks had not filed their income tax; even though the deadline has been moved, you must file your taxes in order to keep the supplement.

### Information and Referral

Due to COVID19 many 411 Seniors programs had to be put on hold, but not Information and Referral. If you or someone you know is having trouble accessing social programs, from health care to legal advice, contact 411 Seniors Information and Referral: 604-681-8171

### Powered by Age

What makes Vancouver a good place for senior citizens? Check out 411's Friendly City podcast series sponsored by the City of Vancouver. <https://www.411seniors.bc.ca>.

### Informed and Connected

411 Seniors Informed and Connected: **Address below.**

## Book Lending Program

Have you run out of reading material? 411 has come up with an initiative called *411 Books on The Road*. The goal is bringing the written word to home self isolated seniors who are unable to obtain library materials on their own during the COVID-19 pandemic. This program is available to all seniors who live in Vancouver. You do not need to return the book; later, you may pass it along to another book fanatic!

How to contact 411 Books on the Road:

1. Call 411 Seniors Centre Society at 604-684-8171 and leave a voice message

2. Write a note on 411's Facebook page **See url address below.** or 411 Seniors Centre <https://www.411seniors.bc.ca>

*Note: Vancouver Public Library and other public library systems also have delivery programs for seniors. The difference between 411's program and the public library is that 411's books do not need to be returned.*



**411 Seniors Centre Society**  
**333 Terminal Ave. 7th floor. Vancouver, B.C. V6A 4C1**  
 Call/leave a message - 604-684-8171  
<https://www.facebook.com/groups/411connected/>  
<https://twitter.com/411seniors>  
<https://www.instagram.com/411Seniors/>