



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.

411 Receives Money For Information And Referral

The 411 Seniors Centre has had an Information and Referral program for over 40 years. This program assists seniors with their benefits, helps them troubleshoot problems, and does much more. We know that informed seniors are connected seniors.

The 411 Seniors Centre Information and Referral program is respected throughout BC. This is why we were so proud to receive a United Way grant to be the backbone/lead organization in a new venture where some seniors Information and Referral programs throughout BC were funded.

This grant is for two years and we will use it to co-ordinate, assist, and support these community-based non-profit seniors-serving organizations to provide navigation and peer support services.

Funding for these navigation and peer support services (the new wording for Information and Referral) was provided by the BC Ministry of Health in conjunction with the United Way. The role of 411 as the backbone agency isn't easy but it gives us an opportunity to share our experiences, learn from others, develop new methods and processes, and promote needed changes.

The 411 Seniors Centre also got a United Way grant to help fund and improve our existing Information and Referral Services.

Both these grants reflect the reality that our Seniors Centre has a long and proud history of seniors helping seniors.

Our 411 Executive Director, Leslie Remund, is leading the backbone work. She has contacted the organizations that have received the navigation and peer support grants, has listened to their concerns, and is developing a community of practice so that seniors all across BC receive the best possible information and services.

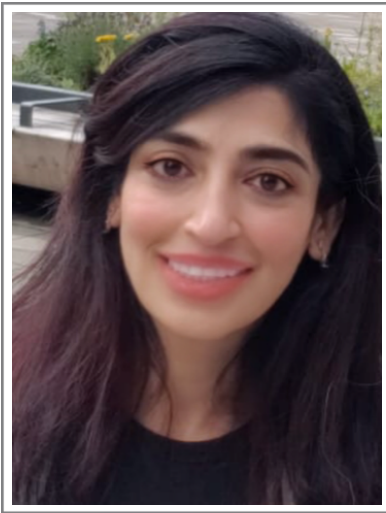
Monica Murguia is the 411 staff person who is responsible for our Information and Referral Services.

These grants are an honour for 411 and we all should be proud.

Fraser Street... update



On a beautiful May day the insulation for the pipes is brought in. Next they will begin pouring the concrete.



New staff member, Gurpreet Sandhu

Gurpreet Sandhu, our new Membership & Drop-In Services Coordinator, was born and brought up in India. Before moving to Canada she completed an M.B.A from the Indian Institute of Management, Chennai. She has had more than 10 years of work experience in various sectors such as banking and outsourcing. She worked as a Human Resources coordinator for 5 years before moving to Canada in 2016. Her most recent role was with Canada Post as an Administrative Coordinator.

She is also a certified yoga instructor and says, "In my free time I like to practice yoga and share my knowledge of yoga with my family and friends." Gurpreet is deeply passionate about working with communities and looks forward to joining us at 411 where her diverse experience will be a huge asset in supporting the organization.

If you have received your first COVID-19 shot you must re-register for the second one... The number to call to get your new registration number is:

1-833-838-2323

Highlights from the federal budget - Seniors

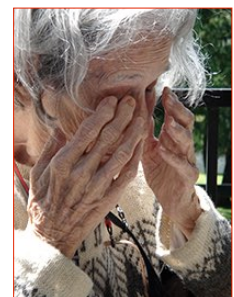
There are definitely pros and cons for seniors in the federal budget. The budget reflects the Federal Government priorities in the (hopefully) post COVID period.

There is a pledge to invest 90 million dollars over three years to help older Canadians age at home. This includes initiatives that support community-based organizations, regional and national projects that help expand services to help seniors stay and age well at home. We are still waiting for the details of this program.

There is also a pledge of \$2.5-3 billion in additional funding to improve the quality and infrastructure of Canada's long term-care facilities. Given the recent attention to long term-care facilities brought about by the pandemic, this money is certainly needed.

The government lived up to their election campaign promise with a pledge to expand Old Age Security for Canadians who are 75 years and older. Any increase to Old Age Security is welcomed, but at 411 we see so many seniors over 65 financially struggling while on the Guaranteed Income Supplement, which has not been increased.

These are some highlights from the federal budget. This is not an analysis. So much needs to be done to raise awareness of what's vital in helping seniors such as assistance for those who are the caregivers for aged parents and relatives, and providing core funding for seniors centres like 411.



My mom at 96



Mermaid

it was love at first sight, first breath, first taste as the sound of the waves became the drumbeats of my heart. I could taste the sea, the salt in the air, the seaweed that danced close to the shore. I emerged from the sea millions of years ago. I am now coming back as a pilgrim returning with joy. I worked on my fishing boat for the next thirty years, cradled by the waves, the wind, and met by the seagulls that greeted my boat. I also met the stars every night that sparkled with delight. Every sunrise was unique, while every sunset became another page in the history of time. I eventually got married, raised a family, and occasionally called land my home, yet my true home was always the mermaid that swam in the oceans of my life, calling out in the depths of the sea, saying 'leave me if you must, but you will always come back, To the cradle of your love, to the kingdom of your Birth"

Written by Bryan Phillips on the life of Bill Thomas



Three ingredient sponge cake

This cake is totally simple and is perfect for putting under berries as they come into season. Strawberries, blueberries, raspberries, blackberries followed by the stone fruits cherries, peaches, plums... you get the idea. Make the cake, add whipping cream and the fruit for perfect short cake.

Ingredients:

1. 5 eggs
2. ½ cup of sugar
3. 1 cup of flour

Directions:

1. Beat whole eggs with the sugar until the volume increases by three times. Don't over beat. The cake will go flat. You will know when your eggs are ready when the beaters hold a thick ribbon when removed from the bowl.
2. Using a spatula, fold in flour by thirds being gentle so you don't lose the fluffiness.
3. Add cake batter to an oiled springform baking pan. Bake at 350 for 30 minutes. Check for doneness with a toothpick.
4. Ice with sweetened whipping cream and fruit of your choice.

Bulletin

Centre Closure: Due to current Provincial Health Orders, 411 Seniors Centre continues to be closed. We anticipate that the office will be reopening soon. Members will be advised by email or phone call when the office reopens.

Relocating to 3rd floor, Suite 330 (333 Terminal Ave, SAME BUILDING): 411 Seniors Centre has now moved to Unit 330, located on the 3rd floor in the same building. This will be our temporary home until our move in July 2022 to our new and permanent Centre on Fraser Street.

Volunteer Week: April 18th to 25th 2021 was National Volunteering Week. We at 411 Seniors Society would like to take this opportunity to recognize and thank all our dedicated volunteers for devoting their time and expertise. 411 Seniors Society volunteers have devoted over 5,200 hours of their time in the past year to supporting their community. We are so fortunate to have a wonderful team of volunteers to support us and contribute to our growth.

2021 AGM date is October 28th, 2021: The 411 Seniors Centre Society's Annual General Meeting will be on October 28th, 2021. AGM packages and further information will be sent out to all members mid-September 2021.

Membership Fee Waiver:

The past year certainly has come with its challenges and has been hard on our community. Acknowledging the financial challenges that the pandemic has brought on for many of us, and in efforts to maintain and strengthen the 411 Seniors community, the Board of Directors of 411 has decided to waive membership fees until the 2021 AGM.

At the 2021 AGM on October 28th, 2021, a motion will be presented to the membership to waive the fees until we arrive at our new building. Ensuring that we all remain connected is our highest priority.

We would appreciate if you would consider a paid membership fee a donation to 411 Seniors. If you have paid your membership fees during March 2020 to April 2021, and wish to be refunded, please contact our Membership & Drop-In Services Coordinator, Gurpreet Sandhu, at gsandhu@411seniors.bc.ca or by calling 604-684-8171 EXT. 242. As a small organization, we truly value our members and volunteers who help strengthen our community and make it a

Get the Jab



You know why you **don't hear about these diseases anymore?**

Polio	Pneumococcal	Hepatitis A
Measles	Hepatitis B	Mumps
Tetanus	Rotavirus	Rubella
Whooping Cough	Chickenpox	Diphtheria

BECAUSE VACCINES WORK.

411 Seniors Centre Society

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Vancouver, B.C., V6V 4C1

Call/leave a message – 604-684-8171

<https://www.facebook.com/groups/411connected/>

<https://twitter.com/411seniors>

<https://anchor.fm/powered-by-age>