



## 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 (Tseil-Waututh) and xʷməθkʷəyəm (Musqueam) Nations.

### 411 Seniors Centre wants the Provincial budget to assist seniors

The BC Government recently put out a consultation call for issues that should be part of its 2022 budget. The Board of the 411 Seniors Centre responded by making a submission.

#### **In our brief we called for the following:**

Funding for non-profit community-based seniors centres such as the 411 Seniors Centre. The pandemic illustrated the crucial role that we played in keeping seniors informed and connected.

An increase to the rent ceiling for SAFER (the Shelter Allowance for Elderly Renters). The amount seniors pay for rent has increased, but the SAFER rent ceiling has not.

SAFER to apply to housing co-ops. The seniors housing above the new 411 Seniors Centre will be a co-op and we want our members to be able to afford the rents.

Fair Pharmacare to include assistance for seniors in paying for mobility devices, hearing aids etc. This is crucial for our health and well being.

A Provincial dental care plan for seniors.

Reduced transportation costs for seniors. We want seniors to be able to get around.

Increased affordable and social housing for seniors.

Addressing the digital divide. Access to government programs and services need to be in a variety of formats "not just on-line".

We are hoping that seniors' issues will be part of the upcoming Provincial budget.



### **Our new Researcher, Hannah Shin**

Hannah Shin is the new Community-Based Researcher. Her position is in partnership with 411 and the STAR Institute at Simon Fraser University. As a first-generation Korean-Canadian, she grew up experiencing and witnessing institutional discrimination and racism, which fuelled her passion for breaking down barriers through a social justice lens. Hannah recently completed her Master's in Public Health at Simon Fraser University, focusing on how economic, political, and social factors influence health and wellness. Hannah strives to create safe spaces for people to share their lived experiences and work together to build a healthier community. In her spare time, she enjoys biking, pottery, and reading.



I've been writing the food column in the Old Timers' Rag for nearly two years and I find myself embarrassed. Embarrassed for putting in easy-to-make recipes that are not healthy. Over the past number of years as I developed diseases of opulence I have changed my diet. I have gone from being a glutton to a plant-based eater. I have lost 50 pounds, gotten my diseases under control and even my hair has stopped going grey. I still cheat on occasion and I still eat too much salt, sugar and oil, but I can still dance in the moonlight and more realistically, climb a ladder to get things off the high shelves. I don't exercise as much as I should, but I do spend an hour or two in the garden each day-even in the heat.

All that said, I want to offer some vegan foods for you. You don't have to go whole hog, but maybe add these meals into your regular diets a bit at a time.

When we get back together, vaccinated and masked, we are discussing having a whole set of health-oriented programs. Everything from healthy eating to chair aerobics. But, now to the recipe...

## PUPUSA AND CURTIDO

Pupusas are small, round cakes made with masa harina (corn flour) and filled with cheese and beans or meat. They are a traditional dish from El Salvador and they're cooked on a hot griddle and served with "curtido" and salsa roja (a Salvadorian red sauce).

### PUPUSA RECIPE (Vegan)

1. 4 cups masa harina.
2. 3 1/2 - 4 cups water or broth enough to make a soft dough.
3. 1/2 teaspoon salt.
4. Let it sit for 1/2 hour before filling.

### FILLING

1. 1 can of refried beans or mashed beans.
2. Mix with Mexican salsa (Pico de Galla)
3. (you can add vegan cheese or nutritional yeast for a cheesy flavour.)

Form the dough into a disc about 4 inches in diameter. Place filling in the centre of the masa disc. Bring the dough up around the filling, making a ball. Pat the dough back into a disc. Set the pupusas on a hot griddle or skillet and cook for about 2-4 minutes on each side, until golden. I do mine in the oven. Serve immediately, topped with Curtido and Salsa.

### CURTIDO RECIPE

1. Shred some cabbage and carrots. Julienne some white onion and thinly slice a jalapeño (Optional).
2. Mix it all together with sea salt or kosher salt.
3. Pound the mixture to soften the cabbage.
4. Put it into clean jars.
5. Add some fresh lemon juice.
6. Add cold water to cover.
7. Let the jars sit on the counter for 2 – 5 days. The longer you wait, the more kraut-like it becomes.

### OPTIONAL FILLINGS

**Braised meats.** Braise pork, beef, chicken. Add it to the center of the pupusas.

**Veggies.** Cauliflower, squash, zucchini, etc. **Pureed Beans and Cheese.**







## International Day of Older Persons

On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. Globally, there were 703 million persons aged 65 or over as of 2019 and it is estimated that by 2050 the number of older persons worldwide will reach more than 1.5 billion persons.

In Vancouver this year 411 will join with various other seniors' organizations to create a week-long celebration to honour our seniors. Already as part of Lighting Up Vancouver, 411 has contacted the Sails of Light, the Vancouver Port, Science World, BC Stadium, the Convention Centre as well as several other venues and they have agreed to light up under the colour blue in honour of this day.

Starting in September we will be forming a committee to organize with these other organizations to make a week of activities starting with a party and programs throughout Friday, October 1, at our centre. As we are not open on the weekends we intend that some of the other groups will continue with events they have planned. Then, starting on Monday through Thursday we will continue to have programming for our members and to entice others to join us.

If you are interested in helping organize these events, or if you have an activity that you would like to lead, please contact Gurpreet at 411 at 604-684-8171 EXT. 242

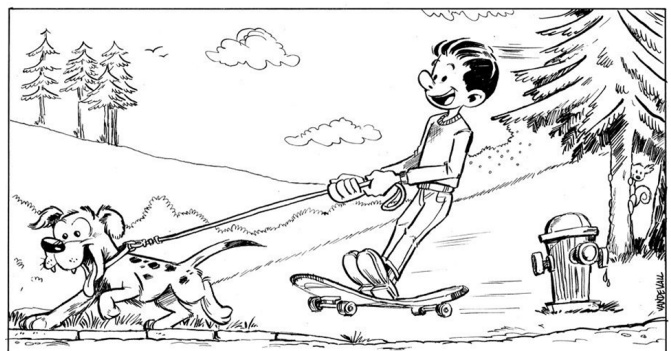
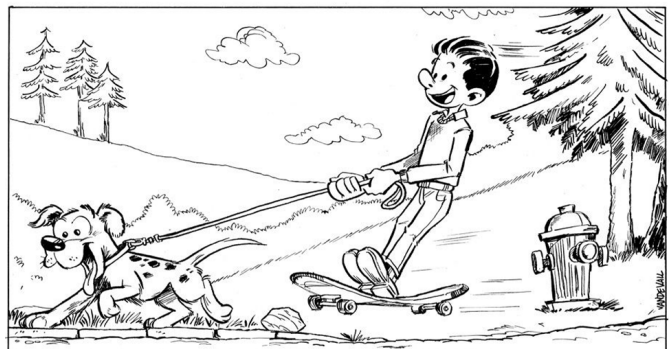
**ALL MEMBERS MUST BE DOUBLE VACCINATED AND WEARING A MASK BY SEPTEMBER 15TH TO ENTER THE PREMISES**

**If you have a medical reason that you cannot be vaccinated, you will still be able to get help from 411 by phone and/or in person - masked and outside the building. Call for appointment.**

### Time for Seniors' free bus fare

Remaining active after retirement can help manage stress levels, improve moods, reduce feelings of depression and prevent various chronic conditions and stroke. Many studies suggest activities are also important for maintaining cognitive functions, such as our ability to plan an activity, ignore irrelevant information, improve long and short-term memory and to shift rapidly between tasks.

This "anti-aging medication" is available for the price of a simple free bus ticket! Make free bus fares for seniors a part of the Province's Seniors' Issues agenda.



**Tip of the day: Blow on the wine in your coffee mug to convince the rest of the Zoom meeting that you're drinking tea.**

# Bulletin

**Centre Opening:** 411 Seniors Centre will open September 1, 2021, unless we get Provincial Guidelines to the contrary. Our goal is to resume in-person activities. We are opened Monday to Friday 9 am to 4 pm The centre is air conditioned! Brrrr.

The 411 Seniors Centre is currently offering the following programs:

1. Information & Referral Services.
2. Free 1:1 computer training for seniors. To get an appointment please call 604-684-8171. For this training, you can use our laptops or bring your own.
3. Powered by Age podcast project. To join, please contact [cferrell@411seniors.bc.ca](mailto:cferrell@411seniors.bc.ca).
4. Drop-in services, including free internet Wi-Fi, telephone, computer usage, and someone to talk to.
5. We are also offering a free Tablet Lending program, where seniors can borrow a Samsung Tablet for their personal usage (for minimum 3 months), we also provide trainings to learn how to use the tablets. To sign up, please call
6. Jane is still teaching ukulele to a group who meet outside in the park.
- 7.

Our Program Committee has been brainstorming about what we want to offer as we open up and as we move to the new space. They included our language courses, art classes, seniors' health issues, chair aerobics, yoga, and a walking group, to name but a few. And now, we want you. Please contact Gurpreet at the centre about any programs

**We have relocated to the 3<sup>rd</sup> floor, Suite 330 (333 Terminal Ave, SAME BUILDING):**

411 Seniors Centre has now moved to Unit 330, located on the 3<sup>rd</sup> 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.

**2021 AGM date is October 28<sup>th</sup>, 2021:**

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

**Call for Nominees: Would you like to stand for Election to the Board Directors of 411?**

The Nominating Committee will meet with interested people before posting a list of recommended candidates. The list of nominees will be posted by September 30, 2021, mailed to members and also posted on 411's website and on the Centre's bulletin board.

The general membership will then have time to nominate additional candidates. This must be done with the written consent of the nominee, endorsed by no fewer than 5 voting members and filed with the Board Secretary, Patsy Craig, no fewer than 3 weeks before the AGM. The closing date for this filing is October 7, 2021.

If you would like to stand for election, please contact one of the following people before September 10, 2021.

Patsy Craig: [patceegee@g.mail.com](mailto:patceegee@g.mail.com) 604-254-9032  
Gwen Willox: [gwillox19@hotmail.com](mailto:gwillox19@hotmail.com)  
Gurpreet Sandhu: [gsandhu@411seniors.bc.ca](mailto:gsandhu@411seniors.bc.ca)  
604-684-8171 ext.242

## 411 Seniors Centre Society

333 Terminal Ave. 3rd Floor Room 330  
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>