



411 Seniors Centre Society MONTHLY NEWSLETTER

Located on the unceded homeland of the Skwxwú7mesh (Squamish), and Səlilwətaʔ (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

Message from the Director



Greetings to all 411 Seniors' members and supporters.

This month we launch a new website and communication materials for the 411 Seniors Centre Society. We are updating newsletters, pamphlets, and brochures to better inform and connect with members and community. This is a work in progress as the new 411 Editorial Committee learns new skills and how to navigate this digital world.

We invite you to send us your

feedback and/or submit items for the website or newsletter as we undergo this change. Our many thanks to Greenhill Communication, Juliet, and Brad, who are supporting us in this process.

Temporary Operations

After nearly a decade of operations at 333 Terminal Ave. in Vancouver, we have moved to a temporary office (across from our construction project) at Glad Tidings Church, 3456 Fraser Street (at 19th Ave.). Information & Referral Services are being offered Monday to Thursday 9am – 4pm by appointment (call 604-684-8171). We are also planning summer events to bring us together. Watch for more information on activities planned for August and September.

Looking ahead

The 411 Seniors Centre is in a rebuilding stage following 2 ½ years of the pandemic and the move from our last location.

As a senior-led, volunteer powered organization we are working to re-establish volunteer committees that support the small 411 staff team. For a list of committees please contact us by phone or visit our new website.

The current timeline for completion of the new centre is late 2022. It is located at Fraser & 19th Ave. in Vancouver. We will be providing updated information in early September.

I would like to send a special thank you to the 411 volunteers who have held us up through trying times and invite all of you to join 411 Seniors as we embark on a new chapter.

Leslie Remund, Executive Director

411 would like to thank the African Descent Festival for the opportunity to bring a piece of 411 to its venue. We enjoyed so much having the opportunity to meet members and volunteers. The art work from our members was praised by all visitors at the festival. The music and food was amazing! Thank you for your gracious hospitality. We look forward to joining you again next year.



411SENIORS.ORG Informed and Connected!



Emerging out of the last couple years of COVID-19 and the two office relocations, 411 is now riding a wave of renewed initiatives anticipating our ultimate move to the new Fraser location late 2022. Part of this regenerating spirit is represented in our new communications outreach with a new logo, tag line, newsletter, e-newsletter, flyers and website.

Guided by our new motto "informed and connected", 411 staff and volunteers are committed to posting regular news items featuring themes such

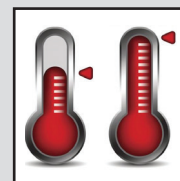
as: new legislation, editorials/opinions, "good news" stories, member profiles, games, recipes, and more.

Our home page showcases a quick reference calendar of events listing 411 workshops, podcast episodes, committee meetings, community events, and other opportunities for members to stay connected to 411 activities. We want to encourage you to visit the calendar regularly to stay connected! The website also provides key contact information for 411 and community resources.

Sign up on the website to become a member or volunteer, or to become a monthly donor.

We want you to be a regular participating member of our community! Please sign up "Newsletter Subscribe" or email info@411seniors.org to receive regular monthly messages from 411 to stay on top of issues of interest to you!

*Will you help
reach the target?*



We launched a fundraising campaign in June to see if we could meet the challenge of raising \$15,000 by the end of September to be matched by an anonymous donor, resulting in 411 realizing \$30,000 total as we kickstart the new centre. At the July Board meeting, we had already raised \$12,600 so we need your help to raise another \$2,400. As Marion, our Board President is fond of saying "no gift is too small or too large". Please consider inviting family and friends to donate – all who give \$20 or more get a receipt for income tax charitable claims. Please join me in promoting the exciting future of a renewed 411. Stuart Alcock Past President and Chair of the Fundraising Committee.

Changes to OAS

In July 2022, Old Age Security (OAS) recipients who were 75 years of age or older as of June 2022 received a 10% increase in the amount of their monthly OAS payment. This will continue and as OAS recipients turn 75 they too will receive this increase. There is no need to apply for this increase. It is automatic. While

OAS payments are increased quarterly to keep up with the cost of living, this is the first time in a very long time that the actual amount of the Old Age Security has been increased. It is a gain for seniors. However, too many seniors still struggle with poverty, and as a result many seniors' organizations would prefer that the OAS increase was applied to all seniors, not just those over 75.

How to Survive a Heat Dome

With summer finally here you should know how to protect yourself from a heat dome. Here are some hints.

- Spend time in a cool or airconditioned place.
- Stay in the shade when outside and wear light, loose fitting clothing a broad hat and sunscreen.
- Drink plenty of cool fluids before you feel thirsty. Eat cold foods which contain water such as salads and fruit.
- Splash cool water on your head and neck, wear a wet shirt or towel to cool down. Take a cool shower or bath.
- Cut down on activities that overheat you and walk slowly.
- Know the signs of a medical emergency. Symptoms of heat stroke include high body temp. dizziness or fainting, confu-

sion, lack of coordination, or very hot and red skin.

- Check in by phone, video chat, or in-person with anyone you know who is more vulnerable to heat. This includes people over 60, those who live alone, with pre-existing physical or mental conditions, and people who use drugs. Remember to check on pets too.
- Close blinds or drapes during the day and only open the windows at night.
- Indoor temperatures between 26 (79) and 31(88) degrees can be dangerous. If your home goes above, get to an airconditioned space.

IF YOU NEED HELP

- Medical Emergencies: Phone 9-1-1
- Questions on heat-related symptoms: Phone 8-1-1
- For public locations to help you keep cool: Phone 3-1-1

Member Profile



Rosario Larion

Rosario became a member of 411 in 2017. While working as a cook, nanny and housekeeper, she learned to draw when she attended 411's Zentangle-Zendala workshop in December 2021. She is now displaying her own 20-piece solo art exhibit "Through my Eyes: The Pandemic, The War, The Life, and the World" through the month of December at the Carnegie Community Centre.

BCSeniors' Guide



How to obtain the BC Seniors Guide: (12th edition (printed 2020; latest edition): 1-877-952-3181, BC Seniors' Guide (PDF, 1.87MB) or www.seniorsbc.ca

Also available in French, Chinese, Farsi, Korean, Punjabi, Vietnamese.

411 Board of Directors

411's Board is an active group of up-to sixteen (16) members who support governance and Society operations by acting as advisors to staff, leading and/or participating on committees and, recommending current and future priorities in consultation and dialogue with 411 members.



411 Volunteers, Jeannie Kammins and Charlotte Ferrell

FIRST CALL FOR NOMINEES

Would you like to stand for Election to the Board of Directors or do you know

someone who would make a good candidate? If so, please contact one of the following people before September 9, 2022:

Nominating Committee Co-Chairs:

Patsy Craig: patceegee@gmail.com

Tel: 604-254-9032

Gwen Willox: gwillox19@hotmail.com

Mgs: 604-254-9032

Nominations Process

By September 22, 2022 -The Nominating Committee will meet with people interested in becoming a 411 board member.

September 30, 2022 – A list of recommended

candidates will be posted at the 411 Seniors' office, website and will be mailed to 411 members. If you miss the September 22 deadline to nominate, members have extra time to nominate additional candidates.

The general membership of the 411 Seniors Centre Society has extra time after the September 22 deadline date to nominate additional candidates. This must be done with the written consent of the nominee, endorsed by no less than 5 voting members and filed with the Board Secretary, Alana Kenyon, secretary@411seniors.bc.ca no less than 3 weeks before the AGM (likely end of November 2022) The closing date for this filing is November 1, 2022.

If you want a copy of the 411 Seniors Centre Society's Constitution & Bylaws contact the Board Secretary, Alana Kenyon: secretary@411seniors.bc.ca or call Patsy Craig at 604-254-9032

BCHydro Energy Saving Kit

BCHYDRO (Free) Energy Saving Kit If you live in an income-qualified household: 604-224-9376 (LowerMainland) 7am-8pm 1-800-224-9376 (Outside LowerMainland) Renters may also apply if BCHydro bill/account is in renter's name.

The Kit includes: LED Bulbs, LED night light, High-efficiency showerhead, fridge/freezer thermometer, H2O-saving aerator, weather stripping, guide.



411seniors.org

411 Seniors Centre Society

PO Box 47082 Denman Place Vancouver BC V6G 3E1

411 Seniors is the go-to hub for older adults interests. The centre works toward an inclusive community of informed and connected older adults in the Lower Mainland.



604-684-8171



info@411seniors.org



411seniors.org



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