



# 411 Seniors Centre Society NEWS UPDATE

## A HISTORY OF FRASER STREET: the spot where our new home sits

We will be moving to our new centre, (as soon as it finally gets finished), and we find that 411 will be at the exact spot on Fraser Street that is an historical location of the early days of Vancouver. A spot at the foot of the "Fraser Hump" at the edge of the Lavender Bog.

Fraser street was developed in 1875 as a wagon road to connect the farmland of the Fraser River to the False Creek trail. Once named North Arm Road, it linked two former First Nations trails, now Kingsway and Southeast Marine Drive.

Shops and homes sprouted amid the orchards and dairy farms of the area, but the sharpest boost to development came in 1909 when Vancouver's streetcar tracks were extended south on Fraser from 33rd avenue creating a five-cent tram ride to a booming downtown just beginning to see automobiles.

The first south hill residents of this trolley car era were Europeans escaping war and Chinese immigrants working as farmers tilling fertile fields on the banks of the Fraser River. The neighbourhood has always been multicultural and still reflects that multicultural milieu with a Jewish Synagogue, the Glad Tidings Church, the Sri

Ganesh Temple, the Polish Community Centre and Church, a Philippines Community Centre and numerous Chinese, Vietnamese, Latin American and Indo-Canadian markets, businesses and restaurants running the length of Fraser.

And this winter the 411 Seniors' Centre Society will be moving into our long-awaited new home at 19th and Fraser. Located on one of Vancouver's Peat bogs, it sits at the bottom of a hill once called "the Fraser Hump". Because it is situated on a bog the streets are constantly buckling. Consequently, it was here that the streetcar would regularly jump the track. The passengers

would all get off and help lift the car back on the tracks. This is but one story of our new neighbourhood.



# 411 President's Report



(New 411 location at Fraser Street)

**Marion Pollack, 411 Board President** - The 411 Board is made up of smart, thoughtful, enthusiastic, and committed seniors. They are dedicated to the 411 Seniors Centre and are all working hard to make sure it thrives and survives.

Here are a few items that the Board is working on:

**The New Centre:** Current and former Board members have been working incredibly hard to get the new centre built. It has taken the amazing efforts of Board members for the past ten years to make this happen. Now, we are so close to the new centre opening Board members are redoubling their efforts to make that the new 411 Seniors Centre on Fraser will be a welcoming space for all seniors.

**Fundraising:** The 411 Seniors Centre needs money to operate. We receive some grants but in order to provide programs and services we need donations. The Board is

working on fundraising strategies and encourages you to donate. Donations can be made through the website or by mail.

**New Board Members:** Some of our great Board members are not running again. We need new Board members to help us move forward. If you are interested in becoming a 411 Board member contact us.

**Governance:** The 411 Board is working hard to ensure that our seniors centre is well governed, and is a respectful place for all.

**Advocacy:** At 411 we see daily the impacts of poverty, ageism etc, on seniors. We work to address that through our programs, our Information and Referral Services, our income tax clinic, and our broader advocacy.

## Are you eligible for shelter aid for elderly renters in BC?

One out of five seniors in BC receives a cash subsidy toward their rent. Find out if you are eligible. The Shelter Aid For Elderly Renters (SAFER), managed by BC Housing, is a cash rent subsidy payable to eligible seniors 60+ who pay rent (or rent for a mobile home pad). The average monthly income of SAFER recipients is \$1,675, their average rent is \$1,052 and the average rent subsidy provided is \$199 per month. For more information on eligibility, please see the SAFER brochure (online at [www.bchousing.org](http://www.bchousing.org)) or call the SAFER office at 604-433-2218 (or toll-free at 1-800-257-7756). Existing clients need to reapply each year.

## Recipe: Mushroom Soup

Tired of paying for a cup of soup when you want a whole pot? Here is a recipe for Cream of Mushroom Soup like Campbell makes it. This is the equivalent to one can. Multiply it for a pot.

Mix 1 1/4 cups of cold milk and 1 Tablespoon of cornstarch together and cook until thick. Add 4 (or more) sliced, sautéed mushrooms

and salt and pepper to taste. If you want, sprinkle parsley on top.

You can make any cream soup by removing the mushrooms and adding other cooked, chopped or blended vegetables such as broccoli, celery or carrots.







## What is the Most Common I&R Problem Encountered by 411 Seniors?

While safe, secure and affordable housing is vital for everyone, regardless of age, our numbers indicate that seniors, as a group, are facing significant struggles accessing and retaining safe, secure, affordable housing. Such struggles also highlight what many seniors tell us, which is that existing housing supports are not sufficient to meet their needs in the face of rising rent, utility and food costs. Additionally, seniors struggling to age in place face insufficient home supports, as well as service providers' lack of resources and capacity to meet the needs of an ageing population.

## Member Profile

Stuart Alcock



Many will recognize Stuart as a welcoming, outgoing and learned member and leader par excellence who brings his wealth of life and career experiences, his ability to 'see' the bigger picture and warm personality to the 411 Society and the 411 Foundation. Joining 411 as a Member, Stuart became a Board Member in 2013 serving for 4 years as President 2014-2018. He continues to be fully engaged as a member, current Past-President and is a keen steward, at times chairing several committees including the Constitution and Governance Committee, Nominating Committee, the Fundraising Committee – developing & initiating a strategic plan for this critical fund development initiative. Stuart is and has been closely involved in the planning, development, building oversight – right down to helping w the selection of the furnishings for our new 411 Centre @ 19th & Fraser!

He has represented all seniors, serving for four years as a member of the B.C. Seniors Advocate's Council of Advisors and recently with the city's Seniors' Advisory Committee.

A long-time Vancouver resident, Stuart has

several interests, passions that keep him 'young at heart' and enjoys sharing many of his interests and hobbies with others. Travelling far and wide and nearby, too, that engage people, cultures and history. A major travel plan is to explore Japan next year. He enjoys attending & supporting 'the Arts – recognizing the artists, their work, music and interpretations. He actively serves as an Administrative Volunteer with Ballet BC. He loves to cook and entertain, trying out new recipes and adventuresome tastes.

Stuart's advice to all seniors is "Stay connected and engage with people and events. It is important to keep our brains and bodies as active as we can." He encourages everyone to keep reading and learning, listening to music and walking in nature. Discover something you didn't know before and connect with a group or someone you would like to talk to and join in your community events. Local libraries and Seniors' or Community Centres are great resources, host several events that are reasonable in/or at no cost and are full of possibilities!

## 411 Board of Directors

### Tips From the Better Business Bureau on Avoiding Rental Scam

- Be wary of deals that sound too good to be true. Spend time finding out how much other rental properties in the area cost before signing a lease.
- Search online for similar properties. If you find the same ad listed in other cities, that's a huge red flag.
- See the property in person. Don't send money to anyone for an apartment you haven't seen. If you can't visit, ask a friend that it is what was advertised.
- Never pay with cash, wire transfer or hard-to-trace equivalents such as Moneygram or Bitcoin. These forms of payment can't be tracked. Use bank cheques or money orders, or email money transfers. Always ask for a rent receipt once payment is made.
- Don't provide confidential info that can be used for identity theft. A landlord can check your credit history with just your full name, current address and birth date. Don't give your Social Insurance Number (SIN) or bank information.
- A written lease helps prevent fraud and lays out the rights and responsibilities of both parties. Landlords are legally required to use the provincial standard lease form. Make sure all extra amenities are listed in the lease.

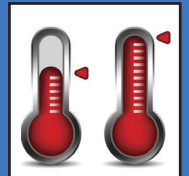
- Ensure you are dealing with an authorized representative. The written lease is also required to include the names and contact information of the landlord (owner or management company). Ensure that it indicates the person you are dealing with. Ask them to show a picture ID as proof that they are who is named in the document if you have any doubt.
- Ask for a second opinion. Don't be embarrassed to consult with friends, family members or your local BBB, who may be more knowledgeable on the subject if there are doubts or questions.

If you encounter a rental scam, be sure to report it to: Better Business Bureau Scam Tracker at [BBB.org/scamtracker](http://BBB.org/scamtracker). or Canadian Anti-Fraud Centre at [antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca) or call 1-888-495-8501

### Please Donate!

By mid-August, we were getting very close to meeting the target of \$15,000 which will be matched by a wonderful, though anonymous, donor. Might you consider making a small donation? The 411 Board has waived membership fees for this fiscal year so, instead, you might be able to make a donation of \$10 or more.

<https://411seniors.org/donate/>



# 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.

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



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