



411 Seniors Centre Society OUR VOICE

Message from the President

When I read the newsletters from the 411 Seniors Centre I am filled with pride and gratitude. I am proud of the amazing work done by the staff, board, volunteers and members and I am so grateful that people are putting so much effort into our Seniors Centre.

As people know we are in the final stages of moving into our new purpose built seniors centre at 19th and Fraser. It has taken years of work to make this happen and finally we are at a time where we can plan a slow move in the beginning/mid January 2023. I know that many of you are impatient like me and want the new Centre to be fully functional and operational from day one. Sadly, that is not going to happen. It will be a slow process but one in which the ideas, participation and encouragement of everyone is needed. For me this is a time where I need to learn to be more patient.

In the meantime, besides your continued support, 411 needs money. We do great work with a small staff and wonderful volunteers and that is so important to our identity. But with a new building,



more workload for the staff, and so many seniors falling through the cracks, we need money to continue operating. If you can donate any amount that would be great. If you know a person, organization or a company that could donate, please mention this to one of our staff members.

As we enter the winter months, a period of cold and darker days, I hope all of you stay safe and connected. And please remember, the 411 Seniors Centre is there for you!

ANONYMOUS DONOR LETTER - 411 "The Little Engine That Could"

Dear Friends at 411, I am the person who recently made an anonymous donation of \$15,000 to 411 Seniors Society matching donations from other sources. As a long standing member I would like to tell you about why I did it and why I did it that way.

First, I am an individual donor, not a business, a corporation or a foundation. Second, I am not rich, far from it. Third, I have seen and participated in 411 programs and services for years.

Year after year the Centre operated on faith, a shoestring, and the dedicated contributions of staff and volunteers. Finally, in later 2019 plans had been complet-

ed and approved for the new Center and ground-breaking was set for early 2020.

The future was looking bright. But in March 2020 COVID hit and all the plans turned upside down. 411 was sideswiped by escalating costs and the dreaded 'supply chain issues'. Funds were eaten up at unimaginable speed. As well, fundraising was virtually

stopped for over 2 years.

The 411 Fundraising Committee continued to work very hard, but funds were short everywhere



ANONYMOUS DONOR LETTER

(from page one)... and every person, especially seniors, had costs and issues that took precedence over the needs of the Society. I am one of the lucky ones and after some consideration I contacted the Chair of the Fundraising Committee and asked if we could work out ...a system so I could make a moderate size donation and remain anonymous.

Why anonymous? I'll get to that in the following paragraph. Working with the Chair of the Fundraising Committee, we settled on a pledge of \$15,000 in a matching funds campaign.

Now – why anonymity? I am not a rich person. This donation is a big financial stretch for me. I don't want any assumptions that I can find another \$15,000 for another cause because I cannot.

However, I am more than pleased to have been able to contribute this money to 411 Seniors Society. This organization has been underfunded always but continues to be The Little Engine That Could.

411 provides such important programs and services to seniors in Vancouver that it must be acknowledged with more than words and letters.

I believe we (411 members) and the general public as well, need to acknowledge the importance of 411 with financial support to the extent possible.

I chose to make my contribution anonymously because the financial stretch is worth it to support such an important organization while keeping my identity private. Some people are just like that.

But this is my story as the Anonymous Donor. I cannot encourage donors strongly enough. 411 needs the money and it feels good to be part of the solution.



DONATE TODAY

Online @ 411seniors.org OR donations can be made by cheque in person, payable to The 411 Foundation.



411 ANNUAL GENERAL MEETING

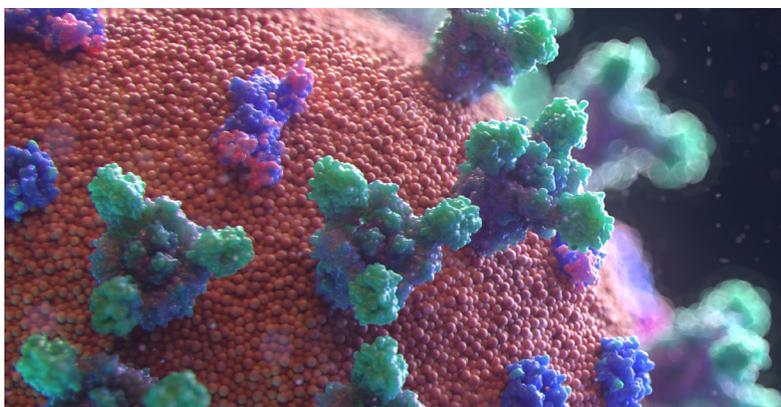
Thursday November 24, 2022 @ 1:00 PM

Hosted by South Granville Seniors Centre

1420 W. 12th Ave. Vancouver, B.C.

RSVP if attending in person (604) 684-8171

Online zoom details to follow



NEED HELP BOOKING AN APPOINTMENT FOR YOUR FLU SHOT or COVID BOOSTER?

CALL 1-833-838-2323 between 7:00 AM to 7:00 PM.

Translators are available.

FACTS AND FIGURES ABOUT SENIORS IN B.C.



Income

- ▶ Seniors in BC have a median annual income of \$30,750
- ▶ The prime working age population (35-54 years of age) have a median income that is 66% higher.
- ▶ Across all income groups male seniors have an income that is 40% higher than female incomes.

- ▶ The Market Basket Measure definition of poverty suggests that a single senior in Vancouver with an income of \$25,000 or less is living in poverty. This represents an estimated 44% of the seniors population in Vancouver compared to 27% of the age 25-54 population.
- ▶ Currently about 28% of BC seniors (more than one in four) receive the Guaranteed Income Supplement.

- ▶ Four in ten seniors do not have an RRSP/RRIF. Even less have a workplace pension

Housing

- ▶ Generally in BC 70% of all homes are owned while 30% are rented.
- ▶ Seniors who are renters have predominantly been

renters all their life and they are disproportionately lower income, more likely to be female and more likely to have been divorced or have been single for their adult life.

- ▶ For seniors about 80% of homes are owned and 20% are rented.
- ▶ In BC senior households account for 27% of all households in core housing need.

- ▶ The number of seniors in core housing need grew 17% between 2011 and 2016 while the number of non seniors in core housing need grew by 1.4% during that period.

- ▶ Over 70% of current SAFER (Shelter Allowance for Elderly Renters) recipients pay rents that are on average \$293.00 per month.

NEW CANADA REVENUE AGENCY ANNOUNCEMENT

The Government of Canada has proposed new financial support measures (new benefits and increased credit payments) to make life more affordable for Canadians. A top up to the Canadian Housing Benefit would provide a \$500 payment to low-income renters.

**Call 1-800-959-8281
to determine your eligibility today!**

411 Senior's Centre

invites you for

Coffee and Conversation



At the Kingsgate Mall

Broadway & Kingsway
(Behind the hot dog stand)



EVERY TUESDAY

1 pm to 3 pm

**FREE COFFEE, TEA, SNACKS,
AND ACTIVITIES.**

55+ years of age are welcome!



411
SENIORS
centre society

Informed and Connected

"Join us - meet old...
and make new friends!"

info@411seniors.org 604-684-8171

Recipe: Crispy Cauliflower Buffalo Wings

by Jeannie Kamins



These Cauliflower, spiced-corn flake coated florets are baked making these an easy healthy alternative to chicken wings. They are great as an appetizer for the Super Bowl or even as a light meal. I make mine vegan, but you can even do this with chicken wings and butter... or a combo of both. Enjoy these tasty treats.

1. Preheat your oven to 400F (200C). Line a baking sheet with parchment paper.

2. In a bowl measure 1/2 Cup flour. In another bowl, mix together the 2T of ground flax and water. In a third bowl, Pulse in a food processor until broken down but still with some texture 4C of corn flakes, 1/2 t garlic powder, 1/2 ts smoked paprika, salt, and

pepper. Pour the corn flake mixture into a third bowl.

3. Rinse 1 head of cauliflower florets so they are wet. Take a handful at a time and drop them in the flour and toss to coat. Next drop them in the flax mixture and toss to coat. Finally, toss them in the corn flake mixture. Spread them out on the baking sheet so that they aren't touching. Repeat with all of the florets until you have used up all of your ingredients.

4. Bake 20 to 25 minutes, until golden brown and crusty, and the cauliflower is tender all the way through.

5. To make the buffalo sauce, mix melted vegan butter with a hot sauce of your choice. Serve the buffalo sauce on the side and dip as you go. You can also use a cream sauce if you prefer something cooler.



BC HYDRO Energy Saving Kit

If you live in an income-qualified household, you can get a free energy saving kit to help you save energy and make your home more comfortable all year. The kit includes: LED bulbs, LED night light,

high efficiency showerhead, fridge/freezer thermometer, H2O saving aerator, weather stripping and a step by step guide to install each product. Call **1-800-224-9376** to find out if you are eligible to receive a free kit and to order the kit over the phone.



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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twitter.com/411seniors



poweredbyage.com

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