

411 Seniors Centre Society OUR VOICE

Message from the 411 Executive Director

Happy Lunar New Year! gōng xǐ fā cái! I have to admit glad to see 2023 in the review mirror. What a busy year it was for yours truly and especially the end of the year.



As it was entirely expected, December was terribly busy at the Centre. The

December holiday events started with the first choir night and ended with a second choir night. Both events were well attended. We also had the first, I think ever, 411 Pancake Breakfast which was modestly attended (30 participants). The crowning achievement of our holiday events was the holiday lunches. It may have been a bit

overly optimistic to have them both on the same day, but it did allow us to leverage our kitchen and other volunteers. The second seating expectedly ran smoother as we learned from some of our mistakes. The best estimation is that we served over 140 hot turkey lunches which included fixings and pumpkin pie. Overall, we should all (staff & volunteers) be immensely proud of what we were able to offer our members over the holiday season. If you're a member that attended any of the holiday events or were just

here at the Centre, we would love to get your feedback. Next time you're here... please feel free to ask for me or fill out a feedback form at the front desk. We put a lot of effort into our holiday programs and we would appreciate the input from our members.

Cheers and have a wonderful 2024! *Michael Volker.*



411 Seniors Valentine's Day Bake Sale

Tuesday February 13, 2024
10:00 AM - 2:30 PM

Join us!
There is no charge for the event.



TAX TIME: We are happy that, once again, 411 will be assisting our seniors with their Income Tax Returns come this March. It is important that you call for an appointment at your earliest convenience. See you there!

DENTAL PLAN: Seniors are invited to sign up online for the Dental Plan that will be covering all costs of necessary dental procedures. Please call us at 411 for an appointment if you need some assistance to complete this process (604-684-8171).

Housing Spotlight

In November 2022, United Way BC's Seniors Housing Working Group released the report *Aging in Uncertainty: The Growing Housing Crisis for BC Seniors*. This report highlights the impacts of the seniors housing precarity crisis in BC and identifies 6 goals and 16 specific recommendations to address the crisis.



The Seniors Housing Working Group is committed to continuing to work to advance these goals and recommendations in 2024, and moving forward we will include a housing

spotlight once a month in the CORE BC newsletter to highlight housing-related news, issues, and resources.

Spotlight – Housing as a Human Right

In the *Aging in Uncertainty Report*, our narrative is framed around the fact that housing is a human right. The right to adequate housing has been recognized as a basic human right in the United Nations' Universal

Declaration of Human Rights. Canada is a signatory to the Universal Declaration of Human Rights, and the right to housing has been enshrined in federal housing policy through the 2019 National Housing Strategy Act, which states, "It is declared to be the housing policy of the Government of Canada to (a) recognize that the right to adequate housing is a fundamental human right affirmed in international law."

To learn more about housing as a human right please view the following resources:

From: *Aging in Uncertainty*, Nov. 2023 (United Way BC); Webinar Recording: *Housing is a human right: New actions to solve Canada's ongoing crisis* (Canadian Museum for Human Rights); Report: *Advocating For Change: The Housing Crisis In Canada*(Canadian Human Rights Commission); Video: *The Right to Housing in Canada: An Explainer* (Canadian Centre for Housing Rights)

Have you experienced ageism?

Written by one of our wonderful 411 Seniors volunteers, Cheng-En Lee

Ageism is an age-based stereotype, prejudice, or discrimination. It appears to be more subtle than racism and sexism, existing in a manner that even those who experience it may not readily recognize.

Common examples of age-

ism include birthday cards that portray negative images regarding aging, dramas making jokes of aging, and even news describing the aging population as a crisis. Most seriously, ageism in the health care system could influence older adults' rights to be correctly diagnosed and treated.

Ageism can sometimes be internalized, prompting individ-

uals to believe that they are incapable of doing tasks or activities they actually can. In other words, ageism limits people's imagination of their potential, especially retired older adults who are not obligated to work anymore.

What are your thoughts on ageism? How do you think we can change people's minds? Please share your thoughts and opinions.

Message from the President

Greetings to all! January has come and gone and hopefully that cold snap has come and gone as well! In February, we are gearing up to feature interesting workshops as well as our in-house programs (please see the 411 calendar at 411seniors.org).



We honour **Black History Month** with this year's theme: "Black Excellence", we celebrate with

our friends the **Lunar New Year** and how wonderful that it coincides with our very own **bake sale** for all those with a "sweet tooth" and ending

our shortest month with positive and progressive news of the dental plan for seniors!

At the heels of February, we follow with the month of March, a month where we celebrate **Women's History Month, St. Patrick's Day**, daylight savings time and the first day of spring. I also want to note that March is where 411 starts their **free tax clinic** for our seniors.

We are preparing our Centre with greeters, screeners and people with experience to assist you with your tax needs. Please call our Centre for more information (604-684-8171).

And on that note, I hope to see you soon at 411 - stay well, stay safe and stay Informed and Connected.

Marika Kocaba - President

New Seniors Advocate

The Province has appointed Dan Levitt as the new seniors advocate for British Columbia as government continues to support oversight and advocacy toward seniors care and the programs and services seniors need. As Dan Levitt takes on this position, we would like to thank Isobel Mackenzie for all that she has done, creating this post in government and for being an extraordinary advocate for seniors.

Lunar New Year

Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures. The actual date in 2024's Lunar New Year is February 10th; however, the most important event during the holidays is the family dinner on New Year's Eve, which is on Friday February 9th. Check out a compilation of events in Metro Vancouver surrounding this celebration, sourced from the Vancouver Sun.

Black History Month

Every February, people across Canada participate in Black History Month events and festivities that

honour the legacy of Black people in Canada and their communities.

The 2024 theme for Black History Month is: "Black Excellence: A Heritage to Celebrate; a Future to Build". This theme celebrates the rich past and present contributions and accomplishments of Black people in Canada, while aspiring to embrace new opportunities for the future.

Social Saturdays

Join us for Social Saturdays, a delightful gathering for members keen on connecting with others and forging new friendships. Enjoy complimentary coffee and tea, and treat yourself to delicious food for just \$2 on the last Saturday of every month. Mark your calendars and join us for our upcoming meeting on February 24th. Register today by visiting our center or calling (604) 684-8171. We look forward to seeing you there!



Recipe: Easy Butternut Squash Soup

In these cold and rainy days, I find soup to be comforting and even warms my soul.

INGREDIENTS

½ Tbsp. olive oil
2 garlic cloves minced
1 onion diced
1 butternut squash peeled, diced in cubes
32 ounces vegetable broth
1-2 tsp. salt

INSTRUCTIONS

In a dutch oven pot (or heavy pot), heat olive oil over medium heat. Add onion and garlic. cook until softened, about 5



minutes. Add cut up butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened. Carefully pour entire contents of pot into blender. Add salt. Carefully blend until smooth. Serve in bowls with thyme or sage if desired. Enjoy!

Laughter is the Best Medicine !

I used to know a couple who grew fruit trees together. They lived to a ripe old age.

These are not gray hairs! They are wisdom highlights.

Which underwear brand do seniors love best? ...It Depends.

Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck ...

I've decided: Whatever age I am is the new 30!

LOL....LOL....LOL....LOL!



411seniors.org

411 Seniors Centre Society

3502 Fraser Street, Vancouver, BC V5V 4C5

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 xʷməθkʷəyəm (Musqueam) Nations.



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