



411 Seniors Centre Society OUR VOICE

Message from the 411 Executive Director

Greetings Fellow Members, Lots happening! We have an exciting bunch of events and new programs starting over the next couple months but I'll let the program team provide the details.



Last month we got the big news that 411 received the *Navigation and Peer Support*

Backbone Program from the United Way of British Columbia – we had this program a couple years ago and are so pleased it is back with us. This program means that we will be providing I&R service providers across the Province with supports that are developed to encourage collaboration and enhance program delivery for both the clients of I&R services and the volunteers. You

may have already met Sogol Hosseini and Rebecca Lien two new staff members that will be dedicated to this new program. As well you may have already heard the good news about our Social Meals program this is another program brought to us through the United Way. Ryan will be managing this program that will be, as the title suggests, socializing around meals.

The goal is to have a “buffet” of classes for participants to choose from – these classes will be focused on culinary skills in other words simply put, these will be cooking classes with the main ingre-



Meet the 411 Superheroes - page3

dient being socializing and meeting new friends.

Thank you again United Way! We are very fortunate to have received the funding for these programs!

So look out for the posters related to the Social Meals Program and enjoy the nice weather. Bon Appetit!

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

Shelter Aid for Elderly Renters (SAFER) Subsidy Increase

The Province has made improvements to the SAFER program which will help support low-income senior renters. Current recipients will receive a one-time \$430 benefit and an increase in their monthly subsidy. There will also be an increase in the income limit for eligibility so more seniors will be eligible. For more information about the SAFER program, and find out if you are eligible for rental assistance, contact BC Housing toll free at 1-800-257-7756 or visit the SAFER webpage.



Senior Smiles: Promoting Oral Health in Older Adults

Dental health has been recognized as one of the most important aspects of our health, yet it has remained outside of Canadian health coverage and is often unaffordable. However, there is good news for older adults in British Columbia as they will have access to a new dental care program starting from May 2024.



Written and submitted by Jennifer De Sa

This program will provide coverage for a wide range of dental care services, including basic, major, and orthodontic services. All older adults who are 65 years or older will be able to benefit from this program.

Approximately 1 in 4 Canadians reported avoiding visiting the dentist every year due to cost, and according to the Canadian Dental Association, 32% of Canadians have no dental insurance.

An article written by George Hajishengallis, has also linked poor dental health with serious health conditions including dementia, cardiovascular disease, diabetic complications, and respiratory infections (2022).

As older adults age, their teeth go through changes

which can include:

- bones become less dense and strong,
- faster plaque build-up and in greater amounts,
- receding gums,
- increased tooth sensitivity,
- darker or yellower teeth.

Poor dental hygiene can lead to various consequences such as cavities, gum disease, dry mouth, and an increased risk of developing oral cancer. Therefore, it is essential for older adults to get regular dental check-ups to prevent these consequences and maintain healthy gums and teeth. What you can do:

- daily mouth care twice a day
- regularly flossing and brushing teeth with fluoride toothpaste
- limiting sweets, sugar-sweetened beverages, and smoking
- clean dentures daily and soak the dentures overnight in warm water or denture cleanser.

To find out if you are eligible for

the new Federal Canadian Dental Plan, please visit the link below:

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>

*If you require additional assistance with your application, 411 Seniors Society welcomes you to visit their center in person at 3502 Fraser Street, Vancouver BC V5V 4C5.

References

https://www.dondavies.ca/dental_care_for_all
<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/coverage.html#wb-cont>
<https://www.canada.ca/en/public-health/topics/oral-health/caring-your-teeth-mouth/senior.html>
https://www.cdc.gov/oralhealth/basics/adult-oral-health/adult_older.htm

**411 ANNUAL
GENERAL MEETING**

SAVE THE DATE!

**Please join us for our
annual AGM on June
24th, 2024 @1:00 p.m.**

**WHERE: 411 Senior
Centre Society –
3502 Fraser St.**

Hope to see you there!

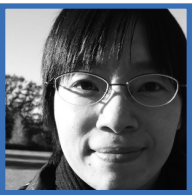
Meet the Super Staff of 411 Seniors Society...



Sogol Hosseini:

I'm Sogol Hosseini, and I'm thrilled to be a part of the dynamic 411 team! With expertise

in Urban Planning, Environmental Gerontology, and Aging Studies, I'll be contributing as a Peer and Navigation Support Senior Coordinator during the weekdays. On weekends, you'll find me indulging in my passions for photography, hiking, and exploring my new hobby playing the piano. Can't wait to meet you at 411!



Rebecca Lian: Hi, I am Rebecca. In my role, I help with the design and illustrations for 411's posters ie., programs

and events. I am also a Mandarin translator which comes in handy with some of the members here. I enjoy working with seniors; it's a rewarding experience that teaches me a lot. In my free time, I enjoy drawing, knitting, and spending time in nature. You can find me at the centre every Tuesday, Thursday, and Friday. Looking forward to meeting you!



Monica Murguia:

Monica works as the Volunteer / Membership Coordinator at 411 Seniors Centre. She has worked

with the Centre for 10+ years and is an integral part of a team that cares and advocates for seniors. Marika Kocaba, president of the society states, "When I think of Monica, I think of her gentle, soft-voice approach to our members. They love her for that fact!"



Ryan Natividad:

Hello, my name is Ryan and I'm currently the Food Co-ordinator and Operations Mana-

ger at 411 Seniors Centre Society. Before working at 411 Seniors Centre, I was a volunteer for 411 and university graduate. I never knew what to expect working in the social service sector, but was always eager to learn new things. Working with youth to seniors was a big transition for me but a welcomed one. I look forward to meeting all of our seniors and hopefully you are looking forward to know more about me.



Trudi Silva: Hi, I'm Trudi, the Office Administrator at 411. If you want to know about 411 memberships,

volunteer opportunities, or have any general inquiries, feel free to reach out to me anytime. Growing up surrounded by my mum and grandma, I value the wisdom and experience of seniors and being able to contribute to their well-being and support through 411 gives me great happiness. Beyond the office, you'll find me diving into Human Resources courses to stay current in my field, grooving to 90's tunes (even if I'm a bit off-key!), and experimenting with Sri Lankan cuisine.



Chloe Strauss:

Chloe is a dedicated community worker with a background in Anthropology and Social

Entrepreneurship from McGill Uni-

versity. She discovered her passion for supporting seniors while working at a non-profit organization in Montreal, which prompted her to pursue a master's in public health to expand her knowledge on healthy aging. She recently moved to Vancouver to spend more time doing her favourite outdoor hobbies: kayaking, camping, and going to the beach.



Michael Volker: Hi there, my name is Michael Volker, I am a Gemini and am the Executive Director at 411. Last

month I celebrated the anniversary of my first year at 411. I love 411 because of the people. I know everyone says that but it's true - I work with wonderful and caring staff, a dedicated board of directors and of course the resilient and loyal members. Organizations are only as strong as their people, and if 411 was to be judged by its people - we would be put in the category of SUPER HEROES!



Clemencia Gomez:

I am the Community Developer for the 411 Senior Centre. I am from Colombia. My pas-

sion is to build community and improve the lives of seniors, especially immigrants, women, and vulnerable people in society. With considerable experience, endless enthusiasm, and a talent for thinking outside the box, I collaborate with individuals, community groups and businesses to design meaningful programs that support the mission of 411 Seniors, "Seniors Helping Seniors".

Message from the President

We here at 411 are always happy to share news and information – all things related to health and wellness, community and the effect of current news and politics with the focus as it relates to seniors..



We have just celebrated our 1st anniversary at 3502 Fraser St. – and what a year it's been!

Our free tax clinic for seniors has filed over 1200+ tax returns. In addition, we continue our Information and Referral services throughout the year. Our priority has always been to strive to help those that are in need, our raison d'être.

Our programs are thriving: whether you are looking for an exercise class, ESL, Spanish, canasta, art classes, book club or you just want to meet up with your friends for a Soup and Sandwich meal (Wednesdays and Fridays at noon) or a Social Saturday – 3rd Saturday of the month – 10:30 – 12:30.

And each month, we feature Special Events Workshops, for example: Memory and Aging presented by

COSCO. Please check the calendar and feel free to call the centre for more information (604) 684-8171.

Wonderful news of both the Dental Plan and Pharmacare. Both of these free programs are national that require registration. Should you need help or more information with either of these plans, give us a call at (604) 684-8171.

A reminder that June is a time to show appreciation for the seniors in our lives and recognize their valuable contributions to our communities. It's also an opportunity to raise awareness about the challenges that seniors face and the resources available to support them.

In this edition, I would like to take the opportunity to introduce you our wonderful staff – these are the people who, along with the help of the board, drive the centre to its current successes and our future. **Welcome!**



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.



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411seniors.org



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