

411 Seniors Society Holiday Season Appeal

As the holiday season draws near, we find ourselves reflecting on the incredible community we've built together at 411 Seniors Society. This time of year brings with it an opportunity to give back and support the seniors who rely on our services, programs, and the friendship of others in our vibrant community.

As we approach the end of the year, we ask for your help to continue making a difference. Your generous donation this holiday season will ensure that 411 Seniors Society can keep providing the programs and services that make life brighter for seniors across our community. Your contribution will directly impact the lives of those who may be facing isolation, health challenges, or financial hardships, helping them stay connected, engaged, and supported.

No gift is too small, and every donation makes a tangible difference. Together, we can continue to provide a safe, welcoming, and supportive space for seniors, a place where no one has to feel alone, especially during the holidays.



If you are able to make a gift this holiday season, please visit our donation page:

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

or contact us directly at **604-684-8171** (phone) / info@411seniors.org (email). We also welcome donations by cheque, which can be mailed to our office at 3502 Fraser St, Vancouver, BC V5V 4C5.

From all of us at 411 Seniors Society, we wish you and your loved ones a joyous, peaceful holiday season. Thank you for being a part of our community and for helping us continue our work in the coming year.



Happy holidays from our E.D. , Michael Volker

Dear 411 Seniors Centre Society Members,

As the holiday season approaches, I want to take a moment to reflect on the incredible resilience, kindness, and spirit that define our community here at 411 Seniors Centre Society. It has been a year of growth, connection, support for one another and, most importantly Good Times!

While the world around us has continued to change, our commitment to serving seniors remains steadfast. We have been honored to offer programs and services that not only meet the needs of



our members but also bring us together in the spirit of community.

Your involvement, energy, and passion for making 411 Seniors Centre a welcoming space have made all the difference this year. We will have more exciting programs in 2025 as well we will be introducing a new software program that we hope will make everything a little bit easier on staff and of course you the members.

As we head into this festive season, I want to express my deepest gratitude to each of

you. Thank you for being a part of this vibrant and caring community. I hope you take this time to rest, enjoy the company of loved ones, and celebrate the joy that the season brings.

On behalf of the staff at 411 Seniors Centre Society, I wish you and your families a warm, peaceful, and joyful holiday season. We look forward to continuing our work together in the year ahead, and we are excited for all that we will accomplish in 2024.

Happy Holidays!

Warmest regards,
Michael Volker
Executive Director
411 Seniors Centre Society

Happy holidays from our President, Marika Kocaba

As the temperature drops, the cold brings with it the warm thought that the holidays are just around the corner. We here at the 411 Senior Centre are hoping to spread that holiday cheer (and warmth) with all our volunteers and members! It is such a joy for me to see these familiar, smiling faces - from the greeters at the reception area to I+R, both staff and volunteers, the ladies

and gents in the kitchen, the card players, book readers, instructors, dancers, story tellers, musicians, artists... and more. My heart is full knowing we can provide a safe, inclusive place for gathering and socializing. And as the holidays near – please remember that this is a time for giving and sharing – all donations will be greatly appreciated.

I thank you again for letting me be a part of 411 and I hope that the New Year brings us all good fortune and good health!

Marika Kocaba,
President – 411 Senior Centre Society
December 2024



Understanding loneliness and social isolation: A guide for older adults



As we age, we naturally experience changes in our social lives. Retirement, the loss of loved ones, or physical limitations can often lead to feelings of loneliness or social isolation. While these feelings are common, it's important to recognize that they don't have to be permanent. Understanding the difference between loneliness and social isolation and taking steps to address both can improve your well-being and help you build meaningful connections.

Loneliness vs. social isolation

Loneliness is an emotional state of sadness or emptiness that arises when our social needs aren't being met. On the other hand, so-

cial isolation is the physical lack of social contact or interaction with others. You can feel lonely even if you are surrounded by people, and you can also experience social isolation while still maintaining a close-knit circle. Both can significantly impact mental and physical health.

Why it matters

Loneliness and isolation are linked to increased risks of depression, anxiety, and cognitive decline. However, the good news is there are ways to combat them. For older adults, staying socially connected can improve overall health, boost mood, and even enhance longevity. Research shows that engaging with others can help maintain brain function, reduce

stress, and improve your quality of life.

Steps to combat loneliness and isolation:

1. Reach out to a loved one: Regular phone calls, video chats, or even letters can help you stay connected with those you care about, even if they're far away. Don't be afraid to reach out—many people are eager to reconnect but may not know how to start.
2. Join community groups: Look for local clubs, religious groups, or volunteer organizations. Many communities offer social events tailored to older adults, which can help you meet new people and form lasting friendships.
3. Engage in hobbies or new interests: Taking up a new activity, whether gardening, knitting, painting, or even learning a new language, learning something new can provide both a sense of purpose and opportunities to meet others with similar interests.

4. Consider technology: In today's world, technology can be a powerful tool for staying connected. If you're unfamiliar with smartphones or video calls, plenty of simple tutorials and support services are available to help you get started. Online communities, from exercise groups to book clubs, offer a

virtual way to socialize without leaving home.

5. Reach out for support: If you're struggling with feelings of loneliness or isolation, consider talking to a therapist or counsellor. Many professionals specialize in helping older adults navigate these challenges, and it's

okay to seek help when you need it.

Loneliness and social isolation are challenges that many older adults face, but they are not insurmountable. By taking small steps to stay connected - whether through family and friends, community, hobbies, or technology - you can find joy in meaningful relationships and enrich your life at any age. Remember, it's never too late to build new connections and rediscover a sense of belonging.

Did you know these facts?

Social Isolation and Loneliness Fact Sheet

Social isolation and loneliness (SI/L) are common public health concerns that affect the physical and mental health of older adults, including reduced engagement in healthy behaviours, and higher mortality.

Estimates indicate that between 20 - 30% of older adults experience loneliness some of the time or more, and over 50% experienced loneliness during the pandemic.

Being older, female, living alone, and a member of a marginalized group places older adults at higher risk of SI/L.

Some of these risks include race/ethnicity, partnership status, living low income, poverty, lower education, living in remote/rural environments, and poor health status, such as having multiple chronic conditions, functional challenges and/or mental health conditions.

SI/L has also been linked to negative health outcomes for older adults such as depression, sleep problems, and anxiety. Other impacts include reduced happiness, and lower life satisfaction and psychological well-being.

Older adults experiencing SI/L have been shown to

have lower access to community and health care services. It is therefore vital to build supports for community organizations serving older adults.

Protective factors that foster resilience against SI/L include: strong support networks, leisure pursuits, social participation, living with others, and access to technologies.

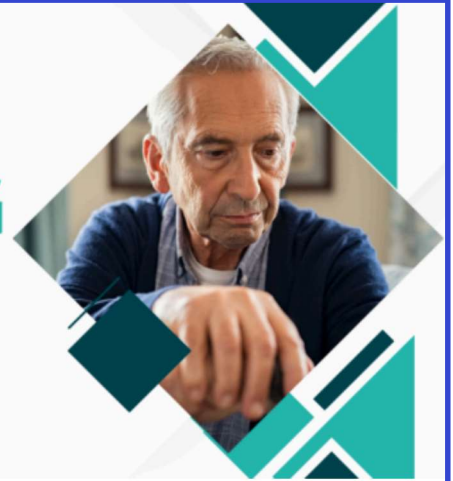
Prepared by:

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Gerontology Research Centre, Simon Fraser University

REFRAMING AGEING

Let's Talk About Ageism



What is ageism?

The World Health Organization defines ageism as "...the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age."

Studies on ageism report that it occurs most often in the workplace, health care, the media, and the legal system. Ageism can impact an older person's self-worth, independence, safety, mental and physical health, social life and even financial well-being.

Office of the Seniors Advocate Survey on Ageism

The Office of the Seniors Advocate wants to hear from British Columbians about their perceptions and experiences with ageism, particularly related to seniors.

We want to know more about how people feel ageism is impacting their lives to inform future work of our office. Please complete the short, anonymous survey below to share your perspective and experience.

Is ageism an issue in B.C.?

Take the online survey to share your perspective:
www.SeniorsAdvocateBC.ca/topics/ageism-survey

For a printed survey, please pick up a copy at 411 reception.

The survey will be open from **November 12 to December 13, 2024.**

How to stay healthy this holiday season?

1. Stick to a routine
2. Eat a well-balanced diet
3. Manage stress
4. Stay active
5. Listen to your body.



HOLIDAY EVENTS @411

Dec 14

Saturday, 9am-12pm

Santa's Pancake Breakfast

30 tickets are available, please register.

Dec 17

Tuesday, 12pm-3pm

Clemencia's Holiday Potluck Party and Dance

Bring food or pay \$5.

Dec 18

Wednesday, 1pm-4pm

Holiday Turkey Lunch - \$12

Members only! (60 tickets are available. Please register.)

Dec 20

Friday, 1pm-4pm

Holiday Turkey Lunch - \$12

Members only! (60 tickets are available. Please register.)

Dec 23

Monday, 12pm-3pm

Accountant's Holiday Potluck, Leftovers & Caroling (Bring food or pay \$5. Please register.)

Dec 28

Saturday, 10am-12pm

Saturday Social - \$2

Please register.


Dec 31

Tuesday, 5:30-8:30pm

New Year Celebration In Nova Scotia - \$15

Members only! Please register.

Please see the front desk in person for registration/paid.
All events have limited capacity.



Mable Elmore Congratulations

We at 411 Seniors Centre Society would like to extend our heartfelt congratulations to our friend and dedicated supporter, Mable Elmore, on her re-election to the BC Legislative Assembly representing Vancouver-Kensington. Achieving this milestone of five consecutive terms is a testament to her unwavering commitment and dedication.

Mable has been an inspiring advocate for the community, championing initiatives that support seniors and enhance their quality of life. Her consistent efforts to listen, engage, and act on behalf of seniors have made a meaningful impact, not just on our centre but



throughout the broader community.

Thank you, Mable, for your steadfast support of 411 Seniors Centre Society and the seniors we serve. We are grateful for your continued partnership and look forward to many more years of collaboration to uplift and empower the senior citizens of our community.

Congratulations once again, Mable, on this well-deserved success!

Becky White is the 2024 recipient of the Schlegel - UW RIA Scholarship



Congratulations to PhD candidate Becky White, the recipient of this year's Canadian Association on Gerontology's Schlegel-UW RIA Scholarship for her academic excellence and dedication to supporting older adults in the community.

Welcome Alan Louie



After 20 years of working in various large organizations, Alan has finally found a home at 411, where he thrives by making a positive impact in the lives of seniors. The best part of his role is bringing daily smiles to the faces of valued senior members.

He also finds great joy in collaborating with the amazing volunteers and staff; it's truly a team effort that leads to remarkable results. Alan relishes the fun and challenging nature of his work, which keeps him engaged and motivated.

Outside of work, Alan enjoys spending time with his family, dedicating himself to creating new experiences and lasting memories together.



Roasted Vegetable Curry Soup

Ingredients:

- 1 cup carrots (chopped), 3 cups cauliflower (tops only)
- 2 Tbsp avocado oil, 1 ½ tsp curry powder, 1 tsp salt, ½ tsp garlic powder, ½ tsp turmeric (optional), ¼ tsp black pepper, ¼ tsp red pepper flakes (optional)
- 14 oz coconut milk
- 2 cups vegetable broth
- 2 Tbsp tomato paste
- 1 tsp curry powder (optional, for added flavor)
- 3 bay leaves, salt & pepper

Instructions:

1. Preheat oven to 400°F. Toss chopped carrots and cauliflower with oil, curry powder, salt, garlic powder, and optional spices on a baking sheet. Roast 30-40 minutes until golden.
2. Blend roasted vegetables with coconut milk until smooth.
3. Pour into a pot, add broth, tomato paste, and bay leaves. Bring to a boil, then simmer for 5-10 minutes.
4. Remove bay leaves, serve with toppings like fresh herbs, croutons, or toasted seeds. Enjoy!

411's I&R Service

At 411 Seniors Centre, our Information and Referral (I&R) service helps seniors navigate public systems and community resources. Whether in-person or by phone, each client receives personalized support from a trained volunteer who assesses their needs and provides tailored information.

Through I&R, we help seniors feel connected and supported, ensuring they can access the services they need to live independently and with dignity. Our goal is to provide not only the answers but also the confidence to navigate systems with ease.

For assistance, please call 604-684-8171 to schedule an appointment with one of our volunteers.

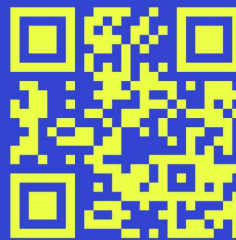
411's Tax Clinic Beats National Average

"Last year, 3,410 organizations and 15,9701 volunteers helped more than 758,540 individuals! Your efforts made a real difference in your community."

The average number of individuals served per organization 222.4.

411 Senior Centre serviced over 1,200 individuals which translates to over 5 times the national average!!!

KUDOS TO OUR WONDERFUL VOLUNTEERS!!!



411seniors.org

411 Seniors Centre Society

3502 Fraser Street, Vancouver, BC V5V 4C5



604-684-8171



info@411seniors.org



411seniors.org



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Holiday closures

411 Seniors Centre will be closed **from December 24th to January 1st.**