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Finance
Chair: N. Michael Ross

Membership
Chair: Gail Harmer

The Board of Directors of the 411 Seniors Centre Society is very happy to announce that our **NEW HOME** is located at: **7th floor, 333 Terminal Avenue, Vancouver, BC V6A 4C1.**

We are one block away from Main Street Sky train Station where buses #3 Main and #8 Fraser run regularly. There is free street parking along Terminal Avenue and paid parking close by. There is also a Tim Horton's conveniently located across the street.



Watch the website (www.411seniors.bc.ca), keep an eye out for posters and look for the latest newsletter.

411's Board and Staff are committed to making this transition to our new home as smooth as possible. Rest assured, we will keep you informed of details, such as program start up dates and others, as they emerge.

411 Seniors Centre
Phone: 604.684.8171
Email:
contact411@411seniors.bc.ca

Continue to check out www.411seniors.bc.ca
News & Updates section to be in the know on all the issues facing seniors and current information from the 411 Seniors Centre Society.



Garage Sale Tue. April 3 & Wed. April 4

9:30 am to 2:30 pm in the 411 Cafeteria

Mark your calendars now so you don't miss out!

Remember!

The Income Tax, Drop-in Cafe and Information and Referral will remain open until April 20 to help Seniors Stay Connected.

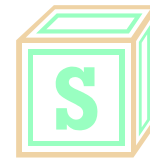


Volunteers are running the coffee shop Monday through Friday from 9:30 am to 1:30 pm. If you're interested in volunteering, please contact Sara for more details.



Be sure to use the Suggestion Box. It's in the Main Lobby to the left of the elevator.

We're still eager to hear from you.



411 Staff Directory
Sandra Gebhardt CEO
Janis Kaleta Building Projects Manager
Sara Tinaburri Programs and Events Manager
Maribel Maroni Executive Administrator
Monica Murguia Administrative

Income Tax Clinic

Still going until April 20th, 2012
Monday to Friday 8:30 am to 1:30 pm
(ending time may vary)
East Room, 2nd Floor



Members Information Session

The 411 Seniors Centre Society Board of Directors will be hosting an information session about our new location on Monday April 2nd at 2:30 pm in the cafeteria.



Please feel free to contact us at:
Tel.: 604.684.8171
E-mail: contact411@411seniors.bc.ca

TEN FREQUENTLY ASKED QUESTIONS FOR 411

1. How can we contact 411 and the Board?

The Board would love to hear from you. Please email the membership chairperson, Gail Harmer at gcharmer@telus.net. If you don't have computer access, please leave your name and phone number with the receptionist and Gail will give you a call.

2. We heard the 411 is closing for good, is that true?

The Society is **not closing down**, only moving to a new location. Due to the sale of the building, the 411 is vacating its current site at 411 Dunsmuir on April 30, 2012. **We will be reopening May 2012**, watch the website for more details.

3. Have you found a new space yet?

Yes! Our new location is 333 Terminal Avenue - Vancouver, BC V6A 4C1 on the 7th floor.

4. Will you still be located in the area?

We will be in the downtown area with excellent public transportation.



5. Are programs still being offered at the 411?

Yes, the 411 will continue to offer programs from this location until March 30, 2012.

6. What about Information and Referral (I&R)?

I&R is still being offered and will continue to be run out of the new location. Stay tuned for details.

7. What about the Income Tax clinic?

The Income Tax Clinic will be offered as usual and continue until April 20, 2012.

8. Is the cafeteria open?

It is open until Friday April 20th, for all seniors and volunteers to drop in and have coffee and baked goods. It no longer is open for meals. Please come by and connect with friends over a cup of coffee.

9. Can we still volunteer?

Yes, we are always in need of volunteers. Please call Sara at 604-684-8171 Ext.237 or e-mail stinaburri@411seniors.bc.ca for more details.

10. Can we still become members after March 31, 2012?

Yes you can, just call Maribel at 604-684-8171 Ext.222 or email

Ombudsman's Report – *It's about time*

Last week board members, Elsie Dean, Art Kube, Gail Harmer, Patrice Pratt, Mohinder Grewal and Sandra Gebhardt, 411 Executive Director, along with over 100 interested people, attended a presentation on the **Ombudsman's Report "The Best of Care: Getting it Right for Seniors in British Columbia"**. Much has been and is being said about this thorough and extensive report, including, *it's about time!*

We couldn't agree more. *It's about time* that we have Provincial Standards for seniors in care; *it's about time* we have appropriate information programs in place so that seniors do not feel they are lost in a maze when they try to find out where to go and what to do for health and home care services. *It's about time* we have an independent seniors' advocate in place to bring abuse and misuse to the public's attention. *It's about time!*



Alice Edge with the BC Health Coalition says, "If governments are serious about reducing costs, they will invest in home and community care services that help keep people out of expensive hospital beds."

The Ombudsman's Report is over 450 pages and has taken the better part of four years to investigate and publish. You can read or scan the report on the web at <http://www.ombudsman.bc.ca/seniors/seniors-care-investigations/seniors-report-part-two> or you will find it at your local library.



Influence that Marketing of Prescription Drugs has on Doctors Prescribing

On February 13th Board members Indrajith and Elsie attended a report on a study: **Representatives and Patient Safety**. It was a international comparative study to examine the influence on the quality of information that sales representatives provide to practising physicians.

Free drug samples may lead to higher costs for uninsured patients by encouraging physicians to write prescriptions for brand-name only drugs. We learned that in France this practice is not allowed.

Discussion on the study also focused around the dangers of poor prescribing information on drugs and the harm caused by insufficient testing of drugs as one leading cause of deaths.



The presenters of the study advised seniors to ask your doctor questions about the medications being prescribed and avoid asking your doctor to prescribe medications that you have seen advertised.