



411 Seniors Centre Society

Seniors Staying Connected

**411 Seniors Centre
Society**
#704-333 Terminal
Avenue, Vancouver BC
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contact411@411seniors.bc.ca

BOARD MEMBERS

Elsie Dean
President

Patrice Pratt
1st VP

N. Michael Ross
2nd VP

Gail Harmer
Secretary

Ian Buck
Treasurer

Judith Stark
Past President

Mohinder Grewal

Ann Hyldtoft

Ponnambalam (P.A.)
Indrajith

Arthur (Art) Kube

Charmaine Spencer

COMMITTEES

Policy & Planning
Chair: Art Kube

Finance
Chair: N. Michael Ross

Membership
Chair: Gail Harmer

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The Stars are Aligning.....

If I was somebody who believed in Astrology as something more than a fun thing to read in the morning paper; I would say that Mercury has been in retrograde for The 411 for the last year bringing with it a variety of challenges, the least of which was saying goodbye to our old home at 411 Dunsmuir. Now as Mercury moves on, we can see the stars are aligning for a better and brighter future.

Monday June 4, 2012 The 411 welcomed its members to their new home and while the location and décor and size might be different, the programs and services will still remain true to The 411 mission and vision. The Information and Referral volunteers have already set up at the new site and started seeing clients within days of the move. Committees are being struck to develop programs and increase membership and of course, fundraise. The Board is eager to start planning for tomorrow and will be seeking input from members as they look to the future. Funders too recognize the important role the 411 plays in the seniors community and recently we were the recipients of a new \$50,000 grant from the United Way that will allow to strengthen and enhance many of our programs.

As always, the first focus for the organization is to stay connected to and engaged with its members; the membership committee is working hard to bring in new members who would like the opportunity to be a part of an organization with strong, deep roots in the seniors community.

Yes, there have been many, many changes at the 411, but what has not changed is the commitment and support shown by the many volunteers/members who took on any task that needed to be done including the dreaded packing and unpacking. They stood along side the staff and board as we locked the door at 411 Dunsmuir and they were there when we reopened at 333 Dunsmuir. For they are the True Stars of the 411 Seniors Center Society and it is because of wonderful people like them that we are able to say with great confidence that the 411 Seniors Centre Society is ready to reclaim its position as a leaders in the field of providing programs and services for seniors.

Sandra Gebhardt
Executive Director

In partnership with:



vancouver
foundation



IMPORTANT: SEPTEMBER 6TH, 2012 ANNUAL GENERAL MEETING DATE

The 411 Seniors Centre Society's AGM will be held on Thursday September 6th, 2012. Time and location to be announced.

Would you like to have your name stand for Election of Board Directors? If so, please contact the Nominating Committee Chair, Past President Judith Stark judstark@telus.net or the ED, Sandra Gebhardt sgebhardt@411seniors.bc.ca or call 604.684.4278 Ext. 242

The Election Process as per the Society's Constitution and By-Laws is noted below:

The Election of Directors shall proceed as follows:

- The Nominating Committee shall bring forward to the AGM a slate of nominees for directors after posting said nominees four (4) weeks before the meeting;
- There shall be no nominations from the floor at the AGM;
- The Board Secretary shall bring forward a list of other nominees nominated three weeks after the posting of the slate of nominees;
- If the total number of nominations is over 16 there will be an election. If there are 16 or less nominated, then the nominees will be elected by acclamation;
- The Nominating Committee shall conduct an election;
- The directors shall select table officers at the first meeting of the directors which shall take place immediately after the AGM and be chaired by the immediate past president or the Executive Director in the event that there is no past president.

If you would like to see a full version of the Constitution please contact the Membership Committee Chairperson Gail Harmer gcharmer@telus.net or leave your number with the receptionist and Gail will return your call. You can also go to our website at www.411seniors.bc.ca

Benefits of Volunteering

- #1 Volunteering connects you to others within the community
- #2 Volunteering is good for the mind, body and soul
- #3 Volunteering brings fun and fulfillment to your life
- #4 Volunteering allows individuals the opportunity to grow and use their skill sets
- #5 Volunteering helps organizations, like the 411, continue to provide essential services and programs to the community

Volunteer Recognition

Marianne has been a volunteer and member since 2007. Her journey started with the 411 Seniors Centre, when she received a fax at her previous job about various volunteer opportunities the 411 currently had vacant. She took it upon herself to apply for a volunteer position when her work was going through major renovations. She first started as a Thrift Store volunteer and eventually became a volunteer receptionist and from there began volunteering for the income tax clinic, events and other administrative areas. Marianne has proven herself to be completely dedicated to the 411 and is a true example of what it means to be a volunteer. Marianne is also an avid participant in yoga and French and attends as many workshops as she can throughout the year.



411 Seniors Centre Out and About...



One of the most important roles The 411 plays in the community is raising awareness and becoming informed about Seniors Issues. Recently, Board, staff and volunteers have attended a number of workshops and information sessions dealing with a number of these issues. The 411 has been well represented at a number of presentations given by the Ombudsman and will continue to implement a number of the initiatives put forth in her report. We will also be supporting the creation of an Independent Seniors Advocate position, something that is long over due.



Other places we have been are the Renters Rights Workshop; the upcoming Healthy People, Healthy City Forum, Seniors Advocate Consultations, West End Seniors Planning Table, Metro Vancouver "Building Community Connectivity", one of the series in the project for a "Sustainable Vancouver." Vancouver Community of Practice/Homeless Seniors Initiative Workshop. The primary motivation is to begin to build a network of practitioners for purposes of ongoing professional development and collaboration. We've attended other stakeholders meeting such as; BC Transit cancellation of Taxi Saver tickets for qualifying seniors and disabled; the Reach Community Health Centre - a non-profit community health centre on Commercial Drive engaged in a community needs research project; the Community Response Network. Attending these types of meetings and round table discussions has allowed volunteers and staff to continue to provide and promote essential services and to be educated on current trends and issues pertaining to the senior population and people on disability.

**The article below is an Excerpt from the Seniors BC Newsletter
May 2012 Edition**

Protecting Vulnerable Seniors

Improving Care for B.C. Seniors: An Action Plan includes a commitment to ensure the protection and safety of seniors through the development of a provincial elder abuse prevention, identification and response strategy by December 2012.

To help inform the development of the strategy and to identify priority action areas, Government invited community experts across the province to take part in regional consultations in February and March 2012. Consultations included various sectors (health, legal/justice, finance, education), as well as Aboriginal, multicultural, community-based, and senior-serving organizations. For more information on elder abuse prevention, visit the 'preventing elder abuse and neglect' pages on the Seniors BC website or email SeniorsAdvocate@gov.bc.ca



SUMMER PROGRAMS INFORMATION

Participation for any programs requires a 411 Seniors Centre membership (\$12 for 1 year).

If you are interested in becoming a member or would like to register for a program please see the volunteer receptionist.

Summer programs will start the first week of July and run until the end of August, unless otherwise indicated. For programs that require payment, you may purchase a program receipt voucher at the front desk, open Monday to Friday 9am-4pm.

Dates, times and room locations are subject to change. On occasion drop-in programs suspend for brief periods of time to ensure program instructors are afforded breaks throughout the year - so if you are interested in attending a program please contact reception 604-684-8171 to ensure the program is running during that time. Thank you.

In addition to the drop-in programs, we offer a variety of daily activities. These include puzzles, scrabble and chess, all located in the social drop-in area, open Monday to Friday from 10am to 3pm.

For schedule information please refer to the SUMMER PROGRAM SCHEDULE page.



INFORMATION & REFERRAL SERVICES

The 411 Seniors Center Society has an Information and Referral Support team who have a wealth of experience and knowledge addressing many issues and concerns relative to older adults and others, in our community. This is a free service; however, **donations are greatly appreciated!** These volunteers support clients on a variety of topics including but not limited to the following:

- Seniors' Benefits (CPP, OAS, GIS, Disability Pension)
- Housing (shelter referrals, BC Housing programs, SAFER)
- Income Taxes (*please call ahead of time for the schedule*)
- Referrals for Legal Information
- Commissioner of Affidavits services (*please call ahead of time for the schedule*) & filling out Applications
- Other information includes, but not limited to: health issues, consumer protection, low-income community and health services (dental, medical etc), and government service referrals.

If you need to see an Information & Referral Support Volunteer, please drop in Monday to Friday from 9am to 3pm. This is a first come, first served service. For more information on these services please contact Sara, Volunteer & Programs Coordinator, at stinaburri@411seniors.bc.ca or call 604.684.8171 (227).

If you require assistance in a language other than English, we have volunteers who speak: Punjabi, German, Tamil, Mandarin, Cantonese, Swedish and Dutch. To inquire when those volunteers are available, please call **604.684.8171** and ask our volunteer receptionist.

Seniors Outreach Services: If you are unable to travel to the 411 Seniors Centre and you live in Vancouver, we have Seniors Outreach Volunteers that provide the same services as our in-house Information and Referral Volunteers, and can come to your home. Please contact Monica, Membership/Support Coordinator, at mmurguia@411seniors.bc.ca or call 604.684.8171 (224) to make a referral for yourself, a client, a family member or a friend.

JULY 2 TO AUGUST 31 PROGRAMS SCHEDULE

MONDAYS:

YOGA

Starting in the fall, please stay tuned for more details.

COMPUTER & INTERNET LAB ACCESS

9am to 4pm

Drop-in

By donation (Printing: 15 cents per copy)

TUESDAYS:

ENGLISH AS A SECOND LANGUAGE (ESL)

Starting in the fall, please stay tuned for more details.

COMPUTER & INTERNET LAB ACCESS

9am to 4pm

Drop-in

By donation (Printing: 15 cents per copy)

TUESDAYS:

MANDARIN

11am to 1pm

Cost: \$3 per drop-in (all levels welcomes)

Interested in learning Mandarin? This class covers the basic skills of speaking, listening, reading and writing in a friendly and comfortable environment.

Instructor: Mina

FRENCH

Starting in the fall, please stay tuned for more details.

SPANISH

Starting in the fall, please stay tuned for more details.

COMPUTER & INTERNET LAB ACCESS

9am to 4pm

Drop-in

By donation (Printing: 15 cents per copy)

WEDNESDAYS:

YOGA

Starting in the fall, please stay tuned for more details.

DRAW & PAINT

Starting in the fall, please stay tuned for more details.

MAHJONG

9am to 3pm (ending time may vary)

Drop-in, By donation

WEDNESDAYS CONTINUED:

BRIDGE

12:30 to 3pm

Drop-in, By donation

COMPUTER & INTERNET LAB ACCESS

9am to 4pm

By donation (Printing: 15 cents per copy)

Drop-in

THURSDAYS:

ENGLISH AS A SECOND LANGUAGE (ESL)

Starting in the fall, please stay tuned for more details.

OPERA

12:30pm (ending time varies)

Cost: \$2 per drop-in

(See Opera Schedule for details)

COMPUTER & INTERNET LAB ACCESS

9am to 3:45pm

By donation (Printing: 15 cents per copy) drop-in

411 SENIORS RADIO SHOW

Airs live on 102.7FM Co-op Radio between 2 and 2:30pm. Discussion points typically consist of senior's issues and trends and current events. Hosts: Roger & Ray

ZUMBA

Starting in the fall, please stay tuned for more details.

FRIDAYS:

YOGA

10:00am to 11:30am

Cost: \$3.50 per drop-in

July 6 to 27

This class is a unique combination of gentle stretching and strengthening exercises plus dynamic breathing and relaxation exercises that reduce stress.

MAHJONG

9am to 3pm

By donation,

Drop-in

COMPUTER & INTERNET ACCESS

9am to 4pm

By donation (Printing: 15 cents per copy)

Drop-in

OPERA SCHEDULE

Every Thursday starting at 12:30pm

Date	Opera Showing	Length
August 2	Three one act operas by G. Puccini	3hrs
August 9	The Tsar's Bride by Rimsky Korsakov	1 hr 40 min
August 16	War and Peace by S, Prokofiev	3hrs 30min
August 23	Xerves by G.F. Handel	3 hr 10min
August 30	The Magic Flute by W.A. Mozart	3 hrs

Is your membership about to expire? Do you know someone who would like to join? For membership renewal or becoming a new member please fill out the information below:



MEMBERSHIP REGISTRATION

Privacy Statement: We do not use or disclose personal information for any purpose other than those for which it was collected, except with consent or as required by law. Personal information is retained only as long as it is necessary for the fulfillment of the purposes for which it was collected, or as required by law.

Mr. Mrs. Miss. Ms.

Full Name: _____

Full Address: _____

Phone _____ Alternate Phone _____

Date of Birth (mm/dd/yy) ___/___/___ Email Address: _____

Who should we contact in the event of an emergency?

Name _____ Phone _____

By signing this form I agree to abide by the 411 Seniors Centre's Standard of Behaviour, which reads: "The 411 Seniors Centre is committed to providing a meeting place where everyone is safe and is treated with courtesy, dignity and respect. Behaviour which is discriminatory, violent or threatening will not be tolerated."

Signature _____ Date _____

For office use only:

Tick One: NEW RENEWAL REPLACEMENT (\$2.50)

Tick One: REGULAR (55+) AFFILIATE (54 and under)

DATE _____ MEMBERSHIP NUMBER _____ MEMBERSHIP FEE \$12 for one year

411 STAFF DIRECTORY

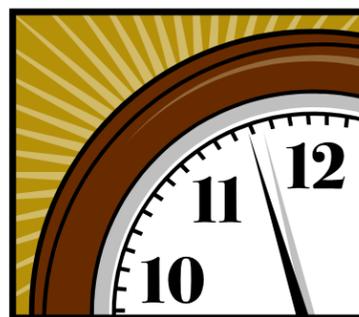
Sandra Gebhardt
Executive Director

Janis Kaleta
Office Manager

Maribel Moroni
Research & Resource Coordinator

Sara Tinaburri
Volunteer & Programs Coordinator

Monica Murguia
Membership/Support Coordinator



**411 Seniors Centre Society's Hours
Open Monday to Friday**

General Hours of Operation	9am-4pm
Information & Referral Department	9am-3pm
Computer Lab	9am-4pm
Social Drop-in Area	10am-3pm

prevention workshop



Thursday, July 19th

10am to 12pm

Members: Free

Non-members: \$5

#704-333 Terminal Avenue, Vancouver



Dr. Terry Tucker, D.C. will be providing a 2 hour workshop on how to regain and maintain your overall long term health and will be covering various topics surrounding areas such as joints, bones nerve system and spinal stability as well as how to treat injuries.

There will also be an exercise display on how to move your joints safely and a free foot clinic service, diagnosis and computerized gait scan will be provided for participants.

What is Gait Analysis & Orthotic Therapy?

Even a small functional problem in the feet can place uncomfortable stress on the body. For many people, pain may start from the ground up, so prescription orthotics can help.

We use visual and computerized pressure plate technology to diagnose dynamic foot issues. Orthotics are now available for most shoe styles and can also be obtained in a custom built sandal or shoe.

Many insurance policies help with the cost of orthotics and for those with no insurance we have a yearly clinic where can offer a supplier volume discount.

Please register in person at the reception desk or call 604-684-8171 and book your seat. We hope to see you there!

How can we contact 411 and the Board?

The Board would love to hear from you.

The Board meetings take place the 4th Monday of the month. If you would like make a presentation to the board please submit a request in writing two weeks prior to the meeting. Address it to the Board President c/o the Executive Director .The Membership Committee Chairperson Gail Harmer can also be reached at gcharmer@telus.net or leave phone