

509 East Hastings St., Vancouver BC, V6A 1P9 | T: 604-254-2194 | F: 604-254-2150 | www.vsms.ca

2012 HIGHLIGHTS

• Over and above the renovations and improvement work done to our Seniors Centre in the previous years, this year we were again able to upgrade the facilities within our Centre when we received a \$8,050 grant from the New Horizons Grant for Seniors Program. This grant enabled us to replace our worn out Pool Table and our old 24" TV with a new 55" Flat Screen TV along

with related audio-visual equipment. These improvements over the past few years have resulted in a slow but steady increase in our membership.

• Based on our statistics and survey results, we concluded that we should make our experiment with providing a full Saturday morning breakfast an ongoing part of our regular program, with an aim to engaging more seniors in participating in the day program at our Seniors Centre.



BOARD CHAIR, GARY McDONNELL, CARVING ROAST PIG AT CHINESE NEW YEAR CELEBRATION

Chinese Outreach Project



SENIORS OF OUR CHINESE OUTREACH PROGRAM CELEBRATING THE MOON FESTIVAL IN SEPTEMBER

Falling on the 15th day of the 8th month according to Chinese lunar calendar, the Mid-Autumn Festival is the second grandest festival after the Spring Festival for the Chinese. Because the full moon is round and symbolizes reunion, all family members try to get together on this special day. The Chinese Outreach Project celebrated this meaningful time of the year with a group of young-at-hearts who could not hide the glee in their eyes when each of them was presented with a cute little lantern.

Continental Seniors Centre

EXCITING CHANGES!

Thanks to a grant from the United Way, we are revitalizing the Continental Seniors Centre, a living room atmosphere on the third floor of 1067 Seymour Street. We are reaching out to seniors in the area to help decrease social isolation by enticing them with programs that focus on social interaction and fun. Our volunteers are the life blood of our Seniors Center. Our monthly birthday parties, Gentlemen's Lunch, Ladies Lunch, and shopping excursions give seniors events that can be looked forward to. Our weekly drop in art sessions, piano with Peter, and games provide a sense of continuity and something to come out to during the week. Special events provide variety and acknowledgement of events and holidays that the members of the Downtown South



find important. We provide a place where seniors can get referrals, information about services, or have someone who will listen to their concerns. This is just the beginning.



Seniors Helping Seniors since 1958

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NEIGHBOURHOOD HELPERS OUTREACH PROGRAM

Downtown South

Finishing the year off on another wonderful note. This last year we provided one to one support to many



TEAM WORK! STAFF AND VOLUNTEERS OF NEIGHBOURHOOD HELPERS PROJECT - DOWNTOWN SOUTH

isolated frail seniors in the community. Our volunteers visited seniors in their home regularly as a social connection, bringing them a hot meal, taking them to much needed appointments and bringing them to the Continental Seniors Centre to just hang out. The regular connection kept many of the seniors out of hospital or long term care and gave them a sense of belonging.

We have partnered with five local seniors from various agencies to develop a survey to better understand what the needs of seniors are in the community. This committee brings with it a wealth of knowledge and experience. Information obtained by the survey will be used to provide services and decrease isolation.

Nine volunteers participated in the Bowen Island Retreat this spring, building team and collectively problem solving as to how we can improve the program. Four outside agencies

provided training to the volunteers on various topics such as Mental Health, Safety, Nutrition and BC Housing.

Programs facilitated by the Downtown South Neighbourhood Helpers:- Community Kitchens, Coffee Houses, Housing Application Assistance, Meal Programs and one to one support continue to be a great people pleaser and a much needed venue for people to connect.

Downtown Eastside

We secured a Small Neighbourhood NHP Retro Disco for Seniors this winter and we have joined social networking by opening a Youtube channel where we post videos of events that we are involved in... our channel is called **downtowneastsidehnp** - please look us up. We are working on our 3rd Annual Holiday Shoe Box Drive for DTES Seniors aged 60+ and hope our efforts brighten the lives of many seniors in our community.

Neighbourhood Helpers volunteers work together with seniors living in Vancouver's Downtown Eastside to build and strengthen our neighbourhood by developing a healthy community spirit.



NHP DOWNTOWN EASTSIDE VOLUNTEERS: (FRONT - LEFT TO RIGHT) CHOI PING, JOSEPH, CHARLIZE, DONNA, LORELEI AND PAUL (BACK - LEFT TO RIGHT) ROBERT, CHUCK, NEIL, RALPH, CHRISTINE, SAM AND JEFF

Christmas is coming: Please help!



We will be hosting our Christmas Celebration brunch at our centre to celebrate Christmas with our seniors. We do not charge for this event, and we need your support to make it possible. Your donation provides support for all our programs. If you can help, please call us at 604-254-2194.

THANKS TO OUR 2012 FUNDING PARTNERS:

City of Vancouver, Vancouver Coastal Health Authority, United Way of the Lower Mainland, The Province of British Columbia, Face the World Foundation, Government of Canada New Horizons for Seniors Program, Spectra Energy Canada, Soroptimist International of Vancouver and you, our loyal individual supporters.