

2016 HIGHLIGHTS

- Three new Board members added, strengthening our team in the areas of financial, management and human resources.
- Board and staff members working on a Visioning Exercise to address changing demographics and emerging needs for seniors in our community.
- Executive Director took part in the Vancouver Foundation & City of Vancouver Cohort Training to find ways of dealing with systemic issues facing Chinese seniors in the DTES and Strathcona areas, and delivery of services to meet their needs.
- Collaborated with the UBC Learning Exchange and NICCSS to organize a Seniors Forum on the topic of Seniors' Isolation (December 2, 2016).



SENIORS HAD FUN TAKING THE FERRY FROM GRANVILLE ISLAND

- ADDED PROGRAMS/ACTIVITIES AT THE DOWNTOWN EASTSIDE SENIORS CENTRE: Laughing Yoga; Interest classes in Pop Singing for Mandarin and Cantonese Speaking Seniors, Line Dancing and Chinese Opera. SPECIAL EVENTS: Ukrainian Christmas Celebration and High Tea Party.

We are grateful that Chinese United Church Lodge (CUC) sponsored two of our summer outings by providing their 15-seater van and volunteer driver. The participants enjoyed these outings at an affordable cost.

Chinese Outreach Project



CHINESE SENIOR VOLUNTEERS CELEBRATE 150 YEARS OF CANADA'S MULTICULTURALISM

The Chinese Outreach Project assisted 2 groups of seniors to receive special funding in celebration of Canada's 150th anniversary. The funding is to initiate projects that foster harmony in their communities. One group has started a daily exercise program for seniors at Roddan Lodge to keep physically healthy and stay socially connected.

Another group is stepping out and engaging with their multicultural communities, e.g., to visit UBC Anthropology Museum and UBC Main Library to learn about the history of First Nations and the early Chinese immigrants in Canada. They also invited their multi-ethnic neighbours to a party celebrating Canada's 150th birthday together and sharing their cross cultural experience.

The Continental Seniors Centre

How on earth did 2016 pass by?! The Continental Seniors Centre was filled with many memorable moments and more importantly, newly implemented social activities that brought people together under one roof! Specifically, our Intergenerational program bridged the gap between elementary school aged children and seniors to bring about laughter and companionship. Through story-telling, arts & crafts, playing card games and outings to Stanley Park, both the children and seniors had pleasant experiences getting to know one another. Our partnership with McCorkindale Elementary school continues to strengthen with more upcoming projects! We are very excited to have twenty four grade 3



STANLEY PARK OUTING TO VIEW THE TOTEM POLES FOR ABORIGINAL DAY WITH MCCORKINDALE ELEMENTARY SCHOOL

students join us for our annual Tree Trimming Party where we will decorate the centre together with lights and all things that scream Christmas! The seniors are also looking forward to watching the children perform Christmas Carols in spirit of the holiday season. Merry Christmas!



Downtown Eastside



VOLUNTEER, JOANNE RUSS, PREPARING LUNCH FOR RESIDENTS OF THE JENNIE PENTLAND BUILDING. (HAM, PINEAPPLE SERVED WITH SCALLOPED POTATOES)

Joanne Russ, a Haida from Haida Gwaii, has been a DTES NHP volunteer for over two years. She came on board as a medical escort and over time has branched out into running a Coffee House twice per week and more recently, a weekly Community Kitchen where she cooks for up to 40 seniors. Ms. Russ is well loved by members in the community and has definitely proven herself to be a great asset for the DTES Neighbourhood Helpers Project. She is also on the Board as an NHP representative.

Her hobbies are cooking, sewing, beading and bingo. Part of her everyday existence includes helping others. She is known for her bannock and she said everyone always stops her on the street asking her when she's going to cook up the next batch. She also works performing cleaning tasks for seniors in need. Ms. Russ has 7 beautiful children and is also a proud Grandmother to six little ones all under the age of ten.

Downtown South

This year has proven to be another year of growth and fulfillment. The senior Peer to Peer volunteers continue to be the backbone of the program. Their connection to the community has maintained our role as the "go-to" people when need or an ear for easy listening, connecting with isolated seniors.

OUR TOP STORIES THIS YEAR: Barb (64) has been volunteering for 5 years, and she has lived in the community for 23 years. Barb has a chronic mental illness that up until last year has been managed by medication and support. During the last year she lost a great deal of weight and stopped taking her medication. The only stable part of her life was volunteering with the program.

As her negative symptoms began presenting themselves more often, many of the participants she worked with (as well as the volunteers) became vocal about not wanting to work with her or have her at their building because she would trigger their own issues. Barb was also at risk of losing her housing.

One volunteer stepped up to the plate and had no issue with working with Barb 2 days a week. Education was provided to the volunteers regarding mental illness and the importance of understanding where Barb was at, and how we could support her as a team. Over time Barb was set up with a mental health team for support. The volunteers and community came together to make sure Barb was as safe and healthy as she could be. The program provided her with a routine, support and a sense of belonging – the one thing during her decompensation that was a positive. The volunteers learned the importance of acceptance and compassion, enabling them to work more effectively with each other and the community.



IT'S ALL ABOUT COMMUNITY

Christmas is coming: Please help!



We will be hosting our Christmas Celebration brunch at our centre to celebrate Christmas with our seniors. We only charge a nominal fee of \$1, 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 2016 FUNDING PARTNERS:

City of Vancouver, Vancouver Coastal Health Authority, United Way of the Lower Mainland, The Province of British Columbia, Face the World Foundation, First Baptist Foundation, Government of Canada New Horizons for Seniors Program, John Hardie Mitchell Family Foundation, Bob Rennie and you, our loyal individual supporters.