

509 East Hastings St., Vancouver BC, V6A 1P9 | T: 604-254-2194 | F: 604-254-2150 | [www.vsms.ca](http://www.vsms.ca)

## 2008 HIGHLIGHTS

This year, Vancouver Second Mile Society (VSMS) celebrated 50 years of serving seniors. To commemorate the occasion, our 50<sup>th</sup> Anniversary Celebration Ceremony was held on September 18, 2008. During the Ceremony, we had First Nations Territorial Greeting, Lion Dance, words of thanks to supporters and volunteers from Patricia McKenzie – President of the VSMS Board, speeches from the representatives of the Federal, Provincial and Municipal governments and our funding partners. The celebration included music performance, a display of exhibits, and sharing of our Anniversary Cake. Community partners, past and present Board Members, volunteers, staff, and the seniors that we serve were present at the celebration. Everyone had a great time!



VSMS BOARD MEMBERS, KONG JUNG (LEFT) AND GARY McDONNELL (RIGHT) AND FIRST NATIONS SPIRITUAL LEADER, FABIAN GEORGE CUTTING THE CAKE AT OUR 50<sup>TH</sup> ANNIVERSARY CELEBRATION



LONG TIME MEMBER, PADDY WING PERFORMING DURING OUR 50<sup>TH</sup> ANNIVERSARY CELEBRATION

### Neighbourhood Helpers Chinese Outreach Project

A 2007 Needs Assessment Report on Chinese seniors for social services done by the City of Vancouver and UBC reveals that language barrier poses difficulties for the Chinese seniors in our neighbourhood when accessing community resources and services. The Chinese Outreach Project was established in May this year to respond to this need in our community. Through the support of the United Way's Seniors' Independence and Participation Grant, we are able to provide service to the Chinese seniors by adding a Chinese outreach worker to our team. The outcome of this project will enhance the overall wellness of the seniors, in their health and in their social life.



Seniors Helping Seniors since 1958

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## NEIGHBOURHOOD HELPERS OUTREACH PROGRAM

### Story 1: Welcoming Back – Past and Present

For the first time in years, we were honoured with a welcoming ceremony by the Coast Salish people at the opening of the 50<sup>th</sup> Anniversary Celebration Ceremony of the Vancouver Second Mile Society. It was organized by our Aboriginal Elders who volunteer with NHP. It was great to receive permission and be welcomed to the territorial land where we live and work on a daily basis. For some of our Elders it was a process of regaining and having pride in their culture.



### Story 2: Working Together Through Hard Times

One of the Hotels in the Downtown Eastside where we have had our coffee time program over

the past 5 years was threatened with closure this year. Fortunately, when the residents heard of the threat to the coffee they organized amongst themselves to ensure its continuation. Jake, who led this move, was introduced to NHP coffee times through a hotel where he lived in the Downtown South. Over 20 years ago, he was in a coma for over 22 months because of a botched aneurism operation. He has been living in hotels and on disability ever since. Through Jake's perseverance and resident's support, the coffee time continues to run 2 times a week, and Jake has officially become one of our volunteers. The coffee times change individuals and their lives, becoming important to a whole community of people in the hotels.

### Story 3: Retreat for a Peaceful Time

Volunteers and staff went to the Rivendell Retreat Centre as a group, away from the frontlines, to take in the beauty of that special place. The following was written on the retreat by a volunteer:

#### “Beauty is in the eye”

Quiet time seems to uplift  
your spirits  
Special thoughts come your  
mind  
Memories, come to pleasant ones  
Think Positive thoughts  
Be, thankful to Mother Earth  
for all her gifts  
Give thanks to the Great  
Spirit for being there  
At all times, no matter when  
In your needs  
Be thankful for the peace  
And quiet  
Nature walk through the  
forest  
See, what beauty that has  
Been provided  
In your eyes  
We see different beauty  
We may see a rock that  
Has an image  
A tree that has a symbol  
A cloud with a face  
A person, that looks like  
Your friend  
A star with a twinkle or  
A symbol  
Most of all it's your eye  
That, beauty of Mother Earth  
doesn't stop  
So, my dear friends  
Enjoy  
All my Relations  
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### Christmas is coming: Please help!



We will be hosting our Christmas Day 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 2008 FUNDING PARTNERS:

City of Vancouver, Vancouver Coastal Health Authority, United Way of the Lower Mainland, The Province of British Columbia, Central City Foundation, Face the World Foundation, Soroptimist International of Vancouver and you, our loyal individual supporters.