

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

2010 HIGHLIGHTS



CELEBRATING NATIONAL SENIORS DAY ON OCT.1, 2010

With the rapid pace of re-development of buildings in the area, seniors in the neighbourhood have found fewer and fewer places to hang out. The Downtown Eastside Seniors Centre is a place where seniors meet, socialize, play and spend their days. Our Seniors Centre, after being in the present location for more than 24 years, was looking tired. We applied for and received \$25,000 from the Capital Assistance Grant of New Horizons for Seniors Program to renovate a portion of our Seniors Centre, including replacement of flooring, worn out ceiling tiles and re-painting of doors and hallway which helps to improve the aesthetic look, conditions and environment of the Seniors Centre so that seniors will be able to spend their time in a comfortable setting.

Chinese Outreach Project

Armchair Exercise has become a popular activity at the Antoinette Lodge. It is initiated and facilitated by the Chinese Outreach Project volunteers. The Armchair Exercise takes place every week in the building lobby. This type of exercise helps seniors who do not want to exercise standing unaided to enhance their health, e.g., by strengthening their heart and lungs, improving circulation, flexibility and coordination and increasing muscle strength.

“Regular exercises can prevent ill health,” a participant who attends regularly says after the exercise.

Reconnecting Seniors to the community and improving their quality of life are aims of the Chinese Outreach Project. Activities like the Armchair Exercise is one of the many effective ways that the Project achieves this objective. We will tell you more in our next newsletter, so save your curiosity for next time!



AN ENERGETIC GROUP AT THE ANTOINETTE LODGE, WINTER '10.



Seniors Helping Seniors since 1958

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NEIGHBOURHOOD HELPERS OUTREACH PROGRAM



TWO OF OUR OLYMPIC HOST VOLUNTEERS

Downtown South: Olympic Hosts

This year our program partnered with the Gathering Place on the City's Olympic Host program. The program employed 17 people from the community and provided training, employment and support during the Olympics to local residents. Due to the great success of the Olympic Host program we were asked to oversee the City of Vancouver's Summer Host program this summer in Downtown South.

Our program was one of ten non-profit organizations in the City that was successful in receiving City of Vancouver Olympic Banners to be sold to provide funding for the 2011 Summer Host program. The Host program has allowed residents and volunteers to increase their self-confidence, quality of life and pride in their community. It has been a very positive experience.

Downtown Eastside: Seniors Helping Seniors Helping Seniors

We met two of the nicest women; two elders – Rose Nicholson age 96 and Mary Dailly age 93, who gave of themselves so that others might not suffer through another cold Christmas here in the Downtown Eastside. Both women are roommates living in a West Vancouver seniors care facility. These two beautiful souls knitted one hundred twenty-five

winter scarves – a labour of love that must have taken them a considerable length of time and a good deal of energy, yet they remained committed and asked for nothing in return. Rose's daughter Gloria saw our DTES Seniors Holiday Shoebox Drive ad on Craigslist, emailed us and asked if we would be interested in adding hand-knitted scarves to our shoeboxes.

This is a perfect example of seniors helping seniors.



Photo courtesy of Greg Hoekstra, The North Shore Outlook

NHP VOLUNTEERS MARK IRVINE & CHRISTINE MASALSKA ACCEPTING DONATION OF HAND-KNITTED SCARVES FROM ELDERS ROSE NICHOLSON AND MARY DAILLY

Christmas is coming: Please help!



We will be hosting our Christmas Eve 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 2010 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, Radical Foundation, Soroptimist International of Vancouver and you, our loyal individual supporters.