

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

2011 HIGHLIGHTS



JUDGE & WINNERS AT OUR RECENT CRIB TOURNAMENT

We have been working diligently to improve the atmosphere, cleanliness and food safety within our Seniors Centre

with an aim to engage more seniors in participating in our day program. We received a \$18,327 grant from the New Horizons for Seniors' Capital Assistance Program to renovate and replace all of the kitchen cabinets, along with new granite counter tops.

We also received funding of \$13,400 from the Central City Foundation to replace furniture and refrigeration equipment, and a donation of \$2,000 from the Radical Foundation to replace our window blinds. The above renovation along with last year's replacement of the flooring has resulted in an increase in the

number of seniors joining our centre. We continue to encourage and support our members to develop and take ownership of new activities within the centre, e.g., by organizing tournaments.



A SENIOR SHOWING HER PROUD ACQUISITION OF BERRIES AT A LANGLEY FARM OUTING

Chinese Outreach Project

'Tis the season to be jolly as Christmas is near and we'll cheer for the beginning of another year.

To begin anew, reflection will make it clear what path should be taken to make it fruitful the coming year.

Our seniors have fared well, chitty-chatty at the weekly tea gatherings, enjoying their fellow residents' goodies offerings.

Early-risers themselves, morning exercise to nurture their mind and health, which they value as much as their wealth.

Visit to UBC Rose Garden, berries -picking in Langley, miniature train ride in Squamish Train Museum, and watching salmon spawning at Weaver Creek hatchery,

outings excite the seniors and stay in their memory. Seniors limited by mobility won't stop joining social and recreational activities; our volunteers keep them company.

Volunteers, our hands and legs, propel the Project, and forward, whichever way, enthusiastic, compassionate, and focus never sways.

It's been a fruitful year; United Way's video and the Province's interview is the recognition of our work that enables seniors to improve the quality of their life.

Find us on Youtube and United Way's website (www.uwlm.ca), and learn something about our seniors' life. (www.youtube.com/watch?v=NepRv1PwirY)



Seniors Helping Seniors since 1958

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NEIGHBOURHOOD HELPERS OUTREACH PROGRAM



RESIDENTS PARTICIPATING AT THE OLD CONTINENTAL COMMUNITY KITCHEN

meals – that’s the name of our game these days as the three Community Kitchens are a big hit, there has been a major increase in participants and the senior volunteer with the program is known as the chef in the community. We have several new partnerships this year with the support and donation from a local bakery store and two new Coffee Shops. Without these connections the program would not be what it is today.

of our clients. It was old, faded and gray in colour and we learned that the senior only had \$69 left to spend after paying all of his bills. This was discussed back at the NHP office and two volunteers worked on a grant to try to secure new bedding for all of the homebound seniors we deliver to. We were successful in obtaining a \$500 grant and bought sets of 320 thread count sheets at a liquidation store in Burnaby and also found reasonably priced comforters with matching pillow shams from another outlet store. In addition, we partnered up with the Jeffery Ross Residence and secured a donation of slightly used hotel pillows. We selected a day and went to the building where we stripped the old bedding off and put them into a plastic bag for laundering. We also made up the beds and took before and after photos. Each senior got to make their own selection and we definitely caused quite a buzz of excitement throughout the building. The recipients were extremely grateful of this endeavour and expressed a lot of gratitude. This type of experience is what makes the volunteering experience at NHP so worthwhile.

Downtown South: What a Year It Has Been!!

This year has been a very exciting one; six volunteers participated in the annual 5-day retreat on Bowen Island for team building. All participants learned a great deal and connected as a team. Two volunteers participated in the United Way’s Seniors Forum in November. One volunteer participated in the 5-day bc211 workshop. Fifteen community members were employed for three months during the Summer Host Program facilitated by the Downtown South Neighbourhood Helpers Project. Meals, meals and more



Downtown Eastside

During our foodbox delivery to homebound seniors living in a privately owned rooming house, one of our delivery volunteers noticed the condition of the bedding of one

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 2011 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, Government of Canada New Horizons for Seniors Program, Radical Foundation, Soroptimist International of Vancouver and you, our loyal individual supporters.