



Capilano
Community
Services
Society

“Connecting People with Community”

Seniors' Hub SPOKES

SPECIAL COVID-19 EDITION



“Be kind, be calm, be safe.
This isn't forever, it is just for now”

Dr. Bonnie Henry



Enjoy this special issue
of Spokes. Production
was made possible by:



WEST VANCOUVER
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Upcoming Events:

This is a very different Spokes this time around and the world is a much different place than any of us could have imagined a few months ago. This section is normally where we would let you know about upcoming activities and out trips for the summer. Right now our concern is for the health and safety of our clients, staff and volunteers.

Since it is not currently possible for us to be together in person we are looking at some “virtual” ways that the Seniors’ Hub can be together.

We will let you know how things progress and when we can all be together in some form or fashion.

In the mean time, “stay home and stay safe”.

Please send us your email address:
 This will be really helpful for sending out updates moving forward. It will also give us an indication of who is online. If you do not have access to a computer or a tablet and are interested please let Melanie know:

***melanie@capservices.ca or
 604-988-7115 ext 29***

On May 19th **Deb Shultz** the **Minister of Seniors** announced that in addition to the supports the Government of Canada has undertaken they will provide a one time tax free payment for seniors eligible for Old Age Security pension, with a further \$200 for seniors eligible for the Guaranteed Income Supplement. You do not need to apply for the additional support; it will be automatically paid to eligible seniors who are age 65 and up as of May 31st, 2020.



A Message from the Acting Executive Director

In mid-March we paused our regular programming and we were able to quickly pivot, with a shift away from in-person activities, to the use of phone check-ins and digital tools and technology to deliver our programming. Our success has been rooted in having a team of staff that is highly adept at responding to emerging community needs and conversant with all aspects of change management.

Our Seniors’ Hub staff and volunteers are making regular and extended calls to check in with our Hub seniors to make sure they have everything they need. If you need help to find information and resources, have questions, or need ideas of how to keep busy – please phone Melanie: 604-988-7115 extension 29 from 9:00 AM to 4:30 PM, Monday to Thursday. As always, we are here to help!

I would like to take this opportunity to say a big “thank you” to our volunteers who have stepped up to help during this unprecedented and challenging time, spending time calling our Seniors’ Hub Members, checking in with them, keeping them positive and shopping for them. Additionally, we greatly appreciate the volunteers who are keeping the Red Cross HELP program operating – they are all going above and beyond right now.

At Capilano Community Services Society, we are always here for you – even though it’s looking a little different temporarily. We will get through this together! When the health authorities advise that we can once again connect in-person, the Seniors’ Hub will be here to seamlessly pick up where we left off with our programs including grocery shopping and mall trips, the Social and our fun out trips – in the mean time we will be coming up with some fun and creative ways to connect “virtually”. Hold on to those thoughts and stay positive, stay safe and keep washing those hands!

For me, I can’t wait to hug my grandchildren again and get a hair cut – in that order.

Miki Nash
Acting Executive Director



Capilano Community Services Society

Staff:

Acting Executive Director and Manager Administration

Services:.....Miki Nash

Program Manager:Maralyn Wild

Seniors Hub:

Program Coordinator:Melanie Macauley

Program Assistants: Fariba Tehrani, Nasrin Nikoo

Youth Program Staff:

Adam Butz, Bonnie Kay, Laura Pena

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John continues to serenade seniors in isolation:



In early May John could be seen just off of St. Andrews Avenue with his guitar and a portable amp serenading the residents at Evergreen House (lucky them!). The residents gathered on the patio and their balconies. "It was strange to me of course because I'm always used to being inside there with them, but I enjoyed it. They seemed to be quite pleased. A lot of them were waving from the balconies and doing their best to sing along"

What a beautiful way to lift the spirits of the residents at Evergreen House.

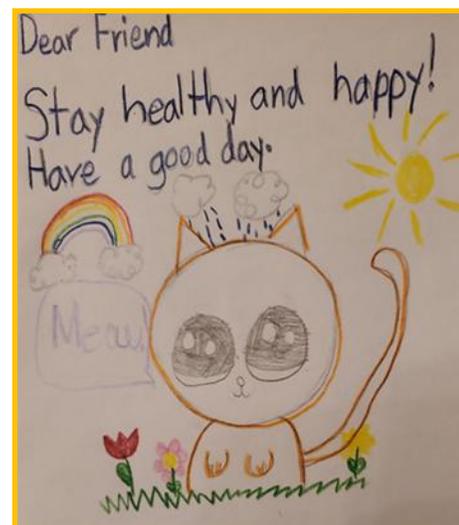
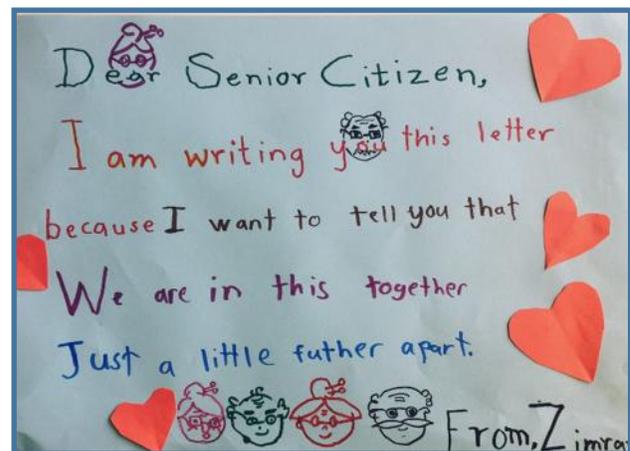
I think I speak for all of the ladies and gents John, we miss you!

We hope to see/hear you again some day soon!



We would like to extend a big thank you to the West Vancouver Foundation. As a recipient of one of their 2020 Community Grants we were planning on continuing our "Out and About" programs in West Vancouver. When Covid-19 hit we needed to pause all of our in person programming.

With the funding we shifted our focus over to our existing "Telefriend" program and delivering care packages to some of our isolated seniors. In April we delivered Easter themed packages and in May we delivered 100 "Forget Me Nots". Included with the Mother's Day door drop were messages from some elementary school children in the community that really wanted to reach out to their elders and let them know that they were thinking of them.



**Capilano
Community
Services
Society**

Please use this form to purchase your annual **SOCIETY MEMBERSHIP of \$10.00.**

As a member you will play a vital role in supporting the work of this important society.

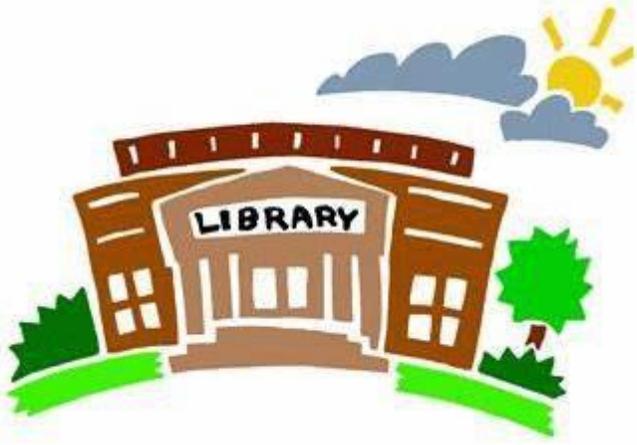
Name: _____

Address: _____

Postal Code: _____

Please mail this form with your cheque for \$10.00 to:

Capilano Community Services Society
North Building—600 West Queens Rd.
North Vancouver, BC V7N 2L3
Phone: 604-988-7115
www.capservices.ca



The North Shore libraries are now offering “Take Out and Delivery” services.

The doors of the North Vancouver District Public library have been closed for weeks due to the ongoing pandemic. While we have all been encouraged to stay at home they have recently launched a “Take Out” service. After placing an order with the library, staff will package books or materials in single use paper bags that can be collected during prescheduled appointments. The bags are then placed outside the door of the library to facilitate a contactless transaction.

Materials will be isolated for at least 72 hours before being circulated. The library will take requests online or over the phone. The library also has Home Library Service for those who are desperate for books but have mobility issues.

Please contact:

nvdpl.ca/takeout or nvdpl.ca/home-library-service or call:

Lynn Valley: 604-984-0286

Capilano: 604-987-4471

email: info@nvdpl.ca

You can reach the Accessibility Services contact for North Vancouver City library at 604-998-3460 .

For West Vancouver Assistive Services please call 604-925-7437.

Let’s not get complacent.

How can you protect yourself and others and limit the spread of Covid-19:

- ◆ Stay at home if you are sick
- ◆ Wash your hands with soap and water and refrain from touching shared surfaces
- ◆ Cover your cough or sneeze, and avoid touching your eyes, nose or mouth with unwashed hands
- ◆ Avoid crowds and maintain a physical distance of 2 metres or 6 feet from other people



With all of the shortages on the shelves of the grocery stores, here is a pancake recipe that substitutes the flour for those cooking oats you have in your cupboard!

Flourless Oat Pancakes (makes 4 pancakes)

1 1/2 cups oats (rolled or quick cooking)

1 teaspoon baking powder

1/8 teaspoon salt

2 large eggs

2 medium (1 cup) mashed ripe bananas

1 teaspoon vanilla extract

3 Tablespoons melted butter

Process the oats in a food processor or with a blender until they are finely ground.

Mix together oats, baking powder and salt in a medium bowl. In separate bowl mash the bananas, whisk in eggs, vanilla and melted butter.

Heat large non-stick pan over medium/low heat. Spoon 1/2 cup of batter and cook for 2-3 minutes on each side. Repeat with remaining batter.

Serve warm with fruit and/or syrup.

Enjoy!



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Information and Resources for Residents During the Covid-19 pandemic

Call 911 for police, fire or medical emergencies.

General Help

BC211—Safe Seniors, Strong Communities

Seniors 65+ can request volunteer help for pick-up and delivery of groceries, ordering pre-prepared meals, prescription pick up, as well as friendly check in calls.

Phone: 2-1-1

Seniors' One Stop Information

Confidential consultations. Leave a message and staff will return the call within 24 hours.

Phone: 604-982-3302

Alzheimer Resource Centre

Programs and services for individuals newly diagnosed and their families.

Phone: 604-984-8347 or 604-984-8348

First Link Dementia Helpline

If you are a person with dementia or you are caring for someone with dementia.

Phone: 1-800-936-6033

Caregiver Support Program

Volunteer coaches providing emotional and practical support to caregivers.

Phone: 604-982-3320

Scams and Fraud

If you have been a victim of a scam or fraud, please contact your local police:

North Vancouver RCMP: 604-985-1311 (non emergency)

West Vancouver Police: 604-925-7300 (non emergency)

Seniors Abuse and Information Line (SAIL)

A confidential line for older adults and those who care about them to speak to a trained intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult.

Every day, 8 AM to 8 PM. Phone: 604-872-1234

Seniors Distress Line—Seniors First BC

Confidential, free emotional support for those experiencing feelings of distress or despair. Available in over 14 languages.

Phone: 604-872-1234

Food

There are a number of agencies across the North Shore providing free and low cost groceries and prepared meals. These are for vulnerable populations, seniors at risk or with significant needs. Please let Melanie know if you need assistance with accessing any of these programs.

We have also enclosed a Covid 19 North Shore Grocery Store List grid. This will show you delivery and pick up options, services available as well as hours, seniors hours and how to contact them.

We also have a small number of volunteers at the Seniors' Hub who are willing to pick up essential groceries for you when they go to the grocery store.

You can reach Melanie at 604-988-7115 ext 29.

STAY HOME BOXES
STAY HOME. SAVE LIVES.

 **SPUD.CA**

SPUD.ca recently launched a new program called "STAY HOME". The STAY HOME box is being offered during the Covid-19 crisis. They distribute food boxes to the most vulnerable population to limit their community risk.

\$3 from every "stay at home" box will be donated to our front line workers and organizations supporting at risk community members.

To order you can go to: stayathome.spud.ca or call 1-877-473-5001

You can also have a family member place the order for you (from anywhere as long as they have online access) and the box will be delivered to your home.



The North Shore Keep Well Society and MyParkgate.com are currently offering fitness classes on YouTube.

There are three programs available:

- Chair Yoga with Jen
- Keep Well with Andy
- SureFeet with Ariyanna

The link is: www.myparkgate.com/seniors/any-time-fitness



WE NEED YOUR HELP

As the Seniors' Hub does not have a mandatory membership fee we are encouraging all clients, volunteers, friends and family to help support the revised programming through a monthly giving campaign.

These funds allow us to maintain continuity of essential support services during the Covid-19 pandemic.

To make a donation, go to www.capservices.ca

Click on the donate tab and it will lead you to Canadahelps.org

Your support is greatly appreciated.

You can also mail a cheque to:
600 West Queens Rd, North Building
North Vancouver, BC, V7N 2L3

Our very own Covid Hero

Some of you may recognize Linda from volunteering on the Red Cross HELP Desk or escorting seniors on Doris Too shopping trips. Linda joined a sewing circle to make much needed surgical caps for the Renal Unit at St. Paul's Hospital. Together they made and donated over 200 caps. This is what Linda had to say about the experience: *"I was delighted to join the sewing Circle of Love for St. Paul's and would like to thank the Renal Unit for their hard work and dedication. My mother was a crafter and taught me sewing at an early age; wearing many homemade outfits to elementary school. I dusted off my sewing machine and was thrilled to bring those skills back into practice. At the same time it brought back many memories of my mom and I crafting together".* Linda's mom, Robina was a long time volunteer at Capilano Community Services. Linda also made non surgical masks that we gave away by donation at CCSS.

THANK YOU LINDA and the rest of your sewing circle. TRUE COVID HEROES!!!



Thank you to the following organizations for their recent financial and in-kind contributions in support of our programs:

- Vancouver Coastal Health
- District of North Vancouver
- City of North Vancouver
- West Vancouver Foundation
- NS Community Foundation
- Highlands United Church
- United Way

www.capservices.ca

 Capilano Community Services Society

 [capilano_community_services](https://www.instagram.com/capilano_community_services)

Please let us know if you would like to be added to our email list.