

Greetings, Friends

Welcome to the first COVID19 newsletter from 411 Seniors Centre Society! The goal of this newsletter is to keep in touch with those members who may not have access the *Internet*, email, or social media. The newsletter will be printed and mailed. If you do not want to receive our future mailings or if you know of someone who would like to receive it be sure to contact us at 604-684-8171 and leave a voice message.



Against all Odds

by Elsie Dean, activist, 411's long life member



Here we are in a pandemic hiding away from an invisible novel coronavirus we call COVID-19. This is a new experience for me and probably for most of you. Although we have had warnings in the past with diseases affected by COVID-19.

Remaining in place and social distancing have given me time to think about past social gatherings I enjoyed. These memories help me to feel connected. My many years as an active member of 411 Seniors Centre Society are among those happy times. I would like to go tripping down to 411, meet my friends and participate. For me, those days remain a pleasant memory as I left the city in 2018 at age 95 and moved to Haida Gwaii (previously Queen Charlotte Island) to enjoy nature.

I live next to the Haida village of Skidegate and have had the privilege of participating in many of the community's cultural events. Haida people have lived here for many thousands of years. There were 10,000 Haida villages all over this archipelago. That number was reduced to a mere 600 people after British conquest. Today there are some 4,500 Haida

people reviving their culture that gives priority to maintaining the health of the earth. They are still under the rule of the Canadian Indian Act and the reserve system, nevertheless they have formed their own government, the Council of the Haida Nation.

Their story is one of remembering and revival against all odds. Now they are faced, along with rest of us, with the threat of the COVID-19. Although we have not had a reported case the Haida Nation and the village of Queen Charlotte, where I live, have declared a state of emergency and all social activities are cancelled, we, like all of you, try to maintain a sense of normalcy and stay as healthy as possible.

With expert health care we will defeat COVID-19. For all of this I give heartfelt thanks. With our public health care system there for all of us and all the dedicated people working to protect us all.

Our Programs and Services

Income tax clinic: 411 is working on ways to offer some of our programs and services online over the *Internet*. One of the most often requested services is the free Income Tax Clinic. We are working on a solution and will keep you updated as things develop.

Powered by Age podcast: The podcast project has been moving along steadily during COVID-19. The group has been meeting the past few weeks using a video conferencing app/program called Zoom. In the coming weeks, we are hoping to share some of this podcast content through the 411 newsletter.

If you'd like to participate in the podcast project, and have some stories or experiences you'd like to share over the phone, be sure to leave us a voicemail @ 604-684817



April Birthdays!

The following members celebrated their birthdays in April. Congratulations!

- Maria Zenaida Villanueva
- Yasuko Garlic
- Timothy D. Agg
- Robert R. Gillespie
- Mohinder Grewal
- Lenna Jones ***Lenna turned 85 and she had an accident Send good vibes to Lenna who is recovering in a UBC Rehab Centre.***
- Ceres Lee
- Kate Van Dusen
- Gwen Low
- Jahja Jonas Djunaedi
- Marcos E. Villaruel
- Angelita Supena
- Angela Hoy
- Monica Tsokas
- Jesus F. Cardenas
- Claude Chenier
- Aida Lumbao
- Rowena Moffet
- Erika Werner
- Geraldine Paton
- Veronica Kendal
- Dwight Allan Swanson
- Malone Aldo Michener
- Jan Co
- Richard Daniel Waugh
- Socorro Maliwat
- Berge Papazian
- Nelia Guevara

Tax Deadline Information

Seniors Centres including 411 have appealed to the Federal Government to extend the tax deadline for seniors over 65 until the end of December 2020.

411 Seniors President, Marion Pollack stated the following in a letter to legislators:

“Deemed a vulnerable group in terms of COVID-19, seniors have been asked not to go out. This raises concerns as to how seniors are going to be able to get their T4’s to the income tax preparers.

Low income seniors are very worried about their financial security. They rely on the Federal Guaranteed Income Supplement (GIS) in order to be able to buy groceries, purchase medications, and pay rent. Losing the GIS will force low-income seniors into deep poverty.” 411 will not stand by and allow that to happen.

The May 31,2020 deadline is too soon for many seniors who rely on community-based income tax clinics to file their taxes. These clinics are closed due to COVID-19.

Here is hoping that Prime Minister Trudeau hears our pleas and extends the deadline.

Be sure to join our new Facebook Group for 411 Friends and Members!

We hope this group can help to provide a way for our members, staff, and volunteers to stay in touch during these challenging times. Feel free to ask questions or share stories or information that might be of interest to our 411 community.

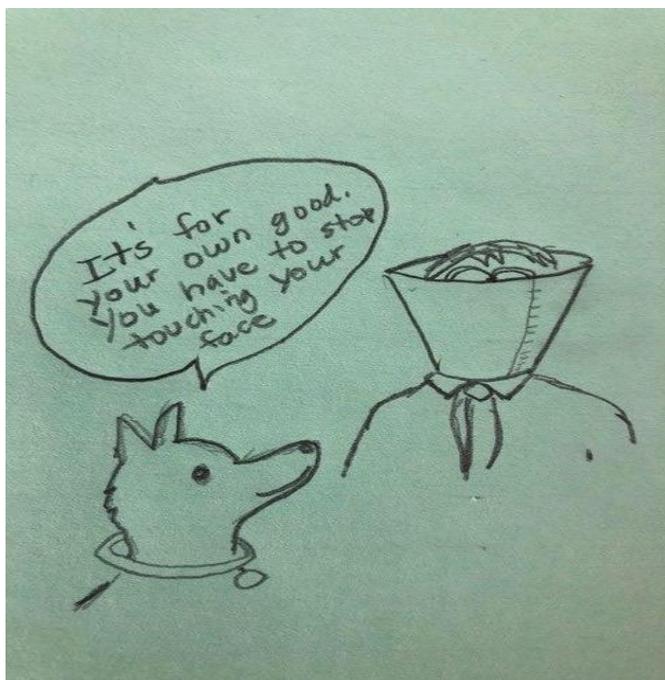
<https://www.facebook.com/groups/411connected/>

A Good New Story

Monica received a call from a member whose walking stick was broken. Acting quickly, our Monica put a message on the 411 Facebook page *“Informed and Connected”* and within a short time some sent a return message. A cane was found, picked up and delivered to the member in need.

That, dear members is what 411 is all about!





A Note on Personal Protection

In the midst of a viral outbreak, wash your hands frequently and use sanitizer (**with 60% or more alcohol**) don't touch nose and mouth and stay home! If you do go out wear a face mask.

Masks help prevent us from touching our faces, eyes, nose and mouth with our hands. That is one way that most germs are spread.

Here is what to do: Before putting on a mask, wash your hands and do so after removing the mask. Take the mask off from behind to avoid touching nose or mouth. If possible wear protective goggles as eyes also need protection. Wash the mask after each use.

Disinfect your phone screens and laptops if you have them. Do not share them. When using public ATM, door knobs, lift buttons, switches, railings and other public things wipe the surface with tissue soaked in sanitizer before touching. Use gloves and wash with soap before touching your nose, mouth or anyone else. Finally, discard in a trash.

Consider taking a shower and put clothes in laundry upon entering if you fear infecting family members.

Need a mask?

Contact the 411info line at 604-874-8171. Leave a message with your call back number.



411 Phone Line

The 411 telephone line (604-684-8171) has been very busy. Staff are working from home so we've decided to use the 411 telephone answering machine to bring you up-to-date news on issues that affect you, our members. We'll be changing the messages twice a week, at least. If there is urgent information to communicate we'll do so more often. You can also leave a message if you need help!



I am Hopeful

by Carol Irene Weise

What a thrill to hear the whole city cheering, banging drums & pots and pans at 7 PM each day lasting for 5 or 10 minutes. People are out on their balconies, leaning from windows, honking car horns. It really lifts my spirits each evening now. This is how people in Vancouver and everywhere, are thanking the health workers and all essential workers in the hospitals, grocery stores, truckers, first response people, volunteers, all of the folks in all fields who are working for the good of all during the covid-19 pandemic.

Often in life it takes something huge, a threat or a challenge to the common good to wake us out of complacency Now, we are aware of the enormous loss of life from this pandemic. We are called to comfort and support those who have lost loved ones, to mourn those who have died, and to somehow maintain a sense of hope and trust in our present and our future. We are called to do things differently with the rise of this mysterious virus. We can learn from this and build a more compassionate and just world if enough of us are willing. For this, I am hopeful.

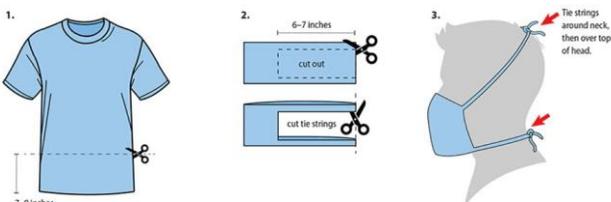
Make Your Own No Sew Mask

You too can make your own mask. The first one is made from an old T-shirt and involves no sewing. The second one is an easy rectangle with three tucks and an opening to put a "filter" in for a bit more protection.

Materials

- T-shirt
- Scissors

Tutorial



1. cut a strip off the bottom of a t shirt checking that the width will cover your face from chin to over the nose. The size will vary per person, but 5-6" should be good.
2. Then cut out the centre leaving about 7-9 inches of mask and the strips become the ties.



*****Of Special Note *****

411 will be waiving our membership fee renewals during this period. However, we are still hoping to encourage new members to join 411 to both support the organization and our efforts during this trying time.

*****411 AGM Postponed*****

411 President, Marion Pollack, has announced that the 2020, 411 ANNUAL GENERAL MEETING is postponed. This has become necessary due to the requirement of physical distancing of at least two metres during the COVID-19 pandemic. The result is that 411 would not be able to accommodate members safely. A new date will be set and members will be advised. Stay well, stay home and enjoy our newsletter!



Minty Pea Soup

- 1 medium onion diced
- 2 cloves of garlic
- Oil to sauté onion and garlic in
- 3 cups of frozen peas
- 1/4 cup of finely chopped fresh mint leaves
- 2 cups of milk or cream or coconut milk if you are vegan

Sauté the onions and garlic to soft but not brown. Add peas, mint, milk, and 1 1/2 cups of water. Bring to a low simmer then turn off heat. Blend until smooth. Add salt and fresh ground pepper to taste and more water to thin if it's too thick. Top with a drizzle of olive oil, a squeeze of lemon, a few radish slices and a sprig of dill.



Give us a call at 604-684-8171
or contact us at
www.411seniors.bc.ca
www.facebook.com/411Seniors/
Twitter: @411seniors
Mondays-Fridays 9am to 4pm

Thanks for Reading!