

Brightside *COMMUNITY NEWS*

August 2020

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Hello Readers!

Welcome to the first edition of *Brightside Community News*!

As a result of the success of the COVID-19 briefs from the past several months, we're expanding the content to include other pieces of important information on community resources.

Many thanks to the [BC Association of Community Response Networks \(BC CRN\)](#) for their support: they've provided us with the necessary funding to produce monthly editions until the end of 2020.

We welcome your feedback, photos, and story ideas! Send them along to info@brightsidehomes.ca or visit us at Reception.



Brightside's Code of Conduct and What it Means to You

--By Chantel Paul, Reception, Brightside Community Homes Foundation

During this time of worldwide anti-racism protests, COVID-19, and an overall feeling of uncertainty, being respectful and kind to others is paramount to the well-being and safety of all in our community. Our new *Code of Conduct* serves as a reminder of how we need to be treating one another during this unusual time.

Code of Conduct in Our Buildings

Earlier this month, the new *Code of Conduct* was posted in all Brightside buildings.

The *Code of Conduct* applies to residents, staff, volunteers, board members, clients, and community members. Together, we need to work together to:

- Remain respectful and kind to everyone in the community.
- Keep one another safe.
- Make our community a place where everyone is welcome.
- Show the community what Brightside stands for as an organization

As a community, we collectively address issues and solve problems. At times we may feel as



Brightside Code of Conduct

Brightside Community Homes Foundation values diversity and inclusion and is committed to creating an environment where everyone is treated with respect and dignity.

In accordance to WorkSafeBC Respectful Workplace Policies and good neighbour practices, Brightside WILL NOT tolerate the following behaviours:

- Violence, real or implied
- Abusive language or behaviour
- Racist, sexist, ageist, homophobic or 'othering' language
- Bullying or intimidation
- Physical violence of any kind directed against people or property

Any person found in violation of this Code of Conduct is subject to disciplinary action, up to and including eviction, termination of employment and/or criminal charges.

Any questions or concerns should be provided in writing to info@brightsidehomes.ca or by calling 604-684-3515.

though speaking out is not going to help these types of concerns.

If you see something that looks or feels wrong, we encourage you to say something, and then report it.

An example: If you witness an act of hate towards a fellow community member, we ask that you report the incident to Brightside management through email or a phone call. Your action will, no matter how big or small, help ensure the community continues to be a safe place to live.

Brightside's Commitment to Diversity and Inclusion

At Brightside, we acknowledge and celebrate differences in our communities and society. We *"envision a future where all people have access to homes within a safe, vibrant and healthy community. We are committed to recognizing and reflecting the diversity of the people we house, the communities we build, and the talent we employ."*

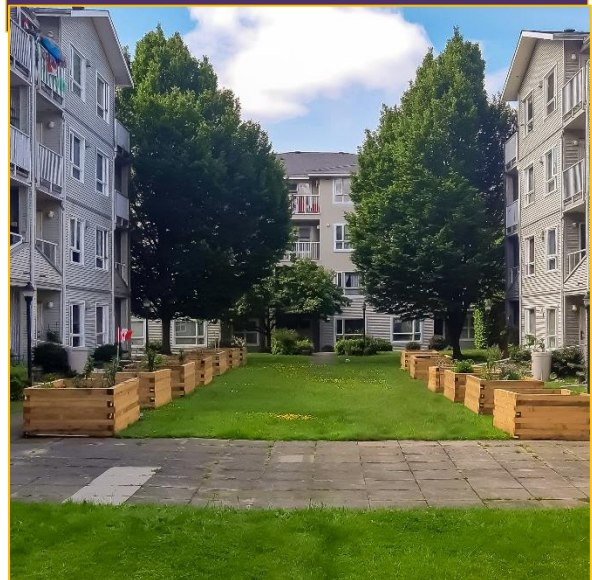
We also *"foster an inclusive workplace culture where ideas, individual abilities and diverse perspectives are valued and each person is encouraged to learn, develop, and contribute in a meaningful way."*

Our differences enhance community. Let's work together to continue making the Brightside community a great place to live.

For More Information

If you have questions, please contact info@brightsidehomes.ca or call 604-684-3515.

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that looks or feels
wrong, we encourage
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911 vs. Non-Emergency: When Do I Call?

We all have a part to play in our personal safety and the safety of others. Here's a quick guide on when to call 911 and when to call non-emergency police.

When to Call 911

Call 911 when there is an *emergency* that needs *immediate* attention. Lives are in danger or a crime is in progress and police, fire, or medical assistance is needed *now*.

Examples of emergencies:

- Anything that might be an immediate threat to a person or property: screams, attacks, gunshots, fires, car accidents with injury, medical emergency.
- An in-progress crime: fights, break-and-enters, drunk driver.
- When a serious crime has just occurred, like a sexual assault or robbery.
- Anything suspicious that might mean a crime is being committed, like a prowler, vandal.

If you call 911:

- Listen carefully, speak clearly, and stay calm.
- Stay on the line and follow instructions. Do not hang up until you are told to.
- Be prepared to share your location, including the city you're in, building or home address, cross streets. Know where you are at all times.
- Know your compass directions (e.g. north, south, east, west).

If you are deaf, hard of hearing, or speech impaired, please register and use Text 9-1-1, or T9-1-1. For more information on how to set yourself up with this service, please visit www.textwith911.ca.



When to Call Non-Emergency Police | 604-717-3321

Call **604-717-3321** for all non-emergency situations where an immediate response *is not* required. Usually time has passed, the crime suspect is not on the scene, or you are calling about a nuisance issue (e.g. noisy party, graffiti, vandalism).

Examples of when to call non-emergency:

- You want to report a theft (e.g. bike, car or vehicle, license plates, personal property). You may also call non-emergency if you've lost any of these items.
- You were a victim of fraud or a scam and want to file a report.
- You think someone you know is being abused.
- You want to report a serious crime that took place the day/night/week before.
- There's a noisy party after hours.
- Graffiti or ongoing drug dealing and no suspect is on scene.
- You suspect a drug lab.

When making a non-emergency call:

- Call either early in the morning or evening to file your report. Avoid peak times between 9 am and 5 pm if you can.
- Have your information ready, including your address, driver's license if you have one, or license plate number.
- Have a pen and paper nearby to take down information given to you for follow up.

If You Want to Stay Anonymous

Call [Crime Stoppers](http://www.solvecrime.ca) (www.solvecrime.ca) at **1-800-222-8477**.

Reporting Issues Related to Brightside Properties

If your emergency is related to property damage due to a leak, flood, lack of heat, lack of hot water, inoperable elevators or other urgent matters, call our office during regular hours at **604-684-3515** or after-hours at **1-888-622-6250**.

For non-urgent repair items, complete a Request for Repairs form and place it in the manager's box at your building. They are picked up twice a week and prioritized based on urgency.

*If your emergency is related to property damage due to a **leak, flood, lack of heat, lack of hot water, inoperable elevators** or **other urgent matters**, call our office during regular hours at **604-684 3515** after-hours at **1-888-622-6250**.*

Sources: www.E-Comm911.ca; www.vancouver.ca/police; www.brightsidehomes.ca



How Does Your Garden Grow?

Your container gardens are looking lovely this season! Gardening is an excellent way to spend some time outside with your neighbours while respecting COVID-19 physical distancing rules.

Generally, the first frost date for the Lower Mainland is November 2. This means there is still lots of time to grow your vegetables and flowers before needing to prepare your plot for the winter!

Here are some vegetables you can sow now...these seeds and seedlings love cooler soil:

Arugula
Carrots
Chives

Endive
Kale
Mustard

Bok Choy
Radishes

If flowers are more to your liking, try planting some of these types for beautiful Fall colour:

Ornamental grasses
Flowering cabbage

Snapdragons
Hens and chicks

Heuchera/coral bells
Mums

To keep your container garden healthy:

- Water in the early morning if you can. This is when the soil is coolest and avoids wasting water to evaporation.
- Add mulch, compost or organic matter between and around your plants to keep the soil moist and weeds away.
- Take care not to overwater. If the soil feels dry, then water. If the soil sticks to your fingers when touched, then leave it alone.

What does your garden look like? Submit your photos to Brightside Reception or info@brightsidehomes.ca for consideration in an upcoming edition.

Sources: www.westcoastseeds.com; www.thespruce.ca

Get to Know Your: Community Response Network (CRN)

--By Joanna Li, Regional Mentor – Vancouver,

[BC Association of Community Response Networks \(BC CRN\)](#)

Adult abuse is any action causing harm to someone over the legal age of 18. Abuse may be financial, physical, sexual, psychological. It may also include over or undermedication, censoring mail, violation of civil and human rights, denial of access to visitors, or invasion or denial of privacy.

An abuser is someone likely known to the abused older person, like a friend, family member, or caregiver.

Neglect is when lack of care, assistance, or attention leads to physical, mental or emotional harm, or loss of financial assets. Self-neglect is the failure to care for one's self that causes serious physical or mental harm, or damage to or loss of assets.

BC does not have a law saying you must report abuse, however, [Part 3 of the Adult Guardianship Act](#) says if you do make a report to a [Designated Agency](#), the claim must be addressed and in the least intrusive way.

Community connection and awareness are keys to identifying and preventing all manners of abuse and neglect.

This is where [community response networks](#) (CRNs) come in.

What is a CRN?

CRNs are diverse groups of concerned citizens, including those who are personally affected by abuse and neglect, or representing organizations, health agencies and local businesses, who work together to create a coordinated response to adult abuse, neglect and self-neglect in the community.

Today, there are 80 CRNs servicing 232 communities across BC.



What do CRNs do?

Supported by BC CRN, CRNs work with communities to create safe communities where adults are valued, respected and free from abuse and neglect. CRNs:

1. Offer educational presentations and workshops to the public. [It's Not Right!](#) and [Gatekeeper](#) are BC CRN's hallmark education programs that are offered free of charge to the public.
2. Participate in special projects in an effort to shape community support services.
3. Host community events. ([World Elder Abuse Awareness Day](#) on June 15 is recognized BC-wide!)
4. Develop the community's ability to respond to adult abuse, neglect and self-neglect, providing support and offering referrals.
5. Keep track of how responses are working within the community.

CRNs are always looking for volunteers. If you're interested in making your community a safer, more inclusive place to live, contact the CRN coordinator near you for information on how you can get involved.

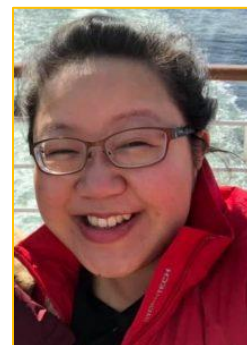
Find Your Local CRN

Community	Coordinator Contact Info
Chinese (in the Lower Mainland)	Daisy Au 604-254-9626 ext. 1005 daisyau@mosaicbc.com
Downtown Eastside	Kate Hodgson 604-257-6949 kate.hodgson@vancouver.ca
Francophones (in the Lower Mainland)	Eleonore Tremblay 604-379-9296 surrey@resosante.ca
Grandview-Woodlands	Dana Sharon 604-684-3515 danas@brightsidehomes.ca Ian Marcuse 604-684-3515 gwfcnetwork@gmail.com
Lower Mainland Living OUT Visibly Engaged (LOVE) LGBTQ2S+ (<i>Note: This CRN is based in Surrey.</i>)	Neil Fernyhough 604-595-0015 ext. 236 communityprograms@alexhouse.net
Marpole-Oakridge-Kerrisdale	Andrea Krombein 778-668-3634 andreak@mofp.org
Mount Pleasant	Claudine Matlo 604-879-8208 ext. 138 cmatlo@mpnh.org

Community	Coordinator Contact Info
Renfrew-Collingwood	Suzanne Liddle 604-412-3838 sliddle@cnh.bc.ca
South Granville	Douglas Dunn 604-732-0812 executivedirector@southgranvilleseniors.ca
Vancouver Indigenous	Diana Day 604-872-1849 diana.day@pafnw.ca
Vancouver West End-Coal Harbour-Yaletown (formerly the Vancouver West End CRN)	Anthony Kupferschmidt 604-669-5051 executivedirector@wesn.ca

Joanna Li is BC CRN's Regional Mentor for Vancouver. She took on the role shortly before the pandemic. As a regional mentor, she supports Vancouver-based CRNs, connecting them to the larger community, helping strengthen relationships and make new ones, and supporting the CRNs' (and communities') growth and development.

For more on BC CRN and your local CRNs, contact Joanna (joanna.li@bccrns.ca) or your local coordinator, visit www.bccrns.ca, follow them on [Facebook](#) or [Twitter](#), or subscribe to their [monthly e-newsletter](#) by emailing info@bccrns.ca.



Source: www.bccrns.ca

Resource of the Month: Vancouver Community Policing Centres

Vancouver has 11 Community Policing Centres (CPCs) that are operated, staffed, and governed by community members. CPCs *are not* satellite police stations or precincts. They partner with police to create crime prevention and community engagement programs to address safety concerns in local neighbourhoods.

The best way to understand what CPCs offer is to visit your local office. Even better, get involved by volunteering.

Because of the pandemic, please call ahead of time to ensure your local CPC is open.

CPC	Location & Contact Info	Programs
Vancouver Aboriginal Policing Society (VPAC)	1719 Franklin Street 604-678-3790 info@vacpc.org www.vacpc.org Monday to Friday 9 am to 5 pm	<ul style="list-style-type: none"> • Family • Women's • Youth • Circles of Understanding

CPC	Location & Contact Info	Programs
Chinese	203-618 Quebec Street 604-688-5030 info@chineseccpc.com www.chineseccpc.com Monday to Friday 9 am to 5 pm Saturday 10 am to 4 pm	<ul style="list-style-type: none"> • Victim Service Program • Citizens' Report Program • Translation and Interpretation Program • Community Outreach Programs • Chinatown Watch (Foot/Bike Patrol) • Kare4kids • Block Watch • SpeedWatch • English as 2nd language (ESL) • School Safety • Seniors Safe at Home • Helping Hands
Collingwood	5160 Joyce Street 604-717-2935 info@collingwoodcpc.com www.collingwoodcpc.com Monday to Saturday 9 am to 5 pm	<ul style="list-style-type: none"> • Patrol Programs • BIA Guardians • Movie Nights in the Park • It's All About M.E. • Bike and Pedal Care Rodeo • Work Experience • Speed Watch
Grandview-Woodland	1977 Commercial Drive info@gwcpc.ca www.gwcpc.ca 604-717-2932	<ul style="list-style-type: none"> • Information Services • Foot and Bike Patrol • Speed Watch • Outreach • Crime Prevention through Environmental Design (CPTED) • Child Care Seat Education • Restart
Granville Downtown South	1263 Granville Street 604-717-2920 office@granvillecpc.ca www.vancouver.ca/police/community-policing/granville-downtown-south.html Monday to Friday 12 to 5 pm Saturday 11 am to 4 pm	<i>Please call or email for details.</i>
Hastings Sunrise	2620 East Hastings Street 604-717-3584 info@hscpc.com www.hastings sunriseccpc.com Monday to Friday 9:30 am to 4:30 pm Saturday 10 am to 4 pm	<ul style="list-style-type: none"> • Business Safety • Citizen Patrol • Community Cleanup • Information and Community Assistance • Outreach • Road Safety

CPC	Location & Contact Info	Programs
Kerrisdale Oakridge Marpole	6070 East Boulevard info.komcpc@shaw.ca www.komcpc.org/ 604-717-3433 604-717-3434 Monday to Friday 10 am to 4 pm Saturday 10 am to 4 pm	<ul style="list-style-type: none"> • Bike Patrol • Night Patrol • Daytime Patrol • Speed Watch • Vehicle Audit Patrol • Child Find • Events and Outreach • Project 529 Garage • Log It or Lose It
Kitsilano Fairview	#78-1687 W.Broadway 604-717-4023 kitsfaircpc@gmail.com www.vancouver.ca/police/community-policing/kitsilano-fairview.html Monday to Friday 10 am to 5 pm	<ul style="list-style-type: none"> • Victim Information Services • Community Outreach and Special Events • Foot Patrol • Bike Patrol • Speed Watch
South Vancouver	5435 Victoria Drive 604-717-2940 info@svpcpc.com www.svpcpc.com	<ul style="list-style-type: none"> • Office Services • Patrols • Community Outreach • In Case of Missing Kids • In Case of Missing Property • Special Projects • International Student Safety Project
Strathcona	872 East Hastings Street 604-717-0622 www.strathconacpc.ca	<ul style="list-style-type: none"> • Community Assistance, Information and Referral • Foot and Bike Patrol • Crime Prevention through Environmental Design (CPTED) • Road Safety • Speed Watch • Distracted Driving • Pedestrian Safety • Project 529 Garage
West End – Coal Harbour	1267 Davie Street 604-717-2924 info@wehcpc.com www.wehcpc.com	<ul style="list-style-type: none"> • Victim Information Services • Presentations • Citizen Patrols • Outreach • Clean Streets • Consultations • Street Front Office • Speed Watch • Youth Action Initiative

Source: www.vancouver.ca/police/community-policing

Please Support the West End-Coal Harbour
Community Policing Centre

Enter to win*

Actual model may differ.
Some assembly required.



CONTEST ALERT!

\$20/ticket

Rize mini folding ebike!

Tickets are available through

www.wehcpc.com

Odds of winning is 1 in 300. BC Gaming Event Licence #126646

Draw Date Sept 26, 2020. Know your Limit. Play Within It.

Problem Gaming Help Line 1 888 795-6111

For more information contact fundraising@wehcpc.com

Upcoming Events

Provincial Learning Events – BC Association of Community Response Networks (BC CRN)

Provincial Learning Events are webinars that take place the third Tuesday of the month *except* for the months of June, July, August, and December.

Topics that BC CRN has covered to date include predatory marriage, abuse and neglect among transgender older adults, the role of the public guardian and trustee in cases of abuse and neglect, brain injury basics, ageism, transportation options for older adults, frauds and scams, and hoarding.

Email info@bccrns.ca to receive notifications of upcoming webinars and to receive sign-in information.

The next provincial learning event is scheduled for **September 15, 2020 from 10:30 am to 12 noon (PST)**. Everyone is welcome and sessions are always free of charge.

If you have a community event you'd like for us to promote, email info@brightsidehomes.ca.



Cook's Corner: Grown-Up Grilled Cheese Sandwiches

"I love this recipe! It's so easy to make for your whole family and you can make it your own as well. This recipe reminds me of when I first moved out of my parents' place. I was not an experienced cook and I was living on my own. Needless to say, I used this recipe a lot! Since then, my family has grown and so much has changed, but I still come back to this recipe and my family loves it."

– Mary McKay, Brightside Manager of People and Culture

Ingredients:

Cooking spray
1 cup vertically sliced red onions
1 large garlic clove, minced
1 cup (4 ounces) shredded white cheddar cheese
8 slices of bread
2 cups fresh spinach leaves
6 slices of bacon, cooked

Directions:

1. Heat a large non-stick skillet over medium-low heat. Coat pan with cooking spray. Add 1 cup onion and garlic. Cook for 10 minutes or until tender and golden brown, stirring occasionally.
2. Sprinkle 2 tablespoons cheese over each of the 4 bread slices. Top each slice with 1/2 cup spinach, 2 tomato slices, 2 tablespoons onion mixture, and 1 1/2 bacon slices. Sprinkle each with 2 tablespoons cheese. Top with the remaining 4 bread slices.
3. Heat skillet over medium heat. Coat pan with cooking spray. Place sandwiches in the pan and cook for 3 minutes on each side or until golden brown and cheese melts.

Source: www.myrecipes.com

What has been your go-to recipe during the pandemic? Send your recipe to info@brightsidehomes.com or Brightside Reception Desk for consideration in a future edition. Include a picture of either your dish or, even better, you cooking your recipe for your a loved one.

PHOTO OF THE MONTH



"I took this photo while I was in the Strathcona area last month. There isn't really a big back story to this picture, except I really liked the colours and the train was close enough to almost touch it."

--Liam Griffin, Brightside Manager of Communications & Fundraising

Attention photographers of all levels! Send us your favourite picture for an upcoming edition. Email it to info@brightsidehomes.ca or drop it off at reception. Include a description of the photo and your name. Tell us why your photo is special to you.

Brightside Community News is a monthly newsletter for Brightside residents, volunteers, community partners, staff, and friends alike. Send your content for consideration to info@brightsidehomes.ca or submit your idea in writing to Brightside Reception.

Photos in this edition courtesy of: Brightside; BC CRN web and Facebook, West End – Coal Harbour CPC, Mary McKay.

We acknowledge the generous support of the [BC Association of Community Response Networks \(BC CRN\)](#).