

Brightside volunteers setting up for WEAAD in 2019.

# Brightside *COMMUNITY NEWS*

October 2020

## Inside this Edition

What is Adult Abuse, Neglect & Self Neglect?	2
<i>It's Not Right! and Gatekeeper</i>	3
Free Programs for Older Adults	4
<i>Get to Know Your:</i> Designated Agencies	7
<i>Resource of the Month:</i> Healthy Aging CORE	8
<i>Upcoming Events</i>	9
<i>Cook's Corner</i>	11
<i>Photo of the Month</i>	12

## "See Something, Say Something"

It takes the work of a community to protect our most vulnerable of neighbours from abuse, neglect, and self-neglect.

Awareness is key. Educate yourself on the different types of abuse, neglect, and self-neglect, how to spot the signs, and understand what you can and cannot do if you see or hear something troubling.

If you see something, say something. Learn. Volunteer. Look out for each other. Wear purple on World Elder Abuse Awareness Day (WEAAD), which takes place annually on June 15.

It's takes all of us to make our community a safe, secure, and inclusive place to live.



## What is Adult Abuse, Neglect & Self Neglect?

Adult abuse is any action causing harm to any person over the legal age of 18. Abuse may be financial, physical, sexual, or psychological.

Sadly, an abuser is often someone who is known, like a friend, family member, or caregiver.

Neglect is the failure to provide necessary care, assistance, or attention that causes serious physical, mental or emotional harm, or damage to or loss of a person's assets.

Self-neglect is any failure to care for one's self that causes serious physical or mental harm, or damage to or loss their own assets.

Community connection and awareness are vital to abuse and neglect prevention...and the BC Association of Community Response Network's (BC CRN) ([www.bccrns.ca](http://www.bccrns.ca)) community response networks (CRNs) can help.

As of May 2020, there are currently 80 CRNs serving 232 communities province-wide.

CRNs are groups of concerned community members who work together to coordinate responses to reported cases of adult abuse, neglect, and self-neglect.

You also play a role. Educate yourself on the signs and learn more on what you can do as a bystander and/or service provider in the community.

BC CRN's *It's Not Right!* and Gatekeeper outreach programs can help.

They are offered as live virtual sessions free of charge to community groups, including the general public. Read on to learn more about which program is right for you.

Sources: [www.bccrns.ca](http://www.bccrns.ca); BC CRN Annual Report (2019/2020)

### Reporting Abuse and Neglect

*If you see something, say something.*

*There is no legal requirement to report abuse or neglect, however, if you choose to, please report your concern to a designated agency or Community Living BC if the victim is an adult with developmental disabilities (See page 7 for more.)*

*If the person is in immediate danger, always call 9-1-1.*





## *It's Not Right! Program for Bystanders, General Public*

The *It's Not Right!* program ([www.bccrns.ca/programs/its-not-right-program/](http://www.bccrns.ca/programs/its-not-right-program/)) is for everyday citizens, residents, neighbours, family members, and friends of adults and older adults.

Educational presentations are offered to community groups free of charge, and are conducted safely online through Zoom. Sessions range from 20-minutes to 2-hours.

In your session, you can expect to learn how to:

- Recognize the warning signs and risk factors of senior abuse.
- Recognize the role ageism plays in abuse.
- Recognize the impact of abusive behaviour.
- Hold supportive and respectful conversations.
- Who to refer to, and where to find help.

*It's Not Right!* was originally developed by The Centre for Research and Education on Violence Against Women and Children (CREVAWC) at the University of Western Ontario. BC CRN is the authorized provider of this program in British Columbia.

To sign up your group for an *It's Not Right!* session, email your request to [itsnotright@bccrns.ca](mailto:itsnotright@bccrns.ca).

---

## *Gatekeeper Program for Service Providers, Essential Workers*

*Gatekeeper* ([www.bccrns.ca/programs/gatekeeper-program/](http://www.bccrns.ca/programs/gatekeeper-program/)) is the program you need if you have regular contact with the general public and vulnerable adult populations as part of your daily work activities.

In addition to learning the signs of abuse and neglect, and you will also learn how to correctly refer individuals to the appropriate agency should they observe a possible case of abuse, neglect, and self-neglect.

Participants of *Gatekeeper* should also register for an *It's Not Right!* session. *Gatekeeper* is offered through BC CRN free of charge. Email [gatekeeper@bccrns.ca](mailto:gatekeeper@bccrns.ca) to sign up your group.



## Free Programs for Older Adults

*Submitted by Anna Hofmarks, Older Adults Program Coordinator, Collingwood Neighbourhood House*

If you are age 55+, Collingwood Neighbourhood House ([www.cnh.bc.ca](http://www.cnh.bc.ca)) is offering programs to help you stay active physically and mentally, stay connected to your community, and make new friends in a safe way.

There is **no cost** to participate, however, advance registration is required.

### **55+ Walking Club**

The club meets Mondays from 10:30 to 11:30 AM, rain or shine, in front of Collingwood Neighbourhood House at 5288 Joyce Street in Vancouver.

Group size: six walkers max per group. Physical distancing measures will be respected.

To register, contact Jenny at 604-435-0323 ext. 227 or email [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).

### **Choose to Move**

Get personalized help to get active, and stay that way! *Choose to Move* helps you:

- Develop a personal action plan that meets your goals, focusing on activities you like.
- Connect with one-on-one coaching and group support.
- Learn new ways to live a healthier, more active lifestyle.

Sessions are conducted through Zoom or phone.

Visit [www.choosetomove.ca](http://www.choosetomove.ca). Or, call 604-445-1773 to register.

### **Seniors' Shuttle Service**

Book a ride to your appointment, to the store, or to a friend's place for a visit.

This service is available Tuesdays, Wednesdays, and Thursdays. The first pick-up is at 9:30 AM. The last drop-off is at 2:30 PM.

Free for the rest of 2020, there will be fees, yet to be determined, for 2021.

For more information, or to make a booking, call Jenny at 604-453-0323 ext. 227.

### ***Seniors' World Café***

Make yourself something yummy to drink, meet new people, and join a lively discussion from the safety and comfort of home.

The World Café takes place every second and fourth Monday of the month from 1:30-2:30 PM through Zoom.

There is a maximum number of 20 participants for each café.

For more on November's World Café, please see *Upcoming Events* on page 9.

To register, contact Jenny at 604-435-0323 ext. 227 or email her at [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).

### ***One-On-One Tech Support***

During the pandemic, the safest way to interact and connect is online. If you need help setting up Zoom, downloading any apps, or using any of your devices, you can make an appointment to talk to someone for technical support.

Appointments are required.

Contact Jenny at 604-435-0323 ext. 227 or [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca) to make your appointment now!

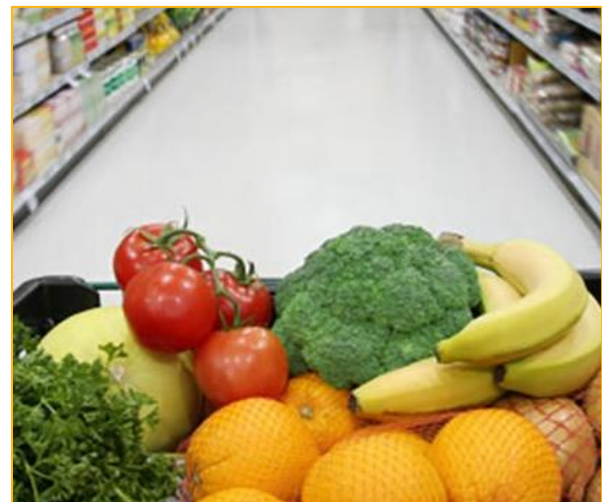
### ***Grocery & Meal Delivery***

Volunteers will call you ahead of time to take your meal or grocery order.

Meal delivery costs are between \$4-5/each with a minimum order of two meals.

Grocery delivery is free of charge. You pay for just your groceries.

To register, please call Jenny at 604-435-0323 ext. 227 or email her at [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).



**Note:** This grocery delivery service is limited to residents living in the Collingwood area of Vancouver.  
Please check with the community response network (CRN) nearest you for info on services:

<b>Community</b>	<b>Coordinator Contact Info</b>
<b>Chinese (in the Lower Mainland)</b>	Daisy Au 604-254-9626 ext. 1005 <a href="mailto:daisyau@mosaicbc.com">daisyau@mosaicbc.com</a>
<b>Downtown Eastside</b>	Kate Hodgson 604-257-6949 <a href="mailto:kate.hodgson@vancouver.ca">kate.hodgson@vancouver.ca</a>
<b>Grandview-Woodlands</b>	Dana Sharon 604-684-3515 <a href="mailto:danas@brightsidehomes.ca">danas@brightsidehomes.ca</a>  Ian Marcuse 604-684-3515 <a href="mailto:gwfcnetwork@gmail.com">gwfcnetwork@gmail.com</a>
<b>Marpole-Oakridge-Kerrisdale</b>	Andrea Krombein 778-668-3634 <a href="mailto:andreak@mofp.org">andreak@mofp.org</a>
<b>Mount Pleasant</b>	Claudine Matlo 604-879-8208 ext. 138 <a href="mailto:cmatlo@mpnh.org">cmatlo@mpnh.org</a>
<b>Renfrew-Collingwood</b>	Suzanne Liddle 604-412-3838 <a href="mailto:sliddle@cnh.bc.ca">sliddle@cnh.bc.ca</a>
<b>South Granville</b>	Douglas Dunn 604-732-0812 <a href="mailto:executivedirector@southgranvilleseniors.ca">executivedirector@southgranvilleseniors.ca</a>
<b>Vancouver Indigenous</b>	Diana Day 604-872-1849 <a href="mailto:diana.day@pafnw.ca">diana.day@pafnw.ca</a>
<b>Vancouver West End-Coal Harbour-Yaletown</b>	Anthony Kupferschmidt 604-669-5051 <a href="mailto:executivedirector@wesn.ca">executivedirector@wesn.ca</a>





## Residents

Building resilient communities for those who struggle to meet the demands of market housing.

[Learn More](#)



## New Brightside Website!

*Submitted by Liam Griffin, Manager, Communications and Fundraising, Brightside*

Thank you for your suggestions and feedback!

Brightside is excited to announce the launch of the new Brightside website.

Fully rebuilt and redesigned, the new site incorporates improved functionality, simpler navigation, and significant accessibility improvements.

At the core of the new website design is Brightside's commitment to inclusion. We wanted to ensure the website meets the needs of the Brightside community.

The new website has been designed to be as accessible as possible for all users, regardless of circumstance or ability.

The website adheres to WCAG (Web Content Accessibility Guidelines) 2.1 standards; which is an internationally recognized standard for web accessibility.

This means information on the site is now readily accessible by:

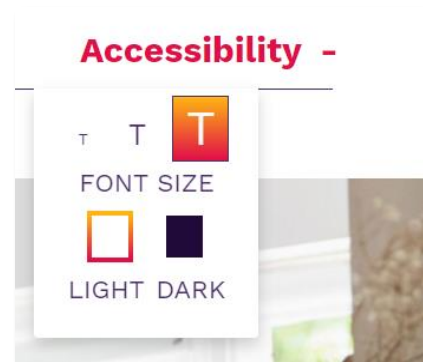
- Individuals using assistive technologies,
- Keyboard-only users,
- Users with low/impaired vision,
- Users who are Deaf or hard of hearing,
- Users with cognitive disabilities, and
- Users who are colour blind.

Your feedback continues to be important to us. We want to ensure this site continues meeting your needs.

If you have any questions, comments, or encounter any difficulties using our website, please let us know. Contact us by email at [info@brightsidehomes.ca](mailto:info@brightsidehomes.ca).

Visit the new Brightside website here:

[www.brightsidehomes.ca](http://www.brightsidehomes.ca)



To learn more about WCAG 2.1 Accessibility Guidelines, visit:

[www.w3.org/TR/WCAG21/](http://www.w3.org/TR/WCAG21/)

For tips on customizing your computer for a better, more accessible web browsing experience, visit:

[www.w3.org/WAI/users/browsing](http://www.w3.org/WAI/users/browsing)

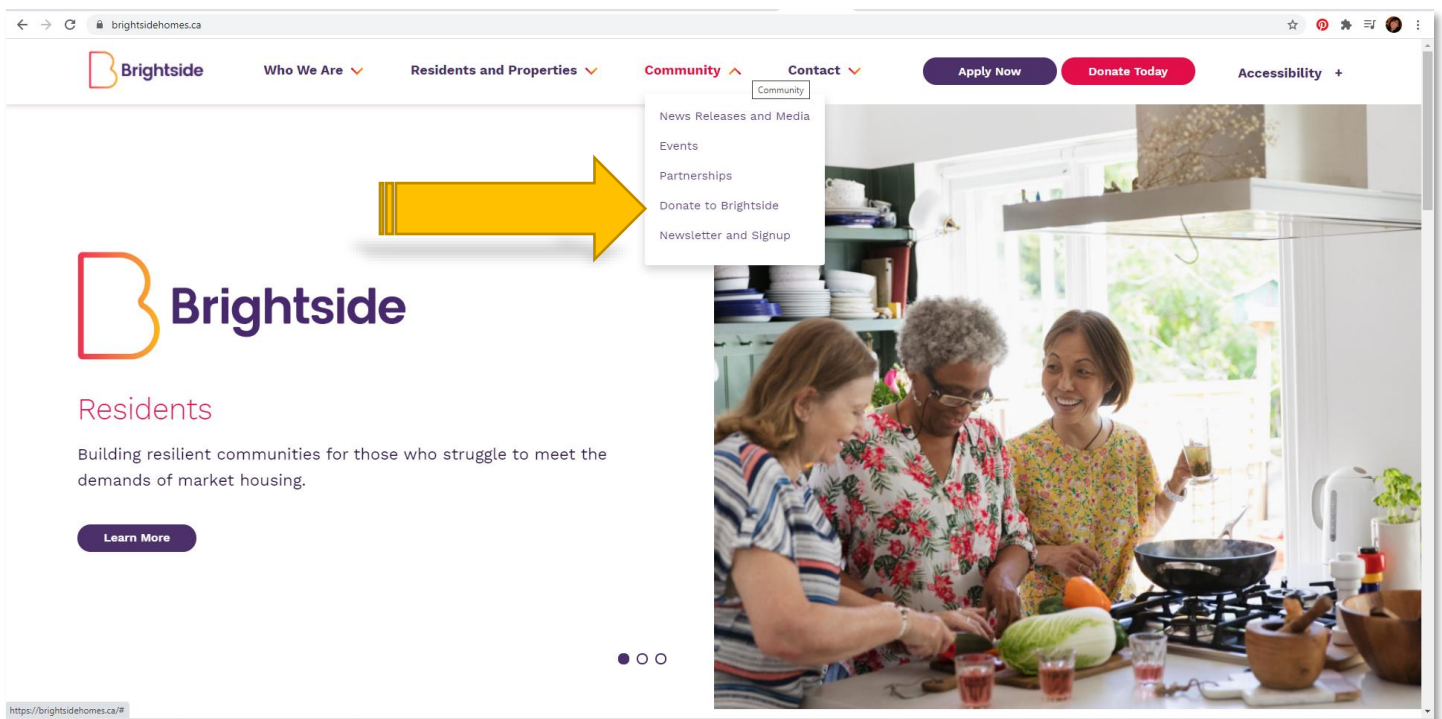
---



DID YOU KNOW?

All of Brightside's newsletters, including back editions, can now be found on the new website!

Here's how you access the archive:







## Get to Know Your: Designated Agencies

Designated agencies have a legal responsibility to address any report of adult abuse, neglect, and self-neglect they receive.

Designated agencies work with the victim to give personalized support. This support may include friends, family and advocates, and other services, such as home support, meal services or a day program.

If the situation cannot be resolved informally, is urgent or dangerous, and the designated agency is concerned that the adult may be unable to get assistance on their own due to a physical restraint, physical handicap or an illness, disease, injury or other condition that affects their ability to make decisions, the Adult Guardianship Act gives designated agencies legal tools to protect them.

The designated agencies for Vancouver are:

Vancouver Coastal Health/Providence Health Care

**1-877-732-2899**

**604-904-6173**

[react@vch.ca](mailto:react@vch.ca)

[www.vchreact.ca/report.htm](http://www.vchreact.ca/report.htm)

Community Living BC (for victims who are adults with developmental disabilities)

**604-660-3323**

[clbcvancouver@gov.bc.ca](mailto:clbcvancouver@gov.bc.ca)

If the victim is immediate danger, please call **9-1-1**.

Vancouver Coastal Health has designated responders throughout service delivery areas including: Richmond, Vancouver, North Shore, Sea to Sky, Sunshine Coast, Powell River and Central Coast.

If you know the program that is involved with the adult, you may connect directly with a Designated Responder Coordinator ([www.vch.ca/Documents/ReAct-designated-responder-coordinators-DRC.pdf](http://www.vch.ca/Documents/ReAct-designated-responder-coordinators-DRC.pdf)).

If you are a Manager of a care facility licensed under the Community Care and Assisted Living Act, a private hospital under Part 2 of the Hospital Act, or any other facility designated by regulation as a care

facility, and you have reason to believe that a person authorized as a substitute decision maker is acting in a manner that may be abusive or harmful to the adult, the manager must immediately notify a person designated by the Regional Health Authority.

If the adult does not live in the Vancouver Coastal Health or Providence Health Care service areas, please contact the designated agency in their area to make reports.

<b>Fraser Health</b>	<b>1-877-REACT-08</b> <b>1-877-732-2808</b>
<b>Interior Health</b>	1-844-870-4754
<b>Northern Health</b>	1-844-465-7414
<b>Island Health</b>	South Island: 1-888-535-2273 Central Island: 1-877-734-4101 North Island: 1-866-928-2988

*Sources:*

- Public Guardian and Trustee of BC ([www.trustee.bc.ca/services/services-to-adults/Pages/abuse-neglect.aspx](http://www.trustee.bc.ca/services/services-to-adults/Pages/abuse-neglect.aspx))
- Community Living BC ([www.communitylivingbc.ca/contact/whistleblower-contact/](http://www.communitylivingbc.ca/contact/whistleblower-contact/))
- Vancouver Coastal Health ([www.vch.ca/locations-services/directory-sub-pages/report-adult-abuse-neglect](http://www.vch.ca/locations-services/directory-sub-pages/report-adult-abuse-neglect))
- BC Association of Community Response Networks ([www.bccrns.ca](http://www.bccrns.ca))

---

## Resource of the Month: Healthy Aging CORE

Healthy Aging Collaborative Online Resources and Education (Healthy Aging CORE) is an online resource that aims to support the health of seniors by connecting community-based seniors' service organizations and allied agencies with individuals.

CORE provides the latest programs, training, and resources in your neighbourhood and neighbouring communities. Some of the current offerings include:

- Multi-cultural seniors' choir program through MOSIAC.
- Photography classes for seniors through Frog Hollow Neighbourhood House.
- Seniors journaling club through Simon Fraser University.
- Educational webinars.
- Volunteer opportunities and discussion groups.

The site also has an extensive resources section, covering topics such as ageism, caregiving, nutrition, home support, social connectedness, wellness and mental health, and several others.

For more, visit [www.healthyagingcore.ca](http://www.healthyagingcore.ca).

# UPCOMING EVENTS

## **November 2 and 16, 2020 from 2-3 PM (Online Event)**

*Hosted by Collingwood Neighbourhood House*

Join this sing-a-long led by an experienced local singer. Anyone wanting to sing in front of the group can show off their skills in the talent show part of this online event.

To register, contact Jenny at 604-435-0323 ext. 227 or [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).



## **Fall and Injury Prevention (Webinar)**

**November 3, 2020 from 10-11 AM**

*Hosted by Canadian Falls Prevention Curriculum*

Each year, the BC government proclaims the month of November as Seniors' Fall Prevention Awareness Month to raise awareness about preventing falls and injuries among older adults, and to encourage leadership and collaboration across the province.

Join this session to learn more about how you can prevent falls and fall related injuries.

This webinar will be presented by the panelist Bobbi Symes, National Coordinator, Canadian Falls Prevention Curriculum and Assistant Director, Population Health, United Way of the Lower Mainland.

Registration is required: [https://zoom.us/webinar/register/WN\\_O0P\\_QMJVRtGi7USPwwXf1A](https://zoom.us/webinar/register/WN_O0P_QMJVRtGi7USPwwXf1A).

Cost: Free. For more information: [www.canadianfallprevention.ca](http://www.canadianfallprevention.ca)



## **In-Person Coffee Social**

**November 5, 2020 from 10:15-11:15 AM**

**Program A and B Room, Collingwood Neighbourhood House, 5288 Joyce St, Vancouver, BC**

Come in-person for a casual conversation with friends, or come to make new friends in your community. Bring your own drinks and snacks.



You may also bring any of your personal devices (e.g. laptop, smart phone, tablet, etc.) for one-on-one technical support.

This event will adhere to current COVID-19 safety measures.

To register, contact Jenny at 604-435-0323 ext. 227 or [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).



**World Café: English Language Conversation**  
**November 9 and 23, 2020 from 1:30-2:30 PM (Online Event)**

*Hosted by Collingwood Neighbourhood House*

November's World Café will be led by a UBC sociolinguist who will facilitate this online discussion on news, politics, culture and events from around the world.

Come practice your English language skills: all levels are welcome!

To register, contact Jenny at 604-435-0323 ext. 227 or [jshen@cnh.bc.ca](mailto:jshen@cnh.bc.ca).



**How to Protect Your Finances in Uncertain Times (Webinar)**  
**November 17, 2020 from 10:30 AM – 12 Noon**

*A BC CRN Provincial Learning Event presented by Robert Paddick, Deputy Ombudsman, Ombudsman for Banking Services and Investments (OBSI) ([www.obsi.ca](http://www.obsi.ca))*

The coronavirus pandemic is making Canadians feel more vulnerable than ever. But our health isn't the only thing we need to protect. In uncertain times, we must look to our financial wellbeing as well.

This year, for the 10th anniversary of Financial Literacy Month, learn more on how to make smart financial decisions, and the scams to avoid, how to change unhealthy financial behaviour, and how to resolve a complaint against your financial services provider.

Advance registration is required: [https://zoom.us/webinar/register/WN\\_I7E8UZpSRtqdAMHtIMF6Xw](https://zoom.us/webinar/register/WN_I7E8UZpSRtqdAMHtIMF6Xw).

Cost: Free. For more information: [www.bccrns.ca](http://www.bccrns.ca)



*If you have a community event or education session you'd like for us to promote in a future edition, email [info@brightsidehomes.ca](mailto:info@brightsidehomes.ca).*

*Be sure to include all details, like date, time, and cost, as well as a description of your event and any registration information*



## Cook's Corner: Mexican Bean Salad

"This goes great with some thick tortilla chips. Instead of raw onions, (I don't like eating them.) try using a garlic press to "juice" a few chunks of onion into the salad for flavor. I also add chunks of avocado fresh cilantro as garnish just before serving."

--Liam Griffin, Manager, Communications and Fundraising, Brightside

### Ingredients:

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 jalapeno pepper, finely chopped (optional)\*
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- ½ cup olive oil
- ½ cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- ¼ cup chopped fresh cilantro
- ½ tablespoon ground cumin
- ½ tablespoon ground black pepper
- 1 dash hot pepper sauce
- ½ teaspoon chili powder

### Directions:

In a large bowl, combine beans, bell peppers, frozen corn, and red onion.

In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

\*Jalapeno pepper may make this spicy! Taste a bit before committing to the whole amount.

Send your favourite recipe to [info@brightsidehomes.com](mailto:info@brightsidehomes.com) or Brightside Reception Desk for consideration in a future edition.



## PHOTO OF THE MONTH



*"I took this photo while exploring Victoria this past summer. The semi-hidden area is located in Ten Mile point – it was beautiful! It was a perfect spot to relax, take pictures, and discover." – Chantel Paul, Front Desk Coordinator*

*Drop off or email your favourite photo ([info@brightsidehomes.ca](mailto:info@brightsidehomes.ca)) for consideration in a future edition! Be sure to include a description of your picture and your name in case we need to follow up with 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](mailto:info@brightsidehomes.ca) or submit your idea in writing to Brightside Reception.

Photos in this edition with permission through Creative Commons License. Photo sources: BC CRN Facebook, BC CRN web, PXfuel.com, Chantel Paul.

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