



Brightside *COMMUNITY NEWS*

September 2020

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October 1 is National Seniors Day!

The date was also declared International Day of Older People by the United Nations.

In honour and celebration of all older adults and seniors, thank you for your contributions to society and community, and for continuing to make where we live enriching, positive, and supportive for everyone.

In this edition, you will find several resources for older adults and seniors, their families, and friends.

As always, we welcome your feedback.

Thank you for your continued support and readership.



Cast Your Vote: Provincial Snap Election (General Voting Day: October 24, 2020)

Exercise your civic responsibility and your right to vote in the upcoming provincial election.

You must be 18 or older by General Voting Day, a Canadian citizen, and a BC resident for the past six months as of General Voting Day.

Registering to Vote

If you meet all the requirements listed above, be sure you are registered to vote.

Deadline for registration: **Saturday Sept. 26.** (You can still register to vote after this date. It may just take a little longer.)

Here's how you can register yourself:

| | |
|---------------|--|
| Online | https://eregister.electionsbc.gov.bc.ca/ovr/welcome.aspx# |
| Mail | https://elections.bc.ca/docs/forms/fill%20in%202000A.pdf Print the form, complete it fully, and mail it to: Elections BC PO Box 9275 Stn Prov Govt, Victoria, BC V8W 9J6 |
| Phone | 1-800-661-8683 |
| Email | voterservices@elections.bc.ca |
| Fax | 1-866-466-0665 (toll free) |

You will be asked to also produce ID, such as a driver's license number, a BC identification card number, a partial social insurance number, or a partial personal health number, as well as your birth date. This information is used to verify your identity and kept in the strictest of confidence.

View more information on the types of acceptable ID here: <https://elections.bc.ca/voting/voter-id/>

Once your registration is complete, Elections BC will mail you a *Where to Vote* card ahead of advance voting.

For more questions on how to register to vote, view [Elections BC's Frequently Asked Questions](https://elections.bc.ca/docs/aps/ovr/FAQs.htm) at <https://elections.bc.ca/docs/aps/ovr/FAQs.htm>

When to Vote

You may participate in **advance voting** from Thursday, October 15 to Wednesday, October 21 from 8 am to 8 pm. Advance voting places and the dates they are open are still being confirmed and will be posted www.elections.bc.ca when available. All advance voting places are wheelchair accessible.

You may also wait until **general voting day** on October 24 from 8 am to 8 pm to cast your vote.

You may either go to your assigned voting place to vote, or go to any voting location that may be more convenient.

Keep in mind that it may take longer to vote if you decide to go a different location than the one assigned to you.

General voting locations may also be different than advance voting places.

Most general voting places are wheelchair accessible

Voters are entitled to four consecutive hours free from work to vote during advance voting or on General Voting Day.

How to Safely Cast Your Vote

In-Person

The provincial government is implementing all COVID-19 safety measures at advance and general voting locations.

You may also wear a mask if you wish. You will not be asked to remove it.



Make your vote count.

*Always have a form of
government issued ID
handy.*

*If voting in-person,
bring your 'Where to
Vote' card.*

*If voting by mail,
complete the package
carefully and fully.*

If you are sick or feeling unwell, please do not vote in-person.

If you need assistance with reading or writing on the ballot, require braille or sight assistance, or translation help, these supports are onsite at all voting places.

Bring your *Where to Vote* card and a piece of government issued ID.

View more information on the types of acceptable ID here: <https://elections.bc.ca/voting/voter-id/>

By Assisted Phone

You may vote by phone if you have vision loss, a disability or underlying health condition that prevents you from voting independently, and/or you are self-isolating and unable to vote by mail. Your voter registration information must be up-to-date to use this service.

Call Elections BC at 1-800-661-8683 for more on how this process works and what you need to do.

By Mail

Contact Elections BC to request a vote-by-mail package as soon as possible at www.elections.bc.ca or calling 1-800-661-8683.

Your package will be mailed to you.

You may also pick up your vote-by-mail package in person by contacting the closest district electoral office.

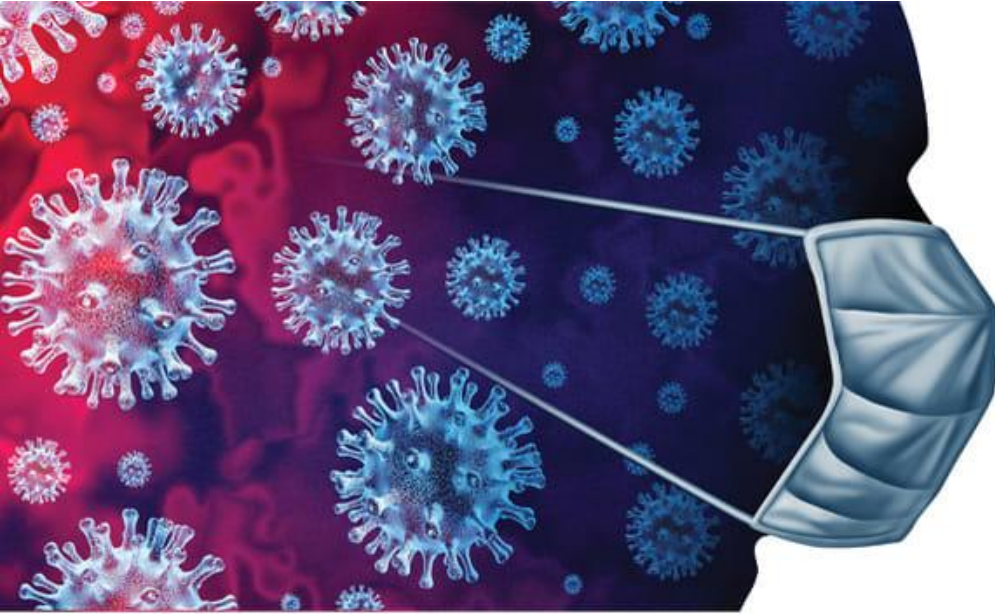
Completed vote-by-mail packages must be received by Elections BC before 8 pm on Saturday, October 24.

For more Information

For more information or to obtain translated materials, visit the BC Elections website or call them directly at 1-800-661-8683.

Source: www.elections.bc.ca





COVID-19 Reminders: Staying Safe

As we approach flu season and major holidays – Thanksgiving and Halloween are just around the corner – the provincial government and health officer have stated we are also quickly entering the second wave of the coronavirus pandemic.

Seniors, especially individuals with underlying conditions, are particularly susceptible, however, the majority of those recently falling ill are between the ages of 20 and 39. Everyone is at risk.

To keep everyone safe, our frontline workers healthy, and our hospitals operating at ideal capacity, remember these **guidelines**:

- Stay home if you or anyone in your household are feeling unwell.
- Wash your hands frequently with soap and water.
- Avoid large gatherings. “Stick to six” Your bubble should have the **same** six people in it every time you socialize.
- Maintain the recommended two-meter, or six-feet, physical distance if at all possible. Give everyone space.
- Wear a mask in public. Some services now require masks – public transit, some supermarkets, and hospitals are a few examples. Carry a fresh mask with you.
- Have patience with yourself and each other. Remember, a little kindness goes a long way.

There are also several COVID-19 **resources** to refer to if you have questions. Here are the ones we like:

- **BC Provincial Government** (www2.gov.bc.ca): This website has a section dedicated to COVID-19.
- **BC Provincial Government COVID-19 Self-Assessment Tool** (www.bc.thrive.health): Use this tool if you need some help figuring out if you need to see a doctor or not.
- **BC Centre for Disease Control** (www.covid-19.bccdc.ca): A great resource for the general public.
- **City of Vancouver** (www.vancouver.ca): Check here for COVID-19 guidelines specific to our city.



Your Community Garden: Tips for Winterizing Your Plot

Winter is coming...in a few months. Now is the time to start winterizing our gardens ahead of the rain we know is on its way. Let's take advantage of the dry days, enjoy the cool air, and get our gardens ready for the next season!

Clean Up

Remove dead leaves and dying or broken branches on your shrubs, bushes, and trees. Move any potted plant inside or undercover to avoid flooding them when the rain comes.

Feed and Fertilize

Feed your soil now to help important microbes in the soil survive the winter months. You might also want to consider covering your planting area with a mixture of compost and organic material to condition the soil for spring.

Plant

Yes! This is a perfect time to plant perennials, bulbs, trees, and shrubs! While nothing will bloom for a few months, with a little bit of planning, your garden will surprise you with some amazing blooms come Spring.

Cover Any Seedlings and Plants You Sowed in the Summer

Yes, you can still harvest vegetables over the winter months where we are located!

If you sowed seeds in the summer with the intent of growing vegetables over the winter months, consider insulating your plants by placing a layer of straw around them or covering them with row cover or black landscaping fabric. Check your local garden centre for these materials.

The insulation will protect your plants and the soil beneath them from frost and freezing temperatures...and whatever you harvest may taste sweeter. (Colder temperatures help plants create more natural sugars.) An extra bonus: there are fewer pests to manage in the winter months!

Sources: www.artknappsurrey.com; www.westcoastseeds.com



Get to Know Your: Public Libraries

Your local public library is so much more than books!

Vancouver's public libraries ([VPL](#) or www.vpl.ca) have been slowly and surely opening their doors again in the community.

With COVID-19 safety measures in place, most locations are open for quick visits to borrow and return materials, pick up holds, and use public computers.

Most branches have their drop boxes available 24/7 to return library books.

Your Online Account Allows Access to Thousands of Resources

If you haven't done so already, visit your local branch for help on setting up an online account.

Your account will give you

- Access digital materials,
- Help you keep track of what you've borrowed and returned,
- Allow you to place holds on your favourite titles,
- A view to any fees you may owe, and
- Allow you to register for online events and programs.

Your online account also gives you access to [VPL's digital library](#) any time (www.vpl.ca/digital). This library contains thousands of online books, audio books, articles and publications, movies, documentaries, TV shows, music and online courses – all free of charge.

Online Events and Programs

VPL's online events and programs are for the whole family – kids, teens, adults, newcomers, and people with disabilities – with new events and programs added and changed regularly.

(For now, in-person programming is on hold.)

Here's a sampling of some of VPL's current offerings:

| | | |
|---------------------------------|--|-------------------------------|
| Seniors | Learn to Use Zoom https://vpl.bibliocommons.com/events/search/fq=audiences:(53c940484246f6147c000013 | Sept and Oct. |
| Adults | Online eBook Club www.vpl.ca/program/book-clubs-adults | Monthly |
| Adults, Chinese Speaking | Chinese Friday Morning Book Club (Online) https://vpl.bibliocommons.com/events/5f29f96a6d55c15f014a7261 | Twice monthly. |
| Newcomers | English as a Second Language Practice (Online) https://vpl.bibliocommons.com/events/search/q=ESL | Weekly until the end December |

For more information about your local VPL and its offerings, please contact your branch directly, or visit www.vpl.ca.

Source: www.vpl.ca

Resource of the Month: Seniors Abuse and Information Line (SAIL)

SAIL is a province-wide, confidential service for older adults, and those who care about them, to talk to a trained intake worker about abuse or mistreatment, and receive information and support about issues that impact the health and well-being of an older adult.

Trained intake workers provide a listening, non-judgmental and supportive ear and provide resources, referrals to our free internal programs and support. For example, legal advice is available to people age 55 and over, who are not able to access legal help elsewhere due to low income or other barriers. Lawyers are may advise on issues related assisted living/long term care, discrimination, abuse and neglect, financial exploitation, consumer complaints, guardianship/capacity, and pension appeals.

Callers aged 50+ who are victims of abuse or family and sexual violence, and who need practical and emotional support may be referred to SAIL's Victim Services Program for information, support and referrals to services in the community.

Call: 604-437-1940 or Toll Free: 1-866-437-1940

7 days a week (excluding holidays), 8am to 8pm

Language interpretation is available Monday through Friday, 9am to 4pm.

TTY Teletype for the Deaf who have access to TTY equipment: 604-428-3359 or toll free 1-855-306-1443.

Source: www.seniorsfirstbc.ca

Upcoming

mark your calendars

National Seniors' Day/International Day of Older People **October 1, 2020**

Celebrate and recognize seniors living near you! Join Canadians across the country and citizens worldwide to celebrate a parent, a co-worker, a neighbour, or a friend. It is easy to show your respect and gratitude for the older adults in your life. (Remember to also apply COVID-19 safety measures.):

- Say "thank you"
- Take a walk together
- Cook a meal together
- Treat them to a day out

Show us how you celebrated this important day. Submit your photo for the next edition of the newsletter by emailing info@brightsidehomes.ca and tell us about it!

Source: www.canada.ca/en/employment-social-development/campaigns/national-seniors-day

Elder Abuse Awareness (Webinar)

October 1, 2020 from 10-11 AM

Hosted by the BC Association of Community Response Networks (BC CRN)

Learn to recognize the warning signs and risk factors of senior abuse. Registration required: <https://bit.ly/3lBKcm3>. Cost: Free.

Sleep to Better Health (Webinar)

October 2, 2020 from 10-11 AM

Hosted by the BC Association of Community Response Networks (BC CRN)

Learn the five tips to increase your quality of sleep and ultimately your health and well-being. Registration required: <https://bit.ly/2EA3kAr>. Cost: Free.

Exploring Restorative Approaches to Adult Abuse, Neglect, and Self Neglect (Webinar)

October 20, 2020 from 10:30 AM – 12 Noon

BC CRN Provincial Learning Event presented by: **Jane Osborne**, BC CRN Regional Mentor – Vancouver Island Central and North, and **Dr. Alana Abramson**, Criminology, Faculty, Kwantlen Polytechnic University

In this packed online session, some of the questions up for discussion include:

- What is the potential role for a restorative justice response to adult abuse and neglect? Why would we consider this approach?
- Who has a role to play in the process?
- Why do Community Response Networks or Community Health Networks facilitate this approach?
- What protocols need to be in place between the responding agencies?
- What are the criteria for making a referral? What are the skills and experience needed for facilitators of these types of cases?
- What are some examples of restorative responses to abuse and neglect cases?

Registration required: https://zoom.us/webinar/register/WN_w8xD9toRUmD4JuPBEGBKQ. Cost: Free.

If you have a community event or education session you'd like for us to promote in a future edition, email 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.

Brightside in the News

Passive House project aims to make affordable housing energy efficient

Journal of Commerce by ConstructConnect, Sept. 11, 2020.

Read the full article by clicking or entering the link below:

<https://canada.constructconnect.com/joc/news/projects/2020/09/passive-house-project-aims-to-make-affordable-housing-energy-efficient>





Cook's Corner: Roasted Chicken and Chickpea Tray Bake

"The recipe is easy to put together, it looks good in a serving bowl, can be frozen, and is healthy."

--Bernice Cook, Florence Manor

Ingredients:

5 tbsp olive oil
4 cloves garlic, finely minced
1 tsp. paprika
1 tsp. cumin
1 tsp. salt
1 cup chopped cilantro
Pinch of pepper and red pepper flakes
6 boneless skinless chicken breasts
2 cups cherry tomatoes
15 oz. can chickpeas, rinsed

Instructions:

Preheat oven to 450 degrees Fahrenheit.

Combine everything in a large bowl, mix well, then arrange in a single layer on a rimmed baking sheet.

Bake 20 - 25 minutes.

Note: The recipe also called for 1 cup of Greek yogurt with a tablespoon of the oil mixture stirred into it. You are supposed to serve each portion with a dollop of the yogurt, but I didn't think it added anything. (Bernice)

Send your favourite 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 a loved one in honour of National Seniors Day.

Source: www.sweetpeachronicles.com

PHOTO OF THE MONTH



"During this distressing time, I am fortunate to have a creative outlet to occupy my mind. It was amazing to go back to one of my passions: painting and drawing. I began to share my drawings with the Brightside team, and family and friends. Art helps me relax and stabilize during this period."

"I chose this piece because it relaxes me and gives me the feeling of a hopeful future. We must all continue to grow and bring color to our lives as nature does regardless of the circumstances beyond our control."

*--Silvia Romo,
Brightside Property Services
Coordinator*

Drop off or email your favourite photo (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 or submit your idea in writing to Brightside Reception.

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