



Brightside *COMMUNITY NEWS*

December 2020

Inside this Edition

What to Do if You Suspect Abuse	2
REMINDER: COVID-19 Safety	5
Seniors: Free Phone	6
Meet Anjali!	7
Get to Know: Your BC CRN Online Resources	8
Resource of the Month: QMUNITY	9
Brightside in the News	9
Cook's Corner	10
Photo of the Month	12

Final Edition: Happy Holidays!

As we wrap 2020 with our final edition of *Brightside Community News*, we thank you for your feedback, content, and readership.

This series was created for the community, to help you become aware of the support, services, and knowledge we each have to offer to keep one another safe, welcome, and included in the neighbourhoods we live in.

On behalf of the newsletter production team, stay safe, stay healthy, and be well.

Happy holidays: we wish you and yours a peaceful 2021 to come.



What to Do if You Suspect Abuse & Neglect of Another Adult

Vulnerable adults – seniors, people with disabilities, refugees, and several other marginalized populations – are at risk for abuse, neglect, and self-neglect, usually brought upon by someone they know and trust. Especially now during a pandemic, these populations are invisible due to self-isolation and physical distancing safety measures, and as a result, cases of abuse and neglect are sadly rising.

The key to abuse, neglect, and self-neglect *prevention* is education, awareness, and community. Keep an eye out for each other, get involved in each other's lives, learn the signs of abuse and neglect, and what you can do (sensitively and appropriately) when it comes to reporting.

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, that agency is mandated to respond to the report (and in the least intrusive way).

Keep in mind that you *cannot* force any individual into accepting your help. Here are some of the principles the law was based on:

- **Self-determination and choice:** All adults are entitled to live in the manner they wish and to accept or refuse support, assistance or protection as long as they do not harm others and they are capable of making decisions about those matters.
- **Most effective but least intrusive support:** All adults should receive the most effective, but least restrictive and intrusive, form of support, assistance or protection when they are unable to care for themselves or their assets.
- **Court is a last resort:** The court should not be asked to appoint, and should not appoint, decision-makers or guardians unless alternatives, such as provision of support and assistance, have been carefully considered.
- **Adults are presumed capable:** Every adult is presumed to be capable of making decisions about personal care, health care, legal matters or about the adult's financial affairs, business or assets until the contrary is demonstrated.



Your Role in Abuse, Neglect, and Self-Neglect Prevention

Only BC's Public Guardian and Trustee, police, or a designated agency – Vancouver Coastal Health or any of BC's health authorities, and Community Living BC if the individual has a developmental disability - can respond to and investigate cases of abuse and neglect in the community.

As a civilian, here's what you can do:

- Learn the signs of abuse and neglect. Understand the different types of abuse: physical, financial, sexual, and psychological abuse have different signs and signals.

One of the ways to learn more is for you and your neighbourhood watch, staff, or a group of concerned citizens take a free virtual workshop offered by BC CRN:

- *It's Not Right!*: A program for civilians and bystanders to learn to spot the signs of abuse and neglect, and what you can do to help. See more at: www.bccrns.ca/programs/its-not-right-program/
- *Gatekeeper*: A program for essential worker who have regular contact with vulnerable individuals on how to spot the signs of abuse and neglect, and your role in responding correctly and sensitively. For more, visit: www.bccrns.ca/programs/gatekeeper-program/
- Join a community response network (CRN) in your neighbourhood to get involved in coordinating responses, raising awareness, and educating the public. CRNs are great places to in ways that are safe and worthwhile to all involved.

CRNs are also a community resource that individuals may contact if they suspect abuse or neglect: CRNs can direct you to who you need to contact next.

To find your local CRN, visit: www.bccrns.ca/search or email info@bccrns.ca.

How To Report a Suspected Case of Abuse, Neglect, and Self-Neglect

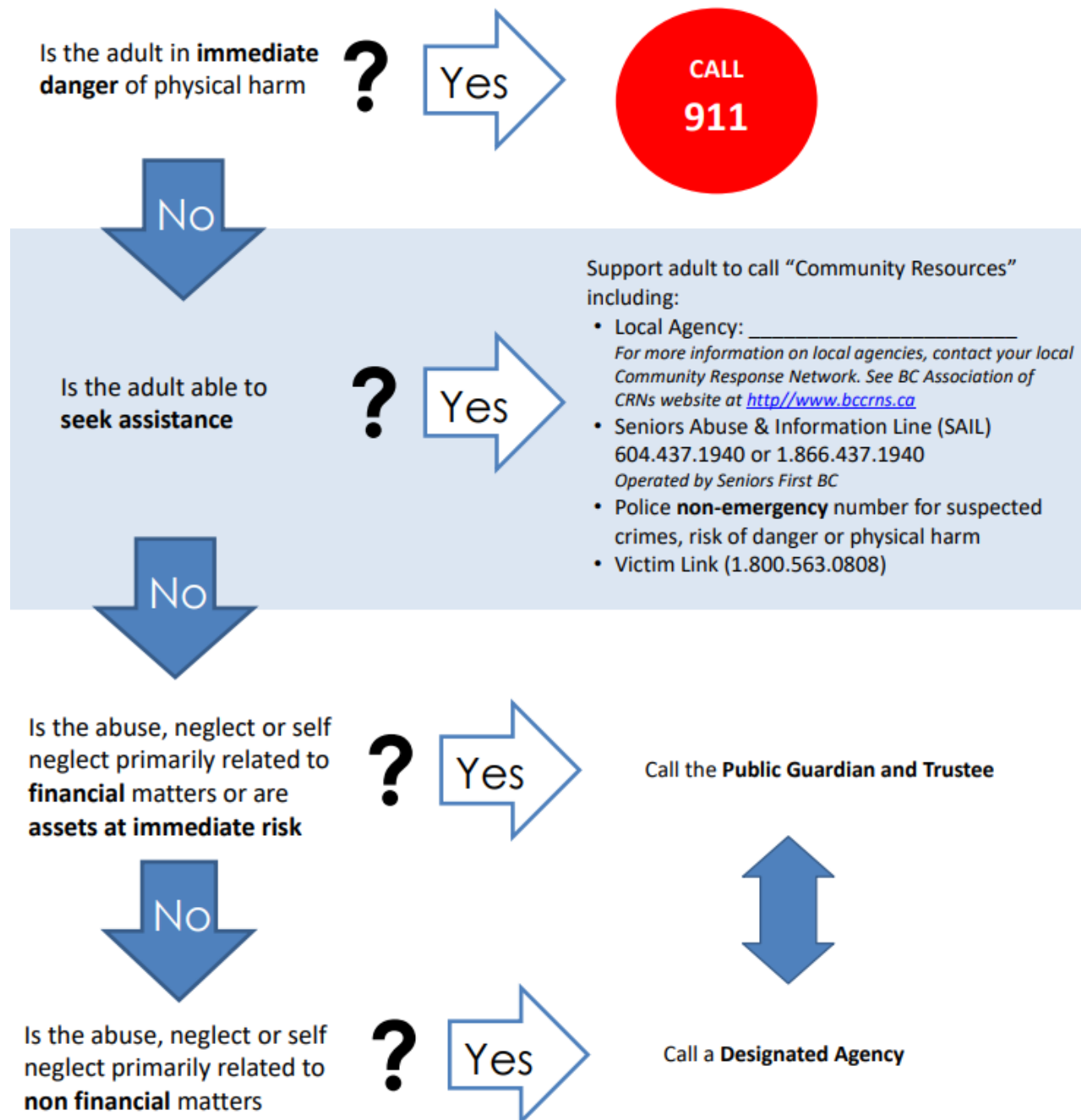


Illustration Source: <https://www.trustee.bc.ca/Documents/adult-guardianship/Decision%20Tree.pdf>

Additional sources: www.bccrns.ca; www.trustee.bc.ca/services/services-to-adults/pages/assessment-and-investigation-services.aspx

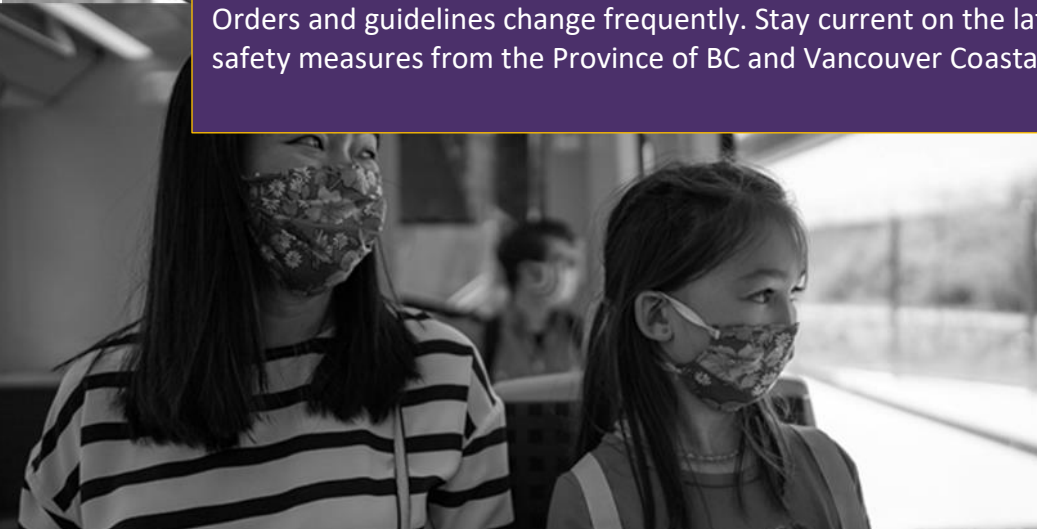
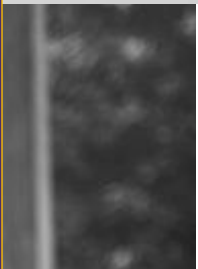


REMINDER: Continue Staying Safe During the Pandemic

Celebrate safely this holiday season. In general, you and your loved ones can continue staying safe by:

- Restricting your travel. No pleasure travel, but essential travel (e.g. medical appointments, trips to the grocery store, etc.) is okay.
- Keeping your distance.
- Wearing face protection, like masks and face shields, in public spaces, including transit and the supermarket. Be sure place used disposable masks in the garbage. Don't litter.
- Not gathering in groups. Right now, make your bubble smaller by keeping company with people in your household. If you live alone, keep your bubble small and ensure only a small number of the same people are in it.
- Wash your hands. Keep high touch areas in your home clean and disinfected.
- Cough or sneeze into your arm or into a tissue.
- Avoid group activities – indoor and outdoor – for now.

Orders and guidelines change frequently. Stay current on the latest COVID-19 updates and safety measures from the Province of BC and Vancouver Coastal Health.





Seniors: You Might Qualify for a Free Phone!

Stay in touch with loved ones while staying safely apart during this pandemic holiday season.

Courtesy of TELUS's *Mobility for Good For Seniors* program, seniors receiving the Guaranteed Income Supplement (GIS) are eligible for:

- A free refurbished smartphone (while supplies last), or bring your own device.
- A \$25/month plan that includes unlimited nationwide talk and text and 3GB of data. (Taxes and conditions apply.)

This offer is contract-free; seniors can cancel at any time without incurring additional fees.

The program also includes digital literacy support available at TELUS Learning Centres, and access to free TELUS Wise® workshops and resources, teaching you how to participate safely in the digital world.

Here how to apply:

1. Send in your Statement of Old Age Security T4A (OAS) to
Email: mobilityforgood@telus.com, or
Mail: TELUS, Attention: Mobility for Good Program, 510 West Georgia Street - Floor 23, Vancouver, BC V6B 0M3.

To protect your privacy, black out your SIN and OAS numbers on your Old Age Security document, leaving only the last 4 digits visible. Please also include your full name, return address, email address (if applicable) and contact phone number so TELUS can contact you about your application.

2. TELUS will confirm eligibility and provide a verification code and information on how to activate your offer.

For more information, please visit: www.telus.com/en/about/seniors/application.



Brightside's New Tenant Coordinator: Meet Anjali!

Brightside residents: allow us to introduce Anjali, your new tenant coordinator.

Anjali has ten years of experience working in the non-profit sector including social/subsidized housing, modular housing and social services. In her previous position at Vancouver Native Housing Society, she was tasked with a wide range of property management duties, including moving in 100+ residents into a newly built building, maintaining 100% occupancy, handling rent collections/rent subsidy applications, enforcing tenancy agreements and handling all tenant inquiries. She later moved onto McLaren Housing to manage their annual income reports and has recently vacated her position as Social Housing Coordinator with Raincity Housing Society. Anjali also worked in the DTES for 10 years in social support services, addictions and mental health.

A few extra bits on Anjali, to get to know her better:

- She was born in India and grew up in Mumbai.
- After graduation, she moved to Dubai, UAE where she worked in Human Resources for ten years.
- She immigrated on her own to Canada in 2004.
- Favourite food: Thai red curry
- Drink of choice: Matcha lattes
- Loves: spinning, hiking, road trips, camping.
- Dislikes: "I don't drink chai and I don't do yoga, even though I'm East Indian!"

Join us in welcoming Anjali to the Brightside family and the community!





Get to Know Your: BC CRN Online Resources

The BC Association of Community Response Networks (BC CRN) has an extensive library of online resources that are free of charge and available online to anyone seeking information on:

- COVID-19 Emergency
- Seniors & Older Adults
- Indigenous and First Nations
- Immigrants and Newcomers
- Intergenerational
- LGBTQ2S+
- People with Disabilities
- Mental Health
- Financial Abuse
- Legal
- Housing
- Hoarding
- Transportation

These online resources can be found at: www.bccrns.ca/resources/. The association has also started building an online library of provincial learning event recordings/webinars, which to date have covered topics such as:

- Protecting your finances
- Restorative approaches to abuse and neglect
- Cannabis and older adults
- Elder abuse and natural disasters
- Predatory marriages
- Active aging in recreation
- Abuse, neglect among transgender older adults.

Provincial Learning Event recordings and materials can be found: www.bccrns.ca/provincial-learning-event/.

Remember, you may also sign up for free to participate in live Provincial Learning Event webinars that take place nearly monthly. Email info@bccrns.ca to get on the notifications list, or follow them on Facebook or Twitter to receive advance notice.



Resource of the Month: QMUNITY

QMUNITY is a non-profit organization based in Vancouver that works to improve queer, trans, and Two-Spirit lives by providing a safer space for LGBTQ2SAI+ people of all ages and their allies to fully self-express while feeling welcome and included.

The organization offers:

- Free counselling and referrals.
- Access to gender affirming chestwear
- Youth one-on-one support
- Peer-facilitated support and social groups
- Special events
- Volunteer and practicum opportunities
- Queer Competency workshops
- Educational resources
- Advisory and consulting services

These services and programs are low cost or no cost to anyone who needs support.

To learn more about QMMUNITY:

- Visit www.qmunity.ca
- Email: reception@qmunity.ca
- Call: (604) 684-5307 ext. 100
- Hours of operation: Monday to Friday, 10 am to 6 pm

Brightside in the News

Vancouver City Council approves 82 social housing units near future SkyTrain station, Daily Hive, Dec. 11, 2020: <https://dailyhive.com/vancouver/349-east-6th-avenue-vancouver-social-housing-approved>

BC government announces funding for over 600 new affordable homes, Daily Hive, Dec. 2, 2020: <https://dailyhive.com/vancouver/bc-housing-affordable-rental-homes-community-housing-fund>



Cook's Corner: Gingerbread Cookies

"I have made a lot of gingerbread cookies in my lifetime, but I find this recipe the easiest to follow and it makes really good cookies! This is perfect for the holidays: not a lot of prep work and very fast to cook! I grew up making gingerbread cookies with my family and I hope you will enjoy them as much as we do!"

-- Dana Sharon, Community Development Coordinator

Ingredients:

2-1/4 cups all-purpose flour

½ cup granulated sugar

½ cup butter softened

½ cup molasses

1 tsp ground cinnamon

1 tsp baking powder

1 tsp ground ginger

½ tsp ground cloves

½ tsp ground nutmeg

½ tsp baking soda

½ tsp salt

1 egg

Portion: 24 cookies

Instructions:

1. In a large bowl, with mixer at slow speed, beat flour, sugar, butter, molasses, egg, cinnamon, baking powder, ginger, cloves, nutmeg, baking soda, and salt until well mixed.
2. Cover and refrigerate for 1 hour.
3. Preheat oven to 350°F.
4. On a lightly floured surface, working with half of the dough this time, roll 1/8 inch thick. With floured cookie cutters, cut dough into shapes. Using a metal spatula or pancake turner, place cookies 1/2 inch apart on greased cookie sheets. Re-roll trimmings and continue to cut shapes.
5. Bake for 8 minutes, or until very lightly browned. Transfer cookies to racks to cool completely.



PHOTO OF THE MONTH



"The view from my balcony." – Krzysztof Sosnowski, resident, 5657 Harold St., Brightside.

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

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