

## MISSION STATEMENT

The South Granville Seniors Centre works together with seniors to support their well-being in ways that promote friendship, diversity, and individual worth.

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## Board of Directors 2013-2014

President:	Steve McMinn
Vice President:	Barbara Kirby
Treasurer:	Martin Ma
Secretary:	Linda Darbey
Director-at-large:	Beatrice Davis
Director-at-large:	Susan Hooge
Director-at-large:	Dolores O'Leary Shafik
Director-at-large:	Dennis Ragauskas
Director-at-large:	Vicki Silva

## Staff 2013

Executive Director – Clemencia Gomez

Program and Volunteer Coordinator – Jessica Smith (June 2012- June 2013)

Program and Volunteer Coordinator- Merrily Tan (June 2013 – June 2014)

Office Administrator and Program Assistant - Tania Ehret (April 2013 - current)

Latin Seniors Outreach Coordinator (July 2013 - Current) – Michelle Robert

Latin Seniors Outreach Coordinator (Until May 31<sup>st</sup> 2013) – Vicky Albaraccin

## President's Report

I have just completed my second year as your President. It has been a privilege to work with the Board, and Clemencia and her staff. The SGSC continues to be a lively and fun place to visit, and I am excited about its future.

We know how important it is to be active and occupied as we get older (even if we do not admit that we are indeed getting older!). The Centre provides activities and friendships that will make for a healthier and longer life. Our challenge is to grow the Centre, so that we can better serve our current members and reach out to new members in the community.

Over the last year, Clemencia and her staff have been able to significantly increase our grant funding for programs. This has meant an even more active Centre, with new and interesting events to meet the needs of our current members and attract new members.

The recently appointed BC Seniors Advocate, Isobel Mackenzie, has already made one visit to our Centre and will be attending and speaking at our AGM this year. Your Board and Clemencia will be working with the Seniors Advocate and with other local Seniors Centres to identify and address the priority needs of our members. One area we hope to focus on will be isolation and the related loneliness.

We have a great staff group, led by Clemencia and ably supported by Merrily and Tania. Unfortunately, Merrily will be leaving us this year – we wish her the very best in her new career (in Vancouver, so we hope to see her a lot in future!). She has been with SGSC since June 2008, and has been a huge part of the success of the Centre, with her hard work, sparkling personality and very caring attitude. She will be badly missed. Clemencia and the Board have recently hired Tina Leung as the new Program and Volunteer Coordinator. Tina started working with us on June 10th.

Our volunteers are amazing. The students who join us for internships and who arrive in numbers to help with our events, make us confident about the future, as they enliven the Centre with their youthful enthusiasm, caring and hard work.

You will soon see improvements to our kitchen facilities, as a result of a new grant from the Province's New Horizons for Seniors Program. Bequests continue to represent a significant source of funding, and by investing again with The Vancouver Foundation, and the Vancity Foundation, we will help to ensure our financial viability well into the future. As well, we have initiated a fund raising program that is targeted at the local and regional business community, and designed to provide corporate funds for priority capital projects.

The Board continues to work with the City of Vancouver and others to investigate whether there is an alternative location for the Centre that will serve our members at least as well as the current location at West 12th and Hemlock. So far no viable options have been identified.

The Spanish Group is an important and vibrant part of the Centre, and the Board will continue to work with the Group to strengthen the relationship, and support the Group's activities.

I have enjoyed my second year as President, and would like to thank Board members, Clemencia and her staff, members and volunteers for their wonderful support.

Steve McMinn  
President

## **Treasurer's Report**

### **Assets**

Assets amount to \$532,333. Approximately 69% (\$368,470) represents Long-Term Investment, 26% (\$140,177) represents the Cash and Short-Term Investment. 3% represents capital assets (net value). 2% is Accounts Receivable and Prepaid Expenses

### **Liabilities**

Liabilities amount to \$49,063. Approximately 72% (\$35,462) represents Deferred Revenue and Deferred Contributions related to capital assets. 38% represents Accounts Payable and Accrued Liability.

### **Net Assets**

The Society has Net Assets of \$483,270, including \$209,400 in Yvette Dieringer Fund, \$159,070 in Lucienne Hinton fund, and \$107,051 in Unrestricted Fund. There is also \$7,749 Invested in Capital Assets.

### **Dieringer Fund and Hinton Fund**

In 2007 and 2008 the Society received \$200,000 from Yvette Dieringer estate. The monies are invested and administered by Vancouver Foundation. In 2013 the Society received an income of \$7,279 from Dieringer Fund. There is also a \$20,865 principal markup in 2013.

In 2013 Lucienne Hinton estate contributed \$156,000. The Board decided to invest \$100,000 with the Vancouver Foundation and \$59,000 with VanCity. The income earned is \$3,297 and the principal markup \$3,070. In 2014 the Society received another \$41,593 from Lucienne Hinton estate. The Board decided to add it up to \$50,000 and invest the amount with VanCity.

### **Revenues and Expenses**

The Society's total revenue is \$497,886, and total expense \$312,211 which results in a surplus of \$185,675, mainly from the significant contribution from Hinton estate and market markup in both Dieringer Fund and Hinton Fund (total \$179,935). Of the revenues in Operating Fund (\$317,951), 27% is from Gaming revenues, 21% from the City, 18% from Program Revenue, 11% from Donation and Fund Raising, and 10% from Vancouver Foundation. The remaining 13% consists of Federal Grants, Membership Fee, Interest and other grants. The government funds increase by approximately \$20,000 and Vancouver Foundation fund increases by \$25,000. The total expense is \$312,211, which is 18% higher than 2012, including the increases of \$39,790 in Program Expense and \$8,077 in Wages and Benefits. Other expenses mostly remain the same level as 2012.

## **2014 Budget**

The Society's 2014 Operating Fund revenues amount to \$346,300 (Dieringer Fund and Hinton Fund excluded) , approximately 9% increase from 2013 level, including \$35,000 new funds for Kitchen Renovation and Linking Seniors Services Events and \$8,000 increase for Mobile Market. The funding for Spanish Outreach and Social Planning remain at the same levels as 2013.

Accordingly, there is approximately 9% increase in expenses, mainly for kitchen renovation and contract fees for program instructors and facilitators.

Martin Ma

### What is unique about us?

- **We are a grassroots, community-based organization**
- **We are a welcoming, friendly, and safe place to hang out.**
- The Centre strives to be a place to meet friends, learn, laugh, share stories, and keep active. It is also a place where you can find love, joy and harmony, and where everyone is welcomed and included.
- **We are open, inclusive, and love diversity**  
We work to ensure that cultural stereotypes are eroded through facilitating interaction between community members. We have made considerable successful efforts to increase diversity and enhance cross-cultural understanding at the Centre. We hire staff and volunteers from various backgrounds to ensure that our program and service planning is designed to appeal to a wide variety of people.
- **Staff, volunteers, and members reflect the diversity of our community.**
- 
- **We treat staff, volunteers and members as equal contributors.**
- Our culture of inclusivity has continued and has resulted in an increase of ideas and feedback received by staff from members and volunteers.
- **We are a volunteer driven organization that provides opportunities to engage, participate, and contribute to the community.**
- With volunteer participation levels within the membership at more than 50%, the members are one of the prime resources within the Centre.
- **We provide excellent and affordable programs and services to promote and support healthy and independent life styles for the aging population.**
- Increased use of programs by existing members and volunteers suggests that the Centre will remain a community hub where social connections will continue to grow.
- **We build community by listening, sharing ideas and concerns and by working with members and other groups to strengthen our community.**
- **We are cost-effective**

## Membership Program

### Who are our members?

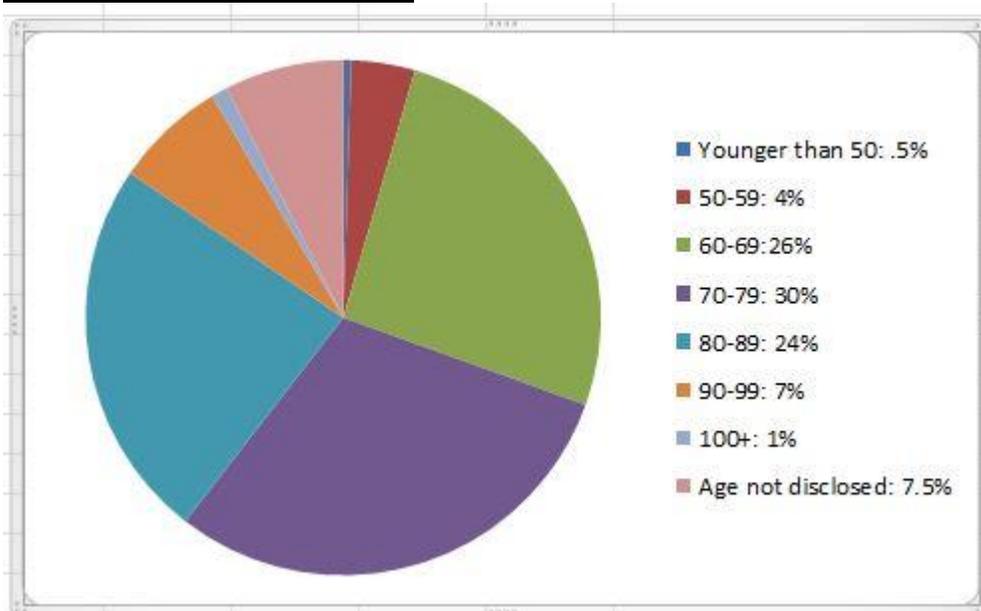
Our Membership is made up of 87% women. 25% of them are widows, 25% are single, and the rest fall into the categories of divorced, married, or separated. Of the 13% of men who are members, their participation has increased this year.

#### Average age breakdown:

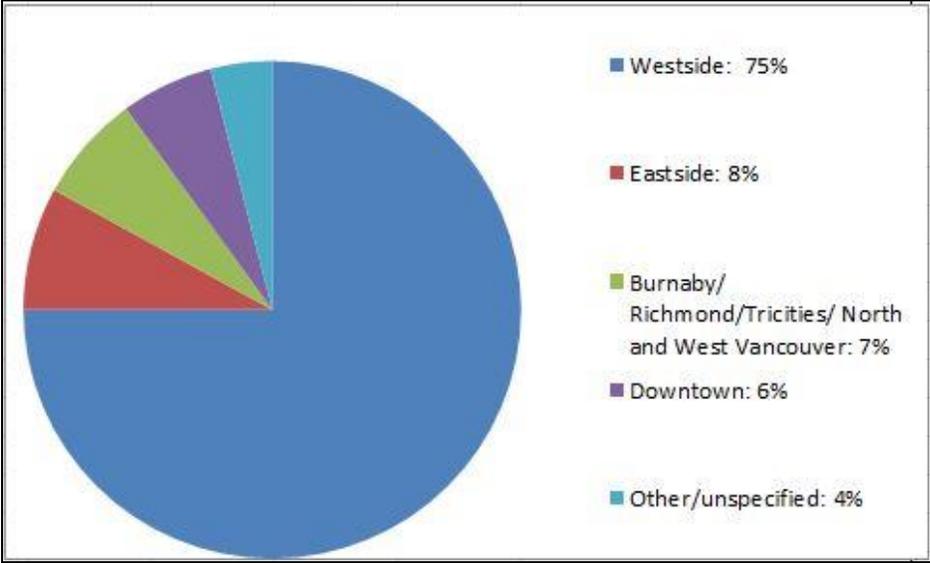
- includes updated and expired memberships (expired beginning June 15, 2013)

	Year 2012	Year 2013	Year 2014
Younger than 50	9	4	2
50-59	24	22	16
60-69	121	100	105
70-79	156	116	121
80-89	115	100	96
90-99	49	30	29
100 and over	2	4	4

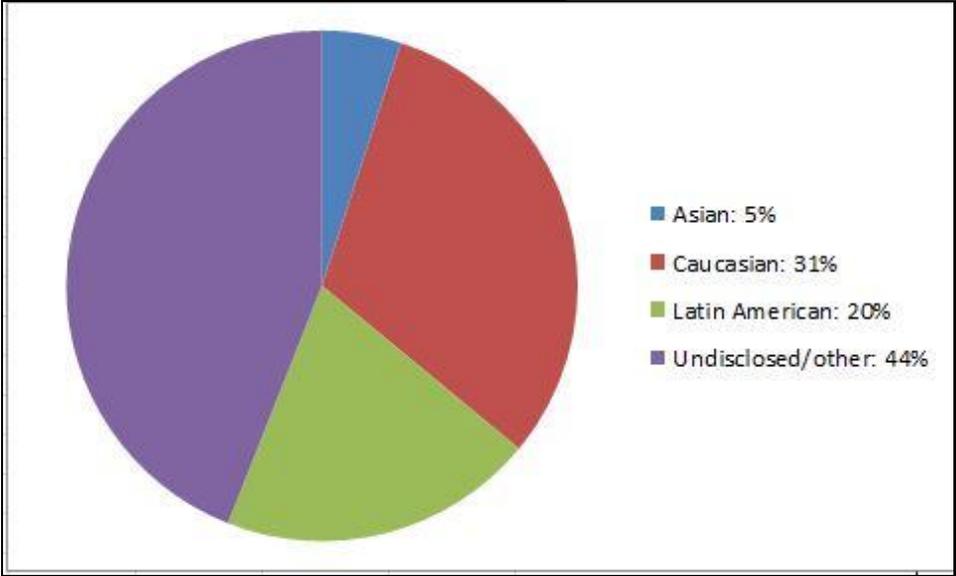
### How old are our members?



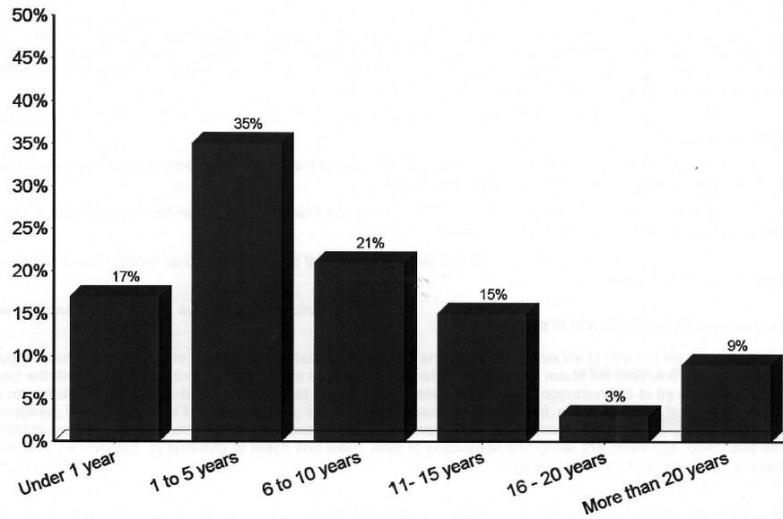
**How far do they come?**



**What are their cultural backgrounds?**

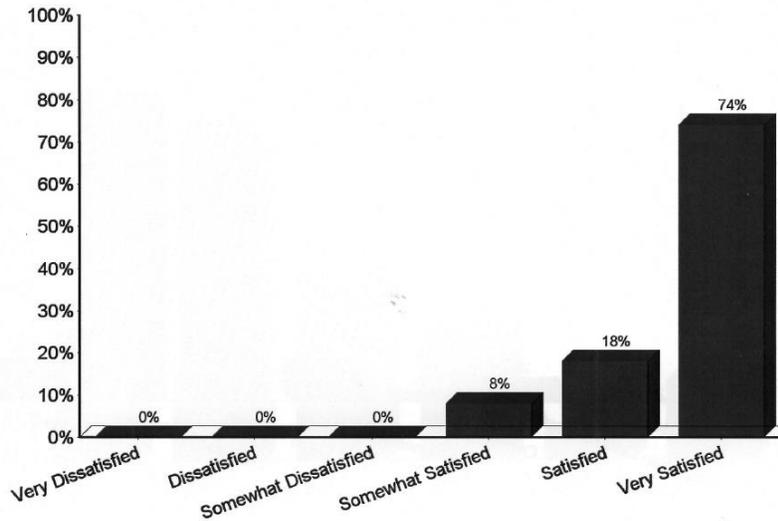


How long have you been a member of the South Granville Senior's Center?



\*

Overall, how satisfied are you with the South Granville Senior's Center?



\*

*\*Graphs taken from the Langara survey.*

As of June 19, 2014:

- Total Members + Expired within one year: 403
- Updated Memberships: 263
- Expired Memberships (includes those that expired beginning June 15, 2014): 140

New Members in 2013: 94

New Members in 2014 (as of June 19, 2014): 40

## **Financial Management:**

The last year has been very busy for all of the staff, volunteers and members of the South Granville Seniors Centre. Last year we did a very good job in seeking and getting new grants to increase our financial resources. This has meant a more active centre with more activities and programs, but also more work to be done.

Below is the information about all of the grant applications that were approved in 2013.

### **Ongoing Grants 2013**

#### Provincial

BC Gaming: \$ 80,000 (Increase of \$5,000)

I sent a letter asking for an \$11,000 increase in our funding and we got an increase of \$5,000.

Wellness, Educational, Recreational: \$38,000

Lunch Program: \$27,000

Information and referral: \$15,000

#### City of Vancouver

City of Vancouver Community Service Grant:

COV- Social Planning: \$45,144 (Increase of \$5,808)

COV Spanish Outreach: \$21,530 (Increase of \$422)

#### Federal

Summer Job Grant: We received \$5,244 from Human Resources Development Canada to hire a Summer Student.

For the second year The Vancouver Foundation approved the Latin Seniors Outreach project: \$19,000.

### **New Grants 2013**

Vancouver Foundation: \$12,000

The Westside Mobile Produce Market Feasibility Study

The SGSC led the project and was a powerful force in gathering efforts City-wide to make the WMFM a success. The staff and volunteer cohorts were exceptional, and they provided excellent market visibility through advertising in SGSC monthly print newsletter (1000 copies, distributed in community).

New Horizons Seniors Program: \$11,200

Information and Referral Training Program for Baby Boomers: This grant was a partnership with Kitsilano Neighbourhood House. The funds were used to train volunteers from both communities to give information and referral services to seniors on the services and programs available to them in the community.

Ministry of Health: \$10,000

Equipment and capital improvements

Multiculturalism Grant for the Multicultural Seniors Festival: \$1,900.

City of Vancouver Grant for the Multicultural festival: \$500

Bequest from Lucienne Hinton: In addition to these grants we got a bequest from Lucienne Hinton (\$156,000). Her bequest helps to us keep our doors open. Her gift will help to make a lasting difference at our centre and will benefit seniors for generations to come. Her generosity

will be celebrated in our "Everlasting Quilt" dedicated to our members who donate more than \$5,000. The Quilt is being added to by our quilting group and is displayed permanently in the lobby of the South Granville Seniors Centre.

I sincerely would like to thank all members, donors, funders and the business community for their generous contributions in 2013 and their continued support. This money is helping us to provide services and programs that keep seniors active, healthy, and independent.

Please refer to the Audited Financial Statement for details.

### **Fundraising:**

In 2013, the Centre actively pursued fundraising efforts. We have a long history of successful bazaars, raffles and fundraising campaigns.

Bazaar: This event is our biggest fundraiser and is also a great way for us to connect with the community. In 2013, the Spring Bazaar raised a net of \$5,833.83 and the Holly Bazaar raised a net of \$7,440.49

Book & Bake Sale: This is held once a year in the summer. In 2013, we had \$1,354.96 in net earnings.

Raffle: The Centre traditionally holds two raffles per year. In 2013, the Spring Raffle raised nearly \$1,700 and the Fall Raffle raised

ed over \$1,800.

### **Wellness, Educational and Recreation Programs**

The Centre strives to be a place to meet friends, learn, laugh, share stories, and keep active. It is also a place where you can find love, joy and harmony, and where everyone is welcomed and included.

We offer our programs and services to a wide range of seniors from various ethnic backgrounds, ranging in age from 55-102. 90% of our members are women over the age of 75. Many are single or widowed, live on a fixed income, and are at risk of isolation and depression.

According to a survey held at the centre in October, 2013:

100% of the participant members identified feeling less social isolation as a result of participating in the Wellness, Educational and Recreational Programs at the Centre. One senior said "I have been a widow for more than 6 years and found neat social connections. If I feel alone, I could always come to the Centre and feel loved and needed.

With up to a 40+ year age difference between our oldest (ages 70 and up) and youngest (ages 55-69) members, we have seen an increase in the demand for our programs and more pressure to provide new programs tailored for younger seniors. The interests of seniors using the Centre are becoming more varied and some are looking for programs and services beyond those regularly offered here. We continue to hold programs targeted towards a younger group, including the Multicultural Cooking Class, Brain Exercise Class, Yoga, Singing Group, TOPS (Take Off Pounds Sensibly), Massage Therapy, Spontaneous Art and Computer Lessons.

In 2013, we continued to see an increase in participation for our programs. According to our records, more than 500 seniors participate in our activities every month. 50% of members use the Centre at least once per week.

Increased use of programs by existing members and volunteers suggests that the Centre will remain a community hub where social connections will continue to grow.

## **Food program**

The South Granville area is lacking in regards to the availability and accessibility of affordable and nutritious food. There is a lack of affordable grocery stores in the area because the centrally located butcher, produce store, and bakery all closed down. Seniors, low-income residents and people with disabilities are vulnerable to food insecurity, or the lack of nutritious food.

In response to these issues, we are expanding our lunch program and have created the Westside Mobile Food Market for the summer months.

**Lunch Program:** Our lunch program is identified as a very important part of our Centre. The long-term benefit of our program is tremendous. Seniors receive companionship, affordable home-cooked meals, and are connected with various community supports and programs at the Centre. As a result, they are less likely to be isolated, at risk of malnutrition and are healthy emotionally, physically, and spiritually.

**Summer Mobile Food Market:** Many seniors in our community have difficulty accessing fresh and affordable produce as it is often too expensive and sold in stores far outside of their neighbourhood. We believe the Mobile Market helps to solve this problem by bringing fresh and affordable produce to the South Granville Seniors Centre and other neighbourhoods in the Westside of Vancouver.

## **Multicultural Programs**

**Spanish-Speaking Seniors Program:** We run a weekly, all-day Spanish Program for more than 80 Spanish-speaking seniors. A day with Spanish seniors involves singing, dancing, exercising, learning, sharing, laughing, questioning, visiting and supporting. These activities are targeted to both reducing the isolation and depression these seniors may endure, as well as giving them the necessary tools for moving within the Canadian mainstream with more confidence and independence. Please see the report on Page 22.

**Multicultural Seniors Festival Program:** In 2013, we held our third Multicultural Seniors Festival which is held annually in April. This event is an exciting day of cultural performances, including dancing and singing, as well as information and idea sharing. A variety of flavourful foods from around the world was also served at low cost. This event provides seniors with a chance to learn and understand about other cultures and to connect with others. This event was very successful, with more than 350 attendees. The majority of the attendees and performers were seniors from different cultural backgrounds.

## **Peer support and information and referral program**

### **Information and Referral Program Services in English:**

We have seen an increase in the number of participants in our programs and especially in the number of participants seeking our Information and Referral Services. Approximately 40 seniors are supplied with information weekly. Our most common referrals are for housing, home support, connection with the Health Department for assessment from a Case Manager, etc. On a daily basis we receive calls from adult children of seniors who are not familiar on how to access services for their aging parents. Also, seniors are referred to our program by their doctors, case managers, hospitals, social workers, etc. The increase in demand for these services has increased our need to partner with more organizations and service providers in the community.

### **Information and Referral Program in Spanish:**

This project has been very well received in the Spanish Community because it met specific needs such as language and cultural appropriateness. The presentations delivered by the volunteers were the most successful vehicles in promoting the program. It increased awareness and knowledge of services and programs available in the community. It identified seniors in need of social support, or in need of information and referral services. We began our one-on-one information and referral service owing to the large demand following the success of our presentations and information materials. We offer this service to Spanish-speaking seniors every Wednesday here at the Centre.

### **Volunteer Program**

We are a volunteer driven organization. With volunteer participation levels within the membership at more than 50%, the members are one of the prime resources within the Centre. We believe in empowering the seniors themselves to play an active role in determining the activities in which they want to participate and also to take an active role in the decision making by participating on the board of directors and on our different committees. In 2013, we had 220 casual volunteers and 78 regular volunteers who contributed a total of more than 10,652 hours. Our regular volunteers work at least 4 hours a week at the Centre.

We want to acknowledge and thank every single one of our dedicated volunteers. Volunteers are the most important component of operations at the South Granville Seniors Centre – we would not exist without their support. Feedback from our volunteers and interns is consistently positive and they especially enjoy the friendliness of members, other volunteers, and staff, as well as appreciate the community-oriented environment.

As with programs and services, volunteerism is changing at the Centre. In the past, volunteers have mainly been the members who use the Centre, with the next greatest volunteer group being younger seniors, followed by students and young adults. However, the volunteers who have helped the longest and in the most time-consuming roles are “retiring” or declining their volunteerism as a result of frailty, illness, fatigue, desire to focus on their personal lives, etc. These volunteers have put in many hours of support to the Centre over a large period of time, so they have considerable experience and understand the needs of the Centre.

### **Goals and Key Strategies**

Over the next 3-5 years, the SGSC will undertake key strategies to achieve the following five goals:

#### **(1) Continue to Delivery Quality Programs:**

A continued focus for our Centre has been to research and implement relevant new programs, and evaluate and maintain current ones, all the while recognizing the diverse and changing needs of seniors. Our programs are truly innovative as we try to serve the seniors efficiently and effectively. Further down you will find a list of all the programs & services offered in 2013-2014.

#### **(2) Continue to increase programming targeted towards younger seniors:**

With up to a 40+ year age difference between our oldest (ages 70 and up) and youngest (ages 55-69) members, the interests of seniors using the Centre are becoming more varied and some are looking for programs and services beyond those regularly offered here.

#### **(3) Improve the Facilities and advertise the existing programs more widely:**

We improved the appearance of the lobby and the office to attract the baby boomer generation

in 2012.

We continually maintain and update the website.

We continue to organize a marketing campaign to advertise and market the Centre in the community.

We continue to improve the distribution of the newsletter with our dedicated team of volunteers.

We also have the support of our group of 'building ambassadors' who distribute our newsletters and special event posters in their buildings and throughout the community.

#### (4) Attract more multicultural members:

Traditionally, the Centre has been frequented by Caucasians as well as a large group of Spanish-speaking seniors. As the demographic in the neighbourhood, as well as all areas of Vancouver changes, people from diverse ethno-cultural backgrounds increasingly visit the Centre. With these changes happening in our community, we work to ensure that cultural stereotypes are eroded through facilitating interaction between community members. We have made considerable successful efforts to increase diversity and enhance cross-cultural understanding at the Centre. We hire staff and volunteers from various backgrounds to ensure that our program and service planning is designed to appeal to a wide variety of people.

#### (5) Continue to leverage and Grow Resources

The staff and volunteers are constantly seeking out resources, new grants, new partnerships and new fundraising initiatives to increase our financial resources.

### **Community Partnership Opportunities:**

In 2013, the Senior Services Society ran an outreach project at SGSC. Once a month, an Outreach worker assisted low-income seniors with securing safe, affordable and appropriate housing.

In partnership with Kitsilano Neighbourhood House and Kerrisdale Seniors Centre, we created a 2013 Seniors (55+) Community Resource Card that has been distributed to about 1000 seniors in the community.

SGSC has been working in partnership with Nidus Personal Planning Resource Centre and Registry to promote and deliver regular informational seminars as well monthly workshops.

For many years we have had volunteers who operate an income tax clinic for low income seniors.

The ProBono Clinic: We have a partnership with Access ProBono Society where they provide volunteer lawyers who give free legal advice to low-income seniors in practical matters once a week.

Some of the other groups with which we are affiliated (via SGSC staff participation) are:

Seniors' Funding Future Collaborative

Westside Service Providers Group, Member

BC Seniors Network, Member

Seniors Advocacy Project, Member of the Steering Committee

Westside Seniors Empowerment Coalition, Member

Westside Food Security Coalition

Canadian Centre for Policy Alternatives, Member of the Steering Committee

Immigrant Seniors Forum on Income Insecurity and Employment, Member of Steering Committee and Organizer

We have developed relationships with Douglas Park Community Centre's Seniors Program, Kerrisdale Seniors Centre, Kitsilano Neighbourhood House, Kitsilano Community Centre, Mount Pleasant Neighbourhood House, Oakridge Seniors Centre, and the 411 Seniors Centre. Along with benefits such as information exchange and referrals, these partnerships make it possible for us to offer more variety in our outdoor activities.

This past year has been incredible busy, but rewarding. It was my privilege to work with and for all of the amazing members of SGSC, volunteers, board of directors and staff. I look forward to another successful and exciting year.

Respectfully submitted,  
Clemencia Gomez  
Executive Director

## **Program and Volunteer Coordinator's Report – Merrily Tan**

2013 saw another full year of activity at the centre. We continued to run a large number of programs and services (pgs. 15-17) and held numerous special events (pgs. 18-21). We also saw the introduction of two new programs which have since become core in our services. First is the Information and Referral Training for Baby Boomers, which trained 13 volunteers to provide I&R peer support to other seniors. These volunteers began providing their services in 2014.

Second is the Westside Mobile Food Market which provides fresh, accessible and affordable produce to seniors in the Westside. It ran its first successful season in the summer of 2013 and is slated to open again in July 2014.

A third program introduced in 2013 is Wii Bowling, which was provided in partnership with SFU Research. Participants met weekly to play virtual bowling against teams from other senior centres. There is a possibility to continue and expand this program in 2014.

With each passing week, our community continues to solidify. There is a growing familial sense at the centre as bonds between members, volunteers, and staff strengthen. Members increasingly crossover to participate in other programs and volunteers increasingly step out of their main roles to help with other projects and special events.

There is almost always a constant bustle at the centre, with classes and meetings taking place in every space, and members and volunteers mingling in between programs. Our culture of openness and inclusivity has continued and has resulted in an increase of ideas and feedback received by staff from members and volunteers.

In 2013, we again received assistance from a continuous stream of interns who covered support roles at the centre (pg 20). Their support contributes to the successful delivery of our programs and enriches our experience as they share with us their unique perspectives and stories from home. It has been an incredible opportunity to serve as the Program and Volunteer Coordinator since June 2013. On June 16, 2014, Tina Leung stepped into the role as the new coordinator.

New partnerships  
SFU Research  
Kalamata Taverna  
Rinconcito Salvadoreno  
Connect Hearing  
Langara School of Management

We would like to say a special thank-you to the following organizations and/or businesses in the community which supported us in 2013:

**Community Partners, Funders, & Supporters 2013**

<p>411 Seniors Centre          Access Pro Bono Society of BC          Adler School of Professional Psychology          Arts Club Theatre          Bard on the Beach Festival          BC Ministry of Public Safety &amp; Solicitor General, Gaming Policy &amp; Enforcement Branch          Burnaby Village Museum          Canada Post          Canadian Western Bank          Capilano Suspension Bridge          Chalmers Lodge          City of Vancouver – Social Planning Department          Revera - Crofton Manor          Curves West Point Grey          Daniel Le Chocolat Belge          Deloitte and Touche          Diane's Lingerie &amp; Loungewear          Douglas Park Community Centre          Festival Cinemas          Finlandia Pharmacy          Firehall Arts Centre          General Wolfe Elementary School          Harbour Cruises &amp; Events Ltd.          Holy Trinity Anglican Church          Human Resources Development Canada          ILSC (International Language School Canada)          Jan Links          JP Canada          Kaneda Sushi          The Keg Steakhouse and Bar          Kerrisdale Community Centre          Kitsilano Neighbourhood House</p>	<p>Langara College          M.J. Jewellers          Mustard Seeds Craft Group          Pacific Coach Lines          Pacific Theatre          Prospera Credit Union          Pro-Organics          Rangoli          Royal Bank (Broadway &amp; Granville)          Roots Pharmacy          Scotia Bank          Seniors Housing Information Program (SHIP)          Shoppers Drug Mart (Granville &amp; 14th)          Sketchley's One Hour Cleaners          Starbucks Coffee (Granville &amp; 11th)          Sunshine Tanning          Telus Corporation          Terra Breads – Granville island          Terraces on 7th          United Way of Greater Vancouver          VanDusen Botanical Gardens          Vancouver Aquarium          Vancouver Coastal Health Authority          Vancouver Community College          Vancouver Courier          Vancouver Public Library (Firehall branch)          Volunteer Vancouver          Save-On Foods          Seniors Services Society          Seniors Helpers          University of British Columbia</p>

**Programs & Services (2013 – Current)**

	LEADER	DATES
<b>EXERCISE</b>		

Dancing for Fun	---	Ongoing <b>*New in 2014</b>
Gentle Yoga	Tania Suzuki (previous) Lisa Barer (current)	Ongoing
Osteo-Arthritis Fit	Elizabeth Roy	Ongoing
Line Dancing	Irene Groundwater	<b>Discontinued</b>
Nordic Walking	Patrick Connolly & Joan Ferguson	Seasonal <b>*New in 2014</b>
Stretch & Strength	Evelyn Legault	Ongoing
Tai Chi	Lou Show Fok	Ongoing
Walking Club	Ruth Estrada	Ongoing
Zumba	Daniella Wimmer	Hiatus <b>*New in 2014</b>
<b>EDUCATIONAL</b>		
Brain Gym	Pei Moruoka (previous), Patrick Connolly & Cassie Loban (current)	Ongoing
Computer & Tech	James Fitch & Albert Tom	Ongoing
ESL	Zeila Fernandez	Ongoing
Intro to Spanish	Ironelis Lugo	Ongoing
<b>FOOD</b>		
Community Kitchen	Simeon Peng	Seasonal <b>*New in 2014</b>
Lunch	---	Ongoing
Multicultural Cooking Group	---	Discontinued
Westside Mobile Food Market	Annie Lambla (2013) Rachel Elves (2014)	Seasonal <b>*New in 2013</b>
<b>SELF-CARE</b>		
Blood Pressure Clinic	Various	Ongoing
Flu Clinic	Three Bridges Health Centre	Seasonal
Gentle Hand & Foot Care	Lance Weinert	Ongoing
Hair Care	Annette Cornish	Ongoing

Hearing Clinic	Connect Hearing	Ongoing <b>*New in 2014</b>
Massage Therapy	West Coast College of Massage Therapy	Ongoing
<b>SOCIAL</b>		
Bingo	Wendy Lucente	Ongoing
Books Club	Susan Hall	Ongoing
Games Club	Raymonde Jabaji	Ongoing <b>*New in 2014</b>
Knitting Lessons	Mona James	Hiatus
Musical Appreciation	Alice Antranikian	Ongoing <b>*New in 2014</b>
Mustard Seeds Knitting	Jean Valliant (previous) Rose Baghmanian (current)	Ongoing
Opera Appreciation	Jim Hahn	Ongoing
Singing Group	Alice Antranikian	Ongoing
Spontaneous Art Studio	Nicole Macoretta (previous) No current instructor	Ongoing
TOPS	Barbara Meier	Ongoing
Wii Bowling	SFU Research	Hiatus <b>*New in 2013</b>
<b>SPANISH GROUP</b>	Vicky Albaraccin (previous) Michelle Roberts (current)	Ongoing
<b>SPANISH PEER SUPPORT GROUP</b>	Sandra Medina	Ongoing
<b>SUPPORT SERVICES</b>		
Housing Counselling	Senior Services Society	Ongoing
Income Tax Clinic	Albert Boizan (2013, 2014) Cindy Lee (2013, 2014) Wendy Kloeble (2014)	Seasonal
Information & Referral / Peer Support	Various	<b>*New in 2013</b>
Legal Clinics	Access Pro Bono	Ongoing

## Special Events (2013)

Date	Event	Attendance
Jan 4	Movie: Hope Springs	
Jan 11	Movie: Moonrise Kingdom	
Jan 18	Presentation on Eye Care (Roots Pharmacy)	
Jan 25	Documentary: BBC's Stephen Fry in America	
Jan 30	Oral Health Fair (Vancouver College of Dental Hygiene)	
Jan 31	Memory Learning Seminar (Graham Best)	
Feb 1	Volunteer Recognition Tea (Steve Hillis)	~65
Feb 8	Chinese New Year Celebration (Chinese Seniors Society)	~50 (including volunteers)
Feb 14	Valentines Lunch + Planning Meeting	~25
Feb 15	Healthy Eating for Seniors (COSCO)	
Feb 22	Movie: Robot and Frank	
Feb	Mobility Aid Adjustment Clinic (Self Care Home Health)	
Mar 1	Energy Conservation Presentation (BC Hydro)	
Mar 7	Cough & Cold Prevention (UBC Pharmacy)	
Mar 8	Gentle Yoga Class (Claire Weiss) + Emergency Preparedness (UBC Pharmacy)	
Mar 15	JAN/FEB/MAR Birthday Tea + St Patrick's Day Celebration (Eire Borne Irish Dancers)	~40 (including volunteers)
Mar 22	Life without Driving (COSCO)	
Mar 29	Centre Closed (Easter)	
Apr 5	Aging and Taxation: Retirement Planning and Tax Saving Strategies (Prospera)	
Apr 11	Role of an Executor (Manulife)	

Apr 12	Seminar and Hearing Screening (Connect Hearing)	
Apr 19	Seniors' Multicultural Festival	~350 (including volunteers)
Apr 26	Seniors' Housing Options (Next Habitat Advisors)	
May 3	APR/MAY/JUN Birthday Tea + Mae Irving's 101 Birthday (General Wolfe Band + Peter Williams)	~60 (including volunteers)
May 10	Movie: Robot and Frank - Repeat	
May 14	Mother's Day Lunch	
May 17	Home Safety Check Program (Vancouver Fire and Rescue Services)	
May 23	Day of Giving Lunch (Telus)	
May 24	Stay in Charge of Your Life Workshop (Nidus Personal Planning)	
May 31	Bazaar Setup	
Jun 1	Spring Bazaar	
Jun 6	Presentation (Community Response Network) + Seniors' Week Lunch	
Jun 7	Seminar on Estate Planning: Wealth Preservation and Tax Saving (Prospera)	
Jun 14	Learn about Tibet: Presentation (Sonam Chusang)	
Jun 21	Strawberry Tea (The Vaudevillians)	~80 (including volunteers)
Jun 27	Annual General Meeting	~40
Jun 28	Free Yoga Trial Class (Tania Suzuki)	
Jul 5	Sun Care & Allergies Presentation & Discussion (Roots Pharmacy)	
Jul 12	Movie: Les Miserables	
Jul 18	Technology Workshop (Tech Easy)	
Jul 19	Posture Alignment & Stretching Session (Evelyn Legault)	
Jul 26	Movie: Quartet	
Aug 2	Movie: Fantastic Mr. Fox	
Aug 9	Uncertain Future of HandyDart (HandyDart)	
Aug 16	Booksale, BBQ, Bakesale, etc	

Aug 20	Free Chair Yoga (Tania Suzuki)	
Aug 23	JUL/AUG/SEP Birthday Tea with Barbara Shaw	~40 (including volunteers)
Aug 27	Free Chair Yoga (Tania Suzuki)	
Aug 30	TedTalks: Food	
Sep 6	Information Session (BC Balance & Dizziness Disorders Society)	
Sep 13	Estate Planning Seminar Wealth Preservation & Tax Saving with Life Insurance (Prospera)	
Sep 20	Hat Making/Decorating Workshop + Movie: My Fair Lady	
Sep 23	Mobile Market Celebration	
Sep 27	High Tea	~90 (including volunteers)
Oct 4	Fall Cleaning	
Oct 4	Food Security 101 (Society Promoting Environmental Conservation)	
Oct 8	Be a "Savvy Senior": Avoiding Frauds & Scams Focus Group (Canadian Centre for Elder Law)	
Oct 10	Thanksgiving Lunch	~80 (including volunteers)
Oct 11	Fall Cleaning (Impact Day with Deloitte)	
Oct 11	Living Well with Hearing Loss (Crystal Hearing)	
Oct 18	TED Talks: The Third Act of Life	
Oct 25	Halloween Party	
Nov 1	The Amazing Amazon (Clemencia Gomez)	
Nov 8	All About Private Home Care (Bayshore Home Health)	
Nov 15	OCT/NOV/DEC Birthday Tea (Winds Choir)	~40 (including volunteers)
Nov 22	Personal Safety (Constable Candace Murray & Paul Hogan)	
Nov 29	Tree Trimming & Foyer Festooning	
Dec 2	Holiday Movie: The Holiday	
Dec 6	Bazaar Setup	
Dec 7	Holly Bazaar	

Dec 9	Holiday Movie: Hugo	
Dec 12	Christmas Luncheon (Patrizia Coletta)	~130 (including volunteers)
Dec 13	Amazing Amazon - Repeat (Clemencia Gomez)	
Dec 16	Holiday Movie: Family Stone	
Dec 20	End of Year Potluck & Christmas Caroling	

### **Research & Community Support Provided at SGSC (2013)**

Grandmothers to Grandmothers	Collect pennies and other change, count and roll donations on an ongoing basis
BC Guide Dog Services	Collect tabs
UBC Global Academics Internship Program	Mentored, trained and supervised for various roles at SGSC
JP Canada Internship Program	Mentored, trained and supervised for various roles at SGSC
JanLink Internship Program	Mentored, trained and supervised for various roles at SGSC
ILSC Internship Program	Mentored, trained and supervised for various roles at SGSC
Langara School of Social Work Internship Program	Mentored, trained and supervised for various roles at SGSC
SFU Research	Wii Bowling
VCC College of Dental Hygiene	Worked together, supervised and evaluated the students on a presentation about oral health and hygiene.
UBC Pharmacy Students	Worked with and supervised the students who ran a workshop on Cough & Cold Prevention and Emergency Preparedness

## **Spanish Outreach Program Report – Michelle Robert**

### **Spanish Group Year-end report for the Annual General Meeting July 2013 - June 2014**

During this period of time we have offered a wide variety of activities to the Spanish Community seniors. Among many others, we had several conferences with important information, such as elder abuse, housing, retirement, medical service, pension plan, etc. We also had presentations and cultural exchange activities from their countries, music and dancing events, humorous performances, a variety of games, and memory and word activities for improving their retention. We had as well several recreational trips, barbecue getaways, and visits to different places.

We recruited, trained, and monitored several volunteers that worked with the Spanish group, such as: three ESL teachers –currently two of them are working with beginners and advanced levels. One gentle exercise teacher that worked for 7 months with the group –at this time we have a job vacancy posted at Volunteer Vancouver looking for a replacement. The Spanish group also had computer classes offered every Wednesday. We also recruited a cook, and a Chef who is still working in the kitchen. The meals that are offered to the seniors are varied and healthy balanced choices, resulting in delicious 3-course meals.

The group has been motivated to participate in the SGSC programs and activities to provide them with opportunities for integration into the community. We promoted the special events that were organized by the Centre, and we participate in those events. We also promoted the Spanish Program in the community, and invited new members to become part of our group.

This year we have been managing the revenue and expenses for the program, gathering, organizing, and systematizing all the expenditures, producing a written monthly financial report for the Executive Director, and showing it and carefully explaining it to the members of my group. We also maintain a copy of everything on file so any member of the group may be able to review it at any time if need be. When given special information and/or there are decisions made that are important for the group, we keep a written report of those sessions with the signature of all the assistants in case we need to look over it in the future.

We have been providing information and referral for seniors in need, and helping them to solve their difficulties and specific requirements.

The collaboration and communication between staff, volunteers, Executive Director and myself –The Program Coordinator, has been receptive, friendly and permanent, we work together having the same purpose in mind, to offer a great service.

## Minutes of Annual General Meeting 2013

### MINUTES THIRTIETH ANNUAL GENERAL MEETING Thursday, June 27 2013 1:30 PM

1. Welcome by Dolores O'Leary-Shafik
2. Call to order by Dolores O'Leary-Shafik (Board President Steve McMinn absent)
  - 1:30pm
3. Motion to accept the Agenda for the meeting
  - Moved: Jacquie Barrieau
  - Seconded: Shirley King
  - Carried
4. Motion to accept the Minutes of the AGM Meeting of June 28, 2012
  - Moved: Jacquie Barrieau
  - Seconded: Alicia Zapata
  - Carried
5. President's Report - presented by Dolores O'Leary-Shafik for Steve McMinn who is away..
  - See Annual Report 2012
  - In addition:  
Dolores complimented Steve for his magnificent leadership. She touched on his engineering background.  
Motion to accept the President's Report
    - Moved: Henry Kastens
    - Seconded: Sonia Antranikian
    - Carried
6. Treasurer's Report - presented by Martin Ma
  - See Annual Report 2012
  - In addition:
    - Eric (auditor from Tomkins, Wozny, Miller & Co.) reviewed and agreed with our financial statements. He highlighted the major financials, with emphasis on discontinued funding & bequests. We are approximately at the same level as 2011 with just a few thousand increase. Acknowledged Peter (bookkeeper) for preparing the report and referenced the hard work by Clemencia in increasing our funding by \$50,000. Society's financial situation overall is quite healthy.  
Motion to accept the Treasurer's Report and 2012 fiscal year financial statements
      - Moved: Jacquie Barrieau
      - Seconded: Alicia Zapata
      - Carried
7. Motion to accept appointment of Tompkins, Wozny, Miller & Co. as auditors for 2013
  - Moved: Sonia Antranikian
  - Seconded: Shirley King
  - Carried
8. Executive Director's Report - presented by Clemencia Gomez
  - See Annual Report 2012.
  - In addition:

- Clemencia thanked members, donors, funders for their generous contributions in 2012.
  - Clemencia gave a special thank-you for the bequests from deceased members Eva Kief and Lucienne Hinton. We received another \$78,000 cheque today from the Hinton estate.
  - Everyone was shown the 'Everlasting Quilt' with the names of donors who contribute a minimum of \$5,000. Clemencia referred us to the Planned Giving pamphlet.
  - Bazaar/ Book sales/ Raffles – emphasized an increase in monies year over year.
  - Income Tax assistance was very busy this past time.
  
  - The Government, Doctors, Social Workers are using SGSC more frequently as a contact to refer seniors to various agencies/programs in the community. We have a Community Resource Card as a handout.
  - Thanked past staff Alanna, Jessica & Vicky and introduced new staff Tanya & Merrily.
  - Currently looking for a new Spanish Group Coordinator to replace Vicky Albaraccin.
- Motion to accept the Executive Director's Report
- Moved: Margaret McAuley
  - Seconded: Alicia Zapata
  - Carried

9. Topics for Discussion:

Suggestions/questions from the floor:

- o Jackie Barrieau asked whether we could have a printer for the computer room. .  
Clemencia said that we would consider this in our 'upgrade facilities' plan.

10. Election of Board of Directors (Officiator: Jacque Barrieau)

**Proposed Slate of:**

Linda Darbey  
 Beatrice Davis  
 Susan Hooge  
 Barbara Kirby  
 Martin Ma  
 Steve McMinn  
 Dolores O'Leary-Shafik  
 Dennis Ragauskas  
 Vicki Silva

(Dolores introduced Dennis Ragauskas from the Canadian Western Bank and Vicki Silva from SGSC Latin Group).

Moved to accept 9 as a slate:

- Moved: Sonia Antranikian
- Seconded: Eva Karsten
- Carried

Jacque Barrieau called for nominations from the members

- No respondents

11. Dolores O'Leary Shafik called for a motion to adjourn the meeting at 2:16pm

- Moved: Shirley King
- Seconded: Margaret Lambert
- Carried