



In this issue:

- **National Seniors Day**
- **Income security for seniors**

October 2010

Dear Friends

On June 17, 2010, the House of Commons unanimously passed Bill C-40 An Act to establish a National Seniors Day. This bill moves to recognize October 1, which coincides with the United Nations International Day of Older Persons, of every year as a day to celebrate the past, present and on-going contributions of Canadian seniors. The bill must now receive Royal Assent before October 1 is officially designated in statute as National Seniors Day.

On October 1, 2010, I want to take the opportunity to talk about the New Democrat plan for Canada's seniors. Our population is aging. We need practical solutions in place so that Canadians can age with dignity, good health care and decent pensions. Given the Conservative government's clear desire to recognize the contribution of our seniors through the introduction of this legislation, it is confusing that the Harper government is dragging its feet on making changes to our pension system that would address these issues.

There are close to 300,000 Canadian seniors living in poverty today. The majority of seniors live in high cost metropolitan areas, where the Statistics Canada Low Income Cut-Off (LICO) is currently an income of \$18,373. The majority of low-income seniors are also women, often single women. The total amount a single person can receive from Old Age Security (OAS) and the Guaranteed Income Supplement (GIS) is slightly less than \$14,800, significantly below the LICO.

The Old Age Security is indexed to CPI on a quarterly basis, ideally to enable it to respond to increases in prices more effectively. In July, OAS received its first cost of living increase in over 2 years, which was precisely .3 percent, or \$1.55 for those receiving full benefits. On October 1, benefits will increase by .6 percent, or \$3.11. This marginal increase is an insult to Canadian seniors. We need to do more to address issues of income security for Canadian seniors.

My New Democrat colleagues and I have proposed that the Conservative government raise the Guaranteed Income Supplement (GIS) by \$700 million to end seniors' poverty. We have also called on them to amend the Statistics Act to create a Consumer Price Index for seniors, based upon a basket of goods that reflect the actual purchases that most seniors make. On September 28, my New Democrat

continued on page 2.

Upcoming deadlines for submissions:

November 2010 - October 15, 2010

December 2010 - November 15, 2010

colleague and Critic for Seniors and Pensions, Wayne Marston (Hamilton East-Stoney Creek), introduced Bill C-564 The Seniors CPI Act, which would mandate that programs such as the Guaranteed Income Supplement (GIS) are indexed to the cost of living. It would bring seniors' support programs in line with most government support programs, which are already linked to the Consumer Price Index. The Seniors CPI Act would also create a new measure that would take into account purchases that are specific to seniors.

Our seniors deserve better. But the Conservative government has no strategy to deal with the large number of baby boomers approaching retirement. At their August conference, the Canadian Medical Association warned that Canada's aging population presented significant challenges to our health care system. Meanwhile, the majority of Canadian workers have no workplace pension, and one in three will retire with no savings at all.

Millions of seniors could be forced to work well into their retirement years. Many more could find that Canada's long-term care system is ill-equipped to support their needs. But Stephen Harper seems prepared to let this crisis develop unchecked.

My New Democrat colleagues and I have proposed practical solutions to support our aging population. We have a comprehensive plan to improve the Canada Pension Plan and increase the Guaranteed Income Supplement to bring all seniors out of poverty. We have proposed a national prescription drug strategy that would make medication affordable and accessible—while saving our health care system billions of dollars.

In 2006, a motion was tabled by my New Democrat colleague, Chris Charlton, MP (Hamilton Mountain) and passed by a majority in the House of Commons that mandated the federal government to create a Seniors Charter recognizing older Canadians as creative, active and valued members of our society, who deserve free drug and dental coverage.

The motion called on the government to rectify decades of under-funding of seniors' programs by creating a Seniors Charter that enshrines the right of every senior in Canada to:

- income security, through protected pensions and indexed public income support that provides a reasonable state of economic welfare;
- secure, accessible, and affordable housing;
- wellness, through health promotion and preventative care;
- secure, public, accessible, universal health care including primary care, homecare, palliative and geriatric care, and free pharma and dental care;
- self-development, through lifelong access to affordable recreation, education and training;
- government services, through timely access to all federal government services and programs, including family re-unification.

It also called for the creation of a Seniors Advocate who would publish and report annually to parliament on government policies and programs affecting seniors. Sadly, four years later, the Harper Conservatives have still done nothing to implement the important programs called for in the Seniors Charter.

My New Democrat colleagues and I believe in making National Seniors Day something to truly celebrate. That is why we will continue our work to bring about the goals of the Seniors Charter and ensure that the seniors who built this country are treated with dignity and respect through real action, not simply platitudes and empty promises. I believe they deserve better. New Democrats are committed to giving it to them.

Bill

Federal Government Funding Opportunities

Inter-Action, Canada's new Multiculturalism Grants and Contribution Program, administered by Citizenship and Immigration Canada (CIC), supports CIC's mandate and the Canadian Multiculturalism Act by assisting the socio-economic integration of individuals and communities and their contributions to building an integrated and socially cohesive society.



There are two Inter-Action funding streams:

Inter-Action Projects - The Inter-Action Projects stream provides funding for long-term, multi-year community development/engagement projects to promote integration. **The Call for Proposals, under the Inter-Action Projects stream, is now open!** Completed applications must be sent both by regular mail and electronically to the appropriate regional or national office by **October 15, 2010, 11:59 PM EST**. For more information, visit <http://www.cic.gc.ca/english/multiculturalism/funding/cfp.asp>.

Inter-Action Events - The Inter-Action Events stream provides funding to community based events that foster one or more of the following: intercultural/interfaith understanding; civic memory and pride; respect for core democratic values. The primary intention is to create concrete opportunities for interaction among cultural and faith communities. Events should be intended for and open to all Canadians. **Applications are considered year round.** Completed applications must be sent both by regular mail and electronically to the appropriate regional or national office. For details on how to apply see: <http://www.cic.gc.ca/english/multiculturalism/funding/events.asp>

The New Horizons for Seniors Program

The New Horizons for Seniors Program is accepting applications for its Capital Assistance funding from August 30th until October 8, 2010. Eligible applicants include non-profit organizations that have been delivering community programs and activities for seniors for the last two (2) years. This includes seniors clubs, seniors' centres, ethnocultural organizations, service clubs, and Aboriginal organizations.

Capital Assistance provides grant funding of up to \$25,000 to non-profit organizations for upgrading community facilities and equipment related to existing programs and activities for seniors.

Details about the Program, including how to apply are available on the Web site: http://www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml.



HOME IN BURNABY

The next deadline for the Burnaby-Douglas Link is **October 15, 2010** for distribution after **November 1, 2010**. Submissions can be faxed to my Community Office at 604-666-0727 or emailed to me at Siksay.B@parl.gc.ca.



ESL Conversation Circle

Practice your English and meet people in a friendly, relaxed environment at the Burnaby Public Library Metrotown Branch, Program Room, 6100 Willingdon Avenue. The program runs from October 5th to November 30th on Tuesdays from 7:00 pm to 8:00 pm.

Each week a librarian will lead a discussion on a variety of everyday topics. Adult learners must have some knowledge of English to participate in group conversations. **Sessions are free with no advance registration required.** For more information, contact 604-436-5400.

32nd Annual Toy Run, Sunday October 3, 2010

The Christmas Toy Run is the largest event of its kind in Canada and the largest contributor to the Lower Mainland Christmas Bureau. The Bureau supplies 20 other Christmas Bureau's throughout BC (including Burnaby Christmas Bureau) with toys for underprivileged children and food for families in need. Please come and enjoy or participate (by bringing a toy) to this year's event on Sunday, October 3, 2010 at 10:00 am. More than 7,000 motorcycles will travel from Coquitlam Centre, along Barnet Highway and then Hastings Street to the Pacific Coliseum collecting toys.



ROAD CLOSURES - Annual Toy Run, Sunday October 3, 2010

Starting at 10:00 am on October 3, 2010 and continuing to the end of the parade at approximately 12:00 noon, **all intersecting streets on the north side of Hastings Street between Inlet Drive and Boundary Road will be closed except for three control points at Willingdon, Holdom and Cliff Avenues where traffic and pedestrians will be queued and allowed to cross at traffic signals at the RCMP's discretion.**

Westbound traffic will not be permitted on Hastings Street during the parade and eastbound traffic will not be permitted to turn left across the parade traffic. Northbound traffic will be restricted to right turns only at all intersections except the three control points mentioned above. Westbound bus service will be rerouted along Pender Street for the duration of the parade. If you have any questions please contact Sheryl Coltman at 604-294-7455 between 8:00 am and 4:45 pm Monday to Friday.

Youth Parliament of BC

The British Columbia Youth Parliament's 82nd Parliament will be held in Victoria at the Provincial Legislative Chambers from December 21st to 31st, 2010. **The Youth Parliament is a province-wide non-partisan organization for young people ages 16 to 21.** It teaches citizenship skills through participation in the December parliamentary session and in community service activities throughout the year. Youth Parliament is a one year commitment.



Applications for membership in the 82nd British Columbia Youth Parliament are now being accepted and must be received by October 20th, 2010.

For more information contact Dora Turje at 604-728-0446 or by email at registrar@bcyp.org or visit the Youth Parliament website at www.bcyp.org.



MONARCH
HOUSE

Monarch House Autism Centre

Monarch House Autism Centre would like to invite families in the community to join our **Parent Support Group**.

This group is for families who have been impacted by a diagnosis of Autism Spectrum Disorder (ASD). It will be a place for parents to discuss topics, share information and develop supporting relationships. It is held on the last Wednesday of every month at Monarch House Autism Centre, 3185 Willingdon Green, Burnaby, from 6:30 pm to 8:30 pm. You do not need to be a client of Monarch House to attend. For more information, contact Monarch House Autism Centre at 604-205-9204 or visit www.monarchhouse.ca.

Run for your Wildlife!

Run for your health and raise money for the Wildlife Rescue Association by sponsoring a runner or signing up for the Rubber Ducky Half Marathon.



The fun running event hosted by TRY EVENTS will be held at Burnaby Lake on October 17, 2010 and more than 400 runners are expected to take part in the annual event. Runners and walkers can sign up for the half marathon, the 7 Miler or the kids race at www.tryevents.ca.

TRY EVENTS will be donating a percentage of race proceeds, and **all monies raised by sponsored athletes will go towards supporting the work of the wildlife rescue and rehab charity based out at Burnaby Lake.**

You can support the WRA directly by sponsoring Team WRA Ducklings at <http://www.wildlifescue.ca>.

Burnaby Homeless Connect Homelessness Action Week October 10th to 16th, 2010

The Burnaby Task Force on Homelessness is organizing the fifth Annual Homelessness Action week in Burnaby from October 10th to 16th, 2010.

In preparation for Homelessness Action Week, the Burnaby Task Force is seeking donations of the following items:

- Clothing (small and plus sizes) for women and men particularly jeans, boots, coats, rain gear, heavier fall and winter items
- New socks (heavy duty type or sweat socks for warmth) and underwear
- Toiletries (new/unopened - preferably the hotel size) including soap, shampoo, deodorant, tooth brushes, tooth paste, feminine hygiene products, razors and other toiletry items
- Donation of door prizes and bingo prizes for Burnaby Homeless Connect Day on October 14 at Southside Community Church.

If you wish to make a donation, please contact Cheryl Stogren at Progressive Housing Society, 604-522-9669 ext 317.



eva's initiatives

2011 Eva's Initiatives' Award for Innovation

Applications are now available for 2011 Eva's Initiatives' Award for Innovation which consists of three Awards of \$5000 each for organizations working with homeless youth. Eva's Initiatives has launched the sixth year of the Award for Innovation with generous support from CIBC.

New this year is the opportunity for organizations working with homeless or at-risk youth to apply for an award for a project that is in the development stages. Also new this year is a change in the criteria of the awards, intended to reflect the shifting needs of homeless youth and the rapidly evolving sector.

New Criteria for the Innovation Awards: Winners will be community organizations demonstrating innovation in one or more of the following ways:

- o Delivering services that help homeless and at-risk youth achieve greater self-sufficiency
- o Demonstrating ways to help prevent or end youth homelessness
- o Including green or environmental strategies in their programs
- o Engaging youth in ways that foster leadership development
- o Entering into research collaborations and demonstration projects

Deadline for applications is November 12, 2010 at 9 pm EST. Applications are now available online at <http://www.evasinitiatives.com>. For more information or to receive an application by email, contact: awards@evas.ca.

Burnaby and Rhododendron and Gardens Society Upcoming Events



The Burnaby and Rhododendron and Gardens Society (BRAGS) is pleased to present their upcoming events for the fall and winter season. The location for all events is the Burnaby Village Museum, 2nd floor, Discovery Room, 6450 Deer Lake Parkway. The event begins at 7:45 PM. For more information, contact info@brags.ca or call Lanny at 604-205-9023.

October 6, 2010 “Roses” by Brad Jalbert. Brad is the owner of Select Roses, a farm-style nursery/greenhouse specializing in the hybridizing and growing of beautiful garden roses. The nursery, located in South Langley, offers the finest selection and quality of rose bushes in Western Canada. Select Roses was established in 1990 on the same farm where Brad was raised.

November 3, 2010 “Hardy Orchids” by Bill Bischoff. Award winning and international speaker Bill Bischoff will share his gardening passion for all orchids. Join us for an evening as he explains how one small Phalaenopsis in Toronto, that almost crushed his gardening interest, has grown to over 700 orchids grown in warm & cool green houses, and now has extended to hardy orchids grown in his Surrey garden.

January 5, 2011 “Ikebana: Talk and Demo” by Beverley-Ann Ranney. Beverley-Ann has a deep interest in Ikebana for many years. In 1961, she began studying ikebana at the Japanese Cultural Centre under the guidance Shizujko Kadoguchi, President of the Ikenobo Society of America-Toronto Chapter. In 1974, she went to Japan for advanced classes at the centuries – old home school of Ikenobo the family name Ikenobo ikebana which has had direct line of 45 headmasters for life. Over the years, she progressed through the rigorous levels of ikebana until she was honored this year with the Professor of Ikenobo 1st Grade full professorship in Ikebana. For more information about Ikebana in Vancouver, please visit www.vancouver-ikebana.ca

February 2, 2011 “New Trends in Gardening” by Brian Minter. Brian’s passion for plants was transformed into 32-acre Minter Gardens which today draws thousands of visitors each year, and has become a favourite destination for weddings. He is ‘BC’s go-to garden expert’ through his experience at both the garden centre and the display gardens. As such, he has hosted countless radio and television shows, is a frequent gardening columnist, and is the author of Canadian Best Seller, Brian Minter’s New Gardening Guide - Fresh Approaches for Canadian Gardeners.



Halloween on the Heights

On the Heights, Halloween belongs in the neighbourhood. **Start the fun early with fireworks on Friday, October 29 at 8:15 PM at Gilmore Community School. Then on Saturday, October 30, from 3 to 5 PM, Hastings Street from Boundary to Gamma will be buzzing with little ghosts and goblins.** Participating Heights merchants will hand out candy and treats to anyone in costume. **The adventure continues from 6 to 9 PM on both October 30 and 31 at Confederation Park, where you**

can take a ride on the Halloween Train in the Dark. Be sure to join this deliciously spooky (but not too spooky!) evening filled with yummy treats and a magical touch of community spirit! For more information, visit: www.burnabyheights.com/halloween.

Burnaby's 55+ Seniors Centres (Bonsor, Cameron, Confederation and Edmonds)

The Burnaby 55+ Seniors Centres offer a variety of social, educational and recreational activities for seniors. Meet new friends, take dance and art classes, try out karaoke, sample great food during restaurant outings, join exercise classes, play table tennis, snooker, bridge, badminton, shuffleboard, Nintendo Wii or chess, or try hiking and Tai Chi. These centres also host many special events and a wealth of drop-in activities that include arts and crafts, dance, fitness classes, music and theatre, social activities, sports and games, walking and hiking groups, weight training, opportunities to volunteer and much more.

For more information about events at a particular centre, please contact the following:

- Bonsor Complex Seniors, Bonsor Recreation Complex, 6550 Bonsor Avenue, Burnaby, telephone 604-439-5510
- Cameron 55+ Seniors, Cameron Recreation Centre, 9523 Cameron Street, Burnaby, telephone 604-421-5225
- Confederation Centre 55+, 4585 Albert Street, Burnaby, telephone 604-294-1936
- Edmonds Community Centre for 55+, 7282 Kingsway, Burnaby, telephone 604-525-1671

October Events



Thanksgiving Lunch

Enjoy a delicious, traditional hot turkey lunch with all the trimmings, including dessert and coffee or tea. Buy tickets in advance (none sold on day of lunch). Regular lunch service is not offered on this day. At Confederation Centre, this is a food services fundraiser (sorry, no refunds). Dates to reserve seats will be announced. Edmonds lunch: October 6, 12:00 to 2:00 pm, Confederation lunch: October 8, 12:15 to 2:30 pm.

Flea Market

Clean out your cupboards or find yourself a bargain! More than 50 tables of pre-loved items are on display to comb through on October 16 from 9:30 am to 2:00 pm at Confederation Centre. Note to vendors: Please register in person at Confederation Centre and choose your table (maximum of one table per person plus one table for a friend).

VOLUNTEER PIANIST NEEDED

The Edmonds Community Centre for 55+ Seniors Choir, "The Mellowdares", requires a volunteer pianist.

Presenting music from the 50's to present, the choir practices and performs on Wednesdays from 1:00-3:00 PM. If you can tickle the ivories and have some time to spare, please contact Sheila at 604-520-5400 for more information.



Health Alert for Seniors

Health Alert, Mondays at Bonsor Recreation Complex, 6550 Bonsor Avenue, Burnaby and Health Watch, Thursdays at Edmonds Community Centre, 7282 Kingsway, Burnaby.



Drop-in each week for blood pressure and weight monitoring, health, nutrition, and housing information and other services.

Support from retired nurses, pharmacists and knowledgeable, trained volunteers can help you practice a healthy lifestyle. Weekly speakers keep you abreast of the latest health trends.

Bonsor Centre Health Alert presentations for October: October 4, “Health Literacy (Optimizing your doctor’s visit)”; **October 18**, “Foot care (make appointment - paid service)”; **October 25**, “3 Stressors that Kill”.

Edmonds Centre Health Watch presentations for October: October 7, “Let’s Travel to Southern Africa”; **October 14**, “Foot care (make appointment - paid service)”; **October 21**, “3 Stressors that Kill”; **October 28**, “The Flu and Hand Washing”.



**BURNABY SENIORS
OUTREACH SERVICES SOCIETY**

Seniors Helping Seniors

**Burnaby Senior’s Outreach
Services Society**

Burnaby Family Caregivers will be offering a range of programs for boomers who are caring for elderly parents, or seniors caring for a frail spouse. **Upcoming workshops include: Resources in Burnaby for Family Caregivers, Demystifying Seniors Housing Options When Seniors Can No Longer Live at Home, and a Six Week Education Series on Saturday mornings.**

If you work for a Burnaby company, non-profit group, or government office, they can also come to your workplace to give short “Lunch ‘n Learn” presentations to employees who are also family caregivers.

All programs are free for family caregivers who live in Burnaby, or are caring for a Burnaby adult resident, and are facilitated by gerontologist Katherine Willett.

Watch www.bsoss.org for upcoming dates of our programs, or email bsoss@telus.net or phone us at 604 241 0485 to have your name put on our autumn program notice list.



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Submissions can be faxed to my Community Office at 604-666-0727 or emailed to me at Siksay.B@parl.gc.ca.