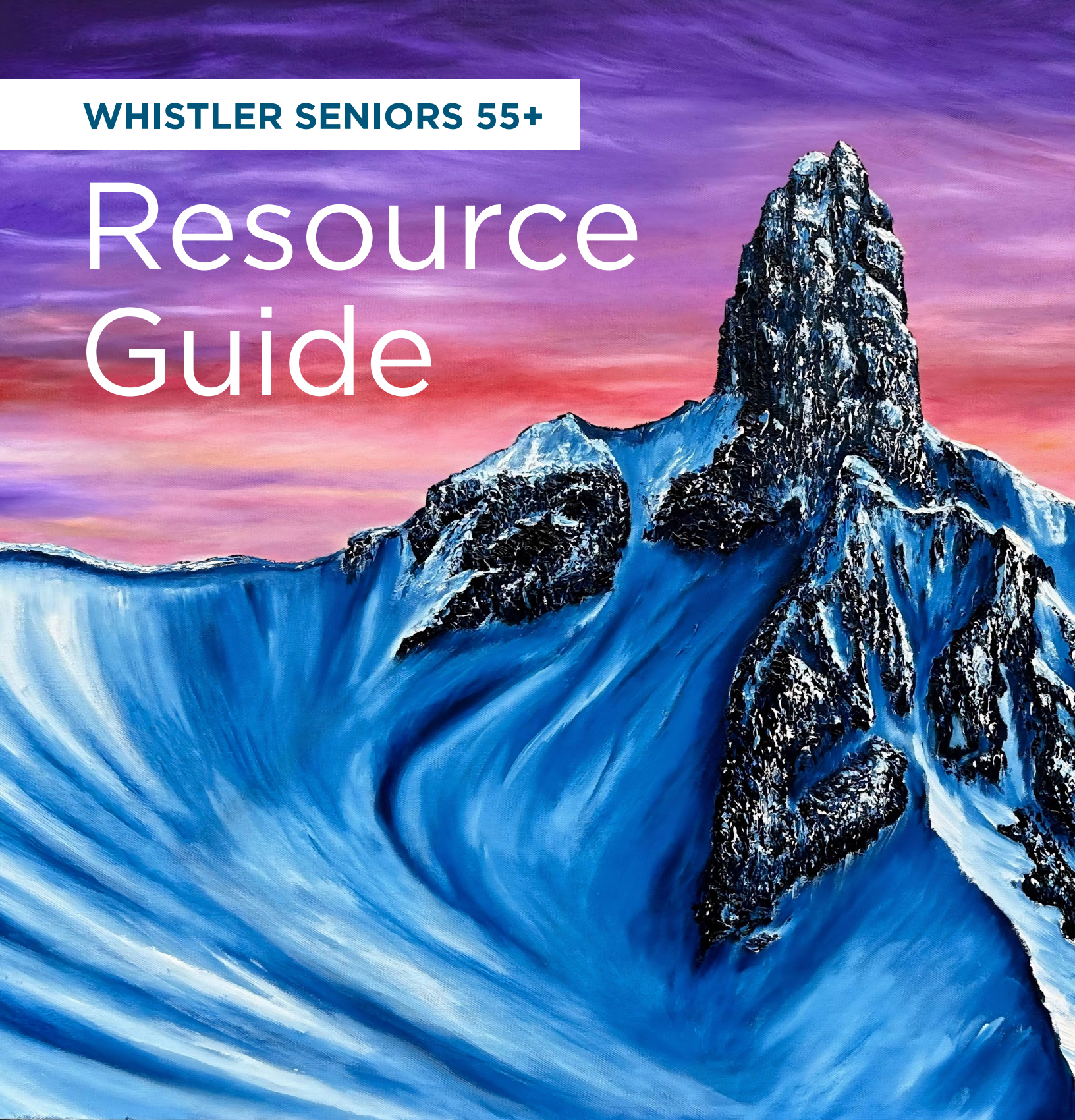


WHISTLER SENIORS 55+

Resource Guide



PRODUCED BY



Whistler
Health Care
Foundation



WHISTLER
COMMUNITY SERVICES
SOCIETY

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Land Acknowledgement

WCSS respectfully acknowledges that our workplace and community, the land now known as Whistler, lies in the unceded traditional territories of the Skwxwú7mesh Nation and Lílwat Nation.

Cover Artist: Graham Watts

Author: Claire Mozes

Production:
Whistler Community Services Society mywcss.org

Design: Whistler Creative



Message from Jackie Dickinson, WCSS Executive Director

WCSS, and its 35-year history of impact in the community has been achieved and delivered by many exemplary individuals committed to helping others and creating a stronger and healthier community. Our work is rooted and supported by vital volunteers, who continue to age in place and work hard to develop strong community connections, advocate for continuous and collaborative change and support an aging in place model that is essential to health and wellness. Two of our pillar programs- the Food Bank and Re-Use-It Centre social enterprise were developed and supported through a strong volunteer model enhanced and made possible by mature residents supporting community programming and people. Some WCSS volunteers, have volunteered for over 20 years in key programs such as the Food Bank and have helped mentor and coach new volunteers and staff that have joined the society over the years. We often do not think about how helping others is an act of kindness which can become its own legacy. Like the many longer term aging in place volunteers who have dedicated hours and time to WCSS to foster a sense of community this guide is meant to spark sharing, conversations, and most of all belonging.

MY PERSONAL INFORMATION



Name	
Phone number	
Address	
BC Services Card Number	
Old Age Security Number	
Key names & numbers	
Relative	
Friend	
Doctor	
Dentist	
Lawyer	
Insurance company	



Welcome to the shared territory of the Skwxwú7mesh (Squamish) Nation and Líl'wat7úl (Lil'wat) Nation.

Whether you are working, spending time with friends or having an epic day of play on this beautiful land - whatever you are doing right now, if you are in Whistler you are doing it on the shared unceded territory of the Squamish Nation and Lil'wat Nation.

Thriving in our respected territories with Lil'wat (Interior Salish) to the North and Squamish (Coast Salish) to the South, our shared territory is what the world now knows as Whistler. As original peoples of this land, we agree that when we can see Black Tusk, or where the river's flow changes, we are on our shared land. The Skwxwú7mesh Úxwumixw and Líl'wat7ul have coexisted respectfully as neighbours since time immemorial.

In July 2008, the Squamish Lil'wat Cultural Centre (SLCC) opened its doors to share our two Nations' cultural knowledge with the world. Designed to evoke the form of a Squamish Longhouse and Lil'wat Istken (earthen dwelling), the SLCC embodies the spirit of partnership between our two Nations.

We welcome you to this land and encourage you to learn more about its ancient history. Our Ambassadors provide visitors with a warm welcome and the opportunity to explore the living culture of the Squamish and Lil'wat First Nations. Whether you join us to hear the sound of the welcome drum song and guided tour, to shop in Whistler's largest and only Indigenous owned First Nations gift shop, or to taste our fresh bannock at the Thunderbird Cafe, we know that by visiting our centre you, too, will embrace our vision of friendship and respect to one another.

Huy Chexw (thank you) Wa Chexw (take care) – Squamish Language
Kukw'stumc'kalap (Thank you all) – Lil'wat Language,

The Squamish Lil'wat Cultural Centre's Ambassadors and staff



Which Indigenous Communities land does Whistler reside on?

Whistler is located on the shared territories of the Lil'wat Nation from the North, and Squamish Nation from the south. Our Nations acknowledge that where ever one can see Black Tusk, we know we are on shared territory.

Who are Squamish Nation?

The Skwxwú7mesh Úxwumixw (Squamish Nation) is a vibrant and dynamic Coast Salish Nation with a strong culture, rich history and bright future. With a population of 4,000+, the largest proportion of Skwxwú7mesh stelmexw (Squamish People) reside on several urban reserves in the city of Vancouver, North and West Vancouver and the municipality of Squamish, B.C.

Who are Lil'wat Nation?

The Lilwat7úl (Lil'wat Nation) is a separate and distinct Interior Salish Nation with cultural and kinship ties to the S'tát'yemc. With a population of more than 2,000, the central community of Lil'wat is Mt. Currie BC and they are committed to preservation of their lands, language and culture for future generations.

What does the '7' mean & how do I pronounce it?

Both Squamish and Ucwalmícwts (Lil'wat Nation language) use '7' as a part of their alphabets. The 7 indicates a brief pause (technically known as a 'glottal stop') between syllables. Elder speakers in cooperation with linguists developed this character in the late 1960s while translating these oral languages into written form.

What language is featured on the highway signs between Vancouver and Whistler?

The Squamish Language.

What are the wooden carvings throughout the village?

They are welcome figures carved by Squamish Nation artists, welcoming visitors to our shared territory, and at the SLCC both Lil'wat Nation and Squamish Nation artists.

Where can I learn more about their cultures?

Visit the Squamish Lil'wat Cultural Centre in Whistler's Upper Village at the corner of Lorimer Road and Blackcomb Way: hourly guided tours are led by knowledgeable Cultural Ambassadors who share their cultural teachings with guests. This is also the only place in Whistler where you can try bannock, traditional sweet fried bread, available in the SLCC's Thunderbird Café.

What can I do outdoors to learn more about both Nations?

Connecting to the land is an important value for Indigenous peoples. At the SLCC, guided forest walks in our backyard will introduce visitors to local fauna and the ancient nourishment and medicines that serve us today. You can also discover authentic art around Whistler from the Squamish Nation and Lil'wat Nation through the Go Whistler Walking Tours App called the Art & Storytelling of the Skwxwú7mesh and Lilwat7úl to learn more visit slcc.ca/slcc-go-whistler-app

**FIRST NATIONS
MUSEUM**
TOURS + GIFT SHOP + CAFÉ



Skwxwú7mesh Lilwat7úl
SQUAMISH LILWAT CULTURAL CENTRE
WHISTLER


**Visit Whistler's authentic Indigenous experience. Located in the Upper Village,
4584 Blackcomb Way, Whistler, BC**

SLCC.CA |    @SLCCWhistler | #SLCCWhistler

COMMUNITY SUPPORTS

Whistler is well known for its natural beauty and recreational opportunities. A lesser-known fact about Whistler is that there are a growing population of seniors that are cherished for their role in shaping the town's character and history. The Whistler Seniors Resource Guide was created to increase awareness of programs, services, and activities so that seniors can continue to connect and engage in Whistler.

Throughout Whistler, you will find programs and services that support seniors. Depending on the person's needs, some resources are available in the Sea to Sky corridor, and others are provincial and federal only. This list is not exhaustive but will hopefully be a starting point to get connected.

 Connor Stefanison



Health Resources



Taking care of your physical and mental health as you age may be extra challenging, so reaching out for help and staying on top of preventative measures can really make a positive impact.

Physical Health

Creekside Health Integrative Clinic

Provides a multi disciplinary approach to health and wellbeing through a team of medical doctors and allied health practitioners.

☎ **604-962-2447**

🔗 creeksidehealth.ca/family-medicine-clinic

HealthLinkBC

Provides medically approved health information by phone or web. If you visit their website, you will find more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night.

☎ **8-1-1**

🔗 healthlinkbc.ca

Pathways Sea to Sky

Has a community directory of many important services. The user-friendly search and filter options help you quickly find the best service/program in your local community that meets your needs.

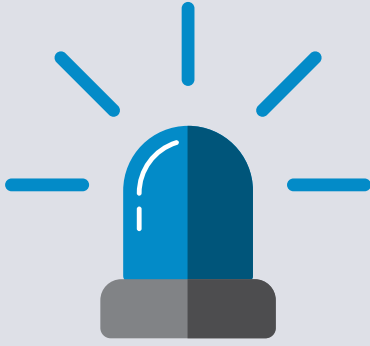
🔗 pathwaysbc.ca

Falls are the leading cause of injury for seniors and are the main reason that older adults lose their independence. Most falls can be prevented, and there are many resources to help seniors remain strong and stay fall and injury free.

Maximize your safety and learn key ways to prevent falls:

- Improve your mobility and balance
- Increase your physical activity and muscle strength
- Follow the Canadian guidelines for calcium and vitamin D
- Have regular vision check-ups and correct vision problems
- Review your medications with your doctor or pharmacist
- Reduce trip and slip hazards in your home or outdoors

Find more resources
findingbalancebc.ca/home-safety



Medical Alert Systems

Medical alert systems are devices you can wear that will summon assistance in an emergency such as a fall or major health emergency. There are many options to choose from and when you are deciding, think about these three key questions:

1. Do you want a home based only option, or one that you can wear on the go?
2. Do you want your system to be monitored at all times?
3. Do you want a system that has a fall detection feature?

Consumer Reports may be a helpful place to start your research [consumerreports.org/health/medical-alert-systems/best-medical-alert-systems-a1136054281](https://www.consumerreports.org/health/medical-alert-systems/best-medical-alert-systems-a1136054281) or ask your health care provider for suggestions.

Fair PharmaCare Plan

The Fair PharmaCare plan helps B.C. residents with the cost of eligible prescription drugs and specific medical supplies. It assists those who need it most, based on income, and offers options for life situations that seniors often experience. Registration for coverage can be done online or by phone.

 **1-800-663-7100**  my.gov.bc.ca/ahdc

Sea to Sky Divisions of Family Practice

Keeps an up-to-date list of health care providers for you to contact.

 divisionsbc.ca/sea-sky

Sea to Sky Hospice Society

Offers a range of free programs and services to help community members in the Sea to Sky live well at home, hospital, in long term care or in the Whistler Blackcomb Foundation Sea to Sky Community Hospice unit. Trained volunteers offer practical and emotional support to both clients and families.

 **604-892-6051 ext. 5**  seatoskyhospicesociety.ca


Whistler 360 Health Collaborative Society

Is a team-based, community-governed model of excellence where health care professionals provide patient-focused, accessible, longitudinal care. It provides leadership in healthcare to the community and collaborates to address the social determinants of health.

 **604-932-3977**  whistler360health.org

Whistler Healthcare Centre

Provides emergency, diagnostic imaging and laboratory services. Additionally, they provide a range of community health programs that span the continuum from public health nursing, mental health, continuing care, environmental health, nutrition, audiology, speech & language pathology to community care facility licensing.

 **604-932-4911**

 vch.ca/en/location/whistler-health-care-centre

WCSS Physiotherapy Assistance Program

This program assists financially restricted individuals who need Physiotherapy and have exhausted the 12 sessions available through Premium Assistance or cannot access due to your status in BC/Canada and do not have Extended Health Benefits. If you meet the criteria, you can access between \$25-50/hour on a sliding scale to receive up to 6 sessions per year.

📞 **604-932-0113**

🔗 **mywcss.org/physiotherapy**

Don't have a Primary Care Provider?

If you, or a member of your family, are currently without a family doctor or nurse practitioner, please register below.

The Whistler 360 Health Collaborative is a community-governed society working to improve patient access to primary care. By registering you will be contacted when a provider is available. We appreciate your support in not contacting Whistler 360 Health about the list or wait times.



Register your status

whistler360health.org/register →



Nurse Next Door[®]

home care services

Companionship & Caregiving for our Communities

- Meal preparation
- Groceries & errands
- Light housekeeping
- Transportation to appointments
- Physical therapy exercises
- Companionship
- Personal care (showering, shaving)
- Respite visits
- Nursing care
- Palliative care

We Provide Peace of Mind



604-747-2847

www.nursenextdoor.com

Gibsons, Sechelt, Powell River, Squamish & Whistler





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Clinical Counselling

Acupuncture
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Massage Therapy
Dietetics

Naturopathic Medicine
IV Therapy
Supplements
Ethical + Local Products

 @creeksidehealth
 creeksidehealth.ca

Open 7 days a week
604-229-5850

110 - 2059 Lake Placid Road
CREEKSIDEHEALTH.CA

Mental Health


Making Connections Program

The Making Connections program is for seniors with dementia and their caregivers. The sessions start with 45 minutes of gentle fitness followed by a period of games and brain stimulating activities and socializing over a light lunch. There is a small fee to participate, and more info can be found on MAC website under 'events'.

 whistlermac.org

WCSS Counselling Assistance


Connect with a mental health professional in a safe and supportive space and learn skills to better manage your own mental health and become more resilient. Counselling Assistance provides low cost access to a Clinical Counsellor. You may qualify for support for 6-12 counselling sessions per year.

 **604-932-0113**

 mywcss.org/book to book online

WCSS Outreach Workers

WCSS Outreach Workers provide no-cost, confidential support for those experiencing challenges with mental health, financial insecurity, advocacy, physical health and injury, housing, food insecurity, substance use, employment, family/friend relationships, parenting support or violence/conflict in relationships. Services are offered in person and virtually. We are all in this together and the Outreach team wants to help. It's ok to not to be ok. They are here to listen and offer support.

 **604-932-0113**

 mywcss.org/book to book online

VCH Mental Health & Substance Use Services


Individuals can access services if they are experiencing emotional, psychological, or psychiatric concerns; living with a severe and persistent mental illness such as schizophrenia, bipolar disorder; chronic depression/anxiety; concerned with an addiction issue such as substance misuse or an eating disorder; experiencing concerns around memory or other cognitive functioning.

Services include:

- Intake, screening, assessment, and treatment planning
- Urgent response services
- Short-term counselling
- Employment and education support
- Referrals to other supports and resources such as detox and treatment centres
- Wellness groups
- Psychiatrist consultation
- Education to community groups and events

The Assessment & Treatment Matching Team (ATM) accepts all self-referrals as well as referrals from community partners for all Sea to Sky Mental Health and Substance Use services. ATM includes assessment, triage, and treatment recommendations with referrals to mental health and substance use programming or to other appropriate community resources.

 **604-698-6455**

 vch.ca/en/location-service/assessment-treatment-matching-team-atm-whistler-health-care-centre

Food & Nutrition

Eating nutritious food can improve both your physical and mental health, and decrease or slow the progression of chronic disease. Looking for ways to add healthy foods into your diet can give you the extra boost of energy to do all the activities you enjoy.


GROW Whistler

AWARE's GROW program helps people cultivate their own organic vegetables at four greenhouse and garden locations throughout Whistler. Growing vegetables close to home reduces the carbon footprint of our food, eliminates packages, and heightens our connections to our food. Community gardens are a great way to connect with neighbours, spend time outside and reap physical and mental health benefits as well as delicious food.

 awarewhistler.org/project/grow

HealthLinkBC

Find healthy eating and nutrition topics that are important to you. Registered dietitians are available on the phone from 9am - 5pm Monday to Friday.

 **8-1-1**

 healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition



 Liam Wallace

Seed Library

Seed saving is an ancient tradition practiced by Indigenous communities from around the world, for thousands of years. It connects us back to where our food really comes from and even strengthens the gene pool of each plant you save seeds from. The Whistler Seed Library was created in partnership with AWARE and the Whistler Public Library to increase local food security, reduce our carbon footprint and connect the Whistler community with affordable and healthy food options. Contribute or take seeds and support sustainable gardening in the sea to sky corridor.

☎ **604-935-8435**

✉ **publicservices@whistlerlibrary.ca**

🔗 **whistlerlibrary.ca/help/faq/seed-library**

WCSS Food Bank

The food bank is for anyone and everyone trying to make ends meet. Supplemental groceries are available to ensure individuals don't have to lower the quality or quantity of food they are eating. There are many different reasons to access the food bank: high cost of living, low income, injury, illness, and/or precarious work conditions, and many more. Please contact WCSS for hours and days of operation.

☎ **604-932-0113**

✉ **foodbank@mywcss.org**

🔗 **mywcss.org/food-bank**

WCSS Food Skills and Nutrition Program

Assists financially restricted families, pregnant individuals and seniors to access Farmers Market coupons in exchange for attendance at our cooking and nutrition workshop. Registration forms will open each year in June.

☎ **604-932-0113**

🔗 **mywcss.org/food-security/food-skills-nutrition**



How can healthy eating help you with healthy aging?

- Keep energy levels up
- Remain independent
- Maintain good mental health
- Stay positive
- Prevent or manage chronic disease
- Maintain a healthy body composition

Learn more at Health Eating for Seniors Guidebook

www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/healthy-eating-seniorsbook.pdf





Affordability Resources

Whistler and affordability don't always go hand in hand, so please keep these resources in mind to support your monthly budget.

BC Bus Pass Program

The British Columbia provincial government offers a universal bus pass for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus.

☎ **1-866-866-0800**

🔗 **bctransit.com/whistler/fares/bc-bus-pass**

WCSS Volunteer Income Tax Program

Volunteers trained by the Canada Revenue Agency are available to help you complete your yearly tax return. Tax clinics happen in March and April of each year.

☎ **604-932-0113**

🔗 **mywcss.org/book** to book online

Every purchase you make at the Re-Use-It Centre and Re-Build-It Centre helps to support a range of social programs and services in our community from Food Bank to mental health support and kids' youth programs.




WCSS Re-Build-It Centre

Home renovations? DIY projects? If this sounds like you, then the Re-Build-It is the place to go for all your building needs. With new inventory every day, you are bound to find a pre-loved item ready to be upcycled and re-loved. You can donate and purchase large used items like furniture, appliances, art, rugs, tools, sporting equipment etc. and find that next piece that's just right for your lifestyle.

Hours of Operation:

Open 7 days a Week 10 am - 5 pm

 **1003 Lynham Road
(Function Junction), Whistler**

 **604-932-1125**

 **rebuildit@mywcss.org**

 **mywcss.org/re-build-centre**

Tool Library

The Re-Build-It is also home to the Tool Library that gives members access to a range of tools to borrow that will help with ski tuning, bike maintenance, gardening, refinishing furniture, building and DIY projects. Don't have a workspace of your own? No problem! We have a workshop available for registered members! Give us a call or visit in-store to book a time that works for you.

Annual Single Memberships: \$75

Annual Shared (2 person)

Memberships: \$100

 **mywcss.org/tool-library**

WCSS Re-Use-It Centre

In any resort town, people come and go. Every season, someone needs to gear up, furnish an apartment or find a sweet outfit for après. In Whistler, those who do leave town rarely ship their stuff home. Instead, they donate it to the thrift store that opened in 2000 to fund social wellness programs and services.

Every visit is a treasure hunt. Donations make a huge difference in our community, by building Whistler's circular economy and keeping waste out of our landfill. Please remember that for the safety of staff, community and wildlife only donate items during open hours.

Hours of Operation:

Open 7 days a week

Shopping 10 am - 6 pm

Donations 10 am - 3 pm

**or until we reach capacity*

 **8000 Nesters Road, Whistler**

 **604-932-1121**

 **reuseit@mywcss.org**

 **mywcss.org/re-use-centre**

Government Services

There are municipal, provincial and federal government services available to help you both in person and online.

BC Seniors Resource Guide

A book-style compilation of information and resources on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services. Available in 8 additional languages, online or free print copy can be ordered.

☎ **1-877-952-3181**

🔗 www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorbc/seniors-related-initiatives/bc-seniors-guide

Federal Supports

Information on Canada Pension Plan, Dental Coverage, Old Age Security, Guaranteed Income Supplement, Services for Veterans, Fraud Prevention, Caregiving Benefits, Managing Money, Health Resources and Safe at Home Guide.

☎ **1-800-622-6232**

🔗 canada.ca/en/employment-social-development/campaigns/seniors.html

Office of the Seniors Advocate (OSA)

OSA monitors services in five key areas: health care, housing, income supports, community supports, and transportation and makes recommendations to government and service providers to address systemic issues. OSA also offers a 24-hour information and resource referral phone service.

☎ **1-877-952-3181**

🔗 seniorsadvocatebc.ca

Emergency Preparedness

Whistler is at risk of wildfires, floods, extreme heat and other potential hazards. The RMOW has extensive info on how to personally prepare for an emergency on their website. Sign up to **Whistler Alerts** to receive a phone call, text or email when emergency situations will impact your health, safety or property.

🔗 whistler.ca/services/emergency/whistler-alert/

Resort Municipality of Whistler (RMOW)

4325 Blackcomb Way

☎ **604-932-5535** 🔗 whistler.ca

Whistler Bylaw Services

4325 Blackcomb Way

☎ **604-935-8280**

🔗 whistler.ca/bylaw

Whistler Police/RCMP

4315 Blackcomb Way

☎ **911 Emergency**

☎ **604-932-3044 Non-emergency**

🔗 bc.rcmp.ca

Whistler Fire Rescue

☎ **911 Emergency**

☎ **604-935-8260 Non-emergency**

Cyber Security Check List



- I have a unique, strong password for each of my accounts.
- I enable multi-factor authentication (MFA) on all my accounts.
- I look out for signs of scams and verify any suspicious links or emails before opening them.
- I changed the default name and password of my Wi-Fi network.
- I enabled automatic updates for all my software and devices.
- I downloaded and installed an anti-virus software from a trusted source on my devices.
- I disabled any device features that I don't need.
- I deleted any apps that I don't use.
- I make sure all of my online shopping transactions are secure and from a trusted source.
- I am using a password manager
- Visit [Get Cyber Safe](https://getcybersafe.gc.ca) for more information

End of Life

There are many decisions to be made as we age and this section provides some resources and topics to consider as you make your plans.

Grief & Bereavement

Cemetery and Tributes

The cemetery is operated by the RMOW and is located on Alta Lake Road. The cemetery provides full burial plots, cremation burial plots, scattering garden, and columbarium niches. Tribute plaques are also available on benches and bike racks in parks or trails throughout Whistler.

☎ **604-935-8117**

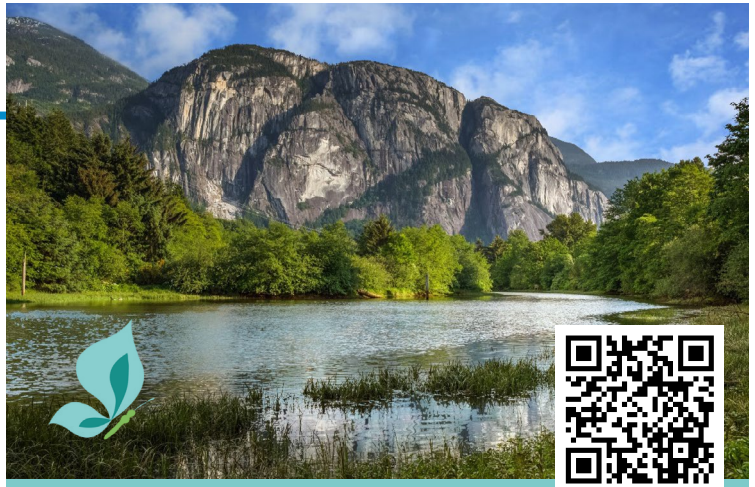
🔗 **whistler.ca/services/cemetery-and-tributes**

Drop In Grief & Loss Conversations

Any community member who is grieving a loss and hoping to connect with others who are on a similar journey is invited. A space to explore your own grief and hear stories from others about their journey through loss. Partnership with WCSS, Sea to Sky Hospice Society and Whistler Public Library

☎ **604-932-0113**

🔗 **mywcss.org/grief**



The Sea to Sky Hospice Society offers compassionate care to those facing life limiting illness or experiencing grief from the loss of a loved one. To learn more about our bereavement support groups, walks and counselling or if you would like to know more about our volunteer opportunities:

Contact us at
info@seatoskyhospicesociety.ca
seatoskyhospicesociety.ca



Sea to Sky Hospice Society

Whistler Blackcomb Foundation Sea to Sky Community Hospice has four private rooms, each with home-like features and amenities, as well as ceiling lifts and electric beds. There is a team of experienced care providers, including nurses, doctors, counsellors and volunteers who provide extra support.

☎ **604-892-6051 ext. 5**

🔗 **seatoskyhospicesociety.ca**



Wills & Estate Planning

Making a will is important to give clear instructions about your wishes. And it helps your loved ones feel confident they're carrying out those wishes. Knowing your intentions will save them time, stress, and money at a difficult time.

There are many options for creating your will. Local lawyers can help, or you can access online services. Estate planning should also be a consideration in order to reduce fees & taxes your estate would otherwise pay. Consider leaving a legacy to a local charity in your will.

Dial a Law Information

☎ **1-800-565-5297**

🔗 **dialalaw.peopleslawschool.ca/wills-and-estate-planning**

BC Government Wills and Estate Planning

🔗 **www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning**

Advance Care Planning

An Advance Care Plan is a written summary of a capable adult's wishes or instructions to guide a substitute decision maker if that person is asked by a physician or other health care provider to make a health care treatment decision on behalf of the adult. The BC Government provides a detailed guide on how to best create the plan.

☎ **1-800-663-6105**

🔗 **www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning**

YOUR GIFT GROWS HERE



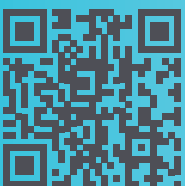
Whistler
Community
Foundation

Investing in a Thriving Community

Founded in 1999, Whistler Community Foundation invests endowed funds with careful stewardship to grow your gifts over time. Proceeds from investments are granted to charities who deliver tremendous impact to all corners of our community.

Gifts of all sizes can make a meaningful impact to any of our 38 endowment funds that make grants in the areas of arts & culture, social service, education, and recreation.

The Jill Ackhurst Social Action Fund, started in 2004, is just one example of how community members have honoured loved ones through the creation of a fund. Reach out to us to learn more about how to start a legacy fund.



**Make a lasting impact
with your donation**

Invest in a thriving community, today!

whistlerfoundation.com/give





Kate Joyce, Unsplash

Housing

Older adults aspire to age in place, maintaining residence within their familiar community. However, achieving this goal often means making home modifications to enhance safety, accessibility, and comfort, allowing seniors to continue living independently.

Better at Home Sea to Sky

The Better at Home program offers support services to help seniors 65+ with simple non-medical day-to-day tasks, making it easier for them to stay in their own homes, remain independent, socialize and stay connected to their community. Services: light housekeeping, transportation, grocery shopping, friendly visiting, minor home repairs, yard work.

☎ **604-567-9090**

✉ **betterathome@sscs.ca**

🔗 **sscs.ca/sea-to-sky-better-at-home**

BC Rebate for Accessible Home Adaptations (BC RAHA)

The BC RAHA program provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living.

☎ **1-800-257-7756**

🔗 **bchousing.org/housing-assistance/BC-RAHA**

HealthLinkBC

HealthLinkBC provides information on a variety of topics including Aging In Place. Visit their website to access planning tools and other helpful resources.

🔗 **healthlinkbc.ca/health-services/community/aging-place**


Home Owner Grant

A provincial program that helps reduce the amount of residential property tax you pay. The Province requires that all eligible homeowners apply for a grant each year. This is to confirm that they still meet the eligibility requirements. When your grant is processed the RMOW receives the grant amount from the Province.

 www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/home-owner-grant/senior

Property Tax Deferment

Property Tax Deferment is a low-interest loan program that assists qualifying homeowners in British Columbia to pay the annual property taxes on their homes. The program is administered by the Province. If you're unable to pay your property taxes and you are 55 or older during the current year, or a surviving spouse of any age or person with disabilities contact the Province of BC to see if you meet all qualifications.

 **1-888-355-2700**

 www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/defer-taxes

Residential Tenancy Office


Provides landlords and tenants with information regarding their rights and responsibilities, as well as forms for entering into a tenancy agreement, dispute resolution and others. All forms can be found on their website.

 **1-800-665-8779**

 www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies

Shelter Aid For Elderly Renters (SAFER)

Lower income seniors renting in the private market may be eligible for a rent supplement through SAFER.

 **1-800-257-7756**

 bchousing.org/housing-assistance/rental-assistance-programs/SAFER

Whistler Housing Authority

The WHA's Rental and Ownership programs are available to qualified senior employees and retirees of Whistler. Contact WHA to see if you qualify to rent or purchase.

 **604-905-4688**

 whistlerhousing.ca/pages/senior-opportunities

Whistler Valley Housing Society

The Whistler Valley Housing Society's mission is to provide, and advocate for, a broader spectrum of housing opportunities for the Whistler Community by addressing the diverse housing needs to help ensure no one is left behind. For information on rental guidelines and opportunities please visit their website.

 wvhousingsociety.com



EVENTS & ACTIVITIES

Whistler offers many opportunities to engage in community activities from arts and culture to the environment and recreation. Research shows that making social connections supports overall mental, physical, and emotional health. For lots of reasons, it may be difficult to join in person, so be sure to check to see if there is an online option to participate.

Arts Whistler

Arts Whistler is the lead agency for arts and culture in Whistler and strives to make creativity a part of everyone's Whistler experience. They program, promote and advocate for the arts and local artists, while providing residents and visitors with access to bold, inspiring, and engaging experiences in the arts.

☎ **604-935-8410**

🌐 **artswhistler.com**

Audain Art Museum

The Audain Art Museum offers a transformative experience for appreciating the art of British Columbia. Exemplifying the richness of cultural difference in Canada, the collection takes visitors on a transformative visual journey from the late 18th century to present with both visiting and permanent exhibits.

☎ **604-962-0413**

🌐 **audainartmuseum.com**

Mature Action Community

MAC's vision and mission is that "Whistler is an inclusive, supportive community where residents can actively and comfortably age in place. We connect, engage and advocate for Whistler seniors." Visit their website to stay up to date on events and resources for those 55+ in Whistler.

✉ info@whistlermac.org

🌐 whistlermac.org



Meadow Park Sports Centre

Multi-purpose recreation centre including, gym, squash courts, swimming pool and arena.

☎ **604-935-PLAY (7529)**

🌐 whistler.ca/culture-recreation/activities-classes-schedules

RMOW Calendar

Visit to find out about council meetings, resort festivals & events, community events and RMOW recreation opportunities.

☎ **604-932-5535**

🌐 whistler.ca/culture-recreation/events-festivals/event-listings

Sea to Sky Hospice Society

Hosts care giver support groups, in person and online grief and support groups, and weekly bereavement walks.

☎ **604-892-6051 ext. 5**

🌐 seatoskyhospicesociety.ca/our-events



Squamish Lil'wat Cultural Centre

Squamish Lil'wat Cultural Centre (SLCC) is the heart of Whistler's authentic Indigenous experience – a First Nations Museum, Art Gallery and Gift Shop, and Thunderbird Café. Connect with Cultural Ambassadors as they share a traditional drum song, an inspiring short film, and take guests on a guided tour of the Museum sharing stories from two distinct Nations the Sk̓wx̓wú7mesh and the Liłwat7úl.

☎ **1-866-441-SLCC (7522)**

🌐 slcc.ca

Tourism Whistler

Find out what's happening in the resort. From the cultural to the culinary, the educational to the entertaining, Whistler's boutique shops, museums, restaurants, galleries, events, and festivals deliver countless options in all seasons.

☎ **1-800-944-7853**

🌐 whistler.com

WCSS Activate and Connect

An opportunity for Whistler residents 55+ to gather and make connections. There are free drop-in creative and physical activities offered along with guest speakers relevant to seniors' needs.

☎ **604-932-0113**

🌐 **mywcss.org/activate-and-connect**

Whistler Museum

The Whistler Museum's mission is to collect, preserve, document, and share the natural history and human stories of mountain life – focusing on Whistler – and provide a forum for stimulating exhibitions and programs that deepen an understanding of past choices and future possibilities.

☎ **604-932-2019**

🌐 **whistlermuseum.org**



Whistler Naturalists

This nonprofit organization's mission is to increase local knowledge of and appreciation for the natural world in the Whistler area. They host monthly bird walks and educational opportunities such as Fungus Among Us and Whistler BioBlitz.

🌐 **whistlernaturalists.ca**



Whistler Public Library

The library provides access to a collection of over 49,000 items, including books, movies, audio books, magazines, video games, a seed library, board games and more! The library also offers in house laptops to use, ability to scan and print documents, and a new Wonder Lab with green screen, sound booth, digitization station, tech kits and creation station. The Whistler Public Library also hosts free events for all ages.

☎ **604-935-8433**

✉ **publicservices@whistlerlibrary.ca**


🌐 **whistlerlibrary.ca/events**

Whistler Farmer's Market

The Whistler Farmers' Market invites the community and visitors to connect with local makers and growers and enjoy the welcoming vibe of the market on Sundays from May till October.

🌐 **whistlerfarmersmarket.org**




 BC Transit

TRANSPORTATION

In Whistler, you can navigate your way around the community by bus, bike, on foot or by car. Kilometers of paved valley trails link Whistler neighbourhoods from Function to Emerald. Buses run regularly and taxis and ride shares are an option as well.

Taxis and Ride Share

Whistler Taxi

 **604-932-3333**


Pop A Ride

An online carpooling option that connects drivers who are already driving from A to B with passengers headed in the same direction.

 **poparide.com**

Sea to Sky Better At Home

Transportation is one of the services that Better at Home offers to help seniors stay independent in their homes. Better at Home also welcomes volunteer drivers.

 **604-567-9090**

 **betterathome@sscs.ca**

 **sscs.ca/sea-to-sky-better-at-home**

Whistler Transit

Things to know about the bus:

- Buses run every day of the year.
- Download the Transit App for real time bus location info.
- You can bring your snow gear on board.
- Your bike can be attached to the front of the bus.
- BC Transit has a Pemberton Commuter.
- Use exact change to pay (\$2.50) or a bus pass/ticket.
- Seniors 65+ are eligible for discounts on 10 ticket packs and various length bus passes.

Transit tickets and passes are available at:

- Resort Municipality of Whistler Municipal Hall: All tickets and passes available
- Meadow Park Sports Centre: All products available excluding 6 month and 12 month passes
- Whistler Visitors Centre: All products available excluding 6 month and 12 month passes
- The Grocery Store, 4211 Village Square: Adult monthly passes and Adult 10 ride tickets available
- Nesters Market: All products available excluding Day, 6-month and 12-month passes
- Creekside Market: All products available excluding Day, 6-month and 12-month passes
- HI-Whistler: Adult Day, Adult monthly pass and Adult 10-ride tickets available
- Forecast Coffee (Function): Adult monthly pass and Concession passes

Accessibility:

All Whistler Transit System vehicles are accessible.

- Route buses have lifts or low floors to help passengers get on and off.
- Benches at the front can be raised, allowing mobility aids to strap in.
- Dedicated accessible parking stalls can be found on the Access Whistler Map.
- Access Whistler Map also shows ramps and details to get around the village.



For more information about Whistler Transit please visit whistler.ca/services/transportation/bus-faq




 Mark Halliday

EMPLOYMENT AND VOLUNTEER OPPORTUNITIES

Whistler is truly blessed to have so many active and engaged seniors supporting the social & economic fabric of community. There are many ways to get involved that make our community a better place to be and we invite you to join in.

Employment Resources

Sea to Sky WorkBC Employment Services Centre

 **604-639-1743**

 **workbccentre-squamish.ca**

WorkBC Employment Services Drop-In

The WorkBC Employment Services Centre is partnering with the Whistler Public Library and WCSS to bring employment services to Whistler. Call for days and hours of operation.

 **WCSS 604-932-0113**

 **Whistler Public Library 604-935-8435**

Whistler Chamber of Commerce

Employment resources and online job board.

 **whistlerchamber.com/workforce-hub**

Whistler Personnel Solutions

Offer long term, seasonal and temporary opportunities with free consultations for job seekers.

 **whistler-jobs.com/job-seekers/job-board**

Volunteer Resources

Research has shown that volunteering offers significant benefits, especially for older adults, including:

Building Sense of Purpose and Fulfillment:

Volunteering provides seniors with a meaningful way to contribute to their community. It gives them a sense of purpose, which is essential for mental and emotional well-being.

Prevention of Social Isolation:

Volunteering helps combat social isolation, a significant risk factor for mortality among older adults. By interacting with others and participating in community activities, seniors maintain social connections and improve their mental health.

Continued Learning and Curiosity:

Volunteering encourages lifelong learning. It affirms that our brains and spirits remain active, fostering curiosity and a sense of ongoing growth. Seniors can continue their vocational legacy through volunteering, even without a paid job.

Physical Activity Promotion:

Many volunteer roles involve movement, whether it's helping at a food bank, gardening, or assisting in community events. Staying physically active through volunteering contributes to overall health and vitality.

Remember, volunteering isn't just about giving back—it's also about receiving valuable benefits that enhance seniors' quality of life. If you're considering volunteering, explore opportunities that align with your interests and passions!





DAY-TO-DAY ASSISTANCE FOR SENIORS 65+

Sea to Sky Better at Home is a program that helps seniors 65+ with simple, non-medical, day-to-day tasks so they can continue to live independently and remain active in their community for longer.

- ✔ Grocery shopping
- ✔ Transportation to appointments
- ✔ Light housekeeping
- ✔ Minor home repairs
- ✔ Gardening
- ✔ Friendly visits

VOLUNTEER WITH US!

We rely on volunteers to help make this program a reality by providing transportation, grocery shopping and friendly visits for seniors facing limited mobility and isolation. If you're looking for a flexible, rewarding volunteer opportunity that supports community connection, please contact us today!

**Better
at Home**



United Way helping seniors remain independent.



www.sscs.ca/sea-to-sky-better-at-home



(604) 567 9090



Whistler Community Foundation

Want to help build a vibrant and caring community? Visit the volunteer section to explore the non-profit and charity organizations that are Whistler Community Builders. Seek ways to volunteer, become members or donate in the following areas:

- Natural Environment
- Arts, Culture & Heritage
- Community and Social Services
- Youth
- Recreation
- Animal Welfare
- Learning

 whistlerfoundation.com/volunteer

Better At Home

Sea to Sky Better at Home is always looking for volunteers to help seniors 65+ with simple non-medical day-to-day tasks, making it easier for them to stay in their own homes, remain independent, socialize, and stay connected to their community. Services: light housekeeping, transportation, grocery shopping, friendly visiting, minor home repairs, yard work.


 **604-567-9090**

 betterathome@sscs.ca

 sscs.ca/sea-to-sky-better-at-home

Volunteer BC


Volunteer BC is the voice of volunteerism with the goal of promoting the value of volunteerism and building healthy BC communities. Visit the website to find resources and programs to support both volunteers and organizations

 **604-379-2311**

 admin@volunteerbc.bc.ca


 volunteerbc.bc.ca



 Mark Halliday

WCSS Volunteers

As a Whistler non-profit with charitable status, WCSS relies on the generosity of volunteers and donors to support community members where they need it most. There are opportunities available throughout the week and WCSS is proud to share that many loyal volunteers have contributed years of active service. The following areas typically run with volunteer support: Food Bank, Outreach, Re-Use-It Centre and various fundraising activities.

 **604-932-0113**

 mywcss.org/volunteer

NOTABLE NUMBERS

Whistler Community Services Society (WCSS)

phone 604-932-0113 web www.mywcss.org

 whistler community services society

 @whistlercommunityservices or @re_build_it_whistler

WCSS Outreach Call 604-932-0113 or mywcss.org/book to book an appointment.

WCSS Food Bank 604-932-0113

WCSS Re-Use-It Centre 604-932-1121

WCSS Re-Build-It Centre 604-932-1125

VCH Distress Line 24/7 1-866-661-3311

Suicide Crisis Hotline 988

KUU-US Crisis Support Line 1-800-588-8717
(BC Wide Indigenous Toll Free Crisis and Support Line)

Police/Fire/Ambulance 911

Wildfire *5555

211 Community Social & Government	2-1-1 bc211.ca
Al-Anon	1-888-425-2666
Alcohol Anonymous	604-905-5489
Alcohol & Drug Referral Line	1-800-663-1441
Ask Whistler (tips about Whistler)	Text 604-265-9600 (8am-7pm) Live chat
BC Ferries	1-888-223-3779 bcferries.bc.ca
BC Human Rights Tribunal	604-775-2000
BC Parks	gov.bc.ca/bcparks
BC Seniors Resource Guide	1-877-952-3181
Better at Home Sea to Sky	604-567-9090
Canada Post	604-932-5012
Car Pool	poparide.com

Dial a Law	1-800-565-5297
Disability Alliance	1-800-663-1278
Drive BC – Road Conditions	1-800-550-4997 drivebc.ca (webcams)
Employment Standards Branch	1-800-663-3316
Fire Rescue (non-emergency)	604-935-8260
ICBC (Dial a Claim)	1-800-910-4222
Legal Aid BC	1-866-577-2525
Ministry of Employment & Income Assistance	1-866-866-0800 Info Line
Narcotics Anonymous	1-866-683-6819 bcrna.ca
Pearl Space	1-877-890-5711 (24 hour crisis line)
Poison Control	1-800-567-8911
Police/RCMP (non-emergency)	604-932-3044
Quit Smoking 24/7	1-877-455-2233 quitnow.ca
RCMP Victim Services	604-905-1969
Recycling Hotline	1-800-667-4321
Report a Bear Sighting	604-905-BEAR (2327)
Report a Cougar/Grizzly Bear	1-877-952-7277
Report a Forest Fire	1-800-663-5555 or cell: *5555
Resort Municipality of Whistler (RMOW)	604-932-5535 whistler.ca
Residential Tenancy Branch	1-800-665-8779
RMOW Bylaw Services	604-935-8280
Seniors Advocate	1-877-952-3181
Service BC	1-800-663-7867
Stopping the Violence	604-892-5796
VCH Mental Health & Substance Use intake	604-698-6455 (call or text)
VictimLink BC	1-800-563-0808
Whistler Chamber of Commerce	604-932-5922
Whistler Health Care Centre	604-932-4911
Whistler Transit System	604-932-4020 whistler.ca/transit
WorkSafe BC	1-888-967-5377

You Talk. We Listen.

Outreach Services Available
Monday through Friday 9am to 6pm

604-932-0113



WHISTLER
COMMUNITY SERVICES
— SOCIETY —



Connect with us mywcss.org

WE LISTEN

You talk, we listen. No matter what you're going through, we're here to listen and provide you with emotional support.

GOVERNMENT FORMS

We can assist you in filling out EI applications, benefit plans, taxes, public pensions, and more

COUNSELLING OPTIONS

If you feel that you'd like to access counselling, there are options for you. We can discuss what's available

FINDING FOOD & SHELTER

Hungry, living rough, laid off? We can review what shelter options are available and supply food from the food bank.

ADVOCATE

We can be an advocate for your rights. Tenant/landlord issues and visa struggles are some of the ways we can support you.

24/7 BC Crisis Line: 1-866-661-3311

1-800-SUICIDE: 1-800-784-2433



WHISTLER
COMMUNITY SERVICES
— SOCIETY —

WAYS TO GIVE

ESTATE GIFTS (BY WILL)

Leaving A Bequest In Your Will

Thank you for considering a gift by will in your estate planning. Having an up to date will with your most current requests as they pertain to the management of your estate is an important task; and deciding how to distribute assets accumulated during your lifetime is a decision not to be taken lightly. Whistler Community Services Society is honoured that you are considering a gift by will in your planning. Should you come to the decision to leave a bequest in your will to our organization, it is important to ensure your wishes are clearly stated for those who will handle the distribution of your estate.

The process to leave a bequest to WCSS in your will is quite simple, and step by step instructions can be found by clicking on the **DONATE TODAY** button at mywcss.org

Your gift of a bequest would support:

- Food Bank
- Mental Health and Wellness
- Cold Weather Shelter
- School Food Program

Thank you once again for considering a bequest to Whistler Community Services Society, your generosity is greatly appreciated.

