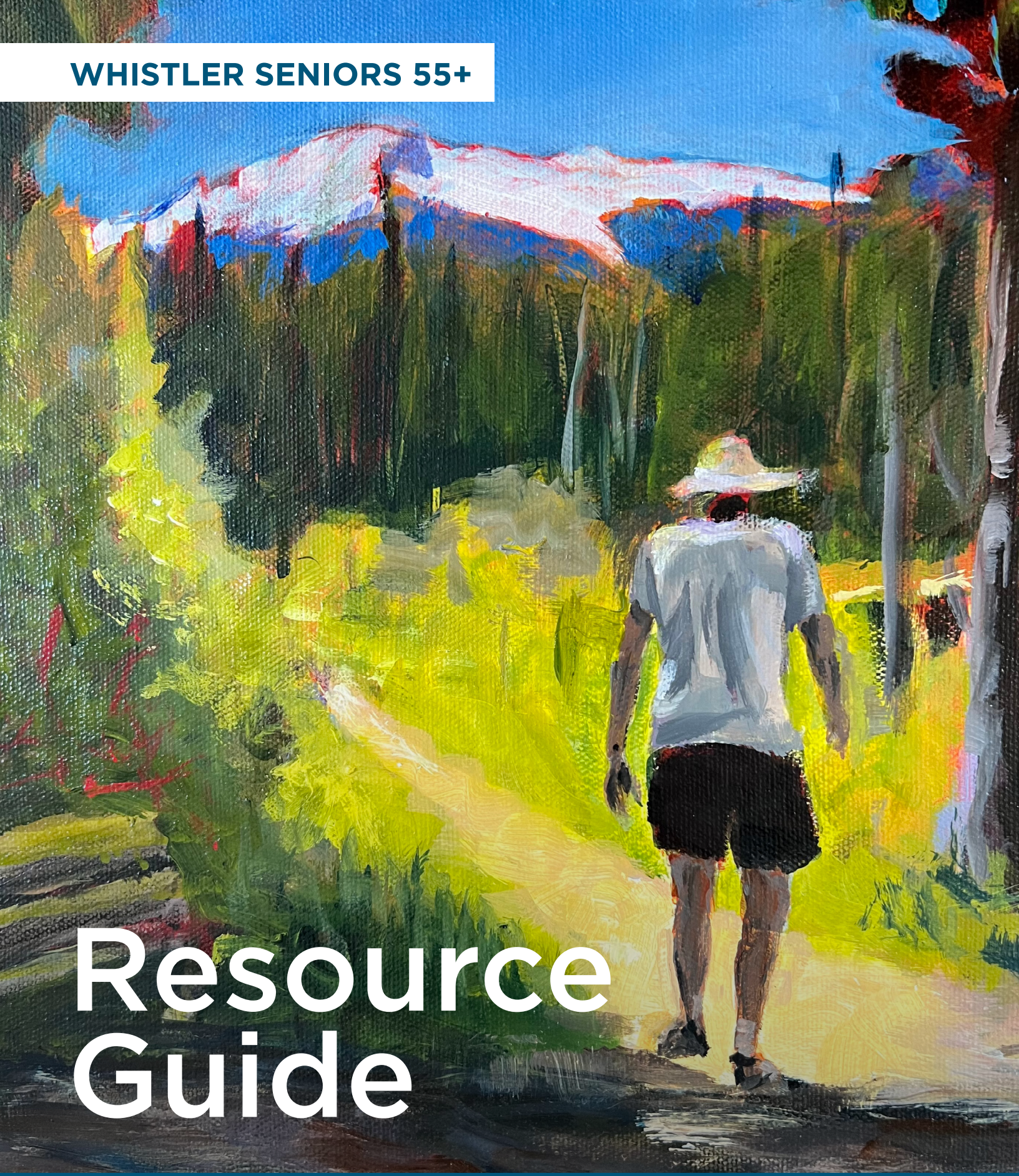
WHISTLER SENIORS 55+



Resource Guide

PRODUCED BY WCSS WHISTLER COMMUNITY SERVICES SOCIETY

Funded in part by the Government of Canada's New Horizons for Seniors | Canada

TABLE OF CONTENTS

3 My Personal Information

6 Community Supports

- **7** Health Resources
- **12** Food & Nutrition
- **14** Affordability Resources
- **16** Government Services
- **18** Get Cyber Safe
- **20** End of Life
- **22** Housing

24 Events & Activities

28 Transportation

32 Employment and Volunteer Opportunities

36 Notable Names & Numbers

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 Líl̓wat7úl Nation.

Cover Artist:



Bea Searle
Local Whistler artist, hiker and gardener

Production:
Whistler Community Services Society **mywcss.org**

Design: Whistler Creative



Message from

Jackie Dickinson, WCSS Executive Director

WCSS, and its 37-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

Social Insurance Number and Personal Health Number should be kept confidential.

Name	
Phone number	
Address	
Social Insurance Number	
Personal Health Number	
Key names & numbers	
Relative	
Friend	
Doctor	
Dentist	
Lawyer	
Insurance company	



Welcome to the shared and unceded territory of the Sḵwx̱wú7mesh (Squamish) Nation and Líl̓wat7úl (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 Sḵwxwú7mesh Úxwumixw and Líl̓wat7ul 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 Lil̓wat7úl (Lil'wat Nation) is a separate and distinct Interior Salish Nation with cultural and kinship ties to the Sťáťy̓emc. 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 Sḵwx̱wú7mesh and Líl̓wat7úl to learn more visit **slcc.ca/slcc-go-whistler-app**

FIRST NATIONS MUSEUM
TOURS + GIFT SHOP + CAFÉ

Sḵwx̱wú7mesh Lil̓wat7úl
SQUAMISH LÍLWAT 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 is 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 your needs, you will see some resources are available in the Sea to Sky corridor, while others are provincial or 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 preventive measures can really make a positive impact.

Physical Health

Creekside Health

A multi disciplinary approach to health and wellbeing through a team of medical doctors and allied health practitioners, providing family medicine, walk in and integrative care all under one roof.

604-962-2447 **creeksidehealth.ca**

HealthLink BC

A free, 24/7 non-emergency health information and advice service in British Columbia available via phone and website funded by the provincial government. Get connected with health care professionals, search for local health services, register for a family doctor and learn about over 5000 health topics. Call 8-1-1 to get connected with Registered Nurses, Pharmacists, Dietitians and Qualified Exercise Professionals.

8-1-1 **healthlinkbc.ca**

Making Connections Program

Delivered by the Whistler Mature Action Community, The Making Connections program is for seniors with dementia and their caregivers. Each session starts with 45 minutes of gentle fitness, followed by games and brain stimulating activities, music therapy, and socializing over a light lunch. More information about this free program can be found on the MAC website under the Events calendar.

whistlermac.org/calendar
mcp@whistlermac.org

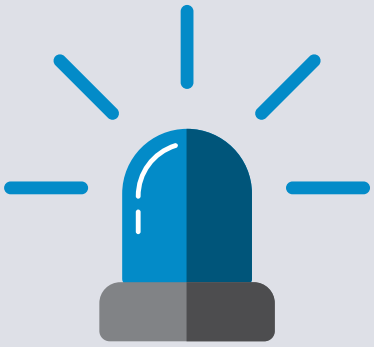


Falls are the leading cause of injury for seniors and are the main reason that older adults lose their independence. Most falls can be prevented, and there are many resources to help seniors remain strong and stay fall and injury free.

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** or ask your health care provider for suggestions.

Pathways Sea to Sky

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

sea-to-sky.pathwaysbc.ca



Extreme Rhinoceros Mobility, Inc.

Pedal Wheelchair

The Pedal Wheelchair was purchased by MAC to benefit Whistler residents with impaired mobility and poor balance from a number of conditions such as Parkinson's disease, multiple sclerosis, strokes, or those rehabilitating from injuries or surgery. The pedal wheelchair is stored at Meadow Park Sports Centre and may be borrowed free of charge for periods of up to 3 hours. Call to book the pedal wheelchair at least 24 hours in advance.

604-935-8363

whistler.ca/culture-recreation/facilities/meadow-park-sports-centre/fitness-centre

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 Hospice Society

Provides free palliative and hospice care, focusing on comfort, quality of life, and compassionate support for individuals living with life-limiting illnesses and those nearing end of life. Trained volunteers offer practical and emotional support to individuals and families, including guidance through grief and loss.

604-892-6051 ext. 5
seatoskyhospicesociety.ca

Whistler 360 Health

Located above the Whistler Health Care Centre, Whistler 360 can connect you with primary healthcare providers. It's a team-based, community-governed model of excellence where health care professionals provide patient-focused, accessible, longitudinal care.

604-932-3977
whistler360health.org

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

Whistler Health Care Centre

Whistler Health Care Centre provides urgent and emergency health care services to people living and visiting Whistler and along the Sea-to-Sky Highway.

604-932-4911
vch.ca/en/location/whistler-health-care-centre

Whistler Public Health

Operated by Vancouver Coastal Health. Services include: Immunizations for all ages, pregnancy and early years supports, dental health, hearing services, speech and language support (SLP), sexual health services and education.

604-935-5321
vch.ca/en/service/whistler-public-health

Mental Health

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

Vancouver Coastal Health (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





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.

Sea to Sky Community Services

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

(604) 567 9090


Liam Wallace

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

Healthy Eating for Seniors

Canada's Food Guide outlines healthy eating habits for seniors. They recommend enjoying a variety of healthy foods, drinking water, planning your meals and eating with others. Find recipes, meal planning tips and healthy eating recommendations.

canada.ca/en/health-canada/services/food-guide/eating-support/life-stages/seniors.html

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/services

WCSS Food Skills and Nutrition Program

Assists financially restricted families, pregnant individuals and seniors to access Farmers' Market coupons and cooking and nutrition workshops. Registration for the program opens in the spring.

604-932-0113

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

foodandnutrition@mywcss.org



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 Healthy 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/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.

This program is presented in partnership with the Canada Revenue Agency, Whistler Community Services Society, Whistler Pemberton Newcomer Services, and the Whistler Multicultural Society.

604-932-0113
mywcss.org/book to book online

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. Open Mondays, Wednesdays & Fridays 1:30pm – 5:30pm

604-932-0113
foodbank@mywcss.org
mywcss.org/food-bank

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



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

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
WHISTLER COMMUNITY SERVICES SOCIETY

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/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

FYidoctors®



Sunglasses Contact Lenses Eye Exams

FYidoctors Whistler
213–4368, Main St

Call to book an eye exam
(604) 932–2600

Get Cyber Safe

How to Recognize and Avoid Common Scams Targeting Seniors

Everyone is at risk of being victimized by a cyber scam, but older adults are sometimes specifically targeted. Scammers use phone calls, emails, text messages and online relationships to trick people into sharing personal information or sending money. Anyone can be targeted, but knowing the warning signs can help you stay safe.

Three Common Scams to Watch For:

1. Romance Scams

Scammers create fake dating or social media profiles to build trust and develop romantic relationships before asking for money or personal information. Never send money or share sensitive details, such as your Social Insurance Number or banking information, with someone you have only met online. If requests seem suspicious, stop communicating and block and report the profile.

2. Tech Support Scams

Scammers may call, email or display pop-up warnings claiming your computer has a virus or serious problem. They may request payment, personal information or remote access to your device by pretending to represent a trusted technology company. Avoid clicking suspicious links, opening unexpected attachments or granting remote access. If concerned, contact your service provider using a verified phone number.

3. Grandchild or Family Emergency Scams

Scammers may pretend to be a grandchild or relative in trouble, urgently requesting money to pay a bill, avoid arrest or get out of an emergency. They often create panic to pressure you into acting quickly. Stay calm and verify the story by calling your relative directly or contacting another family member. Never send money without confirming the request is genuine.



Remember: Stop, Check, Protect

If something feels suspicious, stop before responding. Check the request independently by contacting the person or organization through a trusted phone number or official website. Protect your passwords, banking details and personal information. Be cautious of anyone who pressures you to act immediately, keep a secret or make an unusual payment.

CYBER SECURITY CHECK LIST

getcybersafe.gc.ca

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 for more information.	☐

What If You Suspect a Scam?

Do not feel embarrassed. Scams can happen to anyone. Contact your bank immediately if money or banking information is involved. Change any compromised passwords and report suspected fraud to the Canadian Anti-Fraud Centre. **reportcyberandfraud.canada.ca**

For more information, visit Get Cyber Safe – Government of Canada.
getcybersafe.gc.ca/en/common-scams-older-adults-watch-out-for *(Source).*

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

Grief & Loss Support

A supportive and confidential group that will support you in your grieving journey while giving you the opportunity to build connections with other community members experiencing similar loss. Regular drop-in conversations and walking groups throughout the year. 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

Sea to Sky Hospice Society

Receiving a diagnosis of a life-limiting illness can be an emotional and challenging experience. The Sea to Sky Hospice Society offers free programs and services, including palliative care, which focuses on comfort, symptom management, and quality of life, and hospice care, which provides compassionate support for individuals nearing the end of life and their loved ones. Trained volunteers offer practical and emotional support to help individuals live with dignity at home, in hospital, in long-term care, or in the Whistler Blackcomb Foundation Sea to Sky Community Hospice unit, while also supporting families through grief and loss.

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

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





HealthLink BC

HealthLink BC provides information on a variety of topics including Healthy Aging. Visit their website to access planning tools and other helpful resources.

healthlinkbc.ca/healthwise/healthy-aging

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

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 is a non-profit organization whose vision and mission is that "Whistler is an inclusive, supportive community where residents can actively and comfortably age in place." They run regular events such as Coffee & Conversations, Line Dancing and Chair Yoga. Visit their website to stay up to date on events and resources for those 55+ in Whistler.

info@whistlermac.org
whistlermac.org/calendar

Meadow Park Sports Centre

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

604-935-PLAY (7529)
whistler.ca/parks-recreation-culture/meadow-park-sports-centre

Nourish Whistler Wellness Series

A wellness festival celebrating health and well-being through fitness, mindfulness, food and creative workshops. Normally runs in June.

nourishwhistler.com

Laugh out LIVE!

Whistler-based comedy company offering live improv, stand-up and sketch comedy shows, workshops and interactive entertainment. It brings the community together through laughter, creativity and unique performances.

laughoutlive.com



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

Senior Ski Team

A ski program for adults aged 55+ that combines expert coaching, skill development, safe skiing, and lasting friendships to help older skiers stay active and enjoy the mountains at Whistler Blackcomb.

604-902-8643
seniorskiteam.com

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 Sḵwx̱wú7mesh and the Líl̓wat7úl.

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. Delivered by Whistler Community Services, there are free drop-in social, creative and physical activities offered along with guest speakers relevant to seniors' needs.

604-932-0113
mywcss.org/activate-and-connect

Whistler Cornucopia

An annual food and drink festival celebrating culinary excellence through tastings, chef demonstrations and dining experiences. It showcases local flavours, wines and cocktails while bringing together food lovers and industry experts.

whistlercornucopia.com

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 Pride

An annual winter celebration of the 2SLGBTQIA+ community, bringing people together through skiing, snowboarding, parties and inclusive community events. Features drag shows, DJs, après gatherings and its signature Pride Parade and rainbow ski-out. Usually held in January.

whistlerpridefestival.com

Whistler Public Library

Busy calendar of free events for all ages, including book clubs, games nights, language classes, author talks and more!

604-935-8435
whistlerlibrary.ca/events

Whistler Writers Festival

An annual literary event founded in 2002, celebrating Canadian authors through readings, panel discussions, workshops and performances. It connects readers and writers while fostering creativity, inclusivity and a love of storytelling. Usually held in the fall.

whistlerwritersfest.com

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

Whistler Resort Cabs

604-938-1515

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

Squamish MediCar

This free service for Squamish residents provides transportation for patients to medical appointments at clinics in Whistler, the North Shore, and Vancouver.

604-390-3889
squamishmedicar@gmail.com

Whistler Transit

Things to know about the bus:

- Buses run every day of the year.
- A transit day starts at 5am and ends at 3:30am the next calendar day.
- Download the Transit App or the Umo 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.
- Seniors 65+ are eligible for discounted 6 & 12 month Concession passes which can be bought at the Municipal Hall.

How to pay:

- Use exact change: $2.75 or Umo Cash Balance. No change given.
- Contactless payment: Tap with your bank card or mobile wallet. You'll be charged a single ride fare.
- Go with Umo: It's your choice how to use Umo App or Card. Buy passes or load a Cash Balance through the App, online at **ca.umopass.com**, Umo's customer service line at 877-380-8181, or at a vendor location:
  - Whistler Visitors Centre
  - Whistler Municipal Hall
  - Whistler Public Library
  - HI-Whistler

Subject to change. For an updated list, visit **bctransit.com/whistler.**

A digital DayPASS will be automatically applied to a Umo App or Card after payment on the second trip of the transit day. A paper DayPASS can be purchased from the driver with cash.

DayPASS is valid for one day of unlimited travel within the Whistler Transit System. Pre-purchase a DayPASS through the app, online at ca.umopass.com, Umo's customer service line at 877-380-8181, or at a vendor location.

BC Bus Program

Things to know about the bus:

Offered by the provincial government, BC Bus Pass Program provides low-cost annual bus passes for low-income seniors and people receiving disability assistance. The pass offers unlimited access to any scheduled BC Transit bus service across the province.

1-866-866-0800
bctransit.com/whistler/fares/fare-programs/bc-bus-pass

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

Access Whistler Map

Whistler Mature Action Community Transportation Resources

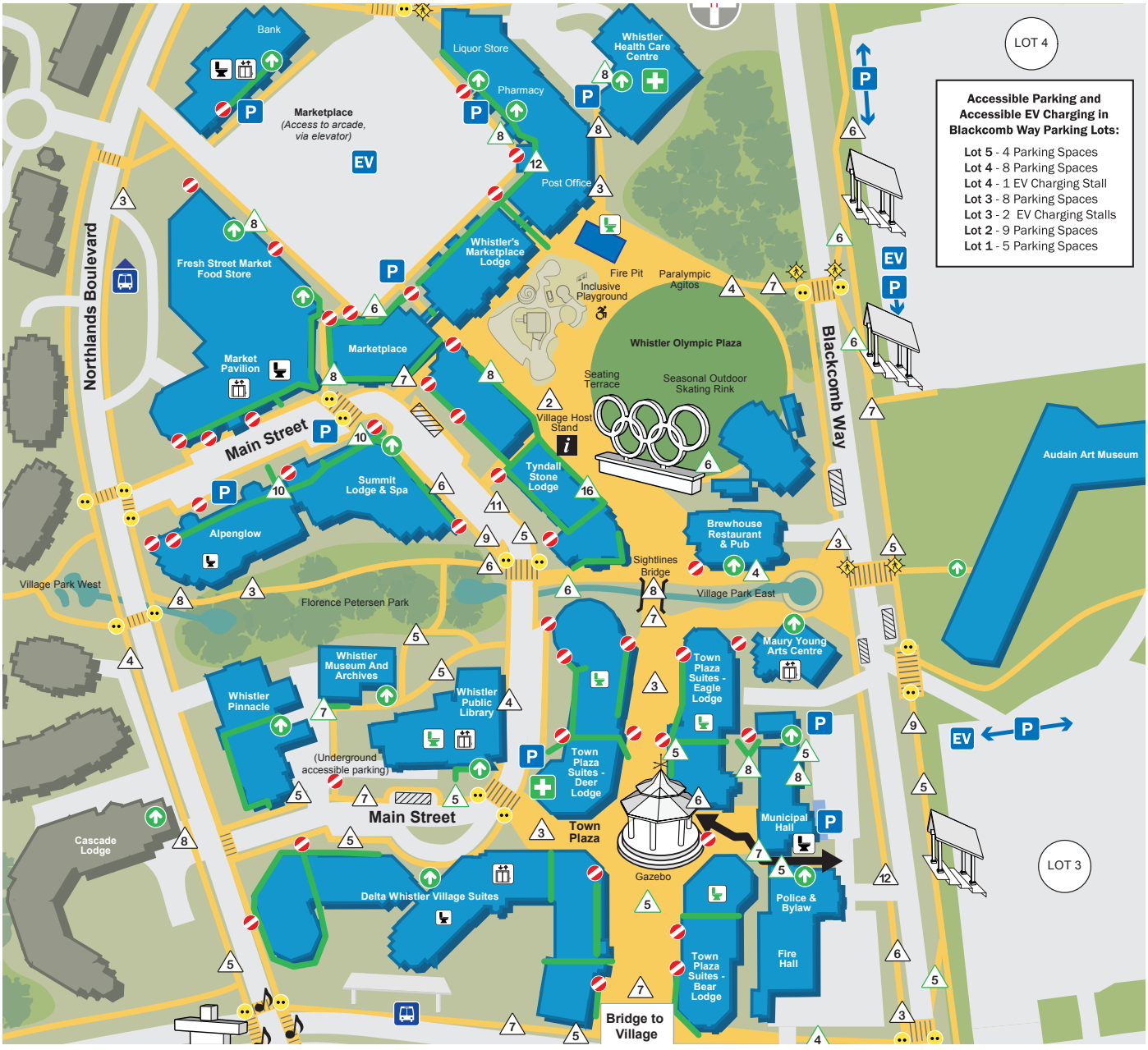
whistlermac.org/members/transportation

Accessible Ways of Getting Around Whistler

whistler.ca/municipal-services/accessibility/getting-around

Whistler's Path Towards Accessibility & Inclusion

whistler.ca/wp-content/uploads/RMOW8080_AccessibleMap-Apr2026_HR.pdf



Emergency Preparedness

Emergencies such as wildfires, floods, winter storms and power outages can disrupt daily life and access to essential services in Whistler. Make a plan using these 3 steps to help you stay safe, maintain your independence and get the support you need during an emergency.

1. Know the Risks

Understand the hazards that could affect you and how to receive emergency information about local hazards and road conditions.

Sign up for **Whistler Alert** to receive emergency notifications by text, phone or email. →

Whistler Alert is the Resort Municipality of Whistler's emergency notification system, providing important information to help residents and visitors stay safe.

2. Make a Plan

Create an emergency plan that considers your health, mobility and support needs.

- Identify a trusted person who can check on you and offer help.
- Plan transportation and where you will go if you need to evacuate.
- Keep emergency contacts, medical information and medication details accessible.
- Share your plan with trusted people and practice what to do.

3. Prepare a Kit

Prepare supplies to manage at home during an emergency, along with a smaller grab-and-go bag in case you need to leave quickly. Be prepared for at least 72 hours, and consider keeping additional household supplies for up to two weeks to help manage longer disruptions.

Essential supplies to include:

- Water, non-perishable food and prescription medications
- First-aid kit and personal hygiene supplies
- Flashlight, batteries and emergency radio
- Mobile phone, charger and power bank
- Warm clothing, blankets and sturdy footwear
- Essential glasses, hearing-aid batteries and mobility aids
- Identification, important documents and emergency contacts
- Cash, keys and pet supplies, if needed

Take one step at a time, ask for help when needed, and keep your emergency plan somewhere easy to find.

Helpful Resources

Resort Municipality of Whistler - Preparing for Whistler's Hazards

whistler.ca/municipal-services/safety-emergency-services/emergency-preparation-and-hazards/preparing-for-whistlers-hazards

Canadian Red Cross - Emergency Preparedness for Older Adults

redcross.ca/how-we-help/emergencies-and-disasters-in-canada/emergency-preparedness/emergency-preparedness-for-older-adults



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:

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 your quality of life. If you're considering volunteering, explore opportunities that align with your interests and passions!





YOUR GIFT GROWS HERE

Why choose Whistler Community Foundation to help shape your legacy?

- ✓ Customized charitable goal setting
- ✓ Trusted and pooled investment to grow your legacy fund over time
- ✓ Annual grants for the causes and charities you care about most

Make our communities stronger and more resilient than ever before with any sized contribution to one or more of our 43 endowment funds.



Ready to shape your own legacy?

Start a fund and support the causes that matter most to you—now and for generations to come.

whistlerfoundation.com/give

Whistler Community Foundation



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 | @re_use_it_whistler | @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
BC Mental Health and Crisis Response	310-6789
Suicide Crisis Hotline	988
KUU-US Crisis Support Line (BC Wide Indigenous Toll Free Crisis and Support Line)	1-800-588-8717
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
PearlSpace	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 Public Health	604-935-5321
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.

BC Crisis Line: 604-310-6789

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



Make a lasting difference!

The care we show one another today can help shape a stronger, more supported community for generations.

A legacy gift (Estate Giving/Gift By Will) to WCSS is one way to extend that care into the future, helping ensure people can continue to access the support and connection they need for years to come.

There are many ways to make a legacy gift, and the right approach is personal to you. If you're curious about your options or would like to explore what a legacy gift could look like, we'd love to chat.

Let's talk about the difference you'd like to make in the years to come. Contact Imogen at imogen@mywcss.org for a confidential, no-obligation conversation.

Learn more at
mywcss.org

WHISTLER
COMMUNITY SERVICES
SOCIETY