

ACCESS WHISTLER



AN INCLUSIVE RESOURCE GUIDE FOR SENIORS **2011-2012**
PROFILES • ACCESSIBILITY • THINGS TO DO • DIRECTORY • RESOURCES

Question

Call **604-902-0865** to share your needs
and find out what is happening
for *Seniors in Whistler*
www.mywcsc.org



WHISTLER COMMUNITY
SERVICES SOCIETY
"A Helping Hand Toward A Healthy Community"
**Seniors Needs Action Planner
(S.N.A.P.)**

Walking Wednesday
saw 175 participants
this summer!



SETTING FOOT IN WHISTLER...

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- Where to go
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- Transportation
- Dining
- Community Services

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IN THE **INFORMATION KIOSKS** AND ON THE **VILLAGE STROLL**.

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Access Whistler

2011-2012

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FSC



PHOTO BY TOSHI KAWANO / TOSHIKAWANO.COM

Flo & Andy Peterson.

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MAC: Spreading the word about services for Whistler's seniors

By **Susan McFee Anderson**

Whistler is new to the business of serving an older population.

For many years the median age hovered around 28, but now the municipality is at the tipping point: More than one-fifth of the permanent population is in the 45 to 64 age group.

Sue Lawther, president of Whistler's Mature Action Committee (MAC), said, "Those 'zoomers' are coming down the track at us really fast. To be able to work on platforms which will enable people to age in the place they call home is gratifying."

MAC was established in 1993 to focus on seniors' housing needs in Whistler. Over time the mandate expanded, and today the organization is involved in social, economic, legal, health and wellness issues.

Lawther said Whistler's mature residents have a unique attitude. A 2009 survey showed that local seniors had just as many health-related issues as the broader population but their attitude was overwhelmingly positive.

"Those who had problems like hypertension or osteoporosis still rated their health as good or excellent," Lawther said. "Their mindset was 'as long as I can get up to the mountains on a 20-centimetre powder day, I'm in great health.'"

What they wanted was better access to local services and information. MAC went to work to address that need. One of the first steps was to appoint seniors' advocate Melissa Deller.

"She's there to get out and hear from all seniors in the community," Lawther said.

They put together a comprehensive vision for where we want to go as a community and even created the individual lifestyle planning guide

The Seniors' Lifestyle Fair and this Access guide are two MAC initiatives that connect people to resources in the community.

"People used to think they had to leave Whistler because services, activities and support weren't available to them as they aged. But the problem was a gap in knowing where to find it all," she explained.

Over the past two years a group of MAC volunteers developed a master plan to address the looming cohort of seniors.

"They are amazing," said Lawther. "They looked at activities and social support systems in practical terms. They put together a comprehensive vision for where we want to go as a community and even created the individual lifestyle planning guide."

In the coming year MAC will work to establish a temporary seniors' drop-in centre and focus on seniors' housing issues, such as a possible townhouse development in the Rainbow subdivision.

The organization's overarching focus remains communication.

"We help start conversations with families. To think about things like living wills, financial planning,

maximizing assets, quality of life, health, wellness – to start working on being a senior that younger people will want to be around so you won't be isolated," Lawther said.

"And it doesn't hurt being in a community where the attitude is 'I'll do what's necessary to get out there – hiking, skiing – and have the drive to do things.' Mental perception is half the battle."

Learn more about MAC
and its initiatives at
www.whistlermac.org.

Seniors through the ages: More services now in Whistler

By **Cori Alfreds**

Charlie Chandler, an old prospector who sold his land to Alex and Myrtle Philip before Whistler was even called Whistler, lived in the mountains by himself in an effort to keep away from booze.

In the winter of 1946, Chandler was found frozen to his porch chair, dead, after folks noticed he had stopped coming to town to pick up his mail. So he was carried down to the railway station while still on his chair, given an alcohol-soaked wake and then sent via train to Vancouver to be buried.

Today, Whistler's senior population has many more amenities and opportunities for health care than Chandler probably did – including their own senior ski club.

"We have lots of facilities: We have the parks, we have the rec centre, the conference centre, the arts (council), the mountain bike parks – we

have everything here that we could want," said longtime local resident Peter Alder.

Peter and his wife Trudy live in a beautiful home on Green Lake. Trudy considers herself to be one of the longest living full-time residents in Whistler, having lived here since 1968. Peter lived in Whistler for two years in 1957 while installing transmission lines, and he moved here in 1975.

"I have many friends who are older and one of the biggest activities is that they want to stay young. Look how many older riders were in the GranFondo," Peter said, referring to the annual road cycling event that goes from Vancouver to Whistler in September.

Lately, life for the Alders includes many trips to Vancouver for doctor check-ups – which is not uncommon for many seniors living in Whistler today – as Trudy was recently ill.

"Some time ago we thought that we should buy a senior (retirement) home (away from Whistler), but as time went on we decided we wanted to be here," Trudy said.

Having to leave Whistler due to health issues and accessibility is a common occurrence. Even Whistler's own first pioneer, Myrtle Philip, had to move to Squamish in her later years because of easier accessibility to necessities.

"There is definitely a pattern here of having to move away or leave Alta Lake (the former name for the Whistler area) simply because they couldn't cope. They couldn't get supplies, you couldn't drive to the store, everything was by train," said Leah Batisse, curator of the Whistler Museum and Archives, describing life for local seniors in the 1970s.

I am so emotional about this community – it's hard to talk about...

Whether it's hiking up the mountain to find out why your neighbour didn't come for the mail or just calling your friend because she was recently sick, seniors in Whistler are being looked after.

"I have been seriously ill not

long ago and it's amazing how many people call and say 'how can I help you?' and things like that. I am so emotional about this community – it's hard to talk about," Trudy said as she welled up.

The Alders newly instated plan for addressing health problems as they age is not to rush down to Vancouver and put a down payment on a seniors' retirement home, but to continue to spend their days living the dream in Whistler.

"As long as we can sort of live a normal life in this house and there is a provision made that we can have a studio with a caretaker, that's as far as I want to think right now," Trudy said.

PHOTOS SUBMITTED

TOP RIGHT: Peter and Trudy on their wedding day on April 24th, 1981.
RIGHT: Peter and Trudy in 2008.



Couple credits Whistler for active lifestyle

By **Eric MacKenzie**

Despite entering their golden years in a place that's known as a destination for young thrill-seekers, Greg and Bobbi Sandkuhl don't feel one bit out of place. Quite the opposite, actually.

Greg, 67, recalled a recent stroll through a shopping centre on a trip to Penticton that perhaps best illustrated how age is just a number to the Sandkuhls.

"There was a food court in it and 90 per cent of the people there were completely grey-haired and older, sitting there, having their morning coffees," said Greg. "I actually felt out of place there, even though, age-wise, I probably fit in."

Added Bobbi, 61: "I feel fairly young here (in Whistler). I think if I was in the city, I probably wouldn't feel as young. I just think it's a great place to live."

The Sandkuhls met while working for IBM in Burnaby

and married in 1987. They made frequent visits to Whistler for skiing for more than a dozen years before moving permanently into a house in Pinecrest, just south of the resort, in 1993.

But life hasn't slowed down for the Sandkuhls since settling here, as they're one of Whistler's many active senior couples.

Greg is well-known in the resort for his impressive accomplishments in triathlon races, as he has completed multiple Ironman events (that's a 3.9-kilometre swim, a 180-km bike and 42.2-km run, back-to-back-to-back), won his age class at world championships and been honoured with a national award from Triathlon Canada.

I'd be more inclined to go to the pub and maybe shoot some pool. I would have never got involved in (triathlon).

But Greg only picked up the sport after moving

to Whistler, having been convinced to try it by local coach and fitness trainer Christine Suter.

"I can honestly say that if I hadn't moved up from Burnaby, I would never have done what I'm doing now," he said. "I'd be more inclined to go to the pub and maybe shoot some pool. I would have never got involved in (triathlon)."

The Sandkuhls have three children in their late 30s and early 40s that have given them five grandchildren between the ages of 2 and 13.

Bobbi agreed that life would have taken a completely different path had they not decided to pick up and move from the Lower Mainland nearly two decades ago. But in her mind, there's no better place for her and Greg to be, as neither are fans of living in a bustling metropolis.

"We like the atmosphere here of a small town," said Bobbi. "When Greg was ready to retire up here in '93, I was kind of hesitant. But when we got here, after a very short time I could very firmly say that I'll never move back to the big city."

Bobbi works multiple shifts per week as an admitting clerk at the Whistler Health Care Centre and said she still enjoys being a part of the workforce.

While some back and neck issues keep Bobbi off Whistler Blackcomb's ski slopes these days, she still fits in up to 20 rounds of golf per summer and often attends MAC (Mature Action Class) fitness classes at Meadow Park Sports Centre.

"Living here keeps you active, or else you will feel out of place," said Bobbi. "When I talk to my friends in the city and say, 'This week, we're doing this, this and this,' they'll say, 'My god, you're so busy.'

"Thinking about it, yeah, we are pretty busy. But it doesn't feel like it should be any different."

PHOTO BY ERIC MACKENZIE

[Greg and Bobbi Sandkuhl.](#)





PHOTO BY MIKE TAYLOR

MAC Fitness classes in full swing at Meadow Park Sports Centre.

MAC fitness: Redefining the image of seniors in Whistler

By **Cori Alfreds**

When Christine Suter first started teaching the Mature Adult Class (MAC) fitness sessions in Whistler, she was surprised by how many of the participants were already extremely fit and active. Many of the seniors who take the class are also avid skiers, hikers and cyclists.

“It’s really such a neat and active bunch of seniors in our community and it was unbelievable when I first started teaching about two years ago,” Suter said.

At first approaching the sessions a little hesitantly, not sure about the seniors’ abilities, Suter began to throw bigger challenges at them – more balance and injury prevention work, she said.

As Suter started to help educate the participants about their bodies, the MAC program eventually began to

redefine itself as a workout program for a group of people who were definitely already young in mind and spirit – and now body.

“The class has changed a lot over the years. It has really turned into a regular fitness class with slightly older people. They are incredibly strong and incredibly active. Some of them are volunteers, they ski two (or) three times a week, they are super-able,” said Melissa Deller, seniors planner with Whistler Community Services Society.

The MAC program is a circuit-style class held three times a week at Whistler's Meadow Park Sports Centre and is open to anyone. During a typical class, participants can do anything from spinning and weights to balance work, and they work up a sweat alongside peers of their own ability and close to their own age.

It was after going to Meadow Park and not seeing many people her own age that Donna Savage saw a need in Whistler for a mature adult fitness class. Savage founded the program in 2002 in order to offer older people

in Whistler an un intimidating environment for exercise.

"I was talking to my friends and they weren't using the facilities either because it was a very young crowd. So I started with a walking group and it grew and grew and grew," Savage said.

Over the years, the MAC fitness program has become much more than just an exercise class – it's a chance for Whistlers seniors to meet, be social and gain a sense of autonomy, Suter said.

"It gives them Independence, which allows them to be in

the community. It's huge – it's like that 'move it or lose it' saying. We have a few people in the class that are 78 and they are still skiing, they are doing what they love and that keeps them young," she said.

When it comes to Whistler's super seniors, Suter said they are almost redefining the stereotype of a helpless, frail elderly person.

"I think this is the first time that we are seeing an active older population, and Whistler is not the norm. It is interesting – the attitude within our class is almost like they are not seniors," she said.



PHOTOS BY MIKE TAYLOR

MAC Fitness classes in full swing at Meadow Park Sports Centre.



PHOTO SUBMITTED

Gail Fasken hard at work volunteering at the Whistler Food Bank.

There's always time to lend a hand

By **Lorna Van Straaten**

Like many of Whistler's retired seniors, Gail Fasken has a problem finding enough time to do everything she'd like. She epitomizes the Whistler senior – active in sports and her community.

Fasken's many volunteer roles include helping at the Whistler Food Bank, greeting and answering questions as a Mountain Host on the ski hills and helping with local ski races as a "Weasel Worker." She also skis, hikes, gardens, walks with the Whistler Community Services Society's (WCSS) Seniors Walking Group, and canvasses for cancer fundraising.

"Whistler as a community promotes active and healthy living," she said.

Fasken skied in Whistler for the first time in 1971 on the advice of a friend. She had just arrived in Vancouver from Ontario, where the rest of her family still lives. The ex-physical education teacher quickly fell in love with Whistler and by 1975 had bought a small cabin at

Nesters. Ten years later she decided to make Whistler her full-time home and bought a house in Black Tusk Village. There she has created a garden oasis where she spends hours.

She said her time in Whistler is a bit of a blur – Fasken can’t recall when she started volunteering at the food bank.

“I remember that it was a tiny trailer and that at the beginning there were a lot of hungry kids,” she laughed, referring to the young seasonal workers who sometimes need the service if they don’t get work early enough or not enough hours.

Fasken first got involved when “a friend that I skied with as a Mountain Host ran the food bank and talked me into volunteering.” That was roughly 20 years ago.

Food bank co-ordinator Sara Jennings said the organization is “lucky” to have Fasken as part of the team.

“She enjoys the work, takes pride in helping others, is always friendly and is willing to train other volunteers. When Gail is around you can be sure the other volunteers will be enjoying themselves too,” Jennings said.

Fasken said she likes that she sees younger people in

the community contribute by volunteering.

Although her family remains in Ontario, Fasken has no plans to leave Whistler.

“I miss my family, but I go back to Ontario every year to visit. Living here, there is just so much to do. There is no reason to leave. The health care here is fabulous, we get better and faster care here than in the city,” she said.

Fasken’s next volunteer job will be helping drive other seniors down to Vancouver to see medical specialists. While she’s certainly busy, she said she’ll somehow find the time.

Volunteer Opportunities in Whistler

AWARE

Get Bear Smart Society
RMOW Fish & Wildlife
W.A.G.
Whistler Arts Council
Whistler Fisheries
Stewardship Group
Whistler Naturalists
Cornucopia
Crankworx
LUNA (Late & Unique
Nighttime Alternatives)
Whistler Film Festival
Whistler Pride

Coast Garibaldi SAFE Clinic
Whistler Health Care Centre
Canadian Cancer Society
Howe Sound Women’s
Centre Society
KidSport
Village Host
Whistler Brownies/Girl Guides
Whistler Scouts/Cubs
Youth Centre
at Millennium Place
Whistler Museum & Archives
Whistler Public Library
Millennium Place

Whistler Blackcomb
Whistler Lion’s Club
Whistler Adaptive Sports
Program (WASP)
Whistler Mountain Ski Club
Whistler Weasel Workers
Whistler Nordic X-C Ski Club
Whistler Youth Soccer
WORCA (Whistler Off Road
Cycling Association)
Whistler Special Olympics

Advocating for seniors with a listening ear

By **Susan McFee Anderson**

Melissa Deller is in her second year as advocate for Whistler's over-50 demographic.

"We have the most engaging, wise and vibrant seniors who really do cherish and care about their community," she said. "They're mindful of their level of health and wellness and they're engaged and active."

The role of Seniors' Needs Action Planner (SNAP) was developed to connect people to services – and others – in the community. Deller maintains and creates new programs. She has been involved in everything from securing a space for a seniors' drop-in centre to organizing the Seniors' Lifestyle Fair.

"The underlying tone for people here is how to be well, how to be healthy, to live your life with preventative measures rather than manage illness or crisis," she said.

Of the lifestyle fair, Deller said, "We had 30 service providers networking with each other. And 100 people came out to learn what was available to them: things

like aqua-fit, the Senior Ski Team, home support, volunteer opportunities and tips from the pharmacist. The bottom line is having a level of engagement, whether it's physical, educational or social activity. Not all seniors here are skiing 100 days and golfing 90. No matter your level of fitness there are ways to plug in socially."

One illustration of that is contemporary cuisine night, which offers a chance to be social while learning to cook and sample new recipes.

Not surprisingly, a significant part of Deller's job is to listen. With that in mind she hosts discussions at monthly SNAP library drop-ins and she leads weekly walks along the Valley Trail.

"Walking is free, it's easy and it gives me an opportunity to check in and learn what's on people's minds. As beautiful and light-hearted as things are we have challenging conversations. We talk about everything: the loss of loved ones, grandchildren, illness. And we always end with a laugh. In the beauty of nature we can process things more comfortably," she said.



PHOTO BY CALYPSO DESIGN

Melissa Deller.

Deller has a degree in gerontology and a diploma in program planning. When she first signed on as SNAP co-ordinator she worked two days a week, but it quickly became clear that wasn't enough. Through the Whistler Community Services Society she now works three and a half days as a senior's advocate and is a Helping Hand Coordinator for WCSS. She said she finds her work fulfilling.

"As a resort we also serve people from outside our community and that can be beneficial. A woman from California joined our walking group for three weeks. She invited everyone for a potluck. It ended up with 20 of us talking and having dinner together. To see someone who was a stranger when she arrived welcome Whistler locals for a shared meal was quite gratifying."

Visit www.mywcss.org and click the Programs link to learn more about local initiatives for seniors.

Lifestyle Planning Guide!

Just as it is a good idea to have a business plan when you start a new business project, so it is a good idea to have a lifestyle plan as you approach and/or enter the mature phases of your life.

Don't just hope that things will turn out OK, set the stage for success – use the following guide to identify your priorities for exploration as well as possible and realistic actions. After gathering information through reading, internet research and talking to family, friends and professionals, make tentative decisions on options and set some goals.

Understanding the potential roles of family, friends, neighbours and community agencies is vital, so take the time to learn what resources are available in Whistler (see Resource Directory pages 22 – 30) and where to access help when needed.

Let's not settle for just an ordinary retirement, let's create a satisfying and meaningful life based on our strengths and passions. We hope you will find the Lifestyle Planning Guide a useful tool to open discussions and make some plans to age in place in this wonderful community we call home.

Retirement may be an ending, a closing, but it is also a new beginning. Just as with all new beginnings, planning will make it work!



ACCESS WHI



	50'S	60'S	70'S	80'S+
LEGAL CONSIDERATIONS				
Wills - update as required - services of lawyer	●	●	●	●
Decide on Executor	●	●	●	●
Decide on Beneficiaries	●	●	●	●
Pets, where will they go	●	●	●	●
Complete a Representative or Living Will - medical treatment - D.N.R.			●	●
Power of Attorney			●	●
Review Bequests/donations			●	●
Funeral arrangements	●	●	●	●
Medical Advocate - name of person who will act in your interest			●	●
Complete a list of accounts to maintain or close upon death		●	●	●
Compile a list of service and membership providers				
Know Legal steps for Elder Abuse			●	●
Complete a Health Care Proxy (end of life wishes)				●
Complete detailed wishes for final arrangements: obituary, announcements, memorial service, eulogy, how celebration of life service to be conducted)				●
Set up a credit card for Personal Representative to use when carrying out official duties			●	●
COMPILE LIST OF ASSETS				
CPP Benefit if worked		●	●	●
Old Age Benefit		●	●	●
Bank account		●	●	●
Credit Card accounts		●	●	●
Insurance Policies		●	●	●
RRSP's - Beneficiaries	●			
Investments		●	●	●
Real Estate, vehicles, boat etc.		●	●	●
Home equity and reverse mortgages		●	●	●
Possessions/household goods, jewellery, artwork,		●	●	●
HOME CHECKLIST				
Personal care		●	●	●
Activities of daily living		●	●	●
Meal preparation		●	●	●
Light Housekeeping plans			●	●
Consider assistance for shopping (meals/clothes)			●	●
House & Garden Maintenance - Summer/Winter			●	●
HOME SAFETY MODIFICATIONS				
Bathroom -bath tub access, safety bars, higher toilet seat		●	●	●
Non-skid strips or mats in bath tub or shower and non-slip finishes on all walking surfaces		●	●	●
Lever handle doors			●	●
Doors, check locks, ensure working order			●	●
Windows, ground floor check locks			●	●
Double sided tape to secure carpets or rugs			●	●
Alarm System			●	●
Furniture placement -room for walker or wheelchair			●	●
Emergency/security life line			●	●
Railings & ramps if required			●	●

	50'S	60'S	70'S	80'S+
HOME SAFETY MODIFICATIONS (Continued)				
Establish a key finder and storage location			●	●
Medical Security Alert bracelet			●	●
Install two way light switches on stairs			●	●
Purchase phones and answering machine with large numbers			●	●
Install lever handles on doors and sink taps			●	●
Lower kitchen and bathroom shelves			●	●
Install bathtub safety bars and a higher toilet seat			●	●
Wear shoes with non-skid soles and repair worn heels			●	●
Keep pets in one place at night and put bell around pet's neck so you can hear where pet is (underfoot?)			●	●
Put a phone and a flashlight beside your bed			●	●
HEALTH				
Ask about preventive medicine (aspirin, breast cancer drugs, HRT)	●			
Keep immunizations current (pneumonia, shingles, whooping cough)	●			
Update tetanus booster every 10 years	●	●	●	●
Start taking supplements as necessary	●			
Diabetes assessment	●			
Obesity test		●		
Start screening tests (colonoscopy, PAP smears, mammograms, prostate checks, fecal occult blood test, flexible sigmoidoscopy, skin cancer, blood cholesterol, blood pressure, bone density, thyroid hormone)	●			
Glaucoma test		●		
Establish short term recovery plan				
Learn change coping mechanisms to deal with stress (death of friends, family issues, retirement)		●	●	●
Increase understanding of impact of lifestyle on cognitive functioning		●	●	●
Establish medication reminders, bubble packs, pill organizers		●	●	●
Consider wearing a medical security alert bracelet and carrying a cell phone			●	●
Exercise everyday	●	●	●	●
Include weight bearing and balance exercises in exercise routine		●	●	●
If you have ever smoked, get screened for Abdominal Aortic Aneurysm			●	●
Get hearing tested annually			●	●
Know side effects and interactions of your medications			●	●
SOCIAL INTERACTION				
Stockpile toys needed after retirement (skis, bikes, golf, hobby)		●		
Consider working past your retirement age if you like your work		●		
Be socially engaged (sports, activities, hobbies, continued learning)	●			
Expand your friendships (within and beyond Whistler and with younger generation)		●		
Make plans to be connected to your community		●		
Begin retirement activities prior to retirement		●		
Make plans to be mentally stimulated (continued learning, new activities)		●		
Start social activities separate from work		●		
Consider getting a pet		●	●	●
Assist less active seniors (transportation to medical appointments, social activities, church)			●	●
Build social capital (volunteering)			●	●
Connect with younger generations and share stories and genealogy				●

	50'S	60'S	70'S	80'S+
FINANCIAL CONSIDERATIONS				
Both partners become familiar with personal/joint finances		●	●	●
Establish liquid account in each partner's name	●	●	●	●
Save 25% of your pre-retirement income in RRSP's	●			
Establish and maintain an emergency fund		●	●	●
Pay off mortgage before retiring (increase monthly payment or make weekly payments)	●			
Eliminate debt and consider reducing number of credit cards	●			
Review insurance requirements (medical, life, disability, car, home, private health)		●		
Live below your means but within your needs		●	●	●
Convert RRSP's to RRIF's before age 69		●		
Continue to contribute to TSFA's		●	●	●
Attend retirement seminars to keep current on financial responsibilities		●	●	●
Reassess investment portfolios		●	●	●
Evaluate fixed and equity assets			●	●
FAMILY				
Discuss your "Five Wishes"* with family and doctors		●	●	●
Update living donor decision	●	●	●	●
Strengthen family relationships		●	●	●
Update friends and professionals contact list		●	●	●
Discuss empty nest and/or moving plans	●	●		
Discuss dating after death of a spouse/partner		●	●	●
Review and assess 'traditions'		●	●	●
Complete a family history (audio cassette, CD, photos, journal)		●	●	●
Discuss when to dispose of vehicle and surrender Driver's License			●	●
Complete an Advance Care Planning document		●		
Keep all medical information updated and post it on your fridge				
Discuss long term care plans (ageing in place, in-home care, assisted living plans, and full care plans)				
Make plans to optimize what you can do and compensate for what you cannot do			●	●
Make plans for remaining engaged in community when no longer able to drive			●	●
SPIRITUAL				
Consider a return to formalized religion or spiritual reading		●	●	●
Build community relationships (volunteer, social, church)		●	●	●
Search for more spirituality through activities - church, travel, reading, art		●	●	●
Explore mortality; query forgiveness		●	●	●
When friends pass away, make more			●	●
Review beliefs used to cope with life's demands and events				●
Practise acceptance and reliance on inner strength				●
Practise reflection and contemplation				●

For more information visit www.mywcscs.org/snap

Whistler Accessibility Maps

For more detailed barrier-free map information: www.thewhistlerway.ca/accessibility.cfm








1 Village

SEE PAGE 20-21 FOR MAP LEGEND

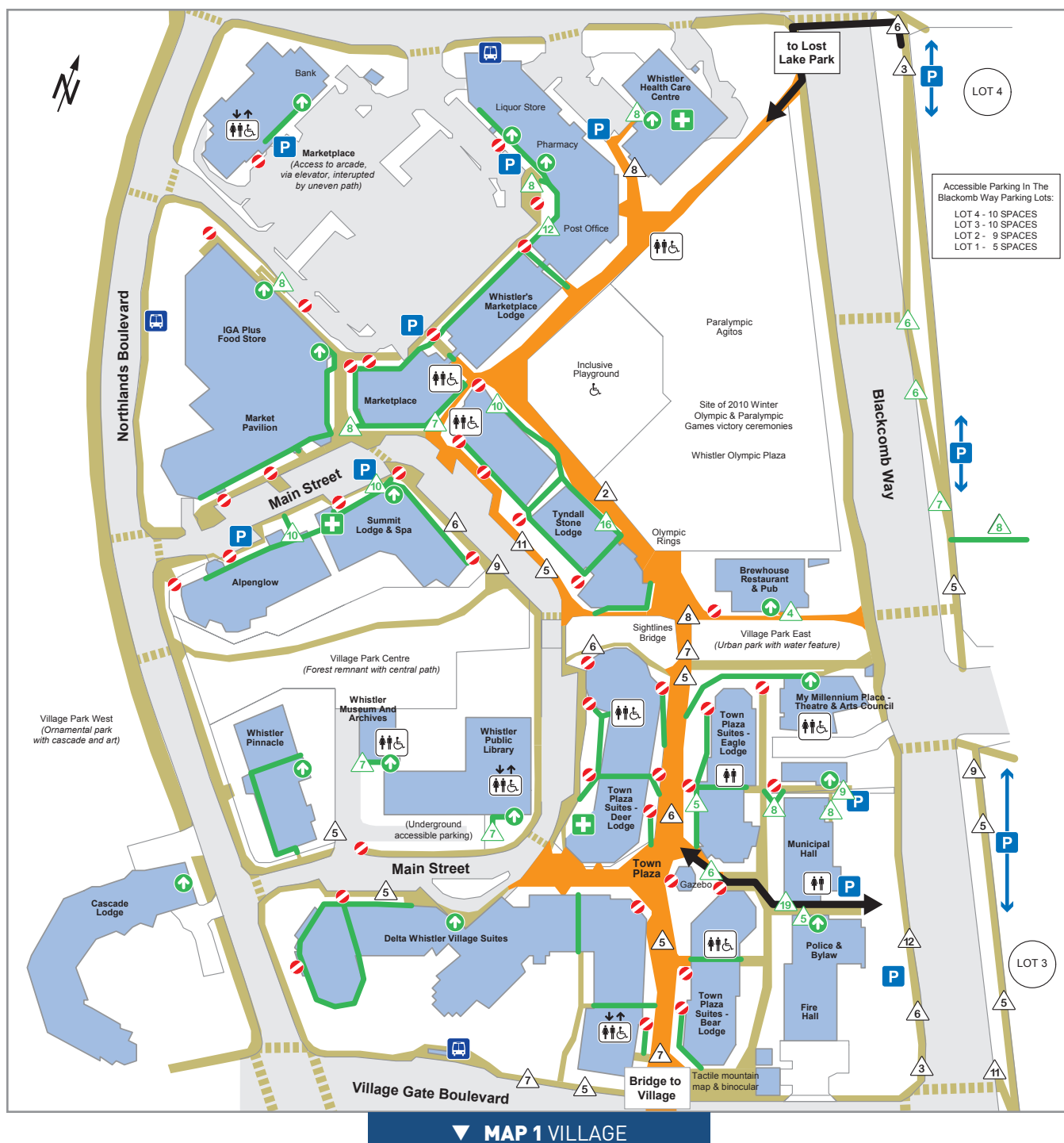
NOTE: Principal building entries are shown; other entries, including entries to shops and cafes, are not shown.
Slope numbers should be considered accurate plus or minus 1%.










▲ MAP 2 VILLAGE NORTH



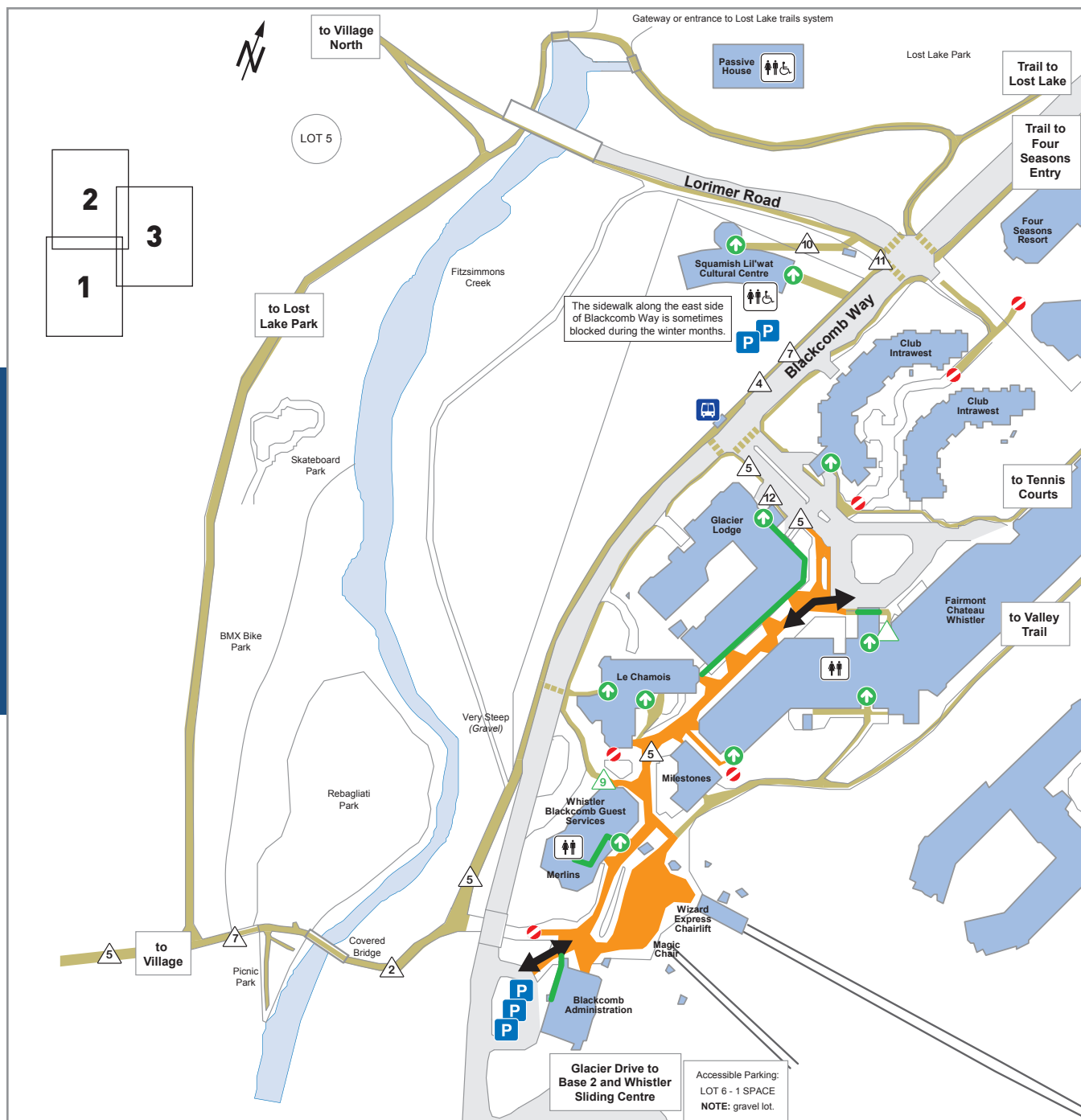
-  Village Stroll
-  Best access to Village Stroll
-  Valley Trail or accessible sidewalk
-  Barrier free route along covered arcade or through building
-  Ramp (# indicates percent slope)
-  Localized slope condition
-  Accessible entry: automated or push button activated

2 Village North



- | | | |
|--|--|--|
|  Stairs or dead end |  Elevator leading to washrooms |  Designated surface parking stall |
|  Accessible washroom |  Bus Stop |  Visitor Centre or Information Booth |
|  Washroom |  Full function sliding drawer TTY telephone |  Medical Clinic |

3 Upper Village



Resource Directory

AGENCIES SUPPORTING PEOPLE WITH VARYING ABILITIES

Access Sea to Sky

Ph: 604-905-2570

Email: assa@telus.net

SPARC BC

Administers the accessible parking permit program for people with disabilities.

Ph: 604-718-7744

www.sparc.bc.ca

Tetra Society-Whistler Chapter

Ph: 1-877-688-8762

Email: info@whistlerforthe-disabled.com

www.tetrasociety.org

Whistler Adaptive Sports Program (WASP)

Contact: Chelsey Walker

Ph: 604-905-4493

Email: info@whistleradaptive.com

Whistler For The Disabled

A non-profit, organization that provides access and information to travellers with disabilities with unique guides on accommodations, restaurants, attractions, recreation, travel, assistance and more.

Contact: Hugh Tollett

Ph: 1-888-933-9383 (Toll-Free)

Email: info@whistlerforthe-disabled.com

www.whistlerforthe-disabled.com

ARTS/CULTURE

Farmers Market

Sundays in the Upper Village from Father's Day to Thanksgiving.

Ph: 604-905-8886

email: info@whistlerfarmersmarket.com

www.whistlerfarmersmarket.org

Friends of the Whistler Public Library

Contact: Jane Reid.

Ph: 604-932-3665

Email: janemcreid@yahoo.com

MY Millennium Place

Ph: 604-935-8410

Email: mymp@MyPlaceWhistler.org

www.MyPlaceWhistler.org

Squamish Lil'wat Cultural Center

Senior rates available.

Ph: 1-866-441-7522

Email: info@slcc.ca

www.slcc.ca

Whistler Arts Council

Ph: 604-935-8410

Email: info@artswhistler.com

www.whistlerartscouncil.com

Whistler Film Festival Society

Ph: 604-935-8035

Email: info@whistlerfilmfestival.com

www.whistlerfilmfestival.com

Whistler Museum & Archives Society'

Ph: 604-932-2019

www.whistlermuseum.org

Whistler Public Library

Ph: 604-935-8433

Email: info@whistlerlibrary.ca

www.whistlerlibrary.ca

Whistler Reads

Contact: Paula Shackleton

Ph: 604-907-2804

Email: paulas@bookbuffet.com

www.bookbuffet.com

Whistler Singers

Contact: Candice.

Ph: 604-932-3022

Whistler Valley Quilting Guild

Email: whistlerquiltguild@gmail.com

www.whistlerquilters.com

Whistler Writers Group (The Vicious Circle)

Contact: Stella Harvey
Ph: 604-932-4518
Email: stella25@telus.net
www.theviciouscircle.ca

CLUBS

American Friends of Whistler

Email: afriendofwhistler@hotmail.com
www.afow.org

AWARE

Association of Whistler Area Residents For the Environment
PH: 604-935-8008
Email: info@awarewhistler.org
www.awarewhistler.org

Bridge Club

Every Wednesday from Labour Day to June
9:30 a.m. MY Place.
Ph: Astrid 604-938-9274

Canadian Senior Years

Website for Canadians over 50.
www.senioryears.com

CARP

Canada's association for the fifty-plus. A new vision of aging for Canada.
Toll Free: 1-888-363-2279
Email: support@carp.ca
www.carp.ca

Club 50

Social events for seniors (50+ people). Contact: Stacey Murl.
Ph: 604-935-4154
Email: stacey_murl@telus.net

Council of Senior Citizens Organizations (COSCO)

Contact: Ernie Bayer
Ph: 604-576-9734
Email: ecbayer@shaw.ca
www.coscobc.ca

Council of Canadians-Whistler Chapter

Contact: Pina Belperio.
Ph: 604-932-1969
Email: whistlerwatch@hotmail.com

Knitting Group

Contact: Roz Landsman.
Ph: 604-935-1235

Lions Club

Join the world's largest service organization! Volunteers are needed to assist with events and fundraisers. Contact: Horst or Rosemary Kallnischkies.
Ph: 604-932-0381

Mature Action Committee (MAC)

Organization that addresses seniors issues, social needs and housing so that long-term residents may comfortably "age in place."
Email: info@whistlermac.org
www.whistlermac.org

Rotary Club of Whistler

Tuesday at 7:15 a.m. Wildwood at Whistler Racquet Club.
www.whistler-rotary.org

Rotary Club of Whistler Millennium

Thursday at 12:15 p.m. Pan Pacific Mountainside
www.whistler-rotary.org/millennium.html

Society for Preservation of Crown Land

Contact: Maureen.
Ph: 604-932-5126

Toastmasters International Whistler

Contact: Ralph Forsythe.
Ph: 604-905-8997
Email: Ralph@greenmonkeyconsulting.com
www.whistler.freetoasthost.net

Resource Directory

Whistler Astronomy Club

Contact: Carol Legate.
Ph: 604-938-8090
Email: stars@nemy.com
www.nemy.com

Whistler Fisheries Stewardship Group

Contact: Heather Beresford.
Ph: 604-935-8374
Email: hberesford@whistler.ca

Whistler Gardening Group

Contact: Christine Auer.
Ph: 604-932-4062

Whistler Naturalists Society

Contact: Kristina Swerhun.
Ph: 604-935-7665
Email: kswerhun@hotmail.com

GOVERNMENT

Citizenship and Immigration

Ph: 1-888-242-2100
www.cic.gc.ca

Resort Municipality of Whistler (RMOW)

Ph: 604-932-5535
www.whistler.ca

HEALTH/SERVICES

ADDICTIONS

Alcoholics Anonymous

Ph: 604-905-5489

Alcohol and Drug Information and Referral Service

24-hours 7 days a week.
Ph: 1-800-663-1441 or 1-877-746-1963

Narcotics Anonymous

Ph: 604-938-3368

CANCER

Canadian Cancer Society

Ph: 1-800-663-2524
Email: cancerinfo@bc.cancer.ca
www.bc.cancer.ca

Cancer Agency

Screening mammography program of BC
Ph: 1-800-663-9203

Cancer Information Phone Service

Ph: 1-888-939-3333

COUNSELING AND MENTAL HEALTH

Crisis Intervention & Suicide Prevention Centre for B.C.

Ph: 1-866-661-3311 or 1-604-872-3311,
Email: info@crisiscentre.bc.ca
www.crisiscentre.ca

Crisis Line

Toll free, 1-866-661-3311

Counseling Assistance

Whistler Community Services Society (WCSS)
Ph: Claire 604-902-0670
or Davin 604-938-3902
www.mywcass.org

Schizophrenia Society

Contact: Christine Buttkus
Ph: 1-604-849-2252
Email: christine@northshoreschizophrenia.org
www.bcss.org

Whistler Mental Health & Addictions Services

Vancouver Coastal Health
Ph: 604-698-6455

DEMENTIA

Alzheimer Society of BC

Ph: 1-866-984-8348 or 604-984-8348
E-mail: info@alzheimerbc.org
www.alzheimerbc.org

Dementia Help Line

Open Monday to Friday.

Ph: 1-800-936-6033

Resource Centre: 1-604-681-8651

HOME SUPPORTS

Home Supports Complete

Provides personal assistance with daily activities such as bathing, dressing, and grooming and light household tasks. Vancouver Coastal Health

Ph: 604-932-3202

Occupational Therapists, Physiotherapists & Community Nutritionists

Upon referral from doctor or case manager. Vancouver Coastal Health

Ph: 604-932-3202

Respite

Available for in-home care or via Hilltop House facility in Squamish. Vancouver Coastal Health

Ph: 604-932-3202

Residential Care

Provides 24-hour nursing care and supervision; assessments available via continuing care; no facilities available in Whistler. Vancouver Coastal Health

Ph: 604-932-3202

Visiting Nurse

For patients requiring acute, chronic, palliative or rehabilitative supports. Vancouver Coastal Health

Ph: 604-932-3202

MEDICAL ORGANIZATIONS

Northlands Medical Clinic

Ph: 604-932-8362

S.A.F.E.

Healthy Sexuality Clinic. Whistler Health Care Centre, second floor.

Ph: 604-932-3202

Squamish General Hospital

Ph: 1-604-892-5211

Town Plaza Medical Clinic

Ph: 604-905-7089

Travel Immunization Clinics

Ph: 604-932-3202

Whistler Health Care Centre

Emergency, laboratory, X-ray, CT scanner

Ph: 604-932-4911

Whistler Medical Clinic

Ph: 604-932-3977

Whistler Eye Clinic

Ph: 604-932-2600

Email: info@whistlereyeclinic.com

www.whistlereyeclinic.com

SUPPORT GROUPS

Al-Anon

Support for family members affected by alcoholism

Ph: 1-888-425-2666

B.C. Cancer Society's Cancer Connection

Ph: 1-888-939-3333

Dementia Caregiver Support Group

Email: ksutherland@alzheimerbc.org

Support Group StartUps

Vancouver Coastal Health will consider forming any health-related group based on sufficient interest.

Ph: 602-932-3202

OTHER

Adult Day Care

Availability via Hilltop House facility in Squamish. Vancouver Coastal Health

Ph: 604-932-3202

Allergy and Asthma Information

Ph: 1-877-500-2242

www.aaia.ca

Resource Directory

ALS Society

Ph: 1-800-708-3228
Email: info@dalsbc.ca
www.alsbc.ca

Arthritis Society

Contact: Joan Vyner.
Ph: 1-800-321-1433
Email: ldfriesen@telus.net
www.arthritis.ca

Assisted Living

Housing and personalized services for seniors.
Available in Squamish. Vancouver Coastal Health.
Ph: 604-932-3202

Bereavement Helpline BC

Ph: 1-877-779-2223

B.C. Lifeline

Provides 24 hour assistance for individuals to continue to live independently in their own home.
Ph: 1-800-387-1215
www.bclifeline.com

Canadian National Institute for the Blind (CNIB)

Ph: 1-604-431-2121 or 1-800-563-2642
www.cnib.ca

Case Management

Professionals who assess, monitor and arrange required continuing care services. Vancouver Coastal Health.
Ph: 604-932-3202

Diabetes Association

Vancouver Coastal Regional Office
360-1385 8th Avenue W
Vancouver, BC V6H 3V9
Ph: 1-604-732-1331
www.diabetes.ca

Dial-a-Dietitian

Ph: 1-800-667-3438
Email: dial@dialadietitian.org
www.dialadietitian.org

End of Life Care

Upon referral from doctor or case manager. Vancouver Coastal Health.
Ph: 604-932-3202

Epilepsy Society

Ph: 1-866-374-5377
Email: info@bcepilepsy.com
www.bcepilepsy.com

Health Canada

Ph: 1-866-225-0709
www.hc-sc.gc.ca

Health & Senior Information Line

General information about Ministry of Health Programs. Monday to Friday.
Ph: 1-800-465-4911

Heart and Stroke Foundation

Ph: 1-888-473-4636
www.heartandstroke.com

Health Help Line

Talk to nurses, pharmacists and dietitians.
Ph: 811 OR 1-866-215-4700
www.healthlinkbc.ca

Multiple Sclerosis Society

Ph: 1-800-268-7582
www.mssociety.ca

Osteoporosis Info Line (OSTOP)

Ph: 1-800-463-6842

Parkinson Society of BC

Ph: 1-800-668-3330
Email: info@parkinson.bc.ca
www.parkinson.bc.ca

Pharma Care

1-800-663-7100
www.healthservices.gov.bc.ca

HELPING AGENCIES

B.C. Health Files

Easy to understand fact sheets on over 180 health and safety topics.

www.bchealthguide.org

B.C. Seniors Guide

Guide about programs and benefits available to seniors.

Ph: 1-800-465-4911

www.gov.bc.ca

Red Cross

Ph: 1-800-565-8000

www.redcross.ca

Whistler Community Services Society (WCSS)

Community Greenhouse, Counseling Assistance, Emergency Financial Assistance, Food Bank, Food Buying Club, Helping hand, Outreach workers, Re-Use-It Centre, Re-Build-It Centre and Tax assist programs.

Ph: 604-932-0113

Email: admin@mywcsc.org

www.mywcsc.org

Whistler Chamber of Commerce

Ph: 604-932-5922

Email: chamber@whistlerchamber.com

www.whistlerchamberofcommerce.com

HOUSING

Tenants Rights Information Line

Ph: 1-800-665-1185

Email: info@tenants.bc.ca

www.tenants.bc.ca

Whistler Housing Authority (WHA)

Contact: Marla Zucht

Ph: 604-905-4688 ext 1

Email: marla@whistlerhousing.ca

LEGAL RESOURCES

Advocacy Access Program

B.C. Coalition of People with Disabilities.

Ph: 1-800-663-1278

www.bccpd.bc.ca

Dial-A-Law

Ph: 1-800-565-5297

Email: cba@bccba.org

www.dialalaw.org

LAW Line

Legal Services Society

Ph: 1-866-577-2525

Lawyer Referral Service

Ph: 1-800-6631919

Email: lawyerreferral@bccha.org

www.cba.org

Public Guardian & Trustee B.C.

Ph: 1-800-663-7867

Email: mail@trustee.bc.ca

www.trustee.bc.ca

RELIGIOUS ORGANIZATIONS

Church on the Mountain

Ph: 604-902-4111

www.churchonthemountain.ca

Our Lady of The Mountains

Roman Catholic Church

Ph: 604-905-4781

Email: whistlercatholicchurch@telus.net

Shar Harim

Whistler families working to develop a sense of Jewish community in the corridor.

Email: sharharim@telus.net

Whistler Community Church

Contact: Pastor Tim Unruh.

Ph: 604-932-3139

Email: info@whistlerchurch.ca

Resource Directory

SPORTS

HIKING

Low-impact hiking trails (easy)

Cheakamus, Lost Lake, the Flank Trail, Valley Trail

Moderate impact hiking trails

Rainbow Mtn., Blackcomb and Whistler Mtn.

Difficult hiking trails

Wedge Mountain, Black Tusk

PADDLING

Whistler Eco Tours

Ph: 604-935-4900

www.whistlerecotours.com

Back Roads Whistler

Ph: 604-932-3111

www.backroadswhistler.com

SKIING

Whistler Olympic Park

Over 90 km of trails for classic and skate skiing; over 20 km of wilderness snowshoe trails.

Ph: 604-964-0060

Toll Free: 1-877-764-2455

E-mail: info@whistlerolympicpark.com

www.whistlerolympicpark.com

Cross Country Connection

Ph: 604-905-0071

www.crosscountryconnection.ca

Cross-Country Skiing

The Lost Lake cross country trails offer over 30 kilometres of groomed and track set trails maintained by the Resort Municipality of Whistler (RMOW) meandering through Lost Lake Park, Chateau Whistler Golf Course, and the Nicklaus North Golf Course. Over 10 kilometres of well-maintained snowshoe and Nordic Hiking trails are also offered within Lost Lake Park.

Ph: 604-935-PLAY (7529).

www.whistler.ca

Downhill Skiing

Whistler Blackcomb, Senior Passes available

Ph: 604-967-8950

www.whistlerblackcomb.com

Whistler Nordics Ski Club

Email: info@whistlernordics.com

www.whistlernordics.com

OTHER

Alpine Club Canada

Whistler Section

Ph: 604-902-1772

www.accwhistler.ca

Mature Adult Class

Fitness class Tues, Thurs, Sat. Meadow Park Sports Centre.

Ph: 604 935-8350

Meadow Park Sports Centre

Ph: 604-935-PLAY (8350)

Email: parksrec@whistler.ca

www.whistlerisrecreation.com

B.C. Seniors Games Society

Promotes active participants in sports and recreation.

www.bcseniorgames.org

Snowshoeing

Callaghan Valley and sections of the Valley Trail by Nicklaus North.

Tourism Whistler

Ph: 1-800-944-7853

www.whistler.com

WORCA

Whistler Off-Road Cycling Association.

Ph: 604-938-9893

www.worca.com

Whistler Racquet Club

Ph: 604-932-1991

www.whistlertennis.com

TRANSPORTATION

BCAA Roadside Assistance

1-800-222-4357

B.C. Ferries

Ph: 1-888-223-3779

www.bcferries.bc.ca

B.C. Highways Conditions Information

Ph: 1-800-550-4997

B.C. Transit

Bus (WAVE transit)

Ph: 604-932-4020

www.bctransit.com

Car & Van Pooling

www.ride-share.com

Greyhound

Ph: 604-932-5031

www.greyhound.ca

ICBC (Dial-A-Claim)

Ph: 1-800-910-4222

Senior Bus Pass Program

Bus passes for seniors and persons with disability.
Must be on Guarantee Income Assistance.

Ph: 1-866-866-0800

Transit Assistance Program (TAP)

Assists with travel costs

Ph: 1-800-661-2668

Whistler Resort Cabs

Ph: 604-938-1515

www.resortcabs.com

Whistler Taxi

Ph: 604-938-3333

www.whistlertaxi.com

VOLUNTEER OPPORTUNITIES

Corridor Connector

www.corridorconnector.org

Community Foundation of Whistler

Ph: 604-935-8080

Email: info@whistlerfoundation.com

www.whistlerfoundation.com

Mature Action Committee (MAC)

Email: info@whistlermac.org

www.whistlermac.org

WAG Whistler Animal Shelter

Ph: 604-935-8364

Email: wag@whistlerwag.com

www.whistlerwag.com

Whistler Blackcomb Mountain Host

Whistler Blackcomb Employee Experience

Ph: 604-938-7557

Email: employeeexperience@intrawest.com

Whistler Community Learning Program

Volunteer tutor program. Literacy and ESL support for adults. Contact: Carole Stretch.

Ph: 604-698-7226

Email: cstretch@capilanou.ca

Whistler Community Service Society (WCSS)

For volunteer opportunities.

Ph: 604-932-0113

Email: admin@mywcscs.org

www.mywcscs.org

Whistler Public Library

Ph: 604-932-5564

Email: info@whistlerlibrary.ca

www.whistlerlibrary.ca

Whistler Village Host

Ph: 604-935-8478

Email: ihost@whistler.ca

Whistler Weasel Workers

Ski racing volunteers.

Email: info@whistlerweasalworkers.com

www.weaselworkers.com

Resource Directory

COMMUNITY CENTRES

Myrtle Philip Community Centre

Contact: Resort Municipality of Whistler.

Ph: 604-932-5535

Spring Creek Community Centre

Contact: Resort Municipality of Whistler.

Ph: 604-932-5535

Spruce Grove Community Centre

Contact: Resort Municipality of Whistler.

Ph: 604-932-5535

EDUCATION

Capilano University

Ph: 604-892-5322

www.capilanou.ca

Open Learning

Run through Thompson Rivers University.

Ph: 1-800-663-9711

www.tru.open.ca

Quest University Canada

Quest University Canada is an innovative, independent, not-for-profit, liberal arts and science university located in Squamish.

Ph: 604-898-8000

Email: info@quest.ca

www.questu.ca

EMPLOYMENT SERVICES

Ministry of Employment and Income Assistance

Ph: 1-866-866-0800

Service Canada

Provides Canadians with one-stop, personalized access to Government of Canada services and benefits.

Ph: 1-800-622-6232

Training Innovations

Employment Resource Centre.

Ph: 604-932-1600

www.training-innovations.com

EMERGENCY SERVICES

EMERGENCY: POLICE/FIRE/AMBULANCE 911

RCMP (Royal Canadian Mounted Police)

Whistler Detachment

Ph: 604-932-3044

Victim Services

RCMP (Royal Canadian Mounted Police)

Ph: 604-905-1969

Whistler Fire Rescue Service

Ph: 604-935-8260

ESS Cares

Emergency Social Services provides short-term assistance to B.C. residents forced to leave their home due to emergencies.

Ph: 604-935-8267

FINANCIAL NEEDS RESOURCES

Income Security Programs

Ph: 1-800-277-9914

www.hrsdc.gc.ca

Whistler Community Services Society (WCSS)

Community Kitchens

Ph: 604-932-0113

www.mywcss.org

WCSS Counseling Assistance

WCSS Emergency Assistance

WCSS Recreation Credit

Ph: Claire 604-902-0670

or Davin 604-938-3902

www.mywcss.org

WCSS Food Bank

Ph: 604-932-0113

www.mywcss.org

ABORIGINAL CULTURAL CENTRE + MUSEUM

WHISTLER, BRITISH COLUMBIA

HOURLY CULTURAL PERFORMANCES

GALLERY / MUSEUM TOURS

- > Senior Rates Available
- > Accessible Venue
- > Dine in our Café
- > Explore the Giftshop

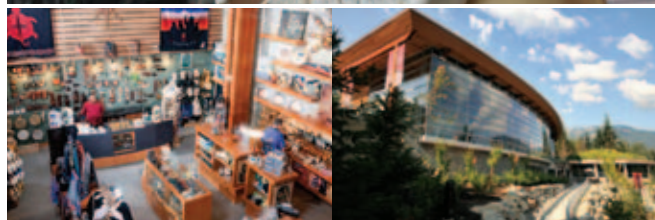


Sḵwxwú7mesh Łilwat7úl
SQUAMISH LIL'WAT CULTURAL CENTRE

WHISTLER, BRITISH COLUMBIA

where rivers, mountains and people meet

604 964 0990 / WWW.SLCC.CA



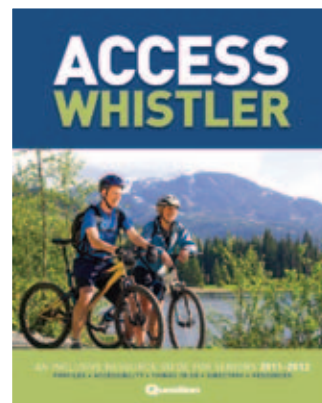
PROUD SUPPORTERS OF ACCESS WHISTLER

The *Whistler Question* is proud to support the Whistler community since 1976 and are delighted to be involved in another successful edition of Access Whistler.

For further information and updates on the topics covered in this guide, please visit:

www.whistlerquestion.com/accesswhistler

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WHISTLER'S AWARD-WINNING NEWSPAPER SINCE 1976



www.whistlerquestion.com

604.932.5131



NORTHLANDS MEDICAL CLINIC

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- › URGENT CARE / EMERGENCY CARE (MINOR)
- › SPORTS MEDICINE
- › TRAVEL CLINIC **Yellow Fever vaccine and travel vaccines available on site**
- › WOMEN'S HEALTH & PRENATAL



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AND ASSOCIATES

**Out of country patient?
No hospital facility fees!
Affordable alternative !**

604.932.8362

101-4359 Main Street

1/2 block from 7-11 (corner Northlands Blvd.) behind the IGA, beside The Circle and Elements, in Summit Lodge complex. Located one block from the Emergency/Lab/Xray

Scheduled Appointments Same-day

Walk-ins Accepted*

*Based on availability



Wheelchair Accessible
Loading bays



**NORTHLANDS
MEDICAL CLINIC**

WHISTLER, BC

www.northlandsclinic.com