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Access Whistler

2012-2013

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Maps

The *Accessibility Maps* on pages 15-17 (and the ramp access signs posted outside buildings) were priority projects identified by Whistler's volunteer Accessibility Advisory Group. These maps were created by the Resort Municipality of Whistler and whistlerforthedisabled.com

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Question

WHISTLER'S AWARD-WINNING NEWSPAPER SINCE 1976

In co-operation with **Whistler Community Services Society** and **MAC (Mature Action Committee)**



PHOTO BY BONNY MAKAREWICZ

Local seniors head out for one of the weekly Wednesday walks organized by Whistler's Mature Action Committee.

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MAC: A Measure of Wisdom

By **Susan McFee Anderson**

Three years ago Sue Lawther was the newly-elected president of Whistler's Mature Action Committee.

Her goal was to take MAC beyond the issue of seniors' housing and into the broader realm of aging in place. She wanted to create a social forum where all Whistler seniors could easily communicate with one another, access services and find volunteer opportunities in the community.

Today those initiatives have become reality - and then some.

The first order of business was to get people thinking about what it meant to stay in Whistler as they aged. MAC published a lifestyle planning guide and organized speakers to help people act on their wants and needs.

It was just what Bruce Hawkshaw had been waiting for. Hawkshaw, 67, felt his investment advisors had simply ignored his retirement portfolio. His stress level rose whenever his friends brought up the topic of investment.

That changed after he listened to one of the experts at a MAC-sponsored financial

planning session.

"I was mesmerized. He was speaking a language I could understand and he touched the points I wanted to emphasize."

Hawkshaw and his wife Sandy created a new retirement plan and for the past two years they have been living it.

"I'm not a guy with a million bucks, but now when I get my statements my balances are not going down and I take income. It was like a burden being lifted. We've been flip-flopping between Whistler and North Vancouver. Now we want to live in Whistler on a full-time basis."

Like the Hawkshaws MAC

itself has undergone a profound shift.

"Our membership was only about 250 people, but there are more than 1,900 seniors in Whistler," Lawther says. "We needed to hear from more people."

That communication gap was evident when Lawther heard about a grassroots community group grappling with the needs of seniors with critical illness.

"We had someone come to us and say, 'We're having kitchen table meetings. We need to



PHOTO BY BONNY MAKAREWICZ

Mature Action Committee president Sue Lawther and husband Les enjoy a bike ride around one of Whistler's many excellent trails.

better support caregivers.”

Lawther knew MAC had to get involved. With the help of retired gerontologist Judy Gaudin-Reise the citizen group developed a foundation for supporting families in need. The upshot? The citizen’s action plan went into effect. A program that connects housebound people with volunteer support was rejuvenated and redesigned to accommodate seniors’ needs. Gaudin-Reise joined a MAC focus group where she helped draft an application to furnish the new new Senior’s Drop-In Centre in Spring Creek.

“The Centre gives seniors a meeting place,” says Lawther.

“It has a resource library and a dedicated office for the Seniors Needs Action Planner. It’s a place to have speakers come to us and to run intergenerational programming.”

Spurred on by those successes Lawther and WCSS SNAP coordinator Melissa Deller invited all seniors-linked organizations to a town hall meeting in March 2012. Everyone showed up, including representatives from the Resort Municipality, government agencies and local groups ranging from book clubs to the Village Host program.

“They broadened our reach to more people in the community and helped

give a voice for seniors,” says Lawther. “The meeting reinforced how important communication is.”

“There is a spiritual aspect to all this,” says Gaudin-Reise. “When something is right and it comes from a good heart, then things happen. We all have skills and no skill is too small. There’s the simple skill of listening for someone who is shut in. You don’t have to do anything big. Aging is difficult. You need courage to age. Whistler cares about the people in its community. It is a measure of its wisdom.”

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

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In Fitness and In Health

By **Susan McFee Anderson**

You could say Frank and Donna Savage took a vow to support each other in fitness and in health.

At each phase of their relationship they have managed to find just the right activity – and place – to suit them.

The Savages met in 1984 – at a fitness centre, of course.

They were based in Vancouver then. He was an engineer. She was a corporate fitness manager. Through the early years of their marriage they spent their free time together enjoying the outdoors.

“I’ve always been into activities such as skiing, hiking and biking,” says Frank. “It was an outdoor recreational lifestyle that I was originally seeking.”

In 1986 Frank and Donna officially became Whistler weekenders when they bought a cabin in Emerald Estates.

To Frank it was just the beginning.

He had a plan or, more correctly, a dream: he wanted to live in Whistler full time. It took nearly fifteen years before the Savages took quasi-

retirement and made Whistler their permanent home.

Living in Whistler meant more time for the physical activity they loved. They both enjoyed skiing and hiking. He was also passionate about cycling. They delighted in the social aspects of their new home.

“For me it’s the community,” says Donna. “It’s a small community, but it’s active, vibrant, warm and welcoming. We didn’t know that at first.

“That was the discovery.”

They were in their 50s then and not quite ready to retire. Each managed to find

work to supplement their retirement income.

She worked with the Whistler Health Care Foundation, Whistler Arts Council and most notably with VANOC leading up to and during the 2010 Games.

These days Donna works on projects for the municipality. She laughs about that now.

“I’ve retired four times. It hasn’t stuck very well. I’m good at retiring but I’m not good at staying that way.”

And Frank? For five years he taught children to ski. In December 2003, however,



PHOTO BY TOSHI KAWANO / TOSHIKAWANO.COM

Local residents Frank and Donna Savage have remained active in the community, sharing a passion for cycling.

he broke his leg. That was a turning point.

He helped Donna with her work on a volunteer committee charged with developing a new cycling plan. She remembers, "I would come home from meetings and ask Frank all these questions. And then I asked him, 'Why am I sitting on this committee and not you?'"

He joined the committee and was eventually hired by the municipality to oversee the implementation of the new policies. In an odd career twist, he was also made planner in charge of liquor licensing.

And here's the thing: he's having the time of his life.

"This is the highlight of my working career. I've never found more fulfilling work than what I'm doing right now."

There's been one other shift in the Savage household. Donna is now as passionate about cycling as her husband. In 2008 the couple went on a recreational cycling trip in Italy. Donna, who always felt too slow as a trail rider, found confidence on the road.

"I had only used mountain bikes with the big fat tires or touring bikes with panniers and wide tires. That kind of biking wasn't difficult but I had some injuries and difficulty keeping up with the technical part. The technique is easier

with road bicycles. The bikes are light and nimble. You don't carry baggage. And they've got skinny tires."

The Savages signed on for Whistler's first GranFondo in 2010. They completed the 122-kilometre course in under five hours. Every year since then they have taken part in two GranFondos per year.

Speaking of which, the Savages have to pack. They're off to California for the Levi Leipheimer GranFondo in Santa Rosa, California.

As they say their goodbyes, Frank says, "We do have to pinch ourselves occasionally, I will tell you that."

KEEP ACTIVE FOR LIFE!

The Resort Municipality of Whistler (RMOW) has a variety of programs aimed at providing recreational opportunities for seniors in the community, such as regularly scheduled Mature Adult Classes (MAC) and aquafit classes. Participation in these classes is included as part of a Meadow Park Sports Centre (MPSC) drop-in fee or pass. Qualified instructors prepare and lead these classes that aim to increase strength, balance, and coordination while socializing with peers in a fun, non-competitive environment.

The MPSC also offers a variety of other programs and services that are designed to help seniors meet their individual fitness goals including free fitness centre and cardio room orientations, small group training in the weight room, and a specific Seniors Get Fit program aimed at enhancing cardio capabilities, strength, flexibility and balance.

The Lost Lake Cross-Country Ski and Snowshoe Trails offer an excellent way for seniors to stay fit and active this winter. Conveniently located. Lost Lake trails are professionally maintained and groomed by the municipality. Begin and end your day at the Lost Lake PassivHaus, offering day lodge amenities including a café, rentals and lessons.



See you at Meadow Park or on the trails!

604 935 PLAY [7529]

Info line updated daily
www.WhistlerIsRecreation.com



"We have been attending MAC classes for several years and have always been impressed by the patience, skill level and knowledge of the instructors. They make every session enjoyable with programs that continue to challenge us. Because of the different instructors and variety of exercises, we are never bored and always look forward to attending each session. We strongly recommend MAC classes to anyone 55 years or older who is interested in improving their health and physical fitness," said Kate and Paul, two of Marie-Anne Prevost's trainees at the MPSC

New Intergenerational Centre means fun and connections

By **Lorna Van Straaten**

Entering the Whistler Blackcomb Foundation Social Services Centre on a Thursday afternoon, you are greeted with bursts of laughter that echo down the hall.

“You go girl” someone yells.

You might assume a bunch of 15 year olds are hanging out in the centre located just up the hill from Spring Creek School, instead, there are a bunch of over-aged teens in their late 50s to 90s playing Wii, games and visiting.

The centre is buzzing with conversation and laughter. This is “The Club” 55+ Drop In every Thursday from 1 to 3 p.m. Here seniors have a chance to socialize in a casual, fun environment with activities geared towards them specifically.

For the first time in history, Whistler seniors have their own space to use at the new Whistler Senior’s Drop-In, thanks in large part to the Federal New Horizon’s grant that provided for new senior-friendly furniture, a big screen TV, barbecue, four new laptop

computers, new Wii gaming system and board games. If you poke your head into what is normally the Outreach room of Whistler Community Services Society (WCSS) any Thursday from 1 to 3 p.m., you might find a diverse group of seniors, all enjoying each other’s company, talking, playing games or learning.

The Intergenerational Centre, with Senior’s Drop-In as one component, is a dream fulfilled for Mature Action Committee (MAC) President Sue Lawther, who was the driving force behind the grant writing that provided funding for outfitting the centre. Based on a survey that MAC implemented several years ago, a seniors centre was greatly desired by seniors, who have made it clear that they wish to ‘age in place’ here.

Future plans for programming for seniors in Whistler includes cooking classes, nutritional education sessions specific to seniors, intergenerational computer training sessions, gardening, lectures and socials. As Sue Lawther says, “I just keep thinking we just need to have a big barbecue and watch the game together!”

Another identified need that came from the survey was

for a senior’s advocate. WCSS responded to this need several years ago by hiring a Seniors’ Needs Action Planner, (SNAP).

Melissa Deller is the point of contact for seniors in the community, and an advocate with their best interests at heart. With an education in gerontology, Melissa acts as a point of referral, connecting seniors with needed resources, and providing a friendly ear to discuss life’s everyday challenges.

Melissa also spearheads ‘Walking Wednesdays’ for seniors and snowshoeing in the winters. Active seniors in Whistler can choose from two levels of difficulty, allowing everyone to participate. Seniors wishing to connect with Melissa on a personal matter can book a private appointment with her at 604-902-0865. See www.mywcsc.org or www.whistlermac.org for further information.

“The Club” 55 + Drop In every Thursday from 1:00PM - 3:00PM. 1519 Spring Creek Drive, located in the Whistler Blackcomb Foundation Social Services Centre. There is some parking out front or take the bus www.transitbc.com/regions/whi/

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



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(S.N.A.P.)**



Incapacity and estate planning

By **Peter Shrimpton**

The deaths of four Whistler community, Doug Deeks, Florence Petersen, Dave Cathers, and Art Den Duyf, in the last month before writing this article seem to have accelerated a local demand for incapacity and estate planning.

Elsewhere in this resource directory, there is a list of legal resources for you to find out more information about wills, powers of attorney and representation agreements.

Increasingly, the internet provides much general and some specific information on these matters. Yet lawyers in the Sea to Sky corridor continue to comment that the most frequent reaction to the identification of their occupation at functions is: "Oh, I've been meaning to do up my will for ages. Is that something you do?"

Statistics vary, but it is estimated that only one-third of adult Canadians have wills. Fewer have made up their powers of attorney and hardly any have representation

agreements in place.

Very briefly, the following are basics of what you need to know about these important planning tools.

WILLS

A valid will ensures that (almost all the time) when you die, any assets in your sole name will be distributed to those you have chosen, by someone you trust.

If you die without a valid will, someone (whom you might not have wanted) applies to the court to be appointed administrator and if no one does, then the B.C. Public Guardian & Trustee will step up. Regarding the distribution of your estate where there is no valid will, the law is to be altered dramatically within the next year. The current and proposed details are set out in the accompanying table on page 12.

While there are many "do it yourself" services for creating a will, the role of professionals, especially lawyers, is more important than ever in drafting suitable documents, and also for providing the complementary estate planning. The delays, troubles and extra costs arising from not having a will should definitely be avoided.

Wills only take effect at death. Commentaries on documents needed while you are alive now follow.

POWERS OF ATTORNEY

A power of attorney appoints another person as your "attorney" to deal with your property and to make legal and financial decisions in your name. The power given can be restrictive or very broad and there are special rules when the powers involve dealing with real estate.

The authority can be given to one or more persons, who can act together if you so wish, with either majority or unanimous decision-making. The attorney can also be empowered to act at any time, or only after mental or physical infirmity.

A power of attorney is a relatively inexpensive document for a lawyer to draw up, compared to the complicated protocol of going to court to have one or more persons appointed as "committees," to look after your financial and legal matters, should you become mentally or physically incapacitated.

The obligations of someone appointed as attorney are set

out clearly in the new Power of Attorney Act (in effect Sept. 1, 2011), which includes duties to conduct oneself honestly and in good faith, to act in the donor's best interests and to keep proper records.

Medical or personal care powers can no longer be given by an attorney under this type of document (though pre-Sept. 1, 2011 power of attorney may be interpreted to have that power). Such matters are covered by representation agreements.

REPRESENTATION AGREEMENTS

For your personal and health care decisions, the B.C. law empowering you to appoint someone as your representative is the Representation Agreement Act. As with a power of attorney, many changes came into effect Sept. 1, 2011, but agreements signed before that date are generally still valid.

The new rules restrict certain persons from being the representative, such as someone paid to provide you with personal or health care (including any employees of facilities which provide such care), except if that person is your spouse, child, or parent.

Similar to power of attorney, representatives have duties to consult with you and to act in good faith. As with wills and power of attorney, you can amend or revoke such agreements, if you have mental capacity.

ESTATE PLANNING

Professional advice should be obtained for all of the above, as well as for other considerations such as how to treat jointly held assets, RRSPs and RRIFs, and insurance designations. The applicable law has become more complicated with recent court decisions, which also have been addressing the multitude of issues arising from claims under B.C.'s

Wills Variation Act. That law gives the courts the power to amend your will to provide for more equitable distribution of your estate to your spouse or children (in the eyes of the law, at least...).

Finally, there's no room here for the fascinating topic of trusts, but such vehicles can be used to avoid WVA actions, amongst other benefits. Best wishes in your incapacity and estate planning!

The material in this article is intended to provide only general information and comment to our readers and the public. Although we make our best efforts to ensure that the content is accurate and timely, we can guarantee neither.

Do not rely on information found in this article as legal advice. Legal matters are often complicated. For assistance with your specific legal problem or enquiry please contact a qualified lawyer.

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SIMPLIFIED TABLE FOR INTESTACIES IN B.C. (distribution where no valid will)

	CURRENT LAW (2012)	PENDING LAW (2013?)
ONLY SPOUSE SURVIVES (No Lineal Descendants)	All to spouse. ("married ... valid at common law ... or lived & cohabited with another person in a marriage-like relationship for a period of at least 2 years immediately before the person's death").	All to spouse. (almost same definition as before, BUT different rules on entitlement, if no longer living together).
SPOUSE & LINEAL DESCENDANTS SURVIVE	Household furnishings and life estate in home to spouse; First \$65,000.00 and ½ of residue to spouse, with ½ of residue to child, unless more than 1 child, then 1/3 of residue to spouse and 2/3 equally to children (though if no children but surviving grandchildren, they are treated as children).	Household furnishings but no life estate in spousal home, but instead a right to purchase it at fair market value (subject to court direction if hardship, etc.). First \$300,000.00 and ½ of residue to spouse, with ½ of residue to child or children equally, unless not all are lineal descendants of the relationship, and if so, \$150,000.00 only and ½ of residue to spouse (though if no children but surviving grandchildren, they are treated as children).
NO LINEAL DESCENDANTS SURVIVE	"Degree of Kinship" distribution scheme, so upward to parents of deceased first, then to nearest relative by blood.	"Parentelic" distribution meaning to parents of deceased first, then to their descendants, and if none, then to grandparents and their descendants.
ADDITIONAL NOTE	For jointly held assets, where in a common disaster situation it is unclear who survived the other, the older is assumed to have died first, so that the younger receives the entire jointly held assets to form part of his/her estate.	For such assets, all joint ownership is severed with each spouse deemed to have survived the other (unless one survives the other by at least 5 days), and their respective estates will benefit equally.

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Learning from Whistler's elders

By **Melissa Deller**

I dig old people.

When I'm talking to a senior, the world stops. My attention and focus is on them and that does not happen for much

else. There is something about learning from the inherent wisdom that comes from someone older than myself.

I'm often asked how I got into the field of gerontology. When I was young I was

lucky enough to spend my summers in summer school and at my grandparents' house. Following high school I completed a two-year diploma from George Brown College in Activation Gerontology and then a four-year Bachelor of

Arts in Gerontology/Theater & Film. After graduation the mountains called.

People come to Whistler and they leave again, but it's the ones that stay who build a community. Whether it is seniors who have been here from the start and helped shape the community of Whistler or the ones who are choosing to retire here, I am the lucky individual who gets to work with them.

My title, Senior Needs Action Planner (SNAP), does not start to explain all the different roles I have in my job.

Whistler Community Services Society (WCSS) created this position in 2010 to develop and implement programs for seniors, provide a confidential listening ear and to advocate for seniors' needs.

The best part of being the SNAP coordinator is the flexibility that allows me to sit with a grieving widow one day then go for a walk with a group of seniors the next. WCSS allows me to adjust my role to the needs of seniors.

What does it mean to be an action planner?

I want to make things happen and create a foundation where individuals are supported as they age in Whistler. There are many supports that people are unaware of and my job is to provide them with information.

Getting old is not an easy task



PHOTO SUBMITTED

Melissa Deller

and sometimes it is difficult to understand what will come. When someone decides to have a baby they have nine months to prepare for the event and thousands of books to read. When a senior is faced with an unexpected major health crisis (stroke, heart attack), there is no time to prepare.

I want to be a person that the individual in crisis or their friends/family feels comfortable to ask about what supports and resources are available. I want to be known as the 'go to' person for questions about aging in Whistler.

This past year WCSS has moved into the Whistler Blackcomb Foundation Social Services Centre located at 1519 Spring Creek Drive, where we have a dedicated space for Seniors Drop In.

Thursday afternoons from 1 to 3 p.m. we offer senior specific programming. With the assistance of the Mature Action Committee and the New

Horizons Grant, comfortable furniture, lap tops, printer, flat screen TV, Nintendo Wii, ping-pong table and board games have been provided.

The opportunities are endless with what we can provide in terms of activities and guest speakers.

When one looks at their career accomplishments, they are often recognized with letters following their name, an office with a door or a window. For myself, major career accomplishments are reflected in the moments that I see growth in individuals.

I have been in this role since June 2010 and have witnessed new friendships develop, seniors supporting each other, helping someone get back into a sport or hobbies that they stopped and seeing the glow in someone's eyes when they accomplished something they didn't think they could do.

My dream is to support Whistler's aging seniors. I'm excited to see the growth of the Seniors Drop In expanding. I want to be on the journey with all the people who are in their 60's and be there for them when they are in their 80's.

People wait all their lives to find a job that not only matches their education, but fulfills their soul and I've been lucky enough to find mine in the best place in the world, Whistler.

Hiking becoming more accessible for seniors

By **Eric MacKenzie**

Kurt Mueller hiked through the Whistler Valley for the first time nearly 50 years ago – and he hasn't stopped yet.

But, after many years of exploring Whistler's hiking trails, Mueller said it became apparent that they weren't in the best shape.

"On one of our hikes, my wife complained about the conditions of the local hiking trails," said Mueller. "Now, getting older, she is not enjoying it as much anymore to follow me, bushwhacking through the devil's club, to get up into the mountains."

Mueller, who retired and settled in the resort permanently 12 years ago, decided he'd like to volunteer his time by working on the area's hiking trails, but found there wasn't much happening in the way of a local hiking club.

Instead, he approached the municipality with concerns about the deteriorating trails, which led to the foundation of Whistler's Hiking Trails Task Force two years ago. Mueller has been chair of the task force since, as well as helping to establish a volunteer trails crew within Whistler's branch of the Alpine Club of Canada (ACC).

For a number of reasons, Mueller said hiking is an ideal activity for seniors to stay fit.

"It does not require the level of technical prerequisites as other sports such as skiing or mountain biking," he said. "It is also safer.

"Aside from the physical benefits, hiking with a group also provides considerable social benefits."

Mueller applauded Whistler Blackcomb (WB), which features a variety of alpine trails in the summer, for their efforts to encourage hiking. He's also glad to see municipal and provincial government actively working to preserve and improve trails.

"With the increasing numbers of seniors and young families in Whistler, we are really excited to see alpine hiking trails finally getting some attention," he said.

Many hikes suitable for seniors have been upgraded through recent local collaboration. The Ancient Cedars Trail north of Whistler, for example, had contributions from the Cheakamus Community Forest (CCF), Whistler Blackcomb Foundation and other community groups to improve the trail and access road.

Mueller suggested a number of local hiking routes suitable

for the elderly, many which have been recently enhanced.

ANCIENT CEDARS –

This simple loop is one of Whistler's shortest and easiest hikes, but a spectacular one. Hikers will see some of the area's oldest trees, believed to be close to 1,000 years old. It has recently had new signage and benches installed, plus improvements to the trail and access road.

RAINBOW LAKE TRAIL – There is no shortage of scenery here, with waterfalls, streams and mountain vistas forming a backdrop. The 16-kilometre trek starts from Alta Lake Road and features manageable elevation gain. The municipality recently completed repairs to the trail's main bridges to make this hike more enjoyable and accessible.

BRANDYWINE MEADOWS TRAIL –

A steep but short jaunt that is seeing ongoing maintenance, thanks to the province, ACC and CCF. Varying terrain takes visitors to stunning viewpoints of Black Tusk from the alpine meadow. Access is from a short drive south of the resort.

Contact Mueller at whistlertrails@hotmail.ca for more information about local group hikes and trail-related activities.

Whistler Accessibility Maps

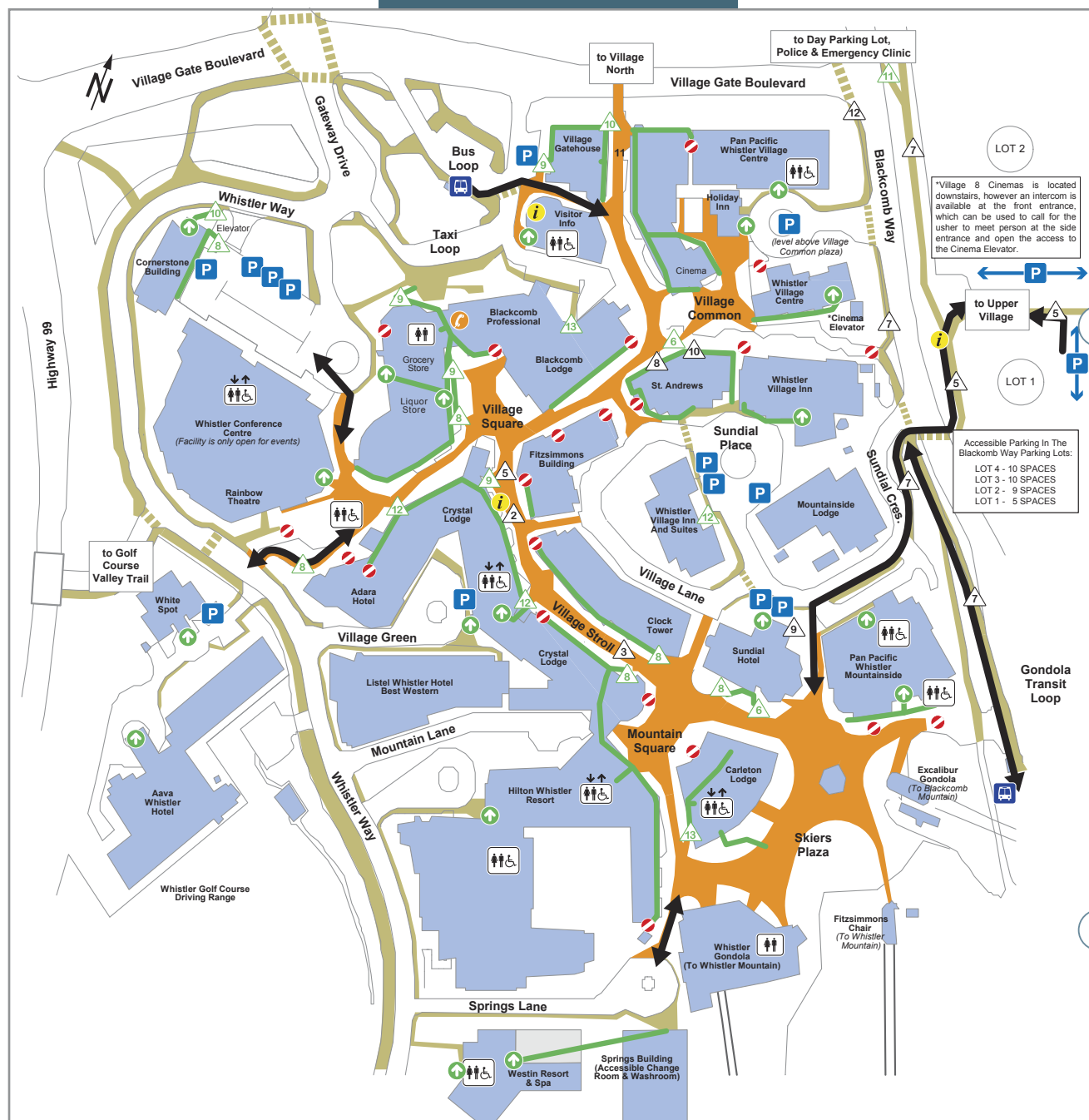
For more detailed barrier-free map information: www.thewhistlerway.ca/accessibility.cfm

1 Village








SEE PAGE 16-17 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%.

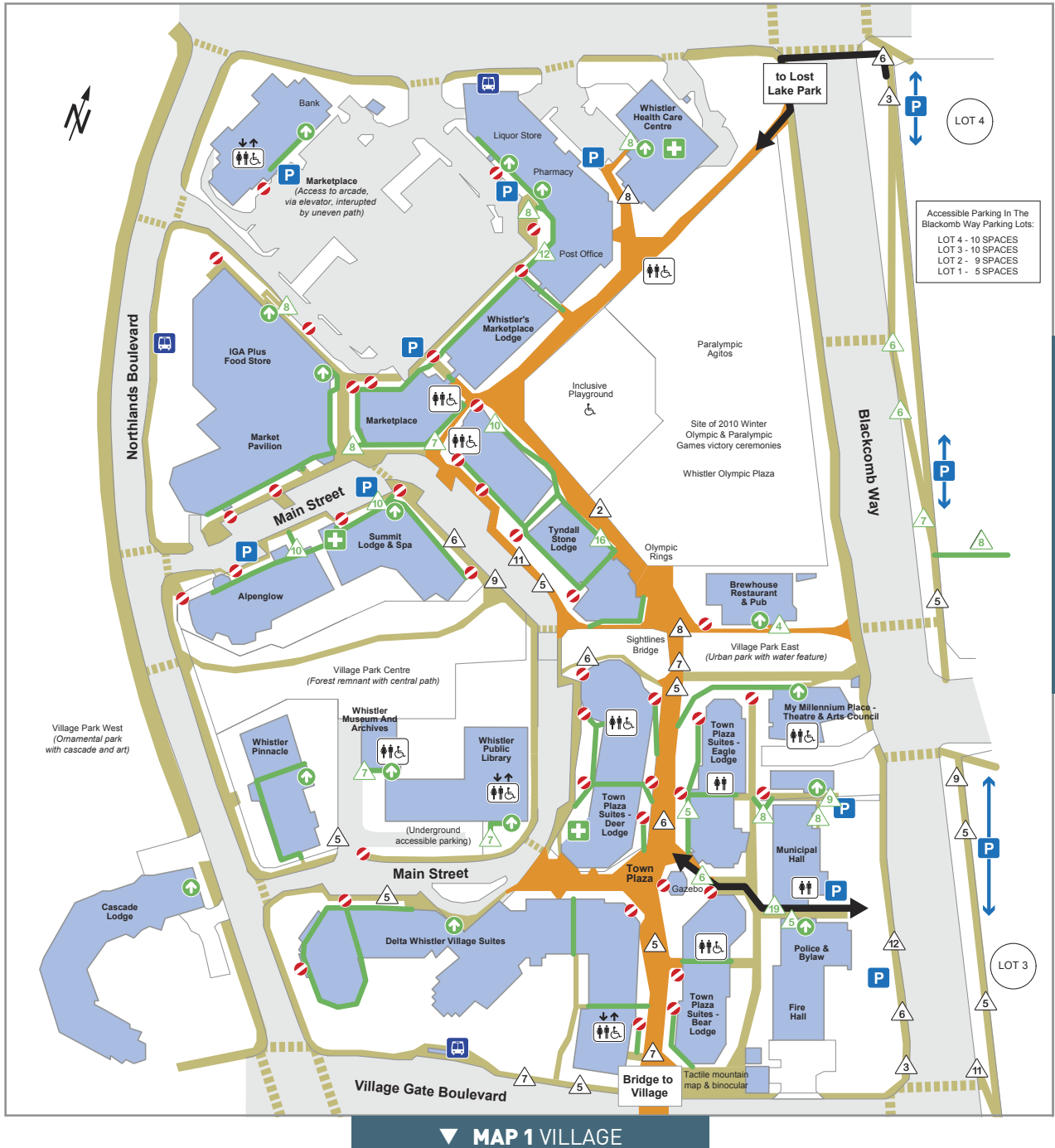
▲ MAP 2 VILLAGE NORTH



▲ MAP 3 UPPER VILLAGE

-  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



Accessible washroom



Bus Stop



Washroom



Full function sliding drawer
TTY telephone



Designated surface parking stall



Visitor Centre or Info Booth



Medical Clinic

3 Upper Village



Resource Directory

AGENCIES SUPPORTING PEOPLE WITH VARYING ABILITIES

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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

Contact: Hugh Tollett

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

www.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

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Email: info@whistlerfarmersmarket.org

www.whistlerfarmersmarket.org

Friends of the Whistler Public Library

Contact: Jane Reid

Ph: 604-932-3665

Email: janemcreid@yahoo.com

Squamish Lil'wat Cultural Center

Senior rates available.

Ph: 1-866-441-7522

Email: info@slcc.ca

www.slcc.ca

Whistler Arts Council at Millennium Place

Ph: 604-935-8410

Email: info@artswhistler.com

www.artswhistler.com

Whistler Film Festival Society

Ph: 604-935-8035

Email: info@whistlerfilmfestival.com

www.whistlerfilmfestival.com

Whistler Museum & Archives Society

Ph: 604-932-2019

Email: info@whistlermuseum.org

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: Alison Hunter

www.whistlerchorus.org

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.
Email: info@awarewhistler.org
www.awarewhistler.org

Bridge Club

Every Wednesday from November to June.
1 p.m. Millennium Place.
Ph: Gillian 604-932-5791
Ph: Annett 604-932-5914

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 those 50+.
Contact: Stacey Murl
Ph: 604-935-4154
Email: staceymurl@gmail.com

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

Invites locals to engage in social justice issues such as water, healthcare, security & international trade.
Contact: Pina Belperio
Ph: 604-932-1969
Email: pbelperio@gmail.com

Knitty Gritty

Knit and crochet. Tuesday 6pm at GONE Eatery.
Email: knittygrittywhistler@gmail.com
www.knittygrittywhistler.com

Lions Club

Join the world's largest service organization. Volunteers are needed to assist with events and fundraisers.
Ph: 604-938-9848
Email: clubedwhistler@hotmail.com

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

Non-profit, to protect Crown Land from Development.
Contact: Maureen
Ph: 604-932-5126

Toastmasters International Whistler

Contact: Sarah Lynch
Ph: 604-962-3413
Email: sarah_lynch@shaw.ca
www.whistler.freetoasthost.net

Resource Directory

Whistler Fisheries Stewardship Group

Contact: Heather Beresford

Ph: 604-935-8374

Email: hberesford@whistler.ca

Whistler Gardening Group

Contact: Gay Cluer

Ph: 604-932-4062

Email: bcluer@whooshnet.com

Whistler Naturalists Society

Contact: Kristina Swerhun

Ph: 604-935-7665

Email: whistlernaturalists@gmail.com

www.whistlernaturalists.ca

GOVERNMENT

Citizenship and Immigration

Ph: 1-888-242-2100

Email: cs@immigrationdirect.ca

www.immigrationdirect.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: 1-877-746-1963

Narcotics Anonymous

Ph: 1-866-683-6819

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

www.smpbc.ca

Cancer Information Phone Service

Ph: 1-888-939-3333

Email: info@cis.cancer.ca

COUNSELING AND MENTAL HEALTH

Crisis Intervention & Suicide Prevention Centre for B.C.

Ph: 1-866-661-3311

Senior Line: 1-604-872-1234

Email: info@crisiscentre.bc.ca

www.crisiscentre.ca

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.northshoreschizophrenia.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

Email: info@alzheimerbc.org

www.alzheimerbc.org

Dementia Help Line

Open Tuesday to Friday.

Ph: 1-800-936-6033

HOME SUPPORTS

Home Supports

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

B.C. Cancer Society's Cancer Connection

Ph: 1-888-939-3333

Email: cancerconnection@bc.cancer.ca

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

ALS Society

Ph: 1-800-708-3228

Email: info@alsbc.ca

www.alsbc.ca

Arthritis Society

Contact: Joan Vyner

Ph: 1-800-321-1433

Email: jvyner@bc.arthritis.ca

www.arthritis.ca

Resource Directory

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
www.bcbereavementhelpline.com

B.C. Lifeline

Provides 24 hour assistance for individuals to continue to live independently in their own home.
Ph: 1-604-872-5433
www.bclifeline.com

Canadian National Institute for the Blind (CNIB)

Ph: 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

End of Life Care

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

Epilepsy Society

Ph: 604-875-6704
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: 1-877-952-3181

Heart and Stroke Foundation

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

Multiple Sclerosis Society

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

Osteoporosis Info Line (OSTOP)

Ph: 1-800-463-6842
www.osteoporosis.ca

Parkinson Society of BC

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

Pharma Care

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

HELPING AGENCIES

811

Nurses, Dietitians, Pharmacists by Health Link BC.
Ph: 811
www.healthlinkbc.ca

211

Community, Social or Government Services.
Ph: 211
Email: help@bc211.ca
www.bc211.ca

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

Red Cross Loan Cupboard, Squamish

Offers help equipment such as wheelchairs, walkers, bathroom aids and more.

Mon, Wed, Fri 9am-Noon

Ph: 1-604-892-5318

Whistler Community Services Society (WCSS)

Community Greenhouse, Community Kitchens, Counseling Assistance, Emergency Financial Assistance, Food Bank, Helping Hand, Outreach Workers, Re-Use-It Centre, Re-Build-It Centre and Tax Assist programs.

Whistler Blackcomb Foundation Social Services Centre
1519 Spring Creek Drive

Ph: 604-932-0113

Email: admin@mywcscs.org

www.mywcscs.org

Whistler Chamber of Commerce

Ph: 604-932-5922

Email: chamber@whistlerchamber.com

www.whistlerchamber.com

HOUSING

Tenants Rights Information Line

Ph: 1-800-665-1185

Email: info@tenants.bc.ca

www.tenants.bc.ca

Whistler Housing Authority (WHA)

Ph: 604-905-4688

Email: mail@whistlerhousing.ca

LEGAL RESOURCES

Access Probono

Need lawyer's advice we can help you arrange a lawyer consultation. This service is for low to moderate income clients only and you must qualify by providing financial information.

Contact Davin

Ph: 604-938-3902

Email: davin@mywcscs.org

www.mywcscs.org

Advocacy Access Program

B.C. Coalition of People with Disabilities.

Ph: 1-800-663-1278

www.bccpd.bc.ca

Dial-A-Law

Ph: 1-888-687-3404

Email: cba@bccba.org

www.dialalaw.org

Lawyer Referral Service

Ph: 1-800-663-1919

Email: lawyerreferral@bccba.org

www.cba.org

Public Guardian & Trustee B.C.

Ph: 1-800-663-7867

MEDIATION SERVICES

Susan F. Smith

Beginning in January 2013.

Ph: 604-962-7076

Email: susan@whistlermeditation.com

www.whistlermediation.com

Nicholas Davies

Ph: 604-938-1763

Email: nick@whistlerlawoffices.com

www.whistlerlawoffices.com

Resource Directory

RELIGIOUS ORGANIZATIONS

Church on the Mountain

Ph: 604-902-4111

Email: info@churchonthemountain.ca

www.churchonthemountain.ca

Our Lady of The Mountains

Roman Catholic Church

Ph: 604-905-4781

Email: whistlercatholicchurch@telus.net

Whistler Community Church

Contact: Pastor Tim Unruh

Ph: 604-932-3139

Email: tim@whistlerchurch.ca

www.whistlerchurch.ca

SPORTS

HIKING

Low-impact hiking trails (easy)

Cheakamus, Lost Lake, Flank Trail, Valley Trail.

Moderate impact hiking trails

Rainbow Mountain, Blackcomb and Whistler Mountain.

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

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

Senior Ski Team

Ski Improvement Programs on Whistler/Blackcomb for skiers 55+.

Email: seniorskiteam@gmail.com

www.seniorskiteam.com

Whistler Nordics Ski Club

Email: admin@whistlernordics.com

www.whistlernordics.com

Whistler Olympic Park

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

Ph: 604-964-0060

www.whistlerolympicpark.com

OTHER

Alpine Club of Canada

Whistler Section.

www.accwhistler.ca

Mature Adult Class

Fitness class: Tuesdays, Thursdays and Saturdays. Meadow Park Sports Centre.

Ph: 604-935-7529

www.whistler.ca/meadowpark

Meadow Park Sports Centre

Ph: 604-935-7529

Email: parksrec@whistler.ca

www.whistler.ca/meadowpark

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.
Email: info@worca.com
www.worca.com

Whistler Racquet Club

Ph: 604-932-1991
www.whistlertennis.com

TRANSPORTATION

BCAA Roadside Assistance

Ph: 1-800-222-4357

B.C. Ferries

Ph: 1-888-223-3779
www.bcferrries.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

WCSS Helping Hand Long Distance Driving

Volunteer drivers from Whistler to Squamish or Vancouver for medical appointments by donation.
Contact: Melissa Deller
Ph: 604-902-0865
Email: helpinghand@mywcsc.org
www.mywcsc.org

Whistler Resort Cabs

Ph: 604-938-1515
www.resortcabs.com

Whistler Taxi

Ph: 604-938-3333

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: ee@whistlerblackcomb.com

Resource Directory

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@mywcss.org

www.mywcss.org

Whistler Public Library

Ph: 604-935-8433

www.whistlerlibrary.ca

Whistler Village Host

Ph: 604-935-8478

Email: ihost@whistler.ca

Whistler Weasel Workers

Ski racing volunteers.

www.weaselworkers.com

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

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 (Squamish)

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

Ph: 604-898-8000

Email: info@questu.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

WorkBC Employment Service Centre - Tii Training Innovations INC

Free employment services located in Function Junction. Get help with job search and resume writing. Access to fax, photocopier and computers for job search. Employer Services and Personal Employment Planning services.

Ph: 604-932-1600

or 1-877-932-1611

www.whistleresc.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

Whistler Community Services Society (WCSS)

Offers programs & services for financially restricted Whistler residents (all ages). Counseling Assistance, Emergency Assistance, Recreation Credit.

Contact Melissa Deller

Ph: 604-902-0865

Email: snap@mywcss.org

www.mywcss.org

WCSS Food Bank

Food is distributed every Monday from the Whistler Blackcomb Foundation Social Services Centre at 1519 Spring Creek Drive 10:00 a.m. - 12:00 p.m.

Ph: 604-935-7717

Email: foodbank@mywcss.org

www.mywcss.org



PHOTO BY TOSHI KAWANO / TOSHIKAWANO.COM



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employment:
project

TARGETED INITIATIVE FOR OLDER WORKERS

Encore is a 10-week employment program that can help you update your skills and put your experience to work in the Sea to Sky Corridor.

If you are unemployed, age 55+ and need help finding suitable work – **call us!**

2013 Program Start Dates:

Jan 7, April 8, July 8th and Oct 7

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We offer:

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- "Behind the scenes" company tours
- Connections with local employers
- Job search support
- Income support while you are in training

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Funded by the Governments of Canada and British Columbia through the Targeted Initiative for Older Workers



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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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**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



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MEDICAL CLINIC**

WHISTLER, BC

www.northlandsclinic.com