

Hello MAC members & Whistler 55+ / Senior friends in our Community during these unprecedented times in our world ...

The MAC Board has decided to defer our AGM (Annual General Meeting) as well as deferring all membership fees (for renewals and new members) until sometime in October, 2020. The exact date for the AGM will be decided at a later date depending on guidelines set out for COVID-19. All membership funds received since April, 2020 will be returned.

Here are some websites for updates and further clarification on the COVID-19 health & economic challenges.

Resources to keep you informed!

Community issues - <https://www.whistler.ca/>

business impacts (open/closed...) - <https://www.whistler.com/>

Vancouver Coastal Health – <http://www.vch.ca/>

Whistler Community Services Society – <https://mywcss.org/>

Sea to Sky Community Services - <http://www.sscs.ca/>

Better at Home - <http://www.sscs.ca/programs/sea-to-sky-better-at-home/>

Pique Newsmagazine - <https://www.piquenewsmagazine.com/>

MAC Facebook – <https://www.facebook.com/groups/960888177281796/>

BC Telehealth - https://divisionsbc.ca/sea-sky/your-division/telehealth-appointments?fbclid=IwAR3fFbQ0u4KLDwHgBl_9_I5HSyVoCUg8kCG-BGbtT8qDWjNvIF9CjD0uznY

BC Govt.: <https://www.healthlinkbc.ca/services-and-resources/about-8-1-1>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Whistler Chamber of Commerce - <https://www.whistlerchamber.com/>

BC Government Seniors - <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

BC - 211: <http://www.bc211.ca/coronavirus-2019-outbreak/>

Financial resources - <http://bowinnmaml.ca/covid19/supports/>

<https://www.411seniors.bc.ca/>

<https://canadatogether.com/en/>

Also, Remember - many financial planners and banks will work with you to evaluate using a line of credit, reverse mortgage, deferring mortgage payments, etc....

Even if you can't see or visit friends and family, how about using tools like Facetime, Messenger, Skype, Zoom.us ... to be able to talk and even see your family and friends using your cellular phone, iPad, or computer.

Need to talk to someone, need to be pointed in the right direction, know someone that you are concerned about in Whistler? Contact a MAC Board member by sending an email to chair@whistlermac.org and let us know how we can help!

There was a Estate Planning seminar in Pemberton last week, we have provided details from the seminar on our website (www.whistlermac.org) under the Resources tab.

Register for the New Safe Seniors Strong Communities Program

If you can help or if you need help with non-medical essentials such as grocery and prescription pickup and drop off, meal preparation and delivery, friendly phone calls or virtual visits, call 211 or visit bc211.ca

WHA Seniors Housing update

Bear Paw Building (rental)

A 1 bedroom became available in April. This was a non-senior occupant. It is **now** rented to a senior.

A 2 bedroom unit also became available at the end of April. There were 31 applicants, 3 of which were seniors. It is expected that this unit will be taken by a MAC applicant.

Rental qualification criteria changed July 23, 2019 and now has a maximum asset limit of \$300,000.

Senior designated units will be offered to seniors first. However, they will be rented to non-senior employees if no seniors qualify.

Should this unit go to a senior it will bring the total number of senior occupied units in Bear Paw to 13.

Solana (for purchase)

A 2 bedroom + den, approx., 1400 sq ft, became available. This is the first resale in Solana. It appears at this time that a long time Whistler senior and retiree has qualified under the traditional criteria of age, years in Whistler and who has worked 5 of the last 6 years prior to retirement.

Solana has unique qualification criteria which prioritizes the prospect types sequentially in 30 day periods.

- 1- a person who is a senior and a retiree (initial requirement)
- 2- a person who is a senior and who is either a retiree or a resident (30 days)
- 3- a person who is a senior (60 days)
- 4 - any person

The selling process is handled by Mountain Country Real Estate which is contracted by the Whistler Housing Authority.

As well as providing all qualification documents **The Standard Housing Agreement** is a required document to be signed by all qualifying Buyers. By way of **Statutory Declaration** this document entrenches the rent and or selling price of the property.

For further discussion, comments or questions please email or call me.

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NEWS WHISTLER

Whistler seniors well supported during COVID-19

HELP AND RESOURCES FOR SENIORS AVAILABLE ONLINE

BY BRADEN DUPUIS

WHEN WHISTLER'S Mature Action Community (MAC) was first formed in 1995, one of the key goals was to help local seniors (aged 55 and over) feel connected.

Twenty-five years later, in the age of COVID-19, those connections have never been more important.

"Because our membership has so many years of experience in living here in Whistler, many of them have formed their own coffee groups, their own networks of calling each other and supporting each other over the phone, and then MAC is a backup for that, to say if you need other services in the community, we are here to help you," said MAC chair Kathy White.

"So we're self-distancing, self-isolating, but we're not alone."

About 25 per cent of Whistler's population is over the age of 50, White said, and MAC itself boasts more than 200 members—but Whistler "seniors" don't fit the typical description.

White pointed to local ski instructors Marcel Richoz and George Tjelloo-Nicholas—

highlighted in a recent documentary called *The Fit Generation*—as just one example (see *Pique*, Jan. 20: "The Fit Generation offers inspirational look at aging").

"They are a great example of active, engaged seniors who are very healthy here," White said. "So we wouldn't be your atypical senior—we're not sitting around very much."

That said, COVID-19 could present stressful situations for seniors, especially those who are at a higher-risk of developing symptoms and needing hospitalization if infected.

Is there a greater fear or anxiety amongst Whistler's senior population these days?

"Sure, and rightly so. So we have to take extra measures," White said. "I think a lot of people are taking extra measures to stay safe, and not go out as much right now."

Delivery services and earlier hours for seniors at grocery stores are appreciated, White said, as is the free transit offered by the Resort Municipality of Whistler.

For those struggling with mental health, the Whistler Community Services Society can offer counselling, White said.

"I think people forget to ask for help, so we're asking our seniors to reach out,"



ON THE GO Whistler's seniors—like ski instructors George Tjelloo-Nicholas (right) and Marcel Richoz, who were both featured in the recent documentary *The Fit Generation*—don't always fit the stereotype. But those who need help during COVID-19 can find resources through the Mature Action Community.

PHOTO COURTESY OF EYES MULTIMEDIA

White said. "We connect with them through a newsletter that says, here are the places to go to get that help. We aren't going to push you, but you need to find motivation to get help where needed."

White also recommended a free mental health skill-building program called BounceBack (find more at bouncebackbc.ca).

More health resources, including a page dedicated to COVID-19 information, can be found at whistlermac.org.

During these days of physical distancing and self-isolation, it's important to stay connected—even if only with the people in

your neighbourhood, White added.

"The families in town, too, they might be missing their grandparents. Sometimes just reaching out to the local senior in the neighbourhood, for kids and seniors out and about in the community, it kind of reminds them of their families," she said.

"I would just remind seniors and people in the community that we're not alone, and that Whistler MAC is filled with a group of 55-plus people that have been younger, longer."

"We've been here through this before, through many life challenges. Nobody is alone in this community, that's for sure." ■

To all Resort Municipality of Whistler and community volunteers – thank you!

Volunteers are an integral part of Whistler's passionate and engaged community. This National Volunteer Week, we recognize your dedication and service. Thank you for your contributions during these challenging times and always.

Resort Municipality of Whistler
whistler.ca/volunteers

