

MAC's Fall Golf Event, Tuesday September 26

Book by July 31st!

If you enjoyed the Summer BBQ or missed it and heard how much fun it was, then you don't want to miss out on MAC's golf event. on Tuesday September 26!

Fall Golf Tournament and Dinner - Nicklaus North - Tuesday September 26, 2023

2 PM Shotgun start for golf. 6:30 cocktails and 7:00 PM dinner.

Nicklaus North Golf Course and Table 19 have stepped up as a great community partner to offer us an exceptional price:

- \$110 for golf (including power cart)
- \$ 75 for dinner (including 1 drink)
- all taxes and gratuities included.

You can come for dinner only even if you are not playing golf. If you have dietary restrictions or allergies, you can let us know during registration and we will do our best to accommodate you.

As all the Whistler golf courses are fully booked year-round, we need to complete registration and payment by July 31 to reserve our place. So don't delay!

How to Sign Up!

MAC members must login to the MAC website to register (members can register guests but we would ask you to encourage your guests to join MAC). More details about the tournament and dinner are on the website.

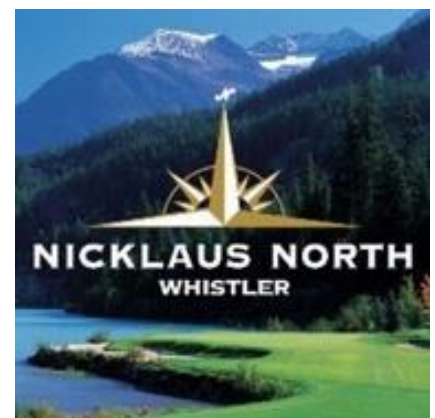
- 1) Go to <https://www.whistlermac.org/member-login.html>
- 2) Login to your MAC member account
(contact support@whistlermac.org if you have problems)
- 3) Under the Events option in the menu select Golf Tournament to register for golf.
- 4) Under the Events option in the menu select Fall Dinner to register for the dinner.
- 5) Pay by Bank etransfer (to treasurer@whistlermac.org)

If you are paying for both events at the same time, or multiple people in a group, please note the details in the "Message" part of the etransfer.

Looking forward to seeing you on the links and/or at dinner!

Charalyn, Suzanne, Lynn and Iain

Your Social Committee



MAC Talk, Join the Conversation

Recently, MAC has posted some news articles asking for comments or feedback. Thanks to all that sent in comments to info@whistlermac.org or added comments to the Facebook page. We are hoping to facilitate conversations with our members on subjects that may be of interest or to gauge interest in possible programs or seminars.

Thanks to all that sent in comments from the last newsletter. The news of the sale at the Solana unit was of interest to newsletter readers. We previously posted a timely article from the Globe and Mail, **“Unable to downsize, more seniors are living in larger homes with empty bedrooms”** and asked the questions:

Are you a senior wanting to downsize your home here in Whistler? Are you looking for alternatives? Does Whistler have enough senior appropriate housing, or do we need more? Does the RMOW need to be playing a more active role in providing housing for seniors as well as offering resources and facilities to allow seniors to age in place comfortably? Contact us at info@whistlermac.org and tell us your experiences.

MAC will be hosting a townhall in the fall for our members to discuss housing issues (WHA and market, rental and non-rental) for Whistler’s 55+. Are you interested? Let us know. What topics would you like to see discussed? Contact us at info@whistlermac.org

Through the WHA and other agencies, MAC will continue to advocate for affordable and suitable housing for seniors here in Whistler, including options at Northlands Boulevard and other creative solutions. MAC needs to hear from you. We want to advocate for all seniors in Whistler.

Seniors are opting for 'Fun-sizing' homes instead of downsizing.



What Is Fun Sizing? It is a home trend focused on individual goals, so it will look a little different for everyone. The general idea is that a significant life change allows you to reflect on what you want and adapt the design of your home to enhance how you and your family live. What are you doing to fun-size your home? Let us know at info@whistlermac.org

Check out some of these articles on Fun-Sizing!

- 1) read [here](#)
- 2) read [here](#)

A Month of MAC Activity

Since our last newsletter, the MAC Board and other volunteers have continued to advocate for Whistler’s 55+ and undertake initiatives under our Strategic Plan.

- Whistler MAC encouraged via the RMOW Accessibility & Inclusion Committee to apply for July 28, 2023 BC Govt. Healthy Communities Grant and for the RMOW to pursue Age Friendly BC community recognition. The AFBC community recognition program is designed to recognize success and encourage and motivate communities to take actions towards becoming age-friendly.
- Attended the RMOW Council Meeting on Tuesday, July 18 where Chair, Kathy endorsed their application for the grant and AGBC designation. Council voted to moved forward with both.
- Attended WCSS (Whistler Community Services Society) AGM and here is their AGM Report [click here](#) Whistler MAC members are encouraged to connect with Carla Royal at WCSS for the monthly free Activate & Connect monthly session
- Attended the WCF Annual General Meeting
- Attended the Chamber of Commerce Townhall meeting (see page 7).
- Updating the Whistler MAC website materials and hiring Ruth Barrow of Whistler Creative and other consultants to assist with the process.
- Attended the CHBA Builder meeting to encourage them to work with MAC to provide assistance to MAC members for renovation & energy saving projects and possible discounts.
- Organized the FUN Summer BBQ. See photos in this newsletter!
- Ongoing organization for the fall Golf Tournament, register now!
- On-going organization for the Making Connections Program
- Ongoing financial governance of MAC
- Liaising with Patrick Weiler’s office for Cheque Presentation Program for New Horizon Grant and organizing the event
- Meetings with the BCCRN, launching the new Whistler CRN and engaging partners in this process (see page 5)
- Discussing with multiple partners new educational and recreational programs for this coming fall/year
- Attended the RMOW Accessibility & Inclusion Committee meeting.
- Social Media postings
- Produced the July Newsletter

Be a Part of What Is Happening Next Month!

Get To Know “MAC” -- Meet Peter Shrimpton

A new feature of our monthly newsletter will be “Get to know MAC” where we will feature one of our MAC members with a brief introduction and some questions and answers. This month we are starting with Peter Shrimpton who is well known in the Whistler community. Peter grew up skiing and vacationing in Whistler and when it came time to settle down and start his family 30 years ago, he knew the growing community was exactly where he wanted to be. Peter has just officially retired from his law practice at Mountain Law after 30 years of practicing law in the community. He has now passed the torch to his associate, Amanda Welton-Hagen. The Pique (June 23, 2023 Whistler lawyer Peter Shrimpton wins provincial award for decades of pro bono work) reported that Peter had been named “the recipient of the Dugald Christie Award for Advice Services, a provincial honor recognizing a volunteer lawyer or law firm showing outstanding commitment to pro bono service”. See the complete article [here](#) .

When did you come to Whistler? Why did you decide to call Whistler home? What keeps you here?

I was in the back seat of my parents’ car in a baby seat, probably without a seatbelt, in 1962 when they took several hours to drive up the gravel road from Vancouver to see for themselves what was going on in the Whistler Valley (nothing!). After being a fairly regular weekender at the Tyrol Lodge (\$5/night!) from 1975 on, it was in 1992 when I married my first wife that we finally bought a lot in Cay Heights and moved into our beautiful new house a year later. Four children later and I am the only one still here, the biggest kid of all...in the best playground the world can offer!



Tell us a little bit about your family. My father did not join his own father’s law practice in London, England, on qualifying but came to Vancouver and was a lawyer for 50 years. He taught me most of what I know, and certainly all the good things about lawyering! I took over his firm early on in my career and then set up a branch in Whistler when I moved here, which soon became HQ. It was he who taught me to treat everyone with respect and patience, regardless of their background, but it was my mother, a German immigrant, who instilled in me the values of community building and leaving a solid legacy. My parents visited here often to be with their grandchildren, so my kids were very fortunate to have that influence in their lives, a rarity amongst the local youth here in the Corridor.

You just retired as a prominent lawyer here in Whistler, what would you say are your biggest or perhaps happiest moment or achievements in your career?

Having been able to balance professional pursuits with family, whether my immediate or extended one. The cost of living here combined with the reduced pay scale for a smaller town made that a challenge but I do not regret the financial sacrifice. Receiving that Access Pro Bono low-income community clinic recognition was a wonderful way to “go out on top”!

You seem to be a very fun-loving person, what are your favourite hobbies/sports/interests? An easier question for me to answer might be what extracurricular activities do I not like!... (LOL)

What would you say is your superpower or super skill? Or alternatively, what superhero would you want to be and why? Great question and have never been asked that in my 61 ½ years on this planet....Apart from my party trick of being able to balance 7 spoons on my face (yup...)? Tell you what, I will mull over that question and get back to you once I am able to place that 8th spoon...



Tell us something that most people would not know about you. I was told that I would be a shoo-in if I went to the try-outs for Canada's cricket team, but demurred when I found out that they were in Toronto. Also, that was me wearing the Safety Bear outfit (on the hottest day of the year I should add) at the front of the Canada Day Parade in Parksville in 1984 when I was an RCMP Special Constable during law school!

What steps have you taken to age in place, here in Whistler? After marrying Rose last year, we have been spending more time at her lovely recreational property on a lake about an hour from Whistler. Now that I am retired, we will be there basically full-time as the one-acre garden is going to need a lot of work! No, we won't forget about the skiing and look forward to taking our two charming Aussie Labradoodles out on the Callaghan trails as well!

What do you think are the biggest challenges for the 55+ crowd in Whistler? Suitable housing and adequate health care.

What do you think are the biggest priorities should be for MAC moving forward? Mining the terrific talents of our seniors to advocate for and implement strategies for appropriate senior living & playing here.

What's the best advice you can give to someone who wants to retire in Whistler? After doing your research and finding your spot to live, go out and volunteer after reading my Letter to the Pique Editor!



We would like to thank Peter for taking the time to answer our questions. Peter will be contributing to this newsletter in the future with articles about wills, estates and other topics of interest to the MAC members. In case you missed it, please read his Letter to the Editor (Pique June 30) on page 10 of this newsletter.

MAC Launches A New Program That Will Benefit Seniors in Whistler

We are pleased to announce as part of the Mature Action Community's (MAC) Strategic Plan, to engage and connect with Seniors in the Whistler community, we have joined the British Columbia Association of Community Response Networks (BC CRN) to form a Whistler Community Response Network (CRN). The network is designed to bring together stakeholders in the health and well-being of our seniors in the Whistler community.

What is a CRN?

The aim of the CRN is to bring the diverse groups of concerned citizens to work together to create a coordinated community response to adult abuse, neglect, and self-neglect. There is a need for communities to form CRNs to provide information, advocacy, support and referrals to older adults who are dealing with issues affecting their well-being, as well as those who care for them. The CRN teaches community members how to recognize warning signs of the full spectrum of elder abuse and to respond safely and supportively...to create awareness of what can be done to uphold and protect the rights of older adults. A CRN advocates for better coordination of services and supports designated agencies in carrying out their responsibilities. The Whistler CRN will focus on elder abuse as a current and vital issue in our community. That abuse could include financial/economic issues, physical or sexual or physiological/mental abuse, verbal/emotional abuse and cultural/identity abuse.



MAC has appointed a CRN Coordinator, Lyn Stroshin, to bring potential volunteers and designated agencies together. We would like to thank Lyn for volunteering to fill this important role. CRN members work together to plan activities relevant to the needs of their community. Lyn will bring together a network of individuals and agency members with the aim of becoming more aware of each other and what they do. When an individual is referred to the Whistler CRN, Lyn, along with team members will have the knowledge on who in her community can assist that individual. Acting as a resource hub to field inquiries from members of our community the local team would refer/connect them to the right agency or resource. In the future look for MAC in conjunction with the Whistler CRN to offer some educational seminars for the 55+. We will also have

a booth at the Whistler Farmers' Market on August 6, September 17 and on National Seniors' Day which is October 1. Drop by and say hi and learn more. If you are interested in volunteering with the Whistler CRN and/or at the Farmers' Market, please contact Lyn.

Lyn Stroshin
Whistler CRN

Whistlercrn@gmail.com

For more information visit BCCRN



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

Sign up for Whistler Alert- Whistler's emergency notification service.

Whistler Alert is the official emergency notification system used by the Resort Municipality of Whistler (RMOW) to communicate with residents and visitors during emergencies. Sign up now to receive alerts via text message, phone, and email. The system enables the RMOW to provide you with critical information in a variety of situations that may pose a risk to your health, safety or property.

For more information or to sign up, visit [here](#)

Did you know about the BC Farmers' Market Nutrition Coupons?

Farmers' Market Coupons are available for B.C. seniors again this year. Each household enrolled will receive at least \$27/week in coupons to spend on fresh food at their local farmers' market. Markets do not give out coupons directly to participants. You must get in touch with a local community partner to enroll in the program. For more information visit [here](#)

The Farmers' Market Nutrition Coupon Program (FMNCP) is a healthy eating initiative that supports farmers' markets and strengthens food security across British Columbia. Community partner organizations provide coupons to lower-income families, pregnant people and seniors participating in their food literacy programs. Coupons can be spent at all BCAFM member farmers' markets that participate in the FMNCP, and can be used to purchase vegetables, fruits, nuts, eggs, dairy, herbs, vegetable & fruit plants, honey, meat and fish.

Households enrolled in the program may receive \$27/week in coupons for up to 16 weeks. The amount and frequency and duration can vary according to each partner's program guidelines and the length of the Farmer's Market season in the community.

Program History

The Farmers' Market Nutrition Coupon Program began in 2007 as a pilot project operating in each of the regional health authorities. The Ministry of Health began funding the program in 2012. The program successfully expanded from 2012-2014 and has been in full operation since 2015. It has continued to grow since and now serves over 85 communities and reaches over 18,000 families, seniors and pregnant people from over 10,000 households in BC.

Making Connections

Making Connections dementia-friendly program is being held weekly on Wednesdays 10:30 am at the Catholic Church. A program for people with dementia and their caregivers. Try a session for free, contact cdkriz@gmail.com.

On August 17, The Board of Directors of the Mature Action Community (MAC) will be hosting our cheque presentation ceremony as we receive funds from the Federal Government's "New Horizons Grant" which will provide critical funding to support our program. We will celebrate its success and recognize those who have supported us on this journey with our invited guests.



How can you get coupons?

You must contact the organization in your community directly to inquire about for Program availability, eligibility requirements and application information. Below are the Sea to Sky Farmers' Markets participating in the program.

Whistler Farmers' Market

Community Partner: Whistler Community Services Society (Food Skills and Nutrition Program)

Pemberton Farmers Market

Community Partner: Sea to Sky Community Services Society (Healthy Pregnancy Outreach Program)

Squamish Farmers' Market.

Community Partner: Sea to Sky Community Services Society (Healthy Pregnancy Outreach Program), Howe Sound Women's Centre

VCH Survey, Please Take Part

VCH is working on a master plan for our area. As part of their information gathering they are asking for as much feedback as possible through a survey on their website and the survey is open until July 31st. Please take the time to fill out the survey.

<https://engage.vch.ca/health-vision>



Looking for Volunteers

We are always on the lookout for volunteers to join one of our committees. Contact us if you are interested in any of the following:

To help man the Whistler BC CRN - MAC table at Whistler's Farmer's Market to help promote the good works of MAC and BC CRN Aug. 6, Sept. 17 and Oct. 1. If you can spend a few hours in a fun environment, email us at info@whistlermac.org

Whistler MAC is looking for a Board Member to join us as Chair of the Membership to oversee the Committee and the Keela team (the new exciting member management software) as well as volunteers for this committee. If you are interested email chair@whistlermac.org

Volunteers with interest and expertise to help us create a community resource hub website for 55+ Seniors Whistler residents & visitors as part of our new website project.

Looking for volunteers for the Newsletter Committee we are recruiting members for the newsletter committee who might have fun tracking down and producing an engaging, informative newsletter for our members. Contact us at info@whistlermac.org



Always a fun time volunteering with MAC!

Town Hall Meeting with Federal Minister of Tourism, Randy Boissonnault and

Sea to Sky Country, MP, Patrick Weiler



On, Wed. July 12th (10 to 11 am) Whistler MAC Chair - Kathy and MAC Board Chair - Communications & Community Engagement - Cheryl went to the Whistler Conference Centre Rainbow Theatre for Town Hall event organized by Tourism Whistler and the Whistler Chamber of Commerce with special guests [Randy Boissonnault](#), Federal Minister of Toursim and [Patrick Weiler](#), our local MP. They were here to promote the official launch of [Canada 360 tourism initiatives](#). Patrick is the co-chair of the All Party Parliamentary Tourism Caucus so can advance the tourism in our community.

Kathy had an oppourtunity during the question & answer session to ask for Tourism Canada / Whistler assistance to promote 55+ / Seniors tourism marketing where local community residents can engage and connect with visiting 55+ / Seniors for different tourism related activities from educational tourism, cultural tourism to sport tourism. Kathy was quick on her feet to also thank Patrick Weiler for our Federal Government New Horizon's Grant. This community engagement is important to bring more awareness to MAC and help us advocate for the needs of the 55+. As part of our MAC strategic plan 2023-24 we encourage MAC members to help us promote this process further for advocacy, engagement and FUN times!

Learn more [here](#)

Summer BBQ! The Good Times Were Rolling Along

On behalf of the Whistler MAC (55+) group I would like to thank our wonderful community partners the Whistler Racket Club and Nester's Market for supporting our annual Summer BBQ. There were 100 MAC'ers who turned out on a gorgeous summer evening for some pickleball, axe-throwing, socializing and dining with Big Love singing and playing all night long with crowd pleasing favourites. It could not have been finer in Carolina! Congratulations to our best Hawaiian dressers, Stewart Kleban and Barb Instance who each won a \$25 gift certificate for BC Liquor Store.

Special thanks to Sonia, Jamie and Shea at the WRC for providing the excellent venue and organization, Bruce Stuart and Nester's for their generous donation with sponsoring all the tasty food for the BBQ, and Erik Van Meerbergen, "Big Love" for making it such a wonderful night. We can't forget our barbeque lead hands Rheo and Brian who cooked those burgers to perfection and of course our Social Committee, Iain, Suzanne, Charalyn and Lynn for making it such a fun evening.





One Man's View on the Benefits of Volunteering

Letter to the Editor, Pique, July 1 Whistler locals 'prime pump' of tourism

To follow up on last week's Pique article on my volunteering award, I have been encouraged to share some thoughts on the importance of volunteerism in general, as well as to me personally.

If our main economic engine in the Sea to Sky Corridor is tourism, thanks in large part to our amazing natural environment, then it is we locals who prime the pump and keep that engine in great running condition.

We get involved and stay energized by co-existing in healthy and vibrant communities where we can happily live, play and work.

But how do we nourish and sustain ourselves in that regard?

The "secret sauce" in community-building must surely be the giving of one's time, talent and resources for the betterment of our society, without expectation of direct gain or reward.

Yet with that satisfaction of making a positive and lasting contribution through volunteering comes the personal benefit of a significant boost in mental health.

That "feel good" sensation from higher serotonin and dopamine levels stayed with me long after my weekly low-income community law clinics.

I also cannot count the number of life-long friendships I have forged through my volunteer involvement over the last 30 years in Whistler.

These deep relationships have enhanced my sense of belonging and have made me proud to be part of community- building.

The wonderful opportunities to share ideas and engage meaningfully with other volunteers have enhanced my feeling of self-worth.

The professional and personal development associated with such activities is incalculable.

The "one-stop non-profit shops" of our local Community Foundations in the Corridor, as well as our Community Services Societies, are great umbrella organizations to find ways to volunteer, join or donate.

There are countless exciting opportunities with our diverse sports and recreational associations, as well as in our schools.

Our local governments and ski area operators have many interesting programs for volunteers.

There are frequent community fundraisers, and of course special events which attract a range of volunteer needs.

Start on a small project, join a committee, then get invited or apply to the non-profit's Board.

You will be surrounding yourself with dynamic and engaged individuals, most of whom have very busy lives but know the priceless value of volunteering.

The oft-quoted Churchillian saying is worth repeating:

"We make a living by what we get, but we make a life by what we give."

Peter Shrimpton



See Page 7 for Volunteer Opportunities with MAC or email us to let us know how you would like to volunteer at info@whistlermac.org

Note from our Chair

Peter provided pro bono work on MAC governance over the years and created our member yearly membership waiver.

Peter also provided an educational session titled *Lunch & Learn with MAC: Estate Planning with Peter Shrimpton* Watch it [here](#)

Special thanks to Peter and happy retirement!

Pharmacists can now provide care for minor ailments.

Starting Thursday, June 29, 2023, people can book an appointment online to see a pharmacist for minor ailments. The launch of the provincial booking system will provide people in B.C. with increased access to health care through a consultation with a community pharmacist, making it even easier and more convenient to access the health care they need. The pharmacist will assess your symptoms with you. They will explain the best options for your care. You may get a prescription for medication, advice for self-care or recommendation to see another health care professional for further assessment.

Click [here](#) to learn more to see the list of minor ailments that qualify and to book an appointment. Some pharmacies provide telephone bookings or walk-in appointments.

Updates for the Whistler Community Foundation

Vital Signs: Your Feedback is Needed

Vital Cafe planning

We're in the planning stages for a Vital Cafe(s). If you have not yet offered feedback or if you have new feedback for the [Vital Signs Report](#) released earlier this year, please [provide answers to our questions in this link](#).

For more details about Vital Signs visit whistlerfoundation.com/vital-signs

Whistler Writer Festival

Save the date October 12-15, 2023

[Home - Whistler Writers Festival](#)

Whistler's Citizen of the Year Remains Open

Nominate by July 24, 2023

[The Citizen of the Year - Whistler Chamber of Commerce](#)

Recent Research: Interesting Reads

1) Prioritizing supports and services to help older adults age in place: A Delphi study comparing the perspectives of family/friend care partners and healthcare stakeholders. (PLoS One)

Aging in place (AIP) is a policy strategy designed to help older adults remain in their communities. While planners internationally have modified aspects of the older adult care continuum (e.g., home care, assisted living, nursing homes) to facilitate AIP, further improvements to community-based supports and services are also required. This study compared and contrasted the community-based factors (e.g., supports, services and personal strategies or characteristics) that family/friend care partners and healthcare stakeholders (i.e., planners/providers) view as most important to help older adults successfully AIP. [Learn More](#)

2) Did We Expect Too Much Of Rural Age friendly Initiatives? Studying the Sustainability and Scope of a Rural Canadian Age-friendly Program (Journal of Rural and Community Development)

Understanding the sustainability of age-friendly initiatives is timely, given the interest of governments worldwide in age-friendly policy and programs. Focusing on expert perspectives from 11 rural communities in Newfoundland and Labrador, this study examines how limitations to the sustainability of rural age-friendly initiatives (at both the committee and program level) may affect systemic community change. [Learn More](#)

COVID-19 Boosters and Flu Shots

The Province is continuing to roll out its COVID-19 vaccination booster campaign. Boosters are currently being offered to people in long-term care, seniors 80 years and older, Indigenous seniors 70 years and older, and people who are immunocompromised. Eligible individuals who received their last dose six months ago will receive invitation via the Get Vaccinated System.

[Learn More](#)