

## What's Happening at MAC?

### Pizza Everyone? Mark Monday September 18 On Your Calendar



MAC is very fortunate to team up with Creekbread as a beneficiary of their ***Our Community Bakes: Pizza With Purpose!***

**When: Monday September 18 3-7pm**

Only orders placed between 3-7 will be eligible for proceeds to MAC. Order early to ensure pick-up times.

As a great fund-raising event for MAC, portion of sales of small and large pizza take out orders goes towards MAC to help with our initiatives to connect, engage and advocate for Whistler 55+/seniors in an age friendly community. As part of their mission Creekbread supports local organizations that have an impact on our community. The primary way that they accomplish this is through their community benefit nights.

**Everyone loves Whistler and everyone loves Creekbreak Pizza, so tell your friends and family and support this MAC Fundraiser.** See you at Creekbread on September 18 when you pick up your order. Take some time to talk to the MAC volunteers who will be happy to share information with you.



### Sunday, September 17: Whistler MAC & BC CRN at the Whistler Farmer's Market

Once again MAC will be at the Whistler Farmer's Market! Come join us 11 am to 4 pm. Stop by our booth to learn more about the work of the new Whistler Community Response Network and how it will help adults to elderly with a variety of programs and services. Contact for Whistler CRN is Lyn Stroshin at email: [whistlercrn@gmail.com](mailto:whistlercrn@gmail.com) Meet the volunteers. Free Swag!

Join the conversation. Talk with our MAC volunteers to provide feedback and suggestions about our continuing advocacy and events. Lots is happening this fall.

We are looking for volunteers to help on Market Day. If you have time for a 2 hour shift between 11 am to 4 pm on Sunday, September 17 and October 1, we encourage you to connect with Cheryl Green at [info@whistlermac.org](mailto:info@whistlermac.org). We hope to meet new people who would love to hear about aging well here in Whistler and encourage them to join MAC!



### MAC Golf Event Tuesday, September 26, 2023

Thanks to all those that have signed up for our first (annual) golf and dinner event - it will be a fun day. Registration has closed, however, there may be space available if there are last minute cancellations. So....if you haven't registered but could now join us please contact me at [iain.grunwell@gmail.com](mailto:iain.grunwell@gmail.com) and I will add you to our waiting list.



# Patrick Weiler Presents Cheque to MAC for \$21,440.00



MAC was very fortunate to have Patrick Weiler, member of parliament for West Vancouver – Sunshine Coast – Sea to Sky Country present a cheque of \$21,440.00 to support our Making Connections program. These funds were available through the Federal Government's the New Horizons for Seniors Program (NHSP). Mayor Jack Crompton and councillor Jeff Murl were also there to congratulate MAC on the success of the program.

Special thanks to MAC Board Member and Project Lead, Charalyn Kriz who started this as a pilot project back in October 2022 with \$350 from user fees and support from SSCS United Way Better at Home program for refreshments and supplies for activities. This program is now offered weekly for those affected by dementia and their caregivers to enjoy a time of gentle physical activity, and socializing through games and a light lunch. Charalyn outlined how we got where we are with the program and celebrated our success and acknowledged those who have helped on this journey. We could not have done this without the support of many. Thank-you to Christina Rupp and Hailey Leblanc from SSCS for such critical support of the pilot as well as Karin Wylie and Lynn Ashton for assisting with the sessions, to Kathy White for assisting with the criminal record checks and to Racel for keeping the books and helping with the required program reports. A big thank-you to Father Andrew, and Elena Murphy and the diocese of Our Lady of the Mountains Catholic Church, to all the volunteers who make this program possible, and to WCSS who made an "in kind" donations.

Patrick made a few remarks before presenting the cheque for \$21,440.00 to MAC Chair Kathy White and Charalyn Kriz.

*"We know that Canada's demographic landscape is rapidly changing. By 2036, over a quarter of Canadians will be 65 years of age or older. Our government knows that supporting older adults and seniors must always be a key priority. That is what led us to increase Old Age Security for Seniors over 75 last year and provide publicly funded dental care to seniors as well as make historic investments in healthcare that will ensure seniors get the care that they need. Seniors are the backbone of our society and have contributed so much to our communities. It is right that in turn we ensure they have the support and opportunities they need to have the best quality of life"*

*The Whistler Mature Action Community's dedication is very critical in creating a nurturing environment for seniors and enhancing their quality of life in our community. Programs such as Making Connections are needed for seniors and families who are navigating the very complex realities of dementia and offering them a path to renewed connections and shared experiences. Supporting seniors has and will always be an essential priority for our government. By empowering our seniors to build connections we are building stronger communities. Every year the New Horizons program for seniors are able to fund over 3000 projects coast to coast to help reduce social isolation, combat ageism, build intergenerational-*



al connections and raise awareness about important topics such as elder abuse.”

After our group photo, a reception followed where Patrick was able to mingle with the participants, caregivers and volunteers of the program and hear their stories. Glenn Bayliss who attends the program with his wife Carol says, “We are so appreciative of this grant from the Federal government which allows us to continue with the Making Connections Program for those families living with Alzheimer’s in our community. A pleasure to share with Patrick how much this program means to us and how well it is working here in Whistler. Greatly appreciative of the support!”

“With limited resources available to Whistler seniors to ensure aging in place, the New Horizons Grant that the Mature Action Community received for our Making Connections Program is one way that the federal government has helped Whistler seniors with dementia to remain in the community longer. “The goal of the program is to slow cognitive decline in people with dementia and to allow caregivers the chance to bond, share experiences, form friendships and develop their own support networks with others in the same situation. To many, it is the high point of their week. We are already seeing benefits as participants improve their strength and balance and enjoy each other’s company.”

**Try a session for free by contacting [cdkriz@gmail.com](mailto:cdkriz@gmail.com)**

Later Patrick Weiler sat down for a round table discussion with the Board of Directors of MAC, along with Mayor Jack Crompton and Councillor Jeff Murl. See more under Join the Conversation on page 5





# MAC Housing Update

## COMING SOON ... Whistler MAC Membership Round Table Discussion...Save the Date!

We will be hosting a fall round table discussion for our members on **Saturday, November 18, 12:30 to 5:30**, to discuss housing issues (WHA and market, rental and non-rental) for Whistler's 55+. It's important that MAC members work together to put forward to the RMOW ideas about the 4500 Northlands Development project that is scheduled to come up for Phase 3 community review. Whistler MAC is also looking to explore other housing options aside from the Whistler Housing Authority. More details to come in the October newsletter.



Here are some interesting articles to review in the meantime.

[Serious Shortage Of Seniors' Housing Motivates BC Developer](#) and [What Housing Policies The Government Of BC May Consider For Budget 2024](#)

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 other creative solutions. MAC needs to hear from you. We want to advocate for all seniors in Whistler.

## MAC NEEDS YOUR HELP

It is an exciting time for MAC with so many initiatives in the works that will allow us all to Live and Age Well in Whistler. We have been busy liaising with many of our partners in the community, however, we need your skills and expertise to continue to implement many of these programs and get them off the ground.

### Please Join Our Volunteer Board And Committees

It's an exciting time for MAC members to apply to join our Board and committees. Help keep MAC Moving Forward with advocacy, community partnership and FUN social times together! For further details and to apply, please email Kathy White, MAC Chair: [chair@whistlermac.org](mailto:chair@whistlermac.org) We are hopeful to train our new Board & Committee members this Autumn to help them learn their important roles to be acknowledged at April 2024 MAC Annual General Meeting!

### Our New Keela Membership Software System Needs your Help To Get Ready

Fantastic News! With our grant of \$22,965 from the Community Services Recovery Fund through the Community Foundations of Canada, our new website development is moving along and will be ready this fall. We are now in the process of implementing the Keela Membership Software Program and need your help. We are looking for MAC members that can help volunteer to join the membership committee to help update the membership database to make sure all our member contact details are up to date to use within the new system. This software will greatly improve the ability to connect with our members by phone / email / eNewsletter as well as streamline the registration and payment process for all of our events. It's a fun time to create 'calling circles' in the future for MAC members to connect for coffee groups / bike rides and other social events they set up together to support each other as part of the other ongoing community events and volunteers opportunities.

## MAC Talk, Join the Conversation

Members of the MAC Board had the opportunity to sit down with Patrick Weiler for a round table discussion along with Mayor Jack Crompton and Councillor Jeff Murl.

Some of the points discussed were:

- The Whistler 55+ group here in Whistler is unique to many other communities, given the healthy lifestyles and activity levels of people living in Whistler.
- The 55+ group make up 25% of the population of Whistler which can grow to 1/3 in the next decade.
- Christina Rupp, who works for Better at Home within the corridor, stated that seniors in Whistler are generally healthier than their counterparts along the corridor, given their active lifestyles.
- There was some discussion on what he means to Age and Live Well here in Whistler.
- As part of our strategic plan, MAC would like to more educational sessions on health and wellness topics.
- The Age-Friendly Action Report and plan published in 2021 identified many initiatives. One that is key for MAC, given that social connections are important for seniors is a designated gathering place for seniors to hold educational, social and other events. Social connections are most important for seniors to age in place well. All non-profits in Whistler are in need of suitable meeting spaces (close to parking and transit) and would benefit from shared space, especially within the Northlands Boulevard development.
- Once the RMOW's application to become a BC age-friendly community is approved, we can then become part of the Canadian age friendly communities and from there the WHO Global Network of Age-friendly Cities and Communities.
- The challenges for seniors living in Whistler were raised. One of those is the lack a regional transit system and transportation options for seniors needing to get to Squamish or Vancouver for medical appointments and funding to do so. On demand bus service was one thing that was requested for areas not serviced regularly but Whistler transit.
- Medical care here in Whistler is certainly important, along with home care supports such as Sea to Sky Community Service's Better at Home program that plays a key vital role here with a whole corridor solution.
- Currently, there is not enough funding to support home care needs here in Whistler.
- Is it possible to advocate for more health care specialists such as a gerontologist to visit Whistler on a regular basis so that people do not have to travel.
- Mayor Crompton pointed out that although talking about challenges of the health care system to our government leaders, it is important to participate in VCH's ongoing engagement in the future of health-care services in the Sea to Sky region so we can help identify where the gaps and needs are. He indicated that it is a rare opportunity for organizations like MAC to actually get involved with talking about things like transit in the corridor or a gerontologist visiting Whistler or lack of funding for home services. Learn more [here](#).
- The need for senior appropriate housing, both WHA and market, along with creative solutions to allow people to age in place comfortably was discussed.
- Patrick recognized the Westwinds Squamish Seniors Living, which he feels is fantastic with 300 units, all sorts of amenities which had a big investment from the federal government to make it happen. Programs like that have been successful. He discussed how there is a huge need for seniors housing and there may be the situation with people being over housed with multiple rooms not being used.
- Last year, the government created the **Multi-generational Home and Renovation Tax Credit**, a refundable credit to assist with the cost of renovating an eligible dwelling to establish a secondary unit that enables a senior to live with a qualifying relation (see more on page 6). However, Patrick recognized it is a small piece of the puzzle in making sure we have the right housing mix for the populous we have.
- The RMOW's grant application for the CMCH Housing Accelerator Fund was raised and if the grant was received could resources be put towards senior appropriate housing. Jack indicated that the fund was to be used to get housing actually built and that senior housing had not been part of the discussion but indicated that the RMOW is building according to industry standards with universal designs of most of the units they are building which may be suitable for seniors. Purpose built accessible units are being planned for now.

## Renovation Grants Available to Qualifying People

### The Federal Government Multigenerational Home Renovation Tax Credit (MHRTC)

The Multigenerational Home Renovation Tax Credit (MHRTC), a refundable credit to assist with the cost of renovating an eligible dwelling to establish a secondary unit that enables a qualifying individual (a senior or an adult who is eligible for the disability tax credit) to live with a qualifying relation. The credit is available for qualifying expenditures made or incurred after December 31, 2022, for services performed or goods acquired after that date. For more information, visit [here](#)

### The B.C. Government Home Renovation Tax Credit For Seniors And Persons With Disabilities

The Home renovation tax credit for seniors and persons with disabilities assists eligible individuals 65 and over and persons with disabilities with the cost of certain permanent home renovations to improve accessibility or be more functional or mobile at home.

Learn more [here](#)

### The BC Housing Rebate for Accessible Home Adaptations (BC RAHA)

RAHA helps fund home adaptations for people with low to moderate household incomes who have a permanent disability or loss of ability. This allows applicants to continue living independently in their own home.

The BC RAHA program is now accepting applications. BC RAHA is allocated on a first come, first served basis with priority given to complete applications. The program will close on March 31, 2024, or sooner if funds have been exhausted. Learn more [here](#)

## MAC in News!

[RMOW wants Whistler to be recognized as 'age-friendly' community](#)

[Sea to Sky seniors' programs receive major boost from federal funds](#)

## WCSS Activate & Connect (55+) Group Event Save the Date!

Tuesday, September 26th 1-2:30pm  
**Sprouting Jars workshop**  
At WCSS



## WCSS has combined forces with the Sea to Sky Hospice to bring grief and loss support to the community

Participants can join this safe place to explore and discuss their own grief and share experiences from their journey of loss. Peer support in difficult times can help support people dealing with grief and provide an opportunity to lessen the isolation that loss can bring to our lives.

Thursdays Through October 5th

Whistler Public Library, 5:30PM to 6:30PM

No advanced registration required



## Whistler 50 is looking for volunteers on October 13th and 14th!

Whistler 50 is a trail race around Whistler's Lost Lake Park and the picturesque Valley Trail system. We have an array of volunteer roles from race kit pick up, course marshals, and timing.



Every volunteer will receive:  
Ticket to the post event party for a Pizza and beverage  
Snacks  
Volunteer Whistler 50 Beanie and Cowbell  
Certificate of Hours (upon request)  
Discounted entry to the 2024 event!

We hope you will join us race weekend! Register today [here](#).

## National Seniors Day: Oct. 1st

Save the date. Stay tuned for more details!