

Major Paper

Lily Cheung

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Janet Ready and Joanne Edey-Nicoll

Langara College

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Executive Summary

Chinese seniors living in the Vancouver's Downtown Eastside face many barriers that affect their quality of life. They experience challenges that include economic insecurity, lack of home support and housing, food insecurity, inadequate health systems and services, limited leisure opportunities, inaccessible transportation, lack of social and cultural diversity (social capital) within their community, unfair legal protection, and fear of safety (City of Vancouver, 2010, p. 12; JTW Consulting et al., 2015, p. 7). Secondary research was conducted in order to understand what additional challenges Chinese seniors are facing. Language barrier is the biggest challenge that Chinese seniors living in the Vancouver's Downtown Eastside encounter. Without the ability to understand and communicate in English, they are unable to ask for assistance, and are unable to access programs, services, and resources in their neighbourhood.

Carnegie Community Centre ("the Carnegie"), operated by City of Vancouver, is the main community centre located in Vancouver's Downtown Eastside neighbourhood. The Carnegie offers programs and services to promote health and wellness to community members living in the neighbourhood. Unfortunately for many Chinese seniors, they are either unaware of the programs and services offered at the Centre or have challenges accessing them due to barriers. To determine what the Carnegie Community Centre can do to better support the Chinese seniors, primary research was conducted to better understand the needs of the Chinese seniors that they serve.

The results confirmed that there is room for improvement to make programs and services more accessible to the Chinese seniors' participants. All promotional materials for programs and services could be translated into Chinese to allow Chinese seniors to be aware of activities that are happening. In addition, hiring more staff who can speak the Chinese language will increase Chinese seniors' participation at Carnegie Community Centre and increase the quality of programs and services delivered.

Introduction

The purpose of this paper is to answer the research question "What are the needs of Chinese seniors living in the Vancouver's Downtown Eastside neighbourhood and how can Carnegie Community Centre improve/adapt its programs and services to

better meet their needs?" Research findings will explain the challenges and barriers that Chinese seniors may currently face.

Chinese seniors are the largest ethnic group in Vancouver, with a large share of the Chinese population being first generation immigrants (JTW Consulting et al., 2015, p. 9). Many of the Chinese seniors are currently residing in the Downtown Eastside neighbourhood located in Vancouver, British Columbia. Chinese seniors living in the neighbourhood are "often isolated by language barriers and mobility issues...[and] endure persistent racism due to difference in cultural practices and false stereotypes. Gentrification has affected many...residing in the area and made access to resources more difficult as the city changes rapidly around them" (Downtown Eastside Women's Centre, 2021). According to the 2015 Census, Vancouver's Downtown Eastside had the highest percentage of low-income seniors in British Columbia (Statistics Canada, 2015). They face ongoing critical issues that are currently affecting their quality of life. Chinese seniors' needs, defined as things people cannot live without (Harper, 2009, p. 66), include having access to economic security, home support and housing, food security, health systems and services, leisure, transportation, social and cultural diversity (social capital), legal protection, and safety. (City of Vancouver, 2010, p. 12; JTW Consulting et al., 2015, p. 7).

Carnegie Community Centre is situated in Vancouver's Downtown Eastside and is the largest public recreation facility that is used by many community members residing in the neighbourhood. Carnegie Centre offers essential programs and services which are designed to "provide an experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." (CPRA, 2015). Chinese seniors need to have access to these programs and services, and it is important that Carnegie Community Centre is able to make improvements that will give them opportunities to participate. As stated on the City of Vancouver's website, they want to continue to improve their recreation facilities by "designing and maintaining them to meet current and future community needs" (City of Vancouver, 2021).

This topic is important in order to gain awareness of historical events, research evidence, and understand current and ongoing issues that Chinese seniors face. Chinese seniors face unique vulnerabilities, including both racialization and stigmatization. In addition, many of their families have lived experiences of historic injustices such as the Chinese Head Tax and Chinese Exclusion Act (Go, 1990, p. 20). While many people have ideas of who faces marginalization in the Downtown Eastside, the community in Chinatown, including the Chinese seniors, often get left out. Their struggles have largely been diminished. This paper can raise awareness of the challenges that Chinese seniors face, which is important for recreation practitioners and those involved in the Downtown Eastside community. This information can help recognize and address the needs of Chinese seniors and how recreation can affect their quality of life. Carnegie Community Centre is one of the main programs and service providers in the Downtown Eastside. With this information, they can improve and adapt their programs to increase accessibility and promote inclusion in their facility.

Background and Context

Downtown Eastside is a neighbourhood located in Vancouver, British Columbia. This community is stigmatized by drug use, homelessness, poverty, mental illness, sex work, and crime that take part around the neighbourhood every day (Linden et al., 2012). The Downtown Eastside is made up of 6 subregions including Victory Square, Gastown, Chinatown, Thornton Park, Strathcona, Oppenheimer, and Industrial (Todd & Yan, 2019, p. 3) (See Appendix A for a map of the Downtown Eastside). This neighbourhood is home to mostly Indigenous peoples and immigrant communities of Chinese and Japanese Canadians. Other cultural groups also include people of African, Asian, European, British, Scandinavian, and South American heritage (Todd & Yan, 2019, p. 8). This paper will focus on Chinese Canadian seniors who currently reside in the Downtown Eastside neighbourhood. This section will also examine the research question in more detail and elaborate on why this research topic is important to the researcher, to Carnegie Community Centre, and to the field of community recreation.

Chinatown is one of the oldest neighbourhoods in Vancouver. “In 1886, the same year as the incorporation of the city of Vancouver, with about 90 Chinese residents,

Chinatown emerged on Carrall Street and East Pender (at the time Dupont) Street” (Benivolski, 2017). After the repealing of the Chinese Immigration Act of 1923 (also known as the Chinese Exclusion Act) and the end of World War 2, the area flourished with new Chinese immigrants, stores, and shops that now represent Chinese culture. Many Chinese seniors continue to live in Chinatown while others are dispersed to other neighbourhoods within the Downtown Eastside.

This paper focuses on the Chinese seniors who currently reside in the Downtown Eastside. For many of these seniors, “their most troubling issues are poverty, racism and age discrimination that sometimes find expression in verbal and physical abuse, financial mistreatment, and conflicts and miscommunication arising from language barriers” (Wong, 2013). Many of the Chinese seniors face a combination of barriers including language, financial, physical, and mental challenges which prevents them from having the ability to access resources and receive the support they need.

The organization that was chosen to provide more information about this population is Carnegie Community Centre, located at 401 Main Street in Vancouver, British Columbia. Carnegie Community Centre has been owned by the City of Vancouver since 1980 and is funded through its Social Planning Department. Prior to becoming a community centre, the building “was opened in 1903, with the City Museum on the third floor, the public library on the first and second floors, and a book bindery in the basement” (Hood, 2018). Eventually, the organizations moved to a bigger location and the building was left vacant. In 1976, neighbourhood poverty activists from the Downtown Eastside Residents’ Association convinced City Council to turn the space into a community centre for local residents. Carnegie Community Centre is “often referred to as the living room of the Downtown Eastside...[and] provides social, educational, cultural, and recreational activities on-site, at nearby Oppenheimer Park, and through an outreach team” (City of Vancouver-a, 2021).

The Agency Advisor is Ellen Kim, she is the Community Programmer for both Carnegie Community Centre and Oppenheimer Park. Her role oversees the operations of Carnegie Centre and Oppenheimer Park, spaces that facilitate recreation activities for

community members. She is also currently supporting the Homelessness Services Outreach Team, also known as the Carnegie Outreach, and works closely with community partners to ensure that individuals and families experiencing homelessness and other crises are connected to resources and support.

The researcher has shown interest in this research topic due to recent inspiration after working with Chinese seniors living in the Downtown Eastside. Many of the Chinese seniors are self-isolating due to the pandemic and are afraid to leave their home for any purposes. They have not been participating in any recreation activities or interacting with friends and family since March 2020, when the lockdown started. Prior to the pandemic, many Chinese seniors continued to face barriers that inhibited the opportunity to live a good quality of life. Therefore, this research was brought forward to determine the needs of these Chinese seniors and how recreation practitioners, and Carnegie Centre, can provide support to help the seniors live comfortably and securely in their community.

The researcher found importance in this research topic because the challenges and barriers the Chinese seniors face have been a longstanding issue. The researcher's mission as a recreation practitioner is to positively impact people through relationship building, inclusion, and support. Their vision as a recreation practitioner is to promote equity and inclusion and create opportunities that will increase peoples' quality of life. There is a connection between the researcher's personal mission and vision statement to the research question because they want to provide the Chinese seniors support and opportunities that will help promote the quality of their everyday life. Language is one of the main barriers that the Chinese seniors face. The researcher is a recreation practitioner who knows how to speak the Chinese language and therefore wants to utilize that skill to gather accurate information.

This issue is important to Carnegie Community Centre because they understand how leisure and recreational activities can positively impact a person's life. Carnegie Centre's mission is "To nurture mind, body and spirit in a safe and welcoming

environment. Through the leadership and participation of our volunteers we provide social, educational, cultural, and recreational activities for the benefit of the people of the Downtown Eastside" (City of Vancouver-b, 2021). In recent years, Carnegie Community Centre has encouraged inclusion by providing a program guide that is translated into Chinese. However, the Seniors Programmer is still working on how to invite more Chinese seniors to participate in their programs. She is aware that there are still groups of Chinese seniors in the neighbourhood that she has not communicated with.

This issue is important to the field of community recreation because it offers the opportunity to learn more about a marginalized population and understand the social challenges they face. The goal of community recreation is to be able to provide people of all ages, interests, and abilities services that will enhance a person's quality of life. The information collected from this research can be used to determine what recreation practitioners can do to better support Chinese seniors in communities or other seniors with different cultural backgrounds facing similar barriers in other communities.

Literature Review

This section provides existing information in the field of research about the research question. The main ideas include economic security, home support, housing, food security, health systems and services, leisure, transportation, social capital, legal protection and safety, and Carnegie Community Centre. These topics were analyzed to show relationships between previous studies and theories and discover similarities and differences. The solid evidence was used to identify gaps in the literature, provide areas of controversy, and how the topic and question are situated within community recreation).

Economic Security

Government programs play an important role in subsidizing costs to help seniors maintain independence and increase their quality of life (City of Vancouver, 2010, p. 14). Chinese seniors rely on affordable and accessible housing, programs, and services to enhance their health and well-being (JTW Consulting et al., 2015, p. 7). Carnegie

Community Centre is operated by the City of Vancouver and offers essential services and programs free of charge with an annual membership of \$1 to community members living in the Vancouver Downtown Eastside (City of Vancouver-a, 2021). Carnegie Community Centre's goal is to provide a safe, inclusive, and accessible environment while offering social, educational, cultural, and recreational activities (City of Vancouver-b, 2021). Although the government offers beneficial programs and services to the Chinese seniors, the Chinese seniors still face challenges accessing the services and programs that are associated with language barrier, personal health, transportation, and discrimination (Chapell & Lai, 1998, p. 21; He et al., 2020, p. 8).

Home Support, Housing, and Food Security

For seniors who are not currently in acute care, residential care, or community care systems, they are living in supportive/assisted housing (City of Vancouver, 2010, p. 13). Many seniors choose a phenomenon called "aging in place" (Parks & Recreation, 2002, p. 79), where seniors choose to "remain living in the community, with some level independence, rather than in residential care" (Wileset et al., 2012, p. 133). Unfortunately, many seniors who choose to live in their own homes have a higher chance of experiencing isolation, physical inactivity, being unable to care for themselves, and experiencing cognitive decline (Parks & Recreation, 2002, p. 79). Some seniors may enroll in food programs and services that deliver groceries and meals to their homes. For seniors who have trouble with mobility, there is home support available to assist with "activities of daily living such as bathing, grooming, dressing, and may include meal preparation, vacuuming, and laundry" (City of Vancouver, 2010, p. 14). The majority of the Chinese seniors participate in free services and resources such as free meals that are offered around the neighbourhood (Huang et al., 2014, p. 3). During available food lineups within the community, many seniors tend to take more than one meal because they can share it with their spouse, friends, or neighbour who is unable to attend food lines (Huang et al., 2014, p. 23). They may also think ahead and save the meal for later. It is common for Chinese seniors to support and care for each other, especially those who live alone.

Health Systems and Services

There is a current reduction in federal health care funding that is causing Vancouver seniors to encounter problems in primary, acute, and residential care systems (City of Vancouver, 2010, p. 13). Like any other seniors living in the Downtown Eastside, Chinese seniors require health support and services in their community. The health of Chinese seniors is often misunderstood as there are common misconceptions that they are viewed as healthy citizens (Lai, 2002, p. 7). Chinese seniors have mental health problems and concerns, just like any other general elderly population (Lai, 2002, p. 7). Research has shown that Chinese seniors use less formal health care services than other general populations (Chapell & Lai, 1998, p. 21) because of challenges they encounter. Five reasons that Chinese seniors do not regularly participate in health care services are culturally inappropriate services, Asian values, historical discrimination, organizational barriers, and social alienation (Lee, 1986). Other challenges that inhibit Chinese seniors in accessing these health services include cultural incongruence, language and transportation barriers, and lack of service awareness (Chapell & Lai, 1998, p. 23).

Leisure

The Chinese seniors' population is mixed with a diversity of interests, strengths, and abilities (Singh & Kiran, 2014, p. 24). The physical ability of a senior is considered one key element for determining health status. It is associated with health benefits such as longer life span, confidence, less pain with movement, lower rates of functional decline, lower risk of mortality, reduced risk of health illnesses and conditions, and better quality of life (Singh & Kiran, 2014, p. 24). Recreation is important for the well-being of Chinese seniors and enhancing their quality of life (Singh & Kiran, 2014, p. 24). Seniors utilize recreation activities available in their local community and recreation centres that are appropriate to their physical abilities and interests. Accessible leisure activities help with social isolation and prevent mental and physical health issues in Chinese seniors (JTW Consulting et al., 2015, p. 21, Huang & Li, 2019, p. 23; Singh & Kiran, 2014, p. 24). Leisure activities encourage Chinese seniors to socialize, exercise, and be intellectually stimulated which can promote positive health and well-being

(Spinney et al., 2009, p. 1; Parks & Recreation, 2002, p. 79). Developing a variety of leisure options to fit each seniors' needs, abilities, and interests gives seniors choice, control, and empowerment (He et al., 2020, p. 86; Parks & Recreation, 2002, p. 79) and can lead to a happier life. However, there are Chinese seniors who may not be participating in public recreation activities and are unaware of the positive values of recreation (Singh & Kiran, 2014, p. 24).

Transportation

Seniors' satisfaction with their neighbourhood and feeling a sense of community is associated with their satisfaction with the transport system (He et al., 2020, p. 89). As the age of an older adult increases, their physical abilities and health decline (Spinney et al., 2009, p. 4). Mobility is closely linked to a person's independence, well-being, and quality of life because it enables them to achieve access to people and places necessary for life maintenance, life satisfaction, and emotional well-being (He et al., 2020, p. 87; Musich et al., 2018, p. 162; Spinney et al., 2009, p. 4). Low-income Chinese seniors living in Downtown Eastside face many health challenges and thus require an affordable and reliable transportation system without compromising safety (Spinney et al., 2009, p. 1). Providing effective transportation strategies for seniors can enable them to participate in social and leisure activities and attend their medical appointments, which will decrease health complications and conditions such as mobility issues, isolation, and depression (Spinney et al., 2009, p. 1).

Social Capital

Community and social capital have significant positive effects on leisure satisfaction of Chinese seniors (Huang & Li, 2019, p. 2; Spinney et al., 2009, p. 3). Connection and social exchanges can allow seniors to build healthy relationships and feel the assurance of being accepted, trusted, and having support in their community. It is recommended that neighbourhoods should invest in improving social capital that will provide more opportunities to seniors that will "help them to help themselves" (Huang & Li, 2019, p. 13). Providing community outreach can support seniors who are from low socioeconomic statuses and have low health literacy, to effectively manage functional

limitations that are associated with chronic illness” (Huang & Li, 2019, p. 13). Chinese seniors can overcome physical constraints that are preventing them from participating in beneficial leisure activities through utilizing technology. Providing access to digital devices and the internet can complement and enhance a senior’s leisure life (Huang & Li, 2019, p. 13). Digital literacy can allow the Chinese seniors to stay connected with family, friends, and the next generation (Huang & Li, 2019, p. 13). The digital world encourages seniors build social connections, which leads to higher leisure satisfaction (Huang & Li, 2019, p. 13).

Legal Protection and Safety

Since 1981, the population of seniors who are unable to speak Canada’s official language has been rising (Statistics Canada, 2006). A Chinese senior’s safety is put at risk when they are unable to properly communicate with others. In the Downtown Eastside, there is a language barrier between Chinese speaking seniors and other community members, staff, and volunteers in organizations (Huang et al., 2014, p. 17; Lee, 1986). The language barrier between staff and volunteers with the Chinese seniors make it difficult to understand each other and their needs. Some Chinese seniors may have health and mobility conditions that may not be easily visible and they may be unable to communicate to staff, volunteers, and other community members about their condition (Huang et al., 2014, p. 20). Uncommunicated information causes discrimination and tension between Chinese seniors and other members. Chinese seniors may also use their old age as a reason to receive priority access (Huang et al., 2014, p. 21) and staff are unable to inform them that it is not allowed. Language barriers can cause social isolation because Chinese seniors are unable to attend social activities (Huang et al., 2014, p. 16) where knowledge of the English language is a prerequisite to participate.

Carnegie Community Centre

Previous Carnegie Community Centre’s seniors’ programs that attracted Chinese seniors to participate were the Arts & Health Project: Healthy Aging Through the Arts and Chinese Seniors Garden Project. The goal of the Arts & Health Project is to support

vulnerable seniors to participate in “community-engaged” arts programming at community centres in the Vancouver area (Arts & Health, 2017). Carnegie Community Centre joined the project in 2013 and it continues to be a popular program and is beneficial to the group. An evaluation of the project was conducted by researchers from University of British Columbia and the results were positive (Arts & Health, 2017). Participation in this project gave the seniors “opportunities for social connection, a sense of dedication and hard work, increased self-esteem and confidence, and a feeling of accomplishment” (Arts & Health, 2017). The Chinese Seniors Garden Project took place in the Downtown Eastside community garden where Chinese seniors gathered to share skills, stories, and stay healthy (Griffin, 2020; Isomura, 2020). Working together in the community garden allowed the seniors to make new friends, gave them a sense of community, and solved issues such as food security (Griffin, 2020; Isomura, 2020).

Research Gaps

It has not been identified whether all Chinese seniors living in Vancouver Downtown Eastside are eligible to receive government support such as supportive housing, support programs and services, or financial funding. Therefore, further research will be required to determine how living conditions and funding affects Chinese seniors and their needs. While Chinese seniors do experience discrimination and racism in the Downtown Eastside, there are no research that describes how Chinese seniors treats other community members. Most disagreements and arguments between people from different culture or ethnic background suggests that it is associated with discrimination and racism. However, with language barrier in place, it difficult to assume the context of an argument.

This topic and question are situated within community recreation because Chinese seniors are one of the main populations in Chinatown and they need access to recreation and leisure in their community just like any other community members. Immigrants in other cultures and ethnicities who experience discrimination and racism may share similar needs and experience similar barriers in their community as well. The information in this paper can assist future community recreation to develop programs

and services that appreciates and acknowledges diversity, promote inclusion, and increase accessibility.

Methodology

This section outlines the methodologies used in gathering and analyzing data to answer the research question. My research question is: What are the needs of Chinese seniors living in the Vancouver's Downtown Eastside neighbourhood and how can Carnegie Community Centre improve/adapt its programs and services to better meet their needs? The three different primary research methods used were content analysis, interviews, and special status observations. The use of each method will be described in terms of research actions and reasons for selection.

Content Analysis

The data that was reviewed for content analyses were promotional materials, important update memos, program guides, pamphlets, brochures, job postings, newspaper articles, web content, and social media posts that were related to, or created by, Carnegie Community Centre. This method was used to understand what programs and services are available to Chinese seniors and understand how the information affects the Chinese senior population.

This method was chosen to collect important materials and documents that could be used to identify patterns, themes, and effects of communication contents. Most of the materials gathered are documents that may not be available to the public, which allows this research to include information on the topic that may have been missed through online research.

Interviews

Interviews with five staff and two volunteers were conducted at Carnegie Community Centre. Seven interview questions were created for staff, and five interview questions for volunteers regarding their knowledge and experience working with Chinese seniors (see Appendix B for sample interview questions).

This method was chosen in order to collect primary data directly from staff and volunteers. The interviewees chosen had different cultural backgrounds with a mixture of staff and volunteers who can and cannot speak a Chinese language. Doris Chow and Huyanne Le are both senior staff at Carnegie Community Centre who have experience working with Chinese seniors using their Chinese language abilities. Lucy Alderson is an instructor and program coordinator for the Learning Centre that teaches community members new learning skills. Ming Chou and Susan Chou are both volunteers for Carnegie Community Centre and have actively participated in Carnegie's programs and events. They are also considered Chinese seniors themselves. Appendix C details the interviewees, their roles at Carnegie Community Centre, and interview dates and times.

Special Status Observations

Special status observations were made on program and outreach services that were delivered by staff from Carnegie Community Centre. "Crafternoons", a drop-in program for all ages for learning easy, take-home arts and crafts activities, was the first program observed for this research, particularly how the delivery of this program affected Chinese senior participants (see Appendix D for program observation information).

Outreach services through a partnership between Wholeway House and Carnegie Community Centre were also observed (see Appendix E for outreach service observation information). They delivered weekly meals to residents who are self-isolating during the COVID-19 pandemic. Staff from Carnegie Community Centre have been involved in this service for their Chinese speaking ability and their ability to connect with the Chinese seniors who lived in the building. For this research, the interaction between Chinese seniors and the staff from Carnegie Community Centre and Wholeway House was observed.

This methodology was chosen because examining people in a social setting could provide a general sense of the situation, issues, and challenges. The ability to observe engagement, interaction, and communication between staff, Chinese seniors, and other community members and how they handled each situation differently could provide a clear idea of the relationships between the people. During observations, the

frequency of reoccurring questions, concerns, comments, problems, and situations helped determine what the needs of the Chinese seniors were.

Further Research

Based on current field research and findings, it would be beneficial to conduct further interviews with Carnegie Community Centre volunteers and staff, as well as volunteers and staff from other organizations around the Downtown Eastside, to hear more perspectives on the needs of Chinese seniors. Further research could examine challenges or patterns related to other intersecting parts of the Chinese identity including gender, ability or disability, and language dialect.

In addition, analysis of different materials from cities across Metro Vancouver could be used to compare what was done similarly or differently in the facilities. Collecting data, documents, and promotional materials from organizations serving similar populations as the Downtown Eastside could be helpful to determine even more specific needs of Chinese seniors in their programs and services. It could show the pattern and trends, and what changes were made over the years.

Research Challenges and Successes

Due to many factors, there were restrictions in interviewing Chinese seniors in the community and participants from programs and services at Carnegie Community Centre. It limited the opportunity to hear directly from the target population what their needs are and what support can be provided to better meet their needs. This could have provided valuable information that would be beneficial for this research. However, the volunteers that were interviewed were Chinese seniors who have participated in the Carnegie Community Centre programs and services in the past. They have strong relationships with other Chinese seniors who participate at Carnegie Community Centre and have discussed together issues they have experienced. Due to the current COVID-19 pandemic, not many Chinese seniors have been participating in leisure programs in public facilities. The Crafternoon program was not a popular program during this time and had very few participants. Having more participants with a mixture of Chinese seniors and other ethnic participants would have provided a better understanding of the

social situation of Chinese seniors, Carnegie Community Centre program facilitation, and interactions between the participants.

Research Findings

The research question is “What are the needs of Chinese seniors living in the Vancouver’s Downtown Eastside neighbourhood and how can Carnegie Community Centre improve/adapt its programs and services to better meet their needs?” Research has found that Chinese seniors living in Vancouver’s Downtown Eastside face multiple barriers that inhibits them from participating in programs and services and accessing resources. These barriers make programs and services in the community inaccessible. Most Chinese seniors living in the Downtown Eastside are low-income, meaning they have troubles with financial related situations. Many seniors are also not eligible for supportive housing, where partial rent payments are funded by the government. Many Chinese seniors are ineligible for income assistance or any type of government assistance. This results in most of their income going towards their rent, which takes away money that needs to be used on food and other necessities. The Chinese seniors “rely on food programs and food line-ups to ensure that their money can be used for rent payment” (Le, 2021). Activity Leader, Lora Genaille, mentioned that she often witness seniors being discriminated “when they utilize food programs and line-ups in the neighbourhood by staff, volunteers, and other community members” (Genaille, 2021).

In terms of participation in programs, Doris Chow and Lucy Alderson has no trouble finding Chinese senior participants. In Chow’s programs, the Chinese seniors feel comfortable with a program facilitator who can speak Chinese, making communication and following instructions easier. Alderson offers English classes at the Learning Centre and many Chinese seniors enjoy learning the skill to be able to communicate with others. Genaille and Le are having more difficulties finding participants for their programs because the Chinese seniors are working with staff who can not speak Chinese language. Huyanne Le, the Volunteer Programmer, is slowly experiencing an increase in Chinese seniors who are interested in volunteering, Chow has been working together with Le, to encourage more Chinese seniors in Chow’s

program to become volunteers. Unfortunately, the Chinese seniors who do become volunteers would “still require language assistance because they get assigned to into roles with supervisors in different departments who don’t speak Chinese” (Le, 2021).

All staff agreed that the time of programs affects Chinese senior participation levels. The reason is many Chinese seniors “feel unsafe being outside in the Downtown Eastside neighbourhood when it is dark outside” (Alderson, 2021; Chow, 2021; Genaille, 2021, Le, 2021). However, Carnegie volunteers Ming and Susan Chou, who are a married couple, said they tend to leave Carnegie Community Centre before the sky gets dark because “it’s an indication that it’s time to go home, cook dinner, take a shower, relax, and get ready for bed” (M. Chou, 2021, S. Chou, 2021). They also mentioned that they have not personally experienced discrimination or have felt fear of safety in the neighbourhood, but they have seen and heard of their friends, who are Chinese seniors, experience it. Chow and Chou. agreed that the later the day gets, the buses come less frequently, which becomes more inconvenient (M. Chou, 2021; Chow, 2021).

Chinese seniors rely heavily on transportation to access people and places that are necessary for life maintenance, life satisfaction, and emotional well-being (He et al., 2020, p. 87; Musich et al., 2018, p. 162; Spinney et al., 2009, p. 4). Chinese seniors have a preference in participating in leisure activities that are near their residence, due to financial, mobility, and transportation issues. Just like other community members, Chinese seniors need a sense of belonging. Belonging is associated with building social and cultural diversity (social capital), legal protection, and ensures safety in the neighbourhood they live in. Primary research has confirmed that the Chinese seniors who participate in programs and services at Carnegie Community Centre experience similar needs. The main barrier that Chinese seniors face is language, and it is challenging for them to navigate a neighbourhood where information is only available in English. Carnegie Community Centre offers programs and services to the community members living in the Downtown Eastside, but not all of them are accessible to Chinese seniors. There are limited staff that can speak Chinese language to assist the seniors when they are inside the facility. Not all promotional materials for programs and services

at Carnegie Community Centre are translated in Chinese, which results in Chinese seniors not being aware of the events happening in the facility.

While programs and services targeting Chinese seniors were translated in Chinese (see Appendix F for Seniors' Program Guide), programs and services targeting the general public were not translated in Chinese (see Appendix G for general public and Learning Centre Program Guide). Out of 30 promotional materials that were reviewed, only 50% of the materials were translated into Chinese, meaning only 50% of Carnegie Community Centre's programming is accessible to Chinese seniors because they are unable to read promotional materials offered in English. However, when examining historical trends, the accessibility of Carnegie Community Centre programs for Chinese seniors has improved. Within the last 10 years, the percentage of translated material was lower, at 20% (see Appendix H for Calendar of Events). This 150% increase can be attributed to Carnegie Community Centre hiring more staff with language capabilities, including the ability to translate promotional materials in Chinese (Chow, 2021).

Chinese seniors that participated in the Crafternoon programs faced significant barriers. The Crafternoon program poster and promotional material was not translated in Chinese, therefore Chinese seniors who were not able to read English did not know the program was happening. The programs were also led by staff from Carnegie Community Centre who did not speak a Chinese language. For the Chinese seniors, many had trouble understanding the craft instructions, but they were able to continue with the program from learning visually. Chinese seniors were more reluctant to participate in programs that were not led by a Chinese speaking staff or ethnically relevant programming. Their friends were also not interested in participating.

Chinese seniors who participated in the outreach services delivered by Wholeway House and Carnegie Community Centre has shown immense appreciation for the support from Chinese speaking staff. With language and mobility issues, Chinese seniors are unable to go out to seek support from local resources. As seen in

Appendix E, the comments and questions that were asked were all very similar. They were all along the lines of,

“Thank you for coming, it must be hard work.”

“We haven’t left our place in over a year. It’s too dangerous with COVID.”

“You speak Chinese? That is very convenient for me. The other staff who delivers sometimes do not speak Chinese.”

“Some of the meals are difficult to eat.”

“Who can I asked to help with tax returns?”

“I received this mail, what does it say?”

“I can’t read/see this. Can you read and translate it for me?”

“When do you usually come by?”

All staff and volunteers consider language accessibility as the greatest need and barrier in the Downtown Eastside. The inability to communicate with others has become a struggle for Chinese seniors to gain awareness, build self-confidence, feel a sense of belonging, participate in all types of programs, have access to resources, and build relationships with community members of other ethnicities or cultures. Health clinics and supports are inaccessible for Chinese seniors because they are unable to get to the clinics or understand what the medical practitioners are saying. They require translation assistance in clinics that do not have staff or volunteers who can speak Chinese. Carnegie Community Centre only has a limited number of staff members who can speak the Chinese language, and they are heavily relied upon to translate materials, communicate with Chinese seniors, and reach out to Chinese seniors. Doris Chow, the Seniors Programmer at Carnegie Community Centre, cited that the limited number of Chinese speaking staff in the organization has reduced the number of Chinese seniors who are willing to participate in their programs and services (see Appendix I for the interview transcript with Doris Chow).

One of the interview questions was “In your opinion, what are the needs of Chinese seniors and do you think the programs and services offered meet their needs?”

If yes, how so? If no, what needs are not being met and what can Carnegie Centre do to meet their needs? Doris Chow, the Seniors Programmer stated,

“Language is the most significant need for Chinese seniors. Many of their problems would be solved if there were more staff who can speak the language. We can do a lot better in terms of providing programs and services to this population. Things like hiring staff more staff who can run program in Cantonese and Mandarin and pay them for their skill. Translating important material to Chinese language would be extremely helpful. Other beneficial options would be collaborating with other Community Centres and organizations to do more intergenerational programming. For example, developing program that allows seniors and children or youth to work together.

Chinese seniors want more recreation programs, exercises, outdoor activities, seniors dancing. I don't think we meet their needs because we lack advertisement, space, equipment, and facility maintenance.

It is our job as community service to serve the most vulnerable population. We are located in Chinatown where there is a high percentage of Chinese senior residents. Research has shown that building and maintain a healthy community will reduce crimes, property maintenance, enforcement, police, and ambulance services.

Loneliness is the biggest predictor of death amongst seniors. In our society, aging is already a pretty isolating experience; now add on top of that, linguistic isolation and barriers to the already scarce programs and services we have for seniors as a whole. That gives you a glimpse into how vulnerable and marginalized Chinese and all other non-English speaking seniors are” (Chow, 2021).

Recommendations

To better support Chinese seniors living in Vancouver's Downtown Eastside, Carnegie Community Centre could make improvements in their staffing abilities and programs and services opportunities. Firstly, this includes hiring more staff at Carnegie Community Centre who can speak the Chinese language to facilitate programs and services and compensating them equitably for their language skills. Hiring more staff who can speak the Chinese language will be helpful in developing and facilitating culturally specific programs and services at Carnegie Community Centre. Chinese speaking staff have the skills and experience to obtain the Chinese senior's best interest and apply that knowledge in developing and facilitating programs and services that will best suit their needs. During one of the interviews with a staff from Carnegie Community Centre, they mentioned that the City of Vancouver offers Premium Pay, which is an additional pay grade on top of a staff's current wage, to compensate for the ability to speak a second language that is useful in the workplace. This is an underutilized incentive to encourage more Chinese speaking candidates to apply for a position. Compensating staff equitably for added skills will allow them to feel appreciated for the work that they do and be able to provide higher quality programming to the community.

In addition, it is recommended that Carnegie Community Centre ensure that all promotional materials for Carnegie Community Centre are translated into Chinese. Although promotional materials for programs that are specifically catered for Chinese seniors are translated, other more generic programs and services that Chinese seniors are eligible to participate in should also be translated. This will allow Chinese seniors to try new things, meet new people, and build social capital within their community. The City of Vancouver has a communications department with staff who are responsible for translating all important City of Vancouver documents into different languages. Promotional materials could be sent to that department to be translated by one of the staff. In this case, timelines would need to be adjusted in order to ensure adequate time for interdepartmental coordination. Another option is to task staff with Language Premium Pay with translating the promotional materials.

Creating partnership opportunities with other community centres and organizations is also recommended. This would provide more recreation programs and services options to Chinese seniors and could increase participation levels. Other community centres could include Strathcona Community Centre, Mount Pleasant Community Centre, Evelyn Saller Centre, and Creekside Community Centre. Other organizations can include the Downtown Eastside Women's Centre, Saint James Music Academy, Watari, and Vancouver Japanese Language School and Japanese Hall. Discussing program successes and challenges with other community centres and organizations could provide both parties with a better understanding of the interests and abilities of Chinese seniors. It could allow the seniors to feel a sense of belonging, battle isolation, build trust, create strong relationships, and gain new knowledge, skills, and experiences. Programs that would be impactful are intergenerational programs where Chinese seniors, youths and children can do a collaborative activity together. In addition, having more community centres and organizations that offer programs to Chinese seniors help with eliminating transportation barriers. It increases the options for seniors to participate in a program closer to their home or at a more convenient location.

A final recommendation is to develop more active recreation programs to promote healthy lifestyles for Chinese seniors at Carnegie Community Centre, as there are currently limited physical activities. Mobility is an important factor that determines the health and well-being of Chinese seniors and the development of more programs that encourage Chinese seniors to be more active will be beneficial to their health. There are many Chinese seniors who use outdoor spaces to do their own exercises. Carnegie Community Centre could build a relationship with those Chinese seniors to offer them available gym space to do their exercises in Carnegie Community Centre's gymnasium during colder seasons to continue their self-organized programs. The seniors are likely to be more comfortable in the space, build trust with staff and potentially participate in other activities available at Carnegie Community Centre.

Conclusion

The goal of this paper is to bring awareness to recreation practitioners, and staff, volunteers, and community members who are highly involved in the Downtown Eastside to understand the experiences that the Chinese seniors go through. This paper identified the needs of the Chinese seniors living in Vancouver's Downtown Eastside and how it can affect their standard of living. Chinese seniors need equal opportunities to access programs, services, and resources in their neighbourhood to increase their quality of life.

Supported research evidence has shown that Chinese seniors continue to face ongoing challenges that causes their basic human needs to not be met. Their most troubling issues include poverty, racism, discrimination, inaccessibility that arise from language barrier. Access to recreation opportunities is important to improve overall health and mobility, build social capital through connections and relationships, experience enjoyment through leisure activities, and prevent isolation. Primary research methods demonstrated a consistency of results in the barriers that Chinese seniors face. The main challenge is the language barrier, which inhibits the participation level in programs and services offered at Carnegie Community Centre. The lack of Chinese translation in promotional materials, presence of a Chinese staff facilitating a program, program activity, and time of the program offered affects whether there will be Chinese senior participants.

Carnegie Community Centre can make a number of specific improvements and adaptations in their programs and services to better support this population. To better serve this population, recommendations include hiring more staff who can speak Chinese language, translating all promotional materials to Chinese language, offering more recreation programs to promote an active healthy lifestyle, and partnering with community centres and organizations to provide more programs and services for this population. These additional supports and increase in recreation opportunities can eliminate barrier to help Chinese seniors feel a sense of belonging and have a positive impact on their health and well-being.

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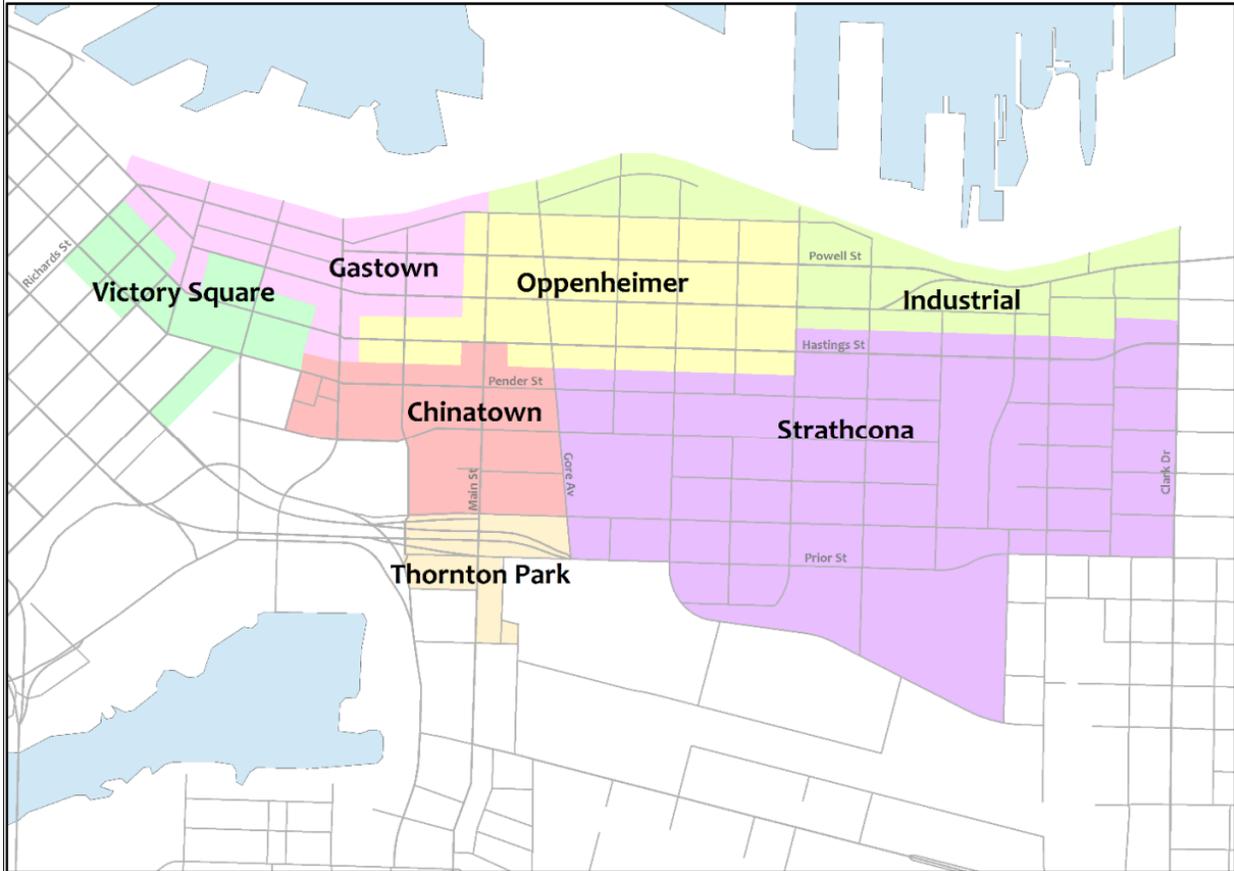
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Appendix A

Map of Vancouver's Downtown Eastside Subregions (Wong & Yan, 2019)



Appendix B

Sample Interview Questions for staff and volunteers at Carnegie Community Centre

Staff Interview Questions

1. What types of programs do Chinese seniors participate in? Why?
2. What is the current participation level of Chinese seniors in your department/programs? Does the time of day affect the participation level? Are there other factors that affect participation levels?
3. Knowing the presence of Chinese senior population living in the Downtown Eastside, how does it affect the development of activities at Carnegie Community Centre?
4. How is the interaction between Chinese seniors and other ethnic community members?
5. What are common questions and concerns from Chinese seniors?
6. What are some barriers that Chinese seniors are currently facing? What are some resources and programs available to prevent that?
7. In your opinion, what are the needs of Chinese seniors and do you think the programs and services offered meet their needs? If yes, how so? If no, what needs are not being met and what can Carnegie Community Centre do to meet their needs?

Volunteer Interview Questions

1. What programs do you currently participate in? Why do you participate in that program?
2. What programs do you not enjoy at Carnegie Community Centre? What are the reasons for not participating in them?
4. What programs or services are helpful to Chinese seniors living in the Vancouver Downtown Eastside?
5. What would you rate the accessibility at Carnegie Community Centre? (5 being extremely accessible and 1 being not accessible)

Appendix C

List of staff and volunteers with their roles and their interview date and time

Staff

Doris Chow – Seniors Programmer at Carnegie Community Centre

Interview date and time: March 10, 2021 at 4-5:30pm

Huyanne Le – Volunteer Programmer at Carnegie Community Centre

Interview date and time: March 4, 2021 at 1-2:30pm

Lora Genaille – Activity Leader at Oppenheimer Park/Carnegie Community Centre and Outreach Worker at Carnegie Outreach

Interview date and time: March 5, 2021 at 4-5:30pm

Lucy Alderson – Instructor and Program Coordinator for Learning Centre at Carnegie Community Centre

Interview date and time: March 11, 2021 at 3-4:30pm

Volunteer

Ming Chou – Kitchen/Special Event Volunteer

Interview date and time: March 5, 2021 at 10:30-11am

Susan Chou – Special Event Volunteer

Interview date and time: March 5, 2021 at 10-10:30am

Appendix D

Crafternoon observation dates, times, and field notes

Crafternoon

- Observation date and time: March 4, 2021 from 1:30-3:30pm
- Location: Theatre at Carnegie Community Centre
- There is one staff facilitating the program and one staff as the greeter/support
- Their activity today is making paper flowers
- First participant (Indigenous) arrived at 1:30pm
- Second participant (Indigenous) arrived at 2:06pm
- At least 8 people popped their heads in, but did not participate in the activity, two of them were Chinese seniors
- The staff facilitating the program is very patient with the participants
- The support staff has also joined in the program and engaged with the participants
- Third participant (Chinese senior) arrived at 2:20pm
- The Chinese seniors doesn't speak English, but seem to understand what the staff is doing
- Staff is showing the Chinese senior how to do the paper flower and is demonstrating it to her
- Chinese senior sits quietly and continues her creation while the two Indigenous participants chats
- All participants succeeded in completing their paper flower
- Chinese senior leaves right after she's done
- Overall a slow program day, but participants who came enjoyed it
- Chinese senior was unable to communicate with the staff and other participants, therefore she remained quiet the whole program
- She smiled lots and looked very happy with her paper flower

Appendix E

Outreach services observation dates, times, and field notes

Outreach service – Wholeway House and Carnegie Community Centre

- First housing: Pendera on 133 West Pender Street, Vancouver, BC
- Observation date and time: March 4, 2021 from 9:30am-am
- Second housing: Shiloh Place on 245 Powell Street, Vancouver, BC
- Observation time and date: March 4, 2021 from 11am-12pm
- There were 3 Wholeway House staff and 2 Carnegie Community Centre staff (both staff speaks Chinese)
- Staff from Wholeway House keeps track which residents speaks Chinese
- Carnegie staff are assigned to deliver meal to residents who speaks Chinese
- Carnegie staff greets and engages in a conversation with the residents
- Carnegie staff ask if the resident needs support
- Many Chinese seniors have questions or concerns
- Many Chinese seniors show appreciation for the Chinese speaking staff offering support
- The Chinese seniors in the buildings face many challenges such as language, financial, and food security
- Things I heard from Chinese senior residents say to staff in Cantonese or Mandarin:
 - “Thank you for coming, it must be hard work.”
 - “We haven’t left our place in over a year. It’s too dangerous with COVID.”
 - “You speak Chinese? That is very convenient for me. The other staff who delivers sometimes do not speak Chinese.
 - “Some of the meals are difficult to eat.”
 - “Who can I asked to help with tax returns?”
 - “I received this mail, what does it say?”
 - “I can’t read/see this. Can you read and translate it for me?”
 - “When do you usually come by?”

Appendix F

Carnegie Community Centre Seniors' Program Guide for March 2020 in English (City of Vancouver-a, 2020)

Senior Volunteers Wanted



Seniors Improv Program Interpreter
(4 Tickets)
Hours: Mondays 1:00 - 3:00 PM
Location: 3rd Floor Classroom
Duties: English/Cantonese/Mandarin interpretation to support English speaking artists in explaining games and instructions to participants.

Kitchen Helper
(4 Tickets)
Hours: Sundays or Tuesdays 9am—11am
Location: Kitchen
Duties: Help to prepare meals in the kitchen, such as cutting, assembling, packaging etc. Requires standing.



Volunteer Benefits

- Volunteer tickets to use in the 2nd floor cafeteria for food
- Build new skills and confidence
- Meet new Carnegie members
- Monthly volunteer dinners
- Special volunteer out trips

Carnegie Senior Member Benefits

Gift of Sight 

In need of prescription eyeglasses? See Doris Chow for a referral. To qualify, you must be a Carnegie member and have attended at least 3 seniors meetings or be a Carnegie Volunteer. A program generously supported by Lenscrafters for low income people who have no other means of obtaining eyeglasses.

Goods & Welfare 

Carnegie Senior members who have been in the hospital for 3 or more days within the last 3 months are eligible for a small stipend to help with food, medication or other needs. Please see Doris Chow with your hospital discharge papers.

Do you have a Seniors program idea?
Would you like to know more about a Seniors related topic?
Do you have certain concerns as a senior?
Feel free to let Doris, the Seniors Programmer know.



Seniors and Cultural Programs

Doris Chow 周慕怡
Monday - Thursdays
9 AM - 5 PM
Office: 604-665-3005

Seniors

March 2020



401 Main Street
Vancouver BC
V6A 2T7
604-665-2220

Next Seniors Meeting
March 19 - 2:00 PM
Carnegie Theatre

Healthy Exercise Programs

Ping Pong
Fridays in the GYM
1:00 - 3:00 PM
Practice your hand-eye coordination, reflexes and keep your mind alert with this fun but simple game!

Seniors Chair Stretching
Wednesdays in the GYM
10:00 AM—11:00 AM
Strengthen your muscles to improve balance and coordination. Led by Lily.

Road to Aging Well
Thursday March 5, 12, 19 and 26 in the GYM
9:30 AM - 11:00 AM—Activity
11:00 AM—11:30 AM—Post activity social
Always wanted to try badminton? Wanting to develop skills in golf? Try a new activity or get some coaching to improve your skills in a safe and well supported environment. Chat with others afterwards over a healthy snack.

Arts & Social Programs

Seniors Improv
Mondays in the 3rd Floor Classroom
1:00 - 3:00 PM
Get ready for lots of laughs! Work with others to play games and create stories that stretch the imagination while building confidence.

Social Crafts
Thursdays on the 3rd Floor
1:30 - 3:30 PM
Learn new craft techniques using different materials to create beautiful items for your home or to give as gifts.

Chinese Seniors Choir
Saturdays in the Theatre
9:30 - 11:00 AM
One of the longest running programs at Carnegie! Join this 20 year old choir in singing classic Chinese songs. Led by instructor Olivier Wong.

BINGO
Thursdays in the Theatre
(except on Seniors Meeting days)
11:30 AM - 2:00 PM
Come test your luck at Bingo for chances to win prizes and make some new friends!

Monday Morning Karaoke
Mondays in the Theatre
9:30 AM—11:30 AM
Start your week off positively with a few of your favourite songs! All languages welcome

Out Trips

To qualify for Out Trips, seniors must:

- Have a valid Carnegie Seniors membership
- Attend at least 3 Seniors meetings or be a Carnegie volunteer
- Sign up for only 1 out trip per month AND can only participate in a maximum of 6 trips per year
- Not sign up for trips 2 months in a row, with the exception of volunteers
- Selection is by lottery. The member must be present for the lottery draw.

Deer Lake
Thursday, March 26
9:00 AM
Spring is arriving! Come for a walk around the lake in the warmer weather as we look for blue herons.
Sign up with Doris by lottery Thursday, March 19 at 11:00 AM on the 3rd Floor.



UBC Botanical Garden
Tuesday, March 31
9:30 AM
This large garden holds hundreds of plants from around the world. It serves as the beautiful spring backdrop for lots of photos with friends.
Sign up with Doris by lottery Tuesday, March 24 at 11:30 AM on the 3rd floor.



Special Events

International Women's Day
Friday, March 6 in the Theatre
1:00 PM—4:00 PM
A day to celebrate strong, inspirational women! All women welcome for some fun activities, refreshments and entertainment.



In Memory of Sandy McKeigan Breakfast
10:00 AM Monday, March 30 in the Seniors Lounge
Free breakfast with beverage purchase from the Seniors Lounge.

Carnegie Community Centre Seniors' Program Guide for March 2020 in Chinese (City of Vancouver-b, 2020)

耆英義工希望



老年人即興節目翻譯員
(4張票券)
時間：星期一 下午1:00-3:00
地點：三樓教室
職責：英語/廣東話/普通話口譯，以協助說英語的藝術家向參與者解釋和說明遊戲方法。

廚房幫手
(4張票)
時間：週日或週二上午9點至上午11點
位置：廚房
職責：幫助在廚房準備飯菜，例如切割，組裝，包裝等。需要站立。



- 義工福利**
- 在二樓自助餐廳使用義工票券
 - 建立新的技能和信心
 - 結識新的加爾基會員
 - 每月義工晚宴
 - 特別義工旅行

加爾基會員福利

眼鏡為禮物
需要處方眼鏡嗎？請向周小姐 (Doris Chow) 查詢及進行推薦。要獲得資格，您必須是加爾基會員，並且至少參加過3次耆英會議或成為加爾基義工。這項活動由Lenscrafters慷慨支持的一項計劃，旨在為沒有能力購買眼鏡的低收入耆英提供支持。



耆英的福利及問候
若你近期入通醫院又住過夜的，你可能符合資格領取少量的補助金；有需要者請聯絡周慕怡查詢詳情。



你有一個老年人活動的想法嗎？您想進一步了解某些與老年人相關的主題嗎？你有沒有關注一些老年人問題？你隨時可與耆英部職員周小姐 (Doris) 聯絡。



耆英及文化工作員
Doris Chow 周慕怡
星期一至四
上午 9時 至 下午 5時
辦公室電話：604-665-3005

耆英
3月份活動
2020

401 Main Street
Vancouver BC
V6A 2T7
604-665-2220

耆英部會議
3月19日 週四
下午2:00在戲劇院

健康運動計劃

乒乓球
每週五在體育館舉行
下午1:00-3:00
練習手眼的配合有趣，簡單的遊戲，幫助協調，反射並保持頭腦清醒的簡單遊戲！



新!! 老年人椅子伸展
每週三在體育館舉行
上午10:00至上午11:00
加強肌肉改善平衡與協調。由張莉莉負責帶領。



通往金齡之路
3月5, 12, 19 和 26日星期四 在體育館舉行
9:30 AM - 11:00 AM-活動
11:00 AM-11:30 AM —活動後交流

一直想嘗試羽毛球嗎？想要發展高爾夫技能？嘗試一項新的活動或獲得一些教練的指導，在安全及良好支持的環境中提高技能。並可與其他老人聊天，活動後有健康的零食。



特別活動

國際婦女節
3月6日，星期四，戲劇院
下午1:00至下午4:00
慶祝一個勵志女性故事的一天！所有女士都歡迎參加，一些有趣的活動，茶點和娛樂活動。



紀念桑迪·麥基根(已故耆英部主任)早餐
3月30日，星期一，上午10:00
在耆英茶座派發，食飲料的免費煎餅。

藝術與聯誼活動

加爾基前進
每週二在 3樓教室
下午1:00 - 3:00
準備好大笑吧！與他人一起玩遊戲並創建故事，在建立信心的同時亦擴大想像力。



老年人的手工藝製作
每週四在3樓
下午1:30 - 3:30
學習使用不同的新的手工藝技術用不同材料來為您的家創造精美的物品或用作禮物。由藝術家 Erin Johnson 講授



中文唱歌班
每週六在戲劇院
上午 9:30 - 11:00
加利基島上移動時間最長之一活動。快來加入這個20歲的合唱團。一起唱中文歌曲。王小姐 (Oliver Wang) 領導



聚波拿
每週四在戲劇院
(耆英會議日除外)
上午11:30 - 下午2:00 PM
快來來波拿試試運氣，有機會贏得獎品並結識新朋友！



星期一早上卡拉OK
星期一 戲劇院
上午9:30-11:30
唱幾首喜歌的歌曲，開始新的一周！歡迎所有語言人士參加。



戶外活動

要獲得出行資格，耆英必須：
• 擁有有效的加爾基會員資格
• 參加至少3次耆英部會議或成為加爾基義工
• 每月僅報名1次，每年最多只能參加 6次旅行
• 不能連續兩個月報名旅行，義工除外
• 報名使用抽籤形式。
耆英必須出席抽籤才生效。

鹿湖公園
3月26日，星期四
上午9:00
春天來了！一起來在湖中漫步，天氣轉暖，可以一起尋找藍鸕的蹤影。



3月19日，星期四，上午11:00，請在三樓報名，周小姐會進行抽籤。

卑斯大學植物園
3月31日，星期二
上午9:30
這個大花園裡有來自世界各地的數百種植物。可作為與許多朋友合影的春天美景。



3月24日，星期二，上午11:30，請在三樓報名，周小姐會進行抽籤。

Appendix G

Carnegie Community Centre General Public Program Guide for March 2020 in English
(1/4) (City of Vancouver-c, 2020)

Carnegie Community Centre Association Board Committee Meetings March 2020

MON	TUE	WED	THU	FRI
2	3	4	5 Board Meeting 5:30 pm Theatre	6
9	10	11 Volunteer Committee Mtg 3:30 pm Classroom	12 Park Committee Mtg 3:30 pm Seminar Room	13
16	17	18 Ed./Library Committee Mtg 3 pm Classroom	19 Senior's Committee Mtg 2pm Theatre	20
23	24	25	26 Community Relations Mtg 4pm Association Office	27
30	31			



Program Guide March 2020

Carnegie Community Centre



401 Main St.
Vancouver, BC V6A 2T7
Phone: 604-665-2220
Open every day, 9 am to 11 pm

Carnegie Community Centre General Public Program Guide for March 2020 in English
(3/4)

Special Events!

E.J. Moeran's "Songs from County Kerry"
A Concert by
Cliff Ridley & Danielle Marcinek



Friday, March 13
1 - 2 pm | Theatre

Grant Writing Workshop
Timelines and Budgets



Provided by the DTES Small Arts Grants Program. All DTES Artists are welcome and encouraged to attend.

Thursday March 26 2020
3 - 4:30pm | Theatre

Bluegrass Concert



Wednesday, March 18
7 - 8:30pm | Theatre

Metropolitan Concert Band



Wednesday, March 25
7:30-8:30pm | Theatre

March Dance
Featuring:
Flower Moon



Friday, March 20
7 - 9:30pm | Theatre

Vancouver Sun Run
Walk and Run Clinic



Sundays
10am - 12pm | Theatre

LEARNING CENTRE

The Learning Centre on the 3rd Floor is open Monday, Tuesday and Thursday 9am - 5pm, Wednesday and Friday 9 am - 1 pm and Saturday 10 am - 2 pm, depending on the availability of Volunteers. Call (604) 665-3013 for inquiries.

We offer one to one tutoring in all subjects from English to computers. Sign up with staff and we will match you with a volunteer tutor.

Classes in English, First Nations Studies, and Community Development are offered from September to June.

~ The Learning Centre is a partnership between the Carnegie Community Centre and Capilano University ~

JOIN OUR VOLUNTEER PROGRAM !

Approximately 300 volunteers are the driving force behind the delivery of many programs and services provided by Carnegie.

LEND A HELPING HAND TODAY!!!

Orientations are held every Monday and Saturday at 2:30PM on the 3rd floor. Call (604) 665-2220 the morning of orientation to make sure it's not cancelled.



FEBRUARY VOLUNTEERS OF THE MONTH

Congratulations and thanks to:

Ken Lee (Learning Centre)
&
Thomas Emery (Kitchen)



Volunteer Dinner

Minimum 12 hours to attend
Wednesday
March 18
4:30pm | Theatre

Burrito Dinner!

Monday
March 20
5pm | Theatre

Volunteer Committee Meeting

Wednesday
March 11
3:30pm | Classroom

Carnegie Community Centre General Public Program Guide for March 2020 in English

(4/4)

Carnegie Membership Card: Cost is \$1.00. It is valid for the calendar year in which it is purchased and expires on December 31st. It is 50 cents to get a replacement if lost. Membership includes access to: **Computer Room** 10am - 10pm, **Pool Room** 9am - 10pm, **Weight Room** 10am - 10pm, **Free Phones** 9am - 9pm and, if you are 40 or older, the **Seniors Lounge** 9am - 10pm. Times may vary depending on availability of volunteer monitors. **Most programs require that you have and show your membership card. It is very important that you always bring your card with you when you come to Carnegie.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Seniors Line Dancing 9:30 - 11:30am Theatre <i>Resumes March 16</i></p> <p>Morning Karaoke 9:30-11:30am Theatre</p> <p>Knitting Circle 10am - 1pm Classroom</p> <p>Cultural Sharing Hand Drum Group 2:30 - 4pm Gym</p> <p>Cultural Sharing 5 - 9pm Theatre</p> <p>Women Rock! 1:30 - 4:30pm Theatre</p> <p>Carnegie Improv Theatre 1 - 3pm Classroom</p> <p>Soccer 5 - 6:30pm Gym</p> <p>NA Group 8 - 9:30pm Classroom 24 help line 604-873-1018 <i>Meeting list, more info: www.bcrscna.bc.ca</i></p>	<p>Tech Café 10:30am - 12:30pm 3rd Floor Art Gallery</p> <p>Jazz Band Class 10 - 11am practice 11 - 12:45pm rehearsal Theatre</p> <p>Music Jam 1:45 - 5pm Theatre <i>Must sign up with Ken, first come first served so come early!</i></p> <p>Cabaret Coffee House 6:45 - 9:45pm Theatre</p> <p>Law Students' Legal Advice Program March 3, 10 and 17 7 - 9pm Art Gallery</p>	<p>Free Haircuts 10am Seminar Rm <i>Based on demand</i></p> <p>First Nations Talking Circle 10am - 12pm Classroom <i>Coffee & Snacks!</i></p> <p>Learn to Sew 11am - 2pm Art Room</p> <p>Firewriters with Phoenix 11:30am - 12:30pm Learning Centre</p> <p>Music Jam 12 - 3pm Theatre <i>Musicians/Singers all styles and level welcome! Must sign up with Wilson (1st & 2nd Weds.)</i></p> <p>Crafty Wednesdays 1 - 3pm Art Gallery</p> <p>Art Workshops & Drop-in 3:30-7:30pm Art Room</p>	<p>Seniors' Bingo 11:30am - 2pm Theatre <i>Carnegie Senior members only</i></p> <p>Busy Beadz 10am - 12:30pm Seminar Room</p> <p>DTES Writers' Collective 2 - 4pm Classroom</p> <p>AIDS Support Group 5 - 7pm Art Room</p> <p>Drop-In Basketball 6 - 8pm Gym</p> <p>Egor's Movie Night 6 - 10pm Theatre</p>	<p>Seniors Line Dancing 9:30 - 11:30am Gym</p> <p>Folk Circle March 6 & 20 1-2:30pm Classroom <i>with John Ludgate</i></p> <p>Table Tennis 1 - 3pm Gym</p> <p>Portrait Drawing 2 - 5pm Dining Room <i>Models are recruited from inside Carnegie. Bring your own materials and drawing board</i></p> <p>Book Giveaway 2:30 - 3pm <i>Outside Carnegie on Hastings St.</i></p> <p>Karaoke Night March 13 & 27 7 - 9:45pm Theatre <i>with Terence</i></p> <p>Monthly Dance March 20 7 - 9:45pm Theatre</p>	<p>Poetry Night March 7 7 - 9pm Theatre <i>Hosted by: Diane Wood</i></p> <p>Saturday Night Documentary Brought to you by Humanities 101 March 14 & 21 6pm Theatre</p> <p>Singalong Choir 6:30-9:30pm Classroom</p>	<p>Tai Chi 9 - 11am Gym</p> <p>Sun Run Walk and Run Clinic 10am - 12pm Theatre</p> <p>Ballroom Dancing 1 - 4pm Theatre</p> <p>Art Workshop and Drop-In 2 - 6pm Art Room</p> <p>Singalong Choir 2:30 - 5:30pm Classroom</p> <p>Egor's Movie Night 5 - 10pm Theatre <i>Start time varies so check with Information Desk around 4 pm</i></p>

See the Learning Centre on the 3rd floor for their monthly schedule of classes & events!

Lane Level - Art Room
Main Floor - Theatre
2nd Floor - Gym and Dining Room
3rd Floor - Art Gallery, Classroom

Carnegie Community Centre Learning Centre Program Guide for November 2017 in English (City of Vancouver, 2017)

Join Our November Activities

- We offer **one to one tutoring** in all subjects from English to math to computers. Sign up with staff and we will match you with a **volunteer tutor**. Ask for the staff on shift – Lucy or Betsy -- to help assess your skills and match you with one of our volunteers
- Come to our **Learning Centre meetings** – Thursdays 11:00am 
- **Introduction to Computers (English)**
Wed. 10:00 am, See Lucy
- **Introduction to Computers (Chinese)** with Peter. Tuesdays 9am to 12pm. **See staff to register.**
- **Upgrading**
Work with a tutor on upgrading in reading, writing, math, computers and ESL, etc. We will assess your strengths and challenges and get you started.
- **Math for all levels** Wednesday 9:30–11:30. **See staff for more information**
- **Creative Writing Group "Firewriters"** with Phoenix – Wednesday 11:30 an
- **ESL – Both One to One and Small Group Learning** - See staff to register.
- **Learn American Sign Language with Videha** Thursdays 9-12. See Videha or staff to register.

Capilano Staff Schedule September -- December 2017

Mon	Tues	Wed.	Thurs	Fri
		Lucy 9:00-1:00	Lucy 9:00-1:00	
Lucy 12:00-4:00	Betsy 12:00-4:00		Betsy 12:00-4:00	

Heart of the City!

- Over 100 events at over 50 venues
- Theme: *Honouring Women of the Downtown Eastside*



Wednesday October 25 to Sunday

Joe Chow, Musician, got a SMART Grant last year.



DTES Small Arts Grants!

Applications are open now. The deadline is 4:00 PM on Friday, November 24, 2017.

Get help with your grant application in the Learning Centre. Make an appointment with staff to save your place.

Welcome to the Carnegie Learning Centre



**Carnegie Community Centre
3rd Floor
401 Main St.
Vancouver, BC.
V6A 2T7**

Tel: 604-665-3013 Fax: 604-606-2736
Monday to Thurs 9am to 5pm
Friday 9am to 1pm
Saturday 10 am to 2pm

The Carnegie Learning Centre is a partnership amongst Capilano University, the Carnegie Community Centre Association and the Carnegie Community Centre

November 2017 - Carnegie Learning Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 9:30: Math 10:00: Intro to Computers(English) 11:30 Firewriters	2 9-1 ASL with Videha 9:30am Seniors Intermediate English 11am LC Meeting 1-3 Learning Centre Live!	3 Open 9-1	4 Open 10-12 12-2 Workshop: Make your own Chapbook
5	6 1-4 Tech Café – get help with your phone or tablet	7 9-1 Intro to Computers (Chinese) 1-4 Get help with your SMART Grant	8 10:30-12:30: Get help with your SMART Grant 10:00: Intro to Computers(English) 11:30 Firewriters with Phoenix	9 9-1 ASL with Videha 9:30am Seniors Intermediate English 11am LC Meeting	10 Open 9-1	11 Open 10-2
12	13 1-4 Tech Café – get help with your phone or tablet	14 9-1 Intro to Computers (Chinese) 1-4 Get help with your SMART Grant	15 12:30-2:30 Get help with your SMART Grant 11:30 Firewriters with Phoenix 3:00 Ed/Lib meeting 4:30: Volunteer Dinner	16 <i>Capilano staff away</i> 9-1 ASL with Videha 9:30am Seniors Intermediate English 11am LC Meeting	17 Open 9-1	18 Open 10-2
19	20 1-4 Tech Café – get help with your phone or tablet	21 9-1 Intro to Computers (Chinese)	22 10:30-3:30 Finish your SMART Grant! 10:00: Intro to Computers(English) 11:30 Firewriters with Phoenix	23 9-1 ASL with Videha 9:30am Seniors Intermediate English 11am LC Meeting	24 Open 9-1	25 Open 10-2
26	27 1-4 Tech Café – get help with your phone or tablet	28 9-1 Intro to Computers (Chinese)	29 9:30: Math 10:00: Intro to Computers(English) 11:30 Firewriters with Phoenix	30 9-1 ASL with Videha 9:30am Seniors Intermediate English 11am LC Meeting 1-3: Tutor Training (topic TBA)	1	2

Small Arts Grants

Are you an artist in the Downtown Eastside? Great! The DTES Small Arts (SMART) grants will help you to showcase your work and take it to the next level.

Applications are open now! The deadline is 4:00 PM on Friday, November 24, 2017.

Come to the Learning Centre to get help writing your application. **First make an appointment with Lucy, Betsy or Beverly** in the DTES Small Arts Grant office.

Times to get help:
Tuesday, Nov 7th - 1-4
Wed Nov 8th - 10:30-12:30
Tuesday, Nov 14 - 1-4
Wed, Nov 15 - 12:30-2:30

Wed Nov 22 - 10:30- 3:30
Finish Up Your Application!
Lucy and Bev will be here all day to help people in the final week.



Appendix H

Carnegie Community Centre's Calendar of Events from January 2010 (Carnegie Newsletter, 2014)

Calendar of Events



WEDNESDAY JANUARY 13

- Volunteer Recognition Supper, Theatre, 4:30pm

THURSDAY JANUARY 14

- Carnegie Action Project Workshop: Prepare Your Speech for City Hall, Theatre, 3pm-4:30pm
- AIDS Support Group Informational Open House, Pottery Room, 3pm-7pm

FRIDAY JANUARY 15

- Carnegie Jazz Band Open House, Theatre, 11:30am-2pm
- Vancouver Public Library Book Giveaway, sidewalk outside Carnegie, 2:30pm-3:30pm
- Have Your Portrait Done, on second or third floor, 2:30pm-5pm
- Carnegie Theatre Workshop Open House, Theatre, 3pm-5pm
- R & B Dance Music: Michelle Richard and Friends, Theatre, 7pm-10pm

SATURDAY JANUARY 16

- Carnegie Singers, throughout building, 10am - 10:15am
- Carnegie Community Centre Chess Tourney Premier
Third Floor Art Gallery & Classroom II, 1pm-5pm
- Documentaries for Thinkers: Films about the Carnegie and the DTES
including Bruce the Musical, Carnegie Opening (1980) and others, Theatre, 6pm-10:30pm

SUNDAY JANUARY 17

- Walk Run Program- Orientation for the Sun Run, Gym, 12noon (time tbc - contact Sandy MacKeigan)
- Annual Carnegie Anniversary Pool Tournament, Seniors' Lounge, 1pm-5pm
- Movie Night, Theatre, 6pm

MONDAY JANUARY 18

- Carnegie Village Choir Open House, Theatre, 1pm-3pm
- Cultural Sharing, featuring Indian Time Drum, Theatre, 6pm-8pm

TUESDAY JANUARY 19

- City Proclamation Recognizing the Carnegie Community Centre Association
mid-morning, Vancouver City Hall Council Chambers
- Pancake Breakfast, Dunlevy Street at Oppenheimer Park, 11am-1pm
- Music Jam 2pm, & Cabaret 7pm, Theatre

WEDNESDAY JANUARY 20

- Carnegie Community Centre 30th Anniversary Commemoration, Theatre, 2:30pm-5pm+
- 30th Anniversary Supper- a special favourite meal from the Carnegie Kitchen, 5pm
- 30 Years! Tales from the Carnegie-memory lane w/staff & members past and present
Theatre, 7pm

..... Carnegie Community Centre - Celebrating Thirty Years

Appendix I

Interview transcript with Doris Chow (Chow, 2021) on March 10, 2021 at 4-5:30pm

1. What types of programs do Chinese seniors participate in? Why?

“They enjoy participating in our out trips because Chinese seniors are afraid to take the bus by themselves. They are always eager to explore new places, see new things, and that’s why I think this program is most popular amongst them. Chinese seniors meeting is also a popular event that Chinese seniors like to attend, although it is not so much of a program. The meetings are meant for me to read over the seniors’ program guide and answer any questions they have. Initially, I thought it was popular because one of the criteria to be eligible to go on the out trips is attending at least three seniors’ meetings before they can sign up. Then I realized that was not the case. Chinese seniors seem to go there to gather, socialize, and see their friends. There is also the possibility that attending the meetings allow the seniors to feel important, and a sense of belonging.”

2. What is the current participation level of Chinese seniors in your department/programs? Does the time of day affect the participation level? Are there other factors that affect participation levels?

“My program has a pretty high level of Chinese senior participants. They are more likely to participate when they see that there is a Chinese speaking staff running the program. Usually when the program and event is culturally relevant, there will be a higher number of Chinese senior participants. For example, our Lunar New Year special event is popular amongst the seniors. Although I find that they are comfortable participating in culturally relevant programs, the Chinese seniors are also eager to try new things. They just need extra support such as language and friends to feel comfortable in a new program.

Yes, no seniors participate in program after dark. It is too dangerous for them to be walking around the neighbourhood at night. Buses also take longer to come when it

gets later. Many Chinese seniors also have bad vision, so they can't see clearly at night. It is also their winddown time. Many like to settle down at home, have dinner, relax, and get ready for bed."

3. Knowing the presence of Chinese senior population living in the Downtown Eastside, how does it affect the development of activities at Carnegie Community Centre?

"We try to make programs more accessible for Chinese seniors. We know that language is the biggest barrier they face so we want to make sure we are able to provide information that they can understand. In order to do that, we would have to translate the materials to Chinese or advertise through word of mouth with the seniors in Chinese. They usually attend program that have Chinese participants because they want to be with someone they can culturally relate to and feel safe.

Some programs that we offer help Chinese seniors build confidence. Once the Chinese senior builds this confidence, they are more likely to join other programs in the Centre and be more independent. It's also important for them to feel a sense of belonging.

Unfortunately, we don't do seasonal planning or have seasonal program guides. All programs are done on a monthly basis. It makes it more difficult because it can potentially cause bad quality programming."

4. How is the interaction between Chinese seniors and other ethnic community members?

"Not many Chinese seniors and other ethnic community members interact with each other. There are some tensions between different groups at times. There is a lot of racism between two different cultures. There are many stereotypes of Chinese seniors where people think they are pushy, greedy, and uneducated. There is also a common assumption that Chinese seniors are 'better off' - that they are not poor, that they have

housing and families and therefore don't need the same services, but in fact they face many unique and similar issues of poverty. It is just 'invisible'. Usually, the Chinese seniors stay together because they are able to communicate and receive support from their friends.

Sometimes when my program is filled with all Chinese seniors and a person from a different cultural background joins the program, the person is just fine joining the program. There is some great relationship and community building, but it requires a lot of patience. However, when a program is filled with non-Chinese seniors, a Chinese senior faces more barriers to participate because they don't know anyone and lack the confidence to join by themselves, and this is again, attributed to language.

I would say Learning Centre has a good mixture of Chinese seniors and other ethnic community members in their programs. Lucy (instructor for Learning Centre) is really good at exposing the participants to different cultures. She is able to help the participants understand and accept each other that they're all here to learn."

5. What are common questions and concerns from Chinese seniors?

"Will there be food?

Is there anyone who can speak Chinese?

What programs are happening soon?

What does this poster say?

How long will it be?"

6. What are some barriers that Chinese seniors are currently facing? What are some resources and programs available to prevent that?

"Ability to access programs and services in their language, people who actually care about this population, and financial barriers. Not all Chinese seniors are eligible to receive government benefits and supported housing. It would be helpful if they have

access to all the resources and programs in the neighbourhood. Chinese seniors make up a significant proportion of this neighbourhoods population and we see them everywhere, yet they are so invisible at the same time. We need more programs and service that are tailored for this population, the same way we have services and programs tailored to people facing mental health challenges, people facing homelessness, Urban Indigenous Peoples etc.”

7. In your opinion, what are the needs of Chinese seniors and do you think the programs and services offered meet their needs? If yes, how so? If no, what needs are not being met and what can Carnegie Centre do to meet their needs?

“Language is the most significant need for Chinese seniors. Many of their problems would be solved if there were more staff who can speak the language. We can do a lot better in terms of providing programs and services to this population. Things like hiring staff more staff who can run program in Cantonese and Mandarin and pay them for their skill. Translating important material to Chinese language would be extremely helpful. Other beneficial options would be collaborating with other Community Centres and organizations to do more integral programming. For example, developing program that allows seniors and children or youth to work together.

Chinese seniors want more recreation programs, exercises, outdoor activities, seniors dancing. I don't think we meet their needs because we lack advertisement, space, equipment, and facility maintenance.

It is our job as community service to serve the most vulnerable population. We are located in Chinatown where there is a high percentage of Chinese senior residents. Research has shown that building and maintaining a healthy community will reduce crimes, property maintenance, enforcement, police, and ambulance services.

Loneliness is the biggest predictor of death amongst seniors. In our society, aging is already a pretty isolating experience; now add on top of that, linguistic isolation and

barriers to the already scarce programs and services we have for seniors as a whole. That gives you a glimpse into how vulnerable and marginalized Chinese and all other non-English speaking seniors are.”