

Elder Abuse - Are You a Victim?

On June 15, people around the world celebrated the seventh annual World Elder Abuse Awareness Day, to express their care and concern about ending elder abuse and neglect.

This form of abuse is generally considered to be one of the most under-recognized issues in society today. More and more in recent years it has been brought to light through events such as the Awareness Day, and by organizations like the BC Association of Community Response Networks and local police departments.

What comes as a surprise to many is that the perpetrators of abuse are often those close to their elderly victims – friends, family or care-givers.

Statistics show that seniors are the least likely demographic to suffer violent crime, but the most at risk of suffering violence at the hand of a family member.

While victims of elder abuse may not realize that they are being victimized, it is essential for community members to play an active role in recognizing and preventing elder abuse.

The Vancouver Police Department operates an Elder Abuse Unit, which works with members of the community to prevent elder abuse and to increase public awareness of the practice.

The Elder Abuse Unit suggests that people become more aware of any possible warning signs that would

indicate that a senior is being victimized. They include: bruises, cuts and other injuries; a sudden loss of money or being stressed about finances.

Because senior citizens are often unaware that they are being taken advantage of, the Vancouver Police Department lists on its website the various types of abuse that many seniors experience:

It may be PHYSICAL ABUSE if you have been:

- Assaulted
- Restrained by being locked up, tied down or overly medicated

It may be PSYCHOLOGICAL or EMOTIONAL ABUSE if you have been:

- Insulted, threatened, intimidated or yelled at
- Denied access to your friends and family
- Subject to invasion of privacy through interference with your mail, phone calls or money matters
- Denied a safe environment, food and personal care, hygiene, medical and legal services, or opportunities for worship

When A Stranger Knocks...

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It may be FINANCIAL ABUSE if you have been:

- Forced to change your will, or had your property sold or given away without your consent, or with forced consent
- Denied access to certain funds, such as your pension cheque
- Forced to withdraw/hand over cash or give valuables to any family, friends or acquaintances

For more information, visit www.VPD.ca and search "Security Tips for Seniors."

As always, you are invited to contact the Hastings Sunrise CPC for information and assistance on this topic or other community concerns.

- Lishan Sharples

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Working together for a safe community

The Hastings Sunrise Community Policing Centre works in partnership with the Vancouver Police Department



Other Partners:



Danger at the Door



As parents, we've taught our children how to welcome guests at the door.

But they also need to know how to respond when the person knocking on the door is a stranger who doesn't leave when his knocks go unanswered. Chances are good it's a burglar who is testing to see if anyone is at home before breaking in!

One thing NOT to do when the parents are away and a suspicious stranger knocks persistently or lurks in the yard is to phone the parents or other family members. Instead, says Vancouver Police and Block Watch spokesman Constable Dave Krenz, children should call 911 immediately and then stay on the phone until police arrive.

One Vancouver family in a Block Watch neighbourhood had a close call earlier this year. Two teen-aged brothers were home alone one evening when they heard loud knocking at the front door, peeked out and saw a man they did not recognize. He kept knocking, and they also heard knocking at the back door.

They phoned their mother who said she was not expecting anyone – but nobody phoned police.

Instead, the frightened boys hid in an upstairs bedroom. Ten minutes later, one saw a strange man on the same floor. When he realized the house was occupied, the intruder fled, along with another man who had been in the back yard.

A neighbour saw them flee and police were finally called, but much damage had been done. The burglars had pried open the basement door, a basement window and two locked inner doors. Luckily, the boys were not injured.

In summer, more and more children and teens are home alone in their houses, says Cst. Krenz. "They will witness or hear property crime suspects at their doors, on their property or on their neighbour's property.

"They must not call their parents or family when they get scared. They must

call 911 and stay on the phone. That's the only way to catch these thieves and protect children. When a crime is in progress, seconds are vital!"

Younger children should be taught how to use a telephone in case of emergency, says Cst. Krenz.

He also recommends strengthening ground floor rear entry doors so they cannot be shouldered, kicked in or pried open.

"Join Block Watch and learn how to identify suspects before they break in to your home or that of a neighbour," says Cst. Krenz. Find out about Block Watch at www.vpd.ca or contact the Hastings Sunrise CPC.



Frog Hollow Offers Activities for All Ages

Frog Hollow Neighbourhood House is a gathering place for our Vancouver east side community for over 35 years. We are a non-profit, volunteer driven organization working with you to create a better community through a wide variety of programs

and services. Frog Hollow is a place where families with young children, seniors, and youth come together to learn new skills. Seniors gather to stay connected and active. Everyone is encouraged to learn new ways of overcoming challenges.

Our seniors programs bring together good friends for great conversation and fun activities. In a warm and supportive atmosphere, this active group has created engaging programs that are meaningful to them and suit the needs of seniors



Frog Hollow patrons show their enthusiasm!

in our community. They include two weekly dance classes, bi-weekly out trips, computer classes, Tai Chi, weekly drop-in activities such as arts and crafts (making terrariums, piñatas, card making, origami, beading), intergenerational activities with youth, and much more!

To join a seniors program, or to inquire about becoming a mentor to a seniors activity, please call Frog Hollow at: 604.251.1225 and speak to Danny or Manda (Cantonese and Mandarin), and Rosa (Spanish).

We hope to see you soon! We are at 2131 Renfrew Street.

▪ Rosa Palacios

Seniors: Let's Be Safe !

Senior citizens are not more likely to experience crime; they are often more fearful of it and less likely to report it. However, once armed with a bit of knowledge on crime and safety, seniors can help make their community safer for everyone.

In the spring of 2013, a series of scams and robberies targeted seniors in our community. Alerts were sent to various agencies who work with seniors, and presentations were given that focused on personal safety and purse snatching. However, the HSCPC felt they could do more to serve the seniors of Hastings Sunrise by developing a program specifically for them.

After securing a grant from the BC Civil Forfeiture Crime Prevention Program and funds from the Port of Metro Vancouver, the HSCPC developed the "Let's Be Safe" program to help seniors be more proactive in crime prevention. Over the next several months, HSCPC staff, volunteers, and our Neighbourhood Police Officer (NPO) will be offering presentations focused on educating and supporting seniors to empower them in their own safety. A similar program at the Collingwood Community Policing Centre has resulted in a noticeable increase in the number of seniors who seek assistance from them by either calling or coming into the office.

Constable Lora Dujmovic, our NPO, states: "I realized last year with the increase of crime targeted towards seniors in the Hastings Sunrise area, the relevance of educating and promoting safety to this vulnerable and often trusting group.

"With the sophistication of some money scams (i.e. claiming you have inherited money), and often lack of access to today's current technology, many seniors fall prey to these criminal opportunists ... this is what I want to prevent!"

Offered in both English and Cantonese – with materials in other languages available – the "Let's Be Safe" presentations will cover a range of topics, including: how to report crime and suspicious activities, the difference between emergency versus non-emergency situations, personal safety, and pedestrian safety. The presentations will be held at various Hastings Sunrise community centres. After repeat visits, presentation topics will be expanded and



Seniors helping seniors – HSCPC office volunteers Susan McElgunn (left) and Norma Chase

members of the Vancouver Police Department may be called upon for their expertise.

The "Let's Be Safe" program will do more than help establish a network between the HSCPC, local seniors programs and individual seniors. By actively engaging in crime prevention, it is hoped that seniors will no longer limit their activities for fear of crime, thereby improving their overall quality of life.

A presentation is taking place at Frog Hollow Neighbourhood House on August 16 at 10 am. If you are interested in attending, please contact Danny Li at 604-616-1970 or email danny@froghollow.bc.ca.

▪ Luella Iwasiuk

Thanks to our "Let's Be Safe" project sponsors and supporters:

Ministry of Justice, Province of BC
Port Metro Vancouver
Frog Hollow Neighbourhood House
Kiwassa Neighbourhood House
Thunderbird Community Centre
Hastings Community Centre
Our Lady of Sorrows
Beulah Garden Homes Society

Scam in The Street

Police warn that a band of thieves has been using sleight of hand to dupe the elderly out of their jewelry on Vancouver streets.

At least 10 times since last December, they have distracted people on the street by offering "gold jewelry" for sale and slipping the fake items around the victims' wrists and necks. The thieves then removed the fake jewelry along with the victims' own necklaces, rings and bracelets, and fled in a waiting car.

Witnesses described the female thieves as being of Eastern European descent, aged 30 to 50, speaking broken English and wearing long skirts and head scarves. Usually there are other males and females waiting in the getaway vehicle, which often bears out-of-province or US license plates.

Police remind residents to report any suspicious persons or activity.

Safety Tips:

- Be cautious of strangers offering jewelry for sale on the street or out of the trunk of a vehicle
- Be aware of your surroundings at all times
- Travel along well-lit streets
- Keep your purse and belongings close to your body so they aren't easily grabbed.

DID YOU KNOW?

- **4% of Canadian seniors** suffer from serious abuse by a spouse, relative or other close contact
- **10%** of consumers of attendant care services said they have been physically abused by their attendants
- Elderly women from **ethno-cultural minorities** are more likely to experience oppression and violence
- 1 of 12 BC seniors have been financially abused in amounts that averaged more than **\$20,000**
- Almost half of all violence against seniors occurs in **spousal relationships**
- **Poverty, mental illness, disabilities and old age** dramatically increase the likelihood of abuse & neglect.

(from the Vancouver Coastal Health ReAct website <http://www.vchreact.ca>)

To Report Elder Abuse:

Call the Vancouver Police Department's non-emergency line at 604-717-3321

Call Vancouver Coastal Health and speak to an intake nurse at 604-263-7377

Call Victimlink at 1-800-563-0808

Call the B.C. Coalition to Eliminate Abuse of Seniors at 1-866-437-1940

How to Spot Elder Abuse:

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected:

- fear, anxiety, depression or passiveness in relation to a family member, friend or care provider
- unexplained physical injuries
- dehydration, poor nutrition or poor hygiene
- improper use of medication
- confusion about new legal documents, such as a new will or a new mortgage
- sudden drop in cash flow or financial holdings
- reluctance to speak about the situation

(from Government of Canada – www.seniors.gc.ca)

Watch for:

CPC Day Open House

Saturday, Sept. 28, 11am-2pm
2620 East Hastings

Live music, refreshments,
co-hosted by HSCPC and
Tamam Restaurant!

This Issue

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- Mon - Fri: 9:30am - 4:30pm
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長者：我們不是弱者



银发协助其他学长 - 办公室志愿者，
Susan McElgunn, Norma Chase

長者不是較少經歷到犯罪活動，其實他們只因較為恐懼而較少報案。然而，若他們對犯罪活動和安全知識有更多的認識，他們可使整個社區變得更加安全。

在2013年的春天，我們的社區發生了多宗針對長者的詐騙和搶劫案。警方向各服務長者的機構發報了多個“警示”，並舉辦以人身安全和搶奪案為主題的演講會。然而，HSCPC覺得他們可為喜士定日出社區的長者多做一些，故此特別為長者展開一個計劃。

從“卑斯省-民事沒收預防犯罪活動計劃”所發放的金錢和“大溫區港口局”的款項後，HSCPC展開了“讓我們安全”計劃，以幫助長者更加積極及主動地預防犯罪活動。在接下來的幾個月中，HSCPC工作人員，志願者，和我們的鄰里警務人員（NPO）將舉辦以教育和支持長者為主題的演講會，使他們能增強自身的安全。在Collingwood 社區警務中心有一項類似的計劃，結果顯示長者通過電話或到辦公室尋求援助的數量有顯著增加。

警官Lora Dujmovic，我們的NPO，說：“我去年發現向容易受騙和信任別人的長者提供教育和推廣安全的重要性：因為以長者為目標的罪案於喜士定日出社區在增加中。

继续第2页上的

Working together for a safe community

The Hastings Sunrise Community Policing Centre works in partnership with the Vancouver Police Department



Other Partners:



“隨著一些複雜的金錢詐騙（如聲稱你已繼承一筆財產），由於長者對現今科技缺乏認識與接觸，許多長者往往成為了這些犯罪機會主義者的獵物...這就是我想要阻止的！”

提供英語及粵語的“讓我們安全”演講會外，“讓我們安全”資料還有其他語言讀本。演講會涵蓋一系列的議題，包括：如何報告犯罪和可疑活動；緊急與非緊急情況的區別；人身安全和行人安全。演講會會在各個喜士定日出社區中心舉行。重複探訪後，演講會主題將擴大，溫哥華警察局的成員可能會被邀以他們的專業知識演講。

“讓我們安全”計劃不僅幫助以HSCPC，本地長者計劃和個別長者之間建立聯繫網絡，通過積極參與預防犯罪活動，希望長者將不再因對犯罪者的恐懼而限制其活動，從而提高他們的整體生活質量。

Frog Hollow Neighbourhood House 的演講將會在8月16日上午十時舉行。如果您有興趣參加，請聯繫Danny Li。電話：604-616-1970或電郵至danny@froghollow.bc.ca。

■ Luella Iwasiuk撰寫

感谢我们的“让我们的安全”项目的赞助者和支持者：

Ministry of Justice, Province of BC
Port Metro Vancouver
Frog Hollow Neighbourhood House
Kiwassa Neighbourhood House
Thunderbird Community Centre
Hastings Community Centre
Our Lady of Sorrows
Beulah Garden Homes Society

街頭騙案

警方通知市民近日有一群盜賊在溫哥華區出現，專門偷取長者身上拐帶的首飾。從去年十二月起，至少有十宗陌生人送贈金首飾繼而令受害人分心而被對方搶去頸鍊或手鍊的案件。盜賊會假裝幫受害人帶上送贈的金首飾，然後分散他注意後搶去頸鍊，戒指及手鍊，最後上車逃走。

目擊者形容女性盜賊為東歐人士，年齡介乎三十到五十歲，操不流利英文，身穿長裙及頭巾。通常會有其他男士及女士在一輛鄰近的車子等候。車牌通常是國外或美國的車牌。警方提醒居民要舉報任何可疑人物或事情。

安全提示：

- 小心陌生人在街上或車廂外向你兜售首飾
- 無時無刻留意身邊情況
- 只在光線充足的街道上行走
- 將個人皮包，手袋及個人財物緊緊地緊身，不要讓人輕易拿

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