

Bright Moments Connect Our Elders

Hastings Sunrise has more than its share of seniors – and they have a new opportunity to meet, learn and socialize.

According to the 2016 Census, 17.5 per cent of our community are seniors aged 65 and up, compared with a city-wide average of 15.5 per cent.

The new program is Bright Moments, a friendly and informative seniors outreach program offered by the Hastings branch, Vancouver Public Library, in partnership with the Hastings Sunrise Community Policing Centre (HSCPC). Bright Moments events are held monthly alternating between the HSCPC boardroom and the Hastings Library community room.

Julia McKnight, branch head at the Hastings library, says it offers seniors greater learning experiences by connecting them to specific library programs and supporting their need for information about health, digital literacy, safety and cyber (internet) security. The March 8 event at the library featured dialogue on pedestrian safety by Vancouver Police Constable Holly Christie, a former neighbourhood police officer. The group of about 20 seniors socialized over light food, tea and coffee.

To recognize International Women’s Day, five-year volunteer Lily made colourful flowered bookmarks for all. Lily is an excellent greeter as well – always near the entrance, ready to greet and welcome.



HSCPC staff member Vanika joins Bright Moments seniors painting flower pots

Bright Moments is new (since December 2024) and “has not been advertised much,” commented Clair MacGougan, executive director at HSCPC. “It’s been mainly word of mouth.”

HSCPC Program co-leads Vanika and Carmen tell me that “the goal is to enhance our relationship with seniors in the community, to build a rapport with them so that they feel more comfortable calling us.

“We know a lot of seniors feel hesitant in calling the police. We want them to know who we are and what we do, so that they can understand we are able to help them and provide them with the right resources.

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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:



Our New Volunteer Coordinator



Carmen Ma

(Carmen Ma recently joined the Hastings Sunrise CPC staff. We asked her to introduce herself – so she chose to talk to her future self! We hope you enjoy her insights.)

Hi Carmen, it's me, you.

I don't know how old you are when you're reading this letter, but I hope you are still learning lots, fostering meaningful relationships, giving back to the community, and are as happy as I am now, maybe even more! I recently started a cool, new job as Volunteer and Program Coordinator at the Hastings

Sunrise Community Policing Centre. Do you remember how we landed this job? We didn't believe in fate before, but after this, we do now.

Back in December 2024, a friend had sent you a job posting because she thought of you the moment she read the job description. They were looking for someone to recruit, manage and support volunteers. She knew you'd be perfect for the job because you've dedicated most of your life to volunteering.

But you weren't ready at the time to pursue a part time role, so you didn't apply. You kept applying to jobs that you had no interest in and jobs that didn't align with your core values, and jobs that were traditionally "safe" jobs.

After a few more weeks of soul searching and chatting with wise friends, they made you realize that you will wander aimlessly if you don't decide on a purpose and an intention. The universe will not give you what you want. That's when you took another look at the job posting and finally decided to apply.

It's now been almost two months since your first day at HSCPC and you are still learning something new every single day. You're learning about how a non-profit organization works. You're learning about how much work it is to organize a community event. You're learning to better understand and support volunteers. You're learning to share a tiny fridge with everyone in the office. You're learning about the dedication and gratitude long-time volunteers have for Clair and the rest of the team at HSCPC. You're learning about what community means and how important it is to create space for people to find their sense of belonging.

You have always loved to connect with others, learn about their past, enjoy their present and leave a positive impact on their futures. Being part of HSCPC is allowing you to do just that. You are constantly surrounded by people who want to contribute their free time to clean up the neighbourhood, or to observe driving speeds to keep the roads safe, or to spend an afternoon hanging out with seniors. You are surrounded by good people who want to do good work. You are now a piece of the puzzle that can make that happen in the Hastings Sunrise neighbourhood.

Wherever you are now, I hope you are still doing good work and still surrounded by others who want to do the same! I hope you never stop making meaningful connections with everyone around you. Most importantly...don't forget to enjoy the moment and just have fun! Whatever is meant to be, will be. Everything will always work out in the end.

*Sincerely,
Carmen from March 2025*

From page 1 - Bright Moments

"In addition, we want to create a safe and inclusive environment for our seniors to socialize in because we know living alone can be isolating and challenging at times. We want them to feel like they belong to this community."

For Bright Moments event information or registration, call the HSCPC at 604-717-3584. Location alternates between the library at 2674 East Hastings and the CPC at 2620 East Hastings.

Volunteers assist with Chinese translations, bringing food and drinks to tables and help wherever they can.

■ **Harry Mah**



Volunteers Rosa & Selma pitch in with Bright Moments attendees

Shredding Those Sensitive Documents

Shredding Day 2025 is your opportunity to dispose of documents that could compromise your personal and financial security – and help out your community policing centre!

A RecordXPress shredding truck will be in the parking lot of 2500 Franklin Street, just off Hastings, to securely shred your paper from 10 am to 1 pm on Saturday, May 3.



A donation of \$10 is suggested for each banker's size box of paper you bring. (Larger donations are always welcome!)

All proceeds go towards programs of the Hastings Sunrise CPC that promote community safety and livability. The East Village Business Improvement Association is a co-sponsor.

What to shred? Any documents containing personal and financial information such as sales receipts, paid bills, credit card offers, pay stubs, tax and other legal forms, deposited cheques, and anything that might contain credit card numbers, account numbers or balances.

Basically, anything you would not want someone retrieving from your trash can.

Canadians lost over \$638 million to fraud in 2024, with identity fraud topping the list of scams.

For more help, check out the Canadian Anti-Fraud Centre online.



Point, Shoot... and Donate!

Here's another way to connect with your Hastings Sunrise CPC.

Point your phone camera at this QR code and click. It will take you to our website where you can learn about what we do and how you can help.

If you can't volunteer your time to help the HSCPC foster a safe, clean and livable community, consider making tax-deductible donations. You'll join a growing number of financial supporters who have seen the benefits we bring to our corner of Vancouver.



All donations help to fill the gap between the basic funding from the city and other grants, and the actual cost of providing all our services.

See our website at <http://hastings sunrise cpc.com/donation/> to sign up for one-time or monthly donations, or visit our office at 2620 East Hastings St. We are a charitable non-profit organization. Tax receipts are provided for donations totaling \$20 or more.

Peace Circles Prepare to Launch

Exciting things have been happening behind the scenes at the Hastings Sunrise CPC! We are preparing to launch a new restorative justice program to help resolve conflict in the community through restorative practice.

The program, Bridging Divides, is using Peace Circles to bring people together, gain understanding, resolve issues, heal and build relationships. Peace Circles can be used in workplace and neighbour disputes, community building, cultural and social dialogues, and much more.

The facilitators, called peacemakers, are trained to thoughtfully guide and work with community members as they participate in the circle process through the stages of suitability, preparation, gathering and follow up. The peacemakers have refined their skills by facilitating dialogue circles with various groups in Hastings Sunrise, for example exploring what a peaceful community looks like, and how local organizations can collaborate more successfully.

“It has been such an insightful journey, learning more about how to design an inclusive process where participants feel safe and supported to share their concerns in a dialogue that focuses on healing and finding consensus, rather than placing blame or punishment,” says Tommy Luong, a peacemaker and HSCPC board president.

Advancing the restorative neighbourhood initiative is a collaboration of three organizations: Hastings Sunrise CPC, Frog Hollow Neighbourhood House, and Peace of the Circle. In March, representatives from the lead organizations and 12 local community partners met at Sunrise Hall to further discuss what a restorative neighbourhood means to them, and how we are using

restorative practices. All expressed support for the initiative and would like to be involved. As the world around us gets more complex and people feel more isolated than ever, restorative practices can help us to reconnect with each other.

“This is a genuine community,” says one organization’s representative, “it is grassroots, down to earth and welcoming. This is critical, very important work where people can come together from all different backgrounds. We can’t put a price on that.”

Frog Hollow Neighbourhood House will continue to focus on dialogue circles and bringing restorative practices to organizations in Hastings Sunrise. The goal of the HSCPC’s Bridging Divides program is to respond to cases that involve conflict and harm. The HSCPC team is creating a webpage for Bridging Divides that will have information and resources, and the intake process will be launched in late spring/early summer 2025.

If you would like to learn more about Bridging Divides or request a Peace Circle, please visit our office at 2620 East Hastings Street, call us at 604-717-3584 or email Nina at ninak@hscpc.com.

For more information about

- Restorative City Vancouver: peaceofthecircle.com/restorativecity

- The Restorative Neighbourhood: <https://www.froghollow.bc.ca/peacecircle>

■ *Nina Kreis*

This Issue

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长者光明时刻计划

黑斯廷斯日出社区有很多长者——他们有了一个新的机会可以见面、学习和社交。

根据 2016 年人口普查，我们社区中有 17.5% 是 65 岁及以上的长者，而全市平均水平为 15.5%。

新计划是光明时刻，这是一个由温哥华公共图书馆黑斯廷斯分馆与黑斯廷斯日出社区警务中心（HSCPC）合作提供的友好且信息丰富的长者外展计划。光明时刻活动每月在 HSCPC 会议室和黑斯廷斯图书馆社区活动室之间交替举行。

黑斯廷斯图书馆分馆馆长 Julia McKnight 表示，该图书馆将长者与特定的图书馆项目联系起来，并支援他们于健康、数字素养、安全和网络（互联网）安全信息方面的需求，从而为长者提供更佳的学习体验。3 月 8

日在图书馆社区活动室举行的活动中，温哥华警员、前社区警官 Holly Christie 就行人安全问题和长者进行了对话。该小组由大约 20 名长者组成，他们一边吃小吃、喝茶和咖啡，一边进行交流互动。

为了庆祝国际妇女节，有五年志愿者经验的 Lily 为所有人制作了五颜六色的鲜花书签。Lily 也是一位出色的迎宾员——总是在入口附近，随时准备迎接和欢迎客人。

长者光明时刻计划是一个全新的计划（自 2024 年 12 月以来），并且“没有做太多广告”HSCPC 执行董事 Clair MacGougan 评论道，“主要是靠口耳相传。”

HSCPC 计划的联合负责人 Vanika 和 Carmen 告诉我，“目标是加强我们与社区长者的关系，与他们建立融洽的关系，以便他们感觉能更自在地打电话给我们。”

“我们知道很多长者在报警时犹豫不决，我们希望他们知道，我们是谁以及我们是做什么的，这样他们就能明白，我们能够帮助他们，并为他们提供正确的资源。”



HSCPC 工作人员 Vanika 参加 Bright Moments 老年人绘画活动

“此外，我们希望为小区的长者创建一个安全和包容的社交环境，因为我们深知，独居有时会让人感到孤立和具有挑战性，我们希望他们对这个小区有种归属感。”

有关光明时刻的活动信息或注册事宜，请致电 604-717-3584 联系 HSCPC。地点在位于东黑斯廷斯街 2674 号的黑斯廷斯分馆和位于 2620 E Hastings 的社区警务中心之间轮流举行。

志愿者将会协助翻译中文，将食物和饮料送至餐桌，并尽可能地提供帮助。

■ Harry Mah

Carmen 加入了员工团队



Carmen Ma

Carmen Ma 最近加入了黑斯廷斯日出 CPC 的工作人员。我们请她介绍自己——所以她选择与未来的自己交谈！我们希望您喜欢她的见解。)

嗨，Carmen，是我，你。

我不知道你读这封信时多大了，但我希望你仍然学到了很多，培养有意义的关系，回馈社区，并且像我现在一样快乐，甚至更多！我最近在黑斯廷斯日出社区警务中心开始了一份很酷的新工作，就是担任志愿者和项目协调员。你还记得我们是怎么找到这份工作的吗？我们以前并不相信命运，但在此之后，我们确信有命运这回事。

早在 2024 年 12 月，一位朋友给你发了一份招聘启事，因为她在阅读职位描述的那一刻就想到了你。他们正在寻找招募、管理和支持志愿者的人。她知道你非常适合这份工作，因为你一生的大部分时间都奉献给了志愿服务。

但你当时还没有准备好寻求兼职工作，所以你并没有申请。你一直在申请你不感兴趣的工作，不符合你的核心价值观的工作，以及传统意义上所谓“安全”的工作。

经过几周的自我反省和与睿智的朋友们聊天，让你意识到，如果你不决定目的和意图，你就只会漫无目的地徘徊。宇宙不会给你你所渴望的东西。就在那时，你又看了一眼那则招聘信息，最终决定了要申请这份工作。

距离你在 HSCPC 的第一天已经过去将近两个月，你每天都在不断地学习新东西。你正在了解非营利组织的运作方式。你正在了解组织社区活动需要做多少工作。你正在学习更好地理解和支持志愿者。你正在学习与办公室里的每个人共享一个小冰箱。你正在了解长期志愿者对 Clair 和 HSCPC 团队其他成员的奉献精神 and 感激之情。你正在了解社区的含义，以及为人们创造空间以找到归属感的重要性。

你一直喜欢与他人联系，了解他们的过去，享受他们的现在，并对他们的未来产生积极影响。成为 HSCPC 的一员可以让你做到这一点。你经常被那些想要利用空闲时间清理社区、观察驾驶速度以保持道路安全或与长者共度一个下午的人所包围。你周围都是想做好自己工作的好人。你现在成为可以在黑斯廷斯日出社区实现这一目标的拼图的其中一部分。

无论你现在身在何处，我希望你仍然表现出色，并且仍然被其他想做同样事情的人所包围！我希望，你永远不要停止与周围的人建立有意义的联系。别忘了享受当下，尽情玩乐！该来的总会来，一切都会有最好的安排。

最诚挚的祝福！

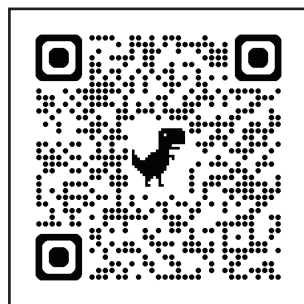
Carmen
2025 年 3 月

拍照、点击……并捐赠

这是与您的黑斯廷斯日出社区 CPC 连接的另一种方式。

用手机相机扫描这个二维码并点击。它将带您访问我们的网站，在那里您可以了解我们所做的工作以及您如何提供帮助。

如果您无法抽出时间来帮助 HSCPC 营造一个安全、清洁和宜居的社区，请考虑进行可抵税的捐赠。您将加入越来越多的财务支持者的行列，他们已经看到了我们为温哥华这个角落带来的好处。



所有捐款都有助于填补城市和其他资助之间的资金缺口，以及提供我们所有服务的实际成本。

请访问我们的网站 <http://hastingsunriseipc.com/donation/> 注册一次性或每月捐款，或访问我们位于 East Hastings St. 2620 号的办公室。我们是一个慈善非营利组织。对于总额 20 加元或以上的捐款，我们将提供税收收据。

