

**Name of Organization:** West Point Grey United Church

**Name of Project:** TLC (The Lunch Club) & Journeying With Friends

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**Challenges and opportunities:** The West Point Grey United Church (WPGUC) seeks to provide an inclusive environment in which all seniors are welcome, and through its participation in Dementia Ventures, seeks to build on a funding proposal through the New Horizons for Seniors Program to restart a program for seniors in the west side of Vancouver entitled TLC (The Lunch Club). The club will be provided within a Dementia Friendly setting.

The community of West Point Grey is unique in that up to 70% of the households are Mandarin speaking. West Point Grey United Church embraces this neighbourhood by providing church services and programs in both English and Mandarin simultaneously, allowing opportunities to learn and grow together. WPGUC also wants to foster a Dementia Friendly culture – an environment in which we can learn more about Dementia and journey together in both English and Mandarin, as part of an initiative that will be known as Journeying with Friends.

#### **What's envisioned for next year?**

TLC: WPGUC is awaiting the results of the New Horizons application for its TLC initiative, which should be known by early spring of 2022. Once funding is acquired, the TLC will be planned and implemented by a committee of seniors and volunteers. In addition to providing a healthy lunch, each session would entail activities such as Brain Games, and Gentle Movement. Also, Dementia Education would be provided 1-2 times per year, partnering with the Alzheimer Society of BC (Vancouver Coastal Chapter) for resources.

Journeying with Friends: In order to accomplish this goal, WPGUC would initially propose a four part series with educational components and small group discussions, using facilitators and speakers living with Dementia, drawing on the Alzheimer Society of BC and other relevant community resources to develop the series. Topics explored would include but not be limited to:

- Education around memory loss versus Dementia
- Exploring cultural issues around memory loss
- How to reach out and start conversations with those observed to have issues around memory loss
- Fostering independence, while keeping people with memory loss living safely in the community
- Long distance caregiving