



# WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, April 2<sup>nd</sup>, 2024**

9:30 a.m. - Arrival                      University Golf Club  
10:00 a.m. - Meeting                      5185 University Blvd.

*We acknowledge that we meet on the unceded lands of the  
Musqueam, Squamish, and Tsleil-Waututh Nations*

**Masks are optional**

Speaker:  
**Jennifer Lines &  
Colleen Wheeler**

## **APRIL SPEAKERS**

Topic:  
**Women in Theatre**



Jennifer Lines is a Vancouver based actor who has performed in Canada and internationally for over 20 years. Bard on the Beach (22 seasons), the Arts Club, The Belfry, The Vancouver Playhouse, Theatre Calgary, M.T.C., Ruby Slippers, The Caravan Theatre, Pi Theatre, Touchstone Theatre, and Axis Theatre are just a few of the companies she has performed with. This two time Jessie Award winner was raised on a ranch in Midway, B.C. and received her B.F.A in acting from the University of Victoria.



Colleen Wheeler is a multiple award winning actress based in North Vancouver, BC. She has performed in over 75 stage productions in theatres across Canada and has had supporting and lead roles in over 40 film and television shows. The film production company she runs with her partner (Heelfactory Film) recently released their first feature film "Attic Trunk". Colleen gradu-ated with Distinction from the University of Alberta's B.F.A. (Acting) Program.

Jennifer and Colleen will speak about their own experiences, gender swapping roles and basic experiences as to what it's been like as a woman in the theatre over the past 25 years. They will also touch on how they have balanced family and career and some of the hard decisions they have made.

Women's PROBUS of Vancouver:

Contact us:

PROBUS Canada:

PROBUS International:

<https://probuswomen.com>

[probuswomen@gmail.com](mailto:probuswomen@gmail.com)

<https://probus.org>

<https://probusglobal.org>

# MARCH SPEAKER

## Isobel Mackenzie

### Current Issues Facing BC Seniors



Throughout this wonderful talk, Isobel Mackenzie demonstrated her over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. Isobel led B.C.'s largest not-for-profit agency, serving

over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments.

Isobel has been widely recognized for her work and was named B.C. CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero. Prior to

her appointment as the Seniors Advocate, Isobel served on a number of national and provincial boards and commissions, including the BC Medical Services Commission, the Canadian Homecare Association, BC Care Providers, BC Care Aide and Community Health Worker Registry, and the Capital Regional District Housing Corporation.

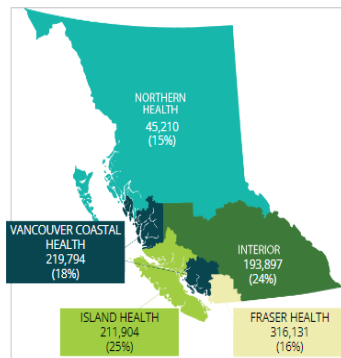
Isobel also served on the University of Victoria's Board of Governors. Isobel received both her undergraduate and graduate degrees from the University of Victoria and has a Certificate in Health Care Leadership from the University of Toronto.

Isobel retires in April & noted that Dan Levitt will be taking over.

### Snapshot of B.C. Seniors

2023  
1,016,365  
seniors in B.C.

20% of the population  
5,000,880  
total population



### Financial Picture

- Median seniors income is **\$32,990** (\$47,660 avg.)
  - **25%** of seniors live on less than **\$22,000**
- Median income of people aged 35-54 is **\$54,560** (\$69,161 avg.)
  - **65%** higher than that of seniors
- **45%** of seniors live on less than minimum wage
  - **6%** of the labour force earns minimum wage



**95%** aged 65+ live independently  
◦ **77%** aged 85+



**9%** aged 85+ live in assisted living  
**13%** aged 85+ live in long-term care



**80%** aged 65+ are homeowners



**14%** are employed  
**41%** are volunteers



**88%** have driver's license at age 65  
◦ **58%** at age 85  
◦ **40%** aged 85+



**6%** aged 65+ diagnosed with dementia  
◦ **3%** aged 65-84  
◦ **20%** aged 85+

[Click for Isobel's Powerpoint Presentation](https://www.seniorsadvocatebc.ca/)  
<https://www.seniorsadvocatebc.ca/>

*Jo-Anne Perley-Mcfield introduced  
Meredyth Kezar thanked*

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## MEMBERSHIP INFORMATION

In forecasting our budget for the year, we have some challenges...

Da Realities:

1. At the current rate, our revenues will be short. We have enough in savings/contingencies to cover this year...
2. Over the past few years, membership has decreased from over 200 to currently 110
3. Our members are aging (who...me..?) & few younger, energetic ones are joining
4. It is getting more difficult each year to get volunteers for the executive & committees (currently need VP, Treasurer, Secretary, Membership, Website, Newsletter)
5. We have reduced costs where possible: venue, website, newsletter – but not enough to cover deficit

We are looking at options to ameliorate this situation, including increasing fees. Attendees at the last meeting overwhelmingly agreed that a \$10 increase would be acceptable.

We would appreciate some/any thoughts you may have.

[Click here to send a note directly](#)

### **University Golf Club – Meeting/Lunch**

Ellen Wilcox has agreed to coordinate with the club. If you would like to join members for **lunch** after the meeting, [click here](#) send us an email to add you to the list **\*\*no later than Sunday, March 31<sup>st</sup>\*\***

For the menu, [click here](#)

If you would like a private table, reserve directly with Restaurant Managers Leann and Kevin at [604.225.2316](tel:604.225.2316)

Book Review:

"Think Again" is an easy read/listen accessible look of the power of rethinking. No matter who you are, this book offers valuable insights and practical guidance for navigating our complicated world with greater humility.

Adam Grant, a psychologist and professor at the Wharton School of the University of Pennsylvania. Released in 2021, it challenges readers to reconsider their beliefs, opinions, and assumptions in order to adapt and thrive in an ever-changing world. I read it back then, & when I read it again this month it was as fresh.

At its core, "Think Again" emphasizes the importance of intellectual humility and the willingness to update one's beliefs in the face of new evidence or perspectives. Grant argues that too often, people fall victim to cognitive biases and entrenched viewpoints, which hinder their ability to learn, grow, and make informed decisions.

One of the key themes of the book is the distinction between being a "preacher," who is steadfast in their convictions and seeks to persuade others to their viewpoint, and being a "scientist," who approaches the world with curiosity, open-mindedness, and a willingness to revise their beliefs based on new information.

Grant illustrates his points with a wealth of engaging anecdotes, scientific studies, and practical examples from various fields, including business, politics, and personal relationships. He also offers concrete strategies for cultivating a more flexible mindset, such as seeking out dissenting opinions, actively soliciting feedback, and embracing the discomfort of uncertainty.



### Management Committee

Contacts:

Women's PROBUS members will find the *confidential* phone numbers and email addresses on the last page of their Newsletter. Please contact them if you have any questions.

Newsletter:

Contributions of stories, poems, jokes and brain teasers are welcome. Please send them to the Newsletter Editor any time you wish.

### Update Your Contact Information:

Have you moved, changed your email address or phone number? Please update your profile on the Club's website

<https://probuswomen.com>

Or email

[womensprobus@gmail.com](mailto:womensprobus@gmail.com)

### **Member -Login Instructions**

In case you need to access private areas on the website click on this:

<https://probuswomen.com>

Click on the Log In link Upper right corner blue square with head & shoulders

Enter your email {Contact\_Email}

Press Forgot Password

Follow the prompts to have an email sent to you, which will allow you to create your new password.

Once you have followed the prompts, complete the "I am not a robot" instructions.

You will have to check your personal email inbox for the new password email.

Log on to the website with your own password that you created

Be sure to bookmark this link to the Probus website and keep a record of your password for future use.