

FOR IMMEDIATE RELEASE.

Port Coquitlam Seniors support fight against Food Insecurity



Front Row: Left to right, Royce Shook, President Wilsons Seniors' Advisory Board, Laura Shanahan, Sales Advisor Mayfair Terrace & Astoria Retirement Residences, Wendy Rachwalski, General Manager Mayfair Terrace, Karen Madill, Treasurer, Wilsons Seniors' Advisory Board

Back Row: Residents Council of Mayfair Terrace, left to right, Dora, Gaile, Joy, Lorelle, Eileen, Marjorie

Port Coquitlam, April 13, 2021. The Council of Mayfair Terrace Retirement Residence supports Wilson Seniors Advisory Board and the City of Port Coquitlam's Farmers Market Coupon Program.

For several years, the Wilson Seniors' Advisory Board has provided funding to support the health of Port Coquitlam's low-income community through the Farmers Market Coupon Program. In April 2021, the Resident's Council of Mayfair Terrace Retirement Residence raised over \$3,000 to supplement the City of Port Coquitlam's and Advisory Board's food security program. This annual program has assisted many low-income Port Coquitlam seniors and their families by providing weekly coupons which can be used to purchase fresh, local and healthy food options at the Farmers Market in Leigh Square.

COVID-19 has affected everyone in one way or another, and the social isolation guidelines have reduced safe access to fresh food for seniors, families with dependents and those on fixed incomes. Though some people have access to support from family, neighbours or friends within their bubble, many do not and are forced to choose less healthy, poor quality food options. News stories have also shown that local farmers have seen a dramatic impact on their ability to plant and harvest crops as the pandemic has limited seasonal hiring. The Farmers Market Coupon Program addresses both groups by reducing food security concerns for seniors and families, and supporting local farmers and the economy. Through the community's continued support, and the generosity of local organizations, the Wilson Advisory Board is proud to be a part of the positive impact the program is making in our community.

If you would like to donate to support Port Coquitlam's Farmers Market Coupon Program, please contact Royce Shook at royce.shook@gmail.com.

- The 2021 Farmers Market will open on Thursday, May 6th, 2021 and will run from 3-7pm at 2253 Leigh Square.
- For information for low-income seniors' applications for the Farmers Market Coupon Program please contact Chris Eastman at 604-927-7981 or email: eastmanc@portcoquitlam.ca

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About the Wilson Seniors' Advisory Association

Founded in 1990 and based in Port Coquitlam, the Wilson Seniors' Advisory Association has played an active part in the recreational and social lives of seniors since its inception by advising the City of Port Coquitlam on recreational programs for seniors, advocating on behalf of seniors, promoting and fundraising to improve the well-being of Seniors in the community. The Advisory Association has two goals this year, decreasing food insecurity through its support of the Farmers Market Coupon Program and its Helping Hands at Christmas program and fighting isolation and loneliness through its Phone Buddies Program.

About the Residents Council of Mayfair Terrace Retirement Residence

The Resident Council at Mayfair Terrace is a volunteer group of residents who live at Mayfair and want to be involved. The council has many different committees from welcoming committees, to gardening committees to food committees amongst others. They are always looking for new initiatives to take on and love to give back to the community. The funds raised for this cause were raised through an auction which was done both online and in person for those who live at Mayfair Terrace.