



J.L. is a participant in Gordon Neighbourhood House's Seniors in Action program, which promotes physical activity, social inclusion and independence for seniors who live in Vancouver's West End. Shortly after the death of her husband about a year ago, J.L.'s neighbour started to bring her to the community lunches at Gordon House to meet new people and socialize with other seniors.

Over time, J.L. joined the seniors' lounge discussion group, then the walking group, and recently the in-house Seniors' Advisory Committee where she now advocates for seniors' needs. She has also taken on volunteering in her community, and assisted on a Small Grants project with her fellow neighbours.

Throughout J.L.'s involvement at Gordon House, she has expressed how important it was for her to feel she could join the activities at her own pace and that the programs provided a safe space for everyone. After her husband passed away, J.L. became very aware of the potential to become isolated and fall into deep depression – but credits the Gordon House for giving her a sense of community and much-needed support during an incredibly dark time.