

Lookout



AT LARGE

NewsLetter

April 2015



Annie Bae (left), Daanica DeWolfer and Aysa Emami (not pictured) from North Vancouver's Argyle secondary school created a video about homelessness that helped win a \$5,000 YPI grant for the Lookout Society.

Student video earns

grant for Lookout

Story of isolation on the streets told by Argyle students

A trio of Argyle secondary school students earned the Lookout Society a sizeable grant with their successful school project.

Aysa Emami, Daanica DeWolfe and Annie Bae not only submitted the best assignment in the school but they were also awarded a \$5,000 Youth Philanthropy Initiative (YPI) grant for Lookout.

The important component of the assignment is a five-minute video on homelessness, which can be found on the Lookout Society's YouTube channel. The video production brings to light the feelings of isolation and exclusion felt by those who are homeless.

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Volunteers from Fluor built and planted gardens on the roof of the Jim Green Residence.

Fluor volunteers build Green gardens

Not many things are simpler than digging holes, planting seeds and watching a garden grow.

Simple yes, but there's much more than pretty flowers and fresh produce that come out of a garden.

Gardening is nature's answer to anti-depressants, helping stimulate the "happy" brain chemicals serotonin and dopamine.

According to a recent Discovery Magazine article, microbes in the soil stimulate the release of serotonin while we also get a shot of dopamine harvesting the fruits of our labour.

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Lookout involved in 2nd generation health strategy



**By Shayne Williams
Executive Director**

More than 15 years ago the Vancouver Coastal Health Authority declared a public health emergency on Vancouver's Downtown Eastside in response to an epidemic in HIV infection rates and drug fatalities.

To deal with the emergency, the Four Pillars Drug strategy, which included the opening of InSite – Canada's first and only safe injection site – was adopted three years later. The four pillars approach of harm reduction, prevention, treatment and enforcement resulted in lower HIV/AIDS infection rates, a reduction in overdoses and increased life expectancies among DTES residents.

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Make a Difference

Lookout Emergency Aid Society is a non-profit charitable organization established in 1971. We offer housing and services 24 hours a day, 365 days a year to adult men and women who are homeless or at risk of homelessness.



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