



# The Outreach

Fall 2011

## **Burnaby Seniors Outreach Services Society**

#106 – 2101 Holdom Avenue,  
Burnaby, B.C. V5B 0A4  
604 291-2258  
e-mail [bsoss@telus.net](mailto:bsoss@telus.net)  
[www.bsoss.org](http://www.bsoss.org)

BSOSS is a non-profit organization in which peers support the emotional well being of seniors. .

### **FUND RAISING**

#### **GIFT CARDS! SOMETHING FOR EVERYONE!**

You can help us raise some money in a very painless way. Please call Bernice at the office or look at our website (address above) and see the form which lists companies from whom we can purchase gift cards, as well as the percentage of sales that comes to BSOSS. For example, if you purchase a gift card for Chapters, BSOSS will receive 10% of the face value of the gift card.

**Make your Christmas giving easy and help BSOSS at the same time. Purchase gift cards through BSOSS. It doesn't get easier than that!!**



**Remember, if you normally shop at some of the stores such as Extra Foods, Superstore, etc. you can purchase gift cards then use them for your own grocery purchases. This provides BSOSS with 3 to 5% of the value of the card. Be sure to tell your friends, too.**

Payment does have to accompany the order because we must pay up front, but you can provide a cheque, money order or cash to BSOSS. For questions or clarification, please call Bernice at BSOSS – 604 – 291-2258.

## **GAMING GRANT** .....oh, oh, oh no ...

There have been changes to gaming grants, and we are currently uncertain as to exactly how much we can expect to receive in the coming year. At the moment, it appears that our funding has been cut by approximately 50%, so we are investigating this situation. Hopefully, this can be remedied, but if not, we will be working with a very limited budget over the coming months.

## **MAN TALK**

Our Man Talk programme has been an overwhelming success. Although the funding has currently finished and we have submitted our report to New Horizons who provided the funds, we have sufficient money left to keep David for another 2 or 3 months. The George Derby Centre where David has facilitated a group for several months has provided him with a Certificate for outstanding service.

In addition, David facilitates group sessions at Burnaby Mental Wealth Society and the Poppy Centre. **Way to go, David!!**

## **CAREGIVERS**

Katherine Willett will be offering a number of sessions at Burnaby Public Libraries in November. For exact dates and topics, please check our website. Topics include:

- Community Resources in Burnaby for family unpaid caregivers
- GENTLECARE – A philosophy of caring for seniors with dementia
- Wills – traps and pitfalls
- Demystifying Housing Options – if a senior has to move
- When an elderly family member has vision challenges

## **UPCOMING EVENTS**

### **MATURE DRIVERS WORKSHOP**

**Where:** Bonsor Recreation Complex

**When:** Tuesday November 8<sup>th</sup>, 12:30 to 3:00 p.m.

**Why?** Changes occur as we age and those changes may affect ability to function as safely as a driver. Education helps.

**How much?** Members \$2.00 Non-members 2.50

**To register:** Phone 604-297-4580

### **UNITED WAY SENIORS' FORUM**

**Where:** Hilton Hotel, Metrotown

**When:** Wednesday, November 16<sup>th</sup>, 8:30 a.m. to 4:00 p.m.

**Why:** Share your experience and ideas to help prepare an action plan to strengthen supports to low income, isolated, frail and elderly seniors.

This very large, popular event is currently full, but you can put your name on a wait list, and there is a good chance of being able to attend. Call Cindy Cassidy at 604-294-8929 ext. 2256.

## **DEALING WITH STRESS FOR SENIORS**

**Where:** Tommy Douglas Library – 7311 Kingsway

**When:** Monday, November 21, 2:00 to 3:30 p.m.

**Why:** Excessive stress can harm the quality of life of seniors. This workshop will assist to identify and handle sources of stress. Techniques for stress relief will be taught.

**To register:** Phone 604-522-3971 or register online at [www.bpl.bc.ca/events](http://www.bpl.bc.ca/events)

## **FILL A STOCKING, FULFILL A WISH**

**Where:** Metrotwon Hilton Hotel

**When:** Thursday, November 24<sup>th</sup>, 2011

**Why:** This fundraiser features a traditional Turkey dinner, live music, live and silent auctions and other festivities. Cost is \$50.00 – all proceeds to Burnaby Christmas Bureau.

**To register:** Call Joyce at 604-299-5778 ext 29 or [Joyce@BurnabyCommunityConnections.com](mailto:Joyce@BurnabyCommunityConnections.com)

## **CONTINUING EDUCATION EVENTS AT BSOSS**

Mark your calendars for the next two months of excellent presentations at BSOSS in the Holdom Street Office

**Tuesday, November 15** - Seniors and Substance Misuse Issues presented by Carla Scribner of BC Addictions Services -- part of the Peer Counsellor Training Course, all are welcome;

**Wednesday, November 23** - Depression and Other Chronic Mental Health Concerns, presented by Marisa Tuzi of the Burnaby Geriatric Team -- our regular Continuing Education meeting;

**Friday, November 25** - Housing Options, presented by Katherine Willett, Coordinator of our Family Caregiver programme -- part of the Peer Counsellor Training but all are welcome

**Friday, December 2** -- Caregiver Issues and Resources, presented by Katherine Willett -- part of the Peer Counsellor Training but all are welcome

**Tuesday, December 6** - Seniors and Income Tax, presented by Canada Revenue Agency -- open meeting, come and bring friends and family who are interested in knowing what we might be missing. This presentation requires an audience of at least 15 in order to go ahead. Please indicate to Bernice if you will attend, so we can ensure its success.

### LOOKING FORWARD ...

Can you believe it is only 7 weeks until **Christmas!!??** BSOSS will have our annual Christmas party with food, fun and maybe even presents.

**Where:** Office on Holdom Street – Room 109

**When:** Wednesday, December 14<sup>th</sup> at 12:30 p.m.

**Why:** Let's have a chance to chat and enjoy the spirit of the season.

**Bring your favourite pot luck offering. If you have items at your house that are new, but unsuitable for you, consider wrapping them up and bringing them along. We'll have a mystery re-gift exchange. This is not mandatory, but if you bring a gift, make it something another person may enjoy.**



### LOOKING FURTHER FORWARD ...

**2012** will mark the 25<sup>th</sup> Anniversary of Burnaby Seniors Outreach Services Society. We will need to invite the community and celebrate our anniversary. If you have ideas to make this a successful celebration; if you know people who might like to come; if you can make any contribution to this event, please let us know.

The Society started in May 1987, so May 2012 is a suggested date, but it could be at any time during the year. We invite anyone who would like to be part of a committee to organize this event to let Bernice know as we will begin our planning in early January.

Please consider getting involved, getting to know your colleagues at BSOSS and having a little fun along the way. We welcome everyone!

### BOARD CHANGES

At the AGM in July, Board members were re-elected by acclamation. Unfortunately Anne Parkhurst has since left the Board for personal reasons. Current Board members are: Marie Montalbetti, Annette Mew, Barbara Smith, and Karen Kelly as well as our new Board Member - Soo Hoe Nah who joined us in September. We would like to extend a warm welcome and vote of thanks to Soo Hoe, who is also making changes to our website. Please have a look at [www.bsoss.org](http://www.bsoss.org)

**See you on Dec. 14<sup>th</sup> at the Christmas Party!**