



The Outreach

November 2010

Burnaby Seniors Outreach Services Society

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

CHRISTMAS MEETING

Our traditional Christmas meeting (while no longer our AGM) will be held at noon on Wed. December 8th at the Holdom Community Room. If you have not received an invitation, please consider yourself invited by reading this message!! We are having a “White Elephant” gift exchange. This means bring a wrapped gift from something you already own but cannot use. Perhaps it was a gift to you, but the wrong colour, style or fit. Perhaps it’s something you bought but haven’t found the right recipient for, or it could be your own baking or handicraft, but do NOT purchase a new gift for this occasion.

We will have our potluck lunch, but please try and bring something that doesn’t require much attention once it’s there, and include serving spoons, etc. We’re limited to a microwave and very little in back-up supplies.

There will also be a short travelogue presentation on Machu Picchu and the Galapagos.

CAREGIVER EVENTS

Katherine Willet is presenting a number of free informational sessions directed at caregivers. Please register at 604-241-0485 and be sure to let any of your caregiving friends know about these helpful seminars:

- Caring for a Family Member with Alzheimers Disease - Mon. Nov. 22nd
1:30 to 3:30 p.m. Metrotown Library.
- Demystifying Housing Options – If a Senior Has to Move – Mon. Nov. 22nd
– 6:15 to 8:15 p.m. McGill Library. Reoffered on Saturday Nov. 27th, 10:15 a.m. to 12:15 at the Tommy Douglas Library.
- Talking with a Doctor or other Health Professional – Fri. Nov. 26th – 1:30 to 3:30 p.m. Metrotown Library
- Pre-planning for the Care and Independence of Older Family Members – Keeping their voices heard – Presented by Marcia Car, Clinical Nurse Specialist – Fraser Health Older Adult Program. Mon. Nov. 29th – 1:30 – 3:30 Metrotown Library.

CONTINUING EDUCATION DATE CHANGE

The regularly scheduled November Continuing Education session will be held on **December 1st**. Ifigenia Fasogiannis, and Outreach Representative from Service Canada will give a presentation on the forthcoming changes to the Old Age Pension and Canada Pension Plan as well as some of the lesser known and often overlooked benefits available to seniors. This is important information for you and your clients, so please make every effort to join us at this meeting.

RECENT EVENTS

Non-Profit Award

BSOSS was honoured to be nominated as one of the best non-profit organizations in Burnaby recently. On October 7th, at a Burnaby Board of Trade luncheon, we were further honoured to be one of five finalists in our category. At the culminating gala on November 3rd, the winner was Charlford House Society for Women. We have received a plaque which we will have on display for our achievement in making the 5 finalists.

New Horizons Grant Approved

We have been given a grant from New Horizons to fund a new program which we hope to launch soon, entitled "Man Talk". Linda is currently looking for the appropriate male facilitator for this program which is targeting the senior male population who traditionally do not participate readily in programs such as our Peer Counselling. It is hoped that we can attract a group of men who will participate in an activity and spend some time talking within the group about current issues in their lives. The object is to provide friendship and support to them.

Gaming Dollars

Linda and Bernice attended a seminar on obtaining grants from Gaming dollars. We can't stress strongly enough how important it is to submit your volunteer hours. We are permitted to declare volunteer hours as "in kind" for revenue. This is of great assistance because not more than 75% of our revenues are permitted to be from gaming money. But your volunteer hours count as revenue if reported correctly. This includes ALL volunteer hours, not just those with a client. So if you are actively soliciting people to use our gift card fund raising programme, for example, you can report those hours. I think we all need to think carefully about the time we spend and REPORT IT REGULARLY. (Those capitals are a reminder to myself!!)

Community Information Expo

BSOSS participated in the Community Information Expo held at Bonsor community Centre on Sunday, November 7th. We provided informational brochures along with many other Burnaby organizations. This event was sponsored by Bill Siksay and Peter Julian and was a very successful event.

Fund Raising – the perfect Christmas solution

Have you heard about our successful fundraising event? BSOSS is able to supply gift cards – perfect for Christmas giving. These are the same gift cards available in places such as Safeway and normally are for values from \$25.00 to \$100.00. The cards include grocery stores, home improvement stores, Chapters, gas stations, and many popular restaurants.

If you have not seen this order form, please phone BSOSS and ask that Bernice send or e-mail you a copy. We receive from 2% to 10% of sales – a significant amount in some cases. An order will go in at least every other Friday until Christmas. Your order should be accompanied by a cheque made out to BSOSS. The gift cards are received the week following our submission.

It's flu season again – stay healthy!

(This is condensed and paraphrased from an article in **SeniorsBC e-Newsletter**. To subscribe, go to www.SeniorsBC.ca)

Flu is caused by a respiratory virus that spreads during the winter months. Because the influenza virus changes, there are different strains of the virus every year. This is why there is a new vaccine each fall.

During a typical season between 10 to 25% of Canadians become ill with the flu. As we age, we are at higher risk of complications. If your immune system is weakened, the flu can lead to health issues such as pneumonia or even death. Those of us over 65 have the highest risk of dying from influenza.

- Get a vaccine every year as soon as possible. It takes about 2 weeks for your body to build protection against influenza after your shot.
- Encourage others to do the same. The more people that are protected, the less risk that you will catch the flu.
- Wash your hands often! Before meals, after meals, after using the washroom, after being out and touching public spaces like handrails, counters and so on. Studies show that washing hands at least 5 times per day reduces the number of respiratory infections that people catch.
- Sneeze or cough into your sleeve – not your hands! That way you don't pass the germs on to someone else as readily. Encourage others to do the same.

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Your Board members would welcome you or someone you know to consider joining us.
Please consider it.

President: Karen Kelly
Directors:

Secretary: Marie Montalbetti
Annette Mew

Treasurer: Nisha Ali
Arlene Fox



Enjoy the upcoming holiday season!!