



The Outreach

Summer 2011

Burnaby Seniors Outreach Services Society

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www.bsoss.org

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

BOARD CHANGES

We are sorry to lose Nisha Ali who has been our Board Treasurer for the past 2 years. Nisha is leaving the Board because of commitments at home and promises to return at a later date.

As a result of losing Nisha with her accounting skills, we have hired Elaine Lethler who will provide bookkeeping/accounting services on a contract basis for BSOSS. Welcome, Elaine, and thank you for joining us!

GOOD-BYE

BSOSS joins the family of Shirley Mortimer in mourning her loss. Shirley passed away on June 1, 2011. She was active both as a peer counsellor, and in serving on the Board of Directors, including as Board Chair from 2003 to 2006. There will be a celebration of her life on Friday July 22nd at 12 noon at the Royal City Curling Club, 75 East 6th Avenue, New Westminster. Online condolences to the family may be made to www.wiebeandjeskefh.com. We will miss you, Shirley.

WEB SITE – call for volunteers

We are in the process of renovating our website and are happy to have expertise from Soo Hoe Nah in this endeavor, but we would like to form a small committee to decide on website organization, items to be included, and so on. Please let Bernice know if you have an interest and would like to gain experience in this project. We want to do this project very soon, so if you have even a tiny spark of interest, please e-mail or call Bernice at 604 291-2258 right now!! It's fun to get involved!

UNITED WAY FUNDING

We are currently awaiting word on our United Way Proposal. If we are successful in our request, we will be able to continue the very successful Caregivers programme. We are hopeful that we will be given good news some time this month.

JUST A REMINDER

A **Representation Agreement** can be one of the most important tools to assist seniors. Known as “personal planning”, this is a way to formalize support and allow the people you choose to have legal authority which may be necessary if you are unable to look after affairs for yourself. It is different from Power of Attorney. For complete information, go to www.nidus.ca. There is additional information available at the BSOSS office.

RECENT EVENTS

At our Continuing Education meeting held on June 22nd, the topic was Alzheimers, ably presented by Dorothy LeClaire from the Alzheimer Society. BSOSS has many brochures free for the taking on this difficult affliction.

ONGOING EVENTS

MAN TALK

We lost the services of Stephen Keys who was heading up our Man Talk Program when he was offered a full time position with Seniors Services Society. Although we were sorry to see Stephen step down, he had made an excellent start, and the position has now been most ably taken on and expanded by David LeCroix. David was a graduate of our Peer Counselling training session in April, and has lots of experience in sales. David is working with several groups of men, including some of the residents at George Derby Centre. He is facilitating a group at Cameron Centre and working to form a group at Poppy Residence. Funding continues until September 30th.

UPCOMING EVENTS

AGM

This is not only our important but short business meeting, but also one of our anticipated social events of the year!! If you are reading this, you are invited to:

AGM and Election of Directors on Wednesday, July 27th at 11:30 a.m. This is followed by a potluck lunch at 12 noon.

Location: 6020 Gilley Avenue, Burnaby. (Corner of Oakland and Gilley). Please phone Karen Kelly at 604 432-6946 if you would like directions. The 144 bus stops almost at the door.

A pool and hot tub are available for use, so bring a bathing suit and towel!! But the most important thing is – invoke the gods for GOOD WEATHER!!!

Please give Bernice a call at 604 291-2258 to confirm your attendance so we know how many chairs we need! If you know the pot luck item you will bring, it would be helpful for us to have an idea – salad, casserole, dessert or other – your choice!

FALL CONTINUING EDUCATION

Two of our fall Continuing Education programs are set. Mark your calendars for:

Wed. September 28th – The Arthritis Association will be providing a speaker on the topic: **Chronic Pain**.

Wed. October 26th – Stephanie Morgan from Legal Services Society will make a Legal Information Presentation, including an overview of services provided by the Society as well as other community services available to help with legal issues.

SERVICES FOR BURNABY'S SENIORS

Burnaby Public Library is featuring presentations by a number of local organizations that assist our seniors, including: Citizen Support Services, Seniors Outreach, South Burnaby Neighbourhood House. These presentations are to be held as follows:

North Burnaby – Thursday, July 21st – 2:00 p.m. – McGill Branch
Tuesday, July 26th – 6:30 p.m. – McGill Branch

South Burnaby – Thursday, July 21st – 6:30 p.m. – Tommy Douglas Branch.

Refreshments are to be served, door prizes are given. Please call **604-432-0400** if you would like to attend.

UNITED WAY PUBLIC POLICY INSTITUTE

If you have an interest in understanding the policy process and in developing strategies to influence decision making, you might be interested in the 2012 United Way Public Policy Institute. Leaders including Mike Harcourt and Elizabeth Cull will be helping to lead these sessions. Only 25 participants will be selected. Visit www.uwlm.ca/ppi for more information, or to apply by September 30, 2011. Sessions will be delivered once a month between January and June 2012.

UNITED WAY'S COMMUNITY SPEAKERS BUREAU

The United Way is seeking people who have a personal story that addresses how they have benefited from a United Way funded program, service or agency. All potential speakers must attend a training session. Three Thursday training sessions are offered:

Thursday July 28th, August 11th, or 17th, from 9:00 a.m. to 11:30 a.m.

If you are interested or wish more information contact Linda Comba at 604-291-2258 and then register with Loren Spiller at 604-294-8929, Ext. 2219, or e-mail at lorens@uwlm.ca. BSOS would love to have a representative speak because it would raise our profile with the United Way and possibly bring more designated donations to the organization.

**THANKS TO OUR WONDERFUL VOLUNTEERS!
SEE YOU AT THE AGM – JULY 27TH!**