

NORTH CARIBOO SENIORS' COUNCIL

VOLUNTEERS HELPING SENIORS IN DIFFICULT TIMES



**#102 – 246 St. Laurent Avenue (Spirit Square)
Quesnel, BC V2J 2C9 250 991 0510
info@caribooseniorscouncil.org**

Office hours are: Monday to Friday 11:00 to 1:30
Find us on the web caribooseniorscouncil.org or
On Facebook North Cariboo Seniors' Council



Our Mission

To protect and enhance the safety, quality of life, livability and sustainability of our senior citizen community. We will strive to benefit such members of our community by using the opportunities available to us.

We will be successful in serving the needs of our seniors' community through visionary leadership, strong community partnerships, safety and service, and sound financial management.

Fall 2021

Inside this issue:

WHERE TO GET COVID VACCINES AND FLU SHOTS

FIRE SMART YOUR HOME

NCSC PROGRAM REPORTS

**10 TIPS FOR FALL
PREVENTION**



Northern Lights at Bouchie Lake

Photo Credit: Chris Lahoda

CELEBRATING OUR FIRST FULL YEAR!

North Cariboo Seniors' Council has supported our clients through:

Yardworks

270 hours (37 seniors) Yard Works as of August 31st, 2021.

Creating safe spaces for seniors in their home through snow removal of 33 homes, in 2020-2021 season.

Meal Program (Seniors' Connection Program)

Delivered: 2114 frozen meals to 80 different seniors.

Transportation

Provided 40 Taxi vouchers for seniors to get to appointments, shopping, and visit family,

Volunteer Hours

Our Organization celebrates our volunteers who have put in over 800 hours of volunteer time between the 3 areas of services, managing the office, and grant applications to continue our funding. We would not be here without all of them!

THANK YOU FOR YOUR SUPPORT!

What's Happening for Seniors at the Quesnel & District Seniors' Centre

COVID Vaccine Clinic drop in NOW AVAILABLE 1st and 2nd shots ALL AGES!!!!

**M, T, W, & TH 12:30 PM-7:30 PM
SUN 9:30 AM TO 3:30 PM**



Coming in November Flu Shots

All of the activities below are dependent on COVID regulations and protocol.

Anyone over the age of 45 is welcome to join, most activities require a membership which is \$10.00 per year. If purchased now, it will be valid for all of next year.

Our Center is **open Monday to Friday, from 10 am until 2 pm.** Coffee is always on!. **Call the office at 250-992-3991** For program availability in :

Akabella Singers, Bells, TOPS, or Tai Chi Chi.

Fire Prevention Services for Quesnel and Area

FireSmart Home Assessments: A Local FireSmart Representative will come to your home for a free educational home visit to help you learn how you can make your home less vulnerable to wildfire. The assessment is done completely outside and looks at the construction materials used to build the home and the vegetation surrounding the home. You will be provided with a list of recommended activities for your property; however, you are not obligated to complete them. If you do decide to undertake any FireSmart activities there is a rebate program available to help offset the costs that may be incurred.

Quesnel Fire Mitigation Project: This program is directed towards seniors and persons with disabilities. After a FireSmart home assessment has been done a work crew will come to your home and do work free of charge such as: pruning low hanging tree branches, raking and removing accumulations of tree debris: needles, leaves, cones and twigs and relocating combustibles such as firewood piles to more than 10m from your home.

Contact: FIRE MITIGATION PROJECT SUPERVISOR Erin Robinson,
Forestry Initiatives Manager City of Quesnel 250-991-7468 firesmart@quesnel.com

Membership for 2022

is coming due!

Please send in your membership forms found on website or call the office!

We have 3 levels of membership

\$10 for an individual membership,

\$50 for a community group membership (Rotary, Quesnel Senior Society), and;

\$100 for a business membership.

We would encourage you to become a member and show your support of The North Cariboo Senior's Council, as we work to improve the lives of our seniors.

We are excited to announce we were just awarded the TD Bank Connections Grant!

This grant will allow us to create a brochure outlining programs for seniors in the community, extend our meals program, and create educational events for seniors once COVID protocols ends.

Seniors Fall Prevention Awareness Week November 1st-7th

10 Tips for Fall Prevention by , Kelly Wilson IHA Health Improvement Consultant

- Reduce clutter inside your home, especially on the floors.
- Make sure all outdoor pathways and stairs are well lit and free of ice, snow, and leaves.
- Avoid using ladders or step stools. Move things down to where you can reach them and/or ask a neighbour, family member or friend for assistance.
- Use handrails and remove your reading glasses when going up and down stairs.
- Wear comfortable low-heeled shoes that provide good support.
- Eat healthy foods and drink lots of water – poor nutrition and dehydration can cause dizziness.
- Avoid rushing and “multi-tasking”. Be more mindful of where you put your feet and stay alert to your surroundings when you are walking, especially on stairs.
- Have your vision checked each year. Wear your glasses and hearing aids.
- Consider using a walker or cane to help with getting around. Talk to a Community Physiotherapist or Occupational Therapist first to make sure you buy the right walking aid for you.

BUT THE BEST ADVICE ACCORDING TO EXPERTS TO PREVENT FALLS FOR ALL AGES IS TO GET ACTIVE, AND INCLUDE STRENGTH AND BALANCE TRAINING IN YOUR ROUTINES.

Seniors Connection Program



Our meal program delivers over 185 individual frozen meals to seniors per month. It would not be possible without generous grants and donations from

- City of Quesnel
- Trish's Dishes and Lions Club

- Rotary Club of Quesnel
- North Star Church
- Bethal Church



Our seniors always enjoy receiving meals, and seeing a friendly face at their door for a quick hello.

If you know of a senior who is isolated or in financial hardship and could benefit from our meal program, please call our office at 250-991-0510.

YARDWORKS/SNOW REMOVAL

One of the first grants the North Cariboo Seniors' Council applied for was to hire a contract worker who would help seniors tend to their 'end of the summer' yards. Little did we know how great the interest would be!

Our hired contractors, Ron Kelly and Jim Pavich and they have been a perfect fit for the project – they were hard working & truly cared about their clients until the first snow, they raked and mowed, pruned and weeded for 37 clients in 2021 and 45 clients in 2020.

The need for snow removal is even more evident; compact snow and ice on porches, steps and sidewalks pose a real health hazard, especially for seniors, We hope to have a contractor hired by the end of October who is ready when the snow falls! **Please see back page for details for job.**

If you need removal please call the office @ 250-991-0520

At our AGM help in September we are pleased to announce our new board!

Brenda Gardiner, Sally Service, Evelyn Towgood, Colleen Gauthier, Honey Affleck, Vivian Wurm, Dr. Jon Fine, Lynda Graham, Rebecca Beuschel, and newcomer Anita Dobie.

Thank You to outgoing board members Judy Monych and Barbara Hanes for your dedication to getting us started! You will be missed!



Community Volunteer Income Tax Program

North Cariboo Seniors Council is proud to host the Community Volunteer Income Tax Program (CVITP) volunteers to provide support for low-income individuals needing their tax return done.

If you need tax support or income tax filed anytime of the year, please call or email:
Sharon @ 250-747-2132 or email
shad0w@telus.net

Or come to the Tax Clinic,
March 1st to April 30th, 2021

at

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