

THE BEAT

A QUARTERLY PUBLICATION FOR THE
SENIORS SERVICES SOCIETY OF BC



The Grand Parade approaches!

Introducing our new fundraising 2K or 5K walk, taking place on Saturday, June 1st, 2019 at 10:00 am, starting at the New West River Market! We're counting on a nice, warm day, so we will have lemonade rest stops along both routes thanks to our Rest Stop Sponsor, Bria Communities! Paraders will collect pledges before the event to raise money for the Seniors Services Society's Housing Program, assisting seniors who are homeless and at-risk for homelessness.

Register a team today at:
<https://thegrandparade.org/register>
to raise funds and awareness by joining us in The Grand Parade!

If you can't walk with us, please donate to the SSS Sidewalkers at:
<http://tinyurl.com/y3p25y2b>

And if you would like to volunteer sign up here:
<http://tinyurl.com/y25ek3ar>

We look forward to seeing you on June 1st, for The Grand Parade!

SSS MEMBERSHIP

All Seniors Services Society 2018–2019 memberships have expired as of March 31st, 2019. We are hoping you will join us again for another year and that you may participate in our Annual General Meeting (AGM). If you wish to renew your membership for the 2019 - 2020 term, you may renew your membership online at: www.seniorsservicesociety.ca/Online_Membership_Form.html; or contact us at 604-520-6621 to have a paper form mailed to you.



Please be aware that Seniors Services Society membership fees have increased to \$20 per year.

Thank you to all who have already renewed! We look forward to seeing you at the Annual General Meeting!

SSS AGM

The Seniors Services Society's Annual General Meeting date has been set!

The Annual General Meeting (AGM) will take place on Tuesday, June 25th, 2019, at the Lookout Society, located at 740 Carnarvon Street (right next door to the Seniors Services Society). Registration starts at 2:00 PM; the AGM will begin at 3:00 PM sharp.

The AGM is an opportunity for Society members to meet current board members, elect new ones, and to learn more about what's happening with the Society.

Thank you for being part of the Society. We hope you'll join us on June 25th.

SERVICES WE OFFER

- Housing Information & Referrals
- Housing Outreach Support & Rent Bank
- Temporary Housing
- Housing Navigation Training
- Light Housekeeping
- Meals on Wheels
- Medical Transport
- Grocery shopping
- Tax Clinics
- Bus Outings
- Social Programs
- Support Calls
- Santa for Seniors

HELPING THE HOMELESS

This last December, a 62 year-old man who had worked for 29 years as a Santa during the holidays, suffered a neurological episode and was hospitalized. He was forced to give up his housing since it was not wheelchair accessible. Finding a new apartment to suit his needs proved difficult; most market rents exceeded his budget. Upon discharge, he was sent to stay in a homeless shelter, which was unsafe and unable to accommodate his mobility issues. Thankfully, he was referred to the Seniors Services Society, where Housing Outreach Workers were able to place him in a senior-appropriate, furnished, housing unit through our unique Temporary Housing Program. While staying in our apartment unit, both Housing and Support workers were able to assist with stabilizing his finances, applying for Shelter Aid for Elderly Renters (SAFER), and seeking a home appropriate to his needs. Today, he has found his new home.

At the same time in December as this man was finding himself in the hospital, a group of families from North Vancouver generously donated toasters, televisions, microwaves, kettles, sheets, towels and blankets to furnish the Society's Temporary Housing Program Units and make them more comfortable. The gifts these families provided made a difference in the life of this Santa, who brought smiles to the faces of so many children for 29 years. Undoubtedly the next occupant of the unit will be as grateful as he was to have a home at a time when his need was so great.

Since then, five homeless seniors in similar situations have made use of the items donated by those families from North Vancouver. We at the Seniors Services Society cannot thank them enough; their kindness has made a difference in the lives of our seniors. Thank you for your gifts.



WHEN SUPPORT LEADS TO FRIENDSHIP

"My calls to Gail were a pleasure. She has a great sense of humour and has endured a lot and keeps on keeping on. She impresses me and I wanted to meet her, and now I have," commented Val, who volunteered with the Seniors Services Society Friendly Morning Support Caller program two years ago.

Over the Christmas holidays, Val had the chance to meet Gail in person when she was delivering gifts for the Society's Santa for Seniors program in the building Gail lives in. On a whim, she decided to knock on Gail's door to say hello. As the door opened and Gail realized who it was, she was pleasantly surprised and touched by Val's thoughtfulness, "Val was as lovely as I thought she would be".



Gail always looked forward to their weekly calls and loved Val's support. Their personalities "clicked" right away and they were able to assist one another through their various ups and downs.

Gail eventually "turned the tables on Val" when she called Val after her surgery to see how she was doing. Both Gail and Val feel that it was nice that somebody they didn't initially know in person, cared. Ultimately, it is through such simple acts of caring and wanting to make a difference that make the Seniors Services Society's Friendly Morning Support Caller program a success.

Friendly Morning Support Calls are made to older adults 60+ in New Westminster who may be feeling lonely, isolated or would simply like to engage in friendly conversation over the phone. If you know of someone who could benefit from this program, please contact the Better at Home Coordinator at 604-520-6621.

SHINE BC

It's been a busy time for Seniors Services Society Executive Director Kara-Leigh Bloch, as she's been out promoting SHINE BC (Seniors Housing Information & Navigation Ease) to all levels of government!

Kara-Leigh met with Hon. Anne Kang, the Member of the Legislative Assembly (MLA) for Burnaby-Deer Lake, to discuss the impacts SHINE BC will have on seniors both locally and across the province.



SSS Executive Director Kara-Leigh Bloch (left), with Hon. Anne Kang, BC MLA Burnaby-Deer Lake (centre), and SSS Housing Navigator Hina Lal (right)

Kara-Leigh would then have the good fortune to bump into BC Premier Hon. John Horgan at the Lunar New Year Festival at Bonsor Recreation Centre, on February 5th, 2019, an unexpected opportunity to further promote SHINE BC.



SSS Executive Director Kara-Leigh Bloch and BC Premier Hon. John Horgan



In February this year, the Seniors Services Society launched our giving campaign, **Give 60+**, to raise the funds necessary to support the seniors we serve. Whether it's 60 dollars a year, or 60 dollars a month, the support of our community members makes all the difference.

Some examples of how \$60 helps seniors-in-need:

10 hot meals a month to a senior needing assistance

3 nights of temporary housing to a senior in a housing crisis

1 month of social outings for a lonely, isolated, or low-income senior

To support the Seniors Services Society at Give 60+, please visit us at:

www.seniorsservicessociety.ca/autodonate

Registered Charity Number #80138 8547 RR0001

Thank you for your support!



REAL ACTS OF CARING

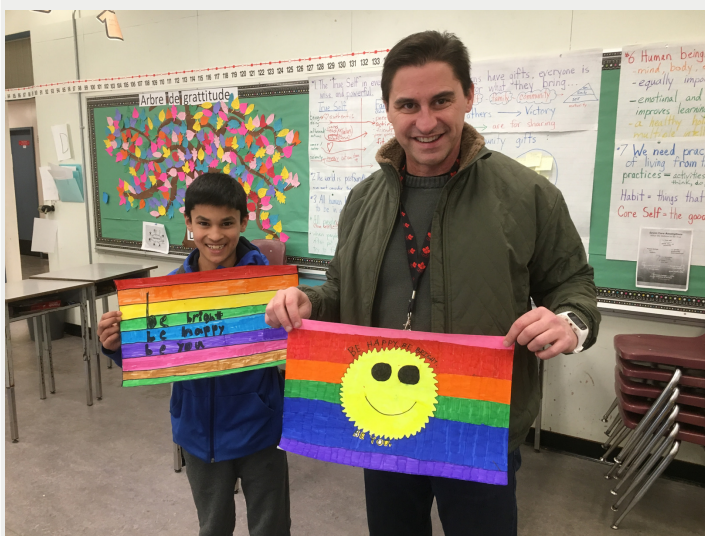
Please meet Vivian, a Seniors Services Society Meals On Wheels (MOW) client who is a happy recipient of a place mat created by Aash of Port Coquitlam!



Vivian, proudly displaying her place mat

Students in School District 43 are learning about the "Real Acts of Caring" initiative, a week of the school year dedicated to caring and kindness, where people do kind acts without expecting anything back in return except a good feeling inside. As their contribution to Real Acts of Caring, Aash's class of 22 students decided to make two place mats each for Meals on Wheels clients of the Seniors Services Society, resulting in 44 seniors receiving decorative place mats for their homes!

In Vivian's own words, "It's lovely what the children are doing! Thank you for brightening my mealtimes." She was extremely appreciative of the gesture and thankful to all the students in School District 43 for their generosity.



Aash and his teacher.

SPOTLIGHT ON STATISTICS

December 2018- February 2019



HOW YOU CAN HELP - BE A VOLUNTEER!

The Seniors Services Society is happy to be offering opportunities to engage with older adults (60+) in a friendly, vibrant setting. We encourage you to come and connect with others who share your interest in helping others, and learn about issues that impact the people we serve.

Contact us today to become part of our dynamic volunteer team! Email us at volunteer@seniorsservicesociety.ca, or call by phone at 604-520-6621.

To learn more about our volunteer program, visit us at www.seniorsservicesociety.ca

"No one is more cherished in this world than someone who lightens the burden of another."

— Author Unknown