

OCTOBER 2020

THE BEAT

A QUARTERLY PUBLICATION FOR THE
SENIORS SERVICES SOCIETY OF BC

THANKSGIVING 2020

As Thanksgiving approaches this year, it is that much more important to not only take stock of our blessings and be thankful for what we have, but to share some of those blessings with the people in our community.

A kind word to a senior on the street or in the supermarket aisle, spoken through a mask, is still a kind word. A phone call to an older friend can do wonders for their mental health. FaceTiming using an iPhone or videoconferencing with an aging parent or grandparent can be an amazing gift.

2020 has been a difficult year. Yet, there is still so much to be thankful for. We at the Seniors Services Society of BC are thankful that in spite of the pandemic, we have been able to continue doing what we do best—supporting seniors in need. We are especially thankful to the community that has stepped up to help us do so.

Thank you. May the rest of 2020 be kind to us all.

“Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.”

-Margaret Cousins (1878-1954)



SENIORS SERVICES SOCIETY OF BC ANNUAL GENERAL MEETING

Thank you to all the Society members who participated in the Seniors Services Society of BC's Annual General Meeting teleconference, held on Tuesday, September 22nd, 2020.

Holding a meeting by a teleconference on such a large scale was a first for the Society. Happily, the AGM flowed smoothly and all business was conducted with efficiency and promptness. Thank you to all our members!



The Annual General Meeting also meant it was time to say goodbye to one of our longtime board members. Marg McKee joined the Society in 2012, and served on the board for four consecutive two-year terms, including two years as the Society's president.

It is with both warmth and sadness that we wish Marg all the best in her future endeavors.

Thank you Marg, for your service.

SANTA FOR SENIORS



Christmas is only a few months away, and that means it's time once again for one of our most popular programs, Santa for Seniors!

With COVID-19 still an issue at this time, we are looking at virtual options to best serve seniors in need of some holiday cheer, including gift cards to allow seniors to shop online. With businesses in the community offering their financial and logistical support, and many donors already stepping up with donations, Santa for Seniors options are improving weekly.

The plan-of-action for 2020's Santa for Seniors isn't finalised yet, however we intend to have it in place well in advance of December.

If you are one of our Santa for Seniors contributors, or would like to become one, please keep an eye on our social media for news! We will be making announcements on LinkedIn ([linkedin.com/in/seniors-services-society](https://www.linkedin.com/in/seniors-services-society)), Twitter (@Support_Seniors), and on our Facebook (@seniorsservicessociety); be sure to stay tuned!

Also be sure to check our blog for all the latest info, at www.seniorsservicessociety.ca/blog/ !

Thank you again for being part of Santa for Seniors and making a holiday difference in the lives of the seniors in our community!



A TIME FOR REFLECTION

The Seniors Services Society of BC's Community Response Network Coordinator, Leanore, asked some of our volunteers about how the coronavirus pandemic has changed their lives. Here are some of the responses.

Q: What do you miss most about your life before the pandemic?

A: *I miss family gatherings that were easy. It's different when we have to gather outside and not hug.*

A: *Meeting with my book club monthly. Going for dinner with them every few months.*

A: *I miss smiling. No one can see me smiling at them.*

A: *Seeing my granddaughter.*

Q: Is there anything from your pre-pandemic life that you took for granted?

A: *Yes I believe I took for granted how much I enjoyed the company of others - even just in casual relationships where you shared a laugh or a few hours working together. I have adapted- however this could be a bit of an issue if and when things go back to where or close to where they were pre-pandemic.*

A: *The ease of which I could walk out the door and not have to worry about where I was going and if it was safe.*

Q: Are there things that you might appreciate more after the pandemic ends?

A: *The importance of being connected to family, friends and neighbours.*

A: *I believe we should brace ourselves- especially the seniors- to a more isolated existence than we had pre pandemic. We need to learn how to communicate differently and appreciate our own company.*

If you would like to contribute your thoughts for the Seniors Services Society of BC's blog, please send us an email at admin@seniorsservicessociety.ca!

A MEAL-ON-WHEELS CLIENT MOVES ON

Steve was first referred to the Seniors Services Society of BC by his daughter, Lara, in 2016. Lara signed Steve up for Social Programs because he lived alone, and she thought company would serve him well.

Steve's time with Social Programs was short-lived; Lara cancelled the service because he was always out of the house during bus pick-up. She also noticed at that time his memory was worsening.

In November 2018, Lara called the Society again after being referred to the Meals on Wheels program. Steve had been diagnosed with Alzheimer's, and was not allowed to operate a stove or oven anymore. Prior to Meals on Wheels, Lara had been helping her father with food by cooking multiple meals at her home, driving to New Westminister, and storing the meals in her father's freezer. This had taken a toll on her physical and mental well-being; she had her own family to take care of, as well as a father to worry about.

With a week of receiving meals, Fraser Health care aides informed Laura that the frozen meals had been left in the sink and gone bad; Steve had not put them in the freezer. As a result, Lara and the Meals on Wheels coordinator arranged for Meals on Wheels volunteers to store the meals in the freezer for Steve, directly on delivery.

When the coronavirus pandemic began in the spring, the Society's Meals on Wheels program was suspended and replaced by the Meal Delivery Program. Now, Steve was receiving three hot meals on Tuesdays and Fridays, rather than seven frozen meals on Fridays. Even with the change Steve needed help with meals, and volunteers wearing proper protective gear put his meals in the fridge for him, with Fraser Health care aides assisting him in reheating.

Recently, Lara informed the coordinator that Steve will be transitioning to a long-term care home. Lara thanked SSSBC for supporting Steve while living at home alone with Alzheimer's; we thank her and Steve for having been part of our community.

MEET THE BOARD

Sherry Baker, Board Secretary



Q: How did you come to be involved with the Seniors Services Society of BC?

A: I did a report for the Society in 2007 and learned of the important work SSSBC was doing in the community. I later sat with Kara-Leigh Bloch (former Executive Director) at a conference I spoke at, and she asked me if I would like to be on the board.

Q: What inspired you to take the position?

A: To round out the Society's provincial role as someone from outside New Westminister on the Board. The organization I lead, the BC Association of Community Response Networks, is mandated to create a coordinated response to adult abuse, neglect and self-neglect throughout BC. Therefore I am able to communicate on the Society's behalf in over 233 communities.

Q: Your final term is coming to a close after eight years on the board. When you look back, what do you think was your greatest contribution?

A: I think I brought non-profit board and governing expertise which helped keep our work focused. I also chair the Policy committee and have helped revamp the Governance Policy Manual.

Q: Do you have any advice for future board members to help them be successful in the role?

A: Learn and be aware of their role as a Director on a Governance Board. Listen carefully, and build consensus in decision-making. Enjoy being with a great group of other community leaders and volunteers.



Why do we ask for your tax-deductible donation during our **Give 60+ Campaign**? Because your gifts support Seniors Services Society's efforts to assist seniors 60+ with housing navigation, temporary housing, and individual supports to help them remain healthy and independent in their own home.

6,528

The number of seniors who were assisted with housing support and social programs in 2019-2020.

2,317

The number of seniors who were provided one-on-one housing support and information in 2019-2020.

4,211

The number people in our community who accessed support services, including light housekeeping, meal delivery, and medical transportation to name just a few services, in 2019-2020.

This is the work your philanthropy funds. I cannot thank you enough. There is, however, much more work to be done. I urge you to make a tax-deductible gift to our **Annual Give 60+ Campaign** today.

www.seniorsservicessociety.ca/donate/

Thank you,

Alison Silgado
Chief Executive Officer
Seniors Services Society of BC

P.S. For more information on these and other Seniors Services Society of BC initiatives your support makes possible, please look at our 2020 Annual Report at: <https://tinyurl.com/y2q7frah>, or email us at info@seniorsservicessociety.ca.

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NAVIGATOR TRAINING FOR SENIORS HOUSING AND SUPPORT

The Seniors Services Society of BC has redesigned its Housing Navigator Training, previously delivered in a classroom setting. This year, we are offering it online due to the COVID-19 pandemic and have changed the course title to Navigator Training for Seniors Housing and Support to cover a wider range of topics.

The revised course offers four weekly sessions, covering topics such as Aging and its relation to Housing Needs, Housing Navigation, Rights and Responsibilities of senior renters, Digital Literacy for Seniors and more. The course has been redesigned with a focus on building capacities for the community social service workers and others, who work with older adults throughout BC.

For more information on Navigator Training for Seniors Housing and Support, contact us at admin@seniorsservicessociety.ca or visit us at: www.seniorsservicessociety.ca/events/.

OUR DONORS

We couldn't do the work we do without our amazing donors. Thank you to all who donated in 2020 and throughout the first wave of coronavirus; you've had a huge impact on the lives of the seniors we serve! Below are those individuals and organisations who contributed in the last three months with a cash or in-kind donation of \$100 or more. Thank you, to ALL of our donors.

July-September 2020

\$100+

Fiona Cameron	Amazon.ca
Karin Christa Durrbeck	Angelina's
Catherine Marie Fisher	Astoria Retirement Res.
Chris Gibson	Gaia Community Care
Graham Hallson	& Wellness Society
Ian William Hirsch	HSABC
Marianne Janzen	Kearney
Henry & Mary Konishi	Key West Ford
RekhaWo Krishnaswamy	Loblaws
Debbie LaFreniere	Translink
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