

South Kootenay Seniors Newsletter



South Kootenay Seniors

Age-friendly Program for Trail, Warfield, Rossland

September / October 2020

CONTACT INFO:

Are you looking for information on local services or programs for seniors, or are you a service provider or local business that offers services for seniors? We'd like to hear from you!

Age-friendly Coordinator:

Heather Anderson

Email: southkootenayseniors@rossland.ca

Ph: 250-368-1896

Hours: 9 am - 5 pm Monday-Friday

www.rossland.ca/south-kootenay-seniors

To register for events:

Please email or phone and leave a message with your name, contact # and the name and date of the event.

Follow us on Facebook !



VIRTUAL EVENTS FOR SENIORS THIS FALL!

South Kootenay Seniors is hosting a series of 'virtual' events this fall! Join us for guest presentations and tours via Zoom (video conferencing). We'll have door prizes at some of our events! See reverse side for schedule and more details.

TABLETS AVAILABLE FOR SENIORS TO BORROW

Are you interested in attending Zoom activities, or making video calls with family or friends but you don't have access to a computer or the internet? South Kootenay Seniors now has tablets with cellular internet available for local seniors to borrow at no cost. These tablets are easy to use. This is a great opportunity to connect with others safely from the comfort of home.

Thank-you to the United Way - Trail & District for helping to distribute the Emergency Community Support Fund by the Government of Canada, and to our local MP Richard Cannings for supporting this project!

For more information or to reserve a tablet please

call: 250-368-1896

or email southkootenayseniors@rossland.ca .



Lower Columbia Better at Home Program

The Lower Columbia Better at Home program offers support for seniors by providing non-medical services such as grocery shopping and friendly phone calls.

For more information please call: 250-364-2326

or look for them on Facebook.

Would you like help with your cell phone, tablet or video conferencing apps?

CBAL (Columbia Basin Alliance for Literacy) offers free training and support for using your device.

Contact CBAL at phone: 250-368-6770

Email: trailcoordinator@cbal.org

www.cbal.org

'PUT LIFE BACK IN YOUR LIFE' FREE SELF-MANAGEMENT PROGRAMS

The University of Victoria Institute on Aging & Lifelong Health offers free programs for adults in BC living with one or multiple ongoing health conditions. Due to COVID-19 these are now facilitated online (Zoom) or over the phone so participants can attend from the comfort of home and receive the support and benefits of these self-management programs.

For more information on these programs, sign up for our virtual Zoom event on September 25 from 1:00-2:00 for a presentation by Christine Bramwell from the Institute on Aging & Lifelong Health, or visit them at:
www.selfmanagementbc.ca

SEPTEMBER ZOOM EVENTS: All events 1:00-2:00pm

Sept 22: Earthy Organics Farm tour (Fruitvale) *door prizes

Sept 25: Self-Management Programs Presentation - UVIC

Sept 29: Pure Honey Farm tour (Creston) *door prizes

OCTOBER ZOOM EVENTS: All events 1:00-2:00pm

Oct 1: How to Zoom: Helpful tips for using Zoom

Oct 5: Zoom Coffee - Guest Speaker TBA *door prizes

Oct 15: COSCO presentation: Medication Awareness

Oct 22: Share & Tell - share a favorite heirloom, photo, story or just come to listen *door prizes

Oct 27: Recipes/tips for the perfect borscht! *door prizes

All events are free!

Limited space for some events, please register early:

Ph: 250-368-1896

Email: southkootenayseniors@rossland.ca

More event details available on our website & Facebook

Active at Home Free Exercise Videos

The Canadian Centre for Activity & Aging (CCAA) recently recorded a series of exercise videos for older adults who want to stay active while practicing physical distancing. The videos are designed to improve cardiorespiratory fitness, muscular strength, balance and flexibility.

Check them out on the CCAA website:

www.uwo.ca/ccaa/programs/videos/index.html



Send your feedback by September 30th for a chance to win a \$25 Ferraro Foods Gift Card!

We're wondering what the comfort level is for resuming in-person activities such as seniors lunches with COVID-19 safety protocols in place. Please send us your thoughts on the following questions by phone or email and your name will be entered to win one of two \$25 Ferraro Foods gift cards!

- 1) Are you comfortable attending in-person activities for seniors such as a coffee/lunch, with COVID-19 safety measures in place?
- 2) Would you prefer take-home hot lunches rather than in-person lunches?
- 3) Are you interested in attending virtual events via video calls (eg using Zoom)?
- 4) Are there other local services or activities for seniors you would like to see?

Send your response by Sept 30 by email to: southkootenayseniors@rossland.ca or by phone: 250-368-1896 (responses can be left in a phone message if you like).

*Please provide a phone number or email for us to contact you if you win.

Canadian Anti-Fraud Centre Scam Alert

The Canadian Anti-Fraud Centre is reporting an increase in calls by fraudsters claiming that your SIN has been blocked, compromised or suspended. Do not provide personal information over the phone as doing so could put you at risk of identity fraud. Learn how to protect yourself from this and other scams at:

www.canada.ca/en/services/finance/fraud.html