

THE SENIOR TIMES

AUGUST 2022

25 cents per issue

FREE via Email

Welcome
AUGUST



VOLUNTEER NEEDED

For the BCNE
Seniors Fair Day
August 18.

Contact 250-564-5888

Newsletter Submission Deadline

If you would like Something
included in our newsletter
please contact ed@pgcos.ca
no later than the last Monday
of the month.

- 2 PGCOS Volunteers needed
- 3 BCNE Fair
- 4 Air-Quality care and Heat related illness
- 5 Lennox– Nominate someone in need of a furnace.
- 6 Advance Planning Legal Clinics
- 7 Elder Citizens Recreation Association (ECRA) Meal Program
- 8 Spruce Capitol Seniors calendar
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- 10 Alzheimer Society Education
- 11 Golden Age Social Dates
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- 14 WORDSEARCH
- 15 BC Women's Institute/
Seniors Moment Radio Station
PG Lawn Bowling
- 16 PG Hospice Palliative Care
(Grief Support Services)
Make Art From Junk
- 17 wordsearch solution./
SAIL– Seniors Abuse Info Line
- 18 PGCOS Programs and Services
- 19 The Seniors Resource Team
- 20 Board of Directors and Funders

VOLUNTEERS NEEDED!

CALL SENIORS RESOURCE CENTRE 250 564 5888

Our Better at Home Program is in need of some Volunteers to assist with a few tasks. Please contact Terry at 250-564-5888 or betterathome@pgcos.ca



ARE YOU ... OR DO YOU KNOW ... an isolated or lonely senior who would appreciate hearing a friendly

voice? Our FRIENDLY PHONE CALL volunteers can help!

VOLUNTEERS NEEDED FOR FRIENDLY PHONE CALLS

**Do you have the 'gift of the gab'?
Do you enjoy brightening up other folks' days?**

Call Lorraine at 250 564 5888 for more information! Or hcn@pgcos.ca

VOLUNTEER DRIVERS NEEDED

for our growing Meals on Wheels Program.

We deliver meals Monday-Friday between 10:45am-12:00pm.

If you have a vehicle and are interested in giving back to our community please contact Nicole for more information at 250-564-5888



FRONT DESK

VOLUNTEER NEEDED

Once a week — 9 am to 12 noon OR 12 noon to 3:00 pm

Clear speaking voice and friendly

disposition necessary

Call Michelle at 250 564 5888 or ed@pgcos.ca



We are so very thankful to all our current Volunteers and could not do the work we do without them.

Please consider joining our team.



It's that time again! Join PGCOS at the BCNE on Thursday August 18 ... The Theme this year is Pioneer Days to Modern Ways

PGCOS SENIORS FAIR will be in Kin 3 Arena and open to the public between 10 am and 3 pm for the one day.

Fairgoers will have over different exhibits to check out, including many exhibitors from previous years and a handful of new exhibitors joining us for the first time this year. It's a good day and a great place for seniors and seniors' caregivers to access lots of information.

SOME ... BUT NOT ALL ... of our exhibitors include

Women North Network (northern Fire)	Positive Living North
Canadian Red Cross	BC Housing
PG Parkinson Disease Support Group	Crisis Centre for Northern BC
PG Hospice Society	Hart Pioneer Centre Assoc
Hearing Life	Handy Circle Resource Society
Carefree Society	Northern Sport Centre
MEDIchair	PG Brain Injured Group Society
Spruce Capital Seniors	YMCA of Northern BC
PG Public Library	Elder Citizens Recreation Assoc
North Central Seniors Assoc	Comfort Keepers Prince George
Beverley & Associates	Centre for technology Adoption for Aging in the North

PGCOS volunteers will be on hand to provide SENIORS FAIR PASSPORTS which Fairgoers can use to collect stamps, stickers or initials from individual exhibits as well as use to vote for their favourite exhibitors. When you have seen and done all you want to see or do, Passports can be dropped into the entry bins for a chance at several free Draw Prizes. (Winners will be contacted by telephone the day after the event.)

As usual, our OLD BOOT CAFÉ will be open at the back of Kin 3 with inexpensive refreshments ...

The perfect spot to sit down and catch up with friends over coffees and muffins or sandwiches.

PGCOS is excited to be back at the fair and we are all looking forward to another great event!

SEE YOU AT THE FAIR!

Seniors Entrance fee is \$2 for the day

Know the signs of heat-related illness



Dizziness



Headaches



Nausea or vomiting



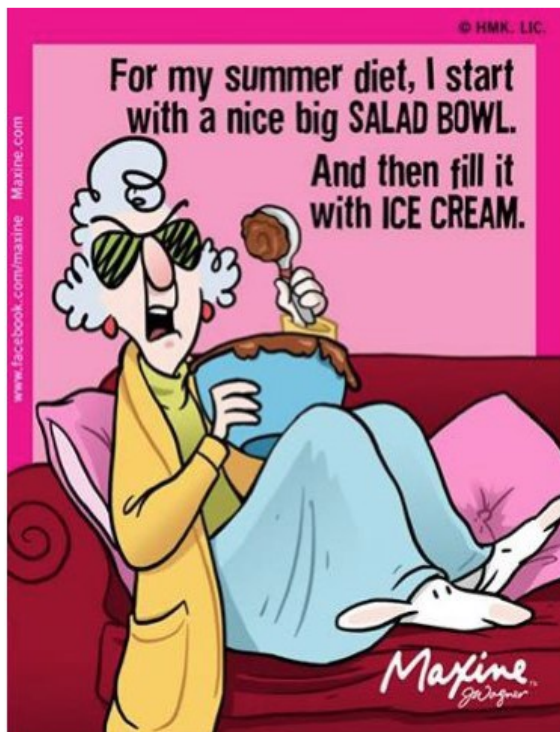
Rapid breathing or increased heart rate



Very thirsty or dark urine



BRITISH COLUMBIA



Stay safe and cool when air quality is poor



Reduce time spent outdoors



Exercise indoors



Keep air cleaner inside



Keep windows closed, without overheating



Seek medical care if you feel unwell



Pay attention to air quality reports



FEEL THE LOVE™

LENNOX

is providing comfort in our community.

NOMINATE YOUR NEIGHBOUR IN NEED!



Lennox' **Feel The Love™** program brings heating and cooling equipment to deserving families who need a helping hand.



If you know someone who you feel needs and/or deserves it, tell us their story.

For more details on the program, or to nominate someone you know, visit

FEELTHELOVE.COM

Deadline for nominations is August 31, 2022 | Installations take place October 8-15, 2022



Air is life. Make it perfect.



POLAR

the energy network

910 3rd Avenue
Prince George, BC
V2L 3C9

(250) 563-6444



Click here to upload
your company logo
(PNG with transparent background preferred)

Advance Planning Clinics



- Meet with a pro bono lawyer to have a Will, Power of Attorney and/or Representation Agreement in place.
- Eligibility criteria:
 - Age: 55+
 - Income ceiling: \$40K + \$10K per household member.
 - Net Assets: \$150,000.

Seniors First BC—Advanced Planning Clinic Line:

•1-833-512-0665 (toll free)

Prince George Council of Seniors

•250-564-5888

Call either of these lines to set up an intake for the upcoming clinics.

**Dates and locations will be announced
in our September Newsletter.**

Elder Citizens Recreation Association

1692 10th Avenue

Meal Program

The Centre is now open Monday-Friday, from 9:00 am until 3:00 pm

Coffee is available for .50 per cup, refills are also .50 per cup, and muffins are 1.00 each.

Sit in dining is available Monday to Friday from 11:30 - 1:00pm
on a first come, first served basis. Take out meals are available as well

Monday through Thursday meal prices are:

\$7.00 for members, \$9.00 for non members

Fridays: \$9.00 for members, \$11.00 for non-members

You can pre-order Fridays meal up to Thursday afternoon.

Go to the website below to see what the menu is.

<https://eldercitizens.wixsite.com/website/menu>



BC Government Retired Employees Association
Exclusions, professionals or union members



Come and attend our Quarterly Meetings and learn about
travel insurance, hearing aides, travel discounts, etc.

For more information call Rosemarie 250 563 4194
or email < oconno-4@telus.net >

AUGUST 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BC Day Closed	2 Canasta 1 PM	3 Tops 10 AM Bingo 1 PM	4 Canasta 1 PM	5 Closed	6 Crib Tournament Regist. 10 AM Play 11 AM
7	8 Fun Crib 10 am	9 Canasta 1 PM	10 Tops 10 AM Bingo 1 PM	11 Canasta 1 PM	12 Closed	13
14	Fun Crib 10 am	16 Canasta 1 PM	17 Tops 10 AM Bingo 1 PM	18 Foot Clinic 9 AM Canasta 1 PM	19 Closed	20
21	22 Fun Crib 10 AM	23 Canasta 1 PM	24 Tops 10 AM Bingo 1 AM	25 Canasta 1 PM	26 Closed	27
28	29 Fun Crib 10 AM	30 Canasta 1 PM	31 Tops 10 AM Bingo 1 PM			



SPRUCE CAPITOL SENIORS

ADDRESS: 3701 RAINBOW DRIVE

PHONE: 250-563-6450

EMAIL: sprucecapitalsenior@shaw.ca



Crib Tournament August 6, 2022

Spruce Capital Senior Centre

3701 Rainbow Drive

Register at 10a.m.

Play at 11:00



August Events

Volunteers needed!

Want to share your experiences with dementia to help other people face the road ahead? Caring for someone living with dementia can be incredibly challenging and caregivers need access to support for their own well-being. The Alzheimer Society of B.C. is looking for volunteers who are not actively caregiving to facilitate our in-person and virtual support groups with a minimum commitment of one year. Caregiver support groups offer the chance to exchange information and build friendships with other people affected by the disease while participants learn and share practical tips for coping and addressing feelings of loneliness and isolation. Our support group facilitators have the chance to help us offer a safe space for people affected by dementia. To learn more about how you can volunteer with us, click [here](#).

Read on to learn about both virtual and in-person programming taking place this month in the Peace region and Northern Interior.

In-person education

Considering the transition to and adjusting to long-term care | Learn about how to access long-term care and factors to consider when planning a move. Discuss the experience of transitioning into long-term care and explore strategies for adjusting.

Prince George: Prince George Public Library, 888 Canada Games Way
Wednesday, August 17 from 1 to 3 p.m.

Registration: To register or to learn more, please call the First Link® Dementia Helpline at 1-800-936-6033. Masks are now optional, but proof of full vaccination will still be required to attend in-person programs. To learn more about safety protocols, visit alzbc.org/COVID-safety.

Online education

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Recognizing your journey as a caregiver | Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care and how you can build your resilience as a caregiver.

Thursday, August 4 from 2 to 3:30 p.m.

[Click here to register](#)

Staying healthy and building resilience in a time of change and uncertainty | Explore self-care tips and strategies to positively manage stress for both caregivers and people living with dementia.

Tuesday, August 23 from 2 to 3:30 p.m.

[Click here to register](#)

For more information: Sessions are free to attend. For more information, call our First Link® Dementia Helpline at 1-800-933-6033 or visit alzbc.org/edu-workshops.

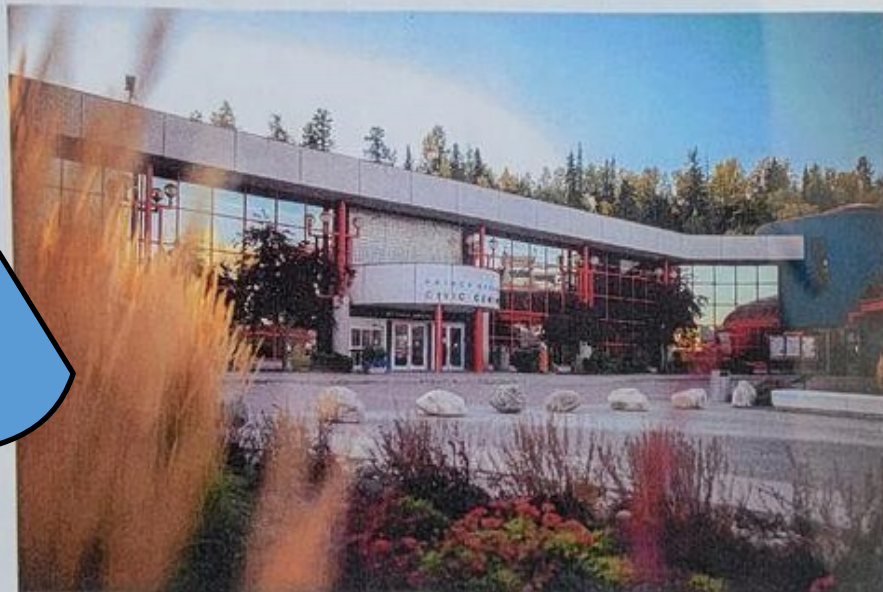
<https://alzheimer.ca/bc/en/help-support/find-support-bc/northern-region>



GOLDEN AGE SOCIAL

WE ARE EXCITED TO WELCOME YOU BACK!

**FREE AFTERNOON SENIORS SOCIALS AT THE PRINCE
GEORGE CONFERENCE AND CIVIC CENTRE!**



Time 2-4 pm

Mark your calendar for the dates below:

Wednesday October 12th, 2022
Wednesday November 16th, 2022
Wednesday December 7th, 2022
Wednesday February 15th, 2023
Wednesday March 15th, 2023

For More Information, Please Call: Prince George Council of Seniors at 250-564-5888

1100 Patricia Blvd., V2L 3V9 | p: 250.561.7600 | www.princegeorge.ca | [@cityofpg](https://twitter.com/cityofpg) [/cityofpg](https://facebook.com/cityofpg) [@cityofpg](https://instagram.com/cityofpg)

PRINCE GEORGE COUNCIL OF SENIORS

JOB DESCRIPTION

TITLE: Better at Home- House cleaner

HOURS: 25-30 hours per week.

Position Summary:

House Cleaner: Housekeepers are **responsible for cleaning and reporting any safety hazards to the homeowner or Coordinator in charge.** They must complete tasks like vacuuming, sweeping, emptying trash cans, dusting shelves, cleaning windows, and mopping floors. If requested change linens, wash dishes.

SUMMARY OF EMPLOYER'S REQUIREMENTS

The applicant, will need to pass a criminal record check and be bondable, using well-developed interpersonal skills, honesty and integrity and will also demonstrate a firm commitment to the community of Prince George and to the PG Council of Seniors Society. Applicants must have the following skills:

- Time management: Commitment to teamwork, including punctuality and dedication.
- Attention to detail.
- Communication skills: Ability to foster positive relationships with program clients
- Interpersonal skills.
- Flexibility.
- Customer service.
- Organizational skills.
- Cleaning skills.

QUALIFICATIONS AND EXPERIENCE

- Valid Driver's License and reliable vehicle both a must.
- Bondable
- Criminal Record Check required.
- Current knowledge regarding seniors' issues are an asset.

Job Type: Full-time

COVID-19 considerations:

All staff who enter into clients home must be fully vaccinated. Proof of vaccination is required.



United Way helping seniors remain independent.





Dementia-inclusive Streets and Community Access, Participation, and Engagement

What is this study about?

- Understanding how people living with mild to moderate dementia use their streets
- Exploring how streets and outdoor spaces can be made more accessible and dementia-friendly

Scheduling will be at your convenience, based on your availability.

Lead Researcher
Dr. Habib Chaudhury (SFU)

Co-Researchers
Dr. Shannon Freeman (UNBC)
Dr. Mark Groulx (UNBC)
Prof. Dawn Hemingway (UNBC)
Dr. Lillian Hung (UBC)
Dr. Alison Phinney (UBC)



We want to hear your thoughts!

Do you find it easy to make your way around your neighbourhood?

What do you like/dislike about your streets?

What could be done to make your streets better for walking and finding different places?

What would participants be asked to do?

A member of our team will schedule with you (and your care partner/family member if needed):

- Conversations on three separate days at your home or preferred place about experiences of walking in the neighbourhood
- One outdoor walk with the researcher in the participant's neighbourhood on a route of their choice
- All activities will follow latest COVID-19 guidelines

Scheduling will be at your convenience, based on your availability.

Who can participate?

We are looking for **persons living with mild to moderate dementia** in the community who can walk independently and communicate comfortably in English.

Participants will receive a **\$200 honourarium** for taking part in the study.

CONTACT US & PARTICIPATE

Emma Rossnagel
UNBC Project Manager

demscape@unbc.ca

250-960-5154

RESEARCH PARTNERS



FUNDED BY



Public Health
Agency of Canada

Alzheimer Society
CANADA

New Website launch

<https://www.sfu.ca/demscape.html>

Donation is easy. The *Spruce City Lions Club* has a Recycle for Sight **collection box in the Seniors Resource Centre, 721 Victoria Street.** Simply bring in old eyewear and drop them off!

All eyewear is acceptable (prescription & non-prescription glasses, sunglasses and readers). Children's glasses are especially needed. Even if the eyewear is broken still donate them because we are sometimes able to repair them or use parts to repair other donated Recycle For Sight frames.

Then the donated glasses will be shipped to the Canadian Lions Eyeglass Recycling Center (CLERC) where they will be cleaned, categorized by prescription and prepared for distribution free of charge to people in developing countries.



DONATE YOUR OLD EYEGLASSES TODAY!.

ACCEPTING USED HEARING AIDS TOO!

Gardening

Find and circle all of the words that are hidden in the grid.
The remaining 27 letters spell a Lady Bird Johnson quote.

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F S W H E E L B A R R O W W H G E G R
U P E G S P E T U N I A S S N F N R T
C A G O R T L S O I L O C I N O W A U
H D H R R E L R O W S A T O M A E K L
S E R O O A E S S E B N I E M A E E I
I S W C U W F N S D A T R N E P L B P
A E C N U O E O H L L U O G N O O S S
L L N A I L R G P O T O N M V E U S F
P A B R L N T M N L U A G E A N I L T
I I E E O I I I U I R S G I S T O B S
N N E T C A L C V D G E E H R W O S E
W N T A C R I I Y A T G I E E A E E I
H E S W O T Z H E A T N I R D O M V S
E R G A R D E N B S E E S D H S S O I
E E O O B D R L O E C I N A G R O L A
L P H S S D E E W G N I X A L E R G D
L E V O H S A E P S M U I N A R E G H
O P P I T C H F O R K E C A R R O T S

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ANNUALS	GARDEN	ORGANIC	SEEDS
BEANS	GERANIUMS	PEAS	SHOVEL
BEETS	GLOVES	PERENNIAL	SOIL
BIENNIAL	GNOME	PETUNIAS	SPADE
BROCCOLI	GREENHOUSE	PINWHEEL	SUNSHINE
CARROTS	GROW	PITCH FORK	TOMATOES
COMPOST	HOES	PLANTING	TROWEL
CULTIVATE	HORTICULTURE	RAIN	TULIPS
DAISIES	HOSE	RAKE	VEGETABLES
DIGGING	HYDRANGEA	RELAXING	WATER
FERTILIZER	LILACS	ROSES	WEEDS
FLOWERS	LILIES	ROWS	WHEELBARROW
FUCHSIA	MARIGOLDS		



Foot Care

425 Brunswick

250-563-1915

Joanne Relagiate

June 8th and 20th

Cost is \$30

Call the centre for appointment



Solution found on page 17

Municipal Pension Retirees Association
District 27 Prince George



QUARTERLY MEETINGS

REGARDING YOUR PENSION & BENEFITS

For more information:

Karen 250 640 0006

email kfmck12@gmail.com



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& ASSOCIATES INC.
Licensed Insolvency Trustees

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1240 Fifth Avenue, Prince George, BC V2L 3L2



The BC Women's Institute

Are you interested in starting up the Women's group again. If you are please contact Lorraine Doiron at 250-596-1518 and e-mail: ldoiron985@gmail.com for more info on what the BC Women's Institute is you can go to their website at <https://www.bcwi.ca> or phone 250-554-5406, the BC Women's head office.



SENIOR MOMENTS Radio Program

Livestream — www.cfisfm.com

1:00 to 2:-00 pm every Tuesday! Listen LIVE — 93.1 FM

PRINCE GEORGE LAWN BOWLING CLUB

Join the Prince George Lawn Bowling Club for enjoyable outdoor activity.

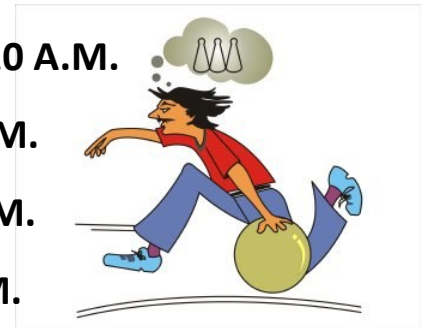
Where: - Watrous Park - 3rd Avenue and Watrous Street -just one block North of Kentucky Fried Chicken

When: - Tuesday morning at 10 A.M.

Wednesday Evening -7 P.M.

Thursday afternoon- 1 P.M.

Sunday Afternoon -2 P.M.



Come and try Lawn Bowling. All you need is a pair of running shoes. Bowls are provided and instruction is provided. Come once a week or whenever you choose. Teams are drawn from whomever shows up.

For further information: Phone: Dan Gilgan -962-0643 or John Warner - 563-4888

or Evelyn O'Sullivan at 250-561-7448 sullypg@shaw.ca

Prince George Hospice Palliative Care Society



Grief Support Services

For more information:

www.PGHPCS.ca | info@PGHPCS.ca

250-563-2551 | 1506 Ferry Ave

Family Grief Support

Our Family Grief Program supports grieving children, youth, and caregivers.

The program has three groups that run simultaneously:

A group for children ages 6 – 12 years.

A group for youth ages 13 – 20 years.

A group for parents and people who care for children.

In addition, we offer a children's drop-in every Tuesday 3:00 – 4:30 pm

Adult Support Services

One-on-One grief support on the phone or in person.

Tea Time for the Soul: Drop-in Wednesdays 3:00 – 5:00 pm

Virtual Grief Support: Drop-in Thursdays 1:30–3:00 pm

Broken Circle: Ten-week peer support and grief education group.

Grief and Grub for Guys: Eight-week program specific for grieving men.

Hospice Hearts: Support for parents who have lost a child by opioid overdose

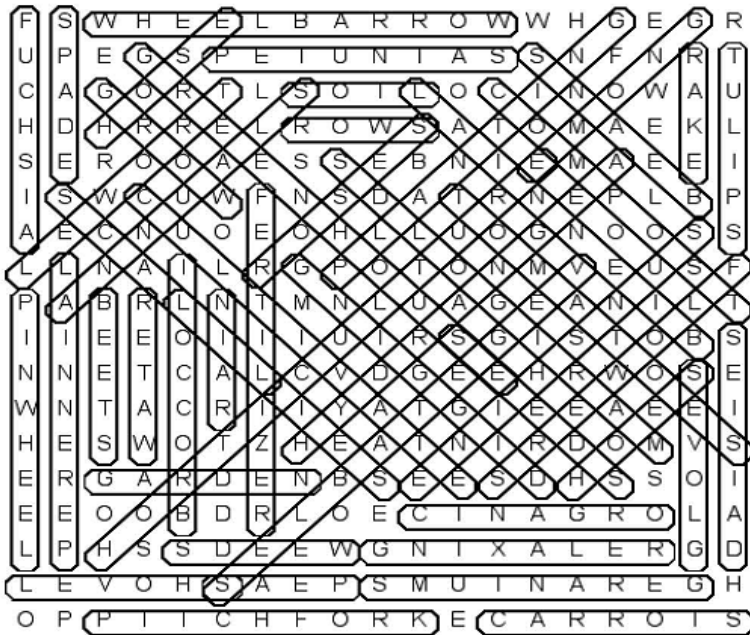
COVID Long Haulers: Drop-in Mondays 1:00 – 3:00 pm.

Coffee for the Caregiver: Drop-in support for caregivers Thursdays 1:00–3:00 pm

Registration is required for all of our programs.

Gardening

This is the solution to the puzzle located [here](#).





PGCOS-Seniors Resource Center — — Call 250-564-5888 for more info

Programs & Other Support Services

Programs: Funding Based

Meals on Wheels

Meals on wheels supports Older adults 55+ residing in the bowl area of Prince George who have difficulty preparing meals for themselves by providing fresh nutritional and affordable noon meals . Sometimes based on available resources this program will help individuals younger than 55.

Cost to the client is \$8.50 per meal. Non-refundable prepayment of \$85 for initial service is now required.

Meals are delivered weekdays between 11:00 am and 12:00 noon by dedicated volunteers.

Better at Home

Better at Home supports the **non-medical** needs of older adults 55+ who are in the Prince George area. These services are aimed to help seniors stay independent in their own homes. Some services offered are based on a sliding scale dependant on your income.

Current services available

Grocery shopping and Delivery

Friends & Family Caregiver Support

Coming Soon. Stay tuned for more details.

Housing & Community Navigator

The Housing & Community Navigator assists older adults 55+ navigate through the many different resources and information available to them.

Services offered by this program

Advocacy

Friendly Phone Calls

Information

Resources

Community referrals

Help with Forms

Housing resources

Other Support Services: Donation based

Denture support — — Financial assistance for dentures for low-income seniors

Income Tax — — Preparation for low-income seniors

Blue Bottle Service — — To keep important personal health information with easy access

Christmas Hampers — — For low-income and isolated seniors

Seniors Resource Centre Team

Meals On Wheels Coordinator

Nicole



nicole.pgcoss@gmail.ca

Or mow@pgcos.ca

Friend & Family Caregiver Support

Coordinator

Laurie



Executive Director

Michelle McGregor



ed@pgcos.ca

Better at Home Coordinator

Terry



betterathome@pgcos.ca

Housing & Community Navigator

Lorraine



hcn@pgcos.ca

PGCOS BOARD OF DIRECTORS

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parsonsv@telus.net

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Lori Dennill

loridennill@gmail.com

Marie Hay

Janet Marren

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Mission Statement:

Our mission is to inform, empower, and advocate for seniors.

We acknowledge the support of



United Way
Northern British Columbia



BRITISH COLUMBIA
Community Gaming Grants



SHINE BC

Seniors Services Society of BC



We would also like to thank all of our
Membership, Donors and Volunteers.