



THE SENIOR TIMES

AUGUST 2023



VOLUNTEER NEEDED

For the BCNE
Seniors Fair Day

August 17

Contact 250-564-5888 and
ask to speak to Lindsay

MARK YOUR CALENDAR

The Seniors Resource Centre will be closed on the
following days

August 7 for B.C Day

August 17 for the Seniors Fair day At the BCNE

- 2-3 BCNE Seniors Fair Day Registration and other information
- 4 PGCOS Volunteers needed
- 5 Meals on Wheels Announcement
- 6 Do you Identify as a caregiver
- 7 Caregiver Coffee & talk Info
- 8 What should I do if I suspect Elder abuse
- 9 PG Blind curling Golf tournament info
- 10 Stay Safe from Heat & Smoke
- 11 Advance Planning Clinic Details
- 12-13 Elder Citizens Recreation Association (ECRA)
- 14-16 Hart Pioneer Centre
- 17 PG & District Seniors Activity Centre dance lesson info
- 18-19 Spruce Capitol Information
- 20 Life Before the Pulp Mills Book
- 21 Parkinson Super walk
- 22-23 CTAAN Dementia and 55+ Games Info
- 24-26 Alzheimer's Society Information
- 28 Recycle Your Old Eyeglasses/ Used Hearing Aids
- 28 Lawn Bowling— Seniors moments
- 29-30 Grief Support Services
- 31 PGCOS Services
- 32 PGCOS Board information



Last week to register. Don't miss out on this opportunity to promote your business.

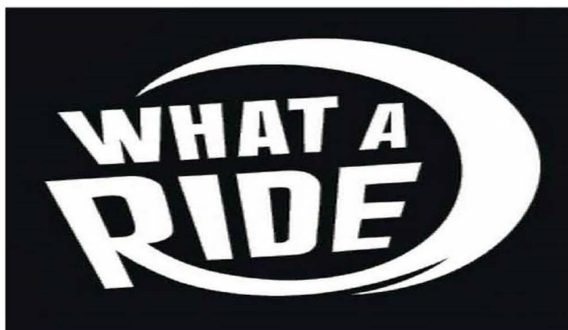
**SENIORS FAIR @ BCNE
("the Ex")**

WHEN Thursday August 17, 2023, 10:00 am to 5:00 pm

WHERE Kin 2 Arena, CN Centre (BCNE Fairgrounds)

THEME What a Ride

For more information or to register contact Lindsay at info@pgcos.ca Or call 250-564-588



**It's that time again! Join PGCOS at the BCNE on
Thursday August 17 ... The Theme this year is**

PGCOS SENIORS FAIR will be in Kin 2 Arena and open to the public between 10 am and 3 pm for the one day.



Fairgoers will have over 30 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
Crisis Centre for Northern BC	PG Hospice Society
Assistlist	Handy Circle Resource Society
Medichair	Northern Sport Centre
PG Brain Injured Group Society	Spruce Capital Seniors
YMCA of Northern BC	PG Public Library
Elder Citizens Recreation Assoc	North Central Seniors Assoc
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 2 with inexpensive refreshments ...

The perfect spot to sit down and catch up with friends over coffees and snacks 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.

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 Wendy and she will assist you with the process.

She can be reached at 250-564-5888 or hcn@pgcos.ca

Our Caregiver support Program is in need of Volunteers who have experience is caring for seniors. If you are a retired Nurse or retired caregiver and would like to volunteer some time to assists families and friends who are caring for they loved ones please contact Wendy and she will assist you with the process. She can be reached at 250-564-5888 or hcn@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 Wendy at 250 564 5888 for more information! Or hcn@pgcos.ca



ANNOUNCEMENT

It is with regret that we are needing to pause our Meals on Wheels program until further notice. We are hopeful that it will only be for the month of August.

The pause is unfortunately necessary due to various reasons, some of those reasons are a sudden increase in program costs as well as a temporary staff shortage.

In the meantime, we ask that all clients connect with their support team, including family and friends, for assistance.

We are working very hard on finding a solution. And are confident that this will only be temporary for the month of August.

If you are in need of meals in the meantime, you can contact the following places.

Elder Citizens Recreation Association: 1692 10th Ave, 250-561-9381

Spruce Capitol Seniors: 3701 Rainbow Drive, 250-563-6450

Hart Pioneer: 6986 John Hart Highway, 250-962-6712

M&M meats: 3383 8th Ave

We offer Grocery ordering and delivery through our Better at Home program. Contact Terry at 250-564-5888 to inquire about this program.

Again to reiterate the Prince George Council of Seniors is working very hard on finding a solution that will not cause our clients any financial hardship for meals.

Sincerely

Michelle McGregor

DO YOU IDENTIFY AS A **CAREGIVER?**



Are you a
Spouse,
Child or Friend

who is supporting or assisting someone living
with an illness, disability or frailty due to aging

If you are, then you are

A CAREGIVER

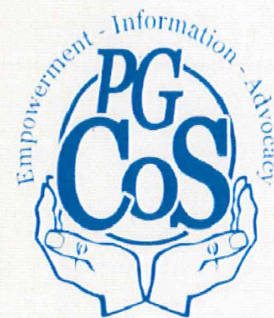
and we want to connect with you. Contact Clarence
for more info on our Caregiver Support Program at
250-564-5888 or by email at csp@pgcos.ca



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island





PG Friends & Family Caregiver Program

is having a weekly

Coffee & Talk

Join us

Wednesdays @ 11:00am
1330 5th Avenue

Please call CLARK
at (250) 564 5888 to register
as space is limited



Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

WHAT SHOULD I DO IF I SUSPECT ELDER ABUSE?

*Elder abuse is a horrific act against older adults who often have more concern about the consequences for the abuser than for their own safety.

*If you suspect elder abuse, turn your concerns over to the professionals and let them investigate. DO NOT confront an abuser yourself.

*You do NOT have to prove abuse is occurring. It is up to the professionals to determine this.

- **Immediate danger -911**
- **Concerns** - Adult protection Line -250-565-7414
- **Questions:**
 - o Community Policing 250-561-3366
 - o PG Council of Seniors 250-564-5888
 - o S.A.I.L 1-866-437-1940. <https://seniorsfirstbc.ca/programs/sail/>
 - o Public Guardian & Trustee of BC 1-800-663-7867 www.trustee.bc.ca
 - o Canadian Network for the Prevention of Elder Abuse www.cnpea.org
 - o Older Adult Knowledge Network www.oak-net.org
 - o BC Institute Against Family Violence www.bcifv.org
- **Information on seniors' rights and elder law:**
 - o BC Ministry of Community Services 1-800-465-4911 www.cserv.gov.bc.ca/seniors
 - o Service Canada 1-800-622-6232 www.servicecanada.gc.ca
 - o Canadian Centre for Elder Law Studies 1-604-822-0633 www.ccels.ca
 - o Dial-A-Law 1-800-565-5297 www.cba.org/bc

WHAT SHOULD I DO IF I HAVE BEEN ABUSIVE OR FEAR ABUSING A SENIOR IN MY CARE?

- Give yourself a break. Do something to relieve your tension. (e.g. respite care)
- Talk to a counsellor, pastor, or trusted friend.
- Address any alcohol or drug problems.
- Ask your doctor for a referral to a qualified therapist.
- MOST OF ALL BE HONEST WITH YOURSELF AND THOSE WHO WANT TO HELP YOU!





Prince George Blind Curling are hosting an
“Under the Stars” Golf tournament

August 19 at 6pm

at Pine Valley Golf Course

\$350 per team of 5

Price includes golf fees, dinner, golf ball, door prizes.

Limited to 18 teams.

To register contact

Leona Gervais at 250-561-2045

Caroline Markel at 250-301-9565

Email: markelcaroline@gmail.com

Know the signs of heat-related illness



Dizziness



Headaches



Nausea or vomiting



Rapid breathing or increased heart rate



Very thirsty or dark urine



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



Free Advance Planning Legal Help for Low-Income Seniors (55+) in Prince George



The Prince George Council of Seniors and Seniors First BC are partnering with local volunteer legal professionals to offer free advance planning documents (Wills, Powers of Attorney, and Representation Agreements) to eligible seniors (55+).

Clinics are held one Wednesday per month* by appointment at the new PGCOS / Seniors Resource Centre office (1330 5th Avenue).

*Clinic schedule subject to change

Eligibility

- Age: 55+
- Gross income: \$40k + \$10k per additional household member
- Asset test determined during booking

Call us to determine if you are eligible and to book an appointment or to be added to the waitlist, if the clinics are full.

Exceptions to income and asset eligibility limits may be made on a case-by-case basis.

How the Advance Planning Clinics Works

- 1** Call 1-833-512-0665 to confirm eligibility and to be added to the waitlist for your first appointment with a legal professional, after answering a few questions.
- 2** Gather your documents and information.
- 3** Meeting #1: Meet with a legal professional to discuss advance planning options & provide instructions .
- 4** Provide any further information requested by the legal professional & review draft documents.
- 5** Meeting #2: Review and sign your advance planning documents. You are responsible for keeping them safe.



PGCOS is a registered charity that operates several programs, services and events to enhance the lives of seniors in the Prince George area. Visit PGCOS.ca.



SFBC provides information, advocacy, support, and referrals to BC seniors with issues affecting their well-being. For more info, visit SeniorsFirstBC.ca or call our Seniors Abuse & Information Line at 1-866-437-1940.

APclinics@SeniorsFirstBC.ca | 1-833-512-0665

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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





AUGUST 2023 Lunch Menu

(served from 11:30—1:00)(Cash Only)



1st	Tuna Noodle Casserole & Biscuits	
2nd	Hungarian Chicken, Mash Potatoes & Veg	
3rd	Salisbury Steak, Mashed Potatoes & Veg	
4th	Ribs, Baked Potatoes & Veg	
7th	BC DAY—ECRA is Closed	
8th	Meatloaf, Mashed Potatoes & Veg	
9th	Chicken Parm w/Marinara, Mash Pot & Veg	
10th	Smokies & Perogies	
11th	Pork Loin , Stuffing, Mash Potatoes & Veg	
14th	Fish Burgers, Potato Wedges & Cole Slaw	
15th	Baked Chicken, Mashed Potatoes & Veg	
16th	Lasagna & Garlic Toast	
17th	Beef Medley, Mashed Potatoes & Veg	Board Mtg.
18th	Roast Beef, Yorkshire, Mash Pot & Veg	
21st	Sausages and Dumplings	
22nd	Swissed Beef, Mashed Potatoes & Veg	
23rd	Pork Chops, Mashed Potatoes & Veg	
24th	Chicken Souvlaki, Greek Spuds & Veg	
25th	Liver & Onions, Mashed Potatoes & Veg	
28th	Butter Chicken with Naan Bread & Veg	
29th	Spaghetti & Garlic Toast	
30th	Beef w/Mushrooms, Mashed Pot & Veg	
31st	Hamburger w/Potato & Macaroni Salads	

ECRA.....AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 Cribbage	2 9:45 Floor Curling 1:00 Carpet Bowl	3 10:00 Craft Group 1:00 Floor Curling	4 7:00 Whist	5
6	7 BC DAY ECRA is closed	8 7:00 Cribbage	9 9:45 Floor Curling 1:00 Carpet Bowl	10 10:00 Craft Group 1:00 Floor Curling	11 7:00 Whist	12
13	14 10:00 Ukulele Group	15 7:00 Cribbage	16 9:45 Floor Curling 1:00 Carpet Bowl	17 9:00 Board Meeting 10:00 Craft Group 1:00 Floor Curling	18 7:00 Whist	19
20	21 10:00 Ukulele Group	22 7:00 Cribbage	23 9:45 Floor Curling 1:00 Carpet Bowl	24 10:00 Craft Group 1:00 Floor Curling	25 7:00 Whist	26
27	28 10:00 Ukulele Group	29 7:00 Cribbage	30 9:45 Floor Curling 1:00 Carpet Bowl	31 10:00 Craft Group 1:00 Floor Curling		

HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712

AUGUST MENU

TAKEOUT--- \$10 includes soup

If there is a lunch in August's menu that you would like to order, **please call** the Centre (250) 962-6712 at least **24 hours** prior between the hours of 9 am to 1 pm.

DINING - IN - Please call 24 hrs. in advance, if possible.

****If you wish, you can pre-order takeout lunches for the month of August in advance by calling the Centre.**

AUGUST's SPECIAL

Thursday, August 3rd 11:30am – 1:00 pm.

Enjoy delicious Ribs - St. Louis Style with all the trimmings: corn on the cob, beans in tomato sauce, rice pilaf, coleslaw and a summer dessert!! \$ 15

***THANK YOU
for supporting the
Hart Pioneer Centre!!***

August 2023				
Mon	Tue	Wed	Thu	Fri
	1 Butter Chicken Basmati Rice Naan Bread Veggies	2 Beef Enchiladas Tomato Sauce Rice Veggies	3 Ribs St. Louis Corn on Cob Beans Tomato Sauce Rice Pilaf Coleslaw \$15	4 Beef Rouladen Mashed Potatoes Gravy Veggies
7 Civic Holiday CLOSED	8 Chicken Stuffed Apple Brie Roasted Potatoes White Wine Sauce Veggies	9 Kentucky Style Fried Chicken Drumsticks Coleslaw Veggies	10 Salisbury Steak Mashed Potatoes Gravy & Onions Veggies	11 BBQ Turkey Drumsticks Twice Baked Potato Veggies
14 Spaghetti & Meat Sauce Garlic Bread Veggies	15 Parmesan Chicken Marinara Sauce Tortellini Veggies	16 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	17 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatsiki	18 Salmon Patties Parsley Potatoes Dill Sauce Veggies
21 Pork Roast Mashed Potatoes Gravy Veggies	22 Lasagna Garlic Bread Veggies	23 Beef Dip Roasted Potatoes Hoagie Bun Au Jus Coleslaw	24 Honey Garlic Chicken Thighs Rice Veggies	25 Ham & Perogies Sauerkraut
28 Beef Stew Hungarian Style Mashed Potatoes Veggies	29 Seafood Linguine Alfredo Veggies Garlic Bread	30 Sweet & Sour Pork Chow Mein Rice	31 BBQ Chicken Roasted Potatoes Veggies	

HART PIONEER CENTRE
6986 Hart Highway
(250) 962-6712

Menu /price subject to change without notice.
Pick-up Time: 11:30 am – 1 pm.

**** See reverse for more information.**

August 2023				
Mon	Tue	Wed	Thu	Fri
	1 9:00 am – Floor Curling 6:00 pm - TOPS	2 10:00 am – Pool Tournament 10:30 am– Line Dancing	3 9:00 am – Carpet Bowling	4 10:30 am – Line Dancing
7 Civic Holiday CLOSED	8 9:00 am – Floor Curling 6:00 pm - TOPS	9 10:00 am – Pool Tournament 10:30 am– Line Dancing	10 9:00 am – Carpet Bowling	11 10:30 am – Line Dancing
14 10:30 am – Line Dancing 6:00 pm – Canasta	15 9:00 am – Floor Curling 6:00 pm - TOPS	16 10:00 am – Pool Tournament 10:30 am– Line Dancing	17 9:00 am – Carpet Bowling	18 10:30 am – Line Dancing
21 10:30 am – Line Dancing 6:00 pm – Canasta	22 9:00 am – Floor Curling 6:00 pm - TOPS	23 10:00 am – Pool Tournament 10:30 am– Line Dancing	24 9:00 am – Carpet Bowling	25 10:30 am – Line Dancing
28 10:30 am – Line Dancing 6:00 pm – Canasta	29 9:00 am – Floor Curling 6:00 pm - TOPS	30 10:00 am – Pool Tournament 10:30 am– Line Dancing	31 9:00 am – Carpet Bowling	

Hart Pioneer Centre
 6986 Hart Highway
 (250) 962-6712

* TOPS – Contact – Theresa (250) 962-8977

SUMMER 2023 GROUP DANCE CLASSES

LEARN THE BASICS IN DIFFERENT STYLES

Location: 425 Brunswick Street

JUNE, JULY, AUGUST - DANCE SCHEDULE

MONDAY NIGHTS: 7:00-9:00 pm		FRIDAY NIGHTS: 7:00-9:00 pm	
Doors Open at 6:45pm Advanced Moves 7:00-7:25 BEGINNER LESSONS 7:30-8:30 Open Dance 8:30-9:00		Doors Open at 6:45pm Advanced Moves 7:00-7:25 BEGINNER LESSONS 7:30-8:30 Open Dance 8:30-9:00	
DATE	DANCE STYLE	DATE	DANCE STYLE
		2-Jun	Rumba
5-Jun	Salsa	9-Jun	Rumba
12-Jun	Salsa	16-Jun	Cha Cha
19-Jun	Salsa	23-Jun	Cha Cha
26-Jun	Merengue	30-Jun	All Dances Q&A and Practise
3-Jul	Waltz - Standard	7-Jul	Fox Trot - Standard
10-Jul	Waltz - Standard	14-Jul	Fox Trot - Standard
17-Jul	Waltz - Standard	21-Jul	Fox Trot - Standard
24-Jul	Waltz - Country/Viennese	28-Jul	Fox Trot - One Step
31-Jul	All Dances Q&A and Practise		
		4-Aug	Single Time Swing
7-Aug	Country Western Two Step	11-Aug	Single Time Swing
14-Aug	Country Western Two Step	18-Aug	Single Time Swing
21-Aug	Country Western Two Step	25-Aug	East Coast Tripple Time Swing
28-Aug	Country Western Six Step		

THIS IS A PARTIAL FUND RAISER FOR BRUNSWICK SENIORS ACTIVITY CENTRE SPONSORED BY DANCEPG.CA

PRICING: \$50/per Month/Person

- OR \$80/10 Visit Punch Card (10 visits for one person; 5 visits for two people).

Registration to be completed ahead of classes or at first class of the month.

TO REGISTER - SEE ANGIE IN THE BRUNSWICK OFFICE (M-F 9am-3pm)

OR CONTACT DANCEPG: WENDY SCHMIDT Cell 250-961-1483 Email CODASAM@TELUS.NET



**Spruce Capital Senior Citizens
Recreation Centre
3701 Rainbow Drive
Prince George, BC V2M 3V9
Phone: 250-563-6450; Fax: 250-562-6493
sprucecapitalseniors@shaw.ca**

AUGUST 2023 SCHEDULE OF EVENTS		
Monday	Center is Closed Mondays until September 11	
Tuesday	CANASTA	1:00 pm – 3:00 pm
Tuesday	Fun Bridge – Beginners welcome	1:00 pm if we have 4 players
Wednesday	BINGO	1:00 pm
Thursday	CANASTA	1:00 pm
Thursday, August 17	Foot Clinic Call for an appointment	9:00 am
Thursday, August 17	Come visit our Table at the BCNE	10:00 am – 4:00 pm
Saturday, August 12	Crib Tournament	Register: 10:00 am Play: 11:00 am
Saturday, August 19	Pool Tournament	10:00 am – 3:00 pm

Drop-In Fee is \$2.00

This applies to Fun Crib, Chair Yoga, Canasta, Tai Chi, Pool, Shuffleboard, Carpet Bowling, Bridge, Bingo

Organizations or businesses that rent space in our facility include: The Free Believers Church on Sundays, A Stitchery Group that meets on Mondays at 7:00 pm, A Cribbage Group that meets on Monday nights at 7:00 pm, The Parkinson's Support Group on Thursdays at 1:00 and some Saturdays, TOPS who meet on Wednesdays and a scrapbooking group.

Announcements

August 7, 2023 – BC Day - Closed

August 12, 2023 – Crib Tournament

August 17, 2023 – Come visit our table at the BCNE

August 19, 2023 – Pool Tournament

Aerobic drumming and yoga are suspended for July and August

August Lunch Menu

Soup and a bun	\$ 6.00
Sandwich	\$ 6.00
Soup and Sandwich	\$ 10.00
Summer Salad plate	\$ 10.00

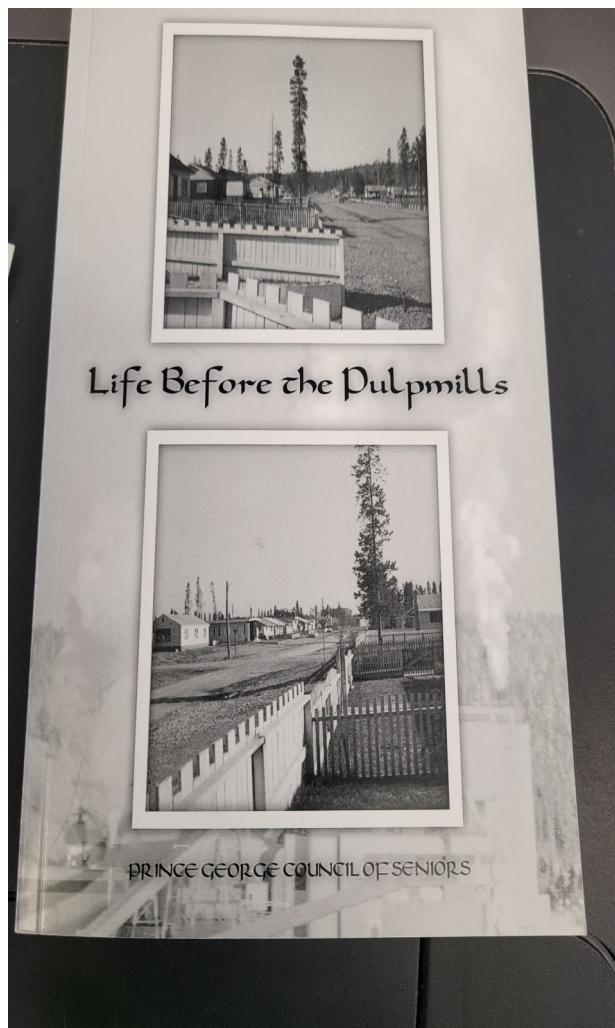
Our menu is posted daily and includes at least two types of soup and two types of sandwiches. Egg salad and grilled cheese sandwiches are usually available. We also strive to provide gluten free options.

Our new summer salad plate includes cold cuts, cheese, egg, crackers, raw vegetables, small salads. Come early. It sells out quickly.





Crib
Tournament
August 12, 2023
Spruce Capital Senior Centre
3701 Rainbow Drive
Register at 10a.m.
Play at 11:00



Book Review

Life Before the Pulp Mills – Prince George Council of Seniors

Edited by June Chamberland,

Bev Christensen and Luci Redmond

Would you like to know, or do you remember, what happened in the early years in Prince George such as:

Goat Island swimming hole and pier, the Old Army Hospital, paper routes, schools with teacherages and making do during World War 2? Using the words of past Prince George residents such as the Peckhams, Ollingers, Kirsche and others, PG in the 40's, 50's and early 60's comes alive. This excellent book of short stories is available at our office for \$20.

Blue Rose Mobile Foot Care and Esthetics

Debby Boutilier

Certified Master Pedicurist / Esthetician

Highest Level and Safest Pedicures

250.981.1961

bluerose.mobilefootcare@gmail.com

or message me on Facebook

10045 Merton Place, Prince George, BC



Specializing in diabetic and senior care

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

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 Rose O'Connor 250-563-4194

or email oconno4@telus.net



PRINCE GEORGE

Saturday, September 9

Lheidli T'enneh Memorial Park

20th Avenue entrance

Registration: 11:30am | Walk: 12:30pm

Donate or register online today!
www.parkinson.bc.ca/superwalk

Funds raised support over 15,000 British Columbians living with Parkinson's disease through education, programs, advocacy, and research contributions.



Thank you to
our sponsor

BondRepro

Parkinson SuperWalk in British Columbia is operated by Parkinson Society British Columbia under license from Parkinson Canada.

1-800-668-3330 | events@parkinson.bc.ca



Dementia Online Information

Are you looking for Dementia Information

Consider accessing
dementiawellnesscanada.com

Here you will find the Dream resources.

Moving, Activity, Meaningful inclusion with Dementia

Some of these resources were developed in the North in conjunction with **UNBC Center for Technology Adoption for Aging in the North (CTAAN)**

They feature places and people from Prince George.



55+ Games

If you would like more information about the
55+ Games taking place in Abbotsford in

August 22-26/ 2023 email

zone9info@55plusbcgames.org or go to their website at

<https://55plusbcgames.org/abbotsford2023/>

There will be over 25 sport events

Registration deadline is June 15, 2023



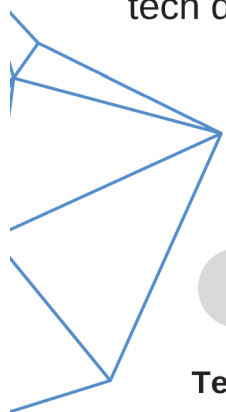
Are you interested in technology that supports older adults?

If so, join us for online workshops featuring **Tochtech Technologies Toch Sleepsense!**

Toch Sleepsense is a bed sensor that alerts caregivers if a senior is not in bed or a health risk is detected which allows caregivers to intervene and prevent a potential fall or serious medical emergency.

If you are 19+, we want to hear your thoughts and opinions to help guide tech development and improve the wellbeing of aging adults and care partners in northern BC.

Participation may include:



Technology demonstration



Group Discussions



Two Short Surveys



Upon completion: you will receive a \$50 e-gift card

*Part of AgeTech Discussions: Exploring Perspectives on Tech
A University of Northern British Columbia/Centre for Technology Adoption
for Aging in the North Research Project.*

For more info, or to participate, connect with us at
unbctechstudy@unbc.ca



This study has been reviewed by the Research Ethics Board at the University of Northern British Columbia
Email: research@unbc.ca | Phone: 250-960-6735
This study was also reviewed by the NH Research Review Committee.

Alzheimer's Society of British Columbia



Alzheimer resource centre -

Northern Interior, Northwest and Northeast

1811 Victoria Street

Suite 302

Prince George BC V2L 2L6

Canada

Hours of operation:

We are currently offering virtual support only

Phone number: [250-564-7533](tel:250-564-7533)

Phone number (Toll-free): [1-866-564-7533](tel:1-866-564-7533)

Email address: info.princegeorge@alzheimercbc.org

Caregiver support group

Receive peer support and resources if you are caring for someone living with dementia



Our family caregiver support group offers a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey. Free to attend; donations appreciated.

Where

Prince George Resource Centre
302-1811 Victoria Street

Registration

To register, please call the First Link Dementia Helpline®
at 1-800-936-6033

When

2nd Wednesday of every month
10:30 am to noon

COVID-19 safety protocol

Masks are optional. Learn more about
safety protocols at
alzbc.org/COVID-safety

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT

 **BRITISH COLUMBIA**
Ministry of Health

Early-stage support group

Receive peer support and resources if you are in the early stages of dementia



Our early-stage support group offers a safe place for people in the early stages of dementia. Learn about dementia and community resources, and connect with others on a similar journey. Free to attend; donations appreciated.

Where

Prince George Resource Centre
302-1811 Victoria Street

Registration

To register, please call the First Link Dementia Helpline® at 1-800-936-6033

When

2nd Wednesday of every month
1 to 2 pm

COVID-19 safety protocol

Masks are optional. Learn more about safety protocols at alzbc.org/COVID-safety

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT

 **BRITISH COLUMBIA**
Ministry of Health

Recycle your old, even broken eyewear.

It could improve a persons life
in another country!



Lions RECYCLE For Sight

Donation is easy. The *Spruce City Lions Club* has a Recycle for Sight **collection box** in the **Seniors Resource Centre, 1330 5th Ave.**

Simply bring in old eyewear and drop them off! **Please do not bring the cases.**

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!

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.

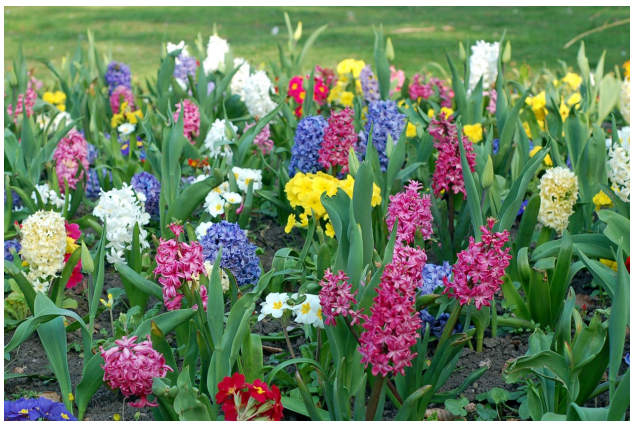
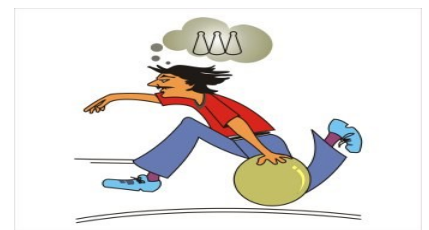
Wednesday Evening -7 P.M.

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



Family Grief Support

For Registration or more information:
www.PGHPCS.ca | info@PGHPCS.ca
250-563-2551

At Hospice, we think of family members as a single unit. We know that by supporting the family together, we can help everyone learn to support each other in their grief.

Grief doesn't happen in a vacuum, and neither will the healing. At Hospice, our care and service are holistic. We care for the whole system.

We are now bringing this philosophy to our grief services and programs. We are excited to be offering a Family Grief Support Service, which will support children who grieve and their parents (or those that care for them). The programs are separate but will run at the same time.

The program is designed to present the same topics to each group, which can then be shared as a family at home together.



Parent/Caregiver, Youth & Child Grief Support Group – Registration Required
Tuesdays 6:00–7:30 PM – Offered Three Times a Year – 8 Week Sessions

Children's Drop-In Grief Support group– Registration Required
Tuesdays 3:00–4:30 PM – Ongoing

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

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

All programs are free of charge.

Registration is required for all of our programs.



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. The Program provides fresh nutritional and affordable meals for lunch delivered Monday –Friday except Holidays.

Meals are delivered weekdays between 11:00 am and 12:00 pm by the volunteers.

Individuals younger than 55 may be considered if resources are available.

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

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
Light Housekeeping

Friends & Family Caregiver Support

Assists Caregivers of friends & family who live independently and are 55plus. The Coordinator offers one-one support and other resources.

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 — — On Hold for now

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

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We acknowledge the support of



United Way
Northern British Columbia



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Seniors Services Society of BC



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