



THE SENIOR TIMES

JULY 2023



MARK YOUR CALENDAR

BCNE Seniors Fair Day Early registration

July 14

Elsie Gerdes Memorial Tea

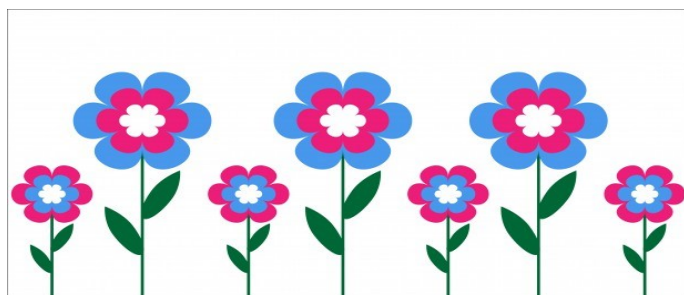
July 27

Newsletter Submission

Deadline

no later than one week before the end of the month.

**Please send your info to Michelle at
ed@pgcos.ca**



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- 3 PGCOS New team members
Peoples day
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Exciting News

PGCOS is back at the fair
this year.

SENIORS FAIR @ BCNE ("the Ex")

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

WHERE Kin 2 Arena, CN Centre (BCNE Fair-
grounds)

THEME What a Ride

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



**Early
registration
deadline is July
14, 2023**



Meet our new Team Members

Leanne

Our new second House keeper with
the Better at Home Program



Lindsay

Our new Event Coordinator and
Admin Assistant



Clarence (Clark)

Our new Friends & Family
Caregiver Support Coordinator



Elsie Gerdes Memorial tea



We are reaching out to those who knew Elsie who passed in July of 2021. The family of Elsie are holding a tea in her honour at the University of Northern BC to celebrate her accomplishments over many years of living in the Northern part of the Province. Which include but are not limited to being in charge of the Public Health Unit in Prince George and assisting in establishing the University of Northern BC.

The tea is to take place on

July 27th, 2023, at the

“Founders Lounge” between 2 and 4 pm
at UNBC Prince George Campus.

We hope you will be able to attend.

Please let us know whether you will attend. By emailing us at

megansmaha@gmail.com

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

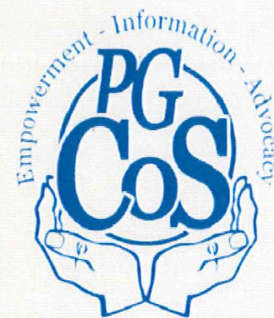
Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island





PG Friends & Family

Caregiver Support
Program



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



Family Caregivers
of British Columbia



United Way
British Columbia

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 BC Coalition to Eliminate Abuse of Seniors www.bcecas.ca
 - 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

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



Supporting the Lymphedema Garment Fund

Did you know that your recycling can help the **Lymphedema Garment Fund** at the **Spirit of the North Healthcare Foundation**?

An account has been established for the PG Lymphedema Group at the 3 recycling stations in Prince George:

- 1) Hart Highway & West Austin Rd (beside the Hart Dental Office)
- 2) 2614 Peterson Rd (by Andre's Electronics and Fortune Palace)
- 3) Nechako Bottle Depot (on 1st Avenue)

To use the system, simply bring your containers to the depot in sealed (tied knot at the top), clear bags, and enter the registered phone number **250-613-8579** into the Express kiosk. After you're prompted to select the number of bags you're dropping off, the kiosk will automatically print the same number of sticker tags displaying our unique Express account code. Tag each of your bags with a sticker tag and drop the bags off in the designated Express drop-off area to be counted. No need to wait in line or stand by while your recycling is being counted. Simply "drop and go" once the tags have been printed and placed on your bags.

Or....if taking the recycling isn't possible for you, call that same number: **250-613-8579** and leave a message with your name, address and best time to come by to collect your recyclables. We will come to collect them.

Thank you for supporting the **Lymphedema Garment Fund** and the **Spirit of the North Healthcare Foundation**.

What Is Lymphedema?

- ♦ There is **no** cure.
- ♦ Left untreated the patient can suffer from dangerous infections such as cellulitis, and other chronic wounds.
- ♦ If not diagnosed and treated properly, Lymphedema patients may become a drain on our health care system.
- ♦ Most Health Care Professionals know very little about Lymphedema and can easily misdiagnose the disease.
- ♦ Lymphedema may present many years after the initial trauma that created it.
- ♦ Lymphedema treatment is (currently), not covered by BC Medical.

If you are interested in booking a speaker for your event, please contact us.



*Supporting Lymphedema Patients
in the Northern BC Health Region*

c/o Lila Reynolds
11480 Lakeside Dr
Prince George, BC V2K 5M6
Phone: 250-967-4549
Text: 250-613-8579
E-mail: PGLymphgroup@gmail.com

Our Speakers



Sonja Redden is a highly respected Certified Lymph Drainage Massage Therapist, and owner of *Healing Rivers Physiotherapy*, practicing in Prince George since 2006. Sonja has served as Chair on the Education Committee for the **Canadian Lymphedema Framework**, and is passionate about providing education and support to Lymphedema patients and their families. She is also eager to share information about Lymphedema with Health Care Professionals and other members of our community. *"Knowledge is so important"*.



Lila Reynolds has been a Lymphedema patient since 2014. She served with the BC Lymphedema Association in two Executive positions (Vice-President and Treasurer). In partnership with Sonja and other supporters of the PG Lymphedema Group, Lila has spearheaded the **Lymphedema Garment Fund**, A Fund administered by the **Spirit of the North Healthcare Foundation**. The "Garment Fund" provides bandaging supplies and Compression Garments for Lymphedema Patients in the Northern Health Region.



We are interested in offering educational presentations, or participating in panel discussions and Q & A's. Our presentations can be tailored to the time frame your Group's agenda allows.

What we prefer, but it is not essential

- ♦ Audio/Visual equipment
- ♦ A Sound System

Presentations range between 10—30 Minutes, depending on what your Agenda has room for. If the Group has questions following our presentation, we would be pleased to try to answer as best we can. This would add a bit extra time, but will be decided by your Chairperson.

We may be available for Day or Evening appointments.

There is never a charge for our presentation, however should your Group choose to offer an honorarium to the Spirit of the North, earmarked for the Lymphedema Garment Fund, it would be appreciated.

PG Lymphedema Group
c/o Lila Reynolds
11480 Lakeside Dr
Prince George, BC V2K 5M6
Phone 250-967-4549
Text 250-613-8579
Email: PGLymphgroup@gmail.com

Looking for Someone to Speak at Your Club Meeting?



Have You Ever Heard of Lymphedema?



Strange word??? Yes it is!!!

Pronounced Limb-fa-dee-ma, this disease is not well known—except to those who have it—and their families, of course.

A few key points:

- ♦ *Lymphedema treatment is (currently), not covered by BC Medical.*
- ♦ *There is no cure.*
- ♦ *Left untreated the patient can suffer from dangerous infections such as cellulitis, and other chronic wounds.*
- ♦ *If not diagnosed and treated properly, Lymphedema patients may become a drain on our health care system.*
- ♦ *Most Health Care Professionals know very little about Lymphedema and can easily misdiagnose the disease.*
- ♦ *Lymphedema may present many years after the initial trauma that created it.*

What Causes Lymphedema?

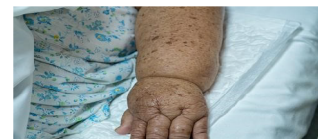
Our presenters will be pleased to provide you with information about the different types of Lymphedema, and what some of the more common causes are. Treatment options will be explained.

What Are The Challenges?

Our speakers have many years of experience dealing with Lymphedema patients who suffer anywhere from very mild symptoms through to extreme cases that are painful and difficult to live with. They will share a couple of case histories with you.

How Can You Make A Difference?

The PG Lymphedema Group have a few suggestions about how you can lend your support. There are lots of ways to make a difference. We welcome the opportunity to share some of those ideas with you.



World Lymphedema Day

Lymphedema is not just a little swelling. It can be a complete physical, emotional, and mental toll on the mind and body.

*Lymphatic
Strong*

ELDER CITIZENS RECREATION ASSOCIATION

1692 TENTH AVENUE

250 561 9381

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



July 2023 Lunch Menu

(served from 11:30—1:00)(Cash Only)



3rd	Closed for July 1st—Canada Day	
4th	Hamburger Hash with Gravy and Veggies	
5th	Teriyaki Chicken, Chow Mein, Stir Fry, Rice	
6th	Prk Chps, Mushrm Grvy, Mash Pot & Veg	
7th	Liver & Onions, Mashed Pot & Veggies	
10th	Swiss Steak, Mashed Potatoes & Veg	
11th	Lasagna with Garlic Toast	
12th	Parm Chckn w/Marinara, Mash Pot & Veg	
13th	Meatloaf, Mashed Potatoes & Veg	
14th	Ribs, Baked Potatoes & Veg	
17th	Salisbury Steak, Mashed Potatoes & Veg	
18th	Steak w/Ppprs & Mshrms, Mash Pot & Veg	
19th	Baked Chicken, Mashed Potatoes & Veg	
20th	Summer Daze Mock BBQ (burgers or hotdogs) & Pot Sld	Board Mtg
21st	Roast Beef, Yorkshire, Mashed Pot & Veg	
24th	Creamy Tomato Shrimp Pasta	
25th	Soup & Reuben Sandwich w/Macaroni Sld	
26th	Chicken Souvlaki, Greek Spuds, & Veg	
27th	Smokies and Perogies	
28th	Ham, Scalloped Potatoes & Veg	
31st	Mac & Cheese & European Hotdogs	

ECRA.....JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 Closed for HAPPY CANADA DAY !!	4 9:45 & 11:00 Tai Chi 7:00 Cribbage	5 9:45 Floor Curling 1:00 Carpet Bowl	6 10:00 Craft Group 1:00 Floor Curling	7 9:45 & 11:00 Tai Chi 7:00 Whist	8
9	10 10:00 Yoga 10:00 Ukulele	11 9:45 & 11:00 Tai Chi 7:00 Cribbage	12 9:45 Floor Curling 1:00 Carpet Bowl	13 10:00 Craft Group 1:00 Floor Curling	14 9:45 & 11:00 Tai Chi 7:00 Whist	15
16	17 10:00 Yoga 10:00 Ukulele	18 9:45 & 11:00 Tai Chi 7:00 Cribbage	19 9:45 Floor Curling 1:00 Carpet Bowl	20 9:00 Board Meeting 10:00 Craft Group 1:00 Floor Curling	21 9:45 & 11:00 Tai Chi 7:00 Whist	22
23	24 10:00 Yoga 10:00 Ukulele	25 7:00 Cribbage	26 9:45 Floor Curling 1:00 Carpet Bowl	27 10:00 Craft Group 1:00 Floor Curling	28 7:00 Whist	29
30	31 10:00 Yoga 10:00 Ukulele	Many groups are on hiatus for the summer.				

HART PIONEER CENTRE

6986 Hart Highway

(250) 962-6712

JULY MENU

TAKEOUT--- \$10 includes soup

If there is a lunch in July'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 you wish, you can pre-order takeout lunches for the month of July in advance by calling the Centre.

.....

WELCOME BACK!!!

After a brief medical leave, Chef Frank will return to the Hart Pioneer Centre on Tuesday, July 4th.

Everyone is excited and thrilled to hear the good news!!

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

July 2023				
Mon	Tue	Wed	Thu	Fri
3 CLOSED	4 Chicken Fingers French Fries Veggies	5 Hungarian Style Beef Stew Mashed Potatoes Veggies	6 Sweet & Sour Meatballs Basmati Rice Veggies	7 BBQ Turkey Drumstick Roasted Potatoes Veggies
10 Spaghetti & Meat Sauce Garlic Bread Veggies	11 Schnitzel Spaetzle Mushroom Sauce Veggies	12 Chicken Souvlaki Lemon Potato Rice Pita Bread Veggies Tzatsiki	13 Meatloaf Mashed Potatoes Gravy Veggies	14 Cod Fillets & Lemon Dill Sauce Parsley Potatoes Veggies
17 Pork Roast Mashed Potatoes Gravy Veggies	18 Honey Garlic Chicken Thighs Rice Veggies	19 Beef Dip Roasted Potatoes Hoagie Bun Au Jus Veggies	20 Sweet & Sour Pork Chow Mein Rice	21 Sauerbraten Mashed Potatoes Braised Red Cabbage Gravy
24 Ham Scalloped Potatoes Veggies	25 Lasagna Garlic Bread Veggies	26 BBQ Chicken Roasted Potatoes Veggies	27 Pan-fried Pork Chop Mashed Potatoes Gravy Veggies	28 Seafood Linguine Alfredo Veggies Garlic Bread
31 Bacon Wrapped Pork Tenderloin Roasted Potatoes Peppercorn Sauce 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 info.**

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

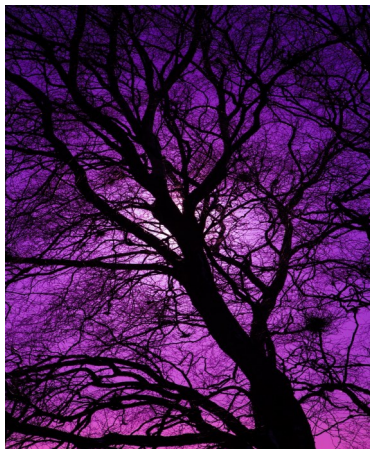
PRICING: \$50/per Month/Person

- 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**

JULY 2023 SCHEDULE OF EVENTS		
Monday except July 3	Tai Chi	1:00 pm
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, July 20	Foot Clinic Call for an appointment	9:00 am
Saturday, July 8	Crib Tournament	Register: 10:00 am Play: 11:00 am
Saturday, July 29	Positive Vibrations Health and Wellness Fair	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

July 8 – Crib Tournament

July 29 – Positive Vibrations Health Fair

Aerobic drumming and yoga are suspended for July and August

July Lunch Menu

Soup and a bun	\$ 6.00
Sandwich	\$ 6.00
Soup and Sandwich	\$ 10.00
Summer Salad plate	\$ 7.00

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.

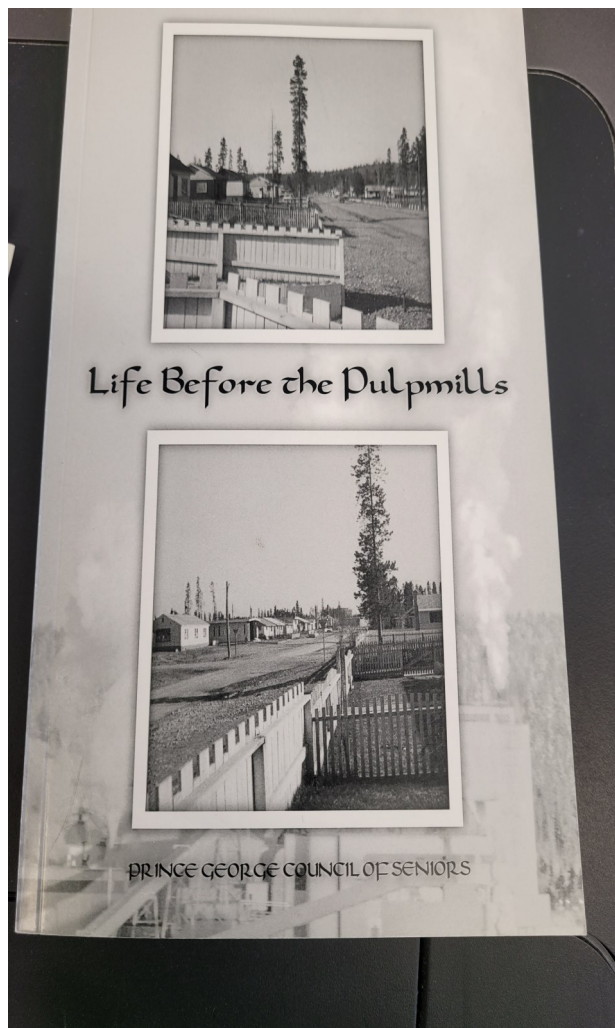
Our new summer salad plate includes cold cuts, cheese, egg, crackers, raw vegetables, small salads. Come early. It sells out quickly.

BOARD UPDATE

Our board has decided to transition from our status as a Not-for-profit organization to a Registered Charitable Organization. This will allow us to write tax deductible receipts for donations and to apply for many grants that require the applicant to have registered charitable status.

One of the requirements of becoming a Registered Charitable Organization is that persons who are related may not both serve as board members. Therefore, Fern Morin and Bob Collison have resigned their positions as directors as their wives, Shirley Morin and Sue Collison, are active on the board. Many thanks to Fern and Bob for their service to the board and we look forward to having them continue to serve as volunteers.

Please consider putting your name forward to become a board member at our annual general meeting this fall.



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



The Prince George Public Library



Complete challenges throughout the summer for a chance to win one of three gift cards, each valued at \$100!

Full challenge details coming soon.

Date: Saturday, July 1, 2023 - 10:00am to 5:00pm

Location: Other

Target Audience: Adults



CANCELLED June 20th due to illness. We apologize for the inconvenience.

Connect with services such as Work BC, The Ministry of Social Development and Poverty Reduction, and Service BC.

Date: Tuesday, July 4, 2023 - 1:00pm to 3:00pm

Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Drop In

1-on-1 Tech Help

BY APPOINTMENT

From downloading eBooks to using Microsoft Office programs, our tech support staff can help you to get the most out of your computer, tablet, or other digital device.

Call 250-563-9251 Ext. 156 to book a 30 minute appointment.

Adults | Free by appointment

Wednesdays, appointments at 2:30 or 3:00pm

Bob Harkins Branch, downtown

Date: Wednesday, July 5, 2023 - 2:30pm to 3:30pm

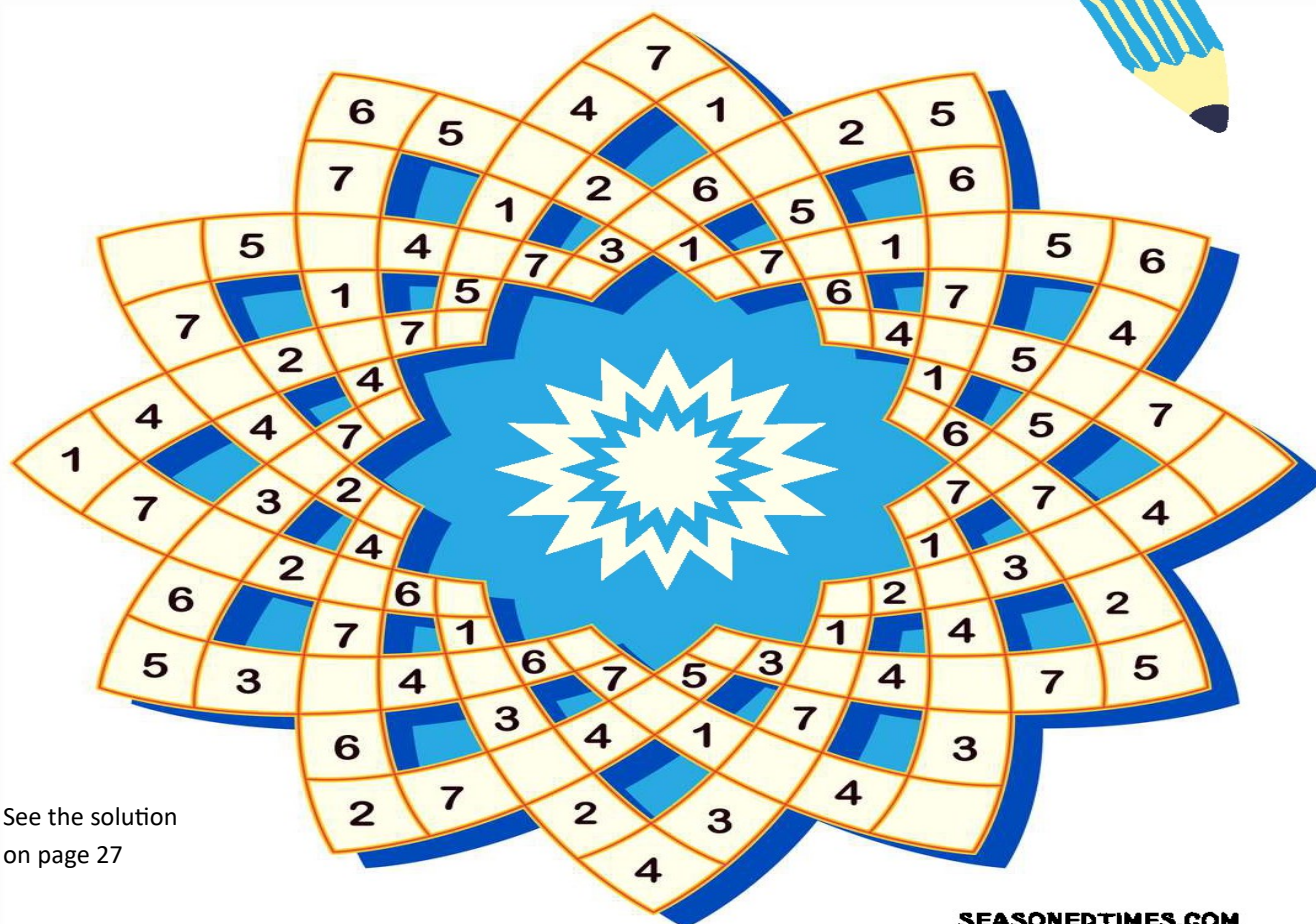
Location: Bob Harkins Branch

Target Audience: Adults

Registration: Free Limited Registration

SUDOKU PUZZLE

Fill empty spaces with numbers so each line shows 1 - 7.



See the solution
on page 27

SEASONEDTIMES.COM



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



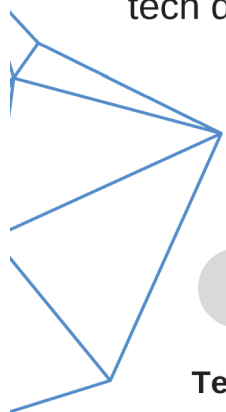
Are you interested in technology that supports older adults?

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

 **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.

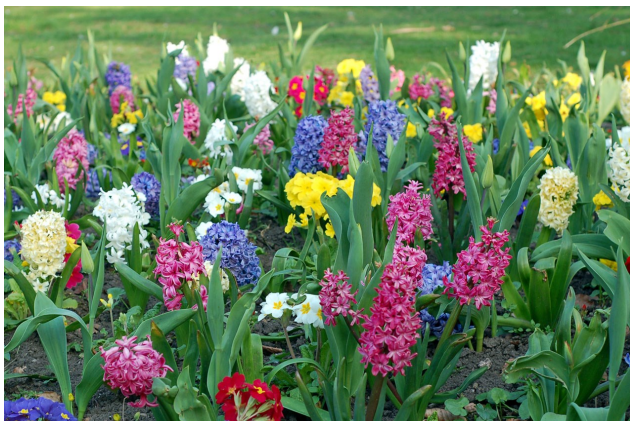
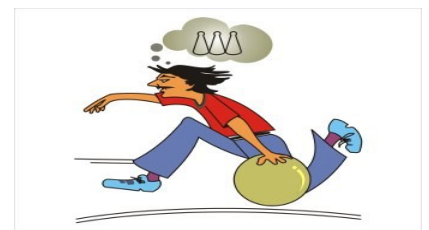
Wednesday Evening -7 P.M.

Thursday afternoon- 1 P.M.

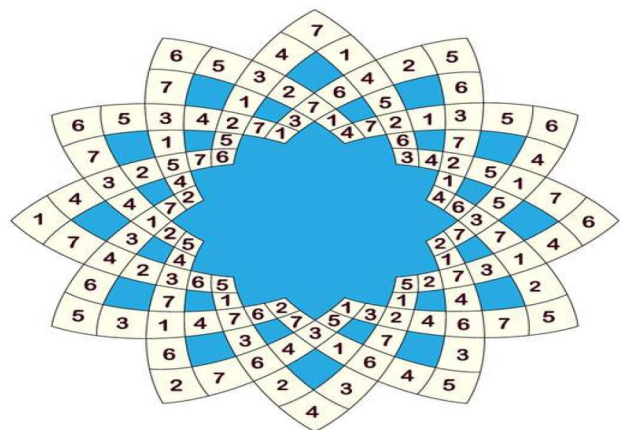
Sunday Afternoon -2 P.M.

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



Sudoku Star Solution



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



SHINE BC

Seniors Services Society of BC



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