



## Seniors Outreach E-blast

### Message from the ED

#### Season's Greetings

I love the holiday season! The decorations, the food, and the spirit of giving. For myself, the holidays are also a time for reflection and celebration. And working together, we are helping seniors get the care and community they deserve.

As life does for everyone, the past year provided memorable moments and difficult challenges. On the heels of a pandemic that disproportionately affected the wellbeing of older adults, we found ourselves dealing with inflation and rising costs for goods, services, utilities, and housing. The changes were especially hard on our seniors who live on a limited, fixed income...

#### Read more

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#### *Sudoku*

Sudoku is a fun way to pass the time and keep your brain sharp. If you didn't know, playing Sudoku offers the following health benefits:

1. It helps to calm your mind and relax your body
2. It improves memory function
3. It improves problem-solving skills
4. Focused mind and thought pattern for those with Alzheimer's and Dementia

#### *Sudoku*



#### *Christmas Recipes*

The holidays are right around the corner, and we know you're probably starting to get excited about all of the delicious food you'll be sharing with friends and family!

If you're looking for some inspiration, check out these delicious holiday recipes.

#### *View recipes*



# SENIORS OUTREACH HOLIDAY WISHES 50/50 RAFFLE

**Draw Date: Dec 19, 2022**



## WIN UP TO \$10,000

CHANCES ARE 1 IN 3,100 (TOTAL TICKETS FOR SALE) TO WIN A PRIZE. ACTUAL ODDS DEPEND ON NUMBER OF TICKETS SOLD

[WWW.BCRESPONSIBLGAMBLING.CA](http://WWW.BCRESPONSIBLGAMBLING.CA)

PROBLEM GAMBLING HELPLINE: 1-888-795-6111

KNOW YOUR LIMIT, PLAY WITHIN IT

GAMING LICENCE #: 137358

**19+**

### ***Seniors Outreach: Holiday Wishes 50/50***

Would you like to win up to \$10,000?

Support vulnerable seniors this holiday season by purchasing a Senior Outreach Holiday Wishes 50/50 raffle ticket!

Here at Seniors Outreach, we are dedicated to assisting seniors that do not have access to healthy foods and adequate nutrition year-round and during this holiday season. Money raised from the 50/50 raffle will go to our "More than Meals" program that supports seniors by delivering nutritious meals to their homes as well as vital social connections. We also personalize the service with small gifts around birthdays and holidays!

With more seniors than ever feeling the crunch of cost of living increases, this program has become a lifeline for many of our more vulnerable seniors in the Okanagan. Over a third of older adults we talk to report struggling to pay their monthly bills, and nearly a quarter have admitted to cutting back on food purchases.

So let a senior in your community know they are not forgotten or alone by purchasing a ticket.

***Raffle has now closed.***

## Seniors Outreach News and Resources



### **Senior Centre Without Walls**

If you're a senior who's looking to connect with other seniors in the community, we have a solution: our Senior Centre Without Walls (SCWW) program!

SCWW provides virtual and phone programs that benefit your mental, social, and emotional well-being. Our group sessions are a welcoming space where you can laugh and socialize, learn new skills, and create new connections. Even better yet, the program is completely free to participate in!

Check out our calendar for upcoming SCWW events! Available for adults who are 65+ years of age.

[\*\*Learn More\*\*](#)



### **Tips for Fall Prevention**

Fall prevention is a major and growing concern for older adults. Falls can be devastating, and they often result in serious injury.

The good news is that there are simple steps you can take to help prevent falls.

- ❖ Use non-slip mats or rugs in the bathroom and kitchen.
- ❖ Use handrails when walking downstairs.
- ❖ Wear supportive shoes with good traction, and make sure that your vision is clear.

Click the link below for more tips!

[\*\*Learn More\*\*](#)



### **Senior Contact Program**

Are you a senior who lives alone and is worried about safety? If so, we have a program for you!

The Seniors Contact program provides brief, daily phone calls to ensure the well-being and safety of vulnerable seniors.

At an agreed-upon time (between 9 am and 11 am) a volunteer will attempt to make contact with a senior that lives alone or does not have a caregiver or someone to reliably check on them. If contact cannot be made, a wellness check will be arranged.

Click the link below to get in touch or register as a volunteer.

[\*\*Learn More\*\*](#)



### *Thank You for Your Generosity*

Thank you for your support during our Giving Tuesday Campaign. Your generosity helps us continue to provide high-quality services to vulnerable seniors in the Central Okanagan.



### *Happy Holidays*

Wishing you all peace and joy this holiday season!

Just a friendly reminder that Seniors Outreach will close *December 24, 2022* and reopen on *January 3, 2023!*

**Our mailing address is:**  
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