



## SPECIAL ANNOUNCEMENT

We have big changes to announce about new leadership at Seniors Outreach & Resource Centre, but first, we wanted to take the opportunity to thank our outgoing Executive Director, Vi Sorenson, for her incredible contributions to the organization.

After 24 years with the organization, Vi has decided to retire. Vi began working at Seniors Outreach as a part-time volunteer coordinator after she graduated from University of Victoria with a social worker degree in 1988. She was the only staff member of the organization at the time and 'volunteer visiting' was the only program. After just a few short years the organization was expanding its services and Vi was promoted to the Executive Director position. Currently, Seniors Outreach has 7 full-time employees and 69 volunteers who offer several important programs such as Better at Home, Seniors Centre Without Walls, Social Prescribing, Seniors Housing Information & Navigation Ease and more.

Vi plans to enjoy some travel and downtime. She also plans to continue to stay involved with the work she loves in the not-for-profit sector through contract work and board membership.

"On behalf of the staff, volunteers, donors and seniors, the Board of Directors thank Vi Sorenson for her leadership to Seniors Outreach," said Brenda Josephs, Board Chair. "Vi has been an integral part of the organization for many years, working tirelessly to make sure that seniors get the support they need.

We're grateful for her commitment and dedication, which helped us expand our services for older adults."

The Board of Directors is pleased to confirm that after a thorough search process, Ian Gerbrandt has accepted the position of Executive Director and joined Seniors Outreach in August.

Ian has worked in social services for the past 25 years supporting children, youth, families, and seniors. "Ian believes strongly in the power of collaboration, and he brings extensive experience with partnerships and impactful social services. We look forward to working with him to ensure a vibrant organization and services."

Ian's work includes leadership roles in fund development and managing seniors' services, such as Better At Home, social prescribing, caregiver supports, information & referral, collective impact, social housing, and other programs. Ian and his family live in Kelowna and have called the Okanagan home for 9 years since moving from Winnipeg, Manitoba.

"For 35 years, Seniors Outreach has been helping our oldest community members improve their connections, independence and quality of life. I am keen to further vital social services with our dedicated staff, volunteers, and partners," said Ian. "I encourage people to reach out to me to ask questions, share ideas and get involved with the valuable programs offered through the Centre."





## Healthy Aging Recipes

These healthy aging recipes are more than just recipes; they're intended to help you live your best life.

From breakfasts and lunches to dinners and desserts, we've got you covered with delicious healthy recipes that take the guesswork out of healthy eating.

Find more recipes at [www.eatingwell.com](http://www.eatingwell.com) under the "Healthy Recipes" tab!

*Check out our featured recipe below to get started!*

## Arthritis Awareness Month

Arthritis affects nearly one in every two seniors over the age of 65, which is why this month is so important: it's Arthritis Awareness Month!

If you struggle with arthritis, you know how important it is to keep moving. The right exercises can help prevent joint damage, lower your risk of falling, and improve your balance and coordination.

Find out more about arthritis, its causes and treatments!

[www.arthritis.ca](http://www.arthritis.ca)

## Salmon Avocado Salad

### SALMON AVOCADO SALAD

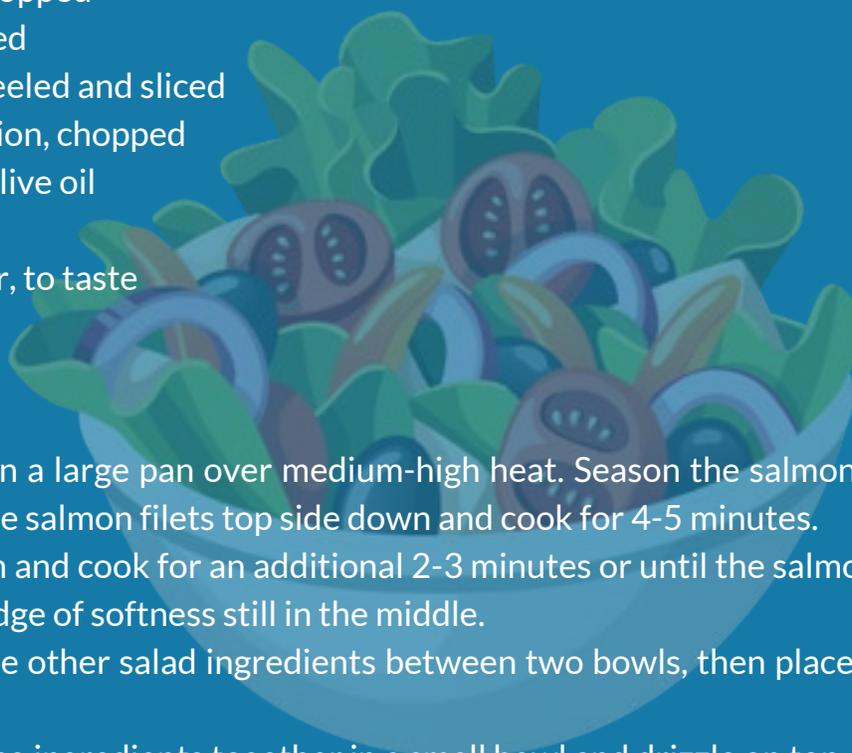
- 4 cups baby spinach
- 2 tomatoes, chopped
- 1 avocado, diced
- 1 cucumber, peeled and sliced
- 1/4 cup red onion, chopped
- 2 tablespoon olive oil
- 2 salmon filets
- salt and pepper, to taste

### DRESSING

- recipe lemon vinaigrette

### DIRECTIONS

1. Heat olive oil in a large pan over medium-high heat. Season the salmon filets with salt and pepper. Add the salmon filets top side down and cook for 4-5 minutes.
2. Flip the salmon and cook for an additional 2-3 minutes or until the salmon is mostly opaque, with just a smidge of softness still in the middle.
3. Divide all of the other salad ingredients between two bowls, then place the cooked salmon on top.
4. Mix the dressing ingredients together in a small bowl and drizzle on top.



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## Arthritis Exercises

Arthritis can jeopardize your ability to enjoy freedom of movement, productive work, and a life free of unnecessary pain. Check out these low-impact exercises for less pain, more energy, improved sleep, and better day-to-day function.

### - Ankle Circles

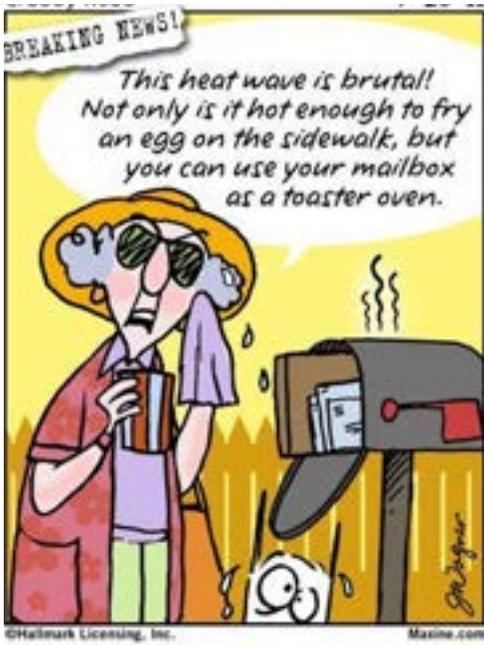
Sit upright in a chair with feet stretched out in front. Rotate feet in one direction. Repeat in the opposite direction.

### - Knee raises

Sit on the edge of a chair or stool with your back straight. Lift your knee as high as you can without bending your back. You can help get your knee higher with your hands if necessary. Keeping your abdominals tight, slowly lower your leg back to the starting position. Anyone who has just had a total hip replacement should wait three months before attempting this exercise.

### - Walking

Take a walk every day. Walking allows you to stretch your back and leg muscles, and joints that can become stiff from sitting.



## ALZHEIMER'S DAY SEPT 21, 2022

World Alzheimer's Day is an international campaign that raises awareness of dementia and highlights the issues faced by people affected by the condition. It's an opportunity for people and organizations to demonstrate how they can overcome these issues and help people live well with dementia.

Learn more:  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



## Donate A Gift Card

It's not easy being a senior, especially during these tough economic times. We welcome groceries or other gift card donations, for many seniors who struggle to meet basic needs. These gift cards will allow us to provide meals to seniors in our community.

Find out more at:  
[www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)  
under the 'Ways to Give' tab



## Happy Labour Day Sept 05, 2022

Happy Labour Day,  
everybody.

Our offices will be closed on  
September 05, 2022, and  
will reopen on September  
06, 2022.



## Senior Centre Without Walls

Looking for a way to connect with other seniors in your community?

The Senior Centre Without Walls (SCWW) is a community-focused program that caters to older adults in our local area. We provide programs for mental, social and emotional well-being for those aged 65+.

View our telephone or online programs by clicking the link below!

**Find out more at:**

**[www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)** under the 'Volunteer' tab

### Sponsor -A- Senior

Make a senior feel special and loved today!

For just \$50.00 a month you can provide a senior with weekly meals delivered to their door along with a personal touch including gifts for their Birthday, Valentines, Easter and Christmas, along with a personalized card. Let the seniors in your community know they are not forgotten or alone.

Find out more at:

**[www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)** under the 'Ways to Give' tab

## Volunteering at Seniors Outreach

Volunteering at Seniors Outreach is a great way to be actively involved in your community, while also helping older adults stay connected and engaged. Volunteers receive training and on-going support for their role, a quarterly newsletter, and an invitation to our annual volunteer appreciation event.

We are looking for volunteers who can help with the following:

### - Friendly Visitor

A volunteer is matched with an individual older adult for in-person visits

### - Handyperson

Volunteers assist with minor home repairs for an older adult with limited income on a case-by-case basis

### - Online Grocery Shopper

Volunteers to place online grocery orders for seniors who are unable to do it themselves

### - Deliveries to Seniors

Groceries, Prescriptions, Books, Hampers, Meals or Other items

If you are interested in becoming a part of our team please contact us today!

**[www.seniorsoutreach.ca/volunteer/](http://www.seniorsoutreach.ca/volunteer/)**

