



## Seniors Outreach E-blast

**MARCH 2023 | A FULL MONTH OF FREE EVENTS**

# 10th Annual Okanagan Embrace Aging Month

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Interior Health



### *Embrace Aging Month*

The tenth annual Okanagan Embrace Aging Month is here, and it is packed with free events designed to give you the tools and knowledge you need to make your golden years, well, more golden!

The goal is to raise awareness of services, resources, and educational opportunities while also connecting seniors with service providers. Presentations by UBC researchers on a variety of topics related to promoting healthy aging are included in this year's program, as are a number of workshops, information sessions, and fun activities.

[Learn More](#)

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## News and Resources from Seniors Outreach



### ***Crossword Puzzle***

Take on the ultimate test of your language and knowledge skills with this exciting crossword puzzle!

[Crossword Puzzle](#)



### ***Recipes***

Spring is coming up and it's the perfect time to start fresh and give your diet a nutritional boost! Get creative with seasonal fruits and vegetables, and try out these delicious recipes that will keep you feeling energized.

[View recipes](#)



### ***Community Volunteer Income Tax Program***

Don't face tax season alone!

Our volunteer program is here to help low-income seniors with their tax returns.

Check out our autofill/download option for tax forms to be filled out at home and dropped off at the office on Wednesdays between 9 a.m. and 4 p.m. beginning March 1st.

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



### ***International Women's Day, March 8, 2023***

International Women's Day is a day set aside to recognize and celebrate the important contributions that women make to all aspects of Canadian society.

This year's International Women's Day theme is 'Every Woman Counts,' and it serves as a timely reminder that every woman, regardless of age or background, has the power to make a difference.

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



### ***Improve Your balance***

Ready to take back your balance and feel more secure on your feet?

Check out these simple exercises that'll minimize your risk of falling and help get you back in control!

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







## Social Prescribing for Better Living

While medical care is essential for dealing with illness and injury, most of our health and wellbeing is due to social factors - things like income, education, nutrition, physical activity, neighbourhoods and social connections.

To help seniors access community programs that further wellness, our [Linked Together](#) program acts as a bridge between medical care and social programs, and every week our Link Worker receives referrals from physicians, health providers and seniors themselves.

On March 9th, 2023, we are raising the profile of social prescribing programs across the nation on International Social Prescribing Day 2023. You are invited to join social prescribing leaders from across Canada for a whistle-stop tour around the country to celebrate and be inspired by the current state of this work and emerging opportunities.



## Happy St. Patrick's Day March 17, 2023

St. Patrick's day is a day full of luck, joy, and celebration!

We hope your day will be filled with the best kind of good fortune.

We will also make a brief international stop to hear from global leaders gathered in London, UK to mark the day.

Learn more and register at:

[Social Prescribing](#)

**Our mailing address is:**

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