



Seniors Outreach E-blast



 Seniors Outreach
& RESOURCE CENTRE

**GIVING
TUESDAY**

Save *the* Date
November 28, 2023

Unite for Seniors this Giving Tuesday - Extend the Gift of Holiday Wishes

Dear Friends of Seniors Outreach,

As the season of giving approaches, we are reaching out to you with an urgent call to make this Giving Tuesday extraordinary for our seniors. On November 29th, Seniors Outreach kicks off its 'Holiday Wishes' campaign, and your support is crucial, especially for vulnerable low-income seniors facing isolation.

Caring for our aging community members remains a top priority. We are steadfast in our commitment to ensuring they stay healthy, connected, and engaged with peers and the community through our programs.

The Challenge: Loneliness and Social Isolation

Older individuals, particularly those facing economic challenges, are susceptible to loneliness and social isolation, with severe implications for their health. Factors such as aging, mobility, retirement, bereavement, or health challenges can lead to prolonged periods without meaningful social interactions. This isolation can trigger depression and a significant decline in physical health and overall well-being. This year, our seniors faced additional challenges with rising living costs and climate disasters. Research from Interior Health shows that only 37% of Kelowna residents report a strong sense of belonging and that socially isolated seniors are 4-5 times at greater risk for hospitalization.

Our Response: Seniors Outreach Services

At Seniors Outreach, we take pride in supporting our oldest community members. Our social services, recreation programs, and at-home services are designed to provide vital social connections and prolong independence and wellness. An example is our outreach and home supports that help over 600 seniors. We recently talked with 98 of these participants, most over 80 years of age, and were happy to learn that with our supports:

- 99% feel more secure with remaining independent in their home
- 96% know where to go for help if a problem were to occur
- 81% feel better connected with their community

While this feedback helps us know what is working and where to focus more efforts, we also worry about the larger group of 6,000 seniors in our region living on low-income, many who struggle in silence and could benefit from a helping hand and social supports.

Fundraising Focus: Social Connections

This year, we are raising funds to enhance our social programs that we deliver with our caring volunteers. Our services include friendly visiting, meal deliveries, grocery shopping, minor home repairs, coffee club, technology supports, social recreation and peer supports. Help us connect with more seniors in our neighbourhoods.

How You Can Help: Give the Gift of Connection

- **Donation:** Support our cause with a financial contribution to extend the reach of our programs. Every dollar makes a difference.

<https://seniorsoutreach.ca/donate/>

- **Holiday Wishes 50/50 Raffle:** Purchase a ticket for our Holiday Wishes 50/50 raffle, and you could win up to \$10,000! Tickets are available for purchase online until December 20th at [Raffle Nexus](#).

Your generosity can make a significant impact on the lives of our seniors, helping them reconnect, feel cared for, and appreciated. Thank you for considering this heartfelt request.

Warmest regards for a happy holiday season,

Ian Gerbrandt

Executive Director

Seniors Outreach

"I think it is wonderful that you offer so many services to seniors. I appreciate the monthly cleaning and rides to appointments. There isn't anything I have asked about, that the staff didn't know or find out for me. Thank you 100%!"

- Helen, 82 years young



SENIORS OUTREACH HOLIDAY WISHES 50/50

December 22, 2023

WIN
UP TO
\$10,000!

CHANCES ARE 1 IN 3,000 (TOTAL TICKETS FOR SALE) TO WIN A PRIZE. ACTUAL ODDS DEPEND ON NUMBER OF TICKETS SOLD

WWW.BCRESPONSIBLGAMBLING.CA

PROBLEM GAMBLING HELPLINE: 1-888-795-6111

KNOW YOUR LIMIT, PLAY WITHIN IT

GAMING LICENCE #: 146306

19+

Seniors Outreach Holiday Wishes 50/50 Raffle

Looking for a meaningful way to give back this holiday season?

Join our Holiday Wishes 50/50 raffle for a chance to win up to \$10,000 while making a positive impact on the lives of vulnerable seniors. By participating, you help us bring joy and support to those who need it most.

50/50 Tickets:

Single Ticket: \$10

3-Ticket Pack: \$20

10-Ticket Pack: \$50

Tickets are on sale now through the 20th of December and can be purchased online or at our office. Don't miss this chance to contribute to a meaningful cause. Click the link below to purchase your tickets!

[Get Your Raffle Tickets](#)



News and Resources from Seniors Outreach

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			4				6	

Sudoku

Sudoku is the perfect game for seniors who are looking for an enjoyable way to exercise their brain. It's accessible, easy to learn, and can be enjoyed from the comfort of your own home.

So grab a warm mug of hot chocolate (or whatever drink suits your fancy), get cozy, and start playing.

[Sudoku](#)



Recipes

As we head into the holiday season, there's no better way to bring joy and cheer than through the magic of delicious homemade treats. But with all the hustle and bustle of the season, it can be hard to find the time -- or budget -- to whip up extravagant treats.

From classic cookies to festive cakes, check out these "12 inexpensive (but wildly delicious) holiday bakes".

[View Recipes](#)



Holiday Hampers

Santa's helpers are busy this month, helping us to brighten the holidays for older community members who live alone and in need of a helping hand. Every year, we celebrate belonging and the spirit of giving with our Holiday Hampers and Stocking Stuffers for Seniors. The festive outreach would not be possible without our amazing individual sponsors and corporate donors.

A warm thank you to CIR Realty, London Drugs, Pushor Mitchell LLP, TELUS Do Gooders, Summerwood Regency and more.

Please contact us, if your family or workplace would like



Winter Safety - Exercise safely

Exercising safely during winter is essential to maintain a healthy lifestyle while also avoiding potential injuries or health risks.

The colder temperatures in the winter season can lead to decreased blood circulation and a higher chance of muscle strains or tears, which is why it's important to take extra precautions when exercising outdoors.

Check out these five tips to ensure that you exercise safely during winter.

[Learn More](#)



Better At Home

Are you a senior 65+ who lives independently and needs a little extra assistance with grocery shopping, housekeeping, or transportation?

Better at home offers community-based services provided by our team of dedicated volunteers, contractors and local partners. This service is available in Kelowna, West Kelowna, & Lake Country.

Head over to our website to learn more or to start using this service.

[Learn More](#)

to adopt a senior for
the holidays.



Wishing you all peace and joy this holiday season!

A friendly reminder that Seniors Outreach will close for the holidays starting Saturday, December 23, 2023 and reopen on Tuesday, January 2, 2024.



Our mailing address is:
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