



Seniors Outreach E-blast

Advanced Planning Clinic



**Free Legal Support
for Eligible Seniors**



seniors first BC



Plan Ahead: Free Will & Legal Services for Seniors

At Seniors Outreach & Resource Centre, we understand how valuable peace of mind is as we plan for the future. That's why we're delighted to introduce a new **Advanced Planning Clinic**, in partnership with Seniors First BC.

This clinic provides free legal support to help eligible seniors with the preparation and execution of essential legal documents such as **Wills, Powers of Attorney, and Representation Agreements**. Legal services are provided by professional lawyers from Seniors First BC.

The clinic will be held at least three times a year at Seniors Outreach (155 Asher Rd, Kelowna, BC). A lawyer visits when we have 8-12 people registered for an appointment.

Eligibility:

- Age 55+ (or 45+ if you are Indigenous)
- Income of \$40,000/year, with \$10,000 per additional household member
- Asset limit of \$200,000 (plus land on reserve)
- Exceptions may be made on a case-by-case basis

To get started, call our Community Connector at **250-861-6180 ext. 4** to complete a brief intake.

Planning ahead helps protect your rights, reduce stress for your loved ones, and ensure your wishes are respected. We're here to support you every step of the way—with trusted partners, right here in our community.

For details on what to bring to your appointment, please click the link below.

[Learn More](#)



Staying Safe This Summer: Your Wildfire Preparedness Guide

As we embrace the beauty of a Kelowna summer, it's also a crucial time to be mindful of wildfire season. Our beautiful Okanagan Valley, while picturesque, is no stranger to the threat of wildfires. For seniors, preparedness is especially vital. Being ready means staying safe, maintaining peace of mind, and protecting what matters most. This July, let's ensure we're equipped to navigate wildfire season safely.

Practical Safety Tips for Your Home

- **Prepare Your Yard:** Remove debris, trim tree branches, and mow grass near your home.
- **Move Combustibles:** Keep firewood, propane tanks, and furniture at least 10 metres from your home.
- **Stay Informed:** Sign up for emergency alerts and monitor local news

Your Essential Emergency Plan

1. Create Your "**Grab-and-Go**" Bag: Keep this 72-hour kit packed and accessible.

- Documents & Health: Photo ID, copies of important documents, emergency contacts, a 72-hour supply of medications, medical devices, and a basic first-aid kit
- Essentials: Comfortable clothes, sturdy shoes, basic toiletries, and cash.
- Food & Water: Non-perishable food and 4 litres of water per person per day.
- Communication: Fully charged cell phone, power bank, battery-powered radio, and a flashlight.

2. Establish Your Communication Plan: Designate an out-of-area contact and decide on a safe meeting place outside your neighbourhood.

Being prepared safeguards your well-being and reduces stress. Let's work together to make Kelowna a safer community! For more detailed information and resources, you can visit the link below.

[Build an emergency kit and grab-and-go bag](#)

Fun Bites & Brain Teasers



[**Unlock Your Word Skills with Wordle**](#)



[**Easy Summer Recipes to Brighten Your Table**](#)

Wordle is a delightful word puzzle that's quickly become a favourite worldwide. It's not just entertaining; it's a great brain workout that boosts your vocabulary, sharpens problem-solving skills, and gives you that rewarding "aha!" moment when you crack the code.

Even better, it's a fun way to engage with friends and family by sharing your scores (without giving away the answers!) and swapping tips. Whether you love words or just want a light challenge, Wordle offers a daily moment of fun that keeps your mind sharp and your spirits high.

Quick tip: Click the "?" icon in the top right side of the game for helpful instructions and how to play.

Click the link below to start playing today!

[Wordle](#)

Summer cooking doesn't have to be complicated or time-consuming. What if you could create tasty, fresh meals that celebrate the season without spending hours in the kitchen?

Discover a delicious lineup of easy-to-make dishes that are perfect for everything from backyard BBQs to quiet dinners at home. You'll find juicy Spicy Queso Burgers, light Grilled Tilapia with lemon and herbs, and refreshing Watermelon Feta Salad, all bursting with vibrant flavours that feel just right for summer.

Click the link below and let these recipes bring a little sunshine to your table!

[View Recipes](#)

Blast From The Past

Did you know that July 1st, the day we celebrate Canada Day, was originally called "Dominion Day"?

This significant day commemorates the coming into force of the British North America Act on July 1, 1867, uniting three British colonies (Nova Scotia, New Brunswick, and the Province of Canada) into a single country called Canada.

The name was officially changed to "Canada Day" in 1982, but the spirit of celebration for our nation's birth remains just as strong today!



[Learn More](#)

News and Resources from Seniors Outreach



Frauds & Scams Workshop

Scams targeting older adults are becoming more common—and more convincing. Join Rita Harrison from Launch Okanagan on Wednesday, July 16, 9:30–11:00 am at the Seniors Activity Centre (1353 Richter Street) for a lively and eye-opening workshop on Frauds & Scams.

Learn how to recognize and avoid the latest scams targeting older adults like romance and dating traps, shady phone plans, online



National Injury Prevention Day

We're proud to support National Injury Prevention Day on July 7; a reminder that small steps can prevent big injuries and help us stay safe at home and in the community.

Wearing supportive footwear, keeping your home free of clutter, staying active, managing medication side effects, and booking regular eye and hearing exams all help reduce the risk of falls and injury.



Donate a Car

Is your old car just sitting around, taking up space or gathering dust? Give it a meaningful new purpose by donating it to Seniors Outreach!

Through our partner, Donate a Car Canada, the process is easy and hassle-free; they'll handle everything from free towing to selling your vehicle for the highest possible value. Proceeds go directly to support seniors in our community.

Cars, trucks, RVs, boats, and

marketplace tricks, rental scams, fake job offers, and impersonators pretending to be from the CRA or other government agencies.

Free parking is available. To reserve your seat, email info@seniorsoutreach.ca or call 250-861-6180.

Injuries don't have to be part of aging. With the right support and information, you can stay strong, confident, and independent for years to come.

Learn more about injury prevention by visiting Parachute Canada's website today.

motorcycles are all welcome. You'll even receive a tax receipt for your donation.

Let your old vehicle do some good! Click the link below to donate today and make a real difference.

[Learn More](#)

[Learn More](#)





Happy Canada Day

July 1, 2025

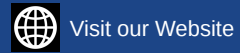
Wishing you a joyful and safe Canada Day filled with connection, community, and celebration. As we honour our country's history and spirit, let's also take a moment to appreciate the kindness and strength found right here in our local community.

From all of us at Seniors Outreach, thank you for being part of what makes Kelowna such a vibrant and caring place to call home.

We hope your Canada Day is meaningful and memorable!



**ADDRESS: 155 Asher Road, Kelowna,
BC, V1X 3H5.**



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