

Volunteer55

WE NEED YOU!

Join our Steering Committee for a new project to support senior volunteering in the Central Okanagan! In this role you will provide input and feedback about how this project will develop.

To sign up go to www.VolunteerConnector.org
or reach out to us at volunteer@kcr.ca or 250-763-8008

VolunteerConnector

The ultimate matchmaking platform! The VolunteerConnector was created with the volunteer in mind, making it easy to find opportunities that match your skills and interests. This platform is very user-friendly and we are confident that it will help you find the right volunteer opportunities for you! It was created to improve your volunteering experience by connecting you to opportunities that are meaningful and that match your skills and interests.

www.VolunteerConnector.org

Not sure how to navigate this tool? Contact Emily at emily@kcr.ca or 250-763-8008 ext.141

Additional Supports

- BC Seniors can call 2-1-1 for information on support services including meal delivery, help with cooking, delivery of groceries and medications, wellness calls and visits.
- For non-medical information about COVID-19, call 1-888-268-4319, 7:30am-8pm, 7 days a week.
- If you have questions about your health, call 8-1-1 at any time or speak with your healthcare provider.



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COMMUNITY RESOURCES

Updated Information for the Possibilities Guide

This POSSIBILITIES Guide was printed just before we all found ourselves needing to stay close to home to protect each other. We recognize that the arrival of COVID-19 has impacted the availability of many of the ideas, programs and services presented in the Guide. This insert features many programs and activities that are still accessible while respecting our current health regulations, and provides some tips and information around health and safety.

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Page 11 in the Guide offers space for reflections, goal setting and question answering. Fill it in to prepare for a time when we can safely gather. In the meantime, here are some ideas and opportunities that fit within COVID-19 safety guidelines:

BE SOCIALLY CONNECTED WHILE PHYSICALLY DISTANCED

- Stay connected with a phone call, video chat, or use social media.
- Take care of yourself, your family, and your community to decrease stress and make the community stronger.

WAYS TO COPE WITH STRESS

- Take breaks from news stories, including social media. Do something creative or mindful instead.
- Make time to unwind.
- Take care of your body.
- Take deep breaths and stretch.
- Try to eat healthy, well-balanced meals.
- Exercise regularly and get plenty of sleep.
- Avoid alcohol and drugs.
- Talk with people you trust about your concerns and how you are feeling.

What can I access in my community?

LAKE COUNTRY

The **Lake Country Health Planning Society** has many programs including Keep Connected, Care-mongering, Active Agers, and meal delivery. Contact Lake Country Health for more info.

E: info@lchps.com P: 778-215-5247 W: www.lchps.com/seniors

Lake Country Walking Club - Wednesday Mornings - call Heather 778-480-2246 or Pat 778-480-0046

KELOWNA

Seniors Outreach and Resource Centre - Telephone and Online Zoom Social Programs. This free, interactive, telephone-based program provides activities to adults 55+ living in Kelowna.

E: SCWW@seniorsoutreach.ca P: 250-861-6180 ext.1 W: www.seniorsoutreach.ca

Senior Centres and Societies offer a variety of safe recreational and leisure activities.

See the back page of the Guide for all of the Seniors Centres' contact information.

WESTBANK FIRST NATION

Westbank First Nation health and wellness programs aim to promote physical, mental, emotional and spiritual well-being and healing. Social distancing practices have been implemented.

E: mcdougall@wfn.ca P: 250-768-0227 W: www.wfn.ca

Looking for COVID-friendly recreation activities? Go to page 17 of the Guide for a list of recreation and activity guides.

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Stay Active!

We have compiled resources for you. Go to www.kcr.ca for direct links.

kcr.ca
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Things to do While Physically-Distancing

- A puzzle, Sudoku, or a crossword
- Read a book or the newspaper
- Write a story, a list, or a poem
- Journal your thoughts
- Draw, paint or colour
- Watch television or a movie
- Meditate and practice gratitude
- Cook or bake
- Take a relaxing bath or shower
- Listen to music
- Knit, sew or needlepoint
- Teach your pet a new trick
- Clean and declutter your home
- Check things off your To-Do List
- Learn a new skill
- Volunteer (see next page)

WEST KELOWNA

The **Westside Health Network** offers services such as grocery shopping and delivery; prescription delivery; a friendly call/virtual check in; and meal delivery.

E: coordinator@westsidehealthnetwork.org P: 250-768-3305

W: www.westsidehealthnetwork.org

The **Westside Seniors Activity Centre** offers many safe programs.

E: info@westkelownacity.ca P: 250-768-4004 W: www.westkelownacity.ca

PEACHLAND

At the **Peachland Wellness Centre** there are a variety of programs & services available. For more information or referral to supportive resources:

E: wellnesscentre@shaw.ca P: 250-767-0141 W: www.peachlandwellnesscentre.ca

Peachland 50+ Activity Centre offers many safe programs. For current information: E: 50plusactivitycentre@gmail.com P: 250-767-9133

W: www.peachland50plusactivitycentre.ca

This is a great time to ask your grandchildren to help you improve your technology skills! See page 18 in the Guide for more information.

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