

Whitevalley Community Resource Centre

2015 ~ 2016
Annual Report

2114 Shuswap Avenue
Lumby BC
www.whitevalley.ca



Mission Statement

*Whitevalley Community Resource Centre
promotes and supports
the health and well-being of our community.*

Vision Statement

*To provide inclusive and quality services
that support the strengths of the community.*

Good Times Together/ Cherryville & Lavington Parent & Tot



1200

Parent & Tot
Drop-in Program
Child visits

Seniors' Drop-In



3862

Lunches served

Community Pride



387

Hours worked by Youth in
support of community events
and projects

Free Fruit & Veggie and Book Exchange



Over **150**

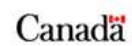
Community
members benefited
from free fresh
produce and book
exchange



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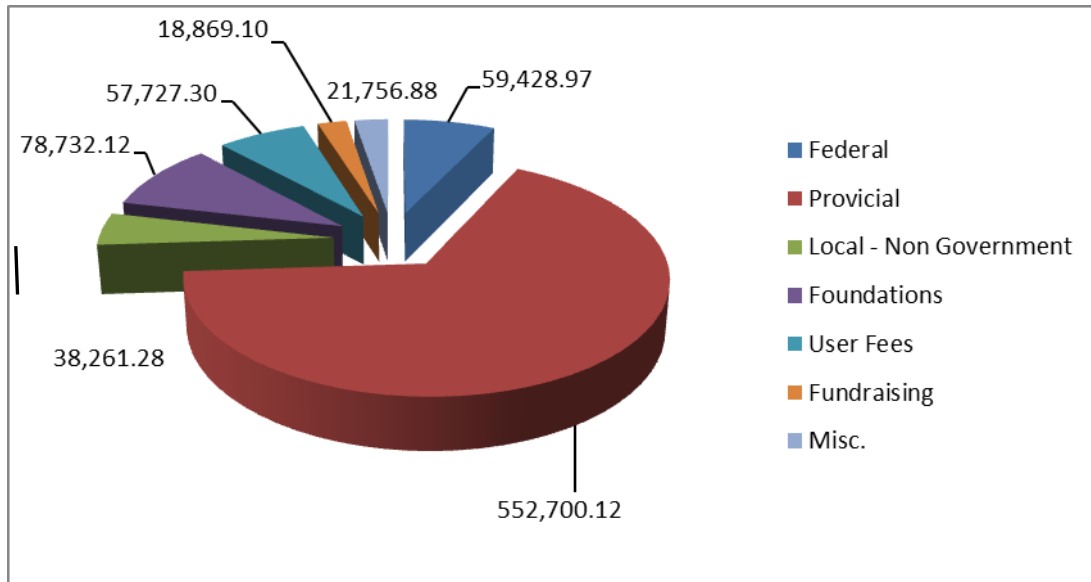
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Funding support provided by:





2015 – 2016 Funding overview



Funders

Federal

Public Health Agency of Canada
Canada Summer Jobs

Provincial

Community Gaming
Interior Health
Ministry of Children and Family Development
School District #22
Pacific Comm. Networks Assoc.
BC Hydro's Fish and Wildlife Compensation Program

Local

Village of Lumby/RDNO

Foundation

First West Foundation
RBC Blue Water Foundation
Pritchard Foundation

United Way

Community

Donations, Participant fees, Membership

User Fees

Summer Day Camp, After School
Senior Drop-In



"Providing Assistance"

"Thank you for all your efforts to improve our social and environmental situations in the area..."

"You have been a community leader with a positive impact for many years"

- **10,193** telephone calls / walk ins to Whitevalley Community Resource Centre
- **2,441** client contacts
- **10,170** email communications





Whitevalley Community Resource Centre Society
2015 – 2016 Board of Directors

Board Member	Representing
Bryan Out - <i>Director, CBSS Principal</i>	Charles Bloom Senior Secondary
Poppy Peacock – <i>Vice-President</i>	Lavington
Ross Gordon – <i>Secretary/Treasurer</i>	Mabel Lake Community
Joanne Kineshanko – <i>Director</i> <i>Business Owner - Kineshanko Logging</i>	Citizen
Corporal Trevor Tribes – <i>Director</i>	RCMP
Rick Fairbairn – <i>Director, Rancher</i>	Regional District North Okanagan
Julie Pilon – <i>Director</i>	Village of Lumby Liaison
Wanda Johnson - <i>Director</i>	Cherryville
Larry Thomson – <i>Director</i> <i>Interior Health</i>	Citizen
Ardis Miller - <i>Director</i>	Lumby Lions
Beverly Danby – <i>Director</i>	Seniors
Zachary Palmer – <i>Director</i> Manager Valley First Credit Union	Citizen
Shawn Pol – <i>Director</i> Manager Scotiabank	Citizen



Board President's Report

Whitevalley Community Resource Centre
Chairman's Report-2016

Hello Ladies and Gentlemen,



My name is Bryan Out and I have been a board member for the past 3 years. For the past 12 months I have had the fortunate opportunity to be the President of the very dedicated Whitevalley Community Resource Centre Board of Directors.

During my 5 years at Charles Bloom, I have seen the direct and positive impact that the WCRC has on children and families in our local and surrounding communities. The staff and volunteers of the WCRC work tirelessly to improve the life chances and mental wellness of their clients.

While the staff and volunteers have a no-quit attitude, they continue to face challenges of from a variety of directions. I ask you to think about how you can help out the WCRC – maybe it is a donation of money, donation of time, donation of an article an individual or family may need – whatever you can, everything counts. The collaborative nature of the WCRC has allowed it to be flexible and creative in responding to the needs of the community in a caring and thoughtful way. From new born to senior, from single parent families to traditional families to blended families, from individuals to groups – the WCRC has worked to support all.

I would like to thank all the staff and volunteers that make the WCRC what it is – your dedication to improving the lives of others is truly appreciated. When you have a moment, I would ask that you say thanks to these amazing individuals as well.

I look forward to the year ahead and tackling our challenges together.

Thank you
Bryan Out



Community Partnership Projects

Back pack Project - A project that makes a difference! The Back Pack Project helps families with financial difficulties send their kids to school with full backpacks. For some families it is difficult to provide all of the pens, papers, notebooks and binders to send students on their way for the academic year.

This year we were able to supply over **67 backpacks** to those students returning to Charles Bloom, J.W Inglis, Cherryville Elementary or CrossRoads this fall.

We appreciate the partnership with the Family Resource Centre, North Okanagan Boys and Girls Club (Vernon & Armstrong), North Okanagan Youth and Family Services and everyone's support of this project. We would also like to thank the community for the backpacks as well as donations that came in for this program. Without the contributions from Telus, Staples, Lumby Lions and members of the community this would not have been possible!

The Good Food Box – is a monthly box of quality, fresh fruit and veggies and is coordinated by local, dedicated volunteers. By pooling the money, Good Food Box participants receive lots of top-quality food ~ and save money. In 2015/16, Whitevalley assisted these community volunteers by accepting payment and coordinating distribution of some of the approximately **318 Good Food Boxes** were distributed last year.

Christmas 2015 - with the support of volunteers and generous donations of time and funds, we were able to assist 32 individuals to enjoy a Christmas they would not have likely imagined.

"You are an amazing team of smart, professional, dedicated people who serve your community in amazing ways!"

"Thank you for being so welcoming and helpful..."



Parents with Children 0 – 6 Programs

Lumby and Area Early Childhood Development Programs

The Lumby, Cherryville, and Lavington EYC table worked together to host three meetings throughout the year.

The meetings continue to bring like minds together to have the chance to communicate successes, concerns and possible service gaps in regards to our birth to six year old demographic. We provide an opportunity for partners to come together and find that sharing and discussion turns into action plans and the implementation of new programs when possible. The group feels more connected and our community is stronger because of the knowledge we share with each other. This is an incredibly valuable asset to Lumby and its surrounding communities.

As a result of the establishment of the Lumby EYC committee the resource base and outreach has grown substantially. The EYC table consists of representation from many important areas in our communities.

We have at the table: 0-6 program coordinators from Lumby and Cherryville, SD#22 Trustee, JW Inglis Elementary, Cherryville Elementary, Lavington Elementary, Vernon and Armstrong Boys and Girls Clubs, Child Care Resource and Referral, Mother Goose Facilitator, Day care owners, Public Health, Okanagan Regional Library, Preschool from Cherryville, Lumby and Lavington, Cherryville Recreation Group, local church groups, White Valley Parks Recreation and Culture, Village of Lumby, Literacy Outreach, Coordinator of the NOEYC, and the Executive Director of Whitevalley Community Resource Centre.

Good Times Together

This free drop-in program for families with children ages 0-6 is semi structured and provides a fun and social atmosphere for all. Free play sessions, guest speakers, pot luck lunch days and field trips were all well attended throughout the year. Parents have the chance to interact and have adult conversation with other parents and caregivers and the opportunity to receive information in many different areas. Children also learn from this experience. Through play “school readiness” is addressed as they learn how to share, take turns, and develop self-confidence and overcoming fears.

There are approximately **68 families** that drop in throughout the year with the average group having **18 parents** with **20-24 children** in attendance. We provide one facilitator and a child minder to assist within the group to ensure it is a safe and healthy environment.

Activities/Speakers:

- Lift the Lip Dental Program
- ASQ developmental testing
- Kindergarten readiness
- Summer Safety Tips
- Clothing and toy swap
- Child Care Resource and Referral
- Halloween, Christmas and Valentines Parties
- Pumpkin Patch Fieldtrip
- Building self-esteem in children workshop
- Play dough making session
- Story and Music time
- Cookie exchange
- Knitting and Crocheting days
- Little Ray's Reptile Zoo



A snack is provided and we encourage everyone to help clean-up and keep the room safe.

Each week, the program ends with a circle time. This is a successful ending to the day, is very well attended by the children and loved by the parents.

Field Trips

In the fall we plan our annual field trip to the pumpkin patch at Davison Orchards. This is an important piece to bring families from our rural area to participate in events they might not be able to access. This is always an incredible experience filled with parents, care givers and children. Participants enjoyed the orchard tour and were taught about our local agriculture, tourism and how they make fresh apple

juice and all the families picked a pumpkin to take home.



During all our field trips we encourage school readiness procedures that will help the children be more prepared for the structure of either preschool or kindergarten including recognizing health and safety precautions, listening and being quiet, lining up, taking turns and sharing when needed and following instructions and respecting instructors.

Cherryville Cooking was a new program that we offered to parents of Cherryville in the 2015/2016 year. It was a very popular program and we were able to make everyone aware of it through the Parent and Tot Program and the Facebook pages. This program was offered on a different day than the Parent and Tot Program so we were able to see some of the parents who are otherwise not able to come out; provide early intervention; share resources and make referrals and connect parents to supports in the community. The program ran once a month allowing parents to sign up for any day they wanted to participate in. There were **13 families** who participated in total in some or all of the days offered.

Objectives

- Increase knowledge of healthy and nutritious cooking
- Increase understanding of the benefits of eating together at meal times and stress the importance of this routine for our families
- Increase understanding of food safe practices and how to include children in the cooking process
- Facilitate a greater understanding of planning and shopping in order to meet economic hardships and to stretch the family budget
- Encourage a shop local model and to use fresh farm produce we have available to us
- Give parents a place to make meals from scratch that most buy premade because of convenience.
- Learn new cooking tips and tricks to use for cooking from scratch at home
- Give a place to work alongside other parents and connect in conversation.





There were connections made with different parents through these cooking classes. There are a few moms that attend this program who do not drop into the regular Parent and Tot Programs and new friendships were formed due to this.

The Program has received very positive feedback coming back on how “awesome it is to have those meals prepped and ready to go and not having to buy prepackaged meals”.

Parenting Isn't Easy (PIE)

A Parenting Isn't Easy group was offered in Lumby in late spring with very high registration and attendance. This program consisted of eight, two hour sessions. Session topics included self-care, building self-esteem in children, routines and rituals, how children learn and the value of play, storytelling, rhythm, rhyme and song, discipline and food, nutrition and safety. Each topic is covered in the group with an education component as well as open group discussion and every participant is given related take-home literature and a book for the children.

Cherryville Park Group was a new program this year. The group took place every second week in the local Hanson Park. We offered coffee and tea as well as a healthy snack and lots of water. The kids were able to come and play in the park with other children and parents were able to play with their child or sit and watch talking with other parents during this time. There were 10 families who took part in the four park days that we held.



Cherryville Parent & Tots

Cherryville Parent & Tots is a 0-6 aged program that has been running for many years with great success. With one facilitator and one child minder each week, we are able to help parents and children and ensure a safe and happy environment. We are serving on average 35-40 different families that attend the program weekly.

Program Goals and Objectives

- To improve early childhood development through play, tumbler gym, music and crafts
- To provide the opportunity for social and language development
- To encourage health awareness
- Early literacy
- To support vulnerable families
- To offer parents tools and skills they need and show them how to implement them at home and within the program



Mother Goose and Tumbler Gym were two programs offered weekly within the Parent and Tot Program to help support early literacy and parent & child bonding. Attendance was high and many families were thankful to have something to do during the dark winter months. Weekly activities were alternated between a relaxed unstructured week and a planned activity the next week. Monthly parent and child crafting days were a big hit with both parents and children

Activities included;

- | | |
|---|---|
| - Clothing and toy exchanges | - Little Ray's Reptile Zoo |
| - Baking/cooking days | - Monthly crafting with your children days. |
| - Circle time | - Pot Luck days |
| - ASQ (Ages and Stages Questionnaire) Development testing | - Holliday Celebrations |

Partnerships within the community were formed allowing for speakers and special guests to come and participate. We had Lift the Lip attend three times as well as the Health nurse for well-baby checks and car seat safety. CCRR and their lending library was a monthly visitor. They also came to the program to offer a “Kids Have Stress Too” information session for parents.

Lavington Parent and Tot program

This was a brand new program in the 2015/2016 year. It started as a monthly program and quickly grew to a weekly program due to participant request. Parents and caregivers of children 0-6 participate weekly. There are on average **11 parents** and **20 children** attending weekly. 15-20 families participate in total.



Parent and Tot programs funded by: Ministry of Children and Family Development, Community Action Programs for Children, First West Foundation



Children's Programs

Kid's Space – After School Program



Kid's Space After School Program provided **40 children** from Lumby and Lavington a safe and supportive environment to be within the school during after school hours. Kid's Space After School Program offers children a safe and supportive environment within the school during after school hours. The program has had a positive affect with the children by creating an atmosphere that encourages enthusiasm toward learning and skill building. There is daily homework assistance available with program staff and an allotted reading time every day at the program. Staff have also been made available to assist with "home reading" assignments. The staff sits with the child, while the child reads aloud, providing support and encouragement.

The children who attend Kid's Space After School Program have many opportunities for learning and practicing social skills. In addition to the group learning with a School-based Outreach Worker, the program provides a wide range of team building and cooperation games, as well as field trips within the community and chances to participate in non-competitive team sports.

In addition to the regular daily planned activities at Kid's Space After School Program, we were able to provide, in cooperation with a School-based Outreach Worker, two groups. Our groups this year offered a mindfulness-thinking group twice and a leadership group. We also had a Whitevalley counsellor and a practicum student in attendance most of the sessions this year.

Kids Zone

Kids Zone is an after school program at the Cherryville Elementary School. This program was licensed in the spring of 2008, and is an extremely beneficial program to the children in Cherryville. Through the funding provided last year, we were able to provide much needed after school care for the **50 children** who attend the program.

"It's wonderful to have this resource available in our community. It provides a nice balance of unstructured play and some activity/crafts/ learning opportunities"

"Her confidence with other children has increased exponentially."

Originally our program accommodated 40 children, however we have added a third day to accommodate all of the 50 children who wanted to participate. The families were able to choose one day of the week that worked best for them, Monday, Wednesday or Thursday.

Program Goal and Objectives

- To provide a safe, after school social environment for up to 30 rural children (kindergarten to Gr. 6)
- To provide an opportunity for children in the primary grades to develop social skills
- To encourage healthy social skills for children who have behavioral difficulties
- To support vulnerable children
- To Enrich and Enhance “latch key” children’s lives with a safe and nurturing environment
- To Allow Children to have fun in the school setting without the regular structure of classroom learning.



Again this year we asked the children to tell us there favorite activities from the previous year and any new ideas they might have. This is how we planned our program. It seemed to work well since almost every child (k-6) participated in the art and crafts that we had planned this year.

Kids Zone 2015/16 was another fun year, and again it seemed to go by really fast. The children in the Monday, Wednesday and the Thursday groups played and interacted well with each other which made it a real pleasure to be part of. The children and staff were really excited to be there and be part of the program.





Summer Day Camp



Summer 2016 came and went very quickly at Lumby Summer Day Camp! Our program welcomed many new faces from staff, volunteers, and children!

As always we tried to make the transition from school to summer and back to school as easy as possible for the children who attend. We follow a similar routine as the school to help the children feel comfortable and remain familiar with school expectations. This year this included breaks after eating snack and lunch that we called recess; these recess'

were supervised free time outside on the playground for about 20-30 minutes. Every day we would start off by doing the Daily Update. This included discussing the expectations of the children, what our plans were for the day, and if any changes need to be made.

Our calendar for the summer had exciting plans; each day we tried to fit in at least one craft, but also played games, or activities that also worked with our weekly themes. Mondays and Fridays were our water games days which would either be a few hours at the local spray park or us using the new inflatable slide generously donated by a local resident. Tuesdays and Thursdays were our swim days meaning we went to the public pool from 1:30-4:00. And Wednesday was our Trip day where we would go to either Kelowna or Vernon to a new venue each week. All of our activities also fit into our weekly themes, which included Animal week, Water week, and Science week! We hope that when the children return to school they will be ready to easily transition back into the classroom.

Our program strives to present new activities each year. This year that meant going to the Planet Lazer in Kelowna. We were very fortunate to take a trip to the Kangaroo Creek Farm in Winfield as well. Another exciting experience for the children was when the Summer Day Camp joined the seniors and had a scavenger hunt, picnic and storytelling about themselves and others.

The program also went on a tour of Lumby's Veterinary office. We believe in providing as many opportunities for the children to meet and explore the community and beyond. For many of the children who attend Lumby Summer Day Camp there is not always the opportunity to experience these activities with their family.



Many of the activities we did during the summer were to promote an active and healthy lifestyle. We spent most of our time outdoors, whether it was at the spray park, Lumby pool, playing a game, using the playground at JW Inglis & Oval Park or at the beach. We made sure that the children had opportunities for structured play as well as free play. With it being such a hot summer, the staff was constantly making sure the children were drinking enough water, applying sunscreen, and wearing appropriate clothing. Promoting healthy eating was also a very important part of the summer months. Staff monitored snacks and lunches to make sure children were eating well and had enough to eat; there were always healthy snacks available if a child did not have enough. Throughout the summer the program made healthy snacks with the children's help thanks to our Breaking Bread fund. We wanted the children to experience a variety of healthy foods and tastes. Our hope was that the children who attended Lumby Summer Day Camp were able to maintain a healthy lifestyle and will continue those habits into the school year. They also had lots of fun!



We were also fortunate enough to bring in some special guests such as a reptile guy from the Okanagan World of Reptiles. We also invited a new local circus performing group who had just recently moved to the area from the U.S.

The Lumby Summer Day Camp staff had a successful year working together. Under the supervision of the Program Coordinator were three students, hired through Canada Summer Jobs. One of the students is attending post-secondary education in UBCO another is going to be attending TRU in Kamloops starting in September. The final student is still attending high school in Vernon. All of the staff members were expected to attend staff training, meetings, and complete assigned roles. Our hope is that the work experience and skills gained at Lumby Summer Day Camp will help all of the staff and volunteers with their future employment.

Although the summer seemed to go by so quickly, the Lumby Summer Day Camp was able to provide the children with structure and routine similar to the school year; new experiences and fun! We can't wait to see what next summer brings!



Children's Programs Funded by: School District #22, Canada Summer Jobs, Community Gaming, United Way North Okanagan Columbia Shuswap, Ministry of Children and Family Development, Participant Income



Counselling Supports

Family Support

A confidential family counselling program that assist families, parents, teens and/or children through transitions and / or periods of change.

Caseload

- **64 adult women**
- **15 adult men**

Key issues

Poverty	70 %
Drug / Alcohol and Mental Health	40%
Drug / Alcohol	20 %
Marital	40 %
Family violence	5 %
Housing	50 %
Mental Health	40 %
Grief	9 %
Family Stress	40 %
Health	30 %

Note: Some clients and their counselors have identified more than one issue

Adult Counselling

The adult counselling Whitevalley offers is vital, much needed prevention counselling. Often adults need as little as one visit to reframe challenging life situations. Three sessions can make a significant difference to someone who is struggling with grief, life transition or family dynamics.

Doctors, probation and the RCMP can refer to us for counselling service and we will either offer immediate service or refer on selectively according to need or severity of the problem.

Key issues included:

- **43 women**
- **10 men**
- Depression
- Anxiety
- Grief
- Marital
- Health
- Housing



Violence Prevention & Intervention

The goal is to provide a range of prevention, intervention and support services for adults, youth and children who are affected by or involved in violence. This service can include support groups for men or women, one-on-one counselling and/or delivery of the “Children Who Witness Violence” Program.

- **16 men**
- **9 women**

Service is adapted according to client needs and included;

- Anger management
- Marital
- Drug and Alcohol
- Anxiety
- Depression
- Grief
- Parenting

Community Living Support Program and Mental Health Counselling

Provides counselling, support, advocacy and referral to adults who do not have a diagnosis but exhibit signs of mental illness, encouraging integration into the community as well as for adults affected by serious and persistent mental illness that provides individual support to enhance day-to-day living and sustains quality of life.

- **39 Clients**

Key issues

Schizophrenia	Disability
Bipolar disorder	ADHD
Post Traumatic	Drug & Alcohol
Suicidal Ideation	Marital
Poverty	Social Anxiety
Depression	Grief
Anxiety	

Youth Drug and Alcohol Prevention

Drug and Alcohol Prevention provides individual counselling, support, education, and referrals to youth and their families as well as the community at large in Lumby, Cherryville and area.



The program's objectives are to provide;

- One-on-one counselling support, information and referral for youth, parents, guardians
- Crisis response and support for youth faced with mental health, housing or legal struggles
- Ongoing networking, collaboration & support for parents and to other community agencies & services
- Prevention information and resources to youth, parents and the community as needed or requested and increase awareness of current trends and impact on youth success.

Alcohol and Drug Prevention counselling referrals are made to Whitevalley through School District 22, Interior Health, local schools, medical professionals, family members, and walk-ins. Often Crossroad's students (and at times CBSS) are referred to complete three Alcohol and Drug sessions if they are "caught" using drugs and/or alcohol. These sessions need to be completed prior to them being re-admitted to school.

This service provided over 100 hours of service to 'high risk' youth living under unstable circumstances' – creating an open door policy prior to and/or during crisis. Youth and/or family and friends were referred youth to specialized counselling resources, i.e. Crime Victim's Assistance, Restorative Justice, equine therapy, art therapy, Youth Mental Health, SD 22 youth clinician, family doctor and youth psychiatry and to various medical professionals in order to support youth with increasing their mental and physical health

Whitevalley also makes alternate means of communication with youth, i.e. texting and/or e-mail, Facebook, twitter available to further reduce barriers to service.

Referrals were made to:

- Residential Treatment
- Income Assistance
- Psychiatrists'
- Local physicians
- Interior Health

"Thank you for being here for me and so many people in the community and surrounding area"

"What an asset this group of people gathering together can do!"



Addictions Counselling

The purpose of this program is to provide individual and group counseling services to youth and adults in the community of Lumby and surrounding area who are experiencing issues related to substance misuse.

25 clients and their families were seen.

Key issues

Anxiety	Mental Health	Family Breakdown
Family of Origin	Depression	Grief
Parenting	Anger	Cognitive limitations
Homelessness		Abuse

Often adults need as little as one visit to reframe challenging life situations. Three sessions can make a significant difference to someone who is struggling with grief, life transition or family dynamics (with adult children or other relatives).

Doctors, probation and the RCMP refer to us for counselling service and we will either offer immediate service or refer on selectively according to need or severity of the problem

School Based Outreach Program – JW Inglis Elementary, Cherryville Elementary, Charles Bloom Senior Secondary, CrossRoads Alternate Learning Centre

A counselling and support program for students and their families where home or community is impacting the students ability to be as successful as they can be at school.

- **59 elementary children –from 56 families**
- **62 high school / alternative learning students - from 57 families**

Key issues

Family crisis	Suspension
Attendance	School Performance (academic and social)
Behavioral	Family/Parenting

- 60% of those experiencing attendance challenges improved
- 76% of those experiencing negative behavioral incidents improved
- 50% improvement in academic performance

In addition, Whitevalley was able to offer over **11 groups** at the elementary school level that each saw an average of 6 students attend. These groups included a social skills group, communication, healthy friendship skills, divorce, etc.

Counselling Programs Funded by: School District #22, Community Gaming Grant, United Way of the North Okanagan Columbia Shuswap, Ministry of Children and Family Development, Interior Health Authority



Youth Programs

Community Pride

The Community Pride Program in many cases provides local youth with their first job and connects them with various community organizations and its members by having them help out at events and with projects that are beneficial to the community. The program provides youth with paid work experience, an opportunity to build their resume, valuable workplace and interpersonal skills, and helps guide them in a positive direction. The program is available to youth, ages 15-29 that reside in Lumby, Cherryville and the surrounding area and gives them a maximum of 40 hours of employment.

Program Goals

- To provide the community with support and positive interactions with youth; reducing negative stereotypes and appreciation for the youths skills.
- Support with resumes, training, and pre-employment skills.
- Opportunities to be involved in the community to build healthy relationships, develop self-esteem, acquire knowledge, and expand their skills.
- Acquire work experience along with responsibility and reliability, while building interpersonal, organizational, and communication skills.

Outcomes

There are currently 35 youth enrolled in Community Pride. 11 of these youth are newly registered since April, 2015. As a result of great success in the past, our community relationships are ongoing and continuing to grow.

Events we have partnered with;

- | | |
|-------------------------------------|-------------------------------------|
| • Christmas Light Up | • Lumby Chamber of Commerce |
| • Christmas Traditions Craft Fair | Business Gala |
| • Lumby Days | • Cherryville Seniors Dinner |
| • Cherryville Days | • White Valley Parks Recreation and |
| • Lumby Recreation – Soccer, T-Ball | Culture |
| • Cherryville Recreation – Soccer | |

Feedback:

- White Valley Parks Recreation and Culture – “Our sports programs finished this week and once again White Valley Parks, Recreation and Culture- White Valley would like to express our appreciation for the assistance our Community Pride students shared”.
- Cherryville Seniors Dinner – “It was great having her [Community Pride Participant] and perhaps we can request her for the supper in November if she is available”.



Seniors' Programs

Senior Drop-In

<u>Drop-ins</u>	<u>Participants</u>	<u>Lunches Served</u>
4915	132	3862

The Senior Drop-In;

- Provides an entry point for seniors who would benefit from services of referrals
- Allows for the development of a relationship (“connectiveness”) to a professional, building trust allowing for a disclosure of a personal or health concern
- Offers opportunity to socialize, reduce isolation, benefit from a nutritious meal, participate in activities, maintain motor skills, maintain cognitive function, etc.
- Offers opportunity for community involvement
- Provides information & resources, respite for caregivers
- Facilitates interaction with children and youth with the senior participants.
- Involves volunteers and practicum students helping with various Drop-in programs, assisting ongoing activities and meal preparation
- Provides guest speakers for wellness presentations

Seniors outings included:

- “Fishing Forever” at Mabel Lake - a group of seniors were taken by bus to Mabel Lake and provided with fishing rods and spent the day fishing, talking and enjoying a lunch. This event is offered by the Lumby and District Wildlife Club who provide the fishing rods; the food and BBQ's to cook on; and chairs and tents for comfort. They also arrange the bus that picks up the seniors to transport to Mabel Lake. Members of the local club are on site at the event with hot coffee, hamburgers, hot dogs, watermelon and ice cream. In addition, they serve the seniors!
- “Heaven Can Wait” - six seniors enjoyed a pontoon boat tour around the bay near Kin Beach on Okanagan Lake. Following the boat ride, the seniors enjoyed a dinner out.
- Kangaroo Creek Ranch



- Winter Carnival events
- *Shopping and Light Tour Trip* - 8 seniors took a bus from Lumby to Vernon to enjoy some spectacular Christmas Light displays, shopping and a dinner out.



- Allen Brooks Nature Center - six seniors toured through the center learning about various birds, butterflies and plant growth around the Okanagan and enjoyed a walk through the grounds!

Partnerships and support include – Lions Club assisted with Christmas dinner; Lumby Fish & Wildlife; The Gleaners; Old age Pensioners (50+ club); Lumby Library; Silver Springs; local restaurants Jitter Beans and Xanders; Monashee Mews; Better at Home (Nexus); Hairdressers and dog groomers; Community Policing; Purple Shield, Lumby Connection Band, etc.



Intergenerational events included:

Children from Jiminy Crickets Childcare center once again offered a wonderful singing presentation for local seniors. Preschool children sang Christmas carols to seniors at the Drop In, visited with the seniors and had a Christmas treat.

Children from J.W. Inglis Elementary School also attended the Drop-in and sang carols encouraging seniors to join in! Once done singing they stayed and visited with seniors. The same group of students came on Saint Patrick's Day and Easter for an Easter egg hunt.

The Grade 5 students from JW Inglis dropped over to the Seniors Drop In on Valentine's Day to hand out Valentines cards to all the seniors.

Maggie! - One of our Masters Practicum students designed a "group" with the Kindergarten curriculum in mind and based on the Roots of Empathy program. The "project" involves a dog, Maggie, and focusses on building friendship skills that will be transferrable. During a sessions, the student, Maggie and the Kindergarten class of 22 visited the Senior Drop-In.

Seniors Services

The Seniors Services Coordinator;

- creates awareness about services, programs and resources. This was accomplished through newspaper, posters, pamphlets, brochures, meetings such as Seniors Interagency Networking (once per month with other service providers)
- makes referrals to appropriate, outside agencies such as Seniors Mental Health, Good Morning Program, Community Care Nursing, ICC, Physicians, etc.
- promotes the Seniors Drop-in program and activities and organizes outings.
- networks with other service providers, such as Seniors Interagency Networking once per month and the WCRC Board of Directors meeting.

In the 2015/2016 year there were 500 referrals to 62 different services or agencies to 92 different seniors or family members of seniors;

- | | |
|---------------------------------|-------------------------------------|
| - Red Cross Loan | - Nexus |
| - IHA social worker | - We Care |
| - Community Thrift Store | - Better at Home |
| - Tuesday Together program | - Home Owner Grant |
| - Vernon Jubilee Hospital | - Legal Advocate |
| - Vernon Radiology | - Women's Support Group |
| - Adult Guardian/Public Trustee | - Lumby & District Seniors Citizens |
| - Alzheimer Society | Housing Society |
| - BC transit / Handidart | - BC Housing |
| - Community Care Nursing | - CNIB |
| - Flu Clinic | - CPP |



- Doctor / General Practitioner
- Doctor / Specialist
- Fair Pharmacare
- Elderly services
- Family members
- Foot care
- Good Morning Program
- Handyman Service
- Medical Services Plan
- Integrated Care Coordinator
- Income Assistance
- inSite housing
- Life line
- Passport office
- Hospice House
- Service Canada (Old age security, Canada Pension Plan, GIS)
- Wheels to meals
- Seniors Drop –in
- Animal Care Society
- Veterinarian
- Gleaners
- BC Hydro
- Seniors Helping Seniors
- Purple Shield
- Benefit programs
- Venture Training
- Veterans Affairs
- Lavington Ladies Group
- Stroke Workshop

The Seniors Services Coordinator also provided
320 home visits to 80 seniors
900 contacts with 163 seniors

The Senior's Coordinator - Volunteer Development and Programming recruits, orients, and supports volunteers in seniors programs and activities. On average there are twenty-five (25) volunteers working in various areas providing just over one thousand hours in the programs designed specifically for seniors.

The volunteer placements for the Seniors' Drop-in Program include cooks, set-up and clean-up, serving, doing dishes, collecting the money, and shopping for the groceries for the meals. Volunteers also take on positions and facilitate activities such as playing cards, games, exercises, Wii, sing-a-longs, barbeques and assisting with the Intergenerational program. Through participant feedback and requests, new activities are considered and developed if possible.

Other Senior's Programs where volunteers assist:

The Tuesdays Together Program is a 55 plus ladies group, facilitated by volunteers who meet twice a month. Once a month they enjoy a social visit with friendly conversation; then they meet again to have a lunch out together and socialize. This program has been beneficial to new comers to the community. On average, between 12 to 20 ladies participate each month.



Healthy Living...Aging Well is held once a month and gives participants an opportunity to have their blood pressure and weight checked and discussion on topics such as heart attack, stroke, “The Gut”, exercise, and vision. Compliments of the “Breaking Bread” program, participants have been provided with a healthy snack at each presentation. This program draws between 10-20 seniors at each session.

The Artistic Connections (a drop-in painting club) meets weekly for three hours and gives seniors an opportunity to learn how to watercolor, oil and/or acrylic paint. Since its beginnings in 2007 over a hundred participants have taken up the lessons and find that it provides the seniors with a socializing opportunity. This program is closely connected to the Lumby Monashee Arts Council and the new Village Gallery that gives painters and other artists and crafters a chance to share their work with the community. Some of the painters continue to display their paintings in a local restaurant and the community library.

Artistic Corner is scheduled once a week and is specifically for the senior population and is held at the Senior Drop-in. This activity provides an opportunity for artists to share their skills and works of art, and if interested, others can give painting a try. There is no cost for this program and supplies are available.

The Handyman Service is designed to assist older persons or people with disabilities to “Age in Place” by better ensuring home safety and functionality. The handymen are contracted to do the work at a more reasonable cost to the senior. Over the last year, our handyman went out and provided estimates on 25 jobs and completed 15. The jobs range from changing a light bulb which is too high for the senior to reach to installing safety bars.

The **Cooking for One** program (funded by the First West Foundation) was a series of eight (8) sessions in which the twelve (12) senior participants were taught how to cook healthy meals designed for freezing by volunteer cooks/mentors. Each participant was provided with a slow cooker, freezer bags, storage containers, labels, felt marker and binder to hold the recipes, freezing tips, Canada Food Guide, and Foodsafe tips. The sessions were instructed by four (4) Foodsafe certified,





volunteer cooks, who taught the seniors how to prepare and safely freeze the prepared dishes, and provided all the ingredients necessary to make the dish. The feedback from the participants was overwhelming. Everyone enjoyed the socialization of the sessions, and also remarked how they were eating healthier, and felt better about their food choices. Everyone in attendance would recommend the program to others and are all looking forward to attending more sessions.

The Senior's Corner is a space available in the local newspaper that helps promote new and on-going programs and provides a "venue" where seniors and volunteers are celebrated for their contributions to the community and the senior programs.

Senior's Picnic in the Park was a venue for seniors to get out and enjoy a lovely day outside and partake in a treasure hunt, as well as some "fact" sharing fun with the Summer Day Camp children. Everyone enjoyed sandwiches and ice cream cones for dessert. This event which invites people from outside the area, including nursing homes, was held at the local park and was attended by thirty seniors and twenty children.

Fishing Forever

Once again, in cooperation with the Lumby Fish and Wildlife, a day of fishing, a barbeque and some fun was enjoyed by eleven Lumby and area seniors and individuals with disabilities. The program coordinator attends the event to assist. The Lumby Fish and Game Club provide the fishing equipment, food for the barbeque (as well as cooking it!) and transportation.

Seniors' Programs Funded by: Interior Health Authority, United Way North Okanagan Columbia Shuswap, Community Gaming and Participant Income



Volunteer Opportunities

- **12 Board of Directors** providing over 200 hours of volunteer service to the agency
- **Over 25 volunteers** provide on average **1,000 hours** directly to our *Seniors programs*
- **Over 500 hours of staff, office and program volunteer hours**
- **Three** Practicum Students from University of British of Columbia ~ Okanagan, Yorkville and Memorial University in Newfoundland

“Oodles of thanks for making me feel so welcome during my volunteer time...”

“You do a wonderful job around the community and I am a lucky person to have had the experience that you generously gave me”

“I love to be a part of the community. I love making a difference...”



Membership Form

☐ **Yes**, I want to become a member of the Whitevalley Community Resource Centre Society. Please provide me with a membership card that qualifies me for the following benefits.

1. **Use of our library** featuring books, videos and tapes on parenting, employment, seniors, health and more.
2. **Newsletter** focusing on what's happening at the Centre.
3. **Computer & Office procedures training** for active volunteers.
4. **Committee and Board member training** provide opportunities to develop your organizational skills and work with like-minded community members.
5. **Personal satisfaction** gained from the knowledge you are supporting your community with programs for youth, seniors, families, and employment.

Please print

Name _____ Date _____

Address _____

City _____ Prov. _____ Postal Code _____

Phone _____ Fax _____ E-mail _____

I have enclosed the membership fee of:

Individual \$ 1.00

Family \$ 5.00

Business/Non-profit Org. \$ 10.00

Corporate \$ 50.00

Donations to WCRC are welcome and tax deductible (memberships are not).

☐ Receipt requested

Signed: _____

for office use:

- ☐ Update database
- ☐ Membership card #
- ☐ Letter

Complete and mail with membership fee to:

WCRC

P. O. Box 661

Lumby BC V0E 2G0

