

Whitevalley Community Resource Centre

2019 ~ 2020
Annual Report



2114 Shuswap Avenue
Lumby BC
250 547-8866
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 supports the strengths of the community.*

Seniors' Drop-In



3700 +

Lunches served

Good Times Together/ Cherryville Parent & Tot



116 families

with

151 Children

Parent & Tot Drop-in Program

After School Program



40

Children at the After School
Program

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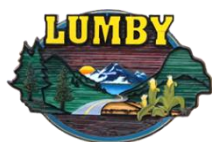
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Funding support provided by:



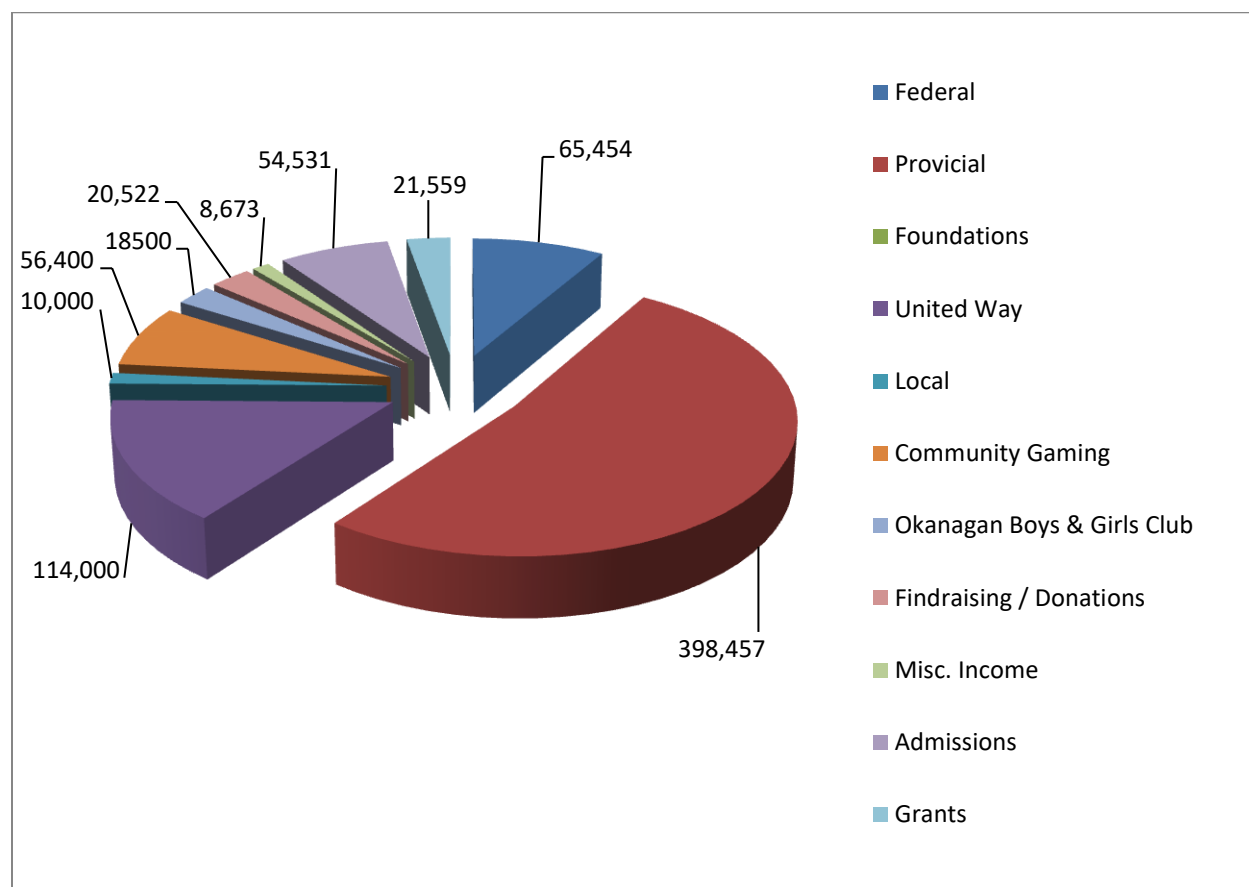
Public Health
Agency of Canada

Canada





2019 – 2020 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

Community

Donations, Participant fees, Membership

Local

Village of Lumby/RDNO
United Way Lower Mainland
United Way Southern Interior
Okanagan Boys & Girls Club

User Fees

Summer Day Camp, After School
Senior Drop-In



“Providing Assistance”

" ...You saved my life..."

" Whitevalley's counselling is the best kept secret in the community..."

" I am very grateful to have found such an amazing counsellor"

- **7,605** telephone calls / walk ins to Whitevalley Community Resource Centre
- **Over 7,250** client contacts
- **Over 4,500** email communications



Whitevalley Community Resource Centre Society
2019 – 2020 Board of Directors

Board Member

Representing

Julie Pilon

Chair

Curt Reimer – Director
Manager Valley First Credit Union

Vice-Chair

Shawn Pol – Director
Scotiabank

Secretary/Treasurer

Rick Fairbairn – Director

Regional District North Okanagan Liaison

Wanda Johnson - Director

Cherryville

Larry Thomson – Director

Citizen

Beverly Danby – Director

Seniors

Melissa Yurkowski – Director

Charles Bloom Senior Secondary

Sherry Kineshanko – Director

Village of Lumby Liaison

Corporal Wade Harvey – Director

RCMP

Board President's Report



Chair's Message

Good morning everyone, and thank you for being here. I would like to express my gratitude to the effort that each and every one of you has made in order to make our community safe and better. The hardships that the COVID 19 virus has caused have been immense. However, the determination and passion of our counsellors, staff and volunteers to help keep our doors open has been outstanding.



The greatest satisfaction is certainly brought through the gratitude expressed by our clients. Seeing the changes that Whitevalley Community Resource Centre has made for the public is rewarding in itself, and as you all are aware, our organization is the one who people turn to first when needing help and support.

They say social services offer diversified actions to improve their communities. In the last 9 months since COVID 19 has struck the world over, WCRC has had to come up with new and ongoing strategies to help those that are most vulnerable in our community and surrounding areas.

In closing, I would just like to say please be patient and kind as you always are to the needs of our community. Together, we can make a visible change.

Be safe
Be kind
Be respectful

Julie Pilon
President
Whitevalley Community Resource Centre



Community Partnership Projects

Back pack Project - Because of generous community support and a donation from Walmart, Whitevalley was able to raise **\$1,500 to distribute to our three local schools** to assist with the purchase of school supplies to assist those in need. Plans are already underway to provide what we can to the local schools for next year.

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 2019/20, Whitevalley assisted these community volunteers by accepting payment and coordinating distribution of some of the approximately **165 Good Food Boxes** that were distributed last year.

Christmas 2019 - with the support of volunteers and generous donations of time and funds, we were able to assist **79 individuals** to enjoy a Christmas they would not have likely imagined.

“...we are forever grateful for your warm, generous spirit ♥”

“...you will never understand how much we appreciate what you have done...”



Parents with Children 0 – 6 Programs

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 ask advice 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 overcome fears.

There are 72 families that drop in throughout the year with the average group having 18 parents with 26 children in attendance weekly. We provide one facilitator and child minding as needed to assist within the group and to ensure it is a safe and healthy environment.

Activities and/or speakers this year included;

- Lift the Lip Dental Program
- Cultural crafting and cooking days
- ASQ developmental testing
- Kindergarten readiness
- Summer Safety Tips
- Clothing and toy swap
- Child Care Resource and Referral
- Halloween, Christmas and Valentines Parties
- Petting Zoo Fieldtrip
- Speech and Hearing workshop
- Special Crafts
- Story and Music time
- Cookie exchange
- Baking and cooking days

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



Field Trip

This year our group went out to a local petting zoo. We were able to interact with all kinds of small animals. The children were able to go into enclosures with goats, sheep, bunnies and several types of birds. Here they were able to feed some, pet others and even hold one or 2 of the bunnies.

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

Cherryville Parent & Tots

Cherryville Parent & Tots is a 0-6 aged program that has been offered for over ten years with great success. With one facilitator and one child minder each week, we are able to support parents and children and ensure a safe and happy environment. The program has **25 different families** that attend the program throughout the year.

The program's goals and objectives are to;

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

Tumbler Gym was offered weekly within the Parent and Tot Program that support early literacy and parent & child bonding. Monthly parent and child crafting days were also a big hit with both parents and children. 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.

Activities included;

- | | |
|--------------------------------------|---------------------------------------|
| - Lift the Lip Dental Program | - Monthly crafting with your children |
| - Cultural crafting and cooking days | - Pot Luck days |
| - Clothing and toy exchanges | - Holliday Celebrations |
| - Baking/cooking days | - Speech and Hearing workshop |
| - ASQ Development testing | |



Partnerships within the community were formed allowing for speakers and special guests to come and participate. We had Lift the Lip visit three times and CCRR and their lending library was a monthly visitor. The Health nurse visited the group for well-baby checks, car seat safety, and immunizations. CCRR also came to the program to offer a “Speech and Hearing” information session for parents.

Lumby Parenting Isn't Easy (PIE)

A Parenting Isn't Easy group was offered in Lumby this past winter with 6 parents in attendance. This program consisted of eight - 2 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. Every participant is given related, take-home literature and a book for the children.

Cherryville Kitchens



Cherry Kitchens is one of the most popular programs for families in Cherryville. This program continues to grow and allows us to engage with families we might not otherwise see. Through this program we are also able to encourage attendance at the Parent/Tot programs which provides early intervention; sharing of resources and making referrals and connecting parents to supports in the community. There was a new registration for each of the six classes and a total of **13** people were able to attend one or more of the classes. Each session was based on things you can make with eggs. We held one class for breakfast ideas, one for snacks, one for lunches, one for dinners and one for desserts with our last session used to make Ziploc freezer bag meals. Using the Canada Food Guide to increase knowledge of nutritional needs, this program focused on making easy to prepare, budget friendly meals participants can bring home to their families.

There were incredible 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.

Parent and Tot programs funded by: Ministry of Children and Family Development, Boys and Girls Club Okanagan and the Public Health Agency of Canada

Children's Programs



Kid's Space – After School Program



Kid's Space After School Program's primary focus is to provide a safe, positive, social environment for children. We strive to ensure this positive environment transfers over to their classroom and fellow students, throughout the year.

Kid's Space After School Program offered a safe and supportive environment to **40 children** this year. The program has a positive effect on

children by creating an atmosphere that encourages enthusiasm for learning and skill building. The program incorporates a large number of learning opportunities with crafts, science experiments, planned games, and outdoor activities, offered daily. We also partnered with a reading tutor to assist children at parent's request. This program takes place every Tuesday, after school. Staff was available to assist with homework and online schooling during the pandemic months.

We continued to focus on outdoor/natural learning within the community this year. Once a month we walked along the Salmon Trail. This introduces children to many aspects of a natural habitat that they had never explored. Returning every month encouraged children to see the changes in the environment, along with the seasons changing. This promoted children having an appreciation and understanding for the environment around them. By being outside surrounded by nature, children experience a free flowing environment that enhances all of their senses. Nature gives numerous chances for making discoveries, being creative, and problem solving. In a natural environment, a child thinks, questions, and forms a hypothesis about a situation, resulting in an inquisitive mind and natural learning. The After School Program staff help facilitate this learning by asking open ended questions as well as documenting and planning future experiences that will expand their learning. Our communities are rich learning laboratories. Our goal is to support children in using these skills throughout the school year, while at the program and during school hours.





Kids Zone

Kids Zone is a licensed, after school program hosted at the Cherryville Elementary School. Through the funding provided last year, we were able to provide much needed after school care for the **39** registered **children** who attend the program. The program accommodates many of the children who attend Cherryville School.

This program provides the children with a safe environment and the opportunity to develop healthy social skills with children from Kindergarten to Grade 6. The goal of the program is also to enrich and enhance “latch key” children’s lives with a safe and nurturing environment. It allows children to have fun in the school setting without the regular structure of classroom learning.

Kid Zone after school program is one of the only accessible after-school activities/programs available to school age children in the community and it would not be possible to facilitate without funding from United Way.

The 2019/2020 KidZone program has provided children in the community opportunities to build positive relationships with adults who staff the program, their peers, and other participants of varying ages. In building these relationships, children have developed problem-solving skills, pro-social skills and have acquired a sense of responsibility toward their community and people living in it. The varying ages of KidZone participants allow for children to form relationships with children younger and older, fostering a sense of belonging and purpose.

Children attending the KidZone program have a variety of activities to choose from every day. The activities allow for participants to explore a variety of art-mediums, learn board and card games, practice physically active games in the gym and outside and socialize with adults and peers in a safe, adult-supervised environment. Children have learned skills such as weaving, practiced turn-taking and negotiating, and reading or listening to, and following directions. The participants experience many successes during the program which translates to increased skills, confidence and feelings of capability.

Summer Day Camp

The 2020 summer was an exciting but different summer for the **39** registered “**campers**”. COVID 19 put many restrictions on the program, however, the staff and kids made the best of it! COVID 19 has had an impact on the children’s lives in our program. Returning to the “new normal” has looked very different from our routine changing; to our procedures being modified to finding a location to run the program. School and our program provide children with stable daily routines, structures, physical activity, social connections, and extra-curricular activities that are essential for emotional well-being and mental health. It has been challenging to support children in a familiar daily routine, in a different environment, with the same quality of care.



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. Although school looked very different and we were unclear as the plans for the future we tried to support the children in every way possible. We follow a similar routine as the school to help the children feel comfortable and remain familiar with school expectations. We continued our routine from last year which included the recess breaks after eating and for a lot of the kids this was their favorite part. Each morning we would discuss the daily schedule and what was to be done that day. Many of our routines and activities were altered to accommodate social distancing.

Our calendar for the summer included exciting plans; each day we tried to fit in at least one craft, played games and offered activities that incorporated our weekly themes. The program continued with having the swim days on

Monday's and Fridays. We also enjoyed using our inflatable slide and the local spray park on Tuesdays and Thursdays. Wednesday is historically our Trip day, however, this year we invited Visitors such as Kiki the Eco Elf and the Barefoot Sanctuary to perform for us instead of going on trips. These activities also fit into our weekly themes, which included, Wet and Wild week, Game Show Mania week, Olympics week and more! We hope that when the children return to school they will be ready to easily transition back into the classroom.

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. We made sure that the children had opportunities for structured play as well as free play. 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 that there were always healthy snacks available if a child. We promoted food and hand washing, even more, this year due to Covid 19. 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.



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

- **22 adult women**
- **1 adult men**
- **7 families**
- **12 children**

Key issues

Child Behaviour
Drug / Alcohol
and Mental Health
Marital / Parenting
Family violence
Poverty
Mental Health
Family Dysfunction
Disability / Health

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

Adult Counselling

The adult counselling Whitevalley offers is a 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.

- **23 clients**

Key issues included:

- Anger
- Anxiety/Mental Health
- Family violence
- Marital
- Caregiving
- Disabilities



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.

- **13 Clients**

Service is adapted according to client needs and included;

- Anger management
- Marital
- Drug and Alcohol
- Anxiety, Depression/Mental Health
- Family Dysfunction
- Poverty

Community Living Support Program and Mental Health Counselling

This program 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.

- **82 clients seen**

Key issues

Mental Health
Marital/relationships
PTSD

Anxiety/Depression
Disability
Health

Advocacy
Cognitive Limitations
Drug & Alcohol



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.

10 clients and their families were seen.

Key issues

Anxiety	Depression	Abuse
Drug & Alcohol	Anger	Post Traumatic
Poverty	Family Violence	Marital
Family of origin	Breakdown/Dysfunction	

Doctors and the RCMP refer to us, as well as receiving self-referrals, 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

This 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 provided services to **83 students and their families as well as 7 groups**.

Key Student profiles included;

Anxiety	46	Depression	32
Relationships	45	Family Dysfunction/Violence	15
Social Skills	53		

The focus with *CBSS and CrossRoads* is to build relationships where the students felt comfortable with discussing their concerns. This was accomplished by regularly meetings with the students and supporting them in practical ways, if need be. In the process of building rapport, staff attempted to teach them skills to address their presenting concerns. Substance use concerns and parent teen conflict are typically discussed with all students and time was spent discussing concerns with families as well and meeting on occasion to get updates. The behaviors they are referred for were also addressed with the families.



This past year we were able to offer two groups at CBSS;

Safe Space (LGBTQ2+)

Whitevalley's LGBTQ2+ group continues to be a successful necessity in the community, reaching 15-20 youth each group. Games, education, and a safe supportive place is what we have consciously planned out. That being said, our facilitators became lucky this year that our group has become eligible for youth to receive "peer tutor" credits in which they would be doing research or helping to prepare activities for the group. This is a positive step for our individuals, school, and community and our hopes are that acceptance of expression may continue to happen safely. Holding this group once a week on Fridays has been healing for the youth as they debrief about the week and check-in with each individual as a group, as well, we get to send each other off into the weekend at home with hope and a safe positive feeling.

Girls Group - This once a week group is very much needed and successful, however, it can be difficult to keep small numbers in check as many are in need of support. SBO and school staff reach out to these young women (whoever may identify as such) to support and educate on topics such as self-esteem, healthy relationships, and unconditional positive regard. Numbers per group vary as these are at risk youth that we have specifically connected with. This group had different experience each week that, for some, ended up being their first time.

JW Inglis and Cherryville

Whitevalley Community Resource Centre's School Based Outreach Program in J.W Inglis and Cherryville Elementary served thirty five families with school aged children from September 2019-June 2020. Many of the families that the program served experienced family break downs and separation. Other issues that were addressed during this school year were regarding parents' mental health, substance abuse as well as poverty, emotional regulation and parenting.

Children were coping with depression, anxiety, social skills and anger. These issues had a major impact in peer groups and on the playground when children felt excluded or felt they were being bullied.

The School Base Outreach Program provided service to clients in individual sessions and in a support group format. Psycho-educational models were utilized to help identify issues and help families find useful and effective strategies. Play and art therapy modalities were accessed in individual sessions to work through and process uncomfortable emotions and memories and to help children better understand themselves and to better emotionally regulate.



The **MINDFUL FRIENDS** program was offered at both JW Inglis and Cherryville Elementary to the Kindergarten students. The purpose of this program is to teach children that to be **MINDFUL FRIENDS** we need to think about how to treat friends and how we want them to treat us. The program teaches children how to be good friends by discussing topics of kindness and respect in stories and providing examples of these behaviours in play situations. The hope is that the stories and weekly lessons will not only provide children with examples of how to be good friends but also how to solve problems with their peers.

Counselling Programs Funded by: School District #22, Community Gaming Grant, United Way Southern Interior BC, Ministry of Children and Family Development, Interior Health, Okanagan Boys & Girls Club

Youth Programs ~ Community Pride

In partnership with community organizations, Community Pride provided mentoring and paid employment opportunities to rural youth (15-29), reducing vandalism, increasing work place skills and encouraging mutual respect between the community and its youth.

Youth acknowledge that being involved encourages pride in their community. In addition, youth are very thankful to be able to earn money and learn new skills in order to build their resume. This project also gives youth the opportunity to “practice” positive social skills.

This program has not only funded the opportunity for individuals to make some money and grow but the community is receiving a lot of positive help as well. For example, the Lumby and Cherryville spring soccer programs are helping youth learn how to coach, take direction and give direction, and give back to those younger than them (becoming mentors themselves as well as being mentored). This is creating a strong connection within our community between the different generations. Instead of being at the local lot just “hanging out”, these youth are becoming more positively productive with their time and becoming stronger members of society.

Outcomes

In the 2019/2020 year there were over **25** youth enrolled in Community Pride. As a result of great success of the program, our community relationships are ongoing and continuing to grow.

Events we have partnered with;

- Christmas Light Up
- Lumby Days
- Cherryville Days
- Lumby Recreation
- Lumby Lions Easter Egg Hunt
- Canada Day Celebration



Seniors' Programs

Senior Drop-In

Participation at the Senior Drop-in:

- Provides opportunities to participate in social interaction in small and large groups, structured programs and informal discussions with peers, adults from the community, children and youth that visit with the senior participants
- Opportunities to socialize, share knowledge and experience, reduce feelings of loneliness and isolation, enhancing overall well-being.
- Provides volunteer opportunities for participants and community members
- Provides opportunities for family and friends of Drop-in participants to join in activities and enjoy a meal together.
- Provides opportunities to share in the commemoration and celebration of important dates such as monthly birthdays, Valentine's Day, St. Patrick's Day, Easter, Mother's Day, Father's Day, Thanksgiving, Remembrance Day and Christmas with themed activities and lunches.
- Provides interaction with community professionals and seniors services providers such as members of Village Council, local church leaders, Community Income Tax program, Resource staff person, Human Resources Outreach, ICC, CCN, Elderly Services, etc.



Drop-in programs and activities include:

- **Crib** has long been a favorite of at the Drop-In, and many new members from Saddle Mountain and the community continue to play and teach others.
- **Breaking Bread** – Senior Breakfast Program (twice per week) – attended by an average of 15-25 seniors
- **Christmas Dinner** - A Christmas lunch was offered to seniors in the community and surrounding area. 40 seniors attended the event that included turkey dinner, music, Christmas quiz, etc.
- **Summer Bar-B-Ques** – Once monthly during the summer, our menu includes a Bar-B-Q meal. Hamburgers, with all the fixings, salads and a “summery” dessert are enjoyed by all.
- **Crafts** – supplies and instruction are provided to seniors who gather on a monthly basis to create seasonal projects.



- **Intergenerational BBQ in the Park** – Children from the Whitevalley Summer Day Camp joined seniors in the park for a BBQ lunch and games.
- **Gardening** – A raised herb garden was planted and maintained throughout the summer.
- **Aging Well** – A bi-weekly information session regarding health and wellness is presented
- **The Knitting Circle** – where an average of six people meet weekly to do needlework, compare projects and share ideas. Others often sit in to admire the handiwork, reminisce about family members knitting or join the conversation
- **Bingo** – a monthly themed Bingo is held once a month where participants vie for small “treats and prizes
- **Creative Hands** - art
- **Table Talk** – group discussions on topics relevant and of interest to seniors
- **Field Trips** – Tourist in your own town (bus tours, partnership with the Chamber of Commerce), Pumpkin Patch, etc.
- **Device Advice** – successful partnership with the Chamber of Commerce Summer Students



A home-made, nutritious lunch prepared using Food Safe Guidelines and prepared and served by volunteers is available at the Seniors Drop-in. The menus are developed based on participant feedback.

Monthly theme days are planned and include decorations, quizzes, poems and menus. This year we hosted a St. Patrick's Day (an Irish meal was served, participants were encouraged to wear green), Valentine's Day (a “romantic” meal was prepared) and Christmas in August (turkey dinner was served and participants enjoyed caroling and Christmas; Beach Party in January, Victorian Tea Party, Pirate and Cowboy Days.

Partnerships and support include – Lumby Food Bank, Good Food Box, Lumby Fish & Wildlife; Lumby Lions, Canadian Mental Health Association, Old age Pensioners (50+ club); Good Food Box, Better at Home (Nexus); Community Policing; Lifeline, Lumby District Senior Citizens Housing Society, City of Vernon, RDNO, White Valley Community Hall

The Intergenerational program provides seniors and the children/youth opportunities for interaction through activities. These activities



are designed to facilitate interaction and enjoyment for seniors and children. It gives the seniors an opportunity to share a lifetime of information and knowledge with someone who might not otherwise learn these valuable pieces of information. The children are given opportunities to become familiar and comfortable with seniors. This is a wonderful program for both generations.

Intergenerational events included:

- Annual Picnic in the Park
- Device Advice – in partnership with Lumby Chamber of Commerce

Seniors Services

The Seniors Services Coordinator;

- creates awareness about services, programs and resources.
- makes referrals to appropriate, outside agencies such as Seniors Mental Health, 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.

In the 2019/2020 year there were 698 referrals to 51 different agencies including;

- | | | |
|-----------------------|---------------------|-------------------|
| - Alzheimer Society | - Good Food Box | - Health Services |
| - Better at Home | - Hair dresser | Society |
| - Birth Certificates | - Hearing Clinic | - Life line |
| - Christmas Families | - Helping Hands | - Lumby Health |
| - Community Thrift | - Home Owner Grant | Centre |
| Store | - Hospice | - Nexus BC |
| - Doctor / General | - ICC | - Occupational |
| Practitioner | - Income Assistance | Therapist |
| - Doctor / Specialist | - Volunteer Income | - Pharmacy |
| - Elderly services | Tax | - Red Cross Loan |
| - Fair Pharmacare | | Cupboard |
| - Gleaners | | - Safer |

The Seniors Services Coordinator also provided

262 home visits and served / monitored 76 seniors in the community

Complimentary Programs - Seniors Connect Programs & Volunteer Opportunities

The Senior's Coordinator - Volunteer Development and Programming recruits, orients, and supports volunteers in seniors programs and activities. On average there are fifteen (15) 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, delivering hampers, volunteer drivers and shopping for the groceries for the meals. Volunteers also take on positions and facilitate activities such as playing cards, games, exercises, 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:

Healthy Living...Aging

Well is held bi-weekly and gives participants an opportunity to have their blood pressure and weight checked by a certified paramedic and to discuss on topics such as Arthritis, diabetes, nutrition, Canada food guide and exercise. Compliments of the "Breaking Bread" program, participants have been provided with a healthy snack at each presentation. This program draws between 10-20 seniors to each session.



Knitting Circle & Creative Hands – is facilitated by a volunteer weekly. All of the supplies are donated to the group of six regulars.

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 held July 26th at the Lumby Oval Park. 58 guests in total attended, including community seniors and Lumby Summer Day Camp participants. The seniors clearly enjoy the laughter and energy that the children bring and the children are enriched by the experience, patience and undivided attention that they receive from the seniors. The seniors picnic in the park is visibly beneficial and fun for both the seniors and children and is a time for sharing laughter and stories while creating new memories.

A five session **Smoothie program** was offered and attended by 6 participants. They each received a magic bullet blender to keep for their own personal use.

Seniors' Programs Funded by: Interior Health, United Way Southern Interior BC, First West Foundation, Community Gaming, United Way Lower Mainland and Participant Income

Whitevalley Community Resource Centre
Membership Form
(** are required fields)



Please print:

** Name: _____

** Address: _____

** City: _____ Province: _____ Postal Code: _____

** Phone: _____ ** E-mail: _____

** I am a:

- ☐ New Member
- ☐ Former Member
- ☐ Receipt requested

☐ I would like to make a donation in lieu of a membership fee in the amount of;
(memberships are not tax deductible)

- ☐ \$1
- ☐ \$5
- ☐ \$10
- ☐ Other _____

WHITEVALLEY COMMUNITY RESOURCE CENTRE

Relevant bylaws

- **A member is expected to act in a manner supportive of the Society.**
- **Every member shall uphold the constitution and comply with these bylaws.**
- **Attendance of members at the Annual General meeting must be in person**

** I understand, accept and agree to;

- ☐ Uphold the bylaws of the Society including those stated above
- ☐ Receive AGM notice via email

And to receive, via email;

- ☐ Newsletters
- ☐ Notice of upcoming groups, events, etc.

For office use:

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

** By signing below, I accept membership into Whitevalley Community Resource Centre

** Signed: _____ Date: _____

Complete and submit to: P.O. Box 661, Lumby, BC, V0E 2G0

Fax : 250-547-6285

E: info@whitevalley.ca