

FALL 2021

# Seniors Come Share Society's **Seasonal** **Newsletter**

**VIEW THE HIGHLIGHTS  
AND SUCCESSES OF OUR  
PROGRAMS**

**ACCESS EXCITING  
PROGRAMS ONLINE!**



Seniors Come  
Share Society



# OUR GREATEST NEWS: WE ARE GRADUALLY REOPENING AGAIN!

## A MESSAGE FROM EXECUTIVE DIRECTOR

### LOUISE TREMBLAY

We have eagerly waited for this moment for what it seemed forever. In August, Fraser Health gave us the go ahead, and we were able to welcome people who were longing to come in and spend some time with us in person.

The Day Program has reopened in a phased approach at our three sites starting with three days per week and with up to ten participants each day at each site. Every week, we invite a few additional persons to attend. We hope that, by the beginning of 2022, the Day Program will be at full capacity again delivering the therapeutic services that participants depend on to enhance their holistic wellbeing.

Team members in Community Services and Caregiver and Family Services also unlocked the front door of our physical location in South Surrey, enabling members of our community to come in and

pick up resources and access support. Never missing an opportunity to help, our team members assisted over 350 people to download, print and laminate vaccine passports so they could comply with public health orders and enjoy attending indoor spaces again.

We never fully interrupted our services during the pandemic by providing remote programs. While we have opened our doors, we anticipate that these programs will continue in the future as they offer an additional option to connect people.

We have the evidence that the work our team members are doing makes a real difference in the community. We recently sent a survey to participants, and this is what they had to say. When we asked how they would rate the quality of our services, 93% said they were excellent or very good.

When we asked them how they viewed our organization, the majority stated professional, healthy, and fun. They also said they saw commitment in our services and described them as impactful. Ninety three percent said that we demonstrated our values of compassion, inclusiveness, respect, integrity and collaboration.

They also gave a bunch of accolades to our team members by saying they were caring, friendly, knowledgeable and creative during this difficult time.

I am grateful and honoured to be working alongside each and everyone of our team members, and volunteers are included in that group. The feedback we received makes me realize that we have the right people to get us forward in achieving our mission which is "to enable older adults, their families and caregivers to lead full, engaged and meaningful lives."

# SENIORS CENTRE WITHOUT WALLS

Keep the autumn blues away with a telephone call or two! The Seniors' Centre Without Walls offers a variety of engaging and educational group telephone programming; easily accessible, five days a week! For any inquiries, please call 604-531-9400 ext. 205!



**Seniors' Centre  
Without Walls**

*Happiness is only a call away*

## CONTENTS

FALL 2021

**3** ROTARY NOEL 50/50

**5** ACCESS EXCITING  
PROGRAMS ONLINE

**4** CAREGIVER SUPPORT  
GROUP

**8** COMMUNITY SUPPORT  
PROGRAMS



## ROTARY NOEL 50/50

The Rotary Club of White Rock Peace Arch is organizing a raffle to help improve the quality of life for members of the community. The previous Rotary Noel Events have raised over \$150,000 for the Peace Arch Hospice Society and Peace Arch Hospital Foundation Lodge, and this year, partial proceeds will be donated to Seniors Come Share Society.

To purchase tickets, please visit [rotarynoel5050.rafflenexus.com](http://rotarynoel5050.rafflenexus.com). The deadline is Tuesday, November 30.



## Companion Housing

Rent your spare room, help someone in your community.

### Rent a Spare Room

Help your community by renting your spare bedroom to someone. We support you every step of the way so you can find a compatible person to enjoy a fun and supportive home environment with.



### Who is Happipad?

We are a Canadian social enterprise who believes home sharing is an important solution to address issues of housing affordability and social isolation.

### Host Requirements

- ✓ 55+ years of age
- ✓ At least one spare furnished bedroom
- ✓ Comfortable sharing space in your home (kitchen, common areas)

### How it Works



01

#### Registration

Create a host profile and list your room on the Happipad portal



02

#### Matching

Interview and choose compatible vetted guest for your room



03

#### Contract

Form a shared living agreement & set house rules



04

#### Share

Earn extra income and enjoy sharing your space

## Happipad

Seniors Come Share Society has partnered with Happipad, the developer of Canada's first web-based companion housing platform, to expand affordable shared housing opportunities specifically for vulnerable population segments including seniors, students, people with disabilities, and recent immigrants. This partnership is supported in part by funding from the Canada Mortgage and Housing Corporation (CMHC) under the National Housing Strategy Demonstrations Initiative.

To learn more, please visit [happipad.com](http://happipad.com) or contact Noel by phone at (604)-531-9400 ext. 214 or e-mail [noel.pioroda@comeshare.ca](mailto:noel.pioroda@comeshare.ca)



Caregiver Support Group is a structured support group providing education, support, camaraderie and relaxation.

The support group is a dedicated safe space for caregivers to share their experiences, as well as seek advice from those in a similar position, without fear of judgement. Support group meetings are held bi-weekly on Thursdays at 1:30 PM.

To learn more or to join, contact Nisa Moman at 604-531-9400 x 219 or [nisa.moman@comeshare.ca](mailto:nisa.moman@comeshare.ca) or visit [sharevirtually.com](http://sharevirtually.com)

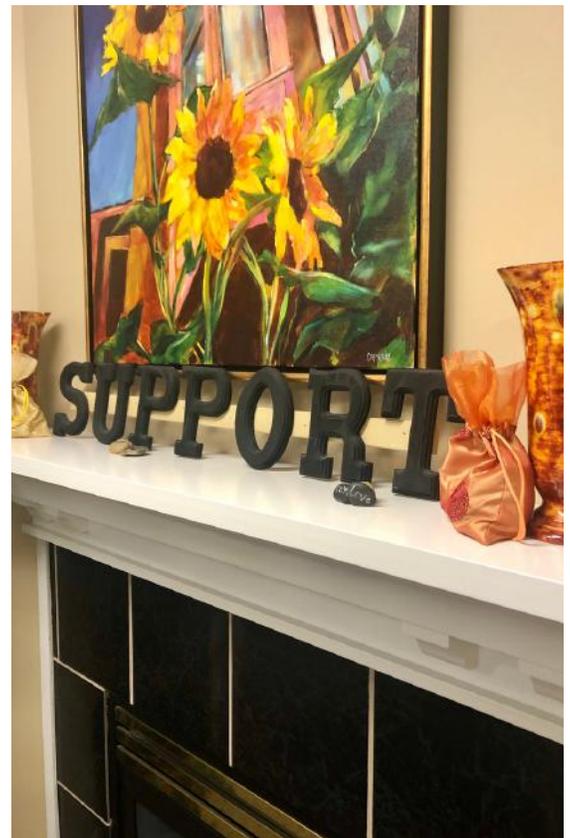
## CAREGIVER SUPPORT GROUP

*Written by Nisa Moman*

In recognizing the needs of isolated caregivers during the Covid-19 pandemic, we have started a virtual Caregiver Support Group. This group gives caregivers an opportunity to connect with one another in a time where it has become increasingly difficult to build connections.

### Caregiver supports we offer

- Direct support for individuals & families
- Educational sessions
- Support groups
- Referral and information about community & health care service



By Tim Sung

# ACCESS EXCITING PROGRAMS ONLINE

SHARE Virtually is our online platform, dedicated to bringing you virtual programming. Sign up today to join in on classes such as digital field trips, fitness, informational webinars, hobby groups and much more.

**SHARE Virtually** is our collaborative online platform that allows older adults to engage in programs, events, and services that keeps them connected to the community. Through the pandemic, more organizations are required to leverage technology and the internet to engage those who want to participate in services online.

In September, I had the opportunity to start my own program, the Digital Drawing Club. Although digital art is mostly popular among the younger generations, a few brave participants joined in on our meetings and were eager to learn. I really enjoyed giving tips and sharing what I had to offer.

One of the best parts was sharing each other's artwork, stories, and attempting to play Telephone. Although short lived, the club offered a space where people with similar interests could talk, get to know each other and build a community. At Senior's Come Share Society, we would like to have the chance to reach out to everyone - All you need is your computer to join!

If you're ready to start joining exciting, educational programs online, we'd love for you to check out our website, [sharevirtually.com](https://sharevirtually.com).

**Socialization**  
**Health**  
**Awareness**  
**Recreation**  
**Education**



## **TECH BUDDIES**

Our Tech Buddies Program is currently in high demand! Individuals requiring assistance using their technological communication devices are set up with one-on-one sessions with professional volunteers. The sessions are tailored to help clients achieve their personal goals when using their device. Sessions are offered in our Community Services office as well as libraries within South Surrey/White Rock.

Please contact Tim Sung at [timothy.sung@comeshare.ca](mailto:timothy.sung@comeshare.ca) or 604-531-9400 ext. 220 to book an appointment.



# **TABLET LOANING PROGRAM**

- We have Samsung Galaxy Tab A tablets on loan for you!
- No Wi-Fi required, tablets come with a data plan pre-installed!
- Great for accessing our virtual programming, drawing, or playing games

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**Email [share@comeshare.ca](mailto:share@comeshare.ca)  
or call 604-531-9400 ext 220 to  
borrow a tablet today.**



Seniors Come  
Share Society



# MONTHLY DROP-IN COMPUTER CLINIC

**Have a question or two about how to use your device?  
You are invited to drop in to have your questions answered!**

**Starting November 25th, we are hosting computer/software classes at our Community Services office. Held during the last Thursday of every month from **1:00 - 3:00 pm**.**

Contact [share@comeshare.ca](mailto:share@comeshare.ca) or 604-531-9400 ext. 220 for more information. Limited spots available!



**UPCOMING  
SHARE VIRTUALLY  
EVENTS**

- Painting Party 11/23, 1PM**
- Fossil Finds Workshop 11/24, 1PM**
- Trivia for Seniors 11/25, 1PM**

# Community Support Programs

(604) 531-9400

[www.comeshare.ca](http://www.comeshare.ca)

## Better at Home

- Light Housekeeping
- Yard & Home Maintenance
- Friendly Visitors
- Prepared & Frozen Meals Program
- Grocery Shopping
- Social Programs
- Friendly Visitors
- Prepared & Frozen Meals Program

**Simren Dhillon, Better at Home Intake Coordinator**  
[simren.dhillon@comeshare.ca](mailto:simren.dhillon@comeshare.ca) - (604) 536-9348

## Volunteer Programs

- Telephone Tree Program
- Drivers for Frozen Meal Program
- Zoom Trivia
- Income Tax Clinic (via Telephone) during March-April
- Painting Parties (\$15 for Art Supplies)
- Zoom Bingo (Pre-Registration Required)

**Shannen Kealy, Volunteer Coordinator**  
[shannen.kealy@comeshare.ca](mailto:shannen.kealy@comeshare.ca) - (604) 531-9400 ext. 203

## SHARE Virtually - [www.sharevirtually.com](http://www.sharevirtually.com)

- Our Virtual Program Hub!
- Technology Support
- Tech Buddies Program
- Technology Lending Program (Tablets with Data Plans and Laptops without Data Plans)
- Exercise Classes, High Tea, Webinars, Workshops, Day Program, Better at Home Programs and more!

**Timothy Sung, Virtual Programs Coordinator**  
[timothy.sung@comeshare.ca](mailto:timothy.sung@comeshare.ca) - (604) 531-9400 ext. 220

## Seniors' Centre Without Walls

- Poetry Club, Literature Club, Theatre Club, Mindfulness, Meditation and more!
- Free Social, Recreational, & Educational Programming (via Telephone) for Adults 55+ living in Surrey or White Rock

**Edwin Chau, Seniors' Centre Without Walls Coordinator**  
[edwin.chau@comeshare.ca](mailto:edwin.chau@comeshare.ca) - (604) 531-9400 ext. 205

## Caregiver & Family Support

- Education Sessions (via Zoom)
- Group Support (via Teams or Zoom)
- 1-on-1 Support (via Zoom or Telephone)
- In-Home Respite Services

**Nisa Moman, Care Coordinator**  
[nisa.moman@comeshare.ca](mailto:nisa.moman@comeshare.ca) - (604) 531-9400 ext. 219

## Meals Programs

- Cooking Circles with Free Meal Kits
- Social Circles with Guest Speakers and Entertainers (via Zoom)

**Denisa Biela, Meals Program Coordinator**  
[denisa.biela@comeshare.ca](mailto:denisa.biela@comeshare.ca) - (604) 531-9400 ext. 207

## Social Prescribing & Caring for the Caregiver

- Provides support to seniors who could use a little help connecting to their community or learning how to take care of their health and wellbeing
- Uses an evidence-based approach to directly target the needs of caregivers who are at risk of increased stress, anxiety, and depression

**Janice Gunn, Seniors' Community Connector**  
[janice.gunn@comeshare.ca](mailto:janice.gunn@comeshare.ca) - (604) 531-9400 ext. 204



[comeshare.ca/ways-to-give](https://comeshare.ca/ways-to-give)

# Start changing lives now.

We are meeting a need in the community and we can't do it without you. Please give generously and make a difference in the quality of life for our seniors.

Your donation will go a long way to continue providing just the right programs and services and help people reconnect with the community in a safe way. Each \$100 donated provides an hour of services to three older adults and caregivers. Each \$1000 donated helps 30 people.

