

DECEMBER UPDATE

The latest news and updates from the Burnaby Neighbourhood House



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A Message From Alexis, Manager of Seniors Services:

Season's greetings!

As 2021 comes to an end, we look back and celebrate all that we have accomplished. We re-opened our doors for some in-person programs! We have re-connected at community dinners, seniors' socials, lunches, and more! We will continue to offer programs online and by phone – whichever way is most comfortable for you to connect, the seniors' team has you covered! Please call to find out more about our programs and services at 604-431-0400

I would also like to extend our heartfelt thanks for the overwhelming support shown to BNH! From donating fans during the heat wave to volunteering your time. Thank you, we could not do any of this work without you! It takes a community.

Please note, our offices will be closed from December 27th to January 3rd. We will reopen Tuesday, January 4th.

Wishing you happy holiday and bright 2022!



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

Staff Highlights

Every year, we have 3rd year UBC Social Work students complete their practicum at BNH. Meet Chelsea and Teja!

Chelsea, Social Work Student:

1) What is your role at BNH?

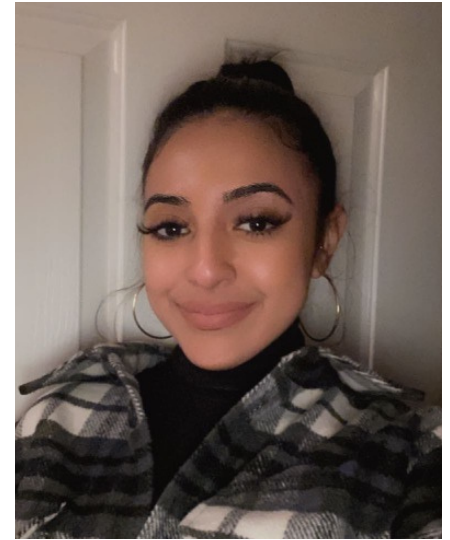
My name is Chelsea I am a UBC social work student and I am doing my practicum at Burnaby Neighbourhood house. I help run some of the senior programs such as the seniors social, seniors' meditation and the Choose to Move program. I am also helping run the Coats for Kids campaign.

2) What do you love about your role at BNH?

Something that I love about BNH as a whole is working with a diverse team and learning from different perspectives. Something that I love about my role is meeting and connecting with seniors.

3) Any memorable moments at BNH?

I have only been at BNH for two months, however; my most memorable moment was working with a group of volunteers to set up the multicultural dinner. Seeing the community come together for a night to celebrate India, was quite empowering.



Teja, Social Work Student:

1) What is your role at BNH?

I'm a practicum student from the UBC School of Social Work. I'm involved in lots of program areas at BNH, including the Family Drop-in program for young families, the Digital Literacy program for seniors, and the South Food Hub for Burnaby residents experiencing food insecurity.

2) What do you love about your role at BNH?

I love the concept of "neighbours helping neighbours", and how the neighbourhood house model brings the whole community together! I love that I am able to connect with so many different people and cultures.



3) Any memorable moments at BNH?

I haven't been working at BNH for too long but I love how supportive and welcoming everyone has been. Recently I even had a program participant bake me a traditional dessert from their culture — and it was delicious!!!

Ways to Give this Holiday Season

December is a busy month at the Burnaby Neighbourhood House. Our staff and volunteers are working hard to make the holidays a little brighter for local families and individuals in need. Your generosity can help us to continue providing free and low cost programs and services throughout the new year. Let's make a difference together.

1. Lights On BNH

The Burnaby Neighbourhood House has been providing accessible community programs and services to residents of all ages and diverse backgrounds for over 25 years. But we need your help! Join us starting Nov 30-Dec 31 and help keep the lights on to ensure we can continue providing these programs and services as well as continuing to be responsive to the community's needs. Our goal is to see 10,000 paper light bulbs!



Your donation of \$2 or more will light up a light bulb! Donations \$15 and up will receive a charitable tax receipt. You can give at any BNH location, by phone (604-431-0400) or online at www.burnabynh.ca/donate

2. Make a Family's Wish Come True

Donors who wish to make a Burnaby family's wishlist come true this holiday season can go to the Geenees website at <https://app.geenees.co/>

3. Get Gifts Wrapped at Metropolis at Metrotown

From December 1st to December 24th, trained BNH gift wrap volunteers will be hard at work wrapping gifts at Metropolis at Metrotown's Grand Court. Come by and get your presents wrapped at the booth by donation. Gift Wrap booth hours are Mon-Sat 12 PM to 8 PM, and Sun 11 AM to 7 PM.



4. Donate Gently Used Coats for Kids and Youth

No children should have to go to school without proper coats in the winter. BNH and Rotary Club of Burnaby Metrotown are collecting winter coats for kids and teens. Gently used coats can be dropped off at South House or North House.

Neighbourhood House Updates

Proof of Vaccination

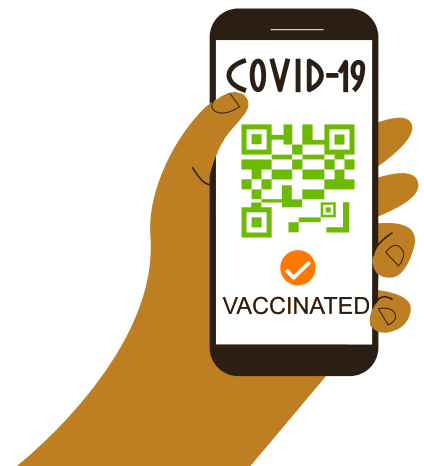
The Burnaby Neighbourhood House is complying with BC Sept 13th COVID Public Health Order recommendations. Some BNH facilities and services/programs require us to request proof of vaccination, and all facilities require continued social distancing, hand sanitizing, COVID health checks and mandatory mask wearing at all times.

The Health and Safety of our Employees, Volunteers, and Community are our top priority.

If you need any assistance with making vaccination bookings, obtaining proof of vaccination, or requiring special assistance, our volunteers are available during Computer Support times:

- South House: Monday 12-2PM, Thursday 3-5 PM
- North House: Monday 10AM-12 PM

or call to make an appointment - 604-294-5444 (North House)
604-431-0400 (South House)



BC Vaccine Card

The BC Vaccine Card is required by some events, services and businesses. Save the digital version on your phone OR print a paper copy to carry in your wallet. Here's how to get your card:

Step 1: Log in securely to <https://www.healthgateway.gov.bc.ca/vaccinecard>

To log in securely, you need to provide your:

- Date of birth
- Personal Health Number (PHN)
- Date you got dose 1 or dose 2

Step 2: Save or print - After you've securely logged in, you have 2 options: You can 1) Save the digital version on your device or 2) Print a paper copy for yourself or someone else (friend, family). Select "Save a copy" and save the digital copy to your device's photo album or downloads folder. Do not fold or crease the QR code portion of the card.

Step 3: Show your card - Businesses may ask for both your vaccine card and a government ID.

Don't have access to a smartphone, computer and printer? You can:

1) Ask a friend or family member to help you print your card from the website.

- You can also print the card at your local library

2) Order a copy by phone (Note: You can't request a paper copy for someone else)

- Call: 1-833-838-2323 | Translators are available

Vaccine Transportation Program:

Fraser Health is working with Translink, BC Transit and handyDART to help ensure vulnerable citizens in our region can access COVID-19 immunizations by providing transportation to those in need.

Eligibility: The program is currently for seniors, vulnerable groups or other individuals who live in Burnaby and are facing barriers around transportation, such as limited options or affordability, or for those who need assistance in getting to and from their vaccination appointment due to a mobility, visual, or cognitive impairment.

How to request a ride:

Step 1: You first need to register for your vaccine and get a confirmation number (*registration information can be found on the next page*). You will need your confirmation number in order to complete your request for transportation.

Step 2: Complete the form (online only) here: <https://www.fraserhealth.ca/bookaride>
A phone number is required for us to complete your booking.

Step 3: Fraser Health will book your appointment for you when they make your transportation arrangements. This helps ensure they can coordinate your transportation with your appointment time.

You can expect to hear back from Fraser Health within 1-3 business days after submitting your request with your appointment date and time.

NEED ASSISTANCE OR MORE INFO?

CONTACT ALEXIS AT 604-431-0400 OR EMAIL ALEXISH@BURNABYNH.CA

The 3rd COVID-19 Vaccine:

A third dose of COVID-19 vaccine is recommended for some people who are moderate to severely immunocompromised. You will receive an invitation by text, email, or phone call through the Get Vaccinated system about how and when to book a third dose.

If you believe you meet the criteria of people who are moderately to severely immunocompromised and haven't been contacted, get in touch with your health care provider.

You do not need a 3rd dose to be considered fully vaccinated on your BC Vaccine Card. For more information about the Vaccines, called 1-888-COVID19

COVID-19 Vaccine Booster Doses:

A booster dose is an additional shot of vaccine that helps you keep and lengthen your protection against COVID-19. As with Dose 1 and 2 of the COVID-19 vaccines, people who are registered with the Get Vaccinated System will get invited to book their booster shot when it's their turn. You will be notified by email, text or phone call when it's your turn to book an appointment.

Call 1-833-838-2323 to:

- Check if you are registered with the Get Vaccinated System
- Register with the Get Vaccinated System
- Get more information about how or when to book your Booster Dose
- Book your Booster Dose

Walk-ins are not available for booster shots.

When? The timing of invitations is based on risk level and age (beginning with oldest to youngest). The Booster dose is given between 6 to 8 months after the date you have received your second dose.

Where? Boosters Doses will be delivered in public-health community clinics and by participating pharmacies around the province.

Everyone will receive either the Moderna or Pfizer (mRNA) vaccine for the booster dose. These vaccines are interchangeable.

BNH MEMBERSHIP 2021-2022

Memberships are in effect from September 1 to August 31st each year, and a requirement for participating in any of our programs. Annual membership fees are \$5 for individuals and \$10 for families (subsidies available).



Become a member or renew your membership by completing our membership form at: https://burnabynh.ca/about_membership/

Or give us a call, or drop by either of our Houses:

North House at 604-294-5444
4908 Hastings Street

South House at 604-431-0400
4460 Beresford Street

You can purchase your membership by:

1. Dropping by our South (4460 Beresford St.) or North (4908 Hastings St.) House
2. PayPal: https://burnabynh.ca/about_membership/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
4. Credit card: call 604-431-0400 (South) or 604-294-5444 (North)

THANKYOU

DEMENTIA FRIENDLY CAFÉ

An online gathering of community – for seniors, those with memory loss, and their family and friend caregivers



When: Dec 9th, 2021

1:00-2:30 PM

Where: Zoom

Invitation link
provided upon RSVP
to:

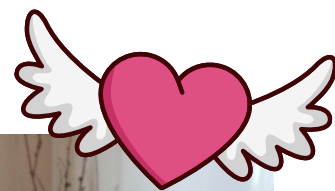
faryar@bbyseniors.ca

or

604-375-5778

This time join us to
celebrate the
season with therapy
dogs and engage in
holiday music
and facilitated
discussions

Meet Cyrena's Dog: Angel!



1. What Breed is she?

- Half Chihuahua half mini Doberman Pincher

2. Does she have any nicknames?

- Booboo

3. Does she have any special talents?

- She can walk like a human being!
- She can shake hands (paws) with you.
- She can swim on the carpet!



4. What are your favourite memories of her?

- When she needs to pee outside, she will go to the door and dance around in circles.

5. What are her favourite foods or toys?

- Fresh Blueberries
- Chicken
- Squeaky Toys



WOULD YOU LIKE TO FEATURE YOUR PET IN OUR NEXT EDITION?

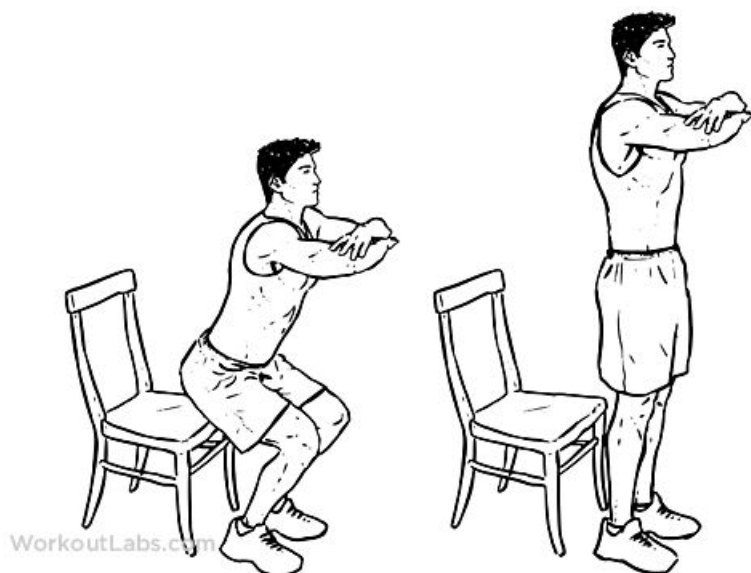
EMAIL SABA AT SENIORSSUPERVISOR@BURNABYNH.CA

OR CALL 236-858-4979

Exercises

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable clothing and supportive footwear.
- Use a firm, stable chair for support

Wide Leg Squat



- Sit on your chair with your back straight and both feet on the ground
- Place your hands across your chest and push yourself into a standing position using your legs
- Slowly bend back down into the seated position
- Repeat 10 times

Knee Extension

- Begin by sitting on your chair with your back straight, and both feet on the ground
- Extend your right leg into a straight position, while keeping your hamstrings against the chair seat
- Repeat 10 times for each leg



Exercises continued

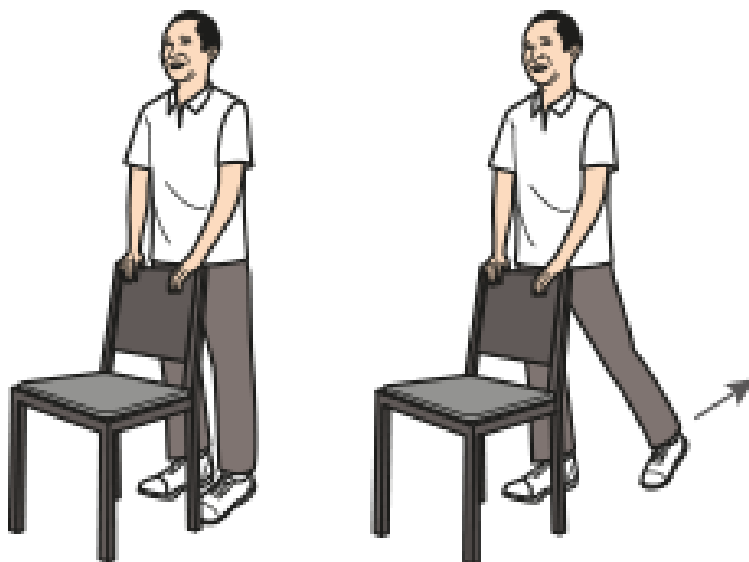
Standing Leg Curl



- Begin by standing behind your chair in an upright position, with both hands placed on the backrest of the chair
- Slowly flex the knee joint of your right leg, until reaching a 90 degrees position
- Slowly re-extend the right knee joint back into the straight position
- Repeat 10 times for each leg

Side Hip Raise

- Begin by standing behind your chair in an upright position, with both hands placed on the backrest of the chair
- Slowly raise your right leg 45 degrees out to its side
- Slowly bring your right leg back down and into its starting position
- Repeat 10 times for each leg



NEED A BUDDY TO WALK WITH?

Sign-up for our Walking Buddies Program! See page 16 for more information. Register with Alexis at alexish@burnabynh.ca or 604-431-0400

Important Phone Numbers To Have

Provincial Seniors' Phone Line

Monday- Friday, 8:30am - 4:30pm

1 877-952-3181

The Seniors Health Care Support Line has been established to allow seniors and their families, or other concerned individuals in their lives, to report concerns about care. This toll-free phone line is intended to supplement existing care concern avenues with dedicated support for seniors with complex needs.

Seniors will benefit from: Improved navigation with care concerns to appropriate health system channels. Improved access to support for unresolved care concerns. Increased confidence in the ability of the Ministry of Health to provide help when needed to resolve care concerns; and, Improved understanding of gaps and barriers in the health system that may impact effective resolution of seniors' care concerns and complaints.

Seniors Emergency Line

604-872-1234

The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair. We are here for you if you are worried about something, feel upset or confused, or you just want to talk to someone. The phone lines below are available in over 140 languages using a language service. Let us know which language you require, and we will try and provide an interpreter.

A Friendly Voice Seniors Chat Line (not for emergency use)

1-855-892-9992

A Friendly Voice is a telephone friendly visiting line for seniors. Every day of the year, trained volunteers are available to receive calls. Our volunteers visit with the callers and, when asked, can help identify programs and services in their community for the senior to contact.

BC211- Help Line For Anything

211

Life isn't always easy, but finding help can be. 211 connects you to programs and services in your community. Free | Confidential | 24/7 | 150+ languages Dial | Text | Chat

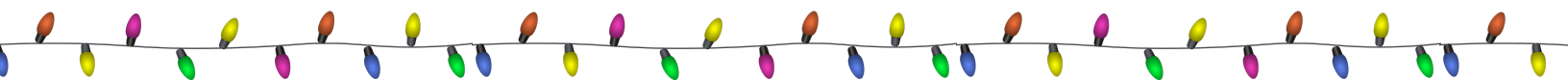
3 Ingredient Shortbread Cookies

Ingredients:

- 1 1/2 cups butter salted and softened at room temperature (3 sticks or 12 oz)
- 1 cup icing sugar (confectioner sugar or powdered sugar (4.4 oz))
- 3 cups all-purpose flour (13.2 oz)

Methods:

1. Preheat oven to 325 F degrees.
2. Add the butter to a large bowl and blend it until smooth using an electric mixer set at medium speed for about 30 seconds.
1. Add the icing sugar and continue mixing until well incorporated. Scrape down the sides of the bowl and combine thoroughly.
2. Add flour and mix at low speed until well blended. The mixture will be crumbled and soft.
3. Pat dough into an ungreased cookie sheet, lined with parchment paper, with the parchment paper hanging off the sides to make it easy to lift out the cookies. Alternatively you can roll out the dough so that it's about 1/4 of an inch in thickness, you can knead it a bit just so that the dough comes together, but don't overwork it, then cut into your desired shape.
4. Bake for 12 to 15 minutes, or until just done (slightly golden in color). Do not let them get brown. Remove from the oven. If using a cookie sheet, lift out the cookies from the sheet using the parchment paper and cut into desired shapes. Finish cooling the cookies on a rack.



Try new recipes while connecting with others via Zoom

Cook + Chat

Thursdays 10 am - 12 noon

Fridays 10 am - 12 noon

Free program for BNH members

To register for Lynn's Cooking Connection,
please email Lynn at kitchens@burnabynh.ca or
call her at 604-431-0400

Recipes will be emailed to you weekly



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BNH's 55+ Programs

Seniors Connections (Formerly Seniors Together)

We have three different types of social activities:

1) TELEPHONE-BASED PROGRAMS

Join our interactive telephone-based program to socialize, learn, laugh and create connections! Session topics include Mindfulness & Meditation; Travel; ; Explore Burnaby and more! Each session is around 30 minutes long. You will receive a phone call at the time of your session. Just dial '1' when prompted. It's that easy!

For more information or to register:

Contact Saba at 604-431-0400 or seniorssupervisor@burnabynh.ca

2) SENIOR'S CONVERSATION GROUP (ONLINE)

Please join us for a virtual group chat via Zoom to meet new friends, stay connected, and keep the mind active! Each week we introduce a different topic.

Wednesdays: 11:00 am – 12:00 pm

For more information or to register:

Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

3) SOUTH BURNABY NEIGHBOURHOOD HOUSE (IN-PERSON)

Come meet new friends and enjoy lunch (\$5 for lunch, Fridays only)!

Wednesdays: 10:00 AM to 2:30 PM

Fridays: 10:30 AM to 2:30 PM (Lunch starts at 12PM)

A breakdown of our Wednesday and Friday socials is available on a separate calendar. Please pick this up from our South location or call to have it emailed to you.

For more information or to register:

Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

Senior's Mondays & Computer Support (at North Burnaby Neighbourhood House)

Join us for coffee, tea, and snacks. Light lunch (Soup & a bun by donations). Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

Mondays: 10:00 am – 12:00 pm (In-person at BNH North House)

For more information: Call 604-294-5444 or email northinfo@burnabynh.ca

Qi Gong (Online)

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This practice can add to anyone's repertoire for health, stress management, and fitness. Join us in enhancing your own awareness of your energy! Qi Gong is also available in a beautiful North Burnaby park.

Mondays: 2:00 pm – 3:00 pm (Online)

For more information: Call 604-294-5444 or email northinfo@burnabynh.ca

Yoga (online)

Join us for our Zoom Yoga classes. Certified Yoga teacher, Mayra Chavez, will practice Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release your stress and physical tensions. Everyone is welcome!

Fridays: 7:30 am - 8:30 am (Online)

For more info or to register: email northinfo@burnabynh.ca or call 604-294-5444

Walking Buddies:

Interested in walking more and connecting with a neighbour? We will connect you with a buddy (in your area of Burnaby) to go for walks with, while following Public Health Orders.

For more information: Contact Alexis at 604-431-0400 or alexish@burnabynh.ca

COMING SOON:

Therapeutic Activation Program for Seniors (TAPS)

The TAPS program connects isolated seniors who face challenges accessing programs and services on their own. The program enables seniors to access activities, nutritious meals, social support and make connections to other community services. The program provides participants with opportunities to connect with and support each other. This day program runs 2 days per week and includes recreational and social activities and lunch. Transportation support is available. Cost: \$5 for lunch.

For more information or to register:

Contact Ann at 604-431-0400 or email annf@burnabynh.ca

BNH Services Spotlight:

Grocery/ Meal Delivery Program

Thanks to funding from United Way, we offer Grocery/Meal Delivery services. We provide food hampers, prepared meals, and grocery shopping & free delivery to frail seniors who are living with health challenges and are experiencing food insecurity.

For more info: *Contact Carina at 604.431.0400 or carinatl@burnabynh.ca*

Computer Support

Need tech support? We provide 1-on-1 support to help individuals apply for benefits and more.

- In-person at South House: Mondays 12:00 PM – 2:00 PM and Thursdays 3:00 PM – 5:00 PM (drop-in).
- In-person at North House: Mondays 10:00 AM - 12:00 PM (drop-in).
- Virtual or phone tech support: Mondays 12:00 PM - 2:00 PM and Thursdays 3:00 - 5:00 PM

Cannot make these scheduled times? We provide flexible online tutoring: we will pair you with a volunteer who will meet you online to answer your questions. Our volunteers can support you in English, Cantonese, Farsi, Mandarin, Korean, French and Punjabi languages.

To book a computer support session, call 604-396-7307 or email literacy@burnabynh.ca

Volunteer Opportunities:

For more information on volunteering, contact Janice at 604-294-5444 or janiceh@burnabynh.ca

Complete BNH's volunteer application process at <https://burnabynh.ca/get-involved-volunteer/>



Volunteer Shoppers ****Urgent****

Help make a difference for Burnaby seniors who can't shop due to mobility issues or health concerns, by shopping and/or delivering food to them! We are in high need of volunteers.

Seniors Programs Volunteer

We are looking for volunteers to lead social programs (in-person or over the phone!). You must be available during the weekday and during the day.

Walking Buddy Volunteer

Help with our Walking Buddy Program! Volunteers will be paired with a senior (in a similar area of the city) to walk & chat with either weekly or biweekly.

Virtual Cooking class

Holiday Desserts

By Francesca Dignerova

Join Francesca in this interactive & Live online cooking class and learn how to make two classic holiday Rum Balls and Horseshoe cookies from scratch.

Dec. 9 | 10 - 11 am | Zoom



Register at northinfo@burnabynh.ca or

 **604.294.5444**





Jan 11-Feb 15, 2022

Tuesdays: 1:00-3:00 pm

BNH North House
4908 Hastings Street

Join us for an hour or two each week to share your writing with an audience of like-minded people.

No qualifications needed and any age is welcome -- just a desire to write your story down -- and have someone listen and respond.

Wanna share your life story or memories as a written legacy and receive positive feedback from like-minded audience?

Join us for the

Life Writing



In-person Program
(a proof of full vaccination is required)

Learn more or to register,
Email northinfo@burnabynh.ca or call **604-294-5444**.

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4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

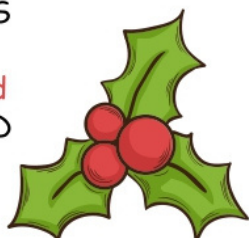
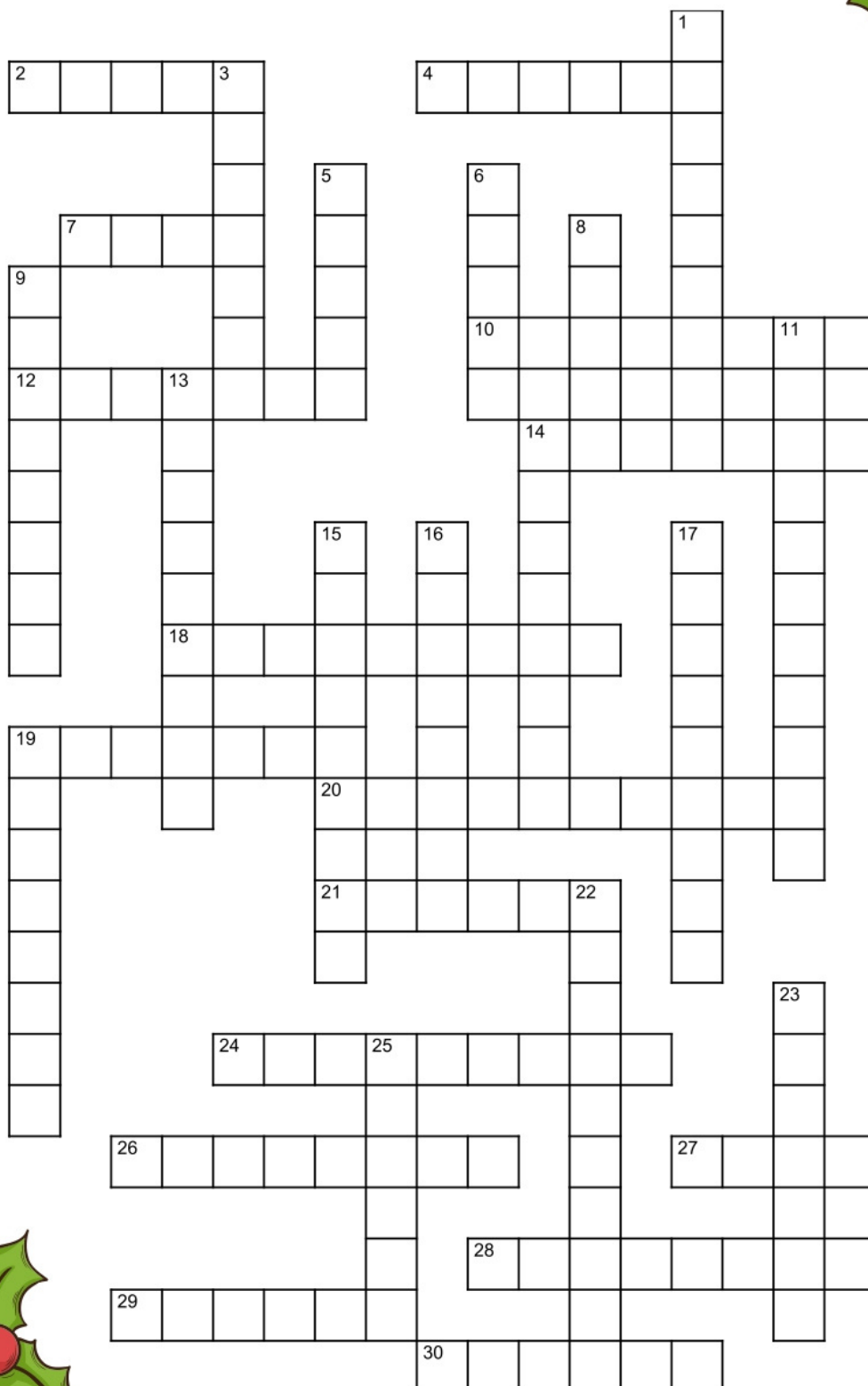
11 Letter Word

GINGERBREAD

Christmas Joy

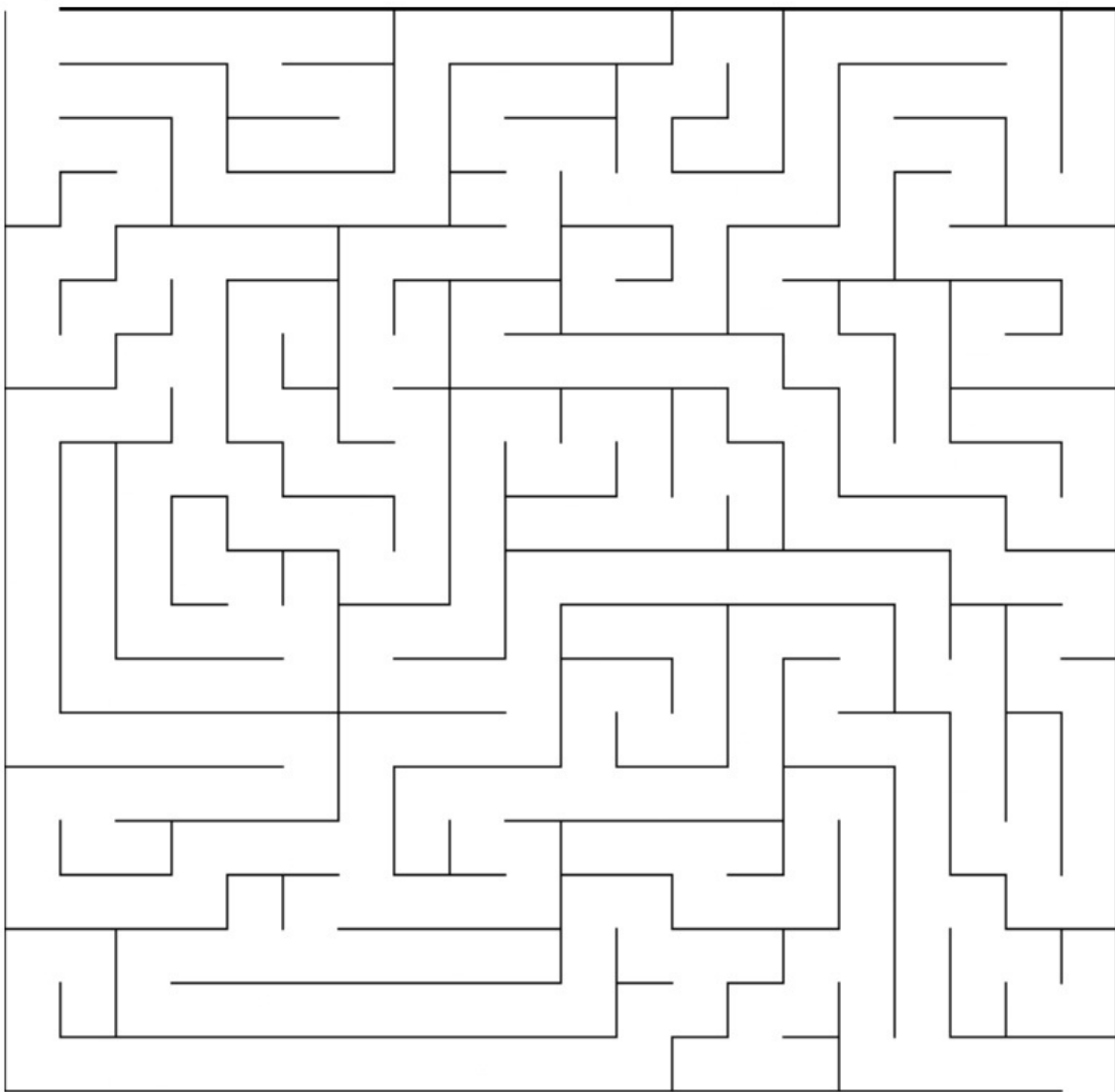


DIRECTIONS: Fill in the crossword grid with the provided words.



Maze

Instructions: Trace the path through the maze. Help get Rudolph to Santa Claus for Christmas.



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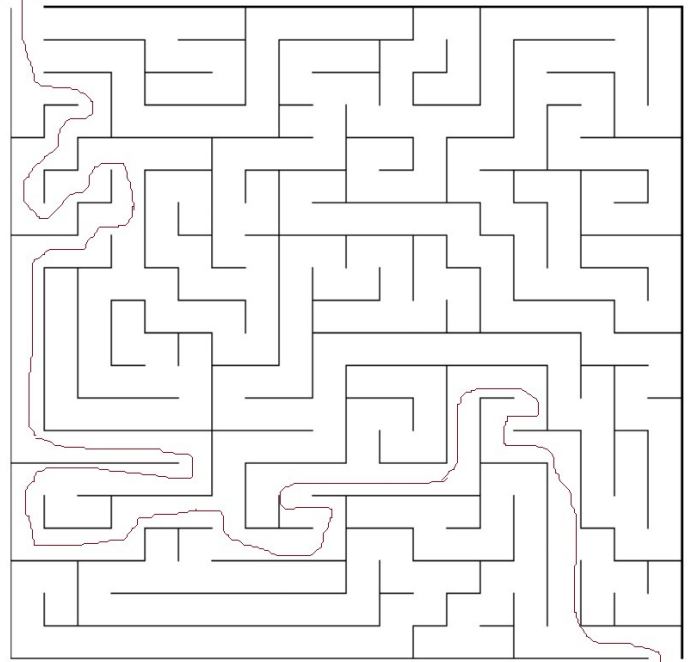
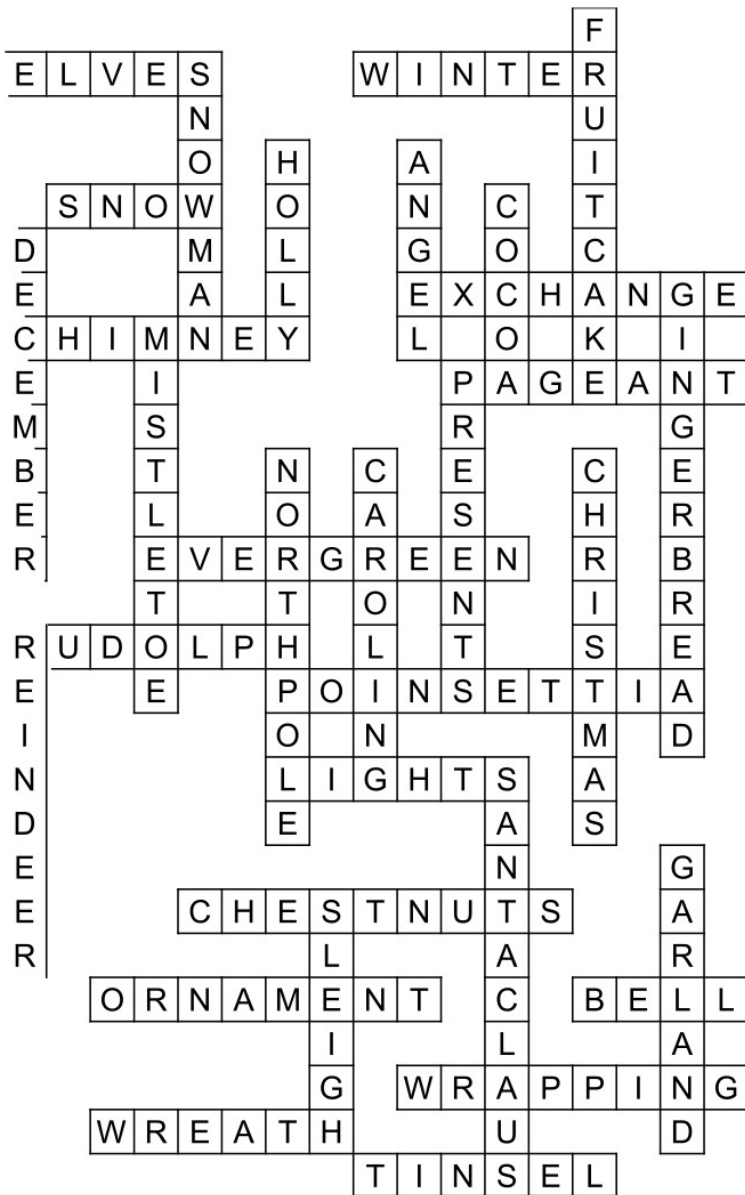


Finish

Puzzle Solutions

Crossword Fill In

SOLUTION



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Finish

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United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



BC HOUSING

Beedie/