

# JULY 2022



*The latest news and updates for  
Burnaby Neighbourhood House Members 55+*

## Meet Valerie Jackson! Our TAPS Activity Supervisor!

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### 1) What is your role at BNH?

I was recently hired as the TAPS Activity Supervisor. My role involves planning and running a new seniors day program in Burnaby - opening soon! I'm also helping BNH's Fans and Spray Bottle Drive and Delivery happening during the summer .

### 2) What do you love about your role?

I love meeting seniors in the neighbourhood and being able to plan a day program based on their interests and needs. The staff are welcoming and helpful! It's amazing supporting the community, and it's so nice to hear the clients talk about how much they love BNH.

### 3) Tell us something interesting about yourself!

I'm a huge cat lover. We have been fostering cats for about 5 years and after the 17th foster (yes, 17), we decided to keep this one! Our cat "Pancake" is my 3 -year-old son's favourite new friend, and she is the perfect addition to our little family.





**WIN UP TO \$5000!**



# 50 Summer Raffle 50

**Draw Date: Thursday, August 11 @ 4:30 PM  
at BNH Street Party | 4460 Beresford Street, Burnaby**

**Buy online at  
[trellis.org/BNH](https://trellis.org/BNH)**



**1 for \$10    3 for \$25**

**BURNABYNH.CA**

**All funds raised go towards BNH's Programs and Services**

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



# Important Updates

Burnaby Neighbourhood House recommends mask-wearing when in our buildings and programs. Please note that some select in-person programs will continue to require masks, such as our computer cafes. Unsure if your program requires mask-wearing? Please call our office (South: 604-431-0400 or North: 604-294-5444). Thank you for your cooperation!

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## COVID-19 Vaccine Booster Doses:

Need to book your COVID-19 vaccine booster? Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/>

**Need a ride to a COVID-19 vaccine appointment? Transportation is available:**

- 1: Register for your vaccine at <https://www.getvaccinated.gov.bc.ca/s/>
- 2: Complete the form (online only): <https://www.fraserhealth.ca/bookaride>
- 3: Fraser Health will contact you within 1-3 business days with the date and time of your appointment and transportation details.

Thank you Fraser Health, Translink, BC Transit, and HandyDART!

**Need assistance? Contact Alexis at 604-431-0400 or email [alexish@burnabynh.ca](mailto:alexish@burnabynh.ca)**

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## COVID-19 Rapid Tests

You can get free rapid antigen testing kits from a local pharmacy! Remember to bring your Personal Health Number.

A test should only be used if you develop symptoms of COVID-19 and want to confirm a positive or negative result. You're allowed 1 kit every 28 days. You **can't** pay for additional kits.



# Tips to Beat The Heat

## Cool Your Body



- Wet clothing to help bring down body temperature
- Use water-soaked cloths or cooling packs on neck/wrists
- Sit in or put legs in cool (not cold) bath

## Hydrate



- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty. Thirst is not the only indicator of dehydration

## Reduce Indoor Heat



- Daytime: cool living and working areas by closing windows, and use window coverings, air conditioners and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

## Protect Your Pets



- Provide shade & cool drinking water & baths
- Never leave pets unattended in cars or direct sunlight
- Plan outdoor activities during cooler parts of day. Asphalt might be too hot for bare paws

## Avoid Sun Exposure



- Wear wide-brimmed, breathable hat or use umbrella
- Avoid / limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen

## Ask Your Doctor



- If taking medications, ask your doctor, nurse, or pharmacist if you need to be extra careful
- Some medical conditions may increase vulnerability during hot weather

## Check on Others



- Visit or call family & neighbours when you can

## Avoid/Limit Alcohol & Caffeine



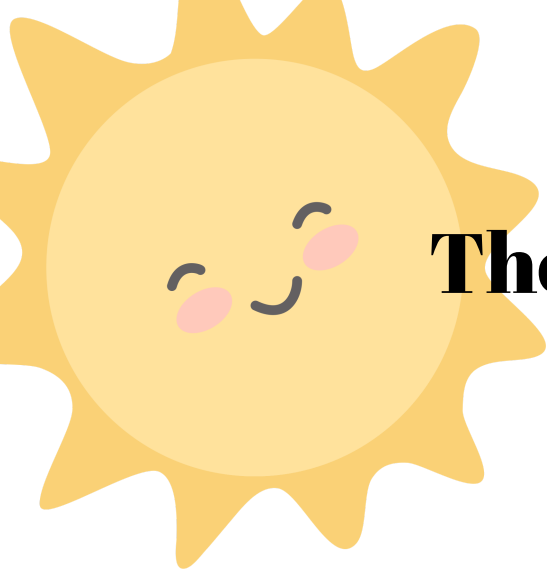
- These can lead to dehydration

**Extreme heat can be dangerous.**

[www.healthlinkbc.ca/more/health-features/beat-heat](http://www.healthlinkbc.ca/more/health-features/beat-heat)

[www.bchousing.org/projects-partners/extreme-heat](http://www.bchousing.org/projects-partners/extreme-heat)





# The Sun and the Wind

By: Aesop



The sun and the wind once had a quarrel as to which was the strongest. Each believed themselves to be the more powerful. While they were arguing they saw a traveler walking along the country highway, wearing a great cloak.

“Here is a chance to test our strength,” said the wind; “let us see which of us is strong enough to make the traveler take off his cloak; the one who can do that shall be acknowledged the more powerful.”

“Agreed,” said the sun.

Instantly the wind began to blow; he puffed and tugged at the man’s cloak, and raised a storm of hail and rain, to beat at it. But the colder it grew and the more it stormed, the tighter the traveler held his cloak around him. The wind could not get it off

Now it was the sun’s turn. He shone with all his beams on the man’s shoulders. As it grew hotter and hotter, the man unfastened his cloak; then he threw it back; at last he took it off! The sun had won.





# Meet Ximena's dog: Archie!

## 1. How did you choose his name?

- We have had dogs before and we usually name them after a comic book character. When he was a smaller puppy, he had strawberry blonde hair so we named him Archie after the "Archie" comics.

## 2. How did Archie become part of your family?

- We used to take care of our friend's Whoolde (wheaten terrier x poodle), and we fell in love with him. We were on a 2-year waitlist with a breeder. Last year on my birthday I got a call: the breeder had a puppy for us! I did a road trip to Cochrane, Alberta to pick him up. If it wasn't for Archie, I would have never seen Banff and Lake Louise.



## 3. Interesting facts about Archie.

- Wheaten's are know for the "wheatin' greetin'". They greet you at the door and jump to touch nose to nose. Archie also lets me floss his teeth so he can impress the other dogs at the park with his shiny teeth.

## 4. Any special talent(s)?

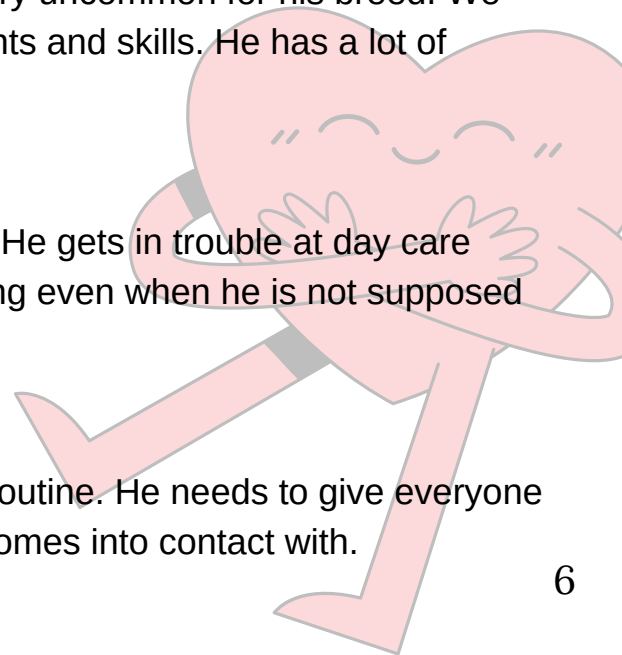
- Archie is a high jumper and can jump 6ft high. This is very uncommon for his breed. We are planning to put him in agility course to show his talents and skills. He has a lot of energy and needs to go on 10km runs.

## 5. What is Archie's favorite pastime?

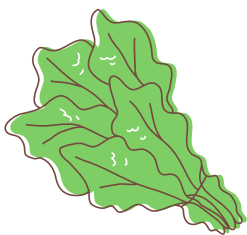
- He loves going to day care and playing with other dogs. He gets in trouble at day care because he breaks into the pool area and goes swimming even when he is not supposed to go in there.

## 6. What is your best moment with Archie?

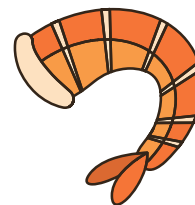
- My best moment with Archie are his morning and night routine. He needs to give everyone a hug. He is a lovable dog who anyone or anything he comes into contact with.







# SUNOMONO SALAD



This refreshing Japanese noodle salad takes less than 20 minutes to prepare.

## Ingredients:

Serves 4

### MARINADE

- ½ cup rice vinegar (not seasoned)
- 3 tablespoons granulated sugar
- ¼ teaspoon salt
- 1 tablespoon sake\*
- 1 dash soy sauce
- ¼ teaspoon grated ginger root



### OTHER INGREDIENTS

- ¼ lb shrimp (cooked)\*\*
- ¼ lb crabmeat (or artificial crab)\*\*
- ½ cucumber, thinly sliced
- 250 g thin rice noodles
- 2 green onions, sliced on a sharp diagonal

\*If you don't have sake (a Japanese alcoholic beverage), you can leave it out or substitute with white grape juice.

\*\* Shrimp and crab are optional; this can be a delicious vegan salad without seafood

### Directions:

1. Mix all the marinade ingredients together and set aside.
2. Bring water to a boil and put in noodles; stir noodles for 3-4 minutes until cooked.
3. Drain the noodles in a colander and cool under running cold water, drain as much water off you can.
4. Mix cooked, cooled noodles; green onions; cucumber; shrimp and crab meat in a bowl. Pour marinade over noodles. Mix well, cover and refrigerate allowing the flavors to combine (just an hour or two). Serve cold.

# BNH Programs - North House

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



## Senior's Social & Computer Support (In-person)

Join us for coffee, tea, and snacks. Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

**Mondays 11:00 am – 12:00 pm**



## Quilting & Crafting for a Cause (In-Person)

Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

**Tuesdays 1:00 pm – 3:00 pm**



## Tai Chi (In-person)

Join us for a fully guided meditative 1.5 hour of exercise exploring a gentle flow of progressive movements.

**Mondays 1:00pm – 2:30pm    Tuesdays 10:30am – 12:00pm**



## Qi Gong

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!

**Mondays 2:00 pm – 3:00 pm on Zoom    Thursdays 9:45am – 10:45am at Willingdon Heights Park**

## EAL Conversation (In-person)

Are you an intermediate English speaker waiting for a chance to meet new people, learn Canadian culture, and boost your English? Join our EAL program to bring your English conversation to a next level.

**Mondays 3:00pm – 4:00pm**



## 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 on Zoom**



# BNH Programs - South House



For more information or to register for programs, contact:  
604-431-0400  
4460 Beresford St.



## Senior's Social & Games (In-person)

Join us Friday mornings for a cup of tea or coffee. Meet new friends over conversations, playing board games or cards.



## Movement for Health (In-person)

Join us for Tai Chi as we focus on slow-flowing movement and focused breathing.



## Lunch (In-person)

Join us on Fridays to meet new friends while enjoying a nutritious and delicious lunch for \$5.

For days and times of the activities listed above, please pick up the Program Schedule, or have it e-mailed to you. Contact **Rita** at 604-431-0400 or [ritac@burnabybh.ca](mailto:ritac@burnabybh.ca)



## Family and Friend Caregiver Support Group (Online)

Share experiences, seek support and exchange resources and information with other family and friend caregivers. 2nd and last Monday of the month 6:00-8:00PM on Zoom

## Caregiver Afternoon Tea

Join other family and friend caregivers on the first Thursday of each month for a cup of coffee or tea and connection!

For more information on Caregiver Support, contact Kathy at [kathyb@burnabybh.ca](mailto:kathyb@burnabybh.ca) or 236-885-7303



# JULY 2022

## IN-PERSON SOCIALS AT SOUTH



Contact Rita at  
604.431.0400 or email  
ritac@burnabynh.ca

Monday

Tuesday

Wednesday

Thursday

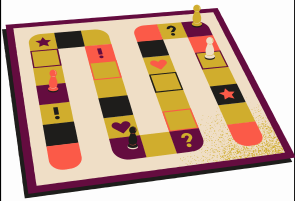
Friday

For a detailed schedule, please  
take a copy from South House or  
contact us

1

BNH  
Closed

4



5

6

10:00-12:00  
Tai Chi

7

Sign-up for  
Friday Lunch  
before  
3:00pm on  
Thursdays

8

10:00-5:00  
Bingo, Lunch,  
Sewing, Tai  
Chi

11

12



13

10:00-12:00  
Tai Chi

14

15

10:00-5:00  
Social, Lunch,  
Sewing, Tai  
Chi

18



19

20

10:00-12:00  
Tai Chi

21

Sign-up for  
Friday Lunch  
before  
3:00pm on  
Thursdays

22

10:00-5:00  
Social, Lunch,  
Sewing, Tai  
Chi

25

26

27

10:00-12:00  
Tai Chi

28



29

10:00-5:00  
Workshop,  
Lunch,  
Sewing, Tai  
Chi



# Across Burnaby



## ***Dementia Friendly Cafe (Hybrid - Online and In-person)***

Each month join others living with dementia and their families & friends as we socialize and participate in workshops by guest speakers.

***2nd Thursday of the month from 1:00-2:30PM on Zoom***



## ***Dementia Friendly Choir - The New Dementians (Online)***

Join our dementia-friendly, multicultural, and inter-generational choir! A certified music therapist guides the group through stretching, songs, stories, sharing, sorrow and celebration.

***Most Saturday mornings from 10:30AM-12:00PM on Zoom***

To register for our Dementia programs, contact [faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca) or call (604)-375-5778



## ***Friendly Phone Calls***

Do you sometimes feel lonely and want a person to talk with? Stay connected through weekly phone calls from a volunteer! To sign up contact Rita at [ritac@burnabynh.ca](mailto:ritac@burnabynh.ca) or 604-431-0400

## ***Senior Peer Support***

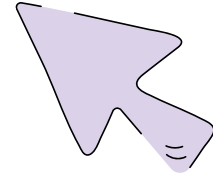
Trained volunteers provide one-on-one support to seniors who are experiencing anxiety, social isolation, frustration, or difficulties because of life changes.

To register, email Kathy at [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca) or call 236-885-7303





# BNH Services Spotlight:



## Computer Support

Need tech support? We provide 1-on-1 computer support to help you apply for benefits and more!

- South House: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm
- North House: Mondays 10:00am–12:00pm
- Virtual or phone: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm

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

To book computer support, call 604-396-7307 or email [literacy@burnabynh.ca](mailto:literacy@burnabynh.ca)

## TAPS Community Day Program - Starting this month!

Have you been experiencing health or mobility barriers? Are you finding it difficult to socialize or participate in community programs as a result? Join our new program and have fun with other seniors, chatting, playing games, and enjoying meals together!

Transportation support are available. Cost: \$5 for lunch.

Contact Swapna at 604-653-0249 or [swapnaa@burnabynh.ca](mailto:swapnaa@burnabynh.ca) to register.

## Grocery and Meal Delivery Program

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 information: Contact Rita at 778-288-3747 or [ritac@burnabynh.ca](mailto:ritac@burnabynh.ca)

## Settlement Services:

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer to your questions and support your settlement and integration in your new community. Services are available Arabic, Cantonese, Mandarin, Farsi, Dari, Filipino, Spanish, Vietnamese, Hindi, or Punjabi.

Contact [settlementprogram@burnabynh.ca](mailto:settlementprogram@burnabynh.ca) or 604-431-0400 (South) or 604-294-5444 (North)







The Burnaby Neighbourhood House is a charitable non-profit organization. A volunteer driven community-funded agency with a unique focus on neighbours supporting neighbours

# COMMUNITY BBQ

Gilpin Park	July 13
Maywood Park	July 20
Stride Park	July 27

6:00pm TO 8:00pm

Let's reconnect with our neighbours for food, activities and entertainment!  
Bring a picnic blanket or chair!

HOT DOG , CHIPS & DRINK \$2

- Vegetarian & Halal Options Available \*

FREEZIES \$1



Connect with us:

BurnabyNH.ca

Email: [Info@burnabynh.ca](mailto:Info@burnabynh.ca)

Phone : 604-431-0400

# DEMENTIA FRIENDLY CAFÉ

Gathering of seniors, those with memory loss, and their  
family and friend caregivers

## Let's Destigmatize Dementia Together!

During our online portion we will cover:

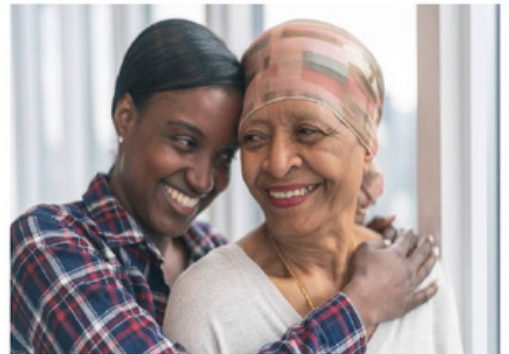
- Use of Dementia Friendly Language
- The Canadian Charter of Rights for People with Dementia
- Learn How to Destigmatize Dementia

**Speaker:** Christine Dobbelsteyn, Gerontologist and Registered counsellor

**After, join us in-person!**

Join us at the Amazing Brentwood mall from 4:00-5:30PM for a social!

Please remember to bring your cup of favorite beverage!



**Dementia Friendly Café is now partly in-person**



**When: Thu, July 14th, 2022**

**1:00—2:00 PM (Zoom)**

**4:00—5:30 PM (in-person)**

**Where:**

**Amazing Brentwood**

**Register:**

**Contact Faryar at**

**[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca)**

**or**

**604-375-5778**



Family Caregivers  
of British Columbia



BURNABY  
COMMUNITY  
SERVICES



United Way  
British Columbia

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

Burnaby Family and Friend Caregiver Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC



# CONTINUING SUPPORT & EDUCATION SERIES

Burnaby Seniors Outreach Services Society

## How To keep Hydrated

**Who: For Seniors, Family and Friend Caregivers**

**Date: Wednesday, July 13th**

**Time: 10:00-11:30 AM**

**Where: Online**

**Speaker: Wendy Scott (Registered Dietician)**



Invitation link will be provided upon RSVP to  
[faryar@bbyseniors.ca](mailto:faryar@bbyseniors.ca) or 604-375-5778



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

Burnaby Family and Friend Caregiver Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC



# Reduce Conflicts between Caregivers and Persons in Care



Free Program for Seniors and Their Family  
And Friend Caregivers

## In-Person Workshop

Giving care to family members is very rewarding. Sometimes it is also difficult.

In this workshop, you will learn:

- What you can do when conflict arises
- How you can keep the peace
- How to reduce conflict and stress
- Common types of conflicts, and how to decrease them when giving care

**When: Tuesday, July 26th, 3:00-4:30 pm**

**Where: BNH Banquet Hall (4460 Beresford St, Burnaby)**

**Speaker: Karen Tyrell, Dementia Consultant and Educator**

**To Register Contact:**

**Faryar@bbyseniors.ca**

**C: 604-375-5778**

**T: 604-291-2258**



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



CONNECT

ENGAGE

BELONG

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.

**ZOOM**

**Mondays**

ongoing

**2- 3 pm**

**QI**

**GONG**

Join us in enhancing your own  
awareness of your energy!

**IN PERSON**

**Thursdays**

Jun- Aug 2022

**9:45 - 10:45 am**

**Willingdon Heights Park**



**Register:** [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) OR 604-294-5444

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

# EAL CONVERSATION

English Additional Language Conversation

**MONDAYS**

**3PM-4PM**

**BNH NORTH HOUSE**

(4908 Hastings St. - Vaccine Passport Required)

Are you an intermediate English speaker waiting  
for a chance to **meet** new people, **learn** Canadian  
Culture, and **boost** your English? We have a new  
in-person EAL Conversation waiting for you!

Join our EAL program, facilitated by  
Ursula Salemin-Roos, a professional English teacher,  
to bring your English Conversation  
to a next level!



For more information or to register:

Phone: **604-294-5444** | Email: [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)



**Burnaby Neighbourhood  
House Presents:**

# **WE ARE BURNABY**

We Are Burnaby is an online magazine that features local stories by community members. Through short stories, poems, music, art, photography, and other forms of storytelling and visual works, we welcome you to share your voice, wisdom, and creativity with the Burnaby community.

**SHARE YOUR STORY WITH  
YOUR COMMUNITY.**

**Submit your story at  
[weareburnaby@burnabynh.ca](mailto:weareburnaby@burnabynh.ca)**





## 7 Numbers Every senior needs

How to get help for  
any health concern

HEALTH INFORMATION **1**

**811**  
HealthLink BC

**When:** 24 hours/day, 7 days/week

**Why:** Feeling unwell or have a minor injury and are unsure what to do? Have a health question or need advice on a health issue?

**What:** Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services.

## PERSONAL HEALTH **2**

YOUR DOCTOR'S #  
Nearest walk-in clinic #

**When:** Office/clinic hours

**Why:** Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen to soon. If you don't have a doctor, a walk-in clinic may be a good option. Or, call 811 for advice.

## HOME HELP **3**

**604-268-1312**  
Better at Home

**When:** Office hours vary by community

**Why:** Need friendly visits; transportation to appointments; light housekeeping; grocery shopping? Some services may be free, based on your income.

*Adapted from Fraser Health, BC211, HealthLink 811, and Better at Home's '7 Numbers Every Senior Needs'*

## HOME HELP **4**

**1-855-412-2121**  
Fraser Health Service Line

**When:** 8:30-4:30, 7 days/week

**Why:** In-home personal care, home care nursing or rehab, palliative care, adult day program or caregiver respite services.

**What:** Trained staff will identify your needs and refer you to the services you need. Some services may be free, based on your income.

## MENTAL HELP **5**

**604-951-8855**  
**1-877-820-7444**  
Fraser Health Crisis Line

**When:** 24 hours/day, 7 days/week

**Why:** If anything is causing you worry, distress, such as suicidal thoughts or feelings, mental health concerns, addiction, abuse, family and relationship conflicts, loss, or loneliness.

**What:** Free confidential emotional support, crisis intervention and community resource information.

## COMMUNITY SERVICES **6**

**211 (bc211.ca)**

**When:** 24 hours/day, 7 days/week

**Why:** Need a service but not sure where to find it? An information and referral specialist can give you phone numbers for community and government services.

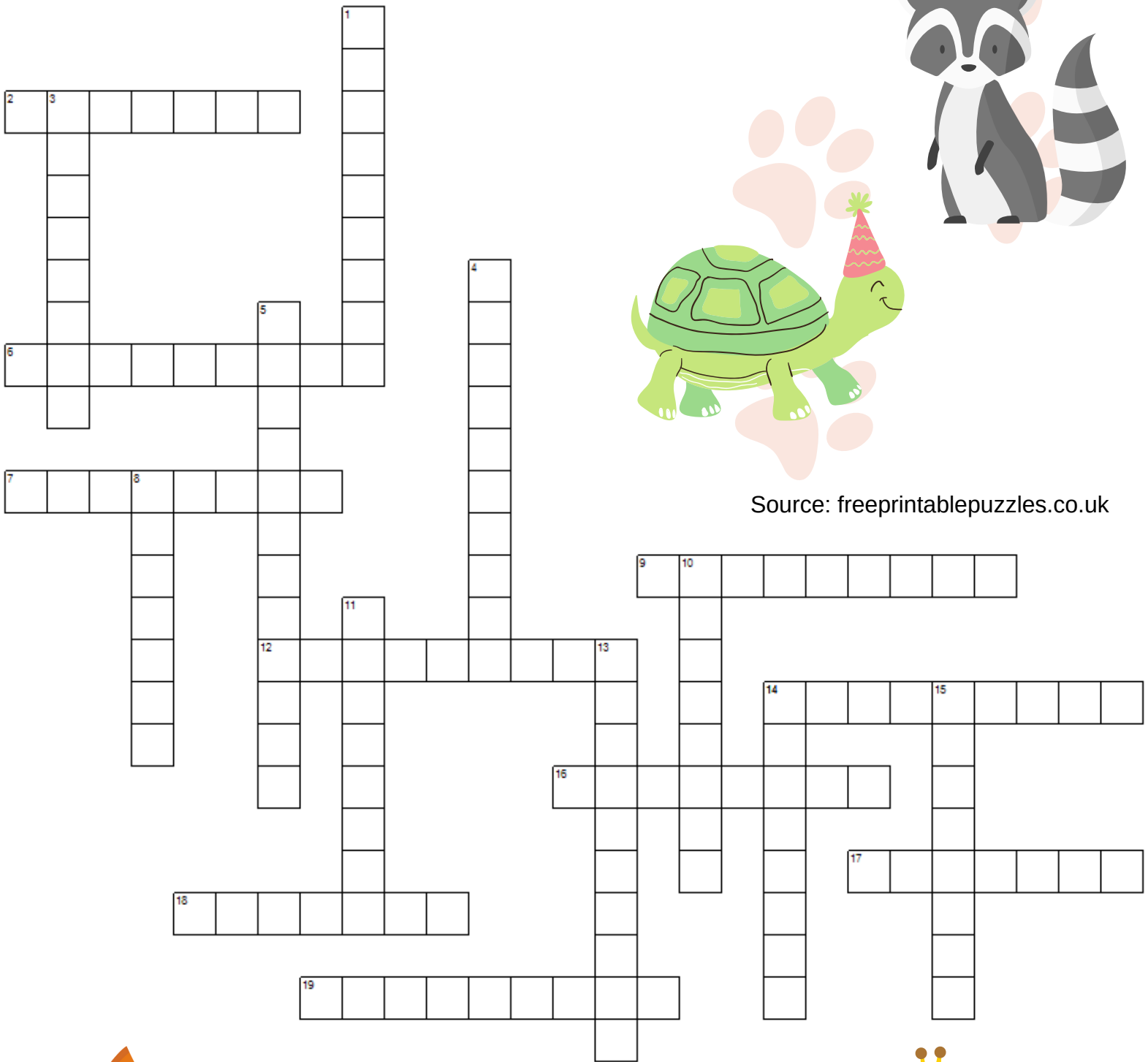
## EMERGENCY SERVICES **7**

**911**

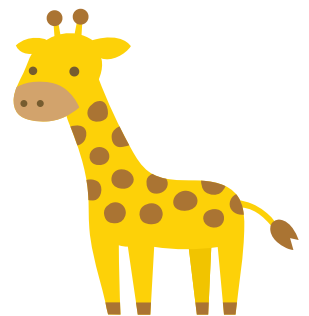
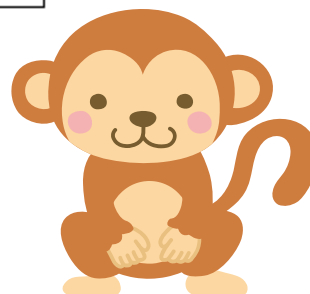
**When:** 24 hours/day, 7 days/week

**Why:** Any serious emergency. Paramedics will come and assess whether you need to be taken to the local Emergency department.

# Crossword Puzzle - Animals



Source: [freeprintablepuzzles.co.uk](http://freeprintablepuzzles.co.uk)





## Across

- 2. Black leopard
- 6. Large snapping reptile with big teeth
- 7. Australian leaping animal that has young in a pouch
- 9. Small mammal with protective plates
- 12. Large reptile with big teeth similar to a crocodile
- 14. Large seabird with longest wingspan
- 16. Long nosed mammal that feeds on ants and termites
- 17. Large spotted cat
- 18. Fastest land animal
- 19. Colour changing reptile

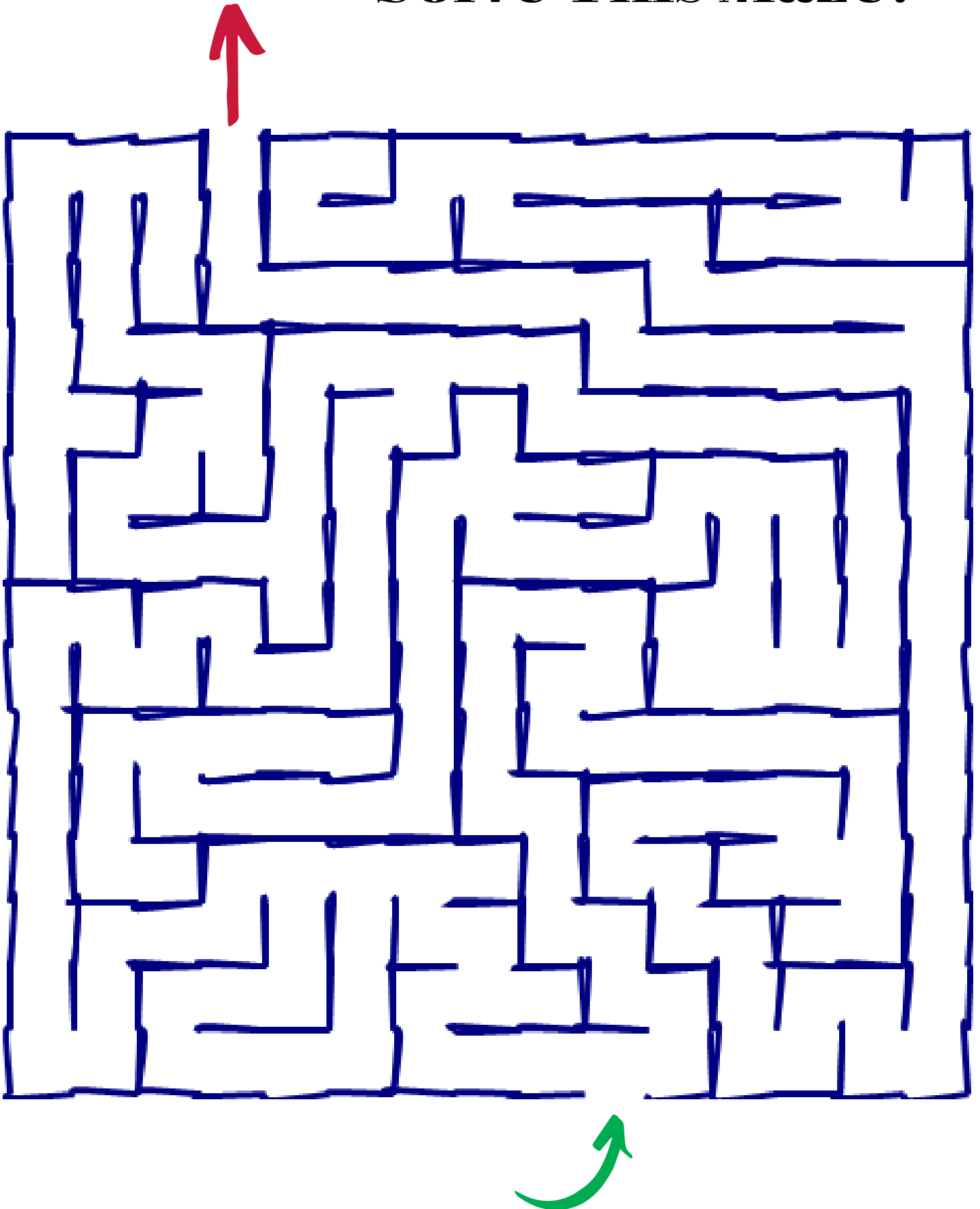
## Down

- 1. Spiky rodent like a large hedgehog
- 3. Nocturnal, African mammal and the first animal listed in the dictionary
- 4. South American thick furred rodent
- 5. Large mammal often called the "river horse"
- 8. Small swift antelope
- 10. Rudolph is the most famous one
- 11. Large grey animal with a trunk and tusks
- 13. Large horned animal
- 14. Deer like mammal with horns found in Africa, Asia and parts of America.
- 15. Slow moving creature that carries its home on its back

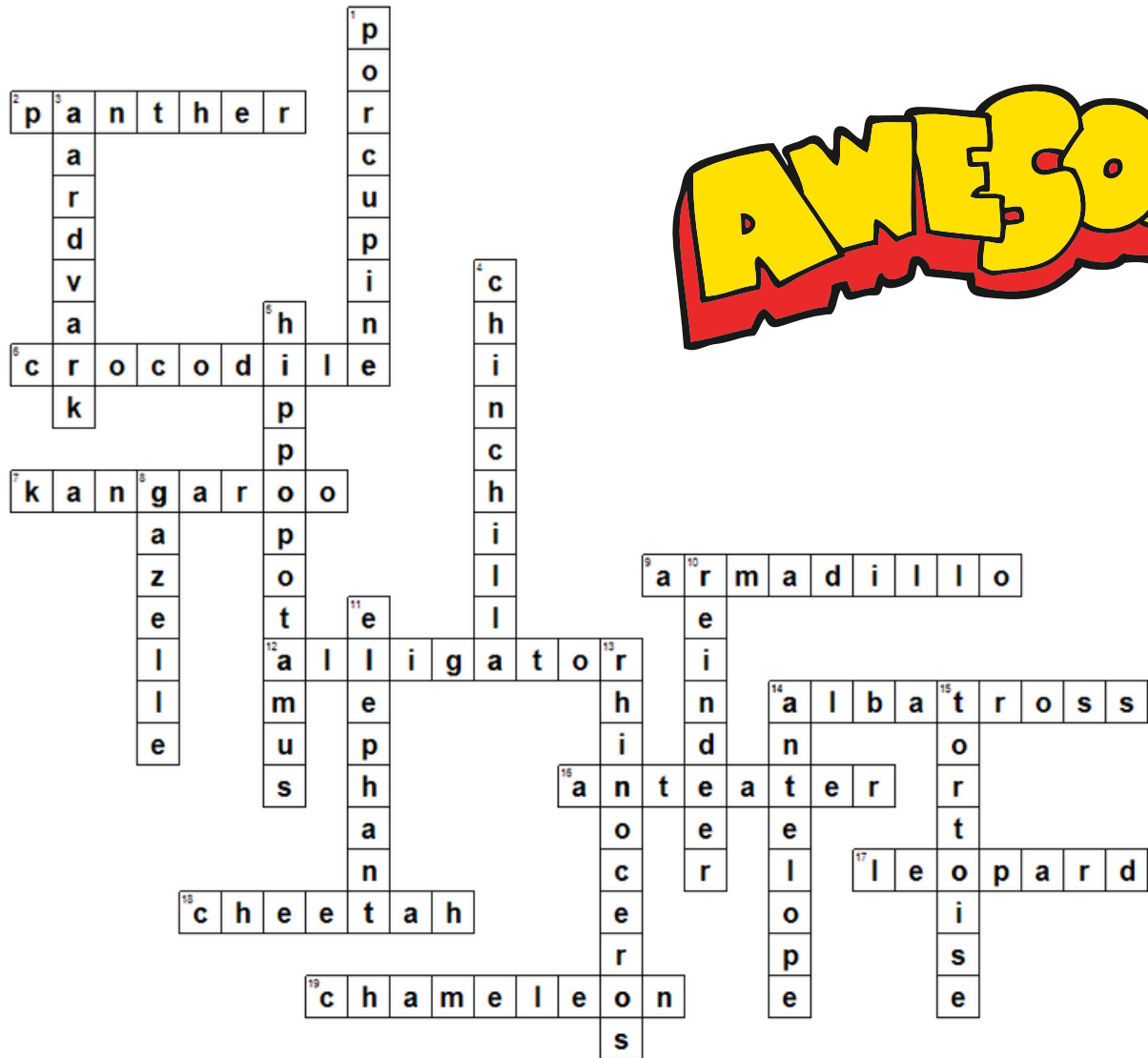




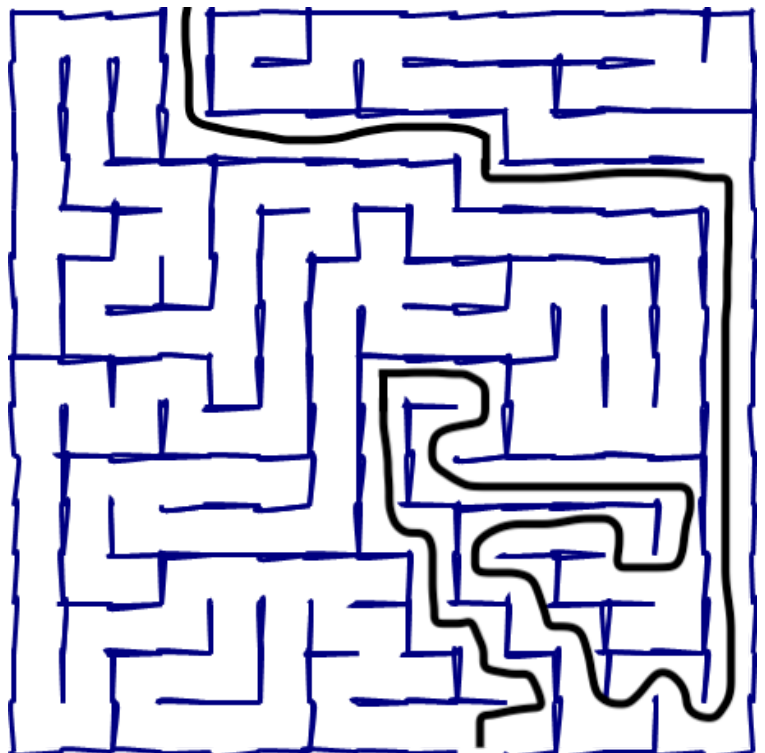
# Solve This Maze!



# Puzzle Solutions



**AWESOME!**



# BNH MEMBERSHIP 2021-2022



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

**Become a member or renew your membership** by completing our membership form at: [https://burnabynh.ca/about\\_membership/](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:**

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3. E-Transfer: send your fee to [finance@burnabynh.ca](mailto:finance@burnabynh.ca) with the password 'membership'
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THANKYOU

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