



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

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#### Seniors' Resource Navigation Supervisor

I am the new Seniors Resource Navigation Supervisor (AKA the Seniors Resource Navigator) at BNH. My role is to facilitate seniors' access to community-based supports, resources, and government benefits.

I support a team of volunteers in hosting Seniors Form Filling Clinics, offering resource navigation, and providing one-on-one support to address individual needs.

Outside of work, I like listening to audiobooks and podcasts. I have a cat who was featured on the previous edition of this newsletter.









### **Burnaby Neighbourhood House**

**Brentwood House** 

# Social!

Thursday | August 14, 2025 4:30PM - 7:30PM 2055 Rosser Ave.

#### **FUN ACTIVITIES FOR ALL AGES:**

Bouncy Castle Music | DJ Entertainment **Community Resources** 

HOT DOG/CHIPS/DRINK \$5





Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territoriesof the Tsleil-Wauthuth (səl İlilw w əta?t), Kwikwetlem (kwikwəλ λ əm), Squamish (Skwx x wú7mesh Úxwumixw) and Musqueam(xwməθkwəy y əm) nations with a unique focus on neighbours supporting neighbours.



# **MEET THE TEAM**



Alexis Haig
Manager of Seniors'
Services



Hilda Eng Kitchen Coordinator



Greg Oudman QUEST+ Project Lead



Gaby Rodriguez
Senior Peer &
Caregiver Support
Coordinator



Blenn Dioces
Caregiver &
Dementia Programs
Coordinator



Maryam Torabizadeh
Farsi/Dari Senior
Program Supervisor



Justine Tsui
Seniors
Community
Connector



Dali Qu Chinese Caregiver Supervisor



Cheri Staples
Seniors' Resource
Navigator



Eddie Pham Seniors' Volunteer Supervisor

#### **TAPS TEAM**



Lea Kovalchuk Seniors' Social and **Day Programs** Coordinator



Vivian Ling Seniors' Social and **Day Programs Activity Supervisor** 



**Shahnaz Gozal Kitchen Supervisor** 

#### **BC HOUSING TEAM**



Lynn Leong **BC Housing** Coordinator - Doug **Drummond** 



**Dee Batt BC Housing** Coordinator



Sara Martinez **BC Housing Seniors Activity Supervisor** 

#### **BETTER AT HOME TEAM**



**Emily Chan** Better at Home Coordinator



Cynthia Lu **Seniors Food** 



**Kathy Bobicki Supervisor** 



Sabrina Lou Program Supervisor Seniors Transportation Housekeeping & Food **Programs Supervisor** 



## **Heat can be dangerous!**

Tips to help seniors prepare for heat

#### Talk to your family doctor or nurse practitioner about your heat plan

- Some conditions and medications can make heat more dangerous



#### Use water to cool down



- Drink plenty of water
- Wear wet clothing or damp towels
- Put an ice pack against your neck
- Take cool baths or showers
- Place your feet in cool water

#### Keep your home cool and watch its temperature



- Keep windows and blinds closed during the day and open them at night
- If your home is over 31°C, go to a building with air conditioning. If you can't, use water to cool down.
- Fans don't cool the air, so don't blow hot air at yourself. It can make you hotter, not cooler. Use fans to move cool air in from outside.



Part of a Burnaby-based project to respond to extreme heat events.

www.burnabypcn.ca/heat-safety-for-seniors

Sponsored by

Created by



#### **Burnaby** Primary Care Network





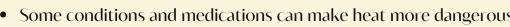












Heat is especially risky for seniors

#### Make plans for someone you know to check on you



 Check-ins should be at least twice a day when it is very hot

#### Learn the signs of heat exhaustion vs heat stroke



Heat exhaustion is not as dangerous as heat stroke but can lead to heat stroke. Call 8-1-1 for advice if you have symptoms.

#### **Heat Exhaustion:**

- Feeling sick/throwing up
- Headache/muscle cramps
- Rapid heart beat and breathing
- Skin rash or heavy sweating
- Take action: move to a cool space, drink water, cool skin with water

#### **Heat Stroke:**

- Dizzy/fainting
- Less coordinated
- Confused
- Very hot/red skin
- Take <u>urgent action</u>: Call 911 or take someone to a hospital, bathe in cool water or cover with wet towels until help arrives

# Meet Virgil's Cat, Toxedo



Toxedo isn't just a cat—he's a personality. A Persian Tuxedo with a luxurious coat and a strong sense of ownership, he came into Virgil's life three years ago in the quiet mountain town of Princeton, BC. Since then, he's been more than just a pet; he's been a companion, a performer, and an unchallenged ruler of his domain.

Every day, like clockwork, Toxedo belts out his signature "myahh myahh"—a dramatic, almost operatic meow that signals it's time to eat. It's less a request and more of a royal decree, and Virgil wouldn't have it any other way. Toxedo's routines are sacred, his timing impeccable, and his charm undeniable.





But behind the glamour and theatrics is a fierce little guardian—especially when it comes to his favorite toy: a grey plush dolphin. Whether he's batting it around the living room or curled up beside it during naps, the dolphin is strictly off-limits to everyone else. Toxedo is more than just a cat—he's a character, a constant, and a cherished part of Virgil's world.

# JOIN US FOR Fresh Healthy SOUP & BUN



## 11AM-1PM MONDAYS

4908 Hastings St (604) 294 5444 www.burnabynh.ca





# EVERYDAY ENGLISH Together We Learn

Facilitated by Priyanka Kapoor

**FRIDAYS** 

11:00 AM - 12:30 PM

July 4 - Sep 19, 2025

**OBNH NORTH HOUSE** 

4908 Hastings St., Burnaby

#### What You will learn:

- Enhance on Practical communication
- Build confidence in speaking, listening, reading, and writing
- Focus on real time situations
- Safe space for learners for beginners



**REGISTER NOW** 



604-294-5444



annr@burnabynh.ca

**COMMUNITY EAL** 

(ENGLISH AS AN ADDITIONAL LANGUAGE)

## WITH FATIMA



Boost your confidence in speaking English through fun, interactive lessons while connecting with a supportive community.

BNH Brentwood House 2055 Rosser Ave

More Information / Register: annr@burnabynh.ca

TUESDAYS
II:00 am I2:30 pm

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səİilwəta?+), Kwikwetlem (kwikwə\u00e0a), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (x<sup>w</sup>məθk<sup>w</sup>əýəm) nations with a unique focus on neighbours supporting neighbours.



## 55+ PROGRAMS



#### **North House**

4908 Hastings St 604-294-5444 northinfo@burnabynh.ca

#### Soup Lunch

Enjoy a bowl of healthy soup with a fresh bread bun (\$2), and connect with your neighbours.

Mondays | 11:00 am - 1:00 pm

#### **Community Cafe**

Drop in to chat and relax, or take part in the activities and games going on that day. Bring your favourite game to share with others or learn something new. Fridays | 1:00 - 4:00pm

#### **Brentwood House**



2055 Rosser Ave 604-299-5778 reception@bbyservices.ca



#### Qi Gong Classes

Qi Gong is a personal practice that leads to fitness, flexibility, and internal peace. It combines the physical benefits of exercise with the spiritual qualities of meditation.

- Mondays | 2:00pm 3:00pm
- Saturdays | 2:00pm 3:00pm

#### **South House**



4460 Beresford St. 604-431-0400



For the program guide, contact Lea at: leak@burnabynh.ca

#### Senior's Social & Games

Join us Wednesdays (12:00-2:00pm) and Fridays (10:30-12:00pm) for coffee or tea and a range of activities from BINGO to birthday celebrations!

#### **English Conversation Circle with Rowena**

Every Friday morning (10:00-11:00am) continue developing your language skills and explore a variety of topics and themes!

#### Movement for Health

Enjoy different physical activities to help improve your health!





Yoga **Wednesdays** 2-2:45pm Latin Beat
Fridays:
10–11am

Yuanji Dance Fridays: 3-4:45pm

Tai Chi

Wednesdays

10–11am Tai Chi 24 (Intermediate) 11am–12pm Tai Chi Sword **Fridays** 

1-2pm 24 Tai Chi 2-3pm 48 Tai Chi

#### **Workshop - Burnaby Public Library**

On Wednesday, August 13th, 2025, enjoy a talk with Andrea, BPL's community librarian!

#### Friday Lunch

Meet new friends and enjoy a delicious meal (\$6) Register on Friday from 10:30AM - 11:45AM.



#### Sew Fun!

Practice your sewing skills every Friday afternoon (1:00-3:00pm)!



### **Community Hall**



5024 Rumble St.

#### **TAPS Community Day Program - Thursdays!**

Join TAPS and have fun chatting, playing games, and enjoying meals with others! Transportation supports are available. Cost: \$6 for lunch To register, contact **Lea** at **604-431-0400 or leak@burnabynh.ca**.





Therapeutic Activation Program for Seniors





Where?

# A new, low-cost, social activity day program for Burnaby seniors!

#### Why Should You Join?

- Meet new friends and socialize in a supportive environment.
- Engage in safe low impact physical activities.
- Participate in creative programs including music, art and brain games.
- Meet experts and learn about the latest health and wellness topics.

Burnaby Neighbourhood House Community Hall 5024 Rumble St., Burnaby

#### Cost

Lunch: \$6/day Annual BNH membership fee required (\$5 per year)

#### **Current Schedule**

Thursdays 10 am - 2 pm

#### Who Can Come?

- Burnaby residents age 55+
- Able to independently take part in activities
- Experience barriers accessing community programs due to lack of support, transportation, mobility, or health challenges.



Lea Kovalchuk TAPS Coordinator (236)-668-1712

 $\subseteq$ 

leak@burnabynh.ca











This café is an opportunity to come together and connect with fellow 2SLGBTQIA+ older adults.

- 2:00 pm 4:00 pm
- 3rd Thursday of each month (effective August 21, 2025)
- BNH Brentwood House
  2055 Rosser Street
  2nd floor

REFRESHMENTS PROVIDED!

Come socialize with others at our monthly cafe with an educational, informational or entertainment focus. Please email us at the address below if you'd like specific information about next month's cafe!

For more information about QUEST+ and what we do, please email: QUESTPlus@burnabynh.ca



NEIGHBOURHOOD HOUSE
CARE CONNECT ENGAGE BELONG

# Dementia Programs - South and Brentwood House



#### **Burnaby Dementia Cafes - Brentwood and South House**

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

- Dementia Friendly Café: Brentwood House
  - 2nd Thursday of the month
  - 1:00PM-2:30PM
- Dementia Friends Café: South House
  - Last Thursday of each month
  - 12:30PM-2:30PM



#### Seniors Memory Club - Brentwood House

Join our dementia-friendly and multicultural event - a weekly opportunity to play games, exercise, socialize, sing, share stories, and celebrate our togetherness.

Most Saturday from 10:00AM-11:30AM

To register, contact Blenn at dementiacaregiver@burnabynh.ca or 604-431-0400

# Peer and Caregiver Support - Across Burnaby

#### **Caregiver Support**

Enjoy a nutritious lunch, guest presenter, and a self-care activity every month with other family and friend caregivers!

- Caregiver Lunch Brentwood House
  - o First Thursday of each month | 1:00PM-3:00PM
- Family Caregiver Journey South House
  - Third Tuesday of each month | 10:30AM-2:00PM

#### **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.



























## **BNH Services Spotlight:**

#### Seniors Form Filling and Information & Referral Clinics!

Need help completing your CPP, OAS, GIS, BC Housing Registry, SAFER, or BC Bus Pass Application? Trained volunteers will assist you with completing forms and provide information about local resources and services to help meet your needs. By appointment. Contact **Cheri at 236-308-8049** or **seniorsresource@burnabynh.ca** 

#### Better at Home - Food Programs

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors in Burnaby. For information on prepared meals and grocery shopping, contact **Cynthia** at **672-377-5608** or **seniorshopping@burnabynh.ca** 

For information on <u>food hampers</u>, **contact BNH Food Hub team at 672-377-5608**For information on <u>Better at Home Seniors Transportation and Light Housekeeping Services</u>, **contact Citizen Support Services (City of Burnaby) at 604-294-7980** 

#### **Seniors Community Connector**

We provide short-term one-on-one support to connect isolated seniors (55+) with community resources. This includes making referrals, helping you apply for programs, and create a wellness plan with you. The goal is to improve the connection to community and sense of overall well-being. Support is available in English, Cantonese, Mandarin, Spanish, Farsi and Dari.

For more information, contact Justine at 236-858-4979 or srsconnector@burnabynh.ca

#### **Digital Literacy Program**

Would you like learn to use email, create files and documents, use excel, search the Internet or practice typing and writing skills on a computer? Volunteer Computer Instructors are available to help community residents with their computer learning needs. We offer support in multiple languages. Drop in to this in-person program at the North , South or Brentwood House. No registration required.

You can use one of the Neighbourhood House devices or bring your own device. For more information, email us at **computercafe@burnabynh.ca** (See poster for more details).

#### **Settlement Services:**

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer your questions and support your settlement and integration in your new community. Services are available in Arabic, Mandarin, Farsi, Dari, Pashto, Tagalog, and Spanish. To learn more, contact settlementprogram@burnabynh.ca or 604.431.0400

### Settlement & Integration Program

## 2025 Legal Education Workshop Series:

Empowering you through legal guidance, resources, and workshops.

- Exploitation and Scams -July 24<sup>th</sup> - 12:00 p.m. to 1:45 p.m.
- Family Law -August 21<sup>st</sup> - 12:00 p.m. to 1:45 p.m.
- BC Employment Law August 28<sup>th</sup> 12:00 p.m. to 1:45 p.m.
- Children's Rights & Parents Responsibilities -September 25<sup>th</sup> - 12:00 p.m. to 1:45 p.m.



#### Come Join us!

The online workshops will be led by a legal educator from the Justice Education Society, offering clear and practical legal information to help participants stay informed and empowered.

Language support (Farsi, Arabic, Spanish interpretation and translation is available upon request)

- These virtual workshop series will be hosted on Zoom, and registration is required
- For more information/to register, please contact: Blenn Diocesavelinad@burnabynh.ca | 236 889 4065

We are funded by Immigration, Refugees and Citizenship Canada (IRCC) and, in accordance with their requirements, we focus on supporting permanent residents and convention refugees, while also welcoming all community members

#### WWW.BURNABYNH.CA

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilẃəta¾), Kwikwetlem (kʷikʷəǯəm), Squamish (Sḳẉxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəýəm) nations with a unique focus on neighbours supporting neighbours.









Settlement & Integration Program

#### **Intermediate English Conversation Circle**

Start practicing and building confidence in speaking English with our conversation circle!

- · Diverse topics about life in Canada
- Friendly and welcoming environment
- Connect with other fellow newcomers and make friends



#### Session:

Date: August 18, 2025 - October

27th, 2025 (Every Monday)

4460 Beresford Street Burnaby, BC V5H 0B8

(604)431-0400

(In front of Metrotown Skytrain)

Time: 9:30am-11:30am

- Registration Required (No drop ins)
- For more information to register, please contact Miguel: MigueLL@burnabynh.ca
- Location: Burnaby Neighbourhood House 4460 Beresford Street, Burnaby

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Funded by:

Financé par :





#### WHAT IS FOOD LITERACY?

Food literacy is the knowledge, skills and attitudes individuals need to navigate the food system and make informed decisions

## ARE YOU A SENIOR 55+ AND INTERESTED IN LEARNING MORE ABOUT FOOD AND NUTRITION?

Burnaby Meals on Wheels is offering a Food Literacy Project for seniors in Burnaby!

Our goal is to provide four workshops led by registered dietitians in different languages to help improve your food literacy.

#### Workshop Details:

Online via Zoom

(You will need an email address and a phone or computer to participate)

- September 6 (Saturday), 10:00 11:00 a.m. English
- September 20 (Saturday), 10:00 11:00 a.m. Farsi

In-Person at Brentwood House

- September 24 (Wednesday), 1:30 2:45 p.m. English
- October 1 (Wednesday), 1:30 2:45 p.m. Cantonese

#### WHAT WE NEED FROM YOU?

Email us at seniorshousekeeping@burnabynh.ca to join our mailing list!

#### WHAT TO EXPECT?

- Pre-Assessment Survey: Help us tailor the workshops to your needs.
- Workshop Invites: RSVP to attend-space is limited!
- Post-Assessment Survey: Reflect on what you've learned.
- # Get Rewarded
- Receive a \$10 grocery gift card after completing the two surveys and attending a workshop!.





EALS ON WHEELS





Surnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the single 
# Do You Need Tech Help?

#### **North House**

Mon: 10:00 AM - 12:00 PM

(4908 Hastings St, Burnaby) 604-294-5444 computercafe@burnabynh.ca

#### **Brentwood**

Wed: 10:00 AM - 12:00 PM

(2055 Rosser Ave, Burnaby) 604-299-5778 computercafe@burnabynh.ca

#### **South House**

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

(4460 Beresford St, Burnaby) 604-396-7307 computercafe@burnabynh.ca

#### Computer Drop-in

No registration required

- Using laptops, phones, tablets
- Zoom, Google Search, Email basics
- Microsoft Suite Basics
   Multiple languages offered







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



# Seniors Form Fillin

Trained volunteers are available to help you complete:

- CPP BC Housing Registry
- OAS BC Bus Pass
- GIS SAFER

#### **NEW Drop-in format**



South House: 1st Monday of the month, 12-2pm North House: 2nd Tuesday of the month, 12-2pm Brentwood: 3rd Wednesday of the month, 10am-12pm

\*Excluding holidays

Volunteers can also help navigate community resources and services!



For more information, please contact **Cheri** at seniorsresource@burnabynh.ca or 236-308-8049









# **Seniors Grocery** Shopping

#### Do you have difficulty grocery shopping for yourself?

Our grocery shopping and delivery program helps older adults maintain independence at home

For who?

Older adults 55+ who live in Burnaby Member of Burnaby Neighbourhood House

We will call you once a week to obtain your grocery shopping list, place your order online and Superstore will do the shopping and delivery for you

#### Registration required

For more information contact Cynthia 672-377-5608 seniorshopping@burnabynh.ca









Our Community Connector uses Social Prescribing to offer non-medical support that assists older adults to identify and achieve personal health and wellness goals. We help to find appropriate local programs and services followed by regular check-ins to ensure participants are on track.

#### Eligibility

- 55 years of age or older.
- Experiencing, or at risk of:
  - Social isolation and/or loneliness
  - Frailty
  - Barriers to accessing community-based resources
  - Frequent trips to primary care or ER

#### Referrals Can Be From:

- Self-referral
- Friends, Family, & Community
   Members
- Health Care Providers

# For more information or to make a referral please contact:

### **Burnaby Neighbourhood House Seniors Community Connector**

srsconnector@burnabynh.ca

**Office**: 604-431-0400 **Mobile**: 236-858-4979 100-4460 Beresford Street

https://burnabynh.ca/



#### MOSAIC

#### **Seniors Community Connector**

cares@mosaicbc.org **Office**: 604-438-8214

Fax: 604-438-8260

315-7155 Kingsway, Burnaby, BC V5E 2V1

Funded by the Government of BC and managed by United Way British Columbia









# FROZEN MEALS FOR SENIORS

#### Do you have trouble cooking for yourself at home?

Our excellent kitchen team prepares, portions, and freezes home-cooked meals in our licensed kitchen!

For who?

Seniors 55+ who live in Burnaby Experiencing frailty, isolation, and/or low income Member of Burnaby Neighbourhood House

#### **Pickup**

BNH South House 4460 Beresford St

#### Delivery

Once a week on Tuesday or Thursday

Meals are \$7 or less with completed subsidy form

Please contact Cynthia to register 672 377 5608 seniorshopping@burnabynh.ca



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# Crossword

Use the clues to fill in the crossword.



- 2. Ear vegetable
- 4. Ketchup and horseradish sauce
- 8. Melted dip
- 9. Water vapor
- 10. Splatter catcher
- 12. Cabbage salad
- 15. Large lobster part
- 16. Breadbasket items
- 17. State known for great lobster
- 18. Mac and \_\_\_\_

#### DOWN

- 1. Patio cooker
- 2. Pincers
- 3. Source of French fries
- 5. Large cooking item
- 6. Scampi ingredient
- 7. Noodles
- 11. Bubbling with heat
- 13. Sour fruit
- 14. Lobster soup

# Word search

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

Z

M

E

W

C

D

L

T

T

D



S G E U R T D V E F U 7 W F T. I I P N 0 T W D B Τ. I K I A 0 N U P R T H F H X D E P B N T S S D J S I M I R F W M N A X A N I H P R 0 R E L C E V N C H F E S G L M G P A J X E A W F T Y E K T T T L J K E D A S H G R  $\mathbf{E}$ P E C M A X G B E I T. T E Т F K 0 G R I V I T I H N E R В 0 A G L F N X S R I F Y J J S E T T. F E P B B C M R E



BEACH
BOATING
FAIRS
FAMILY
FIREFLIES
GARAGE SALE

GLADIOLUS
GOLF
LEMONADE
LEO
PEACHES
PERIDOT

POPSICLES SUNBLOCK SUNSHINE SWIMMING TRIPS VIRGO

# Crossword solution





¹G

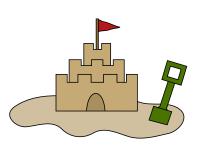
Ν



# Word Search Solution

ISG D  $\mathbf{T}$ D SVEFUZG DNQTCQB T A W Ι W SL R XDEP FH N B X PXROR LCENH N Ι V F ALMGPAWJXF EYEKTDTIAL BESPECMEA SE Y Te JK XGHGBRESPE TETF K+O G R I V I TINGF N X LFERIFY SJJCG CT FPBBCMRE D M N







## **MEMBERSHIP** 2025-2026









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).

BNH is the umbrella organization for Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach. Membership to BNH includes membership to these societies.

Become a member or renew your membership by completing our membership form at: <a href="https://burnabynh.ca/about\_membership/">https://burnabynh.ca/about\_membership/</a>



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

North House (604 - 294 - 5444)4908 Hastings Street South House

(604 - 431 - 0400)4460 Beresford Street Brentwood

(604 - 299 - 5778)2055 Rosser Ave

#### You can purchase your membership by:

- 1. Dropping by our South, Brentwood, or North House
- 2. PayPal: <a href="https://burnabynh.ca/about\_membership/">https://burnabynh.ca/about\_membership/</a>



3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'

#### Thank You to our Generous Sponsors!







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