

BRELLA SPRING NEWSLETTER

Formerly, known as Seniors Come Share Society



APRIL 2022

NEWS &
UPDATES

Diversity and Inclusion Statement

BRELLA SOCIETY

Seniors Come Share Society values diversity and inclusion and is committed to creating an environment where everyone is treated with respect and dignity. This includes individuals of all ages, colours, ethnicities, nationalities, faiths, beliefs, cultures, abilities, socio-economic and education levels, sexual orientations and gender identities. We strive to create an environment that actively embraces diversity and inclusion by recognizing the value in the uniqueness of all individuals. We expect that all who provide or receive services, or those who volunteer for us will extend the same respect to all.

NEW NAME SAME US!

BY LOUISE TREMBLAY, EXECUTIVE DIRECTOR

FORMERLY, KNOWN AS SENIORS COME SHARE SOCIETY

We have exciting news! We have changed our name from Seniors Come Share Society to Brella Community Services Society, and we have updated our look. “But, why?” you might ask. “We love Come Share the way it is.” First of all, we want you to know that we feel privileged for being part of this community and serving our neighbours for the last 45 years. We appreciate the accolades, feedback and support you have afforded us over all this time.

While we have been providing community-based services to older adults, people with dementia, and care partners, we recognize that our community has changed over the last four and half decades. It has changed in the way of diversity and in the way our participants, some of whom not identifying as seniors, are wanting to receive support.



Brella

Community Services Society

Aging adults may need a little help, but more and more they like to be perceived as capable, vibrant, and valuable members of the community. They wish to distance themselves from labels that suggest otherwise. As their service providers, they seek a person-centred environment where they can access the services they choose, delivered in the way they like and when they want them.

Changing our name and our look was a decision that we made with much consideration. We felt it needed to be done to better reflect our vision for safe and caring communities where aging adults can live engaged and meaningful lives within their own aspirations and abilities.

This is why we are Brella. Our six colours represent our six values: integrity, respect, compassion, inclusiveness, collaboration, and excellence.

We hope that you like our new brand. If you have any questions, please do not hesitate to ask a Brella team member.

Louise Tremblay, Executive Director

Land Acknowledgement

We would like to acknowledge that we work, learn and connect on the shared, unceded traditional territory of the Katzie, Semiahmoo, Kwantlen and other Coast Salish Peoples.



“Words are big. They define who you are. They are permanent. I don’t think most people realize that. What you say is who you are ... Lift others up when you can, even if you don’t agree with what they have to say. Don’t always turn your words into weapons when you can just as easily make them doves.” Jann Arden, Feeding My Mother

DEMENTIA, CAREGIVER AND FAMILY SERVICES

BY:

NISA MOMAN AND RICHARD DILWORTH

A Caregiver is anyone who provides unpaid care and support at home, in the community, or in a care facility to an adult family member or friend who is living with a disability, chronically ill, elderly or palliative. This includes children caring for their aging parents.

In an effort to support caregivers facing difficulty coping within their roles, we are constantly looking at how we can expand our programs, resources, and reach while recognizing that the need will never truly be fulfilled.

One highlight has been our Caregiver Support Group, which has been running virtually through the pandemic. Taking a different approach to a typical support group, this group has a 'book club' feel, with the current focus being on Jann Arden's novel "Feeding My Mother." By centering the weekly sessions around the themes that come up in Arden's novel that week, participants are able to reflect on how they relate to what Arden is going through. This chance to reflect, discuss, and share has been incredibly beneficial in processing what they are going through and implementing different coping strategies.

If you have any questions or are wanting to get involved please reach out to Nisa at nisa.moman@brellasociety.ca or 604-531-9400 x 219.

Caregiver Supports We Offer

- One-to-one professional emotional support
- Help navigating the health care system
- Caregiver support group
- Newsletter with timely articles
- Referrals to other community resources
- Respite care services
- Caring Conversations: Educational webinar series
- Caring Companion Program

ONLINE PROGRAMS

BY: ISAIAH, DIGITAL INCLUSION COORDINATOR

As we age, we begin to become more at risk of developing health conditions, but that doesn't mean older adults cannot lead active, engaged, exciting lives. With many of us restricted to our homes, virtual activities have replaced many traditional hobbies and tasks. But what virtual activities can older adults participate in to feel more connected?



Zoom Events

Here at Brella we do our best to keep everyone in the loop with various programs and events! With the power of Zoom, we can explore many subject areas, games and more. These events require no additional technology, software, or programming!

What have we done so far?

Zoomfari: Bringing the tropics to you and learn about the Honolulu Zoo and what animals live in the Hawaiian Jungle

Space Exploration: Join us and the Macmillan Space Center in a Space Exhibition learning about the planets and the stars.

Financial Help: The Family Services of Greater Vancouver will teach you and our community more about finances and services.

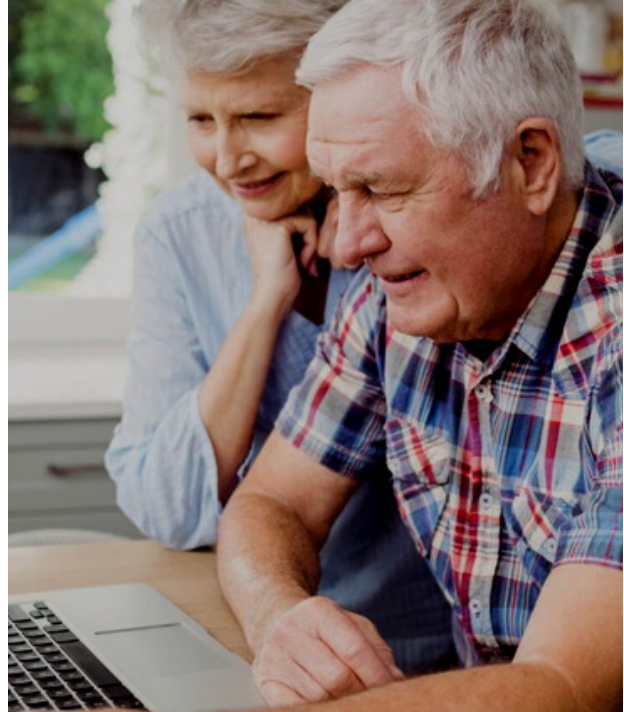
Zoom Bingo and Trivia: Our volunteers put on fun games to keep your brain active!

If any of these spike your interest, subscribe to our emailer and get updates to when our events happen!

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 Isaiah Clemente at:
isaiah.clemente@brellasociety.ca
604-531-9400 ext. 220 to book an appointment.



*"As soon as you feel too old to do a thing,
DO IT." Margaret Deland, American author.
From "The Awakening of Helena Richie."*

SENIORS' CENTRE WITHOUT WALLS

BY EDWIN CHAU, SCWW
COORDINATOR

It's amazing how even just 30 minutes of chatting with others can make all the difference in your day, week, or even month! We all crave for that little bit of social interaction. Seniors' Centre Without Walls (SCWW) aims to provide just that with the simplicity of a telephone call.

SCWW is a quick and easy way to connect with dozens of other older adults all across Surrey and White Rock. We chat, learn, share, and discover about all sorts of topics, from poetry, literature, and art, to history, gardening, and mindfulness. There's a little bit of everything for everyone.

Don't believe me? Take it from some of the participants!

"I've become more confident, learning new skills, and am able to communicate a bit better!"

"This is something to look forward to and it's a meaningful pursuit. I'm able to tell others, 'I am doing something!'"

"It makes me feel less isolated and gives me a framework to my week"



How do I join?

Just simply get in touch with Edwin! You can reach him by:

Telephone: (604)-531-9400 ext. 205
E-mail: edwin.chau@brellasociety.ca

Everything you need to take part in the programs will be emailed or mailed to you directly. This includes the latest program schedule and any handouts or materials required for specific programs.

Programs run 2x a day, Monday through Friday



"We don't stop playing because we grow old. We grow old because we stop playing."
George Bernard Shaw

COMMUNITY LUNCHESES

BY NICOLE WORDEN,
MEAL PROGRAM
COORDINATOR

Our Meal Programs across Surrey and White Rock offer older adult community lunches where individuals can enjoy a hot, nutritious meal in a group setting. The Meal Program provides the opportunity for older adults to meet new friends, engage and socialize. Over 3,000 meals are served each year and countless friendships have been made. Come join us for some great food, excellent entertainment, and an opportunity to meet new people!

If you would like to learn more about our Community Lunches or would like to register, contact our Meal Program Coordinator at:
604-531-9400 ext. 205
Email: mealprogram@comeshare.ca



"It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved." Mother Teresa

HAPPYIPAD

BY NOEL PIO RODA

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

For more information please contact our Volunteer Coordinator at:
604-531-9400 ext. 214
Email: noel.pioroda@brellasociety.ca

happipad

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." Samuel Ullman

1

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

3

Form a shared living agreement & set house rules

2

Interview and choose compatible vetted guest for your room

4

Earn extra income and enjoy sharing your space

LOCAL CREATIVES

BY OUR COMUNITY



If you want your art be featured on the next Seasonal Newsletter please email: isaiah.clemente@brellasociety.ca or let any of our staff know.

Art from an event with Langara College



PAINTING TIPS

Laara WilliamSen
International professional painter, author
Vancouver, B.C. Canada
<https://www.laarawilliamsen.com>

Did you know that you can freeze your leftover acrylic paint? If you use a strip off palette or better still a piece of tin foil taped down to the table, when you are finished painting you can simply add another piece of tinfoil over the top and lightly fold it up. Surprisingly, this frozen paint will last for up to one year! All you need to do when you want to use the leftover paint, is take it out of the freezer and allow it to defrost for 10 to 15 minutes! Happy painting!

PAINTING: Springtime



A Poem: Kindness

One breath, one heartbeat, one split second and
We can turn our minds and our hearts to
kindness.
Just one nanosecond to make that decision
To reach out to another person
That is all it takes.
There is a contagious wave of kindness
Sweeping over our earth.
Let this loving kindness flow.
Deep inside, we know the way.

*Let kindness begin with me!
I am sending you massive waves of Kindness
and
Love and Light,
Laara WilliamSen*

DAY PROGRAM FOR OLDER ADULTS

Day Program for Older Adults is offered in person at our three sites, South Surrey, Newton and Guildford. Our program is designed to offer holistic services to older adults. Our programs have the added social benefit of engagement, meeting new friends and taking part in activities. Participants who attend the Day Program can expect therapeutic activities, health monitoring, nutrition, hydration, and personal care. Our day programs also offer a virtual aspect to create a wider reach to those who are unable to attend in person. The program has the added benefit of affording the family caregiver 6-12 hours of respite weekly

For more information please contact:

604.531.9400

DONATIONS

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 older adults in our communities.

Your donation will go a long way to continue providing 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. Each dollar counts and progresses towards creating a strong healthy community.

You can designate your gift to a service area when you fill in the donation form. We also have a printable form that you can mail to us.

Donation Options:

- **Donation (online form)**
- **Canada Helps**
- **Download Donation Form (printable form)**

Our charitable organization number is 129908489RR0001.

If you have any questions, please email our Director, People and Community, Mehtab at Mehtab.Rai@brellasociety.ca

THANK YOU

A WARM THANKS FROM BRELLA SOCIETY

Thanks to generous donations, we have been able to purchase groceries and care packages for those in need, as well as arts & crafts packages for those who have been isolated in their homes with little to do or engage with.

A big thank you to our many volunteers who have helped us and many in our community.

VOLUNTEERS!

**BY SHANNEN KEALY,
VOLUNTEER COORDINATOR**

Volunteers are at the core of Brella Community Services Society. From serving meals at our weekly meal programs, to friendly visits with isolated older adults, our volunteers are kind, compassionate, have a strong desire to help older adults in our community remain engaged, educated and empowered.

If you are interested in becoming a volunteer, download the volunteer application form below. For more information please contact our Volunteer Coordinator, Shannen Kealy at

Shannen.kealy@brellasociety.ca or call at

604-531-9400 ext. 203



"You can give without loving, but you cannot love without giving." Amy Carmichael