

# NORTH CARIBOO SENIORS' COUNCIL

**VOLUNTEERS HELPING SENIORS IN DIFFICULT TIMES**



**#102 – 246 St. Laurent Avenue (Spirit Square)**

**Quesnel, BC V2J 2C9 250 991 0510**

## **Our Mission**

To protect and enhance the safety, quality of life, livability and sustainability of our senior citizen community. We will strive to benefit such members of our community by using the opportunities available to us.

We will be successful in serving the needs of our seniors' community through visionary leadership, strong community partnerships, safety and service, and sound financial management.

**Summer 2021**

## **Quesnel becomes an Age Friendly Community**

### **Everyone benefits in an age-friendly community**

- Seniors are supported to age actively, enjoy good health, and remain independent and involved in their communities.
- People of all ages and abilities benefit from safer, barrier-free buildings and streets, better access to local businesses and facilities, and more green spaces.
- Businesses benefit from the increased support and spending power of older customers, and are better able to support older workers.
- The community benefits from the increased participation of older adults in community life.

## **Homeowners grants online**

**[https://www.etax.gov.bc.ca/btp/HOG/\\_/#1](https://www.etax.gov.bc.ca/btp/HOG/_/#1)**

If you qualify for the homeowners grant you must apply each year to receive it. **Anyone with your permission can apply for you on your behalf. If you need help applying online please call our office at 250-991-0510** and leave a message and we will be happy to help you!

**Or you can choose to call 1-888-355-2700**

### **Inside this issue:**

- **Dental and Vision for seniors**
- **Yard Works**
- **Meal Delivery Update**
- **Ride Share Call out**

### **Office hours are:**

**11:00 to 1:30**

**Monday to Friday.**

Find us on the web [caribooseniorscouncil.org](http://caribooseniorscouncil.org)  
or

On Facebook North Cariboo Seniors' Council

*Energy at work*  **FORTIS BC**

**Special Thanks to Barb Bachmeier - CRD Area B Director** for entering the annual NCLGA virtual draw sponsored by **FORTIS BC**. We are happy to announce that she won \$1500 to go to our seniors' meals program



## Eye care for seniors

Everyone who receives income or disability assistance gets specified optical services. Tell the eye clinic you are in receipt of assistance and give them your CareCard or your BC Services Card. They'll verify your coverage with Pacific Blue Cross.

### When you receive assistance or medical services only, you can get:

- Up to \$48.90 for routine eye exams once every two years
- New eyeglasses, up to the Ministry's maximum rate
- New lenses if your eye doctor confirms a change in your prescription
- Necessary repairs to lenses or frames



## Learn about your medicine or ask medical questions

UBC Pharm Sci now has a free pharmacy clinic online. Learn about your medicines in a 30 minute call.

Expert pharmacists at the clinic provide patients with the highest possible standard of health consultation services as they now have access to records to help support their patients.

Just call 1-604-827-2584 for a free appointment.



"Nurse, run outside and get his shoe."

## Dental Health Resources for Seniors

**The Emergency Dental Outreach Clinic** 250-613-7246 is a place where individuals can have teeth removed if they are in pain. It is not drop-in during the Pandemic; right now are booking one to two months in advance. The program runs on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday evenings every month out of the Prince George Native Friendship Centre.

**CNC (College of New Caledonia) Dental Hygiene program.** 250-561-5810. It might be closing soon for the summer but during the college year, people can have their teeth cleaned for a flat rate of \$40 or \$50 dollars.

**Social Assistance/Disability.** If people are covered under either of these programs, they will have access to emergency care (pain control, usually in the form of extractions) at a Dental office. Again, balance billing will be involved as these programs pay out at a reduced rate.

**NIHB (Non Insured Health Benefits) and PBC Dental Plan** NIHB (Non-Insured Health Benefits) and PBC Dental Plan has coverage for Indigenous individuals. This plan will pay full or part of the dental for Indigenous individuals with a status card; it requires the individual to create an account. PBC is for BC Status Indigenous individuals; it may include funds for dentures.

# Meals

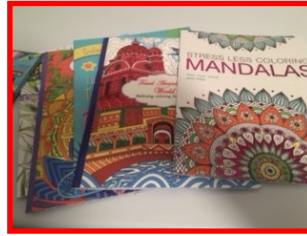
Our meal program delivers over 170 individual frozen meals to seniors. It would not be possible without generous grants and donations from

- United Way of Northern BC
- Quesnel Community Foundation
- Community Foundations of Canada and Government of Canada
- City of Quesnel
- Trish's Dishes and Lions Club

Our seniors always enjoy receiving meals, and seeing a friendly face at their door for a quick hello.

Thanks to a great partnership with the Quesnel and District Community Arts Council, we were able to give our seniors a colouring book and crayons,. What a joy it was to all seniors receiving this great gift.

If you know of a senior who may benefit from our meal program, please call our office at 250-991-0510. Other than being a senior, no other information is needed!



## FREE TAX CLINICS

We are proud to be the hosts of the Community Volunteer Income Tax Program (CVITP) tax clinics where volunteers file tax returns for all eligible people.

As hosts, we would like to thank Quesnel Community Foundation for their grant of \$3700 for new computers, printers, and supplies to provide the CVITP program.

## YARDWORKS

Ron Kelly, our 'yard man', has taken a leave from NCSC to care for his ailing mother in PG. In the meantime, we have 2 volunteers who will help us out, beginning May 21st for a few weeks. **We send best wishes to Ron and his mother.**

**Thanks** to all our yard work clients for your patience while we get this program up and running again. We welcome our new 'yard guy', Jim Pavich – he will be in touch with you soon! If you are a senior who would like help with your yard, please contact our office to have your name added to the wait list.



# Ride Share Call out

These are the 4 key benefits of ridesharing:

- Ridesharing helps those with limited mobility
- Ridesharing offers less discriminatory practices
- Ridesharing is quick, affordable, and safe
- Ridesharing has created millions of jobs

Help us get Ride Share here in Northern BC by sending a Letter Of Support, complete with your story to Attention: Rob Fleming, Minister of Transportation Room 124 Parliament Buildings Victoria, BC V8V 1X4 or email

[Minister.Transportation@gov.bc.ca](mailto:Minister.Transportation@gov.bc.ca)

Please send a copy to our local MLA Coralee Oakes :  
410 Kinchant St #401, Quesnel, BC V2J 7J5 or email

[Coralee.Oakes.MLA@leg.bc.ca](mailto:Coralee.Oakes.MLA@leg.bc.ca)

## CURRENT ELECTED POSITIONS HELD

President - Brenda Gardiner

Vice President- Judy Monych

Secretary - Sally Service

Treasurer– Evelyn Towgood

Director - Colleen Gauthier

Director - Honey Affleck

Director - Vivian Wurm

Director - Dr. Jon Fine

Director- Lynda Graham

Director– Rebecca Beuschel

Director– Barbara Hanes

## Taxi Vouchers

Thanks to United Way of Northern BC our Taxi Voucher Program has served over 25 seniors much needed rides to appointments, shopping, and visiting family over the winter and spring seasons.

We are looking for funding and opportunities to continue this program past June; if you know of any grant options or are willing to financially sponsor a senior ride program please let us know in our office, and we will be happy to help.

## Northern Health Daryl Petsul

New menu selection process will be implemented using an IPAD provided by hospital.

Home Support will be available overnight.

We have received a great Social Work Services Resource. Please see front page of our website or call NCSC office @ 250-991-0510 to get a copy.

## City of Quesnel and Cariboo Regional District Councilor Mitch Vik & CRD Director Barb Bachmeier

Cardio Light and Active Age programs are available when COVID restrictions are lifted. Please check the rec centre website or call (250) 992-8200 .

<https://www.quesnel.ca/arts-recreation/programs-activities/activity-guide>



## We have 3 levels of membership

- ◆ \$10 for an individual membership,
- ◆ \$50 for a community group membership (Rotary, Quesnel Senior Society)
- ◆ \$100 for a business membership.

We would encourage you to become a member and show your support of The North Cariboo Senior's Council, as we work to improve the lives of our seniors.

See website for application and details.