

BEAVER VALLEY AGE FRIENDLY COMMUNITY

AGE FRIENDLY COFFEE – FEBRUARY 10

Thank you Jane Power for the great information on the Community Nursing and Home Support Services through Kiro Wellness Centre and the Community Paramedic program. We are fortunate to have Bryan Henry as our Community Paramedic.

Thank you Craig Horsland for the great idea on doing a second Pop-Up Museum in October. The stories and objects will be new. Look for an object old or new with a story to tell. Craig also spoke on the Royal BC Museum (RBCM) in Victoria which offers live, two-way interactive virtual tours of the RBCM galleries. If you've never been to the RBCM this should be a memorable experience. These activities will be sponsored by the Beaver Valley and the Pend d'Oreille Historical Society. Further details to follow.

Further Coffee Discussions

BV Age Friendly is moving to using the resource manual, "Closing the Gaps in Seniors' Care". I had the opportunity of developing this manual in 2012 with the FAIR Society through the Senior's-at-Risk Initiative. The manual can be found on the Villages' and RDKB websites.

We are looking at holding some of the coffee sessions in Montrose. Stay tuned.

BV Age Friendly will be working in partners with the BV Senior Citizens Branch #44, FAIR Society (Better at Home) and Salvation Army (Meals on Wheels) to get more community involvement, activity and support in our local areas. Details to follow.



A big thank you to the Fruitvale Elementary Grade 7 students for serving at coffee!

UPCOMING AGE FRIENDLY COFFEE

The next Age Friendly Coffee will be held on **Monday, April 6 at 10:30am at the Fruitvale Memorial Center** due to Easter Monday statutory holiday falling on the second Monday of April.

Our guest speaker will be Freya Phillips, Senior Energy Specialist for RDKB with the topic, 'Let's talk Energy'. This is a discussion about how you could save money on your energy bills. Attendees will receive information on rebates they could receive for further energy-efficiency upgrades, and guidance on the process.

AGE FRIENDLY LUNCHEON

The next Toonie Lunch will be held on **Tuesday April 20 at 12:30pm at the Fruitvale Memorial Centre**. Please call or email the Village Office, 250-367-7551 / info@village.fruitvale.bc.ca to sign up. Thank you to the great bunch of volunteers who will be supporting the luncheons.

OSTEOARTHRITIS WORKSHOP

COSCO Seniors Health and Wellness Workshop facilitator, Theresa Buchner, will be providing a workshop on Osteoarthritis on **Tuesday, March 10 at 1:30 pm at the BV Public Library**. Please call 250-367-7114 to register.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP) – FREE TAX SERVICE

CVITP volunteers are available **every Thursday morning (9:00 - 11:00am)** at the **Beaver Valley Manor** from **March 2 to April 23**.

Volunteers from this program assist **ELIGIBLE** taxpayers who have low income and simple tax situations to prepare their income tax and benefit return. **ELIGIBLE** taxpayers may include low-income individuals and social assistance recipients, newcomers to Canada, seniors and students. For more information contact the Trail FAIR Society 250-364-2326.

THANK YOU TO OUR SUPPORTING PARTNERS



