

New season for Webinar that connects seniors with government, community and experts

Building community connections for people living with dementia, preserving the history and life lessons of our elders and preparing to live in place will be topics kicking off the new season of the South Vancouver Seniors Network Weekly Live Webinar Program, beginning Sept. 10

Hosted by the Marpole Oakridge Family Place, 8188 Lord St., the Weekly Live Webinar has been connecting seniors with government, community leaders, and experts since 2019 and is moderated online by Andrea Krombein, and in person by George Okwii.

Sessions are from 10:30



Andrea Krombein

to 11:30am, and begin with five minutes for community announcements followed by topic presented by a special guest.

Zoom link for every week is:

<https://us02web.zoom.us/j/89494000823?pwd=S0FCTERRSDhPWFM0L1pFYkItZlhtZDz09>

Meeting ID: 894 9400 0823

Passcode: 078061

There's also the option of watching the Webinar in-person at Marpole-Oakridge Family Place (arrive by 10:15 am) and to stay on for half an hour after the program concludes (from 11:30-12 noon) for a chat with Andrea, George and other participants.

Here are the topics for September:

Thurs., Sept. 10

Personhood in Dementia
Presenter: Alison Phinney is a Professor in the UBC School of Nursing and Director of the Centre for Research on Personhood in Dementia. She will share stories from her research about the importance of meaningful activity and social inclusion for people living with dementia, and how to build capacity at the community level. **Thurs.,**



George Okwii

Sept. 17 Introducing the Modern Seniors Podcast

Presenters: Amie Peacock and Neil Parker will introduce their Tuesday Podcast Series. Amie is a creative social engineer and recently founded the Modern Seniors Podcast to preserve the rich heritage, history, and unfiltered life lessons of our elders. Amie partners with Neil Parker, a podcast host and story strategist, to build a welcoming, intergenerational community through raw storytelling.

Thurs., Sept. 24

Fully prepare to Age-in-Place

There's much to prepare for when aging-in-place. Considerations include home modifications, financial strategies, health considerations and building your unique care team.

Presenter: Barbara Kirby, a Certified Professional Consultant on Aging with vast experience in dementia care and navigating the health, care and housing systems.

"Everyone is welcome to join the Weekly Live Webinars through the recurring Zoom link. To receive the weekly email invitation and the current program of upcoming topics, please email Andrea at seniors@mofp.org

For more information about the Weekly Live Webinars, please visit the Marpole Oakridge Family Place Website at the website link SVSN Webinar | MOFP



While anyone can get sick, infants and the elderly are most at risk.

How to protect yourself during the respiratory season

(NC) As the fall and winter arrive, people spend more time indoors due to the colder weather, and viruses spread more easily. This time of year, also called respiratory season, often brings a rise in illnesses like influenza, COVID-19 and respiratory syncytial virus (RSV), making it an especially important time to protect your health.

While anyone can get sick, infants with

developing immune systems and older adults with naturally weakening immunity are most at risk. Here are a few simple steps you can take now to help you stay ahead of illness and protect yourself and your loved ones:

- Get vaccinated:

Staying up to date on recommended immunizations is still the most effective way to reduce the risk of severe illness. It helps protect yourself and those around you, including babies, infants and seniors who may be more vulnerable.

- Practice healthy habits: Getting enough sleep, staying active, drinking plenty of water and eating a balanced diet can help keep your body working at its best.

- Wash hands frequently:

Cleaning hands with alcohol-based hand sanitizer or soap and warm water can help prevent the spread of germs.

- Stay home when you're sick: Resting at home helps protect your immune system and reduces the risk of spreading illness to others.

- Cover coughs and sneezes: Use a tissue or the crook of your elbow to cover your mouth and nose to prevent spreading viruses to others.

- Consider masking: Wearing a well-fitted mask in indoor public spaces can add an extra layer of protection, especially for those at higher risk of severe illness.

- Improve indoor air quality: Increasing ventilation by taking steps, like opening your windows to bring in fresh air and using air filtration, can help create a healthier indoor environment.

Talk to your healthcare provider or pharmacist about recommended immunizations for influenza, COVID-19 and RSV, and learn more at preventionhub.ca.



Vancouver Facebook Neighbourhood Group Study: Community Culture and Property Crime

REQUIREMENTS :

- Age: 19+
- Fluent in English
- Lives in 1 of 12 Vancouver Neighbourhoods (check caption for details)
- Part of a Vancouver Facebook Neighbourhood Group (i.e. live in West End, part of the West End Group or their Neighbourhood's Buy/Nothing Group)
- Access to an internet browser (ex: Safari, Chrome, etc)
- Available to complete a short 10-15 minute survey

To participate, scan the QR code

If you have questions or concerns, please contact
Student Lead: Marika Lopez (e: marika_lopez@sfu.ca), or
Principal Investigator: Dr. Richard Frank (e: richard_frank@sfu.ca)

SFU Study #30003777

Or visit

<https://www.surveymonkey.ca/r/GHRMDCQ>



ELIGIBLE NEIGHBOURHOODS:

Arbutus Ridge, Central Business District, Grandview-Woodland, Hastings-Sunrise, Kensington Cedar-Cottage, Mount Pleasant, Renfrew Collingwood, Stanley Park, Strathcona, Victoria-Fraserview, West-Point Grey and West End.

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STEAKS

CUSTOM CUT
- Ribeye, Striploin, T-Bone

PORK

Shoulder Steak, Double Loin Chops, Cutlets, Stew or Ground

SAUSAGE

Made on the premises - Hot Italian, Sweet Italian, English Bangers, Chorizo

CHEESE

Cheddar, Emmenthal, Provolone, Mozzarella, Gorgonzola

DELI

Our own Summer Sausage, Mortadella, Porchetta, Porchetta di testa, Lonza, Honey Ham, Rosemary Ham, Bacon, Ayrshire Bacon, Meat Loaf, Brisket, Roast Chicken

PREPARED MEALS

Slow-Cooked Ribs, Meatballs, Susie's Cheesy Mac!

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