

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
Vickie Fitzpatrick  
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or by email [vickief@telus.net](mailto:vickief@telus.net)



## MESSAGE FROM VICKIE

I have had the pleasure of being the Beaver Valley Age Friendly Coordinator for the last 6 years! This has been the most gratifying job I have ever had. I was born and raised in this Valley, met and married my true love in this Valley and had the luxury of raising our 3 daughters in this Valley!! When I first started this job it was to find out what our seniors had and what they needed. The three hot topics were TRANSPORTATION, ISOLATION and SOCIALIZATION. I took my findings back to Lila Cresswell, CAO at the Village Office and we did some brain storming! We knew the transportation was a hard long road. Lila suggested a 'Thanks for Being Our Seniors' free lunch! I priced out a caterer and came back to Lila with a plan - if my husband and I cooked the lunch we could have three lunches verses one catered lunch. Our first lunch was held on November 2012. With the help of Larry, my daughters, sisters, close friends, nieces and granddaughters, we served 62 Beaver Valley seniors lunch. The following month we served over 90! From then on it just grew! From our lunch, our seniors asked for a regular coffee meeting that is dedicated to brainstorming ideas and inviting guest speakers. Over the last 6 years my husband Larry has worked alongside me; he helped me prepare and cook all of our lunches, he bartended every function I hosted, he donated a place for our Community Garden, which he maintains and cares for. My friends and Family have supported me every step I have taken over the last 6 years! Our Beaver Valley Age Friendly program would never have been this successful without the dedication and hard work of all the volunteers I so proudly call my friends and loving family!!

I am very proud to say our Beaver Valley seniors now own the Age Friendly program!!!!!! Our seniors know what they want and how to get it....it is with great pride that I have had the honour of watching this evolve. I would like to take this opportunity to thank each and every one of you who have attended our lunch, coffee, and middlers events for your contribution in making BEAVER VALLEY AGE FRIENDLY the success it is! My contract expires December 31, 2017 and I have chosen not to renew it. This decision did not come easy to me; I love this program and all "my seniors". BVAf has become a full time job, which is a good thing!!! This means we did what we needed to do. I have agreed to stay until a new Coordinator is hired. As you all know, I love where I live so I am part of each and every one of you. ♥

## SENIORS' LUNCH

December's **TOONIE TUESDAY Lunch** welcomed 254 incredible people who weathered the elements to enjoy the company of Beaver Valley's finest! This was an amazing day...even Santa came to visit our Beaver Valley seniors!!!

The hall was set up by Doug Green, Vern Womacks, Bud Barrett, Gabe Vandermeer, Roy Plummer and Fran Parteger...THANK YOU FOR YOUR DEDICATION AND HARD WORK. Patricia Cecchini decorated the hall, which looked AMAZING! Thank you! Serving our seniors was Linda Green, Laurel Moore, Lee-Anne Halifax, Lorraine Partridge, Nilla Mailey, Judy Startup, Madeline Harlamovs and 4 RCMP officers....I know those officers were hard to keep in line - THANK YOU for the fantastic job!! To the RCMP officers, you made our day extra special THANK YOU!!! In the kitchen cooking was Larry Fitzpatrick, Brian and Colleen Prodaniuk, Joyce Buckler, Joan Green, Carolyn Womacks and Eve Lobban - the food was incredible!! I know only too well what it takes to serve hot food to a hall full of people! You did an amazing job serving 254 people a hot lunch!!! Jim Partridge, thank you for helping with clean up!! Irma Maslanko, thank you for giving out the door prize tickets - you are one special lady!! Helen Underwood THANK YOU for the beautiful Christmas ornaments you gave to our seniors!!! Thanks Ron Burnyeat for putting us in the Christmas spirit with your music!! Last but not least, thanks to Steve Morsette!!! I also want to say thank you to Liberty Foods, Marino Wholesale, Atco Wood Products and Columbia Power Corporation for your donations to our luncheon! Your generosity is very much appreciated. I have said this many times, and I will say it again, "I LOVE WHERE I LIVE!!!"

Our next Toonie Lunch will be held on **Tuesday, January 16 @ 12:30pm** in the Fruitvale Memorial Centre. Please register by **Monday, January 8** by calling Irma and Dave @ 250-367-6185, Koert @ 250-367-9835 or Vickie @ 250-367-7124. Kelly from BV Recreation will be on hand selling tickets to the Seniors' Dinner being held on Friday, February 9. Tickets are \$15.00 each.

## COFFEE WITH VICKIE

Our December Coffee was a wealth of information and ideas/opportunities for our seniors to help them stay in their homes safely. Jane Powers from Interior Health Authority explained how IHA Home & Community Care is supposed to work. She recognized the issues of 18 different home care workers entering a senior's home in a two-week period and she explained the logistics of the assignments the workers receive. Brian Henry discussed the lock box program that will allow first responders to enter the seniors' homes quickly and safely in the case of an emergency. Sandi McCreight spoke about her Better at Home Program and brought us more PRIME KITS.

Our next Age Friendly Coffee will be **Monday, January 8, 2018 at 10:30am** in the Fruitvale Memorial Centre.

## CBAL TECH LEARNING PLACE

The Columbia Basin Alliance for Literacy will be holding drop-in sessions for seniors needing support with their portable technology (Laptop, tablet, iPad, cell phone). Bring with you your questions and your device. **IMPORTANT: These are not lessons - just drop-in support.** Dates are Thursday, January 11 & 25; February 1 & 15; March 1 & 15, 2018 from 9:30-11:00am at the Fruitvale Memorial Hall.

### Mountain Side Village Gives Families Peace Of Mind!

Enjoy maintenance-free living suites that incorporate supportive features to promote independence and 24-hour emergency monitoring service for added peace of mind.

If you are interested please call (250) 367-9870

- Meals
- Shuttle Bus
- Activities
- Maintenance
- Housekeeping

THANK YOU TO OUR SUPPORTING PARTNERS



# JANUARY 2018

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <b>NEW YEARS' DAY</b>	2 Senior Men's Curling 10:00am - Noon @BVCC	3 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies Curling 12:30pm @ BVCC	4 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM	5 Seniors' Line Dancing 10:00am @ FMC Seniors' 55+ Bowling 1:00-3:00pm @ BVL	6
7	8 Seniors' Coffee 10:30am @ FMC BV Senior Ladies Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH Last day to register for Toonie Tuesday Lunch	9 Senior Men's Curling 10:00am - Noon @BVCC	10 Ceramics 9:00am - Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies Curling 12:30pm @ BVCC Cards 1:00pm @ BVM	11 Senior Men's Curling 10:00am - Noon @BVCC Branch 44 General Meeting 1:30pm # BVM Seniors' Tech Learning Place Portable Technology Support 9:30-11:00am @ FMC	12 Seniors' Line Dancing 10:00am @ FMC Seniors' 55+ Bowling 1:00-3:00pm @ BVL	13
14 Beaver Valley Coffee House Music Evening 7:00pm @ MH	15 BV Senior Ladies Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM	16 Senior Men's Curling 10:00am - Noon @BVCC Toonie Tuesday Lunch 12:30pm @ FMC	17 Ceramics 9:00am - Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies Curling 12:30pm @ BVCC	18 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM	19 Seniors' Line Dancing 10:00am @ BVCC Seniors' 55+ Bowling 1:00-3:00pm @ BVL	20
21	22 BV Senior Ladies Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	23 Carpet Bowling 10-11:30am @ BVM Senior Men's Curling 10:00am - Noon @BVCC	24 Ceramics 9:00am - Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies Curling 12:30pm @ BVCC	25 Cards 1:00pm @ BVM Seniors' Tech Learning Place Portable Technology Support 9:30-11:00am @ FMC	26 Seniors' Line Dancing 10:00am @ BVCC Seniors' 55+ Bowling 1:00-3:00pm @ BVL	27
28	29 BV Senior Ladies Curling 12:30pm @ BVCC Bingo 1:00pm @ BVM	30 Carpet Bowling 10-11:30am @ BVM Senior Men's Curling 10:00am - Noon @BVCC	31 Ceramics 9:00am - Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies Curling 12:30pm @ BVCC	<div style="border: 2px solid green; padding: 5px;"> <p><b>VENUES</b>            BVM - Beaver Valley Manor            FMC - Fruitvale Memorial Centre            BVL - Beaver Valley Lanes</p> <p>MH - Montrose Hall            BVCC - Beaver Valley Curling Club</p> </div>		

**BLACK = Fruitvale Senior Citizens Branch 44**  
 - \$15 membership required for events at BV Manor  
 - Contact Wilbur Worstradowski, 250-368-4946

**RED = Beaver Valley Age Friendly**  
 - No membership required for the Age Friendly events  
 - Contact Vickie Fitzpatrick, 250-367-7124

**BLUE = Community Events**  
 - May or may not have a fee associated with event  
 - Contact the event organizer

If you have a seniors' event you would like posted on the *Age Friendly Event Calendar*, please contact Vickie Fitzpatrick at 250-367-7124 or the Village Office at 250-367-7551 or send your event information to [info@village.fruitvale.bc.ca](mailto:info@village.fruitvale.bc.ca)