

Volunteer Nanaimo



September 2020

3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

Monday, September 7
CLOSED for Labour Day

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Contact Us

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Website:

<http://www.volunteernanaimo.ca>

Hours of Business: Mon. to Thurs.
9 a.m. to 3 p.m.



Member of the Month The Alzheimer Society of BC

The Alzheimer Society of B.C. has been raising awareness of Alzheimer's disease and other dementias while providing support and education for people affected by the disease since it was founded by a group of caregivers in 1981.

The Society provides local support through its resource centres across the province.

Based at 4488 Wellington Road, the Nanaimo Resource Centre is home to three members of staff who, with indispensable support from over a dozen volunteers, run programs and services throughout the year for people living with dementia, their caregivers, friends and family.

Volunteers support the Centre's many groups for people affected by dementia, help to provide educational workshops and support Minds in Motion® – a social and fitness program where participants can connect with others, make new friends and form important social support networks.

Volunteers also play a key role in the IG Wealth Management Walk for Alzheimer's, the Society's flagship fundraiser held every May. *Walk* committee volunteers work for months to help to plan the event and provide on-the-day support.

. While many of the Alzheimer Society of B.C.'s in-person activities have had to be discontinued, reduced or adapted in recent months due to physical distancing protocols, the Society understands that connection is more important than ever.

Continued over

Alzheimer Society of BC cont.

Nanaimo community members can also participate in tele-support groups for caregivers and access a catalogue of dementia education resources, including COVID-19 and dementia information, on the Society's website at www.alzbc.org.

Anyone with concerns or questions related to dementia can call the First Link® Dementia Helpline, which is available Monday to Friday, 9 a.m. to 8 p.m., at 1-800-936-6033.

Information and support is also available in Punjabi (1-833-674-5003) and in Cantonese or Mandarin (1-833-674-5007), available Monday to Friday, 9 a.m. to 4 p.m.



Maria Howard, Alzheimer Society of B.C. Chief Executive Officer, with volunteer Chris at the Open House event in Nanaimo, February 2020.

Latest information and statistics

Alzheimer's disease has an overwhelming impact on the people who develop it, and the families who care for them.

The number of Canadians with dementia is rising sharply.

As of today, there are over half a million Canadians living with dementia - plus about 25,000 new cases diagnosed every year. By 2031, that number is expected to rise to 937,000, an increase of 66 per cent.

Canada's health-care system is ill-equipped to deal with the staggering costs.

As of 2016, the combined health-care system and out-of-pocket caregiver costs are estimated at \$10.4 billion per year. By 2031, this figure is expected to increase by 60 per cent, to \$16.6 billion. Roughly 56,000 Canadians with dementia are being cared for in hospitals, even though this is not an ideal location for care.

Canada needs a national dementia strategy - now.

Source: *The Alzheimer Society Of Canada* <http://alzheimer.ca>



**Shoe
Drive
2020**



Every parent knows how hard it can be to keep up with how fast their kids' feet grow. Most children over four need larger shoes about every eight months or so.

We seek donations of near-new and gently used shoes in sizes 5 to 13 to help local families provide their children with the shoes they need.

***"It's not about the shoes.
It's what you can do in them!"***

Basketball superstar Michael Jordan.



We are also collecting donations of gently used or new suitcases and backpacks to help provide children and young adults with suitable luggage to transport their possessions as they make the difficult transitions of their lives.

You can be an angel today!

Please contact us
to arrange drop-off
of your donations
Call 250-758-7272 or email
vn3148@gmail.com.

Volunteer Nanaimo: What We Do

Want to volunteer?

Log onto our website for listing of current opportunities in the community.
www.volunteernanaimo.ca



Watchdog Computer Services

Offering technical support to non-profit agencies and individuals, including computer repair, software upgrades, network setup, malware removal, and computer upgrades.

We offer free computers to:

Log onto the Internet

Order Vancouver Island Regional Library Books
 (Don't forget to bring your library card!)

Check your email

Print or photocopy

10 cents a page – black & white / 20 cents a page colour.)



Write a resume or cover letter.

Contact us to make an appointment.
 250-758-7121 or
vn3148@gmail.com

Volunteer View: Furry, Fun Canines Take Their Work Seriously

Marvelous Millie and Noble Nepal leap to perform 'meet and greet' duties at Volunteer Nanaimo, suiting them both since they require much social human attention. Both are small in stature but huge in love and affection. Nepal, a mere 15 year-old Dachshund, loves nothing better than a day with friends in the office. While Millie, a 3-1/2 year-old terrier Chihuahua, runs the place on a regular basis!

These two fur-friends have a way with all the staff at the office, and make certain to check out and greet visitors who enter. Nepal takes on much of the "Hoovering" needs in the office, especially keen on kitchen cleanup. She also helps out with recycling, even making the trip to the community recycle centre. Millie is always found in the Board Room, making certain all the meetings run on time, strictly adhering to Board Room protocols. She takes paper shredding to a whole new level.

Millie and Nepal come along with their owner/moms whenever they volunteer. In fact, if they both had drivers' licenses they would make the trip in to visit much more often! Volunteer Nanaimo's office is a special place for so many people. And it embraces these two, four legs and all!



Being small of stature does not indicate a lack of supportive capabilities. Small dogs are widely used throughout hospitals, schools and seniors' homes to assist people with varying disabilities. They provide a superb fit to those with immobility issues; they can be lifted easily onto a chair for cuddle visits. Also they are manageable for all to hold. Emotional support dogs do not have specific certification nor specialized training, so aren't registered as Assistant Dogs

Once you have welcomed a small dog as your new family, all that remains is to find out which pint-sized bundle of fur will become your new best friend!

Baa Baa Black Sheep...

The Vancouver Island Community Knitters Association (VICA) continues to seek out knitters and crocheters to make 8-inch squares (which are sewn together to make blankets). These are passed on to shelters, hospitals, new residents, and anyone needing colourful warmth and comfort. And, if you're a knitter it's a terrific way to pass the time!

If you would like to contribute to VICKA and need some wool to get started, please phone Volunteer Nanaimo at 250-758-7121 or drop by between 9 a.m. & 3 p.m. Monday through Thursday (excluding holidays).



Volunteering by the numbers

(Source: StatsCan)

- Over 12.7 million people—volunteered in 2013.
- Contributing more than 1.96 billion hours of volunteer time.
- An average of 158 hours each.
- Women were more likely to volunteer than men.
- Two thirds of 16 to 19-year olds volunteered.
- The largest age group volunteering were 55 to 64 year-olds.



Volunteer Nanaimo Youth Making a Difference!

Youth20/20 Can and YouthNetWork members have had a busy summer volunteering.

This photo showcases an event at Eden Garden where youth gathered to spread love and inspiration through chalk artwork at Eden Gardens.



We have also provided food for homeless people, offered a senior's gardening event, and volunteered with Foodshare & Loaves & Fishes.

We invite youth 11-29 who are looking to volunteer and get connected in the community to join us.

For more information call Kamilla Duha at 778-268-4335 or Gwen Vonarx at 250-667-1803.



This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.

www.volunteernanaimo.com

Editor Lois Peterson. Proofreader Mary Jane Katz.

If you'd like to know more about anything you read here, or would like to contribute material, please email us at vn3148@volunteernanaimo.ca with 'Newsletter' in the subject line.

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