

# SEASHELL ECHO

FEBRUARY 2021

SECHELT SENIORS ACTIVITY CENTRE NEWS

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## No Fluff - Just Basics

Usually in February, there is an Annual General Meeting at the Centre. And, usually at that meeting, members are provided with fluffy reports from every activity and mundane news about maintenance, finance and the rosy future ahead. The newly minted board of directors gets acclaimed and everybody gets a cookie.

Well, what was once considered usual has now become unusual. Your Board has wrestled with the logistics of trying to undertake the event. We thought about “zooming” the meeting and/or emailing info to members—but—some members don’t even have email, let alone “zoom” capability. And even by “zoom” the level of interactivity is stilted or extremely limited. We couldn’t do it in person, as the Health Authority would have something to say about that. While AGMs are a necessary and valued function of not for profit societies such as ours, the provincial and federal governments have allowed an extension to the deadline for these meetings. In the hope that as we move through 2021, an improvement in the pandemic situation will transpire, we decided to reschedule it to later in 2021. Some Board members will continue with their plans, and leave the board in February.

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# No Fluff - Just Basics

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Those of us who were going to run for office again will continue in our roles until we can safely hold that AGM. We will do our best to temporarily add members to the board and encourage you to apply today.

There won't be any fluffy reports this year. Just the basics, like finance. As we weathered the economic storm around us, we were able to stay afloat with a healthy boost from the rental to Elections BC. With little sign of improvement on the COVID front, a long and tedious vaccination rollout and new strains of the virus being announced regularly, we will be focusing on increasing our revenues to pay the bills in ways that don't put our members at risk. In the near future we are hoping to secure a rental agreement with Elections Canada to give us a booster shot in the income department. The ongoing uncertain situation has made budgeting extremely difficult. With no clear path to re-starting activities this winter or even early spring, it has been next to impossible to forecast revenues. Expenses we can see—revenues not so much. These realities will be reflected in the budget for 2021.



The food program continues to be successful and members now know what day of the week meals are available (Tuesdays, Thursdays, and Fridays) and have been taking full advantage of Emily's great cooking. We will continue this community service throughout the year—right through the summer, only taking a break when Emily takes her annual leave.

## *Feature*

# Helping to Keep Love in the Homes of Seniors



**E**lderDog Canada was created out of a need to support senior-dog companionship. Like so many groups, ElderDog has adapted their approach and services to maintain their assistance to seniors and senior dogs safely, and respectfully during the pandemic. “Previously, we were able to meet with a senior and their dog, gather information, and build relationships in person, now we are able to provide support by gathering that information remotely and then, following Covid guidelines and protocols, provide specific services to each senior and their dog” says Kira Sufalko, volunteer and co-ordinator for ElderDog on the Sunshine Coast.

For many seniors living at home with a dog, ElderDog is much welcomed help. During the pandemic, that support has never been more necessary or valued.

ElderDog has been granted the status of an essential service support in all provinces where branches (called “Pawds”) are active. ElderDog places priority on the health and safety of volunteers and clients, so the nature and extent of services available varies by location across the country.

In accordance with local protocols and national guidelines ElderDog Sunshine Coast continues to provide services such as:

- **picking up and dropping off dog food or other supplies;**
- **transportation for urgent veterinary care;**
- **dog walking;**
- **temporary fostering;**
- **rehoming if senior dogs left are without a caregiver.**

Precautionary measures used include:

- **pick up and drop off outside of home;**
- **safe physical distancing at all times;**
- **using volunteer leashes which are sanitized after each use;**
- **minimizing physical contact with dogs;**
- **wearing gloves and masks;**
- **hand washing and sanitizing.**

Over the past 18 months, ElderDog Sunshine Coast has helped 5 ElderDogs find new forever homes, and there will certainly be more beautiful dogs available for adoption in the future. Seniors interested in using the services of ElderDog or adopting a dog may apply locally.



If you have any questions regarding dog care support, fostering a dog for ElderDog, or adopting a dog through ElderDog, please send an email to [elderdogsunshinecoastldr@gmail.com](mailto:elderdogsunshinecoastldr@gmail.com).

More information is also available on ElderDog Canada’s website at [www.elderdog.ca](http://www.elderdog.ca).

## *Spotlight*

# Three Members Celebrated for Their Contributions

**A**s we move through the early part of 2021 and pass the normal date for electing a new Board of Directors, some members of the 2020 board have made plans that prevent them from continuing in their roles.



Three such members are Kit Artus, Mary Bittroff and Margaret Boyd. These three “stars” will be leaving their positions on the board in the coming weeks, and we didn’t want their efforts to go unrecognized.

At a brief and Covid-friendly celebration in the dining room in late January, they were recognized and lauded for their efforts.

The entire membership join Chris Kane, Ken White and the remaining board members in offering a hearty thank you to each of them.

Their contributions during this very challenging year have been monumental. They have each brought a positive, enlightened approach, unique perspective and calm demeanor to some very difficult discussions and decisions.

It is worth emphasizing—Thank you, thank you, thank you.

## SOLAR POWER DATA

|                       | Nov 2020 | Dec 2020 | Jan 2021 |
|-----------------------|----------|----------|----------|
| Energy Produced (kWh) | 267      | 203      | 252      |
| Currency Equivalent   | \$33     | \$25     | \$32     |
| Trees Saved           | 5        | 4        | 5        |

More info: [secheltactivitycentre.com/solar-power-data](http://secheltactivitycentre.com/solar-power-data)

## USEFUL PHONE NUMBERS

|  |              |
|--|--------------|
| Emergency  | 911          |
| Sechelt Hospital   | 604.885.2224 |
| Sunshine Coast Community Services  | 604.885.5881 |
| Senior's Advocate ( <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a> ) | 877.952.3181 |
| Community Information and Help Line  | 211          |
| Healthlink BC  | 811          |
| Community Resource Centre  | 604.885.4088 |
| Sunshine Coast Transit   | 604.885.6899 |
| HandyDART  | 604.885.6897 |

## CENTRE INFORMATION

### Executive 2020-2021

|                |            |
|----------------|------------|
| President      | Chris Kane |
| Vice President | Ken White  |
| Treasurer      | Vacant     |
| Secretary      | Vacant     |

### Directors at Large 2020-2021

Tony Stoud  
Bev Coxford

All directors may be reached by email at  
[communications@secheltactivitycentre.com](mailto:communications@secheltactivitycentre.com).

Please indicate to which director you would like the email sent.

|           |                 |
|-----------|-----------------|
| Custodian | Jim Coffin      |
| Chef      | Emily McPherson |

## Tidbits

### Life Membership Recipient

We would like to acknowledge this year's Life Member. Originally brought in to assist with Special Events, she has since filled a variety of positions. Most recently, she initiated the use of focus groups to problem solve as we moved to re-start activities in the summer. She has also managed the task of maintaining the health and safety protocols of all those connected to the Centre during the pandemic. Her work on the board has been invaluable, and with style and dignity, she has kept all of us on our toes. It gives us great pleasure to announce the awarding of a Life Membership to **Kit Artus**.



### SSAC AGM

Please be advised that the SSAC will plan to conduct the **Annual General Meeting** later this year when conditions allow us to do so. We will keep you posted via our website and newsletter.

### Call For Volunteers

The SSAC is looking forward to reopening activities where possible this year, we therefore need volunteers to fulfill many roles. If you wish to apply to volunteer, please email [ssac@dccnet.com](mailto:ssac@dccnet.com). The subject line should read: **Volunteer inquiry**.