



E- SENIOR CITIZENS ASSOCIATION NEWSLETTER

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NOVEMBER 29, 2020



**SENIORS HELPING
SENIORS**

December



***Promoting
physical, mental
and social
stimulation***



CURRENT MEMBERS:

Renew your membership now until the end of the year for only

\$25.00

1. Fill out the top half of the 2021 form
2. Put payment and form in an envelope
3. Return form and payment by:
 - i) Dropping envelope in office mail box
 - ii) Dropping envelope in outdoor mail slot
 - iii) Return envelope to Anna Maria at the December 8 AGM

Membership forms are available in the main or small halls for pick up, by email and by contacting 604 485-5738



**THANK YOU
FOR YOUR SUPPORT**



Board Nominees:

President: Anna Maria Coletto
Vice-President: Rhondda Schreurs
Secretary: Ruby Rash
Treasurer: Ron Woznow

Directors:

Carol Hamilton
Dave Hodgins
Eugene Jamieson

NB:

Due to Covid, nominees will only be taken prior to election day. Call Lenore@ 604 485-7971/489-3007 and put your name in. There are two remaining positions open for Directors.



Provincial Health Orders Effective November 19-December 7

There seems to be some confusion as to the new orders so here is the clarification:

Events and social gatherings

All in-person events and community-based gatherings as defined in the [PHO order – Gatherings and Events \(PDF\)](#) are suspended, with the exception of [weddings, funerals, baptisms, support group meetings and business meetings](#). For example:

- **Examples of gatherings:**
- Galas
- Musical or theatre performances
- Seasonal activities, including indoor and outdoor holiday events
- Silent auctions
- Movie viewings in cinemas
- Home parties with family outside your bubble

Formal meetings

The order does not restrict formal meetings. They can continue to operate with COVID-19 safety protocols. For example:

Group support meetings

Business meetings

The AGM and all general meetings are exempt from the order and may continue.

Religious gatherings and worship services

Religious in-person gatherings and worship services are suspended under the order. For example:

- Do not attend a service at a church, synagogue, mosque, gurdwara, temple, or other places of worship

You can still visit your place of worship for individual activities such as contemplation or personal prayer.

Mask requirements

Masks are now required for everyone in all public indoor settings and workplaces. People who cannot put on or remove a mask on their own are exempt. You should have a doctor's note to show when in a retail store or public place.

Travel advisory

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or

People who live alone

For people who live alone, a core bubble is a maximum of two people you see regularly. You must not host gatherings.

For more information:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



**Senior Citizens'
Association of BC
Branch #49**

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Remember, the common symptoms of COVID-19 include cough, fever, and difficulty breathing. Less common symptoms include gastrointestinal symptoms (abdominal pain, diarrhea, vomiting), fatigue or weakness, muscle or body aches, chills, headache, and new loss of taste or smell.

Testing is available in Powell River for anyone with any COVID-19 symptoms.

Testing is now available at:

- The Complex Clinic Drive-through testing site at the Recreation Complex (7 days per week)
- Tla'amin Health Centre
- Texada Health Clinic
- The Emergency Room at Powell River General Hospital (for severe cases and if assessment is required)

Please call your family doctor or nurse practitioner for a virtual assessment if you ever need one.

If you do not have a primary care provider and would like one, please call (604) 485-6261 (family doctor), (604) 485-2430 or (604) 485-9213 (nurse practitioner). **Alternatively**, call (604) 485-5501 for a virtual appointment with a doctor at the walk-in clinic.

The nurse practitioner at the Tla'amin Health Centre is accepting all First Nations people in the region, call (604) 483-3009.

Texada residents, please call (604) 486-1525.

You can also call 8-1-1 to speak to a nurse or use the online symptom checker at BCCDC (<https://bc.thrive.health/>).

If your symptoms are more serious, please attend the Emergency Room directly. Please call ahead at (604) 485-3211 to receive your directions. You will be directed to the ambulance bay for your assessment

AGM

ANNUAL GENERAL MEETING

December 8 NOON-2 pm

Due to Covid-19 we have changed the format of our AGM. The intent is to limit the time in an enclosed space so with your safety in mind, we have taken the following measures:

1. Pre register-call Ruby@604 485-6223
2. Sign in at door
3. Renew your membership
4. Pick up your annual report and ballot
6. Vote
7. Pick up your boxed **free lunch**
8. Exit

Former mayor Stewart Alsgard will again be the electoral chair.

