



North
Shore
Volunteers
for
Seniors

3000-08
(8)

July 14, 2009

Mayor Pamela Goldsmith-Jones and Council Members
District of West Vancouver Parks and Community Services
750 17th Street
West Vancouver, BC V7V 3T3

Re: Social Services and Community Services Grants 2009

Dear Mayor Pamela and Council Members

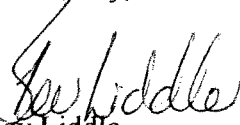
Once again we thank the District of West Vancouver for your generous grant of \$3,500.00 for this year.

This grant is especially appreciated by our clients who are frail, isolated seniors on the North Shore. Our volunteers help with everything from the governance of the volunteer board to the delivery of our programs in the community.

We publicly acknowledge financial contributions from the District of North Vancouver in our program brochures and other materials. Please visit our Centre at your pleasure.

Thank you so much.

Yours truly,


Bev Liddle
President

Attachments

275 - 21st Street
West Vancouver, BC
V7V 4A5
Tel 604-922-1575
Fax 604-922-1543
info@nsvs.ca
www.nsvs.ca

NSVS

Created in 1961, North Shore Volunteers for Seniors is a non-profit Society dedicated to promoting the independence and well-being of seniors through diverse and accessible programs and services.

In addition to our One-on-One Visiting Program, NSVS offers drop-in center programs that appeal to "super seniors" who are interested in socializing with others in a small, personal, and informal setting.

These programs include Tuesday Lunch and Bridge, Wednesday Lunch and Games, Thursday Wii video game drop-in, and Thursday Exercise and Conversation. NSVS also hosts monthly bus trips and Cash Bingos. Throughout the year there are special events and seasonal dinners. Programs are open to all North Shore residents.

NSVS would like to thank the following sponsors:

- Vancouver Coastal Health, North Shore / Coast Garibaldi HSDA
- Province of British Columbia
- District of West Vancouver
- City of North Vancouver
- District of North Vancouver
- Federal Govt. (Service Canada)
- Soroptimist International
- Royal Canadian Legion (WV)
- Kiwanis Club of Capilano
- West Vancouver Fire Fighters Charitable Society
- HomeCare West

Community Supporters Include:

Bean Around the World WV, Blenz Coffee HB, Cactus Club WV, Cafes Trafiq, Cobs Bread WV, Country Furniture, Delany's Coffee House, Grouse Mtn. Resorts, Jim's Hardware, Marketplace IGA WV, M & M Meatshops WV, Magic Touch Auto Centre, Milestone's WV, St. Christopher's Church, St. Catherine's Church, Starbucks Coffee Co., Tapestry Florist, Urban Tea Merchant, Verdicchio Deli WV, Vitamin House Dundarave, Whole Foods Market WV, WV Florist, WV Seniors Activity Centre, WV

North Shore Volunteers for Seniors

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Tel: 604.922.1575

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North Shore Volunteers for Seniors



One-on-One Visiting Program

275 – 21st Street

West Vancouver, BC V7V 4A5

Tel: 604.922.1575

Email: info@nsvs

Website: www.nsv

Volunteers

One-on-One Visiting Program

For Seniors on the North Shore

This program is designed for frail and isolated seniors who live independently in their own homes.

Volunteers provide:

1. **companionship** by visiting seniors in their homes, sharing conversation, having tea, playing games and cards, or simply socializing;
2. **access to the community**, by taking seniors for walks, helping with shopping or appointments;
3. **consistency** in the senior's life through regular weekly visits.

Volunteers are carefully matched with seniors to ensure compatibility. For the protection of the clients, all volunteers undergo reference and criminal record checks before they begin their weekly visits.

Volunteers receive information on all seniors' services available on the North Shore. These include: government seniors programs, health and support services, housing, meal and shopping programs, social education and recreation programs, and transportation.

Volunteer training, as well as additional printed information, is available upon request.

Volunteers are encouraged to provide regular feedback to the NSVS office and report any problems they might encounter.



To volunteer as a visitor, or to refer a senior to the Program, please contact:

North Shore Volunteers for Seniors

TEL: 604.922.1575

IF YOU:

- enjoy the company of seniors,
- can commit to approximately two hours per week for a minimum period of 3 months, and
- would like to contribute to your community.

PLEASE CALL 604-922-1575.

We are looking for reliable volunteers with

- good interpersonal skills (especially listening skills), and
- fluency in English (knowledge of other languages would be an asset).

Access to a car would also be an asset but is not essential.

WEBSITE: www.nsvs.ca

EMAIL: info@nsvs.ca

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Our Purpose

Created in 1961, North Shore Volunteers for Seniors is a non-profit society dedicated to promoting the independence and well-being of seniors through diverse and accessible programs and services.

Supporting NSVS

Become a Supporting Member of NSVS and its programs. Donations are tax deductible.

Please call 604-922-1575 for details.

Registered Charity # 1345 18182 RR0001

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Programs

Our drop-in centre programs appeal to seniors interested in spending time with others in a relaxed and informal setting. Located in the comfortable Garden Studio of the Lincoln Gardens complex in West Vancouver, our drop-in centre is fully wheelchair accessible. North and West Vancouver residents are welcome to join any of the following programs:

Tuesday Lunch & Bridge

Enjoy a healthy lunch while socializing with others. Lunch is served at 12pm and followed by friendly bridge games. Tea and goodies are served at 2:30pm and the program finishes at 3pm.

Wednesday Lunch & Games

Seniors meet at our center at 12pm for lunch followed by games. Join us for bingo, puzzles, chess, scrabble, dominoes, Nintendo Wii and more! Tea and goodies are served at 2:30pm and the program finishes at 3 pm.

Thursday Wii Wave

Join us for our Nintendo Wii program in partnership with HomeCare West. This social gaming experience is held Thursdays 10am-12pm. Learn to play while getting physical and mental exercise, practice your memory skills, and meet new Wii friends. You don't just play Wii – you experience it! Coffee/tea and goodies available.

Thursday Exercise & Conversation

This is a collaborative program with the WV Seniors Activity Centre. Chair exercises are followed by animated discussion on a variety of topics and light refreshments. The program is held Thursdays from 2 to 3:30 p.m.

Monthly Programs

NSVS hosts a monthly bus trip and a Cash Bingo. The outings always end with tea and treats at a select location. Cash Bingo is at our Centre 50/50 Prizes Coffee available.

Special Events

The Board of Directors hosts a number of special seasonal meals throughout the year and program participants are invited. These include a summer picnic, salmon BBQ, as well as Easter, Thanksgiving, and Christmas luncheons.

Volunteer Opportunities

Are you looking for a meaningful experience? NSVS offers many ways to contribute to your community. The following opportunities are available:

Drop-in Centre Assistants

Volunteers greet and assist seniors, help serve lunch or tea, and participate in social activities.

One-on-One Visitors

Spend one or two hours a week to socialize with a frail or isolated senior who is still living independently.



NSVS is open Monday to Thursday, from 10am to 4pm. Please call to make an appointment for a volunteer interview. We look forward to hearing from you!

Information & registration:

604-922-1575

info@nsvs.ca

www.nsvs.ca

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