

	<h1>Campbell River Seniors' Centre Society</h1> <p>A Society Since 2008</p> <p>250-914-4401 1414 Ironwood St Campbell River BC</p> <p>www.crseniors.com crscsfrontdesk@shaw.ca</p>	<p>Newsletter</p> <p>January 2023</p>
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Happy New Year!!!

Well, we made it through 2022. Our bank balance is healthy, we have lots of rentals, and our kitchen still has a great reputation for good food. We've weathered inflation so far, adjusted to losing the dance studio to new neighbours, and found a great new janitor. We have some new volunteers and we've managed to get the lobby set up. The garage sales, gift baskets, book sale, cribbage tournament, and arts and crafts sales were successful, and we were able to help out the City when the Sportsplex was being renovated. Our first aid kits have been consolidated and replenished, our

storage rooms have been purged, and we will soon have a formal fire and safety protocol. A new thermostat has been installed so that should put an end to freezing bingo games! The stoves have been serviced, and, touch wood, the freezers and fridges and cooler are working. Parts are on order for the dishwasher, and after a three month wait, our new glassware has arrived.

So, what does 2023 hold? We hope to have more games/tournaments, and more special interest classes like QiJong. The Centre needs some new computers – the ones we have no longer support the software we use(!) so we are checking on prices and hope to take advantage of January sales. The pool table with the most wear is going to be refurbished over the next few weeks, and we hope that there will be volunteers to re-paint where the bookshelves used to be.

Just like every other non-profit in Canada, we are finding it hard to get volunteers to step up. Last year we cracked the 300 member mark, and have seen renewed interest in membership as more new people retire to Campbell River. If you can spare a couple of hours a week.....

Kitchen News

You have probably noticed that Dot and Debi aren't in the kitchen these days. Dot is visiting Palm Springs for a well-earned vacation, but Debi has unfortunately had to resign for medical reasons. She has a bone chip in her elbow that is wreaking havoc with her hand, and needs surgery. Fortunately Norman has stepped up and is able to help us out for the month of January. Lorna is going to fill in for him on the 11th, but we will be needing a cook as of the end of the month. If you know of someone who can make delicious and nutritious meals three days a week for us, please let a board member know! And if they like baking, even better! Our busy days are Wednesdays and Fridays, and we serve about 30 entrees each day. We particularly need a Friday dishwasher for a couple of hours and can offer a free lunch in exchange.

Membership

Yes, it is time to renew for 2023. We are keeping the price at \$25 a year, or you can pay a \$3 drop-in fee. Please see the front desk to get signed up. You will be asked to present your membership card in order to participate in activities, but we are open for lunch for non-members.

Activities

Fit for Health is back on, starting on January 9th, and we seem to have some new morning pool sharks. We'd love to see the pool tables used in the afternoons.

Lydia is starting to build up inventory again for Arts and Crafts – be sure to check in Jessie's Room on Thursday mornings if you want to participate. Some office chairs were recently donated and we'd love to have someone volunteer to make some covers for them (We hear the ones from Amazon are kind of skimpy!)

Faye is looking after the AED machine to make sure it is working properly, and hopefully she can find an instructor to teach us how the machine works.

Is there interest in setting up day trips from the Centre? Would you be interested in car pooling, or getting a van and heading out to Coombs, or Nanaimo? Or what about a trip to Costco – you don't have to be a member if you have a gift card...

We can use more participants in our Friday morning Spanish conversation class. Should we try to have a book club again?

The Senior's Information Hub is coming back – the last Wednesday of each month they will have a table staffed with trained volunteers to answer your questions about housing, health, transportation, safety, and myriad other topics.

AGM

Our Annual General Meeting will be held in March and members will be notified by Rick Hine as to which board members will be serving out their terms and which positions will be available. Please consider participating and giving some of your time to our Centre.

Winners

Congratulations to Clarence for winning the Centerpiece donated by Nora! And Congratulations to Nancy Miller for having the winning ticket for the Christmas gift basket. Thanks to Dot and her friend for organizing such great bundles of goodies.

New Years Resolutions (You can't avoid them!)

I found some fun New Year's resolutions for seniors that are intended to make life in 2023 more fun, healthy, and interesting.

Try a New Healthy Food Weekly

Learn Something New Every Day

Pick a Hobby

Find a New Favorite Dessert

Become a Writer

Play More

Join a Dance or Exercise Class

Read More Books

Set Aside One Hour Each Day to Achieve a Dream



Count Your Blessings with an Attitude of Gratitude

Spend More Time in Nature

Enjoy the Little Things in Life

Be Charismatic, Not Shy

Boost Your Brain

Become a Volunteer

Last Resolution: Make more lists...

These are all great New Year resolutions for seniors or anyone looking for a fresh perspective in 2023.

From the Front Desk

As some of you may have noticed, I (Colin) have been absent lately. Rumours aside, I did not have Covid, but rather a staph infection that got into my blood stream. Treatment started with intravenous antibiotics three times a day. This has been reduced to once a day now, but I still have a few weeks of treatment left.

While lying in bed at the hospital, I had a lot of time to observe people...

The nurses are all very different people, with their own personalities. But the one thing they all have in common is that they do genuinely care about their patients.

The patients, on the other hand, sure have a lot of energy for sick people.

The first words out of the mouth of my first room mate were "Why don't I have a room with an ocean view?" You can imagine his reaction when he was told that he was lucky to have a room. The section of the hospital I was in has a capacity of 95 patients, and is staffed for that number of patients. That morning they had a total of 145 patients. One of the doctors doing rounds had 35 patients to see that morning.

One patient loved to yell every morning. He made the mistake of threatening to punch one of the nurses "right in the nose," He was informed that if he continued to act this way, he would be placed in restraints. The Nurse Manager and the someone from psych also came down to talk to him.

The food was surprisingly good. Hot, plentiful, and not overcooked. If you have special dietary needs, they will do their best to meet them.

