



Castlegar & District Community Services Society

Fall Newsletter 2013

NEW PROGRAM

The Castlegar **Better At Home** program provides non-medical home supports to seniors. By providing such supports as housekeeping, yard work (lawn/snow), transportation, light home repairs, and running errands, we can help seniors remain independent, and in their own homes, longer.

Better At Home is accessible to all seniors as it works on a sliding scale according to income. Fees go directly from senior to the agency to decrease risks, ensure confidentiality, and ensure dignity.

Volunteers are needed for the "Friendly Visitor" element of the Program. Visits can be done in the home or by phone, whichever is more suitable to the volunteer.

Drivers are also needed for the transportation element of the Program. Rides will be offered for shopping, social outings, and other errands. Mileage reimbursement is available to drivers.

Seniors requiring services as listed above are welcomed to call and register with the program.



"GWEN": Giving What Elders Need.

A project of the CDCSS Seniors Programs, in cooperation with community minded people – like you! We invite you to be part of ensuring our local seniors have a good Christmas, with basic practical gifts, food, gift cards, etc. We are collecting items to create Christmas gifts for seniors. Items can be dropped off at Castlegar Community Services, mailed in, or simply call us to arrange pick up. Together, we can make a difference to many (often isolated) seniors. Supplies for creating packages also appreciated, including: Christmas cards, gifts bags, wrapping paper, bows, ribbon, and tissue paper. Thank you very much.

Feel free to call our program team with any questions or comments.

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Mark your Calendar

Open House

December 4th – 5 - 8pm at
1007 2nd Street, Castlegar.

Learn more about us!
Everyone Welcome

News from Executive Director

Kristein Johnson

Castlegar and District Community Services Society have experienced a year of growth and change. We have added the Better at Home program, funded through the United Way of the Lower Mainland, and are hoping to launch services in early December. Also, this year we have included Seniors Outreach and Support to our community services, providing one on one support to seniors; funded through grants and generous donations from the community.

These programs are, and will continue to be a great asset to Castlegar and became a reality because of the generosity of community groups and individuals who supported its development. The goal of these programs is to become self-sustaining while meeting the social and economic needs of the community. These innovative programs have brought diverse groups and ideas together and fit well with Castlegar and District Community Services Society's Mission and Strategic Plan.

Another initiative in the works with Castlegar and District Community Services Society is with youth programming in the Community. With the success of the Youth Directed Funds through Columbia Basin trust, Castlegar and District Community Services Society will be partnering and working closely with other agencies, and the youth within the community to formulate a positive direction for youth led programming and activities.



In development for youth is the GAP (Gender Action Project). This will consist of a twelve-week long workshop series creating dramatic plays with youth, based on their own experiences of violence or oppression. Participants play games, and do exercises designed to support them in telling their stories and exploring issues of violence and oppression. Through the ideas of the youth, a theatre production is created. The format is a forum theatre, a format that teaches the actors/writers and audience how to change their world. We look forward to everyone attending the production. Dates and locations will be announced in the early spring. This project is funded through the RDCK, Columbia Basin Trust, Nelson Women's Association, and Violence is Preventable funding.

Please join us for our Open House on December 4th from 5 to 8pm. I look forward to meeting members from the community, partnering agencies, members of the Castlegar and District Community Services Society, and key stakeholders.

Board Chair Margit Hess

As the new Chair of Castlegar & District Community Services I would also like to extend a cordial invitation for all to our Open House on Dec. 4th. Come meet the 10 great members of our Board of Directors.

