

# Squamish Seniors Society\*

February 2024



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*"What matters in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead". – Nelson Mandela*

# Newsletter

## President's Message

Hello Everyone! What a beautiful February! My tulips think it is spring. They are all up about 15 cm (6 inches).

Do you have ideas for bus trips? If so, send the ideas to us and we will pass them along to the District of Squamish (DoS) staff who organize them.

Plan to attend our Friendship Tea on February 20, there is still time to register. I look forward to meeting you there. What a great way to spend some quality time with your friends over a cup of coffee or tea and some sweets.

Don't forget to let us know if you have some time on your hands. Volunteers are needed to help us expand the programs we want to offer to our members. Email us at: [events@squamishseniorscentre.com](mailto:events@squamishseniorscentre.com).

Albert Einstein once said, *"The most important motive in life is the pleasure in work, pleasure in its results and knowledge of the value of the result to the community."*

Just a reminder of the General Meeting of our society. This is an important opportunity for members to help select the new name for our society. Remind those who have not yet renewed their membership to do so online at [membership@squamishseniorcentre.com](mailto:membership@squamishseniorcentre.com). New or renewal memberships will also be available at the registration table prior to the General Meeting on February 24 starting at 12:30 p.m. We are very fortunate to have Dr. Brenda Millar as our guest speaker to share information about MAID, a very timely topic.

Don't ever forget you are special!

Marlene Russell  
President



## Surveys

We would like to thank everyone who participated in the on-line poll to select the top 3 new names for our Society. As polls go, we had a great response rate - 62.2%!

As part of our efforts to revitalize the Society in ways that resonate with the community of those 55+, we need your help! We cannot forge a new path in isolation. Your voice matters, and your input will inform our future direction.

In the coming week, all members will receive a link to a survey that is asking what you want from the Society – everything from what the membership means to you, to your interests and more.

There are 37 questions, mostly multiple choice, but some require a little more information. Will you commit to setting aside about 15 minutes to provide feedback and ideas?

***“You have brains in your head. You have feet in your shoes.  
You can steer yourself in any direction you choose”.***

***– Dr. Seuss***



## Friendship Tea



As you may be aware, the 55 Activity Centre was not able to make the great room available to the Society as planned on February 14<sup>th</sup> for the Valentine's Day Tea. Not to be deterred, we did a little brainstorming, and someone asked, who do we cherish almost as much as our sweethearts? The answer was easy...our friends, of course! As a result, the Friendship Tea event was founded.

Free to our members, and just \$2.00 for non-members, bring a baked goodie to share and join us February 20 from 1:30 to 3:30 at the 55 Activity Centre. We will supply coffee/tea and a goodie or two as well.

We have extended the date to pre-register, so please email us at: [events@squamishseniorscentre.com](mailto:events@squamishseniorscentre.com) by **February 17**. Be sure to include the number of members and non-members you are registering (maximum 60 guests).



*If you did not receive the Agenda Package, please email us at: [info@squamishseniorscentre.com](mailto:info@squamishseniorscentre.com)*



## General Meeting

February 24 is our first general meeting. We are looking forward to connecting with you and sharing what we have been up to since being elected in November 2023. Registration is from 12:30 to 12:55 and the meeting will begin at 1:00.

The Agenda Package was sent to all current members February 10 (amended package sent February 12). If you did not receive it, be sure to check your junk mail (instructions on how to avoid missed emails for @shaw.ca customers are posted on the website: [squamishseniorscentre.com](http://squamishseniorscentre.com) under News & Events.

Remember, this is a “members” only meeting, so to attend, you must have a valid 2024 membership. If you have not had a chance to join, or renew your membership, please contact us by email: [info@squamishseniorscentre.com](mailto:info@squamishseniorscentre.com)

In addition to Society business, we are incorporating content that is educational and helps create awareness. Dr. Brenda J. Millar, an expert in palliative and long-term care; and Keely Kidner, Equity & Inclusion Coordinator, at the District of Squamish, will be our guest speakers. We will also be voting on our new name - the 3 choices are: Alive After 55 Society, Squamish 55+ Society or Squamish Seniors' Society.

After the meeting, we will send a brief survey (10 questions) that will take about 5 minutes to complete. Your feedback will help us improve these meetings going forward.

## Heart Health

February is recognized as Heart Month, a time to consider the importance of our cardiovascular health and focus on what we can do to improve it. According to the Public Health Agency of Canada, heart disease is the second leading cause of death for both men and women in Canada, and it affects them differently. It is important to note that women have more subtle symptoms of heart disease, and these are more difficult to detect.

Know and understand your risk. Biological factors such as age, gender and family history play a part in our risk of heart disease. There are many things in our control that can lower risk, so be proactive and focus on prevention. Did you know

that 80% of premature heart disease and stroke can be prevented through healthy behaviours?

According to Medavie Blue Cross, you can significantly lower your risk by making simple healthy lifestyle choices:

- Eating heart healthy foods
- Exercising
- Maintaining a healthy weight
- Managing stress
- Quitting smoking

In addition, it is critical that you monitor medical factors such as blood pressure, cholesterol and diabetes. Be sure to check-in regularly with your doctor.

## March Event

Mark your calendars for the annual **St. Paddy's Day Pub Nite!** The event is March 15. More details to follow, and if you are interested in helping out, please let Nan Pellatt know by emailing: [events@squamishseniorscentre.com](mailto:events@squamishseniorscentre.com).

## Thank You

We would like to take this opportunity to thank Joy Boulier for volunteering with the Society's Social Committee. At the end of January, Joy advised us that she was stepping aside.

Loosely defined, being a volunteer is a selfless act and is the principle of donating time, energy and skills to a greater cause. When individuals take the initiative to be a volunteer, they help change the lives of those in their community.

Joy has embodied the spirit of volunteering. She has made a positive impact on our community of 55+ by bringing us together through a variety of social events. Every gathering was a thoughtful, well-planned occasion where we had a chance to connect with old friends and make some new ones. You will be missed and always have a place with us Joy – thank you!

*"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." – Helen Keller*

