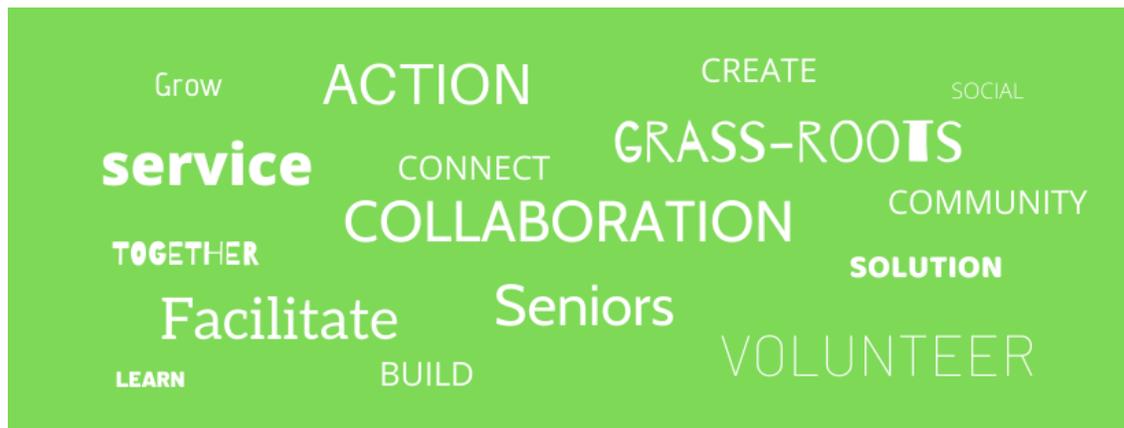




# *Newsletter*

*May 7, 2020*



for seniors and their issues and opportunities across  
Langley.

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## **On-line Learning Opportunities!**

*We're building a new schedule of workshops, stay tuned.*

Would love to hear what YOU want to learn more about.

Send us your ideas - [llyscat@gmail.com](mailto:llyscat@gmail.com)

Thank you!





## UPDATED: A Covid Resource Guide for Seniors

### Updates inside:

1. Elder Abuse
2. Housing: Help with Rent
3. Community Programs: Additions
4. Family Doctors: Virtual Care Options
5. End of Life - Hospice and Palliative Care

Alongside our partners, the Langley Division of Family Practice, we have developed a comprehensive resource guide - you may have seen this before but we're just checking that **EVERYONE** has it :) Click [here](#) to get it!



## BC's Plan to Re-Open

Read about BC's plan to re-open work places, public spaces and services.

Timeline [here](#).



Mandy Patinkin and his wife, Kathryn Grody, attempt to decipher  
Millennial social media language.

Click on the image to watch their hilarious video. #ROFL

**PS - contains spicy language**



Roberta Ryland's vision at **Sugar Free IQ** is to assist those with dietary restrictions live a longer, better quality life. As you age... this is when you appreciate the little things the most. Like a cookie that won't make you sick... or food with real ingredients that will actually help your body heal.

Are you a diabetic, interested in a Keto diet or just want good, nutritional food? Roberta delivers. Check out her website [here](#).

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## **Do you have a chronic health condition?**

Self-Management BC offers one-on-one telephone-based Health Coaching.

Health Coaches connect with participants by telephone once a week for 30 minutes for a period of three months. Through this contact, Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behaviour changes.

Find out more here: [www.selfmanagementbc.ca/healthcoachprogram](http://www.selfmanagementbc.ca/healthcoachprogram) or



## Get Help/Give Help

A partnership between the  
United Way and bc211

Matching seniors in need with  
volunteers who can assist in helping  
with tasks such as getting groceries,  
medication and staying connected.

<https://www.uwlm.ca/>

[www.bc211.ca](http://www.bc211.ca)

call the BC 211 helpline - Dial 2-1-1

bc211

Strengthening  
communities by  
connecting people with  
the help they need

# Do you have time to spare?

Help deliver meals with the new 'contact-less' delivery system.



Join our  
 **Volunteer Driver Team**

We need your help to deliver over **20,000 meals** in Langley this year

- ◆ Can you offer a couple of hours a week to deliver meals along a Langley route between Monday through Friday, 11:30 am – 1:00 pm
- ◆ Pick-up from our office 8-10 meals stored in easy to-carry thermal packs and deliver them to local residences, a simple and rewarding way to help our community

Hot meals home delivered - No hassles, just a friendly smile!  
**Delivering Food Security throughout Langley**

Langley Meals on Wheels  
20414 Douglas Cres  
Langley BC  
**Together We Deliver**



Volunteer applications on our website  
[www.lmow.ca](http://www.lmow.ca)  
For more information call  
**604 533 1679**



## **SCAM ALERT!**

### **Beware of COVID-19 fraud**

**This scam includes fraudsters going door-to-door offering COVID-19 testing for a fee and fake decontamination services.**

**Always #StopPauseThink before agreeing to these fraudulent services! #crimeprevention**



**Stay up to date on scams  
related to Covid-19.**

**Click [here](#).**

#### **\* ADVISORY: Door-to-Door Solicitation**

Food Banks BC and its 100 member food banks **do NOT solicit cash donations from door-to-door**, nor do they support anyone doing so on their

Occasionally food banks may be supported by a local community partner that collects food on their behalf, however in these cases that partner will have a letter of verification that contains an identifiable food bank, contact name and phone number for verification purposes.

**If you are solicited for a cash donation to assist a food bank by anyone claiming to act on behalf of, or work for Food Banks BC or another local food bank, please contact our office as well as report your encounter to your own local authorities.**

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**Got your  
membership yet?**

- Get voting privileges and help form our annual plan and focus areas
- Fee is \$5 per person, Community Organization or Business
- Click [here](#) to download a membership form or request one by email to [llyscat@gmail.com](mailto:llyscat@gmail.com) and bring it along with your fee to our next meeting or mail it in.(cash and cheques are accepted - cheques are payable to LSCAT Society)

Let us know if you have any questions!

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**Our mailing address is:**

20414 Douglas Crescent, Langley, BC V3A 4B4

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