



Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors
January 2023

Happy New Year!

Editor's note

For me, the passage into a new year feels like a time of renewal. I try to end the year by cleaning my house and start the new one with one or two simple goals. In 2023 I will... play more music, finally learn to barbeque, find the spark in everyone I spend time with. You get the idea.

Sometimes I don't achieve my goals, but starting 2023 with an intention sets the course for the months to come.

Speaking of the 'spark' in people, every senior has interesting stories to share. *Revelstoke Senior Life* will highlight an inspiring Revelstoke senior every month. This issue features Sue Dulley. At the age of 78, she is an active quilter and dressmaker with a passion for math who runs in several races a year. That's pretty impressive.

We are also featuring artists and writers who would like to contribute to this newsletter. In this issue, Carolyn Johnston shares her sometimes humorous experience of trying to deliver food for the Community Christmas Dinner while the streets were a snowy mess.

Revelstoke Senior Life tries to list all activities of interest to seniors within each issue but for that we need your help. If you have an event or activity that you think we should know about, please contact us at the e-mail below.

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Indoor Walking Club

Starting Dec.1st



Every Thursday
11am-12pm

FREE!

Walking

At the Community Centre

Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health

Bring indoor shoes.
Walking sticks and seating provided.

www.revelstoke.ca
250-837-9351 #3
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Inspiring Seniors

Sue Dulley, Renaissance Woman

It's hard to pinpoint where Sue Dulley's greatest talents lie. She is an accomplished dressmaker and tailor who made many of the costumes in last year's Flying Arrow Theatre Company's production of Mamma Mia. She produces ingenious quilts, some of which display her love of mathematics and optical illusions while others feature unusual elements like t-shirts.

This past year, at the age of 78, she competed in the Canada 55+ Games in Kamloops. She runs two to three times a week except in the winter and can often be seen hiking on the trails around Revelstoke with her friends.

Sue says she always found math easy.

"My grandmother used to play math games with me, making me add up numbers in my head," she said. "Math seemed to be less work than all the other school subjects. And now I just find it really useful. I use it in designing quilts and things, doing calculations. To me it's a helpful tool." The optical illusion quilt that she is currently working on is a good example of that.

When asked what makes her day, Sue replied, "I love playing board and card games and jigsaw puzzles with adults. I love getting outside, even shovelling. In the winter, if I can keep my side path clear when it looked like it was a write-off, that made my day. Getting stronger, getting a little bit faster when I've been hiking more, doing things that convince me that I'm not getting too old."

Another joy "is to see my grandchildren, especially if they want to have a conversation with me now that they have grown up, if they want to consult me about something or tell me something they think I might be interested in. I like it when I can be an active grandma still."

Sue attributes her good health to luck, but she also works at it. "It's staying healthy, not overdoing it and listening to your body. If your knee hurts, stay off it for a day or two and ice it. Don't torture yourself. Also, get plenty of sleep and don't force yourself to get up if you don't need to." That's good advice for anyone at any age.



Seamstress and quilter Sue Dulley enjoys mathematical challenges. This quilt, which is part of her If I Were a Carpenter series, was inspired by a photo in a book of optical illusions.



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Writer's Corner

Snowy Weather Blues by Carolyn Johnston

The Revelstoke Community Christmas Dinner is one of my favorite events of the year. It's exceptional in several ways. It's for everyone. I've seen free Christmas dinners for the homeless, the poor or for small groups but I've never seen a free dinner where an entire city and its guests are invited.

Second, the food is wonderful. How do they get turkey so moist and vegetables cooked to perfection for hundreds of people over a two-hour period? I also love that the organizers ask volunteers to eat as soon as the dinner starts so the first people to arrive won't feel lonely. Best of all, it's fun to volunteer and to see the joy on people's faces when a hot meal is delivered to their door. It's great to meet other volunteers, some of whom become friends.

This year was a bit different, however. As usual, I volunteered to deliver meals but I didn't count on the heavy snow that arrived just before Christmas or the fact that most City plowing would wait until after the holiday. I have a small but valiant Toyota Prius. In nine winters in Revy, I have never been stuck – not until this Christmas.

I knew there was a lot of snow but I set out with boundless optimism. Eighth Street was well plowed and turning right onto Mackenzie Avenue was no problem. The wheel ruts were well-defined even though the deep snow between them turned my bumper into a snow plow. At Fourth Street I forced my car through the windrow to turn left toward the Community Centre where the dinner was held. Luckily, I found the only spot in the unplowed parking lot that had been pre-used that morning. So far so good.

I emerged from the kitchen in high spirits with three meals to deliver. My first recipient was only six blocks away but I never made it. My car became firmly stuck on a right-hand turn. I tried rocking my car out — no go. Luckily this was Revelstoke and four strong neighbours pushed me out. I was not alone. It seemed on every side street, cars were stuck and good Samaritans were pushing them out.

There was one more problem. If I ever reached my destination, I couldn't stop to deliver the dinner without blocking the road. Pulling over was impossible. My car would certainly be stuck in the deep, unplowed roadside. I headed toward the nearest plowed road but soon high-centered my car. I had to rock myself out five more times before reaching safe ground.

I returned the dinners to the Community Centre and handed them to two young women with a big truck. They were happy to deliver them for me. Volunteer effort so far – high; results – zero. I joined the dinner and began to talk to those sitting alone at tables. At least that was something I could do, no matter how high the snow was.

Next year I think I'll volunteer for an indoor job.

* * *

Carolyn Johnston is a novelist and active volunteer based in Revelstoke.





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Upcoming events and activities

Sunday, January 1

- Lantern Ski. Mount MacPherson cross-country ski area. 4-8 p.m.

Thursday, January 5

- Revelstoke Visual Arts Centre exhibit opening, featuring Daniel Stewart, Jamie Kroeger, Sab Curtis, Jenny Liski and Susie Kathol. (\$5) 5-8 p.m.

Friday, January 6

- Winter market, Community Centre, 11-3:30.

Friday, January 20

- Winter market – Community Centre, 11-3:30.

Saturday, January 21

- Billy and Elton: The Legacy – Revelstoke Performing Arts Centre. 7:30 (\$25). Info and tickets click [this link](#).

Wednesday, January 25

- Movies in the Mountains: The Territory – Revelstoke Performing Arts Centre. 7:30 (\$15). Info and tickets click [this link](#).

Monday, January 30

- Death Café at Dose (101 2nd Street E.) 7-9 p.m.

Regular activities

Mondays

- Soup and a Smile lunch (by donation) – United Church, 11:30-1:00.
- Bingo – Seniors' Centre, 1 p.m.
- Bridge – Seniors' Centre, 7 p.m.
- Darts – Seniors' Centre, 7 p.m.

Tuesdays

- Carpet Bowl – Seniors' Centre, 9 a.m.
- Cribbage – Seniors' Centre, 1 p.m.
- Craft Connections (bring knitting, crocheting or other crafts). Library. 6:30-8 p.m.

Wednesdays

- Billiards – Seniors' Centre, 9 a.m.
- Exercise – Seniors' Centre, 10 a.m.
- PAN – Seniors' Centre, 6:30 p.m.
- Whist – Seniors' Centre, 7:30 p.m.

Thursdays

- Carpet Bowl – Seniors' Centre, 9 a.m.
- Coffee Drop-In – Seniors' Centre, 9:30-11. Proceeds to medical transportation.
- Coffee Social – Community Connections, 416 2nd Street, 10-11 a.m.
- Indoor Walking Club – Community Centre – 11 a.m. – noon.
- Hot lunch – Food Bank – nutritious and delicious hot lunch, \$10. 11:30-1 p.m.

Fridays

- Exercise – Seniors' Centre, 10 a.m.
- Darts – Seniors' Centre, 7 p.m.



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Service providers

Community Connections Outreach, 416 Second Street West, 250-837-2920;
<https://community-connections.ca/>

- Better at Home (Support for seniors)
- Food bank
- Social Justice support, counselling and more.

Revelstoke Hospice Society, 250-837-5523

Revelstoke Seniors' Centre, 603 Connaught Avenue, 250-837-9456;
<https://revelstokeseniors.com/>

Revelstoke Women's Shelter, Business: 250-837-4382; Emergency: 250-837-1111

- Moving Forward Program (Outreach and workshops) 250-814-8387
- Community Response Network, revycrn@gmail.com

Revy Unstuck Facebook Page: Helps seniors with shovelling in the winter.

A graphic advertisement for 'Coffee Time'. It features two circular images: one showing a white coffee cup with latte art on a saucer next to a glass of water and a croissant, and another showing a person's hands holding a light blue speckled mug. The background is a light beige color with faint line drawings of coffee beans and a coffee grinder. The text is in a bold, brown, sans-serif font.

Coffee Time

COME & JOIN US THURSDAY
MORNINGS AT THE OUTREACH
BUILDING FOR COFFEE AND AND A
CHAT! 10AM - 11.30
ALL WELCOME :)

Outreach Building, 416 2nd St West



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What is a Community Response Network and how can it help you?

A Community Response Network (CRN) is made up of concerned community members, agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults.

Some forms of abuse may include:

- Financial – The misuse of a person’s funds and assets, obtaining property and funds without the owner’s knowledge and full consent, or in the case of an elderly person who is not competent, not in his/her best interests.
- Physical – Violence or rough treatment to coerce or inflict bodily harm.
- Sexual – Sexual behaviour directed towards a person without their full knowledge and consent.
- Psychological – Any act or treatment, including confinement, isolation, verbal assault, humiliation, intimidation, infantilization, which may diminish the sense of identity, dignity, and self-worth.

Other forms of abuse can include over or undermedication, censoring mail, denial of access to visitors, or invasion or denial of privacy.

Elder abuse often refers to adult abuse where the target is a senior or older adult. An abuser is likely to be someone known to the abused older person like a friend, family member, or caregiver.

Instances of abuse often coincide with neglect. Neglect is when lack of care, assistance, or attention leads to physical, mental or emotional harm, or loss of financial assets.

Self-neglect is the failure to care for one’s self that causes serious physical or mental harm, or damage to or loss of assets.

The Revelstoke CRN includes the Women’s Shelter, Community Connections, Interior Health, Community Connections, the Seniors Centre, Okanagan Regional Library, the RCMP, the City, Paramedics, Hospice and the Credit Union and others. Two initiatives this year included working on a coordinated heat response and hosting a series of workshops on scams, fraud and senior abuse. For more information e-mail revycrn@gmail.com.

Have you wanted to make your voice heard and change policies relating to seniors?

One way to make your voice heard is to connect with the BC Office of the Seniors Advocate at seniorsadvocate.bc.ca or call 1-877-952-3181. The office provides information on a wide range of issues and services relating to seniors. It also monitors and analyzes seniors services and makes recommendations to government and service providers to address systemic issues in health care, housing, income support, community support and transportation.

