



Revelstoke Senior Life

A monthly newsletter for Revelstoke seniors
April 2023

Caring, sharing and learning - Editor's note by Laura Stovel

April is Earth month. It's a good time to think about how we steward this beautiful land that gives us so much and about what we are leaving for the generations to come. Eighty-seven-year-old Inge Anhorn has thought a lot about these things. In this issue she shares her approach to caring for the environment, one wagonload at a time.

Ken Talbot is among Revelstoke's most active volunteers. He can often be found at the woodshop of the Revelstoke Visual Arts Centre. In this issue, Ken talks about how he finds his purpose and energy.

Finally, we all struggle at times with constantly-changing technologies and expectations that we need to keep up or we might not be able to do things that are important to us. While many digital technologies offer real benefits, it is not always easy to learn how to use them. Luckily, there is free and patient help available. We discuss some of the opportunities available to master your digital devices in Revelstoke.



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What is the Community Response Network (CRN)?

The Revelstoke CRN is a committee of service providers, including the City, Interior Health, and several non-profits that work together to prevent adult abuse and support vulnerable adults.

We are grateful for the support of our sponsors and contributors:



Sue Dulley, volunteer
copy editor



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Inspiring Seniors

Ken Talbot – Living purposefully

Anyone who spends time around the Revelstoke Visual Arts Centre (RVAC) knows Ken Talbot, the cheerful volunteer who runs the wood shop – and does so much more. “He always has advice handy, little tricks that makes my project easier,” said wood artist Cornelius Suchy. “He makes himself available out of the blue, just when I need him.”

Ken is like that. In his 19 years as a volunteer at RVAC, he has contributed in hundreds of practical ways to the centre, including guiding the construction of the community garden beds around the building, a collaboration with the Local Food Initiative. Tuesday mornings in the growing season you can find him weeding the beds.

Born in Bowness, Alberta, his family moved to Vancouver Island when he was in grade five. He finished high school in Duncan, enrolled at BCIT (the BC Institute of Technology) and graduated with a diploma in civil and structural engineering. He soon began his 35-year career with the forest service, working as an engineering technician.

In 1978 Ken moved to Revelstoke to run survey crews for the pre-flood clearing of the Revelstoke dam reservoir. He eventually became operations manager at the forestry office. That is where he met his beloved second wife, Sheila, who worked as a clerk there.

About five years before he retired, Ken started delivering a corporate training program focused on setting goals. It went beyond the corporate level. “We gave people tools that were applicable to personal life. If you’re not happy with who you are and what you’re doing,” he said, don’t focus on the negative, “you want to develop and get a good picture in your mind of what you want to be. You can then drive yourself toward the future that you want.”

Ken took his own advice and got involved with the art group at a time when the woodshop was completely vacant. “They invited me to bring my big lathe here.” He realized that this was part of his retirement plan. “I’ll work for five years to get this thing up and rolling. Get it designed, get it built and get it operating and then, when I retire, I can roll right into that.” Now he is so busy with the workshop, collaborating with the potters’ guild, building frames for people and taking on the daily maintenance of the RVAC facility, it is hard to imagine how he makes time for his other passions: foraging and fishing.

Sometimes life throws a curve ball. Ken’s wife Sheila passed away suddenly in 2021. “My path had been really well defined to grow old with my wife. Now she’s gone.” Ken turned to art therapy to help him grieve and find a way forward. “It put my mind into a whole different space. It made it easier for me to think about what happened and the possibilities for me to carry on.”

Being at RVAC helps a lot. Energy breeds energy. “By being engaged with the woodworkers, the potters, the artists it gives me more and more exposure to younger people. That’s where I get a lot of energy, being around younger people and hearing their ideas.”



Caring for the Earth one wagonload at a time

Inge Anhorn has thought a lot about her footprint on this planet. “I love the Earth. And the less I take from it, things I don’t really need, the better it is for the earth. I think we take too much from the Earth and it’s not good for the future,” she said.

Many people will have seen 87-year-old Inge pulling her wagon to carry items from one place to another. She uses that wagon to deliver her compost to a gardener who lives six blocks from her home, she organized the recycling at her apartment complex at Selkirk Gardens and she volunteers regularly at the Hospital Auxiliary Thrift Store – another place where volunteers, who are mostly seniors, work actively to reduce waste.



Inge with her wagon. She collects and recycles cans which provides her with "give-away" money.

Inge grew up during the war in Germany when everything was scarce. “Everything in my childhood was recycled. Everything,” she said. That included water, which was very expensive because it was metered. “In my family, water was used at least three times,” she said. For example, to wash clothes they would do the white wash, then use the same water for the coloured wash, then use it to flush the toilet.

In 2008, when Inge was living in Vancouver, she decided that she didn’t need a car any more. The City had a good transit service so she decided to donate her car and go without. She has never looked back. She uses her bike, transit – and most recently her electric scooter. She doesn’t ask people for rides, and even sometimes refuses ride offers. “If I can do

it myself, I will. I feel we are too tied to the car,” she says.

Intercity transit – and even transit to local attractions – is more difficult. Inge sometimes takes the medical bus that goes to Kamloops and Kelowna on Tuesdays and Wednesdays respectively. The bus leaves from outside the Seniors’ Centre at 8 a.m. and gets to its final destination at 11:00. Although the bus is meant for passengers who have medical appointments at these places and at towns en route, people can book a ride if there is extra room. To get to other places, or to travel on different days, “we need more frequent and better transit,” she said. It would be nice to be able to go on a day trip to Nakusp without a car, she said. Even going to the top of Mount Revelstoke in the summer usually requires a car so locals without a car or tourists who visit using an intercity bus cannot enjoy this experience. (Editor’s note: Parks Canada operates a shuttle during the Wildflower Festival and is considering having a shuttle at other times).

Determination, creativity and hope (after all, acting for the earth and future generations is an act of hope), Inge exemplifies all these qualities. We can learn so much from this climate hero.



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Digital literacy in a time of change

As most seniors can attest, it is hard to keep up with the dizzying changes in communication technologies that allow us to function well in this world. It used to be that we could simply pick up the (affordable) landline telephone to make appointments or ask for a form to be mailed to us. We could cross the border into the United States and simply show our passport.

Now we are being asked to book appointments or fill in forms online. During the Covid-19 pandemic, people entering Canada had to download an ArriveCan app and fill out an array of confusing questions. What if you don't have a cell phone or tablet or computer? What if you don't want to engage with this new digital world?

Digital technologies have a lot to offer seniors. Imagine going through the pandemic without being able to see distant loved ones online. Now if we have a question or want to look up a recipe we can just Google it. If we want to see the weather forecast, read a map or set an alarm or timer we just pull out our phones.

For seniors looking for friendly help learning how to use a cell phone, tablet or computer – or even deciding if this is something they want to adopt – there are opportunities. The library hosts a tech help drop-in session from 1:30 to 2:30 the first Friday of each month. And the Columbia Basin Alliance for Literacy (CBAL) runs a drop-in tech learning opportunity from 3-6 p.m. every Wednesday at the Community Connections outreach building (see poster on p. 5).

“Literacy has changed over time because of the digital era. This has changed things dramatically,” said Koreen Morrone, CBAL’s community literacy outreach coordinator. “Even filling in a form. You used to have paper forms. Now, a lot of times, forms are online. So you have to be able to fill it out. It looks like a normal form (on the computer) but there’s a drop-down window” and sometimes people don’t know about that.

“When you’ve never been immersed in it, it is a scary realm. Especially when people say you have to watch what information you give. Without having anyone there to guide you through it, many seniors don’t want to touch these technologies” Morrone said.

Morrone’s drop-in tech help sessions are open to anyone. “People can come to me for any information. Sometimes someone has given a senior a device and they don’t know how to use it. They’ve been shown how to use it but if they don’t do it repetitively, they forget. Or if they just have a problem they can come in and ask questions.”



Library assistant Sasha Walsh helps Muriel Rota with her cell phone.



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Morrone will go to people's houses if they are unable to get to the drop-in sessions, for example due to mobility issues. If the drop-in time doesn't work, she can arrange another time to help. She can also use her own laptop to help people fill out online forms if they don't have a computer.

Some seniors may be reluctant to adopt a cell phone, tablet or computer because of the high cost of internet or cell coverage. There are ways around that. For example, you don't need a paid subscription to access the internet with a cell phone, tablet or other device. You just need to connect to a free wireless network – for example at the library or community centre.

Also, Telus offers low-cost subscriptions for low-income seniors through their Mobility for Good and Internet for Good programs. Their website reads, "Mobility for Good® for low income seniors provides Canadian seniors receiving at least \$6500 per year of the Guaranteed Income Supplement (GIS) benefit with subsidized wireless service." For more information on these and other programs click [this link](#) or ask someone at a tech help session for help accessing the program.

Koreen Morrone of CBAL can be reached at 250-805-2305 or by e-mail at kmorrone@cbal.org

Drop in Tech Learning

Learn how to use and get the most out of your device-cell phones, tablets, laptops and more!

Bring your own device or we have some to use.

Free drop-in program at

Wednesdays
3:00-6:00
Community Connections
Outreach Building

Learning TOGETHER

Drop in for assistance with topics like:

- Microsoft office skills (word, and excel)
- Electronic forms, applications
- Basic computer and tablet use
- Email essentials
- Social media basics

This is a free service. No booking required. Simply bring in your questions and have a chat.

TO LEARN MORE, CONTACT:
Koreen Morrone, Community Literacy Outreach Coordinator
kmorrone@cbal.org 236-968-3584 www.cbal.org

cbal
Columbia Basin Alliance for Literacy

produced in partnership with
Columbia Basin trust

Next Session to begin April 16, 2023

Each Sunday from 3-5 pm at the Seniors Centre

For 8 weeks. Intake required. Light snack provided.

Grief & Bereavement Support Group

Grief is a normal part of life. It takes work to move through the difficult stages.

Where are you on your grief journey? This support group allows individuals experiencing loss a safe place to work through their grief and express it openly.

2 Sessions per year with trained facilitators. Each session is 6-8 weeks, located downtown.

revhosp@telus.net
revelstokehospicesociety.ca
250-837-5523

Providing individuals with emotional, practical and spiritual support in a caring environment to share their grief story.

REVELSTOKE Hospice Society

Monthly weekend for quilters, sewers and crafters in Revelstoke

For many years, Revelstoke quilters found their social home with the Mt. Revelstoke Quilters' Guild, which was well known for producing beautiful quilts that the group often donated or raffled off to support local charities. The guild closed down last fall but immediately transformed into the Creative Circle Sewing and Crafting Group, which meets one weekend a month. In April, they will meet on Saturday the 15th and Sunday the 16th. They welcome sewers, quilters and crafters of all kinds.



Bev Harding paints on cloth then will sew over it in a process called thread painting or art quilting.



Linda McCrae works on a paper-pieced quilt.



Jill Leslie shows off her gorgeous paper-pieced quilt.



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Upcoming events and activities

Sunday, April 2

- Fable Book Parlour book club. *On Earth We're Briefly Gorgeous* by Ocean Vuong, 7-9 pm.

Tuesday, April 4

- Chair yoga (with some standing yoga) – Revelstoke Seniors' Centre, 1-2 pm. Free.
- Drop in Art night, Revelstoke Visual Arts Centre, Kitchen Studio 7-9 pm. Free. [Info here.](#)

Wednesday, April 5

- [Jack Garton \(music\) – Fable Book Parlour](#), doors open 6:30, show 8-10:30, \$25.
- Brown Bag history, Newspapers, Revelstoke Museum & Archives, 12-1 pm, \$8.
- Volunteer Income Tax Program, last session, 9 am to noon, Revelstoke Seniors' Centre.

Friday, April 7

- Tea and Tech – Okanagan Regional Library, drop-in tech support, 1:30-3:30, free.

Saturday, April 8

- Frazey Ford, singer-songwriter – Revelstoke Performing Arts Centre, 7:30 pm, \$25. Info and tickets click [this link.](#)

Thursday, April 13

- Exhibition opening. Anything Goes fundraiser. Revelstoke Visual Arts Centre, 5-8 pm, \$5.
- Sustainable Panel/Evening, Dose Café, 5-7 pm. On climate change, local solutions.

Friday, April 14

- Winter market – Community Centre, 11-3:30 pm.
- Seniors' Theatre – *I Love You, You're Perfect, Now Change*. (Musical comedy). Seniors' Centre at 2 pm. Free for Seniors' Centre members. Yearly memberships avail. on site \$15.

Saturday and Sunday, April 15 and 16

- Creative Circle Sewing and Craft Group. Revelstoke Seniors' Centre, 9 am to 4 pm, bring your own sewing machine and supplies needed. All crafts welcome.

Tuesday, April 18

- Chair yoga (with some standing yoga) – Revelstoke Seniors' Centre, 1-2 pm. Free.
- Drop in Art night, Revelstoke Visual Arts Centre, Kitchen Studio 7-9 pm. Free. [Info here.](#)

Wednesday, April 19

- Brown Bag history 20 Year Celebration, Revelstoke Museum & Archives, 12-1 pm, \$8.
- Seniors' Centre monthly birthday party, 2 pm.

Saturday, April 22

- [May Davis, singer-songwriter – Fable Book Parlour](#), 7-9:30, \$20.

Sunday, April 25

- Drop-in Watercolour nights, Silverwinds, 7:30-10 pm, \$25.

Wednesday, April 26

- Jim Byrnes, musician – Railway Museum, 7:30 pm, \$30. Info & tickets click [this link.](#)
- Seniors' Centre **monthly** dinner, 5:30. **Sign up at Seniors' Centre by April 21.**

Friday, April 28

- Seniors' Theatre. Show TBA. Seniors' Centre, 2 pm. Free for Seniors' Centre members.

Sunday, April 30 and Monday May 1

- Revelstoke Community Choir and Revelstoke Children's Choir – Revelstoke Performing Arts Centre, 6:00 pm April 30, 6:30 pm May 1, \$5 5-12 years old, \$15 12 and over.



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Regular activities

Mondays

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

Tuesdays

- Carpet Bowl – Seniors' Centre, 9 am.
- Aquafit – Community Centre pool, 10-11 am.
- Cribbage – Seniors' Centre, 1 pm.

Wednesdays

- Billiards – Seniors' Centre, 9 am.
- Exercise – Seniors' Centre, 10 am.
- PAN – Seniors' Centre, 6:30 pm.
- Whist – Seniors' Centre, 7:30 pm.
- Drop-in Tech Learning – Community Connections Outreach Building, 3-6 pm.

Thursdays

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

Fridays

- Exercise – Seniors' Centre, 10 am.
- Darts – Seniors' Centre, 7 pm.

Saturdays

- Pottery workshop, Clay Collective, 6-8 pm, \$70. For more information click [this link](#).

Service providers

Community Connections Outreach, 416 Second Street West, 250-837-2920;

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

Revelstoke Community Centre, 600 Campbell Avenue, 250-837-9351

Revelstoke Hospice Society, 250-837-5523

Revelstoke Seniors' Centre, 603 Connaught Avenue, 250-837-9456

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

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