

ENH 65 & BETTER Newsletter



Welcome to our summer newsletter

Spring has brought with it some changes Senior Services here at the Esquimalt Neighbourhood House.

Jennifer has taken on the role of the Community Connector and she will tell you a little bit more about that in this newsletter.

I, Sandra, have taken over the role of Coordinator of Better at Home and you can read a little bit about me in this newsletter as well.

Feel free to reach out to either one of us at any time. We are always happy to help and hear about you and the community that we are lucky to be a part of.

Jennifer 250 385 2635 ext 201

Sandra 250 385 2635 ext 210

About Sandra



My name is Sandra Logjes and I have been connected to the Neighbourhood House since 2008.

I am a mom of 2 teenage boys and I love travelling and exploring other cultures and foods.

In my spare time I like reading and baking, going for walks by the ocean or just simply enjoying this beautiful Island we call home. I really look forward to connecting with you, whether by phone or in person.

Safer Grant

Do you have a low-modest income and are renting in the Esquimalt/View Royal areas?

You may qualify for
“SAFER”

This grant helps subsidize your rental costs. If you need help to apply or determine your eligibility, please reach out to

Jennifer at 250-385-2635 Ext 201.
She can help you!

Better at Home

Better at Home helps older adults continue living independently in their own homes by providing simple, non-medical home support services like:

- help with transportation
- light housekeeping
- friendly visiting
- minor home repairs.

If you are a senior living in Esquimalt or View Royal, give us a call to see if you are eligible 250 385 2635 ext 210

Riddle

Q: What do you call a
snowman in the
summer?
(Answer on Page 2)



Community Connector

A FREE Social Prescribing Program

Hello, I am happy to let you know that I've stepped into a new role as a Community Connector at Esquimalt Neighbourhood House. As Sandra takes on the Better at Home program, I'm here to connect you with community resources, supports and opportunities that can improve your health, well-being and quality of life.

As a Community Connector, I work alongside you, one-on-one, to explore what matters most to you. Together, we can identify resources, activities, programs or supports that help you build connections, routines, confidence, or the stability you're looking for, at a pace that feels right for you.

What is Social Prescribing?

Social Prescribing is a bridge between clinical care (the support you receive through the medical system) and non-clinical supports available in the community. It is a person-centred approach that recognizes that health and well-being are influenced by many factors, including social connection, meaningful activities, access to resources and a sense of belonging.

Research has shown that social prescribing can improve overall health and well-being, particularly by reducing loneliness and social isolation and helping people feel more connected to their communities.

Is this service for you?

You may benefit from meeting with a Community Connector if:

You are feeling lonely or isolated.

You are a caregiver looking for support.

You need help finding community programs or services.

You need help navigating housing, food or nutrition resources.

You would like to reconnect with an old hobby or discover a new interest.

You are looking for a social group or activity.

You are interested in volunteering.



If you'd like to learn more about how this free service could support you or someone you know, please contact Jennifer at: 250-385-2635 Ext.201

Riddle Answer

A puddle!

(Answer from
Page 1)

Heat Preparedness

The summer months bring warmer weather, and high temperatures can pose serious health risks for older adults. As temperatures rise, seniors should take extra care to stay cool and hydrated. Family, friends, and neighbors should check in regularly.

KEEP YOUR HOME COOL

- Close blinds and curtains during the day to block out heat.
- Keep windows closed until it's cooler outside. In the evening, open windows and blinds to let cooler air in.
- Use air conditioning if you have it, and keep doors and windows shut.
- If you don't have AC, use fans and open doors to let cooler air flow through.
- If your home stays hot, go to an air-conditioned place like a mall or visit someone with a cooler home.

KEEP YOUR BODY COOL

- Drink plenty of water and eat regularly, even if you don't feel hungry.
- Use a cold cloth on your face, wrists, or neck. Cool showers or running cold water over your wrists can help.
- Wear light, breathable clothing like cotton.
- Avoid going out during the day. If you must, wear sunscreen, a hat, and protective clothing.

KNOW THE SIGNS OF HEAT-RELATED ILLNESS

Warning signs include: dizziness, nausea, headache, rapid heartbeat, confusion, or fainting.

If someone shows these signs, move them to a cool place, offer water, and seek medical help if symptoms worsen.

MAKE A HEAT EMERGENCY PLAN

- Know where to go to stay cool, both inside and outside your home. This may include a local cooling center, seniors' centers, or programs that offer rides to air-conditioned locations.
- Learn how to cool down quickly (cold showers, AC, etc.).
- Stay hydrated.
- Keep track of weather alerts and heat warnings.
- Keep a list of emergency contacts in an easy-to-reach spot. Include family, friends, doctors, and local services that can help in an emergency.

Staying cool and safe during heat waves can save lives. Plan ahead and look out for each other.

This article was taken from seniorsadvocatebc.ca





GRIEF CAFE

WITH MICHELLE

JUNE 17TH AT 3PM-4:15PM
ESQUIMALT NEIGHBOURHOOD
HOUSE, FOSTER'S CENTRE

AT A GRIEF CAFÉ, WE TRADITIONALLY GATHER AROUND WARM TEA AND SWEETS AND ENGAGE IN RESPECTFUL AND COMPASSIONATE DISCUSSIONS. THE FOCUS IS NOT ON MOURNING OR GRIEF BUT RATHER ON FOSTERING A DEEPER UNDERSTANDING OF LOSS AND ITS IMPACT ON OUR LIVES. IT IS NOT GRIEF SUPPORT OR COUNSELLING SESSION BUT A SAFE SPACE TO TALK OPENLY ABOUT GRIEF.

MICHELLE INVITES PARTICIPANTS TO SHARE THEIR STORIES, ASK QUESTIONS, AND LISTEN ATTENTIVELY TO OTHERS. THERE IS NO PRESSURE TO SPEAK, AND SILENCE IS WELCOMED AS A NATURAL PART OF THE PROCESS. GENTLE MINDFULNESS WILL ALSO BE FACILITATED.

Drop in for this FREE program at
Esquimalt Neighbourhood House, 511 Constance Ave.
If you have any questions email Diane at
dsmith@enh.bc.ca or call 250-285-2635



FREE FOOT REFLEXOLOGY

RELAX & UNWIND

Lay back and relax while a Registered
Canadian Reflexology Therapist,
gently massages your feet.

WHERE & WHEN

Foster Centre at Esquimalt
Neighbourhood House
511 Constance Ave.

Thursday Mornings
June 4th, 11th, 18th & 25th
Appointments will take
approximately 1 hour
9:15am or 10:45am

CALL FOR APPOINTMENT

250-385-2635



FREE programs for adults

Did you know Esquimalt
Neighbourhood House has FREE
weekly programs for adults

DROP-IN CREATIVE ART SPACE
MONDAYS 7:15PM-8:45PM

ENGLISH CORNER
TUESDAYS 5:00PM-6:30PM

WALKING WEDNESDAYS
11:00AM-12:00PM

REIKI MONDAYS OR WEDNESDAYS
CHECK WEBSITE FOR TIMES

**AND LOTS OF OTHER FREE
PROGRAMS THROUGHOUT THE
MONTH**

For more details see the website at
<https://www.enh.bc.ca/calendar/>
or email dsmith@enh.bc.ca
or phone 250-385-2635