

2019 UPDATES



POVERTY LAW ADVOCATE

We welcomed Jesse Vis-Dunbar this year as **Burnaby Community Services' Legal Advocate**. Jesse provides legal information and assistance to residents of Burnaby living with low incomes, mental or physical disabilities, or experiencing difficulties accessing legal services. Recently Jesse assisted a senior with cognitive impairment who was having difficulty communicating with a government agency. Jesse was able to negotiate with the agency and help the senior submit the documentation that was necessary to achieve a disability pension. Contact Jesse for more details: Jesse@BbyServices.ca or (604) 292-3911



DEMENTIA FRIENDLY CAFÉ

Burnaby Seniors Outreach Society launched Burnaby's first **Dementia Friendly Cafe** this year. Those with memory loss or dementia can come alone or they can attend with family, friends, or professional caregivers. The café provides information, guest speakers, interactive activities, refreshments, and live music. The society is happy to report that this monthly event has been very well received in the community. They are also working with a music therapist to form a new **Dementia Friendly Intergenerational Choir**. Call to find out more about this new program and the power of music. They're looking for both seniors and youth to join their choir!

Contact Dorothy for more details: Dorothy@BbySeniors.ca or (604) 291-2258

OVER 15,000 MEALS DELIVERED

Burnaby Meals on Wheels has more than 50 volunteers who delivered over 15,000 meals to people in need this past year. They also launched a lunch companion program, **Let's Do Lunch**, that provides a positive, social connection to senior clients at home while encouraging healthy and enjoyable eating with a friendly volunteer. The two meet regularly to share lunch together and the well-trained volunteers also provide information regarding community support and social events.

Contact Kim for more details: Kim@BurnabyMeals.ca or (604) 299-5754.



✓ MARK YOUR CALENDARS!

Our annual event, **The Coldest Night of the Year** will be held on **February 22, 2020**.

This family-friendly walk raises money for those who are hungry, homeless and hurting in our community.

See website for more details:
www.cnoy.org/location/burnaby

Come walk with us. Become a sponsor.
Be a volunteer. Create a team and fundraise.

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Burnaby Community Services
EMPOWERING PEOPLE CHANGING LIVES

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