

Options & Opportunities Impact Statement 2025

Demographics

In 2025 O & O started and ended with 30 participants. There were 7 new referrals that started in 2025. We also had 7 individuals leave the program in 2025. Of the 7 that left, 4 moved to another city, 1 retired, 2 chose to end service to do something else. Of the 37 participants in 2025, there were 6 men under 40, 8 men aged 40 – 60, 4 men over 60 and 8 women under 40, 10 women 40 – 60 and 1 woman over 60. Out of the 37 participants, 30% identified as having anxiety and 19% with depression. This encouraged us to incorporate activities to support mental and emotional wellness regularly. Some of these activities were daily meditation and physical activity.

Regular Activities

O & O participates in many different activities, with planning being done with the participants, including activities that will support individual goals. Some of the favorite activities are community walks, cooking, swimming at TCC, walking the TCC track, library, art gallery, air band and variety club with 2 other community programs and often other ICS programs. Other community connection activities include weekly bowling, attending the community lunch at the Mt Paul community food center, weekly live music in the community. O & O continues to partner with the Kamloops Naturalist Club and TRU as part of the bluebird project.

Social Events

Options & Opportunities hosted several social events in 2025 including monthly air band and variety club. Some of the events were the Bistro Social, invitations were sent out to our CLS programs and through Kamloops Immigrant Services. Much fun was had at our Kentucky Derby with horse races & fancy hat's. In the summer O & O hosted a picnic in the park, weekly summer BBQ's. We finished the year with weekly creative activities and a Christmas party.

Pay It Forward

Was busy this year, paying it forward in the amount of \$6,611.00 divided between different recipients. In 2025 PIF gifted self-care gift bags to cancer patients at RIH, donated \$1,000 to both Foundry and the Mount Paul CFC, provided school supplies and school lunch snacks to families through ICS family service programs, 28 thanksgiving hampers, Pancakes & Parkas, and Christmas Hampers to young families through ICS First Steps program. Aberdeen View apartments continues to be one of Pay It Forward's biggest contributors, donating \$3299.45 in refundables in 2025.