

BETTER AT HOME NICOLA VALLEY - MONTHLY BULLETIN



Photo of Nicola Valley - by Sebastian Fralic

Back At It

August is not quite over, but due to various unforeseen circumstances, the Bulletin had an unplanned break. I appreciate that the community looks forward to these little printouts of information, and I appreciate your patience and understanding that sometimes, life happens.

A little bit of July's summary is included, a few updates about end of August, and what is coming in September, is all included.

One change I wanted to share is that each Thursday, now through December 11, 2025, I (along with volunteers when available), will be available at the Merritt Library from 10:00am to 12:00pm, in Meeting Room 2. This is part of the Navigation & Peer Support program, as well as Tech Table, and various resources will be on hand. For September, I have "Emergency Preparedness Guides" available - see the last page of this Bulletin for more information.

JCM

In this newsletter:

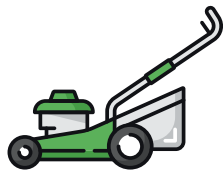
Better at Home
program information

Saturday Seniors'
Social updates

Calendar of BAH &
other events

Volunteer Spotlight

In case you missed it:
Wind Phone Information



Better at Home, Nicola Valley - September Program Updates

The Seniors' Tech Table will continue through the Autumn. See below for the dates and locations.

This program relies on volunteers. We may not have the answer right away, but we do our best to help with basic digital learning or connect you with options for more learning, as needed.

The Light Housekeeping program is still at capacity, but you can be placed on the waitlist - call for more information.

The Light Yard Maintenance is also at capacity for the season and will be wrapping up soon.

Friendly Visits continue to take place with remarkable individuals.

Seniors' Tech Table Autumn 2025 Schedule

Saturday Dates:

September 6; October 4;
November 1; December 6
12:30p - 1:30p
at ICS, 2040 Granite Avenue

Thursday Dates:

September 25; October 30;
November 27; December 11
10:30a - 11:30a
at Merritt Library (meeting room #2)



United Way helping seniors remain independent.



Judith C. Myram
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Better at Home Nicola Valley
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ICS Merritt - 2040 Granite Ave

Better at Home, Nicola Valley - Program Updates Continued...

One of the newer services that Better at Home provides is:

Navigation & Peer Support
(information, resources, referrals)



The goal of this service to provide local information and referral supports for Elders and seniors, who may need one-to-one support to access needed services and/or government benefits.

Come learn more about what is offered, or how to be a “peer” volunteer.

Better at Home Coordinator, Judith Myram, will be available at the Merritt Library, in Meeting Room 2 for drop in support on Thursdays from 10:00am to 12:00pm.

You can also call 250-280-3015 and arrange an in-person appointment at a convenient time for you.

Better at Home Volunteers may also be available to connect with.



Let's connect - at Valley Graze

This opportunity for social connection takes place on the 4th Tuesday of each month at Valley Graze, located at 2114 Nicola Avenue.

From 11:00am to 1:00pm, there is space to visit, share stories, get to know folks, work on a puzzle, play some cards...and of course, enjoy a tea or coffee (at no charge) along with some light snacks.

I have lost count of the number of times that folks have said how much the social connection times offered have reconnected them with friends they haven't seen in years.

SPECIAL GUEST ON TUESDAY AUGUST 26 "Let's Connect"

Kathy Moes will be joining, supporting folks wanting to make a little bouquet of flowers!



Saturday Seniors' Social

The Seniors' Social is continuing over the Autumn. The snacks / light lunches are now being catered by local businesses.



In July we had guests from the Merritt & District Hospice Society join us. They shared about the Wind Phone recently installed at Pineridge Cemetery. See info sheet on page 11, provided by our guests.



August 16 - we had a special guest: Ashley Fulcher, Nurse Practitioner, attended and shared information and answered questions about blood pressure. She provided some resources which are still available if you didn't get them.

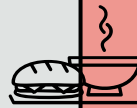
Happening at September Socials...

August 23



Catered by Mandolin's Coffee & Bagel House

September 6



Catered by Valley Graze

Tech Table drop-in from 12:30-1:30

September 13

Home Cooked Catering: Tammy C.
Special Guest: Tammy C.



September 20

Catered by Mandolin's Bagel & Coffee House



A few updates to the Saturday Seniors' Social

Welcome! As the program coordinator, I look forward to working Saturdays and connecting with the guests who come out to the Saturday Social - Thank you for joining us.

if you have been attending regularly, you will have noticed that there have been more folks coming out, and I have been doing my best to ensure I have made enough food for all.

Starting in July, you may have noticed some changes. I sincerely want to be able to better connect with everyone who comes in the door and to be able to share support, resources, laughs, and maybe join in a game of cards! The amazing volunteers who support this event each week are also here to do the same.

The hope of the Saturday Seniors' Social is connection and we want there to be value in coming out.

Some of the updates include:

Food is being catered by local businesses committed to supporting community connection

Food and seating will be a bit more casual - enjoy the sofas and game / puzzles spaces

More of a buffet style: help yourself to the food and beverages - if you would like assistance, we are more than happy to lend a hand

We plan to still have guests join us for special events - art, music, community interest, health & wellness

There is a slight change of program time - we will now be open until 1:30pm, instead of 2:00pm

Please continue to share your feedback - coming soon will be a box for leaving requests, questions, ideas, comments.

You are valued here and Saturday Socials are special because you come out to them!!
THANK YOU!!

Better at Home & Community Events

Better at Home Seniors' Social @ ICS, 2040 Granite Ave; 11:00am to 1:30pm on Sept. 6, 13, & 20

Better at Home Seniors' Tech Table @ ICS, 2040 Granite Ave; 12:30pm to 1:30pm on Sept 6 and @ Library, 10:30-11:30am on Sept 25


Better at Home Navigation & Peer Support drop-in @ Library; 10:00am to 12:00pm on Sept 4, 11 & 18

Better at Home Let's Connect Social @ Valley Graze cafe (2114 Nicola Ave; 11:00am to 1:00pm on Sept 23

Farmers Market located at corner of Voght St. & Merritt Ave.

Airport Community Day, Sept 13 at Merritt Municipal Airport

Garlic Fest Sept 27 & 28 at Pioneer Park, Lower Nicola

Sun	Mon	Tue
	1 Labour Day	2
7	8	9
14	15	16
21	22 Autumn 	23 Let's Connect - at Valley Graze 11-1
28 Garlic Fest 9-3	29	30

SEPTEMBER

Wed

Thu

Fri

Sat

3

4

Navigation & Peer
Support 10-12 @ Library

5

6

Farmers Market 9-1:30

Seniors' Social 11-1:30

Tech Table 12:30-1:30

10

11

Navigation & Peer
Support 10-12 @ Library

12

13

Farmers Market 9-1:30

Airport Community Day
9-3

Seniors' Social 11-1:30

17

18

Navigation & Peer
Support 10-12 @ Library

19

20

Farmers Market 9-1:30

Seniors' Social 11-1:30

24

25

Tech Table 10:30-11:30
@ Library

26

27

Farmers Market 9-1:30

Garlic Fest 9-5

Library Home Service

Do you love reading, but find it hard to get to the library? Merritt Library can deliver materials to patrons unable to come to the branch due to mobility or health issues. And the service is free! If you or someone you know fits this description, contact the Merritt Library at 250-378-4737 to find out how to register.

Coffee and Crosswords

Join us on Thursday mornings from 10:30am to noon for a free coffee or hot chocolate and exercise your brain with crosswords, sudoku, colouring sheets, and more.

Mindful Relaxation

On the second and fourth Wednesdays of each month, Ros at the Merritt Library hosts hour-long adult relaxation sessions starting at 6:30pm that focus on breathing techniques to improve well-being.

Beginner Mobility

Are you interested in learning to improve your body literacy through gentle movements and body awareness? Join Ros at the Merritt Library from 6:30pm to 7:30pm on the third Wednesday of each month for fun and informative sessions.

Audiobooks for Print Disability

Eligible patrons can access thoughts of Mp3 and DAISY audiobooks via the Library. This free service is available to any TNRD resident who is unable to read print material because of a visual, physical or perceptual disability. Audiobooks can be picked up at the Merritt Library, mailed free to your home, or delivered directly to you in any TNRD community. Contact the Merritt Library at 250-378-4737 for more information.

Merritt Senior Citizens Association
Merritt Senior Centre - 1675 Tufill Court

The Autumn activity dates will be confirmed soon and will be posted on the door of the Senior Centre. Regular general meetings will start again on Friday, September 12.

Tunisian Crochet 4 session course will be starting September 17, led by Linda Rafter. To register, please call the Senior Centre at 250-378-3763.

The Senior Centre has a dart board, shuffleboard table, and small library with books, DVDs, puzzles and games. There is also a card table set up in front of the kitchen for casual coffee.

All activities and events are subject to cancellation due to holidays or other unforeseen circumstances.

The Merritt Senior Centre is always welcoming new members!
For more information about membership or the activities and events taking place,
you can call 250-378-3763, or drop by Wednesday mornings during the office
hours, 9:00am to 12:00pm.



**ART GALLERY & GIFT SHOP
HOURS**

The Art Gallery and Gift Shop is
now open 7 days a week.

Check out the latest exhibit, and
the items in the Gallery (new
items added regularly).

**Mondays through Saturdays,
from 10:00am to 5:00pm**

**Sundays & Statutory Holidays
from 12:00pm to 4:00pm**

*Local
Arts*



A lot is happening in community
in collaboration with the Arts
Council & local artists. A few
highlights to check out & watch
for:

- mural on Voght Park washroom building
- Leonard George mural on side of Kekuli is nearing completion
- "Beauty is in the Eye of the Beholder" painting by Kia Henriksen is on Voght St. across from the Coldwater Hotel

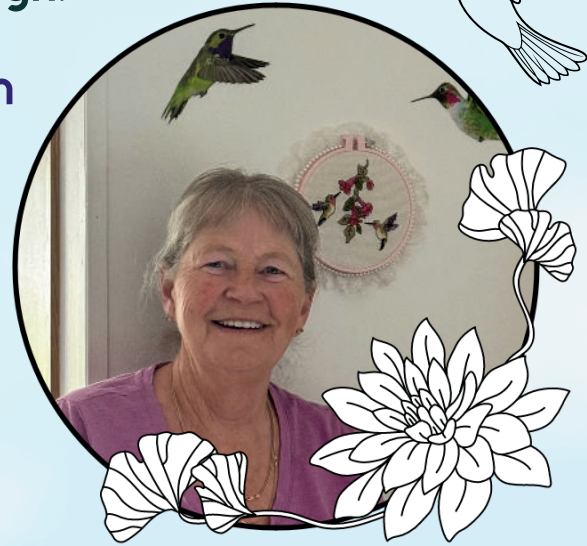


Better at Home Nicola Valley Volunteer Spotlight



Debbie Green

I met Debbie on a Saturday when she came to a Seniors' Social. She didn't stay for lunch that day, instead seeking out an opportunity to volunteer with the Better at Home program. Soon thereafter she became part of the team, willing and wanting to help anywhere needed. Another gem added to the BAH Merritt team, Debbie is full of knowledge, humour, and solutions. She has a genuine care for and interest in people. Here is snapshot of a recent conversation we had:



What do you enjoy most about volunteering?

"I think that [seniors] have given so much to us, it's time to give back and I hope to set a good example for the next generation. And I have 2 grand-daughters that are following in my footsteps."

Is there something you are currently learning or would like to learn?

"Picking up knitting and crocheting again."

What is the most interesting place you have visited, or would like to visit?

"Newfoundland. I haven't been yet". Reasons for wanting to go include the "music, the way they speak, the people seem so upbeat."

Is there a piece of advice you've received in life that has been impactful?

"Yes, something that Michael Campbell said that has stuck with me: when you get older, you have to live somewhere, so it's best to have your house paid for rather than rent. Then you can decide what you want to spend your money on when your home is paid for."

Do you have a word of encouragement or wisdom that you like to share with others?

"When you've lost a loved one, you'll never sit on your couch and say, 'I visited them too much'. Go and visit as often as you can."

What is favourite skill or hobby you have?

"I like to cook, especially Chinese food. I used to collect key-chains. I don't have them anymore, but at last count I had 1,608. I started collecting them with I was about 10 years old."



MY Wind PHONE[®]

Let The Wind Take Your Words



What is a Wind Phone

It's a simple yet profound concept; placing a rotary phone not connected to any earthly system in a peaceful place where anyone who wants to talk to someone can do so. It's a place where grieverers can say I love you, I miss you and continue their relationship with the one who died. Wind Phones hold space for more than bereavement grief, such as the grief one feels over the loss of a job, a relationship, a home, and even hope to name a few.

The idea behind a Wind Phone is that one can express their feelings without judgment; the wind will take their words to the spirits of their loved ones who passed. Dialing the phone and quietly speaking private thoughts can empower visitors to move forward. The Wind Phone encourages conversations around grief and helps expand understanding within our communities. Today, we have identified approximately 107 versions of Wind Phones worldwide, including over 70 in the United States alone.



The Original Wind Phone

In 2010, Itaru Sasaki, the creator of the original Wind Phone, set up an old telephone booth—known as kaze-no-denwa (風の電話), or Wind Phone—in his garden after his cousin passed away. He used this phone to continue their conversations, trusting that the wind would carry his words to him. These talks helped ease his heartache, allowing him to embrace and grow through his grief. After the devastating tsunami in 2011, Itaru opened the Wind Phone to others mourning their loved ones. People from across Japan and around the world visit the Wind Phone to grieve, connect, and remember their loved ones who have passed. Itaru Sasaki has inspired many worldwide to create their own Wind Phones, providing a unique way to reflect and find comfort in times of sorrow. To learn more about Itaru Sasaki, visit www.mywindphone.com.



For more information

Please visit www.mywindphone.com. Here, you can find pictures of Wind Phones worldwide, locate one near you, and get inspiration and information for creating one in your community.

Let's be friends!



@mywindphone



www.mywindphone.com



Wind Phones are located in various settings, such as

- Public Parks
- Hiking Trails
- Town Libraries
- Private Properties
- Cemeteries
- Hospice Centers
- School Campuses
- Camps
- Places of Worship
- Event Venues
- And more

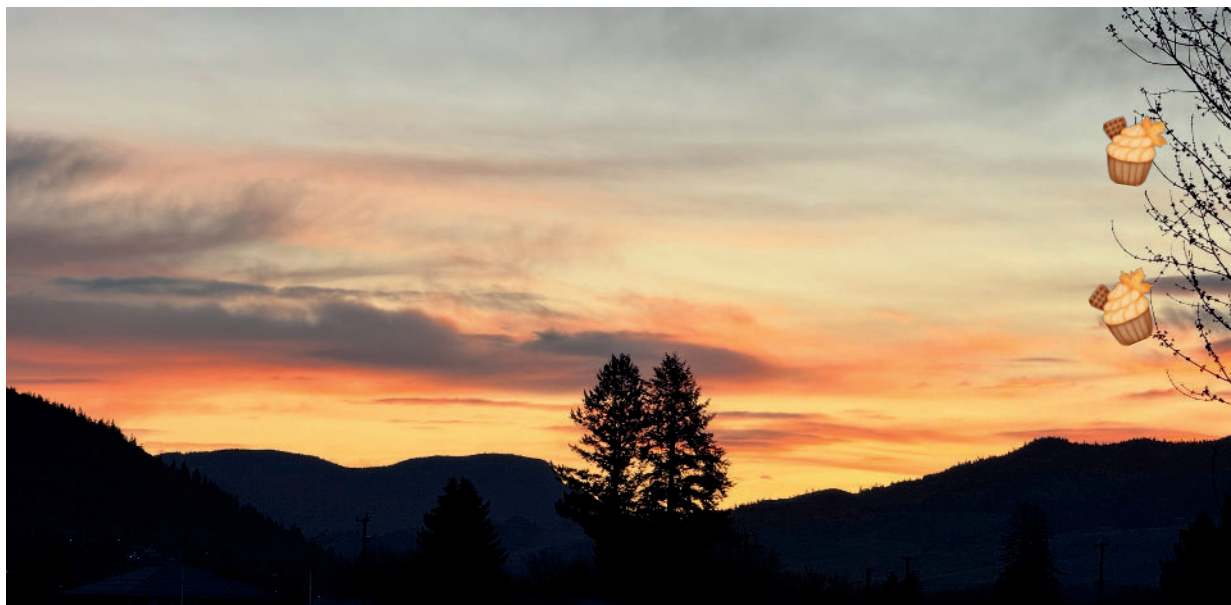


Photo of Nicola Valley by Judith C Myram

Emergency Planning Guides Available

Better at Home Nicola Valley has copies of the "Emergency Preparedness Guide: What Seniors Need to Know" available. A collaborative document outlining what emergency preparedness means and how to prepare, just in case.

Want support to review and work on your plan? Better at Home has volunteers available to connect.

Until next month, respectfully,
Judith C. Myram
Program Coordinator
Better at Home Nicola Valley

reminder: the Better at Home Bulletin
(Nicola Valley) is available

Online

[www.interiorcommunityservices.bc.ca/
programs/better-at-home](http://www.interiorcommunityservices.bc.ca/programs/better-at-home)



**"Don't ask yourself what the world needs.
Ask yourself what makes you come alive
and then go do that. Because what the
world needs is people who have come
alive."**

Howard Thurman

Thank you for reading!



Enriching Lives, Strengthening Communities

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