



Burnaby Community Services

BURNABY
COMMUNITY
SERVICES



WE ARE FOCUSED ON ISOLATED SENIORS



IT'S NOT JUST GOING... IT'S GROWING!

Burnaby Meals on Wheels is proud to help **isolated seniors in need**, especially during this challenging time with COVID-19. Since we are providing an essential service, we have continued to deliver hot and frozen meals to our growing client base.

We have **welcomed new volunteers** to accommodate our meal deliveries and support services, and our safety protocols include a “no contact” delivery practice, which allows us to keep both our clients and volunteers safe. We thank our amazing volunteers for assisting us in helping our vulnerable clients in the community.

Quote from a client: “I am truly touched by the kindness from you as well as all the volunteers. Thank you so much for what you are doing for all of the seniors.”

If you would like to **sign up for meal delivery service**, or ask about various **Volunteer Opportunities**, please contact Kim at Kim@burnabymeals.ca or (604) 299-5754 or www.burnabymeals.ca

Message from the Executive Director

We are helping in every way we can. We have been reaching out and making hundreds of phone calls in the community, especially to isolated seniors to provide comfort and to offer our support. We are also partnering with others in Burnaby with initiatives such as providing meals to low income families and finding grocery shoppers for seniors.

We remain steadfast in our commitment to support our community, and we are responding and adapting to changing needs. We will continue to look for novel and innovative ways to assist others during this difficult time, while safeguarding the health and wellbeing of our staff, clients, and volunteers.

Please take care and stay safe.

Alex Munroe



HOW ELSE CAN YOU CAN HELP?

Make a donation in one of the following ways so we can help those in need during this difficult time:

1. Go online:
www.BbyServices.ca/Donate
2. Write a cheque to
“Burnaby Community Services” and
mail or drop it off to:
2055 Rosser Avenue, Burnaby, BC
V5C 0H1
3. Give us a call at (604) 292-3903



2020 UPDATES

Caring for our Community

DEMENTIA FRIENDLY CAFE & CHOIR

Earlier this year, **Burnaby Seniors Outreach Society** launched a companion program to their successful Dementia Friendly Café – a multicultural, intergenerational choir named ‘**The New Dementians**’. The choir attracted a full house of participants for every practice and has been a smash hit! Since the singers are not able to meet in person for now, they have gone virtual (just like our café) and meet regularly online -



We will be as innovative as we need to be to keep our community connected!

To find out more, contact Faryar at Faryar@bbyseniors.ca or Dorothy at (604) 230-3310 or www.bsoss.org

NEED A RIDE?

With our **Seniors Transportation service**, we are continuing to drive registered seniors to **attend their critical medical appointments**. In these days of uncertainty, it is reassuring for seniors in our community to know they can venture out of their homes accompanied by devoted volunteers.

Quote from a client: *“I don’t know what I would do without this driving service. Because of my health conditions and anxiety that I deal with, the only time I go out is to go to my appointments. All of the volunteers make it easier for me.”*

Contact Vicki to learn more about our transportation program: Vicki@bbyseniors.ca or (604) 292-3901.



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The Coldest Night of the Year brought more walkers, volunteers, and support than ever before. We are pleased to report that we raised over \$72,000 to combat homelessness in Burnaby. Next year’s walk will be on **Saturday, February 20, 2021**.

<https://cnoy.org/location/burnaby>



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Burnaby Community Services
EMPOWERING PEOPLE CHANGING LIVES

2055 Rosser Avenue • Burnaby, BC V5C 0H1 • 604-299-5778 • www.bbyservices.ca