



# SOOKE REGION COMMUNITIES HEALTH NETWORK

NEWSLETTER



## A Note from Our Executive Director

The last couple of years have been full of change, and Sooke Region Communities Health Network (SRCHN) has definitely had its share. In June 2020, SRCHN spearheaded a covid shelter with the help of multiple organizations, which is now in a permanent home at the Hope Centre in the capable hands of Sooke Shelter Society. The Age-Friendly Committee was busy with providing a platform for regional non-profits to coordinate covid relief efforts, as well. Falls prevention sessions were filmed and to be shared publicly shortly. Plans for building an Elders' Complex and its land are secured, with only funding remaining.

Most importantly we have new staff members to help us grow our network and programs for our community!

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# Meet Our Team

**Christine Bossi, Executive Director**

Christine has worked in the field of humanitarian aid and non-profits for almost twenty years. She has been with SRCHN since 2015 as a coordinator until her recent change in position to executive director.

**Byrona Tweedy, Programs Manager**

Byrona was born and raised in Sooke and completed her BA at UVic in 2011. She recently returned to Sooke after living in Melbourne, Australia for the last 6 years, where she worked running youth programs within the local school and community. She is passionate about travel, mental health awareness, knitting, backcountry camping, and generally spending time in nature.

**Jessica Freedman, Administrative Assistant**

Jessica has been passionately involved with non-profit organizations and small business for most of her financial and administrative career. A part-time visual artist, Jessica is a new resident of Sooke but has been a frequent visitor to the beaches and trails from the rainforest to the sea.





## Testing Opportunity: UVic CanAssist Caregiver Intercom

CanAssist at the University of Victoria are looking for volunteer testers of their Caregiver Intercom. CanAssist is dedicated to helping people with disabilities improve their quality of life, with a focus on promoting independence and inclusion.

The Caregiver Intercom provides an easy way for families and other care providers to **connect with vulnerable seniors who have difficulty using a standard landline telephone.**

The Caregiver Intercom, which houses a speaker and microphone, attaches directly to the older person's landline phone. No internet connection is required since the intercom uses a home phone line.

The following link provides more details on the device:

<https://www.canassist.ca/EN/main/programs/our-technologies/current-technologies/caregiver-intercom.html>

If you are interested in testing out this device, please send an e-mail to [programs@sookeregionCHN.org](mailto:programs@sookeregionCHN.org) or call (778) 365-1878 to speak with Byrona ASAP.

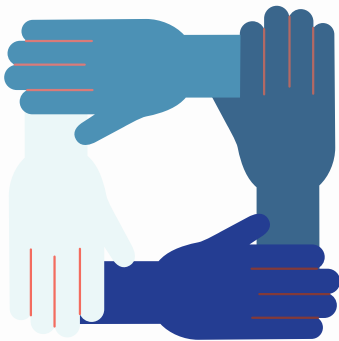
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# New Hours of Operation



Monday	11:00am - 2:30pm
Tuesday	10:00am - 4:00pm
Wednesday	12:00am - 3:00pm
Thursday	11:00am - 2:30pm
Friday	10:00am - 1:00pm
Saturday	Closed
Sunday	Closed

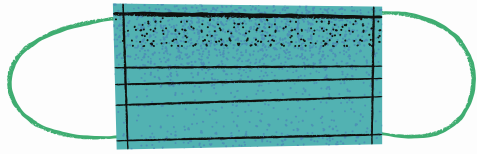
If you are interested in renting office space for meetings, workshops or other gatherings outside our opening hours, our current rate is \$15.00/hour. Contact our office for details.



## Recruiting Volunteers

Sooke Region Communities Health Network is looking for more volunteers! **We need volunteers for social contacts, grocery shopping, transportation, and to facilitate or support programs.** If you or someone you know is interested in volunteering, please send an e-mail to [programs@sookeregionCHN.org](mailto:programs@sookeregionCHN.org) or call (778) 365-1878 to speak with Byrona.

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# Covid-19 Policy Update

**Our Covid-19 Policy** has been updated and recently sent out to all employees, volunteers and contractors.

To read the policy in full, please visit the following link:

[www.sookeregionchn.org/our-covid-policy](http://www.sookeregionchn.org/our-covid-policy).



Sooke Region Lifelong Learning is a volunteer group offering educational programs and workshops for older adults in the Sooke region. Based on the **Elder College model**, we provide stimulating and enjoyable learning environments which address the unique and diverse interests of participants.

Find the upcoming topics and schedule online for 2022:  
<https://www.sookeregionchn.org/sooke-region-lifelong-learning>

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## Mental Health and Addictions Consultation

SRCHN did a consultation with service providers in the region as well as Greater Victoria to gauge needs and gaps, as well as existing services with regards to mental health and addictions. With the pandemic, doing phase 2, the **face-to-face interviews and focus groups with individuals suffering from mental illness and their families/caregivers** was rather challenging and put on hold. We hope to resume phase 2 in **early 2022**. If you are someone you know would be interested in participating in this consultation, please email: [srchn@sookeregionchn.org](mailto:srchn@sookeregionchn.org) or call our office: 778-365-1878.

## Age-Friendly Committee

This committee welcomes regional service providers and community members to discuss needs and gaps in the community and coordinate efforts. This past year the committee **coordinated covid support** in the Sooke Region, invited guest speakers, advocated for **seniors' practical driving tests** to avoid doing them in Victoria. Did you know that when you turn 80 years old you have to pass a medical test to continue having your drivers' license? If you fail the medical exam, you are then required to take a practical driving test. The pilot to do driving tests for this group is ongoing. If this is applicable to you, be sure to ask to do the test in Sooke.

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## Looking for Facilitators



Seniors' Centre Without Walls aims to provide our local Sooke Region Seniors with a variety of programs, which they can access for free from the comfort of their homes through phone or Zoom.



We are looking for volunteers to help facilitate a range of social, recreational, and educational programs. Do you have a topic you are passionate about that you would love to share? Do you feel comfortable facilitating social group calls? Please contact our Programs Manager for more information at [programs@sookeregionCHN.org](mailto:programs@sookeregionCHN.org) or call (778) 365-1878.



**Better  
at Home**

United Way helping seniors remain independent.



# New Additions to Our Family

SRCHN is an umbrella of various groups. Some are incubated and fledged like the Sooke Region Food CHI and the Sooke Covid Shelter now with Sooke Shelter Society at the Hope Centre, while others stay like Sooke Region Lifelong Learning. Now three groups are joining SRCHN family, namely **Sooke Women's Cancer Group, Sooke Seniors' Drop-In Center Society** and **Sooke Seniors' Activity Bus**. The mergers are ongoing to reduce administrative costs and provide the necessary resources and volunteers to continue with these important services.

## Sooke Region Elders' Complex

Like much of Canada, Sooke has an aging population, with adults over 65 continuing to grow as a demographic group. This project will respond to two important needs in the Sooke region: providing affordable housing units for seniors and a place for seniors to gather and socialize. Thanks to a Memorandum of Understanding, SRCHN managed to secure a portion of the parcel on Wadam's Way next to the new library. All we need now are the funds to build it! For more information about the project and/or how to help, please visit:

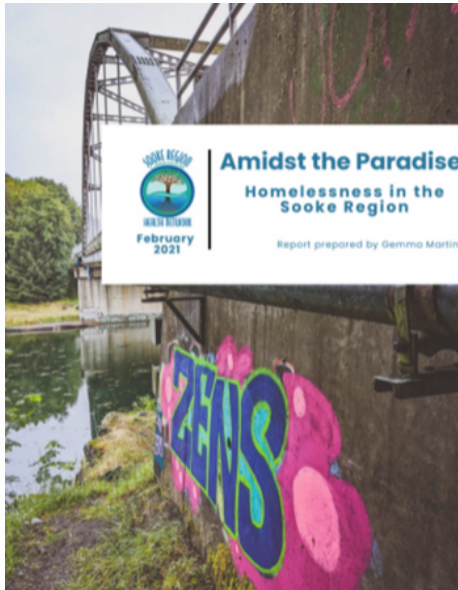
[www.sookeregionchn.org/sooke-region-elders-complex](http://www.sookeregionchn.org/sooke-region-elders-complex)

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# Three Community Consultations in 2021

SRCHN facilitated three public consultations this past year, which we are very proud of.



## Amidst the Paradise - Homelessness in the Sooke Region (Feb. 2021)

[www.sookeregionchn.org/sooke-region-homelessness-report](http://www.sookeregionchn.org/sooke-region-homelessness-report)

## Youth Program Feasibility and Sustainability Study (Feb. 2021)

[www.sookeregionchn.org/youth-activities-consultation](http://www.sookeregionchn.org/youth-activities-consultation)

### Youth Program Feasibility and Sustainability Study

Sooke Region Communities Health Network

Dan McNeill



### May 2021 Putting Healthy Food on Our Tables Sooke Region Food Security Report



Christine Bossi  
Sooke Region Communities Health Network  
& Martin Bissig  
Food Security Specialist



## Putting Health Food on Our Tables - Sooke Region Food Security Report (May 2021)

[www.sookeregionchn.org/sookeregionfoodsecurityreport](http://www.sookeregionchn.org/sookeregionfoodsecurityreport)

# Free Digital Courses



**Need some help with navigating the web to  
access resources and connect with family?**

We are seeking learners and volunteer tutors for  
online digital learning sessions for the Sooke Region.

For more information:

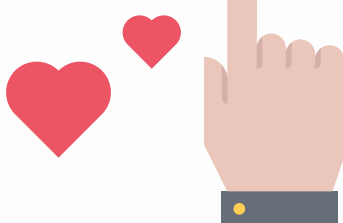
Call: 250-385-0014

Email: [computers@  
victorialiteracyconnection.ca](mailto:computers@victorialiteracyconnection.ca)



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(click on "donate" below)**

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*Stay Safe  
and Healthy!*

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**Website:** [www.sookeregionchn.org](http://www.sookeregionchn.org)