



Welcome!



Renee Lormé-Gulbrandsen
Executive Director

Welcome to our Fall 2023 issue of The Willow Tree – the Oak Bay Volunteer Services' healthy living and healthy aging newsletter.

We have prepared interesting articles and relevant resources to share with our client community on living well in our beautiful Oak Bay.

You will receive a copy periodically with updates on our services and programs, highlights on great community events, and tips and resources to support your independent living. I hope you enjoy this edition!

What's New at OBVS

The past few years have been eventful, to say the least! In response to the pandemic, we made significant changes to our services, reducing face-to-face contact and introducing new health policies to keep everyone safe. We are so glad to have weathered the storm with no reported transmissions, and we'd like to extend a big thank you to our clients for making our Covid-19 response a success!

On that note, we are pleased to announce that we are no longer requiring proof of Covid-19 vaccination to access OBVS services. We remain a 'mask friendly' organization and welcome masks to be worn if a client or volunteer requires one. Our sickness policy remains in effect, and we ask that you contact the office prior to any OBVS appointments if you feel ill.

Now that we are on the other side of the pandemic, we are excited to be in a place where we can expand our offerings. In this issue you will find information on new services including Packing and Sorting, Destination Walks, and Cultural Companions. We are also thrilled to be launching our new Holiday Giving Tree Program this year! Read on for more details and contact us if you'd like to learn more.

Another big change from the last few years is our big office move! In 2021, we packed up and moved to a new location in Monterey Recreation Centre. We are very happy with our new space and our improved accessibility. The main entrance to our office is along the south side of Monterey Recreation Centre and has a ramp and automatic door. Feel free to stop by during office hours anytime!

COMMUNITY RESOURCES

Active Living

Board Game Café

Monterey Rec. Centre
P: (250) 370-7300
Board games and a light meal on November 29

Oak Bay Lawn Bowling

2190 Harlow Dr.
www.bowlsoakbay.ca
Become a member to enjoy lawn bowling, card games, table tennis, and darts

Health Services

Health Connect Registry

Call 811 to be placed on a waitlist for a family doctor or nurse practitioner

Victoria Community Health Co-operative

1075 Pendergast St.
P: (778) 440-0221
Health services provided by registered nurses

Support Services

Citizens' Counselling Centre

941 Kings Rd.
P: (250) 382 - 9934
Counselling services offered by trained volunteers

Victoria Disability Resource Centre

817A Fort St.
P: (250) 595-0044
Resources and support groups for people with disabilities



Our Services and Programs

Our offerings grow and change as we work to best serve our clients and adapt to changing needs in our community. Read on for a full list of our services and programs in 2023, and do give us a call if you're interested in any of our offerings.

OBVS Services

Drives

Volunteer drivers offer transportation assistance for medical appointments, recreational activities, errands, and shopping.

Visits

Whether chatting over tea or playing a friendly game of cards, clients have the opportunity to connect with a caring volunteer for weekly visits in the client's home.

Walks in Community

A weekly social walk or wheelchair push with a volunteer promotes active aging and a connection to community.

Technology Support

Clients who need some help learning to use a device or installing software can access the support of a technology volunteer.

Document Assistance

Document assistance volunteers can help a client fill out forms and other documents.

Minor Home Repairs

A volunteer can provide minor household repairs should a client not have the financial means for a paid handyperson.

Gardening

Our volunteers with green thumbs can help maintain a client's garden or lawn on a one-time or short-term basis should the individual not have financial means for a paid gardener.

Social and Reassurance Phone Calls

Social calls link a client with a volunteer for a weekly connection from the comfort of a client's home. Reassurance phone calls may also be set up for a quick daily phone call to help ensure the health and safety of a client who lives alone.

Packing and Sorting

Our new packing and sorting service will offer assistance to clients with a minor organizing job, such as packing a box of donations or helping organize a desk drawer.

Destination Walks

Our clients can request a volunteer to walk with them to and from a nearby medical appointment, shopping errand, or recreational activity.

Cultural Companion

Through our new cultural companion service, clients can call in to be matched with a volunteer to enjoy a performance together or visit a local gallery or museum.

OFFICE HOURS

Monday to Friday
9:00am - 12:00pm
1:00pm - 4:00pm

OUTREACH AND SERVICES COORDINATOR



Anna Mackay

Anna is your contact for client services and can help identify which OBVS services might be useful to you. She can be reached on our main office line:

P: (250) 595-1034

OBVS Programs

Community Volunteer Income Tax Program

Our tax volunteers are available all year round to process basic tax returns in a client's home.

More Than Meals

Our meal volunteers can deliver three fresh, nutritious meals on a weekly basis. Participation is on a sliding scale based on personal income, with low income clients receiving meals at no cost.

Holiday Giving Tree

We are inviting our clients to share some gift ideas and receive some community kindness this holiday season. See page 4 for more information.

Snow Angels

Clients who need assistance with snow removal at their home can have a volunteer come and clear snow from walkways and driveways after a snowfall.

CLIENT REMINDERS

1. If you have not had services in a while or if your health or living situation has changed, please let us know. Anna will follow up with you to ensure your profile is up to date.
2. Our volunteers cannot accept cash gifts. A small token of thanks or a donation to OBVS is welcome but never required!
3. Please bring some coins to pay for your volunteer's parking if you go on a drive.

COMMUNITY EVENTS

Concert of Remembrance

Thurs., Nov. 9, 7:30pm
Dave Dunnet Community Theatre
Canadian College of Performing Arts

Filled with music and story, this performance will pay moving tribute to our veterans and soldiers from past to present.

Artisan Pop-Up Market

Sat., Nov. 18, 10:30am - 1:30pm
Monterey Recreation Centre
(250) 370-7300

Stop by the lobby to peruse goods made by local artists. Support local artists and find holiday gifts!

Oak Bay Christmas Light Up

Sun., Nov. 26, 2:00 - 5:00pm
Oak Bay Village

Welcome the holiday season in Oak Bay Village with the annual Light Up. The event features lighted trucks, food, and pop-up theatre. Don't miss out on this merry tradition!

Holiday Giving Tree Program

New this year, the Holiday Giving Tree Program invites our clients to participate as a recipient of community kindness this holiday season. You will be invited to share gift ideas which will be used to create a tag on a Christmas tree. Community members will then pick a tag from the tree to fulfill your gift wishes and spread cheer! For more information and to sign up to be a gift recipient, please contact the OBVS office at (250) 595-1034.



Join us at the Symphony!

OBVS is launching our new Cultural Companions service with a trip to the Victoria Symphony! A generous donor is offering free tickets for our clients to attend one of two performances: Christmas Pops performance on Sunday, December 10th, or Handel's Messiah on Sunday, December 17th. These festive shows are sure to get you in the holiday spirit. Tickets are limited, so contact the office at (250) 595-1034 to sign up today!

How Will You Be Remembered? Leave a Legacy to OBVS

There are many reasons why people choose to leave a gift in their will to a charitable organization:

- Wanting to leave a lasting impact in the community you love
- Interest in reducing taxes on your estate
- Opportunity to make a big difference in the lives of neighbours-in-need
- Desire to thank an organization that assisted you or a loved one in a time of need

For as many reasons as there are for leaving a gift, there are just as many ways to leave a gift. Learn more about Gifting OBVS in Your Will by contacting us at (250) 595-1034 or legacygiving@oakbayvolunteers.org.

Meet Your OBVS Team

Executive Director

Renee Lormé-Gulbrandsen

Outreach and Services Coordinator

Anna Mackay

Volunteer Coordinator

Ruth Platts

Administrative Coordinator

Jaimie Sumner



Oak Bay Volunteer Services

1442 Monterey Avenue

Victoria, BC V8S 4W1

(250) 595-1034 | info@oakbayvolunteers.org

www.oakbayvolunteers.org