

SOS Community Impact

Spring 2022

Looking forward to a renewal of programs

As we all continue to adapt to the changing realities of life, at SOS, we are excited to be working towards renewing our pre-pandemic staffing, volunteer and program levels.

The pandemic has certainly thrown some curve balls our way, and we've done our best to continue meeting needs and serving the residents of our area.

We were very successful in our Christmas Campaign thanks to community support, and since client numbers were lower than pre-COVID levels, we were able to carry funds forward to support

residents through the winter.

Looking ahead, we are delighted about the prospect of restarting our Seniors Connecting Program. We know how incredibly important it is for local seniors to connect with others, learn and have fun!

We are also planning to restart our Medical Appointment Transportation Service in late spring/early summer. It's such an important program for our seniors and other residents who cannot drive themselves to appointments.

We are so grateful to our volunteers who have helped us get through these difficult couple



of years, and we look forward to thanking all of you at a Volunteer Recognition event later this year (fingers crossed).

Life has had its challenges, but we are optimistic that there is a lot to look forward to in the year ahead. Thank you for sticking with us.

— Susanna Newton, SOS Executive Director

Supporting residents through their senior years

If you don't see it, you likely don't know the issues seniors are facing in our communities. Dawn Barry, SOS Seniors' Advocacy Services Co-ordinator, hears about it every day.

"I think people at large just aren't aware of how desperately difficult it is for seniors," she said.

Dawn assists seniors in a variety of areas. She often hears about lack of food and medicine, housing issues including wrongful evictions, and difficulties applying for government benefits.

"The Seniors' Advocacy program is a huge help to local seniors," she said. "It helps keep people housed. We're able to help people with

medication, that's so important and so expensive. We're able to help people apply for their pensions or any other benefits that they're entitled to, like a rent subsidy — many people just don't know about that."

Another area that SOS supports seniors is through the Oceanside Better at Home program. A partnership with the United Way of the Lower Mainland and funded by the BC Government, the program helps seniors remain in their homes longer. Ruth, a local senior, is blind and needs assistance getting her groceries.

"The program has been really helpful, because let's face it, food is important. And for me I don't drive,



Oceanside Better at Home client, Ruth.

so getting food would be difficult." Ruth has also been able to access Friendly Visiting and housekeeping services through the program.

For more information about SOS seniors programs, visit the website or call SOS.

SOS Community Services Centres

245 Hirst Ave. W. Parksville 250.248.2093

744 Primrose St. Qualicum 250.752.2040

sos@sosd69.com | www.sosd69.com



Society of
Organized
Services

Helping keep families grounded

Managing your own mental health in today's world can be a challenge, but trying to guide your children through it while being a positive mentor is an entirely new set of challenges.

SOS Child, Youth & Family Programs focus on supporting parents and young people, while activities and conversations help keep them engaged and relaxed.

"This program absolutely improves your mental health," said *Wade, a parent participant with a young child in the SOS TIC TAC program.

"Having this opportunity in the community, socializing like this, it's amazing. And all these little extras, I don't have to ask for it, I don't have to go hunting for it, I don't have to beg for it, it's just there: the little snacks — I know they seem like nothing, but to me they're everything."

SOS Child, Youth & Family Programs Manager Alice Tulia said it's important that SOS creates a safe space where people of all socio-economic backgrounds can come, enjoy themselves, have something



A family enjoys an activity at SOS Family Night in Parksville.

to eat, and access support if needed.

"We receive wonderful feedback from program participants who tell us that our programs help keep them connected and grounded."

*Janice said SOS programs really helped improve her mental well-being.

"It's helpful talking to other parents, knowing I'm not alone in feeling overwhelmed and stressed and having breakdowns over nothing...

because I'm at that point where I'm so overwhelmed. But coming here and talking to people about it...Wow I'm actually not alone, I'm not the only one, and I'm not, for lack of a better word, crazy."

To learn more about SOS Child, Youth & Family Programs visit our website or call us.

*Program participant names have been changed to protect their identity.

Volunteering is empathy in action

National Volunteer Week will take place April 24 - 30 this year with the theme: "Volunteering Is Empathy In Action."

As we welcome the third spring season since the pandemic began, SOS would like to recognize the efforts of our volunteers who have continued to serve despite challenging circumstances. Without your spirit and empathy, we could not help as many people in District 69 as we do.

Residents have continued to step up to contribute their time, skills,

and heart in volunteer roles in various SOS programs throughout the pandemic. To those volunteers that have not been able to return to their roles, we understand, and we do miss you. We are looking forward to hosting a Volunteer Appreciation event again in the future when the time is right. Stay tuned!

As SOS continues to rebuild capacity in our programming, demand for volunteers continues to increase. If you are interested in joining our volunteer team, visit our website to learn about our avail-



SOS Volunteer Coordinator, Heather.

able positions, or contact Heather, our Volunteer Resources Coordinator at volunteer@sosd69.com or call her at 250-248-2093 ext. 230.

Business is at the heart of our community

In the spring of 2021, we launched the SOS Biz for Good program as a way to recognize the good works that small and medium sized businesses are doing in our community every day.

We are proud to acknowledge our business partners who have made donations of \$1,000 or more as part of our SOS Project Rebuild Campaign to date:

Arrowsmith Golf and Country Club

www.golfarrowsmith.com

Close To You Boutique www.closetoyou.ca

EPCOR Energy www.epcor.com

Family Ford www.ourfamilyford.com

Isle Golf Cars www.islegolfcars.com

Kalvas The Log House www.kalvastheloghouse.com

M & N Mattress www.parksvillemattress.com

NexGen Hearing www.nexgenhearing.com

Nicklen Roy Marketing Group

www.vancouverislandrealtors.ca

Ohs Marketing Team @ Royal LePage

www.ohsmarketing.ca

Paradise Acres Ranch www.paradisearchesranch.ca

Pharmasave - Parksville www.parksvillepharmasave.com

Quality Foods www.qualityfoods.com

Raymond James Qualicum Beach Branch

www.raymondjames.ca/qualicum

RBC Foundation - RBC North Vancouver Island Region

www.rbcroyalbank.com

Tigh-Na-Mara Seaside Spa Resort www.tigh-na-mara.com

Windsor Plywood Foundation

www.windsorplywood.com/location/parksville

Yates Memorial Services www.yatesmemorial.ca



Bev Voigt from Paradise Acres Ranch.

“When you support SOS, you know your contribution will directly impact our community.”
~ Rob Ohs, Ohs Marketing Team

“We strongly believe in supporting and giving back to a community that has supported us.”
~ Sandy Herle, Close To You Boutique

We encourage you to visit and support these caring companies to say thanks for their commitment to our community. For more information about SOS Biz for Good and our current partners, please visit: www.sosprojectrebuild.com/bizforgood

Thrift Shop holding strong through ups and downs

There have been ups and downs at SOS Thrift Shop, but there is positive news to report for sales.

“Our sales are up from last year and our hope is that we will continue to work our way back to pre-pandemic times,” said Paulette Harcourt, SOS Thrift Shop Manager. “With the help of our community — we are confident that we will get there!”

Volunteer numbers continue to be low at the Thrift Shop due to concerns about the pandemic, and cashiers are in high need. Harcourt said staff are highly anticipating the return of volunteers when they feel comfortable to do so.

Thrift Shop donation drop-off hours have been ad-



Volunteers take a coffee break at SOS Thrift Shop.

justed so donors can count on their donations being received. Donation drop-off hours: Mon. - Sat., 10 am - 2 pm. Shopping hours: Mon. - Sat., 9 am - 4 pm. Thank you for your support!

Honouring your legacy to our community

Are you looking for a meaningful way to leave your mark on our community? We invite you to pay your gratitude forward by becoming a Legacy Steward.

By including SOS in your estate planning, you will join other esteemed members of our Legacy Stewards' family who want to ensure future generations of residents have the support they need when they need it.

Here are some of the many options available for your charitable investing:

A Bequest in Your Will is the most common type of legacy gift. It allows you to make a long-term commitment without affecting your current financial status.

A Gift of Securities is a popular method of making a planned gift to SOS providing you with considerable tax benefits.

A Gift of Property such as real estate, special collections, cultural property and works of art are gratefully received and entitled to tax considerations.

To learn more about how your legacy gift can benefit you as well



as your community, complete the confidential reply form below and return it to us.



SOS LEGACY STEWARDS
Honouring your past. Stewarding our future.

CONFIDENTIAL REPLY FORM

Mrs. Ms. Mr. Other:

Name: _____

Address: _____

City/Town: _____

Prov: _____ Postal Code: _____

I can be contacted at:

Home: _____

Other: _____

My email is: _____

The best time to reach me is:

Day Evening

- I am interested in hearing more about SOS Legacy Stewards. Please contact me for a personal meeting about making a legacy gift.
- I have already made a gift to Society of Organized Services (SOS) in my will.
- I would like more information on:



Phone: (250) 248-2093
Fax: (250) 248-8433
Email: sos@sosd69.com
www.sosd69.com

Please mail your completed confidential reply form to:
Society of Organized Services
245 Hirst Ave. W. PO Box 898
Parksville, BC V9P 2G9