

# SOS Community Impact

Fall 2021

## Introducing the new SOS Board Chair

My name is Jennifer Mullett, the SOS Board Chair. I was elected to the SOS Board in 2016. My work as a Community Psychologist has allowed me to engage with many communities to address: access to care for vulnerable people, youth mental health issues, seniors' health, preservation of cultural knowledge with First Nations, greater collaboration amongst agencies, health care reform and many healthy communities projects. I have seen the results of communities working together to ensure a healthy quality of life for all citizens. I joined SOS because I felt

the values on which it was founded were aligned with that purpose.

Our Board of Directors ensures SOS continues to serve the needs of the community and provides governance for the Society. You can find photos and information about each of these dedicated volunteer Directors on the SOS website.

The past year and a half has been very challenging for all of us. While we have adapted our operations to comply with safety restrictions, the tremendous support of the community has enabled us to continue to provide enriching programs and compassionate



service. Our staff have been particularly creative in ensuring that supportive services continued.

We cannot emphasize enough the gratitude we feel for the support we received and hope you enjoy these updates to see how that support is making a difference in our community.

—Dr. Jennifer Mullett, SOS Board Chair

## Local businesses helping SOS rebuild capacity

Local businesses are seeing the value in investing in community. About a dozen local businesses have now joined SOS Biz for Good, an important part of the \$1 Million SOS Project Rebuild Campaign focused on creating a safety net for local residents.

There are a variety of ways that businesses can participate in SOS Biz for Good, and SOS appreciates and recognizes each one. Two local businesses have recently pledged over \$10,000 to the Biz for Good initiative: The Windsor Plywood Foundation and Quality Foods. They were both featured in articles in the

Parksville Qualicum Beach News, on SOS social media, and on the SOS Project Rebuild website. Windsor Plywood Foundation Director Cathy Brown said Windsor Plywood was happy to do it. "Windsor is celebrating 50 years, so 50 years later this is a way for us to give back to the community that we operate in," she said.

Quality Foods Executive Assistant Dianna Rivard said the donation was a win-win for QF. "Project Rebuild is exactly what Quality Foods invests in, we are all about taking care of our community." Find out more at [www.sosprojectrebuild.com/bizforgood](http://www.sosprojectrebuild.com/bizforgood)



QF Executive Assistant Dianna Rivard.



The team at French Creek Windsor Plywood.

### SOS Community Services Centres

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744 Primrose St. Qualicum 250.752.2040

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Society of  
Organized  
Services

# Staying positive at SOS Thrift Shop

Although the pandemic has created some challenges for retail stores, Paulette Harcourt is maintaining a positive environment at SOS Thrift Shop.

Over the past 10 years, Paulette has managed SOS Child, Youth & Family programs, and she served as SOS Assistant Executive Director. This year, she became the Thrift Shop Operations Manager, helping to ensure SOS's key funding source continues to operate successfully.

With a keen ability to inspire, encourage and engage a team, she is embracing her new role.

"I love a good challenge and I know how important the Thrift Shop is to our community," says Paulette.

Paulette believes social enterprises like the Thrift Shop are incredibly important to non-profits.

"The Thrift Shop not only provides affordable clothing and household items to residents, but the funds raised here go back into our community, providing assistance to families, adults and seniors, and ensuring children and youth have a safe space to learn and grow."

Paulette says the staff and volunteers truly make the Thrift Shop shine. "They work very hard to create a clean, safe and positive environment for everyone."

SOS Thrift Shop Hours: Mon. – Sat. 9 am – 4 pm. Donation drop-off hours: Mon. – Sat. 9:30 am – 3:30 pm.



Paulette Harcourt, SOS Thrift Shop Operations Manager.

# Meals On Wheels helping with recovery

After a series of cancer treatments and radiation therapy, Maureen Vaughn found it difficult to stand and cook her meals. She signed up for the SOS Meals On Wheels program to help ensure she was maintaining a healthy diet, and she says the program provided even more than that.

"I have more time to rest, I have more time to exercise and do other things that I like," she said. "I think that all helps the recovery process."

Maureen said the food is tasty, which is very important, and

without the program she believes she would likely be eating more fast food and more sugar — which she's not supposed to do as she has diabetes.

She said the Meals On Wheels program is wonderful for seniors in the community, as it allows them to stay in their homes longer.

"If they didn't have that service they probably would have to go into care," she said.

Since April of this year, 8,390 meals have been delivered through the program. To



Maureen Vaughn says the Meals On Wheels program has helped with her recovery.

learn more about SOS Meals On Wheels call 250-248-2093 ext. 225 or email [mow@sosd69.com](mailto:mow@sosd69.com).

# Modified Tigh-Na-Mara Toy Drive event taking place in November

Tigh-Na-Mara will be offering a modified version of its Annual Toy Drive again this year, with three ways for residents to help bring joy to families and individuals in need. From Nov. 1 - Nov. 23 (Mon. - Fri.) bring in

a new, unwrapped gift, gift card or cash donation to Tigh-Na-Mara and receive a complimentary Traditional Breakfast. Or purchase a Traditional Breakfast during the same time period, and \$10 will be donated to the

SOS Christmas program. A Toy Drive-Through will also take place Nov. 24. Drop off donations at the big tent in the parking lot from 7 am - 11:30 am, and receive a complimentary coffee and pastry to go.

# Food an important part of programs

While SOS Child, Youth & Family programs are vital for parents to take a much-needed break, and for young people to develop life skills, they also have another important function.

The food provided in programming is abundant, nutritious and prepared skillfully by experienced volunteers and staff.

"The food is really good," said a youth participant. "You get to come here, eat really good food, spend a couple of hours away from your family which they probably appreciate, have fun and make new friends."

During the TIC TAC program parents connect with other parents while staff and volunteers interact with children 5 and under.

"When at TIC TAC, with my children happily playing with staff, I am able to sit down and take a moment of self care by eating the wonderful food that is provided," said a TIC TAC program participant. "It is truly vital, as what I eat while in program may very well be all I eat that day." In October, one of the volunteers (a retired chef) prepared a Thanksgiving



Assistant Child, Youth & Family Programs Coordinator Bob Barfoot serves turkey dinner to Family Night Participants in October.

ing dinner with all the trimmings for Family Night participants.

"That was great because not everyone can afford a Thanksgiving dinner like that," said Taylor Oriencia, SOS Child, Youth & Family Programs Coordinator in Parksville.

One of the parents that attended that dinner said she was so grateful not to have to cook or clean up the dishes. "We are princesses here," she laughed.

SOS Child, Youth & Family Programs Manager Alice Tulia said one in six households in the region live in food insecure households, so it's important to provide healthy food to participants.

"You can't function, emotionally or mentally, if you don't have food," she said. "We make sure it's always out and available, so there's no stigmatization associated with it."

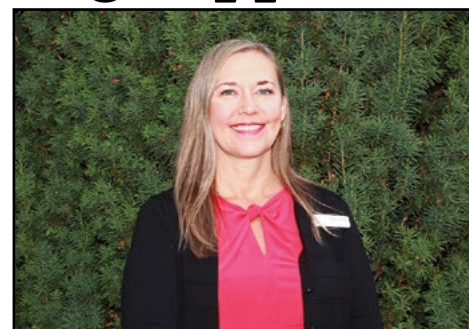
## Grateful for volunteers ongoing support

SOS has successfully completed volunteer registration for the 2021 Caring for Community at Christmas program. We know our team of new and returning volunteers are excited to work together to help local children, youth, adults and seniors enjoy a special Christmas.

Due to the evolving pandemic, SOS has decided to postpone our annual Christmas Volunteer Appreciation Dinner until we can plan to meet safely. We want all

our volunteers to know that we appreciate your efforts, and we look forward to seeing everyone again when times are better.

SOS continues to rely on volunteers in the Thrift Shop, Child Youth & Family programs, Meals on Wheels, and in the Oceanside Better at Home program. Residents interested in volunteering can contact Heather, SOS Coordinator of Volunteer Resources, at [volunteer@sosd69.com](mailto:volunteer@sosd69.com) or call



Volunteer Coordinator Heather Jones.

her at 250-248-2093 ext. 230.

Come join our amazing team of volunteers!

# Honouring a life well-lived with a donation

When Candy Ashbridge recently lost a friend, she wanted to honour his life by paying it forward.

“Giving to SOS is a gift that carries forward beyond a loss, and can make a world of difference,” she said. Candy believes that flowers are a lovely gift, but an In Honour donation doesn’t wilt or die, and in this case, it can help boost the spirits of the bereaved knowing the donation will live on and be allocated responsibly.

For example, donations to SOS enrich the lives of children, they help support youth when they are facing challenges, and they give a hand up to adults and seniors. Candy is also comforted knowing

that SOS provides supports to homeless individuals and provides emergency assistance to residents in need.

In Honour donations to SOS can also mark a special date or significant event such as a birthday, retirement, graduation, anniversary or wedding.

When an In Honour donation is made to SOS, a tribute card will be sent to the person or family being honoured, acknowledging the event and the gift. The amount of the donation will be kept confidential, and the donor will receive a charitable tax receipt.

This thoughtful gesture will create a meaningful tribute of



Candy Ashbridge sees value in making an In Honour Donation to SOS.

support for community residents who benefit from SOS program and services now and in the future.

## Give a meaningful gift with an In Honour donation

Your In Honour donation will make a meaningful difference in the lives of residents who benefit from SOS programs and services now and in the future. Thank you for your thoughtfulness!

### I would like to make a gift In Honour of:

Name: \_\_\_\_\_

On the occasion of: \_\_\_\_\_

My cheque made payable to the Society of Organized Services is enclosed for: \$ \_\_\_\_\_

(or) Please charge my gift to my credit card in the amount of: \$ \_\_\_\_\_

VISA    Mastercard

Card #: \_\_\_\_\_

Exp: \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

Please mail to: Society of Organized Services  
PO Box 898, 245 West Hirst Ave, Parksville, BC V9P 2G9  
250-248-2093 | (Fax) 250-248-8433 | sos@sosd69.com  
www.sosd69.com | Charitable #: 107021537RR0001

### Please send a special tribute card to:

Mrs.    Ms.    Mr.    Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Please sign the Tribute card from: \_\_\_\_\_

### Please send receipt to:

Mrs.    Ms.    Mr.    Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_



We value our donors' privacy and do not share our donor lists. For more information about our privacy policies or questions about In Honour donations, please call 250-248-2093.