

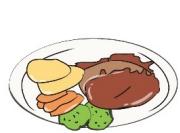
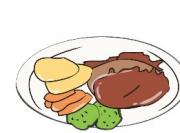
TAPS Keeping Connected September 2021

Hi everyone it's been awhile since we sent out a newsletter and we hope you enjoy our news and notices. As always, if you have something to submit, we welcome your input. Here are updates from the staff and a bit more.

Thinking of you all fondly.



What? What? What? How can it be fall already? It can't be here already! A lot of us are feeling thankful that we are through the heat and smoke that was a good part of summer this year. I am loving the cool nights, bright clear mornings and the gently warm afternoons. It's a great time to be outside. TAPS is taking a few weeks break from inperson activities, as the cases have been high in Creston. We know how hard this stop and start is, but fingers crossed in a few weeks we will be able to start meals and activities at TAPS again. In the meantime we are still playing Bingo, doing Book Club and a very interesting History Group, all in our group conference calls in addition to our daily calls.



TAPS Meals on Wheels Program will be changing. We are hopeful, that as vaccine cards become a part of how the Province of BC moves forward in the pandemic, TAPS will be able to move forward in the activities that we offer. However, In order to have participants meeting at TAPS for lunch and activities we will need to cut back on the current Meals on Wheels program, as during this time we added more than 20 people. We are working individually with those who now receive Meals on Wheels to talk about their needs, how often they will come to TAPS, and other choices for meals in the community. We have been working with community groups, primarily churches; putting together a plan where groups will take turns preparing food for a new Community Meals on Wheels Program. This will free our kitchen to make meals for those people coming to eat lunch together at TAPS just like the good old days. TAPS will administer the delivery schedule for the program.

Starting in October we will be switching from our monthly billing to a pay as you go system for those staying with the delivery system. Each time you receive a meal you will pay the deliverer the fee in cash and exact change is appreciated. The price of meals on wheels will be \$8.00 per meal to better cover the cost of groceries. Meals at TAPS will also go up to \$8.00, as always please talk to Wendy if this is a financial hardship.

Remembering: When we used to meet at TAPS and heard of friends passing, we would make a small memorial, and take time to share. During the past year and a half many have left us, and while we have not had a chance to be together to reminisce, we value what each of them contributed in their own way as friends and companions to our TAPS Gang and their stories remain with us.

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Vaccine Cards

The province of BC is temporarily asking everyone who wishes to participate in non-essential activities to provide proof of vaccination. At TAPS we provide essential services to all participants the way we have throughout this pandemic. Safety phone calls, friendly phone calls, meal support, group conference calls, one to one visits and referrals to supports. For indoor activities at TAPS we will be able to accommodate to participants who have proof of vaccination. This means that TAPS can start getting back to a more normal program, bringing us back safely in the knowledge that the people around them are vaccinated as well as themselves. At TAPS we will accept the record you received when you received your vaccine. Other places in Creston, like restaurants and the Rec Centre, will need the official vaccine card. If you have any questions or need help getting your official vaccine card please talk with one of the TAPS staff we will be more than happy to help.

Special Thankfulness Project

Wendy has an upcoming project that needs help from some crafters and bakers. We are planning a community thankfulness project to show those working and living in our community that we are thankful for what they do. We will be making cards and baked goodies to deliver to local businesses and doctors offices during the month of October. If you are interested in helping with the project let Wendy know and she will sign you up. 428-5585



Volunteers Rock

No matter what adjustments we make to TAPS programming, we have always and continue to value our many volunteers. We know that you have faced challenges too, and appreciate your willingness when you can, to join us in serving our seniors. From phone calls, kitchen help, delivering home meals, packing and delivering MESH food (from Gleaners) to facilities, to spontaneous projects...we so appreciate you. A special thanks though to Nellie and Jim Daniels who made these characters for the Creston Arts Council Annual Scarecrow Festival...winning us the Best Non Profit entry...Thinking of you all,



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Participation..Projects and Donors

TAPS folks showed up with their physical exercise commitments for the Creston and District Recreation Complex invitation to join in their annual Participation Challenge. Thanks to staff, volunteers and everyone at home doing their own programs, team star graphs were a bright display of the hours doing a variety of physical activities. Reminders and encouragement to 'keep moving' seem to be helpful at every age, stage and physical ability. Go Team....

And a flashback to October 2020...we came across our 'I Love You' TAPS video, an award winning entry to the Creston Fire and Rescue Lip Sync contest. For those with access to the internet...<https://www.facebook.com/watch/?v=998201657329624> Once we're back at TAPS we can show it there again.

Pavilion/Gazebo Project: The construction of a planned outdoor structure next to TAPS was to have been ready for summer use by TAPS and community users. The new finish date is now Dec. 30 2021. This accessible resource is made possible by an initiative of TAPS/VCS, in partnership with the RDCK and with the financial assistance of CV Rotary Club, Creston Rotary Club, Columbia Basin Trust, Creston Kootenay Foundation, Creston Legion Br 29. and Creston and District Credit Union. Thank you for your support.

Thanks also to: Harris Dairy for donations of milk, Dolly Kaetler for her wonderful garden produce and Harvest Share who bring fruit and vegetables from the community.. Thanks also to the Cresteramics Program who have been making baking goods for our meal deliveries and previously for our lunch and snack program.

MORE NEWS



After 35 years, the time has come for me (Bridget) to retire. The call of the grandchildren, the cajoling of Duncan, who is already retired, and thoughts of fixing up a gypsy caravan and travelling around Canada starting with a chilly trip up north to Dawson Creek have won out. Wendy is taking over the role of Coordinator and a new assistant is being found. Wendy will be wonderful as a coordinator and she is ready to get the TAPS show back on the road.



And on another 'leaving' note. To Joanna Wilson, our intrepid and wonderful pianist and singer, supporter of our music program, ever ready bunny that accompanied us on concerts and special events at TAPS over many years...we sadly say Bon Voyage as she is moving to Kelowna. Joanna we wish you all the best, being close to family, and we're sure you will have many new ventures. You gave freely, kept us on time and we will miss you.



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Thoughts on Optimism and Happiness

Kate Rockwood writes on the effects of gratitude::

Think of three new things you're happy about while brushing your teeth at night. The word "new" is important. If you let yourself repeat items, you might default to some variation of 'family, friends, and health' every day.

But if you come up with three novel, specific reasons to be happy or grateful for, your brain will naturally start making mental notes of things you can include in your list throughout the day.

Presenting your brain with this idea can become a habit. Notice how you feel. Some people report that they see their world differently after awhile, creating a feeling of optimism.

CONTACTS INFO RESOURCES

TAPS: 250-5585 in office Mon-Fri

Dial 211: Province-wide Seniors Support will be linked to local services. Help promote this.

Better at Home: 250-428-5520 Info/resources

Town of Creston: 250-428-8658 Info/updates

On the Lighter Side...

I don't know how to act my age, I've never been this age before.

Laugh when you can, it's always good medicine.

"To be is to do" Socrates

"To do is to be" Jean Paul Sartre

"Do be do be do" Frank Sinatra

FROM WORLD HEALTH ORGANIZATION KEEPING US HEALTHY OVER TIME ONGOING PRACTICAL HABITS...

- Wash your hands frequently - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain social distancing - Maintain at least 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth - Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Practice respiratory hygiene - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- If you have a fever, cough and difficulty breathing, seek medical care early - Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

THANK YOU Chuck Page

To celebrate his 101st birthday this year, Chuck Page has been seeking 101 donations for Valley Community Services. Over 45 donations to date and counting...

TO DONATE

Mail: Box 187 V0B1G0

Website: www.valley.services

Facebook or Phone 250-428-5547

HELP SPREAD THE WORD



VALLE
COMMUNITY SERVICES

T.A.P.S THERAPEUTIC ACTIVATION PROGRAM FOR SENIORS

Box 187, CRESTON B.C. V0B 1G0

PH: (250) 428-5547 FAX: (250) 428-5175 EMAIL: ADMIN@VALLEY.SERVICES

**Happy Birthday
To all of you as we've missed just
about everyone!**