

PROGRAMS:

THERE ARE EIGHT CATEGORIES OF RESOURCE/INFORMATION AND EDUCATIONAL PROGRAMS OPERATED BY THE BNSSCF.

- (1) Community Liaison Programs.
- (2) Resource/Information and Education programs.
- (3) Social Issues
- (4) Computer training
- (5) Advocacy and Referral services
- (6) Collective Kitchen
- (7) Drop-in activity
- (8) Yearly events.

THE COMMUNITY LIAISON PROGRAMS:

- a) Help seniors to contribute their skills, experiences and wisdom in support of social wellbeing in their Communities.
- b) This program helps seniors understand the environment in which their grandchildren and other youth live.
- c) It encourages an inter-generational connection within the family, the schools and the larger community.
- d) Seniors Facilitator Training Program: This is an advanced program where seniors are trained to deliver workshops titled "Towards a Safe and Caring Community".

SENIORS LEARN THE SKILLS THROUGH ATTENDING WORKSHOPS GIVEN ON THE FOLLOWING TOPICS:

- (a) Living Respectfully
- (b) Developing Self-Esteem
- (c) Respecting Diversity and Preventing Prejudice
- (d) Managing Anger and Dealing with Bullying
- (e) Managing Conflict and Working it out peacefully.

RESOURCE/INFORMATION AND EDUCATION:

The BNSSCF provides seniors with the opportunity to increase their social participation, come together on a regular basis at a central meeting place to socialize with other seniors, equip themselves with learning activities and knowledge, exchange ideas, learning and communicating with one another. These activities reduce their risk of social isolation. This in turn reduces the isolation of vulnerable seniors as they are provided opportunities to connect with other seniors. The advantage for networking and association between seniors, enhance opportunities to build communities, capacities and partnership.

WORKSHOPS ARE PROVIDED FOR SENIORS ON THE FOLLOWING ISSUES.

HEALTH AND WELLNESS

Topics:

- (1) Know your Body
- (2) The main aspects of Healing
- (3) The eleven principles of natural medicine
- (4) The tools of medical science to diagnose/detect disease
- (5) Herbal medication
- (6) Longevity-long life

3. WORKSHOPS ON SOCIAL ISSUES:

- Learn your personal rights and responsibilities
- Developing life skills
- Dealing with insurance
- Writing personal wills
- End of life planning

4. COMPUTER TRAINING:

- Basic level
- Advance level

5. ADVOCACY AND REFERRAL SERVICES:

- (1) Seniors needing someone to advocate on their behalf for issues that affect them.
- (2) Helping seniors to deal with personal problems.

6. COLLECTIVE KITCHEN:

- (1) Seniors learn to prepare various healthy recipes from different cultural groups.
- (2) Seniors participate in producing cultural recipe book.

7. DROP-IN ACTIVITY:

- To provide seniors with an avenue to meet other seniors, socialize, communicate, continue their involvement in arts and crafts, Participation in brain activity games and problem solving.

8. YEARLY EVENTS:

- (1) Grandparents Award of Distinction Gala Banquet and Silent Auction
 - (2) Black (Canadian, Immigrants and refugees) Seniors Cultural Expression
- Sampling traditional foods from around the world
 - Display of cultural crafts, attires, regalia etc.
 - Demonstrate the art of preparing some cultural attire for wear
 - Folklore-seniors story telling of what life was and is today.