



## WHO WE ARE AND WHAT WE DO

### Seniors Health and Wellness Institute Society COSCO

[www.seniorshelpingseniors.ca](http://www.seniorshelpingseniors.ca)

*Mission Statement: Our mission is to raise awareness of seniors' issues, to build a healthy community of seniors living in British Columbia.*

**We are a non-profit organization.** Money received through grants and donations is used exclusively on our work with seniors.

- All our facilitators are trained volunteers and are seniors themselves.
- There is no paid staff. Our president, treasurer, workshop coordinator, web master, peer mentors/trainers and our workshop reviewers, are all volunteers who contribute hundreds of hours to help maintain the website, keep the workshops up-to-date, and keep our organization functioning to meet the needs of seniors.
- Our facilitators are reimbursed mileage and other out-of-pocket expenses only.

**We offer over 40 workshops.** Our workshops are offered free to seniors or groups of people interested in raising awareness about seniors' issues in BC.

- Workshops are offered in four main topic areas: healthy living, legal and financial concerns, personal planning and safety.
- Our facilitators do not offer medical, professional or legal advice. Rather, they refer participants to their own medical or legal practitioners.
- We have given workshops to groups as small as ten and as large as 200, in many diverse locations. Seniors, or organizations, need only supply the space and a minimum of 10 seniors and we will present a session of choice to the group.
- The program began in 2007 with a single workshop on Falls Prevention. To the end of 2018 we have offered a total of 2,427 workshops across the province. They have been offered to 45,439 attendees. Our volunteers have donated over 6000 hours to facilitate these sessions.
- Increasingly, facilitators are working with multicultural communities where the session needs to be offered with the help of a simultaneous translation. In addition, handouts are needed in the appropriate languages.
  - We are grateful for the support of local MLAs who have offered bilingual staff to assist us with some of this ongoing work. However, it is clear that translations of our workshops into more languages will be needed in the future as the demand for our sessions amongst multicultural communities appears to be growing.

**We strive to give seniors across the province access to our presentations.**

- Facilitators who live in some 15 communities across the province [Vancouver Island, the Okanagan as well as further North and East] willingly travel, sometimes long distances, to facilitate a requested session.
- Facilitators who live in the Metro Area - from the Sunshine Coast to Abbotsford – provide sessions in available spaces across the area [community centres, neighborhood houses, seniors centres, seniors residences, churches, community halls, etc.].