

How to Find  
**QUALITY**  
of  
*Life*

**Seniors helping seniors!**

Everyone and especially Seniors 55+ deserve to feel heard and respected, with a sense of purpose and overall well-being. Having access to good information can increase our knowledge, empower us and have a positive impact on our Quality of Life.

Many of the problems associated with aging increase due to the lack of meaning in people's lives. In fact, having a positive view of life can help Seniors have more energy, less stress, better appetite, and prevent cognitive decline. So what can we do to help improve quality of life for seniors?

1. **Create a Sense of Purpose** — Seniors want to feel valued and encouraged to contribute and share their skills and experience.
2. **Recognize Signs of Depression** — this is not a natural part of aging, seek out information to treat this debilitating disorder.
3. **Stay in Physical and Mental Motion** — exercise your body and mind to complete daily tasks, create pride and increase independence. We are never too old to learn new things.

4. **Make Connections** — combat loneliness by connecting with others. Be a role model, mentor or friend and join a group like BCOAPO Vernon Seniors' Branch #6 to improve the **quality of your life**.

The British Columbia Old Age Pensioners Organization is the oldest Seniors' Organization in Canada, celebrating 90 years in 2022. Vernon Seniors' Branch 6 is a part of this organization and is concerned with all aspects of Seniors' lives, including pensions taxation, finances, health issues, home support, Medicare and Pharmacare housing and rental issues, social safety, senior abuse, neglect, fair treatment and loneliness. Speakers are invited to address these topics of concern. Members are given a voice locally, provincially and federally by advocating through resolutions which are passed on to the B.C. Government. Seniors have so much to contribute and when they feel appreciated everyone benefits. We invite all Seniors to attend our meetings which are held on the third Tuesday of each month at 1:30 pm at the Schubert Centre 3505-30th Avenue, Vernon, B.C. Phone 250-545-0384

**Everyone Welcome!**