



Seniors Wellness at OneSky

A new chapter has begun for seniors in Penticton, as OneSky Community Resources and Seniors Wellness Society have officially merged. The merger is the result of a decade-long partnership that started with the Better at Home program, which offered various services to seniors in a coordinated way. Over time, the partners collaborated with other organizations that cared about seniors, forming the Aging Well collaboration.

The merger is a way to honor the legacy of the Seniors Wellness Society, which was established in the 1960s by a group of women who had a vision to create a place for seniors to meet their social and recreational needs. They built the award-winning Retirement Centre complex in 1974, which had everything from subsidized housing to a nursing home with meals and recreation opportunities. The complex was designed to let seniors age in place and feel part of a community.

However, the recreation space was lost as health care models changed, but the society kept serving the seniors, especially the isolated ones, by running a volunteer friendly visitor program and other outreach services. As a small organization, they struggled with funding, but in 2013, they partnered with OneSky to expand the visitor program to more services that helped seniors live in their homes.

The merger honors the legacy of the Seniors Wellness Society and their vision of supporting seniors in the community. The merger will improve and streamline the services for seniors in Penticton and beyond. OneSky has renamed their seniors services program as "Seniors Wellness at OneSky," to acknowledge the society's contribution to the community.



Seniors Wellness at OneSky

Seniors Information, Referral and Navigation –

looking for updated local information, resources or services for seniors? We can help to direct you to community resources and services such as transportation options, in-home supports, seniors activities, financial supports, housing options, help in navigating health and social care systems or completing government forms. Call the office for answers to your questions or to connect with the various programs listed below.

Call 250-487-7455 or email seniorswellness@oneskycommunity.com.

Senior Connector Newsletter –

a free monthly publication packed with information of interest to local seniors. Keeping you updated on local programs and activities for seniors, tips for healthy aging, information about government benefits, free and low-cost services and much more. Request to receive this monthly newsletter by mail or email.

Better at Home Program –

helping seniors living independently with simple non-medical, day-to-day tasks to stay in their own homes and remain connected to their community. Services delivered by paid staff and/or volunteers. Fees based on income on a sliding scale. Services are limited to availability and resources. Must be registered to receive services. See page 81 for more information.

Caregiver Support Program –

support for family members or friends who are caring for an older adult who requires help with the tasks of daily living. Individual emotional and practical support; group activities for enjoyment and connections to other caregivers; information and navigation support; advance care planning. See article on page 34.

Out & About Program –

a social group program to encourage isolated seniors to get out and meet new people, create friendship, and have something on the calendar to look forward to. Various options focussed on health aging, social engagement, and physical activity. Transportation available to attend some events. See our article on page 24.

Cycling without Age –

specially equipped trishaws with room for two passengers piloted by volunteer cyclists offering free rides for seniors to experience the wind in their hair. Scheduled rides from local care homes and independent housing facilities.

Volunteer Opportunities –

many of our services would not be possible without volunteers. If you have a bit of time to offer, consider joining our team as a volunteer. Opportunities to help include friendly visiting, group social supports, transporting seniors to appointments, deliveries, simple household tasks, gardening, office help, trishaw (cycle) pilots and other support roles. Many helping hands build a strong community.

OneSky Community Resources

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Visit our website: OneSkycommunity.com

