



E-Connections

The Electronic Bulletin of Volunteer Richmond Information Services



Volunteer
Richmond Information
Services

*"Bringing people and services together through
community information and volunteerism"*



August 2011
E-Connections #10

Summer WHAM: Wellness, Health and More

Free Event for Older Adults Gets Better with Age

Summer WHAM—the onomatopoeic acronym stands for Wellness, Health and More—is a free event for adults age 55+ taking place Tuesday, August 30 at the West Richmond Community Centre. It will feature refreshments, prize draws, and a bevy of information on health, wellness, and community resources. There will also be a special presentation from Richmond Public Health's Seniors Fall Prevention Team. Everything gets underway at 1:00pm, with the event wrapping up around 4:00pm.

Organized by a group of passionate and dedicated Seniors Information & Referral volunteers, the first edition of Summer WHAM was held in 2009. The goal back then was the same as it is today: to provide older adults with information on healthy living so they can stay independent longer. Sixty participants attended that first event, followed by 70 a year later. This year, the turnout is expected to grow yet again. Keep an eye on the **Vol 'n' Tell Blog** for a full preview of Summer WHAM 2011.

While Summer WHAM is free to attend, participants are required to register. This can be done in person at the West Richmond Community Centre (9180 No. 1 Road), by phoning 604-276-4300, or by visiting www.richmond.ca/register. Please quote course #149354.



The information provided at Summer WHAM is intended to help older adults lead healthy lives and remain independent longer.



190 - 7000 Minoru Blvd. Richmond, BC V6Y 3Z5 Tel: 604-279-7020 Fax: 604-279-7038

E-mail: info@volunteerrichmond.ca Web: www.volunteerrichmond.ca



Volunteer Richmond News and Notes

Workshops & Training



Featured

Leave No One Out: Community Training in Emergency Planning

Friday, August 19 | 9:00am - 3:30pm
FREE

This training was developed through a joint project of the BC Coalition of People with Disabilities and Volunteer Canada, funded by the Government of Canada's Social Development Partnership Program – Disability Component.

Is your organization prepared to deliver services to your most vulnerable clients if a disaster hits? How will your organization respond to a large scale emergency? What will be your role in the community?

This workshop will get you talking about Service Continuity and Emergency Preparedness, with a focus on ensuring people with disabilities are not left without support.

Upcoming

Volunteer Management Training Series

Sept. 22 - Nov. 2 (See website for full schedule) | 6:00pm - 9:00pm
\$250.00 (VRIS Members) | \$300.00 (Non-Members)

Programs

- Child Care Resource & Referral Centre
- Information & Volunteer Centre
- Leadership Richmond
- Richmond Christmas Fund
- Seniors Community Support Services

Funders

- United Way of the Lower Mainland
- City of Richmond
- Province of British Columbia
- Ministry of Children and Family Development
- Vancouver Coastal Health
- The Government of Canada

Volunteer for the Christmas Fund



Summer has just begun, but Santa's little helpers are already hard at work preparing for the Richmond Christmas Fund's 2011 season. This year we hope to brighten the holidays for even more Richmond families in need. To help us achieve that goal, we're recruiting volunteers for the following positions:

Administrative Assistant – Assist in volunteer recruitment, training, data entry and the updating of forms and promotional materials prior to the start of the program.

Toy Room Set Up – Help unload toys, as well as set up and decorate the toy room.

Registration/Toy Room Assistants – Help verify families' information and assist them in selecting toys.

Toy Room Coordinator – Coordinate the timing for families to be called down to the toy room to select toys; supervise volunteers; work with back-of-house coordinator to ensure that the toys are re-filled.

Data Entry Volunteers – Enter family and hamper sponsorship information into Christmas Fund database.

Gift Wrap Volunteers – Provide gift wrap services at Richmond Centre and Lansdowne Centre malls.

Toy Room Sorting – Assist in sorting toys and organizing the toy room so that it's ready for families the next day.

For more information contact:

Ian Chian

Email: ichian@volunteerrichmond.ca

Phone: 604-279-7035

Circle of Friends

- Opacity Design Group
- Richmond Review
- Richmond Centre
- Coast Capital Savings
- Richmond Chamber of Commerce
- Milan & Maureen Ilich Foundation
- Innovation Networks



Volunteer Richmond Information Services



United Way of the Lower Mainland Community Partner