



Registered Charity Number 663 July - August Newsletter 2019

Extract from the Bermuda Senior Islanders' Centre AGM 2018-2019

School Children Helped

The Bermuda Youth Library celebrated ten years of entertaining elders with a Valentine's Tea at St. Mary's Church Hall. Middle School children from Dellwood, Clearwater, Sandys and Whitney joined Warwick Academy to honour seniors at the Joy Club November island-wide. In Somerset children from Sandys Middle School served tea and refreshments to seniors in St. James Church Hall, at an island-wide hosted by the Young at Heart Club.

Volunteer Drivers

We've had a demand for volunteer drivers, and we're pleased to have Tanya Smith join Steven Shaw to transport seniors to the weekly craft class. We thank Donna Thomas for coordinating transportation for the group to attend teas and gatherings across the island. Without volunteer drivers, the Centre could not offer this service to seniors.

Crafty Bunch

Tuesday's crafty bunch instructors, Kathy Faries, Lynn Spurling and Louise Langley continue to engage seniors with their creative crafts. We've also had good news that members enjoy their workout with Adrienne Jones and Pat-sanee Budtarapun.

Financial Reports

We thank Ray Jones of Faro Management Solutions for producing Centre Profit & Loss Statements and Balance Sheets pro bono. Members praise Mr. Jones for his steadfast commitment to the Centre.

The Centre could close without notice

The Centre needs an annual grant of \$70,000 to carry on. We've managed to survive with funding cuts for over a decade but going on with negative cash flow is unsustainable. Seniors and donors must be aware that the situation is such that the Centre could close without notice.

New board members

Myra Bristol is the Chairperson of the Bermuda Senior Islanders Centre. Canon Thomas Nisbett, OBE, Leslie Virgil and Winston Butler have all retired from the Board after years of service to the Centre. Rosemarie Yarrum, Frederick Ming, MBE, Jeremy Hassell (Special Projects) and Fred Hassell is the (Secretary, Provisional Treasurer). The board has the responsibility of leading the Centre and run the operation in line with the Charities Act of 2014.

We're facing difficult times with the overall funding of the Senior Centre, with grants and donations down. Please be available to assist the Board with new fundraising ideas as they try to increase the Centre's cash flow.

Admiralty House Luncheon Club

Luncheons will resume at the
Bermuda Senior Islanders' Centre

Thursday, September 19, 2019

[Membership in the Bermuda Senior Islanders' Centre \\$5.00](#)

Name: _____

Address: _____

Phone# _____

Date of Birth: _____

Email Address _____

Where can I get a copy of the Senior Islanders' Newsletter?

Bermuda Senior Islanders' Centre, Admiralty House Mail Box,

Ageing and Disability Office, Hamilton

Department of Community Affairs, Dame Lois Brown-Evans Building, Hamilton

Bermuda Senior Islanders' Centre, Website [www. seniorislanders.bm](http://www.seniorislanders.bm)



Increasing Retirement Age

"You are competent at 64, but come 65 all of a sudden you become incompetent."

Derrick Burgess, Deputy Speaker of the House of Assembly

Bermuda Public Service Union Retirees

Marlene Smith (292-43484) is President of the B.P.S.U. Retirees, the group meets the third Wednesday of each month at noon in their union headquarters. You can contact them in September as they're on summer break.

Special People's Club will meet again

September 20, 2019

St. Mary's Church Hall

Warwick



Senior's wellness clinics

The Department of Health runs bi-weekly health screenings for seniors at three locations. The clinics provide: Adult immunizations, blood pressure screening and monitoring, blood and sugar screenings, functional assessments, home safety and functional assessments of activities for daily living, prevention guidance in the areas of ageing, safety, medications, falls and chronic illnesses and nutrition assessment and counseling. Contact the Hamilton Health Centre(278-6440) 67 Victoria Street, Hamilton.

Myra Bristol joined Wellness Committee

Myra Bristol will represent the Centre on Department of Health's Committee "Celebrating Wellness". The purpose of Celebrating Wellness is to promote the important role that physical activity and healthy eating play in achieving a healthy lifestyle and expose attendees to the community organizations that are available locally. Each year, there is a specific focus on an age group along the life course. Wellness Day will be held September 25, 2019, the focus will be on the **Senior population**.

ISLAND WIDE SOCIAL

Please contact your club leaders regarding the Island Wide Social for September. We may focus on joining events of Wellness Day

September 25, 2019.

Golden Hour Club

The Golden Hour Club, Peace Lutheran Church Hall meets again on Wednesday, September 4, 2019.

Bermuda National Trust Needs Volunteers

Guides are needed for

Verdmont, Globe Hotel & Tucker House

Contact Kim Smith, Bermuda National Trust

236-6483, 236-0617

Do you enjoy talking to aged citizens?

I enjoy talking with very old people. They have gone before us on a road by which we, too, may have to travel, and I think we do well to learn from them what it is like.

Socrates, Plato's Republic (469-399 B.C.)

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