



Planning Network

Staying Connected Updates

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Seniors' Week: June 1-7

I hope you were able to be involved for some of the many activities during the week in our community or on a Zoom conference--although it was difficult with physical distancing during COVID-19.

World Elder Abuse Awareness Day--June 15th WEAAD

Various buildings and structures around BC will be lit purple in recognition of WEAAD. The Iris & the colour purple are symbols for WEAAD. Purple lighting on June 15th will be on BC Place, Science World, City Halls, Skytrain, Anvil Centre, bridges, Canada Place, LaFarge Lake, & more.



Tri-Cities Seniors Planning Network Transitions

TCSPN is making an application to be a non-profit society. We are in the early stages now but our name has been approved as **Tri-Cities Seniors' Action Society** by the BC Registry in Victoria. We are continuing now with the governmental requirements. We are excited about the new potentials for fund-raising and community activity that this new status will bring us. Stay tuned. It is more difficult for us to keep in touch but will try to offer services while we adjust.

Zoom Links that may be of Interest to you:

Mitigating the Effects of Social Isolation During and Post COVID-19

Tuesday, June 9th 9:00 am- 10:30 am FREE REGISTER TODAY

https://us02web.zoom.us/webinar/register/WN_h0IhgTmURJy1_3SagbwsGg

Social contacts tend to decrease with age and for a variety of reasons, perhaps retirement, the death of a friend or family member or an increased lack of mobility. Regardless of the cause, senior isolation can cause harmful consequences.

This webinar explores the risks and potential impacts isolation can have on older adults. Reducing that isolation is important, particularly since seniors wish to remain active and contribute to the vibrancy of their community providing them with a sense of purpose. Seniors who stay connected with family and friends, experience an improved quality of life, lowering the risk for physical and mental illnesses such as depression and dementia. During the presentation, speakers will provide an overview of three intervention programs, developed specifically to reduce social isolation in older adults.

Seniors' Care Webinar: How did we get here & what's next? (Recorded)

On May 28th, attendees joined our presenters for a webinar discussion on the state of seniors' long-term care in BC. We looked at how we got here, and what is needed to transform seniors' care so that it provides the support and dignity that seniors, their families and those working on the front-lines all deserve. This was an excellent webinar. Marcy Cohen was a keynote speaker for our TCSPN Age-Friendly Forum held last year.

Hosted by Shannon Daub, CCPA BC Office Director (Canadian Centre for Policy Alternatives)

Presenters:

- Margaret McGregor, Physician & Health Policy Researcher | [Presenter Slides](#)
- Andrew Longhurst, CCPA-BC Research Associate & Health Policy Researchers | [Presenter Slides](#)
- Marcy Cohen, CCPA-BC Research Associate & SFU, Adjunct Professor | [Presenter Slides](#)

Watch the very good one-hour webinar here: <https://www.policynote.ca/seniors-care-webinar-recording/>

International Federation on Aging Virtual Town Hall – [COVID-19 and Older People: Grandparenting in a Pandemic](#) (Click on this link to register)

Friday 12 June 2020 at 7:00 am Toronto EDT 4:00 am Vancouver time but recording will be sent to you if you register (and would like to sleep in & listen later--but not live)

COVID-19 has brought with it many unprecedented challenges, particularly regarding the impacts on older people. It has also presented an opportunity for many societies to re-evaluate grandparenting roles, and to identify practices that protect the well-being of grandparents, grandchildren and their families.

We are not asking for favours. We are speaking out for our human rights and well-being. Grandmothers are the reflection of our nation. When we are well taken care of, the entire society will flourish.

Staying Emotionally Healthy During the Covid-19 Pandemic (Recorded)

This is an excellent Zoom webinar recording. This webinar was 1 1/2 hours long but very well worth the time. Dr. Ross Laird, the presenter, is a best-selling author and award-winning clinical consultant in mental health and trauma. He was outstanding, knowledgeable and very helpful getting us through all this. This is free and you will enjoy it.

CLICK on this link: <https://bcnpha.ca/courses/staying-emotionally-healthy-covid-19-pandemic-webinar/>

Funny Cooking Moments & Bloopers from Cooking Shows (10 minutes)

Click on this link for fun & laughter: <https://www.youtube.com/watch?v=mP7nJzyMFfA>

Travel BC Tourist Attractions for your StayVacation Planning

<https://www.youtube.com/watch?v=SOM1klsk6ew> (12 minutes)

<https://www.youtube.com/watch?v=M078XrAjbJQ> (11 minutes)

COVID-19 Resources:

In our Tri-Cities community we're facing COVID-19 together. We understand that there are high risk situations for **vulnerable seniors** when leaving your home to shop for groceries or go out in the community. If there's one thing we **can** do it's to stay connected while **staying at home**. We can make a point to regularly reach out to our personal networks – phone, FaceTime, text – for coffee chats and virtual visits. It's important to minimize our feelings of loneliness or worry, getting and giving reassurances that help us stay connected and calm.

Reliable COVID-19 Information Resources for you:

- **BC Centre for Disease Control** <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- **Fraser Health** <https://www.fraserhealth.ca/coronavirus>
- **Public Health Agency of Canada** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- **World Health Organization** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Where you can get help:

- **BC211 Help Line Services** <http://www.bc211.ca/> or Call 2-1-1 on your phone.
 - **Register for NEW Safe Seniors, Strong Communities Program**--A program that matches seniors who need support with grocery shopping and non-medical essentials to volunteers in their community who are willing to help. To register for services, or to offer help, register.
 - Other BC211 Services include: Counselling, Addiction, Mental Health, Victim Services, Financial Assistance, Housing, Transportation, & more.
- **SHARE Society** <https://sharesociety.ca/> or Call: 604-540-9161
Program & Services still on-going. Food Bank to help you get through this.
- **Seniors First BC** <http://seniorsfirstbc.ca/> Seniors Abuse & Information Line (SAIL Line) If you're in a Crisis, Call 604-437-1940
- **Fraser Northwest Primary Care Network** Schedule a Virtual Appointment if feeling like you have COVID-19 symptoms. <https://www.divisionsbc.ca/fraser-northwest/influenza-symptom-testing-center#appointment>
- **Canadian Mental Health Association** Call: 1-833-456-4566 or Text: 45645
<https://www.crisisservicescanada.ca/en/> Anxiety? Stress?
- **Battered Women's Support Services**. Call: 1-855-687-1868 or <https://www.bwss.org/> or if you are in danger, call 9-1-1.
- **Kids Help Line** Call: 1-800-668-6868 <https://kidshelpphone.ca/>
- **SHARE Food Bank Depot** 2615 Clarke St., Port Moody Phone: 604-931-2451
Hours: Mon 9am-2pm Tues 9am-6pm Wed-Fri 9am-2pm
- **BC Centre for Disease Control** Supporting the Psychosocial Well-being of Health Care Providers: <http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19-Psychosocial-Supports-HCW.pdf>

How you or your family or neighbours can help:

- **Food Bank Donations** Food Donations are down & Demand is up. The food bank needs canned meats, canned tuna & salmon, pork & beans, rice, & other non-perishable items--or better yet--**Cash**, as this is better for their buying power. 2615 Clarke St., Port Moody The Depot is COVID-19 safe.
- **Donate Blood** Our hospitals still need blood supply for regular operations. <https://blood.ca> or Call: 1-888-236-6283 Challenge your family members.
- **Keep in touch with family, friends, & neighbours. Be nice. Smile.**