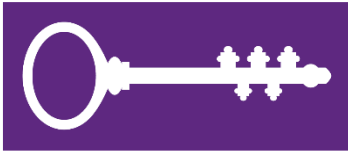


TRI-CITIES SENIORS



Planning Network

We are All in this Together

Contact: triciesseniorsplanningntwk@gmail.com

604-949-0599

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
- **Tri-Cities Seniors Planning Network** Accepting requests from seniors to help with grocery shopping, driving to appointments, or for phone connections to help with anxiety or to ease isolation. Also, still accepting volunteers to help. Call: 604-949-0599 or triciesseniorsplanningntwk@gmail.com
- **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.
- **Stay at home and clean surfaces at home**
- **Wash your hands often**
- **Physical distance...but keep in social contact with family & friends**
- **Beware of the many COVID-19 Frauds & Scams out there now.**
- **Don't go stir crazy** Use the time to learn a new hobby; YouTube videos to learn new skills; Make a list of inspirational quotes; Do a puzzle or read a book; watch movies on Netflix or Crave; or clean out some closets.
- **Keep in touch with family, friends, & neighbours. Be nice. Smile.**
- **Send an e-flower bouquet to a friend to say Hi! & then to more friends.**