



# E-Connector

*The BC Association of Community Response Networks (BC CRN) Newsletter*

## Nature as Medicine

*Indigenous Approach Connects People to "All Relatives" During Tough Times*



*Ross McRae (Fire Squirrel Chaser) demonstrates how to make rose oil. (Photo: [Magical Backyard Medicines Facebook](#))*

Six months after the [provincial government](#) implemented extraordinary safety measures to address the coronavirus, we find ourselves today entering the second cycle of the pandemic. We've heard the guidelines repeated since the state of emergency was declared:

- Physically distance.
- Wear a mask in public.
- Wash your hands.
- Stay home if you feel sick.
- Avoid large gatherings. "Stick to six" and keep your bubbles to the same six people when you socialize.

COVID-19 is here to stay until a vaccine is developed, and the scientific community is saying it can take at least a year to a year and half to do this. It's no longer a discussion on whether we "like it or not". It's about keeping everyone safe and shifting everything we knew to a new way of being.

### **Prolonged Isolation Affecting Many**

The impacts have been difficult on the world. Current events aside, the pandemic has heightened feelings of isolation, fatigue, and mental and emotional distress for many. For some, seeing a mental health professional has become more of a challenge due to more complicated access, economics, or other reasons. Some of us have the support of an extended family. Some of us don't, and are trying to navigate the pandemic solo.

These challenges – the availability of culturally appropriate support, lack of access, cost - are not new to First Nations and Indigenous communities' history and current reality. This has created a collective, intergenerational trauma that continues to be felt today, regardless of the pandemic.

"There is a lot of knowledge beneath this collective trauma on how (First Nations and Indigenous) peoples have survived and moved forward as individuals, communities, and Nations," says **Belinda Lacombe**, Regional Mentor – North Western BC. "Many people haven't always been able to rely on their human relatives for healing because the trauma has been passed from one generation to the next. The land is the 'non-human' relative that we, as Indigenous peoples, connect with. We lean into all our relations for healing – our community, the trees, the water, traditional medicines, and nature – to get each other through troubled times in a good way."

### **An Innovative Collaboration**

The pandemic opened the door for several community response networks (CRNs) to work together on a venture to shine a light on Indigenous ancestral knowledge of healing to non-Indigenous community members, and help Indigenous communities reconnect with it across generations.

[Magical Backyard Medicines](#) is pilot program developed by the CRNs in BC's Northwest: Houston, Smithers, and Hazelton. The program itself is structured similar to a meal preparation kit, where households would receive the ingredients to prepare the meal of their choosing.



*Plants used widely in traditional medicines  
(Photo: B. Lacombe)*



*(Photo: B. Lacombe)*



“Our kits contain all the ingredients needed to make various salves, tinctures, and syrups,” continues Belinda. “It also contains a booklet – also called [Magical Backyard Medicines](#) – that describes when and how certain plants can be harvested, and how to prepare them. It’s all about remembering ancient ways of knowing and being, and calling forth the inner ancestors in our bloodline to help us through these troubling times.”

In addition to Belinda, the team consisted of **Carroll Airey**, CRN Coordinator for [Houston](#), **Tianna Rasmussen**, CRN Co-coordinator for [Smithers](#), and **Bonita Danes**, CRN Coordinator for [Wii O’o’m Niin Hazelton](#). The team worked very closely with **Ross McRae (Fire Squirrel Chaser)** and partner **Lorraine Half (Baby Skin)** who are respected traditional medicine people from the Gitxsan Nation. The program itself is being administered and managed by the [Northern Society for Domestic Peace](#)<sup>1</sup>.

Supplementing the kits is the project’s [Facebook](#) page, which allows all communities to share their knowledge and learn more from each other. The page also provides opportunities for all who join to digitally connect with traditional Indigenous Medicine people.

“The project builds on the principles of Indigenous Focusing Oriented Therapy, or IFOT, which is a body-centred, land-based approach to trauma,” says Belinda. “This form of healing is all about uncovering ancestral knowledge to help others become aware of their own bodily wisdom and intergenerational connections to land. These connections are often the path to living a life of health and wellness today. You don’t have to go far to get reconnected. Everything you need could be as close as your backyard.”

### Overwhelmingly Positive Reception

A total of 150 kits were produced, with 25 currently being distributed to each of the communities of Houston, Smithers, Hazelton, Terrace, Kitimat, and Prince Rupert. “Everyone wants a kit,” continues Belinda. “Since we only have a limited number, as a team we decided to distribute this inventory to the people – both Indigenous and non-Indigenous - who are most at-risk and vulnerable in the colonial



(Photo: B. Lacombe)



*Lorraine Half (Baby Skin) (L) and Ross McRae (Fire Squirrel Chaser) (R) are traditional medicine people from the Gitxsan Nation. (Photo: B. Lacombe)*

<sup>1</sup> The society understands and practices the value of “nothing for us without us”, which is a critical principle in Truth and Reconciliation work nationwide.

sense. Our Facebook page is open to everyone, and we're encouraging people to post their knowledge for the benefit of all."

Word of the program has also reached the First Nations Health Authority. "I literally just received an email from First Nations Health a few days ago<sup>2</sup>," says Belinda. "They're interested in learning more about the project with the intention of applying it across the province, especially in rural and remote communities where suicide is a real problem. Suicide often results from feelings of intense loneliness and disconnectedness. It's very early days, but the thought of having our conversation continue throughout the province is exciting."

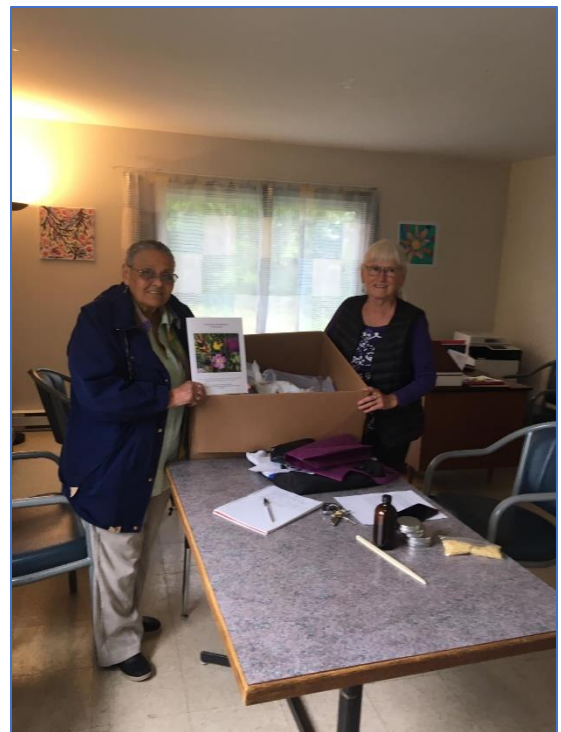
The booklet was also shared with an Indigenous land-based family camp last August. The reception there, was also very positive. The booklet prompted several to share their personal stories on how to harvest and use traditional plants, and traditional healing recipes that have existed for generations. "The conversation went on for three hours!" says Belinda.

### **A Complementary Approach to Wellness**

In recent years, there has been substantial Western research on the physical and mental health benefits of being outdoors in nature. A Google search using the phrase "research on health benefits of nature" produces over two billion possible results. Some of these results link to legitimate studies, many do not.

The Indigenous philosophy of one's health being tied to the land has been practiced long before the science got around to studying it. For the province's First Nations and Indigenous communities, programs like *Magical Backyard Medicines* helps them reconnect to ancestral knowledge and identity.

"There is wisdom and strength underneath the colonial ideals that don't get a lot of air time and space," adds Belinda. "There is also a real appetite for this kind of information...it's all about how it lands in the body. During the pandemic, many of us have felt deeply lonely. During times of intense and prolonged stress, it's easy to forget how connected we can be in this 'alone space'. What plants connect for you? Do you notice the wind? Do you notice the water? Have you been with the trees?"



*Carroll Airey, CRN Coordinator for Houston (R) and a volunteer prepare a kit for delivery. (Photo: B. Lacombe)*



*Belinda Lacombe, Regional Mentor – North Western BC (L) and Tianna Rasmussen, CRN Coordinator for Smithers (R) gather plants while paddle boarding. (Photo: B. Lacombe)*

<sup>2</sup> At the time the interview was conducted.

Nature is all connected, which means as people, regardless of our individual cultures and ethnic backgrounds, we're also all connected whether we are surrounded by other people or living alone. There's so much wellness in that."

For more information about the "Magical Backyard Medicines" program, please contact **Belinda Lacombe** at [belinda.lacombe@bccrns.ca](mailto:belinda.lacombe@bccrns.ca) or joining the program's [Facebook page](#). You may also access the ["Magical Backyard Medicines" booklet](#) online any time.

**MEDICAL DISCLAIMER:** The information provided in the "Magical Backyard Medicines" booklet and Facebook page made available through this article, the BC CRN website and social media channels, and websites and social media channels of the local CRNs are for educational purposes only and are not to be regarded as a substitute for professional medical advice and should not be relied on as health or personal advice. The information and resources provided are not intended to diagnose, treat, cure or prevent any disease. Always seek the guidance of a qualified health professional with any questions you may have on regarding your health or a medical condition.

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## BC CRN *It's Not Right* and *Gatekeeper* Programs Go Virtual

With the pandemic, BC CRN is reviewing and restructuring its programs to go virtual. Traditionally conducted as in-person workshops, we're actively working with the community to move to an online platform with web-based offerings that respect physical distancing safety measures.

Look for news in upcoming newsletter editions. We're very excited at how things are shaping up!

*It's Not Right!* is BC CRN's educational outreach program that teaches bystanders about the different types of adult abuse and neglect, how to spot the signs, and what to do if you do suspect a case of abuse. *Gatekeeper* takes it one step further, teaching community organizations and service providers about how a coordinated response to a suspected case of abuse or neglect works and their role in that process. [View more on both of our programs.](#)

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## New to the BC CRN Team

Join us in welcoming **Laura Beamish**, BC CRN's regional mentor for North Eastern BC. Laura joins us from *Better at Home* where she continues her role as program and services coordinator for Fort St. John and the surrounding area.

She also holds a degree in Social Work from the University of Northern BC.

Laura started with the BC CRN as Regional Mentor in August. She will be learning the ropes of the role from her predecessor **Connie Kaweesi**, who we thank immensely for her service and impactful contributions.



Laura Beamish  
(Photo: [www.bccrns.ca](http://www.bccrns.ca))



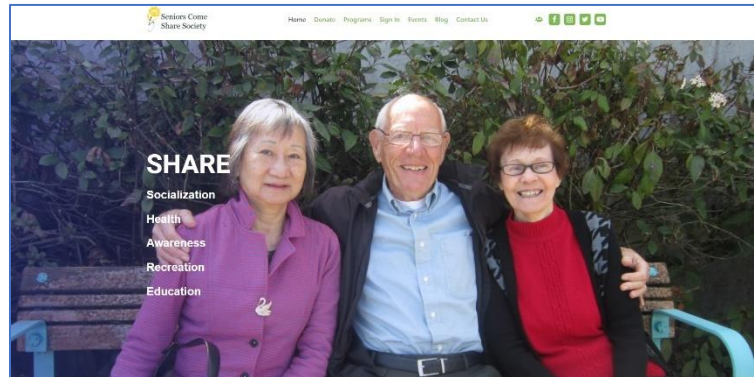
# Come Socialize Online with Us!

## New Platform Connects Seniors and Older Adults

Submitted by Kathleen Butler, Director of Community Engagement, [Seniors Come Share Society](#)

Seniors, and older and vulnerable adults in Surrey and White Rock can now socialize and connect with their local community response networks (CRNs)<sup>3</sup> online!

[SHARE](#) is a video conference platform designed to increase social connections and help participants experience new activities and have fun.



(Photo: [www.sharevirtually.com](http://www.sharevirtually.com))

If don't have a computer, [Seniors Come Share Society](#) is happy to loan you a tablet. We also have tech buddies on hand for support.

[Seniors Come Share Society](#) continues working hard to support seniors and caregivers who are impacted by COVID-19 and the imposed isolation.

In addition to [SHARE](#), our meal delivery program is growing to meet the demand in the community. We were delivering 100 meals a week to seniors, and have now doubled the number of deliveries to over 200 meals a week.

Our telephone conference system, called *Seniors' Centre Without Walls*, is also growing as more people sign up. This program consists of 30-minute phone calls where participants can socialize, learn new skills, and create new connections from the comfort of home.

Thank you to the [BC Association of Community Response Networks \(BC CRN\)](#) for supporting [SHARE](#) and the society's meal delivery program.

For over 40 years, [Seniors Come Share Society](#) has provided older adults and their families with services, programs and resources necessary to remain educated, engaged and, most importantly, empowered members of their community. We are pleased to continue as host agency to local CRNs in Surrey and White Rock.

For more on [SHARE](#), contact Nisa Moman at 604-531-9400 ext. 219 or [share@comeshare.ca](mailto:share@comeshare.ca). Or, visit [www.sharevirtually.com](http://www.sharevirtually.com). If you would like to support us and seniors in the community, visit [comeshare.ca/ways-to-give/donate](http://comeshare.ca/ways-to-give/donate) or call Kathleen Butler at 604-531-9400 ext. 214. If you or anyone you know, needs our support, please call Simren Dhillon at 604-536-9348.

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<sup>3</sup> CRNs in White and Surrey: [White Rock South Surrey CRN](#), [Surrey Guildford CRN](#), [Surrey City Centre CRN](#), and [Surrey Newton CRN](#). Please visit [www.bccrns.ca](http://www.bccrns.ca) to learn more about them!

## COVID-19 Survey Seeking Participation: REMINDER

**Survey Opportunity: Your Current Experiences and Planning for the Future (SFU Gerontology Research Centre)**

Gloria Gutman and her research team from Simon Fraser University want to hear from you about your current experience with COVID-19 and how it is affecting your future plans. You must be 55 years of age or over to participate.

The survey takes approximately 15 minutes to complete and responses are anonymous. The survey closes October 10. [Complete the survey now.](#)

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### CRNs at Work

See what some of our local community response networks (CRNs) have been up to this month. To all of our volunteers: thank you for continuing to support seniors and vulnerable adults in your communities!



#### Sparwood CRN

Five benches donated by the BC CRN were recently installed between Centennial Square, Greenwood Mall, Seniors Villas, and Lilac Terrace. The installation was facilitated through the District of Sparwood Commemorative Gifting Program Policy and the benches were dedicated in memory of those who built this community. The CRN is pleased to provide additional resting spots, encouraging older adults and other pedestrians to enjoy being outdoors and active in the community. Congratulations team! *(Photo: District of Sparwood)*



### Tri-Cities CRN

Through **Ken Kuhn**, Regional Mentor – Fraser Valley West, hosts a free weeklong webinar series hosted by BC CRN on a variety of topics concerning seniors and vulnerable adults in recognition of National Seniors Day. Their last webinar is scheduled for October 2. (Photo: [Pixabay.com](https://www.pixabay.com))



### Castlegar CRN

The Castlegar CRN is going strong with their lunch delivery program through the Kootenay IRIS program. 3,176 lunches were delivered between March 19 and Sept 19, 2020. An amazing feat of a dedicated few! #Kudos (Photo: [Kootenay IRIS](https://www.kootenayiris.com))





**Brightside COMMUNITY NEWS**

August 2020

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**Hello Readers!**

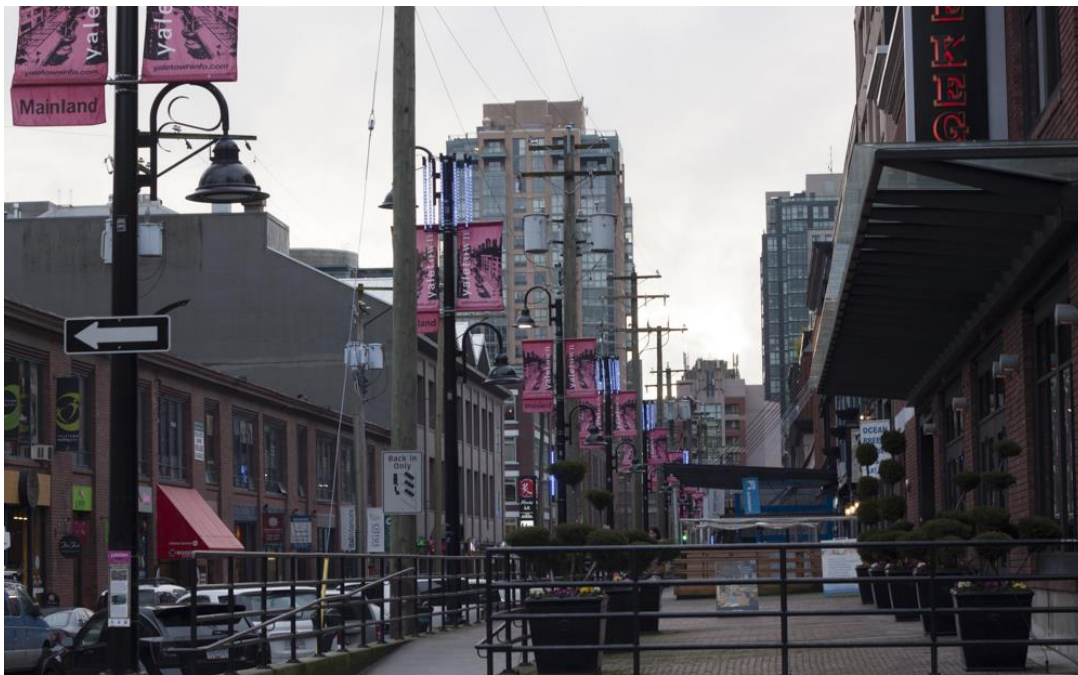
Welcome to the first edition of *Brightside Community News*!

As a result of the several months' pieces of important work, we have reached the end of 2020.

We welcome you to join them along to Reception.

**Vancouver Grandview-Woodlands CRN**

The CRN, hosted by [Brightside Community Homes Foundation](#), launched a limited series newsletter in August called *Brightside Community News* to inform residents and the community of COVID-19 updates, CRN virtual events in the Vancouver area, and important resources on adult abuse, neglect, and self-neglect. This newsletter was made possible through funding provided by the [BC CRN](#). [View the latest edition](#). (Photo: [Brightside Community Home Foundation](#))



**Vancouver West End CRN**

The Vancouver West End CRN hosted by the [West End Seniors Network \(WESN\)](#) has expanded its reach to now serve seniors living in Vancouver West End, Coal Harbour, and Yaletown. The CRN served the Vancouver West End and Coal Harbour communities before the change. (Photo: [Ned Tobin, Fotographix](#))

## Volunteer of the Month: Bonita (Bonnie) Danes, Wii O'o'm Niin Hazelton CRN

*The village of Hazelton, British Columbia, also known as 'Old Hazelton', is located northeast of Terrace and northwest of Smithers along Highway 16 (the Highway of Tears) and is found on the shore where the Bulkley and Skeena Rivers meet. This area is the home of four First Nations, three of which are the Gitksan people (Gitanmaax, Glen Vowell and Kispiox) and one who are of the Wet'suwet'en people (Hagwilget). The First Nations population comprises over a third of Hazelton's current population of just over 300<sup>4</sup>.*

*"Gitanmaax" means People of the River of Mist. CRN Coordinator **Bonita Danes** is Gitksan herself, a proud great grandmother, and a member of Lax Gibuu Pdeek, or the Wolf Clan, one of four clans that comprises the Gitksan Nation<sup>5</sup> of which she is also future matriarch. She is currently serving her third term on the Gitanmaax Band Council and has found renewed connection to the land as a result of her involvement in the 'Magical Backyard Medicines' collaboration with the Houston and Smithers CRNs.*

*("Wii O'o'm Niin" is Gitksanimx/Sim'algax for "I love you all.")*

*We are thrilled to be profiling Bonita as our volunteer of the month. Thank you, Bonita, for all you are doing for elders and seniors in the community.*

### **"Hazelton is Home"**

Bonita is Hazelton born and raised. She and her partner of 37 years have also lived in other parts of the province, such as Terrace, Gitsegukla, Prince Rupert, Aiyansh, and Vancouver, but Hazelton continues to be home for them. "Hazelton is a beautiful place. I love my hometown. I love my people. I love my family. It keeps me here," says Bonita.



*(Photo: B. Lacombe)*

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<sup>4</sup> Source: <https://www.ourworldlanguage.ca/hazelton>

<sup>5</sup> The other Gitksan clans are Gisk 'haast Pdeek (Fireweed Clan), Lax See'lor Ganeda Pdeek (Frog Clan), Lax xgiik Pdeek (Eagle Clan). Source: [Gitksan Phrase Book for Healthcare Workers \(2017\)](#).

## A Love of Social Service

After attending both Coast Mountain College (then called Northwest Community College) and the University of British Columbia in 1999 and 2000, Bonita worked primarily in the area of social services ever since. “I started working for the Gitanmaax Nation as Band Social Worker, primarily helping families and individuals navigate government systems,” she recalls. She has also held roles with the [Gitxsan Government Commission](#) where she worked almost exclusively with elders and seniors. “I was responsible for programs specifically for people ages 45 and older,” she adds. “I was a navigator for this demographic, helping people connect to community services and support programs.”

When asked what it is that makes social services so interesting to her, Bonita’s reply was: “I don’t know why I picked social services as a career initially, but I do know that it’s a field that feels very natural for me to be in. I can relate to social services. It just comes easy to me and I enjoy the work.”

## A Love of Team Sports

Bonita is also passionate about team sports – softball, basketball, and volleyball are her favourites. “I played all through my youth. I don’t play anymore, but I enjoy watching tournaments – like the All Native Basketball Tournament in Prince Rupert – and I still fundraise for local teams. Team sports are important to me: they are a good way to meet new people and make long-lasting friendships. I still connect with old friends at sporting events. We all share the love of good sportsmanship and being part of a team.” she says.

## A Love for Supporting Elders

Bonita was first introduced to the BC CRN and the local CRN while working with the Gitxsan Government Commission. Four years ago, her supervisor at the time Sandra Harris with the help of **Belinda Lacombe**, BC CRN Regional Mentor - Northwestern BC, worked the CRN role into Bonita’s job description.

“CRN work is very similar to what I was already doing then,” continues Bonita. “This was about three to four years ago. I am no longer with the Commission, but I still continue with CRN work, this time as a



*Bonita is presented with a dream catcher to recognize her work with Gitxsan Government Commission in 2018  
(Photo: B. Lacombe)*



volunteer. I like working with elders, and the CRN gives me opportunities to encourage elders to be active...or just encourage them.”

### **CRN Project Brings Bonita Back to Her Roots**

*Magical Backyard Medicines*<sup>6</sup>, a collaboration between the Hazelton, Houston, and Smithers CRNs, is a project that Bonita is currently involved in. Similar to a meal delivery service, the core component of the program is a kit containing all the ingredients needed to make a sampling of traditional healing syrups, salves, and tonics. A companion “recipe book” comes with the kit and provides detailed instructions on what plants to gather, how to gather them, and when during the year certain ingredients are available.

“Although I remember my uncle and grandfather talking about it, this practice of gathering plants and making traditional medicines are new to me. I did not grow up with it,” says Bonita. “I’m excited that I get to work with local traditional medicine people to learn the practice. It’s like I’m growing up again, learning about different medicines and hearing the stories people have on them.”

She continues: “Traditional medicines are something our elders identify with and believe in strongly. In speaking to elders in the community about it, they light up and start recalling stories and instances where they themselves have gone out to gather. Fall and Spring are the best times, and our elders already know this. The practice of gathering and then making traditional medicine is about being with the land. It’s also one of the original forms of healing. I’m loving the experience so much I can’t even describe it.”

### **What’s on Bonita’s Mind for Her CRN**

“We’re also going to be recognizing World Elder Abuse Awareness Day (WEAAD) next month<sup>7</sup>,” says Bonita. “Scheduling and the pandemic delayed our plans for June, but in a few weeks, volunteers will be putting on a parade of cars to drive to different communities delivering t-shirts, and promoting *Magical Backyard Medicines* and the BC CRN.”

(If you are lucky enough to be part of this event, look for samples of *Five Alive*, a traditional botanical syrup for colds and flus.)

*Magical Backyard Medicines* has received funding to do a second phase of the project, which will help the Hazelton, Houston, and Terrace CRNs produce additional kits for community members in their region.

### **Why Bonita is Our Volunteer of the Month**

“Bonita is a humble and kind soul who quietly and meticulously works in the background,” say Belinda. “Her humility and kindness, coupled with her highly organized and analytical nature make her an excellent coordinator and frontline responder to people who may be experiencing adult abuse, neglect, and self-neglect. I look forward to working with Bonita for many years to come.”

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<sup>6</sup> Read our feature story on this program in this edition. Turn to page 1!

<sup>7</sup> WEAAD takes place normally on June 15.

For more information on “Magical Backyard Medicines”, join their [Facebook Group](#) where all are welcome. For more on the Wii O’o’m Niin Hazelton CRN, visit the [BC CRN web](#) or join the [Wii o om niin Facebook Group](#). If you are from Hazelton or the surrounding region and want to get involved with a CRN, contact Belinda Lacombe, Regional Mentor – Northwestern BC at [belinda.lacombe@bccrns.ca](mailto:belinda.lacombe@bccrns.ca).

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## Provincial Learning Events

Our provincial learning events are always virtual, so it’s safe to still participate in them during the COVID-19 emergency.

**October 20, 2020:** *Exploring Restorative Approaches to Adult Abuse, Neglect, and Self-Neglect* presented by Jane Osborne, BC CRN Regional Mentor – Vancouver Island Central and North and Dr. Alana Abramson, Criminology, Faculty, Kwantlen Polytechnic University.

In this packed online session, some of the questions up for discussion include:

- What is the potential role for a restorative justice response to adult abuse and neglect? Why would we consider this approach?
- Who has a role to play in the process?
- Why do Community Response Networks or Community Health Networks facilitate this approach?
- What protocols need to be in place between the responding agencies?
- What are the criteria for making a referral? What are the skills and experience needed for facilitators of these types of cases?
- What are some examples of restorative responses to abuse and neglect cases?

After a 30-year career in information technology management and organizational development (IBM, UBC and Metro Vancouver among others), **Jane Osborne** retired to explore the joys of working in community. Over the past 20 years, she has focused her energies on project and volunteer work provincially and locally; initially on the North Shore of Vancouver and more recently on Central Vancouver Island as a passionate advocate for social justice.



**Dr. Abramson** has been involved in the field of restorative justice (RJ) as a researcher, practitioner, and trainer since 1999. She has extensive experience implementing RJ in community, prison, and school contexts. In 2017, Dr. Abramson was the recipient of the Restorative Justice Award from the Ministry of Public Safety and Solicitor General. She also worked to develop the first victim-sensitive principles and standards for restorative justice providers in BC. Dr. Abramson is currently a full-time Criminology Instructor at Kwantlen Polytechnic University, Coordinator and Facilitator for the Alternatives to Violence Project, member of the Interior Restorative Justice Hub, Inside Out



Instructor, Board Member for BC Bereavement Society and the BC Association of Restorative Justice, and trainer for Achieve/Crisis and Trauma Resource Institute.

Provincial Learning Events are free webinars that take place on the third Tuesday of the month from 10:30 am to 12 pm. Everyone is welcome.

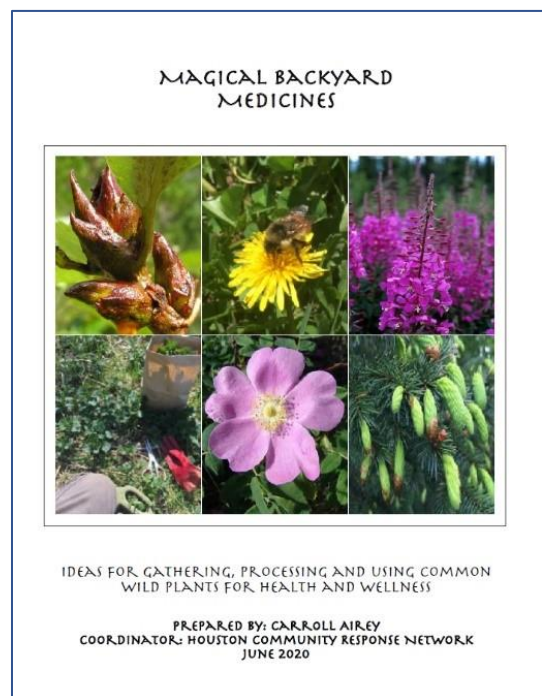
If you're interested in participating, please sign up for the session by [registering online now](#).

Email [info@bccrns.ca](mailto:info@bccrns.ca) to receive notifications of upcoming provincial learning events.

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## Our Top 4: Resources of the Month

1. [Decade of Healthy Ageing 2020-2030](#) (2020): This proposal, authored by the World Health Organization (WHO), describes the plan for a Decade of Healthy Ageing 2020–2030, which will consist of 10 years of concerted, catalytic, sustained collaboration. It is the second action plan of the WHO Global strategy on ageing and health, building on the United Nations Madrid International Plan of Action on Ageing and aligned with the timing of the United Nations Agenda 2030 on Sustainable Development and the Sustainable Development Goals. (Document courtesy of CNPEA.)
2. [Magical Backyard Medicines](#) (August 2020): This booklet supplemented the program of the same name, which was developed by the Houston, Smithers, and Wii'O'om niin Hazelton CRNs with the administration and management done by the Northern Society for Domestic Peace. The booklet contains information and recipes for six indigenous plants commonly used for health purposes by First Nations and Indigenous communities. There is also a [Facebook page](#) of the same name that you may join to learn more, and meet some of the traditional medicine people the CRNs worked with to develop the program.
3. [COVID-19 Pandemic – LGBTQ+ Experiences](#) (2020): This report was produced as a result of research conducted by Canadian academia as part of a larger study on [interpersonal and social coping during the pandemic](#). Several members of BC CRN's [LOVE CRN](#) participated in the study.
4. CRN Social Channels and Newsletter (Various): If you're looking for specific news on the events and developments of a community response network in your area, many of them now have social media channels and/or newsletter you can subscribe to. Here are a few to get you started:



(Photo: [www.bccrns.ca](http://www.bccrns.ca))



Community Response Network	Host Agency (if applicable)	Social Channels	Newsletter
Castlegar		<a href="#">Facebook</a> : @KootenayIRIS	<i>The IRIS Social</i> Email <a href="mailto:castlgarcn@hotmail.com">castlgarcn@hotmail.com</a> .
Grandview-Woodlands Vancouver	Brightside Community Homes	<a href="#">Twitter</a> : @BrightsideHomes	<a href="#">Brightside Community News</a> Contains information from several Vancouver-based CRNs.
Kamloops	Elizabeth Fry Society	<a href="#">Facebook</a> : @KamloopsCommunityResponseNetwork	
LGBTQ2S+ (Vancouver Island)		<a href="#">Facebook</a> : @LOVECRN	
Logan Lake	Better at Home	<a href="#">Facebook</a> : @Logan Lake CRN – Community Response Network	
Revelstoke	Revelstoke Women’s Shelter Society	<a href="#">Facebook</a> : @revycrn	
South Nanaimo		<a href="#">Facebook</a> : @Cassidy Community Form	
Sparwood	CWL St. Michael’s Church	<a href="#">Facebook</a> : @Sparwood Community Response Network	
Tri-Cities	Tri-Cities Seniors Planning Network	<a href="#">Facebook</a> : @TriCitiesSeniorsPlanningNetwork	
Vancouver Indigenous	Pacific Association of First Nations Women	<a href="#">Facebook</a> : @PAFNW <i>Use #VICRN to find the CRN specific posts.</i>	

For more, do a search on the BC CRN website to see if your local CRN has social channels and newsletter available to the community they serve.

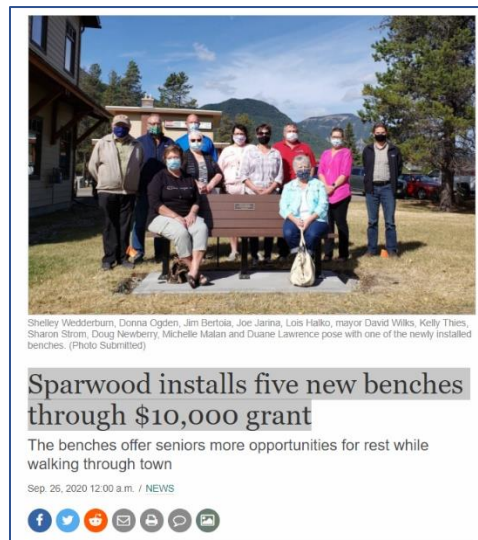
Follow us on [Facebook](#) or [Twitter](#) to receive the latest resources on adult abuse and neglect.

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## Our Top 4: Headlines of the Month

1. [Sparwood installs five new benches through \\$10,000 grant](#), bclocalnews.com, Sept. 26, 2020.\*
2. [WHO and UNICEF recommit to accelerating health and well-being at all ages](#) (Press Release), World Health Organization, Sept. 18, 2020.
3. [CRA resuming additional activities: Know when it's contacting you and how to avoid scams](#), The Indo-Canadian Voice, Sept. 18, 2020.
4. [Protect yourself from fake CRA calls](#), netnewsledger.com, Sept. 17, 2020.

“Like” [Facebook](#) or “follow” us on [Twitter](#) to receive the latest news on adult abuse and neglect.



(Photo: BC Local News)

\*Denotes local CRN story.

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## Campaigns & Professional Development Events

*Because of COVID-19, please check with organizers directly to learn the status of their events.*

- **Elder Abuse Awareness (Webinar) – Hosted by the BC Association of Community Response Networks**

*October 1, 2020 from 10-11 AM Online*

Learn to recognize the warning signs and risk factors of senior abuse. Registration required: <https://bit.ly/3lBKcm3>. Cost: Free.

- **Sleep to Better Health (Webinar) – Hosted by the BC Association of Community Response Networks**

*October 2, 2020 from 10-11 AM Online*

Learn the five tips to increase your quality of sleep and ultimately your health and well-being. Registration required: <https://bit.ly/2EA3kAr>. Cost: Free.

- **John K. Friesen Conference: Supportive Communities for Healthy Aging – Simon Fraser University **\*\*POSTPONED UNTIL MAY 2021\*\*****

Please check back for details.

- **Seniors Living Expo and Job Fair, BC Care Providers Association** **\*\*POSTPONED UNTIL NOVEMBER 6-7, 2021**

Please check back for details.

- **Crime Prevention Week – British Columbia Crime Prevention Association (BCCPA)**  
*November 1-7, 2020 Province-wide*

Crime Prevention Week is an annual province-wide crime prevention campaign. The initiative is aimed at educating British Columbians about creating safer and healthier communities. Check with your [local CRN](#) for activities, in-person and online, in your community.

- **International Day of People with Disabilities – United Nations (UN)**  
*December 3, 2020 Worldwide*

The Convention on the Rights of People with Disabilities is an international human rights treaty of the United Nations intended to protect the rights and dignity of people with disabilities. This day is intended to recognize and value the diversity of our global community, and to cherish the role we all play, regardless of our abilities; to understand and learn from the experiences of people with living with a disability; to look towards the future and the creation of a world where a person is not characterised by their disabilities, but by their abilities; to take on a commitment to create a world characterised by equal human rights.

BC CRN recognizes this day as those with disabilities are often at-risk and vulnerable to abuse and neglect. Check with your [local CRN](#) for activities, in-person and online, in your community.

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