



## CONNECTING SENIORS ACROSS OUR COMMUNITIES

**February 2018**

### Community Connections

Our first February highlight was being on [CBC's Early Edition](#). The interview touched on seniors' social isolation and our collective effort to reduce its impact. One of the people who heard the interview reached out to find support for her 80+ mother. Allies in Aging partners responded swiftly to connect with them.

Allies in Aging also participated in Burnaby's Caregiver Expo. **Volunteer Impact** fact sheets in different languages were popular and **Seniors on the Move** fielded questions about the new ICBC testing process.

One more highlight included InWithForward work. After a kick-off session, they spent an intensive ten days with seniors in our communities. Their approach sparked curiosity and insights about segmentation, pain points and a "what if...?" perspective. We'll be able to share their report in a few weeks.



## Collective Impact

**Seniors Hubs** have reached more than 4000 seniors, double the initial goal of 2000. Neighbourly Together volunteers and staff look forward to the weather getting better for more door-to-door outreach.

**Welcoming Seniors Spaces** are multiplying in the Tri-Cities as agencies beyond our main partners now want to make their locations more senior-friendly.

**Seniors on The Move** transit training sessions continue to be very popular. Participants often have a wide range of comfort with using technology, which can be an additional barrier to getting around on public transit.

**Volunteer Impact** sessions are in high demand from volunteers and service providers. Topics on offer this spring include Preparing for End of Life and Communicating for Connection; details are in the event calendar below.

### Project Story

*from Naseem Karachiwalla*

*"When my husband passed away I fell into a deep depression, isolating myself from family, friends and community. My physical and mental health had now begun to decline and my doctor recommended I increase my physical activity. However I didn't feel fully confident in myself and my abilities, grocery shopping had become a struggle.*



*As time passed, my children urged me to return to work part time and I also accessed Mount Pleasant Neighbourhood House in order to find something to do. So, I pushed myself out my comfort zone and began participating in Seniors Programs. Suddenly I began to visit Mount Pleasant Neighbourhood house more and more. It boosted my confidence and I have now become a volunteer at MPNH. My journey has been from a grieving widow to an engaged senior and a volunteer giving back to the community."*

## UPCOMING EVENTS

**Mark your calendar now for the Allies in Aging Conference: Feb. 28, 2019, North Vancouver Pinnacle at the Pier**

### **VOLUNTEER IMPACT Workshops**

(Pre-registration required.)

**Tues. Mar. 6, 12:00 - 3:00pm: It's Not Right! Neighbours, Friends & Family**

North Vancouver: 2121 Lonsdale [Click for more information and to register.](#)

**Weds. Mar. 21, 12:00 - 2:00pm: TELUS Wise**

Vancouver, 411 Seniors Centre, 333 Terminal Ave. Call 604-988-5281 for more information.

**Thurs. Apr. 19, 12:00 - 3:00pm: Preparing for End of Life**

Burnaby, Bonsor Rec. Centre, 6550 Bonsor [Click for more information and to register.](#)

Call 604-988-5281 to be added to our mailing list for workshop updates.

*Allies in Aging is a collective impact initiative to reduce seniors' social isolation in our community.*

*Nearly thirty partner organizations are working together to connect seniors to supports and services. Projects include leadership programs, outreach, transportation initiatives, training programs and advocacy. Our focus is on seniors who are 75+ and at risk of isolation due to disability, low income, language or cultural barriers.*

Check out the [Allies in Aging Partner Map](#) for a snapshot of partners and programs.

[Look, Like and Follow Allies in Aging on Facebook!](#)

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