



BEAVER VALLEY AGE FRIENDLY COMMUNITY

MAY 2020 AGE FRIENDLY NEWSLETTER

This is certainly a challenging time for all of us to be distanced from our families, friends and regular routines within our communities. The silver lining is that community is certainly coming together to work as a team. In addition to our health supports, it is amazing how many community supports the Beaver Valley seniors have. This includes family, friends, individuals, community groups and churches stepping up. Grocery stores and pharmacies are adjusting hours of operations and doing deliveries to support seniors. The Beaver Valley Age Friendly program has had such a positive response from so many as we reached out to build strong connections. Thanks to seniors' organizations such as Mountain Side Village, the Beaver Valley Manor and the Beaver Valley Seniors Branch #44 who are keeping seniors safe and informed. Also, BV Age Friendly is so fortunate to partner with and have the support of the Age Friendly seniors telephone fan out group, the Better at Home program, the United Way, the BV Lions Club, the Community Skills Centre, the Salvation Army Meals on Wheels, CBAL, the Beaver Valley Dynamic Aging Society, Fruitvale and Montrose Villages, RDKB and the South Kootenay Seniors Age Friendly program which covers Trail, Rossland and Warfield.



FOOD FOR THOUGHT

Some years ago, we were at a funeral where most of the food for the reception was supplied by health care providers. As part of the health care provider team, Hilda Bouma (my very dear friend) and I joined a small group of other health care providers to set the food onto the tables. We came across a plate covered with foil and labelled: EGG. Now, in the minds of this small group of health care providers, all sorts of ideas came as we circled around the plate wondering what was EGG? One commented, "Hmmm, there is ECG" and another said, "or EKG", but what hospital department was EGG? As we all stood puzzled glaring at this plate, a **non**-health care provider entered the scene and asked what we were doing. When we told her the dilemma, she shook her head and said, "That is egg you guys!" We all laughed as we pulled off the foil to find, it was indeed, open-faced egg salad buns.

Moral of the story: We all have our part and let's continue to work together so we don't miss the obvious!

IMPORTANT UPDATE

Seniors needing non-medical support:

Please call **211** or
the **Better at Home Coordinator**, Stephanie Haukaas, at 250-364-2326.

Calling Beaver Valley "Middlers" and younger to support our BV seniors through the **Better at Home** program. Call 211 or Stephanie to sign up. A perfect opportunity to recruit volunteers to support the regional Better at Home program in Fruitvale, Montrose and RDKB Area A. The process will ensure safety of both seniors and volunteers.



Bringing **Better at Home** to our communities supports our **Age Friendly Plans!!**

THANK YOU TO OUR SUPPORTING PARTNERS

