

BEAVER VALLEY AGE FRIENDLY COMMUNITY



WHAT'S HAPPENING WITH AGE FRIENDLY IN THE BEAVER VALLEY...

OCTOBER 2020

Building Age Friendly Capacity: Transition Update - It certainly has been a busy month since taking the reins of the BV Age Friendly Coordinator position! I have spent a significant amount of time over the past month or so connecting with all the various stakeholders and organizations that work with the AF program. As part of our transition planning, Barb provided personal introductions to each contact and this gave me an opportunity to connect and learn more about the various resources and programs that exist within both the local and greater senior's community. It has been a wonderful opportunity to connect with the various organizations and begin making plans as to how we can work together to provide more services for our seniors.

Age Friendly Program Survey – In August, we sent out an AF Program Evaluation survey, specifically targeting program engagement for seniors in the BV. The focus was on the pandemic and how people would prefer to engage in AF programs. The survey was sent out in the mail to seek feedback and input from those over 50 years of age and living in the Beaver Valley, as we plan the program over the next quarter. We had 22 responses from the mailed-out surveys and an additional 25 surveys completed at the Fruitvale Fall Market, where I represented the Age Friendly Program.

The results were quite interesting; the overwhelming majority of seniors (76%) indicated an interest in participating in in-person events, including 71% interested in attending an in-person luncheon and 69% wishing to participate in an in-person coffee group. 50% of survey respondents were interested in participating in a pre-ordered monthly boxed lunch for pick up, 45% of people were interested in learning more about virtual ways to connect through the Zoom platform and 88 % of people have an existing internet connection in their home. This data was extremely valuable in terms of understanding our senior's interests, needs, and comfort levels when it comes to AF programs. Unfortunately, due to recent changes from the Provincial Health Officer regarding stand-alone banquet halls, we have been advised that we are unable to hold any in-person activities at the Fruitvale Memorial Hall at this time.

Seniors' Coffee and Luncheons – On September 8, we held our first in-person event since February 2020, with 8 participants joining us at the FMC for our coffee meeting, following all current COVID-19 safety protocols. We discussed options for virtual training (Zoom) through CBAL and had a robust conversation regarding the value of the AF program and plans as we move forward. The group discussed putting monthly in-person luncheons on hold for the time being because we cannot safely hold an event that respects COVID-19 restrictions. In lieu of a monthly in-person luncheon, pre-ordered, boxed lunches will be available monthly.

NEW & EXCITING...

Technology & Training Pilot Project - We are currently looking at developing a pilot project for interested coffee group members of BVAF, who would be willing to commit to helping to build our Age Friendly online community. We are looking at providing tablet & training sessions to assist our seniors in connecting online and staying involved in the program.

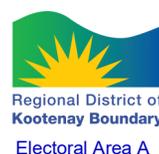
While we realize that a virtual community is not quite the same as meeting up with friends in-person, it is a wonderful way to stay connected, engaged and remain an active part of the BV Age Friendly Program until we can return to our in-person activities!

If you are interested in participating in a new challenge or if you would like to learn more about this opportunity, please contact Shawna for details.

Email list – BV Age Friendly is currently gathering a list of email addresses for the AF Community participants so we have more options to remain connected and share information. If things do revert to a lockdown again this fall/winter.

We would love to include **you** on our email list and have you come and join us for our first Zoom coffee meeting on October 13. If you do participate, your name will be entered to win a \$25 Walmart gift certificate. If you are interested in the upcoming **Zoom training series with CBAL** this fall, please email Shawna at bvafcoordinator@gmail.com for more information and to register call 250-921-9464.

THANK YOU TO OUR SUPPORTING PARTNERS



BEAVER VALLEY AGE FRIENDLY COMMUNITY

'PUT LIFE BACK IN YOUR LIFE'

FREE SELF-MANAGEMENT PROGRAMS

Tool Kit for Active Living + Telephone Calls

Did you know...that the University of Victoria Institute on Aging & Lifelong Health offers **free** programs for adults in BC living with one or multiple ongoing health conditions? Due to COVID-19, these are now facilitated online (Zoom) or over the phone, so that participants can attend from the comfort of home and receive the support and benefits of these self-management programs.

For more information on these programs, visit www.selfmanagementbc.ca ~ Email: selfmgmt@uvic.ca or Call: 1-866-902-3767 (toll-free)

FORTISBC ENERGY CONSERVATION ASSISTANCE PROGRAM

This program provides free home energy evaluation, as well as advice on saving energy, installs free energy efficient products & will review if home qualifies for other upgrades (e.g. insulation, heating, etc.). The goal is to reduce energy bills, make homes safer and more comfortable.

The program is available to eligible households if they:

- are income qualified
- have a residential electricity account with BC Hydro, FortisBC, New Westminster, Grand Forks, Summerland, Penticton or Nelson Hydro
- own or rent a detached house, duplex, townhome or manufactured home
- if renting, a landlord consent form will need to be signed by the landlord
- meet the combined annual before-tax incomes for all adults in the home meets income eligibility

To find out more information or for assistance with the application for the program, contact Shawna.

OCTOBER AGE FRIENDLY ACTIVITIES

October 7, 14, 21 & 28 – “Easy- Does-It” Walking Group (Meet at the front entrance of the Fruitvale Memorial Centre @ 10:00 am).

We will be taking a gentle stroll around Fruitvale and take in the sights and sounds of my favorite season! Come out & join me rain or shine and get outside before the snow arrives!

We will be observing COVID-19 protocols and requiring all participants to register with Shawna in advance of the walk.

October 13 – Age Friendly Zoom Coffee Meeting 10:00 am – 12:00 pm If you are interested in participating, you must call the Village Office by October 8 to register.

October 20 – Boxed Lunch Pick-Up (Shepherd's Pie & Cinnamon Maple Roasted Squash) to be picked up at Fruitvale Memorial Hall Oct. 20 between 1:00 -3:00pm. Suggested donation for each meal is \$2.00.

You must register by emailing Shawna bvafcoordinator@gmail.com or calling 250-921-9464. Please include name, phone number & number of meals. **The cut-off for ordering boxed lunches is October 14.**

BV AGE FRIENDLY CONTACT INFO

Are you looking for information on local services or programs for seniors? Contact Shawna Bradford, BV Age Friendly Coordinator at 250-921-9464 or email at bvafcoordinator@gmail.com

Wishing everyone in our Age Friendly Community and Safe & Healthy Fall Season!

Warmly,
Shawna



THANK YOU TO OUR SUPPORTING PARTNERS

