



TRI-CITIES SENIORS' ACTION SOCIETY

July 15, 2023

Tri-Cities Seniors' Action Society Staying Connected

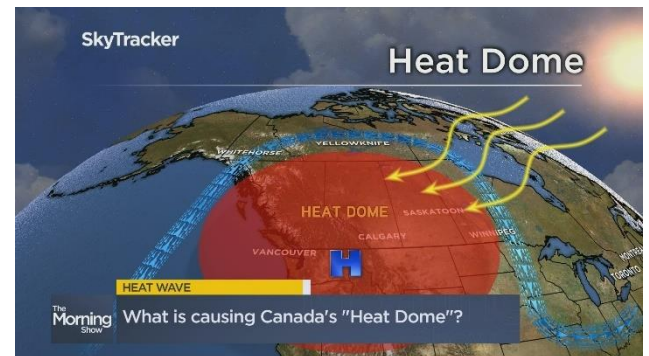
Contact: tcseniorsactionsociety@gmail.com

Ken at 604-949-0599

Heat Dome & Wildfire Smoke Cautions

Safety cautions for heat domes and wildfire smoke conditions are here and are important to follow. An air quality advisory is due to high concentrations of ground-level ozone which are caused by heat combined with wildfire smoke. Exposure is a concern for people who have any of the following: asthma, COPD, other lung diseases, heart diseases, diabetes, respiratory infections, people living outdoors, and older adults, young children, pregnant women and outdoor workers. The ideal for people who suffer is to go to an indoor space with air-conditioning, if possible, and drink a lot of water. Both clean and cool air is important for anyone at risk, but overheating is more dangerous for most people! Anything people can do to stay cool, cool cloths, slightly wet shirts, frozen gel packs wrapped in a thin towel and placed on the neck, armpits and groin, plus cool showers or feet in cool water, plus drink a lot of liquids! If anyone has chest discomfort, shortness of breath, coughing or wheezing, get medical attention immediately!

Our communities offer several free alternatives for us. Local recreation centres, libraries, and other community facilities are free for you to use to keep cool. Local shopping centres are also air-conditioned and free to use. Cooling centres and misting tents/spray parks should be available during periods of high temperature. Please call your local mayors and municipal halls to encourage these to be opened. Coquitlam City Hall (604-927-3001), Port Coquitlam City Hall (604-927-5411), Port Moody City Hall (604-469-4500). **Cooling centres need to be open for 24 hours a day** so vulnerable adults do not need to return to hot conditions where they live as the temperature change is also a stress on our bodies. **Call your city officials** and get some action on cooling centres in your community. Vulnerable older people deserve help.



Heat-Related Illnesses

What To Look For

What To Do

Heat Stroke

- ★ High body temperature (103 F or higher)
- ★ Hot, red, dry, or damp skin
- ★ Fast, strong pulse
- ★ Headache
- ★ Dizziness
- ★ Nausea
- ★ Confusion
- ★ Losing consciousness (passing out)

- ★ Call 911 right away—heat stroke is a medical emergency
- ★ Move the person to a cooler place
- ★ Help lower the person's temperature with cool cloths or a cool bath
- ★ Do not give the person anything to drink

Heat Exhaustion

- ★ Heavy sweating
- ★ Cold, pale, & clammy skin
- ★ Fast, weak pulse
- ★ Nausea or vomiting
- ★ Muscle cramps
- ★ Tiredness or weakness
- ★ Dizziness
- ★ Headache
- ★ Fainting (passing out)

- ★ Move to a cool place
- ★ Loosen clothes
- ★ Put cool, wet cloths on body ★ or take a cool bath
- ★ Sip water
- Get medical help right away if**
- ★ The person is throwing up
- ★ Symptoms get worse
- ★ And last longer than 1 hour

Heat Cramps

- ★ Heavy sweating during intense exercise
- ★ Muscle pain or spasms

- ★ Stop physical activity & move to a cool place
- ★ Drink water or sports drink
- ★ Wait for cramps to go away
- Get medical help right away if**
- ★ Cramps last longer than one hour
- ★ You're on a low-sodium diet
- ★ You have heart problems

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><small>Heat exhaustion can lead to heat stroke.</small></p>	<p><small>Heat stroke can cause death or permanent disability if emergency treatment is not given.</small></p>

Stay Cool, Stay Hydrated, Stay Informed!

What To Look For

What To Do

Sunburn

- ★ Painful, red, and warm skin
- ★ Blisters on the skin

- ★ Stay out of the sun until your sunburn heals
- ★ Put cool cloths on sunburned areas or take a cool bath
- ★ Put moisturizing lotion on
- ★ Do not break blisters



Heat Rash

- ★ Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- ★ Stay in a cool, dry place
- ★ Keep the rash dry
- ★ Use powder (like baby powder) to soothe the rash

Wildfire Smoke

- ★ Irritation of eyes, nose, throat & lungs
- ★ Shortness of breath

- ★ Reduce time spent outdoors
- ★ Stay hydrated
- ★ Avoid rigorous exercise
- ★ Wear an N-95 mask
- ★ Keep windows & doors closed
- ★ Use a HEPA filter air cleaner



BE PREPARED!



BE SAFE, STAY CONNECTED!

World Elder Abuse Awareness Day Success!



Older Adult & Diversity Forum 2023

Attendees of the Forum were treated to a variety of speakers and topics of interest for seniors, a fabulous free lunch, a huge amount of giveaway prizes, many exhibitors, free parking, lots of free swag, and good fun with friends. Thank you to our speakers, exhibitors, entertainment, and attendees for a terrific day.





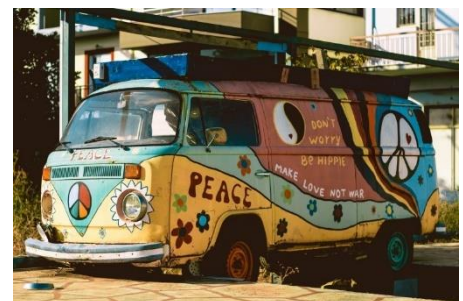
Tri-Cities Seniors' Action Society Membership

We want you as a member! The TCSAS sends out a monthly newsletter, hosts many events—like the June 14th Older Adults & Diversity Forum 2023. Click on the “**Become A Member**” graphic. Share the TCSAS Membership Form with a friend, neighbour, or family. For **only \$10 a year** you will stay informed and be invited to our numerous free in-person and virtual Zoom events, free lunches, and numerous prizes. And **make a donation if you are able**. Many thanks. We are a non-profit society. Make our “seniors’ voice” stronger. **Join the TCSAS today!**



Taking a Walk down Memory Lane

- The 1960s saw the emergence of social movements around civil rights, opposition to the Vietnam War, feminism, and environmentalism, as well as the first stirrings of gay rights.
- The 1960s was a decade known for vibrant colors, drug use, and free love. In the 1960s, pop culture changed as artistic expression and new styles flourished. The subdued and conservative tone of the 1950s was replaced with loud trends in music, fashion, and film.
- As you journey through the 1960s school experience, you'll notice that discipline was strict, and it was not uncommon for teachers to use corporal punishment to enforce rules.
- There were sit-ins, freedom rides, and protest marches to fight segregation, poverty, and unemployment. Feminists demanded equal job opportunities and an end to sexual discrimination.
- The 1960s was one of the most tumultuous and divisive decades in world history. The era was marked by the Civil Rights Protests, The Cuban Missile Crisis, the Vietnam War and anti-war protests, countercultural movements, political assassinations of Martin Luther King, John F. Kennedy, and Bobby Kennedy and the emerging "generation gap." The 1960s was a time of sweeping movements to demand justice and finally ended on a good note when the first man landed on the moon.
- The tragic shootings of public figures—John and Robert Kennedy, Martin Luther King, Jr., George Wallace—heightened the sense of chaos. Racial violence and the war in Vietnam fueled social tensions. Intense debates over the volatile issue of abortion further fragmented the nation.
- Both men and women wore frayed bell-bottomed jeans, tie-dyed shirts, work shirts, Jesus sandals, and headbands.
- Physical punishment was much more common during this time and was not looked down upon by society. Parents and school teachers were more likely to discipline a child by spanking or paddling them. This taught children that misbehavior would lead to consequences and would therefore decrease bad behavior.



- The 60s was the birthplace of one of the most enduring counter cultures the world has ever seen – the Hippie Movement. Also, Barbie dolls, Go-go boots, lava lamps, Beatlemania, & mini-skirts. Tie-dye clothing is closely associated with the counterculture, as were bellbottom jeans—the wider, the better. Psychedelic patterns became prevalent in the late '60s. The Beatles' Sergeant Pepper's Lonely Hearts Club Band captured the beginning of what's known as the 'Summer of Love'.
- Famous People from the 60s: Martin Luther King, Indira Gandhi, Fidel Castro, Muhammad Ali, Cesar Chavez, Neil Armstrong, President John Kennedy



Enough nostalgia? Remember how you rebelled and protested earlier in your life—before you mellowed to the person you are now? Well, I'm asking you to get back some of that “badassness” again. We as seniors are not getting the attention for seniors' needs in our communities. **The “squeaky wheel” gets the attention** so let loose—get active and vocal. **Phone and write your mayors, MLAs, and MPs about your needs in our communities.** In the Tri-Cities, the **number of people over 50 is 38%** and the **number over 65 is 16%**. That is 40,000 seniors over 65—and there are only 32,000 students attending school in the Tri-Cities. **Over 65ers outnumber students in school.**

- You saw the horrible treatment that seniors received during the **COVID crisis** in long-term care and assisted living homes—and the many deaths. The Health Authorities and government officials and government agencies seemed to ignore the plight of the seniors for tasks like getting groceries, prescriptions, getting to medical appointments, getting support for home care, and so much more. Seniors became isolated.
- And the **Heat Dome** two years ago--the BC Coroners Service confirmed that there were 619 heat-related deaths during the heat dome, which took place from June 25 to July 1, 2021.
 - 98% of the deaths occurred indoors.
 - 67% of the decedents were 70 years or older.
 - 56% of the decedents lived alone.
 - Most decedents were in homes without adequate cooling systems.

Who is taking the lead for a risk mitigation strategic plan? The Health Authorities want to download it to the municipalities. Most municipalities have not yet implemented a proactive plan to help the most vulnerable.

- **Age-friendly amenities** are not in place in our communities: public washrooms and benches are not available in many locations; signage is not appropriate for many vulnerable community members; and many trails are not useable for less mobile community members. Services to engage seniors are lacking. **There are 135,000 community members in the Tri-Cities over 50 years old.** They are being left out.

- As seniors over 65 in BC, if you are not in long-term care or assisted living, you will need to pay for the **NACI-recommended Fluzone High Dose Influenza Vaccine**. (about \$75 to \$90). If you are 65+ and live in Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, and Yukon Territory, then it would be free from the provincial government. The Federal government pays for the Fluzone High Dose Influenza vaccine for ALL those in long-term care and assisted living. Why are those in BC not getting the NACI-recommended Fluzone High Dose Influenza? Instead, seniors in BC will be offered a trivalent Fluad vaccine that is **NOT recommended by NACI**. We need to keep seniors healthy and out of hospitals—we need to be proactive.
- Many vulnerable seniors cannot afford the **Shingles vaccine** (at \$300) or the **Pneumococcal vaccine Prevnar 20** (at about \$150) to prevent pneumonia. Many seniors (74%) already have a pre-existing chronic condition that reduce their immunity so preventative action by the Ministry of Health would reduce hospital admissions.

Remember when I asked you to get “badass” again? **Write you MLAs and contact your mayors with you concerns. Here is a link to identify your MLA: [Member \(leg.bc.ca\)](http://leg.bc.ca) If we don't speak up about our concerns and needs, then no one else will.** There is an election coming up in BC on or before October 19, 2024. Parties and candidates will be forming their platforms now and will be wanting your vote. **We, as seniors, have the leverage to get some action. This is your call to action!**



TRINIDAD AND TOBAGO CULTURAL SOCIETY OF BC PRESENTS

CARIBBEAN DAYS Festival

FREE ADMISSION

PARADE IN THE PARK
SATURDAY AT 1:30 PM

TOWN CENTRE PARK COQUITLAM
1000 HURON ST. COQUITLAM, BC V3R 5K1

SATURDAY **29** 10AM - 8:00PM
JULY
SUNDAY **30** 11AM - 7:00PM
2023

Canadian Heritage

News Patrimoine canadien **COQUITLAM** **COQUITLAM** **TD** **Maxity**

PATTISON **save@foods** **WILLIAMS** **COQUITLAM**

Global 980 CKNW **ROCK 101** **CP** **RE/MAX**

**ASTORIA & MAYFAIR RETIREMENT
RESIDENCES PRESENT THE ANNUAL.....**

SUMMER CARNIVAL

**Thursday, July 27, 2023 - 1PM to 3PM |
Donald Pathway (between Astoria & Mayfair)**

**FOOD
&
DRINKS**

**GAMES
&
PRIZES**

**LIVE
MUSIC**

Proceeds to benefit the Heart & Stroke Foundation



A Story - Spend Time with People

I had spent an hour in the bank with my dad, as he had to transfer some money.

I couldn't resist myself & asked...

"Dad, why don't we activate your internet banking?"

"Why would I do that?" he asked...

"Well, then you won't have to spend an hour here for your banking.

You can even do your shopping online.

Everything will be so easy!"

I was so excited about initiating him into the world of Internet banking.

He asked, "If I do that, I won't have to step out of the house?"

"Yes, yes" I said. I told him how even groceries can be delivered at his door now and how Amazon delivers almost everything!

His answer left me tongue-tied.

He said, "Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now.

You know I am alone...this is the company that I need. I like to get ready and come to the bank. I have enough time--it is the physical touch that I crave.

Two years back I got sick, the store owner from whom I buy my fruits came to see me and sat by my bedside and cried.

When your Mum fell down a few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live.

Would I have that 'human' touch if everything became online?

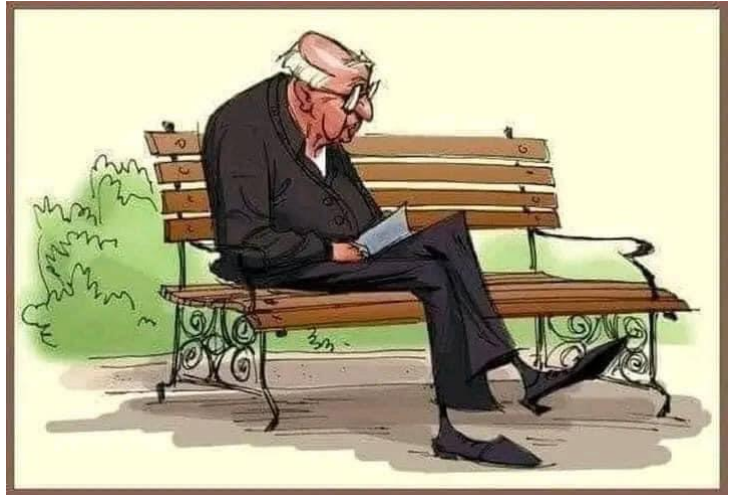
Why would I want everything delivered to me and force me to interact with just my computer?

I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of relationships.

"Does Amazon deliver all this as well?"

Technology isn't life.

Spend time with people--not with devices.



It's Time to Talk about Older Adult Abuse

Ken Kuhn is the Regional Mentor for Fraser Valley West (Tri-Cities, Maple Ridge, Burnaby, New Westminister) for the BC Association of Community Response Networks. Ken supports four CRN Coordinators in the region. Verla Scoffins is the CRN Coordinator for the Tri-Cities CRN; Judith Macrae is the CRN Coordinator for the Maple Ridge/Pitt Meadows/Katzie CRN; Leanore Sali is the CRN Coordinator for the New Westminister CRN; and Terrie Orthner is the CRN Coordinator for the Burnaby CRN. The BCCRN website link is [Stopping Adult Abuse and Neglect Together - BC Association of Community Response Networks \(bccrns.ca\)](http://www.bccrns.ca). If your organization would like a presentation, please contact Ken at Ken.Kuhn@bccrns.ca.



An Elder Abuse Survivor Story

Grace is a survivor of elder abuse. At the hands of a family member, she suffered financial, physical and emotional abuse. She is free now, and wants to tell her story so other victims know there is hope. Here is a short 6-minute video of a typical abuse situation: <https://youtu.be/IZJUD6CJz4A>

Broken Trust: Financial Abuse in Older Adults

(50 min audio podcast) <https://youtu.be/eHBnYV3knJM>

With the rising number of reports of older adults experiencing scams and crimes in recent months, this episode explores the issue of financial abuse of older adults – whether through scams, identity theft, or fraud. Hosts Drs. Allison Sekuler and Rosanne Aleong chat with guests Bénédicte Schoepflin (Canadian Network for the Prevention of Elder Abuse), Kelly Heisz (SeniorsNL), and Jeff Horncastle (Canadian Anti-Fraud Centre) about common scams, how to identify and detect them, what to do when facing one, and strategies to protect oneself from these crimes.

Future Us Roadmap (Canadian Network for the Prevention of Elder Abuse)

Future Us is for individuals in any community who have concerns about the current state of the health and well-being of older people. It is our hope that we can work



together from very different places to achieve a common goal of elder abuse prevention across the country. In working together for the future of us, may we also find healing in the action to sustain us on the journey. Click on the link to read the full report: <https://bit.ly/46MrBLH>

The BC Association of Community Response Networks

How your local CRN Can Help You: A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults. When the community cannot provide appropriate support to the adult, the Adult Guardianship Act provides designated agencies (Health Authorities and Community Living BC) with the responsibility of investigating and ensuring that the proper action is undertaken. CRNs work to raise the awareness of abuse, neglect, and self-neglect in vulnerable adults, and to ultimately prevent it from happening. Adult abuse is any action causing harm to someone over the legal age of 18. See the link for more information: [Adult Abuse - BC Association of Community Response Networks \(bccrns.ca\)](http://bccrns.ca)



What is 2-1-1?

211 is a free and confidential service that connects people to helpful and vital resources in their community.

Call or text 2-1-1 to find help for all of life's challenges. **211 is free, confidential** and available in over 240 languages and dialects, **24 hours a day/7 days a week**. Call or text 2-1-1 anytime, or **search the online directory** <https://bc211.ca>.

They provide information and referral to a broad range of community, government, and social services that assist with: basic needs like food and shelter, mental health and addictions support, legal and financial assistance, emergency and crisis, counselling, BC wildfires and floods information, health care, victim services, transportation, **support for seniors**, and much more.

Information can be:
searched by Community or Postal Code and by Name or Topic.

Dial or Text 2-1-1
bc211.ca



HELP STARTS HERE



BRITISH COLUMBIA
Seniors' Society of British Columbia

Low Entropy Multicultural Connections Festival

The Low Entropy Multicultural Connections Festival last weekend had live entertainment featuring multicultural performances from around the globe. A variety of food from diverse cultures was available for purchase from 15 different food trucks. The Tri-Cities Seniors' Action Society had an exhibit booth among over 100 local artists, crafts, local businesses, and other non-profits.



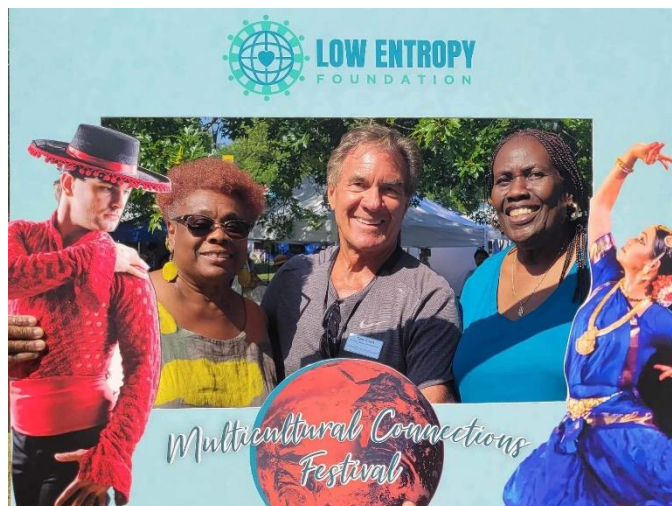
Low Entropy is a charity that is making personal development accessible to all. In doing so, we are providing people with tools to change themselves and their surroundings. They offer free programs, dedicated to help people build connections, increase self-awareness, improve mental health, enhance emotional intelligence, and gain confidence to make positive change.



Verla, Ken, Bill, & Elizabeth at Tri-Cities Seniors' Action Society Exhibit Booth



Ken & MP Ron McKinnon



Yvonne, Ken, & Monifa

Canada Day Celebrations at LaFarge Lake Park



Ken & MLA Fin Donnelly



Ken & MP Ron McKinnon



POCOMO Meals on Wheels

POCOMO Meals on Wheels is a service providing home delivery of nutritional meals throughout the Tri-City area using a network of volunteer drivers to the residents of **Coquitlam, Port Coquitlam and Port Moody** who are unable to shop, prepare or cook meals for themselves.

The Benefits:

In addition to the nutritional benefits available through this service, provision is made for:

- A means for meal recipients to retain **independence**.
- **Social contacts** for meal recipients living alone.
- **Security** in knowing that a friendly volunteer will check on their well being on delivery days and respond quickly if an emergency arises.
- Short term nutritional help for convalescents.
- Ongoing meal assistance for the chronically ill.

You can arrange for this service yourself, or through referrals from family, friends, doctors, health and social agencies.

Preparation & Delivery:

Meals are planned and prepared fresh daily, by local dietary staff, to a standard approved by the local health agency. All meals are delivered hot in special containers



designed for Meals on Wheels and served in disposable dishes. Each meal consists of soup and crackers, a main portion of either meat or poultry, potatoes, pasta or rice, a vegetable, dessert and juice.

Special diets include: diabetic, low cholesterol and minced but individual likes and dislikes cannot be taken into consideration.

Meals are picked up and delivered by a group of dedicated volunteers and delivered between 11.00 a.m. and 1.30 p.m. Monday to Friday.

No deliveries are made on Saturday, Sunday or statutory holidays.

Frozen meals to accommodate weekends and holidays can be arranged.

Meals on Wheels is in Need of Driver Volunteers

Delivering meals to older people or sick people can be very satisfying. Even if you can only deliver meals one day every two weeks, it would be very helpful. An honorarium is paid toward your mileage costs. To volunteer, please fill out our [Contact Form](#) or call us at 604-942-7506 or Email: pocomomealsonwheels@hotmail.com



The People's Pantry Food Recovery

The People's Pantry Food Recovery Society's Healthy Hampers Program provides nutritious recovered food hampers on a weekly basis to seniors, single parents, and



at-risk youth in the Tri-Cities, impacted by a variety of challenges including those arising from the COVID-19 pandemic, job loss, financial instability, and food insecurity issues. Since May, 2020, they have been operating as a food recovery society, working closely with community groups like the United Way Community builders, New View Society, SD43 (supporting CABE), and Westcoast Family Centers, building a base of regular hamper families and individuals. Since the onset of COVID in early 2020, we have seen an increased demand.

Did You Know?

- We are currently providing between 60-70 hampers each week, supporting over 200 people.
- We also support 4 agencies with hampers or bulk items.
- The demand is such that we now have a waiting list.

Food Recovery

As Canadians, we are truly fortunate to live in a country where we have an abundance of food; however, that abundance has led us to many wasteful food management

practices that ultimately results in 4 million Canadians, including 1.4 million children, struggling to access healthy food.

The People's Pantry is seeking enthusiastic volunteers to assist with food hamper preparation on Sunday mornings. By joining our team, you'll have the chance to make a difference in the lives of individuals and families facing food insecurity, while also gaining valuable experience and being part of an amazing team. No prior experience is required, and all

necessary training will be provided on-site. This opportunity is open to individuals of all ages and backgrounds.

If this sounds like the right volunteering fit for you, please visit our website to sign up.

<https://thepeoplespantry.ca/give-help/#volunteer>

The People's Pantry urgently needs volunteer drivers to lend a helping hand with food pickup within Coquitlam & Port Coquitlam.

Short shifts available on Sundays, Tuesdays, Thursdays and Fridays.

If you have a valid driver's license, your own car and can do some light lifting, you can make a BIG difference in your community!

Visit <https://thepeoplespantry.ca/give-help/#volunteer> today to sign up.

DRIVER VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP -
URGENTLY

The People's Pantry has an **immediate need** for driver volunteers on the following days -

- **Sunday, Tuesday, Thursday & Friday**

All positions have a small time commitment but that time makes all the difference to the families we support.

Contact us today to learn more about these exciting volunteer opportunities.

[HTTPS://THEPEOPLES PANTRY.CA/GIVE-HELP/#VOLUNTEER](https://thepeoplespantry.ca/give-help/#volunteer)



Tri-Cities Seniors' Action Society Membership

We want you as a member! The TCSAS sends out a monthly newsletter, (**did you get good information from this newsletter?**) hosts many events—like the June 14th Older Adults & Diversity Forum 2023. Click on the “**Become A Member**” graphic. Share the TCSAS Membership Form with a friend, neighbour, or family. For **only \$10 a year** you will stay informed and be invited to our numerous free in-person and virtual Zoom events, free lunches, and numerous prizes. And **make a donation if you are able**. Many thanks. We are a non-profit society. Make our “seniors’ voice” stronger. **Join the TCSAS today!**



Useful Canadian Government Contact Information/

Government of Canada

National Emergency Number for Canada is 9-1-1.

www.canada.ca 1-800-O-Canada (622-6232)

Employment Insurance

Individuals: 1-800-206-7218

Employers: 1-800-367-5693

CPP, Disability, OAS, GIS

1-800-277-9914

Immigration, Citizenship & Passport Canada

www.cic.gc.ca 1-888-242-2100

Service Canada

www.canada.ca/en/services/benefits 1-800-622-6232

Local Service Canada Centre

2963 Glen Drive, Suite 100, Coquitlam

Canada Revenue Agency

www.cra.gc.ca 1-800-959-8281

Canadian Anti-Fraud Centre

1-888-495-8501

Veteran Affairs

www.veterans.gc.ca 1-866-522-2122

Crisis & Suicide Prevention Services Canada

Connect with a counselor now by phone

Call Toll-free 1-833-456-4566 (24/7/365)

or Text 45645 (1 pm to 9 pm Pacific Time)

Your Life Counts Online Response www.yourlifecounts.org

<https://CrisisServicesCanada.ca>

COVID-19 Resources

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Programs and Services for Seniors

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>



Government
of Canada

Gouvernement
du Canada

Canada



Useful British Columbia Contact Information

Suffering from Mental Stresses?

Seniors Distress Line: Seniors in British Columbia can call **604-872-1234** for telephone support from a trained volunteer at the Crisis Centre on topics specific to older adults. Topics may include suicide, retirement, stress, relocation, loss of a loved one, physical or

mental health issues, emotional support, or help working through a problem. The Seniors Distress Line is available **24 hours a day, 7 days a week and in up to 140 languages.**

BC Schizophrenia Society

[Helping provide families with a reason to hope and the means to cope. \(bcss.org\)](http://bcss.org)

Mental Health Support Self-Assessment & Online Counsellors

<https://ca.portal.gs/> **Mental Health Support Line** **Crisis 24 hours** **310-6789**

[1-800-SUICIDE \(1-800-784-2433\)](tel:18007842433): For individuals who are or know someone who is having thoughts of suicide. The service is available **24 hours a day, 7 days a week** and in up to 140 languages. Operated in partnership with [Crisis Line Association of BC](#).

Thinking of suicide? Call Crisis Intervention & Suicide Prevention Centre of BC at

[\(604\) 872-3311](tel:6048723311) Or contact HealthLink BC at [Crisis Intervention and Suicide Prevention](#)

[Centre of BC | HealthLink BC](#)

Fraser Health Crisis Line **604-951-8855**

Contact the local [Vancouver-Fraser CMHA Branch](#).

Visit www.cmha.ca/bounceback.

Visit the Government of Canada's [Wellness Together](#) portal.

[Health Service Navigator](#) [Call 8-1-1](#)

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by [HealthLink BC](#), which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

Our navigators are available any time of the day or night, every day of the year.

[BC211 Help Line Services](#) [Call or Text 2-1-1](#) <http://www.bc211.ca/>

BC211 is a non-profit information and referral service providing 24/7 access to information on social, community, health, and government services. They make finding community support services easy and accessible for everyone!

BC211 Services include: Counselling, Addiction, Mental Health, Victim Services, Financial Assistance, Housing, Transportation, Legal and Advocacy, Victim Services, Older Adults, Indigenous Peoples, Immigrants and Refugees, & more.



Asking for help isn't always easy.

Dialling 2-1-1 will connect you with a 211 Navigator who can help find the right support in your community. It's free, confidential, and available in 150+ languages.

Seniors Abuse & Information

The **Seniors Abuse and Information Line (SAIL)** is a safe, confidential place for older adults and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

- Toll-free: 1-866-437-1940 or **604-437-1940** in the Lower Mainland.
- Available 8:00 am – 8:00 pm daily (excluding holidays).
- Website: [Seniors Abuse and Information Line](#)
- Call the Police non-emergency number for suspected crimes, risk of danger or physical harm.
- Call 9-1-1 if in physical danger.

VictimLink BC

VictimLinkBC is a toll-free, confidential, multi-lingual service available across BC for 24 hours a day, 7 days a week



and can be accessed by calling or texting **1-800-563-0808** or sending an email to VictimLinkBC@bc211.ca. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

If someone is abusing or neglecting you or someone you know, call VictimLink BC. Your call will be completely confidential.

Toll-free: 1-800-563-0808

Looking for a Family Doctor?

The **Fraser Northwest Division of Family Practice** has created a central waitlist for patients in the areas of Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, and New Westminister. Sign up to get on the list for a family doctor or nurse practitioner: [Finding a Family Doctor | Divisions of Family Practice \(divisionsbc.ca\)](#)



Virtual Doctors Appointments

Is it your first time seeing your doctor using virtual care online? Watch this Doctors of BC [short video](#) to help prepare for your virtual visit. Check out the [Virtual Care Guide for Patients](#) if you have any other questions. To book a virtual visit with your doctor or a walk-in doctor, search on [Pathways Medical Care Directory](#).

COVID-19 Resources Tri-Cities and New Westminster

Need information on COVID? At this link you will find Self-Assessment Tools, Testing, Prevention, Dealing with Stress & Anxiety about COVID, How to Overcome a Fear of Facemasks, and much more. [Influenza-Symptom Testing Center | Divisions of Family Practice \(divisionsbc.ca\)](#)



Caregiver Wellness

Understand why caregiver wellness is so important. Learn what you can do to help yourself and find support. Click on this [LINK](#).

Or the Family Caregivers of BC at this [LINK](#).



Where you can get help:

- **Food Hampers for Seniors** If you know seniors in need of prepared food hampers or ingredients for meals for a week, then please call Ken at 604-949-0599. All information will be confidential. **We are here to help our community.**
- **SHARE Society** <https://sharesociety.ca/> or Call: 604-540-9161
Program & Services are still on-going. The Food Bank is to help you get through this.
- **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 Bereavement Helpline** 604-738-9950
- **Canadian Mental Health Association** Call: 1-833-456-4566 or Text: 45645
<https://www.crisisservicescanada.ca/en/> Anxiety? Stress?
- **Tri-City Transitions Society** Call 604-941-7111 Provides counselling supports, workshops and groups to women of all ages. Offers services through our Victim Services program to those impacted by domestic abuse which includes elder abuse as well as operate an emergency Transition House program for women fleeing domestic abuse. Office hours are 9:00 am to 4:30 pm. We run a 24/7 crisis line through our Transition House Program – 604 492 1700.
<https://www.tricitytransitions.com/>
- **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/>
- **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** Donations are down & **Demand is up**. The Food Bank needs canned meats, canned tuna & salmon, canned fruit, 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.**
Please do NOT bring out-dated food products.
- **Donate Blood** Our hospitals still need blood supply for regular operations. <https://blood.ca> or Call: 1-888-236-6283 Challenge your family members.



Please Stay Connected

Research shows the following health risks of social isolation and exclusion:

Increased chance of premature death; Reduced sense of well-being; More depression; Dementia; More disability from chronic diseases; Poor mental health; Increased use of health and support services; Reduced quality of life; Caregiver burden; Poor general health; and Increased number of falls.



Keep in touch with family, friends, & neighbours. Be nice. Smile.

