



CONNECTING SENIORS ACROSS OUR COMMUNITIES

December 2017



## Community Connections

**Say hello. Fill a hamper. Shovel a sidewalk.**

This time of year can magnify isolation. While family, friends, and neighbours play key roles in connecting with seniors, an unexpected kindness or conversation with a stranger can make a big difference. Our work makes a difference, too, in countless ways.

***Enjoy the best of this season and plan to make even more connections throughout 2018.***

## Collective Impact

**Thank you** to partners for participating in the Collaboration Survey. You let us know that working in collaboration is improving our reach and impact on seniors' isolation, and offered great ideas for even more improvement.

The top three words used to describe Allies in Aging were: **Collaborative. Innovative. Community.** These were followed by: Caring. Cooperative. Engaging. Inspiring. Sharing. Supportive. Full results will be shared in the new year.

In February, Allies in Aging is partnering with InWithForward (IWF) to better understand seniors' social isolation in our communities. They will spend time with seniors that we've found hardest to reach, using a creative ethnographic approach.

Anticipate a short IWF survey in January to help the team build on your expertise for their work. Then mark your calendars for the next Partners' Gathering on Feb. 26: In addition to networking and updates, IWF will share their results. *See [Upcoming Events](#) below for more details.*

### Project Story

*"I am an 84 year old widow who lives alone in a city apartment far away from old friends and former colleagues. I have the usual old age ailments and it was easiest to just sit in my armchair. Now, once every month, a **Seniors On The Move** volunteer picks up another senior and me. We go out to places of our choice, like thrift stores, museums or to a lake. We have things in common (well matched by **SHARE** staff) and we eagerly talk as peers to each other, having stimulating grown-up conversations, regaining our former working identities and, too, we can talk about what our lives were like in those earlier days. One afternoon a month like that has restored me to myself.*

*I'm not just the little old lady with a walker up in apartment 311. I am "me" again, motivated to cook, to move about, to stay active. And happy all month long, looking forward to our next visit... This is a bit long... It's just impossible to really say what a difference it's made."*

Hillie from Port Coquitlam (Name used with permission.)

## UPCOMING EVENTS

**PARTNERS' GATHERING:** Monday Feb. 26, 9:00 - 12:00  
Burnaby Neighbourhood House. (Registration will open in January.)

### VOLUNTEER IMPACT Workshops

(Pre-registration required.)

**Mon. Jan. 15, 9:40am - 1:00pm: Moving through Grief and Loss**

New Westminster, Inn at the Quay [Click for more information and to register.](#)

**Wed. Jan. 31, 12:00 - 3:00pm: Exploring Depression & Delirium**

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

**Tues. Feb. 13, 10:00 - 11:30am: Translink Rider Training**

North Vancouver, 120 West 14th St. [Click for more information and to register.](#)

**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.](#)

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!](#)

[connect@alliesinaging.ca](mailto:connect@alliesinaging.ca) | 604-988-5281



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