



CONNECTING SENIORS ACROSS OUR COMMUNITIES

September | October 2018

Collective Impact



The **MOSAIC Seniors Connect Event** had a full house at Bonsor Community Centre at the end of September. Around 350 seniors with diverse backgrounds came for conversation, entertainment, food and to meet community service providers. Allies in Aging provided a range of resources and collected suggestions about how seniors can make connections.

Allies in Aging presented in two sessions at the Canadian Association on Gerontology Conference in mid-October. Over 75 people attended an all-day pre-conference workshop showcasing the work of all nine Pan-Canadian projects working to reduce seniors' social isolation. Backbone leaders and evaluators shared impact and learning and reinforced supportive connections (email to receive the project package).

Allies in Aging also delivered a 90 minute symposium about collective impact, Seniors on the Move and our evaluation results. Participants valued hearing about our process, cohesion and ability to generate systems change in under two years.

More than two-dozen partners gathered at South Vancouver Neighbourhood House on Oct. 23 for a deep discussion about evaluation findings and exploration of social innovation.

Project Updates

The **Volunteer Impact** team has been pleased to present 54 workshops to date for more than 1,350 volunteers and service providers who support seniors. Their first fall workshop on Managing Pain featured Susan Johnston, OASIS, VCH and Mark Nazemi, Pain BC. With a focus on managing chronic pain, self-management techniques and community resources, participants came away with a better understanding of helpful tools to support seniors.

For the most recent training event, *Companioning Grief: Supporting those experiencing loss*, Dr. Catherine Hajnal shared helpful ways to support a senior who is grieving. She did a beautiful job of engaging the audience throughout our time together. As stated by one participant, *"This session was both practical and inspiring. A wonderful afternoon. So much to think about and take away."*

Seniors on the Move has been busy with transit training and driver transition sessions at Silver Harbour-see dates and registration details in event calendar (below).

Highlights from the **Seniors Hub** include establishing two outreach sites at Brightside Home. Residents appreciated the opportunity to come for health and wellness services as part of Neighbourly Together gatherings.

Welcoming Seniors' Spaces participated in an intergenerational Aboriginal forum at Burnaby Neighbourhood House with approx. 60 people. An Aboriginal elder ambassador helped to organize the event and encouraged further work on reconciliation. Kiwassa Neighbourhood House is starting art therapy for seniors in November and will include a train-the-trainer component.

[Check out our website!](#) Learn about projects, access resources, and find training events.

Project Story: Seniors Hub



Connecting with Mount Pleasant Neighbourhood House

"Michele Monno is originally from Triggiano, Italy. Michele started baking at the age of 12 continuing until he retired from CP Rail where he worked for 25 years. Since retiring he likes to keep his hand in baking for the love of it and gifting it to others!

When Michele needed some help, Vancouver Coastal Health, referred him to the Better at Home Program at Mount Pleasant Neighbourhood House (MPNH). A Better at Home housekeeper suggested he visit MPNH which he did last year.

Michele enjoys stopping by for a coffee and coming for seniors' meals. He says he keeps coming back because he likes the people and conversation. Over time MPNH has become like a second home to Michele where he likes the freedom to stay as long as he wants. 'I've met quite a few people and started to make friends.' "

Upcoming Events

FREE TRANSPORTATION TRAINING: Call 604-980-2474 to register.

Weds. Nov. 7, 1:00 - 3:30 pm

Driver Licensing Workshop: Explore Transportation Options

North Vancouver: Silver Harbour Seniors Activity Centre, 144 22nd St. E.

- Presentations on the government's Enhanced Road Assessment for checking one's ability to drive safely, rules of the road, transit options and HandyDART FAQs.

- Presenters: ICBC, TransLink, HandyDART, City of North Vancouver, Seniors on the Move

Tues. Nov. 27, 1:00 - 2:30 pm

Transit Training for Seniors: Advanced

North Vancouver: Silver Harbour Seniors Activity Centre, 144 22nd St. E.

- Online trip planning, Next Bus texting, and other advanced features

Allies in Aging collaborates to connect seniors across our communities through leadership, outreach, transportation, training and advocacy.

More than thirty organizations are working together to connect seniors to supports and services. Our focus is on seniors 75+ who are at risk of isolation due to disability, low income, language or cultural barriers.

www.alliesinaging.ca

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

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