



CONNECTING SENIORS ACROSS OUR COMMUNITIES

**April 2019**

## Community Connections



*Allies in Aging at the Geriatric Services Conference (photos courtesy of Elton Hubner)*

April was an out-and-about month. We showcased Allies in Aging work at the Geriatric Services Conference, sharing resources and conversation with 150+ people. Many work with seniors in residential care settings and spoke about seniors experiencing isolation in spite of living in a group setting. Speakers covered topics ranging from neuroethics at end-of-life to social robots. Top quotes: "We are not machines." (Grant Gillett). "Exercise is medicine." (Teresa Liu-Ambrose). "Mobility is a human right." (Carol Estabrooks).

Several partners attended the National Preventive Health & Aging Series premiere hosted by United Way of the Lower Mainland, CARP, International Federation on Aging, AgeWell, NICE, Sanofi Pasteur and GSK. Speakers focused on the importance of adult immunization, physical and social engagement, relationships and inclusion, marginalization and its impact on health, dementia and brain health, rural and urban experiences and more.

We presented Allies in Aging to the newly formed Seniors Outreach group in West Vancouver.

Members are ramping up for strategic planning to reach and connect with more seniors in their community. We also shared project work with the North Shore Services to Seniors Coalition, triggering conversation about ways to broadly promote resources and expertise.

## Partner Connections

Seniors continue to claim leadership places and spaces in countless ways. Knitting circles, slow walks, art expression, Bollywood, karaoke club and a roaming community tricycle are just a few of the playful approaches to creating Welcoming Seniors' Spaces. Seniors Hub leaders set the stage for summer outreach and Seniors on the Move stakeholders moved forward on transit training and driver transitioning workshops. Volunteer Impact is exploring ways to "web-in-ize" our training library and other tools.

Meetings with project stakeholders and leaders from across the region gave us the opportunity to reflect on our work over the past three years. A common thread was how working within a defined collective impact structure energized relationships and programs to more deeply impact seniors' social isolation.

## Impact Story

Ling Ling didn't know Cedar Cottage Neighbourhood House was a senior-serving organization until she got a flyer at the food bank. The first time she visited, she came for seniors' chair yoga. She felt welcomed and found it to be a great way to exercise. She also learned about other ways to stay connected such as line dancing and crochet. Ling Ling now feels healthy, connected, more confident and less isolated at home where she lives with her son.

*(Submitted by Paola Antia, Seniors Hub Coordinator, Cedar Cottage Neighbourhood House)*

## Bon Voyage and Welcome Aboard

We gave Stephanie Williams, intrepid Seniors on the Move Project Lead, a grand send-off as she heads 'round the globe for new adventures. We welcome Alan Woodland in the role; he brings a different lens to seniors' transportation and looks forward to a rich learning curve.

***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.*

[Check out our website. Learn about projects and access resources.](#)

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

[Look, Like and Follow Allies in Aging on Facebook!](#)

[Newsletter Link](#)

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



Family  
Services  
NORTH SHORE  
Changing lives together



FUNDED IN PART BY THE GOVERNMENT OF CANADA'S NEW HORIZONS FOR SENIORS PROGRAM.



Family Services of the North Shore, #203 - 1111 Lonsdale Avenue, North  
Vancouver, British Columbia V7M 2H4 Canada

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [connect@alliesinaging.ca](mailto:connect@alliesinaging.ca) in collaboration with



Try it free today