



ALLIES IN aging

CONNECTING SENIORS ACROSS OUR COMMUNITIES

May 2019



Community Connections

BEST facilitated **Seniors on the Move** volunteers with a film shoot by the City of Vancouver. Check out "**Grandma on the Move**," a short film designed to encourage seniors' safety in getting around our communities: https://youtu.be/RqxJb_R8y9E

[Seniors Hub](#) and **welcoming Seniors Spaces** are looking forward to summer outreach. Better weather brings people out for casual conversation and makes it easier for volunteers to connect with seniors in their neighbourhoods.

Impact Story: Anna

Nearly 1500 volunteers and service providers participated in Volunteer Impact training sessions over the past few years. They expanded their understanding of social isolation and strategies to strengthen seniors' inclusion.

"As a result of my work as a volunteer, I've seen meaningful social inclusion enhanced in small ways with 1 - 1 sessions, where just getting someone out for walks has provided not only conversation and companionship, but the joy of feeling connected to nature, and confidence to get out. In group sessions with yoga or relaxation modalities, getting out and participating with others can be a big thing for someone whose health or illness may isolate them."

(Anna, Volunteer with Family Services of the North Shore)

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.](#)

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