

**Age-friendly
Communities**



Heat & Emergency Preparedness Outreach Project for Vulnerable Seniors in Abbotsford

Presenters:

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Brielle de Sousa, City of Abbotsford

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Project Plan and Purpose

Project Plan:

To raise awareness among seniors in our community on the resources and services available to them regarding heat protection and preparedness.



Why Seniors?

- ❖ According to Report to the Chief Coroner of British Columbia (2022, pg.5):
 - About 619 deaths out of which about 67% (415) were 70 years of age or older, about half (56%) were socially isolated.
 - Heat-related deaths were higher among persons with specific chronic disease registries.
 - More than 60% of deceased had seen a medical professional within the month prior to their death.
- ❖ Many low-income seniors face barrier in accessing information via internet
- ❖ Seniors are continuing to grow within our population

Why Pharmacists?

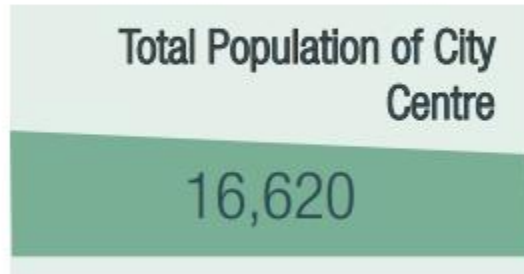
- ❖ Contact point for seniors who may be isolated/ chronic conditions
- ❖ Trusted source for information
- ❖ No sharing of personal/medical data needed
- ❖ Knowledge of what medication the seniors are taking and can understand if it affects their temperature regulation

How Did We Choose Which Pharmacies To Reach Out To?

- ❖ We looked through the statistics of the people we have residing in each area of Abbotsford, and which areas could need the most assistance.
- ❖ Then we picked 25 pharmacies according to the needs of each community.

What Information Did We Use?

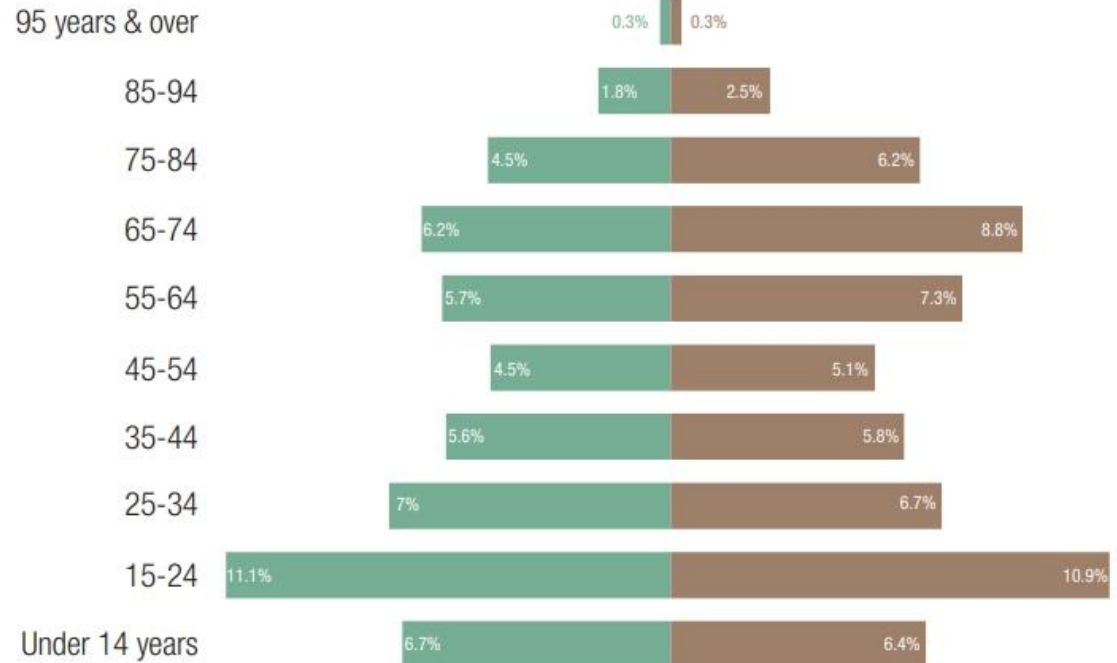
Population



12.6% of City Centre residents are children

30.5% of City Centre residents are elderly

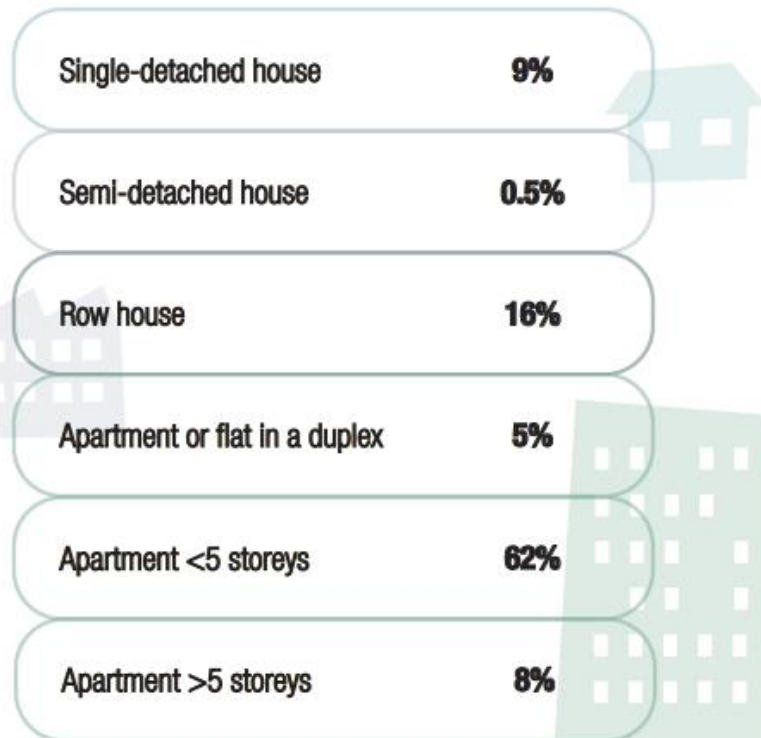
Age Distribution



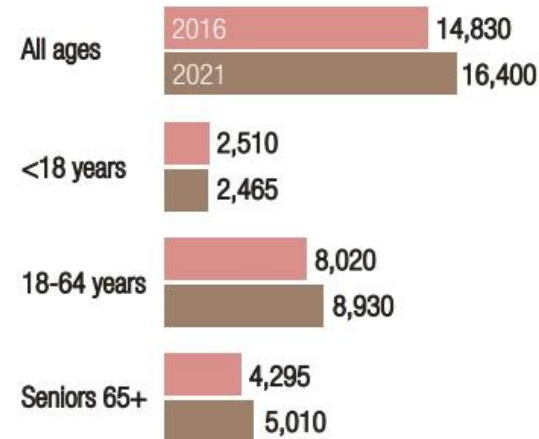
Male Female

What Information Did We Use?

Housing Types



Total low-income residents (after tax)



Low-Income definition

A household is considered "low income" if its total after-tax income is 50% of the median for households in Canada, adjusted for size.

What Languages Will We Have These Packages Available In?

- ❖ The extreme heat preparedness information sheet will be available, in minimum 3 languages (Tentative - English, Punjabi, Spanish and German).
- ❖ The main languages spoken in Abbotsford are English, Punjabi and German.
- ❖ We have translated material in Spanish for Temporary farm workers.

Language

31.4%
of residents know a non-official language.

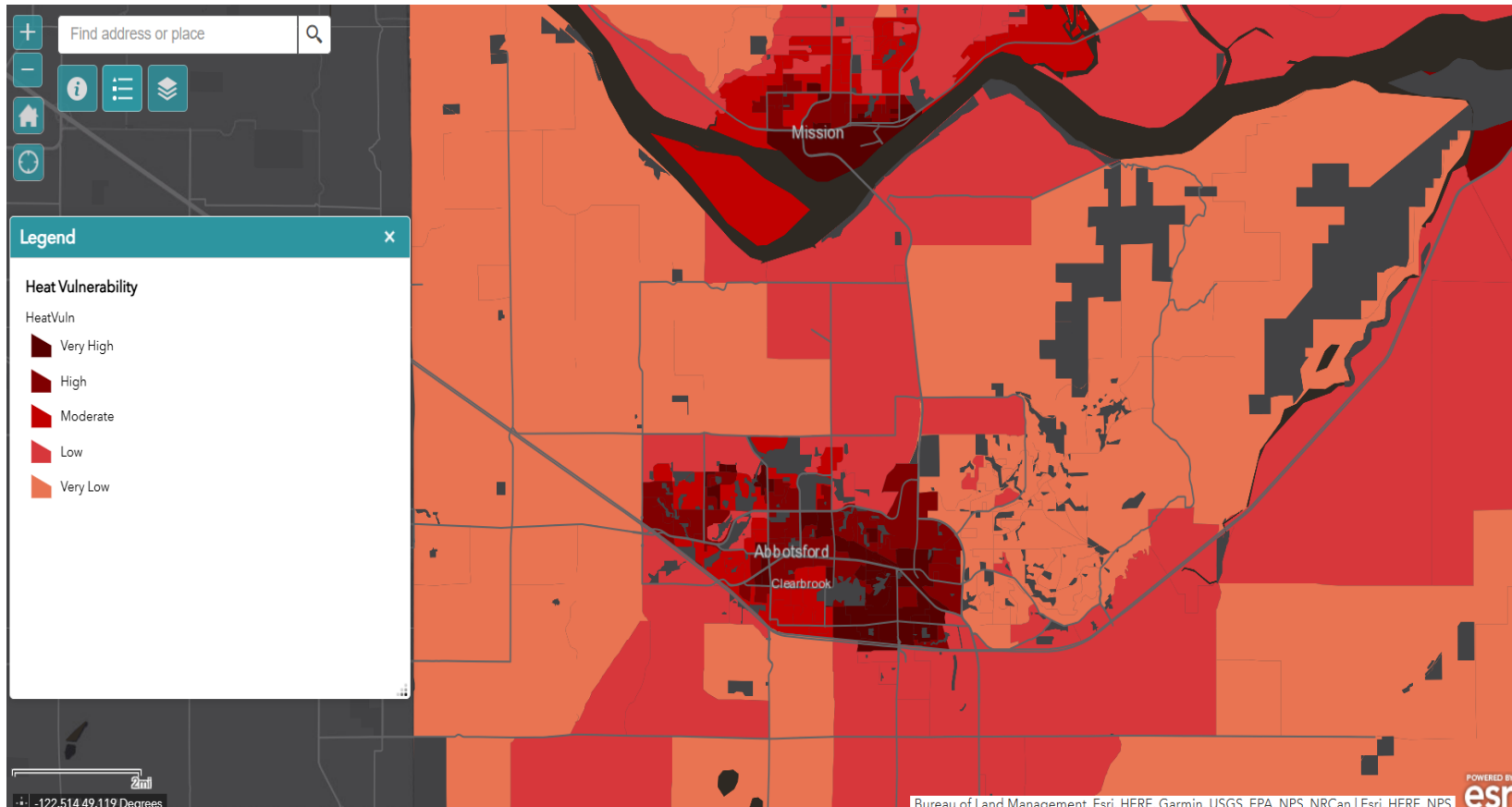
45% of people who know a non-official language speak Punjabi, up from 35% in 2016.

Punjabi: 44.9%
German: 12.1%
Tagalog: 4.8%

Korean: 3.8%
Dutch: 3.8%

Heat Map of Abbotsford, BC

Vulnerability= Exposure+ Sensitivity + Adaptative Capacity*



What Goes Into The Cooling Kit?

- ❖ A cooling towel
- ❖ An indoor thermometer
- ❖ Water bottle/ Spray bottle & hand fan
- ❖ Information sheet on extreme heat preparedness (English and Punjabi)
- ❖ Resource card for seniors (English and Punjabi)

Distributed through Pharmacies interested in collaborating



Seniors' Week! June 2nd

- ❖ June 2nd is the start of Seniors' Week!
- ❖ We will have our kick off event with keynote David Wilson "Aging With Wise Hope", workshops, a resource fair, music, lunch and fun!
- ❖ This is a free event, from 10am to 2pm at the Seven Oaks Alliance Church.
- ❖ If you or any of your clients would like to register for this event please come see Brielle or Sue after, and we can set that up!



Seniors' Week! June 3rd to 7th!

- ❖ The rest of Seniors' Week will be held within the community, having workshops, fitness classes, programs and open houses.
- ❖ If you or anyone you know would like to partake in any of these activities, Brielle or Sue can help you register.

Tuesday, JUNE 3rd

Abbotsford Recreation Centre Open House and Art Exhibition

Join us for an Open House. Check out our 55+ Activity Centre and Art Exhibit. Take a facility tour, meet the staff, and take part in some games and listen to music. Light lunch provided. 11am - 1pm **FREE** - sponsored in part by Bellevue Park Register at direct2rec.com (#118825) or call 604.557.1464 11am - 2pm Art Exhibition in Lobby no registration required 2499 McMillan Road

Introduction to the Weight Room for Seniors

New to the Recreation facilities? Unsure how to use the equipment? No problem! We have the perfect program. 12pm - 2pm **FREE** Abbotsford Recreation Centre - 2499 McMillan Road Register at direct2rec.com

Wednesday, JUNE 4th

No Cost Seniors Walking Group

This group combines indoor walking with socializing in a safe environment that is lead by a fitness leader. Come prepared to get those step goals achieved, as well as enjoy the company of other walking enthusiasts 12pm - 1pm **FREE** Abbotsford Recreation Centre - 2499 McMillan Road Register at direct2rec.com

South Asian Day Program Open House

Come and have some snacks with the leaders of the South Asian Day Program. 12 - 2pm Khalsa Diwan Society - 33094 South Fraser Way No registration required FMI Gurcharan.Dhillon@archway.ca

Thursday, JUNE 5th

Abbotsford Social Activity Association Open House

Everyone is welcome to tour the facility and listen to the music jam, play some pool and cribbage and have some light refreshments. Come see what ASSA is all about! 10am - 2pm **FREE** 33889 Essendene Avenue For more information asascommunity@gmail.com

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Thursday, JUNE 5th

"Estate Planning Essentials" Vital Conversations For Seniors

An estate planning seminar by Emily Anderson from Albert & Co Law designed to breakdown complicated legal topics into simple terms and provide essential information about wills, powers of attorney, health care decision making, and probate. Refreshments provided. 10am - 11:30am No registration required. Clearbrook MB Church - 2719 Clearbrook Rd.

Learning Plus 'Community Resources special presentation for BC Seniors Week'

Presentations by Linda Yauk of Seniors First BC, Trina Enns of Archway Community Services, Rachel Neufeldt of Abbotsford Peer Support Services and Sarah Unrau from OK Clinical Therapy will provide information on programs and services offered by their organizations, as well as how you can get more involved in your local community! Refreshments provided.

10am - 12pm Abbotsford Recreation Centre - 2499 McMillan Road **FREE** - sponsored in part by Cobs Bread & Starbucks & Mahogany Platinum Register at direct2rec.com (#112673) or call 604.557.1464

Friday, JUNE 6th

TRY IT Crib

Come learn to play crib in a fun supportive environment. 10:30am - 12pm **FREE** Matsqui Recreation Centre - 3106 Clearbrook Road Register at direct2rec.com (#119242) or call 604.557.1464

TRY IT Zumba Gold

What better way to celebrate seniors then a Dance Party! This class introduces easy to follow Zumba choreography-slowed down to focus on balance, range of motion and coordination. 12pm - 1pm **FREE** Abbotsford Recreation Centre - 2499 McMillan Road Register at direct2rec.com

Wellness & Movement

New to Fitness? No problem! This class is designed to be gentle on your joints, and provide an adaptive environment for those who need breaks or work at your own pace. Incorporating stretching, strength, and cool down it focuses on improving daily living for 45 minutes, and then gives 15-minute portion for you to socialize or ask the instructor health related questions at the end of the class. 10:30am - 11:30am **FREE** Matsqui Recreation Centre - 3106 Clearbrook Road Register at direct2rec.com

Thank You!