

seniors first BC

1. RESOURCES TO REPORT FRAUDS AND SCAMS

[Fraudulent Callers Infographic](#)

Fraudulent callers and scammers can often portray themselves as a member of authority or a member of an establishment that you may associate with (bank, phone service, etc.), and will use that position to try and receive money or information from you. However, the RCMP have put together a few informative tips on how to keep yourself prepared and safe when these kinds of calls happen. Via [RCMP Website](#)

[Crime Stoppers Metro Vancouver](#)

More information: <https://www.solvecrime.ca/>

[BC Crime Stoppers](#)

More information: <http://bccrimestoppers.com/>

Competition Bureau to file a complaint:

<https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/frm-eng/GH%C3%89T-7TDNA5>

[Victoria woman defrauded of \\$2,500 by spoof phone calls](#)

A scammer behind two coordinated spoof phone calls successfully defrauded a Vancouver Island woman of \$2,500, if you've received such calls report to the Canadian Anti-fraud Centre call the local police or via the [Fraud Reporting System](#).

[More details.](#)

A new virtual BC Services Card feature will make it easier, faster and more secure for British Columbians to access online government services. This mobile service card is a digital version of the existing BC Services card which can be kept on your mobile device. This card serves as a photo identification for services such as access to health services, B.C.'s corporate registry, personal income taxes through the Canada Revenue Agency and to submit a Freedom of Information Request.

More details via [CTV News](#)

[BC extends COVID-19 income, disability and seniors assistance program](#)

B.C. will continue to offer COVID-19 financial support for income and disability clients, as well as monthly crisis supplements for low-income seniors.

If **you are not receiving** federal Employment Insurance (EI) or the [Canada Emergency Response Benefit \(CERB\)](#) and are on:

- Income Assistance
- Disability Assistance
- Comforts Allowance
- BC Senior's Supplement

You'll automatically received a \$300 supplement on your cheques issued in April, May, June, July and August.

Via [BC Government website](#)

2. BE SAFE DURING COVID-19!

FACE MASKS AND HOW THEY VARY

To best protect us, it is vital to know the right resources to do so! To avoid confusion on which mask is safest or most effective, this article gives a clear and concise breakdown. Industrial masks or N95 respirators, often found in hardware stores, are not recommended because they can easily spread germs through the valve. Cloth masks reduce the spread of germs and may be reusable and more comfortable, but overall offer minimal protection. Other cloth masks (bandana, scarves, etc.), may reduce the spread but also offer limited protection. The most recommended masks are either medical/surgical masks and medical N95 respirators, both protect yourself and others by keeping airborne particles out and your own mouth securely covered.

Via [BC Centre For Disease Control](#)

Updated Visitor Guidelines June 30, 2020.

Long-Term Care and Assisted Living Facilities are currently advised to restrict visitors. Under these guidelines, residents will be able to visit with one family member or friend. The guidelines support visits between family members and residents of long-term care homes and seniors' assisted living facilities while protecting vulnerable residents. [More details.](#)

Via [BC Centre For Disease Control](#)

[Service BC](#) has launched a new website which provides citizens who are dealing with a death find the information and services they need.

The launch of the [After a Death website](#), followed by the launch of the new After a Death checklist, replaces the "What to do when Someone Dies" checklist.

Service BC is providing improved support to citizens of British Columbia.

After a Death: <https://gov.bc.ca/afterdeath>

After a Death Checklist: <https://gov.bc.ca/afterdeath/checklist>

3. AGEISM AND COVID-19

Ageism and Covid-19

Ageism is the discrimination of others based on their age. This negative and unfair discrimination can further isolate and debilitated individuals. This article lists some facts and statistics on how not only seniors are at high risk, but everyone is at risk and impacted by Covid-19. Since everyone is at risk, we should all be working together to get past this unforeseen time. This article explains some of the misconceptions and confusions around Covid-19.

Via [Gerontological Society of America](#)

4. RESOURCES FOR SENIORS

Seniors Can! Tech support programs and hotline

The Seniors Can Connect group has designed a program that helps seniors get over the barrier of new technology and helps them connect with their loved-ones and friends. Seniors Can Connect has established a free hotline which helps walk you through any devices you may have, which includes device training, IT support and more! Additionally,

they are offering a tablet lending program, allowing seniors access to tables to help them connect with the outside world!

Via [HelpAge Canada](#)

Relaxation techniques to reduce stress

Harvard Medical School provides some easy ways to reduce stress that only take a few minutes. These techniques include breath focus, body scan, guided imagery, mindfulness meditation, yoga, tai chi, qigong, and repetitive prayer. The article goes into depth on how to and how long to do all of the previously listed techniques.

Via [Harvard Medical School](#)

4 ways to reduce loneliness for people with Alzheimer's or Dementia

Loneliness is the other pandemic that people are dealing with and this article lays out 4 tips for those with Alzheimer's and Dementia who may be dealing with loneliness or social isolation, especially during these times. While the advice given is nothing new, it is a good reminder that you are not the only one living with loneliness and it offers concrete advice for caregivers.

Via [Dementia Website](#)

5. EVENTS HAPPENING IN JULY

Focus on Seniors Webinar Series

The city of Surrey is offering a free webinar in August, the city of Surrey may be hosting this, but everyone is welcome! The webinar will be presented by Fraser Health and will be focussing on Advanced Care Planning, which will focus on how to plan for the future and be ready for any choices that may come! The webinar will touch on advance care planning, substitute decision making, and offer information and resources for the topics listed.

[More information.](#)

Canada Day During Pandemic Times

With COVID-19 preventing large gatherings across BC, Canada Day festivities moved to online platforms where pre-recorded and live performances were broadcasted for everyone to enjoy from the comforts of their home. Meanwhile, the PNE and the Lynn Valley Legion organized Canada Day-themed drive-thrus allowing families to participate in a car parade. If you missed the festivities or want to continue the celebration, videos of the performances can still be found on the city websites and Facebook pages of Maple Ridge, Richmond, and Coquitlam, to name a few. Shows from the Government of Canada can also be found on the [Youtube channel: Cdnheritage.](#)

6. TIPS FOR HEALTHY AGING

Healthy Aging

Participating in physical activity, maintaining mental and emotional health, challenging the brain, eating a balanced diet, getting enough sleep, quit smoking, limit alcohol intake, maintain social connections.

Via [HealthLinkBC](#)

Home Workouts for seniors:

This article gives easy and low impact activities to keep active. No equipment necessary, perfect for days at home during quarantine. Reminds older adults (and everyone) the importance of staying active even when we may be stuck inside. Via [Heathything.ca](https://www.heathything.ca)

Living with Change and Uncertainty is a free four-part course offered by the Crisis Centre of BC.

Explore and try out a variety of mindfulness-based tools that help reduce stress and support our well-being. Well-suited for adults and older adults who might be new to mindfulness and want to give it a try! All you need is access to Basic Internet. You can choose to attend live Zoom Webinars or recorded video classes weekly at anytime Dates to be confirmed. Via [CrisisCentre](https://www.crisiscentre.ca)

Online Sing-In Events with the Gettin' Higher Choir

Based in Victoria, BC, the choir now has Online Sing-In events *open to all, in any place!* Singing starts *every Wednesday at 7:30pm Pacific Time*. This event uses the Zoom app, so you need a computer, tablet, or smartphone. Click here to [Register for Cathy & Dick's weekly Wednesday Evening Sing-in](https://www.gettinghigherchoir.com/register-for-cathy-dick-weekly-wednesday-evening-sing-in) on Zoom. You will receive an email with instructions on connecting to the event, and an updated link and password just before each Sing-In. Via [Getting Higher Choir website](https://www.gettinghigherchoir.com)

Libraries online: E-books, audiobooks, online magazines and newspapers

- Vancouver Public Library – Digital Library via <https://www.vpl.ca/digitallibrary>

Via [Vancouver Public Library website](https://www.vpl.ca)

- British Columbia Libraries Cooperative: <https://bcpl.overdrive.com/>

Via [BC Libraries Cooperative](https://bcpl.overdrive.com/)

Virtual Entertainment:

- [Museums / Art Galleries - Virtual Tours](#)

Visit the Louvre in Paris, the Metropolitan Museum of Art in New York, or even NASA's Research Centres, plus many others. Click on the [underlined red links](#) to access your own virtual tours, free admission and without the crowds!

Via [Good housekeeping](#)

- **Vancouver Symphony Orchestra - [Digital Concerts](#)**

Via [Vancouver Symphony Orchestra website](https://www.vso.ca)

- Tiny Desk Concerts - <https://www.npr.org/series/tiny-desk-concerts>

Via [NPR News](https://www.npr.org)

- Films:

- [Documentaries - Hot Docs free streaming/viewing on CBC GEM](#)

Via [CBC Gem](https://www.cbc.ca)

- The Dignity Project - [Film vignettes](#) - issues for LGBTQI2S older adults
Via [LGBTQI2S Dignity Project Website](https://www.dignityproject.ca)

LGBTQI2S Dignity Project Website

- Animals - Live cameras:

- [Vancouver Aquarium](https://www.vancouveraquarium.ca) Via [Vancouver Aquarium Website](https://www.vancouveraquarium.ca)
- [San Diego Zoo](https://www.sandiegozoo.org) Via [San Diego Zoo Website](https://www.sandiegozoo.org)
- [Others](#) Via [Good housekeeping](#)

Tips for Older Adults to Avoid Social Isolation

- [Adults with technology](#). Via [Canadian Frailty Network](#)
- [Adults without technology](#) Other ideas: write a letter, send a card, create art for people passing by your window (such as a rainbow and hopeful message). Via Canadian Frailty Network. Via [Canadian Frailty Network](#)

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