

SENIORS SAFETY COMMUNICATION NETWORK NEWSLETTER

Welcome!

Welcome to the first issue of **Seniors Safety Communication Network**. Funded by the **Government of Canada's New Horizons for Seniors Program**, we promote safety awareness through connection for seniors in South Cowichan (Mill Bay-Cobble Hill-Shawnigan Lake).

Numbers to Know

911 is your first call for emergencies such as fire, police, or medical distress, but did you know that there are numerous services that are specifically geared toward seniors?

211 (bc211.ca) will connect you to services in South Cowichan such as **free Friendly Phones**, where caring community volunteers provide daily phone check-ins to seniors who live alone.

The Office of the Seniors' Advocate is a government organization that provides information on health care, housing, income and personal supports, and transportation. Call **1-877-952-3181** or **250-952-3181**, or visit (seniorsadvocatebc.ca) for more information.

Call the Seniors Abuse and Information Line (S.A.I.L.) at **1-866-437-1940** or TTY Teletype **1-855-306-1443** for information on elder abuse or mistreatment.

Seniors Helping Seniors Volunteer Profile: Karen Adams, Vice President, SCCPAS

Karen Adams has been vice president of SCCPAS since 2018, and has now taken on this position, in the interim, for the Cowichan Community Policing and Engagement Society (CCP&ES). She continues to enjoy the Valley from her residence in Arbutus Ridge, Cobble Hill with her Havanese pup, Orion, who has been her constant companion throughout Covid.



Karen Adams, Vice President, SCCPAS, RCMP (Ret.)

Karen comes to these positions with 28 years of police service with the RCMP, and was part of the first troop of women to be accepted into the organization in 1974. In 2002, Karen graduated with a Master's Degree in Adult Education from the University of Regina. She was immediately hired by MacEwan University in Edmonton as an instructor in the Police and Security Program, Aboriginal Policing Program, and Emergency Communications and Response Programs.

In 2015, Karen retired to write her memoir documenting her journey as a Canadian pioneer. *Woman in Scarlet* is now an award-winning memoir, and has been well received by readers around the world with a common statement being: "It made me laugh and it made me cry"!

Funded by the Government of Canada's New Horizons for Seniors Program



“*the* **POLICE**
are **Community**
the **Community**
and **Community**
the **POLICE**”
Sir Robert Peel

Thinking of Volunteering? Contribute to Your Community; Contribute to Your Well-being.

Studies show that volunteering not only benefits communities, but it also benefits volunteers themselves. How? According to Volunteer.ca, volunteering provides such benefits as “meeting new people, taking pride in sharing your knowledge and abilities, and keeping your mind active.” In fact, seniors who “volunteer report better overall physical and emotional health and well-being than non-volunteers” (gov.bc.ca). Other benefits of volunteering include feelings of empowerment, value, and a sense of contribution to community.

South Cowichan Community Policing Advisory Society knows seniors have a wealth of knowledge and experience to offer. Give us a call at 250-929-7222 or send us an email at sccp@shaw.ca and let’s chat.

We welcome volunteers for Speed Watch, Block Watch, **free** Friendly Phones, and office assistance.

In addition to being a single parent to daughters, Jasmine Charchan (husband, Kurtis) and Whitney London (husband, Matt, and daughter, Harley), Karen is an accomplished public and motivational speaker who has travelled throughout North America, sharing her passion for up-lifting people. Besides volunteering, Karen is a marriage commissioner for the Cowichan Valley. She also loves to sing and performs with the Performing Arts Group and Choir in Arbutus Ridge.

Community Services:

Take a look at just some of the services available in South Cowichan that are offered by caring community members. (Please note that the services offered are subject to the availability of local volunteers.)

- **Cobble Hill Farmers Institute.** South Cowichan Seniors luncheons are being offered out of the Cobble Hill Hall on the second and fourth Monday of each month at a cost of \$5.00 for a full and nutritious meal.
- **CMS Food Bank.** Hampers are available for pick-up every Tuesday from 9:00am to 2:00pm.
- **Elder Dog Canada.** We know pets are family. Elder Dog Canada (elderdog.ca) matches local volunteers with seniors needing to have their dogs walked. This keeps seniors and their dogs together, longer. Call 1-855-EDOGCAN (**1-855-336-4226**) or email: info@elderdog.ca.

We Want to Hear From You!

At South Cowichan Community Policing, our goal is to promote education and awareness about community safety and social supports for seniors, and we welcome your comments, insights, and suggestions. We are available by phone, email, or in person (with Covid safety protocols in place) at :

**845 2B Deloume Rd,
 Mill Bay, B.C., V0R 2P1
 250-929-7222
sccp@shaw.ca
 Facebook: @SCCommunityPolicing
 Twitter: @SCCPoffice**

