

## **Seniors Network Blue Mountains**

- The Seniors Network was formed to advocate for seniors and to maximize access to resources and services for seniors in the Town of Blue Mountains by working and planning together to identify needs and coordinate programming.
- It was established in 2015 and was composed of representatives from the following organizations:
  - Beaver Valley Outreach
  - the Town of the Blue Mountains
  - the Blue Mountains Public library
  - Errinrung Retirement Living and Long Term Care
  - Grey Bruce Health Unit
  - the Blue Mountains Ministerial Group
  - Canadian Legion Branch 281
  - Marsh Street Centre
  - CARP (Canadian Association for Retired Persons)
- We will be expanding our committee to include individuals in addition to representatives of organizations.

- The Seniors Network will be hosting its third **Seniors Information & Active Living Fair** this Wednesday, September 11 from 10:00am to 2:00pm.
  - Each of our first two fairs hosted over 40 non-profit and profit exhibitors and about 200 attendees
  - If you are a senior or caregiver in the area this is a great way to connect with many available resources including: caregiving; housing options and supports; safety; health and pharmaceutical information; meal related options; volunteer opportunities, and others.
  - The Fair also offers healthy snacks, door prizes, live music, an opportunity to 'Meet the Mayor' and staff and council members.
  - There are several local sponsors who are contributing resources.

- **Seniors – Have Your Say (About What Matters Most)**
  - Our committee recently applied for a Seniors Community Grant, valued at \$4000.
  - This project will consult widely in the Town of the Blue Mountains about the needs and priorities of the area's seniors and caregivers. Workshops in towns and rural areas will be the primary activity. Surveys will also be conducted.
  - Results from the workshops and surveys will be shared widely.
  - With this information, The Seniors Network plans to advocate for our community seniors & caregivers.
  - Perhaps a next step is to focus on Age Friendly Community dimensions.

- An **Age Friendly Community** responds to both the opportunities and challenges of an aging population by creating physical and social environments that support independent and active living and enable older people to continue contributing to all aspects of community life.
  - It is an idea developed by the World Health Organization and implemented in more and more communities in Canada.
  - The eight dimensions of an Age Friendly Community are:
    - Housing
    - Transportation
    - Community and health services
    - Outdoor spaces and public buildings
    - Social Participation
    - Respect and Social inclusion
    - Civic Participation and Employment
    - Communications and Information