



In the KNOW. In the NOW

Useful Information for Vernon Seniors

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Who Are We?

The Vernon Seniors Action Network (VSAN) is a coalition of community representatives working together to share information & resources and address priority issues that impact the health and wellness of Vernon Seniors

OUR VISION

Vernon Seniors Living Well

OUR MISSION

The community works together to identify and address the needs of Vernon Seniors

What Are We Interested In?

Research suggests that these areas have a big impact on seniors' wellness:

1. Education / Social / Recreation
2. Health and Wellness Programs
3. Housing
4. Information / Referral / Advocacy
5. Nutritional Supports
6. Physical Activity
7. Transportation

What Are We Doing?

Using input from a public open house that VSAN hosted in May 2018, the following 3 Action Teams have been struck.

Information/Referral/Advocacy

This team has 2 goals:

1. Increase seniors' awareness of existing services and supports
2. Increase seniors' service providers awareness of each other

Currently, the team is working toward developing an easy-to-use resource guide that includes main phone numbers and agency contacts that seniors and their families can call for help and information. The team is also hoping to host events in 2019 to bring service providers together in-person so they can learn more about each other.

Transportation

Many social, recreational and residential facilities in Vernon have shuttle buses/vans. This team is asking the question, "Is it possible to coordinate the availability of these buses to increase seniors' access to more programs and services?" This team is looking into whether it is feasible to pursue this idea, or if there are too many barriers such as insurance requirements that can't be overcome.

Multi-Agency Seniors' Pass

This team is just getting underway and is interested in developing a multi-agency pass that would improve some seniors' access to recreational, cultural and educational activities in Vernon.

Did You Know?

Top 3 Healthy Aging Tips

Don't Smoke

Keep Moving

Talk to Others

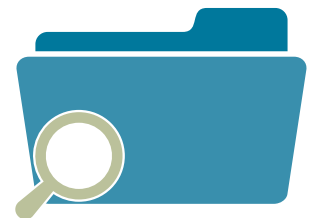
Vernon's percentage of seniors is higher than the national average.

Canada = 16.9%

Vernon = 24.3%

Health Literacy Is...

The ability to obtain, read, understand, and use healthcare information in order to make appropriate health decisions and follow instructions for treatment



Featuring

The John Rudy Health Resource Centre Association

Our mission is to improve the health and well-being of the community by addressing health literacy needs.

Do you have questions like these?

- Can I get some help finding more information about a new diagnosis?
- My eyesight was affected by a stroke and now I am extremely dependent on my spouse. Is there any help?
- How do I get a will if I can't afford one?
- I am on a disability pension and I can't afford to get dentures after having all of my teeth removed. What can I do?
- My parent is in the local hospital but I live out of the area. Who can help me communicate with the hospital?



These are just the types of questions that our resource centre would be pleased to help with. We support people to take an active role in their health by helping them to find and understand health information and services. Visitors to the resource centre meet with a paid staff member who assists them one-to-one. We will help to find, read, and understand printed or online health information, make phone calls, or complete health related forms.

We encourage people of any age to come in with difficult questions like those above. These are real life examples where the resource centre was able to successfully help people find what they needed!

When and Where (2 Locations):

The People Place (Tuesdays 9am to 11am)
3402 27th Avenue (main floor), Vernon

Okanagan Regional Library (Wednesdays 11am to 1pm)
2800 - 30th Avenue (second floor), Vernon

No referral or appointment is needed • All services are FREE
The average meeting is 20 minutes but can range from 5 to 85 minutes

Phone: 250-938-8092 • Email: info@johnrudyhealth.ca • www.johnrudyhealth.ca