

## **ANNUAL REPORT 2019-2020**

***Every older adult neighbour will feel supported in his or her neighbourhood***



***The Compassionate Neighbourhood Health Partners Society***

***Is an independent charitable organization that is neighbourhood focused and seeks to improve the lives of older adults and their caregivers in our Chilliwack community***

## **Supporting Older Adults and Their Caregivers**

The Compassionate Neighbourhood Health Partners Society was incorporated on June 21, 2017, received their charitable status on June 21, 2019 and has now served our Chilliwack community for 3 years. You have made this possible through your support and encouragement. We value our members and our volunteers. You have helped us bring our vision and support to our neighbourhoods and to the older adults living in our community.

This past year 2019-2020, saw an expansion in the branches of service that we offer to our Chilliwack community. We continue offering services to older adults in our community:

- who are on a serious illness journey,
- by reaching out to neighbourhoods to encourage those small acts of kindness that can greatly improve the quality of life of those struggling with illness whether acute or chronic or related to frailty
- through our Seniors Connect Café project.

This year we have added support for caregivers of older adults through

- a weekly Family Caregiver Support Group meeting
- one on one support for caregivers of older adults.

With the start of the Covid-19 pandemic, the CNHPS quickly adapted our programs for our Chilliwack Seniors by providing virtual services which in the summer included park gatherings with physical distancing encouraged.

Thank-you to our volunteers and Board of Directors for their flexibility, commitment and hard work in keeping our vision going in providing support for our Chilliwack seniors, even in the middle of the ongoing challenges we face in living with the Covid-19 pandemic. Thank-you to our members and to the grants received that provided the encouragement and the financial support that allowed our organization to continue and even expand this important work in Chilliwack.

Carla Neels

President

Connie Stam

Coordinator

## **2019-2020 Year in Review**

**A. Members and Volunteers**

CNHPS has a total of 41 members of which 17 are volunteers.

(insert picture of volunteers and Board at Gwynne Vaughan Park Sept. 8<sup>th</sup>)

**B. Volunteer Hours for this fiscal year**

**C. Seniors On a Serious Illness Journey who have received one-on-one support in this past year**

- 14 older adults were supported in various ways

**D. Neighbourhood Activation Project**

- 7 neighbourhoods have entered the Neighbourhood Activation Project throughout this year. Several new neighbourhoods are ready to join in the coming months and a partnership has been set up with the Chilliwack Block Watch program.
- 4 Workshop series were provided in this fiscal year, with the last series given via the Zoom platform



## E. Seniors Connect Café

Throughout the year and until the Covid-19 pandemic started, weekly Seniors Connect Café events were held with two events at the Homer Restaurant in Chilliwack and two events at the Sardis Legion, each month. Attendance ranged from 16 to 52 attendees/event and an average of 22 to 32 attendees. Presentations on topics of interest to our attendees were presented on at least a monthly basis.

With the restrictions imposed by the Covid19 pandemic, we adapted to virtual programs and offer the following to our older adult population:

- Regular friendly weekly or bi-weekly telephone calls to 60 of our seniors.
- Virtual Connect Café events via the tele-conference line or the Zoom platform, both occurring on a weekly basis, with participants ranging from 5 to 21 attendees at a time. Each week a new topic is discussed and a guest presenter joins on each platform on at least a monthly basis.
- Group email updates are sent regularly to 62 seniors who had provided an email address and desired this type of connection.



- 31 seniors attended at least once with the physical meetings at the Gwynne Vaughan Park. At these events older adult attendees volunteer to 'show and tell' their artwork, their stories and their passions.
- 24 older adults have joined the program during this time of Covid-19 for social support or to receive help linking with community and health care resources.

**F. Family Caregiver Support Group**

- 8 caregivers have joined the Family Caregiver Support Group including one-on-one support for those desiring this additional support.

(Picture to be made on Sept. 3<sup>rd</sup>)

**2019-2020 Fiscal Year in Review**

## **Our Vision for Tomorrow**

### **Moving forward in 2020-2021**

#### **With your support, we are looking to continue and grow our present programs:**

- Continue to enhance our services for older adults living in the Chilliwack area, providing both social and practical support
- Expand the neighbourhoods in Chilliwack that are engaged in supporting their older adult neighbours and improving the quality of life of those neighbours living with serious illness, chronic conditions and or with frailty, by providing small acts of kindness. To achieve this, 3 workshop series have been planned in the coming year; one in September, one in March and one in May.
- Continue to support caregivers for older adult through one-on-one support and through the weekly Family Caregiver Support Group.
- Seek to increase the visibility of our Society in the Chilliwack area so that each older adult living in the Chilliwack area, and their caregivers, would have an opportunity to benefit from our programs.