

Compassionate Community Case Study

Seniors Connect Café

Chilliwack, BC

What you need to know	
Organization	Compassionate Neighbourhood Health Partners Society
Website	http://www.cnhpsociety.com/
Contact information	Connie Stam, RN, BSN - neighbourhealth@gmail.com
Target Audience	Seniors, especially those who are socially isolated
Goals	<ul style="list-style-type: none"> • To connect seniors socially, provide information about community resources and link to health resources • To reduce social isolation in the community amongst seniors • To reduce barriers for seniors • To build strong healthy neighbourhoods and communities.
A story to share	After attending several Café, a quiet, depressed individual has opened up and become friendly, open and created friends.
Needs/Rationale	<ul style="list-style-type: none"> • A community forum revealed it was difficult for new seniors to integrate into the community - “so hard to get to know people” • Many seniors are not internet-savvy; need personal connections and human-based connection to resources • In June 2017, a pilot drop-in was tested at two restaurants in the area (few accessibility issues, ease of food and beverage access, plus available side rooms). • Has since expanded to every Thursday because of demand
Outcomes/Results	<ul style="list-style-type: none"> • Seniors feel more connected. • Friendships made • Reduction of accessibility issues • Better linkages to community resources and health resources • Identification of other issues through dialogue • Learning outcomes because of café topics (e.g. Wish of a Lifetime, Dementia-friendly neighbourhoods)
Cost to Participants	<ul style="list-style-type: none"> • Free to attend • Project pays for coffee and tea only • Participants pay for their own food ordered at the Café

<p>What is needed to initiate a similar activity?</p>	<ul style="list-style-type: none"> • Can do program on a shoestring • A sponsoring organization - in this case, The Community Response Network, whose values - <i>breaking the cycle of abuse</i> - are aligned with project pays for coffee and tea so it is free for participants. On average \$75 with tip for 22 people. • Restaurant/Café donates room • Facilitator to greet participants, help with introductions and keep conversation moving. Start with intros and facilitator asking about people's backgrounds • Resource person to connect seniors with resources and services • Name tags • Brochures and community resources to put out on table
<p>Existing Toolkit/Resources</p>	<ul style="list-style-type: none"> • Website - http://www.cnhpsociety.com/ • Promotional poster, mini invite • Article from Chilliwack Progress - https://www.theprogress.com/community/gatherings-in-chilliwack-are-geared-to-breaking-down-isolation-of-seniors/ • Descriptive PowerPoint slides
<p>Evaluation/Progress</p>	<ul style="list-style-type: none"> • 8 participants at first Café • Number of public participants has outgrown one of our existing venues. Moved to a bigger venue.
<p>Challenges/obstacles</p>	<p>Challenge: it was hard to get the word out at first. We addressed this challenge by:</p> <ul style="list-style-type: none"> • mentioning in the local coffee news • distributing posters in library, YMCA, leisure centre, curling club, and sponsor organizations • Local paper coverage.
<p>Learnings/Surprises</p>	<ul style="list-style-type: none"> • People want to talk, connect and share their stories. • Conversations flow once people are introduced. Usually people want to talk for the first hour. Second hour is more structured with topics suggested in advance by seniors – e.g. aging, birdwatching, etc. • 30% of participants have gone to at least 4 sessions.
<p>Recommendations</p>	<ul style="list-style-type: none"> • Program wants to have taxi pick up so that accessibility issues are further reduced (looking for sponsor to pay) • Start small- two days per month then expand to 4 days per month • Can do social component alone without navigation to community or health resources • Can introduce ACP and other Compassionate Community ideas • Push tables together to have no more than 10 at a table. • Use assets that already exist in the community- e.g. retired health professionals as volunteers and partnering with other groups.

Fall 2019

SENIORS CONNECT CAFÉ

EVERY Thursday 10 am to 12 pm
FREE Coffee & Tea

All older adults are welcome to join for coffee and a conversation!

If you know of family, friends, or neighbours who may be interested, please spread the word.

If you are an older adult who does not drive but would like to attend, let Connie know and she will try to help you find a solution. (See contact info below.)

Visit our website for more information about the CNHP Society: www.cnhpsociety.com

We look forward to seeing you!

First & Third Thursday of the month
IHOP Restaurant 45466 Yale Road
(connected to the Travel Lodge just off Vedder Road)

Second & Fourth Thursday of the month
Homer Restaurant 46090 Yale Road
(corner of Yale and Princess Ave. Downtown Chilliwack)



Sponsored by



Hosted by



Connect with other Chilliwack seniors and bring your questions regarding health or community resource needs.

For more info contact Connie:
E: neighbourhealth@gmail.com
P: 604-798-2023
W: cnhpsociety.com

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