

Disclaimer: These minutes were prepared as a reasonable summary of the essential content of this meeting, not as a transcription.



Minutes of the Community Support & Accessibility Committee Meeting

May 22, 2024, 10:00 AM

Meadows Room

12007 Harris Road, Pitt Meadows, BC V3Y 2B5

Voting Members: J. Armstrong, Fraser Valley Regional Library
T. Camire, Community Services
E. Crowdis, Seniors Network
M. Perretta, Ridge Meadows Seniors Society
Councillor G. O'Connell (Chair)
A. Sanchez, Fraser Health
C. Shearme, Community Network - Maple Ridge, Pitt Meadows & Katzie First Nation

Regrets: Councillor M. Hayes (Co-Chair)
D. Parr, Planner II
M. Robson, Friends in Need Food Bank
K. Sullivan, School District 42
P. Ward, Director of Planning & Development

Staff: J. Kloosterboer, Emergency Program Manager

Recording Clerk: T. McCaw, Committee Clerk II

1. CALL TO ORDER

Councillor O'Connell acknowledged with respect and gratitude that the City of Pitt Meadows is located on the traditional, unceded territory of ᑭᓴᓴᓴ (Katzie) First Nation who were stewards of this land since time immemorial.

The meeting was called to order at 10:00 AM.

2. **LATE ITEMS**

None.

3. **APPROVAL OF AGENDA**

There was general consent amongst the Committee to approve the May 22, 2024 Community Support & Accessibility Committee agenda.

4. **ADOPTION OF MINUTES**

There was general consent amongst the Committee to approve the minutes from the February 28, 2024 Community Support & Accessibility Committee meeting as amended.

5. **NEW BUSINESS**

5.1 **Updates from Community Outreach Agencies**

Community Outreach Agencies participated in a roundtable discussion providing a verbal update on their individual organizations.

A. Sanchez, Fraser Health, provided an update to the Committee, including communication initiatives which have been included in the minutes as **Attachment 1**, some of the other highlights included:

- Fraser Health is launching a communications campaign around age legal substances including introducing suggestions to support open discussions; and
- Staff is providing presentations at the Fraser Valley Regional Library speaking about the smoke and heat warnings in Maple Ridge.

J. Armstrong, FVRL, provided an update to the Committee, some of the highlights included:

- The library in Pitt Meadows is on the second floor; however, has an elevator to support accessibility needs;
- FVRL provides access to all digital materials online;
- FVRL Express is a service providing pickups for on hold items on behalf of the cardholder <https://www.fvrl.bc.ca/fvrlexpress.php>;
- Pamphlets and books are offered in multiple languages;
- All resources are offered free of charge;

- Library resources are offered in multiple formats including large font, electronic books, small font, hard copies, digital copies and audio copies; and
- The FVRL is unofficially used as a warming or cooling station in some communities where anyone is welcome.

C. Shearme, Maple Ridge, Pitt Meadows, and Katzie Community Network provided an update to the Committee, some of the highlights included:

- Staff is working on community events and providing support where needed;
- Will be providing support for cooling, warming and smoke support when needed which includes messaging to other agencies to distribute; and
- In partnership with the doctors Division of Family Practice, giving patients the opportunity to look at what services are available locally including the services available in Ridge Meadows.

M. Perretta, Ridge Meadows Seniors Society (RMSS), provided updates some of which have been included in the minutes as **Attachment 2**, other highlights included:

- The center has been experiencing an increase in membership from new comers in the community who are working on increasing social connections;
- Staff has been working on managing growth in the centre;
- Successful grant funding was received to support social meals for seniors in both Maple Ridge & Pitt Meadows which has been taking place in the centre;
- Staff is looking to utilize the Seniors Community bus in order to take members on day trips;
- Staff is looking into further grant opportunities to support caregivers by reducing the amount of meal preparation; and
- Statistics were shared on the centres volunteer driving program which logged over 1,700 hours of volunteer driving time last year which equated to a cost savings of over \$14,000 to seniors through this service.

E. Crowdis, Seniors Network, provided an update to the Committee, some of which have been included in the minutes as **Attachment 3**, other highlights included:

- Food security and lack of affordable housing continues to be a problem for seniors;
- United Way of BC - published a seniors preparedness guide, originally created by the Seniors Network;
- BC Seniors Week - June 2nd - 8th this year offering a number of fun social events for seniors in our community;
- Full page add will be inserted into the Maple Ridge-Pitt Meadows News to promote Seniors Week which includes a list of many local events during the week <https://www.mapleridgenews.com/community/plenty-of-fun-planned-for-bc-seniors-week-in-maple-ridge-and-pitt-meadows-7365074>; and
- World Elder Abuse Awareness Day - June 15th – Maple Ridge, Pitt Meadows, Katzie Community Response Network brings community agencies together to speak to this and provide support.

T. Camire, Community Services, provided an update to the Committee, some of the highlights included:

- Seniors Social Prescribing Program connects seniors to community programming in an effort to keep them active and connected;
- Seniors team is holding information sessions in Pitt Meadows at the co-op and the Pitt Meadows Food Bank discussing the various services offered by the organization;
- Senior digital literacy presentations are taking place Monday – Friday <https://www.comservice.bc.ca/programs-services/senior-digital-literacy-program/>;
- Childcare Resource & Referral Program currently providing drop in sessions at South Bonson Community Centre on Tuesday's for free;
- Cythera Transition House is no longer accepting pets and has updated their policy accordingly as the trial period demonstrated the acceptance was not successful; with that, other agencies have agreed to house pets in an effort to provide support needed for people with pets; and

- Current gap experienced in the community is low income housing for seniors.

J. Kloosterboer, Emergency Program Manager, provided an update to the Committee, some of the highlights included:

- Updates were provided on the impacts to residents who experienced housing displacements as a result of a fire apartment fire in the community;
- Discussions were held around support for residents should displacement occur as a result of a fire; Provincial funding is only available for food and lodging for 72 hours;
- Staff to provide workshops on disaster preparedness for the apartment and condominium buildings in the community upon request; and
- Grant funding received to complete an Emergency Support Services (ESS) exercise which would include considerations for people with disabilities which will likely take place in the fall.

5.2 Annual Committee Presentation to the Engagement & Priorities Committee [EPC]

Councillor Gwen O'Connell requested a committee member volunteer to provide the presentation at the July 16, 2024 Engagement and Priorities Committee (EPC) meeting on behalf of the Community Support & Accessibility Committee.

- Committee members Anna Sanchez & Christina Schearme, volunteered to provide the presentation to the EPC; and
- Staff to distribute PowerPoint template and some suggestions for consideration.

6. ADJOURNMENT

The meeting was adjourned at 10:55 AM.

*The next **Community Support & Accessibility Committee** meeting is scheduled for **September 25, 2024 at 10:00 AM.***

Certified as correct:

Tatiana McCaw, Committee Clerk II

DRAFT

Alcohol Know the impacts

ATTACHMENT 1

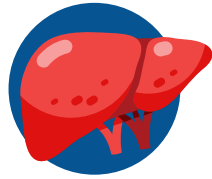


Alcohol and health

Increasing risk of cancer

(liver, mouth, breast, throat, and others), cardiovascular disease, cirrhosis

Prenatal and early exposure to alcohol can have life long developmental impacts.



Hospitalizations entirely caused by alcohol are **3x** more common than those for opioids and than those for cannabis



253

hospitalizations in Canada each day entirely caused by alcohol



10 Canadians

died per day in hospital from conditions entirely caused by alcohol (2022)

Youth and drinking

14 years old

Most common age of first use in B.C.

38%

of B.C. students grades 7-12 have tried alcohol (2023)

Starting young, drinking heavily and frequently all increase risk of: depression, suicide attempts, serious injury and doing poorly at school.



What can my community do?

- Promote Canada's Guidance on Alcohol and Health
- Promote safer drinking Environments
- Create Municipal Alcohol Policies

Statistics

77%

of British Columbians consumed alcohol in 2019 - 2020

18.9%

Heavy Drinkers* in B.C.

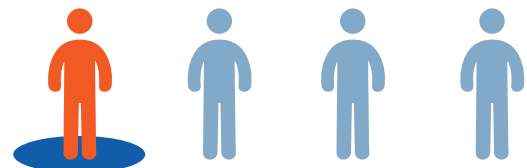
\$2.8

Billion

annual health care, criminal justice and lost productivity costs in B.C.

*Males who have 5+ drinks or women who have 4+ drinks on one occasion, at least once a month in the past year.

Covid-19 Impact



In 2021, Nearly 25% of people in B.C. increased their drinking
Expanded access: (home delivery, public spaces, extended hours, etc.)

Potential for increased harms & over-normalization of alcohol use

Address the social determinants of health in your community to support populations disproportionately affected by alcohol-related harms.

Alcohol: What can my community do?

Promote Canada's Guidance on Alcohol and health

One drink means



Beer/Cider/Cooler
341 ml (12oz)
5% alcohol



Wine
142 ml (5oz)
12% alcohol



Distilled alcohol
43ml (1.5oz)
40% alcohol

The more alcohol you drink per week, the more the health consequences add up

2 drinks or less

Low Risk

Between 3 and 6 drinks

Increased risk of developing several different types of cancer

Medium Risk

7 drinks or more

Increased risk of heart disease or stroke

Increasingly high Risk

Do not drink when pregnant, driving or using any other drug

Create Municipal Alcohol Policies

What

- Provides clear guidelines for where alcohol use is prohibited and permitted in municipally owned or managed settings and events (rec centres, parks, sports arenas, etc.)
- Includes requirements for server training, insurance for event operators, signage and penalties for violations

Why

- Promotes a culture of moderation
- Helps to reduce the risk of alcohol-related harms (reduced under age drinking, extreme intoxication and impaired driving)

Protect Youth and Vulnerable Populations

Restrict alcohol advertising and sponsorship at municipally owned or managed facilities

Reduce availability through zoning and licensing (location proximity to schools/parks, hours of business operation, enforcement)

Increase access to community programming and wellness activities for youth



Create Safer Drinking Environments

- Establish and enforce public nuisance and noise bylaws to address disorderly behaviour.
- Have ample garbage/recycling to avoid littering and injury from glass.
- Implement fees through licensing bylaws that can then be redirected to programs supporting prevention and harm reduction around alcohol.
- Provide alcohol-free events/options whenever possible.

For more help, read the [local government guide](#) to creating alcohol policy.

References available upon request:
healthyliving@fraserhealth.ca



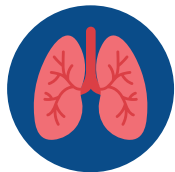
Cannabis Know the impacts

Cannabis and health

Chronic cannabis smoking increases risk of:



Chronic bronchitis, airway inflammation and lung disease



Predictors of more severe risk

- 1 Dose
- 2 Method of use
- 3 Tetrahydrocannabinol (THC) Potency
- 4 Frequency of use



Serious harm is most likely in people with intensive, heavy, daily or almost daily use.

Of people who use cannabis,

25 to 30% experience **adverse outcomes**



Individuals who experience **trauma, isolation, discrimination, violence** or **witness violence**



associated with increased risk of cannabis use

Medical cannabis

While there are considerable **health** and **social risks** associated with cannabis use, cannabis **may be beneficial** in the management of certain medical conditions

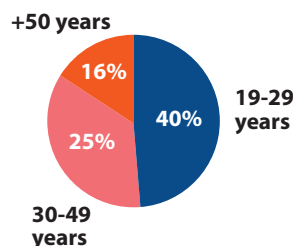
What can my community do?

- Promote Canada's Lower-Risk Cannabis Use Guideline
- Review cannabis restrictions; consider consistent policy for nicotine and cannabis products
- Create smoke and vape-free spaces

Statistic

40% of British Columbians (19+) used cannabis in the past year (2022)

Cannabis use among Fraser Health residents in the past year, by age (2018)



B.C. has among the highest rate of use in the country

Youth and cannabis



Most youth who become frequent users start before their 13th birthday

Youth who start cannabis use early have **increased risk** for **negative** outcomes including:



injury, mental health issues, academic difficulties, and other substance use problems

In 2023, **22%** of BC youth ever consumed cannabis
Of those who use cannabis,

61%  use
1-2 times
per month

73%  **smoked it**

Address the **social determinants of health** in your community to support populations **disproportionally affected** by cannabis-related harms.



Cannabis

What can my community do?

Municipal Planning and Policy

- Protect youth by minimizing their exposure to cannabis through limiting density and proximity of retail outlets especially in public spaces where youth congregate (e.g. recreation centres, malls, parks, schools)
- Restrict any new retail/ consumption opportunities (e.g. farmer's markets, other direct purchasing from farms) to adult only spaces.
- Restrict cannabis advertising, signage and/ or sponsorship.
- Ensure strong smoke and vape-free public spaces bylaws.

Create smoke and vape-free spaces

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards



Specify a set distance from all the above

References available upon request:
healthyliving@fraserhealth.ca

Promote Lower Risk Cannabis use Guidelines

There is no universally safe level of cannabis use and the only way to avoid all risk of harm is to not use at all.



- Delay the onset of cannabis use until after adolescence (or as late as possible).
- Avoid the use of high-potency (THC) cannabis products.
- Refrain from smoking, deep inhalation practices, and frequent (daily/near daily) use.
- Use legal/regulated cannabis products whenever possible.
- Avoid unintended poisoning by ensuring all products, especially edibles, are kept away from children and pets.
- Avoid cannabis use during pregnancy and lactation.

Prevent and reduce Impaired Driving

Driving while cannabis impaired is a primary cause of cannabis-related death



In 2023, **17%** of Canadians reported driving after using cannabis



Refrain from driving at least 6 hours after using cannabis

Tobacco Know the impacts

ATTACHMENT 1

The following information refers to tobacco products (cigarettes, cigars, chew etc.) produced by the tobacco industry, also known as "commercial tobacco", it does not apply to Indigenous use of ceremonial tobacco.



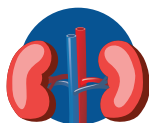
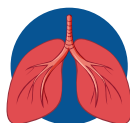
Tobacco and health

#1

Cause of preventable death and disability in Canada

Commercial tobacco use causes and increases the risk of many types of cancer:

lung, larynx, mouth, esophagus, throat, bladder, kidney, liver, stomach, pancreas, colon, rectum, cervix, and myeloid leukemia.



Those who smoke are

2x

more likely to have a heart attack or stroke
more likely to die from them

Smoking can negatively impact both male and female fertility



Smoking during pregnancy can lead to poor birth outcomes and infant mortality.

There is no risk-free level of second-hand smoke exposure; even brief exposure can be harmful to health

What can my community do?

- Review tobacco restrictions; consider consistent policies for nicotine and cannabis products
- Create smoke-free spaces
- Establish retail license fee for retail tobacco sales
- Create exemptions for Indigenous use of ceremonial tobacco

Statistics

8.9%

of British Columbians currently smoked cigarettes in 2022

In 2019 in B.C., smoking caused or contributed to:

5,736

deaths

3,687

permatute
deaths

22,030

hospitalizations

\$3.8

billion

Canadian annual tobacco-related hospital care expenditures

15%

of B.C. Youth (12-19 years old) had ever smoked in 2023

Environmental Impact

Cigarettes are the most littered item in the world

Cigarette butts are one of the human causes of forest fires in B.C.

Cigarette filters are made of plastic and can take up to 10 years to break down



Nicotine dependence is complex. The pressures of discrimination, poverty, and other social and demographic factors can increase use and worsen health.

Tobacco: What can my community do?

Help BC become the first province to reach a 5% Smoking Rate by 2035

Make products less available

Limit retail density and proximity especially in public spaces where youth congregate (e.g. recreation centres, malls, parks, schools)

Establish Annual retail license fee for retail tobacco sale

\$4.8 million

Total amount BC municipalities could recover if all implemented licensing fees matched the highest fees in Canada

Examples of annual licensing fees for retail tobacco and vape sales:

- St. Albert, AB - \$721
 - Hamilton , ON - \$734
 - Ottawa, ON - \$946
- The fees collected for this license could be used towards education and awareness around the harms of tobacco

Lloydminster, AB/SK created a grant program from the collected fees (e.g. Luvin' my Lungs, a project where youth produced harm reduction campaigns for their peers)

Respect Indigenous use of Ceremonial tobacco

- Ceremonial and commercial tobacco differ in the way that they are planted, grown, harvested prepared and used
- Tobacco is one of four sacred plants: tobacco, sage, sweetgrass, and cedar
- Tobacco is a sacred medicine meant to be used as a way of healing and is an important part of culture and spiritual connectedness. It is also used to give thanks and show respect

fraserhealth.ca/quitsmoking

References available upon request:
healthyliving@fraserhealth.ca

Create Smoke Free Spaces

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards



Specify a set distance from all the above

Consider banning

All indoor smoking & vaping (e.g. hotel/motel rooms, group living facilities, multi-unit housing, hookah lounges)

Promote smoking cessation supports

Who	What
Jim Pattison Outpatient Care & Surgery Centre Smoking Cessation Clinic	Free smoking cessation support
Ridge Meadows Hospital Smoking Cessation Clinic	Free smoking cessation support
<u>BC Smoking Cessation Program</u>	Free nicotine patches, gum or lozenges
<u>First Nations Health Authority</u>	Free online, Indigenous resources
<u>QuitNow</u>	Free online, phone or text support

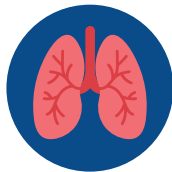


Vaping Know the impacts

Vaping and health

Short-term effects

Can include respiratory and cardiovascular health effects



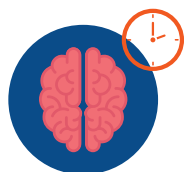
E.G. Wheezing, shortness of breath and chest pain

Long-term effects

There is insufficient data to evaluate the long-term health risk of vaping.

Children, youth, and people who are pregnant should avoid nicotine* due to the risk on **brain development**

* All legal vaping products contain nicotine or cannabis in B.C.



**Vaping is
not harmless.**

Cessation aid vs Harm reduction

Vaping products produce fewer toxic chemicals than conventional cigarettes.

Thus vapes **may** serve as a harm reduction method for those who smoke, reducing cigarettes use and exposure to carcinogens.



However...

vaping are **not approved or regulated** as a smoking cessation aid.



Nicotine replacement therapy and prescription medication are **approved**.

Statistic

6%

of Canadians 15+ used a vaping product in the past 30 days

ever tried vaping?

30%

15-19 years

48%

20-24 years

15%

25 years and older

Youth vaping

26%



of B.C. youth (grade 7-12) have ever vaped.

Reasons youth vape

- Wanting to try
- Stress
- Boredom
- Friends were doing it

More likely to vape



Youth with a history of mental health challenge, other substance use and adverse experiences.

What can my community do?

- 1 Review vaping restrictions; consider consistent policies for nicotine and cannabis products
- 2 Create smoke and vape-free spaces
- 3 Ensure connection with schools to support youth wellness



Vaping

What can my community do?

Make products less available

Limit retail density and proximity especially in public spaces where youth congregate (e.g. recreation centres, malls, parks, schools).

Establish retail license fee for retail tobacco and vape sales


\$4.8 million

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Examples of annual licensing fees for retail tobacco and vape sales:

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The fees collected for this license could be used towards education and awareness around the harms of tobacco.

Lloydminster, AB/SK created a grant program from the collected fees (e.g. Luvin' my Lungs, a project where youth produced harm reduction campaigns for their peers)

Promote vaping cessation supports

Who	What
QuitNow	Free online, phone or text support
Health Canada I Quit for Me	Free guide to support youth to quit
QuashApp	Free custom quit plan

Create smoke and vape-free spaces

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards

Specify a set distance from all the above

Consider banning

All Indoor Smoking & Vaping

(e.g. hotel/motel rooms, group living facilities, multi-unit housing, hookah lounges)



Supportive practices for youth

- Acknowledge that youth use substances for many reasons
- Provide training for school administrators, staff and youth workers on destigmatization and non-judgemental approaches
- Engage youth through focus groups, dialogue, peer-to-peer interaction
- Move from suspension to referral for counseling
- Support social connection and promote healthy environments for youth

References available upon request:
healthyliving@fraserhealth.ca



LAND ACKNOWLEDGEMENT

This reach of this document spans throughout the traditional territories of the 203 First Nations that have resided within what is now known as British Columbia since time immemorial. As we continue to live, work, and gather on these lands, it is important to respect and celebrate the knowledge, culture, and traditions of these peoples, who have stewarded these lands and waterways for thousands of years. Let us all take a moment to reflect on the deep connections and histories of these territories, and commit to deepening our understanding, fostering mutual respect, and honoring the legacy of the First Nations who have called them home.

INTRODUCTION

Emergencies can occur suddenly and without warning. It is important individuals and families (especially those with support needs) are prepared to be self-reliant for a period of up to seven days immediately following a disaster.

You are the best person to plan for your own safety as you know your abilities and possible needs. Plan ahead with your support network. The prompts in this guide will help you know who those people should be. It may be helpful to complete this workbook with a friend, family member, or community support person.

The diverse climate and topography, terrain and economic activities in the province of British Columbia create the potential for a variety of disasters. Where you are when disaster strikes will determine what your needs will be. Every community has its own unique attributes. While working through your emergency preparations, be aware of the features of your community that may impact your planning. For example, do you live near a waterway or in an area where heavy snowfall could be a challenge? What are your options for transportation?

For the millions of Canadians with physical and cognitive disabilities, emergencies can present extra challenges. Disasters can strike quickly and without warning and could result in an evacuation of your home or neighbourhood. Think about any services and supports you use in your daily life. Make back-up plans and arrange for any help you might need. Discuss possible solutions with your family, caregivers,



and support network. Share this plan with them so everyone is on the same page. Plan to review the information you have recorded in workbook once a year.

If you complete this document with your personal information, you'll want to keep it safe. Decide for yourself what information you are comfortable including. Once you have filled it out, be sure to keep it in a secure place. Tucking it into your emergency kit and storing it out of sight is one option.



3

Acknowledgements



Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island

The Emergency Preparedness Guide: What Seniors Need to Know was originally developed by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network with funding support from the New Horizons for Seniors Program.

We acknowledge and thank the project committee members who shared their knowledge and lived experience to make the guide as complete as possible.

Special thank you to Barbara Morgan, Emergency Management professional for driving the development of the original guide and this updated version that covers the entire province of British Columbia. Her passion for Emergency Preparedness and ensuring special considerations are made for older adults and people with disabilities is unparalleled. We are very grateful for her leadership.

The information and suggestions contained in this guide have been compiled from generally accepted practices in the industry. Every effort has been made to ensure all the information is correct and accurate. The producers of this guide cannot be held responsible for its effectiveness or appropriateness as this is dependent on everyone's individual circumstances.

4

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BE PREPARED

Why Prepare?

In an emergency, phone lines, gas, electricity, and water services can be disrupted for an extended period. Roads may be blocked, stores and gas stations closed, automated teller machines (ATMs) out of service. Water, heat, electricity, or telephone service could be disrupted for up to one week. The best way to minimize the challenges of the event is to be emergency prepared.

It's impossible to imagine every scenario you may encounter in an emergency. This guide does it is best to help you prepare so you can rest easy knowing you are as ready as possible.

What Everyone Should Know about Preparedness



Ensure you have a radio that is either wind up or battery operated so you can get the latest news on plans your

community has made for evacuation and plans they have made for those who will need assistance with transportation to evacuate.



Know when to shut off gas, water, and utilities and keep the tools nearby. Turn off your gas

ONLY when you hear, smell it, or when the officials instruct you to do so. It will take a technician to turn the gas back

on. It will require a technician to turn the gas back on. In the meantime, you may need to cook, heat your home, or access water, so you should create a plan for how to manage for the duration of the shutdown. Turn off other utilities if you suspect a leak, the lines are damaged, or your home is inundated by water.



Ensure you have a fire extinguisher and everyone in the household knows how to use it.

Make sure you have functioning smoke alarms installed on each level of your home, especially outside the bedrooms. The deaf or hard of hearing should install visual smoke detectors.



Homeowners insurance may not cover flood damage or other acts of nature. **Review your policy to ensure you have the coverage**

you think you need. Include the policy holder's (not the sales agent's) contact information with a photocopy of your insurance documents in your important documents folder.



Have a phone at home that does not require electricity to work or can be battery powered.

Your cell phone may or may not work in all emergencies so do not count that as your secondary phone. Consider purchasing a medical alert system if the situation warrants it.

Personal Assessment

Determine what you can do yourself and what you will need help with. As you go about your daily routine, carry a notepad and jot down anything that might be difficult for you to manage without help and then begin to brainstorm solutions that might work for you. Make a list of resources to assist you when in need.



Collect contact information including phone, email, and social media info for your family, friends, caregivers, neighbours, and other important people such as medical clinics, doctors, or service providers. Create a phone tree so friends and family can check on you if necessary.



People with diabetes, or those who take other medication that needs to be kept cool, should have ice packs ready to put in an insulated bag should there be a power outage or evacuation.



7

Know Your Community

The potential risks and Emergency Management Response Systems are different in every community. It is a good idea to familiarize yourself with the resources in your area. Complete the following information with your local contacts.

Community Name: _____

Alert Centre: _____

In some communities you can sign up for local alerts to be sent to your email or cell phone.

Community Information Line: _____

Community Information Website: _____

Local Radio Station: _____

Community Notice Board Location: _____

Information on Cooling/Warming Centres: _____

Community Services for Seniors: _____

My Health Authority: _____





Provincial Resources

In BC, emergency alerts are broadcast on TV, radio, and cell phones to provide urgent public safety information during life-threatening emergencies.

Emergency Info BC: www.emergencyinfobc.gov.bc.ca

Emergency Info BC is active during partial and full-scale provincial emergencies, both on its website and on Twitter. They share verified event information during emergencies, as well as official response and recovery resources.

Wildfire in British Columbia: 1 800 663-5555 or (*5555 from a cell phone)

Regional Districts

The local government system in British Columbia is unique in Canada. In addition to municipalities, the province is divided into 27 regional districts. Smaller communities have the benefit of joining with others on projects including emergency services. For information about the regional district you live in, search: civicinfo.bc.ca/regionaldistricts or call 1-800-663-7867.

Apartments, Condos, and Strata Buildings

Consider appointing floor wardens (buddy system) in your building who, in an evacuation, will canvass the floor to make sure that everyone has been able to get out.

Familiarize yourself with exits and escape routes on each floor. Talk with your strata council about having an emergency evacuation chair stored near the stairwell so you can readily access it to when needing to evacuate.

CREATE A PERSONAL SUPPORT NETWORK

Members of your network can be friends, relatives, roommates, neighbours, or co-workers. Do not depend on any one person as they might not be available in the event that disaster strikes.

Practice your plan with your support network, just like you would a fire drill.

Share your emergency plans with the trusted people in your support network – tell them:

- ☐ Where your emergency supplies are kept

- ☐ What you need and how to contact you if the power goes out

- ☐ What medical devices or assistive technology will you need to have with you if there is an evacuation

- ☐ Your plans to remain independent if you require oxygen or mechanical ventilation

Ask yourself the following questions:

- ☐ Do you need assistance with personal care regularly or daily?

- ☐ Do you have adaptive equipment to help you get dressed?

- ☐ What will you do if the water service is interrupted for a prolonged period?

- ☐ Do you use special equipment such as a tub transfer bench or shower chair?

- ☐ Do you use any electrically powered equipment such as dialysis, lift, or oxygen concentrator?

- ☐ Do you have a safe back up power supply and how long will it last?

- ☐ Do you have an alternate plan if your escape route is cluttered in debris?

- ☐ Do you need a specially equipped vehicle or assessable transportation?

- ☐ Do you need assistance evacuating?

- ☐ Do you need help getting groceries, medication, and medical supplies?

- ☐ What if your caregiver can't reach you because roads are blocked, or the disaster has affected them?

- ☐ Will you be able to exit without the use of the elevator?

- ☐ How will you summon help?

- ☐ Will you be able to evacuate independently without relying on auditory cues without relying on personal instructions?

- ☐ Will you be able to care for your pet(s) by providing food, shelter and basic medical care for the seven days?

- ☐ Do you have the necessary licensing for your service animal?

- ☐ Does your building have an emergency plan and emergency supplies?

- ☐ What is the distance to the hospital? Is there a chance something will block your access?

PREPARATION

Flood - If you live in a floodplain:

- ☐ Elevate your furnace, water heater, and electrical panel if susceptible to flooding.
- ☐ Install 'check valves' in sewer traps to prevent flood water from backing up into the drains of your home.
- ☐ Seal walls in basement with waterproofing compounds to avoid seepage.
- ☐ Be aware that flash flooding can occur suddenly, especially if you live around a stream, canyon, or other related flood prone area.
- ☐ Do not wait for instructions, move swiftly to higher ground.
- ☐ Construct barriers (levees, beams, piled sandbags) to stop floodwater from entering the building.
- ☐ If you have time before you leave your home, secure the perimeter, and move essentials to the upper floor.
- ☐ Turn off utilities and disconnect electrical appliances. Do not touch anything electrical if you are standing in water.
- ☐ Do not walk through moving waters; try to locate standing water if you must cross. Use a stick or other tool to determine the condition of the ground and the depth of the water.
- ☐ Do not drive into flooded areas.
- ☐ Listen for news reports to learn whether the water supply is safe to drink.
- ☐ Stay away from downed power lines and report them to BC Hydro.
- ☐ Return home only when the authorities say it is safe to do so.
- ☐ Use extreme caution when entering buildings; there may be hidden dangers.
- ☐ Clean and disinfect everything that gets wet. Any standing water or mud will contain sewage and possibly chemicals.



IMPORTANT FACT

Six inches of water will move a car causing it to lose control or possibly stall.

A foot of water will float most vehicles.

Two feet of water can carry most vehicles away including trucks.

Extreme Weather

Cold

- ☐ Prepare for extreme weather by having sufficient fuel and a secondary source of heat.
- ☐ Eat and drink regularly but avoid caffeine and alcohol.
- ☐ Conserve fuel, if necessary, by closing off heat to some of the rooms.
- ☐ When using kerosene heaters, make sure there is a good flow of fresh air into the space to avoid the accumulation of fumes.
- ☐ Purchase and install a carbon monoxide detector as an extra safety measure.

Heat

- ☐ Tune into local weather forecasts.
- ☐ Check with your community for locations of cooling centres.
- ☐ Keep your home cool, between 22 and 26°C.
- ☐ Keep windows and doors shut and blinds or curtains in sunny windows closed. Open them only when the temperature cools down. If it's cooler inside than outside, you should keep your windows closed.
- ☐ Drink more water, even when you do not feel thirsty.

Early signs of heat stress:

- ☐ Stinging, itchy skin, sometimes called "prickly heat"
- ☐ Red rash
- ☐ Muscle spasms

Signs of heat exhaustion:

- ☐ Heavy sweating
- ☐ Cool skin
- ☐ Feeling dizzy or faint
- ☐ Feeling sick or throwing up
- ☐ Fast heartbeat and breathing
- ☐ Headache



A temperature of 31 degrees celsius or higher is very dangerous; go somewhere cooler.

For example:

- ☐ A library, shopping mall or community centre
- ☐ The home of a friend with a basement
- ☐ The home of a family member with air conditioning
- ☐ A shaded park
- ☐ A pool
- ☐ Cooling centre in your community
- ☐ Note: Most community cooling centres will accept pets

- ☐ Trouble concentrating
- ☐ Muscle cramps or pain
- ☐ Extreme thirst
- ☐ Very dark urine and going less often

Signs of heat stroke

- ☐ High body temperature
- ☐ Very hot, red and dry skin
- ☐ Feeling very dizzy or fainting
- ☐ Confused
- ☐ Less coordinated

Extreme heat can affect your health in a number of ways. It can cause illness such as heat exhaustion and heat stroke. It can worsen any existing conditions.

Wildfire

- ☐ Mark the entrance to your property with an address sign that is clearly visible from the road.
- ☐ Stack firewood at least 30 feet away from your residence.
- ☐ Create defensible space by removing refuse and debris and thinning trees and brush within 30 feet of your residence.
- ☐ Turn off propane tanks and shut off gas at the meter.
- ☐ Connect garden hose to outside taps. If you can find help, have someone place lawn sprinklers on your roof and near ground fuel tanks.
- ☐ Prepare for evacuation by backing your car into the garage and disconnecting the automatic garage door openers. Leave the keys in the ignition and door unlocked.
- ☐ If advised to evacuate, do so immediately.
- ☐ Listen to the radio for evacuation routes that are safe for travel.
- ☐ If you are being evacuated, find out where the reception centre is and how your loved ones can find you.



FireSmart BC

The FireSmart program educates British Columbians on the risks of wildfires and provides homeowners with tips on how to protect their property. For information, contact your local fire department or visit the website: firesmartbc.ca

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Earthquake

- ☐ Hold regular earthquake drills with your neighbourhood or strata members.
- ☐ Secure the hot water tank to the studs to avoid tipping over, as it contains a source of water.
- ☐ Place large and heavy objects on lower shelves or ground level.
- ☐ Brace heavy objects such as shelving to the wall to avoid falling over. Place large and heavy objects on lower shelves or at ground level.
- ☐ Make sure your home is secured to the foundation.
- ☐ Locate safe places in your home where you can **DROP, COVER AND HOLD ON**.
- ☐ Use an inside wall, safe from objects if you cannot get under furniture.
- ☐ Stay inside until the shaking stops for at least one minute.
- ☐ Stay away from glass, windows or other objects like lighting fixtures or furniture.
- ☐ If in bed when the earthquake occurs, use your bedding as cover.
- ☐ If outdoors, move away from buildings and potential flying objects.
- ☐ If in your car, pull over as soon as it is safe to do so and wait until the shaking has stopped for at least one minute before driving to a safer space.
- ☐ Turn off your electricity if need be but do not turn off your gas unless you hear it or smell it. A technician needs to turn your gas on again and that can take considerable time in a catastrophic event.



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If You Feel Shaking or Get an Alert:



GET A KIT



Prepare a basic disaster emergency kit. Store the kit near an outside exit such as in a coat closet or next to the garage or basement door.

Pack all your essentials in an easily accessible container that is waterproof and moveable. A small suitcase with wheels is perfect for this!

Make sure you pack essential items you and your family members will need to survive for seven days or longer, especially if you have needs that are not easily accommodated.

Essential items may include:

- ☐ medical supplies
- ☐ assistive devices
- ☐ food for your specific dietary needs
- ☐ prescription medicines
- ☐ diabetic supplies
- ☐ hearing aid batteries
- ☐ a phone charger and back up battery
- ☐ landline phone (and TTY if you use this technology)
- ☐ manual wheelchair
- ☐ extra seat cushion
- ☐ egg crate padding
- ☐ other medical equipment and mobility devices you may need to maintain your health, safety and independence, and supplies for your service animal.

For children and adults with sensory challenges, pack visually stimulating toys, comfort snacks, and headphones to decrease auditory distractions in a busy room in case you have to move to a reception centre.



Water – At least four litres of water per person per day, for drinking and personal hygiene.



Food – Enough food for at least one week. Pack food that will not spoil. There are many varieties available that have considerable shelf life or simply use food from your pantry. Make sure you check your kits at least once a year to replenish outdated food.



Radio – This is where you will get instructions for evacuation and routes that are open. Most radio stations will carry up-to-date bulletins. Radios can be battery, solar, or wind-up powered. If you get a battery-operated radio, make sure to pack spare batteries.



Flashlight – Can be wind-up, solar, or battery powered. Make sure to pack extra batteries if you choose a battery powered flashlight. Choose a good quality flashlight that will work when you need it.



First Aid Kit – A simple kit with 100 or so items will suffice.



Candles/Matches – Have a container for the candle. Those that come in a metal tin are a good choice.



Emergency Blanket – To keep warm.



Emergency Poncho – To keep dry.



Toiletries – Including toilet tissue.



Change of Clothes – Remember to pack for two seasons, pack for layering your clothes.



Important Documents – A large sealable plastic bag to protect valuable paperwork.

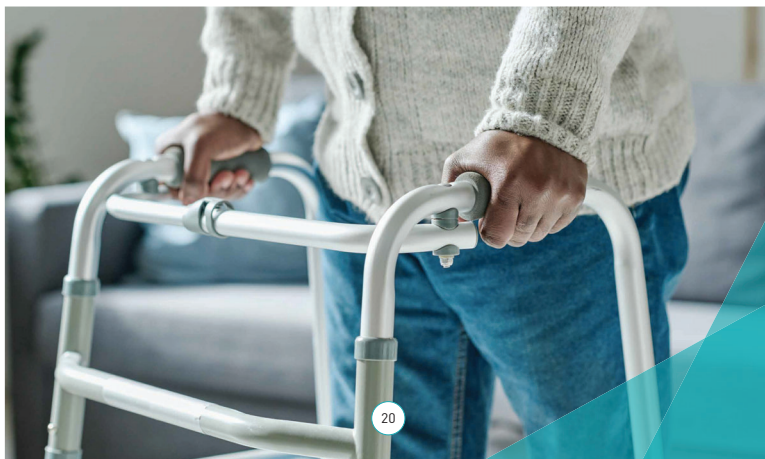
Once a year, check the expiry date on food items and replace anything that is outdated.

Special Items:

- ☐ Prescription medications
- ☐ Keys - extra keys to home and car
- ☐ Cash – small bills as ATMs may not work
- ☐ Duct tape – to tape up windows, doors, and air vents
- ☐ Black garbage bags – to use for refuse and bathroom facilities
- ☐ Prescription glasses – an extra pair
- ☐ Extra dentures
- ☐ Sturdy shoes – to be able to walk over glass and debris
- ☐ Detailed list of special needs items and equipment in the event they need to be replaced

Mobility Items:

- ☐ Tire Patch Kit – including a supply of inner tubes if you use mobility aids
- ☐ Gloves – heavy duty to protect your hands while wheeling over glass or other sharp debris
- ☐ Deep Cycle Battery – extra one for your motorized wheelchair or scooter
- ☐ Walker



Hearing Items:

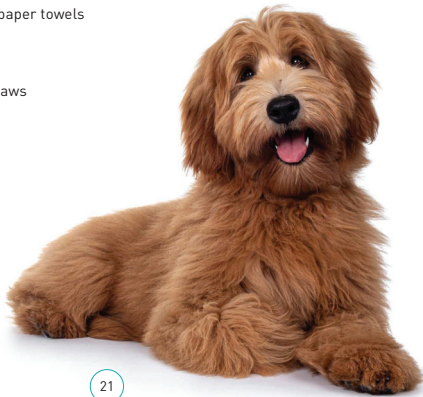
- ☐ Writing pads and pencils for communication
- ☐ Flashlight, whistle, or personal alarm
- ☐ A CommuniCard™ (produced by the Canadian Hearing Society) that explains your hearing loss and identifies how first responders can communicate with you
- ☐ Pre-printed phrases you can use during an emergency such as: "I use sign language", or "If you make announcements, I will need to have them written or signed"

Vision Items:

- ☐ White cane
- ☐ Emergency supplies – fluorescent tape, large print, or braille text
- ☐ Extra vision aids such as electronic travel aid, monocular, binocular, or magnifier
- ☐ Assistive technology to access information or portable CCTV devices

Service Animal/Pet Emergency Kit List

- ☐ Food & water – minimum of seven-day supply (including bowl)
- ☐ Medications – include a list of medical conditions, medication dosage, and frequency.
- ☐ Up-to-date identification including a photo in case you get separated
- ☐ Leash and collar
- ☐ Manual can opener and paper towels
- ☐ Blanket and toy
- ☐ Plastic bags
- ☐ Bandages – for injured paws



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MAKE A PLAN FOR THE MEDICATIONS AND MEDICAL DEVICES YOU NEED

1. Ask your pharmacist to provide a list of your prescription medications and medically prescribed devices. Include the list in your Important Documents folder. Print paper copies and maintain electronic versions, including a portable thumb drive containing:
 - ☐ Doctors' orders for medical equipment, consumable medical supplies, and assistive devices. Include the style and serial numbers of the support devices and where you purchased them.
 - ☐ Medical insurance cards, a list of your allergies, and your health history.
 - ☐ If you own a medical alert tag or bracelet, wear it. Keep medical alert tags, bracelets, or written descriptions of your disability and support needs in case you are unable to describe the situation in an emergency.
2. Pharmacists may not be able to dispense medications without access to their electronic files so, if possible, stock extra over-the-counter and prescription medicine, oxygen, insulin, catheters, feeding tubes, cannulas, tubing, trach tubes, wipes, pads, undergarments, ostomy supplies, leg bags, adhesive, or any other medical supplies you use.
3. If you have allergies or chemical or environmental sensitivities, be sure to include cleaning, filtering, and personal items you may be able to use to decrease the impact of irritants.
4. If you receive life sustaining medical treatment such as dialysis, oxygen, or cancer treatment, work with that provider in advance to identify alternative locations where you could continue to receive treatment if you are unable to go to the regular location.
5. If you receive in-home assistance or personal assistance services, such as meal delivery, work with your provider(s) in advance to develop a back-up plan for continued care. Consider disability, mental, and behavioral health, and social service providers.
6. Complete a communication plan. It should include contact information for your family members, your support network, and caregivers. Your plan should also include an out-of-province contact number.
7. Set up an out-of-province contact using the cards located in the back of this guide. When a disaster occurs, contact this person to let them know your status, where you are, where you are going, and how to contact you. Share this number with your family and ask them to do the same. When you call in, the contact can tell you the status of each family member and how you will be able to reunite.

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8. In the event of a fire, you may need to evacuate the building at a moment's notice. Determine the best routes ahead of time. Use the template at the back of this book to draw floor plans of your home showing the location of doors, windows, and stairways. Indicate at least two escape routes and mark a safe place outside the home to reunite with your loved ones. Practise the route several times; be sure to include your care givers in these drills.
9. Plan for your pets. Be aware that not all reception centres will allow animals (other than service animals) inside. They may be able to shelter your animal at a separate location until a more appropriate place becomes available. Include your pet's vaccination records in your important documents folder.

Considerations for People with Disabilities:

Think about what to do should there be a power outage and know how to use your back up power for essential medical equipment.

Train your support network how to operate your equipment. Laminate instructions and have them attached to the equipment.

If you have an electric wheelchair, have a manual wheelchair as a backup.

Arrange for more than one person in your support network to check on you, so there is at least one back up if the primary person cannot make it.

If your vision is impaired or you are blind, deaf, or hard of hearing, plan ahead for someone to convey the essential emergency information to you.

Check with your caregiver to ensure the agencies that support you have a disaster plan such as providing services at another location.

Have a cell phone with back up battery. Make sure to preprogram it with essential phone numbers. There is no guarantee your landline or cell phone will work in a disastrous event.



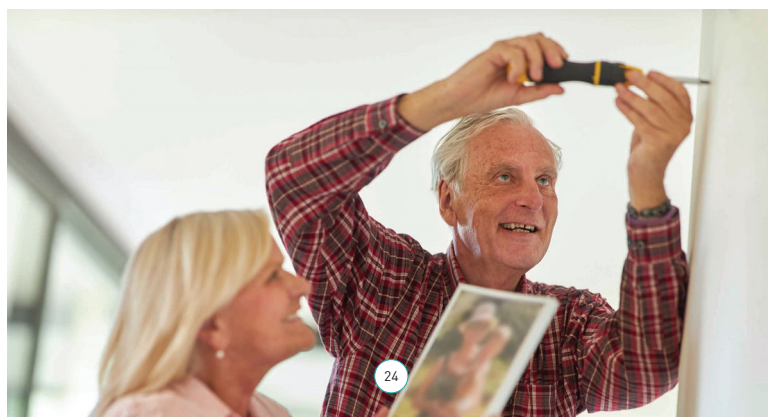
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HOME HAZARD ASSESSMENT

Before an earthquake, you can help prevent injuries and damage by making some changes inside your home. Severe shaking can topple large furniture and appliances, toss heavy items from walls and shelves, and throw open cupboards. Before making these enhancements, consult with a family member or handyman who can help with these minor fixes. To prevent these things from happening:

- ☐ Secure tall, free-standing furniture, such as bookcases, cabinets, and shelving to wall studs using "L" brackets, corner brackets, or anodized aluminum moulding.
- ☐ Move framed pictures and mirrors away from beds, couches, and chairs.
- ☐ Secure cabinet doors with push or pull latches.
- ☐ Use strong strapping and ratchets or other connectors to secure refrigerators, freezers, washers, and dryers.
- ☐ Anchor water heaters snugly to the wall with straps. If necessary, contract a licensed gas fitter to install a flexible gas line.
- ☐ Know how to turn off your electrical panel, water, and gas in case of leaks or if directed to do so by officials. If you suspect a gas leak, turn off the gas valve and leave your home immediately. Once the gas is shut off at the meter, do not try to turn it back on. Only a registered contractor can do that safely.

For more information, visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/earthquakes-tsunamis/earthquakes>



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EMERGENCY KIT WORKSHEET

Date completed: _____

MEDICATIONS					
Medication	Quantity (per day)			Total	Packed
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		
		X 7	=		

OVER THE COUNTER MEDICATIONS					
Medication	Quantity (per day)			Total	Packed
		X 7	=		
		X 7	=		
		X 7	=		

PERSONAL CARE ITEMS				
	Item	Packed	Item	Packed
1	Hand soap/sanitizer		Hat/scarf	
2	Wet wipes/lip balm		Gloves	
3	Toothbrush & toothpaste		Pants/shorts	
4	Denture cream		Shirts	
5	Comb/brush		Sweater/coat	
6	Toilet paper/facial tissue		Underwear	
7	Band aid/ointment		Socks	
8	Corn and pressure pads		Glasses/sunglasses	

FOOD AND WATER					
	Item	Quantity (per day)		Total	Packed
	Water	4 litres	X 7	=	28 litres
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	
			X 7	=	

This is not the time to start a diet, purchase food that you are used to eating. Be aware of best before dates of product.

Suggestion: Aquafina makes durable water bottles, store in a large plastic, resealable bag.

Protein – Cans of tuna, salmon, chicken, and ham (peel top cans or can opener), buy in small quantities as refrigeration may be required. Jerky, walnuts, almonds, meal replacement drinks.

Fruit – Fruit leather and dried fruit

Dehydrated require water. Account for this in the water supply.

MISCELLANEOUS ITEMS						
	Item	Quantity (per day)	X ?		Total	Packed
	Batteries					
	Bungee cords			=		
	Can opener			=		
	Coins/cash			=		
	Glow stick (yellow/green)			=		
	Knife/fork/spoon			=		
	Pen/notepad			=		
	Plate/bowl/cup/mug			=		
	Radio/flashlight			=		
	Water purification tablet			=		
Pack in a container that has wheels (eg. a suitcase)						
IMPORTANT DOCUMENTS						
	Item	Packed				
	Bank account numbers					
	Birth certificate(s)					
	Credit card contacts/numbers					
	Doctor/veterinarian contact numbers					
	Driver license(s)					
	Health care numbers/medical records					
	Household inventory list					
	Immunization record(s)					
	Income tax return(s)					
	Insurance policies (with phone number for provider)					
	Lease/mortgage papers					
	Marriage certificate					
	Passports					
	Pet registration					
	Safety deposit box key					
	Social insurance number					
	Usb (with photo files)					
	Warranties					
	Wills/power of attorney					
Take photocopies of the originals and store in a resealable plastic bag						

HOUSEHOLD EMERGENCY PLAN

NAME AND HOME ADDRESS

FAMILY MEMBERS/SUPPORT NETWORK CONTACT INFORMATION

Full Name: _____ Phone: _____ Email: _____

Building Superintendent Contact Information

Name: _____ Phone: _____

LEGAL AND FINANCIAL INFORMATION

Names and Social Insurance Numbers for all Family Members

Name: _____ SIN: _____

Name: _____ SIN: _____

Name: _____ SIN: _____

Name: _____ SIN: _____

BANK ACCOUNTS

Bank

Account Type: _____ Account Number: _____

Account Type: _____ Account Number: _____

Account Type: _____ Account Number: _____

INSURANCE POLICIES

House Insurance: _____

Policy Type: _____

Other Insurance: _____

Policy Type: _____

VEHICLE REGISTRATION NUMBERS

Vehicle Make: _____

License Number: _____ Registration Number: _____

Vehicle Make: _____

License Number: _____ Registration Number: _____

FAMILY INFORMATION

Name: _____ Home: _____

Employment Address: _____ Cell: _____

Spouse: _____ Home: _____

Employment Address: _____ Cell: _____

MEDICAL CONTACTS

Doctor: _____ Phone: _____

Clinic Address: _____

Doctor: _____ Phone: _____

Clinic Address: _____

Veterinarian: _____ Phone: _____

Clinic Address: _____

MEDICAL INFORMATION

Name: _____

Allergies: _____

Eye Glass Prescription: _____

Special Needs/Limitations: _____

Name: _____

Allergies: _____

Eye Glass Prescription: _____

OTHER IMPORTANT NUMBERS

Ambulance: _____

Emergency Management BC: 1 800 663 3456

Fire Department: _____

Health Emergency Management BC: 1 800

Police Department: _____

Poison Control: _____

Canadian Red Cross: _____

Fortis Gas: _____

BC Hydro Emergencies: _____

Property Owner: _____

Lawyer: _____

Building Manager: _____

SERVICE ANIMAL/PET INFORMATION

Name: _____ Type/Breed: _____ Colour: _____ Registration/ID: _____

Contact Information for Veterinarian

Name: _____ Phone: _____

Address: _____

PLAN OF ACTION

The escape routes in our home are:

The meeting place for our family in a disaster is:

The meeting place for our neighbourhood in a disaster is:

The meeting place outside our neighbourhood in a disaster is:

The room we can use to "Shelter in Place" is:

THE NEIGHBOURS**HOUSE NUMBER:**

Name: _____ Name: _____

Phone: _____ Phone: _____

Email: _____ Email: _____

Skills: _____ Skills: _____

Resources: _____ Resources: _____

Notes _____ Notes _____

HOUSE NUMBER:

Name: _____ Name: _____

Phone: _____ Phone: _____

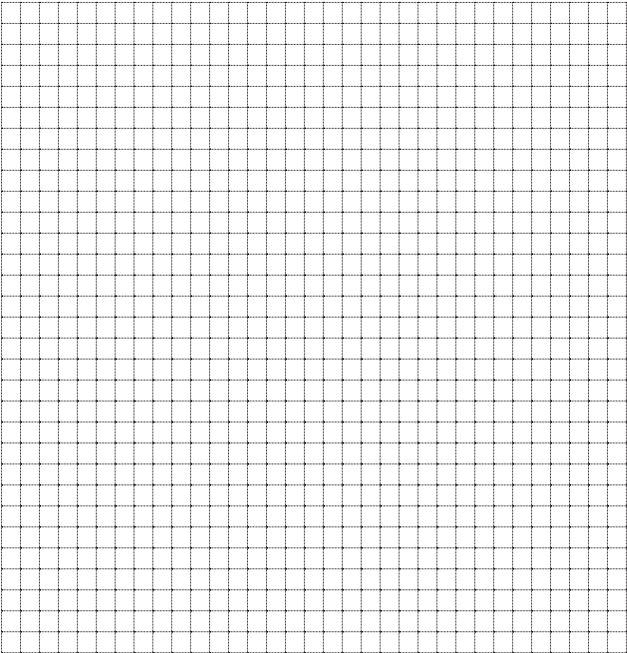
Email: _____ Email: _____

Skills: _____ Skills: _____

Resources: _____ Resources: _____

Notes _____ Notes _____

MAP YOUR HOUSE/APARTMENT (INCLUDING ESCAPE ROUTES)



LEGEND (some suggested icons):

 Exit Routes

 Fire Extinguisher

 Stairs (arrow indicates quickest direction to safety)

 First Aid Kit

 Fire Alarm

 Emergency Kit

EMERGENCY CONTACT INFORMATION CARDS

You, your family, and support network should carry this card at all times

EMERGENCY CONTACT INFORMATION CARD <ul style="list-style-type: none">After a major disaster, local phone lines may be limited or needed by emergency personnel.Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.Keep the call short and if possible, arrange to call back at a specified time for another check-in.	EMERGENCY CONTACT INFORMATION CARD <ul style="list-style-type: none">After a major disaster, local phone lines may be limited or needed by emergency personnel.Listen to the radio for phone use instructions and call your contact person tell them how you are, where you are, where you are going.Keep the call short and if possible, arrange to call back at a specified time for another check-in.
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EMERGENCY CONTACT INFORMATION CARDS

You, your family, and support network should carry this card at all times

Out of Province Contact		Out of Province Contact	
Name:		Name:	
Phone:		Phone:	
Email:		Email:	
City/Prov:		City/Prov:	
Places to meet family/support network		Places to meet family/support network	
Daytime:		Daytime:	
Nighttime:		Nighttime:	
Out of Province Contact		Out of Province Contact	
Name:		Name:	
Phone:		Phone:	
Email:		Email:	
City/Prov:		City/Prov:	
Places to meet family/support network		Places to meet family/support network	
Daytime:		Daytime:	
Nighttime:		Nighttime:	
Out of Province Contact		Out of Province Contact	
Name:		Name:	
Phone:		Phone:	
Email:		Email:	
City/Prov:		City/Prov:	
Places to meet family/support network		Places to meet family/support network	
Daytime:		Daytime:	
Nighttime:		Nighttime:	

In case of disaster, display sign this side out in front window of house or vehicle if you DO require assistance



For use in disaster such as earthquake, fire, flood or storm

In case of disaster, display sign this side out in front window of house or vehicle if you DO NOT require assistance



For use in disaster such as earthquake, fire, flood or storm



Additional Resources

To learn more about emergency preparedness, visit [GetPrepared.ca](https://www.getprepared.ca)

bc211

Visit bc211.ca to search the 211 Online Directory of resources.
Dial or text 2-1-1

Canadian Red Cross

www.redcross.ca/prepare
613-740-1900 or check for your local branch phone number.

Emergency Management and Climate Readiness (EMCR)

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>
Telephone: (250) 952-4913 /
Emergency: 1-800-663-3456

Environment Canada Weather Office

www.weatheroffice.gc.ca
1-900-565-4455; a \$2.99 per-minute charge applies. Check the blue pages in your local phonebook under Weather for weather reports and forecasting available by phone.

First Nations Emergency Services Society of British Columbia

www.fness.bc.ca or call (604) 669-7305.



This guidebook was originally developed by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network and revised in 2023 in partnership with:



Seniors Network Report to Pitt Meadows Committee Support & Accessibility Committee - May 22, 2024

Seniors Food Security and Housing

Food security and a lack of affordable housing remain the top two issues facing local seniors. The Nutritional Coupon Program at the Haney Farmers Market was full less than an hour after opening registrations. There were many disappointed seniors and families who were not able to access the program which offers \$27 in coupons a week for 16 weeks for low-income individuals to purchase produce, meat and more at the market. In partnership with the Family Education and Support Centre who oversees the Coupon program locally, the Seniors Network is preparing to launch a Go Fund Me initiative to raise funds for Family Ed. to purchase more coupons specifically for seniors. Please watch your inboxes for that information.

The Seniors Housing Task Group has written a summary of the Seniors Affordable Housing Partnership Forum in March and will be writing to all levels of government to highlight the asks which came out of the Forum. The Seniors Network received a Collaboration Grant from the United Way BC to support this work. Christian Cowley from the CEED Centre has taken over Coordination of the Task Group in the interim while the SN Boards seeks a replacement for Heather Treleven.

Seniors Emergency Preparedness Guide & Extreme Weather Preparedness – BC

This month the United Way of British Columbia published two Emergency Preparedness Guides, one for seniors and a second one for general audiences highlighting Extreme Weather preparedness. The guides were originally created by the Seniors Network under the direction of Barbara Morgan. With a grant from the United Way, the Seniors Network's Emergency Preparedness Task Group completed the work to expand the reach of the documents across the province. The United Way BC will be printing copies and we can email digital copies to anyone who would like one.

BC Seniors Week

Seniors Week is **June 2-8** this year. Local organizations and businesses have planned many fun events to celebrate the contributions of older adults to our families and communities. The Seniors Network has purchased a full-page ad in the Maple Ridge Pitt Meadows News on May 29 to promote the events. Most years the City of Pitt Meadows offers a "free day" at the Family Recreation Centre. We have not had a reply from PM staff so are assuming it will not be taking place this year?

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. Locally, the **Maple Ridge, Pitt Meadows and Katzie Community Response Network (CRN)** brings community stakeholders together to offer education and raise awareness to help prevent adult abuse, neglect and self-neglect. On June 15 our local CRN will be marking the day with a purple party distributing complimentary purple iris flower bulbs (the official symbol of WEAAD) and blueberry (purple) churros at the CEED Centre's Family Block Party.

Thank you to the City of Pitt Meadows for supporting the CRN by agreeing to display World Elder Abuse Day recognition on its digital billboards in the city. They are very effective in getting the word out.