



## Oceanside Seniors Action Group Who We Are?

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We are a collaboration of service providers and community members from District 69 who were brought together by the Society of Organized Services (SOS) in response to challenges raised at the United Way of the Lower Mainland Seniors Summit in 2017. The objectives of this summit were to:

- Raise the profile of the Community Based Seniors Services (CBSS) and,
- Increase the capacity to deliver health promotion and prevention programming supporting seniors' independence, resilience and social connectedness.

Research presented confirmed that the great majority of seniors wish to remain in their own home and "age in place". The most important programming consideration for all seniors was social connectedness.

In 2018, the SOS hosted a round table of seniors' service providers, local government representatives and other interested parties. The Oceanside Seniors Action Group was formed as a result of this meeting with the assistance of the Oceanside Health and Wellness Network.

### **Our Mission**

We are a group of community stakeholders who have access to resources and information that will empower the community contained within District 69 and provide access to the needed supports for our older adults to age in place.

### **Our Vision**

We will facilitate "self-care" and "caring for each other" in our communities. We will foster links within the community so as to seek out and assist older adults at risk of seclusion and social isolation. Through networking and communication opportunities, we will determine the detriments of our aging community and provide information that will help mitigate the effects of these barriers to good health.

### **Our Values**

Treat each other with respect, dignity, and as full members of our community.

To Contact us: Call 250-739-1755 or email the Oceanside Seniors Action Group at [info.ohwn@gmail.com](mailto:info.ohwn@gmail.com) or visit our web page: <https://www.rdn.bc.ca/oceanside-health-and-wellness-network>