



**Archway  
Registered in 1969**



## OUR VISION

Justice, opportunities and equitable access for all.

## OUR MISSION

Archway Community Services fosters community well-being and social justice through positive action and leadership.

## OUR VALUES

**Inclusivity** - We welcome everyone, showing consideration and respect for all experiences and ideas.

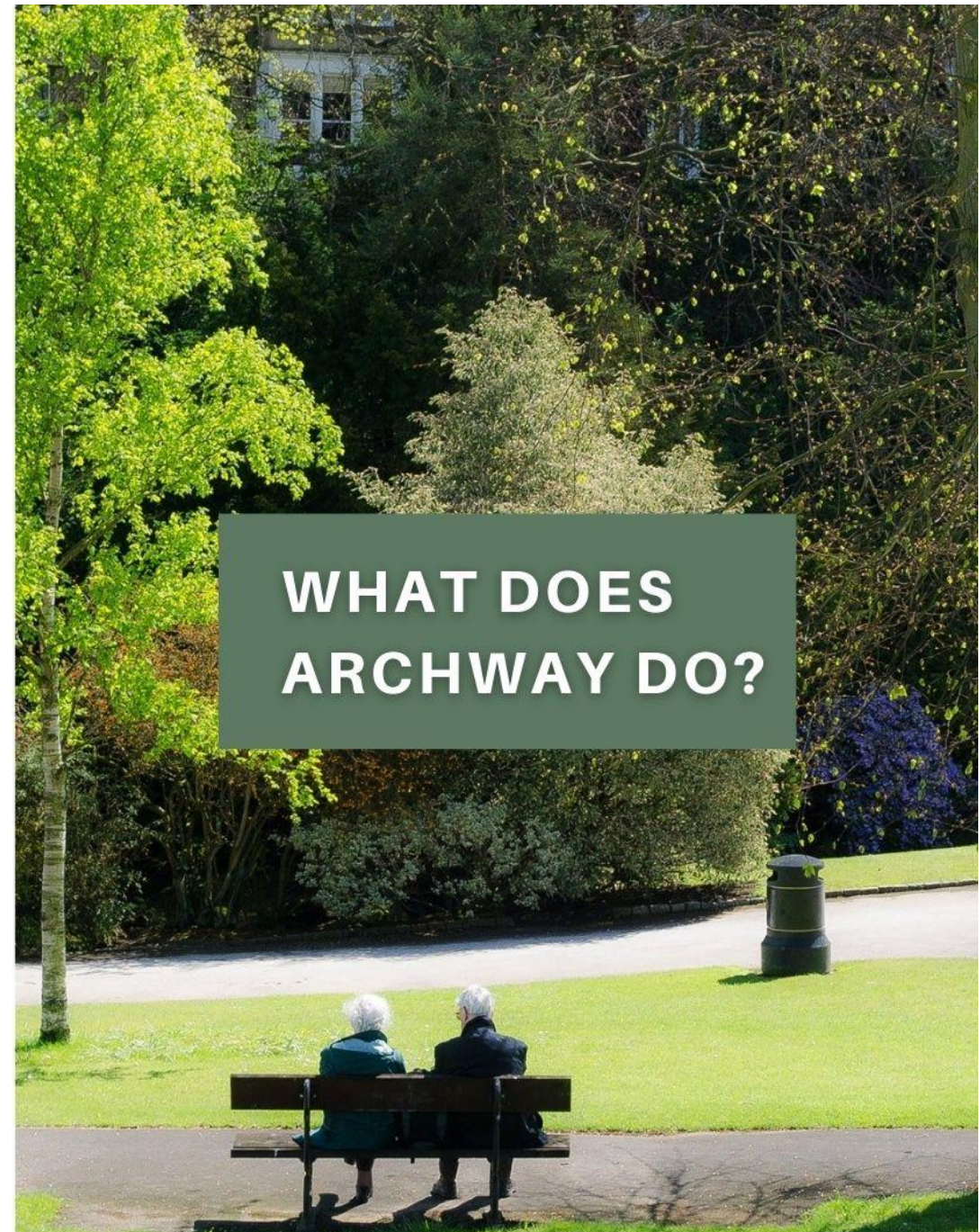
**Compassion** - We empower others, and defend and advocate for human dignity.

**Excellence** - We never stop learning and improving. We pursue our vision with determination, ethics, and heart.

Archway offers 90+ programs that assist a wide range of community members including:

- Newborn babies, to seniors – we help people of all ages.
- People escaping violence, to people struggling with addictions – we help people in crisis.
- Newcomers in Canada, to people with diverse disabilities – we help people feel like they belong.

With more than 400 staff members and 1,000 volunteers, Archway provide services at 24 locations in Abbotsford, Chilliwack, Mission, Langley and Chandigarh, India.



# SENIOR SERVICES PROGRAMS

## SENIOR REFERRAL & RESOURCE SERVICES

Connecting and referring older adults to community supports, programs, services, and resources.

## COMMUNITY VAN

Supports those of all ages who are without transportation.

## SENIOR INCOME TAX & BENEFIT APPLICATION

Assistance with income tax preparation for low-income Abbotsford residents (Seasonal).

## BETTER AT HOME

Light housekeeping, light yard maintenance, and grocery shopping.

## SOCIAL PRESCRIBING PROGRAM

Non-clinical and community-based holistic care, physical and social activity, nutrition / food programs.

## MEALS ON WHEELS

Nutritious fresh, frozen, and affordable meals delivered four days a week.

## Lunch with the Bunch

Weekly social gathering connecting seniors to their community

# Better at Home

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**United Way**  
British Columbia

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



# Assisting Seniors in Living Independently

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- A variety of services are available depending on seniors' specific needs. Examples include:
- Light housekeeping
- Light yard maintenance
- Transportation provided for non-medical errands
- Grocery shopping
- Information & referral service
- Friendly visiting/peer support for seniors



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- *“The housekeeper came to clean my house yesterday and I couldn’t help but cry. You don’t know how much this means to me. Now I don’t have to bend over in pain to try to keep my place clean.”*



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123 Montrose Ave  
**Archway**  
Community Services

RESERVED  PARKING  
24 Hours / Day 7 Days a Week

# Community Van

- Clients range from youth to older adults
- Provides 5 or more rides per day on average
- 50% of rides are assisting older adults to medical appointments
  - Supports vulnerable individuals fleeing unhealthy or unsafe situations by providing them transportation to transitional houses or other shelters
- More than 500 rides to emergency shelters when temperatures dropped below freezing
- In addition to providing much-needed transportation, regular participants have built strong relationships with their drivers, and often request the same driver for future rides



## Meals on Wheels



Volunteers helped deliver meals through our Meals on Wheels program



**fraserhealth**

## Meals on Wheels

- Provides both fresh and frozen healthy meal options to individuals who are unable to shop or prepare meals for themselves, which enables them to stay in their homes longer.
- Anyone in Abbotsford who has difficulty shopping for groceries or preparing meals for themselves.
- Provides 7,000 meals a year



Community Builder Award Recipient Louise Burns

# Lunch with the Bunch

- Fridays from 11 am-1:00 pm
- Guest speakers
- Up to \$5 donation fee for lunch
- Games and activities
- Social connection
- June 9th Free Lunch



# Valentines Day Cards for Seniors



# Other Senior Supports at Archway

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## STRIDE

### People We Help

- Unemployed or under-employed adults over 55 living in the Fraser Valley (Abbotsford, Langley, Chilliwack, and Mission)

### To Access STRIDE

[stride@archway.ca](mailto:stride@archway.ca)  
[604.557.3690](tel:604.557.3690)





## South Asian Day Program for Older Adults

## South Asian Day Program for Older Adults

- living at home
- experiencing life changes
- wanting to be as healthy and as independent as possible

Participants are offered refreshments such as snacks, tea, and coffee and the Khalsa Diwan Society serves lunch.

### **Contact Info**

[236-380-0556](tel:236-380-0556)

(Punjabi and English)

# Form filling and Service Navigation

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- Old Age Supplement/Guaranteed Income Supplement
- Canada Pension Plan
- SAFER
- One Time Rental Top Up



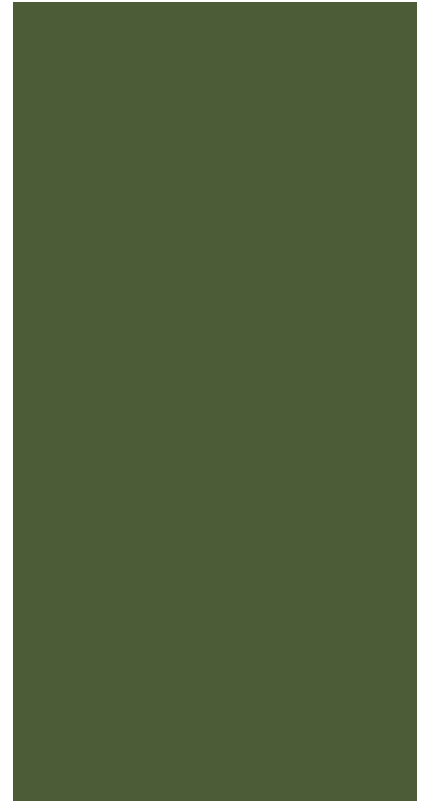




✕ **WHEN THE DOCTOR GIVES YOU YOUR  
PRESCRIPTION AND YOU TRY TO READ IT**



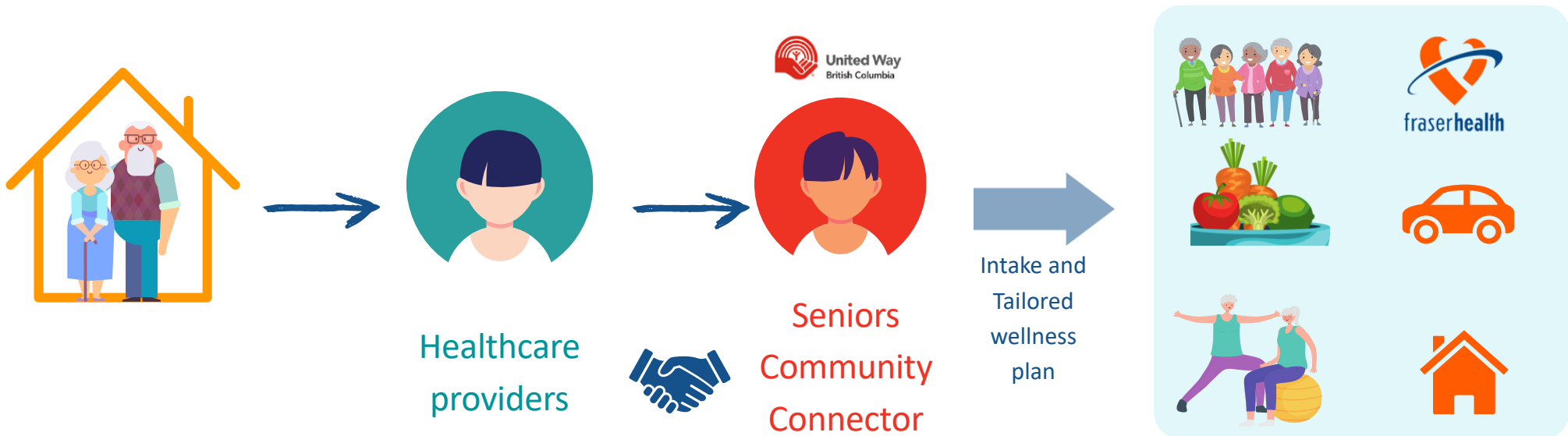
*All right, then. Keep your secrets.*



imgflip.com

# What is Social Prescribing ?

A strength-based referral program that connects older adults to a range of local, non-clinical community services



# Who Qualifies?

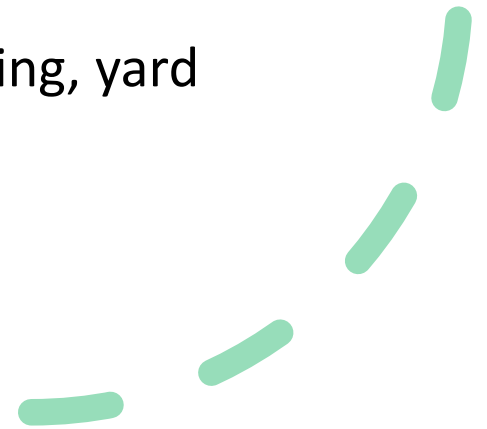
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Older adults ages 65+ in the Abbotsford area who have a willingness and ability to engage in a wellness plan (or have a support person to assist) and may be experiencing:

- Socially isolation
- Mental health challenges
- Major life events such as the loss of a spouse
- Physical frailty and/or inactivity
- Poor nutrition and/or food security concerns
- Frequent use of primary health care or the ER
- Poor health outcomes associated with social determinants of health, such as low income

# What types of non-clinical supports does the community connector refer older adults to?

- Physical activity & exercise programs (walking groups, fitness classes)
- Skills training
- Meal delivery & food security programs (Lunch With the Bunch, Meals on Wheels, the Food Bank)
- Social activities & programs (coffee clubs, community centres, friendly visiting)
- Counselling
- Transportation programs (HandyDART, Community Van Program)
- Better at Home services (light housekeeping, yard maintenance, grocery shopping, etc.)
- Family & caregiver support groups





# Extreme Heat Preparedness for Seniors



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Interior, Lower Mainland, Central  
& Northern Vancouver Island

# Seniors & Extreme Heat

- 619 lives were lost in BC, 23 in Abbotsford
- Over 90% of those were people aged 60 and older
- Social and material deprivation increases the risk
  - Fixed income
  - Health issues
  - Social isolation



Sources:

The Extreme Heat and Human Mortality: a review of heat-related deaths in B.C. in summer 2021 (2022)

# Extreme Heat Preparedness for Seniors

## GOALS

### Education

heat safety workshops

1-page heat safety ad

### Transportation

free transportation services during Senior's Week

community van for evacuation

### Social Safety Net

senior&volunteer buddy system

opt-in alert system for volunteers

# Program contact information

Extreme Heat Preparedness Coordinator

Sanna Meherally

[Sanna.Meherally@archway.ca](mailto:Sanna.Meherally@archway.ca)

[ehp@archway.ca](mailto:ehp@archway.ca)

236-380-5619



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# Contact Information

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**Meals on Wheels and Lunch with the Bunch:** [Allee.Thammavong@archway.ca](mailto:Allee.Thammavong@archway.ca) ; 604.870.37647

**Social Prescribing Program :** [Trina.Enns@archway.ca](mailto:Trina.Enns@archway.ca) ; 604-743-03935

**Better at Home:** [Karen.Kenney@archway.ca](mailto:Karen.Kenney@archway.ca) ; 604.859.7681 Ext: 772

**Community Van:** [Alida.Swanson@archway.ca](mailto:Alida.Swanson@archway.ca) ; 604.743.0354

**Form Filling and Service Navigation:** [Natalia.Deros@archway.ca](mailto:Natalia.Deros@archway.ca) ; 604.870.3763

# Contact Information

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**Stride:** [stride@archway.ca](mailto:stride@archway.ca) ; 604-557-3690

**South Asian Day Program:** [236-380-0556](tel:236-380-0556) (Punjabi and English)

**Extreme Heat Preparedness for Seniors:** [Sanna.Meherally@archway.ca](mailto:Sanna.Meherally@archway.ca), [ehp@archway.ca](mailto:ehp@archway.ca)  
236-380-5619

**Income Tax:** 604-859-7681 ext 5000