

# Age Friendly Newsletter



November 2022



agefriendly  
Thunder Bay

## Congratulations Deborah Escott, recipient of the 2nd Annual Rebecca Johnson Age Friendly Senior Award 2022



Deborah, resident of Thunder Bay for the past 36 years, mother of 3 children, grandmother of 6 and past staff Fundraising Director for 20 years at the United Way of Thunder Bay, is dedicated to giving back to the community – a calling that has become a major part of Deborah's life. Not only was Deborah a Red Cross volunteer driver for 6 years with the Senior Transportation program, she also served as the Treasurer for the Thunder Bay Community Foundation.

In Deborah's 17 years of volunteer involvement with Hospice Northwest, she has been an integral part of the organization's progressive and exponential growth. She is quick to welcome new staff and is often seen as a frequent friendly face at the Hospice office. Thank you Deborah - for the compassion and commitment demonstrated in your outstanding efforts at Hospice Northwest during the last 17 years. We at Age Friendly Thunder Bay commend you for the volunteer hours you have given of your time, your leadership and the positive impact you have made on many lives, including members of our aging population. Thank you Deborah - for the compassion and commitment demonstrated in your outstanding efforts at Hospice Northwest during the last 17 years.



# Community Clothing Assistance

Community Clothing Assistance (CCA) would like to invite organizations to consider partnering with the charity to help provide free clothing to people in crisis through the charity's online program.

CCA in the coming weeks will be implementing various changes to the Referral Program that will affect how partners refer clients. These changes will include:

- Overhaul of the CCA Referral Program Website and new Interface
- Introducing of brand new CCA Referral Program Mobile Application
- Policy changes to the Referral Program, Q and A help

## Outdoor Walking Safety Tips

1. Watch out for uneven surfaces and obstacles in your path.
2. Try to stay on paved or concrete sidewalks rather than grassy or snowy and icy surfaces.
3. Stay alert and be aware of your environment.
4. Use cross-walks. Never assume a driver sees you. Try to make eye contact with drivers and wait for the signal before crossing the street.
5. Slow down. Running or rushing increases the likelihood of a fall.
6. If you must walk at night, try to stay in a well-lighted area.

Patient: "Doctor, you have to help me, I think I can see in the future."

Doctor: "When did it start?"

Patient: "Next Friday."

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I told my physical therapist I broke my arm in two places.

He told me to stop going to those places.

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What do lawyers wear to court?  
Lawsuits.

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What do you call someone with no body and no nose?  
Nobody knows.

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NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest



# Thunder Bay's **CONNECTED COMMUNITIES**

Powered by Cyber-Seniors

## **Services Available**

- Direct access to free telephone tech-support (5 days/week 9 am to 6pm) in English, Spanish and French.
- Sign up for daily technology webinars.
- Book ahead one-on-one tech-support over the phone or over any digital platform.
- Access to 1200+ tech-training resources and self-lead tutorials.
- Register for our bi-monthly webinars on local services

**If you are an older adult and want help with technology call us at 807-699-6020**

Check the website for  
upcoming webinars  
and register today!

[www.cyberseniors.org/age-friendly-thunder-bay](http://www.cyberseniors.org/age-friendly-thunder-bay)

Therabands are available from Age Friendly Thunder Bay for individuals or organizations. Please contact Bonnie Kryswaty at [agefriendlythunderbay@outlook.com](mailto:agefriendlythunderbay@outlook.com) or by calling 807-633-7723 if you would like a Theraband along with an infographic that showcases exercises that can be done with the Theraband.

## Snow Angels

The Snow Angels Program will be managed by Thunder Bay 55+ Centre for the 2022-2023 winter season. Clients can call 211 to register and volunteers can contact Tessa Hettrick at [Tessa.Hettrick@thunderbay.ca](mailto:Tessa.Hettrick@thunderbay.ca) or by calling 684-3277.



**When you don't know where to turn.™**

211 provides free, confidential, multilingual access to information & referrals to the full range of community, social, health and government services. 211's Certified Community Resource Specialists assess each person's needs and connect them to the best available resources. Click [here](#) to watch a video to find out more about how 211 helps individuals and families.



To contact Age Friendly Thunder Bay:

Visit us on the web at:

[www.agefriendlythunderbay.ca](http://www.agefriendlythunderbay.ca)

email:

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