



Fruitvale & Area A News

October 2020

Keeping the Community Informed

LOCAL GOVERNMENT CONTACT INFORMATION



VILLAGE OF FRUITVALE

1947 Beaver Street
Fruitvale, BC V0G 1L0
Ph: 250-367-7551
Fax: 250-367-9267

Public Works &
After Hours Emergencies:
250-367-6162

General Email

info@village.fruitvale.bc.ca

Web

www.village.fruitvale.bc.ca

Facebook

Village of Fruitvale



REGIONAL DISTRICT OF KOOTENAY BOUNDARY

202 - 843 Rossland Ave
Trail, BC V1R 4S8
Ph: 250-368-9148

General Email

RDKB email addresses are
most often [first initial, last
name@rdkb.com](mailto:first initial, last name@rdkb.com)

(For example Joe Smith would
be jsmith@rdkb.com)

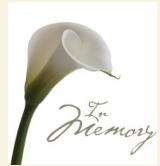
Web

www.rdkb.com

Area 'A' Director Ali Grieve
aligrieve@telus.net

Mayor's Message

I hope this October finds everyone well and able to meet any challenges with strength and grace.



I would like to recognize the passing in September of our 1988 Beaver Valley Citizen of the Year Dr. John Mackay. John was a strong community builder in Fruitvale for many years having spearheaded the building of our wastewater treatment plant. In fact, all the old timers called the lagoon "Mackay Lake" because of his involvement. He was a long active Fruitvale Rotary Club member and a leader on many Valley projects including building and maintaining the old Beaver Valley Ski Hill. More important than any of his accomplishments, he was a kind, gentle, and humble man who helped a lot of people in the Valley. Thank you Doc Mackay - may you rest in peace.

A big thank you to Councillor Fitzpatrick for organizing two successful COVID-friendly markets downtown, we had nearly 20 vendors at each event.

A huge thank you as well to staff who went to a lot of work to prepare our open house for the draft Middle School Development Masterplan and the offshoot of that, the Haines Park Masterplan. The open house was well received with 50 plus attendees over two sessions. The plans are posted on our Village website and the posterboards are still posted at Haines Park and downtown at the Pole Yard sidewalk. There were a few comments that we should be focusing on the School site and not adding a Haines Park plan to it. I would like to clarify that the Middle School site is absolutely Council's #1 priority, the Haines Park masterplan is just an offshoot of that plan. Because of the proximity of the park to the Middle School site, we wanted to have a plan for how it would tie into and enhance the housing development to help ensure it is a beautiful, welcoming neighbourhood. With a plan for the park we can access grant monies as they become available to address the proposed upgrades to make the park more than just a ballpark used for two months/year.

CAO Tuttle and I attended the virtual Union of BC Municipalities Convention the week of September 22-25. It was a different experience in that the personal connection/networking with other delegates and presenters was lost but there were a lot of positives to doing a virtual conference. First and foremost, the UBCM was affordable for small municipalities to attend as there was no travel/food/accommodation costs, and we could attend from the comfort of home. I am hopeful that when things open up there will be the opportunity to attend virtually.

This Fall is going to continue to be different as a lot of our regular activities such as hockey games, seniors' events, Christmas events, etc., are curtailed or changed due to ongoing COVID concerns. Please continue to be kind and mindful of the struggles of others during these challenging times and stay safe.

Mayor Steve Morissette

COVID-19 HAS NOT DISAPPEARED!

**Please continue to practise safe distancing, wash and sanitize hands,
wear a face covering and stay home when you're sick or feeling unwell.**

BE KIND, BE CALM, BE SAFE



**FRIDAY October 23
and
MONDAY October 26**

**DO NOT USE VILLAGE OF
FRUITVALE GARBAGE BAGS FOR
FALL CLEAN-UP.**

**Only organic material will be
picked up and it must be placed
in transparent bags.**

**Tree clippings must be tied in
bundles no longer than 4 feet in
length and piled in one location at
the curb by 7:30 am.**

**If you choose to dispose of your
compostable yard and garden
material yourself, the McKelvey
Creek Landfill Site accepts this
material at a cost. Be prepared to
empty your bags at the disposal
area.**

TRASH TREASURE

SATURDAY October 24

How to Participate

1. Collect unwanted household items.
2. Place your treasures by the curb where treasure hunters can access them without disrupting traffic
3. Create a sign to let treasure hunters know that your items are up for grabs
4. Remove all your remaining items by 4:00 pm.

This 1-day event is your chance to help reduce waste by giving away your good used household items and claiming treasures from your neighbours!

Participants are reminded to practice safe social distancing protocols while treasure hunting (wash and disinfect items, sanitize hands and keep 2 meters distance).

**Stay safe and be kind
while having fun treasure hunting.**

Village of Fruitvale Garbage and Recycling Calendar

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

LEGEND

- South Side Garbage
- North Side Garbage
- South Side Recycling
- North Side Recycling
- Fall Clean-up

**Please keep household
garbage and recycling in
a secure location until
the morning of garbage
day and recycling day.**

GARBAGE COLLECTION FREQUENCY CHANGE

Village of Fruitvale residents are reminded that October marks the change in the garbage collection frequency. October 20 and 21 will be the last weekly garbage collection. November 3 and 4 is the start of garbage being collected every other week, coinciding with recycling week.

Please refer to the calendar above for collection dates.

BOULEVARD PARKING DURING SNOW REMOVAL

Residents are reminded that during the winter months the boulevard is where snow is to be when plowing and pushing back snow. This means that residents are required to find off-street parking during the winter months.

Anyone parked on the boulevard is subject to their vehicle being plowed in during snow removal. Snow removed to create a boulevard parking space must be stored on the boulevard and not placed back on the street. Also, anyone found creating a snow berm at the curb to make a "parking space" on the boulevard will be asked to remove it.

A number of safety and liability issues arise whenever a road is effectively blocked, as is the case when residents pile snow in travel lanes. Residents and emergency vehicles can be impeded, forcing the Village to remove the snow. Please be advised that the cost of an additional call-out to clear a blocked street shall be billed to the appropriate address.

The Village cannot condone the transport or ploughing of snow by non-contracted private parties from properties along the Village streets due to liability issues. The Village therefore kindly requests the full cooperation and collaboration of all its residents during snowfall. If there is a compelling set of circumstances that do not allow on-site snow storage in line with Village policy, Fruitvale officials will address that problem.

WINTER PREPARATIONS

In preparation for the upcoming snow removal season, the Public Works Department asks residents to remove recreational vehicles, basketball hoops, construction material, solar lights, flower planters, and such from boulevards. The Bylaw Enforcement Officer will be patrolling boulevards and handing out notices to residents with items on the boulevard. Public Works Crew will also be carrying out tree trimming in preparation for snow plowing. The crew takes great care while trimming, but please be aware that safety and sight lines are paramount.

Residents with fences bordering Village streets are reminded to ensure their fences are strong enough to withstand loads from snow plowed and pushed back to widen streets. Public Works takes extreme care when pushing back snow, but damage is possible. The Village of Fruitvale is not responsible for damage to fences or other objects that may occur during the course of performing regular duties.

VILLAGE OF FRUITVALE OUTSTANDING UTILITIES

Home owners are reminded that the deadline to pay the 2020 water, sewer and garbage utilities is **October 31, 2020.**

All outstanding utilities will have a 10% penalty applied on November 1, 2020.

Make your mark on Fruitvale!

"NAME THAT PARK"

Currently the ball parks in the Village are named after pioneers of the Village of Fruitvale: Upper Lewis Park, Lower Lewis Park, McInnis Little League Park and Haines Park. As part of the Haines Park Masterplan, Council would like each field to have its own name and the park complex as a whole (everything inside the fenced area) have its own name. **Rest assured, Haines, McInnis and the Upper Lewis Parks will keep their names.**

Here's your chance to have a say in what the new names will be!

Council is having a "Name that Park" contest to find names for the park complex as a whole and lower Lewis Park.

Entering the contest is easy!

Simply submit your suggested names, along with your name and contact information to info@village.fruitvale.bc.ca between **October 1-31, 2020**.

Council will choose the top five names for the park complex and Lower Lewis Park, at their November 16, 2020 Committee of the Whole meeting. The chosen names will then be posted online and in the December newsletter for all residents to vote on!

Voting will be open to all residents of Fruitvale from **December 1-18, 2020**. Winners will be notified and the new names announced to the public in January, 2021.



BEAVER VALLEY DYNAMIC AGING SOCIETY

BVDAS is looking for volunteers to join their committee. Needed are a treasurer and folks willing to help with events. The purpose of the committee is to provide opportunities and funds to keep citizens of the Beaver Valley active and engaged.

Past activities and donations include BV Age Friendly Programming, BV Youth, Blooming Society, Fruitvale PAC, Robbie Burns night, BV Christmas hampers, BV Middler events, Little Oasis Equine Society, BE in BV and Sips & Sparkle Ladies nights.

NEXT AGM: Zoom meeting Thursday Nov 5, 7:00 pm. For more information or to join, contact Ingrid Hope, 250-512-9185, ingrid@hallprinting.ca

Residents on the Beaver Valley Water Service are reminded that Level 2 Water Restrictions remain in effect until further notice.

BEAVER VALLEY YOUTH ACTION NETWORK (BVYAN)

Due to COVID-19 restrictions, the BVYAN will continue to offer virtual workshops. For more information on the BV Youth Action Network or to join the virtual workshops, please contact Tammy at beavervalleyyan@gmail.com

Fruitvale Families—we need your input

Please take a few minutes to complete the quick survey at www.surveymonkey.ca/r/fruitvalechildcare to help us identify childcare needs in Fruitvale.

Talk To Us About Child Care in Fruitvale & Area

TAKE THE SURVEY

We Want To Hear From Families!

www.surveymonkey.ca/r/fruitvalechildcare

Take our survey before October 6th for a chance to win a \$50 VISA gift card!

THANKSGIVING OFFICE CLOSURE

The Village of Fruitvale Office and Public Works Department and the RDKB Office will be closed on Monday, October 12 in observance of the Thanksgiving Day statutory holiday.

For Village and/or Beaver Valley Water System emergencies please call 250-367-6162.

On behalf of us all at the Village of Fruitvale and Regional District of Kootenay Boundary, we wish you a safe long weekend!

UPCOMING VILLAGE OF FRUITVALE COUNCIL MEETINGS

Regular Council

Monday October 5

6:00 pm

Zoom Videoconference

Committee of the Whole

October 19

4:00 pm

Zoom Videoconference

Join Zoom Meeting:

<https://us02web.zoom.us/j/3353726693>

Meeting ID: 335 372 6693

UPCOMING REGIONAL DISTRICT OF KOOTENAY BOUNDARY MEETINGS

Utilities Committee

Wednesday, October 14

11:00 am

Zoom Videoconference

Board of Directors

Wednesday, October 14

1:00 pm

Zoom Videoconference

Electoral Area Services

Thursday, October 15

11:00 am

Zoom Videoconference

BV Recreation Committee

Tuesday, October 20

9:00 am

Zoom Videoconference

East End Services Committee

Tuesday, October 20

10:30 am

Zoom Videoconference

Board of Directors

Thursday, October 29

1:00 pm



VILLAGE OF FRUITVALE COMMUNICATION & ENGAGEMENT SURVEY

The Village of Fruitvale Council has identified open communication and information as a key element in their strategic plan and, accordingly, the Village is now seeking to understand how we can improve our communication with our citizens.

We have created a survey to understand how people are currently getting information and how we can tailor our communications to get residents the information they want, when they want it, and how they want it.

To complete the Communication and Engagement survey, simply fill out the hard copy survey and return it to the Village Office **no later than Friday, October 23** by dropping it in the office drop box or mailing it to Box 370, Fruitvale BC V0G 1L0. You can also complete the survey online by using the URL: <https://www.surveymonkey.com/r/L389GL6>

All individuals who complete the survey are eligible to **win one of two \$25 gift cards** to a Village business. If you would like to be entered into the draw, please provide your name and contact information at the end of the survey.

1) Please select your age group:

- ☐ 18 – 34
- ☐ 35 – 44
- ☐ 45 – 64
- ☐ 65 +

2) Please rate your level of satisfaction with the following statement with 1 being Agree and 5 being Disagree:
“Generally, I feel informed about the overall activities of the Village of Fruitvale.”

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) Please select the kind of information you are interested in receiving from the Village. Select all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Village projects | <input type="checkbox"/> Snow removal |
| <input type="checkbox"/> Village events and initiatives | <input type="checkbox"/> Council or public meetings and decisions |
| <input type="checkbox"/> Emergency Alerts | <input type="checkbox"/> Utility bills and property taxes |
| <input type="checkbox"/> Garbage and recycling collection | <input type="checkbox"/> Village budgeting and expenses |
| <input type="checkbox"/> Road work and construction | <input type="checkbox"/> Employment opportunities |
| <input type="checkbox"/> Other (please specify) _____ | |

4) Please select the communication channel(s) that you currently use to gather information about the Village.
Select all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Village kiosk |
| <input type="checkbox"/> Village of Fruitvale website | <input type="checkbox"/> Village staff |
| <input type="checkbox"/> Monthly newsletter | |
| <input type="checkbox"/> Other (please specify) _____ | |

5) Please rate your level of satisfaction with the Village’s current communication methods with 1 being Satisfied and 5 being Dissatisfied.

	1	2	3	4	5
Facebook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Village of Fruitvale website	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monthly newsletter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiosk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Village staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6) Please select the ways you would best like to receive information about the Village of Fruitvale.

☐ Social media

☐ Village of Fruitvale website

☐ Local print media

☐ Text notifications

☐ Mailed newsletter

☐ Radio advertising

☐ Email newsletter

☐ Other (please specify) _____

7) Please rate the following statements regarding the Village's website with 1 being Agree and 5 being Disagree.

	1	2	3	4	5
I find the Village's website easy to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can find what I am looking for on the Village's website.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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8) The Village is looking for ways to increase public participation and engagement and inform residents about the Village's decision making. Please rate your level of interest in various participation and engagement methods with 1 being Interested and 5 being Disinterested.

	1	2	3	4	5
Online surveys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Village's Facebook page	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public open houses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feedback forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community workshops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mail-in surveys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online discussion forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small focus groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9) Please provide any additional comments of recommendations you have regarding the Village's methods of communication.

10) If you would like to be entered into the draw to win one of two \$25 gift cards to a Village business, please provide your name and either a phone number or email address. Please note that your responses will not be tied to your contact information.

Return completed survey by Friday October 23, 2020

to the Village of Fruitvale
in the drop box at
1947 Beaver Street, Fruitvale, BC
or by mail to
Box 370, Fruitvale, BC V0G 1L0

ONGOING OPPORTUNITIES TO INFLUENCE POSITIVE CHANGE

Last newsletter I wrote about opportunities to influence positive change. Finding those opportunities requires keeping eyes and ears open, and acting at the right time. On March 10 of this year (just prior to the COVID lockdown/precautions), I had the opportunity to meet with the West Kootenay MLA, Katrine Conroy. I wanted to speak with her on a couple of local issues.

Our first discussion was about road maintenance in Area A which falls under Provincial oversight, with services provided by government contractors. I also invited the Ministry of Transportation (MoT) staff, and the Mayor to that discussion. Area A roads are considered class C & D routes, which means we are not the first priority for maintenance or repairs. We all realize that we choose to live in rural BC, which means C & D road classifications, however, over this past winter, it seemed that local road maintenance fell below accepted provincial standards. During the meeting with MLA Conroy, and the MoT, I shared some facts about road conditions from this past winter.

Some roads were not being plowed until three days after a big snowfall. Second, there was a clear absence of ditching to take the spring meltwater away. Last, local residents informed me that phone calls and complaints from residents to contracted service providers were not being addressed.

Reporting your concerns directly to the contractor is something I strongly encourage everyone to do. Since the March meeting, I learned that there has been a management restructure within MoT for our area, largely due to the concerns raised from all of us. I am happy to report that area residents can expect improvements this winter.

The second issue discussed with MLA Conroy was the cost to rural residents in accessing specialized health care. I shared a story about someone who needed to see a WorkSafe doctor in Vancouver on several occasions over an extended period of time, including throughout the winter months. We all know someone who has had to travel for specialist healthcare appointments. This is a huge cost to our health care system for flights, mileage and meals, and often re-bookings for flights cancelled for weather. During the resident's meeting with the doctor in Vancouver, the patient was asked to lift their injured limb up and down a couple of times, to which the physician responded "See you in a couple of months". MLA Conroy laughed as she shared a similar story. A resident she knew had just gone through the same situation with a specialist in Kelowna. Apparently that doctor simply said "There is nothing more I can do for you" (end of appointment). The cost to taxpayers is very high, which was the point of the discussion on healthcare access. In some cases, travel also imposed hardship to individuals and families.

MLA Conroy suggested that I raise the healthcare issue with the Regional District Board of Directors, to see if we, as a Board would be willing to write to the Ministry of Health asking for a review of the payment schedules for physicians for virtual versus face-to-face appointment-based care. We hoped to argue that the fee for service should be the same (or closely equitable) whether "live" or virtual, as a consult is a consult. At this point, we know that our altered, now-virtual reality has become the new normal, and that the question of "best" appointment option and cost will be answered.

The point is, if something does not make sense, or does not serve you and your family well, please look for the opportunity to influence positive change. Ask questions, seek answers, take suggestions forward. Together, we can influence positive change.

Ali Grieve, RDKB Area A Director



Remember you can report any road hazards or maintenance concerns to [Yellowhead Road & Bridge \(YRB\)](#) or check [driveBC.ca](#) for road conditions and access to highwayweb cams.

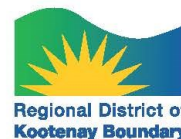
To report a road problem in the YRB service area:



1-888-630-1420



[yrb.ca](#)



202 – 843 Rossland Ave, Trail, BC V1R 4S8 | T: 250.368.9148 | T/F: 1.800.355.7352 | [rdkb.com](#)



Beaver Valley Recreation update - fall 2020

Beaver Valley Recreation completed a number of planned capital projects this past summer in the Beaver Valley Arena including new flooring, upgrades to the main power, a new propane storage tank for the Zamboni, replacement of some audio speakers, and a installation of new video surveillance system.

Over the summer, RDKB staff have been working on a ***Return to Safe Operations*** plan for BV Recreation including the Beaver Valley Arena. We are looking at starting up programs in November (dependant on when facilities/halls are open). **A flyer will be sent out once programs are confirmed.**

We initiated our gradual reopening plan in May, and many revisions have gone in to creating a working document. The main goal of the plan is to provide safety to the public and our staff.

Although we are in Phase 3 of our plan under the [BC Recreation and Parks Association](#) umbrella, the main doors of the arena will remain closed to the public for now. Clubs or organization that have booked time slots will be permitted in the arena during those pre-booked times. We will be opening for ice rentals starting October 13 and are aiming to start public skating in November. We are also working through a plan to provide ice slots for organized hockey camps, scrimmages and practices and have yet to plan for organized games.

Due to some challenges, ice will be booked differently than other seasons.

The arena will operate with limited hours and limited staffing levels to help prevent the spread of Covid 19. We are doing our best to open up more ice times as we move in to Phase 4 of our plan.

Please call Kelly Walker at 250-367-9319 to book ice rentals or if you have any questions.

Electoral Area 'A' Director Ali Grieve, RDKB
Beaver Valley Regional Parks and Trails Committee Chair



BEAVER VALLEY AGE FRIENDLY COMMUNITY



WHAT'S HAPPENING WITH AGE FRIENDLY IN THE BEAVER VALLEY...

OCTOBER 2020

Building Age Friendly Capacity: Transition Update - It certainly has been a busy month since taking the reins of the BV Age Friendly Coordinator position! I have spent a significant amount of time over the past month or so connecting with all the various stakeholders and organizations that work with the AF program. As part of our transition planning, Barb provided personal introductions to each contact and this gave me an opportunity to connect and learn more about the various resources and programs that exist within both the local and greater senior's community. It has been a wonderful opportunity to connect with the various organizations and begin making plans as to how we can work together to provide more services for our seniors.

Age Friendly Program Survey - In August, we sent out an AF Program Evaluation survey, specifically targeting program engagement for seniors in the BV. The focus was on the pandemic and how people would prefer to engage in AF programs. The survey was sent out in the mail to seek feedback and input from those over 50 years of age and living in the Beaver Valley, as we plan the program over the next quarter. We had 22 responses from the mailed-out surveys and an additional 25 surveys completed at the Fruitvale Fall Market, where I represented the Age Friendly Program.

The results were quite interesting; the overwhelming majority of seniors (76%) indicated an interest in participating in in-person events, including 71% interested in attending an in-person luncheon and 69% wishing to participate in an in-person coffee group. 50% of survey respondents were interested in participating in a pre-ordered monthly boxed lunch for pick up, 45% of people were interested in learning more about virtual ways to connect through the Zoom platform and 88 % of people have an existing internet connection in their home. This data was extremely valuable in terms of understanding our senior's interests, needs, and comfort levels when it comes to AF programs. Unfortunately, due to recent changes from the Provincial Health Officer regarding stand-alone banquet halls, we have been advised that we are unable to hold any in-person activities at the Fruitvale Memorial Hall at this time.

Seniors' Coffee and Luncheons - On September 8, we held our first in-person event since February 2020, with 8 participants joining us at the FMC for our coffee meeting, following all current COVID-19 safety protocols. We discussed options for virtual training (Zoom) through CBAL and had a robust conversation regarding the value of the AF program and plans as we move forward. The group discussed putting monthly in-person luncheons on hold for the time being because we cannot safely hold an event that respects COVID-19 restrictions. In lieu of a monthly in-person luncheon, pre-ordered, boxed lunches will be available monthly.

NEW & EXCITING...

Technology & Training Pilot Project - We are currently looking at developing a pilot project for interested coffee group members of BVAf, who would be willing to commit to helping to build our Age Friendly online community. We are looking at providing tablet & training sessions to assist our seniors in connecting online and staying involved in the program.

While we realize that a virtual community is not quite the same as meeting up with friends in-person, it is a wonderful way to stay connected, engaged and remain an active part of the BV Age Friendly Program until we can return to our in-person activities!

If you are interested in participating in a new challenge or if you would like to learn more about this opportunity, please contact Shawna for details.

Email list - BV Age Friendly is currently gathering a list of email addresses for the AF Community participants so we have more options to remain connected and share information. If things do revert to a lockdown again this fall/winter.

THANK YOU TO OUR SUPPORTING PARTNERS



BEAVER VALLEY AGE FRIENDLY COMMUNITY

'PUT LIFE BACK IN YOUR LIFE'

FREE SELF-MANAGEMENT PROGRAMS

Tool Kit for Active Living + Telephone Calls

Did you know...that the University of Victoria Institute on Aging & Lifelong Health offers **free** programs for adults in BC living with one or multiple ongoing health conditions? Due to COVID-19, these are now facilitated online (Zoom) or over the phone, so that participants can attend from the comfort of home and receive the support and benefits of these self-management programs.

For more information on these programs, visit www.selfmanagementbc.ca ~ Email: selfmgmt@uvic.ca or Call: 1-866-902-3767 (toll-free)

FORTISBC ENERGY CONSERVATION ASSISTANCE PROGRAM

This program provides free home energy evaluation, as well as advice on saving energy, installs free energy efficient products & will review if home qualifies for other upgrades (e.g. insulation, heating, etc.). The goal is to reduce energy bills, make homes safer and more comfortable.

The program is available to eligible households if they:

- are income qualified
- have a residential electricity account with BC Hydro, FortisBC, New Westminster, Grand Forks, Summerland, Penticton or Nelson Hydro
- own or rent a detached house, duplex, townhome or manufactured home
- if renting, a landlord consent form will need to be signed by the landlord
- meet the combined annual before-tax incomes for all adults in the home meets income eligibility

To find out more information or for assistance with the application for the program, contact Shawna.

OCTOBER AGE FRIENDLY ACTIVITIES

October 7, 14, 21 & 28 – "Easy- Does-It" Walking Group (Meet at the front entrance of the Fruitvale Memorial Centre @ 10:00 am).

We will be taking a gentle stroll around Fruitvale and take in the sights and sounds of my favorite season! Come out & join me rain or shine and get outside before the snow arrives!

We will be observing COVID-19 protocols and requiring all participants to register with Shawna in advance of the walk.

October 13 – Age Friendly Zoom Coffee Meeting 10:00 am – 12:00 pm If you are interested in participating, you must call the Village Office by October 8 to register.

October 20 – Boxed Lunch Pick-Up (Shepherd's Pie & Cinnamon Maple Roasted Squash) to be picked up at Fruitvale Memorial Hall Oct. 20 between 1:00 -3:00pm. Suggested donation for each meal is \$2.00.

You must register by emailing Shawna bvafcoordinator@gmail.com or calling 250-921-9464. Please include name, phone number & number of meals. **The cut-off for ordering boxed lunches is October 14.**

BV AGE FRIENDLY CONTACT INFO

Are you looking for information on local services or programs for seniors? Contact Shawna Bradford, BV Age Friendly Coordinator at 250-921-9464 or email at bvafcoordinator@gmail.com

Wishing everyone in our Age Friendly Community and Safe & Healthy Fall Season!

Warmly,
Shawna



THANK YOU TO OUR SUPPORTING PARTNERS

