



## Cowichan Seniors Community Foundation

### Who we are

The Cowichan Seniors Community Foundation (the Foundation) is an information, collaboration and service resource for seniors residing in the Cowichan Region and their families.

We engage with like minded organizations to identify emerging issues for seniors. We work to fill gaps in services and assist others in their endeavor to create an age friendly community. We serve as an active partner in community development initiatives such as the Cowichan Community Health Network, the Eldercare Project in Cowichan, and the Cowichan Seniors Network. To find out more about these initiatives please visit our website at [www.cowichanseniors.ca](http://www.cowichanseniors.ca)



### What we do

The Cowichan Seniors Community Foundation is committed to advocating for seniors' programs and services and to delivering services which address their mental and physical needs. In addition, the Foundation endeavors to provide seniors and their caregivers information about other community resources.

### Community programs and services currently operating:

- Seniors Resource Directory - on line and hard copy
- Meals On Wheels - 3,000 meals delivered in 2016
- Supported Transportation "door to door" - 1800 rides and 25,000 kilometres driven in 2016
- Brain Fitness – a program promoting an active healthy lifestyle for seniors



**Please consider joining us.**

When you sponsor the Foundation, your funds help support seniors in our community through advocacy, services and tools for the continuation of meaningful lives. As a partner in these important initiatives, your organization or business will also benefit as a visible member of a forward-thinking community foundation.

The perpetual support of service clubs, local businesses, and individuals is vital in order to maintain and expand the role of the Foundation. The Cowichan Seniors Community Foundation recognizes that there are many worthy causes and requests for support that are ongoing and does not want to compete with these causes but work in concert with the community to optimise resources and donations.

We are asking you to consider supporting the Foundation financially. This can be by direct donation, legacy gifting or premier event sponsorship.

The Foundation is volunteer run—you may have skills and contacts that can better help us serve the seniors of the Cowichan area.

The Foundation is looking forward to working with you.

**For more information please contact:**

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