



CASTLEGAR CRN NEWSLETTER

A Community Information Source

Summer 2005

COMMUNITY MEETINGS ...

The Castlegar Community Response Network (CRN) is pleased to announce that through funding grants from the Castlegar United Way and BC Community Response Network Foundation the work of developing an appropriate coordinated response to vulnerable adult abuse, neglect, and self-neglect will continue in the community through outreach activities, education, and prevention events.

New Members are always welcome!! For more information on how you can become involved in the Castlegar Community Response Network, please contact at 365-2104.

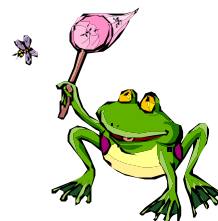
SNAPSHOT OF NEW ACTIVITIES . . .

- ◆ **Seniors Safety in the Community Conference – Protecting Yourself, Your Home, and Your Finances** — May 10, 2005 in Castlegar and sponsored, in part, by a Castlegar United Way donation. Participants from Castlegar, Kaslo, Nakusp, Nelson, Trail, and Salmo came together to learn more about Adult Guardianship Legislation, Financial Options, Home Security Strategies, and Safe Approaches for avoiding Scams & Frauds that will, ultimately, ensure maximum independence during the Golden Years.
- ◆ **Castlegar Gatekeeper Program** — locates and identifies high-risk elderly who are isolated, living alone, and in need of some type of assistance to maintain their independence. The role of the Gatekeeper, through everyday work, organizes the fabric of the community to identify elderly people who most need help.

UPCOMING EVENTS TO WATCH FOR . . .

Castlegar CRN Meetings — Sandman Inn Restaurant

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| 1 | September 27, 2005 | 12:00 - 1:30 pm |
| 2 | October 25, 2005 | 12:00 - 1:30 pm |
| 3 | November 22, 2005 | 8:00 - 9:30 am |





Do A Home Safety Check This Summer

By paying attention to the safety of your own home, you are also paying attention to the safety of your entire community. SafeCanada.ca, an invaluable online resource commissioned by the federal government, helps you learn how. As summer begins, why not include a few simple measures to reaffirm that your home and neighborhood are both safe and secure? SafeCanada.ca offers a handy checklist compiled from a number of links available on the site:

- Install deadbolts on all doors. Place a sturdy piece of wood or metal along the bottom track of sliding doors.
- Install a peephole on your door and always look before opening it. A set of sheer window curtains will help prevent people outside looking in.
- Verify the identity of repairmen by phoning their home office. Use the telephone number listed in the phone book, not on their identification.
- Remove the outdoor spare key, especially if it is under the doormat or under a flowerpot. Thieves know all the good hiding places. Give your spare key to reliable neighbour instead.
- Plant thorny bushes under all windows that are accessible relatively easy from the ground. This will deter thieves from choosing this as an entrance point.
- Invest in motion sensor lights and a good security system.
- Secure your garage door. Do not leave it open when you are away; an empty garage broadcasts your absence.
- Check your Fire Alarm and replace batteries. This should be done every 6 months.
- Check and/or install a Carbon Monoxide (CO) detector.

Join Block Parents, Neighbourhood Watch or other programs that promote and reinforce safety in your community. This also provides you with a great opportunity to get to know your neighbours.

Information about family and home safety can be accessed directly from the SafeCanada.ca home page. From there, take a look at all of the additional home safety tips on dozens of topics such as choosing pesticides wisely, controlling mould and moisture, emergency preparedness, disaster response, pest control, safe swimming pools, fire escape planning, cooking on the barbecue, and so much more.

Home safety and security information, plus other topics of interest, can also be found on the primary Government of Canada website at Canada.gc.ca.

News Canada



**TOGETHER WE CAN
MAKE A DIFFERENCE**