

ABOUT SVCPC

The South Vancouver Community Policing Centre operates its storefront office through a Board of Directors who are elected annually.

The SVCPC is a voluntary, non-profit, charitable and non-partisan organization whose mandate is to help reduce crime through prevention and community involvement, working in partnership with the Vancouver Police Department and relying on the help and support of the area residents and businesses.

Consider becoming a supporting member.

SVCPC MEMBERSHIP APPLICATION

Name:

Address:

Phone:

E-mail:

Annual Membership Fee:

Students \$5.00

Individual \$10.00

Family \$20.00

Small Business \$20.00

Corporate \$50.00

Charitable Tax No:895315075RR0001

THINGS YOU CAN DO IN YOUR COMMUNITY:

- Report suspicious activities to the police.
- Join the Block Watch Program
- Keep your neighborhood tidy.
- Get involved in activities that make your community a better place, like volunteering for your local community policing centre.

VOLUNTEER OPPORTUNITIES

Consider volunteering with our organization. We are a senior friendly place. We have senior friendly hours and senior friendly tasks.

OFFICE HOURS:

Monday - 9:00 a.m. – 5:00 p.m.

Tuesday - 9:00 a.m. – 5:00 p.m.

Wednesday- 9:00 a.m. – 5:00 p.m.

Thursday- 9:00 a.m. – 5:00 p.m.

Friday: 9:00 a.m. - 5:00 p.m.

Saturday: 9:00 a.m. - 3:00 p.m.

Sunday: CLOSED

Our Boundaries

- Ontario Street on the West
- Elliott Street to Kingsway on the East
- Along South side of Kingsway to Broadway on the North
- Fraser River on the South

SOUTH VANCOUVER COMMUNITY POLICING CENTRE

SENIOR SAFETY



*"Crime prevention through cooperation,
joint participation and volunteerism in
the community"*

5657 Victoria Drive (@ East 41st
Avenue) Vancouver, BC V5P 3W2

Phone: 604-717-2940

Fax: 604-327-2902

Email: volsvcpc@telus.net

www.southvancouvercpc.com

WALKING TIPS:

- Always plan your route.
- Stay alert to your surroundings.
- Walk confidently.
- Walk in well-lit areas.
- Have your keys ready when you approach your door.
- Have a companion like a friend or dog walk with you.
- Do not dangle your purse away from your body.
- Do not carry large, bulky shoulder bags; carry only what you need.
- Avoid walking at night. Try to have a friend with you if you must walk in the dark.
- Avoid carrying weapons; they could be used against you.

BANKING TIPS

- Have your cheques deposited through direct deposit, which sends your money directly to your bank account.
- Only withdraw money for yourself. Beware of con artists and get-rich schemes. REMEMBER: If it sounds too good to be true, it's probably not true!
- Keep your valuables in a safety deposit box.
- If you believe someone is about to con you or has conned you, contact the police!

SHOPPING TIPS

- Keep your purse close to you. Never leave it unattended in the shopping cart.
- Do not carry more cash than what you need. Debit and credit cards are an

easy and simple alternative to cash.

- It may be best to carry your id and/or credit cards and cash in your pocket or in a waist pouch.
- Do not display large sums of cash.

FALL PREVENTION TIPS

- Talk to your doctor about fall prevention tips that are best suited for you.
- Remember to take all of your medicine correctly and know their effects.
- Have proper lighting in your home.
- Keep your floor and stairs clutter-free and have at least one sturdy handrail on each staircase.
- Wear proper footwear. Avoid wearing lose slippers.
- Use a rubber mat in the bath tub and shower. Install grab bars in the bathroom.
- Use a walking aid for extra safety.

FIRE PREVENTION TIPS

- Do not leave the kitchen while you are cooking.
- Keep at least 3 feet between portable heaters and anything that can burn.
- Avoid smoking indoors.
- Plan an escape route and keep a pair of slippers, glasses, and a flashlight near your bed.
- Never use an elevator in a fire emergency.
- Keep a fire extinguisher in your kitchen. Know how to use it.
- If you don't already have smoke alarms, have them installed. Check them periodically to make sure they work.

VEHICLE SAFETY TIPS

Medical:

- Have regular vision and hearing tests.
- Always wear your glasses or hearing aid.
- Have your glasses checked periodically.
- Take your medication correctly and know if and how it could affect your driving ability.

Driving:

- Always wear your seatbelt.
- Keep the doors locked.
- Keep the gas tank full and the engine properly maintained.
- If your car breaks down, pull over as far right as possible. Raise the hood and wait in the car.
- Plan your route and use well-lit and familiar streets. Watch the entire traffic environment.
- Avoid driving when visibility is limited.
- Keep your purse on the floor and keep bags in the trunk where they will be out of sight.
- Check the front and back seat of your car before entering your vehicle.
- Never pick up hitchhikers.
- Stay alert and prepare for the unexpected.

For more information about our safety messages and tips, call or visit our office at 5657 Victoria Drive (at E 41st Avenue) Phone: 604.717.2940