



ABBOTSFORD COMMUNITY FOUNDATION



Welcome from the Board Chair & Executive Director

The Abbotsford Community Foundation is pleased to share its fifth Vital Signs report. For nearly a decade, we have been participating in the national Vital Signs program because we want to better understand and support our community. Never has this been more important than in 2022 - on the heels of a multi-year pandemic, facing record levels of inflation, and after weather events that have dealt a blow to our farmers and residents.

As in 2019, we continue to report on Housing, Safety & Work, Income, and Economy. For 2022, we have also included the issues of Community Belonging and Health & Wellness. By reporting on key indicators in these five areas, we hope to facilitate a deeper understanding of the changes and challenges facing Abbotsford.

Once we are aware of the issues in our community, we have a responsibility to do what we can to make things better. On page 15, we have suggested a variety of ways to take action. As always, the Abbotsford Community Foundation will be working alongside residents, leaders, and many local organizations to support the long-term vitality of our community. Please join us.



Marcus Janzen Board Chair



Wendy Neufeld Executive Director

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Methodology

This report relies on statistics and quantitative data from sources including Statistics Canada (particularly Census 2021), various government bodies, local organizations, and others. This data helps us to gain an understanding of trends over time. A full list of sources is available on the back cover. If you are reading this report electronically, most sources are hyperlinked.

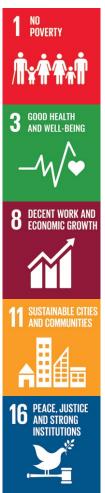
Integrated into the report are results from our community survey, which ran in March and April 2022. The survey results, which can be found under the heading "Your Voice," complement the statistical data by providing insights into how Abbotsford residents perceive community issues. In total, **844** survey responses were collected! A heartfelt thank you to everyone who participated. The demographics of survey respondents, including age, educational attainment, and household income, are reflective of community demographics. Women were overrepresented in survey responses, so men's survey responses were weighted to balance.

The United Nations Sustainable Development Goals

Like many community foundations across the country, the Abbotsford Community Foundation is a champion of the United Nations Sustainable Development Goals (SDGs). The SDGs were agreed on by all member nations in 2015 as "a blueprint to achieve a better and more sustainable future for all people and the world by 2030."¹ The 17 goals that comprise the SDGs are ambitious and intend to address challenges both locally and globally, including poverty, inequality, sustainability, and justice.

Throughout this report, you will find relevant SDGs and information about how the Goals are being advanced in Abbotsford. Look for the following icons to learn more:

SUSTAINABLE DEVELOPMENT GOALS



ABOUT ABBOTSFORD

Newcomers:

1 in 25 residents in

Abbotsford is new

to the community,

the last 1-5 years.²

having arrived within

Total population: 153,524

Between 2016 and 2021, Abbotsford welcomed 12,000 new residents and grew by 8.6%. Abbotsford is growing slightly faster than the province, which grew by 7.6% in the same timeframe.²



18.3% 23.4% 58.3%

Children & youth (19 yrs & under)

Population by age cohorts:²

Married/Common-Law: 59.0%

(Population 15 years and older.)

Senior (20 – 64 years) (65 years & greater)

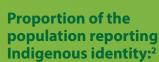
Median age: 39.2 years

Abbotsford residents remain younger than our provincial and national counterparts, who are **42.8** and **41.6**, respectively.²

Median total income among recipients:²

Abbotsford: \$38,000 British Columbia: \$40,800 Canada: \$41,200





Visible

minority

Canada: 1 in 5

'%

Abbotsford: 4.5% British Columbia: 5.9% Canada: 4.9%



population:² Single: 27.0% Separated/Divorced: 8.3% Abbotsford: 1 in 3 Widowed: 5.7% British Columbia: 1 in 3

Punjabi: Tuhādā dhanavāda Chinese: Xièxiè Spanish: Gracias

Adult

Marital status: ²

Top 5 non-official languages

spoken - and how to say

thank you in each:²

German: Danke **Tagalog: Salamat**

Your **Voice**³

We surveyed Abbotsford
residents to learn about our
community's
strengths and
challenges. ^₄

Respondents were asked to choose up to three of the thirteen options.

What are the best things about living in Abbotsford?

Friends and family	57%
Parks and green spaces	33%
Locally grown food	28%
Natural environment	27%
Climate	23%
Access to a local university	18%
Affordability	17%
Sense of community	16%
Recreation and sports	12%
Healthcare	11%
Community support	9%
Arts & culture opportunities	5%
Festivals and events	4%

What are the most important issues facing Abbotsford today?

Homelessness	66%
Affordable housing	65%
Crime	31%
Transportation	24%
Poverty	17%
Environment	13%
Healthcare	13%
Employment opportunities	12%
Income inequality	11%
Municipal taxation	11%
Economy	8%
Arts and culture	7%
Education	4%

Compared to 2019, most of the best things about living in Abbotsford are similar. The most important issues have changed, though, with affordable housing increasing by ten percentage points and crime decreasing by thirteen percentage points.



COMMUNITY BELONGING



The parking lot at Arnold Community Church offered food, drinks, and other supplies to those impacted by the flooding.

Sense of community belonging

72.8% of Abbotsford-Mission residents reported a somewhat or very strong sense of community belonging in 2019-2020, two percentage points higher than the provincial rate of **70.8%**.⁴





Number of registered charities⁵

There are 468 registered charities in Abbotsford, or 1 charity per 328 residents. 11 new charities were registered in 2021.

Impact of charities on the local economy⁶

Between revenues and expenditures, local charities put \$1,412,000,000 into the local economy. To learn more, please see page 14.



\$4.3 Million Donations to Abbotsford Disaster Relief Fund

The Abbotsford Disaster Relief Fund was formed in response to the November 2021 flooding, which affected Abbotsford farmers and residents, particularly on the Sumas Prairie. The funds raised in support of the community are also evidence of Abbotsford's generosity.⁷

Sustainable Development Goals

Sustainable Development Goal #16: Peace, Justice, and Strong Institutions includes targets about safety and the law. It also includes targets about decision-



making and governance, both of which are integral to peace and justice. Target 16.7 is "Ensure responsive, inclusive and representative decision-making," while target 16.8 aims to "Strengthen the participation in governance." On their face, these targets seem to have less urgency in Canada, where our governments and institutions are more established than in other nations worldwide. But with voter turnout in Abbotsford slightly below voter turnout averages for the province and country, is there more work that could be done to strengthen participation in governance? Abbotsford residents are deeply committed to their community, giving generously and participating in community life. How could this commitment and enthusiasm be leveraged to higher levels of government and civic life?



Freezer at Crossroads Hub that provided self-serve meals for those impacted by the flooding.

🗖 Abbotsford 🛛 🔳 British Columbia 🛛 📕 Canada

Voter turnout, 2020 provincial election (estimated)⁸



49.5% 54.5%

Voter turnout, 2021 federal election⁸



Median charitable donations⁹

Abbotsford has a reputation for being generous. That reputation is supported by the data. Abbotsford tax filers who made charitable donations made a median donation of \$930. This is higher than the British Columbia median, at **\$500**, and the Canadian median, at **\$340**.



Progress Report



As mentioned previously, in response to the atmospheric rainstorm and mass devastation in November 2021, the Abbotsford Disaster Relief Fund was created in partnership between the Abbotsford Community Foundation, the Abbotsford Chamber of Commerce, and the University of the Fraser Valley. Many individuals and organizations stepped up to help those affected by the flooding. One such organization was Locality, an Abbotsford-based group of do-gooders. Using a grant of \$50,000 from the Abbotsford Disaster Relief Fund, Locality opened a free store with immediate access to supplies including gift cards for groceries, gas, restaurants, and home improvement stores. They also provided basic needs for daily living, including clothing, hot meals, storage bins, and more. Finally, they opened a support centre for families feeling the financial burden of the flood. Families could come to the support centre for counseling and to be connected with other community, provincial, and federal resources that could support their financial recovery.



A Sumas Prairie home that has been affected by flooding.

Your Voice^a

Since the start of the COVID-19 pandemic, has your relationship with your neighbours:

Increased: 22.4% Stayed the same: 54.5% Cecreased: 23.1%



Survey respondents were asked how they participated in community life over the last year. The top three responses:

Donated to a cause: **73.4%** Visited a local library or community centre: **39.4%** Provided unpaid help to a non-family member (informal service): **37.6%**

Focus on Volunteerism

We asked survey respondents if they had volunteered in the last year.

57% had volunteered **43%** had not volunteered



Of those who volunteered:

51.6% believe in giving back
16.8% felt connected to an organization
13.7% felt connected to a cause or were personally affected

Of those who did not volunteer:

34.9% cited lack of time as a barrier **22.4%** were concerned about health and safety protocols

20.7% either did not know about volunteer opportunities or could not find opportunities that matched their interests





HEALTH & WELLNESS

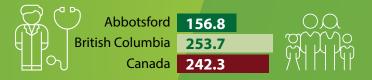
Life expectancy



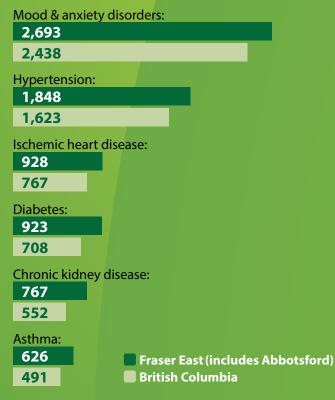
In 2022, Abbotsford's life expectancy from birth is **81.3 years**. Nationwide, Statistics Canada noted a six month decrease in life expectancy, from **82.3** years to **81.7** years, due to the COVID-19 pandemic.¹⁰

Physician to population ratio

In Fraser East, there are **156.8** physicians to 100,000 population, significantly less than the provincial average of **253.7** physicians per 100,000 population and the national rate of **242.3** physicians per 100,000 population. B.C. does not have adequate family physicians to support the province's population, with an estimated 1 in 5 British Columbians without a doctor. News stories from 2015 note that at that time, 1 in 5 Abbotsford residents went without a doctor, demonstrating that the problem is ongoing.^{11,12,13}



Incidence of chronic disease, per 100,000 population, 2020-2021¹⁴





Matsqui Trail.



Proportion of the population with a regular healthcare provider

In Abbotsford-Mission, **86.8%** of residents had a regular healthcare provider in 2019-2020. This is slightly higher than the provincial rate of **81.7%**.¹¹

Sustainable Development Goals

"Good Health and Well-being"

is SDG #3, which seeks to promote mental health, prevent and treat substance abuse, and support research, development,



and universal access to affordable vaccines and medicines, among other targets. Once again, the SDGs seek proportionate universality: an approach that balances targeted and universal populationlevel interventions. While other targets under "Good Health and Well-being" are more applicable to still developing nations, the targets listed above speak to issues identified on this page. In Canada, and in Abbotsford specifically, how do mental health, substance abuse, and access to medicines or treatment intersect? Are these systems clear to navigate for people needing support? How could the community benefit from a proactive approach to well-being issues including mental health and substance use?

Alcohol consumption by litres per year



Abbotsford residents consume an average of 8.15 litres of absolute alcohol per year, lower than the provincial average of **9.3** litres. In Fraser Health, Abbotsford is joined by Surrey, Burnaby, New Westminster, and the Tri-Cities in relatively low alcohol consumption.¹⁵

Incidence of substance use disorder, per 100,000 population, 2020-2021¹⁴

446

357

Fraser East: British Columbia:





Progress Report



The data on incidence of chronic disease reveals higher rates of mood and anxiety disorders in Fraser East (which includes Abbotsford) than the provincial rate. Although mood and anxiety disorders are only one component of mental health, they provide information about an area in need of support. Coupled with the impacts of the pandemic on mental health, particularly on youth and seniors, it makes sense that recent granting from the Abbotsford Community Foundation has focused on this area. In 2021, Big Brothers Big Sisters received a grant for \$10,000 to help fund their Mentoring for Mental Health program. This program is a partnership with the Adolescent Day Treatment Program offered by Fraser Health, and focuses on supporting young people with emerging and current mental health challenges and diagnoses.

A \$10,000 grant was also made to Abbotsford Hospice Society, for their Grief Support event for children and youth. They provided small, COVID-safe wellness events in Abbotsford and online to support children, youth, and their families who had been impacted by grief and loss. In total, this event directly served 350 children and youth and is estimated to have indirectly benefited 1,400 children and youth.



Residents enjoy lake front leisure.

There are **660** hectares of natural lands, including forests, meadows, and wetlands, within the City of Abbotsford.¹⁷



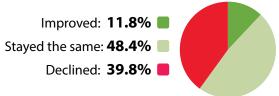
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Over the last two years, has your physical health:

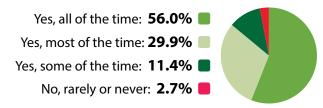




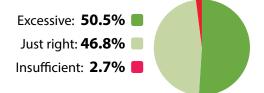
Over the last two years, has your mental health:



Can your household afford an adequate amount of healthy food?

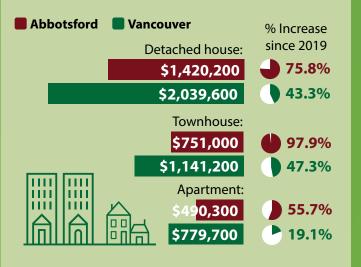


Outside of work hours, how would you categorize your use of screen time?



ក្រា HOUSING

Benchmark home prices, Spring 2022¹⁸



Did you know?

To be qualified to purchase a \$1,420,200 home, a gross household income of **\$265,000** is required.¹⁹





BC Housing average assessed value, single family residential home in Abbotsford, 2022²⁰

\$1,077,000 (an increase of **42%** since 2019)



Emergency shelter beds

Abbotsford Point-in-Time Homelessness Count²²

2020: **333** 2018: **233**

There were 100 more homeless people identified through the 2020 Homelessness Count than in the 2018 count. The 2020 count was conducted on March 3 and 4, immediately before the COVID-19 pandemic. The current number of homeless residents is likely higher post-pandemic.

In 2020, the top three reasons for residents to be homeless were²²

- Relational or family breakdown: 27.6%
- Affordability/Income too low: 23.7%
- Addictions: 21.0%

New home

builds by type ²³	Multi-family*	Residential
2019	1426	341
2020	361	361
2021	559	391
2022 YTD (January - June)	114	198

* Number of total units

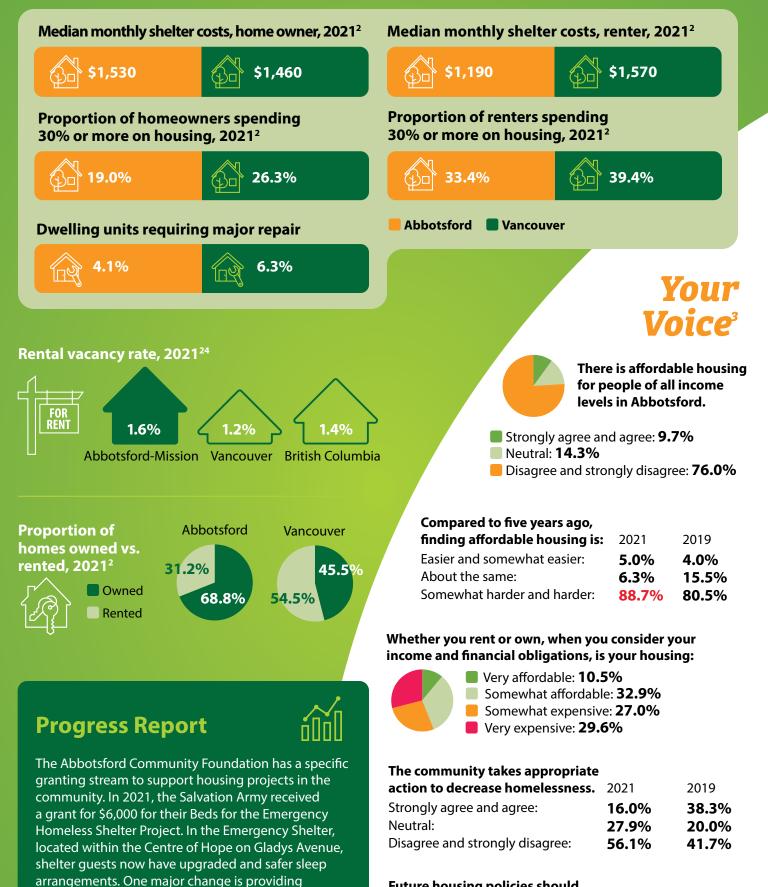
Sustainable Development Goals

Reading through the survey responses reported in "Your Voice," is it evident that respondents aren't feeling optimistic about housing.

Between 2019 and 2022, respondents reported that finding affordable housing is harder and the community is not taking action to decrease homelessness. Additionally, 56.6% of respondents report that their own housing is either somewhat or very expensive.

In our 2019 report, we asked what changes would need to take place to ensure that every Abbotsford resident was housed by 2030 - an ambitious target set within the Sustainable Development Goals. This target seems even further away now, with rising costs for housing (and living in general) and an increasing homeless population. Perhaps for 2022, the question is this: How might governments and community agencies work together to ensure that those who are precariously housed don't become homeless? What programs and services are needed to keep more Abbotsford residents from absolute homelessness?





Future housing policies should

encourage densification.	2021	2019
Strongly agree and agree:	46.7%	58.8 %
Neutral:	34.0%	22.2%
Disagree and strongly disagree:	19.3%	1 9.0 %

separate shelter space for men and women. Providing

a safe, warm, and comfortable environment for guests

is necessary to establish a sense of trust.

INCOME, WORK & ECONOMY

Income

Median after-tax income of couple families with children²

Median after-tax income of oneparent families²

Abbotsford:	
\$119,000	
British Columbia:	
\$120,000	

\$65,000 British Columbia: \$65,000

Abbotsford:

Median employment income²

Men:	Women:
\$43,200	\$24,800
\$43,600	\$28,400

Work

Abbotsford-Mission British Columbia

Labour force participation, 2021 average²⁶

Percentage of total population 15 years and older participating in the labour force by working or looking for employment.

67.1% 65.3%

Unemployment rate, 2021 average²⁶

6.7%

6.5%

Living Wage²⁷

The living wage for Fraser Valley increased from \$15.54/hr in 2019 to **\$16.75/hr** in 2021. The living wage is



a calculation of the amount two parents need to earn to cover the basics - rent, food, transportation, health care, and child care - for themselves and two children.

There are **12** certified living wage employers in the Fraser Valley, up from 10 in 2019. These employers include both private businesses and non-profits.

•	

Low-Income Measure, after-tax²

Child poverty rate

Abbotsford

Prevalence of

British Columbia

8.7 %	
11.4%	
11 .9 %	

Overall poverty rate
8.3%
10.8%
11.1%

Canada

Senior poverty rate 13.1% 13.7% 15.0%

Food bank usage



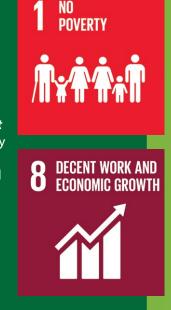
In 2021, 9,336 households comprising 17,209 individuals accessed Archway Food Bank, Food Bank satellites, and/or Archway's home delivery program. Of the individuals, 31.1% were children, and 8.1% were seniors.25

Sustainable Development Goals

While all 17 SDGs are linked, the connection between **Goal #1**, No Poverty, and Goal #8, Decent *Economic Growth*, is immediately evident. Goal #8 strives for "full and productive employment and decent work for all," a key lever in poverty eradication.

In Abbotsford, labour force participation and employment rates are strong. Our survey respondents are optimistic about Abbotsford's economic

growth over the next 5 years. Can that optimism be harnessed, along with success stories from historically prosperous sectors (agriculture, for example) and from newcomers and innovators, like Little Sprout Cafe? What could "decent work for all" look like for Abbotsford's workforce?



10

Economy

Number of business licenses²⁸



Abbotsford's 2021 business license data is incomplete, reporting

on only 5 months of the year. In those 5 months, 2,414 business licenses were issued, of which 294 were for new businesses.

Number of farms²⁹

The 2021 census of agriculture identifies 1,254 farms in Abbotsford, a decrease from the **1,307** recorded in 2016.



-53 farms 2016 → 2021



of airport passengers, Abbotsford International Airport³⁰





Progress Report

In 2021, the Abbotsford Community Foundation partnered with the Government of Canada and Community Foundations of Canada to launch an "Investment Readiness Program" (IRP) funding stream. The IRP was designed to support social enterprises, which are revenue generating arms of non-profits. Monies generated support the mission of the non-profit.

The ACF was pleased to support Communitas Supportive Care Society with a grant for their social enterprise, Little Sprout Cafe. The Cafe grows microgreens which are available for purchase on their own or as an ingredient in various menu items. More importantly, Communitas uses Little Sprout Cafe to provide employment, work experience, and employment readiness training to people with disabilities.

Did you know?

The Abbotsford Chamber of Commerce recently studied the economic impact of agriculture on the Abbotsford economy. The findings are significant: Abbotsford agriculture generates \$3.83 billion in economic activity, more than double the **\$1.8** billion recorded in 2008. Agricultural growth in Abbotsford has outpaced population growth, and Abbotsford has the distinction of having the most productive agricultural land in Canada, on a per hectare basis.

Number of self-employed

In Abbotsford's workforce, 13.3% of participants are selfemployed. This is on par with the provincial rate of 13.9%.2





Median age of farm operators

In Abbotsford, the median age for a farm operator is 57 years old, or one year younger than the national median of **58** years old.

I regularly interact with people from different economic backgrounds than my own.

Strongly agree and agree: 71.4% Neither agree nor disagree: 20.4% Disagree and strongly disagree: 8.2%



If I wanted to better my economic situation, I could do so with relative ease.

Strongly agree and agree: 29.7% Neither agree nor disagree: 33.9% Disagree and strongly disagree: 36.4%



When asked to rate their level of optimism about Abbotsford's economic growth over the next 5 years, respondents were:

Very and somewhat optimistic: 63.7% Neither optimistic nor pessimistic: 21.9% Somewhat and very pessimistic: 14.4%

We asked survey respondents to tell us how the COVID-19 pandemic impacted their employment. Here are the top three responses:

1. Not applicable - my employment has remained the same throughout the pandemic: 33.8%

> 2. I now work remotely some of the time: 13.6%

3. My number of weekly work hours have changed (reduced or increased): 12.3%

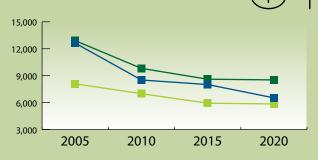


📕 Abbotsford 🛛 📕 British Columbia 🔰

Overall crime rate³¹

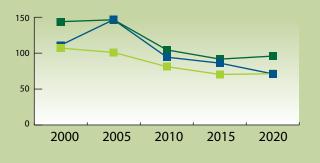
The ratio of crimes in a geographic area to the population of that area, expressed per 100,000 population per year.

Canada



Crime severity rate³¹

The measure of police-reported crime that reflects the relative seriousness of individual offenses.



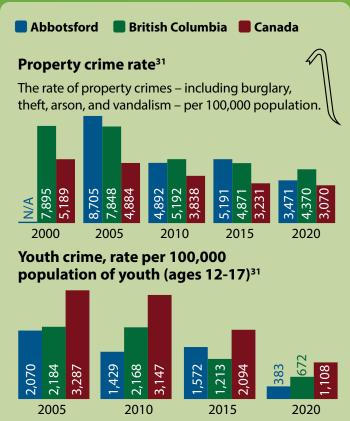
Progress Report



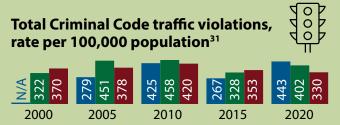
If you heard that a local family created pandemic care packages for seniors in their neighbourhoods, would you think that this effort increased neighbourhood safety? You might not. However, neighbours who have, at minimum, a casual relationship with each other are more likely to watch out for each other. So when a family with three small children used a Neighbourhood Small Grant to put together care packages for their elderly neighbours, connections were formed that decreased feelings of isolation, increased connection across generations, and increased feelings of safety and security in their neighbourhood. Care packages contained some essential food items and small wooden birdhouses that were personalized for each recipient. What a pleasant way to build a safer community.



Abbotsford Police on scene.



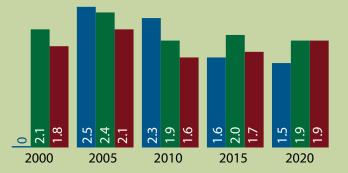
Note: In our 2019 report, we included the actual number of crimes committed by youth. To make it easier to compare to the province and the country, we have opted to use the rate per 100,000 youth population.



Homicide rate³¹

Rate of homicides per 100,000 population.

📕 Abbotsford-Mission 📄 British Columbia 📕 Canada



Number of beds in women's and children's transition homes²²

In Abbotsford, there are **12** transition house beds available to women and children fleeing abuse. There are 10 transition house beds in neighbouring Mission.



Abbotsford

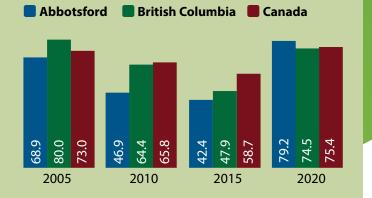
Sustainable Development Goals

Sustainable Development Goal #16 calls for "Peace, Justice and Strong Institutions" and includes ambitious targets like

reducing violence worldwide, ensuring equal access to justice, and combating organized crime. Following national and provincial trends, crime in Abbotsford decreased on nearly every measure in 2020. With more people at home and fewer reasons to be out in public, opportunities to commit crimes were likewise. decreased. In coming years, more recent crime data will help us understand whether the pandemicrelated decrease in crime rates was a mere blip on the radar, or the start of a new trend. Asking Abbotsford residents how they feel about safety suggests that it's the former, though: nearly 60% of survey respondents think that crime in Abbotsford has increased over the last five years. On a more positive note, 92.3% of survey respondents would report a crime being committed in their neighbourhood, demonstrating faith in law enforcement.

Sexual assault rate³¹

Rate of reported sexual assaults per 100,000 population.



I feel safe walking alone in my neighbourhood after dark.

Strongly agree and agree: 50.2% Neutral: 16.9% Disagree and strongly disagree: **32.9%**

If I witnessed a crime being committed in my neighbourhood, I would report it.



- Strongly agree and agree: 92.3% Neutral: 5.3%
- Disagree and strongly disagree: 2.4%

Gang violence is the community's largest safety concern.

- Strongly agree and agree: 42.6%
- Neutral: 33.5% Disagree and strongly disagree: 23.9%

Compared to five years ago, crime in Abbotsford has:

Increased significantly and increased slightly: 57.1%

Stayed the same: **30.0%**

Decreased slightly and decreased significantly: 12.9%



Your Voice







THE ECONOMIC IMPACT OF NOT-FOR-PROFITS



When you think not-for-profit, do you think about economic impact? Probably not. After all, "not for profit" is explicit in making its mission clear: using revenues raised and/or generated to support social good, rather than distributing them to directors and shareholders. Savvy staffers at the Abbotsford Chamber of Commerce and the University of the Fraser Valley recognized that the not-for-profit sector has a unique role to play in the business landscape. Not-for-profits are employers, and, through revenue generated and through expenditures, not-for-profits contribute healthily to Abbotsford's GDP. But to what extent? With that question in mind, "The Business of Doing Good" was born.

"The Business of Doing Good: An Analysis of the Economic and Social Impact of Abbotsford's Not-For-Profit Sector" is a report that contains both economic and social impact data. Using Canada Revenue Agency data to understand the financial footing of local not-for-profits, the report determines that:

In Abbotsford, there are 4,579 people employed in the not-for-profit sector

- Of these, 956 are employed full-time and 3,623 are employed part-time.
- This compares favorably to two other economic drivers: in Abbotsford, the aerospace sector employs about 1,000 full-time equivalents (FTEs). The agricultural sector employs about 16,000 FTEs. The not-for-profit sector sits comfortably in between the two.



In 2019, the not-for-profit sector generated a total of \$497,278,295, which had an eventual economic impact of \$845,373,951

Revenues come from the following four sources:



Donations and sponsorships: 41.7% Government contributions: 40.1% Earned revenue/contracts for services: 10.7% Investment and other income: 7.5%

In 2019, the not-for-profit sector had expenditures of \$333,744,655

Expenditures went towards:



Employee wages and salaries: 53.2% Capital and other expenditures: 24.6% Goods and services: 10.8% Grants to other organizations: 7.1% Contractor fees: 4.3%

In total, revenues and expenditures have an immediate impact of \$831,022,950, and an eventual impact of \$1.4 billion to Abbotsford's economy.

Of course, not-for-profits are driven by a mission, and exist to facilitate social change. While the economic impact cannot be understated, the social impact is equally important to Abbotsford's community vibrancy.

The report shares two key takeaways:

- 1. Across all of Abbotsford's not-forprofit organizations, estimated volunteer hours exceed 1 million, or approximately 40 hours per volunteer per year. This is the equivalent of one week of full-time work.
- 2. The work of local not-for-profits is aligned with the Sustainable Development Goals (SDGs). In order of magnitude, the SDGs receiving the most focus are:



The Abbotsford Community Foundation is proud to support our not-for-profit sector. To learn more, please visit <u>https://giving.ufv.ca/stories/the-business-of-doing-good-report/</u>.

TAKING ACTION

Are you inspired to contribute to our community? Abbotsford needs each and every one of us to roll up our sleeves and do what we can, giving time, skills, and funds as we're able. Each of the five issue areas included in this report offer many opportunities to take action.

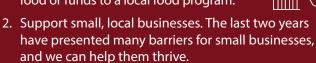
Health & Wellness



- 1. Practice healthy habits in your own life: stay hydrated, eat healthy foods when you can, get adequate sleep, and be active in the way(s) that feel best for you.
- 2. Be a listening ear for a loved one in need. Or, consider volunteering for an organization that provides crisis counseling or support.
- 3. Consider disconnecting from your device and reconnecting more deeply with family, friends, and neighbours.

Income, Work, and Economy

1. Food banks are facing increasing demand. If you have the means, consider donating food or funds to a local food program.



3. If you are an employer who is hiring, think about how your job postings could encourage applicants from diverse backgrounds.

Safety



- 1. Apply for a Neighbourhood Small Grant to bring your neighbourhood together for a block party or other event. Deepening the relationship between neighbours is a proactive way to create a safer community.
- 2. Bring your neighbours together for a work day or beautification project. Could you plant a shared garden, or create some unique signage?
- 3. Familiarize yourself with community safety programs including Search and Rescue and the Clty of Abbotsford's Emergency Program, which supports emergency preparedness. Know what to do and how you could help in the event of an emergency or natural disaster in Abbotsford.

Community Belonging



- 1. Remember how powerful the basics are: smiling, holding the door, letting someone merge in front of you, and other acts of common courtesy build community.
- 2. Participate in civic life. Attend local government meetings, share your thoughts with your elected officials, and respond to opportunities for input when governments are looking for citizen feedback.
- 3. Whether you have an hour a day or an hour a month, consider volunteering for one of Abbotsford's many non-profits.

Housing

1. If you are a landlord, consider freezing your rental rate until inflation cools.



- 2. Contact any of Abbotsford's shelters and transition houses to find out if they are in need of specific items. For example, socks are especially important in the fall and winter, while baseball hats and sunscreen are needed in the spring and summer.
- 3. Advocate to all levels of government for fasttracked affordable housing in Abbotsford. Many population groups including newcomers, families, seniors, and disabled people would benefit from designated affordable housing.

The Abbotsford Community Foundation will be working alongside you to create positive change in our community. Our grant funds support organizations and projects working in these and other areas that contribute to a vibrant community.

If you would like to know more about the work that we do, please reach out. We can also tell you about the organizations in our community that are working in each of these areas.

If you would like to see more funds granted to local charities doing valuable work, please donate via our website or contact us to discuss how to best utilize your gifts.

Email info@abbotsfordcf.ca or call 604-850-3755.

Photo credits

Pages 4 and 5: Jessica Peakman Page 6: Jim Verwoerd Pages 7: John Morrow Page 12: Abbotsford Police

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