

## Summer is Coming!!

### VOLUNTEER BREAKFAST

Our next Volunteer Breakfast will be June 4, 2019 at 9:00am. Come enjoy breakfast and connecting with other volunteers at Crossroads Restaurant!

### SUCCESS STORIES WANTED

This contest is open to all present volunteers with Abbotsford Peer Support. We are accepting Success Stories from June 1 to August 31. These success stories are critical to future successful grant applications. Our goal is to create a database of ongoing success stories and to validate the value of the APSS programs to the public and our funding partners. These stories will also be an encouragement to us all in the coming months. The main theme of the story must be about our One-to-One Peer Support Program or our Good Morning Program. A volunteer may submit more than one success story, but they need to be about different clients. A \$15 gift card will be awarded to the person whose submitted story was chosen by the board. You may drop off your stories to the Peer Support Office or email to [apss.seniors@telus.net](mailto:apss.seniors@telus.net).

### I AM A SEENAGER (Senior teenager)

I have everything that I wanted as a teenager, only 50 years later.

- I don't have to go to school or work.
- I get an allowance every month.
- I have my own pad.
- I don't have a curfew.
- I have a driver's license and my own car.
- And I don't have acne.

Life is Good!

### SUMMER PICNIC

Mark your calendar for July 18! You and your client are invited to a magical morning at Mill Lake Park, with entertainment, and a games picnic!



### JUNE 18 WORKSHOP

Our next workshop will be on creating your Memoirs. Our presenter will be Loreena Hutchison. Let us know if you plan to join us June 18 at 10:00 at the Crossroads Restaurant. If



### Summer Birthday Greetings to our Volunteers:

Louise Platz July 23  
Brenda Townsend Aug 5  
Phyllis Wiesen Aug 20  
Joanne Schweitzer  
August 30

### OUT OF POCKET EXPENSE EXPLAINED

The criteria for receiving out-of-pocket expenses as a volunteer:

- \*the eligible volunteer must be an active member from July 1, 2018 to June 30, 2019.
- \*the eligible volunteer must submit all his/her timesheets from July 1, 2018 to June 30, 2019 by July 15.
- \*the total number of volunteer hours of the eligible volunteer must be a minimum of 60 hours during that time period.
- \*the amount of the out-of-pocket expense is \$100.
- \*The final list of volunteers eligible will be approved by the board prior to distribution.

### BOARD MEMBERS

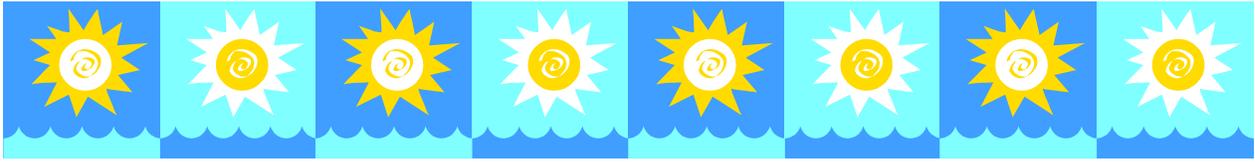
Diane Anderson: President  
Bonnie Wetmore, V Pres  
Stephen Chan: Treasurer  
George Ho: Secretary  
Willa Kraft: Director  
Pat Stare, Director



A BIG Thank You to our volunteers who so faithfully serve their clients and attend our monthly workshops and events. Fun was had by those who attended BINGO April 16th and we learned valuable information from the pharmacist who held the DePrescribing workshop on May 21st.. We'd like to continue offering these workshops. In order to do that, we need the support of our volunteer's attendance. If you haven't come to one, please consider joining us!!



APSS is funded by United Way Lower Mainland and a Gaming Grant from the BC Government.



## **Forget Hygge; Pyt is the New Scandinavian Term For a Happier Life**

Danes are some of the happiest people in the world, and they also happen to have a lot of super words for ways to be happy. You may have heard about “hygge,” which has been the subject of countless books and articles. Often mis-translated to mean “cozy”, it really describes the process of creating intimacy.

But another word “pyt” – which sort of sounds like “pid” – was recently voted the most popular word by Danes. Pyt doesn’t have an exact English translation. It’s more a cultural concept about cultivating healthy thoughts to deal with stress.

Pyt is usually expressed as an interjection in reaction to a daily hassle, frustration or mistake. It most closely translates to the English saying, “Don’t worry about it,” “stuff happens” or “oh, well.” You might shatter a glass in the kitchen, shrug and say, “pyt.” You might see a parking ticket lodged under your windshield wiper and, just as you become hot with anger, shake your head and murmur, “pyt.”

At it’s core, it’s about accepting and resetting. It’s used as a reminder to step back and refocus rather than overreact. Instead of assigning blame, it’s a way to let go and move on.

You might say “pyt” in response to something you did – “pyt, that was a dumb thing to say”. Pyt can reduce stress because it is a sincere attempt to encourage yourself and others to not get bogged down by minor daily frustrations. Studies show that we are happier and live longer when we have fewer daily hassles. And in some cases, what constitutes a hassle might be tied to how we interpret what’s happening around us.

Pyt can help people avoid the tendency to blame others. Say you’re late to an appointment and there’s a person in front of you who’s driving slowly. It can feel irrationally personal. By saying “pyt,” you’re deciding that it’s not worth letting someone else’s action, which are out of your control, both you; it’s “water off a duck’s back.”

Of course you wouldn’t say “pyt” in response to being seriously wronged. And the word shouldn’t be used when you ought to take responsibility.

Letting go can also be facilitated by doing things like walking in nature, doing yoga or meditation, exercising, keeping a journal or engaging in creative work.

### **NEXT STEPS**

You’re invited to join a walking program for stroke survivors and tbi survivors. Participants walk at their own pace in a safe environment and are supervised by the coordinator. It’s a drop in program every Friday from 10:00am and 1:00pm and we usually meeting in the foyer of the “Abbotsford Recreation Centre at 10:00am. Or you can arrive later and head straight up the track. The program will continue to run through the summer as well and also stat holiday Fridays. Contact Annette at [nextstepabbotstford@gmail.com](mailto:nextstepabbotstford@gmail.com) regarding any questions on the program.

### **ABBOTSFORD SENIOR WEEK**

Abbotsford Senior Week has events planned June 3-7 throughout the community. The informational brochure is attached to this newsletter.

### **COSCO WORKSHOPS**

The brochure listing options for upcoming COSCO workshops is also attached to this newsletter. Please take a minute to look through it and let us know your suggestions for upcoming workshops—call us at 604-850-0011. or email us at [apps.seniors@telus.net](mailto:apps.seniors@telus.net).