ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD
ABBOTSFORD, BC V2S 7R3
WE ARE HERE TO PROVIDE SUPPORT   604-850-0011

Happy Valentine's Day!

VOLUNTEER BREAKFAST

Our next Volunteer Breakfast will be March 3, 2020 at 9:00am. This is a good time to interact with other volunteers and the APSS Board and Staff.

VINEGAR VALENTINES

During the Victoria Era, those who didn't want the attention of certain suitors would anonymously send "vinegar valentines". According to the Smithsonian, these cares, also called penny dreadfuls, were the antithesis of customary valentines, comically insulting and rejectling unwanted admirers. They were later used to target suffragettes in the late 19th and early 10th century.

REFRESHER COURSES

The APSS Board would like to offer refresher courses to our Volunteers. If you have a topic or topics to suggest, please let us know at the Volunteer Breakfast or call or email our office.

EVALUATION FORM

At our January Breakfast and the Workshop, we passed out an Evaluation Form for you to give to your client to fill out. This provides them an opportunity to share their experience of the Peer Support Program. You can contact the office to get a copy, or pick one up at the February Annual General Meeting.– Thank you!

INCOME TAX SERVICE

Service offered free in March and April for those with low income at the Garden Park Tower on Clearbrook Road. Appointments can be booked starting Feb 18 by dropping by the Garden Park Office, or by calling 604-744-0109.

February Birthdays to celebrate!

Diane Anderson Feb 14
Yu Lan Huang Feb 23
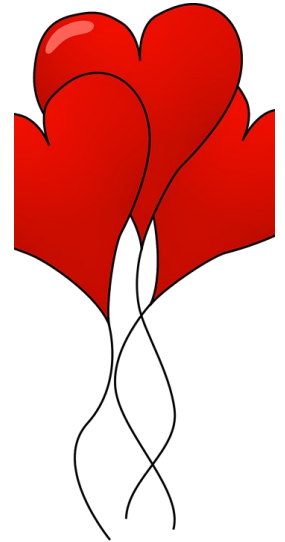Barbara Day Feb 27

VOLUNTEER TRAINING

We will be offering Volunteer Training again this spring. There is an Orientation April 7th at 12:30pm in the Seniors Centre where you can hear about the training offered. If you know of someone (male or female) who would enjoy meeting with a client once a week and giving them a new friendship and a listening ear, please call our office at 604-850-0011, or you may email us at admin.seniors @telus.net. **We have clients coming on board this spring who need a volunteer!**

SAVE THE DATE!

Our Annual General Meeting (AGM) will be held at Crossroads Restaurant 10am February 13th. Plan to hear from our Board , participate in the elections of new board members, listen to a special speaker & then enjoy a light lunch together. We hope to see you there!

BOARD MEMBERS

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

JOKE TO MAKE YOU SMILE

A man is talking to the family doctor, "Doc, I think my wife's going deaf." The doctor answers, "Well, here's something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is." The man goes home and tries it out. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her. Finally, she answers, "For the eleventh time, I said we're having MEATLOAF!"

SUCCESS STORY

Next month will be a year since I first met my client. This person has come a long way in this past year,. My client was very anxious at first, and often felt the need to be validated as a valued person. Often my client would call the APSS office if I didn't answer my phone or if she thought I had forgotten a visit. Our visits have always gone well, and we seem to have lots to talk about. My client for sure needs and appreciates a listening ear and companionship. I feel there has been much progress for my client in how she feels about herself. I notice more confidence to the point that she will cancel a visit because she has other people she is seeing. .

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This tells me that her circle is broadening and that she is getting out more often. Our visits often are not just a visit to her house, but going out for coffee or checking out thrift stores. My client is also very willing to come to the workshops, and has gone to one on her own when I couldn't be there. Has my client benefited from our program? I would say a definite yes to that as I have seen such a change in her. She is a pleasure to have as a friend.

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V D D T D G K O X J Q D E S O O M
U O R L B A R R A C U D A T T T O
J N A C I L E P A C Y E Y A F T A
T K P P A E V N H L B L A O D E R
G E O I Y K U I R I W A I G R R B
M Y E F S D N O S B M O M A L A G
C Y L L Q C T O W R X D D A U E T
V O O B H A N T O J E I M A L Q T
W T P I G Y I E R S A I U Y E L U
H Z L I E J K R D Z A C N L N M V
E L L K T F U R F B D U K D Q K Z
A L R D S Z W E I J Q Q C A E C F
A U T F D D N F S F U X L V L E J
T O R R A P M S H B D C O U G A R
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Animal Word Search

Alligator
Barracuda
Bison
Chinchilla
Cougar
Donkey
Eagle
Ferret
Jackal
Leopard
Llama
Meadowlark
Moose
Otter
Parrot
Pelican
Reindeer
Sloth
Swordfish
Turkey
Wolf