

## ABBOTSFORD PEER SUPPORT FOR SENIORS

WE ARE HERE TO PROVIDE SUPPORT

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*Happy New Year!!*

### VOLUNTEER BREAKFAST

Our next Volunteer Breakfast will be January 7th at 9:00am at the Crossroads Restaurant. We look forward to seeing you there!



**IMPORTANT: ALL 2019 TIME SHEETS AND VISIT LOGS ARE REQUESTED.**

The APSS Call Logs and Time Sheets are needed for 2019. The deadline for submitting them is **January 21st**.

If you need blank forms, please pick up a copy at the January Breakfast, or contact the office. If you have any questions on completing the forms, please let us know.

These records are an important record of our work with Seniors in Abbotsford. We use the information to follow up with our clients, as well as applying for our Funding.

### HOUSING AND THE CARE CONTINUUM

Our next workshop will be held at 10am at Crossroads Restaurants on January 21st. You and your client are invited to the workshop titled: Legal & Financial-Housing and The Care Continuum.

You may sign up to attend the workshop at the January 7, 2020 Volunteer Breakfast, call us at 604-850-0011, or email us at:



apss.seniors@telus.net.

### AULD LANG SYNE

"Auld Lang Syne," the title of a Scottish folk song that many English speakers sing at the stroke of midnight on New Year's Eve, roughly translates to "days gone by." The poet Robert Burns is credited with transcribing, adapting and partially rewriting it in the late 18th century. Its lyrics, which rhetorically ask whether "auld acquaintance" should

### JANUARY BIRTHDAY TO CELEBRATE

George Ho January 15

### OLDER WISDOM

"I will honor Christmas in my heart, and try to keep it all the year."

*Charles Dickens*

"Peace on earth will come to stay, when we live Christmas every day."

*Helen Steiner Rice*

"Life's too short to wake up with regrets. So love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it, if it changes your life, let it. Nobody said it'd be easy, they just promised it would be worth it."

*Dr. Seuss*

### BOARD MEMBERS

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



### AGM

Our annual AGM will be held soon at Crossroads Restaurant at 10am. The date will be announced mid January. Please plan to come and participate, & then enjoy a light lunch together.

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

## **KINDNESS - HOW KINDNESS APPRECIATES**

### **One gracious act can resonate for a lifetime**

A long time ago, when I was eight or nine, my father had a risky surgery. These days, that particular procedure is pretty much an afternoon's inconvenience, but back then it was a roll-the-dice long shot. I wasn't old enough, or maybe smart enough, to understand how dangerous it was. And the adults around me, though never less than honest, saw no reason to lay out the odds to a nine-year-old.

The day before the surgery, one of the doctors asked to see me. I went into his office cheerfully; at that age, just the idea of an adult wanting to talk to me made the occasion special. What he told me was very direct. There was a possibility, he explained, that the next afternoon I might be feeling very angry. If that happened, he said, I should come and be angry at him.

I don't remember his name. I don't remember what he looked like. I have a sense that he was tall, though to a nine-year-old, a lot of people look tall. But I remember what he said, and many decades later, that memory still has the capacity to warm me.

Kindness can do that.

The doctor owed me nothing except his best efforts to keep my father alive. But he went out of his way to reach out to a small boy who didn't even realize that an abyss could soon open up beneath his feet.

We think of kindness as a way to ease our way through a day, to help us get to the other side of a situation. But an act of kindness can be much more than that. It can cast a light down decades and provide a warming feeling long after the occasion has grown cold. Gifts like that aren't used up and forgotten; they're remembered and cherished.

One message of the Harry Potter books is that being deeply loved as a child can provide a kind of protection throughout life. It gives you a sense of self-worth and confidence when you're threatened by the forces of darkness, or even by a disappointing SAT score. Being the recipient of an act of kindness can have a similar effect: It not only reassures you of your own worthiness, but also provides a permanent belief that the world is not as dark a place as that registered letter from the IRS (CRA) might suggest.

There's a reason we remember great kindnesses. It's not that people are keeping accounts and preparing to repay them. In a transactional world, a luminous kindness is a combination of the act and the tie, and that produces something beyond evaluation. Trying to repay it is like calculating the price of Versailles as an Airbnb.

The inability to figure out an exchange rate, a way to have the same impact on a giver's life that he had on yours, has spurred the concept of paying it forward. If you can't repay the person who lives permanently in your appreciation, you can at least adjust your balance sheet with the universe—and maybe plant yourself enduringly in someone else's memory.

*This is an excerpt of an article written by David Sarasohn. If you would like to read the remainder of the article, you can pick up a copy at the upcoming Volunteer Breakfast, or request one from the office.*

## **SUCCESS STORY**

My client has been involved in the Good Morning Program for about 3 years. She is also my Peer Support client. I arrive at her place Friday mornings about 9:30am. She is always excited to tell me who she talked to that day from the APSS Good Morning Program.

I asked her last week about the value of someone calling regularly. She indicated that it's like a Lifeline to her. Her daughter and her son-in-law frequently go out of town fishing or hunting. Those are the days she especially needs the volunteers to call her, and she's very grateful for this service. My client is 90 years old.

*Update: this client recently had a stroke and is now in a care home. Her volunteer continues to visit with her there.*

## **REFRESHER COURSE**

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

## **DISABILITY TAX CREDIT**

Are you familiar with the Disability Tax Credit offered to Canadians? If you'd like further information, pick up some information at the upcoming Volunteer Breakfast or request a copy of an article from our office.