

WE ARE HERE TO PROVIDE SUPPORT

Happy Remembrance Day



VOLUNTEER BREAKFAST

Our next Volunteer Breakfast will be November 5, 2019 at 9:00am. Come enjoy breakfast and connecting with other volunteers at Crossroads Restaurant!

THE MISER

There was once a man who loved his money above anything else.. He loved it so much he decided to take his money to the afterlife with him. He said to his wife: "Now, listen to me, when I die I want you to take all my money and place it by my side. This is my last wish and I want you to promise me you will do as I say."

So his wife promised him that when he died she would put all his money in the casket with him. Well, one day he died.

His wife sat all in black at the funeral service next to a friend. When the ceremony finished, just as the undertakers got ready to close the casket, she exclaimed: "Wait a minute!" she had a large box with her, which she took and placed in the casket.

Friend: "I hope you weren't crazy enough to put all his money in there!" (continued)

SUCCESS STORIES

Please continue to send in success stories from you or your client in November and December. We enjoy reading about your meaningful connections

MENTAL HEALTH WORKSHOP

Mark your calendar for November 19th ! You and your client are invited to a workshop on: Mental Health. It will be held at Crossroads Restaurant at 10:00am. You'll hear about the types of Mental Health Illnesses and what the risk factors can be.

You may sign up to attend the workshop at the upcoming Breakfast November 5, or email us at apss.seniors@telus.net.



Wife: "yes, I promised, and I am a good Christian, I can't lie."

Friend: Oh! For crying out loud! Every cent?"

Wife: "I sure did. I got the money, all his money, and put it into my bank account and wrote him a cheque." (she did keep his wishes...he didn't say how!)

November Birthday Greetings

Karen Hardy Nov 2
Margarite Bysouth Nov 5
Melvin Platz Nov 12
Pat Stare Nov 13
Wallis Siemens Nov 14
Eileen Ohrlein Nov 28

ANNUAL CHRISTMAS EVENT

We look forward to celebrating Christmas with you December 5th at the Rancho at 10:30am.

We will have music, games, carol singing and a delicious Christmas luncheon.

This is a fund-raising event for United Way Lower Mainland, and each person attending is asked to bring a minimum \$5 donation

You are welcome to bring your client(s) and a guest to the event. You also may bring a small inexpensive gift (under \$5) for a gift exchange. If you bring a gift, you will receive a gift.

You may sign up to attend the Christmas Event at the upcoming Breakfast November 5, or email us at apss.seniors@telus.net. Deadline to RSVP is November 26 if you plan to attend.

BOARD MEMBERS

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



INTERESTING FACTS ABOUT REMEMBRANCE DAY

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called Armistice Day to commemorate the armistice agreement that ended the first World War on Monday, November 11, 1918 at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.

The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.

The national ceremony is held at the National War Memorial in Ottawa.

The United States used to commemorate Armistice Day on November 11. However in 1954 they changed the name to Veterans Day.

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

HEALTHY RESOURCES AND HABITS FOR AN ACTIVE GENERATION; SELF CARE TIPS FOR SENIORS

submitted by Karen Weeks

By 2030, [23 percent](#) of Canadians will be 65 or older. That means the senior population is growing at a faster rate than any other segment. In the midst of such a significant population shift, it's an ideal time for older adults to utilize health resources and emphasize healthy self-care habits.

Stay Active

[Isolation](#) and inactivity are dangerous patterns for seniors, often leading to depression and anxiety. Staying physically and mentally active helps you stay engaged and motivated, so try doing something that keeps you fit and upbeat. You don't have to run a two-minute mile; just find something you enjoy and make time for it every day. It could be a [walk](#) under the trees in your favorite park or yoga with friends. Your local community center or senior living facility are good places to look if you need access to equipment or want to get started with an exercise regimen.

Eat Healthfully

It's a medical fact that people become more susceptible to [illness and disease](#) as they grow older, especially those who fail to observe healthy living habits. Eating nutritious meals every day is an important part of a healthy routine, no matter what age group you belong to. Balanced eating (not snacking on junk food), emphasizing fruit, vegetables, protein, whole grains, and low-fat dairy can help prevent cardiac disease, high blood pressure, type 2 diabetes, and other health problems common among people who don't take nutrition seriously. Make cooking fun and healthy with new recipes that use different spices and healthy ingredients. Jazz up your menu with international goodies like [Brazilian cheese puffs](#) or Indian potato dip. (Seniors also need plenty of water, so keep a bottle filled and with you throughout the day.) Finally, start taking a daily multivitamin so that you can be sure you're getting [all the nutrients](#) your body needs. A quality multivitamin can have a positive effect on your bones, eyes, and teeth and improve your immune system and digestive function.

Keep Those Medical Appointments

Take all medical and dental appointments seriously, even if you're not experiencing symptoms. Doctor and dentist visits are important preventative measures aimed at maintaining your long-term well-being, so tell your healthcare provider about any changes in your condition. Make sure you're brushing and flossing daily and following your dentist's advice. Good oral maintenance not only protects teeth and gums but [your heart](#) and [gut health](#) as well.

Make Your Home a Safe Zone

Seniors sometimes experience a loss of mobility, muscle strength, and flexibility, as well as diminished eyesight. Plan ahead by creating a safe home with a few common sense safety precautions. [Falls](#) are the leading cause of injury among seniors, so make sure your walkways are clear of electrical cords, loose objects, frayed carpeting, and small furniture. Install [motion-activated lighting](#) in the bathroom and the hallway so you can see clearly at night. Keep frequently used items (keys, TV remote, smart phone, etc.) within easy reach so you don't strain a muscle or lose your balance reaching for them.

The basics of good health don't change a whole lot as you grow older: it just becomes more important to follow them. Eat well-rounded, nutritious meals, get exercise every day, stay involved with friends and you'll feel good and stay healthy.

PRIZE WINNING ORANGE CARROT CAKE RECIPE

3 cups flour
1 cup sugar
1 cup coconut (optional)
2 1/2 tsp soda
2 1/2 tsp cinnamon
1 tsp salt
2 cups shredded carrots
1 1/4 cup cooking oil
2 tsp vanilla
1 tsp grated orange peel (optional)
small can mandarin oranges, undrained
3 eggs

Mix all ingredients, beat 2 minutes. Bake at 350 degrees for 50—60 minutes, until done. There is enough batter for one bundt pan or 2 loaf pans.

TIME SHEETS AND VISITOR LOGS

Having our volunteers regularly submit their time sheets and visitor logs to us assists in our record keeping. It's one of the ways we can show the organizations who support us what our volunteers spend their time doing. You may pick up blank forms at the Volunteer Breakfast or contact the office to request them.



SAVE THE DATE!

Our annual AGM will be held at 10:00am at the Crossroads Restaurant on February 18, 2019