

ABBOTSFORD PEER SUPPORT FOR SENIORS

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ABBOTSFORD, BC V2S 7R3
604-850-0011

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We are here to provide support!

Springtime - When Life's Alive in Everything!

UPCOMING CHANGES

Like all organizations, certain programs go through changes. United Way recently notified us that they have discontinued all Community Partnership Grants and this makes a huge difference to our budget. We have had to make some tough decisions. Starting immediately are the following decisions made by the Board. :

*The breakfast event on the first Tuesday of every month is canceled..

*The volunteer training/workshop on the third Tuesday of the month will continue. We shall have breakfast instead of lunch and tip money will be collected. The next program is on **March 17th at 9:00 am**. Hope to see you and your client there!

*The out-of-pocket expense cheque is discontinued

There will be more changes as we only confirmed recently the change in the United Way funding. We need time to look for other ways of raising money. Let us know if you are aware of any grants we can apply for or any fundraising ideas. We will keep you informed through the newsletter.

VOLUNTEER ORIENTATION AND TRAINING

If you know anyone who would be interested in Volunteering with Abbotsford Peer Support, let them know we have an orientation scheduled April 7th at 12:30pm. We then offer six 3 hour training sessions scheduled from April 21—May 21.

Contact 604-850-0011 or send an email to us at admin.seniors@telus.net for additional information or to sign up.

FIRST LIGHT SOCIAL CLUB

Have you heard about the First Light Social Club, which meets in Abbotsford?

They provide a day program for people living with mild to moderate memory loss while giving caregivers time to rest and rejuvenate.

For information contact 604-755-4664 or email them at first-light@shaw.ca.



THE SHAMROCK

May your blessings outnumber

The shamrocks that grow,

And may trouble avoid you

Wherever you go.

~Irish Blessing



BOARD MEMBERS

Diane Anderson: President

Bonnie Wetmore, V Pres

Stephen Chan: Treasurer

George Ho: Secretary

Willa Kraft: Director

Bonnie Millin: Director

Louise Platz: Director

Pat Stare: Director

*We look forward to seeing you at the next Volunteer Breakfast and Workshop at 9:00am at the Crossroads Restaurant on **March 17th!** The subject of the workshop is **Healthy Living: Navigating the Health Care System.***

APSS is funded by a Gaming Grant from the BC Government.

EASY LEMON CHEESECAKE BARS

YIELD: 12 BARS COOK TIME: 25 MINUTES

Ingredients:

- 1 1/2 cups finely crushed graham crackers
- 3 Tbsp. unsalted butter, melted
- 2 (8 oz) packages cream cheese, at room temp
- 1/2 cup sugar
- 1 tsp fresh lemon zest
- 1 Tbsp lemon juice
- 1 tsp vanilla extract
- 2 large eggs

Preheat oven to 350 degrees. Line an 8 inch square baking pan with foil or parchment paper, then grease it with cooking spray.

Stir together the graham crackers and melted butter. Transfer the mixture into the prepared pan and press it firmly into an even layer. In a new bowl, beat together the cream cheese, sugar, lemon zest, lemon juice and vanilla extract until well combined. Add the eggs one at a time, beating between each addition, then pour the cheesecake mixture atop the crust, spreading it into an even layer.

Bake the cheesecake for 20—25 minutes, until center is almost set. Remove from oven and let cool completely before covering the pan with plastic wrap and refrigerating it for 3 hours. Slice into bars and serve. May be topped with fruit or whipped cream if desired.

CAREGIVERS CAFE

A gathering place for caregivers of those living with life limiting illness... A place to meet & socialize with others who understand the challenges of caregiving. Enjoy some social time, benefit from peer support, free valuable information & education in an informal relaxed environment.

**3rd Tuesday of the month
9:30am-11:30am.**

For more information and/or to RSVP contact Cyndi at Cyndi@abbotsfordhospice.org or 604-852-2456 ext. 425.

POEM BY ONE OF OUR CLIENTS

No Appeal



There is the love
In the love spoken
And in this love spoken
It is but a token
The metal of love, a belt
the rub of it, svelt
And when guilty at
confession
Love perjures itself
It has stolen a heart.

By Michael R. Linburg

SUCCESS STORY



My client is an 84 year old lady. She has been a widow for many years, living alone in her family home. She loves gardening and Sudoku puzzles and her cat Bella.

Several years ago she fell while gardening. She injured her knee and ended up needing a walker. Her family decided...no more gardening for you. Then last year she went outside to water her flowers and tripped over the hose. She was badly bruised, but worse than that, her Lifeline didn't work outside so she laid on the ground for some time. Her family decided... no more going out in the yard at all. Little by little her world is getting smaller and smaller.

Two days a week someone from Fraser Health comes to bath her. She is allotted 30 minimum of their time to be bathed including washing her hair. She often gets a different person each time. She goes to an elder daycare program at the Cottage two days a week. She LOVES the little activities and exercises they do, the companionship of the other ladies and the free lunch.

I usually visit her Wednesday because she has nothing that day. I arrive to freshly homemade muffins and tea. Lots of our visits she tells me the same things every week, almost word for word, but I just listen. We have grown very fond of each other. She's even tried to teach me to crochet. She supplies all her family, friends, neighbours, and anyone in need with crocheted dishrags. She goes to bed around 11pm and is up at 4am for the day. No naps for her, so it makes for a very long, lonely day.

She has two children and two grandchildren who come when they can, and call her daily, but they all have fulltime jobs and busy lives. So except for the two 30 minute baths, my 1.5 hour visit, and two days at the Cottage, she is alone. At this time she is waiting to get into Menno Home. She is looking forward to having lots of things to do and lots of people around her in a safe environment.

My training as a peer support volunteer has come in handy. My client lives on her OAS, CPP and Income Supplement, so she doesn't have a lot of money. When house prices in Abbotsford went up so high she worried how she would pay her property taxes. I was able to give her information about how tax-deferral works. She has poured over the BC Senior Guide and the Seniors Resource Directory. We talk about things available in the community which she discusses with her kids. I know the information has helped her and her family.

My experience being a peer support volunteer has been very positive and rewarding. I love being part of the wonderful group of people who make up Abbotsford Peer Support. I have made some lovely friends and that includes my client. I get a hug when I come and another when I go.