#### ABBOTSFORD PEER SUPPORT FOR SENIORS

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

#### **VOLUME 10 ISSUE 7**

OCTOBER 2019



# Happy Thanksgiving!

#### VOLUNTEER BREAKFAST

Our next Volunteer Breakfast will be October 1, 2019 at 9:00am. Come enjoy breakfast and connecting with other volunteers at Crossroads Restaurant!



# A POEM WRITTEN BY ONE OF OUR CLIENTS

#### **Splitting Infinity**

Spearheaded through the sky Splitting the blue as you fly You wing your way in flight Then disappear out of sight Although, the sky does not bind I will recall you with my mind And when you return to me Only then will I set you free.



## SUCCESS STORIES

Thank you to every one who submitted a success story. We'll be including them in our newsletter over the coming months. You'll find the first one on page two.

## **CLIENT WAIVER FORM**

If you currently drive or plan on driving your client, please ensure the office has a copy of the signed Waiver Form. You can contact the office to get a copy, or to ensure you have one on file. Our phone number is 604-850-0011.

## HEALTHY LIVING-KNOWING YOUR BLADDER WORKSHOP

Our next workshop will be held at 10am at the Crossroads Restaurants October 15th. You and your client are invited to a workshop on Healthy Living-Knowing Your Bladder. You may sign up to attend the workshop at the upcoming Breakfast Oct 1st, call us at 604-850-0011. or email us at apss.seniors@telus.net.

# October Birthdays to celebrate!

Ruth Sawatsky Oct 7 Willa Kraft Oct 19 Kathy Vogt Oct 24 Margarite Hazlewood Oct 30

## **VOLUNTEER TRAINING**

We will be offering Volunteer Training again this fall. There is an Orientation Oct. 8 at 12:30pm. 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 apss.seniors @telus.net. We have clients coming on board this fall who need a volunteer!

## SAVE THE DATE!

December 5 is the date of our annual Christmas event and fundraiser for United Way. It's a time of fun, laughter and a delicious holiday lunch. Mark your calendars, and let your client know as well! More details will be shared in the next newsletter.



#### **BOARD MEMBERS**

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



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

## JOKE TO MAKE YOU SMILE

Two old guys are playing tennis. At one point, the ball rolls into some bushes, and when one of the players goes to retrieve it, he is confronted by a frog claiming to be a beautiful princess who has been turned into a frog by a mischieveous wizard. If the player will kiss her, the frog assures him, she will revert to her natural princess state and marry him, and they'll both live happily ever after.

The player pockets the frog and returns to the game. After a bit, the frog, inside the player's pocket croaks, "Sir, did you forget about me? I'm this beautiful princess, turned into a frog. If you kiss me..." and so forth, to which she receives this reply, "Dear lady frog, I will be completely honest with you. I have reached the age at which I would rather have a talking frog than a new wife."

### **OCTOBER**

- "May you Fall in love with October
- And all the beauty it brings,
- May your life be as colorful as
- The turning of the leaves,
- On each blessed autumn day"

Charmaine J. Forde

## FIRST THANKSGIVING

#### IN CANADA

The first Thanksgiving by Europeans in North America was held by Sir Martine Frobisher and his crew in the Eastern Arctic in 1578. They ate a meal of salt beef, biscuits and mushy peas to celebrate and give thanks for their safe arrival in what is now called Nunavuat.

## 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, when she can remember, 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 APSS Good Morning Program volunteers to call her, and she's very grateful for this service.

My client is 90 years old. Her husband of almost 70 years passed away in Menno Hospital two years ago.

# STARBUCKS COPY-CAT PUMPKIN BREAD RECIPE

1 1/2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1/2 teaspoon salt
4 eggs
1 cup white sugar
1/4 cup light brown sugar
1/2 teaspoon vanilla extract
3/4 cup canned pumpkin
3/4 cup vegetable oil

#### Directions:

Preheat oven to 350 degrees. Grease an 8 1/2x4 1/2 inch loaf pan Combine flour, baking soda, nutmeg, cinnamon, cloves, baking powder and salt together in a large bowl. Beat eggs, white sugar, brown sugar & vanilla extract in a large bowl with an electric mixer until combined. Beat in pumpkin and oil. Add flour mixture; mix until a batter is blended and smooth Pour batter into the prepared loaf pan. Bake about 70 minutes, until done.



A smíle ís an ínexpensíve way to change your looks.

