

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MARCH 2023

Do you know of anyone interested in volunteering with Abbotsford Peer Support?

We are having a Volunteer Orientation March 8th at 1 pm at the Abbotsford Rec Centre Senior Centre.

We still have spots available so please Spread The Word!

Please contact us at 604-850-0011 as soon as possible as we need a total number of participants. Thanks so much.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT LARGE:

Pat Stare

Margarite Bysouth

MARK YOUR CALENDAR

March 14:

9:30 am: Breakfast and Board Meeting at Crossroads Restaurant
Workshop: Healthy Eating for Seniors
Please remember to sign up by noon on Tuesday, March 7th. 604-300-1457 or admin.seniors@telus.net so we can tell Crossroads the number of people to expect. Thank you.

Reminder: Our office hours are Tuesday thru Thursday 9 am to 1 pm.

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



HEALTHY AGING ABBOTSFORD

Seniors Social Café + Crafts & Chats March Schedule at the Matsqui Rec Centre

604-854-1733

March 2—10 am-12 pm

March 6—10 —11:30 am

March 9—10 am-12 pm

March 13—10-11:30 am

March 16—10 am-12 pm Bingo

March 20—10-11:30 am

March 23—10 am-12 pm

March 27—10-11:30 am Easter



HAPPY BIRTHDAY!

March 29—Bob Sukkau



Archway Community Services

Archway has a Community Van Service for Abbotsford residents.

The Community Van Service helps residents without transportation attend appointments, commitments, services, and community activities, within the city of Abbotsford. The service is dependent on the timely availability of volunteer drivers.

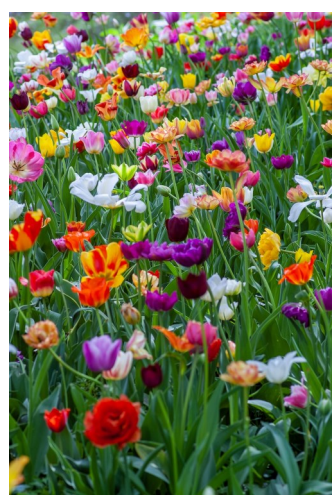
There is a nominal fee of \$0.65 per km and 3-4 days notice is needed.
604-859-7681

FOLLOW THESE TIPS TO EAT HEALTHY AS YOU GET

OLDER

There's a huge amount of information out there about what older adults should and shouldn't eat. Here are some key tips:

- **Eat a variety of healthy foods.** In general, choose foods that are high in nutrients and lower in empty calories. Focus on getting plenty of fruits, vegetables, whole grains and proteins.
- **Eat more protein.** Protein is key for maintaining muscle mass. And animal-based proteins like meat, poultry and fish are rich in vitamin B12, which you need more of as you age.
- **Cut down on sugar, sodium and saturated fat.** As you get older, you may find that foods start to lose some of their flavor or medicines change the way food tastes. While you may be tempted to add more sugar or salt to enhance the taste, this isn't the healthiest option. Sugar, salt and saturated fat can all raise your risk of diseases. Instead, try adding herbs and spices to savory food or using fresh fruit to sweeten foods and drinks.
- **Drink more water.** As you get older, you may start to lose your sense of thirst. Drinking enough water is key for staying hydrated and digesting your food. And the healthiest choice for most of your beverages throughout the day is plain old water. If you want a bit more flavor, try adding fresh fruit slices or fresh herbs to a plain sparkling water.



ABBOTSFORD HOSPICE SOCIETY

Abbotsford Hospice Society provides eight free of charge Grief Support Companion sessions. The companion is a caring, trained AHS volunteer who will give you uninterrupted time in a safe, non-judgemental environment to talk about your loved one and how their death is affecting you.

www.abbotsfordhospice.org/adultsupport

604-852-2456

FRIENDSHIP HOUSE

Are you looking to play Bridge or enjoy some other senior activities?

Friendship House programs run all year and have special events as well.

Contact them at 604-855-9741



55+ BC GAMES ARE LOOKING FOR VOLUNTEERS

Volunteers are needed for the 55+ BC Games August 22-26 in Abbotsford.

Some of the sports they will be hosting are:

- Bocce
- Bhabbi
- Tai-Chi
- Umgusha
- Swimming
- Pickleball



For more information and to register go to 55plusbcgames.org

CANADIAN BLOOD SERVICES

Plasma donors are needed in Abbotsford. Abbotsford now has a plasma donor centre at 32700 South Fraser Way (Beside Michaels and Party City).

Plasma is important as it is made into lifesaving medications for patients in Canada. These specialized medications are used to treat patients with a variety of rare, life-threatening, chronic and genetic conditions.

Appointments are available Monday thru Saturday. Visit blood.ca/Abbotsford or call 1-888-2-Donate