

ABBOTSFORD PEER SUPPORT FOR SENIORS

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ABBOTSFORD, BC V2S 7S5
PHONE: 604-850-0011 CELL: 604-300-1457
"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER SEPTEMBER 2023



SEPTEMBER EVENTS AROUND ABBOTSFORD

- Sep 3 and 4th: Summer Flower Festival at Lakeland Flower Shop at 3663 Marion Rd from 10 am until 6 pm
- Sep 15 and 16: MCC is holding the Festival for World Relief at the Tradex. Friday 5 pm-9pm/Saturday 9am-2pm
- Sep 16: 10:30 am until 4 pm - Taste of Abby Guided Circle Farm Tour at the Abbotsford Farm and Country Market at 2552 McCallum Rd
- Sep 21: Art and Wine walk from 4 until 8 pm brought to you by the Abby Downtown Business Association
- Sep 29-Oct 1: The Canadian Motor Show at the Tradex daily from noon until 4 pm.
- Sep 30: 10 am until 12 pm - Willbrand Creek Park Guided Nature Walk

Summer Picnic

It is time for our Summer Picnic!! It will be held on September 12th from 11:30 am to 1 pm at Mill Lake Park (Shelter #4). All volunteers and their clients are invited to join us. We will be supplying all the food so we do need a confirmation of who is coming—names and total numbers. Can you please call 604-850-0011 or email admin.seniors@telus.net and let us know if you are able to attend. We need final numbers by Tuesday September 5th at noon so we can order the correct amount of food.

Thank you so much.

Do you know of anyone that might be interested in volunteering with Abbotsford Peer Support? We will be holding our training orientation September 15 and training sessions will be September 27 and 29. Please contact Karen at 604-850-0011. Thank you for your continued support!



UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Sept 9: Visit to Rome

Sept 14: What Makes a Successful Building

Sept 21: Government Benefits for Seniors

Sept 28: Fraud and Scam

Sep 3: Kathy K.
Sep 6: Paula M.



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Judy Huzzey
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MARK YOUR CALENDAR

September 4: Labour Day

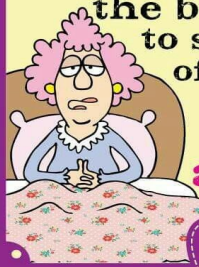
September 12:
Board Meeting (Board Members only)
9:30 am (ARC Board Meeting Room)
Summer Picnic:
11:30 am until 1 pm at Mill Lake Park in Abbotsford—South Grounds & Shelter 4 (Bevan Entrance)

October 1: National Seniors Day

October 10:
9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant

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

Sometimes the best way to stay out of trouble is to **take a nap.**



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Healthy Aging Abbotsford September Schedule

Social Café and Crafts & Chat Schedule

Matsqui Recreation Centre

Mondays

10—11:30—Crafts and Chat



Abbotsford Social Activity Association

33889 Essendene Ave 604-302-4784 or 604-855-7699

Membership is \$20/per year

Activities include dances and dance lessons, crafts, card games, jam sessions for musicians, and a pool hall. They also have low-impact exercise for seniors on Tuesdays and Thursdays from 9:30 to 10:30 am.



FIRE SAFETY TIPS FOR YOUR HOME

- Install and maintain smoke alarms - Install smoke alarms, on every floor of your home and outside each sleeping area. For maximum protection, install smoke alarms in every bedroom.
 - Test the alarm monthly. Some smoke alarms are equipped with large, easy to push test buttons. For battery operated smoke alarms change the batteries at least once a year, or immediately if the smoke alarm makes a chirping sound indicating that the batteries need replacing.
- Testing smoke alarms may be difficult for some seniors. Rather than standing on a chair to push the test button, remain on the floor and use a broom handle to push the test button. Smoke alarms with a flashlight test or television remote are available.
 - Notice the alarm - The majority of fatal fires occur when people are sleeping. Because smoke can put you into a deeper sleep, it is important to have an early warning signal of a fire to wake you up.
- If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light, vibration and/or higher decibel sound to alert you to a fire emergency.
- Prepare and Practice a Home Fire Escape Plan - Draw a simple plan of your home and identify two ways out of every room. Determine a meeting place outside your home. Practice your escape plan at least twice a year.
- NEVER use the elevator. Use the exit stairways and close all doors behind you.
- Keep it low - If you don't live in an apartment building, consider sleeping in a room on the ground floor to make emergency escape easier. Make sure that smoke alarms are installed near any sleeping area and have a telephone installed where you sleep in case of emergency.
- Be Prepared - If you are dependent on eyeglasses or essential medication, keep these items by your bedside for easy access in the event of an emergency. Be sure to take them with you.

WHAT SHOULD I DO IF I HAVE A FIRE?

- When the smoke alarm sounds - check the door. Stay low behind the door, reach up and feel the door and the door handle for heat.
 - If the door feels cool - brace yourself against it and open it slowly. If safe, leave the building and go directly to your meeting place.
- If you encounter smoke, crawl low under the smoke. Cleaner air is down low near the floor. Once you are out of the building go directly to your planned meeting place or go to a neighbour's house and call the fire department. Do not re-enter the building.
- If the door feels warm - or if you see smoke or flames on the other side of the door, shut the door and use your second exit. If you are trapped, seal the openings around the door and vents with wet bedding or towels. Call the fire department using 9-1-1 number to notify them of your location. Open a window and signal for help.
- Open up - Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. If you have security bars on doors or windows, they should have quick-release mechanisms inside so that they can be opened easily. These mechanisms won't compromise your security, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nails.

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

HOW TO MAKE A DIY ELECTROLYTE DRINK

Sports drinks and electrolyte mixes can be expensive. Making an electrolyte drink at home, on the other hand, only requires ingredients you probably already have in your fridge or pantry.

When you're dehydrated, reaching out for a bottle of ice-cold water should help you recover. But depending on how long your body has been losing H₂O, that alone may not be enough to replace what you've lost—you might also need electrolytes.

Sports drinks may be an option, but if you're not participating in prolonged exercise, you don't need all the extra carbs and calories—not to mention that red No. 40 food dye. Fortunately, you can easily craft your own homemade electrolyte drink for a cleaner hydration solution.

Electrolyte Water

Ingredients

- 8 ounces of coconut water
- 8 ounces of a fruit juice of your choice
- About 1/16 teaspoon of salt

Instructions

Shake or stir all the ingredients together to combine. Serve over ice.

Maple Orange Hydration Beverage

Ingredients

- 16 ounces of water
- 8 ounces of orange juice
- 2 tablespoons of maple syrup
- 1/16 to 1/8 teaspoon of salt

Instructions

Shake and combine all ingredients. You can add ice if you want.