

ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD
 ABBOTSFORD, BC V2S 7S5
 PHONE: 604-850-0011 CELL: 604-300-1457
 "WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER JUNE 2023

JUNE EVENTS AROUND ABBOTSFORD

June 3-Hope for the World concert at Central Heights Church at 3pm and 7 pm. There will be a choir, dance company and violinist.

June 3-Lepp Farm Market 12th Anniversary Celebration from 10 am to 4 pm. Enjoy a BBQ and live music from local musicians.

June 9 from 10 am to 5 pm and June 11 from 10 am to 4 pm-Aboriginal Arts and Culture Day at Trethewey House Heritage Site.

June 21st to 23rd-Mission Folk Music Festival is on at Heritage Park in Mission from 11 am to 10 pm.

Saturdays from 1pm to 3 pm Kept in Stitches meets at the Abbotsford Library on Bevan St to share knitting, crocheting, etc knowledge. Bring your own supplies to this drop in social club.

MEDICATION REVIEW—Did you know that you can visit your pharmacy for a medication review? There is no cost for you to talk to a pharmacist about any medications you are taking. They may ask you to bring in a list of all prescription and non-prescription medications you are currently taking. Call your pharmacist to book an appointment.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

June 1—The 1948 Flood

June 8—Abbotsford Airport

June 15—Visit to the United Kingdom

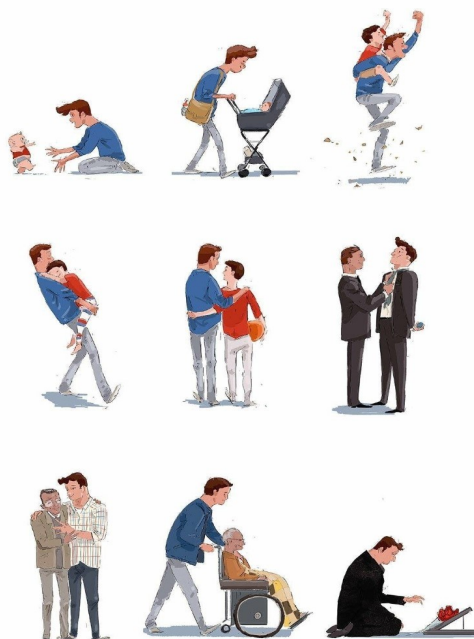
June 22—Chef Dez cooks with BC Eggs

June 29—Strategic Plan with Mayor Siemens

Are you willing to take on a 2nd client?

We have 3 women in need of a volunteer friend.

Please call Karen at 604.300.1457 or email her at apss.seniors@telus.net if you are able to help out.



June 12—
Min W.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT LARGE:

Pat Stare

Margarite Bysouth

MARK YOUR CALENDAR

June 13:

9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant. This month our workshop is on Advance Care Planning

Please remember to sign up by noon on Tuesday, June 6th @ 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.

Reminder that there are 3 workshops being held on June 10 as part of Seniors Week at Sevenoaks Alliance Church from 9:30 am to 11 am.

- 1: Get Moving!
- 2: Wellness, and the Importance of Medicine Reviews
- 3: Fraud Awareness and Cybersecurity

You can register at www.abbotsford.ca/agingtogetherfair or call 604.557.1464

SENIORS EXTREME HEAT PROGRAM

Archway Community Services will have a misting station operating on 30 C and higher temperature days at 2420 Montrose Ave.. They also have a volunteer driver program to pick up seniors and take them to cooler locations, and volunteer buddies who will check in on seniors to ensure their safety during extreme heat events. For a potential ride to a cooling centre call 604.743.0354. To sign up for the buddy program call 236.380.5619.

Have you ever wanted to try one of the sports featured at the 55+ games this summer? Try It has free sessions for seniors at various locations.

Tuesday, June 6 1-2 pm Abby Rec Centre **Cribbage/Bridge**

Saturday, June 10 9-10 am Abby Exhibition Park—Field 2 **Walking Soccer**

Saturday, June 17 9-10 am Abby Rec Centre **Table Tennis**

Care Connector - Abbotsford Division of Family Practice

The Abbotsford Division of Family Practice maintains a waiting list of Abbotsford residents in need of a Family Physician which new doctors (and those with space) use to create their patient panels. Please note that this wait can take approximately 12 months – but is dependent on the amount of new Physicians in our area.

To register for the Care Connector waitlist, please visit www.adofp.ca or call the dedicated 24/7 Care Connector agents at 604.746.3302 for registration assistance.

The Clearbrook Library has 2 upcoming information sessions for seniors. Call 604-859-7814 for more information.

CRIME PREVENTION AND PERSONAL SAFETY

June 9 from 2pm to 3pm

Have you thought about how you can help prevent crime to protect yourselves, and your loved ones? We want to raise awareness for crime prevention and provide you with some tips on keeping yourself safe. We'll discuss elder abuse, security at home, vehicle safety tips, street safety, transit safety, and general crime prevention. Crime prevention and personal safety is ALL of our responsibilities, so join us for a group discussion on ways to keep ourselves safe.

SCAMS AND FRAUD PREVENTION

June 23 from 2pm to 3pm

Whether it's over the phone, online, in person, or by mail all of us have been bombarded by scammers and fraudsters. In Scams and Fraud Prevention we'll discuss how to protect your identity, and finances. We'll talk about different types of scams, online security, shopping safely online, and general prevention tips. Be prepared to share your stories with the group, as the more we know, the better we can protect ourselves.

These events are part of the Senior's Crime Prevention Outreach Program led by the Abbotsford Police Department.

The Loneliness Epidemic: How Social Isolation Can Damage Our Minds and Bodies

Loneliness has been a growing issue in Canada but Covid 19 has amplified the problem.

Loneliness increases the risk of premature death by 30 per cent. It can lead to increased rates of anxiety and depression. People with poor social relationships also have a greater risk of stroke and heart disease.

Statistics Canada did a survey in 2021 and found that more than 40 per cent of Canadians feel lonely some or all of the time, with the problem worst among single people and those who live alone.



POTATO AND COUNTRY HAM SOUP

- 1 TBSP BUTTER
- 1 ONION, DICED
- 1 LEEK, (WHITE AND GREEN PARTS) DICED
- 1 CELERY STALK, DICED
- 1 GARLIC CLOVE, MINCED
- 1 QUART CHICKEN BROTH
- 2 YELLOW OR WHITE POTATOES, PEELED AND DICED
- 1/2 TSP DRIED THYME
- 1 CUP DICED COUNTRY HAM
- 1/4 TSP SALT, OR TO TASTE
- 1/4 TSP PEPPER, OR TO TASTE

INSTRUCTIONS:

Heat the butter in a soup pot over low heat. Add the onion, leek, celery and garlic and stir until they are evenly coated. Cover the pot and cook until the vegetables are tender and translucent.

Add the broth, potatoes and thyme. Simmer the soup until the potatoes are tender enough to mash easily.

Puree the soup. Return the soup to the pot and bring to a simmer.

Add diced ham and simmer approximately 12 to 15 minutes.

Season with salt and pepper.

