

For further information  
please complete the following  
and return to:

**ABBOTSFORD PEER SUPPORT  
FOR SENIORS**  
**2499 McMillan Road**  
**Abbotsford, BC**  
**V3G 1C4**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

- I am interested in training as a senior peer support volunteer.
- I am interested in training as a good morning call volunteer.
- I would like to talk to someone about one of these programs.
- I would like to make a donation.

Amount: \$ \_\_\_\_\_  
Income Tax Receipt Available

**Abbotsford Peer Support for Seniors** is a non-profit support service ready to help seniors. We have been in operation since 1992!

Our mission is to enhance the well being of seniors through service, communication and/or referral to our Peer Support Program or our Good Morning Program or other related agencies as required.

We believe that every senior, regardless of race or religion, has the right to live a full, independent, dignified life.

Financial assistance is provided by The BC Gaming Grant, Abbotsford Bingo, and Abbotsford Community Foundation

Criminal record searches have been completed on ALL volunteers!

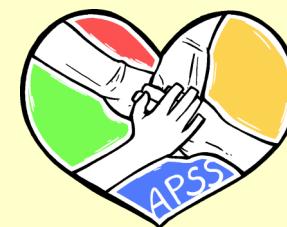
Confidentiality of the senior is assured!

**OFFICE HOURS**  
**Tuesday to Thursday**  
**9:00 a.m. - 1:00pm**  
**Office Phone: 604-850-0011**

# **Abbotsford Peer Support For Seniors**

## **Good Morning Calls**

Funded by the  
BC Gaming Grant



**Seniors Helping Seniors**

**2499 MCMILLAN ROAD  
ABBOTSFORD, BC  
V3G 1C4**

**PHONE: 604-850-0011  
FAX: 604-850-1230  
E-MAIL: [apss.seniors@telus.net](mailto:apss.seniors@telus.net)**

**WEBSITE:**  
[www.abbotsfordpeersupportforseniors.ca](http://www.abbotsfordpeersupportforseniors.ca)

## GOOD MORNING PROGRAM

The Good Morning Program is a FREE service for seniors 50+ in Abbotsford.

Our good morning calls give interested seniors a telephone check on their physical/mental well being helping them maintain their independence.

The service is available from 9:00 a.m. to 10:30 a.m. Monday to Friday at a mutually agreeable time.

Phone calls are made from the from the volunteer's home and are no more than five minutes in length.

If the caller is unable to reach the senior, an emergency protocol is then followed. The senior is required to provide an emergency contact.



Our GOAL for the program is to encourage and support independent living by providing support, information or referrals.

The calls give the seniors daily contact with the outside world, providing them peace of mind and a consistent social contact which enables them to maintain their current lifestyle with dignity.



### Good Morning!!

The service is ideal for seniors who do not have any local family or support to check on them, even on a temporary basis. It is also good for seniors recovering from hospitalization, socially isolated or shut-in seniors or seniors temporarily alone when family members or caregivers are away.

Calls may also be used as a reminder to take medication.

Seniors are over the age of 50 and are referred from Home Health Care, Mental Health, doctors, family, friends and self.

**Do you want to use your life skills and experiences to help other seniors?**

Volunteer as a good morning caller.

Another senior in Abbotsford would benefit from you volunteering about an hour a week.

Our Good Morning callers are asked to undertake a basic training course.

Ongoing information and tips for all volunteers continues throughout the year.

