

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 Visits Program or our
Good Morning Calls 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.

—●—
Criminal record searches have been
completed on ALL volunteers!

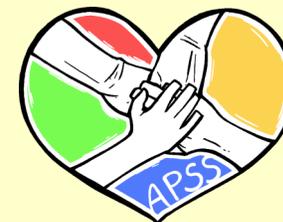
OFFICE HOURS

Tuesday to Thursday
9:00 a.m. - 1:00 p.m.
Office Phone: 604-850-0011
Cell Phone: 604-300-1457

Thank you to the following for their
financial assistance:
The BC Gaming Grant, Abbotsford Bingo,
Abbotsford Community Foundation, New Horizons Grant,
and Maplewood Care Foundation.

Abbotsford Peer Support For Seniors

Good Morning Calls



Seniors Helping Seniors

2499 MCMILLAN ROAD
ABBOTSFORD, BC
V3G 1C4

PHONE: 604-850-0011

CELL: 604-300-1457

EMAIL: apss.seniors@telus.net
admin.seniors@telus.net

WEBSITE:

www.abbotsfordpeersupportforseniors.ca

GOOD MORNING CALLS PROGRAM

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

Our good morning calls give 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 10:00 a.m. Monday to Friday at a mutually agreeable time.

Phone calls are made from the volunteer's home and are generally 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 or 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.

