

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER MARCH 2026



LOCAL EVENTS

Mar 1: Cascadia Wind Ensemble is performing at Matsqui Centennial Auditorium at 2 pm.

Mar 6-8: The BC Sport and Wilderness Show is on at Tradex.

Mar 8: Daylight Saving Time Starts

Mar 17: St. Patrick's Day

Mar 20: 1st day of Spring

Mar 27: Canadian Soprano Suzie LeBlanc and Friends will be performing at Matsqui Centennial Auditorium at 7:30 pm.



Abbotsford Peer Support wants to welcome our three newest **Board Members - Bev, Ken and Walter.**

They were sworn in at our February 24th AGM and we are so happy to have them join our other wonderful Board Members.

We would also like to recognize our **Volunteer Certificate recipients - Bonnie, Marlene and Cheryl.** They are all long time volunteers and we appreciate all the time that they have spent with our Abbotsford Seniors. Thank You!

A reminder that there will be no breakfast in March, but there will be one on April 14th at Crossroads Restaurant. The workshop/speaker details will come later.

PRESIDENT:
Joanne S.
VICE PRESIDENT:
Judy H.
TREASURER:
Bonnie M.
SECRETARY:
Karen H.
MEMBERS AT LARGE:
Ken B.
Walter J.
Bev P.
Brenda T.

MARK YOUR CALENDAR

Mar 10: 9:30 am- Board Meeting only – no breakfast.

Apr 14: 9:30 am - Breakfast, Workshop and Board Meeting at Crossroads.

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



Mar 01: Ralph H.
Mar 21: Brenda S.
Mar 24: Roxanne V.



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

Tips for Dealing With Forgetfulness

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their thinking.

- Plan tasks, make “to do” lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to a familiar name, song, book, or TV show.
- Keep interests or hobbies, and develop new ones, such as volunteering and visiting with family and friends.
- Engage in physical activity and exercise like brisk walking or chair yoga. Exercise may help relieve feelings of stress, anxiety, or depression.
- Eat healthy foods. A healthy diet can help reduce the risk of many chronic diseases and may also help keep your brain healthy.
- Get enough sleep, generally seven to eight hours each night.



Did you know that Archway Community Services provides more than 90+ programs in the Fraser Valley? There are a number of programs aimed at seniors.

- Better at Home
- Community Van Service
- Lunch with the Bunch
- Meals on Wheels
- Medical Transportation
- Seniors Income Tax and Benefit Applications
- Seniors Information, Referral and Resource Services
- Social Prescribing Program
- South Asian Day Program for Older Adults
- Stride for Older Workers

You can contact Archway at 604-859-7681 for more information on any of the programs listed above.

Dust If You Must by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.



Transitioning from a private residence to a supportive community

A Seminar for seniors, their
families, and caregivers

Thursday March 5th, 2026, 10:00am

Clearbrook MB Church - 2719 Clearbrook Rd., Abbotsford, BC

Presenters:



Hallmark on the Park &
Hallmark on the Lake

Emily Karmason
Marketing Manager

Michelle Krahn
Administrator



Abbotsford Hospice
& Grief Support Society

Susanne Fehr,
Palliative &
Training Director

This free-of-charge seminar provides information for seniors, their families and caregivers, so that they can make clear, proactive and informed decisions when transitioning from private homes to living in communities. **Information and representatives from Abbotsford Supportive Communities will be available.**

TOPICS INCLUDE:

- How do we decide when to move?
- Levels of community and waitlists
 - Independent living
 - Assisted Living
 - Long-term Care - Complex Care
 - Hospice
- Affordability and Cost - private pay vs. subsidized
- Planning ahead - before a crisis such as a fall

Drop-in Seminar - *No registration required.*



Abbotsford Hospice
& Grief Support Society



A BAPTIST HOUSING COMMUNITY