

# ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"



## NEWSLETTER DECEMBER 2024



### LOCAL EVENTS

Dec 4/11/18: Argentine Tango Lessons and Dance at the Matsqui Community Hall. Enjoy a beginner friendly lesson and continue with some social dancing. Contact [tangoangels2024@gmail.com](mailto:tangoangels2024@gmail.com) for more information.

Dec 6 and 7: Enjoy a Christmas Concert at Central Heights Church featuring Calvin Dyck, The Abby Youth Orchestra and Festive Brass. Tickets are available on Eventbrite.

Dec 7: The Annual Mission Candlelight Parade is from 6 - 8 pm in downtown Mission.

Dec 25: Merry Christmas!

Dec 26: Boxing Day

Jan 1: Happy New Year!

**Merry Christmas to all! Abbotsford Peer Support for Seniors wants to wish you a safe and joyful holiday season.**

Our annual Christmas Luncheon is coming up on December 11th for our current volunteers and their clients. It is a great opportunity to mingle and enjoy a nice meal with everyone. Please remember to contact the office to let them know if you are attending by December 4th. If you are driving your client, you need to fill out Client Waiver forms that can be emailed to you.

The board has also decided to make some changes to our Volunteer Breakfasts and Workshops. There will no longer be a monthly breakfast at Crossroads Restaurant. Instead, we will have Workshops at Abbotsford Recreation Centre and refreshments will be provided. We are excited about this change as it will give everyone a better chance to visit at each workshop. There will also be some workshops where you will be able to invite your clients. We will let you know which ones will be available for your clients. Dates and times are still being confirmed so keep checking your newsletters for more information!

Our annual AGM is being held on February 11, 2025, at the Abbotsford Recreation Centre at 10 am. We will be providing some refreshments and there will be a guest speaker. We encourage all our volunteers to attend. If you are not able to attend but you still want a vote you can contact the office for a Proxy Vote form.

**Thank you for everything you do. We are so lucky to have such wonderful volunteers and we appreciate all of you!!**

**PRESIDENT:**  
Joanne Schweitzer  
**VICE PRESIDENT:**  
Judy Huzzey  
**TREASURER:**  
Bonnie Millin  
**SECRETARY:**  
Louise Platz  
**MEMBERS AT LARGE:**  
Pat Stare  
Margarite Bysouth  
Brenda Townsend

### MARK YOUR CALENDAR

**Dec 11 - Christmas Luncheon 11:30 am until 1:30 pm.**

**The office will be closed from December 20 until January 6.**



Dec 4: Bonnie M.  
Dec 5: Carolyn W.  
Dec 11: Vera B.  
Dec 16: Bonnie G.  
Dec 22: Rosalinde K.  
Dec 23: Sandi K.  
Dec 24: Janice B.



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

Do you find it hard to make meals for yourself? There are options available in Abbotsford for convenient home delivery.

-Meals on Wheels through [archway.ca](http://archway.ca)  
604-870-3764

-bettermeals.ca  
604-299-1877

-hearttohomemeals.ca  
1-888-777-2219



London Drugs Stocking Stuffers for Seniors is a program that partners with local care homes and charities to bring holiday cheer to seniors in our community. You can visit their website or your local store before December 8th for more information.



### UPCOMING ARC ACTIVITIES

**604-853-4221**

### LEARNING PLUS

10 am—12 pm

Dec 3: Emergency Kit Preparation

Dec 5: Housing and Homelessness

Dec 10: The Origins of Christmas...and Santa Claus

Dec 12: Tips and Tricks for Fall Prevention



The Salvation Army has a few Christmas events that may be of interest to you.

-The 2024 Kettle Take Over Campaign is running from Nov 29 until Dec 24.

If you want to donate or help out you can contact them at 604-309-0660.

-The 17th Annual Santa Shuffle is on Saturday December 7th at 10 am at Mill Lake Park (Bevan Entrance). Run, walk and donate to help feed people in need this Christmas, right here in the Fraser Valley.

-You can get more information for any of their upcoming events at their website [centreforhope.net](http://centreforhope.net).



There is a research study being done at BC Cancer for Punjabi-Sikh cancer patients. If you know someone who would be willing to participate in this study please contact Jagbir Kaur, RN, at 778-838-7094.



### You are invited to participate in the Office of the Seniors Advocate Survey on Ageism!

The Office of the Seniors Advocate wants to hear from British Columbians about their perceptions and experiences with ageism, particularly related to seniors. We want to know more about how people feel ageism is impacting their lives to inform future work of our office.

The survey will be open from **November 12 to December 13, 2024**.

Your insights are invaluable. Please complete our short, anonymous survey to share your perspective.

**Take the survey online** - <https://www.seniorsadvocatebc.ca/topics/ageism-survey/>

• **Download a printable PDF survey**

**For a paper copy call 1-877-952-3181 or email [osa.comms@gov.bc.ca](mailto:osa.comms@gov.bc.ca)**

#### **What is ageism?**

The World Health Organization defines ageism as "...the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age."

Studies on ageism report that it occurs most often in health care, the media, the workplace and the legal system. Ageism can impact an older person's self-worth, independence, safety, mental and physical health, social life and even financial well-being.

#### **Can I take the survey if I'm not a senior?**

Yes. People of all ages are welcome to complete the survey.