

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER OCTOBER 2023

OCTOBER EVENTS AROUND ABBOTSFORD

Oct 1: National Seniors Day

Oct 10: World Mental Health Day

Oct 13—CERA Day 2023—UFV is holding a free seminar to celebrate Seniors. There will be workshops, sessions and a keynote speaker. They will also provide a free lunch. Register at 604-792-0025 ext 2503

Oct 13/14/15—Abby Tradex is hosting the West Coast Women's Show.

Oct 20—2 to 3 pm—Abby Police Dept is holding an information session on Crime Prevention and Personal Safety at the Clearbrook Library

Nov 5— Daylight Saving Time ends—Don't forget to turn back your clocks one hour.

Did you know that falls are the leading cause of injury and loss of independence among seniors?

In addition, they often result in disability, chronic pain, reduced quality of life, and premature death.

The good news is that falls are preventable.

Key messages for fall prevention:

Increase [physical activity and muscle strength](#)

Improve [mobility and balance](#)

Follow the [Canadian guidelines for calcium and vitamin D](#).

Have regular [vision](#) check-ups and correct vision problems

Review all [medications](#) with a doctor or pharmacist

Reduce [trip and slip hazards](#) in the home or outdoors

Healthy Aging Abbotsford October Schedule

Social Café and Crafts & Chat Schedule

Matsqui Recreation Centre

604-854-1733

Mondays

10—11:30: Crafts and Chat

Wednesdays:

10 am—12 pm: Tech Savvy Seniors

Thursdays:

10 am—12 pm: Seniors Social Café

Healthy Aging has many other programs as well. Contact them to find out more information.

UPCOMING LEARNING PLUS SEMINARS

Thursdays 10 am—12 pm

604-853-4221

Oct 5: Africa Travelogues

Oct 12: UFV Peace & Reconciliation Centre & Centre for Education & Research on Aging

Oct 19: Bald Eagles of Fraser

Oct 19: Willa K.
Oct 24: Kathy V.
Oct 30: Margarite H.



PRESIDENT:

Joanne Schweitzer

VICE PRESIDENT:

Judy Huzzey

TREASURER:

Bonnie Millin

SECRETARY:

Louise Platz

MEMBERS AT LARGE:

Pat Stare

Margarite Bysouth

MARK YOUR CALENDAR

October 10:

9:30 am: Breakfast, Workshop and Board Meeting at Crossroads Restaurant. This month we will have Corporal Ngo from the RCMP coming to speak on Scams and Fraud Prevention

Please remember to sign up by noon on Wed Oct 4th @ 604-300-1457 or ad-min.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.

Did you know you can now see a pharmacist for minor ailments?

B.C. residents can [book an appointment](#) to see a pharmacist for 21 [minor ailments](#)

BOOK AN APPOINTMENT TO SEE A PHARMACIST

This service is free to every B.C. resident with a [Personal Health Number](#) (found on your [BC Services Card](#)), when provided in person, in a pharmacy.

There is an online booking tool available at The Government of BC's website or you can visit a pharmacy to access this service without making an appointment. Services offered and pharmacist availability may vary.

At the pharmacy, the pharmacist will assess your symptoms or discuss your contraception needs with you. They will explain the best options for your care. You may get a prescription for medication, advice for self-care or recommendation to see another health care professional for further assessment.

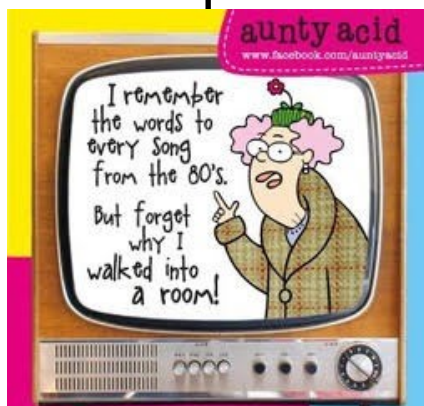
MINOR AILMENTS—YOU CAN SEE A PHARMACIST TO GET ASSESSED AND TREATED FOR THE FOLLOWING CONDITIONS:

- Allergies (allergic rhinitis)
- Cold sores
- Fungal infections
- Heartburn (acid reflux)
- Hemorrhoids
- Headaches
- Impetigo
- Indigestion (upset stomach)
- Itching, including from bug bites
- Menstrual pain
- Mild acne
- Nicotine dependence
- Oral fungal infections (thrush)
- Oral ulcers (canker sores)
- Pink eye (conjunctivitis)
- Shingles
- Sprains and strains
- Skin rash (dermatitis)
- Threadworms or pinworms
- Uncomplicated urinary tract infection
- Vaginal candidiasis (yeast infection)



At my age, I am good at multi-tasking. I can listen, ignore and forget all at once.

I don't know how to act my age. I've never been this old before.



Autumn Leaves



FALL HAS ARRIVED!

THERE ARE SO MANY FUN WAYS TO CELEBRATE THE FALL SEASON.

YOU CAN:

GO APPLE-PICKING

PUT ON YOUR FAVORITE RAINBOOTS AND GO FOR A WALK

LOOK FOR SOME COLOURFUL FALL FOLIAGE

TOUR A WINERY

INDULGE IN PUMPKIN SPICE FLAVOURS LIKE:

Pumpkin Patch Tarts

42 3-inch unbaked tart shells

1 (28 ounce) can pumpkin puree

1 (12 fluid ounce) can evaporated milk

2 large eggs

3/4 cup brown sugar

2 teaspoons pumpkin pie spice

1 teaspoon cinnamon

1 teaspoon vanilla extract

1 (7 ounce) can whipped cream, or to taste

Preheat the oven to 400 degrees F.

Place tart shells on a baking sheet.

Bake in the preheated oven for 1 minute. Remove from oven.

Combine pumpkin puree, evaporated milk, eggs, brown sugar, spices and vanilla in a large bowl. Whisk until well combined. Pour filling into tart shells.

Bake in the preheated oven for 10 minutes. Turn pan and bake until set, about 12 minutes more.

Cool tarts for 10 minutes; refrigerate until chilled, about 1 hour. Serve with whipped cream.

