

ABBOTSFORD PEER SUPPORT FOR SENIORS

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 "WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER APRIL 2023

APRIL EVENTS IN ABBOTSFORD

April 2nd - Fraser Valley Symphony Presents Tragic and Triumphant at 3pm at the Matsqui Centennial Auditorium. Tickets available online at fraservalleysymphony.org and at King's Music in Abbotsford.

April 14, 15,16 - Bradner Flower Show runs daily from 10 am to 4 pm at the Bradner Hall. Admission is \$2.50 and proceeds from cut flower sales will be donated to Abbotsford Regional Hospital.

April 21-23 and April 28-30 - Fraser Valley Stage presents 9 to 5 the Musical at the Abbotsford Arts Centre. Tickets available online at fraservalleystage.com or call 604-302-1235.



FRAUD ALERT

There have been a number of news stories lately about "Grandparent Scams". Fraudsters are very good at using new software and methods to trick seniors into giving them money. The fraudsters will call or email you pretending to be a grandchild or other family member and try to convince you to send them money for various reasons. If you get a phone call or email that you are unsure about then contact the family member directly to check that it is actually them and/or contact the police.



DANDELIONS

Despite their reputation as pesky lawn weeds, dandelions are also good indicators of rain—especially since you're likely to find them wherever you go! These herb-flowers close when they detect moisture and reopen when the weather dries.



Happy Birthday!

April 23 Cheryl Williams
 April 27 Stephen Chan
 April 29 Judy Huzzey



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

MARK YOUR CALENDAR

April 11:
 9:30 am: Breakfast and Annual General Meeting at Crossroads Restaurant
Please remember to sign up by noon on Tuesday, April 5th. 604-300-1457 or admin.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 Gov-

○ Health concern?

Call your family doctor first. Same-day urgent appointments may be available.

○ Family doctor not available?

- Visit fraserhealth.ca/urgentcare for Urgent and Primary Care Centre locations.
- Visit pathwaysmedicalcare.ca to find information about doctors and medical clinics in your community.

○ Need trusted health advice?

Call the Fraser Health Virtual Care team at 1-800-314-0999.

○ Urgent medication refill?

Contact your pharmacist.

○ Mental health concern?

Call the Fraser Health Crisis Line at 1-877-820-7444.

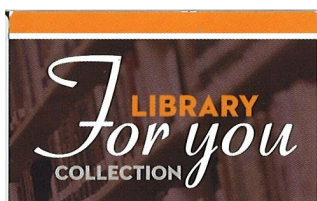
○ Critical or life-threatening condition?

Call 9-1-1 OR
go to the nearest emergency room.



ADULT COGNITIVE WELLNESS PROGRAM

There is a weekly program at Clearbrook Mennonite Brethren Church for 50+ seniors who are experiencing symptoms of dementia. They will have the opportunity to socialize with peers in a similar situation as their own. Participants can enjoy a full or half day while their caregivers can have some “me time”. If you would like some more information then please contact them at 778-549-6413 or visit their website at AdultCognitiveWellnessCentre.ca



CAN'T GET TO THE LIBRARY? WE COME TO YOU!

Library For You™ provides materials to people who are unable to visit the library due to illness, age or disability. Find out what service is right for you by calling **1-888-668-4141** extension 7076.

Services for Private Residences

- delivery services

Services for Facilities

- printed book collection
- audiobooks by mail
- staff recreation collection



Read. Learn. Play. | www.fvrl.ca

Tasty Tomato Tart

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health and add to senior nutrition.

Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.

1. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
2. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
3. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

VOLUNTEER CANCER DRIVERS

Do you have time to drive a cancer patient to their cancer appointments? They are looking for volunteers at volunteer-cancerdrivers.ca

"I've finally reached The Wonder Years"

Wonder where I parked the car?

Wonder where I left my phone?

Wonder where my glasses are?

Wonder what day it is?