

# ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD  
ABBOTSFORD, BC V3G 1C4  
PHONE: 604-850-0011 CELL: 604-300-1457  
"WE ARE HERE TO PROVIDE SUPPORT"

## NEWSLETTER SEPTEMBER 2024



### LOCAL EVENTS

- Sep 2: Labour Day
- Sep 13: Taste of Abby Night Market Fall Food Festival is at Jubilee Park from 5 pm until 9 pm.
- Sep 13 - 14: The MCC Food Festival for World Relief is at Tradex. They will be featuring global and local food.
- Sep 14: Communitas Shred-A-Thon from 10 am-1pm at 2776 Bourquin Cres W. Securely shred your old documents for \$10 per banker's box.
- Sep 19-22: Snowbird RV Show at Tradex from 10am-5pm.
- Sep 27-28: FV Gleaner's are having a fundraiser banquet. Book your tickets at [fvgleaners.org](http://fvgleaners.org).

### Volunteers Needed!!

We have Training Orientation scheduled for October 9th at 6:30 pm. Training will take place October 19th at 9:30 am. Contact the office at 604-850-0011 to sign up. Please spread the word as we have a number of people still waiting for a volunteer. Thank you!

Our website ([abbotsfordpeersupportforseniors.ca](http://abbotsfordpeersupportforseniors.ca)) has been updated. It is still a work in progress but there are a few new things to point out. There is now a page dedicated to our monthly Newsletters and we have links to our brochures on the Program page. We also have a News section on the Home page for any updates for Abby Peer Support.

- 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

**Board meeting:**  
September 4th at 9:30 am at ARC.

**The Annual Picnic for current volunteers and their clients will be Wednesday, September 4th from 11:30 am until 1 pm at Mill Lake Park.**

**Training orientation:**  
October 9th from 6:30 pm- 7:30 pm.  
**Training:** October 19th from 9:30 am - 12:30 pm

### WINTER WEATHER FORECAST 2024-25



Sep 6: Paula M.



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

## Canadian Anti-Fraud Centre

### Romance Scams

A scammer convinces you to enter a virtual, online relationship so the scammer can gain your trust and affection. This can occur through:

- Email messages
  - Fake profiles on social media and dating sites
- Eventually, the scammer may ask you:
- for money for travel, a medical emergency or family assistance – making it seem urgent or like an emergency
  - to receive money for them – by doing so you might unknowingly be committing a crime
  - to join a business venture with them
  - to invest in cryptocurrency

Scammers will try to use any means necessary to convince you that their requests are legitimate. The majority of fraud is not committed by amateurs and they will use technology to their advantage.

Look out for these red flags and be suspicious:

- when someone you haven't met in person professes their love to you
- if the person wants to quickly move to a private or different mode of communication (email, text, Whatsapp, Google Hangouts etc.)
- if they always have an excuse not to meet in person
- if you receive poorly/oddly written messages, sometimes even addressing you by the wrong name
- if the individual claims to live close to you but is working overseas
- if they act distressed or angry to guilt you into sending money
- If the individual discourages you from discussing them or their situation with your friends and family (attempting to isolate you from those who may be suspicious of the relationship)

The CAFC is noticing an increase in a combination of romance and investment scams which are often referred to as "pig butchering". In these scams, victims are contacted on dating apps or social media by a fraudster who is attempting to develop a relationship with the victim in order to gain the victim's trust. After trust is gained, the fraudster will claim that they have been a successful investor in cryptocurrency and can help the victim also make money and "get rich".

## UPCOMING ARC

### ACTIVITIES

**604-853-4221**

### LEARNING PLUS

Thursdays 10 am—12 pm

Sep 10: Education & Management of Hip & Knee Osteoarthritis

Sep 12 & 24: Art & Movement - Personal Storytelling, Journal & Stretching (Free)

Sep 17: Egypt and Israel - Tour of the Holy Land

Sep 19: Understanding Hearing Loss

Sep 26: Making the Most of Your Medications

### FREE PROGRAMS

Sep 18: 10 am-11am - Fraser Health 55+ Fall Prevention Workshop

### COFFEE SOCIAL

Monday thru Friday from 9 am to 12 pm and 1 pm to 4 pm.

Seniors Helping Seniors (COSCO) is now registering for two new online series. Frauds and Scams starts on September 4th and Wills starts on September 12th. If you are interested in signing up you can go to their website at [seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)



### LEMON ZUCCHINI MUFFINS

Ingredients:

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons freshly grated lemon zest
- 1/2 teaspoon table salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 2 eggs
- 1/2 cup milk
- 1/3 cup vegetable oil
- 1 cup packed shredded zucchini

1. Preheat oven to 400°F. Line cups of a standard muffin tin with paper liners, or mist with nonstick cooking spray.
2. In a bowl, whisk together flour, sugar, baking powder, lemon zest, salt, and nutmeg. Stir in nuts and raisins.
3. In a separate bowl, beat eggs; then beat in milk and oil. Add to flour mixture, then add zucchini and stir until just blended.
4. Fill muffin cups.
5. Bake for 20 to 24 minutes, or until a toothpick inserted into the center comes out clean and the tops are golden brown.