



Coordinator's Report Agassiz-Harrison Senior Peer Counsellors (Peer Support)

Annual General Meeting ~ February 1, 2016 (for the year 2015)

A-H SPC is now well into plans for its 15th year of outreach and support to seniors in Agassiz and Harrison. We have become acquainted with many seniors who have first attended our programs and lunches. This has given our members an opportunity to offer support to many as they have moved from independence to assisted living, to care facilities or even hospice. We still visit four of our original clients.

Our monthly luncheons have proven to be a good first contact for seniors who may be new to the area or are finding a need for more socializing. Once we know them we are able to connect them to information about health, recreation, and social supports to which they are entitled. We see ourselves as a communication link between isolated seniors and available services.

This year we have added three new members. Four peers attended the six-week *Palliative Care Course* offered by *Fraser Health* at *Fraser Canyon Hospital* in Hope. We held eight monthly business and client support discussions, nine lunches (four with the school students), three **Knit and Natter** meetings weekly all year, plus weekly one on one visits with five regular clients. Our President, Eunice Royle, has outlined all of our programs and activities in her report. We owe a great deal to Eunice for the enthusiasm, creativity and energy she gives to all our endeavours.

A-H SPC is represented at the **A-H Healthy Communities** monthly meetings, and the **Mayor's Health Services Select Committee**. We work closely with The *Agassiz Centre for Education*

(*ACE*), *Kent Elementary* and the *Legion* to put on the monthly luncheons. Thanks go to the *Agassiz Harrison Lions Club* for their donation and *Kent-Harrison Foundation* for the grant to support the lunches. We use *Community Services* for our address and receive referrals from them.

We have worked with *Chilliwack SPC*, *Work BC*, *Community Drivers*, *Fraser Health* and *Cheam*, *Logan* and *Glenwood* facilities.

As Coordinator I had ten referrals in 2015 either from friends, family, *Community Services* or *Home Health*. Each was followed up with a home visit assessment and a link to further supports when required. I receive many calls for information about services available and how to access them.

Our website address is:

www.choicez.biz/SnPeer.htm

or simply Google **Agassiz-Harrison Senior Peer Counsellors**. We are a member of **BC Senior Peer Counsellors**.

I want to express my thanks to our president, secretary and treasurer and all twelve members who have contributed a grand total of 2,032 volunteer hours in service to more than fifty seniors on a regular basis. I look forward to another year of fun in working together to make Agassiz and Harrison good places for seniors.

Respectfully submitted,

Betty Rajotte Coordinator