



## Agassiz-Harrison Senior Peer Support

### President's Report for 2018

In the past we have had to deal with many ups and downs but 2018 really had some surprises for us. We still need new members if we are to continue to help the seniors of Agassiz.

In March Robin McCullough, our secretary, resigned from Peer Support, for personal reasons. We shall miss her and thank her for all the hard work she did on our behalf. We needed someone to take over the position of secretary and, fortunately, Betty Rajotte kindly agreed to do so.

In June Bonnie Bozak informed us that, due to ill health, she would be unable to continue as our cook for the senior lunches. She made excellent meals and was always within our budget which was no easy task with prices rising all the time. We had to come up with some simple ideas for the next few lunches.

Also in June, Rosa Jensen resigned from Peer Support which made things even more difficult.

We were able to provide the lunches for September, October and November but for the December lunch there were only 4 people helping, due to ill health and other problems, to cater for 65 people. It was definitely a trial but we managed and all the seniors enjoyed it.

Our *Friendly Phone Program* is still a cause for concern but is appreciated by the seniors taking advantage of it. We need some way to get the information about this service to more seniors, without scaring them. Please contact Sheila if you can help.

On a better note the *Knit & Natter* groups are continuing to produce items. Once again we had tables at the *Christmas Craft Fair* but the return was disappointing and we are questioning whether or not it is worth the effort. However, no matter how much money we make it will help to boost our funds and keep us going for another year. Any new ideas for items to make would be appreciated. We

knitted hats for the *Shaken Baby Project* and these were delivered to Childrens' Hospital in Vancouver. We had to abandon the *Fish & Chip Baby* sweater project as we have been unable to find a contact to take them and we certainly could not afford to mail parcels to Africa or wherever they are needed.

We are now knitting items for *Family Place*. These will be given to the new mothers or anyone in need. Any items they do not use can be given to *Community Services* for inclusion in the *Christmas Hampers* or used in some other way.

In November there was the *Falls Prevention Clinic* in the Rec. Centre. This was by appointment only and proved very interesting.

Also in November there was the *Seniors Fair* which was held in *Chem Village* and was well attended. The main topic was the use of drugs by seniors and the number of 'over-dose' cases that have to be dealt with. *Dr. Phimister* spoke on dealing with pain and his latest book, dealing with this subject, was on sale there.

There was information on a, free, Government sponsored, fitness program for seniors over 65 years old entitled '*Choosing to Move*' which was due to begin in January 2019.

Every New Year we hope to encourage new members but very few people are interested. Nobody said it was easy and there are often problems to be solved but wees have to keep trying. It's worth it.

Thank you to each and every one of our members for all the hard work and effort that is put into our projects and hopefully 2019 will be a better year.

Thank you.

Eunice Royle 2018