

Agassiz-Harrison Senior Peer Counselling

2007 ... Year in Review

Throughout 2007 our group continued to provide visits to eighteen seniors. We did not hold a training course, but on-going informational and educational sessions were held monthly for our members and the public.

Topics and speakers were:

- Assertiveness Communication ~ Karol Henrotte and Elizabeth Armstrong
- Understanding Residential Care in Agassiz-Harrison ~ Anne Marie Leyen
- Tour of Glenwood and Logan Facilities
- Mental Health Counselling ~ Inge Pechlaner
- Alzheimers Disease ~ Jillian Armit
- Wills and Power of Attorney ~ Brad Waal
- Home Health Management ~ Debbie Boswell
- Financial Planning/ Funerals ~ Stuart McLean
- Good Grief, Dealing with Bereavement ~ Mary -Jean Buchanan

Our members also attended the following events and brought reports back to the group:

- Second Symposium on Aging, May 15 at UCFV
- Family and Friends Caregiver Information Fair, September 22 at UCFV
- SPC/BC Regional Meeting, in New Westminster, October 24, speaker Betty Anderson on the topic of Sustaining Motivation for Peer Counsellors, "Kindling Zeal and Zest"

We are very fortunate to have the skilled services of Sue Hawkins who designs our posters and brochure and maintains an excellent web-site at www.choicez.biz/SnPeer.htm.

We held two social events, a Pot Luck Picnic in August and a Christmas Pot Luck in December for members, clients and new recruits for peer counsellor training.

It is with regret that we have accepted Hilary Monro's resignation for health reasons. Hilary has served as President, Course Trainer and backbone of SPC over the past seven years. We are so grateful for Hilary's dedicated work for Peer Counselling She has inspired our members to keep up the ideals and standards of service to seniors that were set up by the provincial organization in 1993. Her example will keep us motivated.

New Horizons for Seniors, a federal government funding program under Human Resources and Development Canada has accepted our project, "The Senior Peer Counsellors Role". This money will enable us to hold training for new counsellors in February and three Learning Forums for the Upper Fraser Valley Region.

Thank you to the All Saint's Anglican Church for the use of their hall for our meetings and course. We have two shelves for our Resource Library of brochures and educational books and videos and a storage cupboard for our supplies.

We continue as a member agency of Agassiz-Harrison Community Services and benefit from the shared contact address, phone and office equipment.

We belong to Senior Peer Counselling of British Columbia (SPC/BC) and have received funding from the local Lions Club, membership fees and New Horizons for Seniors.