

AGASSIZ-HARRISON SENIOR PEER SUPPORT

PRESIDENT'S REPORT FOR 2009

I would like to begin by thanking everyone for their continued efforts to make our group a success and bring our services to the attention of the public. It is still quite amazing that a large number of people are unaware of the work we do and the help we can provide for seniors and their families.

Betty's continued efforts, to get more referrals and place them with the best support person, are really appreciated.. We need more referrals and any ideas on how we can do this would be welcome. We could try more advertising in the local paper but this doesn't always get good results.

Last year was quite busy with several events in which we were involved either as organizers or just assisting.

In May we had the Senior Falls and Injury Prevention Workshop with Fabio Feldman, Manager, Senior Falls and Injury Prevention, in charge. Ming Leung, Physiotherapist, Geriatric Services gave a demonstration on how to move patients, with actual hands-on practice for caregivers, which provided information in a light-hearted way. It proved to be a very interesting and informative afternoon and Certificates were presented to the Leadership Group students as this workshop would be part of their training.

At the beginning of June we had the Celebrate Seniors Day which was held at Friendship House. This was a day of fun and games for seniors which was enjoyed by everyone, including the teenagers who came to help out. Maybe there will be another one this year.

At the end of June we were invited by the Legion to have a display at their Open House event and I would like to thank all the volunteers who helped to make it a success. I think the food might have played a big role - especially the burgers and hot dogs.

In September we were asked by Fraser Health to help organize a Fall Prevention Clinic which provided the services of Fabio Feldman as Manager, Senior Falls and Injury Prevention, a Nurse, Physiotherapist, Pharmacist and a Kinesiologist with whom the people attending could discuss how best to prevent falls and injuries in their every day routine. This was another successful event.

In November we organized the first Senior & Teens lunch, in an attempt to create better understanding between the two age groups. This lunch proved to be a great success and the second one is arranged for February 15th. Hopefully it will be just as successful.

The Caregivers Drop-in has continued throughout the year with limited success. Maybe its time for another advertising campaign in the local paper or maybe we could have posters in the local care homes i.e. Cheam, Logan Manor and Glenwood. This would bring the Drop-in to the attention of caregivers visiting relatives; we have to try whatever is necessary to make the public aware of us. If anyone has any other ideas please feel free to put them forward.

Unfortunately in 2009 some of our members had to resign, for various reason, they will be missed and we thank them for all the help they gave us. We must especially thank Kiyo Matsuno for all the work she did as secretary - not an easy task.

So we now face the coming year with a blank slate - what can we do to fill it with items of interest that will renew our enthusiasm in Senior Peer Support? Should we have monthly educational guest speakers to keep us up to date with anything that might be of use as Peer Support? Whatever it takes we must keep up the good work.

Here's hoping that we can make 2010 our best year ever.

Eunice Royle
Chairperson (President)
Agassiz-Harrison Senior Peers Support