

Agassiz-Harrison Senior Peer Counsellors

2006 . . . Year in Review

The year began with the good news that we had received funding grants from both *Fraser Health* and *New Horizons for Seniors* and a donation from the local *Lions Club*. This made it possible for us to offer the Counsellor Training Program, produce a new brochure and expand the public education sessions on seniors' issues.

Counsellor Training was held from March 6 – April 25, meeting Monday and Tuesday afternoons from 1 – 4 p.m. A graduation party was held on May 15th for our eight new counsellors.

Education Sessions included the following speakers:

- **Heidi Trautmann**, Executive Director, Agassiz-Harrison Community Services
- **Bill Turner**, Addiction Services Counsellor, Agassiz-Harrison Community Services
- **Pharmasave Staff** - “Wellness for Seniors”
- **Karol Henrotte, R.N.**, “Assessments & Home Care”
- **Lucy Fraser**, Chilliwack Hospice, “Grieving and Bereavement”
- **Linda Parkins**, Mental Health Counsellor, Agassiz Health Unit
- **B.C Coalition to Eliminate Abuse of Seniors** (three volunteer speakers) “Money Matters”, “ABC’s of Fraud”.
- **Kiyo Matsuno**, “Self Esteem”
- **Elma Pauls**, Fraser Health Authority
- **Robert Perro**, Chilliwack Mood Disorders Association
- **Ray Ellis**, “Benefits Available for Veterans”

Publicity:

- Posters and Community Calendar announcements for all programs
- Information Booth at “Celebrate Seniors’ Week”
- News articles in [A-H Observer](#) March 29, April 9, May 24/06

Throughout the year our volunteers have made weekly visits to eighteen seniors who have been referred to us by Home Care, Mental Health, church and family members or neighbours.

On December 4th, 2006, a very enjoyable *Christmas Pot Luck Dinner* was held for counsellors and clients with 23 in attendance.

New Officers Elected at the Annual General Meeting held on February 5, 2007 are:

President: Hilary Monro; **Past President:** Karol Henrotte; **Vice President:** Whyles Rowan;
Secretary: Kiyo Matsuno; **Treasurer:** Sheila Robertson; **Web Page & Posters:** Sue Hawkins;
Volunteer Coordinator: Betty Rajotte; **Education and Speakers:** Eunice Royle
Directors: Karol Henrotte, Hilary Monro, Betty Rajotte, Sheila Robertson, Heidi Trautmann.