

*Living
fully in the
Third Act
of Life*



Issue 3:

2025-2026 ABBOTSFORD

SERVICE DIRECTORY FOR SENIORS AND THEIR CAREGIVERS





ABBOTSFORD SERVICE DIRECTORY FOR SENIORS AND THEIR CAREGIVERS



Are you a senior or a caregiver of a senior looking for community resources?

Why another resource directory?

Our primary vision is that our seniors will live fully, confidently, with hope and courage. The deepest hunger for each of us is to be recognized, valued, appreciated and understood. This will best be achieved as we walk with our elderly citizens - ensuring we are there for them and will provide the resources they need.

The purpose of this service directory is to present local, Abbotsford-specific information in an accessible way. The resources are presented in three forms: in print, as a searchable and bookmarked PDF, and as a website. The passion for this service directory was birthed within people in the Clearbrook MB Church. However, many people have affirmed this vision and provided suggestions and support. We wish to note, specifically, the members of the *Abbotsford City Seniors Resources and Supports Working Group*.

We aim to offer a complete and precise directory of resources for seniors in Abbotsford and appreciate you notifying us of any mistakes or omissions. Please send any corrections to walter@seniorsconnectdirectory.ca

Sincerely,

The Service Directory team: Nadine, Lorrie, Tamara, Edith and Walter

Please note:

The inclusion of businesses and organizations in this directory does not constitute an endorsement or guarantee of the quality, reliability, or suitability of their services. Individuals are responsible for conducting their own inquiries and assessments before engaging any provider. The directory compilers assume no liability for any loss or damages resulting from the use, or misuse, of listed services. Service offerings, credentials, and licensing may change over time and should be verified directly with the provider prior to making arrangements.

This service directory is managed within a dedicated fund at Clearbrook MB Church. Any payment for advertisements will be invoiced and receipted by the Clearbrook MB Church. Donations for this service directory will be acknowledged and receipted by the Clearbrook MB Church.



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7 NUMBERS EVERY SENIOR NEEDS



1.

8-1-1 HEALTH INFORMATION

If you have a question or need advice about a health issue this number connects you to a nurse. The nurse will give advice and direction as to where to find health services in your community that you may need.

2.

YOUR DOCTOR'S # _____ **OFFICE HRS.** _____
NEAREST WALK-IN CLINIC # _____ **CLINIC HRS.** _____

YOUR DOCTOR IS YOUR HEALTH EXPERT. CALL IF YOU HAVE AN URGENT CONCERN YOU THINK NEEDS TO BE SEEN TO SOON!

3.

BETTER AT HOME 604-870-3772

If you need friendly visiting, light housekeeping, light yard work, minor home repairs, grocery shopping, or transportation to appointments. Some services may be free, based on your income.

4.

HOME HEALTH 1-855-412-2121

Call to find out if you qualify for in-home personal care, home care nursing or rehab, palliative care day programs for adults, or respite services for caregivers. Trained staff will identify your needs and refer you to the services you need. Some services may be free based on your income.

5.

MENTAL HEALTH 604-951-8855 / 1-877-820-7444

For anything that's causing you concern, worry or distress; for example suicide thoughts or feelings, mental health problems, addictions, family violence, abuse, relationship conflicts, loss, or just plain loneliness.

6.

2-1-1 COMMUNITY SERVICES

If you need a service and aren't sure what it's called or where to find it. One call connects you to an information and referral specialist with numbers for all community, social and government services.

7.

9-1-1 EMERGENCY SERVICES

Any serious emergency. An ambulance will arrive with attendants to assess whether you need to be transported to the local Emergency department and provide critical care if needed.

BC SENIORS GUIDE

TO MORE EMERGENCY SERVICES

1. **Abbotsford Peer Support for Seniors** 604-850-0011
2. **Abbotsford Police (non-emergency)** 604-859-5225
3. **Abbey Medical Supplies** 604-850-1755
4. **Alzheimer Society of BC** 1-800-936-6033
5. **Archway Community Van** 604-743-0354
6. **Dementia Help Line (for Menno Place)** 604-851-4000
7. **Fraser Health Crisis Line** 604-951-8855
8. **Fraser Health Guide to Assessment** 604-556-5000
9. **Fraser Health Home Care Nursing**..... 604-556-5000
10. **Fraser Health Virtual Care** 1-800-314-0999
11. **Handy Dart Transportation Support** 604-855-0080
12. **Red Cross Equipment Loan Program** 604-556-3526
13. **Senior Abuse (physical / financial / psychological)**..... 604-437-1940
14. **Volunteer Cancer Driver Society**..... 604-515-5400



SERVICES AT HOME



~ HEALTH ~



The services listed in this section are either partially or fully mobile in order to serve seniors in their homes or care facilities. This is to accommodate those with mobility challenges and to make certain services more accessible. There are a range of options from nursing and healthcare to general services like library book delivery.

CONTACT & RESOURCES	Cleaning / Shopping	Medical / Nursing / Labs	Optician / Pharmacy	Personal Care / Caregiver	Therapy Occupational Physio	Social Visits / Companio nship
Abbotsford Assc. for Healthy Aging 604-854-1733						
Abbotsford Peer Support For Seniors 604-850-0011						
Archway Community Services 604-859-7681						
Better At Home 604-870-3772 or 604-859-7681 Ext.772	Under Archway 					
Bayshore Home 604-852-2456						
Big Hearts Homecare 1-888-914-6869						

SERVICES AT HOME



CONTACT & RESOURCES	Cleaning / Shopping	Medical / Nursing / Labs	Optician / Pharmacy	Personal Care / Caregiver	Therapy Occupational Physio	Social Visits / Companionship
FV Nursing (Footcare) 604-309-1578		✓				
Home Health 604-556-5000		✓				
Just Like Family 778-244-7742	✓			✓		✓
Life Labs 604-412-4495		✓				
Nurse Next Door 1-877-588-8609	✓	✓				✓
Pharmacy BC 778-552-1334			✓			
Red Cross Health 604-556-3526		✓				
Safe Care Home Support 604-945-5005		✓		✓	✓	✓

SERVICES AT HOME



~ OTHER AREAS ~



CONTACT & RESOURCES	Meals	Adaptation Modification / Assistive Equipment	Transportation	Decluttering / Moving	Convenience Items / General
Abbotsford Assc. for Healthy Aging 604-854-1733					
A Step Forward Senior Services 604-799-1789					
Archway Community Services 604-859-7681	 Meals on Wheels / Foodbank				
BC Housing (rebate) 1-800-257-7756					
Better Meals 604-299-1877					
Big Hearts Homecare 1-888-914-6869					
Dee Clutter 604-724-9527					
Foodbank Home Delivery 604-859-5749					
FV Nursing 604-309-1578					

SERVICES AT HOME



~ OTHER AREAS ~



CONTACT & RESOURCES	Meals	Adaptation Modification / Assistive Equipment	Transportation	Decluttering / Moving	Convenience Items / General
Fraser Valley Regional Library 1-888-668-4141 ext. 7076					
HandyDART / Taxi 604-855-0080					
Heart to Home Meals 1-888-777-2219					
Just Like Family 778-244-7742					
Meals on Wheels 604-870-3764					
Profile Renovation 604-596-5071					
Silverfox Tech Hub 604-245-8410					
Walk-in Tubs Fraser Valley 604-229-3275					
You Move Me 604-262-2075					

PROFILES

SERVICES AT HOME



ABBOTSFORD ASSOCIATION FOR HEALTHY AGING

Organization that coordinates and promotes activities supporting the health and well being of seniors in the Abbotsford area.

THE FRIENDLY VISITING PROGRAM focus is on social support for seniors who have little or no support. The arrival of, or phone call from a Friendly Visitor lifts the spirits of the senior as they know they have a lifeline.

THE BOOK BAGS is a free service to seniors, home-bound individuals, and families, who do not have access to reading material from stores or libraries.

www.abbotsfordhealthyaging.ca

Abbotsford Community Hub Centre
108-32883 South Fraser Way
Abbotsford V2S 2A6

Phone: 604-854-1733
info@abbotsfordhealthyaging.ca

ABBOTSFORD PEER SUPPORT FOR SENIORS

A non-profit organization that has been in operation since 1992. The APSS is a **free service** for seniors 50+. The goal for the programs is to enhance the well-being of seniors and support independent living by providing encouragement, information or referrals. Confidentiality of the senior is assured! These two services are provided for seniors:

THE GOOD MORNING PROGRAM – Seniors are offered a quick call by a volunteer in the morning at a mutually agreeable time to chat and to check on their physical/mental well-being.

THE PEER SUPPORT PROGRAM – Seniors are matched with trained peer volunteers who offer one-on-one listening and emotional support, guidance, empathy and information to in-need peers living alone. Visits are once per week for one hour.

www.abbotsfordpeersupportforseniors.ca

2499 McMillan Road
Abbotsford BC V2S 7S5

Phone: 604-850-0011
apss.seniors@telus.net



A STEP FORWARD SENIOR SERVICES

Safe and stress-free move management, downsizing and decluttering for seniors. Sometimes after an illness that leaves a senior no longer able to return to their home, after the passing of a loved one, or other circumstances, a clean-out of a home may be needed. Call to set up a free, no-obligation consultation.

www.asfservices.ca

<p>Aaron Torio Owner Fraser Valley / Lower Mainland</p>	<p>Phone: 604-799-1789 aaron@asfservices.ca</p>
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ARCHWAY COMMUNITY SERVICES & BETTER AT HOME

COMMUNITY VAN SERVICE

The Community Van Service helps individuals and families without transportation attend appointments, commitments, services, and community activities, within the city of Abbotsford. The service is dependent on the timely availability of volunteer drivers. *A nominal fee of \$2.50 for a one-way ride and \$5.00 for round trip within Abbotsford. Please provide 4-5 business days' notice, or ideally as much notice as possible.*

www.archway.ca/program/community-van-service

MEDICAL TRANSPORTATION SERVICE

Medical Transportation provides safe, reliable, non-emergency transportation to those who live in Abbotsford with medical appointments outside of the city. Volunteer drivers can drive clients as far east as Chilliwack and as far west as North Vancouver. This service is dependent on the timely availability of volunteer drivers.

For out-of-town medical transportation rides, the rate will be at \$0.72/kilometer as well as parking and other related costs.

Please provide 4-5 business days' notice, or ideally as much notice as possible.

www.archway.ca/program/medical-transportation

MORE PROGRAMS (next page)

PROFILES

SERVICES AT HOME



ARCHWAY COMMUNITY SERVICES CONTINUED...

HOME DELIVERY PROGRAM

This program exists for those in Abbotsford who are experiencing mobility limitations and are unable to attend in-person appointments. A successful applicant to the Home Delivery program will receive one delivery per month of non-perishable and fresh food items directly to their home. Space is very limited.

www.archway.ca/program/better-at-home

<p>Harwinder Singh Home Delivery Coordinator 604-859-5749 homedelivery@archway.ca</p>	<p>Phone: 604-859-5749 ext. 22 ALL TRANSPORTATION 604-743-0354 communityvan@archway.ca</p>
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BETTER AT HOME

The United Way funds the Better at Home program to help seniors remain independent. Services include: Friendly Visiting, Light Housekeeping, Light Yard Work, Minor Home Repairs, Grocery Shopping, Transportation (medical & non-medical).

www.archway.ca/program/better-at-home

<p>Karen Kenny Program Coordinator 2420 Montrose Avenue Abbotsford BC</p>	<p>Phone: 604-859-7681 ext. 772 karen.kenny@archway.ca</p>
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BAYSHORE HOME

Our palliative care programs are designed to reduce the burden of suffering and focus on the quality of life for both the living and the dying. We provide expertise and support throughout the illness trajectory, with symptom management, medication management, personal care, rehabilitation, nursing care and end-of-life care, tailored to meet your needs and the needs of your family. Bayshore also offers support to the clinical practitioner team with Medical Assistance In Dying. Our integrated care team provides access to nursing and pharmacy support, while caring for patients with respect and dignity. *Servicing Abbotsford*

www.bayshore.ca

**307-13710 94A Ave
Surrey, BC**

Phone: 604-852-2456

BC HOUSING

The BC Rebate for Accessible Home Adaptations (BC RAHA) program provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living. Complete the application form online or call the office to have an application mailed to you. Rebate available for landlords/tenants and homeowners.

www.bchousing.org/housing-assistance/BC-RAHA

**BC Rebate for Accessible Housing
101-4555 Kingsway
Burnaby BC V5H 4V8**

**Phone: 604-433-2218
Toll Free: 1-800-257-7756**

BETTER MEALS

A healthy meal service provider that prepares and delivers delicious meals to your door. The dietary needs of seniors are their specialty area due to the extensive experience they have in preparing food for the elderly and the expert input they receive from qualified dietitians.

www.bettermeals.ca

**BETTER MEALS
5742 Beresford Street
Burnaby BC V5J 1J1**

**Phone: 604-433-2218
Toll Free: 1-800-257-7756
contact@bettermeals.ca**

PROFILES

SERVICES AT HOME



BIG HEARTS HOMECARE

Helping those in need to live dignified, independent lifestyles in the comfort and safety of their own homes. Services provided are Respite Care, Personal Care, Sleep-over & Live-in, Companionship, Housekeeping, Alzheimer's and Dementia, Errands & Transportation, Palliative Care, Postpartum Care, Occupational Therapy, Physiotherapy, Foot Care.

www.bigheartshomecare.ca

606-151 W Hastings St
Vancouver, BC

Phone: 604-724-9527
Toll Free: 1-888-914-6869
info@bigheartshomecare.ca

FOODBANK HOME DELIVERY

This program exists for those in Abbotsford who are experiencing mobility limitations and are unable to attend in-person appointments. A successful applicant to the Home Delivery program will receive one delivery per month of non-perishable and fresh food items directly to their home. Space is very limited.

www.abbotsfordfoodbank.com/portfolio/home-delivery

33914 Essendene Avenue
Abbotsford BC V2S 2H8

Phone: 604-859-5749
homedelivery@archway.ca

DEE CLUTTER

Specializing in helping seniors, Denise offers a one-on-one free consultation. Services are charged at an hourly rate and seniors get a 10% discount. Fraser Health offers funding for low-income seniors to further offset costs.

www.deeclutter.ca

Denise Wells
Founder

Phone: 604-724-9527
denise@deeclutter.ca



HANDYDART

HandyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. HandyDART picks you up at your accessible door and drops you off at the accessible door of your destination. A handyPASS allows your attendant to ride free on fixed route buses. It also allows you to participate in the taxi saver program. You must first register at no charge.

www.bctransit.com

<p>Client Registrar Office Central Fraser Valley Handy DART 3032 Gladys Avenue Abbotsford BC</p>	<p>Office Phone: 604-855-0080</p>
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HOME HEALTH

Fraser Health Home Care Nursing is provided in clients' homes and walk-in clinics. Services include: wound care, intravenous therapy or palliative care, health education on chronic diseases, healthy living and more, supports for independence (i.e. financial supports, housing services, medical care, etc.), needs assessment, care management and navigation, including connection to other health services and community supports. Your health care provider may recommend services to you, or you can apply directly for this service.

www.fraserhealth.ca

<p>CURRENT CLIENTS: 103-34194 Marshall Road Abbotsford BC V2S 5E4 Phone: 604-556-500</p>	<p>NEW CLIENTS: Home Health Service Line 1-855-412-2121 7 days/wk 8:30AM</p>
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PROFILES

SERVICES AT HOME



LIFE LABS

Medical Laboratory Services. Life Labs offer mobile services at your location making it convenient for anyone requiring lab testing including residents. Life Labs is well positioned to deliver care at home and at three locations within Abbotsford.

www.lifelabs.com

LOCATION ONE	LOCATION TWO	LOCATION THREE
207-2825 Clearbrook Rd. Abbotsford BC V2T 6S3 Phone: 1800-431-7206	McCallum Centre A8-33498 Bevan Ave. Abbotsford BC V2S 5G6 Phone: 1-800-431-7206	ONLY pre-booked appt. 201-32475 Simon Ave. Abbotsford BC V2T 5E3 Phone: 1-800-431-7206

MEALS ON WHEELS

Provides fresh and frozen meal options to individuals / seniors in Abbotsford who, due to health or disability, are unable to shop or prepare meals for themselves.

www.archway.ca/program/meals-on-wheels

Archway Community Services 2420 Montrose Avenue Abbotsford, BC V2S 3S9	Phone: 604-870-3764 mealsonwheels@archway.ca
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NURSE NEXT DOOR

Home care experts! They provide the highest quality services across the full spectrum of care, including alzheimers and dementia care, companionship care, homemaking, personal care, relief and respite care and transportation / accompaniment - all with no long-term contracts.

www.nursenextdoor.com

Kristina Bradley -Local Partner 104-32615 South Fraser Way Abbotsford, BC	Abbotsford Team: 778-600-0680 Nurse Next Door Main: 1-877-588-8609 abbotsford@nursenextdoor.com
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PHARMACY BC THE MEDICINE SHOPPE

Pharmacy teams are available over the phone to discuss any questions or concerns you may have about your prescriptions or health. Prescriptions, customization, and renewal provided for some medications. Home delivery, curbside pickup, and services through mobile application are available. Two locations in Abbotsford.

www.medicineshoppe.ca

**9-31205 Maclure Rd
Abbotsford BC V2T 5E5
Phone: 604-854-5800**

**D-2388 McCallum Rd
Abbotsford BC V2S 3P4
Phone: 604-776-1000**

PROFILE RENOVATION

Offers home adaptations through BC Housing for people in British Columbia with health or mobility issues. The BC RAHA program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortably in their home.

www.profilerenovation.ca/hafi-program

**Tony Vanderpol
Project Manager**

**Phone: 604-857-5990
info@profilerenovation.ca**

RED CROSS HEALTH

Provides free short-term loans of Health Equipment. Assists people with mobility issues, allows people to return home from hospital earlier, and supports those in palliative care who wish to spend their final day in the comfort of their own home. Requisition from Dr. is required.

www.redcross.ca/how-we-help/community-health-services-in-canada

**1-34220 South Fraser Way
Abbotsford BC V2S 2C6**

**Phone: 604-556-3526
Hours: Mon-Sat 11am-1pm**

PROFILES

SERVICES AT HOME



SAFE CARE HOME SUPPORT

Provides home support services for seniors in the Lower Mainland. Homecare services for seniors help them lead dignified and independent lifestyles in the comfort and safety of their own homes. Safe care home support provides an extensive range of services for seniors (ie. home care, personal care, nursing services, Alzheimer's Care, respite and post-hospital care)

An On-call Nurse is available 24 hours a day, 7 days a week to assist clients or caregivers if you are in need of assistance outside of regular office hours.

www.safecarehomesupport.ca

211-3030 Lincoln Ave
Coquitlam, BC V3B 6B4

Phone: 604-945-5005
Office hrs: Mon-Fri 9am-5pm
info@safecarehomesupport.ca

WALK IN TUBS FRASER VALLEY

Get in and out of the Bath with Ease and Confidence. Canadian-assembled walk-in tubs since 1992, the best accessibility and a lifetime warranty on parts and labour. Request a free info package and learn about the government grant for qualifying BC Seniors.

www.walkintubsfraservalley.com

34185 B Hazelwood Avenue
Abbotsford, BC V2S 8E9

Phone: 604-866-6897
info@walkintubsfraservalley.com



YOU MOVE ME

Moving service committed to making the moving process as easy and stress-free as possible. A team of friendly and experienced movers are here to help seniors every step of the way, from packing and organizing to transportation and unpacking at their new home. Listens to senior clients' unique needs and concerns, ensuring that they feel comfortable and confident throughout the entire process. Accepts discount codes provided by senior homes specifically for seniors who are moving into a home.

www.youmoveme.com/senior-movers/

Servicing the Fraser Valley
8331 Eastlake Drive
Burnaby, BC V5A 4W2

Phone: 604-774-6659
Toll Free: 1-877-996-6709

FRASER VALLEY NURSING RECRUITMENT SERVICES LTD - NURSING FOOTCARE & CLARK SHOES

Have you been diagnosed by your medical practitioner with Diabetes, poor circulation, lung disease, arthritis, or poor vision? Have you experienced a sore that won't heal? Do you struggle to reach your feet or your current nail tools do not work well any longer? Protect your feet with Fraser valley nursing foot cares, a mobile team of nurses devoted to providing personalized foot care, including diabetic foot care, in Abbotsford, Whiterock, Hope. With us, foot care isn't just a treatment; it's more of a holistic experience. From simple nail trimming and filing to referrals to podiatrists, we have your health and comfort at heart.

In home nursing foot care services includes cutting ingrown, thickened and any types of toenails and referrals. Our Clark shoes business provides therapeutic footwear includes shoes, slippers and sandals for women and men. We do direct billing for Veterans Affairs and some insurance companies and we have been in business for 17 years.

www.fraservalleynursingfootcares.com

106-1281 Johnston Road
White Rock, BC

Phone: 604-309-1578
info@fraservalleynursingfootcares.com

PROFILES

SERVICES AT HOME



FRASER VALLEY REGIONAL LIBRARY

LIBRARY FOR YOU

Can't get to the library? We come to you!

Library For You provides accessibility services to people who are unable to access the library due to illness or disability. Find the right service for you.

www.fvrl.bc.ca/library-you

Phone: 1-888-668-4141 ext. 7076

libraryforyou@fvrl.bc.ca

HEART TO HOME MEALS

We believe life should get easier as you age. That's why we've created a service with your lifestyle, tastes and nutrition in mind. Order online or by phone and one of our friendly, trusted members of our delivery team will deliver your meals straight to your door. We may even be able to place them in your freezer for you!

www.hearttohomemeals.ca

**8207 Swenson Way #1
Delta, BC V4G 1J5**

**Phone: 1-888-777-2219
fraservalley@hearttohomemeals.ca**



JUST LIKE FAMILY

Just Like Family Home Care Fraser Valley offers exceptional senior care in Abbotsford, Chilliwack, Mission, Hope, and the surrounding regions.

Our array of home care services includes overnight & respite care, personal care, specialized care, light housekeeping, companionship, post-hospitalization recovery, as well as disability support.

Lisa and Garth Huppee, along with their dedicated team of caregivers, love establishing real connections and providing compassionate in-home care to everyone they support.

www.justlikefamily.ca/fraservalley/

Lisa Huppee
12-8465 Harvard Pl
Chilliwack, BC V2P 7Z5

Phone: 778-244-7742
office@justlikefamily.ca

SILVERFOX TECH HUB

Sliver Fox Tech Hub offers approachable, personalized technology support designed specifically for adults aged 55 and up. Serving folks throughout the Fraser Valley, we bring tech support right to your doorstep with convenient 3-hour, on-site drop-in sessions held in your community room or clubhouse, or 1:1 in your home. We understand that navigating the digital world can be overwhelming, and our goal is to make technology more accessible, useful, and enjoyable.

www.silverfoxtech.ca

Petra Rentrop - Digital Literacy Coach
Sessions are held in your home or
community room

Phone: 604-245-8410
petra@silverfoxtech.ca

VOLUNTEER OPPORTUNITIES



Once we conclude our employment we have a critical choice – either to take it easy and rest or refocus and embrace new opportunities. We encourage seniors to embrace these new opportunities and reach out, using our gifts and experiences to enrich others. Volunteering helps others and fosters personal growth.

CONTACT & RESOURCES	Driving	Medical / Care Home	Projects / Resourcing	Social
Abbotsford Association for Healthy Aging 604-854-1733				
Abbotsford Peer Support for Seniors 604-850-0011				
ARH & CC 604-951-8855 OR 1-877-820-7444				
Archway Community Services 604-859-7681				
City of Abbotsford 604-557-7050				
MCC British Columbia 604-850-6639 1-888-622-6337				

VOLUNTEER OPPORTUNITIES



CONTACT & RESOURCES	Driving	Medical / Care Home	Projects / Resourcing	Social
Mennonite Heritage Museum 604-758-5667				
Mennonite Historical Society of BC 604-853-6177				
Options Community Services (Crisis Line) 604-584-5811				
United Way BC 778-757-3404				
Volunteer Fraser Valley 604-819-1817				



PROFILES

VOLUNTEER OPPORTUNITIES



ABBOTSFORD ASSOCIATION FOR HEALTHY AGING

Volunteers needed for the Friendly Visiting Program which focuses on social support for seniors who have little or no support. The arrival of, or phone call from a Friendly Visitor lifts the spirits of the senior as they know they have a lifeline.

www.abbotsfordhealthyaging.ca

108-32883 South Fraser Way
Abbotsford V2S 2A6

Phone: 604-854-1733
info@abbotsfordhealthyaging.ca

ABBOTSFORD PEER SUPPORT FOR SENIORS

Senior Peer Support Volunteers undergo an intensive training course following guidelines set by the Ministry of Health and given by experienced Senior Peer Support Trainers and Consultants. Topics covered are: Listening, Helping the client tell his/her story, Problem management, Community information, Grief counselling. Ongoing training / information for all graduate senior peer support volunteers continues throughout the year at our monthly volunteer networking breakfast. Do you want to use your life skills and experiences to help other seniors? Both men and women 50+ are needed! Training takes place once a year (winter or spring).

www.abbotsfordpeersupportforseniors.ca

2499 McMillan Road
Abbotsford BC V2S 7S5

Phone: 604-850-0011
apss.seniors@telus.net

ABBOTSFORD REGIONAL HOSPITAL & CANCER CENTRE

Volunteers are important members of the health care community and truly enhance the patient, family and visitor experience at ARHCC. Volunteer Resources strives to develop and maintain roles that serve and support patients, families and visitors while increasing an overall positive hospital experience. ARC takes pride in finding the right match for the programs and for successful volunteer engagement. Application form and full list of opportunities available online.

www.fraserhealth.ca/about-us/volunteer-opportunities

Apply on website

Phone: 604-851-4700
Contact - Volunteer Resources department
arhvolunteerresources@fraserhealth.ca



ARCHWAY COMMUNITY SERVICES

Volunteers form the backbone of our organization. Thanks to the efforts, passions, and dedication of more than 1,000 volunteers, more than 50,000 working hours were contributed last year. We are always looking for dedicated volunteers who have time to give back to the community. Most of our volunteer shifts are between 8:30am 4:30pm Monday to Friday, though there are a few evening and weekend shifts available. Check out opportunities and apply online.

www.archway.ca/volunteer

Meredith Volunteer Coordinator	Phone: 604-859-7681 Ext. 254 volunteer@archway.ca
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CITY OF ABBOTSFORD

Volunteers contribute countless hours which result in added services for our community that may not have otherwise been offered. Help with...

City: City wide Extended Emergency Support services, Go Green Team at Canada Day, Stormdrain Troopers.

Culture: Special Events, Pedestrian Traffic Control, Communities in Bloom Hosts.

Parks-Assets and Parks-Beautifications: Adopt a Park, Trail or Street, One-Time Beautification, Corporate Clean-ups, Community Clean-Up Month, Tree Plantings, Invasive Plant Removals, Grass Cutting and Horticulture.

www.abbotsford.ca/community-events/volunteering

Chrissy Borseth Volunteer Coordinator Parks, Recreation & Culture 2499 McMillan Road Abbotsford BC V2S 7R3	Phone: 604-557-7050 volunteer@abbotsford.ca
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PROFILES

VOLUNTEER OPPORTUNITIES



MCC BRITISH COLUMBIA

BC MCC VOLUNTEER PROGRAM

Are you looking for a way to give back, connect with others, and use your time in a meaningful way? From thrift shops to mentorship and supporting those experiencing homelessness, MCC BC offers meaningful volunteer opportunities across the province. Get involved with MCC Thrift Shops, Circle of Friends, the Material Resources Warehouse, New Foundations mentoring, quilting, and more.

Visit our website to learn how you can help!

www.mcc.org/volunteer

Volunteer Coordinator
201-33933 Gladys Ave
Abbotsford, BC V2S 2E8

Phone: 604-850-6639
Toll Free: 1-888-622-6337
volunteer@mccbc.ca

MENNONITE HERITAGE MUSEUM

Volunteer Roles:

Bookstore / Reception Attendant

Gardening

Social Media / Graphics

Event Assistant

Building Maintenance

Photography / Videography

Gallery Attendant

Docent

Writing – press release

House Barn – Interpretive Attendant

www.mennonitemuseum.org

1818 Clearbrook Road
Abbotsford, BC V2T 5X4

Phone: 604-758-5667
info@mennonitemuseum.org



MENNONITE HISTORICAL SOCIETY OF BC

MHSBC is a community funded organization that collects and preserves records related to the Mennonite story in British Columbia by supporting research projects and sponsoring programs and events that communicate our history and culture. The Mission of MHS BC shall be the collection, preservation, and dissemination of knowledge of the historical heritage and the current life and times of Mennonites in BC.

Volunteer Roles:

- | | | |
|----------------|--------------------------|-----------------------------------|
| Cataloguing | Social Media | Genealogy Research Assistant |
| Filing | Flower Arranging | Translation of Gothic Handwritten |
| Office Support | Event attending Planning | Historical Researcher |
| Writing | Data Entry | Archival Assistant |
| Proofreading | Database Maintenance | Board Committee Work |
| Editing | Data Mining | IT Support |
| Graphics | Financial Management | |
| Marketing | Legal Expert | |

www.mhsbc.com

<p>Located on the second floor 1818 Clearbrook Road Abbotsford, BC V2T 5X4</p>	<p>Phone: 604-853-6177 archives@mhsbc.com</p>
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OPTIONS COMMUNITY SERVICES

Volunteers at Options engage in a variety of activities, including answering distress calls for the Fraser Health Crisis Line, mentoring and supporting families, youth or newcomers to Canada, cooking, teaching, crafting, researching, assisting with administrative tasks, building playgrounds, landscaping, painting, IT-related tasks, and more. Some programs require short-term or even one-time commitments (i.e., special events) while others may require regular commitments over a period of weeks or months. The Volunteer Coordinator at OCS connects people with a desire to volunteer with a variety of opportunities. To get started, take a look at the current list of volunteer opportunities. If you have a particular skill you would like to share that is not listed in the postings, give them a call or contact them by email. They will try to find an opportunity for you.

www.options.bc.ca/volunteer-at-options

<p>Main office 9815 - 140th Street Surrey BC V3T 4M4</p>	<p>Phone: 604-584-5811 volunteersupport@options.bc.ca info@options.bc.ca</p>
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PROFILES

VOLUNTEER OPPORTUNITIES



UNITED WAY BRITISH COLUMBIA

Looking to Volunteer with United Way? Have fun while sharing your time and talent in ways that are meaningful for you and your community. Make a difference. Join thousands of British Columbians taking action to make their communities better. Visit iVolunteer and pick the opportunity that's right for you based on where you'd like to volunteer and your availability and skill set. It's a great way to connect with others and make everyone's lives better.

**INFO - www.uwbc.ca/you-can-help/volunteer
OPPORTUNITIES - www.ivolunteer.ca**

**Aubrey Mendoza / Ian Chian
207 A-32450 Simon Avenue
Abbotsford BC V2T 4J2**

**Phone: 778-757-3404
Toll Free: 1-877-557-1953
info@ivolunteer.ca**

VOLUNTEER FRASER VALLEY

Supports non-profit organizations with volunteer engagement by managing an online listing that connects potential volunteers with a wide range of volunteer opportunities with a variety of organizations in the Fraser Valley.

www.volunteerfv.com

**Cari Moore - Director
Volunteer Fraser Valley**

**Phone: 604-819-1817
Info@volunteerfv.com**
















SOCIAL ACTIVITIES



Our current western culture is the most professional culture in history, yet is not relationally strong. Therefore, may we accept the gift of interdependence. May we aspire to live as persons in community. We aim to ensure that seniors remain connected and included, recognizing their role within our society. Explore the wealth of opportunities to be found in Abbotsford!

*Activities may be free or may include a cost

CONTACT & RESOURCES	Arts & Crafts Knitting Painting Drawing Book Binding Picture Framing	Sports Walking Lawn Bowling Curling Pickleball	Social Bible Studies Lunch Cultural	Music Choir Singing Dancing	Games Cards Pool Board Games Puzzles Carpet Bowling
Abbotsford Assc. for Healthy Aging 604-854-1733					
Abbotsford Curling Club 604-859-9244					
Abbotsford Pickleball 778-990-5419					
Abbotsford Social Activity Association 604-300-3870					
Abbotsford Legion 604-853-1711					

SOCIAL ACTIVITIES



*Activities may be free or may include a cost

CONTACT & RESOURCES	Arts & Crafts Knitting Painting Drawing Book Binding Picture Framing	Sports Walking Lawn Bowling Curling Pickleball	Social Bible Studies Lunch Cultural	Music Choir Singing Dancing	Games Cards Pool Board Games Puzzles Carpet Bowling
55+BC Games 1-778-426-2940		✓		✓	✓
Archway Community Services 604-870-3764 236-380-0556	✓		✓		✓
ARC/MRC 55+ Activity Centre 604-853-4221 604-855-0500	✓	✓		✓	✓
Garden Park Tower / Golden Age Society 604-853-5532	✓	✓	✓	✓	✓
The Gathering Church			✓	✓	
The Reach Gallery Museum 604-864-8087	✓		✓		

PROFILES

SOCIAL ACTIVITIES



ABBOTSFORD ASSOCIATION FOR HEALTHY AGING

Organization that coordinates and promotes activities supporting the health and well being of seniors in the Abbotsford area. Meetings and activities generally happen at MRC in Abbotsford on specific days and times. Crafts, Games, Activities, Book Club, Knitting, Seniors and Caregivers Social Café and more.

www.abbotsfordhealthyaging.ca

Abbotsford Community Hub Centre
108-32883 South Fraser Way
Abbotsford V2S 2A6

Phone: 604-854-1733
info@abbotsfordhealthyaging.ca

ABBOTSFORD CURLING CLUB

A lifetime sport that can be enjoyed by people of any ability. There are different options for learning to curl at the Abbotsford Curling Club. For all programs all equipment is provided. ACC insists on clean running shoes that you carry into the rink and recommend wearing stretchy multiple layers of shirts and jackets. If you want to bring gloves, try to choose some that will give you grip on the broom for sweeping. Monday Ladies League, Tuesday is Men's League and Thursday is mixed. The Cost per game is \$15-\$20.

www.abbotsfordcurling.com

Abbotsford Curling Club
2555 McMillan Road
Abbotsford BC V3G 1C4

Phone: 604-859-9244
manager@abbotsfordcurling.com



PROFILES

SOCIAL ACTIVITIES



ABBOTSFORD PICKLEBALL ASSOCIATION

Join our thriving community of new and seasoned pickleball players. We have skill appropriate recreation sessions, opportunities to improve your game and most importantly we always have fun.

www.abbotsfordpickleball.ca

2552 McCallum Road
Abbotsford BC V2S 2B9

Phone: 778-990-5419
pickleballabbotsford@gmail.com

ABBOTSFORD SOCIAL ACTIVITY ASSOCIATION

The property has a big private parking lot with front and side entrances. Dances and dance lessons happen in the main hall. The square dance club holds their dances twice weekly and there is a seniors' awareness program which features wellness and exercise classes. A separate building holds activities such as AA meetings, crafts, card games, jam sessions for musicians and a pool hall that offers tournaments. Membership is \$25.00 per year. This reduces members' fee for drop-in activities and the right to vote at general meetings. Facility rental available.

www.abbysocial.com

33889 Essendene Avenue
Abbotsford, BC V2S 2H6

GENERAL INQUIRIES:
604-853-5151
ASSA COMMUNITY:
asaacommunity@gmail.com
ASSA RENTALS:
asaarentals@gmail.com



ABBOTSFORD LEGION

Our mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. We offer services to veterans and their families ranging from assistance with DVA, housing and family support. The Legion provides a safe and friendly facility for all members, veterans and members of the community, to enjoy fellowship, music, games, bingo and events.

**2315 W Railway St
Abbotsford, BC V2S 2E5**

Phone: 604-853-1711

55+ BC GAMES

The largest annual multisport event for 55+ population in BC hosted in different communities each year. The games offer a wide variety of sports and activities. The 55+ BC Games are an important part of the BC sport system and the largest annual multi-sport event in the province. The Games offer the opportunity to celebrate sport and active living with other participants from across the province and experience the hospitality of the host community.

www.55plusbcgames.org

**203-2453 Beacon Avenue
Sidney, BC V8L 1X7**

**Phone: 778-426-2940
info@55plusbcgames.org**

ARCHWAY COMMUNITY SERVICES

LUNCH WITH THE BUNCH

A weekly social gathering, connecting seniors to their community. Activities include: An affordable light lunch, 10 mins of fitness, information sessions with guest speakers, bingo and other games. Cost is \$5 at the door. Those who cannot access public transportation can request a ride at no extra charge. Please visit the website or call to register for the waitlist.

www.archway.ca/program/lunch-bunch

**Jasbir Saran Room (downstairs)
2420 Montrose Ave.
Abbotsford, BC V2S 3S9**

**Phone: 236-380-2702
LWTB@archway.ca**

PROFILES

SOCIAL ACTIVITIES



ARCHWAY COMMUNITY SERVICES (CONTINUED)

SOUTH ASIAN DAY PROGRAM FOR OLDER ADULTS

The South Asian Day Program is for older adults who are:

- * living at home
- * experiencing life changes
- * wanting to be as healthy and as independent as possible

Our day program offers activities in a safe and caring social environment and gives caregivers time to care for their own needs.

We provide all our programs and services in Punjabi. Our activities focus on staying physically active, connecting with others, and keeping the brain active. Participants are offered refreshments such as snacks, tea, and coffee and the Khalsa Diwan Society serves lunch.

Staff work with the clients and caregivers as well as other healthcare professionals like Recreational Therapists, Healthcare Assistants and Nurses. They work with clients' Home Health Professionals to make a plan to keep clients as independent as possible.

www.archway.ca/program/south-asian-day-program-for-older-adults

Archway at George Ferguson
Unit #4-32700 George Ferguson Way
Abbotsford, BC V2S 3S9

Phone: 236-380-0556
(Punjabi and English)





ARC/MRC 55+ ACTIVITY CENTRE

A place for seniors to participate in drop-in programs, play cards or pool and socialize. An activity membership allows seniors 55+ to access other programs and activities. For a fee of \$25 per year you can enjoy the many activities that the 55+ Activity Centre have to offer. Please note that access to activities and programs outside of the Seniors Activity Centre programming are not included in the pass and require an additional fee.

Super Senior Annual Pass: Visit one of our Recreation Centres to sign up for an annual Rec pass which entitles you to free drop-in access for Abbotsford residents who are 75 years of age and older. Proof of age and residency required.

www.direct2rec.com

<p>Abbotsford Recreation Centre 2499 McMillan Rd Abbotsford, BC V2S 7S5</p> <p>Matsqui Recreation Centre 3106 Clearbrook Rd Abbotsford, BC V2T 4B9</p>	<p>ARC Phone: 604-853-4221 MRC Phone: 604-855-0500 prcoffice@abbotsford.ca</p>
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GARDEN PARK TOWER/ GOLDEN AGE SOCIETY

The Community Centre offers Health & Wellness Classes / Carpet Bowling / Picture Framing / Book binding. Also check out their Special Events, Coffee Shop and seniors' hair studio.

Office hours Monday-Friday 8:30-11:30 am
Rose Room Coffee Shop: Mon-Sat 7:30am - 3:00pm
Breakfast & Lunch Grill Closes @ 2:30pm

www.gardenparktower.ca

<p>2825 Clearbrook Road #101 Abbotsford BC V2T 6S3</p>	<p>Phone: 604-853-5532 reception@gardenparktower.ca</p>
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PROFILES

SOCIAL ACTIVITIES



THE GATHERING CHURCH

We hold a Seniors Cafe on the second Wednesday morning of each month from 10:00 am to about 11:15 am in the Great Room. We enjoy coffee and treats together, sing hymns and listen to a speaker on a topic of relevance to seniors. Sometimes we invite a singing group to provide special music.

www.thegatheringchurch.ca/seniors-ministry

**2285 Clearbrook Road
Abbotsford, BC V2T 2X4**

**Phone: 604-859-4611
info@thegatheringchurch.ca**

THE REACH GALLERY MUSEUM

Are you looking for an opportunity to meet people and socialize with other seniors who are interested in art, culture, and history? Join us for C3: Culture, Creativity & Community.

Through thought-provoking discussions, personal storytelling, and hands-on activities, our special C3 series explores themes related to our current exhibitions using a variety of creative methods, including visual and literary arts. Upcoming themes include community histories, personal geographies, and cultural connections.

C3 takes place at The Reach Gallery Museum on Wednesday mornings from September 2025 through June 2026. Join us at 10:15 a.m. for coffee. The program begins at 10:45 a.m.

To register or for more information, call us, email us, or consult the "Programs and Events" section of The Reach's website.

www.thereach.ca

**32388 Veterans Way
Abbotsford, BC V2T 0B3**

**Phone: 604-864-8087
info@thereach.ca**

PHYSICAL WELLNESS SERVICES



We recognize that health span is not the same as life span. Therefore, we should provide and promote services for our older individuals who are frail, vulnerable, and/or marginalized, as well as those who care for them. In this section, please find services which focus on supporting the physical challenges we may face.

CONTACT & RESOURCES	Adult Cognitive Wellness / Alzheimer's / Dementia	Blind / Visually Impaired	Hearing Loss / Dental Care	Equipment	Personal Care	Respite / Dvmt Disabilities
Adult Cognitive Wellness Centre 778-549-6413	✓					✓
Alzheimer Society of BC 1-800-936-6033	✓					
Abbotsford Hearing Clinic 604-850-0277			✓			
Abbey Medical Supplies 1-800-251-8666				✓		
The Canadian Hard Of Hearing Association 604-423-3247			✓			

PHYSICAL WELLNESS SERVICES



CONTACT & RESOURCES	Adult Cognitive Wellness / Alzheimer's / Dementia	Blind / Visually Impaired	Hearing Loss / Dental Care	Equipment	Personal Care	Respite / Dvmt Disabilities
CNIB Foundation 604-746-1192						
Community Living BC 604-870-5900						
Garden Park Haircare 604-853-4843						
Fraser Valley Nursing Recruitment Services 604-309-1578						
Just Like Family 778-244-7742						
Nurse Next Door 778-600-0680						
Refresh Mobile Shower Ministry 604-557-3440						

PHYSICAL WELLNESS SERVICES



CONTACT & RESOURCES	Adult Cognitive Wellness / Alzheimer's / Dementia	Blind / Visually Impaired	Hearing Loss / Dental Care	Equipment	Personal Care	Respite / Dvmt Disabilities
Robertson's Hearing Centre 604-855-8722			✓			
Safe Care Home Support 604-945-5005	✓				✓	✓
Summit Denture Clinic 604-859-8715			✓			
Wheelchair Works 604-674-0055					✓	
Valley Alert Lifeline Society 604-854-5991				✓		
Wavefront Centre 604-942-7397		✓	✓			

PROFILES

PHYSICAL WELLNESS SVCS



ADULT COGNITIVE WELLNESS CENTRE

Provides services in the community, long-term care, retirement homes, hospitals, and group homes. They offer group and one-on-one programs that focus on cognitive stimulating activities and reduce isolation for older adults. Services also assist caregivers with respite and caregiver support.

Dementia Friendly Day Program

Mission location listed below. Wednesdays 1:30 pm to 4:00 pm

1:1 Therapeutic Recreation Program

The day program that comes to you! We create one-to-one services custom tailored for your loved one's evolving needs that help them get the most out of life.

www.adultcognitivewellnesscentre.ca

<p>DEMENTIA FRIENDLY PROGRAM 32331 7th Ave Mission, BC V2V 6T7</p>	<p>Phone: 778-549-6413 info@adultcognitivewellnesscentre.ca Please call for free ½ day trial</p>
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ALZHEIMER SOCIETY OF BC

Offers information, **social programs like Minds in Motion® and Coffe & Chat**, education opportunities, support groups and the ability to talk directly with a knowledgeable team member. Services for people with Alzheimer's Disease or other dementia, caregivers, families, health professionals and the general public help those concerned with or facing dementia build the knowledge, skills and confidence to maintain quality of life. Individual support is available by appointment as well as referrals to community resources.

Dementia Helpline

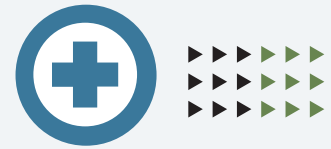
English: 1-800-936-6033

Cantonese / Mandarin: 1-833-674-5007

Punjabi / Hindu / Urdu: 1-833-674-5003

www.alzheimerbc.org

<p>First Link® Minds in Motion & Support and Education Coordinators Serving the Fraser Valley</p>	<p>Fraser Resource Centre 604-449-5000 (in Surrey and Chilliwack, supports residents in Abbotsford)</p>
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ABBOTSFORD HEARING CLINIC

We offer services and treatment plans tailored to meet your unique hearing needs. From comprehensive evaluations to custom hearing aid fittings, our staff combines years of experience with state-of-the-art technology to find the best solution for you.

Services include:

Diagnostic Hearing Evaluations

Hearing Aid Evaluation, Fitting, and Repair

Tinnitus Treatment Options

www.abbotsfordhearing.com

**100-2975 Gladwin Road
Abbotsford, BC V2T 5T4**

**Phone: 604-850-0277
paul@abbotsfordhearing.com**

THE CANADIAN HARD OF HEARING ASSOCIATION BRITISH COLUMBIA CHAPTER

A consumer-based organization dedicated to enhancing the quality of life of persons with hearing loss. They work with persons with hearing loss, their support networks, healthcare professionals and other partners to decrease isolation and remove barriers to their full participation in society. Projects include the Hearing Access Health Kit and funding for hearing aids and cochlear implants in BC.

www.chha-bc.org

**CHHA-BC
#208, 2005 Quebec Street
Vancouver, BC V5T 2Z6**

**Phone: 604-423-3247
Toll Free: 1-866-888-2442
info@chha-bc.org**

ABBEY MEDICAL SUPPLIES

Provides home medical equipment to encourage a life that's vibrant, safe and comfortable. Abbey Medical is committed to providing mobility, independence with comfort, and safety to those with health-related needs.

www.abbeymedicalsupplies.com

**5-31813 South Fraser Way
Abbotsford, BC V2T 1V4**

**Phone: 604-850-1755
Toll Free: 1-800-251-8666**

PROFILES

PHYSICAL WELLNESS SVCS



CNIB FOUNDATION

A non-profit organization driven to change what it is to be blind today. CNIB Programs are free and available to Canadians who are blind or partially sighted.

www.cnib.ca

<p>CNIB Fraser Valley Office 7-2630 Bourquin Crescent Way Abbotsford, BC V2S 5N7</p>	<p>Phone: 1-604-746-1192 Toll Free: 1-800-563-2642</p>
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COMMUNITY LIVING BRITISH COLUMBIA (CLBC)

Community Living British Columbia (CLBC) is a Crown corporation that was created in 2005 by a grassroots movement of self-advocates, families, service providers and other community and government partners who called for choice and change for people with developmental disabilities. We continue to work alongside individuals and families served by CLBC, service providers, community and government partners to build inclusive communities and person-centred support for adults with developmental disabilities. CLBC connects people and seniors with developmental disabilities to services and supports in their communities to help them live meaningful, fulfilling lives.

www.communitylivingbc.ca

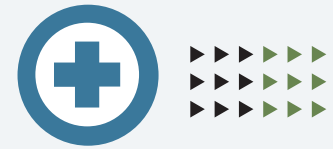
<p>201-2777 Gladwin Road Abbotsford, BC V2T 4V1</p>	<p>Phone: 604-870-5900 clbcinfo@gov.bc.ca</p>
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GARDEN PARK HAIRCARE

The hair salon has an amazing and joyful team of professional hair stylists who are committed to bring seniors the best hair care experience in the lower mainland.

www.gardenparktower.ca

<p>Garden Park Tower 202-2825 Clearbrook Road Abbotsford, BC V2T 6S3</p>	<p>Phone: 604-853-4843 Prices available on the website.</p>
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FRASER VALLEY NURSING RECRUITMENT SERVICES LTD - NURSING FOOTCARE & CLARK SHOES

Have you been diagnosed by your medical practitioner with Diabetes, poor circulation, lung disease, arthritis, or poor vision? Have you experienced a sore that won't heal? Do you struggle to reach your feet or your current nail tools do not work well any longer? Protect your feet with Fraser valley nursing foot cares, a mobile team of nurses devoted to providing personalized foot care, including diabetic foot care, in Abbotsford, Whiterock, Hope. With us, foot care isn't just a treatment; it's more of a holistic experience. From simple nail trimming and filing to referrals to podiatrists, we have your health and comfort at heart.

In home nursing foot care services includes cutting ingrown, thickened and any types of toenails and referrals. Our Clark shoes business provides therapeutic footwear includes shoes, slippers and sandals for women and men. We do direct billing for Veterans Affairs and some insurance companies and we have been in business for 17 years.

www.fraservalleynursingfootcares.com

<p>106-1281 Johnston Road White Rock, BC</p>	<p>Phone: 604-309-1578 info@ fraservalleynursingfootcares.com</p>
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JUST LIKE FAMILY

Just Like Family Home Care Fraser Valley offers exceptional senior care in Abbotsford, Chilliwack, Mission, Hope, and the surrounding regions.

Our array of home care services includes overnight & respite care, personal care, specialized care, light housekeeping, companionship, post-hospitalization recovery, as well as disability support.

Lisa and Garth Huppee, along with their dedicated team of caregivers, love establishing real connections and providing compassionate in-home care to everyone they support.

www.justlikefamily.ca/fraservalley

<p>Lisa Huppee 12-8465 Harvard Pl Chilliwack, BC V2P 7Z5</p>	<p>Phone: 778-244-7742 office@justlikefamily.ca</p>
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PROFILES

PHYSICAL WELLNESS SVCS



NURSE NEXT DOOR

Home care experts! They provide the highest quality services across the full spectrum of care, including alzheimers and dementia care, companionship care, homemaking, personal care, relief and respite care and transportation / accompaniment - all with no long-term contracts.

www.nursenextdoor.com

Kristina Bradley -Local Partner
104-32615 South Fraser Way
Abbotsford, BC

Abbotsford Team: 778-600-0680
Nurse Next Door Main: 1-877-588-8609
abbotsford@nursenextdoor.com

REFRESH MOBILE SHOWER MINISTRY

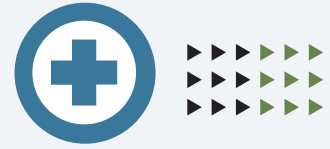
Dignity and respect for all people is our value, and the shower trailer allows us to offer free showers to those who may not otherwise have access to it. Towels and shampoo are provided. Not wheelchair accessible.

(drop in Thursday nights from 4:30-6:30 pm)

Thrift Store MCC
3393 Gladys Avenue
Abbotsford BC

Phone: (Anna) 604-859-6316
Phone: (Henry) 604-557-3440
refresh@kingroad.ca





ROBERTSON'S HEARING CENTRE

If you have noticed that your hearing is not what it used to be, you are certainly not alone.

If you think you may have hearing loss, it's important to have your hearing checked as soon as possible. The longer you wait, the more likely it is for more damage to set in. When hearing loss goes untreated, the brain can actually lose the ability to recognize or understand sounds.

Our services include:

Hearing Tests	Hearing Aids
Ear Wax Removal	Custom Products

You have nothing to lose and so much to gain by having your hearing tested. The right hearing aid can help you communicate better with those around you, and allow you to participate in activities you may have given up because of your hearing loss. Call us today so we can provide you with better hearing for better living.

www.robertsonhearing.ca/hearing-health

<p>103-2825 Clearbrook Road Abbotsford, BC V2T 6S3 (located in Garden Park Tower)</p>	<p>Phone: 604-855-8722 home@robertsonhearing.ca</p>
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SAFE CARE HOME SUPPORT

Provides home support services for seniors in the Lower Mainland. Homecare services for seniors help them lead dignified and independent lifestyles in the comfort and safety of their own homes. Safe care home support provides an extensive range of services for seniors (ie. home care, personal care, nursing services, Alzheimer's Care, respite and post-hospital care)

An On-call Nurse is available 24 hours a day, 7 days a week to assist clients or caregivers if you are in need of assistance outside of regular office hours.

www.safecarehomesupport.ca

<p>211 - 3030 Lincoln Aveue Coquitlam, BC V3B 6B4</p>	<p>Phone: 604-945-5005 Office hrs: Mon-Fri 9am-5pm info@safecarehomesupport.ca</p>
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PROFILES

PHYSICAL WELLNESS SVCS



SUMMIT DENTURE CLINIC

Smile with Confidence — Comfortable, Natural-Looking Dentures Are Closer Than You Think!

At Summit Denture Clinic in Abbotsford, we believe every smile tells a story — and we're here to help you share yours with confidence. Whether you're having trouble chewing, feel self-conscious about missing teeth, or just want dentures that truly fit, you've found the right place. Our welcoming clinic at 130-2881 Garden Street is easy to access, with free parking, wheelchair access, and a warm, home-like atmosphere. From the moment you walk in, our team makes sure you feel relaxed and cared for — no stress, no pressure.

We offer:

- Natural-looking Complete & Partial Dentures
- Implant-Supported Dentures that stay secure
- Same-Day Repairs & Relines
- Digital Dentures made with advanced 3D technology
- Custom Mouthguards and more

We're proud to serve seniors and accept patients covered by the Canadian Dental Care Plan (CDCP). Call now or visit summitdentureclinic.ca to book your free consultation — and get ready to eat, speak, and smile with confidence again!

www.summitdentureclinic.ca

**130-2881 Garden St
Abbotsford, BC V2T 4X1**

**Phone: 604-859-8715
info@summitdentureclinic.ca**

WHEELCHAIR WORKS

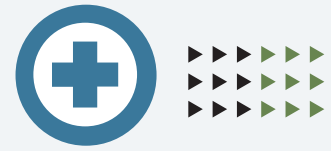
Wheelchair works is Your One Stop Shop for Stairlifts, Wheelchairs, Scooters & More!.

Bringing a new, personalised, method to buying and maintaining your home medical equipment – stairlifts, wheelchairs, scooters, and more! With reliable, caring, and trustworthy service – let us show you how we have become the Lower Mainland's preferred service provider.

www.wheelchairworks.ca

**2-30445 Progressive Way,
Abbotsford, BC V2T 6W3**

**Phone: 604-674-0055
info@wheelchairworks.ca**



VALLEY ALERT LIFELINE SOCIETY

Valley Alert Lifeline Society, a non-profit organization, has delivered security, comfort and peace of mind to our local communities for over 25 years. Designed to allow seniors and people with health concerns to live independently and safely at home. Lifeline gives you reassurance that help is available, anytime, at the push of a button. Lifeline, an easy-to-use personal response service, allows a person to get help at any time of day or night by pushing the waterproof Personal Help Button, worn as a pendant or on the wrist. With Medical Alert Systems available for traditional or wireless phone service, Automatic Fall Detection and Mobile Help Button, residents in our communities can feel confident and safe while living at home or on the go.

www.valleyalertlifeline.ca

Valley Alert Lifeline Society
101 – 2445 West Railway Street
Abbotsford, B.C. V2S 2E3

Phone: 604-854-5991
Toll Free: 1-888-969-1818
valleyalertlifeline@telus.net

WAVEFRONT CENTRE FOR COMMUNICATION ACCESSIBILITY

Wavefront Centre's Better at Home (BH) program identifies isolated Deaf, Deaf Blind and Hard of Hearing Seniors in the Lower Mainland and provides them with volunteer outreach services at home. BH volunteers can be Deaf, Hard of Hearing or hearing. They provide companionship, home visits, transportation assistance, facilitated shopping trips, and other outings so that isolated seniors can remain connected to their communities. Services include: Hearing Clinic, Audiological Tests, Hearing Aid Fittings, Sign Language Interpreting, Communication Devices and more.

www.wavefrontcentre.ca/services/seniors-outreach

Closest Office - Tri-Cities
#210 – 2755 Lougheed Highway
Port Coquitlam, BC V3B 5Y9

Phone: 604-942-7397
TTY: 604-942-7380
tricitieinfo@wavefrontcentre.ca

LEGAL & FINANCIAL SERVICES



In later life we encounter unique challenges and make first-time decisions. It is important to have certain documents in place as we enter this stage as preparation is essential for both ourselves and our families. Financial advisors can provide direction that applies particularly at the end of life, and there are services in place to help protect us from exploitation in this digital era.

CONTACT & RESOURCES	Financial / Tax	Legal / Counseling	Wills and Estate Planning	Fraud / Scam Protection for Home / Self	Representation Agreement
Abbotsford Assc. for Healthy Aging 604-854-1733					
Abbotsford Community Policing 604-870-4145					
Abbotsford Lawyers Linley Welwood LLP 604-850-6640					
Abbotsford Police Department 604-859-5225					
Abundance Canada 604-850-9613					

LEGAL & FINANCIAL SERVICES



CONTACT & RESOURCES	Financial / Tax	Legal / Counseling	Wills and Estate Planning	Fraud / Scam Protection for Home / Self	Representation Agreement
Chris Hoepfner (Rev Mortgage) 778-229-8555	✓				
Albert & Co. (Lawyers) 604-305-2666		✓	✓		
Canadian Anti-Fraud Centre 1 888-495-8501				✓	
Marlo Dick (mortgage) 604-835-9942	✓				
Society of Notaries Public 604-681-4516		✓	✓		
The Peoples Law School 604-331-5400	✓	✓	✓	✓	✓



PROFILES

LEGAL & FINANCIAL



ABBOTSFORD ASSOCIATION FOR HEALTHY AGING

Organization that coordinates and promotes activities supporting the health and wellbeing of seniors in the Abbotsford area. Among other social initiatives, AAHA also provides some financial and legal preparation assistance.

LIFE BOX

Lifebox is a toolbox that can be used for you and your loved ones in case of an emergency or death. This program allows individuals to keep all essential documents in one safe place, simplifying the process of organizing relevant documents and bringing peace of mind through a stressful time.

INFORMATION & INCOME TAX SERVICES

Contact us if you have questions about senior services available in Abbotsford or if you need Income Tax help.

www.abbotsfordhealthyaging.ca

<p>Abbotsford Community Hub Centre 108-32883 South Fraser Way Abbotsford V2S 2A6</p>	<p>Phone: 604-854-1733 info@abbotsfordhealthyaging.ca</p>
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ABBOTSFORD COMMUNITY POLICING

PROPERTY SECURITY ASSESSMENTS

The Community Policing Constable and the Community Policing Coordinators conduct CPTED inspections—advising on crime prevention methods to prevent being a victim of crime. Property inspections and assessments provide recommendations to improve one's property.

www.abbypd.ca/community-policing

<p>Abbotsford Police Department 2838 Justice Way Abbotsford, BC V2T 3P5</p>	<p>PHONE: 604-859-5225</p>
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ABBOTSFORD LAWYERS LINLEY WELWOOD

A professional team focusing on providing clients with the best legal services for personal injury, family law, real estate law, business law, construction law, insurance litigation and wills, estates, and trusts.

www.linleywelwood.com

**305-2692 Clearbrook Road
Abbotsford BC V2T 2Y8**

Phone: 604-850-6640

ABBOTSFORD POLICE DEPARTMENT

SENIORS SAFETY OUTREACH PROGRAM

In an effort to promote the well-being and security of our cherished senior community, AbbyPD offers the Seniors Safety Outreach Program. These engaging and informative events are designed to equip older adults with the knowledge and tools necessary to navigate potential risks and maintain their independence. Topics include:

- Crime Prevention and Personal Safety
- Electric Scooter Safety
- Emergency Kits
- Fraud/Scam Prevention

All sessions are free and will be held at the Clearbrook Library. Please check the website for available times and topics.

www.abbypd.ca/seniors-safety-outreach-program

**Seniors Safety Outreach
CLEARBROOK LIBRARY
32320 George Ferguson Way
Abbotsford, BC V2T 3P5**

**Abbotsford Police Department
2838 Justice Way
Abbotsford, BC V2T 3P5
NON-EMERGENCY PHONE: 604-859-5225
NON-EMERGENCY TEXT: ABBYPD (222973)**



PROFILES

LEGAL & FINANCIAL



ABUNDANCE CANADA

A gift planning public foundation registered with the Canada Revenue Agency. Abundance Canada has developed Your Will and Estate Planning Guide. This Guide draws on the experience of assisting people, from many walks of life, understand their will and estate planning issues. It includes practical information and tools. Plus, the guide reminds us that the way we write our plans reflects our deepest values.

By appointment only.

www.abundance.ca

280-2655 Clearbrook Road
Abbotsford BC V2T 2Y6

Phone: 604-850-9613
Toll Free: 1-800-772-3257
abbotsford@abundance.ca

CHRIS HOEPNER - HOME EQUITY BANK

CHIP REVERSE MORTGAGE

Your local reverse mortgage specialist, in partnership with Marlo Dick of BMO. No pressure information meeting or call to get the facts about the CHIP reverse mortgage in Canada. Learn why so many 55+ homeowners are turning to this solution to remain in their homes, access the tax-free savings in their home, and improve cash flow and quality of life. Eliminate your mortgage or line of credit payment, supplement your income, pay for a special levy, renovate, travel, or help your family. Call or email to learn more.

www.homeequitybank.ca/cba-seniors-code

Chris Hoepner
District Vice President
HomeEquity Bank

Phone: 778-229-8555
choepner@heb.ca



ALBERT & CO.

Sara Albert and Emily Anderson grew up in Abbotsford, B.C. and returned to their roots to raise their families. They founded Albert & Co. Law LLP as a Fraser Valley law firm to focus on providing the highest quality legal services to their clients, in a way that clients can understand. Albert & Co. is a full service law firm, with a focus on Estates (Planning, Administration, and Litigation).

www.albertlawco.com

**206 - 2636 Montrose Avenue,
Abbotsford, BC V2S 3T6**

**Phone: 604-305-2666
info@albertlawco.com**

CANADIAN ANTI-FRAUD CENTRE

The Canadian Anti-Fraud Centre is a government organization that collects information on fraud and identity theft. They provide information on past and current scams affecting Canadians. If you think you're a victim of fraud, report it! Also find information on what to do if you are a victim of fraud, how to protect yourself from scams and fraud, and the latest information on different types of fraud and scams affecting Canadians today.

Scams and cybercrimes can happen to anyone, anywhere, at any time. If you have been a victim of a scam, fraud or cybercrime, please contact your local police as soon as possible. It is also recommended that you report the instance of a scam, fraud or cybercrime, whether you are a victim or not, to the CAFC.

Remember: It's the role of your local police to investigate. The CAFC assists law enforcement through maintaining a central repository of information to assist with investigations. A new cybercrime and fraud reporting system is currently being developed, so you may be asked to report through the new version helping the RCMP build a new reporting system for Canadians.

www.antifraudcentre.ca

**ABBOTSFORD POLICE
DEPARTMENT
NON-EMERGENCY PHONE:
604-859-5225**

**CANADIAN ANTI-FRAUD CENTRE
Phone: 1-888-495-8501
Mon to Fri 9 am to 4:45 pm (EST)**

PROFILES

LEGAL & FINANCIAL



MARLO DICK - BMO BANK OF MONTREAL

As an experienced, service-oriented mortgage lender with a strong background in financial services, I understand how important it is to have a trusted guidance-especially when it comes to financing decisions later in life. Whether you're looking to refinance, downsize, transfer your mortgage, or access equity for retirement goals, I'm here to help.

I've assisted countless clients, including many seniors, in finding mortgage solutions that fit their lifestyle and long-term plans. With access to competitive options and in-depth knowledge of the local market, I take the time to listen and tailor solutions to your unique needs.

Let's make your next move simple and stress-free. Reach out today for friendly, no-pressure conversation about your options.

www.bmo.com/ms/marlodick

Marlo Dick - Mortgage Specialist
BMO Bank of Montreal
 200-32530 Lougheed Hwy
 Mission, BC V2V 1A7

Phone: 604-835-9942
marlo.dick@bmo.com





SOCIETY OF NOTARIES PUBLIC OF BC

BC Notaries are proud members of a select group of legal professionals commissioned by the Supreme Court of British Columbia. These unique legal advisors are highly trained in the provision of numerous noncontentious services, including land law and all the important personal planning tools available to the people of our province – Wills, Powers of Attorney, Representation Agreements, and Advance Directives. Throughout history, Notaries have been recognized as individuals of impeccable integrity practising in a Tradition of Trust. A Notary's word, signature, and red Notary Seal are time-honoured testaments to the character and skill of these caring professionals. This regulatory body sets standards and investigates complaints. Notaries who are licensed to provide legal services in the BC are listed here with useful information about their services.

www.notaries.bc.ca

<p>Suite 700 – 625 Howe Street P.O. Box 44, Vancouver, BC V6C 2T6</p>	<p>Phone: 604-681-4516 Toll-Free: 1-800-663-0343 info@snpbc.ca</p>
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THE PEOPLES LAW SCHOOL

A non-profit society in BC providing free education and information on the legal problems of our daily life. It works to help British Columbians recognize the legal aspects of everyday situations and take appropriate action.

www.peopleslawschool.ca

<p>1433-1130 W Pender St Vancouver, BC V6E 4A4</p>	<p>Phone: 604-331-5400 info@peopleslawschool.ca <i>*see website "About" "Contact" under "3. Contact our team" to fill out a form for a faster response.*</i></p>
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RELATIONAL / EMOTIONAL WELLNESS SERVICES



Emotional and mental wellness play a vital role in the overall quality of life for older adults. Nurturing mental health can help maintain independence, foster resilience in the face of life's transitions, and promote meaningful social connections. Prioritizing emotional wellbeing also contributes to better physical health outcomes and enhances the capacity to enjoy daily activities and relationships.

CONTACT & RESOURCES	Abuse	Counselling & Trauma / Suicide Hotline	Crime Reporting	Personal / Home Safety	Spiritual / Religious / Cultural
Abbotsford Community Policing 604-870-4145					
Abbotsford Community Response Network 778-241-9868					
Abbotsford Police Department 604-859-5225					
Clearbrook MB Church 604-850-6607					
Cares Counselling Society 604-870-8916					
Cascade Christian Counselling 604-854-5413					

RELATIONAL / EMOTIONAL WELLNESS SERVICES



CONTACT & RESOURCES	Abuse	Counselling & Trauma / Suicide Hotline	Crime Reporting	Personal / Home Safety	Spiritual / Religious / Cultural
Fraser Health Crisis Line 604-951-8855					
Fraser Valley Counseling 604-746-7200					
Seniors First BC Seniors Abuse and Information Line 604-437-1940					
Sevenoaks Alliance Church 604-853-0757					
Archway Comm Svcs Specialized Victim Assistance Program 604-859-7681 Loc 275					
The Gathering Church					

PROFILES

RELATIONAL /EMOTIONAL WELLNESS



ABBOTSFORD COMMUNITY POLICING

PROPERTY SECURITY ASSESSMENTS

The Community Policing Constable and the Community Policing Coordinators conduct CPTED inspections—advising on crime prevention methods to prevent being a victim of crime. Property inspections and assessments provide recommendations to improve one's property.

www.abbypd.ca/community-policing

<p>Abbotsford Police Department 2838 Justice Way Abbotsford, BC V2T 3P5</p>	<p>PHONE: 604-859-5225</p>
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ABBOTSFORD COMMUNITY RESPONSE NETWORK

CRNs facilitate prevention and education activities, by supporting a coordinated response to abuse, neglect and self-neglect of vulnerable adults in British Columbia. BC CRN has several signature programs which have been designed to educate community members and to provide outreach information on the topic of adult abuse, neglect, and self-neglect awareness and prevention. Our programs are offered in-person and virtually to best accommodate your needs, at no cost to you! Visit the website for information on how to report abuse/neglect, resources, programs and materials on topics related to abuse, neglect and self-neglect.

www.bccrns.ca/programs

<p>BC Association of Community Response Networks #505 -8840 210 Street, Box 349 Langley, BC, V1M 2Y2</p>	<p>Regional Coordinators: Patti Holm Prabhjot Kaur Phone: 778-241-9868 info@bccrns.ca</p>
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PROFILES

RELATIONAL /EMOTIONAL WELLNESS



ABBOTSFORD POLICE DEPARTMENT

SENIORS SAFETY OUTREACH PROGRAM

In an effort to promote the well-being and security of our cherished senior community, AbbyPD offers the Seniors Safety Outreach Program. These engaging and informative events are designed to equip older adults with the knowledge and tools necessary to navigate potential risks and maintain their independence. Topics include:

- Crime Prevention and Personal Safety
- Electric Scooter Safety
- Emergency Kits
- Fraud/Scam Prevention

All sessions are free and will be held at the Clearbrook Library. Please check the website for available times and topics.

Reporting Crime or Abuse - www.abbypd.ca

www.abbypd.ca/seniors-safety-outreach-program

<p>Seniors Safety Outreach CLEARBROOK LIBRARY 32320 George Ferguson Way Abbotsford, BC V2T 3P5</p>	<p>Abbotsford Police Department 2838 Justice Way Abbotsford, BC V2T 3P5 NON-EMERGENCY PHONE: 604-859-5225 NON-EMERGENCY TEXT: ABBYPD (222973)</p>
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CLEARBROOK MB CHURCH

Clearbrook MB Church is a gathering of Christ-followers predominantly in their senior years, many of whom live in the surrounding housing complexes. We offer a traditional style of worship and an extensive care ministry.

www.clearbrookmbchurch.ca

<p>2719 Clearbrook Road Abbotsford, BC V2T 2Y9</p>	<p>Phone: 604-850-6607 office@clearbrookmbchurch.ca</p>
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PROFILES



RELATIONAL /EMOTIONAL WELLNESS



CARES COUNSELLING SOCIETY

As a local non-profit counselling agency that has provided services to the greater Fraser Valley since 1992, we recognize that many people in our community are struggling to cope with challenges in their lives. Our mandate is to respond to those needs through high quality counselling services offered at affordable rates. To meet that goal, we offer subsidized rates to those who qualify.

www.cares.ca

**3-2630 Bourquin Crescent (West)
Abbotsford BC V2S 5N7**

**Phone: 604-853-8916
cares.info@gmail.com**

CASCADE CHRISTIAN COUNSELLING ASSOCIATION

Working with Church Partners. When normal support of Christian friends or small groups is not enough. When physical, emotional, or situational issues are having a significant negative impact on a marriage, family or individual for example:

- Individual: emotional health, depression, anxiety, grief, self-esteem, trauma, abuse
- Marriage: if untreated, risk of separation or divorce, communication issues, abuse issues
- Family: children's emotional health is at risk, communication issues affecting a healthy family unity.

Current fees range from \$85-\$125 per 1-hour counselling session. Where money is a real problem, deacons can be helpful as they will provide support for a number of sessions. Client confidentiality is a priority. In cases where financial assistance is required, Cascade contributes \$40/hour with the remaining \$85 minimum rate to be paid by the deacons and/or client.

www.cascadechristiancounselling.com

**207-33119 South Fraser Way
Abbotsford BC V2S 2B1**

**Phone: 604-854-5413 (for Abbotsford)
info@cascadechristiancounselling.com**



FRASER HEALTH CRISIS LINE

Concerned about your own situation or someone else? You can call the crisis line about anything that is causing you concern, worry or distress. Examples might be suicide thoughts or feelings, mental health problems, addiction issues, family violence, abuse, relationship conflicts, loss, or just plain loneliness.

The Crisis Line provides immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages, 24 hours a day-everyday. Services are delivered by skilled volunteers who have successfully completed a rigorous training program.

www.options.bc.ca/program/fraser-health-crisis-line

<p>1.800.SUICIDE Phone: 1-800-784-2433</p>	<p>310Mental Health Support (310-6789) Phone: 604-951-8855 Toll-Free: 1-877-820-7444</p>
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FRASER VALLEY COUNSELLING

A team of professionals who are genuine in their desire to reach out and support those who are hurting and trying to deal with life's struggles. Fraser Valley Counselling offers a non-judgemental supportive presence where you can feel heard. The goal is to meet you where you are and to illuminate and guide you towards emotional healing and wellbeing.

www.fraservalleycounselling.com

<p>#107-2692 Clearbrook Road Abbotsford, BC</p>	<p>Phone: 604-746-7200 info@fraservalleycounselling.com</p>
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PROFILES

RELATIONAL /EMOTIONAL WELLNESS



SENIORS FIRST BC

SENIORS ABUSE AND INFORMATION LINE & VICTIM SERVICES

The Seniors Abuse and Information Line (SAIL) is a confidential information line for older adults and those who care about them to speak to a professional intake worker about abuse, mistreatment and any issues that impact the health and well-being of older adults in BC. Language interpretation is available.

Identifying caller's issues and immediate, short-term, or potential long-term needs.

Completing intake to internal programs for callers to access SFBC services.

Providing general information and referrals to community and/or government services.

Providing follow-up calls to callers who are at risk.

Providing information about abuse and neglect, escalation, and risk.

Facilitating reporting of abuse, neglect, and self-neglect.

Calling Instructions:

callers will have to press "1" to be connected to a professional intake worker.

callers have an option to press "2" to leave a voicemail message for us to call back, without entering the queue.

calls will be returned from a private number, unless callers specify it is safe for us to do so.

When leaving a message, please state whether it is safe to leave a message. ***We will not leave a message unless specified to do so.***

If you discover a crime or dangerous situation is occurring to an older adult, ***call the police or 911 immediately.*** If you are not sure if an older person is being abused or neglected and you want to talk to a health professional, you can call **8-1-1** 24 hours a day for information and advice.

www.seniorsfirstbc.ca/programs

**B.C. Coalition to Eliminate
Abuse of Seniors
Phone: 604-437-1940
outreach@seniorsfirstbc.ca**

**502-1281 W Georgia Street
Vancouver, BC V6E 3J7**

**Mon-Fri 8am to 8pm
Sat/Sun 10am -5:30pm
(excluding holidays)
Phone: 604-437-1940
Toll free: 1-866-437-1940**



THE GATHERING CHURCH

We hold a Seniors Cafe on the second Wednesday morning of each month from 10:00 am to about 11:15 am in the Great Room. We enjoy coffee and treats together, sing hymns and listen to a speaker on a topic of relevance to seniors. Sometimes we invite a singing group to provide special music.

www.thegatheringchurch.ca/seniors-ministry

2285 Clearbrook Road
Abbotsford, BC V2T 2X4

Phone: 604-859-4611
info@thegatheringchurch.ca

SEVENOAKS ALLIANCE CHURCH

"Good Friends" is a gathering that happens every third Thursday of the month at 10:30 a.m. in the Chapel. All are welcome to this edifying fellowship and educational time. Refreshments always served.

www.sevenoaks.org

2575 Gladwin Road
Abbotsford, BC V2T 3N8

Phone: 604-853-0757
life@sevenoaks.org

ARCHWAY COMMUNITY SERVICES

SPECIALIZED VICTIM ASSISTANCE PROGRAM

Assists women who are victims of intimate partner violence as well as female and male victims of all ages who have experienced recent or historical sexual assault, child abuse, elder abuse, or other family violence. Services include court orientation and accompaniment, liaison with Crown Counsel and police, assistance and information regarding Victim Impact Statements and the Crime Victim Assistance Program (CVAP), support and encouragement, and referral to community resources. **Multicultural Specialized Victim Assistance Program** provides services in Hindi and Punjabi. Offers third party reporting to adult victims of sexual assault; staff report the assault to police on behalf of the victim who remains anonymous. Hours are 8:30 am to 4:30 pm Monday to Friday. Funding provided by Ministry of Public Safety and Solicitor General (MPSSG).

www.archway.ca/program/specialized-victim-assistance-program

2420 Montrose Avenue
Abbotsford, BC, V2S 3S9

Phone: 604-859-7681 Local 275
SVAP@archway.ca

DESCRIPTION OF LEVELS OF CARE FOR SENIORS' CARE FACILITIES



We recognize that different entities and care facilities refer to their services using varied language or differing terms. This is our attempt to synthesize the information into standard categories.



CONSIDERATE OF SENIORS

Care that is considerate of seniors recognizes that seniors may find themselves in varying situations at this stage of life. As each person is unique in their resources, experiences, and needs, so too must living arrangements and support be varied and unique. The following two types of living circumstances aim to address this reality and provide solutions that consider these seniors.



Independent Living

Means being **as self-sufficient as possible**. It means taking risks and being allowed to succeed and fail on your own terms. Independent Living means being able to exercise the greatest degree of choice about where you live, with whom you live, how you live, where you work, and how you use your time.



Integrated Living

Recognizes those seniors living in a lower income demographic who want to live **as self-sufficiently as possible** yet may benefit from some form of support. Supports can include things such as financial assistance, subsidized housing, meals, basic physical or relational needs, and even simply a supportive community environment. Integrated living meets you where you are at; it means being able to exercise choice about where you live, with whom you live, how you live, where you work, how you use your time and when or how you may need support.

DESCRIPTION OF LEVELS OF CARE FOR SENIORS' CARE FACILITIES



COMMUNITY LIVING CARE

Facilities provide accommodation, meals and care and supervision based on the person's needs. There are a wide variety of settings where community care is provided such as small home-like facilities for persons with physical or developmental disabilities, to large-scale facilities primarily for more frail elderly seniors, including those that are private pay, are licensed under the Community Care and Assisted Living Act or are licensed or designated under the Hospital Act, and have regular health and safety inspections. All types of licensed Complex Care facilities must follow the Residential Care Regulation and Standards of Practice.



Assisted Living

Provides housing, hospitality services and personal care services for adults who **can live independently but who may need minor help with daily care**. Assisted living facilities range in size from as few as 25 residents to 120 or more. Occupants live in apartment units furnished with their own furniture and belongings. They maintain a great deal of independence and privacy, while being supported with services according to the "level of care" they have requested. In addition to a basic monthly cost, most assisted living facilities provide the following services: Assistance with bathing, dressing, grooming, ambulating/transferring - Meals/snacks - Housekeeping and Laundry.



Long-Term Care / Complex Care (previously RESIDENTIAL CARE)

Fraser Health **provides long term care for adults who can no longer live safely or independently at home** due to their need for 24-hour nursing supervision in a secure environment, and their unpredictable or complex care needs which can no longer be managed in their home setting. Staff members administer medications and assist residents with daily activities such as eating, bathing and dressing. Care provided in these facilities have the goal to preserve an individual's comfort, dignity and quality of life as their needs change, and to offer ongoing support for family and friends. **Clients must meet Home and Community Care requirements and criteria for admission**. A health care needs assessment will be completed to confirm eligibility. Referral by case manager at a Home and Community Care office is required.

To access service
call the Home
Health Service
Line for more
information
1-855-412-2121

DESCRIPTION OF LEVELS OF CARE FOR SENIORS' CARE FACILITIES



END OF LIFE CARE

Facilities for end-of-life care support seniors in the final stages of life who have a life-limiting or terminal illness. Comfort, dignity, quality of life, pain management, and continuous support are typical of these facilities, though the services can be provided in a home or hospital as well.



**You can call the
Home Health
Service Line for
more information
1-855-412-2121**

Palliative Care

Fraser Health provides ***care for individuals living with life-limiting illness***. The services aim to preserve an individual's comfort, dignity, and quality of life as their needs change, and to offer on-going support for family and friends. Palliative services provided in the home, hospital (i.e. palliative complex care unit), in a long-term facility and/or at hospice. These services include the following: care co-ordination and consultation, pain and symptom management, community nursing services, community rehabilitation services, home support, respite for the caregiver and hospice care. Palliative care is comfort care with or without curative intent. Your Health care provider may suggest this service to you.



Hospice Care

Fraser Health provides a home-like setting for people in the last weeks or months of life when care cannot be managed at home. The services are provided 24 hours, daily, by a team of health care professionals who maximize comfort for a person who is terminally ill by reducing pain and addressing physical, psychological, social and spiritual needs. Hospice is comfort care without curative intent; the patient no longer has curative options or has chosen not to pursue treatment because the side effects outweigh the benefits. Referral required. Initial intake assessments through Fraser Health palliative care and home health services.

FACILITIES FOR SENIORS








When an individual requires additional support due to declining strength, they can either choose to stay at home and obtain the necessary assistance or relocate to a facility that provides the extra support. These are several things to keep in mind when the decision is made to move to a facility:

- The care may be private or subsidized, this means it is fully paid by the individual or is partially subsidized.
- There are various levels of care provided – depending on the facility.
- There is a process to be admitted to the best suited and preferred facility. The process will depend on whether the care is paid privately or subsidized.
- The process may take considerable time.
- There is often a waiting list to be admitted into a person's preferred facility.
- It is wise to be informed about the various facilities and also begin the necessary steps before a person needs to move from a home into a facility or to another level of care.
- In many cases, waitlist openings may be deferred until such a time as the individual or family is ready to take that next step.



FACILITIES FOR SENIORS



CONTACT & RESOURCES	Independent Living	Integrated Living	Assisted Living	Complex Care / Long-Term Care	Palliative / Hospice Care
Abbotsford Hospice & Grief Support Society 604-852-2456 Holmberg House					
Baptist Housing 604-940-1960 Hallmark on the Lake Hallmark on the Park					
The Care Group 604-939-9277 The Mayfair Senior Living + Care The Oxford Senior Living					



FACILITIES FOR SENIORS



CONTACT & RESOURCES	Independent Living	Integrated Living	Assisted Living	Complex Care / Long-Term Care	Palliative / Hospice Care
Clearbrook Golden Age Society 604-853-5532 Garden Park Tower	✓				
Fraser Health 604-870-7999 Cottage Pavilion Worthington Pavilion				✓	
Maplewood Care Society Maplewood House 604-853-5585 MSA Manor 604-853-5831				✓	
Menno Place 604-859-7631 Pavillion Terrace West Primrose Gardens Terrace East Menno Hospital Menno Home	✓	✓	✓	✓	

FACILITIES FOR SENIORS



CONTACT & RESOURCES	Independent Living	Integrated Living	Assisted Living	Complex Care / Long-Term Care	Palliative / Hospice Care
Tabor Village 604-859-8715 Tabor Manor Tabor Court Tabor Home Valhaven	✓		✓	✓	
Trillium Communities 604-850-5416 Bevan Village				✓	
Sparrow Community Care Society 604-991-6937		✓			

Inquiries regarding eligibility and registration for Complex/Long-Term Care or Palliative Care should be directed to **Abbotsford Home Health at 604-556-5000** or the **Home Health service line at 1-855-412-2121**

PROFILES

INDEPENDENT LIVING



www.baptisthousing.org
31622 Charlotte Avenue
Abbotsford, BC V2T 3Z9
(604) 853-8993

Baptist Housing

Baptist Housing welcomes you to **Hallmark on the Lake**—a vibrant community where seniors enjoy the freedom of independent living nestled in a picturesque lake and park setting in Abbotsford. Enjoy wonderful and delicious home cooked meals, weekly housekeeping and a variety of daily activities and excursions. Hallmark on the Lake consists of a total of 61 one-bedroom and two-bedroom suites. Each suite ranges from 450-1100 square feet depending on the shape and configurations.



www.tcgare.com
33433 Marshall Rd.
Abbotsford, BC V6K 1B9
604-855-7217
themayfair@tcgcare.com

The Care Group

The Care Group independent living at **The Mayfair Senior Living + Care** is for those looking to free themselves from the weight of home management chores and would prefer to enjoy the convenience of amenities and security in a social atmosphere. Seniors at The Gardens can enjoy an independent lifestyle with minimal assistance from the community unless they need it, the choice to prepare meals or have food prepared, access to all recreational programming, events, and entertainment, and the freedom to have friends and family over whenever they wish, including mealtimes. All 16 independent living suites are private pay.



www.gardenparktower.ca
202-2825 Clearbrook Rd.
Abbotsford, BC V2T 6S3
604-743-0232
reception@gardenparktower.ca

Clearbrook Golden Age Society

The Golden Age Society's **Garden Park Tower** provides residents with comfortable, worry-free living in a harmonious community by offering generous-sized housing units by way of Life Lease agreements. This is a housing arrangement where an eligible resident is granted the lifetime right to occupy a housing unit and to use the common facilities upon payment of a single up-front payment called a Life Lease Capital Payment and monthly maintenance fees. For a tour and more information, please call or email.

PROFILES

INDEPENDENT LIVING



www.mennoplace.ca
 32945 Marshall Road
 Abbotsford, BC V2S 1K1
 604-851-4000
info@mennoplace.ca



www.taborvillage.org
 31950 Sunrise Crescent
 Abbotsford, BC V2T 1N5
 604-859-8715
info.manor@taborvillage.org

Menno Place

At Menno Place you are able to live on your own without risk to yourself or others. You can live in your own home or in an independent living apartment building such as **Pavilion**, **Terrace West** or **Primrose Gardens**. You can express yourself, take care of your own home, arrange shopping and banking for yourself, walk with relative ease (may use a walker or a cane), manage your own hygiene, medication and finances. Menno Place has several apartment buildings that are designed for seniors who are capable and independent.

Tabor Village

Tabor Village independent living facility is **Tabor Manor**, where tenants live in their own spacious apartment in a secure building. Those who are looking for a social connection choose to join others in the social room including daily lunch service, or take part in activities and events put on in the Tabor Village community. If you have a relative who resides in Tabor Home or Court, preference may be given to your tenancy application at Tabor Manor.

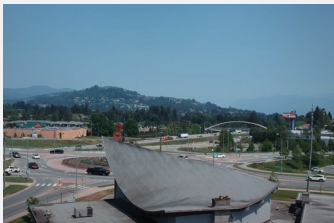


PROFILES

INTEGRATED LIVING



www.mennoplace.ca
32945 Marshall Road
Abbotsford, BC V2S 1K1
604-851-4000
info@mennoplace.ca



www.sparrowccs.ca
1661 McCallum Road
Abbotsford, BC V2S 1B8
Shelter: 604-991-6937
Inquiries: 604-798-7332
info@sparrowccs.ca

Menno Place

Tennants at Menno Place Independent Living facilities (**Pavilion, Terrace West** or **Primrose Gardens**) may qualify for home health services through Fraser Health, which support them with care such as:

- Personal hygiene (shower, dressing, etc.)
- Medication assistance (checking, administering, etc.)
- Medical needs (compression stockings, bandages, etc.)

Contact Fraser Health to set up an assessment of your needs
 1-855-412-2121

Sparrow Community Care Society

The mission of Sparrow Community Care Society is to provide comprehensive support and services specifically for older adults who are experiencing homelessness and poverty in our community. They are committed to providing safe, inclusive spaces where people find shelter, hope, dignity, relationships, and tools for a better future. They offer employment opportunities to our shelter residents, empowering them to build skills and supplement their income.



PROFILES

ASSISTED LIVING



www.baptishousing.org
31622 Charlotte Avenue
Abbotsford, BC V2T 3Z9
604-853-8993

Baptist Housing

Baptist Housing welcomes you to **Hallmark on the Park**– a vibrant community where seniors enjoy the freedom of assisted living surrounded by trees, gardens and a gentle path around an adjacent lake in Abbotsford. Enjoy wonderful and delicious home cooked meals, weekly housekeeping and a variety of daily activities and excursions. At Hallmark on the Park we offer 69 suites of Assisted Living. Twenty-two of these suites are subsidized through Fraser Health, and 47 are available with optional private pay assisted living services.



www.mennoplace.ca
32945 Marshall Road
Abbotsford, BC V2S 1K1
604-851-4000
info@mennoplace.ca

Menno Place

Menno Place has one apartment building - **Terrace East** - where the majority of the apartment suites are registered and licensed with Fraser Health as Assisted Living. Along with enjoying the company of others at a noon lunch meal and evening meal, assisted living tenants enjoy the additional supports and peace of mind provided by 24/7 nursing support, basic laundry and housekeeping, personal care and support for scheduled and unscheduled needs, and organized programs to enhance quality of life. Tenants may also qualify for additional assistance.



www.taborvillage.org
31950 Sunrise Crescent
Abbotsford, BC V2T 1N5
604-859-8718
info.court@taborvillage.org

Tabor Village

Tabor Court provides mid-level care for seniors who are not ready to enter complex care, but needed a bit more help in their day-to-day life. At The Court, tenants enjoy delicious meals with friends, with both lunch and dinner are served daily in the well-appointed dining room. A hair salon, games room, library and chapel are also found on site, providing many services to tenants without even having to leave home! Care staff is available 24 hours a day seven days a week to help with clinical issues, and housekeeping and laundry services ensure that personal space stays neat and clean.

PROFILES

LONG-TERM / COMPLEX CARE



www.tcgcare.com
32073 Sherwood Crescent
Abbotsford, BC V2T 1C1
604-853-7854
theoxford@tcgcare.com



www.fraserhealth.ca
33457 Cottage Lane
Abbotsford, BC V2S 0B3
Home Health Service Line
1-855-412-2121



www.maplewood.bc.ca
1919 Jackson Street,
Abbotsford, BC V2S 2Z8
MH: 604-853-5585
2510 Gladwin Road
Abbotsford, BC V2T 3N9
MSA: 604-853-5831
admin@maplewood.bc.ca

The Care Group

At The **Oxford Senior Care**, we believe our residents deserve excellence in care and we strive to achieve this by working as a team towards our common goal - A happy and healthy resident. We deliver person centered and best practice care in a respectful, caring and responsible manner by working together with our residents, their primary care givers, families, and The Fraser Health Authority. The facility is an intimate 84 bed long term care home in a gorgeous residential setting.

Fraser Health

Fraser Health operates two facilities providing this care: **The Cottage Pavilion**, a Fraser Health operated site, has four long term care wings divided into three teams flowing from a central living and dining room space overlooking the front patio/garden and pond area.

Worthington Pavilion has a central dining and living room with the resident bedroom wings or teams extending from the central dining room/reception area like two spokes of a wheel. There are three outside patio areas.

Referral by case manager at a Home and Community Care office is required. To access service, call the Home Health Service Line for more information; do not contact the care home directly.

Maplewood Care Society

Maplewood House and MSA Manor are the homes that make up Maplewood Care Society. Everyone is encouraged to bring their own personal furniture and meaningful belongings to make them feel comfortable. Each room has a safe bed, a locking cupboard and private washroom with room for a wheelchair. Meals are served family-style with snacks and beverages offered throughout the day. There are areas for sitting, relaxing and socializing. People can do as much or as little as they want over the course of the day with activities offered to suit many interests and physical abilities. There are areas both inside and outdoors that are attractive, secure and accessible. FH funding available.

PROFILES

LONG-TERM / COMPLEX CARE



www.mennoplace.ca
 32945 Marshall Road
 Abbotsford, BC V2S 1K1
 604-851-4000
info@mennoplace.ca



www.taborvillage.org
 31950 Sunrise Crescent
 Abbotsford, BC V2T 1N5
 TH: 604-859-8715
info@taborvillage.org
 VH: 604-856-2812
Info.valhaven@taborvillage.org



www.trilliumcommunities.com
 33386 Bevan Avenue
 Abbotsford, BC
 604-850-5416

Menno Place

Menno Home and **Menno Hospital** provide services that include those dimensions of life that are important to all of us- friendship, security, creativity, and opportunities for meaningful contributions- as well as the right care for physical disabilities, chronic disease and cognitive issues. All residents in Menno Home and Menno Hospital are admitted through Fraser Health Authority, which provides operational funding for these facilities. If Someone for whom you provide care needs more help due to chronic illness, disability or mental frailty contact Fraser Health and ask for an assessment.

Tabor Village

Tabor Home and **Valhaven** provide complex care services for seniors who are unable to live independently in their own homes. With full time nursing care, meal services, laundry and housekeeping. Seniors are offered a safe and healthy living environment as they age. With spiritual care, social work services, rehabilitation and life enhancing therapeutic recreation, a multidisciplinary team ensures that individualized plans meet the social and emotional needs of each person. The process of moving is coordinated in partnership with the ACCESS program of the Fraser Health Authority. The Fraser Health Authority also provides the operational funding.

Trillium Communities

Bevan Village is a three-storey long term care home accommodating long term care and independent/assisted living units over three floors. Owned and operated by Trillium Care Services Ltd. They aim to create a safe, caring environment for residents where quality care is achieved through partnerships with residents, families, staff, stakeholders and other community supports. The facility includes a fall prevention program, strength training, balance and endurance training are offered to high risk residents.

PROFILES

HOSPICE CARE

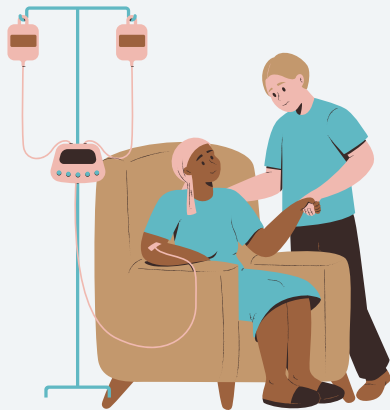


www.abbotsfordhospice.org
 32780 Marshall Road
 Abbotsford, BC V2S 1J7
 604-852-2456
sfehr@abbotsfordhospice.org

Abbotsford Hospice Society

Holmberg House is a beautiful new two-storey building owned and operated by the Abbotsford Hospice Society. The care team here can provide a hospice plus model of care. What that means is that people who need certain treatments like some intravenous medications, can now receive them in a hospice setting. It supports patients so that they are living their final days in comfort and not being transferred to hospital for periods of time to receive these types of procedures. Fraser Health is very pleased to partner with AHS in providing palliative care in the new 10-bed hospice located adjacent to the Abbotsford Regional Hospital and Cancer Centre Campus of Care. Each room includes an ensuite and piped in oxygen and suction at bedside.

Holmberg House was designed to feel like a home. The 2nd floor includes 10 private patient suites, a family kitchen & lounge, children's toys and games, a quiet/meditation room, and a sanctuary. There is also a beautiful garden and children's playground on our campus. Each one of our patient rooms feature a television, small fridge, radio/CD player, a desk and a wardrobe. Most rooms also feature a hide-a-bed where visiting family members can stay overnight if they wish. A sleeping cot can also be provided.



You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.

Dame Cicely Saunders

RESOURCES AND ASSISTANCE



Every one of us needs assistance, no matter how strong or what age we are. However, elderly people have unique needs that apply to them. Our aim is to highlight some resources that are available to assist these individuals and their families or caregivers in order to serve all demographics who live in our city and overcome financial barriers where possible.

CONTACT & RESOURCES	Housing	Subsidies / Rebates	Free or Subsidized Resources	Paid Resources	Assessments
Abbotsford Community Policing 604-870-4145			✓		✓
Abbotsford Police Department 604-859-5225			✓		
Abbotsford Legion 604-853-1711			✓		✓
Archway Community Services 604-859-7681			✓		
BC Housing 1-800-257-7756	✓	✓			
Clearbrook MB Church 604-850-6607			✓		

RESOURCES AND ASSISTANCE



CONTACT & RESOURCES	Housing	Subsidies / Rebates	Free or Subsidized Resources	Paid Resources	Assessments
MCC British Columbia 604-850-6639 1-888-622-6337			✓		
The Peoples Law School 604-331-5400			✓		
Preparing to Cross the Finish Line				✓	
Red Cross Health 604-556-3526			✓		
Seniors First BC 1-866-437-1940			✓		
Telus Mobility & Internet No Phone Contact		✓	✓		
UVic Self Management BC - Fraser East Region 604-603-8258			✓		

PROFILES

RESOURCES AND ASSISTANCE



ABBOTSFORD COMMUNITY POLICING

PROPERTY SECURITY ASSESSMENTS

The Community Policing Constable and the Community Policing Coordinators conduct CPTED inspections—advising on crime prevention methods to prevent being a victim of crime. Property inspections and assessments provide recommendations to improve one's property.

www.abbypd.ca/community-policing

<p>Abbotsford Police Department 2838 Justice Way Abbotsford, BC V2T 3P5</p>	<p>PHONE: 604-859-5225</p>
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ABBOTSFORD POLICE DEPARTMENT

SENIORS SAFETY OUTREACH PROGRAM

In an effort to promote the well-being and security of our cherished senior community, AbbyPD offers the Seniors Safety Outreach Program. These engaging and informative events are designed to equip older adults with the knowledge and tools necessary to navigate potential risks and maintain their independence. Topics include:

- Crime Prevention and Personal Safety
- Electric Scooter Safety
- Emergency Kits
- Fraud/Scam Prevention

All sessions are free and will be held at the Clearbrook Library. Please check the website for available times and topics.

www.abbypd.ca/seniors-safety-outreach-program

<p>Seniors Safety Outreach CLEARBROOK LIBRARY 32320 George Ferguson Way Abbotsford, BC V2T 3P5</p>	<p>Abbotsford Police Department 2838 Justice Way Abbotsford, BC V2T 3P5 NON-EMERGENCY PHONE: 604-859-5225 NON-EMERGENCY TEXT: ABBYPD (222973)</p>
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ARCHWAY COMMUNITY SERVICES

Providing a wealth of services and supports to seniors in Abbotsford including the following and more.

www.archway.ca/programs

**2420 Montrose Avenue
Abbotsford, BC V2S 3S9**

Phone: 604-859-7681

ARCHWAY FOOD BANK

One food hamper per household per month is available.

Please call ahead to make an appointment.

Hours of Distribution - Seniors over 60: Mon -Thurs 9:30am -12pm

www.abbotsfordfoodbank.com/need-food

**33914 Essendene Ave, Abbotsford, BC V2S 4H8
604-859-5749**

COMMUNITY LEGAL ADVOCACY CENTRE

Provides information, referrals, and representation(to individuals/families with lowincome levels who reside in Abbotsford) on a variety of issues including:

- Income assistance – disability applications & appeals, information on rights & benefits, etc.
- Housing – residential tenancy issues for tenants.
- Employment issues – employment insurance and employment standards.
- Canada Pension Plan – disability applications and appeals.

Appointment required.

Abbotsford Legal Advocacy Centre

**llena.candiani@archway.ca
604-743-0345**

MORE PROGRAMS (next page)

PROFILES

RESOURCES AND ASSISTANCE



ARCHWAY COMMUNITY SERVICES (CONTINUED)

DENTAL CLINIC

Volunteer dentists, hygienists and dental assistants provide free basic dental services to people in Abbotsford in low-income households, and discounted dentures at our on site clinic at the Archway Food Bank.

www.archway.ca/program/dental-clinic

Please call with your MSP number (formerly CareCard)

dental@archway.ca

604-859-5749 Ext. 2

STRIDE FOR OLDER WORKERS

Supporting older workers to achieve sustainable employment through skills training and employment supports. Available to unemployed or under-employed adults over 55 living in the Fraser Valley.

www.archway.ca/program/stride-for-older-workers

stride@archway.ca

604-557-3690

SENIORS INCOME TAX & BENEFIT APPLICATIONS

Income Tax Preparation is offered by Archway Senior Services for Abbotsford residents 55+ with modest incomes and simple tax returns.

Please see website for applicable restrictions.

www.archway.ca/program/seniors-income-tax-preparation

seniors@archway.ca

604-859-7681 Ext. 5000

SENIORS INFORMATION, REFERRAL AND RESOURCE SERVICES

Our staff and volunteer team provide Information, Referral and Resource Services that help link and refer older adults to community supports, programs, and services within Abbotsford that are relevant to them.

www.archway.ca/program/seniors-resources

seniors@archway.ca

604-870-3763



HOME DELIVERY PROGRAM

This program exists for those in Abbotsford who are experiencing *mobility limitations* and are unable to attend in-person appointments. A successful applicant to the Home Delivery program will receive one delivery per month of non-perishable and fresh food items directly to their home. Space is very limited.

www.abbotsfordfoodbank.com/portfolio/home-delivery

homedelivery@archway.ca

604-859-5749

ABBOTSFORD LEGION

Our mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. We offer services to veterans and their families ranging from assistance with DVA, housing and family support. The Legion provides a safe and friendly facility for all members, veterans and members of the community, to enjoy fellowship, music, games, bingo and events.

www.abbylegion.ca

2315 W Railway St
Abbotsford, BC V2S 2E5

Phone: 604-853-1711

MCC BRITISH COLUMBIA

BC MCC WEEKLY MEALS & FRIENDSHIP

Everyone is welcome to join us for a free hot meal and friendly connection every Thursday at 4:30pm, at MCC Centre at 33933 Gladys Ave in Abbotsford (look for the “Material Aid” sign beside the Material Resources Warehouse). This weekly gathering is open to all — including individuals who may be navigating housing instability or living on the street — and offers a warm, informal environment to share food and conversation. Volunteers and staff are present each week to help foster a sense of community and, when needed, connect guests with additional support services.

www.mcc.org/volunteer

MCC BC Homelessness Prevention
& Outreach Program

Phone: 604-850-6639
Toll Free: 1-888-622-6337
volunteer@mccbc.ca

PROFILES

RESOURCES AND ASSISTANCE



BC HOUSING

THE BC REBATE FOR ACCESSIBLE HOME ADAPTATIONS (BC RAHA)

The program provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living. Complete the application form online or call the office to have an application mailed to you. available for landlords/tenants and homeowners.

SAFER (SHELTER AID FOR ELDERLY RENTERS)

Lower income seniors renting in the private market may be eligible for a rent supplement through SAFER. The Shelter Aid for Elderly Renters (SAFER) program helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over. Existing clients need to re-apply each year. Find out how much rent help you could get. Get an estimate.

www.bchousing.org/housing-assistance/BC-RAHA

www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER

<p>BC Rebate for Accessible Housing 101-4555 Kingsway Burnaby BC V5H 4V8</p>	<p>Phone: 604-433-2218 Toll Free: 1-800-257-7756 Hours: M-F 8:30am - 4:30pm</p>
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CLEARBROOK MB CHURCH

Over the years, the Clearbrook MB Church has changed with the community around it. Multi-storey condominiums for seniors surround the church. As a result, the church has focused on ministries to seniors. Its music and style of worship appeal to the older generation. Over time, the church has collected a wealth of resources on a variety of senior specific topics (ie. Legal pamphlets, police safety brochures, grief guidance); they host occasional in-person seminars and offer spiritual care.

www.clearbrookmbchurch.ca

<p>2719 Clearbrook Road Abbotsford BC V2T 2Y9</p>	<p>Phone: 604-850-6607 office@clearbrookmbchurch.ca</p>
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SENIORS FIRST BC

Seniors First BC is a charitable, non-profit society that provides information, legal advocacy, support, and referrals to older adults across BC who are dealing with issues affecting their well-being, as well as those who care for them. Our Public Education and Outreach Program connects with the community by producing education materials and hosting workshops that raise awareness about issues affecting older adults. Low-income Legal Advocacy Program (eligibility based on income). Assistance for eligible seniors on issues such as housing, debt, and benefits. Elder Law Clinic offers free legal advice to eligible seniors residing in BC on a wide range of legal matters. Advance planning clinics offer help for eligible seniors with drafting and executing advance planning documents.

www.seniorsfirstbc.ca

<p>B.C. Coalition to Eliminate Abuse of Seniors Phone: 604-437-1940 outreach@seniorsfirstbc.ca 502-1281 W Georgia Street Vancouver, BC V6E 3J7</p>	<p>Mon-Fri 8am to 8pm Sat/Sun 10am -5:30pm (excluding holidays) Phone: 604-437-1940 Toll free: 1-866-437-1940</p>
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TELUS MOBILITY & INTERNET

TELUS MOBILITY & INTERNET FOR GOOD PROGRAMS

Mobility for Good® Program for low-income seniors provides Canadian seniors receiving at least \$6500 per year of the Guaranteed Income Supplement (GIS) benefit with low-cost wireless service. Customers can bring their own device or take advantage of a \$75 discount towards the online purchase of a refurbished smartphone through a retail partner

Internet for Good® Program provides low-income seniors in British Columbia, Alberta and some areas of Quebec with the tools and access they need to stay connected.

Apply online or mail a copy of your Old Age Security Statement to address below including: your full name, return address, and contact phone number. If you provide an email address, the response to your application can be expedited.

www.telus.com/en/social-impact/connecting-canada

mobilityforgood@telus.com

TELUS

Attention: CART - Mobility for Good Program / Internet for Good Program

4535 Canada Way

Burnaby BC V5G 1J9

PROFILES

RESOURCES AND ASSISTANCE



THE PEOPLES LAW SCHOOL

A non-profit society in BC providing free education and information on the legal problems of our daily life. It works to help British Columbians recognize the legal aspects of everyday situations and take appropriate action.

www.peopleslawschool.ca

1433-1130 W Pender St
Vancouver, BC V6E 4A4

Phone: 604-331-5400
info@peopleslawschool.ca

see website "About" "Contact" under "3. Contact our team" to fill out a form for a faster response.

RED CROSS HEALTH

Provides free short-term loans of Health Equipment. Assists people with mobility issues, allows people to return home from hospital earlier, and supports those in palliative care who wish to spend their final day in the comfort of their own home. Requisition from Dr. is required.

www.redcross.ca/how-we-help/community-health-services-in-canada

1-34220 South Fraser Way
Abbotsford BC V2S 2C6

Phone: 604-556-3526
Hours: Mon-Sat 11am-1pm

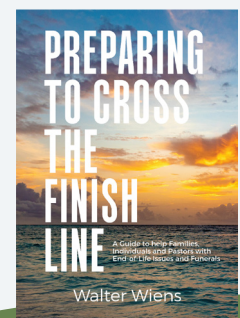
PREPARING TO CROSS THE FINISH LINE

A Guide to help Families, Individuals and Pastors with End-of-life Issues and Funerals. – Walter Wiens

This book addresses a comprehensive number of end-of-life issues. "A Guide for Families and Individuals" is directed to aging individuals and their families. "A Guide for Pastors", applies to clergy and others with responsibility to plan funeral services. While the book initially provides guidelines for funerals, it also addresses broader topics including family challenges and ways to improve relationships.

Available from the author, at **The House of James store** or **The Mennonite Museum**.

walter.wiens@outlook.com



SERVICE DIRECTORY
FOR SENIORS AND THEIR CAREGIVERS



UNIVERSITY OF VICTORIA SELF-MANAGEMENT BC - FRASER EAST REGION

FREE Chronic Conditions Self-Management Workshops

Self-management refers to actions a person can do to live well with one or more chronic conditions. Our Fraser East Regional Team provides FREE 6-session/2.5 hours a week evidence-based, small-group workshops for adults seeking the knowledge, skills and confidence required to self-manage their chronic conditions. Co-led by certified, volunteer peer leaders, our team offer FREE Chronic Conditions, Chronic Pain and Diabetes workshops each fall (Oct/Nov) winter (Feb/March) and spring (May/June) at our venue partners in Abbotsford, Langley and Chilliwack.

We also offer access to many virtual, web-based, phone and mail-out programs, when needed. All programs are open to BC adults 19+ although most participants are 45+. Spouses, partners, caregivers are always welcome.

FREE 4-Day Chronic Conditions Leader Training Workshops

Self-management refers to actions a person can do to live well with one or more chronic conditions. Train to become a certified UVic Self-Management BC Program Leader with our Fraser East Leader Team. Help adults, their caregivers and your community by co-facilitating our FREE health self-management workshops held with our venue partners in Abbotsford, Langley and Chilliwack. Ideal candidates will be familiar with the challenges of self-managing chronic conditions and/or pain. They will be comfortable with co-facilitating small-groups (6-12) and available for 2-3 workshops a year, typically held in the fall, winter and spring on weekday mornings and Sunday afternoons. During their training, candidates will learn effective strategies that help people self-manage their own health and how to co-lead a group workshop to teach these strategies to others. Although focused on contributing to the well-being of others and the community, leaders gain more skills and confidence for self-managing their own health. We also offer FREE 1-day Chronic Pain and Diabetes leader cross-trainings as well as ongoing professional development opportunities. As valued members of our Fraser East team, new leaders will receive an abundance of mentorship, encouragement and support from our highly experienced leaders and their Regional Coordinator.

www.selfmanagementbc.ca

John Murphy
Regional Coordinator, Fraser East

Phone: 604-603-8258
jamurphy@uvic.ca

END OF LIFE SERVICES

HOSPICE & PALLIATIVE CARE



The final weeks of our lives provide precious opportunities. This time exposes our deepest values. From hospice and palliative providing precious tender opportunities to live – restoring and strengthening relationships to funeral services offering opportunities to honor a beloved person. This section is designed to assist seniors and their families to prepare and/or to navigate the last act of life.

THE FOLLOWING TWO SERVICES ARE OFFERED OUTSIDE THE HOME

01 ABBOTSFORD REGIONAL HOSPITAL & CANCER CENTRE

Abbotsford Regional Hospital – The Palliative Care Unit serves palliative patients with complex physical and/or psychosocial needs. Admission is arranged through the local consultation team. Once stable the patient will return home, to a local community hospital bed, or to a hospice residence.

www.fraserhealth.ca



32900 Marshall Rd
Abbotsford, BC
604-851-4700



02 ABBOTSFORD HOSPICE SOCIETY: HOLMBERG HOUSE

Holmberg House is a beautiful new two-storey building owned and operated by the Abbotsford Hospice Society. The care team here can provide a hospice plus model of care. What that means is that people who need certain treatments like some intravenous medications, can now receive them in a hospice setting. It supports patients so that they are living their final days in comfort and not being transferred to hospital for periods of time to receive these types of procedures. Holmberg House was designed to feel like a home. The 2nd floor includes 10 private patient suites, a family kitchen & lounge, children's toys and games, a quiet/meditation room, and a sanctuary. There is also a beautiful garden and children's playground on campus.

32780 Marshall Rd
Abbotsford, BC
604-852-2456

www.abbotsfordhospice.org

END OF LIFE SERVICES

HOSPICE & PALLIATIVE CARE



THE FOLLOWING TWO SERVICES ARE OFFERED
OUTSIDE THE HOME

03 BAYSHORE HOME

Our palliative care programs are designed to reduce the burden of suffering and focus on the quality of life for both the living and the dying. We provide expertise and support throughout the illness trajectory, with symptom management, medication management, personal care, rehabilitation, nursing care and end-of-life care, tailored to meet your needs and the needs of your family. Bayshore also offers support to the clinical practitioner team with Medical Assistance In Dying. Our integrated care team provides access to nursing and pharmacy support, while caring for patients with respect and dignity.

Servicing Abbotsford

www.bayshore.ca

307-13710 94A Ave
Surrey, BC
604-852-2456



04 BIG HEARTS HOMECARE

Helping those in need to live dignified, independent lifestyles in the comfort and safety of their own homes. Services provided are Respite Care, Personal Care, Sleep-over & Live-in, Companionship, Housekeeping, Alzheimer's and Dementia, Errands & Transportation, Palliative Care, Postpartum Care, Occupational Therapy, Physiotherapy, Foot Care.

www.bigheartshomecare.ca

606-151 W Hastings St
Vancouver, BC
604-493-2045
1-888-914-6869

OVER 93% OF BC SENIORS
WANT TO REMAIN IN
THEIR OWN HOMES.

END OF LIFE SERVICES

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- HOW LONG HAVE THEY BEEN SERVING THEIR COMMUNITY?
- WHAT HAS BEEN THE EXPERIENCE OF RELATIVES, FRIENDS AND NEIGHBOURS?
- DOES THE FUNERAL HOME HAVE THE FACILITIES AND ARE THEY ABLE TO HANDLE ALL YOUR NEEDS? (I.E., SEATING CAPACITY, RECEPTION SERVICES AND FACILITIES)
- WILL THE FUNERAL HOME PROVIDE YOU WITH AN ITEMIZED PRICE LIST?
- IS THE FUNERAL HOME A MEMBER IN GOOD STANDING OF THE BRITISH COLUMBIA FUNERAL ASSOCIATION? CONSULT THE LIST OF FUNERAL PROVIDERS.



END OF LIFE SERVICES

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06

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www.woodlawnfh-abbotsford.com

END OF LIFE SERVICES EMOTIONAL SUPPORT



GRIEF RESOURCES

ABBOTSFORD HOSPICE & GRIEF SUPPORT SOCIETY & HOLMBERG HOUSE

Abbotsford Hospice Society (AHS) and Holmberg House is a center where people within Abbotsford and the Fraser Valley come for palliative care and support during times of grief and loss. Holmberg House is a beautiful 10-bed facility that provides dignified end-of-life care for adults from age 19. But there is so much more that goes on inside the walls of Holmberg House. AHS provides a variety of grief support programs for adults, youth, and children who have been affected by the death of a loved one. All bereavement and palliative services are offered with no financial barriers to families in Abbotsford and its surrounding.

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Join our Coffee Break for Bereavement Support

Thursdays from 9:00am to 11:00am

Mondays from 6:30pm to 8:00pm

ANTICIPATORY GRIEF SUPPORT

This group is for Holmberg residents and their loved ones who are going through anticipatory grief. Registration required.

UNDERSTANDING YOUR GRIEF

Join our eight-week support group for adults who are grieving the death of a loved one.

WIDOWS GROUP

A group that provides support for women who are grieving the death of their spouse or partner.

www.abbotsfordhospice.org

32780 Marshall Road,
Abbotsford BC Canada V2S 1J7
info@abbotsfordhospice.org

Programs and Services Director
Phone: 604-852-2456
sfehr@abbotsfordhospice.org

END OF LIFE SERVICES EMOTIONAL SUPPORT



GRIEF RESOURCES

DIGNITY MEMORIAL

COMPASSION HELPLINE

The Compassion Helpline offers families unlimited complimentary phone access to professional grief counselors for 13 months after services are provided by any Dignity Memorial provider throughout North America. In addition, anyone who attends a visitation, chapel or celebration of life service will have three months access to the Compassion Helpline and the same licensed grief counselors. This service is offered by all our dignity locations - including Woodlawn Funeral Home in Abbotsford.

www.woodlawnfh-abbotsford.com

Woodlawn Funeral Home
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Abbotsford BC V2T 2X5

Phone: 604-853-2643



END OF LIFE SERVICES EMOTIONAL SUPPORT



GRIEF RESOURCES

GRIEF SHARE

ABBOTSFORD SUPPORT GROUPS

Grief Share is a network of thousands of grief recovery support groups meeting around the world. A Grief Share support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

www.griefshare.org

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Lesley Dick, Office Manager
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www.bakerview.org/griefshare

02

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David Graham, Lead Facilitator
604-835-3300
www.centralheights.ca/griefshare

03

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32040 Downes Road, Abbotsford, BC V4X 1X5
Diana Dyck, Care Coordinator
604-853-2931
www.northview.org/care

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