



August- Quarterly Update

Happy summer, everyone! I hope you are finding time to relax and enjoy the sunshine and some of your favorite summertime activities!



As you probably know by now, each quarter, I'll highlight one of our volunteer-supported programs in Senior Services. This month, I'm thrilled to feature our Social Prescribing program—which provides a way for individuals who are utilizing the emergency room or consulting their General Practitioner (or other healthcare professionals) for issues generally considered to be social issues, to receive non-medical supports in the community. This supports individuals in the areas of physical activity, nutrition, and social engagement as a way of taking control of their own health and enabling them to engage in and contribute to their community.



Monthly Volunteer Spotlight

Meet Ruth!

It never ceases to amaze me how kind-hearted and passionate our senior services volunteers are and this month I want to highlight Ruth, our lead adult intergenerational cooking class volunteer and friendly visitor volunteer! Ruth has overcome so much in her lifetime and despite being very new to Canada, she has chosen to spend a huge chunk of her time, investing in the community and impacting the lives of many seniors with love and a listening ear. Here's a little snapshot of who Ruth is and some of her story:

Hello! My name is Ruth Solomon, and I'm delighted to share a bit about my volunteering journey with Chilliwack Community Services. My path to CCS began even before I arrived in Canada, and it has been a truly profound experience of connecting with my new community. I'm excited for you to learn more about why I chose to serve here and the wonderful experiences I've had through the Social Prescribing Program and Friendly Home Visits.

Q: When did you begin volunteering with Senior Services?

Ruth: I began volunteering in March 2025.

Q: Why did you choose to start volunteering with Chilliwack Community Services?

Ruth: My connection with Chilliwack Community Services truly felt like destiny. Even before I left Ethiopia, I was researching organizations in Canada where I could offer my time and skills, and CCS prominently stood out. Just two weeks after arriving, my sister and her husband brought me to CCS for support with my refugee claim. The moment I recognized the logo, it was as if life was confirming I was exactly where I was meant to be. This profound sense of alignment solidified my desire to volunteer. I believe deeply in giving back and paying forward the kindness I receive, and volunteering with CCS is a powerful way for me to contribute to the healing and strength of my new community.

Q: What is your favorite part of volunteering with seniors?

Ruth: It's genuinely challenging to pick just one favorite part, but if I had to, it would be the profound connection I forge with each senior. I visit three clients weekly or so, and our time is spent in open, heartfelt conversation about anything they wish to share, memories, their day, or simply how they're feeling. There's something profoundly humbling and beautiful about being invited into their quiet world, being a comforting presence during what can be an isolating time of life. I feel honored by their trust and learn so much from their wisdom and lived experiences. Honestly, these visits are as soul-nourishing and personally enriching for me as they are for them.

Q: Would you encourage others to get involved with volunteering with senior services and why?

Ruth: I would wholeheartedly encourage everyone to get involved with volunteering for senior services. It's not merely about 'service'; it's about the transformative power of connection, presence, and kindness. So many seniors carry lifetimes of experience, wisdom, and love, yet face loneliness, illness, or disconnection. Just one

hour of your time can profoundly brighten someone's entire week, reminding them they are seen, heard, and valued. What often truly surprises me is how much I gain in return; it's a deeply reciprocal experience. These moments have proven incredibly healing and profoundly rewarding for me, offering fresh perspectives on life and fostering significant personal growth. It's a truly beautiful journey of connection and learning, and I genuinely hope more individuals will consider embracing it.



Take a moment to watch some of the inspiring speech Ruth gave at a recent immigration services event.

[CLICK HERE](#) to find out more about our CCS Seniors programs

[CLICK HERE](#) to inquire about volunteering with us

Thank you for your continued dedication and investment in the lives of seniors in the Chilliwack community. We deeply appreciate your support and commitment!

Sincerely,

Bonnie Esau
Senior Services Volunteer Coordinator

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