



February Quarterly Update

It's been a busy start to the year, and we're deeply grateful for the meaningful work our volunteers do to support seniors in our community. Our seniors programs rely on the generous time and energy you share—thank you for all you do!

We enjoyed gathering in late January for our volunteer appreciation lunch, a wonderful chance to connect with many of the amazing volunteers in our Seniors Services programs. We look forward to more appreciation events ahead!





Each quarter, we highlight a volunteer-supported program within Senior Services. This month, we're featuring our Social Prescribing program. We invite you to read a recent newspaper article showcasing the impact this program and our volunteers provide:

<https://theprogress.com/2026/02/12/chilliwack-couple-have-nothing-but-praise-for-pilot-project-in-social-prescribing/>

A key component of this program is our Friendly Visitor volunteer role. These volunteers offer companionship through regular visits with seniors, helping to reduce loneliness and social isolation—factors known to negatively impact both physical and mental health. By fostering connection and emotional support, Friendly Visitors make a significant difference in the quality of life of the seniors they meet with. Our volunteers truly change lives!



Monthly Volunteer Spotlight

Many of our Friendly Visitor volunteers consistently go above and beyond, and we are pleased to highlight one such volunteer this month. Andrea truly embodies the spirit of community, generosity, and caring for our cherished Seniors.

She is a truly remarkable woman whose kindness and dedication have made a lasting and meaningful difference in the lives of the seniors she supports. She exemplifies the profound impact that going the extra mile can have. Her warmth, genuine care, and heartfelt commitment shine through in her role, bringing comfort, joy, and a deep sense of connection to the seniors she serves. Andrea's consistent presence beautifully illustrates how regular

companionship can enrich the lives of seniors, offering not only support but sense of being seen and valued. We are profoundly grateful for her generosity of spirit and the unwavering compassion she brings to her volunteer role.

Meet Andrea!

Here is a brief insight into Andrea's background-in her own words-and the journey that led her to become a Friendly Visitor volunteer:

My name is Andrea Lee and I am a Realtor at Royal LePage Wheeler Cheam here in Chilliwack. Five and a half years ago, my husband and our two daughters made the big decision to leave our life in South Africa and start fresh in Canada. Beginning again without family or a support system was not easy, but it taught us resilience, gratitude, and the true value of community. Since then, we have embraced many changes and grown in ways we never expected. Chilliwack has become home, and I am grateful to be raising our girls in such a beautiful and welcoming community.

When did you begin volunteering with Senior Services?

In May of 2025.

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

I have always had a special place in my heart for seniors and a desire to give back in a way that truly makes a difference. After a career change and finding myself with a little more flexibility in my schedule, it felt like an opportunity rather than a coincidence when I came across an article in the CCS newsletter asking for volunteers. It genuinely felt like the right moment to step forward and get involved.

What is your favorite part of volunteering with seniors?

It did not take long for me to realize that I was truly making a difference in the lives of the senior couple I support. They needed help with things that should feel simple, like renewing health cards and driver's licences, accessing medical care, and navigating everyday systems that can quickly become overwhelming. As those pieces slowly began to fall into place, I could see the change in them. They seemed lighter, happier, and far less stressed – now our visits are more about stories and laughter and enjoying each other's company. Witnessing that shift has changed me too. I feel a deeper sense of purpose, more contentment, and more joy than I have felt in a long time. In many ways, while I have been helping them, they have been helping me just as much. It truly is a beautiful exchange.

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

Yes, absolutely. I would wholeheartedly encourage others to get involved in volunteering with senior services. The impact may seem small at first, but it truly matters. Offering your time, patience, and presence can ease stress, restore dignity, and bring comfort to someone who may feel overwhelmed or alone. At the same time, you may find that you receive just as much as you give. It is a meaningful, humbling, and deeply rewarding experience that strengthens both individuals and our community as a whole.

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

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

Thank you sincerely to all of our volunteers for your ongoing support in the lives of seniors in the Chilliwack community. Your dedication to enhancing their quality of life truly makes a meaningful difference. We are deeply grateful for your generosity of time, your commitment, and your genuine interest in fostering a strong sense of community. Your contributions help create connections that matter-and we appreciate you more than words can say.

Sincerely,

Jessica Boisjoli

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