



May Quarterly Update

Spring has arrived, bringing with it a renewed sense of energy and momentum. It's remarkable how quickly the year is progressing—we are already nearing the end of May, with summer just around the corner. Has anyone else already caught themselves thinking that it's "too hot outside" but stopped short of vocalizing such a thought?! Yes, it's that time of the year!

As always, the world of volunteering remains vibrant and busy. Over the past fiscal year, our Senior Services volunteers generously contributed nearly 4,500 hours of their time. This is a clear reflection of the strong spirit of compassion and community that defines Chilliwack.

We extend our heartfelt gratitude to each and every one of you for your kindness and dedication to supporting seniors in our community. Your contributions are invaluable—quite simply, our programs would not be able to operate without you.



In this newsletter, we are pleased to highlight one of our key Senior Services programs: Meals on Wheels (MOW). Our Senior Services

programs are designed to support older adults in maintaining their independence and remaining in their homes for as long as possible. Meals on Wheels plays a vital role in achieving this goal by delivering fresh or frozen, nutritious meals directly to individuals who, due to age, illness, or disability, are unable to prepare adequate meals for themselves.

Pictured above is our exceptional MOW Coordinator, Jen. Through her strong commitment to the well-being of seniors in our community—paired with a masterful command of well-organized Excel spreadsheets—Jen ensures the program operates smoothly and efficiently.

Meals on Wheels provides nutritious meals to seniors Monday through Thursday and remains our most volunteer-intensive initiative. With five delivery routes running four days each week, the program relies on the support of at least 20 volunteers weekly to function effectively. In many cases, even more individuals contribute, as friends, couples, and service groups work together—typically with one person driving and another assisting with deliveries.

The program is further strengthened by the involvement of community service organizations such as CSCL, Rotary, Kiwanis, and Pathways. Their participation reflects a deep commitment—not only from individuals, but also from organized groups—toward supporting seniors and fostering a caring and connected community.



Monthly Volunteer Spotlight

We are pleased to highlight one of our star Meals on Wheels Drivers, Pat, featured in the above photo! Pat regularly commits his time to serve seniors in the community who may due to illness, age, or immobility, need the assistance of our MOW program.

Meet Pat!

Pat has been a dedicated volunteer with Meals on Wheels for over a year! He shows kindness, commitment, and heartfelt interest in the lives of the clients this program serves. We are so grateful for Pat's dedication and warm attitude that he brings to the role! Here

are some fun facts about Pat, in his own words, and his role as a Meals on Wheels (MOW) driver:

When did you begin volunteering with Senior Services?

I started with Meals on Wheels in May 2025.

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

I started volunteering not just for the need, but for the satisfaction knowing there are people with issues needing the service. I enjoy my weekly deliveries, it makes me feel like I am doing something positive in our community. Seeing the same people weekly makes the work more enjoyable. Most clients are shut ins so they also look forward to our short visits.

What is your favorite part of volunteering with seniors?

My favourite part of the job would be knowing our clients are being cared for by a community service that cares deeply about them.

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

I would recommend anyone who has a couple of hours a week to volunteer, it means so much to everyone involved. It is a rewarding experience for both the recipient and the worker.

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

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

Once again, we would like to extend our heartfelt thanks to our dedicated volunteers who consistently go above and beyond to support seniors in our community. Your commitment helps keep seniors connected, engaged, and feeling truly valued. This work would not be possible without you, and we are sincerely grateful for everything you do.

We look forward to seeing many of you at the upcoming volunteer appreciation gathering Monday June 8th between 4:30PM and 6:30PM! Don't forget to RSVP to boisjoli@comserv.bc.ca or 778-539-6569 by June 1st to attend or for more details if you didn't receive the email invite!

Sincerely,

Jessica Boisjoli

Senior Services Volunteer Coordinator

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