



August Quarterly Update

As summer draws to a close, we are excited to share some of the latest happenings in the world of Senior Services volunteering. This newsletter is an opportunity to celebrate the incredible impact volunteers are making, share program updates, and highlight the meaningful connections being created throughout our community. Thank you to each of you for your commitment, time, and support of our cherished seniors in our community.

We recently had the pleasure of connecting with many of our

Senior Services volunteers at our Volunteer Appreciation Event at Chilliwack Axe Throwing. It was wonderful to reconnect with familiar faces, welcome new volunteers, and celebrate the contributions each of you make. Thank you to everyone who joined us!



Within our Social Prescribing Program, we also recently celebrated three years of our Intergenerational Cooking Class. The program brings youth and seniors together to cook, learn, and connect, helping to reduce isolation and build lasting friendships. To mark the milestone, participants enjoyed a traditional Eritrean/Ethiopian coffee ceremony, where roasting, grinding, brewing, and serving coffee sparked conversation and cultural appreciation.





Another important part of our Social Prescribing Program is the Friendly Visitor Program, which continues to make a meaningful difference in the lives of seniors experiencing loneliness and social isolation. While many of us interact with family, friends, coworkers, and neighbours throughout our day, some seniors have very few opportunities for regular social connection. A friendly visit, phone call, shared hobby, or walk can have a profound impact on someone's well-being and sense of belonging.

The companionship and connection volunteers provide help seniors remain engaged, maintain their independence, and continue living with dignity. At the same time, volunteers often tell us how rewarding it is to know they are making a genuine difference in someone's life.



Monthly Volunteer Spotlight

As always, we like to highlight one of the incredible volunteers who helps make our programs so special. In this edition, we are thrilled to recognize Kitty, who volunteers with our Friendly Visitor program.

Meet Kitty!

From the moment Kitty first connected with CCS to express interest in volunteering, it was impossible not to be drawn to her warmth, enthusiasm, positive attitude, and genuine heart for

helping others. Her energy is contagious, and she has a wonderful ability to share her joie de vivre with those around her. Simply spending time with Kitty leaves people feeling uplifted and valued.

Since joining the Friendly Visitor Program, Kitty has been an incredibly dedicated, flexible, and compassionate volunteer. She has graciously adapted to changes in volunteer matches, always approaching new opportunities with kindness and an open heart. Beyond Friendly Visiting, Kitty has also stepped up to support our Seniors Wellness Day event, demonstrating her willingness to contribute wherever she is needed.

Despite balancing a busy and active life filled with family commitments and a passion for cycling, Kitty consistently makes time to support others. Her generosity, reliability, and caring nature have made a meaningful difference in the lives of the seniors she visits and in our broader community. Thank you, Kitty, for sharing your time, positivity, and compassion so freely. The world is truly a better place because of people like you, and we are so grateful to have you as part of the CCS volunteer family.

Kitty has an upcoming milestone birthday, and we would like to extend our warmest wishes to her in advance! Happy birthday, Kitty!

Here's a little more about Kitty...

I grew up in a small town in New Brunswick alongside my 11 siblings, where we spent much of our childhood outdoors, building strong family connections and a deep appreciation for community. Over the years, my family relocated to

Montreal, then I moved to Winnipeg, and eventually Chilliwack, each move shaping my perspective and experiences.

Outside of volunteering, I am an avid cyclist who spends between two and six hours a day riding. I am also a proud grandmother of two grandchildren and two great-grandchildren. My greatest passion is helping people identify and overcome emotional and mental barriers. Seeing individuals gain clarity, confidence, and the ability to move forward in their lives is incredibly rewarding to me, and I believe that meaningful transformation becomes possible once these obstacles are understood and addressed.

When did you begin volunteering with Senior Services?

I began volunteering with CCS in the fall of 2025. Prior to that, I volunteered with Chilliwack Crime Prevention for three years. Following a temporary interruption in my volunteer work due to a fire at their office, I reached out to CCS so I could continue giving back to the community. I am now pleased to be volunteering with both CCS and Chilliwack Crime Prevention.

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

I have always enjoyed connecting with people and learning about their experiences, perspectives, and life stories. Being able to help others and make even a small difference in someone's day is incredibly rewarding to me. I am particularly drawn to volunteering with seniors because I have seen how often they are disregarded, overlooked, or treated as though

their voices and experiences no longer matter. I believe they deserve to be valued, respected, and included, and I am passionate about doing my part to help them feel supported, heard, and appreciated.

What is your favorite part of volunteering with seniors?

I love hearing seniors talk about their lives. They often want to share the experiences, successes, and hardships that have influenced their journey. Listening to them helps me better understand who they are and what has brought them to where they are today. Their stories are powerful and inspiring, and I am continually amazed by the courage and resilience they demonstrate.

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

Yes, without hesitation. Volunteering with seniors has been a meaningful experience that has enriched my life in many ways. I hope that the time and companionship I provide are just as valuable and enriching for the person I am visiting.

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

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

Thank you to all of our volunteers for your generosity, compassion, and unwavering commitment to our seniors and our community. Because of volunteers like you, more seniors feel seen, valued, connected, and cared for. Your time, kindness, and dedication make a meaningful difference in the lives of those we serve, and we are truly grateful for all that you do.

Sincerely,

Jessica Boisjoli

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