At Your Service for Seniors

Issue No. 24 • September 2025

(519) 872-0875 *or* (519) 873-0875
www.atyourserviceforseniors.ca

Non-medical home care for seniors

THE SENIOR SCOOP

The AYSFS team enjoyed our Annual Potluck at Gibbons Park!

September Happenings

Hello September! While there are still warm, sunny days ahead, the month of September marks a fresh beginning for many of us. In August, the AYSFS team celebrated the summer with our annual potluck event at Gibbons Park. We enjoyed a beautiful afternoon and had a great turnout. Back-to-school is a big part of September, and it isn't just for kids! The AYSFS team will be taking part in WSIB health and safety training during the month of September. Continued learning is important for everyone, and with that in mind we encourage you to find ways to continue your learning journey. See more on page 2!

Meet Soraya VanderMark-Phaneuf

Associate

Soraya has a vast professional background with experience in child and youth work, job coaching, volunteering in palliative care at Parkwood hospital, volunteering at the Salvation Army, as well as working with baby and pet therapy in long-term care homes. Soraya is grateful for the time she has spent caring for family members, which has taught her life lessons and helped her grow into a compassionate and capable caregiver. She loves to lend a helping hand and nurture her relationships with her senior clients!

Apple Season is Here! ***Did you know? Apples are good for you because they are packed with fiber, vitamin C, and antioxidants called polyphenols, which support gut health, heart health, and a strong immune system. U-pick orchards, farmers' markets and grocery stores have a wide selection of local apples right now. Ask your Associate to shop for local produce to help you make the most of the season!*** Source: www.mayoclinichealthsystem.org

Birthday Balloon Delivery!

Associate Denise (left) surprised client Audrey (right) with a birthday balloon delivery! These two friends have a special connection that deserves to be celebrated all year long!

Connect with us on social media!

Apple illustration courtesy of vecteezy.com

The best care, in the best place.

Keep Learning!

Back-to-school isn't just for kids! Lifelong learning has numerous benefits for older adults, from keeping your mind sharp to boosting your social connections and overall well-being. When it comes to continued learning, there is a wealth of opportunities for older adults to continue their learning journey. Whether you're interested in exploring a new hobby, brushing up on your computer skills, or delving into a fascinating subject, there's something for everyone.

Where to find local learning opportunities:

The McMaster Optimal Aging Portal: From social isolation to brain health, their interactive e-learning lessons range from 15 minutes to 35 minutes and can be taken from the comfort of your own home. www.mcmasteroptimalaging.org

London Public libraries: You'll find a broad range of free programs and free online resources. Read the newspaper online, download eBooks and audiobooks, take online courses or learn a new language. www.lpl.ca

Senior centres: The Kiwanis Seniors' Centre and Hamilton Road Seniors' Centre offer programs that help older adults in London live healthy, active and social lives. Visit online at www.london.ca to view and register for Seniors' recreation programs. You can also call 519-661-5575 to register for programs.

SLR London: The goal of SLR has always been to appeal to people over the age of 55 who, regardless of their formal education, are keen to actively participate in the learning process in a socially driven environment. www.slrlondon.com

Lifelong learning promotes cognitive stimulation, social engagement and improved well-being!

If you're eager to get started but not sure how here are a few things to think about:

Explore your interests: Consider what you've always wanted to learn or try.

Start small: Choose a short course or workshop to ease into the learning experience.

Embrace technology: Many courses are offered online, providing convenience in the comfort of your own space.

Don't be afraid to ask for help: Reach out to your Associate if you need assistance accessing these programs!

It's never too late to learn something new!

Source: www.mcmasteroptimalaging.org

Upcoming Events

Open House!

SLR (Seniors Learning in Retirement) is hosting an Open House on September 9th from 10am-12pm at Grosvenor Lodge, 1017 Western Rd. Enjoy refreshments while chatting with the Fall course leaders. To learn more visit slrlondon.com or call 519-438-3525.

Celebrate Seniors Day on October 1st with AYSFS!

Seniors Day would not be complete without celebrating our clients! On October 1st we will draw a client name to receive a surprise gift. Last year Associate Jen (left) presented client Mona (right) with a bouquet of flowers!

Join AYSFS at the Cherryhill Village Mall Seniors Expo

Stop in at Cherryhill Village Mall on October 2nd between 10am and 2pm for a fun day of displays and information for those over 55! During the spring expo, we ran into Associate Gianni (left) with client Heather (right). Hope to see you there!

Book illustration courtesy of vecteezy.com