



THE SENIOR SCOOP



AYSFS Associates at our 2025 Holiday Gathering!

January Happenings

With a fresh start to the new year, January is often the month of resolutions and goal-setting. While the weather encourages rest and reflection, it is important to combat the winter blues with activities like light exposure, gentle exercise, and social engagement. Whatever balance of activity and rest is right for you, our Associates are here to assist and encourage you in your endeavors! Soak in the sun while sitting near the window, create a cozy craft, play a game, or explore community activities and events with your Associate. If you feel the winter blues creeping in, reach out and let your Associate know. AYSFS is here to help you make the most of the winter season.



Meet Jaqueline Moses Associate

Jaqueline (Jackie) approaches every client with patience, empathy, and professionalism, and she is always aiming to create a safe, warm environment. Jackie's strong communication skills, emotional awareness, and ability to connect deeply with people from all walks of life make her an asset to the AYSFS team. Jackie has a genuine desire to make people feel seen, supported, and valued. She loves care giving because it allows her to bring comfort, companionship, and dignity into someone's daily life.





Golden Moments

The Spirit of Giving

Thank you to Ben and Leigh at Giant Tiger Masonville for their generous donation of 20 gift bags for seniors. The bags included a cozy blanket, toiletries, snacks and a hand made card by an AYSFS Associate. Thank you to Associate Lisa for organizing the donations and to Life Spin for getting the bags into the hands of seniors in need.

New Year Illustration and snowflake illustrations courtesy of Vecteezy.com

January Riddles...

Joe is turning 17 this year, yet he turned 16 yesterday. How is this possible? *Joe's birthday is on December 31, the last day of the year. The current day was January 1st of the next year.*

In what year did Christmas Day and New Year's Day fall in the same year? *It happens every year!*





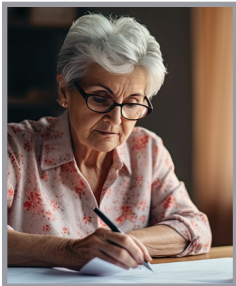
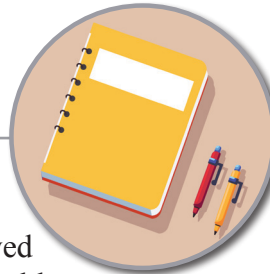
Beat the Winter Blues!



It's that time of year once again! Third Age Outreach is excited to share their Winter 2026 Program Brochure, highlighting the wide range of programs and services Third Age Outreach will be offering starting January 2026. To view the brochure online go to www.thirdageoutreach.ca

Looking for a pick-me-up this January? Sign up for "Beat the Winter Blues." This is a FREE, social and informative recreation program that offers both strategies and self-care tips to implement during the winter season to enhance your overall well-being. Topics may include the importance of sleep, nutrition, mental health, exercise, relaxation and more. Opportunities to trial different leisure opportunities will be offered within each session. Pre-registration is required. Thursday Mornings 10:00 – 11:30 am. Ask your Associate for assistance in learning more!

Journaling for Mental Health



According to psychologytoday.com, journaling offers seniors significant benefits, including stress relief, improved memory, better mood, and cognitive health by providing a habitual way to process emotions, reflect on life, and maintain neural connections. It provides a sense of structure in daily life and fosters emotional clarity. Journaling is the practice of writing down your

thoughts and feelings regularly. Journaling benefits include:

1. Mental Wellness

Writing down worries and frustrations helps unload emotions rather than suppressing them. Journaling can be a safe space to express fears about aging, health concerns, or personal struggles.

2. Improves Memory and Cognitive Health

Engaging in written reflection stimulates cognitive processes such as recall, problem-solving, and critical thinking. Keeping a daily or weekly journal can help track memories, organize thoughts, and maintain mental agility.

3. Emotional Processing

Journaling helps you process unresolved emotions and find closure in difficult experiences. Many older adults experience grief, regret, or nostalgia; putting these thoughts into words can promote emotional healing.

4. Improves Mood and Fosters Gratitude

A gratitude journal, where you note things they are thankful for daily, can significantly enhance mood and overall happiness.

5. Legacy Building and Self-Identity

Journaling allows you to redefine your sense of self, document life stories, and reflect on life lessons. This helps maintain a strong sense of identity and purpose.

With easy methods like handwriting, voice-to-text, or digital apps, journaling is a powerful tool for overall well-being!

What our Clients are saying:

"Each and every person you chose to come to our home were a surprise and delight, always anticipating our needs in a friendly and respectful manner, sharing stories which helped us to feel comfortable and relaxed, always looking for things to do or ways to help us. We are so lucky and grateful to AYSFS, a truly professional and amazing company which we will highly recommend!"
~ Anne.

We look forward to touching base with you!

The new year brings the opportunity to review our services and goals for the future. Our Admin team members will be reaching out to our Clients and/or their loved ones in the near future. Your feedback gives us the opportunity to improve our services and to continue providing you with the best care. We welcome your feedback!

