



THE SENIOR SCOOP



Photo courtesy of Vecteezy.com



March Happenings

Spring is almost here! Daylight saving time will begin this year on March 8, at 2 a.m. as the clock springs forward to 3 a.m. While we might lose an hour of sleep by “springing forward,” it also marks the day when evenings grow brighter, mornings feel a little earlier, and everyone is reminded that spring is on the way. If you need assistance adjusting your clocks, an Associate would be happy to help. As columnist Doug Larson once wrote, “Spring is when you feel like whistling even with a shoe full of slush.” Our yearly Client Satisfaction Survey is underway, and Admin member Heather is enjoying connecting with our Clients. See page 2 for more details!



Meet Toyosi Edosomwan Associate

As a mother who is devoted to her two children, Toyosi understands the importance of patience, empathy, and dependable caregiving qualities. She brings these values with her into every client interaction. Toyosi has a genuine passion for supporting seniors and ensuring they feel respected, safe, and valued in their daily lives. With a calm, compassionate approach and a heart for service, she is excited to contribute to a team that shares her commitment to dignity, kindness, and making a meaningful impact in the community.

Battle of the Brains Trivia Fundraiser

On March 12th a group of AYSFS Admin members, Associates and Clients are participating in a lively afternoon of trivia! Ticket proceeds help seniors access affordable social and recreational programs at the Boys & Girls Club of London. We can't wait to share photos of our afternoon in the next newsletter. Wish us luck!



Golden Moments

Birthday Queen!

Client Margaret (right) has been an AYSFS client for almost 4 years. During that time Margaret and Associate Dhan (left) have developed a special bond. Dhan was honoured to attend Margaret's milestone birthday in February.



Shamrock illustrations courtesy of Freepik.com

Satisfaction Visits with Heather

Admin team member Heather Cooper has been busy. Over the last month, Heather has been making home visits to many of our clients. These visits are to review our 2026 Client Satisfaction Survey. Your feedback is vital to ensure our services continue to meet and exceed the needs of seniors in our community. Not only does Heather review our survey questions, but she also takes the time to connect with clients and learn about their lives and interests. This personal approach is what makes AYSFS special. If you have not yet been contacted regarding an in-person visit from Heather, please call us at 519-872-0875 to arrange a time that works for you or your loved one.



As the results from Heather's home visits filter in, the next step is to address client feedback. One recent request was for more detailed explanations of our services, such as:

Food and Meal Preparation

Did you know we can plan and prepare your breakfast, lunch or dinner just the way you like it? Our Associates can also cook multiple meals at once and store them in your freezer, making it easy to enjoy quick, nutritious meals whenever you need them. Here are some considerations to make the most of this service:

- If there are meals you love but no longer make, ask your Associate to review the recipes with you so they can recreate your favourite dishes.
- If you are feeling bored of the meals you regularly eat, ask your Associate for new ideas. Research recipes together to find meals that appeal to you.
- Go grocery shopping with your Associate to pick ingredients you enjoy.
- If you need a storage solution, ask your Associate to organize your fridge, pantry, and freezer, and to pick up containers to store frozen meals for the future!
- Create a meal plan or menu for the upcoming week. If you have more than one Associate assisting you, the team will know what to make for your meals each day.



Resources for your Health

During the Seniors' Active Living Fair AYSFS came upon two fantastic health care resources. "Connect My Health" provides you with access to your health records from participating healthcare facilities in this region. It's a great resource for seniors who are looking to coordinate care between their different health care providers. Visit info.connectmyhealth.ca for more information.

For our clients who do not have a family physician, please see "Health Care Connect" and a care connector will search for a family doctor or nurse who is accepting new patients in the London community. Visit ontario.ca/healthcareconnect for more information.

Looking for a family doctor?

ontario.ca/healthcareconnect



Connect MyHealth
- Empower your health journey -

Did you know?

You can access your health records digitally

Secure, free, and user-friendly

Sign up today!

ConnectMyHealth is operated by Hamilton Health Sciences and brought to you in collaboration with participating Ontario Health Teams. Funded by: Ontario Health

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