



Abbotsford District Retired
Teachers' Association
Newsletter
April 5, 2024
(8 Pages)

Everyone,

Yippee, it's Spring! The sounds of birds, bees and lawn mowers fill the air. If Spring is here, can summer be far behind?

We have had a busy April with our Indispensable Binder workshop occurring on April 4th at the ARC. We had 40 members attend and we learned all about how to get organized so that all your documents and personal information are in one spot (easy for your children and your executor to find when needed!) Later in the newsletter, there are photos of Diana Cruchley going through the binder with us and how hard we are working to learn what to do!

Coming up: We are going on a field trip to Darts Hill Gardens in Surrey on May 14th. You don't want to miss this fun event. Francisca Dart's love of plants has resulted in a huge collection of interesting mature tree and shrub species, namely rhododendrons and magnolias. We will be leaving Abbotsford at 10:45 am and going to a restaurant in Langley on the way to the garden.

We will be having lunch ahead of time and then spending a couple of hours exploring the garden and then heading home. We should be home by 3:45 p. m. or so. We have reserved a bus and driver so there will be plenty of room. Bring a gardening friend along! Let me know if you would like to attend (gloriaadam@shaw.ca; 604-854-6194) **right away.**

We are trying something new: a picnic in Centennial Park! We have reserved the gazebo near the children's playground on Bevan Avenue so it will be rain or shine. Bring your lawn chair, sunscreen and hat. We will provide the sandwiches, drinks and fruit!

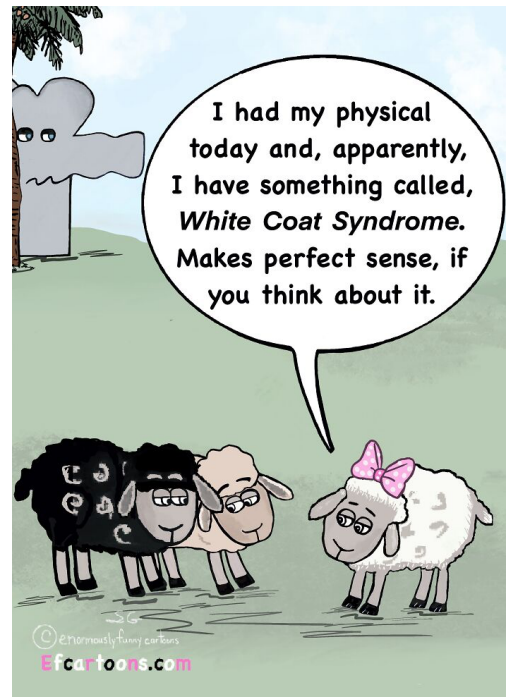
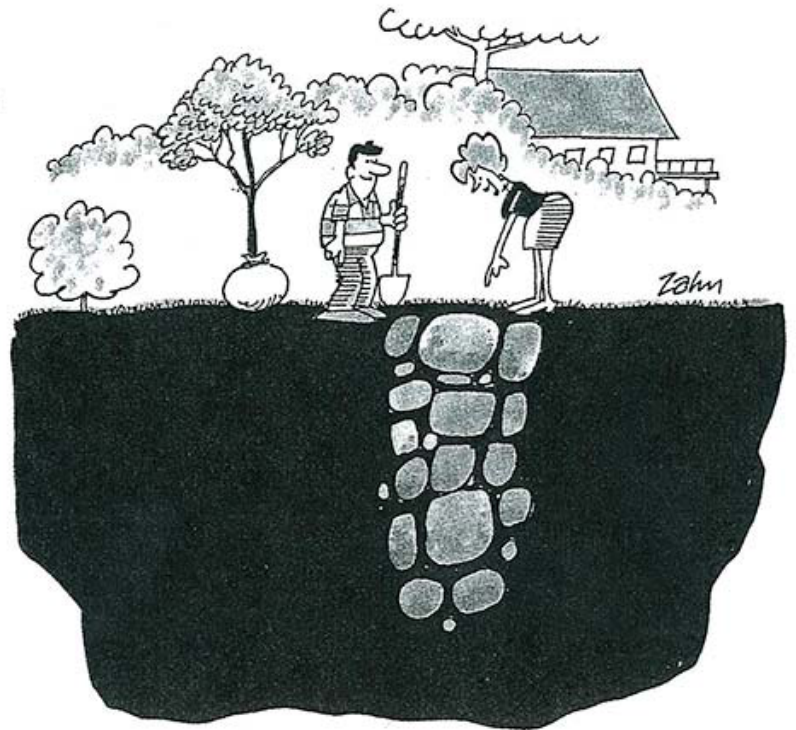


It will be a time of visiting and relaxing before the busy summer starts. June 13th from 11:00 am to 2 p. m. Please let Gloria know if you plan to come so that we can make sure we have enough sandwiches!



In our last newsletter, we asked for feedback on how we were doing and if anyone had any suggestions. I'm so glad we asked! Thank you so much...so many good ideas were given to us for future events. We appreciate the time and effort you took to let us know very much. If you have an idea or suggestion, do not hesitate to let us know, we would love to hear your ideas!

Wishing you all the best,
Gloria
Prez





The Indispensable
Binder Workshop with
Diana Cruchley!
April 4, 2024 at the
ARC in Abbotsford!



In Memoriam
never forgotten



Helen Maclean (née Pozniak)

May 30, 1949-October 1, 2023

A dedicated teacher and compassionate friend to everyone. She loved gardening and was known for her homemade pickles (the best!) She will be missed by family, friends and colleagues.



Pauline Elmina Léger (Osbourne) Janssen

December 11, 1934-November 9, 2023

Pauline was unique in so many ways: she loved and understood philosophy. She was totally French/English bilingual and in her retirement years, she studied and became proficient in Spanish. A true and well-beloved friend, she deeply loved and was loved by her children and grandkids. She is already missed by everyone who knew her!

Field trip to Darts Hill Garden in Surrey, B. C.



When: May 14, 2024

Meet the bus: St. Ann's Catholic Church
(33333 Mayfair Avenue)

Time: Leaving at 10:45 am

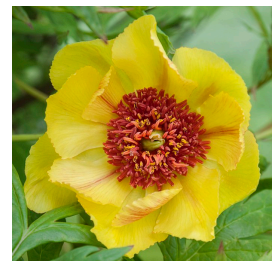
Lunch: 11:30-12:45 p. m. (Restaurant to be determined!)

Garden Tour: 1-3 p. m. **Cost:** Free, the ADRTA will make a donation!

Home: 3:45-4:00 p. m.

Sign up **now for this fun event!**

(gloriaadam@shaw.ca; 604-854-6194)



Picnic in Centennial Park-Rain or Shine!

When: June 13, 2024

Time: 11:00-2:00 p. m.

Where to meet: At the covered area near the Bevan Avenue Parking Lot.

Lunch will be catered **free of charge** courtesy of the ADRTA! (We're planning sandwiches, fruit, vegetables, dip, water and chips)

Bring: hat, chair, sunscreen and anything else you think you might need!

Let Gloria (gloriaadam@shaw.ca; 604-854-6194)

know as soon as you know you can attend, so we can order the right amount of food! See you there!





Greensleeve Program

So many of us were interested in learning more about the Greensleeve program that Diana Cruchley mentioned at the workshop on Thursday.

You will be happy to know that the ADRTA is planning a workshop in **October** for Advance Care Planning given to us by Fraser Health Advance Care Planning Team. At this workshop you will receive information and a Greensleeve for your fridge. More details in the coming months!



WHAT IS A GREENSLEEVE?

A Greensleeve is a plastic folder that holds important documents regarding your health care wishes. It may contain your Advance Care Plan, MOST (medical orders for scope of treatment), EDITH, medication list, Representation Agreement, Advance Directive, and other health related forms.

WHO SHOULD HAVE A GREENSLEEVE?

A Greensleeve can be used by anyone in primary, community, acute or long-term care and is particularly beneficial for people living with a chronic health care condition or advancing illness who may need emergency medical care. The Greensleeve is best kept on or near your fridge. Paramedics are trained to first look there for any advance care documents.

