

# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Winter 2015

## Increasingly Accommodating

*The Friends* organization serves communities across East/West Parry Sound and Muskoka, from Port Loring and Powassan in the north to Honey Harbour in the south – an area roughly three times the size of P.E.I.

This edition of *The Friendly Focus* is shining its light on East Parry Sound and Muskoka. Interesting things are happening in Burks Falls with a new seniors apartment building rising up at warp speed. Affordable housing for seniors is a chal-

lenge across the entire geography that *The Friends* serve, but this project provides reasonable rates with the extra bonus of a café, hair salon and recreational space on the main floor. If you've been looking for accommodation that fits your budget and a change in lifestyle, this may be just the ticket. Interested individuals can contact us at [info@thefriends.on.ca](mailto:info@thefriends.on.ca) to get more information about this project or to make an application for housing. Check out page 5 in the newsletter for some pictures and a

floor plan!

We like to celebrate the areas we serve. If you have lovely pictures of your community that you would like to share, please send them to us at [info@thefriends.on.ca](mailto:info@thefriends.on.ca). Please be sure to include your name and contact information so that we can acknowledge your pictures. Pictures of Port Loring, Burks Falls, South River, Magneta-wan, and locations in and around Muskoka would be much appreciated.



[www.thefriends.on.ca](http://www.thefriends.on.ca)

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### THE FRIENDS

Dignity • Teamwork  
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The Friends newsletter can also be read online at  
[www.thefriends.on.ca](http://www.thefriends.on.ca)  
Send content or comments to  
[info@thefriends.on.ca](mailto:info@thefriends.on.ca)

**Supported by:**



### What We Do

The Friends is a non-profit charitable organization providing services to individuals with physical disabilities and seniors. In Muskoka and Parry Sound the organization has been serving the community for over 30 years. Some of the programs and services the agency provides: attendant care, adult day programs, caregiver support, respite, alzheimer overnight respite, P.A.T.H (Priority Assistance to Transition Home) from the hospital, post stroke, supportive housing, and 24/7 assisted living.

### Contact us

Phone (705) 746.5102 27 Forest Street,  
Parry Sound, ON P2A 2R2  
[info@thefriends.on.ca](mailto:info@thefriends.on.ca) [www.thefriends.on.ca](http://www.thefriends.on.ca)



## *From the CEO's Desk*

# Ready for Winter!

We've all been spoiled by a super beautiful, mild fall. I hope you, dear reader have taken advantage of the lovely days to go outside and enjoy the sun while it was still shining and the pathways were clear. As winter starts to blow into our lives, it's important to be prepared for the worst. A nasty windstorm not so long ago left many residents of East Parry Sound and Muskoka without power for a number of days, a not so subtle reminder that we should all put together an Emergency Survival Kit. Emergency Management Ontario recommends that you make sure you have batteries and flashlights on hand, a radio and batteries or

a crank radio, spare batteries, a first aid kit, candles and matches or a lighter, extra car keys and a stash of cash, important papers ie. identification, food and bottled water, clothing and footwear, blankets or sleeping bags, toilet paper and other personal items, your medication, a whistle to attract attention if you need it and something to keep you occupied – playing cards, games or a couple of good books. Tuck your supplies into one of those clear plastic bins with a lid, label and keep in a handy spot. Next time your power goes out you will be happy you took the effort!

If you have joined the on-line revolution and have wanted to make a

donation to The Friends using your computer you will be pleased to know that you can now support services to the physically disabled and seniors with just the push of a button. You can find us at [www.thefriends.on.ca](http://www.thefriends.on.ca) – click on the "Canada Helps" button and make your donation. A charitable donation receipt will be winging its way to you with thanks from us. What a beautiful and thoughtful way to support your community. Wishing you and your loved ones a wonderful, festive season and a happy, healthy and productive New Year.

**My thanks,  
Marliese Gause**



## Burk's Falls Seniors' Building

Looking for affordable housing in a seniors' friendly environment? Founding Mews will soon be opening the doors to a Seniors' Apartment Building. Rates are very reasonable (\$675 - \$700) per month for space that is equal to, or a little larger than, what is provided in most retirement homes. Enjoy the convenience of a hair salon, café and recreational programming on-site. If you are interested in applying for an apartment, please contact us at [info@thefriends.on.ca](mailto:info@thefriends.on.ca) or for an application form call 1.888.746.5102 ext. 221.



### *Not in the Holiday Spirit? Feeling a little "Grinch-ish"?*

Celebrating the holiday alone or away from loved ones can put a serious damper on your mood. Endless "canned" carols in stores and the 24/7 barrage of advertisements don't do a whole lot to improve one's disposition. Here are some ideas to keep your spirits up:

- keep decorating simple....it's OK to forego the tree, especially if you have trouble getting it up (and then down). A bunch of evergreen branches in a container will do just fine. Throw on some tinsel, a few shiny baubles and

lights - voila, a mini-Christmas tree

- do something fun, check out the Christmas bazaars, attend a Christmas concert or just park yourself in front of the television with a bag of popcorn and a hot chocolate to watch a favourite movie
- share – volunteer at a food-bank, help out at a seniors' centre, give someone a ride, tuck a gift certificate into someone's stocking, buy someone a hot coffee, write out your favourite recipes and share, bake some cookies.....

- stockpile some new books, magazines, puzzles for bad weather days
- call your local secondary school and arrange for volunteer snow shovelling
- enjoy your favourite treats (in moderation, of course)
- treat yourself to some pampering, perhaps a pedicure or a facial maybe even a massage
- resolve to stay socially connected and as physically active as you can manage in the New Year

Merry Christmas and a happy, healthy New Year!

## ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

### PARRY SOUND

#### January

**Fri 15:** 7 - 9pm The Infinite Diversity Cafe is an opportunity to meet new people. Everyone is welcome--LGBTQI and Straight! The Cafe is an open-minded, safe space in our community to gather, enjoy coffee, conversation, games and art...maybe even a little ukulele playing! Join us @ St. James Centennial United Church! 2 Mary St, Parry Sound

**Wed 20:** 7 pm, Terry O'Reilly, Putting Emotion in Marketing at the Charles W. Stockey Centre, 2 Bay Street PS. Join Terry O'Reilly as he talks about why a strong brand is always built on emotion. People don't care how much you know, until they know how much you care.

**Thu 21:** 2pm Travelogue. Free monthly travel presentations are presented by volunteers from the community who share their stories and photographs on the third Thursday of the month at 2 p.m. from September to May. Library membership is not required to attend.

#### February

**Sat 6 - 8:** SnowFest. The Town of Parry Sound Annual Winter Carnival features an ice fishing derby, polar bear dip, 3 on 3 hockey tournament and dinners and dances to warm up afterwards!

**Thu 18:** 2pm Travelogue.

**Sat & Sun 20 & 21:** 8 - 6, The Georgian Jumpers are hosting the Ontario Open Rope Skipping Competition. Athletes from all over Ontario will be competing. Admission is free. Parry Sound High School, Isabella St

#### March

**Thu 17:** 2pm Travelogue.



### EAST PARRY SOUND

#### January

**Sat 2:** 10:30am Writers workshop, 1st Sat of mnth, Powassan Library, 324 Clarke St W

: 4 - 6pm Public Skating, Powassan Sportsplex, 433 Main St

**Mon 4:** 6:30pm Alzheimer's Education Night, Powassan Library, First Mon of mnth. New topic each week. Great social time with others dealing with Alzheimers or family members with the disease, 324 Clarke St W

**Tue 5 - Fri** wkly 3:30 - 5:00pm, "Walk for Fitness & Therapy" All welcome, Centennial Public School Sundridge. All ages. Soft soled shoes required. Info call Tom at 705-384-2912, 118 Main St

**Mon 11:** 11:30am Art Class, 2nd Mon Mnthly, Powassan Library, Oriented for those with Alzheimer's, anyone can join and enjoy the art making process, 324 Clarke St W

**Sat 16, :** Sampler Quilt Session at the Powassan Library, every 3rd Sat. 324 Clarke St W

#### February

*See January for weekly & monthly events*

#### March

*See January for weekly & monthly events*

### MUSKOKA

#### January

**Sat 2, 9, 16, 23, 30:** 7:30 - 9:30am, Community Hot Breakfast. Every Sat. to May 14, Wellington St Pentecostal Church, 38 Wellington St, Bracebridge

**Mon 4:** 9:30am - 12pm, Women's Free Drop In, Every Monday at the Women's Resource Centre. Make friends, learn skills. 29 Manitoba Street, Suite # 1, Bracebridge

: 4, 11, 18, 25 2:30pm, Writing Circle. Author and public speaker David A. Franks hosts weekly writing circles in Huntsville & Dwight. The purpose is to produce contest worthy stories for submission. There is a \$5.00 weekly fee. Writers encouraged to produce a short story in a different genre every two months. Instructional handouts and feedback provided. All welcome. Contact David at: da.franks@bell.net. Chartwell



Traditions Retirement Res. 16 Legacy Ln, Huntsville  
**Tue 5:** 6 - 7pm, Book Club. Monthly. Join fellow book lovers. Huntsville Public Library, 7 Minerva St. E.

**: 5, 12, 19, 26** Writing Circle with David Franks, Dwight Library, 1012 Dwight Beach Road, Huntsville

**: 5, 12, 19, 26** 3:30 - 5:30. Elderberries Choir, Every Tue. Open to all over the age of 18. Season Registration is \$50 & includes all music. Calvary Baptist, First & Brock, Gravenhurst

**Wed 6:** 9:30am. Probus Club of S Muskoka. Meets first Wed of every month. 9:30 social, meeting begins at 10.00a.m. Bracebridge Sportsplex, 110 Clearbrook Trail

**Wed 6:** 6:30 - 8pm, American Sign Language Coffee House. 1st Wed of mnth. Beginner to advanced American Sign Language students, deaf, oral deaf, deafened and hard of hearing. Drop-ins are welcome. Come out and practice your ASL and meet new people. All welcome. Oliver's Coffee, 203 Manitoba St, Bracebridge

**Sat 9:** 12:00 - 2pm, Reel Afternoon Movies. Come on out on a Saturday afternoon to enjoy a FREE movie screening. Movies include documentaries, art house, foreign films and more. Huntsville Public Library, 7 Minerva St E

**Mon 11:** 1:30—3:30, Parkinson Support Group, 2nd Mon of Mnth. Enjoy education, speakers, sharing tips, humour and refreshments. Pinegrove Fellowship Baptist Church, 295 Taylor Rd., Bracebridge

**: 9:30am—12pm.** Women's Free Drop in weekly

**Wed 13:** 2 - 3pm Book Club. Join fellow book lovers to share and connect about your monthly book choices. Huntsville Public Library, 7 Minerva St E

**Fri 15:** Youth Dance: Silly Hat Night. Grade 5-8. Dance till you drop or just hang out while watching the latest videos on the 12 ft. screen at the Bracebridge Sportsplex, 110 Clearbrook Tr.

**Sat 16:** 9am. Muskoka Wedding Boutique. The Muskoka Wedding Boutique will be held at the Muskoka Boat & Centre. 275 Steamship Bay Road, Gravenhurst

**Tue 19, 20:** 4:30pm. Films from the 40th Banff Mountain Film Festival to about 400 communities. From an exploration of remote landscapes to adrenaline-fueled action sports. Algonquin Theatre, 37 Main Street E, Huntsville

**Fri 22:** 5 - 9:30pm Youth Appreciation & Teen Pizza Splash. Games & fun in the lobby & auditorium, then hang out at the pool. Pizza & beverage with the Lifeguards Bracebridge Sportsplex, 110 Clearbrook Tr

**Sat 30:** 9 - 9pm Fire & Ice winter carnival. A newly formed festival in Downtown core of Bracebridge, offering a unique approach. "Fire" features will include fire artists, fireworks at 7pm, fire pits throughout Downtown. "ICE" will include interactive ice displays, downtown tube run, a new skating trail that is located in Memorial Park. There will be "try-it-out" activities, live music, and traditional carnival activities. This is a buttoned event – \$5 per Adult and \$3 Children( 6-12) Free 5 and under.

## February

*See January for weekly & monthly events*

**Fri 12, 13, 14** Dwight Winter Carnival. Activities & attractions for everyone.

Mon 15 - 21st: Gravenhurst Winter Carnival. Concerts, Curling, Shopping and so much more! Don't forget the traditional favourites: Doggie Dash, Puddle Jumps, Bed Races, Arm Wrestling, Polar Bear Dip, Nail Driving, Log Sawing, Donut Eating, Dance, Demolition Derby. \$5 for Adults, \$3 for Kids ages 6-12. Ages 5 and Under are FREE!

## March

*See January for weekly & monthly events*



## Loneliness...

### *What social isolation means to Your Health*

Recent studies have shown that feelings of extreme loneliness can increase an older person's chances of premature death by a whopping 14%. In 2010, Brigham Young University studies involving more than 300,000 individuals found that loneliness is as bad as smoking 15 cigarettes in a day or being an alcoholic. Now that's a scary statistic.

Many seniors find themselves becoming increasingly isolated and alone as they age. Friends pass away, children live far from their home communities, spouses suffer from illness or death. Getting out of the house becomes more and more of a chore and, before the senior has even had time to think about it, he or she is finding themselves sitting alone in a silent house or apartment. Loneliness and social isolation are no laughing matter but there are many things you can do to keep connected. Here are some tips to keep your social life healthy and your loneliness at

bay.

1. Learn to operate a computer. If you need help, check with your local library as staff can often recommend volunteers to give you a hand. Having access to a computer means you can check in with friends and family who live far away – use the “face time” or SKYPE options to stay in touch
2. Are you anti-social by inclination? Have always relied on your spouse to put the “zing” into your social life? Well, get off the couch and resolve to connect with a minimum of one person a day even if it means you're chatting up the local barista
3. Go for a walk, smile at people and be open to a conversation. Ask questions, show an interest in others
4. Volunteer – offering your volunteer support for even one hour a week gets you connected with others. Contact your local seniors' centres, schools, or food bank for some volunteering ideas
5. Think about your interests – find a group or club that shares your passion
6. Commit to learning something new, take language lessons, learn how to dance, cook or sew
7. Read – join a book club, stay abreast of current events
8. Get a pet....dogs are especially helpful in easing the stress of loneliness
9. Stop complaining
10. Invite someone to join you for a tea or coffee break. Keep it simple, a couple of cookies, a drink and a bit of conversation- But most of all.....
11. DON'T WAIT FOR SOMEONE ELSE TO MAKE THE FIRST MOVE. Consciously make the decision to reach out and expand your social horizon

Everyone has a different level of interest in social activities. Some people are content to live relatively solitary lives while others need social stimulation to feel alive and well. Whatever your personal inclination, make an active effort to maintain at least a minimal connection with others to keep you from becoming a sour, grumpy old hermit.



### *The Friends Office in Beautiful Burk's Falls*



We're located in the Algonquin Health Centre





## DO YOU LOVE TO READ? ARE YOU AN ASPIRING AUTHOR?

If either of the above descriptions apply to you, please read on! In partnership with the **Random House/Penguin Books Publishers**, one of the most successful and well known publishing houses in the world, *The Friends* is launching its first ever search for the most promising new, unpublished authors.

Winning will not get you published, however, it will get you to the attention of Random House/Penguin Books editors who will not only read the winning submissions, but provide a page of helpful feedback. In addition, your submission will be read by many, many community readers who will provide you with their perspective on your work. Best yet, your contribution (reading fee) will help a community agency deliver more and better services to its community. A win win for all concerned. We are looking for unpublished books in the following categories:

- Young Adult Fiction - exciting, engaging fiction for young adults ages 12 - 16
- Murder/Mystery/Thriller – your best who-dunnit, police procedural, mystery or thriller - the kind of book that keeps readers turning the pages into the wee hours of the night
- Best Business Book – must be readable and engaging. Do you have something to share regarding strategic planning? Finance? Productivity? Managing people? Start-ups? Then this is the category for you.

*The Friends* website will provide information regarding what we are

looking for, rules and entry forms, deadline dates. Our web page is currently being updated to include all of the information you will need by mid-September. In the meantime, feel free to visit our Facebook page - *Aspiring Authors - Write to be Read*.

If you are a reader and want to volunteer to help us winnow down the top submissions in any of the above categories, please contact us at [info@thefriends.on.ca](mailto:info@thefriends.on.ca) to

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*The Friends*  
and Random House/Penguin Books  
Launches a **Writing Contest**  
*Are you an unpublished writer?*  
Trying to emerge from editorial slush piles?  
**Then this contest is for you!**

Send us your manuscript by

**August 31<sup>st</sup>, 2016**

in the following categories:

**Young Adult Fiction**  
**Murder/Mystery/Thriller**  
**Business Book**

For more information, rules, entry forms etc.  
please go to  
[www.thefriends.on.ca](http://www.thefriends.on.ca)

Or check out our Facebook page  
**Aspiring Authors - Write to be Read**





# Bill of Rights

***Courtesy, Respect and Freedom from Abuse.*** A person receiving a community service has the right to be dealt with by the service provider in a courteous and respectful manner and to be free from mental, physical and financial abuse by the service provider.

***Privacy and Freedom to Make Your Own Decisions.*** A person receiving community service has a right to be dealt with by the service provider in a manner that respects the person's dignity and privacy and that promotes the person's autonomy.

***Being an Individual.*** A person receiving community service has a right to be dealt with by the service provider in a manner that recognizes that persons' needs and preferences, including preference based on ethnic, spiritual, linguistic, familial and cultural factors.

***Information and Answers.*** A person receiving community service has a right to information about the community services provided to him or her and to be told who will be providing the community services.

***Participation in Their Care Decisions.*** A person applying to community services has a right to participate in the service provider's assessment of his or her requirements and a person who is determined under this Act to be eligible for a community service has the right to participate in the service provider's development of the person's plan of service, the service provider's review of the person's requirements and the service provider's evaluation and revision of the person's plan of service.

***Control and Consent.*** A person has the right to refuse consent to provision of any community service.

***Freedom to Speak Out.*** A person receiving community service has a right to raise concerns or recommend changes in connection with the community service provided to him or her in connection with policies and decisions that affect his or her interests to the service provider, government officials or any other person without fear of interference, coercion, discrimination or reprisal.

***Knowing the Rules.*** A person receiving community service has the right to be informed of the laws, rules and policies affecting the operation of the service provider and to be informed in writing of the procedures for initiating complaints about the service provider.

***Confidentiality.*** A person receiving community service has the right to have his or her records kept



*Winters'  
Wonderful*



*continued from page 9*

register. Include your name, the category you are interested in, a telephone number and email contact information.

Aspiring writers, you will have until August 31st, 2016 to submit your digital manuscript! So, fire up

your computer and get your fingers tapping. Community readers will play an important role in helping make this project a success. We are counting on students, teachers, retirees, book clubs and other reading aficionados to work with us, so please contact us to become part of our reading community.

## Resources

### **Eastholme Community Support Services**

(Congregate Dining/Meals on Wheels/Volunteer Transportation) [epscssp@ontera.net](mailto:epscssp@ontera.net)  
705.724.6028 1.888.521.0000 [www.eastholme.ca](http://www.eastholme.ca)

### **West Parry Sound District**

**Community Support Services** (Congregate Dining/Meals on Wheels/Volunteer Transportation)  
705.746.5602 1.800.883.0058 [belvedereheights.com](http://belvedereheights.com)  
[aholloway@belvedereheights.com](mailto:aholloway@belvedereheights.com)

**Port Loring** (Meals on Wheels & Volunteer Transport)  
705.757.2530

### **West Parry Sound Health Centre**

705.746.9321 Automated: 705.746.4540  
[www.wpshec.com](http://www.wpshec.com)

### **Muskoka Algonquin Healthcare**

705.645.4400 [info@mahc.ca](mailto:info@mahc.ca)  
A multi-site organization. To reach either of our hospital sites, please refer to the contact information below:

### **Huntsville District Memorial Hospital Site**

Main Switchboard: 705.789.2311 Automated:  
705.789.0022 Fax: 705.789.0557

### **South Muskoka Memorial Hospital Site**

Main Switchboard: 705.645.4400 Automated:  
705.645.4404 Fax: 705.645.4594

### **NE Community Care Access Centre**

705.746.4602 1.800.440.6762  
[www.healthcareathome.ca/northeast](http://www.healthcareathome.ca/northeast)

### **North Simcoe Muskoka**

#### **Community Care Access Centre**

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ext.  
6100 [www.healthcareathome.ca/nsm](http://www.healthcareathome.ca/nsm)

### **Muskoka/Parry Sound Mental Health Services**

[www.mpscmhs.on.ca](http://www.mpscmhs.on.ca)  
Bracebridge: 705.645.2262 Fax 705.645.7473  
Huntsville: 705.789.8891 Fax: 705.789.3002  
Parry Sound: 705.746.4264; Fax: 705.746.1537 Toll  
free: 1.866.829.7049

#### **Crisis Lines:**

Muskoka and area: 1.888.893.8333  
Parry Sound and area, incl. Sundridge: 1.800.461.5424

### **Community Living Parry Sound**

705.746.9330 Fax: 705.746.6151 [mail@clps.ca](mailto:mail@clps.ca)  
[www.clps.ca](http://www.clps.ca)

### **Community Living Muskoka**

705.646.0043 Fax: 705.645.4621 [info@clsm.on.ca](mailto:info@clsm.on.ca)





# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



## FRIENDLY FEEDBACK

Please fill out the following and return it to the address below

- ☐ I would like to receive a copy of The Friends' newsletter.  
- annual subscription fee \$7
- ☐ I would like to receive more information about the Friends' programs.
- ☐ I am interested in becoming a volunteer.
- ☐ I would like to make a contribution in the amount of \$  to support the ongoing work of The Friends.
- ☐ I would like to make a donation to the Gravenhurst Building project.

You can now donate online. Click on the Canada Helps logo on our website  
[www.thefriends.on.ca](http://www.thefriends.on.ca)

Name:

Mailing address:

Telephone number:  Email:

### Return to:

The Friends • 27 Forest St • Parry Sound  
Ontario • P2A 2R2 • 1.888.746.5102  
[info@thefriends.on.ca](mailto:info@thefriends.on.ca)