



# Friendly FOCUS

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## Looking forward to fall

### INSIDE THIS ISSUE

- 1 Getting Started
- 2 Working in the Golden Years
- 3 Executive Director's Report
- 4 Some thoughts on 'being senior'
- 5 Annual General Meeting
- 6 Round the Region
- 7 Elder Abuse Symposium
- 8 Friendly Feedback

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*"Winter is an etching,  
spring a watercolour,  
summer an oil painting  
and autumn a mosaic of  
them all"*

*Stanley Horowitz*

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October is on our doorstep with its glorious colours and fall fairs. Bookended by Thanksgiving and Halloween, October invites us to enjoy the last lovely days of fall while we prepare for the winter ahead.

Although people often talk about autumn as being "their favourite time of the year", many individuals in communities across the districts of Parry Sound and Muskoka, enjoy the lingering warmth and colour with nervous worries about the winter ahead.

For individuals with mobility impairment, simple chores like shopping or visiting a doctor can become almost insurmountable. Managing day-to-day chores in winter weather as well as the unwelcome prospect of becoming a "shut-in" are all unhappy and unwelcome challenges that add a gloomy undertone to the fall's finest days.

Instead of becoming a victim of snow and ice, choose to empower yourself by planning ahead. Find out what transportation programs are available in your community. Check out social and recreational programs that might provide an alternative to sitting alone at home. Talk to health professionals about outdoor clothing and supports that allow you to enjoy winter weather while at the same time decreasing the risk of falling. Prepare for bad weather by stocking up on non-perishable goods, project, books and magazines that will keep you interested and occupied. There are often programs at your local library that will help you learn how to use the internet. Using technology can keep you connected with your loved ones, whether they live in your neighbourhood or across the world.

Most of all stay interested in your community and the world around you!

## Working in the 'Golden Years'

Although the median retirement age for many workers has decreased in recent years, Statistics Canada has noted a small but growing trend of seniors returning to the workforce. In 1996, the Census showed that one-quarter million Canadians aged 65 or over were still working, accounting for 1 in 13 persons in this age group. The same study showed that better-educated seniors tend to remain in the work force longer, in fact, one in five seniors with a university education were employed whereas only one in twenty seniors with an elementary school education had a job. This statistic probably relates to the fact that physical strength/flexibility and endurance vanishes more quickly than brain power. In other words, someone digging ditches may find themselves unable to continue working more quickly than a senior who works in an office setting.

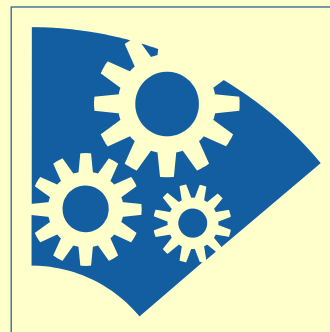
Statistics also show that more and more seniors are supplementing their pensions with casual and part-time work, particularly in the retail sector. These jobs often provide scheduling flexibility that makes them attractive to seniors who may want to organize their day in a way that meets their needs.

Struggling to make ends meet on a fixed income is no laughing matter and it may be helpful for seniors looking for additional income to be more creative about the kind of work they look for. Retail opportunities are fairly common; however there are other sources of good employment opportunities.

For example, central and northern Ontario has a rapidly growing seniors population and a limited number of workers providing services to them. Checking with local community support associations or agencies may provide opportunities to work with friends and neighbours from your own home.

Know what you're good at. If you are an avid gardener, your skills and knowledge may be appreciated at nurseries or other businesses that sell plants or specialize in horticulture. A senior who has worked in construction trades or in car repair may find the perfect opportunity in a building centre or a parts supplier.

Staying in the work force can keep seniors connected to their community, supplement income and maintain mental acuity which in turn, may keep them healthier longer!



### Tips for Seniors Looking for Work?

Assess your knowledge strengths:  
...as a senior you have may have in-depth knowledge gleaned from years of experience

Don't be afraid to change, update or revise long held positions/opinions - be open to new ways of doing things

Upgrade your skills especially computer literacy

Take a long look in the mirror - try not to date yourself. Check out a fashion magazine or ask a trusted friend for some advice.

## Executive Director's Report

By Marliese Gause

*The Friends* organization has had a very hectic and busy summer. Managers and Supervisors are working with our health care partners to ensure that programs such as the Assisted Living program are up and running and providing much needed services to our communities.

Late in August the unwelcome news that our proposal for funding through the Enabling Accessibility fund had not been successful arrived. This was disappointing as the organization spent three quarters of a year waiting patiently only to find that plans for the redevelopment of *The Friends* Gravenhurst property remain up in the air. All is not lost, however, as *The Friends* Board of Directors will be meeting to plan a strategy that would move this process forward.

This year *The Friends* is planning a very special Annual General Meeting. On October 5<sup>th</sup> Dr. Brian Goldman, star of CBC's *White Coat/Black Art* will be guest speaker. Everyone is welcome to attend! The business portion of our AGM will begin at 6:30 with Dr. Goldman speaking at 7:00 p.m. A modest entrance fee of \$10 will get you a good seat, dessert, coffee and tea! If you want to reserve a seat, please call *The Friends* receptionist at 1-888-746-5102 ext. 221 or, simply purchase your ticket at the door. This is a rare opportunity to hear Dr. Goldman speak about community services and health care! A question and answer session will follow. Much of what has been accomplished by the agency over the past six months is invisible to our community and our clients. Moving from a third party payroll system to an in-house program or the creation of a new website, or the implementation of specialized software to manage client and assessment data all help the organization provide better, more efficient services and increase our accountability, responsiveness and transparency. As we move into the second half of our fiscal year, we will be focusing effort on staff training, program dynamics and putting into place key building blocks with respect to the Excellent Care for All Act.

It is a credit to all of *The Friends*' staff, from Manager to Supervisor to front line worker, that our initiatives have been so successful. Without the cooperation, enthusiasm and sheer dedication of staff, the agency would not be where it is. Thank you to one and all!

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Star of CBC's *White Coat Black Art*, Dr. Brian Goldman featured at *The Friends*' October 5<sup>th</sup> AGM at the Huntsville Summit Centre 7:00 p.m.  
Call 1-888-746-5102

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## Some thoughts on 'being senior'

*By Marjorie Davidson*

When some of us went to public school they didn't have Grades 1,2,3 etc. as they do now. Instead they had Junior 1<sup>st</sup>, Senior 1<sup>st</sup>, right on up to Senior 4<sup>th</sup>. We all aspired to reach Senior 4<sup>th</sup> because the next step was high school and that meant you were getting older!

There were tea dances, mixed gender parties, school trips - all chaperoned - but parties nevertheless. WE were all flushed with the glory of being in our teens, a senior child at that point. When school days were over, of course we got a job. The employee who had been working on the job the longest and was the most prized was the senior employee. When a man or a woman reached the highest and most important and sought after post in a company (not many women in those days) he or she was the Senior Executive. So when did a lot of the flavor go out of being a senior?

For many of us, our faltering bodies have not kept pace with our minds. In our minds we are still young. Does an older man still not turn his head to admire a pretty girl? Does a handsome face and brawny physique still not give us a bit of a flutter, ladies? Many of us have lived through a Depression or a World War. Both of these in turn have changed the course of our lives. When young, at our mother's knee, we were taught manners and to respect our elders. Our spending money had to be earned - paper routes, baby sitting, etc. There were hard and fast rules, curfews, chores, etc. that we learned to obey. We learned to be frugal. This taught us that in this world there is no free lunch. Consequently what we had we worked for and expected no more.

When war came, man of our men and women fought and sometimes sacrificed their lives for this country and the rest of us waiting for them and tried to make a start on a future. We had children and did everything we could to instill in them the same values that we had been taught. We educated them as best we could afford. They married and had children - our grandchildren - a bonus for us! As time went on, some of us were left alone, some had to assume the role of caregiver, but whatever life thrust upon us, we handled it to the best of our ability.

Many societies revere their seniors. Their advice and knowledge is sought after and valued. Sometimes, sadly, in our society we are treated as being past it or geriatric - labeled as a senior citizen and other euphemisms for old age. Our golden years turn out to be a litany of failing health and financial worries, and it is very easy to become deeply depressed about it.

George Bernard Shaw once wrote that 'youth is wasted on the young' and we can all agree with that! Oh, to be young and know what we know now eh? Of course, this cannot be and we must learn to value each day as it comes.

There can be only one way to meet this challenge and what a challenge it is! WE can be as active as our health will allow, we can keep in contact with friends who share our interests, volunteer to help wherever we see a need, travel to far- away places of just uptown, whatever health and finances allow.

Above all, laugh a lot! There are still many laughable things in this world. We cannot regain our youth but than once longed for state has arrived. We have earned the right to be at the top of the heap. We are seniors!

Please join *The Friends'* at their Annual General Meeting

Guest Speaker

Host of CBC's WHITE COAT, BLACK ART

# Dr. Brian Goldman



Join us at the Huntsville Summit Centre  
**October 5<sup>th</sup>, 2011 - 7:00 p.m.**

For information/tickets contact us at 1-888-746-5102 ext.221 or  
email [dtaylor@thefriends.on.ca](mailto:dtaylor@thefriends.on.ca)

## Round the Region

### *Parry Sound*

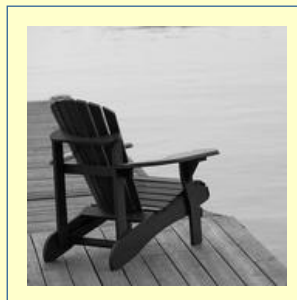
Wednesday October 5<sup>th</sup>, 10am - 11pm  
50+ Lifestyle Expo  
Charles W. Stockey Centre

Sunday October 16<sup>th</sup>, 10am - 2pm  
Canning & Preserving Workshop  
Bobby Orr Community Centre

Thursday October 20<sup>th</sup>, 7pm - 9pm  
Story & Song with Phyllis Davidson  
'Anniversaries & Remnants'  
Museum on Tower Hill

Saturday October 22<sup>nd</sup>, 1pm  
Parry Sound Amazing Race  
Georgian Lanes

Wednesday October 26<sup>th</sup>, 7pm - 9pm  
Historical Film Society  
'Between the Folds'



### *Muskoka*

September 24 - October 15  
The World in Black & White  
Chapel Gallery, Bracebridge

Thursday October 6<sup>th</sup>, 11:30pm  
Lunch & Learn  
Accessibility Made Simple  
Simcoe County Museum, Minesing

Saturday October 8<sup>th</sup> - 8am  
The Great Muskoka Paddling Experience  
Annie Williams Park, Bracebridge

October 14<sup>th</sup> - October 16<sup>th</sup>  
Bala Cranberry Festival  
Town of Bala

Monday October 21<sup>st</sup>, 5pm - 8pm  
The Great Pumpkin Trail  
Muskoka Heritage Place



**Friday October 28, 2011**

9:00 am – 3:00 pm

**Mobilizing our community  
to prevent elder abuse**

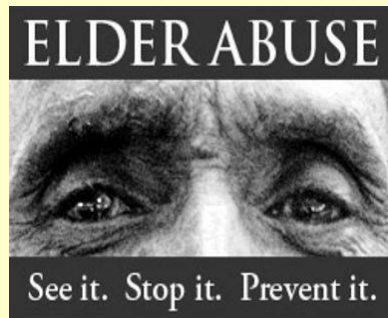
Faith Baptist Church

169 West Road

Huntsville, Ontario

Registration from 8:15 am—9:00 am

- Learn what concerned family & friends can do
- Understand Power of Attorney & what laws govern elder abuse
- Learn when & how police can be involved
- Learn how banks respond to financial abuse
- Review elder abuse cases for future prevention
- Displays & handouts



Tickets are \$10 payable at the door and includes lunch.

No cost for seniors.

To reserve a seat, please contact Deborah Taylor at:

Phone: 1-888-746-5102 ext.221

Fax: 705-746-8139

E-mail: [info@thefriends.on.ca](mailto:info@thefriends.on.ca)



## Friendly Feedback

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

- I would like to receive a copy of the newsletter Friendly Focus (Subscription fee of \$7.00 annually)
- I would like to receive more information about The Friends' programs
- I am interested in becoming a volunteer
- I am interested in becoming a member of *The Friends* (\$7.00 annual fee) which includes Friendly Focus subscription.
- I would like to make a contribution in the amount of \$ \_\_\_\_\_ to support the ongoing work at *The Friends*

Name: \_\_\_\_\_

Mailing Address:

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Telephone:

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Email:

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