

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



newsletter of The Friends

Fall 2015

Fall is in the Air!

After a cool July, it looks as though September will be ushered in with a last blast of heat. Throughout Parry Sound and Muskoka people have been enjoying themselves; festivals, farmers' markets, cruises, beautiful lakes sparkling in the sun, camping and just generally enjoying the green and lovely out-of-doors.

At The Friends Forest Hill Apartment location, tenants have been having a blast in the accessible gardens....just have a look at page two. Dean Hrynyk shows off his spectacular cu-

cumbers while Becky Jones, Heather Becker and Roy Wainright are busy at their garden boxes.

Our Fall issue of The Friendly Focus has some exciting news for readers and aspiring writers! If you love to read or you are (or know) a writer-in-waiting, please help us spread the word. Check out page 8 for more details.

The Friends' web site will be getting a refresh over the next two to three weeks which will include the contest informa-

tion. Be sure to check out our web site at www.thefriends.on.ca.

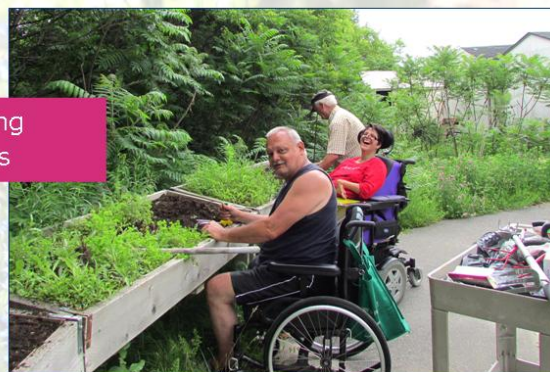
There are exciting things happening across the district – new seniors' housing in the works for Burks Falls, Magnetawan and Huntsville; accessible transportation services restored in Parry Sound and a new Adult Day Program for the community of Britt. Our Fall issue of The Friendly Focus will explore community accessibility and what you can do to support programs and services in your community.



www.thefriends.on.ca

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It's Been a Busy Season at *The Friends*!



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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
Send content or comments to
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 www.thefriends.on.ca

From the CEO's Desk

Major Fundraiser Launch!

I am looking out of my window and just a little shocked to see the first few flashes of colour in the trees and bushes just outside of my office.

At the end of March, the Town of Parry Sound suspended municipal accessible transportation. This was bad news for individuals with disabilities who relied on accessible transportation to get their weekly shopping done.

To support Forest Hill tenants while solutions were being pursued by the Town of Parry Sound, the Board of Directors have covered the cost of a once a week accessible transportation service for Forest Hill clients throughout the spring and summer.

Unfortunately, no new information is yet available regarding accessible transportation, although Belvedere Community Support Services and the Town of Parry Sound are still busy

working on a solution. In the meantime, donated monies will continue to support a weekly service for Forest Hill tenants.

Speaking of donations, I am very excited to announce that *The Friends'* is launching a major fundraiser, Aspiring Authors - Write to be Read project in partnership with Random House/Penguin Books. If you are an aspiring writer or enthusiastic reader, please turn to page eight for contest details.

As many of you know, the organization supports seniors and persons with disabilities across the Districts of Parry Sound and Muskoka. Fundraising provides financial support to seniors and their caregivers who may otherwise not be able to attend Adult Day Programs. In many rural areas of the communities we serve, seniors are on a very low fixed income, just struggling to get by. Participating in a program that provides their caregiver with some "me time" as well as linking them up with new friends,

social activities, a hot meal, regular exercise and staff support means all the difference in the world. Helping seniors remain connected and healthy is an important part of our mandate and over the years *The Friends'* has helped seniors access programs regardless of their financial means through the generosity of the agency's donors.

Our fundraising efforts will also be aimed at improving *The Friends'* Gravenhurst property to increase its accessibility for tenants and clients as well as continuing to support accessible transportation services wherever we can.

I am looking forward to a fun, engaging campaign and hope you will join us in making the Aspiring Authors - Write to be Read fundraising campaign a monster success!

**My thanks,
Marliese Gause**

Learn to Use this Year's Harvest Bounty!

Always wanted to try your hand at canning food but were afraid to try? Yearning to use local products but not sure how? Thanks to the Muskoka North Good Food Co-op, Muskoka residents have access to a 900 ft² certified community kitchen/cannery complete with education opportunities to improve or learn new skills related to preparing delicious, low-cost meals from local food, canning and preserving your harvest, fermenting or pickling. If you are a budding agri-food business but do not have appro-

priate facilities to process your product, this may be the ticket to get your business off the ground.



KEEP FIT WHILE YOU SIT



Plenty of people around the globe have an inactive lifestyle. Results: joint pains, loss of energy, quick ageing and high blood pressure. It's important to realize that muscles that aren't exercised regularly will shrink and weaken and joints will become stiffer and weaker. Exercise also reduces stress and fatigue and will increase your energy level and endurance.

Disabilities rarely mean that you can't exercise. Don't worry if you are not athletic. It's okay to focus on stretching, light lifting or doing a partial aerobic workout. Exercise can be helpful whether it's for a few 10 minute intervals or an hour three times a week. If you are consistent, exercise improves stamina and increases your ability to perform activities of daily living. It reduces medical complications for people in wheelchairs and allows those with progressive disorders to maintain a higher functioning level.

The following are a few guidelines for exercising:

- It's a good idea to check with your physician and ask their opinion before undertaking any exercise, especially if it has been awhile since you have undertaken any fitness program or exercise.
- Start off gently and work within your comfort zone. Increase your effort gradually over several weeks.
- Maintain regular breathing throughout the exercises, try not to hold your breath—your muscles will need the oxygen.
- Try to keep strict form with control not using momentum. All exercises should be performed slowly. Do not undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop immediately.

And remember, any exercise is better than none at all.

The following are a few exercises that you can try:

Neck Tilts: Sit straight in your chair, lean your left ear to your left shoulder, hold for five seconds.

Repeat on the right side. Then lower your chin to your chest and hold for five seconds. Repeat this exercise five times. The neck gets tight from sitting or standing all day in one position and moving it allows good circulation.

Shoulder Rolls: Sit up straight in your chair, lift your shoulders up together and slowly roll them backwards. Repeat ten times. Then lift your shoulders up together and slowly roll them forwards. Repeat ten times. This exercise will strengthen and stretch the muscles and maintain the correct posture.

Finger Flexion: Make a tight fist with your hands then stretch out fingers. This exercise decreases joint pain and stiffness and increases flexibility.

Ankle Pumping: Pump both ankles up and down several times. This improves circulation in your legs and tones the muscles in the lower leg.

Leg Extensions: Sit up straight in your chair, extend left leg straight, hold a chair level for five seconds, then lower. Repeat ten times. Then do the same with the right leg.

Marching: March in place while sitting, bringing your knees as high as possible. This exercises the knees and hips.

Have fun and enjoy exercising. It is one important activity that you can do for yourself to increase your quality of life. And remember, if you don't use it, you lose it.



ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

September

Sun 13: 8am - 1pm, Open Streets Downtown Parry Sound. Streets closed to vehicles & open to people.

Wed 16: Whitestone Library Book Club, contact Lori Guillemette at 705.389.3311 or Gail Harris at gharris-lot1@gmail.com 3rd Wed of each month at the Whitestone - Hagerman Memorial Public Library, 2206 Hwy 124, Dunchurch.

Fri 18: Patsy Cline music with the amazing Amberley Beatty and the Sweet Dreams Band, Charles W Stockey Centre, 2 Bay St, Parry Sound

Sat 19: 10am, Active Living & Trade Fair, McKellar Community Centre, 701 Hwy 124

Sat 26: 9am, Rummage/Indoor Yard Sale, The Florence Church hosts at the Pointe au Baril Community Centre, South Shore Rd

: 9am - 5pm, Paint the Town, Rosseau, capture a day in the life of the Village of Rosseau. Artists, both amateur & professional setting up throughout the village painting

October

Tue 6: 6:30pm, Seguin Craft Night, first Tuesday of the month, upstairs, at the Humphrey Arena. 15 Humphrey Dr. Please bring your current project, share skills, socialize, and have dedicated crafting time (with lots of room for spreading out fabric etc!) **Wed 21:** Whitestone Library Book Club, contact Lori Guillemette at 705.389.3311 or Gail Harris at gharrislot1@gmail.com 3rd Wed of each month at the Whitestone - Hagerman Memorial Public Library, 2206 Hwy 124, Dunchurch.

November

Tue 3: 6:30pm, Seguin Craft Night, first Tuesday of the

month, upstairs, at the Humphrey Arena. 15 Humphrey Dr. Please bring your current project, share skills, socialize, and have dedicated crafting time (with lots of room for spreading out fabric etc!)

Sat 15: 9 - 4:30pm Winter Crafts Show in Market Square Park, Downtown, Parry Sound

Wed 18: Whitestone Library Book Club, contact Lori Guillemette at 705.389.3311 or Gail Harris at gharris-lot1@gmail.com 3rd Wed of each month at the Whitestone - Hagerman Memorial Public Library, 2206 Hwy 124, Dunchurch.

Sat 28 & 29: 10am - 4pm, One of a Kind Christmas Show, At The Charles W. Stockey Centre. Showcasing the work of the most talented artisans from all around our region, 2 Bay St, Parry Sound

December

Tue 1: 6:30pm, Seguin Craft Night, first Tuesday monthly, upstairs, at the Humphrey Arena. 15 Humphrey Dr. Please bring your current project, share skills, socialize, and have dedicated crafting time (with lots of room for spreading out fabric etc!)

Wed 16: Whitestone Library Book Club, contact Lori Guillemette at 705.389.3311 or Gail Harris at gharris-lot1@gmail.com 3rd Wed of each month at the Whitestone - Hagerman Memorial Public Library, 2206 Hwy 124, Dunchurch.

EAST PARRY SOUND

September

Sep 5 & 6: Powassan 120th Fall Fair, Heavy Horse Pulls on Sat & Demolition Derby 1pm on Sun. Featuring local musicians, lots of kids activities, children and adult exhibits of arts/crafts, etc at The Powassan Agricultural Society, 55 Fairview Lane

November

Sat 29: 10am - 2pm, Magnetawan Christmas Market.



MUSKOKA

September

Sun 8 – 10, 15 – 17: 1:30 pm, Swing Dance...a comic story of hot sex?...or hot flashes at the Gravenhurst Opera House

Wed 9: 2 - 3pm, Book Club 2nd Wed, monthly at the Huntsville Public Library, 7 Minerva St. E

Tue 15: 2pm – 3pm, Dwight Public Library Book Club Sep – June, 3rd Tue of every month, 1014 Dwight Beach Rd, Dwight, (705) 635-3319

Thu 17: The Page Turners' Book Club, Gravenhurst Public Library, Julia Reinhart, (705) 687-3382, 180 Sharpe St W, Gravenhurst, 3rd Thurs. each month, date may change Sep 2015

Fri 18 – 20: 148th Annual Bracebridge Fall Fair and Horse Show, J.D. Lang Park, 331 Fraserburg Rd., Bracebridge (just off Cedar Lane near Hwy#11 & Taylor Rd.)

Thu 24th: 10:00 - Noon, Baysville Book Club, Baysville Public Library, 10 University St, Last Thursday

Fri 25, 26 & 27: Huntsville Fall Fair, Huntsville Fairgrounds, 407 Muskoka Rd. 2

Sat 26: 10am – 4pm, Colourfest Street Festival, Downtown Bracebridge, seasonal flavours and fall fun.

Wed 30: Bracebridge Public Library Book Club, 94 Manitoba St, (705) 645-4171, Ruth Holtz. Meets last Wed

October

Sat 3: 3:30 - 7pm, Port Sydney Turkey Dinner & Fireworks, Port Sydney Com. Hall, 607 Muskoka Rd. 10.

Tue 6: 7pm, Bingo with Bracebridge Lions Club, first Tuesday of the month. Doors open at 5pm at Rotary Centre for Youth, 131 Wellington Street, Bracebridge

:6 - 7pm, Book Club 1st Tue, monthly at the Huntsville Public Library, 7 Minerva St. East

Wed 14: 2 - 3pm, Book Club 2nd Wed, monthly at the Huntsville Public Library, 7 Minerva St. East

Thu 15: The Page Turners' Book Club, Gravenhurst Public Library, Julia Reinhart, (705) 687-3382, 180 Sharpe St W, Gravenhurst, 3rd Thurs. each month

Tue 20: 2pm – 3pm, Dwight Public Library Book Club Sep – June, 3rd Tue of every month, 1014 Dwight Beach Rd, Dwight, (705) 635-3319



Sat 24: Bracebridge Gun & Military Show, Everything for collectors and hunters. We buy, sell, trade to each other, J D Lang Fairgrounds, 331 Fraserburg Road, Bracebridge

Thu 29: 10:00 - Noon, Baysville Book Club, Baysville Public Library, 10 University St, Last Thursday of the month

November

Tue 3: 6 - 7pm, Book Club 1st Tue, monthly at the Huntsville Public Library, 7 Minerva St. East

Wed 11: 2 - 3pm, Book Club 2nd Wed, monthly at the Huntsville Public Library, 7 Minerva St. East

Tue 17: 2pm – 3pm, Dwight Public Library Book Club Sep – June, 3rd Tue of every month, 1014 Dwight Beach Rd, Dwight, (705) 635-3319

Thu 19: The Page Turners' Book Club, Gravenhurst Public Library, Julia Reinhart, (705) 687-3382, 180 Sharpe St W, Gravenhurst, 3rd Thurs. each month, date may change Sep 2015

Sat 21 & 22: 10am-5pm, Muskoka Arts & Crafts Christmas Show & Sale, Bracebridge Sportsplex, 110 Clearbrook Trail, Bracebridge

Thu 26th: 10:00 - Noon, Baysville Book Club, Baysville Public Library, 10 University St, Last Thursday of the month

December

Tue 1: 6 - 7pm, Book Club 1st Tue, monthly at the Huntsville Public Library, 7 Minerva St. East

Wed 9: 2 - 3pm, Book Club 2nd Wed, monthly at the Huntsville Public Library, 7 Minerva St. East

Tue 15: 2pm – 3pm, Dwight Public Library Book Club Sep – June, 3rd Tue of every month, 1014 Dwight Beach Rd, Dwight, (705) 635-3319

Thu 17: The Page Turners' Book Club, Gravenhurst Public Library, Julia Reinhart, (705) 687-3382, 180 Sharpe St W, Gravenhurst, 3rd Thurs. each month,

Thu 31: 10:00 - Noon, Baysville Book Club, Baysville Public Library, 10 University St, Last Thursday of mnth



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, unpub-

lished 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 to

Continued on page 9

CAREGIVERS' CONFERENCE

Thursday, October 15th

*Parry Sound Station Gallery 10:00am - 2pm
1 Avenue Rd, Parry Sound*

Self-care is
not selfish.
You cannot
serve from an
empty vessel.

Eleanor Brown with 2 Ns
eleanorbrown.com

Special Guests

Healthy Eating in
a.m.

Grief/Loss
along the way
Advanced Care
Planning
Falls Prevention

Lunch & Refreshments Catered by Country Gourmet

Respite Offered

In the Adult Day Away Program in Parry Sound

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!

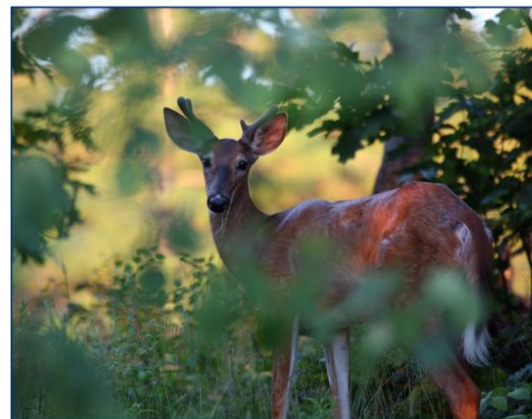
Send us your manuscript by
August 31st, 2016
in the following categories:

Young Adult Fiction
Murder/Mystery/Thriller
Business Book

For more information, rules, entry forms etc.
please go to
www.thefriends.on.ca

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

Roadtripping the District



continued from page 8

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.

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 confidential in accordance with the law.





Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epscssp@ontera.net
705.724.6028 1.888.521.0000 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
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

Muskoka Algonquin Healthcare

705.645.4400 info@mahc.ca
A multi-site organization. To reach either of our hospital sites, please refer to the contact information next column:

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

North Simcoe Muskoka

Community Care Access Centre

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ext.
6100 www.healthcareathome.ca/nsm

Muskoka/Parry Sound Mental Health Services

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
www.clps.ca

Community Living Muskoka

705.646.0043 Fax: 705.645.4621 info@clsm.on.ca



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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.

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**