

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Spring 2017

Spring has Sprung....at last!

Welcome to the Spring edition of The Friendly Focus, your guide to area events, tips for managing life as a senior or as someone with a physical disability.

The end of winter is always a big plus for those using wheelchairs, walkers or other assistive devices. Snow and miserable weather make for many days stuck in-doors or struggling with day-to-day tasks such as grocery shopping or running errands. Worse yet, motoring around town through slush and snow means electronic wheelchairs may suffer damage from salt and sand. Get someone to help you clean off and check your equipment so that you don't suffer a breakdown just as the weather makes it easier to navigate.

This is the time of year to clean out your closet, open the windows and start some seeds in a pot. This is the time of year to plan fun day trips, visit friends and neighbours or just enjoy the out-of-doors. Be sure to check out pages 8 for helpful tips. There's a handy transportation resource guide to make planning just a little easier.

If you are a caregiver, don't forget to take care of yourself. If you need an afternoon to sleep, de-stress, dawdle about in a coffee shop or get your hair done, think about accessing some respite services or an Adult Day program for your loved one.

Having fun means actively planning not waiting for the right moment to come along. Take charge and spring into spring!



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



Sunset Foot Care



Range of Motion



Fun at Our
Day Away Programs



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Activate! Gravenhurst ADAP

THE FRIENDS

Dignity • Teamwork
Innovation • Empowerment
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

Thank Yous and Thank Yous!

It has been a busy winter for *The Friends'* staff. Personal Support Workers have been participating in workshops and training opportunities to increase their skill levels – everything from Palliative Education to Advanced Foot Care skills. Supervisors are participating in innovative online education courses including cultural awareness and assessment skills.

Over the course of the winter months *The Friends* has been reaching out to local secondary school volunteer programs to launch a volunteer “snow brigade” – students who will

clear snow on a volunteer basis for seniors in their neighbourhood. It will be interesting to see whether this is a partnership that will flourish.

In Port Loring, the agency is working with the community to ensure a seamless transition of care after long time Meals on Wheels/Volunteer Transportation Manager Maureen Groves announced her retirement. A big thank you to Maureen for her many years of dedicated service.

The new seniors' building in Burk's Falls now hosts a *Friends'* Adult Day Program and, with changes in CCAC services, the agency is now taking on additional clients in the East Parry Sound area.

Muskoka is developing a unique approach to health care delivery through the Muskoka & Area Health System Transformation committee. Focus groups will be organized over the course of the coming months to hear your thoughts on what would serve you best. Stay tuned!

In April, volunteers across the districts of Parry Sound and Muskoka will be honoured for their contributions at celebratory events. If you are a volunteerTHANK YOU!

In the meantime, enjoy the warmer weather while you can.

Marliese Gause,
CEO

WE ARE GRATEFUL!

As a non-profit charitable organization, *The Friends* is always grateful for donations. Your kindness, whether big or small, helps seniors access services by directly supporting transportation and program costs.

As many of you know, accessible transportation is probably one of the biggest barriers for both the disabled and seniors in our community. Being able to do your own shopping or to meet a friend at a coffee shop are things many of us take for

granted. Seniors on fixed incomes often find it difficult to manage the cost of programs and services that benefit them as well as their caregivers.

Donations directly support people in

your community, whether you live in Port Loring, Sundridge, Bracebridge or Parry Sound. Helping vulnerable adults access transportation is a meaningful gift that enriches lives.

Thank you!



Transportation Resources in Parry Sound & Muskoka

Huntsville Region

Independent Taxi 705.788.9125

Al's Taxi (Wheelchair Accessibility upon request)
705.789.2374

Huntsville Taxi 705.789.8808

Public Transportation: Huntsville Transit is wheelchair accessible. Call first to make sure there is room as there is only one spot on the bus for a wheelchair. Cost is \$2.25 per ride one way. \$2.00 before May 1st 2017. 705.788.6365

Hammond Transportation is wheelchair accessible with limited availability and cost will depend on kms travelled. For more info call Debbie at 705.645.5431

Metro Grocery Bus is free but is not wheelchair accessible. It circulates the town of Huntsville every Friday. For more info call Debbie at 705.645.5431

Highway 11 Corridor Bus: Providing weekday stops in Huntsville, Bracebridge, Gravenhurst, Washago, Orillia, Port Sydney and Barrie. For information call 705.645.5431

Muskoka Seniors: Door to door provided for Novar and Huntsville by Aging at Home Vans or Registered Volunteers using private vehicles. Service is available to and from medical appointments, local or long-distance, and various activities. Advance notice is required. Fees based on distance travelled. Call Karen Waters 705.789.6676 x23

Bracebridge and Gravenhurst Regions (incl MacTier & Port Carling)

Bracebridge Taxi 705.645.2277 (Wheelchair accessible, please call 24 hours ahead)

Gravenhurst Taxi 705.687.2246

Murray's Taxi (Bracebridge) 705.646.9988

Muskokab (Port Carling) 705-641-9901

Highway 11 Corridor Bus: Providing weekday stops in Huntsville, Bracebridge, Gravenhurst, Washago, Orillia, Port Sydney and Barrie. For information call 705.645.5431

Ride the Wave Public Transportation: Bracebridges's Public Transportation is wheelchair acces-

sible, runs every day except Sunday and Public holidays and also runs a door to door service. If you have an issue using the service, please contact The District of Muskoka 705.645.2231. Cost is \$2.50 per ride one way. Must apply through The District of Muskoka for the door to door service.

Food Basics Grocery Bus is free but is not wheelchair accessible. It circulates the town of Bracebridge every Monday and Thursday. For more info call Debbie at 705.645.5431

Red Cross has volunteer drivers providing transportation to the frail, elderly and disabled in Gravenhurst & Bracebridge. For more info, call 705.721.3313 x5206

East Parry Sound Region

(Novar, Kearney, Burk's Falls, Sundridge, South River, Trout Creek, Powassan, Magnetawan, Port Loring)

Callandar Taxi 705.752.1271

Near North Taxi, South River 705.825.2535

U Need a Cab 705.497.7777 (out of North Bay)

Wheelchair Accessible Vehicle. Prebook only. Flat rate plus mileage.

Zipz Taxi & Delivery Service: Burks Falls. 7am – 11pm 7 days a week, Novar to North Bay, Sundridge to Parry Sound. Also, offering private bus charters. 705.571.9479. Offering seniors discounts.

East Parry Sound Community Support Services Transportation Program. Callander to Novar Region, including Magnetawan: A volunteer transportation program with wheelchair accessible van for frail, elderly and disabled persons. 705.724.6028, Toll-Free: 1.888.521.0000

Village of Burk's Falls has a wheelchair accessible bus serving the Communities of Armour, Ryerson and Burk's Falls with routes on Wednesdays, and going to Huntsville the first Friday of every month. Pay per use. Wednesday trips \$5.00, and to Huntsville, \$15.00. The bus is also available for private functions. For more info call, 705.382.3138

Royal Canadian Legion Port Loring Branch 415, wheelchair accessible transportation 705.757.2330

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ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

April

Monday, Wednesday & Friday: 1-2:30pm, weekly, YMCA Seniors' Walking Club, 36 Smith Crescent

Mon-Thu: 9am-12, Billiards, Seniors' Centre, 80 James St

Mon & Fri: 1-2pm, Bid Euchre, Seniors' Centre, 80 James

Mondays: Every Mon & Thu 9am-11, McDougall Rec

Centre, 148 Hamel Ave, **Alt location late Fall/Winter/**

Spring 9-11am in the Pentecostal Church basement

Mondays: 7-9pm, Badminton Drop In, **Every Mon & Wed,** McKellar Community Centre, 701 Hwy 124

:7-9, Taoist Tai Chi, Seniors' Centre, 80 James St

:10am, Aquafitness, Free for Seniors, Grand Resort Tap-pattoo, 30 Tapattoo Trail

:1:30-4pm, Mary St Craft Group drop in, St James Centre for Community, 24 Mary St

Tuesdays: 6:30pm, Seguin Craft Night, **1st Tuesday** of the month, upstairs, Humphrey Arena, 15 Humphrey Dr

:1-2pm, Music Jam Session, Seniors' Centre, 80 James St

:3:30pm, Free Fitness Dance Class, Friendship Centre, 15 Bowes St

:7-9pm, Badminton, Parry Sound High School Gym **every**

Tue & Thu, New members always welcome. Drop in

:7:30pm, Community Band, PS High School, 111 Isabella

Wednesdays: Whitestone Library Book Club, **3rd Wed** monthly at the Whitestone - Hagerman Memorial Public Library, 2206 Hwy 124, Dunchurch

:10:30am, Movement to Music, Parkinson's Support, Canadore College student lounge, 1 College Dr

:4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St

:1:30-2:30pm, Darts, Seniors' Centre, 80 James St

:6-9pm, Chess Knights (Adult), Public Library, 29 Mary St

Thursdays: 12-1pm, Hospitality Lunch, St James United Church, Free, All Welcome, 24 Mary St

:1-2pm, Cribbage, Seniors' Centre, 80 James St

:1-4pm, Shuffleboard, Foley Community Hall, 60 Rankin Lake Rd, Seguin

:5pm, Healthy Eating Active Living, Parry Sound Friendship Centre, 13 Bowes St

:7pm, Country Music, Friendship Centre, 13 Bowes St

Fridays: 7:30pm, Euchre Party, 439 Hurdville Rd @ Hall

:7:00pm, Texas Hold Em Poker, PS Legion, 30 Mary St

Saturdays: 2-4pm, Kid Zone, **every Saturday,** Parry Sound Library, 29 Mary St

:1pm, Country Music, **every 3rd Saturday** Seniors' Centre, 80 James

May

Fri 5: Pike Kids Tournament, call Steve 705.774.4357

Sat 20: 9:30pm, Fireworks Display, Broadbent Park, 4

Blackwater Rd, McKellar

Fri 26: 4:30-7pm, EMS 911 Chili Cook off Fundraiser, www.mpssas.com, PSHS, 111 Isabella St

Sat 27: 12am, Giant Community Yard Sale, Gibson St, Downtown

June

See April for weekly & monthly events

Sat 3: 9am, Defeat Depression Walk/Run/Roll, Waubuno Beach, 27 Prospect St

Fri 30: 6-10pm, Seguin Family Fun Night, Humphrey Arena, 15 Humphrey Dr

EAST PARRY SOUND

April

Saturday: Euchre at the Dunchurch Legion **Every Sat** @ 1:30-3:30 & **Tue** 7:30-9:30, 2130 Balsam Rd

:7pm - 12, Spur Of The Moment Band, **1st Saturday Mnth,** Dunchurch Legion, 2130 Balsam

:5:30pm, Agricultural Society Bingo, **1st Sat Mnthly,**

Burk's Falls Arena, Crozier Room, 220 Centre St

:10:30am Writers' workshop, **1st Sat of**

mnth, Powassan Library, 324 Clarke St W

Sunday: 2pm-5pm, Euchre, **weekly,** Swiss Country House, 50 Robinson Dr, Ahmic Harbour

Monday, Wed, Fri: 10-11am, Walk fit, **weekly,** Dunchurch Community Centre, 21 Church St

Monday: 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, **weekly,** Sprucedale Seniors Friendship Centre, 2609 Hwy 518W

:5-6pm, Scrabble at Powassan Library, **weekly,** 324 Clark St W

Tuesday to Fri: 3:30-5:00pm, "Walk for Fitness & Therapy" **weekly, Tue & Fri Until May 12,** Centennial Public School, Sundridge, 118 Main St

Tuesday & Thu: 9:30am, Sit & be fit, **weekly,** Young At Heart Seniors' Center, 39 Copeland St, Burk's Falls

Tuesday: 1pm, Ladies Euchre, Dabber Bingo 7pm-9pm **weekly,** Sprucedale Seniors' Centre, 2609 Hwy 518W

:1-1:30pm, Tai Chi, Bid Euchre, 1:30-3pm, Katrine Community Centre, 6 Browns Dr

Thursday: Bingo Bash, **Every 1st and 3rd Thu** at the Burk's Falls Legion, 9 Mary Street

:7:30-9:30, Cribbage at the Dunchurch Legion, **weekly,** 2130 Balsam Rd

Friday: 1-3pm, Chess Club, **weekly,** Powassan Library, 324 Clark St W

Friday: 7pm, Square Dancing, **every 2nd Fri,** South River Friendly Circle Seniors' Centre, 11 Isabela St

Sat 29: 8am-3:30pm, Shooters Rendezvous & Gun Show

Sundridge, Strong, Joly Arena, 14 Albert St

May

See April for weekly & monthly events

Sat 6: Trout Creek Equine & Farm Trade Show, Trout Creek Community Centre, 181 Main St W

:8pm, Light Up the Dance Floor, Swamp Donkees, Sundridge Legion, 45 Ontario St

:2-4pm, Music @ the South River Friendly Circle Seniors' Centre, 11 Isabela St

:Music @ the South River Friendly Circle Seniors Centre, 11 Isabela St

:7pm-1am, 80's Video Dance Party, Powassan Sportsplex, 433 Main St

Sat 20: 8am-12, Annual Plant, Bake and Garage Sale, Strong Agricultural Soc. Fair Grounds, 14 Albert St

:8pm-1am, Teen Dance Reunion, Magnetawan Community Centre, 4304 Hwy 520

Sat 27: 10am, Poultry & Pigeon Auction, Powassan Fair Grounds, 55 Fairview Lane

No New June Listings at press time

MUSKOKA

April

Monday: 9:30-12, Free Drop In, Women's Resource Centre, every **Mon**, 1-29 Manitoba, Bracebridge

:10am, Walking Club in Vankoughnet, **every Mon**, call Carolyn 705.645.9767, 1198 Vankoughnet Rd, Bracebridge

Tuesday 25: 9am-4pm, Free Internet Training, Bracebridge Public Library, 94 Manitoba St (**Repeating**)

:1pm, Book Club, **last Tue monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling

:7pm, Yoga, Oakley Village Square, **every Tuesday**, 1198 Vankoughnet Rd, Bracebridge

Wed: 9:30-11:30, Ladies Quilting, **every Wed**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge

:9:30am, Probus Club of S Muskoka, **1st Wed of month**, Bracebridge Sportsplex, 110 Clearbrook Tr

:8-10am, Bracebridge Adult Badminton Club, **every**

Wednesday: 8-10am, Badminton, St Dominick's High School, 955 Cedar Lane, Bracebridge

:12:00, Diner's Lunch Club, \$9.00, **every Wed**, must



register day prior, 705.789.6421, Active Living Centre, 20 Park Dr, Huntsville

:6-8pm, Ping Pong at the Village Square, **every Wed**, 1198 Vankoughnet Rd, Bracebridge

:6pm, Roast Beef Dinner & Silent Auction, Severn Bridge Community Hall, 1035 Southwood Rd, Gravenhurst

Thursday 27: 8am-4pm, Opening Doors for Young Women of Muskoka, Career Showcase for Gr 7 & 8, Bracebridge Sportsplex, 110 Clearbrook Trail

Fri 28, 29 30: 12am, Muskoka Builders Home & Cottage Show, Gravenhurst Centennial Centre, 101 Centennial Dr

:9am, Ladies Coffee Time, **1st Fri monthly**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge

Saturday: 7:30 - 9:30am, Community Hot Breakfast.

Every Sat to May 14, Wellington St Pentecostal Church, 38 Wellington St, Bracebridge

Sat 22: 12:00, Community Clean up Day, Various locations in Muskoka Lakes. Annette 705.765.3156

:10am, Bid Euchre Tournament, Huntsville Legion, 21 Veteran's Way, 705.789.4641

:11-3pm, In-timate Wedding Show, Sherwood Inn, 1090 Sherwood Rd, Muskoka Lakes

:1pm, Seedy Saturday, Seed swap & workshops, Huntsville Public Library, 7 Minerva St E

:2-4pm, Free Earth Day Talk, Muskoka Discovery Centre, 275 Steamship Bay Rd, Gravenhurst

Sun 23: 8am, Community Clean Up, Huntsville, various locations, 705.789.1751

Sat 29: 12am, Muskoka Maple Festival, Downtown Huntsville, Main St East & West

:10-11am, Gardening with Native Plants, Bracebridge Public Library, 94 Manitoba St

Sun 30: 9am-1pm, Pancake Breakfast, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge

:5pm, Huntsville Cadets Spaghetti Supper, Huntsville Legion, 21 Veteran's Way

May

See April for weekly & monthly events

Fri 5: 9am, Annual Smart & Caring Muskoka, Grandview Golf Club, 245 Grandview Golf Dr, Huntsville

Sat 6: 9am-1pm, Baysville ComYard Sale, Bridge St

Sun 7: 12:30pm, Hike for Hospice, Bracebridge Memorial Park

Sat 20: 12am, Craft Beer Festival, River Mill Park, Main St, Huntsville

June

See April for weekly & monthly events

Sat 17: 11am, Annual Family Traditions Hoot, Stisted Fairgrounds, 1925 Etwell Rd, Huntsville

Sat 24: 9am-2pm, Huntsville Farm Fresh & Home Made 100k Market, to mid Sep, West St S

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Parry Sound Region

Parry Sound Taxi 705.746.1221

Ivy's Taxi (wheelchair accessible) 705.773.8818

West Parry Sound District

Community Support Services Volunteer transportation program, and wheelchair accessible vehicle, 705.746.5602 1.800.883.0058

Hammond Transportation: Wheelchair Accessible, 705.746.5430

You must go on adventures to find out where you truly belong.

~ Sue Fitzmaurice

The first step towards getting somewhere is to decide that you are not going to stay where you are.

~ J.P. Morgan

"It's hard to go. There will be boondoggles and discombobulated days, freaked-out nights and metaphorical flat tires, but it will be soul-smashingly beautiful.... It will open up your life."

~ Cheryl Strayed

Planning a Vacation?

Vacations are great for meeting new people and trying new things. As the days grow longer and sunnier we look forward to simple pleasures like eating out-of-doors, enjoying a fresh, ripe watermelon, wild strawberries and homegrown corn on the cob. When looking back on past vacations I can remember roasting marshmallows over a camp fire, singing Girl Guide songs and telling ghost stories under the stars. Vacations bring out the child in all of us, whether it's dipping toes in cold water, rolling in the long grass or making mud pies.

This spring I heard many people say that they are going to take "day trips" with their family. Day trips are a fun, economical and educational way to learn about your community and surrounding area.

One of my teenage memories is driving around in a car full of friends following the book, "Ghost Towns of Ontario." We explored numerous places in our area, following old dirt roads, stopping at old country stores

and looking for family history in cemeteries. It was very enjoyable. Along the way we kept notes of things we saw and things we talked about. This is a great trip to do with family or friends. Contact your local bookstore to see if they have books available that will help make your day trip special.

Many people travel every weekend to stay at family cottages or to camp in one of the many available campgrounds hoping to find peace, nature and the experience of country living.

Other common vacations include theme parks, camping, boating, fishing, swimming and just being outside.

No matter where you want to go or what you want to do this summer, it is a good idea to have a plan. Developing lists and organizing all areas of your trip or vacation will make it a success.

Whether you are spending your holiday at a resort or going on a day trip or pitching a tent in Algonquin Park, you might want to ask yourself the following questions to ensure that you have everything you need:

Where are you planning to go?

How long will you be there?

What are the normal weather conditions in the area?

What accommodations are available?

Is food provided or do you have to bring your own?

What kind of transportation will you need?

Whether you plan to travel or stay at home for your vacation, make sure you have the following items on hand to enjoy a safe holiday:

- bug spray
- bathing suit
- hat
- beach towels
- blankets
- umbrella
- sun block
- lawn chairs
- sandals
- books and magazines
- bug jacket

Remember, no matter where you go or what you do this spring and summer, protect yourself against the sun and bugs.

Have fun!

Nancy Hall,
Support Services Supervisor

CELEBRATING CANADA'S FORESTS

Although the last week of April is designated as *Forest Week* we can take the time to appreciate the value of trees in our environment at any time of the year.

Although ecological awareness is often considered unique to the 21st century, early pioneers were often just as aware of the damage done to the environment by unsound practices.

Early logging activities in Ontario often left huge tracts of land without forest cover. As a result, good soil quickly eroded and was literally “blown away” by the wind. Pictures taken of the Parry Sound and Muskoka area during the late 1800’s and early 1900’s show an eerily denude landscape; rocks

and more rocks with the odd spindly tree too pathetic to be logged. Just to the south, Simcoe County was so devastated by logging that sand dunes threatened to engulf fledgling farms.

In an effort to save the soil (and the farms) trees were imported from Europe and serious efforts at reforesting the area were made. Simcoe County recovered its rich farming soil and continues to be a productive agricultural area to this day.

What can you do to celebrate Canada’s forests? Here are a few ideas:

- use less paper
- start a tree seed in a cup or a



seedling in a pot. If you have no place to set it out later, give it to someone who does

- provide a donation to a park
- when using recreational trails be respectful, don’t leave garbage and don’t damage trees in any way

Did you know that Ontario has a registry of our Oldest Native Trees? Here’s a taste of what the registry offers:

Species	Latin	Status	Age (Yrs)	Location
Hemlock	<i>Tsuga canadensis</i>	Living	454	Algonquin Park
Jack Pine	<i>Pinus banksiana</i>	Living	246	Blue Lake Near Timmins
Red Pine	<i>Pinus resinosa</i>	Living	246	Blue Lake Near Timmins
Tamarack	<i>Larix laricina</i>	Living	180	Snake Creek
White Cedar	<i>Thuja occidentalis</i>	Living	1316	Niagara Escarpment
White Pine	<i>Pinus strobus</i>	Living	486	Divided Lake Nature Reserve
Balsam Poplar	<i>Populus balsamifera</i>	Living	207	unnoted
Black Ash	<i>Fraxinus nigra</i>	?	319	Lac Duparquet, Quebec (Ontario border)
Black Gum	<i>Nyssa sylvatica</i>	Living	407	Backus Woods
Ironwood	<i>Carpinus caroliniana</i>	Living	230	Algonquin Park
Paper Birch	<i>Betula papyrifera</i>	Living	240	Rainbow Falls Provincial Park
Red Oak	<i>Quercus Rubra</i>	Dead	280	Rondeau Provincial Park
Silver Maple	<i>Acer saccharinum</i>	Living	380	Backus Woods
Sugar Maple	<i>Acer saccharum</i>	Living	500	Pelham
White Ash	<i>Fraxinus americana</i>	Dead	260	Rondeau Provincial Park
Yellow Birch	<i>Betula alleghaniensis</i>	Living	610	Algonquin Park

Source: <http://www.ancientforest.org/ontarios-oldest-trees/>



"Sweet Spring, full of sweet days and roses,
a box where sweets compacted lie."

~ George Herbert

"Spring is when you feel like whistling even
with a shoe full of slush."

~ Doug Larson

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.wpshe.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 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

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.mpshmhs.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
www.clsm.on.ca



Cooking Made Easy!

Cook family sized recipes of old favourites ie. mac and cheese, chili, scalloped potatoes, shepherd's pie in muffin tins. Freeze in single portions. All you need to do is defrost in a microwave, add some vegetables or a salad and your meal is complete.

Not keen on raw broccoli, cabbage, carrots? Bags of pre-cut slaw mixes can be put to good use. Just take a handful or two of the mix, toss into a pot of boiling water and allow to cook for a scant minute. Drain, add the dressing of your choice and enjoy. You can also cook up some mixed grains, add the lightly cooked slaw mix along with some chopped fresh

tomatoes, cucumbers and green onions along with your favourite dressing. Good as a nutritious high fibre side dish to fish or chicken.

Here's a tip for a comforting easy breakfast treat. Cook rolled oats or other grain mixes in low fat milk (usually twice the amount of liquid per grain/oats) – a single serving size is ¼ cup of mixed grains or oats with a ½ cup of low fat milk. When milk has been almost fully absorbed and grains are cooked, add a small container (individual serving size) of unsweetened apple sauce, a handful of walnut pieces, cinnamon and maple syrup. I've also eaten this with a dollop of unsweetened yogourt.

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.

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