

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Winter 2016

It's Getting Colder Out There

As winter draws nigh, shorter days, uncertain weather conditions and difficulty getting around sometimes put a damper on everyday living, especially for those who rely on walkers, wheelchairs, whose eyesight isn't as sharp as it used to be or who are just not able to cope well in cold, wintry weather. This winter issue of *The Friendly Focus* will help you navigate the season with informative articles about accessible transportation in your neighbourhood, supports and services that may ease your winter months, an exhaustive calendar of coming events from across the Districts of Parry Sound and Muskoka along with some fun stuff to keep you smiling. Each day is precious, so, let's not waste time

moaning about what we can't change and focus on what can be done to reduce risk, get things done despite inclement weather and how to increase your enjoyment of the season. You will be surprised. All of the fun bazaars, Christmas teas, concerts and other assorted celebration events are listed on pages 7 & 8. Are you stuck? Don't know how to "design" the next part of your life? Check out page 4 for *The Friends'* Year of Empowerment and what you can do to set some life affirming (maybe even life changing) goals for the year ahead.

For news and information about the agency online, check out www.thefriends.on.ca or connect with our Facebook page.



Orrville, 2016

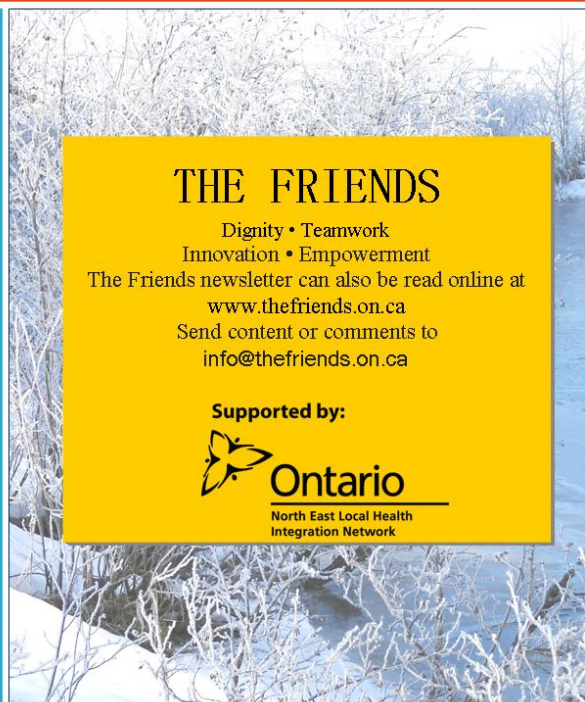
www.thefriends.on.ca

1



INSIDE THIS ISSUE

- 4 *From the CEO's Desk*
Warm Wishes
- 5 *2017 - Make it the*
Best Ever
Need Help
Shovelling Snow?
- 6 *Safe Winter Driving*
- 7 *How to Survive the*
Holidays
- 8 *Across the Districts of*
Parry Sound and
Muskoka
- 10 *A Politically Correct*
Christmas Poem
- 11 *Christmas Memories*
- 12 *Decorating your Home*
With Safety in Mind
Crazy Celebrations
- 13 *When the Party's Over...*
- 14 *Resources*
- 15 *Fun Fact*
Bill of Rights
- 16 *Please Provide us with*
your Friendly Feedback



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

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From the CEO's Desk

The Friends' Year of Empowerment

The Friends' values are Dignity - Teamwork - Innovation - Empowerment. Over the past few years the agency and its staff have been focused on delivering services and supports in a way that respects the dignity of all, that capitalizes on excellent teamwork and that implements innovative approaches to delivering care. Some of the initiatives that we have undertaken together have decreased internal barriers, increased understanding of the holistic nature of the work we do and supported cross-program education. We no longer hire Personal Support Workers for specific programs, instead, they may be scheduled to work in a variety of

programs – from taking someone home from hospital through the P.A.T.H. program to working with seniors in an Adult Day Program.

This year, we are looking at how we can better support client centered care. Client centered care is a term often tossed about without actually defining what it means. For clients of *The Friends* it means that we take into account your personal preferences with respect to your service plan. For example, you may be an early riser, prefer to take a shower before bed instead of when you get up, you may like your meals prepared in a particular way – all these preferences related to the care we provide are taken into account.

This year we want to go one step further. We want to ask

you what is the one thing you want to accomplish this year? Do you desperately want to become clutter free? Learn a new skill? Increase your independence? Deepen or initiate more social contact? In short, what is the one thing that would enrich your life in 2017?

I will be asking our staff the same thing – after all empowerment cuts across all ages and circumstances and it is my belief that when we commit to improving our overall well-being and satisfaction, that we also increase our happiness and effectiveness.

Wishing you a happy, healthy and fulfilled 2017!

**Sincerely,
Marliese Gause
CEO**

Warm Wishes for the Best of the Holidays

From Management and Staff of The Friends

Marliese Gause

Linda Tiido

Kelly Sawyer

Lola Este

2017 - Make it the Best Ever!

Next year will be better, that's what we often tell ourselves as we look forward to a brand new year full of opportunities and then suddenly, we find ourselves looking at another year, wondering what happened.

Where did the old year go and why didn't all those wonderful possibilities develop into something real, tangible and satisfying?

If you've been suffering from the New Year blues, it's time to do something positive. No, you don't have to go on a diet or embark on some over-ambitious project that is doomed to failure even be-

fore you get started. No, this year set yourself only one or two priorities. Make them ones that are truly meaningful to yourself. Do you really, really want to quit smoking? Is a healthier lifestyle what you really want? Or do you want to make some changes in your life — a new job, a change of residence or developing new friends and connections?

Choose only your top one or two goals. Do not, I repeat, DO NOT overload yourself with good intentions and a long list of to dos.

Once you've decided what your top one or two priorities are for

the year decide what you will do each month in order to reach your goals. Perhaps you will schedule a brisk walk every other day, perhaps you will decide to eat more fruit and vegetables every day. Some of you may spend time once a week researching a new career or college courses or what the real estate market is up to these days.

As soon as you've made a plan, try to do just one small thing regularly that will further your goals. Check once a month to see how you're doing and maybe, just maybe, you'll be celebrating 2017 with a more vibrant social life, new job, a new house or a healthier you!

Need Help Shovelling Snow?

Last year, staff at The Friends' noticed that a number of the elderly clients having a hard time managing to clear their stairs and walkways of snow. Walkways and steps that are not cleared of snow pose a hazard to both the seniors we serve and the staff who have to find a way to safely get into the house.

So, this year we are embarking on an experiment. Is it possible to partner with area

secondary schools to engage students to do some snow shoveling while at the same time racking up the volunteer hours they need to graduate?

We are contacting schools in an effort to sign up young people to join The Friends' Snow Brigade and will attempt to match students to seniors geographically ie. in your neighbourhood.

If you have a physical disability or are having difficulty clearing snow from your deck, walkway or stairs, please register with

us. You can email us at info@thefriends.on.ca or call us at 1.888.746.5102, ex 221. This is a completely new venture for us so we are bound to experience some bumps along the way, so please be patient.



Safe Winter Driving

I'm preparing this article during the week before Christmas, a week of freezing rain and wet snow. I admit that I feel less enthusiastic with each passing year about driving in the white stuff. My own first challenge of the day is just to get out of my driveway! I work in Outreach, where travel is an unavoidable - and usually enjoyable - part of my job. I hope this qualifies me somewhat to speak on this topic.

Writing about safe winter driving has to highlight some of my own imperfect habits: a reluctance to miss work under any circumstances and a tendency to a heavy foot. I try to heed my clients who say they can do with-

out me for a day if I can't get into town. And the heavy foot? Well, I just hate leaving things undone, wherever I am, and so I court lateness. Perhaps attitude is my place to start making changes!

Next is information and simply paying attention. I hope the following main precautions and reminders will help both you and me to focus on getting through the winter in one piece! For more details, consult your local CAA office or visit www.caa.ca on the Internet, or www.mto.gov.on.ca. Your other bad habits, if you have any, I can't help you with!

Fall Tune-up

Check battery, ignition system, lights, brakes, tires, exhaust and heating/cooling systems, windshield wipers and fluid.

Heed Weather Warnings

If you must drive: Have enough fuel, see and be seen drive with caution, turn back if neces-

sary, avoid overtaking other vehicles, buckle up, don't drink and drive, let someone know your route and arrival time.

Survival Kit

Include things like shovel, sand/salt/kitty litter, traction mats, paper towels, road flares, extra clothing, blanket, ice scraper and brush, first aid kit.

Reminders

Be alert to pedestrians, who are also coping with adverse weather.

Clear windshield to avoid "peep-hole driving."

Start gradually on packed snow or ice.

Get a "feel" for the road before entering busy traffic.

Keep your car pulling steadily/avoid abrupt movements.



Allow a greater following distance.

Allow more travel time.

Be cautious of ice and snow in shady areas, curves, overpasses and on bridges. Beware of "warm or wet" ice— be on guard when temperature is just around freezing.

Reduce speed.

Be careful of where you park/make it as easy as possible to get out.

Beware of carbon monoxide: never run an engine in an unventilated enclosure, keep car vents or window slightly open, shut off engine when sitting in a parked car, have engine and exhaust system tuned regularly, don't allow tailpipe to become clogged with snow.

Know About Skids, Braking, Jump Starting Batteries

And what about wheelchair driving in winter?

Be aware of clearance for battery.

Continued on Page 7

How to Survive the Holidays

This time of the year may buzz with excitement for the little ones and young families, but for individuals who live alone, or who find it difficult to get out and about, winter and the holidays pose some challenges.

If you are motivated enough to bake or cook something festive it's almost impossible to find recipes scaled down for only one or two. If you've downsized, hosting family can be a major headache. And then.... there is the whole gift giving exercise. Gifts can be fun, but finding something appropriate and affordable can sometimes be a challenge, especially if you struggle with mobility issues.

There is nothing more pleasant than the smell of Christmas baking. If you love to bake or cook but would like to scale down

the amount, check out some of the new cookbooks designed for one or two. The other alternative is to put the excess in the freezer and enjoy a taste of the holidays in the New Year when you may be less motivated to turn the stove on. For those of you who would rather not fuss with cooking or baking, check out Christmas fairs for home baking or check with a neighbourhood restaurant to see whether they will provide a take-out meal.

If you live in a very small space, think about other ways to share the holiday. Some residences have common rooms that can be booked for family occasions. A restaurant or hotel can also accommodate a crowd,



with the added bonus that you don't have to worry about putting together a gargantuan feast or worry about tripping over people on your living room floor.

Shopping at this time of year can be a trial, however, on-line services can solve some of your gift giving issues. Books, gift certificates, toys, and a million other things can be purchased online and delivered to your door. Don't forget local Christmas bazaars and church events that sometimes offer interesting, hand-made gift items.

For those of you who prefer to do your shopping the old fashioned way, check your local listings for organized shopping trips. Invite a friend and enjoy a day away without the anxiety of driving in the snow.

Plan to make your holiday as stress free and enjoyable as possible. Light a candle or some twinkling Christmas lights, put on your favorite music, put a few evergreen boughs into a jug and you're all set for the season.

Continued from Page 6

Avoid soft snow and uneven ground.

See and be seen.

Dress warmly.

Avoid hills (sorry Forest Hill!)

If you skid, keep looking and driving in the

direction you want to go in.

So drive carefully, and stay happy, healthy and as active as you can be! If you can't motor, then listen to music, learn to use a computer, stay in touch with friends, whatever to avoid cabin fever and all that WEATHER!

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

December

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

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

:11-1pm, Public Skating, Humphrey Arena, 15 Humphrey Dr

Sunday: 11:30-1:30, Public Skating, Humphrey Arena, 15 Humphrey Dr

Mondays: Summer/Fall 6:15pm-8pm, Pickle Ball, **Every**

Mon & Thu, McDougall Recreation Centre, 148 Hamel Avenue, **Winter 9am-11pm** in the Pentecostal Church basement

:1-2:45, Parent & Tot Skate, BOCC, 7 Mary St

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

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

:7-9pm, Badminton, Parry Sound High School Gym every Tue & Thu, New members always welcome. Drop in.

:12-1pm, Adult Skate @ BOCC, 7 Mary St

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

:6pm, Orrville Community Potluck, **1st Wed of mnth**, Orrville Community Centre, 1207 Hwy 518

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

Thursdays: Summer/Fall 6:15pm-8pm, Pickle Ball, **Every Mon & Thu**, McDougall Recreation Centre, 148 Hamel Avenue, **Winter 9am-11pm** in the Pentecostal Church



basement

:12-1pm, Adult Skate @ BOCC, 7 Mary St

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

Sat 3: 11-2pm, Christmas Bazaar & Bake Sale, Otter Lake Room Foley Hall, 60 Rankin Lake Road

:8-11am, Parry Sound Lions Club Pancake Breakfast, @ the BOCC, 7 Mary St

:10-6pm, Festival of the Trees, Wendy at Harvest Share 705.774.9111, St James Centre for Community, 24 Mary St

Sun 4: 2pm, Orillia Silver Band: Sleigh Bells and Brass Christmas Concert, Stockey Centre, 2 Bay St

Fri 9: Christmas Tree Lighting, 439 Hurdville Rd @ Hall

January

See December for weekly & monthly events

Sat 21: 6pm, Robbie Burns Banquet & Ceilidh, Stockey Centre, 2 Bay St

February

See December for weekly & monthly events

No new event listings by press time

EAST PARRY SOUND

December

Saturdays: 5:30pm, Armour Ryerson Burk's Falls Agricultural Society **1st Sat Monthly** Bingo, Karl Crozier Room, upstairs in the Arena, 220 Centre St, Burk's Falls

:2-4pm, music **every 1st Saturday**, South River Friendly Circle Seniors Centre, 11 Isabella St, South River

:12:30pm-4pm, Jambouree, 3 bands, **2nd Sat monthly**, Katrine Community Centre, 6 Browns Drive

:7pm-10pm, Square dancing, **Every 4th Saturday**, Burk's Falls Legion, 9 Mary St

Sundays: 7:30pm-9:30pm, **every Sunday**, Dart night at the Burk's Falls Legion, 9 Mary St

Mondays: 3:30-4:30pm, **every Mon**, Nattering Knitters, Sundridge-Strong Public Library, 110 Main St

:7:30-9pm, Mixed Darts, **Every Mon**, Sprucedale Seniors' Friendship Club, 2609 Hwy 518W

:10:30am Pick up Hockey, **every Mon & Thu**, Armour Ryerson, Burk's Falls Arena, 220 Centre St, Burk's Falls

Tuesdays: 1pm, Ladies Euchre, **Every Tuesday**, Sprucedale Community Centre, 31 William St

:1:30pm, Bid Euchre, Katrine Community Centre, 6

Browns Dr

:1-2pm, Appy Hour! **Every Tuesday**, iPad or Android tablet lessons, 2206 Hwy 124, Dunchurch
 :7pm, Dabber Bingo, **Every Tuesday**, Sprucedale Community Centre, 31 William St
 :3:30pm-5pm, Happy Gang Walking Group, **Tue-Fri to May 12**, Sundridge Public School, 118 Main St
Thursdays: 6pm, Bingo Bash, **Every 1st and 3rd Thursday**, Burk's Falls Legion, 9 Mary St
 :7pm, Mixed Euchre, **Every Thursday**, Sprucedale Community Centre, 31 William St
 :1pm-3pm, **every Thu**, Knitting Club, Whitestone Library, 2206 Hwy 124
 :1:30pm, Ladies Knitting & Crafts, **every Thu**, Sprucedale Community Centre, 31 William St
Fridays: 1:30pm, Euchre **Every Friday**, Young At Heart Senior's Center, 39 Copeland St, Burk's Falls
 :7pm-9:30pm, Square Dancing, **2nd Friday of Every month**, South River Seniors' Centre, 11 Isabella St

Fri 2, 3 & 4th: 7 - 9 pm

Almaguin Choral Society's "That's Christmas to Me" Concert, St Joseph's Catholic Church, 44 Commercial Drive, Almaguin Highlands

Sat Dec 3: 6pm, Burk's Falls Santa Claus Parade, Ontario St

Sun 4: 4:45pm, Sundridge Santa Parade & Christmas Tree lighting, Main St, Sundridge

Sun 11: 1pm - 3pm, Cookies with Mrs. Claus, Watt Century Farm House, 827 Chetwynd Road, Almaguin Highlands

January

See December for weekly & monthly events

No new event listings by press time

February

See December for weekly & monthly events

No new event listings by press time

MUSKOKA

December

Tuesdays: 10am, Busy Hands Coffee Hour, Bring your own mug & favourite craft, 1014 Dwight Beach Road

:9:30-10:30am, Leisure Morning Walk, Free Huntsville outdoor hike, **2nd Tue**, meet at Active Living Centre, 20 Park Dr

:6-7pm, Book Club, Huntsville Public Library, **Every 2nd Tue**, 7 Minerva St E

:2pm, Dwight Library Book Club, **3rd Tue**

Wednesdays: 10:30am Adult Colouring, Dwight Public Library, 1014 Dwight Beach Road

:10am, Probus Club of South Muskoka, 1st Wed Mnthly, Bracebridge Sportsplex, 110 Clearbrook Trail

:1-4pm, Bid Euchre Drop In, Active Living Centre, 20 Park Drive, Huntsville

:1pm, Woodcarvers, Active Living Centre, 20 Park Drive, Huntsville

Thursdays: 1-3pm, Kniterary, Needlework around the fire, tea at 2pm, 69 Joseph St, Port Carling

:4-5pm, Lego League & Light Meal, Muskoka Lakes Public Library, 69 Joseph St, Port Carling, Pre Register

Thu 1: 7pm, Baysville Seniors Citizens Club, Bring a container to make a Christmas design and a dessert workshop, 10 University St

Fri 2: 4:30-7:30pm, 26 Annual Santa Baazar, VK Greer Memorial Public School, 130 Greer Road, Huntsville, Family Dinner while kids shot, gifts \$10.00.

:5:30pm, Oxtongue Lake Christmas Tree Lighting @ Community Centre, 3979 Highway 60, Lake Of Bays

:Almaguin Choral Society Christmas Concert, Friday at 7 pm Legacy Life Centre (beside Collins Valu-mart) in Burk's Falls; the second on Saturday at Chalmers United Church in South River at 2 pm

Sat 3: 3-5pm, Christmas Magic with Huntsville Community Choir, Trinity United Church, 33 Main Street East

:6-8:30pm, Annual Trek to Bethlehem, Bala Community Centre, 1008 Maple Street

:10am-3pm, Muskoka Grandmothers Holiday Baazar, St Thomas Anglican Church, 4 Mary Street, Bracebridge

Sun 4: 1pm, Bracebridge Santa Claus Parade, Memorial Pk

Wed 7: 11:30-12:30, United Church Soup Kettle, 46 Dominion St, Bracebridge

Sat 10: 10 am to 12 noon or 1 to 3 pm, Make a Gingerbread House with a Child/Grandchild, Active Living Centre, 20 Park Dr, Huntsville, Pre-Register at the Canada Summit Centre or On Line

:5pm, Christmas Banquet Buffet Style, Gravenhurst Seniors Centre, Free all ages, 480 First St N

Sun 11: 1pm, Baysville Santa Claus Parade, Bridge St

Thu 15-17, Good Grief the Musical, Rene M Caisse Memorial Theatre, 100 Clearbrook Trail, Bracebridge

Fri 16: 7:30, Charles Dickens a Christmas Carol opens 'til the 23rd, Huntsville Theatre Company/Huntsville Studio Theatre, 24 Chaffey Township Road, Huntsville

January

See December for weekly & monthly events

Sat 28: 12:00, Fire & Ice Festival, Dominion Street at Manitoba Street, Bracebridge

February

See December for weekly & monthly events

No event listings by press time

A Politically Correct Christmas Poem

"Twas the night before Christmas and Santa's a wreck...

How to live in a world that's politically correct?

His workers no longer would answer to "Elves," "Vertically Challenged" they were calling themselves.

And labour conditions at the north pole
Were alleged by the union to stifle the soul.
Four reindeer had vanished, without much propriety,

Released to the wilds by the Humane Society.

And equal employment had made it quite clear

That Santa had better not use just reindeer.
So Dancer and Donner, Comet and Cupid,
Were replaced with 4 pigs, and you know that looked stupid!
The runners had been removed from his

sleigh;

The ruts were termed dangerous by the E.P.A.
And people had started to call for the cops
When they heard sled noises on their rooftops.
Secondhand smoke from his pipe had his workers quite frightened.

His fur trimmed red suit was called "unenlightened."

And to show you the strangeness of life's ebbs and flows,

Rudolf was suing over unauthorized use of his nose.

And had gone on Geraldo in front of the nation,

Demanding millions in overdue compensation.

So, half of the reindeer were gone; and his wife,

Who suddenly said she'd had enough of this life,

Joined a self-help group, packed and left in a whiz,

Demanding from now on her title be Ms.

And as for the gifts, why, he'd ne'er had a notion

That making a choice could cause such a commotion.



Nothing in leather,
nothing in fur,
Which meant nothing
for him. And nothing
for her.

Nothing that might be
construed to pollute.
Nothing to aim.
Nothing to shoot.
Nothing that clamoured or made lots of noise.

Nothing for just girls.

Or nothing for the boys.

Nothing that claimed gender specific.

Nothing that's warlike or non-specific.

No candy or sweets...they were bad for the tooth.

Nothing that seemed to embellish a truth

And fairy tales, while not yet forbidden,

Were like Ken and Barbie, better off hidden.

For they raised the hackles of those psychological

Who claimed the good gift was one ecological.

No baseball, no football...someone could get hurt;

Continued on Pg 11

Continued from Pg 10

Besides, playing sports exposed kids to dirt.
Dolls were said to be sexist, and should be passé;

And Nintendo would rot your entire brain away.

So Santa just stood there, disheveled, perplexed;

He just could not figure out what to do next.

He tried to be merry, tried to be gay,

But you've got to be careful with that word today.

His sack was quite empty, limp to the ground;
Nothing fully acceptable was to be found.

Something special was needed, a gift that he might

Give to all without angering the left or the right.

A gift that would satisfy, with no indecision,

Each group of people, every religion;

Every ethnicity, every hue,

Everyone, everywhere...even you.

So here is that gift, it's price beyond worth...

"May you and your loved ones enjoy peace on earth."

~ Found on Grandpa Tucker's Rhymes and Tales web page.

Until one feels the Spirit of Christmas, there is no Christmas. All else is outward display—so much tinsel and decorations. For it isn't the holly, it isn't the snow. It isn't the tree not the firelight's glow. It's the warmth that comes to the hearts of men when the Christmas spirit returns again.

~ Author Unknown

Christmas Memories

Mom & dad both alive. They made it special. ~ Watching the kids open their gifts. ~ Seeing Christmas lights & sharing it with nieces & nephews. ~ My daughter was always making sure she got her wish list in time. ~ Smells of Christmas baking with my mom. ~ Lived with her dad & would go to her aunts & share it with 6 cousins, big family Christmas! ~ The Christmas decorations & lights. The 80's were the best. ~ The Eaton's Toronto Christmas parade. Big floats, 2 hrs, streets lined up. It was broadcast on t.v. ~ Bundled the kids up and watched the floats, and collect candy and wait for Santa at the end. ~ Christmas eve going to church listen to carols. At night leave out Christmas cake for Santa or gingerbread cookies, and a glass of milk. ~ Bought a tree a week ahead got in grandfather's milk truck took a ride to a farmers.

~ They would decorate with tinsel, colored lights, Christmas balls. The tree topper was a special star, angel, Virgin Mary. ~ The gifts received—bobskates, toboggans, wagon, bikes, clothes, electric train. ~ The bobskates...skated down the icy roads. Passed down from generation to generation. ~ The wagon we used to pull our brothers and sisters. ~ Stockings were full of oranges, apples, candy canes, caramel. ~ Christmas eve they invited family, friends and neighbours. Went to church and dressed up in fancy clothes. Shirt tie, dresses. Had to behave in church cause Dad had a big hand!! ~ Christmas day woke up early even though they were up all night. Christmas was the big meal. Turkey, chicken, sweet potatoes, roasted potatoes, always stuffing and gravy. Finished off with Christmas pudding. ~ 1943 he remembers a knock at the door and his Uncle was there and sent back on a train. The grandmother almost broke down with happiness seeing her son a week before Christmas. He was wounded from the shrapnel.

One of the best gifts a Mother could get seeing her son.

Decorating Your Home With Safety In Mind

Each year Christmas brings another season of decorating of all kinds. The last thing anyone wants is the grief that can be brought by the hazards of improperly installed or maintained decorations.

Christmas is a time of celebration and tradition. The following suggestions will help you to keep your holiday festivities safe for the whole family.

1. Use a solid ladder when getting at high places and get someone to hold the ladder if you can.
2. As always, if you are putting up a real tree, make a fresh cut and water it every day.
3. Place the tree as far as possible from heaters, stoves, fireplaces or other fire hazards.
4. Use caution with holiday decorations and whenever possible, choose those made with flame-resistant, flame-retardant or non-combustible materials.
5. Keep holly, mistletoe and poinsettias out of the reach of small children or pets. These plants are poisonous.
6. Keep candles away from decorations and other combustible materials, and do not use candles to decorate Christmas trees.
7. Use low wattage or now you can use even lower wattage L.E.D. lights (energy saving as well).
8. Don't overload outlets (avoid octopussing).
9. Always unplug lights before replacing light bulbs or fuses.
10. Do not place extension cords where they can be walked on or tripped over.
11. Use appropriate lighting systems (indoor for indoor use and outdoor cords and lights for outdoor use).
12. Check all connections, cords for any frays or exposed wires.
13. Don't mount lights in any way that can damage the cord's wire insulation (i.e. use clips, not nails).
14. Keep lights and cords out of the reach of toddlers if possible and explain to young children not to touch any of the electrical decorations.
15. Turn off all light strings and decorations before leaving the house or going to bed.



By following these few simple rules you will have a safe and Merry Christmas.

~ Grant Read, Maintenance Supervisor

Crazy Celebrations to Light up your New Year

Did you know that January was National Bath Safety month? National Blood Donor Month? National Braille Literacy Month? National Hobby Month? National Hot Tea Month? National Oatmeal Month? Or.....National Soup Month?

It gets better. You can celebrate the Festival of Sleep Day on January 3 just before you toss

Continued on pg 13

When the Party's Over....

When all of the Christmas/New Year's hype fades into the background, safely tucked away for another year, the dreary aspect of a long January/February/March looms ahead. There is nothing so depressing as taking down the glitz and facing up to the winter blues. Here are some tips to keep you humming in the new year.

Try to keep connected. Join a book club, go swimming, make an effort to see someone for coffee at least once a week. Stock up on crossword puzzles, books and magazines. Scratch that crafter – hobbyist itch; finish that quilt, build that model steamship, paint that picture. Post your work on facebook for friends and family to admire. Someday,

your family will be looking at your picture album wondering who is who. Maybe now is the time to organize your photos, being sure to put the names and any other important information on the back of your pictures. Go one step further and write about your life. What was your first day of school like? What did you like to eat? What was your first job? Where did you meet your partner?

Keep a journal. It doesn't have to be anything fancy, a lined workbook will do or a word document on your computer. Take note of the weather, the birds you saw, your thoughts on the day's news, or whatever else strikes your fancy. Paste in pictures, theatre stubs or other mementos so that you can look back on 2017 and remember your

year with a smile.

Give every day a purpose. When you are no longer in the workforce, it becomes all too easy to become disconnected. Create a weekly schedule and post it on your fridge. Make sure you schedule your weekly coffee klatsch with friends, your volunteer hours, your exercise and your appointments. Keep telephone numbers you use often close at hand.

Plan your garden. Whether it's a tiny box garden on your windowsill or a plot in your backyard, thinking green will keep your spirits up.

Remember to reach out to family, friends and neighbours. A quick phone call, text, even an old fashioned card can go a long way to maintain relationships.

Most of all, keep smiling and carry on!

Crazy Celebrations

Continued from pg 12

your fruitcake on Fruit cake Toss Day, National Bird Day comes round on January 5th followed by Bubble Bath Day on January 8th. For gardeners there's always Houseplant Appreciation day looming on January 10th. Compliment someone on January 24th for Compliment Day then dig in to some chocolate cake for Chocolate Cake Day on January 27th.

Besides traditional Groundhog Day, February 2nd and "Valentine's Day" on February 14th, you can find just as many odd and unique things to celebrate in the shortest month of the year. How about Boy Scout Day? Or Thank a Mailman day? Or "Do a Grouch a Favour" day? Mardi Gras starts on February 28th, another good reason to celebrate.

Christmas may be over, but the menu of opportunities to have fun just keeps rolling along.



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.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
www.clsm.on.ca



Fun Fact

Ever wonder where the expression “fed up” came from?

Although there are numerous theories about when this expression crept into our daily speech, it appears that it had its roots in the ancient art of falconry. Once a falcon had eaten it was no longer interested in pursuing prey, hence the expression “fed up” meaning, not interested in the task at hand. Over the years, the expression also took on a sense not only of “not interested” but of “frustrated.” I guess falconers who could not fly birds with a full stomach might have experienced some of the same.

Best Christmas Ever!

[We were a] very poor family years ago—no money for gifts. The kids went to bed very sad that there would be no Christmas in the morning. Next day they discovered a stray dog on their porch with her 4 puppies. Each kid got a puppy that year. They remembered it as the best Christmas ever.

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.

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



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- ☐ 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.

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