

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



newsletter of The Friends

Spring 2015

Spring has Sprung...at last!

Residents of Muskoka Parry Sound can't be blamed for breathing a sigh of relief as spring finally pops into view. The snow has vanished and the temperature, while not exactly warm, has at least inched its way into the low double digits. People are beginning to rake lawns and visit garden centres as the dream of growing things infects us all. Gardening is not only healthy,

it's an activity that can be enjoyed by everyone from a toddler to a grandmother or grandfather. Elevated gardens can make weeding a pleasure instead of a pain in the back. Don't have a yard? Fill a couple of containers and park them by your door or on a window sill. Grow what you like. Fresh herbs can add some spice to your meals while a container of brilliant pansies can feed your soul. See our "Box

Gardening" article on page 5 for more helpful hints. If you are looking for something to do, check out our "Coming Events" column for Parry Sound and Muskoka.

The Friendly Focus is shining a spotlight on spring, so put a spring in your step or your smile and join us in welcoming the season.



www.thefriends.on.ca

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THE FRIENDS

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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:



Ontario

North East Local Health
Integration Network

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

Hello's and Goodbyes!

On March 31st, The Friends' Business Manager, Sharon White, will be cleaning out her desk and dusting off her gardening tools as she embarks on a brand new adventure. After serving The Friends' organization for seventeen years, she has handed in her keys so that she can enjoy a well deserved retirement. As an important member of the senior management team, Sharon will be missed, but we wish her all of the best as she turns a new leaf in her book of life.

On the plus side, the organization welcomes Lola Este who will be stepping into Sharon's large shoes. Lola comes to us from municipal government and, already her pleasant, welcoming smile and sensible approach to

problems is smoothing the always rocky road of a Business Manager. Welcome Lola!

The Friends' have had a very busy year. One of our programs (P.A.T.H.) that helps seniors get safely home from hospital, saw an increase in activity from 81 people served in 2013/2014 to 102 people served in 2014/2015, that's a little more than a 20% increase. It's interesting to note that almost a quarter of those helped home with P.A.T.H. were returning to East Parry Sound from North Bay.

As of January 2016, the agency was approved to deliver a community based post-stroke program. This program provides navigation and ongoing support for individuals recovering from or living with the effects of stroke. Although we are not

funded to provide this program in Muskoka, we are working hard to deliver results to show that this initiative deserves to be recognized for the Muskoka community we serve.

As summer approaches, the organization will also be getting signage up on its new Gravenhurst building as well as designing an outdoor space that will be of benefit to the many Muskoka clients who participate in the Gravenhurst Adult Day Program.

Looking forward to a spring and summer that "blossoms" with opportunity!

**My thanks,
Marliese Gause**

PROTECT YOURSELF FROM FRAUD

Here's a good tip from the Ministry of Consumer & Business Services, Communications Services Branch: The number 1 crime against seniors is fraud. It can arrive at the doorstep. Whether sales people are at your door selling vacuum cleaners or magazines, don't be afraid to take the time to make up your mind. Start by asking yourself if you really want or need the product. Door-to-door sellers may offer quality goods and services at fair prices, but you won't know if the deal is a good one unless you compare prices and quality.

The Ontario Government wants you to know that under the provincial law you have 10 days from the date you receive a contract you sign in your home to cancel, for any reason. In addition, if the good or service isn't delivered or started within 30 days of the date in your contract, you have the right to can-

cel. This right expires one year from the date of the contract. The best way to avoid a problem is not to get hooked in the first place. If you aren't sure, or feel pressured, don't sign.

Contact the Ontario Government if you have questions or concerns at the numbers listed below: Consumer Helpline - 416.326.8800 or toll free 1.800.889.9768 or email: cbsinfo@cbs.gov.on.ca - Web Site: www.cbs.gov.on.ca.



Box Gardens



Planting and tending a garden is still a favourite hobby and pastime for millions of persons around the world. Box (container) gardening has gained popularity over the past few years—for a very good reason. It gives everyone the opportunity to garden regardless of how much space they have. Apartment dwellers can have flowers and vegetables growing on their balconies or in community gardens just as easily as homeowners. The keys to success: a good soil mixture; adequate soil moisture; a steady nutrient supply and good drainage. Poor drainage, wet conditions and lack of water are the #1 killers of containerized plants.

Box gardeners are able to plant earlier in the spring than those planting in traditional gardens because the soil dries and warms up more

quickly. The absence of foot traffic reduces soil compaction—an enemy to growing plants. Yields are higher than single row planting (which is copied from large scale farming cultivation) because plants can be clustered together. The density of leaves resulting from close planting shades out weeds, reduces moisture evaporation and shields soil from pelting rain and wide swings in temperature. The reduced size of these gardens makes them easier for people to maintain.

Any container can be used provided it is big enough to accommodate the roots and has drainage holes. Clay pots are porous allowing for air and water movement through the pot wall. Plastic containers are lightweight and inexpensive. Wooden boxes are

porous and allow for some insulation for soil temperatures. Even self watering planters are now available. The best soil to use in container growing is a soil-less potting soil because it is light, airy, capable of holding water and nutrients, and yet, quick to drain. Some potting soils have added nutrients, but it is preferable to use a water-soluble fertilizer (such as 20-20-20) through the growing season. Garden soil, because it tends to compact (limiting water and air movement), is a poor choice leading to poor plant health. Also, insects and diseases may be present.

Plants need to be watered regularly as they tend to dry out faster than plants growing in the ground. Small containers (hanging baskets and other small pots) need to be watered at least every day and possibly more than once a day depending on their location and temperature.

Almost every kind of plant may be grown in a container (except large trees). Many vegetables grow well in limited space and varieties have been developed especially for this use. Some of the best choices are salad vegetables, tomatoes, peppers, cucumbers and watermelons. Herbs also make excellent container plants. Flowers including both annuals and perennials have been grown in containers for many years. Don't be afraid to cram plants close together for a wonderful full look. Some favourites are geraniums, petunias and

Nothing is so beautiful as spring - when weeds, in wheels, shoot long and lovely and lush; Thrush's eggs look little low heavens, and thrush through the echoing timber does so rinse and wring the ear, it strikes like lightening to hear him sing. ~ Gerard Manley Hopkins

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Across the districts of Parry Sound & Muskoka

PARRY SOUND

May

Sun 3: 2pm Frank Ferragine, AKA "Frankie Flowers," Canada's most popular & trusted gardening authority & weatherman. At the Charles W Stockey Centre, 2 Bay St, Parry Sound

Fri 8 & 9: 7:30pm, Wartime Memories, PS Singers, 70th anniversary of the end of the Second World War, Charles W Stockey Centre, 2 Bay St, Parry Sound

Sun 10: 7:30pm, Marty Stuart, Charles W Stockey Centre, 2 Bay St, Parry Sound

Tue 12: Films that Make You Think 'Divide in Concord' Tale of banning bottled water in small town America. The Museum on Tower Hill, 17 George St, Parry Sound

Sat 16: Film - My Old Lady, Mathias travels to Paris to liquidate a huge valuable apartment he has inherited, Charles W Stockey Centre, 2 Bay St, Parry Sound

Thu 28: 7:30pm, Parry Sound Reads: Shyam Selvadurai THE HUNGRY GHOSTS. In Buddhist myth, the dead may be reborn as "hungry ghosts" - spirits with stomachs so large they can never be full, at the Charles W Stockey Centre

Sat 30: 8pm, Theatre, Play On! Charles W Stockey Centre, 2 Bay St, Parry Sound

June

Fri 5-7: 12 noon, Women on the Water Festival at Camp Tapawingo, Enjoy food and much more, plus meet coaches in the paddling scene, 75 Glenn Burney Rd, Parry Sound

Fri 5: 7:30pm Lunch at Allen's, Murray McLauchlan, Cindy Church, Marc Jordan and Ian Thomas are at Lunch, Charles W Stockey Centre, 2 Bay St, Parry Sound

Thu 9th: Films That Make You Think - Burt's Buzz, Burt Shavitz, face and co-founder of Burt's Bees, exploring his life, Museum on Tower Hill, 17 George St, Parry Sound

Sat 13: 12 noon, A Night out in Downtown. Come down to James Street for food, music and shopping

: 13th & 14th, 12 noon, Annual Dragon Boat Festival - Boat Racing, fun games for children, music (steel drum band), food, vendors...at Waubuno Beach

: 8pm, Elvis: The Moments at the Charles W Stockey Centre

Wed 17, Parry Sound Reads-Wayne Grady, "Emancipation Day" poses the question, How far would a son go to escape his past? At the Charles W Stockey Centre, 2 Bay St, PS

Tues 30th: 9am - 2pm Every Tuesday to September, Summer Market in Market Square Park, Parry Sound



EAST PARRY SOUND

May

Fri 1: 7:30pm, Songs for the Animals - Benefit Concert at Chalmers United Church, 303 Ottawa Ave, South River : 5pm - 1am, Sean Cotton & Pam Millar - Booster Night & Live Band, Funds For Local Women's Shelter. Register at the Burk's Falls Legion

Sat 2, 9, 16, 23, 30 2pm every Sat, Chess Club at Powassan Library. Ages 7 - 107, 324 Clarke Street W

: 1pm - 2:30 Wii **Saturday's** at Burk's Falls Library, 39 Copeland St, Burk's Falls

Fri 8: 6:30pm, Brawl In The Hall - Battle of the Bands, Land of Lakes Senior Public School, 92 Ontario St, Burk's Falls

Sat 9: South River Legion Annual ATV Rally, For more info call the Legion (705) 386-2906 or Grant Ulrich (705) 386-2251.

: Noon, Battle Of The Bands at Kearney Legion, 58 Park Road

: 12:30 - 4:00pm, Katrine Community Centre Jamboree every second Saturday, 6 Browns Drive

Sun 10: Noon, Katrine Family Baseball Season Starts. Call Pam 705.783.1139, Katrine Community Centre, 6 Browns Dr.

Tue 12th: 9 - 2pm, Burk's Falls Farmer's Market, Every Tuesday, Legacy Life Centre, 44 Commercial Dr

Sat 23: 9am - 12 noon, Plant & Bake Sale & Yard Sale - Sundridge, Strong, Joly Arena, 14 Albert St, Sundridge

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall, or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives. ~ Gary Zukav

Joly Arena, 14 Albert St, Sundridge

June

Sat 6: 5:30pm, Armour Ryerson Burk's Falls Agricultural Society Bingo, 220 Centre St, Burk's Falls

Sat 13: 12:30 - 4pm, Katrine Community Center Jamboree every 2nd Saturday of the month, main hall.

Wed 24: 9 - 1pm, Wednesdays until Aug 26, Argyle Farmer's Market, 11716 Highway 522, Arnstein

MUSKOKA

May

Wed 6: 6pm, 11th GBIA Spring Fashion Show "Fresh", Fashion, Silent Auction, Make overs, A performance by Just for Kicks, Prizes & more, Gravenhurst Opera House, 295 Muskoka Road South

: 6:30pm-8pm, American Sign Language Coffee House, Oliver's Coffee, 203 Manitoba Street, Bracebridge

Fri 15: 8pm - 12am, The Cottage Country Comedy Festival, Tim Nutt, Allyson Smith, Jeff Mcenery, Nigel Grinstead, Hunter Collins. Tickets \$40, JW Marriott, 1050 Paignton House Rd, Minett

Sat 16 - 18: 10 - 4pm, Muskoka Lifestyle Show, Humphrey Arena, 15 Humphrey Dr, Seguin

: 11am - 1:30pm BBQ, \$5.00, Van Schyndel Nursery 1180 Campbell's Rd, Bracebridge

: 8:30 - 1pm, Bracebridge Farmer's Market, Every Sat 'till Thanksgiving. Fresh fruits, vegetables, baking..., Memorial Park, 120 Manitoba St

: 8pm, Shirley Valentine, A play by Willy Russell (Wed - Sat) May 13, 16, 27 - 30 & Jun 4, Gravenhurst Opera House, 295 Muskoka Rd S

Wed 20: 9 - 2pm, Gravenhurst Farmers' Market Opens, Every Wednesday until Oct, Soccerfield at the Wharf

Thu 21: 6:30pm, Feed the mind, mind your food, Food Fight, part of a documentary film series presented by Muskoka North Good Food Co-op, Nipissing University Main Lecture Hall, Muskoka Campus, 125 Wellington Street, Bracebridge



Sat 23: 11am - 1:30pm, BBQ, \$5.00, Van Schyndel Nursery, 1180 Campbell's Rd, Bracebridge

: 9am - 2pm, Huntsville's 100k Farm, Fresh & Homemade Market will take place on Saturday's from West St S beside Pharmasave, Garry Bliss 705-789-3079

: 3rd Annual Watt Public School Spring Soapbox Derby & Fun Day, Build your own or use one provided, Windemere Lion's BBQ, Watt Public School, 2794 ON-141, Utterson, Rain Day May 24

: 7:30pm, Muskoka Melody - Sounds of the 50's & 60's, Algonquin Theatre, 37 Main Street East, Huntsville

Sun 24: Walk a Mile in Her Shoes, Shoe pick up 11:30am - 12:30pm. Warm up 12:45 pm, Walk at 1:00 pm, Prevent violence against women and girls. BBQ & more, Bracebridge Memorial Park, 120 Manitoba St

: 7:30pm, The Comic Strippers, fictitious male stripper improv, Algonquin Theatre. 37 Main St E, Huntsville

Thu 28: 6:30pm, A Tribute to Patsy Cline at The Manor at Gravenhurst. All welcome, 300 Muskoka Rd. N

Fri 29, & Sun 31: 7pm, April Wine Concert Getaway, Deerpark Resort, 1235 Deerpark Drive, Huntsville

Sat 30: 10am, Recent work by Tara Gilchrist, Chapel Gallery, 15 King Street, Bracebridge

: 10am - 3pm, Touch of Glamour Fashion Show & Sale 46 Dominion St, Bracebridge

June

Sat 6: Noon, Port Sydney Wide Garage Sale, various locations, follow the signs

: 9am, Community Garage Sale, 1131 Hwy 118 W, Bracbr.

Sun 7: 12:55pm, Cavalleria Rusticana and Ruggero Leoncavallo Pagliacci opera's most enduring tragic double bill, Rene M Caisse Memorial Theatre, 100 Clearbrook Trail, Bracebridge

Thu 11, 12, 13, 16, 20: 8pm, The Importance of Being Earnest, a play by Oscar Wilde, Dinner & Show \$60.00, Gravenhurst Opera House, 295 Muskoka Rd S

Sat 20: Live It Getaway! Home & Garden Getaway Festival, Main Street E & W, Huntsville www.liveitgetaway.com

: 9am, Gravenhurst Car Show, Gull Lake Rotary Park, Live entertainment, prizes..., 470 Brock Street (Third Street)

Sun 21: 9am, Father's Day Car Show, Dominion at Manitoba St, Bracebridge

Fri 26 & Sat 27: Noon, Spring into Summer Art Crawl, Gravenhurst various locations, Penny Varney 705-687-2071

"Here, also, the future was cried aloud by the wind through the rocks, so that all those who heard would shiver, and then the liquid spring song of the thrush would make all the beauty of moonlight and sunlight blend together, making it true, so true, that happiness must come again" ~ Elyne Mitchell, Moon Filly

Making a Difference

The Friends is a charitable, non-profit agency providing services to seniors and individuals with physical disabilities across the districts of Parry Sound and Muskoka. The agency provides barrier free housing, personal care, home-making, 24/7 Assisted Living services, Caregiver support, respite programs, Adult Day programs and post-stroke support. Your donations mean a lot! Without your help many seniors would not be able to access Adult Day programs

which provide a safe place to be, socialization and a hot meal. Funds raised also support activities of individuals with physical disabilities as well as ensuring appropriate equipment, such as overhead track lifts, are in place to ensure best quality of life. *The Friends*' still has work to do at its new Gravenhurst facility and is working hard to raise funds to put in an elevator increasing accessibility of the second floor apartments. Elevators are not

glamorous, but they sure make a difference when you can't manage stairs!

If you would like to support the organization in the good work it does, please see the back page for donation options. Thank you!



COMMUNICATING WITH PEOPLE WHO HAVE ALZHEIMER

Imagine that a total stranger sneaks up behind you startling you. Imagine that they are standing way too close to you and perhaps even touching you. Imagine that they are speaking to you in a foreign language, louder and louder. Imagine that they are getting angry with you for not understanding them. How would you feel? What would you do? This is how I imagine the world is all the time for someone who has Alzheimer Disease.

As our population ages, we are all more likely to know someone who has Alzheimer Disease or one of the many similar dementias. Communicating with these people is a skill that is easy to learn by following a few simple rules.

- 1) When approaching a person with dementia or Alzheimer Disease, always wait until you are in front of them where they can see you before starting to speak, otherwise they may be startled or won't realize that you are talking to them.
- 2) Introduce yourself even if you think they should already know who you are. One of the symptoms of Alzheimer Disease is an inability to recognize even very familiar people and objects.

- 3) Use their name when speaking to them. This will cue them to listen to what you have to say because they know that you are speaking to them.

- 4) Try to make eye contact in order to hold their attention.

- 5) Speak calmly. If you sound upset, frustrated or angry the person with Alzheimer Disease will pick up on your emotion even if they don't understand the words. This may cause the person with Alzheimer Disease to reflect your emotion and become upset, frustrated or angry as well. If you can't speak calmly, walk away until you are more relaxed and can try again.

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Life stands before me like an eternal spring with new and brilliant clothes. ~ Carl Friedrich Gauss

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6) Use simple words and short sentences. Too much information at once will be very difficult for someone with Alzheimer Disease to understand and will result in them appearing to ignore you.

7) Wait for a response. It may take awhile but if you wait the person may answer you. If not, repeat yourself and wait again.

8) Try to use big, obvious body language. If you are trying to get the person to stand up, offer your hand while saying, "come with me, John." If you want them to sit, position them in front of the chair and pull very gently at their hips while saying, "sit down, Jane."

9) Speak in a normal tone. People with Alzheimer Disease do not necessarily have a hearing impairment. They can probably hear what you are saying, they just don't understand it.

"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" ~ Mark Twain

Spring Is In the air!



BEE
BIRDS
DAFFODIL
FLOWER

GARDENING
GOLF
GRASS
PICNIC

SKY
SUNSHINE
TULIP
WALKING



Roadtripping the District



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.



Box Gardens

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impatiens but there are many more to experiment with today—colour and size are unlimited. Succulents and other drought-tolerant plants are a good choice because they thrive without much watering. Even shrubs and small trees can be grown in containers, but there are special precautions that must be taken to keep these over the winter.

Container gardening can provide boundless opportunities for food, colour and enjoyment without using much space. Possibilities are endless, limited only by imagination and plant availability.



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

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



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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 Street • Parry Sound
Ontario • P2A 2R2 • 1.888.746.5102
info@thefriends.on.ca