

# Friendly Focus

Summer may have been slow in getting here but now that it's settled into the region we sure are getting our share of heat now! We all seem to have gone from complaining about the lack of summer to complaining about the excess of summer.

Around the Forest Hill Apartment in Parry Sound, thought are turning to our lovely gardening boxes. Thanks again to the dedication by the volunteers at the PSPT, the garden area was cleaned up and new flowers were planted in the common areas.

Garden boxes were eagerly claimed by tenants and quickly we have our own little oasis for use by community members, tenants, clients and staff alike.

We've been excitedly gearing up for our AGM celebration which will be held in Huntsville at the Summit Centre this October. We look forward to meeting you there!



*Photo by Deborah Taylor*

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Volunteer Appreciation Day 2011

The Parry Sound Regional Disability  
Council Invites You To Attend

## The 2011 Health & Wellness Expo

Wednesday September 13<sup>th</sup> 2011

Bobby Orr Community Centre

9:30 – 4:00

## Executive Director's Report

Spring has melted into summer and now, summer is rapidly vanishing before our very eyes!

This year's All Staff meeting was moved from its November date to June in order to capitalize on the good weather and to ensure best possible staff attendance. Over 70 staff members crowded into the McKellar community centre to celebrate their achievements, meet colleagues and share in education opportunities.

This year we were delighted to honour a staff member's twentieth year of service – the first ever! Congratulations to Maintenance Supervisor **Grant Read** for his steadfast service over the years. Also honoured was Support Services Manager **Kelly Sawyer** who has been with *The Friends* for fifteen years. Kelly's warm sense of humour and her common sense approach to problem solving have proved to be the "magic dust" that keeps her going.

This year *The Friends* will be celebrating 25 years as a housing provider and 29 years as a service provider. When the organization first began in 1982, staff provided outreach services out of a church basement until Forest Hill Apartments was built. To celebrate, the Board of Directors are holding a festive Annual General Meeting at the Huntsville Summit Centre on October 5<sup>th</sup>, 2011. The key note speaker will be **Dr. Brian Goldman**, star of CBC's **White Coat, Black Art**. If you would like to attend, please call for information (1-888-746-5102 extension 221) Seats are limited and there will be an entrance fee to cover our costs.

As a recipient of a New Horizons for Seniors grant, *Friends'* staff are busy organizing a fall conference on Elder Abuse. Elder Abuse is a growing problem in communities across the Districts of Parry Sound and Muskoka and this conference seeks to educate the public, caregivers and professionals in the health and justice fields to better understand and respond to such issues. We welcome everyone to this important event!

I hope that everyone takes some time to enjoy the lazy, crazy days of summer. Before too long we'll all be complaining about the snow and cold, so better enjoy the heat while it lasts.

Marliese Gause



## Feature Article

### De-Cluttering, even when it hurts

Sylvie Quelha

With fall just around the corner it's the perfect time to start the De-clutter process. So how do we deal with all the clutter in our lives? Where should we start?

This process can become overwhelming, if you are living with a chronic illness. If you overdo it one day, you are going to have even more pain the next day. We all have had a little (or maybe a lot) of clutter to deal with, at least once in our lives. Clutter can create issues for you in many ways. Clutter can cause stress, anxiety, feelings of inadequacy and lead to disagreements. Clutter can also be the cause of embarrassment, but most of all, clutter can be a major safety concern. Clutter can take over your house and your life, if you let it.

Here are some tips to conquer the clutter in your life.

#### Easy Pick up

- Everyday commit to pick up 5 items that you absolutely do not need anymore & throw them away or if they are still in working order put in a charity box.

#### The Charity Box

- Put a box by the door to use as a charity pile & everyday put 5 things in the box. You'll be surprised how fast your house will start to look neater with all that extra room you have.
- Then actually take your charity box with you when it is full or the next time you go out and drop it off.
- Do not go through the box again.

#### The chaotic closet

- We all have one, cluttered with clothes that no longer fit or you haven't worn in quite a while. Every day that you are up to it try on 3 things, if it doesn't fit or hasn't been worn in a year put it in the charity box.

#### Paper pile

- Go around the house & gather old magazines & junk mail that you have already read. Put them in a pile & throw away in the recycling centre.
- When you receive the paper, junk mail, etc deal with it right away.
- Avoid impulse buying. Don't buy things you don't need or already have. They will just add to your clutter

Do not be hard on yourself. Start small, the best way to tackle clutter is in layers. It's like peeling an onion; sometimes it will bring tears to your eyes. When you have a bad day, know that you can always de-clutter the next day that you are feeling good.

Pace yourself & when you need help ask for it. Think of your energy as a pitcher of water & pour it in the best spots first. When it runs out it is gone for the day. So listen to your body & rest when you need to.

Following these simple steps, you will be well on your way. Doing it one step at a time, 5 minutes or 5 things a day is progress, conquering your clutter won't seem like such a big job and you will be clutter-free in no time.



## Senior's Services



Happy Summer Season to everyone! Chirping birds and longer days are very welcome and always prompt our Adult Day Away Programs to think toward gardening and other outdoor activity. Programs are busy with community involvement and we recently celebrated our volunteers for all they provide to us. It was a lovely afternoon with delicious cake and good cheer!

This is the perfect opportunity to showcase our Caregiver Support program. In Parry Sound, our Caregiver Support groups have been meeting for over three years, with an average attendance of eight or nine participants. Sometimes it is fewer, often it is more. The groups are open to anyone- a spouse, an adult child or a relative, who is in a caregiving situation seeking support or information about the role of caregiving. Those being cared for vary in their need for support. As a group, there is an inherent knowledge amongst caregivers participating, that their role is absolutely essential to the well being of the person being cared for and can be a very long journey. Everyone experiences caregiving in a different way and the support of knowing that others are going through similar experiences is comforting.

Education is a primary focus and often guest speakers are invited to provide this component. We have had nurses, lawyers, accountants, dieticians, pharmacists, a geriatric consultant a representative for Long Term Care and an audiologist as guest speakers over the past year. Referrals are made to other agencies for further support and individual situations may be discussed on the phone or in person.

Groups meet in Parry Sound at The Friends and in Powassan at Eastholme Home for the Aged. During this meeting time if caregivers require respite relief for their cared for person, the Adult Day Away program will accommodate this person for the duration of the Support Group meeting. This service is widely used with favourable results. There is no cost for the Caregiver Support Program or to access the Adult Day Away Program for this purpose.

Our Muskoka program is just getting underway with a new Support Program Coordinator who works out of The Friends Gravenhurst building. The Muskoka program will be held in three geographical locations: Huntsville, Bracebridge and Gravenhurst with the locations to be announced. We fully expect to be up and running soon, so please call for more information.



*April Tenant Dinner*

**For more information about our Caregiver Support Program in:**

<b>Muskoka</b>	<b>705-687-5100 ext 25</b>
<b>Toll free</b>	<b>1-855-687-5100 ext 25</b>
<b>Parry Sound</b>	<b>705-746-5102 ext 246</b>
<b>Toll free</b>	<b>1-888-746-5102 ext 246</b>



## Round the Region

### Gravenhurst

- Saturday, July 30<sup>th</sup> & Sunday, July 31<sup>st</sup>, 2011
  - Piratefest & Fireworks
- August 19<sup>th</sup> – August 21<sup>st</sup>
  - Steamship Festival
- September 10<sup>th</sup> – September 11<sup>th</sup>
  - Severn Bridge Fall Fair

### Parry Sound

- July 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>
  - 4<sup>th</sup> Annual Mactier Big Weekend Festival
- August 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>
  - Tugfest 2011
- September 13<sup>th</sup>
  - Parry Sound Regional Disability Council's Health & Wellness Expo

### Huntsville

- Saturday July 30<sup>th</sup>
  - Firefest
  - Dwight Beach
- Saturday August 13<sup>th</sup>
  - Huntsville Water Fest
  - River Mill Park
- Saturday September 17<sup>th</sup>
  - Shades of Autumn Antique, Classic & Custom Car Show



**East Parry Sound**

*Photo by Deborah Taylor*



**Muskoka**

*Photo by Deborah Taylor*

### Elder Abuse Symposium

Understanding issues for an aging population

*Friday, October 28<sup>th</sup>, 2011  
Huntsville*

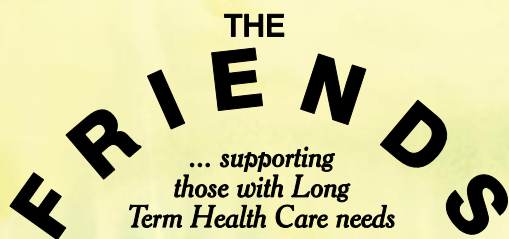
For caregivers, community members  
and health service providers

For more information please contact us  
at 1-888-746-5102

## Friendly Feedback

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

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



***Serving the Districts of Parry Sound & Muskoka***

27 Forest Street

Parry Sound, ON P2A 2R2

1-888-746-5102

info@thefriends.on.ca

Name:

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Mailing Address:

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Telephone:

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