



# FRIENDLY FOCUS

Believe it or not July is **ANTI-BOREDOM** month, the month that we are encouraged to explore hitherto unknown paths and activities to refresh the mind and body. For parents, it's all about finding new and interesting ways to engage their youngsters but for those who have difficulty getting around or who suffer from ongoing health issues, summer may pose another dimension of boredom.

Individuals with disabilities or seniors who have difficulty getting around, need to be planners. So the first job on your list is to have a look at upcoming events and decide what you want to attend. Art in the Park? Fall Fairs? Garden tours? Make a list of dates and events and take the time to book appropriate transportation and support. If you plan in advance, you won't be disappointed.

Make sure you take your camera. Wherever you go, take pictures! You can create a calendar, gift cards or simply beautify your journal or internet blog with the photos you've taken. A treasure trove of pictures can mean

hours of enjoyment this winter when you really can't get outside.

Stretch your brain and do something different. Studies show that mental stimulation keeps you young so commit to trying at least one new thing this summer. Love country music? Try listening to some classical music with a knowledgeable friend. Are you a bookworm with a brown thumb? Visit some gardens or participate in a gardening workshop. Shake up your day by changing your schedule. Be brave; try a vegetable or cheese you've never tasted. Make an effort to talk to someone new.

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During the summer Antique shows will be popping up all over. You can become a collector without spending a lot of money. Thimbles, inkwells, salt and pepper shakers, post cards, stamps and posters are all things you can collect without making a huge investment. Join a collector's club so that you can share your interests and learn more while enjoying an opportunity to chat with others.

Most of all, take the time to enjoy each and every day! Have a wonderful summer.

### **Executive Director's Report**

As we turn the corner into July and August, *The Friends* is busy getting ready to launch its Gravenhurst building project; transforming an old and ugly bowling alley into a friendly, comfortable building that will provide a large program area for seniors' programs, an outdoor patio, two respite units, a kitchen and staff space as well as administrative offices. Although we cannot at this point complete the seniors' housing upstairs, the existing two apartments on the second floor will be renovated and rented. I know that our staff and our clients, especially those in Gravenhurst who currently have to travel to Bracebridge to access programs, will be happy to hear this news.

Recently a Quality Care Assessment was conducted on *The Friends'* behalf to gain

some insight into caregiver, client and staff thoughts on the quality of care provided by the agency and its staff. The results were extremely positive – a copy of the report is available on our website at [www.thefriends.on.ca](http://www.thefriends.on.ca).

During our June All Staff meeting I was delighted to be able to present long service awards to many of our dedicated staff. It is sometimes a challenge for the community support services sector to retain staff as, traditionally, this sector cannot compensate staff as well as the formalized health care sector (i.e. hospitals and long term care). We can, however, offer a diverse, interesting and supportive work environment with room to grow. A very special thank you to all staff, especially those who have been with us five + years!

September will be in the blink of an eye – so hoping everyone enjoys their holidays in the sun!



*Muskoka Steamships in Gravenhurst is celebrating the RMS Segwun's 125<sup>th</sup> birthday and our adult day program took a trip to visit this historical icon of our community.*

## Getting Around

### Transportation for the “driving challenged”

It's not news. Accessible transportation in Parry Sound Muskoka can pose serious challenges for seniors and individuals with disabilities. Despite this, however, those “in the know” can find ways to navigate the system.

The first step is to call your local municipal or town office. Ask about transportation service availability and whether the service is accessible to meet your needs. Some towns have regular daily service while others may only offer once per week access to transportation.

Volunteer Transportation services are available across the Districts of Parry Sound and Muskoka, through a variety of non-profit providers. The cost for these services varies across the region and all transportation through a volunteer agency must be booked in advance.

If you live in the **West Parry Sound** area, **contact Linda Taylor at Belvedere Support Services at 705-746-5602** for information.

Individuals looking for volunteer transportation services in **East Parry Sound** should **contact Leslie Price at Eastholme, 1-888-521-0000 or 705-724-6028**.

Additional transportation services are

available in **Burks Falls** every **Wednesday for shopping – contact 705-382-3138**.

**Muskoka residents** have the following options:

- (1) Muskoka Seniors, contact Karen Waters at 705-789-0876
- (2) Red Cross, 705-721-3313
- (3) Town of Huntsville transit, 705-789-5684, ext. 3821
- (4) Hammond Transportation, Bracebridge, 705-645-5431

You might also wish to check with **local taxi companies** to see whether they provide an accessible service to their customers.

#### **Key things to remember:**

- What level of accessibility do you require (wheelchair access? Walker? Other?)
- Find out which service will meet your needs and is available in your area
- Plan ahead and book services in plenty of time to avoid disappointment
- Get information about cost so that there are no “surprises”

## Round and About Parry Sound and Muskoka

### Huntsville

July 14<sup>th</sup>, 2012 8:00 pm

Nuit Blanche North

Town Dock Park

July 22<sup>nd</sup>, 2012 1:00pm

Jazz in the Garden

Spencer's Tall Trees Restaurant

July 21<sup>st</sup>, 2012 9:00am – 4:00pm

Huntsville Horticultural Society's

Garden Tour

Sandhill Nursery

August 18<sup>th</sup>, 2012

Summer Sidewalk Sale

Main Street, Downtown Huntsville

### Gravenhurst

July 22<sup>nd</sup>, 2012 7:30pm

Johnny Cash, June Carter & Tammy

Wynette Tribute

Gull Lake Rotary Park

August 2<sup>nd</sup>, 2012 10:00am – 5:00pm

Piratefest

Muskoka Wharf

July 27<sup>th</sup> - 29<sup>th</sup>, 2012

In-Water Boat Show & Ribfest

Muskoka Wharf

August 17<sup>th</sup> – August 18<sup>th</sup>, 2012

Steamship Festival

Muskoka Wharf

### Bracebridge

July 20<sup>th</sup> - 22<sup>nd</sup>, 2012

50<sup>th</sup> Annual Summer Art Show

Annie Williams Park

August 18<sup>th</sup>, 2012

Bracebridge Highland Games

JD Lang Activity Park

July 28<sup>th</sup>, 2012 8:30am – 1:00 pm

Bracebridge Farmers Market

Memorial Park

May 31<sup>st</sup> – August 30<sup>th</sup>, 2012

Every Thursday 7:00pm – 8:30pm

Memorial Park Concert Series

Memorial Park



## Round and About Parry Sound and Muskoka... continued

### Parry Sound

July 19<sup>th</sup> – July 22<sup>nd</sup>, 2012

Art in the Park

Market Square Park

July 18<sup>th</sup> – August 12<sup>th</sup>, 2012

Festival of the Sound

Charles W. Stockey Centre

July 29<sup>th</sup>, 2012

Tall Ships of Toronto Brigantine Inc.

Parry Sound Docks on Bay Street

### East Parry Sound

Saturday July 28<sup>th</sup>, 2012 9:00am – 4:00pm

The Horticultural Society Garden Tour

Call Penny at 705-382-9558

May 16<sup>th</sup> – October 3<sup>rd</sup>, 2012

Sundridge Farmers Market

Every Wednesday 2:30pm – 7:00pm

Kidd's Home Hardware Parking Lot

August 10<sup>th</sup> – August 11<sup>th</sup>, 2012

Sunflower Festival

Downtown Sundridge

### Port Loring

First Tuesday of every month

Congregate Dining

Royal Canadian Legion Branch 415



## Seniors' Services

This year summer came with a bang – instant extra-hot, humid weather that had everyone sweltering in the heat or shivering in the air conditioning. For seniors, excessive heat and humidity can pose serious health challenges especially those suffering from chronic diseases. This is the time to put your “good neighbor” skills to the test by checking up on an elderly neighbor or friend to make sure they are in good health.

Adult Day Away program staff ensures that program activities take summer heat into account. If it's really hot, programs stay where it's cool and shady with a little more emphasis on a leisurely pace for activities. This year Adult Day Away participants have taken a cruise, planted a garden, enjoyed musical events, played cards and enjoyed one another's company.



*Day program participants, The Steigers, posing in front of the steamships.*



Did you know....

- *The Friends* provides social/recreational/supportive Adult Day programs for the frail, elderly, socially isolated or individuals who are suffering from an age related dementia in community based programs throughout the districts of Parry Sound and Muskoka.
- *The Friends* provides in-home respite services to support caregivers.
- Respite can also be accessed in a two bedroom, barrier free apartment in Forest Hill Apartments in Parry Sound through *The Friends* Transitions to Home program
- *The Friends* provides Caregiver Support through group meetings/workshops and education
- *The Friends* partners with V.O.N. to deliver the Home at Last program in Muskoka, ensuring that patients are able to get home with the support they need.

## GRAVENHURST BUILDING PROJECT

Dear Readers,

A few years ago *The Friends* purchased the old bowling alley at 141 Sharpe Street, Gravenhurst in order to renovate the existing building and create additional supportive housing for seniors. Unfortunately, all efforts at finding funding through either Federal or Provincial sources to complete this project have been unsuccessful; however, the Board of Directors has decided to proceed with a **scaled down version** of the project using funds *The Friends* received through a bequest.

This will mean that the existing building will be renovated to include:

- Program space for Adult Day programs for frail elderly and those suffering from age related dementia
- An outdoor patio
- Fully equipped respite units (2)
- Staff/administration space
- Two upstairs apartments

The building permit will be in our hands in early July and a Request for Proposals for contractors will be advertised this summer with work to begin in the fall.

Expected date for occupation is March, 2013.

Our budget is extremely tight and we are actively approaching Foundations to help us:

- Create an enclosed outdoor patio

space for our Seniors' programs (\$10,000)

- Equip the program kitchen (\$25,000)
- Equip each respite unit (each is a very small, self-contained apartment) \$35,000 x 2
- Equip the program area (\$20,000)

Gravenhurst has suffered from a number of devastating fires in its business core. Renovation of the bowling alley will not only provide welcome space for *The Friends* programs and services, but offer a community resource and beautify/refresh the downtown core.

As an incorporated, not-for-profit, charitable organization, *The Friends* can provide a **charitable donation receipt** to anyone interested in supporting this project.

If you would like to help us with the renovation, please contact us at 1-888-746-5102, ext. 221. Cheques can be mailed to *The Friends*, 27 Forest Street, Parry Sound, Ontario P2A 2R2

If you wish to support a particular project please indicate below:

- To support enclosed outdoor patio space for Seniors' programs
- To support equipment for program kitchen
- To support equipment of respite unit
- To support program area

Thank you for your support!

**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 that includes Friendly Focus subscription)
- I would like to make a contribution in the amount of \$ \_\_\_\_\_ to support the ongoing work at *The Friends*
- I would like to make a donation to the Gravenhurst Building Project

Name: \_\_\_\_\_

Mailing Address:

\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

27 Forest Street

Parry Sound, ON P2A 2R2