

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



newsletter of The Friends

Summer 2013

Welcome to The Friends' new newsletter

We've given our newsletter a 'facelift' and hope that you enjoy the new design and information coming to you from across the areas we serve.

Our big project this year is the renovation of the old bowling alley in Gravenhurst. This renovation will mean that frail, elderly seniors who may be suffering from age related dementia will finally be able to access Adult Day programs in their home community. The building will also include a transitional care/respite unit for individuals who no longer need nursing care in hospital but who may need some extra care before they can return home.

In addition, the renovated building will also serve as headquarters for The Friends' Muskoka staff so that more intensive services can be provided to seniors in the Gravenhurst area.

As a non-profit, charitable organization, The Friends is looking for your support through donations to make this dream a reality – check out page 11 for information as to how you can help!

FRIENDLY RENO

**an old blue bowling alley
in Gravenhurst is being
made beautiful... and useful
for frail, elderly citizens**



At the Gravenhurst building site (left to right)
Board President Linda Jones, Board member and Building
Committee member John Gallagher, CEO Marliese Gause,
Architect Duncan Ross, and Secretary/Treasurer and
Building Committee member David Crouch.

www.thefriends.on.ca

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This building renovation will provide welcome space for The Friends' programs and services, while also offering a new community resource.

PATH

Priority Assistance to Transition Home

A safe and supportive 'path' between hospital and home thanks to a new program being provided by The Friends.

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Residents of Sunset Court have new access to health services that will improve quality of life in their homes overlooking Georgian Bay.



Are you caring for someone? Becoming isolated?

Engaging in meaningful activities can be a factor in creating positive and healthy relationships.

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Please provide
us with you
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, care giver support, respite, Alzheimer Overnight respite, supportive housing, and 24/7 assisted living.

Our Values

- Dignity • Teamwork
- Innovation • Empowerment

Contact us

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THE FRIENDS

DIGNITY • TEAMWORK
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The Friends - the newsletter of The Friends 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

FROM THE CEO'S DESK...

A year filled with exciting projects and programs supporting improved care for our clients and families

Like other health care providers in the province, The Friends organization is working hard to deliver the best possible care in the most efficient, cost effective way we can. We continue to work with our funders and our community partners to ensure that we contribute to solutions rather than problems.

Strong support from many partners

This year has seen many exciting initiatives get under way. A new office has been opened in Burk's Falls to provide better access for clients and families in East Parry Sound. A BIG 'thank you' to the Village of Burk's Falls, where many people have been generous and helpful in making this happen.

Thanks to the generosity of District of Parry Sound Social Services Administration Board, The Friends has also been able to set up an office in a seniors' building in Parry Sound. This has meant services are now available closer to home including foot care from our trained staff.

Working with our funders at the North East Local Health Integration Network, The Friends is now managing a new program that will support seniors in getting home safely from hospital. For more information about this innovative program, see page 5. Muskoka residents already have access to a similar program called Home at Last, or H.A.L. – a collaboration between community partners including The Friends, and the Victoria Order of Nurses.

Providing safe and accessible programs

After years of searching for funding, our Board of Directors took the plunge and initiated the renovation of the old bowling alley in Gravenhurst at 141 Sharpe Street. Gravenhurst has one of the fastest growing seniors populations in Muskoka. Although the town has a vibrant seniors community centre, infrastructure is sadly missing for those seniors who can no longer manage their care or whose caregivers are struggling to maintain loved ones at home. The renovation will mean that Gravenhurst seniors who require safe, accessible programs will be able to access them in their own community.

If you would like to support this project, have a look at page 11 for information about what your donation could mean.

My thanks, Marliese Gause



Board President
Linda Jones and
CEO Marliese Gause
during a tour of the
renovation site.

Gravenhurst building project is now underway

A few years ago The Friends purchased the old bowling alley at 141 Sharpe Street in 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.

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.

The contractor has the project well underway and we're hopeful to be inside delivering programs by December 2013.



The first stage of the project will not include additional housing on the second floor, shown at back in the drawing below.



The 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.
- Two fully-equipped respite units.
- Staff/administration space.
- Two upstairs apartments.

FRIENDLY FEEDBACK

*We are always interested
in reader comments*

Adult Day program participants in our Honey Harbour program submitted the following poem.

Enjoy!

Flowers have begun to bloom
Spring is in the air
New shoots appear on the trees
Spring is everywhere

The warmer weather has arrived
We watch the birds
and hear them twittering
The snow and ice has disappeared
The ponds are beautiful
and glittering

Sunshine on faces brings
many smiles
It is the best time of the year
The gardens fill with many flowers
As we watch them all appear

It's time to get out and take a walk
It's time to enjoy the warmth
and sun
Get out and enjoy
this great time of year
Happy, happy spring
to everyone!



PATH program unveiled at Burk's Falls open house

BURK'S FALLS - There is a safe and supportive 'path' between hospital and home for seniors in the community thanks to a new program being provided by The Friends.

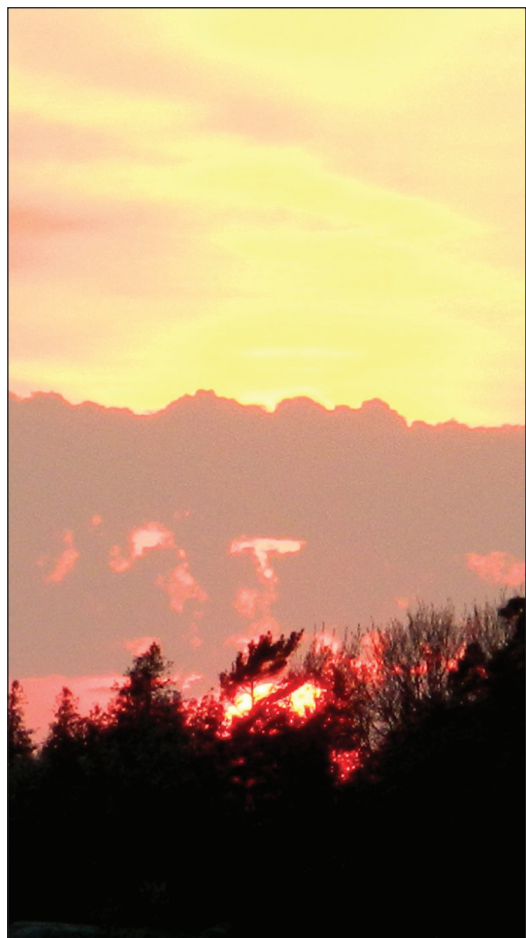
Financially supported by the North East Local Health Integration Network, Priority Assistance to Transition Home (PATH), is being expanded by The Friends to include eligible seniors living in the District of Parry Sound. The program supports a safe and smooth transition from hospital to home for frail at-risk, elderly patients.

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“When you speak with residents who are living in this beautiful environment it’s easy to appreciate the health and personal benefits of staying longer in your own home.”



Improved services delivered in a beautiful setting



Residents of Sunset Court have new access to health services that will improve quality of life in their homes overlooking Georgian Bay.

“When you speak with residents who are living in this beautiful environment it’s easy to appreciate the health and personal benefits of staying longer in your own home. Delivering programs here will improve resident health and add to their quality of life,” said Marliese Gause, CEO of The Friends during an introductory open house on May 3. Sunset Court is a seniors apartment building located on Belevdere Hill in Parry Sound. It is owned and managed by the Parry Sound District Social Services Administration Board (DSSAB), a partner in the service delivery program that has recently been launched by The Friends.

Gause greeted residents at the open house along with staff members Mary Gardner and Collette Gracie and who will be working in offices that are part of a converted one-bedroom apartment that has been provided by the DSSAB.

“Along with program funding from the North East Local Health Integration Network, we’re very thankful to the District Social Services Administration Board for supporting this partnership program at Sunset Court,” said Gause. “Residents here are already benefitting from our services provided by The Friends’ staff.”

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Collette Gracie (top photo) and Mary Gardner are now working from their new offices at Sunset Court. Residents are invited to visit this location on the first floor.

Delivering news services at Sunset Court

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These services are starting with a foot care program and are planned to expand to 24/7 care for identified high-needs seniors. An initial priority will be on high intensity clients who will benefit from in-home visits.

The Friends staff use the Resident Assessment Instrument for Home Care (RAI-HC) that is also used by the province's Community Care Access Centres. It is a standardized, multi-dimensional assessment system for determining client needs.



People wanting more information about the programs and services available at Sunset Court can visit the office during posted weekday hours, or they can contact The Friends by telephone (705 746-5102) or visit online at www.thefriends.on.ca.

PATH

Priority Assistance to Transition Home

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These clients could be living alone, have an elderly caregiver, or family that is unavailable. At discharge from hospital, clients receive assistance with transportation, errands such as grocery or prescription pick-up, and homemaking.

“We have seen the value and personal benefit this program provides through our experience delivering it in Muskoka. We’re thankful to the North East LHIN for supporting expansion of PATH and enhancing the safety and quality of this experience, that is the sometimes difficult transition between hospital and home,” said The Friends CEO Marliese Gause.

Gause described the program and its benefits during an open house hosted by The Friends at the Burk’s Falls Family Health Team on March 8. The event was attended by municipal leaders, health care providers, and interested citizens from the community.

“This is not simply a convenience for clients who need a safe way home,” she said. “Supporting an appropriate transition between hospital and home provides better care, can help to avoid problems that might cause a return to hospitalization, and we can help to ensure that the right community supports are available and scheduled.”

A patient is deemed eligible for the program while still in hospital as part of the discharge planning process. At the time of discharge, a personal support worker (PSW) from the PATH program arrives at the hospital and will help the patient pack and ensure they leave with all of the information necessary to continue their care at home, information such as prescriptions, diet, activities, and follow-up appointments.

Transportation home is provided by community agencies already filling this need - frequently community support services from Belvedere Heights, Eastholme, and First Nations.

If required, the trip home can include stopping at a local pharmacy or grocery store. At home, the PSW is able to help the client safely settle back home. The client might have left suddenly, in the case of an emergency trip to the hospital, and they may have been away from home for weeks. The PSW can do some light housekeeping, perhaps clean up food items that have spoiled, and make sure that medications are conveniently stored.

• • • • •

The PATH program has already helped numerous clients home from hospital and The Friends expects that its popularity will grow as awareness increases at hospitals serving patients from the District of Parry Sound. People wanting more information about PATH can contact The Friends by telephone (705 746-5102) or visit online at www.thefriends.on.ca.



Ideas for helping you keep connected

Are you caring for someone? Becoming isolated?

The care-giving journey can be, for both family caregiver and the care recipient, an experience like no other. Engaging in meaningful activities that either, or both, people enjoy can be a factor in creating positive and healthy relationships.

Don't know where to start?

Consider the following questions either for yourself or with the person to whom you are providing care:

- What activity (physical, social, creative, spiritual) do you like to do or once did that brought you joy?
- Do you like to do activities on your own, with others in a small or large group?
- What is in your home that you can easily do?
- Do you know what is available in your local community?
- What time of day or day of the week works best for you?

Participation in activities does not have to be complicated. An activity could be as easy as sitting in a sunny corner for five minutes feeling the warmth of the sun through the window or stepping outside to notice the blossoms on the trees.

Caregivers often say that they have no time to participate in what they want to do and it is often the opposite for the recipient, they feel bored because they have too much time with nothing to do. How do you balance both person's needs to do something interesting?

An important first step is to identify what it is that you want to do.

Here are a few suggestions to help make it happen.

How to find out about activities:

- Look around your own home, read your municipality's Leisure Guide, visit your public library, or ask family members and friends for information.

Pace the activity:

- Do not do the activity all at once if you tire easily, break it into short segments.

Adapt the activity:

- Sit down at a table to prepare something instead of standing. Use raised garden boxes, large print playing cards or audio books.

Plan transportation:

- Use public transit, accessible van, taxi, a volunteer driver, a friend or family member.

Cost:

- Find out what the cost is for the activity, and a paid companion if this is necessary.

Accessibility:

- Call ahead to ask about the entrance into the building, washrooms, disabled parking spots, and the busy or quiet times.

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Monthly support meetings are held for family caregivers, for people with Parkinson's, Multiple Sclerosis, and those recovering from a stroke and their family members. All are welcome to attend these informal and friendly gatherings at no cost to enjoy

information, helpful tips, humour, and tea. Assistance may be available if you need relief or transportation to attend. For times and locations the Caregiver contact is Stephen Heder at The Friends, 705-746-5102 ex 246. Presentations can be made to any size or

age group on such topics as community resources, care for the caregiver, sandwich generation/elder care, hospice/palliative care, and prevention of abuse to older adults.

Books and educational videos are available from our lending library.

Keep connected

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Try these activities that can be broken down into smaller tasks or adapted to meet each person's needs.

Gardening:

- Try box or container gardening, herb gardens, flower arranging, plan other people's gardens, take a trip to a garden centre and enjoy walking among the plants, visit local parks with gardens, work in your garden on small sections at a time.

Jigsaw puzzles:

- One person sorts by edge pieces or same colour, while the other person puts pieces together, or do puzzles that have larger size pieces.

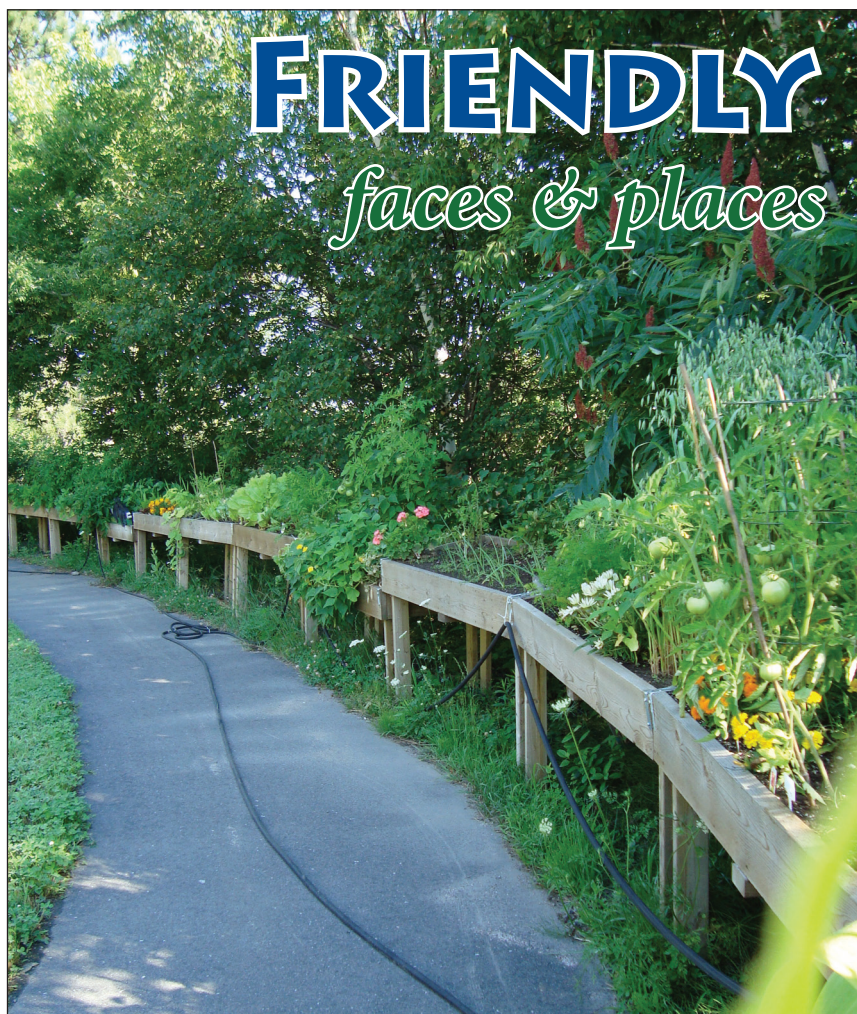
Friends, groups, clubs:

- Join a social bridge group, go golfing - go to the clubhouse for a meal, play nine holes instead of 18, use the practice or putting areas.

Reading:

- Go to the local library where you can read newspapers, borrow movies and audio books, and learn to use the computer.

The most important aspect of 'keeping the connection' is that caregivers look after their own health first. Health consists of not only tending to your physical needs, but your emotional, social, mental and spiritual needs. It is okay to ask for help when needed, as it is a healthy way to prevent caregiver burnout and maintain a positive relationship with the person receiving your support.



Forest Hill's wheelchair accessible garden.



The Friends' Caregivers getting ready for a Muskoka cruise.

FRIENDLY

faces & places



Summer fun in Georgian Bay.



Wenonah and Segwun on Lake Muskoka.



Fun in the Forest Street garden.

Please consider providing support

We have already been successful in receiving \$2,000 from the Bridge Street United Church Foundation to assist us in the creation of an enclosed patio space for our Seniors' Adult Day programs. In addition we were surprised and delighted to learn that Pay it Forward Muskoka has provided a grant to The Friends to further help us create a beautiful outdoor space, moving us even closer to our \$10,000 target! A BIG THANK YOU to the Bridge Street United Church and Pay it Forward Muskoka for their generosity.

The total cost for the creation of an enclosed patio space is \$10,000 – this includes laying patio stones, plants and plant boxes, a secure enclosure, furniture, and a barbecue.

We will need \$5,500 to bring us up to the \$10,000 required for the outdoor space.

- Equipping the kitchen for seniors' programs will cost \$25,000.
- Equipping the transitions/respite unit (a very small, self-contained mini-apartment) with overhead tracking systems and an accessible washroom - \$35,000.
- Equipping the program area for seniors participating in Adult Day programs - \$20,000.

If you would like to donate 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.

A charitable donation receipt will be issued for your donation for income tax purposes.

If you wish to support a particular project, please indicate which one you would like your donation to support:

- ☐ Enclosed outdoor patio space
- ☐ Equip kitchen
- ☐ Equip respite/transitional care unit
- ☐ Equip program area

If you would like to memorialize a loved one, please let us know.

If you are internet savvy... look for our crowdsourcing funding drive at Indiegogo mid-July. The campaign will run for 40 days.

Look us up on the web – www.thefriends.on.ca

THANK YOU FOR YOUR SUPPORT!

THE FRIENDS

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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 newsletter The Friends.
- annual subscription fee \$7
- ☐ 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.
- annual fee of \$7 includes newsletter subscription
- ☐ 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
info@thefriends.on.ca