

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Fall 2020

The Seasons of Wonder

The Fall edition of the Friendly Focus is devoted to putting our best foot forward in challenging times. As winter (and bad weather) creep closer, it's time to talk about ways to find enjoyment, keep safe and to chart new trails in our life's journey. When the leaves turn colours and begin to fall, it's time to re-assess, plan and chart a way forward. Have you lost a partner you love? Has COVID-19 left you unemployed? Are you a caregiver trying to manage your day-to-day life under difficult

circumstances?

Do you worry about mom, dad or grandad as they age? While we can't hope to solve your problems, we can provide some thought provoking articles; we can point to resources that you may not know exist and we can lighten your day with a kind thought and a gentle bit of humour. If you are interested in supporting the organization, or wish to find a way to read a digital version, please be sure to check out page 12 for information.

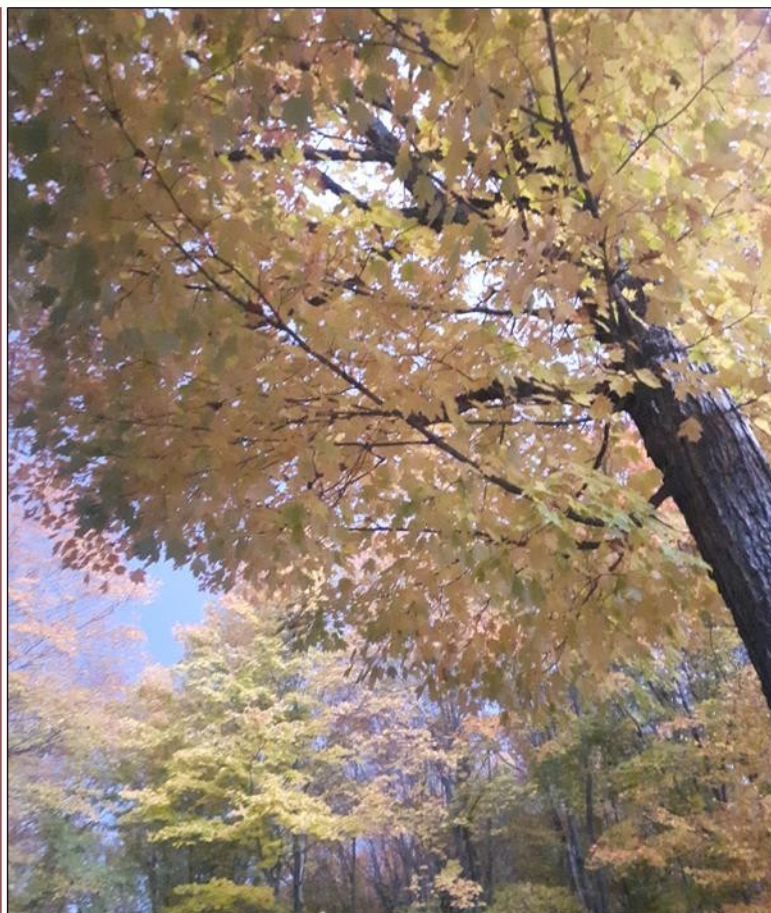


Falling through the Seasons



INSIDE THIS ISSUE

- 4 *From the CEO's Desk*
- 5 *Donations Support?*
- 5 *Celebrating the Fall*
- 6 *Help Wanted*
- 6 *Keep Fit While You Sit*
- 7 *The Season for Nesting*
- 8 *Need Inspiration?*
- 8 *Christmas Book List*
- 9 *Gifts For Seniors*
- 10 *Kinder New Year*
- 11 *Resources*
- 11 *Bill of Rights*
- 12 *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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The Friends newsletter can also be read online at
www.thefriends.on.ca

Send content or comments to
info@thefriends.on.ca

Supported by:



From the CEO's Desk

When fundraising for our local new hospital was underway, The Friends' Board of Directors made a conscious decision to pull back from active fundraising in order to support the building of the new hospital by reducing the number of supplicants from the fundraising pool. Of course, we have continued to be supported by generous community members who understand the value of the services we provide

and are grateful for their ongoing donations. This summer, the Board decided to gently dip its toes back into the fundraising pool. Could we develop a group of dedicated community support? Could we create a well-spring of action for larger capital projects? Over the course of the summer we have mailed out community flyers, had the help of grocery stores in disseminating our newsletter, beefed up our on-line presence and advertised in the local paper. The

overall results are not yet in, but will provide the Board with valuable information with respect to fundraising campaigns of the future. In the meantime, The Friends' team continues to deliver services to vulnerable people across West/East Parry Sound and Muskoka.

Thank you to all of our staff for continuing to deliver top notch service even in difficult times.

Marliese Gause,
CEO

What Can Your Donations Support?

You don't have to be a millionaire to make a difference. A regular donation of just a few dollars a month adds up over time and can:

- Defray costs of transportation
- Reduce or eliminate cost of participation in day programs for seniors/caregivers in need
- Provide emergency support for low income seniors for groceries
- Support access to special occasion events ie participating in a Christmas lights tour, or an occasional shopping trip to a larger community
- Support access to transportation in rural communities where there are no grocery stores

If you are thinking about a legacy project or prefer to put your donation to work on larger projects, here are some things we are working towards:

- Paving the driveway and parking area at our Gravenhurst location (\$5,000 to \$10,000) making it easier and more accessible for our elderly program participants to access the building
- Increasing the accessibility of the two

apartments in our Gravenhurst building by putting in an elevator (sigh....that's a \$100,000 + job) increasing access to the apartments for seniors who have difficulty with stairs

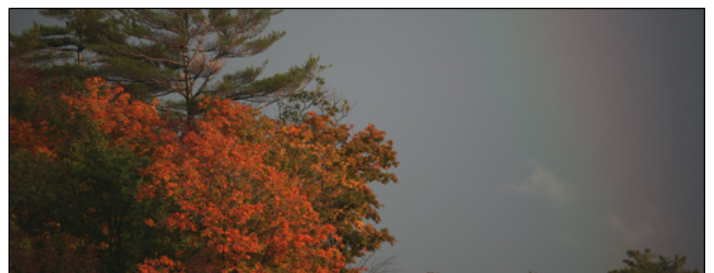
- Building a 24/7 Accessible Supportive Housing model in Muskoka (\$4 to 5 million)

If you feel moved to help, check out page 12 of the newsletter or find us online (www.thefriends.on.ca) where you can donate digitally. A charitable donation receipt will be provided to you for tax purposes.

Thank you!

"Walk with me for a while, my friend—you in my shoes, I in yours—and then let us talk."

~ Richelle E. Goodrich, Smile Anyway: Quotes, Verse, and Grumblings for Every Day of the Year



Celebrating the Fall

With Thanksgiving followed by Hallowe'en, October provides a fun leap into the holiday season. If you are alone or providing care, you may feel that holidays are more of a burden than a joy. Family expectations, distance, an ill partner or parent can all cast a black cloud over what was once an opportunity to get together and to have some fun.

Instead of feeling gloomy, try to find ways to lift your spirits by embracing the season.

- Limit the amount of decorations – they not only need to be put up, but then removed before the snow flies. A wreath on the door or a fake pumpkin in your window should suffice.
- Think about what you liked best about the season. Was it the food? Companionship? The atmosphere? Focus on the elements that gave you the most joy. If food is a key ingredient in enjoying the season, spend your energy on cooking something special. If time and caregiving are an issue, enlist some help. Grandchildren, children, siblings a neighbour who you know well, a friend, a member of your church. Don't be shy, ask! Most people are thrilled to be given a chance to help out.
- Plan ahead. It's way too easy for holidays to creep up on you and then vanish leaving you with a feeling of sadness. Anticipation is part of the fun, so get out your calendar and make a list of things you may need – extra groceries, craft



supplies etc.
remind you of why you love the season and to share memories with your loved ones

- Enlist the person you are caring for in preparation activities. Put pictures of past celebrations up on the fridge or in easy viewing areas to
- Make new memories...take pictures, post on your blog/facebook site or Instagram

Here's the simplest recipe that is delicious and makes your house smell like the holidays!

Holiday Baked Apples



Choose a firm tart apple like the Granny Smith. You can make one, two or half a dozen so simply choose how many people you are serving.

- Core apple (s)
- Insert a generous dollop of butter, a tbsp. of brown sugar and a half tsp of cinnamon per apple

- Place on a baking tray and bake in a 350 oven for roughly 45 minutes. When the apple looks soft and baked through, pull out and serve with ice cream or whipped cream.

Help Wanted ~ *Timothy Tocher*

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donner lost his mind.

Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out—
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly



Keep Fit While You Sit

Plenty of people around the globe have an inactive lifestyle. Results: joint pains, loss of energy, quick ageing and high blood pressure. It's important to realize that muscles that aren't exercised regularly will shrink and weaken and joints they move will become stiffer and weaker. Exercise also reduces stress and fatigue and will increase your energy level and endurance.

Disabilities rarely mean that you can't exercise. Don't worry if you are not athletic. It's okay to focus on stretching, light lifting or doing a partial aerobic workout. Exercise can be helpful whether it's for a few 10 minute intervals or an hour three times a week. If you are consistent, exercise improves stamina and increases your ability to perform activities of daily living. It reduces medical complications for people in wheelchairs and allows those with progressive disorders to maintain a higher functioning level.

The following are a few guidelines for exercising:

- It's a good idea to check with your physician and ask their opinion before undertaking any exercise, especially if it has been awhile since you have undertaken any fitness program or exercise.
- Start off gently and work within your comfort zone. Increase your effort gradually over several weeks.
- Maintain regular breathing throughout the exercises, try not to hold your breath—your muscles will need the oxygen.
- Try to keep strict form, with control, not using momentum. All exercises should be

performed slowly. Do not undertake any exercise if you are in pain or feeling unwell while exercising stop immediately.

And remember, any exercise is better than none at all.

The following are a few exercises that you can try:

Neck Tilts: Sit straight in your chair, lean your left ear to your left shoulder, hold for five seconds. Repeat on the right side. Then lower your chin to your chest and

hold for five seconds. Repeat this exercise five times. The neck gets tight from sitting or standing all day in one position and moving it allows good circulation.

Shoulder Rolls: Sit up straight in your chair, lift your shoulders up together and slowly roll them backwards. Repeat ten times. Then lift your shoulders up together and slowly roll them forwards. Repeat ten times. This exercise will strengthen and stretch the muscles and maintain the correct posture.

Finger Flexion: Make a tight fist with your hands then stretch out fingers. This exercise decreases joint pain and stiffness and increases flexibility.

Ankle Pumping: Pump both ankles up and down several times. This improves circulation in your legs and tones the

muscles in the lower leg.

Leg Extensions: Sit up straight in you chair, extend left leg straight, hold at chair level for five seconds, then lower. Repeat ten times. Then do the same with the right leg.

Marching: March in place while sitting, bringing your knees as high as possible. This exercises the knees and hips.

Have fun and enjoy exercising. It is one important activity that you can do for yourself to increase your quality of life. And remember if you don't use it, you lose it. ~ Janet McEwen, Range of Motion Assistant



T'is the Season for Nesting

Fall is the perfect time to “nest”, getting your world ready for bad weather; making sure you have shovels handy and a few extra bags of kitty litter that you can keep in the car just in case you need a bit of road assistance. For those who heat with wood, it means stacking your winter supply in a handy location, for others, it may mean fall maintenance on a furnace or fireplace.

It's also a good time to clear out clutter and consider whether your home —be it a tiny apartment or a mansion—still makes you happy. Consider your collection of mugs, for example. Do you have a shelf full of ugly mugs that have been gifted to you as mementos of a conference, a university or a participation in some other event? Do you use them? Do they make you smile? If not, bundle them up and get them out of the house.

Are you drowning in ancient paperwork, sad remnants of your student life? Old cards, receipts? Take some time to sift through the piles. Put aside things you want to keep — certificates of achievement, school transcripts, correspondence that is still meaningful to you. You can store these in vinyl sleeves in a binder where they will be easy to look at — no more digging through piles of paper to find the things that are important to you. Bundle old paperwork up and make arrangements with a shredding service to safely dispose of. Sort through your magazine collection. Are you keeping them because they have that one special recipe you don't want to lose? Or that article about gardening that you found

helpful? Here's a tip — cut the relevant pages from the magazine, slide into a vinyl sheet holder and keep in a binder. Toss the rest of the magazine into a recycling bin. Trust me, if you love magazines, but never get rid of them, this is a good and effective way to create some space.

Check your closet and replace summer clothing with your fall wardrobe. Try stuff on. If it doesn't fit, is ancient or coming apart at the seams, send it off to another home where the items can either be reused or recycled.

Clean, throw out, repair! Remember to plan projects for rainy days. Consider sorting your photo albums making sure you have

identified the people in the photo on the reverse side or in notes (if digital) — your grandchildren and great-grandchildren will thank you.

Stock up on favourite hobby supplies; scrap booking materials, crossword puzzles, knitting yarn, indoor gardening kits, a brand new journal, kits for model cars, planes or boats, update subscriptions to magazines or digital services.

Create a few goals that are meaningful to you and work towards them throughout the season. Whether it's to improve your overall health, make new friends, educate yourself or perhaps just to find time to relax and recharge, a goal will give you something to strive for and to check off your list once achieved. Keep it small, doable and meaningful to you!



Need Inspiration?

Before there was Martha Stewart, there was Alexandra Stoddard. Ms. Stoddard's inspiring thoughts on home and well being

might provide just the inspiration you need to start a new page in your life in 2021. I recommend: *Feeling at Home: Defining Who You Are And How You Want To Live*



Christmas Book List

Give an e-reader to a loved one! For a senior who has arthritis or can't manage a heavy book an e-reader is light, easy to manage and can contain a multitude of books. In fact, giving your grandparent an e-book is easy, saves clutter or a trip to the used book store dragging a pile of books. Best Christmas gift ever.

Here are some book suggestions.

The Crossing Places

Elly Griffiths' Ruth Galloway Series
If you like your mysteries with a dash of archaeology.....

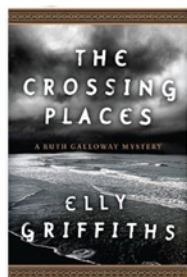
When a child's bones are found near an ancient henge in the wild saltmarshes of Norfolk's north coast, Ruth Galloway, a university lecturer in forensic archaeology, is asked to date them by DCI Harry Nelson. He thinks they may be the bones of a child called Lucy who has been missing for ten years. It's a cold case he has never been able to forget, in part because he's been getting creepy letters about Lucy ever since her disappearance from someone who quotes the Bible and Shakespeare and includes references to ritual and sacrifice. When Ruth proves that the bones are those of an Iron Age girl who died over two thousand years ago, she supposes that this is the end of the story. She's wrong: it's just the beginning of a nightmare.

The Crossing Places is a gripping story about how the past, even the distant past, can have a deadly hold on the present. It marks the beginning of a stunning new mystery series, and the debut of an intelligent, salty-tongued sleuth who is all the more likeable for being vulnerable in ways she's the last to recognize.

The Sentinel...A Jack Reacher Novel

Author Lee Child

As always, Reacher has no particular place to go, and all the time in the world to get there. One morning he



ends up in a town near Pleasantville, Tennessee. But there's nothing pleasant about the place.

In broad daylight Reacher spots a hapless soul walking into an ambush. "It was four against one" . . . so Reacher intervenes, with his own trademark brand of conflict resolution.

The man he saves is Rusty Rutherford, an unassuming IT manager, recently fired after a cyberattack locked up the town's data, records, information . . . and secrets. Rutherford wants to stay put, look innocent, and clear his name.

Reacher is intrigued. There's more to the story. The bad guys who jumped Rutherford are part of something serious and deadly, involving a conspiracy, a cover-up, and murder—all centered on a mousy little guy in a coffee-stained shirt who has no idea what he's up against.

Rule one: if you don't know the trouble you're in, keep Reacher by your side.

Someone to Romance

From the Queen of Regency romance, Mary Balogh,

Lady Jessica Archer lost interest in the glittering excitement of romance after her cousin and dearest friend, Abigail, was rejected by the town when her father was revealed to be a bigamist. Now that she is twenty-five, however, Jessica decides it is time to wed. Though she no longer believes she will find true love, she is still very eligible. She is, after all, the sister of Avery Archer, Duke of Netherby.

Jessica considers the many qualified gentlemen who court her. But then she meets the mysterious Gabriel Thorne, who has returned to England from the New World to claim an equally mysterious inheritance. Jessica considers him completely unsuitable, especially when, while they are still barely acquainted, he announces his intention to wed her. When Jessica guesses who Gabriel really is, however, and watches the lengths to which he will go in order to protect those who rely upon him, she is drawn to his cause—and to the man.



Christmas Book List (con't)

source: amazon.ca

Speaks the Nightbird

Murder sparks witchcraft hysteria in this “thoughtful” and “entertaining” seventeenth-century historical mystery from a New York Times—bestselling author Robert R. McCammon.



It's 1699 in the coastal settlement of Fount Royal in the Carolinas when Rachel Howarth is sentenced to be hanged as a witch. She's been accused of murder, devilry, and blasphemous sexual congress, and the beleaguered, God-fearing colonial village wants her dead. But Matthew Corbett, young clerk to the traveling magistrate summoned to Fount Royal to weigh the accusations, soon finds himself persuaded in favor of the beguiling young widow.

Mrs. Drew Plays Her Hand

by Carla Kelly

T'is the season for something tender and warm hearted. Try this lovely, uplifting book by Carla Kelly.



After her husband's death, Roxanna Drew is left with more beauty than fortune. Now, desperate to escape the perils of her past life, she must learn to trust the dashing Lord Winn—a broken man with a past of his own.

This award-winning romance by bestselling author Carla Kelly is the perfect read on a cold winter night with a mug of hot chocolate by your side. Highly recommended and a personal favourite.

“One thing I've found... the road rarely rises up to meet you until you've begun walking.” ~ Michele Jennae

“In most situations, the best you can do... is simply to do the best that you can.” ~ Clifford Cohen

“People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.”

~ Simon Sinek

Thoughtful Gifts For Seniors

It's sometimes hard to find gifts for the person who has everything. Here are some suggestions to make someone's Christmas just a little brighter.

- Create a calendar featuring photos of the family throughout the past year
- Create a playlist – think about what your parents/grandparents love to listen to, throw in a few surprises to keep things interesting
- New earphones, new MP3 Player
- One of those cool jar opener gadgets – especially helpful for seniors whose hands are no longer as strong as they used to be

- A magazine subscription, you can get digital versions on platforms like ZINIO if digital is a preference
- A gift certificate for taxi service

Gifts for grandkids:

- A picture album of the family past and present with information about each ie names, dates and events pictured
- A collection of favourite family recipes
- Record stories – your favourite (or most depressing) Christmas, how you met your spouse, your first house, where did you go to school? What were your favourite

subjects? Where did you work?

Tell them about your parents and grandparents. Tell them about a typical day in your life as a 10 year old, as a teenager....

- Give a gift certificate of time to teach knitting, baking, gardening....
- Create a calendar with pictures of relatives and events/celebrations long gone with a sidebar of information. Include birthday information on the calendar

Gift certificates always look....well, boring so package them up with a box of chocolates, tied to a bottle of wine or slipped into a handmade pair of mittens! Remember, the simplest gifts are often the best.

Help Make 2021 a Kinder New Year!

Here are some Random Acts of Kindness that will make someone's day just a little nicer.

Give a genuine or silly compli-

ment to anyone and everyone.

Check in with someone who's sick.

Ask if you can help someone who may be having a difficult time in life

right now. Hold the door open for the person behind you. Say, "Thank you. Have a nice day" to someone who holds the door for you. Make a card for someone special. Deliver flowers anonymously.

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epsccsp@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

NE Home & Community Care

705.746.4602 1.800.440.6762

www.healthcareathome.ca/northeast

North Simcoe Muskoka

Home & Community Care

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ex

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

Ontario Renovates, District of Muskoka – Assistance for Accessibility Modifications 1.800.461.4210

Simcoe Muskoka District Health Unit – flu clinics/health information 1.877.721.7520

Walk in Clinic Bracebridge Medical Ctr. 705.646.7634

Scams and Frauds – Crime Stoppers – 1.800.222.8477

Senior's Programs & Services Muskoka

705.645.2100 ext.199

McConnell Foundation Muskoka – Financial Assistance for eye glasses/assistive devices/dentures/dental 705.645.2412

Muskoka Senior's (Meals on Wheels, Transportation (Huntsville and area), Congregate dining) 705.789.6676

Red Cross - Transportation (South Muskoka) 705.721.3313 ext. 5602

Elder Abuse – Senior's Safety Line – call if you are being mistreated, bullied or neglected 1.888.299.1011

Assistive Device Exchange A.D.E. – Data base of devices for sale or free



Kinder New Year! (cont)

mously to a hospital patient, a friend, a neighbour, a coworker. Walk someone's dog. Ask a senior citizen about their life story and truly listen. Give a hug to a loved one or friend. Offer to pay another person's food bill. Lend a hand to someone doing yard work. Bring treats to your workplace for coworkers to enjoy. Donate to a homeless person, perhaps give them some food. Leave a kind

server a generous tip. Smile big at a random stranger, just because. Let a person out from a side road who's waiting to get into the main road. Help another parent out with a stroller or carrying things. Give someone a book that you no longer need. Give our parents or grandparents a call just because... Volunteer at a community event. Pay the toll for the person behind you. Pick up trash in a parking lot.



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.

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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.

You can now donate online. Click on the Canada Helps logo on our website
www.thefriends.on.ca

Name: _____

Mailing address: _____

Telephone number: _____ Email: _____

Return to:

The Friends • 27 Forest St • Parry Sound
Ontario • P2A 2R2 • 1.888.746.5102
info@thefriends.on.ca