

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Fall 2017

Keeping Life Interesting

The wheel of seasons has turned once again and fall is standing at our doorstep. As the days get shorter and the air gets nipper, it's time to find ways to keep life interesting as the bad weather threatens. October's calendar is full of fun with Thanksgiving and Halloween highlighting celebrations.

November just happens to be Good Nutrition Month. Maybe it's time to have a critical look at your cupboard and refrigerator. Is it time to ditch stuff you haven't used in a long time? Does your freezer need a good "clean out?" Have you been subsisting on tea and toast instead of a healthy salad? Maybe it's time to re-think your menu. Since November is also National Raison Bread Month, you can always continue the tea and toast tradition by enhancing it with a nice, toasted and buttered slice of raisin bread – just remember to eat that salad later on.

November is also the national awareness month for Alzheimer's Disease, Epilepsy, Diabetes and Hospice. If a family member or someone you know is affected, maybe this is

the month to make a donation, to volunteer your help or just to educate yourself so that you can be a supportive presence.



www.thefriends.on.ca

1

It's Been a Busy Season at *The Friends!*



Transportation
Pancake Fundraiser



ADAP Celebrates
CANADA 150



INSIDE THIS ISSUE

- 4 *From the CEO's Desk*
Participate On Veterans Day
- 5 *Enjoy a Safe Hallowe'en*
- 6 *Across the Districts of Parry Sound and Muskoka*
- 8 *Honouring Our Veterans*
- 9 *Hallowe'en Stories*
All Staff Meeting
- 10 *Resources*
- 11 *Fun Facts*
Bill of Rights
- 12 *Please Provide us with your Friendly Feedback*



Drama in the Trees

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

THE FRIENDS

Dignity • Teamwork
Innovation • Empowerment

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

From the CEO's Desk

Winter is Coming...

....Whether We Like it or Not!

We've been enjoying a beautiful, sunny and warm fall but all of us know that cold weather and snow are just around the corner. Shorter days and the consequent decrease in the amount of daylight help to lower our natural ability to stave off negative thinking and depression. Stresses related to preparations for upcoming holidays and family events, or facing the prospect of a significant special event without a loved one can all contribute to profound sadness and anxiety.

At times like these, it's important to remind ourselves that, although we cannot control the circumstances of our lives, we can choose how we respond to

them. Moreover, we may have a larger "toolbox" available to us than we may think. Here are some strategies to help you manage:

- increase your exposure to daylight by spending as much time as possible outdoors. Bundle up, sit on your patio, take a walk, better yet, take along a friend
- plan to do your holiday gift shopping early to avoid the stress of crowds and a reduced selection of gifts. With the growth of e-commerce, shopping has never been easier.
- stay active – plan your weekly activities in advance i.e. tea with a friend, an exercise class, volunteering in a hospital, nursing home or shelter
- keep a journal –pour your thoughts and emotions out on paper, keep track of the weather, the birds you see at your bird feeder, stick in some pictures of friends or happy occasions.
- exercise GRATITUDE – find 10 things in your life for which you are truly grateful yet often take for granted. Relish their availability to you, the convenience or pleasure they add to your life and say "thank you." Get rid of negative feelings by replacing them with positive pleasurable actions.
- Last, but not least, focus on the good things in life and it will become easier to deal with the challenges.

**My thanks,
Marliese Gause**

Participate On Veterans Day

November also honours Canada's veterans. Taken from the Federal Government's website, here are some activities you can participate within:

- Wear a poppy.
- Lay a wreath at the cenotaph with classmates and friends.
- Plant poppies, tulips, a tree or an entire garden of remembrance.
- Read about peace cranes, and then fold and display origami peace cranes.
- Learn about Mark Isfeld and "Izzy" dolls, their distribution, and make "Izzy" dolls to send to children in other countries.
- Attend a Remembrance Day ceremony. To find a ceremony visit Government of Canada calendar of events, or use the Veterans Matter mobile app.
- Pause for two minutes of silence at 11:00 a.m. on

November 11.

- Plan and participate in a commemorative ceremony at school or with a community group, using Government Guide to Commemorative Services.
- Organize a candlelight tribute ceremony at a cemetery to remember those who died during military service to Canada.
- Participate in the Royal Canadian Legion Annual Literary and Poster Contest that is open to all Canadian school children.
- Visit your local cemetery and pay respect to a Veteran's grave.
- You could also adopt a Veteran's grave in your community. With the permission of the person's family or the cemetery, visit and take care of the grave. You could dig weeds, plant flowers or clean the headstone.

Enjoy a Safe Hallowe'en by Following These Simple Guidelines

Hallowe'en is a cherished tradition, but can also be an evening full of hidden dangers including falls, contact with motor vehicles, and poisonings. Weather, darkness and excitement can all contribute to risk. When planning your Hallowe'en adventure, please



- choose make-up (choose packaging that is labeled "approved colour additives") instead of a mask that might obstruct your vision
- use reflective tape and light coloured materials if you

remember that safety should be at the top of your priority list.

Whether you are planning to be out amongst the revellers or at home "shelling" out treats to all the little hobgoblins, the following is a list of basic safety rules that will ensure everyone has a fun filled evening.

Home Safety

- remove anything from yard or porch that someone could trip over
- turn on outdoor lights and replace any burned out bulbs
- don't overload electrical outlets with holiday lighting
- sweep wet leaves from steps and sidewalk
- if you use candles in jack-o-lanterns, keep out of the reach of children and away from flammable materials
- give some thought to food allergies, consider having non-food treats in your basket of goodies, ie. stickers, erasers, yo-yos
- if you are giving candy, use

wrapped and labeled treats (avoid homemade items)

- plan not to be alone, share the "shell out" duties with a spouse, friend or volunteer
- don't open your door to suspicious looking people such as several or lone individuals who look too big to be trick or treating. Ask them to identify themselves first
- when children return home from their trick-or-treating, wash and cut up any fruit and discard any treats that are not sealed or look like they may have been tampered with – when in doubt, throw it out

Costume Safety

- choose fire retardant materials whether you make, buy or rent a costume
- make sure the costume fits properly so that you aren't tripping over it or getting it caught in the wheels of your chair or walker

- plan to be out and about
- make sure you have room for warm clothing underneath your costume if you plan to be outside
- always take a flashlight

Drive Safe

- watch for children darting out from between parked cars, walking on roadways, medians and curbs
- enter and exit driveways and alleys carefully
- watch for children in dark clothing
- Following common sense rules will ensure that you have a happy, safe and totally ghoulish Hallowe'en.

Fun Fact

Vanilla is the extract of fermented and dried pods of several species of orchid.

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

October

Mon-Thu: 9am-12, Billiards, Seniors' Centre, 80 James St
Mondays: 7-9, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10am, Aquafitness, Grand Resort Tappatoo, 30 Tapatoo Tr
 :9am-11, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave,
 McDougall (Winter: Pentecostal Church Basement) 705.346.1986
 :1-2pm, Bid Euchre, Seniors' Centre, 80 James

Tuesdays: 1-2pm, Music Jam Session, Seniors' Centre, 80 James St

:7pm-10, **Every Other Tue** from Oct 10, Country Music Jam Session, St James United Church, basement, 24 Mary St
 :12-3pm, Used Clothing, St. James, 24 Mary St Boutique

:7pm-8:30, Georgian Bay Toastmasters, **wkly 2nd & 4th Tue**, WPSHC 6 Albert St second floor (room 2134)

Tue & Wed: 9-11am, Pickle Ball, Community Hub (formerly William Beatty School), 82 Gibson St

Second Wed of Month: 7pm-9, Book Club, Parry Sound Public Library, 29 Mary

Wednesdays: 10:30am, Movement to Music, Parkinson's Support, Canadore College student lounge, 1 College Dr
 :4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St

:1:30-2:30pm, Darts, Seniors' Centre, 80 James St
 :7pm-9, Taoist Tai Chi, PS Seniors' Centre, 80 James St
 :10am-11, Belvedere Heights, 21 Belvedere Hts

:6-9pm, Chess Knights (Adult), Public Library, 29 Mary St
Thursdays: 12-1pm, Hospitality Lunch, St James United Church, Free, All welcome, 24 Mary St

:9am-11, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave, McDougall (Winter: Pentecostal Church Basement) 705.346.1986

:12:15-1, NamasteA, Yoga and tea at the Parry Sound Public Library, 29 Mary St

:1-4pm, Cribbage, Seniors' Centre, 80 James St

:1-4pm, Shuffleboard, Foley Community Hall, 60 Rankin Lake Rd, Seguin

:5pm, Healthy Eating Active Living, Parry Sound Friendship Centre, 13 Bowes St

:7pm, Country Music, Friendship Centre, 13 Bowes St

Fridays: 7:30pm, Euchre Party, 439 Hurdville Rd @ Hall

:7:00pm, Texas Hold Em Poker, PS Legion, 30 Mary St

:1-2pm, Euchre, PS Seniors' Centre, 80 James

:7pm, Bid Euchre, PS Seniors' Centre, 80 James

Saturdays: 2-4pm, Kid Zone, Parry Sound Library, 29 Mary St

:1pm, Country Music, **every 3rd Sat**, Seniors' Ctr, 80 James

Tue 10: 7pm-12, Films That Make You Think, Racing Extinction, Museum on Tower Hill, 17 George St

:10am-12, Probus Club, **4th Sat monthly**, 1 College

Dr, Canadore College

Wed 18: 10am-2pm, 50 Plus Lifestyle Expo, Charles W Stockey Ctr, 2 Bay St

November

See October for weekly & monthly events

Sat 18: 9am-3, Christmas Craft Sale, Dunchurch Community Centre, 2199 Hwy 124

Fri 24: 4pm-8, **Sat 25:** 9am-4, Winter Craft Sale, Bobby Orr Community Centre, 17 Mary St

December

See October for weekly & monthly events

Tue 12: 7pm-12, Films That Make You Think, The Sugar Film, Museum on Tower Hill, 17 George St



EAST PARRY SOUND

October

Saturdays: Euchre at the Dunchurch Legion **Every Sat @** 1:30-3:30 & **Tue** 7:30-9:30, 2130 Balsam Rd

:7pm - 12, Spur Of The Moment Band, **1st Saturday Mnthly**, Dunchurch Legion, 2130 Balsam

:**Last Powassan Farmer's Market of the Season is Sat, Oct 7th:** 9-1, beside the Beer store

:5:30pm, Agricultural Society Bingo, **1st Sat Mnthly**, Burk's Falls Arena, Crozier Room, 220 Centre St

Second Sat Montly: 12:30-4pm, Jamboree, 3 bands to enjoy, Katrine Community Centre, 6 Browns Dr, Katrine

Mondays: 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, Sprucedale Srs Friendship Centre, 2609 Hwy 518W

:5-6pm, Scrabble at Powassan Library, 324 Clark St W

Tuesday & Thu: 9:30am, Sit & be fit, Young At Heart

Seniors' Center, 39 Copeland St, Burk's Falls

:10am-11, Seniors Exercise Class, **Every Tue and Thu** at the Sunshine Club, \$3 per person, Golden Sun-

shine Hall, 105 Edward St, Powassan

Tuesdays: 1pm, Ladies Euchre, Dabber Bingo 7pm-9 weekly, Sprucedale Seniors' Centre, 2609 Hwy 518W
:1-1:30pm, Tai Chi, Bid Euchre, 1:30-3pm, Katrine Community Centre, 6 Browns Dr

:Dabber Bingo, Sprucedale Comm. Ctr, 31 William St
Wednesdays: 7pm-10, Bingo, Dunchurch Comm Ctr, 2199 Hwy 124

Thursdays: 6pm, Bingo Bash, **Every 1st and 3rd Thu** at the Burk's Falls Legion, 9 Mary St
:7:30-9:30, Cribbage at the Dunchurch Legion, 2130 Balsam Rd

First Thu of Month: 7:30pm-10, Open Mic Night, Sprucedale Hotel, 2502 Hwy 518W

Second Thu of Month: 9am-3, Argyle Quilt Group, Arnstein Community Ctr, Hwy 522

Third Friday: 7pm-11, Coffee House—Blues, Rock, Country, Folk, Burk's Falls Legion, 9 Mary St

Fridays: 1-3pm, Chess Club, Powassan Library, 324 Clark St W

:1:30pm, Euchre, Young at Heart Seniors Centre, weekly, 39 Copeland St, Burk's Falls

:7pm, Square Dancing, **every 2nd Fri**, South River Friendly Circle Seniors' Centre, 11 Isabella St

November

See October for weekly & monthly events

Sat 25: 9am-3, Highland Christmas Craft Show, Sundridge, Strong, Joly Arena, 14 Albert St, Sundridge

December

See October for weekly & monthly events

MUSKOKA

October

Mondays: 9:30-12, Free Drop In, Women's Resource Centre, every **Mon**, 1-29 Manitoba, Bracebridge

Tuesdays: 1pm, Book Club, **last Tue monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling

:7-9:30, **1st Tue of month**, Lions Club Bingo, Bracebridge, 131 Wellington St

:7pm, Yoga, Oakley Village Square, **every Tuesday**, 1198 Vankoughnet Rd, Bracebridge

Wednesdays: 9:30-11:30, Ladies Quilting, **every Wed**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge

:9am-2, Gravenhurst Farmers Market, **Every Wed** to Oct 21, Special Events Field, Muskoka Wharf

:9:30am, Probus Club of S Muskoka, **1st Wed of month**, Bracebridge Sportsplex, 110 Clearbrook Tr

:12:00, Diner's Lunch Club, \$9.00, **every Wed**, must register day prior, 705.789.6421, Active Living Centre, 20 Park Dr, Huntsville

Thursdays: 9am-2, Last Day for Huntsville Farmer's Market Oct 5, Canadian Tire Parking Lot

Fridays: 9am, Ladies Coffee Time, **1st Fri monthly**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge

Saturdays: 2-4, Drop in Art Class, Let the Cat Go Studio, 193 Manitoba St Unit 1, Bracebridge

Sun 1: 10am-6pm, Muskoka Autumn Studio Tour, Map available on the website

:10am-4pm, Bala Craft & Gift Fair, Bala Community Centre, 1008 Maple St

Sat 7: 8:30am-1, Bracebridge Farmers Market, Last day of the season, Memorial Park, 120 Manitoba St

:9am-11:59, Rosseau Thanksgiving Market, Community Town Hall, Victoria St

:10am-3, Rosseau Pumpkin Festival, Rosseau Village

Sat 7 & Sun 8: 10am-4, Thanksgiving Open House, Muskoka Lakes Museum, 100 Joseph Street, Muskoka Lakes

Thu 12: 3pm-5, Manage your Osteoarthritis Pain, Hip & Knee, Gravenhurst Centennial Centre, 101 Centennial Dr

Fri 13-15: 12:00, Bala Cranberry Festival, Johnston's Cranberry Marsh & Muskoka Lakes Winery, 1074 Cranberry Road, Muskoka Lakes

Thu 26: 3pm-5, Osteoarthritis of the Hand Class, Gravenhurst Centennial Centre, 101 Centennial Dr

Tue 31: 5pm-8, The Great Pumpkin Trail, Muskoka Heritage Place, 88 Brunel Rd, Huntsville

November

See October for weekly & monthly events

Sat 4: 10am-4, Muskoka Lakes Christmas Market, Port Carling Community Centre, 3 Bailey Street, Muskoka Lks

Sat 18 & 19: 10-5, X-mas Show, Bracebridge Sportsplex

December

See October for weekly & monthly events

Sat 2: 6-8:30, Bala Bethlehem Trek

Sun 3: 1-2pm, Santa Claus Parade, Bracebridge

Sun 10: 1pm, Baysville Santa Claus Parade, Bridge St



"Blessed are the curious for they shall have adventures."

~ Lovelle Drachman

HONOURING OUR VETERANS

Joan Botham, one of *The Friends'* long serving staff members and a much appreciated member of the supervisory team shared these poignant stories, reminding us all of the sacrifice made by others.

War Veterans? These words conjure up many things in the minds of some, but those who were there in the throes of the conflict don't need to imagine. Our veterans deserve the utmost respect from all. They gave unselfishly of themselves. Fearless and unrelenting, they forged ahead with one goal—Freedom for all. We, at home waiting for our loved ones to return can only imagine the horrors they endured. This is evident when a Veteran tells you he would rather not talk about it. It's not that he does not remember the years of war or his fallen comrades; he clearly does, but chooses to remain silent. November 11th is the day that everyone remembers and honours our Veterans.

I recall one Veteran, when asked what he remembers most, his reply was that, "when it was over, I was so happy to be home, only to be told they (his family) had given away all my clothes because they thought I wouldn't be coming back. Some asked is I'd had a good holiday." He had to continue wearing the army issues until he could get other clothes, which were hard to come by in 1945.

Then there are stories that warm a heart. Like the one about "Princess Louise." It all started close to the "front" in Italy, in September 1944. The men of the "8th Princess Louise Hussars," from New Brunswick were in the dugouts to shelter themselves from the shells. They could hear the cries of the animals that had no protection in the farm fields. When things quieted down they went out to investigate. They found a mare and her foal. The mare was clearly dead, but the foal, walking in circles, couldn't figure out why mom was not willing to feed a hungry foal. The filly was wounded in the leg and belly, so the boys took it back to the medic to get patched up, which wasn't easy with the size of a horse's belly. This filly would need help to get through this, so they couldn't just turn it out. The men nursed it back to health. They named her Princess Louise and the young filly became the mascot of the New Brunswick troop. They went to great lengths to protect her and even fashioned a stall in a 3-tonne truck and she travelled with the regiment safe and sound as they made their way through France, Bel-

gium and into Holland. At the end of WW11, the regiment stayed in Holland for some time waiting for transportation, but the filly was shipped pronto from Holland to New York and on to Saint John. Princess Louise went on being the mascot, marching in all the parades in full military dress. She did so much for the morale of the troops in the darkest days of the war. Neither the veterans, nor their families that knew of this tale will ever forget it.

Then there is the story of the corporal that had been a Medic all through the war, was being discharged and was asked if he would be taking up his practice as a Pharmacist when he got home. You see, some one had asked him when he signed up what his profession was. To this he had replied, "I'm a farm assistant."

Joan Botham, I.L.A. III

ANZAC BISCUITS

This is a recipe that was adapted for sending to the troops overseas, but is still used today for fund-raising. It is a biscuit (cookie) that will keep for long periods of time.

1/2 cup flour	1/3 cup sugar
2/3 cup rolled oats	3 tbs. melted butter
1 tbs. boiling water	2/3 cup coconut
1/2 tsp. soda dissolved in 2 tbs. boiling water	

Mix flour, sugar, coconut and oats together. Mix soda and water with melted butter and syrup. Add to flour mixture.

Spoon onto well greased cookie sheet (makes 24 small cookies). Bake at 325 F for 12 to 14 minutes. Makes a very crispy cookie or biscuit.



Staff and participants in the Adult Day Program shared some of their Hallowe'en stories!

- Katie remembers dressing up as farmer and all that she had to do was talk and people would recognize her because of her accent. She was born in Yugoslavia.
- Jean B dressed up as Tom Sawyer and met her husband John at a Halloween party 38 years ago in 1977. It was the very first time that they met.
- He was dressed up as a Mennonite. She remembers that she had no shoes on, pig tails and wore knicker bockers. He was dressed in black and wore a white shirt.
- Rod remembers that the neighbours had 7 children and the Mother would make all of the costumes for her kids.

The Friends agency covers a huge geography which is why our Annual All Staff is so important. It's the event where everyone has an opportunity to meet, learn and celebrate achievements. A special thanks to all staff, to dedicated Supervisors and the senior Management Team!

All Staff Meeting 2017



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.



Enjoy
Fall
Colours



Fun Facts

The English word for “soup” comes from the Medieval word “sop” which means a slice of bread over which roast drippings were poured. The first archaeological evidence of soup being consumed dates

back to 6000 BC with the main ingredient being Hippopotamus bones!

The first ring donuts were produced in 1847 by a 15 year old baker’s apprentice, Hanson Gregory, who knocked the soggy center out of a fried donut.

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

Port Loring (Meals on Wheels & Volunteer Transport)
705.757.2530

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



THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



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 \$
- ☐ 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