

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Fall 2019

Here Comes Autumn

This year promises to be a banner year for autumn colours. Make sure you take some time to enjoy autumn's last hurrah before the leaves are gone and November rain and snow appear on the horizon. While the weather is good and travelling easy, enjoy some of the less well known fall fairs and events. Check out page nine for a more full-some list of events in and around your stomping ground.

This is also a spectacular time of year to enjoy your garden's bounty. Can some pickles, make

jam, bake a pumpkin or apple pie and get in the mood.

If you are caring for someone, be it spouse, parent or family member, remember to take care of yourself too. Check out our face book page at *The Friends...Supporting those with Long Term Health Care Needs* for informative articles or call Robin Stainton, *The Friends* Caregiver Support program lead for assistance.

Pg 4 Muskoka Caregivers
Meeting Monday, October 21st



www.thefriends.on.ca

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



Fun from Pool Noodles to Ping Pong

Bowling with Our Day Gang



Rosseau Market Outing

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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

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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:



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North East Local Health
Integration Network

From the CEO's Desk

Changing Landscapes

Summer is over, holidays have been enjoyed and days are rapidly getting shorter and cooler; hello Autumn! We've said goodbyes to summer staff who are returning to school (thank you to Siobhan Badger) and are welcoming new staff to *The Friends* family. Hello Shayla Scheiris, Karen DeHamel, Sandra Spence, Ann Ryan and Laura Robertson.

We are in the midst of reviewing results of a program wide

satisfaction survey provided to all *Friends'* clients as well as planning for the annual All Staff meeting in October. The October All Staff provides an opportunity for staff from across the districts we serve to get together, learn from each other as well as engage in workshops geared to enhance education and service provision. I am looking forward to seeing everyone in October!

The Board of Directors will also be meeting to strategize forward directions, especially given the new

healthcare landscape. As a provider across two Local Health Integration Networks, it will be a challenge to ensure that the agency is able to continue to meet the needs of the communities it has traditionally served.

Looking forward to a productive fall as we work together to continue to provide the best possible care for over seven hundred clients on our roster.

Marliese Gause,
CEO

Caregivers Need Care Too

It really is all about you if you are a caregiver. And, well, it needs to be. As the saying goes, *before you help others, you must first help yourself*. And where it regards caring for loved ones, care providers often place their own needs last. A stressed and overwhelmed care provider cannot expect themselves to be at their best, though many often do.

At *The Friends*, we know the value of caregivers to our communities and care that you have access to all community resources, information particular to the challenges you face, as well as tools to effectively manage the stressors that accompany this journey.

Our Caregiver Support Programs in Muskoka and Parry Sound are in full swing with groups of caregivers meeting once monthly, always on a Monday, in Bracebridge and Parry Sound. Participants enjoy the

camaraderie, share stories, strike common bonds and learn that they are not alone within the challenges faced. Supervision of the person being cared for and transportation to the group may be arranged. If you are caring for a loved one, regardless of their diagnosis, please register by calling Robin Stainton, Caregiver Support Program Facilitator, 705.746.5102 x289 (direct) or 705.687.5100 x222

Meetings in Muskoka: Schedule 2019, Oct 21, Nov 18 & Dec 16 at the Bracebridge Centre for Active Living, 54 Dominion Street

Meetings in Parry Sound: Schedule 2019, Oct 7, Nov 4 & Dec 2 at The Friends, 27 Forest Street.

If groups are not for you, telephone and email support are also available.

"The closest thing to being cared for is to care for someone else."
- Carson McCullers



Fun in Muskoka

It was good to see our Muskoka clients enjoying outdoor spaces and I'm sure we are all looking forward to a bug free autumn. Volunteer musicians continue to wow us, providing some much loved entertainment for our Day Program partici-

pants and staff, and we're also thrilled that our clients share their artistic gifts with us.

Once again, our end of season BBQ at Oakwood Heights was a huge success with thanks to all contributors and guests.



ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

October

: call PS Friendship Centre, 705.746.5970 for events

Sundays: 2:30pm-5:30, Senior's Euchre, McKellar Community Centre, 701 Hwy 124

Mon & Fri: 1-4pm, Bid Euchre, Seniors' Centre, 80 James

Mon 9:30 & Thu 9am-11, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave, McDougall (Winter: Pentecostal Church Basement) 705.346.1986

Mon, Wed, Fri: 9:30, Pickle Ball, Pointe au Baril Comm Ctr, 70 S Shore

Mon, Thu, Fri: 9am-12, Billiards, Seniors' Centre, 80 James

Mondays: 10am, Aquafitness, Snrs Clb members free (746.7186) 20.00 ann. Grand Resort Tappattoo, 30 Tap. Tr

: 7th, 9-2, Xmas Child shoe boxes avail, St Andrew, 58 Seg

Tue & Thu: 9:30-12, Pickle Ball, Orrville Comm Ctr, 1207 Hwy 518

: **Tue** 1pm, **Thu** 1:30, Gentle Exercise, Community Support Services, 21 Belvedere Ave, Basement

Tuesdays: 1-3, Music Jam Session, Seniors' Centre

: 1-4, Seniors Cards, Orrville Comm Ctr, 1207 Hwy 518

: 1-4, Bridge, BOCC, 7 Mary St

: 1-3, Tai Chi, Parry Sound Seniors, 80 James St

: 3:30-6, Community Kitchen, Prep & Share 24 Mary St

: 10:15-12, Pickle Ball, YMCA, 36 Smith Cres

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

: 12-3pm, Used Clothing, St. James Ctr, 24 Mary St

: 7-9pm, Badminton Club, Parry Sound High School Gym

: 11am-12, Alzheimer Peer Group for persons with Dementia, **1st and 3rd Tue**, Lakeland Power, 125 William

: 1:30-3pm, Alzheimer Caregiver Support Group, **3rd Tue Monthly**, Lakeland Power Building 125 William St

Wednesdays: 10:30am, Movement to Music, Parkinson's Support, Canadore College student lounge, 1 College Dr

: 10am-12, Probud Club, **4th Wed monthly**, 1 College Dr, Canadore College

: 12-4, Srs cards, Humphrey Arena, 15 Humphrey Dr

: 5-6, Harvest Share Community Dinner, 24 Mary St Bsmr

: 4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St

: 1:30-4pm, Darts, Seniors' Centre, 80 James St

: 10am, McKellar Srs Euchre, Comm Ctr, 701 Hwy 124

: 5-9pm, Chess Knights (Adult), Public Library, 29 Mary St

Thursdays: 12-1pm, Hospitality Lunch, St James United Church, Free, All welcome, 24 Mary St

: 10-4, McKellar Seniors Euchre, Comm Ctr, 701 Hwy 124

: 10am-11, QI Gong, Community Support Services, Transportation is Free, Book 1 wk advance, 21 Belvedere Hts

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

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

: 1-3pm, Floor Shuffleboard to Nov 28, BOCC, 7 Mary

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

: 10am, Ping Pong/Table Tennis, Seniors' Ctr, 80 James

: 1-4pm, **Euchre**, Srs' Ctr, 80 James, **Bid Euchre** 7pm

: 10am, Tai Chi, McKellar Comm Ctr, 701 Hwy 124

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

: 11-1, Public Skate, Humphrey Arena, 15 Humphrey Dr

Sat 26: 9am-midnight, Halloween Downtown, James St

November & December

See October for weekly & monthly events

Fri Nov 15: 4pm-8, **Sat 16:** 9am-4, Winter Craft Sale, St James Centre for Community, 24 Mary St

Sat Nov 16: 9am-3, Christmas Craft Sale, Dunchurch Community Centre, 2199 Hwy 124

Sat Nov 30: Santa Claus Parade, Downtown Parry Sound

Sat Dec 14: 8:30am, Soap Box Derby, William St hill

EAST PARRY SOUND

October

Saturdays: Euchre at the Dunchurch Legion **Every Sat**

@ 1:30-3:30 & **Tue** 7:30-9:30, 2130 Balsam Rd

: 5:30pm, Agricultural Society Bingo, **1st Sat Monthly**,

Burk's Falls Arena, Crozier Room, 220 Centre St

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

Mon, Wed & Fri: 10-11am, Walk Fit, Dunchurch Comm Ctr, 2199 H 124

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

: 10:30-11:30, Nordic Pole Walking, Magnetawan Community Centre, 4304 N Sparks St

: 4-Scrabble, 6pm-Bid Euchre, Powassan Library, 324 Clark St W, see www.powassanlibrary.com for events

: 10-11, Yoga, South River Seniors, 11 Isabella

: 11-12, 50+ Exercise, Tue & Thu, Magnetawan Comm Ctr., 4304 Hwy 520

: 11:30am, CSS Diner's Club Meal, **3rd Tue** monthly, Dunchurch Comm Ctr, 2199 H124, Free Transportation of groups may be poss, book 1 week in adv. 746.5602

Tuesdays: 1pm, Ladies Euchre, Dabber Bingo 7pm-9

weekly, Sprucedale Seniors' Centre, 2609 Hwy 518W

: 1:30-3, Bring Your Own Crafts & or play Shuffleboard South River Srs, 11 Isabela

: 1:30-3, Bid Euchre, Katrine Comm Ctr, 6 Browns Dr

: 10am, Diner's Club, Dunchurch Comm Ctr. 2199 H124

:1:30 -3, Bid Euchre, Katrine Comm Ctr, 6 Browns Dr
Wednesdays: 6-9pm, Emsdale Ag Soc Bingo, 32 Joseph
 :10-5, Sewing, South River Seniors, 11 Isabella
 :10am-noon, Pickleball, Magnetawan Community Centre, 1st, 3rd, and 4th Wed mth. 2nd Wed 6:30-8:30pm
Thursdays: 6pm, Bingo Bash, Every 1st and 3rd Thu at the Burk's Falls Legion, 9 Mary St
 :9:30am, Line Dance, S River Snrs, 11 Isabela
 :6:30-8pm, Alzheimer Education, **4th Thu mthly**, Powassan, Elm Room, 250 Clark St
 :7-9pm, Euchre, South River Seniors, 11 Isabella
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
Thu 3, 7-9pm, Fri 4, 2-8pm, Sat 5, 10-4, Almaguin Highlands Art Council. Artscape Art Show, Legacy Life Centre, Burk's Falls, 44 Commercial Dr
Sat 5: 6pm, Perry Firefighter's Dance, Emsdale Community Centre, 32 Joseph St
Sat 19: 10-1pm, Cyclocross, Twsp Perry, 1695 Emsdale R
Sat 26th: 8pm, Hallowe'en Dance, Sundridge Legion, 45 Ontario St

November & December

See October for weekly & monthly events

Sat Nov, 2: 10-1, Christmas Craft & Trade, Sprucedale Community Centre, 61 William
Sat Nov 9: 9-3, Craft Show, Burk's Falls Legion, 9 Mary St
Sat Nov 23: 9am-3, Highland Christmas Craft Show, Sundridge, Strong, Joly Arena, 14 Albert St, Sundridge
 :10-2, Christmas Craft Show, Sundridge Legion, 45 ON
Dec 7: 9-2pm, Christmas Craft & Bake Sale, Emsdale Ag Society, Community Centre, 32 Joseph St
 :12-4pm, Christmas in Kearney, Comm Ctr, 8 Main St
Dec 21: 9-11, Pancakes with Santa, Emsdale, 32 Joseph

MUSKOKA

October

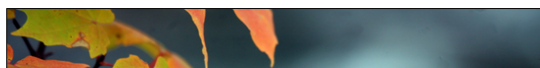
Mondays: 9:30-12, Free Drop In, Women's Resource Centre, every **Mon**, 1-29 Manitoba, Bracebridge
 :10am, Walking Club in Vankoughnet, **each Mon**, call Carolyn 705.645.9767, 1198 Vankoughnet Rd, Bracebridge
Tuesdays: 1pm, Book Club, **last Tue monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling
 :7pm, Yoga, Oakley Village Square, **every Tuesday**, 1198 Vankoughnet Rd, Bracebridge
 :12-1, Free Lunch, Trinity United, 290 Musk. Rd, Grvnh
 :7pm, Bracebridge Lion's Bingo, **1st Tue Monthly**, Rotary Ctr for Youth, Doors open 5:30, 131 Wellington
 :1-3pm, Alzheimer Drop In, Trinity Anglican Church,

290 Muskoka Rd N, Gravenhurst
 :10-3, Sewing Circle, Gravenhurst Women's Centre, 270 Muskoka Road South
 :5:30, Bracebridge Lions Bingo, **1st Tue mthly**, 131 Wellington St
Wednesdays: 9:30am, Probus Club of S Muskoka, **1st Wed of mth**, 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. Call for Pickle Ball, Table Tennis, Bid Euchre, Bridge, Art Group, Travel Talks, Jam Sessions & Wood Carvers weekly schedules
 :9:30-11:30, Ladies Quilting, **every Wed**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebridge
Thursdays: 9am-2, Last Day for Huntsville Farmer's Market Oct 5, Canadian Tire Parking Lot
 :10-3, Knitting Circle, Gravenhurst Women's Centre, 270 Muskoka Road South
 :5-7, Supper Club, FREE, All welcome, Anglican Church, 290 Muskoka Rd N, Gravenhurst
Fridays: 9am, Ladies Coffee Time, **1st Fri monthly**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebr
Sat 5 & Sun 6: 10am-6pm, Muskoka Autumn Studio Tour, Map available on the website
Sat 12: 9am-11:59, Rosseau Thanksgiving Market, Community Town Hall, Victoria St
 :10am-3, Rosseau Pumpkin Festival, Rosseau Village
Sat 12 & 13th: Mini Putt for Food Bank, 301 Ecclestone
Fri 18-Sun 20: 12:00, Bala Cranberry Festival, Johnston's Cranberry Marsh & Muskoka Lakes Winery, 1074 Cranberry Road, Muskoka Lakes
Sat 26: 10-4, Psychic Fair Craft & Bake Sale, Bracebridge Active Living Centre, 54 Dominion St
Thu 31: 5pm-8, The Great Pumpkin Trail, Muskoka Heritage Place, 88 Brunel Rd, Huntsville

November & December

See October for weekly & monthly events

Sat Nov 2: 10am-4, Muskoka Lakes Christmas Market, Port Carling Comm Centre, 3 Bailey St., Muskoka Lks
Fri Nov 15-17: 10-5, X-mas Show, Bracebr Sportsplex
Sat Nov 16: 6:30pm, Port Carling Santa Claus Parade
 :1pm, Bala Santa Claus Parade
Sat Nov 23: 11am, Gravenhurst Santa Claus Parade
Sat Nov 29: 6pm Huntsville Santa Claus Parade
Sat Nov 29: Bala Tree Lighting, 1008 Maple Ave
Sun Dec 1: 1pm, Santa Claus Parade, Bracebridge
Sat Dec 7: Gravenhurst Craft Festival, Downtown
 :6-8:30, Bala Bethlehem Trek
Sun 8: 1pm, Baysville Santa Claus Parade, Bridge St



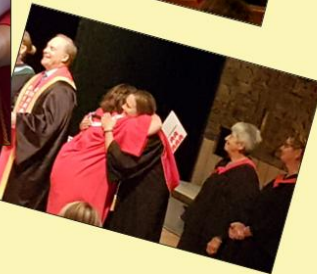
Congratulations to PSW Graduates!

Over the past few years, shortages of Personal Support Workers (PSWs) continue to present growing issues in the provision of community level care so, we are more than delighted when we can celebrate graduations of PSWs. For over twenty years *The Friends'* agency has managed the PSW Education fund on behalf of

forty-seven community agencies. This fund has been a key factor in supporting aspiring PSW's to reach their goals by funding tuition costs. Congratulations to Crystal Beirness, Debbie Kerekes and Sue Schouten on successfully completing the PSW course.



Debbie Kerekes & Crystal Beirness
(Sue Schouten absent from Photos)



Pool Noodle Tournament After Party

Janice Smith, our Homemaking Supervisor extraordinaire, womaned the bar fixing 'mocktails' for all guests present for the trophy reveal and tournament slideshow. Many thanks to all, especially and including the snackmakers and servers.



Linda Tiido, Support Services Manager, together with Sylvie Quelha, our Adult Day Program Activationist, present 'The Friendly Cup' to the winning team.

Fall Fairs and Events You May Never have Heard of!

Perhaps you've missed your favourite fall fair and are wishing there was another event you could visit. We have just the information you need!

The Huntsville Fall Fair opens September 20th – 22nd while the Bala Cranberry Festival opens on October 11th – 13th.

Check out the Thanksgiving Harvest Festival at Sainte-Marie Among the Hurons in Midland and while you're at it, book their fabulous Christmas lantern walk through the historic village. It sells out quickly, so make your plans now. In the mood for crashing vehicles? Try heading out to Coldwater's Fair & Demolition Derby on September 27-28th. Elmvale celebrates its Fall Fair on October 10th and 12th.



If you are familiar with the Owen Sound and Collingwood areas, you know that the area is not only famous for its beauty but for the apple orchards dotting the landscape. Enjoy everything "apple" at the Blue

Mountain Apple Harvest Festival on October 12-14.

For those of you who are already doing Christmas shopping, visit Meaford's Apple Harvest and Craft Show, October 5-6th for an opportunity to pick up unique gifts for your loved ones.

Remember to take lots of pic-

tures! Let us know which fall fairs you most enjoy and why...send us your comments to info@thefriends.on.ca or email shazzard@thefriends.on.ca. You can reach us by snail mail at 27 Forest Street, Parry Sound, Ontario P2A 2R2

"My lovely November, Have you seen my heart, somewhere in your castle of yellow leaves?"
~ Waltz for Zizi

Retro Jello Raspberry Dessert

Always a favourite – easy to make!

½ cup vanilla wafer crumbs
2 tbsps melted butter
1-3 oz pkg of raspberry jello
1 cup boiling water
1 – 15 oz pkg of frozen raspberries
1 cup cold water
1 pkg Dream Whip

- Combine vanilla wafer crumbs and melted butter,

press firmly on bottom of a 10 x 6 x 2 inch pan, reserving 2 tbsps of the mixture

- Chill
- Dissolve Jello in 1 cup boiling water
- Add 1 cup cold water and frozen raspberries
- Stir until fruit thaws and jelly begins to thicken

- Fold in ½ cup Dream Whip
- Pour into pan over chilled vanilla wafer crumbs and butter. Chill until firm. Before serving, spread with remaining Dream Whip and garnish with 2 tbsps of reserved crumb mixture. Cut in squares.
Serves 6 – 8

"How beautifully the leaves grow old. How full of light and colour are their last days."

~ John Burroughs

Weird Holidays to Celebrate

You don't have to settle for Thanksgiving and Hallowe'en in October and November. If you love to create your own fun, celebrate Octo-

ber's Adopt a Pet month, Cookbook Month, National Pizza Festival Month, Vegetarian Awareness Month. When November rolls

around, celebrate National Raisin Bread Month, National Stamp Collecting Month or International Drum Month. The possibilities are endlessly amusing so pick one and enjoy.

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

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 www.Assistivedeviceexchange.com





“In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.”

“In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets.”

~ Cynthia Rylant, *In November*

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.

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 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