

# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



## Friendly Focus

Spring 2019

### Leaving Winter Behind...

...for some of us not soon enough. For others the in-between season easing us from ice and snow to mud and slush is not our favourite time of year. Still, there are compensations such as a suddenly mild day with blue skies, the flurry of birds chirping in trees, the moment when the snow finally vanishes from your front lawn and the first cautious heads of spring blossoms dare to peek up through the tangled underbrush. It takes some effort to make the best of this particular season.

For those who rely on mobility aides...this is the time of year to have someone check out your equip-

ment; brakes, rubber tips, tires – make sure your equipment is safe and ready for the moment when sidewalks are dry and accessible again.

Clean out closets and drawers, nurture a plant, get your spring veggies started. Enjoy an afternoon cup of tea with a good book (see page 9 for some recommendations), call up a friend for an afternoon's outing. Look for spring shows and exhibitions – Canada Blooms, home shows, cottage shows, Easter egg hunts. Mark your calendar with the events you want to enjoy. You can check out local events on pages 6 & 7.



**See Page 5**

**DID YOU KNOW?**  
Every 10 minutes, someone in Canada has a stroke  
That means 50,000 strokes per year  
75% of people who suffer a stroke are left with some long term impairment  
300,000 Canadians are currently living with the effects of stroke

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



Healthy Eating in Transition

Dress up McGill Style

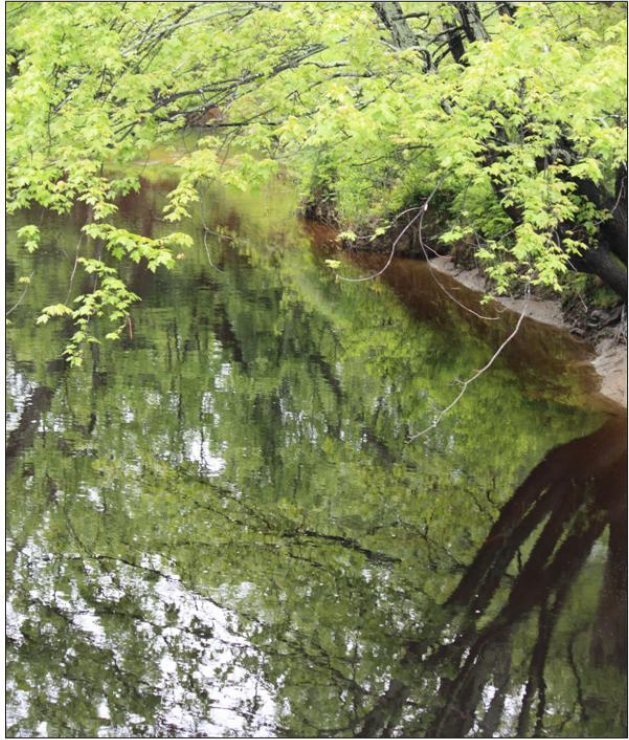


Our ADAP participants enjoyed a Christmas Sing with Karissa Gingrich's Grade 3 & 4 Otter Lake Christian School Classes.  
Thank you for contributing to our joy this holiday season.



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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

Dignity • Teamwork  
Innovation • Empowerment

The Friends newsletter can also be read online at

[www.thefriends.on.ca](http://www.thefriends.on.ca)

Send content or comments to

[info@thefriends.on.ca](mailto:info@thefriends.on.ca)

**Supported by:**



**Ontario**

North East Local Health  
Integration Network

## *From the CEO's Desk*

# Spring Update

Planning for *The Friends'* Volunteer Appreciation celebration is underway and I am looking forward to meeting with the many community members who so unselfishly provide their time to a good cause. This year's theme is, *The Exponential Impact of Volunteers and How They Lift Our Communities*.

I would also like to thank our readers who have so graciously donated funds to the organization. Your contribution means that a senior, who could not otherwise afford to participate in programs or access transportation, has the means to do so. Donors can specify where they want their contribution to go – some donors are interested in supporting the Huntsville building project, while others are more concerned with access

to everyday programs for vulnerable individuals. If you have specific wishes surrounding donations, just let us know. It is important to understand that supporting quality of life is every bit as important as other good causes.

The agency continues to work with its partners across East/West Parry Sound and Muskoka to ensure that people who need services get the help they need. One of our newest programs, the Post-Stroke Program, has rapidly gained traction – please see page 5 for some insight into this important service.

The Huntsville building project is still fermenting below the surface. Changes in government and health care structures have thrown a bit of a wrench into forward movement, however, *The Friends* Board of Directors and I continue to work

towards this important initiative. It is clear to me, that accessible, supportive housing is the answer to many current issues affecting both hospitals and Long Term Care facilities. Did you know that 62% of Long Term Care waitlists could function independently given access to appropriate housing and 24/7 services? Muskoka is particularly poorly served. As a non-profit charitable organization, *The Friends* is working to address that gap and we look towards Muskoka communities in supporting this initiative. If this is something you care about, send us a letter, or an email, donate, or talk to your MPP. For information about us, check out [www.thefriends.on.ca](http://www.thefriends.on.ca)

**Marliese Gause,**  
CEO

## A BIG THANK YOU AND WARM FAREWELL!

As an agency, we depend a lot on our community partners especially transportation providers who help get clients safely to and from *The Friends'* Adult Day Programs.

John Sundy has been providing such kind, welcoming service to participating seniors for ten years. He will be missed.

Thank you John.





## Introducing Our Post Stroke Transitional Care Program

Here at *The Friends*, we are proud to offer community-based services to assist people in their stroke recovery journey. If you, or a loved one, have had a stroke, we can help! We offer Stroke Community Navigation which provides a specialized facilitator to help you make connections to all kinds of stroke based services. The Stroke Navigator is someone who has experience with stroke issues and has connections to community resources. Your navigator can accompany you to appointments, help find transportation solutions, and make referrals to in-home nursing, personal care and housekeeping. Your navigator is here to help you work out how you are going to be able to manage and thrive: the focus is on finding out what you need to reach your goals, and finding practical solutions that work for you.

To access Stroke Community Navigation services:

- Call, email, mail, or fax us to let us know you are interested in learning more about our programs and services.
- Our Navigator will call to arrange a meeting with you and your family to discuss services and complete the application forms.
- After being accepted as a client, a plan will be made with you to address your plans and goals for recovery.
- You will be referred to any services, within our agency or other community agencies, in order to ensure you get the right help at the right time and in the right place.

Stroke recovery is a lifelong journey with ups and downs, and we want to be there to help you along the way. At *The Friends*, in addition to Navigation Services, we also offer many on-site programs to assist you in your recovery:

- Physical Activities Program – under the supervision of our Physiotherapist, you work one-on-one with a Rehabilitation Support Worker to practise a set of exercises specifically

designed to address your particular needs.

- TIME (Together in Movement & Exercise) – a 12 week program of small group exercise developed by Toronto Rehab which helps increase strength, balance and endurance.
- FAME (Fitness and Mobility Exercise) – a 12 week program of small group exercise created to help people work on muscle strength, mobility and cardiovascular fitness.
- Monthly Support Group - a time to meet with peers and get information about various stroke

-related topics.

- GRASP (Graded Repetitive Arm Supplementary Program) – a 12 week small group exercise program specifically designed to assist you in regaining hand and arm strength, mobility and function.
- Meal Prep Group –



participants get to use accessible cutting boards and utensils in preparing a healthy crockpot meal for home once per month.

- Stronger 4 Longer – a small group exercise program that provides those who use wheelchairs an opportunity to increase their stamina, flexibility and cardiovascular fitness while seated.
- Cognitive Remediation – a one-to-one session under the guidance of our Occupational Therapist in which you and the Rehabilitation Assistant work on improving your memory, concentration, organizational abilities, communication, reading, writing and other life skills.

Your Navigator will help connect you with these programs and work with you to ensure that you have the opportunity to join in and fully participate.

Interested in learning more? Call Ruthann Clark at 705.746.5102, ex 246 for more information. We'd love to hear from you!

## ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

### PARRY SOUND

#### April

**Sundays:** 2pm-6, Senior's Euchre, McKellar Community Centre, 701 Hwy 124

**Mon 9:30 & Thu 9am:** Pickle Ball, McDougall Rec Ctr, :10am, Aquafitness, Srs Clb members free (705.746.7186 \$20.00 ann), Grand Resort Tappatoo, 30 Tappatoo Tr

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

**Mon & Wed:** 7pm, Adult Badminton, McKellar Comm Ctr :10-12 Srs Exercise, Wellness Room, Rosseau Nursing Station, 17 Victoria St until Jul 1

**Mon & Fri:** 1-4pm, Bid Euchre, Seniors' Centre, 80 James :call Parry Sound Friendship Centre, 705.746.5970 for spring & summer events

**Mon, Wed, Fri:** 1-2:30 pm, Weekly Walking, YMCA Seniors Walking Club, 36 Smith Cres 705.746.0511 ends Apr 26

:10am, Walk Fit, Dunchurch Com Ctr, 2199 Hwy 124

**Mondays:** 12-2 Soup Kitchen, Harvest Share, St James Centre for Community, 24 Mary

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

:1:30-4pm, Mary St Craft Group drop in, St James Centre for Community, 24 Mary St

:7pm-8:45, Men's pick-up basketball, Age 16-90, High School Gym, bring white T-Shirt and \$5 till mid May

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

:Tue 1:15, Thu 12:45, Gentle Exercise, Community Support Services, 21 Belvedere Ave Basement

**Tuesdays:** 10-11:45 Music Jam Session, Seniors' Centre, PS

:7-10pm, Open Mic Jam Session, St James Ctr, 24 Mary

:1-3pm, Taoist Tai Chi, Seniors' Centre, 80 James St

:6:30pm, Seguin Craft Night, **1st Tuesday** of the month, upstairs, Humphrey Arena, 15 Humphrey Dr

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

:3:30-6pm, Srs Meal Prep & Share, St James, 24 Mary

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



:10:15am-12, Pickle Ball, YMCA, 36 Smith Cres, \$1

:1-3:30, Floor Curling, YMCA, 36 Smith Cres, \$1

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

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

:11am-12, Alzheimer Peer Group for persons with Dementia, **First and Third Tue**, Lakeland Power, 125 William

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

**Wed (10-12) & Fri(1:30-3:30)**

: Line Dancing, Orrville Comm Centre 1207 Hwy 518

**Wednesdays:** 10:30am, Movement to Music, Parkinson's Support, Anglican Church, 6 Church St

:12-3:30, Srs cards, Humphrey Arena, 15 Humphrey Dr

:1:30-2:30pm, Darts, Seniors' Centre, 80 James St

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

**Thursdays:** 12-1pm, Hospitality Lunch, St James Centre for Community, Free, All welcome, 24 Mary St

:10am, Sunshine Euchre, McKellar Community Ctr

:7:30 Cribbage, Dunchurch Legion, 2130 Balsam Rd

:10:15am-12, Line Dancing, YMCA, 36 Smith Cres \$1

:7pm, Mic Night, McKellar Comm Ctr, 701 Hwy 124

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

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

:1-3pm, Floor Shuffleboard, Bobby Orr Comm Cntr

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

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

:9-11:45am, Pool, Seniors' Centre, 80 James St

:10-1, Scottish Dancing, Rosseau Memorial Hall, 2 Victoria St W.

:10-12, Ping Pong, Seniors' Centre, 80 James St

:10am, Tai Chi Beginners, McKellar Ctr until end May

**Saturdays:** 11-3, Crafternoons, Public Library, 29 Mary

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

:8pm, Live Music, Dunchurch Legion, **1st Sat Monthly**

:1:30-4, Euchre, Dunchurch Legion, 2130 Balsam Rd

**Sat 6:** 10:30-11:30, Easter Basket Craft, MacTier Library call 705.538.2337 to register, 12 Muskoka Rd

**Sat 13:** Kids Easter Carnival, McKellar, Time TBA, McKellar Comm Ctr, 701 Hwy 124

**Sat 20:** 7am Estr Brkfst Dunch Com Ctr, 2199 Hwy 124

#### May & June

##### See April for weekly & monthly events

**Sat May 18:** 9am, Pioneer book binding, McKellar Community Centre Hwy 124, 10pm Victoria Day Fireworks

**Sat June 8:** 5:30-12, Spaghetti Dinner & Concert,

McKellar Community Centre Hwy 124, info: 389.2842

**Sat June 20:** 7, Men/Boy Brkfst Dunch Com Ctr H 124

## EAST PARRY SOUND

### April

**Mondays:** 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, Sprucedale Snrs Frndshp 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](http://www.powassanlibrary.com) for events  
:3:30-4:30, Knit Group Sundridge Library, 110 Main  
:10-11, Yoga, South River Seniors, 11 Isabella  
**Tuesdays:** 10:15 Singing, 1:30 Crafts, South River Srs, 11 Isabella  
**Wednesdays:** 6-9pm, Emsdale Ag Soc Bingo, 32 Joseph  
**Thursdays:** 9:30am, Line Dance, S River Snrs, 11 Isabella  
:6:30-8pm, Alzheimer Education, **4th Thu mthly**, Powassan, Elm Room, 250 Clark St  
:6pm, Lion's Bingo, **1st and 3rd Thu**, Burk's Falls Legion, 9 Mary St  
:2pm, Euchre, South River Legion, 95 Ottawa Ave  
**Fridays:** 7pm, Square Dancing, **every 2nd Fri**, South River Friendly Circle Seniors' Centre, 11 Isabella St  
**Saturdays:** 5:30pm, Agricultural Society Bingo, **1st Sat Mnthly**, Burk's Falls Arena, Crozier Rm, 220 Centre St  
:2-4, Darts, South River Legion, 95 Ottawa Ave  
:12:30-4pm, Jamboree, **Second Sat Montly**, 3 bands to enjoy, Katrine Community Centre, 6 Browns Dr, Katrine  
**Sat 6:** 9-2pm, Annual Spring Indoor Yard & Craft Sale, Emsdale Community Centre, 32 Joseph St  
**Fri 19:** 5-10pm, Fish Fry, Sundridge Legion, 45 Ontario  
**Sat 27:** 9am, Powassan Maple Syrup Fest, 433 Main St

### May & June

*See April for weekly & monthly events*

**Sat May 4:** 6pm, Sundridge Lions Dinner & Dance, SSJ Arena, 14 Albert St  
**Sat May 25:** 10am, Poultry & Pigeon Auction, Powassan Fair Grounds, 55 Fairview Lane  
:10-2pm, Plant and Bake Emsdale Ag Soc, Emsdale Community Centre, 32 Joseph St  
**Fri Jun 28-Jul 2:** XPansion Festival, Refresh-Body Mind Soul, Burk's Falls, Birchwood Camp, 422 Lakeview Dr E

## MUSKOKA

### April

**Mondays:** 9:30-12, Free Drop In, Women's Resource Centre, every **Mon**, 1-29 Manitoba, Bracebridge  
:10am, Walking Club in Vankoughnet, **every Mon**, call Carolyn 705.645.9767, 1198 Vankoughnet Rd, Bracebr  
**Tuesdays:** 1pm, Book Club, **last Tue monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling

:7pm, Bracebridge Lion's Bingo, **1st Tue Mnthly**, Rotary Centre for Youth, Doors open 5:30, 131 Wellington  
:1-3pm, Alzheimer Drop In, Trinity Anglican Church, Muskoka Rd N, Gravenhurst  
**Wednesdays:** 10:30-11:30am, Art for Seniors, **1st Wed monthly**, Musk Lakes Library, 69 Joseph St, Port Carling  
: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. Call for Pickle Ball, Table Tennis, Bid Euchre, Bridge, Art Group, Travel Talks, Jam Sessions & Wood Carvers weekly schedules  
:6:30-8:30pm, Ping Pong at the Vill Square, **1st & 2nd Wed**, 1198 Vankoughnet Rd, Bracebridge Adlt \$2, Stu Free  
:7pm, Bracebridge Library Book Club, **Last Wed monthly**, 94 Manitoba St  
**Thursdays:** **Jan to Jun, Last Thu of Month**, Bracebridge Out of the Cold Dinners, Salvation Army Church, 456 Manitoba St  
**Fridays:** 9am, Ladies Coffee Time, **1st Fri mnthly**, Oakley Village Sq, 1198 Vankoughnet Rd, Bracebridge  
:9-3pm, Annual Spring Market, Bracebridge Sportsplex  
**Sat 13:** 10-4pm, Bracebridge Psychic Fair, Senior Citizen Centennial Club, 54 Dominion St  
**26-28:** Muskoka Home & Cottage, 101 Centennial Dr  
**Sat 27:** 9am, Muskoka Maple Fest, Main St, Huntsville

### May & June

*See April for weekly & monthly events*

**Sat May 4,** Baysville CommYard Sale, 2681 Musk Rd 117  
:5:30pm, Woodstock Dinner & Dance, in support of Hospice Muskoka, Port Carling Com Centre, 3 Bailey St  
**Sat May 18:** Noon, Craft Beer Festival, River Mill Park, Main St, Huntsville  
**Jun 1 @12,** Port Sydney Village Yard Sale, Various Locals  
**15: noon,** Gravenhurst Car Show, Gull Lake Park  
**16:** Father's Day Car Show, Downtown Bracebridge  
**28-30:** Bala Antique & Nostalgia, 1009 Maple  
**29:** Funkfest, 397 Muskoka Rd N, Gravenhurst  
:Heritage Day, Dorset, Heritage Museum, 1040 Main St  
**30:** Bracebridge Comic Con, Mem Arena, 169 James



## Are You Downsizing? Glomming the “Kondo-izing” Wave?

Spring is the perfect time to have a long hard look at the “stuff” in your home. Ask yourself, if you were (God forbid) to die tomorrow, what would you be leaving behind for your partner/children/relatives? If the answer scares you, it might be time to do some decluttering. Here are some helpful tips:

- Don’t try to do too much at once. Pick a spot, clean it up. It only takes five to ten minutes per day to start to get impressive results.
- Think strategically – anything you haven’t used for over a year should be on the clearing out chopping block. Items that have sentimental value might find a new home with a relative, friend or loved one who would appreciate having something special to remind them of you.
- Paper records....there are shredding services that can help you safely dispose of personal records that are no longer needed. Instead of spending hours trying to feed stuff through a home shredder, put it all into boxes and get rid of it at once using a shredding service
- Clothing that is too big, too small, hasn’t been worn in over a year...needs to leave your closet. Donate to Good Will, Salvation Army or other charity that handles used clothing
- If you dither... get a friend to help you sort through items that you are having trouble making decisions about
- Create an annual clearing out plan that includes your freezer, closets and storage areas
- Pat yourself on the back when progress is made – take before and after pictures to remind you of your accomplishment

## Don’t Hang Up Them Poles!

Aging doesn’t have to mean the end of enjoying a physical life. Think of Jack Rabbit Johansen who skied into his 90s before hanging up the poles. Most of us won’t or can’t achieve that kind of fitness, however there are things that can support a more physical lifestyle, even as we age.

A startling fact is that rural seniors tend to be far less fit than their counterparts in urban environments. One would think that this was counter-intuitive, but digging a little deeper, the reasons become obvious. Cities have sidewalks, parks and night time lighting. Many urban areas have pools and public transportation whereas rural folks have to take their chances – literally. In the spring, you’re fighting mosquitos, in the fall, you’re dodging bullets (thank you crazed hunters), summer you are frying in the heat while trying not to get run over by city drivers and in the winter you are struggling with ice and snow. If your only option for a walk is in the evening, it’s not much fun tramping down a dirt road holding a flashlight or looking anxiously over your shoulder for stray wildlife.

Not everyone is into group exercise programs where

you get to flash your uncomfortable assets in concert with others.

There are, however, things you can do to improve your physical health. Here are some tips:

- Establish a routine, i.e. do some simple stretch exercises when you get up
- Get up more, off the couch or your comfy chair, go up the stairs an extra time or two, walk out to the porch, walk back, in fact, walk a lot more
- Engage in activities you love that involve you physically; gardening, dancing, swimming (if there’s a lake close by during the summer)
- Learn a new skill, i.e. skiing, dancing or yoga
- Explore exercise programs on your television, especially during the winter when it’s difficult to get around safely
- Keep a record of your physical activities in your journal and notice whether you are doing more or less as the weeks go on
- If you have been ill, or are recovering from an injury, check with your family physician with respect to the best plan to get moving

It’s never too late to make improvements. Even limited physical fitness can help you maintain your independence and improve your quality of life.



## SPRING BOOK LIST

Are you a reader? Getting ready for summer “beach reads”? Here are some titles that you may find interesting:

### **The Alice Network** –

by bestselling author **Kate Quinn** is the story of two women, one a female spy recruited to the real-life Alice Network in France during World War 1 (yes, there really was an “Alice-Network”), the other an unconventional American socialite searching for her cousin in 1947, are brought together in a mesmerizing story of courage and redemption.

**The Ashes of London** – by the very talented **Andrew Taylor** a murder mystery set during the great fire of London in 1666. As the fire consumes everything in its path the body of a man is found in the ruins of St. Paul’s Cathedral. I read this with fascination...



imagine the lead roof tiles of the cathedral, melted and running through the streets. Well worth a read, especially if you love history.

**Kingdom of the Blind** – by best selling Canadian author, **Louise Penny**. Set in Quebec, Inspector Gamache investigates a mysterious will where the bequests are so wildly

unlikely that Gamache and others suspect the dead woman must have been delusional. But what if, Gamache begins to ask himself, she was perfectly sane?

**Unto Us a Son is Given** - by the amazing **Donna Leon**. If you love mysteries set in other areas of the world, you will adore the long running Guido Brunetti series by **Donna Leon**. The writing is top notch and the setting (Venice) provides the kinds of insight into both the geography and the people that make you think.

## Our Gravenhurst Creators

Whether brush stroking or blending, our Gravenhurst Day Program participants are an exceedingly talented and creative bunch. Cookies for all were compliments of Pat, pictured far right.



“Is the spring coming?” he said. “What is it like?”...

“It is the sun shining on the rain and the rain falling on the sunshine...”

~ Frances Hodgson Burnett, *The Secret Garden*

## Remember Mom on Mother's Day

Some ideas for the gift challenged! Pack a picnic basket and go for a drive, cook a meal for her (and clean up after yourself), fix something that's bro-

ken, bring her flowers, put together a scrap book of memories, give her a gift certificate for a spa treatment, make a promise to call her more often (and keep it).

Remember that Mother's Day is one of the busiest days for restaurants. If you're planning to treat Mom to a meal make sure you've made arrangements in advance or you may be disappointed.

## Resources

### Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) [epscssp@ontera.net](mailto:epscssp@ontera.net)  
705.724.6028 1.888.521.0000 [www.eastholme.ca](http://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](http://belvedereheights.com)  
[aholloway@belvedereheights.com](mailto: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.wpshec.com](http://www.wpshec.com)

### Muskoka Algonquin Healthcare

705.645.4400 [info@mahc.ca](mailto: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 Home & Community Care

705.746.4602 1.800.440.6762  
[www.healthcareathome.ca/northeast](http://www.healthcareathome.ca/northeast)

### North Simcoe Muskoka

#### Community Care Access Centre

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ex  
6100 [www.healthcareathome.ca/nsm](http://www.healthcareathome.ca/nsm)

### Muskoka/Parry Sound Mental Health Services

[www.mpscmhs.on.ca](http://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](mailto:mail@clps.ca)  
[www.clps.ca](http://www.clps.ca)

### Community Living Muskoka

705.646.0043 Fax: 705.645.4621 [info@clsm.on.ca](mailto:info@clsm.on.ca)  
[www.clsm.on.ca](http://www.clsm.on.ca)





## Puppy Love

Volunteer and breeder of these beautiful Barbet puppies, Veronica Matthews, has been visiting our Gravenhurst Day Program on and off for the last couple of years. This funtabulous event was initiated by a volunteer with Therapeutic Paws, and our clients LOVED cuddling with the little puppies!



“It’s spring fever. That is what the name of it is. And when you’ve got it, you want—oh, you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

~ Mark Twain

## 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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