

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Spring 2020

Gentler Weather, Stormy Times

Dear Readers,

Many of you are seniors and many of you have underlying health conditions that make you vulnerable to the Covid-19 virus that has been making its way through populations in Europe, Asia, the US and yes, Canada. This edition of *The Friendly Focus* is dedicated to helping you navigate your way safely through this potential health care crisis – whether you are someone who provides care in the home, a front-line health care worker, a family member or someone trying to do the best they can on their own.

We want you safe and healthy with the ability to enjoy your days.

Some of the areas covered in this edition will be focussed on care planning in emergencies, strategies to improve safety in your interaction with others, what to expect and when to connect with the health care system and finding ways to be entertained, positive and forward looking.

After all, winter is fading into memory and the flowers of spring await!



www.thefriends.on.ca

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

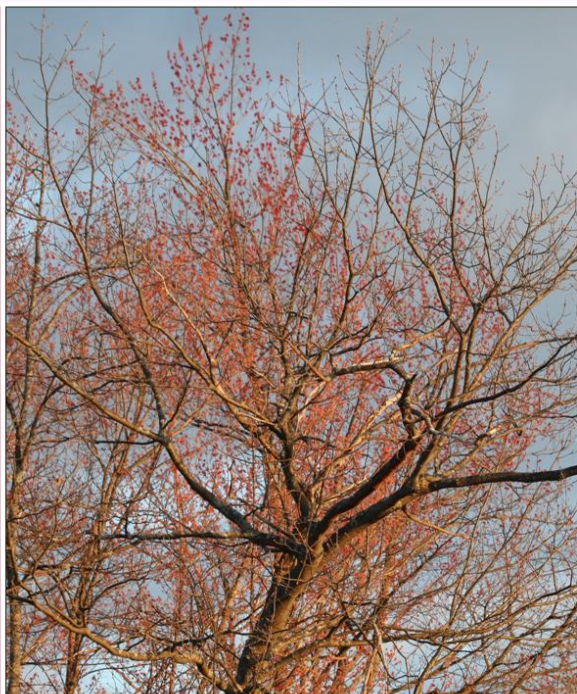
Snowglobings & Yule Foolery...



...and the holiday Spirit's All Wrapped Up

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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

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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:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Like many agencies providing front line care, *The Friends* is working to ensure the safety of the clients we serve as well as the health and safety of our staff. With that in mind, we have cancelled group programs such as Adult Day Programs and Post-Stroke services. Staff will be connecting regularly with clients in both programs to ensure that they are safe, to check to see whether they need in-home support, including

respite if needed, and to work with affected clients and their families through these difficult times.

We are also doing everything we can to make sure staff have the support they need and I would urge any staff who have questions or concerns to contact their supervisor for information and/or clarification. A more long term standardized sustainable strategy will be provided to all.

In the meantime, let's work together

to beat this virus into submission and to reclaim our lives. This issue will provide information that is helpful, positive and forward thinking. No doom and gloom here.

Warmest wishes to our clients far and wide and to our hardworking, dedicated staff.

Wishing you a peaceful Easter Season

Marliese Gause,
CEO

HOW TO SELF-MONITOR

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions how to self-isolate ([see page 9](#))
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

North Bay/Parry Sound District Health Unit

1.800.563.2808

Simcoe/Muskoka District Health Unit

1.877.721.7520

Source: Public Health Agency of Canada

Learn About the Virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's web-site: [Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

AVOID PUBLIC SPACES

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

Follow the advice that you have received from your Health Care Provider.

If you have any questions, or you start to feel worse, contact your Health Care Provider,
Telehealth
1.866.797.0000
or your
Public Health Unit

NAVIGATING ISOLATION

Humans are social creatures, so “social distancing”, isolation and/or quarantines can pose challenges for individuals who have a fulfilling social life and are suddenly plunged into “alone-ness”. How can we make social isolation and/or quarantine palatable to those of us who desperately want to be with others?

Here are some thoughts that may help you manage:

- Remind yourself of the greater good and that by adhering to health restrictions, you are protecting others, including your loved ones
- Check in with friends and family via social media on a regular basis
- Take up a new challenge, a complicated project that you’ve put off forever because you didn’t have the time, that quilt, photo history project for example
- Learn a new skill – knitting, anyone?

- Catch up on your reading
- Create a daily schedule for yourself – we all yearn for structure and certainty in times of uncertainty so create a framework for your daily living
- Check out the birds coming to your feeder
- Develop a mood board for your garden, interior decoration, self improvement or any project that is close to your heart
- Remember to exercise. There are excellent programs on television that provide a stimulating workout without having to worry about others
- Eat healthy, keep up your strength
- Keep a journal documenting your “isolation” journey
- Play music and sing along....maybe dance along too!
- If you’re feeling blue, reach out to friends and relatives digitally – send a text, email or use other social media contacts
- Remind yourself that this too shall pass

We are all working through this together. Keep your chin up and make this “alone time” count.

While the covid-19 outbreak has put the brakes on many of the social activities that we enjoy, there is nothing stopping you from planning your spring and summer garden. Seed catalogues allow you to order your supplies by mail – all you have to do is decide what you want to do this year. Are you into container gardening, making use of limited indoor and outdoor space? Do you have a backyard garden that you are planning to cultivate? Is this your first time plunging into the world of gardening?

Here are some things to think about:

- Understand the kind of garden you are aiming for, ie patio garden and planter pots, window boxes, or a more expansive backyard garden
- Are you more interested in eye candy ie lots of flowers and shrubs or edibles?
- What is your experience level? First time gardener? Expert gardener?

Once you have a plan in mind, seek out on-line catalogues for seeds and supplies. One of the best on-line resources is The Garden Glove,

Planning Your Garden



www.thegardenglove.com which conveniently provides a list of the 12 best online seed catalogues, including suppliers of heirloom and rare varieties, seed savers and suppliers who provide smaller quantities of seeds for those who want to just dabble. I encourage

you to have a look at this website. For unique herbs and specialized plants, look no further than Richter’s Seeds, www.richters.com. Based in Ontario, Richters has been a long time staple for gardeners looking for unique herbs and plants.

For accessible garden design, check out www.thespruce.com for helpful suggestions with planning. Red Pig Tools, a Canadian company (www.redpigtools.com), can fit you out with Canadian made garden tools. You can also check out Canadian Tire or other general hardware stores for supplies including potting supplies to start your seeds.

Take pictures as you start your garden journey and keep track of the progress, hopefully culminating in the garden of your dreams!

Nature Photography—A Solitary Art

We live in a beautiful landscape. Self isolation doesn't mean you can't go outside. Take your camera on a journey and then post it for friends and relatives on your social media. A great way to get fresh air, revive spirits and stay healthy.

One Touch of Nature Makes the Whole World Kin ~ William Shakespeare



Comfort Food

Comfort food may be just the trick when you are trying to manage a noisy brood stuck at home. Wander over to Muskoka's Jennifer at Seasons and Suppers (www.seasonsandsuppers.ca) and have a look at her wonderful collection of recipes. You don't need to be a gourmet chef to create something satisfying for yourself and/or your family. Here's Jennifer's famous baked Mac and Cheese recipe. Enjoy.

Jennifer's Baked Mac and Cheese

Ingredients

8 oz dry macaroni (1 2/3 cups measured in a 2 cup glass liquid measure. Note that this measure will only work for macaroni not a larger pasta shape. Weighing is recommended.)

Cheese Sauce: 1/4 cup butter salted or unsalted. If using salted, reduce the added salt below slightly

1/3 cup all-purpose flour

3 cups whole milk recommend whole milk here you

can use (3-3.5% butterfat) or you could use 2% in a pinch

7 oz Mature/aged white crumbly cheddar crumbled
3 oz Sharp cheddar or cold-packed cheddar, grated or crumbled

1/2 tsp kosher salt little less if using table salt

1/4 tsp chili powder

1/8 tsp garlic powder

Cheese/Chili Topping:

1/2 oz aged cheddar grated

1/4 tsp chipotle chili powder

Optional Crunchy Topping:

2/4 cup Panko or regular bread crumbs

2 Tbsp Salted butter melted

US Customary - Metric

Instructions

1. Bring about 8 -10 cups of water to boil in a large pot on the stove-top, over high heat. Once boiling, add a generous sprinkling of salt to the pot and add the pasta. Cook pasta for 2 minutes less than recommended on the package, or to just al dente. Drain well and rinse with cold water to stop the pasta from cooking further. *While water is boiling and pasta is cooking, you can start your cheese sauce.

2. For the cheese sauce: In a large saucepan, melt the butter over medium heat. Whisk in the flour and

continue to whisk and cook for about 2 minutes.

3. Very slowly add the milk, a little at a time, whisking constantly. Once all the milk has been added, cook, stirring frequently until the sauce thickens, about 8-10 minutes.

(Don't rush this step! The mixture will not get super thick, but you will notice it thicken to the point where it will nicely coat the back of a spoon after 8-10 minutes of cooking and stirring.)

4. Remove the saucepan from the heat. Add the

crumbled/grated cheese, salt, chili powder and garlic powder. Stir until the cheese is melted and all the ingredients are incorporated, about 3 minutes. (If the cheese isn't melted completely after about 3 minutes, you can put the pan back on low heat and stir until it is melted). Set aside for a minute while you wait for the pasta to cook.

5. Preheat oven to 350F (175C) with rack in the centre of the oven. Oil or butter an 8-inch square baking dish, an 8-inch cast-iron skillet or individual baking dishes.

6. Once the pasta is cook, drained, rinsed in cold water and drained well again, add it to the cheese sauce and mix gently, but thoroughly. (It might look like too much sauce/too little pasta, but trust me, it will all be good in the end). Spoon or ladle the mixture into a prepared baking dish or individual dishes. Sprinkle the top of each with either the Cheese/Chili topping ingredients or mix together the panko/breadcrumbs with the melted butter and scatter over-top.

7. Bake in the preheated 350F (175C) oven uncovered for 20 to 25 minutes, or until the sauce has bubbled up around the edges and the top has a nice golden crust. Let sit for a few minutes before serving.



A Springy Thing

Thinking April! Nourish your lawn, April is “grass” month. Listen to some amazing guitar music in celebration of International Guitar month. Clear out

your closets and basements for April’s National Home Improvement month”. Celebrate your grocery stores and the people who work in them – April just happens to be “National Food month”. Are you or a friend into amateur radio? If you

are, then you will be happy to celebrate April’s International Amateur Radio month.

April also celebrates cherry blossoms, golf and National Bake week. Post your celebratory activities on social media and share!

HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS

Limit contact

Only one healthy person should provide care. Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.

Use a separate bathroom from the ill person if possible.

If not possible, the ill person should put the toilet lid down before flushing.

Protect yourself

If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.

If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**. Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.

Do not re-use masks or gloves.

Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.

Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.

You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose and mouth with unwashed hands.



Keep your environment clean

Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste. Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well.

Clothing and linens belonging to the ill person can be washed with other laundry.

At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

Monitor yourself for symptoms

If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person. If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren’t wearing a mask), contact your local **Public Health Authority** for further instructions. If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions. (see pg 4)

Coronavirus Disease (Covid-19) How To Isolate At Home



Isolation means staying home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you have been diagnosed with COVID-19, it is expected that you take the following measures.

Limit contact with others

Do not leave home unless absolutely necessary, such as to seek medical care.

Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).

Arrange to have groceries and supplies dropped off at your door to minimize contact.

Stay in a separate room and use a separate bathroom from others in your home, if possible.

If you have to be in contact with others, keep at least 2 metres between yourself and the other person.

Keep interactions brief and wear a mask.

Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.

Avoid contact with pets if you live with other people that may also be touching the pet.

Avoid contaminating common items and surfaces

At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, door-knobs, phones and television remotes.

Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.

Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.

Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.

Put the lid of the toilet down before flushing.

Keep your hands clean

Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.

You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose and mouth.

Cough or sneeze into the bend of your arm or into a tissue.

Care for yourself

Monitor your symptoms as directed by your healthcare provider or **Public Health Authority**. (see pg 4)

If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.

Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.

Celebrating Our Volunteers

Volunteers are the life blood of the community – celebrate your volunteers by sharing stories about friendships, support and

caring. Have you been the recipient of a volunteer's kindness?

Why not write a thank you note or

send a daffodil both to celebrate and to honour cancer survivors.

When something goes wrong in your life, just yell "Plot Twist" and move on. ~ Anonymous

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

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

Alzheimer Society

1.800.605.2075



Port Loring (Meals on Wheels & Volunteer Transport)
705.757.2530

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



Here's to our Volunteers

We sometimes take for granted
 In the rush of all we do
 And forget to say
 A special thanks
 To volunteers like you
 So we send this note to tell you
 How much all you do means
 Your gifts of time
 And of yourself
 Are special ones indeed
 Please join us in celebrating the work of volunteers
 in our communities.

"If they lacked flexibility they wouldn't be able to adapt to different situations and come out winning. When you're flexible, you're willing to consider the best approach for each particular situation."

~ unknown

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

~ George Bernard Shaw

"All living things contain a measure of madness that moves them in strange, sometimes inexplicable ways. This madness can be saving; it is part and parcel of the ability to adapt. Without it, no species would survive."

~ Yann Martel, *Life of Pi*

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 Huntsville 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