

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Summer 2017

Summerific!

Summer is finally here and it's time to break out the BBQ, consult maps and event listings, plan get-togethers with family and friends, enjoy an ice cream or some freshly picked berries as you sit in the sun. There is no shortage of concerts, festivals and antique shows to visit. There are boat cruises, firework displays, national holidays and art shows, however, if you're looking for something just a little "different" to celebrate this summer, why not consider the following?

Hold a UFO BBQ to celebrate World UFO day. Ask your guests to come dressed as their favourite martian and serve up some out-of-this-world food. July also happens to include "Bagpipe Appreciation Day" a stellar opportunity to get a crowd of bagpipers together for a wail in the park. Add some cold beer and you will have cats and dogs howling their appreciation. For those of you in a more "gourmet" frame of mind, July features "national salad week." Maybe this is the time to invite your best buds for an evening salad extravaganza. Offer prizes for the best looking salad, best tasting salad... maybe even the weirdest salad.

August celebrates golf, peaches and lighthouses. Maybe this is the year you visit some of Georgian Bay's old lighthouses? Try a new peach pie recipe? Get someone to take you golfing? August also celebrates "family fun" and is "national picnic day" month and what

could go together better than a big, family picnic? String some fairy lights and invite everyone to bring their favourite potluck special. Make sure you take a lot of pictures so that when the gloomy weather arrives this fall, you can assemble them in a blog or a journal to remind yourself of the sunny days you enjoyed. The possibilities are endless.

Most of all, take the time to smell the roses. The summer edition of The Friendly Focus includes helpful hints on summer exercise, do's and don'ts of BBQing, and an extensive list of summer events in and around the Parry Sound/Muskoka area. Do not let summer pass you by without making a plan to enjoy something special this year!



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



Parry Sound
Pentecostal Tabernacle
Kids' Camp



Forest Hill Coffee Club
2017 Garden Supervisors



Celebrating our Volunteers

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Everything's Coming Up Rainbows

THE FRIENDS

Dignity • Teamwork
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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:



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

From the CEO's Desk

As We Swing Into Summer

I was delighted to see the Parry Sound Pentecostal Tabernacle Kids' Camp come to *The Friends'* Forest Street Apartments to help plant the accessible gardens. Big thank you to Doug & Millie Graham for organizing this event. If you have a quick look at the pictures on page 2, you will see that fun was had by all. April's Volunteer Appreciation luncheon was well attended with everyone enjoying the meal and the acknowledgement of the wonderful work done by the many volunteers.

Supervisors are busy trying to accommodate staff holidays and the senior management team has also been on the road participating in the Northern Independent

Living Association conference in Timmins.

In May, we welcomed Tom Kelly to the team. Tom will be keeping the lawns cut and the work orders filled! Welcome Tom. Plans are already underway for this year's All Staff which will be held on September 15th. Questionnaires have been mailed to all PSWs and Homemakers for feedback and I look forward to crafting an agenda with the senior team that will reflect our staff's educational priorities.

Many support service organizations across central and northern Ontario are facing an ongoing PSW recruitment crunch. As the lead agency for Personal Support Worker Education funds, *The Friends'* is interested in

supporting individuals who are serious about getting their PSW certification. It is in the best interest of our health system to encourage not only the certification of new PSWs, but the ongoing development and enrichment of those in the field. Without new PSW's entering the field, the health system will have a challenging future. I am proud of the PSWs and Homemakers who work for *The Friends'* agency - their dedication, professionalism and hard work support the dignity, independence and well-being of the most vulnerable in the communities we serve. Wishing everyone a fun filled, sunny summer!

Marliese Gause,
CEO

THE ART OF COMMUNING

Our very own Christy VanRiel, Program Facilitator, leads an art class at the Gravenhurst Adult Day Program



Exercising in the Summer!

The summer sun lures us into the great out-of-doors. Let's be sure we have the muscle power to enjoy the fun.

Everyone knows that even a little exercise is good for you. Whether you are old, or young, in a wheelchair or not, moving your body helps you maintain flexibility, strength and independence. Remember that exercise does not have to be grueling, hard work to be effective. By planning your daily activities and leisure time to be healthy and good for your body, you can create a healthy lifestyle, perhaps even add some adventure and fun to your summer.

There are three types of physical activities you need to keep your body healthy; ENDURANCE, FLEXIBILITY, and STRENGTH.

Endurance activities work to improve and maintain heart health, lungs and your circulatory system. Examples of the kinds of activities that exercise ENDURANCE are:

- walking
- golfing
- yard and garden work
- propelling a wheelchair (yes, indeed, every time you use your manual wheelchair your lungs & heart get a workout)
- cycling
- continuous swimming
- tennis
- hiking
- rowing, paddling
- dancing

Before you start, do remember to wear comfortable clothing appropriate to the activity as well as supportive and comfortable footwear. Nothing kills exercise faster than feet that hurt.

If you are a beginner, start with light activities and progress to moderate and vigorous levels as you gain fitness. New research also shows that small bursts of intense activity alternating with slower levels can have an important, positive effect on health. Try walking as fast as you can for a minute, then slow to a regular walk, rake your lawn vigorously for a few minutes, then return to a more leisurely pace. Variation in the intensity and speed of exercise can help build your endurance without killing your motivation.

Activities that focus on FLEXIBILITY help you maintain ease of movement, keeping your muscles relaxed and your joints mobile. Examples of activities that keep you FLEXIBLE are:

- mopping the floor
- yard work (bonus, also helps with ENDURANCE)
- vacuuming the floor (who knew housework can be good for you)
- golf
- bowling
- gardening
- dancing
- washing and waxing your car

Remember not to stretch your mus-

cles beyond their limits and stay within your range of motion to avoid stretched or pulled muscles. Stretch activities help your muscles and bones stay strong as well as improving your posture.

STRENGTH exercises help prevent diseases like osteoporosis. You can benefit from strength activities such as:

- carrying the laundry
- carrying groceries
- climbing stairs
- piling wood (also good for flexibility and endurance)
- standing up and sitting down

Heavy tins of food in your grocery bag can add opportunity to build strength as can activities such as shifting bags of soil or lifting a mattress when cleaning. Take opportunities where you find them, just remember to use safe procedures when lifting so as not to hurt your back.

There are a lot of excellent books to expand your exercise horizon. For those in wheelchairs or with limited mobility, consider getting some of the very helpful "chair exercise" videos to keep you motivated.

Where possible, think about joining a group activity to inject some fun and to build relationships.

Remember to cool off, drink lots of water and to ensure that you do not overdo!

Have a wonderful summer full of activity and fun.

"Summer, after all, is a time when wonderful things can happen to quiet people. For those few months, you're not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don't have the rest of the year. You can be grateful and easy, with no eyes on you, and no past. Summer just opens the door and lets you out." ~ Deb Caletti, *Honey, Baby, Sweetheart*

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

July

Mon-Thu: 9am-12, Billiards, Seniors' Centre, 80 James St
Mon & Fri: 1-2pm, Bid Euchre, Seniors' Centre, 80 James St
Mondays: 7-9, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10am, Aquafitness, Free for Seniors, Grand Resort Tap-pattoo, 30 Tapattoo Trail
Tuesdays: 1-2pm, Music Jam Session, Seniors' Centre, 80 James St
 :9-11am, Pickle Ball, Bobby Orr Comm. Ctr, 7 Mary St, \$1.00 to play
 :6:30-8:30, Cruisers Car Club Cruise Night, Town Dock
 :9am-2, Parry Sound Summer Market, Market Square Park
 :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)
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
 :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 Community Ctr
 :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
 :9am-2, Rosseau Farmer's Market, weekly from Jul 21, Short Street

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

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

:9am-12, Carling Market, 2 Carling Bay Rd W

:10am-1, McKellar Market, Minerva Pk, 701 Hwy 124

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

Dr, Canadore College

Fri 14-16: 9am-6, Art in the Park, Mkt Sq Pk, 29 Mary

Sat 29: 9am-11:59pm, McKellar Heritage Regatta, Community Centre, 701 Hwy 124

Fri 18: 5pm-10pm, **Sat 19:** 10am-4, Dunchurch Fall Fair, Community Centre, 2199 Hwy 124

Sat 19: 10am-4, Downtown Classic Car Show, James St

Fri 25: 5pm-7, Sri Lankan Supper, McKellar Community Centre, 701 Hwy 124

Sat 26: 10am-4, Rosseau Fall Fair, Rosseau Fair Ground

Sun 27: 10am-12:30, Orillia Silver Band, McKellar Community Centre, Church Service, Music & Lunch

September

See July for weekly & monthly events

Sat 9: McKellar Agricultural Fair, Community Centre

EAST PARRY SOUND

July

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

:10am-2:30, Sundridge Farmer's Market, **weekly to Sep 30**, Community Living Parking Lot, 78 Ontario St

:10am-2, Perry Twsp Farmer's Market, weekly to Sep 2, 1695 Emsdale Rd

Sat 2: 3:15pm, Canada Day, Sundridge, Lion's Park

:5pm-8, Kearney Lion's Lobsterfest, 8 Main St

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 Mnth**, Dunchurch Legion, 2130 Balsam

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

:8am-1, Flea Market, Burk's Falls Fair Ground, 220 Center St

Happy 150 Years Canada



:9am-1, Powassan Farmer's Market, at Beer Store, 760 Main St

:9am-1, South River Farmer's Market, Machar Arena, 1 Lincoln Ave

:10am-1, Magnetawan Farmer's Market, Municipality, 4304 Hwy 520

Sundays: 7-9, Music, Stan Darling Village Park, Burk's Falls

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

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

:9am-2, Burk's Falls Farmer's Market, Legacy Life Centre, 44 Commercial Dr

:Dabber Bingo, Sprucedale Comm. Ctr, 31 William St

Wednesdays: 9am-1, Argyle Farmer's Market, Arnstein Arena, 11716 Hwy 522

:7pm-10, Bingo, Dunchurch Comm Ctr, 2199 Hwy 124

Thursdays: 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

Sat 16: 9-2, Craft Sale, Sundridge Legion, 45 Ontario St

Fri 29-30: Kearney Regatta Weekend, Fri wing & darts, Sat Pancake breakfast etc, Kearney Legion 58 Park Rd

August

See July for weekly & monthly events

Sat 6: Sunflower Festival, Sundridge, 118 Main St

Sun 7: Fun Run, 705.384.5316, Sundridge, 118 Main St

Sat 20: 8:30, Tragically Hip Live Screening, Sundridge Arena, 14 Albert St

Sat 27: 8:30-4, Emsdale Fall Fair, Comm Cntr, 32 Joseph

Sun 28: Trout Creek Fair & Horse Show, Community Centre, 181 Main St W

September

See July for weekly & monthly events

Fri 2-3: Fri 6pm, Sat 8am, Magnetawan Fall Fair, Community Centre, 4204 Hwy 520

Sat 3: 9am, Powassan Fall Fair, 55 Fairview Lane

Fri 8-9, South River/Machar Fall Fair, Community Centre, 1 Lincoln Ave

Fri 15-16: Strong Fall Fair, Sundridge Arena, 14 Albert St

MUSKOKA

July

Saturdays: 9am-1, Huntsville 100klm Market, West St S

Mondays: 9:30-12, Free Drop In, Women's Resource

Centre, every **Mon**, 1-29 Manitoba, Bracebridge

:9am-2, Bala Farmer Market, Jaspen Park, 38 & Sil Mpl

:Dwight Farmers Market, Dwight Beach Rd

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

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

: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, Huntsville Farmers Market, Canadian Tire parking lot

:9am-2, Port Carling Farmer Mkt, Hanna Pk, Bailey St

:7pm-12, Bandshell Concert Series, Bracebridge Memorial Park, 120 Manitoba St

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

:2pm-6, Baysville Farmers Mkt, lot near Fuel Emporium

Fri 7-9: Pioneer Power Show, JD Lang Fairgrounds, 331 Fraserburg Rd, Bracebridge

Sat 8 & 9: Yoga Festival, Annie Williams Pk, Bracebr.

Sat 8: 12noon, Vintage Boat Show, Muskoka Wharf, 821 Bay St, Gravenhurst

:8am-4, Dockfest, Huntsville Waterfront, Live Music etc

Fri 21 & 22: Ribfest, Muskoka Wharf, 821 Bay St, Gravenhurst

August

Sat 5: 12-12, Firefest, Dwight Beach, Dwight Beach Rd

September

Fri 15-17, Bracebridge Fall Fair, JD Lang Park, 331 Fraserburg Rd, Bracebridge

Fri 22-24: Huntsville Fall Fair, 407 Ravenscliff Rd

Sat 23: 9am-6, Huntsville Charity Baseball Tournament, McCulley-Robertson Ball Field, William St

Sat 30: Bala Craft and Gift Fair, Bala Community Ctr, 1008 Maple St



BBQ Safety Tips

It's summer and BBQ's are firing up everywhere. Here are some tips to keep you and your guests safe.

BEFORE BARBECUING FOOD:

- wash your hands with soap before and after handling any food, especially raw meats
- keep salads and meats in the refrigerator until ready to barbecue
- if using frozen meat – thaw in the refrigerator, defrost in the microwave or under cold running water. **NEVER THAW MEAT AT ROOM TEMPERATURE.**
- make sure the center of ground or stuffed meats, poultry and fish reach an internal temperature of 74C(165F)
- never use the same plate for cooked foods as you used for raw foods
- store left-over food in the refrig-

erator or portable coolers filled with ice

BEFORE BARBECUING:

- always set the barbecue on a firm, level base sheltered from gusts of wind and well away from anything flammable
- do not have makeshift barbecue in woods or fields

if you smell gas:

- shut off gas supply
- shut off burner control
- extinguish any open flames
- open grill lid
- if odour continues, immediately contact your gas supplier or fire department
- have at least one bucket of water, or easy access to water hose, handy at all times
- use only recommended fire-

lighters or fluids to start a barbecue

- never wear loose flowing clothes when tending a barbecue and remember to tie long hair back
- keep children away from the barbecue
- drink responsibly if you are the barbecue chef!
- if things get out of control, call 911

Java Marinade

1 cup strong coffee
 ¾ cup brown sugar
 ½ cup cider vinegar
 ¼ cup chopped onion
 1 tbsp olive oil
 1 tsp dry mustard
 1 tsp. ground black pepper
 Combine all ingredients. Store in a glass container in the fridge. Great marinade for all meats.



The Sweet Taste of Summer

There's something special about eating freshly picked fruit and vegetables. Nothing beats the flavor of a sun ripened strawberry or a fat tomato, or a freshly picked bunch of lettuce. There are pick-your-own operations throughout Ontario that let you pick directly from the farmer's fields. Remember to wear comfortable clothing and shoes, pack a hat, sunscreen and lots of water. Call in advance to check on what fruits and vegetables are



available, cost and hours of operation. Here are some pick-your-own operations both near and far!

Schlosser Farms, Powassan (strawberries) call 705-724-3144

Brookland's Farm, Milford Bay (Port Carling area) – strawberries, tomatoes, beans, squash and much, much more. Call 705-784-1888

Muskoka Blueberries – call 705-6435-9862

Ego's Farm (Orillia area) – strawberries, other fruit and vegetables, call 705-326-9922

If a pick-your-own is not in the cards for you, why

not try the next best thing, a local farmer's market?

From July 1st until Labour Day weekend (some markets extend into October). You can find Farmer's

Markets in Parry Sound, Carling, Rosseau, McKellar and Argyle. Check out municipal websites for information about Farmer's markets ie when, where and for how long. Listed as one of the best in the province, Gravenhurst's farmer's market is held every Wednesday from

9am until 2pm.

Please note, farmer's markets can get very crowded with parking at a premium. If you plan to go, go early and stake out a good place to park your vehicle. Rosseau's Farmer's Market is a case in point – it gets almost impossible to find a spot to perch by the time mid-morning arrives.

Just in case you can't take the parking stress, you will be happy to know that many large grocery chains are beginning to stock some local produce on their shelves.

BEST BEACH READS!

If you love spine tingling thrillers try Ruth Ware's **The Woman in Cabin 10**, a classic Agatha Christie style "who dunnit" on a luxurious cruise ship. If you prefer gritty police procedurals you might want to pick up John Sander's **Golden Prey**, one of a long line of murder mysteries featuring the clever, fashion conscious Lucas Davenport. If you like your mysteries with an "other worldly flavor" give Kelly Armstrong's **Rockton** series a try. The series is focused on a secret and isolated community in the far north

that offers people looking for a hide-out a very secure bolt hole....or is it? For those who love any books about the great wars, try Lucas McCallin's **The Man from Berlin**, a truly riveting read. Seeking your inner romantic? Try books by Carla Kelly or Mary Balogh. **Mrs. Drew Plays her Hand** by Carla Kelly is a regency romance with wonderful characters, a great sense of time and a heartwarming ending. Pick up something by Maeve Binchy - **Circle of Friends** or Rosamunde Pilcher's **The Shell Seekers**. Both books have stood the test of time and make a great read while you bask in the sun.



Soaking up
Muskoka
Sun

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

~ John Lubbock, *The Use Of Life*

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 Home & Community Care

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 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

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



Expanding Your Horizons

People who are interested in the world around them have a higher level of resilience and ability to deal with the slings and arrows that life throws at them. Some of the world's greatest contributions to the world of science, history and archaeology have been through the efforts of devoted amateurs who spent their free time exploring things they were keenly interested in. Rock hounds and amateur paleontologists, hobby astronomers and historians, naturalists and yes, even chefs, have all played important roles in helping understand the world we live in. Whether it's finding a fossil, a new star, preserving wildlife or developing a recipe, the interest and curiosity of ordinary

people have helped push the boundaries of our understanding.

Developing the "curiosity" habit can be as simple as observing the world around you, keeping a weather journal, noting the types of birds flitting about, what kind of plants and trees can be seen on trips to the grocery store or a pleasant afternoon's walk. Keep notes or a journal. Ask questions. In the age of the internet research is much more easily accomplished than back in the day when you had to wade through armloads of books.

Maintaining an interest in the world around you can help defeat boredom and depression, can give life purpose, can connect you with others and may lead to unexpected insights or achievements!

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