

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Summer 2018

It's Summer!

July has arrived with all the fanfare of Canada Day celebrations, hot weather and lots of visitors to beautiful Parry Sound/Muskoka. Suddenly, our quiet streets are abuzz with activity, our lakes welcoming visitors and residents with cool blue vistas while festivals literally sprout from every corner and nook. It's time to slow down and smell the roses! Don't let the lineups in the grocery store get you down – go early, take along a digital book and practice smiling. Weed your garden, visit a “pick your own”, have a BBQ in the backyard or spend some time at a beach with a book.

For those of you with mobility issues, having outdoor fun may mean taking the time to check that venues are accessible. Yes, Virginia, there are accessible beaches. Some parks have special walkways designed for wheelchair access. Be brave, do your homework and you may be surprised by what you discover. If

you are caring for someone with health issues, make sure you take some time for yourself. Check organizations like *The Friends* www.thefriends.on.ca for information about respite services. Enlist the help of family and friends. Your health, both physical and mental is just as important as the person you are caring for.

Take time to memorialize the good times – pictures, ticket stubs, a pressed flower will remind you of Summer 2018 and can provide the building blocks for a fabulous scrap book, a project you can do when the winter winds are blowing.

There are so many months when outdoor activities are a challenge, so be sure to fill up on sunshine while you can. Enjoy your kids or grandkids, take a cruise and remember that you live in one of the most beautiful areas of the world.



www.thefriends.on.ca

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



Sunset Court Easter
ADAP Lunch



Celebrating our Volunteers

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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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Innovation • Empowerment

The Friends newsletter can also be read online at
www.thefriends.on.ca
Send content or comments to
info@thefriends.on.ca

Supported by:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Stepping into Summer

Spring has been busy at *The Friends*. Easter parties, Volunteer appreciation luncheons, and cleaning up the grounds at Forest Hill Apartments to get ready for summer. Best of all we were visited by the Beth Langford Bayside PD Day campers who assisted us with getting our accessible gardens in tip top shape. Thank you to the youngsters who participated...you were wonderful! In the middle of June the much anticipated new gazebo was delivered to Forest Hill Gardens. Using funds donated by the late Pansy

Dahmer, a former resident of Forest Hill Gardens, the new gazebo was built with the help of students at Canadore college. *The Friends* Board of Directors generously provided funding for the foundation and for moving the structure and placing it properly. During a Canada Day celebration on June 27th, Pansy's gift was honoured...sadly, rain put a damper on the "outside" fun but festivities inside were wonderful, including creative "Canada Day" hats! In Muskoka, seniors attending the Adult Day Programs in Gravenhurst are having fun at the Farmer's Mar-

ket. A big "thank you" to Erica Overbeek and her staff in providing sunny outings for program participants. A summer BBQ will be in the offing for tenants/clients at Oakwood Heights in Bracebridge under the capable management of the fabulous Theresa Michelle. Looking forward to seeing everyone there.

Pictures of the summer camp and the gazebo installation have been included - thanks to Shelly Hazzard for the lovely photos commemorating these events.

Marliese Gause,
CEO

FEELING THE HEAT?

Not everything about summer weather is wonderful. High UV indices and muggy heat can lead to burns, heat exhaustion and in some cases, sun stroke. Here are some tips to stay cool.

- Wear a hat
- Wear loose, comfortable clothing, preferably natural fibres that "breathe" like cotton or linen
- Don't forget the sunscreen, remember to re-apply as per manufacturers' instructions
- Exercise early or late in the day – that includes you, wheelchair drivers. Wheeling down sidewalks in the heat for any length of time is not good for you. Do your shopping early in the morning before the day heats up or late in the afternoon
- Drink lots of water
- Keep your living space as cool as you can – close curtains to decrease heat from windows, invest in an air conditioner if you can, have a fan close by

- Check in with relatives, neighbours or friends, especially if you are having issues coping
- Get a list of "cooling zones" – an air conditioned mall, community centre or other public venue can give you some relief



Forest Hill Gardens 2018

Beth Langford Bayside PD Day Camp



The Friends Forest Hill Gardens was the delighted recipient of garden help by a group of students from the Beth Langford Bayside PD Camp. As you can see from the pictures, students helped with planting, weeding, and watering. A very BIG thank you to all of the students and to the organizers of the day camp who helped make this possible.

ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

July

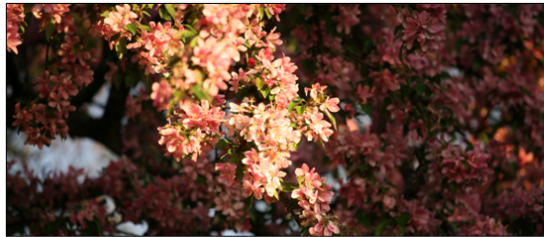
Sundays: 2pm-6, Senior's Euchre, McKellar Comm Cntr
Mon-Thu: 9am-12, Billiards, Seniors' Centre, 80 James St
Mon & Fri: 1-4pm, Bid Euchre, Seniors' Centre, 80 James St
Mondays: 7-9, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10am, Aquafitness, Free for Seniors, Grand Resort Tapatoo, 30 Tapatoo Trail
 :1-4pm, Bid Euchre, Seniors' Centre, 80 James St
Tuesdays: 10-11:45 Music Jam Session, Seniors' Centre, 80 James St
 :1-3, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10:15am-12, Pickle Ball, YMCA, 36 Smith Crescent, \$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)
 :11am-12, Alzheimer Peer Group for persons with Dementia
 :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
 :4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St
 :1:30-2:30pm, Darts, Seniors' Centre, 80 James St
 :10am-12, Probus Club, **4th Wed monthly**, 1 College Dr, Canadore College
 :7pm-9, Taoist Tai Chi, PS Seniors' Centre, 80 James St
 :10am-11, Belvedere Heights, 21 Belvedere Hts
 :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
 :11:30am, Sunshine Euchre, McKellar Community Centre
 :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, Beach Volleyball Drop In @ Waubuno, All ages
Fridays: 7:30pm, Euchre Party, 439 Hurdville Rd @ Hall
 :1-4pm, Euchre, PS Seniors' Centre, 80 James, Bid 7pm
 :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, **3rd Sat**, Seniors' Ctr, 80 James
 :9am-12, Carling Market, 2 Carling Bay Rd W
 :10am-1, McKellar Market, Minerva Pk, 701 Hwy 124
 :7pm, Country Music, **Last Sat monthly**, Friendship Centre, 13 Bowes St
Fri 20-22: 9am-6, Art in the Park, Mkt Sq Pk, 29 Mary
August
Fri 17-18: 5pm-10pm, **Sat 18:** 10am-4, Dunchurch Fall Fair, Community Centre & Fairgrounds, 2199 Hwy 124
Sat 18: 10am-4, Downtown Classic Car Show, James St
Sat 25: 10am-4, Rosseau Fall Fair, Rosseau Fair Ground
 :10-4, Georgian Bay Craft Fair, James St

September

See July for weekly & monthly events

Sat 1: Foley Fall Fair, 60 Rankin Lake Rd
Sat 8: McKellar Agricultural Fair, Community Centre



EAST PARRY SOUND

July

Mondays: 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, Sprucedale Seniors Friendship Centre, 2609 Hwy 518W
 :4-6pm, Scrabble at Powassan Library, 324 Clark St W
Tuesdays: 1pm, Ladies Euchre, Dabber Bingo 7pm-9 **weekly**, Sprucedale Seniors' Centre, 2609 Hwy 518W
 :9-2, Farmer's & Flea Mkt, 220 Centre St, Burks Falls
 :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
Thursdays: 7pm, Bingo Bash, **1st & 3rd Thu**, Burk's Falls Legion
 :7pm, Cruise Night Classic Cars, 2370 Eagle Lake Rd
Fridays: 10-4, Perry Twp Farmer's Market, 1695 Emsdale Rd
 :10am-2:30, Sundridge Farmer's Market, **weekly to Sep 30**, Community Living Parking Lot, 78 Ontario St

Saturdays:

:1-9:30, Horseshoes at Kearney Legion, 58 Park Rd
 :5:30pm, Agricultural Society Bingo, **1st Sat Monthly**,
 Burk's Falls Arena, Crozier Room, 220 Centre St
 :8am-1, Flea Market, Burk's Falls Fair Ground, 220
 Center St
 :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
 :8-Noon, Summer Market & Yard Sale, Sundridge, 14
 Albert

August

See July for weekly & monthly events

Sat 4: 9-1, Civic Holiday Dance, Kearney Legion
Sat 11: 10-4, Quilt Show, South River
 :Sunflower Festival, Sundridge, 118 Main St
Sun 12: Mud Run, 705.384.5316, Sundridge, 66 Bloom-
 field Rd
Sat 25: 8:30-4, Emsdale Fall Fair, Comm Cntr, 32 Joseph
Sat 25-26: Trout Creek Fair & Horse Show, Community
 Centre, 181 Main St W
Fri 31-2: Fri 6pm, Sat 8am, Magnetawan Fall Fair, Com-
 munity Centre, 4204 Hwy 520

September

See July for weekly & monthly events

Sat 1-2: Armour, Ryerson Burks Falls Fall Fair
Sat 1-2: 9am, Powassan Fall Fair, 55 Fairview Lane
Sat 8-9: South River/Machar Fall Fair, Community Cen-
 tre, 1 Lincoln Ave
Fri 15-16: Strong Fall Fair, Sundridge Arena, 14 Albert St
Sat 29: 10am, Poultry & Pigeon Fall Auction, Powassan
 Fair Ground

Please confirm all Fall Fair listings

MUSKOKA

July

Mondays: 9am-2, Bala Farmers Market, Jaspen Park, 38 &
 Silver Maple
 :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
 :7pm, Bracebridge Lion's Bingo, Rotary Centre for
 Youth, Doors open 5:30
Wednesdays: 9:30-11:30, Ladies Quilting, every Wed,
 Oakley Village Square, 1198 Vankoughnet Rd, Brace-
 bridge

: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
 :9am-2, Gravenhurst Farmer's Market, 821 Bay St
Thursdays: 9am-2, Huntsville Farmers Market, Canadian
 Tire parking lot
 :9am-2, Port Carling Farmers Market, Hanna Park, End
 of Bailey St
 :2pm-4, Bridge & Euchre, Bala United Church, No part-
 ner necessary, 3115 Muskoka Rd 169
Fridays: 9am, Ladies Coffee Time, 1st Fri monthly, Oak-
 ley Village Square, 1198 Vankoughnet Rd, Bracebridge
 :2pm-6, Baysville Farmers Mkt, lot near Fuel Emporium
 :9am-2, Rosseau Farmers Market
Saturdays: 9am-1, Huntsville 100klm Market, West St S
 :8:30-1, Bracebridge Farmers Market, Memorial Pk
Sat 7: 9am, Dogfest Muskoka, Annie Williams Park,
 Santa's Village Rd, Bracebridge
 :10am, Vintage Boat Show, 821 Bay St, Gravenhurst
 :11am-6, Dockfest, River Mill Park, Main St, Huntsville
Sat 14 & 15: Pioneer Power Show, JD Lang Fairgrounds,
 331 Fraserburg Rd, Bracebridge
 :10-6, Yoga Festival, Annie Williams Park, Bracebridge
 :10am-12, Buttertart Festival, Muskoka Lake Museum,
 100 Joseph St
Fri 20-22, 10am-4, Muskoka Arts & Crafts Summer
 Show, Annie Williams Park, Bracebridge
Fri 20-29, 4pm-6, Muskoka Pride Festival Kick Off, River
 Mill Park, Main St, Huntsville
Fri 27: 12noon, Ribfest & Boat & Cottage Show Muskoka
 Wharf, 821 Bay St, Gravenhurst
Fri 27-28: Antique & Vintage Show, Port Carling Arena,
 33 Bailey St

August

Sat 4: 9am sharp, Races, Bala Regatta, Hwy 169
Sat 11: MLA Antique Boat Show, Port Carling Locks
 :Classic Car Show, Huntsville Place Mall
 :10-6, Vegfest, River Mill Park, Main St, Huntsville
Fri 17-19: 10am-6, 4pm Sunday, Dockside Festival of the
 Arts, 821 Bay St, Gravenhurst

September

Fri 14-16, Bracebridge Fall Fair, JD Lang Park, 331 Fra-
 serburg Rd, Bracebridge
Fri 21-23: Huntsville Fall Fair, 407 Ravenscliff Rd
Sat 22-23, 29-30: Muskoka Autumn Studio Tour



Did You Know?

Recent research has shown that regular walking helps prevent and/or slow down the onset of dementia. According to the American Academy of Neurology, "People age 65 and older who regularly walk and get other forms of moderate exercise appear to significantly lower their risk of developing vascular dementia, the second most common form of dementia after Alzheimer's disease..." Understanding that everyday exercise not only benefits overall health but decreases the risk of developing dementia should give everyone pause. If you've become a couch potato, get yourself off the sofa. Start with just ten minutes a day of pleasant exercise, a walk to the corner store, gardening, a gentle hike on a fitness trail or an organized activity at a gym. Take the stairs when you can. For those

struggling with mobility issues, look for "chair" exercises - there are some excellent videos that will lead you through a series of movements that will maintain or improve flexibility. If you are able to walk, make the effort in a safe environment to prevent falls. Have a chat with your health care provider to discuss what is an optimum program of fitness for you. Just remember, it's never too late to take action. Even a little effort on a regular basis will improve your overall fitness and well being.



Congratulations to *Friends'* clients who responded to a recent satisfaction survey. A staggering 48% of you responded to our mail in survey, taking the time and trouble to fill out and mail back to us. We are impressed. Overall, the agency continues to show a very high satisfaction profile. One of the items that caught our attention was that some of you were concerned about identifying staff when they arrived at your door to provide services. You will be pleased to note that all staff will be sporting brand new *Friends* nametags/logos as of August 1st. Thank you again for taking the time to participate. Your feedback helps us improve services.



Serving Our Communities

Stroke affects a significant number of people every year. Some recover quickly and are able to resume the life they've always lived, others are not so fortunate. As a long time member of the Northern Independent Living Association (N.I.L.A.) *The Friends* agency has been providing post-stroke services to the communities it serves. These services include: Occupational or Physiotherapist evaluation and planning specialized exercise protocols; Regular ongoing access to rehabilitative programs; Navigation support – helping you connect to the services you need; Specialized support for Cognitive and/or Speech impairment; Access to OTN (Ontario Telenetwork) that connects specialists to patients & service providers; Programs that support self-care and increased capacity ie the T.I.M.E. program and G.R.A.S.P. Access to a fully equipped apartment for short stays/respite Care. These programs are fully funded by the NE Local Health Integration Network and the Ministry of Health. There is no charge to participants.

The Friends agency is working towards the development of accessible housing in Huntsville that will also provide space for a Post-Stroke program. If this is something you would like to support you can do so by: writing us a letter of support that will help our funding requests; tell us your story; donate – every dollar counts!



GAZEBO PROJECT NEWS

A number of years ago the gazebo at Forest Hill gardens was crumbling... floor boards were rotting, and the entire structure was becoming unstable, resulting in its ultimate removal. When long time tenant, Pansy Dahmer passed away, she left the agency a small legacy which she wanted to ensure benefited the tenants at Forest Hill Apartments. Given that the garden no longer had a shady place to sit, replacing the old gazebo seemed like the right thing to do. Pansy's bequest paid for the lumber, Canadore College provided the labour

and expertise, and *The Friends* Board of Directors paid for the foundation and the shipping/ installation costs. On June 18th, the new gazebo arrived, just in time for the end of the month Canada Day celebration.

A big thank you to Forest Hill tenants for their feedback, to Canadore College & the students who created the gazebo, to Board member, Paul Tremaine and Business Manager, Lola Este who worked out the logistics and to the family of Pansy Dahmer.



Pre-constructed gazebo is lifted into position



Easy Summery Cobb Salad

Cobb salads include most of the major food groups and provide a filling but nutritious meal on a hot summer day. Adjust the ingredients to the number of people you will be serving.

- Key ingredients are hard boiled eggs, salad greens (romaine is excellent)- you can add other greens to the mix especially if you have leftover bits of spinach, kale or swiss chard, ham or crispy bacon, chopped chicken or turkey, cheese, cucumbers, avocado (if you have some on hand), green onions and tomatoes. Mix a dressing of 1/4 cup red wine vinegar, 2 tps salt, 1 tsp lemon juice, 1 small clove of garlic, minced, 3/4 tsp coarsely ground pepper, 3/4 tsp Worcestershire sauce, 1/4 tsp sugar, 1/4 tsp ground mustard, 3/4 cup canola oil, 1/4 cup olive oil. Use as much of the dressing as is appropriate to the size of the salad – you can refrigerate the dressing for up to a week.



"Every moment is a fresh beginning"
~ TS Elliot

"Oh the things you can find if you don't stay behind."
~ Dr. Seuss

Need some “Celebration” Ideas for the Summer? July is blueberry month....pick some, buy some, eat lots – they’re good for you! ♦ *Wheelchair Beautification month* – get someone to help you scrub down your wheelchair and add some festive twinkle ♦ National ice cream month....need I say more? ♦ **August** is National Peach month....you know what to do. ♦ August also celebrates picnics – pack a lunch and take a date to the park ♦ And celebrates families as National Family Fun Month – put down your digital device and kick a ball with the kids, go swimming, enjoy a hike, visit a park or wilderness adventure

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.wpshec.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



This Year's Best Beach Reads

If you enjoy lazing about on your lawn chair or at the beach with a book in hand, here are some suggestions for this summer's reading adventures.

Try **The Woman in Cabin 10** by Ruth Ware - a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. All goes swimmingly until the journalist witnesses a woman being thrown overboard. The problem? All passengers remain accounted for—and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong...

Looking for something with a kinder sweeter twist? Try **Surprise Me** by Sophie Kinsella, a humorous yet moving portrait of a marriage—its intricacies, comforts, and complications.

Sunburn by Laura Lippman – a superb novel of psychological suspense about a pair of lovers with the best intentions and the worst luck: two people locked in a passionate yet uncompromising game of cat and mouse. But instead of rules, this game has dark secrets, forbidden desires, inevitable betrayals—and cold-blooded murder.

And for those of you who love your history dark try **Lizzie** by Dawn Ius, an edge-of-your-seat reimagining of one of the most chilling mysteries in modern history—Lizzie Borden.

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