

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

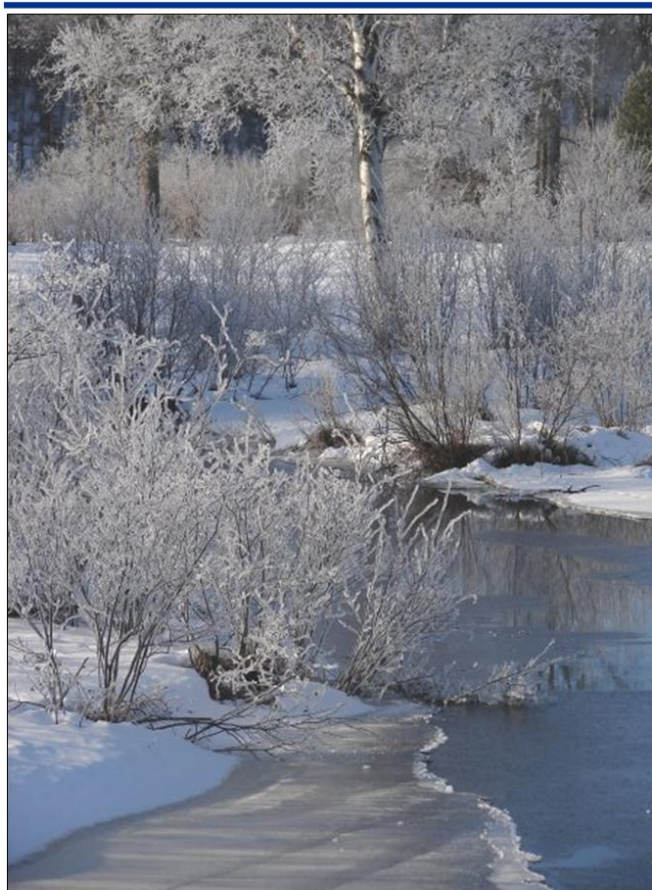
Winter 2018

Celebrate the Holidays

The Friendly Focus Winter Holiday edition is chock full of good wishes and friendly advice—from exotic travel suggestions to managing Holiday craziness. We're celebrating staff achievements and sharing photos of many of our seniors enjoying themselves in Adult Day Programs. Check out pages 8 and 9 for coming events taking place in your neighbourhood, especially Santa Claus parades and tree lighting ceremonies. There are New Year's resolution suggestions, some poetry and a lip smacking recipe for waffles which we borrowed from Muskoka's very own outstanding food blogger Jennifer at Seasons and Suppers. There is enough information packed in these 15 pages to keep you entertained into the New Year. If you feel generous, please consider a donation to *The Friends* organization – your kindness will help a senior access programs that they need or will go towards an accessible supportive housing project we are hoping to launch in Huntsville. For more information check out our Facebook site or website – www.thefriends.on.ca *Facebook* –

The Friends... Supporting those with Long Term Health Care Needs. Our elves will be sure to send you a charitable donation receipt for income tax purposes.

Merry Christmas and a very happy, healthy and prosperous New Year.



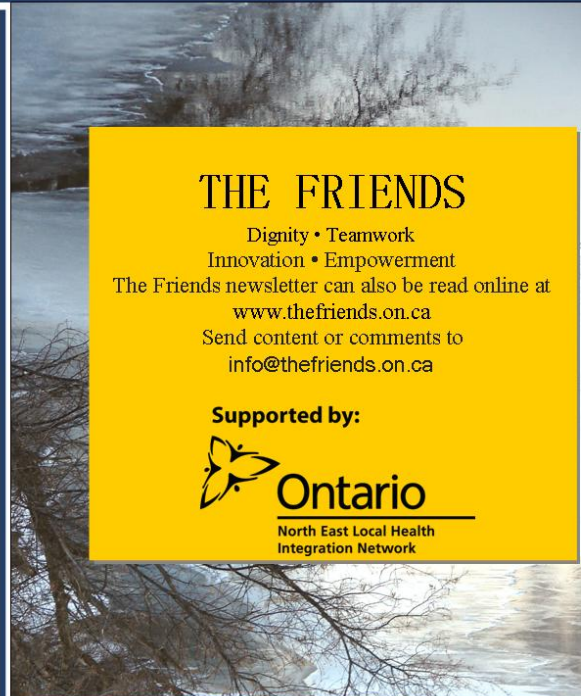
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THE FRIENDS

Dignity • Teamwork
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

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

Winter is Here....

No matter what we do, whether we like it or not, the seasons turn and winter is once again standing on our doorstep. In October, *The Friends* organization hosted its annual All Staff meeting – providing an opportunity for staff from around the vast geography we serve to sit down together, celebrate achievements and learn together. I am always so pleased to congratulate staff who have been with the organization for many, many years. A shout out to Penny Knapp, Brandi Stone-man, Stacy Sherman, Colleen Gale, Cindy Eagle, Gregg Taylor and Lisa Ross for celebrating three years of service. Another shout out to Vicky Holm, Kathleen Hudson, Holly Neely, Evelyn Goulbourne, Veronika Philpott and Shelly Hazzard for reaching a milestone 5 years of service. Lorrie Spears, Heather Hebner and Mildred McLean have successfully achieved ten years of service. This year we

celebrated Sylvie Quelha and Joan Botham for a whopping twenty years of service to their communities at *The Friends*. Thank you to all staff for their dedication, service and cheerful work to improve lives.

I would also like to acknowledge and celebrate the work of all of *The Friends*' supervisors who support front line staff and are a powerful force for effective, compassionate teams.

Last but not least a special word of thanks to the Senior Management Team who have all been with *The Friends* for many, many years. They have been a valuable support to supervisors and staff, have advocated for the community, worked on a multitude of committees to share their expertise and to support the work of the agency; they are the bulwark of an outstanding team. Thank you!

**My thanks,
Marliese Gause**



Long service award winners: 5yrs & up



Senior Management Team (Left to Right)
Linda Tiido, Lola Este, Kelly Sawyer

Perhaps You've Noticed?

Friends staff have been wearing shirts, T-s, jackets and even toques with the agency's signature logo on navy. This initiative has been a huge successthank you to the supervisors and front line staff who have embraced the "look."



What a Difference a Day Makes

The Friends organization has been providing Adult Day Program services in East/West Parry Sound and Muskoka. Programs provide a “day away” for seniors who may be socially isolated, frail, or suffering from early stages of dementia.

A safe space for socialization, having fun together, exercise, snacks, a hot meal make every program day stimulating and fun. If you or someone in your family could benefit from participation in an Adult Day program, call us at 705.382.1030



Warm Wishes for the Best of the Holidays

From Management and Staff of The Friends

Marliese Gause

Linda Tiido

Kelly Sawyer

Lola Este



If you love travelling but are no longer excited about the standard travel options out there, why not try something different? Check out “Walking Adventures International” which cobbles together journeys that are not physically demanding but allow you to see the world from the ground up. They offer trips across the world – might be just your cup of tea.

For those interested in stimulating those “little grey cells”, check out “Roads Scholars” a travel company that organizes trips that will provide cultural stimulation and some learning on the side. Imagine spending the last few days of

Adventures in the New Year

You're Never Too Old for Something New

2018 learning all about the Rose Bowl Parade? You can celebrate New Year's Day at the Rose Parade in Pasadena, learning about the parade's history, watching award-winning bands and helping decorate a signature Rose Parade float.

Bird enthusiasts can immerse themselves in the birder's paradise of Superior National Forest, or other fabulous trip locations to learn about local ecology, spot rare and unique birds and add to lists with tips from experts.

There are 42 music appreciation trips listed on the Roads Scholar site

never mind opportunities to hike, learn a craft, or study natural history – there is literally, something for everyone.

Universities (Canada or across the world) offer opportunities for learning. The famous and prestigious Oxford University offers “Do it Yourself Learning Vacations” providing adults from around the world the opportunity to take one-week courses at its celebrated campus in the United Kingdom. Topics vary from year to year, but typically include creative writing, Shakespeare, philosophy, British literature and poetry.

Start 2019 by planning your best trip ever. You're never too old to learn something new.

Managing Holiday Stress

Carols are playing on endless loops in crowded stores...there's snow and you're afraid you will get stuck in your driveway. Even though you love your ten year old nephew...or grandson (or daughter) you are totally clueless as to what kind of gift would be appreciated. Then there's the endless cooking. And what happens if there's just you this year because the rest of the clan have decided to have a Christmas abroad?

The holiday season can be a trial even for the most positive optimist. Advice? Start early and break it down into mini-steps. Make early arrangements for snow clearing and maintenance. Make sure your car has its winter tires on and has been serviced. Call the aunt/uncle/parent for clues as to what kind of gift might be appreciated. If all else fails, money is usually quite popular with youthful family members. If you plan to host a holiday event, plan your menu in advance. Keep your menu simple. Wherever possible, pre-prepare and freeze in order to reduce the time spent fussing with food.

If you're going to be alone this Christmas take some time to think about what you enjoy. Do Christmas teas and bazaars hold a special charm? Do you enjoy Christmas concerts? Would you rather hibernate with a glass of wine and an armload of books or videos?

Make a plan and follow through. Go to that concert; invite a friend to cruise the Christmas teas and bazaars. Hang some twinkle lights in a dark corner. Write and send an armload of Christmas cards. Stock up on

favourite treats, books, movies and music. On Christmas day take a brisk walk in the snow then settle in for a wonderful holiday. Remember to call, text or email friends and family. Enclose an invite for coffee and sweets to celebrate the New Year. P.S. It's never too early to work on those soon to be forgotten resolutions.

Have a Merry Christmas and a Happy New Year!



Hands On with the Muskoka Adult Day Away Program

Wood carver, Gary Simmonds, visits and shares his time and resources with our Gravenhurst Adult Day Program participants. Volunteering all of the supplies; wood, magnets as well as the burner, he showed participants how to sand and paint these creative pumpkin magnets in plenty of time for Halloween.



Tick Tock

I'm writing this in a state of shock,
Watching the clock—tick tock, tick tock,
Advancing, approaching, relentlessly,

A brand new year; Oh, can it be?
The calendar says the same thing, too;
Time races, vanishes for me; Boo hoo!

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ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

November

Sundays: 2pm-6, Senior's Euchre, McKellar Comm Cntr
Mon 9:30 & Thu 9am: Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave Winter: Pentecostal Church Basement, 705.342.5830

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

Mon & Fri: 1-4pm, Bid Euchre, Seniors' Centre, 80 James St
Mon, Wed, Fri: 1-2:30 pm, Weekly Walking, YMCA, 36 Smith Cres

Mondays: 7-9, Taoist Tai Chi, Seniors' Centre, 80 James St
 :10am, Aquafitness, Free for Seniors, Grand Resort Tap-pattoo, 30 Tapattoo Trail

:6:30-8, Drop-in Dodge Ball, Comm Hub, 86 Gibson St
 :1-4pm, Bid Euchre, Seniors' Centre, 80 James

:Pickle Ball, Pointe au Baril Comm Cntr, 70 South Shore
Tuesdays: 10-11:45 Music Jam Session, Seniors' Centre, PS

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

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

: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, **First and Third Tue**, Lakeland Power, 125 William St



: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

:10am-11, Belvedere Heights, 21 Belvedere Heights

:5-9pm, Chess Knights, 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 Comm Cntr

: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

:5pm, Healthy Eating Active Living, Parry Sound Friendship Centre, 13 Bowes St

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

:1-4pm, Euchre, PS Seniors' Centre, 80 James, Bid Euchre 7pm

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

Saturdays: 2-4, Kid Zone, Public Library, 29 Mary St

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

:7pm, Country Music, **Last Sat monthly**, Friendship Centre, 13 Bowes St

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

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

Sat & Sun: 11-1pm, Public Skating (Sun 11:30), Humphrey arena, 15 Humphrey Dr

Sat 10: 11am, Christmas Bazaar, Dunchurch Knox United Church, 21 Church St, Dunchurch

Fri 16(4-8) & Sat 17: 9am-4, Winter Crafts Show, Bobby Orr Community Centre, 7 Mary St

:5-6pm, Light Up the Park, Mary St, Parry Sound

Sun 18: 1-3pm, Burlap Wreath Workshop, Humphrey Comm Cntr, 15 Humphrey Dr

Sat 24: Wild Game Dinner & Auction, MacTier Lion's Club, Lion's Hall, 53 Haig St, MacTier

Sat 24: 4:30, Optimist Club Santa Claus Parade, PS

Sat 24 & 25: 10-4pm, One of a Kind Artisan Show, Charles W Stockey Centre, 2 Bay St, Parry Sound

Sun 30: 2:50-3:20, CPR Holiday Train, 1 Station St, MacTier, old CP Station

December to March

See November for weekly & monthly events

EAST PARRY SOUND

November

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

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

:1-3, Burk's Falls Food Bank, 205 Yonge St

Tuesday & Thu: 9:30am, Sit & be fit, Young At Heart Seniors' Center, 39 Copeland St, Burk's Falls

:10am-11, Seniors Exercise Class, **Every Tue and**

Thu at the Sunshine Club, \$3 per person, Golden Sunshine Hall, 105 Edward St, Powassan

Wednesdays: Argyle & District Food Bank, open **2nd & 4th Wed**, drop offs anytime

Thursdays: 7pm, Bingo Bash, **1st & 3rd Thu**, Burk's Falls Legion

Fridays: 9:30-11:30, Burk's Falls Food Bank, 205 Yonge 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**

Mnthly, Dunchurch Legion, 2130 Balsam Rd

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

:12:30-4pm, Jamboree, **Second Sat Montly**, 3 bands to

enjoy, Katrine Community Centre, 6 Browns Dr, Katrine

Sat 24: 9am-2, Highland Christmas Craft Show,

Sundridge Strong Joly Arena, Sundridge, 14 Albert St N

December

See November for weekly & monthly events

Sat 8: 4:45pm, Sundridge Santa Claus Parade & Tree Lighting

Sun 9: 1-3pm, Cookies with Mrs. Claus, Armour Ryerson Burk's Falls Arena, 220 Centre St

January to March

See November for weekly & monthly events

MUSKOKA

November

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, 131 Wellington St

Tue & Thu: 1:30-3:30pm, Indoor Short Mat Bowling, Bracebridge Memorial Arena, 169 James St

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

:10:30-11:30am, Art for Seniors, **1st Wed monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling

:Nov 14-Dec 5, Knitting Muskoka Together, Free Workshop includes supplies, YWCA Muskoka, 440 Ecclestone

: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

:2pm-4, Bridge & Euchre, Bala United Church, No partner necessary, 3115 Muskoka Rd 169

Thu 1, 5pm, then **Jan to June**, **Last Thu of Month**, Bracebridge Out of the Cold Dinners, Salvation Army Church, 456 Manitoba St

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

Sat 3: 10-4pm, Muskoka Lakes Christmas Market, Port Carling Comm Cntr, 3 Bailey St

:10-3pm, Christmas Craft & Trade Show, Sprucedale Community Centre, 31 William St

Fri 16(5-8)-18(11-3): Sat 10-5, Muskoka Arts & Crafts Christmas Show, Bracebridge Sportsplex, 110 Clearbrook

Sat 17: Bala Santa Claus Parade, Muskoka Rd 169

:6:30, Port Carling Santa Claus Parade, Downtown

Fri 23: Bala Tree Lighting & Black Frid'eh, Community Centre, 1008 Maple St

:5pm, Tree Lighting & Black Friday Sales, Downtown Gravenhurst

Sat 24: 11am, Gravenhurst Santa Claus Parade

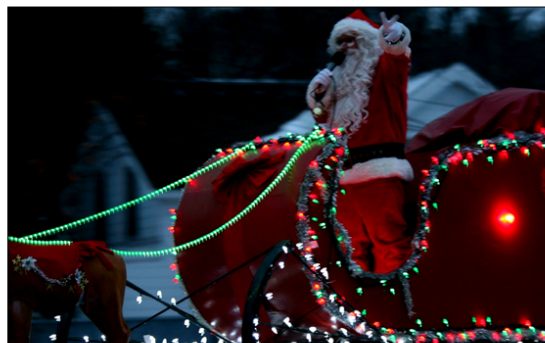
Fri 30-3: Santa Claus Parade Dec 2nd & XMUS Festival, Dominion and Manitoba St, Bracebridge

December to March

See November for weekly & monthly events

Sun 9: 1pm, Baysville Santa Claus Parade, Bridge St

Sat 22: 5-8pm, Muskoka Flyer Christmas, Muskoka Heritage Place, 88 Brunel Rd, Huntsville



New Year's Resolutions

that Never Go Out of Style

- Think things through. Forgive an injustice. Listen more. Be kind.
- Apologize when you realize you are wrong. An apology never dimin-



The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. ~Melody Beattie

ishes a person, it elevates him/her.

Don't blow your own horn. If you've done something praiseworthy, someone will notice eventually.

- The sure way to have a friend is to be one. We are all connected by our humanity, and we need each other. Avoid malcontents and pessimists. They drag you down and contribute nothing.
- Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained.
- Be optimistic. The can-do spirit is the fuel that makes things go.
- When courage is needed, ask yourself, "if not me, who? If not now, when?"

'Twas the Month After Christmas

'Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).
I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt —
I said to myself, as I only can
"You can't spend a winter disguised as a man!"
So—away with the last of the sour cream dip,
Get rid of the fruitcake, every cracker and chip
Every last bit of food that I like must be banished

Till all the additional ounces have vanished.
I won't have a cookie—not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore —
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

~Anonymous

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John F., Kennedy

I would I could stand on a busy corner, hat in hand, and beg people to throw me all their wasted hours.

~ Bernard Berenson

Simply Delicious Waffle

1. Preheat your waffle iron before starting to mix your batter.
2. In a large bowl, whisk together the flour, baking powder, salt and sugar. Make a well in the middle. Break the eggs into the well and beat lightly with a fork. Add the oil and milk and stir until moistened (Some lumps are ok. Doesn't need to be smooth. Just moistened.)

3. Spoon batter into hot waffle iron and cook until golden and crispy.

Ingredients

1 3/4 cup all purpose flour
2 tsp baking powder
1/2 tsp salt
1 Tbsp white sugar
3 large eggs
7 Tbsp vegetable oil or other neutral tasting liquid oil
1 1/2 cups milk or buttermilk



(from Jennifer's blog
Seasons and Suppers)

Bracebridge Fall Fair Participants and Winners



A special
Thank You
goes out to
Kristy for
organizing
this event on
behalf of our
clients.

What Can I Get for Someone that Has Everything?

At this time of the year, many of us are beginning to sit down with pen and paper to make our Christmas lists. While browsing through a favourite website, I came across an article called "Clutter Free Gifts for Grandparents". Some of the ideas were so good that I simply had to share them. Here are just a few:

- Put together a package of note cards, preprinted address labels, a book of stamps and a prepaid phone card to stay in touch – even though your grandparents may be digitally savvy and hooked on the internet, attractive note cards are always appreciated
- Create a special scrapbook for an elderly relative by contacting his/her best friends, sisters, brothers, school chums, friends from work and ask them to share a favorite story and/or pictures. Put them together for a very special memory book
- Gift coupons for restaurants and/or concerts/events
- A gift basket with edibles in packages small enough for one or two people
- Help an aunt, uncle or grandparent organize their photo albums; better yet, make up a "heritage album" that includes letters, cards, pictures, newspaper clippings and any other memento that would make your heritage album extra special
- A recording of a grandchild reading a favourite story, playing an instrument or acting in a play
- A gift certificate for car maintenance, ie oil & lube, winterizing
- Give a gift in their honour – hats and mittens for a homeless shelter, a donation to a foodbank or children's breakfast program. Write a little card explaining what the "gift" is and wrap it up so that



there is still a package to open

- You're never too old to learn something new. You can arrange for and pay for introductory music lessons, drawing/painting/sculpting lessons, crafts or information about Ted Talks
- If your loved ones adore history/archaeology pay for a membership at a museum or for an online source of research ie the Medievalist Society
 - A gift certificate for a health club, yoga lessons, manicure, pedicure or facial
 - Give a "Time with You" coupon promising to rake a yard, make a date for lunch, lend a hand with spring cleaning, shovel the driveway or bake a favourite cake.

While many of these ideas are ideal for elderly friends and relatives, they can also be useful for friends or other members of the family. A mother with a graduating child might enjoy a special album of stories, news clippings, etc. about her now almost grown up offspring. University or college student might appreciate gift certificates for groceries, or a concert or a restaurant. A grandparent could put together a special recipe book memorializing favourite family recipes, or outlining family history. A grandparent could gift

someone with a "Time for You" certificate to demonstrate a skill (knitting?) or simply to enjoy tea with cookies. Someone who has been ill or is recuperating from an injury might appreciate a "Time with You" coupon offering a helping hand with chores or shopping. The possibilities are endless. These gift suggestions will not create clutter, are truly useful and will be more than appreciated by the recipient.

con't from pg 7

No, wait! If time flies, I'm having fun!
A year of fun! It's gone! It's done!
I now embrace the blur of time,
Because it simply means that I'm
Too busy with pleasure, joy, delight

To mourn the passing days' swift flight.

So I'm wishing you fast, happy days,
Pleasuring you in myriad ways,
Filled with happiness and cheer,
Oh Happy, Happy Bright New Year!
By Joanna Fuchs

Living it up Muskoka Style

Day Away and Assisted Living BBQ's & The Arts



Paint it Up



Summer BBQ's



Bomping Balloons



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.



PSW Grads

Every year *The Friends* agency supports staff who are interested in achieving their Personal Support Worker certificate. This year we are delighted to celebrate:

Daniele Murray Cathryn Jackson Brandie Stoneman
(absent from photo) **Amanda Tubman**

Congratulations on your success!
Welcome to the P.S.W. family.

Fun Facts

A large part of Sweden's population watches Donald Duck cartoons every Christmas Eve since 1960

In 1918 and for the past 40 years, the Canadian province of Nova Scotia has sent the city of Boston a giant Christmas tree as a thank you for their support

after the 1917 Halifax explosion

Japanese people traditionally eat at KFC for Christmas dinner, thanks to a successful marketing campaign 40 years ago. KFC is so popular that customers must place their Christmas orders 2 months in advance

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epsccsp@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.wpschc.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



THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



FRIENDLY FEEDBACK

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