

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Fall 2021

Navigating Our Way Into Fall

Are you noticing a distinct crispness in the air? Seeing flashes of colour by the side of the road? Are you harvesting an overflow of zucchini and tomatoes from your garden? If so, it must be fall. Coming on the heels of a week long heat wave complete with steamy levels of humidity I

am sure I am not alone in appreciating the change of seasons. As we put our gardens to bed, tidy yards and lawns for the coming late fall and winter months, I am sure we are also reflecting on the tumultuous year and a half that we have lived through. Perhaps this is the time to take to heart

September's theme of "Self Improvement" to re-set priorities and to find ways to add value to our lives and the lives of others. Share the love with friends and family, send a card or a letter by snail mail, perhaps tuck in a surprise gift or coupon. Whatever you do, set a fresh course for the fall!



www.thefriends.on.ca

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



... so busy Staff have had to make time to let us shoot them as they get their *kook* on in stolen moments

With much gratitude for all you give and all you do, team!



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For the Parry Sound, East Parry Sound and Muskoka areas, call now to become a valued member of our team of care providers



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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info@thefriends.on.ca www.thefriends.on.ca

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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:



From the CEO's Desk

Life at *The Friends* has been a little bumpy over the summer months. Like most agencies in the province we are struggling to maintain staffing levels. Staff get ill, need vacations to destress and to be with families, or sometimes, just to head off to greener pastures. A further complication is that the industry is dominated by women, women who are finding it harder and harder to find daycare of any kind. In an effort to boost services, some of our sister agencies have brought in foreign workers who are eager to help but are then

faced with shocking levels of disrespect and racist attitudes. So much so, that some of my colleagues have simply abandoned the project and clients are having to accept limited services as a result because there are just not enough staff to go around. Many of us are competing for staff with other health care providers who have bigger pockets than the community sector has access to. The good news is that *The Friends* team of dedicated professionals continue to deliver first rate services. At times, those services may be limited, but people continue to get the care that is essential to their overall well being and safety.

Unfortunately, expanding care and addressing waitlists is on the back burner until we can boost our resources. Perhaps school openings this fall will help those staff with childcare issues ease back into the workplace.

We continue to recruit, we continue to innovate to find ways to deliver the care we know is needed. A huge thank you to staff, supervisors and the senior team who have all pitched in when necessary over the past few months.

Marliese Gause,
CEO

HOW MUCH FOR THAT JOB IN THE WINDOW?

I'm sure you've noticed "help wanted" signs in windows across the Districts of Parry Sound and Muskoka. In many cases the public is being asked to "be kind" and to exercise patience as a result of ongoing labour issues across the region. Healthcare is no exception, especially sectors like Home and Community Care. What can you do to help? If you are a health care worker who is retired you might consider re-entering the field on a limited basis, for example, working one day a week. If you are a student whose family has a cottage in the area and who is interested in entering the healthcare field in the future, consider working for a community agency in your cottage area over the summer as a relief staff.

Most agencies will provide on the job training and provide significantly better pay than a coffee shop or retail job. You can have it all, a cottage life summer and a job that will provide you with experience and a window into a potential career.

Contact *The Friends* agency at www.thefriends.on.ca if you are interested in planning for next summer. We would be happy to point you in the direction of health care agencies closer to your cottage, so don't be shy.

In the meantime, let's all work together, exercise patience, kindness and good humour and make the best of difficult circumstances.



Thanksgiving Approaches

This Thanksgiving I will be thinking of all of the front line health care workers who are delivering hands-on care during the pandemic.

Thank you to one and all for your dedication!

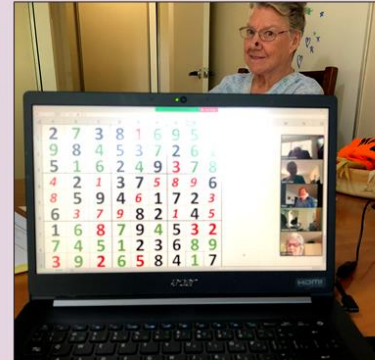
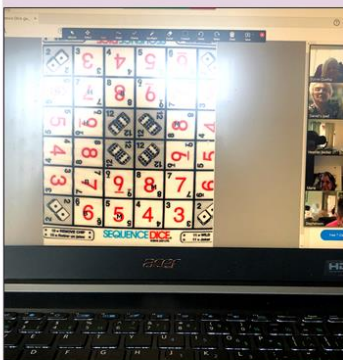
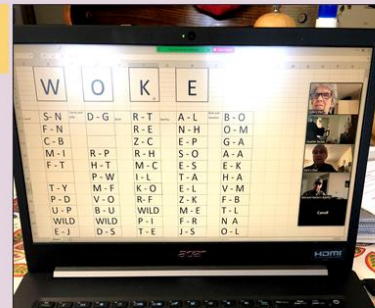
As you join family and friends to celebrate, spend a moment to appreciate the commitment of health care workers across the province.



Virtual Programming: A Hands-on Hit

From our 1 - 9 game to, what clients are choosing to call, our Four Letter Word game, pictured on the right, the Adult Day Program has been rolling out new online skills, enjoying gathering together in virtual groups and gaining some much needed online laughs with friends they've not been able to connect with for many months.

For information about full program offerings call, 705.746.5102 x222



Wishing You a Careful Thanksgiving

Yes, with vaccines we are all looking forward to a more traditional Thanksgiving this year, however, if you plan to hold a mega-bash, you might want to consider some precautionary strategies to protect yourself, your family and your guests.

- think about your anticipated guest list, are there a lot of children under the age of 12? Immunocompromised? If you are inviting guests who are vulnerable, make sure that
- everyone who can be vaccinated has had the "shot." You might want to call or email guests sharing your concerns and asking with respect to vaccination status. Offer a door prize for vaccination status cards.
- if you're into a big gathering, think about holding it outside, weather permitting or in a well ventilated space.
- unvaccinated guests could be asked to take an antigen test, this may be a turn-off, especial-



ly for rabid anti-vaxxers, but if you have children or immunocompromised guests, isn't it worthwhile to be concerned about their safety?

- Keep the conversation upbeat and focused on the good things you are sharing with friends and loved ones.

Happy Healthy Thanksgiving.

Living Alone? Gone on the Tea & Toast Diet?

Boost your health with the following easy steps:

Make an effort to eat at a table, set it with real dinnerware and throw in a flower for a bit of eye-candy. A dandelion or a wildflower will do. Invite someone to join you. Play some music. Make an effort.

Remember to add some fruit and vegetables to every meal. If you're afraid of spoilage, keep bags of frozen fruit and vegetables in your freezer. Oatmeal is simple to cook, just add some nuts and frozen fruit. Supplement your toast with a nut butter for added protein, slice a banana on top. One egg can be transformed into a simple nutritious omelette – add parsley, chives and some chopped swiss chard or spinach and you have a super nutritious quick meal.

If you enjoy cooking but get frustrated with leftovers, use a muffin tin to freeze single servings. When you don't feel like cooking, one of these single servings resurrected from your freezer can be part of a simple, but satisfying meal. Add a salad or some fresh vegetables.

Check out online resources like Youtube for cooking tips. It's surprising what you can learn.

It's always nice to have a glass of beer or wine with your dinner, but check any medications you are taking to make sure the alcohol will not conflict with your meds.

Make a point of trying something new. Nothing kills appetite like "taste boredom".

Keep some commercial frozen meals handy. They can provide a

quick meal when you are not in the mood to cook. Supplement with some fresh fruit or a small salad.

If you struggle with set meal times, eat small meals throughout the day; a hard boiled egg, a banana, a handful of nuts, small salad, cup of soup, protein rich hummus spread on a cracker or a myriad of other choices can give you the nutritional boost you need.

Find community resources to improve your skills or to give you fresh ideas – check out your local library, online resources, or give a friend or family member a call. Ask them to share favorite recipes or invite them to help you cook something new.

Just remember that tea and toast are not a substitute for a nutritious meal!

THE MAYONNAISE JAR AND 2 CUPS OF COFFEE

In Honour of September's theme of Self Improvement!

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee story.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly and the pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then again asked the students if the jar was full, and once again, the students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling up the empty space between the sand. The students laughed.

"Now" said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things, your family, your children, your health, your friends and your favourite passions and if everything else was lost and only they remained, your life would still be full.

The pebbles, on the other hand, are the other things that matter like your job, your house and your car.

The sand is everything else – the small stuff. If you put sand into the jar first, he continued, there is not room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children, take time to get

medical checkups, take your spouse out for dinner, play another 18 rounds of golf. There will always be time to clean house and fix what needs fixing. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented.

The professor smiled, "I'm glad you asked."

"It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."



Quote of the Day

Bad nature never lacks an Instructor. ~ Publus Syrus

Destination Fall Colours

Is there anything more beautiful than the blaze of orange, yellow and red that floods forests in the fall? This is the perfect time to pack a picnic basket and head out for a road trip. Check with local Chambers of Commerce for tour trips. Given ongoing issues with COVID-19, annual fall artist studio tours may be shuttered, however it's always worth checking the local news and online sites for information. Here are some other suggestions for a safe and enjoyable fall colour appreciation day:

Visit Ontario's fabulous parks.

Climb the Fire Tower at Tower Hill in Parry Sound for a breathtaking view of Georgian



Bay or visit the spectacular Fire Tower in Dorset for an unbelievable view of Algonquin Park.

Take a cruise on Georgian Bay or Muskoka Lakes and enjoy the fall colours, open water and cottages that will blow your mind. Check with the local Chambers of Commerce for information.

Take a drive down some of the less known pioneer roads like the old Nipissing Road – just remember to check road conditions, and accessibility. Probably a good thing to make sure you have a full tank of

gas in case you end up driving further than you had anticipated.

HERE'S A QUICK AND EASY DIP

Crockpot Beer Cheese Dip

½ cup beer
½ tsp tabasco sauce
1 lb cheese spread loaf (Velveeta)

Mix all ingredients in a 1 – 2 quart slow cooker
Cover and cook on HIGH for 40 minutes until cheese melts
Stir until mixture is smooth, scrape down cooker sides
Turn heat to LOW

Dip will hold for 4 hours, if stirred occasionally

Serve with pretzels, cubed bread chunks, or crackers

Perfect for watching fall football games or other sports.



Did You Know?

1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.
2. A person's height is determined by their father, and their weight is determined by their mother.
3. If a part of your body "falls asleep", you can almost always "wake it up" by shaking your head.

WHAT IS VIRTUAL PROGRAMMING?

Virtual programming provides group exercise programs, specialized supports such as Stronger 4 Longer, GRASP and TIME as well as individual Cognitive Rehabilitation programs for those affected by Stroke. Monthly Support groups and Caregiver Support groups are also provided on-line.

Participating in virtual programs can have real life benefits by reducing the need for transportation. Clients who live in areas at a significant distance or who cannot access appropriate transportation are able to connect with helpful activities and support.

For those struggling with fatigue issues, joining online allows for energy conservation.

During COVID stay-at-home orders, virtual programs have meant ongoing access to rehabilitation and support as well as the opportunity to connect with others in a group setting to decrease the effects of isolation.

Here is some feedback we've received from clients participating in Virtual Programming:

I have found sharing with others who are experiencing similar life changing events very supportive to

my emotional wellbeing.

I don't feel I am alone when I hear others share their stories as I can relate.

Also, I have heard of strategies that may be useful and information that might be helpful in my own situation.

I find people are very kind and sensitive during these times and it may be more useful than individual therapy. I have found people to be good listeners and not so quick to offer a "fix." This is perhaps more helpful in finding my own solutions.

I wish there was a physical meeting and of course not yet.

Also, I like that you can show up when it's convenient and people will be there.

The Caregiver Support Group is very helpful to me. Listening and sharing stories of ones experiences helps me realize I am not alone. Not alone in my negative emotions, my thinking, my patience, my understanding, my frustrations. I have also become more aware of positive emotions, gratitude, hope and inspiration.

Participants show empathy and



kindness to others.

Yes, this group is good. Especially in these times of isolation.

Because hearing loss was mentioned in the group, I have got my husband scheduled for a hearing test.

Virtual programming can never replace real life, in-the-flesh socialization, but it does serve a useful and helpful purpose in maintaining connections, providing support and encouraging clients to engage in activities that will benefit their physical and mental well being.

Try it, you might like it!

Information graciously provided by Robin Stainton, The Friends Caregiver Support Program Facilitator

Fun Facts About Apples

Golden Delicious – a mild, sweet apple which is great chopped into a salad. It doesn't "juice up" when cooked so is ideal for oven or stove top recipes.

Red Delicious – America's best-selling apples, straightforward simple "apple" flavour they don't hold up well in baked goods but are best eaten fresh from the tree.

Every moment is a fresh beginning. ~ T.S. Elliot

Food Trivia

Aunt Jemima pancake flour, invented in 1889, was the first ready-mix food to be sold commercially. An etiquette writer of the 1840's advised "*Ladies may wipe their lips on the tablecloth but not blow their*

noses in it" The English word for "*soup*" comes from the medieval word "*sop*" which means a slice of bread over which roast drippings were poured. The first archaeological evidence of soup being consumed dates back to 6000 BC with the main ingredients being hippopotamus bones!

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epscssp@onera.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



Support Gizmos

Looking for ways to support independence for a senior or someone living with a condition that limits their ability to manage day-to-day tasks? Check out these self-esteem and self sufficiency boosters.

For someone with arthritis, consider getting **Built up Handles** which attach to things like utensils, pens, pencils and

toothbrushes making them easier to grip.

For someone struggling with zippers and buttons try a **Zipper pull-Button hook** to ease daily dressing routines.

Anyone who has lost muscle control or can only use one hand, try **Non-Skid Dinnerware**.

Low vision seniors or anyone struggling with arthritis would appreciate a **Big Button TV Remote**.

Having trouble bending over and pulling on your socks? Try a **Sock Aid** which will make getting those pesky socks on a breeze.

Almost anyone can appreciate a **Grabber/Reacher** for getting things off a high shelf or picking up stuff from the floor. One of the most useful products out there.

Anyone with low vision would appreciate a **Liquid Level Indicator** which sounds an alert when a cup or bowl is nearly full.

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 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