

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Fall 2022

Who and What are The Friends?

The Friends....Supporting those with Long Term Health Care Needs is a non-profit charity serving the Districts of Parry Sound and Muskoka. The area served is the Hwy 11 corridor from Powassan to just south of Gravenhurst and the Hwy 400 corridor from French River to MacTier and includes all of the geography in between. The agency delivers a range of programs and services, including fully accessible, supportive housing, homemaking, personal support services, post-stroke services, respite, caregiver respite programs, assistance in getting home safely from hospital,

attendant care and Adult Day Programs.

The agency is one of a number of agencies across the province funded by Ontario Health to support Personal Support Worker Education (PSW) and works with many agencies to provide training/certification opportunities for interested individuals.

In 2023 *The Friends* will be celebrating 40 years of service across the region. Despite difficult times and growing staff shortages, we continue to find ways to make a difference in peoples' lives, supporting families, caregivers and individuals in living

the best life they can. A special shout-out to the dedicated team of frontline workers who have managed to continue to provide services that allow people to continue to live safely in their home. They are a credit to the agency and the reason that we are here.

As a charity, we look to our communities for funding support (please see back page for information) - your donation is gratefully received. We are also looking for future staff members who can carry on a proud history of service provision. If you want to make a difference, contact us at info@thefriends.on.ca.



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



Whispering River Orchestra,
lead by Brenda Muller, wows
the crowd at Forest Hill
Apartments



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Thanks to a generous donation from Barb Scott, Tenants enjoyed getting a little dirt on their hands in the Forest Hill raised gardens



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:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Like many health care agencies, *The Friends* continues to struggle with maintaining adequate staffing levels. We continue to explore every innovation that we can think of to manage care, but ongoing recruitment efforts continue without bearing fruit. Most disappointing of all, are the individuals we take the trouble to hire only to not have them show up for even one shift. All I can say is that our core team of staff have been literal “heroes” in their work ethic and their continuing care for vulnerable individuals. We are working to support them in every way that we can while recognizing that current circumstances are throwing giant curveballs at their work environment.

The staffing crisis across the province has meant that more caregivers have had to step in to support a loved one, and in some cases, this means that an elderly partner is managing care without a lot of support. If you are a caregiver and need a forum to access support and self-care, consider joining our Caregiver Support group. It's a friendly way to connect with others, learn and sometimes, just to have a shoulder to lean on. Contact rstainton@the-friends.on.ca for more information.

If you have been thinking about volunteering, now is the time to step up and give a helping hand to your community. *The Friends* agency is not the only one starving for community support; consider your local Hospice, Meals on Wheels, Service Club or youth groups. Every hour you can spare is meaningful! Students take note...we need you!

Learn transferable skills by volunteering for a community group. Don't be shy, you will be surprised at the adventure ahead of you.

If there's one thing I would like to emphasize it is the need to be patient with one another. Your local retail store or drive through is suffering from staff shortages too. Spouting verbal abuse at anyone but particularly at staff, regardless of where they work usually just increases hostility and may, in some instances mean less service. Staff who are already burned out do not need one more reason to leave the work force.

As we head into fall, let kindness to others be our mantra as we move forward.

Marliese Gause,
CEO

SOMETHING TO CELEBRATE

The Friends has been so grateful for the donations we continue to receive from the communities we serve. Donations help us improve quality of life for the individuals we serve as well as fuelling long range projects. It has always been the dream of the agency's Board of Directors to build a fully accessible, supportive housing complex in Muskoka. If this is something you are interested in supporting simply identify your wishes along with your donation. This year we have been so fortunate to have had the support of Boston Pizza and the RBC Foundation. Their generosity is much appreciated and will lay the groundwork for future projects that benefit communities we serve. We are also embarking on a

series of seminars that will help Muskoka residents take

advantage of grants available to them for the development of secondary suites. If this is something you've been thinking about but have found the application process intimidating, join us for an enlightening and helpful walk through the application process. We are expecting to hold the seminars in late September. If interested, send us an email at mgause@thefriends.on.ca



Break Out the Flannels

Blink and summer is over. Unlike so much of the US and parts of western Canada, central Ontario has been blessed with a relatively temperate summer. There were the odd hot and humid days, but overall, the crazy heat experienced by so many other areas managed to pass us by. Nevertheless, it's a warning to prepare for summers that may not be as benevolent and to do what you can as a citizen of the world to help decrease the effects of climate change. Summer 2022 has seen the resurgence of public events, concerts, and get-togethers that we had all put on hold during the worst of COVID days. Although it

may seem that COVID days are over, our hospitals and care facilities are struggling to manage an upswing in COVID variant cases. Please be kind, wear a mask especially indoors and in crowded areas as well as taking precautions for yourself, your loved ones and your community. Please check page 9 for information about booster clinics in your community.

One of the nicest (and most traditional) ways of celebrating the season is to attend a fall fair. Check out page 11 for information about a fall fair near you.

The Fall Friendly Focus celebrates working together as a community

for the best possible outcomes for all. Join us in making a positive impact on your world, however big or small.



Sanity is a cozy lie.

~ Susan Sontag

Lifelong Learning can be a Key to Brain Health

Traditionally, September is “back to school month” but for many seniors, autumn is just the forerunner to winter, only a whole lot prettier and with no snow to shovel. Embracing fall as a time to re-engage in learning can be as important a step as your daily walking regimen. Research has shown that engaging your mind and keeping the brain stimulated can help ward off some of the less happy effects of aging by preventing or slowing both mental and physical decline. Lifelong learning can help you weather change and may increase your ability to meet new people and to build or expand your “friend network.”

For those who like actual “school” ie the structure and support, explore the literal thousands of options available to you at no cost. Check out the following resources:

- Osher Lifelong Learning Institute
- TedX
- Academic Earth
- BBC Language
- Harvard Open Learning Initiative
- TEDED

Please note that this is just a small sampling of learning opportunities available to seniors. Take some time to scroll through the internet

to explore options that are of interest to you.

For seniors who prefer a less structured approach try expanding your horizons by joining a Book Club, visiting a museum, get a membership to your local library, learn a new language, explore the world of podcasts or expand your hobbies to include new skills.

Taking an interest in the world around you helps keep you connected and vital! Make this September your launching pad for growing your intellect.

Caregiver Tips

If you care for a family member here are some tips to navigate the journey.

Find or develop tools that work for you!

- Keep a calendar to jot down appointments, doctor and nurse visits as well as important days you would like to celebrate with your loved one.
- Print off a medication log to ensure you don't miss a dose.
- Make a checklist with important daily or weekly tasks to keep you from forgetting things like laundry,

taking the trash out to the curb and meal prep.

- All of these simple tools can help alleviate the stress of having additional things on your plate.
- Understand and support your family member in creating a plan that respects his/her wishes surrounding end of life care. This can be a touchy conversation, approach with love, respect and support from other family members.

Falls can have disastrous effects for compromised seniors, here are

some tips to keep your loved ones safe.

- Clear clutter and arrange furniture so there's room to walk.
- Get rid of loose rugs and keep electrical cords out of the way.
- Use nightlights and motion detection lights.
- Add nonslip adhesive strips to stairways and non-skid mats in the bathroom.
- Install handrails on both sides of stairs or install a chair lift.
- Keep frequently used items within easy reach.

Caregivers

Over the past two years, ongoing staffing shortages at the community level have meant that Caregivers have had to increase the amount of support they provide. Whether it's a family member or a partner, caring for a loved one without support can be draining. It can also lead to burn-out, growing isolation and potential health issues for the person trying to deliver care. There are no easy solutions, however, here are some suggestions.

- Expand your neighbourhood network, church group or other people in your circle. Don't be too proud to ask for help.
- When engaging friends/ neighbours or other family members be specific, I need



someone to watch Jerry while I shop for groceries. Friends and family will appreciate knowing specifically what you need and what kind of time they need to plan for

- Take advantage of online services, where possible
- Don't neglect yourself – if you need to take a walk, a long shower, some recreational gardening, find ways to make that happen. Perhaps your spouse could join you outside in a comfortable chair, perhaps a

neighbour or friend could provide a self-care break once a week

- Explore options to keep the person you care for engaged – a Physio or Occupational Therapy evaluation can provide a plan to improve independence, use technology to your advantage, ie audible books for someone with diminished eyesight
- Talk to a service provider – a cutback on services is disheartening, but some level of ongoing support can make a difference
- Service providers may be able to provide options you haven't thought of

Join a Caregiver's Support group, share your experience & benefit from the experience of others.

You can access Caregiver Support by contacting rstainton@thefriends.on.ca

CELEBRATING THE SEASON

There isn't a more beautiful place to be in the fall than Parry Sound and Muskoka. Take the time to enjoy nature's bounty with some of the following suggestions.

- Enjoying the dramatic fall foliage by climbing the Fire Tower on Tower Hill in Parry Sound for a spectacular view of Georgian Bay and the islands, or climb the Dorset Look Out tower in Muskoka for a fabulous panoramic landscape
- Take a walk – enjoy Bracebridge's Downtown Historic Walkway
- Make sure you take the time to visit Woodchester Villa, the octagonal house that was built by the Bird family
- Visit Norman Bethune's home in Gravenhurst—a federally maintained historic site and a shrine for many Chinese visitors who honour Dr. Bethune and his contributions to medicine
- Stroll down Parry Sound's fitness trail, enjoy spectacular views of Georgian Bay – take a break on one of the many benches along the way to watch the birds and the sailboats
- September and October are Fall Fair months – check out our Fall Fair listings on page 11. Be sure to phone ahead for more information
- Take a cruise – try the 30,000 Islands Cruise in Parry Sound or gawk at cottages worth millions by taking one of Muskoka's historic steamships
- Check out local breweries, Gravenhurst Sawmill Brewery, Parry Sound's Trestle brewery are good places to start
- Take the kids to Santa's Village in Bracebridge – fun rides, great environment under the trees, zip lines for the more



adventurous! Call in advance to book

- Visit West Parry Sound District Museum – a great place to wander through. Bonus! the Fire Tower is only steps away, you just have to get up the energy to climb it

THANK YOU TO THE FRIENDSHIP CENTRE & THE VILLAGE CANADORE FOR NISH TACO DAY

Staff and Tenants alike were thrilled to have been invited to enjoy a lunch of Nish Tacos comprised of fried scone, chili, lettuce, cheese, tomato and sour cream this past June.

Thank you so much for your time and efforts and also heartfelt thanks for thinking of us.
Miigwech Chi-miigwech



Linda Tiido, Parry Sound Support Services Mgr accepts a gift of Nish Tacos from Lisa Ross

Adult Day Programs...

... a support for Caregivers and the person being cared for.

The Friends offers Adult Day programs across the Districts of Parry Sound and Muskoka in multiple locations. These friendly gatherings allow home bound seniors an opportunity to get together in a safe social setting for conversation, games, exercise and just plain fun while their caregivers have an opportunity to grocery shop, sleep, garden or sometimes, go to work. COVID meant that face-to-face programs were put on hold for a while for the safety of all concerned, however, programs are now open to participants once again.

During the pandemic, the agency explored innovative ways to reach homebound clients including a very popular internet version of the program, Seniors were able to play bingo, participate in easy exercises and join in conversations with fellow program participants through the magic of ZOOM. We have now discovered that there are a number of seniors who want both the face-to-face and ZOOM options



with some clients, especially those with significant mobility issues, wanting to remain with the ZOOM version. Program Supervisors continue to work with caregivers and clients we serve to meet their needs, regardless of the medium. For information about a program near you, contact us at info@thefriends.on.ca or visit our website www.thefriends.on.ca

If your loved one has become a “toast and tea” granny (or grandpa) here are some suggestions to boost the quality of their meals. Consider that they may no longer want a big meal at set times as well as opting for “easy to prepare” rather than “good for you.” A variety of tasty, nutritious snacks can provide variety and interest for those surviving on the proverbial “tea and toast diet.”

Keep cut up mini bags of fruit and vegetables available. Hard cooked or devilled eggs and protein bars can make great nutritious snacks. Try the following two recipes (courtesy of Taste of Home recipes).

Roasted Curried Chick Peas

Chick peas are very high in fibre....something notably missing from the tea and toast diet.

Ingredients:

- 1 can (15 oz) chick peas
- 2 tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons curry powder
- ½ teaspoon red pepper flakes

Preheat oven to 450

Rinse and drain chick peas, place on a paper towel and pat dry

Place on a greased 15 x 10 x 1 inch baking pan
Drizzle with olive oil, sprinkle with seasonings, toss to coat

Bake until crispy and golden brown
(approximately 25 to 30 minutes)

Tortilla Roll-ups

These are delicious, can be prepared ahead and stored in the refrigerator. Excellent for a quick pick-me-up snack.

Ingredients:

- 1 cup sour cream; 1 pkg (8 oz) softened cream cheese; ¾ cup sliced green onions; ½ cup finely shredded cheddar cheese; 1 tbsp lime juice; 1 tbsp minced, seeded jalapeno pepper; 8 to 10 8" flour tortillas; Salsa or picante sauce

In a bowl mix sour cream, cream cheese, sliced green onions, cheddar cheese, jalapeno pepper, salsa and lime juice.

Spread mix on flour tortillas.

Roll up and seal in plastic, twisting the ends tightly, refrigerate for at least an hour.

Unseal, cut into ¾" to ½" sections and serve.

You can vary the recipe by omitting the jalapeno pepper and using sliced olives instead. You can also add thinly sliced ham for more protein.

Vaccination Clinics

With the more highly contagious omicron B.A.5 in our midst, in order to prevent serious illness and keep ourselves from further burdening the hospital, it is important to remain up to date with our vaccinations. And don't forget the tried and true of masking, 6 feet of space when in a crowd and quick ins and outs in public indoor spaces. Infection protocols do work. It just makes sense to avoid catching Covid-19 even as we bolster ourselves and open up our homes to ensure that our future health, mental and physical, has the best chance for positive outcomes.

Many pharmacies across the province now offer vaccines for adults and children age 5 and up. Call ahead to book an appointment or to learn which dates walk-ins are accepted.

Also, you can contact your local health unit for additional walk-in clinic dates, locations and times in your community.

Simcoe/Muskoka 705.721.7520 North Bay Parry Sound 705.474.1400

If you are one of us that is still vaccine hesitant and has been confused due to the plethora of misinformation since the beginning of the pandemic, Science North has teamed up with Laurentian University to help shed new light and speak to concerns. Please visit <https://www.sciencenorth.ca/about-covid-19>

REDUCE RISK OF FALLING BY STAYING FLEXIBLE

Falling can result in injuries to old and young alike. Studies show that risk of falling increases significantly with age, for example a third of people over the age of 65 hurt themselves through falls every year. Over half the number of seniors in their 80's will experience a fall that could result in both significant injuries and possibly, hospitalization.

Elderly people tend to become less steady on their feet due to loss of flexibility and sensory deterioration. This can be serious for women, with the increased risk of osteoporosis or brittle bone disease after menopause. Injuries from falls often cause permanent immobility or even death and fear of falling can have a dramatic impact on quality of life.



A study of treatment given to 45 women over a period of five weeks focusing on improving flexibility particularly in the lower back, pelvis, knees and ankles



found that after treatment, there was a significant difference in the stride and step of participants. Improved gait and balance are important factors in reducing falls and sustaining a regular exercise routine that strengthens areas such as the lower

back, pelvis, knees and ankles can make an important difference in the reduction of falls.

If you are over the age of 65, it might be useful to speak to your health care provider about the types of exercises you can do to improve your overall health as well as reducing potential falls. Take the time to build strength, endurance and flexibility. Your quality of life may depend upon it.

Here's a Tidbit!

Potato chips were invented in Sarasota Springs in 1853 by chef George Crum. They were invented as a mocking response to a patron who complained to him that his French fries were too thick.

Success is not final, failure is not fatal: It is the courage to continue that counts. ~ unknown

Be there for others but never leave yourself behind. ~ Dodinsky

"A bend in the road is not the end of the road... unless you fail to make the turn." ~ Hellen Keller

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epscssp@ontera.net
705.724.6028 1.888.521.0000 www.eastholme.ca

West Parry Sound District

Community Support Services (Congregate Dining/Meals on Wheels/Volunteer Transportation)
705.746.5602 1.800.883.0058 belvedereheights.com
aholloway@belvedereheights.com

NE Home & Community Care

705.746.4602 1.800.440.6762
www.healthcareathome.ca/northeast

North Simcoe Muskoka

Home & Community Care

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ex 6100 www.healthcareathome.ca/nsm

Alzheimer Society

1.800.605.2075



Port Loring (Meals on Wheels & Volunteer Transport)
705.757.2530

Muskoka/Parry Sound Mental Health Services

www.mpscmhs.on.ca
Bracebridge: 705.645.2262 Fax 705.645.7473
Huntsville: 705.789.8891 Fax: 705.789.3002
Parry Sound: 705.746.4264; Fax: 705.746.1537 Toll Free: 1.866.829.7049

Crisis Lines:

Muskoka and area: 1.888.893.8333
Parry Sound and area, incl. Sundridge: 1.800.461.5424

Ontario Renovates, District of Muskoka – Assistance for Accessibility Modifications 1.800.461.4210

Simcoe Muskoka District Health Unit – flu clinics/ health information 1.877.721.7520

Walk in Clinic Bracebridge Medical Ctr. 705.646.7634

Scams and Frauds – Crime Stoppers – 1.800.222.8477

Senior's Programs & Services Muskoka

705.645.2100 ext.199

McConnell Foundation Muskoka – Financial Assistance for eye glasses/assistive devices/dentures/dental
705.645.2412

Muskoka Senior's (Meals on Wheels, Transportation (Huntsville and area), Congregate dining) 705.789.6676

Red Cross - Transportation (South Muskoka) 705.721.3313 ext. 5602

Elder Abuse – Senior's Safety Line – call if you are being mistreated, bullied or neglected 1.888.299.1011

Assistive Device Exchange A.D.E. – Data base of devices for sale or free www.Assistivedeviceexchange.com



Fall Fairs Listing

Sundridge Sunflower Festival, Aug 6, 118 Main Street (705)384.5316 ; Dunchurch Fall Fair, August 19 & 20, Community Centre 2199 Hwy 124 (705)389.9520; Trout Creek, Aug 26 -28, 181 Main St (705)723.5784; Rosseau Fall Fair, Aug 27, Fair Grounds (705) 732.1664; Emsdale, Aug 27, located in Novar (705)636.1754; Magnetawan, Sep 2- 4, Hwy 520 (705) 471.4408; Foley Fall Fair, Sep 3,

60 Rankin Lake Rd (705)378.1438; Powassan Fall Fair, 55 Fair View Lane, Sep 3-4 (705)724.3141; Armour, Ryerson & Burk's Falls, Sep 5, 220 Centre St, Burk's Falls Arena (705)241.3152; Severn Bridge Fair, Sep 10, 1153 Southwood Rd (705)689.6470; South River, Machar, Sep 10, Community Centre, 1 Lincoln Ave (705) 323.0264; McKellar Agricultural Fair, Sep 10, Community Centre (705)774.8323; Great Northern Ontario Roadshow, Sep 10-11,

Parry Sound, Market Square Park; Strong Agricultural Society Fair, Sep 16-18, 14 Albert St, Sundridge (705)384.0711; Bracebridge Fair & Horse Show, Sep 16-18, JD Lang Park, 331 Fraserburg Rd (705)646.2404; Huntsville Fall Fair, September 23-25, 407 Ravenscliff Rd (705)789.9540; Bala Cranberry Festival, October 15-17, 3130 Muskoka District Road 169 (705)762.1564



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 expansion of building projects.

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