



THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT

Friendly Focus

Fall 2023

Falling all Over Ourselves in Fun!

With Thanksgiving on the horizon, perhaps it's time we count our blessings. Summer in Parry Sound Muskoka has seen moderate summer high temperatures, plenty of rain to keep things green and tamp down any threat of forest fires. Although we are grateful, we mourn the loss of thousands of acres of forest in the

north of Ontario, Quebec, the Northwest Territories and British Columbia and feel for the people who have lost their homes and livelihoods to the devastating fires. Although Parry Sound/Muskoka has been spared such a disaster, we are not immune from nature's wrath. We should all prepare an emergency plan,

especially if you live in a rural area. Check out page 6 for tips. For those of you with families who live far from you, have a look at our article on "Caregiving at a Distance."

On the fun side, check out recipes, things to do and celebrate !

Front: Staff, Volunteers, Adult Day clients and loved ones take a break from the daily grinds with a cruise on the 30,000 Island Queen



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



PS Cruzers Club turned up the tunes and their hoods delighting residents, some volunteers, staff and Day clients alike.

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Our own Cathy Chard , and Eva Livingston, our volunteer, play hostess helping clients and caregivers climb aboard the Island Queen Cruise Ship in Parry Sound Harbour

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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Dignity • Teamwork
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The Friends newsletter can also be read online at
www.thefriends.on.ca

Send content or comments to
info@thefriends.on.ca

Supported by:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Wow! Summer 2023 has zipped by and Thanksgiving is literally on our doorstep. July and August have been all about recruitment, planning for the fall and updating resources. For the first time in three years *The Friends* will be honouring and celebrating the

achievements of our staff at an honest-to-goodness, face-to-face All Staff meeting. It's the one time staff, who are scattered throughout a huge geographic area, have a chance to sit down together, share experiences, get to know their colleagues and participate in workshops and learning opportunities.

Best of all their accomplishments are recognized in front of their peers. I am looking forward to this fall's All Staff meeting, in the meantime, recruitment is ongoing. If supporting others is what you enjoy, give us a call.

Marliese Gause,
CEO

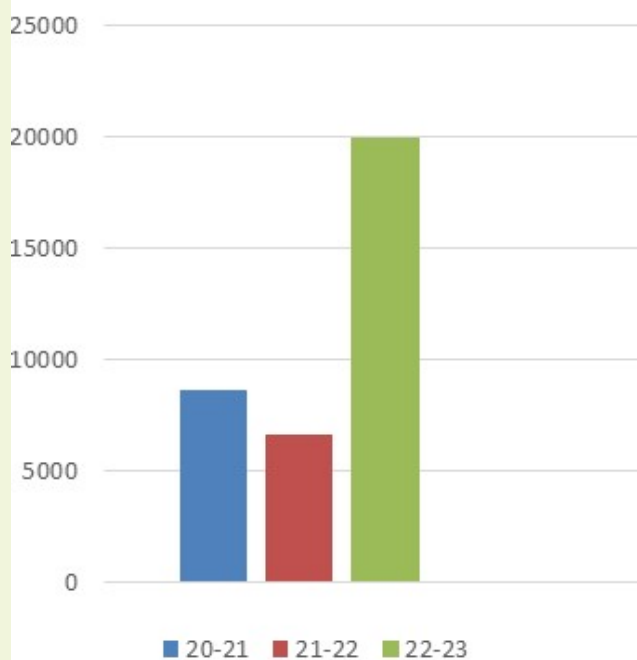
Fundraising News

Our Fundraising Committee will be meeting this fall to create a fundraising plan for the coming year. The agency is grateful for all of the support it receives from its generous funders. Here are the things we are fundraising for:

- repairs and paving for the driveway at our building at 141 Sharpe Street W, Gravenhurst
- an elevator for our building at 141 Sharpe Street W, Gravenhurst
- Underwriting cost of attending Adult Day Programs for seniors
- building fund to create accessible, supportive housing

Your donations and support are very much appreciated.

The Friends Fundraising Efforts



Over the summer I have been approached so many times at grocery stores, parking lots and other events to make a donation to a worthy cause. I found myself wondering whether the general population is turned off by the constant barrage of requests. Due to the past three years of COVID and the constant struggle to maintain adequate staffing levels, reaching out to create new, interesting fundraising events has been a challenge. We have been investing in passive approaches that do not place too much demand on staff and the volunteers we have. *The Friends* has been fortunate in the consistent generosity of family members, friends and individuals who value the work we do but, finding the way to leverage the kinds of funding to pay for an elevator or to build another accessible housing project requires more. Send us your best ideas - and we will bring them forward to our committee. If you are interested in joining our fundraising committee, just send an email with your information. Thank you again, to everyone who has contributed their time, effort and donations. You can reach us with your fundraising ideas at mgause@thefriends.on.ca

Canada HomeShare Update

Canada HomeShare has been working on digitizing processes to match/support HomeShare applicants and housing providers. Initially, the hope was that the online framework would be up and running by the end of June, however as of September, it is still not available for use. This means we do not have access to matching technology, agreements and other systems that

make Canada HomeShare a safe, workable option. Keep checking the online Canada HomeShare site to keep abreast of what is happening. *The Friends* continues to maintain a waitlist both of individuals interested in sharing their home and those interested in finding a home.

Thank you for your patience.

Community of Carling Calls for Staff

Seniors in small rural communities are often unable to access the full range of services available to seniors in mid-sized communities. Over the past three years, due to COVID, the level of care in the home has shrunk even further as a result of an ongoing shortage of workers.

The Friends agency is looking at how smaller communities in rural areas could increase and improve the level of care available. One of the first such communities will be Carling Township on the shores of Georgian Bay. Located 19.1 km from the Town of Parry Sound and spread out over a significant distance, seniors are often on endless waitlists for services. We are grateful for the support of the municipality, however the project is dead in the water without staff. If you live in the Carling area and are interested in working even one day a week to support seniors, please contact ltido@thefriends.on.ca.

Help us build responsive services in the community you love.



Refrigerator Donation to Huntsville Legion & The Friends



Previous to moving to Huntsville, Bev has been an active volunteer for the Royal Canadian Legion since the 80's as well as a volunteer for her local hospital for 49 years. She worked as a Senior Administrator at Royal LePage for 30 years.

Are You Ready?

Although we have been lucky to escape forest fires and floods over the summer months, winter can throw some nasty weather at us capable of bringing things to a screeching halt.

Heavy snowfall, ice rain or heavy snow with rain in the mix can make roads impassable, disrupt power and generally make our lives miserable. Take the time to prepare an emergency plan to protect you and those you love.

- Check your medications and have a handy container with a secure closure so that if you need to evacuate, it's all within easy reach
- Sort through your important papers and have them all in one safe, accessible place
- Do a mini inventory of your food supplies and keep non-perishables stocked
- Check your fuel, keep vehicles topped up
- Test batteries, flash-lights, stock up where needed
- Do you have an updated contact list?
- Emergency contact information?
- If you have an alternate source of power, ie a generator, has it been serviced?
- Do you have enough fuel?
- If you have a wood stove or fireplace as an alternative heat source, have the chimney and pipes been cleaned?
- Do you have wood stocked and stored in an area



that is easily accessed?

- Have you stocked up on ice-melt or other products to ensure your walkway and steps are safe?
- Do you have a worst case plan to get you to safety?

There are resources online that can help you put together a comprehensive emergency plan that will

help you navigate in an emergency.

- 72 Hours is your family prepared? <https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprrdnssgd/index-en.aspx>

The following is an excerpt from the government of Canada Website noted in the preceding link.

"72 Hours: Is Your Family Prepared?" If an emergency happens in your community, it may take emergency

workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

Learn how quick and easy it is to become better prepared to face a range of emergencies – anytime, anywhere. Use this [online] guide to create your own emergency plan.

Use the checklists to build a 72-hour emergency kit. These basic steps will help you

take care of yourself and your loved ones during an emergency."

Some Perishables to Keep on Hand

Check best by dates and do an inventory on a regular basis. Maintain a bin of "just in case" which includes matches and extra batteries.

- ♦ a case or two of water
- ♦ powdered milk/condensed milk
- ♦ nut butters
- ♦ jerky
- ♦ dried fruit
- ♦ jam

- ♦ apple sauce
- ♦ canned vegetables
- ♦ canned and/or dried beans
- ♦ tea bags or loose tea
- ♦ instant coffee
- ♦ protein bars
- ♦ pickles
- ♦ maple syrup

If your power is going to be out for a significant amount of time, use up perishables in the fridge and freezer if possible

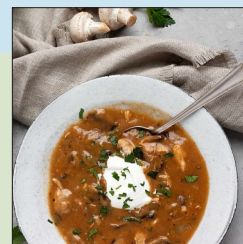
Old Timey Things

Now in its 14th year, the Parry Sound Cruzers, a non-profit organization that promotes awareness of classic and antique automobiles, visited Forest Hill with some of their vintage classics. Tenants enjoyed the opportunity to admire the variety of classic cars as well as an opportunity to chat with club members. The Cruzers are a popular attraction with many out-of-town visitors drawn to events. For those interested, you can join the Cruzers on Tuesday Cruze Nights from 6:30 to 9 pm at the Parry Sound dock. Remember to make a donation to support their charitable work in the community. A big thank you to the Cruzers for bringing their collection to *The Friends'* Forest Hill Apartments.



Hungarian Mushroom Soup (In 25 Minutes)

*From Muskoka's own
Seasons and Suppers*



1 large boneless skinless
chicken breast, diced or
about 1 1/4 cups diced
cooked chicken

cooking oil

1/4 cup onion, finely diced

8 oz sliced cremini mushrooms, standard tray

10 button mushrooms, halved (optional)

4 cups chicken broth

1 tablespoon paprika

Pinch dried dill

Salt and freshly ground pepper, to taste

1/4 cup fresh parsley, chopped

To thicken and add creaminess:

1/4 cup whipping cream, or half and half

2 tablespoon cornstarch

To serve:

sour cream

additional chopped fresh parsley

Instructions

If starting with an uncooked chicken breast: In a large soup pot, heat a bit of cooking oil over medium heat, add diced chicken and cook, stirring, until just cooked through. Remove to a bowl and set aside.

Heat a bit more oil in pan. Add diced onion and cook over medium heat, stirring, just until softened. Add mushrooms and a pinch of salt. Cook, stirring regularly, until mushrooms are softened. Add chicken broth, paprika and dill. Add cooked chicken back to the pot. Bring to a boil, then reduce heat to medium-low and allow to simmer for about 10 minutes to allow the flavours to develop. Taste soup and season with salt and pepper, as needed. Stir in chopped parsley. In a small bowl, stir together the cream and cornstarch. Add about 1/2 the mixture to the soup and cook, stirring, for 1 minute to thicken. Add more of the cream mixture to the soup as needed, until soup is thickened to your liking.

Spoon soup into serving bowls. Top with a dollop of sour cream and additional chopped fresh parsley.

Caregiving at a Distance

One of the most difficult things to navigate is caring for loved ones who live at a distance. The shock of visiting an elderly parent to discover a household in shambles is jarring and upsetting, often leading to testy exchanges with agencies providing services.

Here are a few things to think about:

- your parents have a right to decline services. You may have arranged for homemaking or other care, however, if your parents insist that they don't want a caregiver in their home or will only accept the bare minimum of support, the agency providing the service is obligated to respect their wishes. Before you go off on a furious tirade to agency staff, inquire politely as to what interactions with your parents or loved ones are like. Are they accepting the care? Available for scheduled bookings? If you are getting mixed messages from the Homecare Provider, dig deeper. Have a heart to heart discussion with your loved ones.
- If you are arranging for some level of Homecare services for your loved ones, make sure you have a discussion with your parents/loved ones. What do they feel they need most? Are they willing to have someone help? What are their preferences regarding frequency and types of services?
- When working with Homecare agencies, take the time to discuss limitations of service. Are there things the agency cannot provide? What happens in the event of staff shortages? Is there a code of conduct for Homecare workers?
- Make sure cleaning supplies are available and equipment (ie vacuum, etc.) is in working order.
- If your parents are missing social interactions look for an Adult Day program in your commu-



nity. Alternatively, search for a Friendly Visiting program or regular telephone check-ups.

- Make time to meet neighbours or friends of the family and ask for their help in supporting your parents/loved ones. Don't forget to thank neighbours or family members who help out. Informal caregiving is an under rated support system.
- Put a list of contacts and contact information on the fridge, including the family physician, dentist, and friends/neighbours who have agreed to support your parents by checking in on them from time to time.
- In discussion with your parents/loved ones, create an emergency plan for unexpected events such as lengthy power outages, storms etc.
- Stay in touch. You may live a busy life, but make a point of reaching out regularly and often, even if it's only to say hi. Remember that what you see on a Facetime interchange may not reflect what is actually happening in the home. Take the time to call the Homecare provider to get an update vis a vis service provision. Contact a friend or neighbour to get some additional insights. Most of all, try to keep an open, non-judgemental relationship with those you love.

"People say money is not the key to happiness, but I have always figured if you have enough money, you can have a key made."

~Joan Rivers

Ship's Ahoy!



It's been three years since *Friends* clients have had an opportunity to kick up their collective heels. During a group discussion it was agreed that a cruise would be just the thing to lift spirits and cement friendships. Forty people from a wide variety of programs (Adult Day Program, Forest Hill residents, Dementia, frail, elderly and socially isolated seniors along with caregivers collectively enjoyed a cruise on Parry Sound's Thousand Island Cruise lines. It was an opportunity to begin friendships, cement existing friendships, to share stories, enjoy the sights, share a meal, and to relax. A big "thank you" to staff who supported this little venture.

UPCOMING EVENTS

October

1st Autumn Brunch, Comm Living 20 Park Dr, Huntsville
 7-8th Blue Rodeo Key to Bala, 1012 Bala Falls Rd
 11th Big Sound Film Festival, Stockey Centre, 2 Bay St
 14th Bala Cranberry Festival, Bala Arena, 1009 Maple Ave
 18th Gord Bamford, Stockey Centre, 2 Bay St
 19th Gord Bamford, Gravenhurst Opera House, 295 Musk Rd S
 20-22nd Octoberfest Muskoka
 27th Susan Aglukark, Stockey Centre, 2 Bay St

November

11th Dean Brody, Deerhurst 1235 Deerhurst Dr, Huntsville
 18th Bala Santa Clause Parade
 24th –25 One of a kind Christmas Artisan Show—Charles W Stockey Centre, 2 Bay St Parry Sound
 24th Huntsville Santa Claus Parade
 24-26th Muskoka Arts & Crafts Holiday Market, Chappel Gallery, 15 King St, Bracebridge
 25-26 Huntsville Market Holiday Edition, Downtown
 Watch for the Parry Sound Santa Claus Parade (TBA)

December

1st Barra MacNeils, 7pm East Coast Christmas, Stockey Ctr
 1st Susan Aglukard, Algonquin Theatre, 37 Main St E
 1st Bracebridge Santa Claus Parade
 17 Christmas Magic, Charles W Stockey Centre, 2 Bay St Parry Sound

Get out and enjoy!



Remembrance Day

Honouring our veterans as well as the thousands who gave their lives.

- Buy a poppy.
- Attend a Remembrance Day service.
- Share in an online collaborative space or chat room, in a class driven group discussion about remembrance.

- Share essays, poems and creative writing about remembrance. Create a classroom blog, and then broadcast it up onto a screen at the front of the class or share stories on your school's website.
- Spread the word about Veterans' Week, Remembrance Day and

commemorative events with social media by using the mobile app Veterans Matter, by liking the Veterans Affairs Canada "Canada Remembers" Facebook page or by following Veterans Affairs Canada on Twitter.

"I generally avoid temptation unless I can't resist it."

~Mae West

"You only live once, but if you do it right, once is enough."

~Mae West

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.

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

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 of Muskoka
Serving Muskoka & Parry Sound
1.800.605.2075
www.alzheimermuskoka.ca

Port Loring (Meals on Wheels & Volunteer Transport) 705.757.2530



Muskoka/Parry Sound Mental Health Services

www.mpscmhhs.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



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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*.

Your donations help us:

- underwrite transportation/program cost for low income seniors
- pave the driveway at our Gravenhurst facility
- install an elevator to increase accessibility of The Friends apartments in Gravenhurst
- build Muskoka Accessible Supportive Housing

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