

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Summer 2020

Better Weather

Spring 2020 has been an upside down season in more ways than one. We've experienced a long, cool spring (hello snow in May) and then, to top it all off, struggle with the COVID-19 pandemic. I'm sure many of us are beginning to feel just a little like Rapunzel, locked in her tower watching her hair grow. Every one of us is trying to manage as best we can so, in recognition of the changes we are all going through, we have slightly adjusted the newsletter, removing our "Coming Events" pages and including more content. We hope that you will enjoy the added features.

It's worth thinking about the fact that northern Ontario continues to maintain a low rate of COVID-19 infections and to thank our lucky stars for that. Despite the low infection rate, COVID-19 isn't going anywhere so it's important to keep our guard up; wear those masks and wash our hands. It's also time to get outside and enjoy the season—winter will be here soon enough, so get out the sunscreen, pick up your gardening tools (or your martini glass) and have some fun. Check out our 2020 Summer edition of the Friendly Focus for activity ideas, recipes and tips.



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

Even during the pandemic, *The Friends* staff find a way to make it fun. Meet “the Germinator” who graciously leaves her desk job to clean rails, door handles and whatever else she can find or the “Veginator” bringing the latest tools to the table and last, but not least “cookie love” for staff served with kindness by “Baked with Love”

Love.” The community has been so generous with us both in terms of appreciation and care; providing emergency supplies, a morale boost and a shoulder to lean on. Thank you to all who have and are continuing to support those who are on the front lines of service during the COVID-19 pandemic.



The Germinator



The Veginator



Staff received cookie love from “Baked with Love”

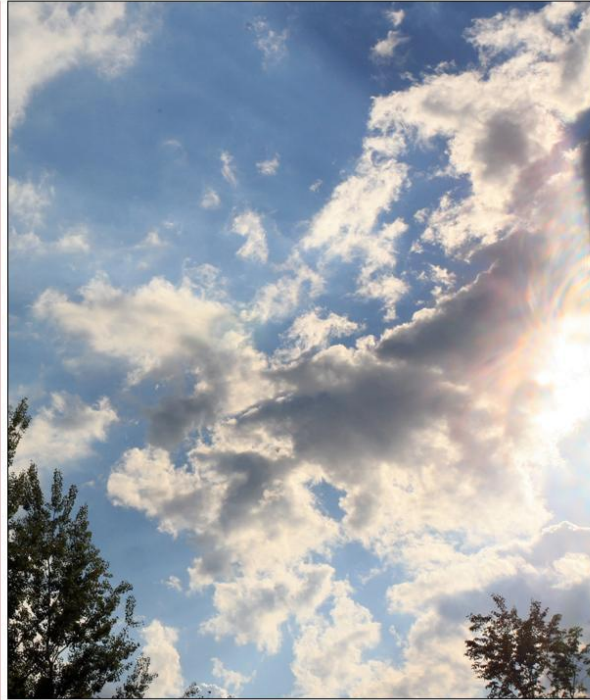


Earlier this year, our Gravenhurst Adult Day Program clients enjoyed a puppy visit

“Have no fear of perfection as you will never reach it”
~ Salvador Dali

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What We Do

The Friends is a non-profit charitable organization providing services to individuals with physical Disabilities, and seniors. In Muskoka and Parry Sound the organization has been serving the community for over 30 years. Some of the programs and services the agency provides: attendant care, adult day programs, caregiver support, respite, alzheimer overnight respite, P.A.T.H (Priority Assistance to Transition Home) from the hospital, post stroke, supportive housing, and 24/7 assisted living.

Contact us

Phone (705) 746.5102 27 Forest Street,
Parry Sound, ON P2A 2R2
info@thefriends.on.ca www.thefriends.on.ca

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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

What a challenging time for everyone in the health care field! The past few months have been exhausting, frustrating and sometimes, illuminating. What are the challenges you may ask? Managing a sufficient stock of supplies to keep staff safe – thank you Shelly Hazzard for pestering our suppliers and staying on top of a volatile and complex delivery system. The team has been challenged to support staff as they struggle with worrying about family, managing day care issues, working with clients and finding ways to provide services despite staff and equipment shortages. A very

big thank you to senior staff who have so ably led the way through this daily minefield.

A thank you also to our clients who have been so understanding through the past few months as we navigate our way. Another huge thank you to community members who have been unbelievably generous, providing extra masks, cleaning supplies and groceries – take a quick look at page 9 for some photos.

The bottom line is that we are all in this together and it takes each and every one of us to care about the safety and well being of friends, family and neighbours. As the province moves towards opening businesses, please remember that COVID-19 has not vanished.

Take some time to consider what activities are safe, and what activities may be high risk.

Keep maintaining good hygiene, hand washing and wearing a mask. If you are especially vulnerable, limit your exposure to high risk situations, for example crowded shopping malls and restaurants.

Most of all, find ways to lift your spirits. Stay in touch with friends and family – phones, social media, face time – anything that connects you with those you love and care about.

Have a happy and safe summer!

**Marliese Gause,
CEO**



RETRO JELLO RASPBERRY DESSERT

Always a favourite – easy to make!

½ cup vanilla wafer crumbs
2 tbsps melted butter
1-3 oz pkg of raspberry jello
1 cup boiling water
1 – 15 oz pkg of frozen raspberries
1 cup cold water
1 pkg Dream Whip

- Combine vanilla wafer crumbs and melted butter, press firmly on bottom of a 10 x 6 x 2 inch pan, reserving 2 tbsps of the mixture

- Chill
- Dissolve Jello in 1 cup boiling water
- Add 1 cup cold water and frozen raspberries
- Stir until fruit thaws and jelly begins to thicken
- Fold in ½ cup Dream Whip

Pour into pan over chilled vanilla wafer crumbs and butter. Chill until firm. Before serving, spread with remaining Dream Whip and garnish with 2 tbsps of reserved crumb mixture. Cut in squares, serves 6 – 8

Celebrating the Season

With COVID-19 still lurking, this is the year to explore Farmer's stands, Pick-ur-owns and roadside markets. Below is a list of farms - many participate in local farmers' markets, but, take the time to call or email them to see whether they provide roadside pick-up or offer a pick-ur-own option. Please be respectful!

Yummies in a Jar – Baysville, Muskoka – Homemade Jams, Pepper Jellies and Condiments
1002 Earth Park Rd, 705.767.2578
thecook@yummiesinajar.com

Falkenridge Farms, Muskoka (organic chicken)
1266 Falkenburg Rd, Bracebridge 705.645.7905 look them up on Facebook

Milford Bay Trout Farms, Milford Bay, Muskoka – Best smoked trout ever, mbtf73@gmail.com
1224 Hewlitt Rd, 705.764.1797

Mooskoka Dips – Algonquin Highlands, Dorset
Asbury Lane, 905.401.9057

The Muskoka Pot Pie Company – Milford Bay, Muskoka, 2375 Muskoka Rd. 118 West, 705.764.8065
Look them up on Facebook

Taylor Strawberry Farm, Muskoka – pick your own strawberries, 1490 Dee Bank Rd, Windermere
705.769.2368 graham@taylorfarms.ca

Ego Farm Markets & Greenhouses, 596 Horseshoe Valley Rd E, Coldwater 705.326.9922
info@egosgardencentre.com

Schlosser Farm, Pick your own, 63 Schlosser Line, RR1, Trout Creek, 705.724.3144

Midlothian Family Farm, Township of Ryerson, 981 Midlothian Road, 705.382.3561,
gypsywholefoods@xplornet.com

Algonquin Greens, Sundridge, 705.384.2490
2031 Forest Lake Road, rockcunning@gmail.com

Middle River Farms, McKellar, 705.389.3326
2 Patterson Lanw , Find them on Facebook

The Blueberry Place, Midland, 705.526.3042
1337 Ron Jones Rd, Find them on Facebook

Spring Hill Farms, Trout Creek, 705.723.1782
88 Glen Roberts Drive

Muskoka Lavender, 908 Bay St, 705.205.5501
www.muskokalavender.com

Thompson Valley Farm, Carling, 705.774.4509
info@thompsonvalleyfarm.ca

Bella Hill Maple Syrup, Powassan, 705.724.3627
47 Bella Hill Rd. bellahillmaple.ca, Find them on Facebook



Being Thankful is Important

It's easy to get carried away and lose track of what matters. It's important to sit back and take the time to appreciate everything you have in life – even the small details. In agriculture, sometimes we can let the stress get the best of us. Droughts, disease and unfavorable prices can easily take the forefront of our thoughts. Living on a farm teaches you to be thankful for the good news that comes your way.

~ Farms.com

Books to Amuse, Entertain and Educate

One of the by-products of COVID-19 stay-at-home mandates, has been the rediscovery of solitary pursuits, like reading or binging on television series. To broaden your choices, here are some book suggestions for you. Remember, many of these selections are available digitally for a modest cost, or, in some cases, for free. Alternatively, used bookstores can provide a treasure trove of options.

Here are some of my favorites!

The Last Nazi: a WW2 spy conspiracy thriller (A Joe Johnson Thriller, Book 1) Andrew Turpin
They're not all dead . . . The buried contents of a Nazi train. An aging SS killer—with a final sting in his tail. And the World War II secrets of a US presidential hopeful's Jewish family, hidden in London for 70 years. This is a fast paced murder mystery with a likeable hero and is the first of a three part series. If you love stories anchored in history of WW II than this is the book for you.

The Ashes of London – Andrew Taylor

A CITY IN FLAMES

London, 1666. As the Great Fire consumes everything in its path, the body of a man is found in the ruins of St Paul's Cathedral – stabbed in the neck, thumbs tied behind his back. This book was mesmerizing in its in-depth understanding of the period and the careful research combined with a thrilling murder/mystery. To this day Mr. Taylor's description of molten lead from burning cathedrals running through the street of London stick in my memory. Mr. Taylor is a prolific writer. Ashes of London is the first in a long line of favorites.

The Eye of the Red Tsar – Sam Eastland

It is the time of the Great Terror. Inspector Pekkala - known as the Emerald Eye - was the most famous detective in all Russia. He was the favourite of the Tsar. Now he is the prisoner of

the men he once hunted.

Like millions of others, he has been sent to the gulags in Siberia and, as far as the rest of the world is concerned, he is as good as dead. But a reprieve comes when he is summoned by Stalin himself to investigate a crime. His mission - to uncover the men who really killed the Tsar and his family, and to locate the Tsar's

treasure. The reward for success will be his freedom and the chance to reunite with a woman he would have married if the Revolution had not torn them apart. The price of failure - death.

Besides the riveting depiction of Stalin, I loved the fact that the hero detective is Finnish. Just a terrific series.

City of Shadows – Ariana Franklin

Berlin, 1922: A city of fading beauty plagued by unemployment and rampant inflation becomes home to a growing number of refugees. Esther Solomonova survives by working as secretary to her fellow Russian émigré, "Prince" Nick, a scheming cabaret owner. Always on the prowl for a deal, Nick smells money when he hears of a woman in an asylum claiming to be the Grand Duchess Anastasia, daughter of the Russian Czar, the lone member of her family to escape assassination by the Bolsheviks. Enlisting a highly suspicious Esther, Nick plans to prepare the woman—known as Anna Anderson—to claim the Romanov fortune.

But Anna is being hunted. Or so she claims. At first Esther believes Anna's fears to be just in her imagination—until innocent people around them begin to die. Together with a German police officer, a dogged inspector named Schmidt, Esther tries to discover who wants Anna dead—and why. Yet the deeper she and Schmidt dig, the more they realize that their own lives are at risk.

City of Shadows is a riveting atmospheric mystery that will have you turning pages until midnight. I loved it.

Ariana Franklin is the pseudonym for well known author **Diana Norman**. Check out some of her other historical novels for hours of wonderful reading.



SUMMER SUMMER

What could be better than homemade jam?

Courtesy of Martha Stewart:

Ingredients: 1 quart hulled strawberries, 1/2 cup sugar, 2 tablespoons fresh lemon juice

In a food processor, process strawberries until coarsely chopped. Transfer to a large skillet and stir in sugar and lemon juice. Cook over medium-high, stirring frequently, until jam is thickened and bubbles completely cover surface, 9 to 10 minutes. Transfer jam to a jar and let cool to room temperature.

(To store, seal jar and refrigerate, up to 10 days)

How about Betty Crocker's super easy Freezer Strawberry Jam?

1 quart (4 cups) hulled strawberries, cut in half, 4 cups sugar, 3/4 cup water, 1 package (1 3/4 ounces) powdered fruit pectin

Mash strawberries with potato masher or in food processor until slightly chunky (not pureed) to make 2 cups crushed strawberries. Mix strawberries and sugar in large bowl. Let stand at room temperature 10 minutes, stirring occasionally.

Mix water and pectin in 1-quart saucepan. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour hot pectin mixture over strawberry mixture; stir

constantly 3 minutes.

Immediately spoon mixture into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal. Let stand at room temperature about 24 hours or until set.

Store in freezer up to 12 months or in refrigerator for up to 3 weeks. Thaw frozen jam in the refrigerator and stir before serving.

This recipe makes 5 half-pints of jam—that's a lot of biscuits! Don't forget you can also use

your jam as filling for your thumbprint cookies. At Christmastime, its color is perfectly seasonal. Jam also makes a wonderful filling for your layer cake.

No strawberries? Make blueberry or raspberry jam instead—using the slight modifications below.

To make blueberry freezer jam, substitute 2 pints (4 cups) blueberries, crushed (2 1/2 cups crushed) for the strawberries. Reduce sugar to 3 cups. Add 1 teaspoon grated lemon or orange peel, if desired. Reduce water to 1/2 cup.

To make raspberry freezer jam, substitute 3 pints (6 cups) raspberries, crushed (3 cups crushed) for the strawberries. Increase sugar to 5 1/2 cups.



Celebrate Ice Cream Month

Remember Marco Polo, the intrepid medieval explorer who made it all the way to China and back? Believe it or not, Marco was also responsible for introducing another Chinese delicacy, the sorbet, which is an early

version of ice cream. It wasn't until 1718 that the ice cream we know and love was introduced and it was not until 1851 when Baltimore dairyman, Jacob Fussell, opened the first commercial ice cream factory. Ice cream was unavailable in grocery stores until the 1930's.


Staying Comfortable, Staying Safe in Uncertain Times

Do you have an emergency plan for unexpected and potentially disruptive events? If not, given the ongoing pandemic situation, perhaps now is the time to sit down and have a long, hard look at some “what ifs”.

There are a number of immediate things you should consider; medications, important documents and your list of contacts. Do you have an up-to-date list of your medications readily available? Are your medications stored in an area that is safe, portable and easy to get to? Are important documents such as birth certificates, OHIP, life insurance, other insurance policies in a safe place where they can be readily accessed? Do you have copies of documents saved outside of your home, for example, a safety deposit box in a bank? Is information that may be important to your well-being in a place that your family or key contacts are aware of? Have a look at a suggested checklist of documents you should have. Take some time to gather these documents and make sure you maintain them in a safe, accessible place.

If you receive health care services in your home, do you have a contingency plan if these services are disrupted? Does your contingency plan allow for both short-term and long-term solutions? Agencies that provide home services may themselves be struggling with staff issues, particularly if staff succumb to illness, so it's important to think about what you would do if your normal services were not available to you. Is your family able to provide help on a short-term basis? Do you have neighbours or friends you can count on for short-term help? What

happens if your situation is extended over a long period of time? Have you thought about temporary housing closer to family or in a facility with support available to you?

 Essential Documents & Emergency Information		David York Agency 1418 Avenue R, #201 Brooklyn, NY 11220 718.376.7755
1. Professionals List - All Contact Information for: a. Doctors: Primary Care and Specialists b. Accountant c. Attorney d. Financial Advisor e. Insurance Brokers	g. Original Invoices for Important Possessions h. Partnership Documents i. Jewelry and Valuables j. Safe Combination and Directions k. Location of Safety Deposit Key	
2. Important Documents Packet (Originals and/or Copies): a. Social Security Card b. Birth Certificate c. Driver's License d. Marriage Certificate e. Divorce Certificate f. Passport g. Medical Information i. Allergies ii. Medications iii. Treatments iv. Major Operations v. Immunization Records h. Medicare/Medicaid/Insurance Card i. Life Insurance Policies j. Military Discharge Papers k. Deeds l. Titles m. Tax Returns for last 6 years n. Instructions on Location of all files	5. Sources of Income: a. Annuities b. Social Security c. Pensions d. Annual Distributions from Retirement Accounts e. VA Benefits f. Disability Payments	
3. Financial Accounts List - All Contact Information and Account Numbers for: a. Bank Accounts b. Investment/Brokerage Accounts i. Stocks ii. Bonds iii. CDs c. Credit/Debit Cards	6. Recurring Bills: a. Mortgage b. Loans c. Utilities i. Telephone ii. Electric iii. Gas d. Insurance Premiums (monthly & quarterly) e. Car Lease f. Annual Expenses (i.e. home alarm) g. Deliveries (i.e. newspaper, milk)	
4. Financial Assets List: a. Car Ownership b. Mortgage Documents c. Real Estate Holdings d. Loans Owed or Owed to them e. Tax Returns f. Insurance Policies i. Home ii. Auto iii. Health iv. Long Term Care v. Life	7. Computerized Information: a. Email Accounts and Passwords b. Password for Computer c. Recurring Online Billing	
	8. Estate Planning Documents: a. Will b. Special Instructions regarding personal property c. Durable Power of Attorney d. Advanced Healthcare Directive/Living Will e. Healthcare Proxy f. Do Not Resuscitate (DNR) Order g. Retirement Plans h. Disability Plans i. Governmental Benefits for which they are eligible	
	9. End of Life Arrangements: a. Cemetery Plot Ownership b. Pre-Planned Burial Papers c. Personal Statement regarding burial services	

Think about how to make managing independently more do-able. Would a voice activated cell phone make life easier? Would purchasing one of those voice activated devices like “Alexa” work for you? Just remember that some devices ie the much praised “Alexa” may compromise your privacy, so do your homework before you fork over dollars for a system that you may not be comfortable with.

Have you learned how to use digital applications like ZOOM or Facetime so that you can communicate with family and friends? If you're having trouble figuring out how to make these applications work for you, call your

local library to see whether they can suggest a student who could support you in setting up your system as well as practicing how to use it.

For those of you who have health issues or who live with family members who are especially vulnerable, please take the time to protect them by increasing hand washing, wearing a mask and limiting your own exposure to risk.

Remember to stock up on recreational activities you love to do; crosswords, books and magazines, movies and games. Take the time to go outside. Enjoy your garden, experiment with a new recipe, write letters, put together an album of memories for your grandkids. You may surprise yourself with just how creative you really are.

WELCOME DONATIONS

The Friends' has been the grateful recipient of generous donations from the community we serve. Cookies provided by "Baked with Love" provided a much needed "pick-me-up" for staff. Another welcome surprise was ongoing donations by the family of a former tenant through their organization "Unicorn Care," providing

masks, sanitizers and groceries in memory of Randy Anderson. This is part of the Bring Toronto Back initiative spearheaded by Sergey Kalnish and Amanda Anderson. Thank you to everyone who has kept us in their thoughts and who have been moved to support staff and clients.



Missing Group Programs?

During the COVID-19 pandemic, most group/ congregate programs have been put on hold in order to safeguard the health of participants. Unfortunately, these programs are often one of the only ways seniors and individuals with disabilities have to socialize with others. It also means that regular exercise, mental stimulation and a hot meal are being missed. Programs also provide the added benefit of respite for Caregivers. During program hours, caregivers can get some "me" time; time to shop, sleep, garden or visit with friends and family. This too, has had an impact.

If you or your family have been affected through the loss of congregate programs (ie Post-Stroke, Adult Day Programs) please remember that help is at hand. Although the agency cannot provide group programs at this time we can:

- Offer in-home respite to give some relief to caregivers



- Drop off activity bags with crosswords, games etc.
- Support through our Caregiver's Support program – call us if you need support or help
- If you are having difficulty managing food/ groceries, etc. please call. Support may be arranged
- Chair exercise videos to keep vulnerable individuals moving

Know that you are not alone.

Call us at *The Friends*, Parry Sound, **705.746.5102**, Burk's Falls, **705.382.1030**, Muskoka, **705.687.5100**

Fun Fact

September is National Honey Month! Did you know that a honey bee can fly around 15 mph? Bees fly 55,000 miles to bring us 1 pound of honey.

During her life, approximately 40 days, a honey bee will gather about 1/12 teaspoon of honey. Bees must go to two million flowers to gather 1 pound of honey. It takes approximately 3,500 bees to weigh 1 pound.



Resources

Eastholme Community Support Services

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

West Parry Sound District

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

Port Loring (Meals on Wheels & Volunteer Transport)
705.757.2530

West Parry Sound Health Centre

705.746.9321 Automated: 705.746.4540
www.wpsmc.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



A September "To Do" You!

Did you know that September is "Self-Improvement" month? Why not spend the summer keeping a simple three column list of:

- Things you like to do/ what makes you happy – record daily what you've done that makes you happy
- Things you wish you could do – record daily, including any strategies you've tried or are thinking about achieving
- What is preventing you from doing the things you wish you could do – record daily, identifying barriers, what you've tried and what has failed or succeeded

Keep updating your lists every day during July and August. Do you see a pattern? Are the barriers to things you want to do truly insurmountable? What are the steps available to you that would enrich your world and make you happy? Review your list in September, you may be surprised at what you've actually accomplished.

"Housework can't kill you but why take the chance?"

~ Phyllis Diller

Bill of Rights

Courtesy, Respect and Freedom from Abuse. A person receiving a community service has the right to be dealt with by the service provider in a courteous and respectful manner and to be free from mental, physical and financial abuse by the service provider.

Privacy and Freedom to Make Your Own Decisions. A person receiving community service has a right to be dealt with by the service provider in a manner that respects the person's dignity and privacy and that promotes the person's autonomy.

Being an Individual. A person receiving community service has a right to be dealt with by the service provider in a manner that recognizes that persons' needs and preferences, including preference based on ethnic, spiritual, linguistic, familial and cultural factors.

Information and Answers. A person receiving community service has a right to information about the community services provided to him or her and to be told who will be providing the community services.

Participation in Their Care Decisions. A person applying to community services has a right to participate in the service provider's assessment of his or her requirements and a person who is determined under this Act to be eligible for a community service has the right to participate in the service provider's development of the person's plan of service, the service provider's review of the person's requirements and the service provider's evaluation and revision of the person's plan of service.

Control and Consent. A person has the right to refuse consent to provision of any community service.

Freedom to Speak Out. A person receiving community service has a right to raise concerns or recommend changes in connection with the community service provided to him or her in connection with policies and decisions that affect his or her interests to the service provider, government officials or any other person without fear of interference, coercion, discrimination or reprisal.

Knowing the Rules. A person receiving community service has the right to be informed of the laws, rules and policies affecting the operation of the service provider and to be informed in writing of the procedures for initiating complaints about the service provider.

Confidentiality. A person receiving community service has the right to have his or her records kept confidential in accordance with the law.

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FRIENDLY FEEDBACK

Please fill out the following and return it to the address below

- ☐ I would like to receive a copy of *The Friends'* newsletter.
- annual subscription fee \$7
- ☐ I would like to receive more information about *The Friends'* programs.
- ☐ I am interested in becoming a volunteer.
- ☐ I would like to make a contribution in the amount of \$
to support the ongoing work of *The Friends*.
- ☐ I would like to make a donation to the Huntsville Building project.

You can now donate online. Click on the Canada Helps logo on our website
www.thefriends.on.ca

Name: _____

Mailing address: _____

Telephone number: _____ Email: _____

Return to:

The Friends • 27 Forest St • Parry Sound
Ontario • P2A 2R2 • 1.888.746.5102
info@thefriends.on.ca