

# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



## Friendly Focus

Summer 2023

### It's Heating Up

This summer edition of The Friendly Focus is dedicated to volunteers across communities in Muskoka-Parry Sound. Perhaps you haven't noticed, but Meals on Wheels, Friendly Visiting and

Recreational Activities are just a few of the services provided by volunteers throughout the area we serve. Sadly, COVID has diminished not only staffing, but the availability of volunteers. If you are looking for some meaning

in your life, want to give back to the community you love, turn the pages of The Friendly Focus and learn more!

Wishing you a beautiful, friend filled summer!





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



*Thank you Sunny & Michelle and all the puppy parents for the much loved cuddles*



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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

## THE FRIENDS

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The Friends newsletter can also be read online at  
[www.thefriends.on.ca](http://www.thefriends.on.ca)

Send content or comments to  
[info@thefriends.on.ca](mailto:info@thefriends.on.ca)

**Supported by:**



**Ontario**

North East Local Health  
Integration Network

## *From the CEO's Desk*

Summer has arrived and like many health care providers across the region, we continue to actively recruit. We are managing, but are always just one staff injury away from crisis. We continue to look for staff in East Parry Sound, Muskoka and West Parry Sound. Some of the positions we are hoping to fill are: activity assistants to work in our Adult

Day Programs, Homemakers, PSWs to work in a variety of programs including Respite, Assisted Living and Low Acuity Programs.

There is no doubt that the work can be challenging but it also delivers the kind of satisfaction that few other jobs can provide. How do you measure keeping a senior independent, safe and healthy in their home? Or bringing fun, exercise and a day away for both

caregiver and seniors in our Adult Day Away programs. Flexible work options available. Join the team – contact [Itiido@thefriends.on.ca](mailto:Itiido@thefriends.on.ca) (West Parry Sound) or [tmichel@thefriends.on.ca](mailto:tmichel@thefriends.on.ca) (East Parry Sound and Muskoka.)

A big thank you to staff who have been such an outstanding team during these difficult years.

**Marliese Gause,**  
CEO

## *Volunteer Spotlight*

At the same time that Alex Chidley started up his own printing company, Print Media Design Ltd, he and his wife purchased a cottage in the Parry Sound area. After years of living and working in southern Ontario, he fell in love with cottage country and it didn't take long for him to make his new community his permanent home. Alex became interested in municipal politics and ran for election to council for the Township of Humphrey. Although he didn't win the first time around, Alex considered the experience a "real eye opener" and set him on his course for election several years later. It was his experience in municipal politics that exposed him to the many volunteer groups serving the area. He volunteered for Habitat for Humanity, Hospice West Parry Sound and Community Support Services. Over the years, he began to collect and store equipment such as electric and manual wheelchairs, hospital beds, scooters, power lifts, walkers, bath chairs, crutches, canes and a variety of other assisted devices. Equipment is cleaned, repaired if needed and then delivered free of charge to any resident in need. Years ago, the Royal Canadian Legion Parry Sound branch used to offer hospital beds to those in need but had to give up that useful service because, in Alex's words, "their members weren't getting any younger and hospital beds weren't getting any

lighter." This was a key moment for Alex. He saw an opportunity to make a difference and to fill a very important gap in the community. At *The Friends*, we work with many clients who are on fixed incomes and often cannot afford equipment they might need, so there is a very personal connection between Alex and key supervisors who work together to ensure accessibility needs are met wherever possible.

Alex is patient, kind and does all of this work with no outside funding. It is his gift to the community he lives in and cares for.

As a *Friends'* Board member, Alex has also volunteered hours of his time to support and guide the agency.

Thank you Alex for your years of service to the community.

*"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."*

– Martin Luther King, Jr.

*"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."*

– Heather French Henry

*"The best way to find yourself is to lose yourself in the service of others."*

– Gandhi



## Canada HomeShare Update

The HomeShare initiative is developing waitlists for both those wanting to share their homes and those looking for a home. If this is something you are interested in, please email us with particulars at [mgause@thefriends.on.ca](mailto:mgause@thefriends.on.ca)

In a recent discussion with Canada HomeShare representatives, it looks as though the project to digitize the matching process will not be complete and available to us until the end of summer. Regardless, we will work towards

matching interested individuals, so please stay in touch.

A HomeShare Advisory Committee will be meeting during June to share strategies to move the project forward.

In May, a potential match was scuttled due to a lack of community transportation and has us thinking about key barriers to successful matches and ways communities can mitigate challenges. For those interested in the program, check out Canada HomeShare information on the web, [www.canadahomeshare.com](http://www.canadahomeshare.com)

### A Glimpse at the Canada HomeShare Process

#### Tell Us About Yourself

What kind of HomeShare experience would you like? Our online application takes approximately 30 minutes to fill out. Once complete you will receive an invitation to a meeting with a HomeShare social worker.



#### Let's Have a Conversation

We know you have questions, Canada HomeShare social workers have answers. Your virtual meeting is an opportunity for us to get to know you, answer your questions, provide clarification, and to address any concerns you may have.

#### Meet Your Match

Finding the perfect match takes time, we want to get it right. The Canada HomeShare process involves an Enhanced Criminal Record Check and a reference check. It can take 1-3 months to be introduced to a match. Your Canada HomeShare social worker will be there every step of the way to provide updates and answer any questions you may have.

#### Safety & Support

Canada HomeShare™ is facilitated by a team of Social Workers who prioritize safety and security. All participants complete an Enhanced Criminal Record Check and all homes receive a home safety audit. Social workers provide ongoing support by conducting regular follow-ups and mediation.

We are here to support you through every step to ensure a safe and happy Canada HomeShare experience.

Source: [www.canadahomeshare.com](http://www.canadahomeshare.com)

## Take a Walk on the Wild Side—Adventures in Volunteering

The beautiful thing about volunteering is that you are in charge of just what and how much you have to give. Perhaps you can only commit to a few hours a month, on the other hand, you might find yourself so committed that you commit to a day or two a week. Whatever you choose, you are making a difference. Volunteering is also an important component in developing community awareness and maturity in our youngsters. It's never too early to start them on the path of growth, commitment and kindness. They will reap the rewards of their gift in the years to come.

While *The Friends'* organization is always seeking community support we are not the only ones who need your help. Here are some suggestions:

**Georgian Bay Biosphere** - The Georgian Bay **Biosphere** (GBB) is a non-profit registered Canadian charity. We are a community-based organization that works with partners in our region to protect the environment, create vibrant communities and support a healthy economy by building capacity through education and culture. **We invite you to get involved!**

**Belvedere Community Support Services** – interested in delivering Meals on Wheels? Friendly visiting? Driving? Then this is the place for you. In Parry Sound, contact Linda Taylor at ltaylor@belvedereheights.com in Muskoka contact **Muskoka Seniors** at info@muskokaseniors.org

**Hospice Parry Sound/Muskoka/Huntsville** – Perhaps you've been touched by the passing of a family member or close friend and remember the care/



support you received at their passing. You can help families navigating this difficult time. **West Parry Sound Hospice** hospice@wpshc.com, **Hospice Muskoka** (Port Carling) info@hospicemuskoka.com, Huntsville info@hospicehuntsville.com **Horticultural Societies** Parry

Sound District Horticultural Society — find them on Facebook. There are also Horticultural Societies in Gravenhurst, Huntsville and Bracebridge. Look them up on google. Check out your local schools for information about volunteering.

**Have a special skill?** Swimmer? Sailor? Tennis? Bridge? Playing an instrument? Cooking? Baking? Gardening? I'm pretty sure your volunteer help would be much appreciated by any number of organizations.

For those of you who are house-bound but interested in connecting in a positive way with your community consider:

- writing notes of support and appreciation
- sharing life experiences
- check with your local schools/libraries and seniors' groups for ways you can participate
- creating a community of support for others in the same circumstances

You can make a difference in someone's world while at the same time growing your horizons. Take a walk on the wild side and volunteer!



*"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."*

~ Helen Dyer



## SUMMER MARKETS

Looking for organic, local produce? You can take the kids or grandkids on an afternoon outing to pick your own. Remember hats, sun screen and water! Below are some suggestions with respect to pick-your-own locations.

For organic produce without the sweat, visit Georgian Bay Whole Foods or the Good Food Co-op in Huntsville. The Good Food Co-op combines a cafe, a market for fresh produce and a commercial kitchen available to community members who need inspected commercial kitchen space to prepare their food, and to individuals who need more space to be creative, batch cooked in a test kitchen, or want to host a group to do collaborative cooking.

**Parry Sound Farmer's Market**, 8am-7pm 7 days a week, Thu & Fri open to 8pm, 83 Bowes Street

**Rosseau Farmer's Market** starting Friday, Jun 30, every Friday, 9am - 2pm

**Bala Farmer's Market** Jun 26—Sep 4, open Mondays 9am—2pm

**Bracebridge Farmer's Market** Beginning Sat Jun 3 - Oct 2, Saturdays 8:30am - 1:30pm

**Gravenhurst Farmer's Market** Jun 2 to Oct 4, Wednesdays 9am - 2pm

**Magnetawan Farmer's Market** May 20—Oct 7, Saturdays 10am - 1pm

### *Pick-Your-Own*

**Muskoka Blueberries** 1003 Manitoba Street, Bracebridge, 705.645.9862

**Taylor Strawberry Farm** opens May 17, Strawberries by mid June, 1490 Deebank Road, Windermere 705.769.2368

**Copeman Tree Farms** 66 Bloomfield Rd, Sundridge Apples, Berries, Christmas trees and Thanksgiving Family Pumpkin hunt. 705.384.5506

*"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others."*  
~ Audrey Hepburn

## Enjoying Summer Even When You're NOT ON VACATION

Not everyone gets an opportunity to get away during summer months. This doesn't mean you can't enjoy a mini vacation right in your own back yard. String some colourful lanterns on your deck or yard area, invite a friend or two over for a casual cup of iced tea (or something stronger).

Cultivate colourful window boxes or planters of cheerful annuals to park by your entrance.

Make a point of taking more walks or getting to the beach. Plan to take some summer reading material, some sun screen and a very big beach towel/umbrella.

Buy or pick fruit when it's in season and enjoy it for breakfast, lunch and/or dinner. Go to at least one Strawberry Tea.

Find a local concert to attend. Watch local kids play baseball, visit with friends and relatives...just take some time to smell the roses.

## Support Local Food Initiatives!

**Beaver Creek Organic Farm**, Parry Sound, 536 Centre Road, McKellar 705.773.9885

Loads of great things. Fresh veggies, baked goods. All organic and super healthy and tasty. If you've never tried our salad mix, there is nothing better than fresh harvested mixed greens.

**Four Seasons Greens**, Muskoka, 705.405.0449  
Producer of sprouts and micro-greens.

**Brooklands Farm**, 1375 Butter & Egg Rd, Bracebridge, Maple syrup and in 2023 veggies are back! Fresh healthy and sustainably grown. 705.764.1888

**Down to Earth Organics**, 2187 Windermere Road Health, beauty & supplements. 226.929.2937

**Sky River Meadows**, 1263 Three Mile Lake Rd 1, Utterson is a therapeutic animal farm. SRM is a place that has been created to allow both people and animals to learn, connect and heal. 705.787.5679

**Eat Local Muskoka**, Local, organically grown food boxes to order online <https://eatlocalmuskoka.ca/>  
Small and large boxes available for each season.

## Did You Know?

Thanks to the Parry Sound Community Garden growers, fresh produce is made available to organizations like Parry Sound Friendship Centre, Harvest Share Food bank, Esprit Place Family Resource Centre, Salvation Army Food Bank, and District Social Services Administration Board.

For information about available community garden plots, contact the Town of Parry Sound at 746.2101

Twenty per cent of all produce grown in the five local community gardens are distributed to the five food providers in the Town of Parry Sound.

Donation bins are checked every Monday, Wednesday and Friday with the produce distributed to the organizations above.

If you are a backyard gardener and want to share your bounty, get in touch with the Town of Parry Sound for information. There are also resources available through the Georgian Bay Biosphere project, including workshops on foraging, gardening and alerts re: invasive species.

Given droughts, high cost of fresh produce, support for homegrown alternatives is one way to make a difference.

The Muskoka North Good Food Co-op rolls together a market, cafe and community kitchen; a one stop location for all things local. You can purchase a membership or just consider them as a wonderful alternative.

If gardening is close to your heart, consider supporting some of these projects.

### Benefits of growing your own vegetables at home:

- Lowers the cost of providing your family with healthy, organic vegetables
- Reduces the environmental impact of transporting and warehousing food
- Makes your meals more personal, tasty, and interesting
- Connects your family to the natural cycles of weather, growth and renewal
- Cultivates mindfulness and provides healthy outdoor exercise
- Provides wholesome activity and lasting memories for your children



## Fall Fair Roundup

It's not too early to plan for Fall Fair season

**Stisted Fall Fair**, Sep 9, 1925 Etwell Rd. Huntsville  
**Sundridge Sunflower Festival**, Sat Aug 12, 118 Main Street;  
**Dunchurch Fall Fair**, Community Centre 2199 Hwy 124;  
**Trout Creek Fall Fair**, Aug 26 & 27, 181 Main Street;  
**Rosseau Fall Fair**, August 26th 10am, Fair Grounds;  
**Emsdale Fall Fair**, Aug 26 23, Novar;  
**Magnetawan Fall Fair**, Sep 1 & 2, Hwy 520;  
**Foley Fall Fair**, Sep 2 & 3, 60 Rankin Lake Rd;  
**Powassan Fall Fair**, Sep 2 & 3, 55 Fair View Lane;  
**Armour Ryerson & Burk's Falls**, Sep 4, 220 Centre Street, Burks Falls Arena;  
**Severn Bridge Fair**, Sep 9, 1153 Southwood Road;  
**South River Machar**, Sep 9, Community Centre, 1 Lincoln Ave;  
**McKellar Agricultural Fair**, Sep 9, Community Centre;  
**Strong Agricultural Society Fair**, Sep 15 - 16;  
**Sundridge Fall Fair**, Sat 16;  
**Bracebridge Fall Fair & Horse Show**, Sep 15 - 17, JD Lang Park, 331 Fraserburg Rd;



**Huntsville Fall Fair**, Sep 22 - 24, 407 Ravenscliffe Road,  
**Bala Cranberry Festival**, October 13 - 15, 3130 Muskoka District Road 169



## Cinnamon Apples

As fresh Ontario apples begin to appear on produce shelves, consider this delightful, super

-easy dish which is not only delicious, but will fill your house with the most yummy smell possible. A great meal for toddlers or a family breakfast or a dessert.

7-9 apples, peeled, cored and sliced

1 ½ tsps. cinnamon

½ cup Apple Cider

2 tbsps brown sugar (optional)

Toss apples cinnamon and brown sugar in an oven safe casserole dish. Pour cider over the top, cover and bake at 350 for about 35 to 40 minutes depending on how soft you prefer the apples. Serve warm or cold, alone or topped with a splash of your favourite cream, whipped cream or even a scoop of ice cream for special occasions.



## Expand Your Horizons

Are you interested in helping others?

Supporting your Community?

*The Friends* agency ([www.thefriends.on.ca](http://www.thefriends.on.ca)) is looking for:

Individuals interested in:

***Recreational Programs*** for Seniors  
***Respite***

***Homemaking (light housekeeping only)***  
to keep Seniors safe in their home

Helping seniors ***get safely home from hospital*** through our MyWayHome or ***PATH*** programs

***Assisted Living or Low Acuity programs***

Working for us just one day a week could enrich your life and the lives of others  
East/West Parry Sound Districts and Muskoka

Visit our website [www.thefriends.on.ca](http://www.thefriends.on.ca)

Or call us at 705.746.5102

[ltiido@thefriends.on.ca](mailto:ltiido@thefriends.on.ca) (Parry Sound)

[tmichell@thefriends.on.ca](mailto:tmichell@thefriends.on.ca) (Muskoka)

## Beatitudes for Friends and Family

Blessed are you who take time to listen to difficult speech, for you help to know that if I persevere I will be understood.

Blessed are you who never bid me to "hurry up" and take my tasks from me and do them for me, for often I need time rather than help.

Blessed are you who stand beside me as I enter new and untried ventures, for my failures will be outweighed by the times I surprise myself and you.

Blessed are you who ask for my help, for my greatest need is to be needed.

Blessed are you who understand that it is difficult for me to put my thoughts into words.

Blessed are you who, with a smile, encourage me to try once more.

Blessed are you who never remind me that today I asked the same question twice.

Blessed are you who respect me and love me as I am, just as I am, and not like you wish I were.

## Please Support our Projects

*The Friends...* Supporting those with Long Term Health Care Needs is a non-profit charity. We believe in supporting quality of life and are grateful for the generosity of the communities we serve. Currently we are working to:

- underwrite program costs for seniors/individuals with disabilities such as

transportation/program costs

- pave the driveway at our Gravenhurst facility to smooth out the bumps for our Adult Day Program participants
- raise \$200,000 to install an elevator at our Gravenhurst facility to improve access to second floor apartments

- raise 10 Million to build a fully accessible, supportive housing complex in Muskoka. This is a biggy, but Muskoka has only a few such units and desperately needs more such housing.

If you would like to support us, you can donate online [www.thefriends.on.ca](http://www.thefriends.on.ca) or tear off the back page of our newsletter and return it to us with a cheque.

## 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](mailto:epsccsp@ontera.net)  
705.724.6028 1.888.521.0000 [www.eastholme.ca](http://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](mailto:belvedereheights.com)  
[aholloway@belvedereheights.com](mailto:aholloway@belvedereheights.com)

**NE Home & Community Care**  
705.746.4602 1.800.440.6762  
[www.healthcareathome.ca/northeast](http://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](http://www.healthcareathome.ca/nsm)

**Alzheimer Society of Muskoka**  
Serving Muskoka & Parry Sound  
1.800.605.2075  
[www.alzheimermuskoka.ca](http://www.alzheimermuskoka.ca)

**Port Loring** (Meals on Wheels & Volunteer Transport) 705.757.2530



## Muskoka/Parry Sound Mental Health Services

[www.mpscmhs.on.ca](http://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](http://www.Assistivedeviceexchange.com)



# THE FRIENDS

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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](http://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](mailto:info@thefriends.on.ca)