



THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT

Friendly Focus

Winter 2022

In the Season of Mystery & Magic

The Friends.... Who the heck are *The Friends* you might ask...and yes, we've heard it all before. The Friends of who? The organization is a non-profit charitable organization providing a variety of programs (including homeshare) to the elderly and individuals with physical disabilities. *The Friends* organization started its journey forty years ago in Parry Sound, initially providing accessible supportive housing. The agency has since grown to deliver a host of services across the Districts of Parry Sound and Muskoka – from Powassan and French River in the north to MacTier and Gravenhurst in the south (and everywhere in-between). For more information about our agency and its programs and services, check out our website at www.thefriends.on.ca

Over the years there have been multiple attempts to find the perfect name...but we have yet to achieve that milestone so, in the interim, the agency continues

to be known as “*The Friends...Supporting those with Long Term Health Care Needs.*”

This edition of the Friendly Focus will get you up-to-date with what is happening at *The Friends* (see page 5 for the agency's new Homeshare project) as well as recipes, New Years' resolutions, book picks and some fun Christmas trivia. We are celebrating our donors and outlining projects that we hope to accomplish in the future. With your help and enthusiasm we can make a difference in the communities we live in. Our front cover features senior staff from our Muskoka office. A big thank you and warmest wishes to all of our staff who have continued to serve through this difficult three years. Wishing all a very merry Christmas and a happy, healthy and fulfilling 2023.

Enjoy the Winter edition of The Friendly Focus – follow us on Facebook and Instagram



www.thefriends.on.ca

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



Getting together and getting creative!



INSIDE THIS ISSUE

- 4 *From the CEO's Desk*
- Fundraising*
- 5 *Canada Homeshare*
- 6 *Apple Dumplings*
- 7 *Wintering the Season*
- Christmas Greetings*
- 8 *New Years Resolutions*
- with something*
- 9 *For the Love of Canadiana*
- Staying Connected*
- 10 *Christmas Trivia*
- Resources*
- 11 *Help Wanted*
- Bill of Rights*
- 12 *Please Provide us with*
- your Friendly Feedback*



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

Dignity • Teamwork
Innovation • Empowerment

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

Staffing issues are beginning to ease as we welcome new individuals to the agency, including a group of PSW students who are completing their course by working onsite. Welcome! Despite an outbreak of COVID in early November, we seem to have bounced back quickly. I credit the safety precautions and practices put into place by senior staff and carried out by the entire team. Thank you for making this particular incident as painless as possible. With a serious shortage of affordable housing, the agency is spearheading a Homeshare program (please see

page 5 for more information.) We are hoping that Homeshare will provide opportunities for seniors as well

living alone or someone looking for accommodation, please contact us. If you are interested in supporting

the project in other ways, you may be interested in participating in the Homeshare Advisory Committee that will be helping us move this project forward. Although we are just at the earliest stages of development, we look forward to chatting with you to see whether we can help. I am sending my warmest wishes to all of our readers, staff and senior team. Merry

Christmas and a happy, healthy and fulfilling 2023.

Marliese Gause,
CEO



as individuals searching for a different kind of accommodation. Follow us on facebook to get the very latest information. If this is something you are interested in, either as a senior

Fundraising

On behalf of *The Friends'* Board of Directors, I would like to extend a big thank you to our readers, families of clients and community members who have so generously donated to the organization throughout the year. *The Friends* does not use professional fundraisers. Your donations directly support seniors in your local community. Over the years, your generosity has:

- Helped the agency expand its footprint by building an addition to Forest Hill Apartments which in turn has meant more services to the community. The addition

houses our Post-Stroke program and Adult Day programs.

- Community generosity has helped us renovate the old bowling alley at 141 Sharpe St., Gravenhurst providing staff with a Muskoka "home" and space for ongoing Adult Day programs. We hold programs in this location five days per week. The Gravenhurst building also provides housing in two affordable units upstairs
- Through donations, the agency underwrites the cost of transportation/program costs

for seniors who would otherwise not have access to Day programs

Things we are saving for:

- Paving the driveway at 141 Sharpe Street. Perhaps someone at Fowler's Construction might be interested?
- Installing an elevator at 141 Sharpe Street to improve accessibility for tenants
- Planning and building more accessible supportive housing units

A sincere thank you from *The Friends*...Supporting those with Long Term Health Care Needs for your generosity. Wishing all of our donors a very Merry Christmas and a happy, healthy and fulfilling New Year.

Canada Homeshare

What is "Canada Homeshare"?

HomeShare recognizes that two people have needs and something to offer. A home provider offers low-cost or free accommodation to a housemate in exchange for an agreed level of help.*

No two HomeShare programs are exactly alike, but there are many common threads:

some programs provide service to the general population while others support specific communities; many HomeShare programs aim to enable older people to remain independent in their own homes by finding a housemate willing to cost-share or help with household tasks; many programs have been set up to meet the accommodation needs of students in places where accommodation is scarce or expensive.

Some basics about Canada Homeshare

Affordable Housing and Help at Home
In exchange for reduced rent of \$400 to \$600 per month, the renter provides up to seven hours of companionship and/or assistance with completing light household tasks such as preparing/sharing meals, tidying up, carrying groceries, or walking a pet. Each arrangement is an individual as the people participating!

How it works

We ask you to tell us about yourself. What kind of Homeshare experience would you like?

If filling an online application is a problem, you can

arrange for a telephone/in-person visit to help you.

Let's Have a Conversation

We know you have questions... Canada Homeshare Social Workers have the answers. Meeting with Homeshare Social Workers, either virtually or in-person, gives you an opportunity for us to get to know you, answer your questions, provide clarification and 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 Reference check, and a reference check. It can take anywhere from 1 – 3 months to get introduced to your 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 and Support

Canada Homeshare is facilitated by a team of Social Workers who prioritize safety and security. All participants

complete an enhanced Criminal Reference check and all homes receive a home safety audit. Social workers provide ongoing support by conducting regular follow-ups and mediation where necessary. For more information call Linda Tiido at *The Friends* and express your interest in the Homeshare program, 705.746.5102 x235 or alternatively, email us at info@thefriends.on.ca

***How does it work...**
a sophisticated "matching" process
enhanced Criminal Records check
individualized supports
ongoing support by a team of Social Workers



Apple Dumplings

If you've been looking for a site that provides reliable, delicious recipes try Smitten Kitchen! As a fan I have found Deb Perlman's recipes easy, fun and totally delicious. Apples are easy to get and relatively inexpensive, so here's a recipe that smells great and tastes even better.

Apple Dumplings

Servings: 6, **Time:** 45 min prep, 1 to 2 hrs to chill, 45 min to bake.

Source: Smitten Kitchen

2 1/2 cups (325 grams) all-purpose flour

1 tablespoon (15 grams) granulated sugar

1 teaspoon (5 grams) fine sea or table salt

1 cup (8 ounces or 225 grams) unsalted butter, very cold

About 1/2 cup cold water

FILLING

3 large apples (about 3" across), any kind you like to bake with
Half a lemon

1/2 cup (110 grams) light or dark brown sugar

1/2 teaspoon ground cinnamon

A few gratings of fresh nutmeg, or a couple pinches of ground

Pinch of salt

1 tablespoon (15 grams) butter, cut into 6 pieces, kept cold

1 large egg, for glaze

SAUCE

2 tablespoons (1 ounces or 30 grams) butter, at room temperature

1/3 cup powdered sugar

1 tablespoon whiskey, milk, or lemon juice

A dash of vanilla extract (optional)

Make the crust:

By hand: In a large bowl, combine the flour, salt and sugar. Work the butter into the flour with your fingertips or a pastry blender until mixture resembles a coarse meal and the largest bits of butter



are the size of tiny peas. (Some people like to do this by freezing the stick of butter and coarsely grating it into the flour, but I haven't found the results as flaky.) Add cold water and stir with a spoon or flexible silicone spatula until large clumps form. Use your hands to knead the dough together, right in the bottom of the bowl. If necessary to bring the dough together, you can add another tablespoon of water.

With a food processor: In the work bowl of a food processor, combine flour, salt and sugar. Add butter and pulse machine until mixture resembles a coarse meal and the largest bits of butter are the size of tiny peas. Turn mixture out into mixing bowl. Add cold water and stir with a spoon or flexible spatula until large clumps form. Use your hands to knead the dough together, right in the bottom of the bowl. If necessary to bring the dough together, you can add the last tablespoon of water.

Both methods: Wrap dough in a sheet of plastic wrap and refrigerate for at least one hour, or up to 48 hours, or you can quick-firm this in the freezer for 15 to 20 minutes. Longer than 2 days, it's best to freeze it until needed.

Heat your oven: To 375°F

Assemble the dumplings: Peel and halve your apples. Use the large side of a melon baller, if

you have one, or a tablespoon measuring spoon, to scoop the core out of each half. Squeeze the juice of half a lemon over the apples. In a small bowl, combine the brown sugar, cinnamon, nutmeg, and salt. Mound a heaped tablespoon of the mixture in the scooped-out center of each apple half. Dot the top of each with a piece of the cold butter.

On a well-floured counter, roll your dough out to a 12-by-18-inch rectangle and divide into six 6-inch squares. If dough gets too soft or warm while you're rolling it, continue to the square stage, but then transfer the squares to a parchment-lined baking sheet and chill them in the freezer for a couple minutes, until they're semi-firm again.

Place a filled apple half, cut side-up, in the center of each dough square. Bring corners up to meet each other over the center – if it feels tight, or as if you're short of dough, make sure that the dough underneath is flush with the apple curve; it holds a lot of slack – and seal the seams together, pinching with your fingertips.

Bake dumplings: Arrange dumplings in a buttered 9-by-13 inch baking dish. Whisk egg together with one teaspoon water to form a glaze. Brush glaze over the tops and exposed sides of dumplings. Bake for 40 to 45 minutes, until pastries are puffed and bronzed on top.

To finish and serve: While the dumplings bake, beat butter, powdered sugar, and whiskey, lemon juice, or milk together with vanilla until smooth. When dumplings come out of the oven, dollop each with a heaping tablespoon of the sauces, which will melt over the sides. Serve right away.

Wintering the Season

Over the past few months grocery shoppers have seen prices of every day goods skyrocket. If you're desperate for a salad, be prepared for a five dollar head of romaine lettuce – in fact, by the time this newsletter arrives in your mailbox, it could be worth as much as a goldbrick. Droughts in food producing areas of the world have put a premium on some staples, while ongoing struggles to manage compromised delivery systems and staff shortages have made for a messy and expensive purchasing options. For those living on fixed incomes, the inflationary costs of basics are a huge burden.



Here are some strategies to support your community:

- Donate to your local food bank, if you can't donate, see if you can offer some volunteer time
- Be aware of neighbours and friends who may be quietly suffering, share a meal, drop by with a bag of groceries or a frozen meal
- Explore initiatives by local charities, including churches
- Take someone out to dinner
- Offer to be chauffeur for a Christmas shopping trip
- Gift certificates for coffee and a treat are always appreciated
- Show respect and kindness. A warm word is sometimes worth its weight in gold
- Connect people with agencies and/or charitable organizations that may be able to provide some help

Merry Christmas

From Management and Staff of *The Friends*

Marliese Gause

Linda Tiido

Theresa Michell

Marsha Rivers

New Year's Resolutions 2023

It's that time of the year again, to do or not to do, that is the question. Some of us live for those resolutions (even though we may have dropped them from our calendar after January 31st) some of us never make a resolution. Regardless of your "resolution" stance, the New Year offers an opportunity to reflect on your life plans and choices. Some things you may want to consider:

Food waste is a major contributor to global warming – You can make a difference!

Here are some facts about food waste in Canada

Globally, 1.3 billion tonnes of edible food is wasted or lost every year.

- The average consumer household food waste in Europe and North America is between 95 and 115 kilograms, while in sub-Saharan Africa, South and Southeastern Asia, it is only 6-11 kilograms per year
- Saving just a quarter of food lost or wasted globally each year would feed 870 million people
- Canadians create over 50 million tonnes of food waste every year despite 60% of it being avoidable through better planning and awareness
- The average Canadian household produces 79 kilograms of food waste per year according to the UN Food Waste Index
- 47% of food waste in Canada is generated at the household level
- Over six tenths of food waste in Canada could be easily avoided
- Canada's yearly food waste is equivalent to 9.8 million tonnes of CO₂
- Fruits and vegetables account for 45% of food waste
- Redirecting or rescuing surplus edible food could save 3.82 tonnes of greenhouse gas emissions per tonne of food
- Canada has pledged to reduce food waste by half
- 4 million Canadians, including 1.2 million children live in food insecure households



- You may not drive a Tesla, but you can make an impact on the environment and your pocket book by caring about food waste
- Plan weekly menus and purchase accordingly
- Store food properly
- Clean out your fridge once a week – don't let produce/perishables languish in the back of the refrigerator. Use them before their sell by date
- Purchase vegetables and fruit in season
- Frozen vegetables and fruit are a good option and can be used in the quantities needed

In a time when loud, nasty and combative seem to be the growing trend, resolve to exercise your kindness/thoughtfulness gene by:

- being an active listener
- Asking tactful, thoughtful questions
- Ask yourself whether what you are doing is for the common good? Why not be on the side of the angels?
- Good manners and kindness go a long way to diffuse nasty situations – a please and thank you are always welcome
- When all else fails, remove yourself gracefully from contentious situations

Peace, Order and Good Government rely on citizens caring about their communities. In times of stress and upheaval you can make a difference by:

- Educating yourself using reliable sources of information. Unless you're a fiction writer, trash those weird conspiracy theories and wild-eyed fairy tales
- Vote – demand that all political parties produce a platform and show up for debates. No platforms/ no debates = no vote
- Recognize that governing is difficult, there will always be compromises – it's your job to consider what compromises are acceptable
- Support fairness, ethics and transparency in your workplace, your community and from your politicians
- Decide what you stand for/care about to guide your decision making.
- Be willing to change

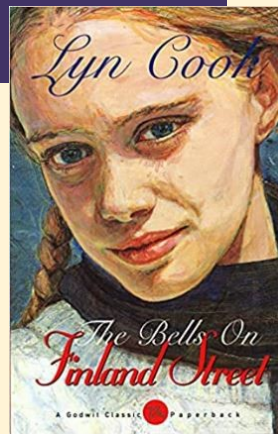
For the Love of Canadiana

Looking for a special book for your niece, granddaughter or cousin. I highly recommend *The Bells on Finland Street* by Canadian author Lyn Cooke. It's wonderfully Canadian, relatable and very sweet. Lyn provides a child's eye view of living in a mining community and celebrates Sudbury's multicultural heritage. Kirkus Review had the following to say about it.

***The Bells on Finland Street*, by Lyn Cook, Feb 15, 1951**

Little girls who enjoy skating will love this warm-hearted story

from Canada about a Finnish-Canadian girl, and her family. Elin lived with her father and mother in Sudbury, Canada, in the midst of the nickel mining area. Elin wants more than anything else to have skates and learn figure skating. However, the poor people on Finland Street cannot afford such things, and although Elin works in Mr. Kurtseff's store to save the money, she finds that



she must give her money up to help her parents when her father has an accident. The visit of Grandfather from Finland, and fun with her friends help Elin forget, and her sacrifice is rewarded by a gift at Christmas of a pair of skates and lessons from Grandfather, who used to be a skating champion, which enables her to appear in the great skating exhibition. A glimpse of Finnish customs and speech, some folk lore, and an understated lesson in democracy give body to a pleasant story. It is a pleasure to see some Canadian writers on American juvenile lists.

STAYING CONNECTED CAN BE A STRETCH!

When all the fuss and muss of the holiday season has faded into memory it's time to take stock. If you are not quite as limber as you would like but cannot face a gym or a snowy road/walkway, join us for innovative virtual programs including regular exercise. In a wheelchair or have compromised health? You too can benefit. Joining a program has the lovely additional effect of connecting you with others. Although virtual programs are not as satisfying as real world interaction, they can still connect you with others and reduce social isolation. If you are a caregiver and need a sounding Board, ask us about *The Friends* Caregiver Support group. Being a caregiver is challenging. You can use all the help you can get, especially when the doldrums of January roll around. If you are a stroke survivor and need some additional support, *The Friends'* Post Stroke program is here for you. Are you



living alone? If the Homeshare project has caught your attention, do connect with us to see whether this might be something of benefit to you. Make plans for your summer garden, read the pile of books you have hovering on a table or shelf, learn something new, cherish your children and grandchildren, write a family history, bake a batch of cookies and share with friends.

Winter doesn't have to be gloomy, it can be whatever you want it to be.

For information about our virtual seniors' programs contact Sylvie Quelha at squelha@thefriends.on.ca

For information about our Caregiver programs, contact Robin Stainton at rstainton@thefriends.on.ca

For information about our new Homeshare program, contact ltido@thefriends.on.ca

For information about *The Friends* Post Stroke program contact Robin Stainton at rstainton@thefriends.on.ca

Christmas Trivia

The legend tells that candy canes date back to 1670 when a choirmaster in Germany gave out sugar sticks to the choirboys to keep them quiet during services. The hook was meant to symbolize a shepherd's crook

for the Christmas occasion but other people think the hook exists so they can easily be hung from trees.



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.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



HELP WANTED

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donner lost his mind.
Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out—
she laughed at Rudolph's nose.

If you are a reindeer
we hope you will apply.
There is just one tricky part:

You must know how to fly.
By Timothy Tocher



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.

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



FRIENDLY FEEDBACK

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

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

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

Name: _____

Mailing address: _____

Telephone number: _____ Email: _____

Return to:

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