

# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Summer 2021

## Sunny Days Ahead

It feels almost as if we are emerging from a decades long hibernation.... OK, it's only been a little over a year since we've been housebound staying safe and waiting anxiously for the day vaccinations would be available.

As summer 2021 spreads its wings, communities are gradually opening up and we're all feeling just a bit safer. With personal

safety still top of the mind for everyone, the summer edition of the newsletter will explore interesting things to do and see throughout Muskoka – Parry Sound. We invite you to take the journey with us, whether it's a hike through a park, enjoying an accessible camping experience, or finding new ways to enjoy that Queen of Summer fruits, the glorious peach.

*The Friends* is a non-profit agency providing everyday support for individuals with physical disabilities and seniors. If you are interested in supporting the work we do, please turn to the back page for donation options or check out our website, [www.thefriends.on.ca](http://www.thefriends.on.ca)

Wishing you an absolutely fabulous summer!



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

“You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.”

~ A.A. Milne, *Winnie-the-Pooh*

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

We've had some unexpected guests at *The Friends*: A racoon family tried to take up residence, but is now in the care of staff member, Heather Hebner, who is nurturing them until they can go to the Aspen Wildlife sanctuary.

Heather reports that the siblings are doing well on a diet of goat's milk and shares these lovely photos of the pair with us.



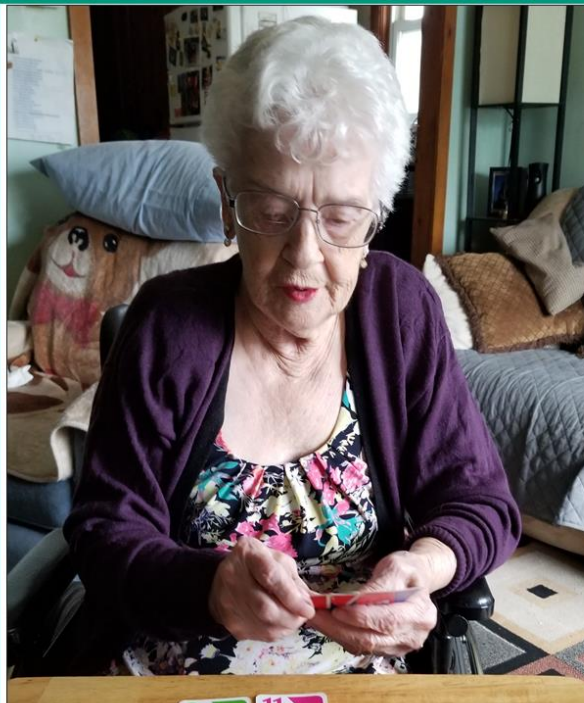
Heather Hebner, with  
Precious & Sid





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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

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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](http://www.thefriends.on.ca)

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

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## *From the CEO's Desk*

Perhaps you noticed the cover picture of this edition of the *Friendly Focus* and wondered just what you are looking at? Well, think no more! The cover picture is the spectacular walkway over the French River. Visitors to the French River Museum (a remarkable bit of architectural wizardry) can walk over the French river crossing to the other side.

During the winter, the bridge serves as a snow machine trail. I selected this particular picture not only because the bridge is fabulous, but because it is also a symbol of continuity and change.

As an organization we are looking to the future, thinking about key staff resources, worrying about sustainability, concerned about the people we provide services to and making plans not only to continue to provide the best care we can, but to position the agency so that it can continue to grow and evolve in a meaningful way so that we can exercise our mandate not just this year, or next, but many years to come.

It is my goal to support a nimble, flexible and innovative approach to future planning both with our staff and Board members so that we maximize the good, minimize the bad and chart new avenues to serve our communities.

I invite you to stay in touch through our website [www.thefriends.on.ca](http://www.thefriends.on.ca), our Facebook presence (*The Friends...Supporting those with Long Term Health Care Needs*) and our newsletter, *The Friendly Focus*.

Last, but certainly not least, a very special thank you to all frontline staff, supervisors and managers who have steadfastly continued to provide real-life face-to-face services in this strange convoluted COVID-19 world. Thanks to staff dedication and support, people who needed services continued to get the help they needed.

**Marliese Gause,**  
CEO

## GIVING BACK

Perhaps you're thinking about what you can do to give back to your community. Here are some things *The Friends* organization is working towards:

- Raising funds to pave the driveway at our building in Gravenhurst (141 Sharpe Street West directly opposite the Gravenhurst Public Library). We host Adult Day programs in the facility and despite routine top-ups of gravel, the pot-holes make accessibility more of an adventure than we would like. If you are a Gravenhurst fan, maybe this is a project you could get behind?
- The Friends Gravenhurst building houses two apartments on the second floor of 141

Sharpe Street West. To increase accessibility and to support our tenants, we are working to raise funds for an elevator.

- Hey, Huntsville, we are really interested in building fully accessible supportive housing units in your fair town. Want to help? All donations gratefully accepted.
- We support vulnerable individuals across the area we serve (East/West Parry Sound and Muskoka) and use funds to help with transportation, meals, etc. Perhaps this is the kind of cause you can get behind?

*The Friends* does not hire professional, outside fundraisers. All of your donations go directly back to your community! Invest now, it may come back to help you someday in the future.

## Outdoor Explorations

Health experts remind us that the great out-of-doors is one of the safest environments to enjoy during the COVID-19 pandemic and, although 70% of Ontarians have had their first shot of the vaccine, the resurgence of the Delta version of COVID-19 begs us all to be mindful. With beautiful weather coming our way, what could be more enjoyable than camping, hiking or just enjoying a pleasant stroll?

You might want to explore the **Park-to-Park trail** which is a regional initiative to create an east-west link through Parry Sound/Muskoka and Haliburton County connecting **Killbear Provincial Park to Algonquin Provincial Park**. This 230 km trail is a destination for all trail enthusiasts with diverse country and trail terrain. There are many opportunities to stroll for an hour or a full day. Areas of the trail that have a more level, flat terrain include:

- **Rose Point Trail** from James Bay Junction Road to Rose Point Swing Bridge
- **Parry Sound Fitness Trail** (6.5 kms one way along Parry Sound Harbour and the shore of Georgian Bay)
- **Seguin Trail** Orrville east to Seguin Falls
- **Algonquin Logging Museum Trail**. This loop trail and exhibits summarizes the logging history of the Algonquin area. On the easy-to-walk 1.3-kilometre trail, a recreated camboose camp and a fascinating steam-powered amphibious tug called an "alligator" are among the many exhibits on display. This Trail is wheelchair accessible
- **Algonquin Park Spruce Bog Boardwalk** contains several boardwalk sections in this 1.5 km loop trail that give you an excellent close-up look of

two typical northern spruce bogs. The guide discusses their ecology. This trail is wheelchair accessible.

- **Limberlost Forest and Wild-**

**life Preserve**, Muskoka (close to Huntsville) has 70 km of

hiking/biking trails

- If you're a quilting enthusiast, you can visit the **Ryde Barn Quilt trail** in the Gravenhurst area, which was created in 2014 to honour the 135 year history of the Township of Ryde. You can drive the whole trail in about an hour. There are some side detours to see additional

quilts. The website details the histories of the properties. All the barn quilts are on private property and are meant to be viewed from the road. Please drive carefully. Geocaching also present.

These are just a very few of the hiking trails available locally. Take the time to browse area website for more information.

If your family includes someone with a disability and enjoy an out-of-area excursion, consider the **Wye Marsh (Midland)**, **Toronto Metro Zoo** and **Windreach Farms** located in the hamlet of Ashburn in the Town of Whitby. **Windreach Farms** is a wonderful inclusive option. As a not-for-profit environmental awareness facility, their goal is to develop awareness, enjoyment and understanding of the environment and wildlife. There are many interesting short trails for the novice "stroller" or longer trails for the more hardy "bikers". As a 106 acre working farm, Windreach farm lets visitors fully experience wheelchair accessible recreational activities while exploring the entire property from barns to playgrounds. Call ahead.





## *Opening Windows into the Past*

Over the past few months, The Friends Adult Day program has had to find new and innovative ways to reach out to isolated seniors and their caregivers. One of the projects that has been undertaken is something called “the History Project”. The History Project seeks to engage seniors in telling their story as a legacy for their family, to build intergenerational links and to provide a window into the past.

One of the participants, “Lawrence” was born in Parry Sound but grew up in Britt. He was the 2nd of seven children all destined to become carpenters. Over the years, Lawrence, his father and brothers, built most of the homes in Britt. During the 1940’s Britt residents (as was the case for many other rural Ontario residents) lived without hydro, running water and telephone, in fact hydro and telephone did not arrive until the

1950’s. Lawrence and his brothers were lucky in that they lived in a four bedroom house with two bathrooms, unlike many families who were crammed into tiny houses and had to make do with outdoor facilities. Lawrence’s mother was fifteen, his father 21 when they tied the knot. Both went on to nurture seven sons and to live productive lives.

The story of Lawrence’s life and the lives of his parents and seven brothers includes fascinating insights into the community they lived in.

Imagine, for a moment, the life of Lawrence’s mother, Edna, who had seven hungry boys and a husband to feed every day with limited modern conveniences at her fingertips. According to Lawrence, she got up every day at four in the morning to start cooking. She prepared three meals a day for her family and that didn’t take into account chores like laundry, childcare, gardening or cleaning house. It’s enough to make a modern woman blush.

## *History Project*

One of the things we have learned about the History project is that it’s easy to become lost in the weeds when trying to compose a life story. If you are interested in writing your own, try another approach. Instead of meandering aimlessly, pick some key milestones in your life – perhaps your first day at school, your sixteenth birthday, your first job, or perhaps your wedding day. Ask yourself a few questions:

Where were you? For example, if you pick your first day of school, where was the school? Where did you live? How did you get to school? Who was with you? Did your mother see you on your way? Did you have siblings who went with you? Best friends?

What was the weather like? (if relevant) Maybe the first day of school was a terribly rainy day? Or not?

What did you do? What did you learn? What did you eat? Did you take a lunch? If so, what was in it? Who packed it? What did you learn on your first day?

Favourite subject?

What was your attitude/thinking regarding the event? Did you like school? Hate school? Not much care either way? Why?

If you could do it all over again, would you do it differently and if so, how? What made you sad? What made you happy?

Over time, you can pick another event and apply the same process. Perhaps find some pictures that are relevant, for example, if you are exploring your first day at

school you could choose pictures of siblings or your best friends, the school or school bus, a school sports or other event.

By choosing key milestones in your life you can create a thoughtful, living picture of your life for family and friends.

If this is a project you would like to participate in, please connect with Sylvie Quelha who is supporting the group projects.

You can email her at: [squelha@thefriends.on.ca](mailto:squelha@thefriends.on.ca). You can also simply develop this project all on your own.

Wishing everyone a thoughtful look back and the sharing of some wonderful stories. For those willing to share, we will organize some of the material for our Christmas edition of *The Friendly Focus*.

## Enjoying Lawn Sales and Flea Markets

There's something about hunting down a bargain that makes yard sales and flea markets so alluring. With the summer in full swing, now is the time to go searching for that missing bit of china from your grandma's set, or a power tool, clothes or vintage knick knacks. Going to yard sales can be just the ticket to emerge from COVID-19 isolation blues....the events are generally outside and as long as you've got your mask and some hand sanitizer tucked into a pocket, a relatively safe pursuit. If you are planning to hold a yard sale, here are some tips:

- Do a complete excavation of drawers, cupboards, mysterious bins tucked in your basement for things you haven't used or worn lately, ie the past two years. Be brutal.
- Sort items by category, ie kitchen, linens, clothing, books, etc.
- Have price tags ready as you sort and tag items. Box items as you go so that everything is



ready on sale day. Keep in mind that sometimes labels can leave marks on items, especially in hot weather. Small pieces of paper stapled to clothing works well. Remember to put a price on all items.

- Use a grease pen to mark dishes and glassware.
- Sanitize items, have hand sanitizer available for your customers.
- Think about the weather. What happens if a rainstorm appears on the horizon? Do you have a tarp to cover items on sale?
- Join forces with a friend...two can manage better than one, especially when you need a bathroom break.
- Displaying items in an attractive, creative way will boost your sales. Take some time when you set up.

Most of all.....have fun.

## Pina Colada Dip

This smooth summertime dip is great with strawberries and bananas and may be prepared with or without the strawberry daiquiri.

### Ingredients

- 1 8oz pkg of cream cheese softened
- 2 tbsps of white sugar
- 2 tbsps of light rum
- 6 tbsps pina colada mix
- 2 tbsps frozen strawberry daiquiri mixer (optional)

### Directions

In a medium bowl, whip together cream cheese, sugar, pina colada mix, rum and strawberry daiquiri. Chill in refrigerator or at least 3 hours before serving.



Plug in to the Ontario Wildflower site (<https://www.ontariowildflowers.com>) and start compiling your list of flowers, identify ones you are not familiar with, take pictures and share.

Or, check out iNaturalist.ca and turn your next outing into a journey of scientific discovery. It's "citizen science" that's fun, educational and impactful.

You can also check out Guelph University's Arboretum which houses rare woody plants of Ontario.

Whatever you do, please be gentle, do not litter, do not pick or destroy. A picture can be shared and enjoyed with no damage done to the plant or environment.

## August Celebrates the Peach

Take a look below for 15 fun and interesting facts about peaches.

1. In 2016, China alone produced 58% of the world's total for peaches and nectarines.

2. Recent evidence indicates that the domestication of peaches occurred as early as 6000 BC in Zhejiang Province of China.

3. Peaches were mentioned in Chinese writings as far back as the 10th century BC and were a favored fruit of kings and emperors.

4. There are over 700 varieties of peaches.

5. According to recent

research, the selenium in peaches has a positive effect in preventing cancer.

6. Peaches are known to reduce anxiety and are often referred to as the "Fruit of Calmness."

7. In some countries, peaches are the symbol of good luck, protection and longevity.

8. Because they are a rich source of vitamin

A and vitamin C, peaches are a natural cure for

refreshing the skin.

9. Peach aromas have demonstrated analgesic effects such as reducing the feelings of pain, lifting depression, and creating a sense of well being.

10. The peach used to be known as "Persian apple"

because ancient Romans believed that the peach originated from Persia.

11. In China, the peach symbolizes immortality and unity. Brides use peach flowers to decorate their hair during their wedding ceremony.

12. Spaniards brought peaches to South America and the French introduced them to Louisiana. The English took them to their Jamestown and Massachusetts colonies. Columbus brought peach trees to America on his second and third voyages.

13. True wild peaches are

only found in China.

Unlike the cultivated fruit, the wild peach is small, sour and very fuzzy.



14. The sweetness of the peach is due to the "honey gene," a dominant gene that is found in all Chinese peach varieties. Europeans and Americans have typically cultivated the yellow skin, yellow flesh varieties of peach, which have a

higher acid content.

15. You can ripen peaches by placing them in a brown paper bag for two to three days. Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning.



## TAKING CARE OF YOU

Are you caring for an elderly parent or relative? A partner or a child? If you are, you already know that caregiving is hard work and full of challenges. Too often caregivers neglect their own health, putting their needs last. Ignoring your own well being may come with a heavy price for your health and the impact it may have on the individual you are caring for.

Here are some tips to help you in developing a self-care plan.

- Learn and use stress reduction techniques
- Attend to your own health care needs
- Exercise regularly
- Take time off without feeling guilty
- Participate in pleasant, nurturing activities
- Reward yourself
- Seek and accept support from others
- Seek supportive counselling when you need to, or talk with a trusted counsellor, religious advisor or friend
- Identify and acknowledge your feelings
- Change the negative ways you view situations
- Set goals and priorities

There are many organizations and agencies that can assist you with the burden of caregiving. Initially, you may feel overwhelmed but seeking out supports from your community will eventually ease some of your responsibilities. Try connecting with a Caregiver Support Group to learn, share and sometimes, just to lean on others. Organizations like *The Friends* ([www.thefriends.on.ca](http://www.thefriends.on.ca)) can provide a variety of programs and services that may address a need. The agency can provide in-home respite care or support your loved one in a two bedroom apartment for a temporary time (with services) in their accessible housing. Although COVID-19 has closed Adult Day Programs, many agencies, including *The Friends* will be re-opening group programs late in the summer. These programs provide opportunities for socialization, stimulation, and regular exercise in a

friendly, fun environment. The Alzheimer Society Muskoka also provides a basket of supports for those caring for family members with Alzheimers. If your loved one is in an end-of-life situation, make sure you contact the local Hospice for support.

Above all else, remember that you alone do not need to take on this responsibility. Determine what you can and cannot do, what your limitations are and seek help. Last of all, do it sooner rather than later to support best possible quality of life for you and the person you love.



## Interesting Fact

**Fact:** Kleenex tissues were originally intended for gas masks! When there was a cotton shortage during World War I, Kimberly-Clark developed a thin, flat

cotton substitute that the army tried to use as a filter in gas masks. The war ended before scientists perfected the material for gas masks, so the company redeveloped it to be smoother and softer, then marketed Kleenex as facial tissue instead.

## Resources

### Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) [epscssp@ontera.net](mailto:epscssp@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](http://belvedereheights.com) [ahol-loway@belvedereheights.com](mailto:ahol-loway@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

1.800.605.2075



**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)





## Create Your Own Celebrations!

Did you know that July is Anti-Boredom Month? National Parks and Recreation Month? And National Ice Cream Month? Were you aware that August celebrates the annual Harvest? Peaches? And is... ahem, Romance Awareness Month? So, if you're feeling let down after the July 1st celebrations, invite friends or family for

an ice cream cake or homemade sundaes, or plan a hike in a park (*p.s.* see page 5 for some tips). As August rolls around, visit fruit and veggie stands, eat a peach or lounge on a beach somewhere with your favourite romance novel. You can turn almost anything into an opportunity to have some fun.



*Summertime is always the best of what might be. ~Charles Bowden*

## Bill of Rights

***Courtesy, Respect and Freedom from Abuse.*** A person receiving community service has a 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



## 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

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