

# THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



## Friendly Focus

Spring 2021

### Toward Far Better Days

Spring has sprung and things are looking up in our COVID-19 communities. Vaccinations are underway and the hope is that we can all breathe easier in the months ahead. Nevertheless, if the recent brush with the virus has taught us anything, it's that caution pays off. Experts warn us not to get overconfident. Until many more individuals have been able to get their vaccinations, we should continue to pay attention to the medical experts; keep wearing that mask and continue with good hand hygiene.

If you're trying to plan a safe getaway, check out the Celebrating Ontario's Forests page for ideas to plan a self tour. Ontario's Urban Forest Council in partnership with Ontario's Heritage Tree program website offers some tantalizing ideas for a fun road trip.

Mother's Day and Father's Day are on the horizon, plan ahead for a safe celebration and, if you're looking for a new path in life, consider working in health care. Ontario needs you.

Above all, stay safe and **have fun!**

A kind word is like a Spring day  
~ Russian Proverb

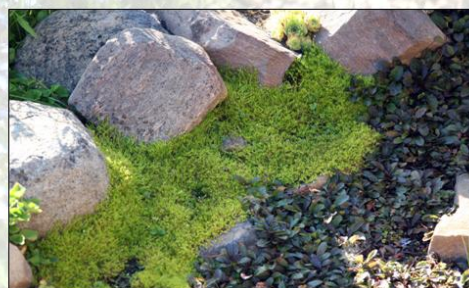
*The secret of change is to focus all of your energy not on fighting the old, but on building the new. ~ Socrates*



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



## Letting winter troubles melt away!



**"Worrying does not take away tomorrow's troubles. It takes away today's peace."**  
*~ Randy Armstrong*  
**"Whatever is going to happen will happen, whether we worry or not."**  
*~ Ana Monnar*

## INSIDE THIS ISSUE

- 4 *From the CEO's Desk*  
*Introducing...*
- 5 *A BIG Thank You*  
*We are Recruiting*
- 6 *Celebrating Canada's*  
*Forests*
- 7 *Volunteers Make Life...*  
*Ontario's Oldest Trees*
- 8 *Wildberry Frozen Cake*  
*Are You Looking...*
- 9 *Can't Escape on...*  
*Don't Forget Dad!*
- 10 *Trivia*  
*Bill of Rights*
- 11 *It's Spring and Time...*  
*Resources*
- 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

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

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

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## *From the CEO's Desk*

# Dear Readers,

Despite COVID-19 and staff shortage challenges, *The Friends* agency has weathered the winter and is moving forward due in no small part to the dedication of our team and the care with which staff, supervisors, managers and clients have taken to protect themselves and others during this difficult time. There have been inconveniences to all; locking down our facilities has been a burden to tenants and an aggravation to visitors, but, we remain, so far, COVID-19 free. Keeping fingers crossed that we can maintain a COVID-19 free environment as we move forward.

The challenges experienced in delivering programs to our clients has forced us to think

differently about the way we connect. We have expanded our virtual presence, working with clients to deliver teleconference and/or virtual caregiver support sessions; working with seniors to provide meaningful programs to reduce isolation and depression including a very innovative "history project" that is gaining excited support. I am looking forward to seeing some of the projects as they unfold.

As vaccinations become more prevalent in the population and we move forward into the spring/summer season, we are still being cautioned to not let our guard down, continuing to wear masks and use good handwashing hygiene protocols.

Even if we are all so very tired of COVID-19, it may not be tired of us,



so, let's work together to get protective vaccinations and to continue to support best practices as recommended by health care professionals to keep each other safe.

In the meantime, the weather is getting nicer, the snow has vanished and despite bumps along the way, we are making progress to a happier, safer place in our lives.

This edition of the newsletter has been put together with you in mind, providing resource information, fun facts and some interesting things to do. Our next edition will feature community members participating in the "history project". I know I am looking forward to the stories to be shared!

Wishing everyone a safe, healthy and happy spring into Spring!

**Marliese Gause,**  
**CEO**

## INTRODUCING...

The Friends Board members Leigh Beal and Brenda Paterson are working with the Board and staff to develop a more robust fundraising strategy. Both Leigh and Brenda have a wealth of experience at their fingertips.

**Brenda Paterson** is a graduate of Wilfrid Laurier University and has been employed in the media business as a production manager at a major publishing house followed by a career in sales for a variety of business publications. Throughout her life, Brenda has been an active volunteer, working with groups such as libraries and CARP. She has also worked with the local media and hockey team, maintaining connections with Muskoka businesses. Brenda brings

writing, editing, sales and marketing skills to *The Friends* fundraising table.

**Leigh Beal**, Past-president of the local Federal Liberal Association and current director with Strings Across the Sky Foundation holds degrees in Political Science and Journalism. As a wife, mother and grandmother, she has a deep interest in the well-being of communities served, especially those elements most marginalized. Her experience as past-president of the local Federal Liberal Association brings a wealth of experience to the agency's Fundraising Committee.

Brenda and Leigh are working with the C.E.O. to build increased support from the communities served and look forward to building connections with interested donors across Parry Sound and Muskoka.

## A BIG Thank You to Friendly Focus Readers

*The Friends* organization has generally maintained a rather low profile when it comes to fundraising. We reach out to our communities through social media. Check out our Facebook site, *The Friends... Supporting those with Long Term Health Care Needs*, our web page, [www.thefriends.on.ca](http://www.thefriends.on.ca), and through our quarterly publication of the newsletter. The goal of the newsletter is to provide meaningful and helpful content, to speak to communities of interest and to build a supportive environment that translates into financial support for our goals. Over the years, *Friendly Focus* readers have been steady, thoughtful contributors and we would like to reach out to you and say "Thank You!"

Here are things *The Friends* organization is working towards:

- Our Gravenhurst building at 141 Sharpe Street East desperately needs to have its driveway and parking area paved.
- Cost? (\$5,000 to \$15,000.) Paved access would mean a lot to seniors attending Adult Day programs as well as the caregivers and volunteer drivers who transport them to programs
- The Gravenhurst building needs an elevator to improve accessibility to the second floor apartments. Cost? (\$150,000 to \$200,000). This would significantly support accessibility to tenants on the second floor.
- A new supportive housing project in Huntsville. We are saving our pennies and working hard to create a housing complex (fully accessible apartments) with 24/7 supports on-site. This is the agency's big dream, to provide independent, quality housing including supportive services for this Muskoka community and the communities in its catchment area. Cost? A mind numbing \$5 – 10 million depending on the size of the final project.
- Ongoing support for seniors/physically disabled. Your donations help seniors and persons with disabilities with transportation and program costs.

The agency does not hire professional fundraisers. Your dollars directly support the communities we serve across the Districts of East/West Parry Sound and Muskoka.

THANK YOU!

## We Are Recruiting

*The Friends* is recruiting homemakers, Personal Support Workers and Independent Living Assistants. If you are looking for meaningful work we provide comprehensive training, support and an inclusive team environment. For those wishing to go on to become certified Personal Support Workers, we can help by paying for your education.

Perhaps you have cared for a family member, or have always wanted to work in the health care field; perhaps COVID-19 has disrupted your life path or, alterna-

tively perhaps early retirement has had an isolating effect. If you think you have something to share with your community,

please call us at 705-746-5102 or alternatively, email [ltiido@thefriends.on.ca](mailto:ltiido@thefriends.on.ca) (Parry Sound) or [ksawyer@thefriends.on.ca](mailto:ksawyer@thefriends.on.ca) (East Parry Sound/Muskoka) for more information.



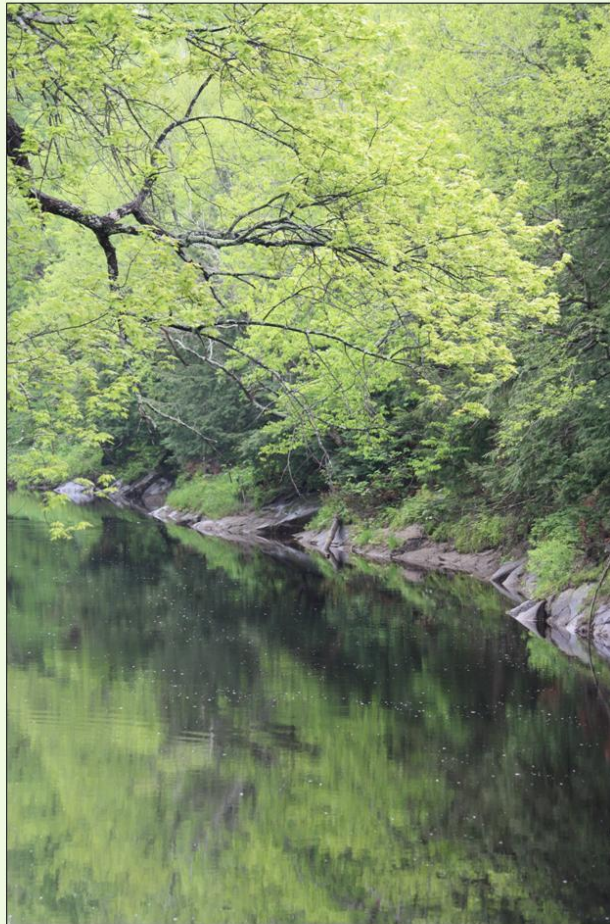


## *Celebrating Canada's Forests*

The last week of April is designated as Forest Week, a time to appreciate the value of trees in our environment.

Although ecological awareness is often considered a pre-occupation unique to the 21st century, early pioneers were more than aware of the damage done to the environment by unsound environmental practices.

Early logging activities in Ontario often left huge tracts of land without forest cover. As a consequence, good soil was quickly eroded and literally "blown away" by the wind. Pictures of the Parry Sound Muskoka area taken during this time show a denuded landscape, rocks and more rocks with the odd spindly tree too pathetic to be logged. Just to the south of us, Simcoe County was so devastated by logging that sand dunes threatened to engulf fledgling farms. In an effort to save the soil (and the farms) trees



were imported from Europe and serious efforts at reforestation were made. Due to these

far-sighted pioneers, Simcoe County recovered its rich farming soil and continues to be a productive agricultural area to this day.

What can you do to celebrate Canada's forests? Here are a few ideas:

- Use less paper
- Start a tree seed in a cup, or a seedling in a pot. If you have no place to plant it later, give it to someone who does.
- Send a donation to a park
- when using recreational trails, be respectful, don't leave garbage, don't damage the trees

The Ontario Urban Forest Council in partnership with Ontario's Heritage Tree Program

celebrates trees with history! You can visit their web page which provides information and interesting road trip ideas.

Laws prohibiting the sale of sodas on Sunday prompted William Garwood to invent the ice cream sundae in Evanston Illinois in 1875!

To determine the percentage of alcohol in a bottle of liquor, divide the proof by two.

"He who slings mud generally loses ground."

~ Adlai Stevenson

"Do not get upset with people or situations. Both are powerless without your reaction."

~ Unknown

## ***Volunteers Make Life Better***

This year volunteers have found themselves hard hit by COVID-19. Some have continued to work in the community while others have had to hold back to support safety for themselves and for the people they work with. Given the health restrictions, most of our volunteers have had to forgo the traditional community events that celebrate their achievements. We miss them and hope that as 2021 progresses and vaccinations become more widely spread in the communities served, that we can share and celebrate the valuable work volunteers bring to the table.

Please join us in thanking community members who volunteer their time, skill, compassion and work to make our lives just a little easier, brighter and richer.

Thank you to volunteers regardless of where you are or what you do. May 2021 bring new opportunities to connect, more opportunities to spread the love and more opportunities to grow, learn and to share.



## ***Mothers, Traditionally***

Mothers, of course, have been with us forever and we've been celebrating them for almost as long.

It's believed the ancient Greeks were the first to make mother celebrations a regular event, honouring them in the spring by paying tribute to Rhea, the Mother of the gods.

In North America, the idea of Mother's Day didn't catch on until the late 1800's. One of the first proponents was Julia Ward Howe (who wrote the Battle Hymn of the Republic). In 1872, Ward, a Boston poet, pacifist and women's suffragist sought a

## ***Ontario's Oldest Trees***

A 343 year old Black Spruce north of Smooth Rock Falls

A 454 year old Hemlock in Algonquin Park

A 400 year old Red Pine located in Blue Lake near Timmins

A 1316 year old White Cedar on the Niagara Escarpment

A 486 year old White Pine, Dividing Lake Nature Park

A 560 year old White Oak in the Hamilton area

A 610 year old Yellow Birch in Algonquin Park

For information about self-guided tours or more about Ontario's heritage trees, visit the Ontario Urban Forest Council's web page at <https://www.oufc.org/heritage-trees/heritage-trees/> and <https://forestsontario.ca/en/program/heritage-tree>. There is a wealth of information.



special day for mothers as part of the campaign for peace in the aftermath of the bloody Civil War and Franco-Prussian wars.

Later, it was Ann M. Jarvis who was credited with making Mother's Day an official observance. Her campaign began after the death in 1905 of her mother (who had organized Mother's Day Work Clubs to provide food and medicine to women in need during the Civil War as a way to honour her. In 1914 the U.S. Congress recognized Mother's Day nationally.

Today, Mother's Day is a tradition in almost fifty countries.

## Wildberry Frozen Cake

A quick and easy way to welcome warm weather!

10 ounce can of ED Smith Wildberry pie filling (540 ml)  
 1 ½ cups graham wafer crumbs (100 ml)  
 4 tbsps melted butter or margarine (50 ml)  
 2 tbsps sugar  
 8 ounce pkg of light cream cheese (250 g)  
 2 cups vanilla ice cream

1. Combine wafer crumbs,

melted butter and sugar in the bottom of a 9" springform pan. Press evenly onto the bottom and part way up the side of the pan. Bake at 350 F (180 C) for ten minutes

2. In a medium bowl beat cream cheese with an electric mixer until smooth, beat in ice cream until smooth. Set aside one cup of the E.D. Smith Wildberry pie filling and



fold the remaining pie filling into the cream cheese and ice cream mixture

3. Spoon filling over the top of the wafer crust. Cover and freeze for at least three hours. To serve, remove from freezer and spoon remaining filling on top. Remove spring form ring and cut into service pieces.  
*(dessert not necessarily as shown)*

## Are You Looking for a Way to Give Back?

Perhaps you are at a crossroads in your life and want to make a meaningful contribution to your community. Tired of basking on beaches? Trips to the mall? Endless cocktail parties? Just kidding...but, sometimes we all need something that gives us the satisfaction of knowing that what we did truly made a difference in someone's life.

Currently, Ontario is facing a serious challenge with respect to ongoing shortages of health care workers, especially those workers (Personal Support Workers, Independent Living Assistants and Homemakers) who provide direct care in communities across the province. This shortage has resulted in decreased services, never ending waitlists, burned out caregivers and overburdened hospitals. This shortage is affecting the community where you live RIGHT NOW.

If you are thinking of a second career or simply a change in focus, take some time to consider working in the health care field. If you've been a mother, raised a family, supported elderly parents, then you are probably qualified to start work as a homemaker. Most agencies (including *The Friends*) provide solid training and team support. In many cases you can opt to work only one or two days a week, just enough to keep your toe in the workforce

while enjoying a more relaxed lifestyle. Homemaking and personal support services is work that is meaningful, supportive and IMPORTANT.

If you are interested, please contact us at [info@thefriends.on.ca](mailto:info@thefriends.on.ca). Be sure to check out our website at [www.thefriends.on.ca](http://www.thefriends.on.ca).

## Did You Know?

Per capita, the Irish eat more chocolate than Americans, Swedes, Danes, French and Italians.

Rice is the staple food of more than half the world's population.

The dye used to stamp the grade of meat is edible. It's made of grape skins.

*We sometimes take for granted  
 In the rush of all we do  
 And forget to say  
 A special thanks  
 To volunteers like you!  
 So we send this not to tell you  
 How much all you do means  
 Your gifts of time  
 And of yourself  
 Are special ones indeed*



## Can't Escape on a Vacation?

Not everyone gets an opportunity to get away, especially in the recent COVID-19 times when a lot of travel has been restricted or completely shut down.

This doesn't mean you can't enjoy a mini vacation in your own back yard. String some cheerful lanterns on your deck or yard area and invite a friend or two for a casual cup of iced tea.

Wear a mask, or if you and your friends have been vaccinated, enjoy getting together the old fashioned way.

Colourful window boxes of flowers or a bright assortment of annuals by your doorway will remind you that summer is here.

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. Check out the "Pick-

Your-Own" farms and enjoy an afternoon getting your berries straight from the farm. Go to at least one Strawberry Tea.

Watch local kids play baseball, take the time to

communicate with friends and relatives. – regular phone calls, emails, texts are all great tools to stay in touch.

If your friends and/or relatives have been vaccinated, invite them to an afternoon tea party!

## Don't Forget Dad!

This year Father's Day falls on June 20th. Although Father's Day has only officially been recognized since 1966 thanks to US President Lyndon Johnson, the contributions of fathers to family and to community life are significant and worth celebrating. Here are some ideas to make your Father's day a happy one!

- If Dad enjoys things like golfing, hiking, canoeing, sailing, plan a day's outing
- Give your Dad control of the remote for the television and let him watch whatever he wants without a word of complaint
- Serve Dad his favourite meal
- Offer to do a chore your

father usually does, mowing the lawn, taking out the garbage, vacuuming, etc

- Surprise him with something that you know he wouldn't treat himself to – a spa day (yes, men like to be pampered too), a ticket for a concert or sporting event, a road trip (make all the arrangements so Dad can just sit back and enjoy) a backyard BBQ, a brew tour....
- Tell him that you love him even if it embarrasses him



Parry Sound Town Beach

**Be nice to children because they will choose your rest home.**

~ Phyllis Diller

**Brevity is the soul of lingerie.**

~ Dorothy Parker

**Honesty is the best policy but insanity is a better defense.**

~ Steve Landesberg

## Trivia

Mayonnaise is said to be the invention of the French chef of the Duke de Richelieu in

1756. While the Duke was defeating the British at Port Mahon, his chef was creating a victory feast that included a sauce made of cream and eggs. When the chef realized that there was no cream in the kitchen,

he improvised, substituting olive oil for the cream. A new culinary masterpiece was born and the chef names it "Mahonnaise" in honour of the Dukes' victory.

## 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)  
[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

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)





## It's Spring and it's Time to Get Fit

As we move out of the winter doldrums, it's time to enjoy sunshine and warmer weather. Spending time outdoors in the fresh air and sunshine is an incentive to gear up an "active living" approach to your daily life. Here are some tips to think about as we move into spring and summer!

- Good nutrition and physical fitness go hand in hand. Cut down on junk food, sugary drinks and fast food. Choose more fresh fruits and vegetables.
- Avoid vigorous exercise right after a meal
- If you have a minor illness such as a cold, forgo strenuous activity and allow your body more time to recover. Replace strenuous activities with something more gentle – yoga stretches or a slow walk, for example
- Avoid exercising on hot humid summer days – choose early morning or late afternoon for a workout
- Make sure you remember a hat, sun screen and bug spray, especially if you are planning a hike

Getting active can be as easy as taking up a hobby such as gardening. Take advantage of hiking/fitness trails and parks.



## 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](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)