



MILLS COMMUNITY SUPPORT CORPORATION HOME SUPPORT'S On the home front...

FALL 2011

Inside this issue:

Safe Age Theatre	2
Alzheimer Society of Lanark County	
Seniors First Hike of Summer	3
Parkinson Society	
Adopt-a-Road Program	4
Rebound Centre	
Fall and Winter Trips and Activities	5-6
Aging with Dignity in Older Adults	7
Home Support to offer access to a new swim program	8



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2011 Ontario Volunteer Awards

On Thursday, June 9th, Home Support Staff, several volunteers and their escorts, the Chair of the Mills' Board, and one of Home Support's volunteer bus drivers and his wife met at J.R.'s Restaurant in Almonte for dinner. Following the meal, the group travelled to Ottawa to participate in the 2011 Ontario Volunteer Awards.

Mary Richardson and her son, Craig, Jean Kidziun, Murray and Shirley Martin, Bob and Pam Yaremko, Lawanda Brown, Jan Watson, Barb Bertrand, Lee Brebner, Chair of the Mills' Board, and our volunteer bus driver, Don Cram and his wife, Mary, enjoyed dinner prior to the ceremonies at Tudor Hall on Riverside Drive. Mike Coxon, Executive Director of Mills Community Support, joined us briefly at the restaurant to give his personal thanks to those being honoured that evening.



From L to R - Mary Richardson, Lee Brebner, Jean Kidziun, Shirley Martin, Murray Martin and Bob Yaremko at Tudor Hall in Ottawa



From L to R - Craig Richardson, Mary Richardson, Murray Martin, Shirley Martin, Pam Yaremko, Lee Brebner, Bob Yaremko, Jean Kidziun and Lawanda Brown, Home Support Manager with "Gus" the Bus - Tudor Hall, Ottawa

Many hundreds of people received awards that evening for volunteer service. Home Support volunteers received the following service awards: Mary Richardson (5 years); Jean Kidziun (5 years); Murray Martin (15 years); Shirley Martin (20 years); Bob Yaremko (15 years); and Mary Lawson, who was unable to be with us that evening (5 years).

These volunteers have given a total of 65 years, helping to better the lives of others in our community and enabling these individuals to remain in their homes for as long as possible.

Congratulations to everyone who received an award that evening and Home Support looks forward to having you as part of the team for many more years.



It's hard to keep those Sage Age actors down. Last year in June they were touring Nova Scotia, and now, after a very busy spring season, they are taking the show on the road again in October, this time to the Sunshine Coast of B.C.

The Sage Age Theatre troupe is comprised of ten seniors, primarily from Almonte, who love to poke fun at themselves through short and to the point skits featuring every foible of seniors' habits they can imagine. While most of the skits involve humour, many are poignant, even downright sad. As well, a few contain just a hint of the "naughty" which makes for a lively show. Their 45-minute productions never fail to hit a familiar chord with audiences everywhere.

This past season, the group performed almost weekly. They have been as far as Cobden, Newboro, and into Ottawa, as well as a regular "gig" they have at Orchard View Manor in Manotick. Their audiences have been varied from retirement homes to fund raisers to education for caregivers.

You would imagine that this group must have some theatrical training, but no: the only requirement to join the group is a desire to stretch your imagination and play make believe for a couple of hours per week. Although it would appear the skits are scripted and rehearsed, in fact they are not—nothing is written down at all. The group works from a premise for a little story, a simple agreement on characters, and a final line for the skit. Then each person does his best to portray his character. Lines can be switched—or invented on the spot—always refreshing the story. So when our audience sees a show, they are guaranteed that no one has seen it before; no one can predict what is going to happen, and we all have many laughs over the outcome.

That is the crux of our group: we laugh a lot!! Sage Age has been busy for nearly 20 years bringing the message of active senior living. As the group evolves, we discover new talents and angles we need to explore. For instance, 20 years ago Internet dating wasn't even heard of; now it has a place in our repertoire.

Pat Matheson is one of the original members who is still active with the group. Sadly, we lost alumnus Sheila Maltby last year. She was a master at timing and a wicked tour de force. We all try to emulate her constant wit.

Sage Age takes a break over the summer to refresh ideas and prepare for a busy fall season. Already bookings are lining up for the fall before the group packs up for ten days in B.C. They are excited about taking their unique brand of humour to new places, and if the shows in Nova Scotia were any indication, they will have packed houses wherever they perform. They will leave their audiences wanting more for sure!!



Sage Age Theatre Group



Sage Age Theatre Group presenting their skits at a training workshop on Hoarding and Elder Abuse in November 2011 at the Almonte Civitan Hall



Alzheimer's Society of Lanark County — Update on what's happening in the county

Submitted by Jammie Bannon, Public Education Coordinator, Alzheimer Society of Lanark County

The Alzheimer Society of Lanark County now has office hours in Almonte. We are located at 49 Industrial Drive (beside Mills Community Support). We will be open on Monday, Tuesday and Thursday from 8:30-4:30 p.m. Our phone number is (613) 256-8581, ext. 33. Anyone wishing to receive information, support or links to other community services relating to Alzheimer disease or related dementia can now contact us there by dropping in or calling us at the number listed here and asking for Jammie Bannon.

We also have a Caregiver's Support Group every **THIRD** Thursday of the month from 10-11:30 a.m. at Mills Community Support at 67 Industrial Avenue. This group shares common caregiving experiences, learns ways to cope and often shares a few laughs too. If anyone is interested in joining please contact Jammie Bannon at (613) 264-0307 or 1-800-511-1911.

The Alzheimer Society of Lanark County is also pleased to present former NHL star Keith Primeau as he talks about his personal experiences with concussions. We will have Dr. Michelle Keightley (Head of the BrainFit Lab in Toronto & Assistant Professor of Occupational Therapy and Occupational Science at the University of Toronto) to discuss the impact concussions have on the brain. This event will take place on Monday, September 26, 2011 at the Smiths Falls Memorial Community Centre from 6-9 p.m. Tickets are \$25 for adults and \$20 for students 16 and under—all tickets include dinner. If anyone is interested in attending or you know of someone who would like to sponsor the event or donate a door prize, please contact Jammie Bannon at (613) 264-0307 or 1-800-511-1911.

The advantage of a bad memory is that one enjoys several times the same good things for the first time - Friedrich Nietzsche

They had not finished disembarking Gus the Bus when the first chirps were heard overhead. A pair of rare Chimney Swifts, identified by their unmistakable flight pattern, marked the beginning of what would be a great day of bird watching, hiking, and smiles on the Home Support Hikers' first outing of the summer. The hikers took advantage of the nice weather on Wednesday, May 25th and hit the Riverside Trail in Carleton Place.

Led by volunteer, Cliff Bennett, it was not long before the seniors were pointing out familiar birds and had recorded a list of nearly twenty species. Many familiar plants were also identified along the bank of the Mississippi and the seniors even observed a spawning Bass and a young snapping turtle beneath the boardwalk on the trail. Following the hike, a delicious lunch at Riverside Park was served and stories about the history of Lanark County were shared.

Also out on the trail were Hannah Larkin and Katelyn Woods, two students working as Age-Friendly Communities Assistants at the Mills this summer. Larkin and Woods will be working alongside the Assisted Living and Home Support groups at the Mills to work towards a more age-friendly Lanark County. Some of the projects they will be working on include reducing barriers to inclusion through age-friendly communication, information being available and developing community support tailored to older peoples' needs.



Home Support Hikers at the Carleton Place Riverside Trail



Jeff Mills and Cliff Bennett leading the way and checking for birds with the Home Support Hikers



Cliff Bennett stoking the fire while Leni Froehlich, Joyce Buchanan, Ruth Brown and Fay Pottle look on. Indian River hike on July 27, 2011

Students Hannah Larkin and Katelyn Woods preparing hotdogs for roasting while Dorothy Lloyd and Ruth Bowes enjoy the peace and quiet of Indian River — July 27, 2011



Home Support hosts a Parkinson's Society "PD 101" Information Session

Have you been diagnosed with Parkinson's? Are you supporting a person with Parkinson's? Would you like to learn more about the illness? Would you like to talk with others in a similar situation? Consider attending a PARKINSON SOCIETY "PD 101" Information Session on September 26th, 6 p.m. at Mills Community Support, 67 Industrial Drive in Almonte. Guest speakers will be Peggy Gray and Judy Glustein.

This information session is offered in partnership with Mills Community Support Corporation's Home Support Program for people with Parkinson's and their partners, family members, neighbours, health workers, physiotherapists, personal support workers etc. Please plan to attend.

Ongoing Parkinson Support Group meetings, with facilitator Elizabeth Veninga, take place on the last Monday of each month at 7 p.m. and are held in the boardroom at Mills Community Support. To register or for more information please call (613) 256-4700.

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.

Adopt-A-Road Program....how we are helping to keep our community clean

Submitted by Hannah Larkin and Katelyn Woods

The grass was long, the ditch was wet and the sun was hot as staff of Mills Community Support Corporation and the Ramsay Road Residence convened at the Appleton Side road to complete their newest responsibility as part of Lanark County's Adopt-A-Road Program. The group sported safety vests and gloves to clear their 2.2 km of Appleton Side road, starting from the Ottawa Street traffic circle.

They were pleased to see that there was minimal garbage, but some treasures were found including diapers, cell phones and tires!!! The Adopt-A-Road program provides a win-win opportunity for community groups as they get fresh air and exercise while cleaning up the local environment. In two years, the group will receive recognition from the Adopt-A-Road program in the form of a sign marking their stretch of road and recognizing their commitment to our community environment.



L to R—Jan Watson, Richard Fitzpatrick, Katelyn Woods and Hannah Larkin, ready to start roadway clean up!!!

Rebound Re-Use It Centre - A place to donate what you don't want and at the same time help others in need

The Rebound Re-Use it Centre is a non-profit organization that accepts donations of used household items from people in the community. Ensuring that the goods that come in are in good condition is one of the Rebound's priorities assuring their customers get the best merchandise. Rebound has a wide variety of used goods available that changes on a daily basis. It's the perfect spot for students moving out, someone moving into a new home, or anyone that appreciates a good deal.

Rebound has become one of Mississippi Mills' premier waste diversion sites by deferring over half a million pounds of useful items from the area's landfills. Associated with the Hub, Rebound not only helps the environment but the community as well by donating profits to local charities.

Rebound is a sensible and affordable solution to furnishing your home, apartment, or cottage - so before shopping anywhere else be sure to come in and have a look!!! Your support for our cause helps the environment, the community, and your wallet!!



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Mike Coxon, Executive Director, Mills Community Support presenting Cindy Howie, staff at the Almonte Royal Bank with a quilt that she won in Home Support's fundraising raffle.

Cindy also volunteers with Home Support delivering Meals on Wheels.

The quilt was donated to Home Support by the Almonte Crazy Quilters.





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"To feel sick is one thing, but to feel that who we are is being threatened or undermined, that we are no longer the person we once were—can cause despair affecting body, mind and soul". (Chochinov, 2007)

What is dignity—it has been described as "socially constructed by the act of recognition" (Pleschberger, 2007). Dignity matters because it is at the heart of human experience; it is about being respected as an individual—being treated as an individual is critical to maintaining our dignity.

Self-respect, self-esteem and morale are some of the most important ingredients involved in dignity and there should be no age limit when these qualities are needed. We should not be treated as lesser individuals due to age, wealth, health or anything else.

Old age is perceived as a time of physical and mental deterioration, poverty and dependency. Intergenerational activities are important for both individual and self-esteem and the ability to fully participate in society. There needs to be improvement to the urban area environment so that it is suitable for older people.

Older people are no different in this respect. Attention has been focused on the interaction between the health and social care sector and the older population because this is the area when individuals are less in control of their independence and well-being and are now more reliant on others to preserve their dignity.

Maintaining our dignity as we age is something all of us aspire to. People want to remain in their homes and in their communities when they grow older, in order to be close to family, friends and places that are familiar to them. This provides for a greater level of comfort and independence.

It is a fundamental right of each individual to maintain their dignity as they age and require additional health services and to do so regardless of their income level or where they live. Older adults are amazingly well-equipped to change and stay positive despite the increasing restrictiveness of their activities and physical abilities.

Dignity for older adults is especially important as they may have lost everything else. These could include money, jobs, partners, looks, and as well, their role in their communities and leaving them increasingly vulnerable.

In the event that a parent might be unable to communicate when the time comes, it is important that children know what kind of care parents want at end of life. This is when a *Living Will* comes into play so that the wishes of the person can be carried out. Older adults might also wish to consider a *Do Not Resuscitate (DNR)* form. For this to be honoured by paramedics or medical personnel, it needs to be discussed with the family doctor who must sign the form. It should also be discussed with close family members and kept in a secure place, in the home or with a lawyer to be used at the time of need.

We should all ask ourselves the following 5 questions: (1) Who is the person that I want to make health care decisions for me when I am unable to make them for myself?; (2) What kind of medical treatment do I want or not want?; (3) How comfortable do I want to be?; (4) How do I want people to treat me?; and 5) What do I want my loved ones to know?

Dementia, especially Alzheimer's disease, leads to a gradual deterioration in many basic human characteristics including independence, identity and social integration. These characteristics do play a role in defining human dignity and allowing individuals to exercise autonomously their "human rights".

Therefore, we now face a new challenge: "*how to conserve human dignity in the later years of life?*"



Let us live so that when we come to die even the undertaker will be sorry -- Mark Twain

Home Support Fall and Winter Trips and Activities for Seniors 2011

For information on any trips/activities, call Home Support at (613) 256-4700

SEPTEMBER

Monday, Sept 5	OFFICE CLOSED - LABOUR DAY HOLIDAY
Thursday, Sept 8	Royal Canadian Mint (see how our money is made!!!) and lunch out in Ottawa's Byward Market - enjoy the beautiful market with its stalls of fresh fruits, vegetables and gorgeous displays of flowers.
Friday, Sept 9	Fit as a Fiddle Senior's Exercise Program
Tuesday, Sept 13	General Diners Luncheon
Thursday, Sept. 15	Royal Canadian Mint Tour and Lunch out in the Byward Market - PLEASE NOTE THAT SPACE ON THE BUS IS LIMITED FOR THIS TRIP SO PLEASE REGISTER AS SOON AS POSSIBLE.
Friday, Sept 16	Fit as a Fiddle Senior's Exercise Program
Monday, Sept 19	Supper Social at the Legion
Thursday, Sept 22	Rideau Woodland Ramble - take a tour through the magnificent gardens in Burritt's Rapids, tour the quaint village of Oxford Mills and have lunch at the Brigadoon Restaurant which was built in 1853!!!
Friday, Sept 23	Fit as a Fiddle Senior's Exercise program
Monday, Sept 26	Ron Maslin Theater (Kanata) and Supper Out - "West Moon" - a comedy
Wed, Sept 28	Hiking Program - Fultons Sugar Bush - visit Barney's Grave!!!!
Thursday, Sept 29	Golden Oldies Luncheon
Friday, Sept 30	Fit as a Fiddle Senior's Exercise Program

OCTOBER

Monday, Oct 5	Enjoy a Fall Foliage Tour through the Gatineau Hills and stop for lunch in the quaint town of Wakefield, Quebec
Thursday, Oct 6	Golden Oldies Luncheon
Friday, Oct 7	Fit as a Fiddle Senior's Exercise Program
Monday, Oct 10	OFFICE CLOSED - THANKSGIVING
Tuesday, Oct 11	General Diners Luncheon
Thursday, Oct 12	Rideau Carlton Raceway - see what you can win at the slot machines!!! Buffet supper \$ 9.99
Friday, Oct 14	Fit as a Fiddle Senior's Exercise Program
Monday, Oct 17	Supper Social at the Legion
Friday, Oct 21	Fit as a Fiddle Senior's Exercise Program
Wednesday, Oct 26	Hiking Program - Temple's Sugar Bush Trails
Thursday, Oct 27	Golden Oldies Luncheon
Friday, Oct 28	Fit as a Fiddle Senior's Exercise Program

NOVEMBER

Thursday, Nov 3	Golden Oldies Luncheon
Friday, Nov 4	Fit as a Fiddle Senior's Exercise Program
Tuesday, Nov 8	General Diners Luncheon
Thursday Nov 10	Canadian War Museum and lunch at the Newport Restaurant on Richmond Road

Wednesday Nov 16	Ron Maslin Theater (Kanata) and Supper Out - "Maggie's Getting Married" (comedy)
Friday, Nov 18	Fit as a Fiddle Senior's Exercise Program
Thursday, Nov 24	Golden Oldies Luncheon
Friday, Nov 25	Fit as a Fiddle Senior's Exercise Program
Monday, Nov 28	Supper Social at the Legion
Wednesday, Nov 28	Carlingwood Mall for shopping and lunch out

Home Support offers a range of services to seniors and adults with disabilities

- Meals on Wheels
- Escorted Transportation
- Telephone Reassurance
- Friendly Visiting
- Foot Care Clinic
- Wheelchair Accessible Transportation
- Monthly Dining Programs
- Respite/Caregiver Relief
- Housecleaning Services
- Yard Work and Snow Removal
- Income Tax Clinic
- Minor Repairs and Maintenance
- Fitness Program
- Home Support Hikers
- Computer Training for seniors
- Parkinson's Support Group
- Vial of Life Program

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"MEALS ON WHEELS" IS AVAILABLE IN CLAYTON

Volunteers deliver hot lunch-time meals to your table.

Most special diets can be accommodated

Or

You can enjoy a nutritious frozen meal – call Home Support for a list of our Entrees



The Neighbourhood Tomato: The Excitement is Growing!!!

By Hannah Larkin and Katelyn Woods

This summer accessible community gardens planted their roots in Mississippi Mills. The Neighbourhood Tomato project was designed to engage the residents of Mississippi Mills in growing fruits and vegetables while allowing for intergenerational connections, skill sharing, and learning. The Neighbourhood Tomato consists of raised accessible garden beds which are located at the Mills, Almonte Country Haven, the Almonte General Hospital, North Lanark Community Support Services, and the Edward Street Group Home. It is hoped that the project will expand to the surrounding area of Mississippi Mills in years to come. These boxes are easily accessed by people of all ages and abilities as they are 4x12x2 feet high. Next year, 4x4x2 foot high boxes may be available to community



members. The materials for this year's garden beds were purchased at three local sawmills and were assembled by Almonte and District High School students as well as by people the Mills supports.

Beyond the garden box, the Mills and Take Young People Seriously (TYPS) Youth Centre partnered to offer inclusive intergenerational activities for seniors and youth. The goal of these activities was to decrease misconceptions and stereotypes held by generations by engaging in skill sharing activities.

Intergenerational activities included cookie baking, pie making, bread and butter making, and making chocolate and candy. The consensus amongst the youth was that the ladies were great bakers and that they were happy to learn how to be better cooks. The seniors found the youth to be charming and looked forward to the next event.

Throughout the summer, seniors, youth, and community volunteers worked to maintain the Neighbourhood Tomato garden beds and at the end of August had the opportunity to cook a delicious meal of soup and salads made from the produce they had grown. This meal was a great success and everyone was excited to be sharing their skills in the kitchen one last time. The participants exclaimed that the program had "made their summer", that it was a lot of fun, and a huge success.



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Bus is "scent-free"

Regular Home Support Dates

Golden Oldies lunches – 1st and last Thursdays of the month at noon, lunch and entertainment

Fit as a Fiddle Exercise Program – Fridays at 10 am at the United Church, exercise and healthy lunch

Music and Memories Lunches – 1st and 3rd Tuesdays of the month at noon, lunch, entertainment & memory stimulation

General Diners Lunches – 2nd Tuesday of the month at noon, lunch and entertainment

Monthly Supper Social – 3rd Monday of the month, 6 pm at the Almonte Legion, dinner and entertainment

Foot Care – weekly clinics \$30.00 for the 1st appointment and \$22.00 for any further appointments

Home Support Hikers – usually last Wednesday of the month. Call Home Support (613) 256-4700

Parkinson's Support Group - Last Monday evening of the month.

Local transportation is available for our dining programs. Call Home Support to book a lunch or make a foot care appointment (613) 256-4700

Dining Programs are held at 67 Industrial Drive unless otherwise stated.

Please note that trips that require pre-payment are non-refundable.

Remember to cancel by 9:30 am if you are unable to attend a dining program so that you do not incur a charge for your meal as Home Support is billed for all meals ordered.

Home Support Now Offering a Swimming Program for Seniors

Bus Drivers

Home Support needs people who are interested in driving "The Bus." Don Cram, John Ellis, and Debby O'Malley drive people to social outings and medical appointments but the need to have other drivers to help spread the load is ever present. Home Support will assist in the cost associated with attaining your license.

Call Home Support with any questions (613) 256-4700.

We have had some queries from our seniors about the possibility of Home Support starting up a swimming program. A survey resulted in 18 people showing interest in the program.

This would be an Aqua Arthritis swimming program held at the Carleton Place Pool and would be offered on either a Monday or a Wednesday.

The cost to swim would be \$7.25/visit or a 10 visit card would cost \$65.25.

Transportation included.

Swim times are 11:15-noon. If you are interested in the swimming program please call the Home Support office at (613) 256-4700 to register.

Fish, to taste good, must swim 3 times—in water, in butter and in wine...Proverb