

THE MILLS' HOME SUPPORT PROGRAM

67 Industrial Drive

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Bringing supports home...

We're on the web!
www.themills.on.ca



Home Support regular dates to remember...

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 a.m. at the United Church

Exercise and healthy lunch. This season begins Friday September 11th.

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 ???

Monthly Supper Social – 3rd Monday of the month, 6 p.m. at the Almonte Legion

Dinner and entertainment

Foot Care – bi-weekly clinics

Lunch Bunch– bi-weekly peer lunches at local restaurants

Home Support Hikers - usually last Wednesday of the month, call Home Support.

Transportation is available for all our 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.

ASK US ABOUT THE 'VIAL OF LIFE' PROGRAM

Fall events with Home Support

Thursday September 10

Karsh Exhibit at the Museum of Science and Technology

Visit an exhibit of works of Canada's pre-eminent photographic portrait artist Yousuf Karsh. Explore portraits of the 20th century's leading figures, from politicians and actors to writers and artists. We'll stop for lunch at Swiss Chalet.

Wednesday September 23

Home Support Hike at Fulton's Sugar Bush in Cedar Hill

Includes a picnic lunch. For more information call Almonte Home Support.

Thursday October 1

Tour Rideau Hall (The Official Residence of the Governor General)

Join us for a guided tour of

Rideau Hall. Today's trip will stop at Tucker's Marketplace (buffet) in the Byward Market for lunch.

Monday October 5

Fall Leaves Tour

The best leaves in the National Capital Region! Enjoy a picnic alongside the Gatineau Parkway. Book early to avoid disappointment... Know someone who could use a day out? Book a place for them as well.

Wednesday October 28

Home Support Mystery Hike

You have to join us to find out where we're going! A walk in the woods, fine picnic and the friendship of a special Home Support group. 256-4700

Monday November 23

Carlingwood Shopping

Home Support transportation to the best senior's shopping in

Ottawa. Buy your lunch in the food court.

SPECIAL DON'T MISS EVENT !!
Thursday November 12 (2 p.m.)
Valley Harmonizers at the Civitan Club A barbershop chorus known for spreading joy and music across the Upper Ottawa Valley. A fundraiser for United Way of Lanark County! \$10 per ticket. Call Home Support.

Wednesday November 25
Home Support Hike at Okelee Park in Carleton Place

We're planning for good weather for our last hike of the year. You won't want to miss this afternoon walk in the woods (complete with coffee, tea and cookies...) **Don't be disappointed... Book early!**

Autumn 2009



HOME SUPPORT PROGRAM

THE MILLS

On the home front...

Once, Twice, Three Times Lucky for Supportive Housing?

Since the early 1990's, The Mills has recognized that many people require increased supports and assistance with activities of daily living, along with affordable housing. Two previous attempts (mid 1990's and 2007) to establish such a project were unsuccessful.

Presently the funding climate for housing is favourable and there is a lot of support for such a project within North Lanark. Lanark County Council has recommended to the Provincial Ministry of Housing and Municipal Affairs that The Mills be allocated capital funding to support the development of a 40 unit seniors supportive housing apartment complex.

The proposed new building



Disabled Area Progression Existing 5 Storey Structure
Exterior Elevation Mills Supportive Housing Project
Almonte, Ontario
July 2009, Peter Haveland Architect

will be located adjacent to the Mills' existing Country Street apartment building in Almonte on land owned by The Mills. It is our intention to link the two buildings and to create "common spaces". We plan to build on The Mills current "home support services" and to broaden service availability and coordination through an "alliance" of service agencies and seniors groups in North Lanark.

Mississippi Mills Town Council and staff support the project and many development issues have

previously been addressed. Our project team has already created a design and project management approach. We will continue with the development work and intensify planning around the coordination of support services while we await the outcome of our request for capital funding.

Our intention is that this will be a community project and as we proceed we'll need lots of support to ensure that what started out as a dream in the early 1990's will become a reality in 2011!
M. Coxon

Home Support hosts a Parkinson's Society 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 Information Session
"PD 101" October 26 at 7 pm

at The Mills office, 67 Industrial Dr. This information session is offered in partnership with the Mills Community Support Corporation, Home Support Program for people with Parkinson's and their partners, family members, neighbours,

health workers, Physio therapists, Personal Support Workers etc. and will be used as a way to gauge the need for a Parkinson's Support Group. Please plan to attend. For further information or to register please call— Almonte Home Support 613 256-4700

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Call Home Support for help...

Meals on Wheels both hot and frozen!
Home maintenance and house cleaning
snow removal, leaf raking, window cleaning,
for transportation around town and in the city.
when you have questions and don't know whom to call!

You're never too old to become younger! ~ Actress Mae West

Trip to the Wild Bird Care Center started by Kathy Nihei in Nepean
Before we toured the Center we went for our hike along the Beaver Trail which has an excellent walking path through the bush, so it really wasn't too hot.

Cliff called our attention to the various, flowers, Daisies, Buttercups, Red-Baneberry, Bunchberry, Clovers, Milkweed and many more.

Also, bushes sassafras, High Bush Cranberry and Poison Ivy.

We heard a Red Eyed Vireo, which kept chirping constantly, with no let up, and saw Cardinals, Flickers, many Chipmunks and a few squirrels.

We came to a beaver pond in which there were minnows, frogs and a tadpole on a stick. We also saw many



Enjoying a trailside picnic at the Wild Bird Care Centre

toads along the path.

Where the soil was shallow there was an open meadow, but to our surprise there was quite a large Black Cherry tree laden with green fruit. Many of the Ash trees were dying due to an Ash borer disease brought here from Japan.

After a nourishing lunch, supplied by The Waterford Tearoom, we toured the Wild Bird Care Center. The director, Deborah explained how the birds were cared for. If possible they were treated and released.

We found the center very clean, well organized, with descriptions of the treatments, etc. The large cages held many and various birds. Also the display of bird's eggs and stuffed birds were very interesting.

The setting in the middle of the bush seemed very peaceful.

Cliff had also pointed out a ridge of rock which bordered the bush and which was the boundary of the Champlain Lake, which had covered the area thousands of years ago.

Good Hike!!! Good day!!

Home Support and the Town create a Mississippi Mills Seniors' Directory

Mills Community Support, Home Support Program and the Recreation and Culture Department of the Town of Mississippi Mills are collaborating on a comprehensive directory of senior services for our town. This directory will appear as a section of the town's 2010 Mississippi Messenger municipal guide. It is

One stop shopping for local seniors' information!

our desire to have a complete listing of all seniors clubs, arts and culture programming, leisure and recreation activities, and home support, housing and health care services. If you are a senior and belong to a club or program, or perhaps a church member or other group providing service to our areas'

seniors, we want to know about it so your listing can be included in the Mississippi Mills Seniors' Directory. To have your information included, please get in touch with Jeff— Home Support, 256-4700 (jmills@themills.on.ca) or Calvin—Town of Mississippi Mills, 256-1077 ext 24 (cmurphy@mississippimills.ca)

'Get with it' at Almonte High School

Be Active... Come for a "Walk in the Halls"

Warm-Safe-Free-Fun

Get W.I.T.H. It! (Walking In The Halls) is a free, grassroots community walking initiative that invites everyone to "get with" the benefits of walking during the colder, darker months of winter. Choose either light (no stairs), moderate or vigorous walking route



options. Flex your muscles at theraband "Muscle Moment" stations.

Get W.I.T.H. It! runs from Tuesday, October 13 until March 12

(closed Christmas break). Join us on Tuesdays and Thursdays from 5:30pm until 7:30pm at Almonte District High School.

Great Music! Healthy Prizes! Free T-shirts! Pedometer Loan Program!

PS... Don't forget your walking shoes and a water bottle

PPS... Program will follow "bus cancellation" and "school holiday" schedules and will not be held on those days.

Home Support welcomes new Footcare Nurse

Home Support wishes to welcome Camille Latulippe to our team. Bilingual and a Registered Practical Nurse with 19 years of experience in geriatrics, Camille started on August 19th providing foot care for Almonte and area residents at our Home Support clinic. Camille has trained in diabetic and advanced foot care techniques and is presently providing foot care service at clinics in

Smiths Falls and Carleton Place. If you require the services of foot care, please



New foot care nurse Camille Latulippe

call Home Support at 256-4700 to book an appointment for one of our office clinics or for an appointment in your home. Camille joins our other Home Support foot care nurse, Susan Park, providing bi-weekly clinics. Both nurses have Veteran's Affairs provider numbers. Welcome aboard Camille! For a full list of Home Support services call our office at 256-4700 or drop by our office at 67 Industrial Dr. (behind Patrice's Grocery).

Rideau Valley Diabetes Services offers many free clinics

Rideau Valley Diabetes Services will be providing the following free clinics in our community.

COMMUNITY DIABETES CLINIC - Monday Sept. 28th in Almonte. Free service presented by Rideau Valley Diabetes Services. You must register by calling 613 284-2558

ONE STEP EDUCATION PROGRAM - Starts Wednesday, Sept. 9th in Carleton Place.

6:30 - 8:30 p.m. Free service presented by Rideau Valley Diabetes Services. You must register by calling 613-284-2558..

GROCERY STORE TOUR - Thursday, Sept. 17th at Steve's Independent, Carleton Place. 9:30 - 11:00 a.m. Free service presented by Rideau Valley Diabetes Services. Spaces are limited! Please register by

calling 613-284-2558.

"PREDIABETES" EDUCATION PROGRAM - Tuesday, Sept. 22nd in Carleton Place. 9:00 - noon. Free service presented by Rideau Valley Diabetes Services. You must register by calling 613-284-2558.

Please remember that all services of RVDS are free of charge. Visit their website at www.rvds.ca.

"To be astonished is one of the surest ways of not growing old too quickly." Colette



Share a good story with a friend!