

Spring Ahead! Vial of Life



MILLS HOME SUPPORT

on the home front...

the volunteer appreciation issue...

As we “spring” forward with our clocks on March 14th it’s time to check our smoke detector batteries and also the information in your Vial of Life forms. Now a year old, Home Support’s Vial of Life program is a handy way for you to keep track of your medications for emergency purposes.

Haven’t got a vial? Need more information? Keep reading

Vial of Life (L.I.F.E. Lifesaving Information for Emergencies), is a program which helps individuals provide pertinent medical information to emergency personnel in the event they are unable to. The program consists of a vial (empty pill bottle), labeled with a Vial of Life sticker. A medical form stating your health status and list of your current medications is inserted inside and then the vial is placed in the refrigerator. Stickers on the front window of your home

notify responding emergency personnel to look for the Vial. A Vial of Life magnet is also placed on the door of your refrigerator. Ontario Provincial Police, Mississippi Mills Fire Department and our local ambulance service have all been notified of the Vial of Life Program and will be checking for vials in



the event of an emergency call.

Safe Disposal of Drugs is a health safety and environmental program. Added awareness of the proper disposal of drugs is very important for the safety of local residents. A twice yearly check of medicine cabinets will help all of us stay current with our medications. Proper disposal of outdated or unused drugs leaves less

chance of inadvertent use of expired medications and reduces the potential for environmental damage. Unused medications are to be returned to your pharmacy for proper disposal. Drugs are not to be flushed down your toilet or put out with your regular garbage.

Vial of Life kits and drug disposal bags are available through the Home Support office at 67 Industrial Drive, the Hub, the Town of Mississippi Mills office at 3131 Old Perth Road, and the Mississippi Mills Libraries, both Almonte and Pakenham.

Both programs are free to all residents of Mississippi Mills. If you are a local senior or an adult with a physical disability, Home Support has volunteers willing to assist with these programs. For more information call Home Support at 613 256-4700.

Inside this issue:

Sleigh Ride with Lyle Killeen	2
Senior’s survey, next steps...	2
Home Support Hikes for 2010	3
National Volunteer Week	3
Driving Ms. Daisy...	4
Around and around we go...	4
Alzheimer’s opens office at Mills	4
Volunteer Name Tags	5
Parkinson’s Support Group	5
Regular Home Support Dates	6
Dates to remember...	6

Special points of interest:

- *National Volunteer Week April 18-24*
- *Home Support Free Income Tax Clinic—March 20, call to reserve.*
- *Valley Harmonizers United Way Fundraiser Concert March 12*
- *March 14 Daylight Saving Time—set your clock ahead, check your Vial of Life!*
- *Have you ever attended the monthly Legion Breakfast ? It’s a great deal at only \$5. There’s one on March 20th.*

Sleigh Ride with Lyle Kileen... a magical day in the winter forest!



Senior's survey, next steps...

Thanks to collaborative efforts between Mills Community Support's Home Support office and the Recreation and Culture Department of the Town of Mississippi Mills, there will soon be new programs and opportunities for seniors in our town.

Several months ago a survey was distributed to determine what activities seniors were already involved in and what other activities they would like to see offered in the area. In an effort to avoid duplication of programs, information was also gathered on where programs were being offered.

As a result, there has already been a trip into the Ottawa Little Theatre. People have been contacted and plans are in the works to get a Tai Chi program and a scrapbooking workshop

going.

There was significant interest in finding a way to provide transportation to the Carleton Place

Home Support will cover expenses involved in upgrading a driver's license to an "F" class bus license.

pool. *Gus the Bus* would be a valuable resource for this type of program. There are some volunteers already trained to drive the bus, but Home Support needs more people to step up and volunteer to provide this service as well. The Home Support office will cover expenses involved in upgrading driver's licenses in return for an agreement to provide bus driving services for seniors in the community.

The Home Support office and the Recreation and Culture Department are also working on compiling a Seniors' Directory which will be published in the Mills Messenger 2010. This directory will provide information on seniors clubs, arts and culture programming, leisure and recreation activities, as well as home support, housing and health care services. They want to build on information already received, so if any seniors have listings or information to be added to the directory, please contact Jeff at the Home Support Office, 613-256-4700 jmills@themills.on.ca or Calvin with the Town of Mississippi Mills, 613-256-1077, ext. 24 cmurphy@mississippimills.ca

Staying active, Home Support Hikes for 2010

The Home Support Hikers Program helps area seniors get out to enjoy fresh air, exercise, the beauty of nature and the company of others. Started two years ago with a hike on the Baird Trail, Home Support has offered a hike on a local trail each month since. These low impact walks are perfect for seniors. Volunteers accompany you, at your pace, for a reasonable distance, observing birds and other nature along the trail.

Remember our "hikes" are geared to help people get out into our local natural areas. Everyone from those who are agile and

active to those interested in sitting on a bench to quietly enjoy the sights, sounds and smells of nature will love these trips. We can even push you in our "all-terrain"



Joyce Buchanan walking in the woods at the Indian River.

wheelchair.

In past years we have hiked to the gorge on the Indian River, in the Gillies Grove at Arnprior, along the Mississippi River in Carleton Place, at the Wild Bird Care Centre and Ottawa Carleton Wildlife Centre in Ottawa, and we even hiked on the California Road.

This year we have some ideas but want to hear your suggestions. Give us a call with your ideas. (613) 256-4700

Mark these hike dates on your calendar!! March 31, April 28, May 26, June 30, July 28, August 25, September 29, October 27 and November 24.

Drache

TAX, ESTATES & CHARITY LAW

Douglas D. Buchmayer BA, LLB
Wills, Estates, Real Estate

Almonte Office
359 Ottawa Street, Box 550
Almonte ON K0A 1A0
T. 613.256.3480
F. 613.256.5895

Ottawa Office
222 Somerset Street W, 2nd Floor
Ottawa ON K2P 2G3
T. 613.233.2675, ext. 12
F. 613.256.5895

douglasb@buchmayerlaw.com
www.drache.com

The tradition of afternoon tea continues in Almonte, where the Waterford Tea Room serves up homemade cuisine that is sure to bring you back!

613-256-3294

8 Houston Drive, Almonte, Ontario, K0A 1A0

National Volunteer Week, April 18–24

This year, National Volunteer Week is April 18th to 24th. Home Support relies heavily on the dedication and good nature of our volunteers. Serving over 600 senior clients in our area, we'd be sunk without our 160+ enthusiastic Home Support volunteers. From escorted drivers to congregate dining meal servers, friendly visitors and telephone callers, personal companions and exercise program volunteers, we are blessed by their warmth and kind hearts who put 'service before self.' We try to thank our volunteers



Meals on Wheel volunteer Clay Fulford with wife Margo at last year's Ontario Volunteer Service Awards

often, but sometimes in the rush of our daily lives we forget those who are so important to the delivery of Home Support

services.

Let's make a special effort this year during National Volunteer Week to thank a volunteer, remembering this same courtesy throughout the year. Have you a special story about a Home Support volunteer? Perhaps jot it down and send it to Home Support and we'll share it at our upcoming appreciation event.

On April 22nd, we are planning a special barbeque just for our Home Support volunteers. A rain date is also set for May 19th.

Driving Ms. Daisy...

Whether you're "Driving Ms. Daisy" or just yourself, you want to be "on top of your game" when venturing out on the road today. We perceive that the automobile can offer us the freedom we feel is our right. And it can, however, this freedom comes with great responsibility. From slippery highways, to tailgating neighbours, road construction and busy towns we can't be too careful while touring in our motorcars! Add to these extra stresses the Ministry of Transportation requirements to write your test every two years upon reaching the age of 80 and you may decide a little driving



refresher is in order.

Home Support can help. If you are interested in taking our Canada Safety Council "55 Alive" driver refresher course, call Home Support. We offer this course when we have 6 to 8 people signed up. For the

nominal price of a workbook, this course with your peers will leave you feeling more confident and aware when stepping behind the wheel. We also have received an easy to use program, "Interactive Driver," that helps you study before taking your written driver's test. Home Support client, Marjorie Naismith, sang the praises of this simple to use computer program that has helped her, a couple of times to keep her license. Don't be afraid that it's on computer, we'll set it up for you, here in our office, and help you navigate through the lessons. Marjorie swears by it!!

Contest: Name the car above, and its year, and enter to win a prize. Hint: 10 letter word for a studious maker of muffins. The year is 90 years after confederation!

Around and around we go...

Have you been around the Almonte roundabout? Were you apprehensive, nervous, felt you could use more training? Remember these important 'Roundabout Rules.'

Slow down when



entering the roundabout; choose the correct entry lane; yield to pedestrians at the crosswalk; yield to ALL traffic that is in the roundabout; including cyclists; give large vehicles

extra space; never pass another vehicle in the roundabout and never stop inside the roundabout.

For more information, come to Home Support for a copy of the brochure "How to Drive, Walk and Bike in a Roundabout."

Alzheimer's Society opens new office at the Mills...

The Alzheimer Society of Lanark County is pleased to announce the opening of a satellite office at Mills Community Support, 67 Industrial Dr., Almonte. The office will be open every Wednesday from 9 a.m. - 3:30 p.m.

The Alzheimer Society of Lanark County exists to alleviate the personal and social consequences



of Alzheimer Disease and related dementia, and to promote the search for the cause and cure. The Society offers many services such as Adult Day Service, Lending Resource Library,

Wandering Person's Registry, individual support, caregiver support, early-stage support,

education, and information and referral services.

For more information or support, please drop by the office on Wednesdays or call our Almonte number (613) 256-1031 extension 30. We can also be reached at our main office from Monday - Friday between 8:30 a.m. and 4:00 p.m. at (613) 264-0307 or 1-800-511-1911.

New volunteer name tags!

Home Support is updating its volunteer and paid worker name tags. Many volunteers have old ones from years past and some new volunteers haven't one at all. As volunteers visit our office I try to take their photographs. Slowly all volunteers and paid workers will have a new identification tag. Some Ottawa hospitals are requiring that volunteers

have agency ID. Here's one of volunteer bus driver John Ellis. If you are a volunteer or paid worker call our office at 256-4700 to arrange to have

your photograph taken, (only takes a couple of minutes) or if you are a Home Support client and notice one of our workers or volunteers without

a badge encourage them to get one! Volunteer Anne Rashotte has a spiffy new badge but you'll have to join us at a General Diners luncheon to see it!!



A Parkinson's Support Group for our area...

The brainchild of local resident, Charles Lawrence, Home Support's monthly Parkinson Support Group is now up and running. People, partners, and care givers dealing with Parkinson's now have a local meeting place at Almonte Home Support in the boardroom at 67 Industrial Drive, on the fourth Monday of every month. Besides meeting new friends, you will have

your questions answered while sharing useful coping strategies to deal with the daily challenges of Parkinson's. Our volunteer facilitators Varina Campbell and Elizabeth Veninga have extensive community and client support training, and welcome you to an upcoming monthly meeting. "I was please to be asked to be a co-facilitator for the Parkinson's Support Group. "I look forward to learning more about this disease, though the

people that are taking part in the group, and the training opportunities that are offered through the Parkinson Society of Ottawa" stated Varina. Whether you have been diagnosed with Parkinson's or are supporting a friend or loved one, consider joining our group. Remember, we meet on the fourth Monday evening of the month at 7 p.m. (March 22, April 26, May 31 changed due to Victoria Day Weekend) please contact us at 613 256-4700 to register.

"I look forward to learning more about this disease, through the people that are taking part in the group..."



Bert Pitcher sings harmony on a few old-time country songs with volunteer Eric Pottle at the Music and Memories luncheon on February 16th while fans Thora Phaneuf and companion Amelia Ah You enjoy. Call Home Support at 256-4700 to book for an up-coming luncheon!





MILLS HOME SUPPORT

67 Industrial Dr
Almonte ON
K0A 1A0

Phone: 613 256-4700

Fax: 613 256-1185

E-mail: jmills@themills.on.ca

bringing supports home...

www.themills.on.ca



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

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 p.m. at the Almonte Legion, dinner and entertainment

Foot Care – bi-weekly clinics

Lunch Bunch – bi-weekly peer lunches at local restaurants for persons with disabilities

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.

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.

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens

Upcoming Home Support events...

Here are upcoming day trips and events planned for the spring. For a complete list, consult the list inserted in this newsletter. Never be afraid to call home support with your questions.

Know of someone who might be interested in volunteering for Home Support? Have them call Jeff at (613) 256-4700

March
Friday March 12
Valley Harmonizers and Barley Shakers at the Civitan Hall. A fundraising concert for United Way of Lanark County



Myrtle Crawford and Marjorie Buttrum lead the way during our hike last summer at Fulton's Sugar Bush.

Wednesday March 17 Temple's Sugar Bush and Balderson Shopping

Tuesday March 23 Museum of Nature and Swiss Chalet

Wednesday March 31 Home Support Hike
April

Tuesday April 13 General Diners with folk singer Terry Tufts

Thursday April 15 Experimental Farm and Carlingwood

Wednesday April 28 Home Support Hike

Thursday April 29 Sage Age Theatre graces the Home Support stage at our Golden Oldies Luncheon

May

Wednesday May 12 Ottawa Little Theatre play "An Act of Imagination." Buy your dinner at "The Place Next Door"

Thursday May 20 Rideau Canal Cruise, Tulip Festival and picnic at Hogs Back

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~Anne Frank