

Mississippi Mills—An Age-Friendly Community



MILLS HOME SUPPORT

on the home front...

For many years now, Mills Community Support Corporation has provided various supports for older adults. Town & Country Apartments provide 50 affordable apartment units. Home Support provides a wide range of services and goes the extra mile (beyond services paid through government funding) to provide income tax clinics, excursions and educational activities. What's the point of all this? These resources and activities help people to be healthier, to get together and to be engaged in the life of the community. Well, here we go again! This year the Mills will be expanding its efforts.

We will be:

- Building 18 more affordable apartment units for seniors and people with disabilities
- Partnering with the Carleton Place and District Memorial Hospital, initiating an assisted living program which will support 75 seniors

We have submitted a proposal:

- Partnering with the Alzheimer Society of Lanark County and Community Home Support -Lanark County to expand



Mills Supportive Housing Phase 2 Apartment Building
375 Country Street, Almonte, ON
May 2010



congregate dining and recreational opportunities in Mississippi Mills.

The Mills has been granted funds to build 18 units. Country Street Phase 2 will break ground in 2010 with occupancy slated for Spring 2011. Our proposal for this project was for a 40-unit building which would incorporate program space, a dining room and some offices for clinical/support services. Whereas we will receive less funding than we were hoping for, we have to scale back our plans for the moment but we will construct the new building so that the basic systems and foundation can accommodate future expansion. We also intend to integrate support services into the operation of the two buildings.

In April, the Champlain LHIN approved a proposal submitted by the Mills to provide “supportive housing” or “assisted living”. The LHIN asked us to work with

Carleton Place & District Memorial Hospital. We had also submitted a proposal so that there would be one program for North Lanark, Carleton Place and Mississippi Mills.

We anticipate the official OK for funding from the Ministry of Health and Long Term Care early this summer. We have started a work plan for the initiation of this project.

Our grant proposal to expand our congregate dining programs was submitted to the Ministry of Health Promotion’s Healthy Communities Fund. Through our partnership with Alzheimer Society of Lanark County and Community Home Support-Lanark County we plan to provide opportunities for rural seniors to enjoy a healthy lunch and social activities in the company of their peers.

*Michael Coxon, ED
Mills Community Support*

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Mark your Calendar!

Join us at the Mills Community Support Corporation’s Annual General Meeting at the Almonte and District High School on June 24, from 3:30-5:00 pm

Photogallery...



Clockwise from top left:
Jenny Munro leads the way on Home Support's first hike of the year at the Mill of Kintail.

Feeding the cows at the Experimental Farm

All smiles on the Rideau Canal boat cruise

Dancing up a storm with the Barley Shakers at Music and Memories



In search of Marsh Marigolds at Bernie Mac's

HS Volunteer Michele Kay leads the way for Shirley Melvin and Joyce Buchanan



Picnic at Hog's Back

Glenda Jones and HS volunteer Bob Yaremko of Sage Age Theatre have everyone in stitches.

Heading out on the town after finishing the chores!



Recognizing the roots of the community...

"A civilization flourishes when people plant trees under which they will never sit." This ancient Greek proverb epitomizes the selfless spirit of the volunteer. Our Home Support program would cease without the many selfless volunteers who log thousands of calls a year, drive seniors countless kilometres to medical and other appointments in town and out, serve thousands of meals, offer the stability of an arm and the care of a million smiles. In recognition of this commitment to our

community's seniors and adults with physical disabilities, Home Support staff, donned aprons and cooked a barbeque supper for its volunteers. (Many thanks to Don's Meat Market for their donation.) This annual volunteer appreciation during National Volunteer Week (April 19 - 23) was organized for April 22nd, Arbor or Earth Day. In recognition of all of its past and present volunteers Home Support staff and a few long-time volunteers (Keith Brydges, Irene Faith, Sheila Maltby and Alex Lawson) planted a Sugar

Maple, "The Volunteer Tree" on the front lawn at Mills Community Support.



Volunteer Ron Caron and wife Terri

Drache

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Driver refresher courses...

Independence! In our rural world, independence can be owning your own car and driving when you want to the grocery store, post office, doctor's office or drug store; perhaps a journey to a neighbouring town for a sale item, a visit to a concert or picnic in the park.

In April, 14 senior drivers joined Home Support for a refresher driver's course, '55 Alive,' a Canada Safety

Council course taught by instructor and staff member Jeff Mills. Ministry of Transportation regulates that older adults retest at 80 years of age and every 2 years afterwards. Many of the seniors who signed up had this written test coming up and felt a refresher course would be in order. The 55 Alive course is two mornings long (9 -12) and includes videos and discussions that help seniors to make informed choices

regarding their driving. Many of the participants in the April course had already chosen to not drive at night, in the city, or for long distances.

If you are interested in attending an upcoming 55 Alive Driver Refresher Course, register with Home Support. We'll offer another session once we have 12 interested drivers.

Basic Foot Care Foot pain may keep you from enjoying life and staying active. Many foot problems can be avoided if you: **Check your feet every day.**

Don't wait until your feet hurt. Take a few minutes every day to look for cuts, blisters, bruises, sores, infected toenails or swelling. Use a small mirror if bending over is a problem, or ask someone for help.

Wash your feet every day. Use warm water. Don't soak them longer than 10 minutes, or your skin will get dry and start to crack. Dry well between your toes.

Keep your feet soft and smooth. Use unscented cream on the tops and bottoms of your feet if the skin is dry and cracked.



Call to book an appointment with our new Footcare Nurse, Alison Kaczan

Wipe off excess cream and don't apply between your toes. Use talcum powder if your feet sweat a lot. **Wear comfortable shoes and socks.** Many people have foot problems because their shoes don't fit, don't give proper support or don't have enough

grip on the ground. Socks help keep your feet dry. Wear a clean pair every day. Avoid socks with ridges or an elastic at top; they can irritate or restrict circulation. **Be active every day.** Walking is the best way to keep you, and your feet, healthy because you can do it anytime, anywhere—for free.

Take care of your toenails. Cut or file your nails regularly with appropriate nail care tools. Trim them straight across and never shorter than the end of your toe.

Home Support offers weekly Footcare Clinics in our office or you can arrange for an appointment in your home. Call 256-4700

The early bird gets the worm, but the second mouse gets the cheese. Author Unknown



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Myrtle Crawford is a regular Home Support day-tripper and volunteer. To see more of Myrtle's day-trip stories visit the Mills' website www.themills.on.ca and follow the links to Meanderings with Myrtle or drop by the office and ask to see our trip log.

A sea of gold - that was our thought as we gazed in awe at the carpet of yellow Marsh Marigolds or Cowslips extending in all directions through the woods. We were at the farm of Bernie MacDonald on the Ramsay 8th Line. Twelve of us were enjoying a perfect day for a hike. We followed a ski trail which was spongy underfoot, muddy at times, but a perfect locale for the Marigolds.

Eventually we came to an opening beside a little creek with minnows. Here, there was a ski shelter with log benches so we all sat for a rest.

While we were enjoying a rest, Cliff Bennett scoured the area for items of interest.

First there was the winter remnants of the wild cucumber. This was a mesh-like pouch of four compartments which had contained the seeds.

Next, was a nut-like growth which is often found on the goldenrod. In the fall, a certain moth will burrow in this and lay its eggs which hatch into caterpillars to ensure a supply of moths for the following season.

Then, he had found a perfect

little bird's nest in the branch of a tree. The nest was probably that of a song sparrow. We admired the construction and the lining was so smooth.

On our walk, we saw many signs of spring coming to life, and several hikers took pictures.

We saw several Jack-in-the-pulpits, a few red trilliums, several clumps of violets, some strawberry blooms and some little unknown yellow flowers.

When we returned to the bus, we enjoyed the treat of Marjorie Buttrum's delicious cookies.

Many thanks to Jeff, Cliff and Bernie.

Join us for a summer day trip—check out the destinations listed on page 6!

Join us for lunch at the Golden Oldies!

"The volunteers are top-notch," says Almonte senior Chuck Lawrence. "I go for the entertainment but the food is always consistent, wholesome and good!" Chuck joins many others on the first and fourth Thursdays of the month for lunch at the Mills Home Support office at 67 Industrial Dr. in Almonte.



He still drives himself but many others catch the free bus service

to the event. "The guy (this week, Scottie Ferguson) who plays the piano by ear is fantastic. He's able to keep everyone entertained playing all the oldies, our music!" "No matter who plays, the entertainment is particularly dynamic." Chuck went on to praise the kitchen volunteers

for their efficient yet light-hearted and caring manner. "They are very sociable, sincere and natural." As for the food, the luncheons are virtually suppers and become his main meal of the day. "A meal I don't have to prepare!" exclaims Chuck.

Would you like to join us? Give Home Support a call at 256-4700



to learn more about this and other programs.

In the photos left: Chuck Lawrence; above: long time Golden Oldies lunch volunteers l-r: Mary Lawson, Margaret Spriggs, Joanna Scissons and Sheila Maltby.



MILLS HOME SUPPORT

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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.

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. ~John Lubbock

Upcoming Home Support events...

Here are upcoming day trips and events planned for the summer. 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

June 8 General Diners Lunch/ Spring flowers with Keith Brydges

June 9 Waba Cottage/Lunch in Burnstown

June 17 Marble Mine/ Middleville Museum

June 21 Supper Social at the Legion/Jack and Shirley



Jean Kidziun, Rosedith Beckett and Valma Bolger were on the front lines of a hike to see the Marsh Marigolds at Bernie MacDonald's farm on April 28th

Weiler will entertain.

June 30 Hike at the MacIntosh Bell Property

July 8 Smiths Fall Railway Museum/picnic by the canal

July 16 A Day in Perth

July 19 Supper Social

July 22 Summer Barbeque at the office

August 5 A Day at the Cottage

August 16 Supper Social at the Legion

August 23 Merrickville

August 25 Mystery Hike

August 26 Summer Barbeque at the Home Support Office

Please book early to avoid disappointment! 256-4700

Keep a green tree in your heart and perhaps a singing bird will come.

- Chinese Proverb