



On the home front...

Giving thanks at Christmas

Helping United Way helps Home Support!!

The following has been paraphrased from the United Way of Lanark County web site...

For over 20 years your United Way has served the Lanark County/Smiths Falls community. More than 45 services and programs are offered annually to children, youth, families, seniors and those with disabilities. The 2009 Campaign is well under way. It is in these tough economic times when the services of our 16 member agencies are in the highest demand. Without the support of our donors, these agencies would not be able to do the work they do serving over 7,500 individuals per year. 2008 saw the United Way of Lanark County receiving higher donations than our goal. Thank you for your contributions, which assisted more than 16 agencies and 7,563

individuals in Lanark County and Smiths Falls. In light of the current economic downturn we know that more people are likely to require more services as jobs are lost and services reduced. Your contributions therefore, will be even more meaningful to our community.

The United Way of Lanark County is committed to its mission - to improve lives and build community by engaging individuals and mobilizing collective action. To fulfill this mission we rely on the generosity of our local residents and corporate sponsors to give input to our future planning.

Estate Planning

Charitable donations carry many benefits to both your estate and to those who are recipients of your generosity. For

estate contributors, hard earned savings and investments may become tax-exempt or protected by naming a non-profit foundation, or at best it initiates an income tax receipt that could put more money in the hands of your heirs. A gift to the United Way of Lanark County ensures that our children, families, seniors and disabled citizens are given the dignity, protection and support they need by your act of kindness. Please consider the United Way of Lanark County in your Estate Planning and Memorials as we "Give Where You Live." (Please note that you can specify that your donation to United Way get placed with a particular member agency such as Home Support).

Join us at Christmas... call us at 256-4700

As in other years, St. Paul's Anglican Church is hosting a dinner in their parish hall on Christmas Day. A carol sing-a-long starts at 11 with dinner served at 12 noon. If you need transportation, Gus the Bus will be available.

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Barb

Lawanda

Jeff

Christie



Christie Brokate Algonquin co-op student

I always wanted to have a career in social work, so in 2008, I decided to go to college.

Now into my second year at Algonquin's Perth campus, my three day per week placement is at Mills Home Support in Almonte. The practicum work experience I am receiving at the Mills involves many areas of my Social Service Worker course curriculum. It has been a great experience to go back to school at 52, and almost as challenging to become knowledgeable about the variety of community services and events

offered and facilitated by the Home Support staffers, drivers and volunteers. My favourite events, so



Christie on the slide at Fulton's Sugar Bush with Joyce Buchanan

far, are the Hikes, and the Music and Memories Luncheons. There's not much that compares to the smiles and laughter of the many people I have come to know through the Mills. Aside from the fun and the singing, I am required to prepare reports and assignments at the completion of each week in Almonte. Of all the goals I hope to meet, I would like to meet more of the Home Support clients that I have only met on the telephone. Between now and the end of my placement in April I expect to do just that. Thanks to everyone who has made me feel so welcome at Home Support. Drop in and say hello, and Season's Greetings to you!

Christie Brokate



< L-r: Pat Birkett, Doreen Barr, Norma Larose in the rain at the Pink Lake Lookout in Gatineau Park

> Hike to Indian River; Volunteer Jim Ryan on right



Help support Home Support!

In our cold Canadian winters, it's nice to know that our community takes care of its seniors and adults with disabilities. Winters can be long and lonely. For a local senior, a snow shoveller is only a Home Support call away. Meals on Wheels are being delivered to the tables of seniors. Friendly visitors drop in on those alone, telephone assurance callers call daily and volunteer drivers make themselves available for all types of drives. Handymen and house cleaners help residents remain happy and at home.

We, at Home Support, believe that the best things in life aren't things—they are health, security, fellowship, independence and quality of life.

To donate to our Home Support programs, please complete this form and return it with your cheque. Please make your cheque payable to The Mills. All donations are gratefully appreciated and acknowledged. Charitable receipts are provided for donations of \$10 or more.



Name:

Address:

Postal Code:

Telephone & Email:

Hidden for generations, elder abuse is steeped in myths, pre-suppositions and half-truths. Cutting through this misinformation is one of the biggest challenges facing people who work to protect vulnerable seniors.

Here are a few of the common misconceptions:

Most cases of elder abuse occur in nursing or retirement homes.

In fact, family members are by far the greatest perpetrators. The victim usually loves, trusts and depends on the person hurting him or her.

The majority of the victims are mentally incompetent.

In fact, most are quite capable of making decisions for themselves. Their bodies may be frail or disabled, but they know what's going on. They remain silent because of fear, shame or a misguided belief they gave the abuser a reason to mistreat them.

Elder abuse doesn't happen in affluent families.

In fact, it crosses socio-economic lines. Retired OPP investigator Ed Linkewich, chair of the Ontario Network for the Prevention of Elder Abuse, remembers one case in Timmins. A prominent local surgeon locked his mother in a room of his well-appointed home. He was charged with criminal negligence causing death.

Where there are no bruises or visible signs of distress, there is no

abuse.

In fact, many elderly people are harmed in invisible ways. They are stripped of their savings, forced to sign over their homes and possessions, threatened, humiliated, intimidated or simply neglected by a caregiver on whom they depend.

Elder abuse happens primarily to women.

Women do suffer the greatest physical harm, but men are by no means immune to beating, exploitation and forcible confinement. Any older person can be a victim.

Seniors who seek help will be sent to an institution. Their caregiver will be jailed. They will never see each other again.

In fact, adult protection laws in most provinces stipulate that seniors have the right to make their own decisions, even if it means staying in an abusive environment. Social service workers follow the principle that the least intrusive form of intervention is the best. In Ontario, criminal charges are considered a last resort. Before taking the court route, the province and its community partners offer a range of services that can eliminate - or at least alleviate - the abuse. A combination of home care, Meals on Wheels, regular visits by a friendly volunteer and counselling and support for an overburdened caregiver can be enough to keep a vulnerable senior safe.

The good news is that elder abuse is no longer a taboo subject. Governments, police and community activists are working, with government support, to raise public awareness of the issue. Every province now has adult guardianship legislation. Most jurisdictions have victim support lines (the government's toll free number is 1-888-579-2888. The seniors' safety line operated by the Ontario Network for the Prevention of Violence is 1-866-299-1011).

The federal government has allocated \$13 million to a three-year national advertising campaign entitled Elder Abuse - It's time to Face the Reality. A growing number of police forces have specially trained officers to investigate reports of elder abuse without frightening seniors. British Columbia pairs police officers with social workers who know how to approach traumatized seniors.

"Elder abuse is where child abuse was 30 years ago," says Teri Kay, executive director of the Ontario Network for the Prevention of Elder Abuse. "In the last two or three years, the momentum has really grown." But there is still a long way to go. Too many Canadians believe a family's privacy trumps the safety of its members. Too many seniors would rather die than admit a loved one is abusing them.

No one should have to make that choice.

Target marketing ... advertise with home support

Home Support does it's best to stretch a dollar! However, not being fully funded means we have to look at a variety of ways of raising operating dollars. One way is offering advertising opportunities for

appropriate services and

businesses in each issue of our newsletter "on the home front..." If you have a business or know of

This space could be yours!

Target Advertise with Home Support

Your business card sized ad here!

\$50 per quarterly newsletter

one who would like to advertise call Home Support. Business card sized ads cost \$50 per issue. The circulation of "on the home front ..." is 300 delivered and mailed to Home Support clients and 250 delivered via email to family members and Home Support volunteers and staff. Help support Home Support and our advertisers.





Janet Patterson, poet!

Janet Patterson is a poet who lives in Almonte. Janet has Parkinson's Disease.

The following poems were sent to her old friends in her New Years cards last year. She has had 8 or 9 poems published in various places including The Humm and the Ottawa Parkinson's Society Newsletter. Janet has approximately 170 pages of poems which she is hoping to publish.

JOY IN THE WORLD

1999/12/24

JOY IS BEING HERE

JOY IS KNOWING YOU

JOY IS FINDING A LIGHT IN THE DARKNESS

JOY IS THE RECOGNITION AND WARMTH THERE

JOY IS WHAT IS REVEALED AFTER BLOWING THE COBWEBS AWAY

AFTER CLEANING THE DECKS

AFTER SURRENDER

JOY IS GIVING EVERYTHING AND RECEIVING NOTHING BUT LOVE

SWIRLS AND EDDIES

2000/12/11

LET IT SNOW, LET IT SNOW, LET IT SNOW

THE FIRST BIG SNOWFALL OF THE YEAR IS PILING DOWN AS I TAP

WINTER IS HERE AND CHRISTMAS IS COMING

ANOTHER YEAR IS TURNING

I AM FULL OF EMOTION

I AM FULL OF EMOTION, TENDERNESS, SADNESS,

GRIEF... RELIEF...

LIVING (ALONE) (WITH PD) (AT CHRISTMAS)

2001/12/24

IT'S AN OXYMORON

IF I TRULY LIVE, I AM NOT ALONE

NEVER HAVE BEEN, NEVER WILL BE

THE PHYSICAL LIFE IS NOT ALL THERE IS TO ME

PD IS NOT ALL THERE IS TO ME

IT IS JUST A STEP IN THE ROAD I TRAVEL WHILE I'M HERE

THINGS HAVE BEEN GIVEN ME TO TEACH ME TO LET THEM GO

WORDINESS HAS GONE WORLDLINESS IS GOING

AND JOY FINDS ME EVERY DAY...

CHRISTMAS IS BUT A SYMBOL OF THE SELF DISCOVERY WE EACH MAKE IN OUR OWN TIME

A REMINDER OF OUR FORGOTTEN CAPACITY FOR LOVING OURSELVES AND EACH OTHER...

ALONE, QUIET, THOUGHTS...

PEACE ON EARTH

Help us Create Home Support's Folk History Map of Mississippi Mills

Do you know where Dolly's Field is? Lawson's Hill? The Klondike? Banana Valley? All are features in the landscape that is Mississippi Mills. Unfortunately, none of these folk names appear on any map!

Home Support is very interested in collecting this important information by engaging the collective memories of our community's seniors. Students of Mr. Ferguson's Grade 8 class from R.Tait McKenzie School will assist with the collection of this information.

It's story telling time! Pass on your knowledge of your local neighborhood's history and geography. Tell us where the dance halls were; the cheese factories; maple syrup camps;

Unfortunately, none of these folk names appear on any map!

sawmills. Every bridge that crosses a Mississippi Mills creek has a name. Governor Generals have planted trees, whale bones have been found in the fields of Pakenham. Where were the one-room school houses? What were their names? Perhaps you attended?

Our town may be named Mississippi Mills, the amalgamation of Almonte, Pakenham and Ramsay, but historically included neighborhoods such as Cedar Hill,

Union Hall, Uneeda, Bennies Corners, Wolf Grove, Glen Isle and others. Perhaps one of these is where you live? We need to hear of your neighborhood points of interest!

Like to help? Call Home support. 256-4700. Phase one of this project will be the gathering of all these local points of historical, natural, and community interest.

Phase two will be the printing of a map and could include a website with links to written stories, video interviews, photographs and more. The sky is the limit!

(By the way...Dolly's Field, Lawson's Hill, The Klondike and Banana Valley are all in Cedar Hill!)



service updates...

New Senior's Directory

Watch for the new Mississippi Mills Senior's Directory published in the Miss Mills Messenger coming to you in early 2010. This is a first edition so check it out and make sure you let us know of services, etc. for seniors that we may have missed.

Shopping Service

Need some help getting your groceries? Are you shut-in this winter and need some help? Call Home Support at 256-4700. For a small fee (\$5) Home Support, with the help of Natalie Welsh, Gord Wilson and Peter Kealey of the Lifeskills Program, can get your groceries for you. It's so simple, call 256-4700.

Parkinson's Society Support Group

On Oct 26th, 24 people joined us for our seminar PD 101. Out of this start a Parkinson's Support Group will grow. Let us know if you can attend our first meeting. It's here at the Home Support Office on Monday Jan 25 at 7 p.m. Please call to register.

Snow Removal Winter is here!
Need help with your snow removal.
Call Home Support, 256-4700

Volunteer Opportunities! Have you a few hours a week? Consider volunteering for our community's seniors!

Drivers wanted! Meals on Wheels, local, Ottawa Valley and city transportation. Gus the Bus drivers needed as well. Call Jeff at 256-4700

Megan Ricci of VA is retiring
Congratulations on her retirement goes to Megan Ricci, Area Counsellor for Veterans Affairs. Many of you had direct dealings with Megan and can attest to her abilities and professional manor. Three cheers for Megan!! We look forward to working with Megan's replacement, Christine Woelfle. For more information about the services of VA, call Home Support at 256-4700

HOME SUPPORT CHRISTMAS HOURS

December 24	9-12
December 25-28	closed
December 29, 30, 31	9-1
January 1-3	closed

Regular Home Support hours will resume on January 4th, 2010

Help us save paper! If you would like to receive "on the home front..." electronically, please email us at homesupport@themills.on.ca



Home Support Hikers Shirley Melvin and Myrtle Crawford enjoy a walk in the woods at Fulton's Sugar Bush. Check out Myrtle's story on page 6!

"Stress-Free Christmas Treats"

*...You know, the ones you take home...
...and pass off as your own, wink, wink...*

Waterford Bakery
613-256-3294

8 Houston Drive, Almonte, Ontario, KOA 1A0
"2009 our 30th year in business"

Home Support Winter Events: December, January, February...

Winter can be long and lonely so never forget to get out!! Join us for one of our monthly programs (see page 6 and call Home Support for details).

Also consider joining one of our day outings this winter!

Monday December 14th National War Museum—Special Exhibit "Camouflage—from Battlefield to Catwalk"

Wednesday December 16th
A Home Support Fundraiser
"Christmas Lights Tours" of

Almonte and Carleton Place
(cookies and apple cider too!)

Thursday January 14th
A "Back roads" tour to Burnstown for a lunch out at the Blackbird Café

Wednesday January 27th
A Night out on the Town! Enjoy Norm Foster's hilarious play "Drinking Alone" at the Ottawa Little Theatre in downtown Ottawa. We'll start with dinner at Swiss Chalet. Gus the Bus will pick you up at home and return you safely to your door.

Please book early for this trip so we can secure your ticket. \$35 for ticket and transportation.

Wednesday February 10th
Winterlude—Start with an hour shop at Carlingwood then explore Winterlude's ice sculptures. We'll eat lunch at the Canal Ritz and enjoy the skaters on the canal.
Thursday February 25—Sleigh bells ringing! Join us for a ride in the woods and cookies and a hot drink after. **BOOK EARLY TO AVOID DISAPPOINTMENT :)**



ALMONTE 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 – 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. 256-4700

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



Healthy Active Seniors! Home Support Trip to Rideau Hall

Home Support offers a wide range of supports and services for seniors, helping them to remain in their own homes as active members of our community. Along with programs like Meals on Wheels, home help, home maintenance, transportations and others, each season Home Support offer day trips on Gus the Bus to interesting destinations in our area, congregate lunches, Fit as a Fiddle exercise program and the Home Support Hikers. Our day-trips have become so popular that Home Support has engaged volunteers driving their own vans to accompany Gus carrying as many as 24 passengers. The following is a report of our fall trip to Rideau Hall as recalled by “HS Writers Project” volunteer, Myrtle Crawford.

Rideau Hall is worthy of our admiration! Thanks to Jeff, 24 of us were fortunate to have a tour on Thursday September 30th. As our tour was scheduled for 2 p.m., first we went to Tucker’s Marketplace for a bountiful buffet lunch. To reach Rideau Hall, we went along Sussex Drive, then a long, tree-lined driveway. Arriving at the visitors entrance, we were greeted by our guide, Sidnie, then screened by security.

The reception room is magnificent.

Sydnie told us the hall was built in 1838 by Thomas McKay, a wealthy stone mason who helped build the Rideau Canal. It was purchased by the Canadian government after confederation as a home for the Governor Generals. At present there is a staff of 200.

On display—portraits of the spouses of the Governor-Generals; portraits of the Canadian Governor-Generals after 1948, then portraits of the previous British Governor-Generals.

Sydnie also displayed the various medals which are awarded for outstanding achievements and bravery.



L-r: Kay Millar, Margaret Donato, Joyce Buchanan, Dorothy Finner, & Margaret Brunton

Our present Governor-General Michaëlle Jean’s motto is “Breaking Solitude.” She is dedicated to the arts and involvement with youth.

The various rooms, especially the ballroom, are magnificent, spacious and beautiful. As we were leaving, we saw the ‘Fountain of Hope’ built in memory of Terry Fox.

We felt proud to be Canadian.

Don’t ever think that you don’t have a voice! Here is an excerpt of a reply from Rideau Hall to trip participant Lynda Booth who wrote with concerns about the length of time it takes to process seniors through their security screening procedure.

“... Please be assured that I reviewed the details related to your tour carefully and that I also spoke with the guides and security staff involved. ...you may be happy to know that we made some changes that will improve the implementation of our security measures recently put in place and therefore, correct the identified problem. ...for the colder months to come, we have set up an indoor sitting arrangement near the residence visitor entrance so our visitors can feel more at ease while waiting for the security screening process to take place...

Dominique Bergeron

Chief, Visitor Services and Exhibitions

Rideau Hall