



# People Helping People at Home and In Our Community.

Renfrew and Area Seniors' Home Support

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## Merry Christmas



On behalf of the Board and staff at Renfrew and Area Seniors' Home Support I would like to take this opportunity to wish all of our clients, volunteers and supporters a very Merry Christmas and all the best in the New Year!

As another calendar year draws to a close we find ourselves looking back on agency events of the past year, assessing what was accomplished and preparing for new challenges in the year ahead.

While we still have several months to go in our current year at Home Support, as our fiscal year ends March 31, 2010, you can catch a glimpse through our statistics of the amount of work that has been accomplished to date on the next page of this newsletter. Current trends demonstrate that:

- we are serving an increasing number of new people and often expanding the number of services provided to existing clients.
- we are fortunate to be meeting several new people expressing an interest in helping our program, either as volunteers, donors, members, or home maintenance workers; while retaining the commitment of many individuals who have been a part of home support for years, sometimes decades!
- community support for our various fundraising events remains most admirable, as local citizens encourage our efforts by coming forth to enjoy the many activities planned by our fundraising committee and volunteers.

It is evident that an increasing number of people in the community are coming to know exactly what Home Support is all about "*People Helping People*" and thanks to the scope of media support we receive through local radio, newspapers, cable T.V. and most recently, through our new website: [www.seniorshomesupport.ca](http://www.seniorshomesupport.ca) more people are hearing this message. How will we keep up with the growing demands for service, amidst current financial restraints in health care? Our commitment to the community is to do our best by:

- working with other service providers and community groups to sustain services.
- working with funders and health care planners to help people age well.

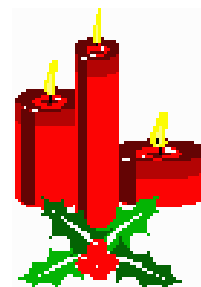
*It has been a privilege serving people of Renfrew and area since 1987!*

*By working together, as a community, I remain confident we will see success.  
Keep the faith...after all...it's Christmas!*

*By Chris Cobus*

### See Inside

H1N1 Info.	2
Recent Winners	2
Drive Wise	2
Check our Stats	3
Volunteer needs	3
Country Dance	3
Foot Care	4
Seniors and Sleep	4
Perkopolis	4



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## **Common Characteristics of H1N1**

*(from CBC News—Health)*

Unlike a cold which develops over a few days, a flu develops suddenly and you feel sick within a few hours. While sneezing is not normally associated with the flu, a cough accompanies both a cold and the flu.

### **Other common flu symptoms include:**

- Fever—temperature can remain above 38.5C for two to four days
- Fatigue
- Muscle aches
- Sore throat
- Headache
- Chills
- Decreased appetite
- Runny or stuffy nose

Rest is the best way to treat your flu, unless your case becomes serious. **You will need medical care if you have any of these emergency signs:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

**Frequent hand washing is the best way to reduce your risk of infection.**

## **Congratulations to All our Recent Winners!**

### **Renfrew Fall Fair:**

Quilt and Quilt Stand—Paula MacDonald  
\$300—Catherine Kasaboski  
\$200—Tony Minten  
Afghan—Stuart Warren

### **Renfrew Plowing Match**

50/50 (\$164.00)—Joan Ewart

### **Country Dance**

50/50 (\$245.50) - Bob O'Grady

### **Armouries Craft Sale**

50/50 (\$181.50) - Patty McHale  
Door Prize of Homemade Treats – Lila Prince

### **Wing Craft Sale**

50/50 (\$161.50) - Brenda Joynt  
Door Prize of Homemade Treats—Nancy Sheedy



## **DRIVEWISE INFORMATION AVAILABLE**

If you were unable to attend our **Drivewise** session on November 4 but would like some tips to help improve your driving, please stop by our office and pick up the booklet **How's your Driving**. We also have some brochures on safe driving tips for seniors & buying a vehicle.



## **Thank-you to everyone who donated items and helped at our garage sale!**

Our garage sale on Saturday August 22 got off to a hectic start under clear skies as we tried to get set-up before the crowds started coming. We had a great morning selling, but the afternoon showers put a damper on our sale and made our clean-up a little more work than had the sun kept shining. Overall it was a successful day with \$365.66 being raised for home support. Thank you to everyone who supported our sale by donating items, purchasing items and helping to run the sale.

## ***Your Response was Overwhelming!***

This October and November we held our annual luncheon meetings with several service volunteers/home maintenance workers to say thank you for all you do, and get your ideas on how we can continue to provide quality services. We also made an appeal, to help the program in different areas of need and in some cases had even more offers to help than needed! Thank-you to everyone who came forward, willing to take on another role.

We continue to look for individuals to help us in the following roles. If you or someone you know would like to help, give the office a call at 613-432-7691.

- Friendly Visitors
- Grocery delivery (Thursday afternoons between 1:00 and 2:00); even one delivery per month would help.
- Frozen meal delivery (back-up).
- Fundraising/Promotions—help with special events; e.g., baking, selling tickets, serving at intermissions, decorating, etc..

***Check out our Stats!*** Did you know that from April 2009 to October 2009 at Renfrew Seniors' Home Support :

- **Volunteer Drivers**, coordinated by a **volunteer dispatcher and staff**, traveled **57660 kms for 756 trips** to essential health appointments.
- **Friendly Visiting Volunteers** brought cheer to local seniors with **740 visits**.
- **630 Telephone Security Checks were made** by staff and volunteers to ensure the safety and well-being of people living alone.
- **658 Frozen Meals were distributed**.
- **117 jobs were arranged** through our **Home Maintenance program** that links seniors with people willing to help with indoor and outdoor chores, e.g., house -keeping, snow removal, odd jobs.
- **315 Intervention & Assistance hours were logged** by staff assisting local people with forms, advocacy, and other information on local resources.

## ***Country Dance***

On September 26, musicians, volunteers, staff and members of our community gathered at



the RCAF Wing in Renfrew for a historic event— for the first time the two Home Support programs in

Renfrew and Arnprior got together to host a charity dance.

A great evening was had by all, as people enjoyed wonderful dance music, a tasty



luncheon, a silent auction, and a chance at over 30 door prizes and 8 spot dances.



Many thanks go out to all the volunteers and musicians who

donated their time to this event which raised over \$1000 for each program.

A special thank-you goes out to Barry Martin and Dennis Harrington for organizing the event, especially for encouraging so many local musicians to share their talent with us that evening.

If you are receiving this newsletter through the mail and would like to receive it via email, please call the office (613-432-7691) with your email address or email us at [sherry@seniorshomesupport.ca](mailto:sherry@seniorshomesupport.ca) and we will be happy to add you to the email list.

## Foot Care and Seniors

We may not give much thought to our feet but they are what keep us mobile and years of wear and tear can be hard on them. According to the Department of Veteran's Affairs foot problems can be the difference between needing institutional care and being able to live at home. Healthy feet allow us to stay active and walking, which is the perfect exercise to keep weight down, prevent blood clots and keep bones and muscles strong. When our feet are too sore for us to walk, we lose strength and have a greater risk of falls.

Basic foot care:

- Check your feet everyday
- Wash your feet everyday
- Keep your feet soft and smooth
- Wipe off excess cream and do not apply between your toes
- Wear comfortable shoes and socks
- Be active every day
- Take care of your toenails



Carefor in Pembroke provides foot care clinics in Renfrew every Tuesday at the Legion. If you are experiencing problems with your feet or would just like to have them checked out, give their office a call at 732-9993 to book an appointment.

*From [www.phac-aspc.gc.ca/seniors-aines/pubs/info.sheets](http://www.phac-aspc.gc.ca/seniors-aines/pubs/info.sheets) and [www.vac-acc.gc.ca/client/sub.cfm?source=health/footcare](http://www.vac-acc.gc.ca/client/sub.cfm?source=health/footcare)*

### ***Perkopolis.com***

The Ontario Community Support Association has made arrangements for their member agencies to be able to access perkopolis.com, a concierge service, to book reduced price tickets for a variety of events, mostly in the Toronto area. I recently used this service and was quite pleased with it—I was able to book tickets to a show in Toronto with little work on my part and the seats were excellent. To access this service, you can go to their website or call them at their toll-free number 1-800-761-7523.

*Judy*

## Seniors and Sleep



Contrary to popular belief, seniors need as much sleep per night as younger adults (7 to 9 hours). Poor sleep is not a normal part of aging and can actually lead to concerns such as: a depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls and a poorer quality of life.

**There are a number of reasons why older adults have a more difficult time getting a full nights sleep:**

- Waking more often at night to use the bathroom
- Sleepiness starting earlier in the evening and then awakening earlier in the morning
- As we age, we produce and secrete less melatonin which is the hormone that promotes sleep
- More sensitivity to changes in the environment such as noise
- Medical and psychiatric problems which can affect nighttime sleep

**Some tips for helping us to sleep better include:**

- Follow a regular schedule of going to bed and waking at the same time each day
- Try to exercise at regular times each day and finish your workout 3 hours before bedtime
- Try to get some natural light in the afternoon each day
- Be careful about what you eat and do not drink alcohol or smoke cigarettes which can be a stimulant
- Use your bedroom only for sleeping

If after 20 minutes, you are unable to fall asleep, get up and do a quiet activity and then try going back to bed when you are tired.

*(From [www.seniorliving.about.com](http://www.seniorliving.about.com))*