

Renfrew & Area Seniors' Home
 Support
 P.O. Box 919
 Renfrew, ON
 K7V 4H3
 613-432-7691
 www.seniorshomesupport.ca

CONNECTIONS (www.seniorshomesupport.ca)

WHAT A DIFFERENCE A YEAR MAKES

It is amazing the changes that can happen in a year and our home support is a testament to that. The most obvious changes have happened with the staff in our office. We have seen a change in job roles, duties and schedules of work. While working through all this we have kept a great sense of team in the office as evidenced by the laughter we have been able to share while meeting increasing requests for service.

Service requests have been increasing in the areas of transportation,

both local and long distance, frozen meals and friendly visiting. Fortunately we have a great group of volunteers who have risen to the occasion to ensure that all our clients have been able to receive services that they need. We have also been fortunate to bring on new volunteers to assist us in keeping up with demands.

In the broader community we are also seeing changes in the approach to care with many health related organizations, health care facilities and government

recognizing the need for supporting seniors to age well at home while providing a more client-centred approach to care. Where these changes are taking us and the impact that they will have on our Home Support remains to be seen but this is a change in a positive direction for the clients that we serve.

As we move into a new year, we will continue to work together, staff and volunteers, to ensure that seniors and adults with disabilities can age well at home. *Judy*

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HIGHLIGHTS OF 2010



Ron Leclair sponsored Randy Foster's 10th Concert on our behalf.



We hosted our second annual dance with Arnprior Seniors at Home.



JJ the Clown was our guest speaker at our AGM speaking about "Laughter Being the Best Medicine".



The Bowes Brothers in concert to kick-off the Christmas season.



433 WING— First Corporate Members



On December 9th at our annual Seniors Christmas Luncheon, Renfrew and Area Seniors' Home Support received it's first corporate membership from the 433 Wing. Our membership committee started their membership drive in September 2009 and is now in their second year of building financial support for our organization through the sale of memberships.

Four categories of membership are available:

- Individual \$10

- Family \$15
- Supporting \$100
- Business/Corporate \$250

The benefits of being a member include:

- Eligible to vote at Annual and General Membership meetings
- Receive our newsletter
- The satisfaction of knowing that you are supporting an agency

that helps people to age well, as close to home as possible.

Supporting and Corporate memberships will also be acknowledged at our fundraising events.

For more information on becoming a member please call our office at 613-432-7691 and we would be happy to send you a membership application. Membership applications are also available on our website: www.seniorshomesupport.ca

Orange Drop (www.makethedrop.ca)



Many of us are familiar with going green and blue boxes, but there is now another colour to add to the environmentally friendly scheme—orange. Orange drops are for municipal household hazardous and special waste materials. Some of

the items that can be disposed of using orange drop are sharps, antifreeze, aerosol containers, rechargeable batteries, paints and coatings, used oil filters, toxic materials, mercury devices and fluorescent tubes. To find out where

you can dispose of these and other hazardous materials you can go to www.makethedrop.ca and fill in your postal code and click on the item that you want to dispose of and a listing of various depots in your area will come up.

Canadian Revenue Agency (CRA)



The Canadian Revenue Agency has created a three video series "Giving to Registered Charities 101". These videos describe what a registered charity is, how donating to charities can benefit you on your income tax and finally answer some frequently asked questions about donating. These videos are well done and

take about 15 minutes to watch all three. If you donate to charities or would like to make donations, these videos may be of interest to you. To view the videos go to the CRA website at www.cra.gc.ca/donors and click on Video casts in the upper right hand corner of the boxes that

come up on the page. You can then click on the video that you would like to view.

Renfrew and Area Seniors' Home Support is a registered charity that can issue income tax receipts for donations. A tip sheet on donating has been included with this newsletter.



Canadian Hearing Society

The Canadian Hearing Society was founded in 1940 and is a not-for-profit agency and the leading provider of services, products and information that remove barriers to communications, advance hearing health and promote equity for people who are culturally Deaf, oral deaf, deafened and hard of hearing. The Programs

and Services they provide include Access and Support, Assistive Devices, Counseling, Education and Hearing Health Care. For more information about the services they provide you can call their head office in Toronto at 1-877-347-3427, call their office in Ottawa at 613-521-0509 or go to their website at www.chs.ca.

Did you know

- The average age of those who report having hearing loss is 51?
- 15% of Canadians would rather live with hearing loss than wear a hearing aid?
- On average, it takes seven to ten years for a person who develops a hearing loss to seek services.

Renfrew & Area Seniors' Home Support in conjunction with the Canadian Hearing Society will be having a one day clinic in the New Year for individuals to have their hearing screened. The date is still to be announced but if you are interested in having your hearing screened, please call the office (613-432-7691) and we will put you on the list..

Renfrew Legal Clinic

The Renfrew Legal Clinic located at 236 Stewart Street, Suite 101 in Renfrew provides the following services:

- Free legal advice by telephone or in person
- Provides representation to low income residents on a case-by-case basis

- Provides speakers and education materials
- Acts as a resource to groups that help low income residents
- Participates in law reform.

Check out their website (www.renfrewlegalclinic.org) for:

- Legal information

and links to other sites

- Frequently asked questions
- Information about their clinic and staff
- "Telling our stories" - true stories from people in our community.

613-432-8146

"What we give to ourselves dies with us. What we give to others and the world remains and is immortal."
Albert Pine, English author

Health & Safety Watch www.healthandsafetywatch.com

The Champlain Health Line is pleased to announce that they have added a new link to their website—Health and Safety Watch. This website is an innovative intelligence service providing critical real-time public health information tailored to

the needs of individuals and families. The goal of this website is to provide you with the information you need to make informed decisions relating to your health and the health of your family. They will be focusing on food and product safety

information to start and will then be expanding to include other categories. This website which was conceived by Dr. Jeff Aramini, a public health epidemiologist, provides information regarding food recalls and other public health safety issues.



**Keeping Safe
this Winter**
(from the Public
Services Health
and Safety
Association)



Winter, with its ice and snow, is a time of year when we need to be more careful to avoid falls that can lead to injuries. The Public Services Health and Safety Association has published the following tips in their newsletter Safety Works:

- Select proper footwear. Rubber or neoprene composite soles provide better traction on ice and snow than leather.
- Be prepared for slippery conditions; be aware of surface conditions and slow down.
- Take your time. It takes more time to navigate winter walkways safely. Avoid rushing or taking shortcuts over snow piles or walking where snow or ice removal is incomplete.
- Use caution around vehicles. Many slips and falls occur during entry or exit from vehicles. Consider holding onto your vehicle for support.
- Make sure access to and into your building is safe.
- Consider having containers of sand or deicer strategically placed for anyone to sprinkle on wet or icy patches.

**Renfrew & Area Seniors'
Home Support**

People Helping People,
that's what it's about.



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UPCOMING EVENTS

Thursday January 27th—
Fundraising Luncheon
Meeting at the 433 Wing
in the Lounge starting at
11:30. All fundraising
volunteers are invited to
join us for lunch and a
discussion about our
fundraising endeavors.



Saturday February 26th—
Couples/Friends Night at
the Tea Room. Come out
and bring another couple
or some friends with you
and enjoy a delicious three
course meal at the
Renfrew Tea Room for
\$25/person.

**CONGRATULATIONS TO OUR
RECENT WINNERS:**



- Valley Craft Sale 50/50 Draw: Sean Green
- Wing Craft Sale 50/50 Draw: Winnie Stewart
- Bowes Brothers 50/50 Draw: Genny McCallum
- Christmas Luncheon 50/50 Draw: Gordon Delahunt

VOLUNTEERS ADD VALUE

To copy the commercial “volunteers are priceless”. Putting a price tag on our volunteers does not begin to reflect the way they expand our program allowing us to accommodate several drives daily and being the right match that a client needs. To determine the financial value of volunteering an hourly wage of \$16 has been suggested. If we were to use this figure for the time our volunteers have donated in this fiscal year, they have added a value of \$48,112 to our organization (3007 hours x \$16).

Did you know...

From April 1, 2010 to November 30, 2010 our

- Volunteer drivers travelled a total of **74484** kilometres to provide **1152** trips to essential services
- Friendly visitors and telephone security check volunteers brought cheer to local seniors with **848** visits
- **983** meals were distributed through our frozen meals program
- **75** jobs were arranged through our Home Maintenance program
- **217** hours of Intervention and Assistance services were provided by staff assisting people with forms and general advocacy.