



HOME & COMMUNITY
SUPPORT
United in our commitment to care

NEW YEAR 2019

FOLLOW US ON FACEBOOK

Keepin' it fun and getting-r-done.

Arnprior-Braeside-McNab Seniors At Home Program Inc.

Happy New Year

2019

Greetings to all our clients, volunteers
and supporters;



As I write my annual New Year's greeting, the sun is shining, it is -29 with a wind chill of -43, snow is drifting across the road and we are sure thinking of warmer days ahead. This past year saw many changes in staffing within our agency with the hiring of a new Transportation Coordinator, the retirement of our Development Coordinator and the forthcoming retirement of our Volunteer & Social Program Coordinator. I welcome to our staff Laurie Dupuis as Transportation Coordinator, Becky Ranger as Development Coordinator and Nikki Rumbelow as our Volunteer & Social Program Coordinator. I wish each of them success in their new roles within our agency.

Over the past year we have provided Community Support Services to over 1,400 clients with services ranging from Hot & Frozen Meals, Home Maintenance, Foot Care, Transportation, Social Programs and Security Checks. These vital programs could not exist without a dedicated staff and solid volunteer base who support our agency's mission daily. As we move forward and enter our 39th year in 2019 we will continue to be here for you...just that phone call away for assistance.

In closing, I personally would like to thank our clients, community partners, sponsors, volunteers and all who have contributed financially to our agency, without each of you, we would not be the success that we are. Wishing each of you a very Happy New Year.

Sincerely, Dennis Harrington, Executive Director



St. Patrick's Day Breakfast

Join us for our first St. Patrick's Day Breakfast on Saturday, March 16th at the Christian Education Centre, 257 John Street North. Doors open at 7:30am, with breakfast being served from 8-11am. Pancakes, Sausages, and all the fixings will be prepared and served, by our agency staff, volunteers and community members. The luck of the Irish will be plentiful as all who purchase breakfast have a chance to win one of our outstanding doors prizes! Cost for breakfast is \$10 for adults, \$6 for children ages 5-12, 4 and under FREE! For more information, contact Becky Ranger, bekyranger@cssagency.ca, or call 613-623-7981. Tickets for our next Mega 50/50 draw will be on sale, \$2/ ticket or 3 for \$5 – minimum prize \$1000, to be drawn on July 18th, 2019.

Income Tax Program

It is that time of the year; time to file your 2018 Income Tax Return!

We offer a Community Volunteer Income Tax Program in collaboration with Canada Revenue Agency. Available ONLY to individuals with low to modest income and you must have a "simple" tax situation, i.e. no self-employment or business income or expenses, no capital gains or losses, no bankruptcy files.

Our office, located at Unit A1-106 McGonigal Street West, is open to accept your 2018 Income Tax forms **starting Friday, March 1, 2019 and ends Friday, April 26, 2019**. The service is offered on **Mondays, Wednesdays and Fridays between the hours of 10:00am and 2:00pm.**

Please note that we will not be accepting or giving any documents outside of the hours listed above. Your completed income tax return must be picked up by May 3rd, 2019

As reminders please make sure you have the following items included with your package:

- T4's from Old Age Security & Canada Pension Plan
- Interest T5's from financial institutions
- 2018 Rent or property tax receipts
- Medical expense receipts
- Proof of date of birth
- Present marital status
- 2017 Income Tax return (last years')
- 2017 Notice of Assessment (last years')

We offer the Income Tax Program FREE of charge but as we are a non-profit charitable organization, we operate this program as a fundraiser for the agency which makes your donation at the completion of your income tax most appreciated and ensures this program can continue next year. In return, you will be issued an official charitable donation receipt for income tax purposes (2019).

If you require any further information please contact Nancy Peck, Program Coordinator, 613-623-7981 between the hours of 12:30pm and 4:30pm, Monday to Friday.



52 Weeks of Kindness

Join us in spreading some KINDNESS in 2019! Part of our philosophy at Arnprior-Braeside -McNab Seniors at Home, is to promote quality of life, independence, comfort, and security for members of our community – we achieve this through a dedication to KINDNESS. We will be posting weekly acts of kindness, on our Facebook page, and in our office, to encourage and inspire our wonderful community in this campaign! Wishing you all a Happy New Year, filled with KINDNESS!

Annual Seniors Christmas Party, a Festive Success!

A festive time was had by all at the Arnprior-Braeside-McNab Seniors at Home annual Christmas Party. The party took place at St. John Chrysostom Parish Hall on December 14th, with over 250 guests in attendance. Arnprior's local fire department volunteered their time to serve a delicious turkey meal with all the fixings, catered by Riley's Catering Co., while the crowd was entertained by the musical talents of Gillan Rutz & Marie Brydges. Door prizes were drawn, as well as the bi-annual Mega 50/50 announced, with winner Edie Cathcart taking home a \$1,343.50 prize! Seniors at Home would like to extend a kind thanks to our agency volunteers for their time and effort, making this year's event a great success. Special thanks to our generous sponsors; Arnprior Villa, Island View Suites, Carp Commons Retirement Village, Knights Inn, Mel's Flowers, Pilon Family Funeral Home, and Boyce Funeral Home.



Winner of the Mega 50/50 draw, Edie Cathcart, pictured with Santa and his Elves, Rebekah Gunning (left) of Carp Commons Retirement Village and Brittany Harris (right) of Arnprior Villa.

Arnprior Fire Department volunteers, preparing to serve the Christmas meal.



Angel's Among Us 2018 Angel Tree Campaign a huge success!

Our 2018 Angel Tree campaign brought in \$3,752.00 in support of agency programs and services. Special thanks to those who purchased an angel from one of our trees, and to our community sponsors who hosted an angel tree – Township of McNab-Braeside, Arnprior Regional Health Foundation, RONA, W.O. Stinson & Sons Ltd., and St. Andrews Presbyterian Church.



Meaningful ways of Leaving Your Legacy while supporting

Arnprior-Braeside-McNab Seniors at Home Program Inc.

- In Memoriam
- A gift made through your Personal Will
- Beneficiary of your Life Insurance Policy
- Beneficiary of your RRSP, RRIF, or pension

Leave a Lasting Legacy

More information Dennis Harrington

Executive Director, ABMSH
613-623-7981 dennis.harrington@cssagency.ca

New Faces at ABMSH



Laurie Dupuis,
Transportation Coordinator

Laurie Dupuis is the Agency's new transportation coordinator, replacing Tammy Mondor in the role. Originally from Smiths Falls, Laurie is the daughter of former railroad worker, John Dupuis, of Arnprior, which is

what brought her to town in 2000. Laurie has a grown son of 24, and lives with her loyal, furry companion, Teddy (dog).

Prior to her new role here at AMBSH, Laurie worked as an Employment Councillor in Renfrew. After working as transportation coordinator for close to a month now, Laurie says she, "Loves the challenge – it's very dynamic." She also is thrilled to be working with agency staff and volunteers, and says, "It's a privilege to be part of this group!"

In her position as transportation coordinator, Laurie's job is to arrange rides for out-of-town medical & interfacility transfers. She is also responsible for arranging rides for clients in need of accessible transportation.

We are pleased to have Laurie as part of the team here at AMBSH and hope you will join us in welcoming her to the Agency.



Becky Ranger,
Development Coordinator

Prior to moving to Arnprior, four years ago, Becky worked in the Greater Toronto Area as a project manager in the educational publishing industry, for 8 years. After Becky and her husband Joey, welcomed a baby boy, Felix, in 2010, they decided it was time to move back home to the Ottawa Valley to be closer to family. After a couple of years spent at home with her son, Becky took on a part time job at the Arnprior & District Museum, facilitating travelling exhibits and special events. Becky officially started her new role with Arnprior-Braeside-McNab Seniors at Home Program Inc. in early January, in place of Liz Wall, who retired in December.

"I was so pleased to be offered this new position and was able to spend enough time with Liz (Wall, former Development Coordinator), and the agency staff and volunteers, to know that this is a good fit for me." Becky says that she is, "both excited and optimistic about what (she) can offer the Agency" and sees potential to grow awareness of the services and programs we provide, as well as for fundraising and community outreach initiatives. Looking ahead to 2019-2020, you can expect to see some of our tried and true annual fundraisers, as well as some new events and campaigns. Becky encourages you to support our fundraising events and initiatives through your attendance and participation, and believes that, "our success as an agency truly depends on the support we have and partnerships we make in our community."

Becky's role is to promote AMBSH through community outreach, and to coordinate fundraising campaigns and events in support of agency programs and services.

UPCOMING EVENTS

Music Trivia Night Date: Friday, March 15, 2019 6:00pm

Location: Nick Smith Centre, 77 James St, Arnprior

Join Valley Heritage Radio's, Jason Marshal as Quizmaster for this joint fundraiser between Seniors at Home and Arnprior Regional Health Foundation. Doors open at 6:00pm for team sign-in with trivia starting at 7:00pm. The night includes a silent auction, refreshments, 50/50 raffle, and lots of MUSIC TRIVIA! Teams of 4 or 8 must pre-register by March 13th - \$10/person. Space is limited, so payment in advance is required to hold your team's spot. To register, call the AMBSH office at 613-623-7981 or email Becky Ranger, beckyranger@cssagency.ca



St. Patrick's Day Breakfast

Date: Saturday, March 16, 2019 7:30 - 11:00am

Location: Christian Education Centre, 257 John Street, Arnprior

Join us for our first St. Patrick's Day Breakfast on Saturday, March 16th at the Christian Education Centre. Doors open at 7:30am, with a hearty breakfast buffet being served from 8-11am. Amazing door prizes to be won, including 4 tickets to an Ottawa 67s game. Mega 50/50 tickets will be on sale, \$2 each or 3 for \$5. Cost for Adults \$10, Children ages 5-12 \$6, and 4 and under FREE. See story on front page for more details.

Seniors Information and Active Living Fair

Date: Saturday, March 30, 2019 10am - 4pm

Location: Nick Smith Centre, 77 James Street, Arnprior

All are welcome to attend a showcase of local and surrounding area vendors, programs, and services for seniors. Admission is free. Coffee and healthy snacks available. For more information, contact the Nick Smith Centre, 613-623-7301.

Spring Yard Sale

It's hard to imagine spring while in the midst of our cold and snowy Ottawa Valley winter – but, this is the best time of year to start de-cluttering for a fresh and organized spring! We will be hosting our annual Spring Yard Sale, here at AMBSH, in May. Please keep us in mind, by putting aside gently used items you no longer want to donate to our sale. Stay tuned for more information on this event in our Spring Newsletter!

A special thanks to our many volunteers whose generosity was abundant during the holiday season. Your participation and support of the agency is very much appreciated by us and our community. Thank you to Gwenn Bambury, for using her connections with the big guy in the North Pole to get us a supply of reindeer food! Reindeer food was available at various locations in the community, by donation, in support of our agency.



Thank you to Jeff Stott, for making some stylish wooden zipper pulls. The zipper pulls were available to the community, by donation, in support of our programs.

Thank you to Anne Cruikshank and the Arnprior Quilting Guild, for donating some beautifully handcrafted holiday placemats for clients of our Meals on Wheels program. Pictured from left to right, Aston Williams of The Grove kitchen staff, John Fisher, ABMSH's Volunteer Driver and his beautiful granddaughter, Lina.

Thank You

Thank you to Lynda and Ian Fraser, owners of goZoom.ca, who gave back to the community that has supported them over the years with 100 hot meals delivered

from Sandee's Country Kitchen to 100 grateful folks. Dinners were delivered with the help of Seniors at Home's volunteers, left to right, Gilbert and Nancy Paquette, Judi and Ed Hill, Denise Belanger and Patti Farr of Arnprior-Braeside-McNab Seniors at Home Program Inc. along with Ian and Lynda Fraser of goZoom.ca and Sandee Rosien and Mike Wurm of Sandee's Country Kitchen.



Thank you to BWXT Nuclear Energy Canada Inc. Arnprior location, for their donation of \$500 in support of the Dare to Care and Angel Tree Campaigns. Pictured, from left, are Gordon Hill, Manager EHS and Quality, presenting a cheque to Mandy Stinson, Administrative Assistant and Dennis Harrington, Executive Director.

Notes

Dining With Friends

Date: First Wednesday of each month, 5-7pm

Location: Jim's Restaurant, 45 Elgin Street West, Arnprior

Join us for dinner and live entertainment at Jim's restaurant! Cost is \$14/person, for Seniors 60 and over and individuals with disabilities or special needs (any age). Price includes soup or juice, entrée, dessert, tea or coffee. Tickets must be purchased by NOON on the Tuesday before the event. An updated 2 meal menu available for each event – meal selected required at time of ticket purchase. Payment can be made at our office or by phone (Visa and Mastercard accepted).

- February 6th -entertainer Dan Nicholas, meal choice Ham Steak or Chicken Fingers
- March 6th - entertainer Don Lascelle, meal choice of Veal cutlet or Sole



Friendship Days

Date: Third Thursday of each month, 12-2pm (Upcoming dates: February 21st and March 21st)

Location: Glad Tidings Pentecostal Church, 116 Baskin Drive West, Arnprior

Enjoy lunch with Friends, catered by Antrim Truck Stop and the Arnprior Villa. Live entertainment, door prizes, and 50/50 draw. Cost is \$9/person, for Seniors, 50 and older, and individuals with disabilities and special needs (all ages). Price includes soup, sandwich, dessert, coffee and tea. Tickets must be purchased by NOON the Tuesday before the event. Two sandwich options available for each event – selection made at time of ticket purchase. Payment can be made at our office or by phone (Visa and Mastercard accepted). Space is limited.

- February 21st -entertainment Gaston Moreau
- March 21st -entertainment Karl and Linda Dregischan



Breakfast N' Learn

Date: Fourth Wednesday of each month (Upcoming dates: February 27th and March 27th)

Location: Riverside Grill and Bar (formerly East Side Marios), 70 Madawaska Blvd, Arnprior

Sponsored by Tierney Stauffer LLP., registration begins at 8:30am, followed by breakfast at 9am, and special guest speaker at 10am. New guest speakers announced monthly. Cost is \$6 for seniors, age 55 and older. Tickets must be purchased by 4:30pm the Monday before the event. Payment can be made at our office or by phone (Visa and Mastercard accepted).

- February 27th - speaker Glenn Arthur of Senior's Active Living Centre
- March 27th - speaker Caitlin Brydges, Dementia Society of Ottawa and Renfrew County



Keepin' it fun and getting-r-done.



**KATHLEEN
(NEE RILEY) AND
GRANT MALLOCH**

ON TOUR WITH NANCY

.....

They would stand in the door way to greet you, with warm welcoming smiles. They would wave until you were out-of-sight when you left. So much love and attention would be paid to you that you felt like you were their favourite. Everyone felt that way - because that is the way they made you feel!

Kaye was born on Jan 25, 1933 in Ottawa to Christena and Thomas Riley. She had three sisters and two brothers. This family of eight would find themselves moving to the Ottawa Valley, first to Shawville and then to Arnprior.

Grant was born on April 2, 1932. He had one sister and one brother and was born right here in the 'Prior' to Ruth and Edward Malloch. Playing sports in High School came easy to Grant as he played like a pro on the Arnprior Football Team. But nothing held a candle to the beautiful brown-eyed-girl who had just moved into town, back in 1948!

When I asked Kaye how they met she chuckled and said "Well, it was in high school and at McCord's Drug Store. We both worked there after school and on weekends. I was in grade 10 and Grant was in grade 12." When I asked her, what drew her to Grant? She quickly replied "He was the kindest person I had ever met. He simply loved everybody. We fell in love on our first date and we've been together ever since." Needless to say they complemented each other to a 'T'. One and half years later they were engaged, and wedding bells rang on Jan 1st, 1950.

Grant worked for Quebec Hydro all his life, so to make things easier they moved to Chelsea, Quebec. During that time Kaye worked for Ogilvy's Department Store in Ottawa, starting in Retail then worked her way up to Buyer for their three stores. Their love grew and so did their family. They had three boys, Brian, Hugh and Rick. Family time was Primetime but on their down time they kept themselves busy with downhill skiing, cross country skiing, square dancing, Bridge, hockey and Kaye was Leader of the Christian Girls in Training Club with the United Church. "Our faith is strong and Church was a priority in our family" Kaye replied. "If you don't have faith, how do you make it through the tough times? I was lucky," Kaye smiled, "Grant was beside me all the way. When the boys were playing with their cars and trucks on the floor or in the sand, well that's where you would find the both of us. Down there with them! We love our boys! We were also blessed with five grandchildren and four great grandchildren!" Kaye burst into laughter, then tears gathered in her eyes (as Grant recently passed on Nov 22, 2018) and said "Do you know what one of Grant's favourite things to do was? Eat! He loved his two eggs, sausages, ham, toast and orange juice every morning. He also loved his potatoes, meat and vegetables every night!" But what I witnessed being a driver and a friend, was that he loved his children and his wife more than anything else in the world! Every time I picked up Grant to go to the Grove Adult Day Program, he and Kaye would meet me at the door. They would welcome me, with warm smiles and loving arms. Then I would help Grant into the car and as we drove around their circular driveway, Kaye would be standing in the doorway smiling saying "Have a great day! Have fun - I love you!" Grant would smile and wave and say, "I love you too" and then to me he'd say "She's one wonderful woman. She is the best person I know!"

Thank you, Kaye for sharing your story with us! It is easy to see that "the kindest man married the kindest woman – and that love can last forever – 66 beautiful years together!"

Until our next tour...Love you! Nancy

.....

Nancy Peck In-Town-Driver
nancypeck@cssagency.ca

OFFICE CLOSED

The office will be closed on
Monday, February 18th, 2019,
in observation of Family Day.

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior

*Working Together for a
Better Community*