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SPRING 2019

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Keepin' it fun and getting-r-done.

Arnprior-Braeside-McNab Seniors At Home Program Inc.

Spring Is On The Way!

Without the short cold days of winter, spring would not be so wonderful! While it seems like the damp, dull days of late winter are dragging on, hold on to the hope that sunshine, flowers, and days that last past 7pm, are just around the corner. The birds are making their way home, which is a tell tale sign that warmer days are soon to come! Seniors at Home Program has plenty of fun programs and events planned for Spring, and we hope to have you join us – see our upcoming events section for details. As always, we are just a phone call away and are happy to chat about the services and programs we provide that may be of assistance to you or someone important in your life. We're here to help, so give us a call, 613-623-7981.



The Grand Parade Walk-a-thon

We are proud and excited to announce that Arnprior-Braeside-McNab Seniors at Home Program Inc. has been selected as a host location for the national Walk-a-thon, The Grand Parade! The Grand Parade is a 2.5 or 5km walk-a-thon taking place in cities and towns across Canada on Saturday, June 1st, 2019 to raise funds and awareness of Senior Support Services. We are inviting YOU to join us for this family-friendly, super-fun walk, right here in Arnprior! There are a few ways in which you can participate and help us reach our goal of raising \$20000 in support of the programs and services we offer.

- 1) Walk for our team!** We would be thrilled to have you and anyone else you can recruit walk and raise funds on behalf of our agency team – Seniors at Home! This would involve collecting pledges and walking a 2.5 or 5 km designated route, through downtown Arnprior.
- 2) Be a team captain!** We are seeking enthusiastic leaders to help us recruit walkers by submitting a team. Whether you recruit your team from your workplace, organization, friends, or family, we ask that you recruit a team of 5 or more people to collect pledges and walk a 2.5 or 5km designated route, through downtown Arnprior.
- 3) Donate to our event!** If you are unable to be actively involved in the walk-a-thon, I hope that we can still count on your support through a donation to the Seniors at Home team, and to spread the word about our event. You can donate to the Seniors at Home team online, thegrandparade.org/donate or by cash or cheque at our office.

The day will begin at Arnprior District High School, with registration from 9-10am, opening remarks and the big send-off at 10am. A free lunch will be provided to participants and volunteers between 11am-12:30pm. Your 2.5 or 5km walking route will take you through the downtown core with signs, guides and rest stops along the way.

Are you ready to get started? To register in person, contact Becky Ranger, 613-623-7981 beckyranger@cssagency.ca OR to register online visit thegrandparade.org/register

Registration Fees are as follows:

Children 0-10: No Fee (parental waiver required)

Youth 11-17: Fundraise a minimum \$75 or pay registration fee

(\$25, increases to \$40 after May 27)

Adults 18+: Fundraise a minimum \$150 or pay registration fee

(\$25, increases to \$40 after May 27)



Keep the Wheels Turning Campaign

As we head into a new fiscal year it also marks the start of our Seventh Annual 'Keep the Wheels Turning' Campaign in support of our Para Transit Care Coach, the only specialized transportation service for persons of all ages and needs living in Arnprior and the Township of McNab/Braeside.

The operation of the Para Transit Care Coach relies totally on local fundraising and since February 4, 2008, 22548 trips (which included 14523 wheelchair, 8025 ambulatory clients of which 4343 were out of town) have been provided to our citizens, no matter the age, requiring our specialized transportation service.

The goal for 2019, as it has been for the past few years, is \$30,000, which represents the amount required to cover the driver's wages.

The approximate total cost to operate our Para Transit Care Coach is as follows: Wages: \$30,000; Fuel: \$4,300; Insurance: \$1,284; License: \$82; Communications: \$1,500; and Maintenance: \$3,000. Total: \$40,166.

Your continued generosity is imperative to make sure this essential service remains active and viable in our community.

Watch for the 'Yellow Envelope' in your mail box and please consider making a donation by returning the supplied envelope either by mail or drop off at our office, Unit 1, 106 McGonigal St. West, Arnprior, ON K7S 1M4.

We also accept payment at the office by cash, cheque, Debit, Visa, or Master Card. The office is open 8:30am to 4:30pm Monday to Friday.

Yard Sale Donations



This year's yard sale will be on Saturday, May 25th, 8am-12pm outside the Seniors at Home office at 106 McGonigal Street West, Arnprior. Help us make this one the best yet, by generously donating items for us to sell. As the old proverb states, "One man's trash is another man's treasure!"... and we are looking for those treasures! Due to space restrictions, we can only accept donations on Friday, May 24th and early morning on Saturday, May 25th. We greatly appreciate your support and ask that you give us a call to let us know when you plan to drop off your items – this will help us ensure someone is available to accept and help unload your items. To arrange a drop off time or for more information, please contact Becky Ranger, 613-623-7981 or beckyranger@cssagency.ca.

New Vehicle Added to In-Town Service

We are pleased to announce that effective mid-April 2019, Seniors at Home Program will be adding a “NEW” 2nd in-town seniors transportation vehicle to our Service. In collaboration with Arnprior Regional Health (ARH), Seniors at Home Program was able to acquire funding for this additional vehicle. This second vehicle will help meet the increasing transportation needs of our seniors and greatly assist with increasing the attendance of ARH’s Adult Day Program.

Wherever you may need to go...medical, social, hair, banking, we’ll be here for you! Transportation rates remain the same; \$6.00 each way in Arnprior and \$7.00 each way to Braeside village. Pass cards are available for sale at our office and are an easy way to pay for your trip, without having to handle cash. Pass cards make a great gift for any occasion – tell your family.

Our caring staff drivers are here to provide that one-on-one assistance you have come to expect. Spread the word – your support will continue to make our Seniors Transportation Services the success it has been for the past 39 years.



Fundraising Success!!

It was a weekend full of fun and entertainment...and some great fundraising success! March 15th & 16th were host to 2 major fundraising events for Arnprior-Braeside-McNab Seniors at Home Program. Music Trivia Night, on March 15th, saw 24 teams fill the Nick Smith Centre, in joint support for our agency and ARHF. The event was an energetic night of music and trivia, led by my quizmaster Jason Marshall of Valley Heritage Radio, the winning team, The Looney Tunes, triumphed after nail-biting tie-breaker. The event raised \$2040.00 to be shared with ARHF. Thank you to all who came out to support us and make the event a success.

The following morning, we were up and at it bright and early for our first ever St. Patrick’s Day Breakfast. We had a great turnout, with guests sporting their best green attire! The event raised \$1808.00 in support of our agency. Volunteers and staff from Seniors at Home were out in abundance and were joined by council representatives from The Town of Arnprior and Township of McNab-Braeside, and volunteers from RBC Arnprior Branch. The event was sponsored by RBC Arnprior Branch, Knight’s Inn, Jim’s Restaurant, Mama Rosa Restaurant, and Shopper’s Drug Mart. Door prizes donated by Xtreme trampoline, Melita Coffee, and Ottawa 67s.



Pictured Above: Winning Team, The Looney Tunes! Front: Emma Armstrong, Middle from left: Paula Murphy, Sandra Chamberlain, Barb Armstrong, Back from left: Peter Murphy, David Chamberlain, Andrew Armstrong, Steve O'Brien.



Pictured Above: Township of McNab-Braeside Councillor Scott Brum and Nancy Peck, ABMSH Program Coordinator



Pictured Above: McNab-Braeside Mayor Tom Peckett, with ABMSH volunteer, Felix Ranger



Pictured Above: ABMSH Executive Director, Dennis Harrington, with ABMSH volunteer Kathleen Bender

New hire at ABMSH

Nikki Rumbelow, Social Program and Volunteer Coordinator

Join us in welcoming Nikki Rumbelow, the agency’s new Social Program and Volunteer Coordinator. Nikki is replacing Margaret Bourk, who retired at the end of March. Nikki is no stranger to our agency, as she has been a regular volunteer at our foot clinic, front reception and income tax program. Nikki is originally from Adelaide, Australia (as you may guess from her lovely accent). Nikki met her partner Chris while travelling abroad and they decided to settle in Chris’ hometown of Arnprior in 2001. In her spare time, Nikki enjoys music and yoga.

Nikki’s role with the agency will see her facilitating our monthly social programs, Breakfast N’ Learn, Friendship Days, and Dining with friends, as well as our annual Seniors BBQ and Seniors Christmas Party. She will also be actively recruiting and welcoming new volunteers to the agency.

Nikki’s support of our agency through her volunteer effort is a testament to the kind and caring person she is, and she is “excited about the new role” she is taking on. If you would like more information on our social programs or volunteering, you can contact Nikki at office on Tuesday’s and Thursday’s or by calling 613-623-7981 or email nikkirumbelow@cssagency.ca



UPCOMING EVENTS

Pancake Breakfast

at Island View Retirement Suites

Date: Wednesday, April 24, 2019 8-10am

Location: 30 Jack Crescent, Arnprior

Island View Retirement Suites is hosting their annual delicious Pancake Breakfast, with all proceeds in support of Seniors at Home. Wednesday, April 24th, 8-10am at Island View Retirement Suites. Breakfast is \$10/person. Mega 50/50 tickets will be for sale, \$2 each or 3 for \$5 (draw July 18, 2019).

Spring Fishing Event

Date: Saturday, April 27, 2019

8am-4pm

**Location: PJs Restaurant,
394 Madawaska Blvd, Arnprior**

Seniors at Home will be benefitting from the generosity of the organizers of the 4th Annual Spring Fishing event. Proceeds from their Raffles will be donated to our agency, in support of our programs and services. The event will feature a variety and new and used fishing equipment for sale, as well as vendors, anglers, guest speakers and seminars. This event is free for vendors and visitors. All are welcome! For info contact Bill Craig, 613-622-0673.



Yard Sale

Date: Saturday,

May 25, 2019 8am-12pm

**Location: Seniors at Home office,
106 McGonigal St. West, Arnprior**

There's something for EVERYONE at our annual Yard Sale! Saturday, May 25, 8am-12pm, come

Retirement Announcement

The staff and volunteers at Seniors at Home have bid farewell to a cherished member of our team, Margaret Bourk, as she began her retirement on March 30th. Marg was the Social Program and Volunteer Coordinator at Seniors at Home, where she facilitated our monthly, Dining with Friends and Friendship Days gatherings, as well as the annual Seniors BBQ and Seniors Christmas Party. Marg was also responsible for recruiting and interviewing countless volunteers while also volunteering her own time for our many fundraising events. If you were lucky enough to cross paths with Marg, during her time here at the agency, you would be well aware of the kindness, enthusiasm, and professionalism with which she represented our agency. We will all miss Marg's presence at the office and thank her for all she has done for the Seniors at Home Program. We wish her well in her retirement and future endeavours.



Pictured Above: Front centre is Jackie McLaughlin, presenting a cheque to (right) Becky Ranger, Development Coordinator and (Left) Dennis Harrington, Executive Director, surrounded by RBC volunteers.

on by to find some treasures and support our agency! Enjoy coffee and cookies while you browse. Donations of gently used items are greatly appreciated, and will be accepted on Friday, May 24th and early morning Saturday, May 25th – please contact Becky Ranger to set-up a drop off time, 613-623-7981. Please note, we are not able to accept any large furniture or appliance items.

The Grand Parade

Date: Saturday, June 1, 2019 9am-1pm

Location: Arnprior District High School, 59 Ottawa St, Arnprior, ON K7S 1X2

JOIN THE FUN, and walk in support of Arnprior-Braeside-McNab Seniors at Home Program! Our agency has been selected by The Blue Sea Foundation to take part in a national walk-a-thon in support of Seniors Support Services. Register in advance and collect pledges or pay the registration fee the day of and walk a 2.5 or 5 km loop, with us, through downtown Arnprior. See the front cover for more information, or contact Becky Ranger, 613-623-7981, beckyranger@cssagency.ca

Mark Your Calendars...

more to come!

Father's Day Car Show & BBQ –

Saturday, June 15, 2019

Annual Seniors BBQ –

Thursday, July 18, 2019

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).

- May 1, 2019 -entertainer Rick Leben, meal choice Ham Steak or Chicken Fingers
- June 1, 2019 – Entertainer and meal choice to be determined

Friendship Days

Date: Third Thursday of each month,

12-2pm 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 and door prizes. Cost is \$10/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.

- April 18, 2019 -entertainment by Allan Wright
- May 16, 2019 – entertainment by Lisa and Andre

Breakfast N' Learn

Date: Fourth Wednesday of each month

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).

- April 24, 2019 - speaker Karen DeLuca, Chief Librarian of the Arnprior Public Library
- May 22, 2019 - speaker to be determined

Thank You

Thank you to RBC Arnprior Branch for your continued support of our Agency's fundraising efforts. Arnprior Branch Community Manager, Jackie McLaughlin, and her team of volunteers lent a hand for our St. Patrick's Day Breakfast on Saturday, March 16th at the Christian Education Centre. They also brought with them, a cheque for \$1000 in support of our event!

Thank you to the many representatives from Arnprior Town council and the Township of McNab-Braeside, for lending a hand with our St. Patrick's Day Breakfast. We greatly appreciate your enthusiasm and continued support of our Agency's fundraising initiatives.

Thank you to the many volunteers who have assisted with programs, services, and fundraising events over the past few months. Without you, we could not achieve what we do!



Keepin' it fun and getting-r-done.



“THE GOLDEN GIRLS”

ON TOUR WITH NANCY

Hello! My name is Nancy Peck and I'm one of the Drivers for Seniors at Home. I have the privilege of picking up and dropping off clients wherever they need to go in Arnprior. One of my favourite spots to drop clients off is at 'The Grove's Adult Day Program (ADP)'. This is a wonderful program open to adults 65+ who live in the community and have physical and/or cognitive impairments such as Alzheimer's or dementia. The staff is dedicated, caring and highly qualified to meet each individual's needs. Clients can enjoy recreational activities, meet new friends and have a hot nutritional lunch all for only a minimal daily fee. Open from 9:30-3:30 Monday-Friday (you can go one day or more if you wish). For more information, call Tracey McCormick, Manager of the Adult Day Program, at (613) 623-6547 ext. 228

One story I'd like to share with you is about these three lovely ladies that I pick up. I introduced them in the car to each other one day and mentioned that they were all going to the same place to have some fun. They all said "hi" to one another and continued to look out the window. Within the first couple of days they started opening up with each other and saying greetings and asking how everyone's weekend was. Then, by week two and three, they got to know each other better and were laughing and telling each other stories. I call them, 'MY GOLDEN GIRLS'. Well, that just tickled their fancy! They started laughing and saying which Golden Girl they wanted to be. "I'm Dorothy" one blurted out and laughed. "I want to be Rose!" the other one smiled. Without hesitation, the other lady said, "Well I'm definitely Blanche and she batted her eyelashes and laughed!" The three of them were giddy with their new found title and told it to the ADP workers as soon as they got inside. But best of all, as these three ladies continue to go to the program, they have developed a very close friendship. I've heard that two of them call each other weekly to make sure all is well and to discuss their next day's adventures. It's such a beautiful thing to see, that new friendships happen all the way through our lives.

Arnprior is a wonderful place to live for seniors. Take advantage of all that we have to offer! Until our next tour....Keep the adventures going girls!

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

OFFICE CLOSED

The office will be closed on

Friday, April 19 – Good Friday
Monday, April 22 – Easter Monday
Monday, May 20 – Victoria Day

HAPPY EASTER



Leave a Lasting Legacy
More information Dennis Harrington
Executive Director, ABMSH
613-623-7981 dennisharrington@cssagency.ca

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

Join us for our support group, the second Wednesday of each month, 1:30-3:30pm, at the Arnprior Public Library, 21 Madawaska Street. For more information, contact Margaux Wolfe, Community Development Coordinator, 613-722-9238. Margaux.Wolfe@parkinson.ca Service offered in partnership with Arnprior-Braeside-McNab Seniors at Home Program Inc.

*Working Together for a
Better Community*

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior