



HOME & COMMUNITY
SUPPORT
United in our commitment to care

FALL 2019

FOLLOW US ON FACEBOOK

Keepin' it fun and getting-r-done.

Arnprior-Braeside-McNab Seniors At Home Program Inc.

It's Fall Y'all!

As the falling leaves begin to wave goodbye to hot summer days, one can't help but start to feel the urge to put on a cozy sweater and enjoy a brisk morning walk, followed by a steaming cup of coffee. Fall is a symbolic time of year, when nature teaches us the beauty of letting go and preparing for renewal. While the cold days are imminent, let's all enjoy these remaining "warmer" days and take time to absorb the beautiful colour and bounty that fall has to offer. As always, we are just a call away and happy to discuss how our programs and services can make your life easier!



Memorial Butterfly Release Continues to Take Flight

Our 2nd Annual Memorial Butterfly Release welcomed a large group to Robert Simpson Park, on Sunday, August 18, 2019. Our community gathered to cherish the memory of family and friends who have passed away and release live butterflies into the wild. Butterflies are available for purchase year-round, and we encourage you to keep this memorial gesture in mind, in lieu of sending flowers when someone passes away. Memorial cards are available to fill out when you purchase a butterfly and will be sent to the family of those remembered. Butterflies purchased through the Seniors at Home office throughout the year will be released at next year's Memorial Butterfly Release, on Sunday, August 16th, 2020 at Robert Simpson Park. Special thanks to the Pembroke Petawawa District Community Foundation for sponsoring this year's event and community partners, Pilon Family Funeral Home and Boyce Funeral Home for their involvement. For more information visit our website www.cssagency.ca or contact Becky Ranger, 613-623-7981 ext. 104, beckyranger@cssagency.ca



Donna Leroux's butterfly decided to stay perched on her finger long enough for this beautiful photo to be taken by Seniors at Home volunteer, Frank Dugal.



Seniors at Home volunteers, Bev Wilson (left) and Janet Michelson (right), were on hand to distribute butterflies.



It was a wonderful turnout to the event, with many memories being shared.

Andre Pilon, of Pilon Family Funeral Home, graciously prepared and read a beautiful memorial to begin our ceremony. The names of those remembered were read by Gina Pilon, of Pilon Family Funeral Home, and Lisa Smith, of Boyce Funeral Home. Vicki Brittle performed two songs, "Let it Be" and "Somewhere Over the Rainbow".



We currently have 167 ACTIVE VOLUNTEERS, of all ages, here at Seniors at Home! They help with programs and services, such as; Hot Meals on Wheels Delivery, Reception, Committee Work, Fundraising and Social Events, Friendly Visiting and Telephone Security, and Out-of-Town Medical Transportation. To join our amazing volunteer team, contact Nikki Rumbelow, 613-623-7981, nikkirumbelow@cssagency.ca.

What a Day for a BBQ!



Volunteers serving our BBQ guests.



Our BBQ crew, Bruce and Carrol Haywood with Granddaughter Teagan.

On Thursday July 18th, Arnprior-Braeside-McNab Seniors at Home Program Inc. held their 20th Annual Seniors BBQ at Robert Simpson Park. The sun was shining that day for the wonderful crowd as they enjoyed great company, food and entertainment by Gillan Rutz. Thank you to all the staff and the many volunteers who made this event possible. Also a big thanks to all the community sponsors: Arnprior Villa, Island View, Carp Commons, Giant Tiger, No Frills, Betty's Chips, Brian's Spuds, Missy's Fries, Wes' Chips, Joe Townley's Garden Fresh Produce, Madawaska Golf Club and the Town of Arnprior. Your help was greatly appreciated.



Friends always gather when there is good food being served!



Another great turn out for our Annual Seniors BBQ

POKER RUN CRUISES INTO TOWN!

It was a great day for a POKER RUN SHOW & SHINE, on Saturday, August 3rd! Working in partnership with Valley Rent Rite, Brian Gunn of Valley Cruisers, and the Township of McNab/Braeside was a pleasure and we can't wait to see this event continue to grow in the years to come. Over 40 vehicles of all shapes and sizes completed the Poker Run route throughout Arnprior, Pakenham, White Lake, Burnstown, and McNab/Braeside! Over \$2000 was raised in support of our programs and services, thanks to the effort of our community partners and volunteers.



Jorgen Jensen with his slightly modified 1965 GMC.



Left to right: Seniors at Home Volunteers, Brody Smith and Linda Chalmers, serving up some delicious BBQ to John and Cathy Rajsic (Poker Run participants), and Melissa Meek (Staff, Valley Rent Rite)



Winners of two great prizes were Bob Booth turning in a Full House with Jacks Over Nines, and Marc Lalonde with a Full House, Eights over Sixes! They are pictured holding their prizes accompanied by (left to right), Becky Ranger (Seniors at Home), Len & Jenn Stavenow (Valley Rent Rite), and Brian Gunn (Valley Cruisers).



CALLING ALL CRAFTERS!

We are seeking a few new vendors for our annual Christmas Craft Fair, on November 23, 2019 at the Nick Smith Centre and Masonic Hall on James Street, in Arnprior. The Christmas Craft Fair is a highly attended event with over 50 vendors participating. Tables are \$35 each. If you are interested in becoming a vendor at one of Arnprior's BIGGEST craft fairs, contact Becky Ranger 613-623-7981, beckyranger@cssagency.ca.



Happy Thanksgiving from all us Turkeys here at Seniors at Home! We are thankful for our many volunteers, community partners, and the clients we serve.

UPCOMING EVENTS

SENIORS INFORMATION AND ACTIVE LIVING FAIR

Saturday, September 21, 2019, 10am-4pm
Location: Nick Smith Centre, 77 James Street, Arnprior This FREE information fair, focuses on the many available services and programs for Seniors. Prizes, Giveaways, and Snacks! Need a ride to the fair? Give us a call at Seniors at Home to book your free in-town ride to and from the event, 613-623-7981.



CHILIFEST

Thursday, September 26, 2019, 12:00pm
Location: Island View Retirement Suites, 30 Jack Crescent, Arnprior

If you like Chili then this one's for you! Island View is hosting their annual CHILIFEST in support of Seniors at Home. Cost is \$10 per person and includes chili, garlic bread, and salad. For more information please call Alexandra St. James at 613-622-0002.

FALL HARVEST SOCIAL - COFFEE, DESSERT, AND BOOK SALE!

Saturday, October 19, 2019, 9:30am-1:30pm

White Lake Women's Institute, 7 John Box St. just off of Burnstown Rd, White Lake

Join us at the White Lake Women's Institute, for a cup of coffee or tea and some delicious homemade desserts (there will be juice for the kids). Browse through a selection of books and check out the Bargain Basement to find some hidden treasures! Entre to win a lovely fall basket of goodies! Contact Becky Ranger 613-623-7981 or Monique Keenleyside 613-623-2776 for more details.



ARNPRIOR'S CHRISTMAS CRAFT FAIR

Saturday, November 23, 2019, 10am-4pm **Location: Nick Smith Centre, 77 James St, Arnprior AND Masonic Lodge, 31 James St, Arnprior**

Presented by Seniors at Home, Arnprior's Christmas Craft Fair is one of the biggest craft fairs in the Ottawa Valley. With over 50 vendors showcasing a variety of crafts, food, and goods, there is something for everyone! FREE admission PLUS everyone who attends gets a free entry to win a variety of door prizes donated by our vendors. Our MEGA 50/50 (draw on Dec 13, 2019) will be on sale as well as our ANGEL TREE campaign on site to receive donations. Don't forget to visit even MORE amazing vendors at the Masonic Hall, where Santa will be available to hear wish lists and pose for a photo! Sandee's Country Kitchen will be running the canteen again this year, so grab breakfast or lunch while you shop! Contact Becky Ranger for more details, 613-623-7981



**Mark Your Calendars...
more to come!**

**Annual Seniors Christmas Party
Friday, December 13, 2019 at St.
John Chrysostom Parish Hall**

THANK YOU to Island View Retirement Suites for hosting their annual Corn Roast, on August 28th. Those who attended the event were treated to delicious corn on the cob, with donations benefitting Seniors at Home.

THANK YOU to Antiques Treasures and Treats for their promotional fundraiser on Sept 7 & 8. Shoppers were treated to 20% off their purchase when they made a donation to Seniors at Home.

Notes



Friendship Days

Date: Third Thursday of each month, 12:00-2:00pm
Location: Glad Tidings Pentecostal Church, 116 Baskin Drive West, Arnprior

Enjoy lunch with Friends, catered by Antrim Truck Stop and the Arnprior Villa. Cost is \$10/person, for Seniors, 55 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.

- Thursday, October 17, 2019 – Entertainment by Don Lascalle
- Thursday, November 21, 2019 – Entertainment by Karl and Linda Dreigishan

Breakfast N' Learn

Date: Fourth Wednesday of each month, 8:30am
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. 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).

- Wednesday, Sept 25, 2019 – Dr. McLachlan from MD House Calls
- Wednesday, October 23rd, 2019 – Tina Hunt from the OPP: How to Beware of Scams
- Wednesday, November 27th, 2019 – Shirley Dolan from Fung Loy Kok Taoist Tai Chi

Dining With Friends

Date: First Wednesday of each month, 5:00-7:00pm
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 55 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. Meal to be selected at time of payment. Payment can be made at our office or by phone (Visa and Mastercard accepted).

- Wednesday, October 2, 2019 – Entertainment by Aerik Watson
- Wednesday, November 6, 2019 – Entertainment TBD

PARKINSON SUPPORT GROUP

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

Community Development Coordinator,

Shannon.Harrison@parkinson.ca 1-800-565-3000 ext. 3420

Service offered in partnership with Arnprior-Braeside-McNab Seniors at Home Program Inc.

Keepin' it fun and getting-r-done.



Nancy Peck (left) with Sandi Jones (right)

ON TOUR WITH NANCY

It gives me great joy to introduce you to this pixy little blonde who brightens up everyone's day! Sandi Jones was born on Jan 30, 1947 (72 years old, but you'd never know it). She bops around like a 20 year old with the same kind of spunk and spirit.

Sandi started volunteering for us about two years ago. If she can be of help, she will. You can frequently find her at Seniors at Home or the Seniors Active Living Centre (SALC). If she can bring flowers to brighten your day, well come morning you will find

a fresh bouquet on your counter or desk. Her heart is as big as they come! And so are her tricks. Don't try and pull one past her because she will double dare you on the other side. She is such a hoot! When I asked her if I could do her story she laughed with that tricky smile and said "Sure, but you might have to leave out some parts!" On that note, I grabbed her, plunked her down beside me and said, "Start talking! I'll type!"

She began, "Well, I grew up on Perth Street in the west end of Ottawa, in my grandparents house" then she drew a big breath, "With Aunt Cath, Uncle Lloyd, Aunt Jean, Uncle Bill, Aunt Sylvia, my Grandparents Fred (who was Scottish) and Elsie Fraser (war bride from England), plus Mom, Claire Fraser, and Dad, James (Mickey) Pigeon, me (Sandi) and sister (Allison). Eleven relatives in the house and the girls were all Frasers! She lived there until she was 15 years old then moved to Aylmer and lived there for 7 years, because houses and land were cheaper over there and they wanted horses!

Who knew Sandi loved horses? I sure didn't! Sandi smiled and went on, "We loved our horses! We went on the Horse Circuit! I did 'Equitation' which was – walk, trot and canter) and my sister Allison was a Hunter Jumper. I started riding when I was 15 until 21." The next chapter of her life took her down East to Nova Scotia with her new husband, RCMP Cpl. Howard Jones. They were transferred around quite a lot. But it was in Sydney, NS where they had their beautiful baby girls, Jennifer and Susan. Life was great and the years passed. But divorce found them 26 years into the marriage.

Work was never dull. Sandi was an Aquatics Director and that's where she met her second husband, RCMP Cst. Rob Dickson. They moved to Braeside, ON where they lived for seven years then moved to Castlegar, BC. Sandi felt the reigns pulling her back home though, so after 12 years Sandi moved back to Arnprior where she now lives "Happily Ever After".

Her working life was full. For the last part of it though she worked for the Department of National Defence (DND) for 10 years – booking their travel. She left DND four years ago. She also worked for Petro Canada in the call center – 3 years then had a stroke.

Her beautiful daughters: Jennifer (50) dispatch for a trucking company in Vancouver and the youngest, Susan (48) is a Firefighter in the City of Ottawa and she has one daughter Taylor (22). Sandi's younger sister Allison, passed at the age of 55.

My favourite memories are of my girls, my granddaughter and being at the cottage with my Fraser grandparents at Martin's Lake near Wakefield Quebec.

Thank you Sandi for sharing your life's story with us! Keep on with your loving ways and vibrant spirit! We all love you!

Until our next tour..... keep on laughing!

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

OFFICE CLOSED

**Monday, October 14th, 2019 –
Thanksgiving**

**Monday, November 11th, 2019 –
Remembrance Day,
office opens at 1pm**



Meaningful ways of
Leaving Your Legacy
while supporting

**Arnprior-Braeside-McNab
Seniors at Home
Program Inc.**

Leave a Lasting Legacy

More information Dennis Harrington

Executive Director, ABMSH

613-623-7981 dennis.harrington@cssagency.ca

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior

*Working Together for a
Better Community*