



HOME & COMMUNITY
SUPPORT
United in our commitment to care

FALL / WINTER 2021

FOLLOW US ON FACEBOOK

Arnprior-Braeside-McNab Seniors At Home Program Inc.

“NEIGHBOURS HELPING NEIGHBOURS”

October was Community Support Services Month, and we want to take the opportunity to thank the members of our community who have made it possible to continue providing our quality home support services throughout the past year. We have been overwhelmed by the financial and volunteer support that has come in throughout the pandemic and are so encouraged as we continue to provide these essential services and care for our valued clients. We have always been in this together!



BLUE ENVELOPE OF HOPE CAMPAIGN RAISES OVER \$34,000



Arnprior-Braeside-McNab Seniors At Home Program launched the Blue Envelope Campaign in May of 2020 as an urgent appeal to the community for financial support during the Covid-19 health crisis when all of our fundraising events were cancelled and most of our fee-based programs plummeted. Thanks to the wonderful community support, we were able to continue our mission despite these challenges and offered enhanced support services during the pandemic such as virtual programming, regular

wellness checks for seniors, and expanded our grocery delivery program to get our seniors through the first lockdown.

Fast-forward to June 2021 and as the majority of our fundraising opportunities were still on hold, you received our Blue Envelopes of Hope in your mailbox as this year’s appeal for financial support to continue our services. We are grateful that YOU responded to our call for financial support and have kept our programs and services going.

It is never too late to donate to the Blue Envelope of Hope Campaign, and your financial support is always crucial to our operations. Thank you for making a difference! Donations can be made in-person at 106 McGonigal St W, by phone 613-623-7981, or by etransfer to donate@cssagency.ca (specify in the message section Blue Envelope donation and your contact information for charitable tax receipts).

Angel Tree



Using funds raised from our ANGEL TREE campaign from the 2020 season, we have provided over \$2,600 in financial assistance to 24 individuals over this past year. These funds have provided essential help for clients who would not otherwise have been able to obtain these services or items. Through the support of donations from our community, our clients have received eye care, hearing aids, mobility aids, sleep apnea devices, house cleaning assistance, transportation to medical appointments including daily radiation and chemotherapy, and more. Every dollar that is donated to the Angel Tree program goes directly back into the community- no administrative or maintenance fees. We are so grateful to our community partners who put our “Angel Trees” in their places of business to collect donations every year, and we look forward to seeing those out in our community again this coming Christmas season.

**OFFICE
CLOSED**

Thursday, November 11, 2021 – Closed until 1:00pm for Remembrance Day

Friday, December 24, 2021 – Closed at 12:00pm

Monday, December 27, 2021 – Closed for Christmas Day

Tuesday, December 28, 2021 – Closed for Boxing Day

Friday, December 31, 2021 – Closed at 12:00pm

Monday, January 3, 2022 – Closed for New Year's Day

Valley Cruisers Go the Extra Mile



Brian and Heather Gunn, representing Valley Cruisers, present a cheque to Dennis Harrington, ABMSAH Executive Director with the earnings from their summer Cruise Night 50/50 raffles.

Our heartfelt thanks goes out to Brian Gunn, president of the Valley Cruisers car club based out of Arnprior, as well as to his wife Heather and to each of the Valley Cruisers that have taken part in the club's Cruise Nights and the Poker Run Show & Shine this past summer. The Valley Cruisers raised almost \$4,000 for the agency from selling raffle tickets every Monday evening at Antrim Truck Stop where they hosted their weekly "Cruise Night". These classic car rallies were a great time for all, car owners and spectators alike, and finished off the season with a Grand Finale on September 26th where there were over 250 cars on display at Antrim Truck Stop.

POKER RUN SHOW AND SHINE

Despite the rain, a great time was had by all who attended the Poker Run Show & Shine held at Valley Rent Rite on August 28th. A STIHL chainsaw, provided by Valley Rent Rite, was awarded to Anne Woodland for having the best poker hand, with prizes awarded to the runner up and voted car favourites. A huge thank you to Valley Rent Rite, to Brian Gunn and the Valley Cruisers, to the Township of McNab/Braeside and Scoops Ice Cream, Vintage Bootleg for the live music entertainment, and of course to our volunteers who came out and made it all possible. In spite of the poor weather, the classic car owner participants were not shy with their generosity, and over \$700 was raised in support of Seniors At Home programs!



Agency volunteer, Beau Jamischak gives a wave as he grills burgers at the Poker Run.



Part of the classic car line up at the Poker Run Show & Shine held at Valley Rent Rite on August 28, 2021.



Showcasing the on-site shredding truck are, from left to right, Dan Dubois (staff), Dennis Harrington (Executive Director), Jocelyn Dunn (staff), and volunteer Paul Dunn. Photo credit: Chris Couper of What's Up Arnprior.

Though covered by masks, staff and volunteers' smiles still shone through on Saturday, June 26th as they were able to hold the first official fundraising event for Seniors At Home since the pandemic had begun. Shred Day saw \$1,700 raised for the agency that morning, in spite of the rain and the triple-postponement due to lockdown measures. Datashred Security was on-site to provide instant shredding as people dropped off their boxes at \$10 per box. A big thank you to all the volunteers who came out- what a great feeling to be back at an event together. Looking forward to Shred Day 2022!



Lynn Russett of Island View presents a cheque to Dennis Harrington, SAH Executive Director

Thank you to Island View Retirement Suites, all participating restaurants, and our celebrity judges for putting together last year's CHILI FEST, on November 19, 2020. It was an absolute success in every way, raising \$2,845 for the Seniors At Home Program, and filling everyone's bellies with the best chili in the County, and we can't wait to do it again this year! A big Congratulations went to Krave Bistro, the "Chili Champion" of 2020.

Thank you to our many volunteers for continuing to provide essential services throughout the pandemic. Thank you for donating your time and talents for: medical and covid-19 vaccine transportation, wellness and friendly visiting calls, telephone security, foot clinic reception, income tax preparation, grocery deliveries, hot meals on wheels deliveries, fundraising, as well as events and administrative support. You are the reason Arnprior-Braeside-McNab Seniors At Home Program can provide such quality service to our community!

IT'S BACK!!

Chili Fest 2021

Tuesday, November 30th

Grab a Chili and a Bun on the Run for \$10.00 at one of our participating restaurants.

Who will win the prize for best chili in town??

Thank you to Island View Retirement Residence for hosting this tasty fall fundraiser again- may the best chef win!

For a list of participating restaurants, and for more information, visit www.cssagency.ca or call Lynn at 613-622-0002

Island View Retirement Residence



NEW Social Program:

The Lunch Bunch

First Wednesday of every month

1:00pm - 3:00pm

@ Jim's Restaurant

Tickets: \$11.00 - advance purchase required from Seniors At Home office

For all Seniors 55+, disabled, and individuals with special needs (proof of vaccination required)



**Sunday, August 21, 2022,
11:00am-12:00pm,
Robert Simpson Park**



NEW STAFFING ROLE IN 2021

Jocelyn Dunn, Development Coordinator

Jocelyn stepped into the role of Development Coordinator this past August, after working in the out-of-town Transportation department of Seniors At Home since February 2020. Jocelyn has a background in administration within the health field, most recently having coordinated home support services for Bayshore Home Healthcare in Ottawa. Jocelyn and her husband moved from Ottawa to White Lake, and then to Arnprior in 2016. After taking several years off to raise her young family, Jocelyn was excited to get back into a position where she can help people in her community, by coordinating fundraising campaigns and community outreach for the Seniors At Home Program, "Arnprior has been such an amazing community for us, where we have felt the most supported and connected than we've ever been. We have enjoyed so many of the great programs and events here that have made it fun for young families, and I'm excited to get the chance to give back to our community while helping Seniors At Home".

Jocelyn has thoroughly enjoyed her time at Seniors At Home over the past year-and-a-half, especially working alongside the other staff and volunteers, who, in Jocelyn's opinion are the most fun and big-hearted group of people she has had the pleasure of working with!



Newest venture to assist low income families in Arnprior and area!

The **Cross Walk Clothing Cupboard's** official opening is scheduled for Saturday November 6th at River Stone Christian Fellowship Church, 59 Madawaska Blvd.

The organization will be receiving referrals from local agencies and distributing "New" clothing free of charge. The church is being blessed with new clothing from a local merchant and in turn wants to bless the community. If you would like more information regarding this initiative you can send your queries to the following email address: crosswalkclothing1@gmail.com.

THE LOAN CUPBOARD



Arnprior-Braeside-McNab Seniors at Home Program has been operating its newest program, The Medical Assistive Device Loan Program, for a little over a year, and we are pleased to have been able to help over 240 clients since the program started.

How it works – We keep a supply of used medical assistive equipment in an offsite storage facility such as:

- canes • crutches • air casts/support boots • walkers • wheelchairs
- commodes • bath seats • raised toilet seats and other assistive devices

Items can be borrowed for short- or long-term use and are free of charge. We will gratefully accept donated equipment (by appointment only). Any returned or donated equipment must be clean and in good condition. To maintain this program, monetary donations are gratefully accepted and assist with the maintenance and purchasing of equipment as needed.

To borrow or donate equipment, please call Nikki Rumbelow 613-623-7981 x 105 or email nikkirumbelow@cssagency.ca to set up an appointment. Hours of Operation Monday 2-4pm and Thursday 9-11am.

Arnprior's Annual Christmas Craft Fair

Saturday, November 27
10 - 4

@ The Nick Smith Centre

FREE ADMISSION

25+ local vendors - something to capture everyone's interest

Receive entry to win a door prize, just for attending!

****Proof of vaccination required**

SAVE THE DATE

Thursday, December 16th

Annual Seniors Christmas Dinner
"Grab & Go" style!

Keep an eye on our website for more details
www.cssagency.ca



Leaving a Legacy is a HUMAN Need

We want to leave behind something that will immortalize us and ensure we mattered

If we don't leave a positive legacy, what kind of society are we building?

What kind of world are we leaving behind?

What are we passing on to our children and grandchildren?

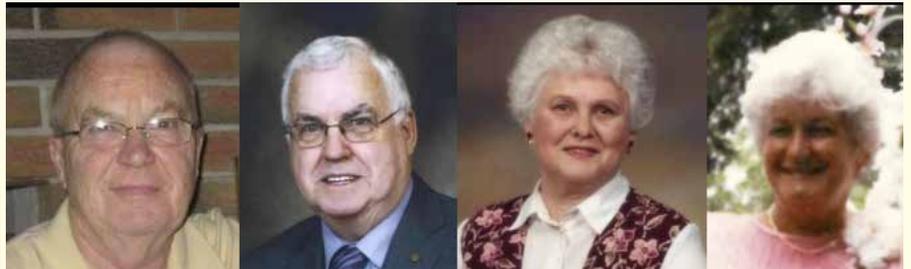


Leave a Lasting Legacy

More information Dennis Harrington

Executive Director, ABMSH

613-623-7981 dennisharrington@cssagency.ca



LEFT TO RIGHT: Archie Jordan (1944-2021), Don Cornforth (1944-2021), Irene Smith (1937-2021), Joan Wallace (1933-2021)

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior