



HOME & COMMUNITY
SUPPORT
United in our commitment to care

SUMMER 2022

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Arnprior-Braeside-McNab Seniors At Home Program Inc.

Welcome Summer

Summer is here and the smiles are plentiful as we welcome getting together with friends and neighbors after a long, frigid winter and Covid 19. We at Seniors at Home are busy making plans for a fun-filled year ahead as life returns to a new normal.



BLUE ENVELOPE OF HOPE CAMPAIGN IN PROGRESS

Our Annual Blue Envelope Campaign launched in June and to date, we have raised \$18,852.00. While we are grateful to those who responded so far, we are only halfway to our goal!

It is never too late to donate to the Blue Envelope of Hope Campaign, and your financial support is crucial to our operations in the delivery of programs such as the Loan Cupboard, Transportation, Hot Meals on Wheels to the most vulnerable seniors in need. Donations can be made in-person at 106 McGonigal St W, by phone 613-623-7981, or by e-transfer to donate@cssagency.ca (specify in the message section Blue Envelope donation and your contact information for charitable tax receipts).

ANOTHER SUCCESSFUL SHRED EVENT!

Staff and volunteers were all smiles as another successful Shred Day took place on May 28th. Datashred Security were on-site to provide instant shredding as people dropped off their boxes at \$10 per box. A big thank you to all the volunteers and our local businesses who dropped off a truckload of boxes in support of this great cause!



SHRED DAY 2022

Left to right, Jocelyn Dunn (staff), Nikki Rumbelow (staff), Heather Campbell (volunteer)

Father's Day Car Show & BBQ



It was a windy but wonderful day at the Annual Father's Day Car Show & BBQ! Thanks to Valley Cruisers, the amazing volunteers, entertainers, and local businesses with hearts who donated great items for the Silent Auction. Our event raised over \$3000 in support of Arnprior Braeside McNab Seniors at Home Programs!



A special shout out to Mark's No Frills and Giant Tiger for their generous donations towards our BBQ!





Special thanks to:

Giant Tiger
Boyce Funeral Home
Island View
Carp Commons
The Madawaska Golf Club
Pilon Family Funeral Home
Betty's Fries
Brian's Spuds
Jim's Restaurant
Joe Townley
Arnprior District High School
King of Munchies
Mama Rosa's
Missy's Fries
Wes' Chps
Marshall's




Seniors BBQ at Robert Simpson Park

www.cssagency.ca

Annual Seniors BBQ in the Park

After a 2 year break, Arnprior-Braeside-McNab Seniors at Home were thrilled to host their Seniors BBQ at Robert Simpson Park once again. It was a fun day, with food, friends, games and music. A huge thank you to all the sponsors, Gillan Rutz for the entertainment and all the volunteers that helped out this year. We look forward to doing it all over again next year!

CHECK US OUT ONLINE!



POKER RUN SHOW, SHINE & BBQ

DON'T FORGET MONDAY SHOW AND SHINE NIGHTS AT ANTRIM TRUCK STOP



POKER RUN

The Poker Run Show, Shine & BBQ was held on Saturday, July 30. It was a great time for spectators and car enthusiasts that enjoyed the amazing classic & sports cars, trivia and the BBQ. A STIHL chainsaw, provided by Valley Rent Rite was awarded to Andy Pirie of Pakenham 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, Scoops Ice Cream, Carolyn Keys and fellow musicians for the live music entertainment, and of course to our volunteers who came out and made it all possible. Over \$2000 was raised in support of Seniors At Home programs!

NEW STAFFING ROLE IN 2022

Suzanne Giroux, Development Coordinator



Raised in Aylmer, Quebec and a long-time volunteer over the years, Suzanne spent most of her youth swimming in the Pontiac and learning to navigate the wilderness with her dad, sister and cousins. In 1999, after a family illness, Suzanne packed her family up and moved to Braeside to help her parents manage their organic farm while employed as a Marketing Program Manager with Bell Canada. Fast forward 15 years, after running a restaurant in White Lake and a return to the Telecom sector, Suzanne made another life changing decision and returned to college to become a certified Community Service Worker. This eventually led her to a recreation job in a local retirement home.

A true believer, that things happen for a reason, she decided to join Seniors at Home as a volunteer in 2018 with hopes that one day, she could make a positive difference in the community. Today, she is thrilled to be working with such a compassionate, caring group of volunteers and staff that share the same values.



Carolyn Stevens, Transportation Coordinator

Carolyn moved to Arnprior in 2017 from Constance Bay. After working retail for 15 years, she joined Seniors at Home in July after being off due to an injury. She's very excited about her new role as the Transportation Coordinator and looks forward to giving back to the community and getting to know the clients, volunteers and the entire staff at Seniors At Home.



Yiman Teso, Transportation Driver

Described as curiosity driven, Yiman, also known as Teso, was raised in Ethiopia where he studied in the capital of Addis Ababa and spent weekends helping his father tend to their family farm.

In 2001, having to make a difficult decision, Teso was forced to escape to Kenya due to politics where he lived for several years without communication with his family. In 2004, he moved to Ottawa where he worked various jobs, including as a taxi driver with Westway Taxi. In 2006, he was reunited with his wife Embet and 3 children. Two years later, he had his fourth child, Josi.

In 2020, he opened Josi Bakery and Pizza in Arnprior serving up Ethiopian fare. Unfortunately, due to the pandemic and a family illness they made the tough decision to close in 2022. Fortunately for Seniors at Home, we were thrilled to add him to our team. Welcome Teso!



Paul Lapierre, Transportation Driver

Born and raised in Arnprior, Paul moved to West Carleton where he worked in the manufacturing sector and raised a family. In his spare time, he volunteered as a fire fighter and today he spends most of his leisure time listening to rock music and touring the Eastern Ontario Seaway. Paul joined Seniors At Home in May and is really enjoying helping people out!



MEET OUR TRANSPORTATION TEAM!

Left image (Dan Dubois, Teso Falmina, Bill Materman, Ken Carroll, Paul Lapierre, David Anthony, Chubby Meleskie, Carol Choffe, Nancy Peck, Mike Walsh and Maurice Burnette.

We're open for business from 8:45 a.m. to 4:15 p.m. weekdays! As a reminder, all drivers have passed a vulnerable safety check for our client's peace of mind and comfort. In-town senior services offer door-to-door services, assistance with groceries and walkers. Drive 9 times and your 10th trip is FREE.

Our Out-of-Town Medical and Para Transit services are for all ages, offer one-to-one personal assistance 7 days a week. To learn more, see us at cssagency.ca or call us at 613-623-7981.

A DAY IN THE LIFE OF A LOCAL SENIOR



Ken Bridges (top), with the friendly Jim McGonigal (bottom) joking about Jim's gardening skills.

Meet Ken Bridges who was born in 1926 in Almonte, Ontario. From the age of 11, he and his brother spent most of their life working on their family farm. In 1945, he met his wife Doreen and eventually bought a 100-acre farm in Carp. In 1951, they built a house on the property and later welcomed three children into their lives, two sons and one daughter. Ken is still working today, as he wakes up at 5:00am to start his watering routine at the entrance of the Arnprior Villa where he tends to multiple flowerpots and raised garden beds. He then continues into the courtyard where he has a beautiful vegetable garden that has been expanding year over year. Ken is very pleased with how he has been able to turn the courtyard around for other residents to enjoy and knows the exercise is good for himself too. He continues to check the gardens throughout the day and even spends a few hours in the evening making sure everything is perfect. This hobby quickly earned Ken the nickname the "Resident Gardener" after moving to Arnprior Villa in 2019.

The garden isn't the only thing Ken spends his days on. When he isn't gardening, Ken can be found gathering groups of residents and playing Euchre every afternoon. He is well known in many Euchre circles around town and plans on rejoining some as the community slowly re-opens.

When Ken was asked when he retired, he laughed and responded that he "hasn't really retired yet". I'm sure the residents including Jim at the Villa, are glad he hasn't.



THE MEMORIAL BUTTERFLY RELEASE IS MAKING A COMEBACK!

You are invited to join the Annual Memorial Butterfly Release at Robert Simpson Park on August 21st, 2022, in a ceremony of remembrance as you release a live butterfly into the wild as a tribute to a loved one. The day will begin at 11am, when you will receive your pre-purchased butterfly enclosed in a special container, followed by a greeting, a special presentation and ceremonial reading of the names of those remembered. Afterwards, you will be invited to release your butterfly into the wild and a moment to remember and honour your loved one. Butterflies can be purchased year-round, however in order to release in this year's ceremony, you must **purchase your butterfly by August 12th.**

1 butterfly for \$25
2 for \$45 – 3 for \$70
4 for \$85 – 5 for \$100



We at Seniors At Home gratefully thank those who have donated in memory of their loved ones.



Marion Evelyn Mann
(1926-2021)



Helen Neumann
(1930-2022)



Brenda Vaughan
(1942-2022)



Ken Davies
(1934-2022)



Gwenn Bambury
(1938-2022)



Kenneth Schooley
(1933-2022)



Frances Needham
(1924-2022)



Erika Grassman
(1934-2022)



Angela Martin
(1961-2022)

**How will you be
REMEMBERED?**

Leave a Lasting Legacy

More Information Suzanne Giroux
Development Coordinator

613.623.7981 suzannegiroux@cssagency.ca

613-623-7981

www.cssagency.ca

106 McGonigal St. W., Arnprior



ARNPRIOR-BRAESIDE-MCNAB SENIORS AT HOME PROGRAM INC.

Annual Memorial Butterfly Release

SUNDAY, AUGUST 21, 2022
ROBERT SIMPSON PARK, ARNPRIOR

*Purchase a live butterfly in memory of a loved one
 by August 12th to be released at this year's
 ceremony*

In office: 106 McGonigal St W, Unit A1, Arnprior
 by phone: 613-623-7981
 or online: www.cssagency.ca

BUTTERFLY PRICES:

1 FOR \$25 - 2 FOR \$45
 3 FOR \$70 - 4 FOR \$85
 5 FOR \$100



Thank You!

A BIG Thank you to Brian Gunn of Valley Cruisers for his outstanding support in helping Seniors At Home achieve our fundraising Goals!

In addition, we owe thanks to Bill Craig for all his hard work and effort put into the Annual Spring Fishing Event. Thanks to Bill, over \$260 was raised towards Arnprior Braeside McNab Seniors at Home!

Last but not least, we are truly blessed to have so many amazing and dedicated Volunteers and thank them for donating their time and talents. They are the heartbeat of our agency and the reason Arnprior-Braeside-McNab Seniors At Home are making a positive difference in our community. Keep up the great work!



The Lunch Bunch

(with musical entertainment)

Every 1st Wednesday of the month

**Where: Jim's Restaurant
 in Arnprior**

Time: 1:00pm - 3:00pm

*Tickets \$11.00 - advanced purchase required from
 Seniors at Home office*



*For all seniors 55+, disabled, and individuals with
 special needs*



SAVE THE DATE!

Christmas Craft Fair

26 NOVEMBER 2022
10 AM - 4 PM
**@THE NICK SMITH
 CENTRE**

*Presented by
 the Arnprior-Braeside-McNab Seniors At Home Program*

**OFFICE
 CLOSED**

Monday, September 5th, 2022
 (Labour Day)
 Monday, October 10th, 2022
 (Thanksgiving Day)
 Friday, November 11th, 2022
 (Remembrance Day - closed until 1)