



HOME & COMMUNITY
SUPPORT
United in our commitment to care

SUMMER 2023

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Arnprior-Braeside-McNab Seniors At Home Program Inc.

*Hello
Summertime!*

The Summer weather is finally here! Memories of a cold winter day are slowly slipping away, replaced by warmer thoughts of a stroll in the park or looking forward to a summer BBQ! We at Seniors at Home have been busy making plans for another fun-filled summer season with plenty of outdoor activities to keep us connected!

Blue Envelope of Hope Campaign 2023 has Launched!



Our Annual Blue Envelope Campaign is underway, and our goal is \$55,000.00 as the needs of our community are growing!

Your financial support is crucial to our operations in the delivery of programs such as our Transportation Services, Grocery Shopping Program, Hot Meals on Wheels, The Free Income Tax Clinic, and The Loan Cupboard for free medical assistive devices such as walkers, canes, bath chairs and more!

Donations can easily be made in person at 106 McGonigal St W, by phone 613-623-7981, by e-transfer to donate@cssagency.ca, or via our secure online tool which can be found at www.cssagency.ca



Below are just a few testimonials of how donations allow us to make a difference in our Community:

I recently started using the Meals on Wheels and find them very tasty and surprised by the variety of foods. I have also used the In Town Transportation and the drivers are courteous and helpful. I feel that as a senior, we are very lucky to have the care offered through Seniors At Home as we are very well looked after."

Edith B., Client

"Just a quick note to say thanks for all that you do in the community! As a social worker serving a lot of older folks, many of which are on financial assistance, it is so SO wonderful to have an agency like yours to rely on – particularly during tax season. I cannot say enough about the kind and empathetic volunteer staff. Thanks for all that you do!"

Amy Kelly, Community Social Worker

Saturday, May 13th was a stellar day for SHREDDING!



Over 250 boxes of paper were destroyed by the professionals at DATASHRED Security and a relief to so many seniors! Together, we raised over \$2500. We wish to send a HUGE SHOUT OUT to our wonderful volunteers and businesses who participated in this event including Barry Dean from Arnprior M & R Feeds who graciously donated a bale of twine which came in handy with the recycling of the cardboard boxes!

Without their help, we could not fulfill our mission to helping those who need it the most!

IMAGES: TOP LEFT TO RIGHT

TOP Left - SAH Volunteer Laura Mair

TOP Middle – (left to right) – SAH Volunteer Heather Campbell, DATASHRED employee, Mr. Morin, SAH Development Coordinator Suzanne Giroux

TOP RIGHT– Happy Customers

Bottom Left – Friendly Customer, Lynn Russett from Aspira Island View

Bottom Middle – Volunteers Left to right, SAH Volunteers Don Palmer and Owen Quinn and client Ron Smyth of Arnprior's Home Hardware

Bottom Right – SAH Volunteer Joan Kelly & Arnprior Councillor Billy Denault

MONDAY NIGHT CRUISE NIGHTS ARE HERE AGAIN!



Monday, May 22nd was the first of many Cruise Nights hosted by Valley Cruisers at the Antrim Truck Stop. A fun-filled FREE event for all ages, with plenty of opportunities to check under the hood at some amazing classic and cool cars! This event runs every Monday (dependent on weather), until Labour Day between 4:00p.m. – 8:00p.m. Proceeds from this event go to ABM Seniors at Home. We hope to see you there! Who knows, maybe you'll win some cash at the 50/50!

Bottom Image: (left to right) - SAH Volunteers, Gwynivere Rorke and Janet Michelson

A VOLUNTEER'S STORY BY JANET MICHELSON

I was born, raised and live in Arnprior. Married with 2 grandsons, Dean and Stanley. I retired from my job with the Federal Government 9 years ago and took a year off to relax. After a year, I decided to volunteer at Senior Home Support. I started doing Meals on Wheels and fundraisers. I met many lovely people delivering meals until Covid hit then had to stop as my father was diagnosed with cancer and I needed to take him for treatments. I now do a lot of volunteering selling 50/50 tickets at the Valley Cruise Nights Car Shows. I have met with many great volunteers and staff at Home Support. Volunteering at Seniors At Home gives me so much joy as I love to help out where I can!

Janet – Volunteering at the Easter Bake Fair & Cake Decorating Contest on April 1st, 2023



Available at The Village Market in Burnstown!



Proceeds going to support programs and services for seniors and individuals with disabilities in our community!



HOME & COMMUNITY SUPPORT
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Arnprior-Braeside-McNab
Seniors At Home Program Inc.

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giving made simple



Annual Father's Day Charity Car Show!

brought to you by the Township of McNab/Braeside and our sponsors

Sponsors: Valley Cruisers, Country Town Auto Centre, Valley Home Services, Red Pine Bay, Pilon Family, Gilks Sports & Fitness, Home & Community Support, Derand, URBAN, Anderson, KROWN, CARWASH, PRIOR TIRE, W, ANPRIOR OTTAWA AUTO PARTS LTD.

Saturday, June 17, 2023
Gates Open at- 8:00am to 2:00pm
Red Pine Bay - 642 Usborne St. Braeside, Ontario
Rain Date - Sunday, June 18th

LIVE MUSIC FEATURING...

Alan Wright, James Murray, Aerik Watson, Kevin Harrison, Al Perisen, Steven Williams, Nic Smithson

SPECTATOR ENTRY IS FREE!

Cars/Trucks/Motorcycles - Min. donation per entry \$10
50/50, Door Prizes, Silent Auction
Many Trophy Classes

BBQ

For more information contact Brian at 613-355-5878 or grandpagunn@gmail.com



Annual Memorial Butterfly Release 2023

Sunday, August 20th



This beautiful event will be hosted at Robert Simpson Park along the Ottawa River. A non-denominational remembrance ceremony will feature live music and an inspirational message before releasing your live butterfly into the wild as a tribute to your loved one.

Butterflies can be purchased year-round, however in order to release in this year's ceremony and secure a seat, we recommend you purchase by August 1st.

For more information, call 613-623-7981, or visit us online at www.cssagency.ca



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



Thank You

A BIG Thank you to the Arnprior Lionette's who chose ABM Seniors At Home as the recipient of their Share the Wealth Campaign. A cheque in the amount of \$1050.00 was received on May 18th.



Leave a Lasting Legacy

More Information Suzanne Giroux
Development Coordinator
613.623.7981 suzannegiroux@cssagency.ca

How will you be REMEMBERED?



CAROL LEE KANE
(1937 – 2023)



BASIL CHABOT
(1944 – 2023)

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



JEAN MCCARRON
(1930 - 2023)



Maria Gam, Transportation Driver

Maria was born in Arnprior, grew up in West Carleton and in 2002, moved to Arnprior. She worked for 28 years in accounting, looking out the window wishing she was outside. After her husband suffered a stroke, they became clients of Seniors At Home. Thankful for the service, she knew she wanted to give back. After losing her husband in January, she decided to join Seniors At Home as a part time In-Town driver and loves it! She loves the clients, the service and the job outside. She's happily helping others and we're so thankful to have such a cheerful asset to our team. Welcome Maria!



UPCOMING EVENTS

May
to
Sept

Weekly Valley Cruisers Car Show

Time: 4:00pm-8:00pm (every Monday)

Location: Antrim Truck Stop



June

17

Father's Day Weekend Classic Car Show & BBQ

Time: 9:00am-2:00pm

Location: Red Pine Bay, Braeside



July

5

Lunch Bunch

Time: 12:00-2:00pm

Location: The Legion Hall - Entertainment by Spencer Scharf



July

20

Annual Seniors BBQ in the Park

Time: 12:00-2:00pm

Location: Robert Simpson Park



August

5

Poker Run Show & Shine + BBQ

Time: 9:00am-12:00pm

Location: 45 Herrick Drive, Arnprior



August

20

The Annual Memorial Butterfly Release

Pre-purchase a live butterfly in memory of a loved one!

Time: 1:00 am-12:00pm

Location: Robert Simpson Park, Arnprior



Sept

6

Lunch Bunch

Time: 12:00-2:00pm

Location: The Legion Hall - Entertainment by Aerik Watson



For more information:

Call: 613-623-7981 or www.cssagency.ca

ABM SENIORS NEW HIRE

613-623-7981

www.cssagency.ca

106 McGonigal St. W., Arnprior

OFFICE CLOSED
MONDAY, JULY 3rd, 2023
(CANADA DAY)