



HOME & COMMUNITY
SUPPORT

United in our commitment to care

SPRING 2024

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Arnprior-Braeside-McNab Seniors At Home Program Inc.

HELLO SPRING

As winter fades away, just as the recent eclipse, Mother Nature's whims keep us guessing. But rest assured, our agency's support stays strong. We have been hard at work, planning fun programs and events for spring and summer. Just a friendly reminder, we're just a phone call away and available to chat about the services and programs that could be of assistance to you or someone important in your life. So don't hesitate to reach out – give us a call at 613-623-7981.



MUSIC TRIVIA BY CIBC ARNPRIOR

Thanks to the team at CIBC Arnprior, this year's Music Trivia was nothing short of EPIC! Shannon Dupuis and the incredible team at CIBC orchestrated an unforgettable event which raised close to \$3000.00 for local seniors and individuals with disabilities. Plus, it was also a win-win for the Arnprior Food bank as we collected quite the haul!

Special thanks to our Master Host Aerik Watson and his partner Erika for keeping the energy high all night long! Also, big congratulations to the champions of the night, "Partial Recall," for claiming the #1 spot!

We also wish to extend a heartfelt thank you to Leaha Baird for her generous donation of the beautiful wreaths, adding a special touch to our event.

Finally, we wish to congratulate Dion Dicks for winning the 50/50 jackpot of \$412.50!



Images from top to bottom left to right:
Top left - Happy Trivia team, Event organizers, Shannon Dupuis of the CIBC, Aerik Watson – Trivia Host, Erika Sokolo – Trivia Assistant and Suzanne Giroux of Seniors At Home
Middle: Seniors At Home Team AKA "If All Else Fails, Pick C"
Bottom: The Winning Team "Partial Recall"
Image on Right: Cheque presentation with Suzanne Giroux and Dennis Harrington of SAH and Shannon Dupuis of CIBC Arnprior

VALENTINE ANGEL TREE WITH A TWIST!

Big thanks to St. Andrews Presbyterian Church for their innovative twist on our Angel Tree event, now in February alongside Valentine's and Pancake Tuesday. Their dedication helped raise over \$815.00 for Seniors At Home! We're truly grateful for their creativity and generosity.



Images top left: The Gail Carroll, Carey Jo Johnston, Rev. Paul Johnston, Doug Powell, Annette Powell
Middle: Delighted patrons savoring their pancake feast and companionship
Right: Cheque presentation by Doug Powell

VOLUNTEER CORNER

Welcome to Volunteer Corner! Our dedicated volunteers are the heartbeat of our agency. Without their unwavering support, we simply wouldn't be able to fulfill our mission. Their hearts are truly made of gold, and it's their commitment that allows us to make a meaningful impact in the lives of our seniors. In this section, we'll be sharing a few inspiring events and a heartfelt testimonial from someone special! If you or a family member wish to share a great story or a testimonial about a volunteer, please contact Suzanne Giroux at 613-623-7981 ext. 104.



Image: SAH staff – Nancy Peck with Brigitte Gagne



Image above: SAH staff, Suzanne Giroux with Volunteer, Ron Arvisais

A SPECIAL DELIVERY!

Written by Nancy Peck (Seniors At Home)

Crocheted with love and compassion, this beautiful blanket, which Suzanne Giroux (Development Coordinator) is clutching with all her might, has been given to her by one of our volunteers, Ron Arvisais, who delivers hot meals. Ron's wife, Sue Arvisais, together with their daughter, has been busy crocheting these beautiful blankets, providing warmth and love to those in need. The act of love, kindness, and giving back to the community is something that the Arvisais family does on a daily basis. As Ron delivers hot meals to his clients, he brings a big smile to their faces, along with a blanket filled with love and warmth. This is an extraordinary gift from the hearts of loving members of our community. His kindness never ceases to amaze me. We have the most incredible volunteers!

Thank You

A special **THANK YOU** to **Jennifer Charlebois-Robillard, of Jennifer Charlebois-Robillard Insurance and Financial Services Inc.** for their sponsorship of the upcoming Mother's Day Bake Fair & Cake Decorating Contest + Auction.

Additionally, we wish to say **THANK YOU** to our Volunteers and for their invaluable contributions. Whether it's assisting with the Loan Cupboard, Special Events, participating in the Tax Clinic, offering companionship through Friendly Visiting, or ensuring our clients have transportation for various appointments, meal deliveries, groceries or serving on the Board of Directors, their constant help truly represents our community's kindness and generosity.

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



Kenneth (Ken) Lovegrove
1935 - 2024



Carl Hendrickson
1943 - 2023



Mary Smallman
1959 - 2024



Dorothy Homer
1933 - 2024



Laurence Goody
1935-2024

Leave a Lasting Legacy

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

How will you be REMEMBERED?

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior

OFFICE CLOSURE
Monday, May 20 – Victoria Day

IT'S INCOME TAX TIME!

The Income Tax Program is in progress!! Available to **individuals with low to modest income** with a "simple" tax situation, i.e. no self-employment or business income or expenses, no capital gains or losses, no bankruptcy files. **Appointments must be made by calling 613-623-7981 ext. 108.**

Our office, located at 106 McGonigal Street West, Arnprior, will accept 2023 Income Tax forms **until April 28, 2024**. The service is offered on Mondays, Wednesdays, and Fridays between the hours of 10:00am and 2:00pm.



Image (left to right) – Volunteers, Bob Klodt, Cathy Rajsic, Cathy Wallace, Judy Lanthier and Elizabeth Briggs (centre)

BLUE ENVELOPE CAMPAIGN 2024!

As we embark on a new fiscal year, so does our Annual Blue Envelope of Hope Campaign. Vital programs like Para Transit Care Coach, Meals on Wheels, Loan Cupboard, and Friendly Visiting rely on its proceeds. Your ongoing generosity is paramount to sustaining these vital services within our community. **This year, our target is \$55,000.**

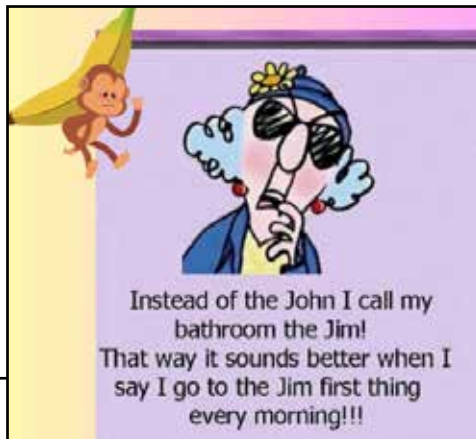
Please keep an eye out for our "Blue Envelope of Hope" in your mailbox and consider contributing by returning the enclosed envelope either by mail or dropping it off at our office. Your support ensures that these lifeline services continue to thrive.

We also accept:

- Cash, cheques, Credit Cards, Debit, Visa, or Master Card
- An e-transfer option to: donate@cssagency.ca (include your contact information for a charitable tax receipt)
- A secure online option available via CanadaHelps.org is also available from our website www.cssagency.ca



SOMETHING TO SMILE ABOUT!



A VOLUNTEER'S TESTIMONIAL

Written by Brigitte Gagne

"Driving for the Arnprior Seniors at Home Program has made me feel like I am a true part of this community. I've taken clients to routine doctor's appointments, to surgeries, and even to their last cancer treatment appointment! I've experienced countless wonderful conversations, I've had clients teach me, tell me about their lives, bake me bread, or offer to treat me at Tim's. And every single one of them is grateful and appreciative of my volunteered time. This, all while providing a valuable service to the community - one that I'm sure I will also appreciate in the future when I'm the one in need of rides to the city!

Have you heard about **valvular heart diseases**?

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada.

Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis and treatment.

A free screening for people 65+ with no known heart issues is available near you.

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit.

Space is limited! Schedule your appointment today

Centre for Valvular Heart Disease • University of Ottawa Heart Institute

- 613-696-7000 ext. 19172
- cvhd-msp@ottawaheart.ca



The Lunch Bunch

(with musical entertainment)



Every 1st Wednesday of the month

Where: Arnprior Legion

Time: 12:00pm - 2:00pm



Tickets \$12.00 - advanced purchase required from Seniors at Home office



Dates

May 1

June 5

Entertainment

Dan Nicholas and Norbert Lapierre

Dave Hurley

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

GET READY FOR SPRING!



ONLY \$20



CALL - 623-7891

or drop by the office at 106 McGonigal Street



Unlock Your Potential!

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heidi@activeinhomephysiotherapy.com

AQUA FROLIC, FUN FOR SENIORS



A free program for seniors aged 60+ to relieve joint pain, improve range of motion, strength, and balance. Aqua Frolic is designed to be a gentle, fun class using the healing power of water in a safe and welcoming environment. The program will be run in the shallow end only.

Fridays from 11:00 AM to 11:50 AM | Seven (7) Weeks

April 12 - June 7 (No Classes April 19 & May 17).

Class Limited to 30 Participants



ARNPRIOR
WHERE THE RIVERS MEET

Learn More and Register At:

www.arnprior.ca



ARNPRIOR CRUISE NIGHTS!

Join us Monday nights from
MAY 20TH TO SEPT. 2ND, 2024

4:00 p.m. - 8:00 p.m.

AT THE ANTRIM TRUCK STOP



50/50 DRAW - ALL PROCEEDS TO ANPRIOR BRAESIDE MCNAB SENIORS AT HOME PROGRAM INC.

FOR MORE INFORMATION, CONTACT BRIAN AT 613-355-5878 OR EMAIL: GRANDFAGUNN@GMAIL.COM






The MOTHER'S DAY BAKE FAIR & CAKE DECORATING CONTEST



Saturday, May 11th
9:00 am - 1:00 p.m.

**Location: Glad Tidings Hall
116 Baskin Drive, Arnprior**

Vote for
your
favorite
cake!

Door
Prizes!



Sponsored by

For more information call **613-623-7981** OR email
suzannegiroux@cssagency.ca



Proceeds to Arnprior Braeside McNab Seniors at Home Programs Inc.



UPCOMING EVENTS



Mar 22	Music Trivia with a Twist BY CIBC Time: 07:00pm-10:00pm Location: The Arnprior Legion	
May 11	Mother's Day Bake Fair, Cake Decorating Contest & Auction Time: 09:00am- 1:00pm Location: Glad Tidings Church Hall (116 Baskin Drive, Arnprior)	
May to Sept	Weekly Valley Cruisers Car Show Time: 4:00pm-8:00pm (beginning May 20th) Location: Antrim Truck Stop	
June 15	Annual Father's Day Charity Car show & BBQ Time: 08:00am-2:00pm Location: Red Pine Bay, Braeside	
July 18	Annual Seniors BBQ in the Park Time: 12:00pm-2:00pm Location: Robert Simpson Park	
August 3	Poker Run Show & Shine + BBQ Time: 8:00am-2:00pm Location: 45 Herrick Drive, Arnprior	
August 18	The Annual Memorial Butterfly Release Pre-purchase a live butterfly in memory of a loved one Time: 10:00am-12:00pm Location: Robert Simpson Park, Arnprior	
Sept 8	Valley Cruisers Grand Finale Time: 11:00am - 4:00pm Location: Antrim Truck Stop	

FOR MORE INFORMATION CALL 613-623-7981