



HOME & COMMUNITY
SUPPORT

United in our commitment to care

SUMMER 2024

FOLLOW US ON FACEBOOK

Arnprior-Braeside-McNab Seniors At Home Program Inc.

"Welcome Summer!"

Summer has arrived, bringing with it plentiful smiles and the joy of gathering with friends and neighbors in the warm weather. At Seniors at Home, we have been hard at work planning a fun-filled summer, and we eagerly anticipate seeing familiar faces and creating new memories together.



BLUE ENVELOPE OF HOPE CAMPAIGN NEEDS SUPPORT!

Our Annual Blue Envelope Campaign launched in April, and while we are grateful to those who responded so far, we are seeing a shortfall in donations. For the first time in our history, we find ourselves in a deficit as our government funding falls short of meeting the growing needs of our community.

Donations are crucial to our operations in the delivery of programs such as the Loan Cupboard, Transportation and 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



NEW WINDOW DISPLAY!



Local Artist Carolyn Keays graciously transformed our window this month to highlight our Blue Envelope Campaign! A huge THANK YOU to Carolyn for sharing her artistic skills to help promote our Campaign!

Income Tax Clinic

Closed Until Next Season

It's hard to believe that over a month has passed since tax season ended! Thanks to our dedicated volunteers, we successfully completed 337 tax reports for individuals with low to moderate incomes. We extend our heartfelt gratitude to our generous volunteers for their invaluable time, skills, and expertise!

Thank You



THE MOTHER'S DAY BAKE FAIR & CAKE DECORATING CONTEST

The Mother's Day Bake Fair & Cake Decorating Contest was abuzz with excitement in support of a wonderful cause!

A heartfelt thank you goes out to our esteemed judging panel (Susan Sarsfield of Valley Heritage Radio, Rick Stow of Oldies 107.7, and Graeme Ivory of the Town of Arnprior), as they had their work cut out for them, with each cake proving to be a masterpiece.

Of course, none of this would have been possible without the incredible support of our volunteers and vendors who poured their passion into the Cake Decorating Contest. SPECIAL THANKS to The Antrim Truck Stop, Island View Retirement / Aspira Island View Retirement Living, and Sweet & Sassy Café for generously donating their stunning creations for the auction.

And let's not forget our generous sponsors whose contributions helped make this event a reality: Jennifer Charlebois-Robillard Insurance and Financial Services Inc., Peavey Mart, Hart Arnprior 95, Arnprior Home Hardware, Leaha Baird and Debbie Laventure.

- 1st Row – Best Overall Cake by Marilyn Misner (Background – Jennifer Charlebois-Robillard, Susan Sarsfield and Graeme Ivory)
- 2nd Row – Silver 2nd Winning cake by Brittany Chenier
- 3rd Row – Rising Star Cake by Katie White
- 4th Row – Fan Favorite Cake by the Arnprior Humane Society, presented to Becca Hanna



WE ARE LOOKING FOR ORGANIZATIONS TO ADVERTISE IN OUR NEWSLETTERS CALL SUZANNE AT 613-623-7981 EXT 104.

Something to Smile about...

THE GOOD THING ABOUT HAVING A BAD MEMORY IS THAT JOKES CAN BE FUNNY MORE THAN ONCE.



FATHER'S DAY CAR SHOW & BBQ



- Top left – Suzanne Giroux (Development Coordinator, SAH), Heather and Brian Gunn
- Top right – Brian Gunn (President – Valley Cruisers Arnprior), Suzanne Giroux, Mark MacKenzie (Mayor of McNab/Braeside), Dennis Harrington (Executive Director, SAH)
- Bottom left – Happy BBQ customers
- Bottom right – TJ Murdock (Client Care Coordinator, Hear CANADA)



Despite a chilly morning, the day warmed up beautifully, as did our hearts for the Annual Father's Day Car Show at Red Pine Bay in Braeside. Attendees loved the music by Full Throttle and admired the stunning classic cars, trucks, impressive cool cars and bikes!

The BBQ was a tremendous success, thanks to our generous sponsors **Hear CANADA** and **Mark's No Frills** in Arnprior.

Special thanks to Brian and Heather Gunn of Valley Cruisers Arnprior for hosting this fantastic event. A total of \$4200 was raised. It wouldn't have been possible without their support. And finally, a huge THANK YOU to all the volunteers who worked tirelessly with smiles on their faces!



A VOLUNTEERS STORY (Written by Cathy Anas)



I spent many years volunteering at the schools my kids attended. When they were older, I decided to volunteer with the Arnprior Braeside McNab Seniors at Home Program as a Meals on Wheels Delivery driver and having been doing so for almost 8 years. I quickly realized that not only was it about delivering a meal, but also about making a direct human connection, conversation and a smiling face. I look forward to seeing the clients every week and catching up with all their news. It is also very rewarding to train new volunteer drivers, introducing them to clients and allowing them to see first-hand the difference they make.

I love spending time with my family, travelling and reading. I also love to bake and bring my clients a homemade treat every week.

Volunteering with ABMSH has been so meaningful and positive and I am grateful to have the opportunity to meet and serve the clients in the program. We are always looking for more volunteers, if you have some free time and are looking for a rewarding experience.

Image: Cathy Anas, Volunteer Delivery Driver pictured with Meals on Wheels client Alice



Transportation to Serve Your Needs!

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. In-town pricing starting at \$5.00 per one way! Drive 9 times and your 10th trip is FREE.

Our Out-of-Town Medical and Para Transit services are for all ages and 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.

VALLEY RENT RITE & VALLEY CRUISERS PRESENTS

Poker Run

Show, Shine & BBQ

SATURDAY, AUGUST 3, 2024
(Rain Date: Aug. 10, 2024)

START/END AT VALLEY RENT RITE
264 HERRICK DRIVE, ARNPRIOR

REGISTRATION BEGINS AT 8:30am
\$20 MINIMUM DONATION
(Per Player)

DEPARTURE 9:00-10:00am

VEHICLES RETURN 12:30pm

WINNER ACCOUNCEMENT 1:00-1:30pm

CASH BBQ AVAILABLE 11:00am - 1:30pm

ALL VEHICLES AND SPECTATORS WELCOME!
CLASSIC CAR NOT REQUIRED!

COME OUT AND BE PART OF THE FUN

BBQ, PRIZES, MUSIC - 11AM - 1:30PM

Contact Brian Gunn at 613-355-5878

UNIVERSITY OF OTTAWA HEART INSTITUTE
INSTITUT DE CARDIOLOGIE DE L'UNIVERSITÉ D'OTTAWA

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

FREE SCREENING FOR PEOPLE 65+

NEW DATE OF JULY 23RD ADDED!

Get involved with our Annual Memorial Butterfly Release



Memorial Butterfly Release

BUTTERFLY PRICES

1 Butterfly for \$25.00
 2 for \$45.00 - 3 for \$70.00
 4 for \$85.00 - 5 for \$100.00

Pre-Purchase a Live Butterfly in Memory of a Loved One before August 5th to be released this year!

Sunday, August 18, 2024
 Registration begins at 10:30am / Ceremony at 11am
Robert Simpson Park, Arnprior

Butterflies Must be Purchased in Advance.

At Seniors at Home, 106 McGonigal St. West, Arnprior
 or contact Suzanne Giroux 613-623-7981, butterflyrelease@cssagency.ca
 Purchase forms are also available on our website, www.cssagency.ca



Tickets are now on sale for the Annual Memorial Butterfly Release, scheduled for August 18, 2024, at Robert Simpson Park. The event includes a non-denominational ceremony and features live music and an inspirational message before releasing your live butterfly into the wild as a tribute to a loved one.

Butterflies can be purchased by contacting our office at 613-623-7981, or by downloading a purchase form at www.cssagency.ca or email suzannegiroux@cssagency.ca

OFFICE CLOSED

MONDAY, AUG. 5TH | **MONDAY, SEPT. 3RD**
 (Labour Day) | (Civic Holiday)



A BIG Thank you to Milliken Landscaping Garden Centre for sprinkling magic on our flower beds! Their generous donation has us all grinning from ear to ear - from our team to our clients and even those just strolling by.

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



Leave a Lasting Legacy
 More Information Suzanne Giroux
 Development Coordinator
 613.623.7981 suzannegiroux@cssagency.ca



DON MCNAB
(1924 - 2024)



JOANNE DELMER
(1946 - 2024)



John Dickson
(1950 - 2024)



Karyle Headrick
(1950 - 2024)



NORMA HEWITT
(1944 - 2024)



RALPH KOCH
(1939 - 2024)



Maureen Ball
(1942 - 2024)



Rolland "Rollie" Kewley
(1938 - 2024)

How will you be REMEMBERED?