NEWSLETTER

ARNPRIOR- BRAESIDE - MCNAB
SENIORS AT HOME PROGRAM INC.



A Few Months of Community, Connection and Memories

The last few months have been full of activities, special moments, and time spent together with our community. We enjoyed being outdoors at events like our summer **Cruise Nights**, organized by the Valley Cruisers, our **Seniors BBQ** at our new location, the Galilee Centre, and our **Congregate Lunch and Dinner** experiences, where we gather, talk, enjoy good company, and share music.Even when the weather didn't cooperate, we found ways to keep going.

We also had to make the difficult decision to cancel our Butterfly Release, but we were still able to honour our loved ones who have passed with a moment of silence and remembrance. We hope to bring this beautiful event back next year.

We are able to continue offering these activities and services to our community because of your support through our fundraising events and our Blue Envelope of Hope campaign.

Thank you for helping us continue our work and for being such an important part of our community.



As our loved ones grow older, the little things become the biggest things, a warm meal, a helping hand, a familiar smile, and the comfort of staying in the home they love. Sometimes, caring means simply helping them keep the life they've always known.

Fall has arrived!

The mornings are a little cooler, the leaves are starting to change, and there's something comforting about settling in at home with a warm cup of tea and a cozy blanket.



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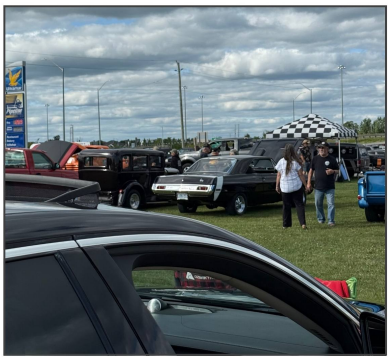
Goodbye Summer

Monday Cruise Nights

Engines were roaring, wheels were rolling, and cars were meeting at Antrim Truck Stop every Monday night this summer for a car show in support of Seniors At Home! Whether you were a fan of vintage cars or just looking for something to do on a Monday night, it was always great to see everyone come out and join us.

A huge thank you to the **Valley Cruisers** for all their hard work organizing the car shows throughout the summer, as well as our Father's Day BBQ. We truly appreciate everything you do to support Seniors At Home and our community.

Our last car show of the summer was held on **Saturday, September 26th, at Milliken Gardens**, and it was a wonderful way to wrap up the season.





Father's Day Car Show & Poker Run

After a little break, the **Valley Cruisers Poker Run** was back this year! Despite the weather, cars hit the road for a scenic route, with stops along the way for trivia, laughs, and friendly competition, all in support of Seniors At Home.

Valley Cruisers also helped make our **Father's Day BBQ** a special day. Despite the weather, everyone came together for good food, great company, and plenty of smiles.

A big thank you to Brian and Heather Gunn from Valley Cruisers for their continued support!



What did one leaf say to the other?

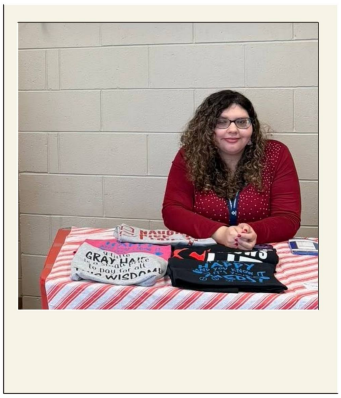


Volunteer Spotlight

Everyday heroes

Michelle Barr began volunteering with us in January 2024, initially helping to raise awareness by sharing social media posts about our programs and events. Before long, she became more involved by assisting at events, visiting clients, making wellness calls, and most recently, joining our Development Committee.

Her passion for volunteering, especially with seniors and people with disabilities, comes from both her family and personal experience.



Her aunt and grandmother are dedicated PSWs in the Arnprior area, and their work has inspired her greatly. As someone living with a disability, she also understands that life can be challenging and believes, "We all need help sometimes, no matter the circumstances."

What she enjoys most is hearing clients' stories and building meaningful relationships. She finds their resilience inspiring and believes that sometimes, all someone really needs is **someone to listen attentively and genuinely show that they care.**

We're grateful to have her as part of our volunteer family!

"WE ALL NEED HELP SOMETIMES, NO MATTER THE CIRCUMSTANCES."

— Michelle Barr

Upcoming Events





New Staff



Meet Denyse Shank | Volunteer Coordinator

It's hard to believe Denyse has been with Seniors at Home for almost a year already, time has truly flown by! She thoroughly enjoys her role, especially the opportunity to connect with both new and long-time volunteers. Their warmth, dedication, and compassion bring so much to the agency's programs.

One of the most rewarding aspects of Denyse's role is planning events for clients and seeing the joy these experiences bring them. She also feels fortunate to work alongside such a supportive and passionate team that makes coming to work each day a pleasure.

Outside of Seniors at Home, Denyse enjoys spending time in her garden, relaxing with her wonderful family, and playing with her two amazing dogs, Lilly and Wilson!

Meet Louise Delorme | Finance Officer



With over 40 years of experience in finance, Louise returned to the workforce after retiring in 2023 and taking a few years off. She is now the Finance Officer for A-B-M Seniors at Home Program, as well as the Finance Officer for Dragon Boat Canada, the national governing body for dragon boat sport in Canada.

Outside of work, Louise is an avid dragon boater with the "Prior ChestNuts," a breast cancer survivor dragon boat team. She recently travelled to France to participate in an international breast cancer dragon boat festival.

Louise also enjoys a variety of creative pursuits in her spare time, including spinning, weaving, knitting, crocheting, and other fibre arts. She is also co-owner of Cavadelo Flax Garden, where flax is grown, harvested, and processed into linen fibre.

With her diverse interests and passion for both her work and hobbies, Louise brings a wealth of experience and enthusiasm to everything she does!

Angel Tree

There are Angels All Around Us

Our Angel Tree helps provide a helping hand to seniors and individuals with disabilities in our community when times get tough and the cost of living continues to rise.

With your support, we can help with basic grocery needs, transportation, a hearty warm meal, a friendly visit, or financial assistance that helps individuals continue living independently in the comfort of their own homes.

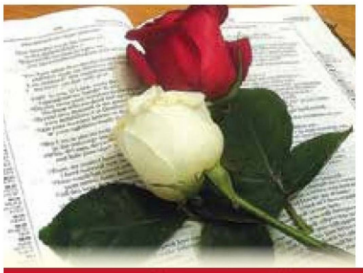
You can support our Angel Tree all year long with a **one time donation or monthly donation through our secure CanadaHelps platform.**

Every contribution, big or small, makes a difference.

Thank you for your kindness, your generosity, and for helping us continue our mission of supporting seniors and individuals with disabilities in our community.



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





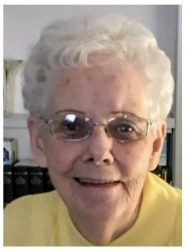
Margaret Anne Lindsay
1935- 2026



Agnes Clark
1931-2026



Margaret Sanchioni
1931-2021



Bernice Dota
1936- 2026

Leave a Lasting Legacy
More Information Adriana Ayala-Perez
Development Coordinator
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How will you be REMEMBERED ?



If you or your business is interested in hosting a fundraiser in support of Seniors At Home, we'd love to hear from you!

Please contact Adriana at 613-623-7981 ext. 104.

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