



HOME & COMMUNITY  
**SUPPORT**  
United in our commitment to care

SPRING 2018

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## Arnprior-Braeside-McNab Seniors At Home Program Inc.

*Keepin' it fun and getting-r-done.*

### CELEBRATING VOLUNTEERS



Photo by Liz Wall, Development Coordinator

The month of April is the month set aside, nationally, to thank volunteers for all they do. Our Agency, ABMSH, is very pleased to announce we have set aside a date and time to be able to thank these very special folks who offer their time and talents for Seniors at Home. Mark your calendar and watch for the invitation in the mail/email for Friday, May 11th 5:00pm at the Parish Hall, Albert Street. Enjoy a roast beef dinner, entertainment, presentation of 'thank you's' to all present, and of course plenty of fun, hospitality, and a few surprises along the way.

Pictured is four of ABMSH's Volunteers all who helped at the Family Day Breakfast in February. Without the volunteers events such as the breakfast may not be possible. Offering their time and talents, front left, Sandra Hall and Linda Chandler with talent musicians, Gaston Moreau and Rick Leben in the background.

### Client Survey

Our Agency is conducting a survey of our clients to determine the level of client satisfaction with regards to the Agency's programs and special events.

With this survey, we wish to provide our clients with an opportunity to tell us what improvements we can make to these current programs and special events.

In addition, we are asking for suggestions for additional programs and services that our clients might like to see offered in the future. If you have not yet received your copy of the survey, you are invited to contact your Community Support Services Agency, Arnprior Braeside McNab Seniors at Home, as your feedback is very important to us. All responses received are confidential. For further information: 613-623-7981 – 106 McGonigal St. West.

### Yellow Envelope Campaign 2018

As we head into a new fiscal year it also marks the start of our Sixth Annual 'Keep the Wheels Turning Yellow Envelope Mail-out Dare to Care' Campaign in support of our Para Transit Care Coach, the only specialized transportation service for persons of all ages and needs living in Arnprior and the Township of McNab/Braeside.

The operation of the Para Transit Care Coach relies totally on local fundraising and since February 4, 2008, 18,222 trips (which included 12,014 wheelchair, 6,208 ambulatory clients of which 2993 were out of town) have been provided to our citizens, no matter the age, requiring our specialized transportation service.

The goal for 2018, as it has been for the past few years, is \$30,000, which represents the amount required to cover the driver's wages.

The total cost to operate our Para Transit Care Coach is as follows: Wages: \$30,000; Fuel: \$4,300; Insurance: \$1,284; Licence: \$82; Communications: \$1,500; and Maintenance: \$3,000. Total: \$40,166.

Your continued generosity is imperative to make sure this essential service remains active and viable in our community.

Watch for the 'Yellow Envelope' and please consider making a donation by returning the supplied envelope either by mail or drop off at our office, Unit 1, 106 McGonigal St. West, Arnprior, ON K7S 1M4.

We also accept payment at the office by cash, cheque, Debit, Visa, or Master Card. The office is open 8:30am to 4:30pm Monday to Friday.

### Shred-it Day Is Back!

We are happy to announce the highly anticipated Shred-It Day is back! This marks our third Shred-it Day, an opportunity for everyone to rid themselves of unwanted or no longer needed papers while supporting your Community Support Services Agency.

Join us Saturday, April 21 from 9:00am to 1:00pm in our parking lot at 106 McGonigal St. West.

The cost of shredding is \$8.00 per Banker-style box (measures 16 ½ x 12 ½ by 10" deep). All shredding is done securely by the professionals of Ottawa Shred-It.

Items that are safe to shred: all paper items including magazines

and books, file folders and computer disks. No need to worry about the staples or paper clips, they shred as well.

If you are a senior and need help with lifting or sorting please call (613-623-7981) as we have volunteers who would be glad to assist and deliver your items to be shredded.

Plan now to sort and clear out unwanted and no longer needed files and then join us on April 21st. While your items are being shredded enjoy coffee and muffins in the morning and barbecued hotdogs at 11:00am. More info: Liz Wall, Development Coordinator.

## Need help? Don't know who to contact? Are you aware of all the programs we have to offer?

Following is a list of the 25 programs ABMSH offers along with contact names, phone numbers and emails.



**Don't be shy. Let us help you today.**

### Community Support Services:

- Home Help/Maintenance
- Friendly Visiting
- Grocery Shopping
- Hot Meals on Wheels
- Frozen Meals
- Foot Care Clinic
- Telephone Security
- Information Centre
- Referral Help
- Income Tax Program
- Dining With Friends
- Friendship Days
- Angel Tree
- Community Garden
- Annual Seniors' Christmas Party
- Yearly Barbeque in the Park
- Special Entertainment & Fundraising Events
- Breakfast N' Learn
- Kathleen's Creations (Craft workshop)
- Leave a Legacy
- In-Town Transportation
- Out-of-Town Medical Transportation
- Para Transit Transportation
- Extended Transportation

Phone – 613-623-7981 – Monday to Friday 8:30am – 4:30pm  
Dennis Harrington, Executive Director –  
[dennisharrington@cssagency.ca](mailto:dennisharrington@cssagency.ca)  
Mandy Stinson, Administrative Assistant –  
[mandystinson@cssagency.ca](mailto:mandystinson@cssagency.ca)  
Colin Borshevsky, Para Transit Care Coach Driver –  
[colinborshevsky@cssagency.ca](mailto:colinborshevsky@cssagency.ca)

Marg Bourke, Social Program Coordinator & Volunteer  
Coordinator – [margbourk@cssagency.ca](mailto:margbourk@cssagency.ca)  
Tammy Mondor, Transportation Coordinator –  
[tammymondor@cssagency.ca](mailto:tammymondor@cssagency.ca)  
Nancy Peck, Program Coordinator/ In-Town Transportation Driver  
(mornings) – [nancypeck@cssagency.ca](mailto:nancypeck@cssagency.ca)  
Liz Wall, Development Coordinator – [lizwall@cssagency.ca](mailto:lizwall@cssagency.ca)

## Your Donation - A Lasting Tribute!

May is 'Leave a Legacy' month. How will you be remembered when you are gone from this earth?

When you 'Leave a Legacy' your charitable bequest is felt long after your passing. While realizing the tax benefits, leaving a legacy will also have a huge impact on your community and those living within the community.

"With a Legacy donation, in your name, to Arnprior Braeside McNab Seniors at Home (ABMSH), those who follow will continue to receive the services the community has come to know as a vital service," expresses Dennis Harrington, Executive Director. "When the generations of today reach the age of 55 plus, and when you and I have passed on, the mission of ABMSH will live on".

Everyone has a favourite charity or two. The reasons why you favour one over the other may vary. Maybe your parents or grandparents always supported a certain cause. If you choose to

'Leave a Legacy' to ABMSH, your Community Support Services Agency, you will be helping to preserve the Senior driven agency for future generations of seniors, seniors that could be your children or grandchildren!

How will you be remembered? We at ABMSH hope that you may consider leaving a legacy in support of ABMSH.

How can you leave a Legacy? In Memoriam, Gift of Life Insurance, RRSP, RRIF, TFSA (Tax Free Savings Account), balance of bank accounts or pensions, bequests in your Will, or by giving annually to ABMSH.

For more details how you can 'Leave a Legacy', or on any of the 23 programs we offer, please contact us: 613-623-7981, Monday to Friday 8:30am to 4:30pm; email – [dennisharrington@cssagency.ca](mailto:dennisharrington@cssagency.ca) or drop by at Unit 1, 106 McGonigal St. West, Arnprior, we would love to hear from you.

### Meaningful ways of Leaving Your Legacy while supporting Arnprior-Braeside-McNab Seniors at Home Program Inc.

- In Memoriam • A gift made through your Personal Will • Beneficiary of your Life Insurance Policy • Beneficiary of your RRSP, RRIF, or pension



*Leave a Lasting Legacy*

**More information Dennis Harrington**  
Executive Director, ABMSH  
613-623-7981 [dennisharrington@cssagency.ca](mailto:dennisharrington@cssagency.ca)



**Harry Hereford**  
October 15, 1947 -  
September 19, 2017



**Donald "Donnie" Dykens**  
May 6, 1954 - January 30, 2018



**June Murphy**  
June 6, 1935 –  
March 13, 2018



**Jean Elizabeth Dewar**  
June 26, 1920 -  
February 14, 2018

# Mark Your Calendar **Upcoming Events**



**Pancake Feast** - Wednesday, April 11, 8:00am to 10:00am at Island View Retirement Suites 40 Jack Crescent. Cost \$10.00 per person for all the pancakes you can eat with 100% of funds raised in support of ABMSH. Breakfast includes homemade pancakes by Chef Wendy along with sausages, fruit and all topped off with locally made maple syrup.

**Spring Yard Sale** - Saturday, May 12 - Plan now to donate your unwanted and gently used items to our Spring Yard Sale. This charity fundraiser depends on the community's generosity and support. Need help with delivery of items? Please call 613-623-7981 to make arrangements. Thank you!

**Butterfly Live Release** in Memory of a Loved One - Sunday, August 19 - Robert Simpson Park. An opportunity will be provided for you to purchase a butterfly in memory of a loved one and then release your butterfly Live in the park on the 19th. Further details to come. Stay tuned.

## Annual Seniors BBQ

Robert Simpson Park – Thursday, July 19.



Photo by Liz Wall,  
2016 Shred-It-Day

Volunteers Tanya Rath and Ian Black will be available on April 21st at the 2018 Shred-It-Day Arnprior to assist you. The day begins at 9:00am on the Saturday and ends by 1:00pm. Located at in our parking lot at 106 McGonigal Street West and will cost you only \$8.00 per Banker Box sized box to shred your no longer needed paper work, floppy disks, file folders, books and magazines with no need to worry about paperclips or staples.

All will be taken care of by the professionals from Shred-It Ottawa.

## Senior/Adult Recreation Activities

Following is a list of the programs offered by the Nick Smith Centre (NSC), 70 James St. (613-623-7301) all designed to meet your physical needs.

**Pickleball** - Tuesday/Thursday 2:30-4pm and Wednesdays 1-3pm - \$2.00/person/visit.

**Indoor Walking**- On selected Fridays 1-3pm, Nick Smith Community Hall- FREE Admission- Please call NSC to confirm dates.

**Excel Waterfitness**- Gentle, joint friendly, water supported exercise classes. Registration fees apply - Call NSC for schedules and pricing.

## Notes



### Dining With Friends

The 1st Wednesday of each month - Jim's Restaurant, 5-7pm. Cost \$14/person. Tickets need to be purchased by NOON the Tuesday before the event at our office. All welcome ages 60 and over, disabled, and individuals with special needs (regardless of age).

**May 2nd** Meal: Chicken Fingers OR Lasagna  
Entertainment: Gaston Moreau, soloist/guitar  
**June 6** Meal: Roast Beef OR Ham Steak  
Entertainment: - Mary Ellen Shennan, Bob Schwartz, Doug Cameron



### Breakfast N' Learn

The 4th Wednesday of each month East Side Mario's. Sponsored by Tierney & Stauffer LLP. Cost \$6.00 tickets to be purchased at our office by 4:30pm the Monday before the event. All welcome age 55 & over.

#### April 25th

Greetings/registration 8:30am  
Breakfast 9:00am  
10:00am: Guest Speakers: Gina Pilon, Grief Recovery Coach  
Subject: 'Good Grief' -How to navigate Loss, The Elephant in the Room, Why some people don't heal

### Friendship Days

The 3rd Thursday of each month: Arnprior Legion, 12 noon to 2:00pm  
Cost: \$9/person. Tickets need to be purchased by NOON the Tuesday date before the event at our office. All welcome ages 50 and over, disabled, and individuals with special needs (no matter the age). 50/50 Draw and Door Prizes

**April 19th** Meal: Macaroni & Cheese  
Entertainment: Mary Ellen Shennan & Bob Schwartz

**May 17th** Meal: Meatloaf, Mashed Potatoes  
Entertainment: TBD



## OFFICE CLOSED

**May 21st**

Our office will be CLOSED Monday, May 21st in honour of Queen Victoria's Birthday (May 25th).

It will be business as usual Tuesday, May 22nd.  
Regular office hours: Monday to Friday 8:30am to 4:30pm.

## PARKINSON'S SUPPORT GROUP

Second Wednesday of each month  
1:30 p 3:30pm Arnprior Public Library  
21 Madawaska Street

MORE INFORMATION:

Margaux Wolfe, Community Development Coordinator  
613-722-9238

Service offered in partnership with:



1 800-565-3000  
parkinson.ca

Parkinson Canada

*Keepin' it fun and getting-r-done.*



**FRANK MORAN**

## **ON TOUR WITH NANCY**

As father did, so will the son. Frank Moran was born on Oct., 19, 1926 in Windsor, Ontario and was raised in Barrie. His parents, Edyth and Norbert Moran raised 3 fine boys. Norbert served with the RCNVR during WWII. Frank followed in his footsteps and enlisted in Sept 1946. He was an Intelligence Specialist and served in Colorado, Texas, Maritime Command HQ, Halifax, North Luffenham, England, Marville, France, Uplands, ON, Norad HQ, Colorado Springs, Winnipeg and AFHQ Ottawa.

Frank was a dashing 28 year old Sr. NCO out on the town enjoying himself at the America House Club in Moscow which is where the Non-Commissioned Officers and Junior Staff gathered. It was there he laid eyes on this blue-eyed beauty at the bar. Beryl Price, outgoing and soaking up laughter and music at the America House Club brought him to a halt. He couldn't dance but she sure could, as the daughter of Mary Hollowell of England and William Price of Wales won his heart on the dance floor. They both loved music, ballets, Opera, Concerts and plays. Beryl swept him away with every encounter, so much so, that Frank proposed to her only 3 months later in a Russian Taxi in Moscow in the dead of winter. Frank smiled, he said "I placed a Russian emerald on her finger which was mined in Siberia". They were like movie stars in an old black and white movie. Engaged in Moscow. Married in England. Honeymoon in Paris. Frank returned to Moscow for one more year then he was eventually posted to Canada.

Beryl was living her dream. Her careers were in Nursing and the Foreign Service which allowed her to travel. She loved it! Frank and Beryl's love for each other grew, as they had 1 boy and 2 girls. Patrick, Carole and Angela. They were born and raised in Ottawa and Colorado Springs. They reminisced about all the fun they had with the kids. They especially loved camping at Mazinaw Lake in Bon Echo Park.

And as father did, so will the son. Patrick has spent his last 37 years in the RCAF. Beryl and Frank's children and their 4 grandchildren are their pride and joy. Needless to say, their pictures are proudly hung in their home for all to see. But there is nothing nicer to witness than the look they still give each other "the look of love and adoration". Your adventurous spirits, love for life and for each other, are so inspiring Beryl and Frank!

Thank you for sharing your story with us. I can't wait for our next tour, Frank.

**Nancy Peck  
In-Town-Driver**

.....  
nancypeck@cssagency.ca  
XXXXXX



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Brittany.Harris@reveraliving.com

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**Evening and Weekend  
Appointments Available**

Happy   
*Mother's*  
Day

*The only problem with dancing naked is that not everything stops when the music stops.*

**613-623-7981**  
**www.cssagency.ca**

106 McGonigal St. W., Arnprior

*Working Together for a  
Better Community*