



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

SUMMER 2018

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

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

### Memorial Live Butterfly Release



#### Join us for an afternoon of Remembrance and Sharing.

Our First Annual Memorial Live Butterfly Release, to honour a loved one, takes flight at 12 noon on Sunday, August 19th in Robert Simpson Park.

Indian Legend - Since a butterfly can make no sound, the butterfly cannot reveal the wish to anyone but the Great Spirit who hears and sees all. In gratitude for giving the beautiful butterfly its freedom, the Great Spirit always grants the wish.

So, according to legend, by making a wish and giving the butterfly its freedom, the wish will be taken to your loved ones in the wings of the butterfly and be granted.

How does it work? You will have the opportunity to purchase a butterfly, between now and August 10th, at our office 106 McGonigal Street West – Monday to Friday between the hours of 8:30am and 4:30pm. The day of the event, which starts at 11:00am, you will receive your butterfly in a special designed container, and when instructed everyone will release their own butterfly, but not before making your own distinctive wish.

The young. The elderly and all ages in-between are invited to participate in the Memorial Live Butterfly Release being held Sunday, August 19th in Robert Simpson Park starting at 11:00am. Baby Tesa was surprised but totally fine with her Dad placing the butterfly on her arm during a special service held in Ottawa June 23 for her great uncle.



This is a special fundraiser for Seniors at Home with 100% of the proceeds going back to your Community Support Services Agency.

Cost: One butterfly \$25.00, two/\$45.00, three/\$70.00, four/\$85.00 and five/\$100.00. An official Income Tax Receipt will be issued at time of payment.

We accept cash, cheque, Debit Card, Visa, MasterCard and E-Transfer (please email butterflyrelease@cssagency.ca).

Also included in the Memorial Live Butterfly, a special performance by local musician Vicki Brittle, Music and Reading of the Indian Legend, a reading of the names of those being remembered by their loved ones and ending at 2:00pm with Kyle Felveher featured musician for the final Music In the Park performance of the summer.

A Butterfly Release is considered a symbolic event representing the transformation of the spirit of our loved one and the completion of a life cycle, they are finally free and have taken flight.

#### Plan now to share in the experience and love of a Live Butterfly Release

We are so appreciative of volunteer Kevin Turcotte for his devotion in putting together, along with Rick Munroe of Madawaska Golf Course, and hosting of an annual April Charity Golf Tournament with our agency the benefits of the proceeds. Mandy Stinson, Administrative Assistant, ABMSH, accepted a cheque in the amount of \$700.00 pledged towards the Yellow Envelope Dare to Care Campaign. Thank you, Kevin, Rick and everyone who participated and supported the tournament.



Photo by Liz Wall

### \$10,710 Donated to Date in Yellow Envelope Returns

Thank you, as of publication date, to the 137 residents and to local businesses and community groups; Catholic Women's League, Audrey's In Town, Tourism Synergy, Arnprior Lionettes, Wes's Chips, Madawaska Golf Club, and In Tune Chiropractic, for their donations returned in the yellow envelope as supplied in support of the 2018 Campaign, \$10,710.00.

Our goal for the 2018 "Yellow Envelope Mail-Out to Keep the Wheels Turning" Campaign is \$32,000 which is used to ensure the Para Transit Care Coach remains on the road and continues to be able to provide independence to those residents of Arnprior, the Township of McNab/Braeside, and areas

of West Carleton including: Fitzroy Harbour, Galetta, Kinburn, Woodlawn, and Dunrobin.

Our Para Transit Care Coach is the only specialized transportation service for persons of all ages, operating in Arnprior and the Township of McNab/Braeside, relying totally on local fundraising.

Thank you to John O'Neill of Royal Lepage, PCS Peter's Computer Solutions, Mulvihill & Murray, P38 Energy, Reid Bros and Arnprior Villa Revera Inc. for their financial support in producing the campaign letter. Without their support – reaching our goal would be more difficult.

Thank you: Reid Bros., Clancy's Drug Store, Sandvik, Arnprior Builders Supply/

Rona, W.O. Stinson & Son, Canadian Tire-Arnprior, Jack & Faith's No Frills, and both Arnprior Lions and Rotary Clubs for their Annual sponsorship of the Para Transit Care Coach.

If you have not sent in your donation yet, please consider returning the yellow envelope either by mail or drop-off at our office, at 106 McGonigal St. West, Arnprior. We accept cash, cheque, Visa, MasterCard, Debit & E-Transfer. For more information, please contact our Development Coordinator, Liz Wall, at 613-623-7981, ext. 25. www.cssagency.ca, Facebook and watch for articles in your local newspaper, The Arnprior Chronicle-Guide.

# Thank You Volunteers & Community Partners



Since our spring newsletter our volunteers have been busy serving pancakes, assisting yard-sale shoppers, shredding pounds of paper, feeding hungry car-show-goers and finally, an evening held in their honour, the Annual Volunteer Appreciation Dinner.

April 11th was the date of the **Annual Pancake Feast** at Island View Retirement Residence with volunteers Nancy Paquette, Nancy Strong, Patti Farr, Alexis Barr and staffers Mandy Stinson and Dennis Harrington offering to assist with greeting and serving the customers.

**Thank You Community Partner Island View Retirement Residence**, especially Chef Wendy for her award winning pancakes. MMMM so good!

April 21st saw the return of the popular Shred-It Day Arnprior and by end of day \$3,000 plus was raised for the Agency. Once again it was the volunteers who assisted in that success. Thank You: Donna O'Grady, Elizabeth Briggs, Sylvia Patterson, Sharron Sewter, Tom Sewter, Nancy Paquette, Liz Kargus, Alexis Barr, Ian Black, Tanya Rath, Barb Shea, Heather Campbell, Karen Townley, Patti Jennings, Kelsan Freir and Linda Robertson, as well staffers Mike Walsh, Kevin Osborne, Maurice Burnette, Colin Borshevsky and Dennis Harrington.

**Thank You Community Partner Todd Cunning and staff of Shred-It Ottawa.**

May 12th was our Annual Spring Yard Sale dubbed one of the most successful to date due in part to the help of: Ian Black, Barb Shea, Sue Hodgins, Linda Robertson, Patti Jennings, Kelsan Freir, Heather Campbell, Elizabeth Briggs, Patti Farr, Liz Nadon, Alexis

Barr, Norma Langevin, Liz Kargus, Nikki Rumbelow, Nancy Strong, Donna O'Grady, Helen Havelin, Gwen Flewelling, Kathleen Bender, Annie Gozzard and Brian Patterson, as well as staffers Colin Borshevsky, Mike Walsh and Ken Carroll.

**Thank You Community Partner Jackie Laughlin and staff Royal Bank of Canada** for their help throughout the day highlighted by the \$1,000 donation on behalf of the Royal Bank's Community Involvement Program.

June 2nd **Free Dentistry Day as hosted by Dentistry@Arnprior**. This was an event like no other, where 66 members of the community received \$25,000 worth of FREE dental work as provided by the professionals at Dentistry@Arnprior. Along with free dentistry the community was treated to a free barbeque at which they were greeted by volunteers of Dentistry@Arnprior as well as Donna Spencer-Bertrand, Karen Townley, Phyllis Doherty-Hereford, Liz Kargus, Nancy Paquette and Gilbert Paquette of our Agency. Thank you as well to staffer Ken Carroll.

June 16th was our first involvement with the **Father's Day Charity Car Show & BBQ** held at Red Pine Bay in Braeside. What beautiful location right in our backyard! It was an enjoyable and very successful event. Thank you volunteers Bruce Haywood, Barb Shea, Susan Hodgins, Janet Michelson, Heather Campbell and staffers Maurice Burnette, Kevin Osborne and Dennis Harrington.

**Thank You Community Partner Brian Gunn, organizer, and volunteers, Father's Day Charity Car Show for Prostate Cancer Research.**



The next group honoured at the Volunteer Dinner included, front, left to right, Lisa Kopil, Entertainment, Barb Shea, Special Events/Foot Clinic, Sheila McBride, Board of Directors, Nancy Strong, Special Events/Foot Clinic/Income Tax, and Dennis Harrington. Back left, Anne Gozzard, Craft Workshop/Special Events, Margaret Bourk, Andre Latreille, Entertainment, Sandy Ireland, Entertainment, Jane Anne Lafont, Entertainment, Nikki, Rumbelow, Office/Foot Clinic/Income Tax/Special Events, and new Staffers Dave Anthony, Driver and Maurice Burnette, In-Town Transportation.

Photos by Liz Wall, Development Coordinator

## 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 you 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)



**James "Jim" Albert Towey**

July 2, 1926 - March 2nd, 2018



**David Mitchell**

1950 - June 12, 2018



**Harriet Jean Cameron**

January 14, 1923 -  
May 15, 2018



**William "Bill" George MacMeehan**

March 26, 1954 - May 19, 2018



# Mark Your Calendar **Upcoming Events**

**Saturday, July 21 Charity Yard Sale** – First Avenue – (Back Entrance of Ottawa Valley Thrift Store) 7am – 1:00pm - Everything must go!

**Monday, August 6 – Charity BBQ & Wheels of Arnprior Car Show** – East Side Mario's 10am – 2:00pm

**Saturday, September 15 – Fall Yard Sale** – Huge Street (behind Senior's Complex) 8:00am – 2:00pm. Donation of items accepted (please no old television sets, computer monitors, hard covered books or large pieces of furniture).

The Month of **October is 'Community Support Services' Month** – events to date include:

Point of Sale at Jack & Faith's No Frills from September 30 to October 14th, Trivia Night, Wednesday, October 24th East Side Mario's and '31 Days of Kindness'. Watch for further details on this and more.

**Saturday, November 24 – Christmas Craft Bake & Business Fair** – Nick Smith Centre

For more on all upcoming Fundraising and Social events: [www.cssagency.ca](http://www.cssagency.ca), The Arnprior Chronicle-Guide's What's Happening, My FM, Valley Heritage Radio, Posters and Facebook.



This year's chosen 'Community Partner', Sarah Robertson, owner of Prior Engagements Party & Event Rentals and her support of ABMSH for the past seven years while adding a touch of class to our events. Sarah was honoured at the Annual Volunteer Dinner with Dennis Harrington and Margaret Bourk, Volunteer Coordinator, presenting her, on behalf of the agency, an original digital art piece as created by Hope Marshall of Clayton, New York. Thank You Community Partner Prior Engagements Party & Event Rentals

Photo by Liz Wall

Our Annual Spring Yard Sale, held Saturday, May 12th, was a huge success, both due to perfect weather and support received from the community. A total of \$2,300.00 was raised in part due to a very special donation by the staff of RBC as they made a \$1,000 donation under RBC's 'Day of Service Grant for Community Service and Support'. Kathleen Bender (in red) ABMSH volunteer, accepted the \$1,000 cheque on behalf of ABMSH from the RBC employees, all in blue shirts. left to right, Sara Lecuyer, her daughter Becca Welsh, Catherine Metcalfe, Tracey Crane, Jackie Laughlin, Community Branch Manager, and Austin Welsh (son of Sara Lecuyer), all as Yard Sale shoppers look on.



## OFFICE CLOSED

**August 6th**  
Our office will be  
**CLOSED** for Civic Holiday  
**Monday, August 6th**  
It will be business as usual  
**Tuesday, August 7th**  
Regular office hours:  
**Monday to Friday**  
**8:30am to 4:30pm.**

Seniors at Home  
**WISH LIST**  
Picnic Table  
Two large coolers

## 19th Annual Seniors' BBQ



Grab the sunscreen and a lawn chair and join us for the 19th Annual Seniors' BBQ in Robert Simpson Park on Thursday, July 19th.

**The fun starts at 12:00 noon and finishes by 2:00pm.**

Lunch for \$5.00, includes a barbequed hamburger, French Fries (provided by your favourite local Chip Stands), cold drink and ice-cream for desert.

Also included; live entertainment by country musicians 'Bob & Katie' and the official draw for the Mega 50/50 raffle (as of press time the jackpot is \$1,250.00 minimum). The Mega 50/50 tickets sell for \$2.00 each or three for \$5.00 and are available at our office and will be available to purchase the day of the BBQ until 1:30pm (approximately).

This event is open to everyone aged 50 years and over and individuals with special needs, regardless of age.

Both tickets for the barbeque and Mega 50/50 raffle are on sale at our office, 106 McGonigal St. West, until Tuesday, July 17th. We are open Monday to Friday 8:30am to 4:30pm. (Rain date Thursday, July 26th).

For your parking convinces please park at Walter Zadow Public School's parking lot and hop into one of the volunteer-driven golf carts. This service starts at 11:00am and will return you to your vehicle after 2:00pm, or earlier at your request.

## Notes



### Dining With Friends

The 1st Wednesday of each month - Jim's Restaurant, 5-7pm. Cost \$14/person. Includes soup or juice, entrée, dessert, tea or coffee. Tickets need to be purchased by NOON the Tuesday before the event at our office. Note: We accept Visa & MasterCard for payment by phone.

All welcome ages 60 and over, disabled, and individuals with special needs (regardless of age).

**NOTE – No 'Dining with Friends' during August**  
September 5th Meal: Ham Steak OR Chicken Fingers  
Entertainment: Alan Wright, soloist/guitar

October 3rd  
Meal: Roast Turkey OR Lasagna  
Entertainment: - Rick Leben  
Soloist/Keyboard



### Breakfast N' Learn

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

#### July 25th

Greetings/registration 8:30am  
Breakfast 9:00am  
10:00am: Guest Speakers: Glenn Arthur & Ed Reid of The Grove Redevelopment Program

**Note: No Breakfast N' Learn during August**

**September 26th** – Dora Boukouris, Holistic Health and Fitness Coach/Reiki Master/ YinYoga Instructor



### 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. We accept Visa & MasterCard for payment by phone. All welcome ages 50 and over, disabled, and individuals with special needs (no matter the age). 50/50 Draw and Door Prizes

**Note: No Friendship Days during August**

**September 20th** Meal: Beef Stew on a Bun  
Entertainment: TBA

**October 18th** Meal: Lasagna  
Entertainment: Gaston Moreau

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



**Anita Gauthier**  
(nee Normandeau)

## ON TOUR WITH NANCY

With excitement in her giggle, my new client jumped into the car. She had a smile bigger than life and eyes that danced. She said “Hi, I’m Anita! What’s your name?” I laughed; “Well, my name is Nancy Peck, and I’m your Driver today”. Anita smiled back at me; “Pleased to meet you”. And from that moment on, we started a close bond.

When I asked Anita if I could do her story she laughed and said “Sure! What do I have to say?” I said “Just tell me about your life. What do you like to do?” It didn’t take her long to think of some special things.

She said “When I was born, apparently ‘my Pèpère’ (grandfather) was heading out to start the car, to take my mother to the hospital. Mémère (grandmother) yelled out to him “never mind! She’s already had the baby!” My Pèpère turned around and headed back into the house with a big smile on his face!

Anita was born on July 12, 1947 daughter of Eva Belisle and Hilair Normandeau in Phillips Lake, Quebec.

As years went by, they moved a few times. Anita went to school in Portage Du Fort and Campbell’s Bay. Anita then burst out laughing and said “When I had the chicken pox at school, my dad had to come and get me and I had to stay at home. That’s when I used to sneak outside and I’d hear my mother say “Anita! Get back in here!”

“My favourite things to do: are the dishes, make beds and sweep the floors. I also have a good friend, named Dillon. I love my cat and my cat loves me! She’s going to have kitty cats and I’m going to keep one. I hope everything turns out well for her. Her name is Buttons!”

Anita’s parents worked hard and had to leave their three children (Hilair Jr. ‘Hockey’, Ida and Anita) with the grandparents while they worked. But tragedy struck! Mémère took a stroke and slipped into a coma and eventually passed away.

Anita’s niece, Linda Dubois (nee Kilbride) was asked to quit school at the age of 15 when Linda’s Dad died to look after her three year old sister, Anita and her two siblings and her Pèpère as Linda’s mother worked at the hospital to help out.

Linda is definitely “An Angel on Earth” as she has given her entire life to take care of all of those around her.

Anita eventually married Earl Gauthier, but when he passed at an early age, Anita returned to living with her niece. Anita and Linda continue to care for each other. “Life is precious and rare when the small things in life still bring us joy and happiness”.

Thank you Anita for all of my “pipe cleaner gifts” and for sharing your story with us!

Can’t wait for our next tour.

### **Nancy Peck** **In-Town-Driver**

nancypeck@cssagency.ca  
xxx000



Photos by Liz Wall, Development Coordinator

**The Annual Volunteer Appreciation Dinner** was held Friday, May 11th at the Parish Hall with everyone enjoying a Roast Beef Dinner catered by Riley’s Catering Co., followed by presentations and entertainment by The Magic of Steven Anthony. The first group of the ‘Newest’ volunteers were welcomed and thanked by Dennis Harrington, Executive Director and Margaret Bourk, Volunteer Coordinator. Front row, left to right, Shawna Oostendarp, Volunteer Driver, Karen Townley, Board Member/Special Events, Jean McCarron, Entertainment and Brenda Vaughan, Volunteer Driver/Special Events. Back left, Richard Hall, Meals on Wheels, Don Washington, Parkinson Support Group, Pat Washington, Committee Member/Special Events/PSGroup, Gilbert Paquette, Website/Special Events, Barry LaBrie, Volunteer Driver and Linda Robertson, Special Events/Foot Clinic/Regal.

*“Youth is the gift of Nature, but age is a work of art”*



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

106 McGonigal St. W., Arnprior

**Working Together for a**  
**Better Community**