



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

FALL 2018

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Arnprior-Braeside-McNab Seniors At Home Program Inc.

Keepin' it fun and getting-r-done.

31 Days of Kindness

October is Community Support Services Month and as part of celebrating the month we are inviting community members of all ages, to participate in our '31 Days of Kindness' campaign by showing your community spirit through random acts of kindness.

The acts of kindness can be as simple as visiting someone in the hospital to making a call to your neighbour just to chat and see how they are doing.

Once you register you will be given a list of 31 suggested of acts of kindness. Feel free to perform any of the suggested ones or design your own. Keep track of your acts of kindness, hand in your form by November 7th and enter the chance to win one of two gifts basket. Two winners, one for participants age 14 and under and one for those over 14 years of age. Draw to be held at office on November 8, 2018 at 12:00 noon.

Seniors at Home is your community support services agency which provides 25 different programs geared towards seniors age 55 and over and those with special needs no matter the age.

"We encourage all to take a few moments to learn about us and the basket of services we, as a Community Support Services Agency, provide year-round," says Dennis Harrington, Executive Director,

Other October events include: 'Meals on Wheels Week' from October 4th to 11th; 'Transportation Services Day' on October 12th; Original Trivia Night Wednesday, October 24th at East Side Mario's and from September 30 to October 14th the good folks of Mark's No Frills will be supporting the Agency through 'Point of Sale' donations. More information available by calling 613-623-7981; drop by at 106 McGonigal St. West; or email Liz Wall at lizwall@cssagency.ca.

At the end of '31 Days of Kindness' we guarantee you will feel "like a very kind and special person".



First Butterflies released at 1st Annual Live Butterfly Release



It was a true community supported event, our 1st Annual Memorial Live Butterfly Release held Sunday, August 19th in Robert Simpson Park. Having the honour of releasing the first butterflies, left Gina and Andre Pilon of Pilon Family Funeral Home, Lisa Smith of Boyce Funeral Home and Vicki Brittle of Vicki Brittle Music. Thank you to everyone who supported our first one. See you in 2019 on the third Sunday in August.

Photo by Frank Dugal



It was a proud moment for Dennis Harrington, Executive Director as he welcomed everyone to the 1st Annual Memorial Live Butterfly Release. See inside for picture view of the day.....

Photo by Wendy Cotie

Yellow Envelope Campaign

The goal for the annual 'Yellow Envelope Mail-Out Keep the Wheels Turning has reached 18 thousand of the Agency's goal of 32 thousand. We still have a way to go and would appreciate your financial support to reach the goal required to keep the Para Transit vehicle on the road. If you have not done so yet, please consider returning the yellow envelope with your donation by mail or drop off at our office, 106 McGonigal Street W. We accept Cash, Cheque, Debit, E-Transfer, Mastercard or Visa. Thank you.

Wanted – Snow Removal Workers

We are now accepting applications for our Service Arrangement Program to provide services for Seniors and Disabled Adults. Workers are in demand for both Home Help/housekeeping and Home Maintenance/Raking and snow removal in the winter.

Do you love working outdoors and getting out in the community? Our Service Arrangement Program connects

seniors and disabled adults with qualified outdoor home maintenance workers. For more information about the Service Arrangement Program please contact Nancy Peck, Monday to Friday, 12:30pm – 4:30pm at 613-623-7981, email nancypeck@cssagency.ca or visit our office 106 McGonigal Street West, Arnprior, to pick up an application form.



~ Remembering Loved Ones ~



Liz Wall, photographer

With the Memorial Board Janet MacGillivray and Rebekah Gunning, of Carp Commons Retirement Village, Community Partners



Wendy Cotie, photographer

Dennis Harrington welcomes all along with special guests, Vicki Brittle, Andre Pilon, Gina Pilon, Lisa Smith, Phyllis Doherty-Hereford, Rev. Leo Hughes, Cathy Brown and Eldon Smith.



Wendy Cotie, photographer

The guests were moved by "On the wings of an Angel" and 'Amazing Grace' as sung by Vicki Brittle



Wendy Cotie, photographer

Pure beauty!



Frank Dugal, photographer

Sylvia Patterson, Lynn Zander and Bob and Donna O'Grady prepare their precious gifts



Nancy Peck, photographer

Vicki Brittle's wish takes flight

Memorial Live Butterfly Release ~



Wendy Coite, photographer

The reading of the Indigenous Legend with Andre Pilon



Wendy Coite, photographer

Rev. Leo Hughes gives thanks



Frank Dugal, photographer

Taking flight with wishes in the wings for a loved one



Wendy Coite, photographer

Eldon Smith made a new friend as he released his butterfly



Nancy Peck, photographer

Sending his wish in the wings of his butterfly to a loved one



Wendy Coite, photographer

Leah Richardson-Dean joined her parents Neil and Eileen Richardson to send wishes to their loved one

1st ANNUAL ~ MEMORIAL

Live Butterfly Release



In the wings of a butterfly, sending wishes in memory of:

Phil Poole
Vicki & Hazen Golder
Roy Stewart
Barb and Bill MacMeechan
Delima and Clifford Lebrun
Ryan Christopher McNulty
Florence Justine McNulty
Doug and Helen Edgar
Janet Clancy
Anne Halchuk
Evelyn Slater
Jack Slater
Vera Klodt
Fred Klodt
Muriel Barsoskie
Lillian Brittle
Clarence Barr
Jeff Barr
Joseph Caruso
Violet Caruso
Florence Greeley
Emmett Leclair
Thomas Sidney
Theresa Sidney
Ed Sidney
Mick Sidney
Swin Sidney
Elsie Skelton
Robert Skelton
Dale Robertson
Dale Juby
Sandra Gail Richardson
Sharon Pherfitt
Paul Murphy
Laureen Redman (nee Murphy)
Bill Murphy
Jim
Betty
Jean Anderchek
Barry Savoy
Murphy-Woods (Babies)
Kenny Barr
Cheryl Sunter
Donald Hall
Mary-Sue Hall
Sidney Irwin
Dorothy Hall
Ted Hall
Bernard Dombroski
Freda Dombroski
Chalmers & Phillips families

Terry Spencer
Rita & Maurice Poirier
Velma Landry
Beatrice Bertrand
Ruth & Ray Grimes
Howard & Frances Phaneuf
Kevin Grimes
Frank Phaneuf
Constance Viens
Douglas Wheeler
Wilfred Suds
Dorris Suds
Wayne Suds
Roy Suds
Douglas "DJ" Ardis
Maggie Sylvester
Harry Hereford
Sophie Cuddihey
Frank Cuddihey
Claire McLean
Geoffrey Smith
Joan and George Smith
Bruce and Helen Patterson
Albert Jelley
Joan Gleiser
Christabel McCaffrey
Aylwin McCaffrey
Martha Townley
Reginald Townley
Bruce Townley
McGregor Scobie
Lillian Scobie
Edward Porter
Bernice Porter
John Washington
Doreen Washington
Mary Wilson
Delmer Bradley
Carol Spaul
Doug Spaul
Lester Kargus
Richard Cassidy
Helen Peill
Peter Everett
Rachel Hambly
Jerome Harrington
Edna Harrington
Hubert Quast
Muriel Quast
Elaine Craig
Florence McCambley

Mimi & Pappy (Mary & John Stewart)
Grandpa Roger Lavigne & Uncle Bob Lavigne
"All my loved ones" - Debbie Lawton
Marguerite & Walter Caplan
Guy Flewelling
Bob Hebert
Adam McCutcheon
William Robert Griffin
David Trudeau
"To all my ancestors" - Jim
"In memory of all the loved ones
that have gone before us" - Pansy
Hugh McKerracher
Francis & Katherine Gardiner
June Murphy
Norma Dixon
Leslie & Eileen Meek
Athol & Jean Moorhead
Ab Neumann
Nancy Bradley
Katrina Lyman
Phillip Shrive
Frank Staples
Jeanette Dennis
Bob & Doreen Dodge and deceased
family members
Leo McIntyre and deceased family members
Beulah Raycroft
John Ellis
Ken Smith
Gerald Stokes
Howard Cowan
Gwen Cowan
Ronald Chesley LeDrew Sr.
Willard and Jean Riopelle
Jen and Len Elliott
Doug Murray
Mary Ellen McArthur
Helen Lafrance
"All of our loved ones" - the Reid Family
Catherine "Cathy" Smith



Lisa Smith, Boyce
Funeral Home,
Reader of Loved
Ones

CARP COMMONS
RETIREMENT VILLAGE

INSPIRED SENIOR LIVING WITH 

**ROBERT SIMPSON PARK
ARNPRIOR
SUNDAY, AUGUST 19, 2018**

Mark Your Calendar **Upcoming Events**

Saturday, September 15 – Fall Charity Yard Sale – Location change – in our parking lot, 106 McGonigal St. West 7:00am – 2:00pm. Donation of items accepted (please no old television sets, computer monitors, hard covered books or large pieces of furniture). BBQ 10am-1pm.

Wednesday, October 24th – Original Trivia Night East Side Mario's – 6:00pm – 10:00pm.

Saturday, November 24 – Christmas Craft Bake & Business Fair – 10:00am – 4:00pm Nick Smith Centre. 42 plus vendors. NEW-Photos with Santa and Silent Auction.

Sunday, September 30th – 'Taste of the Valley' at Farmer's Market – 9:00am – 2:00pm, John Street, Arnprior. Agency Bake Sale and more.

Parkinson's Support Group meets the second Wednesday of each month 1:30 to 3:30pm, Arnprior Public Library. Upcoming Topics/Guests: September 12 – Deep Brian Stimulation Surgery. October 10 – Sam Boualavong, Pharmacist/Owner, Clancy's Drug Store. November 14 – Dora Boukouris, Holistic Health & Fitness Coach/Reiki Master/Yin Yoga Instructor.

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

Sara Thomssen, Willis College Coop Student, presented Dave Needham with his winnings of the 50/50 Draw following the successful day at Arnprior Wheels Car-Truck-Bike show held Monday, August 6th on the property of East Side Mario's. The barbeque for the event was hosted by Seniors at Home.



Photo by Liz Wall

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).

October 3rd Meal: Roast Turkey OR Lasagna
Entertainment: - Gaston Moreau

November 7th Meal: Choice of Ham Steak OR 1/4 rack of Ribs
Entertainment: TBD

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.

September 26th
Greetings/registration 8:30am
Breakfast 9:00am
10:00am: Guest Speaker: Dora Boukouris, Holistic Health and Fitness Coach – topic: 'Fitness Tips to make your Fifty + Years Fabulous'

Friendship Days

The 3rd Thursday of each month:
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: We are in the process of setting up a change of venue and unable to provide menu and entertainment details at time of publication. The date and time will remain the same, Thursday, September 20th. Watch for further details via Chronicle-Guide, Facebook, Website and as well all regular visitors will be telephoned with all the details.



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

Robert Wayne Needham
July 5, 1945-July 15, 2018

Joyce Courchesne
1940 - August 5, 2018

Vicki McLaren
1954 - August 11, 2018

Sarah "Sally" Wilson
1926 - August 13, 2018



Leave a Lasting Legacy

More information Dennis Harrington
Executive Director, ABMSH
613-623-7981 dennisharrington@cssagency.ca



Keepin' it fun and getting-r-done.



**INGEBORG
(INGE) MOODY**

ON TOUR WITH NANCY

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A book should be written about this extraordinary lady, who survived WWII in Berlin, Germany. Inge was born on Oct 2, 1926. Inge's eyes filled up with tears and she shutters as she recalls the things that she lived through. "There are many things that I can't even tell you. I have locked away these terrible memories for a long, long time. No child or adult should ever have to live through what we had to! No food, no work and then Adolf Hitler took over".

Hitler promised money to all the families, as they were forced to work for the militia. He told them that great things would begin to happen for Germany but as things unfolded everyone learned differently. Inge was only 13 when she was forced into the militia. They had to wear Hitler's uniforms, go to meetings, move away from home living in the Youth Core House and work in Farmer's fields. It sickened her but if she didn't go, she feared for her life and her family's lives. Should anyone even whisper that they were not a follower of Hitler they were punished or worse. Inge was punished! She was thrown into an attic for uttering something not in Hitler's favour. She wasn't allowed food or drink for over a week until she said "I am a follower of Hitler"! Everyone was interrogated regularly. Many of their friends and family simply disappeared. No one ever knew what happened to them.

Inge's mom also struggled with losing 13 babies, 12 survived Inge being the eldest. During the war Inge learned that her house had been blown up! She tried desperately to find her mom and her siblings. She feared they were all dead until word came that they were all in the hospital. Inge's Dad, just to have work, became a staunch supporter of Adolf. At the end of the war he ended up in a prison camp. Her family was torn apart.

Inge's first marriage was an arranged marriage. She married Gerhard (Gerry) Koenig in Dec 1946. Married for 28 years they were blessed with four beautiful children. A few years after the war they immigrated to Toronto and later Elliot Lake. Their marriage was not meant to be, ending in divorce Inge and the children carried on.

Inge was working hard on her own, when fate found her. Dr. Joseph Moody needed a cleaner. When he met Inge he knew he'd found what he'd been looking for. They fell madly in love and were together for 25 years. "Joseph saved me. He was my angel on earth. He was a Skipper and Navigator on his own boat and together we sailed the waters". Her eyes filled up with tears again. "Joseph and I were driving to Toronto when he pulled over to the side of the road with a chest pain". "I lost him that week, he was 77 years old".

Inge's home is elegant and family photos of her children, six grandchildren and nine great-grandchildren cover her fridge and walls. "Thank God for family and friends" Inge smiled, "Thank God for his many blessings".

"Inge you're a strong, beautiful individual who hides your pain for no one to see. When I see you, you're hopping into the car heading to your Aquatic Fitness class, or going for a walk or working outside on the flowers at Island View".

"Inge, the stories you have shared, and the ones not mentioned, make me wonder why some have to endure so much. Thank you for sharing your stories with us. You are truly an inspiration to others. Stay strong! God bless you"!

Until our next tour. Nancy

Nancy Peck In-Town-Driver
nancypeck@cssagency.ca



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OFFICE CLOSED

Monday, October 8th Happy Thanksgiving



*Working Together for a
Better Community*

613-623-7981
www.cssagency.ca

106 McGonigal St. W., Arnprior