



CONGREGATE DINING

Our Congregate Diners program allows seniors to enjoy a nutritious, well-balanced meal in a friendly and positive social environment. With our wonderful volunteers and our experienced cook we serve such delicious meals as glazed baked ham, roast pork, meatloaf and an amazing turkey dinner for Christmas.

Our Congregate Diners program is held in our 4 communities. We hold them once a month in Madoc, Marmora, Stirling and Tweed. We have decided to add an educational speaker to this program to better meet the needs of our

clients. We have a diverse lineup of speakers on Fall Prevention, Funeral Homes, Grocery delivery, lawyers and health centres. We feel that this will enhance your experience while informing you what is available in the area and to educate you on a variety of interesting topics. Our goal is to make this social event as beneficial as possible. If anyone has suggestions for speakers or interested in attending, please contact our office.



ESCORTED TRANSPORTATION

No one plans for a time when he or she will no longer be able to drive but when that happens, they are faced with a lack of access to essential services and a loss of independence. That is where we come in. CCCH has a volunteer transportation program

available to take clients for long distance or local trips for medical appointments, shopping or social trips. Clients are picked up at home, taken to their appointment and escorted home.

We are also happy to announce that we have 2

mobility vans that are capable of transporting wheelchairs, a variety of other mobility assisted devices and additional passengers.

Please contact the office for more information.

CCCH PROGRAMS

| | |
|-------------------------|---------------------------|
| FROZEN & HOT MEALS | FRIENDLY ACTIVE LIVING |
| MEALS ON WHEELS SOCIALS | FOOT CARE CLINIC /IN HOME |
| CONGREGATE DINERS CLUBS | INDOOR WALK PROGRAM |
| ESCORTED TRANSPORTATION | FRIENDLY VISITING |
| ESCORTED MOBILITY VAN | REASSURANCE CALLS |
| BLOOD PRESSURE CLINIC | HOUSEHOLD MANAGEMENT |
| RURAL MAIL COURIERS | CRISIS INTERVENTION |

Community Care for Central Hastings

108 Russell Street, Box 201

Madoc, ON K0K 2K0

Phone: 613-473-9009 or

1-800-554-1564

Email: ccch@ccch.ca

nifty
thrifty
finds



HIDDEN TREASURES

333 Victoria Street, North.
Tweed, ON K0K 3J0
Phone: 613-478-0101

All proceeds from the sale of our quality used furniture and household items go towards funding CCCH's programs supporting seniors and adults with disabilities to remain in their home.

Store hours: Monday through Friday
10:00 am—4:00 pm
Saturdays 10:00 am—3:00 pm



Do you have some free time?

Do you want to make a positive contribution to someone's life?

Are you looking for a rewarding role in supporting your community?

We invite you to join our team and make a difference in someone's life.

Contact the CCCH office at 613-473-9009 ext. 5006 or 1-800-554-1564 for more information.

Merry Christmas
& Happy Holidays!

CCCH Christmas Operating Hours:

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|---------|----------------|---------|--------|
| Dec. 22 | Closed at noon | | |
| Dec. 25 | Closed | Dec. 26 | Closed |
| Dec. 27 | Closed | Dec. 28 | Closed |
| Dec. 29 | Closed | Jan. 1 | Closed |



Inclement Weather Reminder



Although the weather is pleasant now, old man winter will soon be here. We want to remind you that if the weather is bad, to listen to the radio stations on CJBQ, COOL 100 AND OJ 95.5 for cancellations of the Diners Club and Blood Pressure Clinics.

If you are scheduled for Transportation or to receive Meals on Wheels, you will be contacted in the event of a cancellation.

We want our clients and volunteers to be safe this winter.

Laughter Heals

Laughter is a powerful antidote to stress, pain and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others and keeps you grounded, focused, and alert. It also helps you to release negative feelings and be more forgiving.

Laughter boosts the immune system. When we're laughing, endorphins (the "feel good" hormones) are released. This lowers any circulating levels of the stress hormone cortisol, allowing the increase of natural killer cells that destroy tumours and viruses.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for life's problems, enhancing your relationships and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free and easy to use.

Here are some humorous quotes to help you laugh:

"Insanity is hereditary; you get it from your children." (Sam Levenson).

"Health nuts are going to feel stupid someday, lying in hospitals, dying of nothing." (Redd Foxx).

"No diet will remove all the fat from

your body because the brain is entirely fat. Without a brain you might look good, but all you could do is run for public office." (Covert Bailey).

"Be careful about reading health books. You may die of a misprint." (Mark Twain).

"Only Irish coffee provides, in a single glass, all four essential food groups: alcohol, caffeine, sugar and fat." (Alex Levine).

LAUGHTER HEALS

