



COMMUNITY CARE
FOR CENTRAL HASTINGS

Care Lines

Fall/Winter 2016

Volume 5, Issue 1

DINNER AUCTION 2016

The Annual Dinner Auction is our single largest fundraising event, to assist with program delivery to seniors and adults with physical disabilities and to provide supports that assist our clients to reside in their own homes.

The Dinner was enjoyed by all and many great deals were found.

We are grateful to all our generous donors, our indispensable volunteers and all who attended the evening's events.

A superb dinner, made by BBQ on Wheels, was enjoyed by everyone!

It was a very busy night, with incredible sales of raffle tickets and, great excitement at the Plinko and Wheel table.

Bids in our silent auction were extremely generous, and the live auction was out of this world!!

We shared a lot of laughs and friendly competition.

This all combined to make this our best Dinner Auction ever, by raising over \$14,000 to assist with our many programs.



Special thanks to our Volunteer Dinner Auction Committee and to the chair of the committee, Claire Francis!

Cont'd on page 15



COMMUNITY CARE
FOR CENTRAL HASTINGS

CCCH PROGRAMS

Meals on Wheels

Diner's Club

Transportation

Reassurance Calls

Friendly Visiting

Foot Care

Home Making

Crisis Intervention

Health & Wellness

Blood Pressure Clinics

Blood Donor Clinics

Community Information Updates

**Rural Mail Couriers Alert
Program**

www.ccch.ca

**Please visit our website at www.ccch.ca
for extensive information about the
agency, volunteering, programs, news
and events, donations and so much
more.**

Inside this issue:

Mobility Van Program Expansion	3
In Honour Giving, Foundation Board and Inclement weather reminder	4
Fraud and Scams—be aware	5
Agency Announcements & Special Thanks	6
Meals on Wheels and September Programs resuming	7
Regional Care Coordinator Updates	8
Foot Care Clinic and Tips for Office calls	9
Program Schedule	10-11
Power of Attorney, why it is important and how you can prepare	12
Health and Wellness	13
Dinner Auction Cont'd	15
Consider Volunteering	16
Diners Club	17
Hidden Treasures	18
Sponsorship	19
Mission, Values, Vision	20

CCCH BOARD MEMBERS

Chair Person: Brent Seaton

Secretary/Treasurer: Dr. Cliff Derry

Vice Chair: Dave Cronhielm

Directors:

Wynne Rollins

Jim Denison

David Redcliffe

Joan Donaldson

Doug Hunter

Jon McConnell

Terry Richmond



OUR VAN SERVICES HAVE EXPANDED TO SERVE YOU BETTER!

CCCH is very happy to announce the expansion of our Transportation Program to include a second mobility van. This van is possible thanks to a partnership between CCCH & VON which has been in place since the first mobility van arrived in the Spring of 2009 and the second van arrived in May 2016.



We currently have 3 Mobility Van Drivers: Peter Niblett, Steve Jordon and Jordanna Burns.

Our Mobility Vans service Madoc, Marmora, Stirling and Tweed areas, as well as any person with limited mobility whom meet

the CCCH Eligibility Criteria:

Seniors or adults with physical disabilities, living in their own homes.

Our Mobility Vans increase independence for those with physical disabilities at a reasonable rate. The program provides door to door transportation, the vans can transport wheelchairs & a variety of other mobility assistive devices, including necessary escorts to all medical and personal appointments Mon – Sat (excluding Statutory Holidays).

Please contact the Community Care office for any further information regarding programs and services in your area, at 613-473-9009.

“Hey Jim,” called Harry. “Check out my new hearing aids, they work so well, I could hear a pin drop!” “Really” asked Jim, that’s unbelievable. I am actually in the market for hearing aids, what type is it?” “Four a clock,” responded Harry.

Consider the Gift that Keeps Giving!

An “In Honour” donation is a unique way to celebrate those who are special to us. Occasions such as birthdays, weddings, anniversaries, or the holidays are just a few examples when this type of donation may be considered. Remembering someone close to you with an “In Honour” donation as an alternative to flowers or a more traditional gift, means a lasting contribution to someone in need. Donors receive an official tax receipt for a minimum \$10.00 donation & we will send a card acknowledging the donation with the appropriate occasion being celebrated. “In Honour” donations are great to give and, of course, wonderful to receive. Contributions stay in our community, supporting and enhancing the programs and services provided by Community Care. The next time you are struggling to find that perfect gift, consider the gift that keeps on giving.

Please, never send cash in the mail.

FOUNDATION BOARD MEMBERS

Chair Person: Brent Seaton
Secretary/Treasurer: Cliff Derry
Vice Chair: Jan Bruce
Directors:
John Robert Sarles Taylor
Joan Donaldson

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.

What every older Canadian should know about: Fraud and Scams

Fraud is the number one crime against older Canadians. Though people of all ages can be victims of fraud, older people get targeted more than others because they are often home during the day to answer the door or phone. They can be more trusting and they may not have family or friends close by to ask for a second opinion. Last year the top 10 scams in Canada netted these criminals over 1.2 billion dollars. Con artists don't just target people who have a lot of money. A con artist may steal a small amount from many people. They use a variety of ways to reach people, including phone calls, door-to-door visits and the internet. Some recent examples follow.



The Canada Revenue telephone scam
Some recent telephone scams involve threatening taxpayers or using aggressive and forceful language to scare them into paying fictitious debt to the CRA. Victims receive a phone call from a person claiming to work for the CRA and saying that taxes are owed. The caller requests immediate payment by credit card or convinces the victims to purchase a prepaid credit card and to call back immediately with the information. The taxpayer is often threatened with court charges, jail or deportation. To confirm the authenticity of a call, you can contact the CRA by calling 1-800-959-8281.

Local Door to Door Roofing Scam

There is a company called Canadian Roofing scamming seniors from Belleville to Peterborough County. They look legit, come to your door and state that they noticed the roof needs to be done and go into a big story, making seniors feel worried their roof is really bad and pressure them into saying yes. Then they will take either part or half of your money to reserve your spot and won't show up. Sometimes they have taken half the money, did a little work, then get the rest of the money, and never come back to finish.

cont'd on page 14

Agency Announcements

It is with heavy hearts that we will be saying good bye to Barb McLean after several years working on the Meals on Wheels program. She has decided to retire on November 25th 2016. She begins her retirement with a trip to Australia. Have a great time and enjoy your retirement. Remember, we can always use

volunteers!!

Congratulations are in order **again for the Maloney's.**

Jennifer is with baby and expects to be leaving us in December unless baby has other ideas. Best wishes to all.

We would also like to thank the students Megan and Danielle that work so hard this summer. They helped us achieve so much, in such a short amount of time.

Many clients and volunteers got to speak with them as the help with updating files and completing questionnaire. Thanks ladies!

A Special Thank You

For several years this newsletter has been produced by one of our very flexible and patient volunteers, Gerry Michaud. He has decided to hand it off after doing such a great job on this publication.

We want to thank him for his hard work and dedication over the years. He not only produced and found supporters, he ensures that finished copies were distributed in the Tweed Area. His computer skills have proven to be a great asset to us, in creating such a high quality newsletter. He has been an enormous help to Community Care for Central Hastings.

Thank you so much Gerry for your help over the years. We will miss your skills, efficiency and sense of humour!!





Meals on Wheels

offers delicious and nutritionally balanced meals both hot and frozen.

Our delicious hot meals are home cooked, nutritionally balanced and include Soup or Salad, a Main Entree (meat and vegetables), and a dessert.

Hot meals are delivered every Tuesday and Thursday.

A qualified nutritionist reviews each seasonal menu.

Special diets can be accommodated.

Frozen meals are home-style meals that can be heated in your oven or microwave, and since they are frozen, they can be kept on hand in your freezer. You can choose from our tempting array of main dishes, soups and desserts by calling the office or viewing the selections on our website.



THE FOLLOWING PROGRAMS ARE RESUMING IN SEPTEMBER :

Diners – Roast Pork, Mashed Potatoes with Gravy, Green/Yellow Beans, a Roll, Coleslaw and Dessert

Madoc – St. John's Anglican Church – September 12th

Marmora – Community Centre – September 14th

Stirling – St. Paul's United Church – September 26th

Tweed – St. Edmund's Hall – Stoco – **September 21th***a week early**

Walk Program at Central Hastings Secondary School -Sept 26th.

Marmora Social at Matthew Place - September 22nd.

Friendly Active Living -Trinity United Church 10:30am - September 14th.

Regional Care Coordinator (RCC) Program

The RCC Program was created to provide services to seniors living in rural & urban communities (located within the SE LHIN's region). The program provides assistance to both the CSS Home Support Agencies in the SE LHIN region and to the clients that these agencies serve. The team of dedicated staff assist the agencies with;

- interRAI Screeners
- interRAI CHAs (Community Health Assessments)
- Client Home Visits
- Initial Client Intakes
- Client Screener & CHA Reassessments
- Caregiver Strain Indexes (to assess caregiver stress)

The RCCs also assist the clients of our partner agencies by:

- Client Navigation of Health Services
- Quick Response to Client Referrals to Promote Early Access to Services
- Individualized Client Care Plan
- Appropriate Referrals Based on Client Needs

Our dedicated team is comprised of 10 staff members:

Over the past year we have seen some staff changes and are very pleased that **Natalie Pollock, Samantha Hill and Taylor Maines** have become part of your Community Team. **Jennifer Kerr** has been with us as an RCC TA/ICART staff member since last fall.

Not only has our staff grown but our staff families have grown as well. **Angela Tyhy** had a beautiful little girl, Cecil Jean in Oct of 2015 and **Danielle Fenwick** has welcomed her new son, Luke, into her family in July 2016.

*Unfortunately, teams change over the years and we were very sad to announce that **Carolyn Roach** will be leaving us at the end of September to relocate to Nova Scotia. She will be deeply missed but we wish her joy in her new home.*

Foot Care



Our current Foot care nurse, **Darlene Rivers**, will be retiring in December 2016 and we would like to thank her for her dedication and years of service to CCCH.

We want to take this opportunity to welcome **Jillian Thompson** who will take over the Foot Care program.

CCCH's foot care program uses a certified foot care worker to provide professional foot care treatment, for Diabetics, Corns, Foot Soak, Ingrown Nails, Calluses and More.

Please call the office at 613-473-9009 ext.1
to book your appointment today.

Making Calling Easy

- Press 1 for Transportation, Blood Pressure & Foot Care Clinics
- Press 2 for Meals on Wheels, Reassurance Calls and Walk Program
- Press 3 for Diners
- Press 4 for the Client Coordinator
- Press 5 for the Volunteer Coordinator
- Press 8 for Homemaking, In-Home Footcare, Friendly Active Living and Friendly Visiting
- Press 6 to reach Administration (Operations, Finance and Executive Director)
- Press 7 to reach Regional Care Coordinators

During his physical, the doctor asked about his daily activity level. He described a typical day this way: "Well, yesterday afternoon, I waded along the edge of a lake, escaped from wild dogs in the heavy brush, marched up and down several rocky hills, stood in a patch of poison ivy, crawled out of quicksand, and jumped away from an aggressive rattlesnake."

Inspired by the story, the doctor said, "You must be an awesome outdoors man!" "No," he replied, "I'm just an awful golfer."



COMMUNITY CARE EVENTS CALENDAR

EVENT	Madoc	Marmora	Stirling	Tweed
Diner's Club— Noon Monthly from Sept- June	2nd Monday St. John's Anglican Church	2nd Wed. Marmora Community Centre	4th Mon. St. Paul's United Church	4th Wed. St. Edmund's Hall, Stoco
Thanksgiving Meal	October 17	October 12	October 24	October 26
Christmas Meal	Glazed Baked Ham, Baked Potatoes, Baked Beans, a Roll, Coleslaw Salad and Dessert			
	December 12	December 14	November 28	November 23
	Enjoy a Turkey Dinner, Gravy, Stuffing, with Turnip & Carrots, Potatoes and Desserts			
Meals on Wheels: HOT Tuesdays & Thursdays 11:30 to 1:00 Frozen deliveries monthly: Madoc & Stirling: 2nd Thursday and Tweed & Mar- mora the following Tuesday				
Social		4th Thursday 43 Matthew Place		
Blood Pressure Clinics - Monthly	3rd Wed. 9:30-11:30 47 Wellington St.	2nd Tues. 9:30-11:30 Caressant Care	2nd Thurs. 9 - Noon 204 Church St.	1st Wed. 8:00 - Noon 23 McCamon Ave.
Friendly Active Living Weekly from Sept - June	Wednesdays - Trinity United Church 10:30 am			
Foot Care Clinic Monthly	1st Thursday 47 Wellington St.			
Indoor Walk Program from Sept - June	Centre Hastings Secondary School - Madoc A.M. Monday, Wednesday and Friday 9:45-10:45 P.M. Monday, Tuesday and Friday 6:45-7:45			

POWER OF ATTORNEY & WILLS ARE IMPORTANT TOOLS IN YOUR LIFE

A Power of Attorney (POA), is a legal document that gives someone else the right to act on your behalf. Many people believe their families will be able to step in if something happens and they are unable to make decisions for themselves. This isn't always true. To be safe, name someone to make financial decisions for you, such as paying your bills, with a **continuing power of attorney for property**.

For personal care and health decisions such as where you live, what you eat or what medical care you will receive if you get sick or injured, you can name someone in a **power of attorney for personal care**.

Tip: No one can make you sign a power of attorney if you don't want to. But, if you don't choose one, the government may have to appoint someone to make certain decisions for you. It's better if you choose someone you feel you can really trust, who will carry out your wishes.

WILLS



Does your family know your wishes? Have you got your affairs in order?

Your will is a written document that sets out your wishes as to how your estate should be taken care of and distributed after death. It takes effect when the person dies.

An estate is the property that a person owns or has a legal interest in. The term is often used to describe the assets and liabilities left by a person after death.

Your will is the easiest and most effective way to tell others how you want your property and possessions to be distributed. Even if you don't have much money or property, it's still a good idea to have a will so you can name an executor and make it clear who you want making decisions regarding your property after you die.

Under the law in most provinces and territories, your nearest relatives are the people who will share in your estate if you die without making a will.

The way the law will distribute your estate in this case may not be what you wanted, so to ensure things are done the way you want them, get a will.

More information can be found about POA, Living Wills, Wills and Estate planning at: <http://www.seniors.gc.ca/> and <http://www.attorneygeneral.jus.gov.on.ca/>

Health & Wellness

Take part in programs that focus on participation and maintenance of a healthy lifestyle



Indoor Walk Program

Join us mornings at Centre Hastings Secondary School for an enjoyable walk with friends.

Monday, Wednesday and Fridays mornings

9:45-10:45 a.m. or,

Monday, Tuesday and Friday evenings

6:45 p.m.-7:45 p.m.

Friendly Active Living

Ten simple yet progressive exercises designed to enhance and maintain functional fitness, mobility and independence.

Wednesdays - Madoc Trinity United Church 10:30 am

Blood Pressure Clinic

No Appointment Necessary

Regular monthly monitoring of your blood pressure in a comfortable, friendly setting:

Madoc - 3rd Wednesday of the Month - Located at Seniors Building 47 Wellington Str. - Common Room 9:30am to 11:30am

Marmora - 2nd Tuesday of the Month—Located at Caressant Care 58 Bursthall St - 9:30am to 11:30am

Stirling - 2nd Thursday of the Month—Located at Seniors Building 204 Church Str. -Common Room – 9:00am to 12:00am

Tweed - 1st Wednesday of the Month—Located at Seniors Building 23 McCamon Str. -Common Room – 8:00am to 12:00am



cont'd from page 5

On-line or email scams

Scam e-mails are often easy to spot because of spelling and other mistakes, but some can look like they are coming from a person or organization you know. If you are not sure about an e-mail and it contains an attachment or a link **do not** open either. Links can look like a real website, but are designed that way to get your personal information. Attachments can be viruses that can steal your information.

Tips and Safeguards

!Do not give personal information, credit card or banking information to anyone unless you initiated the call or contact.

!Never send cash in the mail.

!Keep personal documents in a safe place and shred anything with personal information on it before disposal.

!When contacted by a salesperson and you are feeling pressured, thank them and let them know you will think about it and/or ask for written documentation about offers.

!If you receive a call regarding a relative or someone close to you needing money due to an accident, do not make any transactions before speaking with family members.

!Contact the business or agency first, using a reliable directory, to ensure the validity of the call and to determine if the request was authentic before making a transaction.



*Registered Charities can be verified by calling
1-877-442-2899 or search CRA website for registered charities*

Report incidences of fraud attempts to:

Phone Busters -1-888-495-8501

Canadian Anti Fraud Centre– 1-888-495-8501

If you are a victim of fraud, please contact the OPP or Police.



COMMUNITY CARE
FOR CENTRAL HASTINGS
FOUNDATION

Cont'd on page 15
**Congratulations to all who
made the winning bids on
items at the Dinner Auction.**

2016 Raffle Tickets Winners!!

First Prize - \$500

Terry Clemens

Second Prize – \$300

Nellie Keising

Third Prize – \$100

Larry Bennett

Once again, thanks to everyone
who helped make the night a
such a Great Success.

Set aside,
Saturday May 6, 2017
for next year's event!



**THANKS TO ALL OUR
WONDERFUL VOLUNTEERS**

**The generous donation of your
time and talents have greatly
contributed to the well being of
our community and its seniors.**

**Our sincere thanks for all you
do!!**

*The Board members and
Staff of CCCH*





Community Care for Central Hastings needs your volunteering help. Each year we provide around 19,000 Meals on Wheels meals, complete 7,500 transportation trips, and serve 2,250 clients at the Diners and provide 2,000 reassurance calls , plus many more services.

It's getting trickier to get volunteers these days but our organization is reaching out to the communities for help (corporations or individuals). Community Care for Central Hastings provides a wide range of services for seniors and adults with physical disabilities and we can accommodate almost anybody's busy schedule whether it be delivering meals one week out of the month, transporting a client three times a week, calling client's once a month, there is always something out there to do.

Please consider becoming a volunteer for one of our many different programs:

Blood Pressure Clinic	Friendly Visiting	Reassurance Calls
Board of Directors	Fundraising Committee	Special Projects
Diners Club	Hidden Treasures	Transportation
Exercise Program	Homemaking	Walk Program
Foundation Board	Meals on Wheels	

**We invite you to join our team and make a difference in someone's life.
Contact the office for more information at 613-473-9009 ext: 5006 or
1-800-554-1564**

**“Caring comes form within, but our strength
comes from our Volunteers.”**

**Walking into the bar, Mike said to Charlie the bartender,
"Pour me a stiff one - just had another fight with the wife."**

"Oh yeah?" said Charlie, "And how did this one end?"

**"When it was over," Mike replied, "She came to me on her
hands and knees."**

**"Really," said Charles, "Now that's a switch! What did she say?"
She said, "Come out from under the bed, you little chicken."**



COME ON OUT TO OUR DINERS CLUB



Do you enjoy a homemade nutritious meal?
Do you enjoy social outings? Do you want to
mingle with old friends or meet new friends?
Do you want to sit back and enjoy some
wonderful music? If you said yes to any of
these questions then you may enjoy coming to
our Community Dinners.

Our dinners are held once a month in a central location on pre-arranged days.
Lunch is served at 12:00 pm and costs only \$8.00 for an **all you can eat**
farmer style meal. Please bring your own dishes and cutlery and then sit back
and get pampered.

Madoc Diners

St. John's Anglican Church 2nd Monday of the month

Marmora Diners

Marmora & District Community Centre 2nd Wednesday of the month

Stirling Diners

St. Paul's United Church 4th Monday of the month

Tweed Diners

St. Edmund's Hall, Stocco 4th Wednesday of the month except for

September's meal which will be held Sept 21.

If interested in trying out one of our Diners please contact the office to
reserve your spot at 613-473-9009 press 3 or 1-800-554-1564.

HIDDEN TREASURES NEWS

By Violet Sleeper



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.



Silent Auction

Our monthly silent auctions of special and unique items start around the 12th of each month and bidding continues for a period of 10 days, bringing in extra money towards our programs.

We carry used mobility equipment including: wheelchairs, walkers, commodes, crutches, etc.

We are presently in need of good quality Sofas, Loveseats and Arm Chairs. (Charitable donation receipts can be requested.)

We have someone who will pickup in the Tweed area only.

Our stock is changing all the time, so come in often to browse.
There is a hidden treasure waiting for you!

We are located at 333 Victoria St. North, Tweed 613-478-0101

Store Hours: Monday through Friday 10:00 am- 4:00 pm and Saturdays from 10:00 am– 3:00 pm. We are closed on Sundays and holidays.

**Gerry Michaud
Desk Top
Publisher**

*Caring comes from within,
but our strength comes
from our Volunteers*

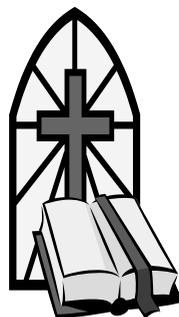
THIS ISSUE IS MADE POSSIBLE BY THE FOLLOWING
COMMUNITY MINDED SPONSORS

**This space is donated by Sharon & Gerry Michaud in fond memory of
our parents, Gerry's
deceased wife Marlene and his brother Lloyd.**

**Marlene Michaud
1937-1988**

**Avila Michaud
1910-1974**

**Mary Louise Michaud
1916-1975**



**Michael Wishlow
1925-2003**

**Mysie Wishlow
1927-1991**

**Lloyd Michaud
1943-2011**

*In our memories they still live and will continue to do so as long as
their children, grandchildren and siblings are on this earth.*

THIS ISSUE IS CO-SPONSORED BY A
GENEROUS COMMUNITY MINDED
INDIVIDUAL WHO WISHES TO
REMAIN ANONYMOUS.

WE THANK HIM FOR HIS
GENEROSITY AND SUPPORT.

On behalf of the staff & volunteers
at Community Care, we wish to extend our
deepest sympathy to the family and
friends of the wonderful clients and
volunteers who have
passed away this year.



We are sorry for your loss and you are in
our thoughts.

**You can be a sponsor of future issues at a cost of \$300 for a full
sponsorship, or \$150 for a co-sponsorship.**

A tax receipt is issued to all sponsors.

Support your CCCH programs.

Become a sponsor, volunteer, donate.

For more information Call 613-473-9009

Community care for central Hastings

Mission Statement

Community Care for Central Hastings is a non-profit volunteer supported agency serving both seniors and adults with physical disabilities. We provide programs and services that enable our clients to be independent in their homes and improve their quality of life by assisting them to better utilize community resources.

Value Statement

Community Care for Central Hastings clients inspire our professional Team to provide individualized, non-judgmental client-centred services. We pledge to demonstrate integrity, dignity, compassion, understanding and respect for all.

Vision Statement

Community Care for Central Hastings will be the leader in providing exceptional and compassionate care for our clients by embracing their ever-changing needs through the development of a multi-service community centre, encompassing all relevant partners.



COMMUNITY CARE
FOR CENTRAL HASTINGS

Location: 108 Russell St Box 201

Madoc, Ontario, K0K 2K0

Phone: 613-473-9009 Toll Free 1-800-554-1564

Fax: 613-473-9010 Email: ccch@ccch.ca

Web Site: www.ccch.ca

Community Care's Newsletter, which is distributed free of charge in the Central Hastings area, is not intended to be legal or medical advice or to endorse any product or service. It is meant to serve as an informational resource & guide, and not as a substitute for professional service.

This issue's Sponsors

SHARON & GERRY MICHAUD &

An ANONYMOUS CO SPONSOR