



COMMUNITY CARE  
FOR CENTRAL HASTINGS

# Care Lines

Fall/Winter 2013

Volume 2, Issue 1

## Training Our Volunteer Drivers

On Sept 10/13, Community Care for Central Hastings conducted its annual volunteer driver training. Every year our drivers participate in this training, which provides them with valuable information to assist them with their volunteer roles.

We would like to thank **St John's Anglican Church** for donating the Church Hall to us.

In 2012-2013, Community Care for Central Hastings' volunteer drivers provided our clients with 6628 trips.

As a way to recognize the time that these wonderful volunteer drivers donate to the seniors in our community, both **Doug Hunter Ford** in Madoc, and **McKeown Motors** in Springbrook kindly donated gift certificates to our drivers.



**Scott Gougeon**, Owner/General Manager of Doug Hunter Ford Sales Ltd provided volunteers who were in attendance with a gift certificate for an Oil/Lube/Filter/Multi Point Inspection.

**Bill McKeown** from McKeown Motors provided us with Tim Horton gift certificates. We thank both of these gentlemen and their companies for continuing to support Community Care for Central Hastings and our volunteer drivers.

(continued on page 3)

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

## **CCCH PROGRAMS**



COMMUNITY CARE  
FOR CENTRAL HASTINGS

**Meals on Wheels**

**Diner's Club**

**Transportation**

**Reassurance Calls**

**Friendly Visiting**

**Foot Care**

**Homemaking**

**Crisis Intervention**

**Health & Wellness**

**Blood Pressure Clinics**

**Blood Donor Clinics**

**Community Information Updates**

**Rural Mail Couriers Alert  
Program**

## **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 would 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.

*(Training Our Volunteer Drivers continued from page 1)*

During this year's training session we were privileged to have two guest speakers who volunteered their time to address our volunteers.

**Brenda Snider**, the Executive Director of Volunteer & Information Quinte, spoke to our volunteers about how valuable volunteers are and the difference they make in the community. She reminded them to not view themselves as "only a driver" but that they are a huge part of the client's support circle.



**Laurie Hill**, the Orientation & Mobility Specialist with Canadian National Institute for the Blind (CNIB), provided the group with interactive information session. She addressed issues such as: how to assist visually impaired clients to enter a building; how to safely assist them getting in and out of a vehicle; and the function of the white cane, used by many clients, and how it assist the clients in their day to day activities.



COMMUNITY CARE  
FOR CENTRAL HASTINGS

**[www.ccch.ca](http://www.ccch.ca)**  
*Please visit our  
website at [www.ccch.ca](http://www.ccch.ca) for extensive  
information about the agency,  
volunteering, programs, news and events,  
donations and so much more.  
Don't forget to like us on facebook, just click the link.*

## Facts on Remembrance Day

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month.
- From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day - November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.

Canada's  
Tomb of the Unknown



Veterans Affairs Canada

# HIDDEN TREASURES NEWS



All proceeds of the sale of our quality used furniture and household items go towards funding CCCH's programs for seniors and the disabled.



## Find The Hidden Treasures

Bargain hunters, come search the shelves of **Community Care's** second-hand store, **Hidden Treasures**", for unique and useful items. You can find anything from books and dishes to desks, sofas and yes, even the kitchen sink. Good quality used items are graciously received and sold at the store.

**Our monthly silent auctions** of special & unique items start the 2nd Wednesday of each month and bidding continues for a period of 2 weeks. October's items contain special antique items.

Our large and varied stock of **Christmas items and decorations** is on sale now. Shop early and don't be disappointed.

**We now carry a line of used mobility equipment** which includes Wheelchairs, walkers and commodes.

**Currently we are in need of good quality sofas.**

Our stock is constantly changing, so come in often to browse. You never know what you might find!

**332 Victoria St. North, Tweed. 613 478-0101**

### New Store Hours

**Open: Monday through Friday 10:00am -4:00 pm & Saturdays from 10 am to 3 pm. We are closed Sundays and holidays.**

# Savory Butternut Squash and Carrot Soup

**A vegetarian butternut squash soup recipe with carrots and fresh chopped sage. This butternut squash soup with carrots can be enjoyed by all. Quick and easy to make it takes the chill off those cool autumn & winter days. Try this flavourful soup. You'll love it!**

## **Ingredients:**

2 tbsp olive oil  
1 onion, diced  
4 cloves garlic, minced  
4 carrots, sliced  
3 stalks celery, diced  
2 small or one large butternut squash, peeled and chopped  
5 cups vegetable broth  
2 tbsp chopped fresh sage  
1/2 cup soy milk  
salt and pepper to taste

## **Preparation:**

In a large soup pot, sauté the onion and garlic in olive oil until onions turn soft;, about 3 to 5 minutes. Add the carrots and celery and cook for another 3 to 5 minutes.

Add the squash and stir just to coat, then add the vegetable broth and sage. Bring to a boil, then reduce heat to a slow simmer. Allow to cook for at least 25 minutes, or until squash is soft.



Using a potato masher or a large fork, mash the squash until smooth, or, alternatively, you can puree the soup in a food processor or blender. Stir in the soy milk and season with salt and pepper to taste.

A woman was weed-a-whacking her yard and accidentally cut off the tail of her cat, who was hiding in the grass.

She rushed her cat, along with the tail, over to Wal-Mart.

Why Wal-Mart?  
HELLOOOOOOOOO!

WALMART is the largest re-tailer in the world!



## ***Meals on Wheels News!***

***The frozen MOW program has a new menu!***

***We have a new menu for our frozen food program. This menu includes some old favourites and some new dishes that just may become your new favourite. Contact the office for a copy of the new menu.***

***There is also some other exciting news. The overwhelming demand for the Chinese style meals, which were discontinued with this new menu, has sparked the revival of the meals. As of now you may order the Chinese style meals again!***

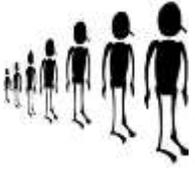
### ***WE NEED YOU!***

***If you would like to help these programs continue to thrive and assist those in our community please consider Meals on Wheels Drivers are needed to deliver meals Tuesday or Thursday, one day each month or when you are available.***



***Looking for Drivers in the Stirling and Tweed areas.***

# Independence Through Health



I recently read an article in MacLean's Magazine' that discussed the worldwide problem of the growing number of seniors with a younger generation far fewer in numbers. While the coming generation is much smaller than ours. While this is good for the ever diminishing resources of our planet, it presents many difficulties in the provision of senior care. Seniors want to maintain their independence and stay in their own homes. However, if a senior's health is failing, she or he needs some help in attaining that goal.

Traditionally this was provided by one's children. In a time of smaller families that are sometimes spread across the continent, with daughters, as well as sons, in the workforce it is often difficult to find help for things, like getting a ride to a medical appointment, grocery shopping, grass cutting, snow removal, heavy housework, home maintenance etc. It means having to pay for these services out of pockets that in our old age are not as deep as they used to be. With a diminished base of younger people paying the necessary taxes required, we are fortunate to have organizations like Community Care whose many services for seniors and the disabled fill in the gap. While these services provide vital assistance, they do have limits. All too often the only solution is the nursing home.

The ideal of course, is that we all remain healthy in our old age, so that we are our own support system. This means maintaining the strength and flexibility to do our own housework, cooking, laundry, shopping and meal preparation. The way we can do this is no secret. We have been told over and over again how to do it. It is just that a lot of us don't listen very well. Let's go over the steps to good health.

**1. Don't smoke.**

**2. Ideally less than 5% of your calories should come from animal protein.**

That means cutting way back on products like milk, cheese, eggs and meat, while eating more fruits, veggies, whole grains and beans. Minimize consumption of fatty desserts like ice cream & donuts.

**3. Regular aerobic and strength building exercises.** Aim for at least a 30 minute daily walk out of doors in good weather or at the mall in bad. A tread mill or exercise bike is also an alternative. Exercise bands and light weights can be used to build arm and shoulder strength. Yoga & Tai Chi are good ways to improve flexibility.

**4. Get 8 to 9 hours sleep every night.**

**5. See your dentist regularly.** Oral hygiene is important in controlling a number of diseases.

**6. Have your doctor or pharmacist do a drug review of all your medications once a year.** Improper use of prescription drugs is a leading cause of death.

**7. Be active socially.** Join a seniors group, become a volunteer, greet your neighbours with a smile.

**8. Exercise your brain.** Read, do puzzles, plan your week ahead of time, engage in meaningful conversations with your peer group.

**9. Maintain a positive attitude.** Look for the silver lining, not the dark cloud. As you grow healthier, it becomes easier to do that. Healthy people are usually positive and cheerful.

Hopefully this message will encourage you to start on the road to healthy and independent living. Good luck in your endeavours!



# NEED A RIDE?



Volunteer Escorted Transportation program Volunteer Drivers are available for long distance and local trips for medical appointments, shopping or social activities for seniors and adults with physical disabilities.



## Accessible Mobility Van

The Accessible Mobility Van is available to transport seniors, adults with physical disabilities with assistive devices such as Wheel-chairs to and from Medical Appointments. Local and long distance trips are available .



## Blood Pressure Clinics

### Madoc

47 Wellington S t.  
Common Room  
9:00am to 11:30am

### Marmora

Caressant Care  
Nursing Home  
Common Room  
9:00 am – 11:00 am

### S tirling

204 Church S treet  
Common Room  
9:00am to 12:00pm

### T weed

23 McC amon A ve.  
Common Room  
8:00am to 12:00pm

# Line Dancing has switched



After 9 great years with Community Care the line dancing program has switched hands, **Mrs. Carol Cooper** will be running Line Dancing independently starting in September 2013.

**Community Care** is proud to support Carol's effort to continue this program and the many friendships that have been enjoyed by kicking up their heels together.

We would also like to take this opportunity to express our sincere appreciation to the St. John's Anglican Church, Tweed

Lions Club, Trinity United Church and Carol Cooper for their continued support for the Line Dancing program. Partnerships with groups such as these have been a community inspiration to all our clients in every one of our programs.

You have made a difference in many people's lives and with your continued support, we can work together, to meet our communities aging at home needs.

**Carol will continue the Line Dancing at Tweed Lions Hungerford Hall for Line dancing on Tuesdays & St. John's Anglican Church Hall for Line Dancing on Thursday in Madoc.**

**For more information on the program please contact Carol Cooper 613-473-1446**

# COMMUNITY CARE EVENTS CALENDAR

EVENT	Madoc	Marmora	Stirling	Tweed
<b>Diner's Club—Noon</b> Monthly from Sept-June	2nd Monday St. John's Anglican Church	2nd Wednesday Marmora Community Centre	4th Monday St. Paul's United Church	4th Wednesday St. Edmund's Hall, Stoco
<p>The following are the Christmas Diner dates and menu: Turkey Dinner, Turnip &amp; Carrots, Mincemeat Pie &amp; Apple Pie .</p> <p><b>Madoc:</b> December 9 - Moira River Ramblers    <b>Marmora:</b> December 11 - Old &amp; In The Way  <b>Stirling:</b> November 25 - Country Travellers    <b>Tweed:</b> November 27 - George &amp; Friends</p>				
<p><b>Meals on Wheels: HOT</b> Tuesdays &amp; Thursdays 11:30 to 1:00  <b>Frozen deliveries monthly: Madoc &amp; Stirling: 2nd Thursday</b> and  <b>Tweed &amp; Marmora the following Tuesday</b></p>				
<b>Social</b>		4th Thursday 43 Matthew Place		
<b>Blood Pressure Clinics - Monthly</b>	3rd Wednesday 9-11:30 47 Wellington St.	2nd Tuesday 9:30-11:30 Caessant Care	2nd Thursday 9 - Noon 204 Church St.	1st Wednesday- 8:00 - Noon 23 McCamon Ave.
<b>Friendly Active Living</b> Weekly from Sept - June	Wednesdays - Trinity United Church 10:30 am			
<b>Foot Care Clinic</b> Monthly	1st Thursday of Month 47 Wellington St.			
<b>Indoor Walk Program</b> Madoc - from Sept -	<p>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</p>			

## Important Holiday Information

**The office will be closed from noon on Dec 24<sup>th</sup> and re-open Jan 6<sup>th</sup> 2014. We will be monitoring messages periodically throughout the holiday. Please leave your name, telephone number and a brief message. We will address only essential requests during this time, otherwise we will return your call upon our return January 6<sup>th</sup>.**

### **Meals on Wheels - Dates to Remember**

Due to holidays, we encourage you to order frozen meals by Nov 27<sup>th</sup> to ensure you get everything you want.

There will be **no delivery of hot meals** on the following dates:

Tuesday Dec. 24<sup>th</sup> 2013

Thursday Dec. 26<sup>th</sup> 2013

Tuesday Dec. 31<sup>st</sup> 2013 and

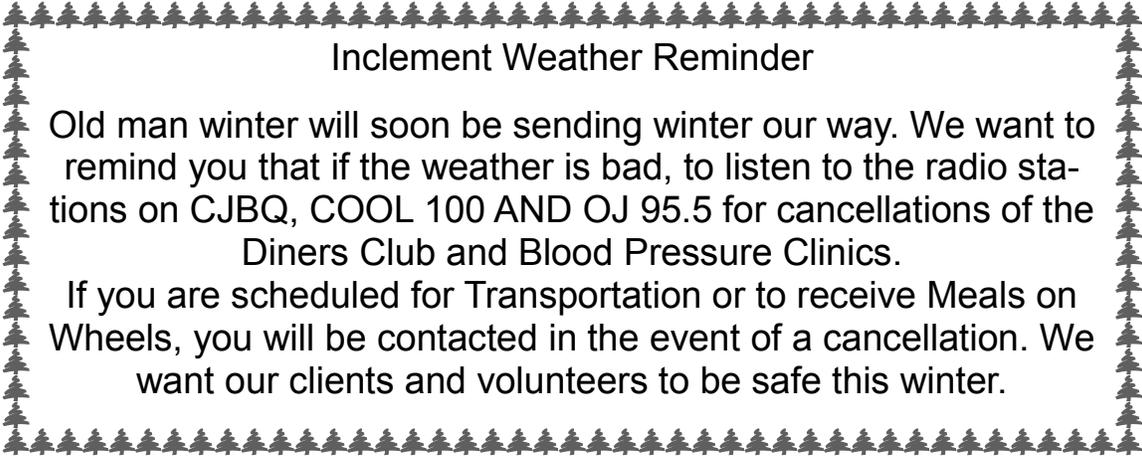
Thursday January 2<sup>nd</sup> 2014

**First meal of the New Year Tuesday January 7<sup>th</sup>, 2014!**

**Walk Program** is suspended after AM Walk Wednesday Dec 18 and resumes Monday Jan 6.

**Friendly Active Living** last class will be Dec 18th and resumes Jan 8th.

**Mathew Place Social** will be held December 19th.



### Inclement Weather Reminder

Old man winter will soon be sending winter our way. 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.

## SENIOR BIKERS

I called your house the other day and was told you were down at your favourite biker bar with some friends.

I wasn't sure where that was, but was told I wouldn't have trouble finding it.

Sure enough, I drove just a couple blocks and there it was, . . . nothing like the feel of the sun on your face and the wind in your hair, is there?



## Madoc Footcare Clinic

for seniors and physically disabled adults



“When our feet hurt,  
we hurt all over” ~ Socrates



**\$25 = 1/2 hour appointment**

Please contact Community Care for Central Hastings  
for further information!

**613-473-9009**

# ANOTHER AMAZING SEASON AT THE DINERS CLUB!

Enjoy a homemade farmers style meal, social activities and visit with new and old friends. Bring your own dishes and enjoy!



Meals are \$8.00/person and served in each area once a month in a central location except for July and August.

**Madoc** Diners - 2nd Monday of the month—St. John's Anglican Church, Madoc

**Marmora** Diners-2nd Wednesday of the month—Marmora Arena Community Centre, Marmora

**Stirling** Diners-4th Monday of the month—St. Paul's United Church, Marmora

**Tweed** Diners-4th Wednesday of the month—St. Edmunds Hall, Stoco

If interested in attending please call the CCCH office prior to attending at 613-473-9009 ext: 504.

GO GREEN with COMMUNITY CARE  
If you have an email address and would like to receive  
CARE LINES  
or upcoming information electronically, please contact us at:  
[ccch@ccch.ca](mailto:ccch@ccch.ca)

# WE NEED YOUR HELP



## **MEALS ON WHEELS VOLUNTEER OPPORTUNITIES**

- To help deliver meals to clients in need in the Tweed or Stirling areas
- To pick up the meals from Ivanhoe and bring them to Tweed for delivery
- To help in the kitchen preparing/packing the meals in Ivanhoe

## **TRANSPORTATION VOLUNTEER OPPORTUNITIES**

- To drive a client to their appointment in the Stirling, Marmora or Tweed areas

## **DINERS CLUB VOLUNTEER OPPORTUNITIES**

- To help in the kitchen preparing the diners meal in the Stirling area
- To help provide a reminder call to clients of the upcoming diners in the Stirling area

## **BLOOD PRESSURE VOLUNTEER OPPORTUNITIES**

- To provide a reminder call of upcoming Blood Pressure clinics to clients in the Madoc or Tweed areas

## **FRIENDLY VISITOR VOLUNTEER OPPORTUNITIES**

- To provide a “Friendly Visit” to an isolated client in the Eldorado, Marmora, Tweed or Stirling areas

## **REASSURANCE CALL VOLUNTEER OPPORTUNITIES**

- To provide a friendly, reassuring voice to a client on a regular basis in the Madoc, Marmora or Stirling areas

## **HOMEMAKING VOLUNTEER OPPORTUNITIES**

- To provide snow shovelling services to clients in the Marmora and Stirling areas
- To provide assistance with routine indoor household tasks to clients in the Marmora areas

INTERESTED IN VOLUNTEERING? CALL 613-473-9009 OR 1-800-554-1564

## **WELCOME TO OUR NEWEST BOARD MEMBERS**

We want to extend a warm welcome to Dianne Cole, Joan Donaldson, Michael Cassidy and Barb McLean, who recently joined our Board of Directors. Each will bring a range of knowledge and expertise to Community Care for Central Hastings, and we are pleased to have them as part of our team. Dianne Cole is a very community orientated individual and has been an active volunteer with our agency since 2002. Joan Donaldson is an outgoing, bubbly individual who comes to the agency with a background in Administration. Michael Cassidy who has a way with people comes to our agency with a background in teaching and Barb McLean has the personality anyone would love with a background in the Health Field. All the new members share the values and vision of CCCH and will bring great experience to our ever-growing agency. Welcome and we look forward to working with each and every one of you!

## **THANK YOU ARDEN ROYCE**

Arden has been a volunteer with our agency since 2004 and became a board member in 2009. He has been a gentle and effective volunteer at Community Care for Central Hastings, contributing to the overall vision and goodwill of our agency. We will miss his smiles and generosity, and the warmth he brought to our clients and the office. Thank you very much Arden for everything you have done it has been greatly appreciated and best wishes in your future endeavours.



## **HELP SOMEONE**

If you, or someone you know, could use assistance from  
Community Care for Central Hastings,  
or one of our programs, please contact our office.

613-473-9009



## *A Time for Everyone*

December is a time for giving and receiving. I love this time of year; everyone seems to be friendlier and more relaxed. Wait... that is until they realize there are only five more days until the “big day” and the gifts aren’t all purchased, the baking isn’t complete and forget about the decorating. Since most of us have more than we need, I have some gift suggestions for the holiday season or any other time of year:

1. Give Compliments – Little compliments can pay big dividends. Often when passing someone that is wearing a colour that looks great on them, I will simply say – great hat, great colour. It brings a smile and a surprised “Thank you!”
2. Practice Kindness – The word kindness comes from an Old English word for family or kin. It refers to an attitude of mind that treats strangers as though they were family. So, next time you are about to judge by external appearances, stop and consciously substitute a positive response. It takes conscious effort, but it will be worth it in the long run.
3. Act Cheerfully – This is something we can each give each other. Think

about days when you are feeling a little bit blue, and a friend shares time and conversation. It perks up your mood. Share your good mood with others and you will find yourself feeling more cheerful.

4. Ease the Burdens of Others – Many organizations offer help during this season. Spend a few hours helping to serve dinner, or package gifts that will be given to those who may not have much.

5. Smile More – A smile is one of the nicest gifts you can give. A smile can make a face beautiful. Share that smile and watch smiles come back to you.

**Don’t get me wrong, I love gifts as much as the next person.** I love buying them for others and receiving them myself. The gifts listed above are gifts you can give all year long.

To each of you, I wish you a Merry Christmas, Happy Holidays, and all the best for the coming year.

Pat Dobb  
Executive Director

## Why Old Men Don't Get Hired..

Job Interview:



Human Resources Manager: "What is your greatest weakness?"

Old Man : "Honesty."

Human Resources Manager: "I don't think honesty is a weakness."

Old Man : "I don't really care what you think."

End of interview.

---

One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable!

I was thinking about aging and decided that old age is 'when you still have something on the ball, but you are just too tired to bounce it.'

## Health & Wellness

Participate in programs that focus on participation in a healthy lifestyle as well as health maintenance



### Indoor Walk Program

Join us mornings at Centre Hastings Secondary School Monday, Wednesday and Fridays 9:45-10:45 a.m. or, evenings at 6:45 p.m.-7:45 p.m. Monday, Tuesday and Friday evenings for an enjoyable walk with friends.

Friendly Active Living



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

**Wednesdays - Trinity United Church 10:30 am**



The CCCH Foundation operates exclusively as a charity to support and further the life, work and mission of Community Care for Central Hastings and to assist seniors and adults with physical disabilities residing in Central Hastings, Ontario.

**Please set aside May 3rd  
2014**

and join us for our  
**14th Annual Dinner  
Auction.**

Enjoy a lovely dinner and silent auction at the Township Hall, Eldorado

Doors open at 6:00,  
Dinner is served at 7:00.



COMMUNITY CARE  
FOR CENTRAL HASTINGS

The publication of Care Lines is made possible by the generous donations of our sponsors.

You may wish to advertise your business, dedicate an issue in memory of a loved one or sponsor an issue in your own name.

Should you be willing to sponsor an issue, please contact Community Care at 613-473-9009.

Full sponsorship of an issue is \$300

A co-sponsorship is \$150

A man shouts frantically into the phone

"My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor.

"No", he shouts, "this is her husband!"

# HAVE YOU HAD YOUR FLU SHOT YET?

**It's that time of year to think of getting your flu shot. Here's some useful info that dispels a lot of myths surrounding the shots.**

**Contrary to what many people believe, you cannot get the flu from getting a flu shot.**

The viruses used to create the flu shot are inactive so they are incapable of causing infection. The only potential side effects from getting a flu shot are redness and soreness at the site of the injection. Getting a flu shot is safe and it does a great job protecting you from certain flu viruses.

**2. Flu vaccinations start to wear off towards the end of the flu season.** This myth is incorrect because all flu vaccinations are made to last through one entire flu season.

**3. You can only get the flu once each flu season.** Getting the flu doesn't automatically make you immune to it for the remainder of the flu season. There is often more than one strain of the flu virus going around each year (typically called Type A and Type B), so even if you get one strain you could still catch the other one later on.

**4. Healthy people don't need to get a flu vaccination.** Even if you are healthy, that doesn't mean you can't get



the flu. Even though you might recover from the flu faster than someone who is less healthy, don't forget the risk at which you put others when you don't get vaccinated. If you get the flu, that puts everyone you come in contact with at risk for the flu, and if a baby or an older individual gets it, they may not be as lucky as you when it comes to recovery.

**5. There is no treatment for the flu.**

Some people believe that you simply have to just deal with the flu and wait for it to go away. However, there are actually two antiviral drugs available that are specifically made to help treat the flu. One is Tamiflu, which comes as a pill, and the other is an inhaled medication called Relenza. These drugs help to lessen the symptoms of the flu, particularly if taken within 48 hours of the onset of flu-like symptoms. These drugs don't cure the flu, they can reduce the time that you are sick, help you feel better faster and make you less contagious to others.

**6. You need antibiotics to get rid of the flu.** Unfortunately, antibiotics are only effective in fighting bacterial infections. The flu is a virus..

**7. The stomach flu is the same thing as the flu.** Using the term stomach flu, is incorrect. When you feel symptoms like vomiting, nausea or diarrhea without body aches or a fever, you are actually experiencing a gastrointestinal virus rather than the influenza virus.

**8. You can catch the flu from going out in the cold without a coat or with wet hair.**

While this may not be the safest thing for your health, it isn't the cause of the flu. You have to be exposed to the virus in order to get the flu.

**9. If you're feeling well, then you can't spread the flu.**

20-to-30 percent of people who are carrying the flu virus show no symptoms. So if you think you may have been exposed, try not to come into close contact with anyone. And wait until you have fully recovered before returning your normal activities where you could expose others to the virus.

**10. You can't die from the flu.**

Unfortunately, this myth about the flu is dead wrong. Some people, especially young children and the elderly, may suffer from more severe reactions to the flu. About 200,000 people per year are hospitalized due to the flu, and about 36,000 people end up dying from it annually, according to WebMD. That's why it's so important to take the flu seriously from the start. See a doctor if you feel that you may have come down with the flu.



THIS ISSUE IS MADE POSSIBLE  
BY THE FOLLOWING  
COMMUNITY MINDED  
SPONSORS;  
An individual who wishes to  
remain anonymous and...



Located on Highway #37, in downtown  
Tweed,  
Gateway to the Land of Lakes.

**56 Victoria St. N. Tweed ON  
613-478-2014**

♣ **Open Every Day (except Christmas &  
New Years)**

**Sundays & Holidays 9am-6pm  
Mon-Thurs 8am-7pm  
Fri: 8am-9pm Sat-8am-6pm**

We also offer a Seasonal Garden Centre

**We would like to thank our  
Editor & Desk Top Publisher  
Gerry Michaud  
For all the time and effort he  
put into making another great  
edition of Care Lines**



COMMUNITY CARE  
FOR CENTRAL HASTINGS

## COMMUNITY CARE

is a non-profit, volunteer based agency for seniors and adults with physical disabilities. We strive to provide programs and services that assist our clients to reside in their own homes and improve the quality of life by assisting them in better utilizing community resources.

**Location: 115 Durham St. N. Box 310 Suite 3A  
Madoc, Ontario, K0K 2K0**

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

**Fax: 613-9010 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.**



On behalf of the staff & volunteers at Community Care we wish to extend our deepest condolences 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.



United Way  
Quinte



HOME & COMMUNITY  
SUPPORT  
United in our commitment to care



Ontario

South East Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
du Sud-Est

This issue's Sponsors

**Tweed Valu-mart & an Anonymous Donor**