

Community Home Support



CHRISTMAS GREETINGS - The Board and Staff of Community Home Support Lanark County would like to wish all our clients and volunteers a very Merry Christmas and a happy, healthy New Year!

*Whatever is beautiful.
 Whatever is meaningful.
 Whatever brings you happiness.
 May it be yours this holiday season
 and throughout the coming year.*

CHRISTMAS BUSINESS HOURS

Our offices will be **closed** Monday December 26, Tuesday December 27, Friday December 30 and Monday January 2, 2012. The offices will be **open** Wednesday December 28 and Thursday December 29.

Winter Safety – It’s time to get out the snow shovels, get a bucket of salt and speak to your snow plough guy or arrange to have one on stand-by. For those who receive Meals on Wheels, we ask that you keep your walkways safe for the kind volunteers who so faithfully deliver your meals. For our transportation clients please be reminded, that in the case of inclement weather, the decision to cancel a trip can be made by you, the volunteer or the CHS-LC staff. Have a safe winter!

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HOW TO REACH US

Website: www.chslc.ca

Local Area Offices

Perth	613-267-6400
Smiths Falls	613-283-6745
Lanark	613-259-5412
Carleton Place	613-253-0733
Pakenham	613-624-5647

Volunteer Hospice Visiting Service & Grief Support
 613-267-6400

VOLUNTEER HOSPICE VISITING SERVICES

End-of-life care has become to be more accepted as North Americans have begun to understand that dying is a part of life, and life is a part of death. Much can be done to ease the transition from life to death.

Many of us want to die in our own homes, which can be facilitated by a health care team providing resources and support. There are many human resources and technology tools to assist you: home visits by palliative care teams, oxygen to ease breathing, hospital beds, devices such as walkers or commodes, special foods, appropriate nourishment, mouth care techniques. These are all designed to keep a care recipient and his/her family comfortable and more relaxed.

Suggestions for the caregiver:

- Keep a journal
- Keep a medical diary with dates of medical visits, treatments, treatment options, side effects, symptoms, medications
- Record visitors, or ask them to sign in to a guest book - If they bring treats or gifts you may want to thank them later. This works well if you are out while an alternate caregiver is present, too.
- Don't forget to mark the normal seasons and holidays - decorate and provide signs that you love them.
- Use any therapy which does not interfere or cause pain: music, art, literature, Therapeutic Touch, Reiki, massage, Body Talk.

Recognize that a caregiver needs to eat well, exercise, get enough rest, and look after yourself by getting respite care for your loved one.

Go through photo albums with your loved ones. Ask them about their lives. Create a living remembrance using albums, video, digital images, or audiotapes.

Talk to your loved one about their messages they would leave to their family.

What lessons did they learn?

Who was their big influence in life?

The VOLUNTEER HOSPICE VISITING SERVICE OF LANARK COUNTY

runs regular groups for the bereaved. Contact Rebecca Bowie at 613-267-6400 or rebeccab@chslc.ca to find out more.

COPING WITH THE HOLIDAYS

You have choices. For those who are bereaved, changing a holiday tradition may be a good way to manage. For some the added stress at this time of year may cause too much pressure. For others, keeping up with the decorations, the holiday cards, music, food, and traditions, gives a framework and a foundation to the season.

Give yourself permission to do only what you feel most comfortable with, and doing only the things you have the energy to do. Give yourself permission to change it up.

Thinking of others may give you some joy. Finding a place to volunteer can help. Many who are grieving, or far from extended family, take in others who may be similarly alone and grieving. They call them 'Orphan Turkey Dinners', and invite anyone else who might be alone. Everyone brings a contribution to the meal as you break bread together.

Understand that grief and bereavement is a normal cycle of life. Give yourself permission to cry. Tears heal. On the other hand avoid situations where your grief may not be bearable at this time. We all grieve differently, at a different pace, in different ways. If you need to avoid the stores, with their Christmas music, do so. If you need to take a vacation, give yourself permission to leave town. Bring your grief out when you are able to manage.

If you choose to carry on with a family celebration, honour your loved one by sharing favourite memories. At a family gathering, place a box or a basket near the door. As people arrive, ask them to write a memory of your loved one on a piece of paper and leave it there. Hold these memories in your hearts, and they will remain alive.

-Jennifer Jilks

VOLUNTEER SECTION

Thank you!

Community Home Support Lanark County would like to extend a heartfelt thank you to all of our volunteers and donors. Without you, we would not be able to offer the services that we do.

Volunteers are the heart and soul of Community Home Support Lanark County. Volunteer opportunities include:

- Drivers
- Meals on Wheels
- Diner’s Club assistants
- Friendly Visitors
- Hospice Visitors

Two hours a week can make a difference!

KEEPING IN TOUCH

Effective April 2012 Canada Post will no longer deliver mail to an address with a Rural Route #. They will require your civic address – that is the number on the blue sign at the end of your laneway.

To ensure that clients continue to receive correspondence from Community Support Lanark County we ask that you contact us as soon as possible to give us your civic address.

Also, because we receive funding from the Ministry of Health , we require client Health Card #. If you haven’t yet provided us with this

information please call us so that we may update your file. Thank you!

IN APPRECIATION

Community Home Support Lanark County would like to say **thank you** to a very special group of people in our community. On Saturday November 5th, 2011 **Lotus Wings** sponsored a “Wellness Day” which raised an amazing \$400.00 in support of our Transportation program. Practitioners provided a variety of healing therapies such as Hot Stone Massage, Reiki, Hawai ’ian Lomi Massage, Reflexology, and Kripalu Massage. Once again thank you to all of the following practitioners for their generosity.



- Avya Devi
- Cheryl Sinfield
- Cindy Keary
- Denise Carpenter
- Alani Galbraith
- Connie Burke
- Michele Laughlin
- Christine Joyce
- Barry Russell (The Gem Guy)
- Beverly Rice-McLeod
- Catherine Jane

Lotus Wings is located at 30-C North Street in Perth or call 326-0049. For more information visit info@lotuswings.ca

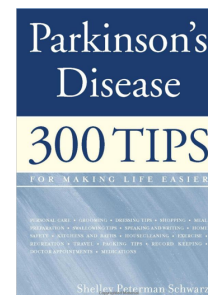
COMMUNITY HEALTH ASSESSMENTS

As a requirement of providing services to eligible Community Home Support clients we are now mandated by the South East LHIN to complete a health assessment on all new and existing clients. The information that is collected will be shared with other service providers and will reduce the number of times that you will have to answer the same questions. In the next year you should be receiving a telephone call from your local office to set up an appointment to complete the assessment. In the meantime, please do not hesitate to contact the Coordinator of Community Health Assessments, Margaret Bourk @ 613-264-9451 and she will be happy to answer any questions you may have.

LENDING LIBRARY

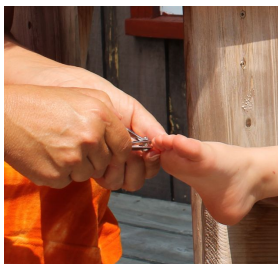
We have a number of free materials available for loan including this new addition:

Parkinson’s Disease 300 Tips for Making Life Easier by Shelley Peterman Schwarz



DIABETIC FOOT HEALTH

- Check your feet daily for blisters, sores, cuts and scratches. If you are experiencing any of these problems please call your health care professional.
- Always dry feet well after bathing, especially between toes.
- When applying lotion or cream to the feet **do not apply between toes**. This can cause bacteria to form which can lead to skin breakdown and infection.
- Never cut corns or callouses.
- When trimming nails cut straight across, then file the edges with a nail file.
- Always wear shoes that fit properly.



Foot Care Services are provided by qualified, registered foot care nurses in Perth, Smiths Falls, Pakenham, and Carleton Place. The initial visit includes a health assessment and costs \$30.00. Subsequent visits are \$25.00. Receipts are issued and may be used for income tax purposes. For more information or to book an appointment please call your local office. As always gift certificates are available.

Submitted by Denise Gray, Registered Practical Nurse

COMMUNITY HOME SUPPORT CONTACT INFORMATION & LOCATIONS

Perth and Lanark Area	“The Factory” 40 Sunset Blvd., Perth ON K7H 2Y4	267-6400	
Volunteer Hospice Visiting Service	“The Factory” 40 Sunset Blvd., Perth ON K7H 2Y4	267-6400	
Smiths Falls	Smiths Falls Community Health Centre 2 Gould St., Smiths Falls K7A 2S5	283-6745	
Carleton Place	50 Bennet St., Unit # 1 Carleton Place K7C 4J9	253-0733	
Pakenham	The Five Arches 178 Five Arches Dr., Pakenham KOA 2X0	624-5647	

Member Agency of
The United Way
lanarkunitedway.com



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


HOME-COMMUNITY
SUPPORT
United in our commitment to care
OCSA.on.ca

IMPORTANT GOVERNMENT NUMBERS

Income Security Program (Canada Pension Plan & Old Age Security) 1-800-277-9914
 Veterans Affairs 1-800-387-0919
 Ontario Health Card 1-800-664-8988

TO YOUR HEALTH

With cold and flu season upon us, don't forget to practice good hygiene. Protect yourself and others by following these simple steps:

Covering Up – Cover your mouth and nose when you cough or sneeze.

Toss the Tissue – Throw away used tissues immediately.

20 Second Scrub – Wash your hands often.

Sneeze Into Your Sleeve – Cough or sneeze into your elbow, not your hands.

Hands Off – Don't touch your eyes, nose or mouth. In crowds, breathe through your nose.

Keep Your Distance – When ill or not feeling well, avoid close contact with others. Stay at least 2 metres away to prevent infecting people around you.

MEALS ON WHEELS

Meals on Wheels offers a hot, nutritious meal delivered right to your home at lunch time and includes soup or juice, an entree and a dessert. Currently, Meals on Wheels are available in Perth, Smiths Falls and Carleton Place. In addition, each office also carries a selection of frozen 'Apetito' meals and soups which are a healthy alternative because they are lower in salt and fat content than some other frozen foods.

Attention All Meals on Wheels Clients

For your safety and well-being we would like to remind you that if you will not be home to receive your meal, please call your local office by 8:30 a.m. to cancel your meal. The volunteers will not leave meals on the porch or in the hall. It is not safe to leave food out, unrefrigerated, even for a short period of time.



The season of peace and joy is upon us and it is time to think of those less fortunate. Consider donating to the **Meals on Wheels** program. Your donation of \$6.00 (\$5 in Smiths Falls) can provide a senior with a hot, nutritious meal. For \$30.00 you can feed 5 seniors a complete dinner. To find out more on how you can help please call your local office. Tax receipts are issued for donations and funds raised remain in your community.

GIFT IDEAS FOR THAT SPECIAL SOMEONE

Wondering what to buy for your loved one at Christmas or Hannukah? Consider a gift certificate for any of our services.

- Meals on Wheels
- Diner's Club
- Footcare
- Transportation
- Home Help
- Home Maintenance



Gift certificates are convenient and practical and can be used at any time. Please call your local office for details.



PLEASE DONATE AND SUPPORT OUR SENIORS!

Annual Campaign: FEED A SENIOR

Donate a Meals on Wheels complete dinner (entrée, soup, dessert) for only \$6.00!

- \$30 provides meals for 5 people
- \$60 provides meals for 10 people
- \$90 provides meals for 15 people
- \$___ to help as many people as possible



Here is a happy Meals on Wheels recipient receiving his meal!

All donations are gratefully accepted!

Did you know that Community Home Support Lanark County is a registered Canadian charity?

Community Home Support Lanark County

**40 Sunset Blvd., Suite 100,
Perth, ON
K7H 2Y4**



Name: _____
(Please print) First name last name

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone number: _____

Make cheques payable to: **Community Home Support Lanark County.**

You can make a general donation or you can ask that your money be used for a specific purpose. Tax receipts are issued for donations and funds raised remain in your community.

Our charitable registration #89788 5067 RR0001.

Gift certificates are available for all services!