

# Community Home Support



## HOME SUPPORT SERVICES

★ Fees apply to these services. Subsidies may be available for those who qualify.

- ★ Meals on Wheels
- ★ Transportation to Medical Appointments
- ★ Foot Care
- ★ Diners' Club
- ★ Home Help
- ★ Home Maintenance

The following services are free:

- Friendly Visiting
- Resources Materials
- Resource Library
- Individual Grief Support
- Adult Grief Support Groups
- Expressive Arts Therapy for Children
- Security/Reassurance Contact
- Volunteer Hospice Visiting Service



Donations are most appreciated. If you wish to make a donation please see the last page.

Please call your local office for details.

### *In this issue*

*Client Services*..... p. 1

*Foot Care Clinics*.....p. 2

*Caregiver Corner*

*New in library*

*Changes in local offices*

*Parkinson's Support Group*

*Bereavement Groups*.....p. 3

*Caregiver Tips*..... p. 4

*Adequate Hydration*

*Congregate Dining*

*Volunteers, hours of service, ....p. 5*

*Volunteer appreciation*

*Donations happily accepted... p. 6*

## HOW TO REACH US

Website: [www.chslc.ca](http://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

**FOOT CARE CLINICS**

Just a reminder to seniors that CHSLC has Foot Care Clinics several days a week at office locations in Perth, Carleton Place, Smiths Falls and Pakenham. Please phone your local office for an appointment.

The clinics provide specialized care for seniors with diabetes, vascular problems (poor circulation), mobility issues (knee and hip replacements, arthritis), and vision problems.

The fee for foot care is \$30 for the first appointment, and \$25 for subsequent appointments. Receipts are issued and may be used for tax purposes.



Marilyn Joynt,  
Reg. Nurse

Joanne Rogers,  
Reg. Nurse

**CHANGES IN OUR LOCAL OFFICES**

*SMITHS FALLS OFFICE*

The Smiths Falls office moved on May 31, 2010, from their George St location to their current location at 2 Gould St., formally the old high school. We were fortunate enough to acquire space with the Smiths Falls Community Health Centre and have settled in quite nicely.

We continue to offer the same services; meals on wheels, medical transportation, diners clubs, foot care, friendly visiting, telephone reassurance, and home help/home maintenance. The hospice visiting service is coordinated from our Perth office. All these

services, with the exception of foot care and home help/ home maintenance, are delivered through the kindness and caring of our dedicated volunteers.

At this time we would like thank our wonderful volunteers for the many hours that they have given over the past year and for their patience and understanding throughout our move and settling in period at our new space.

*CARLETON PLACE OFFICE*

The Carleton Place office is relocating to 50 Bennett St., Unit 1, on August 1st. There is lots of space. It's wheel chair accessible with ample parking.

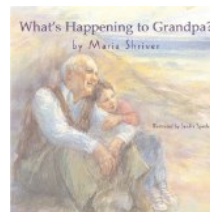
**PARKINSON'S DISEASE SUPPORT GROUPS**

Last Monday of each month. From 1:30 - 3:30 p.m. At the Community Home Support Office, 40 Sunset Blvd., Perth. For information please phone Suzanne Bourbonnais at 613-267- 6400.

**LENDING LIBRARY**

Two new additions, donated to our lending library:

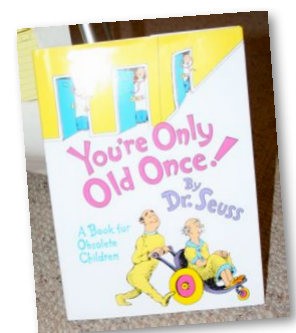
**What's Happening to Grandpa?** A lovely story that explains Grandpa's dementia to young children.



Also, **You're Only Old Once!**, by Dr.

Seuss. A book for people over age 50, going on 5!

Donated by Jennifer Jilks, Hospice Volunteer.



**VOLUNTEER HOSPICE VISITING SERVICE**

To register or obtain more information, please contact Rebecca Bowie at 613-267-6400 or [rebeccab@chslc.ca](mailto:rebeccab@chslc.ca).

**Adult Grief and Bereavement Support Groups**

Grief is a very individual and normal response to loss. There is no “right” way to grieve. When someone you love dies, you may find yourself on an emotional rollercoaster for days or months on end.

Help can come from through attending a grief and bereavement support group where people who have lost loved ones meet, can share their stories, their pain and be supported by others who have also experienced deep loss.

It is surprising to many that this simple way of being together is generally NOT experienced as more depressing, but as a lightening of personal pain. Group members are helped by others’ listening deeply to their stories, their grief; and in turn they are able to help other group members in the same way.

Even if a person’s loved one died, for example, two years previously, he or she can generally benefit from a support group. Currently groups are facilitated by Susan Samila and Jean Whieldon, both trained and experienced Hospice Volunteers. Susan comes to this volunteer work with over 30 years experience in counselling and group work, and Jean also has extensive experience in facilitating groups.

Groups are offered regularly during the year at Community Home Support’s Perth office, 40 Sunset Boulevard. Pre-registration is required. There is no fee.

**Expressive Arts Group for Bereaved Children and Teens**

Expressive art therapy, also known as creative arts therapy, uses creative arts such as music, dance, drama, and writing as a form of therapy. The most important concept behind the use of expressive therapy is that using the imagination to create art helps promote mental and physical healing. When this type of therapy is used as treatment, the act of creating is given more importance than producing a completed work of art.

Community Home Support - Lanark County offers groups for children and teens who have experienced the death of a significant person in their life. The group offers the opportunity to explore feelings around loss through an expressive arts approach. Eight weekly sessions were held in March and April at the Community Home Support office in Perth.

Groups will start up again in the fall. There is no fee to attend. All participants must pre-register.

The group will be facilitated by Joy Dexter and Julie McIntyre who are both trained and experienced hospice volunteers. Julie has an undergraduate degree in psychology and social work and has completed graduate studies in expressive arts and art therapy. She has extensive experience working with children around loss and grief. With enough interest, there will be a group for adults.

*We were healed of a suffering only by expressing it to the full. -Marcel Proust, novelist (1871-1922)*



**Supported by the South East Local Health Integration Network.**

**Member Agency: United Way**



**CAREGIVER TIPS:  
LOOK AFTER YOURSELF**

The stress of caregiving requires that we all take care of ourselves. Good nutrition and hydration is important for all of us.

We know that the basics are: regular exercise, good nutrition, eating regular meals, getting enough sleep, socializing with friends, taking care of dental and medical issues, all help a caregiver to manage in their crucial role. Cooking double meals can help, freezing one portion. Also, keep healthy snacks on hand that will provide a quick nutritional break.

**ADEQUATE HYDRATION**

At end-of-life it is normal to reduce food and water intake, contact your Charge Nurse or physician if you have concerns. Without adequate water intake, waste will not be removed from the body, and the person can become delirious. Ensure you practice good mouth care, too.

**SIGNS OF DEHYDRATION:**

- Sudden onset confusion: delirium
- Dark yellow urine, reduced urine output
- Cracked lips, dry mouth, sunken eyes
- Frequent vomiting, diarrhea, fever
- Trouble swallowing



**DEHYDRATION PREVENTION**

- Offer a variety of fluids: water, juice, coffee, tea, ice chips, broth, milkshakes, applesauce, popsicles, water with lemon juice, and nutritional supplements.
- Ensure that the patient is sitting upright when drinking. Encourage small sips.
- Use a spill proof thermos, or cup with a bendy straw.
- Gently remind the patient to swallow, stroking the side of their throat gently.

(Adapted from: *A Caregiver's Guide*, CHPCA, 2004, available in the Community Home Support Office.)

**CONGREGATE DINING**

Studies show that we receive benefits from getting out and socializing with others.

In addition to our Meals on Wheels program, Community Home Support Lanark County (CHSLC) offers local Diner's Clubs. It is important to break bread with one another. Transportation is available in some cases.

**PERTH DINER'S CLUBS**

**MEN's Group:** First Thursday of the month, 12:30 p.m. Cost: \$7.00. Location: Community Home Support Office, 40 Sunset Blvd., Perth. **In House Diner's Club:** Each Wednesday, 11:30 to 2:00. Cost: \$7.00. **Perth Diner's Club:** Third Wednesday of each month, 12:00 noon. Cost: \$10. Transportation available upon request. For information please phone Suzanne Bourbonnais at 613-267-6400.

**SMITHS FALLS DINER'S CLUB**

Every Thursday, 11:30 to 2:00. Cost: \$7.00. Location: 2 Gould Street. This is a frail elderly group and transportation is provided.

**WOLFORD DINER'S CLUB**

Second Tuesday, , 11:30 to 2:00. Cost: \$10.00. Transportation is NOT provided. Eastons Corners Township Hall.

**LANARK DINER'S CLUB**

First Wednesday, except July/August, January/February, 12:00. Cost: \$10. Foy Hall. Catered Meal. Transportation available upon request.

**PAKENHAM DINER'S CLUB**

Every Tuesday, except May/June/July/August, 12:00 noon. Cost: \$5. The Five Arches. Transportation available upon request.

**CARLETON PLACE DINER'S CLUBS**

Every Friday, 12:00. Cost \$8.00. Carleton Place Office. Also, **Beckwith Township Hall**, cost \$10, 2nd Wednesday of each month. **Carleton Place Arena**, cost \$10, last Wednesday of the month. Both are closed during July/August, January/February.



**VOLUNTEERS**

**Compassion - Action - Impact**

Over the past year, 825 volunteers have served 2322 clients. We are very fortunate to have these caring individuals on our team. Their commitment to our community is tremendous. Thank you to all for your time and effort!

*CHS-LC STATISTICS*

We are constantly amazed by the number of hours (48,065) our devoted volunteers donate to improve the lives of our clients.

*Meals on Wheels*

In the past fiscal year (April 1, 2010, to March 31, 2011), 23,798 meals have been delivered.

*Transportation*



Rural client services different from urban, in the distance volunteers travel each year (843,316 km; more than 21 times the distance around the equator) to care for our residents.

In all, 9153.5 trips have been made.

*Diner's Clubs*



There have been 4111 days of participation in our congregate dining programs.

*Foot care*

A total of 676 individuals have received foot care.

*Friendly Visiting*

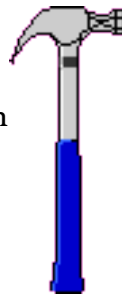
Friendly visits have been made 1379 times to individuals by phone; to homes, long-term care and retirement homes.

*Security/Reassurance*

Clients have been comforted by a visit or a phone call a total of 2040 times.

*Home Help/ Maintenance*

To help seniors remain in their homes longer, we have contracted 11,498 hours of assistance.



*Income Tax*

Assistance has been provided to 288 clients.

*Hospice*

We've made 5450 visits this past year. That equals nearly a visit a day for 14 years!



**VOLUNTEER APPRECIATION**

Volunteer appreciation celebrations will be happening throughout the county. Volunteers will receive invitations in the near future. For details, please contact your local office (p. 1).

**Education Event**

**May 17th,**

**1:00 to 4:00 p.m.**

“Tips & Tools for Everyday Living”

A Guide for Stroke Caregivers

Lanark, Leeds and Grenville

Enhanced care and support techniques to promote safety, comfort and dignity for stroke survivors, and other client populations, in the areas of swallowing, communication, mobility, cognition, perception and depression.

Enjoy an afternoon of free learning and networking! Limited seating.

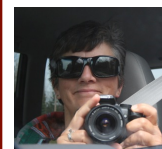
Brockville General Hospital.

Please RSVP BY MAY 14TH, 2011, TO DEB AT

[steeled@providencecare.ca](mailto:steeled@providencecare.ca)

or call 613-345-1461, ext. 1713.

NOTE: \$5 for parking.



**Editor**

JENNIFER JILKS

Hospice Volunteer

jilks.com

## Donations are gratefully accepted!

Did you know that Community Home Support Lanark County is a registered charitable organization? If you would like to honour a special person, consider making a donation to **Community Home Support Lanark County**. Your donation could help in so many ways, such as providing a meal to a senior in need or assisting a neighbour with the cost of a medical trip.

Thinking of gift ideas for special occasions such as birthdays, Mother’s Day or Father’s Day? 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.

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](http://OCSA.on.ca)



## 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.**