

COMMUNITY SUPPORT SERVICES NEWSLETTER

Belvedere Heights, 21 Belvedere Ave. Parry Sound, ON P2A 2A2

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A New Logo for CSS: Community Support Services has a new logo symbolizing the direction of our organization. The meaning of the logo described by the artist provides the framework for our programming.



Connectivity: Each petal unfolds into the next, **Connecting** them together. CSS wants to connect with seniors living throughout the District of West Parry Sound—from Orrville to Britt—from Whitestone to Pointe au Baril through all of our programs including our newest program '**Seniors Connect**'.

Diversity: The range of colours in the logo represents the **Diversity** of seniors and their circumstances throughout the District.

Growth: The petal like shapes in the logo represent **Growth**. The Senior population is growing and CSS programs are expanding and reaching out to seniors in their homes and communities.

Circle: Unity. CSS and our Volunteers are united with West Parry Sound seniors: **"Our Mission is You"**. We provide meaningful services and programs defined by seniors, and delivered largely by volunteers who are seniors. CSS connects with seniors— and connects seniors with other seniors.



CSS is creating a '**SENIORS CONNECT ' INITIATIVE** inviting people, businesses and organizations to become a **Community Care Connector**

The 'What': The **Seniors Connect** program is focused on building the community's capacity to care about its senior members by strengthening collaboration between individuals, service providers, businesses and municipalities. The strategy is to establish a link between seniors who may be at risk and Community Support Services through non-traditional referral sources who interact with seniors in the course of their day-to-day activities.

The 'Who': A **Care Connector** has contact with isolated seniors and is able to provide assistance by making them aware of services and contacts; giving them an opportunity to become connected.

The 'How': Through public awareness actions, including educational workshops, community members can become **Care Connectors** who will be able to identify, and offer assistance to seniors with unmet needs before a serious situation occurs.



The 'Why': We need this program due to challenges many seniors experience of being able to access essential services. **Care Connectors** are 'caring neighbours'.

CSS Community Care Connectors Initiative

What can Care Connectors Do?

Care Connectors can **Hear-See-Share-Listen.** They are everywhere and everyone. They can be from:

- ♦ Libraries
- ♦ Fire Departments
- ♦ Hair Dressers
- ♦ The Legion
- ♦ Beer & Liquor stores
- ♦ Churches
- ♦ Service Organizations
- ♦ Local Businesses
- ♦ Volunteers
- ♦ Nursing Stations
- ♦ . . . and hundreds more possibilities

Care Connectors partner with seniors everywhere. They are neighbours, acquaintances, and strangers.

Who are the Seniors Potentially at 'Risk'?

Seniors who may be in need of assistance may not reach out for help on their own. **They may be:**

Unaware

⇒ Lack of information

Unable

- ⇒ Do not know how to access services and/or resources
- ⇒ Cannot afford services
- ⇒ Health challenges—physical /mental/ emotional
- ⇒ Does not have transportation

Unwilling

- ⇒ Pride, self reliance
- ⇒ Mistrust of others; reluctant
- ⇒ Afraid of losing control of their situation
- ⇒ Does not want to be a burden
- ⇒ Does not want to pay for services or help



Get to Know the Pharmacist

Pharmacists are specialists in medicines. They understand their uses, side effects and interactions with food and other medications. They provide specialized information to doctors, other health professionals and consumers. Pharmacists are able to educate a senior in the correct use of medications and in one's maintenance of health. When picking up prescriptions seniors should meet with the pharmacist and ask questions. It is important for a senior to have only one pharmacist. S/He will become an expert about the senior's medications and know right away, what if any precautions need to be taken, especially if the senior is already taking other medications. Seniors are more at risk for medication related problems due to physiological changes of aging, higher incidence of multiple chronic diseases and conditions, and greater consumption of prescription and over the counter medications. **In the US, medication related problems are estimated to be one of the top five causes of death in the over 65 age group, and a major cause of confusion, depression, falls, disability, and loss of independence.** It is estimated that between 15% to 25% of drug use in seniors is considered unnecessary or inappropriate. In the same US study, it was found that 36% of all reported adverse drug reactions involve an older person. Perhaps, if those seniors had been able to establish a meaningful relationship with a pharmacist, many of those drugs related complications (and deaths) could be avoided. If you are taking medications, please speak with your pharmacist. If you are also taking vitamin supplements and /or herbal supplements please let the pharmacist know when you pick up prescriptions.



Questions to ask the Pharmacist, Doctor or Specialist

Every Senior is allowed to book an annual free 20-30 minute appointment (**MedsCheck Program**) with their pharmacist to review medications, and to have a consultation about their medication therapy. Call your pharmacist to book one and bring along your OHIP card. Here are some questions you might consider asking about your medications:

1. What is the name of the medicine?
2. What does it do? How is it going to help me?
3. How do I take it? (i.e. on an empty stomach?)
4. When should I take it?
5. How long should I take it?
6. Is there special storage consideration? (fridge)
7. What are possible side effects?
8. What do I do if the side effects occur?
9. What do I do if a dose is missed?
10. Is it alright to consume alcohol?
11. How do I know if the medication is working?
12. Is there a special package or container for the medication?
13. Do you have reminder tips and/or packaging to remind me if I took my medication?
14. How should I throw away or dispose of old medication?
15. Ask for pamphlets or other information you can take and read later about the medication(s)?
16. Ask for written instructions that make sense.
17. If you might forget things, bring someone along who can take notes. Have your questions written down **BEFORE** you meet with the pharmacist or doctor.
18. Make sure you tell the pharmacist what other medications, vitamins, or herbal supplements you are taking. *This is very important.*

Ontario's Drug Benefit Program for Seniors

If you are age 65, live in Ontario and have a valid health card you qualify for the Ontario Drug Benefit (ODB) program. If the Ministry has your correct address you will be notified approximately 2 months before your 65th birthday. Benefits start on the first day of the month that follows your 65th birthday.

Every benefit year starts on August 1. Most seniors pay the first \$100 of their prescription drug costs at their drug store which is called the deductible. Once the deductible is paid by purchasing approved prescription products at the drug store, most seniors will be asked to pay \$6.11 for each approved filled prescription. Lower income seniors can apply to have their deductible waived and then pay up to \$2 for each approved prescription. A single senior with a yearly net income of \$16,018 or more pays the \$100 deductible and up to \$6.11 each time a prescription is filled.



TIPS FOR ORGANIZING MEDICATIONS

- ◇ Keep glasses or a magnifying glass where medications are typically taken
- ◇ If you find it difficult to open child-proof lids, ask the pharmacy to use regular lids
- ◇ Take your medications where there is lots of light, so pills can be seen clearly
- ◇ Take medications on a solid surface and where you are stable. This minimizes the chance for dropping pills or mistaking the medications.
- ◇ Keep a journal about how your medication affects you—especially a new prescription. Do you get a headache? Feel groggy? Feel nauseous? Let the doctor and/or pharmacist know.

WORD FIND: find the 14 words listed here

I	D	L	K	T	W	E	R	S	I	O	T
H	V	D	L	O	M	S	G	K	J	P	R
B	T	X	P	M	Y	O	F	E	A	I	Q
T	L	S	R	A	O	R	E	L	C	E	R
F	X	O	T	T	E	L	R	A	U	T	R
P	A	S	O	O	A	I	R	E	G	C	X
C	U	Z	R	D	P	P	A	J	H	M	F
M	N	H	Y	A	E	S	R	P	I	C	W
O	T	B	C	T	D	T	I	Y	P	W	B
R	U	A	R	T	I	I	S	G	S	L	E
G	N	Z	W	Q	E	C	S	A	N	L	E
X	I	B	R	I	C	K	L	H	Y	W	T

TOPIC—RED THINGS

APPLE
BEET
BLOOD
BRICK
CARPET
CHERRY
FERRARI
KETCHUP
LADYBUG
LIPSTICK
RADISH
ROSE
STOP SIGN
TOMATO

* [Puzzle Solution is found on back page](#)



SUNSET FROM BELVEDERE HILL by Jack Patterson

Oh the wondrous beauty,
Of the sunset burning red,
As it spreads its kingly mantle
Over sound of Parry Sound,
And slowly as its colour fades,
Draws down the shades of night,
And sighing comes, with thoughts
Of sleep and rest, assured that
For another day, God's in his Heaven,
All's right with the world...

(Written by Jack Patterson and Kelly, May 2014. For their Friends at Belvedere who share their sunsets with Jack and Kelly.)



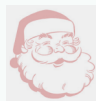
Please Note that during July and August Diners' Club, Lunch and Learn and Crock Pot Lessons are **NOT** offered. These programs will resume in September 2014.

Seniors Movie Nights, held on the third Thursday evening of the month will continue throughout the summer as long as there is interest. We have hundreds of movies to present.

CSS has started fundraising and asking for donations:

'ADOPT A SENIOR FOR CHRISTMAS PROGRAM 2014'

If you have a donation, and / or would like to help participate in this very important program, please call us at: 705-746-5602.



Call Community Support Services if:

You need to book a Ride—Transportation to appointments, shopping, friendly visiting

Meals on Wheels— Hot meals—includes soups, entrees, and desserts

Frozen Meals— Delivered on Wednesdays—a variety of dietary meals, deserts, soups, entrees.

Fruit and Vegetables Bags: the 2nd and 4th Friday of each month your choice of a bag of fruits, or veggies or both.

Friendly Visiting: If you want to volunteer to be a friendly visitor or you want a volunteer to come and visit.

Want to attend Diner's Club, Lunch and Learns or Crock Pot cooking lessons?

Please call ahead at 705-746-5602. We need to know how many will be attending these events so we know how much food to order.



**Community Support Services 21 Belvedere Ave.
Parry Sound, Ont. 705-746-5602**

email: ltaylor@belvedereheights.com



Upcoming Events:

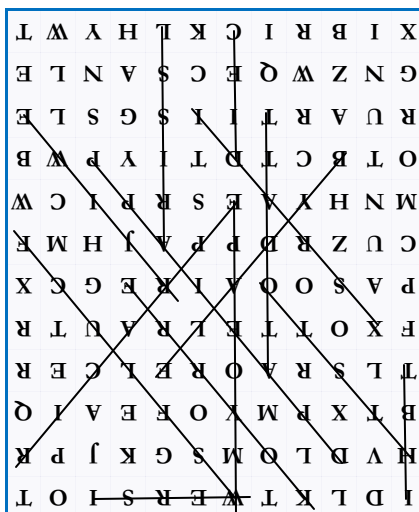
Nancy Lacasse from the LHIN is returning to Belvedere on September 24, 2014, to present follow-up information and findings from her presentations at the Diner's Club and Lunch and Learn in Dunchurch/Whitestone and Parry Sound. Please plan to attend and bring your stories and questions.

CSS Volunteer Appreciation BBQ: Calling all CSS Volunteers! Please call 705-746-5602 to reserve your spot for the CSS Volunteer Appreciation BBQ on August 28, at 4:00, at Belvedere Heights. Good Food, Good Friends and Good Music.

The CSS Advisory Group is busy planning programming for West Parry Sound Seniors. We are always looking for input.

**"Reaching Out and Responding
Our Mission is You!"**

Word Search Puzzle Solution



EXERCISE PROGRAMS:

Qi Gong: (chi gong) Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no cost, although donations are accepted

Walking / Exercise Programs throughout our area are being organized and scheduled through the YMCA. They have the schedule and you can call for programming times and days. Call: 705-746-0511

Beginners' Tai Chi—Wednesday mornings: Belvedere Auditorium. 9:30 am. Call CSS first to see if class is ongoing. 705-746-5602.

Yoga Classes: Cancelled for July/August: Will resume Tuesday, September 9, at 3:30.

DINERS' CLUBS:

Cancelled for July/August. Will resume in:

Parry Sound on September 8 at 4:30;

Dunchurch: at the Whitestone North Landing - on October 6, at 11:30 am.

LUNCH AND LEARNS: Cancelled for July/August.

Will resume in Parry Sound on September 23 at 11:00 am. at Belvedere Auditorium.

Will resume in Nobel on September 16, at Nobel United Church: 11:00 a.m.

SENIORS' PROGRAMS AT BELVEDERE AUDITORIUM

Seniors' Movie Night:

The 3rd Thursday evening of the month. Popcorn. Lots of movie titles—comedies, dramas, musicals. We have a wide and varied selection.

July 17— at 6:00 pm. "BRIGADOON"
August 14—at 6:00 pm. Viewers' choice



Showing in the Belvedere Auditorium.

Parkinson's Support Group: The 1st Wednesday afternoon of each month. 1:15 pm. Belvedere Auditorium. Darrell Smith 705-746-6996. Will resume September 3.

Stroke Support Group: Whitfield Restaurant, 12 noon, 3rd Wednesday of month; Bill Slaman 705-378-0454



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