



The 'Spirit of Christmas' brings smiles to many area Seniors

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Christmas Spirit is in the air, especially for those who will be donating to, and those who will be receiving "Christmas Bags of Cheer" provided through the CSS '*Be a Santa to a Senior*' program.

This is the third year for the growing program. We are hoping to 'adopt' 100 seniors gifting each one with a 'bag of cheer'.



Too many seniors are alone, lonely, and in need of the warmth and generosity of others. They live in their own homes or apartments and may not have access to family, friends or additional finances to buy a special treat for Christmas. That is where CSS and their partners can step up and become a 'Santa to a Senior'.

Last Christmas, recipients of the gift bags appreciated the letters written by Ms. Pat Jones' students at McDougall School. The letters were hand written describing a little about the child and also wishing the senior a wonderful Christmas. Children at Victory School had a donation drive for the seniors' gift bags. Children giving to seniors - that is Christmas Spirit!

The generosity of dozens of people, businesses and organizations was heartwarming and greatly appreciated. This year we are appealing again to everyone, to please help us reach out to a senior by donating money and or items to this worthy program. Please call CSS for more information and find out how you can help.

A Letter of Thanks from a Senior Who Received a "Gift Bag of Christmas Cheer" last Christmas.

To "My New Friends" at Community Support Services,

"Hi,

Thank you for the "Surprise Bag" left at my door on Friday. I initially thought it couldn't be for me. However, when I phoned your office, I was assured by—I believe Karen—that it was for me.

I was too excited to really remember to whom I was speaking. If your intent was to bring joy and happiness to someone at Christmas you sure scored a "10".

It was as if Santa had found me out here in the bush—to have the bag left for me to find when I came home.

You have no idea of the enjoyment "sifting through" the bag! Reminded me of several decades ago, looking in our stocking—from Santa at Christmas!

Thank you once again and may the spirit of the Christmas live in your heart and soul!

God Bless,

Merry Christmas

(name withheld for confidentiality)

Community Support Services will be closed over the holidays, closing mid day on December 24 until the New Year.

CSS staff and volunteers would like to take this opportunity to wish you a safe and healthy -

Merry Christmas and Happy New Year.



Decision Chart - Protecting Yourself, Protecting Others

The flu season has begun and the flu virus that has been seen most frequently up to now is the H3N2 - a strain that is especially hard on the elderly. It is still early and things could change. Influenza is highly unpredictable. Dr. Skowronski, a flu expert is warning the public that there is an emergence of a new drift strain that indicates a more intense H3 activity that is particularly hard on the elderly. So she recommends getting the flu shot early. She stresses that people who do get vac-

inated may still be vulnerable and should take regular precautions such as washing your hands frequently and staying home when you are sick. You should also encourage others not to come around you if they are sick. There is no financial cost to getting the flu shot. Remember to keep your surroundings clean. Use Lysol wipes to keep areas clean. Cough and sneeze into the crook of your elbow rather than into your hands—or worse—onto an unsuspecting person beside you!

If you have flu symptoms ... Use the guidelines in this table to help make the best decision for you and your loved ones. Always use hygiene and prevention measures to avoid contamination. (see above)

SITUATION FOR AN ADULT OR CHILD

The person does **NOT** have a fever (temperature less than 38° C or 100.4° F), but does have these symptoms:

-  Sore throat
-  Stuffy nose
-  Runny nose
-  Cough

DECISION

Probably a cold.
Rest as indicated.

SITUATION FOR AN ADULT OR CHILD

The person **has** a fever **over 38° C or 100.4° F**. The fever came on suddenly and is accompanied by these symptoms:

-  Cough
-  Sore throat
-  Headache
-  Significant Fatigue
-  Muscle Aches

DECISION

Probably the flu.
Rest at home as indicated.

SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

The person **has** a fever **over 38° C or 100.4° F** and belongs to a group at risk of developing complications (children under 2 yrs, the elderly, pregnant women, and individuals with chronic diseases). The person has a fever and one of these symptoms:

-  Shortness of breath
-  difficulty breathing
-  Vomiting for more than four hours
-  painful breathing
-  Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated

DECISION

See a doctor today

SITUATION FOR AN ADULT OR CHILD

The person **has** a fever **over 38° C or 100.4° F** and one of following:

-  Difficulty breathing that persists or worsens
-  Difficulty moving
-  Severe neck stiffness
-  Drowsiness, confusion, disorientation, or difficulty being roused
-  Convulsions
-  No urination for 12 hours
-  Fever in an infant under 3 months old
-  Blue lips

DECISION

Go to the emergency department immediately.
Call 9-1-1, if necessary.

Safety Tips for Winter Walking

When the winter air is crisp and the ground is covered with snow, there is nothing like taking a walk to enjoy the beauty of the season—and walking is one of the best ways to keep fit.

Winter can be a challenging season to get out and about—freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for the innocent pedestrian. A few simple measures can make it safer to walk outside in winter. Removing snow and ice, putting sand or salt on areas where people walk, and wearing the right footwear all can make a difference.

- ⇒ Choose a good pair of winter boots that are well insulated and waterproof. They should have a thick non-slip tread sole. The heels should be low and wide. Make sure they are light in weight.
- ⇒ Ice grippers on footwear are helpful on hard packed snow and ice. However, they can be dangerously slippery on indoor floors; so they need to be removed when walking indoors.

- ⇒ Use a cane for balance. Attach an ice pick to the end of the cane. The pick can cause a fall on indoor floors—so ensure that it is flipped up when coming in from outside.
- ⇒ Walking poles are wonderful at keeping one steady and upright during winter walking outings. Make sure there are picks on the bottom for ice and snow traction.
- ⇒ Carry a small bag of sand or kitty litter in a plastic bag to sprinkle when you are confronted with icy sidewalks, steps, bus stops etc.
- ⇒ Ask a passer-by to help you cross the icy surface.
- ⇒ If you have a driveway that is ploughed, ask the person to shovel your steps and walkways.
- ⇒ Wear bright colours or reflectors on your clothing to help drivers see you.



HEALTHY AGING IN THE COMMUNITY SENIORS" EXERCISE PROGRAMS

Exercise can improve physical function and independence, and prevent or manage chronic diseases.



Start improving your quality of life today.

It is Social—It is Fun— It is Free!

Parry Sound—at the **YMCA**—Fitness Beyond 50 class—Monday and Wednesday 2-3 pm.

Rosseau—Wellness Room—Monday and Wednesday—10—11:30 am.

Carling—Community Centre—Tuesday and Thursday—10:30 am. to noon.

McKellar—Community Centre—Monday and Wednesday—10:30 am. to noon.

For more information contact: **Kristen Millet**

Tel: 705-746-4540 ext. 3215

email: kmillet@wpshec.com

Gentle Exercise Program for Seniors with Limited Mobility

CSS is introducing a new exercise program for seniors with limited mobility and range of motion restrictions. Dorit Bartman, Certified Qi Gong Leader, is leading an hour long exercise program in chairs on Thursday afternoons from 1:00 to 2:00 pm.

Using therabands, balls and gentle breathing exercises you can learn how to expand your lung capacity, loosen stiff muscles and gently exercise without fear of falling or risk of hurting yourself.

The new program is free and transportation is provided if required.

CSS understands that not everyone can participate in regular exercise programs and we want those who use mobility aids to also have access to safe and gentle programming.



Please contact CSS at 705-746-5602 for more

information and to register.

Why Not Try out This Easy to Make Recipe Over the Holidays?

Mulled Cranberry Cocktail

This cocktail can be served as a dessert, or you can drink it instead of tea on a freezing winter afternoon. (Makes 1 quart)

Ingredients:

- 1 quart cranberry juice
- 1 cinnamon stick
- 2 whole cloves
- 1/2 cup cranberries
- 1/2 cup sugar
- 1/4 teaspoon ground cinnamon



Directions:

1. In a medium saucepan, combine the juice, cinnamon stick, and cloves and bring to a gentle boil. Reduce the heat and simmer.
2. Meanwhile, in a small saucepan, combine the cranberries, sugar, ground cinnamon, and two tablespoons of water and heat over medium-low heat, gently stirring until the cranberries pop and are well-coated with the sugar mixture.
3. When cool enough to handle, thread 3-4 berries each on a toothpick or skewer. Pour the mulled cranberry juice among four mugs and garnish with the cranberry swizzle.

This would be a wonderfully soothing drink whether you are feeling healthy or under the weather. A nice alternative warm beverage.

Interesting Christmas Facts

- ▶ The word Christmas originates from the words Christ's Mass. In old English (first recorded in 1038) it was referred to as Cristesmaesse, which literally means 'Christian Mass'.
- ▶ The first evidence of a Christmas tree is from a pamphlet that dates back to 1570.
- ▶ The tradition of hanging stockings comes from a Dutch custom. They would leave shoes full of food for St. Nicolas' donkeys and St. Nicolas would leave small gifts in return.
- ▶ 12th century nuns left socks full of nuts, fruit and tangerines at the doors of the poor. This is where the tradition of putting tangerines in stockings came from.
- ▶ The tradition of Christmas caroling began as an old English custom. It was originally called wassailing and was a toast to long life.



- ▶ The traditional Christmas meal in England before turkey was mustard and a pig's head.
- ▶ The Christmas wreath is symbolic of Jesus. The red berries symbolize his blood and the holly represents the crown of thorns.
- ▶ The letter X in Xmas is a Greek abbreviation for Christ.

CSS New Year's Reflections:

**Looking back on the months gone by,
As a new year starts and an old one ends,**

**We contemplate what brought us joy,
And we think of our loved ones and our friends.**

**Recalling all the happy times,
Remembering how they enriched our lives,**

**We reflect upon who really counts,
And the fresh and bright new year arrives.**

And when we ponder those who do count,

We immediately think of you.

Thank you for being one of the reasons we will have a happy New Year.

WORD FIND: find the 14 words listed here **TOPIC—Winter is Coming**

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

* Puzzle Solution is found on back page

BOOTS
COLD
EARMUFFS
FIREPLACE
FREEZING
MITTENS
PARKA
SCARF
SHIVER
SKATES
SNOW
SWEATER
TUQUE
WOOLENS



**PLEASE!!
NOTE**

CSS has started fundraising and asking for donations for the annual:

'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. Please have your donations in before December 3, at the latest.



CSS is always looking for volunteers to help drive, visit, shop and support seniors in the West Parry Sound area. If you would like to give an hour or two of your time, whenever possible, **you could be the person who makes a difference in a senior's life.** Many seniors are alone and would appreciate a visit, or help with groceries, or getting to an appointment. Please consider becoming a CSS volunteer... it may just change your life. We know volunteers change the lives of the seniors they support.

Call Community Support Services if:

You need to book a Ride—Transportation to appointments, shopping, friendly visiting. Please call a couple of days in advance.

Meals on Wheels— Hot meals—includes soups, entrees, and desserts. Light meal option is available.

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. \$8.00 each

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. A Fee Schedule is available.



Community Support Services 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602
 email: ltaylor@belvedereheights.com



DINERS' CLUBS:

Parry Sound on November 10, December 8, and January 12 at 4:30 pm. \$12.00 at the door.

Dunchurch: at the Whitestone North Landing - on November 4, December 2 and January 6 at 11:30 am. \$12.00 at the door.

LUNCH AND LEARNS:

Parry Sound, Belvedere auditorium @ 11:00 a.m. ,
November 25—Seniors' housing Options
January 27 - Occupational Therapist

Nobel / Carling, Nobel United Church @ 11:00 a.m.
December 16 — Christmas Carols
January 20 - Occupational Therapist

CSS wants to explore activity suggestions for new afternoon programs such as:

- Starting the pole walking program again (winter)
 - A weekly afternoon tv series group—the Vicar of Dibley, or Downton Abbey, etc.
 - A book club—reading books or articles
- Please let us know your thoughts**—and grab some friends to start up some of these groups! CSS can help establish your activity ideas.

EXERCISE PROGRAMS

Qi Gong: (chi gong) Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no cost, although donations are accepted. Leader—Dorit Bartman
Gentle Exercise for Seniors with Limited Mobility:
 Thursdays @ 1:00 p.m.—Balls, therabands, gentle breathing and stretching—Leader Dorit Bartman

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. Leader is Mary Ann McEwen

Yoga Classes: Tuesdays @ at 3:00 p.m. Chair Yoga with Theresa Gregory 705-389-1669. Mat Yoga Class at 5:00 p.m. \$10.00 per class

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. FREE.

November 20, – at 6:00 pm.

The Bishop's wife with Cary Grant, Loretta Young , David Niven—Christmas movie



December 18, –at 6:00 pm.

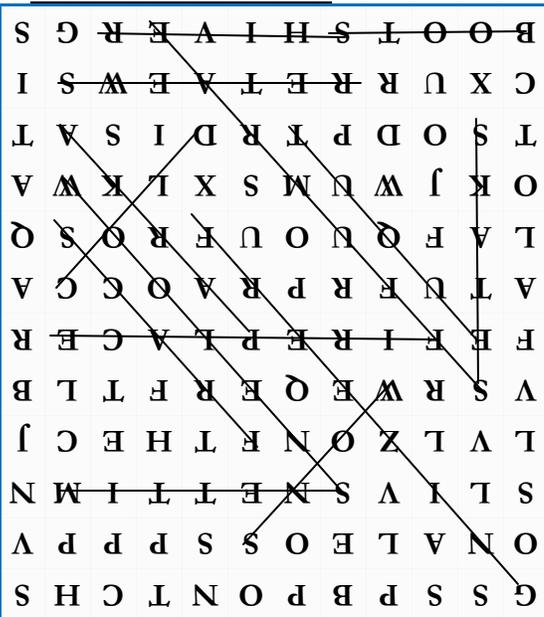
Holiday Inn with Bing Crosby, Fred Astaire—Christmas Musical—comedy—1942

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

Stroke Support Group: Whitfield Restaurant, 12 noon, 2nd Wednesday of month; Bill Slaman 705-378-0454

Crock Pot Cooking Lessons: On the third Monday afternoon @1:00 p.m. of each month , participants can bring their crock pots, and a meal will be prepared with all of the ingredients provided. Participants take home the prepared meal to cook. Cost: \$7.00

Word Search Puzzle Solution



“Our Mission is You”



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