



# News Briefs

Spring/Summer  
2018

**Barry's Bay & Area  
Senior Citizens  
Home Support Services**



## *Welcome to Spring and Summer!*

In 2017, Barry's Bay and Area Senior Citizens Home Support Services (BBAHS) completed its 30<sup>th</sup> year of community, and in 2018 celebrates 25 years of incorporation as a non-profit, charitable organization. Throughout these hundreds of seniors and persons living with a disability have participated in services. In the past fiscal year which ended on March 1, 2018 we served 299 persons!

As we move into summer please keep thinking about ways to stay independent and healthy at home. Throughout the year, one of the most important things we can do is stay active. This means getting up and moving, as much as possible throughout the day. New health research is telling us that we should not sit for longer than one hour at any time. As the weather warms up, it is also important to drink enough fluids every day. Drinking a lot of water will help prevent many problems.



### **Seniors' Centre Without Walls**

BBAHS has been working with the Good Companions Centre to become a "rural" partner in this FREE telephone-based seniors' activity program. The program provides more than 35 activities, educational and health and wellness programs each month. Please see the large program insert inside this newsletter.

***Madawaska Valley Hospice  
Palliative Care presents***

**Memorial Butterfly Release**

**Sunday, July 29 2018**

**1 to 3pm**

**Water Tower Park , Barry's  
Bay**

### **Accreditation SUCCESS!**

Readers might remember hearing that we have been working towards our first Accreditation Site Survey. This is when an Accreditation Team comes and conducts a program audit looking at 86 national standards related to Quality and Safety. We were thrilled to receive the highest score they had ever seen for a Primer Visit! Thank you to all of our staff and volunteers for all the work leading up to the site visit and assessment. We are still working on quality improvement in many areas of our organization, as this is ongoing work.



If you would like to participate, or to order a butterfly call the St. Francis Valley Healthcare Foundation office: 613-756-3044 ext 217.

# Message from the Executive Director...

## Working together to raise transportation subsidy for dialysis trips

Community service agencies are working together in the County to hold a Volunteer Recruitment Fair on Sunday, July 15<sup>th</sup> from 4-6. The Fair will offer opportunities to speak to a variety of agencies about volunteer opportunities. We will also have a BBQ and “parking lot” party, with music. We hope each volunteer will find at least one person they know, who they feel could be a potential volunteer. If you bring a friend who wants to find out more about volunteering, we will give you a thank you gift and put your name into a draw for door prizes. The Volunteer Fair will be followed by a fundraising concert. Proceeds will be used for transportation subsidy for dialysis patients. The concert will start at 7 p.m. and will feature Junior Sisk and Ramblers Choice, a top Bluegrass Band from Virginia. Doors will open at 6:30 and tickets are \$20 in advance \$25 at the door. Please call if you are interested!

## SENIORS' CENTRE WITHOUT WALLS

THE GOOD COMPANIONS SENIORS' CENTRE, CENTRE DE SERVICE  
GUIGUES, AND BARRY'S BAY & AREA SENIOR CITIZEN SUPPORT SERVICES:  
PROUD PARTNERS IN CONNECTING SENIORS.

### WHAT IS IT?

- FREE telephone-based seniors' activity program
- More than 35 fun activities, educational and health and wellness programs per month
- 1 – 2 activities a day INCLUDING Christmas and New Years
- A community-creating, loneliness-busting program for isolated seniors

### WHO CAN PARTICIPATE?

- Seniors 55+ and adults with physical disabilities who find it difficult to leave home
- All Rural Southwest County and Area residents

### WHAT ARE THE BENEFITS?

- Just need a telephone...NO computer or bandwidth required
- Creates community and friendships...from the comfort of home
- Enhances existing seniors' programs
- Bridges wait list gaps
- Reduces ER visits by 50%
- Removes barriers – relieves isolation and loneliness



**The Good Companions  
Seniors' Centre**  
Supporting a Vibrant Community

**FOR INFORMATION CALL: Joanne King: 613-756-2772 ext. 4**

**TO REGISTER CALL: 613-236- 0428 ext. 2323**

**[www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)**



Funded by The Ministry of Seniors' Affairs

# How can we help you to stay at home today?

**Our 2017-18 year end statistics– 3597 Meals on Wheels (MOW) – 87 individuals; 4535 transportation units – 247 individuals; 1376 Telephone assurance calls – 10 individuals; and 15,242 days of assisted living – 55 individuals. There were a total of 5323 volunteer hours contributed. We served 299 clients this year!**

## Transportation

The transportation program provides seniors (60 +) and physically challenged individuals with transportation both within the community and out of town. Locally, clients may use the ride for running errands such as grocery shopping, banking etc. or for medical appointments. The out of town trips are strictly for medical appointments. Clients are charged a fee for the drive and volunteers provide signed receipts.



## Meals on Wheels

The Meals on Wheels program provides clients with a hot nutritious meal one or two days per week depending on the location. Through a partnership with the St. Francis Memorial Hospital, meals are prepared by the hospital dietary staff and delivered by Home Support volunteers to the client's door.

**Cost is \$5.00 per meal.**

Special diet requests can be made when signing up for the service.



## Frozen Meals

In cooperation with Carefor, Home Support offers clients the convenience of ordering nutritious and economical frozen meals. Orders are placed once per month, usually mid-month, and are delivered to the Home Support Office where they can be picked up at the client's convenience.



**Complete meal is cost \$5.00 each.**

## Care Call

This system is designed to call clients at a set time daily to confirm that they are okay. It is a tool which helps the client to remain at home comfortable with the knowledge that if they cannot answer for some reason or other, assistance will be forthcoming. Care Call can also be used for medication and doctor appointment reminders. If the client doesn't answer after a preset number of call attempts, an ALERT is issued. This is a print out of complete background information on the client, including doctor's name and address, nearest friend or relative and medical history.



**There is no fee for this service.**

## Assisted Living

The assisted living program is provided to eligible seniors living in their own homes to maintain their independence and optimal well being. PSW's provide, personal care, meal preparation, light housekeeping, laundry duties, emergency response, security checks etc. A referral to the program is necessary and can come from a variety of sources such as a physician, CCAC Case Manager, a caregiver or the client themselves.

Eligibility is determined by our community partner Home and Community Care through their central intake process. If eligible, there is no cost to the client as the program is funded by the Ministry of Long Term Care and the Champlain Local Health Integration Network.



## Gift Certificates Available!!!

We have gift certificates available for Transportation, Meals on Wheels and Frozen Meals. Call our office today!



For more information on any of the articles in this newsletter or our services please contact our office.

**Barry's Bay & Area Senior Citizens Home Support Services**  
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Check out our website at  
[www.bbahs.org](http://www.bbahs.org)



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