



News Briefs

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

**Fall/Winter
2017**



Keep Active!!!

As we move through autumn, I want to encourage all readers to think about ways to stay independent and healthy at home. Even though it is getting colder and winter is coming, it is important to stay as active as possible. The Imagine Feeling Great (at the Killaloe Lions Hall) and the Senior Fitness Program at the Opeongo Seniors Centre are two of the programs available for staying active indoors. If you are interested in more information about these programs, please call our office at 613-756-2772.



We are also aware of the fact that Flu Season will be arriving. We have been hearing that this year might be a bad one for flu. This is a good time to get the Flu Vaccine. The earlier you get it the better it is able to protect you. Also, please remember that one of the best things we can do is make sure we ***Wash our Hands*** frequently and especially if we are around someone who is sick or sneezing and coughing.



Accreditation Update

As an agency we have entered into a process of Accreditation. This means that we are working towards achieving and demonstrating a best practise level of service. An Accreditation Team will be here on December 4th and 5th to review our policies and practises. They will want to meet some of our clients and caregivers to talk about the process of setting up and receiving services through our program(s). Care Coordinators will be speaking with clients to seek consent ahead of time for any contact by the survey team.



Message from the Executive Director...

Volunteers

We bid a sad farewell to two of our valued volunteers this summer: Vivian and Marvin have both re-located and are no longer available to us as volunteer drivers. We thank you both for your dedicated and caring service. We have also been fortunate to welcome some new drivers: Barry Speicher and James Currins



We are supporting a new round of training for Senior Fitness Instructors. This 6 day course is taking place this fall and will result in new volunteer peer leaders trained to lead senior fitness activities in our rural communities.

If you are interested in finding out more about becoming a volunteer, please give the office a call and talk to Diane: 613-756-2772, ext 2.

Gifts of Appreciation for Staff

Please understand that in our sincere efforts to provide compassionate care, we also must ensure that we never overstep any professional boundary. We have to be very careful never to ask for or accept gifts or money from clients. We also need to prevent any appearance of favouritism towards individual staff or clients or any appearance of “taking advantage” of clients. We also understand that clients often want to show appreciation. So we want to give you some ideas for how to show your thanks in ways that could be accepted. One idea is to make a donation towards our ***Client Aid Fund*** or a donation to any other charity of your choice. The Client Aid Fund is used to provide subsidies for transportation and Meals on Wheels services. As a registered Charity, we will issue *Income Tax Receipts for donations of \$10.00 or more*. Another idea is to donate a small item of food or a handicraft to the team. The important issue here is to make sure that any gift given is for the whole team or for the use of the team in their office. If you are unsure, please call me or your Care Coordinator to discuss your wishes.



Thank you for your help in this matter!

How can we help you to stay at home today?

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.

Drivers involved in the program are volunteers and are thoroughly screened and trained by the Home Support staff.



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 for **\$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. Meals come complete with protein, starch and vegetable combinations. Desserts and soups are also available.

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 CCAC 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!

