Aging with Dignity Campaign

The Ontario Community Support Association has officially launched its Aging with Dignity Campaign across Ontario to address important issues surrounding the importance and value of aging at home strategies, as well as the growing need for funding for related vital community supports.

The campaign, which launched May 11th at Queen’s Park in Toronto, seeks to build awareness and advocacy for a solution to ensure Ontarians age with dignity in their own homes.

The Aging with Dignity Campaign focuses on the following objectives:

- Comprehensive, affordable home and community care services that are available to all Ontarians, regardless of where they live;
- Rebalanced healthcare funding to better reflect the significant contribution home and community care makes and could make to our health system;
- Expanded research and public education efforts on the essential role of home and community care and how it benefits the public health care system;
- Health care planning focused on individual and family needs; and
- Specific plans to address health human resource challenges in home and community care.

In This Issue

- Community Support Connections
- Meals on Wheels and More
- Seniors’ Month

Cambridge Enjoys New Menu

Proper nutrition for our aging population is critical to aging with dignity.

A balanced diet contributes to a healthy lifestyle. It can help manage chronic illnesses, mean fewer injuries, illnesses and trips to the hospital. Eating a balanced diet can be difficult, however, for people living alone or on fixed incomes, or for people who have difficulty preparing their own meals or trying to manage dietary restrictions.

In April, Community Support Connections integrated our Meals on Wheels programs across the Region to enhance hot menu options for Cambridge clients.

In addition to diabetic and low salt diets previously available, selections suitable for renal diets, diverticulitis, cardiac requirements, and celiac diets now form part of the expanded menu. We are also able to accommodate more personal preferences.

Mark Your Calendars...

Don’t miss these upcoming events!

- Seniors’ Month
- All of June
- Elder Abuse AGM
- June 15, 2011
- Strawberry Social
- June 21, 2011
- WALC Picnic
- June 21, 2011
- CSC Annual General Meeting
- June 23, 2011
- Visit our website for more events/dates

Charity of Choice

Community Support Connections—Meals on Wheels and More is honoured to be named as the Charity of Choice of Sun Life Financial Waterloo Wellington.

In the short months since choosing CSC, the support they have provided has already made a significant impact, not only on the organization, but directly on our clients.

This is what they wanted according to Paul Ingram, Manager at Sun Life Financial: “Rather than doing just a little in a lot of places, we wanted to make a significant difference with one charity.”

They rotate responsibility internally for delivering meals every week, lightening the workload for any single individual, but offering everyone a chance to get involved.

Their staff also volunteered with our annual ‘Drive to Deliver’ golf tournament, helping to make it our most successful tournament to date.

They are supporting CSC financially, starting with a $250 donation, with more to follow as they implement an innovative internal competition that connects productivity to donations.

Continued on page 6
Thank You to Our Unsung Heroes

To the who go back a second time to deliver a meal, when the client wasn’t available the first time, thank you.

To the heroes who escort clients right to their door and make sure they get in safely, thank you.

To the heroes who are passionate about the fundraising events they assist with, thank you.

There are not enough words nor can we say thank you to adequately convey the appreciation our clients express to us for your acts of kindness.

THANK YOU!

A Thank You to Our Generous Donors

The individuals whose names are below generously donated to Community Support Connections - Meals on Wheels and More from February 1st, 2011 - April 30th, 2011. This kind of support is invaluable and the mark of a truly caring community.

Our sincere thanks for helping us to help people to live at home with independence and dignity.

Yes, I want to help! Enclosed is my donation* Please send me information about volunteering

Name: ____________________________
Address: ____________________________
City: ____________________________
Postal Code: ____________________________
Phone #: ____________________________
Donation Amount: ____________________________

*We issue charitable receipts for the year in which the donation is received.

BDO Canada LLP
Strasserburg Windows & Doors
Allen Bradley Employees Charitable Fund
Manulife Financial

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Enabling people to live at home with independence and dignity

Friendly Visiting

We are in need of Friendly Visiting volunteers to make a once a week commitment to spend time with an isolated person in need of some company.

We currently have 88 people—seniors, adults with disabilities and individuals with chronic illnesses on our waiting list for this free service, and all it will cost you is your time.

Please contact Ann Robitaille at (519) 772-2787 x 205 for more information on what volunteering could do for you.

Yes, I would like to make this a monthly donation on my credit card (number above)

Name: ____________________________ Address: ____________________________ City: ____________________________ Postal Code: ____________________________ Phone #: ____________________________ Card Number: ____________________________ Exp: ____________________ Yr: ____________________

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Enabling people to live at home with independence and dignity
Dr. Anna Annabelle Ritchie's spacious and spotless kitchen, you would never know she has difficulty getting around her two story home, nor that she has been struggling with Multiple Sclerosis for 30 years. Annabelle's home is something in which she takes pride, something she loves and values dearly. It is clear by the way she speaks of it: "staying here...that's all I live for" so says while casting her eyes around her well organized kitchen. "I've been living in this house for 40 years now, since 1971."

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Thanks to our dedicated Drive to Deliver Golf Committee, the annual tournament reached record numbers this year as we raised almost $37,000—enough to subsidize 16,000 meals!

All money raised goes directly into CSC's meal subsidy program, which experienced a 28% increase in demand over last year. Thank you also to the 50 sponsors we had on board this year, including many new ones recruited by our inspirational committee chaired by Lawrence Bingeman. Lori Bortdessa, John Emrich, Kevin Mills, and the latest addition to the committee Dave Bjinse, also gave selflessly of their time and expertise to ensure the tournament was a success for another year.

For the dad who has everything...Feed a senior for $15 for one week, or $60 for one month by offsetting the cost of their Meals on Wheels subsidy.

"I couldn't stay here without these services." She also mentions how her lawn has been reliably taken care of by Jerry Bernoski, one of our brokered workers. "I couldn't stay here without these services," she says. She goes on to share how the entire community has come together to help out, as her hairdresser, home maker and physical therapist all make house calls. "I just love it here, I have everything that I need."

Having lived in Kitchener for 55 years, Annabelle has had plenty of time to make friends. She moved here from her home town of Formosa, Ontario to live closer to her two older sisters who had settled in the region. At the time, she had a job lined up for her at Snider Furniture as an upholsterer, a trade she spent 20 years developing.

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"More than anybody, your organization has helped me." I had an industrial sewing machine in my basement until two years ago, but it just came to be too much for me" she finishes while rubbing her hand affectionately over a kitchen chair she upholstered herself.

Though she struggles, she isn't quite ready to consider a retirement home yet. "I know I could go [to a retirement home]... I know they treat you well, but it is in my mind that you go there to die," she finishes, looking away.

She offers to show me the rest of her home, and excitedly tells me about the pieces of furniture she made. As I prepare to leave, she thanks me for all the work our volunteers do: “more than anybody, your organization has helped me.”

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MORE THAN JUST A MEAL — Meals on Wheels

Most people know that Meals on Wheels means friendly, caring volunteers delivering nutritious meals, but it is much more than that. Community Support Connections—Meals on Wheels and More delivers over 300 meals a day. Our meals meet the nutritional requirements of a 70 year old male. We offer both hot and frozen selections, alternative and therapeutic meals—so there’s something for everyone.

Variety & Choice
CSC offers a 5 week rotating menu—with daily alternates to accommodate special dietary needs and personal preferences. Each menu is carefully crafted to ensure that not only are people’s nutritional needs met, but that the meals are wholesome, appetizing and varied. Consider the following samples from our most recent menu:

Hot or Frozen
CSC also offers delivery of frozen meals which can be used evenings and weekends to supplement the hot mid-day meal. ... meals can be ordered in minced and pureed textures—and to accommodate each of the therapeutic diets noted to the left.

A Commitment to Wellness—Therapeutic Diets
A variety of therapeutic diets and texture modifications can be accommodated. Some of the following diets can also be combined:

Diabetic: Low sugar or sugar free desserts (may contain aspartame or their sugar substitutes). Standard starch items are included. The clients need to monitor their own caloric and carbohydrate intake.

Low Sodium: suitable for a 3 to 5 gram sodium restriction

Reduced Fat: avoids high fat and fried foods

Renal: reduced in sodium, potassium and phosphorus

Cardiac Diet: specifically designed for congestive heart failure patients; suitable for a sodium restriction of less than 2000mg and severe fat restrictions

Vegetarian: lacto-ovo - no beef, pork, poultry, fish, shellfish or animal flesh of any kind, but includes eggs and dairy products

Subsidies are available.

Mission: Enabling people to live at home with independence and dignity.
Vision: A community where everyone feels at home—valued, connected and empowered.

Friendly Faces and Caring Inquiries
More than just a meal—our caring volunteers also deliver a very important message: the community cares about you. With every meal they deliver, they also check in on our client’s well-being, chat for a couple of minutes, care. Some of our volunteers have been delivering the same route for decades—so they know our clients well, notice small changes, and enable us to offer additional supports. Pictured above, from left to right, are Meals on Wheels Volunteers George McIntosh, Verna Martin, Javier Perez, Carol Snelgrove, John McCormick, Ida Francis and William (Bill) Robinson.

For more information, call 519-772-8787 or visit www.communitysupportconnections.org