



# Words to the Wise

Community Outreach Services

Bringing Care Home

## FREE

**Blood Pressure Measurement Sessions in Milverton Village Pharmacy**

**1st Friday of every month  
12:00 pm – 3:00 pm**

**Village Pharmacy  
8 Main Street  
North Milverton**

## Are you suffering from hearing loss?

When was the last time you got your ears checked? Hearing loss affect people of all ages and is not merely a sign of aging only 35% of people with hearing loss are older that the age of 64. The signs of hearing loss can be subtle and emerge slowly, or they can be significant and come on suddenly, either way, there are common indications you should suspect hearing loss.



"The subwoofers really help."

Have you experience any of the signs below:

### Socially:

- \*require frequent repetition
- \*have your radio or T.V turned up to a high volume
- \*have ringing in your ears
- \*have trouble hearing children and women

### Emotionally

- \*stressed out from straining to hear what others are saying
- \*feel annoyed at other people because you cant hear or understand them
- \*withdraw from social situations that you once enjoyed because of difficulty hearing

### Medically

- \*have family history of hearing loss
- \*take medication that can harm the hearing system
- Have diabetes, heart, circulation or thyroid problems
- \*have been exposed to very loud sounds over a long period or single exposure

Having your ears checked is part of maintaining a healthy lifestyle. If you are experiencing any of the signs of hearing loss above you may want to book an appointment for Community Outreach's **FREE hearing clinic** on August 20th 2010.Appointments will be starting at 9am and will be on a first come first served basis.

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# AUGUST DINING DATES

**Aug 4th**

**Millwood Brunch 11:00am**  
Fried Eggs, Bacon, Raisin Bread, Toast and Jam, Fruit Salad, Coffee/Tea/Juice

**Aug 9th**

**Seniors Day Out 12 noon**  
BBQ'ed Smoked Pork Chops, Baked Potatoes with Sour Cream, Veggies & Dip, Tomato Slices, French Bread, Cherry Cheese Cake, Coffee/Tea/Juice

**\*Reminder:** Any meal ordered is a meal Outreach has to pay for. If something comes up and you are not able to make it to the program please give us a call. Thank you in advance!

**Aug 12th**

**Millwood Diners 12:15 pm**  
Shake & Bake Chicken, Mashed Potatoes, Caesar Salad, Mixed Vegetables, Dinner Rolls, Lemonlicious Bars Coffee/Tea/Juice

**Aug 16th**

**Atwood Church 12:00**  
Monument Road Atwood  
*A delicious Surprise...*

**Aug 18th**

**Millwood Brunch 11:00am**  
Wife Saver, Chili Sauce, Croissants, Toast & Jam, Fruit Salad, Coffee/Tea/Juice

**Aug 30th**

**Traveling Diners Road House 23 & Shopping at Giant Tiger Listowel**  
Pick-ups start at 10:00am  
Everyone Welcome!

**Aug 26th**

**Millwood Diners 12:15pm**  
BBQ'ed Sausage on a Bun, Sauerkraut, Macaroni Salad, Veggies & Dip, Lemon Pie  
Juice/Coffee/Tea

If you would like a Dining Program in your Community or Building, please let us know! To book or cancel your meal, advanced notice is required.

**Community Outreach will be closed on the following dates:**

- Monday August 2nd
- Monday September 6th
- Monday October 11th

**Hot Meals on Wheels are available and can be delivered to you in your home. No cooking, no clean up, no tipping, no taxes!!**

**Call 519-595-8755 for more info.**

**Be sure to join us for our Seniors Day Out SMOKED PORK CHOP BBQ on Mon Aug 12 at Knollcrest. This will be the second last one for the summer.**

**Please call 519-595-8755 to reserve your seat before Aug 5th**



# CARD

## PARTY—



Join us on Monday September 13th for a Euchre CARD PARTY at Knollcrest in the All Purpose Room.

Cards start at 1:30 sharp and everyone is welcome.

Prizes for high, low and lone hands.

Join us for a delicious meal as well at 12 noon. The cost for the meal is \$7.50. *Bring a buddy for cards and you both will receive \$1.00 off your meal!*

Please call before Sept 9th to reserve your seat.

### Nutritious, Delicious & Convenient Frozen Meals

New Apetito menus are here! Be sure to stock up on some Frozen Meals for the days when it's too HOT to cook.



- Flexibility to choose the menu.
- More variety at meal times.
- Safe food, no worries of outdated food.
- A fully prepared meal with more protein and vitamins, controlled levels of sodium and less fat at a reasonable price.
- Overall better nutrition as all meals have been based on recommended government nutrient levels for seniors. On average a meal consisting of soup, entree and dessert provides 40% of daily calorie requirement and 50% daily protein requirement.
- Convenient preparation - entrees can be heated in the microwave or oven, soups heated in a pot on the stove or a bowl in the microwave and desserts simply require defrosting.

Cost  
**7 entrees = \$33.00**  
**5 entrees & 5 soups or desserts = \$33.00**  
**Single Entrée = \$5.25**  
**Soup/Dessert = 1.65**

Call Community Outreach to order your meals or for a new menu today. 519-595-8755

-----Next order deadline is August 20th-----

### Mark Your Calendars

**August 12  
Seniors Day Out**

At Knollcrest  
Join us for...

A Special Guest  
Speaker talking about  
Medication Safety

**September 13  
Seniors Day Out**

At Knollcrest

Join us for a *CARD PARTY!* Bring your card playing buddy for a \$1.00 off each meal!

**October 4  
Seniors Day Out**

At Knollcrest  
Join us for...

*MUSIC* by the North  
Perth Singers

**November 8  
Seniors Day Out**

At Knollcrest  
**Cuzin Clem**

**December 6  
Seniors Day Out**

At Knollcrest  
Join us for...

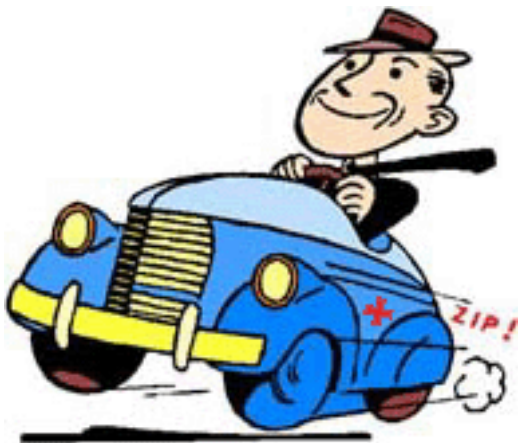
Music by the Milverton  
Seniors Choir

**Call 519-595-8755 to  
reserve your seat or**

# VOLUNTEER OPPORTUNITIES

Community Outreach Services is currently in need of volunteer drivers to drive low-income seniors to appointments they cant otherwise get to. The hours are very flexible and can fit around any schedule.

Please contact Melissa Pullen, Volunteer Coordinator **519-595-8755** if you are interested in helping someone in your community



Volunteers are reimbursed for their mileage.

## BENEFITS OF VOLUNTEERING

- Learn & develop your strengths and skills
- Meet new people
- Build Self Confidence
- Feel valued
- Satisfaction your making a difference

### Who is Lifeline for? Anyone who is...

- ✓ Home alone on a frequent basis
- ✓ At risk for falling
- ✓ Recovering after discharge from hospital
- ✓ Using adaptive devices to assist with walking
- ✓ Managing a serious medical condition
- ✓ Considering a move to assisted living

### Exclusive offer for Legion members!

Subscribe to Lifeline now and get  
**2 MONTHS FREE!**

Call today!

**1-800-LIFELINE (1-800-543-3546)**

Ask for code 300.

Philips Lifeline is a proud partner of The Royal Canadian Legion.



**PHILIPS  
Lifeline**



**PHILIPS  
Lifeline**



Don't wait for  
a fall to wish  
you had Lifeline

Inside:

Exclusive offer for  
Legion members – get  
**2 MONTHS FREE!**

# THE POWER OF THE POLES!!!



I have been living with Meniere's Disease, (an inner ear disorder), for more than 20 years.

4 years ago, after a severe "attack" my balance system deteriorated to the point that my body was constantly in motion, forcing me to take early retirement from my job and limiting my ability to pursue fitness activities. I went from being an extremely active person to a sedentary one.

After multiple visits to specialists, drug therapy was used to try to control my symptoms which only managed in leaving me tired, unmotivated and needing the use of a cane for walking as my balance continued to worsen. I researched vestibular rehabilitation and found a therapist who was willing to take me on as a client. Part of my rehabilitation process was walking with Nordic poles

After 4 years of looking at the ground for visual cues, I was finally able to comfortably walk using correct posture once more. In less than 3 months, along with stability exercises performed 3 times daily, I am now urban poling 6 to 10 kms. daily! My posture and balance have significantly improved and my energy has been restored! I will keep urban poling daily no matter what the weather brings, even adding snowshoeing with the use of Nordic poles during the winter months.

Thank you for promoting this fantastic activity. I am living proof of the power of the poles!!! **Lorraine Kuepfer**

## WHAT ??? WHO ?? WHERE?? WHAT DID YOU SAY.....

Do any of these phrases sound familiar? If so, come on out to the **FREE** hearing clinic being offered on August 20th 2010 at Knollcrest Lodge. Hearing screening, hearing aid checks and cleaning will all be done free of charge.

**Call Gina Smith, Wellness Coordinator for more information.  
519-595-8755**



## STAFF @

### Community Outreach

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#### Bus Drivers

Kathy Schweitzer

Carrie Wagler

Larry Sayers

# MOONLIGHT MADNESS

Once again Knollcrest will be having a BBQ out front of Foodland on August 19,2010 at the annual Moonlight Madness in Milverton.

**Make sure to bring your appetite**



All proceeds will be going towards the renewal of Knollcrest lodge

**BBQ starts at 5:00pm**



## TRANSPORTATION SERVICE

Service is available:

**NEW!!! MONDAY—FRIDAY**

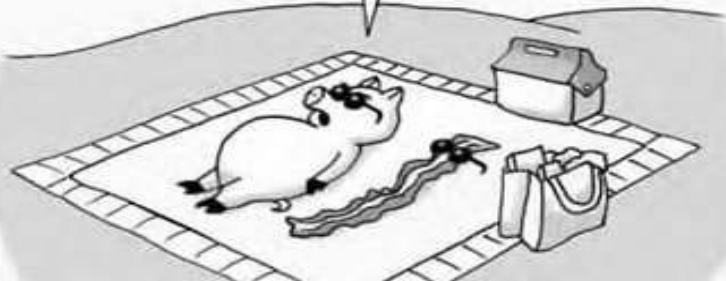
8:45 — 4:00

For Medical Appt's, Errands and Social Visits

**24 hour notice is required**



MAYBE NEXT TIME YOU'LL TRY A LITTLE SUNSCREEN...



Clapping my hands with the echoes the summer moon begins to dawn.

~ Basho



## TOP TEN FUN FACTS ABOUT ICE CREAM

1. Americans consume the most ice cream in the world per capita, with Australians coming in second. In 1924, the average American ate eight pints a year. By 1997, the International Dairy Foods Association reported that the figure had jumped to 48 pints a year.
2. The most avid ice cream eaters in the U.S. don't live in Hawaii, the South, California, or any other hot climate. Instead, in 1999, it was reported that the good citizens of Omaha, Nebraska, ate more ice cream per person than any other Americans.
3. Vanilla is the most popular flavor in this country, snagging anywhere from 20 to 29 percent of sales. Chocolate comes in a distant second, with about 9 to 10 percent of the market.
4. Immigrants at Ellis Island were served vanilla ice cream as part of their Welcome to America meal
5. Among the most unusual flavors of ice cream ever manufactured are avocado, garlic, azuki bean, jalapeno, and pumpkin. Perhaps the weirdest of all: dill pickle ice cream, which was marketed to expectant mothers. Sales were disappointing.
6. One out of every five ice cream eaters share their treat with their dog or cat. (Can the day of liver- or tuna-flavored ice cream be far behind?)
7. In 1984, President Ronald Reagan declared July as National Ice Cream Month, citing the food's "nutritious and wholesome" qualities. He decreed that patriotic Americans should mark the month with "appropriate ceremonies and activities."
8. According to the Guinness Book of World Records, the biggest ice cream sundae in the world was made in Alberta, Canada, in 1988. It weighed nearly 55,000 pounds. The same year, a baking company and a sheet-metal firm in Dubuque, Iowa, teamed up to produce the world's largest ice cream sandwich, which tipped the scales at nearly 2,500 pounds. And, in 1999, Baskin-Robbins created an ice cream cake at a beach hotel in the United Arab Emirates that weighed just under 9,000 pounds.
9. Ice cream novelties such as ice cream on sticks and ice cream bars were introduced in the 1920s. Seems like kid stuff, but today, adults consume nearly one-half of all such treats.
10. While popular lore claims that the ice cream cone was invented at the 1904 World's Fair in St. Louis, a New York City ice cream vendor actually seems to have created the cone in 1896 to stop customers from stealing his serving glasses. He patented the idea in 1903 and it took off in popularity at the World's Fair the next year.



# AUGUST 2010 — Programs & Events

| <b>Mondays</b>  | <b>Tuesdays</b>  | <b>Wednesdays</b>  | <b>Thursdays</b>   | <b>Fridays</b>  |
|---|--|--|--|---|
| <u>Transportation</u><br>8:45-4:00 Mobility Bus<br><u>Exercise</u><br>9 - 11am Walking Club (PERC)<br><u>Fun</u><br>10:00 Seniors Choir (KCL)<br><u>Meals on Wheels</u><br>12:00 pm —<br>Milverton , Millbank, Brunner<br>5:10 pm — Atwood & Tralee | <u>Transportation</u><br>8:45 - 4:00 Mobility Bus<br><u>Exercise</u><br>10 am - Seniors Exercises (MMFC)<br><u>Meals on Wheels</u><br>12:00 pm—Milverton<br>5:10 pm—Tralee | <u>Transportation</u><br>8:45– 4:00 Mobility Bus<br><u>Exercise</u><br>9 am - 11 am Walking Club (PERC)<br><u>Meals on Wheels</u><br>12:00 pm —<br>Milverton, Millbank, Brunner<br>5:10 pm — Atwood & Tralee | <u>Transportation</u><br>8:45 - 4:00 Mobility Bus<br><u>Exercise</u><br>10 am—Seniors Exercises (MMFC)<br><u>Meals on Wheels</u><br>12:00 pm Milverton<br>5:10 pm Tralee | <u>Transportation</u><br>8:45 - 4:00 Mobility Bus<br><u>Exercise</u><br>9 am - 11 am Walking Club PERC<br><u>Meals on Wheels</u><br>12:00 pm —<br>Milverton, Millbank. Brunner<br>5:10 pm — Atwood & Tralee |

(KCL) = Knollcrest Lodge (PERC) = Perth East Recreation Complex (MM) = Millwood Manor (MMF) = Milverton Mennonite Fellowship Church

| <b>Mon</b>  | <b>Tue</b> | <b>Wed</b>  | <b>Thu</b>                       | <b>Fri</b>                                    |
|---|------------|---|----------------------------------|---|
| 2 <b>CIVIC HOLIDAY OUTREACH CLOSED</b>                      |            | 4 Millwood Brunch<br>11:00am  | 5                                | 6 CHAP Blood Pressure clinic 12:00-3:00       |
| 9 Seniors Day Out & Footcare<br>By appointment only         | 10         | 11 Millwood Wii<br>10:00am  | 12 Millwood Diners<br>12:00 noon | 13  |
| 16 Atwood Church Lunch<br>Presbyterian Church<br>12:00 noon | 17         | 18 Millwood Brunch<br>11:00am<br>CHAP Clinic @ Brunner Diners 11:00-12:30 | 19                               | 20 CHAP Blood Pressure Clinic<br>9:30-11:00am |
| 23  | 24         | 25 Millwood Wii<br>10:00am  | 26 Millwood Diners<br>12:00 noon | 27  |
| 30 Traveling Diners<br>Pick up starts 10am                  | 31         |   |                                  |   |

COMMUNITY OUTREACH SERVICES

519-595-8755