

# Words to the Wise

Community Outreach Services

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

**Friday April 7th  
 12:00–3:00 pm**

**Village  
 Pharmacy  
 8 Main  
 Street North  
 Milverton**

## **BIG THINGS HAPPENING AT... COMMUNITY OUTREACH SERVICES**

You're invited to a  
**Paint Nite Fundraiser**

**April 27th, 2017 at 7:00pm**  
 Deadline to sign up is April 13th, 2017

**Located at the Perth East Rec Complex  
 40 Temperance Street Milverton**

By contacting **Ashley Newbigging** 519-595-8755 or  
 Email: [anewbigging@knollcrestlodge.com](mailto:anewbigging@knollcrestlodge.com)

**BRING YOUR FRIENDS!!**

**\$45.00/ person**

Cash Bar and Light Snacks Provided

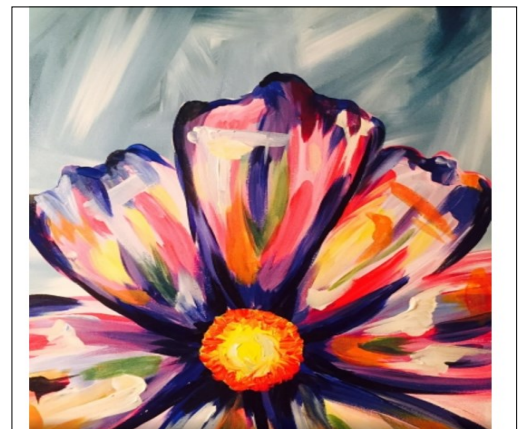
*All proceeds raised will be used to support programs through  
 Community Outreach Services– Milverton*

Discover your hidden artistic talent ...  
 we appreciate your support!!

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Funded in part by: SW LHIN  
 & the Gov't of Ontario



# April Dining Menus

**April 21 12:15 pm**  
**Outreach Lunch**  
 Chicken Quesadilla  
 Sour cream/salsa  
 Caesar Salad  
 Chicken Fried Rice  
 Chocolate Eclairs  
 Coffee/ Tea/ Juice

**April 17 12:15 pm**  
**Atwood Presbyterian Church**  
*A Delicious Surprise!!!*

**April 18 5:30 pm**  
**Key N String**  
**Dinner & Music**  
 Homemade Lasagna  
 Caesar Salad  
 Steamed Broccoli  
 Garlic Bread  
 Chocolate Eclairs  
 Coffee/ Tea/ Juice

Menus are subject to change.  
 Sorry for the inconvenience.

Please Note: If you sign up for a program and cancel last minute or do not show – you will need to pay for your meal as we give numbers to caterers by RSVP dates!

If you would like a Dining/Wellness program in your Community or Building, please let us know!

**RSVP - Please PRE-REGISTER for ALL dining programs at least 3 days prior to program.**

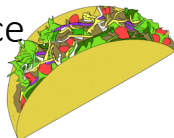
## Outreach Dining Lunch

**\*\*FRIDAY APRIL 21 @12:15\*\***

Located at Knollcrest Lodge  
 DINE IN or TAKE OUT  
 \$10.00/ meal

### MENU

Chicken Quesadilla  
 with Sour Cream & Salsa  
 Caesar Salad  
 Chicken Fried Rice  
 Chocolate Eclairs  
 Coffee/ Tea/ Juice



## Foot Care Clinics

Are you having troubles with your feet?

We have a Registered Nurse with 38 years of experience and training in Advance Nursing Foot care who will be able to help you.

She is able to treat corns, calluses, ingrown toe nails and maintain healthy skin by applying lotion at the end of each treatment.

She provides education through teaching, regarding self care of the feet and legs.

Community Outreach Services

Call 519-595-8755 to book your appointment; this service is offered the 2nd Monday of every month.

April 10– May 8– June 12

**Exercise “Be a Friend; Bring a Friend”  
 Winners – Marilyn Schultz and Connie Erb**

**CONGRATULATIONS!**

**Dining “Be a Friend; Bring a Friend” Winners – Evelyn Coxon and Betty Whitney**

**Dining “Frequent Flyers” Winner– John Lyonness**

Jump on the bus with...  
 Community Outreach Services  
**We are headed to the Toronto Zoo**  
**Tuesday August 22, 2017**  
 Leave Milverton at 8am– Leave Toronto at 4pm.

RAIN OR SHINE  
 Price Includes Bus Ride and Admission  
 Lunch and other items at own expense (picnic area available)

**Adults (12yrs– 64yrs)- \$70.00**

**Seniors (65yrs +)- \$65**

**Child (0-11yrs)- \$55**

Must be booked by August 8th with payment. After this date there will be no cancellations

**Please call Program Coordinator Ashley for  
 more information  
 or to sign up 519-595-8755  
 Limited Spots!!**



**Get help even if you fall and are unable to  
 push your button**

Auto Alert is a breakthrough medical alert service that automatically places a call for help when a fall is detected - even if the subscriber is unable to press their Help Button. After launching Lifeline with Auto Alert in June 2010, this latest innovation in the Medical Alert industry has garnered media attention.

CALL 519-595-8755 to get your LIFELINE INSTALLED

# Eucherama Dates:

April 20  
 May 18  
 June 15

*This program is held at  
 the Perth East Rec  
 Complex*

*Everyone is Welcome!  
 Bring your FRIENDS!!!*

**Call 519-595-8755  
 for more information**

**EUCHERAMA Share the  
 Wealth Winners from  
 March**

**Norm Dobson  
 Shelda Schaeffer  
 Sylvia Soeder  
 Linda Debus**

**Next Eucherama  
 April 20@ PERC**

**Bring your Friends!!**

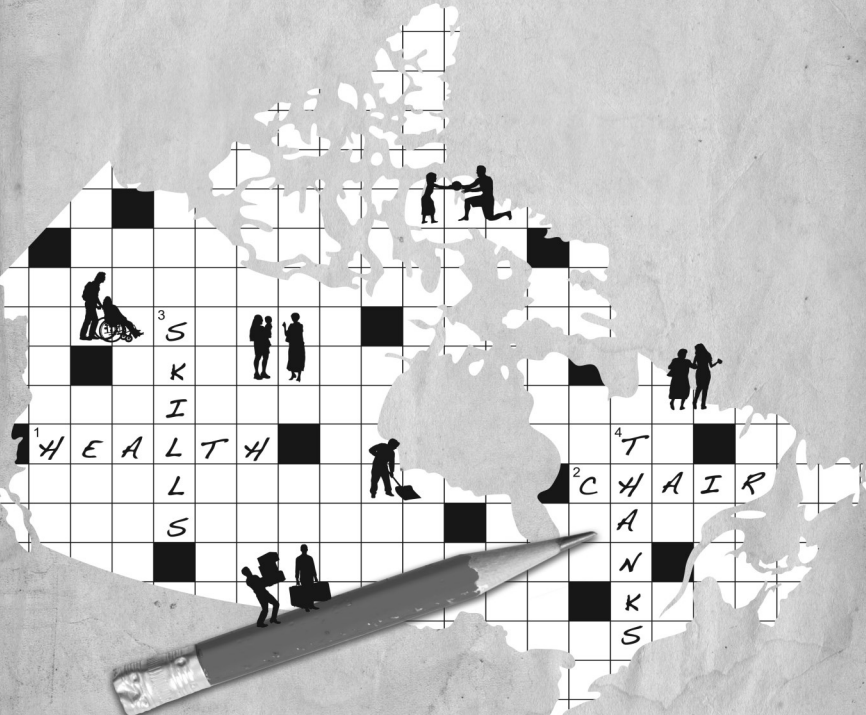


# VOLUNTEER CORNER

NATIONAL VOLUNTEER WEEK  
APRIL 23 - 29, 2017



CANADA 150



Crossword No.150 - **Volunteering, Eh?**  
*How do you recognize volunteering in 2017?*

ACROSS

- Volunteering improves this
- A leadership role that can be found in a dining room

DOWN

- Something you gain when you volunteer
- Expression of appreciation

[volunteer.ca/nvw2017](http://volunteer.ca/nvw2017)  
#NVW2017

 **Investors  
Group**

  
VOLUNTEER  
BÉNÉVOLES  
CANADA

**THANK YOU TO OUR FABULOUS VOLUNTEERS!**

**WITHOUT YOU WE COULD NOT DO THE WORK WE DO!**

From all the residents, clients and staff at Community Outreach and Knollcrest Lodge we hope you have another fabulous year!

# WELLNESS

## Healthy Eating, Healthy Aging

As we age, our nutrition needs change. We require fewer calories, but just as many nutrients and—in some cases— even more. For example, people over 50 need more calcium, vitamin D and vitamin B6 than younger people.

A healthy diet includes vegetables and fruit, grain products, lean meats, nuts and beans (meats and alternatives), milk or other dairy products, and alternatives. Eating Well With Canada's Food Guide recommends 6-8 servings of grain products, 7-10 serving of vegetables and fruit, 2-3 servings of meats and alternatives and 2-3 servings of milk and alternatives every day. Most seniors eat less than the recommended amount of each group.

That's unfortunate because eating well helps you feel your best, gives you the energy to do the things you want to do, and may help prevent or control heart disease, diabetes, osteoporosis and some cancers.

### ***Grain Products***

Make at least half of your grain products whole grain choices, to provide the energy and fiber you need. Have a bowl of cooked cereal or high fiber cold cereal for breakfast or a snack. Try brown rice, bulgur, quinoa or couscous. Be open to trying new and different foods. Variety not only means getting all the nutrients you need, but makes food fun as well.

### ***Vegetables and Fruit***

Choose more vegetables and fruit. Eat your greens, reds, oranges, yellows, blues and purples! The more brightly coloured your fruits and veggies are, the more essential nutrients you'll get to keep you feeling great.

### ***Milk and Alternatives***

People over 50 need extra calcium and vitamin D for bone health. Calcium may also help control your weight and blood pressure. But most people don't get enough calcium from their diets. If you're trying to gain weight, use higher fat milk; otherwise, choose lower fat milk products and other calcium rich foods for healthy bones. Try adding skim milk powder to sauces, soups and other cooked dishes. Have a salmon sandwich or salad. And try adding nuts such as almonds to salads, puddings, and casseroles.

### ***Meat and Alternatives***

Choose leaner meats, poultry and fish as well as dried peas, beans and lentils.

***Healthy aging is all about eating well and staying active!***

## TRANSPORTATION SERVICE

Is Available:

**MONDAY—FRIDAY**

8:45 am — 4:00 pm

**24 hour notice is required**

### Community Outreach Staff

#### Manager

Dianne Lichti

dlichti@knollcrestlodge.com

#### Program Coordinator

Ashley Newbigging

anewbigging@knollcrestlodge.com

#### Wellness Coordinator

Gina Smith

gsmith@knollcrestlodge.com

#### Volunteer Coordinator

Tracey Ducharme

tducharme@knollcrestlodge.com

#### Bus Drivers

Wayne Lindner

Carrie Wagler

Larry Sayers

Norm Yost

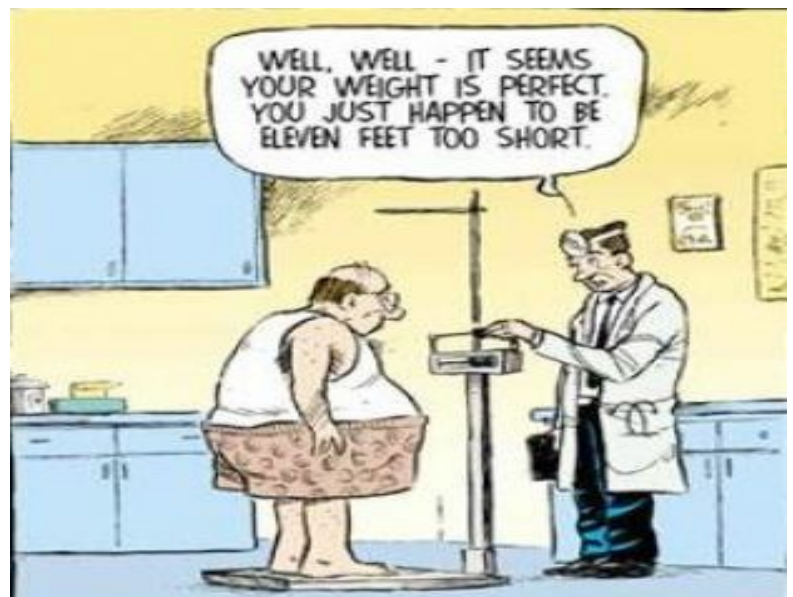
Simon Sprague

**519-595-8755**

**519-595-8755**

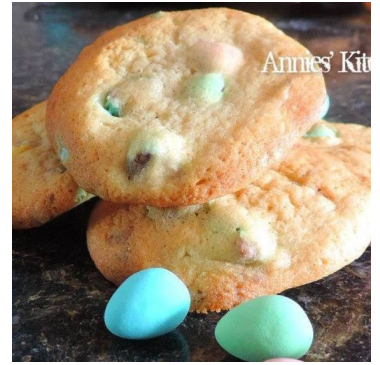
## APRIL FUNNIES

1. Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First question, Which tire was flat?"
2. What flowers grow on faces?  
Tulips (Two– lips)
3. What do you call a rabbit with fleas?  
Bugs Bunny



## Cadbury Mini Eggs Cookies

2 1/4 cups flour  
 1 tsp baking soda  
 1 tsp salt  
 1 cup unsalted butter, softened  
 3/4 cup white sugar  
 3/4 cup brown sugar  
 2tsp vanilla  
 2 large eggs  
 1 1/2 cups Cadbury Mini Eggs



Preheat oven to 375F. Combine flour, salt, baking soda in one bowl. In a large bowl, combine both sugars, vanilla and butter. Add eggs, one at a time. Beat in dry ingredients. Dough should be nice and soft. Chop mini eggs in half with knife, mix into dough. Drop by tablespoon onto baking sheet and bake 9-10 mins at 375F

**Celebrate Canada's 150th Birthday with Exercise!**

**Community Outreach Services will be joining other  
community agencies to participate in a**

***"150 People Exercise Class"***

**Where: St. Mary's Friendship Centre, St. Mary's, Ontario**

**When: Thursday, June 29th**

**Class Time: 11:00am**

**Anyone can participate ... if you're interested, please call  
Community Outreach Services at 519-595-8755 to pre-register**

**More details to follow at a later date**

**Get your RED and WHITE on and celebrate Canada and healthy living!**

# April 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	5 Brunner Diners Club 12:30-3:00pm @ Country Meadows	6 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	7 Blood Pressure Village Pharmacy 12-3
10 Foot Care Clinic	11 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	12 Brunner Diners Club 12:30-3:00pm @ Country Meadows	13 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	14 CLOSED GOOD FRIDAY
17 Atwood Church Dining Blood Pressure Atwood Church Easter Monday	18 Key N String Dinner & Music 5:30pm LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	19 Brunner Diners Club 12:30-3:00pm @ Country Meadows Blood Pressure at: Millwood Manor 10:45-11:15 Country Meadows 11:30-12:30	20 Perth East Rec Center Eucherama 10am to 3pm LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	21 Blood Pressure Milverton Place 9:30-10:30 Outreach Dining 12:30 PM @Knollcrest Lodge
24	25 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	26 Brunner Diners Club 12:30-3:00pm @ Country Meadows	27 PAINT NIGHT 7pm @ PERC Must pre register LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	28