

# Words to the Wise

## Community Outreach Services

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

**Friday**  
**February 3rd**  
**12:00–3:00 pm**

**Village**  
**Pharmacy**  
**8 Main**  
**Street**  
**North**  
**Milverton**

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**Valentines Day Dining**

Take that special someone out for lunch!

**Friday, February 10, 2017**

**12:15 pm**

**DINE IN OR TAKE OUT**

**\$10.00**

- Battered Fish
- French Fries
- Creamy Coleslaw
- Carrots/Celery Sticks
- Pie
- Coffee/Tea/Juice

**WINTER WEATHER WATCH:**

**IF YOU ARE NOT SURE WHETHER THE BUSES OR PROGRAMS ARE RUNNING DUE TO WEATHER, PLEASE CALL THE OFFICE.**

**IF YOU ARE USING TRANSPORTATION, PLEASE ENSURE YOUR LANE IS CLEARED AS WE WILL NOT ENTER AND YOU MUST BE OUT AT THE LANE, WAITING FOR THE BUS.**

**THANKS IN ADVANCE 519-595-8755**

# February Dining Menus

**Fri Feb 10 12:15pm**

**Outreach Dining**

Battered Fish

French Fries

Creamy Coleslaw

Carrots/ Celery Sticks

Pie

Coffee/ Tea/ Juice

**Mon Feb 20 12:15 pm**

**Atwood Presbyterian Church**

*A Delicious Surprise!!!*

**Tues Feb 21 5:30 pm**

**Key N String Band**

**Dinner & Music**

Turkey Schnitzel

Mashed Potatoes

Creamy Corn

Tossed Salad

Dinner Rolls

Pie

Coffee/Tea/Juice

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.**

*Don't cry because it's over. Smile because it happened. -- Dr. Seuss*

## **EUCHERAMA**

**Share the Wealth Winners**

**Next Eucherama**

**February 16 @ PERC**

**January Winners!**

**Cathy Smith**

**Bob Zeigler**

**Jr. Doupe**

**Bev Caudle**

**Marie Fenwick**

**Doreen Wurdell**

**Bring your Friends!!**



## **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.

Feb 13 — March 13 — April 10

### **Brunner Diners Club**

Every Wednesday from 1230 – 3pm  
Various home made lunches; always a surprise  
**\$9.00 includes hot lunch, cards and snack**

Located at Country Meadows in Brunner

**Everyone Welcome!**  
**Call to book your seat!**

**519-595-8755**

### **JUMP ON THE BUS....**



February 28, 2017

\$12.00/ person

**Giant Tiger/Shoppers/No Frills**  
**Stratford, ON**

**Everyone Welcome!**

Must have 8 people bus in order for trip to happen!

Why wait...call us now to get your name on the list!

Community Outreach Office  
**519-595-8755**

## **Be a Friend; Bring a Friend!**

Feb 1– Feb 28

Bring a friend to any one of our Dining Programs

Both you and your friends name will be added into a draw for a gift cards to attend a dining program of your choice

Come to any dining program and your name will be entered into another draw for a gift card to attend any dining program!

### **FOOT CARE CLINICS**

**Call to book**  
**an appointment.**

**February 13**

**March 13**

**April 10**

### **Mark Your Calendars**

## **Eucherama**

### **Dates:**

February 16

March 16

April 20

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

*Everyone is Welcome!*

*Bring your FRIENDS!!!*

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

# VOLUNTEER CORNER



*“One person can make a difference...  
are you that person?????”*

Would you like to be a member of a volunteer team that makes a valuable and essential contribution to serving seniors and the disabled, that enables them to maintain a healthier and active lifestyle?

Do you have time each week to make a positive difference in another individual's life? Or do you know someone who is looking for a rewarding volunteer experience? If so, we would welcome the opportunity to sit down and discuss how your volunteerism can make a difference.

In order to continue to enhance current programs, there is an ongoing need for volunteers in the following areas:

- Meals on Wheels volunteers drive hot nutritious meals to individuals who cannot get out everyday, and provide a friendly face and conversation.
- Drivers provide transportation for individuals to and from appointments.
- Volunteers assist the residents by accompanying them from their room to the daily programs happening in the multipurpose room
- Telephone Reassurance
- Friendly Visiting



And so many more volunteer opportunities.....

**GET INVOLVED AND MAKE A  
DIFFERENCE!**

Please contact Tracey, Volunteer Coordinator at  
519-595-8755

# WELLNESS

## Physical Activity and Diabetes Management

### *What kind of activity is best?*

Both aerobic and resistance exercise are important for people living with diabetes.

**Aerobic exercises** (such as brisk walking, running, swimming, dancing, hockey and skiing) work your heart and lungs and carry oxygen to your muscles.

**Resistance exercises** (such as weight training) increase muscle strength and complement the benefits of aerobic exercise. If you decide to begin resistance exercise, you should first get some instruction from a qualified exercise specialist.

### *How much is enough?*

Your goal should be to complete at least 150 minutes of moderate to vigorous intensity aerobic exercise each week, (e.g. 30 minutes, 5 days a week). You may have to start slowly, with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal. The good news, though, is that multiple, shorter exercise sessions of at least 10 minutes each are probably as useful as a single longer session of the same intensity. If you are able and when you are ready, try adding resistance exercises like lifting weights 3 times a week.

### *Why is activity so important for people with diabetes?*

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels.

Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood glucose levels.

### *Safety first*

- If you have been inactive for some time, talk to your doctor before starting any exercise program that is more strenuous than brisk walking
- Make sure you wear comfortable, proper-fitting shoes
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain
- Monitor your blood glucose before, during and many hours after your activity to see how it affects your blood glucose levels
- Carry some form of fast-acting carbohydrate with you in case you need to treat low blood glucose (hypoglycemia), for example, glucose tablets

Try our FREE exercise classes. Certified Senior Fitness Instructors lead the way to better health. Empower yourself with fitness! Exercises are specifically designed to keep you staying well, living independently and having fun in a safe, friendly environment. Participants will be successful at completing exercises at their own intensity. Come out and be challenged or maintain your level of fitness. No equipment is required; just bring water and good footwear!

**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 Coordinators**

Ashley Newbigging

anewbigging@knollcrestlodge.com

**Wellness Coordinator**

Gina Smith

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**Volunteer Coordinator**

Tracey Ducharme

tducharme@knollcrestlodge.com

**Bus Drivers**

Wayne Lindner

Carrie Wagler

Larry Sayers

Norm Yost

Simon Sprague

**519-595-8755**

Did you hear about our Household  
Transportation Rates?  
Call Outreach to find out more!!  
519-595-8755

**The Cat That Went To Heaven**

A cat died and went to Heaven.

God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking."

The cat thought for a minute and then said "All my life I lived on a farm and slept on the hard wooden floors. I would like a real fluffy pillow to sleep on."

God said, "Say no more."

Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together.

God met the mice at the gates with the same offer that he made to the cat.

The mice said, "Well, we have had to run all of our lives: from cats, dogs, and even people with brooms!

If we could just have some little skateboards, we would not have to run again." God answered, "It is done."

All the mice had beautiful skateboards.

About a week later, God decided to check on the cat. He found her sounds asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?"

The cat replied, "Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy and those little Meals on Wheels you have been sending over are delicious!"

## Valentines Day Muddy Buddies Mix

Chex Cereal (we made half of the batch with Rice Chex, and the other half with Corn Chex)  
16oz White chocolate  
1/2cup Powdered Sugar  
1 bag Frosted Animal Crackers  
Sixlets (pink); similar to M&M's  
Rainbow Sprinkles  
2– Extra large size Ziplock bags



Melt the chocolate according to the direction. Add Chex cereal to the ziplock bag until the bag is about halfway full then repeat with the second bag. Pour half of the chocolate into one ziplock bag over the top of the cereal, and the other half in the other bag of cereal. Seal bag, shake and move it around to coat cereal in chocolate. Crush animal crackers using a rolling pin and add to the Chex in the ziplock bag. Also pour in rainbow sprinkles, as many as you feel you want. I used about a TBS per bag. Shake until everything is covered. Add 1/4 c powdered sugar to each bag and shake bag again to cover. Add in a couple more crushed animal crackers for colour and then let set before serving. Enjoy!

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### **HOT OR FROZEN MEALS ON WHEELS**

**Monday to Friday**

**“Making your life easier”**

**These are Delicious, Nutritious and Convenient**

**Call our Community Outreach Office from 8am to 4pm to get started today!**

**Want to try our Frozen Meals– we always have some in stock.  
Looking for certain meals, check out the Frozen Meal Menu**

# February 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Brunner Diners Club 12:30-3pm	2 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	3 Blood Pressure @ Village Pharmacy 12—3
6	7 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	8 Brunner Diners Club 12:30-3pm	9 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	10 Outreach Dinner @12:30
13 FootCare	14 Key N String Band @5:30pm LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	15 Brunner Diners Club 12:30-3pm Blood Pressure at: Millwood Manor 10:45-11:15 Country Meadows 11:30-12:30	16 Eucherama LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	17 Blood Pressure @ Milverton Place 930am
20 Atwood Church Blood Pressure @ Atwood Church 1130am FAMILY DAY	21 Giant Tiger & Shoppers Stratford LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	22 Brunner Diners Club 12:30-3pm	23 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	24
27	28 Milverton Place Brunch			

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