



Words to the Wise

Come Join Us for A...

BBQ



Friday, July 14th @ 1215

Located at Knollcrest Lodge

\$12.00/meal – Dine in or Take Out

(Notice price change for BBQ)

Everyone Welcome!

Please purchase your ticket or call the office to reserve tickets no later than **Monday July 10, 2017**

Community Outreach 519-595-8755

FREE
Blood Pressure
Measurement
Sessions in
Milverton Village
Pharmacy

Friday
July 7
12:00–3:00 pm

Village
Pharmacy
8 Main Street
North
Milverton

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Lunch Menu

Smoked Pork Chops

Baked Potato

Baked Beans

Garden Salad

Ice Cream Sundaes

(Take out dessert alternate if desired)

Coffee/Tea/ Juice



Treat yourself or your family to a special summer BBQ!

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



July Dining Menus

July 7 12:15 pm
SUMMER BBQ
 Smoked Pork Chops
 Baked Potato
 Baked Beans
 Coleslaw
 Vanilla Carmel Cake
 Coffee/Tea/Juice

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

Key N String Band
Not running during the summer months

Brunner Diners Club
Not running during the summer months

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!

Are you too hot to cook?
Don't want to heat the house up?
Try our Hot or Frozen Meals on Wheels
Monday to Friday
Delivered right to your door!
Convenient, Nutritious & Affordable
Call 519-595-8755 today to get started!

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.

July 10– August 14– September 11

ATTENTION:

Due to recent setbacks, my summer beach body will be postponed another year. As usual your patience is appreciated...

HELPING YOU LIVE MORE INDEPENDENTLY

Continue living in the comfort of your own home

Get prompt caring assistance 24 hours a day,
365 days a year

Increase peace of mind for you and your family by simply
wearing a button on your wrist or around your neck.

For more information call:

Community Outreach Services—519-595-8755

****Coupons available for free installations****



Community Outreach Services Fundraiser

Elmira Poultry

Orders Due July 19, 2017

Orders Arrive August 3, 2017

Cheques made payable to "Knollcrest Lodge"

To place order call 519-595-8755
Please make payment with order

We appreciate your support!



Mark Your Calendars

Eucherama Dates:

July 20
August 17
September 21
October 19

*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

**Audrey Desjardine
JR Doupe
Ross Mills
Judy Hahn**

Next Eucherama

August 17 @ PERC

Bring your Friends!!



VOLUNTEER CORNER



Add a little sunshine to someone's day!

Meals on Wheels: Seeking volunteers to help deliver meals at noon to Milverton, Newton, and Atwood and to Tralee. Flexible schedules available and only 1hr time commitment. Volunteers are reimbursed mileage for rural routes.

Volunteer Drivers: Seeking volunteers to help drive clients to and from appointments for various locations (eg. Stratford, Listowel, Kitchener, London). Time commitments and schedules vary. Flexible opportunity based on clients and volunteers availabilities. Volunteers are reimbursed for mileage.

Dining Program Assistant : Help staff to set up, serve, socialize and tidy up at seniors dining programs around the community. Help once a month for 2 hours or a couple times a month for 2 hours

Craft Helpers: Assist residents while doing crafts Friday mornings for 1 hour

Bingo Assistant : Assist residents playing bingo every other Saturday for 1 hour

STUDENTS WELCOMED!

VARIETY OF OTHER ACTIVITIES TO HELP WITH!

CALL TRACEY AT 519-595-8755 FOR MORE INFORMATION



WELLNESS

~July is Social Wellness Month~

“Take Charge of your Health & Wellbeing”

What Is Social Wellness?

It means giving and receiving social support– ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image

- Social support enhances quality of life and provides a buffer against adverse life events

Why Is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in ones life are comparable to the risks associated with cigarette smoking, blood pressure and obesity.

- People who have a strong social network tend to live longer
- The heart and blood pressure of people with healthy relationships respond better to stress
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning
- Healthy social networks enhance the immune system’s ability to fight off infectious disease

How Can I Grow My Social Network?

- ➔ Exercise: Joining a gym or a exercise group allows you to meet new people while exercising
- ➔ Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions.

At Community Outreach, you can do just that! Call Josie 519-595-8755 for more information



**TRANSPORTATION
SERVICE**

Is Available:

MONDAY—FRIDAY

8:45 am — 4:00 pm

24 hour notice is required

**Community Outreach
Staff**

Manager

Gina Smith

gsmith@knollcrestlodge.com

Program Coordinator

Ashley Newbigging

anewbigging@knollcrestlodge.com

Wellness Coordinator

Josie Scott

jscott@knollcrestlodge.com

Volunteer Coordinator

Tracey Ducharme

tducharme@knollcrestlodge.com

Bus Drivers

Carrie Wagler

Larry Sayers

Wayne Lindner

Norm Yost

Simon Sprague

519-595-8755

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

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

Adults (12yrs –65yrs) \$70

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!!



Healthy Zucchini Lasagna Roll Ups

Ingredients

- 8 lasagna noodle
- 1 tsp olive oil
- 3 gloves garlic minced
- 2 medium zucchini grated
- 1 cup + 2 tbsp. part skim ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 large egg beaten
- salt and pepper to taste
- 1 3/4 cups marinara sauce
- 1/2 cup grated mozzarella cheese
- Chopped fresh basil for garnish optional



Instructions

1. Preheat oven to 350 F. Prepare large pot of boiling water for lasagna noodles and boil until cooked. Set aside.
2. Grate zucchini and pat dry with paper towels to remove excess water.
3. Place a non-stick skillet over medium heat. Add oil and garlic and sauté for about 30 seconds. Add zucchini and sauté for 4-5 minutes.
4. In a medium bowl, combine zucchini, ricotta cheese, parmesan, egg, salt & pepper in a medium bowl. Lay out noodles on a clean surface, dry if needed, and spread 1/3 cup of mixture across each noodle.
5. Spread 1 cup of marinara sauce into 9x13 inch baking dish. Place rolled noodles seam- side down on top of marinara. Ladle remaining marinara sauce evenly across tops of rolls. Sprinkle mozzarella cheese on top.
6. Bake for 40 min. Remove from oven and top with optional basil. Serve and enjoy!



Happy Birthday Canada!

July 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Happy Canada Day Office Closed</p> 	<p>4</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>5</p>	<p>6</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>7</p> <p>Blood Pressure Clinic Village Pharmacy 12-3pm</p>
<p>10</p> <p>Foot Care Clinic 9am-11am</p>	<p>11</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>12</p>	<p>13</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>14</p> <p>BBQ Outreach Dining Program</p> 
<p>17</p> <p>Atwood Church Blood Pressure @ Atwood Church 11:30- 12:30</p>	<p>18</p> <p>Milverton Place Game Day</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>19</p> <p>Blood Pressure Clinic Millwood Apartments 10:45-11:15</p>	<p>20</p> <p>Eucherama 10am-3pm PERC</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>21</p> <p>Blood Pressure Clinic Milverton Place 9:30-10:30am</p>
<p>24</p> 	<p>25</p> <p>Grand River Boat Cruise 9am-5pm</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>26</p>	<p>27</p> <p>Life Labs 7:30-10:00 Walk- Ins until 9:30</p>	<p>28</p>
<p>31</p>				