

# Words to the Wise

Community Outreach Services

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

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

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



## Outreach Dining Lunch

Friday March 10, 2017

@ 12:15 Knollcrest Lodge

**DINE IN OR TAKE OUT**

\$10.00/ person

### MENU

Roasted Pork Ribs

Scalloped Potatoes

Sauerkraut

Carrots

Pie

Coffee/ Tea/ Juice

\*Please book seat in advance\*

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## Community Outreach Services Fundraiser

1 prize a week for the month of April 2017  
 Buy tickets from any Outreach staff member

1 ticket \$2.00  
 3 tickets \$5.00

Each prize is valued at approximately \$55.00

*thirty-one*



# March Dining Menus

**March 10 12:15 pm**

**Outreach Lunch**

Roasted Pork Ribs  
Scalloped Potatoes  
Sauerkraut  
Carrots  
Pie  
Coffee/ Tea/Juice

**March 20 12:15 pm**

**Atwood Presbyterian Church**  
*A Delicious Surprise!!!*

**March 21 5:30 pm**

**Key N String Band**

Chinese Food  
Chicken Balls  
Rice  
Eggs Rolls  
Mixed Veggies  
Carrot Cake  
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!

Community Outreach Services would like to express its appreciation to the Milverton and District Branch 565 of the Royal Canadian Legion for your very generous donation this year.

Your contribution will directly benefit seniors in our community.

thank  
you!

**It's That Time of The Year Again...**



**INCOME TAX SEASON**

## **Community Outreach Services**

will be offering a *free* Income Tax Clinic on

March 22, 2017 from 8:30 am to 5:00pm

**CERTAIN RESTRICTIONS-PLEASE CALL FOR CONDITIONS**

Clinic will be held at **Knollcrest Lodge** in the Board Room

**Sponsored by BDO Canada LLP– Chartered Public Accountants**

**Please call the office today to reserve your spot: 519-595-8755**

# **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)

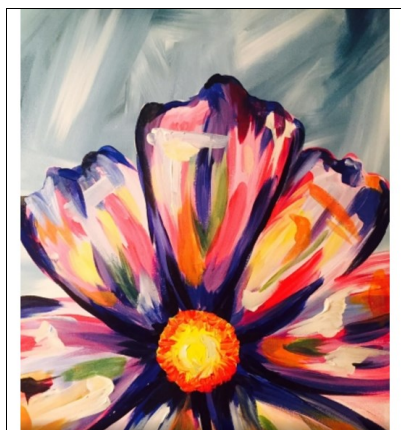
**BRING YOUR FRIENDS!!**

\$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!!



**Mark Your Calendars**

# Eucherama

## Dates:

March 16

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 for  
February**

**Shirley Bigam**

**Bernice Schneider x 2**

**Bev Caulde x 2**

**Next Eucherama  
April 16@ PERC**

**Bring your Friends!**



# VOLUNTEER CORNER

## Seeking Volunteers



Community Outreach Services is looking for volunteers to help with delivering Meals on Wheels in Milverton and surrounding areas.

### Current routes in need of Volunteers:

Fridays at Noon in Milverton

Occasional Tuesday/Thursday at Noon in Milverton/Millbank

Occasional fill in for Milverton and rural routes

*Only one hour a day helps someone stay independent in their own*



For more information on volunteering  
contact Tracey, Volunteer Coordinator at  
519-595-8755



# WELLNESS

## **FREE DIABETES SCREENING & EDUCATION CLINIC**

**Where: Village Pharmacy in Milverton**

**When: Tuesday, March 21 2:00-4:00 pm**

This clinic will offer a medication review, nutrition screen & blood glucose monitoring

On site will be a pharmacist, a registered nurse and a registered dietitian

To **book your appointment**, contact Gina Smith at Community Outreach  
519-595-8755

Clients are asked to bring all medications including prescription, over the counter and vitamins

**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  
gsmith@knollcrestlodge.com  
**Volunteer Coordinator**  
Tracey Ducharme  
tducharme@knollcrestlodge.com  
**Bus Drivers**  
Wayne Lindner  
Carrie Wagler  
Larry Sayers  
Norman Yost  
Simon Sprague  
  
**519-595-8755**

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

**Carrot Cake Breakfast Cookies**

“Thick, soft and full of fresh carrot and apple, these Carrot Cake Breakfast Cookies are a healthy make ahead breakfast or snack. They’re whole grain and refined sugar free, and keep well in the freezer. Serves: 18 large cookies

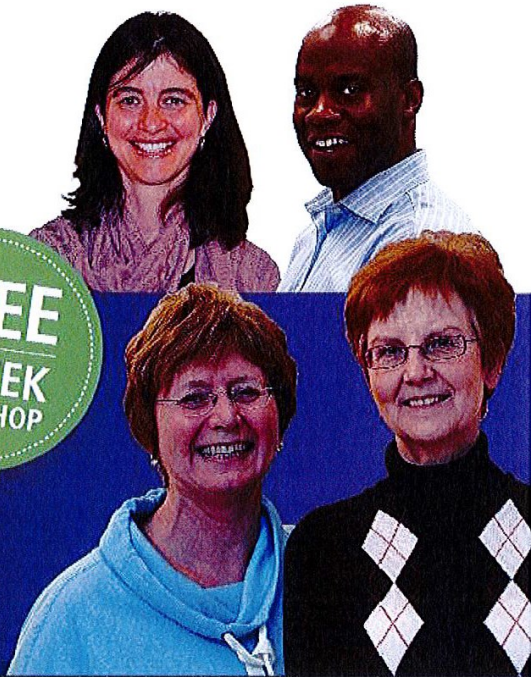
**Ingredients**

- |  |                                      |
|--|--------------------------------------|
| 2 1/4 cups old fashioned oats                                      | 1 cup oat flour or whole wheat flour |
| 1/2cup ground flaxseed   | 2 tsp. cinnamon                      |
| 1/2 tsp. nutmeg  | 1/2 tsp. baking soda                 |
| 1/2 tsp. salt  | 1 cup unsweetened applesauce         |
| 1 large egg  | 2 tsp. vanilla extract               |
| 1/2 cup honey or pure maple syrup                                  |                                      |
| 1/ 4 cup (4tbsp) unsalted butter, melted and cooled slightly       |                                      |
| 1 cup grated carrot, chopped smaller if desired (2 medium carrots) |                                      |
| 1 cup finely chopping or grated apple (1 medium), no need to peel  |                                      |

**Directions**

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper
2. In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.
3. In a medium bowl or liquid measuring cup, whisk together honey (or maple syrup), apple sauce, egg, and vanilla. Mix in the melted butter. Pour the wet ingredients into the dry and stir until just combined. Gently fold in the grated carrot and apple.
4. Use a large scoop or measuring cup to drop 1/4 cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly, as they won’t flatten on their own during baking
5. Bake 14-15 minutes, until set and lightly golden. Let cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.
6. Cookies can be stored in an airtight container in the freezer for up to 2 months.





**FREE  
6 WEEK  
WORKSHOP**

**Living a Healthy Life  
TAKE CHARGE  
OF YOUR HEALTH**

**DO YOU HAVE  
OR CARE FOR  
SOMEONE WITH:**

- Arthritis
  - Asthma/COPD
  - Chronic Pain
  - Diabetes
  - High Blood Pressure
  - Heart Disease/Stroke
  - Mental Health Issue
- or any ongoing condition!

**Community Living  
North Perth, Listowel**

**Thursdays, 1:00 – 3:30pm  
April 6 – May 11, 2017**

**PRE-REGISTRATION IS REQUIRED  
TO REGISTER FOR A WORKSHOP**

TELEPHONE: 519-421-5691  
TOLL FREE: 1-855-463-5692  
EMAIL: [info@swwselfmanagement.ca](mailto:info@swwselfmanagement.ca)  
ONLINE: [www.swwselfmanagement.ca](http://www.swwselfmanagement.ca)



# March 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Brunner Diners Club 12:30-3:00pm @ Country Meadows	2	3 Blood Pressure Clinic at Village Pharmacy 12:00 – 3:00
6	7 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	8 Brunner Diners Club 12:30-3:00pm @ Country Meadows	9 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	10 Outreach Dining Dine In or Take Out 12:15
13 Foot Care Clinic	14 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	15 Brunner Diners Club 12:30-3:00pm @ Country Meadows Blood Pressure Clinic at Millwood Apartments 10:45 — 11:15 Country Meadows 11:30 — 12:30 Hearing Clinic 4:00 — 6:00	16 Eucherama 10am-3pm LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	17 Blood Pressure Clinic at Milverton Place 9:30 — 10:30
20 Atwood Church Blood Pressure Clinic @ Atwood Church	21 Key N String Band 5:30-8pm LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	22 Brunner Diners Club 12:30-3:00pm @ Country Meadows	23 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	24
27	28 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	29 Brunner Diners Club 12:30-3:00pm @ Country Meadows	30 LifeLabs Clinic 7:30—10:30am (Walk-ins accepted until 9:30am)	31