

Words to the Wise

Community Outreach Services

FREE
Blood Pressure
Measurement
Sessions in
Milverton Village
Pharmacy

Friday
May 5
12:00–3:00 pm

Village
Pharmacy
8 Main Street
North
Milverton



Mothers Day Lunch with Community Outreach

Friday May 12, 2017
Knollcrest Lodge @ 12:15pm
\$10.00/ meal

MENU

Cold Salad Plates
Sliced Cold Meat
Broccoli/ Cauliflower Salad
Asian Noodle Salad
Deviled Eggs
Kaiser Buns
Strawberry Rhubarb Pie
Coffee/ Tea/ Juice



INSIDE THIS ISSUE:

Dining Menus	2
Toronto Zoo	3
Volunteering	4
Wellness	5
Jokes	6
Summer Outings	7
Calendar	8

We would like to introduce Josie Scott as the new Wellness Coordinator. Josie joined the team in April.

We want to welcome Gina Smith as the new Community Outreach Manager. We are looking forward to opening a new chapter in the Community Outreach department.

We want to wish Dianne Lichti well, and thank her for her many years of service for creating a well established organization. Best of luck on your retirement!



May Dining Menus

May 12 12:15 pm
Outreach Dining
Knollcrest in Milverton
 Salad Plates
 Sliced Cold Meat
 Broccoli/ Cauliflower Salad
 Asian Noodle Salad
 Deviled Eggs
 Kaiser Buns
 Strawberry Pie
 Coffee/ Tea/ Juice

May 15 12:00 pm
Atwood Presbyterian Church
A Delicious Surprise!!!

May 16 5:30 pm
Key N String
Knollcrest in Milverton
Dinner & Music
 Meatloaf
 Mashed Potatoes
 Green Beans
 Tossed Salad
 Rice Pudding with Raisins
 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!

THIRTY ONE BAG WINNERS

April 3– Annie Ropp

April 10– Marlene Ruby

April 17– Gina Smith

April 24– Katie McCurdy

Brunner Diners Club

Come for a home cooked meal, cards/ games and lots of laughs
Every Wednesday from now until June
 Located at Country Meadows in Brunner
12:30 Lunch
\$9.00/ meal
 Take out is an option
 Call 519-595-8755



Hello, I'm Josie Scott. The new Wellness Coordinator at Community Outreach. A little about myself: My hometown is Mitchell Ontario. My post-secondary education consist of: Bachelor of Physical Education at GPRC, Fitness and Health Promotion at Conestoga College and an Honours Degree in Health Studies at Laurier University. As you see I am very passionate about health and wellness which is why I am very pleased to be the Wellness Coordinator here. I am a very athletic girl, who loves to play Ringette in the winter months and baseball/soccer in the summer. I come from a family of all girls that share the same passion of the health and wellness profession. We range from Chiropractors, Occupational Therapy, Dieticians and now a Wellness Coordinator to add to the family tree of Health and Wellness. Hope to meet you in the near future!

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!!

Mark Your Calendars

Eucherama

Dates:

May 19

June 16

July 21

August 18

*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 in
April**

**Marie Fenwick
Bernice Schneider
Jean Scott x2**

**Next Eucherama
May 18 @ PERC**

Bring your Friends!!



VOLUNTEER CORNER

VOLUNTEER NEEDED

For the following opening

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.

- Contact Tracey for more details



If you or anyone you know may be interested in this position please call 519-595-8755 for more information!

Thank you to our volunteers for their continued commitment

We Also Welcome Students and have a variety of activities you can help out in! Contact the office for more details!

WELLNESS

High Blood Pressure Education Month!

“High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease. High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal to pump blood through the blood vessels. It is important that you have your blood pressure checked regularly by your healthcare provider.”

What is Blood Pressure?

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. High blood pressure, sometimes called hypertension, happens when this force is too high.

Systolic Pressure: blood pressure when the heart beats while pumping blood

Diastolic Pressure: blood pressure when the heart is at rest between beats

Blood Pressure Categories

Low risk: 120 / 80

Medium risk: 121-139 / 80 - 89

High risk: 140+ / 90

****See Pg. 8 for our Blood Pressure Clinics******

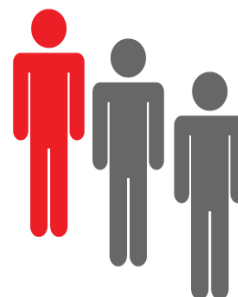
Normal Blood Pressure For Adults

^Systolic pressure below **120 mmHg** / **80 mmHg** Diastolic pressure below

It is normal for blood pressures to change when you sleep, wake up, or are excited or nervous. When you are active, it is normal for your blood pressure to increase. However, once the activity stops, your blood pressure returns to your normal baseline range. Blood pressure normally rises with age and body size.

What YOU Can Do to Control your Blood Pressure

- Get your blood pressure checked regularly
- Reduce the amount of sodium you eat
- Eat a healthy, balanced, diet that is lower in salt and fat
- Be physically active at least 15 mins per week
- Achieve and maintain a healthy body weight
- Be smoke free & Limit Alcohol intake
- Find healthy ways to manage your stress



NEARLY 1 IN 3
PEOPLE HAS
HIGH BLOOD
PRESSURE.

Source: National Heart, Lung, and Blood Institute

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 Coordinators

Ashley Newbigging

anewbigging@knollcrestlodge.com

Wellness Coordinator

Josie Scott

jscott@knollcrestlodge.com

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 NEW
Household Transportation Rates?
Call Outreach to find out more!!
519-595-8755



Old Man Reacts To Three Women Skinny Dipping In His Pond... This Is Genius.

The old farmer had a large pond in the back, fixed up nicely with picnic tables, a barbecue pit, horseshoe courts, and some apple and peach trees. The pond was properly shaped and fixed up for swimming when it was built.

One evening, the old guy decided to go down to the pond and look it over. He hadn't been there for a while. He grabbed a five gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women skinny dipping in his pond. As he approached, he made the women aware of his presence.

At once, they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave."

The old man frowned, "I did not come down here to watch you young ladies swim naked, or to make you get out of the pond naked."

Holding up the bucket, he said, "I'm here to feed the alligator."

Moral: Old men can still think fast!

Grand River Dinner Cruise

Tuesday July 25, 2017

3 hour cruise + 3 course lunch + Blazing Fiddles Show

9am to 5pm

\$75.00/person includes bus ride, lunch and boat cruise

Must sign up with payment before July 11, 2017

Tickets are non refundable; if you need to cancel, you will be required to fill your spot.

Begin your day in 'The Landing' with complimentary coffee and muffin and shopping in our large Craft Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Shop featuring "The Blazing Fiddles". You will then embark on a 3 hour cruise featuring a delicious 3 course lunch served to your private window table. During your cruise your captain gives an informative narration about the Grand River and you can sit out on the promenade deck to enjoy the river scenery. After your cruise, our famous home-baked bread, apple pie and other baked goods are available to purchase and complimentary refreshments are served before returning home.

Community Outreach Meals On Wheels

Hot or Frozen

Hot meals are offered 5 days a week at noon

Check with us to see when we are in your area

Frozen Meals are at your convenience, order what you want and eat when you want! Call to see a menu

Call Community Outreach Services to get started today!

519-595-8755

This makes a great gift for someone special!

May 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	3 Brunner Diners Club 12:30-3pm Country Meadows	4 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	5 Village Pharmacy Blood Pressure Clinic 12-3pm
8 Foot Care Clinic 9 am	9 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	10 Brunner Diners Club 12:30-3pm Country Meadows	11 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	12 Outreach Dining 12:15pm Knollcrest Lodge
15 Atwood Church Dining CHAP Blood Pressure Clinic @ Atwood Church	16 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am) Key N String Dinner & Music 5:30 PM	17 Brunner Diners Club 12:30-3pm Country Meadows Blood Pressure Clinic @ Millwood 10:45-11:15 @ Country Meadows 11:30-12:30	18 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am) Eucherama 10am-3pm Perth East Rec Complex	19 Blood Pressure Clinic @ Milverton Place 9:30-10:30
22 Victoria Day Office Closed	23 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	24 Brunner Diners Club 12:30-3pm Country Meadows	25 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	26
29	30 Lifelabs Clinic 7:30-10:30am (Walk0ins accepted until 9:30am)	31 Brunner Diners Club 12:30-3pm Country Meadows	