

Words to the Wise

Community Outreach Services

FREE
 Blood Pressure
 Measurement
 Sessions in
 Milverton Village
 Pharmacy

Friday
November 3
12:00–3:00 pm

**Village
 Pharmacy
 8 Main
 Street North
 Milverton**

Come Join Us At Community Outreach For...

A NOVEMBER FEAST

Friday November 10th @ 12:15

Located at Knollcrest Lodge

\$10.00/meal Dine in or Take Out

Everyone Welcome!

Please Reserve tickets no later than
Friday, November 3rd by calling:

Community Outreach Services 519-595-8755



*Menu Listed on Page 2

INSIDE THIS ISSUE:

Menus/ Weather	2
Announcements	3
Volunteer	4
Wellness	5
Jokes	6
Foot Care & Appetizer	7
Calendar	8

Community Outreach Services Fundraising



World Famous Cookies & Muffins

Orders/Payments Due by: November 27th, 2017

Delivery Date: December 14th 2017

Proceeds benefitting Community Outreach Programs

Thanks for your support!

**Please call the office for more information or to place your
 order: 519-595-8755**

November Dining Menus

November 10 12:15 pm

Outreach Dining

- Chicken Parmesan
- Noodles/Tomato Sauce
- Italian Vegetables
- Tossed Salad
- Garlic Stick
- Pie
- Coffee/Tea/Juice

November 20 12:00pm

Atwood Presbyterian Church

Always a surprise!

November 21 5:30pm

Key N String

- Chicken Parmesan
- Roasted Veggies
- Italian Vegetables
- Tossed Salad
- Garlic Stick
- Pie
- 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!

TRANSPORTATION REMINDERS:

WEATHER WATCH - If the roads are closed or it is considered to risky to venture out, we will cancel trips. Call our office for confirmation or to re-book your trip.

Driveways must be clear so vehicles can enter!!!

If driveways are not clear, you must be waiting at the end of the laneway and if it is safe, the driver will pull over and pick you up. If your driveway is not clear and you are not waiting at the end of the laneway, then we will be unable to provide the trip and this trip will be billed.

Please be ready 5 minutes prior to scheduled pick up time.

If you have any questions or concerns regarding your trip during the winter months, please call the office and we will assist you the best way we can.

Thank you for riding with Perth East Transportation!

We appreciate your understanding.



I'm making
kindness a priority.
Will you?



Random Act Of
KXndness Day

November 3rd, 2017

#RAKDayStratPerth

Celebrate Random Act of Kindness Day in Milverton on Friday Nov. 3

- **Free Chair Yoga Class at St Peter's Lutheran Church 10-11am**
sponsored by Community Outreach
- **Coffee Break with treats at the Perth East Library 10-11:30am**
sponsored by the Perth East Library
- **Free Public Skating with the Stratford Warriors at PERC 1:30-2:30pm**
sponsored by the Milverton Agricultural Society

Plan to attend an event and think about a random act of kindness you can do for someone!



Mark Your Calendars

Eucherama Dates:

November 16
December 21

This program is held at the Perth East Recreational Complex

Everyone Welcome!

Bring your FRIENDS!!!

“If we all do one random act of kindness, we just might set the world in the right direction” ~ Martin Kornfeld

COME JOIN US FOR



WHEN: STARTING: JANUARY 17th - ENDING MARCH 21st, 2018

At 9:45am-10:30am in New Hamburg

PRICE: 10 week Aquafit Session & Bus Cost is:

Seniors (+55) \$163.00

Adult \$170.00

Great idea for a Christmas Present!

Gift Cards Available at the Community Outreach Office!

Last Day to Register is: January 10th, 2018

To Register or for more Information call Josie at Community Outreach Services- 519-595-8755

EUCHERAMA

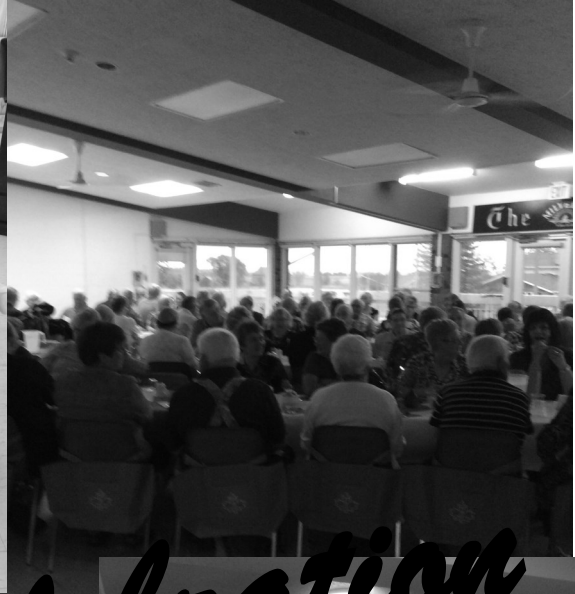
**October
Share the Wealth
Winners**

**Marg Hinsperger
Marion Scott
Tom Moffat
Shelda Schaeffer
Bernice Schneider
Mary Hoerle**

**Next Eucherama
November 16@
PERC**

**Bring your
Friends!!**

VOLUNTEER CORNER



A Night of Celebration
Knollcrest's Volunteer Appreciation 2017!
Thanks for a great night and a great year!



Thank You to Our Wonderful Volunteers for All your hard work.

WELLNESS

November is Fall Prevention Month

6 Warning Signs of Falls

If you are over 65 years of age:

- Previous Falls: one fall in the past 6 months
- Fear of falling: afraid that you will fall
- Medications/Drugs: using sedatives, fluid pills, recreational drugs, blood pressure pills or more than 4 medications
- Balance and Mobility: any problems with balance or unable to raise from a chair
- Medical Conditions: ie stroke, Parkinson, arthritis, dementia etc
- Vision Problems: blurred/double vision, difficulty seeing steps or walking in dim light.

If you have checked two of the warning signs you are at an increased risk for falling.

Tips to Reduce Your Chance of Having a Fall

- 1) Slow down and take time to be safe
- 2) Be physically active for a total for 30-60 minutes most days
- 3) Have your vision and hearing checked regularly
- 4) Eat a healthy balanced diet, drink plenty of water and limit your alcohol.
- 5) When walking outside, be aware of your surroundings and watch where you step.
- 6) Use safety equipment such as canes, walkers, grab bars and rubber bath mats.
- 7) Use a night light and keep a flashlight by your bed
- 8) Wear non-slip shoes, boots and slippers that fit well and seek treatment for foot problems

At Community Outreach we offer numerous services to help with the prevention of falls.

Such as:

- ✓ Fall Prevention Exercise Classes
 - ✓Hearing Clinic
 - ✓Foot Care Clinic
 - ✓Walking Programs
 - ✓Chair Yoga
 - ✓Meals on Wheels
 - ✓Urban Poling
 - ✓In Home Exercise
- AND MANY MORE..

**For more information, contact Josie at Community Outreach Services
519-595-8755**



TRANSPORTATION SERVICE

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

Laura Kellum

lkellum@knollcrestlodge.com

Wellness Coordinator

Josie Scott

jscott@knollcrestlodge.com

Volunteer Coordinator

Tracey Ducharme

tducharme@knollcrestlodge.com

Bus Drivers

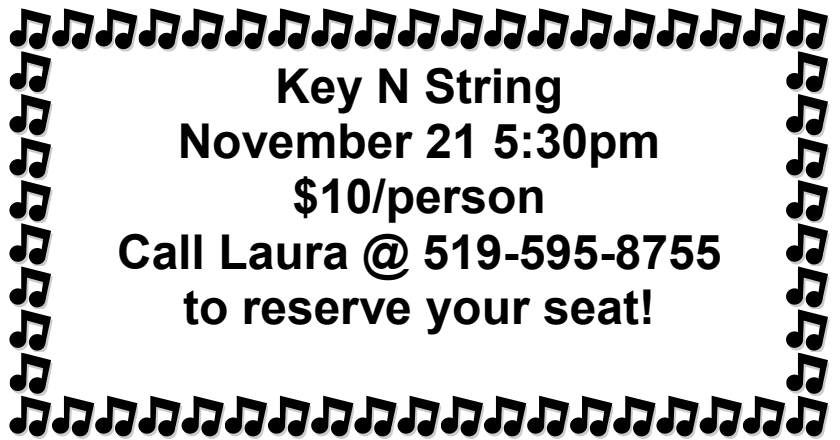
Carrie Wagler

Larry Sayers

Wayne Lindner

Simon Sprague

Weather Watch: Always call the Outreach office to double check if the weather gets bad or changes!



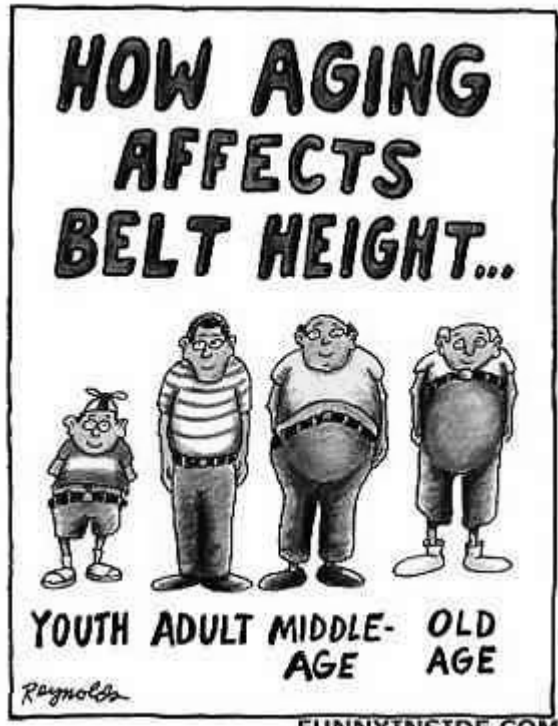
Key N String

November 21 5:30pm

\$10/person

Call Laura @ 519-595-8755

to reserve your seat!





Quick Carrot Soup

INGREDIENTS

- 1tbsp olive oil
- 600g (1¼lb) carrots, scrubbed or peeled and cut into chunks
- 2 brown onions, chopped
- 2 stalks celery, chopped
- 1.5l (48fl oz) chicken or vegetable stock
- 2tbsp cream (if vegan, omit or use a substitute)
- Celery salt, to serve

DIRECTIONS

- Heat the oil in large saucepan over a medium heat.
- Add the carrots, onions and celery and sauté for about 5 minutes.
- Add the stock, bring to the boil and simmer gently for 25 minutes, or until tender.
- Allow the soup to cool slightly, blend it using either a hand held liquidizer or worktop blender until smooth, then gently reheat.
- Season to taste with salt and freshly ground black pepper.
- Whip the cream until it forms very soft peaks.
- Ladle the soup into bowls and spoon on some whipped cream, sprinkle with a little celery salt.

Foot Care Clinic

\$25

Are you having troubles with your feet?

We have a Registered Nurse with +37 years experience and training in Advance Nursing Foot Care who will be able to help you.




WHEN? 2nd Monday of every month– Located at Knollcrest Lodge–

TREATMENTS: Corns, Calluses, Ingrown toe nails, Maintains healthy skin by applying lotion, Education with self care of the feet and legs

Call Laura at Community Outreach Services 519-595-8755 to book your appointment

November 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Brunner Dining	2 LifeLabs 7:30—10:00am	3 Blood Pressure Clinic Village Pharmacy 12—3pm
6	7 LifeLabs 7:30—10:00am	8 Brunner Dining	9 LifeLabs 7:30—10:00am	10 Outreach Dining 12:15pm
13 Foot Care 9:00am--12:00pm	14 LifeLabs 7:30—10:00am	15 Blood Pressure Clinic Country Meadows 11:30—12:30 Hearing Clinic 4:00pm-6:00pm Brunner Dining	16 LifeLabs 7:30—10:00am Eucherama @ PERC 10:00am-3:00pm	17 Blood Pressure Clinic Milverton Place 9:30—10:30
20 Atwood Church Dining Blood Pressure Clinic Atwood Church 11:00-1:00	21 LifeLabs 7:30—10:00am Key n String 5:30pm	22 Brunner Dining	23 LifeLabs 7:30—10:00am	24
27	28	29 Brunner Dining	30	