

Words to the Wise

Community Outreach Services

FREE
Blood Pressure
Measurement
Sessions in
Milverton Village
Pharmacy

Friday
October 6
12:00–3:00 pm

Village
Pharmacy
8 Main
Street North
Milverton

Come Join Us at Community Outreach for...

A Fall Feast

Friday, October 13th @ 12:15

Located at Knollcrest Lodge

\$10.00/meal Dine in or Take Out

Everyone Welcome!

Please reserve tickets no later than
Friday, October 6th by calling:

Community Outreach Services: 519-595-8755

Menu listed on page 2

INSIDE THIS ISSUE:

Menus	2
Jump on the Bus	3
Volunteer	4
Wellness	5
Jokes	6
Recipes	7
Calendar	8

Community Outreach Services
would like to express a big
THANK-YOU



to

Pierre & Staff at NEW ORLEANS PIZZA
& everyone who purchased pizza in the
Pizza Days Fundraiser on September 11, 12, 13

With your support, we were able to
raise \$750.00 for our local programs!

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



United Way  Perth - Huron



October Dining Menus

Outreach Fall Feast October 13 12:15 pm

Happy Thanksgiving
Ham
Scalloped Potatoes
Baby Carrots
Mixed Veggies
Dinner Roll
Pumpkin Pie
Coffee/Tea/Juice

Atwood Church
October 16 @ 12:00pm
Always a surprise

Key N String October 17 5:30pm

Happy Thanksgiving
Ham
Mashed Potatoes
Baby Carrots
Peas & Pearl Onions
Dinner Roll
Pumpkin 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 4 days prior to program!

You're invited to the Milverton Blood Donor Clinics



Clinic Dates

Tuesday November 14th

Tuesday January 16th

Tuesday March 20th

Please contact **Community Outreach Services– Milverton at 519-595-8755** for transportation booking or for more information.

Canadian Blood Services, Perth District Health Unit and Community Outreach Services have partnered to provide free transportation for those needing rides to the clinics. This service will have scheduled pick-ups between 7:00-7:30pm and a return at 9:00pm, to and from Perth East Recreation Complex.



Interested in Shallow Water Aquafit?

We have organized the bus to go
EVERY Wednesday for 10 weeks

WHEN: STARTING: OCT 18th and ENDING DEC 20th, 2017

From: 9:45am-10:30am

WHERE: WILMONT RECREATION COMPLEX IN
NEW HAMBURG

PRICE: 10 Day Aquafit Session & Bus Cost is:

Seniors (+55) \$163.00

Adult \$170.00

Last Day to Register is: OCTOBER 11/2017

**For more information or to register call Josie at
Community Outreach Services- 519-595-8755**

**Jump On The Bus! We're Going To..
St. Jacobs Farmers Market!**

Thursday, October 5th, 2017



Arrival: 9:00 am

Departure: 11:00 am

\$12.00/ person

Everyone Welcome! Limited Space Available

Please Call 519-595-8755 to book your seat!

EUCHERAMA September

Share the Wealth Winners



Bob Ziegler

Percy Caudle

Jr. Doupe

Ann Habel



October 19 @ PERC

Bring your Friends!!

**Book your Upcoming
Footcare
Appointments**

October 2

November 13

December 11

*This program is at
Knollcrest in
Doreen's Cafe*

**Eucherama
Dates:**

October 19

November 16

December 21

10am—3pm

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

Everyone is Welcome!

Bring your FRIENDS!!!

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

VOLUNTEER

Volunteers Needed

Friendly Visitors

Looking for Male and Female Visitors to visit clients in their own home. Involves chatting or playing cards/games in their home for 30mins-1hour. Visits can be one day every week or one or two days every month.



Volunteer Drivers

-Drive clients to and from appointments. Time commitment varies depending on client need and volunteer availability.



Meals on Wheels Drivers

-Help deliver meals at noon to areas of Milverton, Newton/Millbank, Gadshill and Atwood. Deliver regularly (once a month/week) or occasionally. Reimbursement of mileage for rural routes.



Not Feeling Well?

If you are not feeling well or sick with the cold and flu, please do not come to Knollcrest to volunteer. We do not want to risk the spread of viruses or risk a potential outbreak. Please help stop the spread and stay home.

WELLNESS

Responding quickly can be the difference between recovery and disability, or even death. Luckily, stroke is largely treatable when you know the signs and act fast. A few seconds could save a life, possibly your own.

**stroke won't wait.
neither should you.**



Nationally sponsored by
Medtronic



No excuse is more important than your health.



Stroke kills nearly **6.5 million** people worldwide each year.¹

World Stroke Day is



Stroke is largely treatable.

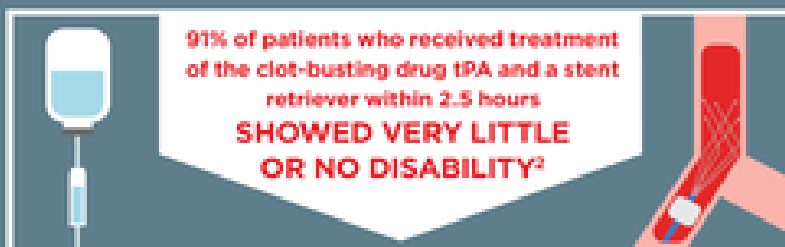
Responding quickly when a stroke occurs can mean the difference between recovery and disability.



Recognize the signs.
Call 911 immediately.

F • Face Drooping
A • Arm Weakness
S • Speech Difficulty
T • Time to Call 911

Quick Treatment May Reduce Disability



Knowing the signs and



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

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

Norman Yost

519-595-8755

Happy Thanksgiving.

Don't forget to set
your scales back
10 pounds tonight.



someecards
user card

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!
Community Outreach Services

“I find, these days, that
most of my conversations
start out with: Did I tell
you this already? or
What was I
going to say?”



springchicken.co.uk

Pumpkin Pie Bars



Prep Time: 15 minutes

Total Time: 55 minutes

Servings: 32 servings, 1 bar (51g) each

The yummy taste of pumpkin pie in a convenient, portable bar!

Ingredients

1-1/3 cups flour	1/2 cup chopped pecans
3/4 cup granulated sugar, divided	1 pkg. (250 g) cream cheese, softened
1/2 cup packed brown sugar	3 eggs
3/4 cup cold butter	1 can (540mL) pumpkin
1 cup quick-cooking oats, uncooked	1 Tbsp. pumpkin pie spice

Directions

1. Heat oven to 350°F.
2. Line 13x9-inch pan with foil, with ends of foil extending over sides; spray foil with cooking spray.
3. Mix flour, 1/4 cup granulated sugar and brown sugar in medium bowl until blended; cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
4. Stir in oats and nuts.
5. Reserve 1 cup oat mixture; press remaining onto bottom of prepared pan. Bake 15 min.
6. Beat cream cheese, remaining sugar, eggs, pumpkin and spice with mixer until blended.
7. Pour over crust; sprinkle with reserved crumb mixture.
8. Bake 25 minutes
9. Cool 10 minutes. Use foil handles to remove dessert from pan.
10. Place on wire rack; cool completely.
11. Enjoy!

October 2017 Programs & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Foot Care Clinic	3	4 Brunner Dining	5	6 Blood Pressure at Village Pharmacy 12:00—3:00
9  CLOSED HAPPY THANKSGIVING	10	1 Brunner Dining	12	13 Outreach Fall Fest 12:15pm
16 Atwood Church Dining Blood Pressure Clinic 11:00—12:00	17 Key N String	18 Brunner Dining Blood Pressure Clinic Millwood 10:45—11:15 Country Meadows 11:30—12:30	19 Eucherama 10-3pm PERC	20 Blood Pressure at Milverton Place 9:30—10:30
23	24	25 Brunner Dining	26 Milverton Place Breakfast	27
30	31 			