

Why just a reminder that you're receiving this email because you have expressed an interest in Mills Community Support Corporation. Don't forget to add katstevens@themills.on.ca to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

We believe in the power of Community.



NEWSLETTER - December 2016
Merry Christmas!

Vol 4-3

All our halls are decked for Christmas

The "Angels" have been busy

We've decked our halls here at the Mills Community Support office at 67 Industrial Drive - with gifts! Our hallways are completely lined with Angel Tree gifts, all destined for children in Mississippi Mills as part of the Angel Tree program. A trip to the photocopier or the coffee room is a heart-lifting journey to just see all this community support.

The Angel Tree program is run each year by Mills Community Support, The Hub and the Almonte Lions Club. "Angels" in the community selected a child from the registered names and then bought gifts according to age and interests. After that, a small army of volunteers played Elf and made sure that no-one was missed.

Thanks to the amazing support of community "angels", we hope Christmas will be bright for 107 children in our communities.



Out and About with Mills Community Support

Mills Community Support staff are frequently invited to present at regional and provincial events, demonstrating the high regard our peer organizations have of us. Recent examples of regional/provincial presentations include

- an unprecedented invitation to our CEO Mike Coxon to be keynote speaker at 2 recent staff development sessions for the Ministry of Community and Social Services. About 260 MCSS Development Services staff from across Ontario attended to hear Mike's presentation about thinking outside the box of DS and into the area of community development.
- Clem Pelot, our Director of Community Supports and Services, recently presented at two other MCSS regional meetings in Kingston and Ottawa regarding our participation in the "best practices" project called Presence to Citizenship, along with 10 other agencies from across Ontario.
- Jeff Mills, our Community Development Co-ordinator, presented on seniors' recreation at the provincial Rural Recreation Summit in Calabogie this fall. Coming up later this winter, Jeff has been asked to present at the provincial Developmental Services Human Resources Summit on the community development learning model. This model is in use here at MCS, after Jeff recently delivered a series of training sessions to our Developmental Services staff.

New Health and Wellness Class a Sell-out!

MCS has been offering health and wellness programs for about 2 years now. Our lineup of services and programs, which includes classes in Zumba, Tai Chi, and Pickleball, has seen steady growth in attendance - but we really hit it out of the park with our latest program "Get Fit with Drums". New for our winter 2017 schedule, the Almonte session was completely booked within hours of its announcement on The Millstone News, our local on-line newspaper!

"One person called to register herself and her four sisters in the same class," commented Jan Watson, the MCS Health and Wellness Program Coordinator. "The class booked up really quickly. And we've had a lot of requests for an evening program, so we are looking into that now." A second day session for this super popular class has already been confirmed for the Carambeck Community Centre in Carleton Place, too.

Get Fit With Drums is a 45-60 minute cardio/core workout that combines great music, cardio segments, and drumming on an inflatable exercise ball.

Another great session we offer is our Strength and Balance program. It has been so popular in Almonte that we needed a new, bigger venue so starting January 9th the classes will take place at the Almonte United Church. Even with this increased capacity, the program is already full. The program is also offered in Carleton Place.

For a full schedule of our health and wellness programs, as well as trips and outings, visit

<https://millscommunitysupport.files.wordpress.com/2016/12/home-support-trips-and-activities-dec-2016-to-feb-2017.pdf>.

Contact Jan at (613) 256 1031 Ext. 39 (email jwatson@themills.on.ca) for information on our programs, or to register. Please note, transportation to programs is available!



Our Appreciative Communities

This week we have received some special gifts in the form of seasonal cards with notes of thanks for what we do. One of the cards even came with a tin of goodies- with all calories removed! But what we really love is the kind words people have taken the time to write. One card was sent to us from a lovely lady who is one of the people we support with our Transportation Program. Here's what the letter

says:

Dear Home Support Workers and Volunteers

I know I say it every year, but I'll say it again - on how much I appreciate each and every one of you.

All the organizing of the drivers and clients is a lot of work. So I thank-you for working so diligently.

And the drivers: I don't know what I'd do if I didn't have you guys to drive me to my numerous appointments. You guys are awesome. I enjoy chatting with you. I know more of you so well. Every one of you are so different. And I love getting to know you all.

So Merry Christmas All. Enjoy your time with family and friends. I will see you in the New Year!

All to best to you all!

God Bless

"Some people come into our lives and leave footprints on our heart's and we are never the same again."

"May your blessings outnumber the shamrocks that grow, and may troubles avoid you wherever you go!"

We put our hearts into what we do, and we know it makes a difference - but hearing directly is a great gift to us. Thank you!



Help keep the *Home Fires* burning

Our annual fundraising campaign is underway

Mills Community Support's Transportation Programs provide support to those who can no longer drive but wish to remain in their homes. And each year, we need the support of our communities to continue this vital program. Our annual Home Fires campaign is now underway, so we have reached out to many of you to assist.



Did you know MCS transportation programs provides an average of 22 trips a day, every day of the week, in and around the communities of Almonte, Carleton Place, Clayton, Pakenham and Blakeney?. So far this year our dedicated volunteer drivers have provided an incredible 1,321 hours of service and logged 46,344 kilometres so far this year. Yet we can hardly keep up with demand. Over the last 18 month, our medical transportation program has grown by 30%.

You can donate to help us continue this essential service to our communities by heading to www.themills.on.ca and clicking the DONATE ONLINE NOW button. Please designate *Home Fires* to direct your donation to our Transportation Programs.

Please also consider making the most special gift of all - the gift of your time. Become an MCS volunteer driver! Our recent appeal for volunteers on The Millstone News and the Canadian Gazette was successful, with 7 new volunteers coming forward, but with the growth we are experiencing, we will always need more drivers. We'll even help you train!

Seniors Services Survey Results

The results are in - and they're overwhelmingly positive.

This past summer, we asked 94 seniors in our community for feedback on the services and support they receive from us. This includes our transportation and dining programs, and services such as Meals on Wheels, health and wellness programs, foot care, Assisted Living services, and trips and outings.

With the assistance of Professor Emeritus Warren Thorngate, our summer student Paige Sawyer, and a dedicated group of 9 volunteer surveyors, we conducted face to face interviews with the seniors in their own homes. We asked about likes, dislikes, and improvements that we could provide, and we also asked for suggestions on new services and programs.

98% of the responses were positive, with good feedback and positive suggestions for changes or additions to our existing lineup of programs and supports. For example, quite a few people indicated they wanted foot care more often but sometimes had to wait for

availability. Because of this feedback, we have now hired a second foot care nurse with the goal of offering 2 clinics per week. And we are now offering fresh salad as part of the Meals on Wheels lineup. We sincerely thank our clients who agreed to be interviewed and who gave generously of their time, energy and honesty. Their feedback gives us the opportunity to change our services and supports according to their needs and views. After all, as Karen Milligan, Chair of the MCS Board puts it, "We believe the quality of life in a community is linked to how it views aging and how it cares for its elders. That's why we put so much heart into our programs and services for seniors."

We believe in the power of Community

STAY IN TOUCH



67 Industrial Drive, Almonte, ON
(613) 256-1031