

**Almage Senior Community Centre**  
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*January / February / March 2004 ISSUE... ..*

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## **S T A F F**

**Filomena Manno** - Centre Manager  
**Rosanna Padula** - Activity Programmer  
**Joanne Colasurdo** - Home Support Coordinator  
**Antonella Ferraro** - Home Support Assistant  
**Anna Malorni** - Volunteer Coordinator  
**Patricia Doyle** - Bus Driver

*Welcome back to a new and exciting year at Almage. We hope that it will be a great  
New Year filled with love, happiness, many great memories and good health.  
From the staff and board of directors.*

### **SOMETHING TO THINK ABOUT:**

*"Senior Citizens"*

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. BUT, upon reflection, we would like to point out, that it was NOT the senior citizens who took:

The melody out of music, The pride out of appearance, The romance out of love, The commitment out of marriage, The responsibility out of parenthood, The togetherness out of the family, The learning out of education, The service out of patriotism, The religion out of school, The Golden Rule from the rulers, The nativity scene out of cities, The civility out of behavior, The refinement out of language, The dedication out of employment, The prudence out of spending, or The ambition out of achievement, And we certainly are Not the ones who eliminated patience and tolerance from personal relationships and interactions! With others!!

Remember ..... I inside every older person is a younger person wondering what the heck happened and why everyone is treating them as though they're not quite "with it"!

*Author Unknown (Given to us by an Almage*

*Volunteer)*

# **CENTRE NEWS**

*By Rosanna Padula & Filomena Manno*

## **CENTRE CLOSED:**

Please take note that the centre will be closed on Friday, January 2<sup>nd</sup>. The centre will re-open on Monday, January 5<sup>th</sup>, 2004.

## **MINIBUS:**

The mini-bus is available every Tuesday and Wednesday for door-to-door service for \$4.00 (return trip) and \$2.00 (for a one-way trip). During January, February, and the first half of March, the minibus will be used for BINGO pick-up on Wednesdays. Take advantage of this great service we offer, especially during the winter months.

## **MONEY JAR:**

If you've got extra change in your pockets, the money jar is always there on the reception desk. Every penny counts, in helping your centre.

## **WINTER STORM ADVISORY:**

In the event of a winter storm, members and volunteers are encouraged to listen to CJAD-800AM, 940 NEWS or to tune in to Global TV's *This Morning Live Program*. Announcements about the centre's closing will be aired very early in the morning. You may also call the centre—a recorded message will indicate whether or not the centre will be closed and if programs will be cancelled for that particular day.

## **FOR YOUR SAFETY & COMFORT:**

We would like to remind you to remove your winter boots at the front door. Bring shoes or slippers with you when you come to the center during the winter months so that you can be comfortable once here. This will also prevent slippery, wet surfaces. In the event that you forget to bring your shoes, we have plastic, blue boot covers for you to use.

## **SENIOR LINE:**

A new reference line was recently launched. Need information? Please call 527-0007.

## **QUARTERLY MEETING:**

Mark your calendars! Tuesday, January 20<sup>th</sup> at 11:00am all program animators, committee members, board of directors and staff are invited to attend this information and exchange meeting.

## **"STUFFIES" - GIVING BACK TO THE COMMUNITY:**

We are pleased to announce that over 235 stuffed animals were donated by you and 2 lucky organizations benefited from these huggable toys. A warm thank-you to everyone who gave so generously.

## **MEMORIAL SERVICE:**

There were 43 in attendance for the center's first ecumenical memorial service. The flower and candle-lighting ceremony was very touching. A big thank-you for those who helped out and a special mention to Andrew Sarrasin and Jim Orrell of Mount Royal Commemorative Services for their generous donation of carnations and shortbread cookies.

**BOARD OF DIRECTORS:**

In preparation of the upcoming annual general meeting to be held in June, we would like you to consider the possibility of becoming a member of the board of directors. There will be 4 vacant positions, as four members will have served their 3 terms of two years. To learn more about the roles and responsibilities of a board member, please speak to Fil. Remember YOUR voice matters!

**P R O G R A M   N E W S**

*By Rosanna Padula*

**For regular program information (times, starting dates, ending dates or time changes) please look at the weekly schedule and calendar at the end of the newsletter.**

**EXERCISE:**

Exercise with Richard will resume on **a once a week basis** as of Wednesday, January 21<sup>st</sup> at 10:00am. The class will be on every Wednesday at 10:00. The Monday exercise will be back in late May 2004.

**COMPUTER CLASSES & SERVICES:**

Computers are always available for our members to work on, or to go on the Internet, for the cost of \$2.00 / hour.

Beginner and intermediate computer classes, with Pierrette Poirier, will be offered on Thursday afternoons, at 1:00. The class will be beginning on Thursday, January 22<sup>nd</sup>. The cost will be \$20.00 for 10 - 1 hour classes. Sign up with Rosanna.

**LINE DANCING:**

Don & Peggy will be having their fun class for the month of January **only**, and will return in the month of April with their regular schedule. Look out for more information in the next newsletter.

**QI-GONG:**

Qi-gong is a great hour of energy building exercise, which helps your breathing and posture. Dr. An Rong Su will not be with us for the next 3 months, but will return in April. Please give me your names if you are interested in his spring classes. I will need 10 people to start the group. The cost will be \$30.00 for a 10-week session (or \$5.00 if you attend one class).

\*\* He also teaches Tai-Chi, and if anyone is interested in this program, let me know as well. The cost would be the same. \*\*

**FRENCH CONVERSATION:**

Our instructor Pierrette will be giving BEGINNER conversation classes on Monday afternoons at 1:00pm. The class starts on Monday, January 19. Please sign up with Rosanna for the 10-week session, which will cost \$20.00.

**SCRAP BOOKING:**

The scrap-booking group has been running well and there is still room if you would like to join us on Tuesday afternoons at 1:00pm in the Arts & Craft room. The next theme that we will be working on, is Christmas. There is a fee for color photocopying (see Jennifer) and you must bring in your own pictures that can also be photocopied (so that you can keep the originals). The next meetings are January 20<sup>th</sup> and 27<sup>th</sup>. For the month of February and March the dates are to be determined. Please sign up before the 13<sup>th</sup> of January (which is also the last day to bring in your photos). Please join me, Jennifer. A sign-up sheet will be set in the centre.

**LIBRARY:**

Our great library has many, many books to offer and I am very happy to see that many of our members use it. To help us keep count of the services we are offering and of the books that are being used, we are asking that the members sign their names and amount of books they take, on the booklet attached to the bookshelf. \*\* Also help Hedy keep the library in order by not placing your garbage on it, and by placing the books in their original order.

**BAKERS NEEDED:**

*We are always looking for our bakers.* Do you like to bake? Are you available to bake for the meal program once a month? If so, we need you. We would like to begin offering homemade desserts with our community meals on a regular basis. It may be possible for you to bake at home, if necessary. We will supply the ingredients and we will leave the rest to you. Please speak to Rosanna, if interested.

**COFFEE AND TEA AT ALMAGE:**

As of January 5<sup>th</sup>, coffee and tea, will be \$0.25, for the next winter months. This quarter will help pay for the milk and cookies which we are buying on a weekly basis. Although we have received many coffee and tea donations, we still incurred many expenses with the other items and foods needed. Again, we thank the people who have donated to us, and who have helped us give back to our members. If anyone would still like to donate coffee, tea or cookies, we will gladly accept the donations.

**OPERATION CHRISTMAS CHILD SHOEBOX :**

Thank-you to everyone who donated for this beautiful project. With the great generosity of our members, we were able to send off 14 - very full boxes - to the children in need.

**GUEST SPEAKER:**

1 - Mount Royal Commemorative Services offers free educational seminars designed to provide organizations and their members with valuable resource information. If you would like to learn about notarial wills, estate planning, planned giving, the family registry, or the grief

journey, join us at Almage on **Tuesday, February 17<sup>th</sup> at 10:30am** Registration is required.

## **2 - Mrs. Murphy's HOME MANAGEMENT - Cleaning the Clutter -**

Instructor, Kathleen Murphy's, expertise is in teaching organizational skills to individuals and groups; and getting people excited about strategies to clear clutter, and to be more organized and relaxed in their homes. Cleaning the clutter will be looking at why and where we clutter up our homes with stuff. Are you tired of losing things, or rummaging through old Tupperware lids to reach the frying pan? Hard to throw out things or recycle? To motivate you, we'll discuss your dream closets, cupboards and dresser drawers. Then she'll share how you can shovel through your clutter, one closet or cupboard at a time to make your dreams come true! Join us on **Tuesday March 9<sup>th</sup>, at 10:30.** Please sign up with Rosanna.

### **SPRING IS HERE:**

Spring will officially be here on March 21<sup>st</sup> at 1:00am - and it will be so nice to say good-bye to our winter. Join us that week as we bring sunshine into our centre, with orange juice and muffins every morning (from March 22<sup>nd</sup> to March 26).

### **GOING OUT TO LUNCH:**

**Wednesday, March 10**, we'll be getting ready for our Irish week ahead and will be going to **McKibbin's Irish Pub** for lunch for 11:45am. The cost for the bus will be \$6.00, and you will be picked up and brought home. Please sign up with Rosanna at the office, so that appropriate reservations can be made.

**Wednesday, May 5<sup>th</sup>**, we will have lunch at **Smoked Meat Pete's** at 11:30, and go visit Quinn's to see what is in season. The cost will be \$8.00 for pick-up. See Rosanna for reservations.

### **INCOME TAX CLINIC:**

Yes, can you believe it's income tax time soon again? Every Tuesday and Wednesday, starting March 2<sup>nd</sup>, up to and including April 7<sup>th</sup>, Stan Lemieux will set up his income tax clinic at Almage. So, gather up all your medical, dental, and vision receipts, Health Insurance premiums, real estate and school tax bills, and the Releve 4 from your landlord. Bring your last year's tax copy as well. There is a \$10.00 fee per person to cover costs of all necessary paper work. Your personal file copy will be neatly packed in a large new envelope.

**\*\*All fees are payable to Rosanna and speak to Rosanna for ALL appointments. If you would like any information on your taxes, please contact Stan at the CENTRE.**

### **TAX BENEFITS FOR CHARITABLE DONATIONS:**

Current Income Tax Regulations stipulate, you can claim a tax credit or deduction for your total charitable donations from your income tax return. You can claim receipts going back 5 years, if they have not been claimed in prior years.

**On the Federal Return it is:**

17% on the FIRST \$200.00 of charitable donations  
29% on amounts in excess of \$200.00 of charitable donations.

**On the Provincial Return it is:**

20% on the FIRST \$2000.00 of charitable donations.

Seriously consider the alternatives:

(a) Give all your money in taxes or (b) pay less taxes and give to your favorite CHARITY.

**MEMBERSHIP INFORMATION**

*By Rosanna Padula & Filomena Manno*

**MEMBERSHIP RENEWAL:**

APRIL 1<sup>st</sup> is that special day when MEMBERSHIP RENEWAL starts. We will be renewing membership throughout the month of April. This year the new membership fee will be \$20.00 as per the motion made and carried at the last annual meeting. (A renewed membership is required to take part in the centre and/or home support programs).

**NEWSLETTER RENEWAL:**

If you would like the newsletter to be delivered to you by mail, April is also the time to subscribe. The cost is \$5.00 for the year.

**PLEASE LET US KNOW:**

If you know of any member that is ill, has lost a family member, or has unfortunately passed away, please let us know in the office. It makes everyone feel better, when one knows that someone is thinking of them or their family, when they are not well.

**WELCOME TO OUR NEW MEMBERS:**

*Welcome aboard to the following members:* Frank Kerr, Arif Didar, Phuc Ngoc Le, Manuela Acs, Mykola Gajda, Lise Louis-Seize, Robert McAleese, Mary Gallant, Justine Tomiuk, Jean Shettler, Wendy Young, Georgette Tessier, and Irene Moorcraft.

**BIRTHDAY WISHES:**

*We would like to wish the following members a very HAPPY BIRTHDAY.*

**ALL THE BEST TO YOU!!**

**JANUARY**

Manuela Acs  
Paul Bychok  
Therese D'Amboise  
Anna Dmytruk  
John Henry  
Lillian Keys  
Doris Little  
Michael Meehan  
Rita Poliquin  
Mary Stechysin

Alice Beaudoin  
Teresa Cerilli  
Michael De Gruchy  
Lois Dozois  
Marilyn Henry  
Terry Langlais  
Patricia McGuigan  
Douglas Mitchell  
Alice Scruton  
Walter Stopkewich

Solange Blanchette  
Winnie Conti  
Walter Desatnik  
Evelyn Grilli  
Irma Keenan  
Bronia Lata  
Harold McMurray  
Lucy Neveu  
Marguerite Smithwhite  
Olive Teolis

### **FEBRUARY**

Philip Abdelhay  
Desiree Camacho  
Helene Crawford  
Suzanne Gaudreau  
Joyce Goodrow  
Jacques L'Allier  
Eleanor McCormick  
Patricia Meehan  
Luigi Montanaro  
Alice Omicioli  
Mary Toczko  
Mary Zbikowski

Florence Bonin  
Rita Cathy  
Mary Fredetta Drummond  
Elizabeth Gilbert  
Stanley Kadziolka  
Flouilla LeBlanc  
Marguerite Mallet  
Vilma Mehrbrot  
Ruby Nelson  
Vilma Robbins  
Nellie Yacyk

Catherine Bray  
Olga Charuk  
Norman Fabes  
Sandra Glasnovic  
Pearl Kulachuk  
Phyllis Leigh  
Roger Manseau  
Michael Michaliszyn  
Leon Nowacki  
Eileen Smith  
Colombe Young

### **MARCH**

Alice Babin  
Josephine Bond  
Yvette Comptois  
Valmay Grant  
Alice Herbert  
Josephine Kulikowsky  
Roger LeBlanc  
Denise Michaliszyn  
Barbara Reed  
Terry Yasunaka

Susan Barr  
Arthur Bradshaw  
Victor Diorio  
Helen Hall  
Joyce Humble  
Mary Kussey  
Ann Matilchuk  
Emily Myhal  
Leona Smith

Frank Bodnarok  
Patricia Braham  
Muriel Dunn  
George Henderson  
Bernice Kawecki  
Carmen Lamoureux  
Margaret Michaliszyn  
Mary Ornowka  
Theresa Thornton

## **FUNDRAISING/SPECIAL EVENTS COMMITTEE**

*(Chairperson: Susan Barr)*

Thank-you to everyone who took part in the annual Bazaar – as a volunteer, as a member, and as someone who spent their hard earned money. It was greatly appreciated. Your work, good will and generosity helped us raise \$3655.00. ***Thank-you again!!***

**VALENTINE'S DAY LUNCHEON:**

Date: Tuesday, February 10, 2004

Time: 12:00pm

Cost: \$8.00 members / \$11.00 non-members

Tickets on sale as of January 5<sup>th</sup>, 2004

Enjoy a great meal, with chicken pot pie, potatoes, carrots, beans, beets, and a pink dessert – chocolate of course, and an afternoon of horse racing.

**PANCAKE TUESDAY:**

Date: Tuesday, February 24, 2004

Time: 11:30am

Cost: \$7.00 members / \$10.00 non-members

Tickets on sale as of January 19, 2004

Enjoy delicious pancakes, sausages, beans, and fruit on this special Tuesday. Regular activities follow in the afternoon.

**ST-PATRICK'S DAY:**

Date: Tuesday, March 16, 2004

Time: 12:00pm

Cost: \$10.00 members / \$13.00 non-members

Tickets on sale as of February 9, 2004.

Be Irish on St-Patty's Day at Almage. Enjoy a corn beef and cabbage meal, with a delicious dessert and Irish Coffee. Irish music will fill the day. No regular activities in the afternoon.

**MEXICAN DAY:**

Date: Tuesday, April 20, 2004

Time: 12:00 pm

Cost: \$8.00 members / \$11.00 non-members

Tickets on sale as of March 15, 2004

Enjoy a Mexican meal, with Mexican music and we'll have a Piñata to spruce up the activities. Watch out for our Mother's Day Event in May, and our Anniversary Dinner in June.

WE ARE CONDUCTING A SURVEY:

As you know, our Anniversary Dinner is in the month of June, and we are already looking into this great event. Members have given us different suggestions for our party, and now we would like to know your opinion. Would you like:

- a Tuesday afternoon party, at approximately \$25.00 per person,
- or
- a Friday evening party, at approximately \$35.00 per person.

Call or see Rosanna with your response. Your response will count in making the fundraising committee decide what will be best.

## **T R I P S   C O M M I T T E E**

*(By Rosanna Padula)*

We are recruiting members for the trips committee. I would really need a number of volunteers who would be interested in meeting a few times a year, to find and work on new places we would like to visit. It is quite fun to be on a trips committee, where you can actually plan fun events, animate them and enjoy them as well. **Join me on Tuesday, February 17, at 1:30pm for our FIRST 2004 meeting.**

### **SUGARING -OFF TRIP:**

Date: Wednesday, March 24, 2004

Time: Departure 10:00am

Place: Cabane a Sucre Beau-Site in Mont Ste-Gregoire

Cost: \$20.00 members / \$23.00 non-members  
(includes mini-bus and meal)

Tickets on sale as of February 16, 2004

Enjoy a day in the wilderness, and a traditional Sugaring-Off meal, with our sister centre, The Teapot. Last year we invited them to our favourite Cabane a Sucre, and they accepted our invitation, and this year, in return, we have accepted their invitation to their favourite spot. We are sure to have a nice time with them.

### **CASINO TRIP:**

Date: Wednesday, April 7, 2004

Time: Departure at 10:00am

Cost: \$6.00 members / \$9.00 members

Tickets on sale as of March 1<sup>st</sup>, 2004

### **BIOSPHERE TRIP:**

Date: Wednesday, April 21, 2004

Time: Departure 10:00am

Cost: \$10.00 members / \$13.00 non-members

Tickets on sale as of March 15, 2004

Water is our planet's most precious resource. Learn how to protect it while having fun.

## **H O M E   S U P P O R T   P R O G R A M**

*By: Joanne Colasurdo*

### **SERVICE FOR THE MONTH - TRANSPORTATION PILOT PROJECT:**

Since the end of May 2003 we have been offering taxi coupons (transportation pilot project) to seniors for medical appointments, centre integration, grocery shopping and/or banking. The pilot project has been a huge success, but due to an overwhelming amount of demands there will be a few changes that will take place in January 2004. Please see Joanne for more details. In order for us to continue providing a more efficient and effective service, **members will be required to give a minimum of 1 week notice when requesting a transportation service, last minute requested will not be excepted.** We thank you for your understanding and patience.

### **STAGE STUDENTS:**

I'm pleased to say that you will be seeing another new face at the centre. Sonya-Maria Fazioli, a 1<sup>st</sup> year student from Dawson College, will be with us every Thursday until May 2004. Please help me in welcoming Sonya. I hope that you will enjoy working with us, Sonya.

### **FOOT CLINIC:**

The next foot clinic date is; January 8<sup>th</sup> and March 4<sup>th</sup>. Fee is \$21.00 and appointment is needed. Anyone interested in having foot care at home, please contact Joanne at the centre, cost \$25.00.

### **REGAL FUNDRAISER:**

Catalogs are always available in the office for distribution if anyone is interested. Please keep in mind that some items get sold out very quickly. The Winter 2004 catalog is in effect until March 5<sup>th</sup>, 2004. Place your orders before February 1<sup>st</sup>, 2004. Thank you for your support!

### **CHRISTMAS TREATS:**

I would like to take this opportunity to thank everyone who contributed and who made donations towards the Christmas treats. We delivered a total of 80 treats to seniors at home in residences and some who are temporarily hospitalized. Kind and generous volunteers offered their time to deliver the treats. A special thank you to Gloria Tomanelli and the John Paul High School students for their cards, ornaments and delivery of treats. Thank you for putting smiles on many seniors' faces. Your time, energy and dedication is always appreciated. Last but not least a big thank you to the staff for your help and support. It was very much appreciated.

May the New Year be blessed with love, joy, happiness but most of all health.

## Love, Joanne

### **SENIOR TIPS - Are your smoke detectors working? by Kristine Berey**

This article was taken from The Senior Times, October 2003 issue

Unless you have experienced the terror of making your way out of a burning building, smelling the smoke and seeing the flames, you may not realize how quickly fire can spread. Fire safety experts say that you have only three minutes to get out of a burning building, yet a recent study shows that Canadians over 50 are less likely to practice a home fire drill than any other age group.

Seniors in particular are vulnerable in a fire. If you are on medication, if your senses of smell and hearing are somewhat diminished, or if you have problems with mobility, you may take longer to get outside. Knowing what to do if you hear a fire alarm can keep you calm and efficient in an emergency.

Everyone should have a fire escape plan in place and practice it regularly to ensure that, if necessary, evacuation of the building can take place quickly.

#### **Planning your emergency exit:**

- Find 2 ways of leaving each room, making sure that these exits can accommodate a walker or a wheelchair if you use them.
- Keep essential medication, a flashlight, slippers and your glasses next to the bed, should you have to leave suddenly. Leave everything else behind!
- Arrange for a meeting place if you live with others.
- Never use the elevator and close the doors behind you when taking the emergency stairs.
- If there is smoke, stay close to the floor and keep your face covered with a cloth to avoid smoke inhalation.
- Call 911 only when you're safely outside.
- Cats will find a safe place until they are rescued.

#### **Maintaining your smoke alarm:**

A smoke alarm dramatically reduces the chance of being trapped in a fire – but only if it works. A recent study, commissioned by Duracell and the Canadian Association of Fire Chiefs, showed that while 95% of Canadian homes are equipped with smoke alarms, only 19% are regularly maintained.

- Check the batteries once a month and change them every 6 months.
- Gently vacuuming the outside of smoke alarms every 6 months keeps them functioning well.
- There should be an alarm on each level of your home.
- If you sleep with the bedroom door closed, there should be an alarm in each bedroom.
- For the hearing-impaired, devices are available that convert sound to flashing lights or vibrations.

#### **Preventing Fires:**

Cooking: Apartment fires most often begin in the kitchen.

- Never leave cooking or a candle unattended.

- Keep the stove free of grease and other spills that may catch fire.
- If a grease fire does break out, never douse it with water or pick up a burning pot. Instead, use oven mitts or potholders to cover the flame with a cookie sheet or a metal cover.
- Never cook wearing flowing garments. Roll up your sleeves before approaching the stove.

Smoking is a notorious fire hazard. If you must smoke, at least never smoke in bed or when you're sleepy or have taken medication that may make you drowsy. Pour water into the ashtrays before going to sleep to make sure no cigarette butts are left still burning.

Space heaters: There should be 3 feet of empty space around them. Never use a space heater to dry your clothes and always unplug the appliance before going to sleep or leaving the house.

By applying these simple rules and making fire safety a part of your routine, you can have peace of mind knowing that in the event of the unexpected you can handle it because you are prepared.

**TAKE OUT MEALS: (3 meals for \$9.00 + \$2.00 for delivery)**

**Please place your order no later than Thursday; our volunteer shops on Friday. Please take note that the centre will be closed on Oct. 13<sup>th</sup>, Dec. 29<sup>th</sup> and Jan. 5<sup>th</sup>. The meals will resume again January 12<sup>th</sup>, 2004. Extra meals may be ordered in advance.**

Jan. 5 <sup>th</sup>	NO MEALS
Jan. 12 <sup>th</sup>	Fish, Chicken, Macaroni and Cheese
Jan. 19 <sup>th</sup>	Ragoue de Boulette, Sweet & Sour Ham, Tuna Casserole
Jan. 26 <sup>th</sup>	Sausage and Potatoes, Lasagna, Beef Stir Fry
Feb. 2 <sup>nd</sup>	Chicken Cacciatore, Creole Fish, Meat Loaf
Feb. 9 <sup>th</sup>	Rigatoni au Gratin, Chicken Stir Fry, Noodle Romanoff
Feb. 16 <sup>th</sup>	Fish and Veggies, Italian Hamburger, Chicken Tournedos
Feb. 23 <sup>rd</sup>	Chicken Casserole, Pork Chops, Fettuccine Alfredo
Mar. 1 <sup>st</sup>	Spaghetti with Meatballs, Italian Sausage, Chicken
Mar. 8 <sup>th</sup>	Quiche Chinese Noodle Casserole, Veal Parmigana
Mar. 15 <sup>th</sup>	Fish, Beef Stew, Shepherd's Pie
Mar. 22 <sup>nd</sup>	Chicken Tournedos, Pasta with Meat sauce, Pork Chops
Mar. 29 <sup>th</sup>	Cutlets, Beef Stroganoff, Ham

***V O L U N T E E R   C O O R D I N A T O R ' S   C O R N E R***

By: Anna Malorni

**Quote for the New Year**

"The miracle is this-the more we share, the more we have" Leonard Nimoy

**Best Wishes for the Holidays**

You, each individual and collectively with our many volunteers at Almage have created a strong family of volunteers that provide caring and compassion to the many that are served.

Service to others is service to ourselves. Our community benefits, the community becomes a better place to live, and we can all benefit from a better community for our future and the future of the generations to come. Without the spirit of volunteering, this community would not be alive.

It is with gratitude that we acknowledge the time you have taken to volunteer, the road you travel to get your work done, the effort and care you give to each detail and inevitably the results and impacts of your commitment. Each day, we are able to feed another person, alleviate loneliness, give support, give hope, hold a hand, and create a friendly and welcoming place for people to belong.

We wish for each of our volunteers to also feel that this is a place to be welcomed and to belong. We hope that your lives are fuller because of the giving that you do. **May each of you continue to have health, prosperity, love, and a refreshed spirit of giving at this holiday season and for the New Year!**

### **New in the New Year**

Newsletter for Volunteers-1st Edition

Coming up in the New Year, a group of volunteers are gathering to start a long awaited project of a newsletter about volunteering at CCS. Volunteers can spread the good news of their work for others to learn from and share. Anyone who volunteers can contribute a few words to the newsletter about an interesting topic that touches their heart.

Our goal is to mail the newsletter to volunteers-please make sure that your home address is up to date with our records.

### **Upcoming Event-February**

Our home support volunteers will be invited to a Meet & Greet evening. Volunteers will not only meet one another, but also share stories of their experiences and share the challenges in the work they do. We will be providing useful tips and training to assist volunteers in their work.

### **John Paul I High School Steps Up**

I recently provided a presentation of Almage services and programs to over 100 students at the John Paul I High School in St. Leonard with the hope of inspiring young students to take the initiative to volunteer in their community. This was thanks to one of our loyal Almage Home Support volunteers, Gloria Tomanelli also a teacher at the school who made arrangements for the presentation.

Students were enthusiastic but needed a project that could be done outside of school hours. Our Home Support Christmas treats were the perfect project and the students exceeded our expectations. Two Secondary one classes, a total of 30 teens, a teacher who organized the work, even two parents got involved in the project and the result was 70 hand made and personalized cards with thoughtful caring holiday wishes for each senior. One parent, Mrs. Franca Iugovaz personally made 70 hand made ornaments for the Xmas treats. The two classroom students will also participate in delivering 20 Xmas treats to seniors at home. A

special thanks to Gloria Tomanelli for her efforts in starting a collaboration with John Paul I High School, for coordinating all the student's work and treats, and for her continuing contribution to helping the Almage Center.

**Concordia University Workshop**

Almage volunteers participated in a day long workshop on October 18 and 19 entitled, Creating Solutions Together. The turn out of participants from across our agency was high. Volunteers had the opportunity to meet volunteers from organizations across the Island of Montreal and create solutions together to sometimes challenging situations and learn about their own style of dealing with conflicts. The students of the Human Relations Program at Concordia University facilitated the workshop and provided participants with certificates for their participation. Thank you to volunteers and staff who participated in the workshop.

**A Plea for Help**

Despite the fact that Almage has over 125 volunteers, we continue to need volunteers for our programs and services. Not all volunteers can contribute on a weekly basis or for years. Each time a volunteer registers with us, we take into consideration that some may volunteer for a short t period of time, some move away, some find employment and can no longer be available during the day, some become ill, some return to school, and some retire. Yes volurteers retire too. We are grateful for whatever time people can give for volunteering but we must also express to others who do not volunteer that we need you and we are willing to sit with you to discuss a short or long term commitment. You would be surprised at how much more can be done if more people raised their hands for the task. Volunteering can be as little as a few hours each year delivering Xmas baskets, it could be helping out one day a week, it could be monthly or for three months. So I ask of you to think about this as we enter a New Year if you could approach us to register as a volunteer in January to commit some of your time when it is needed most during the weekdays at the Almage Center.

**Registration Cards for Volunteers February 2004**

The week of February 2 to 6, 2004 will be our next period of registration cards for our active volunteers. If you did not receive your card at the last registration period in September, please come to get your cards in February.

**M E A L P R O G R A M**

Please note that for the centre meal programs you must phone-in NO LATER than Friday.

**TUESDAY LUNCHEON:**

January 6	Spaghetti with meat sauce
January 13	Salmon
January 20	Chop Suey
January 27	Hawaiian Chicken
February 3	Shepard's Pie
February 10	Fundraiser Lunch ( Valentine )

February 17	Ham
February 24	Fundraiser Lunch (Pancake Tuesday)
March 2	Hamburger Steaks
March 9	Filet of Sole
March 16	Fundraiser Lunch (St-Patrick's Lunch)
March 23	Quiche
March 30	Pasta

**WEDNESDAY LUNCHEON:**

January 7	Vegetable soup with ham & cheese sandwich
January 14	Minestrone soup with chicken sandwich
January 21	Chicken noodle soup with egg salad sandwich
January 28	Cream of carrot soup with salmon sandwich
February 4	Chicken and rice soup with ham sandwich
February 11	Split-pea soup with roast beef sandwich
February 18	Beef and vegetable soup with cheese sandwich
February 25	Cream of vegetable soup with egg salad sandwich
March 3	Chicken Noodle soup with smoked meat sandwich
March 10	Beef and vegetable with BLT sandwich
March 17	Tomato soup with cold meat turkey sandwich
March 24	Cream of leek with tomato and cheese sandwich
March 31	Chicken and rice soup ham sandwich

***REGULAR PROGRAM  
WEEKLY SCHEDULE***

**Monday**

9:00am Take-Out Meals (order needed)  
 10:00am: Western Line Dancing (as of January 12)  
 1:00pm: Bridge  
 1:00pm French (starts January 19)

**Tuesday (Mini-bus Day)**

10:30am: Discussion Group  
 10:30am: Crocheting/ Knitting/ Arts & Craft/ Quilting

12:00pm: Tuesday Lunch  
1:00pm: Afternoon Activities  
1:00pm: Birthday Bingo ( January 6, February 3, and March 2)  
1:00pm: Whist (January 13 & 27; February 24; March 9 & 23)  
1:00pm: Scrapbooking ( January 20 & 27)

**Wednesday (Mini-Bus Day –refer to calendar)**

9:00am: Plastic Canvas  
10:00am: Exercise (as of January 21<sup>st</sup>)  
11:45am: Wednesday Lunch  
11:45am: Going out to Lunch Club (March 10 and May 5)  
1:00pm: Bingo

**Thursday**

9:00am: Foot Clinic (January 8 and March 4)  
10:00am: Bowling (Domaine Shopping Centre)  
12:30pm: Soup and Sandwich Kitchen (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, unless specified otherwise)  
1:00pm: Computer Class (as of January 22<sup>nd</sup>)  
1:30pm: Cribbage (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, unless specified otherwise)

**Friday**

9:30am: Line Dancing (January 9 to January 30 - back in April)  
10:45am: "Tea for You" Caregiver Support Group