

The Good Companions

# Fall Bulletin

SEPT - OCT - NOV • 2022



Charitable # 11894 1152 RR0001



**The Good Companions  
Seniors' Centre**  
*Supporting a Vibrant Community*

670 ALBERT ST.  
OTTAWA, ON K1R 6L2  
613-236-0428  
THEGOODCOMPANIONS.CA



# Accessibility

## Addressing Your Accessibility Needs at The Good Companions

TGC is committed to providing high quality programs and services to all members of the public it serves, and strives to provide goods and services in ways that respect and dignify the independence of all people.

For more information about how you can request documents and publications in various accessible formats, share your unique accessibility needs, or provide feedback on how TGC is fulfilling its AODA (Accessibility for Ontarians with Disabilities Act) requirements, please visit our website at:  
[www.thegoodcompanions.ca/facility/accessibility](http://www.thegoodcompanions.ca/facility/accessibility)

You may also seek information in the following ways:

**In Person:** The Good Companions (670 Albert Street, Ottawa ON)

**By Telephone:** 613 236-0428 x 2290 (Monique Doolittle-Romas - Executive Director)

**By E-mail:** [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

**By Mail:** Accessibility - The Good Companions  
670 Albert Street, Ottawa, ON K1R 6L2



## Fall Program Registration

September 13th, 14th and 15th from 10:00 am - 2:00 pm

Registration can be done online at <https://thegoodcompanions.ca/programs-services/program-registration/>. You must be a member of The Good Companions to participate in any of the classes offered, both virtual and in-person. Please note that submitting the online form does not guarantee your spot in the class. We want to ensure that as many members as possible have access to these programs. If you have a spot in a class, you will receive a return email with the Zoom link and password to the class (for virtual classes). Please keep this email and password safe. You will need the link and password to log in to the class each week.

The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately. Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment.

Please refer to the Fall Program Guide for a full list of the programs being offered. If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.

# Table of Contents

|                               |         |
|-------------------------------|---------|
| Program Registration          | p.2     |
| Good Companions Staff Team    | p.4     |
| Monique's Message             | p.5     |
| Community Support Services    | p.6     |
| Seniors' Centre Without Walls | p.7     |
| Members' Meeting              | p.7     |
| LGBTQ2+ Programs              | p.8     |
| Adult Day Program             | p.9     |
| Volunteer Corner              | p.10    |
| Annual General Meeting        | p.11    |
| Seniors Active Living Fair    | p.12-13 |
| What's Cooking                | p.14    |
| Christmas Bazaar              | p.14    |
| Fitness Corner                | p.15    |
| In House Services             | p.16-17 |
| September 2022                | p.18-19 |
| October 2022                  | p.20-21 |
| November 2022                 | p.22-23 |

## In Loving Memory

|                         |                           |
|-------------------------|---------------------------|
| <b>Coby Fuykschot</b>   | <b>Mario Potvin</b>       |
| <b>Tina Bowman</b>      | <b>Rita Quintal</b>       |
| <b>Celia Brown</b>      | <b>Karin Hunter</b>       |
| <b>Phyllis Cummings</b> | <b>Bonnie-Jean McLean</b> |
| <b>Jocelyn Dryden</b>   | <b>John Wong</b>          |
| <b>Cheryl Gillard</b>   |                           |

## Mission

The Good Companions is an incorporated, charitable organization in Ottawa dedicated to promoting, enhancing and supporting the zest for living, well-being and independence of older adults as well as adults with physical disabilities.

## Vision

Support and assist seniors and adults with disabilities to enhance their well-being by promoting independence.

## Values

Accessibility, Accountability, Collaboration, Compassion, Dignity, Innovation, Respect for Diversity and Responsiveness.

## Contact Us

The Good Companions  
670 Albert Street  
Ottawa, Ontario  
K1R 6L2  
Phone: 613 236-0428  
Fax: 613-230-2095

[thegoodcompanions.ca](http://thegoodcompanions.ca)  
[info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)







# Team Good Companions



Aaron



Adrienne



Ana



Angella



Anne



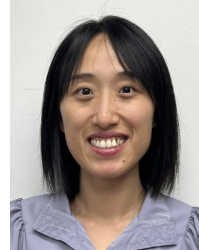
Barry



Brenda



Carolyn



Cici



Darlene



Emily



Frank



George



Jessie



Katie



Laurie



Linda



Lisa H



Lisa S



Maria



Mariola



Mariusz



Miranda



Monique



Nicole



Nikkie



Penny



Rana



Sam



Sonia



Stephane



Sylvie



Véronique



Vlodek

# A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the Fall edition of The Good Companions Bulletin.

We are proud to share that The Good Companions was featured in a research study! The National Institute on Ageing conducted a study on Understanding Social Isolation and Loneliness Among Older Canadians and How to Address It. The researchers met with staff members of The Good Companions to discuss our programs. The researchers recognized TGC and Seniors' Centre Without Walls as a successful model program for addressing social isolation. Congratulations team TGC!! Here is the link to the report:

<https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/62b1e9be762a7f5587580f65/1655826880808/Social+Isolation+Report+-+FINAL1.pdf>

A reminder that The Good Companions will be working in partnership with four Community Support Services agencies to provide free transportation to vaccine appointments. You can book your transportation using this link: <https://www.communityhomesupport.ca/vaccine-transportation> or by calling 211.

Our next Members' Meeting will be held on Wednesday, November 2<sup>nd</sup>, 2022 at 2 pm. Be sure to join Seán K. Kelly, our Board President, and me for updates. We hope that you will join us. Please contact us for the registration details.

We are excited to announce that after a two-year hiatus, our Open House and Health Fair will be held in person at the Centre! This is a wonderful opportunity for you to bring your friends and introduce them to our TGC family. Be sure to join us on Wednesday, September 7<sup>th</sup>, 2022 from 10 am - 2 pm for tours, lectures, demonstrations, exhibitors and draws, and of course a free lunch!

We are pleased to introduce you to members who recently joined our staff team. Angella Rawsthorne joined the Seniors' Centre Without Walls Expansion Team as the Manager of Fundraising and Sustainability. Angella brings a wealth of experience in fund development, special events, grant writing and

fundraising. Stephane Gauthier joined team TGC as our LGBTQ2+ Coordinator on Monday, July 4<sup>th</sup>. Stephane has over 10 years experience working with people living with dementia and their caregivers. He is passionate about working with LGBTQ2+ seniors and will bring many invaluable skills to the position. He is looking forward to building on the great work that has been started and working with the wonderful volunteers, community partners and staff. We are also pleased to announce that Miranda Gumeni is our Cook Assistant. Miranda has been a valued member of our team for many years and we know that everyone will continue to enjoy her delicious meals.

Please join me in congratulating some of our team members for these exciting announcements! Afua Okyere, Day Program Assistant, will be leaving our team at the end of August. While we will miss working with Afua, we are so proud that she has been accepted into a Masters of Early Childhood Studies. We will miss your smile and your support of our ADP clients but we wish you great success! We are proud to announce that Katie Yedynak, Community Support Services Coordinator has been accepted into a Masters of Social Work Program. Katie will continue to work part-time over the next few months.

Emma Revell, Seniors' Centre Without Walls Coordinator, will be leaving on a parental leave as of mid-August. Emma, we will miss you and your commitment to ensuring that seniors are not alone and are connected to SCWWs and to the community. We cannot wait to meet your new family member!

We are pleased to announce that Emily Payne, SCWW Program Assistant, has accepted the contract position of SCWW Coordinator. Many of you will know Emily as she has been a member of team TGC for more than a year! We are also pleased to announce that Brenda Packer has accepted the position of CSS Program Coordinator effective mid-August. Many of you will know Brenda as she has been a dedicated team member of the CSS team for years. Please join me in congratulating Emily and Brenda!





# Community Support Services with Anne

**Programs and services for seniors age 55+ and adults with physical disabilities age 18+ who live north of the Queensway, between Preston St. and Blair Rd.**

For more information about our Community Support Services please check our website for all that we do: <https://thegoodcompanions.ca/community-support-services> 在新冠肺炎大流行期间, 我们将继续提供多种社区支持服务项目。想了解更多了解我们, 请查看我们的网站。 Or call 613-236-0428 and ask for Community Support Services – 请致电 613-236-0428 (分机2777) 以寻求社区支持服务。



## Grocery Bus

***It's great to be back On the Fun Bus!***

Our **Senior's Grocery Bus** to Massine's Independent in Centretown resumed in early July after over 2 years. As you can see, everyone was so happy to be back on the road and shopping together! Thanks to our amazing sponsor: Massine's Independent Grocers.

Give us a call if you are interested in more information or would like to join the Grocery Bus: 613-236-0428 ext. 2250.

## Home Help and Home Maintenance

Fall is a time of change! As we transition into the winter months, Community Support Services will be happy to help you prepare your home for the winter. If you need a helping hand, call and ask us about our list of screened, insured companies and contractors who can help with:

**Cleaning up your yard** before the winter arrives – raking, pruning, sweeping, and covering plants.

**Cleaning and storing** outdoor furniture, BBQs from patios and balconies.

**Cleaning windows and screens**, removing air conditioning units.

**Organizing your storage**, garden shed, basement and indoor storage area.

**House Cleaning**, regular or one time cleaning around your home.

## Handy Helper Volunteers for Technology Support & Help Around the Home

Want to connect virtually with friends and family this fall? Ask us about our Handy Helper Volunteers who visit or call you to help with:

**Setting up and using hand held devices** – Tablets, cell phones, support and basic use of laptop and desktop computer. Teach you how to join Virtual Programs e.g. Zoom, internet, email.

**Assist with tasks** such as changing light bulbs, hanging curtain rods, checking and replacing smoke detector batteries and other tasks.

**COVID-19 protocols are in place during all home visits.**

## Transportation

If you need to get to your medical, vaccine or other essential appointments, our drivers will provide worry free door to door transportation. **Cost \$\$** depends on KM driven per round trip. COVID-19 safety protocols are in place. To register with us or request your drive, call us at 613-236-0428 ext. 2235.



On a beautiful day in May, we were lucky to attend a Health Fair for Members of the Chinese Community with our partner agencies at Dundonald Park. It was great to see so many familiar faces again!

# Seniors' Centre Without Walls with Emily

## What is Social Isolation?

Social isolation is commonly defined as a low quantity and quality of contact with others. A situation of social isolation involves few social contacts and few social roles, as well as the absence of mutually rewarding relationships.

When older adults are socially isolated, their mental and physical health decline. Isolation and loneliness have been associated with higher rates of depression, anxiety and suicidal thoughts. Here are other ways older adults can be affected by social isolation:

- 32% increased risk of stroke
- 29% increased risk of coronary heart disease
- 50% increased risk of developing dementia
- 59% increased risk of functional decline

*Source: National Institute on Ageing (2022). Understanding Social Isolation and Loneliness Among Older Canadians and How to Address It. Toronto, ON: National Institute on Ageing, Toronto Metropolitan University.*



## **Seniors' Centre Without Walls (SCWW) can help reduce your feelings of loneliness and social isolation!**

Before joining the program, 66% of current SCWW participants reported feeling lonely, whereas only 30% reported feelings of loneliness since joining the program.

Join us on the phone today for a wide variety of health & wellness and educational presentations, brain-stimulating activities, musical events and exciting conversation with peers. SCWW is completely free and no special equipment is needed - just your average phone. Contact us today for more information or to receive a Program Guide.

**For more information or to receive a Program Guide & Calendar, please contact:**

**Emily Payne**

**SCWW Coordinator**

613-236-0428 ext. 2323

[epayne@thegoodcompanions.ca](mailto:epayne@thegoodcompanions.ca)



## **Members' Meeting**

**Wednesday, November 2nd, 2022 | 2:00 - 3:00 pm**  
**In person room 141 or option to join via Zoom**

Stay informed on the latest news from The Good Companions!

Join Monique Doolittle-Romas, Executive Director, and Seán K. Kelly, Board President, (your meeting co-hosts) for important updates about the Centre and for your chance to ask questions!

All members are encouraged to attend.

Please RSVP via one of the following options:

By phone: **613-236-0428 ext. 2100**

Online: <https://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/>

By email: [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)



# LGBTQ2+ Program with Stephane

**Stephane Gauthier**  
LGBTQ2+ Program Coordinator  
613-236-0428 ext. 2353  
[sgauthier@thegoodcompanions.ca](mailto:sgauthier@thegoodcompanions.ca)



Hello Everyone,

My name is Stephane Gauthier, my pronouns are he/him and I am the new LGBTQ2+ Coordinator at The Good Companions. I have worked closely with seniors for the last 10 years of my career, primarily around dementia care as a therapeutic support counsellor. I have always been an advocate for the LGBTQ2+ Community (that I am a part of) and I am both proud and honored to continue to do so on a professional level.

The senior LGBTQ2+ community is deserving of gratitude and appreciation for all of the trailblazing they have done over the years. I see a big part of this role as a way of giving back and saying thank you, to validate the struggles they have endured, to honor their courage and celebrate their spirits!

I am truly appreciative of the opportunity that was given to me by The Good Companions and Ottawa Senior Pride Network to give back to the community that has directly and indirectly changed my life for the better.

I look forward to working hard on your behalf and celebrate the beautiful diversity that is the LGBTQ2+ senior community. If you have any questions, comments or if you simply want to say hello, please contact me by any of the options listed above.

## LGBTQ2+ Saturday Programs

The Good Companions is open the 2<sup>nd</sup> and 4<sup>th</sup> Saturday every month specifically for LGBTQ2+ Seniors. Join us for Yoga, Coffee Club, Table Tennis or to enjoy a delicious lunch.

Please visit our website to see a list of upcoming activities: [thegoodcompanions.ca/community-support-services/lgbtq2-seniors/lgbtq2-saturday-programs](http://thegoodcompanions.ca/community-support-services/lgbtq2-seniors/lgbtq2-saturday-programs)



## Walking Group

The Walking Group for LGBTQ2+ Seniors is every Tuesday at 10:00 am. We meet at The Good Companions, 670 Albert Street, and walk around the neighborhood for about 45 minutes. This is a leisurely walk to chat and enjoy the scenery.



# Adult Day Program with Penny



## Penny Bodnoff

Adult Day Program Coordinator

613-236-0428 ext. 2200

[pbodnoff@thegoodcompanions.ca](mailto:pbodnoff@thegoodcompanions.ca)

Positive Approach to Care Certified Independent Coach

*Until There's A Cure, There's Care™*



The Good Companions Adult Day Program is a therapeutic program for older adults 55+. The program serves frail seniors and adults with physical disabilities or persons with early to mid-stage dementia.

The Adult Day Program is currently following the guidance of Ottawa Public Health and Ontario Public Health to ensure the wellbeing of members and volunteers. We are now running the Adult Day Program Monday through Friday, 9:30 am - 2:30 pm.

Our Program Schedule can be found on The Good Companions' Website:

<https://thegoodcompanions.ca/programs-services/adult-day-program/>

The ADP Program Staff are here to support you during these challenging times.

Please feel free to reach out and contact us for more information:

Penny Bodnoff – Adult Day Program Coordinator – Monday to Friday, ext. 2200  
Sonia Movrin – Adult Day Program Assistant Coordinator – Monday to Friday, ext. 2190  
Maria Mangyao – Adult Day Program Assistant – Tuesday to Thursday, ext. 2191

Afua Okyere, Adult Day Program Assistant has left TGC to pursue a Master's Degree. We would like to thank Afua for her work over the past 5 years as a member of the staff, student and volunteer. We wish Afua the very best and will miss you greatly.



Thank you to Titilope Kazeem-Oshinubi for her assistance while completing her student placement with us from January to August 2022.

## Using Music to Help with Challenging Situations

Music can be an essential tool when care partnering with those who are living with brain change. The parts of the brain that remember music and rhythm, especially those songs connected with our youth, typically remain unchanged, even after other abilities no longer remain. How can you use music to improve care quality and reduce challenging situations?

Transitions, when changing from one activity to another can be tricky for anyone, but especially when someone is living with brain change. It can be hard to make the shift to something different, particularly if the new activity is not a favorite! Using music during transitions can work well. It can be helpful to choose a song that matches the mood of the next activity. For instance, if you are transitioning to a restful activity, choose softer, slower, or lower-pitched music to bring the energy level down. If you are transitioning to something more active, then music with a faster tempo or higher pitches will help increase energy.

Choose music that incorporates a simple rhythm or counting to help someone transition from a sitting to a standing position, or to begin forward movement. For instance, sing *Take Me Out to the Ballgame*, and then use the *1-2-3 Strikes, You're Out* to stand up on the count of three. The marching beat of *When the Saints Go Marching In* can be used to help someone initiate steps to move forward. Using music during transitions can often improve mood and decrease distress, resulting in more positive care interactions.

# Volunteer Corner with Nikkie

VOLUNTEER

*all that's missing is U!*

**Nikkie Snagg**  
Membership & Volunteer Services Coordinator  
613-236-0428 ext. 2230  
[volunteer@thegoodcompanions.ca](mailto:volunteer@thegoodcompanions.ca)



*Those who bring sunshine to the lives of others, cannot keep it from themselves ~ James Matthew Barrie*

## Volunteer Vacancies

**Adult Day Program (Wednesdays, Thursdays, Fridays and spares needed)**  
**Volunteer Buddies**  
**Woodshop Leader**  
**Sing-Along Pianist**  
**Choir Pianist**



You are cordially invited to The Good Companions'

## VOLUNTEER RECOGNITION EVENT

**FRIDAY, SEPTEMBER 9TH, 2022**  
**670 ALBERT ST, OTTAWA ON**



Registration begins at 10 am  
Party from 11 am - 2 pm

RSVP no later than Friday, September 2nd by calling: 613-236-0428 x 2100.  
Please indicate whether you have any dietary restrictions.



## MENU

**Main:** BBQ Chicken, potato salad, coleslaw and corn  
**Dessert:** Apple crisp with caramel drizzle  
Coffee and tea

## SPECIAL NOTES

- Dress in your best country and western attire!
- Para pick-up to be booked for 2:00 pm
- The Good Companions reserves the right to take photos at events.



**Volunteer Name:** Bruce Cameron

**Volunteer Since:** 2020

**About Bruce:** Bruce volunteered in CSS with the Grocery Bus until March 2020, when he quickly transitioned to join Food Services, where he has been instrumental to the team. He comes in twice per week to help out with dish washing, packaging of Meals on Wheels, trains new cashiers and dining room volunteers, and the list goes on and on, with all the wonderful and helpful things he does. To greeting our members and clients with a friendly smile and a welcoming hello. Bruce always answers the call whenever he is needed and goes above and beyond. Bruce also helps out with other activities such as BluesFest parking and helping to pack gifts for isolated seniors through our Santa 4 Seniors program. Thank you for all you do Bruce, you are a gem!

# The Good Companions 66th Annual General Meeting

The Good Companions is happy to announce its new slate of Directors for the 2022-2023 fiscal year: President: Seán K. Kelly, Vice President: Paul Kearns, Treasurer: Jason Kempt, Secretary: Leah Canning, Directors: Cathy Collett, Jeff Doll, Brian Robertson, Amy Friesen, Angela Dzinan, Leann Halpenny, Barbara Parker, Bonita Goodison.

Congratulations and thank you to all staff members for their dedication and service, and in particular to the following staff members for reaching a milestone year:

**Nikkie Snagg** – 5 Years of Service

**Vlodek Hnatiuk** – 5 Years of Service

**Penny Bodnoff** – 15 Years of Service

**Mariola Kolakowski** – 20 Years of Service

Congratulations to **Vlodek Hnatiuk**, Facilities Coordinator (TGC's exceptional building expert & Mr. Fixit Extraordinaire) for the extremely well-deserved honour of Employee of the Year!



Above: Seán K. Kelly, Vlodek Hnatiuk, Nikkie Snagg, Penny Bodnoff and Mariola Kolakowski.



Above: Employee of the year recipient Vlodek Hnatiuk, Facilities Coordinator, his wife Jolanta, Monique Doolittle-Romas and Seán K. Kelly.





# **Seniors Active Living Fair & Open House**

**Wednesday, September 7, 2022**

**9:30 am - 2:30 pm - 670 Albert Street, Ottawa**

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

- Free Admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 30+ Exhibitors (9:30 am to 12:30 pm)
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

For more information contact The Good Companions  
at 613-236-0428 Ext. 2221, or visit our website: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario and funding support provided by the Government of Ontario.





# Seniors Active Living Fair & Open House

SEMINARS: Hosted in person (room 019) and Virtually!

Introducing Royal Botanical Gardens:  
Background, Programs and Fall Gardening Tips

Medication Overuse in Older Adults,  
Are You Taking Too Many Pills?

Wednesday, September 7, 2022  
10:00 - 11:00 am

Presented by: Karin Davidson-Taylor,  
Education Officer



Description: For eight decades, Royal Botanical Gardens (RBG) has connected people to the plant world. Join Karin to explore more about RBG, 'unearth' some of what we offer while testing your plant knowledge and discover some Fall Gardening tips including a transplant demonstration.

Wednesday, September 7, 2022  
1:00 - 1:45 pm

Presented by: Andy, President and  
founder of The Health Depot Pharmacy



Join Andy to discuss:

- What Polypharmacy is
- Signs of Medication Overuse
- Why Is Medication Overuse Such A Problem In Older Adults?
- As We Age, We Metabolize Drugs Less Effectively



Special thanks to our sponsors:



On Saturday, May 28th The Good Companions completed the Ottawa Race Weekend Charity Challenge. 20+ walkers crossed the finish line (in part due to the loud applause from our amazing Cheer Squad!). Our sincere thanks to everyone who took part or made a donation! Thanks to your most generous contributions, Team Good Companions was able to raise \$10,000 for the Centre!







# What's Cooking with Frank

*Need a break from cooking?*

**Great news: you can now purchase the same delicious meals you know and love from The Good Companions, to be enjoyed at home!**

*Pre-order your Fruitcakes  
now. Available for  
pickup as of  
November 28th, 2022.*

We continue to offer a variety of frozen meals, soups, and pies for you to purchase and enjoy from the comfort of home, including but certainly not limited to: Chicken Schnitzel, Veggie Burger, Steak and Kidney Pie, Beef Barley Soup, and so much more! Orders can be placed using one of the following options:

1. Over the phone: 613-236-0428 ext. 2131
2. By email: [kstaff@thegoodcompanions.ca](mailto:kstaff@thegoodcompanions.ca)
3. Online via the easy-to-use form:

[thegoodcompanions.ca/frozen-meal-sales](http://thegoodcompanions.ca/frozen-meal-sales)

Visit our website for more information: [thegoodcompanions.ca/frozen-meal-sales](http://thegoodcompanions.ca/frozen-meal-sales).

Once your order has been placed, **we will contact you to arrange a time for you to pickup your order.** If you are unable to pickup your order, we **may be able to arrange delivery.** Please contact us for more information.

## Craft Studio Sale & Christmas Bazaar

Saturday, December 3RD  
9:30 am - 2:00 pm

670 Albert Street - FREE Parking  
Something for everyone on your list!  
TGC's Famous Homemade Tourtière meat pie!

### FEATURING:

Handmade Crats from our Studios  
Artisan Boutique  
Books  
Baking  
Silent Auction  
Nearly New Fashions  
Treasures  
Christmas Café  
& a visit from  
Santa Claus himself!





# Fitness Corner with Ana

**Ana Valença**  
Day Centre Coordinator  
613-236-0428 ext. 2150  
[avalenca@thegoodcompanions.ca](mailto:avalenca@thegoodcompanions.ca)



## New This Fall:

**A Personal Trainer will be available some days of the week for assessments and to provide short personalized sessions for our members.**

Services include:

- 1-on-1 personalized exercise sessions
- Exercises and instructions to track progress
- Supervision and guidance to prevent injury

There will be no cost for this service, but there are very limited spots available.

Register during registration week only:  
September 13, 14, 15 from 10 am - 2 pm

**Don't delay. It is never too late to start exercising.**

**Join a Fitness or Dance Class at The Good Companions this Fall!**

**Strength, Balance, Flexibility and Cardio! We have you covered!**

Our classes can help you keep physically active all year long in a safe environment, either onsite or virtually via Zoom.

**Refer to your Fall Program Guide 2022 for more details.**

## FALL PROGRAM REGISTRATION

We strongly encourage you to register online, but if that is not possible, you can come in person or leave us a voice message at 613-236-0428 ext. 2100 stating that you would like to register over the phone.

**Please be patient while we return your call. Leave one clear message and we will return your call as soon as possible.**

**Registration Week: September 13, 14, and 15 from 10 am - 2 pm**

The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately. Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment.

# In House Services

The Good Companions is pleased to offer many in-house services to members, clients and visitors. Appointments are required for all in-house services. Please call reception to book an appointment: 613-236-0428 ext. 2100

**(\$)** = **Fee applies.** Prices range according to membership status and length of appointment. Volunteers, members, Community Support Services clients and visitors are welcome to participate. **(FREE)** = **No charge.** Some of these services are open to members only.

## Foot Care (\$) - Provided by TiredSole

Professional nursing foot care services by TiredSole, including: skin care, nail trimming, callus, corn and fungus management. Appointments are available between 10 am - 3 pm. The cost is \$37 for members and \$40 for non-members per 20 minute appointment. First time clients must book two consecutive 20 minute appointments to allow for assessment.

**Upcoming Clinics: September 15th, 21st, 29th**  
**October 5th, 13th, 19th, 27th**  
**November 10th, 16th, 24th**

### **\*Foot Care Cancellation Policy\***

Clients must cancel **at least three full working days** before their appointment. Clients who fail to respect this cancellation policy are responsible for payment for their missed appointments and will not be allowed to book any other in-house service appointments until payment is received.

## Hair Care (\$) - Provided by David Kassim

Our knowledgeable and friendly stylist, David Kassim, has the expertise to meet all of your hair care needs. From haircuts for everyone, colours, perms, or simply a shampoo and set, all at affordable prices! Appointments available 9 am - 3 pm. Book an appointment today.

**Upcoming Dates: September 1st, October 6th, November 3rd**

## Legal Services (\$) - Provided by Russell Gibson

Russell Gibson, LLP, is available for brief legal counseling at The Good Companions on the first Monday of every month (except July and August) from 1 pm - 2 pm. Appointments are \$15 for members and \$17 for non-members per 15 minute appointment.

**Upcoming Consultations: September 12th, October 3rd, November 7th**

## Nurse Practitioner (Free) - Provided by Somerset West Community Health Centre.

### By appointment only - Members only

The Good Companions members who are **over the age of sixty-five** and who have difficulty accessing health services can make a 20 minute appointment. Appointments must be made at Front Reception or by calling 613-236-0428 ext. 2100.

**Upcoming Clinics: September 14th, October 12th, November 9th**

**All appointments are booked at Front Reception unless otherwise noted.**  
**As a courtesy, please call to cancel any appointment you know you are unable to attend.**

### Wellness Clinic (Free) - Provided by Somerset West Community Health Centre.

#### Drop-in

An outreach nurse will be available on-site to check your blood pressure and/or blood sugar and to answer your health related questions or concerns. The outreach Nurse is also able to refer to appropriate resources and services within the community to meet your needs. The Wellness Clinic is offered on a regular basis, every 3 months. Please drop by.

**Upcoming Clinic: September 12**

#### Library (FREE)

Books of all genres are available to borrow for up to four weeks. Donations of used books are always welcome and appreciated. **Please coordinate the drop-off of donations** by calling Front Reception at 613-236-0428 ext. 2100. Come in and browse the internet and check your email on one of our four computers. The library is located next to the main washrooms on the first level and is open Monday - Friday\*, 9:00 am - 3:30 pm \*Some classes are being held in the library. Access may be limited. Please check schedule at the door before entering.

#### Repeat Performance and Craft Studio Boutique (\$)

Visit our store and check out our selection of gently used clothing or our handcrafted items made here by members and volunteers. All proceeds support our centre, so come on in!

**We are accepting donations of clothing only. We are currently not accepting shoes or accessories.** Your donation can be dropped off at the store or at Front Reception. **Coordinate the drop off-of donations by calling Front Reception at 613-236-0428 ext. 2100. Please ensure that all items are cleaned before donation.**

FALL SALE: September 12 - 16: All Clothing 50% off. Excluding handcrafted items from the Craft Studio.



## ANGEL TREE REQUEST

**KEEP THIS PROGRAM IN MIND WHEN DOING YOUR CHRISTMAS SHOPPING!**

The Boys & Girls Club of Ottawa is preparing for their Annual Holiday Party in December and The Good Companions will help them once again!








If you are an early bird and can't wait to donate, throughout the month of November, you can bring your **unwrapped gift** to Ana Valença and she will place it under the tree once it's decorated.

If you want to wait until the tree is up and decorated, simply select a tag corresponding to a young boy or girl from the Angel Tree located in the lobby.

Once you have made your purchase, gifts can be dropped off **unwrapped** under the Angel tree.



# September 2022

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| Please Contact Front Reception to Book Any Appointments  |  |  | 1 Southwest Chicken Pizza<br><br>Hair Care  | 2 Pork Stroganoff  |
| 5<br><br>Centre Closed for Labour Day  | 6 Chicken Schnitzel  | 7 Chili Con Carne<br><br>Seniors Active Living Fair and TGC Open House 9:30 am-2:30 pm   | 8 Breaded Fish   | 9<br><br>Centre Closed for Volunteer Recognition                       |
| 12 Veal with Tomato and Peppers<br><br>Legal Services<br><br>Wellness Clinic<br> | 13 Country Sausage with Applesauce   | 14 Turkey Tetrazzini<br><br>Nurse Practitioner<br>  | 15 Baked Fish<br><br>Foot Care            | 16 Chicken Supreme   |
|  | Fall Program Registration (10 am to 2 pm)  |  |  |  |
| 19 Spaghetti and Meatballs   | 20 Herbed Chicken Leg<br><br>Lecture: The Importance Of Volunteering 10:30-11:30 am<br><br>New Member Orientation 1:00-2:00 pm | 21 Soup and Sandwich<br><br>Welcome Back Luncheon 12:00 pm (tickets required)<br><br>Foot Care  | 22 Quiche  | 23 Beef Stew<br><br>Birthday Party And 15 Year Recognition Tea 1:15 pm |
| 26 Chicken Parmesan  | 27 Swedish Meatballs   | 28 Pork Chop   | 29 Chicken Breast<br><br>Foot Care        | 30 Macaroni and Cheese   |

## Seniors Active Living Fair and TGC Open House

**Wednesday, September 7**

**9:30 am-2:30 pm**

This event will feature information on health, safety and social services in the Ottawa area and will highlight the programs and services at The Good Companions. **FREE** chili and corn bread, **FREE** admission, **FREE** parking, door prizes, seminars, exhibits, fitness and cooking demonstrations and much more! This event is brought to you in partnership with the Older Adults Centres' Association of Ontario and funding support provided by the Government of Ontario.

---

## Fall Program Registration

**September 13, 14, 15**

**10:00 am-2:00 pm**

Registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](http://thegoodcompanions.ca/programs-services/program-registration) or in person. Please see the Fall Program Guide for a full list of the programs being offered. If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.

---

## Alan P. Sentance Educational Lecture: The Importance Of Volunteering - Why and How to Volunteer

**Tuesday, September 20, via Zoom**

**10:30-11:30 am**

**Presented by Volunteer Ottawa**



Why volunteer? Maybe it is because the benefits of volunteering are almost endless...Just ask someone who does it. You'll be amazed at the ways a person can grow in just a few hours a month and how the sense of fulfillment also helps the community. Many people say that volunteering has changed them in ways they never expected. They've made new friends, learned new skills, expanded their hearts, minds and souls, perhaps even landed a job! The benefits are as varied as the volunteers. Join us for this interactive presentation and find out different ways to volunteer in your community and how volunteering can be good for you.

---

## New Member Orientation

**Tuesday, September 20**

**1:00-2:00 pm**

This orientation will provide new members (or existing members seeking more info about TGC) with the opportunity to meet other new members and staff. There will be mingling, refreshments and details on all the Centre has to offer. There is no charge for this event.

---

## Welcome Back Luncheon

**Wednesday, September 21**

**Cost: \$15**

**12:00 pm**      Menu: mixed greens salad, BBQ chicken breast, rice pilaf, roasted vegetables, apple cobbler with ice cream, coffee and tea.

**1:00 pm**      Entertainment provided by musical performers **The Usual Fellows Jazz Band**.

**Deadline for ticket purchase is September 19 by 3:00 pm.**

---

## Birthday Party & 15 Year Recognition Tea

**Friday, September 23**

**1:15pm**

Entertainment will be provided by **Chris Sandes Trio**. Members celebrating 15 years of paid membership this year (consecutive membership - April 1, 2005 to March 31, 2022) will receive an invitation by mail. Cake, ice cream, coffee or tea will be served after the show. There is no charge for members celebrating birthdays; **\$4 for all others**. Guest tickets are available at Front Reception on the day of the party. The birthday party is brought to you by **First Memorial Funeral Services**.



# October 2022

| MONDAY   | TUESDAY                        | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--------------------------------|--|---|--|
| <b>3</b> Steak and Kidney Pie<br><br>Legal Services<br> | <b>4</b> Ham Steak             | <b>5</b> Chicken Drumsticks<br><br>Foot Care    | <b>6</b> Baked Fish with Dill Sauce<br><br>Lecture: Christmas Without Debt<br>1:00-2:00 pm<br><br>Hair Care  | <b>7</b> Soup and Sandwich<br><br>Harvest Meal<br>12:00 pm<br>(tickets required)   |
| <b>10</b><br><br>Centre Closed for Thanksgiving  | <b>11</b> Veal Cutlet          | <b>12</b> Pork Pepper Steak<br><br> Nurse Practitioner  | <b>13</b> Baked Chicken<br><br>Foot Care   | <b>14</b> Beef Stroganoff  |
| <b>17</b> Meatballs and Gravy  | <b>18</b> Greek Chicken Breast | <b>19</b> Soup and Sandwich<br><br>Octoberfest Luncheon<br>12:00 pm<br>(tickets required)<br><br>Foot Care  | <b>20</b> Thyme Rubbed Roast Pork Loin  | <b>21</b> Chicken Pot Pie  |
| <b>24</b> Chicken Breast Santa Fe  | <b>25</b> Seafood Newburg      | <b>26</b> Hamburg Steak  | <b>27</b> Coq au Vin<br><br>Foot Care    | <b>28</b> Baked Ham<br><br><br>Birthday Party |
| <b>31</b> Veal with Mushrooms<br><br>Halloween Tea<br>1:00 pm<br>(tickets required)  |                                |  |   |  |



### Alan P. Sentance Educational Lecture: Christmas Without Debt

Thursday, October 6, via Zoom

1:00-2:00 pm

Presented by Mark Kalinowski, Financial Educator at The Credit Counselling Society

"Christmas comes each time this year...", sound familiar? For you to enjoy Christmas and the holidays, it is important that you prepare for the financial toll it will take on your budget. Participants will learn how to plan early to avoid a debt hangover in January.



Alan P. Sentance Educational Lectures are free online presentations delivered via Zoom, with the option to connect over the phone. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca) to register and receive the Zoom information to connect.

---

### Harvest Meal

Friday, October 7

Cost: \$15

12:00 pm Menu: roll, roast turkey, dressing, gravy, mashed potatoes, carrots and green beans, pumpkin pie, coffee and tea.

1:00 pm Entertainment provided by Dai Bassett

Deadline for ticket purchase is October 5 by 3:00 pm.

---

### Octoberfest Luncheon

Wednesday, October 19

Cost: \$15

12:00 pm Menu: sauerkraut soup, bratwurst sausage, roasted potatoes with bacon, braised cabbage, apple strudel, coffee and tea.

1:00 pm Entertainment provided by The International Set Duo.

Deadline for ticket purchase is October 17 by 3:00 pm.

---

### Birthday Party

Friday, October 28

1:15 pm

Entertainment will be provided by **Marleen Fawcett**.

Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



---

### Halloween Tea

Monday, October 31

1:00 pm

Cost: \$5

Entertainment will be provided by musical performer **George McNaule**.

The dessert will feature pumpkin cheesecake, coffee and tea.

Deadline for ticket purchase is October 28 by 3:00 pm.

# November 2022

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| Lunch is Served Daily from 11:30am to 1:00pm   | 1 Chicken Leg   | 2 Pork Chop<br>Members' Meeting 2:00 pm  | 3 Turkey Schnitzel<br>Hair Care                                        | 4 Beef Macaroni and Tomatoes<br>Fall Back<br>Set your clocks back one hour before bed on Sunday.  |
| 7 Chicken Cutlet<br>Legal Services  | 8 Ham and Cheese Casserole<br>Lecture: End-Of-Life Choices/MAID 10:30 am-12:00 pm | 9 Sole with Dill Sauce<br>Nurse Practitioner    | 10 Hungarian Goulash<br>Remembrance Day Service 10:30 am<br>Foot Care  | 11 Centre Closed for Remembrance Day   |
| 14 Beef Ravioli  | 15 Mediterranean Chicken Breast   | 16 Soup and Sandwich<br>67th Anniversary Luncheon 12:00 pm (tickets required)<br>Foot Care  | 17 Ham Steak  | 18 Turkey Burger   |
| 21 Farmer Sausage  | 22 Chicken Stir Fry   | 23 Salisbury Steak   | 24 Lemon Pepper Sole<br>Foot Care                                    | 25 Swedish Meatballs<br><br>Birthday Party  |
| 28 Chicken Drumsticks  | 29 Herbed Pork Chop   | 30 Veal Chasseur   | Mark your calendar!<br>Winter Program Registration January 10, 11, 12   | The Good Companions Craft Studio Sale & Christmas Bazaar will be held on <b>Saturday, December 3rd</b> 9:30 am-2:30 pm   |
| Donations of baked goods for the Bazaar will be accepted all week  |   |  |   |  |

## Alan P. Sentance Educational Lecture: End-Of-Life Choices/MAID (Medical Assistance In Dying)

Tuesday, November 8, via Zoom

10:30 am-12:00 pm

Presented by Dying With Dignity



This comprehensive presentation will summarize the various choices of near end-of-life and information on palliative care. You will learn, among other things, the history of the legislation, the pioneers who led to the legalization of medically assisted dying, recent legislation whereby death does not need to be reasonably foreseeable, eligibility criteria, and the process of the journey leading up to a MAID death. The presentation takes one hour, followed by Q&A.

Alan P. Sentance Educational Lectures are free online presentations delivered via Zoom, with the option to connect over the phone. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca) to register and receive the Zoom information to connect.

## Remembrance Day Service

Thursday, November 10

10:30 am

All are welcome to join us in a service of remembrance. Poppies will be available at Front Reception the first week of November.

## 67th Anniversary Luncheon

Wednesday, November 16

Cost: \$17

12:00 pm Menu: mixed greens salad, panko crusted chicken, roasted mini potatoes, seasonal vegetables, chocolate mousse, coffee and tea.

1:00 pm Entertainment provided by **The Starry Nights**.

**Deadline for ticket purchase is November 14 by 3:00 pm.**

## Birthday Party

Friday, November 25

1:15 pm

Entertainment will be provided by '**Side by Side**' featuring **Maureen and John McGovern**.

Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



## The Good Companions Craft Studio Sale & Christmas Bazaar

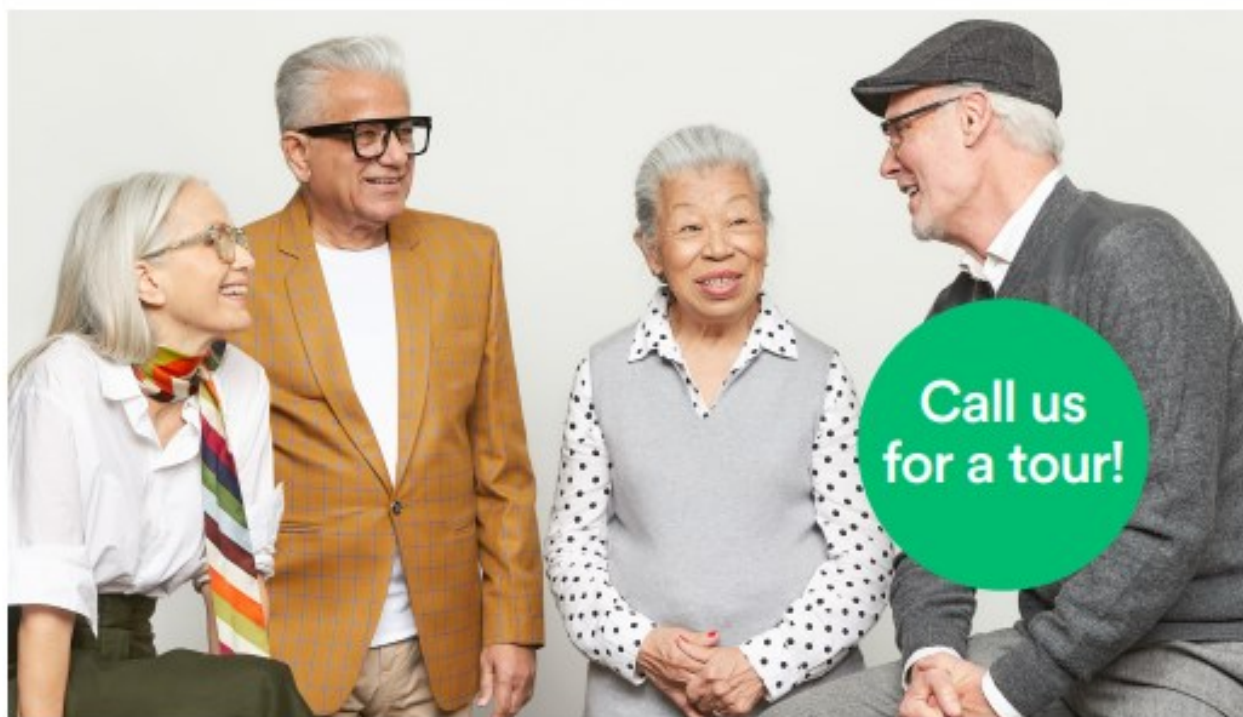
Saturday, December 3

9:30 am to 2:30 pm

**FREE admission**

**Featuring:** crafts from our studios, books, baking, silent auction, treasures and a Christmas café. Plus a visit from Santa Claus himself!

**Donations of baked goods to sell at the Bazaar will be accepted as of November 28.**



Call us  
for a tour!

## Enjoy Independent Living at Aspira Bearbrook

At Aspira Bearbrook Retirement Living a warm community of like-minded peers awaits so come in and see our stylish Independent Living one bedroom and studio apartments. Independent Living allows you to continue enjoying the freedom and flexibility of life with no day-to-day responsibilities. Maintain an active social life, explore new friendships and engage in a wide range of activities. So, if you're currently feeling bogged down by an endless list of chores, or are tired of feeling like you have no time for the people or things you love, then we have a plan for you. **It's time for Plan A with Aspira.**

**Call us: 1-866-959-4848**



**Aspira  
Bearbrook**  
Retirement Living

2645 Innes Road, Ottawa, ON, K1B 3J7

[aspiralife.ca](http://aspiralife.ca)