

The Good Companions

Spring Bulletin

MARCH - APRIL - MAY • 2023



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

Spring Program Registration April 4th, 5th and 6th 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 confirmation email with the Zoom link, ID and password to the class (for virtual classes only). 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 Spring 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.

It's Time to Renew Your Membership!

Renew your membership (including parking and lockers) using one of these options:

1. Online: thegoodcompanions.ca/membership/renewing-members
2. In person or over the phone during business hours: 613-236-0428
3. By mail with a cheque made payable to The Good Companions
670 Albert St.
Ottawa, ON K1R 6L2

Membership runs **April 1 - March 31** and costs \$35.50 per year.

EARLY BIRD RENEWALS

Renew your membership (including parking and lockers) before **April 1st** to be automatically entered into a draw to win a fabulous gift basket!



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In Loving Memory

Rochi Anderson	Marion Inglis
Gary Bagley	Freny Irani
Kim Blakeney	Addie Jeejeebhoy
Burgi Drews	Frank Kavcic
L Elliott	Florian Langevin
Lynda Furlotte	Maria Malheiro
Jim Glover	Janet Mitchell
Joan Glynn	Aline Van Muchebroek
Karin Hunter	Deborah Nagora
George Iglezos	Anne Voulay

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
info@thegoodcompanions.ca





Team Good Companions



Aaron



Adrienne



Ana



Angella



Anne



Basma



Barry



Brenda



Carolyn



Cici



Darlene



Emily



Frank



George



Grace



Jessica Z



Jessie



Justin



Laurie



Linda



Lisa S



Mariola



Mariusz



Miranda



Monique



Nicole



Nikkie



Penny



Rana



Rebecca



Sam



Sonia



Stephane



Sylvie



Trish



Véronique



Vlodek

A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the Spring 2023 edition of The Good Companions bulletin.

On behalf of our entire team, we want to thank our generous sponsors and donors who supported our annual giving campaign as well as Santa 4 Seniors. Your gift supports programs and services for older adults in the Centre and in the community. Your donation allows TGC to meet the increasing need in our community. THANK YOU!

We have new members joining the TGC staff team. Please join me in welcoming Justin Sauvé as an Adult Day Program Assistant. Justin joined our team on a contract in the fall of 2022 and he is now a full time member of the ADP team! We also welcomed Grace Barrett as our part time Adult Day Program Assistant. Grace joined us in January. Recently The Good Companions Seniors' Centre Without Walls Expansion Team has expanded to deliver the program and training in French. Meghan Cornett joined our Expansion team on February 21st as our new French Program Coordinator.

Lights... camera... action! In June 2023, TGC will have a film crew on site and in the community. The team will be highlighting Good Companions programs and services in the Centre, out in the community as well as our transportation programs. We are looking forward to sharing

our story on all of our social media platforms! Watch for more details.

Do you know an older adult who would benefit from joining The Good Companions? Are they looking to join a community, get involved, have fun and make new friends? If yes, please encourage them to sign up for a tour or ask them to join you for coffee, tea, lunch or a special event. We look forward to welcoming new members and having them join our community!

Be sure to register for Team Good Companions for the Ottawa Race Weekend. Team members will be walking 2kms together on Saturday, May 27th, 2023 to raise funds for TGC. Join us for the 2kms, 5kms or join our team section to cheer the walkers on. Please see Nicole MacLean to register or to cheer us on!

Please be sure to register for our virtual members' meeting on April 18th, 2023 at 1 pm to discuss TGC updates and activities with our Board President, Seán K. Kelly.

Save the date for our Annual General Meeting which is scheduled for Monday June 12th, 2023 at 3 pm. We encourage everyone to attend the meeting to elect the Board of Directors, review and approve TGC's updated bylaws, TGC's strategic plan for 2023-2026 and receive our Annual Report and Audited Financial statements.



Community Support Services

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> to access services on line through our Caredove website: <https://www.caredove.com/champlaincss>

Help around the Home this spring?

Check out our Home Maintenance and Home Help Program.



Need help with essential maintenance tasks in and around your home this spring? Ask us about our directory of companies or contractors that we have screened; including clean police records checks for working with the vulnerable sector and commercial liability insurance. They have implemented COVID-19 safety procedures in accordance with public health guidelines. They can do indoor and outdoor maintenance tasks including, housecleaning, air conditioner installation, general repairs, and yard work. Cost is arranged directly with the company. Call 613-236-0428 ext.2250



Handy Helper Volunteers have resumed in person visits to complete many tasks including, changing light bulbs, smoke detector batteries, assembling small furniture e.g. bookshelf, installing curtain rods, organizing, light yard work e.g. planting and pruning. This is a free program. Let us know if we can help!

Looking to join a virtual group or class? Or wanting to connect with family and friends on line? Our Handy Helper volunteers will connect with you by phone or by video conference to provide one-on-one help with basic technology, e.g. setting up and how to use printers, cell phones, computers or tablets, also basic instruction in how to use virtual programs such as Zoom; call 613-236-0428 ext. 2250

Need Transportation to your medical or essential appointments?



Our drivers are ready to take you to your appointments. You must be registered with us to use this service and book your drive at least 7 days in advance. The cost depends on the kilometers driven per round trip and ranges from \$12 to \$27. Our drivers will provide minimal assistance to get in and out of the vehicle if needed, walkers will be loaded but we are unable to take wheelchairs. Everyone using the program must still follow COVID-19 safety protocols including practicing physical distancing as much as possible, wearing masks and frequent handwashing. To register for this program please call 613-236-0428 ext. 2235



良友华人社区服务专



欢迎广大中老年华人加入我们丰富多彩的节目以及各项社区支持服务！

更多详情可访问良友中心网站或致电**613-236-0428**（分机 2777）

工作人员茜茜（Cici）和小金（Jessie）期待更多朋友的加入！我们也将尽力提供更多的帮助！

情牵你我, 温暖在线 免费电话节目



想要足不出户通过一部电话来交友聊天以及了解更多的咨询吗？我们诚挚邀请广大中老年朋友参与**每周一和周四**上午**10:00 – 10:30**的温情电话节目！我们为大家精心准备了许多丰富精彩的节目内容，具体包括：时事新闻，养生保健，嘉宾讲座，人文历史等等。**参与方法**：拨打**613-686-1547**英文自动答录结束后，按**621410#**等待主持人连线即可。快和你身边的朋友和邻居，一起拿起电话，加入我们线上的聊天互动，趣味分享节目吧！**每月电话节目安排表请参考链接：**

<https://thegoodcompanions.ca/community-support-services/supportsfor-chinese-seniors/>

星期五超市购物接送服务



想要一起去新世界超市, FreshCo 和 Food Basics 采购新鲜的果蔬吗？我们**每周五**上午**9:00 – 13:00**会提供**免费**超市接送服务！

请注意：本服务目前仅限于居住在 395 Somerset, 415 Maclaren, 80 Florence, 280 Rochester 和 865 Gladstone 的老年人和身患残疾的成年人；参与者必须能够独立自理杂货选购。**参与者必须提前致电预定座位！**具体行程表安排请参考链接：

<https://thegoodcompanions.ca/community-support-services/supports-for-chinese-seniors/>



上门维修服务

我们的志愿者提供上门维修服务。服务范围包括：电脑维修、调试电视/DVD、安装窗帘、更换烟雾探测器电池和灯泡、组装家具等一系列的小型维修服务。详情请致电了解更多的维修服务项目！

良友中心是由安大略省老年人与无障碍部，东安大略省联合之路和渥太华市政府提供资助和支持的非盈利组织。

中心地址: 670 Albert St. Ottawa 官方网站: www.thegoodcompanions.ca

Volunteer Corner

VOLUNTEER

all that's missing is U!

Nikkie Snagg
Membership & Volunteer Services Coordinator
613-236-0428 ext. 2230
volunteer@thegoodcompanions.ca



The intelligent way to be selfish is to work for the welfare of others. ~ The Dalai Lama



Volunteer Recognition 2023

Friday, May 5, 2023

Registration begins at 10 am Party 11 am - 2 pm

Entertainment: Ottawa Magician: Chris Pilsworth

RSVP no later than Friday, April 28 by calling: 613-236-0428 x 2100.

Interested in Volunteering?

We have many rewarding volunteer positions that you will enjoy!

- ♦ Transportation drivers
- ♦ Telephone assurance
- ♦ LGBTQ2+ Wellness check in callers
- ♦ Client connect callers
- ♦ Grocery Bus (in store and on the bus every other Tuesday)
- ♦ Telephone receptionist (various shifts)
- ♦ Adult Day Program (various shifts)
- ♦ Jewelry Leader
- ♦ Bingo Caller
- ♦ Telephone Assurance (Mandarin / Cantonese Speaking)
- ♦ Craft Assistant
- ♦ Woodshop Leader (various shifts)
- ♦ Handy Helper (organizing, clothes flipping)

Volunteer Contest

Okay. Volunteers here are the details:

submit an email to
volunteer@Thegoodcompanions.ca
with subject: **Volunteer Contest**
answering the following question:

What does volunteering at The Good Companions mean to you?

There will be 5 winners! 1 entry per volunteer

Your entry can be featured in our next Bulletin.



Volunteer Spotlight

Jenny is a breath of fresh air and has been volunteering with the Adult Day Program since May of 2022. She has been instrumental to the Thursday program. Her demeanour and passion can be seen in her radiant smile and warm welcoming demeanor. She is always willing to help and has created unique relationships with each of the clients. We are so lucky to have Jenny as part of our TGC family!



LGBTQ2+ Program



Stephane Gauthier
LGBTQ2+ Program Coordinator
613-236-0428 ext. 2353
sgauthier@thegoodcompanions.ca



Happy spring everyone!

The snow is melting, layers of winter clothing are coming off and it seems our beautiful city is waking up from its long cold slumber. What better time to start a new healthy habit like walking. The Out and About Walking club is a great way to get moving and socialize within a safe inclusive space!

Participants meet up at The Good Companions parking lot for a 1 hour walk (rain or shine) every Thursday at 10:00 am (starting April 20th) followed by a coffee social in The Good Companions dining room from 11:00 am to 12:00 pm.

To register contact reception at 613-236-0428 and our receptionist will be happy to add your name to the list.

Still need convincing? Here are 5 surprising health benefits to walking regularly:

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

I hope by this point you are excited to make yourself a priority, laugh and have fun all while getting healthier.

Seniors' Centre Without Walls



Emily Payne
SCWW Coordinator
613-236-0428 ext. 2323
epayne@thegoodcompanions.ca



Spring may be right around the corner but in true Ottawa fashion, we still have lots of winter left to go and getting out and about can still be a challenge for many. One way to beat the winter blues, meet people, and learn new things is to try one of our telephone programs. To give you a better idea of how the program works, listed below are the answers to some common questions we receive from new participants.

Seniors' Centre Without Walls FAQ

Do I need internet to access this program?

No, all you need is a telephone!

What kinds of programs do you offer and how frequently?

We run a total of 13 programs per week spread out Monday - Friday. Our programs include health & wellness presentations, educational presentations, art & travel programs, and special events. We also have our regular programs which include trivia, discussion groups about a wide range of topics, and even BINGO! Some of our upcoming presentations include Mental Health & Wellness in the Community, How to Prepare for an Emergency, and Canadian Tourist Attractions.

How many people are on the phone calls?

It depends on the program, but typically there are 15 - 20 participants per call.

I can sometimes be shy meeting new people – is that okay?

Absolutely! Your level of participation is completely your choice. You are welcome to jump in and join the discussion at any point but if you are more comfortable sitting back and listening, that's okay too.

How can there be a group discussion when we can't see each other?

There is always a staff facilitator on the call who helps manage the discussion – for example, if more than one person speaks up at once, the facilitator will call each individual by name so everybody has a chance to speak. To join the conversation, it's as easy as speaking up just like you were talking to a friend on the phone.

For more information about how to get started and to receive a copy of our program guide, call Emily Payne at 613-236-0428 extension 2323.



Adult Day Program

Penny Bodnoff

Adult Day Program Coordinator
613-236-0428 ext. 2200

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

Justin Sauvé, Adult Day Program Assistant - Monday to Friday, ext. 2191

Grace Barrett, Adult Day Program Assistant - Monday to Friday, ext. 2191

Sydney Branch, ADP Placement Student - Monday's and Wednesday's ext. 2191

Dahlia Belfer, ADP Placement Student - Thursday's until April, ext. 2191



We are now running an **L G B T Q 2+** Adult Day Program on the 2nd and 4th Saturday of each month from 9:30 am to 2:30 pm

For more information please contact:

Penny Bodnoff, Adult Day Program Coordinator
(613) 236-0428 ext. 2200

pbodnoff@thegoodcompanions.ca

Members' Meeting



Tuesday, April 18th, 2023 | 1:00 - 2:00 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 TGC 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

TEAM GOOD COMPANIONS 2K GROUP FUN WALK



Date: Saturday, May 27, 2023
Time: 3:00 pm ET
Location: Ottawa City Hall
110 Laurier Ave W

Join Team Good Companions to walk for seniors and for your Centre!

Come out and show your enthusiasm for TGC! Raise pledges for Good Companions so we can ensure seniors in Ottawa are supported to live their best life! This race is welcoming for all ages. From youthful speedsters to families and seniors running and walking together, inclusivity and fun take centre stage at the Ottawa Race weekend 2K.

Starting at Ottawa City Hall, the Ottawa 2K presented by ASICS Runkeeper sends participants down a cheering Elgin Street before looping back down the Rideau Canal for a finish line experience that's hard to beat.

Along with walkers/runners, The Good Companions is also looking for cheer leaders to join our **CHEER SQUAD** to motivate our team along the way. There is no fee to take part in the Cheer Squad.

Feeling a bit more ambitious than the 2KM?

You can still support and join Team Good Companions no matter which race you enter!



Use this link to register with Team TGC!
<https://raceroster.com/64371?aff=27VCM>

For help contact: Nicole:
613-236-0428 Ext. 2221,
nmaclean@thegoodcompanions.ca

Current event pricing:
(may increase closer to race date)
\$45.00 CAD + applicable fee + HST
20% off for youth (3-18 years of age)
0-2 years of age are free





What's Cooking

Do you get tired of making the same meals or just need a break from cooking? You can purchase the same delicious meals you know and love from The Good Companions, to be enjoyed at home!

Our kitchen staff makes it easy for you by providing home cooked meal that will meet all your needs when it comes to quality fresh frozen food.

We 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: Swedish Meatballs, Chicken Parmesan, Sweet & Sour Pork, Veggie Chili, Split Yellow Pea Soup, and so much more!
The Good Companions also provides gluten free or dairy free meals.

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
3. Online via the easy-to-use form:

<https://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.**

INTERNATIONAL MENU'S ARE BACK ONCE A MONTH



MARCH 10TH

JAMAICAN JERK PORK LOIN
WITH RICE AND PEAS
STEAMED



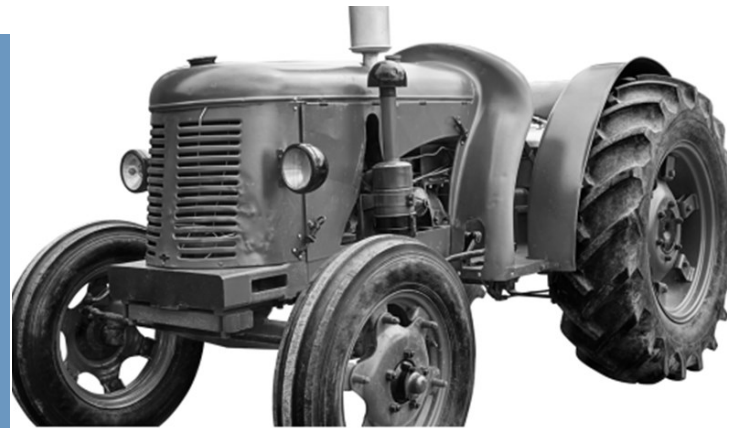
APRIL 14TH

ALGERIAN STEWED BEEF
AND CHICK PEAS
COUSCOUS



MAY 12TH

CHILEAN BEEF EMPANADA
WITH TOMATO SALAD



**CAN YOU CARVE YOUR
WILL INTO A TRACTOR
FENDER WITH CONFIDENCE
THAT A CANADIAN COURT
OF LAW WILL UPHOLD IT?**

Yes, and the Mann Lawyers Wills and Estates team will help, but may also suggest using pen and paper.

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613-722-1500
mannlawyers.com

Mann
lawyers



Your Local Real Estate Specialists

The entire Chell Team made selling our house a smooth and pleasant experience. Susan was warm, and friendly and knew exactly what to do at every step of the process and gave us excellent guidance along the way. We could not have been happier working with her! She remained upbeat and confident every step of the way and assisted us with the staging process and created a top notch marketing package for our home resulting in a successful sale. We would highly recommend the Chell Team to anyone selling or buying a house. They are the ultimate professionals!

-Shari G. and Alain V.

Susan Chell, Broker | Patti Brown, Broker | Sarah Toll, Broker



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Website



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home too!

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www.chellteam.com

RE/MAX
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Brokerage, Independently Owned and Operated | RAISING THE BAR

Fitness Corner



Ana Valença
Day Centre Coordinator
613-236-0428 ext. 2150
avalenca@thegoodcompanions.ca



The Spring is a great time to check in with your exercise routine.

Resistance training is also important, with a recommendation of at least 2 days a week with 8 to 12 repetitions in 1 to 3 sets of different exercises that target all major muscle groups.

The general recommendation for exercise are at least 30 minutes of moderate-intensity physical activity 5 days a week, 20 minutes of vigorous-intensity activity 3 days a week, or a combination of both.

Exercise with us!

Join our fitness classes this Spring or take advantage of our gym equipment for a workout on your own. Our classes and Gym can help you keep physically active in a safe environment.

Refer to your Spring Program Guide 2023 for more details.

Our Fitness and Recreational Dance Classes are taught by certified fitness and dance professionals at very reasonable rates.

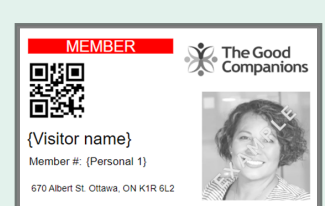
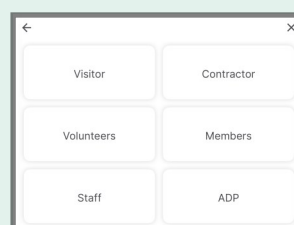
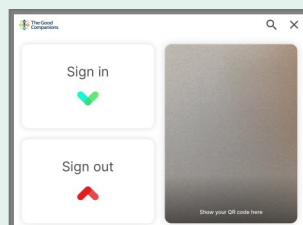
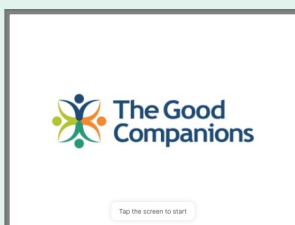
New way to sign in at TGC

The Good Companions is excited to announce that we have upgraded to a sign in App.



When signing in for the first time, please follow these steps;

1. Tap the screen, click sign in
2. Select the group from the list provided (Member, Volunteer, Visitors...)
3. Type in your full name, if you're a member or volunteer, your name should appear on the screen
4. The camera will appear to take your photo and then click continue
5. A badge with your name and photo will print
6. Members and Volunteers who sign in for the first time, need to bring the badge to front Reception to laminate



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: March 8th, 16th, 22nd
April 5th, 13th, 19th, 27th
May 3rd, 11th, 17th, 31st

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 10 am - 3 pm. Book an appointment today.

Upcoming Dates: March 2nd, April 6th, May 4th

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: March 6th, April 3rd, May 1st

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 between 9:30 - 11:30 am. Appointments must be made at Front Reception or by calling 613-236-0428 ext. 2100.

Upcoming Clinics: Back in June

**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 from 9 am - 12 pm. Please drop by.

Upcoming Clinic: April 4th

Dental Hygiene (\$) - Provided by Erin Townsend

Dental Hygiene services is back to our list of In-House services!

High quality, oral healthcare services designed to keep your teeth and gums healthy and your smile bright! Preventive services include oral dental hygiene assessment, oral cancer screening, teeth cleaning, desensitization, fluoride treatment and sealant application. Prices vary according to treatment, and will be determined during your assessment. Provided by Erin Townsend, registered Dental Hygienist. Located in Room 243-A by the Hair Salon.

Appointments from 9 am - 3 pm.

Upcoming clinics: March 10th

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.**

Spring Sale: All clothing 50% Off during the month of April.



ANGEL TREE

YOU DID IT AGAIN! WE WERE THRILLED WITH THE RESPONSE WE HAD THIS PAST NOVEMBER AND DECEMBER. WE WOULD LIKE TO THANK YOU FOR THE JOY YOU HAVE BROUGHT TO HUNDREDS OF CHILDREN FROM THE BOYS & GIRLS CLUB OF OTTAWA.

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The Good Companions Quarterly Bulletin
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For more information, please contact: Nicole MacLean
nmaclean@thegoodcompanions.ca 613-236-0428 ext. 2221

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>		<p>1 Chicken Leg</p>	<p>2 Ham Steak</p> <p>Hair Care </p>	<p>3 Steak and Mushroom Pie</p>
<p>6 Spaghetti and Meatballs</p> <p>Legal Services </p>	<p>7 Chicken Schnitzel</p>	<p>8 Lemon Sole</p> <p>Foot Care </p>	<p>9 Shepherd's Pie</p>	<p>10 Jerk Pork</p> <p>Dental Hygiene Clinic </p> <p>Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.</p> 
<p>13 Chicken Breast</p>	<p>14 Pizza and Salad</p>	<p>15 Baked Ham</p> <p>St. Patrick's Day Tea 1:00 pm (tickets required)</p>	<p>16 Chili and Cornbread</p> <p>Foot Care </p>	<p>17 Roast Turkey</p>
<p>20 Stuffed Fish</p>	<p>21 Pork Chop Chasseur</p>	<p>22 Chicken and Broccoli casserole</p> <p>Foot Care </p>	<p>23 Salisbury Steak</p>	<p>24 Chicken Parmesan</p> <p>Happy Birthday </p> <p>Birthday Party</p>
<p>27 Farmer Sausage</p>	<p>28 Turkey Schnitzel</p> <p>Lecture: My Para Transpo 10:30 am-12:00 pm</p>	<p>29 Meatloaf</p>	<p>30 Soup and Sandwich</p> <p>Easter Brunch 11:00 am (tickets required)</p>	<p>31 Pork Chop</p>

St. Patrick's Day Tea

Wednesday, March 15

1:00 pm

Cost: \$5

Entertainment will be provided by musical performer **Bern Forestell**.

The dessert will feature chocolate cheesecake brownie with ice cream, coffee and tea.

Deadline for ticket purchase is March 13 by 3:00 pm.

Birthday Party

Friday, March 24

1:15 pm

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



Alan P. Sentance Educational Lecture: My Para Transpo

Tuesday, March 28 - In Person

10:30 am - 12:00 pm

Presented by OC Transpo

You may have heard about the **My Para Transpo** new self serve system. But do you know how to use it? In an effort to familiarize its customers with the system, OC Transpo will provide this very informative presentation to members, clients, and volunteers at The Good Companions. Invite a friend or family member and learn, hands-on, how to use this new and convenient tool to book your rides. **This is a free information session. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Refrain from wearing any perfume or scented product. Use of mask is mandatory in our centre. Please register in person or call Front Reception to reserve your spot.**

Alan P. Sentance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Easter Brunch

Thursday, March 30

Cost: \$15

11:00 am Menu: Assorted pastries, salads, pancakes, scrambled eggs, bacon, sausage, home fries, seasonal vegetables, herbed chicken breast, chef carved ham, carrot cake, coffee and tea.

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

Para-Transpo Pick-Up Reminder

A Friendly Reminder To Please Schedule Your Para Pick-Up For No Later Than **3:00 pm**, As Our Building Closes at 4:00 pm.



***Exceptions For Special Events May Apply**

Important information

- Please inform Front Reception of any dietary restrictions when you purchase tickets to an event.
- Please note and respect that our centre is scent free.

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sole Legal Services 	4 Chicken Drums  Wellness Clinic Spring Program Registration (10 am to 2 pm)	5 Sweet and Sour Pork Chop Foot Care 	6 Swedish Meatballs Hair Care 	7 Centre Closed for Good Friday
10 Centre Closed for Easter Monday	11 Veal New Member Orientation 1:00-2:00 pm	12 Cossack Chicken	13 Breaded Fish Foot Care 	14 Stewed Beef 
17 Hamburg Steak	18 Chicken Breast Members' Meeting 1:00-2:00 pm More information on page 11	19 Pasta with Meat sauce Lecture: Funeral Planning 1:00-2:00 pm Foot Care 	20 Roast Pork	21 Chicken Schnitzel
24 Chicken Cacciatore	25 Baked Fish	26 Beef Pepper Steak	27 Turkey Schnitzel Foot Care 	28 Ham Steak  Birthday Party
Please Contact Front Reception to Book Any Appointments				Lunch is Served Daily from 11:30 am to 1:00 pm

New Member Orientation

Tuesday, April 11

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. RSVP at Front Reception.

Alan P. Sentance Educational Lecture: Information on Funeral Planning in Ottawa

Wednesday, April 19 - Via Zoom

1:00 - 2:00 pm

Presented by Beverlee McIntosh, Funeral Cooperative of Ottawa

Let's talk about funerals. What do you need to know about death and funerals in Ontario? This 1 hour presentation provides general information on a range of choices available from traditional funerals, cremation, to newer "trends" such as aquamation and green burial. Learn how a not-for-profit funeral home, the Funeral Co-operative of Ottawa, can assist you in planning a funeral for yourself or a loved-one. This is a great starting point to help you and your executor discuss your own funeral plans or for anyone who might be relying on you to arrange their funeral services. **This is a free online presentation 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 to register and get the zoom information to connect.**

Alan P. Sentance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Birthday Party

Friday, April 28

1:15 pm

Entertainment will be provided by **The Rivermen**.

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**.



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



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

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

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage Patties with cream gravy Legal Services 	2 Chicken Cordon Bleu	3 Herbed Pork Chop Foot Care 	4 Beef Stroganoff Hair Care 	5 <div>Centre Closed for Volunteer Recognition</div> <div>NO PROGRAMS NO LUNCH</div>
8 Veal with Mushrooms	9 Fish Cakes	10 Chicken Schnitzel	11 Honey Garlic Pork <div>Mother's Day Tea 1:00 pm (tickets required)</div> Foot Care 	12 Beef Empanada 
15 Hot Hamburg Sandwich	16 Soup and Sandwich <div>Spring Fling Luncheon 12:00 pm (tickets required)</div>	17 Baked Ham <div>Lecture: Budgeting 11:00 am -12:00 pm</div> Foot Care 	18 Chicken Pot Pie	19 BBQ Sausage
22 <div>Centre Closed for Victoria Day</div>	23 Chicken Parmesan	24 Sole	25 Meatballs and Gravy	26 Roast Turkey  Birthday Party
29 Herbed Chicken	30 Veal with Tomato Sauce	31 Roast Pork Foot Care 	 Mark your calendar! Summer Program Registration June 20, 21, 22	Lunch is Served Daily from 11:30 am to 1:00 pm

Mother's Day Tea

Thursday, May 11

1:00 pm

Cost: \$5

Entertainment will be provided by musical performer **The Chris Sandes Trio**.

The dessert will feature double chocolate loaf with caramel sauce, coffee and tea.

Deadline for ticket purchase is May 9 by 3:00 pm.

Spring Fling Luncheon

Tuesday, May 16

Cost: \$16

12:00 pm Menu: Spring vegetable salad, honey citrus chicken, herbed rice, seasonal vegetables, strawberry lemon blondie, coffee and tea.

1:00 pm Entertainment provided by **Arlene Quinn**.

Deadline for ticket purchase is May 12 by 3:00 pm.

Alan P. Sentance Educational Lecture: Budgeting In Times Of Rising Costs

Wednesday, May 17 - Via Zoom

11:00 am - 12:00 pm

Presented by Angela Dzinis

You may find yourself (or know someone who is) among the many Canadians who are struggling to keep up with the cost of living. As things become more expensive, consumers need to re-examine and adjust their budgets as they are paying more for essentials like groceries. There are many things to consider when planning your budget. Come join us for this very informative presentation with Angela Dzinis, Personal Finance Expert. She will discuss various strategies and steps to create and/or adjust your budget to help you manage the rising cost of living. **This is a free online presentation 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 to register and get the zoom information to connect.**

Alan P. Sentance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Birthday Party

Friday, May 26

1:15 pm

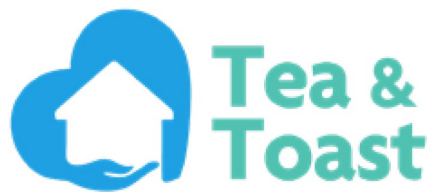
Entertainment will be provided by **The Good Companions Choir**, directed by Gloria Jean Nagy.

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**.



Mark Your Calendar

Summer Program Registration June 20, 21 & 22
Annual General Meeting June 12th



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