



Participants of the 5 K run



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## EVERYBODY WINS *with Kms for Care*

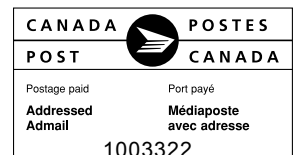
Community Care held its inaugural "Kms for Care" event on Sunday, April 17th, 2011 in Ennismore. Over 400 participants and 170 volunteers were in attendance for the ½ Marathon walk/run; 5 K walk/run and 1 K individual family walk/run.

We are in the early planning stages for next spring's race. Anyone interested in supporting this wonderful event please contact your local office or email [centofc@commcareptbo.org](mailto:centofc@commcareptbo.org).

**"Kms for Care" 50/50 Winner: Peggy Downey – \$229.50**

**Congratulations to:**

- Dale Bird, Burnt River.....Overall Male ½ Marathon Run
- Mary Mitchell, Barrie.....Overall Female ½ Marathon Run
- Dan McWilliams, Peterborough...Overall Male ½ Marathon Walk
- June Szaranski, Bailieboro .....Overall Female ½ Marathon Walk
- Jamie Switzer, Peterborough.....Overall Male 5 K Run
- Katie Peet, Ennismore .....Overall Female 5 K Run
- Jim Squire, Lakefield.....Overall Male 5 K Walk
- Michele Hamel, Millbrook.....Overall Female 5 K Walk



## UPCOMING EVENTS

### APSLEY

**1st Annual Golf Tournament**  
Friday, June 19 (8:30am start)  
Marvel Rapids Golf Course  
Father's Day Special  
\$56 per person (tax included).

**Annual Walk-a-Thon**  
Thursday, June 30 @ 10:00am  
Community Care Office

**Flea Market**  
Saturday, July 16  
North Kawartha Community Centre

**Tag Days**  
Friday, July 29 & Saturday, July 30  
Apsley Community Centre

### HARVEY

**Harvey Diners Club**  
Tuesday, June 7  
Lakehurst Hall  
Advance tickets only call 705-657-2171.

**Seniors' Picnic**  
Tuesday, June 28 @ 11:30am  
Buckhorn Community Centre  
Tickets: \$5

**Tag Days**  
Friday, July 8 & Saturday, July 9

**Annual Yard Sale**  
Saturday, August 13 @ 8:00am-2:00pm  
In lot beside Community Care office at  
1946 Lakehurst Rd. in Buckhorn.

**Harvey Diners Club**  
Thursday, September 22  
Location not confirmed at time of print.

### HAVELOCK

**Blood Pressure Clinics**  
Monday, June 13  
Monday, July 11

**Diners Club**  
Wednesday, June 15

**Seniors' Picnic**  
Thursday, June 23  
Len Carr to perform.

### LAKEFIELD

**The Cool Dixies**  
Monday, July 25 @ 1:00pm  
Lakefield Legion, 10 Nichols St.  
Just \$5 per person at the door!  
Enjoy this 8 piece Dixieland Band's  
upbeat renditions of your old  
favourites: Lazy River, Sidewalks of  
New York, Just a Closer Walk, Down by  
the Riverside and much more.

**Annual Walk-a-Thon**  
Saturday, August 27 (10:30am start)  
10 Nichols St., Lakefield  
5 km from the Lakefield Legion. BBQ  
and entertainment to follow. All are  
welcome – so shine up your shoes,  
wagons & walkers – face painting and  
balloons for the children! Sponsored  
by: *M&M Meat Shops Lakefield &  
Motion Specialties*. Register & pledge  
forms at 705-652-8655.

### MILLBROOK

**Millbrook Fair Parade**  
Saturday, June 11 @ 1:00pm

**New To You – \$5 Bag Sale**  
Saturday, June 11 @ 1:00pm

**BBQ Lunch – \$6**  
Thursday, June 16  
Legion Hall, King St Millbrook

**Tag Days**  
Friday, June 17 & Saturday, June 18

**Car Show**  
Saturday, July 2 @ 9:00am-4:00pm

**New To You \$5 Bag Sale  
& 50/50 Draw**  
Saturday, July 2 @ 9:00am-4:00pm

**Summer Salad Lunches – \$6**  
Legion Hall, King St., Millbrook  
Thursday, July 14  
Thursday, August 18

**Ladies Night**  
Thursday, August 4, @ 5:00pm-9:00pm

**New to You \$5 Bag Sale  
& 50/50 Draw**  
Thursday, August 4, @ 5:00pm-9:00pm

**Lunches – \$6**  
Legion Hall, King St Millbrook  
Thursday, September 15  
Thursday, October 20

**Scarecrow Festival**  
Saturday, October 15 @ 10:00am-4:00pm

**New To You \$5 Bag Sale**  
Saturday, October 15 @ 10:00am-4:00pm

**Diners Club Dates**  
Thursday, June 16, Thursday, July 14,  
Thursday, August 18, Thursday,  
September 15, Thursday, October 20  
All dates start at noon.

### NORWOOD

**Diners Club**  
Tuesday, June 14  
Norwood Town Hall  
The Lioness will be catering and Iain  
McEwan of the OPP will be speaking  
on frauds and scams.

**Annual Walk-a-Thon**  
Saturday, June 18 @ 8:30am

### PETERBOROUGH

**Tag Days**  
Friday, June 3 & Saturday, June 4

*Please call your local office for more  
information about upcoming events or  
visit our website at:*  
[www.commcareptbo.org](http://www.commcareptbo.org)

## GO GREEN with Community Care

If you have an email address  
and would like to receive our  
*Seniority* newsletter or  
upcoming information  
electronically instead of  
through Canada Post,  
please contact us at:  
[centofc@commcareptbo.org](mailto:centofc@commcareptbo.org)

Offices	Phone	Hours
Apsley	705-656-4589	Monday-Thursday: 10:00-1:00, Friday: 10:00-2:00
Chemung	705-292-8708	Monday-Friday: 9:00-1:00
Harvey	705-657-2171	Monday-Friday: 10:00-1:00
Havelock	705-778-7831	Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00
Lakefield	705-652-8655	Monday-Thursday: 9:30-3:30, Friday: 9:30-12:30
Millbrook	705-932-2011	Monday-Friday: 9:00-3:00
Norwood	705-639-5631	Monday-Friday: 9:00-1:00
Peterborough	705-742-7067	Monday-Friday: 9:00-4:00
Caremobile	705-749-0036	Monday-Friday: 8:00-5:00

## Seniority

*is published by*

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Email: [centofc@commcareptbo.org](mailto:centofc@commcareptbo.org)

### BOARD OF DIRECTORS

#### Officers

Mary Stuart ..... President  
Judi Wilson ..... Past/Vice President  
Doug Downer ..... Secretary-Treasurer

#### Directors

Jewell Allington  
Barb Beck  
Ruth Deyell  
Travis Doak  
Diane Lloyd  
Stephanie MacDonald  
Dr. David May  
Jim Patterson  
Lorna Plunkett  
Geoff Quirt  
Gillian Sandeman  
Mae Smith

### COMMUNITY CARE STAFF

#### Administrative Staff

Executive Director ..... Danielle Belair  
Manager of Finance... Kathy Castle  
Financial Support ..... Karen Morton  
Enhanced Care  
Coordinator ..... Leanne Anderson  
Supported Referral  
Coordinator ..... Stefanie Thom  
Admin Assistant ..... Sherri Runnalls  
Volunteer Develop't... Karen Metcalf

#### Agency Offices

Apsley ..... Peggy Downey  
Caremobile ..... Jane Pickard  
Chemung ..... Yvonne Spradbrow  
Harvey ..... Lynda McKerr  
Havelock ..... Tammy Ross  
Lakefield ..... Lorri Rork  
Millbrook ..... Shelagh Gaffney  
Norwood ..... Betty Bennett  
Peterborough  
Manager ..... Mary-Lynn Koekoek  
H.S.S. Assistant ..... Sherri Shelenko  
Reception ..... Bev Newman  
Trans. Scheduler ..... Patty Tipton  
Coordinators ..... Aja Bax  
..... Iris Crowder  
..... Sandy Malasky  
..... Darci Maude  
..... Kathie Nelson  
..... Gail Wilson

## AGENCY NEWS

# Community Care Welcomes New Staff Members



**Darci Maude** started as the new Home Support Services Coordinator for the Peterborough office in January 2011. Darci is a

graduate of Queen's University with a B.A. and B.Ed. She coordinated the Teen Volunteer Program at Fairhaven Home for 3 years and most recently completed a contract at the Learning Disabilities Association of Peterborough. We are very pleased to welcome Darci to the Community Care staff team.

**Leanne Anderson** started with Community Care in February 2011. Leanne is our new Enhanced Care Coordinator working in an office at Peterborough Regional Health Centre. Leanne assists with the facilitation of the newly established Home First philosophy. Leanne brings many years of experience in the delivery of community based health and social services. We are very pleased to welcome Leanne to the Community Care staff team.

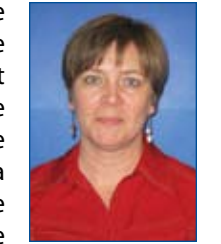


### World Elder Abuse Awareness Day

June 15 is World Elder Abuse Awareness Day. By wearing something purple, we can raise awareness of this important issue and unite in the belief that elder abuse cannot be tolerated and that seniors have the right to dignity and respect! Seniors Safety Line (1-866-299-1011) for seniors at risk of abuse; provides assistance 24 hours a day, seven days a week, in 154 languages.

**Karen Morton** started as the new Financial Support Staff for the Administration office in May 2011. Karen has extensive accounting experience supporting a busy office while providing administrative support. She worked at St. John's Retirement Home for many years. We are very pleased to welcome Karen to the Community Care staff team.

**Stefanie Thom** has accepted a new position as Supported Referral Coordinator and she is working in her new office location at the Central East Community Care Access Centre on Clonsilla Avenue. Stefanie is working more closely with Case Managers at the Access Centre to facilitate referrals between the two organizations. Although we miss Stefanie's presence on a daily basis, we are happy that she continues to be an employee with Community Care Peterborough.



*We do our best to have accurate mailing lists.  
If you are one of the few people who receive a  
duplicate copy of "Seniority", please share it with a  
neighbour, friend or family member. Thank you.*

So often at Community Care we hear of how our services have helped clients and even saved their lives. This story comes to us from a volunteer, who truly believes that Community Care saved her life.

# Community Care Saved My Life

In seven years I lost many people who were close to me: my favourite brother to cancer, my aunt, my dad, a close friend, a couple of children from the daycare where I worked, and the list continues. I met the love of my life in 1999, and on May 29, 2004 we were married. Just four short months later, he passed away suddenly: it was devastating. With only three weeks off work, I returned having not fully dealt with my grief. While my daughter went through a divorce, I tried my best to be a strong support for her and my grandchildren. Needless to say this was the accumulation that led to my depression.

I lacked motivation. I put on a smile for everyone so they would not see that I was crying on the inside. I lost many friends who thought that I was taking too long to grieve and I felt all alone. I had numerous health issues in my last year of work and was told by the doctor that they were stress related. In 2007, after 40 years of working with children, I retired.

A year after retiring, and realizing that I

was dealing with depression, I started to reach out. I went to hospice, but didn't think I could volunteer there as it was just "too close to home". This however, got me thinking about volunteering. I was helping with the breakfast program at St. Anne's and the United

*I lacked motivation.*

*I put on a smile for everyone*

*so they would not see that*

*I was crying on the inside.*

Way had introduced me to helping at Immaculate, but I realized that I needed to do something more. Not wanting to go back to the working world, I began looking around for stuff to do. I had seen advertisements for Community Care, but what could I do for them? Not really understanding what it was, I ended up helping with the backpacks and coats programs, but it was tough work! As I was going through the newspaper, there was Community Care again. I wondered what they wanted

volunteers for, saw that it was office work, and thought: I can do that! I was desperate to do something, and that's how I got started.

**Volunteering with Community Care has saved my life.** Having to get up, get dressed, put on a happy smile and come in has helped me so much. It has given me the encouragement that I needed to get myself back into shape and to feel good about myself. I feel that I am needed and appreciated and that was just the right medicine. I spent around 40 years working with children who always make you

feel loved and appreciated, but after retiring I missed that. When our clients phone and say how grateful they are, it makes me feel good and I'm glad that I can help.

The thing I like most about volunteering is meeting people: both face to face and on the phone. I like being able to help, to listen, and to know that I'm making a difference. It makes you feel good to know that you are helping people, and in my case... it saved my life.



## COMMUNITY CARE PARTNER

Trent Security Systems Ltd.

SECURITY SYSTEMS • MEDICAL ALARMS

480 The Parkway • (705) 748-2001 • [www.trentsecurity.com](http://www.trentsecurity.com)

# Thank You!

Community Care Peterborough was overwhelmed by the tremendous success of our inaugural "Kms for Care" event.

**We raised a grand total of over \$30,000!**

Proceeds from this event will assist us in providing community support services to our clients living throughout the City and County of Peterborough.



**1/2 Marathon, 5km, 1km Run/Walk**

Sincere thanks to all sponsors, supporters, participants, volunteers and staff!

We are grateful to the Ennismore Community for their warm welcome.



Activity Haven  
Anonymous  
ARAMARK  
Austin Trophies Ltd  
Barb Beck  
Basciano Photography  
Battlefield Equipment Rentals  
Birch Point Bay B & B  
black honey  
Boston Pizza  
Bowles Valu-mart Bridgenorth  
Brooks  
Buckhorn & District Tourist Association  
Bushel Basket  
Carlson Wagonlit Travel  
Cassis Bistro  
Charlotte Pantry  
Dairy Farmers of Ontario  
Dr. S. Allington D.D.S.  
EMS  
Edie Gomer  
Ennismore Curling Club  
First Choice Haircutters  
Foodland Ennismore

Jesse's Tap & Grill  
Kawartha Childcare Services  
Shamrock Program  
Lakeview Bowl Ltd.  
Lazer Graphics  
Loblaws Superstore  
McDonald's Restaurants  
Metro  
Milltown Mini Golf & Batting Cages  
Leonard & Joyce Metcalfe  
Motion Specialties  
Liftlock Foodland  
Linda Diane Neill  
Nike  
Norwood Agricultural Society  
Norwood Foodland  
Ontario Parks  
Ontario Provincial Police  
Osteoporosis Society  
Patterson Dental  
Pepsico  
Peterborough Amateur Radio  
Peterborough County Dairy Producers

Peterborough Northumberland  
Crimestoppers  
Peterborough Pete's Hockey Club  
Bob & Nancy Phillips  
P.E. Trudeau Public School  
Playstreet  
Renegade Apparel  
Return to Function  
Rocky Ridge Drinking Water Ltd.  
Smith-Ennismore Community Policing  
Sobey's (Lansdowne St.)  
Sylvia's Coffee House  
Sysco Foods  
Tamarac Golf & Country Club  
The City of Peterborough  
Tim Hortons  
Tom Jones Farms  
Township of Cavan- Monaghan  
Township of Galway-Cavendish-Harvey  
Township of Smith-Ennismore-Lakefield  
United Way of Peterborough and District  
Whelan's Flooring Centre  
Wrap It Up 'N' Go

For full race results, please visit our website at [www.commcareptbo.org](http://www.commcareptbo.org) or [www.runningroom.com](http://www.runningroom.com)



# Birds of a Feather, Flock Together

While birds of a feather, flock together, birds of Community Care are always migrating back and forth in and out of their volunteer roles. There are many types of volunteer birds at Community Care. Here are just a few examples:

### Snowbirds

These birds fly away during the winter months to migrate to warmer climates such as Florida and Texas. Many also have volunteer roles in these other places to keep them busy while they are away.

### Summer Travel Birds

These birds take the summer months off so they can travel, visit family, and relax. They often fly away at the end of June and return at the beginning of September.

### Cottage Birds

These are the birds that enjoy beautiful cottage country in North Kawartha. They may spend several months at their cottage, and choose to volunteer at Community Care during that time.

No matter what type of bird you are, there is always a position available for you. Volunteering is flexible to fit your schedule and your migration patterns. Whether it's once a week, once a month, or just a few months during the year, we would be glad to welcome you to our flock! Please call your local Community Care office for more information about our various volunteer roles.

## 3rd Annual Win-Win Raffle

On Saturday, March 12, our 3rd annual Win-Win Winter Raffle draw was held at the Peterborough Farmers' Market. Once again, Community Care was honoured to have John Blake emcee the event as three names were drawn before a crowd of hopeful onlookers.

This year's raffle was our most successful to date, raising over \$8,600. The proceeds

### Congratulations to our lucky winners:



**1st Prize**  
\$1,250  
Greg Hogg



**2nd Prize**  
\$500  
Vicki Armstrong



**3rd Prize**  
\$250  
Lynn Hudson

will be shared among all the offices of Community Care, to support the services provided to our clients throughout the County of Peterborough.

Undoubtedly, the success of this event is due primarily to the efforts and amazing support of our wonderful volunteers.

Our sincere thanks go out to all those who assisted in planning, ticket selling or promoting the event, as well as to those who purchased tickets.



Emily assists John Blake to pull a winning ticket.

## Annual General Meeting

Wednesday, June 22, 2011 @ 1:00pm

Applewood Retirement Residence  
1500 Lansdowne St. West, Peterborough

Guest Speaker: Judy Suke

Topic: Let Laughter Lighten the Load

Notice is given that an amendment is proposed to pass By-Law Number 1, including clause # 13 Officers of the Agency and clause # 14 Duties of the President, President Elect and Vice President. A copy of the By-Law can be available during usual business hours at the Community Care Peterborough Office, 180 Barnardo Ave. Room 2, Peterborough, Ontario.

## Day of Caring



Each of the 14 team RBC members gave four hours of their time on Saturday, April 30, 2011 to rake, clean windows, yards, gardens and much more for eleven of our clients. We've received great comments from our clients, some have sent thank you cards to the team, and are so appreciative of their support. Team RBC turn this into a proposal that could become a \$1000 donation to Community Care.

**Are you a volunteer with Community Care and plan to attend the Havelock Jamboree in August?** We are looking for volunteers to help sell 50/50 tickets at this event. If you are interested in helping out with a short shift, please contact the Havelock office at 705-778-7831 or centofc@commcareptbo.org.

## Grandparent of the Year Awards

Community Care is once again delighted to sponsor the Grandparent of the Year Award. This award is designed to encourage children to be aware of how important seniors are in their lives and to encourage them to write stories. Students are asked to reflect on and write about their relationship with their grandparent or special older person and why it is special and submit their story, along with a hand-drawn picture of themselves with their grandparent.

### 2011 Award Winners are:

- |                                 |  |
|---------------------------------|--|
| Winner of the Primary Category: | Judy McMichael<br><i>Grandparent of Samantha Shewell</i>   |
| Honourable Mentions Primary:    | Eileen Martin<br><i>Grandparent of Hayden Mann</i><br>Judy Girard<br><i>Grandparent of Evan Delaney</i>              |
| Winner of the Junior Category:  | Catherine Robinson<br><i>Grandparent of Meaghan Buckley</i>  |
| Honourable Mentions Junior:     | Carol Lane<br><i>Grandparent of Chantel Lane-Faulkner</i><br>Lorraine Moloney<br><i>Grandparent of Laura Moloney</i> |

# Safety While You're Away

Iain McEwan, Media Relations and Community Service Officer, Peterborough County OPP

Whether you're planning a winter or summer vacation, we shouldn't forget that we want our home in the same condition as we leave it. No one wants to come home and experience the anger and frustration, let alone the nightmare of insurance paperwork, from damage that occurred as a result of frozen pipes, broken windows, or stolen property.

The following are simple tips for home safety while away;

### Before you leave

- ✓ Secure all windows and doors
- ✓ Set the clock radio and lights on timers
- ✓ Leave the blinds or drapes partially closed to limit the view inside
- ✓ Shut off the water at the main and drain your toilet tanks
- ✓ Shut off the hot water tank then allow it to drain – this conserves energy
- ✓ Turn the thermostat down and conserve energy
- ✓ Unplug computers, small appliances, televisions and stereo equipment to avoid power surges
- ✓ Tell a trusted neighbour that you will be away
- ✓ Is your home alarmed? If so make certain that the alarm company has a neighbour or key holder to contact.

### When you're away

- ✓ Have a family member, friend or a neighbour check your home regularly while you're away
- ✓ Have the person checking your home collect the mail, newspapers and flyers from outside your home
- ✓ Have them make the home look like its lived in by parking in the driveway and keep the walks and drive clear of snow in the winter or cut the grass in the summer
- ✓ Leave contact phone numbers at the home in case of an emergency.

**Note:** Home insurance policies have specific requirements when the home owner is gone for more than 72 hours. *Have a great vacation and a safe return home!*

# Chicken Fricassee & Dumplings

**Chicken – Serves 2**

8-12 oz	chicken breasts	.25 - .35 kg
1/2 cup	onion, chopped	125 mL
1/2 cup	celery, finely chopped	125 mL
1/2 tsp	salt	2 mL
pinch	pepper	pinch
1/2 cup	water or stock	125 mL
1 tbsp	flour	15 mL
1/4 cup	milk	50 mL

**Dumplings – Makes 4**

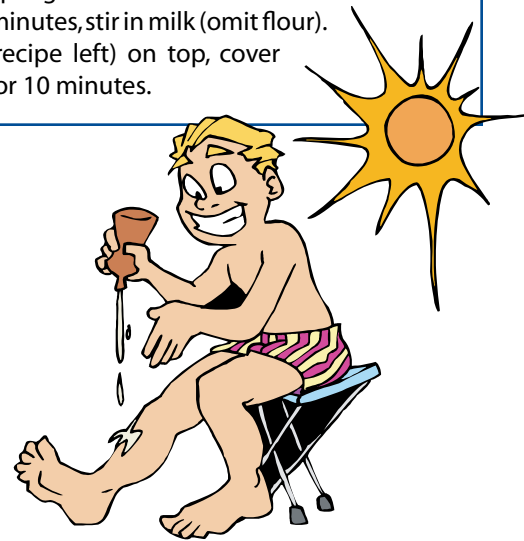
2/3 cup	biscuit mix	150 mL
1/4 cup	water	50 mL

Add water to mix. Stir just enough to combine.

- Remove skin from the chicken.
- Simmer the chicken with the vegetables, seasonings and water for 30 minutes, or until tender, in a medium sized skillet.
- Remove chicken to a side dish.
- Mix flour and milk in a cup. Stir this into the hot broth in the pan. Cook, stirring constantly until the gravy thickens.
- Return chicken to the pan and simmer until heated through, approximately three minutes.
- Garnish with chopped parsley or chives.

**Variation:**

Chicken Fricassee with Dumplings: Simmer chicken and vegetables approximately 25 minutes, stir in milk (omit flour). Drop dumpling dough (see recipe left) on top, cover tightly and continue to cook for 10 minutes.



## Sunscreen FAQ's

Sunscreens are barriers which are applied to the skin. They work by absorbing or reflecting the sun's UV rays away from your skin. Sunscreens come in a wide variety of forms – creams, lotions, sprays, gels and sticks – and there are many brands to choose from.

Sunscreen should not be used to extend the amount of time you would usually spend in the sun. Sunscreens should be used with other forms of sun protection, such as shade, hats, and clothing to protect as much as possible.

**How do I choose a sunscreen?**

Look for a product with a minimum SPF of 30 to protect against the sun's ultraviolet B (UVB), or burning rays. The product should also contain ingredients that protect against ultraviolet A (UVA) rays which penetrate more deeply in to the skin and are responsible for premature aging and contribute to the development of skin cancer. Sunscreens that are labeled "broad-spectrum" help protect against both.

**What is SPF?**

All sunscreens are labeled with a sun protection factor (SPF) number. This

relates to the amount of time it takes for your skin to burn without any protection and how long it would take if you used the appropriate amount of sunscreen. An SPF is the ratio between the amount of UV which will cause sunburn in sunscreen protected skin, compared to that in unprotected skin.

**Are there sunscreens for sensitive skin?**

If you have sensitive skin, try a small amount of the product on your arm and check for any reaction up to 48 hours later. People allergic or intolerant to the chemicals in sunscreens should look for products labeled "chemical-free". These usually contain ingredients such as titanium dioxide and zinc oxide that reflect rather than absorb the sun's rays are much less likely to cause a reaction.

**When should I put on sunscreen?**

You should apply sunscreen generously and evenly about 20-30 minutes before sun exposure to allow the active ingredients to bond to your skin. To be effective, all sunscreens need to be liberally applied; for example, one palm-full for each arm and for each leg. Also, remember to reapply regularly, especially after sweating heavily or swimming.

**Does a product still work after its expiry date?**

Sunscreens contain chemicals that eventually breakdown, compromising the effectiveness of the product, so you

should not use a sunscreen after its expiry date. Also, sunscreens are often kept in hot temperatures – in the glove compartment of a car or in a beach bag – conditions which accelerate the deterioration of the product.

**When do I need to protect myself from the sun?**

You should be protected from 11:00 am to 4:00 pm from late spring to early fall and during winter if you are involved in outdoor activities. The sun's rays are strongest around midday so try to avoid exposure around that time. The sun is harsher the closer you are located to the equator and at higher altitudes where the thinner atmosphere blocks fewer of the sun's rays. The damaging effects of direct exposure to the sun can be increased if there is reflection from snow, water and light coloured sand. Snow reflects up to 80 percent of the sun's rays – so you could be getting a double dose of radiation when involved in winter sports.

# Volunteer Appreciation Events



Jim Richmond & Joan Forsyth receiving their 20 year pins in Apsley.



Sondra Hoard & Marion Guthrie receiving their 10 year pins in Millbrook.



Arlene Stephens receiving her 40 year award in Peterborough.



Beryl Munshaw receiving her 20 year pin in Chemung.



Lakefield Volunteer Appreciation.



Dan Wilson receiving his 15 year pin in Lakefield.

## Community Care Volunteers Honoured

Community Care is extremely proud of the achievements and contributions of over 900 dedicated volunteers and it is our pleasure to take the time to honour these individuals. Each year, Community Care awards years of service pins to volunteers with over two years of service. This year, 224 volunteers were recognized for contributing 2 years to 40 years of service! In addition to this, Community Care nominates volunteers for various other awards including the Ontario Volunteer Awards, the County of Peterborough Recognition Awards, and Volunteer Excellence Awards which are presented at our Annual General Meeting. Our warm congratulations and heartfelt thanks to the following individuals who received Ontario Volunteer Service Awards.

Office	Volunteer	Years			
Apsley	Joan Forsyth	20	Lakefield	Dave Baker	15
	Holly Hilker	10		Keith Gummo	10
	Marian Kidd	10		Betty Kidd	5
	Jim Richmond	20		Stan Parker	5
	Barbara Cashmore	5		Gord Pilkey	5
Chemung	Jim Chrichton	15	Millbrook	Edna Whitehouse	5
	Effie Deslauries	5		Pat Barr	5
	Agnes Evans	5		Keith Ivey	5
	Gail Turk	5		David Penney	5
	Barbara Stevenson	10		Barbara Stevenson	10
Harvey	Audrey Von Bogen	15		Edna Visee	10
	Wayne Dick	10	Norwood	John Bennett	5
	Tina Herder	10		Mac Danford	5
	Barbara Rodgers	10		Margaret Delorey	5
	Jacqueline Thompson	10		Mabel Dornan	5
Havelock	John Westerveld	10		Gordon Elliott	5
	Lenore Armstrong	5		Nancy Graham	5
	Phillippa Calderone	5	Peterborough	Kurt Klutentreter	5
	Donna Finney	5		Phyllis MacMartin	20
	Les Meadus	5		Linda Piers	10
	Gordon Rigby	5		Maxine Prentice	25
	Jacqui Whyte	10		Sharon Simpkins	10
				John Sybers	10

## Community Care

is a member agency of the United Way of Peterborough & District



Please support the United Way.

*"Building Community, Changing Lives"*

### Community Care Services

Caremobile  
Diner's Club  
Home at Last  
Home Making  
Home Maintenance  
Income Tax Clinic  
Information & Referral  
In-Home and Telephone Visiting  
Intergenerational Programs  
Meals on Wheels  
Medical Equipment Loan Registry  
Personal Distress Alarms  
Telephone Reassurance Checks  
Transportation  
Wellness & Health Clinics  
Workshops & Seminars

Please call your local office to register (see page 2 for office info).

### How to Donate:

- 1) Visit our website at: [www.commcareptbo.org](http://www.commcareptbo.org)
- 2) Click on the **DONATE NOW** button through Canada Helps



### What is Canada Helps?

Canada Helps is a charity helping charities and is an on-line fundraising system that is:

- Secure
- Private
- Easy to use
- Giving made simple

### Donation Options:

- One time gifts
- Automatic monthly donations
- In memoriam donations
- In honour of donations (birthdays or anniversaries)
- Donations of stocks and mutual funds

Only \$20

Your annual donation of \$20.00 or more will ensure that you continue to receive Seniority three times per year. Your donation supports services in your own community.

### Your Privacy Statement

Community Care Peterborough respects your privacy and complies with all legislative requirements regarding its protection. We use your personal information to keep you informed about Community Care's programs, services, special events, funding needs, volunteer opportunities and more through our newsletter and other communications. If at anytime you do not wish to receive our information, simply contact us at **705-742-7067** or [privacy@commcareptbo.org](mailto:privacy@commcareptbo.org) and we will gladly accommodate your request.

## YES, I would like to help support the vital services provided by Community Care: \_\_\_\_\_

### I would like to volunteer:

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Email: \_\_\_\_\_

### I would like to make a one time donation:

\$20  \$50  \$100  Other \$ \_\_\_\_\_

### I would like to make a monthly donation:

\$10  \$15  \$20  Other \$ \_\_\_\_\_

### I would like to make my donation by:

#### Cheque

Please deduct amount indicated from my bank account. I've enclosed a cheque marked VOID. (Bank deductions will be made on the 1st of each month.)

#### Credit Card

VISA  Mastercard

Card Number: \_\_\_\_\_

Card Expiry: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

Income Tax Receipts will be issued for donations of \$10.00 or more.

We honour a policy which states that we will not rent, trade, or exchange our donor list with any other organization. If you do not wish to be included on the donor list, or should you wish to change your donation or cancel it, you may do so at any time by contacting our administration office at 705-742-7067.

Charitable Registration No. 13668 0865 RR0001

## "NEW TO YOU" STORE OPENING

The Peterborough office is excited to announce the opening of their "New to You" store in September. This new venture is in partnership with St. Alban's Anglican Church and will be located at the church at 567 Monaghan Road, at the corner of Monaghan and Cameron streets. The store, which will be staffed by volunteers, will be open Tuesday and Friday mornings. Gently used fall clothing can be dropped off at the Peterborough office. Watch for further details!

### "New To You" Opportunity and Community Thrift Shops

An economical way to dress in something "New to You." Drop in to one of the Community Care stores to see the excellent selection of adult and children's wear:

Apsley, 335 McFadden Rd.	Monday-Thursday: 10:00-1:00, Friday: 10:00-2:00
Chemung, 549 Ennis Rd.	Monday & Thursday 1:00-4:00, Wednesday: 10:00-4:00, Saturday: 10:00-1:00
Chemung, 826 Ward St.	Wednesday-Friday: 10:00-4:00, Saturday: 10:00-2:00
Havelock, 12B Quebec St.	Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00
Millbrook, 22 King St. E	Monday-Friday: 9:00-3:00
Norwood, 2368 Cty Rd. 45	Monday-Friday: 9:00-1:00

*“If your needs  
change...  
your address  
doesn't have to.”*

The gardens of Peterborough offer the most retirement lifestyle choices in the Kawarthas, with the security of 24 **on-site** nursing care if you need it.

*Our healthy Aging in Place philosophy means that you can live how you want to without the worry of moving if your needs changes. Ask about our trial stays.*



*Caring together*

**1-866-741-6036**  
www.gardensofpeterborough.ca

## Princess Gardens

For spacious sunlit suites with beautiful riverfront views. Enjoy walks in the adjacent park, shopping downtown, or a relaxing dinner with family and friends.

100 Charlotte St. • (705) 750-1234

## Empress Gardens

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131 Charlotte St. • (705) 876-1314

## Royal Gardens

For active, independent lifestyles, with assistance if you need it. Enjoy fine dining, our state-of-the-art fitness facility, or concerts in our beautiful atrium.

1160 Clonsilla Ave. • (705) 741-6036

## Canterbury Gardens

For those expecting something beyond the ordinary in their retirement choices. Enjoy activity filled days with aquafit classes, fitness programs, and choices that are anything but ordinary.

1414 Sherbrooke St. • (705) 742-9779

## We are currently undergoing some changes to our *Seniority* publication.

Seniority has been in publication for over 20 years and has covered many topics and celebrated many milestones through our numerous issues. However, we do feel it is time to make some changes to spread information, not only to those who benefit from our services, but also to those in the community who are friends of Community Care. As a result, we've decided it is time to update our look and we're holding a contest to develop a new name. If you have any ideas for our bi-annually publication, or any comments or suggestions for future issues, please email [centofc@commcareptbo.org](mailto:centofc@commcareptbo.org) or phone Sherri Runnalls at 705-742-7067 ext. 209. **Contest Deadline: Friday, July 15, 2011.**

