March Updates

**Adult Day Program**

- The clients are happy to be back enjoying in person activities at the program. In March, the clients especially enjoyed celebrating St. Patrick’s Day, outdoor walks, pet therapy and musical entertainment.
- A new coop student - Heidi, has joined our team. Welcome Heidi!
- In April, the clients are looking forward to spring activities and community outings, including an outing to Wheeler’s sugar bush and pancake house.

**Assisted Living Services Program**

- Clients are still required to follow Ministry of Health guidelines which include masking and active screening.
- Did you know? March is Fraud Prevention Month. Let’s work together to recognize, reject and report fraud. Tips include:
  - Contacting your provincial consumer protection agency and/or financial regulator to confirm that a company is a legitimate lender.
  - If you receive funds for any reason from an unknown individual or company and you are asked to forward it elsewhere - don’t.
COMMUNITY RESOURCES

**Dental Care For Low-Income Seniors**

The new Ontario Seniors Dental Care Program is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older.

Your local public health unit can help you apply to the program.

Renfrew County & District Health Unit: (613) 432-5853

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**Hospice Renfrew Invites YOU to take part in our new “Nurturing the Caregiver” Workshop Series. Choose from ONE of the following events:**

**SESSION 1: Saturday, March 26 2022~**
Art Therapy for Caregiver Stress with Marilynn Saffery, Reg. Psychotherapist & Art Therapist PLUS **hand massages** by Hospice Volunteers.

**SESSION 2: Saturday, April 23rd 2022~**
Yoga & Relaxation Breathing for Caregivers with Ro Nwosu, Yoga Teacher PLUS **soothing massage** by Melissa Corriveau, RMT.

**SESSION 3: Saturday, May 28th 2022~**
Mindfulness & Nutrition with Jane Wood, Dietician and Mindfulness Practitioner PLUS mini, **Reiki** treatments with Dora Boukouris, Reiki Master.

**SESSION 4: Saturday, June 25th 2022~** Breathwork with Catie Clapp, Breathwork and Somatic Trainer PLUS mini-Reflexology treatments with Tracey Liebig, Reflexologist.

All workshops run from 9:30am-noon at Hospice Renfrew. Free to attend. Space is Limited. MUST PRE-REGISTER.

For More Information and to Pre-Register, please contact:
Julie Keon, RSSW at jkeon@hospicerenfrew.ca or at 613-433-3993 x.2237
COMMUNITY PROGRAMS EMPLOYEE SPOTLIGHT

DONNA B - ASSISTED LIVING PERSONAL SUPPORT WORKER

Q: What are your favorite activities?
A: Crocheting and looking after my grandbabies

Q: What will be your first travel destination, when we are able to travel without restrictions?
A: Somewhere HOT

Q: What was your first job?
A: Babysitting and I worked at "Smith's Takeout" in Douglas

Q: What is your favorite thing about working in the Assisted Living Program?
A: I love the 1:1 care that Assisted Living is giving clients - the time we are getting to really get to know a person

ADULT DAY PROGRAM CALENDAR OF ACTIVITIES

[Calendar page showing activities for April 2022]