



VON Community Support News

HEALTH STARTS AT HOME

LA SANTÉ COMMENCE CHEZ SOI

Middlesex-Elgin

Serving London, Middlesex and Elgin Counties

WINTER

2011

Alzheimer Awareness Event planned for January 25, 2012

The VON's Alzheimer Community Support Program (ACSP) is pleased to present the 17th Annual Alzheimer Awareness event set for Wednesday January 25, 2012 from 6:00 - 8:00 p.m. at Sprucedale Care Centre in Strathroy. This event is in recognition as January is Alzheimer Awareness Month!

Our guest speaker, Dr. Michael Gordon will present "Later Stage Dementia: Promoting Comfort, Compassion and Care". Dr. Gordon is the Medical Program Director of Palliative Care, Baycrest Geriatric Health Care as well as Professor of Medicine at The University of Toronto. His website is www.drmmichaelgordon.com.

In Canada, there were 103,700 new cases (one every five minutes) in 2008. This number will increase to 257,800 new cases per year (one every two minutes) by 2038 (Rising Tide, Alzheimer Society of Canada, 2010).

This means that chances are, either you know someone with Alzheimer's disease or a related dementia or someone who is providing care. Due to the nature of this disease and no current treatment or cure, end of life compassionate care is huge. This session will provide a guide for caregivers to help support them through very difficult personal and ethical challenges during their parents and elder loved ones later years of life.

For more information or to register, please contact Sarah Klaver, Coordinator, or Diane DaPonte, Administrative Assistant, at 519-245-3170 or 1-800-265-7058. We hope to see you there!



VON Volunteer Holiday Open Houses

Celebrate the upcoming joyous season with VON. Come and join us at one of the local open houses below. Drop in for some light refreshments, festive goodies and holiday cheer! Season's Greetings and a Happy New Year!

London

Friday, December 2, 2011

1:00 - 3:00 p.m.

VON London Office,
Cherryhill Mall,
301 Oxford Street West,
London

Southwest Middlesex

Friday, December 9, 2011

1:00 - 3:00 p.m.

VON Middlesex Office
274 Head Street North,
Strathroy

Elgin

Thurs., December 15, 2011

1:00 - 3:00 p.m.

VON Office
175 South Edgeware Road,
St. Thomas

Thames Centre

Thurs., December 15, 2011

1:00 - 3:00 p.m.

VON Office
2066 Dorchester Road,
Dorchester
RSVP to Mary Ellen or
Angie, 519-268-7028

North Central

Monday, December 12, 2011

1:00 - 3:00 p.m.

VON Office
160-D Main Street Street,
Ailsa Craig,
Please RSVP to Norma or
Heather, 1-800-561-1555
or 519-517-4546

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Compliments...

A volunteer sent an email upon receiving his MVP award in the mail: *"What a great surprise to get in my mail today. It is so nice to receive such recognition from those who share the common thread of caring for those in need. Somedays, you wonder if any of the efforts mean anything and then this comes along. I am very thankful and humble to receive this recognition. Bless you all."*

Client reported she is very happy with Telephone Safety program upon learning of measures undertaken to ensure her safety when she forgot to notify her volunteer that she would be out for an appointment (and unable to receive her morning phone call that day, activating the emergency response protocol). She added: *"VON does a great service!"*

Volunteer shared the following comment in regards to a special congregate dining event featuring a former mayor of London as the guest speaker: *"I think it was so nice of VON to provide a free lunch to everyone--it really promotes community spirit."*

Client stated *"I really enjoy my Meals on Wheels and I look forward to receiving them on a daily basis. The food is great and all the volunteers are fantastic and so nice. Thank you for all that you do with your programs."*

SMART Exercise client called to tell us she was *"thrilled with the new clinic in St. Thomas. I really enjoyed my first class and am so excited about attending next week."*

A client's family was pleased their mother enjoys the Adult Day Program. *"It is an absolutely excellent service"* for her mother and has enabled her to stay at home for the last couple of years.

And...action!



Over the summer, many staff and volunteers assisted in creating new promotional videos for Middlesex-Elgin Community Support Services. Thank you to all the volunteers who agreed to participate and share their volunteer experience and to our director and London Summer Student, Stephanie Matos, for all your hard work. Final touches are still being completed. Stay tuned for our red carpet premiere!

Healthy Living Tips Caregiver Sessions

Are you a caregiver devoting yourself to the care of a chronically ill or disabled family member, friend or neighbour? Or an adult with a life altering health condition?

If so, join us and others who are just like you every month for the Healthy Living Tips Project. Sessions are FREE to caregivers and clients on the last Monday of every month (except December) beginning November 28, 2011 at the West Elgin Community Health Center, 153 Main Street, West Lorne. Afternoon sessions are 4:00 - 5:30 p.m. and evening sessions are available from 6:30 - 8:00 p.m. with a light meal provided in between. Each session is interactive and includes exercise, healthy eating, stress management and a variety of therapies, such as massage and meditation.

For more information or to sign up for upcoming sessions, please call Stephanie Skelding at 519-768-1715 ext. 2203.

Crochet Club

In Elgin, our Hospice Visiting program has been blessed by the generous donations of beautiful afghans for clients throughout the past two years. The London Crochet Club has generously donated over 100 blankets to our program and recently a local Elgin woman has begun making afghans for us as well. We love to give back in whatever way we can to these amazing people so if you have any yarn or wool to donate, we will ensure it gets used in productive ways. For more information, please contact Becky Ahrens in the Elgin office 519-637-6408 or 1-800-201-0909.



VON Middlesex Office

274 Head Street North,
Strathroy, ON N7G 4L7
Phone (519) 245-3170 • 1-800-265-7058
Fax (519) 245-3164

VON Elgin Office

175 S. Edgeware Road,
St. Thomas, ON N5P 4C4
Phone (519) 637-6408 • 1-800-201-0909
Fax (519) 631-4798

VON London Office

100-1151 Florence Street,
London, ON N5W 2M7
Phone (519) 659-2273
Fax (519) 659-6191

Our volunteer experience with VON

Don and Jean Shipway received their 20 year Volunteer Appreciation pins from VON in person on June 22, 2011 at their home. Here is their story.....

Both Don and Jean got involved with VON via the Palliative Care Volunteer Program with Don's mother. Don's mother was ill from bone cancer and was living on the other side of the house while Don and Jean struggled to take care of her at home. At that time, Jackie Wells, Coordinator of the Palliative Care Volunteer



Don and Jean Shipway

Program visited with Don's mom convincing her that "Jean really needs a helping hand to care for you. It would be great if you would accept a volunteer..." Jean was matched with a caring, compassionate volunteer who positively impacted all involved in such a way that the couple knew they had to give back what was given to them.

Both Don and Jean decided to help VON with fundraising initiatives that go directly back into the Palliative Care Volunteer program. Jean continues to volunteer after 20 years with the fundraising because she says "the VON Hospice Volunteer Program as it is now called helps the whole community – whether it is heart disease, stroke, mental health, cancer or bereavement and touches all of us in some aspect."

They have been creating and coordinating unique fundraisers within Ailsa Craig ever since. Their first creative fundraiser was coordinating a Murder Mystery night for a couple of years, which was a lot of fun.

Then the couple dreamed up another creation, the "Spring Thaw" dance in Ailsa Craig. Both encouraged other volunteers to join them and hosted the committee meetings in their own home. The Spring Thaw Dance always liked to feature the best of the 50's music and would draw such a great crowd each year. The committee always put "their heart and their soul" into the dances as well as many volunteer hours. The couple recalled when they had a beach party theme which included a sailboat and sand; the crew went "all out" to create a wonderful dance.

The Spring Thaw Dance then turned into the VON Country Breakfast which they both continue to support. It's a wonderful annual event hosted by the firemen of Lucan, Ailsa Craig and Parkhill and the VON community volunteers. Everyone works happily together and the last breakfast raised \$3,800 with all the proceeds going to the Hospice Volunteer Program. What is so unique about this community event is everything needed to make it happen is locally donated – silent auction items and all food items.

"There is no other breakfast out there that serves dessert too," according to the Shipways.

Why Don Shipway continues to volunteer with VON after 20 years? "VON does it all. There is no other organization within Middlesex that is delivering so many programs and services that the community needs."

What's your story?

VON would like to put together a book of your volunteer experiences so your story will be an inspiration to others.

Lots of volunteers think their volunteer contributions to VON are not that important, however without you VON Community Support Services would not exist.

Each volunteer plays a part in making a world of difference to our clients and their family's lives and we want to hear from you!

Contact your local Coordinator of Volunteers to learn how to share your story.

Southwest region

Call Teresa or Kara-Lee at
(519) 245-6279 or
1-800-265-7058

North Middlesex

Call Norma at (519) 517-4546

Thames Centre

Call Angela at (519) 268-7028

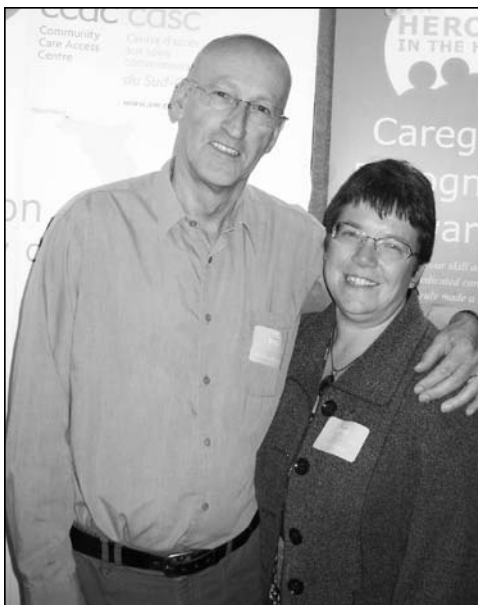
London

Call Stacey at (519) 675-1355

Elgin

Call Jessica at (519) 637-6408

Celebrating special caregivers



Middlesex Heroes in the Home are left, to right: Martin Vanderelst (Volunteer) and Carol Huston (Volunteer). Absent: Jackie Porpelia (Volunteer)



Elgin Heroes in the Home are left to right: Hilde Popp (Caregiver), Linda Cryderman (Volunteer), Ken Doggett (Volunteer), Cheryl Hart (Volunteer), Christine VanHouwlingen (Volunteer), Bernice Monteith (Volunteer). Absent Dale Lingard (Volunteer).

Every day, VON Volunteers in Middlesex-Elgin provide wonderful care to those facing the challenges of age, illness and disability.

On October 20, 2011 many VON Volunteers were celebrated and recognized at the annual South West Community Care Access Centre "Heroes in the Home" Caregiver

Recognition Awards night.

Thank you to all VON Volunteers for continuing to care and support our clients in the community, allowing them to remain in their home as long as possible. Congratulations to all recipients.

Come and meet new Elgin staff at the Holiday Open House

Join us in welcoming Jessica Zehr to VON Elgin Community Support Services. Jessica started in October 2011 as the Acting Coordinator of Volunteers while Jill Ouimette continues to cover the Care and Service Manager position.

Jessica is originally from Brockville, Ontario where she worked as Volunteer Coordinator for Big Brothers Big Sisters of Leeds & Grenville and the Employment and Education Centre. Jessica also sat on various committees as Volunteer Coordinator including: Relay for Life, Ontario Senior Winter Games '09, "River Rink" and the Brockville Community Clean-up. Additionally, Jessica organized and facilitated an

intergenerational project with VON Lanark, Leeds & Grenville in 2005 called "Recording Memories." Jessica and her family moved to St. Thomas in 2008.

We are also pleased to welcome Sarah Klaver and Kara-Lee Anderson to VON Elgin. Sarah and Kara-Lee currently work in the VON Middlesex office as the Coordinator of Client Services for the Alzheimer Community Support Program and Coordinator of

Volunteers in the Alzheimer Community Support and Hospice Programs respectfully.

Along with their Middlesex roles, Sarah will now support clients and their caregivers in the Elgin Respite Program, while Kara-Lee will be responsible for recruiting all Respite and Hospice volunteers in Elgin County. Becky Ahrens will be focusing her time on the Hospice clients/caregivers and continuing to support the volunteers in the Hospice Program.

Please join us December 15, 2011 from 1:00 - 3:00 p.m. at the Elgin Holiday Open House and meet Jessica, Sarah and Kara-Lee.



Sarah Klaver



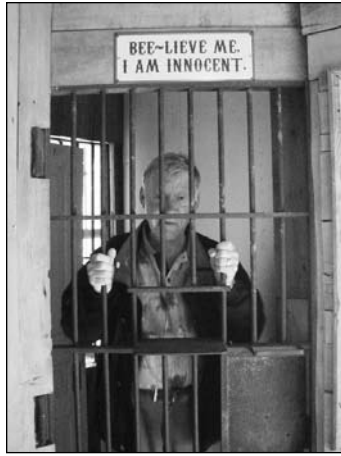
Kara-Lee Anderson



Jessica Zehr



Chris, owner of Clovermead, demonstrates how honey is removed from the hive.



They finally caught him! John Taylor enjoys the tour of Clovermead.

Un-BEE-lievable fun

Staff and volunteers had a fun and informative time at Clovermead Bees and Honey learning how the honey bee family works together and how they make their home, what food and products bees make and how important the honey bee pollination is to fruits and vegetables.

We also had the opportunity to tour the facilities, taste some honey and shop in the Honey Gift Shop. Thank you to Clovermead for their hospitality!



Gail McNaughton, right, Doodle Artist, donated 60 Doodle Art Halloween Greeting Cards to give to the Meals on Wheels clients during delivery on Halloween Monday. VON staff member, Amber Lord, left, is seen accepting them from Gail. Thank you, Gail, for brightening the day of those in the VON Meals On Wheels Program.

Elgin In-Service Education Sessions

Coordinators in Elgin have been busy planning the 2012 In-Service Education Sessions. Based on feedback from our volunteers, we will no longer call the week before to remind you of the upcoming education. Stay tuned for more information on our education topics and dates by checking the Calendar of Events section on the last page of this newsletter. Please call the office to RSVP!

Storytelling

VON Middlesex-Elgin has a new and exciting program we are launching in our site called the "Storytelling Project." We are not telling stories but rather encouraging our clients to tell their own stories. This project began in Chatham-Kent area as a project by the Erie St. Clair Hospice Volunteer Partnership Committee, where VON Chatham-Kent and Sarnia-Lambton were members. Its goal is to help clients and volunteers who were matched through the Hospice program to connect and provide more meaningful interaction.

This project allows clients to reflect on, celebrate their life and share their history with their family. Clients are able to connect with their children, grandchildren or other family members to pass on their traditions and share their history. Many families today live farther away from each other and grandchildren do not have the opportunity to really get to know their grandparents and understand their past. It helps others realize that each generation experiences the same issues and concerns. It is through these reflections and stories that today's generation have an opportunity to gain valuable knowledge and insight to the story teller's personhood and life.

Clients benefit greatly from taking part in these sessions as it increases a client's dignity, purpose, meaning of life and celebrates their accomplishments. The volunteer benefits by getting to really know a person in a special way. It's the chance to appreciate another person's story.

Volunteers with this program will be matched with a client to do the story telling project for eight weeks. Sometimes, clients are unsure if they want a volunteer visitor. This program gives them the opportunity to experience a weekly visit from a volunteer and experience its incredible rewards. As well, the clients benefit from creating a finished project which they can share with their family and friends. Volunteers get the chance to explore whether the volunteer visiting program is geared for them, while committing to a shorter period of time.

If you feel that you may enjoy taking part in this project, please contact your local Coordinator of Volunteers. You may also know someone who is currently not a volunteer, but may excel in volunteering with this type of project. Please encourage them to take the training and become a Storytelling volunteer with VON. We have many clients who are waiting to tell their stories.



Joan Ackland	Diane White
Judy Turbine	Barbara Beechey
Luis Olaya	Greg Currie
Taylor Norman	Bonnie deRyk
Graciela Chacon	Charlene Falk
Lisa Parker	Christine Giesbrecht
Aaron & Melissa Hubbell	Betty Greer
Shannon Hughes	Greg Hall
Sandra Rao	Cindy Hall
Richard Kosmal	Christina Hoffsummer
Susan Dean	Jim Jefferson
Wendy Sopol-Tetreault	Rick Masson
Cathy Denomme	David Moore
Devika Tholka	David O'Connor
Patabandige	Neil, O'Neill
Nerin Kaur	John Penhale
Ela Gajdek	Kathleen Scott
Terri King	Bette Smith
Janina Mailloux	Irma Vanderleeuw
Sarah Paolini	Carter Hunt
Melissa Finley	Shirley Rogers
Meghan Reidy	Bonnie Irwin
Toni Joris	Jean Willsie
Elizabeth Van Hoeve	Dorothy Slegers
Annie Van Lieshout	Marie Capson
Mariette DesJardine	Karen Vander Kant

Don't let a fall get you down

As we grow older, our risk of falling increases and so does the risk of serious injury. Most trips, slips and falls happen in and around the home. Here are some simple things you can do to make sure your home doesn't get you down!

The Bathroom

- Use a non-slip mat inside and outside the tub or shower
- Install grab bars by the toilet and in the tub and shower area
- Purchase a non-slip bath and shower bench to get in and out safely

The Kitchen

- Replace loose scatter mats with rugs that have rubber backing
- Wipe up spills immediately
- Keep everyday items on shelves within easy reach- Never climb on a chair or stool to reach for something
- Make sure no extension cords cross your path

Outdoors

- Keep a covered bucket of sand or salt near the doorway in winter to safely handle slippery conditions
- Make sure outdoor railings and stairs are sturdy and secure
- Install railings on both sides of outdoor stairways if needed
- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves
- Don't juggle parcels while trying to enter the house. Never carry more than you can
- Keep stairways clear of clutter that can cause you to trip, and fall

Rest of the House

- Ensure there are handrails on both sides of the staircase
- Repair loose railings
- Install non-slip strips on the edge of each step
- Secure loose or wrinkled carpet
- Ensure good lighting in stairwells
- Make sure you can see where you are going if you are carrying something up or down the stairs
- Have a clear path from the bedroom to the bathroom. Place night lights along the way to guide you
- Make sure tables and lamps are stable
- Always sit down when putting on or taking off shoes and clothing
- Don't rush to answer the phone. Consider a cordless phone

Other Safety Tips

- Keep emergency numbers in large print and near each phone
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up



Ron Elliott, board member, Eileen Smith and Ian Norman, client and volunteer, lay a wreath on behalf of VON at the Remembrance Day ceremony in Victoria Park, London.

Seven steps to cold weather safety

Winter weather is fast approaching and we want you to be prepared for when the cold weather hits hard.

1) Listen to the weather forecast: Check the Environment Canada weather forecast before going out. Listen for wind chill warnings. Warnings are based on local climate and are issued when significant wind chills are expected.

2) Plan ahead: Develop a cold weather safety plan in advance to ensure that safety concerns addressed when it's very cold, or when the wind chill is significant.

3) Dress warmly: Dress in layers, with a wind resistant outer layer. When it is cold, wear a hat, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or face-mask. Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.

4) Seek shelter: When the wind chill is significant, get out of the wind and limit the time you spend outside.

5) Stay dry: Wet clothing chills the body rapidly. Remove outer layers of clothing or open your coat if you are sweating.

6) Keep active: Walking or running will help warm you by generating body heat.

7) Be aware: Watch for signs of frostbite and hypothermia. Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems. Check on elderly relatives and neighbours to ensure they are warm enough and have sufficient supplies, particularly when the weather is cold or snowy. They might not feel comfortable going outside to shop and may require food, medications and other supplies.

The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

These tips have been brought to you by Environment Canada in collaboration with Public Safety Canada. To learn more about how to prepare for a range of emergencies, visit getprepared.gc.ca



Annual inspections

In Canada, we depend on our heating systems to keep us safe and warm when the thermometer plunges and the snow falls. It not only makes sense to check and maintain your furnace and/or fireplace, but it is vitally important. Heating systems that burn fuel such as gas, oil or wood need to be inspected and maintained annually. It is the only way to ensure efficient and safe operation.

While you can and should change furnace filters and check for leaks, the only person qualified to inspect your natural gas, propane or oil furnace is a certified heating contractor. All certified heating contractors are registered with TSSA, so if you are not sure whether your contractor is certified, call TSSA at 1-877-682-8772 for confirmation or visit www.tssa.org for a list of certified contractors.

Remember, furnace and fireplace inspections are your responsibility. If you do not arrange it, it will not get done. Do not forget to have your furnace, fireplace or any fuel-fired appliance inspected annually.

Source from: <http://safetyinfo.ca/autumn-winter/>

Calendar of Events

Friday, November 25

VON Visiting Workshop

All friendly visitors welcome
VON Office - Cherryhill Mall
301 Oxford Street West, London
2:30 - 4:00 p.m.
RSVP to Stacey at 519-675-1355

Monday, November 28

CPR Heartsaver

All are welcome
VON Office - Cherryhill Mall, London
1:00 - 3:00 p.m.
Cost is \$25 per person
Registration required, call Stacey at
519-675-1355

Monday, November 28

Healthy Living Tips Caregiver Sessions

West Elgin Community Health Center
153 Main Street, West Lorne
Afternoon Session 4:00 - 5:30 p.m.
Evening Session 6:30 - 8:00 pm
Light meal provided
RSVP to Stephanie Skelding at
519-768-1715 ext 2203

Tuesday, November 29

VON Orientation

All are welcome
VON Office - Cherryhill Mall, London
1:00 - 2:00 p.m.
All volunteers are encouraged to attend one
orientation session
RSVP to Stacey at 519-675-1355

Friday, December 2

Volunteer Holiday Party, London

VON Office - Cherryhill Mall
301 Oxford Street West, London
Drop-in between 1:00 - 3:00 p.m.

Monday, December 5

VON Visiting Workshop

All friendly visitors welcome
VON Office - Cherryhill Mall
301 Oxford Street West, London
2:00 - 3:30 p.m.
RSVP to Stacey at 519-675-1355

Thursday, December 15

Elgin CSS Holiday Open House

VON St Thomas office
175 South Edgeware Road
1:00 - 3:00 p.m.
RSVP 519-637-6408

VON Offices will be closed the following days:

**Monday, December 26 and
Tuesday, December 27, 2011
Monday, January 2, 2012**

Tuesday, January 17

VON Storytelling Project

10:00 a.m. - 12:00 noon
VON Middlesex Office
274 Head St N, Strathroy
RSVP to Teresa Verkley
1-800-561-1222 or 519-245-6279

Tuesday, January 17

General Volunteer Meeting

VON Office - Cherryhill Mall
301 Oxford Street West, London
1:30 - 2:30 p.m.
All are welcome

Wednesday, January 18

Crime Stoppers with Ed Quigley

1:00 - 3:00 p.m.
Trillium Village Auditorium
400 Dominion St., Strathroy
RSVP to Teresa Verkley
519-245-6279 or 1-800-561-1222

Thursday, January 19

Alzheimer and Dementia Overview

VON St Thomas Office
175 South Edgeware Road
2:00 - 4:00 p.m.
Presented by Stacy Wraight, Educator,
Alzheimer Society Elgin-St Thomas
RSVP 519-637-6408

Wednesday, January 25

Alzheimer Awareness Event

6:00 - 9:00 p.m.
Sprucedale Care Centre
96 Kittridge Ave., Strathroy
Please RSVP to Diane or Sarah
1-800-265-7058 or 519-245-3170

Monday, January 30

Healthy Living Tips Caregiver Sessions

West Elgin Community Health Center
153 Main Street, West Lorne
Afternoon Session 4:00 - 5:30 p.m.
Evening Session 6:30 - 8:00 p.m.
Light meal provided
RSVP to Stephanie Skelding at
519-768-1715 ext 2203

Thursday, February 2

Revenue Canada Information

VON St. Thomas Office
175 South Edgeware Rd
9:30 - 11:00 a.m.
Presented by Maggin Helm
RSVP 519-637-6408

February 2012

Bowling in Elgin

St Thomas
To be determined
Contact 519-637-6408

Tuesday, February 7

Healthy Eating with Cathy Verkley

1:00 - 3:00 p.m.
VON Middlesex office
274 Head St. N, Strathroy
RSVP to Teresa Verkley,
519-245-6279 or 1-800-561-1222

Monday, February 13

Card Making with Tara Van Moorsel

1:00 - 3:30 p.m.
VON Middlesex office
274 Head St. N, Strathroy
Cost: 10.00/person to make three cards
RSVP to Teresa Verkley by Feb. 7, 2012
519-245-6279 or 1-800-561-1222

Tuesday, February 21

General Volunteer Meeting

VON Office - Cherryhill Mall
301 Oxford Street West, London
1:30 - 2:30 p.m.
All are welcome

Monday, February 27

Healthy Living Tips Caregiver Sessions

West Elgin Community Health Center
153 Main Street, West Lorne
Afternoon Session 4:00 - 5:30 p.m.
Evening Session 6:30 - 8:00 p.m.
Light meal provided
RSVP to Stephanie Skelding at
519-768-1715 ext 2203

Wednesday March 7

VON Storytelling Project

1:00 - 3:00 pm
VON Middlesex Office
274 Head St. N., Strathroy
RSVP to Teresa Verkley
1-800-561-1222 or 519-245-6279

Thursday, March 8

Remembering Those We've Lost

St Thomas Office
1:30 - 3:00 p.m.
Presented by Malcolm Rust
(Minister and VON volunteer)
Contact 519-637-6408

Tuesdays, March 20 - May 8

Fundamentals of Hospice Palliative Care Course

Strathroy Area
6:30 - 9:30 p.m.
RSVP to Kara-Lee Anderson
1-800-265-7058 or 519-245-3170

Friday, March 23

Preventing Caregiver Burnout:

Self Care Workshop
(rescheduled from November 4, 2011)

1:00 - 3:00 p.m.
VON Middlesex Office
274 Head St. N., Strathroy
Please RSVP to Diane or Sarah
1-800-265-7058 or 519-245-3170

Monday, March 26

Healthy Living Tips Caregiver Sessions

West Elgin Community Health Center
153 Main Street, West Lorne
Afternoon Session 4:00 - 5:30 p.m.
Evening Session 6:30 - 8:00 p.m.
Light meal provided
RSVP to Stephanie Skelding at
519-768-1715 ext 2203

Thursday April 19

ALS - Lou Gehrig's Disease

ALS Society Presenter: Charlene Spector
1:00 - 3:00 p.m.
VON Middlesex Office
274 Head St. N., Strathroy
RSVP to Teresa Verkley
519-245-6279 or 1-800-561-1222