

# F O C U S

Issue #307

Feeding Our Curiosity, Uncovering Strengths

Oct. 16th, 2017

## Congratulations to CCN Employees!

I had the pleasure to attend graduation ceremonies for four CCN staff members recently at Elmhirst Resort. These four individuals spent over 10 months attending ½ day classes at Fleming College in Peterborough taking the PEAK Leadership Training Certification. This is quite a commitment on top of their busy full-time jobs.

Leiann Peart, Natisha Taylor, Sheri Birney and Cheryl McFarlane should be congratulated on this accomplishment and openness to ongoing learning in their careers. The course content covered many areas of leadership including topics on coaching, project management, finance, employment law, managing change, creative and critical thinking, and presentation skills.

At the end of the 22 week course, each staff member made a presentation to myself and their Course Professor. Each presentation was individually chosen by the student tackling a project that would assist them in their day to day work, the work of the agency and/or building their staff team. I have to say that each presentation was unique and interesting. The staff members were enthusiastic about their project and presented their material very professionally. I have since asked each staff member to present to their peers at our monthly staff meetings over the next few months.



I want to acknowledge Fleming College Instructor Colleen Carruthers who sounded like an excellent coach and teacher, and thank Watton Employment agency who assisted us with applying and receiving a Canada Ontario Job Grant which was instrumental in covering the costs for this course.

Pictured left are Sheri Birney, Cheryl McFarlane, Colleen Carruthers, Natisha Taylor and Leiann Peart with their certificates of graduation.

**Community Care**  
Northumberland

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## CCN In the News: What's the Buzz?

Community Care Northumberland (CCN) is pleased to announce that it is launching a new interactive social group for ladies called "The Buzz" in Brighton, Ontario.

CCN organizes both men and women's social groups throughout Northumberland County. These are casual coffee groups designed to bring seniors together for conversation and fellowship. Occasionally guest speakers or special trips are organized.

"This new ladies social group is a wonderful opportunity to meet people in your community," said Trish Baird - Executive Director of CCN. "As we get older, we can get too isolated, laughter and connecting with friends is important, it keeps us young at heart."

For more information about or to register for The Buzz, please contact Heather at the Community Care Northumberland office in Brighton by phone (613)475-4190 or email [h.quinn@commcare.ca](mailto:h.quinn@commcare.ca).

### Ladies Social Group Summary:

**Title: The Buzz**

**Dates:** Last Tuesday of each month, starting October 31<sup>st</sup>, 2017

**Time:** 1:30-2:30 pm

**Location:** CCN's Activity Room

**Address:** 46 Prince Edward Street, Unit #13 – Brighton, Ontario, K0K 1H0

**Cost:** \$2.00 a meeting (to offset the cost of coffee and snacks)

**Pre- Register:** Please call Heather (613) 475-4190 or email [h.quinn@commcare.ca](mailto:h.quinn@commcare.ca)

For more information about this or other social groups offered by Community Care Northumberland, please visit [www.commcare.ca/wellness.html](http://www.commcare.ca/wellness.html)



## Remembering Mayor Hector Macmillan

Community Care Northumberland would like to offer our condolences to the family of the late Hector Macmillan who died last Tuesday October 10, 2017.

Mayor Macmillan was always supportive of the programs offered by Community Care Northumberland. He was very aware of the challenges facing residents around transportation and had a keen interest in our transportation program. As a former mechanic he was not shy in offering his opinion on our vehicle choices and worked with staff in helping spread the word about the service not only in Trent Hills but across the County.



Mayor Macmillan (pictured right) also participated without fail in our 'March for Meals' promotion, delivering Meals on Wheels to residents in the area and having a visit with both clients and volunteers. In addition, he participated along with his fellow County Mayors during our Hospice fundraiser held at Brighton Speedway – The Mayors Cup.

"Mayor Macmillan held the position of Mayor for four consecutive terms beginning in 2003 and served as Warden of Northumberland County in 2007 and 2013. As an entrepreneur and fifth generation Campbellford resident, Hector understood the needs of Trent Hills constituents. He worked tirelessly to address their concerns, improve and promote the Municipality of Trent Hills." [www.Trenthills.ca](http://www.Trenthills.ca)

## Upcoming Workshops in Brighton and Campbellford: Making Your Own Probiotic Rich Foods

Join Robert Goudrealt to learn how to make the three basic healing ferments: Kefir, Kombucha and Fermented Vegetables. These three delicious fermented foods are praised for providing a wonderful diversity of vital gut microbes that work together to heal us from the inside out!

### In Brighton:

**Date:** Tuesday, October 17, 2017    **Time:** 6-8pm    **Fee:** \$10.00

**Location:** CCN's Activity Room in Brighton

To register: Call Gail in our Brighton office (613)475-4190 or email through this link [here](#).

### In Campbellford:

**Date:** Thursday – October 19, 2017    **Time:** 6-8pm    **Fee:** \$10.00

**Location:** Forrest Dennis Senior Citizens Centre, Campbellford

To register: Call our Campbellford office (705)643-1411 or email through this link [here](#).



Image courtesy of khumthong at FreeDigitalPhotos.net



## Drive Alive—Drivers Refresher Course in Campbellford



The 55 Alive/Mature Driving course is the first and most recognized comprehensive nationwide course designed especially for the older driver, and was developed by The Canada Safety Council.

It takes into consideration the physical changes of the maturing driver and identifies ways the older driver may compensate for those changes.

The course reminds drivers of skills and techniques they once learned but may fail to use regularly. The course also provides new approaches and concepts, including compensating for normal age related physical changes that may affect driving ability.

This course is offered by a certified Community Care Northumberland instructor, and is a 6 hour classroom refresher for motorists aged 50 and older who have years of driving experience.

### **Upcoming: Drive Alive- Driver's Refresher Course**

November 1<sup>st</sup> and 3<sup>rd</sup>, 2017

9:30 am – 12:00 pm

Campbellford Memorial Hospital Boardroom

Cost: \$10 for the manual

Call to register as space is limited!

(705) 653-1411

or email through this link [here](#).

### **Upcoming Workshop in Codrington: The Big Fat Greek Cooking Class**



Greek food is a restaurant favourite for many people yet it is easy to make at home. In this workshop, Dorothy Fletcher will show you how simple it is to work with phyllo pastry and a couple of items you can make with it--yes, including Baklava! You'll learn how to make a real Greek salad and some appetizers to complete a delicious meal. The class includes a sample taste of everything and all the recipes to take home.

**Date:** Tuesday – October 24, 2017

**Time:** 6-8pm

**Fee:** \$10.00

**Location:** Codrington Community Centre, 2992 County Rd 30 Codrington, Ontario K0K 1R0

**To register:** Call Gail in our Brighton office (613)475-4190 or email through this link [here](#).



## WALK-IN COUNSELLING CLINIC

At

COMMUNITY MENTAL HEALTH SERVICES

1011 Elgin Street W. Suite 200, Cobourg, Ontario K9A 5J4

Phone: 905-377-9891 Fax: 905-377-9895

In partnership with

NORTHUMBERLAND COMMUNITY COUNSELLING SERVICES

Phone: 905-372-6318 Fax: 905-372-0044

**Tuesdays 8am to 4pm**

**Thursdays 10am to 6pm**

Individuals (16 years and older) interested in counselling services can attend the walk-in counselling clinic.

*Clients will receive service on a first come, first served basis. In the event that need exceeds available staff, individuals will be asked to return at a later date.*

Psychiatric services require a referral from a physician.

**All clients referred for psychiatry must attend an appointment at the walk-in clinic before an appointment to see a psychiatrist will be made.**

Please notify intake staff if you believe a referral has been sent by your doctor.

If you have questions, please call 905-377-9891.

