

# F O C U S

Issue #301

Feeding Our Curiosity, Uncovering Strengths

Sept. 4th, 2017



All Community Care Northumberland offices are closed on Monday, September 4th in observance of Labour Day. Offices will re-open on Tuesday, September 5th at 8:30 am.

**Community Care**  
Northumberland

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## CCN In The News: F.A.C.E.S – A Community Care Northumberland Project

After successfully piloting new Wellness programs; Community Care Northumberland (CCN) is pleased to announce that it will be operating F.A.C.E.S. (Fitness, Art, Culinary for Everyone Series) throughout the Municipality of Trent Hills starting in the Fall of 2017.

This new series of classes in Trent Hills was funded in part by the Government of Canada's New Horizons for Seniors Program. The program supports projects that promote social interaction and healthy lifestyles among community seniors.

This F.A.C.E.S. project is designed with seniors in mind however all fitness, art and culinary classes and workshops are open to the general public.

“By implementing this new programming we are encouraging seniors participation and promoting their healthy and active lifestyles so that they can remain in their own homes and in their own communities longer,” said Trish Baird – Executive Director of CCN. “This proposed programming directly responds to New Horizon's objectives of supporting social participation and inclusion of seniors and fits into our desire to develop new wellness programming that interests both early retirees as well as the older adults.

“The Government of Canada is proud to support the Community Care Northumberland Inc. through the New Horizons for Seniors Program,” said the Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development. “CCN's inspiring FACES project is helping make it possible for local seniors to participate in recreational activities, keep fit and enjoy the companionship of their peers in a friendly setting conducive to learning.”

The F.A.C.E.S program will use local resources such as artists, fitness experts, or local chefs to share their interests and expertise with registered participants.

Calendar on [www.commcare.ca/wellness](http://www.commcare.ca/wellness) page.

**Space is limited; please pre-register in person, by phone or e-mail:**

- In Person: At all Community Care Northumberland's office in Trent Hills (Campbellford, Warkworth or Hastings)
- By phone: (705) 653-1411
- By email: [campbellford@commcare.ca](mailto:campbellford@commcare.ca)



## Donation to Community Care



Thank you to the group '100 Women Who Care' who recently awarded the Brighton office a donation of \$2,750! This money will be used towards our wellness programs, Transportation and Meals on Wheels. A huge thank you to this group of caring ladies who see great value in what we offer this community!

Submitted by: Leiann Peart—Program Coordinator in Brighton/Colborne

## Living the Values: Meet A Member of Staff—Patti Aitken



I have been with Community Care Northumberland for 5 years, this month. Working for CCN has been a welcome change after working for 20 years in long term care. As program assistant in the Cobourg office, I am lucky to go out to visit and meet our clients face to face. I have the unique opportunity to visit clients and suggest services and programs that give them the support to remain in their homes.

Outside of the responsibilities of the program assistant position, I am involved with the "Caring Fore our Community" annual CCN golf tournament and am treasurer for NEARN (Northumberland Elder Abuse Resource Network). And Finally, I have recently been trained to co-lead the Powerful Tools for Caregivers – 6-week workshop. I will be leading my first workshop in the fall!

Working for CCN, I feel more connected to my community and have become so much more aware of the services available and the services that are still needed by our clients. Hoping for many more years with CCN!

