

Down The Garden Path

"Keeping Our Roses Blooming" Programming Ideas by Gillian Catto

Good Idea! There are many people in our communities who recently, through separation, divorce or death are now living "Alone Again". This can be a very frustrating, frightening and difficult time for both women and men. Think about your own relationships and the division of knowledge or responsibility in your home. Your Branch can reach out to these people and help them by setting up help days, evening courses and information sessions. Here are some ideas to get your planning started.

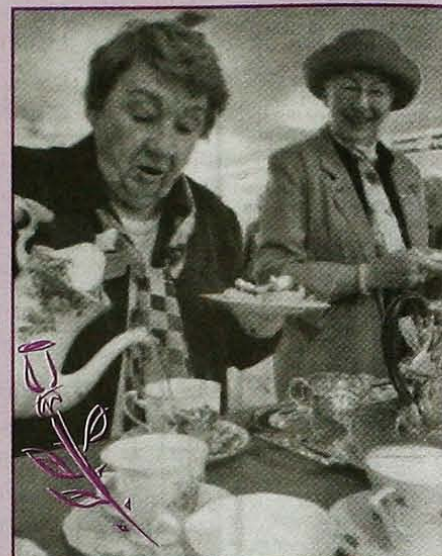
Financial – Managing assets, managing household accounts, budgeting, saving for vacations, planning ahead for a "rainy day", storing important papers, and what to store in a Bank Deposit Box. Invite a local financial planner to speak about these topics or hand out a list of all the financial planners in your area.

Household Emergencies – How to change a fuse, checking the circuit breaker panel and resetting the breakers, how to prime the water pump, furnace maintenance, how to unplug the toilet, change a washer on a tap and water filters, what to keep in your emergency drawer.

Outdoors – How to maintain the lawn mower, how to change the propane cylinder on the BBQ and how to light it safely, how to start a snow blower and how to blow snow with a tractor.

Healthy Eating – Cooking for one, reducing recipes, setting up a cooking club, shopping for one. Eating healthy food, freezing portions safely. A useful resource would be a local Community Food Advisor – contact your local Health Unit for a speaker.

Vehicle Care – How often do you get an oil change, checking fluid levels, how to pump tires, where to fill the washer fluids, what to carry for winter emergencies, how to prepare your car for winter driving. Invite a police officer to speak about safe driving, set up a booth with information from CAA or another roadside assistance agency.



Ontario District WI

Ontario District WI and The Osteoporosis Society recently organized and held a Bone China Tea at the Blackstock United Church. Cathy Symes, left and Carol Holder take their tea and snack as they get set to hear from Tanya Long of The Osteoporosis Society, the guest speaker for the event.

Oxford District WI



Oxford District WI hosted a Cancer Information Day this past fall covering the topics of cervical, prostate, breast and ovarian cancer. Cancer information was given on prevention, early detection and support by the panel presentation, community agency displays and resource staff.

This makes a great event because:

- Branches within a District worked together to make it happen
- It involved ROSE Partners and community organizations