

BRANCH  
No.  
197



# LEGION NEWS

By Wayne Young  
P.R.O.

Comrades,

On behalf of the Executive of Branch 197, I would like to wish a prosperous and happy New Year to our Veterans, our members, and to the citizens of Acton. If you have not visited our Branch before, or if it has been a long time since your last visit, why not pop in and see what the Legion is all about? Any member would be most happy to give you a tour. A large crowd was on hand for the annual Presidents Levee, on New Year's Day. It was nice seeing some faces we have not seen in a while. Speaking of nice, the over 200 revellers present for the New Year's Eve dance at the Branch had a blast as they danced away the woes of 2010 and rang in the dreams of 2011 to the fantastic sounds of Brown's Garage. If you have not heard Brown's Garage before, make sure you have the pleasure the next time they grace our stage. Notice how bright most everyone at the Legion has become recently? That is due to the fact that comrade Keith An-

draws, under the watchful eye of comrade Dougald Dick, are in the process of changing all the lighting to a high energy efficient system. Keith says that working with Dougald is like being married. Dougald explains what needs to be done, and Keith does it. The year 2011 represents 80 years of service by Branch 197 to not only our Canadian Veterans, but to also the countless Veterans from our Allied nations who now call Acton home. One of the celebrations planned will be a dinner and dance on Saturday, April 16, 2011. More details will be forthcoming. If anyone has pictures or memorabilia relating to the Branch, our Veterans, members or anything else of interest drop it off at the Branch, address it to Wayne Young and we will take good care of it and return it to you as soon as we are finished with it.

Legion Ladies Auxiliary Branch 197 Notes

Happy New Year to all the LA Members and their families. May 2011 be a good year to everyone.

Don't forget the General Meeting tonight (Thursday) at 7:30 p.m. All members should attend.

Sports Schedule for January is Zone Euchre January 8 at Bramalea, Zone Darts is January 15 at Streetsville, Zone Cribbage is January 22 at Brampton and the qualifying round for District Darts is January 29 in Georgetown. Sign up at January's meeting with Norma.

Thank you to all the members who helped in the months of November and December with the banquets that we had. A good job done by all. Well, Santa's helpers have officially retired, and we thank you both for your years of service for the Children's Christmas party. You will be missed Rhona and Jim Thornhill.

A special hello to all members who are under the weather we are thinking about you.

Yours in Comradeship,  
Peggy Harris,  
President  
Branch 197,  
Ladies Auxiliary.



**SNOWY FUN:** Acton's Hannah English, 9, (front) and friend Jenna Innes and others tackled the hill at the Wallace Street Park over the holidays. — Frances Niblock photo

## New firm offers independence and care - Advertorial

A focus on quality client care and staff support convinced Acton's Deborah McDowell that Premier Homecare Services (PHS) was the only company she wanted to represent when starting a new in-home care business.

McDowell and her husband Bill both recently left their corporate jobs to become owner/operators of the new PHS franchise in Halton Hills, Milton and Brampton.

"I like the idea of helping seniors — that's what attracted me to the industry, and I was attracted to PHS because it is Canadian-based, and its core values are focused around quality care for both the client and the caregiver," McDowell said recently, adding PHS does not force sales targets on her. "I didn't want to be put in the position where I felt like I had to sell something to someone that they maybe didn't need just so I could make a sales target."

The homecare business is a good fit for McDowell, who enjoys working with seniors and has taught seniors' fitness classes. While she is happy to leave the more "boring" aspects of setting up a new business — like paperwork and setting up software — to her husband, she is busy hiring caregivers and introducing herself to the community.

"The caregivers are the heroes in making sure our clients have a better quality of life. I've hired eight so far, and will hire more as I staff-up and we get active in Brampton and Milton," McDowell said, adding the personal touch makes a big difference in quality of care.

"Our care workers will build really strong relationships with our clients. Many of the caregivers I've interviewed said working in some long-term care facilities is emotionally draining — like working on an assembly line. Our service will be more humane," McDowell said.

Premier's commitment to the personal touch appeals to McDowell who will meet and get to know each client and caregiver to ensure a good fit. If clients have a question or concern, McDowell said they would call her directly, not an impersonal call centre.

PHS caregivers are bonded and insured and extensive reference and criminal background checks are required. They are committed to helping people stay in their own homes, with appropriate care and companionship.

"We can help clients remain independent, healthy and active," McDowell said, adding studies show the onslaught and degree of Alzheimer's can be lessened by keeping someone active and engaged. She is a firm believer in prevention.

"Pretty much 40 per cent of the people in long-term care are there because of a fall — we can prevent falls with proper training and I encourage caregivers to become exercise buddies with their clients, going for walks and doing simple exercises," McDowell said.

PHS specializes in Alzheimer's and dementia care, and will design a care program as individual as each client. From personal care assistance, errand running, meal planning to light housekeeping, companionship and palliative care, PHS

offers a wide range of programs with flexible scheduling — everything from by the hour to live-in.

McDowell said she received a warm welcome during her recent visits to Acton area health care practitioners and once settled in Acton, will look at the Brampton and Milton markets.

Along with Acton's Royal Bank of Canada, McDowell is co-hosting a seniors' event at the Sobey's plaza on January

20. Seniors will be issued a passport at the bank and invited to visit shops and services in the plaza that will offer merchandise, coupons and information in a gift bag. McDowell will focus on fall prevention during the event.

For a no obligation, free in-home assessment interview with McDowell:

Call PHS at 519-853-8090

Email: [infohnm@homecareservices.com](mailto:infohnm@homecareservices.com)

or visit [www.premierhomecareservices.com](http://www.premierhomecareservices.com)



**PREMIER CARE:** Acton's Deborah and Bill McDowell offer a personal touch with their new Premier Homecare Services business that helps seniors and the disabled remain in their homes.