

**VON VOLUNTEER VISITING PROGRAM**

Winter is inevitably coming. We all prepare for it. Some of us are busy harvesting the rich produce of our gardens, while others are mulling over what winter project to embark upon to ease the passage of these "long dark months".

What about our senior citizens or handicapped neighbours who find it difficult - almost impossible to "get about" during the winter due to transportation or mobility difficulties? We all know someone that almost disappears over the winter months and reappears in the summer when weather and travel are kinder to the senior citizen.

The VON Volunteer Visiting Program in Bastard and Burgess township has within its first year of existence matched 16 visitors to 16 clients and together celebrated over 1,000 hours of visits. The goal of the program is to provide social support to the seniors and/or to their families in the form of friendly visits that allow them to maintain social contact with their communities and give them the sense of well being that evolves from involvement and caring with other people. Our clients live alone independently or with their spouse.

Visitors are matched on a one to one basis to seniors. Matches are made by the coordinator who interviews and screens all volunteers and then based upon mutual

interests and personality, brings the visitor and senior together. Inservice training is provided in informal monthly meetings that allow the coordinator to monitor visits and air concerns as well as share information regarding ongoing home support programs or activities of interest. All information

regarding home visits are kept confidential. Referral to other home support services are made when appropriate.

The average weekly visit is 1½ to 2 hours. The frequency and length of these visits are decided upon by the volunteers and the client with the coordinator providing guidance where necessary. Activities may include: walks, shopping, doctor's appointments, drives, reading, learning new hobbies, wheels to meals program, tea and conversation - whatever that is of interest to both parties.

The seniors enjoy their new acquaintance and experience a sense of involvement and a sharing of new interests. The visitors claim that they enjoy the visits as much or more than the seniors because they not only provide an invaluable line to the community's history, giving them a rich sense of continuity and meaning, but also they receive their unconditional acceptance and friendship.

When you are planning your winter project consider becoming a Volunteer Visitor and become involved in your community. I cannot think of a better way to enrich personal development than to make a special friendship with a senior citizen and share experiences and a little bit of time.

If you are a senior citizen or know of someone who may benefit from our program, please contact: Mrs. Marian McLeod Coordinator 387-3685

**OCTOBER 7/86 A TREAT FOR AREA MUSIC FANS!**

While most of us are familiar with the sounds of the guitar accompanying western, folk and ballad singers, few have probably experienced the melodic and haunting music of the classical guitar.

On October 7, 1986 at 7 p.m. in Portland United Church, well-known classical guitarist Davis Joachim will be in concert. His program will include classical selections combined with some commentary. Davis has studied and performed in Europe and North America and has recorded as well as prepared arrangements for others.

This exceptional performance is being brought into the area through the Rideau Lakes Union Library in co-operation with OLS-Rideau and the Ontario Arts Council. Admission is \$2.00 either at the door or through the purchase of tickets at any of the Union Libraries.

If you enjoy classical guitar, you're in for a real treat....if you have never experienced music interpreted for the classical guitar, come out and hear one of the finest performers: DAVIS JOACHIM Ovt. 7, 1986 - 7 p.m. Portland United Church

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**USED CARS**

- 1986 Ford Taurus GL - Demo-Auto O/D, Air conditioning, Speed Control AM/FM Stereo Cassette
- 1984 Ford Ltd. -Air Conditioning, Radio, 4-door, Power locks, 77,000 miles
- 1984 Chev Citation -Automatic, 4 door, V6, Stereo, Only 27,000mls.
- 1983 Ford Escort -4 Door Hatchback, Sunroof, 5 speed 2 tone blue.
- 1982 Mercury Marquis -Air conditioning, 4 door, AM/FM Stereo, Only 48,000 miles
- 1982 Ford Escort GT -4 speed, 2 door, Stereo
- 1981 Datsun 510 -4 door, 5 speed, AM/FM Stereo, Sunroof
- 1981 Ford T-Bird -2 door, AM/FM Stereo Tape Deck
- 1981 Mercury Capri -5 speed, AM/FM Stereo Cassette
- 1980 Ford Ltd. -Station Wagon
- 1979 Ford Fairmont -Station Wagon

**1986 TRUCKS.....1986 TRUCKS.....1986 TRUCKS.....1986 TRUCKS**

- 1986 Ford F150 XLT 4x4
- 1986 Ford F150 XLT 2 Tone Grey
- 1986 Ford F150 XLT Red & White

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**USED TRUCKS**

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  - 1982 Ford F150 -Super Cab, 302 aut. with cap.
  - 1980 Chev -6 cyl, Aut.
  - 1979 Dodge D-15 -36,000 miles, 318 Automatic
- Truck Cap - Hunter Special Fits regular truck box.....\$450.00

**NEW CARS.....1986.....1986.....1986 ...NEW CARS**

- FORD:1986 Taurus GL Station Wagon - "loaded"
- 1986 Taurus GL - Silver - "loaded"
- 1986 Taurus GL - 4 cyl. - "loaded"
- 1986 Mustang Hatchback LX "loaded"
- 1986 Escort L

**MERCURY:**

- 1986 Sable LS - Black - "loaded"
- 1986 Topaz GS - White