

# LANARK COUNTY SUPPORT SERVICES



*Smiths Falls, Perth, Carleton Place & Almonte*

## VIRTUAL SESSIONS

LCSS REACHING HOMES ACROSS THE COUNTY



By Jenn Findlay

Although our agencies are currently closed, the staff have been working hard to find new and creative ways to communicate with families. Since the agency suspension on March 18, staff have been busy developing ways to continue to provide support to those who we normally see on a daily basis throughout our week.

At the beginning of the agency closure, staff were checking in with families via phone, email, text and some small virtual sessions. Since then, we have evolved into creating larger scale virtual online sessions using programs such as Zoom and Facebook live.

Amy kicked off our first large scale session with a "Coffee Talk" social circle on Wednesday April 15th. We are currently on our 7th week of virtual sessions, and I think it is safe to say, they are a big success!

There have been a variety of online sessions going on during the week. Up to date, there have been discussion sessions with topics of community safety, job readiness, birthdays, country music trivia, sports trivia, gratitude, Harry Potter trivia, and trivia about Canada. We have also had some science experiments, games in social skills, scattergories, scavenger hunts, Bingo and Pictionary.



**VIRTUAL TEACHING SESSIONS**

We have been very fortunate to have had a couple of special guests join in on our Zoom chats. We were able to get Constable Stephen Irvine come on and talk about safety in the community and what it is like being a police officer, especially now during the pandemic. We have had Jenna Wright, Shannon Deavy and Arlene Quinn share their musical talents with us. We have also had the pleasure of speaking with Graham Richardson from CTV news, who came on to answer question about his journey into journalism. And Mississippi Mills Mayor, Christa Lowry, told us about her job and her childhood living on a farm. We also have some recurring sessions, including a book club, a coffee-talk social club, musical sing-along and exercise classes. Some of our exercise classes have made use of Wii dance and YouTube videos. One session used each letter of the alphabet to represent a specific exercise, then spelled out names to create a routine.



**CTV'S GRAHAM RICHARDSON**

Although we would love nothing more than to get back to normal and seeing everyone face to face, we will continue to use Zoom and or Facebook live to see one another. Staff continue to brainstorm new ideas for virtual sessions, should you have any suggestions or feedback you can email Leigh - Anne at [lagiardino.lcss@gmail.com](mailto:lagiardino.lcss@gmail.com). Keep an eye out for upcoming cooking/baking sessions!

# Carleton Place

## HIGHLIGHTS

### MUSIC THERAPY

WITH SHANNON DEAVY

By Kathleen Cummings

Shannon has been leading monthly music therapy sessions for the Carleton Place Agency for the last three years. Her ability to include everyone and encourage all to participate is second to none.

A music session with Shannon is more than a sing-along. Her tickle trunk of instruments includes shakers, drums, ukuleles, a lap keyboard and even a violin. While Shannon uses a guitar for accompaniment, she provides the opportunity for others to try a variety of instruments.



SHANNON INTERACTING PRIOR TO COVID-19



While always encouraging and offering new opportunities, she shows her appreciation for the familiar. Shannon ensures every individual has their personal favourite song performed.

On May 4th, Shannon led a virtual session for all of Lanark County Support Services. Many viewers brought their own guitars to strum along with Shannon as she again made everyone feel welcomed in the new virtual setting. Thank you to Shannon and to all who joined the session!

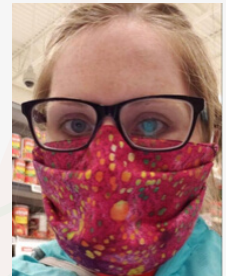
### CHAD BENTLEY

MAXIMIZING HIS FREE TIME

By Alexis MacDonald

During this time, Chad Bentley, who had been a full time employee at Canadian Tire in Carleton Place for over 15 years, had to take a lay off due to Covid 19. Some people, given this situation, might not have seen this crisis as an opportunity, but Chad has rallied and has been motivated to make the best out of a terrible situation. He decided to work on his reading skills which has been a passion for many years. He has been participating in daily reading lessons and is currently reading , "Welcome Home: Travels in Small Town Canada" by Stuart Maclean. He has already surpassed 100 pages!

Chad has expressed his enjoyment with reading this book and has been keen to observe the many historical injustices and discriminations highlighted in this wonderful novel. As Chad would say " You should not be judged on your eye colour" or "Why should anyone be judged on things they can not control" Chad's reading skills keep improving with all of his dedicated hard work during this quarantine. He has also been keeping a good schedule of cooking healthy meals , walking and working on his other passion, painting and art work. You should be proud Chad!



Mask made by Laura's mom, Mary.

### UNSUNG HERO

LAURA GOODCHILD

by Tianna Card

Laura has worked at Waterside Retirement Community for almost a year! She is a Culinary Server, meaning she does everything from assisting with orders, preparing all sorts of drinks, and serving the residents at this Home their beverages and meals. For the past two months, Laura's job has altered, as she has become an essential worker and is responsible for the health and safety of not just the residents and people she has grown so fond of, but her colleagues and herself.

Laura's job has become quite demanding, but she hasn't let that change her positive outlook, her optimism and attitude at work. She has been busy working 12 hour shifts to limit the number of staff in the building at a time. Laura wears a mask for the duration of her shift, along with having her temperature checked twice a day. The dynamics of the home have changed as well, as residents must eat in their rooms.

Laura has been recognized at her work for bringing cheer and happiness to the residents, as she engages with them as much as she can, and puts a smile on their faces every time she breaks out into a dance, "It's important to be positive. I love to see them smile and laugh."

Being an essential worker has made this job even more important to Laura, and she sees it as her responsibility to keep spreading joy during this uncertain time. Laura is thankful that her work has not seen a positive case. She misses the sounds of Life Skills in the building, and all of her friends. "Stay safe and social distance. I hope to see you all again soon!"

We are so proud of you Laura, and cannot wait to see you too!



# ALMONTE

## HIGHLIGHTS

### GORD WILSON STAYING POSITIVE & KEEPING BUSY

by Megan Rathwell

If you know Gord, you know he is always smiling and laughing. He spends most of his free time walking around the town of Almonte, and everyone in the community greets him by name. So, you would assume that during this time of social distancing, Gord would find it difficult adjusting to the new rules. However, Gord has embraced the new found routines and understands the importance of keeping our distance during these crazy times.



DAILY WORKOUT



MAKING NEW FRIENDS ON HIS COUNTRY WALKS

At first, he didn't stray from the home that he shares with Barb. He didn't go out for his regular walks, and with everything closed, he didn't feel like he was missing much. He stayed at home relaxing, watching TV and playing with his pets. But, it wasn't long before Barb and Gord started doing new activities together which included morning exercise routines and long walks in the country. He started using Facetime to connect with his mom and has been able to chat with her more frequently than before.



GOING OUT FOR BREAKFAST



QUARANTINE HAIRCUT

Thanks to local restaurants providing pick up services, Barb and Gord are still able to "go out" for the occasional Sunday breakfast. Barb was even able to give Gord a quarantine haircut! Now, when Gord and Barb go for a walk through town, everyone honks their horn at Gord and waves hello! This always puts a smile on his face! When they get back home, Gord and Barb like to enjoy an afternoon tea on the deck, weather permitting!



When I asked Gord what he missed most about Life Skills, he said he missed all of his friends. He also said that he will see you all soon when this is over!



## SPOTLIGHT Q & A

STARRING JESSALEE TURCOTTE

### 1. How many pieces of art have you created since Social distancing began?

I have 28 paintings total since this whole social distancing started

### 2. Which piece are you most fond of and why?

The painting I'm most fond of is my Sea Turtle painting! Painting with Janet put a video on her Facebook page on how to do it. I watched the video first and I thought "I can totally do this!" So, I tried it out and I was thinking "Here goes nothing!" I was really happy with the results I got out of it! It was also the very first painting I did.

### 3. Do you follow online tutorials?

I will do painting with Janet tutorials online, she's my favourite artist to follow, but most of the time I just wing it all myself!

### 4. Why did you choose painting as a hobby?

I took up painting as a hobby because I got some really amazing wonderful feedback from family and LCSS staff. With all that wonderful feedback I received it just encouraged me to keep on painting.

### 5. What other things do you do to keep busy?

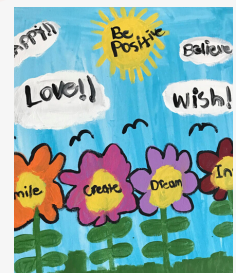
Other than painting, I go for walks, read books, do word searches, talk on the phone, using facetime, Zoom sessions, baking / cooking, housework and watch TV!

### 6. What advice do you have for others who are just beginning to take up painting?

My advice for someone who is going into painting is "Just Go for it! Have fun and if you make a mistake, which I have done several times, just paint over it!"

### 7.. What message do you want to send to everyone during covid-19?

The message I would like to send to everyone during COVID -19 would be; "Never loose hope and always stay positive because one day this will end!"





# HOW DOES YOUR GARDEN GROW?

NATALIE, SARAH & TRAVIS

by Megan Rathwell

Natalie has been working hard with both Sarah and Travis to get their gardens ready for Spring. Helping with everything from planting seeds to prepping garden beds!



Travis has a natural green thumb and has been tending to his baby plants with all the care they need to grow up strong!



Travis is also great at fixing things, he gave new life to a tired and broken bird feeder. It looks amazing!



Sarah is always eager to help out and is excited to grow her own vegetables. After a long day's work, her front garden is all ready for planting!



# ENID MARGARET MINNIE MANCHESTER

OCTOBER 6, 1959 - MAY 3, 2020

Everyone at the Almonte Agency will greatly miss our dear friend Enid. She had a smile that could melt a thousand hearts and a giggle so contagious that everyone around her couldn't help but join in too.



We could tell that Enid loved spending time with her friends at "the second building" and looked forward to her days with us at the agency.

Enid loved to help out in the kitchen, reliably grating the cheese for each and every lunch club. She made it very clear, in the sweetest way possible, that she was not keen to share her assigned jobs or her favourite seat in the kitchen with anyone!



One thing we all knew about Enid, was how much she enjoyed music. When a good song would come on the radio, she would start to feel the groove, dancing in her chair. It didn't take much convincing to get her up on the dance floor to show off her dance moves!

Enid was a kind soul, with a soft little voice, who left our world much too soon.



# PERTH

## HIGHLIGHTS

### EASTER

by Amanda Campbell

Easter was a big event for the Perth group. Jenna made up goody bags and delivered them. It gave her the chance to see a lot of people that we've been missing. She took photos of a lot of them, and friends and family were great to send along more photos of everyone enjoying the treat. The masks seem to have been an especially big hit!



### BIRTHDAYS

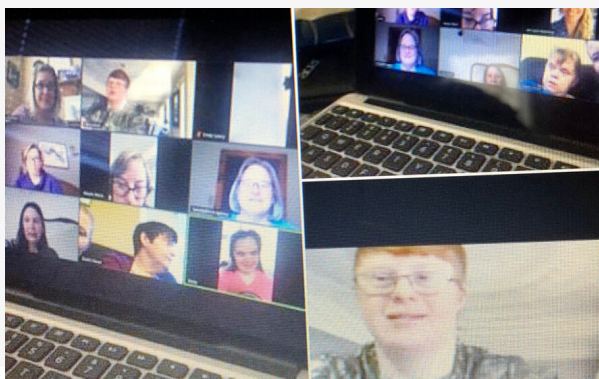
#### DAN'S BIRTHDAY PARTY PARADE

Dan's niece arranged a birthday parade for Dan in McDonald's Corners. Everyone decorated their cars and drove past Dan's home, wishing him a very happy birthday from afar. I'm sure Dan, and his mother, will remember this birthday for years to come - and who doesn't love being in a parade!



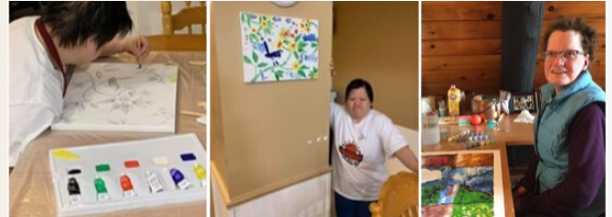
#### MASSEY'S VIRTUAL BIRTHDAY PARTY

For Massey's birthday in early April, staff organized a zoom birthday party and many familiar faces popped in to say happy birthday to him. It was shared on Facebook as well, so even more friends were able to leave him birthday wishes in the comments section. I'm sure that any future Zoom birthday parties will have even more people attend, now that Zoom has become a regular part of our lives!



### KEEPING BUSY AT HOME

The Perth agency has some really creative people! Creating masterpieces of all kinds seems to be a favourite pastime. Emilia, Joanna, and Emily have all painted works of art, and Todd has been busy painting a variety of wood pieces. Candice and Craig have been very crafty at their home, and so has Donna, and Lori-Ann. They've all done a fantastic job



Grant has been helping to clean his home - using a water gun! Michel has been keeping busy by exercising in his backyard when he can, and completing puzzles. The bigger the better! Steven is the reader of the group, and has worked his way through a library's worth of books. He's also learning all kinds of interesting things by spending some time on the internet. He and Cheryl will have lots to share when we get back together, because she's been spending time online, too. Emilia helped bake a beautiful Easter cake for everyone at her group home. She has always been one of the best bakers at the Perth agency!



Nick will be the next great rock star with all the guitar practice he's been getting. Dan has been fulfilling his duties as unofficial mayor of MacDonald's Corners. If you drive by the church, give him a wave. Michel isn't the only one exercising. Clinton has been working on maintaining his strength. Go Clint!

Tyler has been taking walks around his neighbourhood, and so has Tracey. Does four-wheeling count as exercise? That's what Andrew has been doing. Massey has been practising his archery skills.

#### And Work!!!!

Seth and Ryan are doing schoolwork.

Massey's been working on getting the family boat ready for the season and doing some online learning. Robbie has been cleaning and fixing the lawn mower, and Lori-Anne has done some farm work; feeding the animals and collecting eggs.





# SMITHS FALLS

## HIGHLIGHTS

### ROBBIE HULL

#### HEARTFELT MESSAGES

by Jenn Findlay

Our very own Robbie Hull was featured in the local newspaper. Robbie has his Mom Marlene were getting ready to decorate their front lawn with eggs for Easter, but with everything going on it did not feel the same. Instead Robbie decided to decorate the front lawn with hearts that had a personal message. The hearts were for all the frontline workers. Robbie had cut out over 50 hearts and wrote personal messages on them and put them on his front lawn for all to see.



### KEEPING BUSY

#### A SNAPSHOT

With everything happening or not happening, the Smiths Falls group is trying to get through this ever stressful time, they have found ways to keep themselves busy. There have been lots of baking being done, yard work, arts and crafts, enjoying time with family, watching TV shows such as Lucifer and movies, Facetime chats with family, helping out staff and housemates, going for walks, playing just dance, going for bike rides with family, gardening, listening to the radio, sitting outside enjoying the sun (when it is out), enjoying book clubs, rug hooking, and helping to clear tables!



### MATT MORGAN

#### DEDICATED WORKER



Although most participants are staying home during this pandemic there are a few who are still attending their job stations and Matt Morgan is one of those people. Matt is still attending two of his placements each week. Matt started his placement at The Garden Market back in September of 1993 where it started as a co-op placement through high school. Since the pandemic, Matt has been trained by the staff at the Garden Market how to properly wear a mask and gloves. Although he does not have direct contact with customers, he is kept working in the back room with the produce staff. He brings the large boxes of produce from the cooler section and divides them into smaller bags for the customers. He also helps keep the place clean and swept at all times. In good weather he will often be seen cleaning up outside. Both Matt and his Mom Dannie feel he is treated like family.



Matt's other placement is at Green Acres which is a greenhouse and landscaping business. Matt has been there since July of 1995. Matt's tasks are sorting and stacking different size pots, filling trays with the smaller pots, filling pots with soil. Cutting string for, and sorting out the different colours, of the bunches of gladioli, sweeping and assisting with cleaning up in which he says is one of his favorite things to do. With the landscaping portion, Matt will often assist with delivering supplies to the workers on site. When asked why it was important to Matt to continue to attend these placements, his response was "The face to face social interaction and maintaining hard earned skills at work" Both Matt and Dannie feel Zoom is really great as means to see his peers at LCSS and CSS, he is missing actually seeing his peers and being in the same room, joking and interacting with everyone. Matt is very active in the community so with no bowling, no swimming, no sports of any kind, it has been hard to accept and Matt is really looking forward to getting back to his activities when this is all over.



# GATHERING GROUNDS CAFE

## AN UPDATE

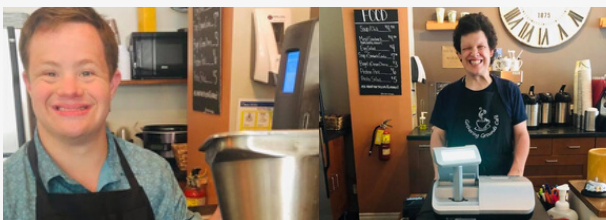
by Amy Osman



Gathering Grounds Café temporarily closed it's doors to the public on Tuesday, March 17, 2020, following recommendations from Public Health Ontario. Since then our team has been working diligently behind the scenes to ensure the staff and café are up to date when it is time to re-open. We have refreshed the interior of the café, repainting and updating the menus as well as adding some new decor. We have been navigating and installing our new point of sale system. Upon our return, Gathering Grounds Café will be operating Touch Bistro, a Canadian based software company that develops restaurant point of sale systems for an iPad. Touch Bistro is an user-friendly personalized system that uses a combination of pictorial images, automatic prompts and short cuts designed to make running and managing a business easier!



Virtually, our team is staying connected through Zoom and Facebook, as well as participating in Webinars and virtual sessions put on by the Carleton Place Chamber of Commerce and Downtown Carleton Place to ensure we are up to date with what is happening in our community. As small businesses slowly begin to open, Gathering Grounds Café will remain closed for the time being. We have decided to take some extra time as we navigate how to maintain everyone's safety. We appreciate everyone's support during these exceptional times and look forward to serving you again soon!



**FACEBOOK**  
LCSS STAYING CONNECTED



### Have you joined our Facebook page yet?

**LCSS Staying Connected** is a private page we host for those who attend LCSS and their families. Don't forget to check in frequently. We are always adding fun content, like riddles, craft ideas, cool facts and more.

You will also find the virtual schedule and the Zoom links required to join in on the fun!

If you don't have Zoom, you can watch the classes stream live to our Facebook page! You can participate by leaving a comment during the live session and the staff will relay the message to the Zoom instructor.

Come visit the page, add photos or comments on what you have been doing to keep busy, we would love to see them!

# ZOOM

LCSS staff have been working hard putting together fun virtual classes for you to enjoy!

Weekly schedules will be posted on our private Facebook page and sent out by email!

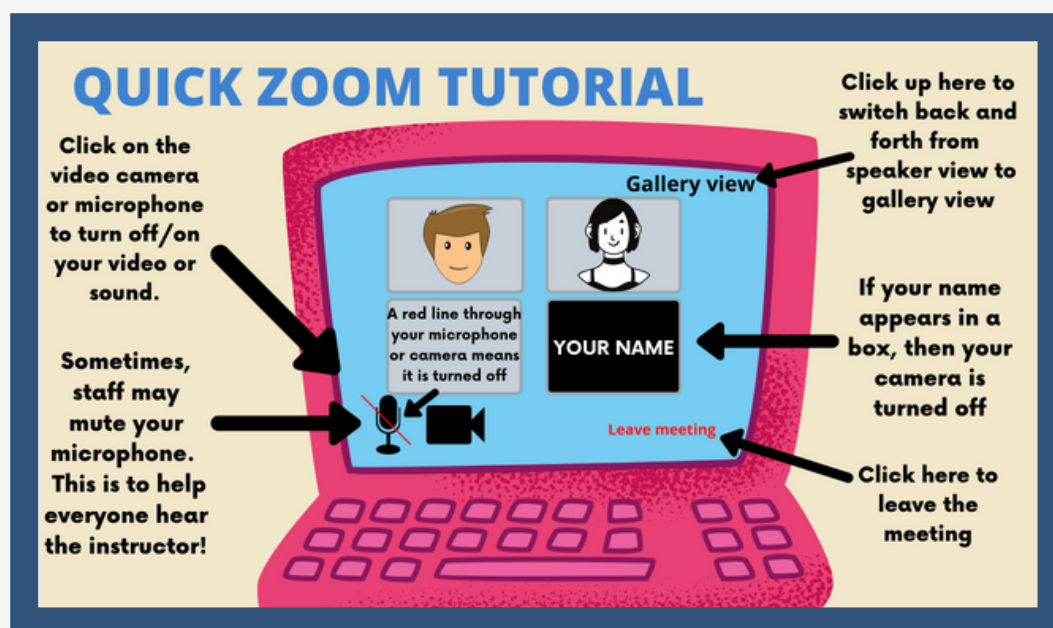
**Here are a few tips and guidelines to get you online and participating like a pro in our Zoom sessions!**

Not getting our emails?

Do you need help with the Technical stuff?  
Let us know by contacting your primary staff!

**If you still need to download Zoom please go to**

<https://zoom.us/download>  
and follow the instructions



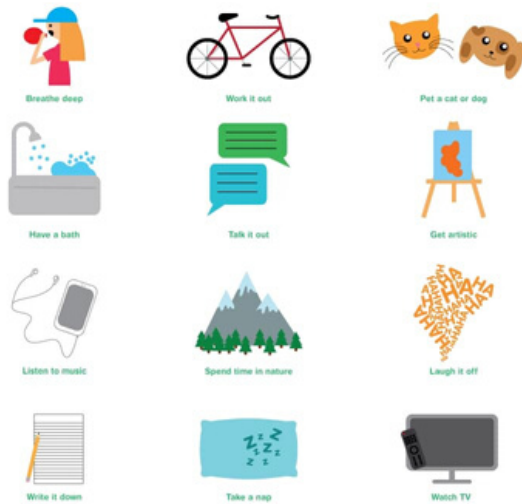


# TIPS AND TRICKS

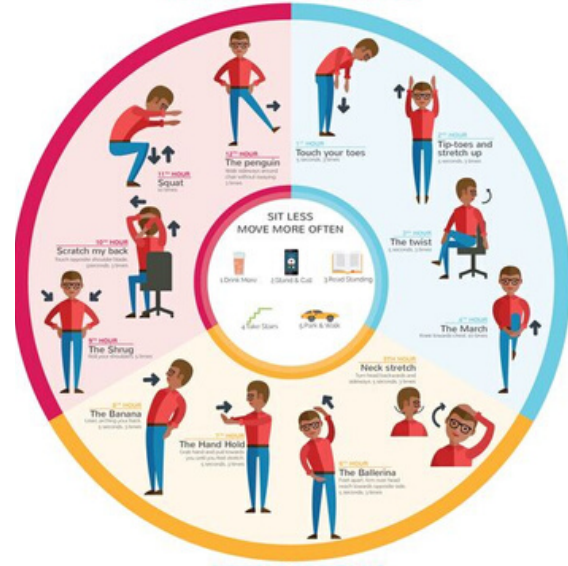
## ON HOW TO STAY HEALTHY AT HOME

### 12 Instant Stress Busters

Try these tips to help you manage stress and anxiety in the moment



### ONE PER WORKING HOUR TO KEEP YOU MOVING



### How **YOU** Can Keep Busy

1. Discover a podcast, or free online course
2. Have a spa day - soak your feet, paint your nails, try a homemade face mask
3. Send cards to friends and family, or Thank You cards to essential workers
4. Plant some seeds for yourself and friends
5. Start a book club via video chat with friends and family
6. Try new recipes, and share the results with friends and family
7. Write, draw, paint - be creative!
8. Have a weekly game night via video chat with family and friends near and far
9. Get active by finding videos on YouTube that you can follow, or have a dance party
10. Create a scavenger hunt for items in your home or around your yard

### The 20-20-20 Rule

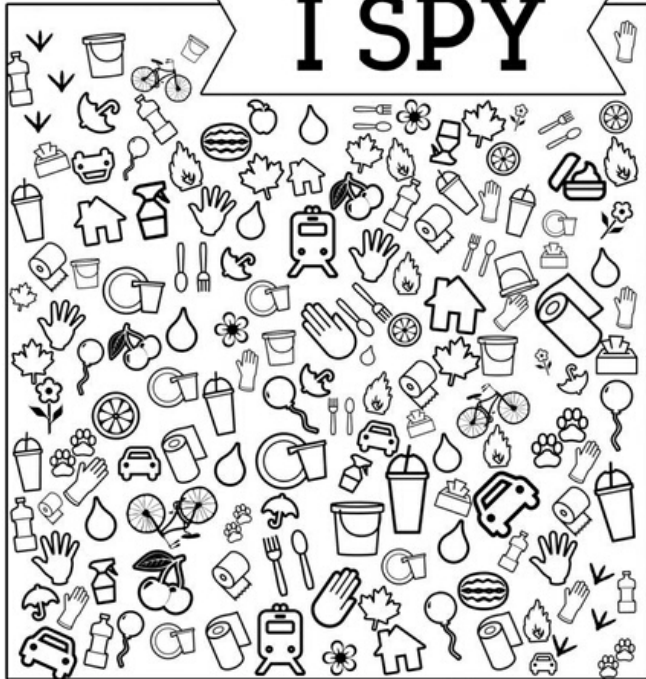
Preventing Eye Strain



# FUN AND GAMES

## TO PASS THE TIME

### I SPY



2. 4 4 2 4 5 7 4 6  
1 6 7 1 3 6 7 4 7  
3 2 4 6 2 7 3 9 6



### Spring



W H M Z A L K R S G U B E C H T Q I  
F T U L Y I J B E P Q N O P A S D X  
S J N I B O R H L V M C S U T L E K  
P E D W G X E K J O A Z R M C Q F B  
R C Y Q U S A V N T S I E K H R O L  
O L A M B F D T E U P S W G X T J E  
U N P H Y G Z R L K D H O V C E N R  
T B E J D W P Q I S G X L M F P A U  
V M Z C A I K D H B N U F S E B R T  
D K Y T L X G O R F P E J Q B W O A  
E P G L E B S U A M O C H I C K S N  
B N A R F Y O J T H Z M T D L I P G  
G R K E N R T S N A I L Q W U S R V  
A D O N P H E M B J S T C E S N I F  
K W U F I N L T Q E R M E A Y O N D  
I B S E C K F X T D V J R H P A G Z  
N E D R A G M W K U L G S O R C L E  
H Z M T U L I P V E B A D Y W F X J



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM



### Sudoku #1

2		3	6		8			
	4			2		8		3
8		1		4		6		
	6	5			7		4	9
3								1
7	9		1			3	5	
		8		5		1		6
5		9		1			3	
			4		9	5		2

© 2013 KrazyDad.com

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

### DETECTIVE MISSION

Directions: Eye witnesses reported to the police that 6 people stole a highly valuable diamond necklace. Your job as a detective is to locate and number the 6 suspects based on the eye witness descriptions of the suspects.

SUSPECT #1 is wearing sunglasses and a hat

SUSPECT #2 has facial hair, striped shirt and an earring

SUSPECT #3 has an anchor tattoo

SUSPECT #4 has regular glasses and a checkered shirt

SUSPECT #5 has two earrings and a polka dot shirt

SUSPECT #6 has a white bow in dark hair





# RECIPES AND FUN FACTS

FOR EVERYONE TO ENJOY



## Protein Bites

1 cup oats  
1/2 cup coconut  
1/2 cup raisins  
1/2 cup chocolate chips  
1/2 cup peanut butter  
1/2 cup honey  
1 tablespoon chia seeds  
1 tablespoon flax seed

\* dried fruit, other seeds can also be added

Mix, let sit in fridge for an hour and then roll into small balls.

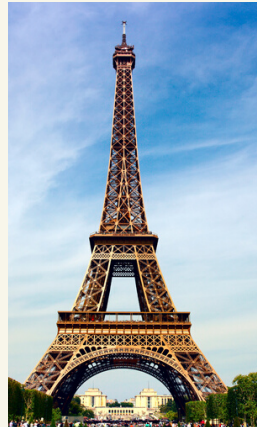
Store in fridge for 1 week or freeze for up to 3 months!



## Salsa

Mix together:

3 cups of finely chopped tomatoes  
1/2 cup chopped green pepper  
1 cup finely chopped onion  
1/4 cup minced cilantro  
2 tbsp lime juice  
4 tsp chopped fresh jalapeno peppers  
1/2 tsp cumin  
1/2 tsp salt  
1/2 tsp pepper

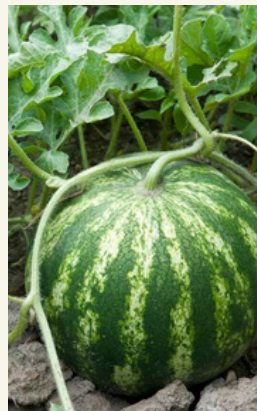


## FUN FACTS

1) Did you know the Eiffel Tower, in Paris, France, grows in the summer? The Eiffel Tower is made of iron. On a hot summer day, the iron expands so much the tower can rise up to 17 cm!!



2) Did you know there are 300 different types of watermelon?! The most common type include seedless, seeded or mini watermelons (that are pinky-red inside). There are watermelon that can be yellow, and orange!



3) Speaking of watermelons- did you know that watermelons are actually vegetables, and not fruit?! Some people say they are fruit because it grows from a seed.. But watermelons belong to the cucumber family! What do you think? Fruit or vegetable?



4) In Waco, Texas, you can enjoy the world's largest lazy river! It takes almost an hour to float down the entire thing, about 3/4 of a mile long!

# Happy BIRTHDAY

**MARCH-JUNE**

## **MARCH**

Michael R  
Peter Ry  
Lorry L  
Aaron P  
Linda G  
Scott S  
Gord W  
Steven M  
Asha R  
David H  
Molly U  
Emily W  
Jamie D



## **MAY**

Brian J  
Janine G  
Alison S  
Diana M  
Josh L  
Trevor M  
Tommy J  
Audry B  
Bob W  
Shannon D  
Dan S  
Fay M  
Tina E  
Joanna S  
Sarah S  
Calum M  
Vicky M  
John D

## **APRIL**

Massey L  
John P  
Victoria G  
Brandon B  
Chris P  
Danny C  
Kelly Ann H  
Corbin D  
Deanna M  
Lori-Anne C  
Alana B



## **JUNE**

Peter R  
Rob C  
Nick D  
Jeremiah R  
Justin L  
Andrew D  
John L  
Laura G  
Lindsey M  
Peter B



# **IMPORTANT NUMBERS AND WEBSITES**

## **Covid-19 Information**

Leeds, Grenville and Lanark District Health Unit  
1-800-660-5853 ext. 2499

Tele-Health Ontario  
1-866-797-0000

## **Mental Health Resources**

Distress Centre Lanark Leeds and Grenville Crisis Line  
1-800-465-4442

Lanark County Mental Health  
613-283-2170 613-257-5915

Lanark, Leeds & Grenville Mental Health and Addictions  
613-342-2262 613-283-7723

Mental Health Pandemic Helpline  
1-833-283-9979

A Friendly Voice (seniors)  
1-855-892-9992

## **Services**

Lanark Country Social Services  
1-888-952-6275

211 Ontario 2-1-1

Lanark County Interval House Crisis Line  
1-800-267-7946

Lanark County Food Bank  
613-257-8546

The Table Community Food Centre  
613-267-6428

Smiths Falls Community Food Bank  
613-283-6695

## **Important Websites**

Government of Canada  
[www.canada.ca](http://www.canada.ca)

Government of Ontario  
[www.covid-19.ontario.ca](http://www.covid-19.ontario.ca)

Public Health Ontario  
[www.publichealthontario.ca](http://www.publichealthontario.ca)

Leeds, Grenville and Lanark  
District Health Unit  
[www.healthunit.org/coronavirus](http://www.healthunit.org/coronavirus)

Lanark County  
[www.lanarkcounty.ca](http://www.lanarkcounty.ca)

Developmental Services in Ontario  
[www.mcass.gov.on.ca](http://www.mcass.gov.on.ca)

Bounce Back  
[www.bouncebackontario.ca](http://www.bouncebackontario.ca)

211 Ontario  
[www.211ontario.ca](http://www.211ontario.ca)

Lanark County Interval House  
[www.lcih.org](http://www.lcih.org)