

The Glengarry News

Maxville Manor Info Expo – A one-spot-stop for residents, family members and visitors learn about services

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Understanding our options as we get older or deciding what's best for aging relatives and loved ones can be a daunting and overwhelming task.

For those exploring retirement housing options and services for the elderly, the Maxville Manor offered a free Info Expo dedicated to helping seniors and their loved ones learn about local options and services.

The Info Expo was held on Wednesday June 18th from 2 pm to 4 pm in the Town Hall. Residents, family members and interested visitors were welcomed visit service booths and meet front-line workers face-to-face, or to stop and socialize with the residents while enjoying a glass of lemonaid and some homemade baked good.

A one-spot-stop for information, guests learned about the various services available and provided with educational materials and provided with the opportunity to ask questions. "We organized this event as a way to gather all the people and resources in one place so the people that need to find out about the resources that are available," said Board Member Carma Williams. "It's a relief to people, they don't always know where to go to find the resources they are looking for and meet the people on the front line. Here we've got it all in one room."

"I think it's really important for seniors, their families and the community to be aware of what services are available to them," said Robyn Cousens a registered massage therapist with A Touch of Health. "It's an especially good opportunity for people who use the day program services who might have seen me or the other service workers around but don't know who we are or what we do."

Sam Gach of Maxville Manor Salon couldn't agree more. "It's such a special community here at the Manor," said Ms. Gach. "Once they meet us, family and friends will be able to know that their loved ones are getting the same level of care they would have received at home."

For Laurie Nixon, who came to visit her father Bill Williams, the Info Expo was an opportunity to learn in a way that worked for her. "People like me are caught up managing our own affairs while trying to take care of my grandchildren and my parents," said Ms. Nixon. "Sure, I can go online to a website but there's nothing like getting hard copies of information that I can take home with me and talking to people one-on-one. This makes more sense to me."

While Ms. Nixon has been visiting her father at the manor for several years now, there was still valuable information to be learned at the Info Expo. "I met the lady from the Medical Arts Pharmacy today, I didn't realize that she comes once a month and she's in charge of the drugs that are administered," said Ms. Nixon. "So if I have a question about the drugs that my dad is taking, now I know that I can tell the nurse and she'll pass it on to Lorena so I can call her."

“Having access to information and the resources is essential to the well-being of our community,” said Alyson Graham owner of Cedar Wood Services. “Events like this help create awareness and really allows the community to know what’s out there.”

“It’s all about education,” said Alzheimer Society Education Coordinator Josée Desrochers. “Helping people that are getting older or living with dementia live well.”