

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS

Creating Opportunities for More Patrons to Access and Support Services

Monthly Book Showcase

Title: Falastin

Author: Sami Tamimi and Tara Wigley

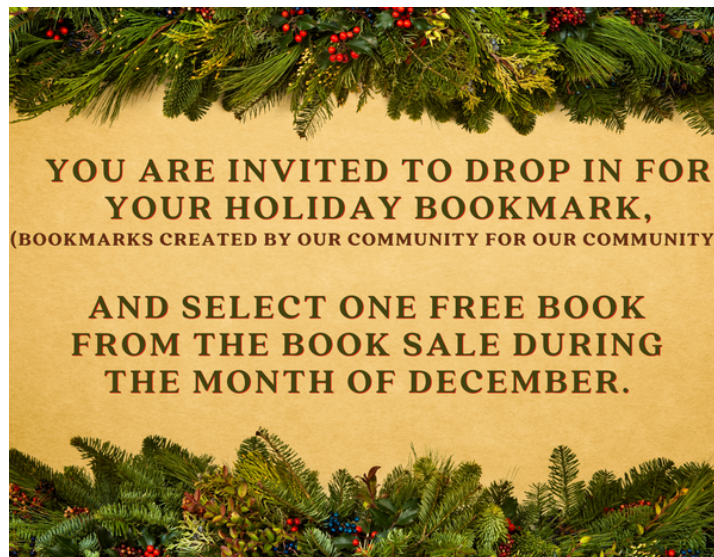
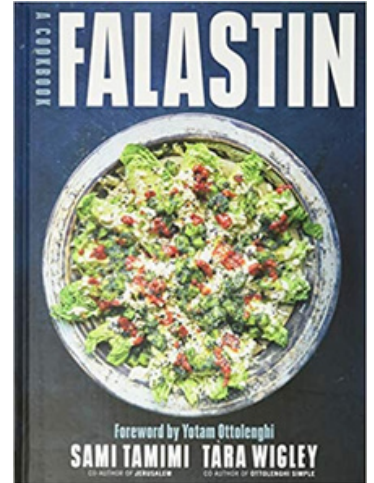
Genre: Cooking

I was so taken with this cookbook because it told stories about the region and unusually, gave me food for thought.

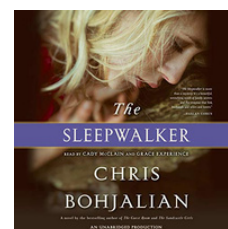
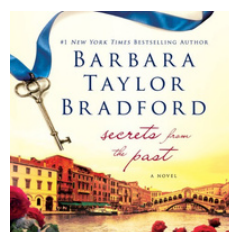
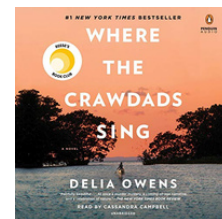
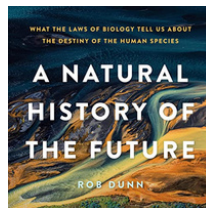
The events of 1948 forced people from all regions of Palestine together into one compressed land, recipes that were once family secrets were shared and passed around between different groups to ensure they were not lost forever.

This cookbook is not only about delicious food but about the distinct regional cooking traditions and the difficulties of producing and transporting the ingredients for those meals.

From the recipes of refugee camp cooks to the home kitchens of Gaza and the mill of a master tahini maker your taste buds will be tempted and your interest will be spiked.



Too Busy with Christmas plans to sit down and read your book.....try our audiobooks on CD



They're here!



**LOOK FOR THIS
STICKER ON
BOOKS & DVDS**

The **Senior
COMPASS Club** has
been busy choosing
books for the
library and they are
starting to arrive!



**BROWSE CHOSEN ITEMS IN
THE LIBRARY AT OUR SPECIAL
DISPLAYS.
NEW ITEMS WILL BE ADDED
AS THEY COME IN.**

Let us know if we are missing your favourite book
email our Senior COMPASS Facilitator:
nemilibcompass@vianet.ca

**COMING SOON . . .
VIDEOS . . .**

As part of The Senior COMPASS Project, we
will be creating videos for your information
on the following subjects:

- ➔ **Keeping the Mind Active**
- ➔ **The Value of Social Connections**
- ➔ **Elder Abuse**

Community Happenings

Société Alzheimer Society Coffee Club



The Coffee Club is designed for persons wanting to obtain resources, education and support and also have the opportunity to participate in group Recreation Therapy which encompasses physical, social and cognitive stimulation.

DATES

Every Wednesday, starting November 24, 2021

TIME

9:30am-12:00pm

LOCATION

23 Spragge Street, Lower Level
Manitowaning, ON

TO REGISTER PLEASE CONTACT

Alison - First Link Care Navigator
Phone: (705) 524-2024 ext. 401
Email: asloss@alzheimersudbury.ca



24 Hour Crisis Line
Phone Number
705-377-5160
Toll Free 1-800-465-6788

Manitoulin Family Resources is operating its Christmas Basket Campaign again this year, to support individuals and families in need. Baskets will be assembled and distributed to communities between the dates of December 6 and 17. Those who require assistance with a referral can call Denise at 705 368-3400, ext 243, Monday through Friday. Acceptance of food and gift donations to the campaign can be arranged by calling Linda at 705 368-3400, ext 242. Monetary donations can be made through e-transfer or Canadahelps.org; please see our website (www.mfresources.net) for both links. Cheques can also be mailed to Manitoulin Family Resources, P.O. Box 181, Mindemoya, ON, P0P 1S0.

Haven House shelter remains open to women and children fleeing violence, and our crisis lines remain open 24/7 to provide assistance and support. Please call 705 377-5160 or 1-800-465-6788, or text 705-968-0499 if you need support or to access the shelter.

SENIORS
SAFETY LINE

1-866-299-1011



24/7, 365 days
of the year



live counsellors,
over 200 languages



awhl.org/seniors



Noojmowin Teg
Health Centre
A place of healing

The Aging at Home Van Transportation is a free service which is accessible for all Manitoulin Island residents age 55 years and older. This service provides pick-up and drop off transportation services only.

For information on Noojmowin Teg Health Centre's Aging at Home Van Transportation Services, please contact the Data & Scheduling Program Support at (705) 368-2182 ext. 201.



**NEMI Public
Library**

Call Us: 705-368-2444

Email Us: nemilibcompass@vianet.ca

Find us on Line:

<https://nemi.olsn.ca/seniorcompass>

The Library is for Everyone

Senior COMPASS Project

NEMI Public Library is seeking the valuable guidance and insight of community seniors and older adults to make the library better for everyone.

The Community is its COMPASS