



# COMMUNITY CONNECTION



We are pleased to share so many wonderful announcements with you. Beginning April 1, 2026, the Highlands North Network will *officially* become the Operator of the *Lanark Highlands-HNN SALC Program*. This is a truly exciting step forward for us, and one we couldn't have reached without the support of the Township which has served as Operator until we were ready to take over the reins. We're truly grateful for everything they've done to help us grow to this point of independence. With this new role comes added responsibility for our Board, so we've sourced some local talent to assist us with maintaining and growing our mission and services.

## *Welcome to the Team!*

**Jim Larkin**, a local to the South Lavant community, will be responsible for taking care of our outdoor bulletin boards. You'll see him out and about making sure all 13 locations are updated regularly with the latest HNN news. Be sure to say hello if you spot Jim near your community mailboxes; he'll be the fella posting the news! **Julie Berthiaume**, will also be building alongside us by assisting with special events, promotions and our quarterly newsletter. Sharing our mission, she brings with her an extensive background in marketing, advertising, social media, communications, and event planning.

Also continuing to help us flourish are three members of our knowledgeable advisory committee – **Kara Symbolic**, **Marilyn Bird**, and **Victoria Gibb-Carsley**. **Sharon Proulx** has made the decision to step back from her advisory role, but has assured us that she will continue to support us as needed.

We have some more wonderful news to share. Our grant application to the **Perth and District Community Foundation** was approved! **ConnectWell** graciously received the funding on our behalf enabling us to qualify; for this, we are all very grateful. The \$7,000+ in funding is being used to hire **Sherry Crummy** of **Crummy Media** to assist with planning what will be a major highlight in 2026: the **HNN Roadshows**. These community roadshows will begin in early April and take place in the community halls where we support seniors' activities and events. These include Darling White Lake, North and South Lavant, Middleville, and Tatlock. Please see the Social Health...from the Heart segment in this edition for more details.

Although it may not feel like it today, spring is on it's way! The HNN Team is currently planning our annual **HNN Social Gathering**. The event will be held on Saturday, March 28th at Tatlock Hall. It will be a lovely, welcoming event with space to visit, enjoy some entertainment, meet familiar faces, and greet a few new ones- along with a tasty meal! We hope you'll consider joining us for a lovely afternoon. Details to follow.

One final event we're exploring is a group trip to a museum or a live theatre performance in March. We'd love to hear your ideas and suggestions at the HNN Quarterly Meeting on February 2nd. We're also very grateful that **Laurel Crosbie-Michaud** has agreed to stay on and serve as our trip convenor and help bring this experience (and others in the future) together.

# Aging Well Starts with Connection



## Social Health from the Heart #6

By Barb Young

Imagine this.



As you read these words, a senior is sitting alone in a local hospital room, a room that has been their temporary home for the past eight months. Their real home is here in the northern Lanark Highlands. But they cannot return to it. Not because they need medical care, but because they need help with daily living: meals, housekeeping, laundry, transportation to appointments, reminders to take medications, someone nearby if they need help, and, perhaps most importantly, regular human connection.

None of these supports are medical. None require doctors, nurses, or clinicians.

So, a fair question arises:

If this person doesn't need medical care, why are they occupying a hospital bed that costs approximately \$1,200 a day, a bed someone else urgently needs? The answer is uncomfortable, but important.

This didn't happen overnight. It unfolded slowly. Declining strength. Living alone. Limited family support. No longer driving. Lower income. A remote setting. The quiet stress of realizing that everyday tasks are getting harder.

And always the worry:

"What happens to me now?"

"I can't afford a retirement home."

"I don't want to leave the area I've always called home."

Eventually, a medical issue arises. Hospitalization follows. When the issue is resolved, the person is ready to leave, but can't. Their status changes to ALC: Alternate Level of Care.

Not sick enough to stay.

Not supported enough to go home.

Not wealthy enough for private options.

So, they wait - sometimes months, for a long-term care bed. Hospitals were never meant to be homes. Long-term care was never meant for people who only need help with daily living and social supports. Yet this is happening every day, quietly, expensively, and unfairly.

What we've been missing is a solution hiding in plain sight, rooted in the definition of health provided by the World Health Organization (WHO) in 1946 — a definition that still stands nearly 80 years later. It states very clearly that health has three equal pillars:

- physical health
- mental health
- social health

Social health our sense of connection and belonging, and our support networks—has always mattered. But it has remained largely invisible in healthcare systems. In June 2025, the WHO didn't just reaffirm this definition; it announced social health as a global health priority.

# Aging Well Starts with Connection

## Social Health... from the Heart #6 (con'd)

By Barb Young



The evidence is overwhelming. Strong connections helps people live longer, healthier lives, reduce emergency visits, delay institutionalization, support aging at home- and costs far less than medical intervention.

What if we started where the solution actually lives?

What if everyday human connection was recognized as essential infrastructure?

That is what the *Highlands North Network* is working toward - and it starts this spring.

Our path ahead will be built step by step, with each phase carefully building on the one before it.

### *Phase 1 (1 year):*

A pilot project to strengthen consistent, reliable social health supports across our communities, with identified partners invited to observe, learn, comment and follow progress.

Preferred funding: Ontario Trillium Foundation Seed Grant.

### *Phase 2 (3 years):*

Building on proven approaches to expand social health supports and deepen partnerships, with funders and policy-makers now informed and beginning the engagement process.

Preferred funding: Ontario Trillium Foundation Grow Grant.

### *Phase 3 (3-5 years):*

Moving forward on the foundation created in Phases 1 and 2 we will work with our partners in healthcare, transportation, affordable housing, and assisted living , and bring it all together. The cost savings of this human-centred, all-inclusive approach will place us in a strong position for broader approval. Funders and policy-makers will be invited to advise and contribute at this stage.

Preferred funding: New Horizons for Seniors - Pan-Canadian Stream.

Over time, social health becomes recognized, funded, and protected as essential - the third pillar of health, finally operational and replication-ready. A pillar that will serve rural folks equally, regardless of income.

This spring, HNN will host five community roadshows. Not to present a finished plan but to build one, together. Why? Because we believe the strongest solutions will be shaped by the people who live here.

If you want to age comfortably where you are...

If you believe connection matters...

If you don't want hospitals or institutions to be the only answers...

Please reserve your spot at the roadshow nearest you this spring. Date and locations will be announced soon. The first step is the most important one - and it starts with all of us, united as one.

**If any of this resonates in your life, we'd love to hear from you. Maybe you are a senior and this is your life right now, or it is the reality of someone you care about. Perhaps, you are looking ahead to 10 years from now, and wondering what healthcare will look like for you. Maybe you serve in a professional capacity, and have something to say. We want to hear it. Please call us at the number listed in the newsletter or send your comments by email to [highlandsnorthnetwork@gmail.com](mailto:highlandsnorthnetwork@gmail.com)**



# EVENT HIGHLIGHTS

## Spaghetti Dinner

Join us at the North Lavant  
Community Center

2082 Black Creek Road

Saturday February 14th, 2026 at

6:00pm

\$10/person, children eat for free

Don't forget to invite your friends and  
family!

We would appreciate help with the  
sides, salads, and desserts Bring take-  
out

containers to help us manage leftovers

Reach us at [nlcclanark@gmail.com](mailto:nlcclanark@gmail.com)

## You're flipping Invited!

Join us for White Lake's  
Annual Pancake Breakfast!

Date: Tues Feb. 17<sup>th</sup>

Time: 9:00-11:00

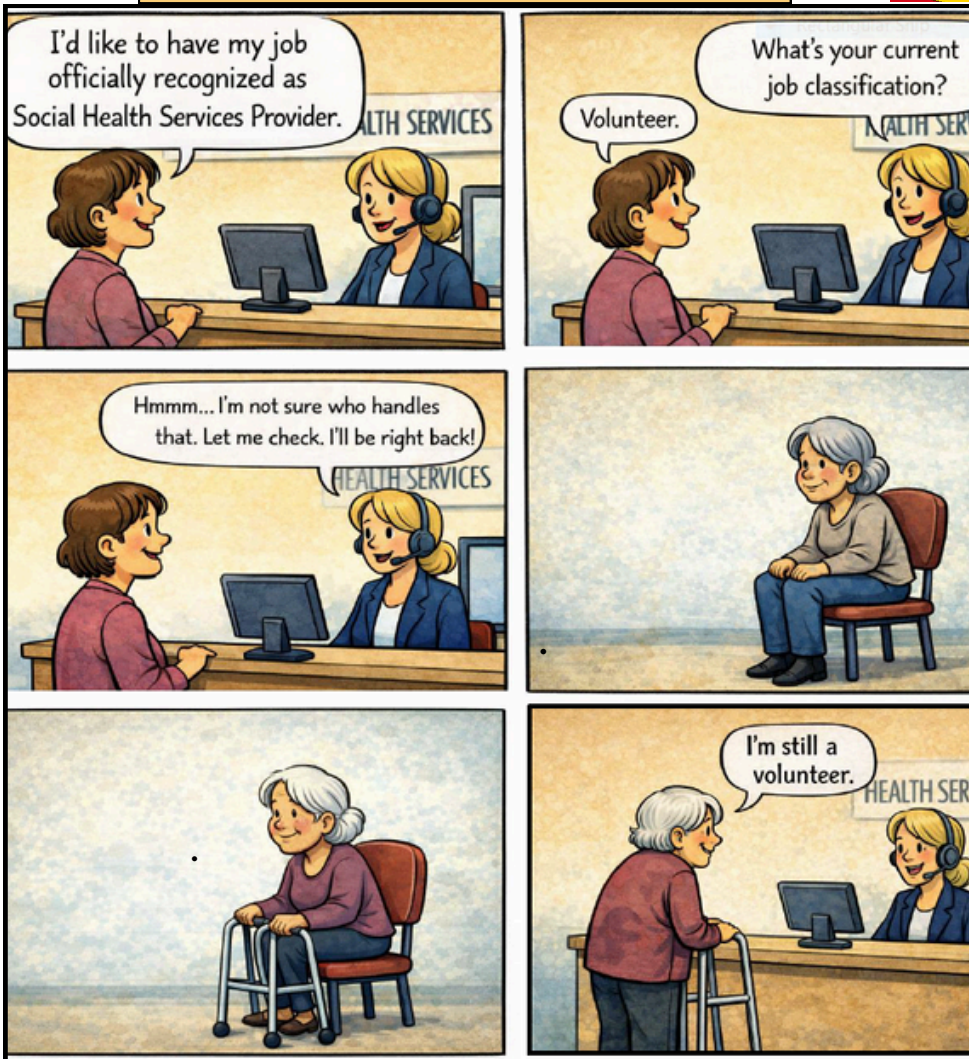
Where: DWLC 236 Cedar Cove Rd

\$10/pp

RSVP: by Feb 10<sup>th</sup> to  
[darlingwhitelakecentre@gmail.com](mailto:darlingwhitelakecentre@gmail.com)



## Socially Silly



# COMING SOON

The Annual HNN  
Social Gathering  
(March 28th)

&

The HNN  
Roadshows  
(April - May).

Stay  
Tuned

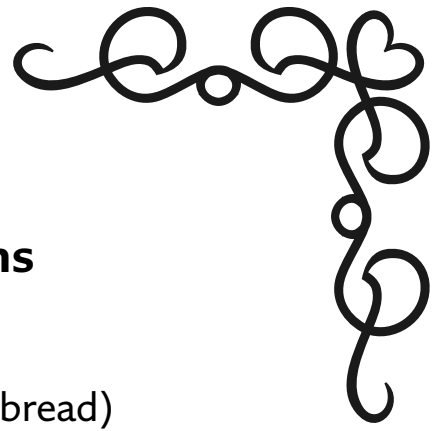




in honour of Gladys



# RECIPES



## Gladys' Bread Buns

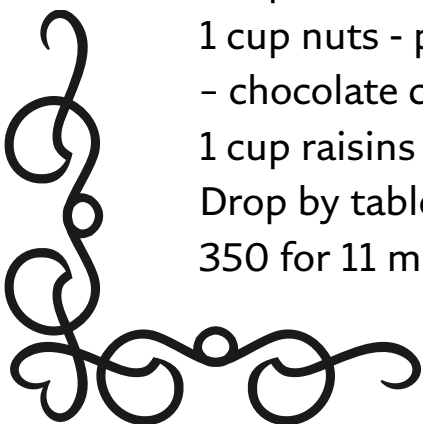
8 cups flour  
3 cups warm water (hotter than bread)  
8 tbsp white sugar  
6 tbsp Crisco oil  
2 eggs  
1 tbsp salt (or less)  
2 tbsp quick rise yeast



Mix yeast with 4 cups flour. Add water & sugar.  
Add flour & yeast. Mix well.  
Add balance of flour, one cup at a time.  
Grease bowl- let rise 20 minutes, knead down.  
Put in pans & let rise double in muffin tins.  
Bake at 350 for 20 minutes (or less)

## Gladys' Ranger Cookies

1 cup shortening  
1 cup brown sugar  
1 cup white sugar  
2 eggs  
1 tsp vanilla  
2 cups flour  
1/2 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
2 cups rice crispies  
2 cups quick oats  
1 cup coconut  
1 cup nuts - pumpkin seeds - chopped walnuts  
- chocolate chips  
1 cup raisins - soak in water  
Drop by tablespoons, flatten with fork and milk  
350 for 11 minutes



Contributed by Helen Johnson,  
Watson's Corners



## Butterscotch Pie

$\frac{3}{4}$  cup brown sugar

2 egg yolks mixed with 2 tbsp cornstarch

Heaping tbsp butter

2 cups  $\frac{1}{2}$  and  $\frac{1}{2}$  cream

1 tsp vanilla

Mix together. Cook over medium heat until thick and bubbly stirring constantly.

Remove from heat

after 30 seconds and let stand a few

minutes. Pour into baked pie shell and top

with meringue or

whipped cream.



### Did you know?

*Between them, our recipe contributors, Gladys and Helen have dedicated more than 120 years to their communities, volunteering and promoting the social wellbeing of their neighbours.*

## Jam Jams

Cream together:

1 cup shortening

1 cup brown sugar

Add:

1 egg

1 tsp vanilla

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  cup maple syrup

1 tbsp. soda dissolved in 1 tbsp hot water

Fold in:

2  $\frac{1}{2}$  cups of flour

Mix well. Roll out in your favourite cutters and put together with jam of your choice in the centre.

Helen says: Bake at 350 degrees F until they start to brown and look done (not sure of the time).

*Do you have a favourite recipe you would like to share with your community? We are always accepting submissions. Send us an email and we will do our best to feature it in a future newsletter*



# Local Business Spotlight

## Fluid Solar Roasted Coffee

202 Floating Bridge Road  
Clayton, Ontario  
613-315-6432  
bill@fluidcoffee.ca



As a small-scale coffee roaster, our focus is on quality and attention to detail. We work directly with our customers to select the coffee beans and roasting profile to create your unique flavour template.

Lorraine and Bill have lived off the electrical grid for the past 30 years, generating electricity and heat directly from renewable resources. 100% of our water use is recycled back to nature, and our garbage waste stream motto is simple; "If we can't recycle it or reuse it, we don't use it."

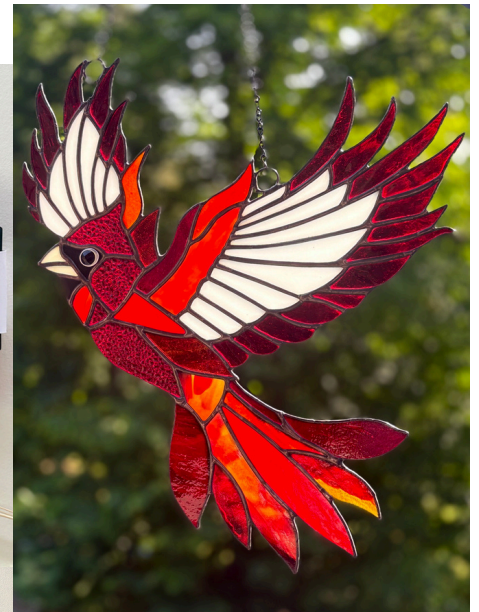
We have translated our way of life into the same philosophy at Fluid. Sustainability of our energy sources; small-batch coffee roasting and eliminating waste streams as well as using compostable coffee bags are part of our commitment to the environment and to ensure we are your trusted supplier.

## Stationhouse Studio

Stationhouse Studio is a mother-daughter business creating handcrafted home décor and art inspired by nature based in the Lanark Highlands. Their collection includes ocean inspired resin and wood pieces, stained glass art, handcrafted jewelry, and original artwork - each one crafted with care to be truly one of a kind.

Founded in 2022, Stationhouse Studio has grown from a shared creative outlet into a small business rooted in craftsmanship, storytelling, and community.

Whether you're looking for a meaningful gift, a centerpiece for hosting, or a piece of art to brighten your home, Stationhouse Studio offers one-of-a-kind creations that bring beauty and intention into everyday life.



Liana Sodonis  
Stationhouse Studio  
613-402-2134

stationhousestudio.ca

# HNN-SALC Activity Schedule

FEB/MAR 2026

## CONTACT INFORMATION:

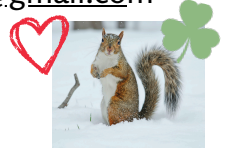
See Event Page on Website for Special Happenings!

343-760-2000

**DARLING WHITE LAKE:** [darlingwhitelakecentre@gmail.com](mailto:darlingwhitelakecentre@gmail.com) **MIDDLEVILLE:** [nancy.affleck@gmail.com](mailto:nancy.affleck@gmail.com)

**NORTH LAVANT:** [nlcclanark@gmail.com](mailto:nlcclanark@gmail.com) **SOUTH LAVANT:** [slarlh2021@gmail.com](mailto:slarlh2021@gmail.com)

**TATLOCK:** [dnjibb@storm.ca](mailto:dnjibb@storm.ca) **WHITE LAKE SPORTSCENTRE :** [wlscl376@gmail.com](mailto:wlscl376@gmail.com)



Frequency	Day	Location	Time	Description: Activity/Event
Weekly	<b>Monday</b> Feb. 2, 9, 16, 23 Mar. 2, 9, 16, 23, 30	Tatlock	7:00 pm	Bid Euchre; \$5
	<b>Tuesday</b> Feb. 3, 10, 17, 24 Mar. 3, 10, 17, 24, 31	Darling White Lake	1:00 - 3:00 pm	Knitter Knatters; \$2; Except on the 17 <sup>th</sup> - Special Music Event
	<b>Thursday</b> Feb. 5, 12, 19, 26 Mar. 5, 12, 19, 26	Darling White Lake	9:00 - 11:00 am	Coffee Hour; \$2
		Tatlock	1:00 - 3:00 pm	Bingo; \$10
	<b>Friday</b> Feb. 6, 13, 20, 27 Mar. 6, 13, 20, 27	Darling White Lake	1:00 - 3:00 pm	Darts; \$2
Bi-Weekly	<b>Wednesday</b> Feb. 4, 18 Mar. 4, 18  Feb. 11, 25 Mar. 11, 25	North Lavant	12:00 - 3:00 pm	Euchre; \$5 Snacks
		South Lavant	12:30 - 4:00 pm	Euchre; \$5 Snacks
	<b>Friday</b> Feb. 13, 27 Mar. 13, 27	Middleville	7:30 pm	Crokinole; \$5 Lunch

**COME JOIN US AND GET YOUR HAPPY ON!**