



## Status of Community Care Services during COVID-19

### **For seniors 60+:**

**FREE grocery pick up & delivery** – to your door of groceries, medicine, library books & essentials (& assistance with placing email/online orders).

**Stay connected** – *free* webinars on fitness & activities twice a day, 5 days/week; weekly telephone group chats; tea parties, crafts, dancing!

**Reassurance/wellness calls** – by caring volunteers to check in & just chat. Ward off social isolation...sign up today.

**Meals on Wheels – Hot & Frozen** – delivered to your door up to 5 days a week *anywhere in the County*.

**Take-out Meals for Seniors** – contactless curbside pick-up; order & pay in advance.

**Income Tax** – completed for seniors who meet CRA eligibility criteria; program starts on March 1, 2021.

**Homemaking & Home Maintenance** – inside & outside work.

**New volunteers** – volunteers needed for services & the Thrift Shop.

Drives to medical appointments – on hold during the pandemic.

Foot Care Clinics – on hold during lockdown.

Community Care's Thrift Shop – temporarily closed during lockdown.

**For information on accessing services call 613-476-7493 & leave a detailed message.**

Email [info@communitycareforseniors.org](mailto:info@communitycareforseniors.org)

Website [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Seniors – stay well, stay safe, stay home.**

**Community Care helps seniors *live* – safely – at home.**