## An important announcement from your local Community Support Service

Although access to our office is restricted to staff only during the COVID-19 Pandemic, please know that our staff are still working daily to provide you with our vital Community Support Services such as essential Transportation, Para-Transit Transportation, Hot Meals on Wheels, Frozen Meals, Seniors Shopping.

In addition to our services, staff have implemented wellness checks of our clients. Please reach out to us, we are here to help!

If you are outside the Arnprior area, online access to Community Support Services near you, including Grocery Delivery, Essential Transportation, Meal Delivery, and Telephone Assurance, use this

Link: https://communitysupport.covidresponse.ca/

Community Support Services in Renfrew County are here to help older adults during this difficult time with services. For details on services available, you can call the Community Support Service nearest you (Mon-Fri):

Renfrew: 613-432-7691; Arnprior: 613-623-7981; Calabogie: 613-752-2828; Eganville: 613-628-2354; Pembroke (Carefor): 613-732-9993; Barry's Bay: 613-754-2772; Deep River: 613-584-1900.

If you are lonely and needing to talk, you can call "A Friendly Voice" (8 am – midnight) a toll-free phone line for seniors feeling isolated: 1-855-892-9992.

If you know of a senior or individual within our community who could benefit from a wellness check, we encourage you to call our office at 613-623-7981.

Dennis Harrington Executive Director