

SOCIAL PROGRAMS

DINING WITH FRIENDS / FRIENDSHIP DAYS

Monthly social outings held at one of our local venues. These outings include a full course meal, entertainment, door prizes and 50/50 draw. Tickets must be purchased in advance at our office. **Fee Based**

ANNUAL BARBEQUE

For seniors and those with special needs, no matter the age, held the third Thursday in July at Robert Simpson Park. Includes barbeque, live entertainment and 50/50 draw. Tickets are available in advance at our office.

Fee Based

ANNUAL CHRISTMAS PARTY

For seniors and those with special needs, no matter the age, held in the month of December to celebrate the Christmas Season. Includes a full course catered meal, entertainment, door prizes, 50/50 draw and visit from Saint Nick. Tickets are available in advance at our office. **Fee Based**

OUTREACH PROGRAMS

THE LOAN CUPBOARD

This program enables members of the community to borrow gently used medical assistive equipment on a "by donation" basis. Items include walkers, wheelchairs, commodes, bath chairs, toilet seats and much more. Call our office to book an appointment with one of our trained staff or volunteers. **Free Program**

PARKINSON CANADA SUPPORT GROUP

Group meets the second Wednesday of each month
Arnprior Public Library 1:30pm – 3:30pm.
Facilitated by our trained volunteers.



HOME & COMMUNITY
SUPPORT
United in our commitment to care
Arnprior-Braeside-McNab
Seniors At Home Program Inc.

FINANCIAL SUPPORT

LEAVE-A-LEGACY

Financial assistance is essential to support our work. A vast majority of area residents generously give their money and time to our agency. However many people are unaware that by making a gift in their will, estate plan or in-memoriam donations to Seniors Home Support, they can continue to help seniors in need as well as possibly gaining tax benefits to these gifts. The ultimate choice can be yours as to what area or program you choose to designate your contribution. If Leaving-a-Legacy is of interest to you, take the next step. Think about the valued services that your Community Seniors Home Support offers the seniors and individuals with special needs in the communities of Arnprior and Township of McNab/Braeside.



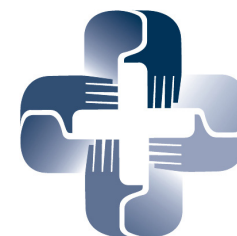
MEMORIAL BUTTERFLY RELEASE

We invite you to purchase butterflies, throughout the year, in memory of a loved one or someone special who has passed away. Purchasing butterflies, in lieu of flowers, is a beautiful and meaningful sentiment. Once you have purchased a butterfly, you will be welcome to join in our Annual Memorial Butterfly Release ceremony. The Memorial Butterfly Release Ceremony takes place the 3rd Sunday in August, here in Arnprior at Robert Simpson Park.

Arnprior • Braeside • McNab
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Community Support Services



HOME & COMMUNITY
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Ontario Community Support
Association Member Agency



www.cssagency.ca
613-623-7981

COMMUNITY SUPPORT SERVICES

HOME HELP/HOME MAINTENANCE

We provide an opportunity for you to hire a Service Arrangement Worker for jobs such as light housekeeping, snow removal, lawn care, etc. **Fee Based**

FRIENDLY VISITING

Dedicated volunteers are matched one-on-one with those requesting a visitor to come into their home and share socially. **A Free Program**

GROCERY SHOPPING

For those who may be confined to their home due to illness, recent surgery and more. Clients are matched with volunteers who assist with grocery shopping and delivery. This program is offered in collaboration with Mark's No Frills. **Fee Based**

HOT MEALS ON WHEELS

Available Monday to Friday for seniors or for adults who are chronically ill, living with a disability, convalescing or undergoing medical treatment. Meals are prepared at The Grove and delivered by trained volunteers. **Fee Based**

FROZEN MEALS

For seniors or for adults with disabilities or special needs. Frozen meals are both nutritious and flavourful, prepared by Apetito and Griffith Farm & Market. Meals are available for special diets: diabetic, low fat, low salt, renal and pureed (by special order). **Fee based**

FOOT CARE CLINIC

Regular foot care check-ups can help prevent major foot problems. Our skilled and knowledgeable nurses provide a wide range of services. Examination of feet and legs, preventative health teaching, treatment of ingrown or thick nails, calluses and corn care, referral service, and Risk Assessment for Diabetes. **Fee Based**

INFORMATION & REFERRAL

Providing appropriate home support services, government forms and direction for services not provided by our office. **Free Program**

MISSION STATEMENT

Arnprior-Braeside-McNab Seniors At Home Program Inc. Is a non-profit charitable organization assisting and cooperating with other agencies in the administration and delivery of client centered COMMUNITY SUPPORT SERVICES to encourage independent living and enhance the quality of life of seniors and individuals with special needs.

FORMATION

In 1980, Arnprior-Braeside-McNab Seniors At Home Program Inc. was founded in response to the need for a full range of home support services in the various communities.

Through our local office, staff and volunteers now provide practical home assistance in the spirit of neighbour helping neighbour.

OUR PHILOSOPHY

The concept of maintaining quality of life is key to Home Support. The aim is to enable those who are served to maintain maximum independence, hence enhancing their ability to live independently in their own homes for as long as possible. Their own home is a place of comfort and security, an expression of their personalities, a place of memories, a reassurance as to their place in the world and becomes a crucial aspect in continuing their quality of life.

ELIGIBILITY

Residents of the Town of Arnprior and the Township of McNab/Braeside who have attained the age of 55 as well as the disabled and individuals with special needs, no matter the age.

TELEPHONE SECURITY

Staff and volunteers are carefully matched with clients to give them phone calls daily, weekly, or as often as the client wishes. Other clients may call our office daily. If not heard from at the scheduled time, then our staff make the necessary phone calls to ensure the client's safety. **Free Program**

INCOME TAX

Each year, for the months of March and April, volunteers trained under the guide lines of Canada Revenue Agency assist and process income tax returns for individuals with low to modest income. Service is FREE with donations accepted. Official receipt given.

TRANSPORTATION - Fee Based

In-Town Seniors Service

- For seniors age 55 and up
- Monday to Friday 8:45 am – 4:15 pm
- One-to-one personal assistance
- Door to Door Service
- Assistance with groceries and walkers
- Caring, compassionate, courteous drivers
- Clean, comfortable transportation
- Pass cards available (Makes a great gift)
- Drive 9 times and your 10th trip is FREE

Out-of-Town Medical and Para Transit

- ALL ages
- 7 days per week (any time)
- One-to-one personal assistance
- Door to Door service
- No charge for wait time at appointments

helix
hearing care

In-town transportation is proudly sponsored in part by Helix Hearing Care

GIFT CERTIFICATES AND PASS CARDS ARE AVAILABLE FOR MOST SERVICES OFFERED.