

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

Is for those who may be confined to their home due to illness, recent surgery and more. Phone in on Tuesday to our office. Call in your grocery list on Wednesday to Jack & Faith's No Frills, payment to the volunteer followed by groceries delivered to your home. **Fee Based**

HOT MEALS ON WHEELS

Available to seniors 60 years of age or older, adults Monday to Friday 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, disabled adults and those with special needs. Frozen meals are both nutritious and flavourful prepared by Apetito. Available for purchase and are suitable for special diets: diabetic, low fat, low salt, renal and pureed. **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 60 as well as the disabled and individuals with special needs, no matter the age.

TELEPHONE SECURITY

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 makes the necessary phone call to be sure of 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

Extended

For residents who reside outside of the town limits of Arnprior and Township of McNab Braeside. Bringing residents into Arnprior for all personal needs.

Out-of-Town Medical

Using Volunteer drivers, designed for those who are required to attend a medical appointment outside of our area, no matter the age.

In-Town

For residents living within the town limits. Anywhere you need to go; banking, shopping, medical appointments, social events and hair appointments. All with one-to-one personal attention. Book nine trips receive the 10th trip FREE. Pass cards available

Accessible Transportation

Is designed to meet the transportation needs of individuals of all ages who require specialized Para Transit (wheelchair) transportation. 'Care Coach', the only one in our community.

Non Urgent Transportation

For medical appointments within and outside Arnprior including Inter-facility transportation between Hospitals, Long Term Care and Going-Home Program.

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

SOCIAL PROGRAMS

DINING WITH FRIENDS

A social evening held on the first Wednesday of each month at a local restaurant. The evening includes a full course meal, entertainment, door prizes and 50/50 draw. Advance tickets at our office by 12 noon on Tuesday. **Fee Based**

FRIENDSHIP DAYS

An afternoon of live entertainment, refreshments, door prizes, 50/50 draw held the third Thursday of each month. Advance tickets at our office by 12 noon on Monday. **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**

COMMUNITY GARDEN

Seniors who live in an apartment or condo can enjoy the pleasures of planting and harvesting their own produce in our community garden located at the Galilee Centre. **Fee Based**

KATHLEEN'S CREATIONS

A craft workshop held the third Wednesday of each month. Pre-registration required. **Free Program**

EDUCATION - Breakfast N' Learn

Held the fourth Wednesday of each month. Arrive by 8:30, breakfast 9:00am followed by guest speaker delivering on various topics of interest to seniors age 55 and over. Advance tickets at our office by 4:30pm Monday. **Fee Based**

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.

DARE TO CARE 'KEEP THE WHEELS TURNING' CAMPAIGN

Our Care Coach Para Transit is the only wheel chair specialized transportation service for persons of all ages in our community and relies totally on local fundraising to continue operation.

Each May we approach this crucial fundraiser with our "Yellow Envelope" mail out titled 'Keep the Wheels Turning'. Over 21,302 trips have been completed since its inception in 2008 with an average of 200 trips per month. Watch for the 'Yellow Envelope' coming to your mail box in May. Community support is necessary to 'Keep the Wheels Turning' on the Care Coach.

Arnprior • Braeside • McNab Seniors at Home Program Inc.

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

Community Support Services



HOME & COMMUNITY
SUPPORT

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



Ontario Community Support
Association Member Agency



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