

Seniors' Support TV Show

Watch a new edition of the show "Seniors' Support" only on CogecoTV. The January 2017 topic is "Death Education". Guest on the show is Laura Ricketts, Executive Director of Hospice Prince Edward. This show is co-produced by the Executive Directors of Prince Edward Community Care and Community Care for South Hastings. If you miss the show, check your local listings for when it will be shown again.

Prince Edward Community Care New Year's Office Hours

The office will be closed on Monday, January 2nd for the New Year's holiday. Meals on Wheels will be delivered as usual. www.communitycareforseniors.org

Community Care's Thrift Shop New Year's hours

Prince Edward Community Care's Thrift Shop will be closed on Monday, January 2nd, for the New Year's holiday. www.communitycareforseniors.org

Seniors Luncheon Social – January 11th in Picton

Come on out and enjoy lunch with old and new friends on Wednesday, January 11, 2017 at 12 noon. The menu features homemade soup, roast loin of pork, vegetables, coleslaw, cherry cheesecake, bread and butter, coffee & tea, all catered by Bill Grieve, the chef with Wheel House and Occasions Catering. The cost is \$10.00 per person. This event is sponsored by The Prince Edward County Community Care for Seniors Association and will be held in the Beck & Call Restaurant. As this is a special event only those seniors who have reserved can be served. Reserve your place at the sitting of your choice by calling early. Reservations will be taken up to 12 noon on the Tuesday prior. Call 613-476-7493. Take out meals are available. This meal can also be delivered to housebound seniors who live in Picton. www.communitycareforseniors.org

VON Falls Prevention Program – new session starting on January 13, 2017

The Victorian Order of Nurses (VON) Seniors' Exercise & Falls Prevention program. The Ontario government thinks that falls prevention is important enough to fund this program. For that reason the VON can offer the program for free. It is a twelve week program that includes an innovative educational component and also includes balance and strength exercises. The program is starting again on Friday, January 13th and will be held in the office of The Prince Edward County Community Care for Seniors Association located at 74A King Street in Picton. Classes will be held Fridays from 9:30am to 11:30am. To register or to get more information please call the VON at 1-800-301-0076, extension 5350.

Seniors Luncheon Social – January 18th in Milford

Come on out and enjoy lunch with old and new friends on Wednesday, December 14th at 12 noon. The menu features homemade soup, roast loin of pork, vegetables, coleslaw, cherry cheesecake, bread and butter, coffee & tea, all catered by Bill Grieve, the chef with Wheel House and Occasions Catering. The cost is \$10.00 per person. Reserve your place by the Tuesday prior at 12 noon by calling 613-476-7493. This event is sponsored by The Prince Edward County Community Care for Seniors Association and will be held in the Milford Town hall. As this is a special event only those seniors who have reserved can be served. Take out meals are available. This meal can also be delivered to housebound seniors who live near Milford. www.communitycareforseniors.org

Seniors Luncheon Social – January 25th in Wellington

Come on out and enjoy lunch with old and new friends on Wednesday, December 21st at 12 noon. The Christmas menu features homemade soup, roast loin of pork, vegetables, coleslaw, cherry cheesecake, bread and butter, coffee & tea, all catered by Bill Grieve, the chef with Wheel House and Occasions Catering. The cost is \$10.00 per person. Reserve your place by the Tuesday prior at 12 noon by calling 613-476-7493. This event is sponsored by The Prince Edward County Community Care for Seniors Association and will be held in the Wellington United Church Hall. As this is a special event only those seniors who have reserved can be served. Take out meals are available. This meal can also be delivered to housebound seniors who live near Wellington. www.communitycareforseniors.org

Tai Chi – new sessions start on January 30, 2017

Beginner and continuation Tai Chi classes are held regularly at Prince Edward Community Care. Tai Chi is a way to help seniors stay fit and flexible. Tai Chi is a low-impact form of exercise, but it is also a weight bearing exercise, which is an important component of managing osteoporosis. Some of the benefits of Tai Chi are: better balance, which lowers the risk for falls, less pain and stiffness, stress relief and increased calmness and sense of well-being. And to top it off, it also helps to improve memory. No experience is necessary and all fitness levels are welcome. If you're a senior who would benefit from Tai Chi and would like to give it a try, call the Prince Edward Community Care office at 613-476-7493 to register. Space is limited. www.communitycareforseniors.org

INCOME TAX – starting March 1, 2017

Prince Edward Community Care volunteers complete income tax returns for seniors all year round and will start completing 2016 returns on March 1, 2017. If you are a senior 60+ who lives in Prince Edward County and whose single income is \$30,000 or lower or whose household income is \$40,000 or lower, you may be eligible for the program. There is no charge, donations are accepted. Home visits can be arranged for seniors who are shut-in. For information call 613-476-7493.

Rural Route Reassurance Program

In partnership with Canada Post and the Canadian Union of Postal Workers, Prince Edward Community Care can arrange for your mail courier en route to keep a watchful eye on your home to help keep you safe. This service is free, offering added safety and security to those living in the country. The Rotary Club of Picton has supported Community Care to insert a flyer in an upcoming issue of the Picton Gazette. The flyer will have more information on the program. To participate in this service, call Prince Edward Community Care at 613-476-7493. www.communitycareforseniors.org

WALKING PROGRAMS

Seniors can walk in a controlled and safe environment at any one of the three walking program locations offered by Prince Edward Community Care for Seniors. Participants walk Monday to Friday at the Prince Edward Collegiate Institute in Picton, at CML Snider Elementary School and at the Wellington & District Community Centre. The program operates from the day after Thanksgiving to the Friday before Victoria Day. Call The Prince Edward County Community Care for Seniors Association at 613-476-7493 to register or for more information. www.communitycareforseniors.org

Ontario Energy Support Program

Do you have a high hydro bill? The Ontario Energy Support Program (OESP) is a new program that can provide help for low-income seniors 60 and over, who are eligible. An eligible household (\$28,000 or less for one or two people) can receive between \$30-\$50 monthly credit on their hydro bill. Staff at Prince Edward Community Care can answer questions and help submit the OESP application. Please call 613-476-7493 or go to OntarioElectricitySupport.ca for more information.

Help around the home for seniors

Seniors who need help with chores at home, either inside or out, can call Prince Edward Community Care. The agency has carefully screened workers at reasonable rates. Help is available with snow shovelling, light and heavy housework, meal preparation, and respite – both during the day and overnight. For information on this service call the Prince Edward Community Care office located at 74A King Street, Picton at 613-476-7493. www.communitycareforseniors.org

Gift Ideas at Prince Edward Community Care

At any time of the year you can honour someone with a donation to Prince Edward Community Care for Seniors. A card acknowledging your donation will be sent to the recipient. Drop by the office at 74A King Street in Picton or call 613-476-7493. www.communitycareforseniors.org

Give the Gift of Care

Do you have a senior on your list that is difficult to buy for? What about a gift certificate for a new or favourite service from Community Care for Seniors? Gift certificates are available for a variety of services including Meals on Wheels®, Foot Care, Seniors Luncheon Social and more. Drop by The Prince Edward County Community Care for Seniors Association office at 74A King Street in Picton or call 613-476-7493 for more information. www.communitycareforseniors.org

Thrift Shop Gift Certificates

Purchase gift certificates in \$5.00 denominations to be used at Community Care's Thrift Shop, 153 Main Street in Picton. Get the gift certificates at the Prince Edward Community Care office at 74A King Street in Picton. For more information call 613-476-7493 or email info@communitycareforseniors.org

Delivery to your door of nutritious meals for seniors

Delivery to your door of a hot nutritious noon-time meal means daily contact with a volunteer to help you stay safe and well in your own home. Prince Edward Community Care offers both hot and frozen meals to seniors and to clients of Hospice Prince Edward or the Alzheimer Society of Prince Edward County. For information on delivery days for hot and frozen Meals on Wheels or to refer someone, call 613-476-7493. Staff can make home visits to explain this and other services. www.communitycareforseniors.org

Volunteer Drivers Needed

Volunteer Drivers escort seniors to medical appointments and essential shopping. If you enjoy driving and meeting people, Prince Edward Community Care for Seniors staff want to discuss with you volunteer opportunities tailored to your availability. The life you change may be yours! Community Care's volunteers support seniors to *live* at home. www.communitycareforseniors.org

Friendly Visiting Volunteers

Prince Edward Community Care for Seniors is currently looking for volunteers to take seniors on escorted walks in Picton . There is also a volunteer opportunity for a male who would be willing to visit with an older man whose interests include farming and auctions. Opportunities in the Wellington area include the need for female volunteers to visit for company and tea. The time commitment is one hour per week. If you can help please phone 613-476-7493 for more information and to start the conversation. www.communitycareforseniors.org

Seniors - need a ride to medical and other appointments?

Prince Edward Community Care offers an escorted transportation program that can maximize your independence with affordable rates, punctuality, personalized service and friendly drivers. Whether you need to travel locally or out of town, this service gets you where you need to go. The volunteer waits with the client while they are in the appointment. Notice of 2-3 days in advance is necessary, same day trips are not available. Call Community Care at 613-476-7493. www.communitycareforseniors.org

Hot Meals on Wheels available from Picton to Carrying Place and everywhere in between

Delivery to the door of a hot nutritious noon-time meal is available Monday, Wednesday and Friday to seniors living in Picton, Bloomfield, Wellington, Consecon, Carrying Place and environs. This means seniors have regular contact with a volunteer to help them stay safe and well in their own home. Call the Prince Edward Community Care office to learn about this and other services to help seniors live at home. Call 613-476-7493. www.communitycareforseniors.org

Home Help/ Homemaking

Seniors who need help with laundry, meal preparation, light cleaning and running errands can arrange for carefully screened workers to come to the home for a reasonable fee. Contact the Prince Edward Community Care office at 74A King Street, Picton, or call 613-476-7493 for more information. www.communitycareforseniors.org

Telephone Reassurance Program

Prince Edward Community Care has supportive volunteers that can offer companionship, encouragement and warm friendly conversation to seniors to help alleviate loneliness and help keep people safe. A daily phone call can help maintain independence. To participate, call Prince Edward Community Care at 613-476-7493. www.communitycareforseniors.org

Rossmore Foot Care Clinic

Prince Edward Community Care for Seniors offers a Foot Care Clinic in Rossmore. Professionally trained registered nurses provide foot care in a clinic setting. The Ameliasburgh Clinic is in addition to the clinics held in Wellington and Picton. Seniors who have trouble trimming their nails or are concerned about foot care can call Prince Edward Community Care for an appointment at 613-476-7493. www.communitycareforseniors.org

Senior Luncheon Social Volunteers

Prince Edward Community Care for Seniors is currently looking for volunteers to assist with the Set-up, serving and cleanup of Senior Luncheons in Picton, Milford, Wellington, and in Consecon if you would like to meet people in your community and have two hours once a month. Please phone 613-476-7493 for more information and start the conversation.

Donate used items to Community Care's Thrift Shop

Good used clothing for the whole family, shoes and linens can be donated at 153 Main Street in Picton, Monday 1pm – 4 pm and Tuesday to Saturday 10am-4pm. You can donate other good used household items too including sports equipment, furniture, knick knacks, seasonal items, jewellery, toys and housewares. Prince Edward Community Care's Thrift Shop helps to reduce, recycle and enables others to reuse. 100% of the proceeds help County seniors *live* at home. For more information call the Thrift Shop at 613-476-1555. To volunteer, call 613-476-7493. www.communitycareforseniors.org