

Powers of Attorney for Property

Rewards & Risks

Peter Lillico

WHAT ARE POWERS OF ATTORNEY?

Powers of Attorney are important legal documents. When you sign them, you are authorizing other people to act on your behalf. This can be very helpful, but can also give rise to serious risks.

There are two basic types of Power of Attorney. One is called “Power of Attorney for Personal Care”, and will be discussed in a later article. The type we are dealing with in this article is the “Power of Attorney for Property”. Although the name suggests that it is for real estate purposes, it is actually much broader in scope. It permits other people to do almost anything you can do with a signature, whether operating a bank account, selling your home, filing a tax return, or cashing in your investments.

Another important point about Powers of Attorney for Property is that they can be revoked by you. If you change your mind about authorizing others to act for you, or lose confidence in the person you have chosen to act for you, then the document can be cancelled at any time.

REWARDS OF POWERS OF ATTORNEY FOR PROPERTY

The most important protection that a Power of Attorney for Property provides is crisis management, to avoid the involvement of government or courts in your affairs if you have a period of mental incompetency. It’s not automatically your spouse, adult children or next of kin who step in if that happened, but a provincial government office called the Public Guardian and Trustee. Few people want the government managing their legal affairs, and the only alternative if there isn’t a Power of Attorney is a relatively expensive and time consuming application to the Court for guardianship.

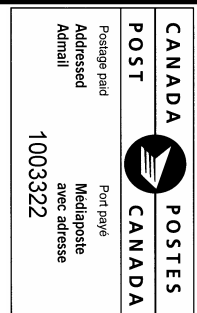
The Power of Attorney can be used when you are mentally capable too, for convenience. If you have mobility problems and it’s hard to get to the bank, or just feel more comfortable with a

trusted child or friend assisting in your financial affairs, then you can authorize this with a Power of Attorney as well.

On page 4, the risks of using a Power of Attorney will be addressed, with recommendations on how to keep the rewards of them while reducing their risks.

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Upcoming Events in our Offices

Apsley	Glen Alda Diner's Club: 2nd and 4th Wednesday of each month at 12:00 noon, Glen Alda Community Centre
Chemung	Winter Picnic: Feb - date TBD; Annual Fashion Show: May 18 from 6:30 pm to 9:00 pm at the St. Martin's Church Hall. Tickets \$10.00 per person.
Harvey	Diner's Club: Jan 18, Feb 15, Mar 15. Call 705-657-2171 for tickets; Heritage Day: Feb 19 from 9:00 am to 3:00 pm at the Buckhorn Community Centre
Havelock	Blood Pressure Clinic: Feb 15, Mar 14 from 9:00 am to 12:00 noon at the Medical Centre; Diner's Club: Jan 19, Feb 2, Feb 16, Mar 2, Mar 16
Lakefield	Hearing Care Clinic: Jan 26 - call to book an apt; Valentine's Day Sweetheart Makeover & Tea: 10:00 am at the office; Special Event: March 26. Call 705-652-8655 for more info.
Millbrook	Diner's Club: Jan 20, Feb 17, Mar 17; Spaghetti Dinner: Mar 18 at 5:30 pm, Legion Hall
Norwood	Diner's Club: Feb 8, Mar 8; Blood Pressure Clinic: Jan 17, Feb 21, Mar 21
Peterborough	St. Giles Blood Pressure Clinic: Jan 19, Feb 16, Mar 16; Keene Blood Pressure Clinic: Jan 26, Feb 23, Mar 23

Please call your local office for more information about upcoming events
or visit our website at www.commcareptbo.org

<p>Community Care Services</p> <ul style="list-style-type: none"> Caremobile Diner's Club Home at Last Home Making Home Maintenance Income Tax Clinic Information & Referral In-Home and Telephone Visiting Intergenerational Programs Meals on Wheels Medical Equipment Loan Registry Personal Distress Alarm Telephone Reassurance Checks Transportation Wellness & Health Clinics Workshops & Seminars <p><i>Please call your local office to register</i></p>	<p>Community Care Offices</p> <p>Apsley 705-656-4589 Mon. to Thurs. 10:00 - 1:00 Fri. 10:00 - 2:00</p> <p>Chemung 705-292-8708 Mon. to Fri. 9:00 - 1:00</p> <p>Harvey 705-657-2171 Mon. to Fri. 10:00 - 1:00</p> <p>Havelock 705-778-7831 Mon. to Thurs. 9:00 - 3:00 Fri. 9:00 - 12:00</p> <p>Lakefield 705-652-8655 Mon. to Thurs. 9:30 - 3:30 Fri. 9:30 to 12:30</p> <p>Millbrook 705-932-2011 Mon. to Fri. 9:00 - 3:00</p> <p>Norwood 705-639-5631 Mon. to Fri. 9:00 - 1:00</p> <p>Peterborough ... 705-742-7067 Mon. to Fri. 9:00 - 4:00</p> <p>Caremobile 705-749-0036 Mon. to Fri. 8:00 - 5:00</p>	<p style="text-align: center;">Go Green with Community Care</p> <p>Do you have an email address?</p> <p>Please let us know if you would like to receive our Seniority newsletter or upcoming information from Community Care via email instead of through Canada Post.</p> <p style="text-align: center;">Please email us at: centofc@commcareptbo.org</p> <p style="text-align: center;">and we will add you to our email directory.</p> <div style="text-align: center;">  </div>
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Agency News

Community Care Welcomes New Staff Member



Betty Bennett started as the new Program Support Staff for the Norwood office on September 13, 2010. Betty is no stranger to Community Care. She has been an office support volunteer in Norwood for over eight years and over the last five months has been the AVIS – Administrative Volunteer In-Service. Since 2003, Betty has been a member of the Norwood Support Services Advisory Committee and is active in many fundraising initiatives. We are very pleased to welcome Betty to the Community Care staff team.

REALTORS Care™ Foundation

Community Care Peterborough would like to thank the REALTORS Care Foundation for their donation of \$1,000.00. The funding was used to support the subsidized meals program offered in the County of Peterborough.

Highlights of Agency Day

Community Care's "Agency Day" was celebrated on November 4, 2010. The highlight of Agency Day was the launch of our new Strategic Plan. A specific Strategic Direction of the agency is "*Client –Centred Services and Continuum of Care for Our Clients.*" Community Care is committed to working together with other partners to address client and community needs and be responsive to service opportunities.

A media recognition award was also presented to "Cogeco Cable" for their outstanding public service and community awareness provided for Community Care. Staff Service Awards were initiated in October 2005 at Agency Day. This year, one staff member was recognized for 5 years of service and two for 10 years of service!

Healthy Communities Project

The Peterborough County City Health Unit has been selected to lead the Healthy Communities initiative which is a Ministry-led program approach to improving the health of Ontarians. Community Care is a partner in this endeavor and would like to thank over 120 seniors within Peterborough City and County who were engaged in consultations and focus group sessions. Seniors were identified as a key priority population for providing feedback with respect to seven specific risk factors: healthy eating, physical activity, sport and recreation, tobacco use/exposure, substance and alcohol misuse, injury prevention, and mental health. Community Care will be participating in the development of a healthy communities plan for the Peterborough area.

Powers of Attorney for Property

Rewards & Risks

Peter Lillico

(Continued from Page 1)

The article on the front cover of Seniority explained about the different types of Powers of Attorney, and how they can reward you with protections and convenience when properly used. This article will talk about the risks of using a Power of Attorney, and how those risks can be reduced.

RISKS OF POWERS OF ATTORNEY FOR PROPERTY

Because these documents are so powerful, you need to know that there are risks in having them as well. With the wrong person named, they can be used to abuse you, defraud you of money or steal your assets. Unscrupulous people can use the Power of Attorney for the benefit of themselves or others, instead of simply to help you.

Even if the person you name as attorney doesn't use it abusively, remember that by authorizing another person to sign for you, you have lost exclusive control of your affairs. You can still do your own banking for example, but so can the named person. They may think they know better than you about the type of investments you should have, or may take steps on your behalf that you didn't intend them to.

RISK MANAGEMENT

Although there are certainly risks, the rewards are too important to ignore. Here are some tips on how to reduce the risks and retain the protection and convenience of a Power of Attorney for Property:

Limited Powers of Attorney You can use a "limited" Power of Attorney for Property to restrict the authority you give another person, for example only to deal with banking but not to list your house for sale.

Triggered Powers of Attorney This type of Power of Attorney is expressly restricted to work only if a doctor confirms in writing that you are no longer mentally capable, retaining exclusive control of your own affairs until you lose the ability to do so yourself.

Multiple Attorneys Even if you have named a very trustworthy and capable person to act if necessary, it's wise to name another person as a backup in case the original person dies or has a health problem or for another reason can't be there for you when needed.



Partial Funding for
Community Care
Peterborough has been
provided by the Central East
Local Health Integration
Network (CE LHIN).

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Fundraising Events



½ Marathon, 5km, 1km Run/Walk

On Thursday December 2nd, Community Care launched 'Kilometres for Care', an exciting fundraiser to benefit the programmes provided by Community Care staff and volunteers throughout the City and County of Peterborough.

The inaugural Kilometres for Care will be held April 17th, 2011 starting and finishing at the Ennsimore Curling Club. There will be a half marathon run and walk; a 5 Km run and walk; and a 1 Km fun run for individuals and families. Registration is now open and active. Please contact your local office for more information or visit our website at

www.commcareptbo.org or the Running Room at www.runningroom.com

The launch was well covered by the media.

Please visit the following URL links for more on Kms for Care!

<http://www.mykawartha.com/news/article/912042--community-care-hosting-fundraiser>

<http://www.mykawartha.com/videozone/911788>



COMMUNITY CARE 2011 WIN-WIN-WINTER RAFFLE

**ALL CASH
PRIZES !!!**

\$1250 1st Prize

\$500 2nd Prize

\$250 3rd Prize

Tickets are \$5 each and available starting January 3, 2011 at all local Community Care offices

Draw to be held at the Peterborough Farmers Market March 12th, 2011 at 11:00 am

All Proceeds to



**Community
Care**

INTERNAL UNITED WAY CAMPAIGN

Congratulations to Kathie Nelson and Tammy Ross for coordinating a great United Way internal staff campaign. This year's campaign goal was \$5500, and collectively we raised a total of \$6007.30 our highest ever! Well done and thank you to all for supporting Community Care's internal campaign.



DINE TO DONATE!

Did you know that every time you eat at Boston Pizza in Peterborough, you can also contribute to Community Care? It's easy. Simply print "Community Care" on your receipt and drop it in the secure box at the entrance to the restaurant. Community Care then receives 10% of the total sales.

At Boston Pizza: You Eat and We Gain!!

Lakefield's Latest

By Lorri Rork, Community Development Coordinator

Spreading Smiles in Lakefield

The sign of empowerment – of confidence, relief and independence - shines in a smile!

We have watched our clients worry about getting to a doctor's appointment in Toronto, or about leaving an ill spouse at home to attend a personal errand, or walk in pain without a scooter or other assistive device time and time again. Every time our volunteers have been able to relieve those worries by connecting our clients with a driver, a reassurance call, a frozen meal, or a wheelchair or other item from our medical equipment loan cupboard. Every time we are met with an empowered smile. We look forward to spreading more smiles throughout 2011 and send sincere thanks to every volunteer, community partner and client for allowing us to fulfill that resolution.

The first few months of this new year will start with Soup-a-licious on January 10 from 3:30 to 5:00 pm at Cassis Bistro, Valentine's Day Sweetheart Makeover and Tea, 10:00 am at our office, and a special event at the Lakefield Legion on March 26, 2011. Call 705-652-8655 or visit our office at 40 Rabbit Street to learn more about these events, our fitness classes, diner's club, blood pressure clinic and much more.



Pictured are Lakefield's smiling office volunteers!

Cooking for One or Two

(taken from The Senior Chef - www.hls.gov.bc.ca/publications/year/1993/senchef.pdf)

VEGETARIAN LASAGNA

Serves 2

2-3	lasagna noodles	1/2 cup	tomato sauce* (recipe below)
2 tsp	oil	1/2 cup	cottage cheese
1/2 cup	zucchini, sliced	1/2 cup	cheddar cheese, shredded
2-3	mushrooms, sliced	1 tbsp	grated parmesan cheese
1/4 cup	onions, chopped		



Cook noodles following package directions. Drain and rinse in cold water to prevent sticking.

Sauté the vegetables in oil and set aside.

Prepare the tomato sauce* (to one 7 1/2 oz (213 mL) can of tomato sauce, add a dash each of basil, oregano and a pinch of sugar. Use approximately half of this for the recipe.)

Oil a 5" square casserole. Cover the bottom with a thin layer of tomato sauce. Fit in a layer of noodles. Place in layers 1/2 each of the cottage cheese, the vegetables, the cheddar cheese, the tomato sauce. Repeat, ending with the tomato sauce. Sprinkle with the parmesan cheese.

Cover and bake at 325°F (160°C) for 20 minutes.

Uncover. Bake 10 minutes or until brown on top.

Remove from oven and allow to stand for 10 minutes before serving.

Suggestion for completing the meal: whole wheat roll and a serving of fruit.

Millbrook's Moments

By Shelagh Gaffney, Community Development Coordinator

A Friendly Visitors Story: In Memory of Emma

The following is a story Friendly Visitor Jackie F, shared with us at our 2008 Agency Day. Emma unfortunately passed away in October of this year at the age of 95. Jackie had been visiting Emma every week for over 12 years. This is Jackie's story:

When I retired from my job in Toronto, I had no idea how much my life would change.

One day I saw an ad in our local paper asking for drivers for Community Care and decided to offer my services. Shelagh could not get my name and particulars down fast enough and before I knew it, I was driving people to appointments, doing Meals on Wheels and Friendly Visiting.

I developed great friendships with the various people I visited, but the most important was my friend Emma.



I could talk about her for hours. What was supposed to be a half hour visit when I could, turned out to be a wonderful friendship which we still enjoy. Although she is now in her nineties, her sense of humour, compassion and concern for the environment has not diminished. Emma has lived all her life in the Cavan/Bethany area.

I found out early in our visits that she was musical, loved her garden and wrote poetry and, although she was a little shy about sharing her thoughts at first, once I read some of her words, I realized these were gems of wisdom and insight that should be shared. I suggested she put it all in a book. I took some of her writings and typed them up and encouraged her to write more. She spoke of the old days and it just gave me goose bumps to hear some of the stories. With the help of her son we did get the book printed and it has proved to be very popular. It was also a great boost for Emma to realize that people were interested in her life.

My offer to drive for Community Care clients has given me so much more than I give to them.

Thank you Jackie, you certainly put the "Care" in Community Care. And thank you for your continued support. I know that your new "Visiting Friend" will enrich both your lives.

Thank you to all of our Community Partners

Millbrook District Lions
Millbrook Chamber of Commerce
Centennial Place LTC
Masonic Lodge
Millbrook Fire Department

Millbrook B.I.A.
Township of Cavan-Monaghan
Royal Canadian Legion Branch 402
The Millbrook Times
County City Health Department



211 connects people with reliable information, and provides access to a broad range of community resources, social, health and related government services and programs.

211 is a free public information service, accessible anytime via an easy to recall three-digit phone number (2-1-1) or via the internet.

By dialing 2-1-1, callers are directly connected to certified information and referral specialist, trained

to assess each caller's needs, provide accurate information, and advise people about the most appropriate service or program available.

211Ontario.ca a reliable, user-friendly resource for anyone who is looking for human services in Ontario, offering a fully searchable, bilingual point of access to over 56,000 community, social, health and related government programs and services in Ontario.

211 is a product of the collaborative efforts of many community and government partners.

Norwood's Notes

By Betty Bennett, Program Support Staff

Community Care Norwood has enjoyed a busy year. This fall we welcomed Brian as a volunteer driver, and since June, we have provided a variety of services to 23 new clients. In September, I switched hats, moving from the AVIS position to Program Support Staff.

Our New to You continues to be a popular choice for gently-used clothing for all ages. Store hours are: Monday to Friday from 9:00 a.m. to 1:00 p.m., with a two-for-one sale on the last three business days of each month. Please drop in to our store at 2368 County Road 45 and find something which is "new to you".

Events To Watch For

We continue to enjoy Diners' Club on the second Tuesday of most months until June 2011. Our Christmas Diners' Club will be on December 14th, at Norwood United Church, catered by our volunteers, with Christmas carols and storytelling to follow. There will not be a Diners' Club in January, but there will be one on February 8, 2011 at Christ Anglican Church.

Blood Pressure and Foot Care Clinics are up and running the third Monday of the month.

Norwood Fair

This year, Norwood Community Care was well represented at the Norwood Agricultural Society Fall Fair. We had the customary display of Community Care info and services, and for the first time in a few years, we entered a float in the parade. The float won 2nd prize in the general category. Thanks to John Bennett, Doreen Clarke for their participation on the float, Brian Clarke and Barb Finley for carrying our banner, and Jane Pickard with the Caremobile and her merry band of elves.



To all our Volunteers, Staff, supporters and clients....thank you for making Community Care Norwood great, Best Wishes for an exciting and rewarding 2011.

ICE WILL SPEAK FOR YOU WHEN YOU ARE NOT ABLE TO ICE - 'In Case of Emergency'

We all carry our mobile phones with names and phone numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. Many Emergency Response Service personnel recommend adding at least one additional entry to your cell phone contacts list. Please add an **ICE** entry. **ICE** stands for **In Case of Emergency**. This number should dial the person in your family that can *respond* to medical decisions if you are injured or incapacitated.

If you are in an accident, first responders may check your phone for your emergency contact information. Imagine taking a look and trying to figure out who to call out of the twenty or more numbers on your phone. By adding a contact entry that's designated as an emergency contact number (**ICE**) you can make their job much easier and possibly save your own life.

Program an **ICE** entry on your cell phone today. If you have more than one person that may be contacted in case of an emergency, you can add additional **ICE** numbers to your list. Your primary contact should be listed under **ICE**, and you can add the other contacts under **ICE1**, **ICE2**, **ICE3**, etc.

After you program **ICE** into your phone, have your spouse, your kids, your parents, and your friends do the same thing. If there are people in your life that you care about, they should all have **ICE** on their phones.

The Most Important Things I Learned from the Day I Died

Bill Graham

October 27th, 2007 changed my life and the people around me forever! I died on the operating table from a heart attack after surgery for flesh eating disease, but by the grace of God and some amazing staff at PRHC, I survived! After 5 weeks in intensive care and 4 months at home, I was a changed person!

I learned that family and friends are the most important and money is secondary.

I learned that you have no control over your life and things can change in a second.

I am a very different person now than I was 4 years ago. One of us dying is something that Pam (my partner) and I had never discussed: we had lots of time to worry about this as we were both young and healthy (we thought). We were very, very wrong! You never know when you are going to die.

I have learned that you can never be over prepared for anything, especially death. I learned that you need to have your affairs in order to make it easier on your family. When Pam and I eventually talked, it was clear that what I wanted and what she thought I wanted in funeral arrangements was enormously different.

I believe that everyone needs to pre-plan their funeral. You don't have to pre-pay for it if you don't want to, but you do need to write down your wishes. The reason for pre-planning is to ensure you have what you want: and if you prepay, the prices are guaranteed. It allows you to take time to make rational decisions that will affect you and your family, and the most important reason is that it takes the pressure off your family.

Let's be honest, I don't need a second job, but I feel so strongly that everyone needs to pre-plan that I have joined the staff at Comstock Funeral Home and Cremation Center as a Family Service Counselor. I am willing and happy to meet with anyone to help them put their wishes on paper. For more information or to discuss this further, please call Comstock's at 705-745-4683.

10-Digit Dialing Comes to the 705 Area Code

Starting on January 15th 2011, businesses and consumers in the 705 region will have to adopt 10-digit dialing: the area code followed by the phone number for all local communication, except when calling numbers with the 310 prefix. The 9-1-1 emergency number remains a three-digit number.

Communicate your 10-digit numbers! Be sure to include your 10-digit phone number on your personal cheques, stationery, insurance policy, etc. and always specify your area code when giving your number.

Add the area code to all programmed numbers in your telecommunications equipment, including:

- Speed-dial lists
- Telephone options and functions (such as call forwarding, call blocking, call display, etc.)
- Fax machines
- Modems and internet dial-up systems
- Equipment for the hearing impaired
- Cellular phones and other wireless devices
- Alarm and security systems*
- Etc - complete this list according to your needs

*Many security systems dial a pre-programmed number in case of emergency. In some cases, the number includes the area code; while in others, it does not. With the introduction of 10-digit local dialing, it is possible that some systems may fail to connect emergency calls to the security company. It is therefore critical to update these systems to ensure a sound operation.

Peterborough Senior Luncheon Club

30th Anniversary: January 1981 to January 2010

Una Golding

In November of 1980, a meeting was held to discuss the formation of a “Wheels to Meals” program. Representation included: Meals on Wheels, the Senior Citizens Council, Royal Canadian Legion Branch 452, Home Care, Civic Hospital, St. Joseph’s Hospital, Extendicare, Fairhaven, the Minister of Community and Social Services, Scotts Plains Kiwanis, Trinity United Church, St. Andrew’s United Church, St. John’s Anglican Church, St. Peter’s Roman Catholic Church, the Sisters of St. Joseph, and Edmison Heights Baptist Church.

The aim of this new program was “to provide a good meal and fellowship for special citizens”. Those who lived alone (or with a shut-in partner), were over 75, or had physical limitations were eligible. The goal was to help people to remain independent in their homes. The Seniors Luncheon Committee was comprised of Ella Reid (Chair), Lawrence McBain (transportation), Carolyn Cameron (treasurer), Bunny Lewis (entertainment and telephoning seniors for expected numbers), Edith Faiers (interviewing), John Young and me. Trinity United and St. Andrew’s United churches were chosen to hold the luncheons as they are both centrally located and wheelchair accessible. Fairhaven provided the meal, and in future years, the Anson House and “Aramark” from Trent University provided the meals.

The first luncheon was held on Monday January 19, 1981 at St. Andrew’s United Church with the second held at Trinity United Church on January 26th. The luncheons alternated churches and were held weekly. Volunteer drivers provided transportation to and from the luncheons and entertainment was provided by volunteer groups. In addition, volunteers from Rebecca Lodge and Members of the Royal Canadian Legion Branch 452 were responsible for the set up, serving and clean up each week. Branch 452 also prepared, cooked, and served Christmas, Easter and Thanksgiving dinners each year until 2009. The luncheons are now held at St. Andrew’s United Church - every second Monday.

There have been many seniors who have enjoyed these luncheons over the years and many friendships have been formed. Thanks to the many drivers, church helpers and entertainment who have supported this successful program for seniors.

Winter Driving Tips

Living in Canada means dealing with cold, ice and snow, all of which can make for challenging driving conditions. The bottom line: your vehicle needs a little extra care as the mercury plummets. A little preparation before winter sets in may help prevent major headaches later.

- **Snow Care:** Make sure you have a heavy-duty ice snow brush/scraper in your vehicle and don’t let snow pile up on top of your car or truck.
- **Take care of your windshield:** Make sure your vehicle has washer fluid rated for cold weather and replace your windshield wipers each year before winter begins.
- **Lights On, Please!:** In rainy or snowy weather, turn on your headlamps and tail lamps so other drivers have a better view of your vehicle.
- **Battery efficiency:** Most cold-weather breakdowns occur because batteries aren’t delivering full cranking power. Your mechanic can check your battery to ensure battery cables are corrosion-free.
- **All-season vs. winter tires:** Although all-season tires can be used in a moderate winter environment, winter tires provide the best cold weather performance below 7°C.
- **Loss of Pressure:** Tires will lose pressure when the temperature gets colder. Measuring tire pressures year-round is vital.
- **Trip Planning:** Take a blanket, extra-warm clothing, a collapsible shovel, a bag of road salt and an extra bottle of windshield washer fluid.

Donating to Community Care



Canada Helps is a charity helping charities!
Canada Helps is an on-line fundraising system that is:

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- * In honour of donations (birthdays or anniversaries)
- * Donations of stocks and mutual funds

Simply visit our website and click on the “Donate Now” button
www.commcareptbo.org



Your annual donation of \$20.00 or more will ensure that you continue to receive Seniority three times per year.

Your donation supports services in your own community.

Privacy Statement

Community Care Peterborough respects your privacy and complies with all legislative requirements regarding its protection. We use your personal information to keep you informed about Community Care’s programs, services, special events, funding needs, volunteer opportunities and more through our newsletter and other communications. If at anytime you do not wish to receive our information, simply contact us at 705-742-7067 or privacy@commcareptbo.org and we will gladly accommodate your request.

Yes, I would like to help support the vital services provided by Community Care: _____

- \$20 \$50 \$100 Other: \$ _____

Name: _____ Phone: _____

Address: _____ Postal Code: _____

Email address: _____

I would like to volunteer Contact me to discuss what I do to make a difference.

I'D LIKE TO SUPPORT COMMUNITY CARE BY MAKING MONTHLY GIFTS

Making a monthly gift can be a convenient way to lend support. Your monthly gift supports work done throughout the year and helps us meet a wide variety of client needs.

I WISH TO MAKE A MONTHLY GIFT OF:

- \$10 \$15 \$20 OR \$ _____ per month for _____ months.

DEDUCT IT FROM MY BANK ACCOUNT: I've enclosed a cheque marked VOID
Bank deductions will be made on the 1st of each month.

Signature _____

CHARGE IT TO MY CREDIT CARD:  

Account # _____ Expiry Date ____ / ____

Signature _____

Should you wish to change your donation or cancel it, you can do so at any time by contacting us.

Charitable Registration No. 13668 0865 RR0001

Income Tax Receipts will be issued for donations of \$10.00 or more.

We honour a policy which states that we will not rent, trade, or exchange our donor list with any other organization.

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“If your needs change...your address doesn't have to.”

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705-750-1234

Empress Gardens

For affordable elegance in the heart of downtown. Enjoy shopping, theatres, fireside chats and English tea with friends, served by our friendly staff.

131 Charlotte St.
705-876-1314

Royal Gardens

For active, independent lifestyles, with assistance if you need it. Enjoy fine dining, our state-of-the-art fitness facility, or concerts in our beautiful atrium.

1160 Clonsilla Ave.
705-741-6036

Canterbury Gardens

For those expecting something beyond the ordinary in their retirement choices. Enjoy activity filled days with aquafit classes, fitness programs, and choices that are anything but ordinary.

1414 Sherbrooke St.
705-742-9779

WE DO OUR BEST TO HAVE ACCURATE MAILING LISTS. IF YOU ARE ONE OF THE FEW PEOPLE WHO RECEIVE A DUPLICATE COPY OF “SENIORITY” PLEASE SHARE IT WITH A NEIGHBOUR, FRIEND OR FAMILY MEMBER. **THANK YOU**

Community Care

is a member agency of the United Way of Peterborough & District

Please support the United Way.
“Building Community
Changing Lives”



New To You - Opportunity and Community Thrift Shops

An economical way to dress in something New to You. Drop in to one of the Community Care stores to see the excellent selection of adult and children's wear:

- Apsley**, 335 McFadden Rd.... Mon to Thur 10 - 1, Fri 10 - 2
- Chemung**, 549 Ennis Rd..... Mon & Thur 1 - 4, Wed 10 - 4, Sat 10 - 1
- Chemung**, 826 Ward St..... Wed to Fri 10 - 4, Sat 10 - 2
- Havelock**, 12B Quebec St Mon to Thur 9 - 3, Fri 9 - 12
- Millbrook**, 22 King St E Mon to Fri 9 - 3
- Norwood**, 2368 Cty Rd 45 Mon to Fri 9 - 1

