



*Empowering you to live at home
in the City and County of Peterborough*

Community Care Is Open and Meals on Wheels Continues

April 9th, 2020 (Peterborough)

Community Care continues to support the most vulnerable in the City and County of Peterborough, seniors and adults with disabilities, during the COVID-19 pandemic thanks to the commitment of local volunteers

“We are classified as an essential service and we are still operating many of our programs in adapted ways to achieve social distancing,” said Danielle Belair – Executive Director, Community Care. “Our hot and frozen Meals on Wheels programs continue thanks to the commitment of our volunteers who are doing everything they can to flatten the curve but also make sure that our clients continue to get the nutritious meals that they need to remain independent in their homes.”

Meals on Wheels volunteers wait by their vehicles in the parking lot outside the Meals on Wheels room on Hunter Street. They wait their turn to enter the room to pick up their delivery bags which are pre-packed for them.

“When they knock on their client’s door, they step back to social distance so that the client can safely retrieve their meal but the volunteer is still able to speak with the clients,” added Belair. “Our Meals program is more than just a meal, it’s a way to ensure that our clients are safe and that they are doing well, especially during this time because many of them are on their own and our volunteer might be the only person a senior interacts with on a given day.”

In Peterborough, hot Meals on Wheels are available Mondays to Fridays and meals include a soup, entrée and dessert for \$8.00. In Lakefield, hot Meals on Wheels are available on Tuesdays and Thursdays. Frozen meals are also available for \$5.25 each throughout the City and County of Peterborough.

Community Care also operates a meals subsidy program for seniors who simply cannot afford meals on their own.

Hot meals are prepared by the team from the Community Training Development Centre (CTDC) using The Mount's community kitchen.

"I want to thank the CTDC for continuing to producing hot meals for our clients and also acknowledge the efforts of our Meals on Wheels volunteers who are able to, continue to help seniors in this community. They are definitely our client's lifeline during this time."

For more information about the Meals on Wheels program, call Community Care in Peterborough's office at (705) 742-7067. If you live in Peterborough County they can direct you to the appropriate local office. You can also visit www.commcareptbo.org to get an up to date list of what programs and services are operating in adapted ways.

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