



Community  
Care

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

SPRING 2019

# The Thread

Generations Serving Generations

A Publication of Community Care Peterborough

Empowering you to live at home

Moms on Whe

*Mona & Ernie  
Ferguson*

**80 YEARS**

**OF VOLUNTEERING COMBINED**

# The Thread

is published by

## COMMUNITY CARE PETERBOROUGH

185 Hunter Street East, Peterborough, ON K9H 0H1

Telephone: 705-742-7067 • Fax: 705-745-6011

Website: [www.commcareptbo.org](http://www.commcareptbo.org)

Email: [peterborough@commcareptbo.org](mailto:peterborough@commcareptbo.org)

## COMMUNITY CARE PETERBOROUGH

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## OUR SERVICES

- Access to Primary Care
- Home at Last
- Brokered Home Help
- Home First
- Brokered Home Maintenance
- Information & Referral
- Diners' Club
- Meals on Wheels
- Drop-In & Outreach
- Medical Equipment Program & Registry
- Exercise & Falls Prevention
- Personal Distress Alarms
- Friendly Visiting
- Telephone Reassurance
- Health & Wellness Clinics
- Transportation

## FOOT CARE CLINIC

Our clinic provides basic foot care including skin care and basic trimming of toe nails.

September to June on Tuesday & Thursday, 9:00 am to 11:30 am  
185 Hunter Street East

Helping you to maintain your comfort and mobility. To register or book an appointment call 705-742-7067.



Community Care

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



## SERVICE

2019/20 RATE  
(Effective April 1, 2019)

<b>Meals on Wheels</b>	
• Frozen Entrée	\$5.25
• Frozen Soup & Dessert	\$2.50
• Hot Entrée	\$8.00
<b>Basic Foot Care</b> (Ptbo Office)	\$25.00
<b>Personal Distress Alarms</b>	\$25.00
<b>Brokered Helper</b> (recommended hourly rate)	\$16.00
<b>Medical Equipment Program</b>	\$20.00 Rental
<b>Caremobile</b> (Fee determined by distance)	\$22.00
	\$44.00
Trip Tickets	\$200.00
<b>CCP Van</b> (effective May 1, 2019) (Fee determined by distance)	\$12.00
	\$24.00



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## UPCOMING EVENTS

### APSLEY

#### Blood Pressure Clinics

April 16, May 21 and June 18  
NKCC, Free of Charge  
First Come, First Served

#### Apsley Vintage and Gallery

will be having a grand opening  
Friday May 17 2-6 pm

#### Bank Drive Program

Monthly bus from Apsley to  
RBC Lakefield and Giant Tiger,  
Call to reserve a spot  
705-656-4589

### BUCKHORN

#### Blood Pressure Clinics

2nd & 4th Thursday of  
each month  
10 am-12 pm, Buckhorn Office

#### Hearing Screening Clinic:

Thursday May 9th  
Please call (705)657-2171 to  
book an appointment

#### Diners Club:

April 9th at noon  
Wesley United Church

May 14th at noon  
Lakehurst Hall

June 18th noon  
Seniors Picnic, Buckhorn  
Community Centre-Outdoors

No Diners Club July & August,

September, October &  
November dates to be  
confirmed

#### Hallelujah: Dinner & Tribute to the poets, songwriters & singers Leonard Cohen & Bob Dylan

Saturday July 27, Doors Open  
6pm, Buckhorn Community  
Centre, 1782 Lakehurst Rd.  
Buckhorn, For tickets or  
more information please call  
(705)657-2171

### Buckhorn Fall Soup Fest

Saturday September 28th 11-2,  
Lakehurst Hall-979 Lakehurst  
Circle Rd. Lakehurst, For  
tickets or more information  
please call (705) 657-2171

### CHEMUNG

#### Blood Pressure Clinic

Wednesdays from 1-2:30 pm

#### Nordic Pole Walking

Wednesdays at 9 am

#### Yoga Balance and Exercise Classes

Tuesdays & Fridays at 9:30 am

#### Social Drop-in Group

Thursdays from 1 – 3

#### Regular Fitness Classes

On a daily basis – please call  
office for details

### HAVELOCK

#### Blood Pressure Clinics

United Church in the  
basement 9:30-10:30  
April 8, May 13, June 10,  
July 8, Aug 12, Sept 9

#### Diners' Club

11 am – 1 pm  
United Church  
April 3, April 17, May 8,  
May 22, June 12  
(last one until Sept)

#### Picnic

June 20 – At the Arena  
39 George St, Havelock  
11:30am – 2:00pm  
\$10.00 per person, Come  
out and enjoy some  
entertainment. Please call the  
office at 705-778-7831 to let  
us know you are attending.

Check with the Local office  
for Summer time hours for the  
Wellness Exercise Program

### LAKEFIELD

#### Blood Pressure Clinics

3rd Wednesday every month  
1-3 pm  
Drop in free of charge – there is  
always something fun going on!

#### Fitness Classes

Weekly classes including  
Exercise, Falls Prevention,  
Zumba & even Pole Walking.  
Call 705-652-8655, email  
lakefield@commcareptbo.org  
or visit the office at  
40 Rabbit St to learn more

#### Diners' Club

First Monday of the Month  
at Noon  
Lakefield United Church  
\$10pp

### MILLBROOK

#### Millbrook Diners' Club

April 18, May 16, June 20  
and September 19  
Millbrook Legion/Baxter Creek  
Golf Club

#### Ladies Night in Millbrook

August 1st, Downtown  
Millbrook, 4 to 9pm, 50/50  
draw, silent auction &  
entertainment

#### Blood Pressure Clinic

Third Thursday every month  
10:30 am Millbrook Manor  
12:30 pm Millbrook  
Royal Canadian Legion

#### TAI CHI

Every Monday, 10am  
St. Thomas Anglican Church

#### Line Dancing – Beginner

Every Wednesday  
& Friday 10 am  
St. Thomas Anglican Church

### Coffee Club

Every Tuesday at 11:30 am  
Millbrook Manor  
2 Manor Drive, Millbrook

### Coffee Club

Every Monday & Wednesday  
at 10 am

Every Tuesday & Thursday  
at 10:45 am

St. Thomas Anglican Church  
16 Centre St. Millbrook

### Crafts & Conversation

All welcome!! Every Friday  
1 - 3pm., Community Care  
22 King St., Millbrook

### NORWOOD

#### Diners' Club/ Blood Pressure Clinic

Call office for details and  
location. April 9, May 14,  
June 11, September 10,  
October 8

In The Mood Gala Fundraiser  
Mark your calendars for next  
year – Feb. 15, 2020

#### Volunteer Appreciation

April 25th

#### Norwood Jamboree

July 18-20

#### Showcase Asphodel Norwood

June 15th at Asphodel  
Norwood Community Centre

### PETERBOROUGH

#### Foot Clinic

Tuesdays & Thursdays  
September-June  
\$25/visit  
Call for an appointment

#### Chair Yoga

Every Tuesday and Thursday  
3:30 - 4:30 pm

# GRANDPARENT OF THE YEAR 2019!



"By participating in this contest children are encouraged to recognize the importance of older people in their lives."

- Danielle Belair Executive Director, Community Care Peterborough

Children from grades 2 – 6 are invited to nominate their Grandparent or special older person in their lives to win the Grandparent of the Year Award.

## HOW TO ENTER:

- Information packages, including applications, have been distributed to all elementary schools in the County and City of Peterborough. Children can submit their application in French or English.
- Children who are not participating through their school are more than welcome to take part and can contact Community Care Peterborough or go to our website to download the information package in French or English.  
<https://www.commcareptbo.org/2019/03/05/Grandparent-of-the-Year-2019>
- All entries must be received by Thursday, May 16, 2019.
- Submissions can be mailed or dropped off to:  
**Community Care Peterborough**  
185 Hunter St E, Peterborough, ON, K9H 0H1  
Attention: Tracy Kennedy
- Award recipients will be announced and honoured at our award celebration June 5th, 2019

"June is a time to celebrate the seniors in our lives. Community Care is proud to recognize this intergenerational program and celebrate the grandparents and their nominating family... it truly is a 'SMILES ALL AROUND' event!!"

- Danielle Belair Executive Director, Community Care Peterborough



## ACKNOWLEDGEMENTS

**Crosswind Farm** donated Lemon Thyme Goat Cheese for our Meals to Go salad. In total 181 salad were ordered and enjoyed by companies throughout the City of Peterborough.



On March 13th **Running Room Peterborough** once again made a donation to Community Care Peterborough. Funds were raised at their Resolution Run in January.

On March 15th Dave Dundas from **Global Peterborough** presented Community Care Peterborough with a cheque on behalf of **UNIFOR Local 724-M**. The donation was made to our 'Meals to Go' fundraiser supporting Meals on Wheels.



In December **Peterborough and the Kawarthas Association of REALTORS** donated \$5000 at their annual Christmas breakfast.



On March 20th Community Care Peterborough received a cheque for \$1000 as part of **Kawartha Credit Unions Community Involvement Program**.

## THANK YOU TO:

**Sysco** for donating the two compartment containers for our Meals to Go Fundraiser.



**Darling Insurance** for sponsoring Meals to Go.



**PTBO VW** for being part of the Meals to Go deliveries.





# Access to Primary Care Service (APC)

## PROVIDES NEEDED SUPPORT TO ATTEND CRITICAL MEDICAL APPOINTMENTS

**H**ealthy communities are built on improving access to primary health care. Attending medical appointments in a regular and timely manner ensures that patients stay healthier, get connected to the right care, and are less likely to require treatment in acute care settings. This is especially true for seniors and those with complex and chronic conditions who often require more assistance.

Simply having a family physician or nurse practitioner is not enough. Many individuals have difficulty attending appointments because they require support to get there. The ability to attend appointments is affected by impaired mobility, cognitive deficits, and unavailable caregiver support.

Community Care Peterborough's Access to Primary Care (APC) service provides accompaniment support by a Personal Support Worker (PSW) to seniors and individuals living with complex, high needs who would not otherwise be able to attend medical appointments. The service is intended for people attending primary care appointments who require more support than can be provided by family, a volunteer driver, or accessible transportation.

Catherine\* lives with chronic obstructive pulmonary disease and a heart condition. She worries about falls. She uses a walker and not too long ago she fractured her leg. She does not have family or other support nearby. Catherine's home has 2 steps and no railing. The APC PSW provides physical assistance to help Catherine in and out of the house safely and to manage her walker in and out of the vehicle. The PSW also goes into the doctor's office with her to take notes about what the doctor said. This helps Catherine remember important information about her health care. Back at home, the PSW helps her get settled before leaving. "They even wipe the wheels on the walker when they bring it back in so it doesn't track in dirt!" Catherine says that she "would be lost without this help" and that



she needs more help than a volunteer or a taxi driver can offer.

The establishment of the Access to Primary Care service (APC) has given health service providers and patients somewhere to turn when it is evident that a patient requires support to attend critical medical appointments. It can also play a role in supporting frail older adults to live healthier at home and reduce unnecessary hospital visits.

APC is available for individuals who meet the eligibility criteria across the City and County of Peterborough. Clients who do not require the support of a PSW will be referred to Community Care's volunteer driving service, the Caremobile, or the CCP van.

\* All clients and caregivers have granted permission to share their stories, but names have been changed to protect their privacy.

# VOLUNTEERS

## VOLUNTEER PROFILES



### HAVELOCK OFFICE

**Name:** Jacquie Whyte  
**Length of Service:** 18 years  
**Role:** Volunteer Role – Driver, New to You, Office and Friendly Visits  
**What advice would you give to someone thinking about volunteering?** Volunteering is rewarding and gets me out of

the house, meet new people, get some nice items at the new to you store.



### BUCKHORN OFFICE

**Name:** Pam Dickey  
**Length of Service:** 4 yrs.  
**Volunteer Role:** Cookbook, Fundraising, Office, Outreach (Tag Day, Heritage Day)  
**What advice would you give to someone thinking about volunteering?** Enjoy. You will find volunteering for Community Care

very fulfilling and after your shift, the satisfaction of bringing cheer to area seniors.



### MILLBROOK OFFICE

**Volunteer Name:** Timmi Brady  
**Length of Service:** 4 years  
**Volunteer Role:** Driver/focus groups/ what ever is needed  
**What advice would you give to someone thinking about volunteering?** Just do it, it is so rewarding!



### LAKEFIELD AND PETERBOROUGH OFFICE

**Volunteer Name:** Lorna-ann le Lagadec  
**Length of Service:** 12 yrs  
**Volunteer Role:** Admin, friendly visits, co-ordinator fmow  
**What advice would you give to someone thinking about**

**volunteering?** Volunteering is empowering. You're in a position to encourage change, make change, focus attention on, interact with, learn from, our past, our seniors, and to empower them to live the second half of their lives, as they've earned.

# 50

**M**ona and Ernie Ferguson, 88 and 92 years old respectively, say they found the key to a long and healthy life, and that key is volunteering for Meals on Wheels.

Mona celebrates 50 years as a volunteer with the program this month, which makes her the longest serving volunteer in Community Care history in Peterborough.

Ernie first joined his wife as a Meals on Wheels volunteer 29 years ago when he retired from his East City dry cleaning business, Ferguson's.

Mona believes that people who deliver the meals are a special breed. "There are the 'me' people and the 'we' people. Meals on Wheels people are 'we' people," she quips.

The couple, who admit they are finally slowing down and stepping back from their regular monthly deliveries, say they had a "big route" each time, where they'd deliver 12 hot meals and then do the frozen meal delivery afterwards.

"We got to know our people," she says. "And they always knew when the Fergusons were coming." The two delivered smiles, happiness and joy along with the food. "Most of the people we delivered to were younger than us," Mona notes. "And they remember the love, not the food."

Community Care staff estimate that the agency delivers about 325 hot meals a week in Peterborough at a cost of \$8 each and also delivers frozen meals for clients to heat up over the weekends when there is no delivery.

During an interview at the couple's dining room table, Mona comments on the priceless value volunteering has on quality of life, and says, "I'm convinced the two of us wouldn't be alive today if it weren't for our volunteering."

Ernie linked forces with his wife after she had logged countless volunteer hours all over town,

# Lift Communities

## Year Volunteer story

written by  
Jane Davidson

working with school breakfast programs, taking people to x-ray at the Peterborough Hospital and as a driver for Children's Aid.

His pride in his wife's many talents shines through his words. "When I was running the dry cleaning business we could call Mona at the drop of a hat to come in and drive the truck or work as cashier," he says, beaming at his wife.

The two are well-known seniors on the Peterborough scene, and when younger, were ice skating dance champions of Peterborough. They have two daughters and a son.

The two supply one another's history with helpful details. She fondly reels her husband in when he starts to reminisce about recently finding his mouth organ, which he used to play every night at bedtime years ago for his two daughters.

"I'd play when the Saints Go Marching In and the two of them would march around in the living room in their pyjamas until they were tired, and then go to bed." (The Fergusons are now grandparents to six children and great grandparents to three.)

"Ernie," she interjects, "the interview." Ernie returns to the topic at hand with a chuckle, and the two agree that volunteering is a component of good mental health.

"If people would only volunteer, they'd be so much happier," says Mona.

And Ernie adds, "Other volunteers are the most wonderful people in the world." Mona nods in agreement, her eyes twinkling.

"It's a chance to deliver love along with the food," says Mona. "We never met a single person on our delivery route that we didn't like."

*Mona & Ernie Ferguson are pictured on the front cover.*

## VOLUNTEER PROFILES



### NORWOOD OFFICE

**Name:** Doreen Allen-Bell  
**Length of Service:** 9 years  
**Volunteer Role:** Office/Fundraising  
**What advice would you give to someone thinking about volunteering?** Do It!



### APSLEY OFFICE

**Name:** Sue McKinlay  
**Length of Service:** 4 yrs  
**Volunteer Role:** New to You and Blood Pressure Clinics  
**What advice would you give to someone thinking about volunteering?** Go for it, it's rewarding, and you get back what you give. It makes me feel good, and it's a wonderful chance to give back to the community.



### CHEMUNG OFFICE

**Volunteer Name:** Marion Gibson  
**Length of Service:** 10 years  
**Volunteer Role:** Drop-in convener and have worked in the office and thrift shop  
**What advice would you give to someone thinking about volunteering?** Go for it! Giving of yourself is very rewarding.



### REMEMBERING ALLAN CHAPMAN

Our Chemung Office lost a dear friend on March 29th. Allan Chapman, better known as Al, and his wife Shirley were instrumental in helping to get the Chemung Office up and running in 1987. Over the next 25 years, Al volunteered with many of our programs and services. He was a volunteer driver, a Friendly Visitor and also provided Home Maintenance services to our clients. He strongly encouraged the Seniors in the community to take up Tai Chi, which he practiced into his 92nd year. He helped us choose the location for the current Treasure Trove Thrift Store in Bridgenorth. Al led from the heart. Our community has lost a treasure, in Al.



# NEW APSLEY VINTAGE & GALLERY

OPENING MAY 17 • 2-6 PM

## TOO MUCH CHINA? OR TOO MANY TOOLS?



By contributing your no-longer-used items such as tools or china to Community Care your quality items will help others in your community! Our Pay It Forward Auction initiative is a joint venture with Home Suite Home Transitions. Together we collect saleable items and auction them through an On-Line site, with all profits going back into your community through Community Care programs. Let's dust'em off and put those possessions back into service!

Purchasers will appreciate your quality items and  
**YOU WILL FEEL GOOD WHEN YOU  
"PAY IT FORWARD"!**

Contact your local **Community Care** office or **Patti Priestman** at Home Suite Home Transitions, to find out how simple it is to donate your items.

[mirving@commcareptbo.org](mailto:mirving@commcareptbo.org) or call Mary at 705-742-7067 ext. 224



## NEW TO YOU COMMUNITY THRIFT SHOPS

*An economical way  
to dress in something  
"New to You"*



**APSLEY, 126 BURLEIGH STREET**

Monday-Friday: 10:00-1:00

**CHEMUNG, 549 ENNIS RD**

Monday, Tuesday, Friday: 9-1:00

Wednesday: 9-3:30

Thursday: 9-3:30, 9-1:00

(July & August)

**CHEMUNG, 826 WARD ST**

Wednesday-Friday: 10:00-4:00

Saturday: 10:00-1:00

**HAVELOCK, 107 CONCESSION ST N**

Monday-Thursday: 9:00-3:00

Friday: 9:00-12:00

**MILLBROOK, 22 KING ST E**

Monday-Friday: 9:00-3:00

## Speaking of Community Care

The Speakers Bureau of Community Care Peterborough provides volunteer speakers to organizations, community groups and local businesses.

These volunteers are committed to educating our communities about Community Care, our services, our opportunities, and our commitment to helping our clients remain independent in their own homes... where they want to be!

**For more information, or to book a presentation, contact: Darci Maude**  
[dmaude@commcareptbo.org](mailto:dmaude@commcareptbo.org)  
**705-742-7067**

### COMMUNITY CARE PARTNER

Trent Security Systems Ltd.



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MEDICAL ALARMS

480 The Parkway

(705) 748-2001

[www.trentsecurity.com](http://www.trentsecurity.com)



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Add Us!**





## SPECIAL EVENTS



# GOLF TOURNAMENT

*A fundraiser to benefit seniors & people  
with physical challenges served by  
Community Care Peterborough.*



## BAXTER CREEK GOLF CLUB

**JUNE 8, 2019 • 9AM**

1702 Cedar Valley Road, Frasersville, ON  
\$100 per Golfer includes Cart,  
Prizes and Lunch.

Call 705-932-2011 for registration details.

## WILDFIRE GOLF & COUNTRY CLUB

**SEPTEMBER 5, 2019**

**12:30PM**

\$200 per Golfer  
Shotgun start, scramble format,  
includes dinner

## SPECIAL EVENTS

# WALK-A-THON FOR COMMUNITY CARE



**LAKEFIELD: MAY 10, 2019**  
**NORWOOD: JUNE 8, 2019**

Help Community Care empower  
seniors & adults with physical  
challenges to live at home.  
Collect pledges & enjoy a walk!

**Register & pledge forms at the  
Norwood and Lakefield offices,  
705-639-5631 or 705-652-8655.**



## TAG DAYS

**PETERBOROUGH** May 30, 31 & June 1

**LAKEFIELD** June 14 & 15

**HAVELOCK** May 31st

Please share your change/make a donation when  
you see our volunteers in Peterborough, Havelock,  
Lakefield, Warsaw and Young's Point businesses.



## Home Maintenance Opportunities Available

We are currently recruiting for Brokered Helpers to provide general home maintenance tasks for Community Care clients. Home Maintenance Helpers are part of our Brokered Services Registry and are paid an hourly fee (\$16 per hour) or paid per job, directly by the client.

As a Brokered Helper for Home Maintenance, you would perform tasks such as snow shoveling, grass cutting, yard work, gardening help, exterior window washing and minor home repairs.

Brokered Helpers manage their own schedule.

To apply to join our Brokered Services Team please submit a resume to [BH@commcareptbo.org](mailto:BH@commcareptbo.org) or call 705-742-7067.

*\*We thank all applicants for their interest, however only those candidates selected for an interview will be contacted\**



**FLEXIBLE  
COMMITMENT**

**Be An Active  
Part Of Your  
Community**

**Make A  
Difference!**

**Reimbursed  
for Expenses**

**Just 2 -3  
Hours  
Per Week!**

# VOLUNTEER WITH US!

## OPPORTUNITIES INCLUDE:

- Volunteer Drivers
- Meals on Wheels
- Friendly Visiting
- Office
- Personal Distress Alarm Installer  
and more...

**CONTACT US: 705-742-7067**  
**[volunteer@commcareptbo.org](mailto:volunteer@commcareptbo.org)**



OFFICES	PHONE	ADDRESS	HOURS
Apsley	705-656-4589	126 Burleigh Street, Apsley	Monday-Friday: 10:00am-1:00
Buckhorn	705-657-2171	1946 Lakehurst Rd, Buckhorn	Monday-Friday: 9:30-1:30
Chemung	705-292-8708	549 Ennis Rd, Ennismore	Monday-Friday: 9:00-1:00
Havelock	705-778-7831	107 Concession St N, Havelock	Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00
Lakefield	705-652-8655	40 Rabbit St, Lakefield	Monday-Thursday: 9:30-3:30, Friday: 9:30-12:30
Millbrook	705-932-2011	22 King St E, Millbrook	Monday-Friday: 9:00-3:00
Norwood	705-639-5631	2281 County Rd 45, Norwood	Monday-Friday: 9:00-1:00
Peterborough	705-742-7067	185 Hunter St E, Peterborough	Monday-Friday: 9:00-4:00



## DONATING TO COMMUNITY CARE

### HOW TO DONATE:

1. Visit our website at: [www.commcareptbo.org](http://www.commcareptbo.org)
2. Click on the **DONATE NOW** button through CanadaHelps



### WHAT IS CANADAHHELPS?

CanadaHelps is a charity helping charities and is an online fundraising system that is:

- Secure
- Private
- Easy to use
- Giving made simple

### DONATION OPTIONS:

- One time gifts
- Automatic monthly donations
- In memoriam donations
- In honour of donations (birthdays or anniversaries)
- Donations of stocks and mutual funds

### YOUR ANNUAL DONATION OF \$25.00 OR MORE

will ensure that you continue to receive

The *Thread*  
twice per year.

Your donation supports services in your own community.



### YOUR 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](mailto:privacy@commcareptbo.org) and we will gladly accommodate your request.



## YES, I would like to help support the vital services provided by Community Care Peterborough

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

☐ I would like more information about volunteering

☐ I would like to make a one time donation:

☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_

☐ I would like to make a monthly donation:

☐ \$10 ☐ \$15 ☐ \$20 ☐ Other \$ \_\_\_\_\_

I would like to make my donation by:

☐ **Cheque**

Please deduct amount indicated from my bank account. For monthly donations, please include a cheque marked VOID. (Bank deductions will be made on the 1st of each month.)

☐ **Credit Card**

☐ VISA ☐ Mastercard

Card Number: \_\_\_\_\_ Card Expiry: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

### MAKING A LASTING GIFT

☐ I have included Community Care Peterborough in my estate plan.

☐ Please send me information about how I can include Community Care Peterborough in my estate plan.

### Please drop off your donation to your local office, or mail to:

Community Care Peterborough  
Administration Office  
185 Hunter Street East  
Peterborough, ON K9H 0H1

*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. If you do not wish to be included on the donor list, or should you wish to change your donation or cancel it, you may do so at any time by contacting our administration office at 705-742-7067.*

Charitable Registration No. 13668 0865 RR0001

*"If your needs  
change...  
your address  
doesn't have to."*

*The gardens of Peterborough offer the  
most retirement lifestyle choices in the  
Kawarthas, with the security of 24-hour  
on-site nursing care if you need it.*

*Our healthy Aging in Place  
philosophy means that you can  
live how you want to without  
the worry of moving if your needs changes.  
Ask about our trial stays.*



The **GARDENS**  
of Peterborough®

*Caring together*

**1-877-742-9779**

[www.gardensofpeterborough.ca](http://www.gardensofpeterborough.ca)

## Princess Gardens

*For spacious sunlit suites with beautiful riverfront views. Enjoy walks  
in the adjacent park, shopping downtown,  
or a relaxing dinner with family and friends.*

**100 Charlotte St. • (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.*

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