

# Be A Lifeline Donor



## One Year After The Fire - Keeping You Updated

The loss of Apsley's only grocery store had a major impact on our community, especially our seniors, who have had to make significant adjustments to their lifestyles. Your donations have ensured no one has gone without access to needed food services throughout 2020 - 2021. We are continuing our commitment to provide food-related services free of charge, as long as the Be A Lifeline funds will allow us to do during the rebuilding process.



## Volunteer Transportation and Deliveries

This support program is our most needed one in Apsley. We keep our volunteer drivers busy with grocery excursions, trips to the Foodbank, and shopping and delivery services. This access to grocery-related services has remained steady, and now with cottage season ending, we are beginning to see an increase and anticipate it will steadily increase during the winter months.

*"I don't know what I would have done without grocery delivery from Community Care. I can't drive anymore, and I'm busy caring for my child that has significant health issues. They matched me with two volunteers that call me each once a month and help me plan my order, they then go do the shopping for me and deliver to my house and it doesn't cost me anything," said a client. "Community Care also has a volunteer that picks food up for me from the Foodbank and delivers this to me every week. I am very grateful to have this service."*



## Meals On Wheels

Your Be A Lifeline dollars continue to be used for Meals On Wheels subsidies, and we have seen a steady increase in Meals On Wheels clients since December 2020.

Our volunteers deliver more than just a meal, they too can be a lifeline, fighting social isolation one client at a time.

*"I used to go to Sayers every day because I didn't have to plan meals and I always liked to pick up the newspaper there. Now that it's gone, I no longer get to visit with the Sayer's family and staff, I miss them. Community Care has helped me by paying for monthly Meals On Wheels so I don't have to worry. It's been nice to meet some of Community Care's drivers and delivery volunteers, they are very nice to me and I enjoy the grocery trips to Bancroft. It's nice to have someone else to talk to and to be able to get out of town from time to time."*

## Visit Our Apsley Vintage and Gallery

The proceeds from our thrift store are our biggest ongoing fundraiser to support the annual cost of running our service office in Apsley. The generosity of our full-time and seasonal residents makes for a very high volume of thrift store donations. When we moved to a larger space in 2019, our vision was to be able to showcase more items than we were previously able to, as well as feature some of our local artists and artisans on consignment. Our volunteers also work very hard to ensure a great shopping experience, and we strongly encourage you to shop in our store, not only are you supporting our services, but you are supporting local artists too.



### Store hours:

**10 am - 1 pm, Monday to Friday**

**This holiday season we will be open till 6 pm on Fridays, beginning November 19 - December 17, and Thursday, December 23.**

**All non-consignment items are 50% off between 3 pm - 6 pm.**

## For the Holidays

We will be giving away grocery gift cards, in keeping with our promise to utilize Be A Lifeline funds for food security purposes. Thanks to continued partnerships with the North Kawartha Foodbank, Apsley Central Public School, County of Peterborough Social Services and local businesses, we have identified over 70 families and individuals that will benefit from this.

## Rebuilding Progress on Sayers Grocery Store

Interested in the rebuilding progress of the grocery store?

**For updates on timelines visit Sayers Foods Facebook page - @SayersFoods**

## Did You Know?

We established a **Meet Your Needs (MYN) program** in 2019 to ensure community members do not go without suitable clothing, footwear and outerwear. Before the establishment of MYN, we hosted an event annually at the North Kawartha Community Centre. It was determined that one annual event was not enough to respond to a growing demographic of individuals and families in need of these items. Now, eligible community members can access the items they need through our thrift store, year-round, any day or time, and their confidentiality is always ensured.



## Join Our Team or Take A Class

Volunteering is a wonderful way to give back to the community and meet new people. We have a wide variety of roles that may suit you. If you are a seasonal resident, we can work around your schedule and availability too. We even take student volunteers if you know of anyone looking for community service hours.

We also encourage seasonal residents to register for services too. Did you know that we run exercise classes in-person and on Zoom all year long?? We have a talented group of instructors, and their classes are so engaging and full of health tips too.

*"Like many people, I have issues with arthritis and joint pain. Since I have been doing the classes, I can see such an improvement," said a client. "I feel stronger and have more stamina. I was able to do all my gardening, and yard work this summer without any issues at all, which was so wonderful."*

## Who We Serve and What We Do

Our mandate is to serve seniors 55+ and adults with physical disabilities. Given the remoteness of our community, our Apsley office often finds ourselves serving clients that fall outside our traditional scope of practice. We take a holistic approach to community development and want to ensure a healthy community by providing service to those in need. There is no cost to become a client, we encourage you to reach out if you or someone you know could benefit from our many programs and services.

For more information on programs, services and volunteer opportunities, please visit our website [www.commcareptbo.org](http://www.commcareptbo.org).



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**(705) 742-7067**

[admin@commcareptbo.org](mailto:admin@commcareptbo.org)

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