



Community
Care

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

SPRING 2018

The Thread

Generations Serving Generations

A Publication of Community Care Peterborough



*Time to
refresh!*

- Spring Cleaning
- Self-Care through Fitness
- Volunteer Opportunities

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UPCOMING EVENTS

APSLEY

Blood Pressure Clinics

March 20
April 17
10-11:30 at NKCC

Sharing Dance

Mondays, March 26- May 14
Call Office for details

Canada Day Parade

July 1 - watch for us!

Fashion Show

September 15

Blowin' in the Wind"

Dinner and Folky

Entertainment

Saturday July 21
(Tickets will be available at
BCC and CCB office)

Oct 6 & 7th

(Thanksgiving Weekend)

Fall Craft Show

Bake Table at Buckhorn

Cultural Centre 1782
Lakehurst Rd. Buckhorn

Exercise & Falls Prevention

Tuesday & Thursday
afternoons at 12:30pm

Annual Picnic June 21st,

at the Havelock
Community Centre

Tag Day Friday June 1st

LAKEFIELD

Tag Days - June 22 & 23 at
a variety of Lakefield and
area businesses

Annual Walk-a-thon

August 25 - collect pledges
for a 5 km walk from the
Lakefield Legion to Lock 25
Call 705-652-8655, email
lakefield@commcareptbo.
org or visit the office at 40
Rabbit St to learn more.

Cards, Coffee & Conversation

Every Monday at 10am
St. Thomas Anglican Church

Coffee & Conversation

Every Friday
Crafts, 1pm
Community Care office

Line Dancing

Every Friday at 10 am
St. Thomas Anglican Church

Golf Tournament

Saturday June 9th at 9am
Baxter Creek Golf Club

Blocks & Blooms

Saturday June 23rd at 9am
Millbrook Area

Ladies Night in Millbrook

Thursday August 2
4 to 9pm - King St.,
Millbrook

BUCKHORN

Blood Pressure Clinics

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

Diners' Club

April 17th @ 12 pm at
Wesley United Church

CCB Seniors Picnic

June 15th @ 12 pm
at Lakehurst Hall
Thursday June 14th @ 12 pm

Fundraising Events:

May 19, 20
(Victoria Weekend)

Spring Craft Show

Bake Table at
Buckhorn Cultural Centre
1782 Lakehurst Rd.
Buckhorn

Tag Days at various
businesses in the area
Friday July 13th and
Sat July 14th

CHEMUNG

Blood Pressure Clinics

every Wednesday 1-2:30

Social Drop-in group

every Thursday from 1 - 3

Sharing Dance

Wednesdays at 9:30
starting late March 28
for 8 weeks

Fitness Classes

daily basis - call office
for details

HAVELOCK

Blood Pressure Clinics

April 9, May 14, June 11,
& July 19

Wellness Classes every

Tuesday and Thursday
morning until the end
of May

Ballet Monday March 26th,
then Friday April 6 - May 18.

MILLBROOK

Diners' Club

3rd Thursday of each month
\$11 to \$12, entertainment,
Millbrook Legion/Baxter
Creek Golf Club

Blood Pressure Clinics

Third Wednesday
every month
10:30 am Millbrook Manor
12:30 pm Millbrook Legion

Volunteer Appreciation

Thursday April 19th
12 noon
Baxter Creek Golf Club

NORWOOD

Diners' Club

April 10, May 8, June 12

Walk-a-Thon

June 2

PETERBOROUGH

Tag Days

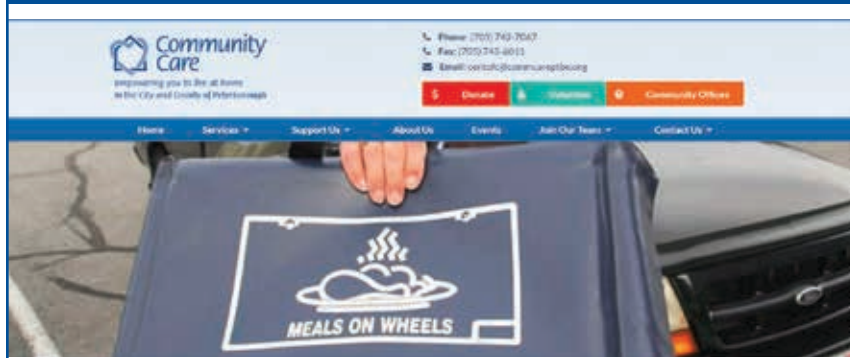
May 31, June 1 and 2
Various businesses
throughout Peterborough

COMMUNITY CARE PETERBOROUGH
185 Hunter Street East, Peterborough, ON K9H 0H1
Telephone: 705-742-7067 • **Fax:** 705-745-6011
Website: www.commcareptbo.org
Email: centofc@commcareptbo.org

HAVE YOU BEEN TO OUR NEW WEBSITE?



Did you know that you can order frozen meals on-line?



Visit our new website to see what's new in your area.
www.commcareptbo.org

SERVICE	2018/19 RATE (Effective April 1, 2018)
Meals on Wheels	
• Frozen Entrée	\$5.25
• Frozen Soup & Dessert	\$2.25
• Hot Entrée	\$7.75
Basic Foot Care (Ptbo Office)	\$25.00
Personal Distress Alarms	\$25.00
Brokered Helper (hourly rate)	\$16.00
Medical Equipment Program	\$20.00 Rental
Caremobile (Fee determined by distance)	\$22.00 \$44.00
Trip Tickets	\$200.00
CCP Van (Fee determined by distance)	\$10.00 \$20.00

COMMUNITY CARE PETERBOROUGH

Board of Directors

Joanne Watson, *President*
Mark Skinner, *Vice-President*
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Judy Boutette
Louise Campbell
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Wendy Love
Ramesh Makhija
Michelle McLean
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Danielle Belair, *Executive Director*
Nancy Frankish, *Director of Finance and Administration*
Catherine Pink, *Director of Support Services*
Darci Maude, *Volunteer Development Coordinator*
Dean Ostrander, *Donor Relations Lead*

County

Lorri Rork, Apsley/Lakefield
Sarah McCall, Apsley
Lynda McKerr, Buckhorn
Stefanie Thom, Chemung
Tammy Ross, Havelock/Norwood
Karen Morton, Millbrook

GRANDPARENT OF THE YEAR 2018!



"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.
<http://www.commcareptbo.org/2018/01/26/Grandparent-of-the-Year-2018>
- All entries must be received by Wednesday May 16, 2018.
- 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 6th, 2018

"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



SHARING DANCE

CANADA'S NATIONAL
BAILET
SCHOOL

for Active Seniors



Be a part of a high-quality dance program designed to support you in your health and wellness goals. Each week participants will be guided through a specialized dance program led by the Canadian National Ballet School.

Begins the week of March 26, 2018

Days/Times vary depending on location

**Apsley, Chemung, Havelock,
Lakefield and Millbrook**

Please contact your local CCP office to register.

ALL ARE WELCOME.

Canada's National Ballet School (NBS) believes that adults and seniors should have access to the health and social benefits of dance. Through its Sharing Dance Program, NBS provides free, highly-quality dance activities to help improve balance, increase range of movement, prevent injury, and manage physical, cognitive and emotional symptoms associated with age-related illnesses.

In Collaboration with:



Spring off the couch for a **RE-ENERGIZED YOU!**

Did you know that each week Community Care Peterborough runs 128 group Exercise and Falls Prevention Classes at 21 different locations?

There are many benefits of attending group exercise classes including: stronger muscles and bones; greater flexibility; reduced anxiety; and one of the best, is the opportunity to get out of the house and socialize with like-minded individuals who share similar goals.

Classes are open to all seniors and are **FREE OF CHARGE!!** Regardless of your level of ability, there is a class suited to you.

Many of our strengthening and stretching exercise classes are done entirely seated in a chair. Some participants attend in their wheelchairs or with their walkers. Looking for more of a challenge? Try our more advanced classes; these classes incorporate more standing exercises, with more complex movements.

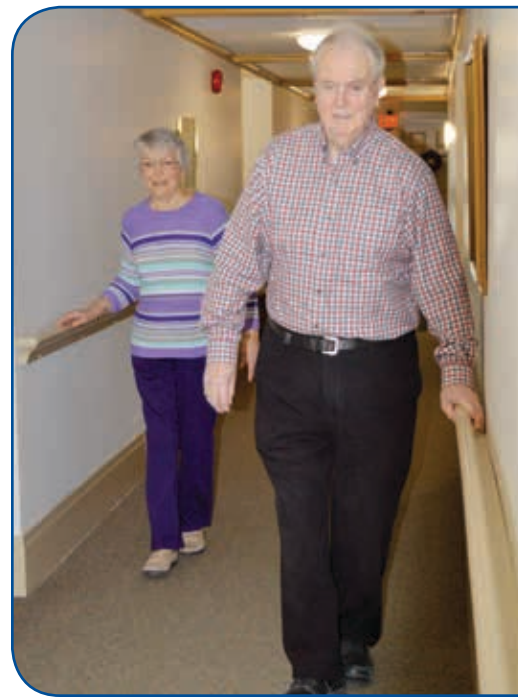
Each year approximately 1 in 3 seniors over the age of 65 will experience a fall, with 50% of these occurring in the home. The Falls Prevention classes are designed to **PREVENT** falls **BEFORE** they happen. Our trained instructors will not only lead you through exercises to strengthen your muscles and improve your balance for standing and walking, they will also work to educate you about ways to reduce your risk of experiencing a fall. Some topics covered include, environmental fall hazards, pre-existing health conditions, medications, and nutrition.

Always wanted to try a yoga class, but could never imagine getting down onto the floor? (And let's not even mention the getting back up part!) Community Care

My husband suffered a stroke 6 years ago and has experienced mobility and balance issues. He was introduced to the Community Care Exercise Program including "Strengthen & Stretch" and "Balance & Falls Prevention" three times a week. This has been so beneficial and he is now able to walk without a cane for the most part. The program has done wonders for his self-confidence, as well.

I was so impressed with the program that I now also participate. I really feel that most seniors would benefit. It is offered at many sites, easy to access and at no cost. We are so blessed to have this service in our area and staffed by qualified kind instructors.

- Mary Paquette & John Paquette



Peterborough now runs Strengthening and Stretching through Yoga based Movements, and Balance and Stability Through Yoga based Movement classes at 4 locations in the city and county. (Stay tuned as we may be adding new locations soon!). These chair yoga classes still provide the physical benefits of our regular exercise and falls prevention classes with the added practice of mindfulness, meditation, and breathing exercises.

For more information and to see the full schedule check out our new and improved website www.commcareptbo.org

Call your local Community Care office, or contact our Supervisor of Exercise & Wellness, Shannon Burton at sburton@commcareptbo.org, or **705-927-3906**.

LET US HELP YOU WITH YOUR *Spring Cleaning!*



Spring is here! And you know what that means – It's time for spring cleaning. If you're dreading organizing and cleaning in the next few weeks, don't worry! Community Care can help you out.

Community Care Peterborough offers Brokered Services where Helpers offer a wide variety of skills to assist those who have difficulty managing their own light housekeeping, yard work or one-time maintenance jobs. Community Care screens the Brokered Helpers and recommends the hourly rate to charge but the final fee and arrangements are negotiated between the client and the Brokered Helper. The client pays the Helper directly.

Our Brokered **Home Help** can include such duties as light housework (dusting, vacuuming, mopping and general cleaning), light meal preparation, laundry, changing beds or shopping for the client. They can help get your home feeling fresh and clean this spring!

If the yard is where you need assistance, Community Care can help there as well. The Brokered **Home Maintenance** Helpers can provide yard work, gardening, minor home repairs and washing exterior windows. With the warmer weather on its way wouldn't it be nice to sit out and enjoy the fresh air in a nicely kept yard?

While you are freshening up your home this spring you may come across some extra clothing that you no longer require. Our **New to You** Thrift Stores are always willing to accept your donations of gently used clothing to enhance stock. When you visit these stores you will find great clothing for men, women and children at amazing prices. Proceeds support your local Community Care office. Our thrift stores can be found in Apsley, Bridgenorth, Ennismore, Havelock, and Millbrook. Please refer to page 8 for addresses and store hours.

For further information on these and other services offered through Community Care Peterborough please call 705-742-7067 or visit our website at www.commcareptbo.org

EVERYONE FEELS WELCOMED BY COMMUNITY CARE DRIVERS



In December of 2016 Gay Bell broke her hip and was unable to drive. Her long time partner, Louise Greene did not drive. In need of transportation they looked to Community Care Peterborough. This wasn't the first time they accessed community support services, when they lived in Haliburton, Gay and Louise used volunteer drivers.

Finding themselves requiring assistance once again, they were so happy to have an option like Community Care volunteer drivers. Gay says, "Community Care drivers are wonderful, safe, clean, affordable, and none of the drivers we had were homophobic."

Many lesbians, gay men, and transgender people are nervous to use public services because of their fear of discrimination. However, Gay and Louise said "we felt welcome and comfortable throughout the whole process at Community Care, from our initial conversation with Iris (the coordinator) to the volunteer drivers." Both women appreciated that the drivers were willing to engage in conversation. "A simple question like, 'how long have you been together?' made us feel comfortable and accepted" says Louise. Everybody should be welcomed wherever they go, but unfortunately this is not always the case. The volunteer drivers at Community Care understand that like heterosexual couples, Louise and Gay support each other and enjoy being treated with respect.

Gay and Louise volunteer at PFLAG (Parents and Friends of Lesbians and Gays) which, along with PARN (Peterborough AIDS Resource Network) and Peterborough Elder Abuse Network, provides workshops to organizations like retirement homes and long term care facilities about LGBT older adults.

VOLUNTEER PROFILES

LAKEFIELD:



Volunteer:
Dave Green
Office: Lakefield
Length of Service:
19 Years
Role: Reception

What motivated you to volunteer: Meeting people

BUCKHORN:



Volunteer:
Jim Squire
Office: Buckhorn
Length of Service:
14 years
Volunteer Roles: past

SSAC Chair, fundraising, driver
What song gets me on the dance floor: Lady in Red
What is something that no one knows about me: I'm a terrible spelar
What motivates me to volunteer: the sense of satisfaction in knowing I'm helping someone and seeing clients acknowledge how much they appreciate the help.

MILLBROOK:



Volunteer:
Cheryl Van Schyndel
Length of Service:
10 years
Volunteer Role:
Office Volunteer.

Favourite Meal: BBQ steak dinner with my family
Favourite Song: *Forever and ever Amen* - Randy Travis
Something no one knows about you: If I tell you, then it wouldn't be a secret!
What motivated me to volunteer: I so enjoy the reassurance phone calls we make to our clients. You may not feel that volunteering for a few hours a week can make a difference, but it truly will, not

only for yourself but most importantly for a member of your community.

APSLEY:



Volunteer: Theresa Wright
Office: Apsley
Length of Service:
less than a year
Volunteer Role:

New to You Store
Favourite Book: Anything by Danielle Steel
What motivates you to volunteer: I love helping seniors.

CHEMUNG:



Volunteer:
Arlene Parlevliet
Office: Chemung
Length of Service:
Almost 2 years.
Volunteer Roles:

Thrift Shop, Blood Pressure Clinic and Friendly Visitor
Favourite Book: *The Glass Castle* by Jeannette Walls
What motivates you to volunteer: As my father aged I realized then that it could be a rewarding experience to volunteer with CCP. I like to feel that I've brightened someone's day with my smile!

HAVELOCK:



Volunteer:
George Watson
Office: Havelock
Length of Service:
5 years
Volunteer Role:

Brokered Helper and Transportation Driver
Favourite Meal: Christmas Dinner
What motivates you to volunteer: I found myself with time on my hands as I waited for my transplant and helping others was to keep me active. I like talking to others and hearing their histories and tales.

PETERBOROUGH:



Volunteer:
Josie Manocchio
Office:
Peterborough
Length of Service:
Since June 2017

Volunteer Role: Office volunteer
What song gets you out on the dance floor: *The Macarena*
What motivates you to volunteer: I had some extra time and wanted to volunteer where I would have people contact. I realized there was a need for volunteers at Community Care Peterborough.

NORWOOD:



Volunteer:
Cathy Turner
Office:
Norwood Office
Length of Service:
20+ Years

Favorite book:
Gone With the Wind.
What motivates you to Volunteer: Desire to assist people in my community and the connection with others who volunteer.

**PICTURE
YOURSELF
HERE**

**Volunteer
Opportunities at
www.commcareptbo.org**

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 **Dean Ostrander**, *Donor Relations Lead*, to find out how simple it is to donate your items.

dostrander@commcareptbo.org or **705-742-7067** ext. 224



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



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

705-742-7067

NEW TO YOU 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, 168 Burleigh St	Monday-Thursday: 10:00-1:00 Friday: 10:00-2:00
Chemung, 549 Ennis Rd	Tuesday: 10:00-1:00 Wednesday: 10:00-3:30 Thursday: 1:00-3:30
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

COMMUNITY CARE PARTNER

Trent Security Systems Ltd.



SECURITY SYSTEMS

MEDICAL ALARMS

480 The Parkway

(705) 748-2001

www.trentsecurity.com



**Like Us! Follow Us!
Add Us!**



SPECIAL EVENTS



GOLF TOURNAMENT

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



JUNE 9, 2018 • 9am
BAXTER CREEK GOLF CLUB

1702 Cedar Valley Road, Frasersville, ON

\$100 per Golfer includes
18 Holes with Cart, Prizes, and Lunch

Call 705-932-2011 for registration details.

OUR SERVICES

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

SPECIAL EVENTS

WALK-A-THON

FOR COMMUNITY CARE LAKEFIELD



AUGUST 25, 2018
STARTS AT 10:30AM

Help Community Care empower Lakefield & area seniors & adults with physical challenges to live at home. Collect pledges & enjoy a 5 km walk along the river from the Lakefield Legion to Lock 25.

BBQ, entertainment & prizes upon return—thanks to our sponsors: Motion Specialties, Bevv's Cupcakes, Applewood Retirement Residence & M&M Foodmarket Lakefield.

Register & pledge forms at 705-652-8655



Celebrating In the Mood Event

Above: Tammy and Rosemary from CCP, joined by staff from Maple View Retirement Residence.

SUPPORTERS OF COMMUNITY CARE



Above: Sean Peters and Patrick Bax from Rosemount Memorial Gardens stopped by Community Care Peterborough and presented a cheque for \$1,500 on behalf of the Arbor Memorial Foundation.



Above: Nefab Inc. donated \$500 to Community Care in October on behalf of the Peterborough employees.



Above: Lance Nachoff from Nexicom stopped by Community Care Peterborough on March 1st to present a cheque for \$1200 on behalf of the Nexicom Business Customers.



JOIN OUR TEAM!

VOLUNTEER OPPORTUNITIES INCLUDE:

- Transportation
- Office
- Meals on Wheels
- Personal Distress Alarms
- New To You
- and more...*

CONTACT US: 705-742-7067
volunteer@commcareptbo.org

OFFICES	PHONE	ADDRESS	HOURS
Apsley	705-656-4589	168 Burleigh St, Apsley	Monday-Thursday: 10:00am-1:00, Friday: 10:00-2:00
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
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 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.



Caring together

1-877-742-9779
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.*

1414 Sherbrooke St. • (705) 876-1414

*We do our best to have accurate mailing lists. If you are one of the few
people who receive a duplicate copy of "The Thread", please share
it with a neighbour, friend or family member. Thank you.*

GO GREEN **with Community Care**

If you have an email address
and would like to receive

The Thread

or upcoming information
electronically instead of
through Canada Post,
please contact us at:

centofc@commcareptbo.org

The Thread
Generations Serving Generations
A Publication of Community Care

 **Community
Care**
Empowering you to live at home
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