



Community
Care

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

FALL 2019

The Thread

Generations Serving Generations

A Publication of Community Care Peterborough



*Community Care
Specialized Transportation.*

**supporting clients throughout the City
and County of Peterborough.**

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

Email: peterborough@commcareptbo.org

COMMUNITY CARE PETERBOROUGH

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Karen Morton, Millbrook

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
- 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 trimming of toe nails.

PETERBOROUGH OFFICE - 185 Hunter Street East
September to June on Tuesday and Thursday,
9 am to 11:30 am

To register or book an appointment call 705-742-7067.

NORWOOD OFFICE - Mapleview Retirement Centre
3rd Monday of the month.

To register or book an appointment call 705-639-5631

Helping you to maintain your comfort and mobility.



Community Care

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



SERVICE

2019/20 RATE
(Effective April 1, 2019)

Meals on Wheels	
• Frozen Entrée	\$5.25
• Frozen Soup & Dessert	\$2.50
• Hot Entrée	\$8.00
Basic Foot Care (Ptbo Office/Norwood Office)	\$25.00
Personal Distress Alarms	\$25.00
Brokered Helper (recommended 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 (effective May 1, 2019) (Fee determined by distance)	\$12.00
	\$24.00



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UPCOMING EVENTS

APSLEY

Blood Pressure Clinics

10 am – 11:30 am

**October 22, November 19,
December 17**

340 McFadden Rd.
North Kawartha Community
Centre

Free of Charge, First Come,
First Served

Info – 705-656-4589

Jingle and Mingle Community Holiday get together

Saturday December 7

6 pm – 12 am

\$75/person, includes buffet
and dance with DJ

NKCC 340 McFadden Rd

February Frolic III

Date TBD

8pm-12am

NKCC

NEW!!!

Meet your Needs Program

Start Date TBD

A confidential program to help
you and your family get what you
need. Please call the office to
register for the program

BUCKHORN

Blood Pressure Clinics

2nd and 4th Thursday

of each month

10 am – 12 pm

Buckhorn Office

Diners' Club:

Oct 9 Cody Inn

Nov 12 Wesley United

Jan 14 Buckhorn Community
Care

Feb 18 St Matthews Church

Mar 10 Cavendish Hall,
Curve Lake

April 21 Wesley United Church

Come From Away

Matinee Fundraiser

October 30

Bus and Ticket – \$125

Call the office for info

Holly Tea & Loonie Auction

December 4

Buckhorn Community Centre

CHEMUNG

Blood Pressure Clinics

**First Wednesday of
the Month – 1-2:30 pm**

Social Drop-In Group

Thursdays 1-3 pm

Zumba Gold Classes

Mondays 9:30-10:35 am

Call office for details.

Regular Fitness Classes

**On a daily basis – please call
office for details.**

HAVELOCK

Blood Pressure Clinics

Seniors Building – George Street
9:30-10:30 am

Oct 21, Nov 11, Dec 9

Jan 13, Feb 10, March 9

Apr 13, May 11, June 8

Diners' Club

11 am – 1 pm, United Church

Oct 2 and 16, Nov 6 & 20,

Dec 18 (Christmas), Jan 8 & 22,

Feb 5 and 19, March 3 and 17,

Apr 7 & 21, May 11, June 8

Annual Toonie Auction

December 3rd

Lions Hall – George Street

Please call the office for details.

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,

Chair Yoga and Zumba

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

\$10 pp, At Noon

Lakefield United Church

Christmas Bake & Craft Sale

December 11th

Call office for details

MILLBROOK

Line Dancing

Every Friday, 10 am

Location: St. Thomas Anglican
Church, 16 Centre St. Millbrook

Tai Chi

Every Monday, 10 am

St. Thomas Anglican Church
16 Centre St. Millbrook

Fitness Classes

Various fitness classes

including: mat yoga, chair

yoga, exercise & Zumba Gold

Call the office for schedule

705-932-2011

Card Club – Bid Euchre

Every Monday, 12:30 pm

St. Thomas Anglican Church
16 Centre St. Millbrook

Coffee Club

Every Tuesday, 11:30am

Millbrook Manor

2 Manor Drive, Millbrook

Coffee Club

Every Monday & Wednesday

10 am

Every Tuesday & Thursday

10:45am

St. Thomas Anglican Church

16 Centre St. Millbrook

Crafts & Conversation

All welcome!!

Every Friday, 1-3pm.

Community Care

22 King St., Millbrook

Monthly Blood Pressure Clinic

**Third Wednesday of
every month**

Clinic # 1

10:30am – Millbrook Manor

Clinic # 2

12:30pm – Millbrook Royal
Canadian Legion

Monthly Luncheon

Third Thursday of every month

\$10-\$15.

Millbrook Legion & Baxter
Creek Golf Club

NORWOOD

Diners' Club

2nd Tuesday of the month

Norwood United Church

Call the office for details

Blood Pressure Clinic

2nd Tuesday of the month

Norwood United Church

Call the office for details

NEW!!!

Foot Care Clinic

3rd Monday of the month

Mapleview

Call Norwood office for
an appointment

Hot Meals Program

Delivery of evening meal

available for **Tuesdays**

and Thursdays

Please call the office for details

In the Mood Fundraising Gala

Feb. 15th, 2020

Tickets available at the

Norwood office

PETERBOROUGH

Foot Clinic

Tuesday and Thursdays

September to June

\$25/visit

Call for an appointment

Chair Yoga

Every Tuesday and Thursday

3:30- 4:30 pm

VOLUNTEER RECOGNITION

Community Volunteer of the Year **MARION GUTHRIE**



Marion, centre, is pictured receiving her award. Community Care's Darci Maude (far left) and Karen Morton (far right) were on hand to congratulate her.

Marion Guthrie was recognized as Millbrook's Community Volunteer of the Year at a ceremony in May 2019. She has been a volunteer with Community Care for 19 years. She helps in the New-to-You store and also assists with coffee clubs and monthly luncheons. She contributes a minimum of 8 hours each week. Community Care Peterborough and the community of Millbrook greatly appreciate all she does!

Peterborough Volunteer Drivers **CIVIC AWARD FOR COMMUNITY BETTERMENT**



Members of the Community Care Peterborough Volunteer Transportation Team receiving their award from Mayor Therrien and Councillor Riel.

In 2018 the Community Care Peterborough Volunteer Transportation Team, made up of 66 volunteers, drove more than 800 clients to medical appointments, dialysis treatments, hair appointments, social activities and grocery shopping. This group combined to provide 31,768 volunteer hours! Their contribution to their community was recognized in June 2019 at the City of Peterborough's Civic Awards. This team of drivers are compassionate, reliable and dedicated individuals who are extremely worthy of the 2018 Civic Award for Community Betterment.

We celebrated hitting really big numbers, once again, as we delivered much-needed services to **7,247 seniors & those living with physical challenges.**

Powered by a team of 830 volunteers and 160 brokered helpers, providing over 112,600 hours of service last year – 61 full time equivalent positions – we:



Delivered 37,777 meals through our Meals on Wheels program.



Provided 42,763 drives to medical appointments, dialysis, shopping and more!



Completed 28,044 reassurance calls and visits to individuals living alone.



Installed 581 personal distress alarms to keep people safe in their homes.



Helped 707 individuals settle back into their home after a hospital stay through our Home at Last program.

We couldn't do any of this without you.

Our annual campaign will be launching

DECEMBER 1, 2019.

Watch for your personalized envelope in the mail.

Darling Insurance 22nd Annual Charity Golf Tournament

COMMUNITY CARE PETERBOROUGH AND PETERBOROUGH HUMANE SOCIETY CHOSEN AS BENEFICIARIES

On August 29th, Peter Blodgett and his team at Darling Insurance hosted the company's 22nd Annual Charity Golf Tournament. Over the past 21 years, \$250,000 has been raised for local charities.

The annual tournament has become a staple in the region's annual charity golfing circuit, and this year's event was sold out, with 128 golfers participating. It was a fun day raising money for Community Care Peterborough and the Peterborough Humane Society.

Community Care Peterborough was very excited to be selected as one of the beneficiaries for 2019. Over \$20,000 was raised for both charities. 100% of the proceeds from this event will stay local. It is wonderful to see Darling Insurance doing such great philanthropic work within our community.

Community Care Peterborough also wants to thank the contributions from area businesses for sponsoring a hole, a wonderful opportunity for the agency to raise additional funds.

- Align Home Health Care
- Apetito
- Castle Voice & Communications
- Computer Concepts Peterborough
- Culligan Water
- Fortify Network Solutions Inc.
- Kawartha Heights Retirement Living
- Rees Counselling & Consulting
- Russelle Toyota
- Silver Bean Café
- TD Bank
- The Gardens of Peterborough
- Trent Security Systems Ltd.



Community PARTNERS PROGRAM

Darling Insurance is also engaged in sponsoring the Community Partners Program on Extra and Oldies radio stations. Community Care is very appreciative to be the recipient of an advertising package for a period of one month. This will allow for Community Care to promote and highlight the many services and volunteer opportunities available.

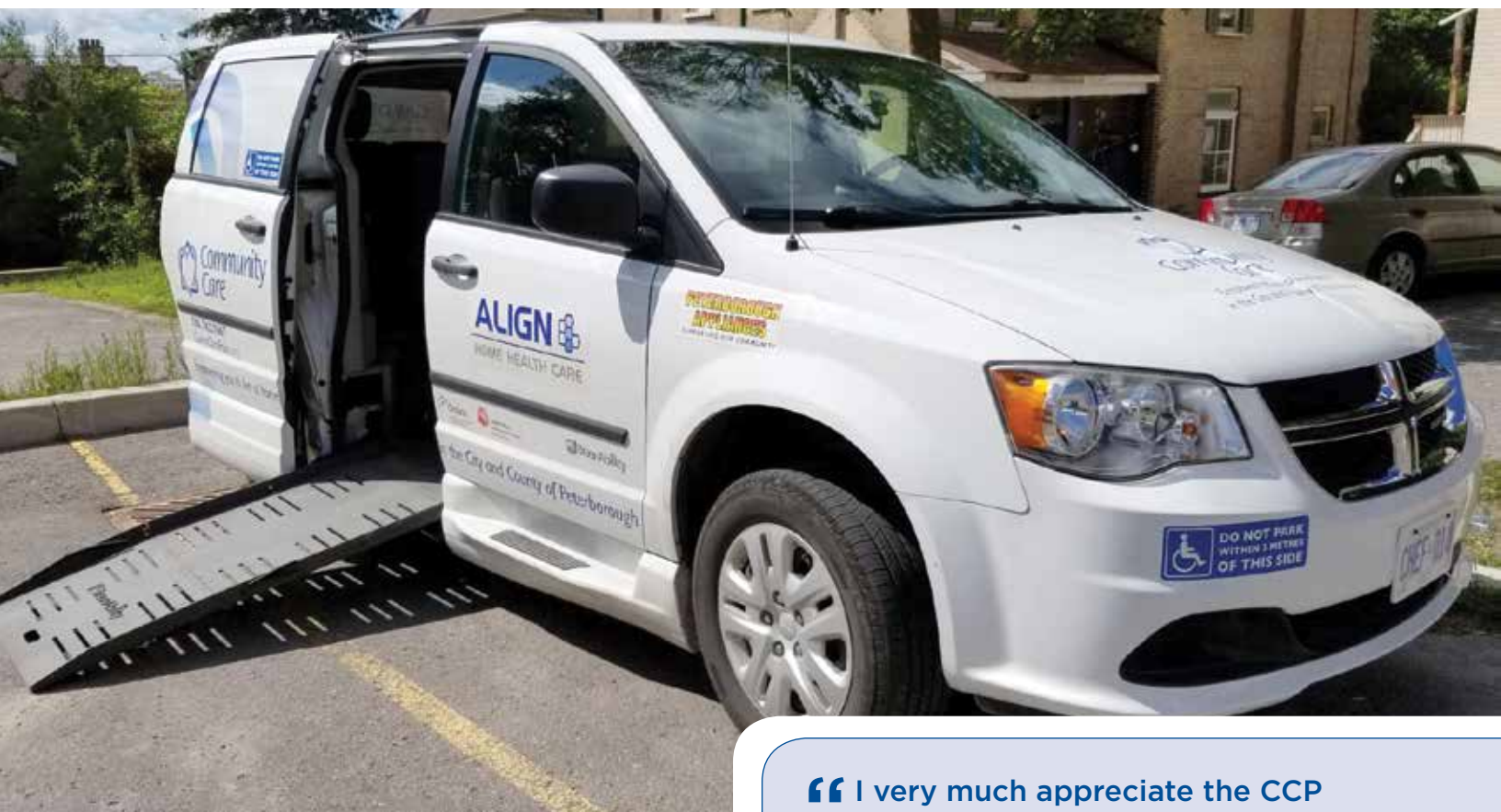
Royal Canadian Legion Branch 77 donates money from their PoppyFund to support seniors. Our Buckhorn, Chemung and Lakefield offices shared the donation.



ACCESSIBLE TRANSPORTATION

We provide fully accessible transportation to enable our clients who reside in the City and County of Peterborough to attend medical appointments, social activities, day programs, planned special events and

manage daily errands. This service is supported in part by the Central East LHIN, the City and County of Peterborough and donations from individuals and groups.



Community Care Van serving the City of Peterborough

Trained staff provide door to door service in our fully accessible vehicle to residents living in the City of Peterborough whose physical needs cannot be met through conventional transportation or our volunteer transportation service.

To register for this service, or for more information, residents of the City of Peterborough are encouraged to contact Community Care Peterborough 705-742-7067.

“ I very much appreciate the CCP Van to take me around to all of my appointments and groceries, and all these years. They are all so kind and patient. I don't know what I would do without them. ” – Eileen, Peterborough

“ I am very happy with the Caremobile. I do not know what I would do without this service. I like Steve – he always talks to me and he is so nice. I look forward to my outings now. I have met a lot of friends. ” – Deb, Millbrook

Serving the City & County of Peterborough

(Apsley, Buckhorn, Chemung, Havelock, Norwood, Lakefield, Millbrook, Peterborough)

Accessible transportation is based on the availability of drivers and/or other resources. Flat rate fees apply based on the distance travelled. Attendants ride fee of charge.

Last year our Community Care Van provided 1,036 drives and our Caremobiles provided 1,000. Combined we have over 200 clients registered for our Specialized Transportation.

Caremobile, Bus 1 & 2 serving the County of Peterborough

Trained staff provide door to door service to offer fully accessible transportation to residents living in the County of Peterborough. Service is available to individuals with physical challenges who cannot access conventional transportation.

To register for the service, or for more information, residents of the County of Peterborough are encouraged to contact their Community Care Peterborough County office or by calling, (705) 749-0036.

“ I’m not sure how to get through to people when you are disabled at any age the only affordable ride is this one. The smiles on the drivers and the freedom they afford me is miraculous. To get to the doctor, grocery shopping is such a joy for me. ”

–Karen, Peterborough

“ Caremobile service is fantastic, door to door, it’s the best. ”

–Christine, Millbrook

“ Unbelievable good service, more than expected. ”

– Ross, Hiawatha



PAY IT FORWARD AUCTION

Profits from on-line auctions hosted by Home Suite Home Transitions Support Community Care Peterborough Programs.



For information about donating items please contact your local Community Care office or **Patti Priestman** at Home Suite Home Transitions. **705-761-0018**

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

Save the Date

Community Care Presents

IN THE MOOD

jazz event

February 15th, 2020

\$50 PER TICKET UNTIL JANUARY 11TH 2020

AFTER JANUARY 11TH \$60

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

COMMUNITY CARE PARTNER

Trent Security Systems Ltd.



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480 The Parkway

(705) 748-2001

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Like Us! Follow Us!
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SPECIAL EVENTS

HAVELOCK ANNUAL TOONIE AUCTION



**TUESDAY
DECEMBER 3,
2019**

Call office for details
705-778-7831

COMMUNITY SUPPORT



Winners: Matt, Mike, Spencer and Justin

Our Peterborough office held a FUN Golf Scramble tournament at Keystone Links on Aug 10. The day was filled with laughter, fun activities and great golf (mostly). Participants also enjoyed a taste of Apetito cake on the course, an experiential putting contest designed to simulate some of the challenges faced by those with vision impairment, and a burger/salad lunch followed by prize presentations and an exciting Loonie auction.



India and Dee on registration

The support from local community businesses and individuals was overwhelming and created an extensive prize table. Of course nothing would be possible without the incredible assistance of our volunteers: Alice, Lauren, Dawn and Dee were on hand to look after the multitude of necessary tasks – thank you!

This 1st annual event raised over \$5,600 for the Peterborough office.

JINGLE & MINGLE

ENJOY A WONDERFUL EVENING INCLUDING FINE DINING, DANCING, BEVERAGES AND MOST OF ALL MINGLING. ADD FUN TO THE EVENING BY JOINING YOUR FRIENDS IN OUR PHOTO BOOTH TO SHARE MEMORIES.

SATURDAY, DECEMBER 7, 2019
NORTH KAWARTHA COMMUNITY CENTRE
CASH BAR | 50/50 DRAW

\$75 /PERSON TICKETS AVAILABLE AT COMMUNITY CARE
126 BURLEIGH STREET, APSLEY, ON K0L 1A0

ENTERTAINMENT PROVIDED BY: SHOWPLACE ENTERTAINMENT

CHRISTMAS BAKE & CRAFT SALE

**WEDNESDAY
DECEMBER 11, 2019**

9:30am till sold out!
40 Rabbit St., Lakefield

Here's a perfect opportunity to get some baked Christmas goodies & support Community Care at the same time!

Call **705-652-8655**
for more details.





Help spread the word. We depend on volunteers.

VOLUNTEER DRIVERS NEEDED

- Volunteer drivers provided 38,900 drives last year to 2,142 clients in the City and County of Peterborough.
- Transportation requests continue to grow. More volunteers are needed to keep up with service demand.
- Clients use the transportation service for medical appointments, dialysis treatments, as well as grocery shopping and social outings.
- This is a vital service for clients to remain independent in their homes.
- Weekly time commitment is flexible. Fuel expenses reimbursed.

Can You Help?

Email us at
volunteer@commcareptbo.org

**GET BEHIND YOUR COMMUNITY.
GET BEHIND THE WHEEL. JOIN OUR TEAM!**



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 or call 705-742-7067.

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



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
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:

peterborough@commcareptbo.org

The Thread
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A Publication of Community Care

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Empowering you to live at home
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