



*rooted in respect, kindness and integrity*  
**Promoting quality of life and independence through our programs and support. Caring is kind! Take CARE.**

## PROGRAMS & SERVICES

### MEALS ON WHEELS

- Hot and frozen meals available for home delivery.
- Hot meals delivered twice weekly, frozen meals delivered once per month or available at the office for pick-up at any time.
- Diabetic, low sodium or gluten free diet selections.

### VOLUNTEER TRANSPORTATION

- Confidential door-to-door service provided by friendly, specially trained volunteers.

### FOOT CARE FOOT FIX CLINICS

- Specialized and diabetic foot care provided by trained nurses; in-clinic and in home service available.
- Reflexology and esthetical treatments also available.



**Main Office - Bancroft**  
1 Manor Lane, Lower Level  
P.O. Box 1786  
Bancroft, ON K0L 1C0  
613-332-4700

[www.carenorthhastings.org](http://www.carenorthhastings.org)

[facebook.com/CARENorthHastings](https://www.facebook.com/CARENorthHastings)

**Coe Hill Office**  
Royal Canadian Legion Building  
Main Street, P.O. Box 132  
Coe Hill, ON K0L 1P0

*What's YOUR volunteer calling? Various opportunities available!*

## PROGRAMS & SERVICES

### FRIENDLY VISITING

- Friendly support offered through conversation and companionship in your own home.

### SECURITY AND REASSURANCE

- **RUOK CALLS** Clients receive a friendly call from one of our volunteers each weekday. Our callers have your safety and security in mind.
- **CRISIS ALERT DEVICE** Reliable, easy-to-use personal emergency device available 24/7. Activated to get help the moment you need it.

### CONGREGATE DINING

- A senior luncheon offered quarterly in Coe Hill and monthly in Bancroft. Time to join friends and old neighbours for chatting and a home cooked meal.

### HOMEMAKING, HOME HELP AND HOUSEHOLD MANAGEMENT

- Assist seniors living in own home with shopping, housekeeping, meal preparation, paying bills and laundry
- Seasonal housekeeping, grass cutting, snow removal, minor home maintenance, dump runs, piling firewood, gardening and weeding

### WALKING CLUB, CHAIR YOGA AND SMART EXERCISE PROGRAM

- Daily indoor walking club allows you to walk the halls of the local high school from October-April. SMART exercise program runs twice weekly in Coe Hill. Chair Yoga runs 3 classes (2 in Bancroft & 1 Coe Hill)

### FORM ASSISTANCE

- Government, medical forms and other documents can be challenging to complete; our friendly staff is here to assist you.

### INCOME TAX CLINIC

- Free service offered annually by CRA trained volunteers to assist individuals with a modest income to file their current year tax return.

### DROP IN AND OUTREACH

- Home visits and assessments are available, or drop into the office any time for a chat and coffee.

### RECORDED READINGS

- Audio recording of the local newspaper, short stories and magazine articles provided to clients with visual impairments, dictated by volunteers. Mailed weekly to your home, free of charge.

### HERITAGE REVIVAL & COE HILL COMMUNITY THRIFT SHOPS

- Local thrift shop run solely by volunteers of CARE North Hastings.
- Proceeds support our local seniors.
- Trinkets, treasures and clothing are always welcomed and available for sale.

**WE LOOK FORWARD TO HEARING FROM YOU!**  
**613-332-4700**