

COMMUNITY PARTNERS

Almonte Civitan Club Medical Cupboard
 Almonte Lions Club
 Almonte Royal Canadian Legion
 Almonte United Church
 Alzheimer Society of Lanark County
 Fit Minds
 Parkinson's Society
 RBC - Almonte Branch
 Rotary Club of Carleton Place and
 Mississippi Mills
 THE HUB
 Town of Mississippi Mills - Seniors
 Directory
 United Way of Lanark County

Member agency of:



Grant gratefully received from:



SENIORS' SERVICES
 67 Industrial Dr., P.O. Box 610
 Almonte, ON KoA 1A0
 Office hours: 9:00 am to 4:30 pm
 Monday to Friday
 Phone: 613-256-4700
 Fax: 613-256-1185
 E-mail: homesupport@themills.on.ca
 website: www.themills.on.ca

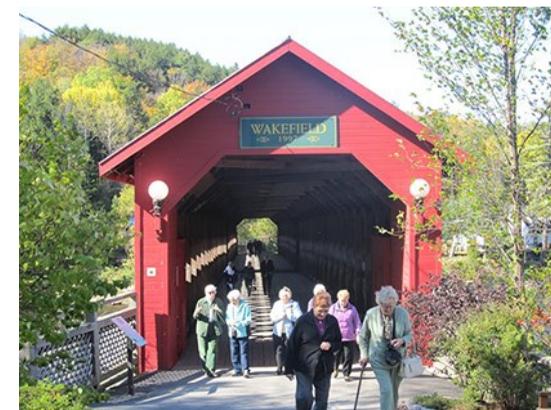
MILLS COMMUNITY SUPPORT CORPORATION

Mills Community Support Corporation is a non-profit charitable organization.

The Mills' Home Support Program serves seniors and adults over 18 with physical disabilities who live in Almonte, Ramsay and the 256 telephone exchange of Lanark County.

Over 600 people benefit from more than 30,000 services per year delivered through our Home Support office.

All services are coordinated by our staff and provided by 169 volunteers and paid-workers who undergo thorough reference and police checks, as well as vulnerable sector screening. Our services are designed to help seniors and adults with physical disabilities to be healthy, happy, active in their community, and independent at home for as long as possible.



We rely on "people helping people" to make our community a better place.

Please consider making a tax deductible **donation** to assist Home Support in providing services to seniors and physically disabled adults in our community. All donations are gratefully received. Please make your cheque payable to:

Mills Community Support Corporation
 67 Industrial Dr., P.O. Box 610
 Almonte, ON KoA 1A0
 Charitable registration Number:
 2879 1696 RR0001

Name	
Address	
City	
Province	
Postal Code	
Telephone	
Email	

To find out more about how you can help as a **volunteer**, please call: (613) 256-4700 or visit our website at: www.themills.on.ca

HOME SUPPORT - SENIORS' SERVICES

PROGRAMS AND SERVICES LISTING

Accessible Bus Transportation
Arthritis Aqua-fitness
Client Information and Assistance
Congregate Dining Meals
Day Trips
Escorted Transportation
Fit as a Fiddle (exercise program)
Fit Minds
Foot Care Clinics
Friendly Visitors
Hikers Program
Home Help and Home Maintenance
Income Tax Clinic
Meals on Wheels (hot or frozen)
Companion Service
Security and Reassurance (phone calls)
Senior Driver Support Program
"Vial of Life" Program



A nominal fee applies to all services except those designated as "no charge". Please call Home Support to discuss fees.

PROGRAM DESCRIPTIONS

Accessible Transportation

Our "Betsy the Bus" is available for medical or social transportation for individuals, small groups and organizations. Seats up to 20 (16 passenger seats and 2 wheelchair positions).

Client Information and Assistance

Provides assistance, information and support. **(No charge)**

Congregate Dining

Enjoy our many nutritious meal programs. We provide free transportation to these social lunches and dinners. Enjoy a volunteer served meal and entertainment.

Day Trips and Special Events

Monthly group outings to museums, plays, shopping, etc.

Escorted Transportation

Volunteer drivers can transport you to local and out of town non-emergency medical appointments, shopping or social outings.

Fit as a Fiddle Fitness Program

A weekly exercise program of appropriate chair exercise and a healthy lunch afterwards.

Fit Minds

Certified Fit Minds® coaches deliver a comprehensive brain stimulation and interaction program for individuals suffering from Alzheimer's disease or other forms of dementia. As physical exercise is important for physical health - brain exercise is important for brain health.

Foot Care Clinic

A qualified foot care nurse provides care of nails, corns, calluses and general foot care health at weekly clinics in our office or in your home.

Friendly Visitors

A volunteer provides regular home visits offering friendship and support.

(No charge)

Home Support Hikers Program

A monthly get-together to enjoy a walk in the woods; includes a picnic lunch.

Music and Memories Lunch Program

This program offers fellowship, memory stimulation and caregiver relief.

Income Tax Clinic

An annual free clinic. CRA income restrictions apply, appointment only.

(No charge)

Meals on Wheels (HOT)

Volunteers deliver nutritious and

delicious lunch-time hot meals to your table. Most special diets can be accommodated.

Meals on Wheels (FROZEN)

You can enjoy a nutritious meal every day. Call Home Support for a list of our entrees.

Referral Service

Housecleaning and general maintenance such as window cleaning, gardening, snow removal and small home repairs, respite / companion service.

Senior Driver Support Program

Refresh your knowledge of the rules of the road and help to prepare for Ministry required testing. **(No charge)**

Security and Reassurance

A volunteer calls clients daily, providing housebound, isolated clients with friendship and reassurance. **(No Charge)**

Swim Program: Arthritis Aqua-fitness

Free transportation is provided to the Carleton Place Pool every Monday. (Fees for swim paid to Carleton Place Pool)

