



COMMUNITY CARE
FOR CENTRAL HASTINGS

Fall News

September 2018



Summer Jobs

Mike Bossio, M.P. for Hastings-Lennox and Addington, visited Community Care for Central Hastings and was greeted by Pat Dobb, Executive Director and Hannah Brown, Canada Summer Jobs summer student. Mike Bossio wanted to give small businesses a boost through the Canada Summer Jobs initiative which gives funding to not-for-profit employers and small businesses with 50 or less employees to create summer job opportunities. Hannah is currently attending Carleton University and has been a great addition to Community Care this summer.

Friendly Active Living Program

The Friendly Active Living program begins on Wednesday September 5th 2018, and runs until June 26, 2019. This is a low impact exercise program aimed to assist seniors and adults with physical disabilities to stay active. Most exercises can be done standing or sitting. The program takes place on Wednesday mornings at 10:30 am, at Timber Trails Retirement Residence, 167 St. Lawrence St E, in Madoc.

We thank Timber Trails Retirement home for their sponsorship of this program, which allows our clients to participate at no cost! Come join us for some fun exercises, meet new people and enjoy staying active.

Foot Care Clinics

Our dry foot care clinics will continue to be offered to our clients this year. We run two clinics each month in Madoc and one each month in Tweed. Our professional team of Registered Nurses care about your feet! They will treat callouses, trim your nails and watch for diabetic concerns. We schedule appointments for each clinic so please call our office if you are interested in this program, 613-473-9009, opt. 7.

Changes to our Diners Program

Our Diners Program will be offered every other month in Madoc, Marmora and Stirling. Our Tweed Diners will continue being offered every month, due to the high number of diners each month. The schedule for the 2018-19 year is as follows:

| MADOC | MARMORA | STIRLING | TWEED |
|-------------|-------------|--------------|--------------|
| October 15 | October 10 | September 24 | September 26 |
| December 10 | December 12 | November 26 | October 24 |
| February 11 | February 13 | January 28 | November 28 |
| April 8 | April 10 | March 25 | January 23 |
| June 10 | June 12 | May 27 | February 27 |
| | | | March 27 |
| | | | April 24 |
| | | | May 22 |
| | | | June 26 |



MEALS ON WHEELS SOCIALS

Join us on the 4th Thursday of every month at 43 Matthew Place in Marmora, for our Meals on Wheels Socials. Our next social is on September 27, 2018 and the program runs until June 27, 2019. Meals include a salad, entrée, dessert and coffee & tea. The cost is \$7 per person. Sit down with other seniors for an enjoyable lunch and conversation. If you are interested in attending, please give the office a call.



THANK YOU, MADOC LIONS CLUB

CCCH would like to thank the Madoc Lion's Club for their sponsorship of our mobility van.

Our mobility van provides accessible transportation for clients to enable them to get to their medical appointments.



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108 Russel Street
Madoc, ON K0K 2K0
613-473-9009 www.ccch.ca

WE NEED DRIVERS!

If you have as little as an hour a week to spare, we would love to hear from you.

Our transportation team is always looking for volunteer drivers in the Madoc, Marmora, Stirling and Tweed communities.

Drivers are reimbursed for mileage.

HIDDEN TREASURES

Attention all bargain hunters!

Come search the shelves of Community Care's second-hand store, Hidden Treasures, for unique and useful items. You can find anything from books and dishes to desks, sofas and yes, even the kitchen sink! Good quality, used items are graciously accepted and sold at the store.

We also carry a line of used mobility equipment. Please come in and take a look, or donate gently used articles. All proceeds generated from the sale of our quality used furniture and household items support CCCH programs.

We are located at 333 Victoria St. N., Tweed
Our store hours are Monday through Friday

10:00 am—4:00 pm

Saturdays 10:00 am—3:00 pm