

## Community Support Services: Your link to Help At Home: 613-236-0428

For seniors 55+ and adults with physical disabilities who live north of the  
Queensway between Preston Street and Blair Road.

*We may be able to connect you to reliable help in your home with:*



### **A Daily Call for Safety and Reassurance (V)**

Receive a friendly call on a daily or occasional basis.



### **Friendly Visiting / Client Connections (V)**

Friends and connections are important to maintain health. We have volunteers who could visit or call you on a regular or occasional basis. LGBT seniors ask about our Rainbow Coffee Drop-in.



### **Handy Helpers (see reverse) (V)**

Volunteers help with small jobs around your home. Material costs only.



### **Grocery Buses (V) (\$)**

Grocery shop with us. Call to see if you are on one of our routes.



### **Transportation and Accompaniment (V) (\$12 round trip)**

We can arrange drives to medical and other essential appointments for registered clients who are unable to use public transportation. PLEASE NOTE: Minimum of 7 days advanced booking is required.



### **Home Help and Home Maintenance, Inside and Out (\$)**

We can help you to arrange housecleaning, repairs and maintenance services through our registry of screened, insured agencies and independent contractors. The cost depends on the service provided and is paid directly by you.



### **Snow Go (\$)**

We can help to arrange seasonal snow removal. On a limited income? Ask about the Snow-Go Financial Assist Program.

**(\$)** A fee for service applies **(V)** Volunteer opportunities available.

## Our Handy Helpers Program

**Caring volunteers perform small helpful tasks in your home such as:**

- ◆ Basic computer help
- ◆ Setting up TV/DVD's
- ◆ Changing clocks (daylight savings)
- ◆ Assembling shelving units
- ◆ Hanging pictures
- ◆ Tightening loose doorknobs
- ◆ Replacing smoke detector batteries, light bulbs
- ◆ Many other odd small jobs.



**Donations to The Good Companions are welcome!**

## Our mission

**The Good Companions** is a not-for-profit organization that offers programs and services in partnership with volunteers, to promote, enhance and support the well-being, independence and zest for living of both seniors and of adults with physical disabilities in the Ottawa area.

## Our Centre

**With over 100** physical, social, artistic, spiritual, recreational and educational programs to choose from, including health and wellness seminars, foot care and hearing clinics, dance programs, computer courses, day trips, evening dances, performing arts, special seasonal events, and a monthly birthday party for members, clients and guests, there is something for everyone!

**Drop-in Coffee Club, Thursday morning from 10:15 to 11:15 a.m.** in the back of the dining room. Drop-in this week for coffee, friendship and to learn about what the Centre has to offer.

**Contact the Membership Coordinator at 613-236-0428 x230 for more information.**

## Our fundraisers help

**The Good Companions** hosts a number of fundraisers throughout the year. Everyone is welcome to get involved and come out and join the fun!

**Walk of Ages** (2<sup>nd</sup> Saturday, June)

**Christmas in July Bazaar** (mid-July)

**Christmas Bazaar** (1<sup>st</sup> Saturday, December)

**United Way** (October)

**Silent Auctions** (ongoing – donations welcome)

**See our website** for other fun"d" ideas!

## Our office hours: 9 a.m. – 4 p.m., Monday to Friday



**Book your tour** of The Good Companions Centre to see all that we do, or **visit our website** at: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

**PLEASE NOTE:** We have the responsibility to protect our staff, volunteers as well as our clients and that of our community partners. We reserve the right to refuse service.