

Community Support Services

West Parry Sound

Proudly providing services
to assist people maintain
independence in their home
and community, since 1989.

You can help CSS make a
difference in someone's life.

Our services are provided by
a team of volunteers. They
are the heart of CSS. Their
commitment, caring and
efforts help keep our clients
active, secure and happy.

Community Support Services

West Parry Sound District
21 Belvedere Avenue
Parry Sound ON
P2A 2A2

Phone:

(705) 746-5602

Out of Area:

1-800-883-0058



Please consider
becoming a volunteer
today.



VOLUNTEER POWER

CALL

Our Mission is YOU!

705-746-5602

Reaching out and
Responding

—Community Support Services—

CSS provides a variety of innovative and valued programs and services to seniors and to people who have a physical disability, chronic and or acute illness.

Our services are available throughout the West Parry Sound District. We aim to ease senior isolation and help them remain safe and independent in their homes as long as possible. We connect people to their community, to life sustaining and life enhancing programs and activities.

We provide access to nutrition, transportation, community education, exercise classes, group activities and social support.

VOLUNTEER POWER

CSS would not be able to provide our services without the support of our passionate, and dedicated volunteers.

We have volunteer positions to suit every schedule. We offer volunteers a hands on opportunity to make a difference in the life of a senior and other individuals who need assistance.

Our Services

Seniors Safekeeping

Adopt a Senior, Lunch & Learn, Friendly Visiting

Meals on Wheels

Diners Club

Transportation

—Volunteer Opportunities—

We have annual programs, on-going positions and one-time events that require volunteers.

- * Adopt a Senior (Christmas Gifts of Joy) and/ or on-going visiting.
- * Assisting senior(s) with shopping, reading labels, reaching for items, carrying parcels and/or completing their shopping list on their behalf.
- * Visiting a lonely senior who is recently widowed or whose family is out of town.
- * Preparing fruit and veggies for seniors who are nutritionally disadvantaged.
- * Delivering meals to a senior who needs assistance with their nutrition.
- * Provide a ride to life sustaining and life enhancing activities.
- * Lead a program or group activity or learn about a new service.
- * Hands on tasks organizing a direct service.
- * Join a committee, stay active and share your expertise.

—What Else Can You Do—

- * One to one support visiting a senior.
- * Respond to seniors by knowing what is available in your community.
- * Connect seniors to service that they need.
- * Host a Lunch & Learn.
- * Play piano for a music program.
- * Plan fund raising.
- * Plan community outreach for your community.
- * Help a senior maintain their garden.

—What Do Volunteers Give—

Volunteers are the strength of our service, furthermore volunteers improve the quality of life of those they reach out to as well as their own.

CSS can offer you a volunteer position that:

- * Speaks to your passion
- * Suits your personality
- * Meets your interest
- * Builds on your experiences
- * Fits into your lifestyle
- * Contributes to your health and well-being.

—Volunteering a Lifestyle Choice—

There is a spectrum of volunteer opportunities which may match your interests and circumstances.

YOU CAN VOLUNTEER

With family and friends; on your own; in the summer or maybe in the winter; once a year, everyday; you can lead or you can support; you can work behind the scenes or provide direct service tasks.

Meals

Delivered to Your Door

Volunteers' Assist

Meals On Wheels



OUR MEALS ON WHEELS VOLUNTEERS...

...offer a friendly visit and a reassurance check; if the recipient does not answer the door a process is initiated and family members or friends will be contacted.



West Parry Sound District
COMMUNITY
SUPPORT SERVICES

SERVING INDIVIDUALS
LIVING IN THE WEST
PARRY SOUND DISTRICT



Meals on Wheels is a service that delivers hot or frozen nutritious meals to your home.

Volunteers are the heart of CSS. Their actions keep our clients active, secure & happy.

PHONE:

705-746-5602

OUT OF AREA:

1-800-883-0058

www.parrysoundsupportservices.ca

West Parry Sound District
Community Support Services

21 Belvedere Avenue, Parry Sound,
ON P2A 2A2

OFFICE HOURS:

Monday to Friday

9:00 a.m. to 3:30 p.m.

Directions to our office:

We are located at ground level back entrance of 21A Belview by the Bay.

Delivering Meals to Your Home

97% of clients say

Meals on Wheels has helped them remain independent at home.

Meals on Wheels

MORE THAN A MEAL...

- Prepared without preservatives
- Balanced meals – Healthy portions
- Entrées consist of meat, vegetables and rice, potato or pasta
- All meals are suitable for Low Sodium, Low Fat, Low Sugar or Vegetarian Diets
- You may choose to order a full meal (entrée, soup and dessert) - OR - a light meal (entrée only)
- You may choose to order an individual menu item (entrée, soup or dessert)
- The meal will be delivered right to your home by our volunteer
- Additionally, you may order Fruit and Vegetables by the bag. Most items are cut and portioned for easy use.



What is Meals on Wheels?

The Meals on Wheels program is a service for individuals who are unable for reasons of lack of strength, skills or equipment to prepare healthy meals. The aim is to improve the nutritional status of these individuals, to provide a regular social contact and check in on their safety and well-being.

What can I expect?

The meals are nutritionally balanced providing at least 1/3 of the daily food requirements specified by "Eating Well with Canada's Food Guide". The hot meals are prepared specifically in accordance with your special diet and preferences in government inspected sites.

Who uses Meals on Wheels?

Our meal program will assist:

- Elderly and frail
- Convalescing from hospital
- Suffering from chronic illness
- Adults with physical disabilities

What if I need a special diet?

Special diets include minced and pureed meals, please contact our office for details.

When are Meals Delivered?

Meals are usually delivered Monday to Friday, no weekends. You may choose noon or early evening, one to five days per week.

Rural availability?

Services can be tailored to meet your needs anywhere in the Parry Sound District.

What does the Service Cost?

Fees apply to the Meals. No delivery charge. Please contact our office for details.

Frozen Meals

The frozen meals work well alone or along with hot meals. We deliver frozen meals once a week, in town as well as to individuals living in remote areas.

WHAT SOCIAL EVENTS ARE OFFERED AT COMMUNITY SUPPORT SERVICES?

Lunch & Learn provides a variety of guest speakers on a monthly basis who talk about topics geared towards seniors, followed by a nutritional meal.

Diner's Club is available to seniors and other residents interested in enjoying a meal out with other people. The purpose is to connect those who frequently dine alone to a group dining experience with old and new friends.



**Safe
& Secure**

**Volunteers'
Assist**

**Door
Through Door**

DESTINATIONS

> For medical appointments we travel to:

- All destinations within West Parry Sound District
- We travel to Muskoka and East Parry Sound

> Out of our district we travel to:

- Orillia, Barrie, Newmarket, Toronto, Sudbury and North Bay and other requests
- Social appointments must be within the West Parry Sound District

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*Our office entrance located at the
lower level, back entrance of
Belview by the Bay.*



VOLUNTEER TRANSPORTATION



**Serving Individuals
Living in the West
Parry Sound
District**



West Parry Sound District
COMMUNITY
SUPPORT SERVICES

**Every ride is
delivered by
a qualified,
friendly
volunteer**

West Parry Sound District

**Community
Support
Services**

Safe & Secure

Reliable

Accessible

MORE THAN A RIDE...

> As part of our service the client will receive:

- Appointment confirmation
- Client safety check
- Assistance with mobility aids
- Assistance with parcels
- Gentle arm escort
- Friendly, caring, service

HOW TO ARRANGE A RIDE:

First you must complete an application and be a registered client. The CSS office will send you a full information package which includes a price list for your travel request.

To arrange a ride you call our office, we prefer at least a week's notice but we will attempt to schedule all requests.

Trips are scheduled on a first come basis. For medical appointments we need the name of the physician, address and phone number.

A volunteer will contact you, by telephone, to confirm the details of your request. **Volunteers always arrive at your home** in plenty of time to make it to your appointment.

CSS will invoice you for the trip, but you are responsible for all parking costs which requires you to have access to cash or credit.

***Trips may be cancelled for any safety and security reason: illness, mechanical, weather and/or any unforeseen concern.**

The service provides rides to important life sustaining and life enhancing activities such as medical appointments, social activities, health and wellness activities and personal errands.

The CSS Team carefully listens to the individual's needs and arranges a ride matching them with a volunteer accordingly.

- Family, caregivers and other arranged escorts are welcome to ride along.
- Our Volunteer Drivers will ensure everyone gets safely through all doors.

ELIGIBILITY:

The service is intended for individuals 18 years of age and older, who have an acute or chronic illness and/ or have physical disabilities or other special needs.

The individual must be independently mobile and able to provide their own personal care. These individuals need a ride due to a lack of access to transportation resources.