



**Haldimand-Norfolk Community  
Senior Support Services Inc.**  
75 Parkview Road, Rm 215  
Hagersville, ON. N0A 1H0

Phone: 905-768-4135  
Phone: 1-800-265-2818  
Fax: 905-768-4138

[www.seniorsupport.ca](http://www.seniorsupport.ca)

## Adult Day Program

Adult Day Programs offer respite to caregivers while offering their loved one a chance to socialize and participate in a therapeutic recreational program. We offer our clients a wide range of therapeutic, physical, recreational, social and cognitively stimulating supervised activities such as;

- special group events every month
- fitness & movement therapy
- bingo & other popular games
- indoor & outdoor appreciation
- wellness promotion program
- crafts & gardening
- and much, much more



**If you would like more information about our Adult Day Programs, become a client, make a referral or Volunteer your time please contact**

**Shannon Richardson**  
1-800-265-2818 ext. 23  
[srichardson@seniorsupport.ca](mailto:srichardson@seniorsupport.ca)

**Our Teams are here for you!!!**



**Haldimand-Norfolk Community  
Senior Support Services Inc.**

**Exists to enhance independence and quality of life for seniors and adults with disabilities**

### Thank-you Haldimand Motors

\$440 was received from staff at Haldimand Motors in lieu of giving gifts to owners John & Arda Edelman.

Since the staff live across Haldimand, the donation was split between the Haldimand office.



### Inside this issue:

<i>Crop &amp; Shop Fundraiser</i>	2
<i>Aphasia Program</i>	2
<i>Volunteers Needed</i>	2
<i>Welcome Lisa and Leah</i>	2
<i>Travelling Falls Prevention</i>	3
<i>'Safety at Home' Program</i>	3
<i>Adult Day Program</i>	4



### **Snow Buddies - Need help with snow removal?**

The Safety at Home program is offering a new student volunteer snow removal service for seniors in our community.

The Snow Buddy Program is a great way for high school students to complete their 40-hours of Community service while helping seniors in our community

If you or someone you know is interested in becoming a Snow Buddy Volunteer or would like assistance with snow removal please contact

**Anna Glowala @ 1-800-265-2818 ext 22**

[www.seniorsupport.ca](http://www.seniorsupport.ca)

## Adult Day Program - Norfolk

### Crop & Shop Fundraiser

**Date:** Sunday Feb. 21, 2010

**Time:** Crop - 9 - 5 pm Shop - 10 - 4 pm

**Location:** Holy Trinity Catholic High School, Simcoe

**Tickets:** \$45.00 for Crop / \$2.00 Admission to Shop

*\$45.00 Crop ticket includes continental breakfast & lunch catered by The Delhi German Home*

## Aphasia Program offered in Haldimand and Norfolk

Offered in collaboration with the Adult Recreation Therapy Centre in Brantford

- \* Supportive small conversation groups for individuals with Aphasia
- \* Fun, social environment
- \* Improve communication skills and confidence

For more information please contact Shannon Richardson at 1-800-265-2818 ext. 23

## Volunteers Needed

Make a difference in someone's life and join our Wonderful Team of Volunteers.

There are many different volunteer opportunities, choose which one is right for you.

- |                    |                      |                          |
|--------------------|----------------------|--------------------------|
| 1. Hospice         | 2. Adult Day Program | 3. Transportation        |
| 4. Meals on Wheels | 5. Friendly Visiting | 6. Telephone Reassurance |



**Lisa Coxon**

**Senior Support Services would like to welcome  
Lisa Coxon & Leah Penney to our Team!**

Lisa is the new Program Manager for Hagersville and area.  
You can contact her at 905-768-3076.

Leah is the new Haldimand Regional Coordinator for the  
Adult Day Program.

You can contact her at 905-774-5599.



**Leah Penney**

## Travelling Falls Prevention for Seniors

A mobile clinic will be available on a rotating basis, one day a month, at pre-determined sites across the Local Health Integration Network to seniors in the community at high risk of falls. A standardized in-depth assessment conducted by a Registered Nurse and Physiotherapist, will be followed up with referrals to the appropriate services.

Below are the locations and contact persons for Haldimand-Norfolk area.

### Locations

- 1. Haldimand-Norfolk Community Senior Support Services**  
172 Argyle Street N., Unit #1, Caledonia, ON.  
**Booked the 2nd Monday of every month, starting February 2010**  
**Contact Leila at 905-765-0877**
- 2. Parkview Meadows**  
72 Town Centre Dr., Townsend, ON.  
**Booked the 3rd Tuesday of every month, starting February 2010**  
**Contact Heather at 519-587-2448 ext 400**
- 3. Grandview Lodge**  
657 Lock Street W., Dunnville, ON  
**Booked the 4th Thursday of every month, starting February 2010**  
**Contact Joanne Jackson at 905-774-7547 ext 224**
- 4. Haldimand-Norfolk Hospital**  
365 West Street, 4th floor, Simcoe, ON.  
**Yet To Be Confirmed**  
**Contact Janice at jmacovik@ngh.on.ca**

## New 'Safety at Home' Program

**Do you or someone you know have the following risk factors?**

- |                                                |                             |
|------------------------------------------------|-----------------------------|
| √ 2 or more previous falls or near falls       | √ High blood pressure       |
| √ Prescribed 4 or more medications             | √ Experience dizziness      |
| √ Difficulty walking or getting out of a chair | √ 60 years of age and older |

### The Safety at Home Program offers

1. A Free individualized home visit & referrals to other services and programs
2. Brokered worker home maintenance & repair
3. Installation of grab bars and assistive device support
4. Falls Prevention education

**Contact Anna Glowala at 1-800-265-2818 ext. 22 / aglowala@seniorsupport.ca**