

## PERSONAL CARE & SAFETY

### Foot Care Clinics

Qualified foot care nurses provide general foot care via weekly clinics in our office. In-home or in-hospital appointments are also available.

### Personal Check-ins: Security and Reassurance

A volunteer calls daily, providing housebound, isolated seniors with friendship and reassurance. This program is free.

### Vial of Life Program

The Vial of Life is designed to speak for you when you can't speak for yourself. The Vial is a specially-labelled container that stores important medical information. In the event of an emergency, first responders can use this information and be fully advised of pre-existing conditions when administering medical treatment. There is no charge for this program, and the vials are available at our office and at several locations across Lanark County.

### Help around the home: Referral Services

Our Referral Services help you find assistance with housecleaning and general maintenance around the home, including window cleaning, gardening, snow removal, small home repairs, and even respite/companion service.

## HEALTH & WELLNESS PROGRAMS

Various classes will keep you fit and active, and are offered at multiple locations throughout Mississippi Mills and in Carleton Place. Please contact our Home Support office for our current lineup.

### Falls Prevention Programs

If you have experienced a fall, or are at risk of falling, our Falls Prevention program can help. This program is free. These 12-week programs are offered from September to June.

### Fit as a Fiddle (exercise program)

This weekly exercise program of chair exercises also includes a healthy lunch.

### Strength and Balance

This twice-weekly, year-round exercise program will help maintain your strength and balance, and is also a great follow-up to our Falls Prevention program.



*Creating welcoming communities*

67 Industrial Dr., Almonte  
Office hours: 9:00 to 4:30 Mon-Fri.

## PLACES TO GO

### Accessible Transportation

Our wheelchair accessible bus and vans are available for medical transportation for individuals.

### Escorted Transportation

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

## THINGS TO DO

### Day Trips and Special Events

Group outings in our accessible vehicles to museums, the theatre, shopping, etc. both locally and in the area.

### Friends & Fun

This free program matches a volunteer with participants to offer friendship during visits and outings.

### Nature Walks

A monthly (spring to fall) outing to enjoy a scenic walk outdoors, followed by a picnic lunch.

For more information about our services and programs for seniors:

Call our Home Support office at (613) 256-4700, or email us at [info@themills.on.ca](mailto:info@themills.on.ca)  
Website: [www.themills.on.ca](http://www.themills.on.ca)

## LET'S EAT!

### Social Dining

Social lunches and dinners for delicious food, fun, and company, served by volunteers and accompanied by a range of entertainment. Free transportation via our accessible vehicles.

### Meals on Wheels

Volunteers deliver nutritious and delicious hot lunch-time meals - and a friendly greeting - to your home. Most special diets can be accommodated.

### Frozen Meals

We stock a variety of healthy frozen meals, ready to heat and eat, at our office. Call ahead to place a pick-up order (or just walk in during office hours). Delivery is also available.

## FINANCES / TAXES

### Income Tax Clinic

Every Friday in March and April Lanark Community Programs holds a free Income Tax clinic at the Mills Community Support office. CRA income restrictions apply. For more information contact LCP at (613) 257-7121.

## GIFT CERTIFICATES

Gift certificates, in any denomination, are available at our office for any of our services and programs.



We've been putting our hearts into creating welcoming communities for seniors since 1975.

We believe in helping seniors, as cherished members of our communities, live healthy, happy, active, and connected lives, both in their communities and at home, for as long as possible.

Mills Community Support offers a full range of programs and services for personal care and safety, health and wellness, transportation, outings and gatherings, and nutrition (more details inside).

To find out more, contact us at (613) 256-4700 or [info@themills.on.ca](mailto:info@themills.on.ca)

## COMMUNITY PARTNERS

- Almonte Civitan Club
- Almonte General Hospital
- Almonte Lions Club
- Almonte Royal Canadian Legion
- Alzheimer Society Lanark Leeds Grenville
- Carleton Place Memorial District Hospital
- Carleton Place Terrace
- Community Home Support Lanark County
- Community Primary Health Care
- Hub Hospice Palliative Care
- Older Adult Centres' Association of Ontario
- Ontario Community Support Association
- Orchard View by the Mississippi
- Pakenham Bridging Generations
- Parkinson's Society
- Shoppers Drug Mart
- The Hub
- United Way of Lanark County
- Waterside Retirement Community

Grant gratefully received from:



## HELP US CREATE AGE-FRIENDLY COMMUNITIES!

### VOLUNTEER!

Our volunteers are our lifeblood. Our amazing team of dedicated volunteers share their time and talent to help us create welcoming communities for seniors. If you:

- drive a car,
  - love organizing events,
  - or would enjoy having a cup of tea with a senior,
- Call us at (613) 256-1031 to find out more.

### DONATE!

Your donation will help us respond to the growing needs of those in our communities who require our help the most. You can donate:

- In the moment or on a regular basis
- In honour or in memory of a loved one
- In celebration of your passion, by asking friends or family to give in your name

In your will

Our website [www.themills.on.ca](http://www.themills.on.ca) offers an easy and secure way to donate!

*"Life's most persistent and urgent question is, What are you doing for others?"*

- Martin Luther King, Jr.



# Seniors' Services

## Home Support Programs and Services

### Mills Community Support 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: [info@themills.on.ca](mailto:info@themills.on.ca)

website: [www.themills.on.ca](http://www.themills.on.ca)