



SUPPORT IS JUST A CALL AWAY

We are here for you.

Age-friendly Peterborough is working diligently with our community partners to ensure that older adults who live in the greater Peterborough area have access to the most updated information on available resources and services, and ways to connect with their neighbours if they require support or want to assist those in need. Our goal is, as a community, to help everyone remain safe, stay well and continue to be connected while we remain apart.

Although it is especially important that older adults minimize physical contact with others to prevent possible transmission of COVID-19, it is also important to understand that isolation can have an adverse impact upon our physical wellbeing and mental health. Uncertainty about how to best meet practical needs such as getting groceries and medications, maintaining personal safety or perhaps understanding how to remain active and connected while isolating are all challenges that have been magnified due to COVID-19. Review the Public Health Ontario fact sheet for How to Protect Yourself from COVID-19 www.publichealthontario.ca

Now that stores are opening and the nice weather has arrived, you may have the urge to get out of self-isolation. While we are out, we still need to be mindful of practices to stay safe. We are working with businesses to keep seniors in mind, such as offering a time to shop that allows for greater social distancing and an alternative to standing in line.

Age-friendly Peterborough and our community partners have collaborated to provide this May newsletter to older adults who live in the Greater Peterborough area. In it you will find contact information and resources intended to assist you with:

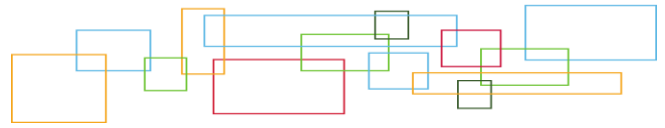
- Staying Well
- Accessing Food and Medication
- Support for Family Caregivers
- Home Support Services
- Staying Safe
- Housing
- Transportation
- Staying Active and Connected
- How You can Help
- Service Directory

We are providing the most up-to-date information at the time of release. This newsletter will be updated as information changes, please check www.peterborough.ca/aging

Perhaps you have received this newsletter and know someone else who may benefit from it. We would encourage you to have a Neighbour for Neighbour mindset and pass the information along to someone who may find it helpful. It may be the lifeline they need.

We will get through the present challenges together as a community. If you need help, please reach out to the organizations noted in this newsletter. Know that support is just a call away!

STAY SAFE. STAY WELL. STAY CONNECTED.



GENERAL HELP – REFERRALS TO LOCAL SERVICES



Age-friendly Peterborough is a coalition that works together to ensure older adults:

- basic needs are met
- stay mobile and get around the community
- have opportunities to build relationships
- continue to learn and contribute

We strive for Peterborough to be a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities. Jayne Culbert, the Age-friendly Coordinator can be reached by phone at 705-931-4403 or email jculbert@peterborough.ca web: www.peterborough.ca/aging



*Empowering you to live at home
in the City and County of Peterborough*

Community Care is a not-for-profit agency that provides the following services for seniors and adults with disabilities:

- Information and resources
- Groceries and medication delivery
- Meals on Wheels (meal delivery)
- Transportation
- Friendly phone calls
- Virtual physical activities (Zoom)

The doors may be locked but they are open for business. Let them know how they can help. Call the office closest to you:

Peterborough - 705-742-7067
Apsley – 705-656-4589
Buckhorn – 705-657-2171
Bridgenorth/Ennismore - 705-292-8708
Havelock – 705-778-7831
Lakefield – 705-652-8655
Millbrook – 705-932-2011
Norwood - 705-639-5631

www.commcareptbo.org

GET CONNECTED.
GET HELP.



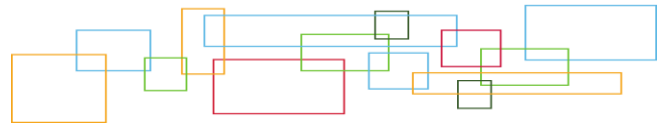
211 is a telephone help line and website that provides information about and referrals to community, social, health-related, and government services in the Peterborough region and across the province.

211 helps people find services quickly and easily, and is available 24 hours a day, 7 days a week, in over 150 languages.

211 Ontario is supported by Peterborough City and County and the United Way of Peterborough and District. When you don't know where to turn, turn to dial 211.

www.211ontario.ca or link directly to the [Peterborough 211 page](#)

SEE PAGES 16 & 17 FOR A LIST
OF SERVICE PROVIDERS



STAYING WELL

IMPORTANT

Call 911. If you are experiencing:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
- severe chest pain (constant tightness or crushing sensation)
- feeling confused (for example, unsure of where you are)
- losing consciousness



HEALTHCARE

Limit exposure to other people immediately if you are feeling new or unexpected symptoms of illness.

You should call the appropriate number below where the health professional will assess your symptoms and provide recommendation for next steps, which may include testing for COVID-19

- Your family doctor or nurse practitioner's office
- Telehealth Ontario 1-866-797-0000 (24 hours a day, 7 days a week)
- Peterborough Public Health 705-743-1000

If you think you need to be tested for COVID-19 and cannot reach your family doctor or Peterborough Public Health, the PRHC Assessment Centre has extended hours and can be reached at 705-876-5086.

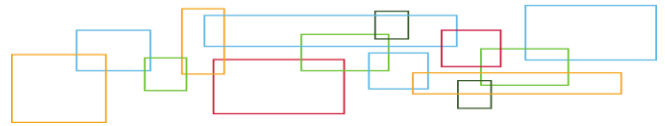
For health concerns where the cause is known (e.g., a fall), or relating to an ongoing condition, there are options for health care and support:

- Your family doctor or nurse practitioner's office
- Virtual Care Clinic, if you don't have a family doctor. See instructions on page 4
- PRHC Emergency Department 705-743-2121
- PRHC Geriatric Assessment and Intervention (GAIN) Unit provides assessment and care to older adults who have complex health concerns 705-876-5021



Peterborough Public Health provides up-to-date information on COVID-19 including local statistics and local considerations Visit www.peterboroughpublichealth.ca

See several fact sheets and information relevant to older adults at www.peterboroughpublichealth.ca/covid19seniors



STAYING WELL



HEALTHCARE

Peterborough Regional Health Centre

The Emergency Department is open if you require immediate emergency medical care.

Peterborough Family Health Team

The Peterborough Family Health Team (FHT) supports most family doctors working within Peterborough City & County, at various clinics. In addition, FHT offers programs, services and one-on-one visits provided by our Interprofessional Healthcare Providers. They consist of: Mental Health Clinicians, Nurse Practitioners, Pharmacists, Physician Assistants, Registered Dietitians, Registered Nurses, and Registered Practical Nurses. If you have questions, please ask your family doctor or call the FHT at 705-740-8020. You may also visit them online at, www.peterboroughfht.com.

Despite COVID-19, your family doctor's office and the Peterborough FHT are open! They are here to assist you by virtual/phone assessments, safe in-person appointments if needed, by prior arrangement. This means day clinics & after-hour clinics at your family doctor's office too! Your family doctor or nurse practitioner can get you timely medical attention which could avoid complications that result in a visit to the Emergency Department.

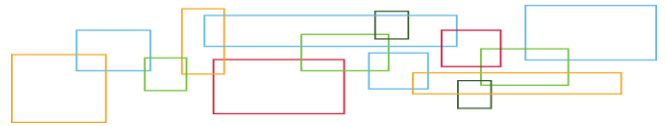
Our group programs are temporarily on hold, but our Interprofessional Healthcare Providers are still here to help you one-on-one by phone or virtual visits!

If you feel lost and overwhelmed and are having difficulty getting groceries, to appointments, paying bills, at risk of losing your home or feel socially isolated, you can speak to your doctor or nurse practitioner. The Peterborough FHT has a team of Nurse Navigators called Clinical Support Services. They are here to assist you with your concerns. If you would like their help, talk to your family doctor.

If you do not have a doctor you can call the Virtual Care Clinic at 705-536-0882 or PFHT Clinic in Lakefield at 705-651-4866 to book an appointment. Walk-ins are NOT accepted. Where possible, appointments will take place virtually (either via phone or video conference) in an effort to limit in-person contact.

TIP: It is recommended that people over the age of 70 stay home (self-isolate) to protect themselves from COVID-19. If you must go outside to maintain your physical or mental wellness, keep at least 2 metres (6 feet) distance from others at all times (physical distancing). Consider these options:

- stay close to home (e.g. in your yard, or around the block)
- choose “off-peak” times (e.g. early morning)
- avoid crowded areas
- avoid public transit



STAYING WELL

IMPORTANT

If you are in crisis, contact the **Four County Crisis Line** (24 hours a day/7 days a week) at 705-745-6484 or toll-free at 1-866-995-9933



MENTAL HEALTH

Community Counselling Resource Centre (CCRC) is scheduling appointments by phone or video. For general information call the office at 705-743-2272, for the Housing Resource Centre email hrc@ccrc-ptbo.com, to connect with the Credit Counselling Program creditcounseling@ccrc-ptbo.com, or to access professional counselling call 705-742-4258. Website: www.ccr-ptbo.com

Peterborough Family Health Team

The Peterborough FHT offers Mental Health Support by one-on-one or groups. Please speak to your family doctor about a referral or call 705-740-8020 to find out more about our groups. If you do not have a family doctor, you can call the [Virtual Care Clinic](#) to be connected with mental health services, 705-536-0882.

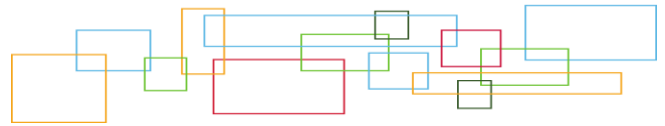
Psychiatric Assessment Services for the Elderly (PASE) provides mental health assessment, consultation and education services for people 65 and older. Call 705-876-5076.

Canadian Mental Health Association is offering support by phone call the Peterborough office at 705-748-6711 or go to their website www.cmhahkpr.ca

TIP: Find a balance between physical, mental and emotional health. Take a break from news and social media to find happiness and gratitude. Take a walk while feeling the sun or rain on your face with a clear mind. Do something everyday that is for you and makes you happy.

The Province of Ontario has partnered with many valuable service providers to **support mental health and addictions**, available at no charge to all residents of Ontario. Below is one example. Additional resources and support are available at www.ontario.ca.

Stronger Minds by BEACON is a free digital program designed to help Canadians stay resilient at a time when things feel anything but normal. Stronger Minds is **not mental health treatment**, but rather a program designed to help build resiliency and coping skills to better deal with the current situation. Stronger Minds is responsive to the real-world fear, confusion & worries we are all feeling as a result of these rapidly changing times.



ACCESSING FOOD



FOOD AND MEDICATION

Some stores are reserving special shopping hours for seniors, offering online shopping to pre-order and pick-up or have delivered. There may be a fee. You can access the list of grocery stores/ pharmacy, free meals and food banks at www.peterborough.ca/foodcalendar or call City of Peterborough Social Services 705-748-8830.

Community Care

Local Community Care offices are providing grocery and medication delivery. To register, call your local office. Phone numbers are located on page 2.

Home Care Providers

Many Home Care providers do grocery shopping and delivery. A list of contact numbers can be found on page 8.

Neighbours for Neighbours

To limit exposure, consider having a neighbour or family member pick up groceries or essential needs and drop them off on your doorstep. Let's be Neighbours for Neighbours. For more information see page 15.

TIP: If you go to the store:

- be prepared to stand in line outside
- have a list to limit your time shopping (essential items only)
- consider wearing a mask if you have one
- stay more than 2 metres from others
- follow directions like 2 metre marks and arrows that minimize contact
- avoid touching your face while you are there
- wash your hands or use hand sanitizer when you leave

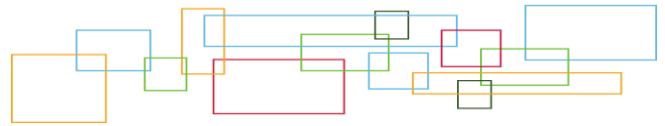


GROWING YOUR OWN FOOD

Call your **local garden centre or seed supplier** if you have specific questions. A list of locally-owned seed and seedling suppliers can be found here www.localfoodptbo.ca/seeds-seedlings-and-plants

Visit the **Nourish Project** Website, www.nourishproject.ca for recipes, cooking videos, tips on gardening, information about community gardening, and more.

While **Community Gardens** have been permitted to open, older adults (over the age of 70) are presently advised to stay home and limit exposure to other people.



ACCESSING FOOD



MEAL DELIVERY

Community Care - Meals on Wheels

Community Care Peterborough continues to provide food support services for seniors including both hot and frozen meals and grocery delivery. To order, call 705-742-7067

Nightingale Nursing

To order Classic Cooking fresh meals delivered daily, call Nightingale Nursing at 705-652-6118

Restaurant Pick-up and Delivery

Many restaurants, fast food and coffee shops are still operating for pick-up and delivery. Call for their hours, menu and delivery options.

Go to **Skip the Dishes** at www.skipthedishes.com to see all order and delivery options for your address.

CAREGIVER SUPPORT



SUPPORT and RESOURCES FOR FAMILY CAREGIVERS

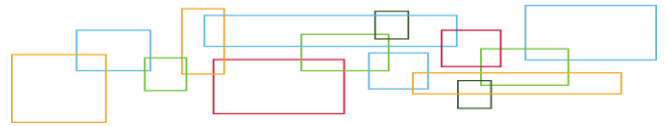
Virtual Hospice is a Canadian non-profit based in Winnipeg that provides videos on caregiving for family caregivers such as medication administration, transfers from bed to wheel chair, making a bed with someone in it www.virtualhospice.ca

Caregiver support resources is a portal funded by the Ontario Provincial government www.caregiversupport.hpcoc.ca

The Ontario Caregiver Organization released two Tips sheets related to COVID-19; [Caring for Seniors in Your Community](#) and [Connecting Socially While Keeping your Distance](#). Other resources can be found at www.ontariocaregiver.ca

CaregiverStress provides resources, articles and videos for caregivers found at www.CaregiverStress.com

TIP: Take time for you, especially now. How can you make caregiving easier? Have some prepared meals or groceries delivered; accept family, friends and neighbours offers of help; and ask when you need a break. There are many home support services that are here for you.



HOME SUPPORT SERVICES

VON Canada has been pioneering care at home for over 120 years. Today, they are a highly-trusted non-profit organization that works with our clients, employees, volunteers and partners to provide innovative clinical, personal and social support to people who want the comfort and peace of mind of living in their own homes and communities. www.von.ca

VON Peterborough Victoria Haliburton and Northumberland provides the following programs and services:

- Community Nursing Services 1-855-285-2992
- Nurse Practitioners 1-855-285-2992
- Adult Day Programs 705-874-3935 ext.105
- Over Night Stay 705-874-3935 ext.105
- In Home Respite Services 705-745-0188 ext. 6461
- SMART Seniors Exercise 705-745-0188 ext. 6408
- Assisting Living Services for Seniors 705-874-3935 ext. 106



HOME CARE PROVIDERS (Fee-based services)

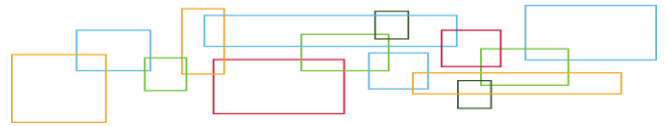
If you require some assistance inside the home, home care providers can help with grocery shopping, meal preparation, light housekeeping, laundry, companionship and/or personal care.

- Bayshore Home Health 705-742-5539
- Care Partners 705-743-6233
- CBI Home Health 705-742-7751
- ComForCare 705-874-5770
- Comfort Keepers Peterborough 705-243-4042
- Continuum Care 705-243-0297
- Driving Miss Daisy 705-868-0074
- Home Instead Senior Care 705-243-5697
- Kawartha Home & Health Care Services 705-742-8317
- Nightingale 705-652-6118
- Nurse Next Door 705-400-7454
- Saint Elizabeth 1-877-625-5567
- We Care Home Health Services 705-742-7751



OUTDOOR MAINTENANCE

Nightingale Home Maintenance is currently providing their outdoor services such as lawn care, gardening and repairs. Call 705-761-8889



STAYING SAFE

IMPORTANT

9-1-1 is for police, fire or medical emergencies when immediate action is required: someone's health, safety or property is in jeopardy or a crime is in progress.



SAFETY

Non-emergency numbers

Peterborough Police Station (Headquarters) 705-876-1122

Peterborough Police Lakefield Community Office 705-652-3307

Peterborough County OPP 705 742-0401

Peterborough Fire Services 705-745-3283

Peterborough Paramedics 705-743-5263

Elder Abuse Prevention Ontario (EAPON)

Seniors are facing increased challenges from social isolation and loneliness due to COVID-19. EAPON recognizes the need to support older adults who may be at-risk or experiencing abuse and is taking steps to help protect and safeguard the well-being of seniors. For help and support, call the Seniors Safety Line 1-866-299-1011 (24hrs/7days/wk).

EAPON is hosting a series of webinars to provide seniors, their families and caregivers with knowledge and strategies on how to stay healthy, emotionally and mentally, as well as protect their financial well-being. To learn more about elder abuse or to view previous and upcoming webinars, visit: www.eapon.ca. For other inquiries, call 416-916-6728.

YWCA Peterborough Haliburton

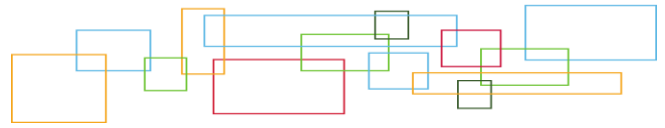
Social distancing and staying at home are causing increased risk of harm to vulnerable women who are now trapped and have fewer opportunities to get help. If you or someone you know needs help, call 1-800-461-7656 or text 705-991-0110. They are available 24 hours a day to help answer questions, provide resources, create a safety plan or simply listen.



LEGAL

Peterborough Community Legal Centre is currently providing free legal services by phone for low-income residents of Peterborough city and county. Call 705-749-9355

Speak up Ontario offers specific resources on Advanced Care planning which meet Ontario legal requirements www.speakupontario.ca



HOUSING



HOUSING

If you are at risk of losing your accommodations, contact **City of Peterborough Social Services** at 705-748-8830 www.peterborough.ca/housing

The **Safe Beds** program through the Canadian Mental Health Association (CMHA) provides a safe and supportive environment for people in crisis. To access the short-term stay, call Four County Crisis at 705-745-6484 or toll free at 1-866-995-9933. For more information go to www.cmhahkpr.ca/programs-services/four-county-crisis/safe-beds

TRANSPORTATION – STAYING MOBILE



TRANSIT

City of Peterborough

Due to reduced ridership and the need to ensure the health of patrons and staff during the COVID-19 pandemic, Transit has made changes to its service schedule. Check the schedule at www.peterborough.ca/transit or call 705-745-0525.

The Community Bus will operate from 9am with service until 4:50pm, seven days a week.

Specialized service (Handivan) start times remain unchanged and run until 7:20pm.

TIP: During COVID-19, Customers are not required to pay to board the bus. However, it is recommended that persons only take transit for essential reasons. If you take the bus:

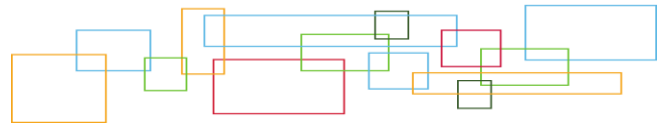
- Board using the rear door; individuals with accessibility needs can still use the front door
- To allow for physical distancing some buses at the Simcoe terminal are using different platforms



APPOINTMENTS

Community Care

Community Care is providing transportation to those who have appointments. To schedule a ride, call 705-742-7067



SUPPORT SERVICES



SUPPORT SERVICES

Hospice Peterborough continues to support those diagnosed with a life-threatening illness, family caregivers who are living with a person who is dying, and grief support to people who have experienced the death of someone close. Contact by phone at 705-742-4042 or by email at admin@hospicepeterborough.org Website: www.hospicepeterborough.org

New Canadians Centre Peterborough

Newcomers are invited to contact the office directly if you require any assistance by phone at 705-743-0882 or email at info@nccpeterborough.ca Website: www.nccpeterborough.ca

Canadian Hearing Services

CHS is providing support, counselling and interpreting service. They are still selling devices from their e-store (amplified phones etc.) For information regarding hearing support, call the office at 1-866-518-0000 ext. 4107 Website: www.chs.ca

Medical equipment supply stores are providing services:

- Living Well Home Medical Equipment 705-740-2650 - by appointment
- Align Home Health Care 705-304-2000 - store and equipment repair are open
- Motion Specialties 705-742-6185 – by appointment
- Wellwise by Shoppers Drug Mart 705-743-5100 – store is open

Alzheimer Society
PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

www.alzheimer.ca/en/pklnh
705-748-5131 (leave a message)
info@alzheimerjourney.ca

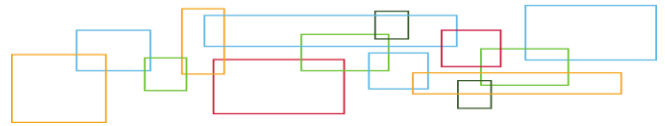
For **information** go to [Connections That Matter](#)

Friendly visiting phone calls for people living with dementia. To register, call 705-748-5131 and leave a message for Susan Simmons.

Minds in Motion program via Zoom, to register please call 705-748-5131 and leave a message for Jenn Stubbart.

Support for caregivers is provided over the phone, individually over Zoom, and they are offering support groups via Zoom or call in, to register please call 705-748-5131 and leave a message for Lisa Hughes.

To find out more about **Dementia Education Workshops** go to the website www.alzheimer.ca/en/pklnh To register call 705-748-5131 and leave a message for Sarah Cook.



STAYING ACTIVE AND CONNECTED



STAY ACTIVE

Community Care is offering virtual classes: chair yoga, mat yoga, Zoom-ba, level one exercise, and advanced cardio and weights. To register, call 705-742-7067.

ParticipACTION has posted Physical Activity and Mindfulness videos on their [Physical Activity Resource Guide](#)



STAY CONNECTED

Activity Haven is scheduling virtual activities by phone and on Facebook. Connect with their Facebook page to learn more www.facebook.com/activityhaven or call 705-876-1670.

Staff and members are doing friendly phone chats.

Community Care staff and volunteers make friendly phone calls. To register for a chat, call your local office; phone numbers are posted on page 2.

Those who want to chat can call **A Friendly Voice** at 613-692-9992 or 1-855-892-9992. This is a free phone line available to seniors 55+ living in Ontario. www.afriendlyvoice.ca

#TogetherApart Club

The Alzheimer Society is now offering Zoom social recreation programs daily at 10:00 am and Happy Hour at 2:00 pm. The activities are available for everyone. For more information call 705-748-5131 or email info@alzheimersjourney.ca



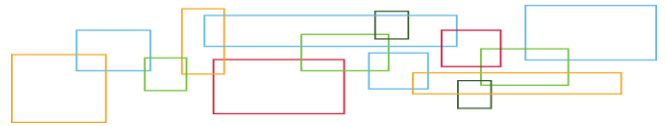
LIFELONG LEARNING

Trent Centre for Aging and Society (TCAS) is promoting TrentTalks: Cozying Up While Cooped Up, a weekly webinar on Wednesdays at noon. Past episodes are posted at www.mycommunity.trentu.ca/trenttalks

Powered by Age Podcasts (created by Canadian seniors) www.poweredbyage.com

McMaster Learning for 55+ offers a variety of online courses that range from the arts, literature, health and technology. www.shortcourses.mcmaster.ca/learn55

McMaster Optimal Aging Portal contains free access to blog posts and information about healthy aging. www.mcmasteroptimalaging.org



STAYING ACTIVE AND CONNECTED



Peterborough
Public Library

DIGITAL LIBRARY

The Digital Library is available 24/7, in the comfort of your home. The Peterborough Public Library is closed to the public, but you can still access the digital library with your library card.

Library Memberships and Technical Help

If you need a library membership you can fill out the [online membership form](#) and the library will mail you a card and can also renew your membership if needed.

Contact the library by email at libraryinfo@peterborough.ca or by phone at 705-745-5382 x2340 and staff will respond within 48 hours (Mon-Fri). They are happy to provide one-on-one technical help with library digital resources.

eBooks with cloudLibrary: Access the latest bestselling fiction and nonfiction through cloudLibrary. Get started: <https://ebook.yourcloudlibrary.com/library/Peterborough>

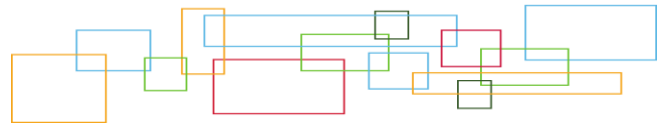
eAudiobooks with RBdigital Audiobooks: Discover the many exclusive audiobooks narrated by award-winning actors from genres such as cozy mysteries, historical romance, suspense, and thrillers. Get started: <https://peterboroughon.rbdigital.com>

Magazines & Newspapers with PressReader: Download the latest issues of popular titles such as Canadian Living, Reader's Digest, Simply Knitting as well as newspapers from around the world and local papers such as the Peterborough Examiner. Get started: <https://www.pressreader.com/>

Movies & Television with RBdigital and AcornTV: Access the best in British movies and television through AcornTV such as Midsomer Murders, Land Girls, Doc Martin and more. Get started: <https://www.rbdigital.com/peterboroughlibon/service/acornTV>

Learning & Languages with RBdigital and the Great Courses: Uniquely crafted for lifelong learners, the Great Courses offers engaging and immersive learning experiences taught by world class professors. Get Started: <https://www.rbdigital.com/peterboroughlibon/service/great-courses>

Many of the digital resources are **accessible** but they vary depending on the need. If you require assistance or need more information on the accessible features of each digital resource, please contact the library at 705-745-5382 x2340 or email at libraryinfo@peterborough.ca and a staff member can help.



STAYING ACTIVE AND CONNECTED



DIGITAL LIBRARY

Even though the Selwyn Public Library is closed, as of June 1, you can call to make an appointment to pick up your books at the library. For update go to www.selwyntownship.ca

You can access hundreds of eMagazines on a variety of devices. Reading on a tablet or mobile phone, download the **Flipster** app from the app store. Reading on a PC, access the Flipster website. Login with your patron ID - 14 digit library card number. It will be available until July.

With thousands of global recipes, hundreds of fascinating culture and ingredient articles, and essential culinary resources, **AtoZ World Food** brings international cuisines to you, from Albanian byrek to Zimbabwean matemba! 6,500 recipes for every course and for iconic cocktails in 174 countries. To get started on your next great dish go to www.atozworldfood.com

Let **ancestry** help you discover where your ancestors are from. Login to your online account using your 14-digit library card number & PIN

Sharing Dance at home

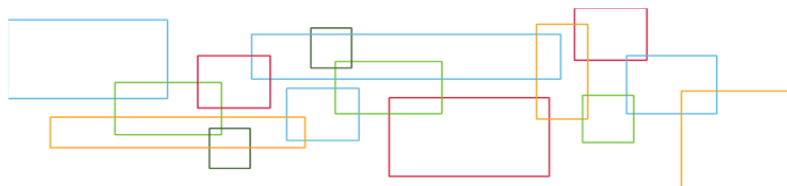
On the Sharing Dance website, they are now offering a selection of online dance resources that may be most useful to you, especially now. The resources are free, easy to access and available for kids, seniors, or the whole family!

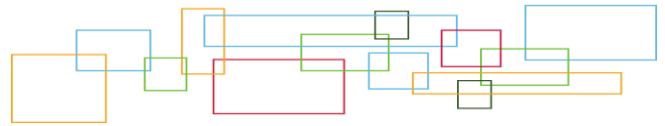
Technology Support

Remote technology support is available to anyone who is interested. Make an appointment with Heidi at 705 292-5065.

Have a question? Ask a librarian!

- Bridgenorth Library 705 292-5065 Available Monday to Friday 10am-4pm
- Ennismore Library 705 292-8022 Available Monday to Thursday 10am-5pm
- Lakefield Library 705 652-8623 Available Tues/Thurs/Fri 10am-5pm & Wed 10am-2pm
- email anytime at librarian@mypubliclibrary.ca





HOW YOU CAN HELP: VOLUNTEERING AND DONATIONS



VOLUNTEERING

Community Care is looking for volunteers to deliver groceries and meals and make friendly phone calls. To find out more call 705-742-7067

Peterborough Regional Health Centre is looking for people to make masks for visitors. For more information contact Bonnie Mackey at 705-743-2121 ext. 3325

The Government of Ontario is partnering with **SPARK Ontario** to help seniors stay connected and healthy as they self isolate during the COVID-19 outbreak. The volunteer portal connects volunteers to community organizations. If you are available to assist in the community, please register as a volunteer www.sparkontario.ca



DONATIONS for COVID-19

Kawartha Food Share and **Food banks** in the city and county are accepting food and cash. To make a donation contact City of Peterborough Social Services at 705-705-748-8830 or go to their website at www.peterborough.ca/foodcalendar

Community Care has always been a key service provider in Peterborough city and county, and during COVID-19 they continued to be there for the community when others couldn't. As a not-for-profit organization they depend on donations and would appreciate your support. Call 705-742-7067 or go to www.commcareptbo.org to donate online.

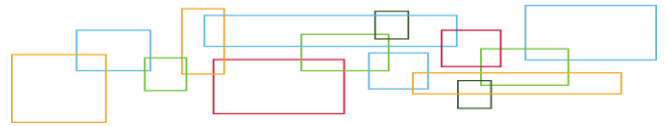


NEIGHBOURS FOR NEIGHBOURS: SUPPORTING OUR LOCAL SENIORS

Bring back a sense of community and be **Neighbours for Neighbours**. If you know a senior who lives in your neighbourhood, think about how you can make their day.

- Write a letter and put it in their mailbox introducing yourself, how you can help and include your phone number. Can you pick up groceries? Do yard work? Walk a dog? Call for a daily check-in? Use the Neighbour card found at www.peterborough.ca/aging
- If you have their phone number, call and have a chat.
- Once you are connected with your neighbours think about how you to be there for one another; be a walking buddy; organize a virtual cooking, movie or book club; offer tech support by phone...
- Share this newsletter with your neighbours. It may be the lifeline they need.

The hope is that once COVID-19 passes we will have a stronger community and there will be more opportunities for connections. Neighbours for Neighbours is a way of life.



SERVICE DIRECTORY – COVID-19



WHO TO CALL

Age-friendly Peterborough and our community partners have compiled this Service Directory to provide older adults who live in the greater Peterborough area with access to the most updated information on available resources and services. Many important phone numbers are included in this brochure. For more information about Age-friendly Peterborough, please visit: www.peterborough.ca/aging

GOVERNMENT

County of Peterborough	705-743-0380
City of Peterborough	705-742-7777
Townships:	
Asphodel-Norwood	705-639-5343
Cavan Monaghan	705-932-2929
Douro-Dummer	705-652-8392
Havelock-Belmont-Methuen	705-778-2308
of North Kawartha	705-656-4445
Otonabee-South Monaghan	705-295-6852
Selwyn	705-292-9507
Trent Lakes	705-738-3800

HEALTHCARE – Physical & Mental Health

EMERGENCY	911
Four County Crisis Line -mental health	705-745-6484
Telehealth Ontario	1-866-797-0000
Peterborough Family Health Team (PFHT)	705-740-8020
PFHT Virtual Care Clinic -if you don't have a doctor	705-536-0882
Peterborough Public Health	705-743-1000
PRHC Assessment Centre	705-876-5086
Central East LHIN – Home and Community Care	705-743-2212
PRHC GAIN Clinic	705-876-5021
Canadian Mental Health Association (CMHA)	705-748-6711

SUPPORT IS JUST A CALL AWAY

We are here for you

SAFETY

EMERGENCY	911
Non-emergency:	
Peterborough Police Station (Headquarters)	705-876-1122
Peterborough Police Lakefield Community Office	705-652-3307
Peterborough County OPP	705 742-0401
Peterborough Fire Services	705-745-3283
Peterborough Paramedics	705-743-5263
Seniors Safety Line	1-866-299-1011
Elder Abuse Prevention Ontario	1-416-916-6728
YWCA Peterborough Haliburton (domestic violence)	1-800-461-7656

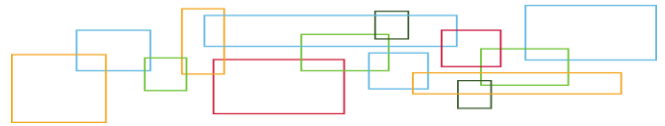
LEGAL

Peterborough Community Legal Centre	705-749-9355
Legal Aid Ontario	705-743-5430

COMMUNITY CARE

community support and general information, grocery delivery, home support, meal delivery, medical equipment, transportation, exercise

Peterborough	705-742-7067
Apsley	705-656-4589
Buckhorn	705-657-2171
Bridgenorth/Ennismore	705-292-8708
Havelock	705-778-7831
Lakefield	705-652-8655
Millbrook	705-932-2011
Norwood	705-639-5631



SERVICE DIRECTORY – COVID-19

ACCESS TO FOOD

Social Services – information on food banks, free meals, grocery store and pharmacy with senior shopping times, delivery and pick-up	705-748-8830
Community Care – Meals on Wheels (fresh and frozen meals) and grocery	705-742-7067
Nightingale Nursing (fresh meals delivered)	705-652-6118
Kawartha Food Share	705-745-5377

SUPPORT SERVICES

Alzheimer Society	705-748-5131
Hospice Peterborough	705-742-4042
New Canadians Centre	705-743-0882
Canadian Hearing Services	1-866-518-0000 ext. 4107
Vision Loss Rehab (CNIB)	705-745-6918

MEDICAL EQUIPMENT

Living Well Home Medical Equipment	705-740-2650
Align Home Health Care	705-304-2000
Motion Specialties	705-742-6185
Wellwise by Shoppers Drug Mart	705-743-5100

TRANSPORTATION

Peterborough Transit	705-745-0525
Community Care	705-745-6484

EMERGENCY HOUSING

Social Services	705-748-8830
CMHA Safe Beds	705-745-6484

STAYING CONNECTED - virtually

Peterborough Library	705-745-5382 x2340
Bridgenorth Library	705 292-5065
Ennismore Library	705 292-8022
Lakefield Library	705 652-8623

VICTORIAN ORDER OF NURSES (VON)

Community Nursing Services	1-855-285-2992
Nurse Practitioners	1-855-285-2992
Adult Day Programs	705-874-3935 ext.105
Over Night Stay	705-874-3935 ext.105
In Home Respite Services	705-745-0188 ext. 6461
SMART Seniors Exercise	705-745-0188 ext. 6408
Assisting Living Services for Seniors	705-874-3935 ext. 106

HOME CARE PROVIDERS

Services such as grocery delivery, house keeping, meal preparation, friendly visiting, caregiver support, personal care

Bayshore Home Health	705-742-5539
CBI Home Health	705-742-7751
Care Partners	705-743-6233
ComForCare	705-874-5770
Comfort Keepers Peterborough	705-243-4042
Continuum Care	705-243-0297
Driving Miss Daisy	705-868-0074
Home Instead Senior Care	705-243-5697
Kawartha Home & Health Care Services	705-742-8317
Nightingale	705-652-6118
Nurse Next Door	705-400-7454
Saint Elizabeth	1-877-625-5567
We Care Home Health Services	705-742-7751

Services outside the house including yard work

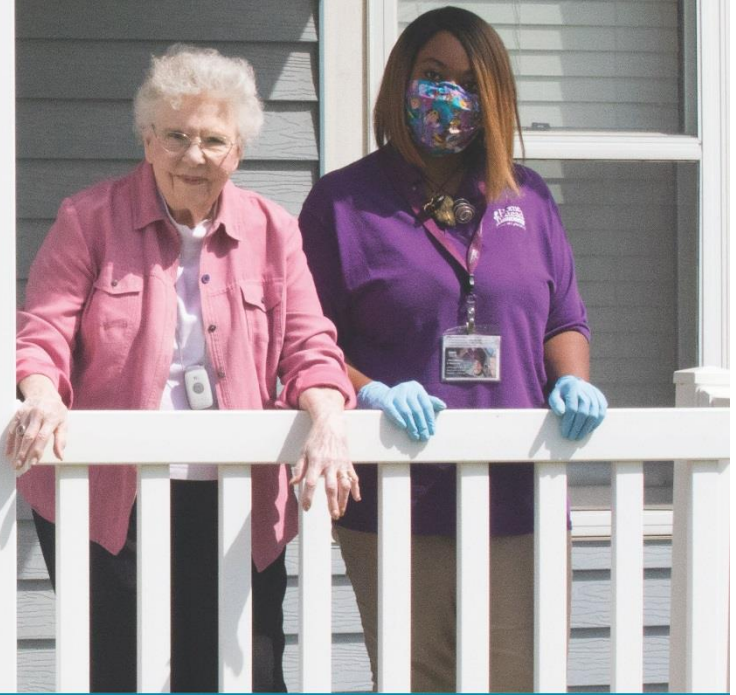
Nightingale Home Maintenance	705-761-8889
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STAYING CONNECTED – virtual activities

Activity Haven	705-876-1670
Community Care	705-745-6484
Alzheimer Society	705-748-5131

Now, staying home
isn't just staying in
the place you love.

It's staying safe.
It's essential.



If you or your loved one is vulnerable and
needs in-home care, we're here to help.
Call us today.

705.243.5697

HomeInstead.com/3048

PERSONAL CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION

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Age-friendly Peterborough is supported by the City
of Peterborough, Peterborough County, Townships
and First Nations, and United Way



United Way
Peterborough & District

