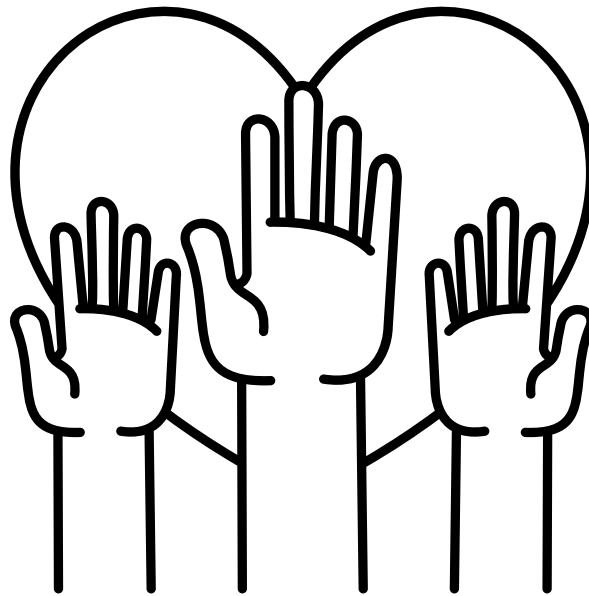




COMMUNITY SUPPORT SERVICES DEPARTMENT

The CSS Department provides a wide-range of invaluable services to help vulnerable Ontarians stay healthy at home.



We are committed to providing care for isolated seniors, adults with disabilities, individuals with a life limiting illness and more.

Our Programs are supported by the work of dedicated Volunteers, Personal Support Workers, and Program Coordinators.

**If you're interested in learning more, please contact us at
705-356-2265 ext. 2450 or at cssclient@nshn.care**

PROGRAM SPOTLIGHTS

LEARN MORE ABOUT OUR SERVICES

CSS PROGRAM SPOTLIGHT:

ASSISTED LIVING

Our experienced team of Personal Support Workers and Care Coordinator work with Clients to ensure they have the support they need to live at home safely.



We are proud to offer this service to High Risk Seniors in Blind River, as it enables individuals to live in their home with as much independence as possible while maintaining their safety. Our caring team of PSWs assist eligible Client's with activities like personal care, socialization, housekeeping, laundry, meal preparation, and so much more! If you or someone you know needs care at home, please contact Home and Community Care Support Services – North East at 1-800-668-7705.

CSS PROGRAM SPOTLIGHT:

MEALS ON WHEELS

Did you know that our 12 dedicated Volunteers deliver over 200 meals in the Blind River area each month? These meals are made fresh by our Food Services Team.



Every Monday, Wednesday, and Friday NSHN's Food Services Department prepares hot meals for our Clients in the Blind River area. Once prepared according to Client's dietary preferences, our dedicated Volunteers deliver the meals right to the Client's door. This service is great for seniors and individuals recovering from surgery. Meals are \$8.00 (subsidized rates available) and include a soup, salad, entrée (with protein, vegetable, and starch), and dessert. To register, contact: 705-356-2265 ext. 2450

CSS PROGRAM SPOTLIGHT:

MEDICAL TRANSPORTATION

Need a ride to your out-of-town medical appointment? Our Volunteers are here to help!



Our dedicated Volunteers drive eligible Clients to out-of-town medical appointments. Our Administrative Assistant works closely with our Clients and Volunteers to coordinate transportation to these important appointments, such as dialysis, radiation, surgery, and more. There is a Client fee for this service based on the mileage of the trip, however we do provide subsidized rates to ensure this service is affordable for all. To register, contact us at: 705-356-2265 ext. 2450

CSS PROGRAM SPOTLIGHT:

CONGREGATE DINING

Are you 65+ living in the Blind River area? Join us every other month for a luncheon aimed at improving nutrition and reducing social isolation.



For over a decade, we have been hosting a bi-monthly luncheon for those aged 65+ in Blind River. With the amazing help of the Food Services Department, the hard working PSW's and Administrative Staff in Community Support Services plan & host a social dining experience at Immanuel Baptist Church. Each event has a theme with a delicious meal to match, prizes to be won, and occasionally live music! The cost is just \$5.00 per person. To register for our invitation list, contact us at: 705-356-2265 ext. 2450

CSS PROGRAM SPOTLIGHT:

SEATED EXERCISE CLASS

Join us for our 'Just Move It' Seated Exercise Class every Tuesday & Thursday afternoon in Blind River!



With the goal of increasing physical activity and decreasing the risk of falls, the 'Just Move It' Seated Exercise Class is a FREE activity in Blind River for anyone 65+. Our fun-loving team of PSWs guide participants through 30-45 minutes of seated exercises aimed at maintaining range of motion, balance, and strength, followed by 15-30 minutes of socialization with coffee & tea. The Class occurs every Tuesday & Thursday from 1:15-2:15pm in the Common Room at 12 Hudson Street Apartments.

CSS PROGRAM SPOTLIGHT:

HOSPICE & PALLIATIVE CARE VISITING VOLUNTEERS

Anyone who has been diagnosed with a life limiting or terminal illness can receive support from a Volunteer.



Our dedicated team of Volunteers can visit a Client at home, in hospital, or in Long Term Care to provide respite for caregivers. During a visit the Volunteer could read with the Client, play a game together, help with a craft, provide a safe environment to talk, and so much more. Our experienced Hospice and Palliative Care Volunteer Coordinator works closely with Clients, their families, and Volunteers to schedule visits on an on-going basis. To learn more, contact us at: 705-356-2265 ext. 2657

CSS PROGRAM SPOTLIGHT:

PEER-TO-PEER GRIEF SUPPORT GROUP

Join us for 'Mourning Chats' in Blind River to grieve & grow together.



The Peer-to-Peer Grief Support Group provides social support to adults 18+ grieving the loss of an adult. Guided by the book "Ten Essential Touchstones" by Alan D. Wolfelt, this group is facilitated by our wonderful Hospice and Palliative Care Coordinator and experienced Volunteers. Upon completion of the 8-week program, participants are encouraged to attend our monthly 'Graduates Sessions'. To learn more, contact us at: 705-356-2265 ext. 2657

CSS PROGRAM SPOTLIGHT:

HELPLINE & LIFELINE REFERRALS

Not sure which device is right for you? Give us a call to learn more about your options!



There are many devices on the market to help individuals live safely at home. We work closely with two organizations, Helpline and Lifeline, that offer a variety of different technologies from emergency response buttons to automatic medication dispensers. With this relationship, we are able to offer our community competitive pricing and discounts. For more information and referrals, contact us at: 705-356-2265 ext. 2455