

# Senior Support Services CPHC



## LET US HELP YOU IN THIS TIME OF NEED

We can bring you frozen meals

- Entre \$5.50
- Soup and Desserts \$2

We can get you to  
urgent  
medical appointments

Bring you a full hot meal - \$7.75

We can get you your medications

Do Wellness Calls to Friends & Family

Bring you care bags of food - \$20

- Pasta Sauce
- Spaghetti
- Baked Beans
- Cans of Soup
- Canned Veggies
- Canned Fruit
- Peanut Butter
- Jam
- Roll of Toilet Paper
- applesauce
- Cereal Bars
- Can of Tuna
- Can of Ham
- Eggs
- Bread
- Cheese strings
- Potatoes
- Bananas

Call CPHC  
(613)342-3693

You don't have to be a client.  
Those 60+ will have priority.



## For Immediate Release

With the unprecedented impacts COVID-19 is having on our community, those who are isolated like seniors and those less able need support now more than ever, which is why the staff and volunteers at Senior Support Services-CPHC, are not going to back-down from this. They are going to continue to help the people in this community, by bringing them services that are truly needed, right now. "Providing support for people who are isolated in their homes is what we do here every day, we can't just turn away when they need us most." Says Tina Montgomery, Executive Director of CPHC.

In this time of need, Senior Support Services-CPHC will be providing the following service to the listed areas...

**\*Hot Meals-\$7.75** (Brockville, Prescott & Gananoque Only)

**\*Frozen Meals Entres-\$5.50, Soup and Deserts -\$2**

(Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)

**\*Bring You Medications**

(Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)

**\*Make Wellness Calls to Friends or Family**

(Brockville, Gananoque, Prescott, Cardinal, Westport, & surrounding areas)

**\*Bring You Care Bags of Groceries-\$20**

(Brockville, Gananoque, Prescott, Cardinal, Westport, surrounding areas)

**\*Provide Transportation to Urgent Medical Appointments**

You do not have to be a client of CPHC to access these services. Individuals 60+ will have priority, but they are willing to help all who really need it.

We want to reassure you that staff and volunteers are taking the proper steps to ensure everyone who is receiving their services are protected and those providing the services are protected, from the spread of COVID-19. "Getting through this very scary, unfamiliar battle with COVID-19 is something we will always remember. If we continue to work together to stop the spread and help those who need it most, we will have much better memories to carry with us, knowing we helped make a difference." Says Montgomery.

If you or someone you know is struggling to meet the most basic needs, Senior Support Services CPHC can help. Please call 613-342-3693.