

Guest Speaker: Lisa Geoffrey

Senior Support Services is a non-profit organization that helps seniors stay in their homes. The organization serves 500 Simcoe clients from its office at 220 Victoria St. **Lisa Geoffrey**, program manager for the town of Simcoe, outlined several of the services and programs available to boost seniors' independence and quality of life.

To become clients, seniors must have a free home assessment. Clients are generally frail, elderly, have Alzheimer's or other dementia. Adults with disabilities also are eligible.

"It's crazy how many services we provide in the home," Lisa said. "We don't turn anyone away."

Services include:

Meals on Wheels: Hot lunches from Norfolk General Hospital can be purchased for delivery by volunteers Monday to Friday. Frozen dinners from a commercial supplier also are available. PROBUS member **Zeke Gulabsingh** delivers meals on wheels.

Transportation: Trips around Simcoe up to two hours cost \$8. Round trips by wheelchair vans cost \$10. Trips, especially for the vans, must be booked in advance.

Friendly visits: Volunteers will visit isolated persons for an hour once a week for free.

Adult Day Program: Activities for seniors give caregivers a break.

Home maintenance: Pay \$16 an hour to do light gardening or basic housekeeping, including laundry, vacuuming, dusting and getting groceries.

Snow removal and grass cutting: Pay \$20 an hour for service, lawn mower or other equipment provided in the price.

Diners' club: Once a month lunch at the Legion for \$11.

Security reassurance: A free service that calls seniors each day to make sure they're OK.

Senior Support Services is always looking for volunteers. Volunteers must undergo a police check. They are paid for mileage.

For more information, call 519-426-6060 or go to www.seniorsupport.ca.

Dan Pearson introduced Lisa and **David Judd** thanked her.



Lisa Geoffrey