



## WHY VOLUNTEER?

- You are a Valued Team Member who brings special skills, 1-on-1 support and interaction to help people live independently in their homes
- Gain valuable volunteer experience to enhance skill-set
- Receive detailed volunteer job orientation and on-going training
- Rewarding social interaction with other volunteers and clients
- Receive formal recognition of service

### Corporate Volunteering

- Enhanced community connections
- Contribute to improving the community where your employees and customers live
- Foster teamwork

## VOLUNTEER NEEDS

- Day Away (crafts, entertainment, games, etc)
- Volunteer Driver
- Friendly Visiting
- Meals on Wheels Delivery
- Dining Club
- Liaison Committee/Board of Directors

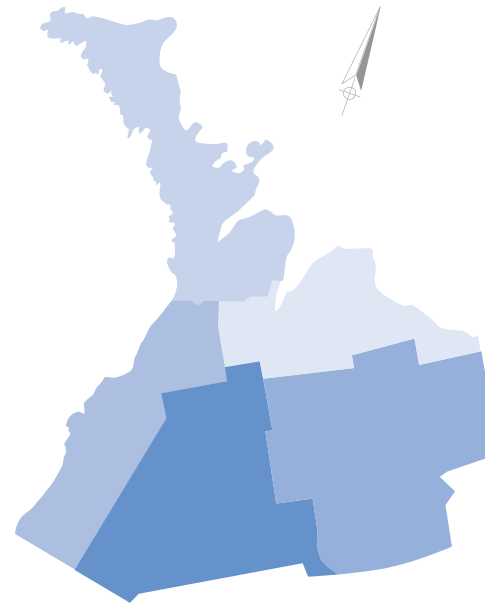
# GIVE WHERE YOU LIVE

Volunteers are a Resource providing for the continued health and well-being in our communities for today and in the future.

For a full description of enriching ways to volunteer.

VISIT OUR WEBSITE  
[www.hcss-gb.ca](http://www.hcss-gb.ca)

CALL YOUR LOCAL AREA OFFICE TODAY!



## MISSION STATEMENT

Home and Community Support Services of Grey Bruce is a team of caring staff and volunteers who provide community based services that support independence and enhance the quality of daily life for seniors, adults and their families.

## LOCAL AREA OFFICES

- Owen Sound & North Grey  
519-371-0667 · 1-800-267-3798
- Peninsula Area  
519-534-1728 · 1-800-696-1458
- East Grey Area  
519-986-7537 · 1-866-986-7537
- Shoreline Area  
Southampton & Kincardine  
519-396-9555 · 1-877-396-9555
- Saugeen Central Area  
519-881-4800 · 1-888-881-4808

MAIN OFFICE  
Suite 104, 340 10th St E  
Owen Sound, ON N4K 6P7  
519-372-2091  
[mailbox@hcss-gb.ca](mailto:mailbox@hcss-gb.ca)



To make a donation to Home and Community Support Services Grey-Bruce download a Donation Form available on our website  
[www.hcss-gb.ca](http://www.hcss-gb.ca).

Charitable Registration 13913 6923 RR0001



## HOME & COMMUNITY SUPPORT SERVICES OF GREY-BRUCE



Caring... it's at the heart of all we do



## SERVICES

Assist clients to maintain their independence within their community, and their daily lives.

Please visit [www.hcss-gb.ca](http://www.hcss-gb.ca) for full details and costs for any of the programs and services listed.

### DAY AWAY

- A community program that provides socialization and medical monitoring for seniors and adults with physical disabilities. It also provides ongoing respite and support for caregivers.
- Music and laughter play an important role in our program. Clients are assisted in all activities by professional staff and trained volunteers.
- Volunteer drivers provide transportation to and from the program at no additional cost.

### PROGRAM SITES

COMMUNITY	LOCATION	DAYS OF WEEK
Owen Sound	Lee Manor	Tue-Fri
Markdale	Grey Gables	Tue-Thu
Kincardine	Sutton Park Mall	Tue & Thu
Warton	Gateway Haven	Tue & Thu
Southampton	GBHS Southampton	Tue & Thu
Hanover	Hanover & District Hospital	Tue, Fri, Sat
Meaford	GBHS Meaford	Wed & Fri

### FRIENDLY VISITING

Caring Volunteers provide regular visits and phone calls for individuals who are:

- A frail, elderly person, or an adult with physical disabilities.
- Living alone, socially or physically isolated.
- A caregiver is providing services but requires respite.
- Visits will generally be in the client's home and can also include shopping or social events.
- Clients provide information about their interests and background in order to match client and volunteer for a successful visiting relationship.

### TRANSPORTATION

- Transportation to medical appointments, shopping and banking, etc.
- May be used for long distance medical appointments to London, Kitchener, Toronto and other centres.
- Affordable rates.
- Referrals are received from people who need service, from family, friends, doctors, hospitals, CCAC, other health and social service agencies.

### MOVIN' GB

- Reliable, personalized, non-emergency, medical transportation to medical appointments, between medical facilities and to and from long term care.
- Currently available to residents of Grey and Bruce counties who are 18 years of age or older with a barrier to accessing existing medical transportation providers.
- Available Monday to Friday from 7:00 am until 5:00 pm unless a medical or dialysis appointment is on the weekend.
- Affordable rates. 519-370-0558 or 1-888-660-6048

### HOUSEKEEPING

- Tasks include routine and seasonal cleaning, laundry, meal preparation, errands, grocery shopping and more.
- Clients include adults who are unable to complete routine household tasks due to cognitive impairment, physical disability, frailty, or an acute or chronic illness.
- Minimum visit is one hour, and will be based upon a comprehensive in-home needs assessment.
- Available Monday to Friday, between 8:30 a.m. and 4:30 p.m.

### MEALS ON WHEELS

- The Meals on Wheels - Hot Program provides individuals who are having difficulty preparing nutritious meals (either on a short-term or long-term basis) with a hot meal delivered to their door on a pre-arranged basis.
- The Meals on Wheels - Frozen Program is an alternative when hot meals are not available.
- Special diets are accommodated whenever possible and are available in both the frozen and hot meals.

### DINING CLUB

- Come together for a nutritious meal and social time that may include a health promotion activity and/or special entertainment.
- Bi-weekly on Wednesdays from 12:00 pm to 2:30 pm in Walkerton at Maple Court Villa. Pre-booking is required by calling the Saugeen Central Area phone number.