



## Community Update

Week of September 11, 2020

Dear friends and neighbours of Haliburton County,

With the recent rise in the daily case count of COVID-19 in Ontario, we wanted to remind all Haliburton County residents of the services and programs available to support you during this pandemic.

Our community-driven website, [www.haliburtoncares.ca](http://www.haliburtoncares.ca), continues to be updated with information about local services and programs as well as how they can be accessed during this time.

The HHHS Community Support Services Response Team remains active and can support you with services including:

- Connecting you with volunteers for pick-up and delivery of essentials like groceries, prescriptions, and pet food so you do not need to leave your home
- Arranging for frozen Meals on Wheels to be delivered to your home
- Medical transportation - non-urgent transportation for medical appointments continues to be provided through our volunteer driving program.
- The Emergency Response System - providing personal buttons to alert emergency contacts (and EMS if necessary) if a client is in distress
- Friendly Visiting & Security Checks - can be done daily via phone or as requested/required by clients and caregivers, and the CSS team is exploring options to provide virtual connections to reduce social isolation

Contact HHHS – Community Support Services by phone at 705-457-2941 or by text at 705-457-0016 (Monday to Friday, from 8:30 AM - 4:30 PM), or by email at [infocc@hhhs.ca](mailto:infocc@hhhs.ca) anytime.

There are also a variety of local wellness resources available to help you stay active and socially connected, including online yoga classes, balanced fitness training and exercises for older adults, and virtual activities for all ages. Visit [www.haliburtoncares.ca/#communitySupport](http://www.haliburtoncares.ca/#communitySupport) and scroll down for a list of options.

Take care,

A handwritten signature in black ink that reads 'Carolyn Plummer'.

Carolyn Plummer  
President & CEO