



All of the following services are provided by volunteers and fee-for-service workers who have had a criminal reference check.

All fees are regulated by **Two Rivers**.

All client information is confidential.

LIFELINE PERSONAL RESPONSE SERVICE

If you live alone and require emergency aid, Lifeline will provide help for you with a push of the button. A one-time installation charge and a monthly maintenance fee will give you peace of mind that help is close at hand.

TRANSPORTATION

A volunteer driver will transport you to Winnipeg or locally. Call **Two Rivers** for more information on rates.

- ✓ medical appointments
- ✓ recreational events
- ✓ shopping

FRIENDLY PHONE CALLS FRIENDLY VISITS

If you are a shut-in or lonely, volunteers are happy to phone or drop in for a chat.

EMERGENCY RESPONSE INFORMATION KIT (E.R.I.K.®)

If emergency personnel are called to your home the **E.R.I.K.®** kit you keep on your fridge will give them your personal medical information.

HANDY HELPER SERVICE

Do you require assistance with housecleaning or yard work? For an hourly fee you can have all the difficult jobs done. Please call **Two Rivers** for current rates.

CONGREGATE MEALS

Hot nutritious meals in a social setting are offered to all community members in Pinawa and Lac du Bonnet. Check with your **Two Rivers** Coordinator for days and times.

MEALS ON WHEELS

A hot nutritious lunch can be delivered to your door three times a week. Check with your **Two Rivers** Coordinator for programs in your community.

DELIVERY SERVICES

Groceries and pharmaceutical items can be delivered to you through a volunteer program offered by **Two Rivers**. Check with your Coordinator.

Support Services for Seniors

“CARING FOR PEOPLE”

If:

- You wish to access the services of **Two Rivers**...
- You would like more information about the programs and services offered through **Two Rivers Support Services for Seniors**...
- You require information on other programs and services **Two Rivers** offers seniors...
- You wish to find out more about becoming a **Two Rivers** volunteer or fee-for-service worker...

Contact:

Two Rivers Resource Coordinator
LAC DU BONNET
Tel: 204-345-1227
Email: tworivers@mymts.net

Two Rivers Resource Coordinator
WHITEMOUTH / REYNOLDS
Tel: 204-348-4610
Email: wmrivers@mymts.net

Two Rivers Resource Coordinator
PINAWA
Tel: 204-753-2962
Email: pinawatworivers@gmail.com

List of Services and Programs:

- › Handi-Van / Driver Escort
- › Congregate Meals
- › Meals on Wheels
- › Errands / Shopping
- › House Cleaning
- › Yard Work and Snow Removal
- › Home Handyman Repairs
- › Friendly Visitors and Phone Calls
- › Daily Check
- › Foot Care / Hearing Clinics
- › LifeLine
- › Community Tax Program
- › E.R.I.K.[®] - Emergency Response Information Kit
- › Fraud and Safety Program
- › Health and Wellness
- › Support Groups
- › Home or Community Visits
- › Falls Prevention Information
- › Completion of Forms
- › Seniors Resource Information
- › Referrals to Appropriate Agencies
- › Seniors Exercise Programs
- › Volunteer or Fee-For-Service Opportunities

Two Rivers Support Services for Seniors is independently operated by the Two Rivers Seniors Resource Council Inc. with support from IERHA.

Brochure Revised December 2018



Serving Seniors

in

Lac du Bonnet

Pinawa

RM of Reynolds

RM of Whitemouth



**HELPING SENIORS MAINTAIN
THEIR INDEPENDENCE**