

Seniors' Newsletter

Senior Friendly Community Initiative Update



The City of Cornwall continues to advance Senior Friendly initiatives within our community. Here are a couple of recent highlights:

On February 13th, 2017, Cornwall City Council accepted the Senior Friendly Community Implementation Plan presented and prepared by the Senior Friendly Community Implementation Committee. This Plan identifies specific, age-friendly, and practical recommendations for the City of Cornwall to ensure it remains a safe, affordable, accessible and enjoyable city for seniors.

This Plan is available online.

The Plan was shaped from the suggestions provided during last year's consultation process with over 700 Cornwall seniors. Individual suggestions made during the consultation process have been organized under the categories listed by the World Health Organization (WHO) as its age-friendly priority areas. The Plan is available at www.Cornwall.ca/Seniors

In other news, the City of Cornwall's "Senior Friendly Initiative" section of its website has expanded its information relevant to Cornwall seniors. Some of the improvements include a new "Links for Seniors" page, and a page archiving past issues of the Seniors' Newsletter.

For other updates on the "Senior Friendly Initiative", and for links to senior friendly community organizations, services, and resources, please visit www.Cornwall.ca/Seniors

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Cornwall's Community Bus Service

Did you know that Cornwall Transit has a "Community Bus" route? This bus route can be used by anyone, but it is primarily used by seniors and people with disabilities as it links seniors' apartments and residences with major shopping, recreation, and medical facilities. The service is provided in a fully accessible, low floor bus, and unlike the "Handi-Transit" system, no reservations are required.

Since the Community Bus is accessible, and the service is curb to curb, it represents a low cost, flexible travel option for seniors and others in our community. The bus can accommodate two wheelchairs and fifteen seated passengers. People using walkers or scooters can also use this service.

The Cornwall Community Bus Service currently operates Monday through Saturday from 9:07 a.m. to 3:46 p.m.

(see schedule for arrival times at locations). The bus is identified as the "Community Bus", and it stops at conventional bus stops along its travelled route.

The fare for the Community Bus is the same as the regular Conventional Service, and transfers between the Community Bus and Conventional Buses are permitted.

For more information about the Community Bus or other Cornwall Transit services, please visit www.Cornwall.ca or call 613-930-2636.



Cornwall Public Library - Free Programs!

The Cornwall Public Library has a wide array of materials, services and **free** programs that appeal to seniors. Membership to the library is **free** for Cornwall citizens.

Some senior oriented programs include: Bridge Club, Scrabble Club, Mah Jongg, the Forum (personal growth and discovery discussions), the Flying Needles Knitting Club, the Summer Movie Festival, Colouring for Grownups, and various English and French book clubs and writing clubs.

For more information about the Cornwall Public Library, please visit it at 45 Second St. East, or call (613) 932-4796.

Cornwall's Telephone Assurance Program

Are you a senior living alone or who would appreciate a friendly phone call? Are you looking to volunteer in our community from the comfort of your own home?



The Telephone Assurance Program arranges for volunteers to call participants once a day for a friendly chat.

This daily telephone “checkup” has many benefits for its participants:

- It provides older adults living in the community with a feeling of security, knowing that their health and safety is being monitored.
- It encourages social interaction and helps prevent isolation.
- It can help provide family respite and support.
- It provides seniors with a valuable link with other community resources.
- It assists older adults so they can continue to live in their homes for as long as appropriate.

This program is available Monday to Friday from 8:00am to 4:00 pm, but is subject to volunteer availability. In most cases, there is no charge for participants.

If you are interested in volunteering for this program, or if you would like more information about participating in the Telephone Assurance Program, please contact Anna-Marie Donihee, Supervisor of Outreach, Glen Stor Dun Lodge
Telephone: 613- 933-3384 ext. 4234
Email: adonihee@cornwall.ca

Did you know that Cornwall has many seniors clubs & educational opportunities?

A few have been listed below. More information about each of them can be found on the City's website.

Centre Charles-Emile Claude:
613-932-1035

Cornwall Senior Citizen Club:
613-932-0980

Encore Education Centre:
613-937-1525

Seaway Senior Citizens Centre:
613-932-4969

St. Lawrence Seniors Club:
613-936-6060

News From Our Community

The Green Food Box Program

If you are a budget conscious individual looking to eat more fresh fruits and vegetables, the monthly Green Food Box Program is for you!

The Green Food Box is a non-profit program that brings neighbouring communities together to buy a variety of quality fresh fruits and vegetables at a wholesale price. While fruits and vegetables differ every month, the \$15 Green Food Box contains staple produce such as lettuce, potatoes, carrots and apples, as well as seasonal favourites such as oranges, kiwis, cucumbers and squash. Everyone is welcome to participate in purchasing a Green Food Box.

Participants order and pay cash for their Green Food Box in advance at one of the designated order and pick-up locations. On the designated pick up day, people collect their fresh produce using their own re-usable bags.

For more information about this program, please call 1-800-267-7120 or visit <http://www.greenfoodbox.ca/>

Technology Tools for Seniors – Making Community Connections

The Tri-County Literacy Council is offering a free instruction booklet written specifically for seniors. With this guide, seniors learn how to use electronic terminals and devices found around town.

Topics include instructions for using: the parking lot terminals and pay stations at the hospital; the Check-In Kiosk at the Walk-in Clinic (McConnell); an in-restaurant kiosk at a fast food restaurant; a picture kiosk for self-developing photographs; a debit card machine for shopping at retail stores; a credit card machine to pay at restaurants; and an Automated Teller Machine (ATM) for banking.

As part of this community project, seniors can also request to be shown how to perform these tasks with the help of a senior volunteer in a small group setting through the Tri-County Literacy Council.

If you're a senior (55+), call Tri-County Literacy Council at 613-932-7161 to get your free booklet **(available only in English, and while quantities last)**.