

## Volunteer Opportunities

If you are a people person who has some time to give, why not



give us a call and inquire about our volunteer

opportunities which include driving, making phone calls, friendly visiting, and fundraising.

## Board of Directors

You could also share some of your talents as a volunteer board member. With this position you will ensure sound management of the Calabogie and Area Home Support Program, which will secure the various programs for the future when you or a member of your family may need them.

## Our Mission Statement

To improve home support for seniors and to determine seniors needs within the Township of Greater Madawaska.

To preserve the independence of persons coping with disabilities by enabling these individuals to remain as active as possible in their own homes and community.

With the Calabogie and Area Home Support Program we will accomplish this mission.

## Office Hours

Monday to Friday  
9:00 a.m. — 12:00 p.m.

## Mailing Address

4984 Calabogie Rd  
PO Box 163  
Calabogie ON K0J 1H0

Supported by



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# Calabogie and Area Home Support Program Inc.

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## WORKING



## TOGETHER

### For a better community

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*Serving seniors and adults  
with disabilities in the  
Township of Greater Madawaska  
for over 30 years*

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**CONTACT US**

**613-752-2828**

**calhs@renfrew.net**

**www.calabogiehomesupport.com**

# Home Support Services

## Security Checks & Friendly Visiting

A volunteer will call or visit the senior or disabled person regularly to ensure they are safe and secure in their home.

Volunteers will chat about various topics including local news and upcoming community events.

There is no cost for this security check program.



## Transportation

Transportation services are available for banking, shopping, personal or medical appointments, as well as for social engagements.

Note: A small fee is required for transportation services.

## Who can receive services?

Seniors, adults with disabilities and individuals dealing with an acute illness or injury are eligible. Other situations will be assessed on an individual basis.

## Frozen Meals

Frozen meals that are delicious, nutritionally balanced and designed with seniors in mind are available for purchase.



There is a variety of 25 different main dishes using

traditional recipes you are sure to love!

The home-style meals can be heated in a regular oven or microwave for your convenience and are available

in special diets including diabetic, low fat, low sodium, renal and pureed.

