

## Seniors Directory Now Available

The Prince Edward County Community Care for Seniors Association has published the 15th edition of its Information for Seniors Directory, made possible by funding from the Retired Teachers of Ontario Foundation. The information in this directory can assist older people, their families and caregivers in finding resources to help seniors live at home.

The 104 page directory is available for free at the Community Care for Seniors office at 74A King Street in Picton. Seniors and their caregivers are encouraged to stop in and pick up a copy of this valuable resource.

The Prince Edward County Community Care for Seniors Association offers services to help seniors live at home such as Meals on Wheels, transportation to medical appointments, noon-time dinners for seniors, foot care, help with forms (including Income Tax), respite, home maintenance, rural route reassurance and telephone reassurance programs. The agency is partly funded for these services by the Ministry of Health & Long-Term Care through the Local Health Integration Network and supported by donations and community fundraising efforts, such as Community Care's Thrift Shop at 281 Main Street. The agency also operates the County Seniors Centre which offers programming in all municipal Town Halls.

For more information, please call Community Care at 613.476.7493 or [www.communitycareforseniors.org](http://www.communitycareforseniors.org)



*A full house for Diane Walker's Christmas ornament workshop, held at Milford town Hall.*

## Back the Build

*Give to Your New County Hospital*



### Milford Friendship Circle

The meeting was held at the home of Alice Miller on Thursday, Nov. 1 at 1:30 p.m.

President Margaret opened with this thought: That which does not kill us makes us stronger.

Alice's Thought for the Day was a "religious" letter from her grandmother to her granddaughter. At least that was the impression we received at the beginning but things aren't always what they appear to be.

Card secretary Mary sent cards and made phone calls to members in the community not feeling well.

Six members answered roll call by wearing a poppy and reading a Remembrance Day verse.

Collection was taken and donations will be given to the South Marysburgh Mirror and Salvation Army.

Our next meeting will be at Marg Crouse's on Thurs. March 7 and Mary Creasy will have the April 4<sup>th</sup> meeting.

Marg closed the meeting with a Remembrance Day reading after which the ladies had their usual lunch and social time. Mary thanked the hostess for opening her home.



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