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## Seniors Services Supported by Foundation Grants

Seniors who attend Blood Pressure and Foot Care Clinics in Grand Bend and Exeter have new equipment for the programs thanks to funding from the Grand Bend Community Foundation and the South Huron Community Fund.

Offered by ONE CARE Home & Community Support Services, the clinics support seniors who live in those communities and the grants are helping to upgrade equipment for programs.

The Foot Care Clinic offered in Grand Bend received a grant in the amount of \$2660.00 to buy new equipment. The clinic takes place at the Grand Bend Legion on the second Tuesday of the month and is provided by a nurse who is trained in advanced foot care. The new equipment is important to provide services which include nail cutting, corns and calluses, ingrown nails, thickened nails, advice on proper footwear and foot care education. Proper foot care can offer warning signals for diabetes, arthritis, poor blood circulation, nerve damage.

The South Huron Community Fund provided \$800 in funding to purchase a new blood pressure machine for the ONE CARE Blood Pressure Clinic in Exeter. These free monthly clinics are offered in Exeter for older adults and those at risk for future cardiovascular disease or other chronic diseases. The program - Cardiovascular Health Awareness Program (CHAP) included options for individuals to have their blood pressure results shared with their local doctor and pharmacist for further monitoring. ONE CARE offers free monthly drop-in blood pressure clinics in Exeter at the Lions Youth Centre on the second Tuesday of the month from 10-11:30 am; Riverview Estates on the last Wednesday, 9:30-10:30 am; and Guardian Pharmacy, first Thursday, 9am-12 noon.

“The grant funding we received makes a big difference in supporting people in Exeter, Grand Bend and South Huron. We work to provide services to support the health and wellbeing of seniors and others in these communities,” noted Megan Howe of ONE CARE.

ONE CARE supports the health and wellbeing and of seniors and offers programs throughout Huron and Perth Counties. Services including home care, adult day programs, meals on wheels, transportation, respite, dining and social program, exercise and wellness programs and caregiver support. For more information about ONE CARE’s programs or to be a volunteer call 1-877-502-8277 or visit the agency website at [www.onecaresupport.ca](http://www.onecaresupport.ca)

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Tom Prout, Director Grand Bend Community Foundation, and Chair, South Huron Community Fund; Frank Palen, Member, South Huron Community Fund Committee; Megan Howe, ONE CARE wellness program supervisor; Kathy Scanlon, ONE CARE Executive Director.