



Dear Clients and Caregivers,

During this difficult time, we are making every effort to continue providing as many of our programs and services as we can. As we navigate the ongoing pandemic, our services at ONE CARE continue to operate and we are making modifications to best support you and our community. We consider many factors and are diligent in making decisions about the services we are providing. The precautions we have implemented and the work that we are doing is part of our mandate to protect the people we serve as well as our staff and volunteers. Nothing is more important than keeping safe during this period of uncertainty.

Throughout this newsletter you will find important information regarding the COVID-19 vaccination, resources that are available to you and an overview of the work ONE CARE has done throughout the pandemic. We are committed to doing all we can to ensure that we are providing services that support you to stay at home and maintain your health and well-being.

If you require services or support during this time, please contact ONE CARE at **1-877-502-8277**.

*Kathy Scanlon*

**Kathy Scanlon, Executive Director**  
ONE CARE Home & Community Support Services

**Residents 80+**  
**Indigenous Adults 55+**

Book an appointment with  
**Huron Perth Public Health** now for  
your COVID-19 vaccination.

online: [www.hpph.ca/vaccine](http://www.hpph.ca/vaccine) or call: **1-833-753-2098**

Public Health is asking that you please consider booking online as call volumes will be high.

### ONE CARE is here to help



**Public Health is where you register**, however, if you have trouble or need help, ONE CARE is available to assist you.






ONE CARE can also provide **accessible transportation** to your appointment if required.

For registration assistance or transportation, call **1-844-482-7800**.

### Helpful tips to avoid scams

As seniors 80+ are able to start booking appointments, it is important to be aware of potential fraud. Please stay vigilant about potential vaccine scams using the tips below.

-  You can not pay to put your name on a list for the vaccine.
-  You can not pay to get early access to the vaccine.
-  No one will call you regarding the vaccine and ask for your social insurance number or banking information.

Credible sources when researching COVID-19 and the vaccine: **Huron Perth Public Health** and the **Government of Ontario**. Please also continue to practice proper masking, hand hygiene, physical distancing, cleaning/disinfecting—even after you have received your vaccination.

## SOCIAL DISTANCING DOES NOT MEAN YOU ARE ALONE

Winter is a difficult time and the challenges of loneliness and isolation are even greater with the added stress of COVID-19. ONE CARE offers a **Friendly Visiting** program that matches a volunteer with a senior who is isolated, lonely or could just use a friend to talk with. This is currently offered as a friendly phone service rather than a one on one visit in your home.

To register for this program please call **1- 844-482-7800**. An intake will be completed over the telephone, and then the process of finding a suitable match will begin.



## SUPPORTING YOU THROUGH THE PANDEMIC

Throughout the pandemic, ONE CARE has worked hard to ensure our programs and services continue to operate. Through special funding secured at the beginning of the pandemic, we were also able to develop temporary services to fill gaps that were identified as a result of COVID-19. These significant gaps were occurring early in the pandemic as programs were first shut down and were then operating at a reduced capacity.

To support the changing needs of our community, ONE CARE introduced a **Grocery Delivery** service throughout Huron and Perth. Our staff will take your order and arrange for payment and delivery of the groceries. We have also developed **Bundled Care**, a service that provides you with access to a menu of services for a short period of time to support successful discharge from the hospital.

To provide some much needed caregiver relief, ONE CARE developed a temporary **Night Away** respite program as caregivers were experiencing increasing distress and had very little respite. The funding we secured also allowed us to temporarily introduce additional days for our **Adult Day Program** in addition to what our regular budget supports. These days allowed us to provide support to more people since the COVID-19 requirements forced us to limit the number of clients in any one day. These programs are currently at capacity.

We know how important these services are to you and we are exploring funding options so that we can continue to provide them in the coming months. Your health and well-being are our priority and we will continue to advocate on your behalf about how essential these services are.

## CAREGIVER FATIGUE CAUSING YOU CONCERN?

While caring for a loved one can be rewarding, it can also be overwhelming. Caregivers are more important than ever during the ongoing pandemic. Caregivers and health care providers have a website available to help you easily access resources, services, programs, supports as well as stories and tips for caregivers, by caregivers in Huron Perth online, anytime.



Call us at **1-877-502-8277** or visit:

[www.caregivershuronperth.ca](http://www.caregivershuronperth.ca)

[www.ontariocaregivercoalition.ca](http://www.ontariocaregivercoalition.ca)

*“ One Care has stepped up to really make a difference in so many people’s lives during a difficult time. The friendly voices we get every time we call there is quite amazing and really puts a smile on my face after not having a lot of social interactions. Thank you so much One Care team and all you do. ”*

-ONE CARE Client

KEEP UP ON THE NEWS AND EVENTS HAPPENING AT ONE CARE BY FOLLOWING US ON [FACEBOOK](#) AND [TWITTER](#) OR BY VISITING OUR WEBSITE [WWW.ONECARESUPPORT.CA](http://WWW.ONECARESUPPORT.CA). WE ARE THANKFUL FOR THE SUPPORT SHOWN BY THE COMMUNITY THROUGH COVID-19.

YOU CAN SEE PHOTOS AND NEWS ABOUT THE SUPPORT WE HAVE BEEN RECEIVING. 