

## If:

- You wish to access the services of **Two Rivers**...
- You would like more information about the programs and services offered through **Two Rivers Support Services for Seniors**...
- You require information on other programs and services **Two Rivers** offers seniors...
- You wish to find out more about becoming a **Two Rivers** volunteer or fee-for-service worker...

## Contact:

**Two Rivers** Resource Coordinator  
LAC DU BONNET  
Tel: 204-345-1227  
Email: [tworiver@nlls.ca](mailto:tworiver@nlls.ca)

**Two Rivers** Resource Coordinator  
WHITEMOUTH / REYNOLDS  
Tel: 204-348-4610  
Email: [wmrivers@mymts.net](mailto:wmrivers@mymts.net)

**Two Rivers** Resource Coordinator  
PINAWA  
Tel: 204-753-2962  
Email: [pinawatworivers@gmail.com](mailto:pinawatworivers@gmail.com)

## List of Services and Programs:

- › Handi-Van / Driver Escort
- › Congregate Meals
- › Meals on Wheels
- › Errands / Shopping
- › House Cleaning
- › Yard Work and Snow Removal
- › Home Handyman Repairs
- › Friendly Visitors and Phone Calls
- › Daily Check
- › Foot Care / Hearing Clinics
- › LifeLine
- › Community Tax Program
- › E.R.I.K.<sup>®</sup> - Emergency Response Information Kit
- › Fraud and Safety Program
- › Health and Wellness
- › Support Groups
- › Home or Community Visits
- › Falls Prevention Information
- › Completion of Forms
- › Seniors Resource Information
- › Referrals to Appropriate Agencies
- › Seniors Exercise Programs
- › Volunteer or Fee-For-Service Opportunities

**Two Rivers Support Services for Seniors**  
is independently operated by the  
Two Rivers Seniors Resource Council Inc.  
with support from IERHA.

Brochure Revised April 2016



## Serving Seniors

in

Lac du Bonnet

Pinawa

RM of Reynolds

RM of Whitemouth



**HELPING SENIORS MAINTAIN  
THEIR INDEPENDENCE**



All of the following services are provided by volunteers and fee-for-service workers who have had a criminal reference check.

All fees are regulated by **Two Rivers**.

All client information is confidential.

**Support Services for Seniors**  
"CARING FOR PEOPLE"

## LIFELINE PERSONAL RESPONSE SERVICE

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If you live alone and require emergency aid, Lifeline will provide help for you with a push of the button. A one-time installation charge and a monthly maintenance fee will give you peace of mind that help is close at hand.

## TRANSPORTATION

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A volunteer driver will transport you to Winnipeg or locally. Call **Two Rivers** for more information on rates.

- ✓ medical appointments
- ✓ recreational events
- ✓ shopping

## FRIENDLY PHONE CALLS FRIENDLY VISITS

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If you are a shut-in or lonely, volunteers are happy to phone or drop in for a chat.

## EMERGENCY RESPONSE INFORMATION KIT (E.R.I.K.®)

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If emergency personnel are called to your home the **E.R.I.K.®** kit you keep on your fridge will give them your personal medical information.

## HANDY HELPER SERVICE

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Do you require assistance with housecleaning or yard work? For an hourly fee you can have all the difficult jobs done. Please call **Two Rivers** for current rates.

## CONGREGATE MEALS

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Hot nutritious meals in a social setting are offered to all community members in Pinawa and Lac du Bonnet. Check with your **Two Rivers** Coordinator for days and times.

## MEALS ON WHEELS

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A hot nutritious lunch can be delivered to your door three times a week. Check with your **Two Rivers** Coordinator for programs in your community.

## DELIVERY SERVICES

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Groceries and pharmaceutical items can be delivered to you through a volunteer program offered by **Two Rivers**. Check with your Coordinator.