

# Wellness Services Team

- Patti Aitken – Manager of Wellness Services
- Sharlyn Gillespie – Program Assistant
- Leanne Brown – Program Assistant
- Cathy Parisi – Office Administrator
- Ashley Konecny – Registered Kinesiologist
- Evy Roussakis – Fitness Instructor

# Wellness Programs

- Exercise & Falls Prevention
- Wellness Workshops
- Visiting Social and Safety: Telephone Reassurance, Friendly Visiting & Social Groups, Adopt a Grandparent, Senior Centre without Walls
- Personal Distress Alarms

# Exercise & Fall Prevention

- Full Time Kinesiologist and one full-time Fitness Instructor
- Exercise & Falls Prevention Classes across the county (except Brighton). Approximately 35 classes/week. Stats are increasing.
- 2023-2024 Q3 Stats – Attendance days= 9396
- 2022-2023 Q3 Stats – Attendance Days= 7350
- Classes held in various Community locations such as Retirement Homes, Seniors Apartments, Community Health Centre, Legion, Senior Centres
- Classes designed to maintain and increase strength and balance.
- Falls prevention include both exercise and education –pre & post assessments are done.

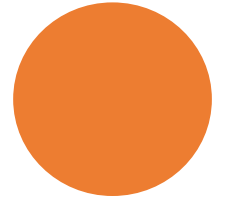
# Virtual Classes - ZOOM

- Have continued Zoom Exercise Classes
- Have 8 classes/week including: Floor Yoga, Chair Yoga, Aerobics, Stretch & Strengthen, “Abs, Glutes, Legs”, Flex & Balance
- Decreased the number of zoom classes offered when in person classes resumed. Cancelled classes were based interest (or lack of interest)



# Wellness Workshops and Fitness Classes

- Offered in Campbellford, Brighton, Hastings
- Coming soon to Codrington, Colborne, Port Hope
- Workshops offered: Paint Classes, Papercrafts, Floral Arrangements, Pottery, Wreaths, Christmas Décor arrangements
- Fitness: Cardiofit, Mat Pilates, Line Dancing, Chair Yoga, Floor Yoga, Walking Club, Learn to Curl, Learn to Lawn Bowl, Aquafit
- New programs are added based on suggestions from clients, availability in the area and affordability and interest.
- Attendance Days – 2022-2023(Q3)=1188
- Attendance Days – 2023-2024(Q3)=3746



# Visiting Social & Safety: Telephone Reassurance



## Telephone Reassurance:

- Short check in calls at a specified time/day. If client is unreachable, follow up with emergency contacts. Safety checks arranged if needed.
- Calls made Mon-Fri typically between 9:00-11:00 am

# Friendly Visiting & Social Groups



## Friendly Visiting

- Volunteers visit clients once/week for about 1-2 hours – in their own homes, go for walks, meet for coffee, etc
- Some visits are telephone based – weekly calls to chat
- New “Pen Pal” program in Campbellford – Elementary School writing letters to Trent Hills MOW clients
- Planning to start similar program in Port Hope.

## Social Groups

- Men’s Group in Brighton - Weekly
- “The Buzz” – Women’s Group - Monthly
- “Time for Us” – Afternoon game of Rummy-O



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Senior Centre Without Walls

**BINGO**

2ND & 4TH MONDAYS OF THE MONTH



**February Start | 10:30-11:30 a.m.**

REGISTRATION REQUIRED | BINGO CARDS SUPPLIED  
NO FEE | PRIZE FOR EVERY 10 GAMES WON!

1-866-514-5774 | [wellness@commcare.ca](mailto:wellness@commcare.ca)

## Senior Centre without Walls (SCWW)

- Started in October 2022 with Trivia
- Telephone based Seniors Activity program.
- Telephone is the only equipment required
- Trivia, Fun Facts, Bingo – coming soon Chair yoga



# Adopt a Grandparent

- The Program spreads joy by surprising seniors who may be experiencing isolation, loneliness or financial hardship with meaningful gifts during the holiday season
- 7 consecutive years – Started in Campbellford and now goes across the County except for Brighton
- Reached 130 seniors across Northumberland County
- 95 Donors – adopted Grandparents
- **A thank you received - Thank you so much for the lovely bag of gifts I received from Community Care at Christmas it was a really nice surprise. I think Community Care is a great service, everyone is so pleasant. The people who answer the phones when I have a request, the drivers who take me to medical appointments and patiently wait for me, and also Debbie who comes and cleans for me with whom I have great chats with is a treasure. Thank you all and have a wonderful 2024.**



DONATIONS BEING ACCEPTED UNTIL DECEMBER 9TH  
wellness@commcare.ca | 1-866-514-5774



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# Personal Distress Alarms

- Work with Trent Security to provide Personal Distress Alarm systems at an affordable cost.
- CCN owns 148 units across the county.
- Loan units to clients. Clients pay monitoring fee of \$17.00/month.



Questions?