

If.....

- ◆ You wish to access the services of **Two Rivers**.....
- You would like more information about the programs and services offered through **Two Rivers Services to Seniors**.....
- You need 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 – Pinawa

**Tel:** 345-1227

**e-mail:** [tworiver@granite.mb.ca](mailto:tworiver@granite.mb.ca)

Or

**Two Rivers** Resource Coordinator  
Whitemouth – Reynolds

**Tel:** 348-4610

**e-mail:** [wmrivers@mts.net](mailto:wmrivers@mts.net)

### List of Services and Programs

- Transportation/Driver Escort
- 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
- ERIK® - 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 Services to Seniors** is independently operated by the Two Rivers Seniors' Resource Council Inc. with funding from NEHA

Brochure revised January 2010

# Two Rivers



## Serving Seniors

in

- Lac du Bonnet
- Pinawa
- R.M. of Reynolds
- R.M. of Whitemouth

*Helping seniors  
maintain an  
independent living style*

# Two Rivers

## Services to Seniors

- ♦ *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.*

## Lifeline Personal Response Service

If you live alone and need 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

- ♦ medical appointments
- ♦ recreational events
- ♦ shopping

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

## Friendly Phone Calls Friendly Visiting

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

## Emergency Response Information Kits (E.R.I.K®)

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

Do you need help with household chores or yard work? For an hourly fee you can get all the difficult jobs done. Please call **Two Rivers** for help.

## Daily Telephone Check

A daily phone call from a volunteer will ensure that all is well with you.

## Meals on Wheels

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.

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## Services to Seniors

'CARING FOR PEOPLE'

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