

COVID-19 Response in Peel

Seniors' Supports

Regional, municipal and agency partners have been collaborating to address the many emerging concerns related to seniors during the COVID-19 pandemic. Below are listed some resources in Peel that are available to provide support to seniors. Most of these are already on the Region's website. This list is not exhaustive, and the availability of some services might change. The Region's website will be updated as new information becomes available.

Topic	Description of Supports Available to Seniors
Public Health Information	<p>Peel Public Health strongly recommends that:</p> <ul style="list-style-type: none">• All residents stay at home, leaving only once a week for essential reasons including groceries, medicines and medical appointments. Daily exercise should be done alone or with one family member, or to exercise a pet.• Residents over the age of 70 stay at home, leaving only for solo exercise or essential needs. Where possible, they should rely on family and social supports for essential needs. This also applies to people with underlying medical conditions and compromised immune systems.• COVID-19 does not travel on its own – it is spread from person to person. These strong steps will limit interactions that can spread the disease and therefore break the chains of transmission in Peel. <p>Translated COVID videos on Facebook:</p> <ul style="list-style-type: none">• Urdu: https://facebook.com/regionofpeel/videos/155413039066753/• Arabic: https://www.facebook.com/435775616602391/posts/1439382836241659• Simplified Chinese: http://facebook.com/435775616602391/posts/1439327109580565
Translated Posters	<p>Translated information from Indus Community Services, in 10 languages to help prevent the spread of COVID-19:</p> <p>Help Prevent the Spread of COVID-19 - Arabic Help Prevent the Spread of COVID-19 - Gujarati Help Prevent the Spread of COVID-19 - Bengali Help Prevent the Spread of COVID-19 - Hindi Help Prevent the Spread of COVID-19 - English Help Prevent the Spread of COVID-19 - Punjabi Help Prevent the Spread of COVID-19 - Farsi Help Prevent the Spread of COVID-19 - Tamil Help Prevent the Spread of COVID-19 - French Help Prevent the Spread of COVID-19 - Urdu</p>

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Food Security	<p>Private Grocery Stores - Seniors Only Shopping Hours:</p> <ul style="list-style-type: none"> • Express Grocery Pick Up at your favourite grocery store • The Real Canadian Superstore open for seniors and those require assistance from 7 to 8 a.m. on Tuesdays and Fridays • All Longo's locations will offer a “community wellbeing hour” from 8 a.m. to 9 a.m. every morning for seniors and other at-risk members of the community. • All Loblaws are offering the first hour of opening to seniors and people with disabilities. • The Real Canadian Super Store offers designated shopping hours for seniors and those require assistance: 7 a.m. to 8 a.m. on Tuesdays and Fridays • All Metro and Food Basics locations will offer a “priority shopping hour” from 8 a.m. to 9 a.m. every morning for vulnerable members of the community including seniors and those living with disabilities • All FreshCo locations will offer a “seniors shopping hour” from 8 a.m. to 9 a.m. • All Walmart locations will offer a dedicated shopping hour between 7 a.m. and 8 a.m. Monday – Friday for seniors, the disabled, and those with vulnerable health conditions • Highland Farms offers first hour of operations as Seniors Shopping hour 7 a.m. to 8 a.m. Monday – Friday; 8 a.m. to 9 a.m. on weekend • All Adonis locations in Ontario are designating 7 a.m. to 8 a.m. as shopping hour exclusive to seniors and vulnerable customers <p>Private Grocery Delivery Services:</p> <ul style="list-style-type: none"> • Mr. Case delivers grocery items by the case or individually, call 416-661-2273 • Fresh City Farms delivering produce, prepared meals or meal kits, call 647-560-3939 • Cartly.ca Indian and Pakistani Groceries online, please email info@cartly.ca • Chambers Food Service delivering weekly supply of fresh Canadian fish and meats, call 1-888-321-3663 • Walmart offers grocery delivery to your home • Costco Grocery offering delivery of grocery and household products, order online or call 1-888-426-7826 for help • Grocery Gateway delivery service offered through Longo's, call 1-877-447-8778 • The Real Canadian Superstore online grocery delivery • M&M Food Market online grocery delivery • Instacart delivers same-day groceries from stores including Walmart, Real Canadian Superstore and Shoppers Drug Mart, create an account online

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Food Security (cont'd)	<ul style="list-style-type: none"> • PC Express mobile app same day grocery delivery or pick up at your favourite grocery store, call 1-844-295-8219 or email help@pexpress.ca for help <p>Non-Profit Food Delivery Services:</p> <ul style="list-style-type: none"> • Food Bank 2 Home delivery service offered by Mississauga Food Bank for seniors aged 65+, call 905-270-5589 • Food Delivery for Seniors aged 60+ offered by Sai Dham Food Bank, call (905) 956-2646 • Good Neighbour Mobile offered by Knights Table, call 905-454-8725 • Roots Community Services offering help with grocery and medication pickup, call: <ul style="list-style-type: none"> ○ Brampton: 905 455 6789 ○ Mississauga: 905-455-6789 • Solel Synagogue volunteers available to pick up and deliver groceries, medicine, or other necessities to your doorstep, call 905-820-5915 <p>Non-Profit Meal services:</p> <ul style="list-style-type: none"> • Meals on Wheels is still operating, and accepting new referrals, contact: <ul style="list-style-type: none"> • Brampton – 905-453-4140 • Caledon – 905 857-7651 • Mississauga – 905-821-3254 • Knights table – Offers grab and go breakfast, lunch and dinner programs, available daily from 8 a.m. to 6 p.m. Food Bank support is available through pre-packed hampers that will be distributed to our regular service users. Wednesdays – Fridays, 10 a.m. to 4 p.m. Call 905-454-8725. • The Compass Foodbank is providing food hampers. You have the option to order ahead and customize your hamper. You can also visit for food once a week on Monday, Wednesday or Friday. Call 905-274-9309. • Eden Food For Change is operating regular hours with food hampers. Call 905-785-3651. • The Mississauga Foodbank Opens 9 a.m. to 5 p.m. Monday to Friday. • For information on food banks and updated hours, visit peelregion.ca/foodmap. • Grocery stores across Peel have special hours for seniors only. Visit their website for more information.

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Pharmacy Medication Delivery Services	<ul style="list-style-type: none"> • Rexall Direct medication delivery offered by Rexall pharmacies • Brampton Senior Support Task Force will assign a volunteer to do: <ul style="list-style-type: none"> • Grocery shopping • Medication pickups • Other errands
Community Supports	<p><i>Non-Profit Seniors Support Organizations</i></p> <ul style="list-style-type: none"> • Local Health Integration Network Home and Care Community provides in-home supports. Please call: Central West (Brampton, Malton, Caledon) 905-796-0040; Mississauga Halton 905-855-9090 • Region's website: http://www.peelregion.ca/coronavirus/social-support/. • Help for Mom continues to provide caregiver support over the phone. Call Mary Wideman 647-967-9821 or email mary.wideman@helpformom.com. • Roots Community Services – available 5 days a week telephone check-in program to reach out to seniors who may be isolated. Also resources available to help with grocery and medication pick up. • Punjabi Community Health Services – services offered over the phone • Bereaved Families of Ontario – Halton/Peel – is providing phone and Zoom support to seniors who have lost a loved one and are having difficulty coping with their grief. Contact info@bereavedfamilies.ca or leave a voicemail at 905-848-4337. • Indus Community Services – providing client support through info@induscs.ca or by phone 905-275-2369. Self-protection posters in 10 languages: https://induscs.ca/useful-links/. • Alzheimer Society Peel is offering counselling over the phone and through video sessions. Call 905-278-3667 ext. 307. They are also offering online education sessions. Get details about the April and May sessions (PDF). • The CNIB Foundation has expanded their virtual program offering for Canadians impacted by blindness. • Malton Neighbourhood Services: offering limited services over the phone. Call 905-677-6270 and leave a message. • Polycultural Immigrant and Community Services: Some services offered over the phone or LiveChat. Email them through their website for further information. • Caledon Community Services: Services have been modified. Visit their website for up-to-date information
Abuse	This topic has been discussed at the Regional Community Response Table virtual meeting. A sub-set of the meeting participants has branched off to collaborate about resources and to support each other and the community. Updates are provided to the larger meeting participants.

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Scam Warning Information	<p>Peel Public Health does not:</p> <ul style="list-style-type: none"> Ask for credit card or health card information in communicating COVID-19 test results. Sell or deliver COVID-19 test kits or Personal Protection Equipment such as gowns and surgical masks. <p>There are a number of scams taking advantage of the current situation. The Canadian government has been keeping an active list here. Seniors are encouraged to report a fraud to the Police non-emergency line.</p>
Transportation	<p>Although public transit is essential, service may be affected. Refer to the links below for updated information. Alternatives to public transit include taxis and ride-share programs.</p> <p>TransHelp Brampton Transit Mississauga Transit GO Transit</p>
Places of worship	<p>These are not seniors-specific but have identified themselves as service providers to seniors in a recent COVID-19 Regional Community Response Table Survey.</p> <ul style="list-style-type: none"> Peel Pentecostal Tabernacle: services are live stream or conducted over conference call Kingdom House Christian Center: Live stream Sunday service Champion Life Centre: Live stream Sunday service House of Praise: Live stream Sunday Service ISNA Canada: ISNA Canada Mosque St. Bartholomew's United Church: worship services to be conducted online St. Eugene de Mazenod Parish: masses and devotions will be livestreamed Solel Synagogue: workshop services will be livestreamed; volunteers available to pick up and deliver groceries, medicine, or other necessities to the doorsteps for those in need St. Peter's Anglican church: The Deacon's Cupboard food pantry will operate from 9 – 11 a.m. Wednesdays. Church website has link to online worship resource directory Bramalea Christian Fellowship: services available online The Church of St. Mark Lutheran: Sunday morning services recorded and posted on church website and YouTube channel North Bramalea United Church: Sunday worship services are available online Kennedy Road Church: Sunday services available online IFC Church: services recorded and made available on YouTube

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