

In these challenging times the City of Barrie is working to support our older adult community with factual, timely and relevant communications. The information included in this resource offers quick tips for an older adult audience.

For current and frequently updated material, please visit the [www.barrie.ca/COVID-19](http://www.barrie.ca/COVID-19). If you are not able to access the website yourself, please ask a close friend or family member for assistance.

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes which include:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

For additional and more in-depth health information about physical distancing during the Covid-19 crisis, and to learn about a wide range of social supports, visit the Simcoe Muskoka District Health Unit: <http://www.simcoemuskokahealth.org/Promos/Novel-Coronavirus>

## Important Contact Information

- For information on all City of Barrie services, email [ServiceBarrie@barrie.ca](mailto:ServiceBarrie@barrie.ca) or call 705-726-4242
- Dial 2-1-1 to be connected to community and social services in your area at any time
- Dial 9-1-1 for all emergencies
- Canadian Mental Health Association Crisis Help-Line: 1-888-893-8333
- ONPEA Seniors Safety Line (24-hour Information/Referral) – 1-866-299-1011
- Simcoe Muskoka District Health Unit: 1-877-721-7520 (toll free) or 705-721-1495
- Telehealth Ontario: 866-797-0000 and TTY at 1-866-797-0007. Call this number if you're experiencing symptoms of COVID-19.
- Spark Ontario – for individuals impacted by COVID-19 who are looking for assistance OR for individuals wanting to volunteer to support or help those impacted by COVID-19, especially seniors, please visit [www.sparkontario.ca](http://www.sparkontario.ca)

## Medication or Medical Supply Pick-up & Delivery

Most large local drugstores/pharmacies do provide a medication and/or medical supply delivery service. If your preferred drugstore does not provide such a service, or you are not able to access this resource, [Speedy Delivery \(www.speedy-delivery.ca/delivery-services/pharmacy\)](http://www.speedy-delivery.ca/delivery-services/pharmacy) provides local pick-up and delivery of prescription medication and or medical supplies to seniors. Contact them by email at [orders@speedy-delivery.ca](mailto:orders@speedy-delivery.ca) or by calling 705-795-4411.

## Groceries & Meal Delivery

City of Barrie residents over the age of 70 are encouraged to stay at home as much as possible, leaving only for solo exercise or essential needs.

Many grocery stores offer online delivery services. If you do not have access to a computer or Internet, contact a friend or family member for assistance.

If you require additional assistance with meals you may contact:

### **Meals on Wheels – Canadian Red Cross**

Phone: 705-721-3313 Ext. 5254

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

OR

### **Apetito Frozen Meals Service**

Phone: 705-721-3313 Ext.5267

OR

### **Heart to Homes – Meal Delivery Service**

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

If you require additional resources, please contact 2-1-1 for further assistance.

## Additional Support for those in Need

### *Barrie Food Bank*

Due to the Covid-19 crisis, the Barrie Food Bank has closed its morning drop-in program for the immediate future. They are providing pre-packaged grocery hampers on Monday, Wednesday and Friday afternoons between 1:00 pm and 3:30 pm. They ask that people practice safe physical distancing and to not line up ahead of time for the grocery program. For more information, contact them directly at: 705 725-1818

## Mental & Physical Activity

While we are all practicing safe physical distancing during this Covid-19 crisis, it is important to remember to access your social supports as much as possible during this time. Remember that your social connections can help to maintain your overall mental and physical health.

How to be mentally and physically active while staying indoors:

- Connect with the Red Cross Telephone Assurance Program to receive regular phone calls from dedicated staff and volunteers who will check-in on you and provide you with positive friendly chats so that you don't become isolated while staying home. Get connected to this program by contacting the Barrie Red Cross office at 705-721-3313.
- Write letters to friends and family that can be shared later
- Read your favourite books and find your most challenging puzzles
- Call your friends, family members and neighbours to regularly check up on them and ask that they call you to regularly check up on you
- Keep walking around your neighbourhood if you are safe and able to do so. OR walk indoors by turning up the music and power walking through the house. Remember to pump your arms and lift your knees!
- If you are a member of a religious or spiritual congregation, reach out to them directly! While in-person services may not be available to you, some local congregations are maintaining telephone and virtual contact with members of their congregation.
- Contact St. John Vianney Church's Parish Outreach to Seniors at 705-726-8007 Ext.103
- The Canadian Mental Health Association has an information booklet for [Online Resources for Social Connection and Mental Wellness During Covid19](#) (<https://bit.ly/2VAb1eI>) that provides various different options for accessing social supports online.
- Canadian Mental Health Association is available to connect with you Monday to Friday from 9:00 am to 5:00 pm about their available supports and services, by calling 705-726-5033; or Toll-Free: 1-800-461-4319
- Alzheimer Society of Simcoe County continues to provide education programs, support services and social programs by phone and online. Visit them on social media or contact them by emailing: [simcoecounty@alzheimersociety.ca](mailto:simcoecounty@alzheimersociety.ca) or calling toll-free: 1-800-265-5391
- Access the Barrie Public Library – if possible, take advantage of the Barrie Public Library's online resources through their website at [www.barrielibrary.ca](http://www.barrielibrary.ca)
- Otherwise, assistance is available by Barrie Public Library staff by email at [askus@barrielibrary.ca](mailto:askus@barrielibrary.ca) or by calling 705-728-1010.

*Remember that you are not alone. We are in this together!*