



**Springfield Services to Seniors** is a community based support program governed by the RM of Springfield. It provides ongoing support services to assist seniors or those physically challenged to maintain or enhance their independent lifestyle.

**Programs and services available:**

- ❑ The **Driver Escort Program** provides transportation to medical appointments, recreational events or shopping.
- ❑ The **Handi-Helper Service** is designed to provide fee-for-service workers at reasonable rates to assist with **Housecleaning, Yardwork, Snowclearing and Minor Home Repairs**.
- ❑ **Friendly Visiting or Friendly Phone Calls** can provide those who are shut-in or lonely with companionship and support.
- ❑ **Foot Clinics** are held either monthly or bi-monthly at all four Senior lodges in Springfield. An in-house clinic is also held for the residents of Oak North Condos. Home visits are provided as needed.
- ❑ **Lifeline** is a personal response system that is there for you, when others can't be. It can provide that extra peace of mind that you and your loved ones may need, enabling you to continue to live independently in your own home. Assistance is just a push of a button away 24 hours a day/7 days a week.
- ❑ **Emergency Response Information Kits (E.R.I.K.®)** contain all necessary information that would be required by emergency personnel should medical emergencies arise.
- ❑ The **Caregiver Support Group** meets the 3<sup>rd</sup> Wednesday of each month at 7 p.m. in the multi-purpose room at Kin Place Seniors Housing Complex (Please use entrance C). The Caregiver group provides emotional support and encouragement, practical information and reinforces positive health practices.
- ❑ The **Community Volunteer Income Tax Program** is provided each year.
- ❑ Assistance with **Completion of Forms** is available on request.
- ❑ **Home or Community Visits** are available on request.
- ❑ **Seniors Information** is available on request.

- ❑ **Referrals** are made to other community service organizations as required.
- ❑ **Health and Wellness Events** are arranged as needed or requested on issues pertinent to Seniors needs.
- ❑ **Volunteer and Fee-for-service opportunities** are always available!
- ❑ **Seniors Exercise Programs** are held weekly at two sites in Springfield.
- ❑ **Chair Yoga** is held weekly at 203 – 449 Main Street in Oakbank

Please call Diane Dumas at **853-7582** or email [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net) for further information on any of the above.

*The Springfield Services to Seniors office is located at the Springfield Community Library  
60 024 Highway 206 ~ just north of Highway 15  
Office hours: Monday to Friday 8:30 a.m. to 4 p.m.  
(Appointments required for office visits)  
Phone number: 853-7582  
Fax number: 444-5991  
Mailing address: PO Box 219, Oakbank, Manitoba R0E 1J0*