

## Contact Information

### Office Hours

Monday—Friday

8:30am—4:00pm

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**Phone:** (519)-348-9765

**Fax:** (519)-348-4420

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### Website:

[www.ritzlutheranvilla.com](http://www.ritzlutheranvilla.com)

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### Email:

[maco@ritzlutheranvilla.com](mailto:maco@ritzlutheranvilla.com)

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### Address:

Mitchell & Area Community  
Outreach

4118A Road 164

R.R.5 Mitchell, ON

N0K 1N0



## Our Mission

*Mitchell & Area Community Outreach is a home support agency providing service to enable seniors, disabled and those recuperating from illness and injury to remain living independently in their home of choice in the Municipality of West Perth.*



## Donations

Donations are gratefully accepted.  
Tax receipts issued for donations  
over \$10.



Funding has been provided by Ontario Health West and does not necessarily represent the views, opinions or official policies of Ontario Health.

# About Us

## Mitchell & Area Community Outreach



*Helping people live at home with a network of support in a caring community since 1987.*



## What We Offer

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### West Perth Transit

West Perth Transit is a door-to-door transportation service for seniors, the disabled and those recuperating from illness and injury.

To book transportation, please call Easyride at 519-272-9875.



### Volunteer Transportation

Volunteers provide transportation to clients for out-of-town medical appointments.

Volunteers are reimbursed based on a per km basis.

### Escort/Attendant

Trained support workers assist clients at medical appointments. Fees apply.



## Meals on Wheels

Hot, nutritious meals are delivered to your door by one of our friendly volunteers.

Frozen meals are also available to supplement hot meals or as an alternative.

This service is meant for individuals who require assistance with their nutritional needs, need meal preparation assistance, or have special dietary needs.



## Wellness Programs

Mitchell & Area Community Outreach offers programs designed to promote healthy living and active aging. These activities include: Book Chat, Audiology Clinics, Coffee Hour, Blood Pressure Clinics, Wii, Foot Care Clinics, and much more!



## Exercise & Falls Prevention Programs

We offer a variety of exercise programs at various times and locations in West Perth for various fitness levels. Some activities we offer are Falls Prevention Group Exercise (Level 2 & 3) classes, Yoga, Hiking Trips, etc.

## Grocery Assistance

Clients can access grocery delivery by calling our local grocery store to place and pay for their order. Volunteers will deliver groceries to the client's home once per week.

## Bathing Program

For those needing bathing assistance, therapeutic baths are done in a hydrosonic tub by trained staff.

## Dining Programs

A variety of dining programs are offered throughout the month which may include in-person dining and/or delivery.

## Euchrama

Card players enjoy a day of euchre (18 games) and a tasty lunch.

## Friendly Visiting

Clients are matched with one of our volunteers and visit regularly on a one-to-one basis.

## Other Activities

Special activities & outings are scheduled, such as shopping trips, theatre trips, special dining opportunities and outings.

Call Outreach for more information or to sign-up!