

IMPACTED BY COVID-19? WE'RE HERE TO HELP!

While many of us are just staying home to wait this out, “Social Distancing” and “Self Isolation” have become today’s new buzzwords. With all of the concern in our community, it is during times such as these when we may need help with some tasks we would have found routine just a few days ago.

If you need help with things like grocery and prescription pick-ups – or just need someone to talk to, St John the Apostle parish community is here to lend a hand wherever possible.

NEED HELP WITH GETTING YOUR GROCERIES?

If you’re comfortable setting up an on-line grocery order account, visit one of the following websites:

Metro: <https://www.metro.ca/en/online-grocery>

Loblaws: <https://www.loblaws.ca> or <https://www.pcxpress.ca>

Walmart: <https://www.walmart.ca/en/Walmart-pickup>

These services allow you to shop the store on-line just as if you were there in person and once done, you’ll pay on-line when you checkout.

Some store locations also offer a delivery service for a nominal fee. Check with your store to see if this service is available!

If a delivery service is not available at your store, call the parish office (613-829-1760) and we’ll try and match you up with a volunteer who will pick up your order and deliver it to your door. **For your safety and that of our volunteer, note that the order will only be dropped off at the door (main door in high rise buildings).**

Other Resources: www.seniorsforseniors.ca offers a full range of services to help seniors live independent and full lives, such as grocery and prescription delivery, driver companion transportation, companionship, personal and homemaking services, home cleaning and handy person services, as well as live-in and overnight services

INTERESTED IN VOLUNTEERING?

If you are able to volunteer a few hours to help out fellow parishioners in these difficult times, please contact the parish office (613-829-1760). You’ll not be required to handle money or arrange payments.

Please note that in the case of grocery pick-ups, the order will pre-paid. And, for pick-ups at Loblaws, you can request delivery right to your car including loading! Other stores will have the order ready for you to pick up at a designated counter in the store.

For your safety and that of others, you will be requested to only deliver orders to the parishioner’s door.