

Your Support Will Help Me Stay In My Own Home

From the time I was young, I was told I would never be able to live on my own, that I would never be independent. That it just was not in the cards for me.

But as a driven and motivated young man living with cerebral palsy, I was determined to overcome this fate. I left my hometown and moved to an entirely new city on my own. I picked Waterloo Region because there were more supports here for people living with disabilities.

It was here that I made some of my oldest friends. Those friends helped me to navigate the city and get settled in my very own apartment. Starting then, I did all my own cooking, laundry, and grocery shopping. I had finally made it, and I was so proud to do something people never thought I could. Then a fall changed all that for me. It was a bad fall, and I was unable to get up. After lying on the floor for over two hours, I was discovered by my neighbour and sent to the hospital.

I spent three months in recovery, and the doctors told me I should consider moving into assisted living where I could be taken care of. I refused. I wanted to keep the independence I had worked so hard for. I would have sooner died than make that move.

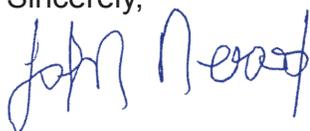
That's when I discovered Community Support Connections – *Meals on Wheels and More* (CSC). I accepted their help to make me more independent. Now, their friendly and caring volunteers bring me hot meals right to my door, which eliminates my need to get out to the grocery store. It also relieves me from the challenges of preparing meals so that I can remain nourished in my own home.

Here I am, six years later, still able to read my National Geographic magazines in the comfort of my own living room. Still able to eat my meals at my kitchen table. This apartment is my home, and it is what keeps me going. The kind folks at CSC make this possible for me, and that is priceless.

The support that I, and others like me receive, is only made possible by the kind and generous donations from people like you in our community. Those who, out of the goodness of their hearts, give to their neighbours so they can have a better life. I am supported in my own home with Meals on Wheels because of CSC, and because of donors like you.

I would be honoured if you would consider donating, so that CSC can continue doing such great work in our community and ensure that others like me are taken care of.

Sincerely,



Jack Nevard



Jack's story is an incredibly moving one – but he is not alone. Every year we help Jack, and over 7,500 other seniors and adults with disabilities in our community stay right in their own homes where they wish to be, with independence and dignity.

Please be generous with your donation to CSC so we can continue to help people like Jack live in their own homes for as long as possible. Thank you for helping us give back to those who helped to shape our community into what it is today.



Will Pace, CSC Executive Director



Anne Tinker, CSC Board President

Social Wellbeing



Every **\$14** can help someone stay connected through a friendly volunteer visit, ride to an important social outing, or a group dining program where they can meet new friends.

\$14 monthly
\$168 annually

Aging at Home



\$25 can connect a neighbour with someone to clean their home, shovel their sidewalk or cut their lawn, so they can stay in their sanctuary.

\$25 monthly
\$300 annually

Physical Health



Ensure older adults and adults with disabilities can stay healthy in their own homes.

\$78 helps 14-16 clients complete our Stand Up To Falls program.

\$78 monthly
\$936 annually

Nutrition



Offset the cost of healthy meals for low-income seniors, or help people get to the grocery store. **\$50** can help a local senior receive a hot, healthy, and delicious meal once a week for a month.

\$50 monthly
\$600 annually