

## Non-Profit Charity

The Regina Senior Citizens' Centre Inc. fosters and delivers programs and services to people 55+ to sustain independent, healthy and active lifestyles.

RSCC is an incorporation of three entities:

- Winnipeg Street Centre  
2134 Winnipeg Street
- Elphinstone Street Centre  
2404 Elphinstone Street
- Home Help Service which provides services to help seniors continue to live independently in Regina

## Sponsors

RSCC Home Help Services is subsidized by:



## Information Referral

Our agency acts as an Information Referral Direction Service.

Our staff can help identify people who require additional assistance from other agencies.

## Membership

Memberships go a long way in enabling the RSCC to provide well-trained Home Help Services staff.

A membership provides:

- Priority service
- Monthly newsletter
- Member pricing for activities at both centres

Annual Membership fee is \$35.00  
(January to December)

### Early Bird Rate:

\$30.00 from Sep 1st to Oct 31st



## Regina Senior Citizens' Centre

## Home Help Services

General Housekeeping  
Companionship  
Yard Maintenance  
Lawn Care  
Independence Club

2134 Winnipeg St.  
Regina, SK S4P 3X6  
Phone: 306.525.2154  
Fax: 306.525.2155  
E-mail: [cindyrsc@myaccess.ca](mailto:cindyrsc@myaccess.ca)

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

## General Housekeeping

Scheduled times are Monday thru Friday from 8 to 4pm on a weekly, bi-weekly or monthly basis.

### General housekeeping duties



#### includes:

- Thoroughly clean kitchens & bathrooms
- Dust furniture, doors, doorways & baseboards
- Vacuum furniture & carpets
- Wash floors
- Laundry & bedding

...and much more

## Companionship

Help clients stay mentally healthy and alert by engaging in conversation and small activities like puzzles or cards.

## Independence Club

Volunteer drivers provide assisted transportation for appointments, shopping and other activities.

## Yard Maintenance

Services includes:

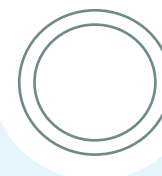
- Rake leaves
- Clean eaves-troughs
- Wash outside windows
- Yard cleanup
- Trim low tree branches
- Snow removal

## Lawn Service

Lawn cutting is provided on a weekly, bi-weekly, monthly or on one-time basis.

Service includes:

- Lawn cutting
- Trim grass around edges of yard
- trees & sidewalks
- Sweep driveways



## Fees For Services

### Housekeeping

- Tier 1 - for clients in receipt of \*GIS and \*\*SIP
- Tier 2 - for clients in receipt of \*GIS
- Tier 3 - for clients with no income supplements

### Members

### Non-Members

- \$ 13.00 /HR
- \$ 15.00 /HR
- \$ 20.00 /HR

- \$ 15.00 /HR
- \$ 16.50 /HR
- \$ 25.00 /HR

### Yard and Lawn Services

- Tier 1 - for clients in receipt of \*GIS and \*\*SIP
- Tier 2 - for clients in receipt of \*GIS
- Tier 3 - for clients with no income supplements

- \$ 17.00 /HR
- \$ 20.00 /HR
- \$ 25.00 /HR

- \$ 19.00 /HR
- \$ 23.00 /HR
- \$ 30.00 /HR

Note: All services are subject to a \$2.00 surcharge.

### Companionship

2 hour minimum each visit

- \$ 20.00 /HR
- \$ 20.00 /HR

### Independence Club

Round Trip

- \$ 20.00 /CALL
- \$ 25.00 /CALL

\*GIS (Guaranteed Income Supplement), \*\*SIP (Saskatchewan Income Plan)