

STAY HOME. STAY SAFE.

City of Côte Saint-Luc's response to COVID-19

April 8, 2020

Where to volunteer

In his telephone message of April 5, Mayor Mitchell Brownstein called on healthy people in their 20s, 30s, or even 40s who are able to volunteer to help the community. Two of the biggest needs right now are access to food and having someone to talk to.

Grocery shopping or delivery in Côte Saint-Luc

Send an e-mail to groceries.csl@gmail.com. Please use VOLUNTEER AVAILABLE in the subject heading of your message. Include your name, availability (days and times) and capability (shopping, delivering and/or calling).

Jebenenevole.ca

A matching service that connects volunteers with organizations looking for help. More info at Jebenenevole.ca.

Moisson Montreal Food Bank

Contact **514-344-4494, ext. 256** or benevolat@moissonmontreal.org.
More info at moissonmontreal.org/en/get-involved/volunteer-work-at-moisson-montreal

MADA Community Centre

Complete the form at madacenter.com/volunteer.

Federation CJA

Shop for food, deliver food, daily care calls and more.

Complete the form at federationcja.org/en/covid19-coronavirus-resources/give-help.

CSL programs on your home phone

We know many people in our community don't have access to a computer, smartphone, or Internet. To help keep you connected, join Côte Saint-Luc staff each weekday from 2pm to 3pm. All you need is a regular home phone. You will hear an interesting discussion each day. It's like listening to the radio... on your home phone. It's a free call.

When: weekdays at 2pm

How: call 438-809-7799

After calling the telephone number, press these numbers on your phone: **500 514 054 # #**

To hear the list of all our programming, call the library at 514-485-6900.

Happy Easter and Happy Passover

But remember, for the health and safety of all, no one is allowed to be in your home if they don't live there. The Quebec government directive is clear. Police departments now have the power to knock on your door and ask for identification from everyone in a household to ensure there are no outside guests. Celebrate apart this year, so you can celebrate together and in good health next year.

Where to get help

Daily care calls

Receive daily calls from volunteers to check up on you.

City of Côte Saint-Luc: Register at **514-485-6800 x2021** or cziga@cotesaintluc.org

MADA: Register at madacenter.com/project/call-care-program

FederationCJA: Register at **514-734-1411** or Ometz-Cummings-helpline@ometz.ca

Food

Local grocery orders

Volunteer initiative to take IGA grocery orders for older adults living in Côte Saint-Luc. For senior members of the community who do not have a friend or family member who can shop on their behalf.

Please call **514-532-1277** and leave a message with your name, telephone number and address. A volunteer will call you back within 24 hours to take your order and arrange for delivery within 1 to 2 days.

The Depot (formerly known as the NDG Food Depot) Offering one extra-large emergency food basket per family between now and May 1. By appointment only. Leave a message at **514-483-4680** or info@depotmtl.org.

Côte Saint-Luc will help deliver food baskets to those who cannot get to The Depot. Location: 6505 Somerled Ave. Info: www.depotmtl.org.

MADA Community Centre

Once a month, patrons choose from a list of available products (eg, fresh produce and non-perishable foods, detergents, personal grooming products, and baby items, including diapers).

Location: 6875 Decarie Blvd. Contact: **514-342-4969** or mada@madacenter.com.

Federation CJA

Centralized logistics and coordination of food, pharmaceutical and critical goods deliveries for various organisations.

Contact **514-734-1411** or Ometz-Cummings-helpline@ometz.ca.