

# COVID-19 Newsletter

**MARCH**  
**27**  
2020

For Argenteuil seniors 70 years or older

Included within is important information that will help you stay home, stay safe and stay well supported. Please respect the recommendations of the Quebec Government. It is for your safety and for LIFE's sake that you must don't take any chances. Thank you for helping us! We get out of this by not going out!



## Essential food services

### Grocer stores offering home delivery services

**IGA S. Albert in Lachute**  
(450) 562-6882

- ✧ Order over the telephone or on the internet
- ✧ Home delivery service
- ✧ Payment by credit card only

**IGA Goulet in Grenville**  
(819) 242-6888

- ✧ Order over the telephone or on the internet
- ✧ Drive through pickup at the store
- ✧ Home delivery service in Grenville and surroundings
- ✧ Payment by credit card only

**Marché Ami in St-André-d'Argenteuil**  
(450) 537-3536

- ✧ Order over the telephone
- ✧ Delivery in St-André-D'Argenteuil only

### Community organisations

**Centre d'entraide d'Argenteuil**  
(450)-562-5151

- ✧ Food distribution on Thursdays
- ✧ Emergency help

**Réseau d'aide alimentaire de l'ouest**  
(819) 242-9173

- ✧ Food supply aid Thursdays
- ✧ Emergency help

**Café Partage**  
(450)-562-0987

- ✧ Offers grocery pickup and home delivery to seniors 70 years and older on Thursdays
- ✧ Orders over the telephone accepted

**Centre d'action bénévole d'Argenteuil**  
(450)-562-7447 ext. 232

- ✧ Meals on wheels on Mondays, Wednesdays and Fridays for the Lachute region
- ✧ Delivery of frozen meals
- ✧ Delivery services by volunteers for groceries and pharmacy pickup (+ mileage fee applied)



## Pharmacies

To receive you prescriptions and medications at home, all Argenteuil pharmacies have a free home delivery service. Please call **two days in advance** so that your prescription can be prepared. For payment methods, contact your pharmacy directly.

### Lachute

- ✧ Accès Pharma (Walmart) (450)-562-0258
- ✧ Brunet (450)-562-5271
- ✧ Familiprix Extra (450)-562-0522
- ✧ Jean Coutu (450)-562-5218

### Brownsburg-Chatham

- ✧ Proxim : (450) 533-4239

### Grenville

- ✧ Familiprix (819) 242-1350

### Saint-André-d'Argenteuil

- ✧ Proxim (450) 537-8300



## Services offered at Home

**CISSS des Laurentides**  
Home support services (450)-562-3761

Calls are made to clients and permit an over-the-phone evaluation of the person's state of health. Follow-up services are scheduled and home visits are possible according to the situation.  
For new home support requests, please call the following :  
**1-833-217-5362**

**Coup de Pouce Argenteuil**  
Home service cooperative  
(450)-562-9993

- ✂ Personal care services (hygiene and dressing)
- ✂ Errand services
- ✂ Food preparation services



## Need to talk to someone ?

**Senior support and prevention**  
(Prévoyance envers les aînés)  
1-844-551-6032

Telephone service for seniors 70 years and older experiencing anxiety and stress, who need to talk to someone in confidence.

**Centre d'action bénévole d'Argenteuil**  
450-562-7447 ext. 233

Friendly telephone service answered by volunteers who have a sympathetic ear and like to chat.



## BE AWARE COVID-19 FRAUDS



As COVID-19 (coronavirus) continues to spread globally, the Canada's Anti-Fraud Center (CAFC) is warning the public to be on the lookout for associated scams. Fraudsters are creative and want to profit from consumers' fears, uncertainties and misinformation. The following examples have been shared by consumers in other countries:

- Private companies offering covid-19 tests for sale. Only hospitals are currently authorized to perform the tests. No other tests are genuine or guaranteed to provide accurate results.
- Consumers are purchasing large amounts of products and reselling them at higher prices. These products may be expired, of lower quality and increase your health risks.
- Fraudsters have been going door-to-door offering fake decontamination services. Online fraudsters are creating deceptive online ads offering cleaning products, hand sanitizers and other items in high demand. They are also sending emails that capitalize on the public's fears about COVID-19. The Federal Trade Commission (FTC) and the U.S. Food and Drug Administration (FDA) have warned several companies selling fraudulent products that claim to treat or prevent the disease. No such products have been approved. The unapproved drugs threaten public health and violate federal laws.
- Fraudsters are also urging people to invest in hot new stocks related to the disease.

### How to Protect Yourself

Beware of false or misleading information.

Find the latest information available from Public Health Agency of Canada at: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html> or at The World Health Organization at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Contact your insurance provider to answer any health insurance questions. Beware of high-priced or low-quality products.

Beware of unsolicited medical advisory emails with links or attachments. Fraudsters may spoof the information of government and health care organizations. Beware of miracle cures, herbal remedies and other questionable offers (e.g. vaccinations, faster tests, etc).



*It's going to be OK !*