

Errands by Karen... for those needing a helping hand.

1. What is Errands by Karen?

It is a ***personalized*** service, operating in the Eastern Annapolis Valley area, catering to seniors, sick or shut-ins, as well as busy people.

2. What types of Errands are included?

- Appointments (local & city)
- Grocery Shopping
- Helping at Home
- Respite for Caregivers
- Safe Home Checks
- Social Outings
- You name it!
- ***At home Blood Collection***
(Veteran Affairs approved)

3. What is the cost?

The cost is \$12.50 for one 30 minute errand. Blood collection fee is \$45 per collection. Two or more people at the same location cost \$40 per collection. Receipts are given for income tax purposes. *HST is included on all services.*

4. What is the charge for transportation?

The first 10 km are free. After that it is \$.30 per kilometer. (*Price may change due to change in gas prices.*)

5. What area do you cover?

At present, from Brooklyn to Coldbrook. Arrangements can be made for those living outside those areas (*mileage rate applies*). Group rates are available.

6. What are your hours?

From Monday to Saturday, 8am-5pm. Arrangements can be made for times outside of these hours. (*Overtime rates apply*)

5. How do I arrange an Errand?

Just call **Karen** at **902-790-2626** or email **errandsbykaren@hotmail.com**. You will be called back as soon as possible.

6. Who is Karen?

Karen Ferguson is a retired medical lab technologist who has lived in the Valley for the past 37 years. She enjoys helping people help themselves.

Got an errand? Call Karen! 902-790-2626