



COMMUNITY SERVICES FOR OLDER ADULTS

City of Temiskaming Shores

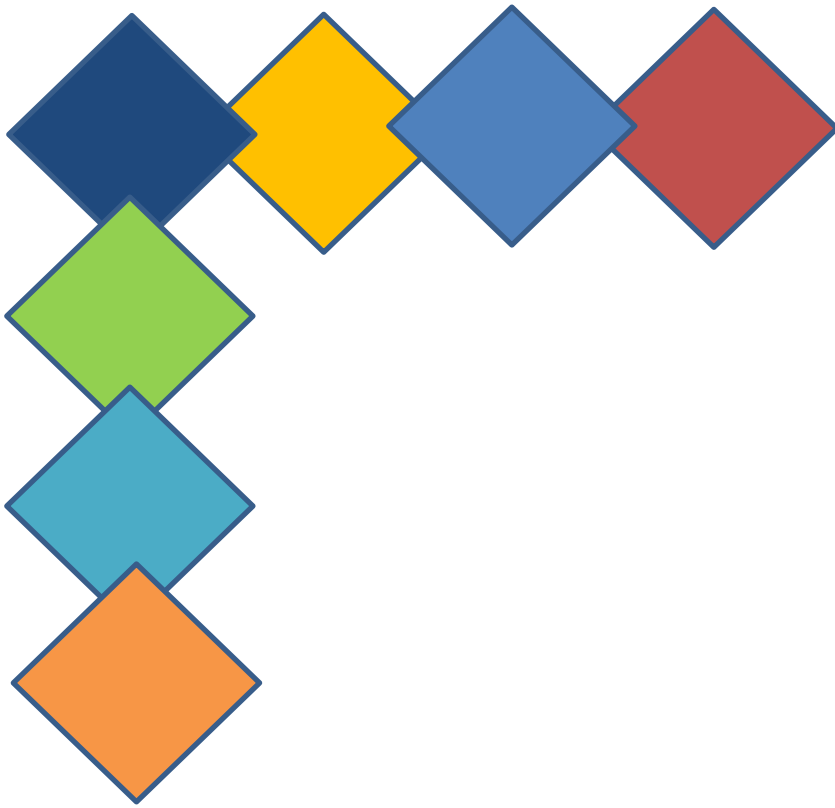
**Building an Age
Friendly**

Temiskaming Shores



**Collectivité amie
des aînés**

Temiskaming Shores



Disclaimer: The content included in this guide represents the services and organizations that provide support for older adults in the City of Temiskaming Shores that could be identified by the Age Friendly Committee at the time of publication. Please submit any additions or corrections to be included in the next version of this guide to:

City of Temiskaming Shores
Recreation Department
705-672-3363 ext. 4106
dcovello@temiskamingshores.ca

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Community Support & Health Services

General Information

211

211 provides free, confidential, multilingual access to information about the full range of non-emergency community, social, health and related government services. 211 calls are answered by Certified Information and Referral Specialists, who assess each caller's needs and link them to the best available services and programs, 24 hours a day, seven days a week. 211 also operates an online directory of services.

Tel: 211

TTY: 1-888-340-1001

Web: www.211ontario.ca

Telehealth Ontario

A free 24-hour service that provides confidential health advice and general health information.

Tel: 1-866-797-0000

TTY: 1-866-797-0007

Web: www.ontario.ca/ru2

Health Care Connect

Health Care Connect assists people in finding a health care provider in your area accepting new patients.

Tel: 1-866-532-3161

TTY 1-800-387-5559

Community Support & Health Services

North East Healthline

This website outlines all health-related services offered in the North East Region. You can search specifically in each community and see all services available to you. Also, there is an events section where fitness classes and events are posted.

Tel: 1-705-310-CCAC (2222)

Web: www.northeasthealthline.ca

Email: healthline@ne.ccac-ont.ca

North East Community Support Services

Provides information on how to access home and community care services located in North East Ontario.

Tel: 1-705-310-CCAC (2222)

Web: <http://www.northeastcss.ca>

Ombudsman Ontario

The Ombudsman is an independent officer of the Legislature who investigates complaints from the public about Ontario government services, recommending improvements for governance and resolving individual issues.

Tel: 1-800-263-1830

Email: info@ombudsman.on.ca

Web: www.ombudsman.on.ca

Community Support & Health Services

Member of Provincial Parliament

Mr. John Vanthof

Box 398, 247 Whitewood Avenue
Pinewoods Centre, Unit 5
New Liskeard, ON P0J 1P0

Tel: 705-647-5995

Toll free: 1-888-701-1105

Fax: 705-647-1976

Email: jvanthof-co@ndp.on.ca

Office Hours:

Monday to Friday: 9:00am to 4:30pm

Closed: 12:00pm to 1:00pm

Member of Parliament

Mr. Anthony Rota

112 Whitewood Avenue
New Liskeard, ON P0J 1P0

Tel: 705-647-6262

Fax: 705-647-6299

Email: Anthony.Rota@parl.gc.ca

Office Hours:

Tuesday to Thursday: 9 am to 4:30 pm

Community Support & Health Services

Service Canada

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits. We are committed to improving services for Canadians by working with partners to provide access to the full range of government services and benefits that Canadians want and need through the Internet, by telephone, in person or by mail. (Passports, Canadian Pension Plan, Guaranteed Income Supplement, Old Age Security)

280 Armstrong Street North
New Liskeard, Ontario

Tel: 1-800-622-6232

TTY: 1-800-926-9105

Web: www.servicecanada.gc.ca

Service Ontario

Provides information and assistance with services that pertain to services through the Ontario Government including accessible parking permits, Driver licences, plate stickers, health cards, birth certificates

280 Armstrong Street North
New Liskeard, Ontario
POJ IPO

Tel: 1-800-267-8097

Web: <https://www.services.gov.on.ca/>

Web: www.ontario.ca/page/serviceontario

Community Support & Health Services

Support Service Agencies

Timiskaming Home Support

Home Support offers a variety of services that can help older adults remain as independent as possible, including: Personal Care, Home Help, Assisted Living, Adult Day Program and Post Stroke Navigators. Referrals are not needed for all programs.

South Timiskaming Region (Gowganda/Elk Lake/Earlton/New Liskeard/Belle Vallée/Latchford/Cobalt/Coleman/Haileybury)

367, Sutherland Way
PO Box 428
Haileybury, ON P0J 1K0

Tel: 705-672-2254
Toll-Free at 1-800-361-5820
Web: <http://homesupportservices.ca/>
Email: dremillard@homesupportservices.ca

NOTES: _____

Community Support & Health Services

Home and Community Care

Formerly 'Community Care Access Centre' (CCAC)

Home and Community Care (NE LHIN) can connect older adults with information, provide access to qualified care providers, and links to the many services that are available in the community. Their knowledgeable staff will help you find your way through the Ontario health care system.

For older adults, Home and Community Care provides physiotherapy, occupational therapy, personal support, home making and caregiver respite, and medical supplies and dressing. If you have any questions related to health care and community support, call Home and Community Care for an initial assessment.

240 Georgina Ave, Ste. 112

Haileybury, ON P0J 1K0

Tel: 705-672-2222

Toll Free: 310-2222 (no area code required)

Web: <http://healthcareathome.ca/northeast/en>

Email: healthline@ne.ccac-ont.ca

Closing the Gap Healthcare

Closing the Gap provides personal support to individuals in their homes, including: community support services; care for the caregiver; foot care; friendly visiting; home help and homemaking; in-home hospice care, nursing and personal support; rehabilitation services; respite care for children, adults and older adults; telephone reassurance and security checks.

Unit 49, 247 Whitewood Avenue

New Liskeard, ON P0J 1P0

Tel: 705-647-4315

Toll Free: 1-888-660-3959 ext. 1050

Web: www.closingthegap.ca

Email: timiskaming@closingthegap.ca

Community Support & Health Services

Eat Right Ontario

Provides information on healthy eating and connects people to a registered dietitian for free. Their website includes a section specifically for older adults that includes a questionnaire to determine how well your eating habits are, videos, meal planners and so much more. Available in over 100 languages.

Tel: 1-877-510-5102

Web: www.eatrightontario.ca

Canadian Mental Health Association (CMHA)

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Especially for older adults, CMHA offers the Seniors' Mental Health Program that focuses on improving the mental health of older adults (a referral is needed from your doctor for this program). Also, Northern Star offers a drop-in program with activities and support groups for people living with mental illness and their families.

20 May Street South,
Box 249
New Liskeard, ON, P0J 1P0

Tel: 705-647-4444

Fax: 705-647-4434

Web: www.cmhact.ca

Email: cmhatimsk@cmhact.ca

Community Support & Health Services

Alzheimer Society of Timmins-Porcupine District

The Alzheimer Society of Timmins-Porcupine District is a not for profit organization dedicated to helping people affected by dementia. Though there is no official office in our area, there is a Public Education Coordinator who can answer questions, provide education and leads a support group.

Tel: 705-647-2379

Toll Free: 1-844-288-4554

Web: www.alzheimer.ca/timmins

Email: temiskamingpec@alzheimerstimmins.com

The Alzheimer Society also partners with Telehealth Ontario to provide after-hours support for persons with dementia and their caregivers. You can call Telehealth 24 hours a day, 7 days a week to access this service.

Tel: 1-866-797-0000

The Alzheimer Society also partners with MedicAlert to enhance the safety of people with dementia by providing 24-hour access to information and services to help people with dementia find their way home. The registration fee is \$60 per year.

Tel: 1-855-581-3794

Web: <http://www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Safety/Safely-Home>

Lifeline

Philips Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night – even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast. Service options start at \$36/month.

Toll-free: 1-866-681-7925

Web: www.lifeline.ca

Community Support & Health Services

Victim Services of Temiskaming & District

Victim Services of Temiskaming & District is a community-based service that assists police and emergency services in providing short-term emotional, practical assistance and important information about available services in the community to victims of crime and tragic circumstances. Crisis assistance is provided by specially trained community volunteers and staff who are on-call to area police and emergency services, 24 hours a day, seven days a week. Self-referrals are welcome.

300 Armstrong Street North
New Liskeard, ON P0J 1P0

Tel: 705-647-0096 / 705-568-2154

For 24-hour emergency service contact the Ontario Provincial Police at
1-888-310-1122

Web: www.temiskamingvcars.com

Email: temvcars@ntl.sympatico.ca

Seniors Safety Line (Elder Abuse Ontario)

Provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Tel: 1-866-299-1011

Web: www.elderabuseontario.com

Community Support & Health Services

Advocacy Centre for the Elderly (ACE)

The Advocacy Centre for the Elderly (ACE) is a community based legal clinic for low income senior citizens. ACE provides direct legal services to low-income seniors, public legal education, and engages in law reform activities. Scheduled intake days are Mondays, Wednesdays and Fridays.

Tel: 1-855-598-2656

Web: www.advocacycentreelderly.org

Consent and Capacity Board (CCB)

An independent provincial tribunal, the Consent and Capacity Board's (CCB) mission is the fair and accessible adjudication of consent and capacity issues, balancing the rights of vulnerable individuals with public safety. The CCB's key areas of activity are the adjudication of matters of capacity, consent, civil committal and substitute decision making. Over 80 percent of applications to the CCB involve a review of a person's involuntary status in a psychiatric facility under the Mental Health Act, or a review under the Health Care Consent Act of a person's capacity to consent to or refuse treatment.

Tel: 1-866-777-7391

Fax: 1-866-777-7273

Email: ccb@ontario.ca

Web: www.ccboard.on.ca

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Community Support & Health Services

Temiskaming Shores Accessibility Advisory Committee

TSAAC reviews site plan control agreements, develops programs to improve accessibility in the community and generally advises on the accessibility of City services and facilities.

The TSAAC meets every third Wednesday of the Month and welcomes members of the public to attend.

Temiskaming Shores City Hall
705-672-3363

Community Cancer Care

Cancer patients in financial need can be supported with some costs not covered by private or government insurance plans including:

*Accommodations; *Medications; * Specialized dental treatments; *Medical supplies & dressings; *Lab tests; *Balance of the cost of prosthesis; *Nutritional supplements; *Cost or purchasing of rental medical equipment; *Physiotherapy treatments

All families must present their request to the CCC board in person or by telephone prior to receiving assistance on an individual basis.

New Liskeard office hours are Tuesday, Wednesday & Thursday 10:00am-1:00pm

90 Whitewood Ave (Community Hall rear entrance)

New Liskeard, ON P0J 1P0 PO Box# 994

Tel: 705-628-8800

Englehart office: 705-544-2301 ext. 5256 (leave a message)

Community Support & Health Services

Health Services

Temiskaming Hospital

Provides both inpatient and outpatient services to the Temiskaming Shores Area. They offer specialized geriatric services, telemedicine, primary surgeon, physiotherapy and specialists who come from out of town. The hospital is accessible and strives to make things easier for older adults.

For emergencies, ***DIAL 911***

421 Shepherdson Road
New Liskeard ON P0J 1P0

Tel: (705) 647-8121

If you know the extension you are trying to reach, call (705) 647-1088

Web: www.temiskaming-hospital.com

Centre de santé communautaire du Témiskaming

Offers a Community Health Center for the francophone community of Temiskaming. Focuses on holistic perspective of health promotion that includes physical and mental health, reducing social isolation, volunteerism and managing chronic illnesses.

20 May Street South
C.P. 38
New Liskeard, Ontario
POJ IPO

Tel: 1-705-647-5775/5939

Toll Free: 1-800-835-2728

Web: www.csctim.on.ca

Community Support & Health Services

Pharmacies

Chartrand's YIG Pharmacy

55 Scott Street
New Liskeard, ON P0J 1P0

Tel: 705-647-8728

Web: www.yourindependentgrocer.ca/en_CA/health-wellness/pharmacy.html

Findlay's Drug Store

247 Whitewood Avenue
New Liskeard, ON P0J 1P0

Tel: 705-647-8186

Toll Free: 1-800-461-0974

Web: www.findlaysdrugstore.ca

Email: info@findlaysdrugstore.ca

Smallman IDA Pharmacy

368 Main Street
Haileybury, ON P0J 1K0

Tel: 705-672-5261

Web: www.smallmanpharmacy.com

Email: smallmancustomer@ntl.sympatico.ca

Community Support & Health Services

Walmart Pharmacy

133, Highway 11
New Liskeard, ON P0J 1P0

Tel: 705-647-6344
Toll Free: 1-800-366-0474

Temiskaming Pharmasave

240 Shepherdson Road, Suite 3
New Liskeard, ON P0J 1P0

Tel: 705-647-4617
Web: www.pharmasave.com

Ontario Drug Benefit (ODB) Program

If you are 65 and older and have a valid Ontario Health Card, you qualify for the ODB program. You will be sent a letter several months before you turn 65. You will be required to pay a \$100 deductible at the beginning of the ODB benefit year (August 1st). Once the deductible is paid, approved prescriptions will cost up to \$6.11.

If you are a senior with low income, you can apply for the Seniors Co-Payment Program to have the deductible waved and the co-payment reduced to \$2.00. Application kits are available at your local pharmacy or by calling the phone number below. Wal-Mart and Chartrand's pharmacies both discount the co-payment by \$2.00 for all seniors.

Tel: 1-888-405-0405 – Application
Tel: 1-866-532-3161 – Information (Service Ontario)
TTY: 1-800-387-5559
Web: www.ontario.ca/ru6

Community Support & Health Services

Fall Prevention

Stay on Your Feet (SOYF)

Stay on Your Feet is a preventive program that focuses on 9 steps to help older adults reduce their risk of falling. The program provides information and recommendations to older adults.

Contact: Timiskaming Health Unit

Tel: 705-647-4305

Toll Free: 1-866-747-4305

Web: www.timiskaminghu.com

Assistive Device Program

If you have a long-term physical disability, you may be able to receive funding towards personalized assistive devices to help you live more independently. This program will pay up to 75% of the cost of equipment (wheelchairs, respiratory devices, orthotic devices). There is also funds for hearing aids, ostomy supplies, needles and syringes and breast prostheses.

Contact: Ministry of Health and Long-Term Care

Toll free: 1-800-268-6021

TTY: 1-800-387-5559

Web: www.health.gov.on.ca/adp

Email: adp@ontario.ca

Community Support & Health Services

New Liskeard Lions Club

The New Liskeard Lions Club may be able to assist in the provision of equipment for those who require mobility assistance, wheelchairs, and hospital beds.

New Liskeard Lions Club
90 Whitewood Avenue
Suite 4
P.O. Box 308
New Liskeard, ON P0J 1P0
Email: info@newliskeardlions.ca

Specialized Services

Med-E-Ox Mobility in Motion

Med-E-Ox provides in-home assessment, free home trials, vehicle modification, home modifications, and ramps, sells accessible vehicles and mobility aids, including those for recreation, and offers CPAP treatment, oxygen treatment and supplies. Med-E-Ox is an approved vendor with WSIB, (VAC), Blue Cross and ADP. They also rent equipment for those who may only need it temporarily.

211 Armstrong St. N
PO Box 820
New Liskeard, ON P0J 1P0
Tel: 705-647-1222
Toll Free: 1-866-299-1911
Web: www.mobilityinmotion.net
Email: temiskaming@mobilityinmotion.net

Community Support & Health Services

Cardiac Rehabilitation

Temiskaming Hospital

Offers Cardiac Rehabilitation as a satellite of the Sudbury Regional Hospital: a 12-week program that assists in the recovery of a heart attack or heart surgery.

If you are interested, speak with your health care provider for a referral.

Active Options

This class is ideal for graduates of the hospital's Cardiac Rehabilitation program. It focuses on continued rehabilitation after a heart-related incident and is located at the Waterfront Pool/Fitness Centre.

Contact: Lorrie Mickelson

Tel: 705-647-2848

Email: Activeoptionsbylorrie@gmail.com

NOTES:

Community Support & Health Services

Vision

CNIB

CNIB has staff to help individuals with vision loss. Though their office is in Timmins they will travel to our area to meet with you. Services include: independent living skills, low vision specialists and orientation and mobility specialists.

60 Wilson Avenue
Suite 312
Timmins, ON P4N 2S7

Tel: 1-705-264-2312
Toll Free: 1-800-563-2642
Web: <http://www.cnib.ca/>

Dr. Casey Baldovin and Dr. Laurie Mageau Optometrists

52-247 Whitewood Ave.
New Liskeard, ON P0J 1P0

Tel: 705-647-7445

McKnight & Lee & Pepin Optometrists

247-7 Whitewood Ave.
PO Box 314
New Liskeard, ON P0J 1P0
Tel: 705-647-5511
Web: www.baldovin2020.com

Community Support & Health Services

Dental

Amuse Bouche Mobile Dental Hygiene

Provides both a clinic and mobile dental services. Works closely with a dentist and can provide most services in your own home if you cannot make it to the office.

22 Rorke Ave.
PO Box 298
Haileybury, ON P0J 1K0

Tel: 705-622-3619

Email: amuseboucherrdh@hotmail.com

Temiskaming Denture Centre

Specializes in new full/partial dentures, same day relines or repairs, and much more. The facility is wheelchair accessible and consultations are free. Financing options are available.

21 Whitewood Ave. E.
PO Box 2727
New Liskeard, ON P0J 1P0

Tel: 705-647-6888

Web: temiskamingdenturecenter.ca

Email: temiskamingdenturecenter@gmail.com

Dentists

Search for “dentists” or “dentistes” in the yellow pages of your local phone book.

Community Support & Health Services

Hearing

The Hearing Aid Centre

Provides hearing evaluation, fits hearing aids, sells accessories and provides counselling on how to use instruments. He will come to your house if you cannot get to him. Clinics on Mondays and Tuesdays, 9 am-4 pm, call for an appointment.

14 Whitewood Ave.
New Liskeard, ON P0J 1P0

Tel: 1-800-718-0436
Web: www.rayshearing.com
Email: rayl@rayshearing.com

Timiskaming Hearing Clinic

Provides hearing tests, hearing aids and maintenance. Open every Wednesday and will come into your home upon request.

116 Whitewood Ave.
New Liskeard, ON P0J 1P0

Tel: 1-705-567-1115
Toll-free: 1-800-859-6754

Community Support & Health Services

Support Groups

Fibromyalgia Support Group

Meets the second Tuesday of each month at Our Mother of Perpetual Help Church from 1-3 pm.

81 Maple St.
New Liskeard, ON P0J 1P0

Contact: Christine
Tel: 705-628-2019

Multiple Sclerosis (MS) Support Group

Meets the first Monday of every month at the New Liskeard Arena lobby from 1-3 pm.

75 Wellington St. S
New Liskeard, ON P0J 1P0

Prostate Cancer Support Group

Meets the second Tuesday of each month at the Dymond Fire Hall at 10 am.

181 Drive in Theatre Rd.
New Liskeard, ON P0J 1P0

Contact: Jim Garahan
Tel: 705-647-6390
Email: jimmeegar@yahoo.ca

Community Support & Health Services

Hospice Palliative Care

Timiskaming Hospice Palliative Care

The direction for care of individuals/families who are dealing with a diagnosis of cancer, and other chronic or life-limiting illnesses, and their families has changed. Palliative care is a supportive care program and can be helpful at any stage of the illness. This supportive care approach begins early, following diagnosis and continues up to and including the death of an individual which may be weeks, months or years.

24-hour supportive care through Volunteer Coordinator and trained volunteers; offering psychological, emotional, social, spiritual support, and Bereavement support. The client will be seen at home, hospital, hospice and in Long Term Care Homes.

There is a community Hospice Care Suite located at Temiskaming Hospital.

New Liskeard office
Temiskaming Hospital
421 Shepherdson Road
New Liskeard ON POJ 1P0
705-679-4261

Main Office
145 Government Rd. East
Kirkland Lake ON P2N 3P4
Central Intake: 705-568-2135
Fax: 705-568-2160

Meals

Diners Club

A hot meal and social activities monthly! Locations include Haileybury, Cobalt and New Liskeard. Must be 60 or older. \$9 for the meal.

Timiskaming Home Support
Tel: 705-672-2254
Toll-free: 1-800-361-5820
Web: homesupportservices.ca

Community Support & Health Services

Down By the Bay

Offers pre-cooked frozen meals that are easy to heat up. Weekly delivery available and can be picked up at Yves Prime Cut Meats in New Liskeard (883306 Hwy 65, 705-647-9837). Also makes Jam, deserts, pickles, soups and pies.

Contact: Maureen Church

Tel: 1-705-544-2147

Email: downbythebayjam@yahoo.ca

Heart to Home Meals

Heart to Home Meals provides home-style frozen meals, soups and desserts delivered directly to your home. The nearest Depot is in Hearst but they will ship via Purolator to Temiskaming Shores.

Toll Free: 1-800-786-6113

Web: www.HeartToHomeMeals.ca

Meals on Wheels

Nutritious meals delivered by friendly volunteers in New Liskeard and Haileybury 3 times per week and in Cobalt 2 times per week. One is a hot meal and the other 1 or 2 deliveries are freezer meals.

Contact: Timiskaming Home Support

Tel: 705-672-2254

Toll-free: 1-800-361-5820

Web: homesupportservices.ca

NOTES: _____

Community Support & Health Services

Food Banks

Haileybury Food Bank

Business hours: Thursdays 10 am-12 pm

500 Broadway Street
Haileybury, ON P0J 1K0

Tel: 705-672-2119

New Liskeard Salvation Army Food Bank

Business hours: Tuesdays 1 pm-3 pm

260 Whitewood Avenue
New Liskeard, ON P0J 1P0

Tel: 705-647-4115

NOTES: _____

Community Support & Health Services

Local Food

Riverside Farmers' Market

The season runs from the first Saturday in June until the last Saturday in October, every Saturday from 8 a.m. to noon inside Riverside Place in New Liskeard. There is a special Christmas Market in November.

Riverside Place, 55 Whitewood Avenue
New Liskeard, ON P0J 1P0

Web: <http://riversidefarmersmarket.ca/>

Email: riversidefarmersmarket1@gmail.com

Temiskaming Good Food Box

The Temiskaming Good Food Box can be ordered year round. The Good Food Box comes in two sizes (\$15 for 8-10 items and \$20 for 12-14 items) and contains farm fresh produce, whole grain staples, and recipes so you can make complete meals. Sign up by the second Friday of the month and pick up your box on the last Thursday of the month.

Contact: Shelly Rahme

Tel: 705-961-0379

Web: www.facebook.com/TemiskamingGoodFoodBox

Housing

Permits

Residential Home

If you live in a residential home, you do not need an architect for simple upgrades. Simply follow the rules of the building code and submit your own drawings to the City. Remember: if you are unsure you can always contact the City for a free consultation and site visit. They will be able to tell you what you need to get a permit.

Contact City of Temiskaming Shores at 705-672-3363

Gathering Places

Renovations to places where people gather such as churches, recreation facilities and halls require architectural or engineered drawings. There is no one in the local area but a list of possible options can be obtained by contacting:

Contact City of Temiskaming Shores at 705-672-3363

Stores or Businesses

Stores and businesses require a qualified designer to submit drawings to obtain a permit. There are several local designers.

Contractors

Most contractors in the area will complete accessible upgrades. It is always best to get at least 2 quotes to ensure you are paying the right amount for the work.

Search for “contractors” in the yellow pages of your local phone book.

Housing

Home Adaptation & Financial Assistance

Canadian Mortgage and Housing Corporation (CMHC)

CMHC provides several online publications about possible adaptations that will allow older adults to remain in their home.

Toll Free: 1-800-668-2642

TTY: 1-800-309-3388

Web: www.cmhc.gc.ca

Email: contactcentre@cmhc.ca

Healthy Homes Renovation Tax Credit

This tax credit is for older adults and families who live with older adults to make accessible upgrades to their home. You can claim up to a maximum of \$10,000 on your taxes and can get back 15% of eligible expenses.

Tel: 1-866-668-8297

TTY: 1-800-236-7776

Web: www.ontario.ca/healthyhomes

Senior Property Tax Relief

There is a property tax deferral program for seniors. The criteria are specific and all deferred tax dollars will need to be paid back when the home is sold.

Contact: Treasurer, City of Temiskaming Shores

Tel: 705-672-3363

Housing

Ontario Electricity Support Program

If you have a low income you may be eligible for a reduction on your electricity bill. The amount you receive depends on your income and the number of persons living in your home. You need to apply in order to receive the discount. You will need your electricity bill, names and birthdates of all persons living in the home and their social insurance numbers or Individual Tax Numbers. Use this information to fill out application and mail it in. The application can be found on the website below.

Tel: 1-855-831-8151

TTY: 1-800-855-1155

Web: www.OntarioElectricitySupport.ca

Email: help@ontarioelectricitysupport.ca

Ontario Energy and Property Tax Credit

This credit helps low- to moderate-income individuals with property taxes and the sales tax on energy. The credit is part of the Ontario Trillium Benefit. Apply through your yearly tax return through the ON-BEN form.

Tel: 1-866-668-8297

TTY: 1-800-263-7776

Web: <http://www.fin.gov.on.ca/en/credit/oeptc/index.html>

Housing

Retirement Homes

Northdale Manor

Northdale Manor offers retirement living to older adults who are mobile, cognitively well and continent. They offer housekeeping every two weeks with some services daily, weekly laundry service, 24/7 nursing care to assist with medications and emergencies, activity program and so much more.

130 Lakeshore Rd. North,
Temiskaming Shores, New Liskeard
Ontario, P0J 1P0

Phone: (705) 647-6541
Fax: (705) 647-5284
Email: nordale@ntl.sympatico.ca

Notes: _____

Housing

Older Adult Residences

New Liskeard Non-Profit Housing Corporation

Provides housing to adults 60 and older who can live independently. Temiskaming Home Support does provide some services to the building including access to a Personal Support Worker. There is a recreation room and some outside organizations come in to run programs (e.g. Step Up exercises).

Lakeside Seniors Apartments
105 Market Street
New Liskeard, Ontario
POJ IPO

Contact: Property Manager
Tel: 1-705-647-3076
Fax: 1-705-647-6456
Email: nlph@ntl.sympatico.ca

RCL Zone K-1 and Area Veterans Building

Offers 25 units at both a market rate and geared to income. Must be 60 or older and can apply through the Island View building or through District of Timiskaming Social Services Board

259 Gordon Drive
Haileybury, Ontario
POJ IKO
Tel: 1-705-672-2557

Housing

District of Timiskaming Social Service Administration Board

DTSSAB offers geared-to-income housing for older adults in the Temiskaming Area. There are 2 buildings in Haileybury, New Liskeard and Cobalt that cater mostly to older adults.

PO BOX 6006
290 Armstrong St.
New Liskeard, ON
P0J 1P0

Tel: 1-705-647-7447

Toll Free: 1-800-627-2944

Web: <http://www.dtssab.com/>

Buildings with Assisted Living Services – Place Sainte Marie

Place Sainte Marie in Haileybury offers a seniors' discount and assisted living services through partnership with Timiskaming Home Support.

367 Sutherland Way
Haileybury, Temiskaming Shores, Ontario
P0J 1K0

Tel: 705-648-3922

Web: <http://www.placesaintemarie.ca/>

Housing

Long-Term Care Homes

In order to get placed into a long-term care home, you must contact Home and Community Care NE LHIN to have your name placed on a waiting list. Home and Community Care will contact you when a bed becomes available. For more information about each long-term care home, see the contact information below.

Contact: Home and Community Care, NE LHIN

Toll Free: 1-888-602-2222

Web: www.ne.ccac-ont.ca

Web: www.healthcareathome.ca/northeast/en

Long-Term Care - Temiskaming Lodge

An 83 bed fully accredited long-term care home offering private, semi-private and basic accommodations. We provide 24 hour nursing care for residents living with day-to-day physical and/or cognitive challenges. We also have one temporary interim short-stay bed for those in hospital waiting for a bed in long-term care and a short stay bed for caregiver relief.

100 Bruce Street
Haileybury, Ontario
P0J 1K0

Tel: 705-672-2123

Fax: 705-6725734

Web: <http://www.jarlette.com/>

Housing

Long-Term Care - Extendicare

This home offers a fully accredited long-term care home with private, semi-private and basic accommodations. 24-hour nursing care for residents living with day-to-day physical and/or cognitive challenges is provided as well as a fully developed life enrichment program.

143 Bruce Street
PO Box 999
Haileybury, Ontario
POJ IKO

Tel: 705-672-2151

Fax: 705-672-5348

Web: <http://www.extendicaretritown.com>

Email: cnh_tritown@extendicare.com

NOTES: _____

Financial and Legal

For some older adults, financial concerns are not an issue. However, for others, money may be tight. The costs associated with living longer can be overwhelming. There are some funding programs available to help.

Federal / Provincial Financial Programs

Old Age Security Pension (OAS)

Offered to most Canadians aged 65 or older. You should receive a letter from the Government of Canada just after your 64th birthday. The letter will either ask you to fill out forms in order to enroll or inform you that you are automatically enrolled. If you do not receive this letter, be sure to call or go into a Service Canada office. You can also defer payment for up to 60 months to receive larger amounts later.

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web:

<http://www.servicecanada.gc.ca/eng/services/pensions/oas/pension/index.shtml>

Guaranteed Income Supplement (GIS)

Available to OAS beneficiaries with low incomes. You will need to apply to receive this benefit and your eligibility will be reviewed each year with your taxes.

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web:

<http://www.servicecanada.gc.ca/eng/services/pensions/oas/gis/index.shtml>

Financial and Legal

Guaranteed Income Supplement - Allowance for the Survivor

If you are between 60 and 64, have a low income, and are the spouse, common-law partner or widow of GIS recipients you may be eligible.

Toll-Free: 1-800-277-9914

TTY: 1-800-255-4786

Web:

<http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml>
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Canadian Pension Plan

A program to replace a portion of an individual's earnings once he/she has retired. It is based on contributions made throughout the individuals working life. You need to apply online and can do so up to 12 months before you retire.

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web:

<http://www.servicecanada.gc.ca/eng/services/pensions/cpp/retirement/index.shtml>

NOTES:

Financial and Legal

Canadian Pension Plan - Survivor's Pension

The CPP survivor's pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.

If you are a separated legal spouse and the deceased had no cohabiting common-law partner, you may qualify for this benefit.

If you are widowed more than once, only one survivor's pension - the larger - will be paid.

The survivor or a representative of the survivor must apply for the monthly pension.

Toll: 1-800-277-9914

TTY: 1-800-255-4786

Important: Have your social insurance number ready when you call

Web: http://www.esdc.gc.ca/en/cpp/survivor_pension.page

GAINS: Ontario Guaranteed Annual Income System

Available to those 65+ and receive a pension (OAS, GIS) to assist in ensuring your income stays above a certain amount. You do not need to apply for this program, your eligibility will be determined with other pension applications.

Toll Free: 1-866-668-8297

TTY: 1-800-263-7776

Web: <http://www.fin.gov.on.ca/en/credit/gains/>

Financial and Legal

Tax Measures

Older adults can also apply for a number of tax breaks. These include the Age Credit, Pension Income Tax Credit, income splitting, etc. Look for these categories when filing your taxes.

Note:

All tax and funding programs that relate to Housing can be found in that section.

Income Tax Return Assistance

The Literacy Council of South Temiskaming hosts free assistance with income tax returns during the months of February and March.

Literacy Council of South Temiskaming,
40 Paget Street North,
P.O. Box 1558,
New Liskeard, ON P0J 1P0

Tel (705) 647-4040
Fax (705) 647-4062
Email: lcstlearn@gmail.com

Financial Planning – Financial Consumer Agency of Canada

The Financial Consumer Agency of Canada provides some online resources to help with financial planning.

<http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Pages/financial-planning.aspx>

Financial and Legal

Planning your Retirement

Online information to help older adults make informed decisions leading up to their retirement.

Web: <http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/planningRetirement/Pages/home-accueil.aspx>

Your Financial Toolkit

A program to help Canadians manage their personal finances. The Toolkit includes a module on retirement and pensions.

Web: <http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Pages/home-accueil.aspx>

NOTES: _____

Financial and Legal

Financial Services

CIBC New Liskeard

6 Armstrong Street
New Liskeard, Temiskaming Shores
Ontario

Tel: 705-647-6877
Toll Free: 1-800-465-2422
Toll Free: 1-888-337-2422 (French)
Web: www.cibc.com

Desjardins – Caisse Populaire du Temiskaming

138 Whitewood Avenue
New Liskeard, Ontario
POJ IPO

Tel: 705-647-8135
Fax: 705-647-8439
Web: www.desjardins.com

RBC New Liskeard

5 Armstrong Street
New Liskeard, Ontario
POJ IPO

Tel: 1-705-647-6891
Web: www.royalbank.com

Financial and Legal

Scotiabank

478 Main Street
Haileybury, Temiskaming Shores
Tel: 705-672-3357

35 Armstrong Street South
New Liskeard, Temiskaming Shores
Tel: 705-644-7366

Web: <http://www.scotiabank.com/>

TD Canada Trust

11 B Timiskaming Square
New Liskeard, Ontario
POJ IKO

Tel: 705-647-6749
Fax: 705-6473104
Web: www.tdcanadatrust.com

Financial and Legal

Legal Services

Legal Aid Ontario

Provides legal assistance to low-income individuals and disadvantaged communities. Staff will help you find the services you need and also funds numerous independent, community-based legal aid clinics.

Tel: 1-800-668-8258

TTY: 1-866-641-8867

Web: www.legalaid.on.ca

The Office of the Public Guardian and Trustee (OPGT)

The Office of the Public Guardian and Trustee (OPGT) is part of Ontario's Ministry of the Attorney General. OPGT delivers a diverse range of services that safeguard the legal, personal and financial interests of certain private individuals and estates. The brochures available on their website contain helpful information, including about protecting the rights and interests of mentally incapable adults, administering estates, and the Capacity Assessment Office.

Intake:

Toll-Free: 1-800-366-0335

Regional Office (Sudbury):

199 Larch Street, Suite 602,
Sudbury, ON P3E 5P9

Tel.: (705) 564-3185

Toll-free: 1-800-891-0503

For treatment decisions call Ottawa office at 1-800-891-0506

Web: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/>

Financial and Legal

Funeral Planning

Buffam-Leveille Funeral Home

Provides families with well-planned funeral arrangements in their time of need, comfortable, soothing surroundings, innovative, truly personalized funeral home services and produces, assists families and individuals making their pre-need plans and reaches out to the greater community with educational seminars and grief support programs.

483 Broadway Street
PO Box 791
Haileybury, Ontario
POJ IKO

Tel: 705-672-3122
Fax: 705-672-3267
Web: <http://www.buffamleveille.com/>
Email: buffamfh@ntl.sympatico.ca

Perrin Funeral Chapel

Perrin's offers personal assistance for funeral planning, preplanning and pre-payment, monuments, and grief resources. They are able to come to your home if you are unable to come to the Chapel.

128 Whitewood Avenue
New Liskeard, Temiskaming Shores
POJ IPO
Tel: 705-647-5020
Fax: 705-647-9724
Web: <http://www.perrinfuneralchapel.com>
Email: perrin@ntl.sympatico.ca

Social Participation

Libraries

Temiskaming Shores Libraries

There are 2 libraries in the City of Temiskaming shores, one in Haileybury and one in New Liskeard that provide a variety of programs including internet use.

Haileybury Branch

545 Lakeshore Road
Haileybury, Ontario
POJ IKO

Tel: 705-672-3707

Web: <http://www.temisklibrary.com/>

Email: Haileybury@temisklibrary.com

New Liskeard Branch

50 Whitewood Avenue
New Liskeard, Ontario
POJ IPO

Tel: 705-647-4215

Web: <http://www.temisklibrary.com/>

Email: NewLiskeard@temisklibrary.com

Programs offered include:

Outreach Book Exchange

Staff/volunteers exchange books for residents of the Northdale Manor, Extendicare and Temiskaming Lodge.

Social Participation

Book Delivery Requests

If you are unable to get to the Library, staff will coordinate a volunteer to exchange books with you at your home

Technology Training

Haileybury library offers one-on-one computer training from October to March. Staff are available for troubleshooting library software (i.e. Overdrive).

Books and Bites

Open to all ages to come out over lunch to learn a little with friends. Occurs the last Tuesday of the Month.

Audio and Large Print Books

For individuals with vision impairments the library has a great selection of audiobooks, large print books, daisy players and daisy CDs.

Book Clubs

One French and one English that meet at the New Liskeard Library. Book drop off at nursing homes. Computer classes, Gadget helper by appointment.

Nordic Poles

Nordic Poles are available for loan at both library branches.

Snowshoes

Snowshoes are available for loan from the Haileybury Public Library. To borrow snowshoes in New Liskeard, see the Pool/Fitness Centre.

Social Participation

Groups

Golden Age Club Cobalt

Offers a wide variety of activities to older adults in the Temiskaming Area, including cards, meals, sewing groups, jam sessions and much more. To become a member, contact the Golden Age Club.

22 Argentite Street
Cobalt, Ontario
POJ IRO

Tel: 705-679-5525

Web: www.cobalt.ca

Temiskaming Rising Stars

An English language acting troupe who use light hearted skits and humorous songs to educate other older adults about important issues.

Contact: Diane Morin

Tel: 705-647-6552

L'étoile de la sagesse Témiskaming

A French language acting troupe who use light hearted skits and humorous songs to educate other older adults about important issues.

Contact: Julie Laplante

Tel: 705-563-8110, ext. 4230

Email: Julielaplante@csctim.on.ca

Social Participation

New Liskeard Lions Club

Meetings are held at 6:30 pm on the second and fourth Mondays each month downstairs at the New Liskeard Community Hall on Whitewood Avenue, New Liskeard.

New Liskeard Lions
Box 308,
Suite 4--90 Whitewood Avenue
New Liskeard, ON P0J 1P0
Email: info@newliskeardlions.ca

Lioness Club

Strive to be the global leader in community and humanitarian service. Meet third Monday of the month at the New Liskeard Community Hall, on Whitewood Avenue, New Liskeard

90 Whitewood Avenue
New Liskeard, ON P0J 1P0
Contact: Julie Lafond
Tel: 705-647-4274

Social Participation

Rotary Club of Temiskaming Shores and Area

Our impact starts with our members—people who work tirelessly with their clubs to solve some of our communities' toughest challenges. Their efforts are supported by Rotary International, our member association, and The Rotary Foundation, which turns generous donations into grants that fund the work of our members and partners around the world. Rotary is led by our members—responsible leaders who help to carry forward our organization's mission and values in their elected roles.

PO Box 161
Haileybury, ON P0J 1K0

Contact: James Franks
Email: jfranks@temiskamingshores.ca

Association Canadienne-Française de l'Ontario (ACFO) Temiskaming

ACFO encourages and promotes the development and vitality of the Franco-Ontarian and Franco-Ontarians in its region in the social, cultural, religious, educational, economic and community, and without profit.

Contact: Jean-Claude Carrière
Tel: 705-647-6105
Web: www.francofun-temiskaming.ca
Email: acfotem@ntl.sympatico.ca

Social Participation

Club du sourire de New Liskeard (Âge d'or)

Contact: Bruno Aylwin
PO Box 1269
New Liskeard, ON P0J 1P0
Tel: 705-647-6128
Email: aylwin@fibreop.ca

Club joyeux de Haileybury (Âge d'or)

Contact: André Camirand
PO Box 268
Haileybury, ON P0J 1K0
Tel: 705-672-3262

Club Richelieu Timiskaming

Contact: Gérard Vachon
PO Box 527
New Liskeard, ON P0J 1P0
Tel: 705-647-8066
Email: gvachon@ntl.sympatico.ca

Temiskaming Métis Association

The Temiskaming Métis Community Council is a charter member of the Métis Nation of Ontario and works collaboratively with them to offer a range of services to their members including health, social, and economic development. Their mission is to promote Métis cultural traditions and to represent the collective aspirations, rights and interests of Métis citizens.

P.O. Box 957
439 Ferguson Street
Haileybury, ON P0J 1K0
Tel: 705-672-2807
Email: tmcc@ntl.sympatico.ca

Social Participation

Museums

Haileybury Heritage Museum

Showcasing the areas past with special exhibits. Offers a seniors discount on admission fees.

Haileybury Heritage Museum,
P.O. Box 911, 575 Main St.,
Haileybury, ON P0J 1K0

Tel: 705-672-1922

Web: <http://www.haileyburyheritagemuseum.ca/>

Email: hmmuseum@hotmail.ca

Little Claybelt Homesteader Museum

Exhibits reflect the settlement of “New Ontario”. Glaciers created the “Little Claybelt” with a rich soil. Look for “Ms. Claybelt”, a giant replica of a Holstein cow, honouring the regional dairy industry. Admission is free.

PO Box 1718
883356 Highway 65 East
New Liskeard, ON P0J 1P0

Tel: 705-647-9575

Web: claybeltmuseum.ca

Social Participation

Cobalt Mining Museum

The Cobalt Mining Museum has 7 Exhibit Rooms with a video on the history, a fluorescent rock room and so much more, also have an Underground Tour which runs daily on the hour throughout the summer and the Heritage Silver Trail which is a self-guide tour of 20 sites, each with a different aspect of mining, story boards and photographs at each site as well as parking lots.

24 Silver Street
Cobalt, ON P0J 1C0

Tel: 705-679-8301

Web: cobalt.ca/visitors/museums

Email: cnomchin@ntl.sympatico.ca

Cobalt Firefighter Museum

The Cobalt Northern Ontario Firefighters Museum houses firefighting equipment dating back 100 years.

22 Lang Street
Cobalt, ON P0J 1C0

Tel: 705-679-5757

Web: cobalt.ca/visitors/museums

Social Participation

Recreation

Balanced Motion

All three teachers provide a variety of classes suited for older adults, including Strength 4 Muscle and Bone, Building Bones, Mindful Meditation, etc. Each person fills out a health form to assist the studio in ensuring the class is right for you. Balanced Motion also has a variety of ongoing workshops including the Osteoporosis Workshop, Yoga for Anxiety and Nutrition Workshop.

Heritage Place
213 Whitewood Avenue, Unit A4
P.O. Box 520
New Liskeard, ON P0J 1P0

Tel: 705-647-1445

Web: www.balancedmotionpilatesandyoga.com

Email: balancedmotionstudio@gmail.com

From Soup to Tomatoes

From Soup to Tomatoes is a free chair based exercise program that is offered online and in a group setting at Riverside Place.

Contact the Timiskaming Health Unit for more information:

Tel: 705-647-4305

Toll Free: 1-866-747-4305

Web: www.timiskaminghu.com

Social Participation

Stand Up!

Stand Up! is a fall prevention exercise program for older adults. The program runs for 12 weeks, with classes 2 times per week. It focuses on exercises and information to prevent falls. The program is hosted at various locations throughout Temiskaming Shores and area. Location and schedules can be found on the Timiskaming Health Unit website.

Contact: Timiskaming Health Unit

Tel: 705-647-4305

Toll Free: 1-866-747-4305

Web: www.timiskaminghu.com

There are also sessions running through the Centre de santé communautaire du Témiskaming in both New Liskeard and Haileybury

Tel: 705-647-5775

Toll Free: 1-800-835-2728

Tai Chi Society

The *Taoist Tai Chi®* arts are specifically designed to improve holistic health. The significant degree of turning and stretching in each of the movements, combined with the adaptability of the form to suit individual needs, are just some of the factors that contribute to its focus on restoring, improving and maintaining health. Health Recovery Classes also offered.

Community of Christ Church

33 Niven Street

PO Box 2887

New Liskeard, ON P0J 1P0

Tel: 705-647-3119

Email: newliskeard@taoist.org

Social Participation

Waterfront Pool/Fitness Centre

A variety of programs for older adults are available through the pool/fitness center including Aquafitness, Adult Swims, and Swim Fit. Fitness programs are run through certified private trainers, contact the Pool/Fitness Center for a list of programs and the contacts. The facility also has a hot tub and saunas. You can also borrow snowshoes from the Pool/Fitness Centre.

77 Wellington Street,
New Liskeard, Temiskaming Shores

Tel: 705-647-5709

Centre de santé communautaire du Témiskaming

Offers a variety of programs aimed at older adults including:

- Knitting Group
- Nordic Pole Walking
- Community Walk each year at the end of April/beginning of May.
- Seniors Month Community Luncheon at Riverside Place in June
- Living Healthy with Chronic Diseases, a 6-week course

20 May St. S
New Liskeard, ON P0J 1P0

For more information or to register contact:

Tel: 705-647-5775
Toll Free: 1-800-835-2728

Social Participation

Arenas

There are times for adult only skating as well as Men's and Ladies hockey. For more information, contact the City Hall

Haileybury Arena

500 Ferguson Avenue
Haileybury, ON P0J 1K0
Tel: 705-672-3363

New Liskeard Arena

75 Wellington Street
New Liskeard, ON P0J 1P0

Old Timer's Hockey

Offered once a week ten months of the year, all welcome! A great opportunity to get out and be active and socialize. Wednesday and Fridays from 11 am-12 noon.

Contact: Ernie
Tel: 1-800-508-5548
Email: leisure@leisureinn.net

Cobalt Haileybury Curling Club

Experience curling in a fun and safe atmosphere! Senior Day Curling and Rates Available.

434 Leslie McFarlane Way
Haileybury, ON P0J 1K0

Tel: 705-672-3515
Web: www.haileyburycurlingclub.ca
Email: chcc@nt.net

Social Participation

Horne Granite Curling Club

The Curling Club offers fun, friendship and fundamentals to all ages. Curling can be modified to meet all skill levels and abilities. They have a daytime league focused on older adults on Tuesdays and Thursdays. You can sign up as an individual and they will put you on a different team each week.

44 Whitewood Avenue
New Liskeard, ON P0J 1P0

Tel: 705-647-4422

Email: hgcc@gmail.com

Tri-Town Bowling Lanes

A fun place to be! Recreational, league and competitive bowling, five pin lanes with glow bowling, Rock n Bowl, Restaurant, lounge, snack bar, birthday parties, corporate parties, adult, youth and special needs leagues.

331 Main Street
Haileybury, ON P0J 1K0

Tel: 705-672-3117

Web: tri-townbowling.ca

Email: victor@tri-townbowling.ca

Social Participation

Nordic Pole Walking

Poles are available for loan at the New Liskeard & Haileybury branches of the Temiskaming Shores Public Library.

Haileybury Branch

545 Lakeshore Road

Haileybury, ON POJ IKO

Tel: 705-672-3707

Web: <http://www.temisklibrary.com/>

Email: Haileybury@temisklibrary.com

New Liskeard Branch

50 Whitewood Avenue

New Liskeard, ON POJ IPO

Tel: 705-647-4215

Web: <http://www.temisklibrary.com/>

Email: NewLiskeard@temisklibrary.com

Tri-Town Senior Shuffleboard Association

Providing an enjoyable and gentle physical activity, with social benefits for people of all ages.

Scheduled play is outside from mid-May to mid-September, every Tuesday & Thursday from 1:30pm-3:00pm

First time is free!

Rotary Farr Park

Haileybury, ON

For more information and to connect with the Shuffleboard Association please contact Danielle at the City of Temiskaming Shores

705-672-3363 ext. 4106 or dcovello@temiskamingshores.ca

Social Participation

Outdoor Activities

Fishing and Hunting

Temiskaming Shores has many lakes and rivers and forested areas perfect for hunting and fishing. If you are over 65 you do not need an outdoors card to fish but must follow all regulations. If you wish to hunt, you will need an outdoors card and validation tags.

Contact: Ministry of Natural Resources and Forestry

Toll Free: 1-800-667-1940

TTY: 1-866-686-6072

Web: www.ontario.ca/outdoorscard

Get Active in Temiskaming

A series of five fun and walk events in the Temiskaming area, fundraising for local community organizations promoting healthy, active lifestyles.

Contact: Chandra Juurlink

Tel: 705-622-2406

Email: getactiveintemiskaming@gmail.com

Social Participation

Temiskaming Interactive Circuits

Interactive Community Tours showcase various interest points (sites, events, people, etc.) of a community. When these interest points are regrouped under a pertinent theme or geographic region, it then becomes a tour. Users have the option of listening, reading or seeing the tours via smart phones or electronic tablets. In the context of this project, these tours are offered free of charge to its various users, whom could be pedestrians, motorists, motorcyclists or even cyclists.

Website: centreartem.org

Education

Literacy Council of South Temiskaming

Offers free programs to adults looking to upgrade their skills. They can help with reading and writing, computer and job related skills. Make an appointment for an assessment. If you qualify they can even provide free transportation.

40 Paget Street North,

P.O. Box 1558,

New Liskeard, ON P0J 1P0

Tel: 705-647-4040

Web: www.lcst.ca Email: lcstlearn@gmail.com

Social Participation

Centre d'éducation des adultes

The Centre d'éducation des adultes (CEA) offers various free educational services in French for people who want to get a high school diploma, get a better job, prepare for post-secondary education, or simply improve.

21 Armstrong Street
PO Box 4030
New Liskeard, ON P0J 1P0

Tel: 705-647-7304

Email: maryse.bouchard@cscdgr.education

Arts & Culture

Spring Pulse Poetry Festival

Chance to present and listen to poetry from our area. Each year a new elder from the community is inducted into the poetry hall of fame.

Contact: David Brydges

Tel: 1-705-679-8930

Web: www.springpulsepoetryfestival.com

Email: mybrydges@yahoo.ca

NOTES : _____

Social Participation

ARTEM

Le Centre culturel ARTEM organizes francophone arts and cultural events for the Temiskaming area.

324 Whitewood Ave.
PO Box 2687
New Liskeard, ON P0J 1P0

Tel: 705-647-8500

Web: www.centreartem.org

Email: info@centreartem.org

Cobalt Classic Theatre

Provides discounted rates for seniors to attend shows. Is fully wheelchair accessible and is on the bus route. They will provide extra discounts to seniors' groups who want to come together. They also provide pay what you can opportunities. They will also be getting equipment to help individuals who have a difficult time hearing the show.

30 Silver Street
Cobalt, ON P0J 1C0

Tel: 1-705-679-8080

Web: www.classictheatre.net

Email: boxct.classic@gmail.com

Social Participation

Temiskaming Art Gallery (TAG)

The Temiskaming Art Gallery promotes and showcases visual arts in northeastern Ontario. TAG has exhibited the talent of local artists and brought national and international exhibitions to the region.

325 Farr Drive

Haileybury, ON P0J 1K0

Tel: 705-672-3706

Web: www.temiskamingartgallery.ca

Temiskaming Palette & Brush Club

The Club offers fun and friendship through the arts. Whether a beginner or advanced, you can join in and paint on Tuesday afternoons or Tuesday evenings from September to June.

Non-instructional, but lots of constructive assistance if needed. One business meeting/month, two major exhibitions/year as well as workshops.

NOTE: With membership fee, you also become a member of the Temiskaming Art Gallery and the Northern Ontario Artist Association

Haileybury Arena
500 Ferguson Ave
Haileybury ON POJ 1K0

Laura Landers: 705-629-0030

(Laura's Art Shoppe)

Email: laura@lauralanders.ca

Jerry Jordison: 705-672-3096

Email: jerry@notunique.com

Transportation

Transportation Providers

1-800-361-5820

Call 1-800-361-5820 to determine your transportation needs and be connected with a provider in the District of Timiskaming (including Temiskaming Shores, Earlton, Englehart, and Kirkland Lake)

Timiskaming Home Support

Timiskaming home support offers 2 different accessible transit options. Both options are subsidised.

Local Accessible Transit – Timiskaming Home Support

Door to door accessible transportation within the local area. Reservations are required and the service runs from 8:30am to 4:30pm Monday through Friday. There is a small fee for the service.

Tel: 705-672-2254

Toll Free: 1-800-361-5820

Web: homesupportservices.ca

Out of Town Transportation – Timiskaming Home Support

Providing transportation for medical appointments outside the Temiskaming Shores are (Timmins, Sudbury, and North Bay). This service is available Monday to Friday, to people who are mobile and 60 years of age or older or who have a visual or hearing impairment.

Tel: 705-672-2254

Toll Free: 1-800-361-5820

Web: homesupportservices.ca

Transportation

Priority Assistance to Transfer Home (PATH)

PATH assists older adults in making the transition from hospital to home easier. The individual is accompanied by a Personal Support Worker who helps them settle back into their home and includes getting some groceries and medications.

Tel: 705-672-2254

Toll Free: 1-800-361-5820

Web: homesupportservices.ca

Voyageur Transportation

Voyageur provides non-urgent patient transportation for people in wheelchairs or requiring stretchers. Their team will come to your house, assist you in any way necessary (including transfers) and take you where you need to go. They also have the ability to transfer bariatric patients. They also provide wheelchair accessible busses for day excursions. Are available 24/7 and though a reservation is appreciated, they can accommodate last minute transfers. When taking patients home from the hospital, they will ensure the patient is settled and a family member is notified that they are at home.

Toll Free: 1-855-263-7163 (24 hours)

Web: <http://www.voyageurtransportation.ca>

Email: mtremblay@nepts.ca

Transportation

Temiskaming Transit

Runs an hourly service between Cobalt, Haileybury, New Liskeard and Diamond 7 days a week (excluding holidays). You can pay cash as you board, purchase tickets in advance or purchase a monthly pass. There is a discounted rate for adults aged 55 and older. Bus Schedule attached to Guide.

Tel: 1-705-672-3363

Web: www.temiskamingtransit.ca

Temiskaming Shore Taxi

Provides transportation around the Temiskaming Area.

Tel: 705-647-7111

Star Luxury Limousine Service

Full service Limo Company offering charters of sedan, stretched limo and passenger van. Will take older adults to medical appointment.

Tel: 1-705-474-3433

Web: www.starluxurylimousine.com

Email: sales@starluxurylimousine.com

Transportation

Ontario Northland

Ontario Northland provides accessible transportation from both New Liskeard and Haileybury to other places in Ontario. There is a 15% discount for adults aged 60+. Tickets need to be booked in advanced and those requiring accessible services need to book at least 48 hours in advance. To view schedules and buy tickets:

Tel: 1-800-363-7512 ext. 0 (general inquiries)

Tel: 1-800-461-8558 (train) (bus parcels)

Web: www.ontarionorthland.ca

Email: info@ontarionorthland.ca

New Liskeard-Dymond Station (7:00 am to 7:00 pm):

Temiskaming Shores and Area Chamber of Commerce

883356 Hwy 65 East

P.O. Box 811

New Liskeard, ON P0J 1P0

Phone: 705-647-5771

Haileybury Station (flagstop):

Stinson's Gas Bar

536 Lakeshore Road

Haileybury, ON P0J 1K0

Phone: 7056-672-5800

Online Resources for Older Adults

Seniors Guidebook to Safety and Security

A guidebook created by the RCMP to help older adults to help them recognize and deal with fraud, elder abuse, scams and safety.

<http://www.rcmp-grc.gc.ca/pubs/ccaps-spcca/pdf/seniors-aines-eng.pdf>
www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security

A Guide to Programs and Services for Seniors in Ontario

A guidebook that outlines all the programs and services offered to seniors through the Government of Ontario

www.Ontario.ca/seniors

Ontario Action Plan for Seniors

An action plan outlining the Government of Ontario's priorities for seniors in the province.

www.Ontario.ca/seniors

Seniors Health Knowledge Network

The Seniors Health Knowledge Network links people, resources and ideas together to benefit the health of the aging population

<http://www.seniorshhealthknowledgenetwork.com/>

Online Resources for Older Adults

Canadian Centre for Activity and Aging (CCAA)

The Canadian Centre for Activity and Aging promotes physical activity and the well-being of older adults through a combination of educational resources and community-based programs.

<http://www.uwo.ca/ccaa/>

Physical Activity Resource Centre (PARC)

The Physical Activity Resource Centre (PARC) is the Centre of Excellence for physical activity promotion in Ontario. PARC was established in 2003 and is funded by the Government of Ontario with the key objective of reducing chronic disease through physical activity.

<http://parc.ophea.net/>

What every older Canadian should know about Powers of Attorney (for financial matters and property) and Joint Bank Accounts

An information brochure that outlines important information about Power of Attorney and Joint Bank Accounts.

<http://www.seniors.gov.on.ca/en/resources/>