



Community Resources for **OLDER ADULTS** City of Temiskaming Shores

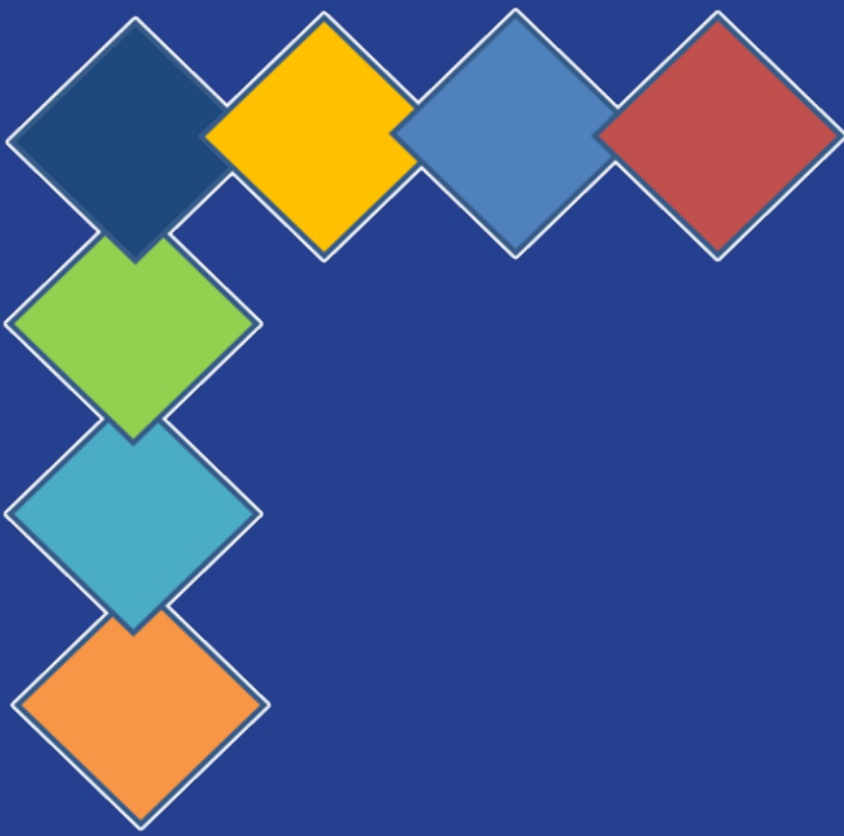


Building an Age Friendly /
Collectivité amie des aînés



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. 4227
Imarcella@temiskamingshores.ca**

CONTENTS

Community Support & Health Services	8
General Information	8
211	8
Health Care Connect	8
Member of Parliament	9
Member of Provincial Parliament	9
North East Community Support Services	9
North East Healthline	9
Service Canada	10
Service Ontario	10
Ombudsman Ontario	10
Telehealth Ontario	10
Support Service Agencies	11
Advocacy Centre for the Elderly (ACE)	11
Alzheimer Society of Timmins-Porcupine District	12
Closing the Gap Healthcare	12
Canadian Mental Health Association (CMHA)	13
Community Cancer Care	13
Consent and Capacity Board (CCB)	14
Elder Abuse Prevention (ON)	14
Temiskaming Shores Accessibility Advisory Committee	14
Home and Community Care	15
Lifeline	15
Timiskaming Health Unit (THU)	15
Timiskaming Home Support	16
Unlock Food	16
Victim Services of Temiskaming and District	16
Health Services	17
Temiskaming Hospital	17
Centre de santé communautaire du Témiskaming	17
Pharmacies	18
Chartrand's YIG Pharmacy	18
Findlay's Drug Store	18
Smallman IDA Pharmacy	18
Walmart Pharmacy	18
Ontario Drug Benefit (ODB) Program	19
Fall Prevention	20

Stay on Your Feet (SOYF).....	20
Assistive Devices Program.....	20
New Liskeard Lions Club.....	20
Specialized Services.....	21
Med-E-Ox Mobility in Motion.....	21
ConnexOntario.....	21
Cardiac Rehabilitation.....	21
Temiskaming Hospital.....	21
Happy Heart Program.....	21
Diabetes Education.....	22
Timiskaming Diabetes Program.....	22
Vision.....	22
CNIB.....	22
Dr. Casey Baldovin and Associates.....	22
McKnight & Lee & Pepin Optometrists.....	22
Dental.....	23
Temiskaming Denture Center.....	23
Dentists.....	23
Hearing.....	23
The Hearing Aid Centre.....	23
Timiskaming Hearing Clinic.....	23
Support Groups.....	24
Fibromyalgia Support Group.....	24
Multiple Sclerosis (MS) Support Group.....	24
Prostate Cancer Support Group New Liskeard.....	24
Meals	25
Diners Club.....	25
Heart to Home Meals.....	25
Meals on Wheels.....	25
Hospice Palliative Care.....	25
Timiskaming Hospice Palliative Care.....	25
Food Banks and Local Food.....	26
Haileybury Food Bank.....	26

New Liskeard Salvation Army Food Bank.....	26
Riverside Farmers' Market.....	26
Ready to Eat Meals.....	27
Diners Club.....	27
Heart to Home Meals.....	27
Meals on Wheels.....	27
Housing.....	28
Permits.....	28
Residential Home.....	28
Gathering Places.....	28
Stores or Businesses.....	28
Contractors.....	29
Home Adaptation & Financial Assistance.....	29
Canadian Mortgage and Housing Corporation (CMHC).....	29
Senior Property Tax Relief.....	29
Ontario Electricity Support Program.....	30
Ontario Energy and Property Tax Credit.....	30
Retirement Homes.....	31
Northdale Manor.....	31
Older Adult Residences.....	32
New Liskeard Non-Profit Housing Corporation.....	32
RCL Zone K-1 and Area Veterans Building.....	32
Temiskaming Shores Seniors' Housing Corporation.....	33
District of Timiskaming Social Service Administration Board.....	33
Buildings with Assisted Living Services – Place Sainte Marie.....	33
Long-Term Care Homes.....	33
Long-Term Care - Temiskaming Lodge.....	34
Long-Term Care - Extendicare.....	34
Financial and Legal.....	35
Federal / Provincial Financial Programs.....	35
Old Age Security Pension (OAS).....	35
Guaranteed Income Supplement (GIS).....	35
Guaranteed Income Supplement - Allowance for the Survivor.....	36
Canada Pension Plan.....	36
Canadian Pension Plan - Survivor's Pension.....	36
GAINS: Ontario Guaranteed Annual Income System.....	37
Tax Measures.....	37

Temiskaming Shores Community Volunteer Income Tax Program.....	37
Financial Planning - Financial Consumer Agency of Canada.....	38
Your Financial Toolkit.....	38
Financial Services	39
CIBC New Liskeard.....	39
Desjardins Ontario Credit Union.....	39
Scotiabank	39
TD Canada Trust.....	39
Legal Services	40
Legal Aid Ontario.....	40
The Office of the Public Guardian and Trustee (OPGT).....	40
Funeral Planning	41
Buffam-Leveille Funeral Home.....	41
Perrin Funeral Chapel.....	41
Social Participation	42
Library	42
Temiskaming Shores Library.....	42
Groups	43
Golden Age Club Cobalt.....	43
Temiskaming Rising Stars.....	43
L'étoile de la sagesse Témiskaming.....	44
New Liskeard Lions Club.....	44
Lioness Club.....	44
Seniors' Centre Without Walls	44
Rotary Club of Temiskaming Shores and Area.....	45
Association Canadienne-Française de l'Ontario (ACFO) Temiskaming.....	45
Club du sourire de New Liskeard (Âge d'or).....	46
Club joyeux de Haileybury (Âge d'or).....	46
Club Richelieu Timiskaming.....	46
Temiskaming Métis Association.....	46
Museums	47
Haileybury Heritage Museum.....	47
Little Claybelt Homesteader Museum.....	47
Cobalt Mining Museum.....	48
Bunker Military Museum.....	48
Cobalt Firefighter Museum.....	48
Recreation	65

Balanced Motion.....	49
From Soup to Tomatoes.....	49
Stand Up!.....	50
Tai Chi Society.....	50
Waterfront Pool/Fitness Centre.....	51
Centre de santé communautaire du Témiskaming.....	51
Arenas.....	52
Old Timer's Hockey.....	52
Cobalt Haileybury Curling Club.....	52
Horne Granite Curling Club.....	52
Tri-Town Bowling Lanes.....	53
Nordic Pole Walking.....	53
Get Active in Temiskaming.....	53
Education.....	54
Literacy Council of South Temiskaming.....	54
Centre d'éducation des adultes.....	54
Arts & Culture.....	55
Spring Pulse Poetry Festival.....	55
ARTEM.....	55
Cobalt Classic Theatre.....	55
Temiskaming Art Gallery (TAG).....	56
Temiskaming Palette & Brush Club.....	56
Open Studio Libre.....	56
Transportation.....	57
Transportation Providers.....	57
Timiskaming Home Support.....	57
Out of Town Transportation – Timiskaming Home Support.....	57
Priority Assistance to Transfer Home (PATH).....	58
Voyago-Voyageur Medical Transportation.....	58
Temiskaming Transit.....	58
Temiskaming Shore Taxi.....	59
Star Luxury Limousine Service.....	59
Ontario Northland.....	59
Online Resources for Older Adults.....	60
Seniors Guidebook to Safety and Security.....	60
A Guide to Programs and Services for Seniors in Ontario.....	60
Seniors Health Knowledge Network.....	60
Canadian Centre for Activity and Aging (CCAA).....	60
What every older Canadian should know about Powers of Attorney.....	61



Community Support and 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: **2-1-1**
Toll Free: **1-877-330-3213**
www.211ontario.ca

Health Care Connect

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

Tel: **1-800-461-2919**
TTY **1-800-387-5559**

www.ontario.ca/healthcareconnect



Community Support and Health Services

Member of Parliament



Mr. Anthony
Rota

Office Hours
Tuesday to
Thursday
**9:00am to
4:00pm**

112 Whitewood Avenue W. New
Liskeard, ON P0J 1P0

Tel: **705-647-6262**

Fax: **705-647-6299**

Email: **Anthony.Rota@parl.gc.ca**
www.arota.ca

Member of Provincial Parliament

Mr. John
Vanthof



Office Hours
Monday to
Friday
**9:00am to
4:30pm**
Closed:
**12:00pm to
1:00pm**

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**
www.johnvanthof.com

North East Community Support Services

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

Tel: **310-2222**

Email: **NEhealthline@lhins.on.ca**
www.northeastcss.ca



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 class-
es and events are posted.

Tel: **310-2222**

Email: **healthline@lhins.on.ca**
www.northeasthealthline.ca

Community Support and 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 a full range of government services and benefits 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**

www.servicecanada.gc.ca

Office Hours: Monday to Friday **8:30am** to **5:00pm**

Service Ontario

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

280 Armstrong Street
North New Liskeard,
Ontario POJ IPO

Office Hours

Monday to Friday
8:30am to **5:00pm**

Tel: **1-800-267-8097**
www.services.gov.on.ca/
www.ontario.ca/page/serviceontario

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
www.ombudsman.on.ca

Telehealth Ontario

A free 24-hour service that provides confidential health advice, can speak to a dietitian for free, and general health information.

Tel: **1-866-797-0000**
TTY: **1-866-797-0007**
www.ontario.ca/ru2





Support Service Agencies



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

Support Service Agencies



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. With a local satellite office housed in the Temiskaming Hospital, (suite 722) services for caregivers are available locally to support families living with dementia from Kirkland Lake to New Liskeard.

There is a First Link Navigator/Public Education staff member available to answer questions, provide one on one support, education and lead support groups.

General education sessions are also available for all community members and community support services; such as EMS, fire, OPP, mental health agencies, home and community care and many other family services.

Tel: **705-679-4038** or **705-268-4554**

Toll Free: **1-844-288-4554**

Email: **temiskamingfirstlink@alzheimerstimmins.com**

www.alzheimer.ca/timmins

The Alzheimer Society 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.

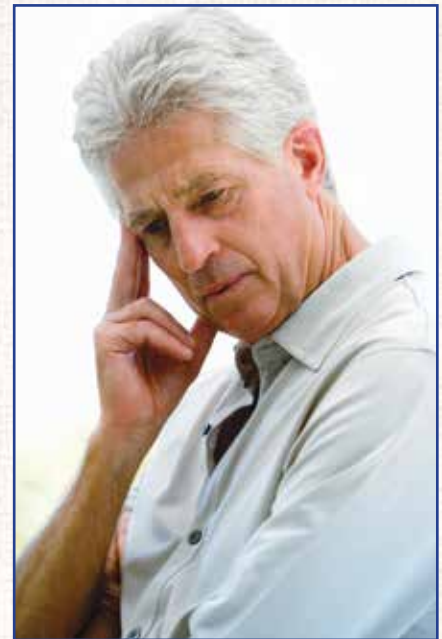
Telehealth (Dementia Help Line): **1-866-797-0000**

TTY: **1-866-797-0007**

The Alzheimer Society also partners with MediAlert 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**

www.alzheimer.ca/en/help-support/programs-services/medical-alert-safely-home



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.

998009 Hwy 11 N., Unit 2,
New Liskeard, ON P0J1K0
Office Hours Monday to Friday
8:30am to 4:30pm
Tel: **705-647-4315**
Toll Free: **1-844-618-3185**
24/7 Help: **1-877-560-0202**
Email: **timiskaming@closingthegap.ca**
www.closingthegap.ca

Support Service Agencies



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.

Office Hours
Monday to Friday
8:30am to 4:30pm

Tel: **705-647-4444**
Fax: **705-647-4434**
Toll Free: **1-877-677-9596**
Email: **cmhatmsk@cmhact.ca**
www.cmhact.ca

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

Community Cancer Care

They offer the following services;

- Emotional support.
- Cancer patients in financial need with some of the costs that are not covered by private or government insurance plans.
- Some of the cost of accommodations for cancer patients and their families.
- Finance some of the cost of specialized dental treatments for cancer patients.
- Some of the costs of medical supplies and dressings for cancer patients.
- Some of the cost of special chemotherapy and prescription drugs.
- Some of the cost of lab tests or scans not covered by insurance.
- Assist with the balance of the cost of a prosthesis not covered by the ADP Program.
- Some of the cost of nutritional supplements for cancer patients.
- Some of the cost of purchasing or rental of equipment.

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

Office Hours
Tuesday, Wednesday, Thursday
10:00am to 1:00pm

Tel: **705-628-8800** (New Liskeard)
Tel: **705-544-2301** ext **5256** (Englehart)
www.communitycancercare.ca

C/O Temiskaming Hospital Room 724
New Liskeard, ON P0J 1P0

Support Service Agencies



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**
TTY: **1-877-301-0889**
Fax: **1-866-777-7273**
Email: **ccb@ontario.ca**
www.ccboard.on.ca

Elder Abuse Prevention (ON)

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.

1-866-299-1011
(Seniors Safety Line)
www.elderabuseontario.com



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
Tel: **705-672-3363**



Support Service Agencies



Home and Community Care

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
Office Hours Monday to Friday
8:30m to 4:30pm

Tel: **310-2222**
Toll Free: **1-800-461-2919**
TTY: **711** (ask operator for **1-888-533-2222**)
Email: **nelhin@on.ca**
www.healthcareathome.ca/northeast/en

Lifeline

Philip's 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: **1-866-331-5988**
Sales Inquiries: **1-866-958-4665**
Customer Support: **1-800-387-1215**
www.lifeline.ca

Office Hours
Monday to Friday
8:00am to 8:00pm

Saturday and Sunday
9:00am to 5:00pm

Timiskaming Health Unit (THU)

Timiskaming Health Unit works to ensure the health of our population through programs in our communities that protect and promote health and prevent disease. For older adults, THU also provides resources on healthy aging and fall prevention (including information about exercise classes for older adults), as well as immunizations.

247 Whitewood Avenue, Unit 43
PO Box 1090
New Liskeard, On P0J 1P0

Office Hours
Monday to Friday
8:30am to 4:30pm

Tel: **705-647-4305**
Toll Free: **1-866-747-4305**
www.timiskaminghu.com

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.

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

Office Hours

Monday to Friday
8:30am to 4:30pm

Tel: **705-672-2254**

Toll-Free: **1-800-361-5820**

Email:

info@homesupportservices.ca
<https://homesupportservices.ca/>

Unlock Food

Unlock Food is a bilingual website that offers information from Dietitians of Canada. You can connect with a dietitian and find information on nutrition and food. Some of their website content includes, but it not limited to, diabetes prevention and management, digestive concerns and heart healthy eating. It also contains resources on eating on a budget, cooking, shopping and menu planning.

Tel: **1-866-797-0000**

www.unlockfood.ca



Victim Services of Temiskaming and District

Victim Services of Temiskaming and 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.

300 Armstrong Street North
New Liskeard, ON
P0J 1P0

Tel: **705-647-0096**

Email: **ed@tdvictimservices.ca** or
pc@tdvictimservices.ca
www.tdvictimservices.ca



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 of the
person you are trying to reach, call

705-647-1088

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
New Liskeard, Ontario
C.P. 38, POJ IPO

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

Tel: **1-705-647-5775/5939**
Toll Free: **1-800-835-2728**
www.csctim.on.ca



Health Services

Pharmacies

Chartrand's YIG Pharmacy

55 Scott Street
New Liskeard, ON P0J 1P0

Hours

Monday to Friday
9:00am to 8:00pm
Saturday
9:00am to 5:00pm
Sunday
10:00am to 5:00pm

Tel: **705-647-8728**
www.yourindependentgrocer.ca

Findlay's Drug Store

247 Whitewood Avenue
New Liskeard, ON P0J 1P0

Hours

Monday to Friday
8:00am to 8:00pm
Saturday
8:00am to 5:00pm
Sunday
9:00am to 5:00pm

Tel: **705-647-8186**
Toll Free: **1-800-461-0974**
Email: info@findlaysdrugstore.ca
www.findlaysdrugstore.ca

Smallman IDA Pharmacy

368 Main Street
Haileybury, ON P0J 1K0

Hours

Monday to Friday
8:00am to 6:00pm
Saturday
9:00am to 5:00pm

Tel: **705-672-5261**
Email:
smallmancustomer@ntl.sympatico.ca
www.smallmanpharmacy.com

Walmart Pharmacy

133, Highway 11
New Liskeard, ON P0J 1P0

Hours

Monday to Friday
8:00am to 9:00pm
Saturday
9:00am to 6:00pm
Sunday
9:00am to 5:00pm

Tel: **705-647-5210**
Toll Free: **1-800-366-0474**



Health Services

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

Toll Free: **1-866-532-3161**

TTY: **1-800-387-5559**

www.ontario.ca/ru6





Health Services

Fall Prevention



Stay on Your Feet (SOYF)

Stay on Your Feet is a healthy aging strategy that focuses on 3 key messages to help older adults reduce their risk of falling – Let's Be Active. Let's Be Strong. Let's Be Social. The program provides information and recommendations to older adults, caregivers/families and community partners.

Contact: Lorna Desmarais

Tel: **705-647-4305**

Toll Free: **1-866-747-4305**

Email:

desmaraisl@timiskaminghu.com

www.stayonyourfeet.ca

Assistive Devices 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**

www.health.gov.on.ca/adp

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.

90 Whitewood Avenue, Suite 4

P.O. Box 308

New Liskeard, ON P0J 1P0

Email: **ador@parolink.net**

www.newliskeardlions.ca





Health 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.

Hours

Monday to Friday **9:00am to 5:00pm**
Saturday By appointment

211 Armstrong St. N
New Liskeard, ON P0J 1P0

Toll Free: **1-866-299-1911**

Email: **temiskaming@mobilityinmotion.net**
www.mobilityinmotion.net



ConnexOntario

ConnexOntario is an information and referral service that focuses on mental health, addiction and problem gambling services. They offer support via phone, web-chat and email 24/7. Their staff offer supportive listening to help discover the resources needed.

Toll Free: **1-866-531-2600**
www.connexontario.ca

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.

Happy Heart Program

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
www.lorriemickelson.com



Health Services

Diabetes Education

Timiskaming Diabetes Program

No referral is needed for the Timiskaming Diabetes Program. It provides supports for people living with prediabetes or diabetes through one on one or group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. There is a registered nurse and dietitian on staff. Outreach clinics are provided in Temagami, Elk Lake, Englehart and Earleton.

Hours

Monday to Thursday
8:00am to 4:00pm
Friday
8:00am to 2:00pm



240 Armstrong St. N, P.O. Box 73
New Liskeard, ON P0J 1P0
Tel: **705-647-8722**
Email: jpotter@kdhospital.com

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.

Office Hours

Monday to Friday
9:00am to 5:00pm

Tel: **1-705-264-2312**
Toll Free: **1-800-563-2642**
Email: info@cnib.ca
www.cnib.ca/

60 Wilson Avenue
Suite 312
Timmins, ON P4N 2S7

Dr. Casey Baldovin and Associates

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

Office Hours

Monday and Wednesday
8:30am to 7:00pm
Tuesday and Thursday
8:30am to 5:00pm
Friday
8:30am to 3:00pm
Tel: **705-647-7445**
www.baldovin2020.ca

McKnight & Lee & Pepin Optometrists

247-7 Whitewood Ave. PO Box 314
New Liskeard, ON P0J 1P0

Office Hours

Monday to Friday
8:30am to 5:00pm
Tel: **705-647-5511**
Email:
eyecare@temiskamingoptometry.com



Health Services

Dental

Temiskaming Denture Center

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.

Office Hours

Monday
10:00am to 5:00pm
Tuesday and Wednesday
9:00am to 4:00pm
Friday
9:00am to 12:00pm

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



Tel: **705-647-6888**

Email:

temiskamingdenturecenter@gmail.com
temiskamingdenturecenter.ca

Dentists

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

Hearing



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

Office Hours

Monday to Thursday
8:00am to 4:30pm
Friday
8:00am to 1:00pm

Tel: **1-705-567-1115**

Toll-free: **1-800-859-6754**

www.timiskaminghearingclinic.com



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 New Liskeard

Meets the second Tuesday every month at the New Liskeard Legion Branch 33 at 10:00am

90 Whitewood Avenue
New Liskeard, ON P0J 1P0

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

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 in the Temiskaming Hospital.

Main Office
145 Government Road East
Kirkland Lake, ON P2N 3P4
Tel: **1-705-568-2135**





Food Banks and Local Food

Haileybury Food Bank

Haileybury Food Bank
Business hours:
Thursdays **10am -12pm**

Tel: **705-672-2119**
500 Broadway Street
Haileybury, ON P0J 1K0

New Liskeard Salvation Army Food Bank

Business hours: Thursdays **1pm -3pm**

260 Whitewood Ave, W
New Liskeard, ON P0J 1P0
Tel: **705-647-4115**



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

Email: riversidefarmersmarket1@gmail.com
www.riversidefarmersmarket.ca



Ready-to-eat meals just for you!



If you don't feel like cooking or going to the grocery store, enjoy nutritious meals delivered right to your door. Contact us today!

Diners Club

Dining and social program for seniors. It is administered by Timiskaming Home Support. Diners' Club is a meal program offered to seniors 60+ years old, once a month. The program promotes healthy choices, services hot meals and organizes activities in a friendly atmosphere. Seniors also learn about:

- Nutritional information
- Social support information
- Educational information
- Current events and trends

Cost is \$9 per meal and clients must register prior to the event.

Timiskaming Home Support

Tel: **705-672-2254**

Toll Free: **1-800-361-5820**

Email: **info@homesupportservices.ca**

www.homesupportservices.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: **1-866-933-1516**

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. Hot meals are delivered 3 times per week and frozen meals are delivered once a week.

Contact:

Timiskaming Home Support

Tel: **705-672-2254**

Toll-free: **1-800-361-5820**

Email: **info@homesupportservices.ca**

www.homesupportservices.ca



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. 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.



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**

Email: **www.cmhc.gc.ca**

www.cmhc.gc.ca

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**

Office Hours

Monday to Friday

8:30am to 4:30pm

www.temiskamingshores.ca/en/city-hall/Tax-Rebate



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 the application and mail it in. The application can be found on the website below.

Tel: **1-855-831-8151**

TTY: **1-800-855-1155**

Email: **help@ontarioelectricitysupport.ca**
www.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**

www.fin.gov.on.ca/en/credit/oepctc/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: **info@northdalemanor.ca**





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 1PO

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 Administration Board

135 Bruce Street
Haileybury, Ontario
POJ IKO

Tel: **705-672-2557**



Temiskaming Shores Seniors' Housing Corporation

Offers 68 units at both a market rate and an affordable housing rate for those with qualifying household incomes. Amenities include a guest suite and a large Community Room which is available for rent by tenants and community groups as well. Must be 60 or older and can apply in person or on the website at dymondcourt.ca



Housing

District of Timiskaming Social Service Administration Board

DTSSAB offers housing services providing oversight and administration for rent-geared-to-income assistance housing, affordable housing, home repair programs, homelessness prevention, housing allowance and rent supplement programs.

Office Hours
Monday to Friday
8:30am to 12:00pm
1:00pm to 4:30pm

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

Tel: **705-647-7447**
Toll Free: **800-627-2944**
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**
www.placesaintemarie.ca

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**
www.healthcareathome.ca/north-east/en





Housing

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
POJ 1K0

Tel: **705-672-2123**
Fax: **705-672-5734**
www.jarlette.com

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 1K0

Tel: **705-672-2151**
Fax: **705-672-5348**
Email: cnh_tritown@extendicare.com
www.extendicaretritown.com





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**

www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

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**

www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html





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**

www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html

Canada 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**

www.canada.ca/en/services/benefits/publicpensions/cpp.html

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



www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html



Financial and Legal

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**

www.ontario.ca/page/guaranteed-annual-income-system-payments-seniors

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.



Temiskaming Shores Community Volunteer Income Tax Program

Volunteers offer free assistance with income tax returns during the months of March and April. Posters are shared throughout the community and an ad can be found in the local newspaper a week prior to their start date for times and locations.



Financial and Legal

Financial Planning – Financial Consumer Agency of Canada

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

Tel: **1-866-461-3222** (service in English)

Tel: **1-866-461-2232** (service in French)

TTY: **1-866-914-6097**

www.canada.ca/en/financial-consumer-agency.html



Your Financial Toolkit

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



www.canada.ca/en/financial-consumer-agency/services/financial-toolkit.html



Financial and Legal

Financial Services



CIBC New Liskeard

6 Armstrong Street New Liskeard,
Temiskaming Shores Ontario

Hours

Monday to Friday

9:30am to 5:00pm

Tel: **705-647-6877**

Toll Free: **1-800-465-2422**

Toll Free: **1-888-337-2422** (French)

www.cibc.com

Desjardins Ontario Credit Union

138 Whitewood Avenue New Liskeard,
Ontario POJ IPO

Hours:

Monday to Wednesday

9:30am to 4:00pm

Thursday

9:30am to 5:00pm

Friday

9:30am to 4:00pm

Tel: **705-647-8135**

Fax: **705-647-8439**

www.desjardins.com

Scotiabank

478 Main Street Haileybury,

Tel: **705-672-3357**

Hours (Haileybury)

Monday to Wednesday

9:30am to 4:00pm

Thursday - **9:30am to 5:00pm**

Friday - **9:30am to 4:30pm**

35 Armstrong Street South
New Liskeard,

Tel: **705-644-7366**

Hours (New Liskeard)

Monday to Wednesday

9:30am to 4:30pm

Thursday - **9:30am to 6:00pm**

Friday - **9:30am to 4:30pm**

www.scotiabank.com

RBC New Liskeard

5 Armstrong Street
New Liskeard, Ontario POJ IPO

Hours:

Monday to Thursday

9:30am to 5:00pm

Friday

9:30am to 6:00pm

Tel: **1-705-647-6891**

www.royalbank.com

TD Canada Trust

11B Timiskaming Square
New Liskeard, Ontario
POJ IKO

Hours:

Monday to Friday

9:00am to 5pm

Tel: **705-647-6749**

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: **1-800-855-0511**

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 protecting the rights and interests of mentally incapable adults, administering estates, and the Capacity Assessment Office.

Toll Free: **1-800-518-7901**

TTY: **1-877-425-0575**

Email: **attorneygeneral@ontario.ca**

www.attorneygeneral.jus.gov.on.ca/english/family/pgt/



Financial and Legal

Gone but not forgotten Funeral Planning

Buffam-Leveille Funeral Home

Provides families with well-planned funeral arrangements in their time of need, comfortable, soothing surroundings, innovative. They offer a full selection of funeral and memorial services burial services and cremation options and celebrant services.

483 Broadway Street
PO Box 791
Haileybury, Ontario POJ 1K0
Tel: **705-672-3122** Fax: **705-672-3267**
Email: buffamfh@ntl.sympatico.ca
www.buffamleveille.com



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
P.O. Box 734
New Liskeard, Temiskaming Shores
POJ 1P0
Tel: **705-647-5020** Fax: **705-647-9724**
Email: perrinfuneralchapel@gmail.com
www.perrinfuneralchapel.com



Temiskaming Shores Library

The library provides a variety of programs including internet use.

Some of the programs offered include:

Audio and Large Print Books

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

Book Clubs

One in French and one in English. The clubs meet at the library.



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.

Book Delivery to Long-Term Care Facilities

The library delivers books and materials to the Extendicare, Lodge and Northdale Manor on a bi-weekly basis.

Nordic Walking Poles

Nordic Poles are available for loan for a three week period.

One-on-one Technology Training

Free one-on-one computer training sessions to help with social media, help with devices and how to use library e-resources.

45 minute sessions are booked on Thursdays.

Public Access to Wifi and Computers

The library has six public access computers and high speed wifi access available.

Puzzles and Games

The library has a large selection of puzzles and games to stay entertained year round.

Snowshoes

Snowshoes are available for loan for a one week period.

P.O. Box 668

285 Whitewood Ave. West New Liskeard, ON P0J 1P0

Tel: **705-647-4215**

www.temiskamingshores.ca/en/resident/temiskaming-shores-public-library



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**

goldenageclub6795525@gmail.com
www.cobalt.ca



Temiskaming Rising Stars

The Rising Stars are an enthusiastic and talented group of older adults who use light hearted skits and humorous songs to educate their peers about important topics with memorable messages, in a fun and entertaining way.

Contact: Lorna Desmarais
Tel: **705-647-4305**

Email: **desmaraisl@temiskaminghu.com**



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

New Liskeard Lions Club

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

New Liskeard Lions
Suite 4-90 Whitewood Avenue New
Liskeard, ON P0J 1P0 Box 308
ador@parolink.net
www.newliskeardlions.ca

Lioness Club

Strive to be the global leader in community and humanitarian service. Meet third Monday of the month at **7:00pm**, at the New Liskeard Community Hall, on Whitewood Avenue, New Liskeard

90 Whitewood Avenue New Liskeard,
ON P0J 1P0
Contact: Betty O'Reilly
Tel: **705-676-6777**
www.e-clubhouse.org/sites/tsllc/index.php

Seniors' Centre Without Walls

Seniors' Centre Without Walls (SCWW) is a virtual, telephone based, dependable group and learning centre. No computer or internet is needed; just a phone call connects participants with educational, health and wellness, travelogues, local history and games sessions regularly and some programming is available in French. Open to anyone over 55 years or anyone that is limited in their social interactions by some form of restriction. Seniors' Centre Without Walls is easy to join.

Timiskaming Home Support
367 Sutherland Way Haileybury, ON P0J1K0
Tel: **705-672-2254** Toll Free: **1-800-361-5820**
Email: scww@homesupportservices.ca
www.homesupportservices.ca/seniors-centre-without-walls/





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 Candienne-Française de l'Ontario (ACFO) Temiskaming



ACFO is a non-profit organization that encourages the development of Franco-Ontarians in its region. It promotes it through growth, vitality, attraction, retention and participation.

Contact: Jean-Claude Carrière
Tel: **705-647-6105**
59 Whitewood Ave. W
New Liskeard, ON
Email: info@acfotem.org
www.francofun-temiskaming.ca



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: Norm Fortin
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
Office Hours
Tuesday to Thursday
10:30am to 4:30pm
Tel: **705-672-2807**
Email: tmcc@ntl.sympatico.ca
www.metisnation.org/community-councils/temiskaming-metis-council/





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**

Email: hbmuseum@hotmail.ca
www.haileyburyheritagemuseum.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**
Email: lchmuse@gmail.com
www.claybeltmuseum.ca





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**

www.cobalt.ca/visitors/museums

Email:
cobaltminingmuseum@gmail.com



Bunker Military Museum

This original private collection contains artifacts from the Boer War to the present. The collection is unique in that it reflects the daily life and conditions from the soldier's perspective.



24 Prospect Avenue Cobalt, ON P0J 1C0 Tel: **705-679-5191**

www.cobalt.ca/visitors/museums

Email:
bunkermilitarymuseum@gmail.com

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**





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**

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**
www.fromsouptotomatoes.com



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**

www.timiskaminghu.com/391/free-exercise-classes-for-older-adults

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**

www.taoist.org/locations/new-liskeard/





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**



Arenas

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

Shelly & Hebert-Shea Memorial Arena
Haileybury
500 Ferguson Avenue
Haileybury, ON P0J 1K0
Tel: **705-672-3363**

Don Shepherdson Memorial Arena
New Liskeard
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.

Wednesdays 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 rates available.

434 Leslie McFarlane Way
Haileybury, ON P0J 1K0
Tel: **705-672-3515**
Email: chcc@nt.net
www.haileyburycurlingclub.ca



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**
Email: **victor@tri-townbowling.ca**

Nordic Pole Walking

Poles are available for loan at the Temiskaming Shores Public Library or at the Waterfront Pool and Fitness Centre.

Temiskaming Shores Public Library
285 Whitewood Ave. West
New Liskeard, ON P0J 1P0
Tel: **705-647-4215**
www.temiskamingshores.ca/en/resident/temiskaming-shores-public-library.aspx

Waterfront Pool and Fitness Centre
77 Wellington Street South
New Liskeard, ON P0J 1P0
Tel: **705-647-5709**
Email: **pfc@temiskamingshores.ca**
www.temiskamingshores.ca/en/resident/Pool-Fitness-Centre.aspx

Get Active in Temiskaming

A series of five run 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
www.getactiveintemiskaming.ca





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.

www.centreartem.org/tic/les-tournees-disponibles/

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**

Email: lcstlearn@gmail.com

www.lcst.ca

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

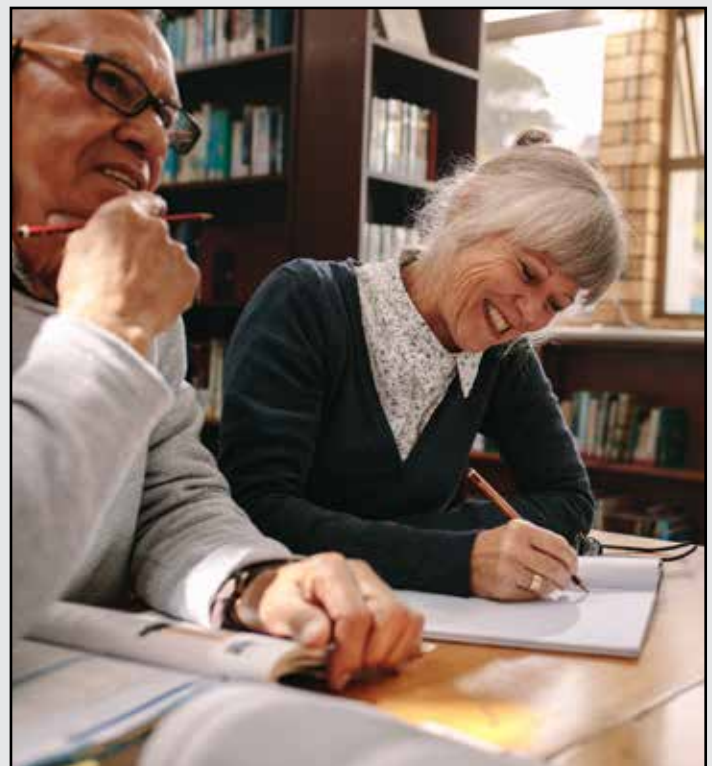
PO Box 4030

New Liskeard, ON P0J 1P0

Tel: **705-647-7304**

Email:

info@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: **705-679-8930**

Email: mybrydges@yahoo.ca
www.springpulsepoetryfestival.com

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**
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**
Email: boxct.classic@gmail.com
www.classictheatre.net



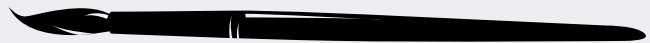
Temiskaming Art Gallery (TAG)

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**

Email: **info@temiskamingartgallery.ca**
www.temiskamingartgallery.ca



Temiskaming Palette & Brush Club

The club offers fun and friendship through arts. Whether a beginner or advanced, you can join in and paint. They meet at the Shelley Herbert- Shea Arena in Haileybury each Tuesday afternoon from 1:00pm to 4:00pm and frequently on Tuesday evenings.

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

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

Shelley Herbert-Shea Arena 400 Ferguson Avenue Haileybury, ON P0J 1K0

Laura Landers (Laura's Art Shoppe)

Tel: **705-629-0030**

Email: **laura@lauralanders.ca**

Open Studio Libre

It is 100% free-to-access studio provided by the Temiskaming Art Gallery. It is an exclusive, respectful and open environment for anyone to drop in and make art.

479 Ferguson Avenue
Haileybury, ON P0J 1K0

Tel: **705-680-0195**

Email: **openstudiolibre@temiskamingartgallery.ca**

www.temiskamingartgallery.ca/open-studio-libre



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, Earleton, Englehart, and Kirkland Lake)

Timiskaming Home Support

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

Tel: **705-672-2254**

Toll Free: **1-800-361-5820**

Email: **info@homesupportservices.ca**

Web: **<https://homesupportservices.ca/transportation-services/>**

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.

Out of Town Transportation – Timiskaming Home Support

Providing transportation for medical appointments outside the Temiskaming Shores area (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.

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.

Voyago-Voyageur Medical Transportation

Voyago-Voyageur Medical
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)
Email: admin@voyageurtransportation.ca
www.voyagohealth.ca



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.

Tel: **1-705-672-3363**
www.temiskamingshores.ca/en/resident/transit.aspx

Transportation



Temiskaming Shore Taxi

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**
Toll Free: **1-877-474-3430**
Email: inquiry@starsluxurylimousine.com
www.starsluxurylimousine.com

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)
Email: info@ontarionorthland.ca
www.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: **705-672-5800**

A laptop on a desk with a small potted plant and a notebook.

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.

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

Seniors Health Knowledge Network

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

www.sagelink.ca/shkn

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.

www.uwo.ca/ccaa/

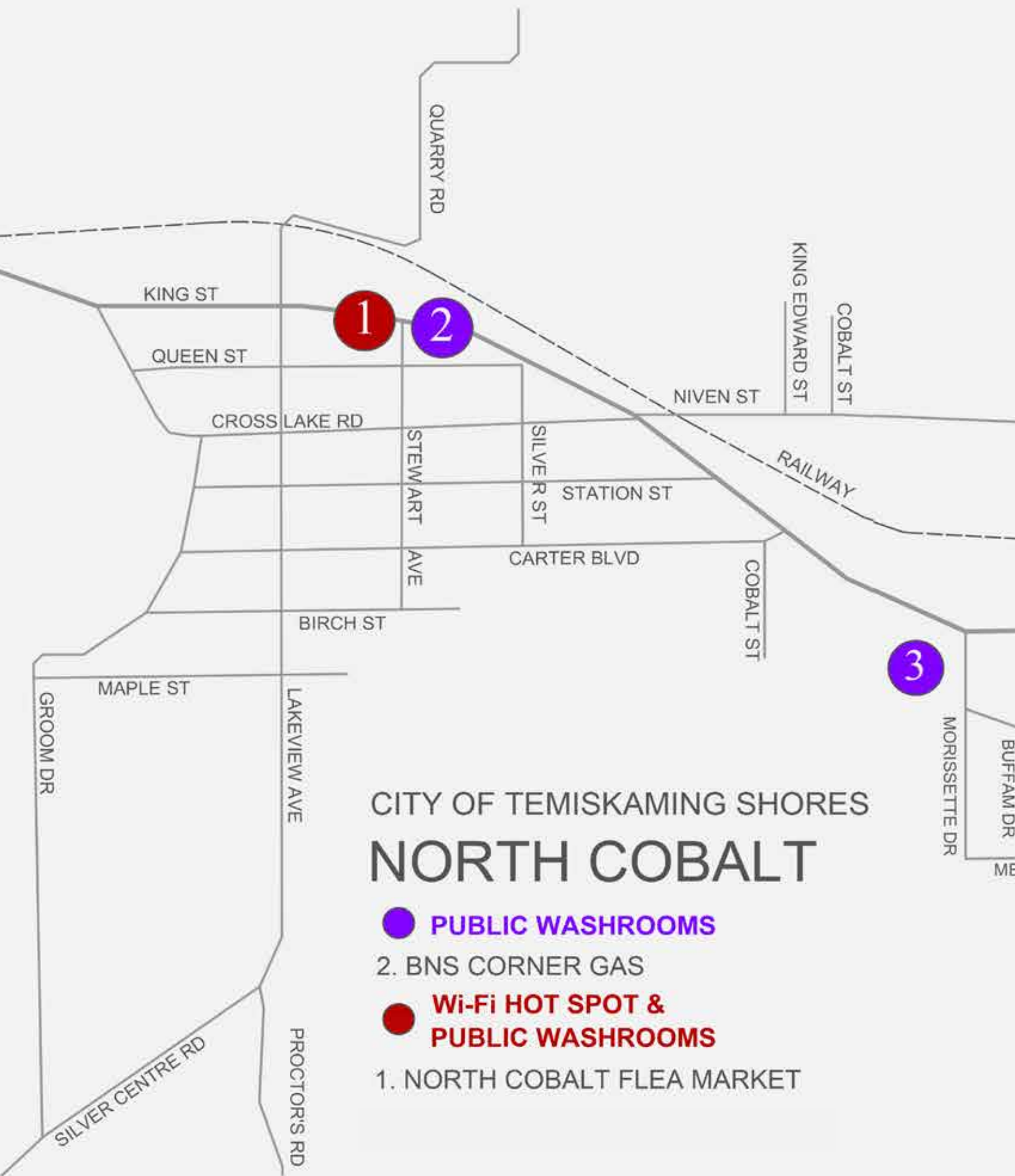


What every older Canadian should know about Powers of Attorney (for financial matters and property) and Joint Bank Accounts

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

**[www.canada.ca/en/employment-social-development/corporate/
seniors/forum/power-attorney-financial.html](http://www.canada.ca/en/employment-social-development/corporate/seniors/forum/power-attorney-financial.html)**





CITY OF TEMISKAMING SHORES NORTH COBALT

PUBLIC WASHROOMS

2. BNS CORNER GAS

**Wi-Fi HOT SPOT &
PUBLIC WASHROOMS**

1. NORTH COBALT FLEA MARKET

CITY OF TEMISKAMING SHORES

HAILEYBURY

Wi-Fi HOT SPOT

8. MARINA (SEASONAL)

PUBLIC WASHROOMS

3. ROTARY FARR PARK (SEASONAL)

7. HARBOUR FRONT (SEASONAL)

11. BNS CORNER GAS

Wi-Fi HOT SPOT & PUBLIC WASHROOMS

4. COUNTRY STYLE

5. SHELLEY HERBERT-SHEA
MEMORIAL ARENA (SEASONAL)

6. CITY HALL

9. HAILEYBURY BEACH (SEASONAL)

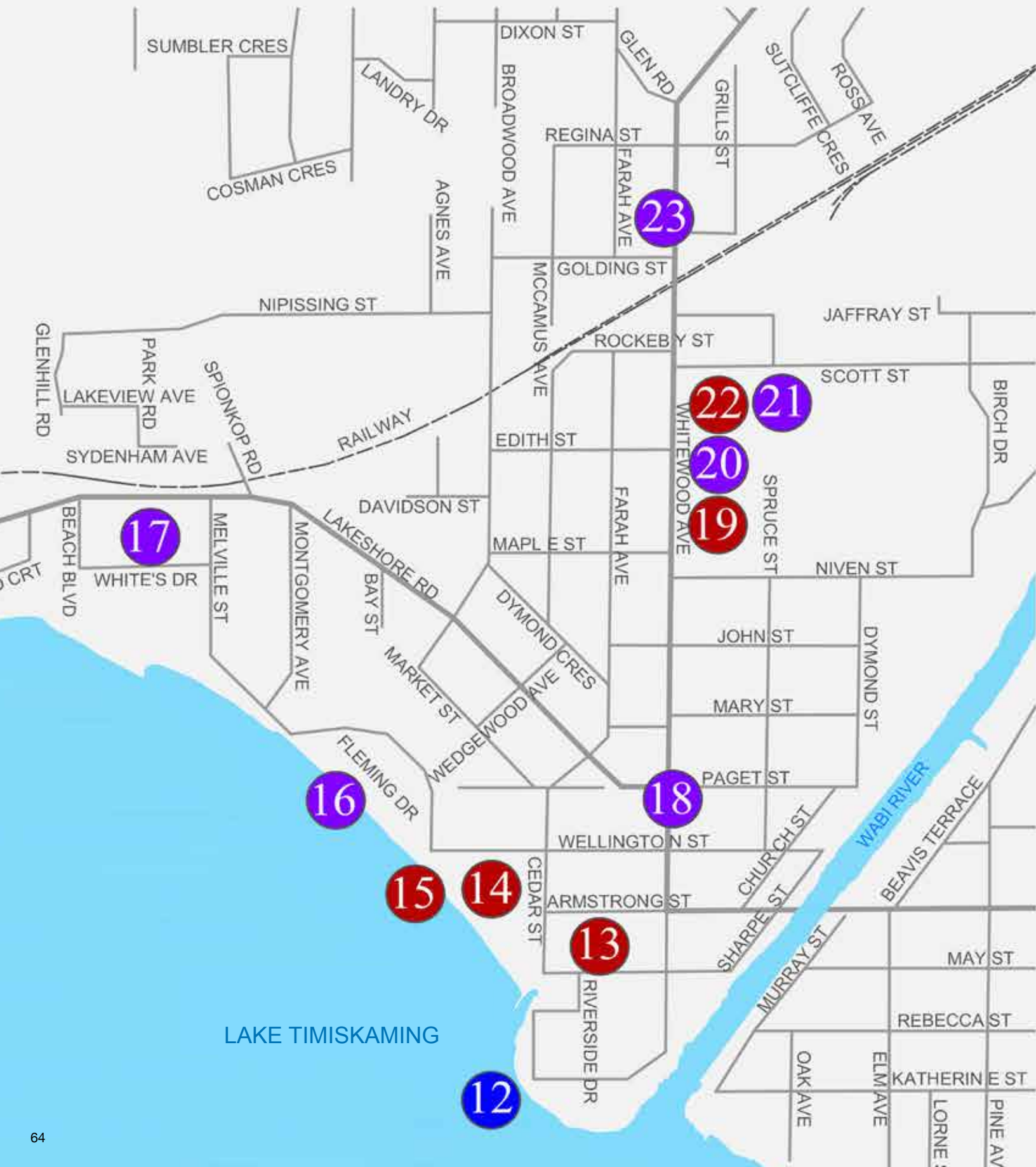
10. OPEN STUDIO LIBRE



NEW LISKEARD

Wi-Fi HOT SPOT

12. NEW LISKEARD MARINA (SEASONAL)



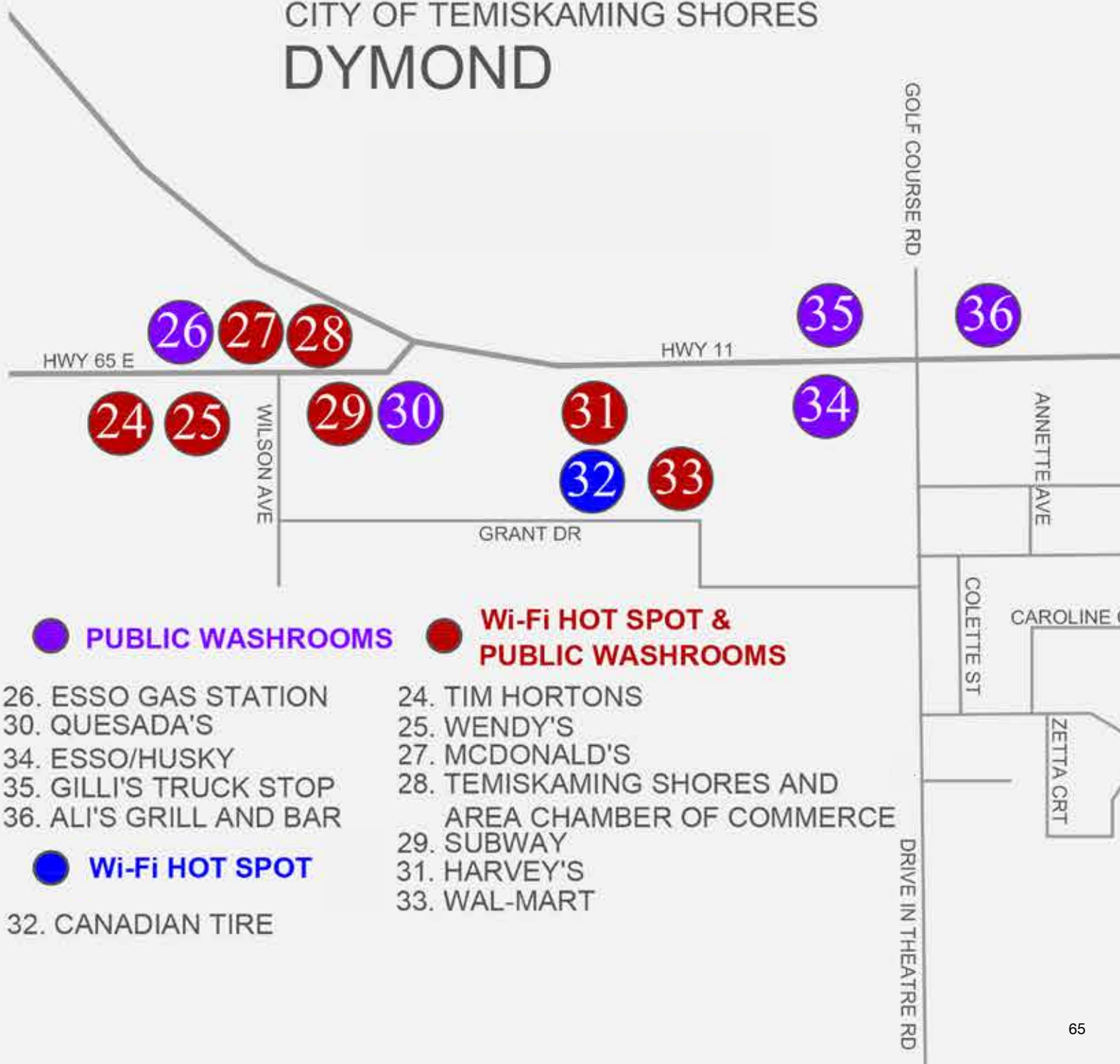
PUBLIC WASHROOMS

- 16. SPURLINE PARK (SEASONAL)
- 17. ALGONQUIN PARK (SEASONAL)
- 18. CHAT NOIR BOOKS
- 20. FINDLAY'S DRUGSTORE
- 21. CHARTRAND'S YOU INDEPENDENT GROCER
- 23. PETRO-CANADA

Wi-Fi HOT SPOT & PUBLIC WASHROOMS

- 13. TIM HORTONS
- 14. DON SHEPHERDSON MEMORIAL ARENA (SEASONAL)
- 15. WATERFRONT POOL AND FITNESS CENTRE
- 19. TIMISKAMING HEALTH UNIT
- 22. TEMISKAMING SHORES PUBLIC LIBRARY

CITY OF TEMISKAMING SHORES
DYMOND



February

March

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

September

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

February

March

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

September

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS