Senior's Resource Guide

Services for Seniors in Muskoka/Parry Sound

Elder Abuse Prevention
Muskoka
# Crisis – 24 Hour Service

<table>
<thead>
<tr>
<th>Call</th>
<th>911</th>
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<tr>
<td>Ontario Provincial Police (Non-Emergency)</td>
<td>1-888-310-1122</td>
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</table>

**Elder Abuse Ontario - Seniors Safety Line** - Call if you are being mistreated, bullied or neglected to get Help  
1-866-299-1011

**Muskoka Victim Services** – Crisis & Emergency Support  
After hours  
1-877-229-2217  
1-844-762-9945

**Parry Sound Victim Services** – Crisis & Emergency Support  
Call collect after hrs  
705-938-1476  
705-746-0508

**Crisis Housing & Support for Abused Women**  
Muskoka Interval House in Bracebridge  
1-800-461-1740  
Chrysalis in Huntsville  
1-866-789-8488  
Esprit Place in Parry Sound  
1-800-461-1707

**Canadian Mental Health Association**-  
Muskoka Residents  
1-800-461-5424  
Parry Sound Residents  
1-888-893-8333

**Telehealth Ontario** – 24 hour Health info from Registered Nurses  
1-866-797-0000

For other services in your area dial **211** on your telephone or  
<table>
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<tr>
<th>Personal Contact Information</th>
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<tr>
<td><strong>Name:</strong></td>
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<tr>
<td><strong>Address/Directions:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
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<tr>
<td>Home</td>
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<tr>
<td><strong>Emergency Contact:</strong></td>
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<tr>
<td>Name</td>
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<tr>
<td><strong>Emergency Contact:</strong></td>
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<tr>
<td>Name</td>
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<td><strong>Doctor:</strong></td>
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<td>Name</td>
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<td><strong>Dentist:</strong></td>
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<tr>
<td>Name</td>
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<tr>
<td><strong>Pharmacy:</strong></td>
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<tr>
<td>Name</td>
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<td><strong>OPP – Fraud Squad</strong></td>
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<td><strong>Power Outage:</strong></td>
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ACKNOWLEDGMENTS

Great appreciation to the District of Muskoka for providing the funding to update and edit this third printing of the Senior's Resource Guide. Thank you to YWCA of Muskoka for their support of this edition.

Previous sponsors include Human Resources and Skills Development Canada ~ New Horizons for Seniors Program and the Muskoka Community Foundation. Special thanks to the senior guide ad hoc committee of volunteers, to the Lake County Community Legal Clinic (LCCLC) and to Community Connection (Dial 211 Information Service).

DISCLAIMER

Every effort was made to provide comprehensive and accurate information from all that awas vailable at the time of printing. This resource is subject to size limitations. Elder Abuse Prevention ~ Muskoka, its directors, staff and volunteers and those collaborating in the making of this resource assume no liability for the accuracy, omissions contained or content of this guide or online presentation.

Inclusion does not constitute an endorsement of any kind, and omission does not constitute a lack thereof.

Please call ahead to confirm information and whether fees apply to avoid disappointment and unexpected costs. The information in this guide is not intended to replace the care and/or information given by your health care professional.

If you are aware of errors/omissions, or have questions or suggestions, please contact:

Elder Abuse Prevention Muskoka

Box 156 ● Bracebridge, ON ● P1L 1T6

muskoka@elderabuseprevention.ca
elderabuseprevention.ca

705-646-7677
1-866-222-1224
Please be advised of the following post publication revisions:

**Inside front cover: Crises- 24 Hour Service**-
Please note the Canadian Mental Health Association Crises line:
Muskoka Residents call 1-800-461-5424
Parry Sound Residents call 1-888-893-8333

**Page 2- Urgent Contact and Helplines**-
Please note that the Seniors Programs and Services information line is for non-urgent inquiries
705-645-2100 ext.199
1-800-461-4215 ext.199 (within 705)

**Page 17 - Senior Centres & Clubs**-
Addition:
Town of Huntsville’s Active Living Centre
705-789-6421.

**Page 17 - Senior Centres & Clubs**-
Clarification: The Seniors Citizens Centennial Club operates the Bracebridge Centre for Active Living ph.705-645-9111

**Page 22- First Aid Training**-
Addition:
Town of Huntsville First Aid Clinics
www.huntsville.ca
705-789-6421

**Page 24- Social Dining**
Addition:
Town of Huntsville Wednesday Diners’ Club
www.Huntsville.ca
705-789-6421
URGENT CONTACTS & HELPLINES

211 Ontario
Information and referral to community and social services in Ontario
Dial 211
www.211ontario.ca

Assaulted Women's Helpline (24 hr)
Toll Free 1-866-863-0511
TTY 1-866-863-7868
www.awhl.org

Crisis Intervention
Toll Free 1-800-461-5424

Fem'aide
Helpline for French-speaking women dealing with violence
Toll Free 1-877-336-2433
TTY 1-866-860-7082
www.femaide.ca

Muskoka - Parry Sound Coordinated Sexual Assault Services (24 hour)
Women's Sexual Assault Helpline:
24 hr line 1-800-461-2929
Bracebridge 705-646-2122
Toll Free 1-877-406-1268
Parry Sound 705-774-9083
Toll Free 1-877-851-6662
www.mpssas.com

Addiction & Mental Health Crisis Line
Muskoka area 1-888-893-8333
Parry Sound & area 1-800-461-5424
Sundridge & area 1-800-461-5424
www.cmha.ca

Muskoka Victim Services
After hours emergency 1-877-229-2217
Bracebridge 1-844-762-9945
www.muskokavs.ca

Ontario Drug & Alcohol Helpline
Toll Free 1-800-565-8603
www.drugandalcoholhelpline.ca

Ontario Problem Gambling Helpline
Toll Free 1-888-230-3505
www.opgh.on.ca

Ontario Mental Health Helpline
Toll Free 1-866-531-2600
www.mentalhealthhelpline.ca

OPP (Ontario Provincial Police)
24 Hr Communications Centre
Non-Emergency 1-888-310-1122
TTY 1-888-310-1133
www.opp.ca

North Simcoe Muskoka Healthline
A comprehensive source of information, services and contacts covering: housing - healthcare - financial aid - emergencies
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Parry Sound Victim Services
District of Parry Sound
Crisis (call collect) 705-938-1476
Parry Sound 705-746-0508
www.ewpsvs.ca
Senior Safety Line
For abused and at-risk seniors - over 150 languages
Toll Free 1-866-299-1011
or dial 211
www.elderabuseontario.com

Telehealth Ontario
Free, confidential health line.
Registered Nurse 1-866-797-0000
Poison Information 1-800-268-9017
TTY 1-866-797-0007

Victim Quick Response Program
Offers support to victims who have no other financial means. The program includes Emergency Expenses, Funeral Expenses and Counselling Expenses.
Toll Free 1-888-579-2888
TTY 1-877-425-0575

Seniors Programs and Services,
District Municipality of Muskoka
Non- Urgent- Information line 705-645-2100 ext.199
CRISIS HELP

**Emergency Shelter**

Crisis shelters for abused women and their children.

**Muskoka Interval House**
- **Bracebridge**: 705-645-4461
- **Toll Free**: 1-800-461-1740
- [www.mwag.ca](http://www.mwag.ca)

**Chrysalis**
- **Huntsville**: 705-789-8488
- **Toll Free**: 1-866-789-8488
- [www.mwag.ca](http://www.mwag.ca)

**Esprit Place Family Resource Centre**
- **Parry Sound**: 705-746-4800
- **Toll Free**: 1-800-461-1707
- **TTY**: 705-746-4800
- [www.psdssab.org](http://www.psdssab.org)

**District of Parry Sound Social Services**
- **Emergency Shelter and Emergency Energy Supplement Fund (ESES) • utility and rent assistance • Consolidated Homelessness Program for housing help.**
- **Parry Sound**: 705-774-9600 x 236
- **Toll Free**: 1-877-767-6060
- [www.psdssab.org](http://www.psdssab.org)

**Parry Sound EMS**
- 705-746-6262

**Salvation Army Emergency Services**
- **Bracebridge**: 705-645-2602
- **Gravenhurst**: 705-687-2131
- **Huntsville**: 705-789-3398
- **Parry Sound**: 705-746-5391

**Food Banks**

**Muskoka**
- **All Saints Anglican Church**
  - **Huntsville**: 705-789-2216
  - [www.allsaintshuntsville.ca](http://www.allsaintshuntsville.ca)

**Georgian Bay Food Bank**
- **Port Severn**: 705-538-2337 ext 261
- **Toll Free**: 1-800-567-0187 ext 261
- [www.gbtownship.ca](http://www.gbtownship.ca)

**MacTier Food Bank**
- 705-774-1756
Manna Food Bank
Bracebridge 705-646-0114
www.mannafoodbank.ca

Salvation Army Food Banks
Bracebridge 705-645-2602
Gravenhurst 705-687-2131
Huntsville 705-789-3398

Table Soup Kitchen Foundation
Huntsville 705-783-5827
www.thetablesoupkitchen.com

West Muskoka Food Bank
Glen Orchard 705-644-0684
http://westmuskokafoodbank.org

*Parry Sound*

Argyle and District Food Bank
705-729-5174

Burk's Falls and District Food Bank
705-382-3989

Callander and Area Food Bank
705-752-0777

Good Happenings Food Bank
South River 705-386-2615

Harvest Share
Parry Sound 705-774-9111

Powassan and District Food Bank
705-724-3015

Salvation Army
Rainbow Country Church
Parry Sound 705-746-5391

Sundridge Food Bank Program
705-384-7017
**North Simcoe Muskoka Healthline**

A comprehensive source of information, services and contacts covering all aspects healthcare and includes housing options.

Barrie  705-721-8010 x 2450
Toll Free  1-888-721-2222 x 2450

[www.nsmhealthline.ca](http://www.nsmhealthline.ca)

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**Municipal Housing**

**Muskoka**

Muskoka District Municipal Office

Bracebridge  705-645-2231
(705) area code only  1-800-461-4210
Automated System  705-645-2100

[www.muskoka.on.ca](http://www.muskoka.on.ca)

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**Parry Sound**

District of Parry Sound Social Services

Parry Sound  705-774-9600
Toll Free  1 877-767-6060
South River  705-386-2358
Toll Free  1-800-661-3230

[www.psdssab.org](http://www.psdssab.org)

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**Long Term Care**

**Muskoka**

Fairvern Nursing Home

Huntsville  705-789-6011
[www.fairvernnursinghome.ca](http://www.fairvernnursinghome.ca)

Muskoka Landing

Huntsville  705-788-7713
[www.jarlette.com](http://www.jarlette.com)

Muskoka Shores Care Community (formerly Leisureworld)

Gravenhurst  705-687-3444
[www.siennaliving.ca](http://www.siennaliving.ca)

The Pines Long Term Care Home

Bracebridge  705-645-4488
[www.thepinesltc.ca](http://www.thepinesltc.ca)

**Parry Sound**

Belvedere Heights

Parry Sound  705-746-5871
[www.belvedereheights.com](http://www.belvedereheights.com)

Eastholme Home for the Aged

Powassan  705-724-2005
[www.eastholme.ca](http://www.eastholme.ca)

Lady Isabelle Nursing Home

Trout Creek  705-723-5232
[www.ladyisabelle.ca](http://www.ladyisabelle.ca)
Lakeland Long Term Care Facility
Parry Sound 705-746-9667
www.lakelandltc.com

Chartwell Select Muskoka Traditions
Huntsville 705-789-0012
www.chartwell.com

Rogers Cove Retirement Home
Huntsville 705 789-1600
www.chartwell.com

Retirement Residences

Muskoka

Castle Peak Retirement Residence
Bracebridge 705-646-0808
www.castlepeakmuskoka.com

Country Moments Retirement Home
Huntsville 705-787-1639
www.country-moments.com

Granite Ridge Retirement Residence
Gravenhurst 705-687-0007
www.retiremuskoka.com

Gravenhurst Manor
Gravenhurst 705-687-3356
www.themanoratgravenhurst.ca

James Street Place
Bracebridge 705-645-1431
www.chartwell.com

Mary Lake Retirement Residence
Port Sydney 705-571-3425
www.marylakeretirementresident.com

Muskoka Hills Retirement Villa
Bracebridge 705-645-6364
www.muskokahillsretirement.com

Parry Sound

Gardens of Parry Sound Retirement Res
Parry Sound 705-746-8558
www.gardenofparrysound.ca

Serenity Seniors Residence
Parry Sound 705-774-9682
www.serenityhome.ca

Southwind Retirement Home
South River 705-386-0846

Mental Health

Doe Lake Residence
Gravenhurst 705-687-6285
Lang Residence
Gravenhurst 705-687-5978

Muskoka North Residential
Gravenhurst 705-687-6199
### Care Homes

The Home In Muskoka  
Port Sydney  
705-385-0459

### Accessible Housing

Huntsville Legion Seniors Manor  
705-789-6812

### Co-housing

Solterra Co-housing  
705-645-0007  
1-877-833-0007

### Co-operative Housing

Bethune Housing Co-operative Inc  
Gravenhurst  
705-687-7305

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“It matters not the number of years in your life. It is the life in your years.”  
~ Abraham Lincoln

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“Ask not what you can do for your country. Ask what’s for lunch.”  
~ Orson Welles
ACCESSIBILITY

North Simcoe Muskoka Healthline **
A comprehensive source of information, services and contacts covering all aspects of healthcare including accessibility.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Equipment for Homes & Vehicles

Accessibility Resource Centre
Information and guidance for people requiring Assistive Devices, Vehicle Modifications, and Accessible Home Renovations • Funding Sources • Falls Prevention
Barrie 705-737-3263
Toll Free 1-800-465-1133
TTY 705-737-3242
www.ilssimcoe.ca

Assistive Devices Program (ADP)
Financial assistance for: communications devices • diabetic supplies • enteral feeding supplies • hearing aids • orthotic devices • ostomy supplies • pressure modification devices • prosthetics • respiratory supplies • visual aids • wheelchairs and ambulation aids.
Toronto - Toll Free 1-800-268-6021
TTY 1-800-387-5559
www.health.gov.on.ca

American Sign Language

Deaf Access Simcoe Muskoka
Barrie 705-728-3577
Toll Free 1-844-728-3511
TTY 705-728-3599
www.deafaccess.ca

Ontario Interpreting Services
Canadian Hearing Society
Toll Free 1-855-656-3748
TTY 1-877-843-0368
www.chs.ca

Bell Canada Relay - Accessibility Services Centre
Toronto 1-800-268-9243
TTY 1-800-268-9242
www.bell.ca/accessibility_services

Home Health Equipment & Vehicles

These businesses offer a range of home health care and mobility products

Simcoe

AccessRamp and Mobility Systems
Toll Free 1-855-700-7267
www.accessramp.ca

Maximum Mobility Access Centre
Orillia 705-326-8157
Toll Free 1-888-232-1063
www.maximumaccesscentre.com
<table>
<thead>
<tr>
<th>Company</th>
<th>Address</th>
<th>Phone Number</th>
<th>Service Description</th>
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<tbody>
<tr>
<td>Medigas</td>
<td>Barrie</td>
<td>705-721-0555</td>
<td>Free Home Care Oxygen Service, Oxygen Service, Home and Car Modifications and</td>
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<td>Assistance with Funding Applications, provided as part of Occupational Therapy</td>
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<td>Motion Specialties</td>
<td>Barrie</td>
<td>705-727-1009</td>
<td>Motion Specialties, Service.</td>
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<td>1-800-216-3632</td>
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<td><a href="http://www.motionspecialties.com">www.motionspecialties.com</a></td>
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<td>1-800-387-0245</td>
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<td>705-329-0811</td>
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<td><a href="http://www.ontariowheelchair.ca">www.ontariowheelchair.ca</a></td>
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<td>Closing the Gap Healthcare Group</td>
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<td>Occupational Therapy services.</td>
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<tr>
<td>The Apothecary Shop</td>
<td>Port Carling</td>
<td>705-765-6866</td>
<td>The Apothecary Shop, Service.</td>
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<td>Heather's Home Healthcare Medical Supplies</td>
<td>Bracebridge</td>
<td>705-645-7572</td>
<td>Heather's Home Healthcare Medical Supplies, Service.</td>
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<td>and Equipment</td>
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<td><a href="http://www.heathershomehealthcareon.com">www.heathershomehealthcareon.com</a></td>
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<td>1-800-461-4339</td>
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<td><a href="http://www.homecareoxygen.service.com">www.homecareoxygen.service.com</a></td>
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<tr>
<td>Home Comfort Care Services</td>
<td>Gravenhurst</td>
<td>705-687-3890</td>
<td>Home Comfort Care Services, Service.</td>
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<td>1-888-344-3890</td>
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<td><a href="http://www.homecomfortcare.ca">www.homecomfortcare.ca</a></td>
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<tr>
<td>Huntsville's Hometown IDA Drugstore &amp;</td>
<td>Huntsville</td>
<td>705-789-7534</td>
<td>Huntsville's Hometown IDA Drugstore &amp; Healthcare Services, Service.</td>
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<tr>
<td>Healthcare Services</td>
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<td>1-800-461-4218</td>
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<td><a href="http://www.huntsvilleshometownida.ca">www.huntsvilleshometownida.ca</a></td>
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<tr>
<td>Janice Parrott</td>
<td>Huntsville</td>
<td>705-789-3129</td>
<td>Janice Parrott, Registered Physiotherapist, Service.</td>
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<tr>
<td>Motion Specialties</td>
<td>North Bay</td>
<td>705-476-6449</td>
<td>Motion Specialties, Service.</td>
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<td>1-888-222-2172</td>
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<td><a href="http://www.motionspecialties.com">www.motionspecialties.com</a></td>
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FINANCIAL AID

North Simcoe Muskoka Healthline **
A comprehensive source of information, services and contacts covering all aspects healthcare including financial.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Service Canada (CPP, OAS, GIS)
Toll Free 1-800-622-6232
TTY 1-800-926-9105
www.servicecanada.gc.ca

Income Security Programs
CPP/OAS 1-800-277-9914
TTY 1-800-255-4786

Ontario Guaranteed Annual Income System (GAINS)
Toll Free 1-866-668-8297
TTY 1-800-263-7776
www.fin.gov.on.ca/en/credit/gains

Muskoka District Community Services
Bracebridge 705-645-2412
Toll Free 1-800-461-4215
www.muskoka.on.ca

District of Parry Sound Social Services
Parry Sound 705-774-9600
Toll Free 1-877-767-6060
South River 705-386-2358
Toll Free 1-800-661-3230
www.psdssab.org

Assistive Devices Program
Financial assistance for • communication devices • diabetic supplies • enteral feeding supplies • hearing aids • orthotic devices • ostomy supplies • pressure modification devices • prosthetics • respiratory supplies • visual aids • wheelchairs and ambulation aids.
Toronto 1-800-268-6021
TTY 1-800-387-5559
www.health.gov.on.ca

Canadian Hard of Hearing Association, Sudbury Branch
Financial assistance for hearing aids. Requires referral by an audiologist.
Toll Free & TTY 1-866-300-2442
Office & TTY 705-523-5695
www.chhasudbury.com

McConnell Foundation
Serving Muskoka District
Financial assistance for eyeglasses, assistive devices, dentures / dental work.
Bracebridge 705-645-2412 x 190

Resource Centre for Independent Living (RISE) Serving Muskoka & Parry Sound Direct funding for people with physical disabilities. An independent living resource centre for information on education, employment, housing, recreation and leisure.
Parry Sound 705-746-6996
Toll Free 1-800-634-6828

__________
Access 2 Entertainment Card
Toronto • Serving Canada
Free admission (or significant discount)
for support persons accompanying a
person with a disability at member movie
theatres across Canada - in conjunction
with Famous Players and Cineplex
Entertainment.
Toll Free 1-877-376-6362 x 227
www.access2.ca 1-416-932-8382 x 227

Ontario March of Dimes
Assistive Devices Program - Funding for
wheelchairs, bath aids etc.
Home & Vehicle Modification Program
MODmobility - Donate or buy recycled
assistive devices such as wheelchairs,
walkers, bath aids, etc.
Toronto 1-416-425-3463
Toll Free 1-800-263-3463
www.marchofdimes.ca

**Disability**

Ont Disability Support Program (ODSP)
Toll Free 1-800-665-9718
Bracebridge 705-645-8718
TTY 705-645-7904

Accessibility Resource Centre -
Independent Living Services of Simcoe
County & Area
Barrie 705-737-3263
Toll Free 1-800-465-1133
TTY 705-737-3242
www.ilssimcoe.ca

Ontario Renovates
District of Muskoka - Assistance for
home accessibility modifications.
Bracebridge 705-645-2412
Toll Free 1-800-461-4210
www.muskoka.on.ca

A Guide to the Disability Tax Credit -
How to claim this benefit (including
retroactively) on your income tax return.
www.turbotax.intuit.ca/tips/how-to-
claim-the-disability-amount-
retroactively-2-5331

**Heating Costs Assistance**

Low Income Energy Network (LIEN)
Toll Free 1-866-245-4182 x 5167
www.lowincomeenergy.ca

Low-Income Energy Assistance Program
(LEAP)
Customers contact the access agency
listed below their utility provider.

Hydro One
United Way of Greater Simcoe County
Toll Free 1-855-487-5327

Lakeland Muskoka
District Municipality of Muskoka
Bracebridge 705-645-2412
Toll Free 1-800-461-4215

Veridian Connections Gravenhurst
United Way of Greater Simcoe County
Low Income - Toll Free 1-855-487-5327
Lakeland Parry Sound
District of Parry Sound Social Services
Toll Free 705-386-2358

Parry Sound Power
District of Parry Sound Social Services
Parry Sound 705-774-9600
Toll Free 1-877-767-6060

Ontario Electricity Support Program (OESP)
Low income households may qualify for a monthly credit on electricity bills.

Parry Sound / Muskoka
Toll Free 1-855-831-8151

Ontario Native Welfare Admin Assoc (ONWAA)
Toll Free 1-844-885-3157
www.ontarioelectricitysupport.ca

Salvation Army
Gravenhurst 705-687-2131

Medications

Ontario Drug Benefit (ODB)
Covers some of the cost of most prescriptions and products for seniors.
Ministry INFOline 1-800-268-1154
Trillium Drug Program 1-800-575-5386

Seniors Information Line (Drug Co-Payment)
Toll Free 1-888-405-0405

Tax Preparation Assistance

Community Volunteer Income Tax Program (CVITP)
www.cra-arc.gc.ca/tax/ndvds/vlntr/menu-eng.html

Muskoka District Office
Please call or visit the website for dates and locations of tax clinics in your area.
Bracebridge 705-645-2412
Toll Free 1-800-461-4210
www.muskoka.on.ca

Muskoka Seniors Home Assistance
Huntsville 705-789-6676

Thrift Stores

Habitat for Humanity & ReStore Muskoka
Bracebridge 705-646-0106
Huntsville 705-788-0305
www.habitatmuskoka.com

Salvation Army Thrift Store
Bracebridge 705-645-5961
Gravenhurst 705-687-6711
Huntsville 705-789-8125
Parry Sound 705-746-9644

South River Adventist Community Services Centre Thrift Store
705-386-7793
Value Village
North Bay 705-476-1888
Orillia 705-327-8288
www.valuevillage.com

Additional 30% discount available every Tuesday for seniors (60+).

**Health Travel Costs**

Northern Health Travel Grant Program
Northern Ontario- Parry Sound District
Travel grants help pay for transportation and accommodation costs for eligible residents of Northern Ontario who must travel long distances within Ontario for specialty medical services that are not available locally.

- English 1-800-461-4006
- French 1-800-461-1149
- TTY 1-800-387-5559
- Sudbury 705-675-4010
- www.health.gov.on.ca

**Muskoka**

- Bala 705-762-3913
- Bracebridge 705-645-8500
- Gravenhurst 705-687-2801
- Huntsville 705-789-4641
- Port Carling 705-765-5302

**Parry Sound**

- Burks Falls 705-382-3137
- Callander 705-752-3773
- Kearney 705-636-5889
- Parry Sound 705-746-8832
- Powassan 705-724-2235
- South River 705 386-2906
- Sundridge 705-384-5655

**Salvation Army Corps**

- Bracebridge 705-645-2602
- Gravenhurst 705-687-2131
- Huntsville 705-789-3398
- Parry Sound 705 746-5391

**Additional Resources**

Contact local food banks, Salvation Army, service clubs, churches, Royal Canadian Legions or call 211.

**Royal Canadian Legion**
RECREATION

Community Connection
Connecting people to services in their community. To reach a Community information specialist 24 hrs/ 7days a week - Dial 211
TTY 1-888-435-6086
www.community-connection.ca

Contact information for clubs, groups and associations (sports, hobby, shared interest) is compiled annually by each municipality, usually under their Recreation Departments

Municipal Offices

Muskoka

Bracebridge Recreation 705-645-3037
www.bracebridge.ca

Georgian Bay Township 705-538-2337
Toll Free 1-800-567-0187
www.gbtownship.ca

Gravenhurst 705-687-3412
www.gravenhurst.ca

Huntsville 705-789-1751
Toll Free 1-888-696-4255
TTY 705-789-1768
www.huntsville.ca

Lake of Bays 705-635-2272
Toll Free 1-877-566-0005
www.lakeofbays.on.ca

Muskoka Lakes 705-765-3156
www.muskokalakes.ca

Parry Sound

Archipelago 705-746-4243
www.thearchipelago.on.ca

Armour Township 705-382-3332
www.armourtownship.ca

Burks Falls 705-382-3138
www.burksfalls.net

Callander 705-752-1410
www.mycallander.ca

Carling 705-342-5856
www.carlingtownship.ca

Chisholm 705-724-3526
www.chisholm.ca

Joly Township 705-384-5428
www.townshipofjoly.com

Kearney 705-636-7752
www.townofkearney.com

Machar Township 705-386-7741
www.machartownship.net

Magnetawan 705-387-3947
www.magnetawan.com

McDougall 705-342-5252
www.mcdougall.ca
McKellar 705-389-2842
www.township.mckellar.on.ca

McMurrich/Monteith 705-685-7901
www.mcmurrichmonteith.com

Nipissing 705-724-2144
www.nipissingtownship.com

Parry Sound 705-746-2101
www.parrysound.ca

Township of Perry 705-636-5941
www.townshipofperry.ca

Powassan 705-724-2813
www.powassan.net

Ryerson 705-382-3232
www.ryersontownship.ca

Seguin 705-732-4300
Toll Free 1-877-473-4846
www.seguin.ca

South River 705 386-2573
www.southriverontario.com

Strong Township 705-384-5819
www.strongtownship.com

Sundridge 705-384-5316
www.sundridge.ca

Whitestone 705-389-2466
www.whitestone.ca

Libraries

Many libraries offer internet access, shut in services, photocopying, services for the visually and hearing impaired. Call for information on availability.

Muskoka

Bala 705-762-1086
www.olsn.ca/muskokalakes

Bracebridge 705-645-4171
www.bracebridgelibrary.ca

Honey Harbour 705-756-8851
www.gbpl.ca

MacTier 705-375-5430
www.gbpl.ca

Gravenhurst 705-687-3382
www.gravenhurst.ca/en/library.asp

Huntsville 705-789-5232
www.huntsvillelibrary.ca

Dwight 705-635-3319
www.lakeofbayslibrary.ca

Baysville 705-767-2361
www.lakeofbayslibrary.ca

Milford Bay 705-764-0283
www.librarytechnology.org/library/30767

Port Carling 705-765-5650
www.olsn.ca/muskokalakes
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<td>705-645-7548</td>
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<td>Wahta</td>
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<td>705-687-9965</td>
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<td>Point au Baril</td>
<td>705-366-2515</td>
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<td>Burks Falls</td>
<td>705-382-3327</td>
<td>Powassan</td>
<td>705-724-3618</td>
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<td><a href="http://www.burksfallslibrary.com">www.burksfallslibrary.com</a></td>
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<td><a href="http://www.powassanlibrary.ca">www.powassanlibrary.ca</a></td>
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<td>705-752-2544</td>
<td>Shawanaga</td>
<td>705-366-2029 Ext 23</td>
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<td>Emsdale</td>
<td>705-636-5454</td>
<td>South River/Machar</td>
<td>705-386-0222</td>
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<td><a href="http://www.olsn.ca/perrylibrary">www.olsn.ca/perrylibrary</a></td>
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<td><a href="http://www.olsn.ca/srmupl">www.olsn.ca/srmupl</a></td>
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"Beautiful young people are accidents of nature, but beautiful old people are works of art."

~ Eleanor Roosevelt

“Keeping up the appearance of having all your marbles is hard work, but important.”

~ Sara Gruen, Water for Elephants
**Sundridge-Strong**  
705-384-7311  
[www.olsn.ca/sundridgestronglibrary](http://www.olsn.ca/sundridgestronglibrary)

**Whitestone-Hagerman**  
705-389-3311  
[www.olsn.ca/whitestonelibrary](http://www.olsn.ca/whitestonelibrary)

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**Senior Centres & Clubs**

**Muskoka**

- **Baysville Autumn Leaves Seniors**  
  705-767-3579

- **Senior Citizens Centennial Club**  
  Bracebridge  
  705-645-9111

- **Dorset Seniors' Club**  
  705-766-2278  
  or call  
  705-766-9347

- **Dwight Lakeview Srs**  
  705-571-3757

- **Gravenhurst Srs Club**  
  705-687-8126

- **Huntsville Srs Club 55**  
  705-789-9783

- **Port Cunnington Srs**  
  705-635-1765

- **Ryde Community Centre**  
  705-687-4200

- **Sprucedale Seniors Friendship Club**  
  705-685-7471  
  or call  
  705-685-7938

- **Utterson Live Wires**  
  705-385-2648  
  or call  
  705-385-2689

- **Wellness Initiative for Seniors Engaged (W.I.S.E. Clubs)**  
  705-645-2100 x 199  
  mobile  
  705-394-8577

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**Parry Sound**

- **Parry Sound Seguin Seniors Drop-In Centre**
- **Parry Sound**  
  705-746-7186

- **South River Friendly Circle Senior's Drop In Centre**  
  705-386-0322

- **Sundridge Happy Gang**  
  705-384-7351  
  or call  
  705-384-2912

- **Trout Creek Seniors Friendship Club**  
  Powassan  
  705-723-5201

- **Young At Heart Senior Citizen's Club**  
  Burk's Falls  
  705-382-2023

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**Resources for Women**

**Muskoka Women's Advocacy Group**

- **Bracebridge**  
  705-645-4461

- **Toll Free**  
  1-800-461-1740

- **Huntsville**  
  705-789-8488

- **Toll Free**  
  1-866-789-8488

[www.mwag.ca](http://www.mwag.ca)

**YWCA - Muskoka District**

- **Women's Wellness**  
  **Women in Business**  
  **Girlz Unplugged**

- **Senior Women**  
  **Women of Distinction**

- **Business of Life**  
  **YWCA encore (post breast cancer exercise program)**

- **Bracebridge**  
  705-645-9827

[www.ywcamuskoka.com](http://www.ywcamuskoka.com)

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Recreation
Gravenhurst Women's Centre
Gravenhurst 705-687-6500

Women's Own Resource Centre (WORC)
Almaguin Highlands
Information, referral, workshops, individual support & community events.
South River 705-386-9672
Toll Free 1-888-640-8668
www.womensownresource.org

**Animals**

Ontario Society for the Prevention of Cruelty to Animals (OSPCA)
Provincial Toll Free 1-888-668-7722

Bracebridge 705-645-6225
www.muskoka.ontariospca.ca

Huntsville 705-224-0112
www.muskokaanimalrescue.com

Orillia 705-325-1304
www.orillia.ontariospca.ca

South River 705-386-0020

A Wing and a Prayer Bird Rehabilitation Centre
Port Sydney 705-385-1488

Aspen Valley Wildlife Sanctuary
Rosseau 705 732-6368
After Hours 705-644-4122
www.aspenvalley.ca

Bear Wise 24/7 Reporting Hotline
Toll Free 1-866-514-2327
TTY 705-945-7641
www.onario.ca/bearwise

Bear with Us Inc.
Serving Parry Sound & Muskoka
Sprucedale 705 685-7830
Mobile 705-571-4397
www.bearwithus.org

Ontario Ministry of Natural Resources
Bracebridge 705-645-8747
Parry Sound 705-746-4201
www.mnr.gov.on.ca

Solitudes Wildlife Rehabilitation Centre
Serving Parry Sound & Muskoka
Kearney 705 636-0309
www.solitudeswildlifecentre.com

"Growing old is mandatory; growing up is optional."
~ Chili Davis

"Old age ain't no place for sissies."
~ Bette Davis
**North Simcoe Muskoka Healthline**

A comprehensive source of information, services and contacts covering all aspects of healthcare including home support.

Barrie: 705-721-8010 x 2450  
Toll Free: 1-888-721-2222 x 2450  
www.nsmhealthline.ca

The Home and Community Care numbers listed below provide an access point to health and personal support services to help individuals live independently at home or to assist them in making the transition to a long-term care home. Information about and links individuals to services available in the community.

**Home and Community Care**

North East LHIN  
Provincial: 310-2222  
North Bay: 1-888-533-2222  
Parry Sound: 1-800-440-6762  
healthcareathome.ca/northeast

North Simcoe Muskoka LHIN  
Barrie: 705-721-8010  
Toll Free: 1-888-721-2222  
healthcareathome.ca/nsm/

**Home At Last (HAL)**

A free service providing patient transition from hospital to home. The trained attendant will go home with the patient and stay until they are settled.

1-800-565-4145 ext 223

**The Friends**

Serving Parry Sound & Muskoka Services for clients with a physical disability, who can direct their own care and require assistance with personal care

- Outreach Program provides personal support and homemaking services
- Respite care
- Adult Day Away Program
- Caregiver support program
- In-home respite services to family caregivers.

Toll Free: 1-888-746-5102  
Muskoka/Parry Sd: 705-746-5102  
www.thefriends.on.ca

**Muskoka Seniors Home Assistance**

Serving Huntsville, Lake of Bays Township, Muskoka District

- Friendly Visiting
- Telephone Reassurance
- Friendship Luncheons
- Frozen Meal Program
- Transportation Service
- Free income tax preparation.

705-789-6676

**Volunteer and Transportation Program**

Karen Waters: 705-789-6676 ext 23  
www.muskokaseniors.org
**Palliative Care & Bereavement**

The Hospice and Palliative Care Networks listed below offer family-centred care programs to assist those diagnosed with a terminal illness and their families. Support is available in home, hospital or nursing home. Volunteers provide non-medical support, companionship, assistance with light household duties, and simple comfort measures • Grief & bereavement support.

- Algonquin Family Health Team Palliative Care- HOPE Huntsville
- Dorset 705-766-0866
- Huntsville 705-787-0846
  [www.algonquinfht.ca](http://www.algonquinfht.ca)

- Hospice Huntsville 705-789-6878
  [www.hospicehuntsville.com](http://www.hospicehuntsville.com)

- Hospice Muskoka 705-646-1697
  [www.hospicemuskoka.com](http://www.hospicemuskoka.com)

- Hospice - West Parry Sound 705-746-4540 x 1416
  [www.parrysoundhospice.ca](http://www.parrysoundhospice.ca)

- Near North Palliative Care Network
  Nipissing/ParrySound 705-497-9239
  North Bay 1-800-287-9441
  [www.nnpcn.com](http://www.nnpcn.com)

- North Simcoe Muskoka Hospice Palliative Care Network
  Orillia 705-325-0505
  Toll Free 1-877-235-2224
  [www.nsmhpcn.ca](http://www.nsmhpcn.ca)

**Private Support Services**

These fee for service businesses may provide nursing, personal care and home support services.

- **Canadian Red Cross**
  To support seniors and vulnerable individuals throughout Ontario at home through community support services including transportation, nutrition programs and personal support services
  North Bay 705-472-5760
  Simcoe Muskoka
  Toll Free 1-800-387-2251
  Sudbury 705-674-0737
  [www.redcross.ca](http://www.redcross.ca)

- **Cangrands**
  Internet based support group providing kinship support for caregiver families
  Huntsville 705-789-3956
  [www.cangrands.com](http://www.cangrands.com)

- **CarePartners**
  We accommodate any level of care required whether that is 24 hours a day, seven days a week, or as little as once a month.
  North Bay / Parry Sound 1-866-886-4172
  Simcoe Muskoka 1-866-886-4171
  [www.carepartners.ca](http://www.carepartners.ca)
Closing the Gap Healthcare
Muskoka / Parry Sound
Huntsville 705-788-9355
Toll Free 1-855-687-8707
www.closingthegap.ca

Community Solutions Limited
Rehabilitation and support services,
attendant care for acquired brain injury,
spinal cord injury and strokes.
Nobel 705-342-9750
Head Office 1-800-430-6523
www.commsolltd.com

Harmony Home Health Care
Parry Sound 705-346-0708

Helping Hands
Orillia 705-325-7861
helpinghandsorillia.ca

Home Care Muskoka
Bracebridge 705-645-0099
Toll Free 1-877-645-0099
www.homecaremuskoka.ca

Muskoka Seniors and Special Services
Gravenhurst 705-687-5334

ParaMed Home Health Care, Muskoka
Huntsville 705-788-9899
1-800-463-3965
www.paramed.com

Peace of Mind Elder Care Muskoka
Mobile 705-327-9418
Toll Free 1-888-367-1772
www.muskokaseniorcare.com

Saint Elizabeth Health Care
Barrie 705-737-5055
Toll Free 1-888-737-5055
www.saintelizabeth.com

Seniors for Seniors
Bracebridge 705-645-0199
Toll Free 1-877-719-1444
www.seniorsforseniors.ca

Stay at Home Support Services
Muskoka / Parry Sound 705-641-9611

The Friends
Muskoka / Parry Sound 705-687-5100
Toll Free 1-855-687-5100
www.thefriends.on.ca

Time Together
Huntsville 705-789-5911
or call 705-788-4372

VON Canada
Barrie 1-800-565-4145
North Bay 1-800-265-5379
www.von.ca

We Care Home Health Services
Muskoka District
Barrie 705-734-2235
Toll Free 1-800-842-3757
www.cbi.ca
SCHOOLS

Colleges / Universities

Canadore College
Parry Sound Campus 705-746-9222
North Bay 1-855-495-7915
www.canadorecollege.ca

Georgian College, Muskoka Campus
Bracebridge 705-646-7629
www.georgiancollege.ca

Distance Learning

Canadian Virtual University / L’Universite Virtuelle Canadienne
Searchable database of 2,500 distance and online courses from 10 accredited Canadian universities
www.cvu-uvc.ca

Contact North
Each access centre is equipped with distance education technologies.
Bracebridge 1-855-699-6330
Dokis First Nation 1-877-999-9149
Nipissing First Nation 1-877-999-9149
North Bay 1-855-352-7226
Parry Sound 1-855-352-1531
South River 1-877-999-9149
Wasauksing First Nation 1-877-999-9149
www.studyonline.ca

First Aid Training

Action First Aid
Bracebridge 1-866-347-7824
www.actionfirstaid.ca

Canadian Red Cross
Gravenhurst 705-687-3903
www.greatmoooseadventures.com

Bracebridge Sportsplex 705-645-3037
www.bracebridge.ca

St John Ambulance Simcoe Muskoka
Barrie 705-726-0991
Toll Free 1-800-269-0968
www.sja.ca

Literacy

Adult Education & Training Centre
Bracebridge 705-645-2646
Gravenhurst 705-687-5422
Huntsville 705-789-4764
www.anewstart.ca

Literacy & Basic Skills
Bracebridge 705-646-5651
www.anewstart.ca

Almaguin Adult Learning Centres
Burks Falls 705-382-6086 x 3232
Powassan 705-724-2813 x 239
South River 705-386-0764
www.almaguinadultlearning.org

Literacy Society of South Muskoka
Gravenhurst 705-687-9323
1-800-293-9020
www.literacysocietysouthmuskoka.org

YMCA Literacy Services
Huntsville 705-789-1850
www.ymcaofsimcoemuskoka.ca
EMPLEYMENT

North Simcoe Muskoka Healthline **
A comprehensive source of information, services and contacts covering all aspects of healthcare and provides employment resources.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Employment North, Ontario
Employment Services
Gravenhurst 705-687-6350
Sundridge 705-384-1110
Toll Free 1-800-461-5541
www.employmentnorth.com

Muskoka Small Business Centre
Bracebridge 705-646-9021
www.muskokasmallbusiness.ca

YWCA Muskoka
Bracebridge 705-645-9827
www.ywcamuskoka.com

Women's Own Resource Centre (WORC)
South River 705-386-9672
Toll Free 1-888-640-8668
www.womensownresource.org

YMCA of Simcoe/Muskoka
Employment Services
Gravenhurst 705-687-9899
Huntsville 705-787-0349
Parry Sound 705-746-8480
www.ymcaofsimcoemuskoka.ca

ServiceOntario
Business Info Line 1-416-212-8888
Toll Free 1-888-745-8888
TTY 1-800-268-7095
www.ontario.ca

Service Canada Centre
Toll Free 1-800-622-6232
TTY 1-800-926-9105
www.servicecanada.gc.ca

Agilec (formerly Northern Lights)
Employment Services
Bracebridge 705-646-2092
Burks Falls 705-382-6100
www.agilec.ca
FOOD & NUTRITION

North Simcoe Muskoka Healthline **
A comprehensive source of information, services and contacts covering all aspects healthcare including food & nutrition.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Food Banks

Muskoka

All Saints Anglican Church
Huntsville 705-789-2216
www.allsaintshuntsville.ca

Georgian Bay Food Bank
Port Severn 705-538-2337 ext 261
Toll Free 1-800-567-0187 x 261
www.gbtownship.ca

MacTier Food Bank 705-774-1756

Manna Food Bank
Bracebridge 705-646-0114
www.mannafoodbank.ca

Salvation Army Food Banks
Bracebridge 705-645-2602
Gravenhurst 705-687-2131
Huntsville 705-789-3398

Table Soup Kitchen Foundation
Huntsville 705-783-5827
www.thetablesoupkitchen.com

West Muskoka Food Bank
Glen Orchard 705-644-0684

Parry Sound

Argyle and District Food Bank 705-729-5174
Burk's Falls and District Food Bank 705-382-3989
Callander and Area Food Bank 705-752-0777
Good Happenings Food Bank
South River 705-386-2615

Harvest Share
Parry Sound 705-774-9111

Powassan and District Food Bank 705-724-3015

Salvation Army Rainbow Ctr Church
Parry Sound 705-746-5391

Sundridge Food Bank
Residence 705-384-7017

Social Dining

Many senior clubs, churches and groups host friendly luncheons, dinners, pot lucks and get-togethers where food is enjoyed in an environment welcoming to older adults.
Dates, times, locations and any costs are subject to change. Please call in advance to confirm.

**Muskoka**

Baxter Community Volunteer Group  
Port Severn  
Residence  705-756-8843

Bracebridge United Church  
705-645-5713  
[www.bracebridgeunitedchurch.ca](http://www.bracebridgeunitedchurch.ca)

Muskoka Seniors Home Assistance  
Huntsville  705-789-6676 x 24  
Baysville/Dorset  705-789-6676 x 27  
Volunteer and Transportation bookings  705-789-0876

Pinegrove Fellowship Baptist Church  
Bracebridge  705-645-4771  
[www.pinegrovefellowship.com](http://www.pinegrovefellowship.com)

Table Soup Kitchen Foundation, Food Bank & Soup Kitchen  
Huntsville  705-783-5827  
[www.thetablesoupkitchen.com](http://www.thetablesoupkitchen.com)

Trinity United Church  
Gravenhurst  705-687-2542  
[www.trinityisourchurch.com](http://www.trinityisourchurch.com)

TGIF -Drop in Friday Dining  
Gravenhurst  705-645-2412 ext.237

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**Parry Sound**

Belvedere Heights  
Community Lunch & Learn  
Parry Sound  705-746-5602 x 2217  
Toll Free  1-800-883-0058  
[www.belvedereheights.com](http://www.belvedereheights.com)

East Parry Sound Community Support  
Wheels to Meals  
Powassan  705-724-6028  
Toll Free  1-888-521-0000  
[www.eastholme.ca/community.htm](http://www.eastholme.ca/community.htm)

Harvest Share  
Parry Sound  705-774-9111

Salvation Army - Family Services  
Rainbow Country Church  
Parry Sound  705 746-5391

St Andrew's Church  
Parry Sound  705-746-9612  
[www.standrewsparrysound.org](http://www.standrewsparrysound.org)

St. James United Church  
Parry Sound  705-746-8553
**Fresh Food Baskets**

**Program**

Various locations throughout Muskoka - Enables all residents, regardless of income, to buy in bulk and purchase fresh fruit and vegetables at a discount price once a month.

Bracebridge 705-645-2412 ext 333  
Contact Heather Elliot  
helliot@muskoka.on.ca  
www.muskokacommunity.ca  
click - key initiatives - fresh food basket

**Meals on Wheels**

**Delivered Hot & Frozen Meals**

**Muskoka**

Baxter Community Volunteer Group  
Port Severn 705-756-8843  
Bala & area 705-762-5876  
Bracebridge 705-645-0097  
Burks Falls / Huntsville 705-789-4922

Muskoka Seniors Home Assistance  
Huntsville 705-789-6676 x 27  
Volunteer and Transportation bookings 705-789-0876

**Parry Sound**

Belvedere Heights Community Support  
Parry Sound 705-746-5602 x 2217  
Toll Free 1-800-883-0058  
www.belvedereheights.com

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East Parry Sound Community Support  
Powassan 705-724-6028  
Toll Free 1-888 521-0000  
www.eastholme.ca/community.htm

Salvation Army - Family Services  
Rainbow Country Church Mobile Unit  
Parry Sound 705 746-5391

“All you need is love... but a little chocolate now and then doesn't hurt.”

~ Charles M. Schulz

“Seize the moment... remember all those women on the Titanic who waved off the dessert cart.”

~ Erma Bombeck
GOVERNMENT

Members of Parliament
Federal and Provincial

Tony Clement, Member of Parliament
Toll Free 1-866-375-8669
Bracebridge 705-645-1593
 Huntsville 705-789-4640
 Parry Sound 705-746-9053
www.tonyclement.ca

Norm Miller, Member of Provincial Parliament
Bracebridge 705-645-8538
 Toll Free 1-888-267-4826
 Parry Sound 705-746-4266
 Toll Free 1-888-701-1176
www.normmillermpp.ca

First Nations
Available community resources and programs, such as housing, education, employment, health & wellness and more, may be accessed through the appropriate Band Councils.

Band Councils

Dokis First Nation
Dokis 705-763-2200
www.dokisfirstnation.com

Henvey Inlet First Nation
Pickerel 705-857-2331
www.hifn.ca

Magnetawan First Nation
Britt 705-383-2477
www.magnetawanfirstnation.com

Moose Deer Point First Nation
Mactier 705-375-5209
www.moosedeerpoint.com

Shawanaga First Nation
Nobel 705-366-2526
www.shawanagafirstnation.ca

Wahta Mohawk First Nation
Bala 705-762-2354
Toll Free 1-877-678-6754
www.wahtamohawks.com

Wasauksing First Nation
Parry Sound 705-746-2531
www.wasauksing.ca

Health & Wellness

North Simcoe Muskoka Healthline

A comprehensive source of information, services and contacts covering all aspects of physical and mental healthcare.

Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

(click "Indigenous Communities" under your health for additional native resources)
B’saanibamaadsiwin Native Mental Health Program
Parry Sound 705-746-2512
Toll Free 1-866-829-7049
First Nations, Inuit and Aboriginal Health - Non-Insured Health Benefits
Ottawa 613-952-0087
Toll Free 1-800-640-0642
TTY 1-800-267-1245
www.hc-sc.gc.ca

Wahta Community Health Hub
Bala 705-762-1274
www.ccfht.ca

Native Health Services (Health Canada)
Parry Sound 705-746-5807
Toll Free 1-866-225-0709
www.hc-sc.gc.ca

Southern Ontario Aboriginal Diabetes Initiative - Central Region
Toll Free 1-888-514-1370
www.soadi.ca

**Police – Non Emergency**

Anishinabek Police Services - Shawanaga, Wasauksing and Magnetawan Detachments
Nobel 705-366-2534
North Bay 705-472-0270
www.apscops.org

**Friendship Centres**

Georgian Bay Native Friendship Centre
North Bay Indian Friendship Centre 705-472-2811
www.nbfc.org

Parry Sound Friendship Centre 705-746-5970
www.facebook.com/parry-sound-friendship-centre-587549984647537

**Federal**

**Portal to all Federal Programs**

Service Canada – Access to all federal services & programs incl. CPP and OAS.

**Service Canada**

Toll Free 1-800-622-6232
TTY 1-800-926-9105
www.servicecanada.gc.ca

Service Canada Centres
(both - walk in only – M-F 8:30 – 4:00)

**Bracebridge**

98 Manitoba St. 74 James St.
2nd Floor 2nd Floor

**Mail – Post Offices**

Toll Free 1-866-607-6301
www.canadapost.ca

**Muskoka**

Bala 705-762-5412
Baysville 705-767-3988
Bracebridge 705-645-9955
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<td>Gravenhurst</td>
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<td>MacTier</td>
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<td>Milford Bay</td>
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<td>705-789-4616</td>
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<td>Minett</td>
<td>705-765-6071</td>
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<td>TTY 1-800-268-7095</td>
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<td>Kilworthy</td>
<td>705-689-2968</td>
<td>MacTier</td>
<td>705-375-1436</td>
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<td>Port Carling</td>
<td>705-765-5321</td>
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<td>705-773-4216</td>
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<td>Rosseau</td>
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<td>Utterson</td>
<td>705-385-2111</td>
<td>Powassan</td>
<td>705-724-5493</td>
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<td>Windermere</td>
<td>705-769-3364</td>
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**Parry Sound**

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<td>Kearney</td>
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<td>Magnetawan</td>
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<td>Nobel</td>
<td>705-342-5351</td>
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<td>Parry Sound</td>
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<td>Pointe au Baril</td>
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<td>Powassan Branch</td>
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<tr>
<td>South River</td>
<td>705-386-2927</td>
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</table>

**Provincial**

**Portal to all Provincial Programs**

Service Ontario – Access to all provincial services and programs including:
- Driver's licence, plates and parking permits
- Power of Attorney kits
- Landlord Tenant Board information
- Ontario drug benefit applications

**Service Ontario**

Toll Free 1-800-267-8097

www.serviceontario.ca

"How old would you be if you didn't know how old you are?"

~ Satchel Paige

Long lives aren't natural. We forget that senior citizens are as much an invention as toasters or penicillin

~ Anonymous
**Ministry of Transportation Ontario**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Driver/Vehicle Inquiry</td>
<td>1-800-387-3445</td>
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<tr>
<td>Road Conditions</td>
<td>1-800-268-4686 x 4</td>
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<td>Ontario Roads - call</td>
<td>5-1-1</td>
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<td><a href="http://www.mto.gov.on.ca/english/traveller">www.mto.gov.on.ca/english/traveller</a></td>
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<tr>
<td><strong>Driver Examination Centre</strong></td>
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<tr>
<td>Huntsville</td>
<td>1-888-570-6110</td>
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<td><a href="http://www.drivetest.ca">www.drivetest.ca</a></td>
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<td><strong>Senior Driver Renewal Program</strong></td>
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<tr>
<td>Toll Free</td>
<td>1-800-396-4233</td>
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<td><a href="http://www.ontario.ca/seniordriver">www.ontario.ca/seniordriver</a></td>
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<td><strong>District Offices</strong></td>
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<td>Muskoka District Municipal Office</td>
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<tr>
<td>Bracebridge</td>
<td>705-645-2231</td>
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<td>(705) area code only</td>
<td>1-800-461-4210</td>
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<td>Automated System</td>
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<td><a href="http://www.muskoka.on.ca">www.muskoka.on.ca</a></td>
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<tr>
<td>District of Parry Sound Social Services</td>
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<tr>
<td>Housing &amp; Community Services</td>
<td>705-774-9600 x 236</td>
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<tr>
<td>Toll Free</td>
<td>1-877-767-6060</td>
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<td>Bracebridge</td>
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<td><a href="http://www.bracebridge.ca">www.bracebridge.ca</a></td>
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<td>Georgian Bay Township</td>
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<td><strong>Toll Free</strong></td>
<td>1-800-567-0187</td>
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<td><strong>Gravenhurst</strong></td>
<td>705-687-3412</td>
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<td><strong>Huntsville</strong></td>
<td>705-789-1751</td>
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<td>Toll Free</td>
<td>1-888-696-4255</td>
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<td><strong>Lake of Bays</strong></td>
<td>705-635-2272</td>
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<td>Toll Free</td>
<td>1-877-566-0005</td>
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<td><strong>Muskoka Lakes Township</strong></td>
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<td><strong>Parry Sound</strong></td>
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<tr>
<td>Archipelago</td>
<td>705-746-4243</td>
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<td>Burks Falls</td>
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<td>Callander</td>
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<td><a href="http://www.mycallander.ca">www.mycallander.ca</a></td>
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<td>Carling</td>
<td>705-342-5856</td>
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<td><a href="http://www.carlingtownship.ca">www.carlingtownship.ca</a></td>
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<td>Chisholm</td>
<td>705-724-3526</td>
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Joly Township       705-384-5428       South River       705 386-2573
www.townshipofjoly.com          www.southriverontario.com

Kearney           705-636-7752       Strong Township       705-384-5819
www.townofkearney.com          www.strongtownship.com

Machar Township    705-386-7741       Sundridge            705-384-5316
www.machartownship.net          www.sundridge.ca

Magnetawan        705-387-3947       Whitestone            705-389-2466
www.magnetawan.com          www.whitestone.ca

McDougall         705-342-5252       
www.mcdougall.ca          

McKellar          705-389-2842       
www.township.mckellar.on.ca          

McMurrich/Monteith  705-685-7901       
www.mcmurrichmonteith.com          

Nipissing         705-724-2144       
www.nipissingtownship.com          

Parry Sound        705-746-2101       
www.parrysound.ca          

Township of Perry  /05-636-3941       
www.townshipofperry.ca          

Powassan          705-724-2813       
www.powassan.net          

Ryerson           705-382-3232       
www.ryersontownship.ca          

Seguin            705-732-4300       
Toll Free            1-877-473-4846
www.seguin.ca          

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Garbage Dumps / Landfill Stations

Muskoka

Baysville          705-767-2401
Bracebridge        705-645-3782
Dorset             705-766-9910
Dwight             705-635-1667
Gravenhurst        705-687-8067
Huntsville         705-789-3071
Port Carling       705-765-5955
Port Severn        705-644-3387
Sinclair           705-635-2328

Parry Sound

Burks Falls        705-382-2682
Parry Sound        705-746-7170
Seguin             705-732-6915
South River        705-386-0001
Sundridge          705-384-9898
HEALTH

**North Simcoe Muskoka Healthline**
A comprehensive source of information, services and contacts covering all aspects of physical and mental healthcare.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Muskoka Community Health Link
District of Muskoka
Bracebridge 705-645-2412 x 219
Toll Free 1-800-461-4210
www.muskoka.on.ca

**Parry Sound**
North Bay Parry Sound District Health
Burks Falls 1-800-563-2808
North Bay 705-474-1400
Parry Sound 705-746-5801
Toll Free 1-800-563-2808
www.myhealthunit.ca

Native Health Services
Parry Sound 705-746-5807
Toll Free 1-866-225-0709
www.hc-sc.gc.ca/fniah-spnia/index-eng.php

**Telehealth Ontario**
Free, confidential telephone health line to speak with a Registered Nurse.
1-866-797-0000
TTY 1-866-797-0007

**Health Units**
The public health programs and services include active living, flu clinics, immunization, nutrition and safe water.

**Muskoka**
Simcoe Muskoka District Health Unit
Gravenhurst 705-684-9090
Huntsville 705-789-8813
Toll Free 1-877-721-7520
www.simcoemuskokahealth.org
**Health Specific Support**

**Addiction**

Drug/Alcohol Helpline 1-800-565-8603
www.drugandalcoholhelpline.ca

Canadian Mental Health Association
Bracebridge 705 645-2262
Toll Free 1-800-245-5036
Parry Sound 705-746-4264
Toll Free 1-866-829-7049
24/7 Crisis Line
Muskoka 1-888-893-8333
Parry Sound 1-800-461-5424
www.aomps.com

B'saanibamaadsiwin – Aboriginal
Mental Health & Addiction Services
Parry Sound 705-746-2512
Toll Free 1-866-829-7049

Al-Anon
Parry Sound 705-730-3307
Toll Free 1-888-425-2666

Alcoholics Anonymous
Bracebridge 705-646-2491
www.egbdaa.org
Huntsville 705-789-8992
Parry Sound 705-746-2464
www.aahuntsvilleparrysound.ca

Ontario Addiction Treatment Centres
Bracebridge 705-645-1677
Huntsville 705-784-9999
North Bay 705-497-1620
www.oatc.ca

Nipissing Detoxification Centre
North Bay 705-476-6240

Ontario Problem Gambling Helpline
Toll Free 1-888-230-3505
www.opgh.on.ca

**Alzheimer**

Alzheimer Soc of Muskoka/Parry Sound
Bracebridge 705-645-5621
Toll Free 1-800-605-2075
www.alzheimer.ca

After Hours Telehealth Hotline
1-866-797-0000

**Arthritis**

Arthritis Society Client Services - Rehabilitation and Education Programme
Toll Free 1-800-321-1433 x3381
www.arthritis.ca

**Brain Injury**

Brain Injury Services - Simcoe Muskoka
Barrie 705-734-2178
Toll Free 1-877-320-1950
www.braininjuryservices.ca

Brainworks
Huntsville 705-787-7500
Toll Free 1-877-421-7575
www.brainworksrehab.com

Community Solutions
Muskoka / Parry Sound 705-342-9750
Toll Free 1-800-430-6523
www.commsolltd.com
**Cancer**

Canadian Cancer Society (Transportation to Cancer related medical appointments)
Barrie 705-726-8032
Toll Free 1-800-263-6750
[www.nsmhealthline.ca](http://www.nsmhealthline.ca)

Canadian Cancer Society
North Bay and District Unit
North Bay 705-472-9072
Toll Free 1-888-939-3333
[www.cancer.ca/northbay](http://www.cancer.ca/northbay)

Cancer Care Ontario Breast Screening
Bracebridge 705-645-3000
Parry Sound 705-746-4540 x 3602
Toll Free 1-800-668-9304
[www.cancercare.on.ca](http://www.cancercare.on.ca)

Mobile Coach 1-800-461-7031
[www.cancercare.on.ca/obsp](http://www.cancercare.on.ca/obsp)

Canadian Cancer Society Smokers Helpline
1-877-513-5333
[www.smokershelpline.ca](http://www.smokershelpline.ca)

**Diabetes**

MAHC Diabetes Education & Clinic
Bracebridge 705-645-4404 x 3600
Huntville 705-789-2311 x 2312
[www.mahc.ca](http://www.mahc.ca)
[www.diabetescentre.com](http://www.diabetescentre.com)

Diabetes Education Centre
Parry Sound 705-746-5461
[www.nsmhealthline.ca](http://www.nsmhealthline.ca)

S. Ontario Aboriginal Diabetes Initiative
Toll Free 1-888-514-1370
[www.soadi.ca](http://www.soadi.ca)

**Falls**

North Simcoe Muskoka Integrated Regional Falls Program
Orillia 705-330-3200
Toll Free 1-877-665-6065

**Foot Care**

**Muskoka**

Muskoka Foot Clinic
Huntsville 705-789-3762

We Care Home Health Services
Barrie 705-734-2235
Toll Free 1-800-842-3757
[www.wecare.ca](http://www.wecare.ca)

Home Care Muskoka
(Muskoka Staffing Company)
Bracebridge 705-645-0099
Toll Free 1-877-645-0099
[www.homecaremuskoka.ca](http://www.homecaremuskoka.ca)

Senior Citizens Centennial Club
Bracebridge 705 645-9111

Foot Care Clinic
Cathy Bowes 705-645-5647

Gravenhurst Seniors Club
Gravenhurst 705-687-8126
Nancy Schoutsen  
In-home advanced foot care  
Accepted by DVA.  
Gravenhurst  705-684-9926

Huntsville Foot Health Centre  
Huntsville  705-788-0974  
www.huntsvillefoothealth.ca

Fran Gower (RN)  705-635-1229  
Foot clinic & home care  
Accepted by DVA  
Huntsville  Oxtongue Lake  Dwight  
Dorset  Baysville

**Parry Sound**

Laurie Currie (RPN)  
Foot clinic & home care  
Muskoka /Burks Falls  705-787-5910  
Bonnie Brown (RN)  
Foot clinic & home care  
Accepted by DVA  
North Bay  705-476-7241  
Theraputic Touch Foot Care  
Parry Sound  705-389-3230

**Hearing**

Bell Canada - Accessibility Services  
Communication service providing special aids and services to extend the use of telephones to persons with hearing challenges, sight and motion disabilities.  
Toll Free  1-888 310-2355  
TTY  1-888 268-9242  
www.bell.ca/accessibility_services

Canadian Hard of Hearing Association  
Sudbury  
Office & TTY  705-523-5695  
Toll Free & TTY  1-866-300-2442  
www.chhasudbury.com

Canadian Hearing Society  
Barrie  705-737-3190  
TTY  1-877-872-0585  
www.chs.ca

Deaf Access Simcoe Muskoka  
Barrie  705-728-3577  
Toll Free  1-844-728-3511  
TTY  705-728-3599  
www.deafaccess.ca

**Private Providers of Hearing Services**

Hearing Aid Centre  
North Bay  705-474-8441  
Toll Free  1-800-718-0436  
www.rayshearing.com

Muskoka Audiology Clinic  
Process applications for the "Hear Now" Fund for the Canadian Hard of Hearing Association  
Bracebridge  705-646-2227  
Toll Free  1-855-270-5107  
www.muskokaaudiology.com

Audia Hearing Aid Centre  
Gravenhurst  705-684-8300  
www.audiahearing.ca
Kimberley Hearing Centre  
Bracebridge  705-645-3455

Muskoka Hearing Aids Limited  
Huntsville  705-789-9393  
www.muskokahearingaids.com

Near North Hearing Centre  
North Bay  705-494-9900  
www.lifestylehearing.ca

North Bay Audiology Clinic Ltd.  
North Bay  705-472-1801  
Toll Free  1-800-392-8460  
www.northbayaudiology.ca

Parry Sound Audiology Clinic  705-746-9012

Sound Ideas Audiology  
Parry Sound  705-746-5500  
Toll Free  1-866-663-8801  
www.parrysoundhearing.com

Multiple Sclerosis

Multiple Sclerosis Society of Canada  
Simcoe Muskoka  
Toll Free  1-800-268-7582 x 8500  
www.mssociety.ca

Myalgic Encephalomyelitis (ME)  
Chronic Fatigue Syndrome (CFS)

Muskoka Support Group for Myalgic  
Encephalomyelitis (ME) / Chronic  
Fatigue Syndrome (CFS)  
Gravenhurst  705-687-2305  
www.meao.ca

Osteoporosis

Osteoporosis Canada  
Toll Free  1-800-463-6842 x 2319  
www.osteoporosis.ca

Heart & Stroke

Heart and Stroke Foundation of Ontario  
Muskoka Chapters  
Barrie  705-737-1020  
Toll Free  1-800-572-1572  
www.heartandstroke.ca

Muskoka District Stroke Centre  
Huntsville  705-789-2311 x 2223  
Stroke Nurse  705-789-2311 x 2505  
www.mahc.ca  
Barrie  705-728-9090 x 46311  
www.cesnstroke.ca

Paraplegic Association

Canadian Paraplegic Association  
Ontario, Muskoka Office  
Kearney  705-636-5827  
Toll Free  1-877-803-5678  
www.sciontario.org
**Parkinsons**

Parkinson Society Canada Central & Northern Ontario Region  
Toll Free 1-800-565-3000  
[www.parkinson.ca](http://www.parkinson.ca)

**Vision**

Bell Canada - Accessibility Services  
Toronto 1-866-310-2355  
TTY 1-888 268-9242  
[www.bell.ca/accessibility_services](http://www.bell.ca/accessibility_services)

CNIB Lake Joseph Centre  
MacTier 705-375-2630  
Toll Free 1-877-748-4028  

CNIB Nipissing/ Parry Sound  
North Bay 705-472-2710

CNIB Service Days  
Huntsville & Bracebridge  
Barrie 705-728-3352  
Toll Free 1-800-563-0887  
[www.cnib.ca](http://www.cnib.ca)

**Hospitals & Nursing Stations**

**Muskoka**

Muskoka Algonquin Healthcare  
Senior Assessment and Support Outreach Team - (SASOT)  
Requires physician/nurse practitioner referral.  
705-645-4404 ext.3505

South Muskoka Memorial Hospital  
Bracebridge 705-645-4404  
Automated 705-645-4404 x 3409  
[www.mahc.ca](http://www.mahc.ca)

Huntsville District Memorial Hospital  
Huntsville 705-789-2311  
Automated 705-789-0022 x 2267  
[www.mahc.ca](http://www.mahc.ca)

North Muskoka Nurse Practitioner-Led Clinic  
Huntsville 705-224-6752  
[www.northmuskokanplc.com](http://www.northmuskokanplc.com)

Wahta Community Health Hub  
Bala 705-762-1274  
[www.ccfht.ca](http://www.ccfht.ca)

**Parry Sound**

West Parry Sound Health Centre  
Parry Sound 705-746-9321  
Automated 705-746-4540  
[www.wpshc.com](http://www.wpshc.com)
### Mental Health

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Website</th>
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<tr>
<td>Argyle Nursing Station</td>
<td>705-757-1717</td>
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<tr>
<td>Britt Nursing Station</td>
<td>705-383-2375</td>
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</tr>
<tr>
<td>Moose Deer Point Nursing Station</td>
<td>705-375-9900</td>
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<tr>
<td>Pointe au Baril Nursing Station</td>
<td>705-366-2376</td>
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<tr>
<td>Rosseau (Ruth Dare) Nursing Station</td>
<td>705-732-1095</td>
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<tr>
<td>Whitestone &amp; Area Nursing Station</td>
<td>705-389-1951</td>
<td></td>
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<tr>
<td>Telehealth Ontario</td>
<td>1-866-797-0000</td>
<td>1-866-797-0007</td>
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<td>TTY</td>
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### Local Health Integration Network (LHIN)

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<td>North East Local Health Integration Network</td>
<td>705-840-2872</td>
<td>1-866-906-5446</td>
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<td>North Simcoe Muskoka Local Health Integration Network</td>
<td>705-326-7750</td>
<td>1-866-903-5446</td>
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<td>Ontario Mental Health Helpline</td>
<td>1-866-531-2600</td>
<td><a href="http://www.mentalhealthhelpline.ca">www.mentalhealthhelpline.ca</a></td>
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<td>Canadian Mental Health Association</td>
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<tr>
<td>Muskoka-Parry Sound</td>
<td>705-645-2262</td>
<td>1-800-245-5036</td>
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<tr>
<td>Bracebridge</td>
<td>705-789-8891</td>
<td>705-746-4264</td>
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<td>Huntsville</td>
<td>705-829-7049</td>
<td>705-384-5392</td>
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<td>Sunridge</td>
<td>705-732-1095</td>
<td>705-724-3651</td>
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<td>705-774-9809</td>
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<td>Sundridge</td>
<td>705-384-1424</td>
<td>705-746-2512</td>
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<td>B’saanibamaadisiwin Native Mental Health Program</td>
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<tr>
<td>Parry Sound</td>
<td>705-746-2512</td>
<td>1-866-829-7049</td>
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</tbody>
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- 38 -
Enaahsig Outreach Mental Health Team (Healing Lodge and Learning Centre)  
Orillia  705-330-4059  
www.enaahsig.ca  

Council of Consumer/Survivor & Family Initiatives  
Muskoka/Parry Sd  705-384-5392 x 4228  
Toll Free  1-866-829-7050 x 4228  
www.mps.cmha.ca  

Recovery Canada  
Muskoka/Parry Sound  705-769-3515  
www.recoverycanada.org  

Seniors’ Mental Health Program (Progammes De Sante Mentale)  
North Bay  705-494-3054  

Wellness  
Algonquin Family Health Team Wellness Hub - Health promotion and healthy living information and programs.  
Dorset  705-766-0866  
Huntsville  705-789-5986  
www.algonquinfht.ca  

SMART Volunteer Exercise Program (VON)  
Georgian Bay  705-355-2200  
Muskoka  705-787-1996  
Toll Free  1-800-565-4145 x 221  

Laboratories  
Gamma-Dynacare Medical Laboratories  
Bracebridge  705-645-7502  
Huntsville  705-789-0111  
Parry Sound  705-746-6213  
www.dynacare.ca  

Walk-In Clinics  
Bracebridge Medical Centre  705-645-1027  
South Muskoka Medical Centre  
Bracebridge  705-646-7634
"The gods do not deduct from one's life the hours spent loving."
~ Ancient Chinese Proverb

I love deadlines. I like the whooshing sound they make as they fly by.
~ Douglas Adams
**North Simcoe Muskoka Healthline**
A comprehensive source of information, services and contacts covering all aspects of healthcare including legal options
Barrie  705-721-8010 x 2450
Toll Free  1-888-721-2222 x 2450
[www.nsmhealthline.ca](http://www.nsmhealthline.ca)

**Advance Care Planning**
Seniors INFOline
Guide to making choices about your care while you are competent.
Toll Free  1-888-910-1999
[www.seniors.gov.on.ca](http://www.seniors.gov.on.ca)

**Advocacy Centre for the Elderly**
Community legal clinic for those 60 years and over who meet financial or case eligibility guidelines. They provide representation in cases involving issues of particular importance to seniors, including long term care, hospital discharge issues, elder abuse, pensions, advance care planning, powers of attorney, income maintenance, retirement home tenancies, mental health and competency.
Toronto  1-416-598-2656
Toll Free  1-855-598-2656
[www.advocacyelderly.org](http://www.advocacyelderly.org)

**ARCH Disability Law Centre**
ARCH provides legal advice and legal representation to those whose cases meet the priorities set by ARCH’s Board of Directors and who meet Legal Aid Ontario’s financial eligibility guidelines.
Toronto  1-416-482-8255
Toll Free  1-866-482-2724
TTY Toll-free  1-866-482-2728
TTY  1-416-482-1254
[www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca)

**Capacity Assessment Office**
Ministry of the Attorney General
Formal assessment of a persons mental capacity to make decisions about property and personal care.
Toronto  1-416-327-6766
Toll Free  1-866-521-1033
[www.attorneygeneral.jus.gov.on.ca](http://www.attorneygeneral.jus.gov.on.ca)

**Community Legal Education Ontario**
CLEO helps people with low incomes or who face other barriers to participate in Ontario’s justice system by providing them with the information they need to understand and exercise their legal rights.
Toronto  1-416-408-4420
[www.cleo.on.ca](http://www.cleo.on.ca)
Egale Canada
National organization committed to advancing equality and justice for lesbian, gay, bisexual and trans-identified people, and their families
Toll Free 1-888-204-7777
www.egale.ca

Family Law Information Centre (FLIC)
Information and Referral Coordinator
Bracebridge 705-645-8793
Parry Sound District 705-746-4251

French Legal Advice Line
Toll-free telephone advice service to low income Franco-Ontarians residing in northern and parts of central Ontario in:
housing (tenants only) • social assistance
(Ontario Disability Support Program and Ontario Works) • Canada Pension Plan • Employment Insurance
Toll Free 1-877-687-2847
Administration line: 705-674-3200

Lake Country Community Legal Clinic
Advice, referrals and representation to low income residents • areas of law include tenant • legal clinic does not do family or criminal law • Offices in Parry Sound, South River, Huntsville and Bracebridge – all contact through the Bracebridge office.
Bracebridge 705-645-6607
Toll Free 1-800-263-4819
www.lcclc.ca

Legal Aid Ontario
Call toll free number for Legal Aid for latest location and hours • not a direct dial to an Advice Lawyer for Family Law
• an Advice Lawyer for family law is a fully qualified lawyer, familiar with family law and the courts, paid by Legal Aid to give basic advice on Family Law matters.
Barrie 705-737-3400
Toll Free 1-888-590-3961
TTY 1-866-641-8867
www.legalaid.on.ca

Ontario Human Rights System
Works to promote, protect and advance human rights
Toll Free 1-800-387-9080
TTY 1-800-308-5561
www.ontario.ca/humanrights

Parry Sound Friendship Centre
Court Worker Program • Serving Parry Sound & Muskoka; All First Nations North to Pickerel, Ont. and South to Mactier and Moose Deer Point
Assists First Nations people through court procedures and referrals. The courtworker also visits the affected individuals at home and while in the correctional service facilities.
Parry Sound 705-746-5970
Public Guardian & Trustee
(Office of the)  Serving Ontario
Helps to protect the rights and interests of certain estates of mentally incapable adults who have no one else to act on their behalf  • conducting investigations • managing finances • making decisions about personal care • appointing Private Guardians of Property • arranging Legal Representaton in Capacity Proceedings • making decisions about treatment and admission to long term care • reviewing accounts • acting as Litigation Guardian or Legal Representative • administering estates
Toronto       1-416-314-2800
Toll Free     1-800-366-0335
www.attorneygeneral.jus.gov.on.ca

How important it is for us to recognize and celebrate our heroes and she-roses!
~ Maya Angelou

Valor is stability, not of legs and arms, but of courage and the soul.
~ John F. Kennedy
SAFETY

**North Simcoe Muskoka Healthline**
A comprehensive source of information, services and contacts covering all aspects of healthcare including safety.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

**Elder Abuse**

**Senior Safety (Elder Abuse)**
Senior Safety Line 1-866-299-1011 or call 211
24/7 hotline to assist abused and at-risk seniors
Emergency 911

If the situation is an emergency and you believe that the person for whom you are concerned is at risk, call 911.

Elder Abuse Prevention - Muskoka
Bracebridge 705-646-7677
Toll Free 1-866-222-1224
www.elderabuseprevention.ca

Ontario Network for the Prevention of Elder Abuse (ONPEA)
Toronto 1-416-916-6728
Toll Free 1-866-299-1011
www.elderabuseontario.com

**Information and Referrals**

Ministry of the Attorney General
Victim Support Line
Toll Free 1-888-579-2888

Seniors INFOline - Ontario
Toll Free 1-888-910-1999
TTY 1-800-387-5559

**Elder Abuse within a facility**

Ministry of Long-Term Care
Action Line 1-866-434-0144
TTY 1-800-387-5559

Retirement Home Regulatory Authority (RHRA)
Toll Free 1-855-275-7472
www.rhra.ca

**Sexual Assault**

**Muskoka - Parry Sound Coordinated Sexual Assault Services** (24 hour)
Women Sexual Assault Helpline:
24 hr line 1-800-461-2929

Womens Resource Centres
Bracebridge 705-646-2122
Toll Free 1-877-406-1268
Parry Sound 705-774-9083
Toll Free 1-877-851-6662
www.mpssas.com
**Victim Services**

Support, services, information and referral to victims and witnesses immediately after a crisis has taken place. Ongoing support and safety planning.

Muskoka Victim Services (VCARS)
Bracebridge 1-844-762-9945
After Hours Emergency 1-877-229-2217
www.muskokavs.ca

Parry Sound Victim Services
District of Parry Sound
Parry Sound 705-746-0508
www.ewpsvs.ca

Fem'aide
Helpline for French-speaking women dealing with violence.
Toll Free 1-877-336-2433
TTY 1-866-860-7082
www.femaide.ca

**Scams & Frauds**

Crime Stoppers
Near North & Simcoe-Dufferin-Muskoka
Canada Wide 1-800-222-8477

National Do Not Call List (CRTC)
Register to not receive unsolicited telephone calls and faxes.
Call from the # you wish to register
Toll Free 1-866-580-3625
TTY 1-888-362-5889
www.lnnte-dncl.gc.ca
www.crtc.gc.ca

PhoneBusters / Seniorbuster
(Canadian Anti-Fraud Centre)
Assists anyone who feels they have been the victim of consumer fraud or identity theft by telemarketers, email, fax, phone, or businesses.
North Bay 705-495-8501
Toll Free 1-888 495-8501
www.antifraudcentre-centreatifraude.ca

**Falls Prevention**

North Simcoe Muskoka Integrated Regional Falls Program (NSM IRFP)
Orillia 705-325-2201 x 3851
Toll Free 1-877-665-6065
www.ilssimcoe.ca

Staying Independent Falls Prevention Coalition (S.I.F.P.C.)
Barrie 705-721-7330 x 7808
www.simcoemuskokahealth.org
www.fallspreventioninfo.ca

**Emergency Response Systems**

Personal emergency response systems - devices you wear that when activated connect your home phone with assistance
Georgian Bay Lifeline Personal Response and Support Services
Penetanguishene 705-549-6176
Toll Free 1-888-832-6024
www.lifeline.ca
Sudbury Regional Helpline
Sudbury 705-523-7000
Toll Free 1-800-667-8019
www.helplinemedicalalarm.ca

Huronia Alarm & Fire Security
Midland 705-526-9311
Toll Free 1-844-363-9311
Monitoring Station 705-527-9311 x 5522
www.huroniaalarms.com

Peerless Security
Alarm & Fire Security
Toll Free 1-800-367-8091
Bracebridge 705-645-4108
Huntsville 705-789-6253
Parry Sound 705-746-2597
www.peerlesssecurity.ca

Hospice Muskoka 705-646-1697
www.hospicemuskoka.com

Muskoka Seniors Home Assistance
Huntsville 705-789-6676 x 23
Volunteer & Transport Booking 705-789-0876

Peace of Mind Elder Care
Toll Free 1-888-367-1772
Cell 705-327-9418

Seniors for Seniors - Homecare
Muskoka / Simcoe Cty 705-645-0199
Toll Free 1-877-719-1444
www.srs4srs.ca

Transitions Home Care
Parry Sound 705-746-0500

We Care Home Health Services
Barrie 705-734-2235
Toll Free 1-800-842-3757
www.cbi.ca

Friendly Visiting & Telephone Reassurance

Belvedere Heights
Community Support Services
Parry Sound 705-746-5602 x 2217
Toll Free 1-800-883-0058
www.belvedereheights.com

Canadian Red Cross – Simcoe Muskoka
Barrie 705-721-3313
Toll Free 1-800-387-2251
www.redcross.ca

East Parry Sound Community Support Services
Powassan 705-724-6028
Toll Free 1-888-521-0000
www.eastholme.ca/community.htm

Wandering

Medic Alert Safely Home
Toll Free 1-800-668-1507
www.medicalert.ca/safely-home

Finding Your Way
Toll Free 1-800-879-4226
www.alzheimer.ca
TRANSPORTATION

**North Simcoe Muskoka Healthline**
A comprehensive source of information, services and contacts covering all aspects healthcare including transport resources.
Barrie 705-721-8010 x 2450
Toll Free 1-888-721-2222 x 2450
www.nsmhealthline.ca

Muskoka Ambulance Communications Service - Provides emergency and non-emergency patient transportation.
Bacebridge 705-645-5119
www.muskoka.ambulance.ca

Parry Sound Ambulance Service
Provides emergency and non-emergency patient transportation.
Parry Sound 705-746-7416

RNR Patient Transfer Services
Non-urgent patient transfer service
Orillia 705-327-0070
Toll Free 1-866-567-1001
www.rnrpt.com

First Nations Inuit & Aboriginal Health
Non-Insured Health Benefits Program (NIHB) Medical transportation for eligible First Nations people and Inuit.
Ottawa 1-613-957-2991
Toll Free 1-866-225-0709
TTY 1-800-465-7735
www.hc-sc.gc.ca

MTO Senior Driver Renewal Program
Drivers aged 80 years to renew your licence every 2 years you will have to attend a driver’s licence renewal session.
A small number of drivers may also be asked to take a road test to have their driving skills assessed.
Toll Free 1-800-396-4233
Drive Test Huntsville 1-888-570-6110
www.ontario.ca/seniordriver
www.drivetest.ca

MTO Road Conditions
Toronto 1-800-268-4686 x 4
Road Conditions 511

Specialized Driver Assessment
Skill Builders
Driver evaluations for anyone who has a medical condition that may affect his/her ability to drive.
Barrie 705 727-0319

Muskoka

Baysville & Dorset
Weekly shopping trips from Dorset & Baysville to Bracebridge
Hammond Transportation
Bracebridge 705 645-5431
Toll Free 1-800-563-1885
www.hammondtransportation.com
**Bala**
Royal Canadian Legion
Need-A-Ride transportation program to take anyone to local medical appts.
Bala 705-762-3913

**Bracebridge**
Canadian Cancer Society
(Cancer related medical appointments)
Barrie 705-726-8032
Toll Free 1-800-338-6610

Canadian Red Cross Society
Muskoka District Branch -
Transportation 705-721-3313
Toll Free 1-800-387-2251

Easter Seal Society
Services for families of children whose activity is restricted by a physical handicap. Transportation services include administration of the Northern Health Travel Grant.
Sudbury 705-566-8858
Toll Free 1-800-316-5730

Hammond Transportation
Operating regular grocery shopping trips for in town seniors • Wheelchair accessible buses are available to charter
Bracebridge 705-645-5431
Toll Free 1-800-563-1885

Metro Bus
Weekly grocery shopping trips for in town seniors free of charge.
Bracebridge 705-645-5431
Toll Free 1-800-563-1885

Corridor 11 Bus
The bus runs Monday to Friday, from Huntsville to Barrie and back, making stops along the way in Bracebridge, Gravenhurst, Washago and Orillia. It does not run on weekends or holidays
Bracebridge 705-645-5431
Toll Free 1-800-563-1885
www.hammondtransportation.com
www.corridor11bus.ca

Ontario Northland Bus Lines
North Bay 705-472-4500
Toll Free 1-800-461-8558
Bracebridge
Riverside Inn (station) 705-646-2239
Bus Line 1-800-363-7512
www.ontarionorthland.ca

Royal Canadian Legion
Take veterans or their dependents to medical appointments, both locally and out of the District.
Bracebridge 705-645-8500

**Gravenhurst**
Muskoka Airport
Gravenhurst 705-687-2194

Peace of Mind Elder Care
Muskoka 1-888-367-1772
Cell 705-327-9418

**Huntsville**
Huntsville Transit
Accessible bus
Huntsville 705-789-5684
Cell on Bus 705-788-6365
Specialized transit 705-788-8118
| Metro Bus | Sudbury | 705-675-4010 |
|          | English | 1-800-461-4006 |
|          | French  | 1-800-461-1149 |
|          | TTY     | 1-800-387-5559 |
| Huntsville | 705 645-5431 |
| Toll Free | 1-800-563-1885 |

Muskoka Seniors Home Assistance
Helps seniors with no means of transport, who have medical appointments, shopping, social functions etc.
Huntsville 705-789-6676 x 23

Northern Airport Service (Shuttle Bus)
North Bay 705-474-7942
Toll Free 1-800-461-4219
[www.northernairport.com](http://www.northernairport.com)

Ontario Northland Bus Lines
Huntsville 705-789-6431
Toll Free 1-800-461-8558
[www.ontarionorthland.ca](http://www.ontarionorthland.ca)

**Midland**

Georgian Bay Metis Council, Long Term Care Program - Escorted transportation.
Midland 705-526-6335

**Parry Sound**

Northern Health Travel Grant Program
Travel grants help pay for transportation costs for eligible residents of Northern Ontario who must travel long distances within Ontario for specialty medical services that are not available locally.

| Parry Sound Area Municipal Airport | 705-378-2897 |
| Victim Crisis Assistance | Service District of Parry Sound Volunteers provide practical help to victims including transportation. | Parry Sound 705-746-0508 | [www.ewpsvs.ca](http://www.ewpsvs.ca) |
**Port Loring**
Royal Canadian Legion
Port Loring 705-757-2330

**Powassan**

East Parry Sound Community Support Services
Transportation for seniors, and persons with cognitive or physical disabilities, medical appointments are priority.
Powassan 705-724-6028
Toll Free 1-888-521-0000
www.eastholme.ca/community.htm

**Sand Lake (Kearney & Emsdale)**
**Return Huntsville**

Hammond Transportation
Monthly shopping trips from Sand Lake & Kearney to Huntsville.
Bracebridge 705 645-5431
Toll Free 1-800-563-1885
www.hammondtransportation.com

**South River**
Almaguin Highlands Air Park (formerly South River Sundridge District Airport)
Terminal 705-386-2710
Administration 705-384-5428

Women's Own Resource Centre (WORC)
CarPool Almaguin program
South River 705 386-9672
Toll Free 1-888-640-8668
Ontario Trial Lawyers Association
(for Veterans) 905-639-6852
Toll Free 1-800-567-3047

Royal Canadian Legion
Bala 705-762-3913
Bracebridge 705-645-8500
Gravenhurst 705-687-2801
Huntsville 705-789-4641
Port Carling 705-765-5302
South River 705 386-2906

Royal Canadian Legion Ontario
Provincial Command
Soldiers’ Aid Commission of Ontario •
Royal Cdn Legion Benevolent Funds
Aurora 905-841-7999
Toll Free 1-888-207-0939
www.legion.ca

Veterans Affairs Canada
Services and Benefits
(All initial applications are handled by
Kirkland Lake office)
English 1-866-522-2122
French 1-866-522-2022
www.veterans.gc.ca

Veterans Affairs Canada
Bureau of Pensions Advocates
Toll Free 1-877-228-2250
www.veterans.gc.ca

“Whatever gave you the idea that fear was some kind of reason not to do something?”
~ Dan Millman

“Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.”
~ Julie Andrews
Elder Abuse Prevention Quick Tips

**Preventing Abuse**

- **Plan for your own future** when you are still independent.
- **Be cautious of someone** who requests your assets in exchange for taking care of you.
- **Do not rely only on family members** for your care and social life. Seek outside contacts. Develop friends of all ages.
- **Inform your family** how you wish to be cared for and how you want your assets spent or maintained.
- **Families should examine their ability** to provide care for an increasingly dependent elder. Plan ahead and learn about the community resources to help older persons and their caregivers.

**How To Help**

- **Believe the older adult has an issue**. Listen to what they are saying; be non-judgmental. It may take a few visits to have a full understanding of the mistreatment.
- Respect confidentiality.
- **Find other people** who can help. Use the resources in the guide.
- **Help the older adult gain control** over the abuse.
- **Do not act too quickly**. Only take immediate action when a crime is being committed or the older adult needs immediate protection.

  The best way to help is by providing information, options, and strategies which will cause no further harm.

**Seniors Have Choices**

- **Freedom of Choice**

  As an older adult you have the right to make decisions about your safety and well-being to the full extent of your capacity. This includes being informed about your legal and civil rights, and services to help you.

- **Assert Your Rights** Ask clearly for what you need.
The *Seniors Community Advisor* (SCA) program allows the District to connect directly with seniors living in rural or remote areas in Muskoka and learn about their specific individual or community needs.

A volunteer (who is a senior in the community) is elected by their peers to serve as the SCA for their communities. The SCA is provided training and begins outreach to learn more about the needs in their respective community. Each SCA has ongoing support from the District's Seniors Programs and Services staff. [www.muskoka.on.ca](http://www.muskoka.on.ca)

The SCA program has been running since 2014 in seven locations, including:

- Ryde
- Vankoughnet
- MacTier (current vacancy)
- Port Severn
- Severn Bridge
- Dwight / Dorset
- Dwight Community Centre
- Baysville

There are plans to include Port Carling and other locations in future.
June 15th
world elder abuse awareness day

Call Elder Abuse Prevention Muskoka (705) 646-7677 for local WEAAD events and wear purple on June 15th to show your support.

Support
Elder Abuse Prevention Muskoka

Donate online at elderabuseprevention.ca or mail your charitable tax donation to Elder Abuse Prevention Muskoka at: Box 156 ● Bracebridge, ON ● P1L 1T6