

2015

Senior's Resource Guide

Services for Seniors in
Muskoka/Parry Sound



Elder Abuse Prevention
Muskoka



Canada 

Crisis – 24 Hour Service

Call 911 or

Ontario Provincial Police Communications 1-888-310-1122

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

705-645-5444

Parry Sound Victim Services – Crisis & Emergency Support

1-877-264-4208

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

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 www.communityconnections.ca on the web.

Personal Contact Information

Name:		
Address/Directions:		
Phone:	Home	Cell
Emergency Contact:	Name	Phone
Doctor:	Name	Phone
Dentist:	Name	Phone
Power Outage:		

TABLE OF CONTENTS

Urgent Contacts & Helplines.....	1
Crisis Help.....	2
Emergency Shelter.....	2
Emergency Services	2
Food Banks.....	2
Housing.....	4
Municipal Housing	4
Long Term Care.....	4
Retirement Residences.....	5
Mental Health.....	5
Care Homes.....	5
Co-housing.....	5
Co-operative Housing.....	6
Accessible Housing.....	6
Accessibility	7
Equipment for Homes and Vehicles.....	7
American Sign Language.....	7
Home Health Equipment & Supplies.....	7
Financial Aid.....	9
Disability.....	10
Heating Costs Assistance.....	10
Medications.....	10
Tax Preparation Assistance.....	11
Thrift Stores.....	11
Health Travel Costs.....	11
Recreation.....	12
Libraries.....	13
Senior Centres & Clubs.....	14
Resources for Women.....	15
Animals.....	15
Home Support Services.....	17
Palliative Care & Bereavement.....	17
Private Support Services.....	18
Schools.....	20

TABLE OF CONTENTS

Employment.....	21
Food & Nutrition.....	22
Food Banks.....	22
Social Dining.....	22
Meals on Wheels, Meals Delivered & Frozen Meals.....	23
Government.....	25
Members of Parliament.....	25
First Nations.....	25
Federal.....	26
Provincial.....	27
District Offices.....	27
Municipal Offices.....	28
Health.....	30
Telehealth Ontario.....	30
Health Units.....	30
Health Support Organizations	30
Hospitals & Nursing Stations.....	34
Local Health Integration Network (LHIN).....	35
Mental Health.....	35
Laboratories.....	36
Walk-In Clinics.....	36
Police	37
Legal & End of Life.....	38
Safety.....	40
Elder Abuse.....	40
Falls Prevention.....	41
Scams & Frauds	41
Emergency Response Systems.....	41
Friendly Visiting and Telephone Reassurance.....	42
Wandering Persons Registry.....	42
Transportation.....	43
Parry Sound.....	45
Veterans.....	47

ACKNOWLEDGMENTS

Great appreciation goes to our sponsor: Human Resources and Skills Development Canada ~ New Horizons for Seniors Program. 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).

Gratitude to the Muskoka Community Foundation for providing the funding to update and edit this second printing of the Senior's Resource Guide.

DISCLAIMER

Every effort was made to provide comprehensive and accurate information from all that was available 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:



Box 156 • Bracebridge, ON • P1L 1T6

muskoka@elderabuseprevention.ca
elderabuseprevention.ca

705-646-7677
1-866-222-1224



URGENT CONTACTS & HELPLINES

211 Ontario

Information and referral to community and social services in Ontario

211

211ontario.ca

Assaulted Women's Helpline (24 hour)

1-866-863-0511

TTY 1-866-863-7868

Crisis Intervention

1-800-461-5424

Fem'aide

Helpline for French-speaking women dealing with violence

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:

Daily 24hr 1-800-461-2929

Women's Centre Bracebridge

1-877-406-1268

Bracebridge 705-646-2122

Parry Sound 705-774-9083

www.daphnewymn.com

Addiction Outreach Muskoka /Parry Sound

1-800-668-5192

www.aomps.com

Ontario Drug & Alcohol Helpline

1-800-565-8603

www.drugandalcoholhelpline.ca

Ontario Problem Gambling Helpline

1-888-230-3505

www.opgh.on.ca

OPP (Ontario Provincial Police)

24 Hr Communications Centre

1-888-310-1122

TTY 1-888-310-1133

Seniors Assistance Team 705-329-7692

www.opp.ca

Senior Safety Line

For abused/at-risk seniors, over 150 languages

1-866-299-1011 or 211

Telehealth Ontario

Free, confidential health line.

Registered Nurse 1-866-797-0000

Poison Information 1-800-268-9017

TTY 1-877-750-2233

Victim Quick Response Program offers

support to victims who have no other

financial means. The program includes

Emergency Expenses, Funeral Expenses

and Counselling Expenses.

Muskoka Victim Services

Bracebridge 705-645-5444

www.muskokavs.ca

Victim Crisis Assistance and Referral

Service District of Parry Sound

Parry Sound 705-746-0508

Ontario Provincial Police

Toll Free 1-888-310-1122

CRISIS HELP

Emergency Shelter

Crisis shelters for abused women and their children.

Muskoka Interval House, Bracebridge
1-800-461-1740
705-645-4461
www.dawhois.com/site/chrysalishuntsville.com

Chrysalis, Huntsville
1-866-789-8488
705-789-8488
www.dawhois.com/site/chrysalishuntsville.com

Esprit Place Family Resource Centre
Parry Sound 705-746-4800
1-800-461-1707
TTY 705-746-4800
www.psdssab.org

Emergency Services

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

Social assistance • community housing • long term care • emergency shelter fund • rent bank program • utility and mortgage assistance • homelessness

District of Parry Sound Social Services

Emergency Shelter and Emergency Energy Supplement Fund (ESES) • utility and rent assistance • Consolidated Homelessness Program for housing help.

Housing 1-877-767-6060
Housing 705-774-9600
www.psdssab.org

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

Georgian Bay Food Bank
Port Severn
Jennifer Whiston 705-538-2337 ext 261
1-800-567-0187 ext 261
jwhiston@gbtownship.ca
www.gbtownship.ca

MacTier Food Bank 705-375-5572
Manna Food Bank
Bracebridge 705-646-0114
<http://www.mannafoodbank.ca/>



Salvation Army Food Banks

Gravenhurst 705-687-2131
Bracebridge 705-645-2602
Huntsville 705-789-3398

Sundridge Food Bank Program

Residence 705-384-1114

Table Soup Kitchen Foundation

Huntsville 705-783-5827
www.thetablesoupkitchen.com/

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
 705-752-0700

Good Happenings Food Bank
South River 705-386-2615

Harvest Share
Parry Sound 705-774-9111
www.harvestshare.org

Powassan and District Food Bank
 705-724-5693

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

HOUSING

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

Bracebridge Municipal Non-Profit
Housing Corporation
Bracebridge 705-645-3303
Services for availability and
eligibility at 705-645-2412

Gravenhurst Municipal Non Profit
Housing Corp & Huntsville Municipal
Housing Corp
Bracebridge 705-645-2412 ext 285

Parry Sound

District of Parry Sound Social Services
1 877 767-6060
705 774-9600
www.psdssab.org

Long Term Care

Muskoka

Fairvern Nursing Home
Huntsville 705-789-4476
www.fairvernnursinghome.ca

Leisureworld Caregiving Centre
Gravenhurst 705-687-3444
www.leisureworld.ca

Muskoka Landing
Huntsville 705-788-7713
www.jarlette.com

The Pines Long Term Care Home
Bracebridge 705-645-4488
www.thepineslhc.ca

The Lang Residence
Gravenhurst 705-687-5978

Parry Sound

Belvedere Heights
Parry Sound 705-746-5871
www.belvedereheights.com

Eastholme Home for the Aged
Powassan 1-888-521-0000
705-724-2005
www.eastholme.ca

Lady Isabelle Nursing Home
Trout Creek 705-723-5232
www.ladyisabelle.ca

Lakeland Long Term Care Facility
Parry Sound 705-746-9667
www.lakelandlhc.com



Retirement Residences

Muskoka

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

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

Country Moments
Huntsville 705-787-1639
1-800-804-8876
www.country-moments.com

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

Gravenhurst Manor
Gravenhurst 705-687-3356
www.chartwell.com

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

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

Mary Lake Retirement Residence
Port Sydney 705-405-0284

Pine Ridge Retirement Committee
Gravenhurst 705-687-2202
705-687-0181

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

Parry Sound

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

Southwind Retirement Home
South River 705-386-0846

Mental Health

Muskoka North Residential
Gravenhurst 705-687-6199

Care Homes

Carolyn's Comfort Homes
Bracebridge 705-706-4663

Muskoka Haven Rest Home
Port Sydney 705-385-0459

Co-housing

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

Co-operative Housing

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

Huntsville Legion Seniors Manor
705-789-6812

Accessible Housing

The Friends
Serving Muskoka & Parry Sound
1-888-746-5102
705-746-5102

www.thefriends.on.ca

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

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



ACCESSIBILITY

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

1-800-465-1133
705-737-3263

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 1-888 268-6021
TTY 1-800-387-5559

www.health.gov.on.ca

Home Adaptations for Seniors'
Independence (HASI), Canada Mortgage
& Housing Corporation

Financial assistance for minor home
adaptations for low-income seniors.

CMHC 1-800-668-2642

www.cmhc-schl.gc.ca

American Sign Language

Deaf Access Simcoe Muskoka
Bracebridge 705-645-8882
1-877-840-8882

TTY 705-645-6855
www.deafaccess.ca

Alisa Drouillard
American Sign Language Interpreter
serving Muskoka District
Bracebridge 705-646-1963

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

Home Health Equipment & Vehicles

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

Simcoe

AccessRamp and Mobility Systems
Orillia 705-727-9081
www.accessramp.ca

Maximum Mobility Access Centre
Orillia 705-326-8157
1-888-232-1063
www.maximumaccesscentre.com

Medichair Barrie
Barrie 705-722-3376
1-800-461-9047
www.barrie.medichair.com

Medigas
Barrie 705-721-0555
1-866-446-6302
www.medigas.com

Ontario Wheelchair Access & Mobility
Equipment Inc
Orillia 705-327-1261
1-800-387-0245
TTY 705-329-0811
www.ontariowheelchair.ca

Muskoka

Assistive Device Exchange
Database of devices for sale or free. No
equipment is inspected.
www.assistivedeviceexchange.ca

Heather's Home Healthcare Medical
Supplies and Equipment
Bracebridge 705-645-7572

Muskoka Mobility and Medical Supply
Gravenhurst 705-687-4796

Closing the Gap Healthcare Group
Assessment for assistive devices/aids,
home and car modifications and
assistance with funding applications,
provided as part of Occupational Therapy
services.
Huntsville 705-788-9355
1-888 660-3959
www.closingthegap.ca

Janice Parrott, Registered Physiotherapist
Huntsville Residence 705-789-3129

Huntsville's Hometown IDA Drugstore &
Healthcare Services
Huntsville 1-800-461-4218
Healthcare store 705-789-7534
www.huntsvilleshometownida.ca

The Apothecary Shop
Port Carling 705-765-6866

Motion Specialties
Utterson 1-800-216-3632
Cell 705-787-5930
www.motionspecialties.com



FINANCIAL AID

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

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

Ontario Guaranteed Annual Income
System (GAINS)
1-866-668-8297

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

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

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

RISE (Resource Centre for Independent
Living)
Serving Muskoka & Parry Sound District
Direct funding for people with physical
disabilities. An independent living
resource centre for information on
education, employment, housing,
recreation and leisure.
1-888 634-6828
705-746-6996

www.risercil.org

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.
1-416-932-8382 ext 227

www.access2.ca

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

Ontario Disability Support Program (ODSP)
Toll Free 1-800-665-9718
Bracebridge 705-645-8718
TTY 705-645-5717
www.mcass.gov.on.ca/en/mcass/programs/social/odsp

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

Heating Costs Assistance

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
705-645-2412

Veridian Connections Gravenhurst
United Way of Greater Simcoe County
Toll Free 1-855-487-5327
(low income)

Lakeland Parry Sound
District of Parry Sound Social Services
705-386-2358

Parry Sound Power Corporation
District of Parry Sound Social Services
705-774-9600

Medications

Ontario Drug Benefit (ODB)
Covers most of the cost of most prescriptions and procuts 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/tx/ndvdl/vlntr/menu-eng.html

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

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

Health Travel Costs

Northern Health Travel Grant Program
Northern Ontario- Parry Sound District
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.

English 1-800-461-4006
French 1-800-461-1149
TTY 1-800-387-5559
Sudbury 705-675-4010

www.health.gov.on.ca

Additional Resources

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

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

Salvation Army Corps
Parry Sound 705 746-5391
Bracebridge 705-645-2602
Gravenhurst 705-687-7271
Huntsville 705-788-0624

RECREATION

Community Connection
Connecting people to services in their
community. Dial 211 to reach an
information specialist 24 hours/day, 7
days/week.

Community Information 211
TTY 1-888-435-6086
www.communityconnection.ca

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

Municipal Offices

Muskoka

Bracebridge 705-645-5264
www.bracebridge.ca

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

Gravenhurst 705-687-3412
www.gravenhurst.ca

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

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

Georgian Bay Township 705-538-2337
1-800-567-0187
www.township.georgianbay.on.ca

Parry Sound

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

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

Callander 705-752-1410

Carling 705-342-5856
www.carlingtownship.ca

Chisholm 705-724-3526
www.chisholm.ca

Joly Township 705-384-5428

Kearney 705-636-7752
www.townofkearney.com

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

Magnetawan 705-387-3947
www.magnetawan.com

McDougall 705-342-5252
www.municipalityofmcdougall.com

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



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

Nipissing 705-724-2144
nipissingtownship.com

Parry Sound 705-746-2101
www.townofparrysound.com

Township of Perry 705-636-0588
www.townshipofperry.ca

Powassan 705-724-2813
www.powassan.net

Ryerson Municipal 705-382-3232

Seguin 705-732-4300
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.

Muskoka

Bala 705-762-1086
www.muskoka.com/library

Bracebridge 705-645-4171
www.bracebridge.library.on.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/dwight/

Baysville 705-767-2361
www.lakeofbayslibrary.ca

Milford Bay 705-764-0283
www.muskokalakes.ca

Port Carling 705-765-5650
www.muskoka.com/library

Vankoughnet 705-645-7548

Wahta 705-762-2354
www.wahta.com

Walkers Point 705-687-9965
www.muskoka.com/library

Parry Sound

Point au Baril 705-366-2515
www.thearchipelago.on.ca

Kearney 705-636-5849
www.olsn.ca/kearney

Magnetawan First Nation 705-383-2477

Magnetawan 705-387-4411
www.magnetawanlibrary.ca

McKellar 705-389-2611
www.township.mckellar.on.ca

Parry Sound 705-746-9601
www.pspl.on.ca

Shawanaga 705-366-2029 Ext 23

South River/Machar 705-386-0222
www.olsn.ca

Sundridge-Strong 705-384-7311
www.olsn.ca/sundridgestronglibrary

Whitestone-Hagerman 705-389-3311
www.olsn.ca/whitestonelibrary

Senior Centres & Clubs

Muskoka

Baysville Autumn Leaves Seniors
705-767-3579

Senior Citizens Centennial Club 315
Bracebridge 705-645-9111

Dorset Seniors' Club
705-766-2278

Gravenhurst Seniors Club
705-687-8126

Huntsville Seniors Club 55
705-789-9783

Ryde Community Centre
705-687-4200

Seniors Citizens Friendship Club
Sprucedale (residence) 705-685-7938

Utterson Live Wires Seniors
705-385-2648

Wellness Initiative for Seniors Engaged
W.I.S.E.
Bracebridge 705-394-8577

Parry Sound

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



South River Friendly Circle Senior's
Drop In Centre
Residence 705-386-7785

Trout Creek Seniors Friendship Club
Powassan
Residence 705-723-1656

Young At Heart Senior Citizen's Club
Burk's Falls 705-382-2526

Resources for Women

Muskoka Women's Advocacy Group
Serving Muskoka District

Toll Free 1-800-461-1740
Bracebridge 705-645-4461

YWCA of Muskoka
Serving Muskoka District
• Women in Business • Men in business •
Girlz Unplugged • Women of Distinction
• ywca ENCORE (after breast cancer
exercise program)
Bracebridge 705 645-9827

Women's Own Resource Centre (WORC)
Serving Almaguin Highlands
Information, referral, workshops,
individual support and community
events.

Toll Free 1-888-640-8668
South River 705-386-9672

Animals

Ontario Society for the Prevention of
Cruelty to Animals

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

Huntsville 705-789-9709
www.animals-huntsville.on.ca

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

South River 705-386-0020

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

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

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

Solitudes Wildlife Rehabilitation Centre
Serving Parry Sound & Muskoka
Kearney 705 636-0309

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

Bear Wise 24/7 Reporting Hotline (Bear
Season)
1-866-514-2327
TTY 705-945-7641
www.ontario.ca/bearwise

*"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



HOME SUPPORT SERVICES

The Community Care Access Centres 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

Community Care Access Centres
CCAC- West Parry Sound
1-800-440-6762
705-773-4602

CCAC- East Parry Sound
1-888-533-2222
705-476-2222

CCAC- North Simcoe Muskoka
1-888-721-2222
705-789-6451

www.nsm.ccac-ont.ca

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.

1-888-746-5102

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 program 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 and bereavement support.

Almaguin Palliative Care Team
Residence 705-636-5893

Hospice Huntsville 705-789-6878
www.hospicehuntsville.com

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

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

Hospice
West Parry Sound 705-746-4540 x 1416
www.parrysoundhospice.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 Branch 1-800-387-2251
Sudbury 705-674-0737
www.redcross.ca

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 705-495-6689
North East-West Area 1-866-886-4172
Simcoe Muskoka Branch
1-866-886-4171
www.carepartners.ca

Closing the Gap Healthcare Group -
Rehab Express Inc. (Muskoka)
Huntsville 705-788-9355
1-888 660-3959
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

ElderSafe Support Services
Barrie 1-877-625-5567
www.eldersafe.com

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

VON Canada
North Bay office 1-800-265-5379
www.von.ca



We Care Home Health Services

Serving Muskoka District

Barrie 705-734-2235

Toll Free 1-800-842-3757

www.wecare.ca

Home Care Muskoka

Bracebridge 705-645-0099

www.homecaremuskoka.ca

Muskoka Seniors and Special Services

Gravenhurst 705-687-5334

ParaMed Home Health Care, Muskoka

Huntsville 705-788-9899

1-800-465-5054

www.paramed.com

Peace of Mind Elder Care Muskoka

1-888-367-1772

Mobile 705-327-9418

www.muskokaseniorcare.com

Seniors for Seniors

Muskoka 877-719-1444

www.seniorsforseniors.ca

Transitions Home Care

Parry Sound 705-746-0500

1-800-565-3986

Time Togetherain't

Huntsville 705-789-5911

www.timetogether.ca

Cangrands

Internet based support group providing
kinship support for caregiver families

Huntsville

705-789-3956

www.cangrands.com

*"Growing old is
mandatory;
growing up is
optional."*

~ Chili Davis

*"Old age ain't no
place for sissies."*

~ Bette Davis

SCHOOLS

Colleges / Universities

Canadore College
Parry Sound 705-746-9222
North Bay 1-800-519-3534
www.canadorec.on.ca

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

Nipissing University, Muskoka Campus
Bracebridge 705-645-2921
www.nipissingu.ca/muskoka

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 705-645-6330
1-855-699-6330
Dokis First Nation 1-877-999-9149
Magnetawan 1st Nation 1-877-999-9149
Nipissing First Nation 1-877-999-9149
North Bay 705-474-7226
Parry Sound 705-746-1531
South River 1-877-999-9149
Wasauksing First Nation 1-877-999-9249
www.studyonline.ca

First Aid Training

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

Literacy

Bracebridge Adult Education and
Training Centre 705-646-5651

Literacy & Basic Skills
Program 705-645-2646

www.anewstart.ca

East Parry Sound Literacy Council
Literacy Basic Skills Program
Powassan 705-386-0764
www.eastparrysoundliteracycouncil.org

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

Simcoe-Muskoka Literacy Network
705-326-7727
1-888-518-4788
www.literacynetwork.ca

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



EMPLOYMENT

Employment Ontario Hotline
Toll Free 1-888-387-5656
TTY 1-888-533-6339
www.tcu.gov.on.ca/eng/employmentontario

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

Service Canada Centre
Bracebridge 705-645-2204
TTY 1-888-926-9105
Toll Free 1-888 622-6232
www.servicecanada.gc.ca

Northern Lights Canada, Ontario
Employment Services
Bracebridge 705-646-2092
www.northernlightscanada.ca

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

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

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

YMCA Employment Service
Huntsville 705-787-0349
www.ymcaofsimcoemuskoka.ca

Northern Lights Canada, Ontario
Employment Services
Burk's Falls 705-382-6100
www.northernlightscanada.ca

Parry Sound Office Employment
Services
705-746-9374
Telemessage 1-888-206-7218
www.hrsdc.gc.ca

YMCA of Simcoe/Muskoka, Parry
Sound Employment Services
Parry Sound 705-746-8480
www.ymcaofsimcoemuskoka.ca

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

Employment Services Inc., District of
Parry Sound
Sundridge 705 384-1110

FOOD & NUTRITION

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
www.gbtownship.ca

MacTier Food Bank
705-375-5572

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

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

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

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
705-752-0700

Good Happenings Food Bank
South River 705-386-2615

Harvest Share
Parry Sound 705-774-9111
www.harvestshare.org

Powassan and District Food Bank
705-724-5693

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

Sundridge Food Bank
Residence 705-384-1114

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

Bracebridge Out of the Cold
Dinner 705-644-3761

Bracebridge United Church
705-645-5713
www.bracebridgeunitedchurch.ca



Pinegrove Fellowship Baptist Church
Bracebridge 705-645-4771
www.pinegrovebaptist.ca

Trinity United Church
Gravenhurst 705-687-2542
www.trinityu.ca

Muskoka Seniors Home Assistance
Huntsville 705-789-6676

Volunteer and Transportation bookings
705-789-0876

Table Soup Kitchen Foundation, Food
Bank & Soup Kitchen
Huntsville 705-783-5827
www.thetablesoupkitchen.com

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

Parry Sound

Belvedere Heights
Parry Sound 705-746-5871
Community Support Services:
705-746-5602
www.belvedereheights.com

First Baptist Church
Parry Sound 705 746-5345

Harvest Share
Parry Sound 705-774-9111
www.harvestshare.org

St Andrew's Church
Parry Sound 705-746-9612
www.standrewsparrysound.com

Fresh Food Baskets Program

Enables communities to buy in bulk and purchase fresh fruit and vegetables at a discount price.

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

Meals onWheels

Delivered & Frozen Meals

Muskoka

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

Baxter Community Volunteer Group
Port Severn 705-756-8843
Bala & area 705-762-5876
Bracebridge 705-645-4022
Huntsville 705-789-2311 x 2211

Trinity United Church, Gravenhurst
Gravenhurst 705-687-2542
www.trinityu.ca

Bracebridge Legion 705-645-8500

Out of the Cold Dinners – Thursday

Parry Sound

Belvedere Heights
Parry Sound 705-746-5871

Community Support Services
705-746-5602
www.belvedereheights.com

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

Salvation Army Corps, Parry Sound -
Family Services & Rainbow Country
Church Food Bank
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.com

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

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

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

Dokis First Nation
Monetville 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

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

Wasauksing First Nation (formerly Parry
Island)
Parry Sound 705-746-2531
www.wasauksing.ca

Health & Wellness

Southern Ontario Aboriginal Diabetes
Initiative - Central Region
Peterborough 705-527-1560
www.soadi.ca

Wahta Mohawk Nursing Station
Bala 705-762-2354
1-877-678-6754
www.wahtamohawks.ca

B'saanibamaadsiwin Native Mental
Health Program
Parry Sound 705-746-2512

First Nations, Inuit and Aboriginal
Health - Non-Insured Health Benefits
Program

Ottawa 613-952-0087
Toll Free 1-800-640-0642
TTY 1-800-267-1245

Native Health Services, Parry Sound
(Health Canada)

Parry Sound 705-746-5807
Nepean 1-866-225-0709
www.hc-sc.gc.ca

Police – Non Emergency

Anishinabek Police Services -
Shawanaga, Wasauksing and
Magnetawan Detachments

Nobel 705-366-2534
www.apscops.org

Friendship Centres

Georgian Bay Native Friendship Centre
Inc Midland 705-526-5589
www.gbnfc.com

North Bay Indian Friendship Centre
705-472 2811
www.nbifc.org

Parry Sound Friendship Centre
705-746-5970
www.parrysoundfriendshipcentre.com

Federal

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

Toll Free 1-800-622-6232
TTY 1-800-926-9105

Service Canada Centres

Bracebridge 705-645-2204
Parry Sound 705-746-9374
www.servicecanada.gc.ca

Mail – Post Offices

www.canadapost.ca

Muskoka

Bala 705-762-5412
Baysville 705-767-3988
Bracebridge 705-645-9955
Dorset 705 766-9977
Dwight 705 635-1350
Gravenhurst 705-687-4630
Huntsville 705-789-2221
MacTier 705-375-2443
Milford Bay 705-764-1745
Minett 705-765-6071
Kilworthy 705-689-2968
Port Carling 705-765-5321
Utterson 705-385-2253
Rosseau 705 732-4323
Windermere 705-769-3364



Parry Sound

Burk's Falls	705-382-3901
Kearney	705-636-5422
Magnetawan	705-387-3756
Nobel	705-342-5351
Parry Sound	705-746-9044
Pointe au Baril	705-366-2564
Powassan Branch	705-724-2934
South River	705-386-2927

Provincial

ServiceOntario – Portal to all Provincial Programs

ServiceOntario – Access 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 •

ServiceOntario Centres

Bracebridge	705-645-4415 1-800-267-8097
Huntsville	705-789-4616 1-877-817-6636
TTY	1-800-268-7095
MacTier	705-375-1436
Burk's Falls	705-382-9711
Parry Sound	705-773-4216 1-800-267-8097
TTY	1-800-268-7095

Powassan	705-724-5493
Driver Inquiry	1-800-387-3445

Sundridge	705-384-7022
Driver Inquiry	1-800-387-3445

Ministry of Transportation Ontario

Road Conditions	
Downsview	1-800-268-4686
5-1-1	

www.mto.gov.on.ca/english/traveller/conditions

Senior Driver Renewal Program

Northern Region	1-800-461-9548 705-497-5436
-----------------	--------------------------------

DriveTest Driver Examination Centre

Huntsville	1-888-570-6110
------------	----------------

www.drivetest.ca

District Offices

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

District of Parry Sound Social Services, Housing

Parry Sound	
Housing	1-877-767-6060
Housing	705-774-9600

www.psdssab.org

Municipal Offices

Muskoka

Bracebridge 705-645-5264
www.bracebridge.ca

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

Gravenhurst 705-687-3412
www.gravenhurst.ca

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

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

Georgian Bay Township 705-538-2337
1-800-567-0187
www.township.georgianbay.on.ca

Parry Sound

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

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

Callander 705-752-1410

Carling 705-342-5856
www.carlingtownship.ca

Chisholm 705-724-3526
www.chisholm.ca

Joly Township 705-384-5428

Kearney 705-636-7752
www.townofkearney.com

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

Magnetawan 705-387-3947
www.magnetawan.com

McDougall 705-342-5252
www.municipalityofmcdougall.com

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

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

Nipissing 705-724-2144

Parry Sound 705-746-2101
www.townofparrysound.com

Township of Perry 705-636-0588
www.townshipofperry.ca

Powassan 705-724-2813
www.powassan.net

Ryerson Municipal 705-382-3232

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



South River 705 386-2573
www.southernriverontario.com

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

Sundridge 705-384-5316
www.sundridge.ca

Whitestone 705-389-2466
www.whitestone.ca

Garbage Dumps / Landfill Stations

Muskoka

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

Parry Sound

Parry Sound 705-746-7170
Armour 705-382-2682

Burks Falls 705-382-2682
South River 705-386-7741
Seguin 705-732-6915

*"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*

HEALTH

Telehealth Ontario

Free, confidential telephone health line to speak with a Registered Nurse.

1-866-797-0000

TTY 1-866-797-0007

www.health.gov.on.ca/en/public/programs/telehealth

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

Health Connection 705-721-7520

www.simcoemuskokahealth.org

Parry Sound

North Bay Parry Sound District Health

North Bay 705-746-5801

Burk's Falls 1-800-563-2808

Parry Sound 705-746-5801

Toll Free 1-800-563-2808

www.myhealthunit.ca

Native Health Services

Parry Sound 705-746-5807

Nepean 1-866-225-0709

www.hc-sc.gc.ca/fniah-spnia/index-eng.php

Health Support Organizations

Addiction

Ontario Drug & Alcohol Helpline

1-800-565-8603

www.drugandalcoholhelpline.ca

Addiction Outreach Muskoka/Parry Snd

Bracebridge 705 645-1311

Toll Free 1-888 668-1856

Parry Sound 705-746-7113

Toll Free 1-800-668-5192

www.aomps.com

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

www.aahuntsvilleparrysound.ca

Parry Sound 705-746-2464

www.aahuntsvilleparrysound.ca

Nipissing Detoxification Centre

North Bay 705-476-6240

Ontario Addiction Treatment Centres

Bracebridge 705-645-1677

www.oatc.ca

Ontario Problem Gambling Helpline

1-888-230-3505

www.opgh.on.ca



Alzheimer

Alzheimer Society of Muskoka
Bracebridge 705-645-5621
1-800-605-2075

www.alzheimer.ca

Arthritis

Arthritis Society Client Services -
Rehabilitation and Education Programme
Bracebridge 705-645-8548
Ontario 1-800-321-1433

www.arthritis.ca

Brain Injury

Brain Injury Services of Simcoe
Muskoka Inc
Bracebridge 705-645-8882 x 24
1-877-320-1950

www.braininjuryservices.ca

Cancer

Canadian Cancer Society (Transportation
to Cancer related medical appointments)
Barrie 705-726-8032
1-800-338-6610

Bracebridge 705-645-8557

www.cancer.ca

Canadian Cancer Society
North Bay and District Unit
705-472-9072
1-888-208-2125

www.cancer.ca

Cancer Care Ontario Breast Screening
Bracebridge 705-645-3000
Parry Sound 705-746-4540 x 3602
Toll Free 1-800-661-8897

www.cancercare.on.ca

Mobile Coach 1-800-461-7031

www.cancercare.on.ca/obsp

Canadian Cancer Society Smokers
Helpline 1-877-513-5333

www.smokershelpline.ca

Diabetes

Muskoka Algonquin Healthcare
Diabetes Education Centre & Clinic -
Bracebridge 705-645-8824
Huntsville 705-789-2311

www.mahc.ca

www.diabetescentre.com

Diabetes Education Centre
Parry Sound 705-746-5461

www.diabetesinformation.org

Southern Ontario Aboriginal Diabetes
Initiative - Central Region
Peterborough 705-527-1560

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, Bracebridge
Bracebridge 705-645-4613
Huntsville 705-789-3762

We Care Home Health Services
Barrie 705-734-2235
1-800-842-3757

www.wecare.ca

Muskoka Home Care Connection,
Muskoka Staffing Company Ltd
Bracebridge 705-645-0099
www.homecaremuskoka.ca

Senior Citizens Centennial Club
Bracebridge 705 645-9111
Foot Care Clinic by Cathy Bowes
(Residence) 705-645-5647

Gravenhurst Seniors Club
Gravenhurst 705-687-8126

Schoutsen, Nancy
In-home advanced foot care. Private and
services accepted by DVA.
Gravenhurst 705-684-9926

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

Foot Clinic
Gower, Fran RN

Oxtongue Lake 705-635-1229
Dwight 705-635-1229
Dorset Recreation Centre 705-766-9968
Baysville Seniors Hall 705-767-2325

Parry Sound

Muskoka Algonquin Healthcare
Burk's Falls and District Health Centre
705-382-2900
1-800-661-2900

Foot Care Clinic 705-382-9565
www.mahe.ca

Transitions Home Care
Parry Sound 705-746-0500
1-800-565-3986

South River Machar Medical Centre
705-386-0512

Bonnie Brown Foot Care
North Bay 705-476-7241



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.

Toronto 1-888 268-9243

TTY 1-888 268-9242

www.bell.ca/specialneeds

Canadian Hard of Hearing Association
Sudbury Branch

Toll Free & TTY 1-866-300-2442

Office & TTY 705-523-5695

Canadian Hearing Society

Bracebridge 705-645-8882

Toll Free 1-877-842-8882

TTY 705-645-6855

1-877-872-0585

www.chs.ca

Deaf Access Simcoe Muskoka

Bracebridge 705-645-8882

Toll Free 1-877-840-8882

TTY 705-645-6855

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

Kimberley Hearing Centre

Bracebridge 705-645-3455

Muskoka Audiology Clinic

Process applications for the "Hearing Now" Fund for the Canadian Hard of Hearing Association

Bracebridge 705-646-2227

705-646-0150

Audia Hearing Aid Centre

Gravenhurst 705-684-8300

Muskoka Hearing Aids Limited

Huntsville 705-789-9393

Near North Hearing Centre

North Bay 705-494-9900

North Bay Audiology Clinic Ltd.

705-472-1295

Parry Sound Audiology Clinic

705-746-9012

Sound Ideas Audiology

Parry Sound 705-746-5500

1-866-663-8801

Heart & Stroke

Heart and Stroke Foundation of Ontario

Muskoka Chapters

Barrie 705-737-1020

1-800-572-1572

www.heartandstroke.ca

Muskoka District Stroke Centre
Huntsville 705-789-0022 x 6005
www.cesnstroke.ca

Multiple Sclerosis

Multiple Sclerosis Society of Canada
1-800-268-7582
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

Osteoporosis

Osteoporosis Canada
1-800-463-6842
www.osteoporosis.ca

Paraplegic Association

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

Parkinson Society

Parkinson Society Canada Central &
Northern Ontario Region
Toll Free 1-800-565-3000
www.parkinsoncno.ca

Vision

Bell Canada - Accessibility Services
Toronto 1-888 268-9243
TTY 1-888 268-9242
www.bell.ca/specialneeds

CNIB Lake Joseph Centre
MacTier 705-375-2630
1-877-748-4028
www.cnib.ca/en/about/facility/lake-joseph

CNIB Nipissing/ Parry Sound
North Bay 705-472-2710 x 5416

CNIB Service Days
Huntsville & Bracebridge
Barrie 705-728-3352
Toll Free 1-800-563-0887
www.cnib.ca



Hospitals & Nursing Stations

Muskoka

Muskoka Algonquin Healthcare
South Muskoka Memorial Hospital
Bracebridge 705-645-4404
Senior Assessment and Support Outreach
Team - Requires physician/nurse
practioner referral.

705-645-4400 ext.3505

www.mahc.ca

Huntsville District Memorial Hospital
705-789-2311
Automated 705-789-0022

www.mahc.ca

Wahta Mohawk First Nation Nursing
Station
Bala 705-762-2354
1-877-678-6754

www.wahtamohawks.ca

Parry Sound

West Parry Sound Health Centre
Parry Sound 705-746-9321
Automated 705-746-4540
www.wpshec.com

Argyle Nursing Station
Port Loring 705-757-1717

Britt Nursing Station
705-383-2375

Pointe au Baril Nursing Station
705-366-2376

Rosseau (Ruth Dare) Nursing Station
705-732-1095

Telehealth Ontario 1-866-797-0000
www.wpshec.com

Whitestone & Area Nursing Station
Dunchurch 705-389-1951

Local Health Integration Network (LHIN)

North East Local Health Integration
Network
North Bay 705-840-2872
Toll Free 1-866-906-5446
www.nelhin.on.ca

North Simcoe Muskoka Local Health
Integration Network
Orillia 705-326-7750
Toll Free 1-866-903-5446
www.nsmhlhin.on.ca

Mental Health

Ontario Mental Health Helpline (Connex
Ontario Health Services Information)
1-866-531-2600
www.mentalhealthhelpline.ca

B'saanibamaadsiwin Native Mental
Health Program
Parry Sound 705-746-2512

Canadian Mental Health Association,
Powassan Drop-In Centre
Powassan 705-724-3651
North Bay 705-474-1299
www.emhanipissing.on.ca

Enahtig Healing Lodge and Learning
Centre, Outreach Mental Health Team
Orillia 705-330-4059
www.enahtig.ca

Muskoka-Parry Sound Community
Mental Health Service
Bracebridge 1-800-563-1990
Parry Sound 1-866-829-7049
Toll Free 705-746-4264
www.mpscmhs.on.ca

Adult Protective Services
Parry Sound 705-774-9809
Crisis Line 1-888 461-5424
Sundridge 705-384-1424
Huntsville 705-645-6771
Bracebridge 705-645-2262
www.mpscmhs.on.ca

Muskoka-Parry Sound Council of
Consumer/Survivor and Family
Initiatives
Greenhouse Friendship Centre
Huntsville 705-789-8891
South Muskoka Self-Help Centre
Bracebridge 705-384-5392 x 28
www.mpscmhs.ca

Northeast Mental Health Centre - North
Bay Campus (also in Sundridge)
705-474-1200 x 2154

Recovery International
Windermere 705-769-3515

Seniors' Mental Health Program
North Bay 705-494-3054
"Programmes De Sante Mentale"

Laboratories

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

Walk-In Clinics

Bracebridge Medical Centre
705-645-1027
South Muskoka Medical Centre
Bracebridge 705-646-7634

Wellness

Algonquin Family Health Team Wellness
Hub - Health promotion and healthy
living information and programs.

Huntsville 705-789-5986
www.algonquinfht.ca

SMART Volunteer Exercise Program
VON
Barrie 705-380-1509



POLICE

Anishinabek Police Service

Anishinabek Police Services - Dokis
First Nation (Satellite of APS Nipissing)

Monetville	705-763-9919
Nobel Shawanaga	705-366-2534
Satellite - Wasauksing	705-746-2213
Satellite - Magnetawan	705-383-2477
North Bay	705-472-0270

Ontario Provincial Police

Seniors Assistance Team 705-329-7692

Local OPP Detachments

Bala	705-645-2211
Bracebridge	705-645-2211
Huntsville	705-789-5551
Parry Sound	705-746-4225
Powassan	705-724-2016

Community Policing

Georgian Bay Township	705-538-2337
Gravenhurst	705-687-5023
MacTier	705-375-0339
Port Carling	705-765-0597
Britt	705-383-2231
Burk's Falls	705-382-2015
Huntsville	705-789-2677

*"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*

LEGAL & END OF LIFE

Advance Care Planning - Senior's
INFOline
Guide to making choices about your care
while you are competent.
1-888-910-1999
www.seniors.gov.on.ca

Capacity Assessment Office of the
Ministry of the Attorney General
Formal assessment of a persons mental
capacity to make decisions about
property and personal care.
1-416-327-6766
1-866-521-1033
www.attorneygeneral.jus.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
www.ancelaw.ca

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
1-866-482-2724
TTY Toll-free 1-866-482-2728
TTY 1-416-482-1254
www.archdisabilitylaw.ca

Community Legal Education Ontario
CLEO works to help people who have
low incomes or 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

Egale Canada
National organization committed to
advancing equality and justice for
lesbian, gay, bisexual and trans-identified
people, and their families
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

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

1-800-263-4819

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

www.legalaid.on.ca

Ontario Human Rights System

Works to promote, protect and advance human rights

1-800-387-9080

www.ontario.ca/humanrights

Parry Sound Friendship Centre

Parry Sound • Serving Parry Sound & Muskoka; All First Nations North to Pickerel, Ont. and South to Mactier and Moose Deer Point 705-746-5970

www.parrysoundfriendshipcentre.com

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.

Public Guardian & Trustee, Office of the Toronto • Serving Ontario

1-800-366-0335

TTY 1-416-314-2687

www.attorneygeneral.jus.gov.on.ca

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

SAFETY

Elder Abuse

Senior Safety (Elder Abuse) Hotline

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
 1-866-299-1011

www.onpea.org

Ontario Provincial Police
Seniors Assistance Team

Orillia 705-329-7692

www.opp.ca

Information and Referrals

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

Seniors' INFOline - Ontario
1-888-910-1999

Elder Abuse within a facility

Ministry of Long-Term Care
1-866-434-0144

Retirement Home Complaints - Response
and Information
1-800-361-7254

Retirement Home Regulatory Authority
(RHRA)
1-800-361-7254
1-855-275-7472

Sexual Assault

Muskoka - Parry Sound Coordinated
Sexual Assault Services
Bracebridge & Parry Sound
1-877-406-1268

Women's Sexual Assault Helpline Daily
24hr 1-800-461-2929
Bracebridge 705-646-2122

Women's Resource Centre
Bracebridge 1-877-406-1268
Parry Sound 705-646-2122
www.daphnewymn.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 705-645-5444
www.muskokavs.ca

Victim Crisis Assistance and Referral
Service District of Parry Sound
Parry Sound 705-746-0508
1-888-310-1122
www.psdvcars.com

Fem'aide
Helpline for French-speaking women
dealing with violence.
Administration only 705-918-2433
www.femaide.ca

Falls Prevention

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

TTY 1-888-362-5889

1-866-580-3625

www.lnnte-dncl.gc.ca/insnum-regnum-eng

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

1-888 495-8501

www.antifraudcentre-centreantifraude.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 705-549-7431
www.lifeline.ca

Sudbury Regional Hospital Helpline
Sudbury 705-523-7000
1-800-667-8019

www.helplinesudbury.ca

Hurononia Alarm and Fire Security
Midland 705-526-9311
1-888-363-9311
Monitoring Station 705-527-9311
www.huronialarms.com

Lifeline Muskoka-East Parry Sound
Health Services
1-877-856-6222

Muskoka Medical
1-800-265-5305

Friendly Visiting & Telephone Reassurance

Seniors for Seniors - Homecare
Specialists
Muskoka 1-877-719-1444
www.srs4srs.ca

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

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

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

Belvedere Heights

Parry Sound 705-746-5871
After Hours 705-746-9367

Community Support Services
705-746-5602
www.belvedereheights.com

Transitions Home Care
Parry Sound 705-746-0500
1-800-565-3986

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

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

Wandering Persons Registry

Alzheimer Society of Muskoka
Bracebridge 705-645-5621
1-800-605-2075
www.alzheimer.ca



TRANSPORTATION

Bellfarm Patient Transfer Services
Non-urgent patient transfer service
Barrie 705-814-9885
1-866-893-9797

First Nations Inuit & Aboriginal Health

Non-Insured Health Benefits Program
Medical transportation for eligible First Nations people and Inuit.
Ottawa 1-613-952-0087
1-800-640-0642
TTY 1-800-267-1245

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.

Northern Region 705-497-5436
1-800-461-9548
Huntsville 1-888-570-6110

MTO Road Conditions
Downsview 1-800-268-4686
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
Hammond Transportation
Bracebridge 705 645-5431

Weekly shopping trips from Dorset & Baysville to Bracebridge.

Bala
Royal Canadian Legion
Need-A-Ride transportation program to take anyone to local medical appointments.
Bala 705-762-3913

Bracebridge

Canadian Cancer Society (Cancer related medical appointments)
Barrie 705-726-8032
1-800-338-6610
Bracebridge 705 645-8557

Canadian Red Cross Society
Muskoka District Branch -Transportation
Bracebridge 705-645-6227
Transportation 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
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
1-800-563-1885

Metro Bus (formerly A&P)

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

www.hammondtransportation.com
www.corridor11bus.ca

Ontario Northland Bus Lines

North Bay 705-472-4500
1-800-461-8558
Bracebridge
Bus Line 1-800-363-7512
Riverside Inn 705-646-2239
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

MTO Driver and Vehicle Licence Issuing Office
Gravenhurst 705-687-6365
www.mto.gov.on.ca

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 Ext 3821
Cell on Bus 705-788-6365

Metro Bus (formerly A&P)
Weekly grocery shopping trips for in town seniors free of charge. Call for schedule, route and accessibility.
Huntsville 705 645-5431

Muskoka Seniors Home Assistance
Helps seniors with no means of transport, who have medical appointments, shopping, social functions etc.
Huntsville 705-789-6676
Transportation 705-789-0876

Northern Airport Service (Shuttle Bus)
Huntsville 705-474-7942
1-800-461-4219

Ontario Northland Bus Lines
Huntsville 705-789-6431



Midland

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

For wheelchair lift 1-800-461-8558
705-746-9611
TTY 1-866-472-3865

Parry Sound

Northern Health Travel Grant Program
Travel grants, funded by the Ministry of
Health and Long-Term Care, help pay for
transportation costs for eligible residents
of Northern Ontario who must travel
long distances within Ontario or to
Manitoba for medical appointments for
medically needed insured specialty
services that are not available locally

Sudbury 705-675-4010
English 1-800-461-4006
French 1-800-461-1149
TTY 1-800-387-5559

Belvedere Heights
Transportation Program
Parry Sound 705-746-5871
Support Services 705-746-5602

Hammond Transportation
Local bus services provide transportation
to shopping, doctors and appointments.
• Airport limo service door to door to
Pearson International or Muskoka
Airport.
Parry Sound 705-746-5430
www.hammondtransportation.com

Ontario Northland Bus Line
Parry Sound 1-866-472-3865

*How important it is
for us to recognize
and celebrate our
heroes and
she-roes!*

~ Maya Angelou

*Valor is stability,
not of legs and
arms, but of
courage and the
soul.*

~ John F. Kennedy

Parry Sound Area Municipal Airport
705-378-2897

Parry Sound Public Transportation
705-746-7461
www.townofparrysound.com

Parry Sound Specialized Transit
705-746-5705

Town of Parry Sound 705-746-2101
www.townofparrysound.com

Victim Crisis Assistance and Referral
Service District of Parry Sound
Parry Sound 705-746-0508
1-888-310-1122

Volunteers provide practical help to
victims including transportation.

Port Loring

Royal Canadian Legion
Port Loring 705-757-2330
Bus 705-757-2724

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
1-888-521-0000

Sand Lake (Kearney & Emsdale)-

Return Huntsville

Hammond Transportation

Monthly shopping trips from Sand Lake
& Kearney to Huntsville.

Bracebridge 705 645-5431
1-800-563-1885

South River

South River Sundridge District Airport

Terminal 705-386-2710
Administration 705-386-2573

Women's Own Resource Centre (WORC)

CarPool Almaguin program

South River 705 386-9672
1-888-640-8668



VETERANS

Ontario Trial Lawyers Association (for Veterans)

905-639-6852

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 Canadian Legion Benevolent
Funds

Aurora 905-841-7999

www.on.legion.ca

Veterans Affairs Canada Kirkland Lake
All initial applications for services are
handled by Kirkland Lake office.

English 1-866-522-2122

French 1-866-522-2022

www.vac-acc.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