

AGING WELL IN K.L.

Making Kirkland Lake an Age-Friendly Community

COMMUNITY SERVICES FOR OLDER ADULTS

Kirkland Lake and Area



"A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing — and acting upon — their commonality of interest."

— Kofi Annan,
Secretary General of the United Nations

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

**Town of Kirkland Lake
Department of Development Services
(705) 567-9365
planning@tkl.ca**

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General Information

211

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

Tel: 211 Toll-Free: 1-877-330-3213 TTY: 1-888-340-1001
Web: www.211ontario.ca

Telehealth

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

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

Health Care Connect

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

Tel: 1-866-532-3161 TTY: 1-800-387-5559

North East Healthline

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

Tel: 1-705-310-CCAC (2222) Web: www.northeasthealthline.ca
Email: healthline@ne.ccac-ont.ca

North East Community Support Services

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

Tel: 1-705-310-CCAC (2222) Web: www.northeastcss.ca

Ombudsman Ontario

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

Tel: 1-800-263-1830 TTY: 1-866-411-4211 Web: www.ombudsman.on.ca
Email: info@ombudsman.on.ca

Member of Provincial Parliament

Mr. John Vanthof
63B Government Road West, Kirkland Lake, ON P2N 2E6
Office hours: Wednesdays 9:00am to 4:30pm (Closed 12:00 to 1:00pm)

Tel: 705-567-4650 Fax: 705-567-4208 Toll free: 1-800-461-2186
Web: <http://johnvanthof.com/> Email: jvanthof-co@ndp.ca

Member of Parliament

Mr. Charlie Angus
103A-30 Second Street, Kirkland Lake, ON P2N 3H7
Office hours: Monday, Wednesday and Friday, 9:00am – 4:00pm

Tel: 705-567-2747 Toll free: 1-866-504-2747
Web: <http://www.charlieangus.ndp.ca/> Email: Charlie.angus.c1@parl.gc.ca

Service Canada

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

145 Government Road West
Tel: 1-800-622-6232 TTY: 1-800-926-9105 Web: www.servicecanada.gc.ca

Service Ontario

Service Ontario provides information and assistance with services that pertain to services through the Ontario Government including accessible parking permits, driver licenses, plate stickers, health cards, birth certificates.

145 Government Road West
Tel: 1-800-267-8097 Web: www.ontario.ca/page/serviceontario

Support Service Agencies

Timiskaming Home Support

Home support offers a variety of services that can help older adults remain as independent as possible, including: Personal care, home help, assisted living, adult day program and post stroke navigators. Referrals are not needed for all programs.

North Timiskaming Region (Englehart/Kirkland Lake/Matachewan/Larder Lake/Virginia town/Kearns)

145 Government Road W. Unit 301 Kirkland Lake, ON P0K 2E8

Tel: 1-877-318-9678

Fax: 705-667-1088

Web: www.homesupportservices.ca

Email: jcharbonneau@homesupportservices.ca

NE LHIN Home and Community Care

formerly 'Community Care Access Centre' (CCAC)

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

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

53 Government Road West, Kirkland Lake, ON P2N 2E5

Tel: 705-567-2222

Toll-free: 1-888-602-2222

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

Email: healthline@ne.ccac-ont.ca

Closing the Gap Health Care

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

998009 Highway 11 N, Unit 2, New Liskeard, ON P0J 1P0

Tel: 705-647-4315

Toll-free: 1-888-660-3959 x1050

Web: www.closingthegap.ca

Email: Timiskaming@closingthegap.ca

Canadian Mental Health Association (CMHA)

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. For older adults, CMHA offers the Seniors' Mental Health Program that focuses on improving the mental health of older adults (a referral is needed from your doctor for this program).

5 Kirkland Street West, Kirkland Lake, ON P2N 1N9

Tel: 705-567-9596

Fax: 705-567-5211

Web: www.cmhact.ca

Email: cmhatimsk@cmhact.ca

Timiskaming Health Unit (THU)

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

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

31 Station Road North, Kirkland Lake, ON P2N 1N1

Tel: 705-567-9355

Fax: 705-567-5476

Toll free: 1-866-967-9355

Web: www.timiskaminghu.com

Lifeline

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

Toll-free: 1-866-681-7925

Web: www.lifeline.ca

Lifeline units also available through **Timiskaming Home Support**

Tel: 1-877-318-9678

Web: www.homesupportservices.ca

Seniors Safety Line (Elder Abuse Ontario)

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

Tel: 1-866-299-1011

Web: www.elderabuseontario.com

Alzheimer Society of Timmins-Porcupine District

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

Tel: 705-647-2379

Toll Free: 1-844-288-4554

Web: www.alzheimer.ca/timmins

Email: temiskamingpec@alzheimerstimmins.com

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

Tel: 1-866-797-0000

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

Tel: 1-855-581-3794

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

Victim Services of Temiskaming & District

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

145 Government Road East, Room 310, Kirkland Lake, ON P2N 3P4

Tel: 705-568-2154

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

Web: www.temiskamingvcars.com

Email: klvictimservices@kdhospital.com

Advocacy Centre for the Elderly (ACE)

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

Tel: 1-855-598-2656

Web: www.advocacycentreelderly.org

Consent and Capacity Board (CCB)

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

Tel: 1-866-777-7391

Fax: 1-866-777-7273

Email: ccb@ontario.ca

Web: www.ccboard.on.ca

Health Services

Kirkland and District Hospital

The Hospital provides emergency, general medicine, general surgery and pediatric services to the local community. It also provides a range of specialty and subspecialty diagnostic and therapeutic clinics.

145 Government Road East, Kirkland Lake, ON P2N 3P4

Tel: 705-567-5251

Fax: 705-568-2102

Email: administration@kdhospital.com

Web: www.kdhospital.com

Kirkland and District Family Health Team

KDFHT provides access to a comprehensive continuum of primary health care services focused on the treatment and prevention of acute and chronic conditions. Using the resources of the multi-disciplinary team and in collaboration with their partners, expand their capacity to serve residents of the Kirkland Lake and district.

2 Water Lane, Kirkland Lake, ON P2N3M6

Tel: 705-567-2224

Toll-Free: 1-888-391-3848

Fax: 705-567-3838

Web: www.kdfht.com

Centre de santé communautaire du Témiskaming

They offer a Community Health Center for the francophone community of Temiskaming. They offer primary care with a holistic perspective focusing on health promotion that includes physical and mental health, reducing social isolation, volunteerism and managing chronic illnesses, as well as programming and activities for older adults, families and communities. (see social participation)

22 Water Street C.P. 40, Kirkland Lake, ON P2N 3M6

Tel: 705-567-1414

Fax: 705-567-1422

Web: www.csctim.on.ca

Timiskaming Hospice Palliative Care

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

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

145 Government Rd East, Kirkland Lake, ON P2N 3P4

Central Intake: 705-568-2135

Fax: 705-568-2160

Pharmacies

Pettenuzzo's YIG

15 McChesney, Kirkland Lake, ON P2N 3R9

Tel: 705-567-4939

Web: www.yourindependentgrocer.ca

BDR Drugmart

15 Station Road N, Kirkland Lake, ON P2N 3J1

Tel: 705-567-3315

Web: www.pharmasave.com

Kirkland Pharmacy

38 Government Road West, Kirkland Lake, ON P2N 2E2

Tel: 705-567-3223

Ontario Drug Benefit (ODB) Program

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

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

Tel: 1-888-405-0405 (Application)
TTY: 1-800-387-5559

Tel: 1-866-532-3161 (Information, Service Ontario)
Web: www.ontario.ca/ru6

Fall Prevention

Stay on Your Feet (SOYF)

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

Contact: Timiskaming Health Unit

31 Station Road North, Kirkland Lake, ON P2N 1N1

Tel: 705-567-9355

Toll free: 1-866-967-9355

Web: www.timiskaminghu.com

Assistive Device Program

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

Contact: Ministry of Health and Long-Term Care

Toll free: 1-800-268-6021

TTY: 1-800-387-5559

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

Email: adp@ontario.ca

Specialized Services

Med-E-Ox/ Mobility in Motion

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

20 Government Road East, Kirkland Lake, ON P2N 1A3

Tel: 705-567-3123

Toll Free: 1-866-299-1911

Web: www.mobilityinmotion.net

ConnexOntario

ConnexOntario operates three free, confidential helplines for people experiencing problems with alcohol and drugs, mental health issues or gambling.

Drug and Alcohol Helpline 1-800-565-8603

Web: www.drugandalcoholhelpline.ca

Mental Health Helpline: 1-866-531-2600

Web: www.mentalhealthhelpline.ca

Ontario Problem Gambling Helpline: 1-866-531-2600

Web: www.opgh.on.ca

Timiskaming Diabetes Program

No referral is needed for the Timiskaming Diabetes Program. It provides support for people living with prediabetes or diabetes through one-on-one group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. There is a registered nurse and dietician on staff. There is an outreach clinic provided in Matachewan.

145 Government Road E, Kirkland Lake, ON P2N3P4

Tel: 705-568-2134

Community Living

Community Living is a non-profit, provincial confederation that advocates for people who have an intellectual disability to be fully included in all aspects of community life. Community Living Kirkland Lake has an office downtown along with a fully equipped education/community centre. To make a referral for Adult Services, contact Development Services Ontario at 1-855-376-6376 or email dso@handsfhn.ca

51 Government Road W, Kirkland Lake, ON P2N3H7

Tel: 705-567-9331

Fax: 705-567-5005

Web: www.communitylivingkl.com

Vision

Optometrists: Drs Douglas and Linsey Yade

42 Government Road West, Kirkland Lake, ON P2N 2E2

Tel: 705-567-5774

Optometrists: Drs Allan and Ross MacIvor

20 Government Road West, Kirkland Lake, ON P2N 2E2

Tel: 705-567-4919

CNIB

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

60 Wilson Avenue Suite 312 Timmins, ON P4N 2S7

Tel: 1-705-264-2312

Toll Free: 1-800-563-2642

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

Dental

Kirkland Lake Dental Office

58 Government Road West, Kirkland Lake, ON P2N 2E4

Tel: 705-567-3214

Web: <https://kirklandlakedental.com>

Kirkland Lake Dental House

14 Government Road East, Kirkland Lake, ON P2N 1B1

Tel: 705-462-1122

Karen Suykens Denture Specialist

14 Government Road West, Kirkland Lake, ON P2N 2E2

Tel: 705-568-8565

Hearing

Timiskaming Hearing Clinic

15 Government Road East, Kirkland Lake, ON P2N 1R1

Tel: 705-567-1115

Chiropractor

Chiropractic Health

3 Government Road East, Kirkland Lake, ON, P2N 1A1

Tel: 705-567-2240

Family Chiropractic & Rehabilitation

17 Poplar Avenue, Kirkland Lake, ON

Tel: 705-568-6018

Kirkland Lake Chiropractic Centre

4 Al Wende Avenue North, Suite 3, Kirkland Lake, ON

Tel: 705-567-5222

Rehabilitation and Performance Centre

11 Kirkland Street West, Kirkland Lake, ON, P2N 2G1

Tel: 705-568-4772

Food Bank and Meals

Kirkland Lake Salvation Army Food Bank

Business hours: Mondays 9:30am – 11:30am & 1:00pm – 3:00pm; Fridays 9:30am – 11:30am

6 Sylvanite Avenue, PO Box 424, Kirkland Lake, ON P2N3J1

Tel: 705-567-5877

Fax: 705-567-3534

Email: darlene_hastings@can.salvationarmy.org Web: www.salvationarmy.ca

Salvation Army Soup Kitchen

Business hours: Thursdays 11:30am – 1:00pm

6 Sylvanite Avenue, PO Box 424, Kirkland Lake, ON P2N3J1

Tel: 705-567-5877

Fax: 705-567-3534

Email: darlene_hastings@can.salvationarmy.org Web: www.salvationarmy.ca

Timiskaming Home Support Meals on Wheels

Nutritious hot meals delivered by friendly volunteers in the Kirkland Lake area, 3 times per week, with frozen meals delivered once a week.

Timiskaming Home Support, 145 Government Road W. Unit 301 Kirkland Lake, ON P0K 2E8

Toll free: 1-877-318-9678

Email: info@homesupportservices.ca

Shop N' Stops

Shop N Stops are a local weekly fundraising dinner put on by various groups and clubs in Kirkland Lake. They are held at the Legion Branch 87 on Friday evenings between 5:00 and 7:00pm, from September to May. Ticket prices vary from \$10.00 to \$15.00 depending on the meal and hosting group/club. Contact the bar at the Legion to find out the schedule and to purchase tickets.

Tel: (705) 567-3888

Diners Club

A hot meal and social activities monthly. For Kirkland Lake area, tickets are to be purchased from the reception at the Kirkland Lake office (145 Government Road W. Unit 301 Kirkland Lake) prior to dinner. Must be 60 years of older. \$9.00 for the meal.

Timiskaming Home Support, 145 Government Road W. Unit 301 Kirkland Lake, ON P0K 2E8
Toll free: 1-877-318-9678 Email: info@homesupportservices.ca

Heart to Home Meals

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

Toll Free: 1-800-786-6113

Web: www.hearttohomemeals.ca

Food Advice

Unlock Food.ca

Formerly EatRightOntario.ca, this website is a bilingual page brought to you by Dietitians of Canada. It includes information on nutrition, food and healthy eating as well as recipes, videos and interactive healthy eating tools.

Web: <http://www.unlockfood.ca/en/Seniors>

Groceries

Pettenuzzo's YIG

Pettenuzzo's YIG is a part of a chain of grocery stores that brings all kinds of food supplies to customers across Ontario. The store carries fruits, vegetables, meats, milk, cheese, eggs and organics as well as Joe Fresh clothes for toddlers, babies, kids and adults. They also offer custom cut meats, in-house bakery and a lotto and photo centre. Online grocery shopping is also available; groceries are purchased online, when the order is ready someone will call, you drive to their store and park in a specific parking space and your purchased groceries are delivered to your vehicle.

15 McChesney Avenue, Kirkland Lake, ON P2N 3R9

Tel: 705-567-4939

Web: <https://www.yourindependentgrocer.ca/>

Foodland

Foodland is a part of a chain of grocery stores that carries fruits, vegetables, meats, breads, milk, cheese and eggs. They also offer custom cut meats, hot deli counter, bakery, including specialty cakes, gift baskets, a lotto centre, and carry out service.

47 Government Road East, Kirkland Lake, ON, P2N 1A4

Tel: 705-567-6649

Web: <https://ontario.foodland.ca/>

Giant Tiger

Giant Tiger in Kirkland Lake offers a full grocery section including fresh meat, produce, dairy, breads and other grocery items. They also carry a full line of clothing for men, women and children, houseware, toiletries, toys and pet food.

150 Government Road West, Kirkland Lake, ON, P2N 2E9

Tel: 705-567-6711

Web: <https://www.gianttiger.com/home.do>

Pronto Store

This local convenience and grocery store is located on Taylor Avenue. They offer a full selection of groceries including, but not limited to, milk, eggs, cheese, canned goods, produce, frozen food, an in-house bakery and giftware. The store is also an OLG distributor.

1 Taylor Avenue, Kirkland Lake, ON, P2N 2K9

Tel: 705-567-7070

Permits

Building Permits

For any proposal it is recommended to contact your local municipality to determine what you need to get a permit.

Town of Kirkland Lake

Tel: 705-567-9365

Web: www.kirklandlake.ca

Email: building@tkl.ca

For McGarry, Larder Lake, Dobie/Gauthier and Matachewan please consult the Temiskaming Municipal Building Association

35 10th St. Box 546, Earleton, ON P0J1E0

Tel: 705-563-2375

Fax: 705-563-2093

Web: www.tembuild.com

Contractors

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

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

Home Adaptation & Financial Assistance

Canadian Mortgage and Housing Corporation (CMHC)

CMHC provides information on changing or customizing your residence to accommodate your ever-changing needs, thereby allowing you to remain in the same home or community and live safely, independently and comfortable regardless of your age or ability level.

Toll-free: 1-800-668-2642

TTY: 1-800-309-3388

Web: www.cmhc-schl.gc.ca

Email: contactcentre@cmhc.ca

Healthy Homes Renovation Tax Credit

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

Tel: 1-866-668-8297

TTY: 1-800-236-7776

Web: www.ontario.ca/healthyhomes

HOUSING

Ontario Electricity Support Program

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

Tel: 1-855-831-8151

TTY: 1-800-855-1155

Web: www.OntarioElectricitySupport.ca

Email: help@ontarioelectricitysupport.ca

Ontario Energy and Property Tax Credit

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

Tel: 1-866-668-8297

TTY: 1-800-263-7776

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

Older Adult Residences

Kirkland Lake Non-Profit Housing Corporation

KLNPH is a municipal non-profit housing provider. They have a three storey 40 unit senior's apartment building. The secure building features an elevator, mail delivery to mailboxes inside the building lobby and coin operated laundry facilities. Completed applications can be submitted to KLNPH at their local office or DTSSAB.

100-60 Fifth Street, Kirkland Lake, ON P2N3P7

Tel: 705-568-6688

Web: www.klnph.ca

Email: klph@ntl.sympatico.ca

District of Timiskaming Social Service Administration Board

DTSSAB offers geared-to-income housing for older adults in the Kirkland Lake Area.

29 Duncan Avenue N, Kirkland Lake, ON, P2N3H7

Tel: 705-567-9366

Toll Free: 1-888-544-5555

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

Long-Term Care

Extendicare

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

155 Government Road East, Kirkland Lake, ON, P2N3P4

Tel: 705-567-3268

Fax: 705-567-4638

Web: www.extendicarekirklandlake.com

Email: cnh_kirklandlake@extendicare.com

Teck Pioneer Residence

The secure residence offers semi-private and private rooms, along with a secure unit for residents with complex responsive behaviours who require special supervision. Admission to TPR is done through the North Eastern Local Integrated Health Network (NE LIN). A case worker is assigned to the potential resident and their eligibility is assessed. A referral is then sent to the Long-Term Care home and the candidate is either placed onto the waitlist or rejected. Accommodation prices are determined by the Ministry of Health and Long Term Care.

145A Government Road East, Kirkland Lake, ON, P2N3P4

Tel: 705-567-3257

Fax: 705-567-3737

Web: www.kltpr.com

Email: tpr@tkl.ca

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

Federal / Provincial Financial Programs

Old Age Security Pension (OAS)

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

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web:

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Guaranteed Income Supplement (GIS)

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

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

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

Guaranteed Income Supplement - Allowance for the Survivor

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

Toll-Free: 1-800-277-9914

TTY: 1-800-255-4786

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

Canadian Pension Plan

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

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

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

Canadian Pension Plan - Survivor's Pension

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

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

If you are widowed more than once, only one survivor's pension - the larger - will be paid. The survivor or a representative of the survivor must apply for the monthly pension.

Toll: 1-800-277-9914

TTY: 1-800-255-4786

Important: Have your social insurance number ready when you call

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

GAINS: Ontario Guaranteed Annual Income System

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

Toll Free: 1-866-668-8297

TTY: 1-800-263-7776

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

Tax Measures

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

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

Income Tax Return Assistance

M.P. Charlie Angus' office in Kirkland Lake offers tax preparation clinics as well as accepting walk-ins to assist with Income tax returns.

103A-30 Second Street, Kirkland Lake, ON P2N 3H7

Tel: 705-567-2747 Toll free: 1-866-504-2747

Email: Charlie.angus.c1@parl.gc.ca

Financial Planning – Financial Consumer Agency of Canada

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

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

Planning your Retirement

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

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

Your Financial Toolkit

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

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

Financial Services

CIBC Kirkland Lake

10 Government Road West, Kirkland Lake, ON P2N3K4

Tel: 705-567-5201

Fax: 705-567-9183

Toll-free: 1-800-465-2422

Royal Bank of Canada

30 Government Road West, Kirkland Lake, ON P2N2E2

Tel: 705-567-5386

TD Canada Trust Kirkland Lake

12 Government Road West, Kirkland Lake, ON P2N2E2

Tel: 705-567-5247

Northern Credit Union

145 Government Road West, Kirkland Lake, ON P2N2C9

Tel: 705-567-3254

Freedom 55 Financial

27 Prospect Avenue, Kirkland Lake, ON P2N2V3

Tel: 705-567-5555

St. Cyr and Associates

69 Government Road West, Kirkland Lake, ON P2N2E6

Tel: 705-567-1167

Legal Services

Legal Aid Ontario

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

Tel: 1-800-668-8258

TTY: 1-866-641-8867

Web: www.legalaid.on.ca

The Office of the Public Guardian and Trustee (OPGT)

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

Intake:

Toll-Free: 1-800-366-0335

Regional Office (Sudbury):

199 Larch Street, Suite 602,

Sudbury, ON P3E 5P9

Tel.: (705) 564-3185

Toll-free: 1-800-891-0503

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

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

Funeral Planning

French Family Funeral Home

Provides offers families personal assistance for funeral planning, preplanning, casket & merchandise selections, and grief resources. They also offer a chapel, catering services and a reception room.

111 Burnside Dr. PO Box 994

Tel: 705-567-3565

Fax: 705-567-9607 Web: www.frenchfamily.ca

Town of Kirkland Lake Cemetery

The Kirkland Lake Cemetery is operated by municipal staff. They provide ground maintenance, burial services, along with extensive record keeping, dating back to the 1930s.

Tel: 705-642-3378 (May to October) 705-567-9365 (November to April)

Web: www.kirklandlake.ca Email: Richard.charbonneau@tkl.ca

Libraries and Museums

Teck Centennial Library

10 Kirkland Street, Kirkland Lake, ON P2N1P1

Tel: 705-567-7966 Web: www.olsn.ca/kirklandlakepl/

Larder Lake Public Library

69 Fourth Avenue, Larder Lake, ON P0K1L0

Tel: 705-643-2222 Web: www.larderlakepubliclibrary.ca

Museum of Northern History

Sir Harry Oakes' chateau allows you to travel back in time to witness the hardy life of the early pioneers and their struggles as they forged a community out of the unforgiving wilderness.

2 Chateau Drive, Kirkland Lake, ON P2N 3M7

Tel: 705-568-8800 Web: <http://museumkl.com>

Education

NEOnet

NEOnet is a regional, non-profit organization mandated to facilitate telecommunication services and infrastructure development in northeastern Ontario. They offer a "TechSocial" program for older adults, which aim to reduce social isolation through the use of technologies. They provide education workshops, one-on-one session and online forums. The program is offered in English, French and Cree.

4715 Highway 101 East, Suite B-142, Northern College – Timmins Campus,
South Porcupine, ON P0N1H0

Tel: 705-360-1353 Fax: 705-360-8537 Web: www.neonet.on.ca

Senior's Centre Without Walls

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

Timiskaming Home Support, 367 Sutherland Way, Haileybury, ON P0J1K0

Toll-Free: 1-877-318-9678

Email: scww@homesupportservices.ca

Centre de Formation des Adultes

French adult education centre

4 Al Wende Avenue, 2nd floor, Kirkland Lake, ON, P2N 3J1

Tel: (705) 567-3229

Email: cfakirklandlake@gmail.com

Web: <http://cfakirklandlake.wixsite.com/formation>

Groups and Clubs

Beaverhouse First Nation

The band office located on Station Road offers workshops, meals, diabetes education, field trips and outings. All the services are free to band members and clients, with the exception of hot lunch on Thursdays.

26 Station Road North, Kirkland Lake, ON P2N3H7

Tel: 705-567-2022

Fax: 705-567-1143

Encore Club of Kirkland Lake

The Encore Club is located in the old Kirkland & District Hospital on Second Street. The building was converted into a seniors club, where different events and activities are hosted. Members must be 40+.

30 Second Street, Kirkland Lake, ON

Tel: 705-567-7973

Fax: 705-567-3323

Royal Canadian Legion Br. 87

The RCL's mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. The local Branch 87 offers weeknight cards and darts to not only their members, but also the public. The Branch also serves as host to Friday night Shop N' Stops, where local groups fundraise by offering a supper for a small fee.

1 Summerhayes Avenue, Kirkland Lake, ON P2N3H7

Tel: 705-567-4515

Web: www.legion.ca

KL Multicultural Group

The KL Multicultural Group is a non-profit organization providing welcoming support for newcomers to Kirkland Lake. They provide free assistance by offering settlement services such as local information, support, social events and a welcoming network.

Email: info@klmulticulturalgroup.com

Web: <http://klmulticulturalgroup.com>

SOCIAL PARTICIPATION

Interlink Choir

Interlink is an intergenerational choir, bridging the gap between children and seniors. The program brings together Grade 5 students at Central Public School and seniors in our community through the art of music and an exchange of penpal letters.

St. Peter's Anglican Church; PO Box 692, 7 Kirkland Street E, Kirkland Lake, ON, P2N3K1
Tel: 705-570-2855

The Rotary Club of Kirkland Lake

Rotary is an international membership organization made up of people who share a passion for and commitment to enhancing communities and improving lives across the world. The local club hosts various events throughout the year, including a yearly elimination draw, Halloween dance and newly added, annual Ribfest in August.

Email: rotaryclubkl@gmail.com

Kinsmen Club of Kirkland Lake

Kinsmen, Kinette and Kin clubs across the country work to better their communities, enhance the well-being of Canadians and improve the environment. The association boasts a proud history dedicated to fostering a life-long friendship while "Serving the Community's Greatest Need". Kinsmen CF Radio day is a fundraising radio-a-thon that has been raising funds and brining awareness to cystic fibrosis; the event is held yearly through CJKL.

Email: kinsmen@gmail.com Web: <https://www.kirklandlakekinsmen.com/>

Lions Club

The Lions Club is a group of volunteers who serve their communities, meet humanitarian needs, encourage peach and promote international understanding. The club in Larder Lake meets every second Thursday at 7:00pm in the hall of the Larder Lake Legion.

31 Market Street (RC Legion), Larder Lake, ON, P0K1L0

Web: <https://www.lionsclubs.org/en>

Centre de santé communautaire du Témiskaming

They offer a variety of activities and programs in French for older adults in Kirkland Lake, Virginiatown and Larder Lake includings: knitting groups, Nordic pole walking and snowshoeing groups, social activities and meals, Community Walk each year at the beginning of May and Seniors Month Community Luncheon in June. They also offer courses such as, Craving Change and *Prendre votre santé en main* (living well with a chronic condition)

22 Water Street C.P. 40, Kirkland Lake, ON P2N 3M6

Tel: 705-567-1414

Fax: 705-567-1422

Web: www.csctim.on.ca

SOCIAL PARTICIPATION

Club Les 50 Plus

The only Francophone Club in Kirkland Lake and Area, allows seniors 50+ to become a member for an annual fee of \$10.00. They also accept other nationalities as "friends" for a \$5.00 annual fee. The club offers a safe environment for members and friends; weekly activities include euchre and line dancing. Other events include holiday/seasonal meals; other than members' only events, the club allows anyone to attend their events.

39 Kirkpatrick Street, Kirkland Lake, ON P2N2H2
Tel: 705-568-8433

Club Richelieu Kirkland Lake

Club Richelieu is a francophone organization that supports the community and aims to promote the French language and culture. They host various fundraising events throughout the year, where the raised funds are donated to local organizations in need.

Web: <https://www.facebook.com/ClubRichelieuKL/>

Northern Prospectors Association

The NPA is one of seven regional associations affiliated with the Ontario Prospector's Association which was developed in 1987 to create province wide lobbying group on policies of concern to the mining industry. Volunteers participate in a variety of activities including membership on several local and provincial committees, and they participate in talks with guest speakers and short courses on topics such as geophysics, geology and gun safety. The club meets monthly at the Kirkland Lake Legion.

PO Box 535, Kirkland Lake, ON, P2N3J5
Email: NPA@northernprospectors.com
Web: http://mininglifeonline.net/company_page_7915.html

Kirkland District Game and Fish Club

The Game and Fish club is a group of volunteers who meet on a regular basis to discuss various concerns for fish and wildlife in our area. They conduct conservation projects along with raise funds to produce signs, perform surveys and assessments on stocked lakes, make upgrades or construct access points to lakes and many other activities to preserve, protect and educate people about fish and wildlife in our area. The club meets every second Week at the Kirkland Lake Legion.

Kirkland Lake & District Horticultural Society

The Horticultural Society is a local group who share knowledge, enhance gardening skills and provide community beautification. The group meets every second Tuesday of the month at the Kirkland Lake Legion at 7:00pm.

PO Box 685, Kirkland Lake, ON
Email: klhort.society@gmail.com

Recreation

Joe Mavrinac Community Complex

The KL Complex is owned and operated by the Town of Kirkland Lake. They offer an ice skating rink, swimming pool, fitness room, squash room, and many fitness and aquatic classes. The Complex is home to the Kirkland Lake Gold Miners Junior A hockey club, KL Skating Club, Minor Hockey, and the Stingray swim team. The Complex also offers pick-up hockey, old timer hockey league and slow-pitch ball leagues. A senior exercise class is offered on a regular basis; contact the complex for schedule details.

55 Allen Avenue, Kirkland Lake, ON P2N3P4

Tel: 705-567-5215

Web: www.klcomplex.com

Get “W.I.T.H.” It

The “Walking in the Halls” program offers a warm place to walk during the winter months. The Indoor walking programs is run out of the KLDCS high school, where pedometers are available to borrow so you can keep track of your step count.

KLDCS

Tel: 705-567-5215

Web: www.klcomplex.com

Stand Up!

Stand Up is a best practice program for fall prevention that focuses on building balance, strength and flexibility among older adults who are concerned about their balance or have had a fall. It's designed for older adults living independently in the community. The program is 12 weeks long and includes group exercise twice a week, information on healthy lifestyles and safe behaviours, as well as home based exercise. Participants must register in advance and complete a brief assessment to ensure they are eligible. Classes run throughout the district in multiple communities based on interest in Fall, Winter and Spring. For more information or to find out when the next class is in the community, contact Lorna Desmarais

Timiskaming Health Unit – Lorna Desmarais

Tel: 1-866-647-4305 extension 2239

Email: desmaraisl@timiskaminghu.com

Indoor Walking

The one hour per week indoor walking program is offered at the Northern College every Friday from 12:00noon to 1:00pm. Register at reception for \$1.00

North Timiskaming Diabetes Program

Tel: 705-568-2134

SOCIAL PARTICIPATION

King Street Fitness

Classes are offered for a \$10.00 drop in rate or bundles of passes can be purchased. They offer various levels of yoga including a gentle chair yoga.

22 King Street, Kirkland Lake, ON P2N

Tel: 705-570-2020 Email: kingstreetfitness@outlook.com

Web: <https://www.facebook.com/kingstreetfitness/>

Lavy's Gym and Fitness Centre

Lavy's offers a friendly atmosphere for your fitness needs with competitive membership fees. They also house the BUSHI Martial Arts Academy.

50 Government Road West, Kirkland Lake, ON P2N

Tel: 705-462-2122 Email: lavysgym@gmail.com

Web:

http://lavictoire4.wixsite.com/lavysgym?fbclid=IwAR1WrBeHDXRA27v4sQDD_qFHjDun6O_6M-Fz5QMWPpO28NC3uBj4ZWJ7ffs

Body Evolution

Body Evolution offers daily classes including, spin, step, body burn, yoga, weight-loss bootcamp, along with restorative yoga and chair yoga. Visit their Facebook page for the class schedule.

39 Second Street East (Ukrainian Church Hall), Kirkland Lake, ON

Tel: 705-642-7246 Web: <https://www.facebook.com/BeBodyEvolution/>

Kirkland Lake Curling Club

The curling club is open to all residents of Kirkland Lake and the surrounding area. The club is dedicated to provide an open opportunity to enjoy curling in a fun and relaxed environment. Through various leagues, bonspiels and social events we strive to offer an outlet where people can benefit from an active lifestyle and improve their overall wellbeing.

44 Water Lane), Kirkland Lake, ON

Tel: 705-567-4501 Web: <http://www.kirklandlakecurlingclub.com/>

SOCIAL PARTICIPATION

Uptown Bowl

The uptown Bowl is Kirkland Lake's only bowling alley, featuring 8 lanes of 5-pin.

66 Government Road West, Kirkland Lake, ON, P2N

Tel: 705-567-7384

Web: <https://www.facebook.com/UptownBowl/>

Outdoor Activities

Civic Park

Under the direction of the municipal Recreation Department, Civic Park offers a newly developed outdoor multi-use park, including a band shell stage for added entertainment. The park has a ball field, multi-use courts (basketball, tennis, badminton, etc.), a beach volleyball court, an outdoor rink and pavilion. During the summer months, sports equipment is available to borrow from the pavilion and the outdoor rink is utilized by roller skaters, and on Tuesdays the Food Market.

20 Tweedsmuir Road, Kirkland Lake, ON

Tel: 705-567-5215

Web: www.klcomplex.com

Kinross Pond

Also under the direction of the municipal Recreation Department, the reclaimed mining site features a beautiful 1km walking trail around the pond, with a fountain aerating the water throughout the summer months. Along the trail includes benches, historical information plaques, community gardens and fitness equipment. The walking trail is unmaintained during the winter months.

Cross Country Ski Trails and Snow Shoe Trails

Located behind the Joe Mavrinac Community Complex is a range of trails designed to challenge, stimulate and relax you. The Trails are groomed by volunteers weekly. The Trails are not patrolled therefore it is recommended that anyone using the trails advise friends or family as to where they are and what time they expect to be home. Cross Country skis, skate skis and snowshoes are available for rent at the complex main desk, a deposit is required.

Web: <http://www.klcomplex.com/index.php?id=5>

The Cross Country Ski Runners are a volunteer group associated with the trails.

Email: isalonius@hotmail.com or msher@ntl.sympatico.ca

Fishing and Hunting

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

Contact: Ministry of Natural Resources and Forestry

Toll-Free: 1-800-667-1940

TTY: 1-866-686-6072

Web: www.ontario.ca/outdoorscard

Arts and Culture

Kirkland Lake Arts Council

The KL Arts Council has been dedicated to promoting the arts in Kirkland Lake for over 65 years. They showcase Canadian acts. They are a volunteer-run non-profit organization.

Web: <http://klartscouncil.com/wp/>

Email: hello@klartscouncil.com

Kirkland Lake Festivals Committee

The KL Festivals Committee is a non-profit organization, full of volunteers who host the 18-day Winter Carnival and Homecoming Week. They organize and host live concerts, pubs, family events, kids shows, sporting events, fish derbies, fireworks, Canada Day celebrations and all sort of other events.

Web: <https://www.klfestivals.com/>

Email: klfestivals@hotmail.com

Save the Lasalle

Save the Lasalle is a group of volunteers involved with the restoration of the Lasalle Theatre. They are currently restoring the theatre and have small performances, including various events throughout the Christmas season. In addition the group also produces the Annual Shakespeare in the Park, which runs over 10 days in June and July.

Tel: (416) 886-1951

Email: allan@savethelasalle.com

Web: <http://www.savethelasalle.com/index.html>

or michael@savethelasalle.com

Kirkland Lake Rising Stars

The Rising Stars are an enthusiastic and talented group of older adults who use light hearted skits and humorous songs to educate their peers about important topics with memorable messages, in a fun and entertaining way. Rising Stars performances spread the word about healthy independent living, fall prevention, medication safety, elder abuse prevention and much more. Performances are done for community and church based groups and at luncheons and gatherings in Kirkland Lake and Area; reaching hundreds of older adults with important messages in a fun way. The group meets regularly to discuss and rehearse performances. Shows are typically booked between April and November. If you are over 55 years of age, have an interest for performance and want to help spread the word about important senior issues or are interested in booking a performance, contact Beverly MCChesney Rumble.

Tel: (705) 642-3060

Email: bmcchesneyrumb@hotmai.com

TRANSPORTATION

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

Co-Op Taxi

32 Duncan Avenue, Kirkland Lake, ON, P2N1X6
Tel: (705) 567-5383

A1 Taxi

19 Prospect Avenue, Kirkland Lake, ON, P2N2T9
Tel: (705) 568-4500

Timiskaming Home Support

This transportation is for seniors 60+ and adults with physical disabilities. The program allows for in and out of town trips, however the fee varies on location. Clients must pre-register with Timiskaming Home Support. Pre-booking isn't necessary, however guarantees availability. Timiskaming Home Support offers different accessible transit options, which are subsidized.

Local Accessible Transit

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

Out of Town Transportation

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

Priority Assistance to Transfer Home (PATH)

PATH is a program to help patients make the transition from hospital to home safely, smoothly and comfortable. The Canadian Red Cross in partnership with Temiskaming Home Support will have a Personal Support Worker travel with the client and assist them with settling back into their home. They can also help pick up prescriptions and groceries.

Tel: 1-877-318-9678 Fax: 705-667-1088

Web: <https://homesupportservices.ca/>

U Ride We Ride – Legion 87 Members only

For Royal Canadian Legion Branch 87 members, transportation by Co-Op taxi will be provided to and from the following locations for the fee of \$2.00: Legion, hospital, medical clinic, and Extendicare or TPR to visit their spouse. Members must meet the specific criteria to qualify. Applications are available at the Legion.

1 Summerhayes Avenue, Kirkland Lake, ON P2N3H7
Tel: 705-567-4515

Ontario Seniors Secretariat

The Ontario Seniors' Secretariat advocates for, undertakes and supports policy and program initiatives that help improve the quality of life of seniors, and undertakes public education efforts for and about seniors. They also work with seniors' organizations and across government to develop programs and services that meet the needs of seniors and help them enjoy safe, active and healthy lives. They simplify access to government for seniors and their families.

Type of information on website: Financial, driving, health and wellness, security, publications and resource pages.

www.seniors.gov.on.ca

Seniors

The Federal Government site offers information for seniors, their families, their caregivers and supports service organizations on federal, provincial, territorial and some municipal government benefits and services.

www.seniors.gc.ca

Canada Benefits

This Federal Government website provides information on federal and provincial services, benefits and information for seniors.

www.canadabenefits.gc.ca

Caregiver Stress

This website provides information to caregivers on caring for you while caring for a loved one.

www.caregiverstress.com

Aging Parents and Elder Care

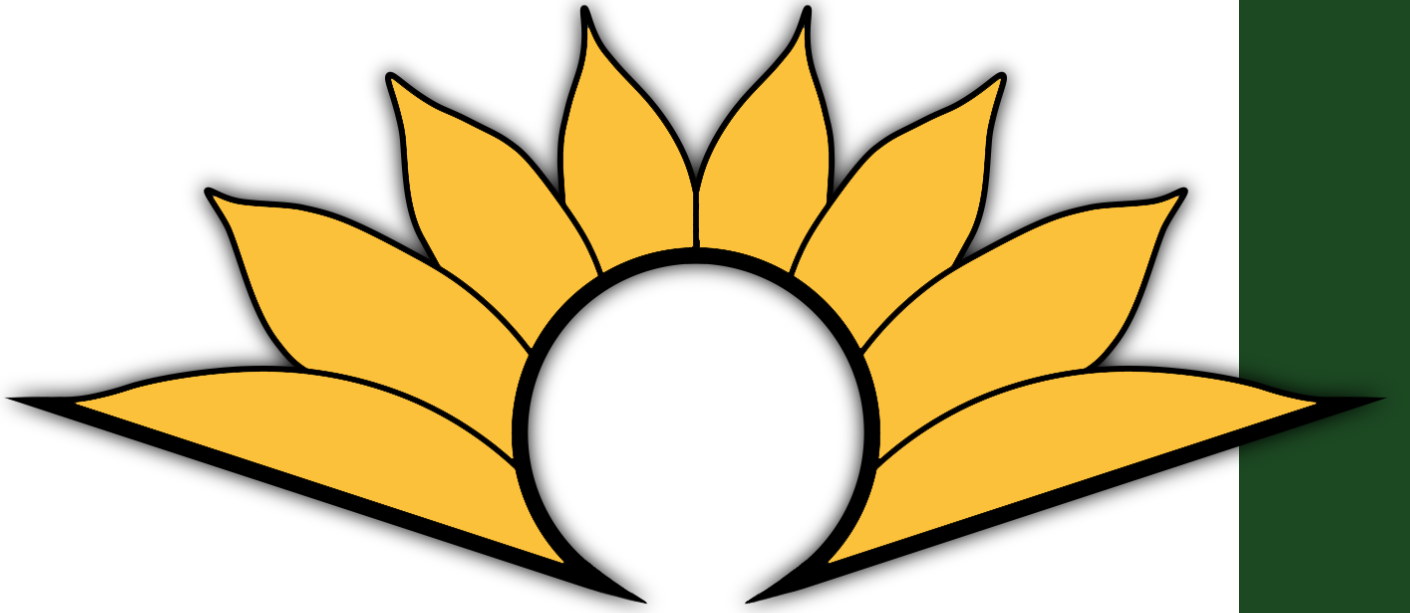
This website provides information

www.aging-parents-and-elder-care.com

Staying in your Own Home - Help Guide

The website provides information and resources to help seniors stay in their own homes.

www.helpguide.org



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