NICKEL BELT
SENIORS GUIDE

SERVICES • SUPPORT • COMMUNITY

FRANCE GÉLINAS

MPP for Nickel Belt

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Dear friends and families of Nickel Belt,

Nickel Belt is made up of multiple vibrant and growing communities, home to many older adults. I have had the pleasure of meeting many of you at community events or during meetings throughout the years. You have shared that you want to know more about services, supports, and opportunities specifically for older adults in our communities. You've shared the unique challenges that you face in northern Ontario, and how important it is for you to get clear, reliable communication targeted to those challenges.

This is why I've created this guide as a one-stop resource for you to have and share. I created this guide as a service to the entire Nickel Belt community, and as part of my commitment to you. I hope this guide helps inform and empower you, so you can access the services, programs, and opportunities that will help you the most.

My team and I have a profound respect for the older adults who build and enhance Nickel Belt and help make it the wonderful place it is. I firmly believe that navigating your senior years should come with dignity, ease, and access to what you need, where you live.

Whether you're looking for assistance with ID renewals, or are seeking information on health care, housing, or tax breaks - this guide is for you. I am honoured to serve as your provincial representative, and I hope this guide is helpful. Please know that my team and I are always here for you.

Warmly,

France Gélinas
MPP for Nickel Belt

Community Office

Hanmer Valley Shopping Centre, Unit 15
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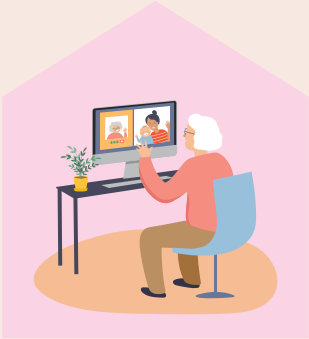
Ontario



How to Read This Guide

This guide is structured to be both informative and easy to navigate.
Here's how to make the most of it:

Start with the Table of Contents:

Get an overview of the topics covered and jump to the sections most relevant to you.

Take it One Section at a Time:

Each section is designed to stand alone, so you don't need to read the guide in order. Feel free to start with the areas that interest you the most.

Engage with the Community Resources:

Many sections offer insights into local programs and facilities. We encourage you to explore these opportunities for socializing, learning, and staying active.

Seek Clarification When Needed:

If anything in the guide is unclear or you need more information, don't hesitate to reach out to my office. We're here to help.

Remember, this guide is for you. It's a tool to help you live your best life by staying informed, connected, and engaged with the wealth of resources our communities offer. Your well-being and happiness are paramount, and we're dedicated to supporting you every step of the way.

Please note: This guide was made with care and may not be exhaustive.
It's intended to inform and not provide legal advice.

Accessibility

The Accessibility for Ontarians with Disabilities Act (AODA) is a law that outlines and enforces accessibility standards provincially.

It applies to five areas of daily life:

- customer service
- communications
- transportation
- design of public space
- employment

For more information and resources on accessibility for seniors:

www.ontario.ca/page/ministry-seniors-accessibility

Toll-free: 1-888-910-1999

Mobility Devices

The Assistive Devices Program (ADP) helps cover the cost of equipment and customized devices for individuals with long-term disabilities, regardless of income. A long-term disability is defined as requiring an assistive device for six months or longer.

The ADP typically covers 75% of the cost of the item. Types of devices that are covered include:

- Mobility aids
- Hearing aids and other devices (fixed amount)
- Communication aids
- Visual aids
- Diabetic equipment and supplies (grant paid to recipient directly)
- Respiratory equipment and supplies
- Home oxygen therapy
- Artificial eyes and facial prosthetics
- Custom orthotic braces, compression garments and lymphedema pumps
- Prosthetic breasts or limbs (grant paid to recipient directly)
- Enteral-feeding pumps and ostomy supplies (grant paid to recipient directly)

If you cannot cover your portion of the cost, you can inquire with HNHB Healthline for help identifying additional financial resources by calling **1-800-810-0000**.

For more information about ADP authorization for a device you need, consult with your family physician or health professional.

Accessible Parking Permits

An Ontario Accessible Parking Permit (APP) allows disabled permit holders to use accessible parking spaces with their own vehicle or a vehicle used to transport people with a disability. Permits are provided at no cost to those with a health condition that meets eligibility requirements. Applications can be submitted alongside the required documentation three ways:

- Online at **www.sus.gov.on.ca/lc/content/mgcs/app/profiles/default.html**
- In person at a Service Ontario location
- By mail with an application form available at Service Ontario

To learn more about Accessible Parking Permits, call toll-free **1-800-387-3445**.

Advance Care Resources and Planning

It can be overwhelming trying to determine the next steps when preparing for advanced care, or when a loved one passes away. Here are a few key resources to consider:

Power of Attorney (POA)

If something happens to you, for example an accident or illness that impacts your ability to make financial or health care decisions for yourself, you will need someone to make those decisions for you.

You should consider having a power of attorney in place.

A Power of Attorney is a legal document that gives someone you trust the right to make financial or health care decisions for you. This trusted person does not have to be a lawyer to be your POA.

Types of POA

There are two types of powers of attorney:

- **Personal Care**

  An attorney for personal care can make decisions about your health care, housing and other aspects of your personal life such as meals and clothing.

- **Property**

  An attorney for property can make decisions about your financial affairs including paying your bills, collecting money owed to you, maintaining or selling your house and managing your investments. Without an attorney for property, your family, including your spouse, cannot automatically step in to make financial decisions for you. In this case, the provincial government steps in and may make these decisions for you.

How do I file for Power of Attorney?

The provincial government has easy to use, standard *Continuing Power of Attorney* forms that can be accessed in two ways:

- Online at **www.publications.gov.on.ca/300975** (you will need to print the forms)
- By contacting my office at **705-969-3621** and we can print them off for you!

Preparing a Will

A will is a legal document that takes effect when you die. It explains your wishes about how your property and possessions should be taken care of and distributed.

How do I prepare a will?

- **Online**

  There are a number of websites online that provide templates and guidance for creating a will. Always seek professional advice before completing an online will or using a third party template.

- **Hire a Lawyer**

  A lawyer can answer your questions and tell you about tax and other things to consider when preparing a will. A lawyer can also make sure your will meets legal requirements.

The Law Society of Ontario offers a referral service to help you find a lawyer. Please visit **lsrs.lso.ca/lsrs/welcome**

For more information on government and legal requirements, contact the Ministry of the Attorney General at **1-800-518-7901**.

Advance Care Planning (ACP)

Ontario has unique requirements with respect to advance care planning, substitute decision-making and health care consent because of our laws such as the *Health Care Consent Act*.

As a result, Advance Care Planning Ontario was created in conjunction with Hospice Palliative Care Ontario.

ACP is about preparing you and your Substitute Decision Maker (SDM) for future healthcare situations and decisions, preparing for end-of-life and planning for any healthcare needs you may have in the future.

ACP resources can be found at **www.advancecareplanningontario.ca**

Information for Substitute Decision Makers is also available at the website above.

ACP Contact: **1-800-349-3111 ext 231**

Palliative & Hospice Care

Palliative care refers to care for patients and their families who are facing a serious, life-limiting illness. Palliative care is patient-centered coordinated care that aims to relieve suffering and improve quality of life for patients and their families at all stages of the illness. There is no cost to patients for medically necessary palliative care services in their homes, hospices or hospitals.

The types of palliative care services that may be provided include:

- physician and nursing services to assess and manage the progression of the illness (this includes providing pain and symptom management to improve comfort and quality of life)
- personal support services (such as homemaking)
- psychological, social services, spiritual and bereavement support
- other services such as physiotherapy, caregiver support, pharmacy

Accessing Palliative & Hospice Care:

Most Palliative Care is provided or accessed through your primary health care provider, such as a family doctor or nurse practitioner.

You or your loved one can also be assessed through Home and Community Care Support Services by calling **1-800-810-0000**.

A hospital can also refer you to palliative care resources.

For more information on accessing palliative care, please contact the Ministry of Health at **1-866-532-3161**. For support with Hospice Care, please contact Hospice Palliative Care Ontario at **1-833-621-0728**.

Support for Caregivers

One of the most difficult roles is being a caregiver - whether for an elderly parent, friend or family member. Navigating through the complex world of long-term care, homecare, hospice or palliative care can be challenging, and you deserve access to supports.

The Ontario Caregiver Organization

Supports caregivers across Ontario with a suite of programs and resources including the 24/7 Ontario Caregiver Helpline:

1-833-416-CARE (2273)

- Counselling and peer support groups, webinars, tip sheets and checklists.

Hospice Palliative Care Ontario

Supports caregivers with grief counselling, support groups and programs aimed at learning skills on safety strategies, help available in the community, and easier ways to accomplish daily activities.

1-833-621-0728

www.hpco.ca

Advocacy by and for Older Adults

When it comes to having your voice heard by the various levels of government, organizing with like-minded individuals who share common identities and interests is key. There are several active groups across Ontario who have come together to advocate for the interests of older adults in the community. If you are interested in getting involved in amplifying the needs and wants of older adults, consider connecting with them.

You may find some listed at the end of this guide, or you can find local groups near you by calling **2-1-1** or visiting **211ontario.ca**.

Computer Literacy for Older Adults

Technology is everywhere nowadays! You may have encountered situations where the ability to use a computer or other technological device was required or would have been helpful. If you are an older adult who is looking to acquire or build upon your computer skills, there are several resources available to you locally.

Many Libraries offer courses on computer literacy to help with basic or advanced computer knowledge. The courses help with the use of office, communications and design software to broaden your skills. Classes are held at many branches, or online and are free. Connect with your library to find out if and when the next course is offerered.

Elder Abuse and Fraud

Elder abuse is a serious and often overlooked issue that affects older adults. Forms of elder abuse can include physical, emotional, sexual, and financial abuse, as well as neglect. These abuses can occur within family settings, care facilities, or even in the community, leading to significant physical and psychological consequences. Recognizing the signs and understanding the dynamics of elder abuse is crucial in safeguarding the well-being and dignity of our aging population.

Common signs of possible abuse:

- Unexplained injuries or a history of "accidents," poor hygiene, bed sores.
- Depression, fear, anxiety, withdrawal or weight loss.
- Dehydration or lack of food, clothing, medicine, or other necessities of life.
- Unnecessary purchases or repairs to house or property.
- Unexplained loss or misuse of property items such as banking records or wills.

Below are emergency service lines and safety contacts you can connect with, if you or someone you know is experiencing elder abuse:

Greater Sudbury Police Services

If you are in danger, in an emergency, or are being abused please dial **9-1-1** right away.

For non-emergency and general reporting of senior abuse or senior supports, please call **705-675-9171**.

You may also contact the Ontario Provincial Police at 1-888-310-1122 for your jurisdiction.

Elder Abuse Prevention Ontario (EAPO)

EAPO work's collaboratively with agencies and seniors to prevent elder abuse and create a safe community where older adults are valued and respected within Ontario.

You can contact Elder Abuse Prevention Ontario for support by calling **1-833-916-6728**.

Seniors Safety Line

1-866-299-1011

24/7 confidential and free resource that provides information, referrals and support in over 150 languages for seniors experiencing abuse.

Seniors' Infoline

1-888-910-1999

Food Assistance

Meals on Wheels

Meals on Wheels delivers hot meals, 5 days a week to eligible seniors.

To apply, please call **705-525-4554**.
Location: Minnow Lake Place

The service area includes: Valley East, Walden, Onaping Falls, Copper Cliff, Coniston, Nickel Centre, Capreol, Rayside Balfour, Killarney, Cartier, Wanup, Levack, Wahnapitae, and Estaire.

Food Banks

Azilda, Chelmsford – Friendship House

100 Gaudette Street, Chelmsford
705-855-4848

Hours: Friday, 11:30 am – 12:30 pm

Capreol – Bread & Roses (Trinity United Church)

72 Young Street, Capreol
705-858-2591

Hours: Third Thursday of each month, 10:00 am – noon

Coniston Food Bank

44 Pine Street, Coniston
705-693-4425

Hours: Every other Thursday, noon – 2:00 pm

Foleyet Community Food Bank

9 Second Avenue, Foleyet
705-864-0828

Hours: Second Thursday of the month, 1:00 pm – 2:00 pm

Garson Food Bank

500 O'Neil Drive W, Garson (Brady Clubhouse)
705-507-2998

Hours: Tuesdays, noon – 3:00 pm

Gogama Community Food Bank

1 Low Avenue, Gogama
705-864-0828

Hours: Every third Thursday of the month, from noon – 1:00 pm

Hanmer, Valley East – Good Neighbours Valley East Food Bank

60 Cote Boulevard, Hanmer
705-562-1325

Hours: Last two Wednesdays of every month, 12:30 pm – 3:00 pm

Onaping & Cartier - Falls Food

2 Hillside Avenue, Suite F, Onaping
705-966-7470

Hours: Third Wednesday of the month, 3:00 pm – 6:00 pm

Univi Health Center – Good Food Box

24 Delamere Road, Unit 104, Alban, ON
705-857-3767

Val Caron – St. Vincent de Paul

2496 HWY 69 N, Val Caron
705-897-1461

Hours: Third Wednesday of the month, 10:00 am – 3:00 pm

Walden Food Bank

215 6th Avenue, Lively (Clubhouse by the rink and tennis court)
705-690-5778

Hours: Thursdays, 1:00 pm – 3:00 pm

Government Finance and Income Supports

ODSP

The Ontario Disability Support Program (ODSP) offers money to help you and your eligible family members with living expenses, including food, rent, health benefits (prescription drugs and vision care) and employment support to help you find and keep a job.

If you are eligible for ODSP, the amount of money you get will depend on your specific situation. However, you may receive up to $1,408 as a single person.

ODSP's Extended Health Benefit (EHB)

Even if you are no longer eligible for the monthly ODSP benefit, you may still be eligible for drug coverage if you are 65 or over, through the EHB.

The EHB can help with the cost of:

- prescription drugs and medical supplies
- dental and vision care
- travelling to medical appointments
- assistive devices, such as hearing aids

A person on ODSP can still get help if they earn a bit too much money, as long as their health costs are higher than the extra money they earn. They must also meet all the other rules to qualify for income support.

For example, to qualify for the EHB, their health costs must be higher than the difference between:

- their current income, and
- the amount of ODSP income support that they had been getting each month.

To consider:

When you turn 65, there's a risk that you'll no longer qualify financially for the Ontario Disability Support Program (ODSP), including ODSP health benefits. These health benefits cover things like prescription drugs, routine eye examinations, and dental care.

You may no longer qualify for ODSP because at 65, you are automatically eligible to receive the Old Age Security (OAS) pension and might also be eligible for the Guaranteed Income Supplement (GIS) and the Guaranteed Annual Income System (GAINS).

Getting these income supports likely means that your income will be too high to qualify for ODSP.

So, before applying for GIS or GAINS, you should consider whether getting these income supports will affect your ODSP and prescription drug coverage eligibility.

Ontario Works (OW)

If you need financial assistance for food and housing, and are in financial need, you can apply for financial and employment assistance through Ontario Works, for help with living expenses, food, rent, and health benefits.

If you are eligible for Ontario Works, the amount of money you get will depend on your specific situation. In most cases, you must participate in employment-related activities to receive financial help.

You could receive up to $733 a month for basic needs and shelter if you are single.

Individuals generally transition off Ontario Works at age 65, as they may become eligible for senior-specific benefits.

How do I apply?

Apply online at the address below or call for more information:

ontario.ca/page/social-assistance
1-888-999-1142

OAS

The Old Age Security Pension (OAS) is a monthly payment you receive if you are 65 and older.

Your employment history is not a factor in determining eligibility. You can receive the Old Age Security pension even if you have never worked or are still working.

You must be 65 years old or older, be a Canadian citizen or a legal resident at the time of approval of your OAS pension application and have lived in Canada for at least 10 years since the age of 18.

How much could you receive?

- Age 65 to 74
  - → Maximum Monthly Payment: $743.05
  - → Annual net income in 2024: Less than $148,451
- Age 75 and over
  - → Maximum Monthly Payment: $817.36
  - → Annual net income in 2024: Less than $154,196

How do I apply?

You are automatically enrolled for OAS when you turn 65, however there are certain instances where you need to apply directly through Service Canada.

For more information please visit your nearest Service Canada or call **1-800-622-6232**.

GIS

The Guaranteed Income Supplement (GIS) is a monthly payment you can get if you are 65 or older. The Supplement is based on income and is available to low-income seniors already receiving the Old Age Security pension.

Do I qualify?

You may be able to get this benefit if you are 65 or older, you live in Canada and you receive the Old Age Security (OAS) pension.

Have questions about GIS?

For more information please visit or contact your nearest Service Canada.

GAINS

The Ontario Guaranteed Annual Income System (GAINS) provides a monthly, non-taxable benefit to low-income Ontario seniors.

You qualify for GAINS payments if you are 65 years or older, have lived in Ontario for the past 12 months or for a total of 20 years since turning age 18, have been a Canadian resident for 10 years or more, receive the federal OAS pension and GIS payments.

How do I apply?

If you currently receive the OAS pension and GIS, you do not have to apply. Your GAINS benefits will be determined based on information received from Employment and Social Development Canada and the details provided on

your personal income tax and benefit return. If you DO NOT currently receive Old Age Security or the Guaranteed Income Supplement, you must apply for GIS by doing the following:

- file your tax return every year by April 30, even if you don't have income to report, or
- complete a GIS application and send it to your nearest Service Canada.

For more information, call **1-800-277-9914.**

CPP Retirement Pension

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

To qualify for a Canada Pension Plan (CPP) retirement pension, you must be at least 60 years old and have made at least one valid contribution to the CPP program.

The standard age to start the pension is 65. However, you can start receiving it as early as age 60 or as late as age 70.

How much $ can I receive?

The amount of your CPP retirement pension depends on different factors, such as:

- the age you decide to start your pension
- how much and for how long you contributed to the CPP
- your average earnings throughout your working life

How do I apply?

You can apply for CPP in two ways:

- Apply online through your Service Canada Account
- Apply by paper application

Applications can be picked up at Service Canada locations, be printed and downloaded online or can be printed off by your Federal Member of Parliament's office.

Healthcare

You are covered under the Ontario Health Insurance Plan (OHIP) with a valid Ontario Health Card. For general health advice and information about accessing the health care you need, dial **8-1-1** to speak to a registered nurse 24 hours a day, 7 days a week. For emergencies, dial **9-1-1** or if you live outside the Greater Sudbury area, call **1-888-310-1122** for OPP.

Home and Community Care Support Services

Formerly called LHINs, the Ontario Health atHome coordinate in-home and community-based care services. In addition, Ontario Health atHome can direct you to the health care services and resources that you need. A care coordinator can help you access the following services:

- Routine home visits by a nurse or personal support worker
- Locating a family doctor or nurse practitioner
- Applying for long-term care
- Adjustment to at-home living after a hospital discharge

To speak to a care coordinator 7 days a week, 365 days a year, dial **310-2222** (no area code required), or visit **ontariohealthathome.ca.**

For more information on how Ontario Health atHome can help you or a loved one apply for home care or long-term care, please refer to page **healthcareathome.ca/making-a-referral**

Drug Benefit

Your Ontario Drug Benefit (ODB) coverage begins automatically on the first day of the month after your 65th birthday. ODB covers roughly 5,000 commonly prescribed drugs, vaccines, over-the-counter products, diabetes monitoring products, and nutrition products with a valid prescription. Low-income seniors can have their ODB deductible waived by applying to the **Seniors Co-Payment Program**.

You are eligible if your annual net household income is:

- $22,200 or less for an individual
- $37,100 or less for a couple

For more information on what's covered for you, consult your pharmacist or search the E-Formulary database at **www.formulary.health.gov.on.ca/formulary**.

Dental Care

The Ontario Seniors Dental Care Program (OSDCP) provides free, routine dental services at participating dental clinics for low-income seniors age 65 or older. Your income must be $25,000/year as individual or $41,500 as a couple.

OSDCP coverage includes:

- Examinations and assessments
- Cavity treatment and broken tooth repair
- X-rays
- Dental surgeries
- Anaesthesia
- Root canals
- Periodontal procedures
- Dentures (partially covered under the OSDCP)

You must present a valid OSDCP card at your service provider to access coverage. To apply to the program and receive a dental card, mail in an application form. You must use a dental clinic that participates and accepts OSDCP cards.

For more questions and to apply, you may contact your closest Public Health unit to learn more about how to participate in the local seniors dental care program.

Canadian Dental Care Program

In 2023, the Candian Dental Care Program (CDCP) was introduced in Canada. Seniors with a household income of less than $90,000 and no private dental insurance coverage can access the plan by application.

Note: If you are covered under the provincial dental plan (OSDCP), you may also qualify for federal coverage under the CDCP.

To apply online and for more information about the CDCP:

- www.canada.ca/en/services/benefits/dental/dental-care-plan
- 1-833-537-4342

Eye Care

As of September 1, 2023, under the new Optometry Services Agreement, there have been changes made to eye care services provided under OHIP. Seniors without a diagnosed eye condition are now eligible for one eye exam every 18 months.

Seniors are eligible for two minor follow-up assessments in the following 18-month period before their next exam. Seniors diagnosed with glaucoma, diabetes, or macular degeneration are eligible for an annual exam every 12 months. With these diagnoses, seniors are eligible for two minor follow-up assessments in the following 12-month period before their next exam.

Older Adults Health Benefits: Did You Know?

MedsCheck: Are you taking 3 or more prescription medications? Living with diabetes? You qualify for a free 30-minute consultation with a pharmacist to make sure you're taking your prescribed medications properly. Ask your pharmacy about the MedsCheck program on your next visit.

Shingles Vaccine: Shingles is a painful and uncomfortable viral infection that can leave lasting nerve damage, but it is preventable. If you're between the age of 65-70, the shingles vaccine is covered for you under OHIP. Ask your family doctor, nurse practitioner, or pharmacist about a prescription.

Colon Cancer Screening Program: Colon cancer screening increases the chance of finding cancer early when it is more likely to be cured. When colon cancer is caught early, 9 out of 10 people can be cured. You are covered under OHIP for an at-home test or a colonoscopy.

Physiotherapy: Whether you're recovering from an injury, or surgery, have a pre-existing condition, or simply need some support to remain healthy and mobile, your physician or nurse practitioner may recommend physiotherapy for you. With a valid referral that meets the right criteria, OHIP can cover this service.

Pharmacist Services: You can consult a pharmacist for a prescription to treat many minor ailments. Pharmacists with proper certification are also able to administer injections like vaccinations, vitamins, and other routine medications in a pharmacy setting. Ask your pharmacy if these services are available on your next visit.

Patient Ombudsman: If you ever experience any issues with patient care and are unsure where to turn, you can put in a formal complaint with Ontario's Patient Ombudsman.

The Patient Ombudsman's role is to help resolve complaints from patients, residents and caregivers about experiences in Ontario's public hospitals, long-term care homes, home care, and community surgical and diagnostic centres.

They will do everything they can to hear, understand and resolve your complaint, without taking sides. They will work with both complainants and health organizations to help prevent the same issues from happening to others and to influence positive change in Ontario's health care system:

Toll free: 1-888-321-0339

patientombudsman.ca

Housing

This section covers the different types of housing options available for older adults in Nickel Belt, highlighting how each choice supports different lifestyle and care needs. From adapting your current home for continued independence to exploring financial assistance programs that make housing more accessible and affordable, we cover essential information to help you navigate the complexities of senior housing.

Housing Options for Older Adults in Ontario

Choosing the right housing option is a vital decision for seniors in Ontario. Regulations and guidelines for each housing option can be difficult to navigate. Understanding each option's regulatory framework and application process is crucial for making an informed choice. As your representative I recognize the need and value in prompt access to housing options, and my team and I will continue to advocate for further regulations and transparency for senior housing.

Retirement Homes

The nearly 780 licensed retirement homes in Ontario are regulated by the Retirement Homes Regulatory Authority (RHRA). These homes offer varied levels of service, from meals and personal care to social and recreational programs, tailored to the needs of more independent seniors. When choosing a retirement home, research and compare facilities using the RHRA's database for inspection records and licensing status. Visiting homes and consulting with current residents can offer valuable insights.

Applications are made directly to the retirement home, with costs covering accommodation, meals, and any additional care services.

For concerns or questions, contact the RHRA at **1-855-275-7472**.

Financial Assistance Programs for Senior Housing in Ontario

Navigating housing costs can be challenging. Fortunately, various financial assistance programs in Ontario offer support:

Low-Income Housing Options

Many communities across Nickel Belt have municipal services or local housing services that manage housing programs for low-income seniors. For instance, the Rent-Geared-To-Income (RGI) Program in the Greater Sudbury area is offered through the City of Greater Sudbury, if you live near Noelville, RGI housing is managed through the Manitoulin-Sudbury District Services Board, and in Gogama it is available through the Ontario Aboriginal Housing Services. Please ensure to check with your local representatives for more information about what's available near you.

Supportive Housing for Seniors

In designated residential buildings, you can live and get assistance in daily living activities. There are many buildings across Nickel Belt, to help seniors live independently with supports such as personal care, light housekeeping, medication checks and more. The program offers the stability and safety of intermittent 24-hour support and an on-site Registered Practical Nurse.

Please reach out to your nearest local representative for more information.

Canada-Ontario Housing Benefit

The Canada-Ontario Housing Benefit (COHB) offers a portable monthly subsidy to assist selected households in affording private rental housing in Ontario with an application process operated through Toronto Centre. Aimed at specific groups such as survivors of domestic violence, the unhoused or at-risk Indigenous people, seniors, and those with disabilities, eligibility is determined via referral by Service Managers. The subsidy covers the difference between 30% of household income and local average market rent or the gap between social assistance shelter allowances and actual housing costs.

For more information contact:

1-888-544-5101

Regulations and Complaint Processes for Senior Housing in Ontario

Senior housing options in Ontario have distinct regulatory bodies and complaint procedures:

Retirement Homes

Governed by the *Retirement Homes Act*, 2010, and overseen by the Retirement Homes Regulatory Authority (RHRA). Complaints about care standards or resident rights can be filed with the RHRA. Reach out to the RHRA at **1-855-ASK-RHRA** to ask about a complaint form or email **info@rhra.ca**.

By law, all retirement homes in Ontario are required to have a procedure for responding to complaints about the operation of the home.

They must acknowledge your complaint within 10 business days to let you know how they plan to resolve the issue.

Long-Term Care Homes

Managed by Home and Community Care Support Services and regulated under the *Long-Term Care Homes Act*, complaints regarding services or care are directed to them. Reach out to the Long-Term Care Family Support and Action Line:

Toll-free: 1-866-434-0144

You can also make a complaint about an Ontario public hospital, long-term care home, home care,or community surgical and diagnostic centre with Ontario's Patient Ombudsman at:

1-888-321-0339

You can find more information specifically about long-term care homes on p.22 in this guide.

Renters (LTB and RTA)

The Landlord and Tenant Board (LTB) resolves disputes under the *Residential Tenancies Act*, covering issues like rent, maintenance, and evictions. If you have questions about your landlord and your rights as a tenant, reach out to my office for my tenant guide!

Additional Housing Resources and Contacts for Seniors in Sudbury

Ministry of Finance (For Property Tax and Land Tax Assistance)

Information on tax relief programs for seniors. For more information, call toll-free **1-866-400-2122** or visit the Ministry of Finance Website at **www.ontario.ca/page/ministry-finance**.

Municipal Property Assessment Corporation

Information on property tax relief related to home modifications for seniors and people with disabilities.

Toll-free: 1-866-296-MPAC (6722)

www.mpac.ca

ID Renewal

Renewing lost, stolen or expired ID can be a hassle. Below are key resources, tips and tricks to make the process smoother for you. When in doubt, contact my office for support at **705-969-3621** or email us at **fgelinas-co@ndp.on.ca.**

Drivers Licence

Please be aware that the government no longer sends out renewal reminders in the mail.

You can however, sign up for text, email or phone reminders by visiting this link and signing up – **www.ontario.ca/page/get-serviceontario-renewal-reminders**

You have two renewal options:

Online at **cxp.mgcs.gov.on.ca/cxp-web/product-renewal/renewal-options**

- $90 fee (fee varies if you are over 76 years of age)
- You can renew online if you:
  - have a full licence (G, M or GM class) that isn't cancelled or suspended
  - have a combination class of G1M, G2M, GM1, or GM2 (only the full portion will be renewed online)
  - haven't updated your address within the last 90 days
  - don't need tests (vision, written, or road)
  - are not removing a vision condition
  - have no new medical conditions that may prevent you from driving
  - don't have outstanding fines or penalties

In person at a ServiceOntario location

- $90 fee (fee varies if you are over 76 years of age)
- Go in person if you:
  - need to pay an outstanding fine
  - have a new medical condition
  - need to update your address
  - need testing done (vision, written or road)
  - need to lift a suspended licence

Licence Renewals (80+)

In Ontario, once you turn 80, you need to renew your driver's licence every 2 years. Here are some next steps:

Before your licence expires, you will receive the following in the mail:

- a renewal application form
- a letter explaining the steps required to renew

Once you receive your renewal application form and letter in the mail, you can book an appointment at a ServiceOntario centre either:

- online at **www.ontario.ca/page/book-serviceontario-appointment**
- by calling **1-800-396-4233** (toll free)

What to bring:

- driver's licence (or temporary driver's licence)
- licence renewal application, if available
- corrective eyeglasses or contact lenses you use for driving as well as any used for reading
- hearing aids, if needed
- original identification that shows your legal name, date of birth and signature if your licence has already expired

At the appointment

You will need to:

- complete a vision assessment
- complete a 5-minute screening exercise

After the session, you may need to complete one or more of the following:

- pass a road test
- follow up with your doctor and submit medical information
- provide additional vision information from a doctor or optometrist

Pay your renewal fee:

- Pay a $36 renewal fee at ServiceOntario to renew your driver's licence

Photo ID Card

The Ontario Photo ID Card is a wallet-sized card that provides government-issued identification to those Ontarians who do not have a driver's licence, making it easier for them to do things such as open a bank account and any other activities that require official identification.

This is a good option for people who no longer drive, but still need official ID.

Applying for a photo ID card

You can apply for an Ontario Photo Card in person at a ServiceOntario centre if you:

- do not have a driver's licence
- are a resident of Ontario
- are 16 years of age or older

Renewing an existing photo ID card

An Ontario Photo ID Card is valid for 5 years, after which time it must be renewed.

You can apply for a renewal online if you don't need a new photo. You are required to get a new photo every 10 years, and if you are due for a new photo, you must apply for a renewal in person at a ServiceOntario centre.

To renew you will need to:

- pay a renewal fee of $35
- provide an additional piece of ID (only if your Ontario Photo Card is expired)

Licence Plate

Please be aware that you no longer need to renew your physical licence plate sticker and you do not have to pay a fee.

You will no longer receive a licence plate sticker in the mail for passenger vehicles, light commercial vehicles, motorcycles and mopeds.

Your plate may automatically renew if you drive a:

- passenger vehicle
- light commercial vehicle under 3,000 kg
- motorcycle
- moped

For your licence plate to renew automatically you must have valid insurance and no outstanding fines or tolls.

If your licence plate was automatically renewed, ServiceOntario will not contact you.

When your licence plate automatically renews:

- it will be valid for 1 year
- law enforcement will be instantly aware your licence plate was renewed
- we will not contact you to confirm your plate was renewed
- you will not receive a sticker
- you will not have to pay a fee

Licence plates will not be automatically renewed for:

- commercial and business vehicles
- motorhomes
- vehicles manufactured before 1983
- buses and school buses
- snowmobiles

If you own 1 or more of these vehicles, you must continue to renew your licence plate online or in person at a ServiceOntario location.

Health Card

Renewing your health card

This can easily be done online IF you have either a drivers licence or a photo ID card and can be done by visiting **cxp.mgcs.gov.on.ca/cxp-web/product-renewal/renewal-options**.

If you do not have a drivers licence or photo ID card, you will need to renew in person at a ServiceOntario location.

When you go to the centre, bring the following with you:

- your current health card
- proof of your Ontario residency and personal identity
- check Ontario Health Coverage Document List for acceptable documents
- if your Canadian Citizenship or immigration status has changed since receiving your current health card, bring your most recent Citizenship or immigration document

- your marriage certificate, if you are applying under your married name for the first time
- optional: a printed health card renewal form, if you have one

ServiceOntario is now offering Virtual Appointments for health card renewals

A virtual appointment is a video call with a ServiceOntario customer service representative to help you renew your health card from home, without visiting in-person at a ServiceOntario centre.

Call ServiceOntario at **1-866-532-3161** to learn more about a virtual appointment.

Birth Certificate Replacements (Ontario Only)

If you need to replace a lost or stolen birth certificate, you can do so in two ways:

Online at **www.ontario.ca/page/get-or-replace-ontario-birth-certificate#section-13**

- Fee: $35

Mail in Application

- If you do not have access to a computer, a physical application can be printed off for you at my office. If you require assistance with this, please call **705-969-3621.**
- The $35 fee still applies to process the application.

Legal and Consumer Resources

Probono Ontario

Helps Ontarians who have essential legal needs but can't afford a lawyer. Call their free legal advice hotline to speak with a lawyer.

1-855-255-7256

Law Society Referral Service

Helps connect people looking for legal assistance with a lawyer or paralegal. They will refer you to a lawyer or licensed paralegal who will provide a free consultation of up to 30 minutes to help you determine your rights and options.

For more information please call: **1-855-947-5255** or visit **lsrs.lso.ca/lsrs/welcome**

Sudbury Community Legal Clinic Elder & Senior Law

Their program, Advocacy North for Elders and Seniors, provides legal advice and representation to low-income elders and seniors throughout Northern Ontario who have legal issues. Free and confidential advice is available with the following:

- Supportive housing & long-term care homes
- Problems with community services and healthcare
- Consent and capacity: powers of attorney, decision about capacity
- Physical, emotional or financial abuse

40 Elm Street, Elm Place, Unit 272
Sudbury, Ontario, P3C 1S8
705-674-3200 or 1-800-697-8719

They also have a French legal advice telephone line.

Community Legal Education Ontario (CLEO)

CLEO is a great resource for public legal education on topics from housing to abuse and more. Click the following link to browse their resources: **www.cleo.on.ca/en**

Human Rights Legal Support Line

If you believe you've experienced discrimination based on age, you can connect with the human rights legal support line to talk about your rights and next steps:

1-866-625-5179

Justice Net

JusticeNet is a non-profit organization that helps people in Ontario whose income is too high to get legal aid and too low to afford legal fees.

JusticeNet refers people to lawyers, paralegals, and mediators who provide legal services at lower rates for some clients, depending on income.

How does it work?

- Email Justice Net directly for assistance at **info@justicenet.ca**

Income Requirements & Rate Fee Schedule

In general, your household must make less than $70,000 net annually to be eligible for reduced lawyer rates through Justice Net.

Hourly rates range from $120–$180 depending on your exact income and the number of dependents you have.

Consumer Protection Ontario

Consumer Protection Ontario is an awareness program that promotes consumer rights and public safety.

You can find information on your rights or file complaints about various situations such as:

- Buying or renting a home/condo
- Renovations
- Door to door sales
- Buying/selling a car, car repairs or towing
- Credit, loans and debt
- Contracts
- Wireless Service Plans
- Shopping in store or online
- Warranties
- Identity Theft
- Travel & Entertainment, and more

Filing a complaint:

To file an official complaint, there are two steps:

- First inform the business/company that you will be filing a complaint. It is best to do this in writing.
- If no resolution is reached, you can proceed with filing a formal complaint with Consumer Protection Ontario. There are many ways to file a complaint (online, on paper or by email.) For more information, please contact:

  1-800-889-9768
  consumer@ontario.ca

The Better Business Bureau (BBB)

The BBB helps consumers across Canada find or make complaints about accredited businesses across the country.

Contact the BBB

For assistance in filing a complaint or for more information, please call **1-800-459-8875**.

Consumer Affairs Canada

Consumer Affairs Canada is similar to Consumer Protection Ontario, except they only deal with the federally regulated issues listed below. Beside each topic, you'll find the name of the organization in which you can file a complaint with:

- Problems with your bank – Financial Consumer Agency of Canada (FCAC)
- Unauthorized credit or debit transactions – Financial Consumer Agency of Canada (FCAC)
- Wireless Service charges & unsolicited calls – The Canadian Radio-television and Telecommunications Commission
- False Advertising – Competition Bureau
- Food Safety – Health Canada
- Vehicle Safety – Transport Canada

For more information on federal government resources, or for specific contact information for any organization listed above, please contact your MP's office or visit **www.canada.ca**.

Long-Term Care

As we introduce the Long-Term Care section of our guide, it's important to acknowledge the need for enhanced care and support in long-term care facilities and the foundational contributions of our senior population to the fabric of the Nickel Belt community. You have been the backbone of our country, shaping it through your enduring efforts and resilience.

I remain committed to advocating for stronger protections and continuous improvements in long-term care across Nickel Belt.

How to apply

For information about eligibility and admission, call Ontario Health atHome at **310-2222** (no area code needed).

They determine eligibility for placement into long-term care homes and manage wait lists. They will assign you a care coordinator who can provide you with information about homes in your area and assist you in completing your application for placement into a long-term care home.

Choosing a Home

When choosing a long-term care home in Ontario, families and seniors should carefully consider several factors to ensure the facility meets their needs and expectations. Here is a list of key points to keep in mind:

- Accreditation and Licensing
- Location and Accessibility
- Quality of Care
- Safety and Security

- Medical and Personal Care Services
- Staff Qualifications and Turnover
- Resident Satisfaction and Feedback
- Meals and Nutrition
- Activities and Social Programs
- Cost and Financial Considerations
- Facility Condition and Cleanliness

Taking the time to thoroughly evaluate these factors will help families and seniors find a long-term care home in Ontario that offers a safe, supportive, and comfortable environment.

Did you know?

The Ministry of Health and Long-Term Care provides comprehensive reports on long-term care homes across Ontario, aimed at offering transparency and insight into the care standards and living conditions of these facilities.

To access the report, visit **publicreporting.ltchomes.net/en-ca/default.aspx**

Cost and Paying for Long-Term Care

LTC homes offer three different accommodations: basic, semi-private and private. Accommodation rates are set by the Ministry of Health and Long-Term Care. All long-term care home residents are required to contribute towards the cost of accommodation and meals. This is called a co-payment fee.

Types of accommodation:

Basic

- Daily Rate: $68.56
- Monthly Rate/Co-Payment: $2,085.37

Semi-private

- Daily Rate: $82.66
- Monthly Rate/Co-Payment: $2,514.24

Private

- Daily Rate: $97.95
- Monthly Rate/Co-Payment: $2,979.32

Long-Term Care Rate Reduction Program

You may qualify for a rate reduction if the cost of basic accommodation is beyond your means. You can apply by informing the long-term care home in which you would like to apply to. An applicant would likely qualify for a rate reduction if their annual income is **$26,812 or less**.

If you're a veteran, you may qualify for extra financial help. You must re-apply every year. To access the application form, visit **forms.mgcs.gov.on.ca/dataset/014-4816-69**

If you are facing issues within a long-term care facility, you may make a complaint directly with them. You can also contact the Long-Term Care Family Support and Action Line, toll-free at **1-866-434-0144**.

If the situation is still unresolved, you may also want to put in a complaint through the Patient Ombudsman for Ontario: **1-888-321-0339**

Staying Healthy and Active

The Nickel Belt area offers a range of recreational and leisure programs at various older adult centers or recreation centers in many communities. The centers provide opportunities to socialize, volunteer, and stay active both mentally and physically.

Here are a few examples:

Howard Armstrong Recreation Centre

The Howard Armstrong includes a swimming pool, exercise equipment and activities, a meeting room and more.

4040 Elmview Drive
Hanmer, Ontario, P3P 1R9
705-688-3906

Onaping Falls Community Centre

This Centre features pickleball, badminton, Tai chi and other activities, and volunteer opportunities.

2 Hillside Avenue
Onaping, Ontario, P0M 2C0
705-966-2502

Gogama Community Centre

Ran by the Local Services Board, this community space is dedicated to providing a variety of recreational and leisure programs for residents of all ages in Gogama.

1 Low Avenue, Gogama ON P0M 1W0
705-894-2555

Alban Community Centre

Serves as a hub for municipal services, community events and activities, and business development in the region.

796 HWY 64, French River, ON
705-857-2275

211 Ontario

As there are many programs that vary across the district, we encourage you to call **2-1-1** to inquire about services offered nearest to you.

Tax Credits for Seniors

Ontario Trillium Benefit (OTB)

The OTB is a combination of the Ontario Sales Tax Credit, Ontario Energy and Property Tax Credit, and Northern Ontario Energy Credit. You can claim the credit on Form ON479 – Ontario Credits included in your personal Income Tax and Benefit Return tax package.

Ontario Seniors Care at Home Tax Credit

A refundable tax credit is available for seniors 70+ to help with eligible medical expenses. The tax credit provides 25% of up to $6,000 in claimable medical expenses, with a maximum credit of $1,500 for seniors aged 70+ - including their spouses.

You can claim the credit on Form ON479 – Ontario Credits included in your personal Income Tax and Benefit Return tax package.

Senior Homeowner Tax Credits

Seniors' Home Safety Tax Credit

This credit is a temporary, refundable personal income tax credit for renovations aimed at making your home safer and more accessible. The tax credit provides 25% of up to $10,000 in eligible expenses for a senior's principal residence in Ontario, with a maximum credit of $2,500 for seniors 65+ or those living with senior relatives.

You can claim the credit on your Income Tax and Benefit Return.

Senior Homeowners' Property Tax Grant

This grant offers a tax credit of up to $500 back on property taxes for low to moderate-income seniors over the age of 64 that own or occupy their principal residence.

You can apply for this credit when filing your annual tax return using the ON-BEN Application Form.

Senior Transportation Tax Credits

Seniors Public Transit Tax Credit

This is a refundable tax credit for public transit expenses. You can claim up to $3,000 in public transit expenses to receive up to $450 each year for seniors aged 65+.

You can submit a claim when you file your personal Income Tax and Benefit Return.

Senior Utility Support Programs

Low-Income Energy Assistance Program

Ontario offers emergency assistance for electricity and natural gas bills, which is eligible to low-income customers who are behind on bills or facing service disconnection. The program provides up to $650 assistance for electricity bills ($780 if heated electrically), and $500 for natural gas bills.

Apply by contacting the LEAP Program:

- Toll-free: 1-855-831-8151
  TTY: 1-800-855-1155.

Ontario Electricity Support Program

The program provides a monthly on-bill credit to lower electricity bills for lower-income households, which is eligible to lower-income customers with accounts with electricity distributors or unit sub-meter providers.

Apply by contacting Ontario's Electricity Board:

- Toll-free: 1-855-831-8151
  TTY: 1-800-855-1155
- ontarioelectricitysupport.ca

Transportation

When it comes to staying mobile, you have options. While some of you value the ability to continue driving your own vehicle, many others seek alternative transportation as part of a healthy, active lifestyle.

GOVA (all ages)

GOVA is the City of Greater Sudbury transit system. It offers a range of features designed to enhance the commuting experience for residents and visitors alike, including GOVA Plus which offers options for persons who cannot access a conventional transit vehicle. GOVA offers free transit rides to seniors on the first Tuesday of every month.

3-1-1

www.greatersudbury.ca/live/transit

Wahnapitae First Nation

The Norman Recollet Health Centre offers non-emergency transportation to local medical appointments and regular activities such as grocery shopping and banking.

190 Loonway Rd, Capreol, ON

705-858-7700 x219

Mattagami First Nation

Through their health services program they can help coordinate medical transportation for certain services.

75 Helen St, Mattagami First Nations

1-888-269-7729 or 705-894-2072

Atikameksheng Anishnawbek – Shawenekezhik Health Centre

Provides transportation through their Home and Community Care Program which provides patient transportation to Sudbury on a weekly basis.

They also offer specialized, pre-approved transport for medical appointments in Sudbury or out of town.

25 Reserve Rd, Naughton, ON

705-692-3561

Red Cross (55+)

This service offers assistance to patients who are transitioning from hospital to home.

Services may include:

- Assistance with transportation
- Home configuration
- Shopping
- Finding other community support services to help

705-674-0737

Sudbury East Seniors Support Inc.

This service provides transportation to medical, dental, and vision appointments as well as to clinics and hospitals. Volunteers assist individuals with entering and exiting the vehicle or building, and with packages. You must provide advance notice of 2 to 3 days for booking transportation. This program is located in Noelville.

705-898-2174

N'Swakamok Native Friendship Centre — Lifelong Care Program

This service provides support for Indigenous people in need of non-hospital care who are frail, vulnerable and at risk. It aims to meet the physical, mental, emotional and spiritual needs of people who require care, support, information, service referrals, health education or extended support.

Services offered include medical transportation services.

705-674-2128

Driving Courses for Mature Drivers

As someone who has likely been on the road for many years, you may consider taking a refresher course to sharpen your driving skills and address age-related driving challenges. Along with learning new strategies, you can review driving rules and regulations, common causes of collisions and avoidance techniques. Some resources include:

Greater Sudbury Driving School

info@greatersudburydrivingschool.com
705-988-8820

Canadian Automobile Association (CAA) toolkit for seniors

Toll-free: 1-800-222-4357

Warning Signs for Aging Drivers

Be aware of the following warning signs that you may be an unsafe driver:

- You are nervous behind the wheel
- Other drivers frequently honk at you
- You have had a number of fender benders and near misses
- Family or friends worry about your driving
- Your children don't trust you to drive the car
- Your children won't let you drive with your grandchildren in the car
- You often become lost when driving or forget where you were going

If you've increasingly experienced any of the above as a senior driver, it may be time to consider alternate forms of transportation.

Veteran Supports

Even heroes need help sometimes. See below for resources that provide services for Veterans and their families.

Soldier's Aid Commission

This service provides financial assistance of up to $2000 annually to Ontario's eligible Veterans and their families in financial need. The Commission supplements support offered by the Royal Canadian Legion and Veterans Affairs Canada.

For more information about applying:

1-888-207-0939
sac@ontario.ca

Royal Canadian Legion – Ontario Command

Legions in Ontario offer assistance to Veterans, still Serving Members of the Canadian Armed Forces, RCMP and/or their dependents to raise awareness of and potentially obtain government support from Veterans Affairs Canada. Inquire about available programs and services at any Nickel Belt Legion branch or visit **www.on.legion.ca**.

Available benefits include:

- Disability benefits
- War Veterans Allowance
- Review/Appeal/Reassessment
- Financial assistance

To contact the Ontario Command for more information about available programs, services, benefits:

Toll-free: 1-888-207-0939
info@on.legion.ca

Veterans Ombud

The Office of the Veterans Ombud reviews complaints and challenges the policies and decisions of Veterans Affairs Canada where individual or systemic unfairness is found. An independent and respected voice for fairness and a champion for the well-being of Veterans and their families. Call toll-free **1-877-330-4343** or email **info@ombudsman-veterans.gc.ca.**

Veteran Graphic Licence Plate (Poppy Plates)

Licence plates with a Veteran graphic are available for the vehicles and motorcycles of eligible veterans. To apply for a Veteran Plate Eligibility Certificate, visit a ServiceOntario location or visit **www.ontario.ca/customplates**.

Nickel Belt Legions

Royal Canadian Legion Br. 564

2200 Long Lake Road
Sudbury, ON P3E 5H1
705-522-6060

Chelmsford Legion Branch 553

3523 Errington Avenue
Chelmsford, P0M 1L0
705-855-9411

Falconbridge-Garson Legion Branch 336

66 Edison Road
Falconbridge, P0M 1S0
705-693-2114

Capreol Legion Branch 179

16 Young Street
Capreol, P0M 1H0
705-589-3003

Onaping Legion Branch 503

3 St. James Street
Onaping, P0M 2C0
705-966-2387

Key Contacts, Clubs and Extra Resources

211 Ontario

A free hot line to enhance access to services and strengthen community planning for the wellbeing of people in Ontario. If you dial 2-1-1 you can speak to someone and receive assistance in finding the right service near you.

Atikameksheng Anishnawbek First Nation

Atikameksheng Anishnawbek are descendents of the Ojibway, Algonquin and Odawa Nations. Originally named Whitefish Lake First Nation reserve No.6 as established through the Robinson Huron Treaty area in 1850, the territory spans from the valley of the Vermillion River eastward to the valleys of the Wahnapitae and Sturgeon River.

There are many programs and services offered to elders and members of the community.

For more information please contact:

1-800-661-2730 or
communications@wlfn.com

Alzheimer Society of Sudbury

This service offers support programs and educational resources to help support persons living with dementia.

Sudbury-Manitoulin North Bay & Districts

960B Notre Dame Avenue
Sudbury, ON P3A 2T4
705-560-0603
info@alzheimersudbury.ca

Timmins & Porcupine District

38 Pine St North, Suite 107
TOP FLOOR of the 101 Mall
Timmins, Ontario P4N 6K6
1-844-288-4554
micsfirstlink@alzheimertimmins.com

Canadian Hearing Services – Sudbury

This service provides hearing testing through the use of an audiogram to determine degree and type of hearing loss as well as other related services.

Eligibility

- Individuals who are deaf, deafened or hard of hearing
- Home visitation is for seniors 55 years of age and over

359 Riverside Drive, Unit 104
Greater Sudbury, ON, P3E 1H5
1-866-518-0000
audiology@chs.ca

Centre de Santé Communautaire

The Centre de santé Communautaire du Grand Sudbury offers a variety of primary care services and programs for the French-speaking community of Greater Sudbury.

Site de Sudbury:

19 Frood Road, Sudbury, ON
705-670-2274

Site de Chelsmford:

26, rue Main Est, Chelmsford ON
705-855-8084

Site de Vallée-Est:

688, rue Emily, Hanmer ON
705-969-1402

info@santesudbury.ca

Club 50

Le Club 50 aspire à être un lieu de rencontres chaleureuses, d'apprentissage enrichissant et de soutien mutuel pour les aînés de notre communauté.

25, rue Main Ouest, Chelmsford, ON
705-855-6839

Club des bons vivants d'Alban

Shared mealtimes with hot food and social activities. Activities include games, crafts, and physical activities.

619 Hwy 64, Alban, ON
705-857-1230

Helpline – personal emergency response system

Personal emergency response service allows seniors and individuals to call for assistance at the press of a medical help button. Call the number below within the Nickel Belt district for more information:

705-523-7000

House of Kin

This service provides low-cost accommodation, based on financial need, to families of medical patients who travel to Sudbury for treatment. It allows patients from out of town presently booked into the hospital to stay as out-patients in the centre, and offers medical rates for patients and those accompanying them, bereavement rates for those in Sudbury for a funeral, seniors rates and general rates for those in Sudbury not for medical reasons.

1-877-633-2374

Le Club d'Age d'Or Azilda

C'est un club de rencontre des aînés francophones.

64 rue Notre-Dame est, Azilda
705-983-2992

Le Rendez-vous de Vallée Est

À chaque mois, le Rendez-vous organise de nombreuses activités pour les ainés et retraités auxquelles vous pouvez participer, vous amuser et vous engager dans la communauté.

- Promouvoir l'activité physique chez les aînés
- Encourager les interactions sociales
- Offrir des programmes et des activités variés

26 Cote Boulevard, Hanmer, ON P3P 1X5
705-969-8649

Local Services Boards

Foleyet

The LSB of Foleyet is a volunteer organization responsible for providing and delivering services to the residents of Foleyet, Ontario, that are mandatory under the guidance of the Ministry of Northern Development & Mines.

foleyetlsb@outlook.com
705-899-2896

For emergencies in Foleyet, please contact:

Police: 1-888-310-1122
Ambulance: 1-877-351-2345
Fire services: 1-800-247-6603

Cartier

The Cartier LSB is a volunteer-run organization providing essential public services to the unincorporated community of Cartier, Ontario. It often manages services such as fire protection, garbage collection, and recreational services, funded by local taxes.

cartierlsb@gmail.com
705-965-2218

For emergencies in Cartier, please contact:

Police: 1-888-310-1122
Ambulance: 705-673-1117
Fire services: 705-673-1542

Gogama

The Gogama LSB is a volunteer organization that has the authority under the Northern Services Board Act to deliver approved powers (services) to residents. The boards is set up to deliver services such as water, sewage or fire protection. Area residents vote to determine an LSB's boundaries and volunteer board members are elected on an annual basis.

705-894-2555
glsb10@ontera.net

For emergencies in Gogama, please contact:

Police: 1-888-310-1122
Ambulance: 1-877-351-2345
Fire services: 1-888-571-3473

Nickel Centre Seniors Club

This club provides social opportunities and leisure activities for today's older adults 50+.

20 Edison Road, Falconbridge
705-693-3129

Onaping Falls Golden Age Club

A friendly community place to come and socialize with your neighbours and have fun.

109 Service Road, Onaping
705-966-0137

Mattagami First Nation

Since time immemorial, Mattagami has long been home to the Anishinaabe and OjiCree people from the Mattagami River area and as far north as the Moose River headwaters on the James Bay coast. The First Nation is located on the northwest side of the beautiful Mattagami Lake. Their departments offer help with Health, housing, Ontario Works and other programs.

For more information please contact:

75 Helen St, Mattagami
1-888-269-7729
info@mattagami.com

Ontario Caregiver Organization

The Ontario Caregiver Helpline is a one-stop resource for information about programs and resources that can support you in your caregiving role. You can get confidential, free support available by phone or online chat, in both French and English.

1-833-416-2273
ontariocaregiver.ca

Ontario Coalition of Indigenous Peoples

An organization that defends the rights of Indigenous peoples and offers programs in health, employment, housing, legal services, and mental health.

249-419-1350

Ontario Ombudsman

Do you have a problem with an Ontario government organization, your city or town, or another public body (such as a children's aid society, university, or school board)?

You can put a complaint with the Ombudsman online or by contacting them directly.

1-800-263-1830
info@ombudsman.on.ca

Rayside Balfour Senior Craft Shop

This is for retired adults 50 years and older. Members meet every 2nd Wednesday of every other month at 1:30 pm. Call or drop-in is fine.

705-855-4637
3506 Errington Avenue
Chelmsford, ON, P0M 1L0

Seniors of Coniston Community Garden

The gardens are shared between Coniston seniors and Coniston school children. Produce from the children's gardens is donated to the Coniston Food Bank. Produce from seniors' gardens is utilized by the senior gardeners but also supplements the Seniors Helping Seniors Good Food Box.

2 Government Road, Coniston, ON
705-920-3782

Skead Senior Citizen Club

This club offers a variety of recreational and educational programs and activities in a group setting. Also maintains a fully equipped woodworking shop and sells crafted items.

5 Bell Street, Greater Sudbury
705-969-3909

Sudbury South Seniors and Pensioners

This service offers seniors the opportunity for socialization, activity and community through a variety of meetings, activities and events.

Lockerby Legion, Long Lake Road
705-522-3993

United Way Centraide North East Ontario Nord-est de l'Ontario

Volunteer Income Tax Program

They will assist qualifying low-income earners to file their income tax returns free of charge. They offer drop-in clinics, scheduled appointments, and telephone appointments.

uwcneo.com
705-560-3330 ext. 210

Victorian Order of Nurse (VON) Adult Day Centre

Day program for seniors offering meals, activities, support and respite for caregivers.

2140 Regent Street South, Sudbury
705-671-1575 ext. 2012

Walden Seniors and Pensioners Inc.

Membership based centre that allows you to join any groups within the Centre (darts, pickle ball, cooking class, etc.).

15 Kin Drive, Lively, ON
705-692-5591

Wahnapitae First Nation

Nestled along the stunning Indigenous north shores of Lake Wahnapitei in Ontario, Canada, Wahnapitae is a flourishing Anishinaabek First Nations community rooted in pride, tradition, and the enduring belief that the land is borrowed from future generations.

Wahnapitae is home to over 170 residents, and their Centre offers many services in health, education, social services, and more. For more information:

259 Taighwenini Trail Rd, Capreol, ON
705-858-0610

Ontario

FRANCE GÉLINAS

MPP for Nickel Belt

Contact us

MPP France Gélinas Community Office

Hanmer Valley Shopping Centre, Unit 15, 5085 Hwy 69 N • Hanmer, ON P3P 1P7

FGelinas-CO@ndp.on.ca 705-969-3621 Toll free: 1-877-280-9990

francegelinas.ca