

## **SCHEDULE OF EVENTS – FRIDAY FEB 27 – 930 -130**

Refreshments will be provided throughout the event in the flex room

**930 am to 130 pm – VENDOR INFORMATION BOTH** (see list included)

**1030 am to 11 am – PRESENTATION – Passion For Life – Holistic Health and Nutrition Presentation** with Lise Ritter, Naturotherapist and owner of A Passion for Life. *"Learn how to maintain a healthy brain and a strong body through nutrition and a few lifestyle habits"*. <https://www.apassionforlife.ca/about>.

**1130 am to 12 pm – PRESENTATION – Estate Planning Fundamentals** with Jim Palangio, Investment Advisor, and Adam Delorme, Associate Wealth and Investment Advisor with RBC Dominion Securities Inc. *"Whether you already have a Will and estate plan in place or you're thinking about it, join us for practical insights on protecting your wishes and your loved ones. If you're looking for peace of mind, we can help. Guest speaker Christine Nickel, an experienced lawyer at Davis Washburn Law LLP will cover Wills, powers of attorney for property and personal care, and when it's important to review your plan. Bring your executor and power of attorney, and anyone else who wants to learn about safeguarding their legacy. It will be an engaging, informative session for all."*

A prize will be drawn for the attendees at the presentations. Spaces limited to 30 attendees. **In the Flex Room**

**930 am to 130 pm – DEMONSTRATIONS**

- **Free Hearing Tests with Canadian Hearing Services –Glass Office**
- **Nursing Primary Care Clinic – Canadian Shield Health Care Services** - Chat and visit with a nurse to ask health care questions or for a quick vital sign. – **OTA/PTA LAB**
- **Questions with a Kin - Canadian Shield Health Care Services** -Meet with a registered kinesiologist. Whether you're recovering from an injury, managing pain, or working towards better physical health. Staff is there to answer your questions. **OTA/PTA LAB**
- **How Can AI (Artificial Intelligence) to Support Aging at Home - Canadian Shield Health Care Services.** Staff will provide information and will be there to answer your questions. **OTA/PTA LAB**
- **Light and Sound Therapy -Canadian Shield Health Care Services.** **OTA/PTA LAB**
- **Meet our Robot Mork** – Meet our robot Mork and his student handler. **Entrance to the Village**

## Aging With Confidence Information Fair - North Bay Vendor List

Table #	ORGANIZATION NAME	DESCRIPTION AND CONTACT	Geographic Region Served
<b>DEACON SQUARE</b>			
1	<b>Canadore College – The Village – FAIR HOST</b>	The Village – the world-class health and wellness facility located on the College Drive campus of Canadore College – is a unique model in Canada. We offer over 60 FREE, student led or student supported healthy aging programming for Older Adults. Visit our website or call us 705-498-7662 to find out more. <a href="https://www.canadorecollege.ca/the-village/seniors-programs">https://www.canadorecollege.ca/the-village/seniors-programs</a>	North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
2	<b>Older Adult Centres' Association of Ontario (OACAO)- FUNDER</b>	The Older Adult Centres' Association of Ontario (OACAO), provides resources, expertise and leadership to Older Adult Centres, Seniors Active Living Centres (SALCs) and senior clubs through advocacy, education, networking, and innovative direction. Website: <a href="http://www.oacao.org">www.oacao.org</a> Email: <a href="mailto:info@oacao.org">info@oacao.org</a> Toll free 1-866-835-7693	North Bay & area; West Nipissing; Mattawa & area ; East Parry Sound; West Parry Sound
3	<b>Helpline: 24 Hour Personal Medical Alarm - PLANNING COMMITTEE</b>	Concerned of your loved one having a fall or lying on the floor all night? Helpline; 24-hour Personal Medical Alarm is here to help. Helpline provides technology to keep you or your loved-one living safely at home. As part of your community for over 30 years we are like your neighbour, always eager to help. Have a question...don't hesitate to give us a call at 705-497-8010 / 1-800-667-8019 or visit us at <a href="http://www.helplinemedicalalarm.ca">www.helplinemedicalalarm.ca</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
4	<b>Canadian Shield Health Care Services - PLANNING COMMITTEE</b>	<b>They will be offering a nursing health care check-in and questions with a kinesiologist throughout the fair.</b> We provide safe, sincere and compassionate health care services by valuing our employees, operating with transparency and putting integrity first. We are a Northern Ontario owned and operated business providing health clinic services, home care services, nursing, mental health and wellness services and rehabilitation management services. <a href="https://canadianshieldhealth.com/">https://canadianshieldhealth.com/</a>	West Nipissing; North Bay & area; East Parry Sound; West Parry Sound
5	<b>Nipissing Serenity Hospice PLANNING COMMITTEE</b>	Nipissing Serenity Hospice's mission is to provide the highest quality, person centered residential hospice palliative care to the residents of Nipissing and East Parry Sound districts, in both official languages. Our specialized interdisciplinary team, with support of volunteers, attends to the physical, psychological, spiritual, and practical needs of individuals and provides ongoing support for their loved ones. Visit our website for more information. <a href="http://www.nipissingserenityhospice.ca">www.nipissingserenityhospice.ca</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound

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6	<b>Barclay House Retirement Living - PLANNING COMMITTEE</b>	A trusted retirement residence for over 30 years, Levante's Barclay House offers the best in North Bay senior living. A vibrant, welcoming community with spacious and appealing studio suites and comfortable common spaces located at ground level, Barclay House community is easily accessible for all residents. Barclay House ensures a quality of life for our senior residents by providing a full range of quality services and senior care options, delicious dining, and a vast array of recreational activities, programs and events. Instagram: @barclayhouseretirementliving Facebook: @barclayhouseretirementliving Website: <a href="http://www.barclayhouse.ca">www.barclayhouse.ca</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound ;Anywhere
7	<b>Muskoka Traditions Retirement Residence</b>	Independent living and respite care for seniors in Huntsville, Ontario. <a href="https://levanteliving.com/residences/muskoka-traditions/">https://levanteliving.com/residences/muskoka-traditions/</a> Telephone: 705-535-1088	Huntsville area
8	<b>Nipissing Wellness OHT</b>	<b>They will be offering demonstrations on how to find a service for Nipissing</b> The Nipissing Wellness Ontario Health Team [NWOHT] is a new model of organizing and delivering health care to better connect patients and providers in the Nipissing district with the services they need. The primary goal is to improve patient outcomes by bringing services together and help people more easily navigate the local health care system. <a href="https://nipissingwellness.ca/">https://nipissingwellness.ca/</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound
9	<b>Canadian Anti-Fraud Centre Investigation and Support Bureau Ontario Provincial Police</b>	The Canadian Anti-Fraud Centre collects information on fraud and identity theft. We provide information on past and current scams affecting Canadians. Visit their website to find more information. To report a fraud by phone please call Toll free: 1-888-495-8501 <a href="https://antifraudcentre-centreantifraude.ca/index-eng.htm">https://antifraudcentre-centreantifraude.ca/index-eng.htm</a>	All across Canada
10	<b>North Bay Heritage Gardeners</b>	The North Bay Heritage Gardeners are dedicated to developing a year-round, community-based, educational, horticultural, and environmental program focusing on waterfront beautification. The Heritage Gardeners are a local organization with over 300 volunteer gardeners who maintain and enhance the ornamental gardens along the waterfront. <a href="#">North Bay Heritage Gardeners - 'Community Spirit in Full Bloom'</a>	North Bay & area
11	<b>Canadian Hearing Services</b>	Empowering Deaf and hard of hearing Canadians for 85 years. They will be offering free hearing tests during the fair on a first come first serve basis. <a href="https://www.chs.ca/">https://www.chs.ca/</a>	North Bay & Area

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12	<b>Clean Green Beautiful North Bay &amp; District Inc.</b>	Clean Green Beautiful North Bay is in its eighth year of making a positive impact on our community by promoting stewardship, and asking residents, businesses, institutions and the municipality to raise the bar of kindness for planet and people right here, in our own community. We encourage fellow citizens to protect and help maintain our city's beauty, character, and heritage to create an inclusive, resilient community. We offer many opportunities for volunteering from litter cleanups, to tree planting, orchard maintenance, community gardens, and participation in Communities in Bloom. Clean, Green, Beautiful North Bay   Facebook <a href="http://www.cleangreenbeautiful.com">www.cleangreenbeautiful.com</a> cleangreenbeautifulnb@gmail.com	North Bay & area
13	<b>VON</b>	We've been leading home and community care in Canada for over a century. We were among the first organizations in the country to offer home care and public health nursing and now, over a century later, we provide home and community support services to over 10,000 people every day across Ontario and Nova Scotia. Locally we provide community exercise classes in North Bay. VON.CA	North Bay & area; West Nipissing; Mattawa & area; East Parry Sound
14	<b>RBC Dominion Securities Inc.</b>	Jim Palangio, Investment Advisor, and Adam Delorme, Associate Wealth and Investment Advisor with RBC Dominion Securities Inc can help with: Investing, Tax Planning Retirement Planning, Estate & Legacy Planning, Insurance Planning and Education Savings. <b>Contact:</b> <a href="https://wmc.rbcwealthmanagement.com/jim-palangio">https://wmc.rbcwealthmanagement.com/jim-palangio</a> . Adam Delorme, 705-476-3453, <a href="mailto:adam.delorme@rbc.com">adam.delorme@rbc.com</a> , 945 Stockdale Road Suite 100, North Bay, ON P1B 9N5; Jim Palangio, 705-491-6924, <a href="mailto:jim.palangio@rbc.com">jim.palangio@rbc.com</a> , 945 Stockdale Road Suite 100, North Bay	Across Canada
15	<b>Davis Washburn Law LLP</b>	Lawyer Christine Nickel can help with: Wills & Estates, Real Estate Law and Business Law. Located at 693 Mckeown Ave, North Bay, 705-478-1293. Visit them online at <a href="https://daviswashburnlaw.ca/">https://daviswashburnlaw.ca/</a>	Across Ontario
16	<b>Queers Seniors Group</b>	The 2S-LGBTQ+ Older Adults program aims to support and empower those who identify as older adults (55+) within the 2S-LGBTQ+ community.	North Bay and Area
17	<b>Alzheimer Society Sudbury-Manitoulin North Bay &amp; Districts</b>	Through an interdisciplinary team and in partnership with many community agencies, we strive to build inclusive and caring communities that are dementia friendly. We provide support services and programs for persons living with dementia, their care partners and anyone wanting to build their knowledge and skills in dementia care. Website: <a href="https://alzheimer.ca/sudburymanitoulin/en">https://alzheimer.ca/sudburymanitoulin/en</a> Facebook: <a href="https://www.facebook.com/alzheimersmnb/?fref=ts">https://www.facebook.com/alzheimersmnb/?fref=ts</a> Instagram: <a href="https://www.instagram.com/alzheimersmnb/">https://www.instagram.com/alzheimersmnb/</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry; Sudbury and Manitoulin

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18	<p><b>North Bay Regional Health Centre- Geriatric Emergency Management And Mobile Acute Care of the Elderly Programs</b></p>	<p><b>Geriatric Emergency Management</b>                  GEM nurses see older adults in the Emergency Department setting, providing targeted geriatric assessment to promote care through a senior friendly lens. The goal of the GEM program is to avoid unnecessary admission and through targeted assessment provide proactive links to community support programs and promote healthy aging at home.</p> <p><b>Mobile Acute Care of the Elderly</b>                  The MACE team is a geriatric consultation and intervention team at NBRHC working directly with in-patients admitted to acute care with a goal to avoid hospital-acquired harm and promote healthy aging. The MACE team uses geriatric assessment to guide interventions that focus on preventing functional decline, delirium, malnutrition, social isolation, polypharmacy and other geriatric syndromes.                  Telephone: 705-474-8600</p>	North Bay and Area
19	<p><b>North Bay Regional Health Centre- Nipissing Specialized Geriatric Services</b></p>	<p><b>Seniors' Mental Health</b> is a community outreach consultation service that provides mental health and cognitive assessment, diagnosis and treatment recommendations for older adults with age related mental health needs and cognitive challenges within the North Bay and Nipissing district.</p> <p>The <b>Specialized Geriatric Services</b> is a community outreach consultation service that provides assessment, diagnosis and treatment recommendations with a focus on geriatric syndromes, such as frailty, falls, polypharmacy, and other medical complexities within the North Bay and Nipissing district.</p> <p><b>Behavioural Supports Ontario</b> provides behavioural health care services for older adults with, or at risk of, responsive behaviours/ personal expressions associated with dementia, complex mental health, substance use and/or other neurological conditions within the North Bay and surrounding Northeast district.                  Telephone: 705-474-8600</p>	North Bay and Area and Northeast
20	<p><b>North Bay Regional Health Centre- Volunteer Program</b></p>	<p>Our volunteers make a difference by providing additional services that support our operations, enhance patient care and comfort, and create a welcoming atmosphere in our health care facility.                  Telephone: 705-474-8600  <a href="https://nbrhc.on.ca/join-our-team/volunteers/">https://nbrhc.on.ca/join-our-team/volunteers/</a></p>	North Bay and Area and Northeast

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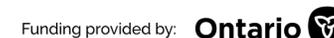


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21	<b>Canadian Red Cross</b>	<p>The Canadian Red Cross Community Health and Wellbeing Services are focused on promoting wellness and social inclusion. We holistically support the needs of our participants, their families and caregivers, and help enable people to stay and live at home as long as possible. We are constantly innovating and seeking out new approaches and partnerships to improve access and coordination of care to support community members in need. The backbone of most of our programs are community volunteers, trained to provide the necessary care and supports to address the needs of their fellow community members. Our role is to enable community supporting community.</p> <p><b>Hospital to Home</b> assists seniors in their transition home from a hospital emergency visit or admission, by providing non-clinical services to help them settle at home safely. Services may include assistance with meals, light housekeeping, transportation to follow-up medical appointments, acquiring prescriptions, and referrals to community support services for on-going assistance. We aim to support the client’s recovery, provide companionship, and avoid a hospital re-admission.</p> <p><b>Seniors’ Transportation</b> supports door to door transportation for the elderly, disabled or individuals in the community who are unable or ineligible to use public transportation or other transportation services. In enabling access to medical and non-medical appointments, programs and community connections, clients are supported to realize enhanced health outcomes, independence and social interactions.</p> <p><b>Friendly Calls</b> provides regular phone check-in services to adults with feelings of isolation and loneliness. Clients receive supportive listening, social interaction, and emotional support once matched with a trained Red Cross volunteer. Clients are encouraged with healthy coping strategies, well-being resources and community connections to other existing services that can enhance their quality of life. <a href="https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program">https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program</a> phone: (705) 472-5760</p>	North Bay and Area
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	<b>FLEX ROOM</b>		
22	<b>Hello Darlene</b>	Eldercare Planning, Legacy Planning, Senior Support Services, Companionship, Downsizing, Decluttering, Home Support, Retirement Home Searches & navigation. <a href="https://hellodarlene.ca/">https://hellodarlene.ca/</a>	North Bay & area; East Ferris; Mattawa & area; East Parry Sound; West Nipissing; West Parry Sound
23	<b>Salvation Army</b>	The Salvation Army offers practical assistance for children and families, often tending to the basic necessities of life, provides shelter for homeless people and rehabilitation for people who have lost control of their lives to an addiction. Phone: 705 474-7859	North Bay and Area
24	<b>North Bay Lion's Club</b>	The Lions Club is an international service organization that has more volunteers in more places than any other service club organization.	North Bay and Area
25	<b>YMCA of Northeastern Ontario</b>	The YMCA in North Bay is located at 186 Chippewa Street W, to learn more about programs and service you can visit the website <a href="https://www.ymcaneo.ca/">https://www.ymcaneo.ca/</a> or call 705-497-9622.	Northeastern Ontario
26	<b>Home Instead</b>	Home Instead is personalized in-home senior care services. We have offices across Ontario including Sudbury and North Bay. Telephone: 705-523-1600 <a href="https://www.homeinstead.ca/location/3009/">https://www.homeinstead.ca/location/3009/</a>	Northeast Ontario
27	<b>Nurse Next Door North Bay</b>	Home health care and support <a href="https://www.nursenextdoor.com/locations/thunder-bay-on/">https://www.nursenextdoor.com/locations/thunder-bay-on/</a>	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound; Timmins, Huntsville, Bracebridge;
28	<b>Realty Executives</b>	Realty Services for North Bay and Area specializing in working with Older Adults. <a href="https://www.realtyexecutives.ca/">https://www.realtyexecutives.ca/</a>	North Bay and Area

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29	<b>Canadian Mental Health Association, North Bay and District</b>	CMHA North Bay and District is a local Mental Health, Addictions and Peer Support agency that specializes in support services to people with a serious mental illness. <b>Main Reception and Support Services</b> - 194 Main Street West, North Bay, ON P1B 2T5 Telephone: 705-476-4088 <a href="https://nbd.cmha.ca/about-cmha/contact-us/">https://nbd.cmha.ca/about-cmha/contact-us/</a>	North Bay and Area
30	<b>Barrer Technology &amp; Communication Solutions</b>	Specializing in commercial and industrial telecommunications, fiber optics, and advanced security infrastructure. While our primary focus is large-scale industrial systems, we offer personalized residential technology consultations and security solutions for individual clients as our schedule permits. <b>Phone:</b> 705-413-3594 <b>Website:</b> <a href="https://barrertechnology.com">https://barrertechnology.com</a> <b>Email:</b> Steven@barrertechnology.com Geographic	North Bay & Area
31	<b>Empire Living Retirement Residence</b>	Empire Retirement Residence Assisted Living in North Bay offers seniors a supportive home, blending independence with professional care. Personal care services, vibrant common areas, and trained staff are key features. Empire Retirement Residence Assisted Living gives you and your family the security of knowing all care needs are addressed. The Empire offers you a wide range of private spaces and social spaces. You choose the suite that works best for you but don't forget that all of the amenity space is there for your use as well. <b>Phone:</b> 705-474-9555 Website: <a href="https://theempire.ca">https://theempire.ca</a>	North Bay & Area
32	<b>Corelia Health</b>	Trusted home care services for seniors who want to stay independent at home. We help with personal care, bathing, meals, medication reminders, transportation to appointments, light housekeeping, companionship, and recovery after hospital or surgery. Specialized support for dementia and Alzheimer's care. 24/7 access to your care manager. <a href="http://www.coreliahealth.com">www.coreliahealth.com</a> Phone: 705.707.0111 or 1-844-826-7354, Email: bob@coreliahealth.com	North Bay and surrounding areas including Nipissing District, East Ferris, Callander, Powassan, Mattawa, South River, Astorville, and rural Nipissing communities

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33	<b>Independence North Bay</b>	<a href="#">Independence North Bay   Facebook</a> We offer help to those in need to live safely and independently include meal services.	North Bay & area; East Ferris
34	<b>City of North Bay (Arts, Culture and Recreation department)</b>	Learn more about the City of North Bay <a href="https://northbay.ca/">https://northbay.ca/</a> our Arts, Culture and Recreation Department <a href="https://northbay.ca/our-community/arts-heritage-culture/">https://northbay.ca/our-community/arts-heritage-culture/</a> and see our calendar of events <a href="https://northbay.ca/our-community/arts-culture-and-recreation-program-calendar/">https://northbay.ca/our-community/arts-culture-and-recreation-program-calendar/</a>	North Bay & area
35	<b>Literacy Nipissing</b>	Literacy Nipissing is nonprofit charitable organization that works with adults helping them with literacy skills and computer skills. All of our services are free. 705-494-9416 <a href="https://www.literacynipissing.ca/">https://www.literacynipissing.ca/</a>	North Bay and Nipissing District

### Geographic Location legend

West Nipissing: e.g., Sturgeon Falls, Verner, etc.

North Bay & area: e.g., North Bay, East Ferris, Redbridge, etc.

Mattawa & area: e.g., Mattawa, Bonfield, Rutherglen, etc.

East Parry Sound: e.g., Powassan, South River, Sundridge, Novar, etc.

West Parry Sound: e.g., Parry Sound, Seguin, Pointe au Baril, Whitestone, etc.

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