



AGING WITH CONFIDENCE

Seniors' Information and Volunteer Opportunities Fair

SCHEDULE OF EVENTS – FRIDAY FEB 28 – 930 -130

Refreshments will be provided throughout the event in the flex room

930 am to 130 pm – Vendor Information Booths

1030 am to 11 am – Presentation – Oral Health for Seniors – Nipissing Parry Sound District Health Unit. A prize will be drawn for the attendees. Spaces limited. In the Flex Room

1130 am to 12 pm – Presentation – Safety for Seniors – Victim Services of Nipissing District. A prize will be drawn for the attendees. Spaces limited. In the Flex Room

930 am to 130 pm – Demonstrations (*Signs posted with location*)

Learn to Find a Service with Nipissing Wellness Ontario Health Team
- Learn how to access the find a service website and find services that support you in aging in place.

Free Hearing Tests with Canadian Hearing Services

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 signs.

Questions with a Kin - Canadian Shield Health Care Services
Meet with Danalie Meyer, registered kinesiologist. Whether you're recovering from an injury, managing pain, or working towards better physical health Canadian Shield's registered kinesiologist is there to answer your questions.

Try Virtual Reality and meet our Mork our Robot

Canadore Students will bring on an adventure. Try a virtual reality headset and experience such a travel or meditation. Meet our robot Mork and his student handler.

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Table #	ORGANIZATION NAME	DESCRIPTION AND CONTACT	Geography Served (see legend on the bottom of the page)
DEACON SQUARE			
Reception	Canadore College – The Village – FAIR HOST	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 at 705-498-7662 to find out more. https://www.canadorecollege.ca/the-village/seniors-programs	North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
1	Stay on Your Feet Coalition – PLANNING COMMITTEE	Stay on Your Feet is a healthy aging initiative supported by the North Bay Parry Sound District Health Unit and Ontario Health North East. SOYF encourages everyone to Stay Active, Stay Strong, and Stay Social. Visit our website for more information and resources www.stayonyourfeet.ca	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
2	North Bay Parry Sound District Health Unit – Oral Health Team	They are offering a presentation from 1030 am to 11 am on Oral Health for Seniors. OSDCP program, will provide resources to seniors on dental services and samples/brushes. The Health Unit: Promotes healthy lifestyles including nutrition, active living, reproductive, sexual, and dental health, and child development; Prevents tobacco use, substance and alcohol misuse, and injuries; Prevent diseases through clinical services for immunization, dental, and sexual health; Protects our communities from infectious diseases and environmental hazards in food, water, air, and soil; and Prepares for, respond to and support recovery from major emergencies. https://www.myhealthunit.ca/en/health-topics/dental-health.aspx	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
3	Older Adult Centres' Association of Ontario (OACAO)- FUNDER	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: www.oacao.org Email: info@oacao.org Toll free 1-866-835-7693	North Bay & area; West Nipissing; Mattawa & area ; East Parry Sound; West Parry Sound

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4	Nipissing Wellness OHT - PLANNING COMMITTEE	They will be offering demonstrations on how to find a service for Nipissing 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. https://nipissingwellness.ca/	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound
5	Helpline: 24 Hour Personal Medical Alarm - PLANNING COMMITTEE	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 www.helplinemedicalalarm.ca	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
6	Victim Services PLANNING COMMITTEE	They will be offering a presentation on Safety for Seniors from 1130 am to 12 pm. Victim Services of Nipissing District provides a variety of services to assist victims of crime and tragic circumstances in partnership with police, emergency services and other community-based agencies. Home - Victim Services Nipissing Victim Advocates and System Navigators (vsnd.ca)	North Bay & area; West Nipissing
7	Nipissing Paramedic Services	Community Paramedicine. Supporting patients in their healthcare to safely remain in their home. https://www.dnssab.ca/paramedic-service/community-paramedicine-program/	West Nipissing; North Bay & area; Mattawa & area; Temagami; Whitney
8	Barclay House Retirement Living	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: www.barclayhouse.ca	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound ;Anywhere

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9	Muskoka Traditions Retirement Residence	Independent living and respite care for seniors in Huntsville, Ontario. https://levanteliving.com/residences/muskoka-traditions/ Telephone: 705-535-1088	Huntsville area
10	Canadian Shield Health Care Services	They will be offering a nursing health care check-in and questions with a kinesiologist throughout the fair. 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. https://canadianshieldhealth.com/	West Nipissing; North Bay & area; East Parry Sound; West Parry Sound
11	North Bay Heritage Gardeners	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. North Bay Heritage Gardeners – 'Community Spirit in Full Bloom'	North Bay & area
12	Canadian Hearing Services	Empowering Deaf and hard of hearing Canadians for 85 years. They will be offering free hearing tests during the fair. https://www.chs.ca/BookFreeHearingTest?msclkid=06559752f3f1126ab676f0fbbb8cbb9f	North Bay & Area
13	Clean Green Beautiful North Bay & District Inc.	Clean Green Beautiful North Bay is in its sixth 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 plants and people. We encourage fellow citizens to protect and help maintain our city's beauty, character, and heritage to create an inclusive, resilient community. Clean, Green, Beautiful North Bay Facebook	North Bay & area
14	VON	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

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15	Nipissing Serenity Hospice	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. www.nipissingserenityhospice.ca	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound
16	Aids Committee of North Bay	ACNBA's mission is to assist and support all people infected and/or affected by HIV/AIDS and/or Hepatitis C and to limit the spread of the viruses through education, outreach and treatment strategies. aidsnorthbay.ca	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound
17	Queers Seniors Group	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
18	Alzheimer Society Sudbury-Manitoulin North Bay & Districts	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: https://alzheimer.ca/sudburymanitoulin/en Facebook: https://www.facebook.com/alzheimerismnb/?fref=ts Instagram: https://www.instagram.com/alzheimerismnb/	West Nipissing; North Bay & area; Mattawa & area; East Parry; Sudbury and Manitoulin
19	North Bay Regional Health Centre- Geriatric Emergency Management And Mobile Acute Care of the Elderly Programs	Geriatric Emergency Management 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. Mobile Acute Care of the Elderly 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	North Bay and Area

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20	North Bay Regional Health Centre- Nipissing Specialized Geriatric Services	<p>Seniors' Mental Health 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 Specialized Geriatric Services 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>Behavioural Supports Ontario 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
21	North Bay Regional Health Centre- Volunteer Program	<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 https://nbrhc.on.ca/join-our-team/volunteers/</p>	North Bay and Area and Northeast
	FLEX ROOM		
22	Independence North Bay	Independence North Bay Facebook We offer help to those in need to live safely and independently include meal services.	North Bay & area; East Ferris;
23	Canadian Red Cross	https://www.redcross.ca/in-your-community/ontario/find-a-branch/north-bay-branch The North Branch offers transportation services and hospital transition to home support.	North Bay and Area
24	Hello Darlene	Eldercare Planning, Legacy Planning, Senior Support Services, Companionship, Downsizing, Decluttering, Home Support, Retirement Home Searches & navigation. https://hellodarlene.ca/	North Bay & area; East Ferris; Mattawa & area; East Parry Sound; West Nipissing; West Parry Sound

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25	PHARA	Physically Handicapped Adults' Rehabilitation Association provides services in both official languages to people with disabilities as well as housing opportunities for those with low or moderate incomes. https://www.phara.org/home-english	North Bay and Area
26	Salvation Army	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
27	North Bay Lion's Club	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
28	Symetrics	SYMETRICS is a comprehensive physical rehabilitation clinic which has a mission of providing complete physical rehabilitation for all clients with any musculoskeletal or neuromuscular problem. https://symetricsonline.com/	North Bay and Area
29	YMCA of Northeastern Ontario	The YMCA in North Bay is located at 186 Chippewa Street W, to learn more about programs and service you can visit the website https://www.ymcaneo.ca/ or call 705-497-9622.	Northeastern Ontario
30	Big Brothers Big Sisters of North Bay and District	Big Brothers Big Sisters of North Bay and District is located at 169 Lakeshore Drive. Email: darlene.jamieson@bigbrothersbigsisters.ca Telephone: (705) 474-3041	North Bay and Area
31	Home Instead	Home Instead is personalized in-home senior care services. We have offices across Ontario including Sudbury and North Bay. Telephone: 705-523-1600 https://www.homeinstead.ca/location/3009/	Northeast Ontario
32	Nurse Next Door North Bay	Home health care and support https://www.nursenextdoor.com/locations/thunder-bay-on/	West Nipissing; North Bay & area; Mattawa & area; East Parry Sound; West Parry Sound; Timmins, Huntsville, Bracebridge;
33	City of North Bay	City of North Bay (Arts, Culture and Recreation department) City of North Bay https://northbay.ca/	North Bay and Area

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34	Realty Executives	Realty Services for North Bay and Area specializing in working with Older Adults. https://www.realtyexecutives.ca/	North Bay and Area
35	Canadian Mental Health Association, North Bay and District	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. Main Reception and Support Services - 194 Main Street West, North Bay, ON P1B 2T5 Telephone: 705-476-4088 https://nbd.cmha.ca/about-cmha/contact-us/	North Bay and Area

Geography 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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