

A GUIDE FOR SENIORS

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COMMUNITY AGENCIES' INFORMATION

Alzheimer Society of Cambridge (The)

1

940 King St E

Cambridge, ON N3H 3P3

Telephone: (519)650-1628

fax: (519)650-1629

E-mail: alzcam@golden.net

Website: www.alzheimercambridge.on.ca/

Contact: Kimberly Roberts, Executive Assistant, Phone: (519)650-1628, Fax: (519)650-1629, Email: Kimberly@alzheimercambridge.on.ca

Description:

Dedicated to enhancing the lives of persons with Alzheimer's Disease and Related Dementias and their caregivers by providing support, information, education, public awareness, advocacy and promotion of research.

Anglican Church of Canada

2

St. Jame's Anglican Church

520 Elli's Rd

Cambridge, ON N3C 4B1

Telephone: (519)658-4547

Crisis(519)716-2855

fax: (519)658-9915

Website: www.stjamesang.ca

Contact: Rejd Canon George Ferris, Rector

Description:

Anglican worship centre with Parish Hall for church and rental use ; center for weekly women's meeting .

Calvary Pentecostal Assembly **3**

127 Hespeler Rd
Cambridge, ON
Telephone: (519)621-6310

Cambridge 50+ Recreation Centre **4**

Travel Club

Allan Reuter Centre
507 King St W
Cambridge, ON N3H 3N4
Telephone: (519)653-8822 ext.336
fax: (519)653-4302
Contact: Elaine Downton, Recreation Coordinator, Phone: (519)653-8822 ext.332,
Fax: (519)653-4302, Email: downtone@city.cambridge.on.ca

Description:
Travel club for members of the City of Cambridge 50+ Recreation Centres.

Cambridge Active Self Help **5**

13 Water St N
Cambridge, ON N1R 3B2
Telephone: (519)623-6024
fax: (519)623-1924
E-mail: general@cambridgeactiveselfhelp.ca
Website: www.cambridgeactiveselfhelp.ca
Contact: Mikayla Goving, Facilitator, Phone: (519)623-6024, Fax: (519)623-1924,
Email: govingm@self-help.ca

Description:
C.A.S.H. is a self help and peer support organization that offers a variety of mental health related information and services including: Self Help Recovery Centre, Peer Support Groups, Self Help Resource Centre, Community Access Program (C.A.P).

Cambridge Alliance Church

6

Fairview Mennonite Home
515 Langs Dr, 2nd Flr Auditorium

Telephone: (519)653-4145

E-mail: office@cambridgealliancechurch.ca

Website: www.cambridgealliancechurch.ca

Contact: Rev.Ralph Westendorp, Pasor, Phone: (519)653-4145, Email:
ralph@cambridgealliancechurch.ca

Description:

Religious Organization conducts worship services on Sundays 10:30-12:00; Bible study groups day time and/or evening; Jr. & Sr. youth events - Weekly.

Cambridge Country Manor

7

3680 Speedsville Rd
Cambridge, ON N3H 4R6

Telephone: (519)650-0100

Website: www.caessantcare.com/cambrid.htm

Contact: Heather Richardson, Administrator, Phone: (519)650-0100, Email:
plapier@caessantcare.com

Description:

Cambridge Country is a long-term care facility. 79 beds are available. Private, semi-private rooms and ward are available.

Cambridge Memorial Hospital

8

Seniors Mental Health Clinic

700 Coronation Blvd
Cambridge, ON N1R 3G2

Telephone: (519)740-4981

E-mail: mentalhealth@cmh.org

Description:

Psychogeriatric team provides in home assessment, counselling, and support. Assists in maintaining seniors in their homes.
Referrals to community agencies.

Cambridge Memorial Hospital, Mental Health Services

9

700 Corontation Blvd
Cambridge, ON N1R 3G2

Telephone: (519)621-2330

fax: (519)740-4938

Website: www.cmh.org

Contact: Tammie Corrigan, Administrative Assistant, Phone: (519)621-2330 ext.3325

Description:

Cambridge Memorial Hospital provides supportive and therapeutic services to people who are experiencing mental health difficulties.

Cambridge Non-Profit Housing Corporation

10

123 Water St N
Cambridge, ON N1R 3B7

Telephone: (519)622-5535

fax: (519)622-9688

Contact: Steve Garrison, General Manager, Phone: (519)622-5535 ext.29, Fax: (519)622-9688, Email: cambridge1@rogers.com

Description:

Operates seven affordable housing sites in the City of Cambridge. Rental housing is available to families and seniors. Seventy percent of the 387 units are subsidized and the remaining are rented at full market value.

Cambridge Self-Help Food Bank (The)

11

54 Ainslie St S
Cambridge, ON N1R 3K3

Telephone: (519)622-6550

fax: (519)622-9076

E-mail: info@cambridgefoodbank

Website: www.cambridgefoodbank.on.ca

Contact: Pat Singleton, Executive Director, Phone: (519)622-5978 ext.103, Fax: (519)622-9076, Email: psingleton@cambridgefoodbank.on.ca

Description: The Cambridge Self-Help Food Bank (Food hamper) provides assistance to those living below the poverty line.

Cambridge Seventh Day Adventist Church

12

1725 Beavercell Rd

Cambridge, ON N3C 2V3

Telephone: (519)575-9740

Website: www.cambridgeesda.com

Contact: Dirk Zinner, Pastor, Phone: (519)650-3397

Description:

It provides various services and that are: Religious services, Emergency food distribution, Health classes, vegetarian cooking classes, smoking cessation classes, health screening

Cambridge Shelter Corporation

13

The Bridges

26 Simcoe St

Cambridge, ON N1R 8P2

Telephone: (519)624-9305

fax: (519)624-0801

Website: www.cambridgesheltercorp.ca

Contact: Anne Tinker, Executive Director, Phone: (519)624-9305 ext.107, Fax: (519)624-0801, Email: anne@cambridgesheltercorp.ca

Description:

Emergency shelter for individuals and families. Offers a wide variety of programs and services including addiction support and referrals.

Canadian Diabetes Association

14

Central West Ontario Region

14 Irvin St, Suite 1

Kitchener, ON N2H 1K8

Telephone: (519)742-1481

fax: (519)742-1282

Website: www.diabetes.ca

Contact: Kerry Bruder, Regional Director, Phone: (519)742-1481 ext.223, Fax: (519)742-1282, Email: kerry.bruder@diabetes.ca

Description:

Promotes the health of Canadians through diabetes research, education, service and advocacy. Regularly scheduled information evenings, support groups, resource library, referral and information. Summer camps specifically geared to children with diabetes.

Canadian Mental Health Association

15

Grand River Branch Center for Mental Health

9 Wellington St, Unit 3
Cambridge, ON N1R 3Y4

Telephone: (519)740-7782

CrisisCrisis Services of Waterloo Region:(519)744-1813

Toll Free: 1-866-366-4566

fax: (519)740-0461

E-mail: admin@cmhagrb.on.ca

Website: www.cmhawrb.on.ca

Contact: Paula Pedrosa, Resource Centre Administrator, Phone: (519)740-7782
ext.222, Fax: (519)740-0461, Email: pedrosap@cmhagrb.on.ca

Description:

The Canadian Mental Health Association (CMHA) exists to promote the mental health of all people and to provide support to individuals experiencing mental health concerns, their families and friends. The work of the organization focuses on combating mental health problems and emotional disorders. The tools include research and information services, sponsored research projects, workshops, seminars, pamphlets, newsletters and resource services.

Canadian Mental Health Association

16

Grand River Branch Crisis Services

67 King St E
Kitchener, ON N2G 2K4

Telephone: (519)744-7645 Ext.222

Crisis519-744-1813, 1-866-366-4566

Contact: Sharon Zehr, Team Leader, Phone: (519)744-7645 Ext.241, Email:

zehrs@cmhagrb.on.ca

Description:

A telephone line supplying the Region of Waterloo with a 24-hour Crisis Service. It has the capability to connect with a Mobile Outreach team 24 hours a day, 365 days per year. This line is not anonymous but all information is confidential. Callers must provide their name, address and circumstances of the crisis.

Canadian Red Cross

17

17 Cambridge St
Cambridge, ON

Telephone: (519)621-1840

fax: (519) 624-5709

E-mail: cambridge@redcross.ca

Website: www.redcross.ca

Contact: Teresa Bartlett, Community Services Coordinator, Canadian Red Cross,
Phone: (519)621-1840, Email: teresa.bartlett@redcross.ca

Description:

Humanitarian organization serving the most vulnerable in the community. We offer Personal Disaster Assistance to those affected by fire or other emergency; Home Healthcare Equipment Rentals, First Aid, CPR,AED, and Babysitter courses, Respect Ed programs as well as International and Youth programming.

Ceder Creek Community Church

18

2042 Dumfries Rd, RR 4
Cambridge, ON N1R 5S5

Telephone: (519)624-8321

fax: (519)624-8390

E-mail: karene@cedarcreekcc.ca

Website: www.cedarcreekcc.ca

Contact: Rev. Ian Elliot, Sr. Paster, Email: elliott_ian@hotmail.com

Description:

This is affiliated with 'The Evangelical Fellowship Baptist Churches of Canada'.

CITY OF CAMBRIDGE

19

Allan Reuter Centre

507 King St

Cambridge, ON N3H 3N4

Telephone: (519)653-8822

fax: (519)653-4302

Contact: Debra Gilpin, Manager, Phone: (519)653-8822 ext.335

Description:

This centre offers variety of fitness, craft, special interest programs for seniors (50+) Membership is required; members will enjoy discounted price for fitness and other activities.

CITY OF CAMBRIDGE

20

David Durwood Centre

62 Dickson St

Cambridge, ON N1R 1T8

Telephone: (519)740-4630

fax: (519)624-8992

Contact: Caralee Robertshaw, Phone: (519)740-4630 ext.229

Description:

This Centre offers variety of fitness, computer, craft, special interest, support and cooking programs. Drop in programs and social events are organized by the volunteers. Membership is required to participate in the drop-in-programs; members also enjoy a discount off the regular price of registered programs and access to the fitness/workout room.

CITY OF CAMBRIDGE

21

G.E:(Ted) Wake Lounge

W.G. Johnson Centre

31 Kribs St

Cambridge, ON N3C 2L3

Telephone: (519)654-9001

fax: (519)654-0033

Contact: Paula Ridge, Area Recreational Manager, Phone: (519)654-9001 ext..225

Description:

This centre offers variety of programs for older adults (50+). Membership is required to participate in the programs. Hot meals are provided on Fridays; light snacks, sandwiches, soups are prepared on other days of the week.

Community Care Access Centre Of Waterloo Region - Cambridge 22

73 Water St N

Cambridge, On N1R 7L6

Telephone: (519)748 2222

fax: (519)623 5068

Website: www.ccac-ont.ca

Description:

- The Waterloo Wellington Community Care Access Centre (CCAC) offers a wide range of community based health services such as in-home professional health care services, support services and case management. The CCAC helps people of all ages who need assistance in order to return home from hospital, avoid a hospital stay or remain independent at home. CCAC also works with clients to assist them with the placement process to a long-term care home should that be required.

- In-home services are provided by our contracted Service Provider agencies. Services include: Nursing, Physiotherapy,

Community Justice Initiatives of Waterloo Region 23

St. Peter's Church

49 Queen St N, 3rd Flr

Kitchener, ON N2H 2G9

Telephone: (519)744-6549

fax: (519)744-6502

E-mail: info@cjiwr.com

Website: www.cjiwr.com

Contact: Leslie Waye, Office Coordinator, Phone: (519)744-6549 ext.209, Fax: (519)744-6502

Description:

Community Justice Initiatives (CJI) is a non-profit organization, known world-wide as having started the first Restorative Justice program. We provide services in conflict resolution, group support for persons impacted by sexual trauma, and support for federally sentenced women through a weekly recreation program (SOWOC) and Community Connections on sight at Grand Valley Institute for Women.

COMMUNITY SERVICES DEPARTMENT

24

City of Cambridge Cambridge Center for the Arts

New Civic Square
60 Dickson St
Cambridge, ON N1R 1T8

Telephone: (519)622-9676

fax: (519)624-8992

Website: www.city.cambridge.on.ca

Contact: Gwen Stott, Area Manager for Recreation, Phone: (519)740-4681 ext. 4366,
Email: stottg@city.cambridge.ca

Description:

Art Gallery featuring a number of exhibits per year. Gift shop featuring an excellent selection of art by local artists;
Registered programs in dance, literary arts, visual arts, music;
Adult speaker Series on a variety of art-related topics; Freya Film Nights, Pottery Studio;
Artists- in- residence Program and the Cookies & Kids Performing Arts Science for families.

Community Support Connections

25

Meals on Wheels and More

800 Franklin Blvd, Unit 4B
Cambridge, ON N1R 7Z1

Telephone: (519)772-8787

fax: (519)740-7702

E-mail: info@communitysupportconnections.org

Website: www.communitysupportconnections.org

Contact: Monica Morrison, Program Manager Cambridge Site, Phone: (519)772-8787, Fax: (519)740-7702, Email: monicam@communitysupportconnections.org

Description:

Provides services to older adults, people with disabilities, and recently convalescing in their homes. Services include: Meals on Wheels. Home Help, Home Maintenance, Homemaking, Reassurance and Security Checks, Snow Removal, Dine and Dash Club.

Fairview Mennonite Home

26

515 Langs Dr

Cambridge, ON N3H 5E4

Telephone: (519)653-5719

E-mail: info@fairviewmennonitehomes.com

Contact: Tim Kennel, Email: tkennel@fairviewmennonitehomes.com

Description:

It provides programs, services and activities for adults +55

It serves as senior centre: Fabulous hot noon meal, Massage, Hairdresser/Barber, Foot care Clinic, Clothing Sales etc. Assisted care and long term care also provided.

First United Church

27

15 Wellington St

Cambridge, ON N1R 3Y4

Telephone: (519)621-8441

E-mail: firstchurch@bellnet.ca

Contact: Robert Merritt, Reverend

Golden Years Nursing & Assisted Living Centre

28

704 Eagle St N

Cambridge, ON N3H 4T3

Telephone: (519)653-5493

fax: (519)650-1495

Website: www.goldenyearscambridge.com/

Description:

It provides residential support for seniors. Also provides support to physically and mentally challenged individuals ; long term care accommodation is also available.

Grand River Retirement Home

29

62 Grand Ave N

Cambridge, ON N1S 2K9

Telephone: (519)621-5502

Description:

Seniors' residents; long term care is also provided subsidized rates are available.

Heart and Stroke Foundation

30

Waterloo Region

1373 Victoria St N, Unit 2
Kitchener, ON N2B 3R6

Telephone: (519)571-9600

fax: (519)571-9832

Website: www.heartandstroke.ca

Contact: Gloria Picanco, Area Manager, Phone: (519)571-9600, Fax: (519)571-9832,
Email: gpicano@hsf.on.ca

Description:

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy.

Hilltop Manor

31

42 Elliot St
Cambridge, ON N1R 2J2

Telephone: (519)621-3067

Description:

Hilltop Manor is an inviting and respected home with five distinct specialty care areas, including two secure Alzheimer units. Residents receive help with activities of daily living, enjoy recreation and restorative care programs with respectful medical and nursing care as needed.

HopeSpring Cancer Support Centre

32

51 Cambridge St
Cambridge, ON N1R 3R8

Telephone: (519)624-5855
Crisis(519)624-5852

E-mail: cambridge@hopespring.ca

Website: www.hopespring.ca

Contact: Catherine Shaver, Centre Manager, Phone: (519)624-5855, Fax: (519)624-5852, Email: cshaver@hopespring.ca

Description:

HopeSpring offers a variety of programs and services to people in the community affected by cancer. These programs are offered free of charge, do not require a medical referral, and are available in Waterloo and Cambridge. Programs include courses, workshops, seminars, gentle exercise, relaxation therapies, and information nights.

INDEPENDENT ANGLICAN CHURCH, CANADA **33**

St. Matthew's Cathedral

Church
18 Harvey St
Cambridge, ON N3C 1M6
Telephone: (519)651-2775

Contact: Rev. R.A. Ballenthin, Dean

Description:
Cathedral of the independent Anglican Church. It provides weekly worship services, Bible Studies, social programs.

Islamic Centre of Cambridge **34**

16 International Village Dr
Cambridge, ON N1R 8G1
Telephone: (519)740-6855

Contact: Mr. Kalid Khokhar, Principal, Phone: (519)740-6855

Description:
This centre offers family/religious counselling for youth, adults and seniors.

John Howard Society of Waterloo-Wellington **35**

Cambridge Office

73 Water St N, Unit 3
Cambridge, ON N1R 7L6
Telephone: (519)622-0815

fax: (519)622-7043

E-mail: ccc@waterloo.johnhoward.on.ca

Website: www.waterloo.johnhoward.on.ca

Contact: Holt Sivak, Programme Manager, Phone: (519)622-0815 ext.214, Fax: (519)622-7043

Description:

Description The John Howard Society is an organization of citizens who accept responsibility for understanding and dealing with the problems of crime and the criminal justice system. The John Howard Society is a non-profit organization that offers programs aimed to reduce recidivism among people who have been in trouble with the law and prevent delinquent behaviour among youth who may be at risk of offending.

Knox United Church

36

92 Northumberland St
Ayr, ON

Telephone: (519)632-7461

Contact: Rev.Fred Hagle, Phone: (519)632-7461, Email: rev.hagle@knoxuayr.com

Description:

Place of worship.

It is a non-profit organization that provide sermons and special events like the country carnival.

Knox's Galt presbyterian Church

37

2 Grand Ave S
Cambridge, ON

Telephone: (519)621-8120

fax: (519)621-8129

E-mail: knoxgalt@golden.net

Website: www.knoxgalt.org

Contact: Katherine Krulicki, Admin. Assistant, Church, Phone: (519)621-8120,
Email: knoxgalt@golden.net

Description:

They are worshipping, working community of the Christian Faith.

They teach, preach, learn from and celebrate Christian Faith through God's word - The Bible.

Langs Farm Village Association

38

887 Langs Dr, Unit 1
Cambridge, ON

Telephone: (519)653-1470 Ext#228

Contact: Tammy Saunders, Email: tammys@langs.org

Description:

It offers community programs; employment counselling and services; children and youth programs; summer camps; medical counselling.

It also conducts free tax clinics for low income families and seniors.

Lutherwood

39

Housing Services Housing Counselling Program

35 Dickson St
Cambridge, ON N1R 7A6

Telephone: (519)623-9380

Website: www.lutherwood.ca

Contact: Shelly Johnston, Phone: (519)623-9380 Ext.110

Description:

The Housing Coordinator provides assistance with accessing or maintaining rental housing. Clients can access housing information, referrals, assistance with applying for subsidized housing, individual housing counselling, etc. Clients can also access the independent resource centre allowing them free use of computers, internet, telephones, newspapers, photocopiers and fax machines.

Maranatha Christian Reformed Church

40

94 Elgin St S
Cambridge, ON N1R 5G5

Telephone: (519)623-8151

fax: (519)623-8382

Website: www.maranathacrc.com

Contact: John Vanderstoep, Pastor, Phone: (519)623-8156, Fax: (519)623-8382,
Email: johnvanderstoep@sympatico.ca

Description:

Religious organization

Marsdale Manor Retirement Residence

41

25 Linnwood Ave
Cambridge, ON N1R 1V2

Telephone: (519)622-5864

fax: (519)622-5586

E-mail: marsdalemanor@bellnet.ca

Contact: Linda Rock, Manager, Phone: (519)622-5864, Fax: (519)622-5586, Email: marsdalemanor@bellnet.ca

Description:

Retirement home with 24 hour qualified nursing care, three meals daily, laundry, housekeeping and recreational activities.

MENNONITE CHURCH CANADA

42

**Mennonite Church Eastern Canada
Calvary Church**

173 Northumberland St
Ayr, ON N0B 1E0

Telephone: (519)632-7110

E-mail: calvarychurchx@rogers.com

Contact: Rev. Lloyd Oakey, Pastor

Ontario

43

**Ministry of Community and Social Services
Ontario Disability Support Program**

Cambridge Place
73 Water St
Cambridge, ON

Telephone: (519)623-1230;(888)214-0738

Contact: Program Manager, Phone: (519)623-1230 ext. 207

Description:

The Ontario Disability Support Program (ODSP) is designed to meet the unique needs of people with disabilities who are in financial need, or who want and are able to work and need support. Ontarians 65 years or older who are not eligible for Old Age Security may also qualify for ODSP supports if they are in financial need.

Ontario Retirement Communities Association

44

2155 Leanne Blvd

Mississauga, ON L5K 2K8

Telephone: (905)403-0500

fax: (905)403-0502

E-mail: jilldavies@orca-homes.com

Website: www.orca-homes.com

Contact: Gord White, CEO, Phone: (905)403-0500 ext.222, Fax: (905)403-0502,
Email: gord@orca-homes.com

Description:

ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residents in Ontario. The Ontario Retirement Communities Association operates a toll-free Retirement Home Complaints Response and Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

Ontario. Ministry of Community and Social Services

45

Welfare Fraud Unit

Telephone: 1-800-394-7867

fax: 1-866-681-3154

Website: www.cfcs.gov.on.ca

Description:

The Welfare Fraud hotline number is available for the public to report suspected cases of Ontario Works or Ontario Disability Support Program fraud. Callers will be asked for the name, address, telephone number of the person who may be committing the fraud, as well as details of the alleged fraud. Callers can remain anonymous.

PEOPLE CARE INC.

46

Hilltop Manor Cambridge

42 Elliott St

Cambridge, ON N1R 2J2

Telephone: (519)621-3067

fax: (519)621-3443

Website: www.peoplecare.ca

Contact: LynetteAudet, Executive Director, Hilltop Manor Cambridge, Email:
laudet@hilltopmanor.com

Description:

Long term care home with five distinctive specialty care areas including two secure Alzheimer units. Residents receive help with activities of daily living, enjoy recreation and restorative care programs with respectful medical and 24 hour nursing care as needed.

Riverbend Place

47

650 Coronation Blvd
Cambridge, ON N1R 7S6
Telephone: (519)740-3820

Description:

Riverbend Place is a Multi Level Retirement Community which includes Independent Apartments, Apartment Plus with full services, Retirement Lodge and Long Term Care Nursing. They offer comfortable retirement living in a safe and secure environment. Subsidy available

Riverside Manor

48

54 Grand Ave N
Cambridge, ON N1S 2K9
Telephone: (519)621-5256

Description:

Nursing and personal care facilities. Retirement homes: assisted and independent living.

Salvation Army Community Church

49

Hespeler Community Church

18 Tannery St
Cambridge, ON N3C 2B9
Telephone: (519)658-9850
fax: (519)658-9457
E-mail: svl@bellnet.ca

Contact: Major Renee Clarke, Paster, Salvation Army, Phone: (519)658-9850

Description:

It's a community church, operates Soup Kitchen besides providing regular church services. It gives out food vouchers, clothing, and diapers to those in need.

Seniors For Seniors

50

279 Weber St N, Ste 28
Waterloo, ON N2J 3H8

Telephone: (519)585-0845

E-mail: seniorsforseniors@bellnet.ca

Website: www.srs4srs.org

Contact: Program Manager, Phone: 519-585-0845, Email:
seniorsforseniors@bellnet.ca

Description:

Seniors for Seniors®, is a commercial organization catering exclusively to the needs of senior citizens and older adults.

They offer overnight and live-in companion, home care support (cleaning, cooking etc), Driving services and registered nursing services.

St. Andrew's Terrace Long Term Care Community

51

255 St. Andrew's St
Cambridge, ON N1S 1P1

Telephone: (519)620-9512

fax: (519)620-1432

Website: www.snr.on.ca

Contact: Donna Heffron, Administrator, Phone: (519)620-9512, Fax: (519)620-1432,
Email: donna_heffron@snr.on.ca

Description:

Inviting and peaceful garden areas enhance this beautiful 128-bed long-term care community. St. Andrew's Terrace is unique in offering multiple levels of care for those who require mild to high assistance. Among its many desirable features, St. Andrew's Terrace boasts the Snoezelen Room, a multi-sensory environment that provides an atmosphere of relaxation, leisure and enjoyment for residents.

St. Andrews Galt Presbyterian Church

52

130 Victoria Ave
Cambridge, ON N1S 1Y2

Telephone: (519)621-3630

fax: (519)621-2055

E-mail: standrews11@bellnet.ca

Contact: Stacey Yale, Admin. Assistant

Description:

It's a place of worship where the Gospel of Jesus Christ is celebrated.

St. John Ambulance

53

Cambridge Branch

56 Jaffray St

Cambridge, ON N1R 3H9

Telephone: (519)740-8895

fax: (519)740-8642

Website: www.sja-cambridge.ca

Contact: Myra Klaasen, Executive Director, Phone: (519)740-8895, Fax: (519)740-8642, Email: camry@golden.net

Description:

First Aid and CPR training for work places and the general public.

Therapy Dog Program: Volunteers and their dogs visit local nursing and retirement homes

St. Luke's Place

54

1624 Franklin Blvd

Cambridge, ON N3C 3P4

Telephone: (519)658-5183

Description:

Nursing facility; long term care; respite care; palliative care; assisted living, independent living apartments; subsidy is available; meals, and recreational activities.

St. Peter's Ev. Lutheran Church, Cambridge

55

St. Peter's Ev. Lutheran Church

10 King St E

Cambridge, ON N3H 3P2

Telephone: (519)653-4721

E-mail: secretary@stpeterscambridge.com

Contact: Heidi Wachowiak, Pastor, Phone: (519)653-4721, Fax: (519)653-1115

Description: It is a faith based organization

Stirling Heights Long Term Care Centre

56

200 Stirling MacGregor Dr
Cambridge, ON N1S 5B7

Telephone: (519)622-3434

Description:

Retirement home: Live-in" pets, Residents' Council, Volunteer Program, Outdoor Gardens/Horticultural Activities, Comfort Care Coordinator, Specialized Skin and Wound Care Program (with 3M Canada)

"Gentle Care" Philosophy, Family Council, Holistic Approach, Exercise and Weight Training.

Terraces By Hallman

57

10 Melville St N
Cambridge, ON N1S 1H5

Telephone: (519)621-2777

Description:

Retirement communities; retirement homes.

The Hanning Houses

58

540 Queenston Rd
Cambridge, ON N3H 3J8

Telephone: (519)650-2505

Description:

Retirement home and retirement communities

The Life Centre

59

425 Hespeler Rd, Suite 369
Cambridge, ON N1R 8J6

E-mail: info@thelifecentre.ca

Contact: Sam Sibley, Pastor, Phone: (519)651-1800, Email: sam@thelifecentre.ca

Description:

Religious non-profit organization.

The Marian Residence **60**

640 Hillview Rd

Cambridge, ON N3H 5H3

Telephone: (519)653-0363

Contact: Marian R, Administrator, Email: marianr@bellnet.ca

Description:

Retirement home; drop in centre, activities for seniors, tea-room; Assisted and independent living unit; Nursing facilities, Doctor visits once a week.

Trinity Anglican Church - Cambridge **61**

12 Blair Rd

Cambridge, ON N1S 2H5

Telephone: (519)621-8860

E-mail: trinityanglican@bellnet.ca

Website: www.trinityanglican.on.ca

Contact: Email: trinityanglican@bellnet.ca

Description:

It provides religious programs and church services. People get nursery care during the service time.

UNITED CHURCH OF CANADA **62**

Grace United Church

3258 Roseville Rd E, RR 1

Ayr, ON N0B 1E0

Telephone: (519)696-2794

Contact: John Seaton, Co-Chair of Board, Phone: (519)623-1359

Description:

Sunday worship services at 11:15 a.m.

Victim Services of Waterloo Region **63**

Waterloo Region Police, Division 2

176 Hespeler Rd

Cambridge, ON N1R 6V7

Telephone: (519)585-2363
Crisis(519)585-2363

fax: (519)579-5593

E-mail: victimservices@wrps.on.ca

Website: www.vswr.ca

Contact: Kim Clark, Executive Director, Phone: (519)585-2363, Fax: (519)579-5593,
Email: kim.clark@wrps.on.ca

Description:

The Organization provides assistance to victims of crime, trauma and tragic circumstance, either at the scene of an incident or at a later date, via telephone or in person.

Victoria Lodge Retirement Home

64

144 Piper St
Ayr, ON N0B 1E0

Telephone: (519)632-7541

Description:

Retirement home. Nursing facilities are available. Activities are conducted for the residents

W.G. Johnson Centre

65

31 Kribs St
Cambridge, ON N3C 2L3

Telephone: (519)654-9001

fax: (519)654-0033

Website: www.citycambridge.on.ca

Contact: Paula Ridge, Area Recreation Manager, Phone: (519)654-9001, Fax:
(519)654-0033, Email: ridgep@citycambridge.on.ca

Description:

Indoor pool featuring a 1M diving board, Tarzan rope, gym, sauna, patio, gallery, seniors centre, conditioning centre, water slide, and hot tub.

Activities include: Aquatics, Fitness and Youth Oriented Activities.

Waterloo Wellington Community Care Access Centre

66

Head Office

800 King St W

Kitchener, ON N2G 1E8

Telephone: (519)748-2222

fax: (519)883-5555

E-mail: information@ww.ccac-ont.ca

Website: www.ww.ccac-ont.ca

Contact: Intake Department, Phone: (519)748-2222, Fax: (519)883-5555

Description:

The Waterloo Wellington CCAC coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability. Their services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort and privacy of their own homes.

Wesley United Church

67

6 Cambridge Street N

Cambridge, ON N1R 3R6

Telephone: (519)621-6060

fax: (519)621-6061

E-mail: information@wesleyunited.ca

Website: wesleyunited.ca

Contact: Ron Vincent-Haven, Reverend, Phone: (519)621-6060, Fax: (519)621-6061

Description:

It provides family worship services. It also provides rental units for ESL classes and New Hope Group. Weddings, Funerals and concerts.

Women's Crisis Services of Waterloo Region

68

Haven House Anselma House

Telephone: (519)653-2289
Crisis(519)653-2422

fax: (519)653-0902

E-mail: info@wcsvr.org

Website: www.wcsvr.org

Contact: Jane Ryan, Office Manager, Phone: (519)653-2289 ext.235, Fax: (519)653-0902, Email: jane.ryan@wcsvr.org

Description:

Women's Crisis Services of Waterloo Region has a commitment to helping women and children develop new family patterns, free from abuse in an atmosphere of trust and openness. The services of Women's Crisis Services of Waterloo Region are open to all women irrespective of ethnicity, sexual orientation, physical ability and age.

YMCA

69

Maintenance and Wellness Services

250 Hespeler Rd
Cambridge, ON N1R 3H3

Telephone: (519)623-9622

Website: www.ymcacambridge.com

Contact: Carla Almeida, Email: carla_almeida@ymca.ca

Description:

YMCA is the leading provider of wellness services. Through wellness program, it offers various exercises programs to Seniors, conducts wellness seminars and group discussions on health related matters for seniors.

PROGRAMS AND SERVICES (FEDERAL/PROVINCIAL)

FINANCE

Canada Pension Plan, The (CPP)

A CPP retirement pension is a monthly benefit paid to people who have contributed to the Canada Pension Plan.

- To qualify: you are at least 65; **or**
- you are between 60 and 64, and meet the earning requirements set out in the legislation.

Pension does **not** start automatically. **You must apply for it** (unless you already receive a CPP disability benefit and turn 65, at which point your disability benefit automatically changes to a retirement pension).

Your pension starts at the **latest** of the following times:

- the month after your 60th birthday,
- the month you specify on your application, or
- the month after the CPP receives your application.

It is not a requirement, but it's better to apply for CPP 6 months before to the date that you want to receive.

There are three kinds of Canada Pension Plan benefits:

- the **retirement pension**;
- **disability benefits** (for contributors with a disability and their dependent children); and
- **survivor benefits** (including the death benefit, the survivor's pension and the children's benefit).

This is a taxable income.

The Canada Pension Plan records what you pay as contributions and reports them to you on a personal contribution statement. Your *Canada Pension Plan Statement of Contributions* is an important financial document, since it tells you how much your monthly retirement pension could be at age 65. It also gives you estimates on possible disability and survivor benefits that you or your family may be entitled to receive.

To order a copy of this statement:

- Call toll-free **1-877-454-4051**. If you have a hearing or speech impairment and use a teletypewriter (TTY), call **1-800-255-4786**.
- You can also print an *Application for a Statement of Contributions* from the Web site at www.hrsdc.gc.ca/eforms/forms/2006/isp2000e.pdf, fill it out, and mail it to the address on the form.

You can also view and print your *Canada Pension Plan Statement of Contributions* online if you have a Canada Pension Plan/Old Age Security **personal access code**.

To do so, visit the Web site at www.servicecanada.gc.ca, go to "On-line Services and Forms," and under "View or Update," click on "CPP Statement of contributions."

Old Age Security

Old Age Security provides a modest pension at age 65 if you are a low-income senior. To qualify you must:

- be 65 years of age or over, and
- be a Canadian citizen or a legal resident of Canada on the day before the application is approved
- have lived in Canada at least 10 years after reaching age 18.

One **must apply** to get it. Note that this is a taxable income.

Guaranteed Income Supplement (GIS)

GIS provides additional money on top of the Old Age Security (OAS) Pension to seniors living in Canada. You **must apply** for this benefit and renew it each year, either automatically by filling an income tax return by April 30 each year, or by filling out a renewal form. GIS is not taxable income.

Allowance and Allowance for the Survivor:

Allowance and Allowance for the Survivor is a monthly allowance based on the individual income and that of the partner (spouse or common-law).

To qualify one must:

- be between 60-64 years of age, and
- be a Canadian citizen or legal resident
- have lived in Canada at least 10 years after reaching age 18.

To qualify for the Allowance for the Survivor one must:

- meet the criteria for the Allowances, and
- be a widowed person.

This is not a taxable income. One must renew each year automatically by filing an income tax return by April 30, or by filling out a renewal form.

Guaranteed Annual Income System (GAINS)

GAINS is administered by the Ontario Ministry of Finance, ensures a guaranteed minimum income for Ontario Senior citizens by providing monthly payments to qualifying pensioners. Call Ministry of information centre for further details.

Ministry of Finance Information Center:

Toll Free English: 1-800-263-7965; French: 1-800-668-5821

Registered retirement savings plans

A registered retirement savings plan (RRSP) helps Canadians, including self-employed people, save for retirement. RRSPs are federally registered and must meet the requirements of Canada's *Income Tax Act*. You can make tax-deductible contributions to your RRSP based on the amount of income you earn. When you retire, your RRSP will provide retirement income based on your contributions and the return on your RRSP investments.

The year you turn 71 is the last year you can contribute to your RRSP. By the end of that year, you have to choose one of the following options for your RRSP savings:

- transfer them to a registered retirement income fund (RRIF);
- use them to purchase an annuity for life;
- use them to purchase an annuity spread over a number of years; or
- withdraw them and pay tax on the amount you withdrew.

Need more information on RRSPs?

To get a copy of the guide *RRSPs and Other Registered Plans for Retirement*:

- Call toll-free **1-800-959-8281**. If you have a hearing or speech impairment and use a teletypewriter (TTY), call **1-800-665-0354**.

You can also find details on the Canada Revenue Agency's Web site at www.cra.gc.ca/forms.

Retiring abroad: Need more information on retiring abroad?

To get a copy of the publication *Retirement Abroad: Seeing the Sunsets*:

- Call toll-free 1-800-267-8376 in Canada.
- Call 613-944-4000 outside Canada (long-distance charges apply). If you have a hearing or speech impairment and use a teletypewriter (TTY), call 1-800-394-3472.

You can also find details on the Internet at www.voyage.gc.ca. Click on "Publications" in the menu on the left, and then on "Living Abroad."

Tax savings for seniors and pensioners

Sharing pensions to save on income tax

If you are married or in a common-law relationship, you may be eligible to split pension or superannuation income to reduce your income tax. You and your spouse or common-law partner may also be eligible to split annuity and registered retirement income fund (RRIF) payments (including life income fund payments), and RRSP annuity payments if you were 65 or older at the end of the year or if you received the payments because of the death of your spouse or common-law spouse.

Age credit increase could reduce your taxes

The maximum amount used to calculate the age credit has been raised to \$5,177 for the 2007 tax year, reducing taxes for low- and middle-income seniors aged 65 and older.

You can now wait until you are 71 to convert RRSPs

The age limit for converting a registered retirement savings plan (RRSP) to a registered retirement income fund (RRIF) has been increased from 69 to 71.

Call the Canada Revenue Agency toll-free for further information on tax savings.

- Call toll-free **1-800-959-8281**. If you have a hearing or speech impairment and use a teletypewriter (TTY), call **1-800-665-0354**.

You can also visit the Canada Revenue Agency Web site at www.cra-arc.gc.ca.

HEALTH

Ontario Drug Benefit Program

Through the Ontario Drug Benefit (ODB) Program, the Ministry of Health and Long-Term Care covers most of the cost of over 3,200 drug products listed in the Ontario Drug Benefit Formulary/Comparative Drug Index, including some nutrition products and diabetic testing agents.

As long as the ministry has the correct mailing address, individuals will receive notification of their upcoming ODB eligibility by mail about 2 months before they turn 65. For those qualifying as seniors ODB benefits begin on the first day of the month following their 65th birthday.

Seniors, with a valid Health Card, who are turning 65 years of age are automatically entitled to receive benefits under the ODB program, and do not need to apply for coverage. They need only to take their prescription and Health Card to the pharmacy and tell the pharmacist that they are now eligible for the ODB program. The pharmacist will check their eligibility on the government's Health Network System. For more information about the program, or to have a Co-Payment Application Form mailed to you, please call 1-888-405-0405 or (416) 503-4586.

The Assistive Devices Program (ADP)

ADP is offered by Operational Support Branch of the Ontario Ministry of Health and Long-Term Care. This program is to financially assist Ontario residents with long term physical disabilities to obtain basic, competitively priced, and personalized assistive devices appropriate for the individual's needs and essential for independent living.

Eligibility :

- valid health card
- physical disability of six months or longer

Financial Assistance:

- pays up to 75% of the cost of equipment such as artificial limbs, wheel chairs ect.
- Pays 100% of the cost of oxygen and related equipments for seniors and those on social assistance, home care or residing in a long-term care facility and 75% for others.

Contact Information:

- INFOline: 1-877-234-4343 TTY: 1-800-387-5559
- Telehealth Ontario: 1-866-797-000; TTY 1-866-797-0007

Source: <http://www.health.gov.on.ca/english/public/pub/drugs/turning65.html>

SAFETY TIPS FOR SENIORS

Some safety tips for seniors

Always walk in well-lit areas... walking with a companion is safer.
Walk with confidence and be aware of your surroundings-look for the Block Parent Sign!
Carry identification with you at all times.
Keep your doors locked at all times.
Never display large sums of money in public.
Report all suspicious activity to the police.
Never open your door to strangers until you are satisfied with their identity and the purpose of their visit.
Get to know your neighbours

At home

Always keep your doors and windows locked. Install dead-bolt locks in all doors.
Keep your home well lit at night inside and out, and keep your curtains closed at night.
Install a peephole in your front door so you can see callers without opening the door.
Ask for proper identification and the purpose of the visit from delivery people or strangers.
Never let a stranger into your home. If a stranger asks to use your telephone, offer to place the call for him.
Never give out information over the phone indicating that you are home alone or detailing when you will not be home.
Hide your keys in a place that is not conspicuous.
Install a wide-angle door viewer which permits you to see callers before you open the door.

Out and About

Walk only in well-lit areas.
Do not burden yourself with packages or a bulky purse.
Never display large sums of money in public.
Walk near curbs and away from alleys and doorways.
Avoid walking alone at night.

In the Car

Always lock your car immediately on entering or leaving it.
If a stranger stops to offer help, do not get out of your car. Ask the stranger to call a service truck for you.
If you suspect someone is following you, drive to the nearest public place (gas station, all-night restaurant) and blow your horn.
Park in well lit areas.

When you return to your car, always check the front and back seat before you get in.

Never pick up hitchhikers.

Avoid driving and parking in isolated areas.

Keep your gas tank full and your engine properly maintained to avoid breakdowns. If you have car trouble, raise the hood, lock yourself in and wait for the police.

Financial Information

Do not discuss your finances with strangers.

Get to know your bank manager.

Have a will drawn up and notarized by a lawyer who is sensitive to seniors issues.

Arrange to have any incoming cheques such as your pension cheques deposited directly into your bank account.

Keep your money in a bank or financial institution, not at home.

If unable to do your own banking, entrust a relative or friend. Make this person known to your bank manager/ lawyer/ relatives.

Have a person you trust review documents before you sign them.

Do not give either your ATM card or password to anyone.

Set cash withdrawal limits on your account.

Be wary of anyone pressuring you to sell your house.

Don't commit yourself to purchases or charitable donations over the phone. Ask the caller to mail you the information.

Check with the Consumer Association of Canada or the Better Business Bureau before committing to any suspect purchases.

Source:

http://www.coquitlam.ca/Residents/Public+Safety/Police+and+Safety/_Safety+Tips+for+Seniors.htm

PROVINCIAL CONTACT LIST

In an emergency contact	911
Ontario Provincial Police:	1-888-310-1122
Crime Stoppers:	1-800-222-TIPS (8477)
Ministry of Attorney General victim support line:	1-888-579-2888 or 1-416-640-7754
Ontario Network for the prevention of elder abuse:	1-416-640-7754
Advocacy Centre for the elderly:	1-416-598-2656
Ontario Association of Community Care Access Centre:	1-416-750-1720
Retirement Home complaints\ Response\ information:	1-800-361-7254
Long term care ACTION Line:	1-866-434-0144
Victim Support Line:	1-888-579-2888 or 1-416-314-2447
Seniors' infoline:	1-888-910-1999
Find out more information on elder abuse and access to publications, visit: Ontario Seniors' Secretariat: http://www.culture.gov.on.ca/seniors/	

*Source:http://www.settlement.org/sys/link_redirect.asp?doc_id=1001234

LOCAL CONTACT LIST

Cambridge Memorial Hospital, Seniors Health Clinic	519-621-2333 ext.3390
Cambridge Central Ambulance Communications Center	519-653-7958
Canadian Mental Health Distress Centre	519-745-1166
Telecare Distress Centre	519-658-6805
Catholic Family Counselling, seniors and Medication Program:	519-743-6333
Community Support Connections Meals on wheels and more	519-519-772-8787
Disabled Parking Permits (Ministry of Transportation)	519-621-2100
Information Cambridge and North Dumfries	519-740-3030
P.A.T.E.R	519-621-3136
Telehealth Ontario	1-866-797-0000
Urgent Care Clinic	519-624-2273
Waterloo Regional Police	519-653-7700
Garry Goodyear's Office – Cambridge	519-624-7440