

Seniors
Updated: March 2018

Topic	Agency/Program	Resource
Abuse, Assault, & Advocacy	Advocacy Centre for the Elderly	<p>Phone: 416-598-2656 (toll free)</p> <p>Website: acelaw.ca</p> <p>“Provides legal advice and information to low-income seniors 60 years of age and older on issues such as elder abuse, home care, nursing homes, and homes for the aged, and powers of attorney.”</p>
	Seniors’ Safety Line	<p>Phone: 1-866-299-1011</p> <p>Available 24 hours per day, seven days per week.</p> <p><i>“This service is offered to ALL seniors suffering abuse, including mental, physical, sexual, neglect, and financial abuse. Provides counselling, emotional support, information and referrals. Will speak to friends and family members of seniors. Service is anonymous and confidential.”</i></p>
Clubs		
Disease	Alzheimer Society of Cornwall and District	<p>Address: 812 Pitt St., Cornwall</p> <p>Phone: 613-932-4914</p> <p>Website: alzheimer.ca</p> <p>Weekdays: 8:30 am to 4:30 pm.</p> <p>“Provides support, information and education to people with Alzheimer Disease and their families (support groups, information sessions, adult day away program, etc.). Also provides information on dementia. Educational sessions are offered to the public at no charge.”</p>
General Health	Dundas County Hospice	<p>Address: 4353 County Road 31, Williamsburg</p> <p>Phone: 613-535-2215</p> <p>Website: dundascountyhospice.ca</p> <p>Email: info@dundascountyhospice.ca</p> <p><i>Services include: hospice care; caregiver support; palliative care course; equipment loan program; and, community education.</i></p>
	Seaway Valley Community Health Centre	<p>Address: 353 Pitt St., Cornwall</p> <p>Phone: 613-936-0306</p> <p>Email: info@seawayvalleychc.ca</p> <p>Website: seawayvalleychc.ca</p> <p><i>“SVCHS is a charitable, not-for-profit, community-led organization created to provide primary health care, health promotion and community development services to residents of Cornwall and Stormont, Dundas, Glengarry counties... We provide a wide range of health and wellness services and programs to families and individuals who live in the communities we serve. We deliver care in many ways: one-on-one, personal development groups and community initiatives.</i></p>

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		<p><i>Programs/Services: Creating Safer Spaces; Get W.I.T.H. it! (walking in the halls) Heart Wise Walking Program; Cardiac Exercise Program; Nutrition Counselling; Men in the Kitchen: Senior Men’s Cooking Group; Eating for One: Senior’s Nutrition Program; Parenting Without Partners: Free Workgroup Series for Single Parents; Volunteer Opportunities; Heart Institute Education Workshops via Telehealth; GLBTTQ Community Work; Green Food Box; Stress Management Course; Diabetes Education Program; Smoking is a Drag: Countdown to Quit Day; and Livin’ It Up: Seniors Wellness Program.”</i></p>
General Information	Seniors’ INFOLine	<p>Phone: 1-888-910-1999 Website: seniors.gov.on.ca Weekdays from 8:30 am to 5 pm <i>“This service provides answers to questions on seniors’ issues.”</i></p>
Home Support & Support Centres	Carefor Home Health Centre – Eastern Counties Office	<p>Address: 205 Amelia St., Suite 100, Cornwall Phone: 613-932-3451 or 1-800-267-1741 Email: info@carefor.ca Website: carefor.ca <i>“Provides home health care and community support services. Various nursing services available. Foot care services for active people, diabetics, people with heart and circulatory problems, seniors and people with tired and sore feet. Foot Care Nurses provide a wide range of services in a person’s home or at Community Foot Care clinics. Going Home Program provides PSW to seniors or physically disabled adults being discharged from hospital or emergency department – personal care, meal preparation, Meals-on-Wheels, transportation to medical appointments or home from hospital, activities of daily living to a maximum of 32 hours within 10 days of discharge. Fee services also available with respite services and home assistance. Also: wellness clinics, elder abuse program, elder abuse crisis line (1-866-996-0991), befriending program, outreach services, and cancer support network.”</i></p>
		<p>Carefor Nor-Dun Seniors’ Support Centre Address: 517A Albert St., Winchester Phone: 613-774-6109 <i>“Meals on Wheels, diners club, adult day program, transportation, caregiver support/ education, friendly visiting, intervention, and assistance.”</i></p>
	J.W. MacIntosh Seniors’ Support Centre/	<p>Address: 4324 Villa Dr., Williamsburg Phone: 613-535-2924 or 877-881-5888 Website: wnphc.ca/jwmacintosh/</p>

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	Williamsburg Non-profit Housing Corp.	<i>"...(provides) a range of community support services to help seniors, convalescents and adults with physical disabilities to maintain independent lives at home in the communities of Dundas County and area. These services also support family & friends in their caregiving roles."</i>
Long-term Care	Dundas Manor Long-term Care Home	<p>Address: 533 Clarence St., Winchester Phone: 613-774-2293 Website: dundasmanor.ca</p> <p><i>"We assist residents to maintain independence and promote the best quality of life. Our focus is on resident-directed care, working with each resident to create individual plans and goals."</i></p>
Retirement Homes	Chartwell Hartford Retirement Residence	<p>Address: 3 Fifth St. West, Morrisburg Phone: 613-543-3984 Email: lfawcett@chartwell.com</p> <p><i>"Centrally located close to churches, shops and health-care facilities...Whether you are active and independent, or require additional support with daily living, we can tailor our services to meet your needs. On-site amenities include a private dining room to host family and friends, games room, in addition to planned activities all year long."</i></p>
	Garden Villa Retirement Residence	<p>Address: 66 Main St. South, Chesterville (County Road 7) Phone: 613-448-1116 or 866-575-2728 Website: gardenvilla.ca</p> <p><i>"Offering affordable luxury with independent, supportive, and customized living to suit the individual needs of our residents. Featuring a variety of amenities, exciting events, homecooked meals, elegant accommodations and extensive grounds."</i></p>