



UPDATED
2024
EDITION

A Senior's Guide to Navigating Community Resources

FRONTENAC-
KINGSTON COUNCIL
ON AGING



Message from the President:

Welcome to Navigating Community Resources published by the Kingston-Frontenac Council on Aging (COA). The COA, a registered not for profit and its volunteers, has been proudly advocating for and supporting seniors in our community since 1990. The Council is considered the premiere organization to provide Elder Abuse Prevention Education and supports in the South Eastern Ontario region. Our Peer Support volunteers advise on a range of elder abuse from physical and financial, to emotional or psychological abuse.

Elder abuse is a serious and insidious issue that frequently goes unnoticed. Physical elder abuse may include behaviours experienced by the elder like slapping, hitting, forced confinement, or not being allowed to get medical care, through failure to provide adequate necessities for daily living. The financial abuse our Elders experience include taking a Senior's money through pressure or threats, or by abuse of the Power of Attorney, forced sale of belongings, scams, or forging signatures. Emotional or Psychological abuse involves intimidating or belittling seniors, withholding or threatening to withhold supports, marginalizing or wrongly persuading seniors that they are incapable of decision making.

We offer supports including indicator signs to help identify abuse for friends, family, and seniors themselves.

An abuser will imply that without them, the senior would not be able to continue to live in their home. To counter this threat, we provide seniors with this Navigator showing them the services available to them. In addition, this booklet introduces seniors to the businesses and services in our community that can help them age well, safely, and on their own terms.

John Mirski, President, Frontenac-Kingston Council on Aging

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A Senior's Guide to Navigating Community Resources

The Frontenac-Kingston Council on Aging is a volunteer-run charitable not-for-profit organization working to improve the lives of seniors in our community. We rely on grants and private donations from our supporters to fund our projects in the community.

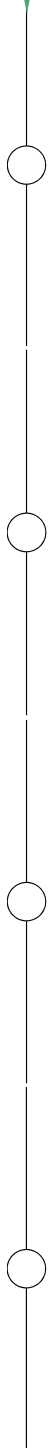
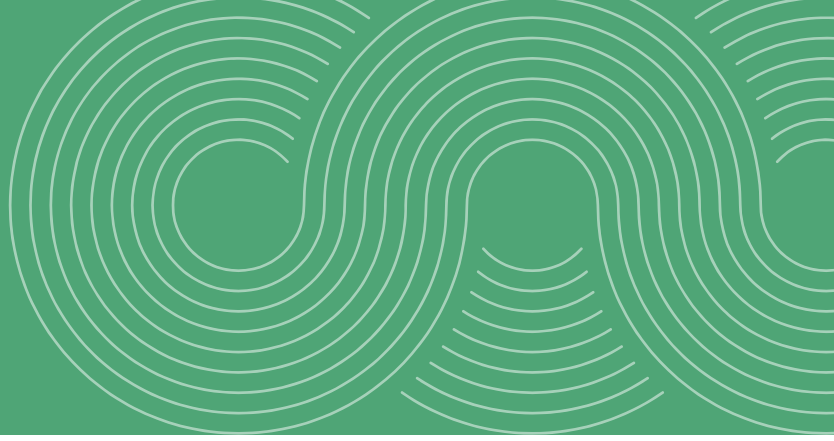
We gratefully acknowledge the support of the Kingston Community Foundation, Kingston Frontenac Rotary Club, Kingston The Rotary Club, and our advertisers in the production of this edition of the Community Guide to Navigating Community Resources.

-- The Board of Directors, Frontenac-Kingston Council on Aging.

Disclaimer:

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Key Tips for Navigating Community Resources




Ask Your Neighbour

Sometimes neighbours can be a fantastic support themselves or may be knowledgeable of local community resources or knowledge brokers.



Ask agencies about services even if they aren't listed

Many agencies will connect you with other agencies or resources in the community if they do not offer a specific service themselves.



The City of Kingston can be a great navigational resource

The City of Kingston can provide you with information about community services, transit, various programs, and recreation activities offered in Kingston. For customer service, call 613 546 4291

The City of Kingston's Recreation and Leisure Guide can be delivered to doorsteps and is also available online at

<https://www.cityofkingston.ca/activities-and-recreation/>



211 can also be a great navigational resource

211 will connect you to a range of non-emergency community, social, government, and health service information. 211 is free, confidential, and multilingual. Dial 2-1-1 or visit www.211ontario.ca



Always leave a message

If you get a voicemail inbox when calling to request or verify services, always leave a message. Speak slowly, state your name and telephone number, a brief sentence about why you are calling and then restate your name and number.

Assistive Devices & Medical Supplies



Altair Electronics – Kingston – Assistive Devices Program Vendor for Communication Aids

750 Progress Ave
Kingston ON

Tel: 613-384-3876 Email: info@altair.ca Website: www.altair.ca

Services:

Assistive Devices Program Vendor for Communication Aids: Large-size monitors, Braille keyboards, Variety of software solutions for vision-impaired clients, Other equipment as authorized or approved under the Assistive Devices Program, Sell and service computers

Fee for service -- Ministry of Health and Long-Term Care Assistive Devices Program funds 75%-100% for individuals they approve -- equipment can also be purchased privately.



Kingston General Hospital Site - Kingston Health Sciences Centre - Ventilator Equipment Pool (VEP)

640 Cataraqui Woods Drive, Unit 6
Kingston, ON

Tel: 613-548-6156 Toll-free: 1-800-633-8977
Email: vep@kingstonhsc.ca Website: www.ontvep.ca

Services:

A home visit can be arranged with a Clinical Educator to review your home equipment and provide support as you start therapy. 24/7 Day on Call RRT.

A Respiratory Therapist is always available by telephone to answer questions or concerns about your VEP provided equipment. Online support

Clients are welcome to request an audio-visual meeting with one of our Respiratory Therapist to review your home equipment



Kingston Oxygen Home Health Care Centre

750 Progress Ave

Kingston ON

Tel: 613-384-3876 Email: info@altair.ca Website: www.altair.ca

Services:

Sales, rentals, repairs, and service of home health care supplies and equipment such as mobility, bathroom safety equipment, and aids to daily living. Contact for more details.



March of Dimes Assistive Devices Program

920 Princess Street

Kingston, ON

Tel: 613-549-4141

Toll-free: 1-888-686-0663

Fax: 613-549-6321

Website: www.marchofdimes.ca

Services:

Assists older adults with physical disabilities to purchase assistive devices that increase their mobility and functional independence.

The program can help to buy, repair, and maintain a wide variety of mobility or assistive equipment. It may also have contact information or resources to assist you in locating additional funding sources for disability management.



Lovell Drugs - Kingston (Medical Arts Pharmacy)

800 Princess Street

Kingston, ON

Tel: 613-549-3000

Website: www.lovelldrugs.com

Services:

Mobility aids (walkers, scooters, wheelchairs), Medication placed in blister packs, Preloaded insulin syringes, licensed to handle methadone, Free delivery within town limits *fee for out of town, Urgent deliveries only offered on Sunday, Ostomy products, Compounding, Free seasonal flu vaccines and travel clinic, Free take-home naloxone kits (emergency response kits for opioid overdose).

Medications Return Program - Safe disposal of expired or unused medications, creams, and inhalers. MedsCheck - Appointments to review complex prescriptions with a pharmacist.



Medigas

500 Gardiners Road , Unit 3b

Kingston, ON

Tel: 613-546-5529

Website: www.medigas.com

Services:

Medigas offers a variety of services and programs including:

Sleep program offered to those with Obstructive Sleep Apnea, Oxygen Devices, Rental Program for clients who require equipment for only a short period of time, Delivery and in-home setup for oxygen, Aids to daily living, Bathroom safety equipment, Beds, Enteral feeding equipment, Respiratory devices and equipment, Seating and mobility aids and device.



Motion

500 Gardiners Road , Unit 3b

Kingston, ON

Tel: 613-546-5529

Website: www.medigas.com

Services:

Provides home health care and assistive equipment to assist you in getting around your home and community.

Products can be purchased or rented. Motion can also help with assistive equipment repairs and maintenance.



Shoppers Home Health Care (Wellwise)

1011 Prince St

Kingston, ON

Tel: 613-531-4104

Website: www.wellwise.ca

Services:

Shoppers Home Health Care offers products that assist with:

Sleep including CPAP equipment, Mobility, Home comfort, Other tools and gadgets, Personal care, Active living.

And for certain conditions including:

Arthritis, Bandages, Cervical pillows, Colostomy supplies, Diabetes management control, Fall prevention, Footcare, Incontinence, Knee and joint, Sleep apnea, Sleep therapy.

Banking Services



Banking

Bank of Montreal (BMO): 1-877-225-5266

Canadian Imperial Bank of Commerce (CIBC): 1-800-465-2422

National Bank: 1-888-835-6281

Royal Bank (RBC): 1-800-769-2511

Scotiabank: 1-800-472-6842

TD Canada Trust: 1-866-222-3456

Services include:

Online banking. Phone Channel - call in, listen to prompts and do the banking over the phone (transfers, bill payments etc). Delivery of only receipts and statements. Support for hearing impaired and those who use TTY (Text telephone), Video Relay, or other Operator Assisted Relay Services. Seats to sit while waiting for a teller.

Caregiver Supports



Rural Frontenac Community Services

1109 Garrett St, PO Box 250

Sharbot Lake, ON

Tel: 613-279-3151 Toll-free: 1-855-279-2052

Email: info@rfcs.ca Website: <https://rfcs.ca/programs/seniors-services/services/>

Services:

Caregiver Counselling and Support

- On the 3rd Wednesday of the month there is a Caregiver Support Group which meets at the Centre (1-42 Elizabeth St) in Sharbot Lake at 1:00pm

Companionship Care



Bayshore Home Care Solutions

650 Dalton Ave, Unit 120
Kingston, ON

Tel: 613-542-4242 Toll-free: 1-866-986-0097

Website: www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/

Provides companionship care, including:

Home check ins, Light housekeeping/laundry, Escorted to appointments and shopping, Light meal preparation, Medication reminders, Caregiver relief, 24/7 day service, Leisure and recreation activities.



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12
Kingston, ON

Tel: 613-634-2273 Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Companionship & Care services include:

Conversation and companionship, Meal preparation, Laundry, Light housekeeping, Grocery shopping/errands, Transportation, Medication Reminders, 24 hour care.



For The Love of Seniors

42 Clairton Place,
Amherstview, ON

Tel: 613-217-0520 Alternate tel: 613-766-7936

Email: lreynolds0570@gmail.com Website: fortheloveofseniors.net

Services:

Provides companionship service.



Heart to Heart Seniors Services Inc.

Tel: 613-767-0820

Email: aggie@h2hcare.ca Website: www.h2hcare.ca

Services:

Provides companionship services



Hospice Kingston

340 Union Street

Kingston, ON

Tel: 613-544-4900 ext. 59180

Email: hospicereferrals@providencecare.ca

Website: www.providencecare.ca/hospice/

Services:

Regular in-home visiting is available from volunteers so you can have someone to talk to and spend time with at home or out in the community. Volunteers offer companionship, conversations, about day-to-day happenings or about favourite pastimes and interests, enjoying some fresh air and by simply being there.

To arrange companionship care, call the office and a client coordinator will follow up to learn about your needs and match you with appropriate services.



Limestone City Home Health Care Service

993 Princess Street, Unit 14, Suite 1424

Kingston, ON

Tel: 613-767-4204

Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Services:

Personal care, Palliative care, Laundry service, Pre- and Post-surgery care, Family support, Companionship, Assistance with daily outings, Registered Practical Nursing Services, 24-hour care, Meal preparation, Respite Care



Quality Care Health Services

1217 Ritchie Rd

Perth Road, ON

Tel: 613-531-0265

Services:

Provides companionship services



Repute Home and Healthcare

637 Norris Court, Unit 8

Kingston, ON

Tel: 613-531-0931

Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Services:

Offers companionship care as part of their other service



Right At Home

1020 Bayridge Drive

Kingston, ON

Tel: 613-902-2330

Website: www.rightathomecanada.com/kingston

Services:

Right at Home caregivers provide assistance so you can live comfortably at home. More importantly, our caregivers promote healthy living and well-being through the benefits of social interaction. Contact a local Right at Home office today to get more information on how we can help you



Saint Elizabeth Health Care

Kingston, ON

Tel: 613-530-3400

Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

The Companionship Program includes:

Transportation, Accompanying you to and from medical appointments, Shopping and other activities, Meal planning and preparation, Grocery shopping, Laundry, Light housekeeping, Social interaction



Spectrum Health Care

2275 Stevenage Drive

Ottawa, ON K1G 3W1

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

Our senior companion care program includes:

Technology assistance (e.g. internet navigation, writing emails or texts, computer help), Medication reminders, Walks, Talks and chats, Light housekeeping chores, Dressing, Yard/lawn care, Reading, Writing letters, Meal preparation, Playing cards or board games

Crisis Intervention & Prevention



Alliance Security Team

299 Concession Street, Suite 310

Kingston, ON

Tel: 613-547-6666

Email: info@alliancewireless.com

Website: www.alliancesecuritykingston.com

Services:

Alliance Security Team offers Medical Alert System to assist in independent living for seniors or people with disabilities. Their alert system includes: Two-way voice activation, 24/7 monitoring, Fall detection technology, Monitoring alarm systems



AMHS - KFLA Crisis Line

Tel: 613-544-4229

Toll-free: 1-866-616-6005

Info line: 613-544-1356

Services:

Caregiving counselling and support. Crisis services including support, advocacy and referrals to other agencies and community services where needed. Available 24/7 to anyone experiencing a crisis



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273

Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Services:

Comfort Keepers provides medical alert systems to help keep you or a loved one safe at home. The button links to the Comfort Keepers Safety Choice Centralized Monitoring Station which will respond promptly.

The medical alert bracelets send an emergency message via a tabletop console connected to a phone line in the home. These consoles, known as Personal Emergency Response Systems (PERS), offer different configurations and features.

Comfort Keepers also offers Medication Safety and Management and Home Monitoring Systems.



Frontenac-Kingston Council on Aging

237 Wellington Street, Kingston ON

Tel: 613-542-1336

Email: infocouncilonaging@gmail.com

Website: www.councilonagingkingston.org

Elder Abuse Line: 1-855-542-1336 or 613-542-1336

Services:

A charitable volunteer organization dedicated to improving the quality of life for seniors. All calls confidential.



Shoppers Home Health Care (Wellwise)

1011 Princess Street

Kingston, ON

Tel: 613-531-4104

Website: www.wellwise.ca

Services:

Shoppers Home Health Care offers personal emergency alert systems with wireless two-way home communication

Day Programs



Rural Frontenac Community Services

1109 Garrett St

PO Box 250

Sharbot Lake, ON

Tel: 613-279-3151 Toll-free: 1-855-279-2052

Website: www.rfcs.ca

Services:

Day Programs consist of a day of social interaction and activities in a group setting. They meet weekly in three locations: Sharbot Lake (Tuesday); Plevna (Wednesday); and Parham (Thursday). We have received rave reviews! Transportation can be arranged. Eligibility is determined by Home and Community Care Support Services



Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON

Tel: 613-376-6477 Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/adult-day-service>

Adult Day Service

A support service that provides supervised individual programming in a group setting for adults who require close monitoring or assistance with personal activities (eg. hygiene, dressing). The service also benefits the frail elderly as well as those with Alzheimer's Disease and other progressive cognitive disorders or dementias of aging. The service assists clients to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and support for their caregivers.

Service components include transportation (if required), social, recreational and physical activities, meals, personal support/attendant care and minor health care (ie. monitoring medication).

Visit the website or call to learn about eligibility criteria and the application process.

Disease Management Support Services



Alzheimer Society, Kingston Frontenac, Lennox, & Addington

400 Elliot Avenue, Unit 4
Kingston, ON

Tel: 613-544-3078 Toll-Free: 1-800-266-7516

Email: ask@alzking.com Website: <https://alzheimer.ca/kfla/en>

Provides resources on:

Dementia diagnosis, Treatment options, Living with dementia, Caring for someone with dementia, Effective communication strategies, Strategies to help keep those with dementia safe in their environment, Understanding changes in behaviour related to dementia , How to get in touch with support groups



Arthritis Society

308 Wellington Street, Suite 100
Kingston, ON

Tel: 613-546-2546 Toll-Free: 1-800-321-1433

Email: info@arthritis.ca Website: www.arthritis.ca

Provides education, programs, and support for those living with arthritis. Self-referral or referral from health care provider. Resources including how to find a doctor, accessing medications, learning to advocate, finding care and our Helpline. Arthritis Rehabilitation and Education Program: Community-based rehabilitation program, with physiotherapists, occupational therapists and social workers available, and individual consultation and group education sessions.

Support and Self-Management Programs:

- Chronic Pain Management workshops - 2-hour course on pain management: participants learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.
- Online self-management courses: E-learning programs: including “Mental Health and Well Being” and “Overcoming Fatigue”



Canadian Cancer Society

496 Days Rd

Kingston, ON

Tel: 1-888-939-3333 Email: frontenac@ontario.cancer.ca

Website: <https://cancer.ca/>

Services:

Local chapter of a national voluntary health organization dealing with cancer, providing information, support and transportation to cancer-related medical appointments.



Community Brain Injury Services - Providence Care

303 Bagot Street, Suite 401

Kingston, ON

Tel: 613-547-6969

Website: <https://providencecare.ca/community-services/community-brain-injury-services/>

Services:

Outreach

- The CBIS Outreach service offers a neurobehavioral approach that involves cognitive, emotional, behavioral, physical and pre-vocational rehabilitation.

Assisted Living Program

- The Assisted Living Program provides ongoing (up to 24-hour) services for adults with severe acquired brain injury who need specialized support to be part of the community.

Psychology Services

- The CBIS neuropsychologist provides assessment (not for diagnosis of brain injury), counselling and consultation as well as clinical direction for all client services.



Diabetes Canada

Toll-Free: 1-800-266-8464

Email: info@diabetes.ca

Website: www.diabetes.ca

Services:

Respond to general information and management questions. Provide you with trusted diabetes resources. Connect you with local, provincial, or national resources tailored to your needs. Refer you to Diabetes Canada's programs and services in your community. Offer encouragement and support



Hospice Kingston - Providence Care

340 Union Street

Kingston, ON

Tel: 613-544-4900 ext. 59180

Website: <https://providencecare.ca/hospice/>

Services:

Hospice Kingston provides care to people with life-limiting illness, their families and caregivers, and those affected by grief and loss. The focus of care is exclusively to provide comfort and enhance quality of life, with no life-prolonging therapies.



Life Labs Kingston

255 Bagot Street, Kingston ON

791 Princess Street, Kingston ON

1473 John Counter Blvd #100, Kingston ON

Tel: 1-877-849-3637 Website: www.lifelabs.com

Services:

Life Labs provides specialized clinical and laboratory testing. This can be done at one of their locations or at home through their Mobile Lab Service. Services can be requested by your family physician or you can call to make an appointment.



Ontario Brain Injury Association

Tel: 905-641-8877

Toll-free: 1-885-642-8877

Help Hotline: 1-800-263-5404

Email: obia@obia.on.ca

Website: www.obia.on.ca

Services:

Provides educational resources for survivors and caregivers, online support groups, helpline, and acquired brain injury education.

Resources Offered:

Brain injury information, Caregiver education program, Local brain injury associations, Online concussion support group, Peer support program, Educational workshops



Parkinson's Canada

Ongwanada Resource Centre

191 Portsmouth Ave

Kingston, ON

Toll-free: 1-800-565-3000 Email: info@parkinson.ca

Website: www.parkinson.ca

Services:

The Kingston chapter offers Parkinson's support groups for those living with Parkinson's Disease and their caregivers. The sessions occur on the 2nd Tuesday of each month at 4:30 PM. Please call for more information about support groups.



Stroke Services - Greater Kingston VON

Tel: 613-634-0130 ext 3469

Email: emilia.leslie@von.ca

Services:

To access services contact directly or have a referral sent on your behalf.

Stroke Services at Greater Kingston Victorian Order of Nurses provides free, non-medical support to anyone affected by stroke. Programming includes a variety of support groups, educational resources, presentations, and programs.

- Monthly in-person group, Napanee, Sydenham, Kingston

Virtual Support groups: stroke support, caregiver support, aphasia support

Falls Prevention



KFL&A Public Health

221 Portsmouth Ave

Kingston, ON

Tel: 613-549-1232 ext 1180 Website: www.kflaph.ca

Services:

KFL&A offers the Fall Prevention Ambassadors Program. Trained volunteers deliver reliable fall prevention information in a 60-minute PowerPoint presentation. Volunteers will come to you.

Call 613-549-1232 ext 1180 to book a presentation for your organization.



Repute Home and Healthcare

637 Norris Court, Unit 8

Kingston, ON

Tel: 613-531-0931 Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Services:

Falls prevention and balance training and Functional and ADL training



Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410

Kingston, ON

Tel: 613-530-3400 Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Services:

Provides fall prevention and risk assessments through their senior care program.



Seniors Association

Main Location: 56 Francis Street, Kingston, ON K7M 1L7
Seniors Centre East: 779 Hwy 15, Kingston, ON K7L 4V3
Seniors Centre West: 1300 Bath Road, Kingston, ON K7M 4X4
Seniors Centre North: 85 McCauley Street, Kingston, ON K7K 6T5
Seniors Centre Dome: 1025 Innovation Drive, Kingston, ON K7K 7G2

Tel: 613-548-7810 Email: info@seniorskingston.ca

Website: www.seniorskingston.ca

Services:

The Seniors Association offers a variety of fitness programs providing exercises to build core muscle strength and help feet stay stable when walking or standing. Call the Seniors Centre for more information.



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

- VON SMART Exercise program: for community members 55+ who, regardless of current levels of ability, wish to maintain or improve one or more of the following areas: upper/lower body strength, balance, and flexibility. The SMART program is ideal for individuals with barriers to traditional exercise groups due to health issues, mobility restrictions, and/or chronic disease.
- Fall Prevention Program: a 12-week program for older adults that will help clients stay strong, on their feet, healthy and injury-free. Balance and strength exercises are adapted to ability. Sessions are led by regulated health professionals and a pre- and post-assessment will be performed.

For program specifics, please contact the VON directly

Foot Care & Orthotic Services



Active Orthopedic Solutions

1469 Princess Street, Suite 4

Kingston, ON

Tel: 613-530-2233

Second Location in Providence Care Hospital

752 King Street West

Tel: 613-544-4900 ext 53595

Website: www.active-ortho.ca

Services:

Assessment and consultation, Custom foot orthotics and bracing, Orthopedic footwear, Show and footwear modification, Equipment rental



Align Orthotics and Rehab

802 John Marks Avenue

Kingston, ON

Second location: 920 Princess Street

Kingston, ON (second floor)

Tel: 613-547-2222

Website: www.alignkingston.com

Services:

Assessment and consultation, Orthotics, Compression stockings, Braces, Footwear recommendations, Exercise recommendations



Bayridge Chiropractic Centre

817 Bayridge Drive

Kingston, ON

Tel: 613-389-2125

Website: www.bayridgechiro.ca

Services:

Chiropractic care, Acupuncture, Biomechanical and computerized gait analysis, Custom orthotics, Therapeutic modalities (laser, ultrasound, electrotherapy), Nutrition counselling, Stretches and strength exercises, Registered massage therapy



Bayshore Home Care Solutions

650 Dalton Ave, Unit 120

Kingston, ON

Tel: 613-542-4242 Toll-free: 1-866-986-0097

Website: www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/

Services:

Assistance with basic and advanced foot care is offered through their nursing service. Self- and physician referrals are accepted



CBI Home Health

785 Midpark Drive, Suite 102

Kingston, ON

Tel: 613-384-7891

Website: www.cbihealth.ca/locations/kingston-home-health

Services:

Nursing service providing care that includes prevention, treatment, and management of conditions impacting foot care.

Self- and physician referrals accepted.



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273 Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Services

Assistance with nail trimming and foot care is offered through their nursing services



Dynamic Orthotics

259 Queen Street
Kingston, ON

Tel: 613-545-9553 Website: www.dynamicorthotics.com

Services:

Gait and pressure analysis, Foam casting, Orthotics



Handley Chiropractic Clinic

484 Days Road
Kingston ON

Tel: 613-384-1008 Email: info@handleychiropractic.com
Website: www.handleychiropractic.com

Services:

Chiropractic treatment, Medical acupuncture, Orthotics and orthopedic footwear, Spinal decompression, Cold and low-level laser therapy



Kingston Foot and Ankle Clinic

805 Development Drive
Kingston, ON

Tel: 613-634-1707 Website: www.kingstonfootclinic.com

Services:

Professional foot care for treatment of ingrown nails, thick/fungal nail reduction/management, calluses/corns, warts, and wound care.



Marathon Podiatry and Orthotic Clinic

506 Days Road
Kingston, ON
Tel: 613-546-3126

Services:

Assessment and consultation, Orthotics, Orthopedic footwear, Medical foot care, GenesisPlus laser for fungal nails and plantar warts



Merry Family Foot Clinic

Frontenac Medical Centre
791 Princess Street, Suite 101
Kingston, ON

Tel: 613-542-3668 Email: office@merryfootclinic.ca

Website: www.merryfootclinic.ca

Services:

Assessment and consultation, Specialized treatment for foot and ankle conditions, Custom made orthotics, Footwear



Optimum Foot Orthotics

993 Princess Street, Unit 14, Suite 1406
Kingston, ON

Tel: 613-777-0707 Email: info@optimumfootorthotics.com

Website: www.optimumfootorthotics.com

Services:

Onsite manufacturing and fitting of custom orthotics, Foot care clinic, Plaster casts



Portsmouth Medical Clinic

902 Portsmouth Ave
Kingston, ON

Tel: 613-546-2321

Services:

Professional foot care treatment is offered by Dr. Gregory P. Baran, M.D.

- Ingrown toenail removal
- Callus reduction
- Corn removal
- Wart removal
- Fungal nail care
- Diabetic foot care

Services are covered by OHIP depending on the medical conditions.



Quarry Medical Foot Clinic

2300 Princess Street

Kingston, ON

Tel: 613-541-0270 Email: quarrymedical@gmail.com

Website: www.quarrymedicalpharmacy.com/

Services:

Foot care, Diabetic information, Compression stockings, Wound care, Custom orthotics, Ingrown toenails, Foot fungus, Peripheral neuropathy, Plantar fasciitis



Quality Care Health Services

1217 Ritchie Rd

Perth Road, ON

Tel: 613-531-0265

Services:

Foot care services (including wound management) through nursing services.

Fees are hourly and dependent on the service needed. Call to request more information



Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410

Kingston, ON

Tel: 613-530-3400 Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Offers foot care which includes:

Care for calluses, bunions, ingrown toenails and fungal infections. Education regarding wounds and infections on feed for those with diabetes



Spectrum Health Care

2275 Stevenage Drive

Ottawa, ON, K1G 3W1

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

Services:

Treatment of diabetic feet and neuropathy by certified Foot Care Nurse,
Personalized assessment of feet and nails, Toenail trimming and filing,
Treatment of corns and calluses, Cream application to enhance circulation

*There is a fee for receiving foot care services



Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON

Tel: 613-376-6477

Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/foot-care>

Services:

Offers a range of care and support services, including foot care. Please call for more information.



Stand Your Ground

100-1365 Midland Ave, Suite 100

Kingston, ON

Tel: 613-384-3026

Website: www.standyourground.ca

Services:

Foot orthotics, Compression socks, Orthopedic footwear, Bracing



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

VON nurses provide assessment, care, and advice for clients of all ages, including people who suffer from chronic diseases like diabetes.

Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails, and preventative care as well as referral to other health professionals. The service can be provided in-home.

Anyone is eligible and there is a small fee.

Call to speak with the intake reception at VON

Grocery Shopping Services & Delivery



Bayshore Home Care Solutions

650 Dalton Ave, Unit 120

Kingston, ON

Tel: 613-542-4242 Toll-free: 1-866-986-0097

Website: www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/

Services:

Assistance with grocery shopping is offered through meal preparation service.



CBI Home Health

1469 Princess Street, Suite 1B

Kingston, Ontario

Tel: 613-384-7891

Website: www.cbi.ca

Services:

Assistance with grocery shopping is offered under Home Help and Homemaking services.



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273

Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Services:

Assistance with grocery shopping is offered through home companionship and care services.



Fargo's General Store

1202 County Road 96

Wolfe Island, ON

Tel 613-385-2323

Services:

Call to place an order and have items delivered to your home.



For The Love of Seniors

42 Clairton Place

Amherstview, ON

Tel: 613-217-0520

Alternate tel: 613-766-7936

Email: lreynolds0570@gmail.com Website: fortheloveofseniors.net

Services:

Provides grocery shopping services as part of their care and support services



Heart to Heart Seniors Services Inc

Tel: 613-767-0820

Email: aggie@h2hcare.ca

Website: www.h2hcare.ca

Services:

Helps in transportation to grocery store. Can also do the shopping or support you while shopping.



Loblaws

1048 Midland Ave

Kingston, ON

Tel: 613-389-5339

1100 Princess Street

Kingston, ON

Tel: 613-530-3861

Website: www.shop.loblaws.ca

Click & Collect services are offered. Visit the site, enter postal code or location and pick a store. Shop online, add to cart and items are gathered for you and brought out to you for pick up.

To place an order, you will need to sign up for an account and have a credit card on file. A taxi driver, family member, or courier service can pick up your groceries with your file name and order number. You can pay ahead of time from your account or you can pay at pick up with any form of payment. There is a small fee for service.

Both Loblaws locations have scooters and wheelchairs if needed.

Rabbit Express Courier Service will pick up already gathered groceries for you and bring them to you for a fee. Call: 613-531-9525



Metro

Gardiners Town Centre

460 Gardiners Road

Kingston, ON

Tel: 613-384-6334

Services:

First Student Bus Line can pick seniors up from their home, take them to the Metro, and bring them back home every Friday morning around 9:30am to 12:20pm. The store has an electric scooter and a wheelchair available for shopping.



Repute Home and Healthcare

637 Norris Court, Unit 8

Kingston, ON

Tel: 613-531-0931

Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Services:

Assistance with shopping is provided at this location. Please call for more information.



Quality Care Health Services

1217 Ritchie Rd

Perth Road, ON

Tel: 613-531-0265

Services:

They provide assistance with grocery shopping including doing grocery runs. You call to request information about services and can self-refer for the services. Fees are hourly, based and dependent on service needed.



Quattrocchi's Specialty Foods

662 Montreal Street

Kingston, ON

Tel: 613-542-4996 Website: www.specialtyfood.ca

Services:

Call in to place an order and items are collected and delivered right to your home. You can also place order on the website. Any method of payment is accepted at the door. Delivers seven days a week, anytime between 7:30am and 6pm.



Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410

Kingston, ON

Tel: 613-530-3400

Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Services:

Assistance with grocery shopping is offered through their companionship program, home support program, and their personal care program.



Spectrum Health Care

2275 Stevenage Drive

Ottawa, ON K1G 3W1

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

Services:

Personal and homemaking companions can assist you in grocery shopping and meal planning.

Health Information Doctor Search



The College of Physicians and Surgeons of Ontario

Toll-Free: 1-800-268-7096

Website: [2275 Stevenage Drive](https://www.cpso.on.ca)

[Ottawa, ON K1G 3W1](https://www.cpso.on.ca)

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

Services:

Online directory that you can search to find information about available family doctors and specialists, including practice addresses, telephone numbers, and qualifications.



Health Care Connect

Toll-Free: 1-800-445-1822

Website: www.ontario.ca/page/find-family-doctor-or-nurse-practitioner/

Services:

Program providing you with assistance in finding a doctor or nurse practitioner if you do not have one.

To be eligible for the program, you must:

- Not currently have a healthcare provider
- Have a valid Ontario Health Card
- Have an up to date mailing address



Telehealth

Toll-Free: 1-866-797-0000

Service:

Free access to medical advice and information by a registered nurse 24 hours a day, 7 days a week.

By calling the listed phone number, a nurse will help direct you to the most

Hearing Aids & Services



Amplifon Hearing Clinic

Bayridge Centre West Plaza
775 Strand Blvd, #5
Kingston, ON
Tel: 613-800-0017

310 Bridge Street West #6
Napanee, ON
Tel: 613-354-7223

Website: www.amplifon.com/ca/



Canadian Hearing Society

658 Progress Avenue, Unit 14
Kingston, ON
Toll-Free: 1-866-518-0000 Website: www.chs.ca



Frontenac Hearing Clinic

857 Norwest Road
Kingston, ON
Tel: 613-384-4821 Toll Free: 1-800-473-44936
Website: www.frontenachearing.com



Gananoque Hearing Clinic

839 Stone Street
Gananoque, ON
Tel: 613-382-2121



HearCANADA

Kingston:
103-27 Place D'Armes
Tel: 613-546-5282
203-2437 Princess Street
Tel: 613-777-4902
Website: www.hearcanada.com/



Hearing Life Canada

Kingston:
770 Blackburn Mews Tel: 1-888-439-7220
149 Brock Street Tel: 1-888-439-7017
Napanee:
307-A Bridge Street West Tel: 1-888-440-4301
Website: www.hearinglife.ca



Hitchon's Hearing Centre

1 McFarland Drive,
Picton, ON, KOH 2T0
Tel: 613-471-1800 Email: nihitchons@yahoo.ca
Website: www.hitchonshearingcentre.ca



Hotel Dieu Management Centre Ear, Nose & Throat Clinic

144 Brock St (Murray Building)
Kingston, ON
Tel: 613-549-1416 Hearing Aid Dispensary: 613-544-8643
Website: www.kingstonhsc.ca/programs-and-departments/hearing-aid-dispensary



KFL&A Public Health

221 Portsmouth Ave
Kingston, ON

Tel: 613-549-1232 Toll Free: 1-800-267-7875

Website: www.kflaph.ca



Sounds For Life Hearing Aid Clinic

9-500 Gardiners Road
Kingston, ON

Tel: 613-389-1779 Website: www.soundsforlife.ca

Home Maintenance & Repair



Kingston Energy Exteriors

638 Norris Court
Kingston, ON

Tel: 613-389-0155 Website: www.energykingston.com

Services:

Provides home improvement and handyman services.

To see if your project is eligible for this service, call the company and explain the type of work you are looking for and they may be able to assist you.



Kingston Home Maintenance

3756 Copper Kettle Dr
Inverary, ON

Tel: 613-535-5097 Email: info@kingstonhomemaintenance.ca

Website: www.kingstonhomemaintenance.ca

Services:

Provides major renovation or a small repair or electrical service.

Send an email outlining the work you need done and receive a free estimate.

Housekeeping Services



Bayshore Home Care Solutions

650 Dalton Ave Unit 120 Kingston, ON

Tel: 613-542-4242 Toll-free: 1-866-986-0097

Website: www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/

Services:

Assistance with housekeeping is offered through their companionship service.

It is also offered through their light housekeeping service which includes:

Light housekeeping, Laundry, Vacuuming, Mopping floors, Sweeping, Dusting, Cleaning bathrooms and kitchen



CBI Home Health

1469 Princess Street, Suite 1B

Kingston, Ontario K7M 3E9

Tel: 613-384-7891

Website: www.cbihealth.ca/locations/kingston-home-health

Services:

Offers assistance with basic housekeeping duties from personal support workers and home support workers.



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273 Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Assistance with housekeeping is offered through their home companionship and care services which includes:

Vacuuming, Dusting, Sweeping, Mopping floors, Cleaning bathrooms (sinks, tubs, showers, toilets), kitchens (sinks, appliances, counters, taking out trash), Straightening all rooms, Organizing closets and drawers, Cleaning easily accessed interior windows, Laundry



For The Love of Seniors

42 Clairton Place

Amherstview, ON

Tel: 613-217-0520 Alternate tel: 613-766-7936

Email: lreynolds0570@gmail.com Website: fortheloveofseniors.net

Services:

Provides light housekeeping services.

Anyone is eligible. Call to access the services.



Limestone City Home Health Care Service

993 Princess Street, Unit 14

Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Services:

Will do laundry.

Listed provider for Veterans Affairs Canada



Quality Care Health Services

1217 Ritchie Rd
Perth Road, ON
Tel: 613-531-0265

Services:

Assistance with homemaking tasks like cleaning and laundry



Repute Home and Healthcare

637 Norris Court, Unit 8
Kingston, ON
Tel: 613-531-0931 Email: homecare@reputehealthcare.com
Website: www.reputehomecare.com

Services:

Assistance with light housekeeping and laundry is offered



Rural Frontenac Community Services

1109 Garrett St, PO Box 250
Sharbot Lake, ON
Tel: 613-279-3151 Toll-free: 1-855-279-2052
Email: info@rfcs.ca
Website: <https://rfcs.ca/programs/seniors-services/services/>

Services:

Let our contracted workers help keep your house the way you like it. Tasks may include cleaning floors, bathrooms, kitchen areas, dusting, laundry, and food preparation.



Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410
Kingston, ON
Tel: 613-530-3400 Email: info@saintelizabeth.com
Website: www.saintelizabeth.com

Services:

Assistance is offered through their companionship program, home support program, and personal care program



Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON

Tel: 613-376-6477 Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/home-helpers>

Services:

Home Help services providers can provide assistance with routine housekeeping.

Approved activities include:

Vacuuming, Sweeping, Mopping, Washing floors, Cleaning bathrooms, Cleaning kitchens, Interior window washing, General housekeeping, Dusting, Assistance with laundry and meal prep

Home Helpers are generally requested on a weekly or bi-weekly basis.



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

The Home Help Program provides light housekeeping services such as vacuuming, washing floors, laundry, and meal prep. They also provide homemaking services through their Respite program.

Routine housekeeping is also available through the Seniors Managing Independent Life Easily (SMILE) Program.

Homemaking services are included in the Assisted Living Service for High-Risk Seniors

Housing



Bowling Green II (Oasis Senior Support Living Program)

237 Bath Road

Kingston, ON

Tel: 613-542-7815

Website: www.homestead.ca/apartments/237-bath-road-kingston/

Services provided to seniors living in this building include:

- Loblaws Shopping service
- Transportation - Amey's Taxi is arranged by the hour instead of by the meter and includes trips to places like the bank, drug store etc. The driver will wait until you are done. Vans can be available for groups up to 6 but it is regular meter.
- Foot care through Quality Foot Care

Other services include cupboard cleaning and organizing, downsizing, handyman, window and balcony cleaning, physiotherapist



Dutch Heritage Villa Non-Profit Seniors Housing

1725 Sunnyside Rd

Kingston, ON

Tel: 613-546-2016 Email: inekesg@hotmail.com

Services:

Can call the office number to go through the application process with a staff member.

There is usually a 2-3 year waiting list.

They offer both market rent and subsidized rent on 50% of their units. If it is subsidized, you don't pay more than 30% of your income on rent. To be accepted for a subsidized unit, you will have to talk with the bookkeeper to see if you meet the cut off income level.

No additional services are provided, however, services from the outside can come in.



Heritage Court Seniors Apartment

179 Queen Street

Kingston ON

Tel: 613-544-3753

Website: www.heritagecourt.ca

Services:

Can fill out an application form from the office. They look at your income level and ask for a letter from the bank that backs up your income level.

References are also required. All units are market rent. Tenants are required to be able to live independently.



Kingston-Frontenac Housing Corporation

119 Van Order Drive

Kingston, ON

Tel: 613-546-5591

Email: kfhcinfo@kfhc.ca

Website: www.kfhc.ca

Services:

If applying for rent geared to income, you need to go to the central housing registry system downtown at 362 Montreal Street or 426 Barrie Street to fill out an application.

If applying for market rent, you can call the office to inquire about a unit. Once application is complete, you will be added to the waitlist if there is one, if not, you will be offered a vacant apartment. Income needs to be below \$35,000 and you need to be 65 or older. Must be able to live independently.



Marion Community Homes Corporation

480 Days Road

Kingston, ON

Tel: 613-634-0551

Services:

If applying for rent geared to income, you need to go to the central housing registry system downtown at 362 Montreal Street or 426 Barrie Street to fill out an application.

If applying for market rent, you can call the office to inquire about a unit. Once application is complete, you will be added to the waitlist if there is one, if not, you will be offered a vacant apartment. Must be 65 or older. Must be able to live independently.

There is one fully handicapped accessible unit and two modified units as well as 11 two-bedroom units and 16 on-bedroom units for market rent. There are 22 on-bedroom units that are rent geared to income.



Touchstone Property Management

101-276 Kingsdale Ave, Kingston ON

Tel: 613-531-3456

Email: admin@kingstonsold.com

Services:

Can fill out an application from the agency and your name goes on a waiting list until a unit becomes available. They look at your income and use a third of that as rent and a small amount comes from the Kinsmen Club of Kingston.

Need to be 65 or older to apply to the senior's buildings.

There are 70 units on Wright Cres that are for senior housing. Mostly bachelor apartments and some one bedroom units but those are reserved for couples.



Weller Arms Non-Profit Inc

65 Daly Street, Kingston, ON

Tel: 613-549-8397

Website: www.wellerarms.ca

Services:

If applying for rent geared to income, you need to go to the central housing registry system downtown at 362 Montreal Street or 426 Barrie Street to fill out an application.

If applying for market rent, you can fill out an application at the office. If there is a waitlist, you will be contacted when a unit becomes available.

Need to be 65 or older.



Zion United Church Foundation Not-for-Profit Housing for Seniors

106 Pine Street, Basement rm 5

Kingston, ON

Tel: 613-548-3389

Email: zucfi74@bellnet.ca

Services:

If applying for rent geared to income, you need to go to the central housing registry system downtown at 362 Montreal Street or 426 Barrie Street to fill out an application.

To apply for market rent apartments, you need to call the office number and talk to a staff member to set up a time to go down and fill out an application. They will talk with you to see if this residence is a good fit. If so, you will be provided with an apartment as long as there is no waitlist. If there is a waitlist, you will be called when your name gets to the top of the list.

Need to be 65 or older and be able to live independently.

Housing & Social Services



Home Base Housing

540 Montreal Street

Kingston, ON

Tel: 613-542-6672

Website: <https://kingstonhomebase.ca/>

Services:

Home Base Housing develops affordable, supportive and transitional housing, emergency shelters and support services to meet the needs of youth, adults, and families at risk of homelessness in the Kingston area.

The Housing Help Centre offers one-stop housing assistance. Our staff assists people with applications for the Social Housing Registry. They provide practical assistance in gathering required documentation to complete the applications for the Registry. Given that there is an extensive waiting period for subsidized housing, the staff provides more immediate assistance to finding alternate housing arrangements through our Apartment Listing.



Kingston Housing and Social Services

362 Montreal Street

Kingston, ON

Tel: 613-546-2695 ext 4764

Website: www.cityofkingston.ca/residents/community-services/362-montreal-st

Services:

Location for obtaining and submitting an application for rent geared to income housing. Applications for the Social Housing Registry Program from the office or printed from www.cityofkingston.ca/residents/community-services/housing/social/forms

Please contact the agency to learn more

Income Tax Clinics



Addiction Mental Health Services (AMHS-KFLA)

552 Princess Street, Kingston, ON

Tel: Jennifer Savage 613-328-0746 Website: www.amhs-kfla.ca

Income tax clinic is available for AMHS-KFLA clients with low incomes. Volunteers are able to complete income taxes for current and prior years. By appointment only. Virtual appointments available



Kingston Community Health Centres – Immigrant Services

201-837 Princess Street

Kingston, ON

Tel: Stephen Kirby or Rana Sara 613-544-4661 ext 5111

Income tax help clinic for newcomers to Canada. By appointment only. Volunteers are able to complete income taxes for current and prior years. Use main/front entrance. Office located on the second floor, at the end of the hall.



Royal Military College

Tel: Saket Mital 613-434-2148

Income tax clinics for seniors. By appointment only- drop off or virtual. A volunteer is able to complete income tax for current and prior years.



Salvation Army

342 Patrick Street Kingston, ON

Tel: Catherine Politt 613-548-4411 ext 123 (May-Oct) or 613-507-4151 (Feb-May)

The Volunteer income tax clinic is for low income families and individuals. Volunteers are able to complete income tax for current and prior years. The clinic is available by appointment only on weekdays from March through May and monthly, June through September. In person, drop off, and virtual appointments available. The clinic operates solely on donations.



Street Health Centre

115 Barrack Street

Kingston, ON

Tel: Chris McBride 613-549-1440

Income tax clinic for Indigenous people, people with disabilities, seniors, and social assistance recipients. Appointments are preferred. One volunteer. The Volunteer is able to complete income taxes for current and prior years.



Living Outside of Kingston?

Find an income tax clinic in your area:

<https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>

Meal Delivery



Heart to Home Meals

789 County Road 9

Napanee ON

Tel: 613-354-5353 Toll-Free: 1-866-933-1516

Services:

Heart to Home Meals has over 100 frozen meals, soups, and desserts to choose from. All you have to do is select the meals, order, and the drivers will deliver them directly to your home.

Menu includes a variety of entrees including beef, chicken, pork, fish, and vegetarian. Several soups to start and tempting desserts for the sweet tooth. Also provides a diverse range to meet the needs of diabetic, low fat, low calorie, low sodium, and texture modified diets.

Order online or call to order. There is a small fee for food and no delivery costs.



Rural Frontenac Community Services (Meals on Wheels)

1109 Garrett St, PO Box 250

Sharbot Lake, ON

Tel: 613-279-3151 Toll-free: 1-855-279-2052

Email: info@rfcs.ca

Website: <https://rfcs.ca/programs/seniors-services/programs-2/>

Services:

Our hot, nutritious noon-time meals are available to be delivered to your door on Mondays, Tuesdays and Thursdays. The cost is \$8.00 per meal. Each meal includes a soup/salad, main entrée and a scrumptious dessert. Take a look at the upcoming menus and give us a call to see if there is a route near you (613-279-3151). Subsidy available.

Frozen meals can be ordered and delivered by our Volunteer Drivers.

A variety of options available: poultry, beef, pork, fish, pasta, and soups. Entrees are \$6.50 and include a side and vegetable, soups are \$1.50. Frozen meals are available for ordering once monthly. Orders are due the 3rd Wednesday of each month, with delivery at the end of each month either by pick up or delivery. Excellent option for those days you spend wondering, “what’s for dinner tonight?”



Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON

Tel: 613-376-6477 Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/meals-on-wheels>

Services:

A variety of delicious hot and frozen Meals on Wheels are available to choose from.

Frozen meals are available to anyone who would like them (not only seniors and/or clients).

(Continued from previous page)

You choose what you eat and when you eat it! These meals provide 40% of an adult's average daily nutritional requirements (inclusive of special diets). Meals can be heated up easily in a microwave or regular oven.

HOT MEALS

Every Monday, Wednesday and Friday a delicious and nutritious hot meal is delivered to your door by one of our volunteer drivers. Each meal includes a soup or salad, a hot entrée and side, and a dessert. A 'lite' menu of soup, a bun and dessert is also available. Most special dietary requirements can be accommodated, including allergies, intolerances and preparation needs.



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

Volunteers deliver nourishing meals to people unable to cook or shop for themselves. The meals are prepared in government-inspected kitchens by volunteers or under contract between VON and commercial or institutional kitchens.

Nutritious hot and frozen meals are delivered to the home by the volunteers. A local caterer provides meals including dessert with delivery every Monday through Friday. If you live in the east end, hot meal delivery is only available on Tuesday, Thursday, and Friday. Special diets are accommodated where possible. Clients are billed monthly.

Meal Preparation



Evolve Home Care

829 Norwest Road, Suite 410

Kingston, ON

Tel: 613-389-0101 Email: kingston@evolvehomecare

Website: www.evolvehomecare.ca

Services:

Meal preparation is offered through their home support services.



Limestone City Home Health Care Service

993 Princess Street, Unit 14

Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Services:

Assistance with preparing home-cooked, nutritious meals directly in your home.



Repute Home and Healthcare

637 Norris Court, Unit 8

Kingston, ON

Tel: 613-531-0931 Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Services:

Assistance with meal preparation and planning is offered through this agency.



Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410
Kingston, ON

Tel: 613-530-3400 Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Services:

Assistance with meal planning and preparation is offered through their companionship program, home support program, and their personal care program.



Seniors Association

56 Francis Street, Kingston, ON

Tel: 613-548-7810 Email: info@seniorskingston.ca

Website: www.seniorskingston.ca/dining

Services:

Offers restaurant dining and prepared meals to take home.

At Hatter's Cove restaurant, you can dine in or takeout meals. Order Fresh Hatter's Platters by calling 613-548-7810 x 234



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

The Home Help program and respite program provide meal preparation services.

Personal Care Services



Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273 Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Services:

Bathing, grooming, hygiene. Mobility assistance, Transferring and positioning, Toileting and incontinence care, Feeding, Special diet



Evolve Home Care

829 Norwest Road, Suite 410

Kingston, ON

Tel: 613-389-0101 Email: kingston@evolvehomecare.ca

Website: www.evolvehomecare.ca

Personal assistance needs including:

Dressing, Grooming, Eating, Housekeeping, Companion care, Customized services



Heart to Heart Seniors Services Inc.

Tel: 613-767-0820

Email: aggie@h2hcare.ca Website: www.h2hcare.ca

Services:

Provides personal care services



Limestone City Home Health Care Service

993 Princess Street, Unit 14

Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Providing assistance with all personal care needs such as:

Bathing, Grooming, Dental hygiene

Offers 24-hour personal care support



Right At Home

1020 Bayridge Drive, Kingston, ON

Tel:613-902-2330

Website: <https://www.rightathomecanada.com/kingston>

Services:

Mobility Assistance , Bathing and personal hygiene, Feeding

Pharmacy Delivery Services

Bioscript Pharmacy

613 Innovation Drive, Unit 8. Kingston, ON Tel: 613-507-3784

Food Basics

613 Innovation Drive, Unit 8. Kingston, ON Tel: 613-507-3784

Frontenac Medical Pharmacy

789 Princess Street, Kingston ON Tel: 613-542-7309

Graham's Pharmacy

168 Princess Street, Kingston, ON Tel: 613-542-4111

Loblaws Pharmacy

1048 Midland Ave, Kingston, ON Tel: 613-389-4119

1100 Princess Street, Kingston, ON Tel: 613-530-3414

Medical Arts Pharmacy

800 Princess Street Kingston, ON Tel: 613-549-3300

No Frills Pharmacy

1030 Cloverdale Dr, Kingston, ON Tel: 613-389-8129

1162 Division Street, Kingston, ON Tel: 613-542-9225

Peter's Drugs

640 King Street W, Kingston, ON Tel: 613-546-5165

Pharmasave

500 Gardiners Road, Kingston, ON Tel: 613-507-5555

613 Main Street, Kingston ON Tel: 902-765-2103

472 Division Street Kingston ON Tel: 613-776-9292

1479 John Counter Blvd, Kingston ON Tel: 613-541-1050

728 Milford Drive, Kingston ON Tel: 613-389-9909

760 Hwy 15, Barriefield Centre, Kingston ON Tel: 613-766-8250

Quarry Medical Pharmacy

100 Princess Street, Kingston, ON Tel: 613-530-2666

Reddendale Pharmacy

732 Front Road, Kingston, ON Tel: 613-634-3660

Rexall Pharma Plus

817 Edgar Street Kingston, ON Tel: 613-531-8829

240 Montreal Street Kingston, ON Tel: 613-548-3967

1036 Princess Street Kingston, ON Tel: 613-542-1211

Shoppers Drug

136 Princess Street, Kingston, ON Tel: 613-544-5330

445 Princess Street, Kingston, ON Tel: 613-546-3696

797 Princess Street, Kingston, ON Tel: 613-544-2500

1011 Princess Street, Kingston, ON Tel: 613-531-5373

2437 Princess Street, Suite 100, Kingston, ON Tel: 613-546-6199

1201 Division Street, Kingston, ON Tel: 613-546-3544

105 Sutherland Drive, Kingston ON Tel: 613-542-0067

945 Gardiners Road, Suite L074, Kingston, ON Tel: 613-389-7020

1875 Bath Road, Kingston, ON Tel: 613-384-6990

775 Strand Blvd Unit 11, Kingston ON Tel: 613-384-7477

823 Highway 15, Kingston, ON Tel: 613-547-9753

Walmart

1130 Midland Ave, Kingston, ON Tel: 613-384-1645

Recreation



Artillery Park

362 Bagot St

Kingston, ON

Tel: 613-546-4291 ext 1700

Website: <https://www.cityofkingston.ca/residents/recreation>

Services:

Fitness and aquatic facility that includes a fitness center with cardio and strength training equipment, a gymnasium, and both a lap and leisure pool.

Fitness classes also available.

Kingston residents can purchase memberships to access all services available at the facility or purchase individual memberships for the pools, fitness center, or fitness classes.

Memberships can be purchased at all rec centers



City of Kingston

City Hall, 216 Ontario Street

Kingston, ON

Tel: 613-546-0000

Website: www.cityofkingston.ca

Services:

Offers a variety of fitness and recreational programs available through drop-in passes or memberships.

For more information about registration and to view programs offered by the city, visit www.cityofkingston.ca/recreation



Community Seniors Citizens Club 523

100 Days Road

Kingston, ON

Tel: 613-767-6308

Services:

The Club offers shuffleboard and bridge among other social activities. The club is open on Tuesdays and Thursdays from 12pm-4pm.

To be eligible to become a member, you must be over 60. There is an annual membership fee.



Invista Centre

1350 Gardiners Road

Kingston, ON

Tel: 613-544-4442 ext 1800 Website: www.cityofkingston.ca

Services:

A fully accessible fitness and wellness facility that offers a fitness center, bicycle room, and arenas. The fitness center offers fitness orientations and includes cardio and strength training equipment. Fitness classes are also available.

Also offered is the Hearts in Action Cardiac Rehab Support and Senior Swim classes.

Memberships are available to the fitness centre and classes. Can be purchased in person.



Lennox & Addington Senior Outreach Services

12 Richmond Park Drive

Napanee, ON

Tel: 613-354-6668 ext: 110, 124

Email: programdirector@lasos.ca

Website: <https://www.lasos.ca>

Services:

Library Book Delivery

- Volunteers will deliver books to you home for your reading pleasure from the library in Napanee, Bath, Amherstview.
- No fee
- Call library to reserve titles

55 Plus Membership for anyone living within L&A County

Benefits of Membership offer the following:

- Register for any program (Fitness, Social or Event) offered by SOS
- Voting privileges at the Annual General Meeting
- Receive a copy of the monthly Newsletter, “New Vitality,” featuring program updates, highlights, healthy recipes, important notices and much more. The Newsletter is sent out to the membership via email, regular mail or available at the SOS office for pick-up
- Membership is priced annually at \$40 per individual and \$65 per household (living at the same address.) Membership is activated the date one joins and expires on the one-year anniversary of that date. Sign up for membership can be done in person at the SOS office, or available on our website at: [Sign Up For Membership - Lennox & Addington Seniors Outreach Services \(lasos.ca\)](#)
- Members pay for the programs of their choice in 2-month series, though not all of our programs have a fee. Registering in advance holds the member’s spot in the program.

For more information and a detailed description of our programs, please visit our website and click on the drop-down arrow for “55 Plus Program.”

Or, call us at 613-354-6668, ext: 110



Royal Canadian Legion Seniors Club

734 Montreal Street

Kingston, On

Tel: 613-548-4570

Services:

The Royal Canadian Legion Seniors Club hosts card games several afternoons a week. They also organize day trips.

There is an annual membership fee of approx \$50. Call to become a member.



Seniors Association

Main Location: 56 Francis Street, Kingston, ON

Seniors Centre East: 779 Hwy 15, Kingston, ON

Seniors Centre West: 1300 Bath Road, Kingston, ON

Seniors Centre North: 85 McCauley Street, Kingston, ON

Seniors Centre Dome: 1025 Innovation Drive, Kingston, ON

Tel: 613-548-7810 Email: info@seniorskingston.ca

Website: www.seniorskingston.ca

Services:

Offers several recreation, special interest, and fitness programs including arts and crafts, cultural groups, fitness, sports, games and technology programs, and more.



Southern Frontenac Community Services (SFCS)

Grace Social Activity Centre

4295 Stage Coach Road

Sydenham, ON, K0H 2T0

Tel: 613-376-6477 ext 310 Email: nataleelennox@sfcsc.ca

Website: <https://www.sfcsc.ca/grace-activities>

Services:

Grace Social Activity Centre

The Grace Social Activity Centre offers adults (aged 55+) in South Frontenac and rural Kingston (north of Hwy. 401) a range of programs to support an active lifestyle. Most activities run weekly or monthly in the mornings with some special events taking place in the afternoon. Fitness classes, interesting and educational workshops, cards and games, crafting, book club, and writing club -these are just a few of the activities available. Plus, every Tuesday morning you can come to the Grace Café, a great opportunity to get together with old friends and meet new ones!

Grace Activity Pass

An annual Grace Activity Pass is available for adults aged 55+ and gives free access to most social and recreational programs, except those that occasionally have an additional cost or admission charges, such as bus tours or special workshops. A Grace Activity Pass costs \$40.00 and you can purchase one in January of every year.



Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

Services:

The Seniors Maintaining Active Roles Together (SMART) are community-based, volunteer-led exercise programs that accommodate all levels of ability. The exercise program is delivered in a social community setting from a seated position, using a mobility aid or a standing position and involves progressive group exercise. Classes are one hour. No fee.

There is also an in-home service which requires a fee.

You must be a senior resident of Kingston. You must also be medically stable and not currently receiving physiotherapy services.

For the in-home program, you must also be house-bound or have limited access to the community due to physical limitations, transportation problems, or cultural barriers.



YMCA of Eastern Ontario

100 Wright Cres

Kingston On

Kingston east End Community Center

779 HWY 15

Kingston On

Tel: 613-546-2647

Services:

Description – Fitness center, fitness classes, and gymnasium available at both locations. Pools and squash courts and TLC chronic condition program are available at Wright Cres location.

Membership provides access to any unregistered programming at all YMCAs as well as City of Kingston locations. Day passes are available.

Respite



Limestone City Home Health Care Service

993 Princess Street, Unit 14
Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Services:

Offering relief for families, allowing them to take a step back and tend to responsibilities or relax and take some time to themselves with the peace of mind of knowing that their loved one is being taken care of.



Right At Home

1020 Bayridge Drive
Kingston, ON

Tel: 613-902-2330

Website: <https://www.rightathomecanada.com/kingston>

Services:

Provides services offering relief to caregivers allowing them to feel focused and rejuvenated when returning home. Services can be booked for just a few hours a week to 24/7 care.



Rural Frontenac Community Services

1109 Garrett St
PO Box 250
Sharbot Lake, ON

Tel: 613-279-3151 Toll-free: 1-855-279-2052

Email: info@rfcs.ca

Website: <https://rfcs.ca/programs/seniors-services/services/>

Services:

Offering relief for families, allowing them to take a step back and tend to responsibilities or relax and take some time to themselves with the peace of mind in knowing that their loved one is being taken care of.



Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON, K0H 2T0

Tel: 613-376-6477 ext 306 Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/in-home-respite>

Services:

A service provided in a client's home to provide relief for family or friends from their caregiver role. The service provided may include supervision, personal care, light housekeeping, and meal preparation.

Health care trained providers offer periodic or ongoing respite. Please call for more information



Spectrum Health Care

2275 Stevenage Drive

Ottawa, ON, K1G 3W1

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

Services:

Our family/caregiver support services are designed to help family caregivers balance the complexities of caregiving and personal life.

Our dedicated personal support workers are committed to helping caregivers provide quality care to their loved ones through the following family caregiver support services:

Home Transition Services: Sometimes the transition home from the hospital or rehab facility can be eased with the help of a professional. Our personal support workers can provide direct personal care to a loved one and offer support, expertise and encouragement to the entire household

Respite Care Services: Often, caregivers are so focused on caring for others that they don't have time to take care of themselves. With just a few hours of our respite care services, many of our caregiver clients are able to attend classes and support groups, visit with friend



VON Greater Napanee

12 Richmond Park Drive

Napanee ON K7R 2Z5

Tel: 613-354-6668 Email: napanee@von.ca

Website: www.von.ca

Services:

Home visits for clients who experience difficulty in accessing leisure opportunities in their community and whose caregivers could benefit from regular periods of respite.

Overnight Stay Respite Program

- ONS is a weekend away and an extension of the Napanee Adult Day Program
- Guests are provided with a relaxed, friendly, safe and secure setting with the clients guiding their day's activities
- Each client has their own sleeping area, and a walk-in shower is available
- This program operates Friday at 4 pm to Sunday at 3 pm
- Includes snacks, and 2 breakfasts, 2 lunches, 2 suppers; all in a home-like environment

Transportation



City of Kingston

216 Ontario Street

Kingston, ON

Tel: 613-546-0000

Email: contact@cityofkingston.ca

Website: www.cityofkingston.ca

Services:

Provides public transit services 7 days a week. There are 21 routes that travel throughout the city.

Without a bus pass, you can pay the bus fare in cash to ride.

There are multi-ride and monthly passes that can be purchased at City Hall or the Cataraqui Town Centre. Once a card is purchased, the pass can be used whenever.

All buses are wheelchair accessible



For The Love of Seniors

42 Clairton Place

Amherstview, ON, K7N 1R7

Tel: 613-217-0520

Alternate tel: 613-766-7936

Email: lreynolds0570@gmail.com Website: fortheloveofseniors.net

Services:

Provides transportation services for a fee. Includes runs to the grocery store, appointments, and running errands. Anyone is eligible. Call to access these services.



Kingston Access Services

751 Dalton Ave

Kingston, ON

Tel: 613-542-2512

Email: info@kingstonaccessbus.com

Website: <https://www.kingstonaccessbus.net/>

Services:

How to Apply for Kingston Access Bus:

Can obtain a copy of an application online, by contacting the office to receive one on the mail or by email, or by picking one up at the office. Fill out and return all parts of the form, including the physician's referral.

Need to have a mobility impairment or physical disability, or cognitive disabilities that impact your ability to use conventional transit facilities and vehicles. If you do not use a wheelchair, you will be required to have a mobility assessment. Transportation is provided within the city of Kingston. You can book a trip up to 14 days in advance or one hour in advance provided that there is availability.

To make a booking by phone:

Call our office at 613-542-2512 during regular office hours. Please note that our after-hours answering service does not accept trip bookings.

Kingston Access Services audibly records all calls. This is done to monitor and confirm the accuracy of bookings, and the information provided to passengers.

To make a booking by e-mail:

Send an e-mail to: kabbookings@gmail.com

Include in your e-mail:

- Your full name and passenger identification number (if you know it);
- The date of your trip;
- The address where you are being picked up from, and the address of where you are going;
- The time you need to be at your destination;
- If there will be anybody riding with you

You will receive a return e-mail within 24 hours with your trip time (48 hours for requests received on weekends/stat holidays). If your requested time is not available, we may contact you via phone to discuss alternative times.

The buses operate weekdays from 7am-10:30pm, Saturdays 9am-10:30pm, Sundays: 9am-8:30pm.

Cost is \$3.25 per person, each way. Prices are subject to change. For information regarding monthly passes or the affordable transit pass program, please visit the website or call the office.



Lennox & Addington Senior Outreach Services

12 Richmond Park Drive Napanee, ON

Tel: 613-354-6668 Email: info@lasos.ca

Website: www.lasos.ca/

Services:

We offer a free bus service for all citizens of Greater Napanee, aged 55+ years and older. The bus runs Tuesdays and Fridays except for Federal Holidays, between the hours of 9:15 – about 3 pm. The bus does a general route around Napanee. There is a volunteer on board to assist where necessary. Although there is a schedule, we encourage people wanting to take the bus to call us and we get them in touch with the driver. This ensures that all people are picked up (in case they live just outside of the main route.) The bus does not accommodate wheelchairs, unfortunately.



Limestone City Home Health Care Service

993 Princess Street, Unit 14 Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Services:

Provides transportation as part of their home health care services.



Repute Home and Healthcare

637 Norris Court, Unit 8 Kingston, ON

Tel: 613-531-0931 Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Services:

Offers incidental transportation as well as transportation for errands and appointments.



SAINT ELIZABETH HEALTH CARE

1471 John Counter Blvd, Suite 410

Kingston, ON

Tel: 613-530-3400 Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Services:

Offers transportation through their companionship program, home support program, and their personal care program.

Also has a transportation service which includes:

Transport to and from medical appointments, Shopping, Banking, Errands or other activities



SOUTHERN FRONTENAC COMMUNITY SERVICES (SFCS)

4295 Stage Coach Road

Sydenham, ON, K0H 2T0

Tel: 613-376-6477 ext. 307 Email: info@sfsc.ca

Website: <https://www.sfsc.ca/transportation-services>

Services:

Southern Frontenac Community Services offers affordable and reliable transportation to seniors (60+), and adults with physical disabilities (not covered by ODSP), living in South Frontenac and Rural Kingston.

Every month, our Transportation Coordinator schedules 500+ drives for clients. These drives include trips to:

- Medical appointments at hospitals, doctor's office, walk-in clinics, etc.
- Social appointments (visiting loved ones in hospitals, support groups, etc.)
- Essential errands (banking, grocery shopping, Walmart)
- Southern Frontenac Community Services programming (Adult Day Program, Diners Lunch Club, Social & Recreational Programs including Grace Café and Social Club) and many more!

Clients are billed \$0.45/km* for the distance they are in the car. Drives less than 10km are billed a flat rate of \$4.50*

* Subsidies are available to clients who qualify



TAXIS IN KINGSTON AND SURROUNDING REGION

Amey's Taxi

Tel: 613-546-1111

Website: www.ameystaxi.com

Have on demand wheelchair accessible taxi.

Gananoque Taxi

Tel: 613-382-3399

Modern City Taxi

Tel: 613-546-2222

Napanee Cab

Tel: 613-354-6688

TI Taxi

Tel: 613-382-2777



VICTORIAN ORDER OF NURSES (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 Toll-Free: 1-800-301-0076

Website: www.von.ca

Health Van Program: <https://von.ca/en/von-care/health-van>

Services:

Volunteers provide transportation to medical appointments, grocery shopping, adult day programs, and other appointments.

The Health Van is an accessible vehicle that provides seniors with non-emergency transportation.

The Health Van is available to provide seniors with non-emergency transportation to medical, social or personal appointments.

Vision Care



KINGSTON HEALTH SCIENCES CENTRE - OPHTHALMOLOGY CLINIC

Hotel Dieu Hospital
166 Brock St
Kingston, ON

Tel: 613-544-3310

Website: www.kingstonhsc.ca/optho

Services:

Patients require a referral from their family doctor or another healthcare professional. Most fees are covered under OHIP.

- Cataract surgery
- Cataract surgery is offered in partnership with Focus Eye Centre.
- Comprehensive ophthalmology
- Cornea & external disease
- Glaucoma
- Low vision rehabilitation
- Neuro-ophthalmology
- Ophthalmic plastic surgery and orbit
- Refractive surgery
- Retina
- Urgent eye clinic (referral required)
- Uveitis
- Ocular pathology



SOUTH EAST ONTARIO VISION REHABILITATION SERVICES

Tel: 613-542-4975 ext 5081

Website: <https://ophthalmology.queensu.ca/clinic/sovrs>

Services:

SOVRS is funded by the Ministry of Health to provide vision rehabilitation therapy to people all types of vision loss. Our team is made up of healthcare professionals from Vision Loss Rehabilitation Ontario and the Vision Rehabilitation Clinic at Kingston Health Sciences Centre – Hotel Dieu Site.

You can call to start the referral process or ask your doctor to use our referral form found on the website. You must have a diagnosed eye or brain-related condition that affects vision. Most services are funded by the healthcare system.

Services include:

- Travel and mobility instruction
- Assistive technology services
- Connecting with services and supports

Low vision services:

- Functional vision assessment designed for people with low vision
- Learn about your diagnosis
- Learn ways to maximize eyesight

Essential skills for daily living:

- Learn safe methods of preparing meals and using appliances
- Explore simple techniques for labeling medications, using the phone, and organizing household items.
- Learn to use technologies like iPads and tablets as part of daily life

Volunteering



UNITED WAY KFLA, VOLUNTEER CENTRE

417 Bagot Street

Kingston, ON

Tel: 613-542-2674 Email: volunteer@unitedwaykfla.ca

Website: <https://volunteerkfla.ca/>

Services:

The United Way Volunteer Centre matches local not-for-profit organizations with volunteers who lend their skills and expertise to the local organizations.

Not-for-profit organizations from across the region come to us with their volunteer opportunities and these are available to people, like you, with time or talent to share.

Explore volunteer opportunities here: <https://volunteerkfla.ca/>

To register to volunteer with United Way, fill out the registration page: www.unitedwaykfla.ca/candidate-panel/candidate-registration/



KINGSTON COMMUNITY HEALTH CENTRES

263 Weller Ave

Kingston, ON


Tel: 613-542-2949 Email: info@kchc.ca

Website: www.kchc.ca

Services:

Volunteer positions are designed to be creative, meaningful, and available to everyone. KCHC volunteers do a variety of things, including plan and run special community events, teach gentle fitness classes, drive people to our programs, prepare, snacks, provide admin support, sit on community advisory groups, teach line dancing, serve on our Board of Directors, assist with group programs' deliver Good Food Boxes.

If you would like to volunteer at KCHC please contact, Cathy Simpson at catherins@kchc.ca



KINGSTON ASSOCIATION OF MUSEUMS, ART GALLERIES, AND HISTORIC SITES

837 Princess Street, Suite 203A
Kingston, ON

Tel: 613-507-4014 Website: www.kingstonmuseums.ca/volunteer

Volunteer opportunities include:

Brochure ambassador, Office assistant, Marketing assistant, Researcher,
Social media marketing assistant, KAM committee member, Baker

Some volunteer opportunity locations:

- Frontenac County Schools Museum
- Museum of Health Care
- Agnes Etherington Art Centre
- Modern Fuel Artist-Run Centre
- Union Gallery
- Canadian Museum of Fraternal Lodges
- Fairfield House
- Queen's Archives

To apply, please fill out the form found on the website.



PROVIDENCE CARE HOSPITAL

752 King Street West
Kingston, ON

Tel: 613-544-4900 ext 53062

Website: www.providencecare.ca/careers-volunteering/volunteer-with-us/

Services:

Requirements for volunteers:

- Submit a medical clearance form (including TB testing and up-to-date immunization record)
- Provide letters of reference
- Attend an interview with volunteer services
- Complete a criminal reference check form online with the vulnerable sector portion completed
- Attend an orientation session.

To apply, fill out an online application.

Directory of
Multiservice
Agencies



Bayshore Healthcare

Bayshore Infusion Clinic

725 Arlington Park, Suite 3, Kingston, ON

Tel: 1-877-235-7798

Website: www.bayshore.ca/locations/bayshore-infusion-clinic-kingston-on/

Bayshore Home Care Solutions

650 Dalton Ave, Unit 120, Kingston, ON

Tel: 613-542-4242 Toll-free: 1-866-986-0097

Website: www.bayshore.ca/locations/baychore-home-care-solutions-kingston-on/

Bayshore Infusion Clinic provides the following:

- Cancer treatments
- Rheumatoid arthritis treatments
- Multiple sclerosis treatments
- Rare disease treatments
- Hemophilia treatments
- Lipid infusions
- Iron infusion
- IV antibiotics

*The Bayshore Infusion Clinic is by appointment only

Bayshore Home Care Solutions provides the following:

- Companionship services
- Meal prep and nutrition
- Medication reminders
- Light housekeeping/laundry
- Escorting to appointments and leisure activities
- Fall prevention
- Respite care

Medical services such as:

- Nursing
- Serious injury care
- Wound care
- End of life/palliative care
- Therapy and rehab services
- Dementia care services

*services are available 24/7 through government-funded programs

How to access these services:

You can access services provided by Bayshore Healthcare through a referral from the Home and Community Care Support Services South East or you can self-refer but there is a fee for services.

A home support manager will conduct an in-home assessment to determine what services are needed and put a care plan into place.

You can contact by phone to get more information.

CBI Home Health

1469 Princess Street, Suite 1B

Kingston, Ontario

Tel: 613-384-7891

Website: www.cbihealth.ca/locations/kingston-home-health

How to access these services:

To access CBI Home Health services you can refer yourself or have a family physician make a referral.

Staff from CBI Home Health will then visit you at home and a referral is made to understand your needs and determine what services are most suitable.

CBI Home Health provides the following services:

Health at Home:

- Personal care
- Bathing
- Dressing
- Toileting
- Feeding
- Lifestyle support
- Light housekeeping
- Companionship care
- Medical appointment accompaniment
- Nursing services
- Wound care
- Foot care
- IC therapy
- Diabetes management
- Continence management
- Rehabilitation
- Physiotherapy

- Occupational therapy
- pre/post-surgical rehabilitation
- Post-concussion care

Healthy Aging:

- Provides the solutions to manage medical conditions but also to remain healthy, active, and social
- Conducts in-depth assessments to identify rehabilitation needs and functional status

Provides a diverse range of specialized healthcare services including:

- Fall prevention
- Musculoskeletal rehabilitation
- Assistive device prescription
- Arthritis programs
- Pain management
- Cognitive rehabilitation
- Specific services
- Advanced foot care
- Behaviour therapy
- Chiropractic
- Disability management
- Driving assessment
- Grocery shopping
- Homemaking help
- MVA rehabilitation
- Meal preparation
- Mental health services
- Nutrition
- Orthopaedic surgery consultation
- Osteopathy
- Pain management rehabilitation
- Person support/ attendant care
- Residential care
- Social work
- Speech-language therapy
- Transitional care

Comfort Keepers Home Health Care Services

1786 Bath Road, Suite 12

Kingston, ON

Tel: 613-634-2273

Email: kingston@comfortkeepers.ca

Website: www.comfortkeepers.ca/kingston/

Comfort Keepers caregivers travel to client's homes to provide care services and living assistance, allowing senior and disabled individuals to live comfortably and independently.

Call for fees.

Comfort Keepers services include:

Home Care Services:

- Personal care including bathing, mobility assistance, transferring and positioning, toileting and incontinence care, feeding and special diet
- Companionship services
- Conversation and companionship
- Meal preparation
- Laundry
- Light housekeeping
- Grocery shopping/errands
- Transportation
- Medication reminders
- 24 hour care

Alzheimer's Disease and Dementia Care

Nursing Services:

- Administering medications
- Nail trimming
- Foot care
- Oral cavity suctioning
- Wound care
- Blood samples
- Post operative care
- Filling insulin syringes
- Maintaining ostomy and catheter hygiene
- Setting up medication in weekly pill boxes
- Care training for family members

Respite Care Services:

- Running errands
- Meeting with a support group
- Making a dentist or doctor appointment

Transportation Services:

- Prepare for appointment
- Accompany to visit
- Take notes to convey back to family
- Stay with you until you are ready to leave
- Return back home
- Accompany until caregiver returns

Evolve Home Care

829 Norwest Road, Suite 410

Kingston, ON

Tel: 613-389-0101

Email: kingston@evolvehomecare.ca

Website: www.evolvehomecare.ca

Evolve Home Care provides the following services:

Personal care services:

- Morning care and bedtime care
- Help with specific exercises
- Help bathing, toileting, dressing
- Medication reminders
- Skin care
- Foot care
- Personal grooming
- Oral hygiene
- Catheter care
- Perineal care

NOTE: When personal care services are requested, many home support services are also provided during these shifts at no additional charge.

Companion care services:

- Companionship while in hospital or home
- Respite and overnight supervision while in hospital or at home
- Cueing and supervising all activities of daily living
- Preparing grocer lists and grocery shopping
- Accompaniment on outings and appointments
- Regular home safety inspections
- Assisting with hobbies and crafts
- Interactive activities

Home Support Services:

- Light housekeeping
- Taking care of laundry
- Put away dishes if in sink
- Putting things away neatly
- Meal prep
- Running errands

Nursing Care Services:

- Medication administration
- Vital signs monitoring
- Wound care and dressings
- Catheter care
- Palliative care services
- Foot care services

Offers advice and coordination of the following home medical equipment and supplies:

- Incontinence products
- Walkers, wheelchairs, scooters
- Canes
- Grab bars
- Commodes
- Toilet safety products
- Shower/bath safety products
- Mechanical lifts
- Beds and mattresses
- Disposable gloves
- Home delivery of medication

Hospice Palliative Care:

- Daily monitoring of health and revisions to care plan as needed
- Assistance with pain management
- Regular sponge bathing and personal care
- Mouth care
- Positioning and repositioning in bed to promote skin integrity
- Monitoring and assistance with dietary needs
- Regular communication with doctors and other health professionals
- Regular communication with family members
- Ensuring the dignity, respect, and privacy of the client as per their direction and religious beliefs
- Arrangements for home medical equipment and supplies
- Filling in the gaps with public services to ensure consistency of care

Care Management Services:

- Initial in-home assessment and consultation to fully understand your needs and home environment and ensure we develop the right plan for you
- Regular supervisory visits for safety and satisfaction checks which allow us to stay on top of changing needs and deal with issues before they can cause harm
- Design, implement and monitor a care plan that suits your needs, personal desires, and budgets. Your care plan can be altered at any time based on changing needs
- Advocacy services to help you navigate the healthcare system and get the services you require
- Ongoing communication with your health care professionals as requested and required to ensure all aspects of your care are managed properly
- Coordination and delivery of medical supplies and equipment, taking the burden off you and your family to find these resources
- Coordination of other required services for your home or health needs
- Ongoing communication with your family, as requested, ensuring everyone's peace of mind
- 24-hour on-call support for questions and emergency care to deal with any questions or issues that arise

How to access these services?

Anyone is eligible for services and you can contact via phone or email for a free consultation. There is a fee for service.

For The Love of Seniors

42 Clairton Place

Amherstview, ON

Tel: 613-217-0520 Alternate tel: 613-766-7936

Email: lreynolds0570@gmail.com Website: fortheloveofseniors.net

For The Love of Seniors provides the following services:

- Daytime respite
- Errands
- Doctor appointments
- Grocery shopping
- Light meal preparation

- Companionship visits and services

How to access these services:

You can call Lisa, the owner, at the above telephone number. Any senior in the community is eligible and can call in to self-refer.

Heart to Heart Seniors Services

Tel: 613-767-0820 Email: aggie@h2hcare.ca

Website: www.h2hcare.ca

What services does Heart to Heart provide?

- Companionship
- Transitions
- Extension of family
- House and pet sitting
- Home upgrading/retrofitting
- Transportation
- Assistance in running errands

Kingston Community Health Centres

263 Weller Ave

Kingston, ON

Tel: 613-542-2949 Email: info@kchc.ca

Website: www.kchc.ca

Kingston Community Health Centres provides the following:

A primary health care team that includes:

- Nurses, nurse practitioners, and physicians
- Dietitians
- A diabetes educator
- Social workers
- Occupational therapist
- Foot care nurse
- Students

Services include:

- Sexual health
- Occupational therapy
- Counseling
- Foot care
- Nutritional services

Educational programs include:

- Diabetes education
- Advanced foot care education

How to access these services?

Medical and individual support services are provided by appointment. Programs and groups are offered on an ongoing basis and anyone living in North Kingston is welcome to attend. Call us for more information, to be put on our waiting lists, or for appointments. You can also give us a call for information about or to register in any of the programs we have listed.

Lennox & Addington

Senior Outreach Services

12 Richmond Park Drive

Napanee, ON

Tel: 613-354-6668 ext: 110, 124

Email: programdirector@lasos.ca

Website: <https://www.lasos.ca>

L&A SOS provides the following:

- Seniors Town Bus: The Seniors Town Bus makes two loops through Napanee transporting seniors to scheduled stops. It is a FREE service for anyone living in Greater Napanee, aged 55 years or older. Please call us for more information
- Income Tax Assistance
- Social activities like bridge, book club, and games groups

55 Plus Membership includes:

- The opportunity to participate in any active offered at 55Plus
- A vote at the L&A SOS AGM
- Educational activities like interactive workshops, driver refresher, genealogy research
- Arts and crafts: knitting and quilting
- Fitness activities: beginner strength, strength and cardio, step and pump, core and strength, men's fitness, eccentrics gentle stretch, eccentrics tone and stretch, Qi Gong, Tai Chi, yoga, chair toga, Zumba, line dancing, Nordic pole walking
- Cards: euchre and bridge

Most activities are pay as you go for a small fee, some activities like workshops have a larger fee, while other activities are completely free.

How to access these services:

Call or visit their location to sign up or book services. There are fixed fees for some services and they vary depending on the service or program. No referral required.

55Plus Membership provides you with the opportunity to participate in any activity offered at 55Plus. Fill out a membership application form online or at our office. Yearly membership fee is approximately \$40.

Limestone City Home Health Care Services

993 Princess Street, Unit 14

Kingston, ON

Tel: 613-767-4204 Email: homecarelimestonecity@gmail.com

Website: www.limestonecityhomehealthcare.com/services

Limestone City Home Health Care Services provides:

- Personal care
- Palliative care
- Laundry services
- Pre- and post-surgery care
- Family support
- Medication reminders
- Companionship services
- Assistance with daily outings
- Exercise assistance
- 24-hour care
- Meal preparation
- Respite care
- Registered practice nursing services
- Transportation services

How to access these services:

Call or email to inquire about the services offered. An initial assessment will be completed, inquiring about your health history and the services and fees will be determined then. Prices will vary depending on service type and complexity of case.

Quality Care Health Services

1217 Ritchie Rd

Perth Road, ON

Tel: 613-531-0265

Quality Care Health Services provides:

Nursing Services including:

- Advanced foot care
- Wound care
- Medication management
- Health teaching
- Immunization program

Homemaking service, including:

- Cleaning
- Laundry
- Meal planning and preparation
- Grocery shopping
- Errands

Personal support services, including:

- Caregiver relief/in-home respite
- Skin care
- Personal care
- Lifts
- Nutrition
- Transfers
- Medications
- Assistance with mobility
- Companionship care

How to access these services:

You can call to request information about services and you can self-refer.

*fees are hourly and depend on services needed

Repute Home and Healthcare

637 Norris Court, Unit 8

Kingston, ON

Tel: 613-531-0931

Email: homecare@reputehealthcare.com

Website: www.reputehomecare.com

Repute Home and Healthcare provides:

Homecare services, including:

- Companionship care
- Light housekeeping
- Meal prep
- Respite care
- Medication reminders
- Bathing & dressing
- Alzheimer's and Dementia care
- Errands & transportation

Footcare and nursing, including:

- Immunization program
- Wound & ostomy care
- End of life/palliative care
- Footcare
-

Intravenous therapies

- Post hospitalization or surgery care
- Falls prevention and balance training
- Pain & symptom management
- Diabetes education and management
- Administering and reviewing medications
- Chronic disease management and counseling

In-home physiotherapy & mobility device assessment:

- Personalized exercise programs
- Pain management
- Mobility & gait training
- Functional & ADL training
- Falls prevention & balance training
- Home safety assessments & funding assistance
- Post hip & knee replacement programs
- Services in nursing homes and retirement homes

How to access these services:

Repute Home and Healthcare can be reached by phone 24/7. You will always talk to someone live regardless of the time you call. To serve you better, our customer service representative will ask you about your needs and make an appointment with you for a free in-home assessment at your earliest convenience. You can also contact us by filling out the contact form on our website and someone will get in touch with you within 24 hours.

Right At Home

1020 Bayridge Drive
Kingston, ON K7P 2S2
Tel:613-902-2330

Website: <https://www.rightathomecanada.com/kingston>

Right At Home Provides:

Companionship Care, including:

- Light housekeeping
- Meal planning and preparation
- Grocery shopping
- Wellness support
- Cognitive stimulation
- Playing games or engaging in hobbies
- Accompanying you on walks or outings
- Transportation for appointments, leisure trips, and errands
- Medication reminders
- Managing medical, dental, optical appointments and health screenings
- Monitoring blood sugar, blood pressure, heart rate, etc.

Personal Care, including:

- Walking assistance
- Paraplegia/quadriplegia care
- Wheelchair assistance
- Safety supervision
- Transferring
- Bed baths
- Shower and tub assistance
- Stand-by assistance
- Grooming
- Dressing
- Oral care
- Bathroom and incontinence assistance
- Feeding

Nursing Care, including:

- Medication set-up and administration
- I.V. administration
- Diabetes management
- Simple wound care/dressing changes
- Catheter care (insertion and maintenance)
- Ostomy/colostomy care
- Bowel program
- Oxygen therapy, oral suctioning
- Enteral nutrition/tube feeding
- RN skilled assessments
- RN geriatric assessments
- RN case management
- RN hospice support
- Vital signs monitoring and reporting to health care providers

Specialty Care, including:

- Hospice care
- Hospital to home care
- Alzheimer's, Dementia, and cognitive care
- Diabetes care
- Parkinson's disease care
- Palliative Care
- Respite Care

How to access these services:

Contact Right At Home to begin a client profile. Answer some questions about your needs and then there will be an in-home assessment after which a personalized care plan will be developed.

Rural Frontenac Community Services

1109 Garrett St, PO Box 250

Sharbot Lake, ON

Tel: 613-279-3151 Toll-free: 1-855-279-2052

Email: info@rfcs.ca

Website: <https://rfcs.ca/programs/seniors-services/services/>

Rural Frontenac Community Services provides:

- Personal support
- Housekeeping
- Foot care
- Caregiver counselling and supports
- Community café
- Income tax assistance

How to access these services:

Call or visit the office to learn more about the services and programs provided. Some programs and activities require you to call ahead and book a spot. Fees vary depending on the service or program.

Meals on Wheels

Our hot, nutritious noon-time meals are available to be delivered to your door on Mondays, Tuesdays and Thursdays. The cost is \$8.00 per meal. Each meal includes a soup/salad, main entrée and a scrumptious dessert. Take a look at the upcoming menus and give us a call to see if there is a route near you (613-279-3151). Subsidy available.

Frozen meals can be ordered and delivered by our Volunteer Drivers.

A variety of options available: poultry, beef, pork, fish, pasta, and soups. Entrees are \$6.50 and include a side and vegetable, soups are \$1.50. Frozen meals are available for ordering once monthly. Orders are due the 3rd Wednesday of each month, with delivery at the end of each month either by pick up or delivery. Excellent option for those days you spend wondering, “what’s for dinner tonight?”

Caregiver Support includes:

We have personal support workers (PSWs) who can come into your home to care for and interact with your family member. We also have day programs PSWs who plan a day of social interaction and activities in a group setting.

Respite Services can be scheduled weekly, or on an “as-needed” basis.

Caregiver Counselling and Support Group:

Emotional support for individuals and families who are either anticipating a death or experiencing grief due to the loss of a loved one.

Grief support groups take place at the Sharbot Lake Retirement Home on the 2nd Tuesday of every month from 10am-11am.

Care giver support groups provide people an opportunity to share their thoughts and experiences in a safe and confidential environment.

Caregiver support groups take place at the Sharbot Lake Medical Office on the 2nd Tuesday of every month from 1pm-2:30pm.

To register please call Katie Buckley, Hospice Palliative Coordinator at 613-376-6477 ext205 or email katie.buckley@sfcsc.ca

Day Programs:

Day Programs consist of a day of social interaction and activities in a group setting. They meet weekly in three locations: Sharbot Lake (Tuesday); Plevna (Wednesday); and Parham (Thursday). Transportation can be arranged.

Eligibility is determined by Home and Community Care Support Services.

Saint Elizabeth Health Care

1471 John Counter Blvd, Suite 410

Kingston, ON

Tel: 613-530-3400 Email: info@saintelizabeth.com

Website: www.saintelizabeth.com

Saint Elizabeth Health Care provides:

Companionship Program, including:

- Transportation
- Accompanying you to and from medical appointments
- Shopping and other activities
- Meal planning and preparation
- Grocery shopping
- Light housekeeping/laundry
- Social interaction

Home Support Program, including:

- Meal planning and preparation
- Grocery shopping
- Light housekeeping/laundry
- Transportation

Transportation service, including:

- To and from medical appointments
- Shopping
- Banking
- Errands or other activities

Personal care program, including:

- Bathing
- Personal grooming
- Toileting
- Assistance with dressing
- Medication reminders
- Meal planning and preparation
- Assistance with feeding
- Exercise activities
- Mobility assistance
- Grocery shopping
- Light housekeeping/laundry
- Transportation

Seniors care program, including:

- Supporting seniors in their homes
- Nursing care to monitor and support any aging issues or managing multiple conditions
- Screening for age related illnesses
- Falls prevention and risk assessment
- Personal and home support
- Nutrition support

Foot care program:

- Care for calluses bunions, ingrown toenails, and fungal infections
- Education regarding wounds and infections on feet for those with diabetes

How to access these services:

Call the office and state what services you require. A case manager will visit you at your home and conduct an assessment and work with you to create a care plan.

Seniors Association

Main Location: 56 Francis Street, Kingston, ON

Seniors Centre East: 779 Hwy 15, Kingston, ON

Seniors Centre West: 1300 Bath Road, Kingston, ON

Seniors Centre North: 85 McCauley Street, Kingston, ON

Seniors Centre Dome: 1025 Innovation Drive, Kingston, ON

Tel: 613-548-7810 Email: info@seniorskingston.ca

Website: www.seniorskingston.ca

The Seniors Association provides the following:

Recreation programs, including

- Arts, crafts, dance fitness, games, languages, music, sports, and technology

Meal services, including:

- Dine in and take out restaurant and café.

Wellness services for members and non-members, including:

- Arthritis clinic
- Hearing clinic
- Phone from home which offers free programs to participants from the comfort of their home using only telephone.
- Help at Home Registry which provides referrals to service providers to assist with running errands, cleaning, yard work, and small electrical, plumbing, and carpentry jobs. All service providers have been interviewed and have had background checks completed.
- Legal advice

How to access these services:

Memberships are required for most programs, while some services are available to all members of the community. Memberships can be purchased online or at The Seniors Centre (56 Francis Street).

Additional fees are associated with most programs.

Spectrum Health Care

2275 Stevenage Drive

Ottawa, ON, K1G 3W1

Tel: 613-627-3773

Website: <https://spectrumhealthcare.com>

What services does Spectrum Health Care offer?

Personal and Homemaking companions, including:

- Bathing
- Personal grooming
- Dressing
- Toileting and incontinence care
- Medical reminders
- Transfer assistance
- Cognitive stimulation
- Exercise
- Meal planning and prep
- Grocery shopping
- Dishes
- Garbage removal
- Laundry and ironing
- Kitchen cleaning
- Light housekeeping

Driver companions:

- To doctor or dentist
- Home and personal errands
- Religious services
- Social events and gatherings
- Sporting events
- Cottages
- Family and friends' homes

Live-in companions:

- Short term live-ins, providing companionship for 4 days or less
- Long term live-ins, shared by 2 companions who share 24/7 coverage.

Overnight assistance:

- Prepare evening snacks
- Assist in getting ready for bed
- Transfer assistance throughout the night
- Ensure you or your loved one has everything they need for the night ready and available
- Morning care
- Prepare breakfast

Drop-in Companion:

- Technology assistance
- Medication reminders
- Walks, talks, and chats
- Light housekeeping
- Dressing
- Yard/lawn care
- Reading
- Writing letters
- Meal prep
- Playing cards or board games

Foot Care:

- Personalized assessment of feet and nails
- Toenail trimming and filing
- Cream application to moisturizes feet
- Assessment and treatment of corns and calluses
- Prevention advice

Referrals to appropriate resources if needed

South East Health Line

200-1471 John Counter Blvd.

Kingston, ON,

Toll-free: 1-800-869-8828 Website: www.southeasthealthline.ca/

Services available to eligible patients may include:

Home care:

- Nursing
- Specialized nursing
- Personal support such as bathing and dressing
- Physiotherapy
- Occupational therapy
- Speech-language therapy
- Social work
- Nutritional counselling
- Medical supplies and equipment
- Information about and referral to additional health and social services

Care in Community:

- Meal delivery and dining programs
- Homemaking and home help
- Transportation services
- Community dining
- Friendly visits

Supported living:

- Adult day programs
- Assisted living
- Supportive housing
- Retirement homes
- Short stay care
- Long term care homes

How to access these services:

- Must have an OHIP card to be eligible for service. Depending on the services required, there may be other eligibility requirements.
- Call the office to inquire about services that you need. An intake assessment is then done over the phone
- You will be provided with a case manager to assess specific services that you need. Your case manager will then link you with the appropriate service.

Southern Frontenac Community Services (SFCS)

4295 Stage Coach Road

Sydenham, ON, K0H 2T0

Tel: 613-376-6477 Email: info@sfcsc.ca

Website: <https://www.sfcsc.ca/seniors-services>

Southern Frontenac Community Services provides the following services:

- Adult day service
- Food services: frozen and hot meals, Meals on Wheels
- Foot care
- Home help
- Housekeeping
- Meal prep
- Respite care
- Transportation services
- Companionship services
- Grace Social Activity Centre

Adult Day Services:

A support service which provides supervised individual programming in a group setting for adults who require close monitoring or assistance with personal activities (hygiene, dressing). The service assists clients to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and support for their caregivers.

Service components include transportation (if required), social, recreational and physical activities, meals, personal support/attendant care and minor health care (for example, monitoring medication).

Application process:

All referrals are received from the SE LHIN Home and Community Care or our Community Support Service Care Planners.

Cost is \$20 per day and includes meal. Transportation may be available upon request (additional cost).

Home Help Includes:

Home Help service providers can provide assistance with routine housekeeping, shopping, meal preparation or other physically challenging activities required to maintain your home. Our staff arrange for screened workers to complete the jobs you need done.

Approved activities include vacuuming, sweeping, mopping, washing floors, cleaning bathrooms, and kitchens, interior window washing, general housekeeping, dusting, assistance with laundry and meal prep.

Grace Social Activity Centre (GSAC)

4295 Stage Coach Road

Sydenham, ON, K0H 2T0

Tel: 613-376-6477 ext 310 Email: nataleelennox@sfcsc.ca

Website: <https://www.sfcsc.ca/grace-activities>

The GSAC is a place where older adults in South Frontenac can participate in a range of social, cultural, and fitness activities, in the company of friends. Many regular programs that run weekly, bi-weekly, or monthly, as well as special events that happen occasionally. GSAC will also be offering programs off-site, throughout South Frontenac.

Free transportation is available to most GSAC activities. Call us a few days in advance to arrange.

Membership

An annual membership fee gives you free access to most GSAC programs, except those that have an additional cost or admission charges, such as bus tours. Membership is \$40 for April to March.

Regular programming includes:

- Pickleball
- Crafty crew: make new friends and get creative together
- VON SMART Program: gentle fitness program for people aged 55+. Exercise can be done from a chair, using a mobility aid or moving independently
- Good Grace's Café
- Seniors Social Club: Drop-in for a fun morning of euchre, cribbage, bridge and more!
- Movin' and Groovin': low-impact exercise program designed to increase heart health and flexibility taught by a certified fitness instructor
- Book club
- Tai Chi
- Conversation Club: Join us for lively, friendly intellectual conversation about current issues and hot topics
- Cardio & Strength: a medium to high impact exercise class is a great way to get the body moving and stretch out the joints.

How to access these services:

To access the services, call or email Southern Frontenac Community Services. Some services require booking appointments ahead of time, require a membership or are pay as you go services.

Victorian Order of Nurses (VON)

745 Progress Ave Unit #1

Kingston, ON

Tel: 613-634-0130 ext 3414 Toll-Free: 1-800-301-0076

Website: www.von.ca

The VON connects you with the following services:

- Caregiver support and respite care
- Foot care
- Meals on Wheels
- Volunteer transportation
- Seniors Managing Independent Life Easily (SMILE)
- Seniors Maintaining Active Roles Together (SMART)
- Community respite through “neighbours helping neighbours”
- Assisted living services for high risk seniors
- Personal support services
- Stroke Support program
- Falls prevention program
- Home Help

SMILE Program:

1-888-866-6647

The program is a home and community support program managed by VON with community partners. The program provides support for daily living if you are at risk of losing your independence due to increasing frailty. Services include: meals, routine housekeeping, shopping, laundry, running errands, transportation to and from health care appointments, and seasonal outdoor chores. There is no fee for the program.

The SMILE Program offers:

- Support everyday activities of daily living
- Personalized care plans with annual budgets matched to individual need
- The option to have the help of a care coordinator
- A choice in who comes to your home to provide services
- Flexibility as to when and how services will be provided

Who is eligible?

Adults over 75 years of age or living with a chronic disease related to advanced aging and lives alone or with a caregiver unable to assist and due to increasing frailty is at risk of losing their independence and requires significant support with functional activities of daily living. There is no referral required.

SMART Program:

613-634-0130 ex 3414

The program promotes healthy aging through the provision of exercise opportunities for older adults. It aims to improve your ability to participate in daily activities, maintain independence, prevent falls, and decrease isolation.

There are two types of SMART exercise programs:

1. The group program is community-based. It includes volunteer-led exercise programs for seniors that accommodate all levels of ability. The exercise program is delivered in a social community setting from a seated position, using a mobility aid or a standing position and involves progressive group exercise. Classes are one hour in duration and there is no fee.
2. In-home program takes place in the client's home. It includes volunteer-led exercise programs for seniors that accommodate all levels of ability. Exercises are facilitated by individuals with specialized training and ongoing education to provide safe, appropriate physical activities for healthy aging. The exercise program is delivered for one hour per week for 12 weeks. Volunteers assist with 15 gentle exercises that build balance and strength. There is a small fee for the service.

Who is eligible?

For both programs, you must be a senior resident of Kingston Frontenac Lennox & Addington County. You must also be medically stable and not be receiving physiotherapy services concurrently.

For in-home program, you must also be housebound or have limited access to the community due to physical limitations, transportation problems, or cultural barriers.

Assisted Living Services for High Risk Seniors

613-634-0130

The program provides a combination of personal support and homemaking services, security checks, or reassurance services, and care coordination. It provides flexibility and unscheduled support when seniors need more than a scheduled services to remain in their home. A plan of care unique to each client is developed and client and caregivers are directly involved in planning care. Services are reviewed and resumed on the same day as a hospital discharge.

Who is eligible?

Anyone deemed so by the SE LHIN Home and Community

How to access these services:

Anyone can make a referral to receive access to the majority of VON services. Services are offered for a fee.