

## Champlain Falls Prevention Algorithm Resource Inventory Stormont, Dundas, Glengarry & Prescott-Russell Counties

Territory	Service Provider	Category of service	Contact	Additional Information
<b>5 United Counties</b>  City of Cornwall Stormont Dundas Glengarry Prescott Russell	Champlain Health Line	On-line hub for services	<a href="mailto:edit@champlain.ccac-ont.ca">edit@champlain.ccac-ont.ca</a> Champlainhealthline.ca c/o Champlain Community Care Access Centre 4200 Labelle Street, Suite 100 Ottawa, Ontario K1J 1J8	<a href="http://www.champlainhealthline.ca">www.champlainhealthline.ca</a> Website with information relating to health services, news and events in SDG and PR. Divided by population, older adults' services are listed on the website.
<b>5 United Counties</b>  City of Cornwall Alexandria Casselman Hawkesbury Rockland Winchester	EOHU Eastern Ontario Health Unit	Health Promotion	613-933-1375 1-800-267-7120 Robyn Hurtubise (Injury Prevention Program Coordinator)  <a href="http://www.eohu.ca">www.eohu.ca</a>	The Eastern Ontario Health Unit provides information, resources and workshops regarding falls prevention and the risk factors to professionals in the field, older adults and their families and caregivers. All services and resources are bilingual and available for the target population of older adults. Communicate with EOHU'S HealthLine for more information at 1(800) 267-7120.
<b>5 United Counties</b>  City of Cornwall Stormont Dundas Glengarry Prescott Russell	Parkinson's Society of Ontario	Health Promotion	In Eastern Ontario including Ottawa, Cornwall, Gananoque, Perth and Pembroke: <b>Parkinson Society Eastern Ontario</b> 1 – 200 Colonnade Road South Ottawa, ON K2E 7M1 Phone: (613) 722-9238 Fax: (613) 722-3241 Email: psoc@toh.on.ca <a href="http://www.parkinsons.ca">www.parkinsons.ca</a>	To find support services and information in your area, please contact the provincial partner closest to you.

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<b>5 United Counties</b>  City of Cornwall Stormont Dundas Glengarry Prescott Russell	211	Telephone / on-line hub for services	<a href="http://www.211ontario.ca">www.211ontario.ca</a>	211 is a three-digit phone number and <a href="#">website</a> that provides information and referral to community and social services in Ontario. Our Certified Information and Referral Specialists are caring, understanding and knowledgeable, and pride themselves on their ability to connect you with the services you need.
City of Cornwall Stormont Dundas Glengarry	Seaway Community Health Centre	Balance for Life	613-930-4892 ext 229 <a href="http://www.seawayvalleychc.ca">www.seawayvalleychc.ca</a>	<b>Balance for Life – Levels 1, 2, 3</b> English Programs available
City of Cornwall Bourget Cryslar Alexandria Embrun	Centre de santé communautaire de l'Estrie	Stand Up and Get Moving for Better Balance Programs	<a href="mailto:info@cscestrie.on.ca">info@cscestrie.on.ca</a> <a href="http://www.cscestrie.on.ca">www.cscestrie.on.ca</a>	<b>Stand Up and Get Moving for Better Balance Programs</b> English and French Programs available
City of Cornwall	City of Cornwall  Recreation Department	Community / Municipal Programs	<a href="http://www.cornwall.ca/en/recreation/recreationprograms.asp">http://www.cornwall.ca/en/recreation/recreationprograms.asp</a> (613) 930-2787 Parks & Recreation Cornwall Civic Complex (1st & 2nd Floors) 100 Water Street East Cornwall, Ontario K6H 6G4	City of Cornwall Leisure Guide

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City of Cornwall	Cornwall Aquatic Centre	Community / Municipal Programs	<a href="http://www.cornwall.ca/en/recreation/aquaticcentre.asp">http://www.cornwall.ca/en/recreation/aquaticcentre.asp</a> 100 Water Street East Cornwall ON K6H 6G4 (613) 933-3586	Adult and senior swim Monday to Friday. Call for details
City of Cornwall	Glen-Stor-Dun-Lodge Outreach Services	Community Programs	613-933-3384 Anna-Marie Breuers	Adult Day Program, Meals on wheels
<b>Dundas County</b> Winchester	Carefor Nor-Dun Seniors' Support Centre	Community Programs Exercise Programs	613-774-6109	Our goal is to assist seniors and physically disabled persons to maintain full independent lives while living in their home. With the help of community volunteers, CAREFOR Home Support offers a variety of programs and services such as: meals on wheels, group exercises, social recreational activities, transportation, etc. Please call for more details.
Dundas County	J.W. MacIntosh Seniors' Support Centre	Community Programs Exercise Programs	613-535-2924 Janet Levere	Adult Day Program. Meals on wheels
Dundas County Winchester area	The Academy of Dance & Fitness	Exercise Program	505 Church Street Winchester, Ontario K0C 2K0 <a href="mailto:academyofdanceandfitness@gmail.com">academyofdanceandfitness@gmail.com</a> Tel: 613.884.4853	<b>Swing &amp; Sway</b> – A low intensity dance class where participants can either sit or stand while moving to hits from the 20's to the 70's. Swing & Sway has been a big hit and is attended by participants ranging in age from 50-95. This class can be done either standing or sitting in a chair. Participants can also stand behind a chair and hold on while dancing. The class is easy to follow steps and gentle movements for the body. Senior's Fitness was also developed to cover all areas of fitness needed to develop proper conditioning for seniors and to aid in balance. A typical class combines, breathing, stretching, a small portion of cardio, strength exercises and balance work.

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North Dundas	Township of North Dundas  Municipal Recreation Department	Community / Municipal Programs	Director of Recreation and Culture  Meaghan Meerburg T. 613-774-2105  <a href="http://northdundas.com/town-hall/recreation-and-culture/resource-guide/">http://northdundas.com/town-hall/recreation-and-culture/resource-guide/</a>	North Dundas Recreation & Culture Resource Guide
South Dundas	Township of South Dundas  Municipal Recreation Department	Community / Municipal Programs	Ben Macpherson  Recreation Program Coordinator  Municipality of South Dundas Phone: 613-545-2673 Email: <a href="mailto:bmacpherson@southdundas.com">bmacpherson@southdundas.com</a>  <a href="http://www.southdundas.com/index.php?option=com_content&amp;view=article&amp;id=125&amp;Itemid=72">http://www.southdundas.com/index.php?option=com_content&amp;view=article&amp;id=125&amp;Itemid=72</a>	South Dundas Recreation Guide
<b>Glengarry County</b>  Alexandria Lancaster Glen Robertson Martintown	Carefor  Glengarry Outreach Seniors Services	Community Programs  Exercise Programs	613-525-4443 (Alexandria)  613-347-1175 (Lancaster)	Glengarry Outreach Seniors Services commits itself to providing community support and outreach services assisting frail seniors, disabled and convalescent persons within Glengarry County. Our programs and supportive services are designed to enhance the quality of life and overall wellness of our clients, so that they may continue to live independently within their community. Exercise classes, Meals on wheels

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Glengarry County	Glengarry Interagency Group (GIAG)	Community Programs	613-525-4802 Monica Ahrens	Adult Day Program
Glengarry County	Maxville Manor Outreach Services	Community Programs Exercise Programs	613-527-2170 Phyllis Burtenshaw-Lalonde	Adult Day Program operates Tuesday, Wednesday and Fridays; Program domains include: Cognitive, Social, Emotional, Spiritual and Physical. Services include physical exercise, walks, dance, health education and health promotion. Community Outreach is coordinating a number of fitness and health promotional programs: 1) weekly exercise program (Friday mornings) for 1 hour; this functional fitness course is based upon the guidelines set by the Centre for Activity and Aging. 2) Weekly bowling (Tuesday mornings) for 2 hours, 3) Weekly line dancing class (Thursday mornings) for 1 hour. ) 4) Monthly health education via Diners Club, foot care clinics, Meals on Wheels and event calendar / newsletter.
North Glengarry	Township of North Glengarry  Municipal Recreation Department	Community / Municipal Programs	North Glengarry Township 90 Main Street P.O. Box 700 Alexandria, ON K0C 1A0 Phone: 613-525-1110 Fax: 613-525-1649  <a href="http://www.northglengarry.ca/en/">http://www.northglengarry.ca/en/</a>	Leisure Programs Get out and Get Active! The Township's Recreation programs include various direct programs and links to community groups that host recreation programs in Township facilities. All with a view of getting our residents and families out and active in any season.
South Glengarry	Township of South Glengarry  Municipal Recreation Department	Community / Municipal Programs	The Char-Lan Recreation Centre 19740 John Street PO Box 156 Williamstown, Ontario K0C 2J0 For more information contact us at:	Recreation facilitates and maintains programs for year-round recreational activities for the residents of South Glengarry and acts as a liaison with community groups that use and maintain neighbourhood spaces.

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			<a href="mailto:recreation@southglengarry.com">recreation@southglengarry.com</a> or 613 347 2411 Office Hours: Monday through Friday from 9:00 am to 4:00 pm	
<b>North Stormont</b>  (Finch)	Carefor  North-Stor Seniors' Support Centre	Community Programs  Exercise Programs	613-984-2436	Our goal is to assist seniors and physically disabled persons to maintain full independent lives while living in their home. With the help of community volunteers, CAREFOR Home Support offers a variety of programs and services such as: meals on wheels, group exercises, social recreational activities, transportation, etc. Please call for more details.
North Stormont	Municipal Recreation Department	Community / Municipal Programs	<a href="mailto:admin@northstormont.ca">admin@northstormont.ca</a> Tel: 613-984-2821 Toll Free: 1-877-984-2821  <a href="http://www.northstormont.ca/municipal-departments/recreation-department">http://www.northstormont.ca/municipal-departments/recreation-department</a>	
<b>South Stormont</b>  (Ingleside)	Carefor  South Stormont Seniors' Support Centre	Community Programs  Exercise Programs	613-537-8644	Our goal is to assist seniors and physically disabled persons to maintain full independent lives while living in their home. With the help of community volunteers, CAREFOR Home Support offers a variety of programs and services such as: meals on wheels, group exercises, social recreational activities, transportation, etc. Please call for more details.
South Stormont	Municipal Recreation Department	Community / Municipal Programs	<b>Parks &amp; Recreational Services Office</b> Long Sault Arena 60 Mille Roches Road Long Sault, ON K0C 1P0	Recreation Brochure

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			613-534-2419 Telephone 613-534-3836 Fax <b>Staff Member</b> Kevin Amelotte, Coordinator and Events, Programs and Marketing <a href="mailto:marketing@southstormont.ca">marketing@southstormont.ca</a> <a href="http://www.southstormont.ca/parks/">http://www.southstormont.ca/parks/</a>	
<b>Prescott-Russell</b>	Carefor	Community Programs  Exercise Programs	1 Main Street East, suite 530 Hawkesbury ON 613-632-0418 Penny Décoste (Team Leader)	Our goal is to assist seniors and physically disabled persons to maintain full independent lives while living in their home. With the help of community volunteers, CAREFOR Home Support offers a variety of programs and services such as: meals on wheels, group exercises, social recreational activities, transportation, etc. Please call for more details.
Prescott-Russell	Groupe Action pour l'enfant, la famille et la communauté	Community Programs	613-632-7837 1-866-363-3210  <a href="http://www.groupeaction.ca/">http://www.groupeaction.ca/</a>	Our Mission is to facilitate the development and preservation of a quality of life for all individuals and the collectivity. All our actions are accomplished according to a basic approach founded on the belief that each person and each group can influence the evolution of its community.  Attendant care services can be defined as physical assistance by a trained attendant, with those activities of daily living, which one cannot perform because of the limitations or impairments resulting from a permanent physical disability.

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Prescott-Russell	Services Communautaires de Prescott-Russell	Community Programs	613-632-0939 1-800-267-0583 Sylvie Leclair  <a href="http://www.prescott-russell.on.ca/fr/services-sociaux/services-offerts-aux-familles-de-jeunes-enfants/service-de-sante-communautaire">http://www.prescott-russell.on.ca/fr/services-sociaux/services-offerts-aux-familles-de-jeunes-enfants/service-de-sante-communautaire</a>	<b>Services:</b> Transportation, diners club, footcare clinics, home maintenance, day program, meals on wheels, etc. Please call for details.