

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

Territory	Service Provider	Category of service	Contact	Additional Information
5 United Counties City of Cornwall Stormont Dundas Glengarry Prescott Russell	Champlain Healthline	On-line hub for services	edit@champlain.ccac-ont.ca Champlainhealthline.ca c/o Champlain Community Care Access Centre 4200 Labelle Street, Suite 100 Ottawa, Ontario K1J 1J8	www.champlainhealthline.ca 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.
5 United Counties City of Cornwall Stormont Dundas Glengarry Prescott Russell	EOHU Eastern Ontario Health Unit	Health Promotion	613-933-1375 1-800-267-7120 Robyn Hurtubise (Injury Prevention Program Coordinator)	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.
5 United Counties 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: Parkinson Society Eastern Ontario 1 – 200 Colonnade Road South Ottawa, ON K2E 7M1 Phone: (613) 722-9238 Fax: (613) 722-3241 Email: psoc@toh.on.ca www.parkinsons.ca	To find support services and information in your area, please contact the provincial partner closest to you.

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5 United Counties City of Cornwall Stormont Dundas Glengarry Prescott Russell	211	Telephone / on-line hub for services	www.211ontario.ca	211 is a three-digit phone number and website 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.
5 United Counties City of Cornwall Stormont Dundas Glengarry Prescott Russell	Canadian Red Cross Community Support Services	Community / Municipal Programs	www.redcross.ca www.croixrouge.ca 613-932-0231 ext 2253 Colette Lavictoire (Manager)	Assisted living for high risk seniors Aging at Home Supportive Housing
City of Cornwall Stormont Dundas Glengarry	Seaway Community Health Centre	Physio Falls Prevention StandUp! Sessions	613-930-4892 ext 115 Rick Marceau	Intergrated Falls Prevention & Exercise Program – English Program If you have fallen or are at risk of falls and need to learn how to reduce your change of personal injury If you want to improve your fitness level Classes for various mobility levels depending on screening and ability
City of Cornwall	Centre de santé communautaire de l'Estrie	Physio Falls Prevention StandUp! Sessions	613-937-2683 (Tania Sveistrup)	StandUp! Falls prevention & exercise program – French Program The goal of the StandUp! Program is to prevent falls and fractures among autonomous seniors who live in the community and are concerned about falling or about their balance. The objectives of the program are to improve balance and leg strength, to develop the ability to make adjustments in the home and adopt safe behaviours, to enhance a feeling of effectiveness

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				<p>related to fall prevention, to help maintain bone density in sites that are most vulnerable to fracture and to encourage the practice of regular physical activity.</p> <p>The StandUp! Program lasts 12 weeks and consists of 3 components: group exercises, exercises at home, and discussion sessions on fall prevention. It is designed for community groups, such as senior citizen centres, CLSCs, and municipal recreation services.</p>
City of Cornwall	City of Cornwall Recreation Department	Community / Municipal Programs	http://www.cornwall.ca/en/recreation/recreationprograms.asp (613) 930-2787 Parks & Recreation Cornwall Civic Complex (1st & 2nd Floors) 100 Water Street East Cornwall, Ontario K6H 6G4	City of Cornwall Leisure Guide
City of Cornwall	Cornwall Aquatic Centre	Community / Municipal Programs	http://www.cornwall.ca/en/recreation/aquaticcentre.asp 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
City of Cornwall	Seaway Community Health Centre	Exercise Programs Health Promotion	613-930-4892 ext 152 Corrie D'Alessio	<p>Move'n Mingle – Enjoy learning about ways to prevent falls in the home. Also participate in an exercise class aimed at improving balance, strength & mobility.</p> <p>Get W.I.T.H. it – indoor walking program</p>

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			613-930-4892 Nancy Herrington	SVCHC is leading a partnership with the University of Ottawa Heart Institute and the Heart and Stroke Foundation to offer a free Heart Wise Walking Program. Cornwall Civic Complex on Tuesdays and Thursdays 9 am – 11 am Living' It Up! – This health promotion program focuses on healthy eating, physical wellbeing and social interaction.
Dundas County Winchester	Carefor Nor-Dun Seniors' Support Centre	Community Programs Exercise Programs	613-774-6109 Carolyn Rooney (Team Leader) Nancy Gibson	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 academyofdanceandfitness@gmail.com Tel: 613.884.4853	Swing & Sway – 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 http://northdundas.com/town-hall/recreation-and-culture/resource-guide/	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: bmacpherson@southdundas.com http://www.southdundas.com/index.php?option=com_content&view=article&id=125&Itemid=72	South Dundas Recreation Guide
Glengarry County Alexandria Lancaster Glen Robertson Martintown	Carefor Glengarry Outreach Seniors Services Alexandria Lancaster	Community Programs Exercise Programs	613-525-4443 (Alexandria) Susan Stamm (Team Leader) 613-347-1175 (Lancaster) Joanne Wylie (Team Leader)	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 Alexandria	Centre de santé communautaire de l'Estrie	Physio Falls Prevention StandUp! Sessions	613-525-5544 (Michel Laviolette – not yet offered)	StandUp! Falls prevention & exercise program The goal of the StandUp! Program is to prevent falls and fractures among autonomous seniors who live in the community and are concerned about falling or about their balance. The objectives of the program are to improve balance and leg strength, to develop the ability to make adjustments in the home and adopt safe behaviours, to enhance a feeling of effectiveness related to fall prevention, to help maintain bone density in sites that are most vulnerable to fracture and to encourage the practice of regular physical activity. The StandUp! Program lasts 12 weeks and consists of 3 components: group exercises, exercises at home, and discussion sessions on fall prevention. It is designed for community groups, such as senior citizen centres, CLSCs, and municipal recreation services.
Glengarry County	Glengarry Interagency Group (GIAG)	Community Programs	613-525-4802 Jessica Valade	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.

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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 http://www.northglengarry.ca/en/thingstodo/leisureprograms.asp	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@southglengarry.com or 613 347 2411 Office Hours: Monday through Friday from 9:00 am to 4:00 pm	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.
North Stormont (Finch)	Carefor North-Stor Seniors' Support Centre	Community Programs Exercise Programs	613-984-2436 Michèle Morgan (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.
North Stormont (Crysler)	Centre de santé communautaire de l'Estrie	Physio Falls Prevention StandUp! Sessions	613-987-2683 Danielle Proulx-Laniel	StandUp! Falls prevention & exercise program The goal of the StandUp! Program is to prevent falls and fractures among autonomous seniors who live in the community and are concerned about falling or about their balance. The objectives of the program are to improve balance and leg strength, to develop the ability to

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North Stormont	Municipal Recreation Department	Community / Municipal Programs	admin@northstormont.ca Tel: 613-984-2821 Toll Free: 1-877-984-2821 http://www.northstormont.ca/municipal-departments/recreation-department	
South Stormont (Ingleside)	Carefor South Stormont Seniors' Support Centre	Community Programs Exercise Programs	613-537-8644 Kelly Simpson (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.
South Stormont	Municipal Recreation Department	Community / Municipal Programs	Parks & Recreational Services Office Long Sault Arena 60 Mille Roches Road Long Sault, ON K0C 1P0 613-534-2419 Telephone 613-534-3836 Fax Staff Member	Recreation Brochure

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			Kevin Amelotte, Coordinator and Events, Programs and Marketing marketing@southstormont.ca http://www.southstormont.ca/parks/	
Prescott-Russell	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 Sheila Lacroix	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.
Prescott-Russell	Services Communautaires de Prescott-Russell	Community Programs	613-632-0939 1-800-267-0583 André Bruneau	Services: Transportation, diners club, footcare clinics, home maintenance, day program, meals on wheels, etc. Please call for details.

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<p>Russell County</p> <p>(Bourget)</p> <p>(Embrun)</p>	<p>Centre de santé communautaire de l'Estrie</p>	<p>Physio Falls Prevention StandUp! Sessions</p>	<p>613-487-1802 (Carole Gingras)</p> <p>613-443-3888 Danielle Proulx-Laniel</p>	<p>StandUp! Falls prevention & exercise program</p> <p>The goal of the StandUp! Program is to prevent falls and fractures among autonomous seniors who live in the community and are concerned about falling or about their balance.</p> <p>The objectives of the program are to improve balance and leg strength, to develop the ability to make adjustments in the home and adopt safe behaviours, to enhance a feeling of effectiveness related to fall prevention, to help maintain bone density in sites that are most vulnerable to fracture and to encourage the practice of regular physical activity.</p> <p>The StandUp! Program lasts 12 weeks and consists of 3 components: group exercises, exercises at home, and discussion sessions on fall prevention. It is designed for community groups, such as senior citizen centres, CLSCs, and municipal recreation services.</p>