

# KENORA AGE-FRIENDLY SERVICES GUIDE 2016-2017



# Age-Friendly **KENORA**



This Age-Friendly Services Guide is organized according to the age-friendly topic areas identified by the World Health Organization in *Global Age-Friendly Cities*.

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# COMMUNICATION & INFORMATION



## Included in this section:

- Emergencies
- General Information
- Crisis and Abuse Response

## COMMUNICATION & INFORMATION

*A community is age-friendly when information is easily accessible to all citizens.*

*The following services provide information and referral to meet the needs of people in Kenora.*

### Emergencies

#### 911

In an emergency, call 911 immediately. An emergency is any situation that requires immediate assistance from the police, fire department or paramedics, such as:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured
- A medical emergency, such as someone who is:
  - Unconscious,
  - Gasping for air or not breathing,
  - Experiencing an allergic reaction,
  - Having chest pain, or
  - Having uncontrollable bleeding

PH: 911

## General Information

### 211 Directory

This up-to-date, accessible, searchable database provides comprehensive access to information about social, community, health and government services in Northeastern and Northwestern Ontario.

Call 2-1-1 for:

- Non-emergency police number
- Food banks
- Walk-in clinics
- Alzheimer support
- Mental health help
- Meals on Wheels
- Emergency shelters for homeless
- Services for domestic violence victims
- Public health
- Crisis services
- Provincial and local helpline phone numbers
- Settlement help for newcomers
- Housing help centres
- Youth drop in programs
- Child, youth and family counselling
- Emergency utility assistance
- Disability support programs
- Parenting programs

PH: 211

[www.211north.ca](http://www.211north.ca)

### **City of Kenora**

The City of Kenora's customer service line handles calls regarding municipal matters while the information line provides scheduling for council meetings, garbage/blue box pick up, the waste transfer station, hazardous waste removal, public transit as well as licenses.

1 Main Street South, Kenora ON

PH: (807) 467-2000 Customer Service Line

PH: (807) 467-2008 Information Line (waste, transit)

[www.kenora.ca](http://www.kenora.ca)

### **Poison Control Centre**

Expert poison advice is available to all of Ontario, 24 hours a day.

PH: 1-800-268-9017 (Toll-Free)

### **Telehealth Ontario**

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day.

PH: 1-866-797-0000 (Toll-Free)

## **Crisis and Abuse Response**

### **Kenora Rainy River Crisis Response Services**

Kenora Rainy River Crisis Response Services provides mental health crisis prevention and intervention for individuals in distress through a 24-hour telephone crisis line.

PH: 1-866-888-8988 (Toll-Free)

[www.crisisresponservices.com](http://www.crisisresponservices.com)

### **Senior Safety Line**

The Senior Safety Line provides free 24 hour confidential support by telephone for seniors suffering abuse including physical, mental, sexual, neglect and financial. Elder Abuse is a crime.

PH: 1-866-299-1011 (Toll-Free)

[www.elderabuseaction.com](http://www.elderabuseaction.com)

### **Kenora Sexual Assault Centre**

The Kenora Sexual Assault Centre provides crisis counselling for victims of sexual assault through its 24-hour emergency telephone line.

PH: 1-800-565-6161 (Toll-Free)

[www.kenoralsexualassaultcentre.ca](http://www.kenoralsexualassaultcentre.ca)

### **Women`s Shelter, Saakaate House**

Women`s Shelter, Saakaate House serves women who are the victim of partner abuse. They have a 24-hour crisis support telephone line.

PH: (807) 468-5491

PH: 1-800-465-1117 (Toll-Free)

[www.wssh.ca](http://www.wssh.ca)

# TRANSPORTATION



## Included in this section:

- Driver's Licensing
- Bus Transportation
- Medical and Other Transportation

## TRANSPORTATION

*Age-Friendly communities ensure that there is affordable and accessible public transportation available and roadways and parking areas are well maintained for its citizens.*

### Driver's Licensing

#### Drivetest

Drivetest offers written driver license and road tests. Senior testing sessions (for those over 80 years of age) are booked through 1-888-570-6110. The Drivetest office is located at the Kenora Shoppers Mall.

534 Park St., Unit 1270, Kenora, ON P9N 1A1  
PH: 1-888-570-6110

#### Service Ontario

Driver's licenses are issued or amended through Service Ontario.

220 Main Street South, Kenora, ON, P9N 1T2  
<https://www.ontario.ca/page/serviceontario>

## Bus Transportation

### Kenora City Bus

The City of Kenora provides bus service routes taking riders from Market Square in the Harbourtown Centre to many destinations within the city. See the website for transit routes and schedules.

PH: (807) 548-7713

<http://www.kenora.ca/living/community/public-transportation.aspx>

### Greyhound Bus

PH: (807) 468-7172

## Medical and Other Transportation

### Handi Transit

Handi Transit is available for those who meet eligibility requirements and are unable to use other forms of public transportation.

Buses equipped with lift systems are available by 24 hours advanced booking and a fare is collected for this door-to-door service.

PH: (807) 468-3295

### **District of Kenora Homes & Community Support – Transportation Services**

Community Support provides transportation for medical appointments for individuals that meet the eligibility criteria.

1220 Valley Drive, Kenora, ON P9N 2W7

PH: (807) 468-4562

E-mail: [css.kenora@kenoradistricthomes.ca](mailto:css.kenora@kenoradistricthomes.ca)

### **First Nations' Transport**

Each First Nation manages its own transportation service for band members. Please contact the band office for information.

### **Red Cross – Out of Town**

Transportation is provided by volunteers to assist individuals to out of town medical appointments when family unavailable or lack a reliable vehicle. Fee for service is based on the distance traveled and companion travels for free.

32 Colonization Avenue, Dryden, ON, P8N 3E3

PH: (807) 223-4751

Toll free: 1-888-277-9089

E-mail: [Kyley.Rankin-Donaldson@redcross.ca](mailto:Kyley.Rankin-Donaldson@redcross.ca)

**Metis Nation Ontario (MNO) Medical Transport**

The Health and Wellness program provides medical transportation and accommodation for local and out-of-town or out-of-province medical appointments. Contact the MNO for further information on eligibility.

621 Lakeview Dr. Unit 4, Kenora, ON P9N 3P6

70 Park St, Kenora, ON P9N 1Y6

PH: (807) 467-2555

**Taxi Services**

Kenora has private taxi services available for hire in addition to the other transportation options provided above.

# COMMUNITY SUPPORT & HEALTH SERVICES



## Included in this section:

- Basic Health Services
- Family Practice Clinics
- Other Health Services
- Legal Services

## COMMUNITY SUPPORT & HEALTH SERVICES

*Age Friendly communities have health and community services available to meet the needs of older citizens.*

### **Basic Health Services**

#### **Lake of the Woods District Hospital**

Lake of the Woods District Hospital meets the immediate health care needs of the residents of the City of Kenora as well as a large surrounding area, including several First Nations communities.

The hospital's core programs include emergency and ambulatory care, chronic care, mental health, maternal & child health, and acute care services.

21 Sylvan St., Kenora, ON

PH: (807) 468-9861

### **Sunset Country Family Health Team**

Sunset Country Family Health Team is a team of health care providers (e.g. nurses, dietitians, pharmacist, chiroprapist, social worker, and foot care specialists) working alongside family physicians.

There are a number of programs and services offered to support people living with diabetes, asthma/COPD, memory concerns, high blood pressure, nutrition and medication counselling.

1-35 Wolsley St. (Paterson Medical Centre)

PH: (807) 468-6321

## **Waasegiizhig Nanandawe'Iyewigamig**

This agency provides primary health care and preventative services combining traditional and contemporary approaches to health and healing. Complementary programs include a residential healing program and hostel accommodation for people accessing hospital services in Kenora. Services are provided in the following areas:

- Assessment, diagnosis & treatment
- Preventative health care
- Health education & promotion
- Traditional health care
- Mental health & wellness
- Diabetes education and specialized care
- Nutritional counseling and support
- Reproductive health
- Early child development & nutrition

212 4th Ave. S., Kenora, ON

PH: (807) 467-8770

## **Northwestern Health Unit**

Through the delivery of public health services, the Northwestern Health Unit seeks to improve the quality and length of life in our communities.

Programs include: chronic disease and injury prevention, control of infectious diseases and

immunization, environmental health, sexual health and harm reduction, dental health, and preschool speech.

210 First St. North, Kenora, ON

PH: (807) 468-3147

[www.nwhu.on.ca](http://www.nwhu.on.ca)

## **Family Practice Clinics**

There are four Family Practice Clinics in Kenora providing primary medical care. They include:

### **Kenora Medical Associates**

Paterson Medical Centre, Kenora, ON

PH: (807) 468-3021

1-45 Wolsley St.

### **Woodlands Medical Associates**

5-45 Wolseley Street, Kenora, ON

PH: (807) 468-6321

### **Keewatin Medical Clinic**

906 Ottawa St., Keewatin, ON

PH: (807) 547-2818

### **Docside**

524 1<sup>st</sup> Avenue South, Kenora, ON

PH: (807) 468-3600

## **District of Kenora Homes & Community Support Services**

Community Support Services offers a range of in-home and community services that enable seniors to age in place, including:

- Meals on Wheels
- Home Help
- Home Maintenance
- Transportation
- Congregate Dining
- Adult Day Programs
- Palliative Care
- Supportive Housing
- Personal Response Service (Lifeline)

1220 Valley Drive, Kenora, ON P9N 2W7

PH: (807) 468-4562

## **Wesway**

Wesway offers contracted respite funding for eligible families who care for a family member with a disability or chronic health condition.

PH: 1-888-623-2353

**Canadian Mental Health Association - Older Adults**

This program offers specialized community based geriatric services in Kenora for older adults who are age 60 years or older and are experiencing dementia or other serious mental illness. Services include screening, therapy, case management, caregiver support and referrals.

Box 492 - 610 Lakeview Drive, Kenora, ON  
PH: (807) 468-4699 ext. 1

**Alzheimer Society of Kenora/Rainy River Districts**

The Society provides education, support and information to people with the disease, as well as their families and community organizations. Programs include: First Link, Learning Series, Support Groups, The Dementia Experience, Education Sessions, Resource Library and training for Health Service Professionals.

618 9th St N, Kenora, ON P9N 4B5  
PH: (807) 468-1516  
E-mail: [info@alzheimerkrr.com](mailto:info@alzheimerkrr.com)

### **Community Care Access Centre (CCAC)**

CCACs provide a wide-range of health-care services and resources to support you at home. We help determine the right care and health supports for you and get you the care you need.

35 Wolsley Street, Suite #3, Kenora, ON P9N 0H8  
PH: (807) 467-4757

### **Kenora Association for Community Living (KACL)**

KACL support services are provided to children and adults with developmental disabilities and /or mental health needs.

501 Eighth Avenue South  
Kenora, ON, P9N 3Z9  
PH: (807) 467-5225

### **Kenora Sexual Assault Centre (KSAC)**

The Kenora Sexual Assault Centre is a women-centred organization that provides crisis, short term, and long-term counselling and support to female survivors of sexual violence aged 16 and over and their families, partners, friends or others.

201-136 Main St. South, Kenora, ON  
PH: (807) 468-7958  
24-hr Crisis & Support PH: (807) 468-7233

**Salvation Army Food Bank**

The Salvation Army Food Bank provides non-perishable food items to individuals in an emergency situation.

104 Matheson Street South, Kenora, ON P9N 1T8  
PH: (807) 468-8452

**Sunset Area Victim Crisis Assistance & Referral Services**

The Sunset Area VCARS provides immediate short-term emotional and practical support and referral services to victims of crimes and tragic circumstances, 24 hours, seven days a week.

Unit 18-308 Second Street S, Kenora, ON, P9N 1G4  
PH: 1-(807) 467-2815  
Toll free: 1-(877) 467-2815

## Legal Services

### **Northwest Community Legal Clinic (NWCLC)**

The legal clinic offers poverty law services (including tenancies, social assistance, public pensions, consumer) to low-income citizens.

Suite 6-308 Second Street S, Kenora, ON P9N 1G4

PH: (807) 468-8888

[www.NorthwestCommunityLegalClinic.ca](http://www.NorthwestCommunityLegalClinic.ca)

### **Law Society Referral Service (LSRS)**

LSRS will provide referrals to lawyers/paralegals who will provide a free, 30-minute consultation.

PH: 1-800-268-8326 (Toll-free)

### **Legal Aid Ontario (LAO)**

For qualifying low-income persons, LAO provides duty counsel at court, information and referral and legal aid certificates for serious criminal, family and immigration cases covering the cost of a private lawyer.

PH: 1-800-668-8258 (Toll-Free)

# HOUSING & HOUSING HELP



## Included in this section:

- Non-Profit Housing Options
- Life Lease Residences
- Home Utility Supports
- Long-Term Care Facilities
- Home Improvement Funding
- Household Help

## HOUSING & HOUSING HELP

*Age-friendly communities ensure that the diverse housing needs of older adults are met. Aging at home is often a goal for seniors but sometimes downsizing is desirable. Varying levels of housing support also have to be met within the housing options.*

*Ideal housing spectrums include a mix of ownership and rental units, private and social housing units, varying styles and locations, flexible design and support services and proximity to services.*

*Kenora strives to offer a variety of housing that meets the needs of senior citizens.*

## Non-Profit Housing Options

In Kenora there are four non-profit organizations that offer a mix of market rent and subsidized units. Some units are senior specific while others are age inclusive.

### **Kenora District Services Board**

All non-profit housing applications are processed through the Kenora District Services Board, which is our region's coordinated access centre. To apply for a subsidized social housing unit, complete the application form that is available on the website or at the Housing Services office.

Applicants have the option of applying for a specific housing complex or for multiple locations. Those seeking nonsubsidized social housing can apply directly at the management office that handles the property.

120 Matheson Street S, Kenora (Housing Services Office)

PH: (807) 468-5372

[www.kdsb.on.ca](http://www.kdsb.on.ca)

## **Kenora District Services Board Housing Services**

The Kenora District Services Board manages the following apartments in Kenora.

### ***Amethyst Apartments (seniors)***

1205 Heenan Place  
Kenora, ON P9N 2Y6

### ***Parkview Apartments (seniors)***

(Supportive Housing Option)  
630 Park Street  
Kenora, ON P9N 1B2

### ***Trillium (all ages)***

1225 Heenan Place  
Kenora, ON P9N 2Y6

## **Keewatin Municipal Non Profit Housing Corporation**

The following apartments located in Keewatin are also managed by the Kenora District Services Board.

### ***Maples Apartments (all ages)***

512 Ottawa Street, Keewatin, ON P0X 1C0

### ***Bay Terrace (seniors)***

301 Bay Street, Keewatin, ON P0X 1C0

### ***Park Place (seniors)***

809 Superior Street, Keewatin, ON P0X 1C0

### **Kenora Municipal Non Profit Housing Corporation**

The Kenora Municipal Non-Profit Housing Corporation has other housing available in Kenora.

450 Laurenson Lane—Unit A, Kenora, ON P9N 4C9  
PH: (807) 468-3595

#### ***Benedickson Court (seniors)***

(Supportive Housing Option)  
450 Laurenson Lane  
Kenora, Ontario P9N 4C9

#### ***Gardner House (seniors)***

(Supportive Housing Option)  
610 Park Street  
Kenora, Ontario P9N 1B2

#### ***Henesy Terrace (all ages, disabled)***

14 Woods Drive  
Kenora, Ontario P9N 4E6

### **Aamikkowish Non Profit Housing Incorporated**

Aamikkowish Non Profit Housing has family and transitional units available for aboriginals at various locations throughout the community.

1447 Pine Portage Road-Unit 101, Kenora, ON P9N 2K1  
PH: (807) 468-4461

## Long-Term Care Facilities

Kenora has two long-term care facilities.

### ***Birchwood Terrace***

237 Lakeview Drive, Kenora, ON P9N 4J7

PH: (807) 468-8625

Fax: (807) 468-4060

### ***Pinecrest Home***

1220 Valley Drive, Kenora, ON P9N 2W7

PH: (807) 468-3165

Fax: (807) 468-6346

## Life Lease Residences

Kenora also has several life lease residences. In life lease residences, individuals purchase the right to occupy a residential unit until they either move away or die. Amenities and services vary between facilities.

### ***Grandview Villa***

7 Woods Drive, Kenora, ON

PH: 1-800-543-6118

### ***Southward Villa***

202 Sixth Avenue South, Kenora, ON

PH: 1-800-543-6118

[www.lifelease.ca](http://www.lifelease.ca)

## Home Improvement Funding

Investment in Affordable Housing offers up to \$25,000 for eligible home repairs or modifications by low-income homeowners through the **Ontario Renovates** program.

In the District of Kenora, applications and information are available online at or by contacting Infinity Property Services at the number or website below.

PH: 1-800-891-5882 ext. 317

[www.infinitypropertyservices.ca/programs/ontario-renovates/](http://www.infinitypropertyservices.ca/programs/ontario-renovates/)

## Home Utility Support

### Ontario Electricity Support Program (OESP)

The Ontario Electricity Support Program (OESP) is a new direct pay monthly benefit for low-income residents.

Applications are made on-line through:

[www.ontarioelectricitysupport.ca/](http://www.ontarioelectricitysupport.ca/)

### **Low Energy Assistance Program (LEAP)**

For low-income citizens who are facing disconnection of electricity or gas due to accumulated arrears, the Low Energy Assistance Program (**LEAP**) can provide emergency assistance. Funding is up to \$500 (or \$600 for electrically heated homes) for electrical or gas bills.

Those living in areas served by the Kenora Hydro Electric Corporation can receive further information or apply for funding at the Kenora District Services Board-Kenora Office:

120 Matheson Street South, Kenora, ON P9N 1T8  
PH: (807) 468-5372

Those living in areas served by Hydro One networks are administered through the United Way of Greater Simcoe County:

1110 Highway 26, Midhurst, ON L0L 1X0  
PH: 1-855-487-5327

## Household Help

### **District of Kenora Homes & Community Support Services**

Community Support Services program offers a variety of home support services that allow older adults to remain at home and maintain independence. These programs include housekeeping and lawn maintenance for individuals who meet the eligibility criteria.

1220 Valley Drive, Kenora, ON P9N 2W7

PH: (807) 468-4562

# OUTDOOR SPACES



## Included in this section:

- Kenora Urban Recreational Trails
- Parks and Beaches
- Community Gardens & Farmers Markets

(PHOTO: CITY OF KENORA, 2015)

## OUTDOOR SPACES

*Age-friendly communities offer pleasant, safe and accessible outdoor spaces for older citizens.*

### **Kenora Urban Recreational Trails**

The Great Lake of the Woods Trail is a unique and diverse trail system including a fully accessible trail known as Rotary Way.

For a full description of all our local trails see the guide at the website below.

[http://www.kenora.ca/media/137936/kenora\\_recreational\\_urban\\_trails\\_guide\\_booklet.pdf](http://www.kenora.ca/media/137936/kenora_recreational_urban_trails_guide_booklet.pdf)

### **Parks and Beaches**

Kenora has a number of parks and beaches for outdoor enjoyment. More details for each park can be found on the City of Kenora's website.

[www.kenora.ca/living/be-active/beaches,-parks-trails.aspx](http://www.kenora.ca/living/be-active/beaches,-parks-trails.aspx)

### **Anicinabe Park**

This park features a beach, playground, picnic area, boat launch, store washrooms and campsites, including RV facilities. Call (807) 467-2700 for details.

### **Coney Island Beach Park**

This island beach is located on Lake of the Woods with summer boat access. Coney Island Shuttle Service departs from the Harbourfront daily from May to August. Call (807) 466-3615 for details.

### **Garrow Park**

Situated on Rabbit Lake, Garrow Park includes a beach, washrooms, tennis courts, play structure, docks, picnic area, and an accessible trail.

### **Keewatin Beach Park**

Keewatin Beach Park is located off of Beach Road. It features a playground, picnic area, restrooms and change rooms that are wheelchair and stroller friendly.

### **Norman Park Beach**

Norman Park Beach is a sandy beach located behind the Railroad Museum. Amenities include a children's playground, restrooms and picnic shelter.

### **McLeod Park**

McLeod Park features Kenora's iconic Husky the Muskie statue, rock gardens, washrooms, a scenic boardwalk alongside the Goodwill Geyser, and an underpass walkway to the James McMillan Tugboat.

### **Beatty Park**

Located along the Winnipeg River, Beatty Park includes a bandstand, cenotaph, picnic area and flowerbeds.

### **Jaffray Melick Lookout Point**

This scenic minipark on Rabbit Lake Road features a gazebo with shrub and floral gardens.

### **Keewatin Central Park**

Located at 10<sup>th</sup> St and Superior Street, this property has a gazebo, play structure and open green space.

### **Keewatin Glacial Potholes**

The Keewatin Glacial Potholes are a must-see geological feature. The viewing area for the potholes is located on 6<sup>th</sup> St. in Keewatin. There is a nearby picnic shelter and lookout area.

## Community Gardens and Farmers' Markets

### **Kenora Community Garden**

Encouraging local food security, this space has 38 individual garden plots that are available free of charge. Call for more information.

PH: (807) 548-2121

### **Matiowski Farmers' Market**

Over 100 Market Vendors sell authentic handmade and homegrown products every Wednesday (8:30 - 2:00 p.m.) from mid-June to early October.

<http://kenora.ca/visiting/events-festivals/matiowski-farmers-market.aspx>

# SOCIAL PARTICIPATION



## Included in this section:

- Seniors Centres & Resource Centres
- Places of Interest
- Other Social Resources

## SOCIAL PARTICIPATION

*Age-Friendly communities encourage the social participation of older adults within all community settings. There are many organizations represented in Kenora from several service clubs to special interest groups, craft and hobby groups to sports associations.*

*The variety of interest groups and activities available in Kenora include bridge, skating, curling, cross-country & downhill skiing, walking, reading, volunteering, gardening, singing, knitting, quilting, wood carving, and many more.*

*Kenora also has many churches and representing a variety of denominations. All provide opportunities for worship, fellowship and outreach to the broader community. As well there are many interdenominational activities.*

## Seniors Centres & Resource Centres

Seniors centres and resource centres provide a variety of recreational and educational opportunities.

### **New Horizons Seniors Centre Kenora**

In Kenora, the New Horizons Senior Centre organizes activities for older adults.

18 Mike Richards Way, Kenora, ON

PH: (807) 468-5947

Email: [newhorizon@kmts.ca](mailto:newhorizon@kmts.ca)

### **New Horizons Seniors Centre Keewatin**

812 Ottawa Street, Keewatin, ON P0X 1C0

### **Ne-Chee Friendship Centre**

Supporting the needs of urban aboriginal peoples, the centre offers child, youth and elder support programs. The Life Long Care program offers cultural and recreational activities, congregate dining, transportation and social support for older aboriginal adults.

1301 Railway Street, Box 241, Kenora, ON P9N 0B2

PH: (807) 468-5440

<http://www.nechee.org>

### **Women's Place Kenora**

Women's Place Kenora is a women's resource centre owned and operated by a feminist collective that works to create equality and justice for women through education, support and advocacy.

530 Third Street North, Kenora, ON P9N 2M3

PH: (807) 468-9095

Email: [info@wpk.ca](mailto:info@wpk.ca)

[www.wpk.ca](http://www.wpk.ca)

### **Places of Interest**

#### **Kenora Recreation Centre**

This complex features a variety of programs and facilities including an ice rink, indoor walking track, fitness area, aquatic centre and multi-purpose room.

18 Mike Richards Way, Kenora, ON

PH: (807) 467-2087

[www.kenora.ca/living/be-active/kenora-recreation-centre.aspx](http://www.kenora.ca/living/be-active/kenora-recreation-centre.aspx)

**City of Kenora Public Library**

The Library consists of more than 67,000 books, magazines audio and videotapes, internet access and a free seed library.

24 Main St. Kenora, ON P9N 1S7

PH: (807) 467-2081

[www.kenorapubliclibrary.org](http://www.kenorapubliclibrary.org)

**Public Library Keewatin Branch**

This neighbourhood library is located on the corner of Ottawa and Main and has internet access available.

221 Main St. Keewatin, ON P0X 1C0

PH: (807) 547-2145

**Lake of the Woods Museum**

This award-winning museum promotes understanding of and respect for cultures and heritage of Lake of the Woods Area.

300 Main St. S. Kenora, ON P9N 3X5

PH: (807) 467-2105

[www.lakeofthewoodsmuseum.ca](http://www.lakeofthewoodsmuseum.ca)

### **Lake of the Woods Railroad Museum**

All things railway related can be found in this unique volunteer operated museum.

805 Lakeview Drive, Kenora, ON

PH: (807) 468-7245

[www.kenora.ca/livingarts-culture/museums](http://www.kenora.ca/livingarts-culture/museums)

### **Mather Walls House**

The Lake of the Woods Historical Society has preserved this Queen Anne style Victorian house. Tours are offered from May to September, six days a week (closed on Mondays).

1116 Ottawa Street, Keewatin, ON P0X 1C0

[www.kenora.ca/visiting/attractions/historic-attractions.aspx](http://www.kenora.ca/visiting/attractions/historic-attractions.aspx)

### **Kenora Community Arts Hub**

A variety of accessible arts related activities including music and visual arts are open to the public. Participants also share a small community garden.

528 3<sup>rd</sup> Ave S. Kenora, ON P9N 1Y2

PH: (807) 467-5262

[www.kacl.ca](http://www.kacl.ca)

**Kenora Curling Club**

721 First Street South, Kenora, ON P9N 1E3  
PH: (807) 468-7903

**Keewatin Curling Club**

932 Front St. Keewatin, ON P0X 1C0  
PH: (807) 547-2500  
[www.keewatincurlingclub.com](http://www.keewatincurlingclub.com)

**Whitecap Pavilion**

The Whitecap Pavilion hosts many local events including Harbourfest, Canada Day, Kenora Bass International Fishing Tournament, Swinging Seniors Celebration Day and The Harbourfront concert series.

Bernier Drive, Kenora, ON

***Harbourfront Concert Series***

Musical talent is showcased during the "Summer Concert Series" held every Thursday evening in July and August.

[www.kenora.ca/visiting/events-festivals/harbourfront-concert-series.aspx](http://www.kenora.ca/visiting/events-festivals/harbourfront-concert-series.aspx)

### ***Swinging Seniors Celebration Day***

Celebrating the joys of a life actively lived, seniors gather on the second weekend of June to enjoy live entertainment and camaraderie on the Harbourfront.

Whitecap Pavilion, Kenora, ON  
PH: (807) 467-4646

## **Other Social Resources**

### **Kenora Metis Council**

The council addresses the needs of Metis peoples by providing information about programs and services available through the Metis Nation of Ontario (MNO) and through promotion of Metis culture.

Local MNO programs include Community Wellness and support services through the Healing and Wellness Branch.

621 Lakeview Drive, Unit 4, Kenora, ON P9N 3P6

PH: (807) 468-2034

Email: [kmcc@shaw.ca](mailto:kmcc@shaw.ca)

[www.metisnation.org](http://www.metisnation.org)

# CIVIC PARTICIPATION & EMPLOYMENT



## Included in this section:

- Volunteering
- Paid Employment
- Police Vulnerable Sector Checks

## **CIVIC PARTICIPATION & EMPLOYMENT**

*Age friendly communities recognize that older adults make a valued contribution to the community by sharing their experience, knowledge and skills. Many organizations including the City of Kenora offer opportunities to guide local development through non-profit boards, advisory committees and volunteerism.*

*Participation through civic work, employment and volunteering engages older adults in the community and increases self-esteem. Part of the philosophy of participation is that the community should recognize that older adults are part of the whole community, not apart from it.*

*The engagement of older adults in all aspects of community life makes Kenora an age-friendly community.*

## Volunteering

### **Kenora Seniors Coalition**

The Kenora Seniors Coalition identifies issues affecting seniors in the community, develops strategies for addressing these issues and advocates on these issues.

For further information contact the New Horizons Seniors Centre at the number below.

### **New Horizons Seniors Centre**

18 Mike Richards Way, Kenora, ON

PH: (807) 468-5947

Email: [newhorizon@kmts.ca](mailto:newhorizon@kmts.ca)

### **Other Volunteer Opportunities**

There are many community groups providing opportunities for volunteer work.

If you are interested in pursuing volunteer activities but are unsure where you would like to volunteer, contact the New Horizons Seniors Centre at the number above.

## Paid Employment

For older adults who wish to continue paid employment, it is important to realize that age discrimination is against the law.

Although retirement is often taken at age 65, there is no mandatory age for termination of employment. If you encounter ageism, contact the Human Rights Legal Support Centre.

### Human Rights Legal Support Centre

PH: 1-866-625-5179

<http://www.hrlsc.on.ca>

## Police Vulnerable Sector Checks

Employment or volunteerism with some groups may require a *Police Vulnerable Sector Check* for the safety of both volunteers and program participants.

Applicants complete a short application and fingerprinting process through the Ontario Provincial Police for processing.

### Ontario Provincial Police

PH: (807) 548-5534

# DIRECTORY



(PHOTO: CITY OF KENORA, 2015)

## DIRECTORY

### **211 Directory**

PH: 211

[www.211north.ca](http://www.211north.ca)

### **911 Emergencies**

PH: 911

### **Aamikkowish Non Profit Housing Incorporated**

1447 Pine Portage Road-Unit 101, Kenora, ON P9N 2K1

PH: (807) 468-4461

### **Alzheimer Society of Kenora/Rainy River Districts**

618 9th St N, Kenora, ON P9N 4B5

PH: (807) 468-1516

E-mail: [info@alzheimerkrr.com](mailto:info@alzheimerkrr.com)

### **Birchwood Terrace Long-Term Care Facility**

237 Lakeview Drive, Kenora, ON P9N 4J7

PH: (807) 468-8625

Fax: (807) 468-4060

### **Canadian Mental Health Association**

Box 492 - 610 Lakeview Drive, Kenora, ON

PH: (807) 468-4699 ext. 1

### **City of Kenora**

1 Main Street South, Kenora ON

PH: (807) 467-2000 Customer Service Line

PH: (807) 467-2008 Information Line

**City of Kenora Public Library**

24 Main St. Kenora, ON P9N 1S7

PH: (807) 467-2081

[www.kenorapubliclibrary.org](http://www.kenorapubliclibrary.org)

**Community Care Access Centre (CCAC)**

35 Wolsley Street, Suite #3, Kenora, ON P9N 0H8

PH: (807) 467-4757

**District of Kenora Homes & Community Support**

1220 Valley Drive, Kenora, ON P9N 2W7

**Community Support Services**

PH: (807) 468-4562

E-mail: [css.kenora@kenoradistricthomes.ca](mailto:css.kenora@kenoradistricthomes.ca)

**Pinecrest Home**

PH: (807) 468-3165

**Docside**

524 1st Avenue South, Kenora, ON

PH: (807) 468-3600

**Drivetest**

534 Park St., Unit 1270, Kenora, ON P9N 1A1

PH: 1-888-570-6110

**Grandview Villa Life Lease Residence**

7 Woods Drive, Kenora, ON

PH: 1-800-543-6118

[www.lifelease.ca](http://www.lifelease.ca)

**Greyhound Bus**

PH: (807) 468-7172

**Handi Transit**

PH: (807) 468-3295

**Human Rights Legal Support Centre**

PH: 1-866-625-5179

<http://www.hrlsc.on.ca>

**Keewatin Curling Club**

932 Front St. Keewatin, ON P0X 1C0

PH: (807) 547-2500

[www.keewatincurlingclub.com](http://www.keewatincurlingclub.com)

**Keewatin Medical Clinic**

906 Ottawa St., Keewatin, ON

PH: (807) 547-2818

**Kenora Association for Community Living (KACL)**

501 Eighth Avenue South

Kenora, ON, P9N 3Z9

PH: (807) 467-5225

**Kenora City Bus**

PH: (807) 548-7713

**Kenora Community Arts Hub**

528 3rd Ave S. Kenora, ON P9N 1Y2

PH: (807) 467-5262

<http://www.kacl.ca>

**Kenora Community Garden**

PH: (807) 548-2121

**Kenora Curling Club**

721 First Street South, Kenora, ON P9N 1E3

PH: (807) 468-7903

**Kenora District Services Board**

120 Matheson Street S, Kenora (Housing Services Office)

PH: (807) 468-5372

[www.kdsb.on.ca](http://www.kdsb.on.ca)

**Kenora Medical Associates**

Paterson Medical Centre, Kenora, ON

PH: (807) 468-3021

1-45 Wolsley St.

**Kenora Metis Council**

621 Lakeview Drive, Unit 4, Kenora, ON P9N 3P6

PH: (807) 468-2034

[www.metisnation.org](http://www.metisnation.org)

**Kenora Municipal Non Profit Housing Corporation**

450 Laurenson Lane—Unit A, Kenora, ON P9N 4C9

PH: (807) 468-3595

**Kenora Rainy River Crisis Response Services**

PH: 1-866-888-8988 (Toll-Free)

[www.crisisresponseservices.com](http://www.crisisresponseservices.com)

**Kenora Recreation Centre**

18 Mike Richards Way, Kenora, ON

PH: (807) 467-2087

[www.kenora.ca/living/be-active/kenora-recreation-centre.aspx](http://www.kenora.ca/living/be-active/kenora-recreation-centre.aspx)

**Kenora Sexual Assault Centre**

201-136 Main St. South, Kenora, ON

PH: (807) 468-7958

24-hr Crisis & Support PH: (807) 468-7233

**Lake of the Woods District Hospital**

21 Sylvan St., Kenora, ON

PH: (807) 468-9861

**Lake of the Woods Museum**

300 Main St. S. Kenora, ON P9N 3X5

PH: (807) 467-2105

[www.lakeofthewoodsmuseum.ca](http://www.lakeofthewoodsmuseum.ca)

**Lake of the Woods Railroad Museum**

805 Lakeview Drive, Kenora, ON

PH: (807) 468-7245

**Law Society Referral Service (LSRS)**

PH: 1-800-268-8326 (Toll-free)

**Legal Aid Ontario (LAO)**

PH: 1-800-668-8258 (Toll-Free)

**Low Energy Assistance Program (LEAP)**

120 Matheson Street South, Kenora, ON P9N 1T8

PH: (807) 468-5372

**Mather Walls House**

1116 Ottawa Street, Keewatin, ON P0X 1C0

**Matiowski Farmers' Market**

<http://kenora.ca/visiting/events-festivals/matiowski-farmers-market.aspx>

**Metis Nation Ontario (MNO) Medical Transport**

621 Lakeview Dr. Unit 4, Kenora, ON P9N 3P6

70 Park St, Kenora, ON P9N 1Y6

PH: (807) 467-2555

**Ne-Chee Friendship Centre**

1301 Railway Street, Box 241, Kenora, ON P9N 0B2

PH: (807) 468-5440

<http://www.nechee.org>

**New Horizons Seniors Centre Keewatin**

812 Ottawa Street, Keewatin, ON P0X 1C0

**New Horizons Seniors Centre Kenora**

18 Mike Richards Way, Kenora, ON

PH: (807) 468-5947

**Northwest Community Legal Clinic (NWCLC)**

Suite 6-308 Second Street S, Kenora, ON P9N 1G4  
PH: (807) 468-8888  
[www.NorthwestCommunityLegalClinic.ca](http://www.NorthwestCommunityLegalClinic.ca)

**Northwestern Health Unit**

210 First St. North, Kenora, ON  
PH: (807) 468-3147  
www.nwhu.on.ca

**Ontario Electricity Support Program (OESP)**

<https://ontarioelectricitysupport.ca/>

**Ontario Provincial Police**

PH: (807) 548-5534

**Ontario Renovates - Infinity Property Services**

PH: 1-800-891-5882 ext. 317

**Pinecrest Long-Term Care Facility**

1220 Valley Drive, Kenora, ON P9N 2W7  
PH: (807) 468-3165

**Poison Control Centre**

PH: 1-800-268-9017 (Toll-Free)

**Public Library Keewatin Branch**

221 Main St. Keewatin, ON P0X 1C0  
PH: (807) 547-2145

**Red Cross**

32 Colonization Avenue, Dryden, ON, P8N 3E3

PH: (807) 223-4751

**Saakaate House-Kenora Family Resource Centre**

PH: (807) 468-1549

[www.wssh.ca](http://www.wssh.ca)

**Salvation Army Food Bank**

104 Matheson Street South, Kenora, ON P9N 1T8

PH: (807) 468-8452

**Senior Safety Line**

PH: 1-866-299-1011 (Toll-Free)

[www.elderabuseaction.com](http://www.elderabuseaction.com)

**Service Ontario**

220 Main Street South, Kenora, ON, P9N 1T2

**Southward Villa Life Lease Residence**

202 Sixth Avenue South, Kenora, ON

PH: 1-800-543-6118

[www.lifelease.ca](http://www.lifelease.ca)

**Sunset Area Victim Crisis Assistance & Referral Services**

Unit 18-308 Second Street S, Kenora, ON, P9N 1G4

Toll free: 1-(877) 467-2815

**Sunset Country Family Health Team**

1-35 Wolsley St. (Paterson Medical Centre)

PH: (807) 468-6321

**Swinging Seniors Celebration Day**

Whitecap Pavilion, Kenora, ON

PH: (807) 467-4646

**Telehealth Ontario**

PH: 1-866-797-0000 (Toll-Free)

**Waasegiizhig Nanandawe'Iyewigamig**

212 4th Ave. S., Kenora, ON

PH: (807) 467-8770

**Wesway**

PH: 1-888-623-2353

**Women's Shelter, Saakaate House**

530 Third Street North, Kenora, ON P9N 2M3

PH: (807) 468-9095

Email: [info@wpk.ca](mailto:info@wpk.ca)

[www.wpk.ca](http://www.wpk.ca)

**Woodlands Medical Associates**

5-45 Wolseley Street, Kenora, ON

PH: (807) 468-6321

