

Greater Together

RESOURCES 2020 | 2021

Resources for Seniors



Who do I call?



211

Connect to local community and social services including transportation assistance, home support services, walk-in clinics, and more

311

Get information about City services

911

Emergency number for police, fire and ambulance

411

Look up a residential or business phone number

Who to Call for Help

911 for police, fire and medical emergencies

311 to request or ask questions about municipal services including household garbage and recycling collection, road and water main repairs, taxes and more.

If you think you have symptoms of COVID-19 or have been exposed call:

- Your Family Doctor or Nurse Practitioner or
- 705-671-7373 for the Health Sciences North COVID Assessment Centre or
- 1-866-797-0000 (TTY 1-866-797-0007) for Telehealth Ontario

Call 705-522-9200 to reach Public Health Sudbury & Districts for the most accurate and up-to-date information about COVID-19 symptoms, what to do and where to get help.

Please leave a message. Public Health will return your call within 24 hours.



Call 705-675-3333 to reach GOVA Transit for information about fares, schedules and routes.



Over to You

Submit your stories and ideas online at overtoyou.greatersudbury.ca

Greater Together

RESOURCES 2020 | 2021

Resources for Seniors

TABLE OF CONTENTS

Message from Members of Parliament.....	2
Message from the Mayor.....	3
Shopping and Deliveries.....	4
Home Care	8
Mental Health / Emotional Support.....	12
Health Conditions / Support Groups.....	15
Medical Care	18
Long-Term Care.....	22
Financial Support.....	23
Abuse / Safety	25
Emergency Food Programs.....	27
GOVA Public Transit.....	31
Greater Sudbury Public Library	33





Marc G. Serré is Member of Parliament for Nickel Belt and Chair of the Canadian Section of ParIAmericas (CPAM)

NICKEL BELT MP MARC G. SERRÉ

Nickel Belt MP Marc G. Serré introduced Motion M-106 that passed in the House of Commons to help develop Canada's first National Seniors Strategy. The strategy paved the way to create Canada's first Ministry dedicated to seniors in July 2018.

Creation of the Ministry has helped advance increases in financial support for seniors living in poverty and has led to a national focus on housing for the elderly.

By working closely with local seniors groups and hearing directly from seniors in Nickel Belt and Greater Sudbury, Mr. Serré continues to advocate for more support to ensure our local communities are age-friendly and to promote the physical, emotional and financial well-being of our aging populations.



Paul Lefebvre is Member of Parliament for Sudbury and Parliamentary Secretary to the Minister of Natural Resources.

SUDBURY MP PAUL LEFEBVRE

Seniors have made and continue to make valuable contributions to our communities, our workplaces and our families. C'est pourquoi nous sommes résolus à nous assurer que les programmes et services du gouvernement répondent aux besoins de la population vieillissante du Canada. Dans les dernières années, nous avons pris des mesures concrètes pour améliorer la santé et l'inclusion sociale des aînés et pour accroître le nombre de logements qui leur sont abordables et accessibles.

We have increased investments in homecare services and in accessible and affordable housing to ensure our seniors can live as long as possible in their communities. We have also developed and launched Canada's first ever National Housing Strategy, a 10-year, \$40-billion plan that will give more Canadians, including seniors, a place to call home.

As part of the Strategy, the Government will invest \$2.2 billion over 10 years to tackle homelessness across Canada through Reaching Home, the redesigned federal homelessness program. Additionally, since 2004, the New Horizons for Seniors Program (NHSP) has funded close to 21,600 projects in hundreds of communities across Canada, with a total investment of more than \$452 million. The NHSP supports projects that are led or inspired by seniors in their communities.

In Sudbury, I am proud to say that dozens of organizations have received funding through the NHSP, and I thank them all for their commitment to working with and for older adults in Greater Sudbury.



**Greater Sudbury Mayor
Brian Bigger**

MESSAGE FROM THE MAYOR

We know the COVID-19 pandemic is worrisome. Staying informed can help us feel better about managing our daily lives in this new world.

The City of Greater Sudbury is an active member of the Community Response to COVID for Older Adults Action Committee. The Health Sciences North East Specialized Geriatric Centre leads this committee, in partnership with multiple community agencies. Our goal is to address the needs of older adults and to address any gaps that stand in the way of maintaining health and wellness.

One gap identified was the need for a community resource guide for older adults who do not feel comfortable with computer technology or without easy access to a computer. At the same time, we recognize there are many people in the over 65 set who do feel comfortable with computers. For those who prefer to use a computer, we have also created an online resource guide at www.greatersudbury.ca/COVID.

It is our sincere hope that we have captured the most important information that you may need to navigate the challenges of avoiding crowds while maintaining your physical, mental and emotional health.

The Government of Canada through the New Horizons for Seniors Program made this publication possible to help improve the well-being and social inclusion of our seniors. Many thanks to our community partners for their participation and support.



**Co-Chair of the Seniors' Advisory
Panel Councillor Robert Kirwan**

SENIORS' ADVISORY PANEL

During COVID-19, there were many service reductions occurring in our community. This is especially concerning for our most vulnerable older adults. This document is a collaboration between community partners that want to assist in meeting the needs of older adults and the most vulnerable at risk during this trying time.

Partners provided input on planning this document from a coordinated approach to service delivery to our community. On behalf of the Seniors' Advisory Panel to Mayor and Council, we would like to thank our partners and all that contributed to this document. We hope you find this information useful.



**Co-Chair of the Seniors'
Advisory Panel Barbara Nott**

SHOPPING & DELIVERIES



During the COVID-19 pandemic, Public Health Sudbury & Districts recommends that people over the age of 70 and those who are immunocompromised stay home and use a delivery service or have a neighbour or family member shop for them.

Many pharmacies/drug stores will deliver prescriptions to your home. If that is not possible, most grocery and drug stores have special hours for seniors and others who benefit from physical distancing.

Not-for-profit

Canadian Red Cross – Seniors’ Transportation

📞 705-525-1244
📧 sudbury@redcross.ca

This service is temporarily closed but is accepting applications for service upon reopening. Please note there is a waiting period to be accepted into the program once it reopens.

Applicants must be 60 years and over, able to get in and out of the vehicle either independently or with the help of an escort, and unable to access other transportation options including public transit.

Low cost fees are dependent on pick-up and drop-off locations.

Good Food Box – Fresh Food

📞 705-671-1941 ext. 258
📧 admin@goodfoodboxsudbury.ca
📧 goodfoodboxsudbury.ca

Cost: \$19 for large or \$10 for small

The Good Food Box is a non-profit community initiative which helps individuals and families access affordable fresh fruits and vegetables year-round. The program runs like a large buying club.

Each month, customers pre-pay for a ‘Good Food Box’ of fresh fruits and vegetables.

For more information, visit the website or phone the Good Food Box Coordinator.




Good Food Markets – Pop Up Produce

📧 goodfoodboxsudbury.ca

The Good Food Market is a seasonal produce market that sets up weekly in neighborhoods. It operates on a not-for-profit basis, making it easier for customers to access a variety of fresh fruits and vegetables.

SHOPPING & DELIVERIES

Meals on Wheels – Meal Delivery and Groceries


 Shannon Ketchabaw – Executive Director
 705-525-4554
 meals25@sudburymeals.org

Volunteers continue to deliver meals; however, meals are delivered only to the door. Volunteers will wait in their car to ensure pickup. Clients are encouraged to order frozen meals as back-up.

Orders are taken over the phone:

MON	9:30 a.m. to 12:30 p.m.
TUE	9:30 a.m. to 12:30 p.m.
WED	9:30 a.m. to 12:30 p.m.
THU	9:30 a.m. to 12:30 p.m.
FRI	9:30 a.m. to 12:30 p.m.

Grocery shopping and delivery are also available until March 31, 2021 for those unable to leave their homes.

 meals25@sudburymeals.org

Please call **705-525-4554** to determine whether you are eligible and to register. Delivery is once a week on Wednesdays.

Ontario Community Support Program – Meal Delivery, Groceries, Prescriptions

 211
 ontariocommunitysupport.ca



Working with Meals on Wheels and other providers across the province to deliver meals, groceries, medicines and other necessities to low income seniors and those living with disabilities without family or neighbour support.

Valley View Helping Hands – Groceries and Necessities

 jamiefitchett3@gmail.com

Helping Hands Family Mission is designed to help people with food and other supplies to get them through the struggles in life. Call for more information.

Wahnapiatae First Nation – Meal Delivery


 Wendy Tyson
 705-858-7700 ext. 219

This service provides dinner delivered four days a week at no charge. Contact Wendy Tyson for more information.

SHOPPING & DELIVERIES

For profit


Aaron Taxi – Taxi Service

 705-670-0000

Open daily 24 hours.


Wheelchair taxis are available. It is requested that customers pre-book these vehicles to ensure availability and adequate service. Each vehicle can accommodate one wheelchair only. Wait times could get lengthy during peak times. Rigorous wash schedule in place for vehicles and all commonly touched surfaces are disinfected regularly by drivers.

Comfort Keepers

 705-969-1777


Personal care, grocery and pharmacy delivery in Valley East and Capreol area.

For Seniors Only

 705-522-0679

Personal care, housekeeping, grocery and pharmacy delivery.

Goshenite Seniors Services

 705-698-5318

Personal care, housekeeping, grocery and pharmacy delivery. Approved transportation provider for ODSP.

Grocery Guy - Grocery Shopping and Delivery

 705-586-0848
 orders@thegroceryguydelivery.com


Hours:

MON	9 a.m. to 5 p.m.
TUE	9 a.m. to 5 p.m.
WED	9 a.m. to 5 p.m.
THU	9 a.m. to 5 p.m.
FRI	9 a.m. to 5 p.m.
SAT	9 a.m. to 5 p.m.
SUN	Closed

Charge: Dependent on size of order. Call for rates.

Stores: Personal shopping and delivery service.

Lockerby Taxi – Delivery

 705-522-2222

Open daily 24 hours.

Wheelchair taxis are available. It is requested that customers pre-book these vehicles to ensure availability and adequate service. Each vehicle can accommodate one wheelchair only. Taxi transportation for up to three people per vehicle. Orders for delivery must be prepaid. Rigorous wash schedule in place for vehicles and all commonly touched surfaces are disinfected regularly by drivers. Drivers wear gloves and masks.

SHOPPING & DELIVERIES

Takeout Taxi Deliveries – Grocery, Convenience Store, Prescriptions, Fast Food, Restaurants, Alcohol Shopping and Delivery

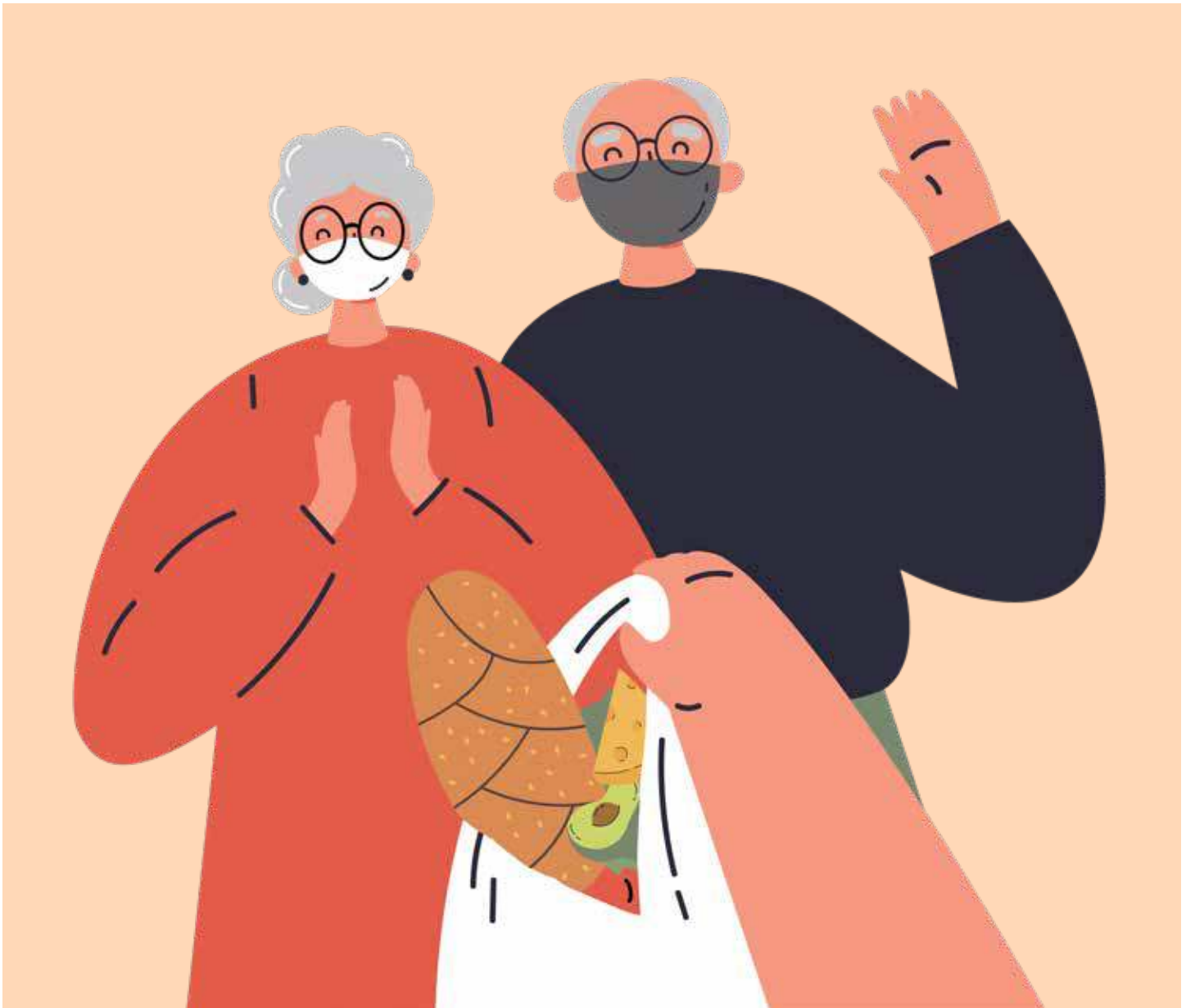
📞 705-988-4666
🌐 takeouttaxisudbury.ca

Hours:

MON	11 a.m. to 11 p.m.
TUE	11 a.m. to 11 p.m.
WED	11 a.m. to 11 p.m.
THU	11 a.m. to 11 p.m.
FRI	11 a.m. to 11 p.m.
SAT	11 a.m. to 11 p.m.
SUN	11 a.m. to 9 p.m.

Charge: Dependent on size of order. Call for rates.

Stores: Convenience stores, Fast Food, Grocery Stores, Pharmacies, Alcohol, Restaurants





HOME CARE



Sometimes a little extra help is needed to stay safe and independent within a home setting. The following resources are available for errands, shopping, companionship, housekeeping, safety, wellness and personal care.

Not-for-profit

Behavioural Support Ontario – Specialized Geriatric Service

 1-855-276-6313
 nebso.ca




Hours:

MON 8:30 a.m. to 4:30 p.m.
TUE 8:30 a.m. to 4:30 p.m.
WED 8:30 a.m. to 4:30 p.m.
THU 8:30 a.m. to 4:30 p.m.
FRI 8:30 a.m. to 4:30 p.m.

Referrals can be made by family, caregivers, healthcare providers, and primary/specialty care partners by telephone, fax, or online.

BSO provides specialized services for older adults living with or at risk of responsive behaviours that may be a result of a neurocognitive disorder (e.g. dementia, delirium); mental health; substance use; and/or other neurological conditions. BSO offers behavioural assessments and treatments, transitional care planning, education, support, and linkages to specialty care. Enhanced support and coaching is also available for family, caregivers, and healthcare providers.

ICAN





 705-673-0655
 info@ican-cerd.com
 ican-cerd.com

Independence Centre and Network is a non-profit, registered charity that provides a variety of services, resources and support systems in both English and French. Most referrals are made through the LHIN HCC. There may be a cost associated with individual services; however, we offer many services free of charge.

We provide assistance to live independently and inclusively in the community through individualized support and rehabilitation services. Services include post stroke transitional care, assisted living for high-risk seniors, a home help program, personal support services for older adults who need only limited assistance, a short-stay housing program to help residents reintegrate into the community, and an independent living program for individuals requiring alternate level of care.


HOME CARE

Lockerby Legion Branch 564

 2200 Long Lake Rd.,
Sudbury
 Mary Michasiw
 705-522-6060
 rclbranch564@gmail.com




Veterans Services: Assistance with emergency services, shelter, food, medical issues, assistance of any kind for veterans and their families.

North East Local Health Integration Network

 1-800-461-2919
or 310-2222 (no area code)

Anyone can call to find out about home and community care services and help you access the care you need. Call if you are currently receiving care and have questions or if you would like to access care.

Priority Assistance to Transition Home (PATH) – Canadian Red Cross – Transition Assistance



 Alysha Dumais and
Nancy Daigle
PATH coordinators
 705-674-0737
 PATHSudbury@redcross.ca

Referrals to the program are initiated by a member of the client's health care team at the hospital. The PATH Program offered by the Canadian Red Cross helps patients (55+) make the transition from hospital to home safely, smoothly and comfortably.

Transitional services include: transportation home, assistance with attaining medication, groceries, equipment or other needs.

A member of the PATH Team helps clients connect with essential services in the community. Clients will also continue to receive wellness / friendly calls through their recovery and during the pandemic.

Veterans Independence Program

 1-866-522-2122
(TTY: 1-833-921-0071)
 veterans.gc.ca



The Veterans Independence Program provides funding for services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services.

This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

HOME CARE




For profit

Comfort Keepers – Personal Care/Grocery and Pharmacy Delivery

 5085 Hwy 69 North,
Unit 16, Hanmer
 705-969-1777

Services: Caregivers are available for grocery shopping, pharmacy pickups, transportation and deliveries.




For Seniors Only – Personal Care/Housekeeping/Grocery and Pharmacy Delivery

 1894 Lasalle Blvd.,
Unit B
 705-522-0679
 forseniorsonly.ca

Cost: Rates vary per service required. Veteran Service Provider.

Services: Personal care, Housekeeping, Grocery & Pharmacy pickup and delivery.

Goshenite Seniors Services – Transition and Relocation, Transportation, Home Care and Home Support Services

 705-698-5318
 nicole@goshenite
services.com
 gosheniteservices.com

Cost: Rates vary per service required. Veteran Service Provider, transition and relocation expert, home support and home care, bilingual service.

PSW's/RPN's/RN's/ and Companions or Companionship: personal care, care plans, medication reminders, meal preparation




Concierge Services: downsizing, organizing, packing, move management, estate and content sales, light housekeeping, spring cleaning, yard care.

Grass cutting services available in Val Caron, Chelmsford, Azilda and Hanmer. Please call for referral.

Transportation Services: Alzheimer's and dementia programs, medical appointments, community programs, grocery shopping and pickup. Approved transportation provider for ODSP.

HOME CARE

Home Instead – Specialized Services, Personal Care, Companionship and Home Helpers

 705-523-1600
 lwirta@homeinstead
sudbury.com
 homeinstead.com/3009




Cost: Rates dependent on service provided. Veteran Service Providers, LHIN Service Providers, Attendant Care Service Providers, Private Care.

Specialized Services: Alzheimer's and dementia support, diabetes/ glucos testing and management, hospice and palliative care support, medication management and administration, nursing services, physical therapy directed exercises, respiratory support, respite care, vital signs tracking, wound care support.

Personal Care Services: bathing/ hygiene, dressing/grooming, incontinence care, mobility assistance, feeding support and assistance, hospital discharge assistance.





Companionship and Home Helpers: meal preparation, medication reminders, accompany to doctor visits, grocery shopping, laundry and linens, light housekeeping, socialization, incidental transportation.

Helpline

 230 Alder St.,
Sudbury
 705-523-7000
 helplinemedicalalarm.ca

24/7 Emergency Medical Buttons

CareLink Advantage

 230 Alder St.,
Sudbury
 1-866-876-7401
 [gord.turner@
carelinkadvantage.ca](mailto:gord.turner@carelinkadvantage.ca)
 carelinkadvantage.ca

Technology to keep your loved one safe at home.



Advanced system available for seniors with pre-existing conditions such as dementia or Alzheimer's.

MENTAL HEALTH / EMOTIONAL SUPPORT



Physical and social distancing during the COVID-19 pandemic can take its toll on our mental and emotional health. Staying at home doesn't mean you have to be alone. Friendly chats and professional support are just a phone call away.

Crisis Intervention Services

 127 Cedar St.,
Sudbury.
 24 hour hotline
705-675-4760

Open daily from 8:30 a.m. to 10:00 p.m.
(no appointment necessary).

Operated by professionals with Health Sciences North, Crisis Intervention Services works with individuals of all ages to provide counselling and referral to supportive programs or agencies.

Elder/Senior's Advocacy North

 Madeleine Hebert
 705-674-3200 or
1-800-697-8719
 hebertmd@lia.on.ca



Hours:

MON 8:30 a.m. to 4:30 p.m.
TUE 8:30 a.m. to 4:30 p.m.
WED 8:30 a.m. to 4:30 p.m.
THU 8:30 a.m. to 4:30 p.m.
FRI 8:30 a.m. to 4:30 p.m.

- accessing supportive housing or poor conditions in long-term care homes
- problems with accessing community services and health care
- consent and capacity: powers of attorney, decisions about your capacity
- physical, emotional or financial abuse
- consumer protection issues

Offering free and confidential legal advice to low-income Elders and seniors in the following:



Friendly Calls Program – Canadian Red Cross

 705-674-0737
 sudbury@redcross.ca

Note: Service offered to current Canadian Red Cross clients only.

Friendly Calls Program is regular calling between a Canadian Red Cross volunteer and a Canadian Red Cross client who may be experiencing loneliness or social isolation. The essential feature of the calls is an opportunity for social connection as well as a security check to make sure that our clients are safe.

Friendly Caller Program



 705-560-3330 ext. 223
 c.legacy@uwcneo.com

Providing telephone companionship to isolated seniors

If you would like to receive weekly friendly calls from one of United Way's trained volunteers, please contact: Charlene Legacy, Director of Labour and Community Services.

MENTAL HEALTH / EMOTIONAL SUPPORT

North East Specialized Geriatric Centre A Program of Health Sciences North - Geriatric Mental Health Outreach Service



 Sudbury Outpatient
Centre, 865 Regent
St. South, Sudbury
 705-523-4988

Hours:

MON 8 a.m. to 4 p.m.
TUE 8 a.m. to 4 p.m.
WED 8 a.m. to 4 p.m.
THU 8 a.m. to 4 p.m.
FRI 8 a.m. to 4 p.m.





Specialized team members provide comprehensive assessment, treatment planning, counselling, therapeutic intervention, health teaching, education, advocacy, consultation and collaboration in order to support older adults with complex mental health needs.

Hope for Wellness Help Line

 1-855-242-3310
 hopeforwellness.ca


Offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada by experienced and culturally competent counsellors. Services available in English, French, Cree, Ojibwe, and Inuktitut.

Lockerby Legion Branch 564




 2200 Long Lake Rd.,
Sudbury
 Mary Michasiw
 705-522-6060
 rclbranch564@gmail.com

Feeling down? Need someone to talk to?
Need information? We can help.




Monarch Recovery Services

 monarchrecovery
services.ca

Women's Services

 405 Ramsey Rd.,
Sudbury
 705-674-4193 ext. 2225
 admin@srmonarchrs.ca

Men's Services

 402 Brady St.,
Sudbury
 705-674-4193 ext. 3224
 admin@srmonarchrs.ca

We serve men and women ages 16 and over who are struggling with drug/alcohol addictions.



We offer addiction recovery services for many steps of your recovery.

Now accepting new referrals for treatment, and now admitting clients into the residential program under strict safety protocols.

Counselling Services offered in-person for residents, by telephone, or virtually for community clients.

MENTAL HEALTH / EMOTIONAL SUPPORT

Older Adult Peer Support


 705-222-6472 ext. 342
 olderadults@nisa.on.ca

Hours:

MON 8:30 a.m. to 4 p.m.
TUE 8:30 a.m. to 4 p.m.
WED 8:30 a.m. to 4 p.m.
THU 8:30 a.m. to 4 p.m.
FRI 8:30 a.m. to 4 p.m.


Free emotional mental health support offered by and for older adults 55+ struggling with loneliness, social isolation, grief and loss, stress, depression, anxiety, physical illness, memory problems, caregiver burnout, housing changes, etc.

ParkSide Centre Without Walls

 705-673-6227 ext. 225

Just a phone call will connect you with educational, health and wellness, travelogues, local history and games sessions free of charge. No special equipment is needed. Just your average phone will connect you with six to 10 other people on the call. Open to individuals 50+ and/or adults with physical disabilities 18+ living in Northeastern Ontario.

Regional Warm Line



 1-866-856-9276

Hours:

MON 6 p.m. to 12 a.m.
TUE 6 p.m. to 12 a.m.
WED 6 p.m. to 12 a.m.
THU 6 p.m. to 12 a.m.
FRI 6 p.m. to 12 a.m.
SAT 6 p.m. to 12 a.m.
SUN 6 p.m. to 12 a.m.

Offers a listening ear and peer support to people all across northeastern Ontario who are experiencing any kind of emotional mental health challenges. No one needs a diagnosis to call, just a wish to connect with someone who understands. All calls are confidential.



Réseau ACCESS Network 2S-LGBTQ+ Seniors Program (55+)

 705-688-0500 ext. 222
 adriennem@reseau
accessnetwork.com

The 2S-LGBTQ+ Seniors Program aims to support and empower those who identify as older adults (55+) within the 2S-LGBTQ+ community, to promote healthy relationships, and to increase access to health and social services.

The older adult social programs focus on creating inclusive social programs, activities or initiatives that offer a space where members can come together, find support and overcome isolation while accessing services that are available to and welcoming to 2S-LGBTQ+ older adults.

Visiting Hospice Service Maison McCulloch Hospice

 705-674-9252, ext. 236
 suzette@maison
sudburyhospice.org

Visiting Hospice Service is a volunteer support program offered to anyone with a prognosis of 12 months or less, as well to the person caring for their loved one during the end-of-life journey. We are currently offering telephone support calls by trained volunteers. Work is underway to re-open face to face visits specifically to those who live alone and do not have a live-in caregiver. This is pending the progress of the COVID-19 pandemic. Volunteers are trained through Hospice Palliative Care Ontario.

HEALTH CONDITIONS / SUPPORT GROUPS

Alcoholics Anonymous

📞 705-674-6217

Provides a community outreach service that allows men and women to share experiences and to assist each other in recovering from alcoholism. Services include self help meetings (time and locations), information, pamphlets, displays, public speakers and presentations.

Alzheimer Society

📞 705-560-0603
@ info@alzheimersudbury.ca
🌐 alzheimer.ca

The Société Alzheimer Society Sudbury-Manitoulin North Bay & Districts can help you by providing information, navigation, education & resources, support and respite.

After-hours support for persons with dementia and their caregivers call **1-800-797-0000**.

Arthritis Society

📞 1-800-321-1433 ext. 3307

The Arthritis Society's Arthritis Rehabilitation and Education Program (AREP) provides a range of treatment and education services for adults and children with arthritis. Services are free, at no cost to you and are available in English and French. Services are funded by the Ontario Government if you have an Ontario Health Card and a suspected or confirmed diagnosis of arthritis.





Our team of specially trained physiotherapists, occupational therapists and social work professionals will provide you with the care, strategies, guidance and education you need to better manage your arthritis and live well.

To better safeguard your health, we now offer virtual care, from initial assessment to delivery of care and education, in a method that works best for you. Individual virtual care can be delivered by telephone, and/or personal video. Virtual group education programs are also available for registered clients. Onsite care is also available.



HEALTH CONDITIONS / SUPPORT GROUPS

Canadian Hearing Services


 1233 Paris St.,
Sudbury.
 1-866-518-0000
TTY: 1-877-215-9530
 info@chs.ca
 chs.ca

Hours:

MON 9 a.m. to 5 p.m.
TUE 9 a.m. to 5 p.m.
WED 9 a.m. to 5 p.m.
THU 9 a.m. to 5 p.m.
FRI 9 a.m. to 5 p.m.

If you are 55 or older and have a hearing loss, we offer free virtual counselling services to help you improve communication with family and friends, stay involved in social activities, and remain safe and independent at home.

CONNECT Counselling Services:

 Toronto.connect@chs.ca



We also educate care providers, service providers, and support groups virtually on how to provide accessible services for people with hearing loss.

Hearing Care Counselling for Ages 55+:

 counselling@chs.ca



We provide information and assistance virtually with communication devices.

CNIB Foundation

 705-675-2468
CNIB Sudbury
Community Hub
 cnib.ca/en

These programs are free and available to Canadians who are blind or partially sighted as well as their families, friends and caregivers.

Parkinson Canada



 1-800-565-3000
 info@parkinson.ca

In person programs are rescheduled to a future date due to COVID-19. Meetings are being held via Zoom on computer.

Call for information and to register for future meetings.

Public Health Sudbury & Districts – Physical & Mental Health



Quit Smoking Clinic

 705-522-3433
 phsd.ca

Free one-on-one support with nurses who are trained to help people quit smoking. Free nicotine replacement products (patch, gum, lozenge, inhaler, and spray) to eligible clients while supplies last.




HEALTH CONDITIONS / SUPPORT GROUPS

Stay On Your Feet Sudbury and District

 705-674-4330 or
1-855-674-4330
 stayonyourfeet@phsd.ca

For more information about risk factors or local falls prevention programs, contact the listed numbers.

Sudbury Women's Centre

 324-F Elm St. W.,
Sudbury
 705-673-1916 ext. 100
 sudburywc.ca

Hours: By appointment only





MON 9 a.m. to 4:30 p.m.
TUE 9 a.m. to 4:30 p.m.
WED 9 a.m. to 4:30 p.m.
THU 9 a.m. to 4 p.m.

Throughout the COVID-19 pandemic, SWC has assisted clients with basic needs like food and hygiene items, through delivery and curbside pickup. We have continued to offer Peer Support over the phone.

SWC is starting to implement programming like Self-Compassion and Collective Kitchen again, albeit in different ways. We have been and will continue to be there for our vulnerable clients in times of hardship.

We support women to reclaim their self-worth and thrive, through access to basic needs, resources, services and education. SWC values the success of our clients through a community approach, where every individual matters.

Volunteer Sudbury

 1127 Bancroft Dr.,
Sudbury
 705-482-7422
 office@volunteer
sudbury.com
 volunteersudbury.com

Volunteer Sudbury works to provide community members with meaningful volunteer opportunities. We work with both individuals wanting to volunteer as well as organizations looking for volunteers.

If you are interested in volunteering but are unsure of what's out there, or where your skills can be best used, we are here to help. Whether you're looking to meet new people, build your resume, give back to the community, or you just want to try something new, we're here to support you in finding a meaningful volunteer opportunity.

For organizations, we provide support through training opportunities to strengthen volunteer programs, volunteer recruitment, and through our Membership program.



MEDICAL CARE



Health care professionals continue to provide essential medical care. Please call your doctor, nurse practitioner, dentist, denturist and optometrist for information or an appointment. If you do not have a regular medical care professional, the following resources can help.

Doctors / Nurse Practitioners

North East Specialized Geriatric Centre A Program of Health Sciences North - Behavioural Support Outreach Service



 Sudbury Outpatient Centre, 865 Regent St. South, Sudbury
 705-523-4988

Hours:

MON 8 a.m. to 4 p.m.
TUE 8 a.m. to 4 p.m.
WED 8 a.m. to 4 p.m.
THU 8 a.m. to 4 p.m.
FRI 8 a.m. to 4 p.m.

The team collaborates with patient/family/care partners, as well as community providers, to optimize patient-centered care, improve quality of life, reduce caregiver stress and successfully manage responsive behaviours in older adults. Services are provided in the home, long-term care, and acute care settings, as well as during transitions in care from one setting to another.

North East Specialized Geriatric Centre A Program of Health Sciences North - Geriatric Inpatient Consultation Service

 Health Sciences North, Level 1, North Tower, 41 Ramsey Lake Rd., Sudbury
 705-523-7100 ext.1827

Hours:



MON 8 a.m. to 4 p.m.
TUE 8 a.m. to 4 p.m.
WED 8 a.m. to 4 p.m.
THU 8 a.m. to 4 p.m.
FRI 8 a.m. to 4 p.m.

The Geriatric Inpatient Consultation Service provides individualized recommendations for older adults with acute medical, surgical, and psycho-social needs with a focus on improving outcomes, restoring independence and supporting patients' transition back to community.

The specialized geriatric team provides comprehensive geriatric assessment and treatment.

The team works in collaboration with patients, care partners, inpatient teams and community partners to manage geriatric syndromes and multiple co-existing chronic conditions, and support safe and effective care transitions.



Primacy Clinic

 1485 Lasalle Blvd., Sudbury
 705-222-1115

We are a walk-in clinic. During the COVID outbreak we do ask that you call us first at **705-222-1115**.

MEDICAL CARE

North East Specialized Geriatric Centre A Program of Health Sciences North - Geriatric Outpatient Rehabilitation Service

 Sudbury
Outpatient Centre,
865 Regent St. South,
Sudbury
 705-523-7100 ext.1238

Hours:

MON 8 a.m. to 4 p.m.
TUE 8 a.m. to 4 p.m.
WED 8 a.m. to 4 p.m.
THU 8 a.m. to 4 p.m.
FRI 8 a.m. to 4 p.m.



All patients referred to the Geriatric Outpatient Rehabilitation Service will receive a comprehensive geriatric assessment in order to determine rehabilitative goals.

Based on individual needs, patients will participate in rehabilitation with the interdisciplinary team two to three times per week for an approximate duration of 4-8 weeks.

Geriatric rehabilitative interventions are delivered by a specialized interdisciplinary team to address geriatric syndromes and functional decline using a holistic approach. Moderate to high intensity intervention is provided and progression is based on the patient goals.

Services are provided individually or in groups and are scheduled according to the patient's therapeutic needs in order to minimize appointment burden.

North East Specialized Geriatric Centre A Program of Health Sciences North - Regional Outpatient Geriatric Medicine Service

 960D Note Dame Ave.
Sudbury
 705-688-3970

Hours:

MON 8:30 a.m. to 4:30 p.m.
TUE 8:30 a.m. to 4:30 p.m.
WED 8:30 a.m. to 4:30 p.m.
THU 8:30 a.m. to 4:30 p.m.
FRI 8:30 a.m. to 4:30 p.m.

The goal of the Regional Outpatient Geriatric Medicine Service is to reduce the burden of disability in older adults by detecting and treating reversible conditions, providing optimal patient-centred care, and managing co-existing chronic conditions.




Every patient referred will receive a Comprehensive Geriatric Assessment (CGA) completed by a geriatric assessor (GA) and the geriatrician/care of the elderly physician (COE).

The CGA guides a multidimensional specialized geriatric team approach that determines a frail older adult's biomedical, psychosocial, functional, and environmental needs. The team initiates an appropriate treatment and follow-up plan developed with the patient/family/care partner in partnership with primary care, NELHIN Home and Community Care as well as other care partners along the continuum of care.

Transitional Care is available for patients referred by physicians/nurse practitioners in the emergency department that have experienced acute functional decline and are at imminent risk of institutionalization. CGA will occur within 72 hours of referral. The goal is to reduce the likelihood of hospitalization and prevent avoidable decline in high risk seniors with complex medical and psychosocial problems

MEDICAL CARE

Northwood Clinics


-  New Sudbury Clinic,
1280 Lasalle Blvd.,
Sudbury
-  South End Clinic,
2009 Long Lake Rd.,
Sudbury
-  705-806-7915 or
1-866-616-4446

Hours:

MON	8 a.m. to 9 p.m.
TUE	8 a.m. to 9 p.m.
WED	8 a.m. to 9 p.m.
THU	8 a.m. to 9 p.m.
FRI	8 a.m. to 9 p.m.
SAT	9 a.m. to 4 p.m.
SUN	9 a.m. to 4 p.m.



Call 705-806-7915 or 1-866-616-4446 to schedule a phone consultation or video conference if you do not have a regular family doctor or nurse practitioner. Have your Health Card ready when you call.

Réseau francophone de santé du Nord de l'Ontario

-  705-674-9381 or
1-866 489-7484 ext. 231

The Réseau, in collaboration with its partners, plans, networks and engages with communities to improve access and equity to French language health services.

Shkagamik-Kwe Health Centre – Primary Care Team

-  705-675-1596
-  skhc.ca

Due to COVID-19, some services may only be available over the phone and others may be cancelled. Please call for information or to book an appointment.

The Shkagamik-Kwe Health Centre's main purpose is to create and deliver services that will prevent ill health, treat illness and provide ongoing support and aftercare. Services will be offered in a culturally safe way that welcomes, accepts and represents all Aboriginal peoples, utilizing an approach that combines Western and Traditional practices.



Traditional Programs:

The Director of Traditional programs arranges traditional healer and alternative health therapy services, coordinates a variety of cultural events and workshops, such as medicine picking, wild food bank, beading, men's and women's sweats, craft and language classes and offers a variety of support groups.

Community Programs:

We have a variety of community based programs that are delivered in a culturally safe environment free of judgment. Our programs are geared to meet all stages of life.

Telehealth Ontario – Medical Advice over the phone

-  1-866-797-0000 or
TTY: 1-866-797-0007
-  [ontario.ca/page/
get-medical-advice-
telehealth-ontario](http://ontario.ca/page/get-medical-advice-telehealth-ontario)

Fast, free medical advice through Telehealth Ontario. A Registered Nurse will take your calls 24 hours a day, seven days a week. Services available in more than 300 languages.

MEDICAL CARE

Dental

Sudbury On-Call Emergency Service Centre

📞 249-879-1072

Following the most recent direction from government and the Chief Medical Officer of Health, dentists can now provide in-person care for all deferred, non-essential, and elective services, in addition to emergency and urgent care.

If you do not have a regular dentist, leave a message with the Sudbury On-Call Emergency Service Centre at **249-879-1072**.

Public Health Sudbury & Districts

📞 705-522-9200 ext. 236

Ontario Seniors Dental Program

Learn how to access free, routine dental care for eligible seniors 65 years or older, through the Ontario Seniors Dental Care Program. The program is designed to support low-income seniors.

Call Public Health Sudbury & Districts at 705-522-9200, extension 236. Low-income seniors can call and a Public Health worker will assist with the application form and help coordinate dental care.



Dentures

Following the most recent direction from government and the Chief Medical Officer of Health, denturists can now provide in-person care for all deferred, non-essential, and elective services, in addition to emergency and urgent care. Call your denturist and leave a message. They will ask you for information about your situation and give you advice about next steps.

Vision

Effective May 26, 2020, optometrists can begin the gradual return to work providing non-urgent care. Optometrists can see patients for both urgent and non-urgent issues, so long as they follow College of Optometrists of Ontario guidance and recommendations from the Ministry of Health. Contact an optometrist to see how they can help you and what steps you need to follow.

LONG-TERM CARE



Long-term care homes are places where adults can live and receive help with most or all daily activities through access to 24-hour nursing and personal care. All applications and admissions to long-term care homes are arranged by Local Health Integration Networks (LHINs).

LHIN for Sudbury and Area

📞 705-522-3461



Pioneer Manor – Municipal

📞 705-566-4270 or
705-566-4282
@ pmcommunications@
greatersudbury.ca
🛏 433

Elizabeth Centre – Private for Profit

📞 705-897-7695
@ szakrocki@garlette.com
🛏 128

Extencicare Falconbridge – Private for Profit

📞 705-566-7980
@ CNH_falconbridge@
extencicare.com
🛏 234

Extencicare York – Private for Profit

📞 705-674-4221
@ tlamirande@
extencicare.com
🛏 264

St. Gabriel Villa – Not-for-Profit

📞 705-590-2580
@ ringriselli
@sjsudbury.com
🛏 128

St. Joseph's Villa – Not-for-Profit


📞 705-674-4447
@ rleveiller@
sjsudbury.com
🛏 128

Finlandia Nursing Home – Not-for-Profit

📞 705-524-3137
@ hharvey@
finlandiavillage.ca
🛏 110


FINANCIAL SUPPORT

Government of Canada COVID-19 Economic Response Plan

 canada.ca

The Government of Canada is taking immediate, significant and decisive action to support Canadians facing hardship as a result of the global COVID-19 outbreak. The complete Government of Canada COVID-19 Economic Response Plan is available at www.canada.ca.

Income Support for Seniors


 canada.ca

A one-time tax-free payment of \$300 for seniors eligible for the Old Age Security (OAS) pension, with an additional \$200 for seniors eligible for the Guaranteed Income Supplement (GIS). You do not have to apply. This payment was issued during the week of July 6.

A temporary extension of GIS and Allowance payments if seniors' 2019 income information has not been assessed. To avoid an interruption in benefits, seniors are encouraged to submit their 2019 income information as soon as possible and no later than by October 1, 2020.

A reduction of the required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25 % for 2020.

Income Support for Persons with Disabilities

 canada.ca

The Government of Canada is providing a one-time, tax-free, non-reportable payment of \$600 to help Canadians with disabilities who are recipients of any of the following programs or benefits:

- holders of a valid Disability Tax Credit certificate, and
- beneficiaries as at July 1, 2020 of:
 - Canada Pension Plan Disability
 - Quebec Pension Plan Disability Pension, or
 - Disability supports provided by Veterans Affairs Canada




Seniors who are eligible for the one-time payment for persons with disabilities would receive a total of \$600 in special payments. The one-time payment to persons with disabilities would be adjusted to provide a top-up for eligible seniors, including:

- \$300 for Canadians who are eligible for the Old Age Security pension and who received the one-time seniors payment of \$300; or
- \$100 for Canadians who are eligible for the Old Age Security pension and the Guaranteed Income Supplement or Allowances and who received the one-time seniors payment of \$500.

FINANCIAL SUPPORT

Free Tax Filing

Credit Counseling Sudbury

 1166 Roy Ave.,
Sudbury
 705-560-0430
 sudburycommunity
servicecentre.ca

Hours:

MON 9 a.m. to 5 p.m.
TUE 9 a.m. to 5 p.m.
WED 9 a.m. to 5 p.m.
THU 9 a.m. to 5 p.m.
FRI 9 a.m. to 5 p.m.

Drop off your tax package to our office between 9 a.m. and 5 p.m. from Monday to Friday in a SEALED envelope.


Your name and phone number **MUST** be clearly written on the outside of the envelope. You can drop off the envelope through the mail slot on the front of the building located at 1166 Roy Avenue, Sudbury.

Once the package has been through quarantine (48 hours), one of our tax preparers will call you to fill out your taxes and answer any questions you may have about your tax return.

You then must return to the office 48 hours after the phone appointment to sign the necessary papers and collect your tax package.

Your taxes will then be efiled 48 hours after the signed papers are received. Please be advised, your taxes will not be filed if you have not signed the proper forms and collected your tax package.

United Way/Centraide North East Ontario- Nord-est de l'Ontario

 705-560-3330 ext. 210

Virtual Tax Clinics held over the phone or computer for qualifying clients. Call 705-560-3330 extension 210 to leave your name and phone number.



ABUSE / SAFETY



If you, or someone you know, is being threatened or abused financially, emotionally, verbally or physically, please reach out.

Many wonderful organizations can help.


Elder Abuse Ontario

-  Seniors Safety Line:
1-866-299-1011
-  northeast@elder
abuseontario.com
-  eapon.ca

Elder Abuse Prevention Ontario is a provincial, charitable, non-profit organization focused on supporting the implementation of The Ontario Strategy to Combat Elder Abuse and has been doing so since 2002.


Elder Abuse Prevention Ontario envisions an Ontario where seniors are free from abuse, have a strong voice and are safe and respected.

Fem'Aide – Help Line

-  1-877-336-2433

A provincial telephone helpline for Francophone women dealing with violence.


Greater Sudbury Police Service

-  705-675-9171

Through Our Shared Commitment to Community Safety and Well-being, we are a victim-focused police service that champions community safety, security and wellness, and initiatives and partners to achieve change in community outcomes.

Manitoulin Family Resource Centre – Shelter Services

Haven House

-  705-377-5160 or
text 705-968-0499

Offers Transitional and Housing Support via community clients. Manitoulin Family Resource Centre has outreach workers who will attend homes to assist with supportive counselling, referrals, etc.



ABUSE / SAFETY

Métis Nation of Ontario Healing & Wellness Branch

 875 Notre Dame Ave.
Suite 102, Sudbury
 705-671-9855
 metisnation.org

In 1993, the Métis Nation of Ontario (MNO) was established through the will of Métis people and Métis communities coming together throughout Ontario to create a Métis-specific governance structure.

YWCA – Geneva House – Shelter Service

 370 Raphael St.,
Sudbury
 705-674-2210



Offers Transitional and Housing Support via community clients. Geneva House has a Family Court Support Worker that can assist women in navigating the family court process.

Victim Services (Sudbury and Area)

 190 Brady St.,
1st floor, Sudbury
 705-675-9171
(TTY: 705-674-3323)
 info@savs.ca

Sudbury and Area Victim Services is available 24/7 and deals with both crime and tragic circumstance related occurrences. We work in partnership with the Greater Sudbury Police Service Seniors Liaison to provide care and services. We also hold funding from the province to ensure victims of crime have access to financial supports should they qualify.

Victim Witness Assistance Program – Ministry of the Attorney General, Victim Services Division

 206-144 Pine St.,
Sudbury
 705-564-7694
1-844-442-6818

Hours:

MON 8:30 a.m. to 5 p.m.
TUE 8:30 a.m. to 5 p.m.
WED 8:30 a.m. to 5 p.m.
THU 8:30 a.m. to 5 p.m.
FRI 8:30 a.m. to 5 p.m.

VWAP gets involved once charges are laid by the police.

The program provides emotional support, updates, advocacy, and assistance navigating through the court process.

EMERGENCY FOOD PROGRAMS



Local food banks and food organizations provide help to residents across the community, particularly those most vulnerable to economic uncertainties. COVID-19 is increasing demand for this service.

📍 111 Larch St.,
4th Floor, Sudbury
📞 705-688-0500

**Reseau ACCESS Network
HIV/Hepatitis Health & Social
Services Food pantry for
registered clients**

Hours

MON 9 a.m. to 5 p.m.
TUE 9 a.m. to 5 p.m.
WED 9 a.m. to 5 p.m.
THU 9 a.m. to 5 p.m.
FRI 9 a.m. to 5 p.m.

Closed between Noon and 1 p.m.

📍 100 Gaudette St.,
Chelmsford
📞 705-855-4848

**Azilda/Chelmsford
Friendship House**

Hours

FRI 11:30 a.m. to 12:30 p.m.

📍 Community Closet,
450 Morin Ave., Sudbury
📞 705-671-1941 ext. 236
✉ communitycloset@
betterbeginningssudbury.ca
💻 betterbeginningssudbury.ca

**Better Beginnings
Better Futures -
Clothing and Furniture**

**Shopping hours by
appointment only:**

MON 10 a.m. to 3 p.m.
TUE 10 a.m. to 3 p.m.

Donation drop-off by
appointment only



📍 72 Young St., Capreol
(Trinity United Church)
📞 705-858-2591

Bread & Roses

Hours

THU 9:30 a.m. to 11:30 a.m.
Every third Thursday
of the month

EMERGENCY FOOD PROGRAMS

 1400 Barry Downe Rd.,
Sudbury
 705-566-8101 ext. 7305



Cambrian College Food Bank

Assistance for full-time
students only

Hours

MON 8:30 a.m. to 4:30 p.m.
TUE 8:30 a.m. to 4:30 p.m.
WED 8:30 a.m. to 4:30 p.m.
THU 8:30 a.m. to 4:30 p.m.
FRI 8:30 a.m. to 4:30 p.m.

Service temporarily closed
due to COVID-19

 21 Lasalle Blvd.,
Sudbury
 705-560-6673 ext. 2810


Collège Boréal Food Bank

Assistance for full-time
students only

Hours

MON 8:30 a.m. to 4:30 p.m.
TUE 8:30 a.m. to 4:30 p.m.
WED 8:30 a.m. to 4:30 p.m.
THU 8:30 a.m. to 4:30 p.m.
FRI 8:30 a.m. to 4:30 p.m.



Service temporarily closed
due to COVID-19

 44 Pine St.,
Coniston
 705-694-5050

Coniston Food Bank

Hours

THU 1 p.m. to 3 p.m.



 204 Elm St.,
Sudbury
 705-673-1364

Elizabeth Fry Food Bank

Hours

MON 9 a.m. to 4 p.m.
TUE 9 a.m. to 4 p.m.
WED 9 a.m. to 4 p.m.
THU 9 a.m. to 4 p.m.
FRI 9 a.m. to 4 p.m.

Closed from 12 p.m. to 1 p.m.



 600 O'Neil Dr., W.,
Garson (Lorne Brady
Memorial Clubhouse)
 705-988-6773

Garson Community Food Bank

Hours



TUE 12 p.m. to 3 p.m.

EMERGENCY FOOD PROGRAMS

 4611 St. Joseph St.,
Hanmer (Lion's Club
House Garage)
 705-593-2650



**Good Neighbours
Valley East Food Bank**

Hours
WED 12:30 p.m. to 3 p.m.
Open last two Wednesdays
of the month

 426 Burton Ave.,
Sudbury
 705-673-1512



**Grace Family
Church**

Hours
WED 10:30 a.m. to 1:30 p.m.
Open Wednesdays only

 251 Elm St.,
Sudbury
 705-675-7550



**Inner City Home
Food Bank**

Hours
MON 1 p.m. to 3:45 p.m.
TUE 1 p.m. to 3:45 p.m.
WED 1 p.m. to 3:45 p.m.
THU 1 p.m. to 3:45 p.m.
FRI 1 p.m. to 3:45 p.m.

 935 Ramsey Lake Rd.,
Sudbury
 705-675-1151 ext. 1064



**Laurentian University
Food Bank Assistance for
full-time students only**

Hours
MON 8 a.m. to 7 p.m.
TUE 8 a.m. to 7 p.m.
WED 8 a.m. to 7 p.m.
THU 8 a.m. to 7 p.m.
FRI 8 a.m. to 4 p.m.
Service temporarily closed
due to COVID-19

 1169 Dollard Ave.,
Sudbury
 705-675-7550

**New Sudbury
Food Bank**



Hours
TUE 10 a.m. to 12 p.m.
THU 10 a.m. to 12 p.m.

 2 Hillside Ave., Suite F,
Onaping (School section)
 705-207-6462

**Onaping Falls
Food Bank**

Hours
WED 4 p.m. to 7 p.m.
Third Wednesday of the month
WED 3 p.m. to 5 p.m.
Fourth Wednesday of the month

EMERGENCY FOOD PROGRAMS

 1032 Lasalle Blvd.,
Sudbury
 705-673-5003

**Pregnancy Care
Centre & Infant
Food Bank**

Hours



MON 10 a.m. to 3 p.m.
TUE 10 a.m. to 1 p.m.
THU 10 a.m. to 1 p.m.

 634 Notre Dame Ave.,
Sudbury
 705-673-5893 ext. 204

**Salvation Army Community
& Family Services
Food Bank**

Hours

MON 9 a.m. to 2 p.m.
TUE 9 a.m. to 2 p.m.
WED 9 a.m. to 2 p.m.
THU 10 a.m. to 6 p.m.
FRI 9 a.m. to 2 p.m.

 1887 Bancroft Dr.,
Sudbury. Located at Holy
Redeemer Church
 705-566-9409

**Holy Redeemer Minnow
Lake Food Bank**

To request food: Call and leave a
message no later than Tuesday at
5 p.m.. A return call will be made on
Wednesday.

Thursdays are pick-up days

THU 3 p.m. to 5 p.m.



 2506 Highway 69 North,
Val Caron
 705-897-1212

**St-Vincent de
Paul Society**

Hours

WED 10 a.m. to 1 p.m.
THU 10 a.m. to 1 p.m.

Open Wednesday & Thursday,
3rd week of the month.

 215 Sixth Ave.,
Lively
 705-692-4061

**Walden Food
Bank**

Hours

THU 1 p.m. to 3 p.m.



GOVA – PUBLIC TRANSPORTATION



GOVA Transit offers an entire fleet of accessible conventional buses. Accessible features include low floors to replace steps, automated wheelchair ramps, fold-up seats for mobility devices, auditory stop call-out and visual display screens and priority seating for persons with disabilities.

For those individuals who cannot use conventional GOVA service for all their travel needs, GOVA Plus provides a door-to-door service with specialized vehicles. Passengers must complete an application form and be approved in order to use this service.

GOVA

– Public Transportation



705-675-3333



transit@greatersudbury.ca



greatersudbury.ca/transit

For routes, schedules, fares and more call 705-675-3333 Mondays to Fridays from 8 a.m. to 7:30 p.m. and weekends from 9 a.m. to 4 p.m.

Fares and Passes

Senior 65 and up
(with transit photo ID)

One Ride \$3.50

6 Ride Card \$15

31 Day Pass \$56

Disability Pensioner
(with transit photo ID)

One Ride \$3.50

6 Ride Card \$15

31 Day Pass \$56

Adult

One Ride \$3.50

6 Ride Card \$17.50

31 Day Pass \$88

Children 5 to 12

One Ride \$3.50

6 Ride Card \$15

31 Day Pass \$56

Children 4 and under **FREE**

Transit photo ID, Ride Cards and Passes are available at the Downtown Transit Hub.



9 Elm St., Sudbury.

Hours

MON 7:45 a.m. to 7:45 p.m.

TUE 7:45 a.m. to 7:45 p.m.

WED 7:45 a.m. to 7:45 p.m.

THU 7:45 a.m. to 7:45 p.m.

FRI 7:45 a.m. to 7:45 p.m.

SAT 9 a.m. to 4 p.m.

SUN 9 a.m. to 4 p.m.

If you need a transfer, please ask for one when you get on the bus.

GOVA is not responsible for lost or stolen ride cards or passes.

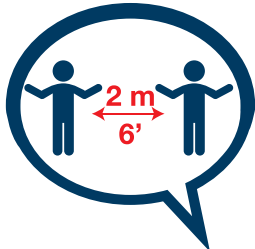
Ride cards and passes are non-refundable.

GOVA – PUBLIC TRANSPORTATION



Wear a face covering

Face coverings are required on GOVA, where it may be difficult to maintain a physical distance of two metres from others.



Physical distancing

When travelling on GOVA, practice physical distancing and spread out as much as possible. Waiting at a bus stop or platform? Maintain a physical distance of two metres between yourself and other riders.



Practice good hand hygiene

Wash your hands often.
If water is not available use hand sanitizer.



Practice proper cough etiquette

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues into the garbage right away. If you don't have a tissue, cough or sneeze into your sleeve. Don't touch your face!



If you are not feeling well or you think you have Covid-19, please stay home.

Adopt new habits




- If you can, avoid the crowds by travelling during off-peak periods.
- Always carry hand sanitizer and a spare face covering.
- We also recommend that you avoid eating and drinking while on public transit.

GREATER SUDBURY PUBLIC LIBRARY



The Greater Sudbury Public Library is gradually reopening services to its valued patrons. Please note hours may change from what is listed below. Call your nearest branch to confirm opening hours.

Greater Sudbury Public Library



 705-673-1155
 gspl@greatersudbury.ca
 sudburylibraries.ca

- Residents are required to wear a face covering or non-medical mask when visiting any indoor City facility.
- Branches will have an occupancy limit unique to each location. Patrons are asked to complete their visit in a timely manner to open access to others.
- Exterior drop boxes should be used for returns rather than returning materials to the front desk of the library. All returned items will be quarantined for 7 days.



Chelmsford Public Library and Citizen Service Centre

 3502 Errington St.,
Chelmsford
 705-688-3963



Lively Public Library and Citizen Service Centre

 15 Kin Dr.,
Lively
 705-688-3959



Main Public Library

 74 Mackenzie St.,
Sudbury
 705-673-1155



New Sudbury Public Library

 1346 Lasalle Blvd.,
Sudbury
 705-688-3952

South End Public Library

 1991 Regent St.,
Sudbury
 705-688-3950

Valley East Public Library and Citizen Service Centre

 4100 Elmview Dr.,
Valley East
 705-688-3961

Hours

MON 9 a.m. to 12 p.m.
TUE 4 to 7 p.m.
WED 9 a.m. to 12 p.m.
THU 4 to 7 p.m.
FRI 9 a.m. to 12 p.m.

Call any of these six branches to order library materials for curbside pickup:

Hours

MON 1 p.m. to 3 p.m.
TUE 1 p.m. to 3 p.m.
WED 1 p.m. to 3 p.m.
THU 1 p.m. to 3 p.m.
FRI 1 p.m. to 3 p.m.

Libraries will close to interior access by the public at these times.

Call: 705-673-1155 if you need help reserving books and other library materials.

Email: gspl@greatersudbury.ca

Website: sudburylibraries.ca and log in with your library card and PIN

GREATER SUDBURY PUBLIC LIBRARY

Greater Sudbury Public Library

📞 705-673-1155
@ gspl@greatersudbury.ca
💻 sudburylibraries.ca

Capreol Public Library and Citizen Service Centre

📍 9 Morin St.,
Capreol
📞 705-688-3958

Dowling Public Library and Citizen Service Centre

📍 79 Main St., W.,
Dowling
📞 705-688-3956

Garson Public Library and Citizen Service Centre

📍 214 Orell St.,
Garson
📞 705-688-3957

Hours: Capreol, Dowling and Garson

MON 9 a.m. to 2 p.m.
TUE 2 p.m. to 7 p.m.
WED 9 a.m. to 2 p.m.
THU 2 p.m. to 7 p.m.
FRI 9 a.m. to 2 p.m.

Azilda Gilles Pelland Public Library

📍 120 St Agnes St.,
Azilda
📞 705-688-3955

Copper Cliff Public Library

📍 11 Balsam St.,
Copper Cliff
📞 705-688-3954

Hours: Azilda and Copper Cliff

MON 9 a.m. to 12 p.m.
WED 4 p.m. to 7 p.m.

Coniston Public Library

📍 30 2nd Ave.,
Coniston
📞 705-688-3953

Levack/Onaping Public Library

📍 1 Hillside Ave.,
Onaping
📞 705-688-3951

Hours: Coniston and Levack/Onaping

TUE 9 a.m. to 12 p.m.
THU 4 p.m. to 7 p.m.

Wellness Tips



- Wash your hands
- Home care services are still open for business
- Eat well
- Stay in touch with family and friends
- Be creative
- Get some fresh air
- Take your prescription medications
- Get lots of exercise