



CONTACT INFORMATION FOR FALLS PREVENTION AND EXERCISE CLASSES BY LOCAL HEALTH INTEGRATION NETWORK

Updated July 31, 2014

LHIN	CONTACT INFORMATION
Erie St. Clair	Victorian Order of Nurses (Erie St. Clair) 519-352-4462 ext. 5222 http://www.escvon.com/
South West	<p style="text-align: center;">Grey and Bruce Counties</p> Victorian Order of Nurses (VON) Grey Bruce Branch Angela Campbell: 519-371-5331 ext. 232 <p style="text-align: center;">Huron and Perth Counties</p> Victorian Order of Nurses (VON) Perth Huron Branch Lindsay Wagg: 519-291-5898 <p style="text-align: center;">St. Marys and Area Home Support Services</p> Pauline White: 519-284-3272 <p style="text-align: center;">Spruce Lodge Home for the Aged</p> Janine Hamilton: 519-271-4090 ext 2212 <p style="text-align: center;">ONE CARE Home and Community Support Services</p> Cheryl Phillips: 1-877-502-8277 <p style="text-align: center;">London Middlesex and Elgin Counties</p> Victorian Order of Nurses (VON) Middlesex Elgin Branch Dee-Ann Vickers: 519-659-2273 ext 3248 <p style="text-align: center;">Oxford County</p> Victorian Order of Nurses (VON) Oxford Branch Robin Kish: 519-539-1231 ext 225Topic text
Waterloo Wellington	Primary Contact: Dale Howatt Community Support Connections - Meals on Wheels and More daleh@communitysupportconnections.org 519-772-8787 x 203 Secondary Contact: Michelle Martin Victorian Order of Nurses for Canada-Ontario Branch VON Peel - WWD, Mount Forest Office 519-323-2330 ext. 4952 michelle.martin@von.ca
Hamilton Niagara	Susan Gibson, Advisor, Access to Care 905-945-4930 x4212 susan.gibson@lhins.on.ca



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Haldimand Brant	<p>Brant Area Burlington Area Haldimand Norfolk Area Hamilton Area Niagara Area</p>
Central West	<p>Central West CCAC Physiotherapy (primary contact for falls prevention and exercise classes) 1-888-733-1177 ext. 7744</p> <p>Locations:</p> <p>Avalon Care Centre, Orangeville – 705-549-4889 CANES Community Care, Rexdale – 416-743-3892 Greenway Village Retirement, Brampton – 905-799-7273 Holland Christian Homes, Brampton – 905-459-3333 Lord Dufferin Retirement Residences, Orangeville – 519-938-9500 Peel Senior Link, Brampton – 905-712-4413 Richview Residence for Seniors, Etobicoke – 416-247-5316 Shelburne Residence Retirement, Shelburne – 519-925-3746 Southbrook Lodge Retirement Village, Brampton – 905-456-3334 Woodhall Park Retirement Village, Brampton – 905-846-1441</p>
Mississauga Halton	<p>March of Dimes, Michelle Collins 905-301-7127 or toll-free 1-877-427-6990 ext. 5232</p>
Toronto Central	<p>Toronto Central LHIN (primary contact for falls prevention and exercise classes) 416-921-7453 or 1-866-383-5446 torontocentral@lhins.on.ca Agencies that deliver exercise and falls prevention classes across 60 sites in the community:</p> <p>Baycrest Carefirst Seniors Davenport Perth Neighbourhood and Community Health Centre Etobicoke Services for Seniors Harmony Hall Centre for Seniors/Call-A-Service SPRINT Senior Care St. Clair Services West WoodGreen Community Services</p>
Central	<p>Central CCAC (primary contact for falls prevention and exercise classes) 1-888-470-2222</p>
Central East	<p>The Central East LHIN has identified eight local agencies be accountable for the delivery of Exercise and Falls Prevention Classes. These organizations include:</p> <p>Carefirst Seniors Community Services Association http://www.carefirstseniors.com/websites/ - 416-502-2323 TransCare Community Support Services http://www.tcare.ca/ - 416-750-9885 Community Care Durham http://www.communitycaredurham.on.ca/ 905-985-0150 x253</p>



	<p>Oshawa Senior Citizens Centre http://www.oscc.ca/ - 905-576-6712 Community Care Northumberland http://www.commcare.ca/ - 705-653-0955 or 1-866-514-5774 Community Care Peterborough http://www.commcareptbo.org/ 705-742-7067 Community Care City of Kawartha Lakes http://www.community-care.on.ca/ 1-800-461-0327 Community Care Haliburton http://www.communitycarehaliburton.com 705-457-2941 or 1-855-285-2944</p> <p>To locate free exercise and falls prevention classes in your community, please contact the agency directly or the Central East LHIN by emailing centraleast@lhins.on.ca. Organizations that wish to have exercise and/or falls prevention classes provided at their locations, should email the Central East LHIN to the attention of Kate Reed - centraleast@lhins.on.ca</p>
South East	<p>Kingston, Frontenac, Lennox & Addington, Hastings, Prince Edward and East Northumberland: Brenda Adams, Manager of Administration & External Relations, VON Canada 1-888-766-1466 ext 5311 Brenda.adams@von.ca</p> <p>Lanark, Leeds and Grenville: Patti Lennox, Supervisor, Caregiver Support Program Community & Primary Health Care 613-257-3296, ext. 303 plennox@cphcare.ca</p>
Champlain	<p>Champlain Community Access Centre (CCAC) 613-745-5525 or toll-free: 1-800-538-0520 OR www.champlainhealthline.ca/ and click on "Physical Activity - Exercise Classes" Christine Gagne-Rodger, LHIN Senior Integration Specialist (primary contact for falls prevention and exercise classes) christine.gagnerodger@lhins.on.ca 613-747-3262</p>
North Simcoe Muskoka	<p>VON Simcoe County: Katherine Nadon, Kinesiology Coordinator (705) 737-5044 ext. 248 Katherine.nadon@von.ca</p> <p>Community Exercise Classes: Barrie: 705-737-5044 x221 Collingwood: 705-355-2200 Midland/Penetanguishene: 705-355-2200 Muskoka: 705-787-1996 Orillia: 705-326-7021 Retirement Homes Exercise Classes: 705-737-5044 x248 Falls Prevention Classes: 705-325-2201 x3851</p>



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North East	North East LHIN 1-866-906-5446 northeast@lhins.on.ca
North West	Thunder Bay and Region: Victorian Order of Nurses (VON) 807-344-0012 1-888-675-1344 Dryden: Patricia Region Senior Services Incorporated 807-223-5278