

Oxford County Senior Services



STOP PHONE FRAUD-HANG UP & PROTECT YOURSELF

- If it sounds too good to be true, IT IS!
- Beware, if you must provide personal or financial information
- Be cautious if it's a limited opportunity and you need to act now or miss out

You have the right to check out any caller by requesting written information, a call back number, references and time to think it over. They may be claiming to be someone from services you utilize or Government agency. You can reference this by calling the number you know of the services you use or Government agency. To report these incidents contact your local Police or Canadian Anti-Fraud Center at 1-888-495-8501 or visit their website: www.antifraudcentre-centreantifraude.ca. "Don't be ashamed to report; seniors are a prime target for fraudsters".



OPP Ontario Wide.....1-888-310-1122
Law Enforcement for the County of Oxford.
Woodstock Police.....1-877-537-6277
Law Enforcement for the City of Woodstock.

Communication Assistance

Services that provide translation and interpretation services.

Across Languages Translation & Interpretation

Toll-Free.....1-866-833-7247

Bell Canada Accessibility Centre

Toll-Free.....1-800-268-9243

TTY.....1-800-268-9242

Canadian Hearing Society

Toll-Free.....1-866-518-0000

TTY.....1-877-215-9530

Canadian Interpretation Services for Our Communities

Toll-Free.....1-855-442-4762

Abuse

South West Local Health Integration Network, Oxford County Elder Abuse and Neglect Committee.....519-421-5688

Toll-Free.....1-800-561-5490

Committee that increases awareness, advocate for the protection of vulnerable older adults & prevention of abuse & neglect, collaborate with community partners to increase understanding. Do not provide direct intervention as a committee.



**When you don't know
where to turn.™**



519-539-9800 Ext. 3184

contact@informationoxford.ca

Independent Living

Basil Ostas Seniors Apartments	519-539-7019
Cell.....	519-532-4290
550 Parkinson Road, Woodstock	
Cambrocourt Manor	519-475-4533
For Rent Geared-to-Income.....	519-539-9800
85 Huron Street, Embro	
Canterbury Towers	519-421-1998
635 Canterbury Street, Woodstock	
Visit: www.drewloholdings.com	
Cedarview Gracious Retirement	519-863-6375
511 Finkle Street, Woodstock	
Visit: www.seniorlivinginstyle.com	
Countryside Manor	519-458-4994
65 Cowan Street, West, Princeton	
Indwell Harvey Woods Loft	1-866-529-0454
18 Vansittart Avenue, Woodstock	
Visit: http://indwell.ca/services/oxford-community/harvey-woods-lofts-woodstock	
Innerkip Senior Apartments	519-469-3733
For Rent Geared-to-Income.....	519-539-9800
30 Balsam Street, Innerkip	
Kentwood Tower	519-746-3033
For Rent Geared-to-Income.....	519-539-9800
83 Kent Street, Woodstock	
Maple Grove Seniors Apartments	519-463-5822
For Rent Geared-to-Income.....	519-539-9800
43 Oxford Street, Drumbo	
Maple Lane Seniors	519-842-4890
For Rent Geared-to-Income.....	519-539-9800
31 Maple Lane, Tillsonburg	
Townsvie Terrace	519-842-4890
For Rent Geared-to-Income.....	519-539-9800
53 Queen Street, Tillsonburg	
Walnut Grove Retirement Living	519-863-6648
25 Clyde Street, Norwich	



Seniors Clubs

Ingersoll Services for Seniors	519-485-2269
250 Ingersoll Street, South, Ingersoll	
Visit: www.ingersollseniors.com	
Royal Canadian Legions:	
Beachville-Branch 495 , 39 Zorra Line.....	519-423-6363
Embro-Branch 318 , 138 Huron St.....	519-475-4904
Ingersoll-Branch 119 , 211 Thames St. N....	519-485-2580
Norwich-Branch 190 , 55 Stover St., S.....	519-468-3303
Tillsonburg-Branch 153 , 39 Zorra Line.....	519-842-5281
Woodstock-Branch 55 , 642 Dundas St.....	519-537-3112
Senior Solutions	519-290-1497
South Gate Centre	519-539-9817
191 Old Wellington Street, South, Woodstock	
Visit: www.southgatectr.ca	



Retirement Homes

Caressant Care	519-539-6461
81 Fyfe Avenue, Woodstock	
Visit: www.caressantecare.com	
Chartwell Oxford Gardens	519-537-7733
423 Devonshire Avenue, Woodstock	
Visit: https://chartwell.com/retirement-homes/chartwell-oxford-gardens-retirement-residence	
Dayspring Residence	519-842-7805
332787 Plank Line, Tillsonburg	
Visit: www.dayspring-residence.ca	
Harvest Crossing	519-688-0448
15 Harvest Avenue, Tillsonburg	
Visit: www.harvestcrossing.ca	
Langdon Retirement Villa	519-537-6446
196 Ferguson Drive, Woodstock	
Visit: http://langdonretirementvilla.com	
Maples Home for Seniors	519-655-2344
94 William Street, South, Tavistock	
Visit: www.caressantecare.com	
Oxford Manor Retirement Home	519-485-0350
276 Oxford Street, Ingersoll	
Visit: http://oxfordmanorretirement.ca	
Park Place Retirement Residence	519-539-0219
129 Graham Street, Woodstock	
Visit: www.parkplaceretirement.com	
Tillsonburg Retirement Residence	519-688-0347
183 Rolph Street, Woodstock	
Visit: www.tillsonburgretirement.ca	
Trillium Retirement Home	519-863-2588
25 Main Street East, Norwich	
On-site nurse by LHIN Home & Community Care Program.	
Walnut Grove Retirement Living	519-863-6648
25 Clyde Street, Norwich	



Choosing a Home Tips:

- . Location (*is it near family, friends, and children*)
- . First impressions of building & staff
- . Services & amenities that met your needs
- . Food/Dining (*dining experience & menu choices*)
- . Health & Medical (*can your doctor visit, are nurses on staff 24/7, if your health needs increased would you have to move*)
- . Wellness (*fitness/wellness programs available*)
- . Suite/Room can you furnish, is there room
- . Finances establishing monthly & extra costs, are there any subsidies available

Long Term Care/Nursing Home

Caressant Care.....519-539-6461

81 Fyfe Avenue, Woodstock

Responsive Behaviour Team * Physiotherapy services * residents assessed by a Registered Physiotherapist after they are admitted, plan of care carried out * reassessed on regular basis * Restorative Care Program.

Visit: www.caressantecare.com

Maple Manor Nursing Home.....519-842-3563

73 Bidwell Street, Tillsonburg

Private, semi-private & ward rooms * 24 hour nursing care with registered nursing supervision * respite care available * short stay available when space permits.

Visit: <http://www.maplemanor.ca>

Maples Home for Seniors.....519-655-2344

94 William Street, South. Tavistock

Offers light to heavy care * private, semi-private and basic rooms * regular physician visits

Visit: www.caressantecare.com

peopleCare.....519-655-2031

28 William Street, Tavistock

Licensed 100 bed long-term care offering light to heavy care * private, semi-private & standard rooms * on-site physiotherapy & occupational therapy * short stay available when space permits * respite * dementia care.

Visit: www.people.ca

Second Trails Care Community.....519-485-3920

263 Wonham Street South, Ingersoll

80 bed long term care * private, semi-private & basic rooms * 24 hour nursing & personal care * access to doctor & other health professionals * rehabilitation & restorative care * physiotherapy * diabetes & ostomy care * palliative care * dietitian * foot care

Visit: www.siennaliving.ca

Woodingford Lodge's – Oxford County

325 Thames Street South, Ingersoll.....519-485-7053

Long term care with 34 beds * secured entrance to both facility & home area * 24 hour professional nursing care * private, semi-private & basic bedrooms * 1 respite care bed * nurse call system * mechanical lifts available * social & residential programs.

52 Vension Street West, Tillsonburg.....519-688-4874

Long term care with 34 beds * secured entrance to both facility & home area * 24 hour professional nursing care * private, semi-private & basic bedrooms * 1 respite care bed * nurse call system * mechanical lifts available * social & residential programs.

300 Juliana Drive, Woodstock.....519-421-5556

Long term care with 160 beds * secured entrance * 24 hour professional nursing care * private, semi-private & basic bedrooms * nurse call system * mechanical lifts available * secured area for residents with Alzheimer & dementia * 3 respite care beds.

Visit: www.oxfordcounty.ca

Home Care & Support

Ingersoll Services for Seniors.....519-485-2269

250 Ingersoll Street South, Ingersoll

Seniors Centre offers various social, recreational & educational opportunities * foot care clinics * outreach services * friendly visitation * telephone assurance * transportation * income tax clinics/pension information * equipment lending program for assistive devices * meal programs * personal medical alert unit at the press of a button. Visit: www.ingersollseniors.com

Stonebridge Community Services.....519-842-3200

250 Ingersoll Street South, Ingersoll

Home care * physical/emotional/spiritual/psychosocial needs of client & their families * Registered nurse & kinesiologist * socialization * personal care * appointment accompaniment * blood work accompaniment * security checks * gardening * housekeeping * medication reminder * respite care * grocery shopping * meal preparation * foot care * exercise programs and safety programs.

Visit: www.stonebridgecs.com

South West Local Health Integration Network

Office: 519-842-3200 ***** Toll-Free: 1-800-561-5490

1147 Dundas Street, Woodstock

Wide range of in-home services: care coordination * nursing * physiotherapy * occupational therapy * social work * personal support * supportive care team for palliative & cancer care * elder abuse * nutritional counseling * speech language pathology & medical supplies/equipment * placement in long term & respite care * facilitate application to residential hospice.

Visit: <http://healthcareathome.ca/southwest/en>

Tillsonburg & District Multi-Service Centre

200 Broadway Street, Tillsonburg.....519-842-9000

Home at last helps client get safely settled at home after hospital stay or emergency room visit * Homemaking helps clients with housekeeping, laundry, meal preparation, shopping/errand service, event planning, reading, personal visits * Meals on Wheels prepared hot meals delivered, frozen meals are also available for purchase * Personal Support Services assistance with bathing, dressing, grooming, personal hygiene needs, exercise, patient monitoring * Foot Care Services.

Visit: www.multiservicecentre.com

VON.....519-539-1231

550 Ingersoll Avenue, Ingersoll

Caregiver Supports & Programs * Adult Day Programs * Friendly Visiting Program * Telephone Reassurance Program * Home Help Program (light housekeeping) * Meals on Wheels * Special Services at Home (Home Respite & Caregiver Relief) * SMART (group exercise program) * Blood Pressure Clinic * Palliative Care * Elder Abuse * Share the Care * Adult Day Program * Overnight Respite Services * Community Bathing * Stroke Day Program * Caregiver Support Groups * Home at Last Program * Grief & Bereavement * Transportation.

Visit: www.vonoxford.com

Compassionate Care Benefits

Service Canada Centres.....1-800-622-6232

TTY.....1-800-926-9105

Tillsonburg, 96 Tillson Ave.....1-800-O-CANADA

Woodstock, 959 Dundas St.....1-800-O-CANADA

Compassionate care benefits are Employment Insurance (EI) benefits paid to people who have to be away from work temporarily to provide care or support to a family member who is gravely ill and who has a significant risk of death within 26 weeks (6 months). A maximum of 26 weeks of compassionate care benefits may be paid to eligible people. Visit: <https://www.canada.ca/en.html>

Assistive Devices & Assistance

Ingersoll and District Inter-Church Committee

Leave a message.....519-933-7730

Assistance with some medical/dental costs

Ingersoll Services for Seniors519-485-2269

250 Ingersoll Street, South, Ingersoll.

Visit: www.ingersollseniors.com

Mckinney Walk-In Clinic519-539-1112

510 Ingersoll Avenue, Woodstock (Unit 103)

Wed 8 am-11 am * Tue,Thu 5 pm-8 pm * every other

Saturday 9 am-12 noon.

Northwood Medical Centre.....519-537-6147

35 Springbank Avenue, North, Woodstock

Tue 5 pm-8 pm * Wed 1 pm-4:30 pm * Fri 9 am-12 noon

Ontario Ministry of Health & Long-Term Care

INFOline.....1-866-532-3161

Visit: <http://health.gov.on.ca>

Oxford County Community Health Centre

35 Metcalf Street Woodstock.....519-539-1111

96 Tillson Avenue, Tillsonburg.....519-842-9008 ext.323

Primary health care for people who do not have a physician.

Education programs & support, general wellness.

ProResp519-421-0222

333 Althone Avenue, Woodstock. Visit: www.proresp.com

Salvation Army (The) – Wellness Program – Eyeglasses, Prescriptions & Transportation Assistance...519-539-6166

190 Huron Street, Woodstock.

Southwestern Public Health Dental Service...519-421-9901

93 Graham Street, Woodstock. (Lower level)

Credit Counselling or Form Filling

Family Service Thames Valley

Credit Counselling519-433-0159

The Livingston Centre, 96 Tillson Avenue, Tillsonburg.

South Gate.....519-539-9817

191 Old Wellington Street South, Woodstock.

Operation Sharing–Expense Planning.....519-539-3361

College Avenue United Church, 22 Wilson Street, Woodstock

Salvation Army (The)-Community Church...519-539-9345

769 Juliana Drive, Woodstock

Salvation Army (The).....519-539-6166

190 Huron Street, Woodstock

Salvation Army (The).....519-842-4447

155 Broadway Street, Tillsonburg

Driving – 80 and Over

Once drivers reach 80 years of age, every two years they must: Take a vision test, undergo a driver record review, and participate in a 45-minute group education session (GES) also during the session complete two brief in class assignments (non-computerized) this whole process takes about 90 minutes. If necessary a road test may be required. This is a licence renewal program. Call 1-800-396-4233 or visit: <https://www.ontario.ca>

Home Repairs and/or Vehicle

Home & Vehicle Modification Program

March of Dimes1-877-369-4867

<https://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx>

Faithway Baptist Church - Love Your Neighbour

Volunteers helping the community for one week.

Visit: www.faithway.ca/connect/love-your-neighbour-woodstock/

Ingersoll Services for Seniors519-485-2269

250 Ingersoll Street, South, Ingersoll

Home help and maintenance services.

Visit: www.ingersollseniors.com

Transportation

Ingersoll Services for Seniors519-485-2269

250 Ingersoll Street, South, Ingersoll

T:GO CALL-N-Ride.....519-842-9000

96 Tillson Avenue, Tillsonburg. Visit: www.ridetgo.ca

Salvation Army (The) – Wellness Program –

Eyeglasses, Prescriptions & Transportation

Assistance.....519-539-6166

190 Huron Street, Woodstock.

Stonebridge Community Services.....519-842-3200

200 Broadway Street, Suite 206, Tillsonburg

Tillsonburg Multi-Service Centre.....519-842-9000

200 Broadway Street, 2nd Flr, Tillsonburg

VON – Transportation Program.....519-539-1231

550 Ingersoll Avenue, Woodstock

Woodstock (City of) Para-Transit.....519-539-7268

944 James Street, Woodstock

Woodstock (City of) Transit Service.....519-539-7268

944 James Street, Woodstock

Government Financial Programs

Canada Pension Plans (CPP) * Old Age Security

(OAS) * Guaranteed Income Supplement (GIS) *

Allowance for the Survivor ...and more. Most seniors

in Canada get income through federal programs. Most

programs have minimum age limit between ages 55-65.

Visit: www.canada.ca and go to “Tax Credits and

Benefits” then select “Seniors”.



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519-539-9800 Ext. 3184

contact@informationoxford.ca