

SENIORS GUIDE

An illustration of a park scene with a city skyline in the background. In the foreground, a man in a yellow shirt and black pants is riding a red bicycle. Next to him, a woman in a teal top and red pants is riding a white bicycle with a basket of pink flowers. In the background, other seniors are shown: two people sitting on a bench, two people walking with canes, and two people sitting on a picnic blanket. The sky is light blue with white clouds, and the trees are green.

PEGGY SATTTLER

MPP for London West

Unit 101, 240 Commissioners Road W, London, ON N6J 1Y1

✉ PSattler-CO@ndp.on.ca ☎ 519-657-3120

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A Note from Peggy

Dear Friend,

Thank you for picking up a copy of my new Seniors' Guide!

This guide provides useful information for seniors and their families about provincial programs and services, community groups, local resources, online supports and more.

As MPP for London West, I am committed to helping seniors live at home as long as they can, in affordable and accessible housing, and to improving the home and community supports, health care services and income security programs that allow seniors to live independently.

I also know that social isolation can affect seniors' well-being and quality of life, which is why I am a strong supporter of community-based programs to keep seniors healthy, active and engaged.

I am honoured to represent London West and to be your voice at Queen's Park. Please don't hesitate to contact my office with any questions or concerns at **519-657-3120** or **Psattler-co@ndp.on.ca**

Sincerely,



Peggy

Community Office

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How to Read This Guide

This guide is structured to be both informative and easy to navigate. Here's how to make the most of it:

Start with the Table of Contents:

Get an overview of the topics covered and jump to the sections most relevant to you.

Take it One Section at a Time:

Each section is designed to stand alone, so you don't need to read the guide in order. Feel free to start with the areas that interest you the most.

Engage with the Community Resources:

Many sections offer insights into local programs and facilities. We encourage you to explore these opportunities for socializing, learning, and staying active.

Seek Clarification When Needed:

If anything in the guide is unclear or you need more information, don't hesitate to reach out to my office. We're here to help. Remember, this guide is for you.

Hopefully this tool will help you live your best life by staying informed, connected, and engaged with the wealth of resources our community offers. Your well-being and happiness are paramount, and we're dedicated to supporting you every step of the way.

Staying Healthy & Active

The City of London offers a range of recreational and leisure programs at various older adult centres. The centres provide opportunities to socialize, volunteer, and stay active both mentally and physically.

Seniors' Centre Memberships

Membership entitles you to take part in various discounted programs and activities run at recreational centres. Stay connected with your community, meet new friends, and discover new hobbies and interests through regular activities and volunteer opportunities.

Membership to each seniors' centre is \$49.50 per person for one location or \$62.90 for both locations, per year.

Hamilton Road Seniors' Community Centre

📍 525 Hamilton Road

Activities may include:

- ▶ Card Making and Crafts
- ▶ Line Dancing
- ▶ Coffee Chats
- ▶ Stained Glass Making

Kiwanis Seniors' Community Centre

📍 78 Riverside Drive

Activities may include:

- ▶ Billiards
- ▶ Quilting
- ▶ Wood Carving
- ▶ Singing

Seniors' Satellites

Membership to any satellite is open to anyone aged 55 and over living in any area of London. Membership to each satellite location is \$10.80 per person for one location or \$30.30 for all locations, per year. Additional fees of \$2.50 are charged per class.

Please visit [Play Your Way](#) online or call **519-661-5575** for more information or to register for any city recreation program.

SMART Falls Prevention and Group Exercise Classes

VON offers **free** group exercise and falls prevention classes for adults 55+ and people with mobility issues and chronic conditions. Improve your strength and balance and prevent injury and falls. There are three levels of classes, low, mid, and high mobility.

✉ mevonsmart@von.ca

☎ 519-659-2273

BGC Horton Street 50+ Centre

If you're looking to get out and get active at the speed and intensity you're looking for, BGC Horton St. has several drop-in programs available to you. From online movement classes to Aqua-Fit, there is programming built for your active lifestyle. Membership price will vary, based on household income.

📍 184 Horton Street East

☎ 519-434-9114

✉ info@bgclondon.ca

Elmwood Lawn Bowling Club

Lawn bowling provides gentle, healthy exercise and competition in a relaxed social atmosphere. It is perhaps the only outdoor sport where men and women, young and old, jocks and ex-loafers, can all compete on an equal footing. It is easy to learn, difficult to be good at.

Everyone is welcome when the gates are open.

- 📍 17&1/2 Edward St.
- ☎ 519-438-5695
- ✉ elmwoodclub@gmail.com

YMCA

The YMCA offers a wide variety of wellness opportunities and fitness classes and special membership rates for adults aged 55+.

Locations in London:

- ▶ Centre Branch:
 - 📍 382 Waterloo St.
- ▶ Wortley Branch:
 - 📍 165 Elmwood Ave.
- ▶ Stoney Creek:
 - 📍 920 Sunningdale Rd. E.

Cycling & Walking

Riding a bicycle is a low-cost, environmentally friendly way to get around London and stay fit. Don't forget your helmet! Take to the streets and use the bike lane to visit friends, do some light shopping, or visit a cafe. Want a biking buddy? Check out some local senior walking and biking groups.

Huff N' Puff Seniors Fitness Association

One of the largest not-for-profit senior fitness associations in Canada, inviting people aged 55+ to participate in a wide range of activities to encourage fitness and social contact. Many cycling groups with rides of various lengths and intensities. You can find more information at:

- 🖥 www.huffnpuffsf.com
- ☎ 226-663-5500
- ✉ activities@huffnpuffsf.com

London Cycling Club

Are you passionate about cycling and eager to connect with like-minded individuals? London Cycling Club offers a welcoming community for cyclists of all levels. By joining our club, you'll gain access to a variety of group rides, cycling events, and valuable resources to enhance your riding experience.

Walking is also a great way to keep your body in motion while getting around.

You can take one of the many recreational trails in London for a leisurely stroll/ride or for some exercise:

- ▶ Thames Valley Parkway
- ▶ Fanshawe Conservation Area
- ▶ Westminster Ponds
- ▶ Sifton Bog
- ▶ Greenway Park Trail

Library Services

Visit your neighbourhood Library branch to enjoy programs, connect with others and to borrow books, movies and more. You'll find a variety of free programs and groups at your neighbourhood branch and at the Central Library. The Library also offers many free online resources. Read the newspaper online, download eBooks and audiobooks, take online courses or learn a new language. Learn more:

- 🖥 www.lpl.ca/seniors

Visiting Library Services

Provides library services to residents of the City of London who, for reasons of restricted mobility, physical or visual disability, or long-term illness, are unable to visit or use regular library facilities. For more information contact:

- ☎ 519-661-6444
- ✉ visiting.library@lpl.ca

The Labs

Located at the Central Library, the Labs is the central hub of creative spaces. In the Labs, you can explore a 3D printer, recording studio, green screen technology, Cricut vinyl cutter, sewing machines and digital editing software to digitize your photos, slides, videos, and audio cassettes.

The London Room

Learn about the history of your home, discover your family's history or conduct in-depth research using the Ivey Family London Room at the Central Library. For those researching family history, this valuable local history resource focuses on southwestern Ontario and includes: census information, cemetery transcriptions, vital statistics indexes, birth/marriage/death records, passenger lists, and family histories.

Creative Age Programs

Connect to your creativity with free programs in libraries across London where you can paint, dance, act, collage, sketch, and play. To find and register: www.lpl.ca/creativeage



Transportation

As a senior in London, you have options when it comes to staying mobile. While some seniors value the ability to continue driving their own vehicle, many others seek alternative transportation as part of a healthy, active lifestyle.

London Transit

The London Traffic Commission (LTC) provides public transport across London. Through the use of the London Transit App or Google maps navigating your trip can be a breeze. Visit www.londontransit.ca for more information:

☎ 519-451-1347

Special Fares for Seniors 65+

Senior tickets are available at a discounted price.

Registration for Smart cards which allow you to store value and pay ahead of time are also available, cost \$2.00 per trip.

Citipasses provide unlimited monthly trips for \$112.00, with an income related pass available for \$72.00.

Specialized transit

The LTC also offers specialized transit for those unable to regularly use their standard transport options.

To apply:

- ▶ Download the application form (www.londontransit.ca/our-services/specialized-transit/)
- ▶ Pick up a form from an LTC office
- ▶ Contact **519-451-1340 ext 381** and leave a message with your name and address

Volunteer Driver Services

If you are unable to drive or use public transit, there are local organizations who offer rides for seniors. These services require advance notice for requests, so be sure to call ahead.

At Your Service for Seniors

📍 596 Fox Mill Place
💻 www.atyourserviceforseniors.ca
✉ info@atyourserviceforseniors.ca
☎ 519-872-0875

Meals on Wheels- Wheels for Wellness

📍 356 Queens Ave
💻 MOWL.ca
✉ info@mowl.ca
☎ 519-660-1430

BGC London - Senior's Transit

📍 184 Horton St. East
💻 www.bgclondon.ca/transit
✉ transit@bgclondons.ca
☎ 519-434-9119

Cocoon Senior Services

📍 924 Wonderland Rd. South
💻 www.cocoonss.com
✉ lisa@cocoonss.com
☎ 519-282-7979

Lending Hand Home Care

📍 380 Wellington St.
💻 lhcare.ca
✉ info@lhcare.ca
☎ 519-913-2909

Long Distance Travel

Long distance travel can be a challenge for those who don't drive. Fortunately, London has a variety of long distance travel options.

ViaRail

ViaRail offers transportation to numerous cities across Canada and provide a discount for Seniors 65+.

💻 www.viarail.ca

FlixBus

Flixbus offers affordable prices with 2,300 destinations across the U.S. and Canada

💻 www.flixbus.ca

OnexBus

Onex offers trips to a variety of locations between London and Toronto.

💻 www.onexbus.com

Accessibility

The Accessibility for Ontarians with Disabilities Act (AODA) is a provincial law that outlines and enforces accessibility standards. It applies to five areas of daily life: customer service, communications, transportation, public space design, and employment. For more information and resources on accessibility for seniors visit: www.ontario.ca/page/ministry-seniors-accessibility or call toll-free **1-888-910-1999**.

Mobility Devices

The Assistive Devices Program (ADP) helps cover the cost of equipment and customized devices for individuals with long-term disabilities, regardless of income. A long-term disability is defined as requiring an assistive device for six months or longer. The ADP typically covers 75% of the cost of covered items.

Types of devices that are covered include:

- ▶ Mobility aids
- ▶ Hearing aids and other devices
- ▶ Visual aids
- ▶ Diabetic equipment and supplies
- ▶ Respiratory equipment and supplies
- ▶ Home oxygen therapy
- ▶ As well as many others

DAISY Program

A DAISY player is used to listen to books for those who are blind or have low vision. They are also referred to as “Talking Books” with elements of their device that are user-friendly to blind patrons. Contact the London Public Library for more information **519-661-6444**

Accessible Parking Permits

An Ontario Accessible Parking Permit (APP) allows disabled permit holders to use accessible parking spaces with their own vehicle or a vehicle used to transport people with a disability. Permits are provided at no cost to those with a health condition that meets eligibility requirements.

Applications can be submitted three ways:

- ▶ Online at www.sus.gov.on.ca/lc/content/mgcs/app/profiles/default.html
- ▶ In person at a Service Ontario location
- ▶ By mail:
ServiceOntario
Accessible Parking Permit Services Office
P.O. Box 9800
Kingston ON K7L 5N8

☎ 1-800-387-3445

ID Renewal

Renewing lost, stolen or expired ID can be a hassle. Below are key resources, tips and tricks to make the process smoother for seniors. When in doubt, contact my office for support at **519-657-3120** or email PSattler-co@ndp.on.ca

Drivers License

Please be aware that the government no longer sends out renewal reminders in the mail.

You can however, sign up for text, email or phone reminders by visiting this link and signing up – www.ontario.ca/page/get-serviceontario-renewal-reminders

You have 2 renewal options:

- ▶ Online*: cxp.mgcs.gov.on.ca/cxp-web/product-renewal/renewal-options
 - \$90 fee (fee varies if you are over 76 years of age)
 - *Check website for Renewal Eligibility to see if you qualify for online renewal options
- ▶ In person at a Service Ontario location
 - \$90 fee (fee varies if you are over 76 years of age)

Go in person if you:

- ▶ Need to pay an outstanding fine
- ▶ Have a new medical condition
- ▶ Need to update your address
- ▶ Need testing done (vision, written or road)
- ▶ Need to lift a suspended licence

Service Ontario locations in London:

- ▶ 100 Dundas Street
- ▶ 1790 Dundas Street
- ▶ 920 Commissioners Rd
- ▶ 2295 Wharncliffe Rd S
- ▶ 457 Richmond St

Legal & Consumer Resources

Neighbourhood Legal Services

Community legal clinic funded by the government of Ontario. They provide traditional poverty law services to low-income residents of London and Middlesex County.

What area of law can the clinic assist with?

- ▶ Housing Law (Tenant and Landlord)
- ▶ Social Assistance (ODSP, OW, CPP)
- ▶ Human Rights
- ▶ Notarizing and Commissioning documents
- ▶ Immigration, Refugee & Migrant Workers Law
- ▶ Employment (Workers Compensation)

📍 200-717 Richmond

☎ 519 438-2890

✉ info@nlsim.com

Pro Bono Ontario's Legal Advice Hotline

Committed to helping Ontarians with their everyday civil legal needs. Call the Legal Advice Hotline for up to 30 minutes of free legal advice and assistance. Please note that they do not assist with criminal or family law matters.

☎ 1-855-255-7256

Legal Aid Ontario

Provides a variety of legal services for low-income Ontarians in the following areas:

- ▶ Criminal legal issues
- ▶ Family legal issues
- ▶ Refugee and immigration legal issues
- ▶ Mental health issues
- ▶ Various legal clinics

(full list available here:

www.legalaid.on.ca/our-services)

☎ 1-800-668-8258

Red Seal Notary

Canada's national company for the provision of Notary and Apostille (Authentication and Legalization) services. Services are easily accessible through Red Seal Notary's network of notary offices across Canada, an interactive website, online appointment forms, toll-free customer service line, and several walk-in locations.

☎ 1-888-922-7325

✉ info@redsealnotary.com

Legal Line Free Legal Information

Legal Line provides easy-to-understand legal answers written in plain language. Legal Line is a Federal not-for-profit organization providing access to Canadian laws since 1993. Organized under 47 areas of law, their answers allow people to easily zero-in on the specific answers they need. Those who need further help are referred to experts – lawyers, paralegals, government offices, and other professionals.

💻 www.legalline.ca



Elder Abuse & Fraud

Elder abuse is a serious and often overlooked issue that affects older adults. Forms of elder abuse can include physical, emotional, sexual, and financial abuse, as well as neglect. These abuses can occur within family settings, care facilities, or even in the community, leading to significant physical and psychological consequences for the victims. Recognizing the signs and understanding the dynamics of elder abuse is crucial in safeguarding the well-being and dignity of the aging population.

Common sign of possible abuse:

- ▶ Unexplained or a history of “accidents, poor hygiene, sores.
- ▶ Depression, fear, anxiety, withdrawal, or weight loss
- ▶ Dehydration or lack of food, clothing, medicine, or other necessities of life.
- ▶ Unnecessary purchases or repairs to house or property.
- ▶ Unexplained loss or misuse of property items such as banking records or wills.

Below are emergency service lines and safety contacts you can connect with, if you or someone you know is experiencing elder abuse.

In case of emergency, call **911** or text **T911**.

London Regional Police

Non Emergency issues and general reporting of senior abuse or senior supports, please call **519-661-5670** if you are in the London area.

Elder Abuse Prevention Ontario (London Middlesex)

Elder Abuse London Middlesex (EALM) is a not-for-profit network which works to increase knowledge and understanding of elder abuse. EALM offers educational services and supports to the community at large.

☎ 519-645-1104

✉ contactus@ealm.ca

ConnexOntario

The Senior’s HelpLine is a free, confidential and non judgemental, 24 hour-a-day, 365 days a year telephone support for seniors and people who care for them.

☎ 519-667-6600

Senior Safety Line

The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse.

☎ 1-866-299-1011

HVAC Scams

The scourge of door-to-door sales and shady business practices with HVAC equipment has targeted seniors, new Canadians, and those living with disabilities for some time.

To search to see if your property has a lien registered on title, **OnLand/Ontario Land Registry Access** allows you to purchase a copy of your property title/parcel register, though the basic copy will cost \$34.95 +HST.

The Registry Office’s **Bulletin 2024-07** explains how to remove NOSIs from title. Unfortunately, because a contract is in place, the debt obligation remains and recovery may be pursued through other means, including starting legal action.

ServiceOntario/OnLand:

☎ 1 800 267-8097

To find out more about common scams impacting seniors in our community visit **[Londonpolice.ca/en/crime-prevention/elder-abuse.aspx](https://londonpolice.ca/en/crime-prevention/elder-abuse.aspx)**

Government Finance & Income Supports

ODSP

The Ontario Disability Support Program (ODSP) offers money to help you and your eligible family members with living expenses, including food, rent, health benefits (prescription drugs and vision care) and employment support to help you find and keep a job.

If you are eligible for ODSP, the amount of money you receive depends on your specific situation. However you may receive up to \$1,308 as a single person.

Considerations for Seniors:

When a person turns 65, there's a risk they'll no longer financially qualify for the Ontario Disability Support Program (ODSP), including ODSP health benefits. These health benefits cover prescription drugs, routine eye examinations, and dental care.

You may no longer qualify for ODSP because at 65, you are automatically eligible to receive the Old Age Security (OAS) pension and might also be eligible for the Guaranteed Income Supplement (GIS) and the Guaranteed Annual Income System (GAINS).

ODSP's Extended Health Benefits

Even if you are no longer eligible for the monthly ODSP benefit, you may still be eligible for drug coverage if you are 65 or over, through the EHB.

The EHB can help with the cost of:

- ▶ prescription drugs and medical supplies
- ▶ dental and vision care
- ▶ travelling to medical appointments
- ▶ assistive devices, such as hearing aids

To qualify, you must still be eligible for ODSP except for the fact that your income is too high. For example, you must be a resident of Ontario and have no more assets than what ODSP allows. After the age of 65, you no longer have to prove that you meet ODSP's definition of a "person with a disability".

To qualify for the EHB, your health costs must be higher than the difference between:

- ▶ your current income, and
- ▶ the amount of ODSP income support you had been receiving each month.

Senior Transportation Tax Credits

A refundable tax credit for public transit expenses. Claim up to \$3,000 in public transit expenses to receive up to \$450 each year for seniors aged 65+.

You can submit a claim when you file your personal Income Tax and Benefit Return.

OAS

The Old Age Security Pension is a monthly payment you receive if you are 65 and older.

Your employment history is not a factor in determining eligibility. You can receive the Old Age Security (OAS) pension even if you have never worked or are still working.

You must be 65 years old or older, be a Canadian citizen or a legal resident at the time your OAS pension application is approved and have resided in Canada for at least 10 years since the age of 18.

How do I apply?

You are automatically enrolled for OAS when you turn 65, however there are certain instances where you need to apply directly through Service Canada.

For more information, visit a Service Canada location or call: **1-800-622-6232**

GIS

The Guaranteed Income Supplement (GIS) is a monthly payment you can receive if you are 65 or older. The Supplement is based on income and is available to low income seniors already receiving the Old Age Security pension.

You may qualify for this benefit if you are 65 or older, living in Canada and you receive the Old Age Security (OAS) pension.

GAINS

GAINS provides a monthly, non-taxable benefit to low-income Ontario seniors.

You qualify for GAINS payments if you are 65 years or older, have lived in Ontario for the past 12 months or for a total of 20 years since turning age 18, have been a Canadian resident for 10 years or more, and receive the federal OAS pension and GIS payments.

How to apply?

If you currently receive the OAS pension and GIS, you do not have to apply. Your GAINS benefits will be determined based on information received from Employment and Social Development Canada and the details provided on your personal income tax and benefit return.

If you DO NOT currently receive Old Age Security or the Guaranteed Income Supplement, you must apply for GIS by doing the following:

- ▶ File your tax return every year by April 30, even if you don't have income to report, or complete a GIS application and mail it to:

Service Canada
PO Box 5100 Station D
Scarborough ON M1R 5C8 CANADA

For more information, visit a Service Canada location or call: **1-800-622-6232**

CPP Retirement Plan

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

To qualify for a Canada Pension Plan (CPP) retirement pension, you must be at least 60 years old and have made at least one valid contribution to the CPP program.

The standard age to start the pension is 65. However, you can start receiving it as early as age 60 or as late as age 70.

How do I apply?

You can apply for CPP in two ways:

- ▶ Apply online through your Service Canada Account
- ▶ Apply by paper application
- ▶ Applications can be picked up at Service Canada locations, be printed and downloaded online or can be printed off by your MP's office.

How much money can I receive?

The amount of your CPP retirement pension depends on different factors, such as:

- ▶ the age you decide to start your pension
- ▶ how much and for how long you contributed to the CPP
- ▶ your average earnings throughout your working life

Tax Credits for Seniors

Ontario Trillium Benefit (OTB)

OTB is a combination of the Ontario Sales Tax Credit, Ontario Energy, and Property Tax Credit, and Northern Ontario Energy Credit. You can claim the credit on Form ON479 – Ontario Credits included in your personal Income Tax and Benefit Return tax package.

Ontario Seniors Care at Home Tax Credit

A refundable tax credit for seniors 70+ to help with eligible medical expenses. The tax credit provides 25% of up to \$6,000 in claimable medical expenses, with a maximum credit of \$1,500 for seniors aged 70+ in 2024 - including their spouses.

You can claim the credit on Form ON479 – Ontario Credits included in your personal Income Tax and Benefit Return tax package.

Senior Homeowners' Property Tax Grant

A tax credit of up to \$500 back on property taxes for low to moderate-income seniors over the age of 64 that own or occupy their principal residence.

You can apply for this credit when filing your annual tax return using the ON-BEN Application Form.

Seniors' Home Safety Tax Credit

A temporary, refundable personal income tax credit for renovations designed to make your home safer and more accessible. The tax credit provides 25% of up to \$10,000 in eligible expenses for a senior's principal residence in Ontario, with a maximum credit of \$2,500 for seniors 65+ or those living with senior relatives.

Senior Utility Support Programs

Low-Income Energy Assistance Program

Ontario offers emergency assistance for electricity and natural gas bills, which is eligible to low-income customers who are behind on bills or facing service disconnection. The program provides up to \$500 assistance for electricity bills (\$600 if heated electrically), and \$500 for natural gas bills.

Apply by contacting the LEAP Program.

☎ 1-855-831-8151

Ontario Electricity Support Program

The program provides a monthly on-bill credit to lower electricity bills for lower-income households, which is eligible to lower-income customers with accounts with electricity distributors or unit sub-meter providers.

Apply by contacting Ontario's Electricity Board.

☎ 1-855-831-8151

OW

If you need financial assistance for food and housing, and are in financial need, you can apply for financial and employment assistance through Ontario Works, for help with living expenses, food, rent, and health benefits.

If you are eligible for Ontario Works, the amount of money you get will depend on your specific situation. In most cases, you must participate in employment-related activities to receive financial help.

You could receive up to \$733 a month for basic needs and shelter if you are single individual.

How do I apply?

Apply in person at the address below or call for more information:

Ontario Works

📍 355 Wellington Street (Citi Plaza)
2nd floor, Suite 248

☎ 519-661-4520

✉ socialservices@london.ca

With other offices at:

- ▶ London East
- ▶ South London Community Centre
- ▶ Northland Mall
- ▶ Westmount Shopping Centre

Healthcare

You are covered under the Ontario Health Insurance Plan with a valid Ontario Health Card. Eligibility for medically necessary health care services covered by OHIP vary according to age and other requirements. For general health advice and information about accessing the health care you need, dial 8-1-1 to speak to a registered nurse 24 hours a day, 7 days a week.

For emergencies, dial 9-1-1.

Ontario Health at Home

Ontario Health at Home coordinates in-home and community-based care services. They can direct you to the health care services and resources that you need. OHHcoordinators can help you access the following services:

- ▶ Routine home visits by a nurse or personal support worker
- ▶ Locating a family doctor
- ▶ Applying for long-term care
- ▶ Adjustment to at-home living

To speak to a care coordinator 7 days a week, 365 days a year, dial **310-2222** or visit ontariohealthathome.ca

McCormick Dementia Services

Offers Ontario's largest adult day program for persons living with dementia, as well as care partner supports, including education series, specialized support groups, webinars and counselling.

Referrals go through Ontario Health at Home.

☎ 519-439-9336

✉ community.support@mccormickcare.ca

Federal Dental Care Program

Starting in 2023, the Federal Dental Care Program (CDCP) was introduced in Canada. Seniors with a household income of less than \$90,000 with no private dental insurance coverage can access the plan by application.

Seniors became eligible for the plan throughout 2023-2024 according to age:

- ▶ December 2023: Ages 87 and above
- ▶ January 2024: Ages 77 to 86
- ▶ February 2024: Ages 72 to 76
- ▶ March 2024: Ages 70 to 71
- ▶ May 2024: Age 65+
- ▶ June 2024: All Canadians with a Disability Tax Credit certificate
- ▶ 2025: All ages

Note: If you are covered under the provincial dental plan (OSDCP), you can still qualify for federal coverage under the CDCP. Your coverage will be coordinated between the two plans to prevent duplication and gaps in coverage.

To apply online and for more information about the CDCP, visit: www.canada.ca/en/services/benefits/dental/dental-care-plan or **1-833-537-4342**.

Eye Care

As of September 1, 2023, under the new Optometry Services Agreement, there have been changes made to eye care services provided under OHIP. Seniors without a diagnosed eye condition are now eligible for one eye exam every 18 months.

Seniors are eligible for two minor follow-up assessments in the 18 month period before their next exam. Those diagnosed with glaucoma, diabetes, or macular degeneration are eligible for an annual exam every 12 months. With these diagnoses, seniors are eligible for two minor follow-up assessments in the following 12 month period before their next exam.

Drugs

As a senior, your Ontario Drug Benefit (ODB) coverage begins automatically on the first day of the month after your 65th birthday.

ODB covers roughly 5,000 commonly prescribed drugs, vaccines, diabetes monitoring products, and nutrition products with a valid prescription. Low-income seniors can have their ODB deductible waived by applying to the Seniors Co-Payment Program. You are eligible if your annual net household income is:

- ▶ \$22,200 or less for an individual
- ▶ \$37,100 or less for a couple

For more information visit:

 www.formulary.health.gov.on.ca/formulary

Seniors Health Benefits:

Did You Know?

MedsCheck: Are you taking 3 or more prescription medications? Living with diabetes? You qualify for a free 30 minute consultation with a pharmacist to make sure you're taking your prescribed medications properly. Ask your pharmacy about the MedsCheck program on your next visit.

Shingles Vaccine: Shingles is a nasty viral infection that can leave lasting nerve damage, but it is preventable. If you're a senior aged 65-70, the shingles vaccine is covered for you under OHIP. Ask your family doctor for a prescription.

Colon Cancer Screening Program: Colon cancer screening increases the chance of finding cancer early when it is more likely to be cured. When colon cancer is caught early, 9 out of 10 people can be cured. As a senior, you are covered under OHIP for an at-home test or a colonoscopy.

Physiotherapy: Whether you're recovering from an injury or surgery, have a pre-existing condition, or simply need some support to remain healthy and mobile, your physician may recommend physiotherapy for you. With a valid referral, OHIP covers this service.

Pharmacist Services: If you don't have a family doctor, you can consult a pharmacist for a prescription to treat 13 minor ailments. Pharmacists with proper certification are also able to administer injections like vaccinations, vitamins, and other routine medications in a pharmacy setting. Ask your pharmacy if these services are available on your next visit.

Housing

This section covers the different types of housing options available for seniors in London, highlighting how each choice supports different lifestyle and care needs. From adapting your current home for continued independence to exploring financial assistance programs that make housing more accessible and affordable, we cover essential information to help you navigate the complexities of senior housing.

Housing Options for Seniors in Ontario

Choosing the right housing option is a vital decision for seniors in Ontario. Regulations and guidelines for each housing option can be difficult to navigate. Understanding each option's regulatory framework and application process is crucial for making an informed choice. As your representative I recognize the need and value in prompt access to housing options, and my team and I will continue to advocate for further regulations and transparency for senior housing.

Adult Lifestyle Community

Adult Lifestyle Communities are privately operated designated 55+ residences that blend independence and social engagement for retirees. There is no specific legislation regulating these residences.

Life Lease Housing

Life lease housing offers seniors the opportunity to purchase long-term occupancy rights in a property, typically at a lower cost than condominiums. This arrangement includes paying a lump-sum purchase price, property taxes, and monthly maintenance fees while benefiting from reduced housing costs, reduced maintenance responsibilities, increased community engagement, and access to convenient on-site amenities.

Typically they are developed by nonprofit organizations, and there is no specific regulatory or legislative oversight body for life lease housing.

Retirement Homes

The nearly 780 licensed retirement homes are regulated by the Retirement Homes Regulatory Authority (RHRA). These homes offer varied levels of service, from meals and personal care to social and recreational programs, tailored to the needs of more independent seniors. When choosing a retirement home, research and compare facilities using the RHRA's database for inspection records and licensing status. Visiting homes and consulting with current residents can offer valuable insights.

Applications are made directly to the retirement home, with costs covering accommodation, meals, and any additional care services. For concerns or questions, contact the RHRA at:

☎ 1-855-275-7472

Financial Assistance Programs for Senior Housing in Ontario

Navigating housing costs as a senior can be challenging. Fortunately, various financial assistance programs in Ontario offer support:

The Housing Stability Bank

Offers financial assistance to low income Londoners to obtain and retain their housing and offers financial assistance to those at risk of homelessness to remain housed.

Applications are completed by appointment only and can be booked at the following link:

🖥 centrefohope.ca/housing-stability-bank

HSB - Emergency Utility Assistance

The Housing Stability Bank also provides grants (until grant funds are exhausted annually) or interest-free loans to assist with utility arrears pertaining to gas, electricity or water. For more information on any of the above services, or for more information:

☎ 519-661-0343

📍 281 Wellington St.

Rental Assistance

The Housing Stability Bank provides interest free loans to assist with Rental Arrears, First Month's Rent (ODSP recipients only) and/or Last Month's Rent.

London & Middlesex Community Housing

Housing is the foundation of a better tomorrow. LMCH provides 3,282 housing units across 32 properties for more than 5,000 people. Those who call LMCH home are a diverse cross-section of low to moderate-income households including families, seniors, adults, and new Canadians. All applications must be completed and handed into the Housing Access Centre (HAC).

Housing Access Centre:

📍 355 Wellington St. Suite 248 (second floor)

☎ 519-661-0861

✉ hac@london.ca

Regulations and Complaint Processes for Senior Housing in Ontario

Senior housing options in Ontario have distinct regulatory bodies and complaint procedures:

Retirement Homes: Governed by the Retirement Homes Act, 2010, and overseen by the Retirement Homes Regulatory Authority (RHRA).

Complaints about care standards or resident rights can be filed with the RHRA. For inquiries contact:

☎ 1-855-ASK-RHRA

✉ info@rhra.ca

By law, all retirement homes in Ontario are required to have a procedure for responding to complaints about the operation of the home. They must acknowledge your complaint within 10 business days to let you know how they plan to resolve the issue.

Supportive Housing Programs and Long-Term Care Homes:

Managed by Home and Community Care Support Services and regulated under the Long-Term Care Homes Act. Complaints regarding services or care are directed to them. Reach out to the Long-Term Care Family Support and Action Line, toll-free:

☎ 1-866-434-0144

Ontario's Patient Ombudsman handles complaints about an **Ontario public hospital, long-term care home, home care, and community surgical and diagnostic centre** using the online form or by mail.

Patient Ombudsman
Box 130, 77 Wellesley Street West
Toronto, Ontario M7A 1N3

☎ Toll free: 1-888-321-0339

Renters (LTB and RTA):

The Landlord and Tenant Board (LTB) resolves disputes under the Residential Tenancies Act, covering issues like rent, maintenance, and evictions. If you have questions about your landlord and your rights as a tenant, reach out to my office for my handy tenant guide!

Long Term Care

As we introduce the Long-Term Care section of our guide, it's important to acknowledge that the COVID-19 pandemic brought unprecedented challenges, highlighting the need for enhanced care and support in long-term care facilities. London's senior population have made foundational contributions to the fabric of London. They have been the backbone of our families and country, shaping it through their enduring efforts and resilience.

Before, during, and post-pandemic, I remain committed to advocating for stronger protections and continuous improvements in long-term care across London. I encourage and welcome anyone who wishes to discuss further improvements to reach out directly to my office!

How to Apply

For information about eligibility and admission, call Ontario Health at Home:

☎ 1-800-811-5146

Ontario Health at Home determine eligibility for placement into long-term care homes and manage wait lists. They will assign you a care coordinator who can provide you with information about homes in your area and assist you in completing your application for residence in a long-term care home.

Choosing a Home

When choosing a long-term care home in Ontario, families and seniors should carefully consider several factors to ensure the facility meets their needs and expectations. Here is a list of key points to keep in mind:

- ▶ Accreditation and Licensing
- ▶ Location and Accessibility
- ▶ Quality of Care
- ▶ Safety and Security
- ▶ Medical and Personal Care Services
- ▶ Staff Qualifications and Turnover
- ▶ Resident Satisfaction and Feedback

- ▶ Meals and Nutrition
- ▶ Activities and Social Programs
- ▶ Cost and Financial Considerations
- ▶ Facility Condition and Cleanliness

Taking the time to thoroughly evaluate these factors will help families and seniors find a long-term care home in Ontario that offers a safe, supportive, and comfortable environment.

Did you know?

The Ministry of Long Term Care provides comprehensive reports on long-term care homes across Ontario, aimed at offering transparency and insight into the care standards and living conditions of these facilities.

To access the report, visit publicreporting.ltchomes.net/en-ca/default.aspx

Cost and Paying for Long Term Care

LTC homes offer three different accommodations: basic, semi-private, and private. Accommodation rates are set by the Ministry of Health and Long-Term Care. All long-term care home residents are required to contribute towards the cost of accommodation and meals. This is called a co-payment fee.

Types of accommodation:

- ▶ Long-stay Basic
 - Daily Rate: \$65.32
 - Monthly Rate/Co-Payment: \$1,986.82
- ▶ Long-stay Semi-private
 - Daily Rate: \$78.75
 - Monthly Rate/Co-Payment: \$2,395.32
- ▶ Long-stay Private
 - Daily Rate: \$93.32
 - Monthly Rate/Co-Payment: \$2,838.49

Long Term Care Rate Reduction Program

You may qualify for a rate reduction if the cost of basic accommodation is beyond your means.

You can apply by informing the long-term care home in which you would like to reside. An applicant would likely qualify for a rate reduction if their annual income is \$25,629 or less.

If you're a veteran, you may qualify for extra financial help. You must re-apply every year. To access the application form, visit:

 forms.mgcs.gov.on.ca/dataset/014-4816-69

End of Life Resources

It can be overwhelming trying to determine next steps when preparing for end of life care, or when a loved one passes away. Here are a few key resources to consider:

Power of Attorney (POA)

If something happens to you, for example an accident or illness that impacts your ability to make financial or health care decisions for yourself, you will need someone to make those decisions for you.

A power of attorney is a legal document that gives someone you trust the right to make financial or health care decisions for you. This trusted person does not have to be a lawyer to be your POA.

How do I file for POA?

The provincial government has easy to use, standard Continuing Power of Attorney forms that can be accessed two ways:

- ▶ Online at www.publications.gov.on.ca/300975 (you will need to print these off)
- ▶ Contacting my office at **519-657-3120** and we can print them off for you!

Types of POA

There are 2 types of POA:

- ▶ Personal care
 - An attorney for personal care can make decisions about your health care, housing, and other aspects of your personal life such as meals and clothing.
- ▶ Property
 - An attorney for property can make decisions about your financial affairs including paying your bills, collecting money owed to you, maintaining or selling your house, and managing your investments. Without an attorney for property, your family (including your spouse), cannot automatically step in to make financial decisions for you. In this case, the provincial government steps in and may make these decisions for you.

Preparing a Will

A will is a legal document that takes effect when you pass away. It explains your wishes about how your property and possessions should be taken care of and distributed.

How do I prepare a will?

- ▶ Hire a Lawyer
 - A lawyer can answer your questions and tell you about tax and other things to consider when preparing a will. A lawyer also makes sure your will meets legal requirements.
 - The Law Society of Ontario offers a referral service to help you find a lawyer. Please visit lsrs.lso.ca/lsrs/welcome
- ▶ Online
 - There are a number of websites that provide templates and guidance for creating a will. Always seek professional advice before completing an online will or using a third-party template.

Advance Care Planning (ACP)

Ontario has unique requirements with respect to advance care planning, substitute decision-making, and health care consent because of our laws such as the Health Care Consent Act.

As a result, ACP Ontario was created in conjunction with Hospice Palliative Care Ontario.

ACP is about preparing you and your Substitute Decision Maker (SDM) for future healthcare situations and decisions, preparing for end-of-life, and planning for any healthcare needs you may have in the future. ACP resources can be found at:

 www.advancecareplanningontario.ca

Information for Substitute Decision Makers is also available at the website above

 1-800-349-3111 ext 231

Palliative & Hospice Care

Palliative care refers to care for patients and their families who are facing a serious, life-limiting illness. Palliative care is patient-centred coordinated care that aims to relieve suffering and improve quality of life for patients and their families at all stages of the illness. There is no cost to patients for medically necessary palliative care services in their homes, hospices, or hospitals.

The types of palliative care services that may be provided include:

- ▶ physician and nursing services to assess and manage the progression of the illness (this includes providing pain and symptom management to improve comfort and quality of life)
- ▶ personal support services (such as homemaking)
- ▶ psychological, social services, spiritual and bereavement support
- ▶ other services such as physiotherapy, caregiver and pharmacy support

See page 8 for Legal resources in London.

Food Assistance

Accessing Palliative & Hospice Care

- ▶ Most Palliative Care is provided or accessed through your primary health care provider, your family doctor
- ▶ You or your loved one can also be assessed through Ontario Health at Home at **1-800-811-5146**
- ▶ A hospital can also refer you to palliative care resources

For more information on accessing palliative care, please contact the Ministry of Health at:

☎ 1-866-532-3161

St. Joseph's Hospice

St. Joseph's Hospice is a charitable organization that provides compassionate care and companionship to palliative and bereaved individuals and families, recognizing and embracing their unique needs.

📍 485 Windermere Rd.
☎ 519-438-2102
💻 www.sjhospicelondon.com

Support for Caregivers

One of the most difficult roles is being a caregiver. You might be providing care for an elderly parent, friend, or family member or navigating through the complex world of long term care, home, hospice or palliative care. Caregivers face a physically and emotionally difficult task, and access to support is crucial

The Ontario Caregiver Organization

Supports caregivers across Ontario with a suite of programs and resources including the 24/7 Ontario Caregiver Helpline:

☎ 1-833-416-CARE (2273), counselling and peer support groups, webinars, tip sheets and checklists.

Meals on Wheels

Meals on Wheels delivers hot or frozen meals, 5 days a week to eligible seniors.

📍 356 Queens Ave.
✉ info@mowl.ca
☎ 519-660-1430

London Food Bank

The London Food Bank works to help a generous community share food resources.

📍 926 Leathorne St.
✉ info@londonfoodbank.ca
💻 www.londonfoodbank.ca
☎ 519-659-4045

Salvation Army

Our Basic Needs Program (including an emergency supply of groceries) is available to low income individuals and families who live in London and surrounding area

📍 310 Vesta Road
☎ 519-660-5884

Heart to Home Meals

A service with seniors lifestyle, tastes and nutrition in mind. Order online or by phone and a friendly, trusted delivery team member will deliver meals straight to your door.

💻 www.hearttohomemeals.ca
☎ 1-888-777-2219

Hunger Relief Action Coalition

Provides a monthly community meal calendar available at:

💻 www.informationlondon.ca/31/Meal_Calendar_Food_Bank_List
☎ 519-471-3963

Veteran Supports

Even heroes need help sometimes. See below for resources that provide for Veterans and their families in London.

Soldiers Aid Commission

Provides financial assistance of up to \$2,000 annually to Ontario's eligible Veterans and their families in financial need. The Commission supplements support offered by the Royal Canadian Legion and Veterans Affairs Canada. For more information about applying, call **416-327-4674** or email **sac@ontario.ca**.

Veterans Ombud

The Office of the Veterans Ombud reviews complaints, and challenges the policies and decisions of Veterans Affairs Canada where individual or systemic unfairnesses are found.

☎ 1-877-330-4343

✉ info@ombudsmanveterans.gc.ca

Royal Canadian Legion – Ontario Command

Offers assistance to Veterans, Still Serving Members of the Canadian Armed Forces, RCMP and/or their dependents to raise awareness of and potentially obtain government support from Veterans Affairs Canada.

Inquire about available programs and services at any London Legion branch or visit **www.on.legion.ca**.

Available benefits include:

- ▶ Disability benefits
- ▶ War Veterans Allowance
- ▶ Review/Appeal/Reassessment
- ▶ Financial assistance

To contact the Ontario Command for more information about available programs, services, benefits, call toll-free **1-888-207-0939**

✉ info@on.legion.ca

London Legion Branch Locations

- ▶ Branch 317, 311 Oakland St.
☎ 519-455-2331
- ▶ Branch 533, 1276 Commissioners Rd.
☎ 519-472-3300
- ▶ Branch 501, 7097 Kilbourne Rd.
☎ 519-652-3412

Veteran Graphic Licence Plate (Poppy Plates)

Licence plates with a Veteran graphic are available for the vehicles and motorcycles of eligible veterans. To apply for a Veteran Plate Eligibility Certificate, visit a Service Ontario location or visit **www.ontario.ca/customplates**.

Veterans Parking Permits – City of London

The City of London offers limited free parking to any veteran displaying a veteran's licence plate on their vehicle:

- ▶ on-street meters - no longer than the maximum period allowable, as posted on the sign
- ▶ City of London off-street parking lots for a daily maximum of 2 hours. Look for a green sign with a white "P" symbol.

This payment exemption is available to all veterans' vehicles displaying a valid veteran licence plate issued by Service Ontario.

Indigenous Older Adult Resources

Seniors within local First Nations, Métis, and Inuit Communities in London are supported several organizations and agencies providing a variety of programs and services.

N'Amerind Friendship Centre

The N'Amerind Friendship Centre is a non-profit organization committed to the promotion of physical, intellectual, emotional, and spiritual well-being of native people and in particular, urban native people.

📍 260 Colborne St.
💻 namerind.on.ca
☎ 519-672-0131

Life Long Care Program

The Life Long Care program services chronically ill, cognitively impaired, physically disabled, frail, and elderly urban Indigenous people of all ages. The program provides transportation services; opportunities for socialization; service navigation and advocacy; and emotional and spiritual supports to promote independent living and good quality of life.

(Available through N'Amerind Friendship Centre)

Native Inter-Tribal Housing Co-Operative

Native Inter-Tribal Housing Co-op was incorporated in April 1983. The Co-operative was formed for the purpose of providing affordable housing for London's urban Indigenous population.

☎ 519-667-3328
✉ nithco-op@on.aibn.com
📍 37 Tecumseh Ave W
💻 nativeinter-tribalco-op.ca

The Southwest Ontario Aboriginal Health Access Centre's (SOAHAC)

The Southwest Ontario Aboriginal Health Access Centre's (SOAHAC) purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.

📍 493 Dundas St
💻 soahac.on.ca
☎ 519-672-4079

Dental Clinic

📍 230 Victoria St. Suite #117
☎ 519-914-0533
✉ dental@soahac.on.ca

Atlohsa

Through our Indigenous-led programs and services, access to Knowledge Keepers, and land-based healing, we strive to bring people home, to inspire, empower and instill a deep sense of pride and belonging... To be a catalyst to Mino Bimaadiziwin, The Good Way of Life.

📍 343 Richmond
☎ 519-438-0068
✉ ADMIN@ATLOHSA.com
💻 atlohsa.com



SOAHAC - Supporting Aboriginal Seniors at Home

SASH team supports Indigenous (First Nations, Métis, Inuit, Status and Non-Status) people aged 55 and older through access to high quality, culturally safe health care services, helping prevent or manage chronic conditions. We help seniors live safely in their own home for as long as possible. Our SASH team includes a nurse practitioner, who provides healthcare services either in the clinic or in your home based on your needs, and an Aboriginal Patient Navigator, who can help you and your family find your way through the healthcare system if you've been admitted to the hospital. In particular, the navigator will work with your health care team to develop a care plan that includes the traditional and cultural practices of your choice by connecting you with traditional healers and arranging for language and cultural interpretation when needed. They'll also help you understand and complete forms and help you plan for when you come home from the hospital.

📍 493 Dundas St
☎ 519-672-4079

LGBTQ+ Supports for Older Adults

London Pride Festival

Pride London is a not-for-profit organization that exists to promote diversity and equality through engaging, entertaining and educating residents about our LGBT2SQIA communities. Hosting many events annually, most notably the London Pride Parade.

✉ info@pridelondon.ca

Parents, Friends & Families of Lesbians and Gays (PFLAG)

PFLAG London ON is a volunteer-run, registered charitable organization which offers supports and resources to LGBTQ+ individuals and allies. Support groups involve both for members of the LGBTQ+ community as well as parents, families, and coworkers.

☎ 226-456-2745
💻 londonon@pflagcanada.ca



Cultural Supports

Afghan Socio-Cultural Association

📍 3379 Frontier Ave.
☎ 519-670-3872

African Canadian Federation of London and Area (ACFOLA)

📍 205 Horton St. E. 2nd Fl
☎ 226-289-2668
✉ ied@acfola.ca
💻 www.acfola.ca

Al Mahdi Islamic Community Centre

📍 91 Meg Dr.
☎ 647-784-9312
✉ secretariat@almahdicentre.org
💻 www.almahdicentre.org

Albanian Canadian Society of London Ontario (ILIRIA)

☎ 519-204-3354
✉ info@iliria.ca

Association of Iroquois and Allied Indians

☎ 519-434-2761
📍 387 Princess Ave.
✉ ireception@aiai.on.ca
💻 www.aiai.on.ca

Azerbaijani Turkish Canadian Association

☎ 519-694-7282
✉ k.shiriyeva@gmail.com

Barbadian Canadian and Friends Association of London and District

☎ 519-434-2761
✉ barcanlondon@gmail.com

Canadian Council of Muslim Women – London

✉ london@ccmw.com
💻 www.ccmw.com/london

Canadian Iraqi-Turkmen Culture Association of London (CITCAL)

☎ 226-272-1438
✉ info@canadaturkmen.ca

Canadian Latin American

Association - CALA

✉ info@calalondon.org
💻 www.calalondon.org

Chinese Canadian National Council – London

☎ 519-451-0760
✉ info@londonccnc.ca

Holy Cross Romanian Orthodox Church

📍 47 Adelaide St. S.
☎ 519-902-1514
💻 www.holycrosslondon.org

Accès Franco-Santé London

📍 920 Huron St.
☎ 519-670-1996
✉ info@francosante.ca

Curinga Italian Canadian Sport and Multicultural Club

📍 17 Clarke Rd.
☎ 519-451-0221
💻 www.curingacluboflondon.ca

German-Canadian Club

📍 1 Cove Rd.
☎ 519-433-2901
✉ germanclub1@rogers.com

Hindu Cultural Centre

📍 62 Charterhouse Cres.
✉ hcclondon62@gmail.com

Holy Trinity Greek Orthodox Community of London

📍 133 Southdale Rd. W.
☎ 519-686-8466
✉ htoffice@bellnet.ca

Korean Society of London

📍 141 Dundas St., Unit 504
✉ londonkoreaca@gmail.com

London Muslim Mosque

📍 151 Oxford St. W.
☎ 519-439-9451
✉ secretary@londonmosque.ca

London Sikh Society

📍 37 Clarke Rd.
☎ 226-700-9002
✉ treasurer@londonsikhsociety.com

London Ukrainian Centre

📍 247 Adelaide St. S.
☎ 519-686-9811
✉ info@londonukrainiancentre.ca

Polish National Association

📍 Polish Hall, 554 Hill St.
☎ 519-434-2576
✉ polishcanadianclub@gmail.com

Serbian Cultural Centre

📍 5567 Wonderland Rd. S.
☎ 519-652-2771
✉ info@svetisavalondon.com

St. Leopold Croatian Centre

📍 2889 Westminster Dr.
☎ 519-681-8472
✉ leopoldmandic@dol.ca

London Jewish Federation

📍 536 Huron St.
☎ 519-673-3310
💻 www.jewishlondon.ca

London Multicultural Community Association

📍 691 Whitehaven Cres.
☎ 519-868-8585
💻 londonmulticultural.com

Congress of Black Women Canada – London Chapter

☎ 1-866-986-2922
✉ president.london@cbwc-ontario.org

Neighbourhood Associations

Join your local neighbourhood association today! Volunteering or getting involved with your local neighbourhood association is a great way to stay active on local issues and meet new people. These organizations often have a Facebook group you may be able to join with in-person or online meetings. Please contact them by email for more information. Visit InformationLondon.ca and search Neighbourhood Associations to find one near you!

Advocacy by and for Older Adults

Advocacy Centre For the Elderly (ACE)

The Advocacy Centre for the Elderly is committed to upholding the rights of low-income seniors. Its purpose is to improve the quality of life of older adults.

☎ 416-598-2656
☎ Toll-free: 1-855-598-2656
💻 www.ancelaw.ca

London District Labour Council

London and District Labour Council members work in the public and private sectors: at the brewery, in education, social services, the public service, construction and much more.

The labour council brings these members together every month for regular meetings, and carries out events and activities between meetings.

Get involved at: londonlabour.ca/campaigns/get-involved-with-ldlc

Canadian Association of Retired Persons

CARP advocates for financial security and better access to healthcare for older adults, and leads the fight to end ageism.

The London-St. Thomas CARP Chapter hosts (virtual and in-person) educational and social events designed to engage our community and local policy makers on issues related to our financial security, equitable access to health care and the fight against age discrimination.

💻 www.carp.ca/community/london-st-thomas
☎ 1-833-211-2277

Congress of Union Retirees of Canada

More than half a million retired union members speak with one voice through the Congress of Union Retirees of Canada. Founded in 1991 as an affiliate of the Canadian Labour Congress, CURC advocates and lobbies on issues relevant to retired union members and their spouses.

💻 unionretiree.ca/area-councils/#London-Area-Section

Seniors for Climate Action Now! SCAN!

We are building a seniors' climate action group with a chapter in London. The group is democratic, accountable, equitable and participatory. A community in which we value each others knowledge, experience and views.

✉ london@seniorsforclimateactionnow.org
💻 seniorsforclimateactionnow.org/scan-london

Age Friendly London Network

Age Friendly London Network has curated a list of seniors supports, available at: www.informationlondon.ca/114/Age_Friendly_Seniors_Resources



Peggy
SATTLER

MPP for London West

Community Office

Unit 101, 240 Commissioners Road W, London, ON N6J 1Y1

✉ PSattler-CO@ndp.on.ca ☎ 519-657-3120