

## GOVERNMENT

MPP - Michael Gravelle - 1-888-516-5555

MP - Joe Comuzzi - 1-888-266-8004

- A) Income Security Programs - Federal  
Canada Pension Plan, Old Age Security,  
Guaranteed Income Supplement.  
1-800-277-9914.
- B) Trillium Drug Program - Provincial -  
a program for Ontario residents who have a  
valid OHIP card & spend a large part of their  
income on prescription medications.  
Enrolment is based on household income.  
Contact them at 1-800-575-5386. Info also  
available at Government Information Centre  
229-8125.
- C) Project Phonebusters - 1-888-495-8501  
Run by the OPP. Call, anonymously if  
desired, to report suspected telemarketing  
fraud or to get information on scams.
- D) ServiceOntario - 229-8125 - provides  
information on a broad range of  
Provincial and Federal government  
services - birth certificates, Social Insurance  
Numbers, Old Age & Canada Pensions,  
passport applications, as well as free  
government publications.

## RECREATION

- A) Marathon Senior Citizens' Club - Cards, carpet  
bowling, billiards, fitness, crafts, horseshoes,  
shuffleboard, potluck suppers.  
\$10.00 membership fee.
- B) Seniors Bowling Group - Monday afternoons.  
Reduced rate for bowling.
- C) Seniors Curling Group - Tuesday afternoons
- D) Seniors Skating - Tuesday & Thursday - A.M.
- E) Seniors Golf - Mondays - 5:00 P.M.
- F) Marathon Public Library - books, magazines,  
books on tape & CD, videos & DVDs, CDs,  
newspapers, large print books, government  
publications, computers with Internet access,  
photocopying, faxing. Also provides an out-  
reach program to deliver books, etc., to  
shut-ins. Call 229-0740 to inquire.
- G) Walk This Way - a self-directed walking  
program in Lakeview Community Centre.  
Open afternoons - Monday to Friday.  
Walk at your own pace.
- H) Senior Games - Winter & Summer games  
annually. Call Terry Cooper for info -  
229-0780.

# Seniors

# Directory

**2007**

**AMBULANCE**

**POLICE**

**FIRE**

**911**

Marathon Senior Citizens' Club  
Lakeview Community Centre  
P.O. Box 902  
Marathon, Ontario.  
P0T 2E0

# Seniors **D**irectory

## TRANSPORTATION

- A) Lewis Cook - 229-0368  
No charge for this service. Will pick up and take you to appointments & shopping. Book ahead of time.
- B) Marathon Taxi - 229-1009. Seniors' rate = \$6.50 in town.

## PERSONAL SERVICES

- A) Foot Care - In home service. Cut toenails treat general foot problems (corns, calluses, etc.)  
Call - Lauri Cummings - 229-0299  
- Wendy Hancherow - 229-0705
- B) Meal Delivery - Meals on Wheels - nutritious meals delivered on a regular basis to elderly & handicapped persons who are unable to prepare their own meals.  
Call C.C.A.C. at 229-8627.
- C) Groceries - These will take phone orders and arrange for delivery. Some conditions apply. Phone to inquire.  
- D.H. Foods - 229-0641  
- M&M - 229-1752

- D) Hair Care - Louise St. Amand - 229-2188  
In home or hospital - cuts, perms.  
  
- Geordie Wilcox - 229-8478 -  
Men's haircuts & barber services  
in home or in the hospital.

## HELP LINES

- A) Community Care Access Centre - 229-8627  
Co-ordinates services for seniors & others who need services in the community to live independently in their own homes.
- B) Telehealth Ontario - 1-800-797-0000  
Provides free, confidential, health advice or information from a Registered Nurse.
- C) Thunder Bay District Health Unit - 229-1820  
Responsible for the local delivery of Public Health programs & services.
- D) Elder Abuse - 1-888-893-8333  
Includes emotional, physical, and/or financial abuse.
- E) Kinna-Awaya Legal Clinic - 229-2290  
Provides legal advice & assistance to all low-income residents of Thunder Bay District. The focus is on income maintenance & access to housing.

## SUPPORT SERVICES

- A) Assistive Devices Program - 1-800-268-6021  
Provides some help with the purchase of health & mobility products.
- B) Canadian Hearing Society - 1-800-469-5608  
Sell hearing devices and provide counselling. Do not come to town except for occasional visits.
- C) C.N.I.B. - 807-345-3341 Many products available. Counselling and training available. Come to town depending on need, but usually twice a year.
- D) "Healthline" - Marion McKnight - 229-1693.  
A "Lifeline" service. A personal emergency response service that connects individuals to family, neighbours, emergency services to summon help when an emergency arises.
- E) Shoppers' Home Health Care - 1-800-465-3986. Provide a number of health & mobility products that may be purchased or rented. They come to Marathon on an irregular basis - about once a month.
- F) Medichair - provides home medical equipment, related to mobility and safety, for sale or rent. Local outlet in Marathon Centre Mall - 229-8800