



**INDIGENOUS DIABETES HEALTH CIRCLE**  
*"Formerly known as SOADI"*

**Circle of Care Program**

# FOOT CARE SERVICES DIRECTORY CENTRAL REGION 2017 EDITION

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[www.idhc.life](http://www.idhc.life)

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# THE CIRCLE OF CARE PROGRAM REACH

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Services all of Ontario



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The program has serviced Southern Ontario since its start in 2006, and includes both urban centers and First Nations communities. Since 2014 through special funded projects the program has been able to reach various areas in Northern Ontario as well as outside the province. Some of our key partners include; Ontario Native Women's Association, Independent First Nations, Association of Iroquois and Allied Indians, Metis Nation of Ontario, Ontario Federation of Indigenous Friendship Centres, and the Anishinabek Nation

# CIRCLE OF CARE LOGO



The medicine wheel and its teachings of balance and oneness with all creation; the great circle of all life, is the foundation for this logo. This logo represents the holistic balance we constantly strive to find and maintain on our human journey.

This balance of Spirit, Mind, Body and Emotion allows for inner peace and holistic wellness.

The heart represents healing and the healing path we are all on together and as individuals. The heart shows us how both inner and outward love has the power to heal ourselves and others. The heart encircling the feet illustrates the love and support offered from the program's services that surround us throughout our healing journey.

The foot prints represent the healing power we carry within us along our journey and the impact we have toward ourselves and others. It reminds us to take time for ourselves, to love and care for our health and to make healthy choices with each step we take.

The feet also remind us to care for our feet; they can carry you to wherever you need to go on this spirit journey in human form.

# IDHC'S HOLISTIC CIRCLE OF CARE PROGRAM

## Circle of Care Program Summary:

The Circle of Care Program provides diabetic foot care services to Indigenous people that are affected by or at risk of diabetes and its complications. We assist individuals through education, self-care resources, professional screening and treatment, ongoing care support and referrals. Our holistic model supports a continuum of seamless services. These services include creating a circle of care that educates, supports and connects community members to Indigenous agency partners and local health services.

The program offers services in partnership with Indigenous programs and include; foot care events and outreach, front line worker coaching courses, self-care and prevention resources, ongoing foot care clinics and subsidy supports. The program network is Ontario wide and includes key partnerships with both mainstream, Indigenous programs and services that include, national associations, foot care specialists, Indigenous practitioners and reflexologists.

## Program Components

### **Holistic Foot Care Events**

Services based on diabetes education, screening and care

### **Self-Care & Prevention Resources**

To assist and equip individuals through self-care



**Ongoing Clinics**  
Treatment and follow up at specified locations

**Foot Care Subsidies**  
Individualized care on an ongoing basis

## I. Holistic Foot Care Events

Annual all day gatherings in partnership with Indigenous programs and communities. All events and dates can be found on the IDHC foot care website at [www.idhc.life](http://www.idhc.life)  
 It is suggested that an annual full foot assessment is essential for people wishing to prevent diabetes complications as feet are very vulnerable. These events allow foot screening and education to prevent diabetes and foot concerns.

### Priority:

Indigenous individuals living with diabetes and its complications and pre-diabetic in need of specialized foot care. Events are always open to anyone, although due to limited time and space, priority criteria may apply.

## II. Self-Care and Prevention Resources

The Self Care resource kit is an individualized kit that is given out at the foot care events and can be ordered online. This kit has a number of tools that is to be used daily to do healthy feet inspections and cleansing care. Using this self-care kit will keep your feet healthy and happy.

The self-care resource kit includes the following items:

❖ Foot File	❖ Foot Care Program DVD
❖ Healing Stone	❖ Footsie Brush
❖ Pen	❖ Pamphlets
❖ Emory Board	❖ First Aid Kit
❖ Soap	❖ Foot Care Reusable Bag
❖ Lotion	❖ Large Mirror
❖ Reminder Magnet	❖ Simcan Diabetic Socks

## III. Foot Care Subsidies

Indigenous people that are living with diabetes, have current foot concerns, rank high risk under LEAP assessment, and whom do not qualify for any other foot care coverage are IDHC's main priorities. This part of the program is designed for people to independently go to the Foot Care Specialist office for foot care treatment. Some people for various reasons are house bound and/or have mobility issues; in this case in home foot care is possible. Various foot care supplies (such as Diabetic socks, orthotics, orthopedic shoes etc.) may be subsidized.

## IV. Ongoing Foot Care Clinics

Communities who meet the criteria and require ongoing care may choose to have an ongoing clinic in their area. These clinics run every six to eight weeks in partnership with a community program host and offer foot care treatment along with activities provided by host.

***For an ongoing clinic near you please see pages 11-13***

# ONGOING FOOT CARE COVERAGE

## Program Priorities and Steps for Ongoing Care:

***Please note the program's priorities for ongoing subsidy foot care coverage are:  
Living with Diabetes, Indigenous Decent, Current Foot Concerns***

When providing coverage based on the priorities above the program also acts as a safety net for those who have no other assistance. When accessing the Circle of Care's ongoing foot care coverage, you will be asked to provide proof that you have a need for foot care and are not able to access care without IDHC's assistance. This includes searching for other sources of funding. These sources include personal private insurance, or worker's compensation. Other First Nations funding may include First Nations Inuit Health Branch (NIHB Noninsured health benefits) and local social services.

***For more information on what is covered under these areas, please speak to your representative and or see page 8***

## How to Apply for Ongoing Care:

- A) Go to [www.idhc.life](http://www.idhc.life) click Body (Circle of Care), scroll down to Circle of Care Forms
- B) Submit an online: subsidized foot care application form through our website
- C) Send in your signed consent form **e-mail:** [cccs@idhc.life](mailto:cccs@idhc.life)

Appropriate forms/ applications can be submitted by the client, ongoing host or by a registered IDHC Foot Care Specialist (Podiatrist, Chiropodist, and Foot Care Nurse) from their clinic office.

Ensure you have included your current contact information (Phone number, E-mail) in order for us to contact you with the status of your application and treatment plan.

# ACCESSING FOOT CARE... OTHER COVERAGES

## Types of coverage:

1. Private Insurance; Employment
2. FNIHB; Status Card; Band; Nation
3. Ontario Health Insurance Plan (OHIP); Health Card
4. Veterans Affairs Canada (VAC)
5. Social Services; Ontario Works & Disability

## FNIHB

### Non– Insured Health Benefits

First Nations, supported by AFN, assert that health benefits are an inherent Indigenous and Treaty Right and are constitutionally protected. Health services are to be comprehensive, accessible, fully portable and timely.

FNIHB provides funding for Orthotics and Orthopedic shoes through a prior approval program. This program is set up where orthotic centres can register with FNIHB, they are then recognized as an approved centre to provide orthopedic wear to First Nations and Inuit people with foot abnormalities. To receive orthotics or orthopedic shoes, a prescription must be written by your family doctor stating the reason why, and handed into the registered orthotic centre. For more information, and to find a registered orthotic centre near you, please call the toll free number below.

### Coverage Includes:

- ❖ Dental
- ❖ Drugs
- ❖ Eye and Vision Care
- ❖ Medical Transportation
- ❖ Medical Supplies & Equipment
- ❖ Crisis Counselling
- ❖ Orthotics; Orthopedic Shoes (1 pair every 2 years)

### For More Information:

First Nations Inuit Health Branch, Ontario—1 800 640 0642

Non Insured Health Benefits– Health Canada—1-866-225-0644, 1-613-957-2991



### **Veterans Affairs Canada (VAC) Services:**

There is a wide variety of services for Veterans and their families—programs to assist you after an injury or during the transition from military to civilian life, and many other services to help you and your family throughout your life. For terms and conditions of coverage, as well as detailed information regarding the benefits provided, please call Sun Life, toll-free, at 1-888-757-7427 or visit the Sunlife website Sun Life Financial: [www.sunlife.ca/PSHCP](http://www.sunlife.ca/PSHCP) or the Public Service Health Care Plan main page: <http://www.pshcp.ca>.

VAC contact: <http://www.veterans.gc.ca/eng> 1-866-522-2122 Monday to Friday, 8:30 to 4:30

### **Social Services**

Individuals from low income households can also access special funding assistance for foot care and diabetes related need through local social services.

These programs include, Ontario Works- (905) 734-1483, (800) 728-4920

Ontario Disability Support Program- (905) 688-3022

### **Coverage Includes:**

- ❖ Diabetes Supplies
- ❖ Travel and Transportation

Discretionary coverage may include special diet supplies, prescription orthotics and socks.

### **Contact Information:**

If you have low income and do not have a worker, contact your local social service department and inquire about discretionary assistance and diabetes. If you have a case worker, you must identify your diabetes and needs to your worker. You can also contact your local IDHC Family Wellness Worker for a referral.

Ministry of Community and Social Services

<http://www.mcscs.gov.on.ca/en/mcscs/index.aspx>

General Inquiry: 416-325-5666

Toll Free: 1-888-789-4199

### **Mailing Address:**

Ministry of Community and Social Services  
80 Grosvenor St  
Hepburn Block 6th Floor  
Toronto ON M7A 1E9

## Circle of Care Program Staff

	Address	Phone	Email
<b>Lindsey Cosh</b> , Circle of Care Coordinator	1188 St. Jerome St., Unit 107, Sudbury, ON P3A 2V9	289-668-0551 705-222-1370 Ex 201	<a href="mailto:ccc@idhc.life">ccc@idhc.life</a>
<b>Valerie Armstrong</b> , Special Projects	1188 St. Jerome St., Unit 107, Sudbury, ON P3A 2V9	705-222-1370 Ex202	<a href="mailto:footcarenorth@idhc.life">footcarenorth@idhc.life</a>
<b>Allissa Sims</b> , Circle of Care Program Administrator	3250 Schmon Parkway, Unit 1B Thorold, ON L2V 4Y6	289-241-9913 1-888-514-1370 Ex110	<a href="mailto:cca@idhc.life">cca@idhc.life</a>
<b>Georgia Baum</b> , Circle of Care Client Services	3250 Schmon Parkway, Unit 1B Thorold, ON L2V 4Y6	289-407-6934 1-888-514-1370 Ex 111	<a href="mailto:cccs@idhc.life">cccs@idhc.life</a>



Lindsey Cosh

Valerie MacDonal

Allissa Sims

Georgia Baum

# FOOT CARE ONGOING CLINIC LOCATIONS

## Central Region:

### **Georgian Bay Native Friendship Centre Midland**

**Host:** Carrie Black P: 705 526-5589 E: [llc@gbnfc.com](mailto:llc@gbnfc.com)

**Ongoing Location:** 175 Yonge Street Midland, ON L4R 2A7

### **Metis Nation of Ontario: Midland**

**Host:** Teralynn Moreau P: 705 526-6335 ext. 221 [teralynnm@metisnation.org](mailto:teralynnm@metisnation.org)

**Ongoing Location:** 355 Cranston Crescent, Midland, ONT L4R 4K8

### **Barrie Area Native Advisory Circle**

**Host:** Sue Simpson P: 705 734-1818 ext. 222 E: [ltcp@banac.on.ca](mailto:ltcp@banac.on.ca)

**Ongoing Location:** 64 Cedar Point Drive Barrie, ON L4N 5R7

### **Council Fire Native Cultural Centre**

**Host:** Quin Anderson P: 416 360-4350 Ex. 224 or 230 E: [communityclientsupport@councilfire.ca](mailto:communityclientsupport@councilfire.ca)

**Ongoing Location:** 439 Dundas Street East Toronto ON M5A 2B1

## Western Region:

### **Ancestral Voices Ohsweken**

**Host:** Gail Whitlow P: 519 900-1993 E: [ancestralvoices@execulink.com](mailto:ancestralvoices@execulink.com) or

[ancestralvoicessoadi@gmail.com](mailto:ancestralvoicessoadi@gmail.com)

**Ongoing Location:** 1721 Chiefswood Road Ohsweken, ON N0A 1M0

### **CanAm Native Friendship Centre: Windsor**

**Host:** Julie Peters Stonefish E: [jstonefish@hotmail.com](mailto:jstonefish@hotmail.com) or Debbie McKenzie E:

[debmck71@hotmail.com](mailto:debmck71@hotmail.com) P: 519 253-3243

**Ongoing Location:** 3837 Wyandotte Street East Windsor, ON N8Y 1G4

## Eastern Region:

### **Metis Nation of Ontario: Bancroft**

**Host:** Tracey Dale P: 613 332-2575 E: [traceyd@metisnation.org](mailto:traceyd@metisnation.org)

**Ongoing Location:** 91 Chemaushgon Road Bancroft, ON K0L1C0

### **Metis Nation of Ontario: Maynooth**

**Host:** Judy Simpson P: 613 332-2575 E: [judyS@metisnation.org](mailto:judyS@metisnation.org)

**Ongoing Location:** 32102 Hwy 62N Maynooth, ON K0L1S0

### **Nogojwanong Friendship Centre**

**Host:** Ashley Safar P: 705 775-0387 Ext 224 E: [wellness@nogofc.ca](mailto:wellness@nogofc.ca)

**Ongoing Location:** 380 Armour Road, Peterborough, On K9H 7L7

## Southern Region:

### **Metis Nation of Ontario: Thorold**

**Host:** Terrylynn Longpre P: 905 735-1112 E: [terryLynnL@metisnation.org](mailto:terryLynnL@metisnation.org)

**Ongoing Location:** 3250 Schmon Parkway Thorold, ON L2V 4Y6

### **Niagara Regional Native Centre**

**Host:** Ellene Hill P: 905 688-6484 E: [llc@nrnc.ca](mailto:llc@nrnc.ca)

**Ongoing Location:** 382 Airport Rd. NOTL, ON L0S1J0

### **Fort Erie Native Friendship Centre**

**Host:** Geraldina Jamieson E: [llc1@fenfc.org](mailto:llc1@fenfc.org) or Karen Hillston P: 905 871-8931 E: [llc2@fenfc.org](mailto:llc2@fenfc.org)

**Ongoing Location:** 796 Buffalo Road Fort Erie, ON L2A 5H2

### **Hamilton Regional Indian Friendship Centre**

**Host:** Patti Powless P: 905 548-9593 x223 E: [pthomas@hric.ca](mailto:pthomas@hric.ca)

**Ongoing Location:** 34 Ottawa Street North Hamilton, ON L8H 3Y7

### **Indigenous Diabetes Health Circle: Thorold**

**Host:** Georgia Baum P: 289 407-6934 E: [cccs@idhc.life](mailto:cccs@idhc.life)

**Ongoing Location:** 3250 Schmon Parkway Unit 1B, Thorold, ON L2V 4Y6

## Central Region Service Providers

<b>Profession</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
<u>Pedorothist:</u> Scott, Tom	Foot Props Inc. Barrie, ON	(705) 728-7750	
<u>Chiropodist:</u> Bartley, Nicola	Central Toronto Community Health Centre Toronto, ON	(416) 703-8482	
<u>Chiropodist:</u> Fairbanks, Erin	Advanced Foot & Orthotic Clinic Midland, ON	(705) 526-6363	
<u>Chiropodist:</u> McFadyen, Alexandra	Advanced Foot & Orthotic Clinic Midland, ON	705-526-6363	
<u>Chiropodist:</u> Moloy, Edward	Think Feet Foot Care Orillia, ON	(705) 321-6365	
<u>Chiropodist:</u> Prevost, Krista	Bloor West Foot Clinic Toronto, ON	(647) 725-1555	
<u>Chiropodist</u> Smylie, Ryan	Advanced Foot & Orthotic Clinic Midland, ON	(705) 526-6363	
<u>Chiropodist:</u> Springer, Andrew	Oshawa, ON North York, ON	(905) 728-3668 (416) 385-3868	
<u>Foot Care Nurse</u> Brennan, Esther	Barrie, ON	(705) 730-4127	(705) 252-1739
<u>Foot Care Nurse:</u> Evans, Donna	Elmvale, ON	(705) 322-0153	
<u>Foot Care Nurse/ Reflexologist:</u> Rivett, Valerie	Parry Sound, ON	(705) 389-3230	
<u>Reflexologist:</u> Berrigan, Deborah	Barrie, ON	(705) 737-7069	
<u>Reflexologist:</u> Kindrat, Blanche	Ataraxis Reflexology Huntsville, Ontario	(705) 888-4217	
<u>Reflexology:</u> Muser, Sandra	Coldwater, ON	(705) 543-1941	
<u>Reflexologist:</u> Whitman, Charmaine	Collingwood ON	(705) 716-7399	

## Indigenous Health Centres & Social Programs

Organization	Address	Phone	Fax
Aboriginal Cancer Care Unit	225 Queen St E Toronto, ON M5A 1S4	416 971 9800	416 971 6888
Alderville First Nation Health & Social Services	P.O. Box 12 Roseneath, ON K0K 2X0	905 352 2140	905 352 3824
Anishnawbe Health Toronto	22 Vaughn Rd Toronto ON M6G 2N1 225 Queen St E Toronto, ON M5A 1S4	416 360 0486	416 365 1083
Barrie Area Native Advisory Circle	64 Cedar Pointe Dr. Unit 1405 Barrie, ON L4N 5R7	705 734 1818	705 734 1812
Barrie Native Friendship Centre	175 Bayfield St Barrie, ON L4M 3B4	705 721 7689	705 721 7418
Beausoleil First Nation Family Health Centre	82A Kate Kegwin Christian Island, ON L0K 1C0	705 247 2012	705 247 2006
Chippewas of Georgina Island First Nation Health Centre	R.R. #2 Sutton West, ON L0E 1R0	705 437 4242	705 437 4597
Council Fire Native Cultural Centre	439 Dundas St E Toronto, ON M5A 2B1	416 360 4350	416 360 5978
Dodem Kanonhsa'	55 St. Clair Ave E 6 <sup>th</sup> Floor Toronto, ON M4T 1M2	416 952 9272	416 952 9282
Enaahdig Healing Lodge & Learning Centre	R.R.#1, 4184 Vasey Rd Victoria Harbour, ON L0K 2A0	705 534 3724	705 534 4991
Georgian Bay Métis Council	P.O. Box #4, 355 Cranston Cres Midland, ON L4N 4K6	705 526 6335	705 526 7537
Georgian Bay Native Friendship Centre	175 Yonge St Midland, ON L4R 2A7	705 526 5589	705 526 7662
Georgian Bay Native Women's Association	317 Midland Ave Midland, ON L4R 3P5	705 527 7043	705 527 4513
Hiawatha First Nation L.I.F.E. Services Centre	R.R. #2 Keene, ON K0L 2G0	705 295 4421	705 295 4424
Métis Nation of Ontario: Toronto Branch	404-103 Richmond St E Toronto, ON M5C 1N9	416 977 9881	416 977 9911
Mississaugas of Scugog Island FN Health	22521 Island Rd Port Perry, ON	905 985 1826	905 985 7958

Services	L9L 1B6		
Mnjikaning First Nation (Rama) Health Centre	5884 Rama Rd, Suite 200 Rama, ON L0K 1T0	705 325 3611 Ext 1600	705 329 0613
Moose Deer Point First Nation Health Services	P.O. Box 119 Mactier, ON P0C 1H0	705 375 3671	705 375 0532
Native Canadian Centre of Toronto	16 Spadina Rd Toronto, ON M5R 2S7	416 964 9087	416 964 2111
Native Men's Residence Na-Me-Res	14 Vaughan Rd Toronto, ON M6G 2N1	416 652 0334	416 652 3138
Native Women's Resource Centre	191 Gerrard St E Toronto, ON M5A 2E5	416 963 9963	416 963 9573
Native Wellness Institute	595 Hiawatha Line, R.R.#2 Keene, ON K0L 2G0	705 295 6198	705 295 2930
Noojimawin Health Authority	25 Wood St Suite 101 Toronto, ON M4Y 2P9	416 598 1001	416 598 1050
Orillia Native Womens Group	105 Douglas St Orillia, ON L3V 5Y8	705 329 7755	705 329 7766
Queen West Community Health Centre	593 Yonge St Suite 202 Toronto, ON M5G 1H1	416 703 8424	416 703 6190
Rama & Area Native Women's Association	5884 Rama Rd Suite 200 Rama, ON L0K 1T0	705 325 3611	705 329 3067
Royal Victoria Hospital: Diabetes Management Centre	1 Quarry Ridge Rd, Suite LL6 Barrie, ON L4M 7G1	705 739 5652 Ext 23314	705 728 3039
Tumivut Youth Shelter	16 Vaughn St Toronto, ON M6G 2N1	416 651 6750	
Wahta Mohawks	Box 260 Bala, ON P0C 1A0	705-762-2354	705-762-2376
2 Spirited People of the First Nations	505 University Ave Toronto, ON M5G 1X3	416 944 9300	416 944 8381

## Local Health Centers

Organization	Address	Phone	Fax
Academic Clinician's Management Services		(416) 480-5300	
Bridgepoint Family Health Team	14 St. Matthews Road, Toronto, ON	(416) 461-8252	
Credit Valley Family Team	Suite #101 2300 Eglinton, Avenue W. Mississauga, ON	(519) 354-2172	
Guelph Family Health Team	55 Wyndham St. N Suite 212, Guelph, ON	(519) 837-4444	
Mount Sinai Academic Family Health Team	600 University Avenue, Toronto, ON	(416) 586-4800	
Sherbourne Health Centre Corporation	333 Sherbourne St. Toronto, ON	(416)324-4180	
St. Michael's Hospital Academic Family Health Team	30 Bond St. Toronto, ON	(416) 360-4000	
Taddle Creek Family Health Team	790 Bay St. #306, Toronto, ON	(416) 260-1315	
<b>Chiropody &amp; Podiatry Clinics</b>			
Black Creek Community Health Centre	2202 Jane St, North York, ON M3M 1A4	(416) 249-8000	
Brock Community Health Centre: Diabetes Education Program	20 Cameron St. West, Cannington, ON L0E 1E0	(705) 432-2446	
Campbellford Memorial Hospital	146 Oliver Road, Campbellford, ON K0L ILO	(705) 653-1140	
Carefirst Family Health Team	420 7 Hwy E, Richmond Hill, ON	(905) 965-1133	
Hailburton Highlands Health Services Hospital	6 McPherson St. Haliburton, ON K0M 1S0	(705) 286-2500	
Jane Finch Family Health Team: Dr. S. Strasberg	1 York Gate Blvd. North York, ON	(416) 745-4555	
Mackenzie Richmond Hospital	10 Trent Street, Richmond Hill, On L4C 4Z3	(905) 883-1212	
Markham Stouffville	381 Church St,	(905) 472-7000	



Hospital	Markham, ON L3P7P3		
North York Family Health Team	240 Duncan Mill, North York, ON	(416) 494-3003	
North York General Hospital	4001 Leslie St. Toronto, ON M2K 1E1	(416) 756-6000	
Oshawa Community Health Centre Diabetes Program- Foot Care Shirley Guppy	115 Grasmere Avenue, Oshawa, ON	(905) 433-0254 Ex.237	
Port Hope Community Health Centre	99 Toronto, Rd. Port Hope, ON L1A 3S4	(905) 885-2626	
Ross Memorial Hospital	10 Angeline St. North, Lindsay, ON K9V 5B7	(705) 324-6111	
Southlake Regional Health Centre-Hospital	596 Davis Dr, Newmarket, ON L3Y 2P9	(905) 896-4521	
Vaughan Community Health Centre	9401 Jane Street #206, Maple ON L6A 4H7	(905) 303-8490	



 Ontario

*the* Métis  
Nation of  
Ontario

