



INDIGENOUS DIABETES HEALTH CIRCLE
"Formerly known as SOADI"

Circle of Care Program

FOOT CARE SERVICES DIRECTORY EASTERN REGION 2017 EDITION

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THE CIRCLE OF CARE PROGRAM REACH

Services all of Ontario



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
 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 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

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 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
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Georgia Baum , Circle of Care Client Services	3250 Schmon Parkway, Unit 1B Thorold, ON L2V 4Y6	289-407-6934 1-888-514-1370 Ex 111	cccs@idhc.life



Lindsey Cosh

Valerie MacDonald

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

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

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

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

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 or
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 or Debbie McKenzie E:
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

Ongoing Location: 91 Chemaushgon Road Bancroft, ON K0L1C0

Metis Nation of Ontario: Maynooth

Host: Judy Simpson P: 613 332-2575 E: 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

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

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

Niagara Regional Native Centre

Host: Ellene Hill P: 905 688-6484 E: llc@nrnc.ca

Ongoing Location: 382 Airport Rd. NOTL, ON L0S1J0

Fort Erie Native Friendship Centre

Host: Geraldina Jamieson E: llc1@fenfc.org or Karen Hillston P: 905 871-8931 E: 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

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

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

Eastern Region Service Providers

Profession	Address	Phone	Fax
<u>Pedorthics:</u> Sabbagh, Sal	Podo Canada Ottawa, ON	(613) 746-9292	
<u>Chiropodist:</u> Clow, Lauren	Champlain Diabetes Chiropody Ottawa, ON	(613) 253-5215	
<u>Chiropodist:</u> Ferguson, Kathryn Ferguson, Peter	Lakefield Physiotherapy & Foot Clinic Lakefield, ON	(705) 652-6999	
<u>Chiropodist:</u> Martens, Sarah	Peterborough, ON	(416) 893-7348	
<u>Chiropodist:</u> McDougall, Kimberly	Kanata, ON	(613) 831-7300	
<u>Chiropodist:</u> Moshenko, Natasha	Bancroft Family Health Team Bancroft, ON	(613) 332-6300	
<u>Chiropodist</u> Murphy, David	Kawartha Total Foot Care Centre Bobcaygeon, ON	(705) 738-3668	
<u>Chiropodist:</u> Posser, Shawn	The Centre for Physical Health Oshawa, ON	(905) 242-4244	
<u>Chiropodist</u> Webster, Nadine	Lakefield Physiotherapy & Foot Clinic Bobcaygeon, ON	(705) 738-3668	
<u>Foot Care Nurse:</u> Baker, Nancy	Cardif, ON	(613) 339-2742	
<u>Foot Care Nurse:</u> Bertrim, Candace	North Frontenac Community Services Verona, ON	(613) 374-9980	
<u>Foot Care Nurse:</u> Bowers, Sharon	One Step Foot Care Services Belleville, ON	(613) 243-2342	
<u>Foot Care Nurse:</u> Desjardins, Natachae	Ottawa ON	(613) 983-3483	
<u>Foot Care Nurse</u> Green, Bernadette	Bridgenorth, ON	(705) 654-9933	
<u>Foot Care Nurse:</u> Grenke, Gretchen	Quinte Naturopathy Centre Belleville, ON	(613) 391-7448	
<u>Foot Care Nurse:</u> Hastings, Lynn	Belleville, ON	(613) 921-9547	

<u>Foot Care Nurse:</u> Heney, Kathy	Nursing Foot Care Services Ottawa, ON	(613) 867-7435	
<u>Foot Care Nurse:</u> McSage, Annette	Kashyap's Parmasave Peterborough, ON	(705) 874-8099	
<u>Foot Care Nurse:</u> Moore, April	April's Mobile Foot Care Stittsville, ON	(613) 489-0729	(613) 489-2684
<u>Foot Care Nurse:</u> Morgan, Lucas	Ottawa, ON	(613) 724-6988	
<u>Foot Care Nurse:</u> Pawlowski-Haden, Margaret	Combermere, ON	(613) 756-7873	
<u>Foot Care Nurse:</u> Scott, Laura	Lakefield Physiotherapy and Foot Health Clinic Lakefield, ON	(705) 740-7720	
<u>Foot Care Nurse:</u> Taube, Kelly	Bancroft, ON	(613) 332-1375	
<u>Foot Care Nurse:</u> Watio-Prince, Audrey	Pembroke, ON	(613) 401-1867	
<u>Foot Care Nurse:</u> Wood, Dale	Nightingale Nursing Peterborough, ON	(705) 652-6118	
<u>Foot Care Nurse:</u> Young, Lyn	Bancroft, ON	(613) 332-3497	
<u>Reflexologist:</u> Coppaway, Susanne	Hiawatha First Nation, ON	(705) 295-4432	
<u>Reflexologist:</u> Grant, Brenda	Lake Saint Peter, ON	(613) 541-1257	
<u>Reflexologist:</u> Horsley, Angel	Trenton, ON	(613) 243-1620	
<u>Reflexologist:</u> Reynolds, Mark	Wilson and Reynolds Reflexology Trenton, ON	(866) 491-5566	
<u>Reflexologist:</u> Schulenburg, Heather	Mormora, ON	(613) 472-3848	
<u>Reflexologist:</u> Smith, Margaret	Symmetry Centre Lombardy, ON	(613) 496-0800	
<u>Pharmacist:</u> Kashyap, Raj	Kashyap's Parmasave Peterborough, ON	(705) 742-2461	

Indigenous Health Centres & Social Programs

Organization	Address	Phone	Fax
Akausivik Inuit Family Health Team	24 Selkrik St, Ottawa, ON K1L 0A4	613 740 0999	613 740 0991
Algonquians of Pikwakanagan	1642 Mishomis Inamo P.O. Box 86 Pikwakanagan Golden Lake, ON K0K 1X0	613 625 2259	613 625 2207
Curve Lake First Nation Health Centre	38 Whetung St Curve Lake, ON K0L 1R0	705 657 2557	705 657 3067
Indigenous Health Programs	R.R. #1 Deseronto, ON K0K 1X0	613 396 2122 800 263 4220	613-396-1083
Kanonhkwat'sheri:io Health Centre	Box 941 Cornwall, ON K6S 5V1	613 575 2341 Ext 2341	613 575 1152
Kawehno:ke Medical Clinic	P.O. Box 941 Akwasasne, ON K6H 5R7	613 932 5808	613 932 8463
Lovesick Lake Native Women's Association	7 Albert St Lakefield, ON K0L 2H0	705 657 9456	705 657 2032
Minwaashin Lodge: Aboriginal Women's Support Centre	424 Catharine St Ottawa, ON K1R 5T8	613 741 5590	613 741 8511
Native Patient Services Hotel Dieu Hospital	166 Brock St Kingston, ON K7L 5G2	613 544 3310 Ext 3070/3072	613 544 1698
Nogojiwanong Friendship Centre	223 Aylmer St N Suite B1 Peterborough, ON K9J 3K3	705 775 0387	705 775 0389
Odawa Native Friendship Centre	250 City Centre Ave, Ottawa, ON K1R 6K7	613 722 3811	613 722 4667
Ontario Aboriginal HIV/AIDS Strategy	844A Princess St Kingston, ON K7L 1G5	613 549 7540	613 549 9809
TungasuvvingAt Inuit	301 Savard Ave. 2 nd Floor Ottawa, ON K1L 7S1	613 747 2225	613 747 0629
TungasuvvingAt-Inuit Family Resource Centre	230 McArthur Ave Ottawa, ON K1L 6P5	613 749 4441	613 749 8713
Tyendinaga Health Centre	1658 York Rd R.R. #1 Deseronto, ON K0K 1X0	613 967 3603	613 967 3618
Wabano Centre for Aboriginal Health	299 Montreal Road, Ottawa, ON K1L 6B8	613 748 0657	613 748 9364

Local Health Centres

Organization	Address	Phone	Fax
Bruyere Academic Family Health Team	75 Bruyere, Ottawa, ON	(613) 241-3344	
Community and Primary Health Care - Community Family Health Team	2235 Parkedale Ave. Brockville, ON OR Mobile Primary Health Care Unit	(613) 498-9902 (613) 803-1710	
East Ottawa Community Family Health Team	2339 Ogilvie Rd, Suite 204 Ottawa, ON	(613) 842-8341	
Maple Family Health Team	1036 Princess Street, Unit D2 Kingston, ON	(613) 531-5888	
Orléans-Cumberland Community Family Health Team	3095 St-Joseph Blvd, 2E Orléans, ON	(613) 590-0533	
Overbrook-Forbes Community Family Health Team	225 Donald Street, Ottawa, ON	(613) 745-2228	
Prince Edward Family Health Team	389 Picton Main, Picton, ON	(613) 471-1161	
Sharbot Lake Family Health Team	Sharbot Lake, ON	(613) 279-2100	
The Ottawa Hospital Academic Family Health Team	Grimes Lodge 210 Melrose Avenue Ottawa, ON OR 1967 Riverside Drive, Ottawa, ON	(613) 761-4334 (613) 738-8219	

