



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

**Circle of Care Program**

**FOOT CARE SERVICES  
DIRECTORY  
SOUTHERN REGION  
2017 EDITION**

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

**T: 1 888 514 1370**

**F: 1 866 352 0485**

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

<b>Contents</b>	<b>2</b>
<b><u>The Circle of Care Program Reach</u></b>	<b><u>3</u></b>
<b><u>Circle of Care Logo</u></b>	<b><u>4</u></b>
<b><u>IDHC's Holistic Circle of Care Program</u></b>	<b><u>5-6</u></b>
<b><u>Ongoing Foot Care Coverage</u></b>	<b><u>7</u></b>
<b><u>Accessing Foot Care...Other Coverages</u></b>	<b><u>8-9</u></b>
<b><u>Circle of Care Program Staff Contact</u></b>	<b><u>10</u></b>
<b><u>Foot Care Ongoing Hosts and Clinic Locations</u></b>	<b><u>11-13</u></b>
<b><u>Southern Region Service Providers</u></b>	<b><u>14-15</u></b>
<b><u>Indigenous Health Centres &amp; Social Programs</u></b>	<b><u>16-17</u></b>
<b><u>Local Health Services</u></b>	<b><u>18</u></b>

# 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

## Southern Region Service Providers

<b>Profession</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
<u>Chiropodist:</u> Clarke, Dawn-Marie	Clarke Ventresca Foot & Orthotic Centres St. Catharines, ON	(905) 685-6304	(905) 641-2995
<u>Chiropodist:</u> Cooper, Claire	Niagara Falls, ON	(905) 941-6466	
<u>Chiropodist:</u> Grantham, Megan Kaushal, Amit	Omni Foot Clinic & Orthotic Centre Burlington, ON	(905) 333-8555	(905) 333-8155
<u>Chiropodist:</u> Higgins, Sarah	The Michener Institute Toronto, ON	(647) 637-0359	
<u>Chiropodist:</u> Marando, Jim	Niagara Foot Care Clinic Grimsby, ON	(905) 309-6747	
<u>Chiropodist:</u> McQuistan, Alicia McQuistan, Colin	McQuistan Chiropody Professionals Hamilton, ON	(905) 573-4817	(905) 753-4828
<u>Chiropodist:</u> Najmudin, Murtaza	The Foot Clinic St. Catharines, ON	(905) 684-5953	
<u>Chiropodist:</u> Orvitz, Stevan	Orvitz Podiatry Fort Erie, ON	(905) 991-1343	(905) 687-8586
<u>Chiropodist:</u> Tudo, Catharine Tudo, David	One Stop Foot Clinic & Orthotic Centres Hamilton, ON	(905) 561-8633	
<u>Chiropodist:</u> Ventresca, Tonya	Clarke Ventresca Foot & Orthotic Centres Welland, ON	(905) 735-7700	
<u>Foot Care Nurse:</u> Augustin, Geralda	Welland, ON	1-888-514-1370	
<u>Foot Care Nurse:</u> Cesar, Naomie	Namimi's Mobile Foot Care Welland, ON	1-888-514-1370	
<u>Foot Care Nurse:</u> Fiser, Thomas	At Your Feet Nursing Foot Care Hamilton, ON	(905) 575-6539	
<u>Foot Care Nurse:</u> Mitchell, Maryliz	Fort Erie Foot Care Services Fort Erie, ON	(905) 994-9417	
<u>Foot Care Nurse:</u> Peters, Christine	Nightingale Nursing Hamilton, ON	(705) 652-6118	
<u>Reflexologist:</u> Bowers, Penny	Heart in Hand Family Massage St. Catharines, ON	(905) 984-3163	
<u>Reflexologist:</u> Ecker-Flagg, Cindilee	Little Eagle Woman Wainfleet, ON	(905) 899-0450	

## Indigenous Health Centres & Social Programs

Organization	Address	Phone	Fax
De dwa da dehs nye's Aboriginal Health Centre	678 Main St E Hamilton, ON L8M 1K2	905 544 4320	905 544 4247
Fort Erie Native Friendship Centre	796 Buffalo Rd Fort Erie, ON L2A 5H2	905 871 8931	905 871 9655
Hamilton Native Women's Centre	P.O Box 69036 Hamilton, ON L8K 1W0	905-664-1114 888-308-6559	905 664-1101
Hamilton Regional Indian Centre	712 Main St E Hamilton, ON L8M 1K3	905 548 9593	905 545 4077
Joseph Brant Community Health Centre	1182 North Shore Blvd E Burlington, ON L8M 1K2	905 633 7070	
Métis Nation of Ontario Thorold Branch	Unit 1A 3250 Schmon Parkway Thorold, ON L2V 4Y6	905 735 1112	905 735 1161
Metis Nation of Ontario Hamilton Branch	445 Concession St Hamilton, ON L9A 1C1	905 318 2336	905 318 2207
Niagara Chapter of Native Women	1088 Garrison Rd Fort Erie, ON L2A 1N9	905 871 8770	
Niagara Falls Community Health Centre	4481 Queen St. Niagara Falls, ON	877 361 3338	
North Hamilton Community Health Centre	554 John St N Hamilton, ON L8H 1G2	905 523 6611	
Niagara Regional Native Centre	342 Airport Rd R.R. #4 Niagara-on-the-Lake, ON L0S 1J0	905 688 6484	905 688 4033

## Local Health Centers

Organization	Address		Phone	Fax
Bridges Community Health Centre Feet First Program	<u>Fort Erie Site</u> 1485 Garrison St Fort Erie, ON	<u>Port Colborne Site</u> 508 Steele St Port Colborne, ON	(877) 361-3338	289 820 7855
Canadian Foot Clinic & Orthotic Centre: Michael Mesic DPM & Associates	166 Niagara Street St. Catharines, ON		(905) 346-0222	
Caroline Family Health Team	3305 Harvester Rd, Unit 15-20 Burlington, ON			
Dr. Blackman Orthopaedic Surgeon– Wound Care Clinic	277 Welland Ave St. Catharines, ON		(905) 684-1588	
Dr. D Aksoy Diabetic Foot Clinic	168 Garrison Road Fort Erie, ON		(905) 994-9494	
Foot Care & Orthopedic Centre-Gate Maxx Foot Orthotics	165 Plymouth Road Suite F Welland, ON		(905) 734-3246	
Garden City Family Health Team	145 Carlton Street, St Catharines, ON		(905) 988-9617	
Hyperbaric Oxygen Therapy Wound and Ulcer Clinic	125 Welland Ave St. Catharines, ON		(905) 688-6289	
Micheal Dilonardo: Stamford Medical Building	4256 Portage Road Suite 105 Niagara Falls, ON		(905) 357-0214	
National Orthotic Centre	7116 McLeod Road Unit B Niagara Falls ON		(905) 353-1800	
Niagara Medical Group Family Health Team	4421 Queen St. Niagara Falls, ON			
North Hamilton Community Health Centre	554 John Street North Hamilton, ON		(905) 523-6611 ext. 226	
Peter Higenell Podiatrist	52 George Street St. Catharines, ON		(905) 984-8671	
Quest Community Health Centre Feet First Program	145 Queenston St Suite 100 St. Catharines, ON		(877) 361-3338	289 820 7855

Roger Newell, Allan White and Ruth Avelino	245 Pelham Road Suite 112 St. Catharines, ON	(905) 687-8982	
The Mayer Institute	20 Railway Street Hamilton, ON	(905) 523-1444	
Victoria Order of Nurses- Foot Care clinics and In-home Foot Care	5710 Kitchener Street Niagara Falls, ON	(905) 354-7764	
<b>Clinics Set Up With NIHB:</b>			
Orthogait Custom Orthotics	920 Brant Street Unit #1 Burlington, ON	(905) 681-6656 or (800) 224-0759	
Pedco- Najeeb Syed	123 Queenston Street St. Catharines, ON And 7-238 Bertie St. Fort Erie, ON	(905) 704-1128 or (877) 292-1222 (905) 871-1220	



