



INDIGENOUS DIABETES HEALTH CIRCLE
"Formerly known as SOADI"

Circle of Care Program

FOOT CARE SERVICES DIRECTORY WESTERN REGION 2017 EDITION

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www.idhc.life

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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	❖ Fotsie 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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Allissa Sims, Circle of Care Program Administrator	3250 Schmon Parkway, Unit 1B Thorold, ON L2V 4Y6	289-241-9913 1-888-514-1370 Ex110	cca@idhc.life
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: lhc@nrnc.ca

Ongoing Location: 382 Airport Rd. NOTL, ON L0S1J0

Fort Erie Native Friendship Centre

Host: Geralda Jamieson E: lhc1@fenfc.org or Karen Hillston P: 905 871-8931 E: lhc2@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

Western Region Service Providers

Profession	Address	Phone	Fax
<u>Pedorthics:</u> Arsenault, Mark	Comfort Foot Care Kitchener, ON	(519) 742-7373	(519) 742-6006
<u>Pedorthics:</u> Cornell, Jesse	Biodesign Brantford, ON	(519) 756-5353	
<u>Chiropodist:</u> Arsenault, Lisa	Arsenault Foot Services Owen Sound, ON	(519) 371-1163	
<u>Chiropodist:</u> Carelton, Debbie	Family Foot Care Centre Tecumseh, ON	(519) 735-2653	
<u>Chiropodist:</u> Doyle, Matthew	Waterloo Foot Clinic Waterloo, ON	(519) 884-3668	
<u>Chiropodist:</u> Garrett, Mike	Sarnia, ON	(519) 383-6998	
<u>Chiropodist:</u> James F. Maczko	Maczko Chiropody Sarnia, ON	(519) 337-9540	(519) 337-2566
<u>Chiropodist:</u> Khimji, Khatun	Westmount Foot and Orthotic Clinic London, ON	(519) 471-5822	
<u>Chiropodist:</u> Racine, Miriam	Mount Brydges, ON	(519) 438-5115	
<u>Chiropodist:</u> Zandberg, Allan	Zandberg Foot Clinic Chatham, ON	(519) 351-9762	
<u>Foot Care Nurse:</u> Anderson, Bev	Bothwell, ON	(519) 615-2150	
<u>Foot Care Nurse:</u> Andrew, Olivia	The Original Foot Fairy Kitchener, ON	(519) 744-8958	
<u>Foot Care Nurse:</u> Doyle, Karen	Waterloo Foot Clinic Waterloo, ON	(519) 884-3668	
<u>Foot Care Nurse/ Reflexologist:</u> Draut, Kathy	Parkwood Hospital St. Joseph's Health Centre London, ON	(519) 660-0959	
<u>Reflexologist:</u> Jacobs, Glenna	Walpole Island Health Centre Wallaceburg, ON	(519) 627 0765	
<u>Reflexologist:</u> Martin, Dawn	Oshweken, ON	(519) 209-5115	
<u>Reflexologist:</u> Myke, Gayle	Brantford, ON	(519) 802-1092	
<u>Reflexologist:</u> Smith, Vicky	Walpole Island Health Centre Wallaceburg, ON	(519) 627-0765	
<u>Reflexologist:</u> Whitlow, Gail	Ancestral Voices Oshweken, ON	(519) 900-1993	

Indigenous Health Centres & Social Programs

Organization	Address	Phone	Fax
At^Lohsa Native Family Healing Services Inc.	(Head office) 343 Richmond St Suite 109 London, ON N6A 3C2	519 438 0068	519 438 0070
Caldwell First Nation	14 Orange St. Leamington, ON N8H 3W3	519 322 1766	519 322 1533
Chatham Kent Health Alliance	P.O. Box 2030 Chatham, ON N7M 5L9	519 437 6086	
Chippewas of Nawash Health Centre (Cape Croker)	247 Prairie Road, Neyaashiinigmiing, ON N0H 2T0	519 534 0373	
Chippewa of Sarnia First Nation: E'Mino Bmaad-Zjiig Health Centre	1300 Tashmoo Ave Sarnia, ON N7T 8E5	519 332 6770	519 332 8925
Chippewa of the Thames First Nation Health Centre	322 Sutherland Rd/Chippewa R.R. #1 Muncey, ON N0L 1Y0	519 289 5641	519 289 2378
De Dwa Da Dehs Nye>s Aboriginal Health Centre	36 King St Brantford, ON N3T 3C5	519 752 4340	519 752 6096
Delaware Nation Health Centre	14737 School House Line, R.R.#3 Thamesville, ON N0P 2K0	519 692 3969	519 692 3182
Ganaan De We O Dis ^Yethi Yenahwahse	77 Anishinaabeg Drive Muncey, ON N0L 1Y0	519 289 0352 877 289 0381	519 289 0355
Kettle & Stoney Point Health Services	A-6275 Indian Lane, Box 6, Kettle Stoney Point First Nation, ON N0N 1J1	519 786 5647	519 786 4541
Mino Bimadsawin Saugeen Health Centre	57 Mason Drive, RR #1 Southampton, ON N0H 2L0	519 797 3792	519 797 1328
Mnooyaang-Gamig: Walpole Island Health Centre	R.R. #3 1604 River Road, Wallaceburg, ON N8A 4K9	519 627 0765	519 627 0017
Muncey Health Centre	279 Jubilee Rd, R.R. #1 Muncey, ON N0L 1Y0	519 289 2957 519 289 5396	
New Credit Social and Health Services	659 New Credit Road Unit #2 RR#6 Hagersville, ON N0A 1H0	905 768 1181	905 768 1225
Nimkee Nupigawagan Healing Centre	20850 Muncey Road Muncey, ON N0L 1Y0	519 264 2277	519 264 1552
Oneida First Nation Health Centre	2213 Elm Ave Southwold, ON N0L 2G0	519 652 0500	519 652 0504
Six Nations Health Services Diabetes Education Program	1745 Chiefs Wood Road, Ohsweken, ON N0A 1M0	519 445 2418 519 445 2226	
Southwest Ontario Health Access Centre	425-427 William St, London, ON N6B 3E1	519 672 4079 877 672 4079	519 672 6945
Southwest Ontario Health Access Centre	1025 Second Ave West, Owen Sound, N4K 4N1	519 376 5508	519 376 1845

Local Health Centres

Organization	Address	Phone	Fax
Chatham Kent Family Health Team	20 Emma Street, Chatham, ON	519-354-2172	
Georgian Bay FHT	185 Erie Street, Suite 100 Collingwood, ON L9Y 4T3	705-444-5885	
Grey Bruce Health Services	1800 8 th Street East, Owen Sound, ON N4K 6M9	519-376-2121	
London Health Sciences Centre	800 Commissioners Road E, London ON N6A 5W9	519-685-8500	
London Intercommunity Health Centre	1355 Huron St, London, ON N5V 1R9	519-659-6399	
Norfolk General Hospital- Diabetes Program	365 West St. Simcoe, ON N3Y 1T7	905-768-3311	
St. Joseph's Hospital	268 Grosvenor St, London ON N6A 4V2	519-646-6100	
Stratford General Hospital	46 General Hospital Dr, Stratford, ON N5A 2Y6	519-272-8210	
Strathroy Middlesex General Hospital	395 Carrie St. Strathroy, ON N7G 3E2	519-245-5295	
St. Thomas Elgin General Hospital	189 Elm St, St. Thomas ON N5R 5C4	519-631-2020	
Tillsonburg District Memorial Hospital	167 Rolph St, Tillsonburg, ON N4G 3Y9	519-842-3611	
The Brantford General-Diabetes Education Centre	200 Terrace Hill St, Brantford, ON N3R 1G9	519-751-5862	
Two Rivers Family Health Team Inc.	Unit B12 350 Conestoga Blvd, Cambridge, ON N1R 7L7	519-629-4615	
West Elgin Community Health Centre	153 Main Street SS1, West Lorne, ON N0L 2P0	519-768-1715	



 Ontario

the Métis
Nation of
Ontario

