## COMMUNITY SERVICES DIRECTORY FOR RUSSIAN SPEAKING OLDER ADULTS

# СПРАВОЧНИК ПО ОБЩЕСТВЕННЫМ СЛУЖБАМ ДЛЯ РУССКОГОВОРЯЩИХ ПОЖИЛЫХ

## INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS



## THIS DIRECTORY HAS INFORMATION ON:



Social Services



Community Organizations



Housing and Support Services



Health Services



Additional Services Contact Information



Healthy Ageing and Geriatrics

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## **SOCIAL SERVICES**



The organizations listed below offer referrals to social and other services such as counselling, and support to Russian-speaking older adults seeking help or general information.

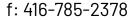
## **BAYCREST**



3560 Bathurst St., Toronto, ON M6A 2E1



t: 416-785-2500





www.baycrest.org

#### **SERVICES OFFERED:**



#### **Social Services**

• Offers weekly friendly telephone calls and email messages, as well as access to a social worker for information, referral or brief counselling upon request.

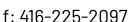
## **BERNARD BETEL CENTRE**



1003 Steeles Ave. W., Toronto, ON M2R 3T6



t: 416-225-2112





www.betelcentre.org

#### SERVICES OFFERED:



#### **Social Services**

 Offers client intervention and assistance, friendly visiting, regular telephone calls, and at-home respite care.



## **CIRCLE OF CARE**



4211 Yonge St., Suite 401, Toronto, ON M2P 2A9



t: 416-635-2860



www.circleofcare.com

#### **SERVICES OFFERED:**



#### **Social Services**

- Offers the Let's Get Together Program, a Russianspeaking group that provides meals and opportunities to socialize with other older adults.
- Offers personal care and homemaking services delivered by a Russian-speaking staff.

## JRCC - JEWISH RUSSIAN COMMUNITY CENTRE



5987 Bathurst St., Toronto M2R 1Z3



t: 416-222-7105



www.jrcc.org

#### SERVICES OFFERED:



#### **Social Services**

• Offers referrals to community and social services, Kosher Food Bank, free Tax Clinic legal consultation.

## TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK



250 Dundas St. W., Suite 305



t: 416-506-9888



www.healthcareathome.ca/torontocentral

#### SERVICES OFFERED:



#### **Social Services**

 Connects clients with a broad range of supports including home, community and long-term care services.

## ADULT DAY PROGRAMS

The following Adult Day Programs provide recreational programs and opportunities for Russian-speaking older adults to socialize and stay active through physical activity. Many day programs have a variety of staff that include activity coordinators, social workers, and nurses.

## **BERNARD BETEL CENTRE**



1003 Steeles Ave. W. Toronto, ON M2R 3T6



t: 416-225-2112





www.betelcentre.org

#### SERVICES OFFERED:



### **Adult Day Programs:**

• The Russian Golden Age Group offers recreational and educational opportunities, community support, and wellness activities to Russian-speaking older adults.

## **CIRCLE OF CARE**



4211 Yonge St., Suite 401 Toronto, ON M2P 2A9



t: 416-635-2860



www.circleofcare.com

#### SERVICES OFFERED:



### Adult Day Programs:

• Provides a day centre with Russian-speaking social workers for older adults.



## **HOUSING SERVICES**

The organization below offers housing and support services including recreational activities, social programs, and health care services specifically for Russian-speaking older adults.

## SIENNA SENIOR LIVING - CHELTENHAM CARE COMMUNITY



5935 Bathurst St. Toronto, ON M2R 1Y8



t: 416-223-4050



www.siennaliving.ca

#### SERVICES OFFERED:



## **Housing Services**

• On-site medical, nursing and personal care, and rehabilitation programs.

## FIND A RUSSIAN-SPEAKING DOCTOR

Go to cpso.on.ca, and select "Find a Doctor" under the Public Information and Services Tab at the top. You will see a form, select Russian for language of service, and enter other terms you would like to search for, such as location. Click "Submit" at the bottom of the page.



www.cpso.on.ca/Public-Information-Services/Find-a-Doctor

## **FIND A DENTIST**

Go to rcdso.org, click on Find a Dentist, then click Search a Dentist. Enter as many search terms as you wish (such as city and specialty) and press Search.



www.rcdso.org

## FIND A RUSSIAN-SPEAKING OPTOMETRIST

Go to collegeoptom.on.ca, click on Find an Optometrist. Enter Russian for language of service and your location and press Search.



www.collegeoptom.on.ca

## FIND A PHARMACY

Go to ocpinfo.ca, click on Public, then click Find a Pharmacy. Enter your location and press Search.



www.ocpinfo.com

## **TORONTO SENIORS HELPLINE**

The Toronto Seniors Helpline is a single phone line that streamlines access to community, homecare and crisis services for older adults, their caregivers and their health care providers, and operated through Woodgreen Community Services.



t: 416-217-2077



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We would like to thank the following for their support of our Education Resources to Support Healthy Ageing Initiative:



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Visit **www.sinaigeriatrics.ca/healtheducation** for additional resources for older adults, families and caregivers.