

# 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



**Sinai  
Health**

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

f: 416-785-2378



[www.baycrest.org](http://www.baycrest.org)

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#### SERVICES OFFERED:

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#### 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

f: 416-225-2097



[www.betelcentre.org](http://www.betelcentre.org)

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#### SERVICES OFFERED:

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#### 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](http://www.circleofcare.com)

### SERVICES OFFERED:



#### Social Services

- Offers the Let's Get Together Program, a Russian-speaking 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](http://www.jrcc.org)

### SERVICES OFFERED:



#### Social Services

- Offers referrals to community and social services, Kasher 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](http://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

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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

f: 416-225-2097



[www.betelcentre.org](http://www.betelcentre.org)

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#### SERVICES OFFERED:

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#### 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](http://www.circleofcare.com)

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#### SERVICES OFFERED:

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#### Adult Day Programs:

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



## HOUSING SERVICES

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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](http://www.siennaliving.ca)

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#### SERVICES OFFERED:

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#### Housing Services

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



## FIND A RUSSIAN-SPEAKING DOCTOR

Go to [cpso.on.ca](http://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](http://www.cpso.on.ca/Public-Information-Services/Find-a-Doctor)

## FIND A DENTIST

Go to [rcdso.org](http://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](http://www.rcdso.org)

## FIND A RUSSIAN-SPEAKING OPTOMETRIST

Go to [collegeoptom.on.ca](http://collegeoptom.on.ca), click on Find an Optometrist. Enter Russian for language of service and your location and press Search.



[www.collegeoptom.on.ca](http://www.collegeoptom.on.ca)

## FIND A PHARMACY

Go to [ocpinfo.ca](http://ocpinfo.ca), click on Public, then click Find a Pharmacy. Enter your location and press Search.



[www.ocpinfo.com](http://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



This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

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Visit [www.sinaigeriatrics.ca/healtheducation](http://www.sinaigeriatrics.ca/healtheducation) for additional resources for older adults, families and caregivers.