

LOCAL HEALTHCARE

Did you know?

We are fortunate so many community partners are working together to promote health and wellness!

The Alzheimer Society provides an Adult Day Program, at our newly renovated Marina Harbour view building, which is fully accessible. This program provides individuals a warm and inviting atmosphere where qualified professional staff are trained to care for and be sensitive to the needs of families. This program offers a break for caregivers, and benefits those with dementia by enjoying a safe caring environment with activities to stimulate the brain. The program is Thursday's from 9:30am – 2:30pm. The program fee is \$20/day. Contact 705-227-1241 for more information

The Alzheimer Society also holds a monthly caregiver support group at the Thessalon Memorial Arena Lobby, the first Wednesday of each month from 10:00am – 11:30am. The meetings offer caregivers the opportunity to learn more about memory loss, and dementia with useful hands-on strategies. Individuals living with dementia are welcome to attend the simultaneous Recreation Therapy Session. Contact info@alzheimersoma.org or call 705-943-2195

Alzheimer Society
SAULT STE. MARIE &
ALGOMA DISTRICT

The Town of Thessalon is currently offering a Nordic Walking Class, which is full! Participants are improving their cardiovascular health, balance and strength.



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Did you know?

The **Thessalon Healthcare Advisory Committee** has been established with a mandate to support the Huron Shores Family Health Team and the North Shore Health Network in their request for updating the health care model in the Thessalon area, as well as supporting the recruitment of Family physicians and assist in recruitment of specialists, nurses, physiotherapists and a variety of other primary healthcare workers. Additionally, the Committee will support the North Shore Health Network in their efforts to maintain services at the Thessalon Hospital. We also support other initiatives that enhance healthcare and provide outreach services in our community

The Committee had their first meeting and are eager to get to work!

Huron Shores Family Health Team has begun a Stand Up Fall Prevention Program for those who qualify. The program targets balance and strengthening exercises to prevent falls. The program runs in Thessalon twice a week for 12 weeks.



Algoma Manor secured funding through the Seniors Community Grant Program, with support from the Town of Thessalon for Chair Yoga Classes. One for residents of Algoma Manor, and one for community members. The class is full! It runs for 16 weeks for those 55+.

Algoma Manor also organizes Meals on Wheels at the cost of \$9.50 per meal, delivered three times a week. Contact Jennifer at (705) 842-2840 for more information.

