

Resources for Hesperus Village Residents

Asset Map
April 2023

RESOURCES

ACTIVITIES

- City of Richmond Hill Adults 55+Programs: Free and paid programs offered to seniors at community centers in Richmond Hill.
 - [Adults 55+ Programs - City of Richmond Hill](#)
- City of Richmond Hill Adults 55+ Events and Activities: Free and paid workshops, events, and out-trips in Richmond Hill.
 - [Adults 55+ Events and Activities - City of Richmond Hill](#)
- City of Vaughan 65+ Programs: Free and paid programs, activities, and workshops virtually and at Vaughan Libraries.
 - [65+ - Vaughan Public Libraries \(vaughanpl.info\)](#)
- City of Vaughan Seniors Event Calendar: Provides events for seniors in Vaughan. When accessing the website, on the right side of the calendar, you will see “Age Group”. Select Seniors and press “enter” on your keyboard. The calendar will show the activities planned for the month.
 - [Events Calendars - Vaughan Public Libraries \(vaughanpl.info\)](#)
- Tech Tutor 1-on-1: Offered by The Vaughan Public Library, the 1 on 1 Tech Tutor program matches learners with a library volunteer to answer basic computer and technology questions.
 - <https://www.vaughanpl.info/programs/view/2563>

ADVANCED CARE PLANNING & FINANCIAL SERVICES

- Advocacy Centre for the Elderly (ACE): A community-based legal clinic for low-income seniors
 - 1-855-598-2656 or acelaw.ca

- Funeral Assistance: Government Funeral Assistance in Ontario
 - [Eirene: What Government Funeral Assistance is Available if You Can't Afford End-of-Life Expenses in Canada](#)
- Ontario Works: Information about financial assistance, benefits and employment assistance available through the Ontario Works program.
 - <https://www.ontario.ca/page/ontario-works>
- Tax Information: Information on how to pay taxes and benefits.
 - <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/changes-your-taxes-when-you-retire-turn-65-years-old.html>
- Whaley Estate Litigation Partners: Free Resource books on Powers of Attorney, Guardianship, Fiduciary Accounting, etc.
 - Welpartners.com

FOOD SERVICES

- Good Food Box: Provides boxes of seasonal fresh fruits and/or vegetables.
 - <https://thegoodfoodbox.ca/home>
- Hesperus Meal Program:
 - 905-764-0758 or pre-order on [Hesperus Village - For Residents Only](#)
- Meals On Wheels: Delivers nutritious, delicious and affordable meals.
 - 1-866-677-9048, ext.7021
- The Food Bank of York Region:
 - 437-317-3710 or fbyr.ca

HEALTHCARE

- Canadian Hearing Services: Offers Hearing Health care, counselling, education, acquiring a hearing aid, and hearing tests.
 - 1-866-5180-0000
- CHATS: Client-Centered Home Assistance to Seniors
 - 905-713-6596
- Home and Community Care Support Services: Provides you with a wide range of health care services covered through OHIP. Can make referrals, acquire a care plan and connect you with applicable services.
 - 310-2222 (no area code required)
- North York Seniors Centre, PSW Supervisor: Onsite PSW services offered.
 - 416-7334-1111 ext. 410
- Telehealth: 24/hour Nurse Advice
 - 1-866-797-0000

HESPERUS CONTACTS

- Hesperus Main Office:
 - 905-764-0840
- Pina Corigliano (Executive Director):
 - 289-329-0906
- Shani Brothers (Housing Services):
 - 905-764-0840 Ext. 241
- Gustavo (chef) /Kitchen:
 - 905-764-0758
- Rob/Henryk (Superintendents): Emergency Maintenance calls only
 - 416-316-5251

- North York Seniors Centre (Onsite Partner):
 - Tal Baral, Supervisor: For any PSW related matters
 - Call 416-733-4111 ext. 410 or email tbarak@nyseniors.org
 - Stacy Hilliman, Care Navigator: For any client related matters
 - Call 416-733-4111 ext. 310 or email shilliman@nyseniors.org

TRANSPORTATION:

- ACE Taxi:
 - 905-856-2002
- ADVANCE-UNIQUE Taxi and Limo:
 - 416-884-1111
- CHATS Community Transportation: Provides local and long-distance drives to medical appointments, grocery shopping, personal errands, etc. (Must be a CHATS client).
 - 1-877-452-4287 or seniorshelp@chats.on.ca
- GTA Accessible Transportation: Wheelchair accessible transportation within the GTA.
 - 905-886-1000 or GTAaccessible.com
- IRide Plus Transportation Services: Transportation services offered to clients of Circle of Care, CHATS, North York Seniors Center and Carefirst.
 - 1-844-474-3301
- North York Seniors Centre:
 - Transportation: 416-733-4111, ext. 314 OR Van for Shopping Trips: 416-522-3253

- York Region Transit Mobility On-Request 65+ Service: To travel within 5km of your home on weekdays between 7:00am – 2:45pm. Prices range from \$2.40-\$4.25.
 - 1-866-744-1119 ext. 0

TRANSPORTATION: DRIVING

- Accessible Parking Permit: To apply for a permanent accessible parking permit which lasts for five years, or a temporary permit that lasts for up to one year.
 - 1-800-387-3445 or ServiceOntario.ca
- CAA's Senior Driving: Toolkit for seniors and their loved ones to maintain driving confidence with age, modify driving habits, and assess fitness to drive under different conditions.
 - caa.ca/driving-safely/senior-drivers/
- Renew Licence Plate: Renew your licence plate online and learn about getting a sticker refund.
 - <https://www.ontario.ca/page/renew-your-licence-plate>
- Senior Driver Renewal Program: Seniors 80 or older must renew their licenses every two years.
 - 1-800-387-3445
- When to Stop Driving: How to tell if you, or someone you know should stop driving.
 - <https://allontario.ca/safety-driving-for-seniors/>
 - [Driving With Dementia - Home \(drivinganddementia.ca\)](http://drivinganddementia.ca)

URGENT NEEDS/SAFETY

- Canadian Anti-Fraud Centre: Provides education and resources to protect seniors against fraud and identity theft.
 - 1-888-495-8501 or antifraudcentre.ca
- Consumer Protection Ontario: Helps you make smart choices about money, scams, identity fraud, and telemarketing.
 - 1-800-889-9768 or ontario.ca/consumerprotection
- Elder Abuse Prevention Ontario: Supports seniors affected by elder abuse and delivers training and public awareness.
 - 416-916-6728 or eapon.ca
- Emergency Number: In the case of medical, safety and fire emergencies.
 - 911
- Non-Emergent Police Needs 24/7
 - 1-888-310-1122
- Senior Safety Line: Provides 24-hour crisis and support for seniors in Ontario.
 - 1-866-299-1011
- Vulnerable Person Registry: Once registered, enables police officers to assist vulnerable persons who may require emergency assistance.
 - 1-866-876-5423 ext.6877 or vpr@yrp.ca
- York Regional Police Seniors Safety Officer: Works closely with social workers to ensure the well-being of seniors in York Region.
 - 1-866-876-5423 ext.6697 or seniorsafety@yrp.ca

WELLBEING/MENTAL HEALTH

- A Friendly Voice: Call seven days a week, 8:00am-10:00pm. Just a phone call away, is a representative to talk and listen to you about any matter.
 - 1-855-892-9992
- Anthroposophic Therapeutic Modalities: Forms of wellness from an Anthroposophical perspective.
 - <https://www.fellowshipcommunity.org/post/anthroposophic-therapeutic-modalities>
- Baycrest Centre for Geriatric Care: Offers assessments, treatment by multidisciplinary teams, and long-term follow-up
 - 416-785-2500, ext.2730 or <http://www.baycrest.org>
- Building Resilience: Information on building and finding resilience and wellbeing.
 - [What Is Resiliency? - Canadian Mental Health Association / CMHA Calgary](#)
- Canadian Mental Health Association: Provides mental health case management, substance abuse, harm-reduction and building resilience.
 - 905-841-3977 or cmha-yr.on.ca
 - Or attend a Monday session at Hesperus lsborlini@cmha-yr.on.ca
- Health Service Information Ontario: For referrals to mental health services in Ontario.
 - 1-866-531-2600
- Ontario Structured Psychotherapy Program: provides free and convenient therapy and related treatments to help individuals experiencing depression, stress, anxiety and anxiety-related conditions.

- [Ontario Structured Psychotherapy Program | CMHA York Region & South Simcoe \(cmha-yr.on.ca\)](https://www.cmha-yorkregion.ca/structured-psychotherapy-program)
- Tips to Reduce your Risk of Dementia: evidence-based tips that will help you live a healthy life, reducing your chance of getting Dementia.
 - <https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia>
- Tips to Stay Physically Active: A PDF document made by the government of Canada to help you stay active in your everyday life.
 - <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>

