



Grand Bend Area
Community Health Centre

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SERVICE DIRECTORY



Cate Melito
Chief Executive Officer

From the Chief Executive Officer

The Grand Bend Area Community Health Centre (GBACHC) vision is “Health and wellbeing for all” and the mission is to “empower the health and wellbeing of the people in our communities-together!” The GBACHC develops and delivers community-governed health care programs with input from community residents and patients. The programs aim to support individuals and families in achieving their health and wellbeing goals.

An interdisciplinary team of professionals provides services in primary care, chronic disease education and management, nutrition, social work, physical therapy and wellness programs. The GBACHC team is people-centred, respectful and inclusive, compassionate, interconnected to provide comprehensive care, and accountable.

The primary care team provides medical and social care to residents of Crediton, Dashwood, Hensall, Kippen, Zurich, Grand Bend and the surrounding areas. The programs and services described in this directory are available at both the Grand Bend and Hensall locations.

Anyone can participate in the GBACHC illness prevention and health promotion programs including diabetes education, better breathing program, social work and nutrition services.

The GBACHC’s work is guided by the evidence-informed model of health and wellbeing and its three pillars:

1. The Highest Quality, People-and Community-Centred Primary Health Care
2. Health Equity and Social Justice
3. Community Vitality and Belonging



Huron Perth Area Ontario Health Team partners at the approval announcement (Dec 2019)

These pillars have guided the GBACHC's past and present work to achieve better health for all, where health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.

A health equity charter is central to how the GBACHC provides services –see page 9.

The GBACHC is proud to be a member of the Huron Perth Area Ontario Health Team (HPA-OHT) composed of over 60 health care partners who are working together to provide Huron Perth and area residents with "...a sustainable people-driven system that strives to provide a positive experience for all."

Everyone is invited to be a partner in their individual health and wellbeing. For more information about the GBACHC programs and services visit any or all of the following:

- Website: <https://gbachc.ca>
- Facebook Page: <https://www.facebook.com/GBACHC>
- Service Directory: Keep this copy on hand!
- Monthly What's Happening ad in the Exeter Lakeshore Times-Advance

In closing on a personal note, I am retiring in May 2021. I am grateful to the GBACHC Board of Directors (Board) for the opportunity to serve this community health centre, its staff, patients/clients and area residents for the past seven years. During this time, the GBACHC has completed the 2020/21 strategic plan, recruited new physicians and professional staff, and established strong relationships in the community. I'm confident that the GBACHC is in a strong position with a new electronic medical record system and COVID-19 Assessment Centre in place.

It has been an honour to work with such a dedicated Board, team of health professionals and managers throughout my tenure and most notably over this past year.

With sincere appreciation,

Cate Melito, Chief Executive Officer



**Grand Bend Area
Community Health Centre**

<https://gbachc.ca>

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During the COVID-19 pandemic, call first 519-238-2362

Everyone entering the GBACHC will be screened and is required to wear a mask.

<https://gbachc.ca>

During the COVID-19 Pandemic – GBACHC is Open!

The Grand Bend Area Community Health Centre continues to provide primary care and allied health services during the COVID-19 pandemic.

All patients/clients entering the Centre will be screened at the front door and required to wear a mask.

It is very important that you share all your symptoms with us when being screened for us to determine the right route of care that is safe for both you and your provider.

PLEASE CALL FIRST

Grand Bend: 519-238-2362 | Hensall: 519-262-3140

VIRTUAL BY VIDEO CALL OR PHONE

Convenient | Effective | Private | Safe



IN PERSON

Limited during COVID-19



You have **OPTIONS** for your care

COVID-19 Assessment Centre

The COVID-19 Assessment Centre was funded by community donations to create a space to provide COVID-19 testing. The Assessment centre is open 1:30pm to 4:00pm Monday to Friday. To book an appointment through the assessment centre or to find the latest information about vaccines: visit <https://gbachc.ca/covid-19/>



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Grand Bend Area Community Health Centre



Grand Bend Main Site

Box 1269, 69 Main Street East
Grand Bend, Ontario N0M 1T0

Hours of Operation

Monday through Thursday 9am to 7pm
Friday 9am to 4pm
Saturday Walk-in Clinic 9am to 1:30am
Closed Sundays and Holidays

Phone: 519-238-2362

Hensall Site

Box 159, 122 King Street
Hensall, Ontario N0M 1X0

Hours of Operation

Monday 9am to 7pm
Tuesday through Thursday 9am to 5pm
Friday 9am to 4pm
Closed Saturdays, Sundays and Holidays

Phone: 519-262-3140

Primary Care: Physicians, Nurse Practitioners, Registered Practical Nurses, Medical Office Assistants, Phlebotomists, and System Navigator

Physiotherapy: Physiotherapists, Occupational Therapist, Kinesiologist

Better Breathing Team: Registered Respiratory Therapist, Occupational Therapist, Kinesiologist, Physiotherapists, Social Workers

Diabetes Education Program: Certified Diabetes Educators (Registered Dietitians, Registered Nurses)

Social Work: Regulated Social Workers

Visiting Specialists: Chiropodist, Endocrinologist, Internist, Psychiatrist

Health Promotion: Health Promoters, Community Health Promotion Coordinator

Administrative Team: Chief Executive Officer, Director of Integrated Primary Care and Chronic Disease, Director of Health Support Services, Facility Coordinator, Finance Coordinator, Data Management/ Information Technology Coordinator, Executive Assistant

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GBACHC Contact List

Grand Bend Area Community Health Centre Primary Care

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Mission, Vision, Values, Strategic Direction, and Focus

Mission

Empower the health and well-being of the people in our communities together.

Vision

Health and Wellbeing for all.

Values

People-Centred: Individuals are empowered to be in control of their health.

Respect and Inclusion: In our work and service delivery

Compassionate Care: For the whole person-physical, mental, and social wellbeing.

Interconnectedness: Building connections at all levels to provide comprehensive care.

Integrity and Responsibility: Accountable for what we say and do.

Strategic Directions

Breakthrough Objective: Make it happen-together!

The breakthrough objective is achieved through the following:

1. Collective Impact: Making a difference together.
2. Partnerships and Collaboration: Working together.
3. Organizational Health and Staff Wellness: Being strong –together.
4. Optimization of Our Resources: Working smart together.

Focus

Sustainability, vitality, vibrancy, and innovation.



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Model of Health & Wellbeing



The Grand Bend Area Community Health Centre is one of 75 Community Health Centres (CHCs) in Ontario. All CHCs are united by a common Model of Health and Wellbeing that outlines values and principles. For more information about the model visit

<https://www.allianceon.org/model-health-and-wellbeing>

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Health Equity Charter

The Grand Bend Area Community Health Centre (GBACHC) is a member of the Alliance for Healthier Communities, a network of community-governed organizations committed to advancing health equity through comprehensive primary health care. The commitments are embodied in the Health Equity Charter, a foundational document that outlines bold, strategic, and relentless actions that undertaken to challenge barriers to equitable health care.



The Health Equity Charter is a collective expression of the belief in the power of solidarity, humility, and accountability to advance health equity:

Solidarity: Standing together to serve people who face the biggest social, economic, environmental, linguistic, cultural, and other barriers to health and wellbeing – whoever they are – and support our colleagues in advancing health equity in policy and practice.

Humility: Being led by the people in our communities. We work in anti-oppressive and anti-racist ways, guided by the knowledge, strength, and expertise of people with lived experience from populations who face barriers to health equity, and in the GBACHC governance structure.

Accountability: Holding personal responsibility for advancing health equity through community governance and the regular, open evaluation of our progress in closing health equity gaps. Also by committing to using data to target and improve services in a learning health system, and to ensure equity and inclusion in governance.

To read the full charter visit <https://www.allianceon.org/Health-Equity-Charter> and read more about health equity at the GBACHC at <https://gbachc.ca/health-equity/>.

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Welcome New Physicians!

In June 2020, founding physicians Dr. Deborah McNaughton and Dr. Peter Englert retired from the Grand Bend Area Community Health Centre. Dr. Erin Wiley, Dr. Sakshi Babbar (temporary) and Dr. Van Osch (beginning July 2021) have accepted all patients from the retired physicians.



Dr. Wiley

Dr. Erin Wiley

Dr. Wiley began a fulltime practice at the GBACHC on May 19, 2020. She grew up on a small farm near Bayfield. After completing medical school at Western University, she achieved her family medicine residency at the University of Ottawa. She also holds a master's degree in health promotion from Western University. Dr Wiley enjoys general practice and has special interests in the elderly population, dermatology, and women's health. Before joining the team, Dr. Wiley stated, "I am looking forward to returning to my home community and joining the team at the Grand Bend Area Community Health Centre."



Dr. Van Osch

Dr. Skylar Van Osch

Dr. Van Osch grew up on a farm outside of Mt. Carmel and spent many summers on the beach in Grand Bend. He completed his undergrad and medical school at Western University. He completed his residency in Victoria, BC in 2016, and has since locumed at the GBACHC and various locations across BC. Dr. Van Osch expressed, "It has been a dream of mine since I was young to be a doctor in my own home community." Dr. Van Osch will be assuming the care of Dr. McNaughton's patients when he arrives in June 2021, in the meantime, Dr. McNaughton's patients will continue to be served by their Nurse Practitioners and by Dr. Sakshi Babbar.



Dr. Babbar

Dr. Sakshi Babbar

Dr. Sakshi Babbar has joined the GBACHC physician team in a locum capacity from July 2020 to June 2021. In the past, she worked at the GBACHC for several months while completing her family medicine residency through Western University. Before returning to the team, Dr. Babbar had said, "I greatly enjoyed my time at the GBACHC, and I am looking forward to returning as a locum physician."

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Best Wishes to Retired Physicians



Dr. McNaughton

Dr. Deborah McNaughton

Dr. Deborah McNaughton was raised in Newbury, ON. She took an interest in healthcare while visiting her father in the hospital as a teen. She graduated from nursing at Western University in 1972. Dr. McNaughton would go on to receive her Master's in nursing education before attending McMaster Medical School. She completed her family medicine residency in a Mount Brydges clinic and at Victoria Hospital. Following her residency, she worked in local towns and temporarily practiced family medicine in Saskatoon before joining the Grand Bend Medical Centre in 1990. Notably, Dr. McNaughton supported the work of establishing the GBACHC, which came to fruition in 1999. In 2001, she took her second turn as chief of staff at the South Huron Hospital Association. Dr. McNaughton also took a parttime opportunity to teach in the Department of Family Medicine in Saskatoon in 2003. She then took an adjunct professor position at the Schulich School of Medicine and Dentistry at Western University where she taught many medical students, residents, and nurse practitioners. Dr. McNaughton retired from the GBACHC after 30 years of medical practice. She now works alongside Dr. Peter Englert at Queensway Nursing and Retirement Home in Hensall and volunteers with the Rotary Club of Grand Bend.



Dr. Englert

Dr. Peter Englert

Dr. Peter Englert spent his childhood summers in Grand Bend at his parent's cottage. In 1970, he attended Western University for bacteriology and immunology. He then went on to graduate from McMaster Medical School as a medical doctor in 1977. During that time, he met his neighbour, Dr. Liam O'Connor, who would recruit him as a family doctor upon completing his residency in 1979. Dr. Englert began a full-service rural practice including Grand Bend, Zurich, and Hensall. In his career, he held several medical offices locally, provincially, and nationally including Ontario board member of the Society of Rural Physicians of Canada, founding member and chair of the Ontario Medical Association on Rural Practice, president of the Huron County Medical Society, and board member of the Ontario College of Family Physicians. Dr. Englert has been involved with the Schulich School of Medicine and Dentistry at Western rural medical education since 1997 and continues to be an adjunct professor there. He is also currently the co-chair of the infection control committee at the South Huron Hospital Association, as well as medical director for Queensway Nursing and Retirement Home in Hensall with shared coverage by Dr. McNaughton.

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Primary Care Team Services

The primary care team consists of family physicians and nurse practitioners supported by registered practical nurses, a system navigator, and medical office assistants. The team works in an interdisciplinary collaborative environment, which includes specialists, an endocrinologist, chiropodist and other health care professionals. Patients/clients at both the Grand Bend and Hensall sites can access these services by appointment.

Diagnostic services are also available including a twice-daily lab courier, spirometry, ambulatory blood pressure monitoring, cardiac event recording, and stress testing.

The GBACHC believes in the importance of education for staff and upcoming medical professionals. Learning opportunities are provided for students including residents and medical students, nurse practitioners, medical office assistants, dietitians, social workers, physiotherapists, occupational therapists, and respiratory therapists.

Family Physicians

Family physicians are trained in all areas of medicine and can diagnose and treat a broad array of health problems and concerns. Physicians are at the center of patient coordinating and guiding patients through their health care options. Family physicians are experts in treating the most acute illnesses, helping patients manage their chronic diseases, and prevention.

Patients of the GBACHC are assigned to a family physician. It is important that patients have **only one family physician** so as to have one “Medical Home”. People who have a family physician are asked not to apply for one at the GBACHC.



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Primary Care Team Services continued...

Patients are asked, when possible, to arrange appointments with their usual physician or nurse practitioner depending on the nature of their concern or medical issue. If the patient's usual physician is not available, the patient will be seen by another member of the primary care team.

Patients are asked to inform specialists and hospitals of their family physician's name. This enables the family physician to receive copies of reports for inclusion in the patient's chart.



People without a family physician who live in the catchment may refer to the Patient Application letter on the GBACHC website <https://gbachc.ca/primary-health-care/> for instructions on how to fill out a request for a family physician.

Nurse Practitioners

Nurse practitioners are advanced practice registered nurses. They have additional education and training that allows them to have an expanded scope. They work in collaboration with other members of the primary care team to ensure each individual's health and wellness is optimized.

Nurse practitioners have the independent authority to diagnose, treat, and monitor acute and chronic illnesses, prescribe medications, and order diagnostic tests and procedures. This includes providing wellness care, monitoring infant development, and screening for and monitoring complex chronic disease.

Registered Practical Nurses

Registered practical nurses (RPNs) work with family physicians and nurse practitioners to provide patient care. The RPNs educate patients on disease and how to lead a healthy lifestyle, obtain medical history, and complete medication reviews. They triage patients based on the urgency of care needed and consult with other members of the primary care team.

Registered practical nurses also complete several skills including venipuncture, administration of immunizations and medications, and follow ordered treatments or procedures ordered by the family physician and nurse practitioner.



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System Navigator

The system navigator (SN) is a registered practical nurse who knows the services available within the GBACHC and works with partners in the community to find the proper healthcare for patients. The SN works with the clinical care coordinator to help patients who have complex needs. Together they work to increase the patient's self-sufficiency and autonomy by assessing and determining their needs, developing individualized service and care plans, case conferencing and engaging supports, and making referrals to supports.

Clinical Care Coordinator

An integral part of the GBACHC interdisciplinary team, the clinical care coordinator (CLCC) provides a hands-on and in-home support service for patients in the community. The CLCC is a registered nurse who work closely with home and community care patients as well as liaises with GBACHC primary care team to ensure a positive patient outcome and improved quality of life among the most vulnerable. The CLCC provides patients with timely communication and a link to primary care in the hope of allowing patients to live well with their chronic disease. It is the role of the CLCC to assist with the transition from hospital to home and primary care, and to enable the streamlining of system navigation and care planning. The CLCC collaborates with the patient and the primary care team to establish a coordinated care plan that provides clarity on how the team supports the patient.

The goal of the CLCC is to assist patients to return to independent living and focus on self-care management whenever possible. Care is delivered through comprehensive health assessments, education and health information to assist in managing health conditions and medication management.

Medical Office Assistants

Medical Office Assistants (MOA) duties include greeting the GBACHC patients/clients, booking appointments, and performing clerical and clinical duties for patients/clients, health care practitioners, and administration. The MOAs are the first point of contact at the GBACHC.



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Social Workers

Social workers develop, implement, and assess programs to address social issues such as domestic violence, poverty, child abuse, senior abuse, addictions and mental health, and homelessness.

The GBACHC's social workers are registered with the Ontario College of Social Workers and Social Service Workers and work with other social services, such as, government assistance, and legal aid. The social workers are also involved in social policy development.

The GBACHC social workers provide individual, couple, family, and group counselling; assistance for people in managing their daily lives; and help for people to understand and adapt to illness, disability, chronic pain, and death. Social worker appointments may be made by self-referral or through a health care professional.

Physiotherapy

Physiotherapy is offered at the Grand Bend and Hensall sites. Physiotherapists will see a client if they have no private coverage for physiotherapy and will work together with community physiotherapists to ensure clients receive the right care at the right time. The physiotherapist's goal is to return the client to their optimum level of functioning.



Kinesiologist

A kinesiologist is a health care professional who works with clients in the prevention and management of injury, disability, and chronic disease as well as the improvement of overall health and performance. A kinesiologist identifies and examines how the body moves and looks at how it can function better by providing baseline testing and implementing individualized exercise plans. The end goal is to assist in pain management, develop increased strength and endurance, and improve balance and flexibility.

The GBACHC kinesiologist works primarily with pulmonary and cardiac rehabilitation clients in both exercise and education. The kinesiologist completes a comprehensive review of current and past medical history including mobility assessments, exercise history, and overall level of physical function. After baseline testing, an exercise program is developed for one-on-one exercise at the GBACHC, home exercise programs, or community group exercise programs. The kinesiologist also accepts referrals from the physiotherapy department to improve a client's strength, flexibility, and range of motion.

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<https://gbachc.ca>

Occupational Therapy

An occupational therapist (OT) is a health care professional who works with individuals to assist them in improving, sustaining or restoring their highest possible level of independence in their desired daily activities.

The work an OT does with patients/client often includes the following:

Self-care: bathing, dressing, and eating

Productivity: work, home maintenance, and banking

Leisure: sports, reading, and using a computer



The OT at the GBACHC works with patients/clients living with chronic disease to complete a home safety assessment and assists with completing daily tasks. A referral for an OT assessment can be made through any health care provider, caregiver or a self-referral (<https://gbachc.ca/program-services-referral-form>). At the home assessment, the OT advises on fall prevention, home safety, assistive device use, safe return from hospital, and provides education on strategies to regain or maintain independence with daily tasks. The OT also addresses needs for more support or programs available in the community.

The OT may also complete a cognitive assessment to determine the areas of the patient's/client's brain that are functioning well. The OT then provides strategies to improve the areas that are not functioning well.

Assistive Devices

The assistive devices program (ADP) is a Ministry of Health and Long-Term Care program. It provides funding to Ontario residents who have long-term physical disabilities and require mobility devices e.g. wheeled walker, wheelchair. The GBACHC occupational therapist (OT) is an ADP authorizer. Once a home safety assessment has been completed, the OT can assist the patient/client with obtaining an appropriate mobility device if ADP criteria are met.



Grab Bar Program

The grab bar program is a fall prevention initiative that provides funding assistance to install grab bars within a person's home. Once the need has been determined through a home safety assessment, the OT helps the individual to determine the type of grab bar that will work best given the person and their environment.

The program covers the cost of the grab bar(s) purchase and installation in the home by a recommended vendor.

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<https://gbachc.ca>

Registered Respiratory Therapist

A registered respiratory therapist (RRT) monitors, assesses and treats individuals who suffer from shortness of breath. Registered respiratory therapists are regulated health professionals and members of the College of Respiratory Therapists of Ontario.

The RRT assists in the care and management of chronic obstructive pulmonary disease and other lung conditions such as pulmonary fibrosis and asthma. The RRT assesses patients/clients, performs spirometry (lung function) testing, makes recommendations to optimize respiratory medications, and helps run a pulmonary rehabilitation program.

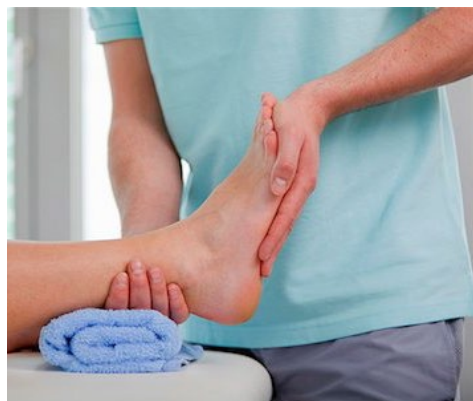
The GBACHC's RRT is also a certified respiratory educator (CRE) and teaches proper breathing techniques, educates patients/clients on inhaler use, and offers smoking cessation counselling.



Chiropody

Chiropody is the assessment of the foot and the treatment and prevention of diseases or disorders of the foot by therapeutic, orthotic, and palliative means. As a visiting specialist at the GBACHC, chiropodist, Dennis Walsh, specializes in the recognition, assessment, treatment, and ongoing care of the foot. The chiropodist has many skills and techniques, which help patients/clients eliminate foot pain, gain mobility, and maintain healthy feet. The chiropodist treats the sports injuries; common foot conditions such as corns, warts, ingrown nails, and calluses; foot infections caused by medical conditions such as diabetes; and foot deformities and misalignments.

The chiropodist see patients/clients by appointment at the Gill Rd. location. A referral from a physician is not necessary. Chiropody services are not covered by O.H.I.P. To make an appointment please call 519-238-2362.



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Registered Dietitian

Registered dietitians (RDs) are regulated health professionals registered with the College of Dietitians of Ontario. It's important to note that not every nutritionist is a registered dietitian. The GBACHC's RDs are trained to provide tailored advice and counseling about diet, food, and nutrition. They believe in the power of food to enhance lives and improve health. An RD can be seen for the following conditions: bowel concerns, food allergies and intolerances, high blood pressure or cholesterol management, diet texture modifications, unintentional weight loss, weight management, eating disorders, picky eating and more.

The RDs provide individual and family counseling for various concerns along with group sessions in the community. People with diabetes will see the RD in the diabetes education program. Registered dietitians accept self-referrals and referrals from health care providers for patients/clients in the GBACHC catchment area.

Diabetes Education Team

The diabetes education team consists of certified diabetes educators including registered dietitians and a registered nurse. The program, offered at the Grand Bend and Hensall sites, includes education on how to self-manage diabetes and prevent or delay complications. Topics discussed in the program include blood sugar control, nutrition, medication, activity and foot care.

The diabetes team collaborates with health care providers to help best manage the patient's/client's diabetes. One-on-one counselling and group programs are available.

Any adult diagnosed with pre-diabetes and Type 1 or Type 2 diabetes may access the program through their health care provider or by self-referral. Please contact the program's administrative assistant at 519-238-2362 x242.

Better Breathing Team

The better breathing team provides service to individuals who have a diagnosis of chronic obstructive pulmonary disease or another chronic lung impairment such as asthma or pulmonary fibrosis.

The program is designed to assist clients in the self-management of their lung condition by preventing flareups, decreasing the risk of readmission to hospital and length of stay, and enhancing quality of life through pulmonary rehabilitation (exercise and education). For referrals, complete the online referral form found at <https://gbachc.ca/program-services-referral-form/>

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Health Promoters

“Health promotion is the process of enabling people to increase control over, and to improve their health.” – The World Health Organization

The goal of health promotion at the GBACHC is to empower people and the community to improve their health and quality of life. Everyday, the GBACHC staff take actions to ensure everyone can fully participate and reach their full health potential. Health promoters achieve their goals by the following methods:

- Develop, coordinate, facilitate, and evaluate groups. Groups focus on disease prevention as well as improving the lives of those with chronic disease or disabilities.
- Engage community members and organizations to identify solutions and use their recommendations in decision making e.g. Community Wellbeing Assessment and Health Equity Action Plans.
- Participate in education and awareness activities, community development projects, and advocacy campaigns to improve the lives of people living in poverty e.g. Poverty to Prosperity in Huron.
- Bring people together from across sectors to improve connections, sense of belonging, and social inclusion e.g. Connected Rural Communities Collaborative and the Strengthening Social Inclusion and Connections Project.
- Work with partners and communities to build on assets as well as enhance community capacity and supportive environments e.g. Huron Shores Transit Committee, Destination Prosperity and the Hensall Streetscape Committee.
- Work with health practitioners and other agencies to build a more sustainable and connected health system.
- Recruit, train, and support volunteers and students.



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Community Health Groups

The following programs are available to everyone in the community. Be advised that COVID-19 restrictions may affect programs. Please Contact Cindy Maxfield at 519-238-2362 x231 or email cmaxfield@gbchc.com for more information on any of these programs.

Healthy Lifestyle Exercise Programs: Virtual and In Person

Please call or email Cindy Maxfield to register. Both virtual and in-person of classes may be offered at the same time.

Free healthy lifestyle exercise programs are available fall, winter, and spring in two locations:

1. Grand Bend Area Community Health Centre: Classes are currently held virtually but will continue at the Lions Picnic Pavilion when the weather is warm enough.
2. Port Franks Community Centre on Tuesdays and Thursdays at 9am. As the Port Franks Hall has been closed during the COVID-19 pandemic, the Thedford Legacy Centre has been used instead. This may change, check the monthly activity calendar, call, or email.

The program begins with warm ups, low impact aerobic exercises, followed by strength work, then stretching. Participants must bring a clean pair of running shoes and a mat. The program is facilitated by a trained volunteer.

Senior Men's Strength Classes - Program is on hold until fall 2021

Free men's strength classes run on Mondays and Thursdays from in Grand Bend, and Tuesday and Thursday mornings in Port Franks. The program combines moderate free weights with exercise to improve upper and lower body strength and is facilitated by trained volunteers. Participants are asked to bring clean running shoes and to wear comfortable clothing.

Line Dancing - Program is on hold until fall 2021

The free line dancing program combines fun and exercise. The program is held in the fall, winter, and spring at the Port Franks Community Centre every Tuesday and Thursday morning prior to the healthy lifestyle program. Participants need dry clean shoes. Call Cindy Maxfield, Health Promoter 519-238-2362 x231 for more information.

During the COVID-19 pandemic, call first 519-238-2362

Everyone entering the GBACHC will be screened and is required to wear a mask.

Gentle Exercise Classes - Program is on hold until fall 2021

Free gentle exercise classes run Mondays and Thursdays mornings in the GBACHC Community Room. Classes are available fall, winter, and spring. Stretching, strength, and gentle aerobics using chairs and the wall make this a great program for individuals who are new to exercise or have some physical limitations. The program is facilitated by trained volunteer instructors. Clean, dry running shoes and comfy clothes are required.

Functional Fitness Exercise Classes

Free functional fitness classes are designed for seniors with limited mobility, new to exercise, or who face chronic health conditions. The classes are carried out by a registered health professional. The program is currently being offered virtually on Mondays and Thursdays mornings. Call 519-238-2362 x243 for more information.

Cardio and Strength Training Programs

Please call or email Cindy Maxfield to register. COVID-19 restrictions may apply and affect whether the program takes place in person or virtually.

Free cardio and strength training programs are offered in person in the GBACHC Community Room and through YouTube. In-person programs run most weekday evenings and Saturday mornings. The programs are open to everyone. These programs provide a more vigorous workout than the healthy lifestyle exercise programs.

Pinery Trail Walkers (outdoor) & Walking for Wellness (indoor)

COVID-19 restrictions may apply, visit the Friends of the Pinery website for details <https://pinerypark.on.ca/>

In partnership with the Pinery Provincial Park, Friends of the Pinery and the Lambton Heritage Museum, the GBACHC offers a choice of walking programs using the trails in Pinery Provincial Park for outdoor walking and the galleries in the Lambton Heritage Museum for indoor walking in the winter months.

This program is available every Wednesday at the Lambton Heritage Museum at 9:20am. The free program runs year-round. Outdoor walkers are reminded to dress for the weather.



During the COVID-19 pandemic, call first 519-238-2362

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Community Support and Social Groups

Sunset Cinema (Movie Night) - Program is on hold until fall 2021

Sunset Cinema is a free (donations welcome) movie on the first Thursday of every month fall, winter, and spring at 7:30pm in the GBACHC Community Room. Attendees view an interesting film with a discussion to follow. Contact Cindy Maxfield for more details.

Parkinson's Support Group

The Parkinson's support group was created in response to an identified need in the community for individuals and their caregivers who live with Parkinson's Disease. The group works in partnership with the Parkinson's Society of Southwestern Ontario. The aim of this group is to enhance knowledge on specific topics related to Parkinson's disease and to provide opportunities to talk with each other, ask questions to occasional guest speakers, and share resources. The group's goal is to create a network in the community where people affected by Parkinson's Disease feel supported and encouraged. The group aims to facilitate personal growth, empowerment, and increased knowledge and understanding of the disease. For more information, contact the GBACHC occupational therapist at 519-238-2362 x241. The group runs virtually on the last Monday of every month, with some exceptions.

Seasons of COVID-19: Strategies to Decrease Stress and Anxiety

The Seasons of COVID-19 workshop was created in response to the increasing amount of stress and anxiety felt by community members during the COVID-19 pandemic. In this virtual workshop, participants learn strategies to help deal with their stress and anxiety with the help of the social work team. To learn more about the program, contact Mickey Gurbin at 519-238-2362 x223.

Your Resilient Child: Strategies to Decrease Anxiety

This virtual program will assist participants and their children to understand the signs and symptoms of childhood anxiety. During this program, both will learn how to create a calming environment through mindfulness and expressive arts while strengthening children's self esteem and communication skills. The group is facilitated by the social work team. If interested in joining, contact Mickey Gurbin at 519-238-2362 x223.

During the COVID-19 pandemic, call first 519-238-2362

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CNIB Low Vision Clinic

COVID-19 restrictions may be in place – please call ahead for information.

The Canadian National Institute for the Blind (CNIB) offers a free drop-in clinic from 10:00am to 2:00pm on the second Thursday of every second month, February until December, in the GBACHC Adult Day Wing. CNIB staff assist participants with the latest information and gadgets to help with vision loss. Contact Cindy Maxfield for details.

Mindfulness Groups

At the heart of mindfulness practice is awareness. The moment-to-moment awareness of thoughts, emotions, physical sensations, and responses to the environment and complexities of day-to-day life. Jon Kabat-Zinn, also known as Mr. Mindfulness, states that “mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and nonjudgmentally”. All are welcome to explore the theoretical foundations of mindfulness through group interaction, mindfulness exercises, and simply feeling calmer in mind and body. For further information contact Mickey Gurbin at 519-238-2362 x223 or Patricia Baker at 519-238-2362 x235.

Powerful Tools for Caregivers Workshop

This program helps caregivers learn strategies to take better care of themselves and learn more effective ways of coping with the stress of caregiving. Participants are taught and encouraged to set weekly action plans in order to reduce feelings of powerlessness and find ways of seeking solutions in their roles. Workshop topics include reducing personal stress, changing negative self talk, communicating feelings, dealing with emotions (anger, guilt, depression), setting limits, and making tough decisions.

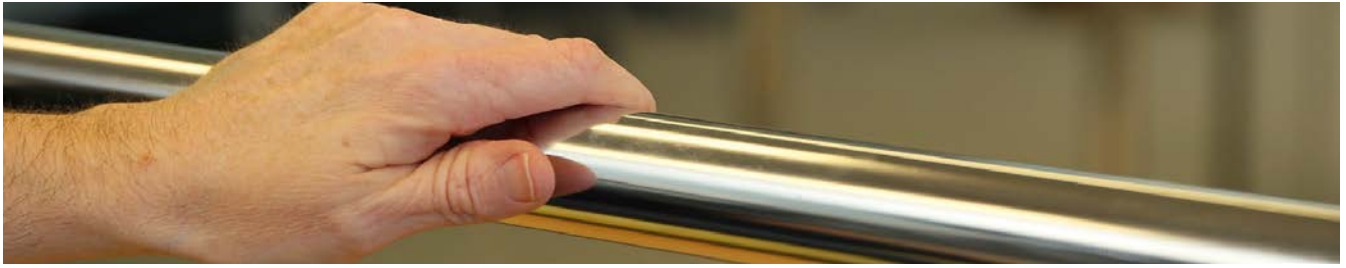
The workshop is six-weeks long and funded by both the Southwest and Erie St. Clair Local Health Integration Networks. The workshop is co-facilitated by a health care professional and a peer volunteer - both who have attended a training program on caregiving. Currently, this program is being offered virtually. For further information contact Mickey Gurbin RSW at 519-232-2362 x223.



Powerful Tools
FOR Caregivers

During the COVID-19 pandemic, call first 519-238-2362

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Chronic Disease Groups

Persistent Pain Management and Support Group

The free Persistent Pain Management and Support program incorporates education about the many factors that contribute to persistent pain. Program facilitators teach mindfulness skills and other strategies to cope with persistent pain. Topics include the science of pain, benefits of mindfulness, nutrition and pain, and better sleep.

The program is offered annually in the spring and fall. Contact Nicole Pasut at 519-238-2362 x282 or Mickey Gurbin at 519-238-2362 x223 for more information.

STOP Smoking Cessation Program

How can STOP help someone quit smoking? The STOP smoking cessation program offers counselling support and nicotine replacement therapy using patch, gum, inhaler, or lozenge and mouth spray at no cost to patients/clients. The program is funded by the province of Ontario and is part of the Smoke-Free Ontario Strategy. Contact Peter Morrissey at 519-238-2362 x284 for more information.



Cardiac Rehabilitation

The program assists patients/clients in developing a heart-healthy lifestyle cardiac rehabilitation. The program is offered to those with a diagnosed heart or valve condition and to those recovering from a cardiac event or surgery. Those who are at high risk of developing heart disease also qualify for the program.

The cardiac rehabilitation team consists of a nurse practitioner, registered kinesiologist, social worker, and a registered dietician. Each practitioner provides an individualized plan to maximize overall quality of life and to minimize cardiac risk factors and symptoms by providing education for self-management.

There is no cost to patients/clients to participate in the program. Referrals must be made by a physician.

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Living a Healthy Life with Conditions

The program is currently takes place virtually due to COVID-19 and is subject to change.

Living a Healthy Life with Chronic Conditions is a licensed program from Stanford University that has been adopted by the Southwest Self-Management program. This free, six-week program provides information and teaches practical skills to manage ongoing (chronic) health conditions. Participants learn to improve self management skills and tailor them to their own needs and lifestyle. In addition to learning about healthy living, participants develop skills in areas such as goal setting, problem solving, and communications. Caregivers are welcome to attend the workshop to learn self-management skills themselves and how to provide support to their family members. Participants will need to be able to set goals and be comfortable in a group setting. To register for this program, contact Lise Callahan at 519-238-2362 x230.

Blood Pressure Clinic

Free blood pressure monitoring is offered in the GBACHC Adult Day wing. Everyone is welcome – dates and times to be announced.

COVID-19 restrictions may be in place – please call 519-238-2362 x231 ahead for updated information.



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Community Nutrition Groups

Be advised that COVID-19 restrictions may affect availability of programs. Please contact Miranda Burgess at 519-238-2362 x222 for more information.

Cooking Groups

Cooking group sessions are hands-on and fun! Participants make tasty, healthy recipes and enjoy them at the end of each session. Groups include Adventures in Cooking (children and youth) in the classroom or as a camp, Come Cook With Us (adults), and Men Can Cook (men only).

Heal Your Eating Concerns

This group focuses on healing relationships with food. Topics include intuitive or mindful eating, movement, dealing with difficult emotions, body respect, and building self-care habits. The group runs for several weeks in a row.

Eat Well Talks & Recipe Tastings

A GBACHC registered dietitian is available to speak and demonstrate recipes at community group for free. Groups enjoy a taste of the recipe at the end of the session.



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Partner Programs

Be advised that COVID-19 restrictions may affect availability of partner programs. Contact Cindy Maxfield at 519-238-2362 x231 or email cmaxfield@gbchc.com for more information.

Alzheimer's Minds In Motion

Offered several times a year, this program lasts for eight weeks and meets in the GBACHC Community Room once a week. Minds in Motion combines physical activity, brain health, and recreation for clients and their caregivers. There is a small fee for program (financial assistance is available if needed). For more information and to register contact the Alzheimer's Society Huron at 1-800-561-5012 or email: admin@alzheimershuron.on.ca

Alzheimer's Caregiver Support

This program is facilitated by the Alzheimer's Society of Huron and is offered at the GBACHC on the first Monday of every month at 1:30pm and 7:00pm. Caregivers need support too. All are welcome to join this supportive, free program, which is available fall, winter, and spring. Call 1-800-561-5012 to register. Visit www.alzheimer.ca/huroncounty for more information.

Choices for Change, Addiction Counselling Services

Choices for Change provides assessment and treatment for people with substance abuse and problem gambling issues. Services are offered at both the Hensall and Grand Bend sites. Adults, youth, and family counselling are available. Self-referrals are welcome by calling 1-877-218-0077 x1 to complete an intake and make an appointment. Please be aware COVID-19 restrictions may affect these services and how they are delivered. Call or visit their site choicesforchange.ca for more information

ONE CARE Home and Community Support Services

For the most up-to-date information visit www.onecaresupport.ca or call 1-877-502-8277.

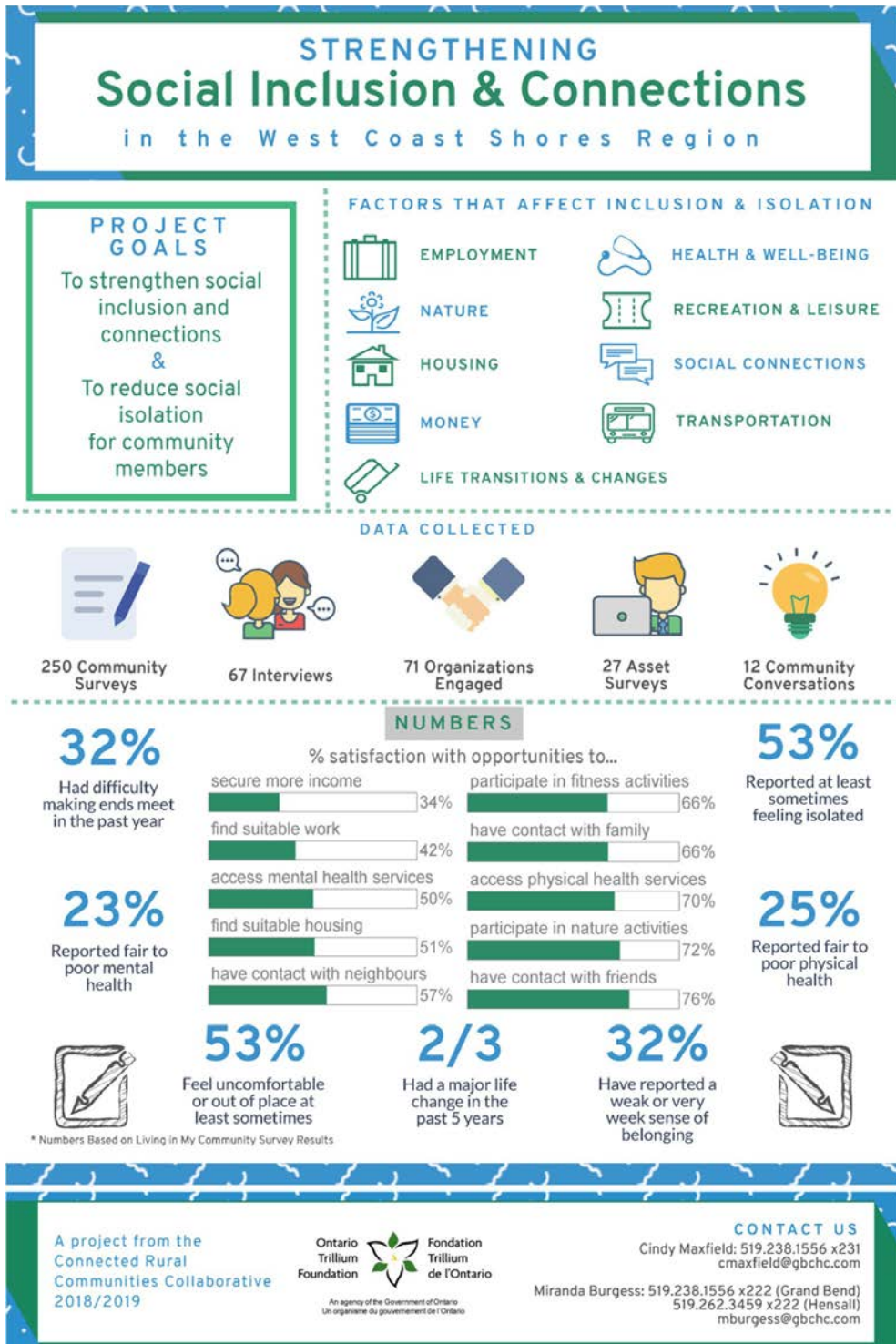
ONE CARE is a community-based health organization serving Huron and Perth counties. They offer a wide range of essential services to improve quality of life for seniors and older adults with health challenges, as well as, caregiver relief. Programs include: adult day program, assessments and care planning, assisted living, day and overnight respite, dining and social programs, friendly visiting, foot care, grocery delivery, Home at Last, home help, in-home personal support, Lifeline – emergency response, Meals on Wheels, social work, telephone reassurance, transportation, and wellness and exercise.

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<https://gbachc.ca>

Connected Rural Communities Collaborative (CRCC)



The Connected Rural Communities Collaborative (CRCC) works together to build connections and inclusion and find ways to achieve health equity. Working together, a difference can be made! Community partners are encouraged to join the CRCC by contacting the Community Health Promotion Program Coordinator.

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Board of Directors

As a not-for-profit organization, the GBACHC is governed by a volunteer board of directors (Board). The Board is made up of members from the local community and is responsible for developing and articulating the vision, mission, values, and the strategic direction of the GBACHC. They also represent and respond to the health care needs of local communities. Applications to become a member of the Board are accepted in the spring of each year.

To learn how to get involved with the Board, visit <https://gbachc.ca/volunteering/> or call 519-238-2362 x263

Community Advisory Council

The Community Advisory Council (CAC) is a partnership of patients, caregivers, healthcare providers and the community. The CAC serves in an advisory role making recommendations on matters influencing patients and program participants. The Ontario Declaration of Patient Values guides the CAC's advice and feedback to the GBACHC.

To learn how to get involved with the CAC, visit <https://gbachc.ca/volunteering/> or call 519-238-2362 x283.

We Can Help Fund

The GBACHC We Can Help Fund was established to provide an urgent, onetime financial gift to benefit members of the community. Any individual in the community who is facing financial hardship is encouraged to apply for assistance. Past gifts have included gift cards for local grocery stores or gas stations. Referrals for the fund can be directed to the GBACHC social workers. The Grand Bend Area Community Health Centre thanks all individuals, groups, churches and organizations who have generously donated to the We Can Help Fund.



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Grand Bend Area Health Services Foundation



As the fundraising arm of the Grand Bend Area Community Health Centre (GBACHC), the Grand Bend Area Health Services Foundation receives and distributes financial resources necessary to meet the capital requirements of the GBACHC and supports health care services available in the community. Created in 2000, the Foundation was registered by the Canada Revenue Agency as a “Non-Profit Corporation” in 2001, receiving Charitable Registration (#88673 8418 RR0001).

Government grants cannot meet all of the community expectations for health care services. In order to enhance existing services and enable community needs to be met in the future, private contributions and donations are often needed, sometimes on short notice.

When the Grand Bend Area Community Health Centre was established, it was understood that the Ministry of Health and Long-Term Care would not fully fund the capital requirements of the new facility. It was therefore decided to follow the example of most hospitals, health agencies, and other community service agencies, and establish a Foundation to be responsible for fundraising activities.

The current site for the GBACHC was generously donated by Rice Development. A very successful campaign by the Foundation raised substantial funds for items and equipment not funded by the government. The new GBACHC, officially opened in May 2004, would have been impossible without this considerable community support. Later, in December 2008, through a significant donation from the Foundation, the GBACHC was able to purchase .75 acres immediately north of the current facility to allow for needed future expansion. Further donations enabled the installation of Electronic Medical Records in 2012. In 2014, a sound system for the hearing impaired was purchased by us for the Adult Day Centre. Most recently the Foundation agreed to fund an evergreen technology solution for the GBACHC.

There are a number of ways by which you can support the Grand Bend Area Community Health Centre through the Foundation and make a difference. Donations can be directed to a program or specific project of choice. You can pledge a contribution over a period of time; make a special occasion gift in recognition of a person or life event; arrange a “planned gift” through a bequest in your will or make a memorial gift recognized by a plaque on the Memorial Wall which will designate the person’s name in perpetuity.

For more information about the remarkable difference which donations can make to the delivery of health care services at the Grand Bend Area Community Health Centre, please contact the foundation at enquiries@gbahsf.org.

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South Huron Hospital Association

Our Vision

To improve the overall health and well-being of our communities through being a leader and working with partners in an integrated and sustainable rural health care system.

Our Mission

As your healthcare partner close to home, dedicated to quality and safe patient care we will:

- Treat everyone with respect, compassion, and dignity
- Place patients and families as a core focus
- Build a workplace environment where all staff, physicians and volunteers feel valued and have opportunities to grow
- Strengthen and expand our relationships with stakeholders and health care partners
- Demonstrate our social responsibilities and good stewardship of all resources

Our Values Which Translate into Actions

CARING – We will provide excellent care, and make our patients, staff, physicians, and volunteers feel cared about.

ACCESSIBLE – We will overcome barriers, and work to ensure our patients have care “close to home”.

RESPONSIVE – Working hard to reduce wait times for services. We want our communities to know they can find help with their questions and concerns about their care.

INTEGRITY – We will make ethical decisions, embrace positive change, and face challenges with the intent to make the system better for those we care for.

NETWORKING – We will build strong collaborative relationships that provide our communities with health promotion strategies and solutions that are understandable with transitions that are seamless and easy to navigate.

GROWTH – We will be good stewards of our resources, with worthwhile growth objectives and goals that stretch our physicians, staff and volunteers to reach their full potential as we strive to achieve our vision and mission.

South Huron Hospital Association (SHHA) serves a catchment area in excess of 19,000 clients which includes the Municipality of South Huron and its adjacent communities. The hospital plays a pivotal role in our community.



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South Huron Hospital Association

The hospital provides 24/7 emergency services, in-patient laboratory services, diagnostic imaging services, and outpatient clinic services.

- 24-hour Emergency Department
- Acute, Complex Continuing, and Rehabilitation Care
- Walk-In Clinic 364 days of the year (closed Christmas day)
- Family Practice Clinic
- Physiotherapy (In Patient primarily)
- Outpatient Clinics
- Cardiac Stress Test Clinic
- Bone Mineral Density Program
- Digital Imaging (X-rays and Ultrasound)
- Laboratory Services (South Huron Medical Centre)
- Echocardiograms

Out-Patient Consultants Clinics – by physician referral

- Internal Medicine and Cardiac Stress Testing – Dr. Fianni
- Endocrinology, Internal Medicine, and Cardiac Stress Testing - Dr. Nicola McLean
- General Surgery – Dr. McCune
- Gynecology – Dr. Wood
- Pediatrics – Dr. Montiveros
- Psychiatry – Dr. Gangdev
- Skin Clinic – Dr. Howard

Out-Patient Clinic – Self Referral

- Infant Feeding Clinic provided by Huron Perth Health Unit. Clinics are on hold (in-person appointments are available, if necessary, after phone consultation with a lactation consultant). Breastfeeding support available by phone Monday to Friday, 8:30am - 4:30pm. Huron residents: call 1-888-221-2133 ext 2256 to be connected to a public health nurse, Perth residents: call Health Line at 1-888-221-2133 ext 3267
- Arthritis Society every second Friday 1.800.321.1433 x1221
- Pedorthics (Foot) every Thursday 1.844.337.7653
- Choices for Change 1.877.218.0077
- Smoking Cessation 1.877.837.6143 – Paused during the COVID-19 pandemic.



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South Huron Hospital Association

South Huron Family Practice Clinic

Dr. Ryan, Dr. Patel, Dr. Lam, and Dr. Bueno

To make an appointment with your family doctor, to book a lab test, or to speak to reception or a nurse Monday to Friday, call 519-235-3343 between 8:30am and 4:30pm. Fax 519-235-3845.

Walk-In Clinic

The emergency department is to be used only for true emergency cases. For all others, it is expected that you will consult with your family physician. In a time when that is not possible, the walk-in clinic is available at South Huron Medical Centre. It is open Monday to Friday from 4:00pm to 6:45pm. Saturday, Sunday, and statutory holidays from 11:00am to 1:45pm. Please bring your Ontario health card. 519-235-3343.

Contact Information:

South Huron Hospital Association
24 Huron St. West, Exeter Ontario, N0M 1S2
Phone: 519.235.2700 • Fax: 519.235.3405
shha.administration@shha.on.ca
www.shha.on.ca

South Huron Medical Centre
23 Huron St. West Exeter Ontario, N0M 1S2
Phone: 519.235.3343 | Fax: 519.235.3845

Directions to South Huron Hospital from Grand Bend to Exeter

- Take Highway 21 north toward Goderich
- Turn RIGHT onto Thames Road/Highway 83 east
- Turn RIGHT onto Exeter's Main Street/Highway 4
- Turn RIGHT onto Huron Street West
- The South Huron Hospital is on the right



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Community Health Partnerships Contact Information

A	A.A & AL-Anon	1.800.708.9833
	Adult Day Centre Grand Bend Site	519.238.6289
	Aids & Sexual Health Info Line	1.800.668.2437
	Alzheimer Society	1.800.561.5012
	Arthritis Society	1.800.321.1433 x1221
B	Blessings Food Bank Zurich	519.236.4376
	Blue Water Rest Home	519.236.4373
C	Canada Pension Plan	1.800.277.9914
	Canadian Institute for the Blind	1.800.563.2642
	Canadian Mental Health Services	1.866.531.2600
	CMHA Crisis Line Huron	1.800.829.7484 CMHA
	Crisis Line Lambton	1.800.307.4319
	Cancer Society	1.888.939.3333
	Central Lambton Family Health Team	519.882.2552
	Choices for Change (formerly Huron Addiction Services)	1.877.218.0077 x1
D	Dental Services: Grand Bend Dental & Health Centre	519.238.3384
	Grand Bend Family Dental	519.238.2368
	Dr. Julie Bargiglione in Zurich	519.236.4341
E	Eating Disorder Outreach Huron	1.877.695.2524
	Eating Disorder Outreach Lambton	519.397-5455
	Elder Abuse	Lambton 519.344.8861 Huron 519.524.4108
	Erie St Clair Local Health Integration Network	1.866.231.5446
F	Family Counselling Centre Sarnia/Lambton	519.336.0120
	Family Services Perth-Huron	519.482.3931
	Grand Bend Community Foundation	519.238.2190
H	Huron County Health Unit	1.877.837.6143
	Huron County Women's Shelter	1.800.265.5506
	Huron EMS	519.524.8394
	Health Services (General Info & Contact Information in Ontario)	211
L	Lambton County Health Unit	1.800.667.1839
	Lambton Elderly Outreach Lambton	1.800.265.0203

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Community Health Partnerships Contact Information

M	Mental Health 24 hr Crisis Line Huron	1.888.829.7484
	Mental Health 24 hr Crisis Line Lambton	1.800.307.4319
	Municipality of Bluewater	1.877.236.4351
	Municipality of Lambton Shores	1.877.786.2335
N	North Lambton Community Health Centre	519.786.4545
	North Lambton Social Services	519.786.2334
	211 Ontario (connects you to all services)	211
O	One Care (Formally Midwestern Adult Day & Town & Country)	1.877.502.8277
	Ontario Disability Support Program Huron	1.800.565.5762
	Ontario Disability Support Program Lambton	1.800.663.7633
	Ontario Early Years	519.786.4839
	Ontario Problem Gambling Hotline	1.888.230.3505
Q	Queensway Nursing Home	519.262.2830
S	Sarnia Lambton Children's Aid	519.336.0623
	Sarnia Lambton District Stroke Strategy Network	1.866.310.7577
	Sexual Assault Survivor Centre	519.337.3320
	Smokers Helpline	1.877.513.5333
	South Huron Hospital Association	519.235.2700
	South Huron Medical Centre	519.235.3343
T	Telehealth Ontario	1.866.797.0000
V	Veterans Affairs Canada	1.866.522.2122
	Victim Services Huron	519.524.4108
	Victims Service Lambton	519.341.8861
	VON Lambton	519.542.2310
	VON Huron	519.271.7991
W	Wellspring (Cancer Support Centre)	519.438.7379
	Westover Addiction Services	1.800.721.3232
	Women's Interval Home Sarnia/Lambton	1.800.265.1412

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<https://gbachc.ca>

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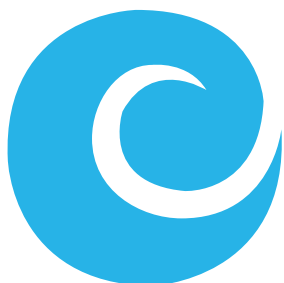
Daily round trips to London and Sarnia with local stops.

Huron Shores Area Transit is a community transportation service that is made possible through the Ontario Community Transportation Grant.



FOR MORE INFORMATION CALL OR VISIT

1-888-465-0783 • www.huronshoresareatransit.ca



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