



Hanover
Ontario, Canada



HANOVER SENIORS RESOURCE GUIDE

Anne Marie Shaw Age Friendly Committee Chairperson



Our committee is passionate about helping local seniors.

In 2016 the Town of Hanover completed a needs assessment report to identify areas of need for older adults living in our community. A key finding from the report is the need for enhanced communication strategies targeting older adults.

We are fortunate that local seniors programs and services are provided by a wide array of agencies, but most often they are communicated through multiple independent methods and platforms. Older adult's access to information has been a priority for the Hanover Age Friendly Committee.

The Hanover Age Friendly Committee is pleased to present the first edition of the Hanover Seniors Resource Guide. Inside you will find resources and services that are available to seniors living in Hanover and surrounding area.



The information found in this guide will be a useful resource for seniors to help bridge the communication gap and further support the development of Hanover as an age friendly community.

This guide was made possible by a grant from the Province of Ontario, Seniors Community Grant program. We would also like to acknowledge the Hanover Police Department for their collaboration, and the Hamilton Police Department for their content contributions. Please enjoy reviewing this guide and hang onto it for future reference.

The guide is as complete and accurate as possible at the time of printing. Inclusion of a service does not imply endorsement, nor does exclusion indicate a lack of endorsement. We regret any errors or omission and would greatly appreciate being contacted about any changes as a second edition is being considered.

Sincerely,
Anne Marie Shaw

Mayor's Message



We are continually looking for new ways to engage, to motivate and to support people living in the Town of Hanover. This guide was created with the goal of connecting, empowering and engaging older adults living in our community.

Simple common sense tells us that people of any age fare much better in life when they're physically, socially, and mentally active. This is especially true when we begin to grow older, as our bodies and minds begin to lose their youthful levels of fitness and their natural healing abilities.

This guide is a 'one stop shop' resource that contains a full list of local programs and services that serve our older adults to help you enjoy a fulfilling lifestyle that suits you.

With the help of this directory you can easily find access to support, volunteer opportunities, transportation, recreational opportunities and much more. Let us help you make Hanover your home!

This directory is as the result of the hard work of our Town's Age Friendly Committee. Thank you, committee members, for your commitment to making Hanover an age friendly community.

Sincerely,
Mayor Sue Paterson





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USING THIS RESOURCE GUIDE

This guide was created to help older adults living in Hanover access information on services, programs and amenities that are geared towards people aged 55+. The Resource Guide is divided into 4 main sections with several subcategories within each section. Each main section has been colour coded for faster identification.

COVID-19 - many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website for additional information.



Use the Table of Contents

Navigate the guide and locate your desired information. If you do not see a specific service, program or amenity, you can call **Ontario 211**. This free helpline will connect you to a community and social services resources in the area, **24 hours a day, 365 days a year and in 150 languages**.



Online version

This guide is available on the internet! Go to www.hanover.ca/age-friendly-hanover to access a digital copy of this Guide.



Want to be listed?

If you are a non profit agency that serves older adults and you think you should be listed in the guide. Please send an email to recreation@hanover.ca with the subject line "Submit a New Listing" for consideration in future editions.



Emergencies, Fraud and Legal

Introduction

The aim of this section is to bring awareness to elder abuse, safety concerns, fraud and scams, and emergency preparedness. There is also a list of resources included that service older adults in the Hanover area.

Getting involved with your community and getting to know your police service can increase your sense of security and awareness.

Abuse and Neglect

Abuse of an older or vulnerable person is not a new problem. Although present for many years in our society, it has existed in relative silence, denial and isolation. It is not usually talked about and difficult to solve unless people recognize the abuse and let someone know it is happening. Victims of abuse have the right to protection of the law and to services that support their independence and well-being.

Abuse can happen to any person, but certain factors can make people more vulnerable. These include: mental or physical impairment, cultural/ language barriers, depression, previous abuse as a child, youth or adult, living with someone, addictions and isolation.

Anyone can be an abuser. Abusers can be any family member and are often people who depend on the older adult for shelter or financial support. Abusers can also be neighbours, hired caregivers, friends or strangers. Abuse can occur in institutions, such as long-term care facilities, or retirement homes. The abusers here could be a staff member, visitors or other residents.

Abuse or neglect is seldom **reported for a variety of reasons**

- **Victims do not know what their rights are or what can be done.**
- **They think police or other agencies cannot help them.**
- **Language barriers.**
- **Fear of how the abuser will react if they report.**
- **Fear of being placed in an institution.**
- **Feeling ashamed because their family or caregiver is mistreating them.**
- **Feeling embarrassed at having been taken advantage of or scammed.**
- **Self-blaming for the abuse.**
- **Dependency on the person mistreating them due to an illness or impairment.**

I REMEMBER...

When I always knew how to tell time and when to head home for lunch or supper when the whistle at the big shop blew at 11:30am and 5pm.

- B. SWITZER



Types of Abuse and Neglect

Physical Abuse

- Slapping, hitting, shaking, pinching, punching or other rough handling.
- Sexual assault - any unwanted form of sexual activity.
- Forced confinement in a room, bed or chair.

How to recognize Physical Abuse

- Unexplained injuries, broken bones, bruises, bumps, cuts.
- Discrepancy between the story of injury and actual injury.
- Seeing different doctors.
- Broken assistive devices, glasses, walkers.

Financial Abuse

- Frauds, forgery, thefts or the dishonest use of a person's money or assets.
- Misuse of power of attorney or forcing someone to sign a will.
- Overcharging, high pressure sales for service or products.

How to recognize Financial Abuse

- Unexplained withdrawals.
- Suspicious or forged cheques.
- Denial of access to finances, cards, cheques.
- Standard of living not in line with older adult's income or assets.

Psychological Abuse

- Humiliation, threatening or being frightened.
- Not allowing older or vulnerable adult to make decisions or deliberate social isolation.
- Ignoring the person or treating them like a child.
- Patronizing behavior.

How to recognize Psychological Abuse

- Low self-esteem/withdrawal.
- Reluctance to talk openly, waits for abuser to answer.
- Isolation.

Neglect

- Failing to meet the personal care needs of a dependent person.
- Over/under medication.
- Abandonment or leaving someone in an unsafe situation or isolated place.

How to recognize Neglect

- Isolation.
- Failing to thrive.
- Change in demeanor.

Self Neglect

The inability of older or vulnerable person to adequately take care of themselves.

How to recognize Self Neglect

- Isolation, failing to thrive.
- Depression, fear, anxiety.
- Dehydration, lack of food, clothing, etc.
- Poor living conditions.



Take **Extra Care**

You can guard yourself against abuse or neglect by educating yourself and by taking steps to keep yourself safe. If you suspect a friend or family member is being abused or neglected check in with them and report it if you feel necessary.

What can the police do?

If you have been abused, or if you think someone else is being abused, call the police or Crime Stoppers. This is a very important step to protect yourself or those you may believe are in danger. Experience shows that when abuse is not identified and stopped, the frequency, severity and intensity increase.

When calling the police, you can remain anonymous. However, you may be asked for your name and phone number should more information be required. If you are hesitant about calling and know of someone who is being abused or neglected, you can contact **Crime Stoppers tip line 1-800-222-8477** and remain completely anonymous.

Elder Abuse

Take extra care

- 👉 If you suspect someone is being abused, get involved. You may be able to prevent further abuse or reduce harm caused.
- 👉 Whether you live in your own home at a retirement home or Long-Term Care facility, know your rights. Ask for advice if you think something is wrong.
- 👉 To minimize your risk of abuse **STAY ACTIVE and STAY SOCIABLE**. Maintain and increase your network of friends and acquaintances. New activities can bring new friends. Have regular contact with family and friends either by phone or visits at home if possible. Have your own phone number and check your own mail.
- 👉 Be cautious about permitting adult children back into your home to live, especially those with a history of violence or substance abuse.








- 👉 Familiarize yourself with your spouse's tasks to ensure your continued independence upon an unexpected passing.
- 👉 Stay organized. Know where you keep important papers and financial documents. Make sure others are aware that you know where to locate the documents.
- 👉 Plan now for later. Get legal advice and make arrangements now for documents like Powers of Attorney, your will or finances. Don't let anyone keep the details of your finances from you.
- 👉 Find out what community resources are available in your area. Know who to call for assistance when you need it, such as housekeeping, groceries, Meals on Wheels, transportation etc.
- 👉 Be wary of people wanting to befriend you and then quickly asking for money due to sudden unfortunate events.







Safety at Home

Most people feel safe in their own homes, however many fail to take the fundamental precautions to keep their home safe.









Exterior Safety

-  Have your house number visible from the road in case emergency crews need to find your home.
-  Think about having motion-sensitive security cameras or lights to cover any areas such as entrances and garages that provide hiding spots.
-  Install good locks and check that all doors and windows are secure and locks are functioning properly.
-  Be able to see outside your door without opening it.
-  Don't leave telltale signs you are away - have grass cut, snow removed, papers picked up.

Interior Safety

-  Do not keep large amounts of money in your home.
-  Keep valuables in a safety deposit box or a safe in your home.
-  Use timers to automatically turn on lights, radio or television.
-  Identify and inventory valuable items in your home either by video or photos.

If you live in an apartment, what you can do?

-  Treat any entrances to your apartment building as they were your own front door.
-  Before "buzzing" someone in, verify by voice or monitor that he/she is the person that you are expecting.
-  When entering or leaving the building, do not allow unknown persons to enter through the open door.
-  Just use your initials and last name or the word "occupied" on the main lobby intercom list.
-  Secure your doors and windows properly and never assume that your balcony is complete secure.
-  Don't get on the elevator if you are suspicious or feel uncomfortable of the other occupants. Wait for the next elevator. If you are already on the elevator and feel uncomfortable about the person entering, then get off.
-  Do not keep any valuable property in your storage locker.
-  If somebody is at your door that you are not expecting, check with your superintendent verify they should be there before opening the door.

I REMEMBER...

When the Hanover Police Services attended to a break and enter downtown. They checked the area and found an open door in the back of the building. An officer was reported by the Hanover Post to call out MARCO!! Police arrested a suspect after responding POLO!

- E. KING



Safety Away From Home

Although we all have to be aware of the potential dangers while out on the street, it is also important not to exaggerate the risk of becoming a victim. Most street crimes can be avoided by following precautionary steps.

An alert and cautious mind is your best defence.

- Take a mental note of people sitting or walking around you. Do not feel pressured into talking to strangers.
- When walking, look in the direction you are traveling, be aware of your surroundings (who and what is around you) and walk with confidence. If you suspect a problem go to a public place or populated area and request assistance.
- Walk only in well-lit areas, away from alleys, doorways, and bushes. Stay away from short cuts where you may be alone or in a vulnerable situation.
- When walking at night walk with a partner. Wear reflective, bright clothing and carry a light.

Carrying items?

- Whenever possible, do not carry a purse - especially in highly populated areas. Consider using a fanny pack or carrying a wallet in your front pocket or hand.
- Keep items on the front of your body (front pocket, or carry purse to the front or tucked under arm).
- When opening your purse or wallet in public, never allow anyone to see how much money you have in your possession.

- Keep a record of documents in your wallet or purse and keep it in a safe place. Call police if your wallet or purse is lost or stolen.
- Limit carrying bulky items and do multiple trips if required. Try to have a hand free at all times.
- If using a mobility aid, keep your purse on you and NOT on the device.

While on vacation

- Consider leaving expensive jewelry or cameras at home. If possible leave them in a safety deposit box or secured place.
- Never post on social media that you are away, or the duration of your vacation.
- Check with the hotel or travel agent about safe areas to visit.
- Discontinue mail and newspapers. Arrange your grass to be cut or snow to be removed.
- Leave a key with someone you trust and have them check your home.
- Make the building attendant aware of any extended absences.

I REMEMBER...

When the milkman (my Dad) delivered chocolate milk in glass bottles to daycamp in the town park.

- H. FLEET



Internet Safety

Social Media

- Be cautious of sharing too much information or accepting friend requests from people you do not know.
- Understand how privacy settings work on social networking websites.
- Once information is shared on social media, you no longer have control over it.

Passwords

- Strong passwords have minimum 8 characters, upper/lower case letters and numbers and special characters
- Never save your password on a public computer.
- Always log out properly. Do not just close the browser page.
- Avoid using birthdates, phone numbers and address numbers in your passwords.

Online Shopping

- Do your research before purchasing anything online.
- Do not use your credit card number online unless you know the company you are purchasing from.
- Look for secure websites with an https in the browser's address bar. The "s" stands for secure. Websites beginning with "http" are not secure.

Email Safety

- Email is one of the easiest ways for cyber criminals to target citizens.
- Be wary of emails that offer free products or discounted services.
- Do not reply to or click on links in emails that look suspicious. Never open an attachment from a sender unknown to you.
- "Hover" over the link with the mouse to check the website you are being directed to before clicking the link.
- Delete anything that seems out of the ordinary. If the email is from someone you know, they will try again or they will find an alternative method to contact you.

Security Software





- Consider downloading a security software to protect your computer.
- If you are unsure of how to do so, ask a trusted family member or reputable computer retailer.
- Periodically check that your software is updated and working.



Frauds, Scams and Theft

BE AN EDUCATED CONSUMER! Fraud is the number one crime against seniors. If you have been defrauded you may not necessarily be aware that you are a victim. The con artist will take your money promising you the same amount or a larger amount in return that you will never receive.

Reasons Seniors are targeted

-  Often live alone and have more savings, assets or disposable income.
-  A widowed senior living alone is most likely to be targeted.
-  Generally, seniors are more trusting than younger generations.
-  Many do not report losing money because they are embarrassed for being deceived.

I REMEMBER...

Saturday afternoon movies when you saw Roy-Gene- Wild Bill along with all the bad guys with guns a-blazing.

Between features there was Buggs and Elmer Fud along with a whole cast of cartoons. Now it is time to go to the back and get a box of popcorn, pop and candy bar all for 30 cents...now back to your seat for Ma and Pa Kettle or Hop along or Dick Tracy... Bye till next Saturday afternoon at the Paramount show and if you have a date get to the show early to get the back row!

- G. RAHN

How they deceive you

- 1.** For fraud to be successful, the scammer needs to gain your trust and lead you to believe that only **YOUR** best interests are at heart.
- 2.** While many are men, women are equally good at scamming seniors.
- 3.** If you say "no" the scammer is likely to become aggressive and threaten you to scare you into being scammed.
- 4.** Scammers can get information about potential victims from many sources. They get information from marketing companies, registration cards, magazine subscriptions, government statistics, telephone directories, obituaries and social media.
- 5.** The will invest time and effort into developing a relationship with you to gain your trust.

Fraud is theft by lying or cheating

- Telephone scams Direct marketing
- Technology scams Thefts by deception



Telephone Scams

Tax Scam

A fraudster calls claiming a recent audit has been conducted and you owe money for taxes. They threaten that nonpayment will result in large amounts of additional fees, or that the police will attend and arrest you. The fraudster requests payment by a money service or pre-paid cards/gift cards.

Another version of this scam is by receiving an email indicating a refund is pending. A link is provided which mimics the actual Canada Revenue Agency's website. The email asks you to input your personal information such as social insurance number, date of birth and banking information. This is identity fraud.

Take extra care

If you receive a call, message or email saying that you owe money for taxes you can call the Canadian Revenue Agency at **1-800-959-8281** or check your CRA account online to confirm any outstanding payments. **DON'T BE AFRAID TO HANG UP!**

Prize Scam

You will receive a call from a prize company or magazine subscription; the scammer advises that you have won a prize and in order to receive the prize, you are required to pay an advance fee for delivery, taxes, or legal fees.

Take extra care

Sweepstakes companies will **NEVER** ask for money up front. Any unsolicited calls claiming you have won a foreign lottery are false. The only way you can win is to attend the country yourself. Never give out personal information over the phone no matter who the caller says they are.

Emergency Grandparent scam

You receive a phone call from a fraudster claiming to be a child or grandchild. They go on to say they are in some sort of trouble, away from home and they require money immediately.

The call may sound like this:

Suspect: Hi

Grandma/Grandpa Victim: Hello.

Suspect: Do you know who this is?

Victim: yeah.....(insert child/grandchild name)

Often the original caller will be distraught and they are hard to hear. You will be passed to a lawyer or police officer to give you the details on how the money needs to be sent.

Take extra care

Most children will call their parent if they are in trouble. Confirm with other family members before sending any money. Create a family safe word.



Technology Scams

Software scams

You may receive a phone call or a computer "pop-up" requesting you to contact the number listed. The fraudster claims to be from a reputable computer company advising that your computer has a virus that needs to be addressed immediately. They will try to sell you overpriced and worthless anti-virus protection. Others will send you fake links that will direct you to a site that mimics a well-known computer company, resulting in them gaining remote access to your computer. They will also request you visit your online banking account. The callers are very tenacious and friendly until you question them. Then they often become aggressive over the phone.

Take extra care

Computer companies typically do not call people out of the blue to tell them something is wrong with their computer unless **YOU** have initiated contact with them. If you are not sure, hang up and contact the company yourself. If you are having issues with your computer seek out a computer repair service yourself.

Text message scams

You may receive a phone call or a "pop-up" on your device. It may request the victim to become a secret shopper or could claim to be from your bank indicating your bank card was recently used asking you to confirm your account numbers and passwords with a link provided. They will often provide you an internet link to visit which will mimic the real business' website.

Take extra care

Do not respond to texts if you are unaware of the sender. If it is important they will call you. If it is from your bank, use the number listed on the back side of your credit/debit card to make an inquiry.

Fraud

Prevention tips

"Buyer Beware" and "You do not get something for nothing" - two of the most used phrases in the world of fraud.

Do not rush into any agreements that involve your property or money.

TAKE YOUR TIME and ASK QUESTIONS.

There are no such things as "Get rich" schemes - If it sounds too good to be true, it probably is!

Be careful when signing contracts. Have a family member, trusted friend or legal representative review it first.

Read the fine print and if you do not understand....ASK QUESTIONS and GET ANSWERS.

Never turn over large amounts of cash to anyone no matter how good the deal sounds or urgent the matter.

Report suspicious offers to the police immediately, before the suspect finds other victims. Take a mental note of what the suspect looks like, what they sound like, the phone number they called from and other details from the conversation if possible.

Never give out any personal information, bank or credit card numbers over the telephone or internet unless you have initiated the call.

Be suspicious and cautious when you receive unexpected phone calls, text messages or emails that request your information


Never 'wire' money to a person you have never met

Do not send cash through the mail or by courier




Resource Numbers


Better Business Bureau

 1-800-459-8875

Ontario Energy Board

 1-800-632-2727


Consumer Protection Ontario

 1-800-889-9768

Ministry of Government and Consumer Services

 1-844-286-8404

Canadian Anti-Fraud Centre

 1-888-495-8501

Power of Attorney

Many people believe that when they become sick or have an accident their family automatically will be able to make decisions regarding their finances or health care. This is not necessarily true, as legal authority is often required to make these decisions. One way to protect yourself is through the use of a Power of Attorney. This empowers a person or persons of your choice to act on your behalf for financial or personal care decisions at a time in your life when you are not able.

Speak with a reputable legal representative about your options for your Power of Attorney, as there are many different options available to you. Be sure to understand ALL information being put into your Power of Attorney. If there are things that you do not understand, ask to have them explained PRIOR to signing the document.

Power of Attorney for Personal Care

A Power of Attorney for Personal Care, sometimes called a “personal power of attorney” is a legal document. With this document you give someone the power to make personal care decisions on your behalf, if you become mentally or physically incapable of making the decisions yourself.

Power of Attorney for Property

A Power of Attorney for Property allows your Attorney to make decisions about your property and usually comes into effect the day it is signed unless there is an “activation clause.” They continue to go on acting for you if you become mental or physically incapable of managing your property. The most recently signed Power of Attorney is taken as valid revoking any prior Power of Attorney’s signed. Keep your financial institution apprised of any changes that are made to protect your accounts.

Property or financial dealings, such as banking, signing cheques, buying or selling real estate and buying consumer goods required for you, are a few of the decisions that can be made by a Power of Attorney.

The person appointed must keep an accurate account of all money transactions that can be requested at any time by any person.

Just because a person is your Power of Attorney this does not require them to be “joint” on your bank account. A joint account legally belongs to both parties regardless of who is depositing the money. Have your bank add them as a Power of Attorney to your account. This gives them access to assist but not ownership rights to the account.

Mentally incapable

This term means different things in different situations. The thresholds to make certain decisions are different. The decision to stay at home is different than the ability to make sound financial decisions. To be legally incapable, a Capacity Assessor appointed by the Attorney General needs to conduct an assessment of capacity.



Living Will

A Living Will is a document where you write down what you want to happen if you become ill and cannot express your wishes about treatment. A Proxy Directive is a term used to refer to a document that combines a Power of Attorney and a living will.

Power of Attorney and Living Will are NOT the same. A Living Will may be written into a Power of Attorney. The Living Will is your wishes for care and does not need to appoint any specific person to carry them out.

A Living Will is also NOT the same as a Last Will and Testament. A Living Will refers to decisions while you are alive, the Last Will and Testament are decisions of distribution of your property and only take effect after your death.

Take extra care

- The law does not require you to have a Power of Attorney; however, it is recommended, if you have a person you trust. This power may be given to the Public Guardian and Trustee if you do not have a suitable person to appoint.
- If you do not appoint a Power of Attorney, a family member has the right to make your care decisions and may apply to be your "guardian" for financial decisions.
- If there are more than one Power of Attorney, only the most recently signed document is valid. If you intend to have more than one person appointed this must be written into one document.
- A Power of Attorney must be signed by **TWO** witnesses. If the document was drafted prior to 1995, it is valid with only ONE witness.

- When deciding who to appoint as your Power of Attorney consider whether the person is willing to take on this job if required. It can be difficult with a high level of expectation. Consider if they are trustworthy, responsible and good at handling finances. Also consider if they are mentally able to handle the tasks that are required.
- You are able to appoint multiple people as your Power of Attorney. They can make decisions jointly or jointly and severally. Jointly means all must agree to decisions being made. Jointly and severally means that one of the individuals named can make decisions independently without consultation with the others named.
- For additional information visit: www.attorneygeneral.jus.gov.on.ca



Hanover Fire Department



519-364-2780



www.hanover.ca/fire-and-emergency-services



341 - 10th St, Hanover, ON N4N 1P5



Emergencies Call 911

Evacuation & Shelter-in-Place

An evacuation may be ordered when there is a significant threat. Other times, it may be safer to remain inside (shelter-in-place). These orders are typically broadcast through TV, radio, government websites, social media or wireless public alerting.

Evacuation

- Evacuate only when ordered by emergency officials and if safety permits, take your pets.
- Take your family emergency kit with you and head to your family meeting place or to a designated reception centre.

Shelter-in-Place

- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air-conditioning systems to avoid drawing air in from the outside.

Family Emergency Plan

- Create a family emergency plan and discuss potential emergency situations ahead of time to reduce fear and anxiety.
- Review your plan yearly and practice going to your meeting places.

Meeting Places

Identify two meeting places in case you have to leave your home or can't return home right away:

- Near your home.
- Outside of your neighbourhood.

Emergency Preparedness Starts With You!



Hanover Police Services



519-364-4280 x 1



www.hanover.ca/police-services



203 - 10th St. Hanover ON N4N 1N8



Emergencies Call 911



Non-Emergency Dispatch 519-364-2411

The Hanover Police Service is committed to investigative excellence and professional community based policing that includes a full range of criminal investigations, drug investigations and traffic investigations. Our members also provide many other policing services to our community with dedicated police officers in Town at all times working constantly to enhance our community safety, security and the well-being of our citizens and visitors.

The Hanover Police Service Wandering Persons Registry is a voluntary database that will provide the Police Services with emergency contact information, detailed physical descriptions, known routines and special needs of this individual. This information will assist officers in identification, communication, attending a residence of, or dealing with an emergency involving this individual.



Town of Hanover

Seniors Resource Guide

Grey Bruce Community Legal Clinic

Hours: 8:30am - 4:30pm
Closed 12pm-1pm

- 519-370-2200
- www.gblegalclinic.com
- gblc@lao.on.ca
- 945 3rd Ave East Suite 2, Owen Sound, On N4K 2K8

The Grey Bruce Community Legal Clinic assists low-income residents in Owen Sound and surrounding communities with Tenant, ODSP, CPP, OAS, EI appeals, Energy contract + criminal injuries. Call to make an appointment.

Advocacy Centre For The Elderly (ACE)

- 1-855-598-2656
- www.advocacycentreelderly.org
- 2 Carlton Street, Suite 701 Toronto, ON M5B 1J3

The Advocacy Centre for the Elderly is a community based legal clinic for low income senior citizens. Managed by a volunteer board of directors at least half of whom are seniors. ACE is the first legal clinic in Canada to specialize in the legal problems of seniors.

I REMEMBER...

When Hanover Raceway held Thanksgiving "Turkey Trots". I was 10 years old and went with my Dad. The horses raced double heats and there was 10 races. I have the original program from October 11, 1965. Post time was 1:30pm and the program cost .24 cents plus .01 cent tax. Memories.

- H. FLEET

Ontario Network for Prevention of Elder Abuse

- 416-916-6728
- 234 Eglinton Ave. East, Suite 500 Toronto, ON M4P 1K5

Will direct inquiries concerning abuse situations to the most appropriate local resources.



I REMEMBER...

Going to the Paramount every Saturday matinee and watch the Bowery Boys, Audie Murphy, Roy Rogers and Lone Ranger to name a few. Matinees started at 2 pm and I always sat in the first seat in the second row on the west side of the theatre. Never missed a Saturday!

- D. HOCKING

I REMEMBER...

When the original location of the Hanover Public Library was upstairs. You climbed the steps, walked past the pillars, and entered under the dignified signage reflecting that this was a Public Library. The many rooms with their nooks and crannies held wonderful collections of books and the numerous sets of encyclopedias were a great resource. Mrs. Crowe ensured the library was a soundless sanctuary. Quiet please!

- S. PATERSON

Victims Service of Bruce, Grey, and Owen Sound



519-364-7817



Hanover Police Services - 203 10th St. Hanover, ON N4N 1N8

Will direct inquiries concerning abuse situations to most appropriate local resources.

Women's House Serving Bruce & Grey



Crisis helpline - 1-800-265-3026



519-372-1113



www.whsbg.on.ca

Offers support, education and crisis intervention to women experiencing abuse.



Town of
Hanover

Seniors
Resource
Guide

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Staying **Healthy and Active**

Broadly speaking, there are three categories of activities that are recommended for optimal senior well-being: physical, social, and mental.

Keep Active

A sedentary lifestyle during the senior years can lead to greater susceptibility to injury, higher incidence of obesity, cardiovascular problems, and a number of other serious diseases. Oppositely, persons who continue to stay active into their senior years decrease the risk of these adverse conditions. Additionally, senior physical activity decreases the risk of stroke, cancers, type 2 diabetes, depression, and dementia. It also arrests the deterioration of overall health and allows seniors to maintain their independence longer.

Socialization Spreads Positivity

Socialization is the activity of mixing socially with others. It's intended to foster relationships, establish good communication skills, and promote a sense of community. The importance of socialization never wears off, and it's particularly relevant for seniors.

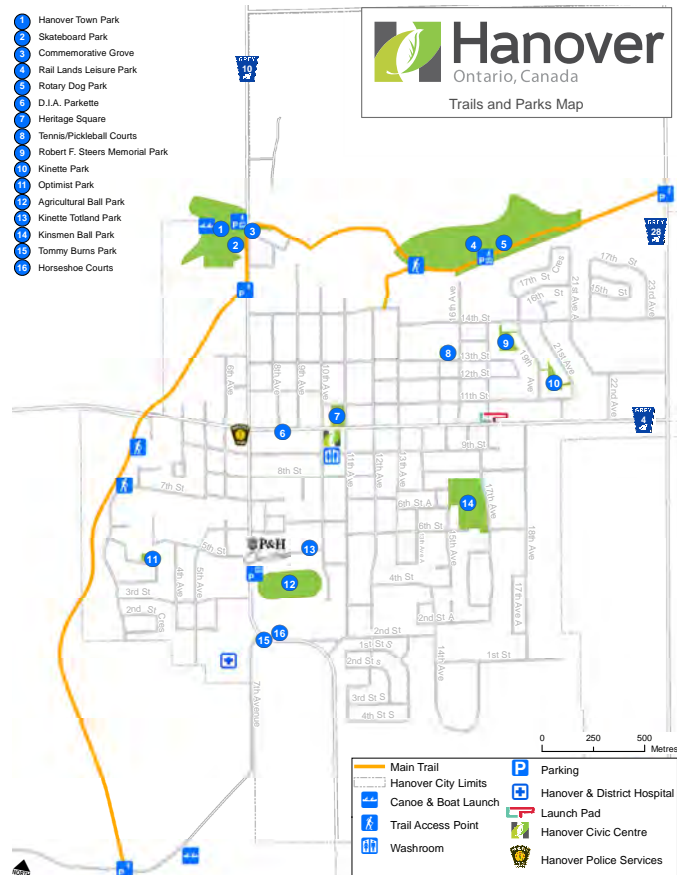
The benefits of socialization are plentiful – it can reduce stress and the risk of depression, and increase self-esteem and longevity. Aside from adding a few years to their life, the benefits of the elderly socializing can help develop new friendships, reduce stress, keep anxiety and depression away, and help them to feel useful and needed.

Socializing keeps people young at heart, emotionally vibrant, and mentally sharp. Adults of all ages are encouraged to remain physically active to maintain healthy body weights, cardiovascular strength, and boost muscle strength.



Volunteering

Volunteering can help you meet other people, build skills, increase your social network and give back to the community.



Hanover Area PROBUS Club



www.hapc.ca



mmpshp@hapc.ca

A local, national and international association of retired people that provides regular opportunities for members to meet others, make new friends and maintain and expand their interests.

Hanover Area PROBUS Club was formed in September 2014. Our club has grown to almost 248 and draws members from a wide area including Hanover, Walkerton, Durham, Neustadt, Mildmay, Ayton, Elmwood, and many points in between.

General meetings of the Club feature a guest speaker and are held the 2nd Wednesday of every month (July and August excluded) at the P&H Center at 10:00 am.

PROBUS organized activities include: Cards & Bridge, Knitting & Crochet, Hiking, Pole Walking, Sewing, Cross Country Skiing, Board Games, Book Club, Film Club, Dinner Club, Wine Tasting and more!

Royal Canadian Legion Branch 130



519-364-1130



prohanoverbranch130@gmail.com



Find us on Facebook



493 8th Ave. Hanover, ON N4N 2K9

A vital part of Hanover, as a service and social club for over 90 years. Offering assistance for veterans and their families and a large inventory of medical and home assist devices for loan.

- Various sized halls for rent with bar facilities
- In house catering is available
- Monday & Tuesday night darts
- Friday afternoon bid euchre (open to all)
- Bi-weekly meat draws
- Monthly Country Dances (resuming soon)
- Local pool leagues and Seniors games use our facilities
- Catch the Ace draws (ongoing) to raise funds for Branch and community projects

New members are always welcome!

Hanover and District Horticultural Society



Barb at 519-364-3153 or Jill at 519-364-4756

Beautifying Hanover for nearly 60 years. Meetings are held monthly at St. Matthews Church at 7:00pm. Guest speakers provide information for novices and experienced gardeners. Plant sales, flower shows, a fall craft show, and picnics are part of our annual curriculum. New members welcome. Annual membership fee is charged (2021- \$10.00).



P&H Centre | Town of Hanover Parks, Recreation & Culture



519-364-2310



recreation@hanover.ca



www.hanover.ca



269-7th Ave. Hanover, ON N4N 2H5

Indoor & Dryland Training Area

Our track and dryland training area is free to use by all patrons. (with donations accepted) Available for use during P&H Centre’s facility hours. The walking track includes varying elevations, unique views and a place to walk/run in all kinds of weather! (18 laps on the track = 1 mile)

Walk or Run | 6:00 - 8:00am | 2:00pm - Close *Hours subject to change
Seniors Walk | 8:00 - 10:00am

Huff n’ Puff Hockey | Days & times, see website hanover.ca

Recreational pick-up hockey with an emphasis placed on the social aspects of the game. Our program is intended for players who are friendly, enthusiastic and ready to cheer on teammates while playing a good game of hockey! *Ages 50 and above.

Carpet Bowling | Days & times, see website hanover.ca

This indoor game is similar to Lawn Bowling. It is fun, challenging and provides a chance to socialize. Newcomers are always welcome!

Hanover Regional Aquatic Centre

The Aquatic Centre offers a variety of programs that are available for drop-in or registration. Enjoy programs such as Aquafit, Aqua Circuit, Adult and Senior Swims, Lane Swims, Swimming Lessons and more! The facility has a 25 metre lap pool and wading pool.

Spring Fling 55+ Games

Hanover’s Local Spring Fling Games offers individuals aged 55+ an opportunity to participate in a variety of events with emphasis on FUN – PARTICIPATION – FELLOWSHIP .

Events Include:

Bid Euchre, Euchre, Solo, Cribbage, Contract Bridge, Crokinole, Shuffleboard, Pickleball, Lawnbowling, Golf, Swingbowling, Carpet Bowling, Darts, Prediction Walking.

When:

Events take place in April. For more information call 579-364-2310 ext 0 or visit hanover.ca

I REMEMBER...

Playing hockey in arena on main street against Durham in midget when a bench clearing brawl broke out. The refs could not get it under control so Delford the arena owner went and shut all the lights out. It ended immediately it was so dark inside and so did the game because he would not put lights back on.

- S. LAMONT



Hanover Lawn Bowling Club



519-506-4580



rl52allen@hotmail.ca



www.hanoverlawnbowling.com



268 6th Street A, Hanover

New bowler fees - \$75.00 / Season (2021)

An age friendly sport that provides exercise, fresh air and a social setting while still physical distancing.

Senior Citizens Friendship Club of Hanover



519-364-7723



432 15th Ave. Hanover

Seniors social club includes cards, potluck dinners with guest speakers.

Monthly meetings are held on Tuesday 1:30pm-3:00pm \$10 Annual Membership Fee charged (\$10.00 - 2021) New members are welcome.

Launch Pad | Youth Activity & Technology Centre



519-506-6300



launchpad@yatc.ca



www.mylaunchpad.ca



612 10th St. Hanover ON N4N 1R9

Volunteering at Launch Pad

We offer new opportunities to youth each year, connecting our youth with awesome people in the community, and leave them feeling inspired with the tools they need to achieve their dreams.

We need great people passing on their skills to the next generation. If you have skills in the kitchen, in the welding shop, in the wood shop, or skills in art, home economics, or yoga, we are interested to hear from you!

Launch Pad will cover all of the supplies needed to execute the program and volunteer honorariums can cover mileage and related expenses.

Older Adults Program at Launch Pad

Launch Pad has received a second year of funding from the New Horizons for Seniors Program offering program opportunities at Launch Pad for individuals aged 55+! Programs have resumed in culinary, welding, technology, watercolours, and woodworking.

I REMEMBER...

When the “clip-clop” of the milkman’s horse was a familiar sound as milk was delivered right to your door.

- A. MORROW




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Knights of Columbus

 Gerald Poechman 519-364-5657 | Jim Zettel 519-364-4195

An international organization of Catholic men whose principal work involves helping others in need. With the main principles of charity and fraternalship. Members must be 18 years old and Catholic. Monthly meetings held. Bingo, other fundraisers, hall rentals and money is raised for local charities.

Hanover Rotary Club

 www.rotaryofhanover.ca  PO Box 20161 Hanover, ON N4N 3T1

Focused on helping make the world around us a better, happier place. Our members, organize fundraisers, exciting community-building events that support the community greatest need. We typically meet the 2nd Tuesday of the month at 7:00pm and the 4th Tuesday at 6:30pm at the Hanover Masonic Lodge. Let us know if you would like to join us. We'll save you a seat.

Light On Main

 Bill Smolenaars 519-364-7265

Initiated in 2009 to help people that are feeling lonely and lost. Light on Main will typically offer a free hot lunch for anyone in the community. Special Christmas, Easter and Thanksgiving dinners with Turkey and all the trimmings are served.

Approximately 25 volunteers weekly are needed to help in the kitchen with dishes, serving, setting up and taking down tables and chairs. The meal is free and everyone is welcome. Every Wednesday at Grace United Church. (September - June)

Saugeen Stamp Club

 Walt Berry 519-887-6999  wsberry@sympatico.ca

 www.rpsc.org

Meetings occur monthly on Tuesday at 7:30pm at St. Matthews Evangelical Lutheran Church. Membership reaches across Canada. 20 to 30 members gathering from Owen Sound to London, Ontario. \$20 annual membership/household (2021).

Hanover Tennis & Pickleball Club

 Steve Westman 519-881-7612  13th St. and 16th Ave. Hanover

Memberships available for purchase. Organized and open play time available, as well as lessons. 6 outdoor pickleball and 2 tennis courts available. May through October.



Saugeen Artists Guild



www.saugeenartists.ca



info@saugeenartists.ca

An artist's collective aimed at assisting established and emerging artists to market their work, increase sales, network with other artists, and further their business skills. Our region covers all of the Saugeen Watershed, but we also welcome artisans from outside this area.

Grey Bruce Singers



519-392-8351



info@greybrucesingers.ca



www.greybrucesingers.ca

A large community choir in the Hanover area for over 70 years with our mission to share the joy of music and to develop the appreciation of choral music. Through regular rehearsals, concerts and tours, GBS has established a fine reputation and is widely known for diverse styles, warm sounds and rich texture.

Rehearsals every Tuesday from September to April with performances every Christmas and Spring.

New Millennium Quilters Guild



P.O. Box 20153, Hanover, Ontario N4N 3T1



<https://newmillenniumquiltersguild.wordpress.com>



newmillenniumquiltersguild@gmail.com

Preserving the tradition of quilting, promoting fellowship among quilters, stimulating interest and encouraging advancement of knowledge about quilting to all persons.

Monthly meetings on the 3rd Tuesday except July and August at the Walkerton Pentecostal Church, Highway 9 at 7:00pm.

Membership fee is \$35.00 a year. (2021)

I REMEMBER...

When I could walk down the north side of the main street under the business awnings and never get wet.

- J. RAHN



Swing Bowling



519-364-2240



356 9th St. Hanover, ON N4N 3L5

League Fee \$20.00 Co Ed Mondays 7:00pm, Ladies 7:00pm Tuesdays. May - August. Come give swing bowling a try, no experience needed.

Saugeen Toastmasters



519-477-0665



413 18th Ave. Hanover, ON N4N 3S5



www.saugeen.toastmastersclubs.org

We develop valuable speaking, listening, presenting, and leadership skills in a fun, supportive environment. Meets Mondays at 6:45pm. Guests are welcome!

Saugeen Field Naturalists



519-364-9924



Box 20156, Hanover, ON N4N 3Ti



www.saugeenfieldnaturalists.com



saugeenfieldnaturalists@yahoo.ca

Founded over 40 years ago by a group of individuals with a shared love of the environment, our members come from the Saugeen River watershed to meet monthly at Hanover, Masonic Lodge located at 33133 Grey Road 28.

An active club with broad natural interests. Recent outings have included opportunities to study birds, wildflowers, insects, landforms, and trees as well as exploring some of the lesser known Natural Areas in Grey and Bruce.

A membership application and events list is available on our website.

Hanover Curling Club



519-364-1816



247 12th St. Hanover, ON N4N 1V2



www.hanovercurlingclub.com

Promoting and developing a range of curling opportunities for all age groups and abilities, The Club serves its members by offering excellent curling ice, a welcoming lounge, quality kitchen service and enjoyable special events.

We are a group of people who love to curl - some more competitively and some for recreation and exercise; and we have leagues and programs to match what our curlers want.

There are weekly Men's, Ladies, Seniors, Little Rocks & Mixed Leagues for all skill levels. Come give curling a try!



Hanover Lions Club



Hanover Lions Club, P.O. Box 20075, Hanover ON, N4N 3T1



www.hanoverlions.com



hanoverlions@gmail.com

Chartered in November 2008, we continue to appreciate the opportunity to serve our community in a wide variety of ways. Lions members – men and women – provide immediate and sustained relief in time of disaster. We improve the quality of life in our local communities and countries worldwide by building parks and hospitals. We take on big projects like fundraising to contribute to a new recreational facility or help with smaller problems such as a family or person who needs financial assistance not covered by other agencies or organizations who specialize in these services.

Meetings including dinner are held on the first Wednesday night of every month in:
The Lions Den - Hanover P & H Centre. 269 7th Ave. Hanover, ON N4N 2H5

Hanover Heritage Committee



519-364-2310 x 2123



amorrow@wightman.ca



www.hanover.ca/history-and-heritage

Promoting Hanover history awareness, hosting Heritage events, creating heritage displays and documenting our Town's history through archive collection (photos, artifacts) and physical property inventory.

Take a stroll downtown and look for the brass plaques on a number of buildings or virtually at the website above.

The committee welcomes donations to our archives!

If you have something that you feel is historically significant in your closet, drawers and attics, please contact us. We are looking for interesting Hanover artifacts and memorabilia that tell a piece of the story of Hanover's past.

Consider photos | books | postcards | awards | souvenirs | medals | pins | objects pertaining to military | businesses/stores | music | schools | medicine | sports | homes | churches | From the eras Early Years before 1900 | New Century 1900 – 1914 | World War 1 1914 – 1918 | Roaring Twenties 1919 – 1929 | Depression 1929 – 1939 | World War 2 1939 – 1945 | Baby Boom 1946– 1966 | Modern Times 1966 onward.



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Home Healthcare

Home health care agencies provide a range of in-home services from nursing to therapy to personal support and homemaking. Personal support includes care such as grooming, dressing, bathing, care in bed, help with medication, and respite care/ caregiver relief.

Homemaking services may include home management, meal preparation, friendly visiting, light housekeeping, going with someone to appointments, shopping and errands. Additional health-care services may also be available such as foot care and palliative care.

Geriatric Services

Geriatric services provide specialized care of older persons, including assessment and treatment of functional, medical, and psychosocial aspects of illness and disability.

Special Equipment and Services


You may need special equipment because of an illness, surgery, or a disability. Professionals are available to help you figure out what equipment you need. Sometimes equipment can be rented or borrowed for short term needs. For longer term needs, funds may be available to support some of the cost of items.

For private medical equipment suppliers, visit www.southwesthealthline.ca or look under "Hospital Equipment" or "Medical Equipment and Supplies" on the internet or Yellow Pages.




Royal Canadian Legion Branch 130

The Hanover branch offers medical equipment loan cupboards.


 519-364-1130

 www.legion.ca

 493 8th Ave Hanover, N4N 2K9

Mental Health and Addictions

Mental Health, Addiction, and Problem Gambling Services





 1-866-531-2600

 www.connexontario.ca

Confidential telephone information and referral service for Ontario.






Grey Bruce Health Services

-  519-376-2121
-  1-888-525-0552
-  Crisis Line: 1-877-470-5200
-  1800 8th St E, Owen Sound




Hospital and community-based mental health services for individuals with a serious mental illness. An in-patient psychogeriatric unit provides services to patients over age 65.

Community Addiction Treatment Services

-  519-376-3999
-  1-888-525-0552
-  495 9th Ave E, Owen Sound

Outpatient addiction treatment, referral and follow up services.

Alcoholics Anonymous Central West (Bruce, Grey, Huron, Wellington)

-  519-396-2233
-  1-888-695-9357
-  www.centralwest4district5aa.org

Support group meetings for people dealing with alcoholism. Group meetings follow the Alcoholics Anonymous twelve steps to recovery.

I REMEMBER...



Getting three polio vaccines over several months when I was in public school.

- A. MORROW

Help for Specific Health Conditions

Help is available to seniors and their families to cope with specific health problems. A few of the associations that provide information, education and support are listed here.


Alzheimer Society Grey-Bruce

-  1-800-265-9013
-  www.alzheimer.ca/greybruce


Arthritis Society

-  1-800-321-1433
-  www.arthritis.ca



Canadian Cancer Society Bluewater Unit

-  1-888-939-3333
-  www.cancer.ca


Canadian Diabetes Association

-  800-226-8464
-  www.diabetes.ca



Heart and Stroke Foundation of Ontario

-  519-371-0083
-  www.heartandstroke.com



Ontario Lung Association

-  1-888-566-5864
-  www.lung.ca

Osteoporosis Canada

-  1-800-463-6842
-  www.osteoporosis.ca

Parkinson Society Southwestern Ontario

-  1-888-851-7376
-  www.parkinsonsociety.ca




Care for the Caregiver and Respite

If you are looking after a relative, friend or neighbour who is sick, frail or disabled, it can take a lot out of you, no matter how willingly you offer your help. Over time it may even affect your health. And if you get sick, you won't be there for the person who is counting on you.

The best advice is to get help from others and not try to do it all on your own. Having some time to yourself is important. The following services provide caregiver support through counselling, groups and information.

Share The Care™ Station

Grey-Bruce Geriatric Education Cooperative.
c/o Alzheimer Society Grey-Bruce

 519-376-7230

 1-800-265-9013

 753 2nd Ave E, Owen Sound
Grey Bruce

I REMEMBER...

When as a young fellow I would give out plastic rings at Saturday afternoon matinees at the Theatre. For example, if the movie was the 'Three Stooges', the ring would have the 'Three Stooges' on it. Also there was a time, attendees to the Theatre received dishes (ie plates, cups, etc) when they came to a movie. I would attend a movie for 15 cents for admission and 10 cents for popcorn. It only cost me a quarter.

- J. RAHN

10 Signs of Caregivers Stress

1. Denial

...about the disease and its effect on the person with the disease.

"Everyone is overreacting. I know Mom will get better."

2. Anger

...at the person with Alzheimer's disease, themselves and others.

"If he asks me that question once more I will scream!"

3. Withdrawing socially

...you no longer want to stay in touch with friends or participate in activities you once enjoyed.

"I don't care about getting together with friends anymore."

4. Anxiety

...about facing another day and what the future holds.

"I'm worried about what will happen when I can no longer provide care."

5. Depression

...you feel sad, hopeless much of the time.

"I don't care anymore. What is wrong with me?"

6. Exhaustion

...you barely have the energy to complete your daily tasks.

"I don't have the energy to do anything anymore."

7. Sleeplessness

...you wake up in the middle of the night or have nightmares and stressful dreams.

"I rarely sleep through the night, and don't feel refreshed in the morning."



Telehealth



1-866-797-0000



www.health.gov.on.ca

Free, 24-hour confidential phone line provides access to nurses who provide general health information and advice.

211

Hours of Operation:
24/7



1-866-743-7818



211info@communityconnection.ca



www.211ontario.ca

The 211 helpline is answered by information and referral specialists who provide information on local organizations that are included in the 211 database.

CMHA Grey Bruce Mental Health and Addictions Services



519-371-4120



1101 2nd Avenue East, Suite 205
Owen Sound, ON N4K 2J1



www.greybruce.cmha.ca

Our 24 hour crisis line is there for you AND not just in a crisis. The Grey Bruce Crisis Line is able to assist you at any point if you need to talk. **1.877.470.5200**

Our Drop-In Clinics are open for you to visit! Check out our website for a full list of locations and availability. Free Drop-In Clinic services provided in collaboration with Grey Bruce Health Services. Drop in for referrals, resources and/or mental health support. No appointment necessary. No charge. Check out our website.

Peer Support Services – This team provides education, information and peer support to foster self-help, networking and leadership development for adults with serious mental illness. It offers workshops, presentations and one-to-one and group peer support, as well as information and support groups. For more detailed information and to book a time with a peer worker, please visit our website.

Doctor Search

Hours of Operation:
Monday - Friday, 8:00 am - 5:00 pm



416-967-2600



feedback@cpsy.on.ca



www.cpsy.on.ca



80 College Street, Toronto, ON M5G 2E5

Doctor Search is a free service offered by the College of Physicians and Surgeons of Ontario. This program provides public access to the names of physicians accepting new patients



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Alzheimer Society Grey Bruce

Hours of Operation:
8:30 am – 4:00 pm

 info@alzheimergreybruce.com  www.alzheimer.ca/greybruce
 519-376-7230  753 2nd Ave E Owen Sound, ON N4K 2G9

The Alzheimer Society of Grey-Bruce provides support and information to individuals with memory loss, or any type of dementia and to their family members who care for them and also connects them with other community services that they require.

Staff provide support through individual and family Counselling, support groups, in-home visits, and educational series. Alzheimer Society of Grey-Bruce wants to support you and your family to live as well as possible with Alzheimers & Dementia. Their amazing staff are experts on dementia care and the local healthcare system. They are great resource for any question you could ever have and provide individualized support by phone, email, and zoom meetings.

Minds in Motion – person living with dementia and their care partner engage in exercise followed by a brain stimulating activity. Offered weekly on Zoom.

Active Living – brain stimulating activities offered weekly on Zoom.

Music for Memories – a weekly sing-a-long group offered on Zoom.

Coffee Connect – an open social hour offered monthly on Zoom.

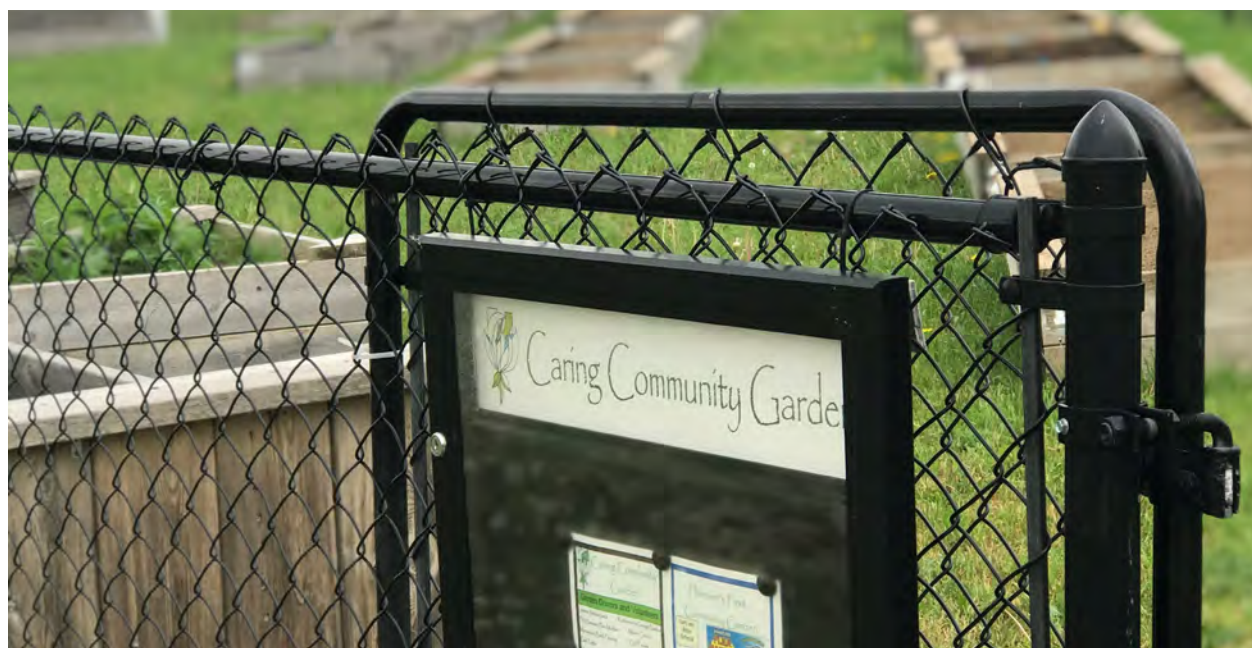
Learning Series – educational workshops covering various topics through the dementia journey are offered through Zoom video conferences.

Support Groups - offered monthly by phone or internet connection. These meetings are intended for care partners to share their experiences and learn from our staff and from each other.

Memory Café – a support group for people living with dementia offered on Zoom.

At Home Activity Kits – work with a staff member to create an activity kit based on the specific interests and abilities of the person living with dementia. We have a storeroom full of dementia friendly games, activities, books, hobbies and more.

In-Home Recreation – staff provide in-home recreation weekly. (this popular service currently has a waiting list) and highly trained volunteers are matched with people living with dementia to connect (currently by phone or Zoom) to talk and engage socially.



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Grey Bruce Behaviour Support Ontario Team



519-376-2121 x 2759



Owen Sound Hospital
1800 8th St. E, Owen Sound, N4K 6M9

Services are provided to clients 65 and older who exhibit or at risk of exhibiting a responsive behavior related to mental health, addictions and dementia related neurological conditions. Clients are seen if they are less than 65 years of age if they have dementia. The team will provide service to the client wherever they reside, including long term care homes, hospital and community settings. Referrals are accepted from clients, families and professional health care providers.

Psychogeriatric Assessment Unit



519-376-2121 x 2940



1800 8th St. East Owen Sound,
ON N4K 6M9



www.gbhs.on.ca

Psychogeriatric Assessment Unit is a 16-bed unit offering in-patient psychogeriatric assessment by a multi-disciplinary team. Physician referral required.

Southwest Ontario Aboriginal Health Access Centre



519-376-5508



www.soahac.on.ca



1025 2nd Avenue West Owen Sound, ON N4K 4N1

The Southwest Ontario Aboriginal Health Access Centre is a service that supports status, non-status, on/off reserve Aboriginal populations to improve access to and quality of health services for the Aboriginal Community of Southwest Ontario.

Canadian National Institute for the Blind



1-800-563-2642

The CNIB is a non-profit organization driven to change what it is to be blind today. We deliver innovative programs and powerful advocacy that empowers people impacted by blindness to live their dreams and tear down barriers to inclusion.

I REMEMBER...

When we had a roller rink in the downtown area of Hanover. You had to go down steps to get to it. It was across the street from the current post office and was "the place to be" on the weekends.

DOROTHY W.



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Vision Loss Rehabilitation Ontario

Hours of Operation:
Mon - Fri, 8:30 am - 4:30 pm



1-844-887-8572



info@vlrehab.ca



www.visionlossrehab.ca/en

Provides support for people living with vision loss rehabilitation therapy for people who are blind or partially sighted. Assists with building confidence, skills, and providing opportunities to fully participate in life.

Independent Living Skills - Promotes independence for people with vision loss by developing daily living skills such as safe cooking, personal hygiene, banking, Braille and computer technology.

Orientation and Mobility - One-on-one instruction based on level of vision, age and goals.

Low Vision Clinics - Demonstrations and consultation to help people with a vision loss make informed decisions about the availability, selection, use and purchase of consumer products and adaptive devices

Low Vision Services - Low vision specialists provide services to those who have experienced partial loss of vision to help them make the most of their sight and live life to the fullest

Residential Hospice of Grey Bruce | Chapman House



519-370-7239



info@greybrucehospice.com



www.greybrucehospice.com



1725 10th St E, Owen Sound, ON N4K 0G5

We provide exceptional palliative care in our home like facility to improve the quality of a person's end of life journey, offering comfort and dignity when a life threatening illness no longer responds to cure oriented treatments. Located in Owen Sound, serving residents and families of Grey & Bruce Counties. Outreach services include: Advanced Care Planning, Bereavement/Grief Supports, Information & Education about Palliative Care.

Canadian Medicalert Foundation

Hours of Operation:
Mon - Fri, 8:00 am - 8:00 pm



1-800-668-1507



customerservice@medicalert.ca



www.medicalert.ca







895 Don Mills Road, Suite 600 Toronto, ON M3C 1W3

Provides an emergency identification bracelet, necklace or ID with information about an individual's primary medical/health condition or special needs, with a unique identification number. Also manages the Safely Home program for individuals with Alzheimer's disease or other dementias. A **24-hour emergency hotline is immediately available to health care professionals and first responders in an emergency situation.**



VON Grey Bruce



Hours of Operation:
Mon - Fri, 8 am - 4 pm

 519-376-5895 or 1-800-265-3138
  von4you.greybruce@von.ca
 1280 20th St E, Owen Sound, ON N4K 6H6
  www.von.ca

VON Canada is Canada’s only, national, not-for-profit, charitable home and community care organization. For more than 115 years, our nurses, therapists and other health care providers have cared for Canadians in their own homes. Today, we offer more than 75 home care, personal support, and community services designed to help people of all ages to get healthy and stay healthy.

Community services provided in Grey Bruce (dependent on COVID restrictions) include: SMART exercise classes for seniors; grief sessions and support groups; support for caregivers; Telephone Reassurance calls (check in calls for personal safety and well being) and Home At Last (HAL attendants provide support to frail adults when discharged from hospital, assisting them to settle back into their homes safely).

Ontario Seniors Dental Care Program

 Toll-free: 1-833-207-4435
 www.ontario.ca/page/dental-care-low-income-seniors

Services Offered:

The Ontario Seniors Dental Care Program is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older.

I REMEMBER...

When, for the 24th May weekend, my brother and I would canvas the neighbourhood for a monetary donation and with \$50 we would head downtown to Larry McKay’s store to get our supply of fireworks. Then up to Hocking’s groceteria and pick up some pop and ice cream bars. And we had enough to give each child in our neighbourhood a pop, an ice cream bar, and couple of sparklers. We had enough fireworks to last a good half hour including pinwheels, roman candles, rockets and the crowd favourite the burning school house!

- J. SCHLATMAN



Hanover Family Health Team

Hours of Operation:
Mon - Fri, 8:30 am - 4:00 pm



519-506-4348



www.hanoverfht.ca

Established in 2011, the Hanover Family Health Team (HFHT) is a group of specialized health care professionals working together to coordinate the highest level of patient care possible that empowers patients and promotes and optimizes health for the individuals, families and communities we serve. The team, that was specifically constructed based on the needs in our area and to close gaps in service, is made up of physicians, nurse practitioners, registered nurses, mental health and addictions counsellors, social worker, occupational therapist, registered dietitian, psychologist, pharmacist and administration staff.

Patients with a Hanover family physician can access the following services with a referral from your doctor or they can self-refer as well:

Acute/Episodic Care Physicians, nurse practitioners, mental health and addictions counsellors, social worker, occupational therapist, registered dietitian, psychologist, pharmacist and a registered nurse provide primary care for patients who are rostered to a Hanover family physician. Health promotion, disease prevention and chronic disease management are core services.

Lung Health Provides a multidisciplinary assessment, self-management, exercise and treatment plan for people with suspected or confirmed Chronic Obstructive Pulmonary Disease (COPD) and Asthma in order to reduce COPD symptoms, flare-ups, ER visits, hospital admissions, and increase exercise tolerance.

Diabetes Clinic Provides assessment, education and develops diabetes management plans to improve blood glucose control, prevent complication of diabetes, provide education and self-management strategies.

Memory Clinic Primary Care Memory Clinic Model providing an interdisciplinary clinic with assessment in order to provide early diagnoses, intervention, treatment, and support quality of life and cognitive health for patients with memory loss and also support their caregivers.

Smoking Cessation Helps patients develop a personalized Reduce-to-Quit or Quit Plan and empowering patients to succeed at changing their smoking behaviours through ongoing one-to-one support and education.

Pharmacist Supports Pharmacist reviews medications, helps identify potentially harmful and unsafe combinations of prescription medications and provides related information and education to patients.

Hypertension Clinic The hypertension clinic diagnoses, monitors, manages and provides education regarding high blood pressure. The goal is to increase the number of patients with hypertension meeting specified blood pressure targets and increase those following a heart healthy lifestyle.

Women's Health Clinic Evidenced based preventative care and screening for women of all ages in addition to education and management of women's health issues. The purpose is to increase number of women with up-to-date health screening testing and increase access to primary care for urgent women's health concerns.

Cardiac Rehabilitation Program In partnership with Hanover and District Hospital, the cardiac rehabilitation program provides easier access to support by providing a virtual program for patients who have experienced a cardiac event. Using a coordinated, interdisciplinary approach to cardiac care, while incorporating best practices, the cardiac rehab program provides education and information related to medication, nutrition, psychological and psycho-social aspects to address the concerns/needs of participants and provides a guided exercise program.



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Mental Health and Addictions Counselling Counselling care for individuals, families, couples, and groups in addition to community outreach for mental health awareness. For those with mental health issues, to provide counselling with an aim to decrease the severity of the reported mental health symptoms. Supportive short-term counselling is also available. For couple and family therapy, the goal is to provide services centred around their needs. Counselling is available for those needing support for addictions.

Nutrition Registered Dietitian provides education, assessment and counselling for a wide variety of issues including diet, weight loss, obesity, irritable bowel syndrome, eating disorders, pre-diabetes etc.

Occupational Therapy Provides fall prevention, home safety assessments, hand splinting and low impact exercise.

Social Services Social worker supports patients by identifying social service needs and assists in filling out forms and advocating on behalf of the patient. Assisting with housing, ODSP, Ontario Works, financial assistance, mental health and social supports are examples of services provided.

The Hanover Family Health Team offers immunization clinics and group education programs that are available to all community members in our region. Examples of such programs are anxiety, depression, cognitive behaviour therapy, Craving Change, cooking for 1 or 2 to name a few. The cardiac rehab and smoking session programs described above do serve non-rostered patients as well.

The HFHT also provides prenatal, infant feeding and 3-year well child programs.

We have offices located on the second floor of the Hanover and District Hospital and at the Hanover Medical Clinic.

Hanover & District Hospital



519-364-2340



info@hdhospital.ca



90 7th Avenue, Hanover, ON, N4N 1N1



www.hanoverhospital.on.ca

Hanover & District Hospital (HDH) works with its partners to provide a full range of primary acute care hospital services and selected secondary services to meet the needs of the population of Hanover and the surrounding rural townships.

HDH provides the people we service access to the care they need through 24/7 Emergency Department, Acute Care Unit (inclusive of medical/surgical beds, multipurpose ICU and RCU beds), Physiotherapy Program, Surgical Services Department, Family Centred Birthing Unit, Hemodialysis Unit and Palliative Care Services.

Access is provided within the organization to Community Mental Health and Addiction Services, Chaplaincy Services, Grey-Bruce Diabetes, Home and Community Support Services, Home and Community Care SWLHIN, Victorian Order of Nurses (VON) and the Hanover Family Health Team.

Interested in Volunteering?

Hanover & District Hospital is privileged to have many volunteers supporting our organization. This strong group of community-minded individuals are an integral part of the hospital team.

There are many opportunities to volunteer including becoming an Auxiliary Member, Board Governor, Patient & Family Advisor or volunteering as a student. Your volunteer service will depend on your skills, area of interest, your availability and the current opportunities available.





Community Supports & Contact Info

211 Is Here!

What is 211? 211 is an easy to remember 3-digit phone number providing free, confidential, multilingual access to information about the full range of community, social, health and government services. All 211 calls are answered by certified information specialists, who access each caller's needs and link them to the best available services and programs, 24 hours a day, seven days a week. 211 offers a single point of access for anyone seeking information about non-emergency social, health or human services. For example, people call 211 to locate: Home care support for an aging parent. Social and recreational activities, and volunteer opportunities.



I REMEMBER...

When my parents took me to town shopping one day. They bought me a pint of chocolate at the Hanover Dairy. I remember sitting on the back of a vehicle drinking it looking at the old post office at the end of the street. It was almost like a framed picture, that was a lovely building. The chocolate milk was excellent too.


- B. SWITZER



Looking for a New Home?

Many housing options exist, whether you're looking for rent-geared to-income, seniors housing or housing with supports in the event that staying safe in your own home has become a challenge.

Grey County Housing

 519-376-5744 or 1-800-567-4739


 www.grey.ca

Manages rent-geared-to-income and market rent housing units. Affordable housing program includes nonprofit housing rental units, home ownership loans and assistance to establish or maintain affordable housing.

Retirement Residences

Retirement residences offer safe and independent living for seniors who need daily support to live independently. However, the services provided by retirement residences are not funded by the government. Residents typically pay a monthly fee that includes rent, housekeeping, meals, recreational activities and help with medications. Emergency assistance is available 24 hours a day. Some retirement residences provide extra help with personal care, although there may be additional charges for this.

Retirement Homes Regulatory Authority

 1-855-275-7472

 www.rhra.ca

This not-for-profit organization oversees the regulation and licensing of retirement homes in Ontario.

Long-Term Care Homes

Long-term care homes provide nursing and personal care to individuals who are no longer able to live independently. Basic services such as meals, housekeeping and laundry are included. Residents pay a flat daily rate for accommodation, and the government pays a portion of the nursing care and supportive services.

For a full list of local retirement residences and long term care homes, visit www.southwesthealthline.ca or look under "Long Term Care Homes" or "Retirement Residences" in the yellow pages or Internet

Pensions and Benefits

These government programs provide benefits and pensions to eligible seniors.

Public Pensions and Disability Benefits Employment and Social Development Canada

 1-800-277-9914

 TTY:1-800-255-4786


 www.servicecanada.gc.ca

Federal pensions and benefits include the Canada Pension Plan (CPP)

See page 35 for more information.



Grey Bruce Settlement and Language Service

 519-371-9222 x 6


 settlement@osgb.ymca.ca

 www.ymcaowensound.on.ca

If you are new to Canada, getting to know your community can be overwhelming, especially during these times. A Settlement Worker can ease this transition. We'll help you access language classes; employment opportunities, find long term housing, prepare for citizenship and much more. We offer support to help newcomers build positive community connections, make friends and engage in local events/activities.


Hanover Public Library

Hours of Operation:
Mon-Fri 12:00pm-6:30pm

 519-364-1420

 hanpub@hanover.ca


 www.hanoverlibrary.ca

 451 10th Ave. Hanover N4N 2P1

- Extensive collection of fiction and non-fiction, including the newest bestsellers
- Wide variety of Large Print books, both fiction and non-fiction
- Over 3000 books on compact disc, plus a large selection of CNIB DAISY books on disc
- One-on-one computer and device training (when contact is possible)
- Home delivery by staff or volunteers for those with mobility challenges
- Interesting, informative programs including author visits
- Many on-line resources, including e-books, downloadable audiobooks, streaming video, research tools, Ancestry Library Edition, remote printing
- Local History resources including the Hanover Post back to the 1890's on microfilm
- Friendly and knowledgeable staff for whom customer service is the highest priority



Good Food Box Presented by Grey Bruce Public Health

 519-376-9420 x 1407

The Good Food Box is a collective buying program that anyone can join. You can use it to save money on fresh vegetables and fruits. Boxes are filled with a variety of seasonal produce.



Salvation Army Hanover Thrift Store

Hours of Operation:
Wed-Sat 11:00am-4:00pm

 519-506-3450

 The Hanover Flea Market at 711 10th Ave


 [facebook.com/HanoverThrift](https://www.facebook.com/HanoverThrift)

The Salvation Army Hanover Thrift Store is a faith based, not for profit store which accepts gently used items which are processed, priced and sold at affordable prices to the general public. All are welcome to shop the diverse selection of goods available.

Donations of clothing, shoes & accessories, books, audio & video, household items including small appliances, dishes, drinkware, cookware and utensils are accepted during store hours.

If you are looking to help out, volunteering opportunities may be available, feel free to contact us.

Holy Family Parish

 519-364-1973

 info@holyfamily.ca

 www.holyfamily.ca

 352 - 10th Ave Hanover, ON N4N 2N6

Holy Family Parish welcomes you with open arms and we will walk beside you in your spiritual journey.


Charity Work Bee - Monthly 2nd Wednesday 1:30 – 3:30 pm

Either help out with the joint project of turning milk bags into milk mats, or bring your own charity project and work on it while sharing time with others. Crocheting and other involvement can be taken home and returned at the next work bee.

Card Party - Tuesday afternoons, 1:30 pm. Euchre & Solo \$2.00 Admission

Faith Enrichment Opportunities - Small Faith sharing and study groups, as well as Weekday and Sunday Masses

Grace United Church

 519-364-3550

 graceunitedhanoverweebly.com

 graceuc@wightman.ca

 310 12th Street Hanover N4N 1V6

A church with heart in the heart of the community. Grace United Church strives to be a place where all people of every age, race, culture, differing ability, economic circumstance, family configuration, ethnic background, gender, gender identity, and sexual orientation are welcome to seek fellowship and participate in all aspects of the life and work of our ministry.

We will encourage growth in faith for all ages through meaningful worship, educational opportunities, fellowship, and by responding to the needs of our local and global neighbours.

Monday - 9:30am - 10:15am - chair yoga - (Zoom)

Thursday - 9:30am- 10:30am - senior exercises (Zoom)

Monday last of the month Book club - 1:30pm - 2:30pm



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St. Matthew's Evangelical Lutheran Church

 519-364-2240
  stmatthews@wightman.ca
 www.stmatthewshanover.com
  356 9th Street, Hanover ON

St. Matthew's Mission and Vision

Our mission is to endeavor to love God above all things, and to meet the needs of others by being a committed, loving, and welcoming community faithful to the Good News of Jesus Christ. We strive to emphasize God's grace and we celebrate our shared baptismal journey in ways that others will see what God is doing here. We seek to reflect the gospel by reaching out to the community in which we live and beyond. We look to build partnerships, carry on vibrant ministries that connect with all people, and to be good stewards and generous givers in the name of Jesus Christ.

Mondays

10:30am - AA
 1:00pm-3:00pm - Warming Centre (winter months only)

Wednesdays

10:00am - Quilting
 1:00pm-4:00pm - Saugeen Artists

Thursdays

7:00pm - Cards (Solo)

Friday

1:30pm - Cards

Hanover Missionary Church

 519-364-1823 x 21
  office@hannovermissionary.com
 hanovermissionary.com





We call ourselves a congregation of "generations following Jesus together" and believe that as the body of Christ we are to engage in the Biblical narrative as a large family of families - not separating generations into designated ministries, but learning and growing together.

Young at Heart meets monthly on the **second Thursday** to enjoy some singing, a guest speaker, and a hot catered meal (cost involved). Geared to those over 55 years but is open to anyone .

Our free **Warming Centre** runs during the cold season on Thursdays from 12:00pm-2:00 p.m. and is open for anyone in the community to enjoy a hot soup, cookies, and good conversation. We also have our G2G program: various small groups that are always open to new members who want to build relationships and dig into scripture. **Sunday mornings at 10:00 a.m.** for an all ages worship service. (All in-person ministries are currently suspended because of Covid-19, but many things are still happening virtually.

Hope Community Church

Hours of Operation:
 Tues-Fri 9:00am-3:00pm

 519-364-5668
  connect@hopecc.ca
 www.hopecc.ca
  373 18th Avenue, Hanover, ON, N4N 3S5

A small church with big heart! We are a church that is experiencing growth in all areas and would love for you to join us. Everyone welcome.

Thursdays between 1:00pm-3:00pm, we have a **Senior's Social** for adults over 55 to come together for games, cards, and fellowship.



Long Term Care Facilities Action Line

Hours of Operation:
8:30am-7:00pm, 7 days a week



1-866-434-0144



119 King St West 11th Floor Hamilton, ON L8P 4Y7

The telephone line is open form 24 hours, seven days per week for callers to express concerns about long term care facilities in Ontario. (calls go to service Ontario)

Ontario Works (Formerly General Welfare)



519-376-7324 x1



595 7th Ave. East Owen Sound, ON N4K 3E3



www.grey.ca/social-assistance

Short-term financial assistance may be available for general living expenses, such as food and shelter.

Veteran's Affairs Canada



1-866-522-2122

Information, advice and referral for monthly veteran's allowance, healthcare benefits, disability and survivor's pensions, home care and long term care, and other financial assistance programs to qualifying veterans.

Grey County Housing

Hours of Operation:
Mon - Fri 8:30am - 4:30pm



519-376-5744 x 1211



www.grey.ca/affordable-housing



housing@grey.ca



595- 9th Ave East Owen Sound, ON N4K 3E3

Rent-geared-to-income Housing

Grey County manages 997 rent-geared-to-income housing units. Eligible tenants pay about 30% of their gross household income for rent. These units are located at 35 sites across a number of municipalities including Hanover and West Grey (Durham).

Non-Profit Housing

Grey County oversees non-profit housing providers with more than 450 units in the area. These providers manage their properties and Grey County subsidizes costs. Providers include municipalities, churches and other service and community groups.

An additional 66 units in Grey County are managed by two non-profit providers. These programs are federally funded and operate differently. Their renters are a mix of tenants paying market rent and others with rent-geared-to-income.



Walkerton Drivetest/Driver Examination Centre



1-888-570-6110



200 McNab St. Box 1108 Walkerton, ON

Mandatory Testing

The Ministry of Transportation sends out notice to drivers 80 years of age and older with a request that the driver to make an appointment for a group session, written test and eye test. Testing occurs in Walkerton and Owen Sound. If this testing indicates a need for a road test the driver is referred to a local Drivetest/Driver Examination Centre. This process continues every two years starting at the age of 80.

Canada Pension Plan

Hours of Operation:
Mon - Fri 8:30am - 4:30pm



1-800-277-9914



Service Canada - PO Box 5100 Station D
Scarborough ON M1R 5C8



www.canada.ca

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life. To qualify you must:

- **Be at least 60 years old**
- **Have made at least one valid contribution to the CPP**

CPP payments are not automatic. You must apply. You should apply in advance of when you want your pension to start.

The amount you receive each month is based on your average earnings throughout your working life, your contributions to the CPP, and the age you decide to start your CPP retirement pension. Your contributions to the CPP are based on your earnings. The standard age to start the pension is 65. However, you can start receiving it as early as age 60 or as late as age 70. If you start receiving your pension earlier, the monthly amount you'll receive will be smaller. If you decide to start later, you'll receive a larger monthly amount.



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Home and Community Support Services Grey-Bruce



mailbox@hcssgreybruce.com



www.hcssgreybruce.com



Unit G-12 Heritage Place Mall 1350 16th St. Owen Sound, ON N4K 6N7



519-372-2091



toll free 1-800-267-3798

Transportation - Press extension 5

The transportation service provides trips for social purposes and non-emergency medical appointments. Trips may include a ride to or from the hospital, doctor appointment, dentist appointment, lab work, x-rays, optometrist, shopping, banking, hair appointment, etc. Transportation is provided to individuals who meet the eligibility criteria by trained volunteers using their personal vehicles and paid drivers utilizing wheelchair accessible vans. There is a nominal client fee for the service which is based upon the distance traveled and available funding sources.

This service is currently available to residents of Grey and Bruce counties who have difficulty accessing existing transportation and are 18 years of age or older. The service is available Monday to Saturday from 7:00 am until 7:00 pm unless a medical or dialysis appointment can only be accommodated on Sunday. Arrangements may be made to accommodate medical trips past 7 p.m. if the resources are available. This service may also be used for long distance medical appointments. A minimum of two business days notice is required to book a trip. All rides must be arranged through the scheduling office. Pickup and drop-off times are established and communicated, as well as the client fee.

Meals on Wheels - Hot & Frozen Meal Options - Press extension 3

Hot meals are available for individuals who are having difficulty preparing nutritious meals on a short-term or long-term basis. A hot meal is delivered directly to your home on a regularly scheduled basis. Each hot meal consists of a meat or fish, vegetables, bread, soup or salad and dessert. Availability and frequency of delivery varies by community. Contact the Meals on Wheels team for schedules.

Frozen Meal Program: Frozen meals are ordered by clients and delivered by volunteers on a monthly basis. This popular program offers a wide-range of entrées, desserts, soups and breakfast items. Menus are available for preview on our website (www.homecommunitysupport.com).

*Special diets are accommodated whenever possible in both hot and frozen meals.

Day Away - Press extension 2

The Day Away program provides socialization, recreation, caregiver relief and medical monitoring. This service may be appropriate for people with a cognitive impairment, who are socially isolated, require caregiver relief or whose physical care requirements cannot be met at home. A meal with friends, a game of cards, music, exercise, crafts and just visiting are common activities. Transportation to and from the program can be arranged. There is also a Community Stroke Rehabilitation Day program offered at our Hanover site.

Overnight Respite - Press extension 2

This service offers caregivers a scheduled break, leaving the care of their loved one in the capable hands of qualified and caring staff. This weekend program alternates between our Hanover and Owen Sound sites from 4:30pm on Friday until 2:30pm on Sunday in Hanover and Friday, Saturday and Sunday nights in Owen Sound. Meals & snacks plus planned activities are an important part of the program.



Friendly Visiting - Press extension 8

HCSS staff match volunteers with an appropriate client and visits take place in client’s home. The purpose of this program is to provide socialization and opportunities to interact with others. There is no fee for this service.

Housekeeping - Press extension 4

This service delivers support to individuals who live in their own homes and need assistance with household chores and/or nutrition and meal preparation. Services include routine and seasonal cleaning, laundry, meal organizing and preparation, basic pet care, errands and grocery shopping.

Service Fees

Home & Community Support Services charges a nominal fee for all services except Friendly Visiting. Clients are sent an invoice at the end of each month and can receive the invoice and make payments electronically.

Saugeen Mobility and Regional Transit (SMART)



www.saugeenmobility.ca



roger@saugeenmobility.ca



519-881-2504



603 Bruce Rd 19 Box 40 Walkerton, ON NOG 2V0

A specialized public transit service providing transportation solutions to disabled and mobility challenged residents of 9 municipalities in Grey and Bruce Counties. Each client may have a companion or attendant travel with them for no extra charge. Register today and schedule a ride with us! Service areas include Arran-Elderslie, Brockton, Hanover, Huron Kinloss, Chatsworth, Kincardine, Saugeen Shores, Southgate and West Grey.

Individual rides cost \$2.00 plus \$.55/km with a \$7.50 minimum.

I REMEMBER...



Going to the Kinsmen Carnival in mid September. It was located on the Dellie Schlegel arena floor. One night a local punk was being rude to Jack Binkley. Bob Mercer, our physical education teacher told him to stop. The person didn’t listen. Bob leaped over the table and he immediately pinned the young big mouth and escorted him out of the event. Bob Mercer definitely show his athletic prowess.

- D. HOCKING





GTR Grey Transit Route

Monday to Friday - 6:00 am to 9:00 pm
Saturday and Sunday - 7:00 am to 8:30 pm



226-910-1001



gtr@grey.ca



www.grey.ca/gtr

All rides must be booked in advance to ensure capacity and safety.

Book your ride with **GTR (Grey Transit Route) by calling or visit our website** Route 1&2 Highway 10 Owen Sound to Orangeville. Route 3&4 Highway 26 Owen Sound to the Blue Mountains. Route 5 Highway 6 Owen Sound to Wiarton to Sauble Beach. Route 6 Grey Rd. 4 Flesherton to Walkerton. Fares range from \$2.50 to \$5.00 per person. Route 6 from Flesherton to Walkerton runs on Mondays & Fridays and includes frequent stops at the Hanover Civic Centre. Connect to other routes too!

CENTENNIAL COOKBOOK 2004 HISTORIC NOTES & TIDBITS

- There were 12 sets of twins registered at James A Magee Public School in September of 1959
- Hanover Town Hall was one of the first places in Canada where the new song 'O Canada' (English version) was performed in public
- Current Hanover Clocktower was built in 1997. It is a replica of the original Post Office Tower & houses the original Town Clock.
- Hanover boy, Noah Brusso, went on to become (Tommy Burns) the heavyweight boxing champion of the world in 1906.
- Hanover's human fly, Bill Berry, once stood on his head on top of the post office clock tower.
- Milk delivery by horse drawn vehicle continued in Hanover until the 1960's
- Eric Winkler ws Hanover's youngest mayor at the age of twenty-eight.
- Hanover has had two senators – Dr. George Landerkin and William R. Brunt.







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Federal Elected Representative Alex Ruff MP
Bruce-Grey-Owen Sound

 www.alexruff.ca
 Alex.Ruff@parl.gc.ca
 519-371-1059
  1101 2nd Ave E, Suite 208 Owen Sound, ON N4K 2J1

The elected representative (MP) to the Federal government for the Bruce-Grey-Owen Sound riding Assists individuals and groups with federal advocacy concerns such as complaints about access to services arranges for congratulatory certificates signed by the Prime Minister, Governor General, or the Queen MP, for people celebration birthdays of 75 years and older and anniversaries for 25 years and up.

Provincial Elected Representative MPP Bill Walker
Bruce-Grey-Owen Sound

 519-371-2421
  bill.walkerco@pc.ola.org
 www.billwalkermpp.com
 920 1st Ave. W, Suite 100 Owen Sound, ON N4K 4K5

The elected representative (MPP) to the Government of Ontario. Handles questions about provincial government programs, helps constituents find services, addresses concerns about government services and public policy. May be able to help with a petition to the Legislature concerning a problem or issue in their riding attends and supports community events.

***CENTENNIAL COOKBOOK 2004
HISTORIC NOTES & TIDBITS***

- Well known Canadian artist, Carl Schaefer, is a native of Hanover.
- Grey Ruhl, a Hanover native, has become a very talented & respected artist and illustrator.
- Vera Bueglas was Hanover’s first female mayor from 1961 to 1963. Kathi Maskell became our second female mayor.
- Godfrey Brunner (deceased) was Hanover’s only ‘Olympian’. (Pistol Shooting, Rome Olympics, 1960)
- James A. Magee as principal of the Hanover Public School for 45 years.
- Daniel Knechtel died working at his desk at the Knechtel Furniture Company in 1936 when he was 93 years of age.
- You could buy a large ice cream cone at Norm’s Restaurant for 7 cents in 1959.
- The name ‘ Saugeen’ comes from the native word ‘sauking’ meaning ‘big mouth’.







Hanover

Ontario, Canada

519.364.2310 | 269 7TH AVE. HANOVER ON N4N 2H5 | HANOVER.CA

