

Armstrong Clinic For Naturopathic Medicine

As Licensed & Registered Naturopathic Doctors, Sean & Heidi Kussmann-Armstrong are primary care doctors with 8 years of post-secondary training in medical & clinical sciences. Naturopathic Medicine is a primary health care system treating the physical, mental, emotional, environmental & spiritual aspects of health with natural therapies to support & stimulate the body's innate healing ability.

Service & Benefits:

- Nutritional support & lifestyle modification before, during & after cancer care
- Intravenous therapies: individualized detoxification programs; Vitamin C therapy; nutritional support during chemo & radiation.
- On-site therapies include: infra-red sauna & blood tumour marker testing
- Pre & post-surgical preparation & support.
- Dietary and nutritional plans
- Consults and blood testing usually covered via Insurance plans

Location:

55 Kent Street South
Simcoe, Ontario
N3Y 2X9
p. (519) 426-4275
f. (519) 426-4596
e. info@armstrongclinic.com

Website:

www.armstrongclinic.com

Contacts:

Dr. Heidi Kussmann-Armstrong B.Sc. N.D. FABNO, Naturopathic Oncologist (Owner)
Dr. Sean Armstrong B.Sc. N.D. (Owner)

Hours:

Monday – Thursday: 9am – 8pm
Friday: 9am – 5pm
Saturday: 10am – 2pm

Cancer Support Group for Women

Created in November of 2004, these monthly meetings are open to **any woman in Norfolk** who is dealing with **any type of cancer**, currently or in the past. Support & encouragement are offered by women who share a similar experience with a cancer diagnosis & who understand.

Service & Benefits:

- Information shared is strictly confidential
- Questions, fears & concerns about diagnosis, treatment & side effects, alternative remedies & prevention are discussed
- Special speakers occasionally invited
- Informal meeting format
- “Welcome Back” social occurs annually

No cost to attend, but donations are welcome

Location:

Caregiver Wellness Centre
645 Norfolk St. North
Simcoe, Ontario
N3Y 3R2

Contacts:

Joan Davidson
p. (519) 582-4202
e. joan@ajd.ca

Deb Maes
p. (519) 443-4593
e. debmaes@silomail.com

Kaye Nicholls
p. (519) 875-1321
e. kaye.cancer.support@gmail.com

Meetings:

1st Tuesday of every month, 7pm

Cancer Discussion Groups for Men & Women in Haldimand

Created July 2009, these monthly meetings are open to men and woman in the Haldimand area who are dealing with any type of cancer diagnosis, currently or in the past. Support, encouragement and discussion are offered by those who share a similar experience with a cancer diagnosis and who understand.

Service & Benefits:

- Information shared is strictly confidential
- Questions, fears & concerns about diagnosis, treatment & side effects, alternative remedies & prevention are discussed
- Informal meeting format

No cost to attend, but donations are welcome

Location:

Hagersville United Church, Library (use side door)
34 Main St. Hagersville
N0A 1H0

Contacts:

Cindy Beaver, Haldimand Abilities Centre
(905) 768-4488
cbeaver@alzhn.ca

Carol Keegan
carolndan@hotmail.com

Barb Gee
Bg0947@yahoo.ca

Meetings:

2nd Thursday of every month, 7pm

Dover Apothecary

Pharmacist Mike Marini & his staff assist cancer patients & their families with medications, complications from side effects of treatments as well as other services.

Service & Benefits:

- Medication review-including non-cancer related & alternative or nutritional therapies
- Free prescription delivery
- Creating Care plans can minimize conflicts between therapies encouraging correct & effective use of each
- Advice on minimizing complications due to treatment
- Advocacy for cancer patient & family with family physicians or specialists
- Experienced staff can help with insurance & government assistance forms (ex Trillium Drug Program) for individuals without insurance plans
- Emergency contact service available

Location:

328 Main Street
Port Dover, Ontario
N0A 1N0
p. (519) 583-3784
e. customerservice@doverapothecary.ca

Website:

www.doverapothecary.ca

Contacts:

Mike Marini, R.Ph, B.Sc.Phm. (Owner)

Hours:

Monday – Friday: 9am - 6pm
Saturday: 9am - 5pm

Lynda Green Memorial Group

Established in honour of Lynda Green by her friends, this service is currently operated from the Port Rowan Pharmasave store. Home health care equipment is loaned (to local residents only) to meet their medical needs.

Service & Benefits:

- Walkers
- Wheelchairs
- Bath seats
- Raised toilet seats
- Crutches
- Bedside tables and more

All items loaned at no charge; donations are appreciated
All donations of funds or used equipment are always appreciated

Location:

Port Rowan Pharmasave
1024 Bay Street
Port Rowan, Ontario
N0E 1M0
p. (519) 586-3983
f. (519) 586-7411

Contact:

Donna Fick (Certified Pharmacy Technician)

Hours:

Monday – Friday: 9am – 6pm
Saturday: 9am – 5:30pm
Sunday: 11am – 3pm (July and August only)

My Top Drawer

My Top Drawer now offers breast prosthesis fittings for breast cancer survivors in Norfolk County. Private fitting rooms & well-trained staff make this process a positive experience.

Services & Benefits:

- Private fittings are available by appointment
- Wide variety of prosthesis: light-weight “Bean-a-boob”; heavier life-like silicone models; & adhesive prosthesis that mould to body shape
- Certified & experienced bra fitters will assist in finding the right product for the prosthesis chosen
- Post-mastectomy camisoles are also available with removable pocket flaps to hold drainage tubes during recovery

Location:

42 Kent Street North
Simcoe, Ontario
N3Y 3S2
p. (519) 428-1757

Website:

www.mytopdrawer.com

Contact:

Joanne Paczay (Manager)

Hours:

Monday – Wednesday, Friday: 9am - 5:30 pm
Thursday: 9am – 8pm
Saturday: 9am – 4pm

Norfolk Nuclear Medicine Inc

Since 1988, this Independent Health Facility has provided Norfolk, Haldimand, Brant & Oxford counties with a service usually available only in larger cities. Networked to St. Mary's General Hospital (Kitchener) same day reports are available on urgent cases.

Service & Benefits:

- General Nuclear Medicine testing including bone scans, liver scans, V/Q lung scans, etc
- Nuclear Cardiology including myocardial perfusion imaging & MUGA
- Bone mineral density testing
- Cardiac testing including ECG, exercise stress tests, holter monitors, loop recorders, 24 hr blood pressure monitors
- Pulmonary Function testing

**All services covered by OHIP, except for ambulatory blood pressure monitor
Physician referral & requisition required**

Location:

West Street Health Centre, Suite 304
216 West Street
Simcoe, Ontario
N3Y 1S8
p. (519) 428-1243
f. (519) 428-2445

Website:

www.norfolknuclear.com

Contact:

Teresa Kapitor, M.R.T. (N) (Owner)

Hours:

Monday - Friday 8am – 5pm

Port Rowan Pharmasave

A variety of prescription services & medical supplies are available to assist cancer patients & caregivers. Medical equipment can also be obtained, loaned at no charge.

Service & Benefits:

- Prescription Medication reviews “MEDSCHECK”
- Free local prescription delivery
- Compliance pill blister packaging
- Private consultations
- Administers LYNDA GREEN FOUNDATION, a medical equipment lending program
- Vitamin & herbal products
- On-Site & Off-site health & wellness clinics
- Compressions stockings (men & women)
- Ostomy supplies can be obtained

Location:

1024 Bay Street
Port Rowan, Ontario
N0E 1M0
p. (519) 586-3983
f. (519) 586-7411
e. pharmasave@amtelecom.net

Website:

www.pharmasave.com

Contacts:

Glenn Coon, R.Ph, B.Sc.PhM (Owner)
Pamela Coon, R.Ph, B.Sc.PhM (Owner)

Hours:

Monday – Friday: 9am – 6pm
Saturday: 9am – 5:30pm
Sunday: 11am – 3pm

Powerhouse Project: Young Carers Initiative

Powerhouse Project is a new initiative in the Haldimand, Norfolk & Niagara regions serving children & youth, four to eighteen who are in a care giving role. They may help care for a sibling, parent or a grandparent dealing with chronic problems including those going through cancer. The help they give can range from practical care, personal care, emotional care as well as translating services for immigrant/refugee families.

Service & Benefits:

- Empowerment for young carers
- Social, leisure, educational & skill development opportunities
- Peer support
- Referrals to other child/youth agencies
- A chance to “Just be Kids”

Location:

42 Main Street
Hagersville, Ontario
NOA 1H0
p. (905) 768-4488 x 208
f. (905) 768-1034
e. dorosz@powerhouseproject.ca

Contact:

Debbie Orosz (Haldimand Program Coordinator)

Hours:

Weekly programs & one-on-one visits are arranged through the office

Prostate Support Group (Simcoe & Area)

A group of men from various professions, backgrounds & abilities meet monthly in Simcoe, to support each other through a diagnosis of prostatitis, prostate cancer, or other serious urinary tract problems.

Service & Benefits:

- Informal support meeting format, coffee provided
- Questions, fears, or concerns are addressed with strict confidentiality & using layman's terms
- Discussions of procedures, treatments, therapies, medications, new advancements, & natural remedies occur
- One-on-one discussions can be arranged outside of regular meeting times to address individual concerns

No cost to attend, but all donations welcome

Location:

NYCA (formerly North Public School Bldg)
350 Colborne Street North
Simcoe, Ontario
N3Y 3V8

Contact:

Don Gardner (Volunteer)
p. (519) 426-2381

Meetings:

Every 4th Monday, 7 pm

Reach to Recovery Visits

This service is a local, volunteer-driven, in-hospital program that matches breast cancer survivors with newly diagnosed breast cancer patients; to encourage & support them through recovery.

Service & Benefits:

- Recovery exercise & information kit is provided, free of charge, to each breast cancer patient visited
- One-on-one in-hospital visiting program
- Referrals are routinely made by hospital staff but anyone can request a visit

Contact:

Evelyn (Volunteer)
p. (519) 583-3187

Hours:

Call to set up a convenient visit

State Farm Insurance: Denise Perrin, Agent

Providing insurance & financial services to help protect your financial health.

Service & Benefits:

- Offering products that give you a source of income if you are unable to work due to illness or injury.
- Bilingual service in English & French

Location:

420 Norfolk Street South
Simcoe, Ontario
N3Y 2X1
p. (519) 426-7971
f. (519) 426-8511
e. denise.perrin.pmj9@statefarm.com

Website:

www.deniseperrin.com

Contact:

Denise A Perrin (Owner)

Hours:

Monday – Friday: 9am – 5pm
After hours by appointment only

Style In Motion

Mobile Hair Service. Pampering with the convenience and comfort of your own residence. Servicing individuals from home-to hospital settings.

Service & Benefits:

- Hair cuts
- Highlights/Lowlights, Colour
- Perms
- Sets
- Waxing
- Scalp Massage
- Manicures & Pedicures
- Ear Candling
- Servicing Haldimand, Norfolk, Brantford, Surrounding Areas

Location:

RR 1
Waterford, Ontario
N0E 1Y0
p. (519) 420-9432
e. jill_beech@yahoo.ca

Website:

www.styleinmotion.ca

Contact:

Jill Beech (Owner)

Who – Did – It Club

With a membership of twenty-five volunteers, this not-for-profit organization serves the residents of Norfolk County by providing rental of medical equipment for in-home use.

Service & Benefits:

- Free equipment rental
- Loaning hospital-type equipment for recovery needs
- Walkers, canes & crutches
- Wheelchairs
- Hospital beds & bedside tables
- Commodes etc
- Short term rentals (up to four months)

Services are free, however donation of money or equipment always welcome

Location:

36 Hillcrest Road, Box 111
Simcoe, Ontario
N3Y 4K8

Contact:

Gord Jamieson (Volunteer)
p. (519) 426-6005