

COMMUNITY ORGANIZATIONS

Body Electric School provides workshops dealing with erotic and traditional massage, which, in part, deals with sexuality, and ageing for both men and women. It is learning/maintaining the ability to self-love when the traditional physical functions lessen. It is about new ways to meaningfully connect erotically with others. Contact Paul Barber at 416-598-3248.

50 Plus Toronto is for lesbians 50 years and over. The group meets once a month for a low-cost dinner. It began over 4 years ago to provide older women a place to meet and socialize on a regular basis. It provides a warm, friendly and non-threatening environment. The group offers support when needed and features a monthly e-letter. For more information, contact Mary Oakley at 416-925-7653 or check out www.icomm.ca/fiftyplusto

Gay Men Over 40 Project is volunteer project, which provides programs aimed as reviving gay men's community through holistic health. The program brings gay men together to share their stories, reconnect with peers, and celebrate being gay at midlife and beyond. The work is about honouring the past, imagining the future and being open to change.

Programs currently include: Gay Men's Gatherings, special events for all gay men over 40, Gay Men Over 40 Support/Discussion Group, a six-week workshop series for mid-life gay men. Contact Bob Tivey, David Greig by leaving a message at 416-340-8484 x 420.

OLIVE (Older Lesbians in Valued Environments) is a community group advocating for supportive, caring housing and health care for aging lesbians.

Its members are currently conducting a research project on these issues in collaboration with The Sherbourne Health Centre. Contact Heather-Ann Brown at 416-466-9266 or email haby@attcanada.ca

Prime Timers Toronto is a varied and diverse group of gay and bisexual men over forty who gather in a supportive atmosphere to enjoy social, educational and recreational activities. Our members come from all walks of life and all income levels. Some Prime Timers are fathers and caregivers. They are workers or they are retired. Some are always on the go and others enjoy quiet company in their homes. Prime Timers have a zest for life and share it with others throughout the world. We are part of the Prime Timers World Wide organization that has over 50 chapters around the world. The Toronto chapter was founded in 1994 and presently has a membership of about 220. Our organization is emerging as a leading force in the gay and bisexual community. While we are not a political organization, we are concerned with society as it affects the aging and bisexual population. As our organization grows, we will be leading the pack in seeking answers to the needs and problems of the mature gay and bisexual man. If we have sparked your interest, come try us out at a monthly meeting. We meet on the third Saturday of each month at 2:00 PM at the 519 Community Centre.

S.A.G.A is a monthly get together of LGBT Presbyterians that meets for a potluck supper and a program on the 4th Thursday of the month from 7 to 9 PM at St Andrew's Centre, 75 Simcoe Street. Contact Graham Down at 416-269-7828

CHURCHES

Bathurst United Church is an affirming congregation whose LGBT members participate in all aspects of governance, worship, leadership and service. Older LGBT people have monthly educational, social and political activities. Contact Ralph Wushke at 416-921-4967

Bloor Street United Church is committed to creating a community where people of all ages, genders, races, sexual orientations, differing abilities, ethnic backgrounds and economic circumstances are welcome and can find a church home. Contact: Rev. Warren McDougall 416-924-7439 x 26.

Emmanuel Howard Park United Church is a queer friendly, multicultural congregation in the west end. Besides usual church programs and services, it offers advocacy for refugees and recent immigrants. Contact: Rev. Dr. Cheri DiNovo at 416-536-1755

Glen Rhodes United Church is an Affirming Congregation of The United Church of Canada that is determined that our life together will be fully inclusive for people of all ages, races, genders, sexual orientations, differing abilities, ethnic origins and economic circumstances. Contact Susan Thompson at 416-465-3755.

The Metropolitan Community Church is an inclusive, caring, gay positive congregation in the downtown east end. Programs for men, women, bereavement and terminal illness are provided. Contact 416-406-6228 www.mcctoronto.com

Metropolitan United Church is an affirming downtown congregation with a significant number of LGBT members. Contact Graham Down at 416-269-7828

The Seniors Pride Network

Programs + Services Available to Older LGBT People

- Social Services
- Churches
- Community Groups

Community and Social Services

AIDS Committee of Toronto provides services for people with HIV/AIDS including: Greet & Eat – a hot lunch program for PHAs, Good Food Box – a subsidized grocery box for PHAs, Drives – transportation to medical (loosely understood) appt., Furniture and Medical Equipment Exchange, Buddy Program, Counselling, Support Groups, Library, TTC Tokens program. There is a support group for gay/bisexual men who are aged 40 and over and living with HIV. ACT collaborates with The 519 in planning forums for healthy aging. Contact: James Murray at 416-340-8484 x 247

Casey House offers programs and services that, although not specifically designed for, are available to older LGBT people. They include a Residential Program, a thirteen-bed facility (12 general and 1 respite) to provide supportive and/or end of life care to people with HIV/AIDS and Community Programs including supportive and/or end of life care to people with HIV/AIDS in their own home environment. Contact: Ron Lirette, Manager of Community Services at 416-867-7460 x 8310

Central Neighbourhood House (CNH) Home Support Services provides a variety of programs to individuals living in downtown Toronto including: Personal Support, Homemaking, Respite Services, Volunteer Escorts, Friendly Visiting, Security Checks and an Adult Day Program for Stroke Survivors. Personal Support and Homemaking are free to individuals who qualify. We also offer in-home fee-for-service Homemaking and Respite on a sliding scale for all others who qualify.

Our Adult Day Program is open 4 days a week

to stroke survivors and their caregivers across the G.T.A. and the fee is \$6 per day. Client Intervention and Assistance is available free of charge to seniors and others who are at risk of losing their housing or who require assistance with legal or financial matters. CNH is firmly committed to fostering an environment of respect for the diversity that exists in our community. Our programs are utilized by a large number of older LGBT people. Contact: Personal Support and Homemaking, Bruce Graham at 416-966-8595 x 202, Volunteer Services, Robyn Cakebread 416-966-8595 x 210, Client Intervention and Assistance, Kelly O'Sullivan 416-966-8595 x 207, ADP for Stroke Survivors, Robert Butler 416-925-4363 x 119

The Centre for Addiction and Mental Health has a queer friendly addictions program, Rainbow Services. OPUS 55 is a program for older adults who have substance misuse or concurrent disorders. Rainbow Services and OPUS 55 refer to each other and clinicians can mix and match services. Contact 416-535-8501 x 4753

Community Care East York is an agency serving seniors and disabled people in East York. Services include home support services, social work services, full circle, a community psychogeriatric case management service, wellness programs, a senior centre, supportive housing, O'Connor House, a seniors group home. Contact 416-422-2026.

The 519 Church Street Community Centre offers a multi-services programme for older LGBT people. The programme works in partnership with existing community groups and initiatives.

We also strive to improve services and strengthen the older LGBT community through advocacy, courses, networking, workshops, and public forums on important issues. Contact Dick Moore 416-392-6878 x 118.

Family Service Association of Toronto (FSA) The Seniors and Caregivers Support Services provide counselling supports to older LGBT persons in a gay-positive environment. Liaison and support are available from the David Kelley Lesbian/Gay and HIV/AIDS Counselling Services of FSA including training, consultation services to professionals and businesses on lesbian/gay and HIV issues. Contact: Lisa Manuel, at 416-977-0559 x 333 or lisama@fsatoronto.com.

Mid-Toronto Community Services provides programs and services for seniors and adults with disabilities or illnesses such as cancer, Alzheimer's, mental health issues and HIV/AIDS in the downtown east end of Toronto. Programs include: Meals on Wheels, Adult Day Program, Adult Enrichment Program, Alzheimer Day Program, Community Transportation, Critical Housing Support, Client Services (Social Work). All programs are queer friendly. Of particular note are: Food For Life: A frozen meal delivery program in partnership with the Toronto People with AIDS Foundation, and Meet & Eat: A congregate dining program in partnership with AIDS Committee of Toronto. Contact: Kaarina Luoma 416-962-9449 x 28 or Chris Chow 416-975-4535 x 29

New Directions is a small volunteer agency serving women dealing with the loss of a partner. Services include information, referral, befriending, peer support, widows drop in,

workshops, a free weekly legal clinic, a library and resource centre and support groups for lesbians and bisexual women. Contact Nancy Emkin at 416-487-5317.

St. Michael's Hospital is a downtown teaching facility that was founded in 1892. The hospital specializes in heart and vascular disease, inner city health, trauma and neurosurgery, diabetes, neurology, musculoskeletal disorders and minimal access therapeutics. These core programs offer a wide variety of services, including mental health HIV/AIDS primary care and a women's health centre. In addition to the main site near Queen and Yonge, the hospital has health centres at 410 Sherbourne, St James Town, St Lawrence and 61 Queen East. Contact 416-360-4000 or www.stmichaelshospital.com

Sherbourne Health Centre offers a program of comprehensive primary health care specifically for the lesbian, gay, bi and trans communities including medical and nursing care, wellness care, counselling, information work shops and group support. The centre fosters partnerships with community organizations and community health initiatives. As it is a new program, some of these services are not yet established, but these are all part of the plan. Contact: Anna Travers at 416-324-4168

West Toronto Support Services is a west end agency offering services for older and disabled people including adult day service, Meals on Wheels, friendly visiting and telephone security checks, an income tax clinic, transportation, community dining, a foot clinic, grocery shopping service, caregiver counselling and education, home maintenance, respite and home help. Contact Penny Reid at 416-653-3535. www.wtss.org