

## Retirement Living in Terrace Bay

There was a time when things seemed to move at a more comfortable pace. You knew your neighbours, could walk into the grocery store and know most of the faces, And the trip across town only took 15 minutes - to walk. This is still a common practice, when you live in the small town of Terrace Bay.

The Township of Terrace Bay and its community partners have been working hard to meet the needs of their older adult residents and the results have been extraordinary. The Municipality and its healthcare partners have achieved amazing success and offer a full complement of family physicians and immediate rostering with a Doctor. The physicians are just the beginning as patients have access to the North Shore Family Health Team including a diabetes nurse, nurse practitioner, social worker, chronic disease nurse, dietician, and more. Residents can also rely on the professional staff at McCausland Hospital which has a full range of services and an Emergency Department with short wait times. The hospital is a modern, fully accredited 23-bed facility which also features the newly opened Wilkes Terrace 22 bed Long-Term Care Facility. Other medical services in the Community include chiropractic and orthotic services, massage therapy, foot therapy. Stewart Guardian Pharmacy recently expanded and fills the needs of the region.

Residents have an active membership opportunity in the Superior Seniors Club who routinely hosts events and socials for their members like the St. Patrick's Day Dinner. Members can stop by for a game of pool or darts or just enjoy a cup of coffee with some good conversation. The Township partnered with the Seniors Club to create the Seniors Activity Centre which is not only open to drop-in activities in the brand new Terrace Bay Cultural Centre, but is also home to the expanded Terrace Bay Public Library. Visitors can access the inventory of books or dvds, utilize the computer lab, or relax in the fireplace sitting room with a warm beverage.



St. Patrick's Day Dinner Held by the Superior Seniors Club

Terrence Bay is routinely described as a beautiful Community by visitors and the Municipality is proud of its low crime rate and the safe environment provided by the OPP and other emergency services. The community is home to Costa's Grocery Store, eight restaurants, a Canada Post office, CIBC bank branch, Home Hardware, automotive services, and much, much more. Some businesses regularly home deliver their customers products and will give you a helping hand out to your car. If there is something you cannot find in the Township, Thunder Bay is just 200km away. The Municipality has a suitable stock of affordable housing and is home to the challenging 9-hole Aguasabon Golf Course, and numerous walking paths throughout town. Terrace Bay recently completed a Downtown Revitalization Project, which made aesthetic upgrades to the main retail sector and sloped sidewalk ramps and beautiful sitting areas. The Township even offers a Snow Removal Program for Seniors.

### 2011 Medical Clinic Staff



Aguasabon Medical Clinic - upon visiting our clinic for the first time, new residents are **immediately assigned a family physician**. We also offer **same day doctors appointments** with patients able to call in the morning and usually seen that afternoon. We have found our patients really appreciate the prompt, friendly care they receive at our clinic.

With all these options, there's no better place to retire than Terrace Bay, come join us!

