

## OSCC55+ Resource Guide

Resources to help Oshawa Older Adults during this challenging time with Covid-19. If you require this document in an alternate accessible format, please contact Service Oshawa at 905-436-3311 or email [service@oshawa.ca](mailto:service@oshawa.ca).

### Food & Grocery

Resource	Details
Food Bank Locations	All Saints Church, Whitby (905) 668-5101 Salvation Army, Oshawa (905) 723-7422 Seventh Day Adventists, Oshawa (905) 433-8800 Simcoe Settlement House, Oshawa (905) 728-7525 St. Peter's, Oshawa (905)-728-8080
Grocery Order & Delivery	<b>OSCC55+</b> 905-576-6712 Ext. 2830 <a href="mailto:groceries@oscc.ca">groceries@oscc.ca</a>  <b>Instacart</b> 1-888-246-7822 <a href="http://www.instacart.ca">www.instacart.ca</a>
Community Care Durham	Community to Table Food Box for \$30.00 <a href="http://www.communitycaredurham.com">www.communitycaredurham.com</a> 1-888-255-6680  <b>Order on Monday with free delivery to your door on Friday.</b> (Credit card or pre-authorized payments only.)  <b>Meals on Wheels</b> 905-623-2261 <a href="http://www.mowdurham.org">www.mowdurham.org</a>
OSCC55+ and Pelican Catering Partnership	Hot or frozen meals available for delivery or pickup. (905) 260-2722

43 John Street West Oshawa ON L1H 1W8  
905.576.6712 | Fax 905.576.0848

## City of Oshawa, Property Taxes & Waste Collection

Resource	Details
City Hall	<ul style="list-style-type: none"> <li>• City Hall is closed to the public. Community members can continue to do business with the City online or over the phone. Residents can submit many common requests and report issues at <a href="http://www.serviceoshawa.ca">www.serviceoshawa.ca</a>. Additional online applications and payment options are available at <a href="http://www.oshawa.ca">www.oshawa.ca</a>.</li> <li>• Service Oshawa continues to be available to customers via phone, email and live chat during their regular hours, 8:30am- 4:30pm Monday- Friday and can be contacted by live chat at <a href="http://www.oshawa.ca">www.oshawa.ca</a> or by phone at 905-436-3311 and email at <a href="mailto:service@oshawa.ca">service@oshawa.ca</a></li> </ul>
Property Tax & Income Tax	<ul style="list-style-type: none"> <li>• If you wish to apply for the Tax Deferral Program, contact the Taxation Services Manager at 905-436-3311 ext. 2695.</li> <li>• The two-month grace period, until June 30, is for the April 27, 2020 installment with no penalties or interest charged.</li> <li>• The due date for filing individual tax returns has been extended to June 1, 2020.</li> <li>• Taxpayers will have until September 1, 2020 to pay any 2019 income tax amounts owed.</li> </ul> <p><b>Pre-authorized Payments:</b></p> <p>Email to <a href="mailto:tax@oshawa.ca">tax@oshawa.ca</a>; or mail to City of Oshawa, City Hall, Tax Services, 50 Centre. St. S., Oshawa ON L1H 3Z7.</p>
Waste Collection	<ul style="list-style-type: none"> <li>• The City has increased the four-bag limit to six bags for garbage collection and waived the requirement for garbage bag tags.</li> </ul>

Resource	Details
	<ul style="list-style-type: none"> <li>The Region of Durham's Waste Management Facility, located at 1640 Ritson Rd N, remains open but will only accept debit or credit payments.</li> </ul>

## Oshawa Public Libraries

Resource	Details
Oshawa Public Libraries	<ul style="list-style-type: none"> <li>Visit your public library online at <a href="http://www.oshlib.ca">www.oshlib.ca</a> where we are always open!</li> <li>Register for a library card, download eBooks, magazines, stream music and movies. Learn a new language, get reading recommendations tailored to your tastes, and access lifelong learning through <a href="http://lynda.com">lynda.com</a>. Online programs are also available.</li> <li>Remember, being at home doesn't mean being alone. Chat with us on Facebook, Twitter, or Instagram</li> </ul>

## Helpful Links

Resource	Details
OSCC55+	<a href="http://www.oscc.ca">www.oscc.ca</a>
City Of Oshawa	<a href="http://www.oshawa.ca">www.oshawa.ca</a>
Durham Region Transit	<a href="http://www.durhamregiontransit.com">www.durhamregiontransit.com</a>
Lakeridge Health Assessment Clinic	<a href="http://www.lakeridgehealth.on.ca">www.lakeridgehealth.on.ca</a>

## Covid-19 Government Contact

Resource	Details
Federal Government	1-833-784-4397
Government of Ontario	1-866-797-0000
Durham Region	905-668-2020 or 1-800-841-2729
City of Oshawa	905-436-3311

43 John Street West Oshawa ON L1H 1W8  
905.576.6712 | Fax 905.576.0848

## Additional Contact Information

Resource	Details
Health Department Durham Region	(905)-668-7711 or toll free 1(800)-841-2729
Durham Doctors Health Call Service	(905) 619-6641
Seniors Safety Line	1(866) 299-1011
OSCC55+ Peer Support	(905) 576-6712 Ext. 2847
Durham Community Legal Clinic	(905) 728-7321
Canadian Mental Health Association	(905) 436-8760
CAREA	1(877) 227-3217
Community Care Durham Reassurance Program	(905) 668-6223
A Friendly Voice	A telephone friendly visiting line for seniors. 1-855-892-9992 <a href="http://www.afriendlyvoice.ca">www.afriendlyvoice.ca</a>
Ontario Caregiver Hotline	Support and resources for caregivers 1-833-416-2273 <a href="http://www.ontariocaregiver.ca">www.ontariocaregiver.ca</a>
211 Dial 2-1-1	Information on community and social services in your area <a href="http://www.211ontario.ca">www.211ontario.ca</a>
Senior Safety Line	The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. 24 Hours per day, 7 days per week in multiple languages. 1-866-299-1011 <a href="http://www.eapon.ca">www.eapon.ca</a>

### Stay Connected, Stay Active.

Our team is here to help!

Would you like to receive weekly check-in calls during this time of physical distancing?  
If so, contact us to add your name to our weekly phone check-in service.

[Visit oscc.ca](http://oscc.ca) for more info and updates.

Contact us at: 905-576-6712 ext. 2830 or [info@oscc.ca](mailto:info@oscc.ca)

43 John Street West Oshawa ON L1H 1W8  
905.576.6712 | Fax 905.576.0848