



MARATHON

FAMILY HEALTH TEAM

Locum Information

Welcome to Marathon! The following information package will provide you with information for things to do before, during and after your locum with us. We hope that you find it helpful and informative.

Should you require further assistance regarding your locum, please contact Brett Redden- Physician Recruitment and Retention Coordinator at:

Phone: (807)229-0609 (work) or
(807)-228-0406 (cell)
Email: bredden@mfht.org

Thank you for locuming alongside our award winning team! We hope you enjoy your stay!

CONTENTS	
Before You Arrive	3
Locum Checklist.....	3
Travel.....	5
On Arrival	5
Accommodations.....	6
Upon Departure	6
Roles and Responsibilities	7
Marathon Family Health Team Orientation	7
NOSH Locum Orientation	10
Marathon Locum Orientation/Locum Roles.....	10
Community Programs Available from Wilson Memorial General Hospital	16
Nan’s 7+ Favorite local hikes	22
Town of Marathon Visitor’s Guide	23

BEFORE YOU ARRIVE

LOCUM CHECKLIST

In preparation for your locum, please complete the following steps:

- ☐ Complete application for privileges with the Wilson Memorial General Hospital
- ☐ Finalize travel plans and arrival/departure dates/times. Note: Most locums fly into Thunder Bay and rent a vehicle from onsite rental Car Company. For more information please visit <http://www.tbairport.on.ca/page/rental-cars>. Air travel is approx 2 hours from Toronto to Thunder Bay. Car travel from Thunder Bay to Marathon is 3hrs 20 minutes.
- ☐ Confirm whether you plan on using the locum house or other accommodations (i.e. plan to stay at a friend or relative's house).
- ☐ Identify any special needs at your accommodations prior to your arrival (ex. Groceries). Please note that most stores are open from 9:00am-6:00pm and are open Sundays 12pm – 6pm.

Please notify Brett Redden, if you would be interested in the following activities

- Aqua Fitness
- Badminton
- Basketball
- Bowling
- Cross Country Skiing
- Snowshoeing
- Fishing
- Fitness or Weight Room
(Cross Fit, Spin Classes)
- Golfing
- Hiking
- Hockey
- Kayaking
- Jogging or walking
- Volleyball
- Yoga
- ATV
- Snowmobiling
- Boating

Interested in experiencing “the life of an underground miner”? If time allows for it, we can also arrange the tour of our underground mine- Hemlo Operation- Barrick Gold Corporation. The tour is available weekday mornings from 6:00am-12:00pm. The approximate travel time from Marathon to the mine is 30 minutes.

Please make specific arrangements with your clinic contact person with regards to where to go when you first arrive for your locum.

Melanie Bouchard(Locum Coordinator)- mbouchard@mfht.org

Brett Redden(Physician Recruiter and Retention Coordinator)- bredde@mfht.org.

Locum packages are available for pick up in the Doctor’s ER Lounge- Wilson Memorial General Hospital. On the date of your arrival, Brett Redden will meet you at the hospital, to obtain your locum package. Brett will be happy to escort you to your accommodation and review your locum package. Once settled into your accommodation, one of our associate physicians will be pleased to provide a tour of the hospital departments and orientation of the Emergency Department. On your first scheduled clinic shift an associate physician will also provide you with a tour and clinic orientation, arranged by your clinic contact person. A tour of the community, if desired, by a local representative can also be arranged upon request.

You will also be provided with a cell phone to use for when on ER call. Keys to the clinic, hospital, and locum house are provided.

For more information, please contact: Melanie Bouchard, Locum Coordinator-Marathon Family Health Team- Phone: (807) 229-1541/Ext 237- Email: mbouchard@mfht.org

PLEASE REVIEW AND ENSURE THAT YOU HAVE COMPLETED ALL OF THE FOLLOWING:

- ☐ Application for privileges at Wilson Memorial General Hospital
- ☐ Method of payment to pay for accommodations – to be paid at the Clinic front desk (Debit/MC/VISA/ Payment from physician ledger)
- ☐ Group Contracted Physician Contract
- ☐ Locum Physician Expense Form
- ☐ Locum Physician Evaluation Form

~ PLEASE LET US KNOW IF YOU REQUIRE ANY ASSISTANCE ~

TRAVEL



It is recommended that you book flights and rental car via Thunder Bay International Airport. After departing airport, exit left onto TransCanada Highway and travel East on Highway 17. Total driving distance/time- 305km/3hr.20 minutes.

Bring your camera...there are designated photo/scenic lookouts along the way.

Travel expenses within Ontario are fully reimbursed; please visit the Health Force Ontario(HFO) Rural Family Medicine Locum Program. Please note that HFO will cover 100% of the cost of flights from Montreal (East) and Winnipeg(West)- further east or west of these two entry points, your airline ticket will be pro-rated. The website as listed below for full details:

<http://www.healthforceontario.ca/Jobs/OntarioPhysicianLocumPrograms/RuralFamilyMedicineLocumProgram.aspx>

ON ARRIVAL

Brett Redden-Physician Recruiter and Retention Coordinator, or a designated contact person will meet you at the hospital, so you may pick up your Locum package- Hospital/Clinic keys and cell phone can be picked up at hospital doctor's ER Lounge(Wilson Memorial General Hospital , or via other pre-arrangements. Brett will escort you to your locum accommodation and review your locum package with you.

Brett will be your main contact during your locum- this way you may have peace of mind for general questions regarding the clinic/hospital/ community. Brett can be reached at 807-228-0406(on call). An orientation and tour of both Hospital and Clinic have been arranged. Please ask Brett or Mel for any assistance.

ACCOMMODATIONS

Welcome to the Locum House!



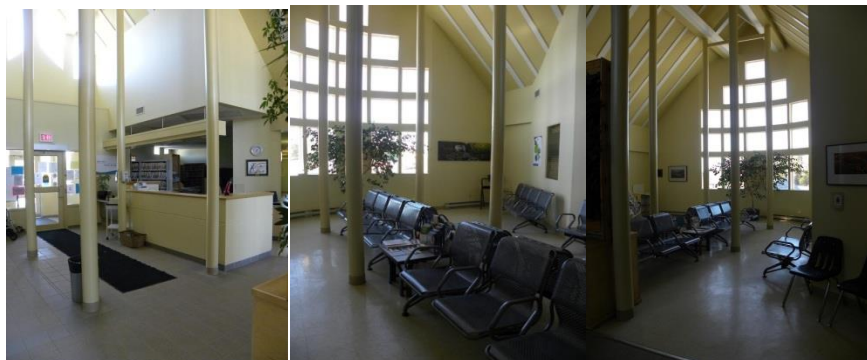
- Spacious, modernized, fully equipped, three bedroom, split level accommodation-on-site washer/dryer, fridge/freezer, stove, microwave, and dishwasher. Also, features a remote garage door with access to inside of house-ideal for winter locums.
- The fridge has some basic condiments which you are free to use. The cupboards may have some non-perishable food or items, so please feel free to use them if needed.
- Marathon has a fully-stocked grocery store, Extra Foods, located on the corner of Peninsula Road and Hemlo Drive, if you wish to purchase any groceries.
- Garbage pick-up is Friday- morning's approx 730am. You are required, as per Town of Marathon by-Laws, to use one orange bag tag per garbage can. You may place more than one garbage bag in the can, you only require one bag tag to be placed on the top bag, so its visible to the garbage collector. The orange tags are located on the refrigerator. Garbage bags are stored underneath the kitchen sink.
- Recycling is every second week(please refer to garbage collection/recycling schedule)
- Charges for the locum house are based on HFO reimbursement amounts. One night's accommodation at the Locum House is \$120(HST included). Normally we ask locums to pay for their housing at the front desk at clinic on the final day of the locum. You will be given a receipt to submit to Health Force Ontario.

UPON DEPARTURE

- Please turn down the house temperature to 15C in the cold months when away for the day, as well as when you leave at the end of your locum.
- You are not expected to wash sheets and towels. We are pleased to have a cleaner who will be doing a full clean and laundry service (**please note: cleaning and laundry service is not provided during your locum**).
- Our only other request is that you leave the house the way you found it.

WE WANT TO BE SURE YOUR STAY HERE IS AS COMFORTABLE AS POSSIBLE. LET US KNOW IF YOU REQUIRE ANYTHING DURING YOUR STAY, OR MAY HAVE RECOMMENDATIONS FOR OUR LOCUM ACCOMMODATION. THANK YOU!

MARATHON FAMILY HEALTH TEAM ORIENTATION



The Marathon Family Health Team group practice evolved in August 1996 and became a Family Health Team in December 2005. Please see our website at www.mfht.org for more information about MFHT.

If you could arrive approximately 15 minutes before your first scheduled clinic, the locum coordinator will show you around and orient you to the clinic. You will also be shown which desk you will be sitting at.

The family physicians currently in the practice (and their home phone numbers) are:

Megen Brunskill	229-8287
Nancy Fitch	229-8275
Sarah Newbery	229-1777
Eliseo Orrantia	229-1777
Ryan Patchett-Marble	228-3964
Sayali Tadwalkar	228-3469
Barb Zelek	229-1402

We all prefer first names be used. Hopefully you will have a chance to meet each of us and discuss our particular interests and roles.

Clinic related issues should be discussed with the Family Health Team Executive Director, Joanne Berube. Working with the physicians are several contracted employees and staff listed in the MFHT Staff area of the MFHT website.

CLINIC PHONE NUMBERS – AREA CODE ALWAYS 807:

Main Clinic Line for patients Booking Appointments: 229-3243

Clinic Fax: #229-2672

Clinic Line for Hospital use: 229-1246

WHEN MAKING AN OUTGOING CALL FROM THE CLINIC PLEASE DIAL '6' THEN THE OUTGOING NUMBER. OUR PHONE SYSTEM WILL AUTOMATICALLY BLOCK THE CALL SO THAT PHONE NUMBERS ARE NOT DISCLOSED TO THE GENERAL PUBLIC.

HOSPITAL PHONE NUMBERS:

Main Phone Line: #229-1740

Administration Office Fax: #229-1721

Medical Records Fax: #229-3242

Your hospital orientation package contains a list of extensions within the hospital.

ON CALL / CLINIC SCHEDULE

Prior to beginning your locum, you should have received a schedule for your approval. You will also receive a copy when you arrive in Marathon. This highlights when you are in clinic or when you are on call.

On Call coverage begins at 8:00 a.m. at Wilson Memorial General Hospital. Details regarding on call coverage and scheduling are found in the 'Orientation for Locum Physicians at Wilson Memorial General Hospital'.

Full Day Clinics are scheduled from 9:00 a.m. until 5:00 p.m. with lunch from 12:00 pm until 2:00 pm.

Morning Only Clinics are scheduled from 9:00 am to 1:00 pm

Afternoon Only Clinics are scheduled from 1:00 pm until 5:00 pm

PLEASE NOTE THAT ON FRIDAY'S, BEGINNING JULY 1-SEPTEMBER 1, THE CLINIC IS CLOSED FOR STAFF TEAM MEETINGS. ON WEDNESDAY'S FROM SEPTEMBER TO LAST WEDNESDAY IN JUNE THE CLINIC IS CLOSED FOR STAFF MEETINGS.

We have tried to accommodate your requests about how much you would like to work during your locum in Marathon. If you find that the schedule is either too light or too heavy, please speak directly with Megen Brunskill or Brett Redden. We will try to accommodate your request for change.

APPOINTMENTS

If you would like a patient to book a follow up appointment, please use the yellow slips in the exam rooms. Please indicate the number of follow-up units, 1 unit = 10mins, 2 units = 20mins, etc., with whom the follow-up should be booked (using the MDs initials or indicating RN/RPN), and when you would like the appointment booked (e.g. 1 month, 2 weeks, next available etc.) You can also use Oscar msg to request a follow up appointment.

EMR

We began using OSCAR software in December of 2011. Please see the separate EMR orientation section on this website. All recent information will be on the EMR. Older consults and reports are still found on the paper charts that are filed off site.

COLOURED CHARTS

We use a coloured folder system for our day-to-day office procedures. You will be shown where the all charts go that are completed or have tasks attached that need to be completed.

Blue Folders – Used to flag charts that are attached to messages sent electronically to the Dr.'s In-Box.

Red Folder – Emergency Folders These folders are of highest importance and require immediate attention. If you receive one of these folders on your desk you should attend to it immediately and then direct the staff accordingly. In some instances you may have to call the patient or the hospital or write an urgent prescription request. For urgent opiate renewals, please redirect them to the patient's MRP if they are around. Patients have been advised that 3 days' notice is required for prescription refills.

Green Folders – This is your daily mail folder. You will find lab work, consult notes, general mail, and magazines in this folder. You must sign off all the lab work which will be filed in the patient's paper chart and consult notes which will be scanned into the EMR. Once the filing is signed, the entire folder may be placed in the filing pile and it will come to the front and be filed or scanned.

BOOKING PROCEDURES AT THE HOSPITAL

Procedures are done on our individual call days. Please complete the eform WMGH Procedure Booking form. These will be sent directly to the hospital. If the procedure needs to be done sooner, you can book it on someone else's call day with their approval.

REFERRALS

These may be typed directly into the EMR. The current specialist list is located in the consultations section of the EMR. If you are unsure about who to refer to, please ask one of the physicians and we will provide a suggestion for you.

COVERING PAPERWORK

You will likely be covering for one of the physicians while you are here. There should be a Departing MD Sheet for any physicians not in the clinic. The staff orienting you should let you know which physician(s) you are covering for and we would ask that you check their paperwork daily at their desk.

You will be given a 'patient issues / findings' sheet. Please use this sheet to mark down any patients that will need follow-up or attention by their family physician after your locum is complete. This sheet will be attached to the Locum Evaluation Form, which you will complete at the end of your locum assignment. There is also a flow sheet on which you can keep track of abnormal results or interesting consultation notes and the actions taken as an FYI for physicians who are away. Alternatively, these can be sent to the physician's pending inbox.

BILLING

We primarily do shadow billing as we are on an alternate payment plan. Any out of province billing is fee for service (FFS), as are WSIB billings and private billings. You will be paid these amounts on top your daily locum rate.

Clinic day sheets: please indicate the fee code and diagnostic code on these sheets. Please also indicate if it is a WSIB case.

ER patients: please collect stickers with the patient names on one piece of paper. These are submitted to the billing office.

Hospital admissions: There is a separate white billing sheet that is in every admission package. You may complete this and simply indicate on the sticker sheet that the patient was admitted. In patient weekend rounds are also tracked on this same piece of paper.

If you have any patients from Quebec, please get them to complete the OUT OF PROVINCE CLAIMS FORM; it must be completed fully by the patient. We would like you to do this regardless of whether they have their Health Card on them or not, more often than not the wrong information is collected from their cards. You are also required to sign this form.

For initial WSIB visit, please complete a Form 8 and try to get as much information from the patient as possible, especially SIN and employer's name and contract phone numbers.

PAYMENT

You will be mailed a cheque from HFO for your locum days. Sessional and extra billings will be mailed to you directly from MFHT at the end of the calendar month. You may continue to receive cheques for extra billings that are received in the months after you leave.

You will receive an invoice from the practice for the locum house accommodations. We do this to pay for the upkeep of the houses as we are directly responsible for this. This invoice can be submitted to the HFO directly for reimbursement. You have these options to pay this invoice directly to the practice using:

1. VISA / Mastercard
2. Personal cheque made payable to The Marathon Family Practice
3. Have the amount deducted from your sessional payment

Please complete your shadow billing sheet and Locum Physician Checklist sheet to be sure that you have completed all steps.

Please submit all billing and diagnostic codes to Jackie Rogers(Accounts and Billing Clerk for Marathon FHT).

NOSH LOCUM ORIENTATION

MARATHON LOCUM ORIENTATION/LOCUM ROLES

Our hospital offers a nine-bed acute care, plus a twelve-bed chronic care wing with regional referral centre 300 km away. Visiting surgeons do consults and GI endoscopy; visiting ophthalmologist does consults and cataract surgery; and a shared mental health model works with a psychiatrist. Our EMR is "OSCAR" with updated cumulative patient profiles and medication profiles.

- The hospital services Marathon and surrounding area. It and employs approximately 150 people at 26 Peninsula Road, phone: 807-229-1740.
- The facility, equipment and fully qualified staff can handle a variety of emergency, medical, pediatric, coronary and chronic care problems either directly or through transfer from or to other health care facilities. We also have a 24 hour Emergency Department with has approximately 6,000 visits/year.
- The Wilson Memorial General Hospital aims to provide quality health care services to the residents its serves, and to promote health education and improved community health through the integration and coordination of community health programs such as meals-on-wheels, lifeline, telephone assurance, senior day care and respite care.

HOSPITAL SERVICES INCLUDE:

- Family medicine
- Maternity and pediatrics
- Emergency
- Tele-medicine and consultation
- Laboratory
- Radiology
- Ultrasound
- Physiotherapy
- Occupational therapy
- Clinical nutrition
- Diabetes education
- Chemotherapy

The Chief Administrative Officer Adam Brown
Chief of Staff of WMGH Dr. Sarah Newbery
Chief of Nursing Janet Gobeil.

PLEASE CONTACT US AT THE FOLLOWING: 26 Peninsula Road-Marathon, ON P0T 2E0-Phone: (807) 229-1740 Email: admin@nosh.ca .For further information, please visit our website: www.nosh.ca

COMMUNITIES SERVED:	Marathon, First Nations communities of Pic River and Pic Mobert and occasionally patients from White River.
BEDS:	8 acute care beds plus an obstetrics LDRP room 1 observation room 12 chronic care beds.
NURSING STAFF:	2 RN's and 1-2 RPN's on each 12 hour shift (7 to 7). Typically the RPN's provide service on the chronic care patient ward. The RN's work in acute care with one RN per shift assigned to the ward, and one to the ER. The RN's do move between the two acute care areas of the hospital to assist one another with their respective workloads.
PHYSIOTHERAPY	<p>8:00am-5:00pm Mondays to Thursdays, 8:00am to Noon on Fridays.</p> <p>Physiotherapy services for inpatients, outpatients and our Continuing Complex Care and Long Term Care patients. The physiotherapy team includes two full time Physiotherapists and one full time Physiotherapist Assistant who collaborate with other medical professionals, regional and local health organizations and local industry to provide the best possible rehabilitation services to clients.</p> <p>The departments are fully equipped with a variety of modalities and a great selection of exercise equipment- including treadmill, stationary bicycle, rowing machine and some resistance training equipment</p> <p>All clients must obtain a physician referral to access physiotherapy services.</p>
<u>Lab:</u>	7:30 am to 5:00 pm Monday to Friday with lab staff available on call outside of those hours. Lab outpatient hours are from 8:30am to 2:00pm.
<u>Diagnostic Imaging:</u>	8 am to 4 pm with staff available for on call outside of those hours. Only one of the technicians has been trained to do ultrasound so that service is not consistently available on-call. Dr. Barb Zelek can do some limited obstetrical ultrasound assessments if the ultrasound technician is not available. Portable U/S available for physicians to use in ER. Dr. Zelek has also been certified in Emergency Department Targeted Ultrasound.
<u>Call ins:</u>	At our facility the lab and diagnostic imaging staff are on call after their regular hours are complete (as above). Each call-in costs the hospital 4 hours of regular time service. Where it is determined that waiting to obtain lab or x-ray services until the regular hours of operation is unlikely to impact care, our tendency as physicians is to wait. For example, one might choose to splint a probable Boxer's fracture for a number of hours rather than seek an immediate x-ray in a case where it is possible to do so.

ON CALL SERVICES

Physician Weekday On Call Shifts:

full shift (24 hours): 8:00am to 08:00am the following day

split shift (12 hour blocks): 8:00-20:00 and 20:00-08:00

On call physicians are:

- All locums are expected to be ready and be onsite at hospital for handover at 8:00am.
- Responsibility includes covering the ED, the inpatient ward, and the long term care ward
- The nurses at Wilson Memorial General Hospital (WMGH) are well trained and work with a fair amount of autonomy. If they ask you to see the patient urgently, you should listen carefully. As many of our nurses and staff have worked at WMGH and lived in Marathon for many years, they often know our patients well and can be a valuable source of “collateral” information.
- We typically see between 15-20 patients in the ED within the 24 hour period. Most of these visits are of relatively low acuity and seen in the first 12 hours of your shift. You are not expected to stay on-site throughout the entire shift. At night, a nurse may contact you to defer seeing low acuity patients until the next day
- Overnight, you may choose to sleep at the locum house or at hospital.
- The physician on call is responsible for admitting the patient. If you admit a patient you are expected to follow this patient throughout your locum.
- on call for the hospital during the entire call shift. The non-on-call MRPs cover their own stable inpatients to 5 pm, including chronic care patients.
- expected to cover requests from clinic docs for assessment for admission, and urgent ER procedures and investigations.
- expected to remain within a 10 minute response time from the facility
- expected to be within easy reach of a telephone
- Any patient presenting to the hospital who is 37 weeks gestational age or greater is usually considered the responsibility of the obstetrics physician on call that week. The RNs will usually call in that physician themselves.

Cell phones are supplied by the clinic. The nurses have been instructed to call the physician for all urgent or stat calls. There may also occasionally be after hours calls from THAS (telephone health advisory system) to discuss patients enrolled with the Marathon Family Health Team.

Elective Booked Procedures:

(e.g. Toenail resections, joint injections, cast removals etc.) are typically done in the morning in ER. You may book your own procedures generated from clinic on your call day; if it should not wait, (eg I+D), send to doc on call.

If possible avoid doing elective procedures during the hours of 17:15 -19:30 (RN's dinner and shift handover).

Triage:

The people in the community are encouraged to use the emergency department for urgent and emergent care problems. When the RN relays a history it is reasonable for the physician to manage the patient by providing the RN with instructions for the patient regarding care and follow-up e.g. an 8 year old presenting with ear pain and no fever may be instructed to try Tylenol and/or Advil for 24-48 hours and follow up at the clinic if symptoms persist.

It is not necessary that the physician on call see all of the patients presenting to the ER. However, we do try to provide as supportive an environment for our staff as is reasonable, so if the RN asks specifically that the physician see the patient, the physician is strongly encouraged to do so.

At the start of an ER shift, there is a standing folder by the doctor's computer with ER charts deferred by the RN as CTAS 5 from the night before. These require a quick review, and signoff by the ER doc coming on shift.

Handover:

- **PATIENTS DEFERRED OUT OF ONE'S OWN CALL DAY** (eg. Someone presenting at 2am with ankle pain asked to return at 9 am the next day) may be seen by the deferring physician OR handed over to the next call day physician with clear verbal handover. We usually have a handover phone call, if necessary, at the end of each call shift to relay information on acute inpatients and outpatients and anyone in the process of being worked up.
- **PATIENTS ADMITTED BY THE ON CALL PHYSICIAN** are transferred to their usual family doctor the next morning (8 am). Log into the clinic EMR via remote desktop in the doctor's lounge and check the patient's demographics section to find the patient's usual doctor (if it is blank, they have no family doctor.) **IF THEY DO NOT HAVE A DOCTOR OR THEIR DOCTOR IS AWAY, THE ADMITTING DOCTOR CONTINUES TO FOLLOW THESE PATIENTS TO DISCHARGE.**

On Monday morning, the outgoing Sunday on call doc should do the 8 am handover for any patients admitted over the weekend. Locums may also get an 8 am phone call when not on call, to pick up a new inpatient who is the patient of the doc for whom the locum is covering paperwork in clinic.

If the inpatient is not discharged at the end of the locum period, hand over inpatients to:

- another doctor who knows the case, OR
- the doc on call for the day of the locum's departure.

If, during the locum, one locum gets more than 3 inpatients assigned to them at a time, this can be redistributed via corridor conversations to keep the workload manageable.

Backup:

A specific local physician will be assigned as the back up on days that a locum is on call. Please call this person first for any questions you may have. Our local practice is to offer one another assistance when requested. The same is expected of the locum when not on call: that they would come urgently if possible, if called to assist in the ER. If backup assistance is needed when on call use the systems below:

In **CRITICAL SITUATIONS** ask the ward clerk or ER nurse to check the sign out board at the nurse's station to determine who might be available to come and assist.

In **NON-CRITICAL SITUATIONS** review the posted schedule and determine which local doctor is least busy at that time, and therefore most able to help.

There is always one physician on call for obstetrics when the program is open. The "Obs doc" will be available as last resort for any Emergency backup requirements, unless that doctor makes specific arrangements to have his/her responsibilities covered by another physician. Memos will be posted if the obs program is closed for any reason.

Occasionally a physician is required to travel with land or air ambulance to transfer a patient to Thunder Bay. Usually this is the role of the on call physician, and that physician has an obligation to arrange for on call coverage via the backup system prior to going on the transfer.

Ventilator:

We have one vent that can provide excellent bipap/cpap intervention if needed. There is no RT and no nursing pool available for staffing the vent beyond several hours so it is used only:

- as an option for ER to support a patient while awaiting transfer or for a short trial of therapy
- for palliative care patients, to gain time before death while awaiting the arrival of a loved one.

Disaster:

If there are a large or overwhelming number of casualties in the Emergency department, the physician on call may call a “Code Green”, or disaster. If the locum physician is on call, he/she should immediately call one of the local colleagues and then follow the instructions as per “Code Green” policy in the Policy Binder (see below).

Obstetrics:

Locums are not expected to provide obstetrical services. However, we have a policy that the on call physician may function as the “baby doc” at a delivery. Locums are expected to:

- have NRP certification
- Familiarize themselves with the obstetrics room and neonatal resuscitation cart at the start of their time here.
- Assess pre-term pregnant patients presenting to hospital (less than 37 weeks), for these will require transfer if delivery is a possibility.
- Call in the obstetrical physician if it is felt that a pre-term delivery is imminent/possible.

Any patient presenting to the hospital who is 37 weeks gestational age or greater is usually considered the responsibility of the obstetrics physician on call that week. The RNs will usually call in that physician themselves.

Inpatients:

Admitted patients: The MD on call will be responsible for all inpatients after 17:00. The on call physician can expect to receive a handover about any inpatients that they anticipate may develop problems through the night. If this has not happened for a particular patient and the on call physician is called, if they feel it would be helpful, they can consider having the hospital contact the attending physician

On weekends, the on-call physician is expected to round on all active inpatients. There should be a weekend transfer note on the chart to facilitate provision of care. The note should be explicit regarding a care plan including anticipated problems or issues.

On weekdays, the locum is expected to round on their own inpatients prior to the start of the clinic day, with the goal of discharging patients eligible for discharge by 11am.

ER hold: An on-call physician may choose keep a patient in ER for observation for a period of time after initial assessment. As a general rule, this will be considered an ER hold if the duration of stay is less than 6 hours. If more than 6 hours, it then generally becomes an admission and an admitting Hx and PE, plus admitting orders must be completed. Exceptions for extending ER hold would be situations where a patient is waiting for test results but is not being actively managed (e.g. atypical chest pain awaiting the 6-hour troponin result to rule out ACS).

Transfers:

Thunder Bay Regional Health Sciences Centre (TBRHSC) is our regional referral center. To discuss a sick patient with a specialist call TBRHSC at **1-807-684-6001 or -6000 x0** and that service will connect with the specialist requested. For critically ill patients, plus pts who may not be critical but will certainly require transfer, (as well as in the case where you have contacted the specialist for advice, and transfer is recommended but there are no available beds in Thunder Bay), “Critical” can be contacted and they will seek the nearest available bed and specialist appropriate to the case. The number for “Critical” is posted on each of the telephones in ER and at the nurse’s station.

Medical Records:

At the beginning of your stay you will be:

- Provided a key to the Medical Records Department
- Requested to provide an example of your signature and initials in medical records
- Provided with a package of ER medical directives to sign which allows the ER RN to initiate treatment before your arrival to the ER. Eg. Chest pain, anaphylaxis

IT IS EXPECTED THAT PRIOR TO COMPLETION OF THEIR LOCUM ALL PHYSICIANS WILL:

- sign off all of their lab work, x-ray reports and charts
- stop in at health records and ensure that any outstanding charting is completed

There is a 'locum' slot in the medical records department that you can check after hours, if needed. The discharging physician will complete the discharge summary on any patients for whom they have cared. The exception to this would be a patient cared for by their family doctor during the week and then discharged on a Saturday by the on call physician. The attending physician would then complete the discharge. All medical record entries must note the date and time.

Policy Binders:

Hospital policies pertaining to nursing care: located at the nursing station

Policies pertaining to medical care: located in each of the ER rooms and in the physicians' office.

ER Order Sets / Admissions:

There are several order sets/treatment protocols available via endpoint. You will have received login information. Please use these for all admissions.

Formulary:

There is a hospital formulary binder that outlines all of the medications that are kept in stock in the hospital. There are a number of non-formulary medications that may also be available, and you can check with the RN if you have questions about a particular medication. Non formulary medications can be ordered from the local pharmacy in town using a prescription *for hospital use*

Mask Fitting:

If you have never been fit in another facility for a mask for the prevention of FRI (Febrile Respiratory Illness), then please speak with the Director of Nursing regarding having a mask fitting scheduled. Your mask should stay in the facility for your use in the Emergency Department or on the ward.

Feedback:

If you have any feedback regarding your work at Wilson Memorial General Hospital, please feel free to contact the Chief of Staff, Dr. Sarah Newbery. If you have feedback regarding the conduct of staff at our facility, it would be appreciated if you could put that feedback in writing to Mrs. Janet Gobeil, Director of Nursing Services, and CC it to the Chief of Staff to follow up. (See email addresses below.) **Thank you** for being willing to provide service to our facility.

COMMUNITY PROGRAMS AVAILABLE FROM WILSON MEMORIAL GENERAL HOSPITAL

ASSISTED LIVING PROGRAM

The Assisted Living Program (ALP) is designed to assist seniors 65 and over to maintain independence in their home with supports. This Program will provide a flexible menu of personal support and essential home making services including ADL, IADL and recreation services, backed up by 'after-hours' staff availability. We will be utilizing existing staff from hospital. The ALP provides an opportunity to transform care delivery to low, moderate and high services, based on the client's needs as they change.

We are working in collaboration with CCAC (community care access center) and the community, to enhance services provided.

How to access the ALP?

Physicians or Nurse Practitioners can fill out a CCAC referral specified for the Assisted Living Program, or the individual or family can contact CCAC and request an assessment. CCAC will then conduct a RAI-MDS assessment. The senior's needs have to score a 7-16, to be enrolled in the program. The individual's information will then be forwarded to the Community Programs Coordinator to make contact with the senior and set up the services based on their needs, likes and dislikes.

There is a 30% cost of services to the client as the program is partially funded through the LHNS.

This Program is great for any seniors who wish to live in their homes longer with appropriate supports.

MEALS ON WHEELS

The Meals on Wheels program is designed to enable eligible individuals to benefit from the delivery of hot and well balanced meals to their homes. Its goal is to help community members stay healthy and maintain their independence while living at home. The Meals consists of a soup, salad, entre and desert at a cost of \$5.25 per meal. Meals are delivered by volunteers from Wilson Memorial General Hospital and the individual can choose from 3 or 5 days per week.

How to access Meals on Wheels?

The individual must be physically or emotionally unable to prepare meals due to illness or disability. EX -Seniors living alone, frail elderly, individuals with medical conditions and/or in the process of recovery from an illness, or individuals with a referral from physician or nurse practitioner. The individual may contact the Community Programs Coordinator at 229- 1740 ext 278 or a referral form can also be completed by the health care professional.

SENIORS SERVICES VAN

The Seniors' Services Van offers transportation services for eligible seniors to attend medical appointments, health related appointments and wellness programs. Having this service available allows seniors' to get out and remain active to help them remain at home longer and remain self sufficient.

How to Access the Seniors' Services Van?

Eligibility: Seniors age 55+ must apply to be eligible for this service. Special circumstances may be considered with Physician/nurse practitioner referral. Referral can be done by calling the Community Programs Coordinator at 229-1740 ext 278 or emailing lobertin@nosh.ca. Individual can call 229-1740 Ext. 278 to register and also receive their first 3 trips free.

SENIORS DAY PROGRAM

The Seniors Day Program is designed to provide a social outlet for seniors as well as respite time for their caregivers. The Senior Day Program will accommodate higher need seniors who are isolated in our community with different types of recreation at Wilson Memorial General Hospital. Seniors aged 55+ are encouraged to attend either full or half days, with a nutritious lunch. Program runs Tuesdays and Thursdays from 10 am – 3:30 pm. Coffee tea and snacks are provided to the individuals. There is a small nominal fee to offset costs for meals, prizes, supplies, entertainment costs etc.

How to Access the Seniors Day Program?

Referral can be done by Physician or Nurse Practitioner, or the individual or family member can call the Community Programs Coordinator at 229-1740 ext 278 to register.

Questions

*Assisted Living
Program*

Your care package is designed to suit your needs in collaboration with the community and CCAC.



Tel-807 229 1740 ext 278

26 Peninsula Road
P. O. Box "Bag W"
MARATHON, ON P0T 2E0
Phone: 807-229-1740 Ext. 278
Fax: 807-229-1721
E-mail: lobertin@nosh.ca

Each individual's package is designed according to your needs, likes and dislikes.

What each package can contain according to your needs:

- low, medium or high risk services
- 24 / 7 care
- daily security checks
- installation and rental of life-line
- direct phone support from staff in hospital, afterhours
- assistance with activities of daily living
- medication monitoring
- wonderful Jacuzzi baths
- more housecleaning, laundry and personal care and hygiene
- meal preparation
- banking, paying bills
- shopping
- foot care

Wilson Memorial General Hospital is enhancing services provided by CCAC with improved flexibility to hours for seniors 65 years and older.



Our goal is to make living in your home achievable.

A variety of different services available with this program include:

- Recreation Therapy
- Grocery Program
- Senior Services Van with transportation to appointments
- More Socialization and Outings
- Minimal Maintenance Services

If you are interested in the Assisted Living Program, or would like to hear more information, please contact: Lorelle at 229 1740 ext 278 or lobertin@nosh.ca

No two packages are the same.



What is Meals on Wheels?

The Meals on Wheels program is designed to enable eligible individuals to benefit from the delivery of hot and well balanced meals to their homes. It's goal is to help community members stay healthy and maintain their independence while living at home.



Community Programs Services

28 Peninsula Road
P. O. Bag "W"
MARATHON, ONTARIO P0T 2E0
Phone: 807-229-1740 Ext. 278
Fax: 807-229-1721
Website: www.wmgh.net

Community Programs Services



Meals on Wheels Program



**Healthy People
Our Greatest Resource**
Please Call 807-229-1740 Ext. 278



Seniors' Services Van Serving Marathon Residents

Providing seniors with transportation to medical appointments, health related appointments, and wellness programs.



**Wilson Memorial General
Hospital**

26 Fenimore Road
P. O. Bag W
MARATHON, ONTARIO
P0T 2E0
Phone: 807-229-1740 Ext. 278
Fax: 807-229-1721
www.wmgh.net

**Wilson Memorial
General Hospital**

Seniors' Services Van



**Giving Seniors a Lift to
Healthy Living!**

**Call 229-1740 Ext. 278
To arrange a ride!**

Community Programs Services



Meals are prepared by
Wilson Memorial General Hospital's
Dietary Department

This service provides nutritious hot meals, delivered to your door by a volunteer. You can choose either 3 or 5 days per week service. The meals consist of a soup, salad, entrée and dessert, at a cost of \$5.25 per meal.

Who is Eligible?

Individuals must be physically or emotionally unable to prepare meals due to illness or disability.

Eligible individuals include Seniors living alone, frail elderly, individuals with medical conditions who would benefit from the program, individuals recovering from surgery or illness, or individuals who lack cooking and storage facilities.

How do I register?

To complete an application, contact the Community Programs Coordinator at 229-1740 Ext. 278 or drop by the office, located on the second floor of Wilson Memorial General Hospital, 26 Peninsula Road, in Marathon. Referrals are also accepted through your health professional.

Interested in volunteering?

We always welcome people interested in volunteering for the Community Programs Services. For further information on volunteering with us, contact the Community Programs Coordinator at 229-1740 Ext 278 .








Community Programs Services also include:

Seniors ' Services Van
Aging at Home Services

Community Programs Services

26 Peninsula Road
P. O. Bag "W"
MARATHON, ONTARIO P0T 2E0
Phone: 807-229-1740 Ext. 278
Fax: 807-229-1721

NAN'S 7+ FAVORITE LOCAL HIKES

-  **PEBBLE BEACH 10min**
Drive down Peninsula Rd to the post office/museum T-intersection. Turn L, drive approx 500m to Howe St (sign on R: Pebble Beach). Turn R, park at end of road past playground, walk down path to far L to gorgeous beach. Stroll either way and return.
-  **CARDEN COVE TO STURDY COVE 1.5h.**
Drive up Peninsula Rd to the Jehovah Witness Kingdom Hall (across from SPG gas station.) Turn L, drive approx 2 km along gravel road to end of road. Park on road, find trail on L to water, hike along beach and at the end of the beach find the trail marker into the forest—these white markers will lead you over about 30 min to a fabulous secluded cove. (There is a place after about 10 min in the forest where finding the trail is tricky: you think you should go straight in a rocky clearing, which in fact the white trail markers are to the L.) Out there at the cove, there is an additional hike to a lookout which I actually have yet to do, so can't direct you, but it is reportedly stunning. (WINTER ROAD CLOSED—2km walk in!)
-  **HAWK'S RIDGE 1.25h.**
Turn onto Hemlo road and drive all the way to the cul-de-sac end (eg the locum house turnoff/LaVerendrye is almost at the end of Hemlo.) Park, follow a trail sign towards the Lake along a sandy trail for 25 metres, then look for a trail up to the L heading into the forest. Stay on this main trail/follow the sign to Hawk's Ridge(after 15-20 min walk trail goes R toward the lake—don't go L or you will be walking to Pic River.) Hawk's ridge can't be missed for the sudden, stunning view down a crazy steep ridge is unmistakable. Turn and walk home.
-  **THE 'LAGOON' 40 min.**
Either park at the same spot as Hawk's ridge, and instead of taking trail into the forest off the sandy path to L, go straight under the culvert and climb up out of the culvert onto the gravel road (called Treatment Road, also a great 7.5 km run to the end and back.) Or, drive to the end of Steven's ave and you encounter a metal gate, which is the start of Treatment Road. Or, leave your car at home if you are staying on La Verendrye and walk under the culvert at the bottom of the street—L is Treatment Road. About 500m from the culvert there is a trail on the R which goes down to the lake. Walk either way along the rocks. STUNNING rocks and lake. In the winter, Superior forms great ice sculptures all by herself.
-  **CUMMINGS BEACH 30 min.**
Drive down Peninsula Rd all the way to Superior; turn R and keep heading toward the Lake via old mill property; there are signs to Boat Launch. Park at Boat Launch and follow the continuation of the road to the R which turns into a trail. The trail ends at a creek; the Beach is at the end of the creek, which can be tricky to get to, depending on the Creek's status. The best fun is to forget about the beach, and just go down the short sandy hill when you reach the creek, and negotiate your return all along the Superior rocks. (They can be wet and slippery but you can get all the way back to the boat launch along the rocks.) (WINTER ROAD CLOSED—have to hike to the boat launch from a road blockade, adds 15 min.)
-  **PUKASKWA PARK 25 min drive away**
Many options—30 min hike along beaches, to a 6 hr hike along the coastal trail to the suspension bridge. 4 km into the coastal trail is a sweet little beach good for picnics. Don't try to get to the bridge if it may get dark on you! For the beaches and South Headlands trail combo (my favourite, about 45 min) find your way to site 54 at Pukaskwa park and take the trail. There are markers which lead you to connect 4 beaches and finally a big rocky peninsula, which ends at Hattie Cove which will be where you likely parked. (Unless you go in winter, when the park access road is closed, and you have to walk/ski/snowshoe in 2 km to get to the parking lot/site 54.) To get to Pukaskwa, go E on hwy 11/17 and turn after 10 min onto the Pic River/Pukaskwa road. The park is at the end of the road.
-  **NEYS PARK 25 min drive away**
Several options. A kilometre long white sand beach; a nice rocky trail at Prisoners cove (can go in and out 15 min each way and be satisfied, or go further); plus an interesting hike called "the Crack" which you have to be shown, it is too hard to describe (you climb up a fault line in the cliff and down a neighbouring gully.) Again, the access road is closed in winter and is 2 km in to the beach.

WELCOME



A SUPERIOR COMMUNITY



MARATHON

THROUGH OUR WINDOW



#MarathonON

#POT2EO

www.marathon.ca



Message from the Mayor

On behalf of the Council and citizens of Marathon, I would like to welcome you to the Town of Marathon.

Marathon is an excellent place to live, work, play, visit and invest. We have a strong, diversified economy with excellent health care and educational facilities.

Marathon has top-notch sports facilities, a wide variety of shops and businesses to choose from as well as many natural attractions to enjoy. Our residents and business owners take great pride in their community by working together to keep this town vibrant and active.

I am happy to extend our hospitality to all visitors. While here, I hope that you take the time to explore the natural beauty and opportunities our community has to offer. Please come back and visit soon.

Sincerely, The Town Of Marathon

Mayor
Rick Dumas
Marathon - The Superior Community

"Marathon will continue to be a healthy and progressive community that supports development opportunities, lifestyle quality and open, flexible governance."

www.marathon.ca



Message from the Chamber

The Marathon and District Chamber of Commerce extend a warm welcome to you. We are an active community bound together by our diligent leaders and volunteers.

Our businesses and residents work together to make our community a safe place to live, work, play, visit and invest. Marathon's many volunteer committees work hard to ensure that our well attended annual events, such as the Marathon Summerfest, remain a success year after year.

The Chamber of Commerce exists for the betterment of the community. The proud volunteers of the Chamber of Commerce diligently work to improve the business environment in an effort for all businesses to survive and flourish.

I bid you an enjoyable and memorable stay here in Marathon. Please come back and visit again.

Sincerely

Gord Linfield
President, Marathon and District Chamber of Commerce

"The objectives of the Marathon and District Chamber of Commerce shall be to promote and improve trade and commerce and the economic, civic and social welfare of the district."

www.marathon.ca



Message from the Chair

The Marathon Economic Development Corporation welcomes you to our vibrant and fully serviced community. We proudly work together to make our town an ideal place for businesses and families to prosper and grow.

Marathon is a generous and friendly community with a focus on retaining a strong, diversified economy. Together we have established and continue to work diligently to offer excellent health care, exceptional education, and a wide range of recreational activities geared to all ages.

The Corporation acts as the Town of Marathon's project delivery agent to meet economic development and diversification objectives relating to business retention, expansion, promotion and development. Marathon is open for business. Please contact the Marathon Economic Development office at 229-1340 ext. 2226 or e-mail edo@marathon.ca if you have any questions, comments and/or constructive criticism concerning the community and how we do business.

I hope that our hospitality serves you well. During your stay, I encourage you to explore and discover the many features that make Marathon a great place to live, work, play, visit and invest in.

Quality of life is a trademark of our town.

Sincerely,

A handwritten signature in blue ink that reads 'A. Joy Bott'.

Joy Bott, Chair
Marathon Economic Development Corporation

"Marathon is a strong resource-based community with a prosperous economy, rich cultural and natural heritage, and the capacity and leadership to enhance and sustain a high quality of life. Marathon is a proud and progressive model community that supports enterprise, institutions and entrepreneurs."

www.marathon.ca

TABLE OF CONTENTS



ABOUT US 9



IN OUR BACKYARD 14



MAP 24



RESTAURANTS 18

ACCOMMODATIONS 21

ADVERTISEMENTS 27

SHOPPING 16

CAMPING 13

EMERGENCY SERVICES 7

MEDIA, LIBRARY, AIRPORT 8

BIIGTIGONG FIRST NATION 26

RECREATIONAL COMPLEX 23

SPECIAL EVENTS 15



EMERGENCY SERVICES

Children's Aid Society
Phone: (807) 229-0580

Chiropractor
Dr. Zack Souckey & Dr. Elizabeth Gaudry
Phone: (807) 229-2762

Dentists
Marathon Dental Clinic
Phone: (807) 229-0144

Dr. Mark Albus
Phone: (807) 229-9267

Marathon Detachment of the Ontario Provincial Police
Phone: (807) 229-0220

Marathon Fire Department
Phone: (807) 229-1340 ext. 2227

North Superior Victim Services
Phone: (807) 229-8877

Pharmacy
Marathon Drug Associates
Phone: (807) 229-1670

Physicians
Marathon Family Health Team
Phone: (807) 229-3243

Superior First Aid Services
First Aid certification available
Phone: (807) 228-1879

Superior North Emergency Medical Service
Phone: (807) 229-1177

Wilson Memorial General Hospital
Phone: (807) 229-1740 ext. 278

CALL 911

For:



Ambulance



Fire



Police



PUBLIC SERVICES

Local Media

Radio

- 📻 CBC Radio One (Thunder Bay)
- 📻 CFNO (Marathon) 93.1 FM
- 📻 1090 AM

Newspapers

- 📰 Marathon Mercury (weekly)
- 📰 Thunder Bay Chronicle Journal (daily)

Online Publications

- 📰 Ont
ario News North
(OntarioNewsNorth.com)



Marathon Public Library

- 📶 Free internet access to all.

Hours: Monday, Tuesday, Thursday,
Friday - 10:00 a.m. to 5:00 p.m.
Wednesday - 12:00 p.m. to 5:00 p.m.



Marathon Airport

The Marathon Municipal Airport (CYSP), which operates as a Registered Airport, is located 2.6 kilometers (1.6 miles) northeast of the Town of Marathon and occupies a land area of approximately 219 hectares (542 acres). The maneuvering area consists of one runway and a joining taxiway system and a public apron.

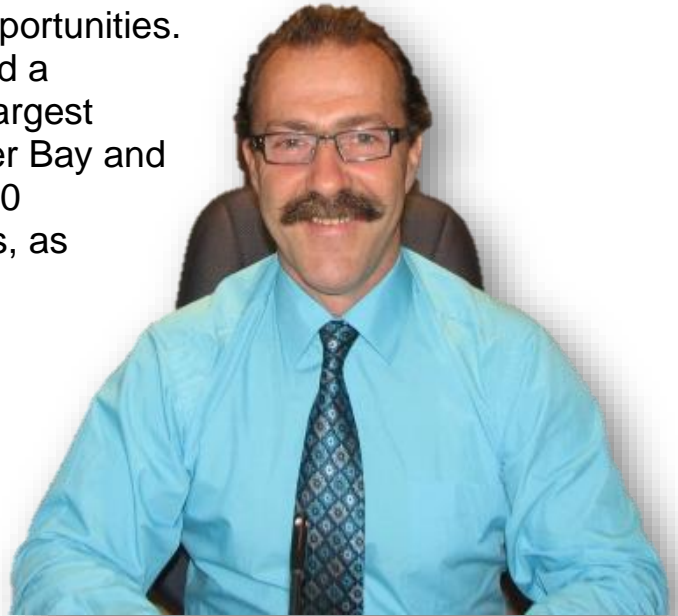


www.marathon.ca

ABOUT US

Marathon is a vibrant community with a "small town" feel and "big city" business opportunities.

Fueled by the Hemlo Gold Mines and a dynamic business sector, Marathon is the largest commercial service centre between Thunder Bay and Sault Ste. Marie. It has a population of 3,300 citizens, with approximately 200 businesses, as well as a regional trading population of approximately 15,000 people. In addition, Marathon is located in the "middle" of Canada, which means it is only a little more than a day's drive from Southern Ontario, Western Canada or the Midwest United States - and millions of potential customers and visitors.



Marathon's quality of life is a local trademark and is second to none. Well developed and progressive health care, social services, recreational, and educational sectors make Marathon an ideal community in which to locate.

Marathon has a modern hospital and a well-staffed medical clinic. Wilson Memorial General Hospital is an acute and chronic care hospital offering a number of diverse services. The Marathon Family Health Team is a complete service family medical clinic with a full complement of physicians on staff. It has been recognized as a leader in the development of rural medicine programs, having won the Family Practice of the Year Award from the Ontario College of Physicians.

In addition, Marathon's modern communications infrastructure, retail shopping sector, abounding recreational opportunities, and its friendly people make it a genuinely unique community.



www.marathon.ca

ECONOMIC DEVELOPMENT



**GROUP OF SEVEN LAKE SUPERIOR
TRAIL**

COMING SOON



Marathon Trail

www.marathon.ca



**Bob Hacherow,
General Manager**



*Business Awards Gala &
Live/Silent Auction*



*Ignite – Marathon's Young
Professionals Network*



@MarathonEDC



Marathon MEDC



Marathon Economic
Development Corp

Spirit of Superior

An Outdoor Experience in Art, Culture and Heritage

Ever wonder why the ancestors of today's Biigtigong Nishaabeg (Ojibways of the Pic River First Nation) settled along the shores of Lake Superior?

Ever wonder why the Group of Seven visited Lake Superior year after year after year?

The coastal shores of the inland sea of Lake Superior are breathtakingly spectacular - the moody water, the rock formations, the trees and vegetation, the sunsets, the moonscapes, the fog, the mist, the clouds, the streams of light caressing the landscapes - the ever changing wonders - all create the mystic Spirit of Superior. The Group of Seven; artists from the early 1900s discovered the landscape from Pukaskwa National Park to Neys Provincial Park - it captivated them ... so much so, that it enticed them to permanently share their inner responses on hundreds of sketches and paintings.

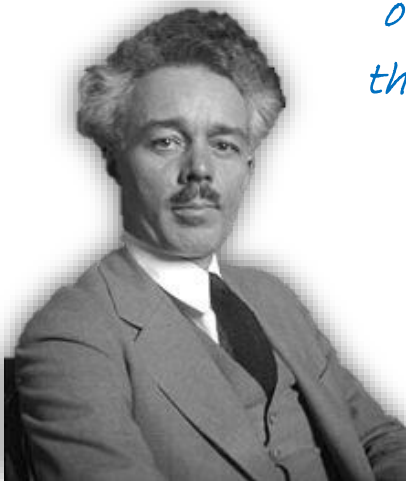
The essence of their visits and artwork illustrates the spell of attraction that these landscapes cast on our Canadian iconic painters. Imagine, following in Group of Seven footsteps from ninety years ago, standing and viewing the scenes that inspired them.

Our project is the challenge to share the painting sites with the world ... a land and water trail, a passageway to allow visitors to experience the art, culture and heritage.

What is the lure ... the attraction ... the spiritual fascination ... we cannot share this with you on paper ... or in a photograph ... or in a Group of Seven painting ... it must become a personal experience ...

Let the Spirit of Superior be nature's prescription of inspiring and rejuvenating the body, mind and soul ...

"It was an ever clearer and deeply moving experience of oneness with the spirit of the whole land. It was this spirit which dictated, guided and instructed us how the land should be painted."



Lawren Harris, Member of
the Group of Seven



Visit - Experience - Enjoy

NOT-SO-HIDDEN GEMS



Pebble Beach

One of the most panoramic views of Lake Superior!

Turn left at the Museum, then turn right at (Howe Street), and continue to the end of the road. The "pebbles" were deposited over 10,000 years ago; originating in the Hudson Bay Lowlands, they were brought here by glacial movement. Millennia of weathering and wave action have given them their present shape. Pebble Beach stretches for two km. along the coast of Lake Superior.

"Please do not remove the pebbles from our beach"



Penn Lake Park

Swim! Picnic! Camp! Hike! Playgrounds!

-  Camping spaces
-  Showers
-  Laundry
-  Electricity

See our Camping section for further information

Mink Creek Falls

Located 16 km west of the Marathon turn off; This stunning scenery is a true example of the wonders of the region!



Marathon District Museum

Located at 28 Stevens Avenue (the corner of Peninsula Road and Stevens Avenue, across from the Post Office), our museum offers a glimpse into our history, with displays and artifacts from both the forestry and mining industries that our town was built on. Hours of operation vary throughout the seasons.

Phone: **(807) 229-8175**

Email: marathonmuseum@gmail.com

Stevens Avenue Parkette & Picnic Area

Turn right at the Museum and continue to the bottom of the hill for a view of the best protected harbour on the North Shore of Lake Superior!

IN OUR BACKYARD

Spring & Summer

Take a Hike/Run

Hawk's Ridge (1.5 km)
 Carden Cove (2 km)
 Cummings Beach Coastal Trail (2 km)
 Penn Lake Trail, located in the park (2 km)

Play a round of golf

Peninsula Golf Course, our 9-hole Stanley Thompson Signature designed course; clubs and carts are available for rent as well as a golf pro on staff; open mid-May to mid-October; 141 Peninsula Road; Phone: **(807) 229-1392** for details and tee-off times



Practice your swing

The Driving Range; open mid-April to September; hours:
 Monday to Friday: 4:00 p.m. - 7:00 p.m.;
 Saturday, Sunday, Holidays: 11:00 a.m. - 2:00 p.m.; phone **(807) 229-1392**

Canoe, kayak, or boat Lake Superior

From the boat launch at Cummings Beach; go to the end of Stevens Avenue and follow signs to the right

Play beach volleyball

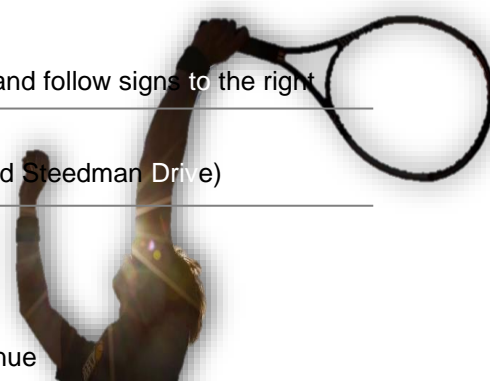
Penn Lake Park or at St. John's United Church – (corner of Sund Crescent and Speedman Drive)

Skateboard Park and Basketball Court

Located on Stevens Avenue

Play tennis

The courts are located behind Holy Saviour Catholic Church, 17 Stevens Avenue



Fall & Winter

**A premier nordic facility
 with scenic trails
 in the boreal forest &
 spectacular views
 of Lake Superior**







Hotel
 Guests
 1/2 Price
 Trail
 Pass

www.marathonskiclub.ca 807-229-1392 Find us on 

snowmobiling

Along the many kilometers of groomed O.F.S.C. trails (permit required)

cross-country skiing

Ski from November to April on 15 kilometers of groomed trails; night skiing on 5 kilometers of lit trails; hours: weekdays - 4:00 p.m. to 8:00 p.m.; Saturday - 9:00 a.m. to 8:00 p.m.; Sunday - 10:00 a.m. to 5:00 p.m.; located at Peninsula Golf Course, 141 Peninsula Road; phone: **(807) 229-1392**

SPECIAL EVENTS

Tri Sport Tournament/Dance



OPP Sick Kids Tournament



Marathon Figure Skating Club



Pic River Pow Wow



& Many More!



SHOP LOCAL

Please refer to the Town Map on pg. 20 for mall locations.



Marathon Centre Mall

2 Hemlo Dr, Marathon, ON P0T 2E0



Superior Place Mall

2 Ontario St, Marathon, ON P0T 2E0



Marathon Plaza Mall

14 Peninsula Rd, Marathon, Ontario P0T 2E0



www.marathon.ca

WHERE TO EAT

A & W Restaurant

2 Hemlo Drive

Drive-thru; Dine in; Take-out; buses welcome

Phone: (807) 229- 9760

Classic Café

Marathon Centre Mall, 2 Hemlo Drive

Phone: (807) 229- 2711

Take – out available

Marino's Restaurant

Highway 17 West, 2 km. west of Marathon turn-off

Phone: 807) 229- 0510

Take – out available

Oar House Family Restaurant

88 Evergreen Drive

Phone: (807) 229- 8384

Take – out available

Pizza Hut

Superior Place Mall

Phone: (807) 229- 3333

Take – out available

Delivery available from 3:30 p.m.

Rumours Coffee House

Superior Place Mall

Phone: (807) 229- 8350

Take-out available

Robin's Donuts

2 locations: 14 Peninsula Road and

SPG Gas Bar drive-thru

Phone: (807) 229- 1832

Take-out available

Twisted Sisters

67 Peninsula Road

Phone: (807) 229-8686

Take-out available



A SUPERIOR TASTE

Brews and Cues Sports Bar
59 Peninsula Road
Phone: (807) 229- 0229

LCBO
1 Ontario Street
Phone: (807)229-0691

Loyal Order of Moose
6 Stevens Avenue
Phone: (807) 229- 0474
Thursdays, year round: 4:30 p.m. – 7 p.m.
Home-style meal, everyone welcome
Dine in or Take - out

Mid-Town Restaurant
Located in the Marathon Plaza Mall, 14 Peninsula Road
Phone: (807) 229- 0652
Dine in or Take - out

Neys Lunch & Campground
Highway 17 West, across from Neys Park entrance.
Restaurant, campground, groceries, LCBO & Beer Store agency
Phone: (807) 229- 1869
Dine in or Take - out

Royal Canadian Legion
37 Howe Street
Phone: (807) 229- 1771
"Wing Night" – Thursdays
Dine in or Take-out

Wok With Chow
83 Evergreen Drive
Phone: (807) 229- 1781
Dine In; Take-out and Delivery

Seasonal

Marathon Peninsula Golf Course
Phone: (807) 229- 1392
Licenced/Dine In

Twilla's Chip Truck
Superior Place Mall Parking Lot
Phone: (807) 229- 0483



A SUPERIOR TASTE





CALL TODAY!

(807) 229-3333

2 Ontario St, Marathon, ON



Delivery | Pick Up

BUY 1 PIZZA AT REGULAR PRICE
AND GET THE 2ND PIZZA FOR
50% OFF

50% off 2nd pizza pricing not valid with Personal, Small, Panomous® and Panalicious sizes.
Not valid with any other promotional offer. Additional charge for Stuffed Crust.

WHERE TO STAY



Lakeview Manor Bed & Breakfast

24 Drake Street, Marathon

Phone: **(807) 229- 2248**

www.bbcanada.com/3917.html

1 suite plus 4 other rooms available (all non-smoking);

Full breakfast, high speed internet, and library; inquire for pets and children

Marathon Harbour Inn

67 Peninsula Road, Marathon

Phone: **(807) 229- 2121** or

1-888-729-3404

5 single rooms, 11 double rooms, kids stay free, smoke-free, pet-free, continental

breakfast, air conditioned, and high-speed internet

Pic River Guest Suite Bed & Breakfast

31 Rabbit Drive, Pic River First Nation; Phone: **(807) 229- 8790**

On the web: www.picriverguestsuite.com

Email: bcouchie@picriverisp.net

A 500 sq. ft. guest suite with wireless internet, 3-piece bath, kitchenette; private entrance overlooks the Pic River - the only accommodation in the area on waterfront property

Airport Motor Inn

Highway 17 at Marathon turnoff; Phone: **(807) 229- 1213**

14 single rooms, 29 double rooms, high-speed internet, restaurant, gas station

Hawks Ridge Inn

16 La Verendrye Cr. Phone: **(807) 228- 0873**

3 rooms available (all non-smoking);

Full breakfast, high speed internet, inquire for pets and children



Zero-100 Motor Inn

37 Peninsula Road, Marathon; Phone: **(807) 229- 0100; 800-461-4010**

10 single rooms, 24 double rooms plus 4 suites (1 suite is equipped for handicapped access), air conditioned, restaurant, bar, meeting rooms and banquet hall



Penn Lake Park

Lies within walking distance of downtown Marathon. The park has 18 fully serviced sites (water, sewer, and electricity), as well as eight tent sites. The comfort station has washrooms, showers, and laundry facilities. Internet and TV access are available. Picnic tables, a sandy swimming area, two volleyball courts, fishing, and bike trails are available for your enjoyment. Take a relaxing 2km leisure walk around the lake!

Phone: (807) 229- 1340 ext. 2221

Email: info@marathon.ca



Pukaskwa National Park

The Park can be accessed by following Highway 17 to the Highway 627 turnoff 10 km east of Marathon, then continuing another 15 km to the park gate. This is the only national wilderness park in Ontario, protecting 1,878 sq. km of the boreal forest and Lake Superior's coast. Pukaskwa National Park offers spectacular camping opportunities in both its front country campground and backcountry campsites. The full service front country campground includes 67 sites with 29 electrical sites. The campground also includes comfort stations with warm showers, a Visitor Centre with Wi-Fi access, a great gift shop, and interpretive displays and activities. Visitors can also access a variety of hiking trails that lead to beautiful sandy beaches and offer incredible vista views of Lake Superior. All buildings, two campsites and the boardwalk beach trail are wheelchair accessible. Camping is available from May to Thanksgiving weekend. Phone: (807) 229-0801 ext. 248;

Email: ont-pukaskwa@pc.gc.ca

Neys Provincial Park

Located 28 km. west of Marathon. This former WWII Prisoner of War camp provides 61 electrical serviced, 23 pull-through electrical serviced, and 60 regular campsites, picnic area, comfort station, hiking trails, beach, and a Visitors' Centre. Opens Victoria Day week-end; closes at the end of the week of September. While enjoying your stay, make sure to take in the north shore landscape that once inspired famous Group of Seven painters.

On the web: www.ontarioparks.com/English/Neys/html

Phone: (807)229- 1624



sandy
third

Neys
ups.
also

Neys Lunch & Campground

Open year round for campers and snowmobilers. Located across the highway from Park entrance, the campground offers 14 sites with water, sewer, and electrical hook-Four are pull-through sites that will accommodate campers up to 60 feet long. There are two all-season cabins. A large open area can accommodate group camping or reunions. Internet access is available.

On the web: www.neyslunch.com

Phone: (807) 229-1869; Toll Free: 1-800-939-0997

Email: neyslunch@xplornet.com









MARATHON RECREATION COMPLEX

Located: 16 Peninsula Road
Phone: (807)229- 9943

The Port Hole Pool

The Port Hole Pool offers many programs: swimming lessons, lunch lengths, family swims, aqua-fitness classes, and open swims. A variety of swimming accessories are also available for purchase at the Community Services Office inside the Complex. A few of the features:

-  Five swimming lanes
-  Diving board
-  Sauna
-  Therapeutic (hot) pool
-  Pool lift available for assistance
-  Toys for children

The schedule varies from season to season; please call or stop in the complex for further details



Marathon Arena

The arena is available for hockey and figure skating. There are five dressing rooms with shower facilities. Ice season begins early September and runs through to the end of March.

Skate sharpening is offered Monday, Wednesday, and Thursday from 6:30 p.m. to 8:00 p.m.

Public skating is offered as often as possible and scheduled around hockey tournaments and other special events.

An arena schedule is available at the Community Services Office located in the Complex.



Marathon Theatre

Phone: (807) 229-9580

The theatre offers daily showings of new at 7:30 p.m. excluding Wednesdays, with prices on Tuesday and Thursday nights. monthly movie schedule is available at Community Services Office, inside the or visit www.marathontheatre.com.

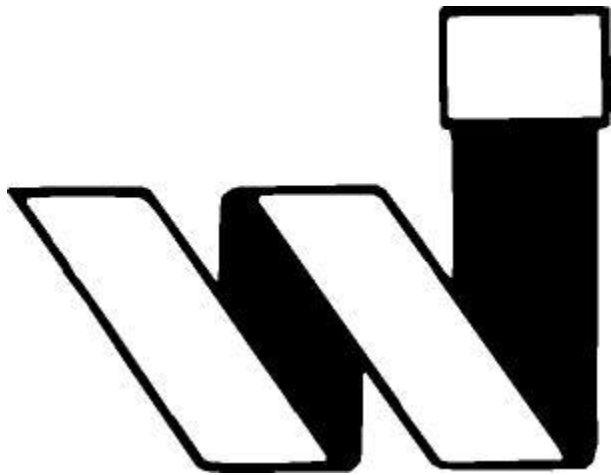


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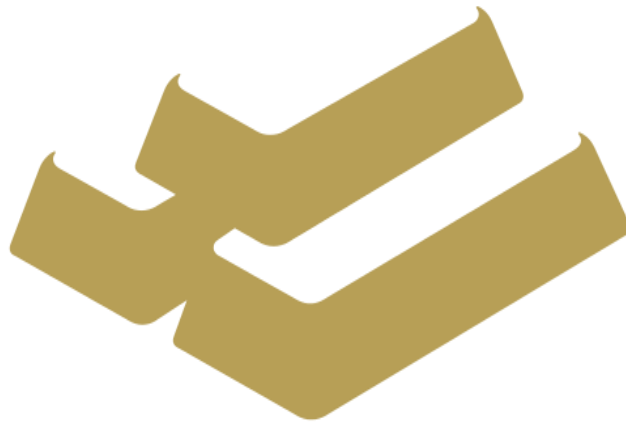


WAY FINDING IN MARATHON





Williams Mine
P.O. Box 500
Marathon, ON
POT 2E0
(807) 238-1100



BARRICK

EVERYONE GOING HOME
SAFE AND HEALTHY EVERYDAY



10 km east of Marathon along HWY 17 turn off on HWY 627

History of the Biigtigong Nishnaabeg (Ojibways of Pic River FN):

The mouth of the Pic River has been a center of trade and settlement for thousands of years. It was a strategic location in the region's water transportation network as it offered access to northern lands and a canoe route to James Bay. The halfway point for canoers travelling the north shore of Lake Superior, "the Pic" first appeared on European maps in the mid-seventeenth century. Local natives began to trade furs with the French in the late 1770s, prompting a French trader to set up a permanent post here by 1792. The Hudson's Bay Company operated the post from 1821 until encroaching settlement led to its relocation in 1888. In 1914 the Pic became a reserve of its traditional inhabitants, the Ojibways of Pic River No.50 First Nation.

Major Community Events:

Aboriginal Day Celebrations

Third weekend in June

Spend a weekend along the Pic River and take part in the activities provided, There is something for everyone!

Annual Traditional Biigtigong Nishnaabeg (Ojibways of Pic River FN)

Pow Wow

Second weekend of July

Each year Pic River First Nation holds an annual Powwow. Dancers come from several locations to dance and represent their community. It's a time when ceremonies are honored and past times are cherished. Everyone is welcome!

Christmas Parade

Third week in December

Biigtigong Nishnaabeg (Ojibways of Pic River First Nation) has an annual Christmas Parade. The theme of the annual parade is announced in early November to give time to design and build those beautiful floats. Watch for the parade dates and times.



Kwewiskaning Coastal Trail – Ojibway translation – Where the fish spawn.

Biigtigong Nishnaabeg (Ojibways of Pic River First Nation) as a member of the Voyageur Trail Association has maintained the beautiful coastal trail from the Mouth of the Pic River to Heron Bay. It offers a beautiful scenic hike through a rugged coastal trail. If you are up for the challenge it is well worth the time and energy, or take an easier route and walk the less challenging traditional trail our ancestors walked for a walk through history (loop trail system), or walk on our beautiful boardwalk and take in the views of Lake Superior and our gorgeous sand dunes, which are one of a kind in Northern Ontario. If interested in a guided hike please make arrangements with the Economic and Community Development office. Follow us on our Facebook page.



Contact Information Biigtigong Nishnaabeg (Ojibways of Pic River First Nation)

Economic and Community Development Office
(807) 229-8885 ext. 402
www.picriver.com



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Michael Antonietti
Branch Manager
807-229-1691 ext. 250
Michael.Antonietti@td.com

We'd like to introduce Michael Antonietti as your new Branch Manager.

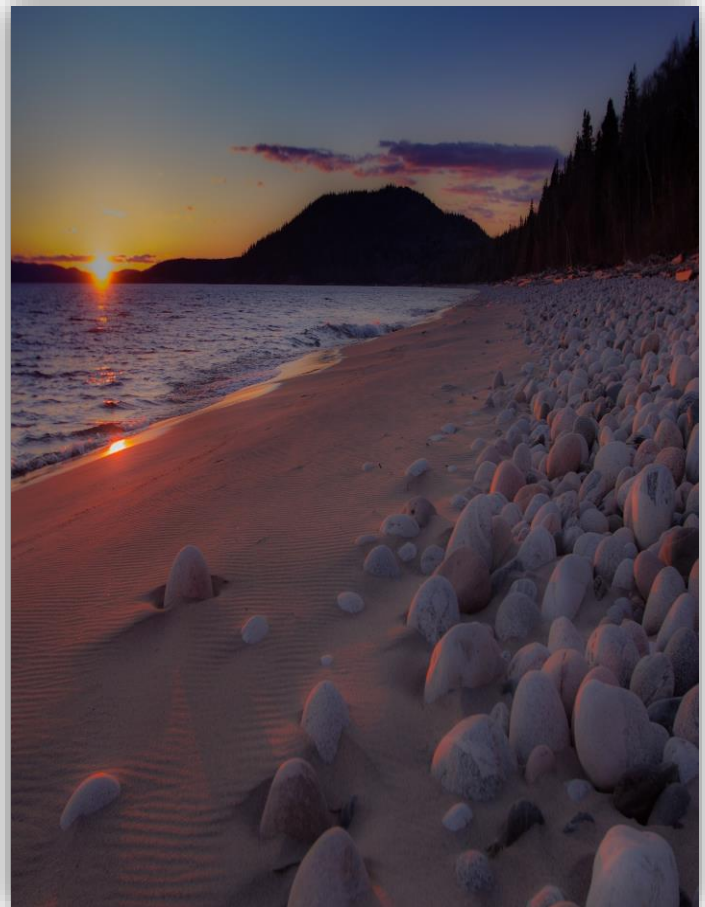
With over 6 years of experience in the financial services industry, Michael understands your financial needs and the needs of our community. Drop by the branch to talk to Michael and discover how we can make your banking easier. We look forward to seeing you soon.

14 Peninsula Road
Marathon, ON

Monday - Wednesday	9:30 am - 5:00 pm
Thursday	9:30 am - 6:00 pm
Friday	9:30 am - 5:00 pm



M00760 (0511)



BED & BREAKFAST

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Marathon, ON

(807) 228 - 0837



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in the boreal forest &
spectacular views
of Lake Superior*



Hotel
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Trail
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P.O. Box 375
19 Jackson Crescent
Marathon, ON
P0T 2E0

Phone: 807-229-0199
E-mail: donmckay@vianet.ca

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24 Drake Street, Marathon

Phone: 229-2248



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6:00 - 11:00pm

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And More

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Open Monday - Saturday from 11:00am to 5:00pm.

Located in the Superior Place Mall in Marathon

Purchase your wine or beer kit for home brewing or make your own wine or beer in store!
Various selection of party supplies, wine supplies, and gifts! See you then!



Are you a prospective entrepreneur/investor
looking to start a business in Marathon?



Contact the Marathon Economic Development Corporation
(807) 229-1340 ext. 2258



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Sales Representative
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realtor-rikki@hotmail.com

Kevin Leger

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kevin@belluz.com

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(Adjacent to Canadian Tire!)

(807) 230-9093 email: crossovervideo@hotmail.ca



Wilson Memorial General Hospital

Wilson Memorial Hospital serves the communities of Marathon, Heron Bay, Pic River, Moberg and White River with excellent medical care.

26 Peninsula Road
Marathon ON
P0T 2E0

TEL: (807) 229-1740
FAX: (807) 229-1721
www.nosh.ca



The Gift Shop

Run by the Auxiliary to WMGH, operates Monday to Friday from 10:30 to 3:30, Daily. All proceeds go towards the purchase of Medical Equipment, Chronic Care patients and the Chemotherapy Department to help stock health care items to assist in their journey to recovery.

Volunteering Opportunities Available

Do you want to get out, make new friends, make a difference in the lives of people; Volunteering at Wilson Memorial General Hospital may be the place for you. Drop by the hospital and pick up an application! Please contact Charlene, ext. 224 or Lorelle, ext. 278....We would love to have you be part of the Volunteer team at Wilson Memorial Hospital.



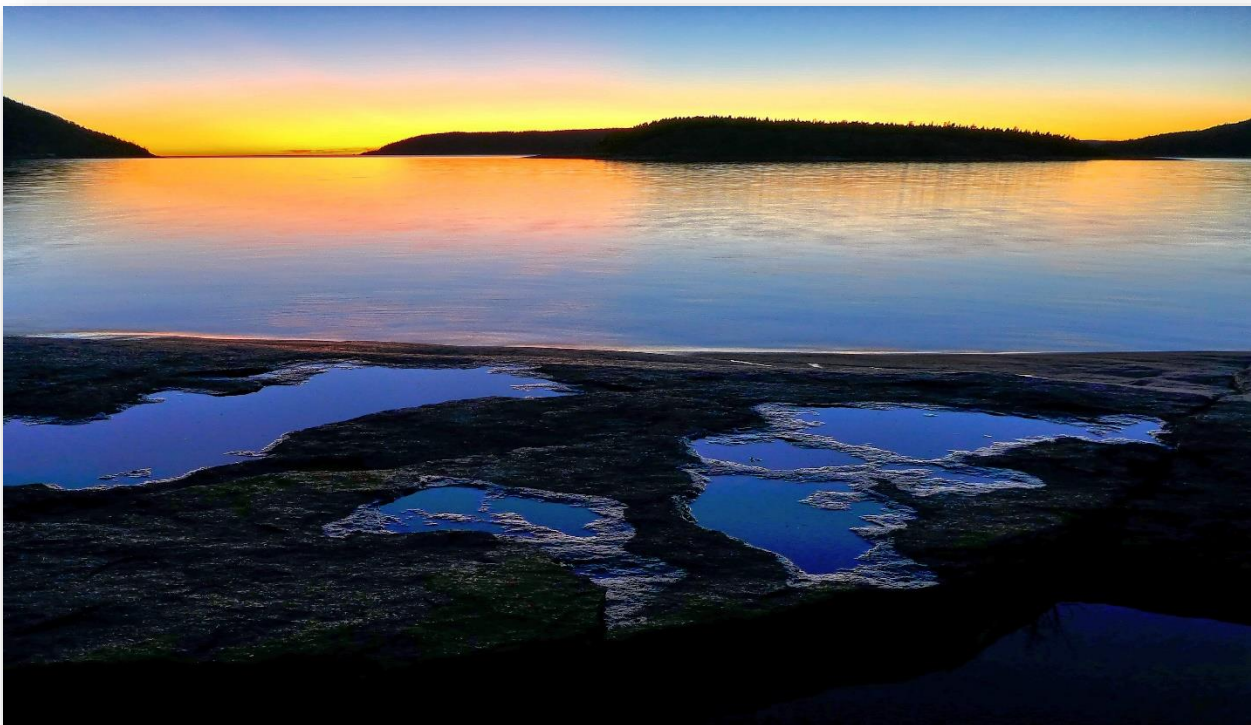
WE HOPE YOU ENJOYED
YOUR STAY IN MARATHON!



LET US KNOW WHAT YOU THOUGHT
BY USING THE HASHTAGS

#MarathonON

#POT2E0



www.marathon.ca

FOR DAYS LIKE TODAY!



KEY CUTTING

PROPANE FILL UP

FISHING/HUNTING
LISCENCES

6 AUTO BAYS

CAR CLEANING

GARDER CENTRE

HOME DECOR



Canadian tire jumpstart is a community based charitable program that helps kids aged 4-18 participate in organized sports, so they can develop important life skills, self-esteem and confidence.

DOWNTOWN MARATHON, 3 PENINSULA ROAD

PHONE: 229-2900

FAX: 229-8369



Marathon Port Hole Pool 2017 Schedule

Effective January 31 - June 2, 2017



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Aqua Fit *must be 14+	7:00 - 8:00 pm	10:30 - 11:30 am	7:00 - 8:00 pm	10:30 - 11:30 am	7:00 - 8:00 pm	10:30 - 11:30 am		*The sauna is available for use during all swims except Aquafit. *Lifejackets not available for public use.
Lengths		11:30 - 1:00 pm	11:30 - 1:00 pm	11:30 - 1:00 pm	11:30 - 1:00 pm	11:30 - 1:00 pm		
Public Swim	3:30 - 5:00 pm	6:00 - 7:00 pm	10:30 - 11:30 am 6:00 - 7:00 pm	6:00 - 7:00 pm	10:30 - 11:30 am 6:00 - 7:00 pm	6:00 - 7:00 pm	2:30 - 4:00 pm 6:00 - 7:00 pm	
Family Swim *all youth must be accompanied by a parent	5:00 - 7:00 pm							
Adult Swim/Lengths *must be 16+	2:30 - 3:30 pm	7:00 - 8:00 pm		7:00 - 8:00 pm		7:00 - 8:00 pm		

*Swim times are subject to change

Please contact the Parks and Recreation Department at 229-9943 for more information.

Please join our Marathon Recreation Page on Facebook for up to date information and event details.

Marathon Port Hole Pool Admission Standards

As part of our commitment to providing safe and enjoyable aquatic programs for swimmers of all ages, we enforce the admission standards provided to us by the Ministry of Health. Please keep the following in mind when visiting our pools:

- There must be 1 supervising caregiver for every 2 children under the age of 6.
- There must be 1 supervising caregiver for every 4 non-swimming children aged 6-9.
- In both cases, the supervising caregiver must be able to give immediate assistance.
- The guardian/caregiver must be 16 and older.

Ski & Snowshoe Marathon!



MCCS&SC groomer in action



Scenic trails in the boreal forest



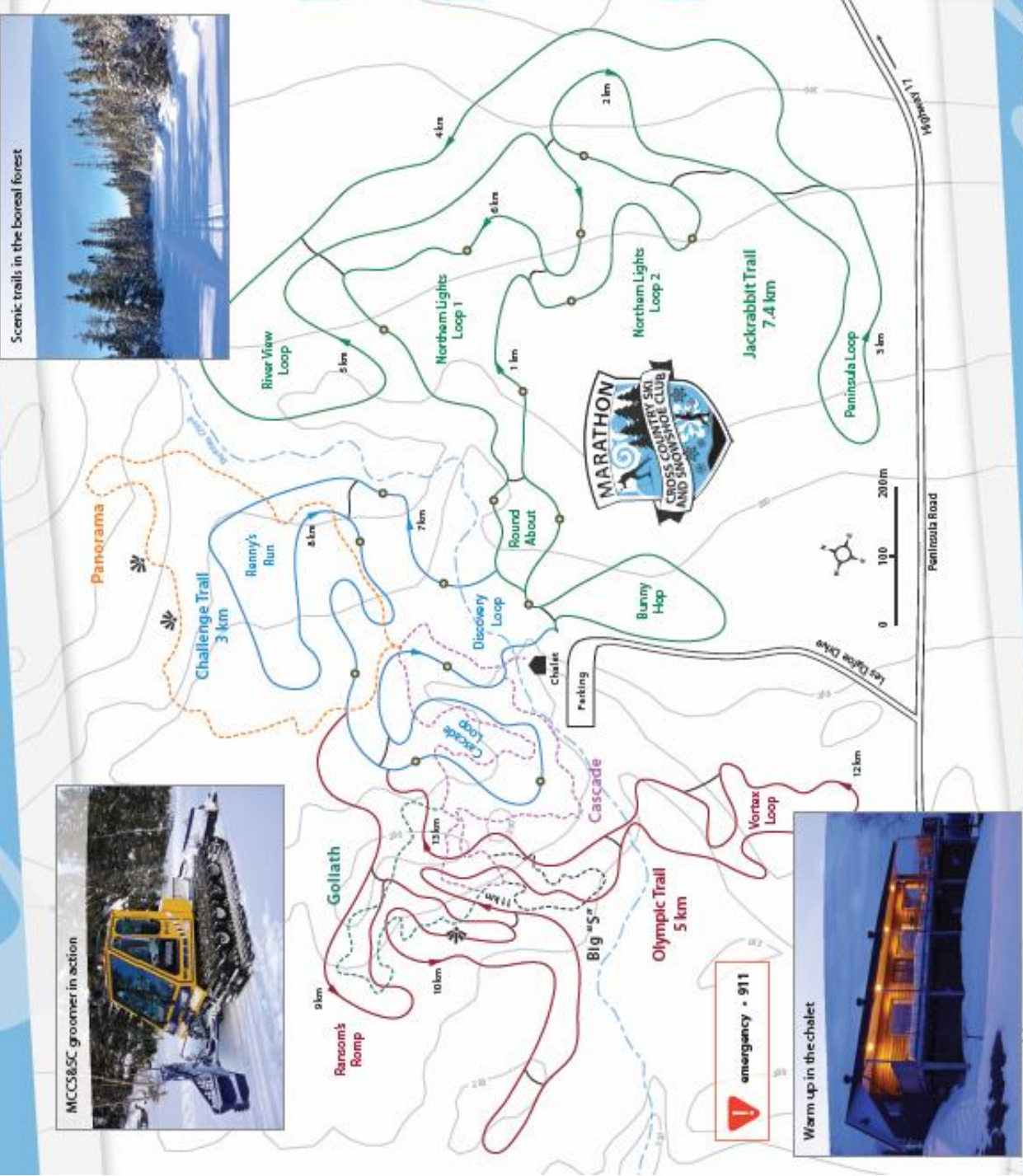
Warm up in the chalet

- ### Nordic Trails
- Jackrabbit Trail • 7.4 km
 - Bunny Hop • 0.6 km
 - Northern Lights Loop 1 • 1.5 km
 - Northern Lights Loop 2 • 1.0 km
 - Peninsula Loop • 1.0 km
 - River View Loop • 0.9 km
 - Lit Green • 2.9 km
 - Challenge Trail ■ 3.0 km
 - Cascade Loop • 0.7 km
 - Discovery Loop • 1.6 km
 - Renny's Run • 1.0 km
 - Lit Blue • 2.3 km
 - Olympic Trail ♦ 5.0 km
 - Ransom's Romp • 3.3 km
 - Vortex Loop • 1.3 km

- ### Snowshoe Trails
- Panorama --- 1.6 km
 - Cascade --- 2.0 km
 - Goliath --- 0.8 km
 - Big "S" --- 0.5 km

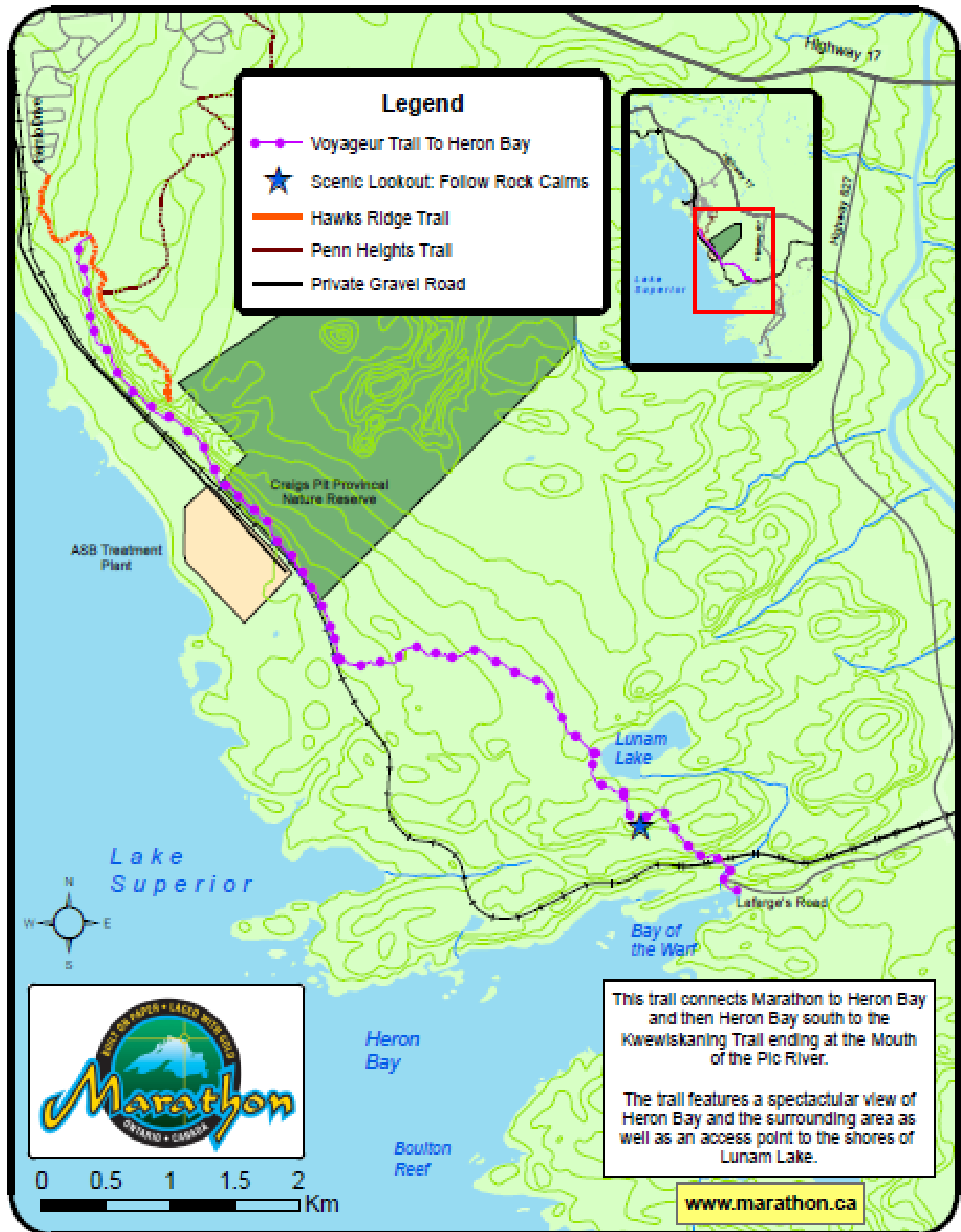
- ### Legend
- Ski Trail - Easy
 - Ski Trail - Intermediate
 - ♦ Ski Trail - Advanced
 - Lit Trail
 - Travel Direction
 - ⬆ Lookout
 - 🏠 Chalet/Restroom

- ### Trail Code
- Ski at your own risk
 - Ski in control at all times
 - Trail passes are required for both trail systems
 - Passes and rentals are available at Chalet during operating hours
 - Do not litter
 - Do not walk on trails
 - Pets allowed only on snowshoe trails
 - Nordic trails are groomed for classic & skate skiing
 - Lights are on nightly
- Please call Chalet for more details
(807) 229-1392 (December - April)

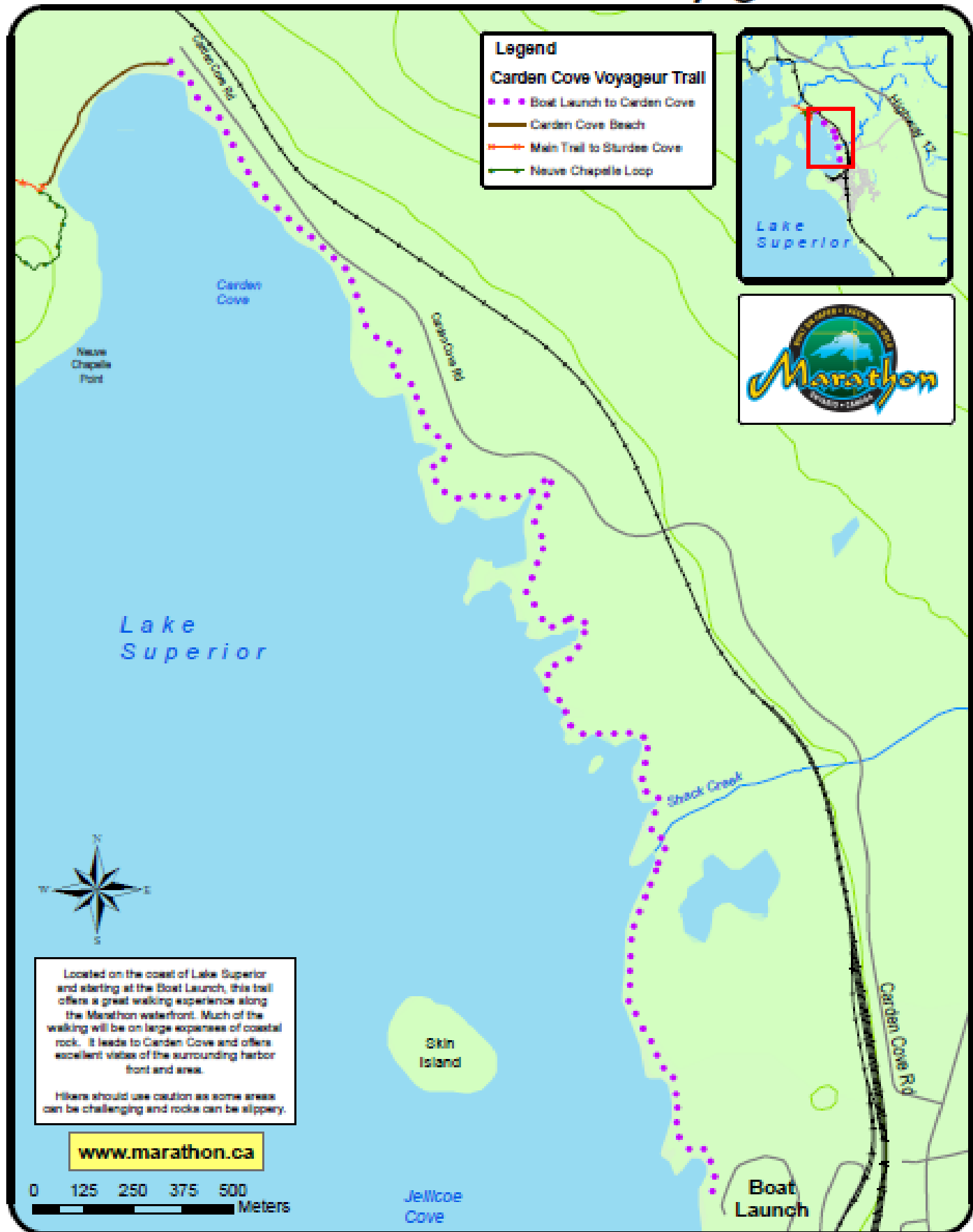


www.marathonskiclub.ca

Voyageur Trail: Marathon To Heron Bay



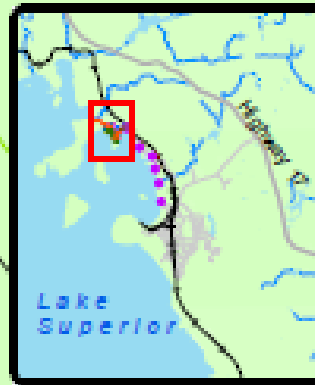
Boat Launch to Carden Cove Voyageur Trail



www.marathon.ca

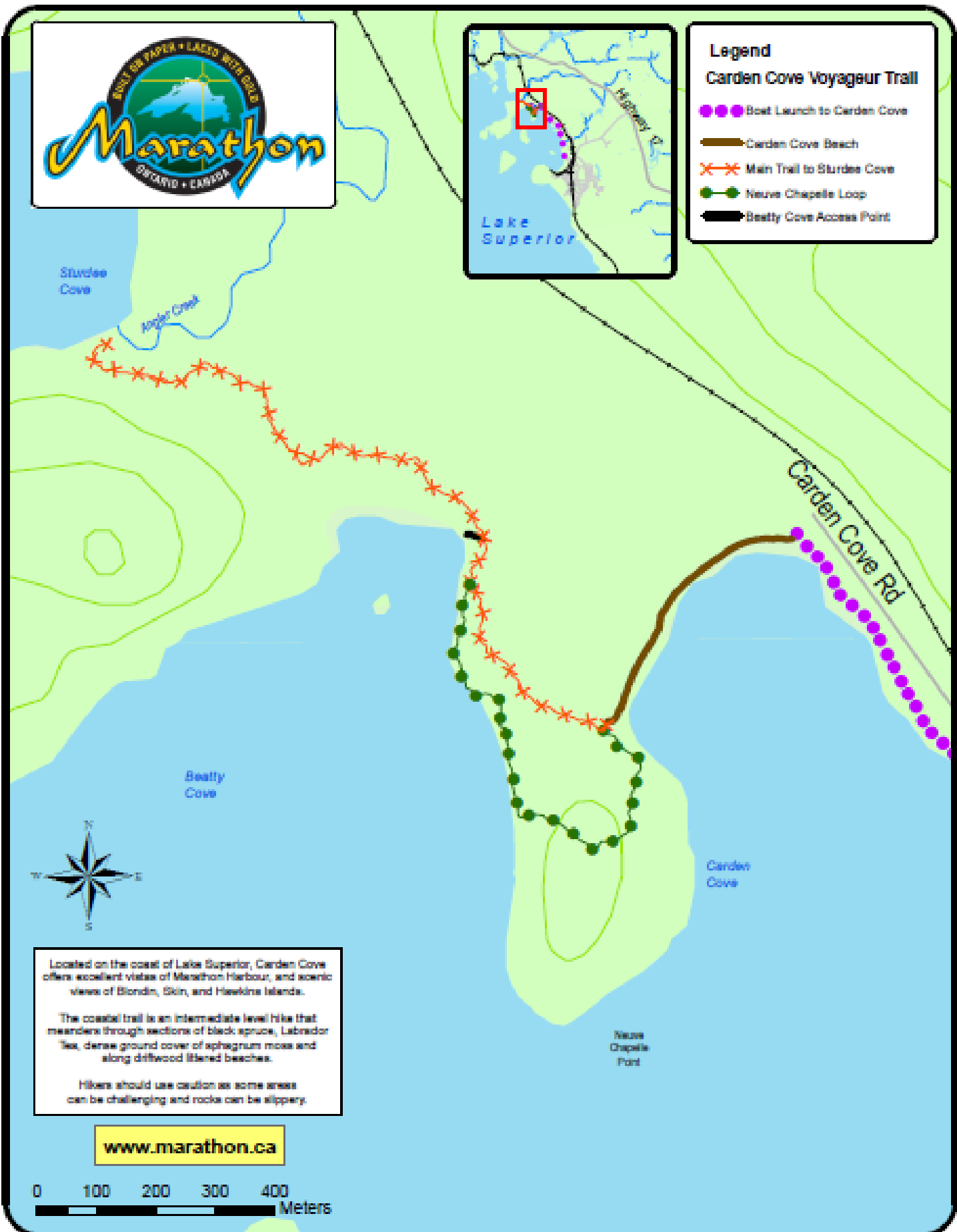
0 125 250 375 500 Meters

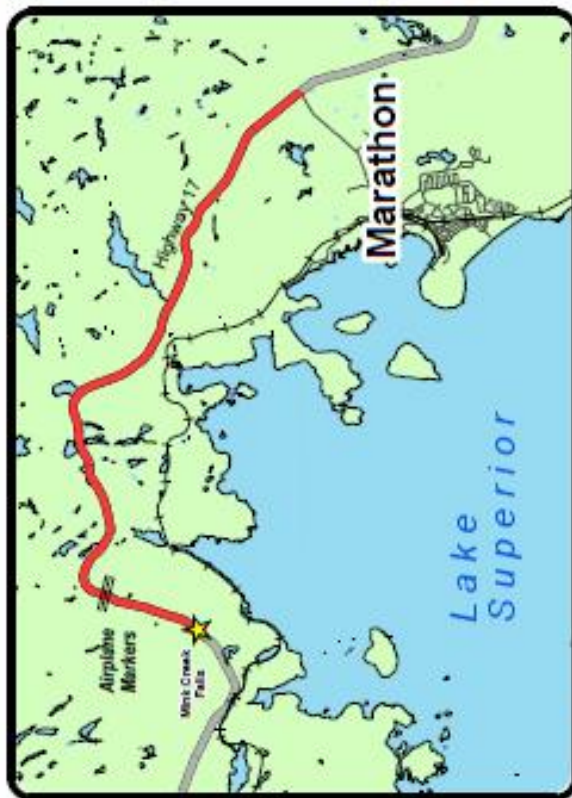
Carden Cove to Sturdee Cove



Legend Carden Cove Voyageur Trail

- Boat Launch to Carden Cove
- Carden Cove Beach
- ××× Main Trail to Sturdee Cove
- Neuve Chapelle Loop
- Beatty Cove Access Point





Trail Head



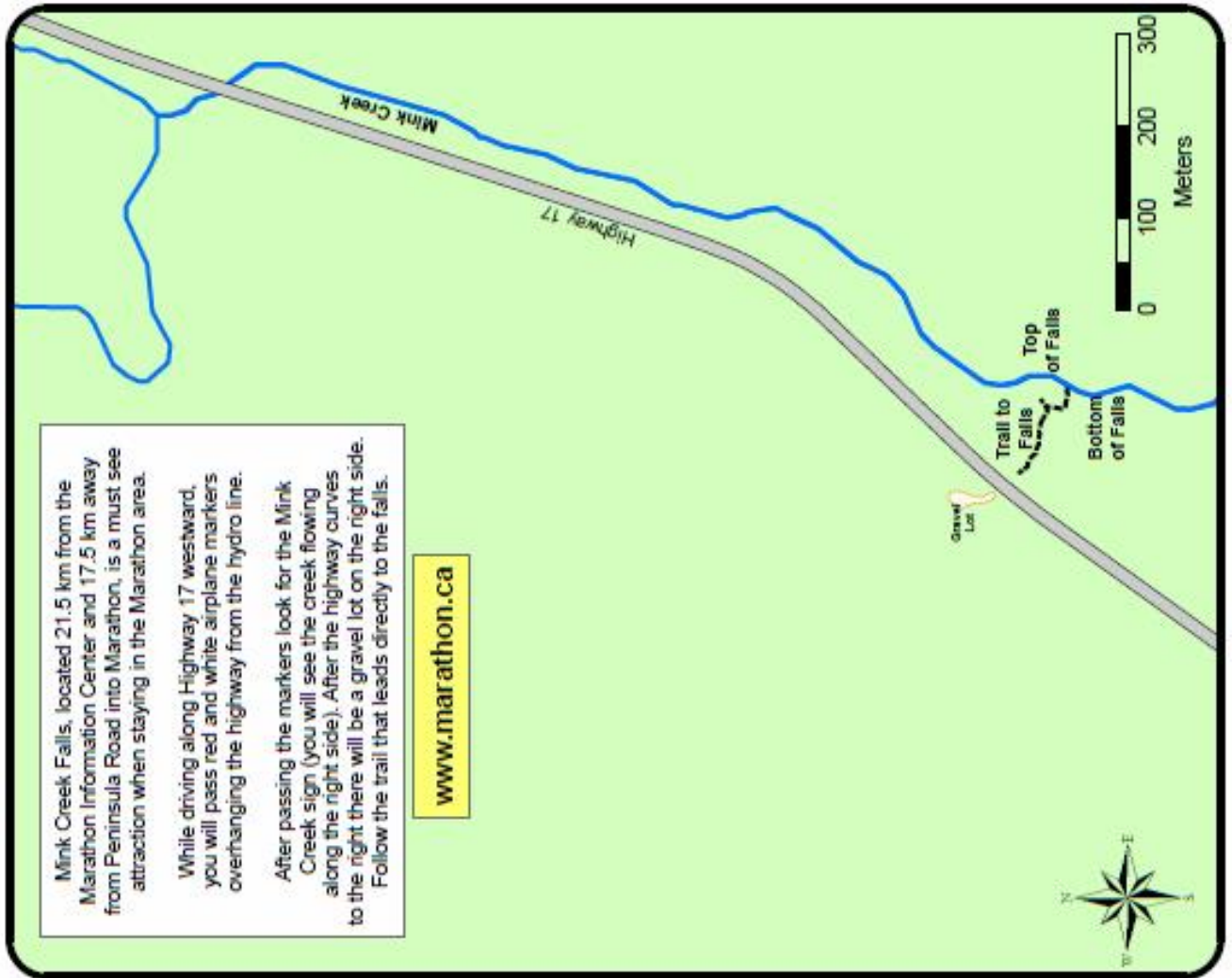
Mink Creek Falls

Mink Creek Falls, located 21.5 km from the Marathon Information Center and 17.5 km away from Peninsula Road into Marathon, is a must see attraction when staying in the Marathon area.

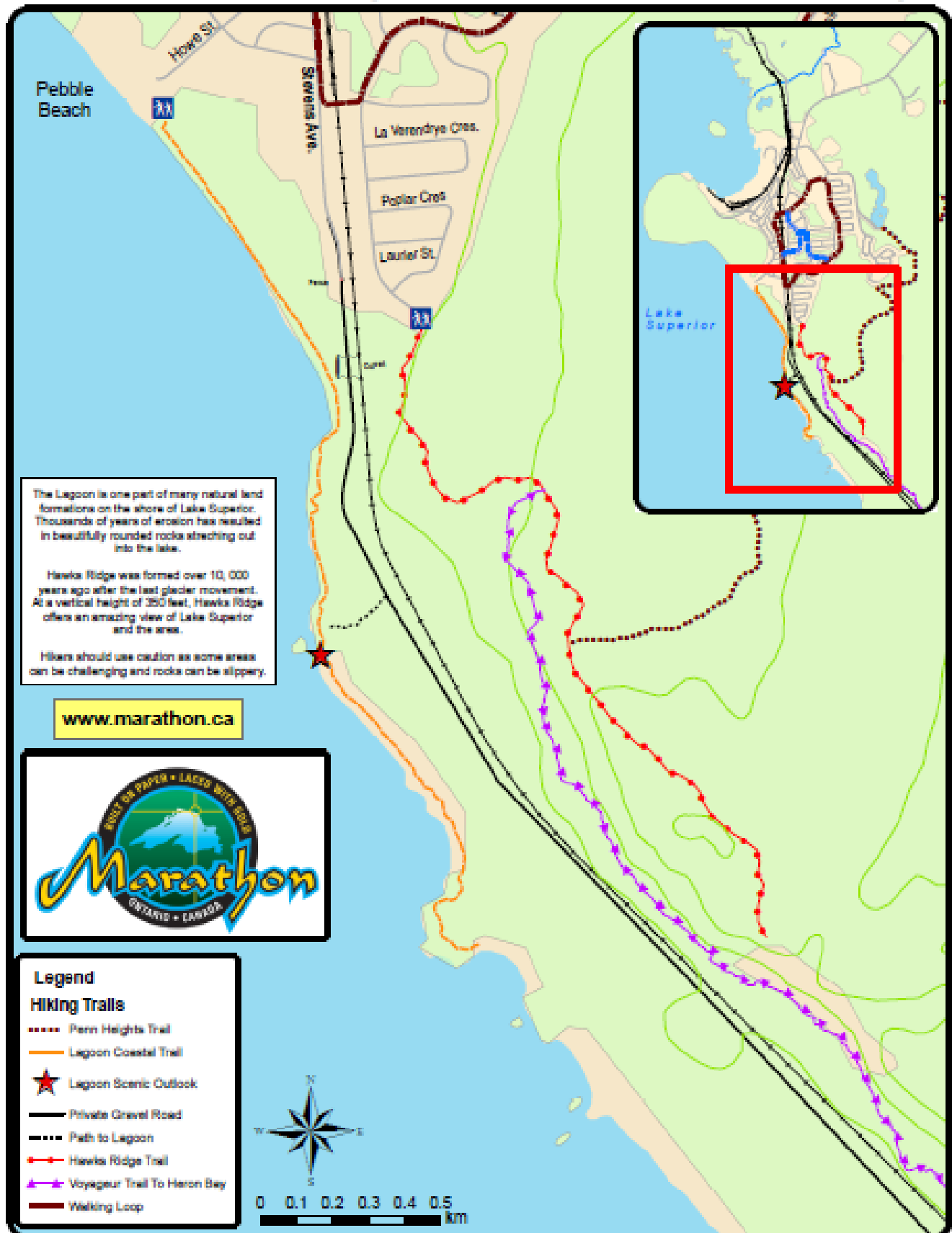
While driving along Highway 17 westward, you will pass red and white airplane markers overhanging the highway from the hydro line.

After passing the markers look for the Mink Creek sign (you will see the creek flowing along the right side). After the highway curves to the right there will be a gravel lot on the right side. Follow the trail that leads directly to the falls.

www.marathon.ca



Pebbles Beach "The Lagoon" Coastal Trail and Hawks Ridge



Penn Lake Park Hiking Trail



Walking Loop

