



Nipigon Learner Information Package

Welcome! The following information package will assist you before, during and after your rotation in Nipigon. We hope that you find it helpful and informative. Should you need further assistance regarding your stay, please contact Hope Collings at the following:

Phone - (807) 887-5252/ext 2233

Or

Email - doctorsgroup@ndfht.ca

Thank you and we hope you enjoy your stay!

The Nipigon Doctor's Group



INSIDE YOUR PACKAGE YOU WILL FIND INFORMATION ABOUT.....

- 1) Before you arrive**
- 2) Accommodations**
- 3) About the Doctors Group & Clinic**
- 4) About the Hospital**
- 5) About our Family Health Team**
- 6) Mental Health Resources to be Aware of**
- 7) Township Of Nipigon**

1. Before you Arrive

CHECKLIST

In preparation for your stay in Nipigon, please complete the following steps:

1. Finalize travel plans and arrival/departure dates/times.
2. Identify any special needs at your accommodation prior to your arrival. Please note that most stores are open from 9:00am-6:00pm and are open Sundays 12 – 4
3. Notify Hope if you are interested in the following activities:
 - Fitness or Weight Room
 - Boat Charter
 - Kayaking
 - Hiking
 - Jogging or Walking
 - Fishing
 - Golfing
 - Bowling
 - Hockey Game schedules
4. Please make specific arrangements with your clinic contact person with regards to where to go when you first arrive for your rotation.
5. On the date of your arrival or your first working day, and before you begin seeing patients, arrangements will be made to
 - Participate in a Hospital orientation that includes a tour of the facility, introduction to the hospital and you will receive a Centrix Badge (and related policies to be aware of for your safety) as well as a hospital ID and lanyard
 - Orientation to the clinic, and
 - A tour of the community can be arranged, if desired, by a local representative upon request
 - You will also receive a welcome package from the Township of Nipigon that includes free access to the local fitness room while you are with us

For More Information, Please Contact:

Hope Collings, Clinic Manager

Nipigon Doctors Group

Phone: (807) 887-5252

Email: doctorsgroup@ndfht.ca

2. Accommodations for NOSM students

All accommodation arrangements are made through NOSM. Garbage day is every Tuesday. The town recommends having your garbage out by 7 am Tuesday morning.

3. About our Doctors Group & Clinic



Our Doctor's Group

- The Nipigon Doctors Group work under an RNPGE (Rural Northern Physician Group) Agreement
- The local compliment is 5.5 FTE
- The Physicians include:
 - Dr Doug Scott, RNPGE Physician Lead
 - Dr Ravi Dhaliwal, NDMH Chief of Staff
 - Dr Robert Foulds
 - Dr Jonathon Scully
 - Dr Alyssa Fairservice
 - Dr Mike Massei

Our Clinic

- Located at 123 Hogan Rd. with a parking lot at the back of the building and in front of the Nipigon Ambulance Centre
- The typical workday begins at the hospital Doctor's Lounge for rounds at 9 am
- Clinic appointments begin at 10:00 am, with the office closed from 1200-1300 for lunch. The last patient is usually booked around 3:30 pm.
- On average, physicians will see between 12-18 clinic patients per day
- The EMR used for clinic appointments is Practice Solutions
- Your Clinic EMR login and password will be ready for you upon your arrival.

4. About the Hospital

Land Acknowledgement

We acknowledge that the catchment area served by Nipigon District Memorial Hospital is situated on the traditional territory of the Anishinaabe peoples, within the Robinson-Superior Treaty territory. We specifically recognize and honour Red Rock Indian Band, Biinjitiwaabik Zaaging Anishinaabek, Bingwi Neyaashi Anishinaabek, and Animbiigoo Zaagi'igan Anishinaabek.

We deeply respect the enduring relationship that Indigenous Peoples have with this land and are grateful for the opportunity to live, learn, and provide care on this territory. We are committed to walking the path of reconciliation, listening with humility, and working in partnership with Indigenous communities to create a healthcare environment that is safe, inclusive, and equitable for all.

About Nipigon District Memorial Hospital (NDMH)

NDMH is a 37-bed facility that includes 15 acute care hospital beds and 22 ELDCAP long-term care beds. In addition to inpatient services, NDMH offers a range of essential healthcare supports including a 24/7 emergency department, urgent care, outpatient laboratory services, diagnostic imaging, and physiotherapy. In-house services include administration & business offices, dietary, purchasing, maintenance, laundry, housekeeping, telehealth, and a multi-faith room.

Our dedicated team of approximately 130–140 employees is supported by a committed 7-member volunteer Board of Directors and a 5.5-member Physician Group. Together, we serve an estimated 4,115 residents across our catchment area, which includes Nipigon, Red Rock, Dorion, Hurkett, Red Rock Indian Band - Lake Helen First Nation, and the Beardmore Clinic catchment area encompassing Biinjitiwaabik Zaaging Anishinaabek, Beardmore, Animbiigoo Zaagi'igan Anishinaabek, Jellicoe, and Biinjitiwaabik Zaaging Anishinaabek. We also provide care to the many visiting contractors and travellers passing through our region.

NDMH also operates the Beardmore Regional Health Centre, a Nurse Practitioner Primary Care Clinic in Beardmore approximately 79 km from Nipigon. This clinic provides service to Beardmore, Jellico, Macdiarmid, and Animbiigoo Zaagi'igan Anishinaabek.

With a strong commitment to collaboration, NDMH works in close partnership with local municipalities and First Nations, Nipigon District Family Health Team, mental health and addictions providers, local industry, pharmacy services, and planning agencies such as Ontario Health, the Ministry of Health, and the Ministry of Long-Term Care.

NDMH is a proud signatory member of the Noojmawing Sookatagaing Ontario Health Team and have adopted the philosophy of People-Centered Care and we believe that the patients, residents and their families should be at the center of everything we do.

Our services are fully accredited by Accreditation Canada, and our organizational direction is guided by our current Strategic Plan. At present, we are engaging extensively with our communities to inform the development of a renewed Strategic Plan that will guide us through the next five years.

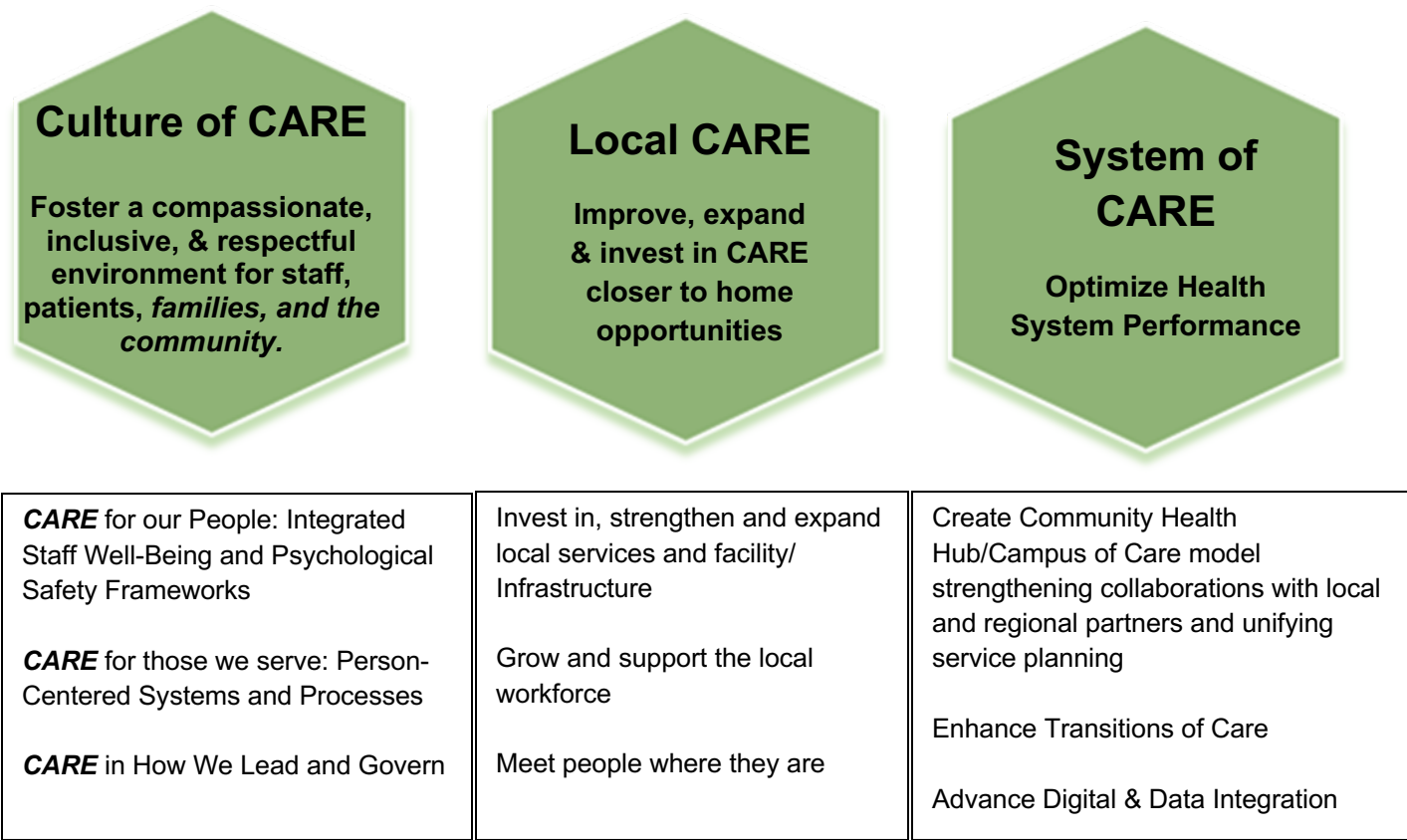
NDMH Strategic Plan Highlights:

NDMH VISION

Flourishing Together

NDMH MISSION

Provide Extraordinary Rural CARE



HOW THEY CONNECT:

- ❖ A **Culture of CARE** fuels the well-being of our teams – a vital foundation for great CARE
 - ❖ **Local CARE** ensures that care is relevant, accessible, and grounded in our catchment area’s identity and local unique needs
 - ❖ A strong **System of CARE** collaboratively connects us to the broader health system through leveraged efficiencies, partnerships, and technology to best provide seamless, coordinated, equitable, and sustainable CARE close to home
- TOGETHER**, they support a future where patients, families, staff, and communities all flourish

CARE Core Values informed by staff and community

C Compassionate Continuity	A Accountable Action	R Respectful Relations	E Equity in Access
Core Value		Value in ACTION We commit to ...	
C ompassionate Continuity		Delivering dependable, compassionate, coordinated care and maintaining trusting relationships over time	
A ccountable Action		Acting with transparency, taking shared-responsibility and integrity in all we do	
R espectful Relations		Creating a trauma-informed workplace and care environment grounded in trust, empathy, inclusion, and cultural humility	
E quity in Access		Removing barriers and addressing individual needs to ensure fair access, experiences and outcomes for all	

More About the Hospital

- 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 healthcare facilities.
- The Emergency Department sees approximately 6,000 visits per year.
- There is a full Lab that provides support to the Emergency Department, acute care and LTC as well as outpatient services
- The Diagnostic Imaging (DI) department offers Xray and ultrasound services and utilizes PACS. Ultrasound services are only available during regular working hours, while the technicians are available on-call after hours for X-ray
- There is a fully staffed Physiotherapy Department that primarily provides out-patient services but will also provide emergency department consults and support services for in-patients
- Patient transportation is provided through Ambutrans for stable patients, EMS and Ornge (helicopter)
- There is an active Telehealth Program available for referrals and follow ups
- Meals on Wheels Program
- The following provides more information about some of the more specific areas of the hospital:

Emergency Room

- The Emerg Department has 1 Ambulatory Care room, 3 stretchers, 1 trauma room, 1 exam room, 1 suture room and 1 seclusion room
 - The nurses at NDMH are well trained and work with a fair amount of autonomy.
 - As many of our nurses and staff have worked at NDMH and lived in Nipigon for many years, they often know our patients well and can be a valuable source of “collateral” information
- 
- We normally see between 10-30 patients in the ED over a 24-hour period. Most of these visits are of relatively low acuity.
 - Emergency room coverage after hours is done on an ‘On-Call’ basis.
 - The expectation of on-call Physicians is to remain in cell service areas and be within 15 minutes of the hospital at all times.
 - After hours, the nurse may contact the Physician On-Call to defer seeing low acuity patients the next day. Otherwise, the expectation is for Physicians to respond to calls when nursing staff call for support.
 - The Physician On-Call is responsible for admitting the patient
 - All new admissions require a dictated admission note within 24 hours
 - Obstetrics at NDMH is limited to emergencies only.
 - Please let your scheduled preceptor know if you are interested in being called in for interesting emergency cases!

Trending: Emergency Department Visits

Year	Triage 1	Triage 2	Triage 3	Triage 4	Triage 5	Total Emerg Dept Visit
2018-2019	6	133	1226	1837	1840	5042
2019- 2020	8	182	1144	1794	1993	5121
2020 – 2021	10	196	1124	1247	1213	3790
2021- 2022	5	209	1133	1363	1464	4174
2022- 2023	8	185	1435	1576	1571	4775
2023-2024	7	264	1677	1546	1479	4973
2024-2025	15	392	1,471	1,919	1,715	5,512

Urgent Care

- NDMH operates an Urgent Care close to, but separate from the Emerg Department.
- There are 1.58 FTE Nurse Practitioners that run Urgent Care with the goal of seeing patients with low acuity to help reduce unnecessary Emerg visits
- If there are no same day Urgent Care appointments, the NP helps with completing low acuity visits in Emerg to support the covering Physician

Trauma Room Information

**prior to working in the Trauma Room of any Hospital Department, it is expected that you receive a full orientation/ introduction to the spaces either by a physician or a nurse. Ensuring this gets scheduled is your responsibility as part of your orientation requirements.*

Equipment

- Two monitored beds, each with its own negative pressure room
- Crash cart with airway equipment, Bougie, LMAs, Video Laryngoscope (Mcgrath Mac), Ventilator Dragger Oxylog
- Pediatric resuscitation equipment according to weight



Procedure kits

- Chest tube
- Cricothyroidotomy
- Thoracentesis/Paracentesis
- Central line/Triple lumen
- Intraosseous gun
- Thrombolysis kit – **Note** that NDMH only stocks TNK for thrombolysis

Resuscitation Medications

- NDMH has **4 units of blood** (2 Oneg and 2 Opos). For life threatening emergencies only
- Neuro
 - Mannitol
- RSI
 - Induction agents
 - Etomidate, Ketamine, Propofol, Midazolam
 - Neuromuscular blockers
 - Succinylcholine, Rocuronium
- Vasopressors
 - Dopamine, Levophed, Epinephrine

Acute Care

- NDMH as a 15-bed acute inpatient ward, with two cardiac rooms, an observation room, several isolation rooms, and a room for palliative care
 - ***Physicians are responsible for rounding every day on their patients***
- Usually between 1/4 to 1/3 of the beds on the acute ward are patients designated ALC
- Like most other hospitals, many of the patients admitted to NDMH are older, frail, and have multiple medical and social issues – please keep discharge planning in mind when you are seeing patients on the ward.
- ***If patients have been admitted for more than 48 hours, a progress note should be dictated***



Trending: Acute/ALC Visits and Patient Days

Year	Acute Care Patient Days (% occupancy)	ALC Patient Days (% occupancy)
2018-2019	1596 (29%)	1993 (36%)
2019- 2020	1153 (21%)	2044 (37%)
2020 –2021	850 (16%)	1518 (28%)
2021- 2022	1395 (25%)	1671 (31%)
2022- 2023	1487 (27%)	1275 (23%)
2023-2024	1652 (30%)	1619 (29%)
2024-2025*	1718 (31%)	870 (16%)

****2024-2025 – average of 47% occupancy overall***

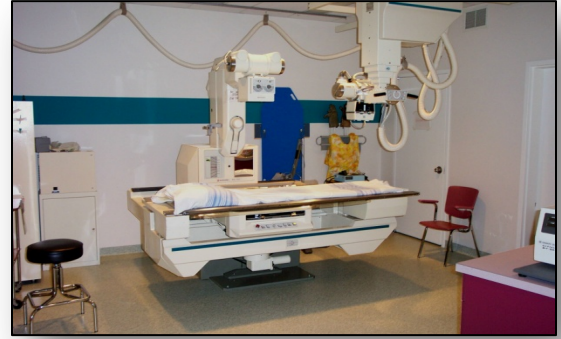
Long term Care

- Nipigon's Long Term Care Facility is attached to the NDMH and has 22 residents
- LTC rounds are normally performed weekly by one of the regular physicians or our Nurse Practitioner. On call issues are normally addressed by the physician on call from the emergency department.



Lab/Diagnostic Imaging

- Laboratory services and Diagnostic imaging are in-house from 0800-1600 on weekdays, and are on call from 1600-0800 on weekday nights and weekends.
 - If investigations are not going to appreciably alter your management, if safe to do so, try to defer investigations until the next day
 - Lab and diagnostic imaging are paid 4 hours for every time they are called in, so if you have several patients who require investigations, try to get them all done at once
- During business hours, one of the diagnostic imaging technicians performs ultrasounds, however after hours, only x-rays are available.



Doctor's room

- Coffee is available in the doctor's room on weekdays.
- If you bring food into the doctor's room from the cafeteria, it is your responsibility to return it.
- Keys for the physiotherapy room are available in the doctor room (hanging on wall by charts). Exercise equipment, including treadmill, stationary bicycle, rowing machine and some resistance training equipment are available for your use after hours in the physiotherapy department, if desired.



Cafeteria

- The cafeteria has food available for breakfast, lunch, and dinner. Please keep in mind that the cafeteria closes at 17:15.
- In support of your student learning experience with us, the hospital has agreed cover your meals while on-site. There is a binder by the cash register, please sign, date and put your name along with the cost of your meal on the appropriate form.



Important Expectations While at the Hospital:

To assist you, and us, to integrate you with our practices and systems, we have prepared a list of important information items:

- The hospital currently uses both paper charting and Meditech as the EMR for the Emerg and Acute. The Clinic Practice Solutions EMR is not to be used for hospital patient charting.
- Admission history, physical examination and discharge planning summaries require a dictated note within 24 hours. Dictations are made via telephone. You can pick up any telephone and follow instructions which can be found in the doctor's lounge, ER, Acute and LTC departments.
- Admitted patients should have a daily review and a relevant note on the progress section of the doctor's order sheet at the front of each chart. Sign out should be received on arrival and completed on departure.
- Lab and x-ray are available on call from 4pm until 8 am. A call-in costs 4 hours pay. Whenever possible, have procedures done between 8am and 4pm. After that things may be deferred to the next day at your discretion.
- The nurses are very helpful in showing you our procedures and methods. That may not be the same as at other facilities, particularly large hospitals. NDMH nurses are generous with their time to show you how the physicians have learned to deal with different hurdles and/or challenges.
- Like the physicians here, the nurses are required to wear many hats. They swing from ER to the ward to long term care. They are generalists in the way the doctors are, not always experts in every field, so please be considerate.
- While working within the Hospital, you will be expected to follow the hospital's Code of Conduct (attached to the end of this document)
- NDMH uses VScripton, further information about this service will be provided to you on your first day

Meditech Access/PACS

- **Karli Avis**, in Medical Records, is the Meditech Lead for the hospital. If you have any issues with meditech while on-site, please flag with Karli. Her contact info:
Karli Avis
Email: kavis@ndmh.ca
phone: 807-887-3026 ext. 1242
- On your first day, you will meet with Karli to cover off any meditech access and privacy requirements

- There is a PACS viewing station in the NDMH Diagnostic Imaging Department.
- If you have PACS access at TBRHSC, use your existing passwords.
- For Urgent MediTech, PACS, EMR IT issues, NDMH accesses support from Thunder Bay Regional Health Sciences Center:

Weekdays

7:30am - 5:00pm

(807) 684-6411

Weekdays (after hours)

5:00pm - 7:30am

(807) 626-6804

Weekends

8:00 am - 4:00pm

(807) 684-6411

Weekends (after hours)

4:00pm - 8:00am

(807) 626-6804

NDMH HOURS OF OPERATION:

Department	Outpatient Office Hours	Fax #s	Description
ADMINISTRATION/ BUSINESS OFFICE	Monday to Friday, 8:00 am to 4:00 pm	(807) 887-2800	The Business Office staff will take care of matters concerning bill payments, room rentals, and/or donations.
DIAGNOSTIC IMAGING	Monday to Friday, 8:00 am to 4:00 pm	(807) 887-6993	All x-rays and ultrasounds are done by appointment only, booked by the DI staff.
HEALTH RECORDS:	Monday to Friday, 8:00 am to 4:00 pm	(807) 887-3754	Registration, dictation/transcription, release of information, password resets, privacy issues and credentialing.
LABORATORY	Outpatient Hours: Monday to Friday, 8 am to 2:30 pm ER/Inpatient Hours- Monday to Friday, 7:00am to 5:00 pm and Saturday/Sunday 7:00am to 3:00 pm	(807) 887-3350 OR (807) 887-3755	The Lab is open to outpatients on a walk-in basis for blood/specimen collection
URGENT CARE	Monday/Tuesday – 9am-9pm Wednesday (phone appts only) – 8am-4pm Friday 8am-4pm		Urgent care supports same day appointments which available on a first come first serve basis. Lines open at 9:00 daily. Appointments booked in PSS- run by JP Jackson-Hughes, NP and Grace Fox, NP. Located in NDMH
PHYSIOTHERAPY	Monday, Tuesday, Thursday and Friday 8:00 am to 5:00 pm, Wednesday 8:00 am to 4:00 pm	(807) 887-6998	Physiotherapy services are provided to outpatients by physician referral. The Physiotherapist will contact to arrange for an appointment.
TELEHEALTH	Monday to Friday- 8:00 am to 4:00 pm	(807) 887-3542	The Telehealth Clinic is open for appointments via the Ontario Telemedicine Network (OTN). If you require further information about a scheduled Telehealth appointment, or wish more information about this service, please contact the Telehealth Coordinator.

NDMH DEPARTMENT EXTENSION LIST:

For questions regarding hospital orientation, please contact

Craig Robinson

Workforce Continuity Partner

crobinson@ndmh.ca

For further information about the hospital,
please visit our website: www.ndmh.ca

Accounts Payable (Julie)	1228	Housekeeping	1238
Accounts Receivable (Brandon)	1222	IT	1267
Acute Care	1231	Lab	1245
Administration (Marie)	1220	Laundry	1299
Business Office (Jennifer)	1229	Long Term Care	1241
Diagnostic Imaging	1243	Maintenance (Doug)	1234
Dietary	1264	Physiotherapy (Laurie)	1252
Emergency Department	1251	Purchasing (Kelly)	1233
Health Records Clerk	1230	Telehealth (Jackelyn)	1254
Health Records/Privacy (Karli)	1242	Human Resources (Casey)	1256

5. About our Family Health Team

The Nipigon District Family Health Team is located at 123 Hogan Rd. directly across the hall from the medical clinic, with some staff/programs also being located in the Hospital. The Family Health Team in Nipigon consists of a Registered Psychotherapist, three Registered Nurse's, a Registered Practical Nurse, a Registered Dietitian, a Mental Health Support Worker and an Addictions Program Care Coordinator.

The FHT offers multiple programs including:

- Cancer Screening - Includes cervical exams (Pap tests).
- Cognitive Assessments: MOCA/MMSE tests to check memory and thinking skills. Referral by any healthcare provider or self-referral
- Blood Pressure Screening: Blood pressure checks by nursing and dietitian staff. Referral by healthcare provider or self-referral.
- Hypertension Management Program: Regular blood pressure monitoring and lifestyle advice. Medication adjustments done with physician orders. Referral by physician/Nurse Practitioner needed.
- Holter Monitoring: 72-hour heart monitoring. Physician/Nurse Practitioner referral form required.
- 24-Hour Blood Pressure Monitoring: Wearable home monitor applied and removed by staff. Physician/Nurse Practitioner referral required.
- Complex Diabetic Foot Care: Foot care for eligible complex diabetic patients. Referral required. Waitlist is approx. 6 weeks.
- Diabetes Education Program: Education and support for those with prediabetes or diabetes. Referral or self-referral accepted.
- Immunizations: Adult and child immunizations provided per Ontario schedule. Referral or self-referral accepted.
- Injections: Subcutaneous and intramuscular injections with prescription. Referral or self-referral accepted.
- Nutritional Counseling: Dietitian-led sessions tailored to individual needs. Referral or self-referral accepted.
- INR Program: INR monitoring and medication adjustments. Referral required. Education and follow-up included.
- ABI Testing: In-clinic testing for peripheral artery disease. Physician/Nurse Practitioner referral required.
- COPD & Asthma Management: Spirometry testing and education for lung conditions. Referral required.
- Smoking Cessation: Programs, nicotine products, and support to quit smoking. Referral or self-referral accepted.
- Wound Care & Suture/Staple Removal: Wound dressing and removal services. Referral with medical order required.
- Discharge Follow-up: Follow-up phone calls after hospital discharge (within 7–14 days). Referral from discharging provider required.
- System Navigation & Community Engagement: Help navigating healthcare and government supports. Also offers social engagement programs. Referral or self-referral accepted.
- Counselling & Psychotherapy: 1-on-1 therapy sessions with Registered Psychotherapist. Referral or self-referral accepted.
- RAAM Clinic (Addiction Support): Addiction medicine and support. Drop-ins welcome or book through referral. Peer support and counseling available.

Hours of Operation: Monday-Friday 830-430

Phone #: 807-887-5252- ext. 4

Fax #: 807-887-5991

Email: reception@ndfht.ca



6. Mental Health Resources to be Aware of

Practicing rural medicine in clinic or hospital is different than in larger urban centers with access to a multitude of services, programs and support if not on-site, in the community. This is not always the case in our smaller rural communities. However, we do have access to a multitude of resources that can be extremely helpful to ensure we do not feel isolated in our practice. Here are some key support resources to be aware of:

Local Mental Health Services

- North of Superior Counselling Programs

16 Front St, Nipigon, ON P0T 2J0

Phone: (807) 887-2632

www.nosp.on.ca

North of Superior Counselling Programs is a non-profit organization providing free confidential mental health & addictions counselling, including Psychiatry, across the lifespan in North of Superior communities (District of Thunder Bay).

- Dilico Anishinabek Family Care

112 4th St, Nipigon, ON P0T 2J0

Phone: (807) 887-2514

<https://www.dilico.com/>

Dilico Anishinabek Family Care provides services for the complete life journey of all Anishinabek people.

Guided by the teachings of the past and Anishinabek culture, we are working to change the direction of Indigenous child, family and community wellness. Our goal is to find better pathways to healing and well-being by caring for children and families, and the communities where they live.

The Dilico Integrated Model of Care brings together a wide range of services and programs to support children, youth and families to live their good life – physically, emotionally, mentally and spiritually. We offer services, rooted in culture, that address diverse issues related to child welfare, mental health & addictions, and primary health.

- Nipigon District Family Health Team – Psychotherapist

Located in the Clinic

- Nipigon RAAM Program

Based out of the hospital, this collaborative program is provided jointly by Nipigon District Family Health Team with coordinated support from North of Superior Counselling Programs and P.A.C.E. (People Advocating for Change through Empowerment).

District/Regional Mental Health Services

- **CMHA Thunder Bay Crisis Response Phone Line**

Phone: (866) 888-8988

- **Suicide Crisis Helpline**

Phone: 811

- **Hospice Northwest**

63 Carrie St, Thunder Bay, ON P7A 4J2

Phone: (807) 626-5570

Hospice Northwest is a volunteer non-profit organization, dedicated to providing compassionate support and resources to our clients and their loved ones... wherever they may need it.

<https://www.hospicenorthwest.ca/>

- **Ontario Structured Psychotherapy Program (OSP) – St. Joseph's Care Group**

Adults in Ontario with depression and anxiety can access free, short-term, evidence-based cognitive-behavioural therapy and related services through the Ontario Structured Psychotherapy Program.

Referral Process: <https://accesspointnorthwest.ca/ApplicationSelf/>

THUNDER BAY & DISTRICT Mental Health Walk-In/Talk-In Clinics

Mental health emergency? Go directly to **hospital**, call **Crisis Response 807-346-8282** OR the **suicide crisis line 9-8-8**

Organizations in **GREY** **do not** provide mental health counselling. See Page 2 for details.

Des services en français **peuvent être** disponibles. Services in Cree and Oji-Cree **may** be available.

In partnership with:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm	CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm	CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm	CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm	CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm
North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm	North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm	North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm	North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm	North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm
Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm	Matawa Health Co-Op (807) 346-2370 www.matawa.on.ca 523 Algoma St. North 1pm - 4pm	Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm	Alpha Court (807) 683-8200 www.alphacourt.ca Brodie Library 2nd week of each month 1pm - 4pm	Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm
	Dilico Anishinabek Family Care (807) 626-5100 www.dilico.com 17 Court St. South 1pm - 7pm	Children's Centre / Thunder Bay Counselling (807) 700-0090 www.childrenscentre.ca www.tbaycounselling.com Location rotates 12pm - 6:30pm		Matawa Health Co-Op (807) 346-2370 www.matawa.on.ca 523 Algoma St. North 9am - 11am

Updated December 18, 2025

7. The Township of Nipigon



COME AND EXPLORE NIPIGON.....

A destination point for visitors, businesses and new residents with a focus on maintaining and enhancing the quality of life for the community

P.O. Box 160 52 Front Street Nipigon, ON P0T 2J0 Phone: (807) 887-3135 Fax: (807) 887-3564

General Inquiries: info@nipigon.net

Recreation Inquiries: nipigonrec@shaw.ca

Economic Development Inquiries: sarahlewis@nipigon.net

TIMES PAST

Archaeological evidence indicates that people may have lived in the Nipigon area for 9000 years. In the more recent past, rock paintings on the mouth of the Nipigon River show an Aboriginal presence and predate European Contact by several hundred years. The first permanent trading post on the Nipigon River was established in 1679 making Nipigon the oldest settlement on the north shore of Lake Superior. The arrival of the CPR changed the focal point of the community from the river to Front St. (where the Municipal office is now located). The first town election was held in 1909.

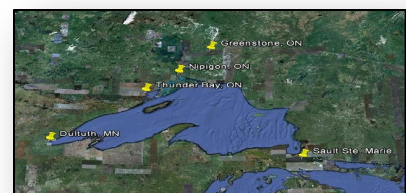


BUSINESS

This vibrant community is determined to recruit new investors and is becoming more involved in the Tourism sector. The Township of Nipigon strives to be a destination point for visitors, businesses and new residents while maintaining and enhancing the quality of life for the community. The business mix of the Township of Nipigon includes: accommodations, automotive, contractors and consultants, convenience and grocery stores, financial, insurance and legal, health & wellness services, home renovations, hunting, fishing, recreation, media, personal care, real estate, restaurants & catering, retail and transportation.

WHERE WE ARE

The Township of Nipigon is strategically located along Highway 11-17 in Northwestern Ontario. We are located 112 km east of Thunder Bay, 585 km west of Sault Ste. Marie and 143 km south of the Municipality of Greenstone. Nipigon is surrounded by lakes and rivers, wilderness and wildlife – but has all the amenities you need to call home. The port of Nipigon is the most Northerly freshwater port in North America. With a deep-water channel all the way to the fully serviced marina, boaters are invited to cross the 49th parallel and receive their certificate commemorating the occasion.





EXPLORE

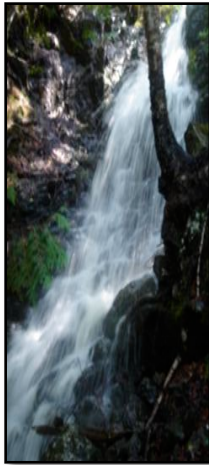
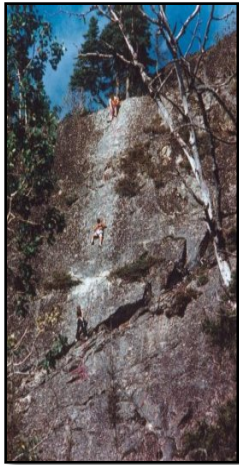


NIPIGON

NESTLED IN NATURE

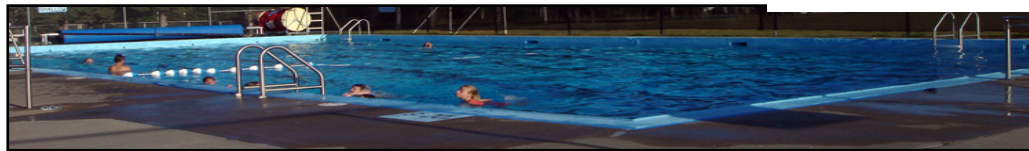
DAILY LIFE

Whether you enjoy watching or participating in local hockey games, horseback riding or ice climbing the Township of Nipigon offers endless leisure activity opportunities. The community is welcoming and always willing to help you find what you need. The community features a grocery store, pharmacy, various retail stores, and hairdressers. You won't find a McDonalds here but there are a number of restaurants offering all types of food from Canadian cuisine to Chinese food to homemade delicacies! The Township of Nipigon also has a gym facility, curling club, arena and library. For those who are visiting there are a number of motels and Bed and Breakfasts, a Tourist Information Centre (open June until the beginning of September) and the local marina.



SEEING THE SIGHTS AND PASTIME ACTIVITIES

The Township of Nipigon is "Nestled in Nature" located in the heart of the Canadian Shield on the northern most point of Lake Superior. Nipigon is situated on the shore of the great Nipigon River that flows from Lake Nipigon to Lake Superior. Winter, spring, summer and fall, there is plenty to do and see in Nipigon and the surrounding area. Snowmobiling, cross-country skiing, and ice climbing are just a few local winter activities. After the snow & ice are gone, boating, fishing, hiking, and camping draw people from around the world to this scenic center of Canada.



LEARNING FOR ALL AGES

The Township of Nipigon has learning options for everyone. From early ages learning at George O'Neill Public School to distance learning through Contact North, our community has all you need. Located just an hour and twenty-minute drive from Nipigon are Confederation College and Lakehead University, post-secondary schools which offer programs of all kinds, online and on-campus. St. Edward's Catholic School offers a Christian learning environment and Nipigon-Red Rock District High School serves the regional needs of the community and surrounding area. Superior North Literacy and the Adult Learning Centre offer a variety of programming to suit the public's needs.

INFRASTRUCTURE

Nipigon is a modern community with all the services that you require to run your household. Hydro One provides electricity, Union Gas supplies and manages the natural gas option and Bell Canada offers you home telephone service. TbayTel is the cell phone provider in the area. Currently, their networks cover most of Northwestern Ontario and around the world on a 5G network. Both Shaw and Bell offer broadband internet options. The Township of Nipigon has recently upgraded the water and sewage facilities to better serve the needs of the community. On the softer side of things, the Township is governed by Mayor Suzzane Kukko and Town Council. More information about municipal staff can be found at www.nipigon.net.

Calendar of Events

For up-to-date information on events going on in the community be sure to visit our website at www.nipigon.net. You can also “like” our Facebook page to follow events and news around the community.

Public Art

There is no shortage of art in the Township of Nipigon. Front Street is home to a local carver’s masterpieces and Art by Art is a local artist’s gallery with photography and framed portraits. Pelletier’s Gas Bar has First Nations art/crafts available for purchase. There are various murals around town, and we are always looking for new ideas.

Services Simplified

The Municipal Office is your centralized location for all your municipal needs; they can be found at 52 Front St and can be reached at 807-887-3135. The Service Ontario centre can be found at 5 Wadsworth Dr. and is reached at 1-800-267-8097. **9-1-1 Emergency Services are available.**

Fire

The Township of Nipigon has a volunteer fire department. If you have questions or concerns, please call 807-887-2329.

Police

The Ontario Provincial Police have a detachment located along the Highway 11/17. If you have questions or concerns, they can be reached at 807-887-2637.

Library

Looking for a book, computer access or just a quiet place to be? The Nipigon Public Library offers all the above. For more information, please call 807-887-3142.

News

The Gazette is the local newspaper; it publishes on a weekly basis and is available at most of the businesses in Nipigon. If you need to get in touch with The Gazette, please call 807-887-3583. The Chronicle Journal and TB News (based out of Thunder Bay) are other media which covers most of our North shore region.

Parks & Fields

Nipigon has just recently finished their feature park, “Paddle to the Sea” park. It begins primarily at the Township Office, located on the Main Street, with smaller parks with the paddle to the sea theme available as you walk down to the Marina area. It also includes a water feature located at the main park. We also offer another children’s park located at the Recreation Center, directly beside the pool building.

Recreation & Leisure Arenas

The Nipigon recreation center offers multiple activities for everyone year-round. We have an arena, fitness center and multipurpose meeting rooms.

- **Arena** our hockey rink in the winter months with the summer bringing an array of activities from skate parks to bike safety.
- **Fitness & Leisure Centres**
There is a fully equipped fitness room available at the recreation center. Memberships are available at the Township office.
- **Multipurpose meeting rooms**
There are meeting rooms situated in the recreation center that can be rented for a variety of small events such as seminars, parties, and meetings

Nipigon also offers a variety of Canoeing, Kayaking, Rock Climbing, and Ice Climbing

Need-to-Know Information

Pool

Nipigon has a seasonal public pool available from June through to September. It is equipped with fully skilled lifeguards that run a variety of programs and events each season.

Health Care

The Nipigon District Memorial Hospital, Nipigon District Family Health Team and Jackson-Hughes Medical Clinic (Nipigon Doctors Group) are located in Nipigon and serve the surrounding areas within the district. There are 6 doctors who serve the communities and operate primarily from the Clinic.

Aboriginal Services

We have many aboriginal services available to the public such as Dilico Anishinabek Family Care and Kinna Aweya Legal Clinic

Employment Services

YES employment services, Superior North Literacy, Contact North, Thunder Bay DSSAB /Ontario Works, Service Canada, Nipigon Red Rock & District Assoc. for Community Living, and Superior North CFDC

Golf

For your leisure time enjoyment, you can visit the North shore Golf Club for a round or two of golf. The course is a regularly maintained 9-hole course that offers an array of challenging holes for the avid golfer. It is located just off Hwy 11-17 between Nipigon and Red Rock.

Recreation Programs

Nipigon runs a variety of programs year-round. We offer such programs as dance, fitness, hockey, curling, summer programs, skating, and general leisure programs for all ages. 8.2-kilometer Nipigon River Trail, linking Nipigon and Red Rock by means of waterfront, wetland and woodland trails, steep inclines and rugged ravines

Transit

Nipigon has a taxi service which operates year-round.

Restaurants

Nipigon - Edgeview Restaurant, China Gardens, Husky, KFC, Pizza Hut, Robins, Shell Restaurant, Tim Hortons, Ducky's Diner and Stillwater Grill & Pizza

Red Rock - Red Rock Inn

Grocery Stores

Nipigon – Zechner's Foodmart

Open 9:00 AM – 6:00 PM Monday to Saturday

Open 12:00 PM – 4:00 PM Sunday

Red Rock – Saunders Foods

Open 9:00 AM – 6:00 PM Monday to Saturday

Closed Sunday

NIPIGON, ON ... “Nestled in Nature”



Experience Nipigon Trails!

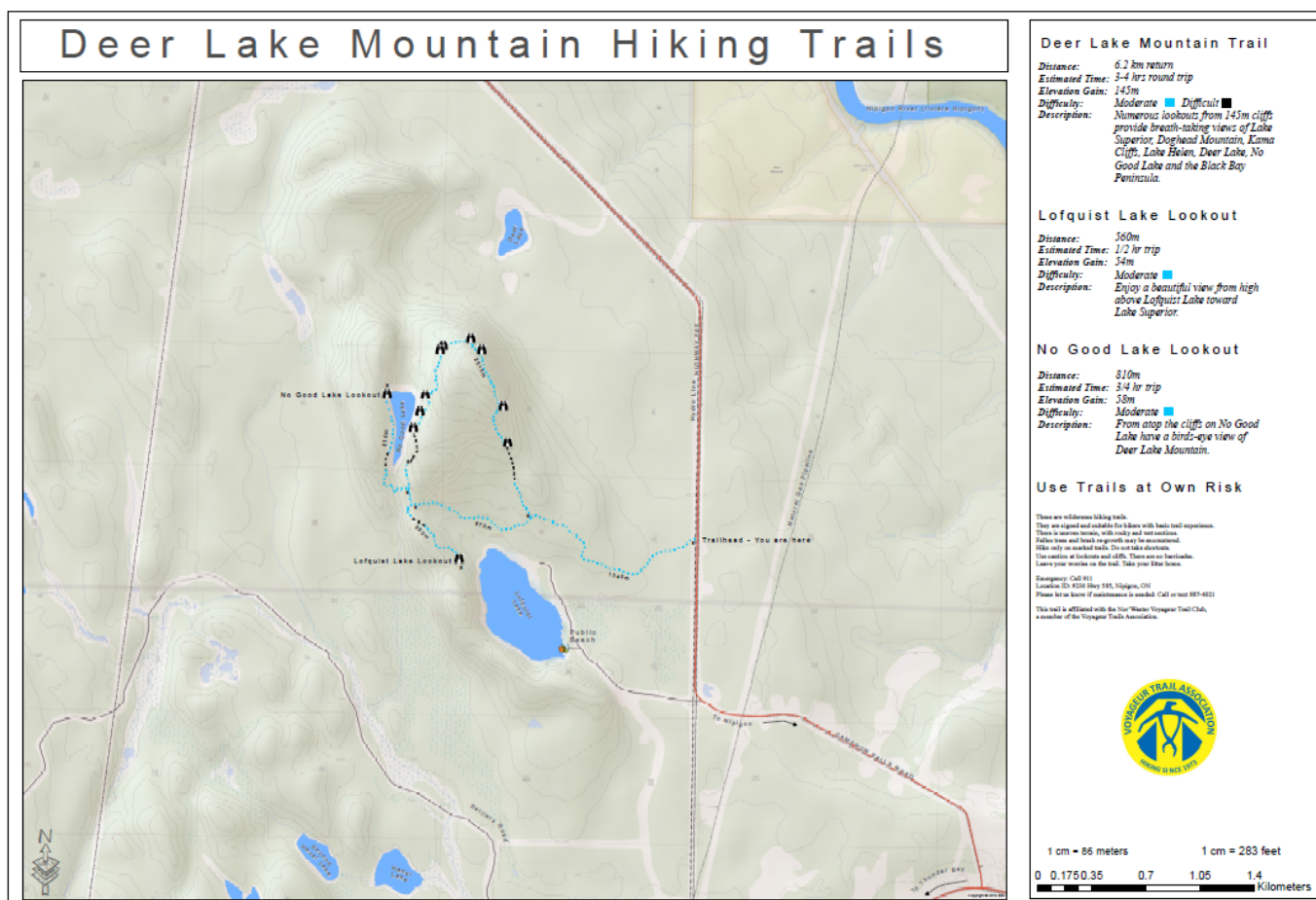
The Nipigon area offers recreational, non-motorized trails with world class views and an abundance of wildlife. There are many day trail options for all ability levels. Please read the information below carefully before setting out on your adventure to make sure the trail is suited to your abilities and fitness level. For your safety, tell someone where you are going and when you expect to be back, go with a buddy, carry a charged cell phone, wear proper gear, and bring plenty of water and snacks. Use these trails AT YOUR OWN RISK.

Deer Lake Mountain Hiking Trail

Only a short drive north, Deer Lake Mountain Trail offers a variety of terrain and spectacular views of No Good and Lofquist Lakes.

Drive approximately 3.4 km north up highway 585 (at the petro) to the trailhead. Parking is available on either side of the road, and a trailhead sign on the left near the bush marks the start of your journey. These challenging trails can take four hours to hike, so make sure you pack plenty of water and food, and dress for the conditions.

This trail is managed by the Nor'wester Trail Club in affiliation with the Voyageur Trail Association.



Nipigon River Recreation Trail

Experience the shoreline of the Nipigon River from Nipigon to Red Rock and along Nipigon Bay on Lake Superior, the world's largest freshwater lake.

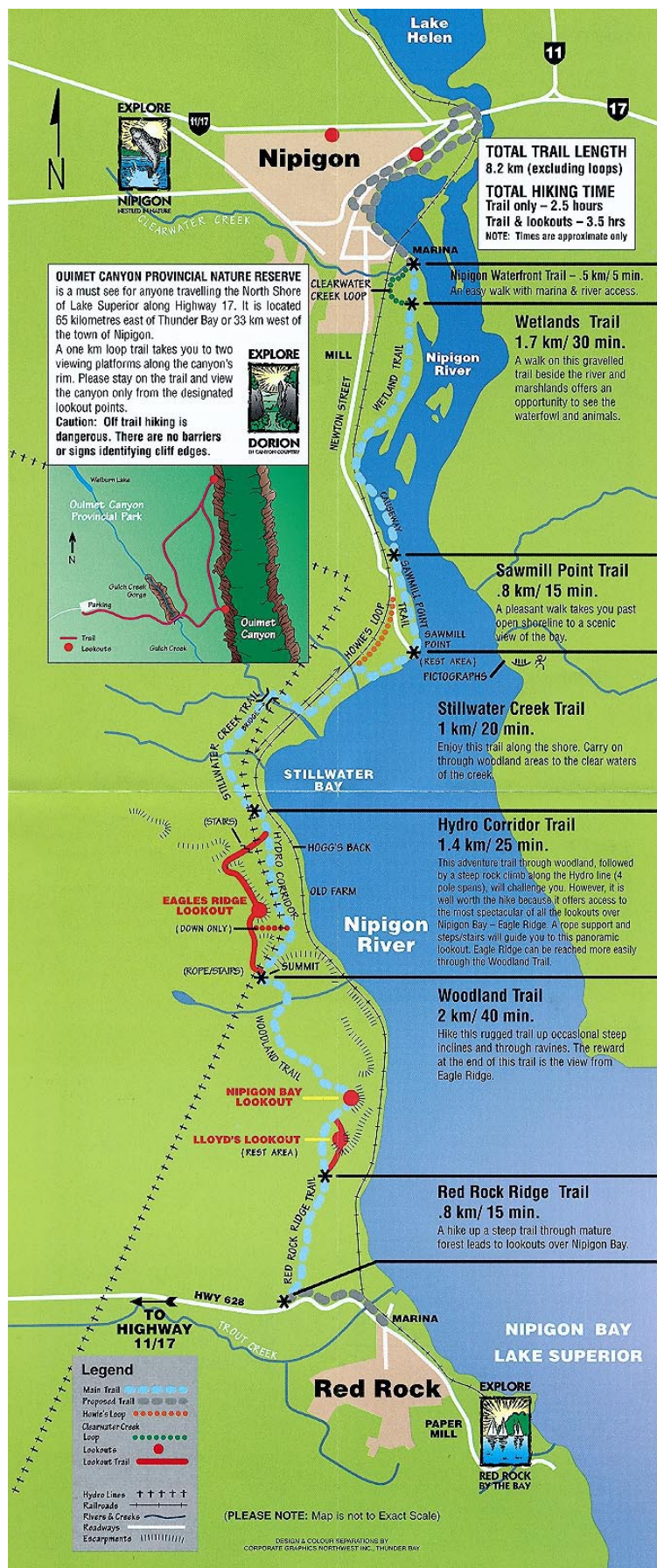
Suitable for ages 8 and up (depending on abilities) this is a 10 km, well maintained, rugged trail that can take 2.5 to 3.5 hours to complete. If you don't have that much time, consider taking a 20-minute hike starting at the Red Rock trailhead to the viewing platform at Lloyd's Lookout, and a few minutes past that, relax in the Parks Canada red chairs. You can also start at the Nipigon Marina trailhead and hike 2-3 kms of flat terrain along the edge of the Nipigon River. If you plan on doing the whole trail, starting at the Red Rock Trailhead is recommended.

On your journey through this portion of the Lake Superior National Marine Conservation Area, look for blue herons, loons, bald eagles, peregrine falcons, white pelicans, beavers, and otters.

Picnic tables and toilets are available along the trail.

This is NOT a LOOP trail. To schedule a ride back to your vehicle, contact Epic Adventures when planning your hike.

This trail is managed by the Land of the Nipigon Waterways Development Association.



Mazukama Falls Trail

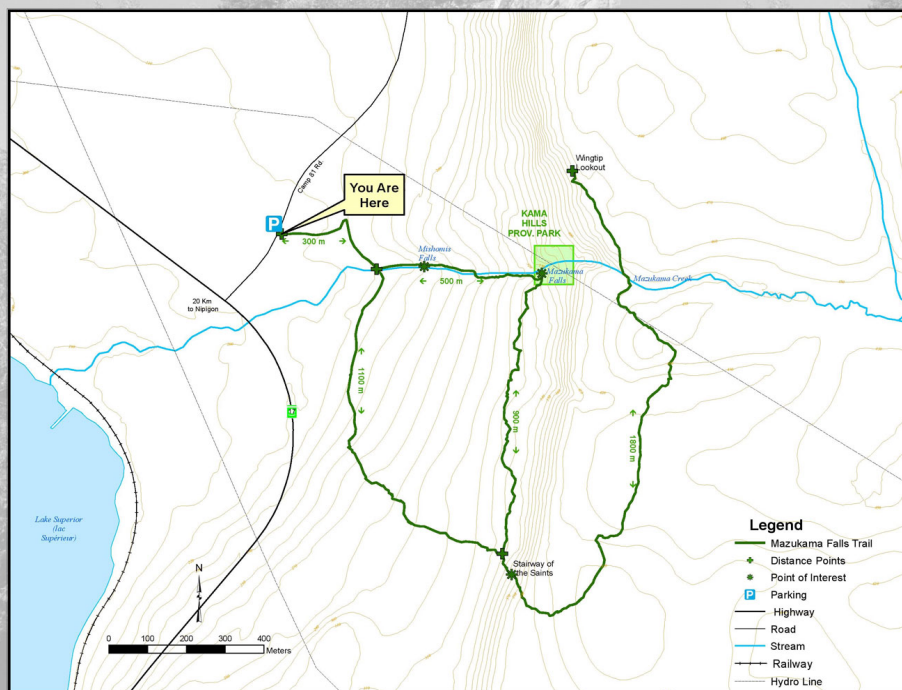
This trail is located approximately 20 km east of Nipigon on Hwy17 at km 677.4. Travel north on gravel road (Camp 81 Rd) for 200 m to the trailhead on right.

This day hike has been described as magical. The challenging 3.1 km loop trail will take 1.5-2 hrs to complete as it climbs steeply for 500 m and passes beside the cascades and waterfalls of Mazukama Creek as it tumbles off the red rocks of Kama Cliffs through huge old growth cedars. After reaching the towering 25 m, Mazukama Falls, the trail follows the base of the Cliffs as it passes by massive fern covered boulders before heading downhill back to the trailhead through the dark and quiet “Enchanted Forest” of ancient moss-covered cedars and Canada yew.

For those seeking a panoramic view of Nipigon Bay, take the steep climb up “The Stairway of the Saints” to the top of Kama Cliffs and hike to Wingtip Lookout, 250 m above the trailhead. Allow an additional 2 hrs to do this trail.

The Mazukama Falls Hiking Trail is a wilderness recreation trail. It is difficult and requires previous trail experience. Footing is unstable, there are steep sections, and some creeks may require wading.

Mazukama Falls Trail



Mazukama Falls Loop

Distance: 3.1 km loop
Estimated Time: 1.5-2 hours
Elevation Gain: 120 m
Difficulty: Difficult - black diamond (steep climbs, unstable footing, creeks must be waded)
Description: Enjoy a challenging uphill hike through huge old growth cedars along the cascades of Mazukama Creek to the towering 25 m high falls. Continue south along the base of the cliffs past massive boulders to the trail junction at the bottom of the Stairway of the Saints. Return to the trailhead by heading downhill (west) through the “Enchanted Forest” of ancient white cedar and Canada yew.

Trailhead to Wingtip Lookout

Distance: 6.7 km return
Estimated Time: 4-5 hours return
Elevation Gain: 250 m
Difficulty: Difficult - black diamond (steep climbs, unstable footing, creeks must be waded)
Description: Follow the Mazukama Falls Loop to the Falls and along the cliff base. Climb the Stairway of the Saints and hike along the top of Kama Cliffs to enjoy the panoramic view from Wingtip Lookout 250 m above the Trailhead.

Use Trails At Own Risk

These are wilderness hiking trails. They are signed and suitable for hikers with trail experience. Hike only on marked trails. Do not take shortcuts. There is uneven steep terrain, with rocky and wet sections. Creeks may require wading or be impassable under some flows. Fallen trees and brush re-growth may be encountered. Use caution at lookouts and cliffs. There are no barricades. Keep dogs under control. Leash if necessary. This trail is on an active trawling. Leave flowers and plants for others to enjoy. Do not damage live trees or strip off bark.

Leave your worries on the trail. Take your litter home.

Emergency: Call 911

Location ID: Highway 17- Km 677, Camp 81 Rd

For trail info: Hiker's Hotline 1-877-393-4003

If trail maintenance is needed: Call or text 807-887-4021

This trail is affiliated with the Nor'Wester Voyageur Trail Club, a member of the Voyageur Trails Association. <http://www.voyageurtrails.ca>



Directions: Trailhead is located approximately 20 km east of Nipigon. Turn north on sideroad (Camp 81 Rd) at Km 677.4 on Hwy 17. Travel 200m to trailhead on right.



Rendezvous XC Ski Club Trails

The Rendezvous XC Ski Club trails are open for the season! Experience more than 12 kilometers of classic groomed trails for beginner to expert skiers. The trail head is about 100 metres down Golf Course Road off Highway 11/17 between Nipigon and Red Rock. And this year new signs have been installed to guide you along the trail network.

Check out [our brochure for more information](#), including a trail map, or go to our website at <http://rendezvousskiclub.wix.com/rendezvousskiclub> which includes trail condition updates. For non-members a day-use logbook and pay box (\$10 day rate) is at the trail head.

If you are interested in buying a membership, helping or have additional questions please contact Chris Leale 887-3659 or Rob Swainson 887-2073.



CODE OF CONDUCT

Nipigon District Memorial Hospital's Code of Conduct sets out the behaviors that is expected from all persons who participates in activities within the Hospital. The Code of Conduct applies to any individual (patient/resident, family, visitor, staff, physician, peer, privileged staff, volunteer or other) who gives or receives service in the organization.

The Code of Conduct sets the parameters by which we treat each other as well as those we serve.

- I will maintain confidentiality. I will be mindful of what is said, where it is said, and the impact on others.
- I will treat those who receive service in a professional manner that demonstrates respect, dignity, caring and compassion for each individual. This includes but is not limited to:
 - Arriving promptly and ready to contribute
 - Being pleasant and courteous
 - Acknowledging the patient/resident presence upon their arrival
- I will communicate with all patients/residents in a clear, timely, truthful manner and demonstrate attentiveness through eye contact, choosing the appropriate environment, responding and using a calm and helpful tone.
- I will introduce myself by name, occupation and what I will do (NOD) when providing patient/resident care.
- I will offer assistance to anyone within the building or on the Hospital grounds who appears distressed or in need of help.
- I will treat all individuals with dignity, honoring their uniqueness and value. I will not tolerate discrimination any form.
- I will address all patients/residents by their preferred name.
- I will identify myself by name and department when greeting a patient/resident or answering the telephone.
- I will adhere to the conduct and personal appearance standards and wear name tags that have not been disfigured or changed in any manner.
- If I do not have the resource to address a patient/resident concern or need, I will connect the patient/resident to an individual or department who can meet the need.

Signature

Date

Questions to ask and/or clarification needed on my first day:

Notes: