

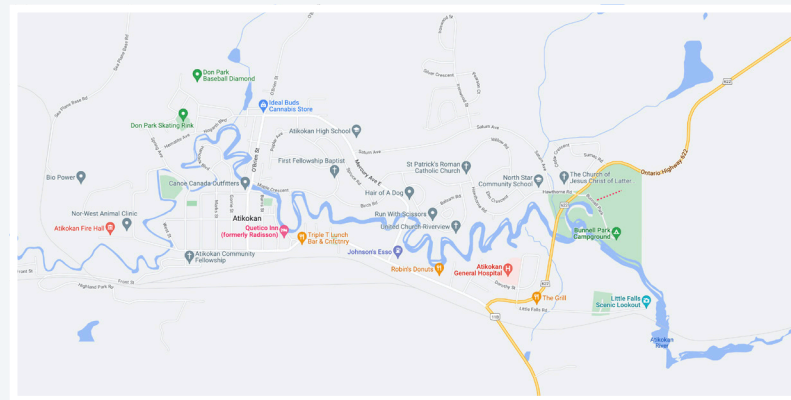
## OVERVIEW OF COMMUNITY

**COMMUNITY NAME** Atikokan

*Updated September 2022*

**MUNICIPAL WEBSITE** [www.atikokan.ca](http://www.atikokan.ca)

**MAP WITH LOCATION**



### FIRST NATION COMMUNITIES SERVED BY CLINICIANS

- **Lac La Croix First Nation:** Located approximately 40 km West of Atikokan on Highway 11, then 80 km South on Flanders Rd (Gravel). Lac La Croix First Nation currently has about 350 residents.
- **Seine River First Nation:** Located approximately 70 km West of Atikokan on Highway 11 and 2 km South on Horsecollar Rd (Gravel). Seine River First Nation currently has about 400 residents.

## COMMUNITY DESCRIPTION

### DEMOGRAPHICS AND COMMUNITY DESCRIPTION

Atikokan is a community of about 2700 residents with a median age of approximately 50 years.

- Find more demographic information [here](#).

Atikokan is a very friendly community and has been designated as a safe community by the World Health Organization. Atikokan is known as the 'Canoeing Capital of Canada' and enjoys access to many outdoor activities and adventures. We are located on the eastern border of **Sunset Country** within the **Heart of the Continent** and enjoy beautiful forest-scenery year-round.

### Climate

Atikokan experiences all four seasons. Summers can reach temperatures of +30°C and winters will have a few days that reach as low as -40°C. You will want a pair of warm winter boots and a heavy winter jacket if residing here throughout the winter. Four-wheel drive is also recommended for the winter months to help manage road conditions after snowfall.



## Economy

The main sources of employment in Atikokan include the forestry industry (a local lumber mill and logging operations), the tourism industry (Quetico Provincial Park and many nearby Outfitters), the social services industry, an Ontario Power Generation plant, and the general hospital. Many residents within Atikokan commute to work at various mines throughout the Rainy River District and the Kenora District. Gold exploration is currently ongoing in areas near Atikokan and has produced promising results for an open-pit gold mine.

## Education

Atikokan currently has two public schools and one Catholic school: Atikokan High School (grades 7-12), North Star Community School (Junior Kindergarten-Grade 6), and St. Patrick's School (Catholic School, Kindergarten-Grade 8). A new K-12 school is currently in construction and will replace Atikokan High School and North Star Community School. The new school is equipped with two gymnasiums that can be available to the community after hours for activities such as a basketball club or a badminton club.

## AMENITIES

### The Essentials

- [Atikokan Foodland](#)
- [Warren's Lone Pine Market](#)
- [Walt's Dry Goods](#)
- [Rexall Pharmacy](#)
- [Atikokan Dental Centre](#)
- [Atikokan Family Dental Centre](#)

### Business and Finance

- [Atikokan Economic Development Corporation](#)
- [Royal Bank of Canada](#)
- [Atikokan Employment Centre](#)
- [Northwest Innovation Centre](#)
- [PARO Centre for Women's Enterprise](#)

### Education

- [Adult Learning Centre](#)
- [Contact North](#) (Distance Education): Provides easy and quick access to information on more than 1,000 programs and 18,000 courses available online and at a distance from Ontario's public colleges, universities, literacy and other training providers. Excellent partnerships with [Confederation College](#) and [Lakehead University](#).
- [Atikokan High School](#) (Grades 7-12)
- [North Star Community School](#) (Kindergarten-Grade 6)
- [St. Patrick's School](#) (Catholic, Kindergarten-Grade 8)



## Social Services

- [Rainbow Family Centre \(Daycare\)](#)
- [Atikokan Native Friendship Centre](#)
- [Kenora-Rainy River Districts Child and Family Services](#)
- [Rainy River District Women's Shelter of Hope](#)
- [Atikokan Municipal Non-Profit Housing](#)
- [Rainy River District Social Services Administration Board](#)
- [Community Living Atikokan](#)
- [Atikokan Youth Initiatives](#)
- [Firefly \(Physical, Emotional, Developmental, and Community Services\)](#)
- [Atikokan Home Support](#)
- [Atikokan Métis Council](#)
- [Atikokan Mental Health & Addiction Services](#)

## Recreation and Exercise

- [Swimming Pool and Arena](#)
- [Golf course and Curling Club](#)
- [24-Hour Gym](#)
- [Yoga Studio](#)
- [Bunnell Park Campground](#)
- [Pioneer Centre \(Recreation centre for seniors\)](#)
- [Beaten Path Nordic Trails \(Nordic Skiing Trail System\)](#)
- [Mount Fairweather \(Downhill Skiing Hill\)](#)
- [Charleson Recreation Area \(Motocross Race Track, ATV/Equine/Snowmobile/Mountain Bike trail systems\)](#)
- [White Street Ball Diamond, Maple Street Tennis Courts, 3 Outdoor Rinks](#)
- [Spirit of Dance](#)

## Arts and Culture

- [Atikokan Centennial Museum](#)
- [Pictograph Art Gallery](#)
- [Atikokan Entertainment Series](#)
- [Atikokan Public Library](#)
- [Places of Worship](#)

## 'Must-Sees'

- [Quetico Provincial Park](#): Quetico Provincial Park is one of Canada's finest wilderness-canoeing Parks, recognized around the world for its unparalleled tranquility, rugged beauty, majestic waterfalls, and picturesque forests. With over 450,000 hectares of protected land and thousands of interconnected lakes, rivers, and streams, Quetico offers a lifetime of wilderness exploration. Quetico's Dawson Trail campgrounds also provide an array of opportunities for family fun such





as: The National Heritage Educational program; the Artist in Residence program; Quetico history tours within the John B Ridley Research library; and access to several beaches.

- **Little Falls Scenic Lookout:** Little Falls is one of Atikokan's not-so-hidden gems. Carved out by massive glaciers nearly 12,000 years ago, Little Falls is now a beautiful fifty-foot drop. With a picnic shelter, benches, and a boardwalk it has become a favourite of visitors and locals alike for photography, angling, and relaxation.
- **The White Otter Castle:** Built single-handedly by James McOuat in the early 1900s, the "Castle" is a feat of ingenuity located on the beautiful and remote White Otter Lake. The sturdy log house stands 3 storeys tall (29 feet), with a turret that extends to a fourth floor (41 feet). McOuat felled and cut all of the red pine logs himself, and hoisted the finished, dovetailed beams (some with a weight of 1600 lbs) into place by means of simple block and tackle. The history, myths, and sights of this 'castle' and White Otter Lake will leave you awestruck.
- **Charleson Recreation Area** and a **Caland Mine Tour:** Atikokan Charleson Recreation Area is an area of fantastic recreational opportunities located on the northern edge of Atikokan, ON. Summer or winter, if you prefer your activities motorized, not, or maybe even a mix of both, there is something to attract every outdoor activity enthusiast. Clubs that make use of Charleson: Equine Trail Riders; Steep Rock Mountain Bikers; ATV Club; Atikokan SnoHo; Atikokan Motocross; Show-shoe trails; and Atikokan Mudslingers.
- **Beaten Path Nordic Trails:** With trail-heads minutes from town there are 30 km of diversified trails that connect the town of Atikokan to Quetico Provincial Park. Quality groomed skate lanes and track-set classic trails provide skiers a variety of opportunities to experience wilderness surroundings on safe challenging trails in any weather conditions. Beaten Path Nordic Trails host several events like the annual candle-light ski and the annual Cross Quetico Lakes Tour.
- Numerous local **swimming lakes:** Atikokan has many lakes in the surrounding area that are great for swimming, shoreline picnics, blueberry-picking and building sand castles. The locals will be happy to help you find your favourite summer spot to cool down.
- Numerous **Resorts, Lodges, and Outfitters:** Atikokan is lucky to be surrounded by a handful of renown guiding businesses that can help you access some of the best freshwater fishing and hunting in Canada. Some of these lodges are also home to amazing campgrounds, beautiful beaches, delectable restaurants, and craft-breweries.

## TRAVEL OPTIONS TO THE COMMUNITY

Atikokan is accessible via Highway 11/11B or Highway 622. Located approximately 200 km (2 hours) West of Thunder Bay or 150 km East of Fort Frances. The majority of locals rent vehicles from companies located **within the Thunder Bay Airport** to travel to Atikokan.



Atikokan does have a municipal airport but this is only available for personal/chartered flights; there is no scheduled air service into Atikokan.

Thunder Bay is the closest major centre with a commercial airport ([Thunder Bay International Airport](#)). [Winnipeg](#) (600km West of Atikokan) and [Minneapolis](#) (600km South of Atikokan) are other viable options with commercial flights available.

[Fort Frances](#) and International Falls both have smaller airports that cater to general aviation through Bearskin Airlines. [International Falls](#) does offer commercial flights to and from Minneapolis-St.Paul.

[Northland Bus](#) operates a bus service from Thunder Bay to Atikokan three times a week (Tuesday, Thursday, and Saturday). The bus usually leaves at 9:00am and arrives 11:20am.

## HOUSING/ACCOMMODATION

Current housing available in Atikokan: [realtor.ca](#)

- Note: We will provide assistance in your search for a permanent home. We will put you in contact with some local realtors and provide temporary housing should you choose to setup a permanent practice in Atikokan.

Two locum houses are available (no smoking and no pets please). Each house has at least two bedrooms so there is room to bring your family. Houses are fully furnished, complete with cooking utensils, bedding, and towels. Also stocked with laundry detergent, dishwashing soap, toilet paper, facial tissue, and hand soap. Cable TV, wireless internet, an answering machine, and a treadmill are available.

A NOSM U learner house is available.

## SPOUSAL EMPLOYMENT

[Atikokan Employment Centre](#)

- Brad Beyak: [brad.beyak@atikokaninfo.com](mailto:brad.beyak@atikokaninfo.com)
- The main sources of employment in Atikokan include the forestry industry (a local lumber mill and logging operations), the tourism industry (Quetico Provincial Park and many nearby Outfitters), an Ontario Power Generation plant, and the general hospital. Many residents within Atikokan commute to work at various mines throughout the Rainy River District and the Kenora District. Gold exploration is currently ongoing in areas near Atikokan and has produced promising results for an open-pit gold mine.

[Northwest Training and Adjustment Board](#)

- The NTAB is an organization that can provide information on [employment opportunities](#) within our district (Rainy River District).

# CLINICAL SERVICES

## CATCHMENT AREA AND DEMOGRAPHICS

Atikokan, Lac La Croix First Nation, Seine River First Nation.

- Population increases during summer months with tourism.

See Demographic Info for [Rainy River District](#)

## HOSPITAL DESCRIPTION / SERVICES

[Atikokan General Hospital](#) is a fully accredited 41-bed facility that serves approximately 6000 outpatients annually with a complement of 120 employees.

In-patient services offered: Acute Care beds are utilized for general medical patients, cardiac care (including thrombolytics), rehabilitation, palliative care, respite care, dietitian, mental health and addiction services. Long Term Care beds are home to 26 residents who enjoy a variety of services including: meals in a common dining area, dietitian support, rehabilitation support, seniors counselling service, pastoral care, recreational therapy and a variety of volunteer programs including palliative care visitation.

### Out-patient services offered

- Emergency Room Care (with video-direct connection to ICU of TBRHSC)
- Diagnostic Imaging (X-Ray, Ultrasound, ECGs, Holter Monitor Services)
- Laboratory
- Rehabilitation (Occupational Therapist, Kinesiologist, Physiotherapist)
- Telemedicine
- Mental Health & Addictions Services (Gambling, Transitional Housing)
- Regional Pharmacy Program

### Nearest neighbouring hospitals:

- Fort Frances, 150 km: [La Verendrye General Hospital](#)
- Thunder Bay, 200km: [TBRHSC](#)
- International Falls, MN (170km): [Rainy Lake Medical Center](#)
- Duluth, MN (400km): [St. Luke's Hospital](#); [St. Mary's Medical Center](#)

## PRIMARY CARE MODEL / CLINIC SETUP / ALLIED HEALTH SUPPORT

Atikokan's physicians are funded through the Rural Northern Physician Group Agreement.

Locum physicians provide support to our local physicians by doing clinic hours, walk-in services, and 24-hour call shifts. Call shifts can be scheduled as heavy or light as the locum desires.



Registered nurses, registered practical nurses, a mental health worker/counsellor, a dietitian and a pharmacist work with the hospital to provide primary care to community patients.

### Allied Health Support

- [Atikokan Medical Clinic](#) (5-minute drive from the hospital): Operates from 9:00am-5:00pm. Locums are responsible to see patients scheduled during business hours.
- [Atikokan Family Health Team](#) (2-minute drive from the hospital)
- [Home and Community Care](#)

### OTHER CLINICAL VENUES AND SERVICES

- Extended Care Ward, Atikokan General Hospital
- Palliative Care, Home and Community Care

## SUPPORTS AND EXPECTATIONS FOR LOCUMS OR LEARNERS COMING TO THE COMMUNITY

### TEACHING OPPORTUNITIES

Atikokan is associated with NOSM U and teaching opportunities are available several times throughout the year to anyone interested. Average of 3 students/residents per year.

### LIVING: HOUSING AND ACCOMMODATIONS

Two locum houses are available (no smoking and no pets please). Each house has at least two bedrooms so there is room to bring family. Houses are fully furnished, complete with cooking utensils, bedding, and towels (also stocked with laundry detergent, dishwashing soap, toilet paper, facial tissue, and hand soap.) Cable TV, wireless internet, an answering machine, and a treadmill are available. Houses are located within a five-minute drive or 25-minute walk from all medical/clinical venues.

- The cost of locum housing is \$120.00 per night (completely reimbursable through Health Force Ontario). Locums are asked to pay in-full on their final day.
- Additional accommodations have been made with Aspen Court Living, a newly constructed senior living complex.

A NOSM U learner house is available at a rate of \$125 per week. The house is fully-furnished, located within a 15-minute walk of the clinic and a 10-minute walk of the hospital.

### TRANSPORTATION WITHIN THE COMMUNITY

- Within Atikokan, walking or biking is a very feasible method of transportation; the town can be walked from end-to-end in 40 minutes or less.
- A vehicle is recommended to explore some of the outdoor adventures surrounding the town and to help brave the colder winter days. Four-wheel or All-wheel drive is recommended for the winter road conditions after snowfall.



- A [taxi service](#) is available in Atikokan from Monday-Saturday, 8am-8pm (rides can be reserved after hours if arranged during regular business hours.)
- There are no car or bike rental services in Atikokan.

## FOOD OPTIONS

[Atikokan Foodland](#) is Atikokan's premier supermarket, hosting all of your grocery shopping needs. Everything from fresh fruit and vegetables, to a wide selection of meats, canned goods and a full-service deli and bakery. Note: Foodland is closed on Sundays. [Warren's Lone Pine Market](#) provides a smaller but varied selection of groceries and is open 7-days a week. Warren's market is a favourite of many locals to grab homemade, ready-to-go lunches.

There are currently several quality restaurants in Atikokan. Note: None of these options are open later than 9:00pm.

- [The Nite Club](#)
- [PJ's Pizza and Pasta](#)
- [The Outdoorsman Restaurant](#)
- [The Grill](#)
- [First Round Draft Backstreet Bistro](#)
- [Little Darlings](#)
- [Robin's Donuts](#)
- [Chips R Us](#) (seasonal)
- [The Wanigan](#)
- [Sapawe Corner Diner and Motel](#)
- [Quetico North](#)
- [Perch Lake Lodge](#)

## COLLEGIAL SUPPORTS

The supportive environment of Atikokan General Hospital is one of the largest advantages of working here. At least one member of the local physician group is available 24/7 to support colleagues as required (clinic or ED); help is never more than 5 minutes away. Our entire staff has a history of making themselves fully-available for professional and social support. Physicians and learners consistently report positive working relationships with all departments and a strong sense of collaborative problem-solving.

The Emergency Department receives 24-hour video ICU support from the Thunder Bay Regional Health Sciences Centre's Regional Critical Care Response program.

## COMMUNITY VIDEO

[Portrait of Atikokan: A Newcomer's Guide](#)

## COMMUNITY CONTACT INFORMATION



**Name: Bridget Davidson**

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Organization: Atikokan General

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## PICTURES OF CLINIC, HOSPITAL, HOUSING



- Atikokan General Hospital



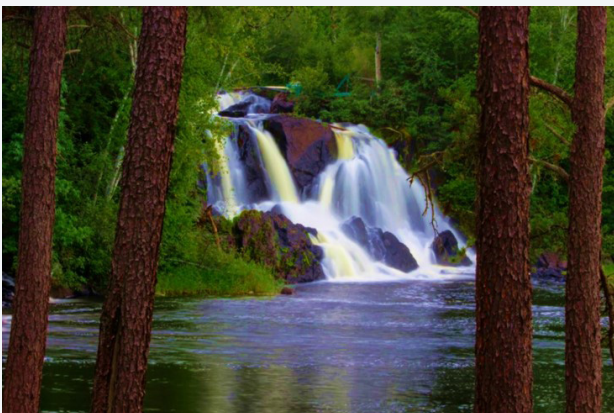
- Locum House



- Locum House



- NOSM U Learner House



- Little Falls Scenic Lookout



- The White Otter Castle



