

OVERVIEW OF COMMUNITY

COMMUNITY NAME

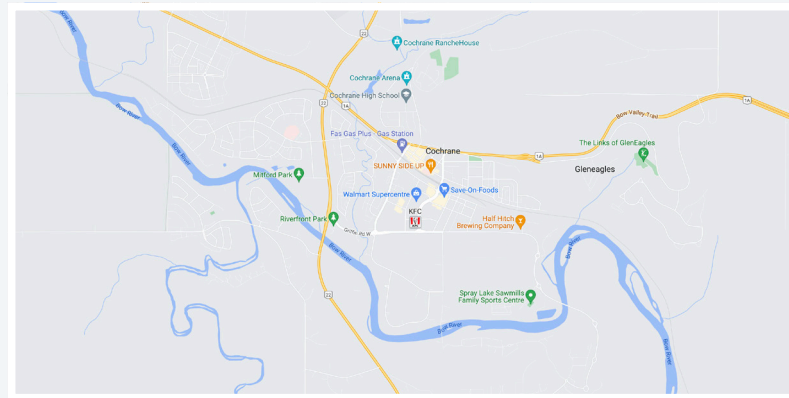
Cochrane

Updated September 2022

MUNICIPAL WEBSITE

www.cochraneontario.com

MAP WITH LOCATION



Cochrane is a growing and vibrant community located in Northeastern Ontario. A town that is geographically centered near the very middle of Canada and the middle of Northern Ontario. Cochrane lies on Highway 11; 730 kilometres North of Toronto, 240 kilometres South of James Bay, and 100 kilometres from Timmins.

FIRST NATION COMMUNITIES SERVED BY CLINICIANS

Taykwa Tagamou Nation, formerly known as New Post First Nation, is a Cree First Nations band government whose reserve community is located in the Cochrane District in Ontario, Canada, along the Abitibi River.

COMMUNITY DESCRIPTION

POPULATION AND DEMOGRAPHICS

The population of the town of Cochrane at the 2016 census was 5,321. The median age is 43 years and 55% of Cochrane’s population is bilingual.

More demographic information can be found [here](#).

AMENITIES

Please visit the following link for access to a complete business directory for the Town of Cochrane: <http://www.cochraneontario.com/directory/>



Additionally, please visit the following link to visit Cochrane's comprehensive Welcome Booklet:
<https://cochraneontario.com/living/relocating/>

TRAVEL OPTIONS

Air

The Cochrane Airport (Municipal)

The Cochrane Airport has a runway of 4,500 feet and serves as a vital hub linking passengers and freight to the James Bay Coastline. From private and executive charters coming and going, air cargo flights scheduled weekly, medivac services, and stationed aircraft maintenance engineers, The Cochrane Airport is always bustling with activity.

Timmins Victor M. Power Airport (Domestic Airport)

Timmins Airport is one of the largest airports in Northern Ontario. The Airport is a convenient gateway to Toronto and northern communities. The airport serves as an administration and maintenance centre for Air Creebec; a base for recreational, business and private operators. It also serves as a flight training centre, an aircraft maintenance centre, and emergency medical transportation hub.

Rail

Operated by Ontario Northland (ONR), the Cochrane Railway Station represents a key hub for freight and cargo shipping by rail, for industry stakeholders in the community. Working in partnership with Economic Development department the ONR has been able to accommodate various industrial sectors, including forestry and mining.

The Railway Station also supports Cochrane's tourism industry and is the southernmost stop for the Polar Bear Express, which operates five days a week and connects the community with Moosonee.

Bus

Ontario Northland also provides out-of-town motor-coach bus service, as well as parcel express shipping with lower competitive rates. Wi-Fi is available on all Ontario Northland coaches for passengers wherever a cellphone signal exists.

HOUSING/ACCOMMODATION

Cochrane housing prices remain lower than those of other municipalities in Ontario. The moderate property taxes, low cost of housing, and rise of property value continue to make Cochrane attractive to those relocating from other communities. The average list price of houses in Cochrane is much lower than that of other communities in Northern Ontario, presenting a real opportunity for young people to begin building equity much sooner than their provincial counterparts.

<https://www.realtor.ca/on/cochrane/real-estate>

MICS (Matheson, Iroquois Falls, and Cochrane) Group of Health Services has several owned and



maintained properties for the occupancy of locum physicians, as well as future full-time physicians. As part of their Recruitment Incentive package, MICS Group of Health Services offers FREE housing to new full-time physicians!

SPOUSAL EMPLOYMENT

With low housing costs and higher than average salaries, residents enjoy a great and affordable quality of life. The town's primary industries include forestry, mining, and tourism, along with a significant presence in the retail, service, public administration, health care and education sectors.

An industry lead in mining, Cochrane's Detour Gold is the second largest gold mine with the largest reserves in Canada.

Home of the Polar Bear Habitat, a world-class polar bear rehabilitation facility, and the Tim Hortons Events Center, Cochrane offers both historical and modern attractions and services for its residents and visitors. Along with other four-seasons attractions such as fishing, and kayaking make Cochrane a tourist attraction.

Other recent emerging industries include real estate, technical services, accommodations, and food services. Cochranes top employers include Detour Gold Corporation, Town of Cochrane, Tembec, Ontario Northland Transportation Commission, and Rockshield Engineered Wood Products.

CLINICAL SERVICES

CATCHMENT AREA AND DEMOGRAPHICS

MICS Group of Health Services is the governing body for the regional hospitals and their associate long-term care facilities located in the Northern Ontario communities of Matheson, Iroquois Falls, and Cochrane (MIC). Together, MIC communities offer comprehensive health care services. As Cochrane is linked through health governance to Iroquois Falls and Matheson, the community offers health services (if needed) to this catchment area with an all-encompassing population of approximately 13,000 residents.

HOSPITAL DESCRIPTION / SERVICES

In partnership with MIC Group of Health Services, Cochrane offers a collaborative approach to comprehensive health care services. Centrally located, Lady Minto Hospital is an acute care facility that delivers transitional and rehabilitative care, as well as a 24-hour Emergency Department, partnered with the Cochrane Municipal Airport for air ambulance support. Furthermore, Lady Minto Hospital provides in-patients, complex continuing care, out-patient, general surgery, and long-term care services. Currently the hospital is designated as having 25 acute, 8 continuing care, and 37 long-term care beds.

PRIMARY CARE MODEL / CLINIC SETUP / ALLIED HEALTH SUPPORT

The Cochrane Family Health Team (CFHT) is conveniently and strategically located on the Lady Minto Hospital property, thereby offering easy access to hospital supports such as x-ray, laboratory, and physiotherapy. The Cochrane Family Health Team has a great office equipped with spacious physician offices and examination rooms, as well as a full complement of interdisciplinary professionals (2 physicians, 1 Nurse Practitioner, 2 registered practical nurses, a social worker, a receptionist, a billing administration clerk, and an executive director). CFHT physicians belong to a FHO (Family Health Organization), which is a capitation model (compensation), allowing physicians to choose the size of their patient roster!

Please visit CFHT's [Facebook Page](#)

OTHER CLINICAL VENUES AND SERVICES

Villa Minto amalgamated with Lady Minto Hospital in 1998; this 37-bed long-term care wing is housed within the hospital and is termed not for-profit. Villa Minto prides itself on its cozy homelike atmosphere and is pleased to offer the following services: nursing and personal care, treatment and medication administration, special diets, laundry services, room and board, social and recreational programs, medical care, on-site therapy and other optional services.

The Porcupine Health Unit (PHU) offers programs and services by a wide variety of skilled and caring health professionals which include vaccinations, dental program for children, speech, nutrition, food safety, septic application and inspection, tobacco program, travel health, sexual health, injury prevention, health inspection, genetics, family health program, i.e. Parenting, Pre-natal, Growing Healthy Families.

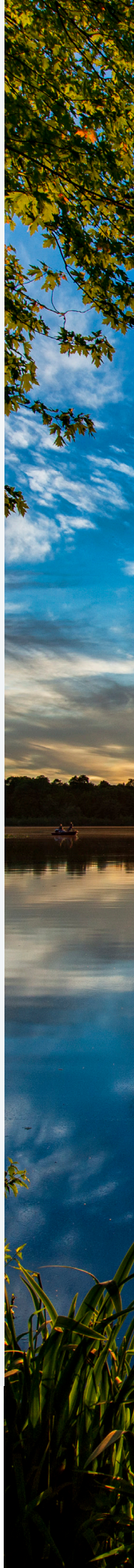
The Town of Cochrane offers various services and programs for aged & disability care, chiropractic and physiotherapy, dental, addictions services, victim crisis assistance, counselling services and family and child resources.

SUPPORTS AND EXPECTATIONS FOR LOCUMS OR LEARNERS COMING TO THE COMMUNITY

TEACHING

MICS Group of Health Services (including Cochrane) welcome medical students to undertake their 108/110 ICE placements. We also welcome elective students and residents to come and train with us in broad scope rural family medicine and general practice anesthesia.

MICS Group of Health Services are planning to become a NOSM clinical clerkship site and build an exciting and crucial educational infrastructure. This will lead to an enrichment of our health services through education, fostering a "learning community". This will enable us to 'grow our own' future health professionals.



LIVING: HOUSING AND ACCOMMODATIONS

MICS Group of Health Services and Lady Minto Hospital offer free housing for 24 months as part of their Recruitment Incentive Package for full-time physicians!

Additionally, a secondary option of subsidized housing also exists– this provides physicians with the luxury of choosing their own home, and having the mortgage subsidized for 2 full years!

Locums and learners will be provided with their own accommodations. MICS Group of Health services owns and operates several properties for the accommodation of locums and medical learners. If a home is not available, one will be rented for you.

TRANSPORTATION

As the Timmins Victor M. Power Airport is the nearest domestic airport, highway transportation is needed and therefore a vehicle is required.

For assistance in renting a car for locum opportunities, please contact Sylvie Lavoie-Girard, MICS HR Director, at sylvie.girard@micsgroup.com

FOOD OPTIONS

Restaurants

Flame = Flavour

Corner of 6th Avenue and Railway Street

(705)-272-4893

JR's Bar-B-Q Ranch

63 3rd Avenue

(705)-272-4999

Terry's Steakhouse

52 Hwy 11 South

(705)-272-4770

Grocery

Dionne's Valu-Mart

31-1 ON 11

(705)-272-4238

COLLEGIAL SUPPORTS

Iroquois Falls, Matheson and Cochrane physicians form a local educational group (LEG) with NOSM University and all physicians are encouraged to become faculty with NOSM University.

We host professional “educational days” as part of our continuing medical education twice a year which is well attended by many professionals in the community.

We participate and undertake research locally and are currently participating in studies in dementia, chronic pain and community engaged recruitment and retention, with NOSM University as our research partner. These projects afford us the ability to hire local students as research assistants in the summer months introducing them to health sciences careers.

COMMUNITY CONTACT INFORMATION

Abbigail Tremblay

Regional Physician Recruiter

Email: physicianrecruiter@blackriver-matheson.com

Phone: 705-232-3070

Please contact Abbigail for access to Cochrane’s complete and comprehensive recruitment information package, including practice descriptions, remuneration, incentives, recreational opportunities and much more

PICTURES



• Cochrane Family Health Team



• Cochrane Family Health Team



• Cochrane Family Health Team



• Lady Minto Hospital



• Lady Minto Hospital



• Lady Minto Hospital

