

Directory of Senior Services 2018/2019



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EDMONTON, AB
(780) 433-2223

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EDMONTON, AB
(780) 435-2000

WHITEMUD

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EDMONTON, AB
(780) 437-7171

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HOME®)



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Join a Community - not just a gym!

An independent charity for over 111 years, the YMCA of Northern Alberta provides:

- Reduced membership fees for seniors
- YMCA Financial assistance for memberships available through our Opportunity Fund
- Volunteer Positions that Make a Difference
- Chances to Connect

HOUSING

A place to call home

At the YMCA, we believe that every person should have access to housing that is safe, secure and affordable. The YMCA offers both temporary and affordable housing accommodations through Downtown YMCA Housing and the Melcor YMCA Village.

HEALTH AND FITNESS

Living the best life

YMCA programs are vital to the sustainable health of our communities. Programs like strength and conditioning, aquatics, organized sports, recreation, dance, yoga, personal training and more are available to people of all ages, levels and abilities.

COMMUNITY PROGRAMS

Strengthening our core

As a vital community resource, we help individuals achieve a better quality of life through life-enriching programs and services.

For more information, refer to the information within this directory listing or visit us online at **northernalberta.ymca.ca**

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 - Rent Includes evening meals, all utilities, cable TV, weekly housekeeping, bed linen service and scheduled transportation
 - SUNDAY BRUNCH 11am to 1pm
- Visitors Welcome, Reservations Recommended

*Home
is where
the heart is.*



*Call For a
Personalized Tour
ph. 780.444.4545*

www.thewaterford.ca

9395 - 172 Street, Edmonton.

Chapter Contents

- Emergency Numbers
- Shelters For Abused Persons

EMERGENCY NUMBERS

EMERGENCY: Dial 911

Police - Fire - Ambulance

TTY ACCESS: Dial 711

Seniors' Abuse Helpline

Canadian Mental Health Association - Edmonton Region

(24 hours) 780.454.8888

Offers a 24-hour telephone line providing confidential listening and support for those experiencing or dealing with seniors' abuse.

Seniors Information Phone Line

Canadian Mental Health Association - Edmonton Region

(24 hours) Dial 211

Simply call 2-1-1 to be connected to information and referrals for a variety of seniors' resources.

24 Hour Distress Line

Canadian Mental Health Association - Edmonton Region

(24 hours) 780.482.HELP (4357)

Rural area: 1.800.232.7288

Provides free, confidential listening and support for those in crisis or distress. Available 24-hours, seven days a week.

Mental Health Helpline

(24 hours) 1.877.303.2642

Alberta Health Services

Call toll free within Alberta for mental health advice.

Child Abuse Hotline

1.800.387.KIDS(5437)

Alberta Poison Control Centre

1.800.332.1414

Sexual Assault Centre Support and Information Line

(24 hours) 780.423.4121

Office Line 780-423-4102

- Counselling for adults, teens and children (age three and up) of all genders who have experienced sexual abuse/assault
- Public Education for community groups interested in learning more about sexual violence
- Diversity Outreach for people who experience barriers accessing SACE services

www.sace.ca

Emergency Protection Order Program

Legal Aid Alberta - Family Law Office

Phone: 780.422.9222

All other areas: 1-866-845-3425 (toll free)

- Helps victims of family violence by providing information and lawyers who can help obtain and confirm protection orders
- Also provides ongoing information, risk assessments, and safety plans to victims of family violence
- This program is free and there are no eligibility requirements

See also ELDER ABUSE - Crisis Services

Legal Aid Alberta - Legal Services Centre

Toll Free: 1.866.845.3425

www.legalaid.ab.ca

See LEGAL INFORMATION – Legal information on Decision - Making for complete listing.

Health Link Alberta

Phone: **811**

Email: healthlink@albertahealthservices.ca
www.MyHealth.Alberta.ca

Emergency Department wait times listed on www.albertahealthservices.ca under Wait Times & Reporting

24-Hour Emergency Income Support

Phone: 780.644.5135 (Edmonton Area)

Toll free outside Edmonton

1.866.644.5135

Email: hs.iscc@gov.ab.ca

Get help in an emergency with basic needs like shelter, food, clothing and transportation by calling the Income Support Contact Centre 24 hours a day, seven days a week.

Strathcona County Elder Abuse Response Network

Phone: 780.464.4044

Help Line (24 hours) Phone: 780.464.7233

Alberta Phone Line (24 hours) 1-855-4HELPAB

www.strathcona.ca/seniors

- Provides information and support for seniors experiencing abuse and for those concerned about the wellbeing of a senior.
- The network has representation from A Safe Place, the RCMP, Family and Community Services, Alberta Health Services, Covenant Health, Primary Care Network and Heartland Housing Foundation.

For additional Strathcona County resources.

HEALTH & WELLBEING – Counselling,
HELP AT HOME – Home Services,
HELP AT HOME – Outreach

SHELTERS FOR ABUSED PERSONS

A Safe Place

Phone: 780.464.7233

Email: sssltd@shaw.ca

www.asafeplace.ca

The purpose of A Safe Place is to provide crisis intervention in the form of a safe shelter and supportive counselling for women and their children experiencing domestic violence.

Hope Mission – Edmonton

9908 106 Ave

Phone: 780.422.2018

Email: reception@hopemission.com

www.hopemission.com

Shelter services 24/7

See ELDER ABUSE - Safe Accommodations

Lurana Shelter Crisis Phone

Women's Emergency Shelter

Phone: 780.424.5875

See complete listing in ELDER ABUSE – Safe Accommodations

Sage Seniors' Safe House

Phone: 780.702.1520

See complete listing in ELDER ABUSE – Safe Accommodations

WIN House Edmonton

Phone: 780.479.0058

Email: info@winhouse.org

www.winhouse.org

- WIN House offers a 24 hour support and information line
- Crisis intervention, information about abuse and safety planning
- Emergency shelter and necessities for women with or without children.

Women's Emergency Accommodation Centre

9611 101A Ave. NW T5H 0C8

Phone: 780.423.5302

Email: JOrcino@e4calberta.org

www.e4calberta.org

- Women's Emergency Accommodation Centre (WEAC) offers short-term emergency housing to homeless and transient women, as well as transgender women, who have little or no income.

Women's EShelters Canada, sheltersafe.ca project

Address: Ottawa, ON

Phone: 613-680-5119

Email: info@endvaw.ca

Website: www.sheltersafe.ca /

www.endvaw.ca

Hours of Operation: 9:00-5:00 EST

- Sheltersafe.ca is an online resource helping women seeking safety from violence and abuse.
- The clickable map serves as a fast resource to connect women with the nearest shelter that can offer safety, hope and support.
- This is a resource from Women's Shelters Canada

See also **ELDER ABUSE – Safe Accommodations**

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial **211**®



IF YOU THINK A SENIOR IS BEING ABUSED

1. Call the Seniors Abuse Helpline:
780.454.8888
2. Contact your local police, RCMP department, or tribal police immediately when abuse involves theft, assault, or other illegal actions.
3. You can report abuse in a care facility through the Protection for Persons in Care Reporting Line
(Toll Free) 1.888.357.9339
4. Sage Seniors' Safe House Intake Line: **780.702.1520**

**24 Hour Seniors' Abuse
Help Line 780.454.8888**

Welcome Home to a Worry Free Lifestyle!

Carefree, Comfortable and Safe.

We offer the highest standard of care in an atmosphere that encourages active and healthy living. *Our many wonderful amenities include:*

- Beautiful suites with individual climate control
- Weekly housekeeping with linen and towel service
- 24 hour nursing care
- Nutritious, delicious daily meals
- Courtesy shuttle with Driver available for appointments
- Visiting Physician
- And much more!

Ask about our individualized resident care through specialized assessments and unique wellness plans!

St. Albert
780.569.2273
125 Everitt Drive North
St. Albert

Lewis Estates
780.452.2273
9310 - 211 Street
Edmonton

MacTaggart Place
780.540.2273
5149 Mullen Road
Edmonton

Rutherford Heights
780.432.6900
949 Rutherford Road
Edmonton

Laurel Heights
780.465.2273
3110 - 22 Avenue
Edmonton

Summerwood Village
780.416.1912
4255 Clover Bar Road
Sherwood Park

Edmonton



Where Caring is Our Number One Concern™

www.allseniorscare.com



PROUDLY  CANADIAN



EMERGENCY	7	HEALTH AND WELLBEING	72
Emergency Numbers	7	Alberta Aids to Daily Living (AADL)	72
Shelters For Abused Persons	8	Home Health Care & Medical Equipment Suppliers	73
CRISIS	14	Medical Equipment Loans	83
General Assistance	14	Alberta Health Services	84
Environmental Household Crisis	19	-Continuing Care-Home Care	84
Disaster & Emergency Relief	19	-Day Programs	85
SENIOR CENTRES, CLUBS & GROUPS	20	-CHOICE	86
Senior Centres, Clubs & Groups By Area of City and Surrounding Communities	20	-Rehabilitation	87
Cultural Organizations With Seniors' Programming	30	-Mental Health	88
SENIORS' INFORMATION SERVICES	32	-Palliative Care	88
Seniors' Services Organizations	32	-Hospitals	89
Advocacy Organizations	36	-Specialized Hospitals	90
Consumer Resource	38	-Find a Doctor	90
CITIZENSHIP & IMMIGRATION	43	-Medical Clinics	90
Citizenship and Immigration	43	-After Hours Care	91
Immigrant Serving Agencies	43	-Public Health Centres	91
EDUCATION	46	Caregiver Support	92
Colleges and Universities	46	Counselling	94
Continuing Education	46	Dental Services	96
ELDER ABUSE	49	Fall Prevention	96
Elder Abuse	49	Health Benefit Plans	98
Crisis Information	50	Health Service Organizations	101
Crisis Services	50	Home Health Care Agencies	105
Other Services & Information	51	HELP AT HOME	110
Safe Accommodations	53	Home Services	110
ESTATE PLANNING	55	Food Services	115
Planned Giving	55	Outreach	117
What To Do When Someone Dies	57	Donating Your Household Items	120
Funeral Services & Cemeteries	60	Historical Items	122
Bereavement Support	63	HOUSING	123
FINANCE	64	Home Relocation and Moving Resources	123
Federal Financial Programs & Benefits	64	Housing Resources & Helplines	128
Provincial Financial Programs & Benefits	66	Seniors Housing Lists	133
Income Tax	69	Housing Options Continuing Care System	134
Credit and Debt Management	69	HOUSING SITE MAPS BY AREA OF CITY	136
Financial Services	70	Home Living	154
What To Do When You Turn 65	71	-Comparing Housing Options Checklist	158
		-Apartments	160
		-Housing Cooperatives	198
		-Life Lease	199

TABLE OF CONTENTS

-Condominiums	203	Libraries	275
Supportive Living	206	Travel Insurance	278
-Lodges	216	Travel Services	278
-Supportive Living Checklist	208		
-Supportive Living Edmonton	229	PERSONAL SAFETY	280
-Supportive Living Surrounding Communities	246	Personal Safety Information	280
-Dementia Care Sites	250	Frauds and Scams	280
-Designated Supportive Living	254	False Charities	286
Facility Living	257	Inheritance Scheme	286
To Move Or Not To Move Checklist	316		
LEGAL INFORMATION	261	TRANSPORTATION	288
Legal Information on Personal Decision Making	261	Resources to Maintain/Improve Driving Skills	288
Legal Resources	263	Support Groups for Driver Cessation	289
Legal Firms	267	Transportation Options For People Not Driving	289
Mediation	268	Public Transportation	291
LEISURE AND RECREATION	270	VOLUNTEER RESOURCES	293
Cultural Opportunities	270		
Recreation Resources	270		

We would like to thank the Directory volunteers who worked on this publication. Without your time, skills, and energies the quality of this publication would suffer greatly. Thank you. Alberta Seniors and Housing, and the City of Edmonton, Family and Community Support Services help sustain the Sage Directory of Senior Services through generous grants. Their financial support assists in making this publication possible.

This publication is also made possible by our advertisers, for which Sage is thankful. Please note that the inclusion of an advertisement does not imply an endorsement by Sage. Listed prices are subject to change. Contact advertisers/sites for current pricing.

Title: 'What a Rascal'

The front cover for the Directory of Senior Services was created and painted by published artist and teacher **Terrie Shaw**. Terrie's power point step by step presentation showing how the painting was created can be viewed on her website: www.terrieshaw.com A huge thank you goes to the Sage Dominoes group, they are a fun-loving drop in group that meet every Wednesday. When I dropped in they welcomed me, and graciously taught me how to play Dominoes.

Our Directory of Senior Services is a dynamic publication which is constantly being updated and expanded. Is your agency, organization, or business in the Directory? Please note, non-profit senior-serving organizations are given free listings. For-profit businesses are required to purchase an ad in order to have a listing. So, if someone isn't here - let them know that you missed them in the Directory of Senior Services. Nonprofits please contact 780.701.9007 or info@MySage.ca. For-profits and those inquiring about advertising in the Directory, please contact 780.701.9010 or info@MySage.ca.



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Leave behind the stress and expense of maintaining the family home. Design a personalized lifestyle with the options of your choice, including financing programs, which can reduce your monthly expenses.

EDMONTON

Devonshire Village
1728 Rabbit Hill Road
Ph:(780) 934-6636

Glastonbury Village
1585 Glastonbury Blvd
Ph:(780) 934-6636

Our Parents' Home
10112-119th Street
Ph:(780) 935-5922

Southwoods Court North
9430-67 Ave
Ph:(780) 975-2509

The Village at Westmount
Ph:(780) 452-2030
Information Centre in
Westmount Shopping Centre

SHERWOOD PARK

**Bedford Village at
Centre in the Park**
161 Festival Way
Ph:(780) 233-6077

**Eton Park Estates
at Emerald Hills**
5001 Eton Blvd
Ph:(780) 410-0004

Terr Vale
Information centre at
Eton Park Estates

ST. ALBERT

Citadel Mews
15 & 35 Erin Ridge Road
Ph:(780) 267-5282

LACOMBE
Royal Oak Village
4501 Collage Ave
Ph:(403) 392-3262

RED DEER

Timberstone Mews
42 Timberstone Way
Ph:(403) 392-3262

**The Ravines
at Park Avenue**
5810-47th Ave
Ph:(403) 392-3262



Learn more at CDLhomes.com

Chapter Contents

- General Assistance
- Environmental Household Crisis
- Disaster & Emergency Relief

GENERAL ASSISTANCE

Non-Emergency Police
780.423.4567

Non-Emergency Fire
780.442.5445

City of Edmonton **311**

Seniors Information Phone Line
211

Edmonton Emergency Relief Services Society

10255 104 St. NW T5J 1B1

Phone 780.428.4422

Contact: Cindi Hache

www.eerss.org

Hours of Operation:

(Winter/Fall) Mon-Fri 9am-3pm

(Spring/Summer) Tues-Sat 9am-3pm

- Provides material relief for victims of fire or disaster.
- Operates a thrift store that offers new and used items at very low cost. Prices tailored to fit most budgets.
- Offers free coats and blankets during winter months.

Government Listings, Government of Alberta

Call toll-free. Dial 310-0000.

For toll free access to any provincial government office, dial 310.0000 from anywhere in Alberta, followed by the area code and phone number of the office you wish to reach, or stay on the line to be directed to the department you wish to speak to.

Outside Alberta, call long distance 780.427.2711.

Deaf/hearing impaired callers with a TDD/TTY, call 780.427.9999 in Edmonton or 1.800.232.7215 throughout Alberta.

The Canadian Anti-Fraud Centre

(mass marketing fraud and ID fraud complaints)

Toll Free Phone: 1.888.495.8501

Call centre reporting hours: 9am-4:45pm

Report an incident online:

www.antifraudcentre.ca

Free Hot Meals

211 Year Round Meals List

Phone: Dial 2-1-1. If 211 is not yet available in your area,

call 780.482.INFO (4636)

www.edmonton.cmha.ca/211

Central

Bent Arrow Traditional Healing Society

Parkdale School, 11648 85 St.

Phone: 780.481.3451

- Last Friday of the month
- Soup and Bannock 12pm-1pm
11666 95 St.

Phone: 780.474.2400

- 2nd Friday of the month
- Soup and Bannock 12pm-1pm

Both locations: June meal offered on National Aboriginal Day on June 21.

Closed June, July, August, December

Bissell Centre

East Building: 10527 96 St.

Phone: 780.423.2285

- Women and Children's Lunch
- Tues & Thurs 12pm-12:30pm
- Except the last week of each month and statutory holidays.

West Building: 10530 96 St.

Phone: 780.423.2285

- Mon-Fri Hot Meal 10am,
- Saturday Snack 2pm
- Closed statutory holidays.

Boyle McCauley Health Centre

10628 96 St.

Phone: 780.422.7333

- Women's Health Promotion Clinic: health info session with nutritious meal
- Thursday Info Session 5pm, Meal 6pm, except the last Thursday of each month and statutory holidays
- Doors are locked at 5pm
- Women only (low income, inner city)

Boyle Street Community Services

10116 105 Ave

Phone: 780.424.4106 Ext. 266

- May 1 to Nov 1: Mon-Fri Lunch 11:30am
- Nov 1 to Apr 30: Daily Breakfast 7:30am, Lunch 11:30am
- All meals are served until the food is gone
- Closed statutory holidays.

Crystal Kids (55+ years only meal)

8718 118 Ave

Phone: 780.479.5283

- Seniors Drop-in with Meal
- Wednesday 11:30am-12:45pm
- July and August: Wed 10:30am-11:45am

Hope Mission

9908 106 Ave.

Phone: 780.422.2018

Email: reception@hopemission.com

- Mon-Fri: Breakfast 8am-8:45am, Lunch 12pm-12:45pm, Supper 5pm-5:45pm
- Weekends and Holidays: Brunch 10:45am-11:30am, Supper 4:30pm-5:15pm

Inner City Pastoral Ministry

Bissell Center West 10530 96 St.

Phone: 780.424.7652

- Sunday 12pm-1pm Sandwiches and Snacks
- Worship service at 11am, food is served after. Not required to attend.
- Open on holidays.

Marian Centre

10528 98 St.

Phone: 780.424.3544

- Mon, Tues, Thurs, Sat: Hot Lunch 12:30pm-1:15pm
- Daily except Wed/Sun: Sandwiches (pick up from alley door) 2pm-3pm
- Closed in September. Open statutory holidays. Does not serve food during the last few days of the month.

The Mustard Seed

110635 96 St. NW

Phone: 780.426.5600

Email: infoedmonton@theseed.ca

- Supper: Mon-Fri 7pm-8pm, Sat 5pm-6pm
- Zero tolerance for drugs and alcohol.
- Closed statutory holidays.

Operation Friendship Seniors Society & McCauley Seniors' Drop-in Centre

9526 106 Ave

Phone: 780.429.2626

- Mon-Fri Breakfast 9:30am
- Daily: Lunch 12pm (Friday 12:30pm), Supper 5pm
- 55+ years only.

Salvation Army

Addiction and Residential Centre (ARC)
9611 102 Ave

Phone: 780.429.4274 ext. 226

- Soup Line: Wed 3pm-4pm

Community and Family Services

9620 101A Ave

Phone: 780.424.9222

Closed statutory holidays.

- Fri: Breakfast 7:30am-8am
- Fri: Lunch 12pm-2pm
- Thurs: Fellowship & Sandwiches and Snacks 12pm-2:30pm

St. Faith's Anglican Church

11725 93 Street

Phone: 780.477.5931

- Breakfast: Saturday 8:30am-9:30am
- Lunch: Thursday 11am-2pm
- Supper: Friday 5pm-6pm

St. Peter's Lutheran Church (The Rock Society)

11004 96 St.

Phone: 780.426.1122

- Tues, Wed, Thurs Breakfast 7am-9am
- Targeted to homeless in the inner city.

North East

Building Hope Compassionate Ministry Centre

Basement, 3831 116 Ave

Phone: 780.479.4504

- Mon-Wed: Breakfast 9am-11:30am, Lunch 12pm-2pm

CANDORA Society of Edmonton

Abbottsfeld Recreation Centre

3010 119 Ave

Phone: 780.474.5011

- Community Lunch Thurs 11:45am-12:45pm
- Northeast Edmonton residents.

Living Hope Christian Fellowship

3831 116 Ave

Phone: 780.479.1973

- Full Course Meal Thurs 5pm-6:30pm
- Gives away extra food after meal
- Closed from the last Thursday in May to the first Thursday of October
- Zero tolerance for drugs and alcohol.

North Central

Dickinsfield Amity House

9213 146 Ave. NW T5E 2J9

Phone: 780.478.5022

Email: info@amityhouse.ca

- Community Lunch: 1st & 3rd Wed each month 11:30am-12:30pm
- Snack: Mon-Fri 8:30am-4pm

Londonderry Community League Hall

14224 74 St.

Phone: 780.412.1062

- Community Lunch: 2nd Friday of each month 11:30am-12:30pm

South Central

Trinity Lutheran Church/B's Diner

10014 81 Ave

Phone: 780.433.1604

- October to June, 1st & 3rd Tues each month
- Supper 6pm-8pm, limited food hampers may be available based on need

West

Christian Care Centre

10137 150 St.

Phone: 780.484.5847

Email: jphawc@shaw.ca

- Mon-Fri 9:30am-12pm
- Coffee, breakfast food, snacks

Jasper Place Wellness Centre

15210 Stony Plain Rd. NW T5P 3Y5

Phone: 780.481.4001

- Mon-Wed: Lunch, 12pm-1pm
- No meals on Wednesdays in July and August.
- Closed statutory holidays.
- Targeted to low income and homeless individuals.

West Central

Christ Church (Anglican)

12116 102 Ave

Phone: 780.488.1118

- Dinner 5pm, 3rd Sat of the month, 2nd Sat in December
- Closed July and August

Edmonton Native Healing Centre

101-11813 123 St

Phone: 780.482.5522

- Milk and Sandwiches: Mon 11:30am-12:30pm
- Soup and Bannock Lunch: Wed 12pm-12:45pm.

Robertson-Wesley United Church

10209 123 St.

Phone: 780.482.1587

- Community Dinner: 5pm-6pm, 2nd Sat of the month (except in December)
- Magic Pantry: Mon-Wed 12pm-1pm, pick up container of food and juice

Canadian Mental Health Association – Edmonton Region

Phone: 780.414.6300

Contact: Office Administrator

Email: main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Office hours: Mon-Fri 8:30am-4:30pm

211 Alberta – Edmonton and Area, Community Information and Referral

Phone: 211

Email: info@ab.211.ca

www.ab.211.ca

Provides information and referrals to seniors living in Edmonton, Parkland County and Leduc County.

Live, online chat available 12pm-8pm daily at www.ab.211.ca

Outside of these areas call:

780.482.INFO (4636)

TTY access: 780.482.7273

24-Hour Distress Line 780.482.HELP (4357)

Provides free, confidential listening and support for those in crisis or distress.

Available 24-hours, seven days a week.

Online Crisis Support

edmonton.cmha.ca/programs_services/online-crisis-chat/

Provides free, confidential, short-term crisis support service through live Crisis Chat.

Animal Care & Control Centre

13550 163 St. NW Edmonton Alberta T5V 0B2

Phone: 311

Outside Edmonton: 780-442-5311

Email: 311@edmonton.ca

Hours of Operation:

Mon-Fri 8:30am-6:00pm, Sat 9:30am-5:00pm, Sun 11:00am-5:00pm, Closed on Holidays.

- The Animal Care & Control Centre is where Edmonton's stray and lost pets are housed. The facility takes care of animals until their rightful owners can be found or until they are transferred to an adoption agency.
- A one-stop shop for pet licensing, stray animal care and enforcement services. Houses more than 6,000 lost pets found in Edmonton each year.
- To reclaim your lost pet, please arrive no later than 5:30pm (4:30pm on weekends) to allow us enough time to process your pet's release before closing.

Edmonton Humane Society

13620 163 St. NW T5V 0B2

Phone: 780.471.1774

Animal Protection: 780.491.3517

Email: ehs@edmontonhumanesociety.com

www.edmontonhumanesociety.com

Emergency Animal Hospitals

South:

Guardian Veterinary Centre

Specialty & Emergency Pet Care

5620 99 St. NW T6E 1V2

Phone: 780.436.5880

www.guardianvetcentre.com

Open 24 hours

North:

VetEmerg North Edmonton

Emergency Veterinary Hospital

12831 97 St NW T5E 4C2

Phone: 780.423.9111

www.vetemerg.com

Open 24 hours

Fire Prevention

Edmonton Fire Rescue Services

City of Edmonton

Office Address: 10465 105 st. NW

Phone: 780.496.3628

Email: fireprevention@edmonton.ca

www.edmonton.ca

Hours of Operation: Mon-Fri, 8am-4:30pm

- Fire Prevention's Public Education Section offers fire safety lectures and presentations to seniors' groups upon request. There is no fee for this service.
- Contact the Fire Prevention office for any information you require about fire prevention and safety.
- Visit our website and follow the links: Residential & Neighbourhoods > Fire & Safety

NEED HELP?

We're here to support seniors.

At Sage, we believe that all of us - regardless of age - have strengths, abilities, and gifts to share.

Through more than 100 programs and services, we work with seniors to meet both of these equally important aspects of aging: increasing resilience and reducing vulnerability when needed, and inspiring seniors to continue to build and enrich our communities.

www.MySage.ca 780.423.5510



ENVIRONMENTAL / HOUSEHOLD CRISIS

Energy & Environmental Response Line

24-Hour Response Line (toll-free within Alberta): 1 800 222-6514

Calling from outside of Alberta:
780 422-4505

To report a wildfire: 310-FIRE (3473)

Alberta One Call (Buried Cables)

1.800.242.3447

www.albertaonecall.com

Bell/TELUS Repair/Telephone Trouble 611

Drainage and Sewer Trouble Hotline

Within City of Edmonton 311

Gas Emergency (ATCO)

Edmonton and Area: 780.420.5585

All other areas: or 1.800.511.3447

Workplace Accidents

(Fatality/Serious Injury reporting)

Occupational Health & Safety Contact
Centre

Edmonton and area 780.415.8690

Toll-free within Alberta 1.866.415.8690

Deaf/hard of hearing with TDD/TTY:

In Edmonton 780.427.9999

Toll-free within Alberta 1.800.232.7215

Power Trouble

EPCOR 24 hour emergencies 780.412.4500

Roadway Maintenance 311

Water Trouble

EPCOR 24 hour emergencies

780.412.6800

DISASTER & EMERGENCY RELIEF

Canadian Red Cross

Phone: 780.423.2680

If you have been affected by a personal disaster, such as a house fire, please call:
1.888.800.6493

www.redcross.ca

- The Canadian Red Cross assists families and individuals who have been affected by disaster. Assistance is available for the first 72 hours after a disaster.
- The Canadian Red Cross provides shelter, food, clothing, and essential supplies.

Disaster Preparedness Program

- Red Cross advises all Canadians to be prepared and expect the unexpected. You should be prepared to take care of yourself for a minimum of 72 hours after a disaster. We advise you to: Know the risks, make a plan and have an emergency kit.
- We offer education and information sessions on emergency preparedness.

Chapter Contents

- **Senior Centres, Clubs and Groups by Area of the City and Surrounding Communities**
- **Cultural Organizations with Seniors Programming**

SENIOR CENTRES, CLUBS & GROUPS BY AREA OF CITY AND SURROUNDING COMMUNITIES

CENTRAL

Bernadette N. Swan Social Care Foundation

Bill Rees YMCA Building
10211 105 St.
Phone: 780.761.0881

- Computer Literacy Program for Seniors - Call to register
- Seniors Drop-In Coffee & Conversation
- Senior Care Links - Referral and Resources
- Grandparent Award of Distinction

Central Lions Seniors Recreation Centre (CLSA)

11113 113 St. NW T5G 2V1
Phone: 780.496.7369

Contact: Susan Mann

Email: Susan.Mann@CentralLions.org
www.CentralLions.org

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Central Lions Seniors Association (CLSA)

located at the Central Lions Seniors Recreation Centre provides recreational, educational, fitness and social opportunities for persons 55 years of age and older.

- The Centre features a gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium and cafeteria and is handicapped accessible. Lots of free parking on-site.
- Rental Opportunities - Evenings & weekends for events, meetings, social activities, sports, etc. On-site catering available. Various room sizes and amenities. Call Shelley at 780.496.1627.

Edmonton Seniors Centre

3Y-11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8625

Email: executive@edmontonseniorscentre.ca

www.edmontonseniorscentre.ca

Hours of operation: 9am-4pm

- If you are looking for a friendly and supportive place to meet new or existing friends, learn new skills, stay physically and socially active, or volunteer your help - we're here for you!
- We provide programs and services that promote social interaction, wellness, healthy aging and independence.

See **HELP AT HOME – Outreach** for additional information

GeriActors Theatre

Contact: Becca Barrington, Associate Director

Phone: 780.248.1556

Email: geriactors.friends@gmail.com
www.geriactors.ca

- We are an intergenerational theatre company called GeriActors & Friends, producing original plays based on true

stories and issues of aging.

- Interested in a performance? GeriActors & Friends will perform at seniors' residences, centres, conferences, local events, and more.
- We also offer workshops in Storytelling, Acting & Improv (Winter, Spring and Summer Sessions).
Contact us for more information on performances and workshops.

Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: info@ofss.org

www.ofss.org

Office Hours: Mon-Fri 9am-5pm,
closed 12-1pm

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics, and transportation.
- Provides assistance in locating housing, filling out forms, and advocating with landlords; manages 350 housing units (rooming house, apartments and lodges).
- McCauley Seniors Drop-In: open daily for meals, coffee, recreation, showers, clothing.
- Volunteer opportunities also available.

For Complete Listings See **HELP AT HOME – Outreach and Donating Your Household Items, and TRANSPORTATION – Transportation Options for People Not Driving**
for complete listings.

Over The Rainbow

G.L.B.T.Q. Group

Sage Seniors Association

15 Sir Winston Churchill Square Contact:

Jeff Bovee

Phone: 780.423.5510

Email: boveejeff@gmail.com

Hours of operation: Tues 12:30pm–3:30pm

We meet in the Cafeteria, ask at the front desk

- This is a confidential Discussion Group (and more) here to help with any concerns you may have
- We offer a safe and convivial place for gay seniors, their friends and families.
- We will also help seniors who have concerns about gay family members.

Pride Centre of Edmonton

10608 105 Ave NW T5H 0L2

Phone: 780.488.3234

Email: admin@pridecentreofedmonton.org

www.pridecentreofedmonton.ca

Office Hours: Mon–Thurs 12pm–7pm,
Fri 12pm–9pm

Drop in Hours: Mon & Wed 4pm–7pm,
Friday 6pm–9pm (Note: Some programs run outside regular business hours.)

- We provide a non-judgmental, welcoming space where people of all sexual orientations and gender identities can be themselves, find support and meet others.
- Support groups, social events, information sessions and programs that support the well-being and capacity of our community are available for older adults as well as youth, adults, families, allies and the general public.
- Many programs are all ages and older adults are welcome to participate!

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5
Northwest corner of 100 St. and 102A Ave.
Phone: 780.423.5510
Email: info@MySage.ca
www.MySage.ca
Office Hours: Monday-Friday 8:30am-4pm
Café Hours: Monday-Friday 8am-3pm

Sage is a city-wide seniors' organization that collaborates with partners who have one goal in mind: ensuring seniors in Edmonton are living their best lives possible. Sage's vision is that seniors do as much as they can, as well as they can, as long as they can. Sage Seniors Association has been meeting the needs of seniors, caregivers, and professionals serving older adults in Greater Edmonton since 1970.

Sage's mission is inspiring and supporting seniors to be the best they can be. Our vision is a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

Parking Near Sage

The closest parking to Sage is Edmonton City Centre East Parkade. Its entrance is on the north side of 102A Ave, just west of Sage.

SAGE PROGRAMS AND SERVICES

Main Switchboard **780.423.5510**

LIFE ENRICHMENT

Life Enrichment Services

- Activities, classes, and clubs
- English as Another Language **780.701.9016**

INFORMATION AND SUPPORT SERVICES

General Inquiries, Assessment and Support,
Housing, and This Full House - Hoarding **587.773.1764**

See page 97, 120, 136 for further information

Guardianship/Trusteeship **780.701.9013**
See page 263 for further information

Multicultural Seniors Outreach **780.701.9018**
See page 45 for further information

Seniors' Safe House **780.702.1520**
See page 54 for further information

OTHER SERVICES and EVENTS AT SAGE

Income Tax Preparation **780.423.5510**
Sage Awards **780.701.9017**
Sunshine Café **780.701.9022**

VOLUNTEER SERVICES

Volunteer Services **780.701.9014**

ADMINISTRATION

Executive Director **780.701.9008**
Director of Operations **780.701.9002**
Administration **780.701.9009**
Finance **780.701.9003**
Membership **780.701.9021**

CITY-WIDE

The Royal Canadian Legion

www.legion.ca

- A non-profit Canadian ex-service organization (veterans' organization) founded in 1925.
- Canada's largest Veteran support and community service organization. Our more than 300,000 members in over 1,400 Branches across Canada make a difference in the lives of Veterans and their families, provide essential services within our communities, and

Remember the men and women who made the ultimate sacrifice for our Country.

Jasper Place #255

10427 174 St NW T5S 1H1
Phone: 780.483.1959

Kingsway #175

14339 50 St NW T5A 0S9
Phone: 780.425.8654

Norwood #178

11150 82 St NW T5B 2V1
Phone: 780.479.4277

Strathcona #150

9020 51 Ave NW T6E 5X4
Phone: 780.433.1908

Seniors' Centre Without Walls Edmonton Southside Primary Care Network

3110 Calgary Trail T6J 6V4
Contact: Heather Drouin
Email: heather.drouin@espcn.ca
Phone: 780.395.2626
www.edmontonsouthsidepcn.ca/scww
Hours of Operation: As per program catalogue

- A seniors' centre from the comfort of your own home! Join us for a variety of interactive telephone-based social & health programming, free of charge. Opportunity to socialize, learn new skills & stay connected.
- New series of participant selected topics every four months. Call or visit website for latest program catalogue & to register. Project funded in part by the Government of Canada's New Horizons for Seniors Program.

Technology Assistance

Seniors Society

Phone: 587.710.2412

Email: info@tassyeg.com

www.tassyeg.com

Hours of Operation: Flexible hours, services by appointment

- The Technology Assistance Seniors Society provides technology help to seniors through classes and in home visits. We come to you and hold classes wherever you are.
- Includes assistance and teaching with tablets, computers, printers, televisions, etc. Beginners are welcome.
- If the costs are prohibitive, payment can be covered in whole or in part by the society.

SOUTH EAST

Around 60 Club

United on Whyte,
7909 82 Ave. NW
Contact: Carol Lockert
Phone: 780.466.1426

- April to September – bus trips.
- October to March – meets on the first Tuesday of each month for a luncheon and entertainment.

Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: millwoodscsretd@gmail.com

Business Hours: Mon-Sun 12pm–5pm

- Information, Support, Sports and Recreation, etc.

Mill Woods Seniors Association

201-2610 Hewes Way

Phone: 780.496.2997

Contact: Program Coordinator

Email: program.coordinator@mwsac.ca

www.mwsac.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm

+ Tuesday/Thursday until 8 pm (Sept-June)

& Saturdays 9:30am-12:30 pm (Sept-June)

Programs & Services:

- Recreational: Pickleball, Floor Curling, Badminton, Cards
- Social: special events, cultural celebrations, outings
- Nutrition: Cafeteria
- Physical Fitness: Keep Fit, Yoga, Dance Fitness, Tai Chi, Meditation, Chair Exercises
- Arts & Learning: presentations, language classes, visual arts, quilting, sewing, knitting
- Support Groups: Cultural Circle, Grief Support

See also [HELP AT HOME - Outreach](#)

South East Edmonton Seniors Association (SEESA)

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Contact: Kimberly Buehler

Emails: info@seesa.ca

kimberly@seesa.ca

www.seesa.ca

Office Hours: Mon & Fri 8:30am-4:30pm;

Tues, Wed & Thurs 8:30am-8:30pm;

Sat 9am-noon (except long weekends & summer months)

- Mission: to provide programs and services that will help seniors maintain and enhance their quality of life.
- Café open for breakfast and lunch Mon-Fri 8:45am-1pm
- Outreach, monthly suppers, Meals on Wheels
- Variety of fitness, art, computer & dance classes plus games, sports and clubs. We have something for everyone!

See also [HELP AT HOME - Home Services](#) and [HELP AT HOME - Outreach](#)

SOUTH WEST

Heritage Senior Stop-In Centre

Ermineskin Shopping Centre

3036 106 St. NW T6J 5M5

Contact: Ruth Gellert, Secretary

Phone: 780.437.8759

Hours of Operation: Mon-Sat 10am-4pm

- Cribbage - Mon 1pm
Canasta (Hand & Foot) -
- Tues and Fri 1pm
- Whist - Wed 1pm
Various card games - Thurs 1pm
- Monthly social: Third Friday of each month
Coffee & conversation: daily 10am-noon

Drive Happiness Seniors Association

10740 19 Ave. NW T6J 6W9

Phone: 780.424.5438

Email: info@drivehappiness.ca

Office Hours: Mon-Fri 9am-4pm

- Drive Happiness Seniors Association is a registered, non-profit society whose purpose is to assist Edmonton and area seniors in remaining independent in their own homes as long as possible.
- We provide door-through-door senior assisted transportation to seniors to help maintain their mobility, independence and overall well-being.

See listing in [TRANSPORTATION – Transportation Options for People Not Driving](#)

Petrolia Seniors

3519 118 St. NW T6J 1W6

Email: nmaly@telus.net

- Invites people aged 55 and older to attend a luncheon and educational program every 3rd Tuesday of the month from 11:45 am to 2:00 pm at the Greenfield Community Hall, 3803 114 St. NW. Come and join the

fun! Between 60 and 95 people attend each month. Cost may vary, depending on program. For more information, or to confirm attendance, please call: Nick Malychuk at 780.435.1045 or Betty Mullen at 780.434.0711.

PROBUS Clubs of Edmonton

www.probus.org/5prairie.htm

The purpose of a **PROBUS Club** is to provide regular gatherings of retired or semi-retired business or professional people who appreciate and value opportunities to meet others in similar circumstances and of similar interests.

PROBUS Club of South Edmonton

Derrick Golf and Winter Club,
3500 119 St. T6J 5P5

Contact: Lou Villeneuve, Membership Director

Phone: 780.435.2498

Email: villenel@telus.net

Meetings: Meeting and speaker at 10am on the 4th Tuesday every month, Jan-Nov

- Join in outings and other activities. Monthly email newsletter.
- Open to retired and semi-retired men and women. Guests welcome.
- Annual dues \$60. No fundraising.

PROBUS Club of Central Edmonton (Men's Club)

c/o Royal Mayfair Golf Club

Location: West side of Groat Road, south end of Groat Bridge

Contact: David Duggan, Membership Chair

Phone: 780.483.2896

Email: probus.cent.ed@gmail.com

Meetings: Meeting and speaker, usually every 3rd Tuesday of the month, (except July and August).

- Tour, usually every 4th Tuesday of the month, (except July and August).
- Optional lunches to follow both

meetings and tours.

- No fund-raising. Guests welcome.

Membership Fees: Full Year starting January 1 - \$125. Fee prorated if membership commenced other months during the year.

Eligibility: Club open to retired and semi-retired men 55+.

S.C.O.N.A. (Senior Citizens Opportunity Neighbourhood Association)

10440 84 Ave. NW T6E 2H2

Phone: 780.433.5377

Contact: Cathy McLean

Email: scona84th@shaw.ca

www.sconaseniors.com

Hours of Operation: Mon-Fri 9am-4:30pm

Contact SCONA for monthly calendar

- home-away-from-home
- opportunities for social engagement
- health and wellness programs
- continuing education
- nutritious meals
- Seniors Outreach Services: Housing support, help with government forms, support navigating through government services, exploring food and financial security, peer support, information, referral, advocacy.
- Volunteer Opportunities

SouthWest Edmonton Seniors Association

Mailing Address:

Box 88008 Rabbit Hill PO T6R 0M5

Program Locations:

Yellowbird East Community Centre

10710 19 Ave. NW

Seniors Lounge,

Terwillegar Recreation Centre

2051 Leger Road

William Lutsky YMCA

1975 111 St

Phone: 587.987.3200

Email: programs@swedmontonseniors.ca
www.swedmontonseniors.ca

- Activities and Programs include: Art Group, Coffee n' Chat, knitting/ stitching, bus trips, bridge, Mahjong, fitness, Golden Gloves boxing, and more. Monthly Lunch Socials and Toonie Talks. Check website for times and locations.
- Seniors Homes Supports Program Referral services for yard maintenance, housekeeping, small home repair, and snow removal. Call 780.860.2931.
- New members and volunteers welcomed.

See [HELP AT HOME - Home Services](#)

Southwest Seniors' Outreach Society

10832 62 Ave. NW T6H 1N1

Phone: 780.435.9515

Contact: Yvonne Pearson

Email: swseniors@telus.net

Webmail: swseniors.com

Hours of Operation: Tues-Thurs 9am-3pm (Sept – June)

- Gentle Yoga, Gentle Dance, Creative Crafts, Basic Beginner Clogging, Choir, Cards/Board Games, Dancing, miscellaneous speakers, courses and other activities offered.
- Thursdays - hot luncheon is offered followed by entertainment.
- A number of bus trips are provided.

Strathcona Place 55+ Services & Activities

10831 University Ave. NW T6E 4R1

Phone: 780.433.5807

Email: strathconaplace@outlook.com

www.strathconaplace.com

Hours of operation: 8:30am-4pm

weekdays, cafe 9:00am-3pm

Many Volunteering Opportunities

- Recreation, Continuing Education &

Service Activities: Meditation, Creative Writing, Pottery, Stamp Carving, Woodworking, Cards, Dances, Special Teas, Snooker, Movies, Art, Fitness, Yoga, Tai Chi, Drama, etc. Foot Care, Year Round Tax Assistance, Information & Referral; Outreach in 10 languages

- Nutritious Meals, Dinners, Take out
- John W. Bilsland Literary Award for Seniors

WEST

Westend Seniors Activity Centre

9629 176 St. NW T5T 6B3

Phone: 780.483.1209

Email: weseniors@westendseniors.com

www.weseniors.ca

Hours of Operation: Mon-Fri 9am-4pm

- Community based non-profit, hub for persons aged 55+ offering programs and activities for the mind, body and spirit.
- Full service facility with gymnasium, fitness room, art rooms, classrooms, music/dance rooms, workshop and more.
- Community Café serving daily affordable nutritional lunches.
- Community Outreach program provides support, referral, information, form filling assistance to seniors. Also provides home support referral services for snow shovelling, yard work, house-cleaning, and minor home maintenance support.

See also [HELP AT HOME-Home Services](#) and [-Outreach](#) for additional listings.

NORTH EAST

North Edmonton Seniors Association (NESA)

7524 139 Ave. NW T5C 3H7

Phone: 780.496.6969

Email: info@nesa1.ca

www.nesa1.ca

Hours of Operation:

Mon-Fri: 8:30am-4:30pm;

Wed: 8:30am-9pm (dinner & dance)

- Programs: computers, cameras, crafts, hobbies, painting, fitness, sports, general interest, health & wellness, languages, music, dance, social experiences.
- Services: Footcare Clinic, Hearing Clinic, Reflexology, Massage Therapy, Home Supports and Outreach
- Amenities: senior-friendly fitness centre, cafeteria, rental space and free parking.

NORTH WEST

Edmonton Indigenous Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

Email: manager@easc.ca

www.easc.ca

Hours of Operation:

Mon-Fri 8:30am-4:30pm

Saturdays 9:00am-4:00pm

- Operates a drop-in centre and referral services for Aboriginal seniors 50+ yrs.
- Offers advocacy, housing, referrals, social centre and transportation.
- Provides traditional craft classes, foot care, social activities and Aboriginal Housing Registry and Placement Service. Volunteer opportunities.
- Offer "Kokum's Krafts" Traditional Arts Boutique with hand crafted Indigenous traditional arts made by our Indigenous seniors.

Luther Place Seniors

Hosanna Lutheran Church

9009 163 St. NW T5R 2N8

Phone: 780.484.3932

Email: office@hosannalutheran.ab.ca

Church office hours: Mon-Fri 9am-3:30pm

- We meet on the 3rd Tuesday of the month at 2:00 pm. There is a short business meeting followed by an activity. Occasionally we meet at the church to go on an outing.
- We meet from September to June, with the exception of December when we have a Christmas luncheon. We are a church-related group.

North West Edmonton Seniors Society

12963 120 St. NW T5E 5N8

Phone: 780.451.1925

Contact: Debbie Creaser

Email: execald@telus.net

www.nwess.ca

Hours of Operation:

Mon-Fri 8:30am-4:30pm

Mon, Tues, Wed, Fri 7pm-9pm

Sat 1pm-4pm

- Monthly 1st Sunday Pancake breakfast, Special Community Events and Celebrations.
- Programs: Crafts, Hobbies, Fitness, Sports, Recreational, Educational, General interest, Health & Wellness Sessions, music, dance, social experiences. Feet First Foot Care, Meals on Wheels (Frozen Meals), WECAN Food Basket
- Volunteer opportunities and Outreach services for seniors.
- Home Supports Referral Program for: Yard Maintenance, Housekeeping, Snow removal and Minor home repair.

See also [HELP AT HOME – Outreach](#)

West Jasper Sherwood Seniors Citizen Club

Location: 9620 152 St.

Mailing address: 15024 99 Ave T5P 0H4

Phone: 780.489.2021

Contact: Jack Kryz

- Mondays from 1:00 to 3:00 p.m. for Carpet Bowling;
- Wednesdays from 1:00 to 3:00 p.m. for Whist;
- The first and third Wednesday of the month from 7:00 to 10:00 p.m. for Cribbage Tournaments;
- The second and fourth Wednesday of the month from 6:00 to 9:30 p.m. for Progressive Rummy;
- If there is a fifth Wednesday in the month, players will be notified the previous week if Progressive Rummy will be played on that date

SURROUNDING COMMUNITIES

Devon Pioneers 73 Club

29 St. Lawrence Ave. **Devon** AB T9G 1L4

Phone: 780.987.4822

Email: devonp73club@gmail.com www.devonp73club.ca

Hours of Operation: Drop-In Fridays 10am-2pm (except June-August)

- Minimum Age: 50
- Annual Membership Fee: \$20.00
- Wheelchair Accessible
- Services: facility rentals, recreation
- Call for more information on Rentals; weekly: Quilting Group, Floor Curling, Crib and Canasta Games; monthly Crib Tournaments, Music Jam and Dance.

Leduc & District Senior Centre

Telford House, 4907 46 St. **Leduc** AB T9E 5V9

Contact: Diane Sims

Phone: 780.986.6160

Email: telfordhouse@shaw.ca

Hours of Operation: 10am - 3pm

- A 50+ community activity centre that offers a wide variety of activities, Telford house assists support programs to several needs groups.
- Support programs: Low Vision and Stroke Recovery Association of Leduc.
- Volunteer Opportunities

Morinville Seniors' Rendez-Vous Centre

9913 104 St. **Morinville** AB T8R 1R8 Phone: 780.939.2727

Rentals & bookings: 780.619.4668

Email: msrvc@telus.net www.

morinilleseniorsclub.org Hours of Operation:

Mon-Fri: 9am-4pm

- Drop-in centre for Morinville and area seniors. Open coffee time every Tues 9am-11am.
- Bridge, advanced and beginners, military whist, cribbage, 500, floor curling, book club, knitting club, collective kitchen, movie night, pickleball and more.
- Facility available for community use: funeral lunches, family celebrations, corporate meetings, dinners, seminars.

Pioneer House Club 50

10102 100 Ave.

Fort Saskatchewan AB T8L 1Y6

Contact: Dennis Mattern

Phone: 780.998.3898

Hours of Operation:

Mon-Fri 9am-3pm

- An organization of senior citizens committed to the support of, and fellowship with, seniors in our community.

- Recreational activities, bocce, carpet bowling, canasta, crib.
- Soup & sandwich every second Thurs.
- Membership open to anyone aged 50 or over. Annual fee Sept-Aug \$20.

The Royal Canadian Legion

Fort Saskatchewan #27

9964 93 Ave, Ft Saskatchewan AB T8L 1N4
Phone: 780.998.3466

Leduc #108

5014 49 St, Leduc AB T9E 6V2
Phone: 780.986.1455

Spruce Grove #281

215 McLeod Ave, Spruce Grove AB T7X 0G2
Phone: 780.962.4598

St. Albert #271

6 Tache St, St. Albert AB T8N 2S4
Phone: 780.458.3330

Stony Plain #256

4902 44 Ave, Stony Plain AB T7X 1V5
Phone: 780.963.9232

Senior Citizen Society of Stony Plain

5016 51 Ave, Stony Plain AB T7Z 1C2
Phone: 780.963.4707

Email: stonyplainseniors@gmail.com

Hours of Operation:

Mon-Fri 9am-11am, 1pm-4pm

- Card games, Bingo, floor curling, carpet bowling, pool.
- Hall available for rent.
- Also known as The Drop In Centre

Sherwood Park 55+ Club

50A Spruce Ave, Sherwood Park

Phone: 780.467.8389

Email: office@55plusclub.ca

www.55plusclub.ca

Hours of Operation: Monday-Saturday.

Check the calendar on the webpage

- With 350 members, we have a variety of activities from floor curling, carpet bowling, bocce, pool, golfing, many card games, potluck suppers, dinner club, casino trips.
- We host pancake breakfasts and a Strawberry tea that is open to the public.
- We host crib tournaments monthly and a bridge tournament once a year. We host 2-3 floor curling tournaments a year.

St. Albert Seniors Association

7 Tache St. St. Albert AB T8N 2S3

Phone: 780.459.0433

Email: info@stalbertseniors.ca

www.stalbertseniors.ca

Hours of Operation: Mon-Fri: 8:30am-4:30pm; Wed 8:30am-8pm

- Community based non-profit hub for adults 50+. Full service facility with four multipurpose rooms, art room, wood shop offering a variety of classes, information sessions and activities for mind, body and spirit.
- Seniors Services program providing support, advocacy, referrals & information and form filling out assistance. Provide referrals for home support services like snow shoveling, cleaning and home maintenance support.
- Meals to Wheels delivery services for St. Albert residents as well as Chef's Choice frozen meals to take home.
- Our wheelchair equipped bus provides door to door transportation within St. Albert and we can arrange free transportation for Seniors 65+ on Alberta Senior Benefits needing transportation to medical appointments in St. Albert or in Edmonton.
- Red Willow café serves daily affordable nutritional lunches along with refreshments and goodies from 8:30- 2pm.

- Willows gift shop offers a wide assortment of handcrafted items on site.
- Rental opportunities are available with on-site catering option.

CULTURAL ORGANIZATIONS WITH SENIORS' PROGRAMMING

ASSIST Community Services Centre

Email: info@assistcsc.org

www.assistcsc.org

Hours of Operation: Mon-Fri 9am-5pm

Main Office

9649 105A Ave T5H 0M3

Phone: 780.429.3111

Service Languages:

English, Cantonese, Mandarin

Southwest Office

Unit 2, 810 Saddleback Road T6J 4W4

Phone: 780.429.3119

Service Languages:

English, Arabic, Korean, Russian, Ukrainian, Hindi, Mandarin, Punjabi, Tagalog, Urdu, Swahili, Kakwi

See complete listing in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies

Edmonton Indigenous Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

See SENIOR CENTRES, CLUBS & GROUPS – North West for complete listing

German Canadian Cultural Association (Edmonton)

8310 Roper Rd. NW T6E 6E3

Phone: 780.466.4000

Email: gcca@shaw.ca

www.gcca.ca

Hours of Operation: Open at 5pm Tues-Fri, Sat 12 Noon, Buffet: Fri & Sat 5pm-9pm

- Library of German Books & DVDs, Open Saturdays 1pm-3pm, Sept to June
- German Movie 1st Thursday of month at 2pm
- Singkreis (Funsingers) Last Tuesday of month at 1:30pm

Ital-Canadian Seniors Association

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Contact: Connie Saccarello

Email: itcansrs@telus.net

- Membership for anyone 50 years or older; facility free to members.
- Drop-in centre, Bocce courts, card tables.

Jewish Family Services

100-8702 Meadowlark Road T5R 5W5

Contact: Rhonda Eidelman

Phone: 780.454.1194

Email: seniors@jfse.org

www.jfse.org

- Outreach and support to Jewish seniors dealing with the aging-related transitions in their lives.

See additional listing in HEALTH & WELLBEING – Counselling

Jewish Senior Citizens' Centre (Jewish Drop-In Centre)

10052 117 St. NW

Mailing address:

Box 17017, Edmonton, AB T5K 0G4

Contact: Marian Jenkins

Phone: 780.488.4241

Email: jdic@shaw.ca

<http://www.jdicseniors.ca/>

Hours of Operation: Sun-Thurs 9am-4pm

- Provides fitness activities, educational programs, entertainment, field trips and outings
- Monday–Thursday at noon
Subsidized Hot Lunch Program
- Assist our members to maintain independence to age in place in the community.

Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: millwoodscsretd@gmail.com

See SENIOR CENTRES, CLUBS & GROUPS –
South East for complete listing.

Patronato I.N.A.S

9111 110 Ave. NW T5H 4J9

Contact: Luciana Zacher

Phone: 780.421.9559

Email: inasedm@telus.net

Hours of Operation:

Mon & Tues 9:30am-3:30pm,

Wed 9:30am-2:30pm, Thurs/Fri Closed

- Assistance in applying for foreign pensions e.g. Italian, French, Swiss, German.
- Assistance with completing municipal, provincial and federal government forms, eg. CPP, OAS GIS, ASB, Permanent Resident Card, Canadian Passport
- Commissioner for Oaths on site.
- All services are free.

Société Généalogique du Nord-Ouest

102-8627 91 St. NW T6C 3N1

Phone: 780.424.2476

Email: sgno@telus.net

www.sgno.ca

- Mission statement: To maintain a centre for French Canadian genealogical research and to assist all persons interested in genealogy and family history of French Canadians.
- SGNO is a non-profit organization.

Sons of Norway

www.sofnedmonton.ca

- Lodge Group Activities: Norwegian Conversation Club, annual Sports Weekend, Genealogy, Stamp Club, Husflid Craft Club, annual Lutefisk Supper and annual Norwegian May 17th celebrations.
Visit website for upcoming special events.

Sunshine

Café

Home style
cooking downtown

Mon to Fri
8:00 am to 3:00 pm

15 Sir Winston Churchill Square



Chapter Contents

- Seniors' Services Organizations
- Advocacy Organizations
- Consumer Resources

SENIORS' SERVICES ORGANIZATIONS

Alberta Association on Gerontology

PO Box 47022, Edmonton Centre, T5J 4N1
Contact: Linda Stanger, President
Email: info@albertaaging.ca
www.albertaaging.ca

- Mission: In the spirit of collaboration and open communication, AAG enhances the lives of older adults in Alberta by supporting research, influencing policy and promoting the exchange of knowledge and best practice among the public, experts, service providers and government.
- Mandate: The AAG is a province-wide interdisciplinary organization that provides opportunities for knowledge creation, exchange and transfer related to evidence informed practice.

Alberta Seniors and Housing – Seniors Services

PO Box 3100, Station Main T5J 4W3
Phone: 780.644.9992 or
1.877.644.9992 (toll free)
www.alberta.ca/ministry-seniors-housing.aspx

- Provincial assistance programs for seniors include Alberta Seniors Benefit, Special Needs Assistance for Seniors, Dental and Optical Assistance for Seniors, Seniors Property Tax Deferral and the Seniors Home Adaptation and Repair Program.
- Seniors Programs and Services Information Guide: www.alberta.ca/ministry-seniors-housing.aspx
- Forms and publications for seniors regarding various programs and services available.

Candora Society of Edmonton

270 Abbottsfield Mall,
3210 118 Ave. NW T5W 4W1
Contact: Valerie Cudmore
Phone: 780.474.5011
Email: info@candorasociety.com
<http://www.candora.ca>
Hours of Operation: Mon-Thurs 9am-4pm, closed 12pm-1pm; Fri 9am-12pm

- Provides various groups, educational and recreational programming, activities and health supports for individuals and families.

Connecting Edmonton Seniors

Phone: 780.423.5635

Email: info@connectingedmontonseniors.ca

www.connectingedmontonseniors.ca

- The Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) has created the Connecting Edmonton Seniors website to provide individuals, families, and organizations across Edmonton with information about social isolation and resources to help make and maintain social connections and support healthy aging.
- PEGASIS is supported in part by the New Horizons for Seniors Program of the Government of Canada.

Edmonton Seniors Coordinating Council (ESCC)

255, Bonnie Doon Shopping Centre

8330 82 Ave. NW T6C 4E3

Contact: Sheila Hallett, Executive Director

Phone: 780.423.5635

Email: sheila@seniorscouncil.net

www.seniorscouncil.net

- Works with seniors organizations and stakeholders to enhance programs and services for seniors by facilitating collaboration, joint planning and evaluation; coordinating projects; and producing resources
- Facilitates communication, resource-sharing, learning and networking in the seniors sector
- Raises awareness of key issues for seniors and seniors organizations

See also [VOLUNTEER RESOURCES](#) and [LEISURE & RECREATION – Recreation Resources “Recreation and Wellness Directory for Older Adults”](#) for additional information

Multicultural Women and Senior Services Association (MWSSA)

329 Woodvale Road W T6L 3Z7

Phone: 780.465.2992

Email: culture@mwssa.org

www.mwssa.org

Hours of operation:

Mon-Fri 9am-4:30pm

- For seniors: one on one support, Outreach services, referrals, Information, Translation, Art, Computer, English, Exercise classes, Crafts, Hobbies, Social gatherings. Drop-in welcome.
- For Women: As above & Citizenship & Sewing classes. Promoting home-based business.
- Prevention and responding to family violence: Support - Help victims to navigate the system (walk with client to services needed if required, legal aid, court, housing etc.) Information, education, awareness, workshops.

Sage Seniors Association

Phone: 780.423.5510

[See page 22 for further information](#)

Seniors Information Phone Line Dial 211

Simply call 2-1-1 to be connected to information and referrals for a variety of seniors resources.

211 Edmonton and Area, Community Information & Referral Canadian Mental Health Association - Edmonton Region

Phone: 211

www.ab.211.ca

Provides information and referrals to seniors living in Edmonton, Parkland County and Leduc County.

Outside of these areas call: 780.482.4636

TTY access 780.482.7273

Suicide Grief Support Services **Canadian Mental Health Association -** **Edmonton Region**

300-10010 105 St. NW T5J 1C4

Phone: 780.414.6300

Contact: Office Administrator

Email: main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Office Hours:

Mon-Fri 8:30am-4:30pm

See **HEALTH & WELLBEING – Counselling**

Suicide Bereavement Support Services

(See **ESTATE PLANNING – Bereavement**
Support)

and **Suicide Caregiver Support Services**

(See **HEALTH & WELLBEING – Caregiver**
Support)

SENIORS' SERVICES **ORGANIZATIONS -** **OUTSIDE EDMONTON**

Gibbons Family Resource Centre

5016-50 St. Box 1457, **Gibbons** AB T0A 1N0

Phone: 780.923.2374

Email: office@SCRNetwork.ca

www.gibbons.ca

Hours: Mon – Fri 9am-3pm

Services provided at the Gibbons Family
Resource Centre

- Sturgeon Community Resource Network
– Information and Referral Service
- Early Childhood Development Initiative
- Gibbons Family and Community
Support Services (FCSS)
- Sturgeon Adult Learning
- Community Closet – FREE clothing
- Bon Accord and Gibbons Food Bank
- WECAN Food Baskets
- Meals on Wheels and Chef's Choice
- Sturgeon Victim Services

All services are provided to residents
living in the Sturgeon County Region.

If you are not sure where to turn, call us!
We are happy to help.

Information and Volunteer Centre **for Strathcona County**

100 Ordze Ave. **Sherwood Park** AB T8B 1M6

Phone: 780.464.4242

Email: info@ivcstrathcona.org

www.ivcstrathcona.org

- Community information and referrals
for health, social, recreational,
community and municipal government
services.

See also **VOLUNTEER RESOURCES**, listing
for Strathcona County Seniors Information
Line

Kerby Centre - Calgary

1133 7 Ave. SW **Calgary** AB T2P 1B2

Phone: 403.265.0661

Email: generaloffice@kerbycentre.com

www.kerbycentre.com

Hours of Operation:

Mon-Fri 8am-4:30pm

- A full-service centre for older adults
(55+) in downtown Calgary, which
offers information, recreation, and
assistance programs.
- Services include: Information and
referral, housing registry, wellness
centre, adult day support program,
grocery delivery, a shelter for abused
seniors and active living programs
such as yoga, day trips and special
events.

SOS (Service Options for Seniors) Camrose Program

Address: 5014B 48th Street,

Camrose AB T4V 1M1

Phone: (780) 672 4131

Email: soscamrose@gmail.com

Website: www.soscamrose.net

Hours of Operation:

Monday - Thursday 8:30am - 3:00pm

- Our mission is to inform, empower and connect seniors to new and evolving programs, services and resources at the federal, provincial and local level. We advocate for our clients at all levels of government for services such as housing, seniors benefits and rural transportation. We also provide an outreach service along the Highway 13 east corridor as far as Hardisty to support rural seniors.

St. Albert Community Information & Volunteer Centre

10-215 Carnegie Drive **St. Albert** AB T8N 5B1

Phone: 780.459.6666

Email: answers@stalbertcivc.com

www.stalbertcivc.com

- Community information and referrals for health, social, recreational, community and municipal government services; cultivated lists about housing & services.
- Follow-up to ensure referrals are addressing client needs.
- Income tax clinics available throughout the year.
- Volunteer services include recruitment and referral assistance and educational opportunities for not-for-profit organizations.

See [VOLUNTEER RESOURCES](#) for complete listing.

Stony Plain Family & Community Support Services & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave

Stony Plain AB

Phone: 780.963.8583

Email: pfcss@stonyplain.com

www.stonyplain.com/fcss

- The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the wellbeing of individuals, families and the community.
- Community information and referrals for health, social, recreational, community and municipal government services.

See also [ESTATE PLANNING – Bereavement Support](#),
[HELP AT HOME – Home Services](#),
[VOLUNTEER RESOURCES](#)

Strathcona County Seniors Information Line

Contact: Caron Stoltz

Phone: 780.464.4265

Email: info@ivcstrathcona.org

www.ivcstrathcona.org

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Provides information on or referrals to services for seniors in the areas of clubs, housing, education, health & home care, federal/provincial programs, etc.
- We are now a depot for Edmonton Meals on Wheels – Chef's Choice frozen meals. Meals can be ordered by phone or drop in for a good selection of frozen meals.

See also listing for [Information and Volunteer Centre for Strathcona County](#)

ADVOCACY ORGANIZATIONS

Alberta Ombudsman

700-9925 109 St. NW T5K 2J8

Edmonton Phone: 780.427.2756

Calgary Phone: 403.297.6185

Email: info@ombudsman.ab.ca

www.ombudsman.ab.ca

The Alberta Ombudsman responds to complaints of unfair treatment by authorities and organizations identified in the Ombudsman Act. This includes:

- Alberta provincial government departments, agencies, boards and commissions;
- Alberta municipalities;
- Self-regulating health professions proclaimed under the Health Professions Act;
- The Patient Concerns Resolution Process of Alberta Health Services and;
- Other designated professional authorities.

If you have a complaint about an administrative decision that you feel is unfair, contact us. We are here to help.

Alberta Union of Provincial Employees

10451 170 St. NW T5P 4S7

Phone: 1.800.232.7284

Email: info@aupe.org

www.aupe.org

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Alberta's largest union
- We represent thousands of seniors' care workers across the province
- Our members advocate for quality care

Office of the Alberta Health Advocates

9th Floor, 106th Street Tower

10055 106 St. NW T5J 2Y2

Phone: 780.422.1812

To call toll-free outside of Edmonton, dial 310.0000 and then 780.422.1812

Email: info@albertahealthadvocates.ca

www.albertahealthadvocates.ca

Health Advocate:

- Listens to the concerns of Albertans and supports them in finding ways to resolve them.
- Provides education about the Alberta Health Charter.
- Refers Albertans to the appropriate complaints resolution process.
- Reviews or investigates complaints under the *Alberta Health Act*.
- Provides information about health



Thousands of AUPE members provide quality care in hospitals and senior's homes across the province, working hard to provide Alberta's elderly with a safe and comfortable environment. Alberta's seniors built this province. They deserve the best care we have to offer.

THIS IS AUPE
YOUR WORKING PEOPLE



www.aupe.org • facebook.com/yourAUPE • [@_AUPE_](https://twitter.com/_AUPE_)

care services and programs.

- Reports to the Minister of Health.

Mental Health Patient Advocate:

- Provides assistance to people who are or have been detained in hospital under admission or renewal certificates and people under community treatment orders (CTO), and those acting on their behalf, to understand and exercise patient rights under the *Mental Health Act*.
- May investigate complaints or refer the complainant to the appropriate complaints resolution process.
- Reports to the Minister of Health.

Office of the Seniors Advocate

6th floor, 9920 108 St. T5K 2M4

Toll Free Phone: 1.844.644.0682

Edmonton Phone: 780.644.0682

TDD/TTY: 1.844.392.9025

(Language interpretation available if required)

Email: seniors.advocate@gov.ab.ca

www.seniorsadvocateab.ca

Facebook:

@AlbertaSeniorsAdvocate

Hours of Operation:

Mon–Fri 8:30am–4:30pm

The Office of the Seniors Advocate supports seniors and their families throughout Alberta by:

- Providing information, links to government and/or community resources and gathers feedback from Albertans about the issues they are seeing.
- Actively seeking feedback by engaging with seniors and seniors' organizations.
- Analyzing information and feedback to identify trends and gaps.
- Providing advice and making recommendations to the Government of Alberta to improve seniors' programs and services.

S.A.L.T.

Seniors Action and Liaison Team

Phone: 780.417.1705

Email: jwodak@techwcs.com

www.saltalberta.ca

- SALT is a group of Edmonton seniors concerned with, and advocating for, social justice issues. Membership is open to all interested seniors.
- SALT investigates and discusses a wide variety of political, social, ecological and other civil society topics.
- SALT's aim is to promote public discourse and communicate with elected officials about the impacts and outcomes of their decisions and policies. SALT is not politically aligned.

Seniors United Now (SUN)

The Voice of Seniors in Alberta 37-2016 Sherwood Drive, **Sherwood Park**, AB T8A

3X3 Phone: 780.449.1816

Toll Free: 1.855.786.8669

Email: unitenow@telus.net

www.seniorsunitednow.com

- SUN is a non-profit, non-partisan organization; our MISSION is to represent every senior in Alberta as the leading advocate and resource on issues affecting their quality of life. Using our experience, we seek to develop the most creative, innovative and financially responsible solutions.

THE VOICE OF SENIORS IN ALBERTA

Seniors' Advocate for: financial concerns, income thresholds, home care, continuing care, long term care, subsidized housing, public pensions, property tax deferment

ATTEND A MEETING - EVERYONE WELCOME!

www.seniorsunitednow.com

37, 2016 Sherwood Drive
Sherwood Park
Alberta T8A 3X3



780-449-1816
Toll Free: 1-855-786-8669
Email: unitenow@telus.net

CONSUMER RESOURCES

Alberta Consumers' Association (Consumers' Association of Canada, Alberta)

Mailing address:

P.O. Box 11171, Edmonton AB T5J 3K4

Phone: 780.426.3270

Email: contact@albertaconsomers.org

www.albertaconsomers.org

Hours of operation: Wed and Fri 9:30am-4:30pm

- An independent, non-profit, volunteer based organization that operates as a consumer watchdog agency by monitoring the marketplace; providing information, skills and strategies; analyzing consumer problems; representing the consumer interest to industry and government; and uniting consumers to ensure fairness in the marketplace.

Assisted Waste Collection Program

Phone: 780.496.5698

Email: wasteman@edmonton.ca

www.edmonton.ca/assistedwaste

- The City's Waste Management Services offers an assisted waste collection service for customers who have difficulty getting their recycling or garbage to the curb or lane. Collectors pick up garbage and recycling from outside the front or back door of the home.
- There is no additional fee for this service.

ATCO Blue Flame Kitchen

10035 105 St. NW T5J 2V6

Phone: 780.420.1010

Toll Free: 1.877.420.9090

Email: bfkanswerline@atcogas.com

www.atcoblueflamekitchen.com

Store Hours: Mon - Fri 8am- 4:30pm

Telephone Hours: Mon-Fri 9am-4pm

- Provides reliable, up-to-date answers to everyday household questions.
- Offers information on recipes, cooking, clothing care, and stain removal.
- Recipes available online, by email, or phone.

Better Business Bureau

16102 100 Ave. NW

Edmonton, AB T5P 0L3

Phone: 780.482.2341

Email: info@edmonton.bbb.org

www.bbb.org/en/ca/ab/edmonton

- Business Profiles on local companies including:
- BBB Rating, reviews and complaints, contact information and products and services
- Consumer education and tips
- Dispute resolution services between Consumers and businesses

City of Edmonton

City Hall

1 Sir Winston Churchill Square NW T5J 2R7

Email: City.Hall@edmonton.ca

www.edmonton.ca/cityhall

Citizen and New Arrival Information Centre

City Hall, Main Floor

Phone: 311

Email: City.Hall@edmonton.ca

www.edmonton.ca

Edmonton Service Centre

2nd Floor, Edmonton Tower,
10111 104 Ave NW T5J 0J4

Phone: 311

Email: 311@edmonton.ca

edmonton.ca/edmontonservicecentre

Hours of Operation: Mon-Fri 8am-4:30pm

Closed weekends and statutory holidays.

Services available:

- ETS Customer Service & Lost and Found (Passes, Tickets and Route Information)
- Permits and Licensing
- Bylaw Ticket Payments
- Assessment and Taxation
- Leisure Access Program Applications (Recreation Facilities)
- Drainage Planning

Edmonton Tower is a fully accessible building near major transit routes and has several nearby ePark parking zones located around the building.

Office of the Mayor

Phone: 780.496.8100

www.edmonton.ca/mayor

Office of the Councillors

Phone: 780.496.8110

Email: councillors@edmonton.ca

www.edmonton.ca/council

- The telephone numbers for individual Councillors are listed on the first page of the "Blue Pages" of your yellow pages telephone book and on the website.

Seniors Team

Phone: 311

Email: seniors@edmonton.ca

www.edmonton.ca/seniors

- Provide strategic leadership and coordination related to age-friendly services for seniors in Edmonton
- Provide information on municipal services available for seniors residing in Edmonton.

Newcomer's Guide to Edmonton

Phone: 311

www.edmonton.ca/programs_services_for_new_residents/newcomers-guide.aspx

- The City of Edmonton's Multicultural Relations team is pleased to advise that a new English version of the Newcomer's Guide to Edmonton is now available as a hard copy and as a downloadable .pdf at the website above.
- Translations are available in Amharic, Arabic, Chinese (Mandarin), French, Punjabi and Somali.

311

www.edmonton.ca

Citizens can call 311, 24-hours a day, every day of the year for access to City of Edmonton municipal information, programs and services!

Within Edmonton city limits, dial: 311

Outside Edmonton city limits: 780.442.5311

Non-emergency calls only

311 does not replace 911. Anyone requiring fire, ambulance, police emergency assistance must call 911 for emergency assistance.

Dialing 311 - City of Edmonton

Callers will be greeted by a 311 agent. A majority of callers to 311 will find that the agent is able to assist them with their call through to completion. In other cases the details of the call will be forwarded to the appropriate department for completion of service.

Services available from 311

Citizens can access a range of information and services from the 311 agent. On-line self-service is also available for many of these services including:

- Applying for Business Licenses
- General information
- Facility scheduling information
- Program registration
- Purchasing a pet license. Seniors can receive a 50% discount on Edmonton City Pet Licenses.
- Registering a bylaw complaint
- Transit information

Services not included in 311

DATS registrants will continue to call DATS directly to book DATS service 780.496.4567.

Edmonton Transit's automated BusLink service is still available 780.496.1600.

Note: Utilities – EPCOR, TELUS, and ATCO are not part of 311.

Special assistance

Non-English speaking callers may request the assistance of an interpreter. The 311 agent will connect with an external interpretive service to assist with the call. The interpretive service offers assistance in more than 150 languages.

Deaf and hard of hearing callers can reach 311 using: TTY 780.944.5555

Reaching 311 from outside of Edmonton

Residents of neighbouring communities interested in City of Edmonton information and services can call 780.442.5311 to reach a City of Edmonton 311 agent. Each telephone service provider has defined its own specific "city limits" which may vary from one provider to the next.

Citizen and New Arrival Information Centre in City Hall

Email: 311@edmonton.ca

Citizen and New Arrival Information Centre staff have moved to 311.

Congratulatory Messages - Federal - Governor General & The Queen

Phone: 1.613.993.8164

Messages from the Governor General

(backdated up to 12 months past the date of celebration)

- Age 90 and every 5 years thereafter
- 50th wedding anniversary and every 5 years thereafter

Messages from The Queen

(backdated up to 6 months past the date of celebration)

- Age 100 and every year thereafter (proof of birth required)
- 60th wedding anniversary and every 5 years thereafter
- 70th wedding anniversary and every year thereafter (proof of marriage required)

Congratulatory Messages - Federal - Prime Minister & MPs

For a message from the Prime Minister or MPs, phone the celebrant's Member of Parliament at least 6 weeks in advance. Requests for messages should not exceed six months past the date of celebration.

- MPs send messages at age 65 and on the 25th wedding anniversary and every 5 years after. At age 100 and every year older, birthday wishes may be requested annually if desired. Visit www.parl.gc.ca to find contact information for the celebrant's MP's constituency office.
- Prime Minister - at age 65 and older and on the 25th wedding anniversary and every 5 years after. At age 100 and every year older, birthday wishes may be requested annually if desired. Phone 1.613.941.6880
Email: pm@pm.gc.ca

Congratulatory Messages - Provincial

Phone: 780.422.4984

Email: premier@gov.ab.ca

<http://alberta.ca/premierscrolls.cfm>

- The Premier and MLAs provide Birthday and wedding anniversary greetings at any year.
- The Lieutenant Governor will send greetings at age 75, on the 50th wedding anniversary and every 5 years after;
- To request a scroll from the Premier, ensure that your request is received at the Premier's office 5-6 weeks before the event and that a required by date is specified.

CRTC's National Do Not Call List

To register, phone: 1.866.580.3625 (DNCL)

For complaints, phone: 1.877.249.2782

www.lnnte-dncl.gc.ca

Elections Canada

General Inquiries: 1.800.463.6868

TTY: 1.800.361.8935

Email: info@elections.ca

www.elections.ca

Hours of Operation: Mon-Fri 9am-5pm EST

- For more information about the Canadian federal electoral system, visit our website or call us toll-free in Canada and the United States.

Find Furniture

5120 122 St. NW

Phone: 780.988.1717

Email: find@homewardtrust.ca

www.findedmonton.com

- Gently used furniture for sale to the public
- Furniture donations accepted
- Provides free essential furnishing for

people transitioning out of homelessness through Housing First Programs

See [HELP AT HOME-Donating Your Household Items](#) for additional information.

Government of Alberta General Information Number Call toll-free. Dial 310-0000.

To connect toll-free in Alberta to any Alberta government office, dial 310.0000 followed by the area code and phone number of the office you wish to reach, or stay on the line to be directed to the department you wish to speak to. Outside Alberta, call long distance 780.427.2711.

Deaf/hearing impaired callers with a TDD/TTY, call 780.427.9999 in Edmonton or 1.800.232.7215 throughout Alberta.

Insurance Bureau of Canada

Contact: Consumer Information Office

Phone: 1.844.227.5422

Email: consumerinquiriesedmonton@ibc.ca

www.ibc.ca

Hours of Operation: 8am-4pm

Questions on:

- House/condo/apartment insurance
- Auto insurance
- Business insurance
- Claims and claims process

OmbudService for Life & Health Insurance (OLHI)

Toll Free: 1.888.295.8112

www.olhi.ca

- The OLHI is a national independent complaint resolution and information service for Consumers of Canadian life and health insurance products and services.
- Their mission is to provide Canadian

Consumers with free, prompt and impartial assistance with enquiries and complaints pertaining to Canadian life and health insurance products and services.

See also **ESTATE PLANNING – What To Do When Someone Dies**

Office of the Utilities Consumer Advocate

5th Floor, John E. Brownlee Building,
10365 97 St. T5J 3W7

Phone: 310.4UCA (4822)

Email: ucahelps@gov.ab.ca

www.ucahelps.alberta.ca

You should contact the Utilities Consumer Advocate for:

- Unbiased information and advice about the electricity and natural gas options available to you
- Help understanding your utility bill
- Assistance in resolving issues with your utility company if you have already tried working with them directly

Public Health Agency of Canada- Division of Aging, Seniors and Dementia

Toll-Free Phone: 1 866.225.0709

TTY: 1.800.267.1245

www.publichealth.gc.ca/seniors

- The federal government lead on public health issues related to aging, seniors and dementia.
- A focal point for information on healthy aging, age-friendly communities, elder abuse, injury and falls prevention, seniors' mental health and dementia.
- Contact us to order one of our publications on aging and seniors or to obtain information on Government of Canada programs and services for Seniors.

Service Alberta

Consumer Services

Phone: 780.427.4088

1.877.427.4088 (outside Edmonton)

Email: service.alberta@gov.ab.ca

www.servicealberta.gov.ab.ca

Facebook: Consumer Protection Alberta

- Service Alberta enforces consumer protection legislation and informs Albertans about residential tenancies, purchase decisions and protection of their identities.
- The Contact Centre provides information on consumer topics.
- Albertans can also call 310.0000, toll free, to access the Provincial Government for any program and service information, or for referral to a ministry specialist.

Frauds and Scams

For information about renovation fraud or identity theft contact:

Service Alberta

Consumer Contact Centre

Edmonton: 780.427.4088

Toll Free: 1.877.427.4088

www.servicealberta.ca/Consumer_Info.cfm

See also **HOUSING – Housing Resources & Helplines** for additional info on Consumer Contact Centre

Service Canada

Phone: 1 800 O CANADA (1.800.622.6232)

TTY: 1.800.926.9105

www.servicecanada.gc.ca

Link to Services for Seniors at:

www.servicecanada.gc.ca/seniors

VISIT a Service Canada Centre - locations, addresses and hours of operation are available on our website

- Service Canada provides Canadians with a single point of access to a wide range of government services and benefits. Click, call, or visit to discover the programs and services available to you.

See also **ESTATE PLANNING – What To Do When Someone Dies**

Chapter Contents

- Citizenship and Immigration
- Immigrant Serving Agencies
- Cultural Organizations
(See Seniors Centres)

CITIZENSHIP AND IMMIGRATION

Immigration, Refugees and Citizenship Canada

Phone: 1.888.242.2100

Call Centre Agents available

Mon-Fri 8am–4pm local time

www.cic.gc.ca

IMMIGRANT SERVING AGENCIES

ASSIST Community Services Centre

Email: info@assistcsc.org

www.assistcsc.org

Downtown location: 9649 105A Ave T5H 0M3

Phone: 780.429.3111

Southwest location:

Unit 2, 810 Saddleback Road T6J 4W4

Phone: 780.429.3119

- A non-profit centre striving to enhance the lives of individuals and families in diverse communities through quality programs and service; with programs in Settlement and Integration Services, Adult English, Family Programs, Youth Program, Seniors Program, and Health Programs.

- The Centre engages volunteers to provide the community with support, to build a harmonious and healthy community.

See additional information in
SENIOR CENTRES, CLUBS & GROUPS – Cultural Organizations with Seniors' Programming

Canadian International Immigrant and Refugee Support Association

10584 107 St. NW T5H 2Y6

Phone: 780.429.4553

Email: ciirsaca@yahoo.ca

- Helps to sponsor refugees from all parts of the world; Helps newly arrived refugees and immigrants to begin to settle and adjust to their new lives in Canada.
- Assists in family reunification for newcomers and refugees; Provides support and advocacy for refugee claims.
- Acts as an advisor to ethnic organizations in Edmonton; Public education.

Catholic Social Services

Immigration & Settlement Service

8212 118 Ave NW T5B 0S3

Phone: 780.424.3545

Email: info@cssalberta.ca

www.cssalberta.ca

- Support and outreach programs for seniors from ethno-cultural communities.
- Conversation groups, computer classes, settlement counselling.
- Regular information-sharing sessions about various aspects of living in Alberta.

Changing Together – A Centre For Immigrant Women

3rd Floor, 9538 107 Ave NW

Phone: 780.421.0175

Contact: Josephine Pallard

Email: info@changingtogether.com

www.changingtogether.com

Hours of Operation: Mon-Fri 9am-4pm

We offer:

- Seniors Programs including workshops on topics of interest, health & wellness, arts & crafts, and networking with other immigrants
- Classes include: English as a Second Language & Conversation Classes, Computer Classes, and Sewing Classes.
- Family Services: assistance with immigration issues, Food Bank access, housing needs, issues of family violence, bi-cultural parenting.
- Check out our website for volunteering and other services.

Edmonton Immigrant Services Association (EISA)

201-10720 113 St. NW T5H 3H8

Phone: 780.474.8445

Email: info@eisa-edmonton.org

www.eisa-edmonton.org

Hours of Operation:

Mon-Fri 8:30am–4:30pm

Closed for lunch between 12pm-1pm

- EISA provides services and supports for newcomers and first generation Canadians to help them settle and integrate into Canadian Society.
- EISA's services include: providing information on various topics based on identified client needs; orientation to life in Canada; connecting newcomers to relevant community resources and services; English language training; citizenship and human rights

education; social and recreational activities; translation, interpretation, and Commissioner for Oaths.

- Our services can be accessed from 77 locations in Edmonton, Strathcona County, St. Albert, Fort Saskatchewan, and Fort McMurray. Newcomers can access settlement services and supports close to where they live.

Edmonton Mennonite Centre for Newcomers (EMCN)

11713 82 St. NW T5B 2V9

Phone: 780.424.7709

Email: info@emcn.ab.ca

www.emcn.ab.ca

- Community Services: empowering communities, settlement counselling, health and wellness services, and family and children's support services.
- LINC and English as an Additional Language: Language Instruction for Newcomers to Canada. EAL classes, personalized support and community activities for those ages 55+.
- Career and Employment Services: workshops, employment and career counselling, specialized training and bridging programs.

EMCN at Jasper Plaza

10030 167 St. T5P 3W4

Phone: 780.489.7004

EMCN at Nova Plaza

8914 118 Ave. NW T5B 0T6

Phone: 780.421.7400

EMCN at Welcome Centre for Immigrants

335, Tower II, Millbourne Market Mall (38 Ave. and Millwoods Rd.) T6K 3L6

Phone: 780.462.6924

Islamic Family & Social Services Association (IFSSA)

<https://ifssa.ca/>

North Office: 12811 58 St. NW T5A 4X1

Hours of operation: Mon-Fri 10am-5pm

South Office: 85-4003 98 St. NW T6E 6M8

Hours of operation: Sat & Sun 10am-5pm

Central Office: 10205 111 St. NW T5K 1K9

Hours of operation: Tues-Thurs 12pm-5pm

Fri-Sat 3pm-8pm

- Halal food bank
- Counselling
- Outreach services
- Refugee support
- Youth programming
- Domestic violence prevention

Legal Aid Alberta (LAA) – Immigration and Refugee Services

Toll Free: 1.866.845.3425

www.legalaid.ab.ca

- Available to qualifying individuals through LAA's Legal Services Centres.
- Can assist with issues such as refugee claims, judicial review of failed refugee claims, detention reviews, danger options, admissibility hearings, and removal appeals.

Multicultural Health Brokers Co-op

9538 107 Ave. NW T5H 0T7

Phone: 780.423.1973

Contact: Yvonne Chiu

Email: mchb@mchb.org

www.mchb.org

Sage Multicultural Seniors Outreach

Program has a team of 5 part-time Multicultural Health Brokers working within the Eritrean, Former Yugoslavian, Korean, Kurdish, Iraqi, Syrian, Ethiopian and Spanish-speaking communities.

The program has three key dimensions:

- Providing culturally and linguistically relevant holistic outreach and system navigation support to immigrant and refugee seniors.
- Facilitating mutual support groups among immigrant and refugee seniors, and encouraging community engagement around immigrant & refugee seniors' issues.
- Providing consultation support to other service providers regarding cross-cultural issues and cultural competence training.

Welcome Centre for Immigrants

Suite 200 Tower Two, Millbourne Mall

7609 38 Ave. NW T6K 3L6

Phone: 780.462.6924

Email: info@mwci.ca

<http://wciedmonton.ca/>

Settlement and employment services:

- Orientation to Newcomers workshop, referral to citizenship classes and English as a second Language classes.
- Career coaching, résumé writing/job search workshops.
- Family counselling, community developments.
- IWIN-Immigrant Women's Integration Network

CULTURAL ORGANIZATIONS

See SENIOR CENTRES, CLUBS & GROUPS – Cultural Organizations With Seniors' Programming

Chapter Contents

- **Colleges and Universities**
- **Continuing Education**

COLLEGES AND UNIVERSITIES

Newman Theological College

10012 84 St. NW T6A 0B2

Phone: 780.392.2450

Email: registrar@newman.edu

www.newman.edu

- Seniors' (65 years+) courses are half price.

University of Alberta

Office of the Registrar

Administration Building

114 St. and 89 Ave. NW T6G 2M7

Phone: 780.492.3113

Email: uab.ca/ask

uab.ca/start

- One of the top five universities in Canada and one of the top 100 in the world, the U of A is Alberta's flagship post-secondary institution
- With over 200 undergraduate programs, 450 student groups and \$28 million in scholarship funding, the U of A is a premier choice for prospective students
- An inspiring community of 38,000+ students across five campuses, the U of A excels in research, academics, athletics, and sustainability

N.A.I.T.

11762 106 St. NW T5G 2R1

Phone: 780.471.6248

Email: asknait@nait.ca

www.nait.ca

- Wide variety of technical, business, health and trade programs.
- Upgrading and English as a Second Language training.
- Full-time, part-time and distance learning options.
- Extensive range of continuing education, including general interest and recreational courses.

CONTINUING EDUCATION

Alberta Council on Aging

PO Box 62099 Edmonton AB T5M 4B5

Phone: 780.423.7781

Email: info@acaging.ca

www.acaging.ca

Hours of Operation: Mon-Fri 9am-5pm

Closed on Statutory Holidays

- Alberta Council on Aging is a province-wide organization working to improve the quality of life for seniors. We encourage seniors' participation in the community through educating seniors and by advising government.
- Our Senior Friendly™ programs are designed to help communities become age-friendly and enjoy a high quality of life.

Centre for Family Literacy

11642 142 St. NW T5M 1V4

Phone: 780.421.7323

Email: info@famlit.ca

www.famlit.ca

- One-on-one tutoring for adults seeking assistance in basic reading, writing and math.
- Group classes for adults seeking assistance in basic read, writing, and oral language skills.
- Volunteer opportunities as adult tutors or to work in family literacy programs.

Community Adult Learning Councils

Many courses and programs are offered for seniors through councils in Edmonton and area. Call these organizations directly for information:

CALLS - Community Adult Learning & Literacy Society Fort Saskatchewan & Strathcona County

Strathcona County and Fort Saskatchewan

Phone: 780.464.8441

Email: CALLS.Coordinator@gmail.com

www.whatdidyoulearntoday.ca

- Adult education – part-time, non-credit, low cost
- Learn English, reading, writing, math, and computers

Edmonton Community Adult Learning Association

103-4207 98 St. T6E 5R7

Phone: 780.415.5520

Email: info@ecala.org

www.ecala.org

- We are an Edmonton based adult community learning association, with a mandate to help individuals access non-credit educational opportunities throughout our city.

- ECALA empowers adult learners to benefit from accessible foundational learning opportunities.

St. Albert Further Education Association

Phone: 780.460.2207

Email: furthered@shaw.ca

www.stalbertfurthered.com

- Adult Education Classes. Computer, English, French, Spanish, Photography, Arthritis and Chronic Pain, Literacy, Career Preparation.
- Watch for our Course Calendar in the St. Albert Gazette and online, 3 times/year.

Edmonton Lifelong Learners Association (ELLA)

Phone: 780.492.5055

Email: exella@ualberta.ca

- ELLA partners with the U of A, Faculty of Extension to offer learning opportunities to adults 50+.
 - Spring Session offers non-credit liberal arts, fine arts, science and wellness courses.
 - There are no prerequisites, home-work or exams. Registration is affordable and bursaries are available.
- For more info go to www.my-ella.com

Metro Continuing Education

Edmonton Public Schools

7835 76 Ave NW T6C 2N1

Phone: 780.428.1111

Email: metro@epsb.ca

www.metrocontinuingeducation.ca

- Metro Continuing Education offers hundreds of personal enrichment courses including Art, Fitness, Computer Training and more.
- Classes are offered in daytime, evening and online formats. whenever is best for you.
- Customers 55+ receive 10% off course prices.

Minerva Learning in Retirement

MacEwan University

Alberta College Campus, School of
Continuing Education

10050 MacDonald Drive NW T5J 2B7

Phone: 780.497.5082

Email: minerva@macewan.ca

www.MacEwan.ca/SCE

- Minerva offers learning opportunities for adults ages 50+.
- Learning activities include a variety of courses on culture, history, writing and health & wellness.
- Also offers presentations and special events.

N.A.I.T.

11762 106 St. NW T5G 2R1

Phone: 780.471.6248

Email: asknait@nait.ca

www.nait.ca

- Wide variety of technical, business, health and trade programs.
- Upgrading and English as a Second Language training.
- Full-time, part-time and distance learning options.
- Extensive range of continuing education, including general interest and recreational courses.

BEING CONNECTED TO
OUR COMMUNITY CAN
HELP US STAY HEALTHY
AND HAPPY.

Interested
in getting
involved?

WE CAN HELP!

CALL
587.773.1764

sage
Sage Seniors Association

Chapter Contents

- Elder Abuse
- Crisis Information
- Crisis Services
- Other Services & Information
- Safe Accommodations

The following information and resources are for older adults experiencing abuse or those concerned about a senior.

ELDER ABUSE

Elder abuse is defined as any action or inaction by a person(s) in a trusting relationship that jeopardizes the health or well-being of an older adult. It includes denial of an older adult's fundamental rights, and neglect (active or passive) by a caregiver. It can take many forms including: financial, physical, emotional, sexual, and spiritual.

An abuser can be anyone, but most often it is a family member or partner. Abusers can also be friends or caregivers. They are most often close enough to have influence or control over the victim. Abuse includes using name calling, threats, yelling, put-downs, and physical intimidation to control the senior's actions or decisions. It also includes taking money or possessions without permission, and using coercion to have a senior sign documents. In many cases, older adults feel they have to give in or agree to something in order to avoid escalation or to ensure their safety. Sometimes abuse can unintentionally occur due to

caregiver stress. With additional supports for the older adult and the caregiver, some of this stress can be relieved. Victims include both males and females from every income level and culture, as well as people in both good and poor health.

Signs of abuse

Older adults being abused may become withdrawn, depressed, and isolated. They may have financial difficulty, unexplained injuries, anxiety, or difficulty sleeping. They may have changes in hygiene, nutrition, or medication. They may experience diminishing self-esteem.

Some effects of abuse

Abused or neglected older adults have a 200% increased risk of early death. The stress of living in an abusive situation shortens an older person's life by several years on average. Living with abuse and neglect can also significantly increase the person's chances of becoming ill, or may make other health problems worse. Up to 6% of abused older adults become severely depressed.

www.seniors.alberta.ca/services/

Overlooking warning signs

Sometimes signs of abuse are mistaken as a part of growing older, or may look like other health conditions. For example: mental confusion, depression, or anxiety resulting from abuse or neglect may look like dementia. People may not realize that sometimes older adults are experiencing frequent falls or have long-term pain because they are being abused or neglected. Ageism can also play a factor in why these warning signs are overlooked. Ageism is a social attitude and a way of looking at older people that stereotypes them.

For example, often in situations of abuse, older people aren't taken seriously because they are viewed as being forgetful and seen as complainers. It is estimated that between 4 and 10 percent of older adults in Canada experience some type of abuse or neglect from someone they trust or rely on (Public Health Agency of Canada, www.publichealth.gc.ca, 2010).

CRISIS INFORMATION

Seniors' Abuse Helpline

Canadian Mental Health Association - Edmonton Region

Phone: 780.454.8888

Offers a 24-hour telephone line providing confidential listening and support for those experiencing or dealing with seniors' abuse.

Alberta Family Violence Information Line

Toll-free phone: 310.1818

www.seniors.alberta.ca/seniors/elder-abuse-resources.html

Trained staff are available to provide advice and support to individuals and families 24-hours a day, seven days a week, in more than 170 languages.

211 Edmonton and Area Community Information & Referral

Canadian Mental Health Association - Edmonton Region

Phone: 211

www.ab.211.ca

Provides information and referrals to seniors living in Edmonton, Parkland County and Leduc County.

Outside of these areas call:

780.482.INFO (4636)

TTY access 780.482.7273

Strathcona County Elder Abuse Response Network

Phone: 780.464.4044

Help Line (24 hours) Phone: 780.464.7233
www.strathcona.ca/seniors

- Offers a 24 hour telephone line providing confidential support for those experiencing elder abuse or dealing with senior's abuse. If you are concerned about the well-being of a senior in Strathcona County, please call in confidence.

See **EMERGENCY, HEALTH & WELLBEING – Counselling, HELP AT HOME – Home Services, HELP AT HOME – Outreach** for Strathcona County resources.

CRISIS SERVICES

EARS (Elder Abuse Resource and Supports)

Children, Family, and Community Service
10320 146 St. NW T5N 3A2

Phone: 780.471.1122

Email: info@cssalberta.ca

www.cssalberta.ca

- Services for seniors (ages 65+) who have questions or concerns about elder abuse.
- Can assist in developing safety plans, protection orders, court processes and referrals to community resources.
- Offers family/professional case conferences to work through issues of abuse that impact the senior's well-being.
- Provides case consultation to other professionals who are concerned about a senior they are working with.

Emergency Protection Order Program

Legal Aid Alberta - Family Law Office

Phone: 780.422.9222

- Helps victims of family violence by providing information and lawyers that can help obtain and confirm protection orders.
- Provides ongoing information, risk assessments, and safety plans to victims of family violence.
- This program is free and there are no eligibility requirements.

Family Violence Prevention Centre

Edmonton John Howard Society

Phone: 780.423.1635

www.johnhoward.org

- Free confidential services to individuals impacted by family violence. Provides ongoing emotional and practical supports.
 - Client-centered, culturally sensitive, and conscious of the needs of diverse groups. Uses risk management tools & safety plans. Offers court preparation through the domestic violence court process.
- Services are offered in various languages.

See also Domestic Violence Complainant Assistance Program in
LEGAL INFORMATION – Legal Resources

Seniors Protection Partnership

Children, Family, and Community Service
10320 146 St. NW T5N 3A2

Phone: 780.471.1122

Elder Abuse Intake Line: 780.477.2929

www.cssalberta.ca

- For seniors (ages 65+) who are at high risk of abuse or are experiencing abuse from a family member or unrelated caregiver.
- The partnership is made up through a collaborative effort between City of Edmonton Community Services, the Edmonton Police Service, Catholic Social Services and Covenant Health – Community Geriatric Psychiatry.
- If you suspect a criminal offence has occurred and a police investigation is needed, call the Edmonton Police Service Complaint Line at 780.423.4567 or in an emergency call 911.

OTHER SERVICES & INFORMATION

Alberta Elder Abuse Awareness Council (AEAAC)

Phone: 780.392.3267

Email: councilspecialist@gmail.com

www.albertaelderabuse.ca

A network of Albertans dedicated to increasing awareness and supporting a community response to elder abuse.

- AEAAC is a province-wide network of professionals, represented by communities across Alberta
- Promoting the well-being of older adults, working to increase community awareness, developing resources to address elder abuse, and strengthening the right to safety, respect and dignity.

See HEALTH & WELLBEING –
Counselling for support groups

Alberta Seniors and Housing

Phone: 1.877.644.9992

Edmonton Area: 780.644.9992

www.seniors-housing.alberta.ca/seniors/elder-abuse.html

- Addressing Elder Abuse in Alberta: A Strategy for Collective Action provides a plan for how the government, community partners, and all Albertans, work together to prevent and address elder abuse.
- The Strategy identifies goals and associated outcomes in four key areas: raising awareness, skilled service providers, coordinated community response, and protective laws and policies.
- Please call or visit the website for more information on resources such as videos, print materials, and community resources.

Bullying Helpline

Toll Free Phone: 1.888.456.2323

www.humanservices.alberta.ca/abuse-bullying.html

Trained staff are available to provide advice and support to individuals and families 24 hours a day, seven days a week, in more than 170 languages.

211 Edmonton and Area Community Information & Referral Health and Social Services

Phone 211

Free short-term counselling and individual assistance; support groups for men, women, and seniors; including Relationships With Your Adult Children (see listing next page) and support groups for people experiencing family violence. Information and referrals are also available.

Health Link (Edmonton Area)

Phone: **811**

Email: healthlink@albertahealthservices.ca

www.MyHealth.Alberta.ca

- Health advice and information provided by registered nurses 24 hrs a day, 7 days a week.
- Health Link Alberta also provides comprehensive information on services offered by Alberta Health Services (Edmonton Zone) and can direct you to the most appropriate hospital or community services and programs.

Multicultural Women and Senior Services Association (MWSSA)

329 Woodvale Road W T6L 3Z7

Phone: 780.465.2992

Email: info@mwssa.org

www.mwssa.org

Hours of operation: Mon-Fri 9am-4:30 pm

We provide the following services:

- Prevention and responding to family violence: Help victims to navigate the system (walk with client to services needed if required, legal aid, court, housing etc.); One-on-one support, outreach services
- Referrals to counselors, spiritual leaders & other service providers; Translation services in Urdu, Hindi, Punjabi
- Risk management/safety planning; Education, Workshops (e.g. communicating through conflict, meditation, anger management, dealing with difficult people, financial literacy, etc.

Office of the Public Guardian and Trustee

Guardianship services: 780.427.0017

Trusteeship services: 780.427.2744

See complete listing under **LEGAL INFORMATION - Legal Information on Personal Decision-Making**

Protection for Persons in Care (PPC)

Phone: 1.888.357.9339

Email: health.ppc@gov.ab.ca

www.health.alberta.ca/services/protection-persons-care.html

- PPC responds to reports of abuse or safety concerns involving adults receiving government-funded care or support services in settings such as nursing homes, hospitals, seniors' lodges, group homes, shelters, mental health and addiction treatment facilities, PDD and supportive living settings.
- Every individual is required to report abuse to PPC or to police. PPC reviews all reports received and investigates if necessary.
- If the adult is in immediate danger, call the police.

Public Health Agency of Canada

Toll-Free Phone: 1.866.225.0709

TTY: 1.800.267.1245

- Information on elder abuse.

See **SENIORS' INFORMATION SERVICES – Consumer Resources** for complete listing.

Relationships With Your Adult Children

City of Edmonton and Community Partners

Phone: 780.496.4777

- A group for women and men, 60 years of age and older, having relationship challenges with their adult children and wanting to make changes.
- A place where you can feel less alone; be heard and understood; know what you say is confidential; find some solutions
- 8-10 week structured groups at various locations.

Seniors Information Phone Line Phone 211

Simply call 2-1-1 to be connected to information and referrals for a variety of seniors resources.

SAFE ACCOMMODATIONS

A Safe Place

Phone: 780.464.7233

Email: sssltd@shaw.ca

www.asafeplace.ca

The purpose of A Safe Place is to provide crisis intervention in the form of a safe shelter and supportive counseling for women and their children experiencing domestic violence.

Hope Mission – Edmonton

9908 106 Ave

Phone: 780.422.2018

Email: reception@hopemission.com

www.hopemission.com

Hours of Operation: Office 9am-5pm / Shelter services 24/7

Offers shelter to men and women 16

years of age and older 24 hours a day.

- Offers 3 meals/day to the community
Mon-Fri Breakfast 7:30am–8:15am, Lunch 12pm–12:45pm, Supper 5pm–5:45pm.
On Weekends and holidays there is brunch at 10:45am–11:30am and supper 4:15pm–5pm
- Residential addiction treatment for men and women. Call for application.
- Medical Centre Monday–Friday 9am–4pm
Family Doctor, Psychiatrist, Acupuncturist.
- Operates Rescue vans which are dispatched by dialing 211 press 3 to help men and women who are in need of non-medical help

Lurana Shelter

Phone: 780.424.5875

Email: info@luranashelter.com
www.luranashelter.com

- Lurana Shelter Society is a Women's Emergency Shelter and registered, charitable organization serving victims of domestic violence in Edmonton, Alberta and surrounding area.
- We strive to provide abused women and children with every necessary support to permanently break free from the cycle of family violence.

Sage Seniors' Safe House

Phone: 780.702.1520

Temporary accommodation specifically for older adults (ages 60+) who are needing safety due to an abusive situation. Staff is available on site to provide support and information about community resources, safety planning, financial benefits, and more.

WIN House

Phone: 780.479.0058

Email: info@winhouse.org
www.winhouse.org

- WIN House offers a 24-hour support and information line
- Crisis intervention, information about abuse and safety planning
- Emergency shelter and necessities for women with or without children.

Women's Shelters Canada - ShelterSafe.ca

1501-85 Albert St. **Ottawa** ON K1P 6A4

Phone: 613.680.5119

Email: info@endvaw.ca

www.sheltersafe.ca / www.endvaw.ca

Office hours: Mon-Fri 9am–5pm;
sheltersafe: 24/7

- We are the national organization of women's shelters, working as a unified voice for systemic change to end violence against women
- **Sheltersafe.ca** is an online clickable map that quickly connects women experiencing abuse to the closest shelter that can offer safety, support, and hope, any time of day or night
- Women do not need to stay in shelter to receive services such as counselling

Alberta Council of Women's Shelters

320-10310 Jasper Ave. NW T5J 2W4

Phone: 780.456.7000

Toll-Free: 1.866.331.3933

Email: Voice@acws.ca

www.acws.ca

- Two member sheltering organizations provide services to older adults
- Sage Senior's Safe House in Edmonton, Kerby Rotary Shelter in Calgary
- **Find a shelter near you at:**
www.acws.ca/shelters

Chapter Contents

- Planned Giving
- What To Do When Someone Dies
- Funeral Services & Cemeteries
- Bereavement Support

PLANNED GIVING

Every day, people are helped and lives are enriched by the work of registered charities and foundations, and other not-for-profit organizations in our communities. Financial assistance is essential to support and sustain charitable work. Many people generously give their money, time, and energy to their local not-for-profit organizations and are unaware that by leaving a gift in their will or estate plan to the charitable groups of their choice, they can continue to help people in need or promote a favourite cause.

Surprisingly, a gift can also be a very practical addition to a financial or estate plan when tax issues are taken into consideration – even for those who think they may not have tax issues. In most cases, the tax burden left to relatives is lifted significantly. Your financial advisor can provide guidance on how giving may actually benefit your family after you're gone.

By leaving a gift in your memory, you are making a significant contribution to the future sustainability of those charitable and not-for-profit organizations that you value most.

Things You Can Do Today to Leave a Legacy of Life

- Prepare a will
- Choose your charity
- Name an alternate beneficiary
- Consider memorial gifts
- Ask your legal or financial advisor for advice

Contact **Sage Seniors Association** to discuss this giving option.
Phone: 780.701.9012
Email: nsmith@MySage.ca

Responsible *stewardship.*

We are comforted knowing our endowment with Edmonton Community Foundation is professionally managed. The proceeds will always be directed to specific causes we have identified.

This is important to our family.

Salma & Dr. Zaheer Lakhani



Give. Grow. Transform.

Call 780-426-0015 or visit our website www.ecfoundation.org

**EDMONTON
COMMUNITY
FOUNDATION**

Sage Seniors Association

Sage delivers several social programs for at-risk and vulnerable seniors. These programs are made possible in part due to gifts made in people's estates. Please consider Sage and seniors in need when contemplating your gift planning. www.mysage.ca/supporting-sage/donate/planned-giving

Edmonton Community Foundation

Contact: Donor Services
9910 103 St. NW T5K 2V7
Phone: 780.426.0015
Email: info@ecfoundation.org
www.ecfoundation.org

- Edmonton Community Foundation (ECF) can help you transform your dreams of helping others into reality.
- ECF invests donations and uses the interest to create legacies that support the arts and health, community and social services, education and

learning, recreation and leisure, and the environment.

- Funds can be created now, over time, or through will bequests.

University Hospital Foundation

1H1.91 WMC 8440 112 St. NW T6G 2B7

Phone: 780.407.7007

Email: uhfoundation@ahs.ca

www.universityhospitalfoundation.ab.ca

- The University Hospital Foundation believes every donation has the power to make a difference. Through your generous support you play a pivotal role on the health care team.
- We ask for your generosity to ensure that our patients have access to the highest level of care – the best and brightest minds, leading edge technology and the latest research – when they need it most.
- For more information, please visit: www.universityhospitalfoundation.ab.ca

Leave a legacy of care

Make a decision today to change lives tomorrow. Through a gift in your will, you can help advance patient care, innovation and research for generations to come.

To learn more about supporting the University Hospital Foundation, contact Jeremiah Woods at 780.407.7490 or jeremiah.woods@ahs.ca.

GivetoUHF.ca



WHAT TO DO WHEN SOMEONE DIES: A CHECK LIST

When someone dies there are a number of agencies, businesses, and government departments you may need to contact to let them know the person is deceased. Even if the deceased person was considered to be low income, many of the following resources need to be contacted and informed of the date of death.

Who should do the work?

- ☐ Are you the legal representative? Yes if:
 - You are named as the executor in the will;
 - You are appointed as the administrator of the estate by a court; or
 - You are the liquidator for an estate in Québec;
- ☐ If you are not a legal representative, the responsibility goes to a surviving family member, in order of priority:
 - spouse, child, child's parent, sibling, grandchild, nephew or niece, other relative solely remaining after deceased.

Who to contact *AFTER* someone dies

INCOME TAX

What should you do first?

Inform **Canada Revenue Agency (CRA)** of a death at 1.800.959.8281

- More information is available on the CRA website canada.ca/taxes-deceased. Information Sheet RC4111, What to Do Following a Death

What to Do Following a Death

- ☐ Arrangements must be made with CRA if the deceased was receiving the following benefits: Goods and Services Tax Credit (GSTC); Canada Child Benefit (CCB) for a child; Working Income Tax Benefit (WITB) for a child.
- Arrangements should be made with CRA to transfer benefits.
- ☐ The legal representative or surviving family member has responsibilities under the Income Tax Act, and may need information from the deceased person's tax records. The information can be obtained by providing CRA with a copy of the deceased's death certificate, social insurance number and a complete copy of the will, or another legal document, such as a grant of probate or letters of administration showing that you are the legal representative. The legal representative's address is also needed for all correspondence with the tax service centre.
- You may wish to appoint an authorized representative to deal with the CRA for tax matters on your behalf. You may do so by completing Form T1013, Authorizing or Cancelling a Representative.
- Death outside of Canada – contact the Canadian Consulate Office for assistance.

TLC Transitions

Estate, Home Org
& Relocation
assistance



780 419-4673

tlctransitions@shaw.ca

Centaur Moving & Deliveries



780 220-6684

steve@centaurmoving.net

PENSIONS

Service Canada

CALL for service in English: 1.800.277.9914

- ❑ Inform Service Canada of a death to cancel Old Age Security (OAS) and/or Canada Pension Plan (CPP).
- ❑ Contact Service Canada at 1.800.622.6232 for information on Survivor and Death benefits. Link to What to do following a Death at: www.servicecanada.gc.ca/eng/lifeevents/loss.shtml

See **SENIORS' INFORMATION SERVICES - Consumer Resources** for complete listing.

Alberta Seniors Benefit

10405 Jasper Ave. NW T5J 4R7

Phone: 780.644.9992

Toll Free: 1.877.644.9992

www.alberta.ca/ministry-seniors-housing.aspx

- Give the name and Personal Health Number of the deceased and the date of death. Benefits will be cancelled the month following the senior's passing.
- Publishes "Saying Farewell Handbook" - A guide to assist you with the death and dying process.

Employment Insurance

Phone: 1.800.206.7218

After hearing the recorded message options, press Zero (0) to speak to a live operator during business hours. Business hours are 8:30 am - 4:30 pm local time.

- ❑ Give the deceased person's name, Social Insurance Number and four-digit Employment Insurance access code.

VETERANS

Veterans Affairs Canada

Anciens Combattants Canada

Phone: 1.866.522.2122 (English)

Téléphone: 1.866.522.2022 (Français)

If the deceased was a Veteran and received benefits or support services, contact Veterans Affairs Canada. See **FINANCE-Federal Financial Programs & Benefits** for complete listing.

Si la personne décédée était un ancien combattant qui touchait des prestations ou bénéficiait de services de soutien, communiquez avec ACC. Voir **FINANCE-Federal Financial Programs & Benefits** pour obtenir les données d'ACC.

Last Post Fund

Toll Free: 1.800.465.7113

Email: info@lastpost.ca

www.lastpostfund.ca

Some veterans may be eligible for assistance with funeral costs.

See **FINANCE-Federal Financial Programs & Benefits** for complete listing.

INSURANCE

- ❑ If you are not able to identify the source company of an insurance policy or cannot find the policy or policies of the deceased, the organization below may be able to assist in having a policy search conducted to locate any life insurance coverage that may have been misplaced over time.

OmbudService for Life & Health Insurance (OLHI)

Toll Free: 1.888.295.8112

- OLHI assists any consumer who has a concern or complaint about a Canadian life and health insurance product or service

- OLHI provides general consumer information on life and health insurance products and services
- Under certain circumstances, OLHI may ask insurance companies to undertake a policy search for possible insurance coverages on a deceased's life.

See **SENIORS' INFORMATION SERVICES-Consumer Resources** for complete listing.

Funeral Benefit

Phone: 780-638-4443

Toll-free outside Edmonton: 1-855-638-4443

email: CSS.FuneralBenefits@gov.ab.ca

- Alberta's funeral benefit ensures deceased persons are given a proper burial or cremation when their estate or responsible survivors are unable to pay for funeral services.
- Approved funeral homes in Alberta offer these services. Contact the Alberta Supports Contact Centre to find out more about the funeral benefit and approved funeral homes.

CREDIT CARDS

❑ These should be cancelled with the credit card issuers and the cards should be destroyed (unless they are in the survivor's name as well).

BANKS/SAFETY DEPOSIT BOXES

❑ The executor and/or the survivor needs to notify the bank and arrange closing of accounts or updating of names on accounts.

❑ The bank will require a copy of the will & the deceased person's death certificate.

❑ If cheques were deposited directly into a bank account, the issuers may not have the correct address of the deceased and must be informed about the person's death.

HEALTH

Alberta Health

Mailing Address: PO Box 1360, Stn Main
Edmonton AB T5J 2N3

Phone: 780.427.1432

Toll Free: outside Edmonton dial 310.0000,
then 780.427.1432

Email: health.ahcipmail@gov.ab.ca

www.health.alberta.ca

- Notify Alberta Health when an individual on your Alberta Health Care Insurance Plan (AHCIP) account is deceased.
- Alberta Health will cancel the coverage for the deceased person and ensure AHCIP coverage remains in place for any surviving family members.

Alberta Blue Cross Plan

10009 108 St. T5J 3C5

Phone: 780.498.8000

- If the survivor is over 65, a new card will be issued. If the survivor is under 65, he/she will pay a monthly fee to continue with the service if desired.

HOME

If the deceased's name is on the title of property or a home contact:

Land Titles

Phone: 780.427.2742

Email: lto@gov.ab.ca

www.servicealberta.ca

- Have the name on the title changed.
- Obtain documentation to change a title.

See **HOUSING – Housing Resources & Helplines** for more information.

TELEPHONE

❑ If the survivor is a widow and feels it is necessary for her confidence or safety, the telephone may be retained in the husband's name or she may wish to use her initials.

VEHICLE

❑ If a vehicle was registered in the name of the deceased, contact the **Service Alberta Contact Centre** at 780.427.7013. Parking placards may be cancelled at any Registries office.

❑ Ensure that the name of the deceased is removed from any car insurance policies by contacting the insurance company.

❑ The driver's license or identification card of the deceased should be taken to your local Registries agent, together with a copy of the death certificate or a Funeral Director's statement.

ESTATE

❑ The survivor should notify the executor who will arrange for the will to be processed.

❑ If probate is needed, the executor will arrange with a lawyer for this to be done, but the survivor should gather all the necessary papers/documents together including the will.

DEATH CERTIFICATE

❑ All of the above actions require proof of death. The funeral home will provide you with a free death certificate that will be acceptable in most circumstances.

Work closely with the Executor, who may undertake most of these tasks.

FUNERAL SERVICES & CEMETERIES

Alberta Funeral Services Regulatory Board

180, 2755 Broadmoor Blvd

Sherwood Park, T8H 2W7

Phone: 780.452.6130

Email: office@afsrab.ab.ca

- We provide information about funeral planning to the public. Call us for your free copy of the Funeral Planning in Alberta booklet.
- We investigate complaints about funeral services.
- Visit www.AFSRB.ab.ca for a complete list of all licensed funeral services businesses in Alberta

Leave a
Legacy
of Life

sage



For information on how your PLANNED GIVING can help us inspire and support seniors to be the best they can be:

Contact Sage 780.423.5510
visit www.mysage.ca and click on "Support Us"

Connelly-McKinley Funeral Homes

www.connelly-mckinley.com

Downtown Location:

10014 114 St. T5K 1R5

Phone: 780.422.2222

Hours of Operation:

Mon-Sat 8am-5pm, Sun 9am-5pm

Statutory Holidays 10am-4pm

South Edmonton Location:

4820 Meridian Street T6P 1R6

Phone 780.468.2222

Hours of Operation: Mon-Fri 9am-4:30pm

Saturday, Sunday and Statutory Holidays

by Appointment

St. Albert Location:

9 Muir Drive T8N 1G1

Phone 780.458.2222

Hours of Operation:

Mon-Fri 9am-5pm, Sat 10am-4pm

Sundays and Statutory Holidays by

Appointment

- All locations offer spacious Chapel and Reception Facilities
- Convenient Parking
- Crematorium on site (Edm South)
- Serving All Faiths
- Unique, affordable service options
- Customized Prearrangement Plans
- Comprehensive Aftercare Services
- Repatriation Plans for Travellers
- Committed to serving families with exceptional service and attention to every detail
- 100% Service Guarantee



Connelly-McKinley Funeral Home Reception Center & Crematorium

Proudly Family Owned & Serving the Community Since 1908

24 hrs 780-422-2222

*Serving All Faiths *100% Service Guarantee *Funeral Director's Assistance 24 hours/day

*Complete Personalized Funeral & Cremation Arrangements in our Offices or Your Home

*Away From Home Travel Protection *Professional Aftercare Consultants

*Concierge Services for Out of Town Guests

**CALL TODAY FOR A PERSONAL NO COST, NO OBLIGATION PERSONAL CONSULTATION
TO RECEIVE OUR EMERGENCY GRAB n' GO KIT AND OUR PERSONAL PLANNING ORGANIZER**

Committed to the Highest Standard of Service & Care

THREE CONVENIENT LOCATIONS TO SERVE YOU

10011 - 114 Street, Edmonton, AB..... 780-422-2222

9 Muir Drive, St. Albert, AB..... 780-458-2222

4820 Meridian Street, Edmonton, AB..... 780-468-2222

www.connelly-mckinley.com

Evergreen Memorial Gardens

16102 Fort Rd. NW T5Y 6A2

Phone: 780.472.9007

Toll Free: 1.800.663.1820

Email: bhatton@arbormemorial.com

www.evergreenmemorial.com

- With a funeral home and cemetery at one location, your planning process becomes easier. There is no need for a long procession between facilities, so your family and guests have more quality time to connect. Plan today.

The Memorial Society of Edmonton & District

1108 (Bsm't.) - 10235 124 St. NW T5N 1P9

Phone: 780.944.0196

Email: info@memorialsocietyedmonton.ca

www.memorialsocietyedmonton.ca

Hours of Operation:

Call for office hours information

- The memorial Society of Edmonton and District, founded in 1957, is a non-profit, non-sectarian society of like-minded individuals from all walks of life who believe in preplanning dignified final arrangements at a reasonable cost.

Park Memorial Funeral Home & Crematorium

9709 111 Ave. T5G 0B2

Phone: 780.426.0050

Email: info@parkmemorial.com

www.parkmemorial.com

Hours of Operation: Mon-Fri 8:30am–9pm,
Sat 8:30am–5pm, Sun 12pm–9pm

- Our family owned and operated funeral home proudly serves all faiths and customs, offering a full range of services and products, specializing in both highly personalized and traditional services.
- For your family's convenience, Park Memorial has an on-site chapel, crematorium, reception centre and pre-arrangement facilities.



Park Memorial Ltd.
Funeral Home & Crematorium

A Family Owned & Operated Funeral Home Since 1941

Licensed Funeral Directors and Embalmers

Edmonton: 9709 – 111 Avenue

24 Hours: 780-426-0050

Toll Free: 1-877-426-0050



Funerals & Pre-arrangements

Whether preplanning for peace of mind or celebrating the life of your loved one, we are honored to assist in your time of need.

Visit us online: www.parkmemorial.com • Visit us in person: Edmonton | Lamont | Mayerthorpe | Smoky Lake | Vegreville

When it comes to cemetery services, you have options.

City of Edmonton Municipal Cemeteries offer a variety of products and services — from traditional and garden burials, to cremation and tributes. Our seven picturesque municipal cemeteries serve to honour you and your loved ones in a peaceful, protected environment.

It's never too early to make arrangements. Explore your options at edmonton.ca/cemeteries or contact us at 780.442.0974 cemetery@edmonton.ca

**Municipal
Cemeteries**

Edmonton

BEREAVEMENT SUPPORT

Suicide Crisis Support Services Canadian Mental Health Association - Edmonton Region

Suicide Bereavement Support Services
780.414.6300

Provides support to anyone who is grieving a loss to suicide. Services include support groups for adults who have experienced loss to suicide. Debriefings are also provided for schools, agencies, community groups or businesses after a suicide.

See also **SENIORS' INFORMATION SERVICES**
– Seniors' Services Organizations

Suicide Caregiver Support Services

See **HEALTH & WELLBEING** – Caregiver Support

Stony Plain Family & Community Support Services & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave
Phone: 780.963.8583

Email: pfcss@stonyplain.com

www.stonyplain.com/fcss

- The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the wellbeing of individuals, families and the community.
- Caring Friends is a confidential and informal (drop in) bereavement support group led by trained bereavement counsellors.

Chapter Contents

- **Federal Financial Programs & Benefits**
- **Provincial Financial Programs & Benefits**
- **Income Tax**
- **Credit and Debt Management**
- **Financial Services**
- **What To Do When You Turn 65**

FEDERAL FINANCIAL PROGRAMS & BENEFITS

Service Canada – Pensions

CALL For service in English: 1.800.277.9914

TTY: 1.800.255.4786

www.servicecanada.gc.ca

VISIT a Service Canada Centre

- Get information about financial benefits for seniors from the Government of Canada, including Canada Pension Plan (CPP), Old Age Security (OAS) and Guaranteed Income Supplement (GIS).

Canada Pension Plan (CPP)

Retirement Pension – You may qualify for a CPP retirement pension if you worked, you have made at least one valid contribution (payment) to the CPP, and you are at least 60 years old. Although the CPP retirement pension was originally intended to start the month after your 65th birthday, you can begin receiving your CPP retirement pension any time after age 60. You do not have to stop working to receive your retirement

pension. Your monthly payment is smaller if you begin receiving it before age 65, and larger if you take it after age 65.

Canada Pension Plan and Old Age Security contact centre:

Phone Toll-Free: 1.800.277.9914

TTY: 1.800.255.4786

Callers outside Canada and the United States can call collect: 613.957.1954

Mon-Fri 8:30am-4:30pm Eastern Standard Time.

Disability Benefit - The Canada Pension

Plan (CPP) disability benefit is a monthly payment. It is available to people who contributed recently to the CPP while they worked, and then became unable to work at any job on a regular basis because of a disability. The primary purpose is to replace a portion of employment earnings for people who recently paid into the CPP. There are also benefits for children if at least one parent qualifies for the CPP disability benefit.

Survivor Benefits

- **Death Benefit:** a one-time payment to, or on behalf of, the estate of a deceased CPP contributor.
- **Survivor's Pension:** a monthly pension paid to the survivor of a deceased CPP contributor.
- **Children's Benefits:** a monthly benefit for dependent children of a deceased CPP contributor.

Federal Service Centres

Service Canada

To find a Service Canada office near you:

CALL 1 800 O CANADA

1.800.622.6232

Old Age Security (OAS)

Old Age Security (OAS) Pension - The OAS Pension is a monthly benefit available to most Canadians 65 years of age and over, and who have lived in Canada for a minimum of 10 years. You may need to apply to receive this benefit.

Canada Pension Plan and Old Age Security contact centre:

Phone Toll-Free: 1.800.277.9914

TTY: 1.800.255.4786

Callers outside Canada and the United States can call collect: 613.957.1954
Mon-Fri 8:30am-4:30pm Eastern Standard Time.

Guaranteed Income Supplement - The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to low-income Old Age Security (OAS) recipients living in Canada.

Allowance - The Allowance is a monthly benefit for low-income seniors (aged 60 - 64) whose spouse or common-law partner is eligible for, or currently receiving, the Old Age Security (OAS) pension and the Guaranteed Income Supplement (GIS).

Allowance for the Survivor - The Allowance for the Survivor Program provides a monthly non-taxable benefit to low-income widowed spouses who are not yet eligible for the Old Age Security (OAS) pension.

Pensions from Other Countries

Canada has international social security agreements with a number of countries that offer comparable pension programs. These programs pay benefits when you

retire, or if you become disabled or die. Social security agreements help people receive the benefits to which they are entitled.

- If you have lived or worked in another country, you may be eligible for social security benefits, either from that country or from Canada.
- If you need more information on Canada's International Social Security Agreements, please contact:
International Operations
Service Canada
Ottawa ON K1A 0L4
- If you live in Canada or the United States, you can also contact Service Canada, toll-free in English or in French at 1.800.454.8731
(TTY: 1.800.255.4786)

Veterans Affairs Canada Anciens Combattants Canada

940 Canada Place

9700 Jasper Ave. NW T5J 4C3

Phone: 1.866.522.2122 (English)

Téléphone: 1.866.522.2022 (Français)

Email/Courriel:

vac.information.acc@canada.ca

www.veterans.gc.ca

- Benefits for Veterans, still-serving CF and RCMP members, and dependants, include Financial & Health Benefits and Veterans Independence Program.
- Les avantages financiers et médicaux et le Programme pour l'autonomie des anciens combattants sont offerts aux anciens combattants, aux membres actifs des FC et de la GRC et aux personnes à charge.

Last Post Fund

Toll Free: 1.800.465.7113

Email: info@lastpost.ca

www.lastpostfund.ca

- Non-profit organization providing funeral and burial benefits for eligible veterans (Canadian and Allied) and retired military personnel in receipt of a disability pension from Veterans Affairs Canada.

PROVINCIAL FINANCIAL PROGRAMS & BENEFITS

Alberta Aids to Daily Living (AADL)

Phone: 780.427.0731

www.health.alberta.ca/services/aids-to-daily-living.html

For complete listing see **HEALTH & WELLBEING - Alberta Aids to Daily Living - Alberta Health**

Alberta Blue Cross Coverage for Seniors

Phone: 1.800.661.6995

<http://www.health.alberta.ca/services/drugs-seniors.html>

Provides premium-free Blue Cross coverage for seniors and their eligible dependents for specific health-related benefits. Coverage includes prescription drugs listed on the Alberta Drug Benefit List, supplies for insulin dependent diabetics, ambulance services, clinical psychological services, home nursing care and chiropractic services. Seniors may be responsible for a portion of the cost of these health benefits. Seventy per cent of prescription drug costs are covered, and seniors pay a maximum of \$25 per prescription or refill.

Alberta Seniors Benefit

Phone: 780.644.9992

Toll-free: 1.877.644.9992

www.alberta.ca/ministry-seniors-housing.aspx

- The Alberta Seniors Benefit program is based on income and provides a monthly benefit to eligible seniors to supplement federal programs, including Old Age Security and Guaranteed Income Supplement.
- To be considered for this benefit, you must submit a Seniors Financial Assistance application. You only need to apply once. This application also automatically enrolls you in the Dental Assistance for Seniors, Optical Assistance for Seniors, and Special Needs Assistance for Seniors programs.
- In general, single seniors with an annual income of \$27,690 or less, and senior couples with a combined annual income of \$44,965 or less, may qualify for the Alberta Seniors Benefit and Special Needs Assistance for Seniors programs.

Dental Assistance for Seniors Program

See **HEALTH & WELLBEING – Health Benefit Plans** for details.

Optical Assistance for Seniors Program

See **HEALTH & WELLBEING – Health Benefit Plans** for details.

Seniors Property Tax Deferral

Phone: 780.644.9992

Toll-free: 1.877.644.9992

Eligible senior homeowners can apply to defer all or part of their annual property taxes through a low-interest home equity loan with the Alberta government. The Alberta government will pay the residential property taxes directly to the municipality on behalf of the homeowner.

In order to qualify, the homeowner must:

- Be 65 years or older
- Be an Alberta resident
- Own a residential property in Alberta
- Have a minimum of 25 per cent equity in the home

The loan is repaid, with interest, when the home is sold, is no longer the primary residence or sooner if the senior so chooses.

Special Needs Assistance

Phone: 780.644.9992

Toll-free: 1.877.644.9992

The Special Needs Assistance for Seniors (SNA) program provides financial assistance to eligible low-income seniors with the costs of some appliances, and specific health and personal supports.

Seniors Home Adaptation and Repair Program (SHARP)

Phone: 780.644.9992

Toll-free: 1.877.644.9992

A low interest home equity loan to help seniors finance necessary repairs, adaptations and renovations to their homes. A maximum loan of \$40,000 is available to single seniors and senior couples with an annual total income of \$75,000 or less and who have a minimum 25 per cent home equity.

Assured Income for the Severely Handicapped (AISH)

Community and Social Services

500-12323 Stony Plain Rd. NW T5N 4B4

Phone: 780.415.6300

TTY: 780.427.9999

www.alberta.ca/aish.aspx

- The Alberta Supports Contact Centre is available to answer questions regarding AISH. Call 1.877.644.9992 (toll-free) or 780.644.9992 (Edmonton) to talk to a Services Coordinator or visit www.alberta.ca/alberta-supports.aspx
- The AISH program provides a monthly living allowance, a child benefit, personal benefits and health benefits if you are an adult with a disability that severely limits your ability to earn a living and meet other eligibility criteria. Your disability has to be permanent, i.e. you have exhausted all opportunities for rehabilitation and training.
- If you are receiving or are eligible to receive Old Age Security (OAS) benefits, you are not eligible for AISH.
- As an AISH client, you may be eligible to receive up to a maximum monthly living allowance of \$1,588. The amount you receive will depend on your and your cohabiting partner's income.
- If you are an AISH client and you live in a facility, such as a nursing home, you may be eligible to receive a maximum monthly modified living allowance (Modified AISH) consisting of an accommodation rate plus a maximum personal allowance of \$315. The amount you receive will depend on your and your cohabiting partner's income.
- Your assets and your cohabiting partner's assets must not exceed the

limits allowed under the program.

- AISH may also provide a monthly child benefit of \$100 for each dependent child that resides with you.
- Personal benefits may be provided to you for specific, one-time or ongoing expenses over and above the monthly living allowance or modified living allowance.
- As an AISH client, you, your cohabiting partner and dependent children may also receive health benefits including dental, optical, prescription drugs, essential diabetic supplies, emergency ambulance services and exemption from the Alberta Aids to Daily Living co-payment fee.

Provincial Service Centres

Seniors can access a range of financial and social supports to help with basic living by calling the Alberta Supports Contact Centre or visiting a centre in their area. Please contact each Centre for hours of operation.

Alberta Supports Contact Centre

Phone: 780.644.9992

Toll-free outside Edmonton: 1.877.644.9992

Email: css.ascc@gov.ab.ca

www.alberta.ca/alberta-supports.aspx

Argyll Alberta Supports Centre

6325 Gateway Boulevard NW T6H 5H6

Phone: 780.644.2888

Email: CSS.EdmSouthIS@gov.ab.ca

City Centre Alberta Supports Centre

Main Floor, 10242 105 St. NW T5J 3L5

Phone: 780.644.9992

TTY: 780.427.9999 – Ask to speak to Alberta Supports (Edmonton)

Northgate Alberta Supports Centre

2050-9499 137 Ave T5E 5R8

Phone: 780.422.9440

Email: CSS.EdmNorthIS@gov.ab.ca

Meadowlark Alberta Supports Centre

120 Meadowlark Shopping Centre

15710 87 Ave. NW T5R 5W9

Phone: 780.415.8116

Email: CSS.ABSupportsMeadowlark@gov.ab.ca

Fort Saskatchewan

2nd floor, Fort Saskatchewan Community Hospital

9401 86 Ave.

Fort Saskatchewan AB T8L 0C8

Phone: 780.417.2497

At the Fort Saskatchewan Location individuals are seen by appointment only. Appointments can be made on Tuesday, Wednesday and Thursday.

Leduc Alberta Supports Centre

4901 50 Ave. Leduc AB T9E 6W7

Phone: 780.980.0557

Parkland Alberta Supports Centre

200 Westgrove Professional Building

2nd Floor, 131 1st Ave.

Spruce Grove AB T7X 2Z8

Phone: 780.962.8681

Sherwood Park Alberta Supports Centre

105 Tailor Made Business Centre

85 Cranford Way

Sherwood Park AB T8H 0H9

Phone: 780.464.7000

St. Albert Alberta Supports Centre

Provincial Building

30 Sir Winston Churchill Ave.

St. Albert AB T8N 3A3

Phone: 780.419.3907

INCOME TAX

Canada Revenue Agency (CRA)

Individual Tax Enquiries Phone:

1.800.959.8281

canada.ca/revenue-agency

Register for "My Account," an online service to access your specific tax information.

canada.ca/my-cra-account

Important telephone numbers:

Individual Tax Enquiries: 1.800.959.8281

Benefit and Credits Enquiry Line:

1.800.387.1193

Business Enquiries: 1.800.959.5525

Community Volunteer Income Tax Program (CVITP)

Phone: 211 Seniors Information Phone Line

Need a hand to prepare your income tax? Community organization volunteers can prepare tax returns for low income/simple tax situations. Call the 211

Seniors Information Phone Line for a referral to a clinic near you.

Lend a Hand - Contact a participating CVITP organization to lend a hand or visit canada.ca/taxes-volunteer

See "Income Tax Assistance" next listing

Income Tax Assistance

Tax Preparation at Sage

Sage and other organizations offer income tax assistance in conjunction with the Canada Revenue Agency Community Volunteer Income Tax Program. For up-to-date information on organizations providing this service, call 211 or go to www.211edmonton.com.

During March and April, skilled volunteers at Sage are happy to do income tax preparation for seniors with low incomes. We will also prepare your income tax return throughout the year, if needed. All income tax services at Sage are by appointment only. For more information

about the service, or to make an appointment, call 780.423.5510.

Internal Revenue Service (IRS)–United States

Telephone Assistance for Individuals:

Toll-Free 1.800.829.1040

TTY/TDD for people with hearing impairments: 800.829.4059

Hours of Operation: Mon–Fri 7am–7pm your local time

www.irs.gov/individuals/seniors-retirees

Visit the website for contact phone numbers and phone line hours of operation.

The International Call Centre is operational Monday through Friday, From 6:00 a.m. to 11:00 p.m. (Eastern Time) Tel: 267.941.1000 (not toll free)

CREDIT AND DEBT MANAGEMENT

Money Mentors

175-17010 103 Ave. NW T5S 1K7

Phone: 780.423.2791

Toll Free in Alberta: 1.888.294.0076

Email: info@moneymentors.ca

www.moneymentors.ca

- Exclusive provider of the Orderly Payment of Debts (OPD) program in Alberta, an option to bankruptcy.
- Offer unbiased solutions to provide immediate and long-term relief from financial stress.
- Free financial education ranging from budgeting, tackling debt to preparing for retirement.

FINANCIAL SERVICES

Canadian Government Annuities (CGA)

Phone: 1.800.561.7922

www.servicecanada.gc.ca

- Canadian Government Annuities are no longer available for purchase since 1975.
- For those who still have Annuity contracts and certificates, the Annuities Branch continues to administer those under payment and those due to mature over the next 15 years.

Canadian Retirement Income Calculator

Website: srv111.services.gc.ca/generalinformation/index

- An online calculator developed by the Government of Canada to help you plan for retirement.
- The calculator takes you step by step through developing an estimate on the ongoing income you may receive throughout your retirement, including Old Age Security, Canada Pension Plan or Quebec Pension Plan, employer pension(s), Registered Retirement Savings Plans (RRSPs), and other sources of ongoing income.

Ombudsman for Banking Services and Investments (OBSI)

1505-401 Bay Street, P.O. Box 5

Toronto ON M5H 2Y4

Toll Free: 1.888.451.4519

Email: ombudsman@obsi.ca

www.obsi.ca

- OBSI is Canada's trusted financial dispute resolution provider for consumers with unresolved banking or investment complaints.
- OBSI resolves disputes between participating banking services and investment firms and their customers if they can't solve them on their own and may recommend compensation up to a maximum of \$350,000.
- As a free alternative to the legal system, we work informally and confidentially to ensure Canadians receive fair, impartial outcomes to their financial service complaints.

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial 

WHAT TO DO WHEN YOU TURN 65

6 months before:

☐ Federal Benefits:

- Apply for Old Age Security (OAS), 12 months before for immigrant seniors.
- Apply for Guaranteed Income Supplement (GIS) - Even if you're not eligible now, still apply - you may become eligible in future years.
- Canada Pension Plan (CPP)
Contact: Service Canada at 1.800.277.9914 or www.servicecanada.gc.ca

3 months before:

☐ Provincial Benefits:

A seniors financial assistance package should arrive in the mail 3 months before your 65th birthday with information about:

- Alberta Seniors Benefit
- Dental Assistance for Seniors
- Optical Assistance for Seniors
- Seniors Property Tax Deferral
- Special Needs Assistance

If you do not receive this package, call:

Alberta Supports Contact Centre

Phone: 780.644.9992

Toll free outside Edmonton:

1.877.644.9992

Email: css.ascc@gov.ab.ca

www.seniors.alberta.ca

Alberta Blue Cross Coverage for Seniors

(prescription medications)

- Provide proof of age
- A Proof of Age Declaration form is included in the Seniors Financial Assistance application package.
- Provide a copy of ONE of:
- Birth certificate, passport, Canada Entry document, Old Age entitlement letter, or a baptismal certificate.

Contact: **Alberta Blue Cross**

Phone: 1.800.661.6995

www.ab.bluecross.ca

You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select registry agents across Alberta. For a list of registries or to print a Proof of Age Declaration, contact:

Alberta Health

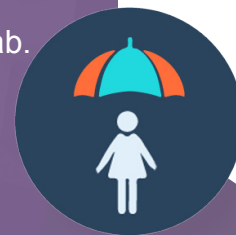
Phone 780.427.1432

www.health.alberta.ca

JUNE 15

WORLD ELDER ABUSE AWARENESS DAY

For more information on elder abuse visit the Sage website and look under the NEED HELP? tab.



www.mysage.ca

Chapter Contents

- Alberta Aids to Daily Living
- Home Health Care and Medical Equipment Suppliers
- Medical Equipment Loans
- Alberta Health Services
 - Health Link Alberta
 - Home Care
 - Day Programs
 - CHOICE
 - Rehabilitation
 - Mental Health
 - Palliative Care
 - Hospitals
 - Finding a Doctor
 - Medical Clinics
 - After Hours Care
 - Public Health Centres
- Caregiver Support
- Counselling
- Dental Services
- Fall Prevention
- Health Benefit Plans
- Health Service Organizations
- Hearing Aid Suppliers
- Home Health Care Agencies

ALBERTA AIDS TO DAILY LIVING (AADL)

AISH Health Benefits

Community and Social Services

500-12323 Stony Plain Rd. NW T5N 4B4

Phone: 780.415.6300

TTY: 780.427.1570

www.alberta.ca/aish.aspx

- AISH Health Benefits may assist eligible AISH clients with their essential medical needs.

See **FINANCE - Provincial Financial Programs & Benefits** for complete listing.

Alberta Health

10th Floor, Milner Building, 10040 104 St.
NW T5J 0Z2

Phone: 780.427.0731

Toll Free outside of Edmonton: 310.0000
then 780.427.0731

<http://www.health.alberta.ca/services/aids-to-daily-living.html>

• Alberta Aids to Daily Living(AADL)

is a cost-share program that assists Albertans with a long-term disability, chronic or terminal illness, in maintaining independence in their community through the provision of basic medical equipment and supplies to meet their clinically assessed need. AADL works in cooperation with Health care Professionals, approved as AADL authorizers/assessors who assess clients' clinical needs and determine eligibility for specific medical equipment and supplies. AADL clients above the qualifying income thresholds are subject to a cost-share component of 25% of the approved benefit amount. Low-income Albertans, below qualifying



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780-224-0467

www.navigateyourhealth.ca

income thresholds, are not required to cost-share.

Refer to the AADL website listed above for more information on the program.

Community Aids for Independent Living (CAIL)

Room 2Y03 Edmonton General Hospital
11111 Jasper Ave. NW T5K 0L4

Phone: 780.496.1300 Referrals

Hours of Operation: Mon-Fri 8am-4:15pm

- CAIL is a program within the Allied Health Community (Edmonton Zone) portfolio that assists individuals who have chronic illnesses or disability, or who are terminally ill, to obtain medical equipment and/or supplies. The primary funding source accessed is Alberta Aids to Daily Living (AADL).
- A Registered Nurse or Occupational Therapist will assess clients in their homes or in one of the site offices. Appointments are booked in advance.

Navigate Your Health

202-10526 Jasper Avenue NW
Edmonton AB, T5J 1Z7

Phone: 780.224.0467

Email: info@navigateyourhealth.ca

www.navigateyourhealth.ca

Hours of Operation: by appointment

- Support for patients and caregivers: in-person appointment support and more, to help you navigate communication and health information.
- Prevent communication gaps. Avoid information overload and confusion. Be heard. Get help keeping loved-ones informed. Get help connecting to resources. It's about everyone's peace-of-mind and well-being.
- Insured and bonded. Home visits available upon request.

HOME HEALTH CARE & MEDICAL EQUIPMENT SUPPLIERS

Alberta Medical Supplies

6570-28 Ave. NW AB T6L 6N3

Phone: 780-761-1216

Fax: 780-705-1217

Email: info@albertamedicalsupplies.com

Website: www.albertamedicalsupplies.com

- Since opening in 2015, AMS has been a trusted source of medical supplies in Alberta.
- All staff are certified fitters for Compression stockings and Orthopedic Braces (Knee, Ankle, Elbow and Wrist Braces)
- Certified vendor for AADL products such as bathroom mobility and safety equipment, walkers, transfer aids, ostomy and incontinence supplies.
- Free installation and delivery.
- Experience the BEST service in Edmonton, come and visit us today!



Licensed Vendor for AADL Products

BATHROOM MOBILITY & SAFETY PRODUCTS

Bath Rails
Commodes
Raised Toilet Seats
Toilet Safety Frames
Wall & Tub Grab Bars
Bath & Transfer Benches

INCONTINENCE & OSTOMY SUPPLIES

<p>MOBILITY PRODUCTS</p> <p>Bathroom Mobility Canes and Crutches Lift Chairs Power Mobility (Scooters) Rollators & Walkers Wheelchairs</p>	<p>ORTHOPEDIC BRACES</p> <p>Knee Brace Ankle Brace Elbow, Wrist Brace Lumbosacral Brace</p>
---	--

ELECTROTHERAPY

TENS Machine

*We also provide services to clients under the
Seniors Financial Assistance Program*

P 780-761-1216 . F 780-705-1217

6570 – 28 Ave NW, Edmonton, AB T6L 6N3

Amramp Alberta

Phone: 800.649.5215 or 780.666.2606

Email: lorne.wensel@amramp.com

www.amramp.com

Hours of Operation: Mon-Fri 8:30am-4:30pm

- Affordable Wheelchair Ramps
- Quick Delivery - Installed In Days
- RENT or Buy - FREE Home Evaluation
- Non-skid mesh surface drains moisture and snow
- Porch Lifts
- Stair Lifts

Congdon's Aids To Daily Living Ltd.

10550 Mayfield Rd

Phone: 780.483.1762

Email: info@congdon.ca

www.congdons.ca

Hours of Operation:

Monday-Friday 8:30am-5pm

Home Health product supplier since 1970

- Specializing in Ostomy, Incontinence, and Wound Care.
- Wide range of products from liftchairs, compression stockings, homecare beds, bathroom and bedroom safety, walking aids, and independent living aids.
- An assortment of Accessibility products including porch lifts, stair lifts, scooters, power chairs and ceiling tracks.

Eco Medical

18303 107 Ave T5S 1K4

Phone: 780.483.6232

Email: info@ecomedical.ca

Now serving Red Deer and Calgary

www.ecomedical.ca

Hours of Operation: Mon-Fri 8am-5pm

- Since 1978 Eco Medical has been the leader in providing Edmonton & surrounding area with the most updated medical assistive equipment and service.
- We have a solid service staff that will provide you with the efficient and caring performance you deserve.
- We provide a range of home health care products, many home lifts and mobility solutions.

First Choice Orthotics

17508 Stony Plain Rd NW T5S 1A1

Phone: 780.807.2773

Email: info@firstchoiceorthotics.ca

Hours of Operation: Monday-Friday

9:30am-6pm

Saturday 11am-5pm, Sunday Closed

We are dedicated to helping the seniors community in Edmonton. Many of the products we provide are funded by the Seniors Needs Assistance for Seniors (SNAS) program.

Items include:

- Orthotics
- Lift Chairs
- Mattresses
- Personal Emergency Response Devices

As part of our dedication and service, we will gladly assist with the SNAS application paperwork.

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FREE Home Evaluation Call Today

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- Affordable
- Residential & Commercial
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- Installed in Days

780-666-2606 • 800-649-5215
www.amramp.com

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Since 1970 | Aids to Daily Living, Ltd.



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since 1970*

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STAIR CHAIRS, PORCH
LIFTS, POWER LIFT-
RECLINE CHAIRS,
CEILING TRACK LIFTS,
BEDS**
and more...



www.congdons.ca

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for You* | Wellness
Boutique

www.speciallyforyou.ca

*Our compassionate and well trained staff
in our Specially For You Wellness Boutique
has been assisting with mastectomy needs,
clothing, forms, swimwear since 1980.*





medical equipment

Scooters



Lift Chairs



Van Conversions



Adjustable Beds



- Adjustable massage for head & feet
- Remote wireless control
- New concept in comfort
- Head & foot adjustments

Stair Lifts



Porch Lifts



- Excellent for year round use
- Smooth & quiet
- Soft touch controls
- Standard lift height to 52"
- Custom heights available
- Easily installed

18303 107 AVE. EDMONTON AB. T5S-1K4

TOLL FREE - 1.800.232.9450 MAIN - 780.483.6232 FAX - 780.484 8238

www.ecomedical.ca

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Financing Available

ATTENTION Senior Citizens!



FIRST CHOICE
ORTHOTICS

Did you know that low income seniors in Alberta may qualify for the following government funded products?

Custom Orthotics

- Custom orthotics may help relieve pain or discomfort when standing and walking
- Our orthotics are made by using a 3D laser technology for precise measurements



Lift Chairs

Lift chairs assist seniors to help them to stand up from their seat

Lift Chair Features

- Electronic remote control
- Seat cushion raises to help you stand up
- Recliner feature with the touch of a button
- 8 Point vibration massage system
- One touch heating system
- Colour choices include black or dark brown



Mattress

- Many choices of mattress sizes where the full amount is subsidized
- Plenty of choices for upgraded models



Personal Emergency Response Systems

- Medical alert device that provides professional assistance at the touch of a button

- Confidence, reliability, and peace of mind knowing that help will be there when needed

Our organization focuses on customer service and we will gladly assist every client with the application and all the paperwork.

Please call us for more information and set your appointment up today!

Hours of Operation: Monday - Friday: 9:30 am - 6 pm
Saturday: 11 am - 5 pm Sunday: Closed

780.807.2773

17508 Stony Plain Rd NW, Edmonton, AB

Sage

Help us
inspire,
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and connect
seniors.

Contact us about setting up a monthly, pre-authorized gift of \$25

This simple act can help us sustain important programming over time, and adds up to a nice tax credit for you at the end of the year!



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info@mysage.ca
www.mysage.ca

9 Quick Safety Tips to Manage Your Medications

By Johanna Trimble and Janet Currie



Canadian
Deprescribing
Network

- ✓ **Track your meds.** It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online!
- ✓ **Keep a list.** For your safety, carry your own UPDATED list and keep one on your fridge. Make sure to include over-the-counter drugs, as well as drugs prescribed by specialists. For a sample medication list, visit: deprescribingnetwork.ca
- ✓ **Stick to one pharmacy.** Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.
- ✓ **Don't start a new drug when you're alone.** It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug that was prescribed to someone else.
- ✓ **Check your prescription.** When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.
- ✓ **Be aware of side effects and adverse effects.** If you have a new symptom after taking a new drug, don't assume it's a "new condition" or "old age". Tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.
- ✓ **Beware of the prescription cascade.** Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the "prescription cascade" – a common example is being prescribed a new drug for stomach upset, which may be caused by a drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose.
- ✓ **Look out for changes.** Tell your doctor how new drugs affect you and whether there's been a change for better or worse. If you SEE something (or feel something), SAY something (just like at the airport!).
- ✓ **Seniors are more sensitive to medications.** Due to age-related changes in liver and kidney function, drugs should sometimes be prescribed to seniors at a reduced dose. Adverse drug reactions can start even if you have been taking a drug for a long time. Your doctor depends on you to raise issues of concern.



Learn more by visiting this website: deprescribingnetwork.ca



SENIORS' HEALTH & WELLNESS FORUM

SATURDAY, NOVEMBER 2, 2019

9:00AM TO 2:30PM

Central Lions Seniors Recreation Centre
11113 113 St. Edmonton, Alberta

FREE

WHAT IS THE SENIORS' HEALTH & WELLNESS FORUM?

The 4th Annual Seniors' Health & Wellness Forum is an opportunity for seniors, their families and caregivers to obtain information and resources pertaining to health, wellness and social supports vital to healthy aging.

The goal of the Forum is to educate participants about the range of health and wellness options and community resources available for older adults.

Registration Opens
October 1st, 2019

www.mysage.ca

Call to register
780.809.8604



Serving Edmonton’s Senior Community
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All of your Home Healthcare Solutions in Edmonton’s largest showrooms

- | | | | | |
|------------------------------|------------------|----------------|----------------|--------------|
| ✓ Wound Care | ✓ Rollators | ✓ Ostomy | ✓ CPAP | ✓ Porchlifts |
| ✓ Orthotics | ✓ Power Chairs | ✓ Incontinence | ✓ Leisure Beds | ✓ Stairlifts |
| ✓ Personal Response with GPS | ✓ Lifting Chairs | ✓ Ramps | ✓ Scooters | |



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Northgate Center

9499 137th Avenue
Edmonton, AB
T5E 5R8

T: (780) 406-3500
F: (780) 406-3567

Mon-Fri
8:30am- 6:00pm

Edmonton South
On Gateway

5920 Gateway Blvd
Edmonton, AB
T6H 2H6

T: (780) 434-3131
F: (780) 437-3355
Free: (800) 565-0333

Sat
10:00am- 5:00pm
Sun
Closed

shop online at www.healthcaresolutions.ca

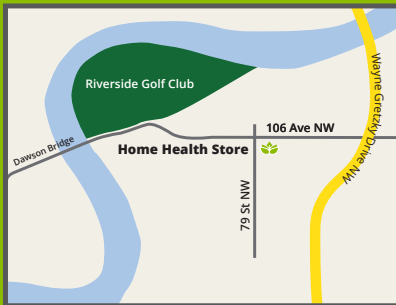


Home Health Store

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Contact Us

7843 - 106 Ave, Edmonton, AB

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Fax: 780-469-8864

Toll Free: 877-417-9106

Our knowledgeable staff is always
available to answer your questions!

Hours

Monday to Friday

8:30am - 4:30pm

We are proud to offer a one on one customer
service and troubleshooting if needed to
make your life as easy as possible.

HHS is a very trusted, discreet partner and resource for Ostomates with difficult stoma sites as well as for Incontinence clients. Our professional team with nursing backgrounds has years of experience and always works closely with Healthcare professionals that are involved in your care.

Other key services include shoe and stocking fittings, custom hernia belt and stockings fittings. We also offer foot care supplies and kits, VAD kits & ABI services. Contact one of our in-house professionals to find out what our sampling programs include.

Are you, a family member or loved one concerned about Health and Safety in the home? Call Home Health Store today to receive a customized solution and peace of mind!

Home visits can be arranged for our clients that can't come to our store.



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 Toll Free: 1.800.565.0333
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- Healthcare Solutions is one of the leading Healthcare Product providers in Alberta.
- Homecare beds, Scooters, Lift Chairs, Porch Lifts and Ramps for Easy Access, Stair Lifts.
- Incontinence, Walkers, Ostomy supplies, Bathroom Safety, Orthopedic/ Foot care, Compression Stockings,
- Wound Dressings and much more.
- Fitters in store, Technicians, Installers and Rentals. We are also a vendor for, AADL, DVA, NIHB, WCB, MVAC.

Home Health Store Inc.

7843 106 Ave
 Phone: 780.469.8499
 Email: homehealthstore@shaw.ca
www.homehealthstore.ca
 Hours of Operation:
 Mon-Fri 8:30am-4:30pm

- Our knowledgeable staff is here to discuss questions regarding ostomy, incontinence, mobility and wound care.
- We carry bathroom equipment, walkers, hospital beds, compression stockings, wound care, ostomy supplies and catheters. We have expanded to serve you better.
- We are a vendor for AADL, NIHB, DVA, WCB. Certified fitter in store. Wholesale and professional pricing available.

Homecare & Surgical

11044 82 Ave. T6G 0T2
 Garneau Professional Centre
 Phone: 780.439.6367
www.aspenhealthcare.ca
 Hours of Operation:
 Mon-Fri 8:30am-5:30pm, Sat 9am-3:30pm

"Specialists in Home Health Care Products & Surgical Supports."

- ✓ Complete Selection of Discharge Hospital Supplies Including Dressing Supplies
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- ✓ Orthopaedic Splints & Braces
- ✓ Ostomy Supplies
- ✓ Hospital Beds Sales & Rentals
- ✓ Bladder Control Products
- ✓ Surgical Support Hosiery
- ✓ Home Healthcare Products



- ✓ Liftchairs
- ✓ Mobility Products
- ✓ Wheelchairs & Scooters
- ✓ Certified Fitters

RENTAL & SALES PROGRAMS

City-Wide Delivery

AADL, WCB, NIHB, DVA Vendor Approved

3 Locations



11044-82 Ave.
 Garneau Professional Centre

780-439-6367

11C St. Anne St.,
 St. Albert

780-458-5349

on Kingsway
 11315 Kingsway Ave.

780-452-4386

Trinity Home Medical

4230 99 Street

Phone: 780-462-0009

Email: trinityhomemedical@gmail.com

Website: www.trinityhomemedical.net

Hours of Operation:

Mon - Fri 8:30 am - 6:00 pm; Saturday 10 am - 4 pm; Sunday closed

- We provide: new and used lift chairs, hospital beds, scooters. As well as catheter and incontinence supplies, bathroom equipment, walkers, bed rails, compression stockings, orthopedic shoes and slippers, arthritic supports and braces, aides for daily living & more!
- Our services: In home shoe & stocking fittings, pick up and delivery of Red Cross HELP equipment, FREE monthly delivery on orders over \$25, consignment of gently used lift chairs, scooters and electric beds
- We are authorized vendors for: AADL, DVA, NIHB, WCB and Motor Vehicles

**Trinity Home
Medical**



At Trinity Home Medical our first priority is providing superior customer service to you, our valued client.

Four Wheel Walkers

Bedrails

Floor to Ceiling Transfer Poles

Various Bathroom Equipment

Orthopedic Footwear

Injury Braces

Hospital Beds

Lift Chairs

Compression Stockings & Sleeves

Adult Incontinence Supplies

- ◆ We strive to offer personalized service to meet each individual's unique needs.
- ◆ Our staff are fully certified and have years of experience so you can count on us for expert advice and service!
- ◆ If you can't make it in to see us, we will deliver to your home monthly at no extra charge.
- ◆ We also provide free in-home orthopedic shoe and stocking fittings.
- ◆ We provide priority same day service for palliative clients.
- ◆ We want to make dealing with Trinity Home Medical a positive experience for all our clients.

INTEGRITY, RESPECT, SERVICE

4230-99 Street NW, Edmonton, AB, T6E 5B3

Phone: 780-462-0009 - Fax: 780-436-0934

MEDICAL EQUIPMENT LOANS

Easter Seals Alberta

404-10525 170 St. NW T5P 4W2

Phone: 780.429.0137

Email: edmonton@easterseals.ab.ca

www.easterseals.ab.ca

Twitter: @eastersealsAB

- Provides equipment and support services to persons with disabilities and special needs, such as power wheelchairs, scooters and home adaptations.
- Provides residential services to adults with physical disabilities through Easter Seals McQueen Residence.
- Provides a recreational camp in Bragg Creek Alberta through Easter Seals Camp Horizon.

Health Equipment Loan Program (HELP)

Canadian Red Cross

2B01-11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8588

www.redcross.ca

- A referral from a health care professional is required.
- The Canadian Red Cross Short Term Health Equipment Loan Program allows people to return home from hospital earlier and gives independence and dignity to those in palliative care. Individuals can receive aids such as wheelchairs, walkers, bath seats, benches, commodes and toilet seats, crutches and canes, bed handles and other durable medical equipment.

ALBERTA HEALTH SERVICES

Health Link Alberta

Phone: 811

Email: healthlink@albertahealthservices.ca
www.MyHealth.Alberta.ca

- Health advice and information provided by registered nurses 24 hours a day, 7 days a week.
- Health Link Alberta also provides comprehensive information on services and programs offered by Alberta Health Services and will direct you to the most appropriate hospital or community services or programs.

Alberta Health Services

Seventh Street Plaza
10030 107 St. NW T5J 3E4
Phone: 780.342.2000
Toll Free: 1.888.342.2471
Email: info@albertahealthservices.ca
www.albertahealthservices.ca

Communicable Disease Control

Phone: 780.342.0219
www.albertahealthservices.ca

Environmental Public Health

Phone: 780.735.1800
Email: EdmontonZone.EnvironmentalHealth@albertahealthservices.ca
www.albertahealthservices.ca

Population, Public, and Aboriginal Health

14310 111 Ave. NW T5M 3Z7
Phone: 780.342.0120
Email: ppah.scn@ahs.ca
www.albertahealthservices.ca

CONTINUING CARE-HOME CARE

Phone: 780.496.1300

Email: continuingcare@albertahealthservices.ca
www.albertahealthservices.ca

- Can consist of long term care, short term care or palliative care.
- Includes Home Care Clinics which serve clients who are mobile.
- Professional services and personal care are provided, based on assessed need, to clients living in their own homes in the community. Professional services provided by Alberta Health Services staff include: Nursing, Physiotherapy, Occupational Therapy, Social Work

Patient Concerns & Feedback

Phone: 1.855.550.2555
Email: patient.feedback@ahs.ca
<https://www.albertahealthservices.ca/273.asp>

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions and compliments, and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

DAY PROGRAMS

For further information or to make a referral, Phone: 780.496.1300
www.albertahealthservices.ca

- Provide a variety of health, rehabilitation, social and related support services for older adults in a structured setting during the day.
- Individuals who participate in adult day support programs attend on a planned basis during specified hours.
- Adult day support programs help clients remain in their communities and allow families and other caregivers to continue caring for them at home.

Allen Gray Day Program

5005 28 Ave.

CapitalCare Kipnes Centre for Veterans Day Program

4470 McCrae Ave. NW
 Phone: 780.442.5722

CapitalCare Strathcona Day Program

12 Brower Rd. **Sherwood Park** AB
 Phone: 780.417.4347

Covenant Health:

Community Geriatric Psychiatry

Suite #412 - Westmount Shopping Centre
 13310 111 Ave.
 Edmonton, AB T5M 3L7
 Phone: 780.342.9100

See complete listing in **HEALTH & WELLBEING – Mental Health**

Devon Day Program

101 Erie St. S, Devon, AB

ElderCare Connections Day Program

10310 56 St. T6A 2J2
 Phone: 780.434.4747

ElderCare Daybreak Day Program

9629 176 St. NW T5T 6B3
 Phone: 780.434.4747

ElderCare Edmonton Office

201-17203 99 Ave. NW T5T 6S5
 Phone: 780.434.4747
 Email: info@eldercareedmonton.ca

ElderCare Vitality Day Program

11113 113 St. NW T5G 2V1
 Phone: 780.434.4747

Evansburg Adult Day Support Program

4930 50 Ave., Evansburg, AB

Fort Saskatchewan Wellness Day Program

10409 100 Ave., Fort Saskatchewan, AB

Leduc Wellness Day Program

5503 Black Gold Drive, Leduc, AB

Morinville Wellness Day Program

9523 100 St., Morinville, AB

ElderCare Edmonton Society for Adult Day Programs is a community based non-profit that provides recreational day programs for seniors and a free Caregiver Support program for caregivers

Day Program Locations


Vitality Program	Central Lions Senior Centre
Daybreak Program	Westend Seniors Activity Centre
Connections Program	Fulton School



Caregiver Support Program

LifeStyle Options Building
 17203-99 Ave NW Suite C201

Call today for more information on how to register for our day programs or Caregiver Support program!

 **780-434-4747**

 **www.eldercareedmonton.ca**

"to strengthen seniors' independence and quality of life by supporting family caregivers, community inclusion and engagement" 

Pilgrims Hospice Adult Respite Day Program

9808 148 St. NW

Phone: 780.413.9801 ext 105

Rutherford Wellness Day Program

949 Rutherford Rd

St. Joseph's Nursing/Rehab Day Program

10707 29 Ave. NW

Sherwood Park Wellness Day Program

314 52323 RR3, Sherwood Park

Southside Seniors Day Program, Ermineskin (Covenant Health)

3030 106 St. T5J 3M5

Phone: 780.342.1400

St. Michael's Adult Day Support Program

7404 139 Ave. NW T5C 3H7

Phone: 780.472.4509

www.smhg.ca

Hours of Operation: Tues-Fri 10am-4pm

- St. Michael's Adult Day Support Programs are designed to offer clients a variety of health services and structured social and recreational activities in a group setting. Two types of programs are offered:
- Social Program - provides social interaction and/or respite care.
- Medical Rehabilitation Support Program - for adults with cognitive/social/physical limitations.

Stony Plain Wellness Day Program

4405 South Park Drive, Stony Plain, AB

Sturgeon Dementia Day Program

201 Boudreau Rd., St. Albert, AB

Sturgeon Nursing/Rehabilitation Day Program

201 Boudreau Rd., St. Albert, AB

CHOICE

CHOICE (Comprehensive Home Option for Integrated Care of the Elderly)

Phone: 780.496.1300

www.albertahealthservices.ca

- Program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports. Other services include short term care beds for medical treatment, planned respite and personal care through home care agencies.
- Developed in partnership with Good Samaritan Society, CapitalCare and Alberta Health Services.
- Assessment and admission provided through Community Care Access at 780.496.1300.

CapitalCare CHOICE Dickinsfield

14225 94 St. NW T5E 6C6

Phone: 780.371.6642

CapitalCare CHOICE Mental Health

14504 118 St. NW T5X 1T3

Phone: 780.944.8668

CapitalCare CHOICE Norwood

10404 111 Ave. NW T5G 3A2

Phone: 780.944.8662

Good Samaritan Dr. Gerald Zetter Care Centre CHOICE

9649 71 Ave. NW T6E 5J2

Phone: 780.431.3901

Good Samaritan Place CHOICE

8425 83 St. NW T6C 2Z2

Phone: 780.413.3500

SUPPORTIVE LIVING

See page 206 under Housing

FACILITY LIVING

See page 257 under Housing

REHABILITATION**Allied Health – Edmonton Zone**

Phone: 780.735.3342

www.albertahealthservices.ca

Provides health promotion activities, self management education for chronic diseases and rehabilitation services including audiology, occupational therapy, physiotherapy, recreation therapy, respiratory therapy, and speech language pathology services. A range of programs and services are offered in a variety of community settings including homes.

Community Rehabilitation Interdisciplinary Service

Phone: 780.735.2413

www.albertahealthservices.ca

Through its assessment and intervention services, Community Rehabilitation Interdisciplinary Service (CRIS) serves adults living at home, who have a condition that is functionally debilitating and will respond to rehabilitation or self management support. Most clients served will have complex rehabilitation needs requiring an interdisciplinary intervention. This may include clients with:

- neurological conditions
- complicated arthritis
- frail elderly
- amputees

- complicated multiple fractures
- other orthopaedic concerns

Although the focus is on interdisciplinary service, the OT and SLP will see clients who require only their service.

Glenrose Rehabilitation Hospital

10230 111 Ave. NW T5G 0B7

Phone: 780.735.7999

There is a variety of rehabilitation services available. If you require this type of service, discuss your circumstances and concerns with your healthcare provider or a registered nurse at HEALTHlink by dialing 811 or (TTY:) 780.496.8822

University of Alberta Corbett Hall Student Physical Therapy Clinic

Faculty of Rehabilitation Medicine

University of Alberta

8205 114 St. NW

1-26 Corbett Hall T6G 2G4

Phone: 780.248.2070

Email: ptsca@ualberta.ca

www.ualberta.ca/physical-therapy/corbett-hall-student-physical-therapy-clinic

Hours of Operation:

Mon-Fri 9am-12pm, 1pm-4pm

- The Clinic is a non-profit clinic operated within the Department of Physical Therapy. Physical therapy students take primary responsibility for providing assessment or rehabilitation under the supervision of licensed physical therapists.
- Physician referrals are not required.
- General Services: Musculoskeletal Rehabilitation, Vestibular/ Dizziness Rehabilitation, Chronic Pain Management, Neurological Rehabilitation and Older Adult Health & Wellness.

MENTAL HEALTH

Assessment and treatment for those with mental health concerns are available through Mental Health Services. A broad range of services for people of all ages is offered throughout the Region.

Canadian Mental Health Association – Edmonton Region

Phone: 780.414.6300

See HEALTH & WELLBEING – Health Service Organizations for complete listing.

Community Urgent Services and Stabilization Team

Phone: 780.342.7777

www.albertahealthservices.ca

- Provides 24-hour assessment, consultation, intervention and stabilization services to adults experiencing a mental health crisis.
- Staffed by professionals and is available to individuals, family members, concerned others and community organizations dealing with an emotional or psychiatric crisis.

Covenant Health: Community Geriatric Psychiatry

Suite #412 - Westmount Shopping Centre
13310 111 Avenue

Edmonton, AB T5M 3L7

Phone: 780.342.9100 for intake or inquiries

Hours: Mon-Fri 8am-4:15pm

- Provides assessment, treatment, and follow-up for seniors (age 65+) with mental, emotional, behavioral or concurrent addiction problems.
- Offers support and monitoring through community based day programs at the HYS Centre or Erminskin Clinic.
- Accepts self-referrals, or referrals from families, physicians and other community agencies with the person's

knowledge.

- Promotes a positive knowledgeable attitude among the senior population towards mental health issues, through educational services.

Dementia Advice

via **Health Link, Alberta Health Services**

Phone: 811 Simply dial 8-1-1

Email:

healthlink@albertahealthservices.ca

www.MyHealth.Alberta.ca

Hours of Operation: 24/7

- Dementia Advice through Health Link is now available province wide!
- All Albertans living with dementia or caring for a loved one with dementia are invited to access dementia-related advice 24/7 by calling Health Link at 811.

Psychiatric Treatment Clinic

Main Floor, University of Alberta Hospital
Room 1E1.01, Walter McKenzie Centre
8440 112 St. NW T6G 2B7

Phone: 780.407.6501

www.albertahealthservices.ca

Services for persons up to age 65.

See Counselling on Page 94.

PALLIATIVE CARE

Phone: 780.496.1300

www.palliative.org

Palliative Care aims to relieve suffering and improve the quality of living and dying for a person living with a life-threatening illness. The goal of Palliative Care is to provide comfort and support to patients and their families. In the Edmonton Area, Palliative Care is provided in the home, in a hospice, in hospital or in a tertiary unit.

CapitalCare Norwood Palliative Hospice

10410 111 Ave. NW T5G 3A2

Phone: 780.496.3251

Email: info@capitalcare.net

www.capitalcare.net

HOSPITALS

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

www.albertahealthservices.ca/about/patientfeedback.aspx

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions, and compliments and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

Covenant Health:

Villa Caritas Geriatric Psychiatry

16515 88 Ave T5R 0A4

Phone: 780.342.6500

Devon General Hospital

101 Erie St. South, **Devon** AB T9G 1A6

Phone: 780.987.8200

Fort Saskatchewan Community Hospital

9401 86 Ave., **Fort Saskatchewan** AB T8L 0C6

Phone: 780.998.2256

Edmonton General Continuing Care Centre

11111 Jasper Ave T5K 0L4

Phone: 780.482.8111

Grey Nuns Community Hospital

(member of Covenant Health)

1100 Youville Drive West T6L 5X8

Phone: 780.735.7000

Leduc Community Hospital

4210 48 St. **Leduc** AB T9E 5Z3

Phone: 780.986.7711

Misericordia Community Hospital

(member of Covenant Health)

16940 87 Ave. NW T5R 4H5

Phone: 780.735.2000

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4000

Royal Alexandra Hospital

10240 Kingsway Ave. NW T5H 3V9

Phone: 780.735.4111

Strathcona Community Hospital

9000 Emerald Drive,

Sherwood Park, AB T8H 0J3

Phone: 780.449.5380

Sturgeon Community Hospital

201 Boudreau Road, **St. Albert**, AB T8N 6C4

Phone: 780.418.8200

University of Alberta Hospital

8440 112 St. NW T6G 2B7

Phone: 780.407.8822

WestView Health Centre

4405 South Park Drive,

Stony Plain AB T7Z 2M7

Phone: 780.968.3600

SPECIALIZED HOSPITALS

Alberta Hospital Edmonton

(Specialized Mental Health Facility)
17480 Fort Rd. NW T5J 2J7
Phone: 780.342.5555

Cross Cancer Institute

11560 University Ave. NW T6G 1Z2
Phone: 780.432.8771 (Switchboard)

Glenrose Rehabilitation Hospital

10230 111 Ave. NW T5G 0B7
Phone: 780.735.7999

See [HEALTH & WELLBEING - Rehabilitation](#) for further information.

Kaye Edmonton Clinic

(Outpatient Service Only)
11400 University Ave. T6G 1Z1
780.407.5000

Lois Hole Hospital for Women

10240 Kingsway Ave. NW T5H 3V9
780.735.4111

Mazankowski Alberta Heart Institute

11220 83 Ave NW T6G 2B7
Phone: 780.407.8407

Stollery Children's Hospital

8440 112 St. NW T6G 2B7
Phone: 780.407.8822

FIND A DOCTOR

Edmonton/area phone: 780.423.4764
Toll Free: 1.800.561.3899

Email: publicinquiries@cpsa.ab.ca
www.cpsa.ca

To find an Alberta family physician accepting patients, or to find out more about any doctor practising in Alberta, go to the **College of Physicians & Surgeons of Alberta** website listed above. You can also contact the College to lodge a complaint about a physician.

Primary Care Network

www.edmontonareadocs.ca

Program Management Office

Phone: 780.488.4350

Toll free: 1.866.714.5724

- Find a PCN Family Doctor Near You: Edmonton-area Primary Care Networks are committed to helping Albertans find a family doctor who is accepting new patients.
- In a Primary Care Network, a group of family doctors works with Alberta Health Services and other health professionals to coordinate the delivery of primary health services for their patients. Visit www.pcnpmo.ca for more information about Primary Care Networks in Alberta.

MEDICAL CLINICS

Good Samaritan Seniors' Clinic

8861 75 St. NW T6C 4G8

Phone: 780.440.8274

www.gss.org/locations/seniors-clinic/

Hours of Operation: Mon-Fri 9am-4pm
(closed between 12pm-1pm)

- Primary health care clinic which sees seniors with complex health problems for Primary Care and Consults.
- Our team includes physicians with training and an interest in caring for seniors; nurses with advanced training in geriatrics; a social worker, medical records technician and receptionist.
- The goal of the clinic is to help seniors remain as independent as they can and be within their community by providing primary health care and partnering with other community agencies.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Health Services at Sage

Phone: 780.423.5510

See [Health Services Organizations For Full Listing](#).

St. Michael's Family Health Centre

13930 74 St. NW T5C 3M7

Phone: 780.457.1600

www.smhg.ca

Hours of Operation:

Mon, Wed, Fri 9am-4pm;

Tues, Thurs 9am-8pm

- Family medicine physicians provide medical care and treatment for all ages, from babies to the elderly.
- Walk in patients accepted.
- Plenty of free parking on site.

See Health Services Organizations on Page 101.

AFTER HOURS CARE**Health Link Alberta**

Phone: 811

- Health advice and information provided by registered nurses 24 hrs a day, 7 days a week.
- Health Link Alberta also provides comprehensive information on services offered by Alberta Health Service (Edmonton Zone) and can direct you to the most appropriate hospital or community services and programs.

Community Care Access

Phone: 780.496.1300

- Integrated system of health and personal support services based on assessed need.
- Delivered through Home Living, Facility Living and Supportive Living.
- Telephone screening, needs assessment and triage for all programs offered within Community Care Services.
- First point of contact for all programs within Community Care Services is Community Care Access. Phone: 780.496.1300
24 hrs/day, 7 days/week

East Edmonton Health Centre

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Kaye Edmonton Clinic

(Outpatient Service Only)

11400 University Ave. NW T6G 1Z1

780.407.5000

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4000

PUBLIC HEALTH CENTRES

Services such as immunization and communicable disease follow-up are available at all Public Health Centres.

www.albertahealthservices.ca**Bonnie Doon Public Health Centre**

8314 88 Ave. NW T6C 1L1

Phone: 780.342.1520

East Edmonton Health Centre

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Mill Woods Public Health Centre

7525 38 Ave. NW T6K 3X9

Phone: 780.342.1660

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4020

Northgate Health Centre

2020 Northgate Centre

9499 137 Ave. NW T5E 5R8

Phone: 780.342.2800

Rutherford Health Centre

2nd Floor 11153 Ellerslie Road SW T6W 0E9

Phone: 780.342.6800

Twin Brooks Public Health Centre

George P Nicholson School
201-1110 113 St. NW T6J 7J4
Phone: 780.342.1560

West Jasper Place Public Health Centre

9720 182 St. NW T5T 3T9
Phone: 780.342.1234

Woodcroft Public Health Centre

Room 448, Westmount Shopping Centre
111 Avenue and Groat Road NW T5M 3L7
Phone: 780.342.1600

WALK-IN CLINICS

Please check the phone book
or internet for additional locations

PUBLIC HEALTH CENTRES SURROUNDING COMMUNITIES

Beaumont Health Centre

4918 50 Ave. Beaumont, AB T4X 1J9
Phone: 780.929.4822

Devon Public Health Centre

101 Erie Street South, Devon, AB T9G 1A6
Phone: 780.342.7069

Evansburg Health Centre

5225 50 St. Evansburg, AB T0E 0T0
Phone: 780.727.2288

Fort Saskatchewan Public Health Centre

Room IT-007, 9401 86 Ave.
Fort Saskatchewan, AB T8L 0C6
Phone: 780.342.2366

Gibbons Health Centre

4720 50 Ave. Gibbons, AB T0A 1N0
Phone: 780.342.2660

Leduc Health Centre

4219 50 St. Leduc, AB T9E 8C9
Phone: 780.980.4644

Morinville Health Centre

10008 107 St., Morinville, AB T8R 1L3
Phone: 780.342.2600

St. Albert Public Health Centre

23 Sir Winston Churchill Ave.
St. Albert, AB T8N 2S7
Phone: 780.459.6671

Sherwood Park - Strathcona County Health Centre

2 Brower Drive,
Sherwood Park, AB T8H 1V4
Phone: 780.342.4600

Spruce Grove Health Centre

505 Queen St.
Spruce Grove, AB T7X 2V2
Phone: 780.342.1301

Stony Plain - WestView Health Centre

4405 South Park Drive
Stony Plain, AB T7Z 2M7
Phone: 780.968.3700

Thorsby Health Centre

4825 Hankin Street (Mail to: Box 314)
Thorsby, AB T0C 2P0
Phone: 780.789.4800

CAREGIVER SUPPORT

Caregivers Alberta

Fulton Place School,
10310 56 St. NW T6A 2J2
Phone: 780.453.5088
Email: office@caregiversalberta.ca
www.caregiversalberta.ca
Caregivers Alberta (formerly Alberta Caregivers Association) helps caregivers maintain their well-being while providing care. "Caregivers" assist a family member or friend with challenges resulting from illness, disability or aging. We promote their well-being by:

- Providing group and one-on-one

supports that help caregivers connect with others, navigate the system and look after themselves while providing care.

- Increasing communities' capacity to support caregivers by educating professionals, promoting networking and referrals, and sharing the programs we develop.
- Advocating for policy changes that will make a difference in caregivers' lives.

Caregiver Support Group

Fort Saskatchewan Family and Community Support Services

10102 100 Ave., Pioneer House
Fort Saskatchewan AB T8L 1Y6
Phone: 780.992.6623

www.fortsask.ca

- Meets at 1pm on the 3rd Tuesday of each month - no group July/Aug
- Provides support to people caring for a loved one.
- Join us to share your experiences and learn from one another in a supportive environment.

Compassionate Companions

Pilgrims Hospice Society

9808 148 St. NW T5N 3E8

Phone: 780.413.9801

Email: info@pilgrimshospice.com

www.pilgrimshospice.com

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- We provide support to those experiencing a life threatening or severe life limiting illness as well as respite to their caregivers. We also provide support to individuals and families that are grieving.
- We offer respite support via our Adult Respite Day Program on site

and through the Compassionate Companions Program, which connects clients with a progressive life limiting or life threatening illness with Volunteers who will come to your home to provide support (including hospital, extended care and hospice locations)

- Referral and program information can be found on our website or by calling Bonnie at 780.413.9801 ext 103.

ElderCare Edmonton

17203 99 Ave. NW T5T 6S5

Contact: Lynn Nichol,

Managing Director

Phone: 780.434.4747

Email: info@eldercareedmonton.ca

www.eldercareedmonton.ca

- ElderCare Edmonton has served seniors and their caregivers for 35 years.
- We offer a full array of services, including day respite through three recreational day support programs for seniors in the community.
- Our Caregiver Support Program provides no cost support to family caregivers. This includes referrals, information, advocacy and help navigating the health system.
- We offer one weekly Caregiver Support Group on the west end located at 17203 99 Ave. NW

Suicide Grief Support Services

Canadian Mental Health Association - Edmonton Region

Suicide Caregiver Support Services:

Phone: 780.414.6300

Provides support for those who are concerned about someone who is suicidal.

Suicide Bereavement Support Services:

See ESTATE PLANNING – Bereavement Support

COUNSELLING

Addiction Services Edmonton

Alberta Health Services

2nd Floor 10010 102A Ave. NW T5J 3G2

Phone: 780.427.2736

www.albertahealthservices.ca

Hours of Operation: Drop-in hours

available Mon-Fri. Call for hours

- Information, supports and services, individual and group counselling, assessment, as well as a 3-week out-patient day program available to seniors and family members to address substance abuse concerns relating to alcohol, drugs and gambling.

Adult Bereavement Counselling Services

Pilgrims Hospice

9808 148 St. NW T5N 3E8

Phone: 780.413.9801 ext. 107

Email: selenab@pilgrimshospice.com

www.pilgrimshospice.com

Hours of Operation: Please check Website Calendar for dates and times

- As we grieve, it is helpful to connect with others for support, to process the feelings of grief and loss, and explore the tools available to us as we cope, reconcile, and begin to heal.
- Individual counselling is available for those who desire personally tailored sessions.
- Drop-in grief support group offered.

Catholic Social Services

Mercy Counselling

Phone: 780.391.3233

Email: info@cssalberta.ca

www.cssalberta.ca

- Individual, couple, and family counselling and assessment for people

of all faiths and cultures. Affordable. Confidential. Counselling in several languages is available.

Drop-In Single Session Counselling

Phone: 211

Email: info@dropinyeg.ca

www.dropinyeg.ca

Contact for hours and locations

- Free individual, couple, and family therapy

Edmonton Healing Centre for Grief & Loss

100-8702 Meadowlark Rd. NW T5R 5W5

Contact: Michael Yankowski

Phone: 780.454.1194

Email: ehc@jfse.org

www.jfse.org

- Community presentations on grieving
- Support groups and individual counselling.
- Resource library.
- Flexible appointment times and adjustable fees.

Jewish Family Services - Integrity Counselling

100-8702 Meadowlark Rd. NW T5R 5W5

Phone: 780.454.1194

Email: info@jfse.org

www.jfse.org

- Counselling for individuals, couples or families.
- Flexible appointment times and adjustable fees.

See also SENIOR CENTRES, CLUBS & GROUPS - Cultural Organizations with Seniors' Programming

Momentum Walk-In Counselling

200-9562 82 Ave. T6C 0Z8

Phone: 780.757.0900

Email: info@walkinedmonton.org

www.momentumcounselling.org
Hours of Operation: Mon-Thurs 11am-7pm,
Fri-Sat 10am-2pm, Sunday closed.

- An affordable walk-in counselling agency, Momentum Walk-In Counselling specializes in providing Solution Focused, Single Session Therapy to clients who are in crisis or do not know where else to go.
- Our staff is a group of caring Mental Health Professionals, volunteering their time and talent, to help people. They do it out of the goodness of their heart and for the betterment of society!
- We offer a method of treatment that produces real results in real time, not only relieving people of their emotional strain, but relieving some of the stress that is crippling the mental health system.

Sage Information and Support Services

15 Sir Winston Churchill Square NW T5J 2E5
Northwest corner of 100 St. and 102A Ave.
Assessment Phone: 587.773.1764

www.MySage.ca

Office Hours: Monday-Friday 8:30am-4pm
Comprehensive and client-centered.
Provides one-on-one assessment and connection to resources, including assistance with forms. Also provides ongoing support, outreach, supportive counselling and case management to clients. Home and community visits may be arranged when appropriate. Though walk-ins are welcome, to serve you more efficiently, appointments are recommended. Last appointment seen at 2pm.

Drop-In Counselling at Sage

Wednesday: 10am – 3pm

*Last appointment 2pm

- Single-session counselling available on a walk-in basis.

Sexual Assault Centre of Edmonton (SACE)

24 hours Support and Information Line:
780.423.4121

Office Line: 780.423.4102

- Counselling for adults, teens and children (age three and up) of all genders who have experienced sexual abuse/assault
- No fees charged to clients.

www.sace.ab.ca.

See **EMERGENCY – Emergency Numbers** for complete listing.

Strathcona County Family and Community Services

Office: 200-501 Festival Avenue, AB

Mail: 2001 Sherwood Drive

Sherwood Park AB T8A 3W7

Phone: 780.464.4044

Email:

familyandcommunity@strathcona.ca

www.strathcona.ca/fcs

- Counselling: A team of professionals and graduate students offer walk-in, pay what you can afford, counselling sessions Monday and Friday: 8:30 am to 4:30 pm Tuesday, Wednesday, Thursday: 8:30 am to 8:00 pm.
- Counselling Groups: We offer a variety of free, professionally facilitated groups.

Understanding Emotions:

Mondays 3 to 4:30pm

Men's Group: Tuesday 6:30 to 8pm

Communication:

Tools Wednesday 6:30 to 8pm

Women's Group: Thursdays 6:30 to 8pm

Next Steps for Support:

Friday 3 to 4:30pm

See **HELP AT HOME – Home Services**,

HELP AT HOME – Outreach

for additional listings.

Suicide Grief Support Services

Canadian Mental Health Association - Edmonton Region

See SENIORS' INFORMATION SERVICES – Seniors' Services Organizations

Suicide Bereavement Support Services:

See ESTATE PLANNING – Bereavement Support

and **Suicide Caregiver Support Services:**

See HEALTH & WELLBEING – Caregiver Support

YWCA of Edmonton

400-10080 Jasper Ave. NW T5J 1V9

Phone: 780.423.9922, Ext. 222

Email: counselling@ywcaedm.org

www.ywcaofedmonton.org

- Individual counselling sessions, and psychoeducational support groups available.

See SENIOR CENTRES, CLUBS & GROUPS – Central for additional listing

DENTAL SERVICES

Dental and Optical Assistance for Seniors

Phone: 780.644.9992 or 1.877.644.9992

See HEALTH & WELLBEING – Health Benefit Plans for complete listing.

Glenrose Dental Clinic

Glenrose Rehabilitation Hospital

Room 22, GlenEast Bldg

10230 111 Ave. NW T5G 0B7

Phone: 780.735.8810

www.ahs.ca/grh

Hours of Operation: 8am-4pm

- Clinic specializes in Dental care for the elderly and disabled. Family and friends are welcome also.
- The treatments rooms are equipped

with ceiling mounted lifts.

- Large treatment rooms to accommodate patients with caregivers/family present.

University of Alberta School of Dentistry

Kaye Edmonton Clinic, 8th Floor

11400 University Avenue

Corner of University Avenue (82 Ave.) and 114 Street

To book an appointment, phone: 780.407.5550
www.dentistry.ualberta.ca

- We are a teaching clinic, and patient care is delivered in an educational setting. Treatment is provided in all areas of dental care with faculty supervision at all times.
- Services we provide are: dental hygiene care (cleaning), fluoride application, nutritional analysis, sealants, oral health care instruction, fillings and gum treatments, dentures, root canals and crowns, oral surgery, replacement of missing teeth.

FALL PREVENTION

Alberta Centre for Active Living

2-131 University Hall, University of Alberta
T6G 2H9

Phone: 780.492.4863

Email: active.living@ualberta.ca

www.centre4activeliving.ca

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Provides research and education for the promotion of physical activity.
- Promoting active living by bridging research, practice and decision-making.

Finding Balance

Injury Prevention Centre

Phone: 780.492.6019

www.findingbalancealberta.ca

- Finding Balance is a provincial initiative that informs Alberta seniors and future generations of seniors about the importance of preventing slips, trips and falls.
- Free resources, also on website.
- Finding Balance key messages:
Check your medications – Talk to your doctor or pharmacist. Keep active – for strength and balance.
Speak up about dizziness – Tell your healthcare provider and take action.
Have your vision checked every year – check for eye diseases and new lenses.

Public Health Agency of Canada

Toll-Free Phone: 1.866.225.0709

TTY: 1.800.267.1245

www.publichealth.gc.ca/seniors

- Information on falls prevention.

See **SENIORS' INFORMATION SERVICES** – Consumer Resources for complete listing.

Could a fall
put an end to your
independent lifestyle?

1 in 3 older Albertans fall each year.



The good news is that
there are simple ways
you can prevent a fall.

Find out more and take our falls risk quiz at:

findingbalancealberta.ca

Finding Balance is a seniors falls prevention program based on the latest research and evidence. It is developed and coordinated by the Injury Prevention Centre in Alberta.



Stay Independent. 
Prevent Falls.

HEALTH BENEFIT PLANS

Alberta Blue Cross

10009 108 St. NW T5J 3C5

Customer Services: 780.498.8000

Toll Free: 1.800.661.6995

www.ab.bluecross.ca

Hours: Mon-Fri Mon to Fri 8:30 am to 5pm

- Not-for-profit providing supplementary health coverage.
- Administers Coverage for Seniors on behalf of Alberta Health.
- Sells Blue Assured coverage which complements government programs (includes dental, vision care, preferred hospital accommodation, accidental death benefit) and offers guaranteed acceptance.

Alberta Health Care Insurance Plan

Alberta Health

PO Box 1360, Stn Main T5J 2N3

Phone: 780.427.1432

Toll Free outside Edmonton: dial 310.0000, then 780.427.1432

Email: health.ahcipmail@gov.ab.ca

www.health.alberta.ca/

health-care-insurance-plan.html

Alberta Health Care Insurance Plan coverage includes:

- Insured hospital and physician services as well as services from a registered osteopath, according to an approved benefit schedule.
- Specific dental, oral and maxillofacial surgical procedures performed by an oral surgeon according to an approved benefit schedule (does not cover other dental services such as office visits, x-rays, splints, dentures, etc.).
- Some foot care services provided by a podiatrist: benefits are limited for each service and the maximum payable

per benefit year* is \$250.

- An operator's license medical examination for people 74.5 years+.
- Comprehensive eye examinations once per benefit year for persons 65+.
- For details on community physiotherapy services, please contact Alberta Health Services through Health Link by dialing 811.

***the Alberta Health Care Insurance Plan benefit year for podiatry and optometric benefits is from July 1 of one year to June 30 of the following year.**

Leave a
Legacy
of Life

sage



For information on how your
PLANNED GIVING can
help us inspire and support
seniors to be the best they
can be:

Contact Sage 780.423.5510
visit www.mysage.ca and click
on "Support Us"



**Contact us today
at 1-800-394-1965**

Looking for benefits options? We've got you covered.

**Whatever your age, enhance your
health and well-being with the
flexible, comprehensive benefits of
one of our individual health plans.**

**Enjoy health benefits you can count
on—from a brand you know and trust.**

ab.bluecross.ca

**The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. *† Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. ABC 83756 2018/07



Dental and Optical Assistance for Seniors

Phone: 780.644.9992 or

Toll free 1.877.644.9992

www.alberta.ca/ministry-seniors-housing.aspx

To qualify, you must:

- be 65 years of age or older
- live in Alberta for at least three months before applying
- be a Canadian citizen, or admitted to Canada for permanent residence (landed immigrant)
- have an income within the program's thresholds. The amount of dental and optical coverage provided is based on your annual income. In general, single seniors with an annual income of \$31,675 or less, and senior couples with a combined annual income of \$63,350 or less, may qualify for the Dental and Optical Assistance for Seniors programs.

Basic Dental

- Includes: checkups, cleanings, fillings, extractions, root canals and basic dentures
- The Dental Assistance for Seniors program provides basic dental coverage to a maximum of \$5,000 every five years.

Basic Optical

- Includes: only prescription eyeglasses, including lenses and frames dispensed by a recognized optical provider.
- The Optical Assistance for Seniors program provides assistance up to \$230 towards the purchase of prescription eyeglasses every three years.

Provincial Services

Seniors can get information on Alberta's health benefit programs by calling the Alberta Supports Contact Centre or visiting an in-person centre in their area. Please contact the Centre nearest you for hours of operation.

Alberta Supports Contact Centre

Phone: 780.644.9992

Toll-free outside Edmonton: 1.877.644.9992

Email: hs.ascc@gov.ab.ca

www.alberta.ca/alberta-supports.aspx

Argyll Alberta Supports Centre

6325 Gateway Boulevard NW T6H 5H6

Phone: 780.644.2888

TTY: 780.427.9999

Email: hs.EdmSouthIS@gov.ab.ca

City Centre Alberta Supports Centre

Main Floor, 10242 105 St. NW T5J 3L5

Phone: 780.427.9674

TTY: 780.422.0790 - Ask to speak to Alberta Supports (Edmonton)

Northgate Alberta Supports Centre

2050-9499 137 Ave T5E 5R8

Phone: 780.422.9440

TTY: 780.427.1544

Email: hs.EdmNorthIS@gov.ab.ca

Leduc Alberta Supports Centre

4901 50 Ave. Leduc AB T9E 6W7

Phone: 780.980.0557

Meadowlark Alberta Supports Centre

120 Meadowlark Shopping Centre

15710 87 Ave. NW T5R 5W9

Phone: 780.415.8116

Email: awc.meadowlark@gov.ab.ca

Fort Saskatchewan

2nd floor, Fort Saskatchewan Community Hospital
9401 86 Ave.

Fort Saskatchewan AB T8L 0C8

Phone: 780.417.2497

At the Fort Saskatchewan Location individuals are seen by appointment only. Appointments can be made on Tuesday, Wednesday and Thursday.

Parkland Alberta Supports Centre

200 Westgrove Professional Building

2nd Floor, 131 1st Ave.

Spruce Grove AB T7X 2Z8

Phone: 780.962.8681

St. Albert Alberta Supports Centre

Provincial Building

30 Sir Winston Churchill Ave.

St. Albert AB T8N 3A3

Phone: 780.419.3907

Sherwood Park Alberta Supports Centre

105 Tailor Made Business Centre

85 Cranford Way

Sherwood Park AB T8H 0H9

Phone: 780.464.7000

TTY: 780.449.0712

AlzheimerSociety

ALBERTA AND
NORTHWEST TERRITORIES

Visit alzheimer.ab.ca

for information and support for
people affected by dementia

10531 Kingsway Avenue,
Edmonton, 780.488.2266

**HEALTH SERVICE ORGANIZATIONS****Alzheimer Society of Alberta & Northwest Territories**

10531 Kingsway Ave. NW T5H 4K1

Phone: 780.488.2266

Contact: Arlene Huhn

Email: info@alzheimer.ab.ca

www.alzheimer.ab.ca

Hours of Operation: Mon-Fri 8:30am-4:30 pm

- Provides information and support to care partners and people affected by Alzheimer's and other dementias.
- Supportive programs include: personal and confidential visits, telephone intake and referral, various support groups and educational opportunities.
- Provides early stage support groups for people living with Alzheimer's and other dementias.
- Provides Minds in Motion program for people living with dementia and their care partners.

The Arthritis Society

Toll-free Phone: 1.800.321.1433

Email: info@arthritis.ca

www.arthritis.ca

- Free arthritis information and resource referrals by calling the Arthritis Information Line 1.800.321.1433
- Offering FREE education programs in Edmonton and area including Arthritis 101 and Chronic Pain Management.

Assisted Living Program

Phone: 780.495.2823

Email: Yaa.Attobrah@canada.ca

Indigenous Services Canada provides funding to First Nations communities to provide social support services to infirm/chronically ill/disabled individuals who live on a reserve and who need help with activities of daily living. <https://www.canada.ca/en/indigenous-services-canada.html>.

Boyle McCauley Health Centre

10628 96 St. NW T5H 2J2

Phone: 780.422.7333

Dental Clinic (direct line): 780.421.7333

www.bmhc.net

Hours: Mon-Thurs 8am-8pm,

Fri 8am-4:30pm, Sat 9am-12:30pm

Provides integrated primary health care, health promotion, and social support programs for the most marginalized and vulnerable community members. The team of health care providers at BMHC integrates and addresses addictions and mental health, chronic disease management, housing, income, food, and other needs of patients in the delivery of primary health care services: Medical Clinic, Footcare Clinic, Mental Health & Addictions Counseling, Tuberculosis outreach and clinic, Women's Health Clinic, Community Nursing Station, and Dental Clinic, Miyowayawin Clinic – (located at Edmonton Native Healing Centre) serving Indigenous Seniors and Families

- Medical Clinic: Accepts only patients with complex health care needs.
- Dental Clinic: Accepting new patients.

Bridges Support Services

52-9912 106 St. NW T5K 1C5

Phone: 780.428.6610.

Email: cindy@bridgessupport.com

www.Bridgessupport.com

- For people who are Hard of Hearing, Deaf or experiencing communication or language challenges
- Counselling: Personal/Addiction/Depression/Anger Management or Disability related
- Rehabilitation: Coping with hearing loss
- Workshops: Disability Awareness/Hearing Sensitivity/Healthcare Communication Program/Sound Sense Prevention and Anger Management.

Canadian Blood Services

8249 114 St. NW T6G 2R8

Phone: 780.431.0202

Email: feedback@blood.ca

www.blood.ca

www.facebook.com/albertablood

Blood Donor Clinic hours:

Mon-Fri 9am–1pm & 3:30pm–7:30pm;

Sat 8am–2pm

- Manages the blood and blood products supply for hospitals throughout Northern Alberta, NWT, and North East B.C.
- Manages OneMatch (stem cell and marrow network).
- To book your blood donation appointment, call: 1.888.2.DONATE (1.888.236.6283).

Canadian Cancer Society

201-9452 51 Ave. NW T6E 5A6

Phone: 780.455.7181

Email: info@cancer.ab.ca

www.cancer.ca

Office Hours: Mon-Fri 8:30am-4:30pm

How we can help:

- If you, or someone you care about has been diagnosed with cancer, you'll have many questions and concerns. We're here to help. We offer support and information for people with cancer and their family, friends and caregivers
- Call 1.888.939.3333 to find out more about services in your community.

Canadian Hard of Hearing Association, Edmonton Branch

52-9912 106 St. T5K 1C5

Phone: 780.428.6622 (Voice/TTY)

Email: chha-ed@shaw.ca

www.chha-ed.com

A non-profit, self-help organization providing support, activities, programs and advocacy for all persons with hearing loss:

- General Meetings, Social Activities (All welcome)
- Speechreading & Coping Skill Classes, Beginner Conversational ASL Classes
- Your Third Ear/Hearing Workshops (FREE must register in advance)
- Hearing Aid Assistance Fund, Scholarships

Canadian Mental Health Association – Edmonton Region

Transition Place

300-10010 105 St. NW T5J 1C4

Phone: 780.414.6300

Email: main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm

- Learn how to take care of your mental health. Get the facts about mental illness. Find help for yourself or others.
- Peer support groups and social recreation are available.
- Call us or visit the website above for more information.

CNIB & Vision Loss Rehabilitation Alberta

Seeing Beyond Vision Loss

12010 Jasper Ave. NW T5K 0P3

Phone: 780.488.4871

Email: alberta@cnib.ca

www.cnib.ca

CNIB provides community-based support and rehabilitation services to ensure blind and partially sighted Canadians have the confidence, skills and opportunities to fully participate in life. We offer specialized programs and services for individuals and their families looking for practical solutions or vision health information including:

- Seniors and Vision Loss
- Vision support
- CNIB Library
- Products and technologies

Compass Centre for Sexual Wellness

703-10050 112 St. T5K 2J1

Phone: 780.423.3737

Email: info@compasscentre.ca

www.compasscentre.ca

Hours of Operation: 8:30am-4:30pm,

Closed 12pm-1pm for lunch

- Provides sexual health education and counselling services in Edmonton and surrounding communities.
- We offer a Sexy Senior presentations and/or workshops for seniors to explore commonly held myths, topics include sexual anatomy, physiology, hormonal changes and how to keep their sex life happy & fulfilling.
- We also have our Ethnoculture Program to provide culturally sensitive sexual health education.

Deaf & Hear Alberta

Alberta School for the Deaf, Upstairs, 6240
113 St., Edmonton

Phone: 587.400.9602

Email: info@deafandhearalberta.ca

www.deafandhearalberta.ca

<https://estore.deafandhearalberta.ca>

Hours of Operation: 9am-3pm

(Contact for an appointment)

- We provide supports to Deaf and hard of hearing individuals.
- Services include American Sign Language (ASL) Interpreting, resources/ referrals, and assistive technology for home and safety.
- Our Accessibility Services Department provides support and technology that enhances everyday life. We can demonstrate items prior to purchasing to ensure the assistive device meets your needs. Please call, text or email us for an appointment.

Health Canada

General Inquiries Phone: 780.495.6815

Toll Free: 1.866.225.0709

www.hc-sc.gc.ca

Huntington Disease Resource Centre

Buchanan Centre, 11209 86 St. NW T5B 3H7

Phone: 780.434.3229

Contact: Bernadette Modrovsky

Email: bmodrovsky@huntingtonsociety.ca

www.huntingtonsociety.ca

- Provides support, information, education, counselling and referral for those with Huntington disease and their families in Northern Alberta. Services also include resource materials and in-services about HD.

Living Positive through Positive Living Society of Alberta

33-9912 106 St. T5K 1C5

Phone: 780.424.2214

Email: living-positive@telus.net

www.living-positive.net

Hours of Operation: Tues-Fri 9am-2pm

Closed Mondays and Statutory Holidays

- Living Positive was incorporated in 1990 as a Society in Alberta.
- Provides to people living with or affected by HIV nurturing and supportive environments in which to develop understanding, positive attitudes and self-images. We welcome all persons living with or affected by HIV, regardless of orientation and gender identification.
- The home of The Living Quilt, a testament to survival and symbol for facing adversity head on. More participants than ever have been living with HIV for more than 25 years.

The Lung Association – Alberta and NWT

208-17420 Stony Plain Rd. NW T5S 1K6

Mailing address:

P.O. Box 4500, Station South

Edmonton, AB T6E 6K2

Phone: 780.488.6819

Toll Free: 1.888.566.5864

Email: info@ab.lung.ca

www.ab.lung.ca

- Membership privileges include access to up-to-date information on lung disease.
- Referral to support groups.

PADIS

Poison and Drug Information Service

Toll-Free: 1.800.332.1414 (Alberta-wide)

www.padis.ca

- Free of Charge – Confidential – 24/7
- Expertise and Advice on Poisons, Chemicals, Medications, and Herbs
- Anyone of any age can receive

credible and research-based information delivered by qualified and experienced health professionals (including pharmacists, nurses, and Medical Toxicologists)

Parkinson Association of Alberta

11209 86 St. NW

Phone: 780.425.6400

Email: info@parkinsonalberta.ca

www.parkinsonalberta.ca

Hours of operation:

Mon-Fri 8:30am–4:30pm

- Provides support services and programming for people with Parkinson disease, Parkinson Plus Syndromes and their care partners and families.
- Programs and services offered include: One-on-one/family supportive counselling, support groups, education, information and resources. Programming includes physical, voice/speech, cognitive, and social options. Call our office to learn more or to schedule an appointment today.
- You can become a member for \$25 per year.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Northwest corner of 100 St. and 102A Ave.

Health Services at Sage

Phone: 780.423.5510

Fax: 587.689.2248

Email: healthservices@mysage.ca

www.mysage.ca/at-sage/health-services

Hours of Operation: 8:30am-4pm

- Nurse Practitioners on staff to provide primary and urgent care 5 days a week. Able to provide almost all services normally obtained through a family physician.
- Able to provide home visits to home bound seniors.
- Soon to have additional services in-house: foot care, dental hygienist, dentist

HOME HEALTH CARE AGENCIES

Bridge to Care Inc.

A Canadian based Not for Profit

Healthcare Organization

Divisional office: 100-5013 48 St.

Stony Plain AB T7Z 1L8

Corporate office: 2-322, McLeod Ave, Spruce Grove, AB T7X 0J6

Phone: 780.591.1000

Toll-free: 1.800.717.5536

Email: info@bridgetocare.org

www.bridgetocare.org

Hours of Operation: 9am-5pm

Our Services:

- Skilled Nursing Care
- Pregnancy Care,
- Dementia Care
- Palliative Care
- Convalescence Care

See also **TRANSPORTATION – Transportation Options For People Not Driving**

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial 

Care at Home by Exquisicare

Serving all of Edmonton and surrounding communities.

Phone: 780.707.6509

www.CareAtHomebyExquisicare.com

Hours of Operation: all services available 24/7
Love. Reverence. Family.

- A nurse-operated company, dedicated to providing the same level of care we would want for our own families.
- Care At Home offers companion care for all daily living activities including home help & outings: support for your loved ones to age in place as long as possible.
- From basic personal care to skilled nursing care, our services are available all hours of the day and night, in facilities & at home.

Care at Home

Where love matters

Offering companionship, home help, personal care and nursing support around the clock.

Let Care at Home provide the help you need to stay comfortable and supported at home.

780-707-6509

Call for a free nursing assessment



www.careathomebyexquisicare.com

Companionship * Personal Care * Respite * Transportation * Housekeeping



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www.Edmonton.ComfortKeepers.ca

Complimentary Home Visit within 1 day!



Each Office Independently Owned and Operated

Comfort Keepers

101-4208 97 St. NW T6E 0S9

Phone: 780.465.4665 for 24/7 service

Email: edmonton@comfortkeepers.ca

Edmonton.ComfortKeepers.ca

- Flexible options for companionship, housekeeping, personal care, respite and transportation.
- We find the best caregiver match to provide superior interactive caregiving.
- There is a difference: our quality caregivers, interaction to support quality of life, and our unwavering commitment to excellence.

See also **TRANSPORTATION – Transportation Options for People Not Driving**

Harmony Caregiving

9856 89 Ave. NW T6E 2S4

Phone: 780.328.7807

Email: caring@HarmonyCaregiving.com

www.HarmonyCaregiving.com

Hours of Operation: 24/7 Availability

- Our Certified Home Health Care Aides & Companions Provide Assistance In-Home, In-Facility or In-Hospital
- Feel safe & secure knowing our Aides are bonded, insured, CPR/First Aid certified & are able to meet your personal needs such as: bathing, grooming, dressing, medication assistance, meal preparation & cleaning, shopping & errand running, appointment accompaniment.
- Let our Care team take care of the little things, so you can enjoy the more important things in life!



HARMONY CAREGIVING

♥ Reliable ♥ Trustworthy ♥ Respectful ♥ Compassionate

HELPING YOU LIVE YOUR LIFE IN THE COMFORT OF YOUR OWN HOME

WHOLEHEARTED CARE SERVICES 24/7

- ♥ Home Care ♥ Companionship ♥ Respite Care ♥ End of Life Care
- ♥ Healthy Meal Preparation ♥ Dementia & Alzheimer's Memory Care
- ♥ Post-Hospital Care ♥ Fun Social Outings ♥ Shopping ♥ Errands
- ♥ Personal Care & Hygiene ♥ Medications ♥ Appointments

780-328-7807

Book Your Complimentary Consultation Today!

Ensure Your Safety and Well-Being with
Screened, Bonded & Insured Care Professionals



www.HarmonyCaregiving.com

9856 89th Ave Edmonton AB T6E 2S4

Havencrest Home Health Care

51574 R.R. 224 Sherwood Park AB T8C 1H5

Phone: 780.953.0342

Email: havencresthomecare@gmail.com

www.havencresthomecare.ca

Hours of Operation: 24/7

Serving the community since 2000.

- Our professional homecare team are certified, extensively trained, screened, insured and available to provide compassionate care for you or your loved ones.
- Services include: compassion care, home support, personal care, Alzheimer/Dementia care, nursing and palliative care.
- From a few hours a week to full time live-in care we are here to help improve quality of life.
Providing care is what we do best!

Havencrest Home Health Care

Contact: Susie Sterenberg

780-953-0342

havencresthomecare@gmail.com

Hours of Operation 24/7

Serving the community since 2000

*Providing care and improving quality of life is
what we do best!*

Our professional homecare care team are certified and extensively trained, screened, insured and available to provide compassionate care for you or your loved ones.

Services include:

- Companion Care
- Home Support
- Personal Care
- Alzheimer/Dementia Care
- Nursing
- Palliative Care.

From a few hours a week to fulltime live in care
we are here to help.

Call for a complimentary consultation today!

www.havencresthomecare.ca

Home Instead Senior Care Edmonton

East location: Serving East Edmonton, Sherwood Park, Fort Saskatchewan, Clairview, Capilano, Millwoods, Summerside, Beaumont, East Leduc.
1004 Parsons RD SW Unit 8 T6X 0J4
Phone: 780.465.5373 Answered 24/7
Contact: Lynn or Brent Boyd
Email: brent.boyd@homeinstead.com
www.homeinstead.com/EastEdmonton
Office hours: Mon-Fri 8am–4pm
Care hours: 24/7 on-call

- We provide dedicated CAREGivers that drive and escort our clients to all different types of activities such as: Doctor's appointments, Hospital discharge, Grocery shopping, Church service, Visit family or friends, Medication pick up, Fun-filled outings, Shopping centres.

See our ad on page 322.

Nurse Next Door

Phone: 1.888.988.5880

Email: Edmonton@NurseNextDoor.com

www.NurseNextDoor.com

Hours of Operation: Always open

24/7 access, 24/7 service

3 Pillars to help determine the support you – or the ones you love – need

- Taking Care: Attentive visits, house keeping and meals, of course – but what do you love to do? We'll help set goals to improve your health and independence.
- Enriched Care: Stay comfortable and safe in your home. Medication and daily living support – look and feel great.
- Vital Care: Whatever you need – daily, live-in or even end-of-life care. A qualified caregiver or nurse ensures attentive care.

Retire-At-Home Services

Phone: 780.435.9959

Email: edmonton1@retireathome.com

www.RAHedmonton.com

Office hours: Mon-Fri 8:30am–4:30pm

Care hours: 24/7 on-call

Nurse Managed Care

Helping seniors maintain their independence through quality, personalized home care since 1994!

- Personal Care – Helping with everyday personal hygiene
- Home Support – Ensuring chores and errands are complete
- Nursing & Palliative Care – Managing medical needs
- Companion Care – Keeping you active and social

Our compassionate professionals can make a difference in your life.

Veritas Seniors

Services Designed for Edmonton Seniors

Email: care@veritasseniors.ca

www.veritasseniors.ca

Hours of Operation: 24/7

- Registered Nurse started Veritas Seniors and oversees all care
- Dedicated to Senior Care
- Enter our family of dedicated Companion and Caregivers matched to care for your loved one.
- Stay comfortably at home for as long as possible with help at home. Break the boredom in a facility, or possibly go on an exciting outing. We relieve family who can't be there or need a break with our exceptional Companions and Caregivers.
- Care available from a few hours a day to full time care.

- Customized to meet your needs.
- Screened, bonded and insured for your reassurance.



Veritas
Home Care Services for Seniors



Ready to lend a helping hand with warm-hearted, gentle, patient, and compassionate caregivers

• Companions	• Personal Care	• Housekeeping
• Healthy Meals	• Errands	• Respite Care & More

Available 24/7 Bonded, Licenced and Insured

Phone: **(780) 975-7927**
Email: care@veritasseniors.ca • www.veritasseniors.ca



RETIRE-AT-HOME
SERVICES



**Helping Seniors Remain
in the Comfort of Home!**

780-435-9959

www.RAHedmonton.com



Chapter Contents

- Home Services
- Food Services
- Outreach
- Donating Your Household Items
- Historical Items

HOME SERVICES

Home support and maintenance services are offered for older adults to enable them to remain safely in their homes for as long as possible.

See also **HEALTH & WELLBEING** – Home Health Care Agencies

Better Business Bureau of Central and Northern Alberta

Phone: 780.482.2341

See **SENIORS' INFORMATION SERVICES** – Consumer Resources for complete listing.

Care at Home by Exquisicare

Serving all of Edmonton and surrounding communities.

Phone: 780.707.6509

www.CareAtHomebyExquisicare.com

See **HEALTH & WELLBEING** – Home Health Care Agencies for complete listing

Harmony Caregiving

9856 89 Ave. NW T6E 2S4

Phone: 780.328.7809

Email: caring@HarmonyCaregiving.com

www.HarmonyCaregiving.com

Hours of Operation: 24/7/365 Availability

Certified Health Care Aides &

Companions Provide Assistance in Your Home

Our Aides & Cleaners are Bonded, Insured, Licensed & Fully Screened

- Our Aides are trained in Dementia/ Memory Care, & help with services such as; bathing, grooming, dressing, medications, hospital & medical appointment accompaniment
- "Home Suite Home" clean-team, helps with deep cleaning, light cleaning, organizing, decluttering, packing, coordination, donations etc.



HARMONY CAREGIVING

♥ Reliable ♥ Trustworthy
♥ Respectful ♥ Compassionate

HELPING YOU LIVE YOUR LIFE IN THE COMFORT OF YOUR OWN HOME

WHOLEHEARTED CARE SERVICES 24/7

- ♥ End of Life Care ♥ Fun Social Outings
- ♥ Personal Care & Hygiene ♥ Medications
- ♥ Coordinated Home Management Services
- ♥ Medical Appointments ♥ Post-Hospital Care
- ♥ Home Care ♥ Companionship ♥ Respite Care
- ♥ Healthy Meal Preparation ♥ Grocery Shopping
- ♥ Errand Running ♥ Dementia/Alzheimer's Memory Care

Ensure Your Safety and Well-Being with
Screened, Bonded & Insured Care Professionals

780-328-7809

9856 89th Ave Edmonton AB T6E 2S4

Book Your Complimentary In-Home Consultation Today!

Helping Hands Personal Assistants

Address: 8211 56 Street NW T6B 1H6

Phone: 780.244.0488

Email: hhpa05@gmail.com

Website: helpinghands2005.com

Hours of Operation: Mon to Sat
9am to 5pm

- Personal Assistants Services are Customized to your needs and wants!
- Allowing you to enjoy a stress-free life style whatever that may look like to you!
- Supporting Independent Living!

Home Service & Community Connections

c/o SEESA

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: jenny@seesa.ca

www.seesa.ca

Hours of Operation: Mon–Fri

- Home Services can help you find pre-screened service providers to assist you with many indoor and outdoor tasks, including housekeeping and snow removal
- We have information on hiring contractors – the do's and don'ts
- We can also help you connect to resources in your community!



**Supporting your
independence!**

780-244-4088

hhpa05@gmail.com

- Escorting
- De-clutter and organizing
- Cleaning and moving transition
- Shopping and companionship
- Caregiver Support



8211-56 Street, Edmonton, AB
www.helpinghands2005.com

Sunshine

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8:00 am to 3:00 pm

15 Sir Winston Churchill Square



YOUR GOOD COMPANY COMPANION CARE FOR SENIORS

Non-medical companion care
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**Enjoy good company
with one of our companions!**

We're delighted to offer assistance with:

- ♥ errands ♥ appointments
- ♥ meals ♥ house/yard work
- ♥ leisure interests and outings
with sensitivity and respect
for your comfort and abilities.



phone 780-299-9049

or email

info@yourgoodcompany.ca

Louise Sevigny and

Laura Klotz

Molly Maid

Phone: 780.452.5730

Email: barry.hudson@mollymaid.ca

Hours of Operation: Mon-Fri

- Serving all of Edmonton and surrounding area.
- Molly Maid provides thorough, consistent and reliable house cleaning customized to meet your individual needs. Staff are trained, bonded and insured.
- We provide all equipment and supplies.
- Helping seniors maintain an independent lifestyle since 1979.



Relax, leave the cleaning to us!



Contact us today for a free in-home estimate:

780.452.5730

barry-hudson@mollymaid.ca

Tips for Hiring a Contractor

1. Get Everything in Writing
2. Check out Credentials
3. Get Three Quotes

Residential Access Modification Program (RAMP)

Community and Social Services

Phone: 780.427.5760

Toll Free: 1.877.427.5760

Email: css.RAMP@gov.ab.ca

- RAMP provides a grant of up to \$7,500 annually, to a maximum of \$15,000 within a 10-year benefit period, for eligible clients using a wheelchair on an ongoing basis, and those aged 65+ using a wheelchair or a 4-wheel walker on an ongoing basis, to modify a primary personal residence.

See [HOUSING – Housing Resources & Helplines](#) for complete listing

Seniors Caring About Seniors

100-6770 129 Ave. T5C 1V7

Phone: 780.465.0311

Email: info@sscas.com

www.sscas.com

- Pre-screened service providers will assist low-income seniors living on the south-side with personal tasks and household maintenance. Membership fees apply

See [TRANSPORTATION-Transportation Options For People Not Driving](#)

Seniors Home Supports Program Referral Service

Phone: 211

www.seniorshomesupports.com

Referrals provided to seniors living in Edmonton to vetted service providers that offer snow removal, yard help, housekeeping, and minor home repairs.

Seniors Organizations Participating in the Program:

West:

Westend Seniors Activity Centre

Phone: 780.483.1209

Email: seniorsservices@westendseniors.com

North West:

North West Edmonton Seniors Society

Phone: 780.482.1958

Email: homesupports@telus.net

North East:

North Edmonton Seniors Association

Phone: 780.944.7470

Email: info@nesa1.ca

South East:

South East Edmonton Seniors Association

Phone: 780.468.1985 ext. 260

Email: home.support@mwsac.ca

Mill Woods:

Mill Woods Seniors Association

Phone: 780.496.2997

Email: home.support@mwsac.ca

South West:

SouthWest Edmonton Seniors Association (SWESA)

Phone: 780.860.2931

Email: hs@swedmontonsenior.ca

Stony Plain Family & Community Support Services & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave

Phone: 780.963.8583

Email: pfcss@stonyplain.com

www.stonyplain.com/fcss

- The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the wellbeing of individuals, families and the community.
- Home Support Program is a subsidized (income-based) light housekeeping

- service for adults in need of support
- Adopt-A-Driveway is a snow removal program for eligible (income based) residents of the Town of Stony Plain

Strathcona County Family and Community Services

Office: 200, 501 Festival Avenue,

Sherwood Park AB

Mail: 2001 Sherwood Drive

Sherwood Park AB T8A 3W7

Phone: 780.464.4044

Email: familyandcommunity@strathcona.ca

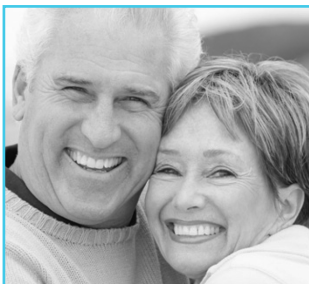
- Home support services: Assistance with personal care, bathing and medication assistance in Clover Bar Lodge and Silver Birch Lodge. Light housekeeping in private homes in the community.

See also HELP AT HOME – Outreach, ELDER ABUSE - Crisis Information, HEALTH & WELLBEING - Counselling

St. Michael's Mobile X-Ray

Phone: 780.472.4504

- Brings x-ray services directly to patients.
- Improves patient care and quality of life in long-term care by allowing patients to remain in the comfort of their own homes yet still receive the diagnostic services they need.
- Images are read within hours.



ComForCare
HOME CARE

ComForCare is a premier provider of private duty home care services. Our services include:

- ♥ Personal Care and Hygiene
- ♥ Medication Reminders
- ♥ Meal Preparation
- ♥ Companionship
- ♥ Appointment Escorts
- ♥ 24/7 Care
- ♥ Transportation
- ♥ Light Housekeeping
- ♥ Safety Supervision
- ♥ Respite Care
- ♥ Alzheimer's and Dementia Care

Call today for your free in home assesment

North: 780.244.3201 South 780.705.8860

www.ComForCare.com

FROZEN MENU

The below is a sampling of available meals. View our full menu online at mealsonwheelsedmonton.org

TO ORDER: call 780-429-2020,
visit mealsonwheelsedmonton.org or
email us at emow@mealsonwheelsedmonton.org

**Vegetarian, Vegan, Halal, gluten free,
and diabetic friendly meals are available.*

beef



Classic Meatloaf with mushroom gravy,
mashed sweet potatoes and peas

\$4.50

Roast Beef with gravy, garlic mashed
potatoes and carrot-turnip combo

\$6.00

Salisbury Steak with gravy, sauteed
onions, roasted potatoes and cauliflower

\$4.50

pork



Roasted Pork with gravy, apple stuffing, roasted
sweet potatoes and broccoli

\$5.00

Ham with Cranberry Apricot Sauce with
scaloped potatoes and green beans

\$5.00

veggie



Mac 'n' Cheese Bowl with broccoli

\$4.50

Chana Masala Bowl curried chickpeas in
tomato Indian sauce with yellow rice and broccoli **VEGAN**

\$5.00

breakfast

Pancakes with sausages and hash browns

\$4.50

Bacon, Egg & Cheese on an English muffin

\$3.00

sweets



Blueberry Muffin **DIABETIC**

\$0.95

Strawberry Cream Cake

\$2.00

Chocolate Chip Cookie **DIABETIC**

\$5.00/dozen

poultry



Mushroom Chicken with mashed
potatoes and sunrise vegetables

\$4.50

Roasted Turkey with gravy, stuffing,
mashed potatoes, peas and pearl onions

\$6.00

Chicken Cordon Bleu with garlic mashed
potatoes and PEI mix vegetables

\$6.00

seafood



Pesto Salmon with rice and broccoli

\$5.00

Cod with Dill Sauce with rice pilaf and
peas and carrots

\$4.50

soup



Beef and Barley

\$2.00

Borscht **VEGAN**

\$2.00

Chicken Noodle

\$2.00

Ginger Carrot

\$2.00

extras



Beef or Turkey Gravy

\$1.00

Meal Replacement Drink (variety)

\$1.50

samplers

Five-Meal Sampler Pack

\$20.00

**Prices and items are subject to change*

Westend Seniors Activity Centre

Phone: 780.483.1209

- Home support referral program for:
Yard cleaning, snow shovelling, house-cleaning, minor home repair

See SENIOR CENTRES, CLUBS & GROUPS – West and HELP AT HOME – Outreach

FOOD SERVICES

FREE HOT MEALS

See CRISIS - GENERAL ASSISTANCE for locations and meal times.

Edmonton's Food Bank (Edmonton Gleaners Association)

Warehouse: 11508 120 St. NW

Phone: 780.425.4190

Email: info@edmontonsfoodbank.com

www.edmontonsfoodbank.com

- If you require food assistance, please call to speak with a referral worker who will discuss your situation and find the best available options to help you.
- The Client Assistance Line is open Monday to Friday between 8:30am & 4pm.
- Clients will be directed to one of our 40 depots geographically located in Edmonton for their hamper pick-up.

See HELP AT HOME – Donating Your Household Items for additional information.

Edmonton Meals on Wheels

11111 103 Ave. NW T5K 2P1

Phone: 780.429.2020

Email:

emow@mealsonwheelsedmonton.org

www.mealsonwheelsedmonton.org

- Chef's Choicer® Daily Meals:
Homemade, healthy meals delivered to your door. No added salt. Special diet & texture modifications available. Made by Red Seal Chefs in our own commercial kitchen.
- Chef's Choice® Frozen Meals: Your choice of 30+ frozen entrees ranging from classics like Shepherd's Pie & Meatloaf, to South Asian and gluten-free. Soups and sweets also available. Made by Red Seal Chefs in our own commercial kitchen.

Grocery Shopping and Delivery Services

Edmonton Meals on Wheels

11111 103 Ave. NW T5K 2P1

Phone: 780-429-2020

Email:

emow@mealsonwheelsedmonton.org

www.mealsonwheelsedmonton.org

- Store to Door® is a personal shopping, delivery, and shelving program for low/moderate income, homebound, and disabled Edmontonians, who are unable to shop themselves. Contact us for details.
- The Grocery Bag® helps get basic grocery items to people who have trouble shopping. Clients choose from a list of staples including milk, produce, meats, and canned items. Orders can be delivered 1x/wk, during the day, and select evenings.

Heart To Home Meals

2841 16A Ave NW T6T 0T7

Toll Free: 1.800.704.4779

Phone: 780.666.2336

Email: edmonton@hearttohomemeals.ca

www.hearttohomemeals.ca

Hours of Operation: Mon-Fri 8:30am-5pm

- Heart To Home Meals delivers delicious and nutritious frozen meals, soups and desserts straight at your door steps.
- Over 200 menu items to choose from; breakfast, lunch, dinner to special diets meals (Gluten Lactose Free, Minced and Pureed), there is something for every senior to enjoy! Many menu items are low in fat, low in sodium, high in fibre and diabetic friendly.
- 3 different sizes (Mini, Standard and Hearty) of meal to suit your appetite
- Approved provider of Access to Nutrition Program through Veteran

Affairs of Canada.

- Free delivery, no minimum order, no contract, no commitment.
- Pay by CASH, CHEQUE or CREDIT CARD on delivery

Leduc & District Food Bank

4810 49 Ave Leduc AB T9E 6L5

Phone: 780.986.5333

Email: leducfb@shaw.ca

www.leducfoodbank.ca

Hours of Operation: Mon, Wed, Fri 9am-4pm

- We offer short-term emergency food services and provide clients information on other helping agencies.
- We book appointments for the same day service.
- LDFB is here to work alongside other helping agencies and to help fill the gap for a short-term need.

Wecan Food Basket Society of Alberta

Phone: 780.413.4525

Email: info@wecanfood.com

www.wecanfood.com

Hours of Operation:

Tues-Thurs 9am-2pm, Fri 9am-12pm

- A charitable organization that believes every individual has a right to quality, fresh & nutritious food.
- Our food baskets offer 2 - 3 cuts of freshly frozen meat, 3 types of vegetables & 3 kinds of seasonal fruit, along with recipes and a newsletter
- Participants buy a \$5 yearly membership in order to buy fresh food through the society. Members prepay for their food baskets by the first Friday of the month, then return on the 3rd Thursday or Friday to pick up their food.

Cooking for one is a lot of work.

Now I can easily order balanced meals with **free delivery!**



Get delicious, frozen meals, soups and desserts delivered directly to your home

- Choose from more than 200 home-style dishes
- Simply store in your freezer and heat when you're ready
- Delivery is free with no contracts or ordering commitments*

No Contracts. No Obligation. Delicious Choices

* Some conditions may apply

Request your FREE Menu Catalogue Today!

780-666-2336 | 1-800-704-4779

HeartToHomeMeals.ca

Approved provider through Veterans Affairs Access to Nutrition Program



We Accept Veteran Affairs Allowance



OUTREACH

Outreach workers can provide information about services, help fill out forms, and support seniors in getting connected to community resources. This service can be in seniors centres or in the senior's home.

Edmonton Seniors Centre

3Y-11111 Jasper Ave. NW T5K 0L4
Phone: 780.342.8124

- Our Outreach Program offers a holistic approach to working with seniors. We offer education, support, information and referrals for seniors and their families, including but not limited to: housing supports, mental health referrals, elder abuse, LGBTQ support, mobility support, help with governmental forms, advocacy, examining nutritional and financial security, connection to peer supports, referrals to affordable transportation.
- See SENIOR CENTRES, CLUBS & GROUPS – Central for complete listing

Fort Saskatchewan Seniors Outreach

10005 102 St. **Fort Saskatchewan** AB T8L 2C5
Contact: Seniors Coordinator
Phone: 780.992.6623
www.fortsask.ca
Hours of Operation:
Mon-Fri 8am-4:30pm
The outreach program supports seniors and their families by:

- Helping them find solutions to their concerns
- Offering advocacy support
- Providing information and supportive referrals to community resources
- Ensuring the program is accessible by meeting with seniors in their home.

Mill Woods Seniors Association

210-2610 Hewes Way
Phone: 780.508.9253
Contact: Outreach Worker
Outreach:

- Information & Referrals (i.e. housing, transportation, social services)
- Translation Services: Hindi, Gujarati, Urdu, Punjabi
- One-on-One Help: completion of forms & referrals
- Home & Hospital Visits: visits by staff or volunteers
- Nutrition Program: Cafeteria
- Support Groups: Friendship Group for Immigrants

See SENIOR CENTRES, CLUBS & GROUPS – South East for complete listing

Multicultural Seniors Outreach Program

Contact: Yvonne Chiu
Phone: 780.423.1973

See 'Multicultural Health Brokers Co-op' in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies for complete listing

Multicultural Women and Senior Services Association (MWSSA)

Phone: 780.465.2992

- 1 on 1 support
- outreach
- visit at home or hospital

See SENIORS' INFO SERVICES – Seniors' Services Organizations

North Edmonton Seniors Association (NESA)

Phone: 780.496.6969
Email: info@nesa1.ca

See SENIOR CENTRES, CLUBS & GROUPS – North East for complete listing, plus home services contact in HELP AT HOME – Home Services.

North West Edmonton Seniors Society

Phone: 780.451.1925

Email: outcald@telus.net

- Information and referrals to community resources, client needs assessment and advocacy
- Assistance with completing forms and applications
- Focusing on isolated seniors and seniors supports

See SENIOR CENTRES, CLUBS & GROUPS – North West for complete listing.

Operation Friendship Seniors Society

Phone: 780.429.2626

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics, and transportation.

See SENIOR CENTRES, CLUBS & GROUPS – Central,
HELP AT HOME – Donating Your Household Items, and
TRANSPORTATION – Transportation Options for People Not Driving for complete listings.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5
Northwest corner of 100 St. and 102A Ave.
Phone: 780.423.5510.

Email: info@MySage.ca

www.MySage.ca

Hours: Mon-Fri 8:30am-4pm

Sage Information and Support

Social Workers help older adults and their family members to connect with resources and supports. Sage staff offer assistance or resource information with many issues, including:

- health

- grief
- finances
- relationships
- mental health
- elder abuse
- decision-making options
- legal matters
- mobility
- safety
- social/recreational options

Home and community visits are also provided. In addition, assistance is provided for seniors filling out the following forms: Canada Pension Plan (CPP); Old Age Security; Guaranteed Income Supplement (GIS); Alberta Seniors Benefit; Special Needs Assistance; and Housing Applications.

This Full House Hoarding Program

Phone: 587.773.1764

Information and support for individuals 55+ who are experiencing difficulties related to having too many things in their home. If too much stuff is interfering with living the life you want, and your acquiring and saving has become too overwhelming, you may be experiencing the effects of hoarding. You need to know you are not alone and there are people who understand what is happening for you.

This Full House program takes referrals from:

- Self, Family, Community Referrals

What you can expect:

- In-home visits
- Partner with you to develop an action plan based on your individual needs and goals
- Identify and assist you in connecting to resources in the community
- Harm-Reduction Approach
- Monthly Lunch Group where you can meet others with the same experiences as you
- Follow-up Support

S.C.O.N.A. (Senior Citizens Opportunity Neighborhood Association)

Phone: 780.433.5377

- Seniors Outreach Services includes: Housing support, help with government forms, support navigating Municipal, Provincial and Federal services, exploring nutritional and financial security, emotional support, connection to peer support, information and referral to appropriate community resources, advocacy, connecting senior to safe affordable transportation.

See SENIOR CENTRES, CLUBS & GROUPS – South-West for complete listing.

South East Edmonton Seniors Association (SEESA)

Phone 780.468.1985

Email: outreach@seesa.ca

- Assistance with completing forms
 - Client advocacy
 - Information/Counselling, Referrals
 - Home visits
 - Social Circle, Bereavement Care Circle
- See SENIOR CENTRES, CLUBS & GROUPS – South-East, and HELP AT HOME – Home Services for additional listings.

St. Albert Food Bank and Community Village

30-50 Bellerose Drive,

St. Albert, AB T8N 3L5

Phone: 780.459.0599

Email: safb@telus.net

www.

stalbertfoodbankandcommunityvillage.com

Hours of Operation: Mon, Wed, Fri 9am-3pm

The St. Albert Community Village is open daily by appointment.

Strathcona County Family and Community Services

Office: 200, 501 Festival Avenue,

Sherwood Park AB

Mail: 2001 Sherwood Drive

Sherwood Park AB T8A 3W7

Phone: 780.464.4044

Email:

familyandcommunity@strathcona.ca

- Home support services: Assistance with personal care, bathing and medication assistance in Clover Bar Lodge and Silver Birch Lodge. Light housekeeping in private homes in the community.

See HELP AT HOME – Home Services, HEALTH & WELLBEING – Counselling, ELDER ABUSE - Crisis Information for additional listings.

Strathcona Place 55+ Services & Outreach

Phone: 780.433.5807

- Outreach in 10 languages

See complete listing in SENIOR CENTRES, CLUBS & GROUPS – South West

Westend Seniors Activity Centre

Phone: 780.483.1209

- Comprehensive outreach program directed to isolated seniors and seniors needing support, referral, information and form-filling assistance.
- Home support referral program for: Yard cleaning, snow shovelling, house-cleaning, minor home repair

See SENIOR CENTRES, CLUBS & GROUPS – West for complete listing.

DONATING YOUR HOUSEHOLD ITEMS

Many of the following organizations provide help to seniors and others as needed. Donating household items can be a great help.

Bissell Centre

Bissell Thrift Shoppe

8818 118 Ave. NW T5B 0T4

Phone: 780.471.6644

www.bissellcentre.org

- Donated goods are distributed through our community closet for no charge or sold at Bissell's Thrift Shop.
- All profits go back into Bissell Centre's programs and services that serve to eliminate poverty in our community.
- We accept: new and gently used clothing, small furniture, housewares, & antiques. We are not able to do pick-ups

Edmonton Emergency Relief Services Society

Phone 780.428.4422

See [CRISIS-General Assistance for complete listing](#).

Edmonton's Food Bank (Edmonton Gleaners Association)

Mailing Address: PO Box 62061,

Edmonton AB T5M 4B5

Phone: 780.425.2133

Email: info@edmontonsfoodbank.com

www.edmontonsfoodbank.com

Donations Gratefully Accepted:

- Non-perishable food donations may be left at any City of Edmonton Fire Hall or major grocery store;
- Our warehouse is located at 11508 120 St. and is open Mon to Sat between 8:30am & 4:30pm to accept food or monetary donations. Secure on-line

donations can be made on our website;

- The Food Bank does not receive government funding and monetary donations are essential to cover operating costs and food purchases.

See [HELP AT HOME – Food Services for additional information](#).

Find Furniture

5120 122 St. NW

Phone: 780.988.1717

Email: find@homewardtrust.ca

www.findedmonton.com

Hours of Operation:

Store Hours:

Tues–Thurs 10am–5pm

Fri 10am–7pm, Sat 10am–5pm

In-Store Donation Hours:

Mon–Thurs 9am–4:30pm,

Fri 9am–7pm, Sat 9am–4:30pm

- Find sells gently used furniture to the public, and provides free furnishings for people transitioning out of homelessness through Housing First Programs.
- Furniture donations accepted.
- We can pick up your donated items, and offer landfill services for material we are unable to use.

Goodwill Industries of Alberta

8761 51 Ave. NW T6E 5H1

Phone: 780.944.1414

Email: marketing@goodwill.ab.ca

www.goodwill.ab.ca

Hours of Operation: Please visit our website for location hours

- Goodwill accepts donations of new and gently used clothing and household goods at 13 donation locations in Edmonton and area.
- Donations are sold through Goodwill retail stores to fund employment programs for Albertans with disabilities.

Inclusion Alberta

Phone: 780.452.2121

Email: donations@inclusionalberta.org

www.inclusionalberta.org

Hours of operation: Mon-Fri 8:30 am-4:30 pm

- Accepts donations of used clothing, bedding, and small household items; will pick up.

Marian Centre

10528 98 St. NW T5H 2N4

Phone: 780.424.3544

Email: mceedmonton@shaw.ca

www.mariancentreedmonton.ca

- Accepts: men's clothing and household items such as dishes, kitchen utensils, lamps and linen. No furniture.
- Accepts deliveries, no pick-up.

Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: info@ofss.org

www.ofss.org

- Works with seniors in the inner city. Goods are given away to seniors and anything left over is passed on to other agencies.
- Accepts: clothing for adults (especially winter clothes), toiletries, incontinence supplies, small household items (e.g. blankets, flatware, etc.)
- Accepts deliveries

See SENIOR CENTRES, CLUBS & GROUPS – Central,

HELP AT HOME – Outreach, and
TRANSPORTATION – Transportation
Options for People Not Driving
for additional listings.

find. A new home for your used furniture

We offer free pick up

780.988.1717

sofas. chairs. tables. kitchen supplies.
dressers. home electronics. books.
media. gently-used household items.

find accepts **donations** of gently-used furniture to help support individuals and families transitioning out of **homelessness**.

Furniture is provided to participants in the **Housing First program**, managed by Homeward Trust Edmonton.

find. furnishing hope.
findedmonton.com

5120 122 st. edmonton, ab 780.988.1717



The Salvation Army Thrift Store

12928 50 St. NW or 14530 111 Ave. NW

Pick up service in Edmonton: 780.437.6870

Email: donate@tstores.ca

- Donations accepted: clothing and textiles, furniture and household items. (Unable to accept mattresses or large household appliances).

Society of St. Vincent de Paul

- Clothing depot for individuals and families (all ages)

Located at 10804 109 St. NW

Hours of operation: Mon – Fri from

10am to Noon

Closed on holidays

- To ask for help with food, household items and furniture:

Phone: 780.471.5571 (SSVP Call Center)

Email: ssvpedmonton@gmail.com

- To make a donation and request a pickup of acceptable items:

Phone: 780.471.5571 (SSVP Call Center)

Email: ssvpdonations@gmail.com

- We accept the following gently used items as donations:

- Food, quality linens, bedding, kitchen items, small appliances,

- Beds, lamps, furniture items for living room, kitchen and bedroom.

- Note that we do not accept the donation of any large appliances.

NOTE: The Society of Saint Vincent de Paul also accepts Planned Giving donations.

Wings of Providence

P.O. Box 32141 T6K 4C2

Phone: 780.426.4985

Email: wings@wingsofprovidence.ca

www.wingsofprovidence.ca

Hours of Operation: Mon-Fri 8am-4:30pm

- Accepts donations of food, clothes and household items for residents.

Women's Emergency Accommodation Centre

9611 101A Ave. NW T5H 0C8

Phone: 780.423.5302

- Accepts: food, sleep wear, underclothing, towels, socks, slippers and personal hygiene products.
- Accepts deliveries; does not pick up.
See [EMERGENCY – Shelters for Abused Persons](#) for more information

HISTORICAL ITEMS

Provincial Archives of Alberta

8555 Roper Rd. NW T6E 5W1

Corner of 86 St. and 51 Ave.

Phone: 780.427.1750

Email: paa@gov.ab.ca

www.provincialarchives.alberta.ca

Hours of Operation:

Tues-Sat 9am-4:30pm, Wed 9am-9pm
(no retrievals after 3:30pm).

Sun & Mon closed.

- Provides information for researchers including genealogical information and historical documents and photographs.
- Accepts: archival records including photographs, documents, moving images and sound recordings.
- Call before delivery.

See also [LEISURE & RECREATION – Recreation Resources](#)

Chapter Contents

- Home Relocation and Moving Resources
- Housing Resources & Helplines
- Seniors Housing Lists
- Housing Site Maps
- Home Living
 - Apartments
 - Housing Cooperatives
 - Life Lease
 - Condominiums
- Supportive Living
 - Lodges
 - Supportive Living Edmonton
 - Care Homes
 - Dementia Care Sites
 - Designated Supportive Living
- Facility Living
 - Long Term Care/Continuing Care

See the housing site maps on pages 136-153

Donating Your Household Items see HELP AT HOME page 110

HOME RELOCATION AND MOVING RESOURCES

Bev O'Shea-Thomas, SRES
Seniors Real Estate Specialist
CERC (Relocation Specialist)
Realtor

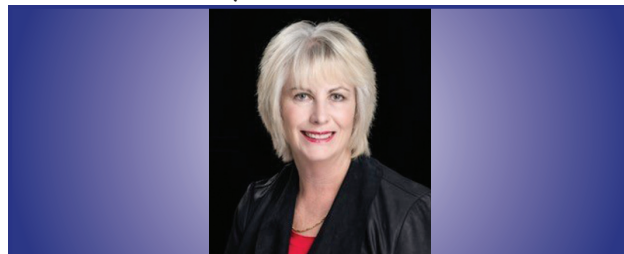
Phone: 780.445.8267

Office: 780.457.3777

Email: bev@edmontoncityhomes.com

www.edmontoncityhomes.com

- Actively selling real estate since 1976, specializing in helping seniors!
- Do you know the value of your home? Not sure what the next step is?
- **For a FREE, no pressure, no obligation evaluation of your current home, call me!**



NOT SURE WHAT YOUR NEXT STEP IS?
DO YOU KNOW THE VALUE
OF YOUR HOME?

FOR A FREE, NO PRESSURE, NO OBLIGATION
HOME EVALUATION, CALL ME

Let's have a coffee & discuss your options.
I am a wealth of information and here to help you!

BEV O'SHEA-THOMAS

Realtor, SRES, RE/MAX Platinum Club, Hall of Fame,
MLS 100% Club, CERC Relocation specialist.

780.445.8267

OFFICE: 780.457.3777

bev@edmontoncityhomes.com



SPECIALIZING IN HELPING SENIOR'S

Elder Move Inc.

11255 41 Ave. NW T6J 0T6

Contact: Shannon Lang, Certified in Senior Move Management

Phone: 780.668.9767

Email: Shannon@eldermove.ca

www.eldermove.ca

- downsizing
- relocation
- organization

Elder Move Inc. provides a full range of services including organizing, downsizing, packing and unpacking, for people moving or staying right where they are. We also coordinate movers, charity pick-ups, and settling into a new space. We are committed to making the experience as stress free as possible and helping clients through their transition.

Fort Moving Ltd

Phone: 780.998.2422

Email: office@fortmoving.ca

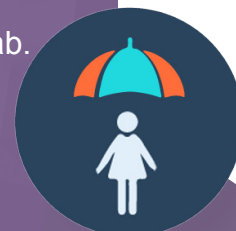
www.fortmoving.ca

- We at Fort Moving offer you professional, courteous service at competitive rates. Our trucks are fully outfitted with new moving equipment ready to handle any job.
- Our company services office & residential locations throughout Alberta, making frequent trips across the province and country.
- We are a member of the BBB

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WORLD ELDER ABUSE AWARENESS DAY

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on elder abuse visit the
Sage website and
look under the
NEED HELP? tab.



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shannon@eldermove.ca



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Move Coordinators Inc

2, 2207-90 B St. T6X 1V8

Phone: 780.668.8811

Email: info@movecoordinators.ca

www.movecoordinators.ca

Hours of Operation: Mon-Fri 9am-5pm

- 29 years Sentinel Storage Ops Manager
- free in home consultations
- downsize by sale of items, donation OR disposal. Coordinate the move. Unpack to settle client into new home. Estate assistance prep property for sale
- Nat Association Senior Move Managers, Professional Organizer, Better Business Bureau, Insurance, Criminal record checks and City bus license.



Designated Seniors Real Estate Specialist

Not unlike the metamorphosis of a butterfly, buying or selling a house provides a fresh start in life. Real estate professional PAULETTE MALTAIS encourages you to embrace that change, and she thrives on helping you make the most of it. Blending more than 20 years of local real estate experience with non-stop energy, Paulette is the best choice to help accomplish your real estate goals.

If you're considering a move in Edmonton or the surrounding communities, don't take your choice of real estate professional lightly. Making the most of your transaction is a stepping stone not only to a new home, but a new beginning.

*For the Next Step in Life
contact PAULETTE MALTAIS today.*

780.907.4550
www.slhomes.ca
Paulette@slhomes.ca



POLARIS



4107 - 99 Street
Edmonton, AB T6E 3N4



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contents of your home?
Moving to a smaller home?*

Move Coordinators Provides Professional

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- Estate Liquidation

Member of: BBB . Professional Organizers . NASMM
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780.668.8811 info@movecoordinators.ca
www.movecoordinators.ca

Paulette Maltais

B.Ed., MA, SRES, SRS, ABR, E-Pro, CNE
Real Estate Sales Representative
(Realtor®)

MaxWell Polaris

Phone: 780.907.4550

Email: paulette@slhomes.ca

www.slhomes.ca

Paulette Maltais is a designated Seniors Real Estate Specialist.

As such, you can count on her to guide you and help you through the process of selling and/or buying your home. Over the years, Paulette Maltais has helped many seniors in assisting them in their next step – the one of making the “Right Move”. You can always count on Paulette to be your important source for reliable Real Estate information. Free real estate consultation available.

Rick LeMieux, NOW Real Estate Group

209-65 Chippewa Road,
Sherwood Park AB T8A 6J7

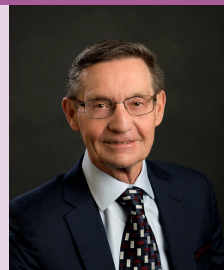
Phone: 780.449.5200

Email: rlemieux@uniserve.com

www.ricklemieux.com

- NOW REAL ESTATE GROUP was formed in 1997 and formerly operated as All Banners Realty for 15 years. We have over 100 Seasoned Real Estate Professionals servicing The Greater Edmonton Area
- We are one of the Largest Independent locally owned Real Estate Companies in The Greater Edmonton Area; and are a member of Adventure Realty Network with Relocation Services Coast to Coast
- Want to find out the value of your home? Want to know what you need to make your home more salable? Need help to find trusted contractors to help do repairs?
- No pressure and no obligation, call me

SENIORS REAL ESTATE SPECIALIST



35 years serving Edmonton, Sherwood Park, St. Albert
WITH SUCCESSFUL RESULTS

Nothing takes the Place of Experience
A Senior helping Mature Adults & Retirees
Why Guess with your Future?
Have this Trusted Professional on Your Team!

RICK LEMIEUX

780-449-5200 | rlemieux@uniserve.com

www.ricklemieux.com



NOW REAL ESTATE GROUP



The Moving Solution for Seniors

- Professional Moving Service
- Seniors Discount
- Furniture Assembly
- Any Size of Move

Ph: (780) 718-2071

mobilitymoving.ca

Sage Seniors Association

Phone: 587.773.1764.

Seniors' housing can be very confusing: multiple providers, differing levels of care, and the variety of housing available within each level - including subsidized, affordable, and market rental options - can leave seniors and their families feeling frustrated and overwhelmed.

Sage's Housing Program works to increase the knowledge of seniors and caregivers of available housing options and resources so that they are more able to make informed choices about housing options.

Through Sage's Housing Program, staff consult with seniors (and often with their family or caregivers) to find appropriate alternate housing, and help seniors without a local support system transition into new housing that better meets their needs.

TLC Transitions

7640 185 St. NW T5T 6A7

Phone: 780.419.4673 (cell),
780.481.0002 (bus.)

Email: tlctransitions@shaw.ca

Contact: Deborah McCarthy,
Estate, Relocation & Home Organization
Specialist, Est. 1997, licensed/bonded/
police screened, member BBB

- Home Organization (Listing & Pre-move included): Cleaning, sorting & organizing, disposing of unwanted and/or excess items.
- Relocation: assistance with looking for a new location, packing, moving, unpacking and settling.
- Estate assistance: prepare property for sale, removal of excess items to family/charity, and/or sale.

Help us cover the costs.

For 35 years, Sage has been proudly providing the Directory of Seniors Services to seniors and their supporters in the greater Edmonton Area free of charge.

A small donation from you can help us cover the cost of the printing and postage, and ensure that we are able to continue to offer this important resource for free.

Call 780.423.5510 to donate.

Sage



HOUSING RESOURCES & HELPLINES

Alberta Health Services

Phone: **811** Simply dial 8-1-1

Email: info@albertahealthservices.ca

www.albertahealthservices.ca

Community Care Access:

Phone: 780.496.1300

- The point of entry for Home Care, Day Programs, CHOICE, Community Aids for Independent Living, Supportive Living, Facility Living (Long Term Care Placement), and Palliative Care.
- Staff are available 24 hrs/day, 7 days /week for screening, referral services and support for individuals who may not be suitable for referral to a specific program but who do require telephone case management until their needs are resolved.

Alberta Seniors and Housing - Housing Division

Phone: 780.422.0122

To be connected toll-free in Alberta, dial 310-0000 followed by 780.422.0122

Email: housing@gov.ab.ca

www.seniors-housing.alberta.ca

The Housing Division of the Ministry of Alberta Seniors and Housing supports a variety of housing programs for individuals, families, seniors and persons with special needs. Households in need can access community housing, rent supplements, seniors self-contained apartments and seniors lodge accommodations on a priority of need basis. The facilities are administered by local Housing Management Bodies and applications are available through these organizations. A searchable list of Housing Management Bodies is available at www.seniors-housing.alberta.ca/housing/find_housing.html

The Alberta New Home Warranty Program Group of Companies

30130 Springborough Blvd SW

Calgary AB T3H 0N9

Toll Free: 1.800.352.8240

Email: Contactcentre@anhwp.com

www.anhwp.com

- Since 1974, the Program has provided new home warranty for more than half a million Alberta Homes
- Now offering renovation warranty; Combining deposit protection and third-party warranty insurance, renovation warranty provides comprehensive protection for homeowners
- A valuable resource to homeowners, providing relevant information relating to the purchase and maintenance of your home or condo

Alberta Seniors Communities & Housing Association (ASCHA)

9711 47 Ave. NW T6E 5M7

Phone: 780.439.6473

Email: ascha@ascha.com

www.ascha.com

- ASCHA is a non-profit provincial association that advocates, for the owners/operators of seniors' housing in Alberta. Our members represent nearly 70% of the public, private and voluntary housing sector inclusively, and serve well over 30,000 seniors in independent, supportive and designated supportive living spaces.
- ASCHA also operates the online Alberta Seniors Housing Directory, which is accessible on our website.

Boyle Street Community Services

10116 105 Ave. NW T5H 0K2

Phone: 780.424.4106

www.boylestreet.org

- Through a range of programs, provides support for people who are homeless and impoverished.
- Provides a housing registry for low-income individuals and families in need of accommodation.
- Provides housing support to assist previously homeless individuals with high needs to maintain their housing.

Canadian Home Builders' Association – Edmonton Region

150 Summerside Gate SW

(91st and Parsons Rd. SW) T6X 0P5

Phone: 780.425.1020

Email: info@chbaedmonton.cawww.chbaedmonton.ca

- A good source of reliable building and renovation contractors and builders.

- Consumer information packages relating to new home construction or renovations.

Capital Region Housing

10232 112 St. NW T5K 1M4

Phone: 780.420.6161

www.crhc.ca

- At CRH, *home* is our focus. We are the largest provider of social and near market housing in the Edmonton area. We manage over 4500 social housing rental units and over 600 near market housing rental units. We offer both townhouses and apartments throughout the city.



Alberta Seniors
Housing Directory

SEARCHING FOR SENIORS HOUSING OPTIONS?

The Alberta Seniors Housing Directory is your open door to independent and supportive living options in your community.

Interactive and easy to use, this online resource allows you to search for the amenities, lifestyle supports and services that are right for you.

**FIND YOUR NEW HOME TODAY!**www.housingdirectory.ascha.com

Supported by:
Alberta
Government

GEF Seniors Housing

14220 109 Ave NW T5N 4B3

Phone: 780.482.6561

Email: housinginfo@gef.org

www.gef.org

- GEF Seniors Housing provides Edmonton seniors with affordable and secure community living options. We have more than 35 locations in the city and offer affordable apartments, subsidized apartments, and lodge accommodations.

homeEd - The City of Edmonton Non-Profit Housing Corporation

12520 Fort Road T5B 4H8

Phone: 780.474.5706

www.myhomeed.ca

- homeEd provides affordable rental housing to a mix of lower and moderate income households with rents starting at the low end of market.
- homeEd owns and manages affordable rental properties including apartments and townhouses throughout Edmonton.
- Accessible units for persons with disabilities or reduced mobility are available on a limited basis.

Home For Life

City of Edmonton

2nd Floor, 10111 104 Ave NW T5J 0J4

Phone: 311

Email: Michael.Brown@edmonton.ca or

diana.o'donoghue@edmonton.ca

www.homeforlife.ca

Hours of Operation: Mon-Fri 8am-4:30pm

- Home for Life™ is a set of voluntary guidelines to help home owners, home buyers and home builders create or renovate homes that meet the needs of all people regardless of their age or ability.

- Home for Life™ is an initiative of Age Friendly Edmonton.
- Age Friendly Edmonton is a new, collaborative initiative between the City of Edmonton, Edmonton Seniors Coordinating Council, Edmonton's senior serving organizations and other community stakeholders.

House/Apartment Rentals

City of Edmonton

Phone 780.496.6559

- Rental market values

Land Titles

John E. Brownlee Building

10365 97 St. NW T5J 3W7

Phone: 780.427.2742

Email: lto@gov.ab.ca

www.servicealberta.ca

Office Hours: Weekdays 8:15am-4pm

- Registration of documents pertaining to property (land and or buildings).

Landlord and Tenant Advisory Board

City of Edmonton

6606 127 Ave. NW T5C 1P9

Phone: 780.496.5959

www.edmonton.ca/ltab

- Provides advice, information, mediation and public education on landlord and tenant issues.

Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: info@ofss.org

www.ofss.org

Office hours: Mon-Fri 9am-5pm, closed 12pm-1pm

- Manages 350 units of housing; ranging from rooming houses and apartments to lodge units for hard to house inner

city residents.

- Helps seniors locate housing and fill out forms; advocates with landlords and provides supportive follow-up.

Provincial Services

Seniors can get information about housing resources and programs by calling the Alberta Supports Contact Centre or visiting an in-person centre in their area. Please contact each Centre for hours of operation.

Alberta Supports Contact Centre

Phone: 780.644.9992

Toll-free outside Edmonton: 1.877.644.9992

Email: hs.ascc@gov.ab.ca

www.alberta.ca/alberta-supports.aspx

Argyll Centre

6325 Gateway Boulevard NW T6H 5H6

Phone: 780.644.2888

TDD/TTY: 780.427.1544

Email: hs.edmsouthIS@gov.ab.ca

City Centre

Main Floor, 10242 105 St. NW T5J 3L5

Phone: 780.427.9674

TTY: 780.422.0790

Leduc

4901 50 Ave. **Leduc** AB T9E 6W7

Phone: 780.980.0557

Meadowlark Shopping Centre

120-15710 87 Ave. NW T5R 5W9

Phone: 780.415.8116

Email: awc.meadowlark@gov.ab.ca

Northgate Centre

2050-9499 137 Ave T5E 5R8

Phone: 780.422.9440

TTY: 780.427.1544

Email: hs.edmnorthIS@gov.ab.ca

Fort Saskatchewan

2nd floor, Fort Saskatchewan Community Hospital

9401 86 Ave.

Fort Saskatchewan AB T8L 0C8

Phone: 780.417.2497

At the Fort Saskatchewan location individuals are seen by appointment only. Appointments can be made on Tuesday, Wednesday and Thursday. There is no resource centre on site so Albertans needing resources are referred to the Careers under Construction Resource Centre.

Parkland

200 Westgrove Professional Building

2nd Floor, 131 1st Ave.

Spruce Grove AB T7X 2Z8

Phone: 780.962.8681

Sherwood Park

105 Tailor Made Business Centre

85 Cranford Way

Sherwood Park AB T8H 0H9

Phone: 780.464.7000

TDD/TTY: 780.449.0712

St. Albert

Provincial Building

30 Sir Winston Churchill Ave.

St. Albert AB T8N 3A3

Phone: 780.419.3907

Public Reporting on Supportive Living and Long Term Care Accommodations

Phone: 780.644.8428

To call toll-free outside of Edmonton, dial 310.0000 and then 780.644.8428

www.health.alberta.ca

- When you enter the website, click on “Continuing Care” to find information relating to Supportive Living and Long-Term Care Accommodations.
- **Alberta Health** monitors all supportive living and long-term care accommodations, at least annually, for compliance to the accommodation standards to ensure they maintain a high quality of accommodation services (e.g., meals, building maintenance, security and housekeeping).
- This website provides information about compliance and complaints related to the accommodation standards and is updated as visits occur.
- If you have concerns about accommodation standards for supportive living or long-term care accommodations, please call 1.888.357.9339.
Note: Direct link that goes into public reporting is:
standardsandlicensing.alberta.ca

Realtors Association of Edmonton

14220 112 Ave. NW T5M 2T8

Phone: 780.451.6666

Toll free: 1.888.674.7479

Email: query@ereb.com

www.ereb.com

- Responds to inquiries regarding procedures and ethical conduct of REALTORS®
- Responds to questions regarding housing transactions
- Provides New Home Buyer seminars.

Residential Access Modification Program (RAMP)

Community and Social Services

Phone: 780.427.5760

Toll Free: 1.877.427.5760

Email: css.RAMP@gov.ab.ca

www.humanservices.alberta.ca/ramp

- RAMP provides provincial government grant funding for eligible homeowners (and tenants if the landlord agrees) who are eligible wheelchair users (or a walker for ages 65+) on an ongoing basis and those with a specific neuro-degenerative disease who are about to be wheelchair users, to facilitate access into and within their personal primary Alberta residences.

See also [HELP AT HOME – Home Services](#)

Residential Tenancy Dispute Resolution Service (RTDRS)

Edmonton City Centre East

112-10025 102A Ave. NW T5J 2Y8

Phone: 780.644.3000

Email: rtdrs@gov.ab.ca

www.rtdrs.alberta.ca

- Offers landlords and tenants an alternative means of resolving serious disputes outside of court.
- The RTDRS is designed to be faster, more informal and less expensive than the courts.
- A tenant or a landlord who has concerns related to tenancy termination, unpaid rent/utilities, security deposit, damages, repairs or other common disagreements may use the service.

Seniors Home Adaptation and Repair Program (SHARP)

Government of Alberta

Phone: 780.644.9992

Toll free: 1.877.644.9992

www.

alberta.ca/ministry-seniors-housing.aspx

SHARP provides eligible seniors with a low-interest home equity loan to finance home repairs and adaptations. Examples:

- widening doorways or hallways to increase accessibility
- installing walk-in tubs
- roof replacements
- plumbing and electrical repairs

A grant component is available under SHARP to help lower-income seniors who do not qualify under the loan program, but require financial support for critical home repairs. The application form is available on the Alberta Seniors and Housing website or by calling Alberta Supports at the phone numbers listed above.

Secondary Suite Grant Funding Program

City of Edmonton

2nd Floor, 10111 104 Ave NW T5J 0J4

Phone: 780.442.6284

Email: secondariesuites@edmonton.ca

www.edmonton.ca/programs_services/funding_grants/cornerstones-grant-secondary-suite.aspx

Hours of Operation: Mon-Fri 8am-4:30pm

- Approved homeowners may be eligible for secondary suite grant funding up to 50% of the project's eligible costs to a maximum of \$20,000.
- The purpose of the program is to increase safe, affordable housing options for lower-income households in Edmonton, and encourage the upgrading and creating of new secondary suites in compliance with health and safety standards.
- Please contact our Secondary Suite

Coordinator at 780.442.6284 for information, and before starting any work on the suite.

Seniors' Lodge Program

Alberta Seniors and Housing

3rd Floor, 44 Capital Boulevard

10044 108 St. T5J 5E6

Phone: 780.422.0122

Email: housing@gov.ab.ca

www.seniors-housing.alberta.ca

The Seniors' Lodge Program provides single and double bed/sitting rooms with meal services, housekeeping, laundry (linens) and recreational services to seniors who are functionally independent with or without existing community based services. The program is administered by local housing management bodies, with rents regulated to ensure each resident is left with \$315 in disposable income. A searchable list of housing management bodies is available at: www.seniors-housing.alberta.ca/housing/find_housing.html

Service Alberta -

Consumer Contact Centre

Phone: 780.427.4088

Toll Free: 1.877.427.4088

www.servicealberta.ca

Provides information on:

- landlord-tenant rights
- renovations, door-to-door salesmen and consumer protection information
- condominium living

SENIORS HOUSING LISTS

Alberta Seniors Communities & Housing Association (ASCHA)

9711 47 Ave. NW T6E 5M7

Phone: 780.439.6473

Email: ascha@ascha.com

www.ascha.com

See complete listing in

HOUSING – Housing Resources & Helplines

EASC Housing Registry and Placement Service

Edmonton Indigenous Seniors' Centre

Phone: 587.525.8969

Email: housing@easc.ca

- Assists seniors with applications for affordable and low rental housing.
- Assists with housing searches on computer.

Sage Seniors Association

Phone: 587.773.1764

Email: info@mysage.ca

www.MySage.ca/help/housing

Information, referrals and support for seniors' housing options.

OUTSIDE OF EDMONTON

Kerby Centre Housing Registry

1133 7th Ave. SW **Calgary** AB T2P 1B2

Phone: 403.705.3230 or 403.705.3231

Email: housing@kerbycentre.com

www.kerbycentre.com

- Kerby Centre Housing focuses on providing older adults, caregivers, and professionals with information on various types of accommodation.
- Consultation in person, over the phone, or through email to help older adults determine their needs, wants, and available resources.

Housing Options - Continuing Care System

In Alberta, there are three streams within the continuing care system which can provide seniors with a broad range of health and personal care, accommodation and hospitality services:

- ☐ Home living
- ☐ Supportive living
- ☐ Facility living

Home Living is for people who live in their own homes, in single family dwellings, apartments, condominiums, and other seniors' independent living options. In home living, individuals are responsible for and capable of arranging any care and support services that they may need. They can access publicly funded home care services through Alberta Health Services Home Care Program. Home care can provide in-home professional support services such as nursing and rehabilitation, and personal support services like homemaking, bathing or grooming assistance. The home care program is governed by the Public Health Act's *Co-ordinated Home Care Program Regulation*. Alternatively, individuals can purchase personal and other support services privately.

Supportive Living provides accommodation in a congregate homelike setting, where people can remain as independent as possible while they have access to accommodation and services that meet their changing needs. Supportive living combines accommodation or housing with hospitality services and other supports and care. It meets the needs of a wide range of people, but not those with highly complex and serious health care needs. Supportive living includes many different types of settings, such as (but not limited to) seniors lodges, family care homes, personal care homes, mental health and designated supportive living accommodations. The settings can be operated by private for-profit, private not-for-profit or public operators. In addition to providing a place to live, services in supportive living accommodations may include meals, housekeeping and social activities. Supportive living

residents may also receive professional and personal support services through the Alberta Health Services Home Care Program. Supportive living is typically unable to serve individuals who exhibit unpredictable behaviours that put themselves and/or others at risk.

Compared with home living,

supportive living provides:

- Basic hospitality services such as meals (at least one main meal per day), housekeeping, laundry, and life enrichment services on site and arranged by the housing operator.
- A common area for meals, social functions, etc.
- A safe and accessible environment.

Supportive Living is governed by the *Supportive Living Accommodation Licensing Act*.

Designated Supportive Living (DSL3, DSL4, DSL4-D) is a supportive living setting for individuals who may require 24-hour personal care support, occasional and scheduled professional care, are no longer able to live at home and who would benefit from being in a group setting. Designated Supportive Living 4 Dementia (DSL4-D) provides residents living with dementia a home-like design with small groupings of private bedrooms and associated spaces in a secured therapeutic environment. This environment provides 24-hour on site scheduled and unscheduled professional health and personal care and support provided by LPNs and HCAs. Designated Supportive Living residents pay a monthly accommodation charge to cover the costs of providing accommodations and services like meals, housekeeping and building maintenance. Health services in designated supportive living are publicly funded and provided through Alberta

Health Services. More information on having your care needs assessed within Greater Edmonton and moving into a designated supportive living facility is available by contacting Alberta Health Services at 780.496.1300.

[See page 260 for information about the Designated Supportive Living program.](#)

Facility Living/Long-term Care iCare is designed to meet the needs of people with the highest and most complex needs who are unable to remain at home or in a supportive living setting. Long-term care settings provide both accommodation and health services in facilities such as nursing homes and auxiliary hospitals and have specialized physical design and infrastructure to address highly complex needs. Long-term care residents with medical conditions that may be serious, chronic and/or unpredictable and require access to registered nursing services on a 24-hour basis. These professionals are able to respond to the need for unscheduled assessments and prescribe interventions.

Residents pay an accommodation charge to cover the costs of providing accommodations and accommodation related services like meals, housekeeping and building maintenance. Health services in long-term care are publicly funded and provided through Alberta Health Services. More information on having your care needs assessed within Greater Edmonton and moving into a long-term care facility is available by contacting Alberta Health Services at 780.496.1300.

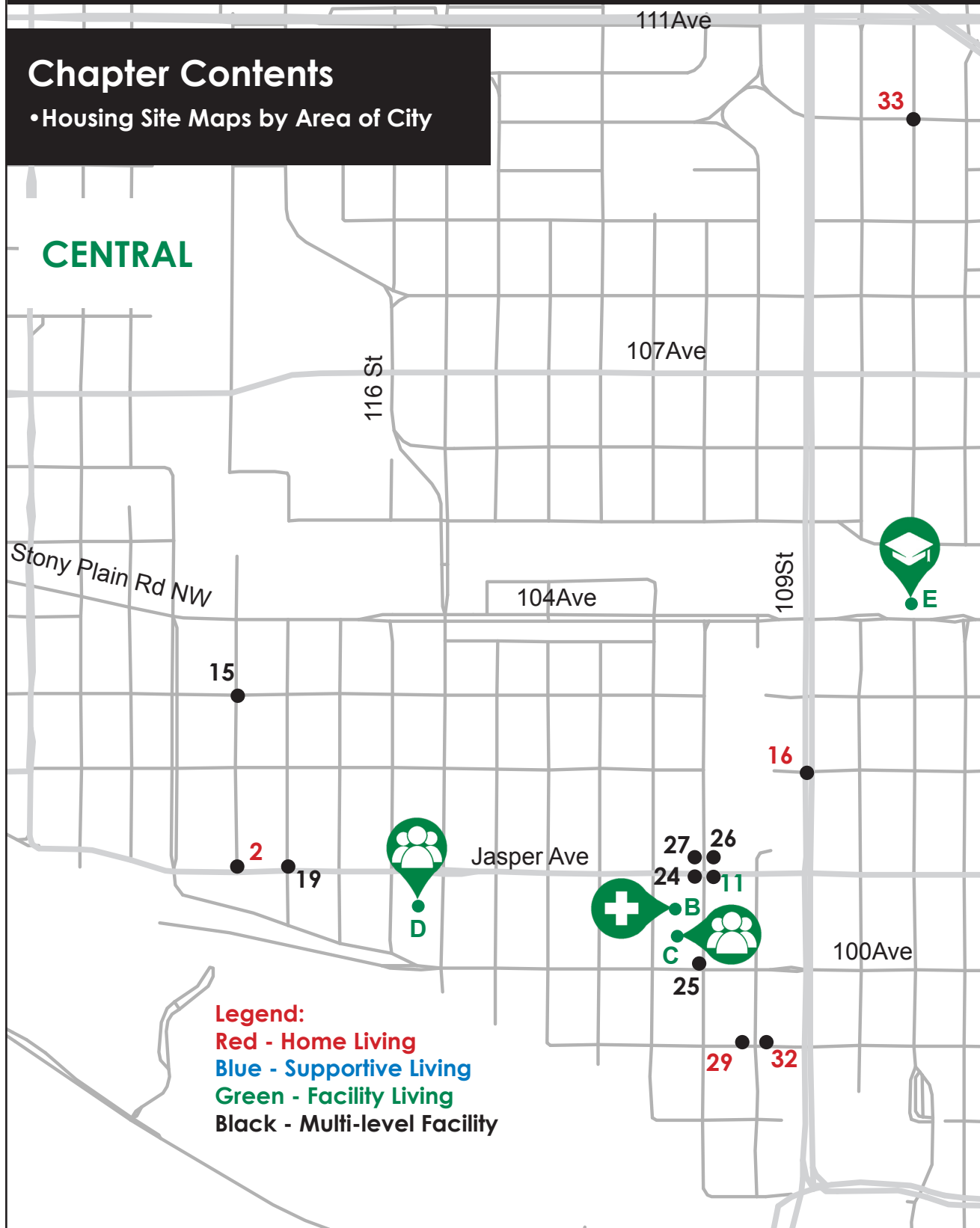
Facility living/long-term care is governed by the Nursing Homes Act or the Hospitals Act.

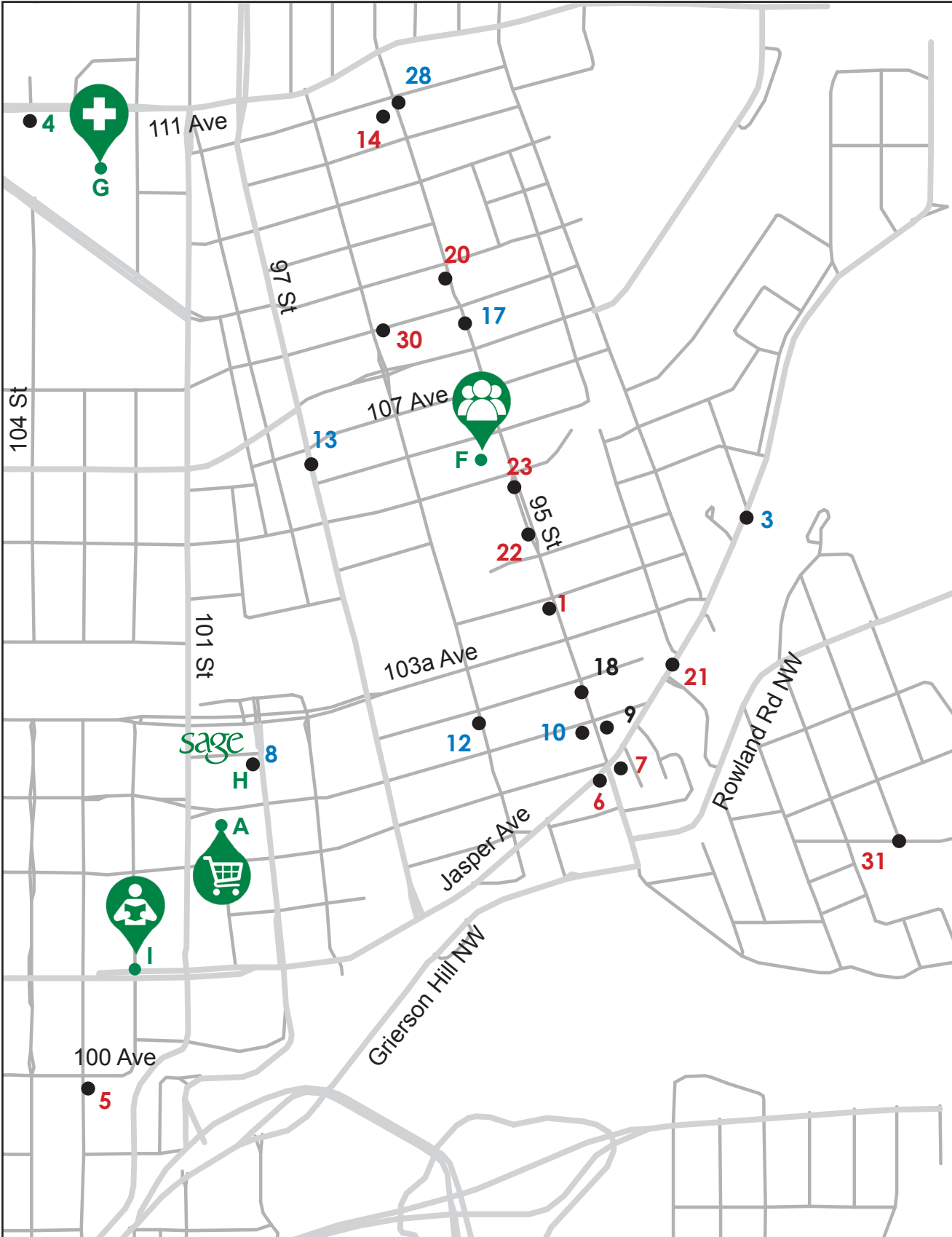
[See page 258 'Patient Concerns & Feedback' for more information regarding compliance and complaints related to the accommodation standards in Supportive Living and Facility Living.](#)

Chapter Contents

• Housing Site Maps by Area of City

CENTRAL





CENTRAL

North of the River to 111 Avenue NW
between 82 and 124 Street NW

Legend:

Red - Home Living

Blue - Supportive Living

Green - Facility Living

Black - Multi-level Facility

1 Alliance Manor

10403, 10417 95 Street NW

See page 160 for listing.

2 Ansgar Villa

10170 120 Street NW

See page 160 for listing.

3 Boardwalk Retirement Community

10531 90 Street NW

See pages 217, 229 for listing.

4 CapitalCare Norwood

10410 111 Avenue NW

See page 258 for listing.

5 Cathedral Close

10039 103 Street NW

See page 160 for listing.

6 Chinese Elders Mansion (Tower I)

9550 102 Avenue NW

See page 160 for listing.

7 Chinese Elders Mansion (Tower II)

9530 102 Avenue NW

See page 160 for listing.

8 Churchill, The

10015 103 Avenue NW

See pages 230, 255 for listing.

9 Edmonton Chinatown Care Centre

9539 102A Avenue NW

See pages 230, 255, 259 for listing.

10 Edmonton Chinese Senior Lodge

9525 102A Avenue NW

See page 217 for listing.

11 Edmonton General Continuing Care Centre

11111 Jasper Avenue NW

See page 257 for listing.

12 Edmonton People In Need #4 -Batoma House

10303 96 Street NW

See page 254 for listing.

13 Grand Manor On 97th

10766 97 Street NW

See pages 230, 254 for listing.

14 Hutton Place

9520 110A Avenue NW

See page 161 for listing.

15 Kiwanis Place

10330 120 Street NW

See pages 161, 217 for listing.

16 Lions Village – Railtown

10916 102 Avenue NW

See page 200 for listing.

17 McCauley Lodge

9520 108 Avenue NW

See page 218 for listing.

18 Melcor YMCA Village

10350 95 Street NW

See page 162 for listing.

19 Our Parents Home

10112 119 Street (at Jasper Avenue)

See pages 162, 200, 231, 254 for listing.

20 Piazza Italia Seniors

9521 108A Avenue NW

See page 163 for listing.

21 Pioneer Place

10310 93 Street NW

See page 163 for listing.

22 Renaissance Tower

9505 105 Avenue NW

See page 164 for listing.

23 Rooming House

9526 106 Avenue NW

See page 164 for listing.

24 Rosedale Estates

10101 111 Street NW

See pages 164, 231, 254, 256 for listing.

25 Rosedale Manor

10053 111 Street NW

See pages 164, 231 for listing.

26 Rosedale On The Park

10103 111 Street NW

See pages 165, 232 for listing.

27 Rosedale Villa

10107 111 Street NW

See pages 165, 232 for listing.

28 Sparling Lodge

9540 110A Avenue NW

See page 218 for listing.

29 St. Joachim Manor

11020 99 Avenue NW

See page 165 for listing.

30 St. Josaphat's Seniors Residence

9637 108 Avenue NW

See page 166 for listing.

31 Sundance Place

8803 101 Avenue NW

See page 299 for listing.

32 Tegler Manor

9943 110 Street NW

See page 166 for listing.

33 Ukrainian Dnipro Senior Citizens Home

11030 107 Street NW

See page 167 for listing.

A Edmonton City Center

10025 102A Avenue NW

B Edmonton General Hospital

11111 Jasper Avenue NW

C Edmonton Senior's Centre

11111 Jasper Avenue NW

D Jewish Senior's Citizen's Centre

10052 117 Street NW

E MacEwan University

10700 104 Avenue NW

F Operation Friendship Seniors Society

9526 106 Avenue NW

G Royal Alexandra Hospital

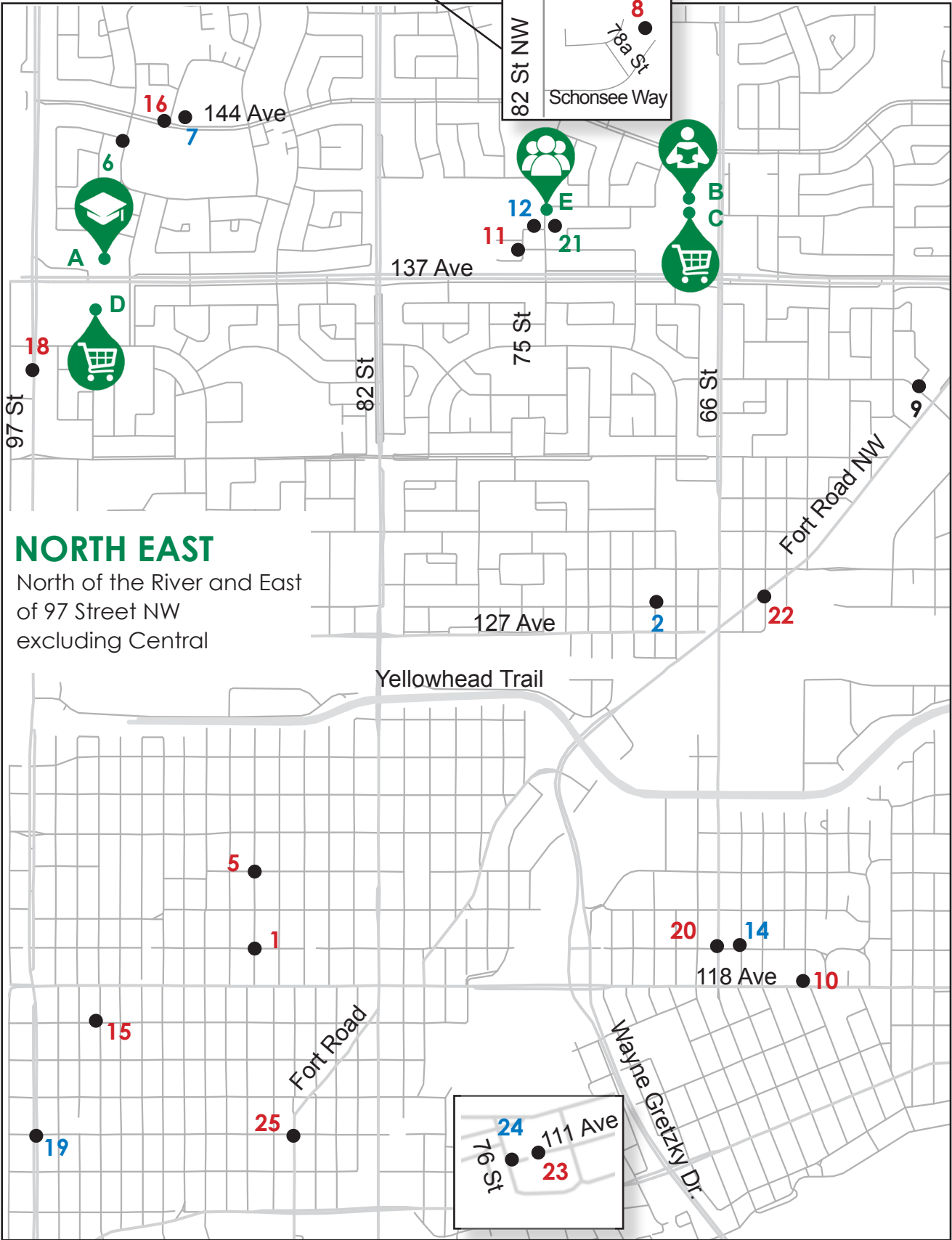
10240 Kingsway Avenue NW

H Sage Seniors Association

15 Sir Winston Churchill Sq NW

I Enterprise Square Library

10212 Jasper Avenue NW



NORTH EAST

North of the River and East
of 97 Street NW
excluding Central



NORTH EAST

North of the River and East of 97 Street NW
excluding Central

Legend:

Red - Home Living

Blue - Supportive Living

Green - Facility Living

Black - Multi-level Facility

1 Avenwood Corner

11909 88 Street NW

See page 167 for listing.

2 Balwin Villa

6920 128 Avenue NW

See pages 233, 260 for listing.

3 Barvinok Apartments

3625 116 Avenue NW

See page 167 for listing.

4 Beverly Place Lodge

4410 117 Avenue NW

See page 218 for listing.

5 Buchanan Manor

8804 121 Avenue NW

See page 167 for listing.

6 CapitalCare Dickinsfield

14225 94 Street NW

See page 257 for listing.

7 CapitalCare McConnell Place

9113 144 Avenue NW

See page 254 for listing.

8 Chateau at Schonsee Square

6082 Schonsee Way NW

See page 168 for listing.

9 Emmanuel Home

13429 57 Street NW

See pages 168, 254 for listing.

10 Highland Place

6209 118 Avenue NW

See page 172 for listing.

11 Londonderry Village Apartments

13805 75 Street NW

See page 168 for listing.

12 Millennium Pavilion

7408 139 Avenue NW

See page 219 for listing.

13 Miller Crossing Continuing Care

14251 50 Street NW

See page 257 for listing.

14 Nihgi Metis Senior Lodge

11935 65 Street NW

See page 220 for listing.

15 Norwood Golden Manor

11715 95 Street NW

See page 169 for listing.

16 Polish Veterans Home

9203 144 Avenue NW

See page 169 for listing.

17 Porta Place

4436 117 Avenue NW

See page 170 for listings.

18 Romanian House (Casa Romana)

13439 97 Street NW

See page 170 for listing.

19 Sprucewood Place

11418 97 Street NW

See page 254 for listing.

20 St. Elia's Pysanka Manor

11906 66 Street NW

See page 170 for listing.

21 St. Michael's Long Term Care Centre

7404 139 Avenue NW

See page 257 for listing.

22 Tower I - Vista Housing For Seniors

12840 64 Street NW

See page 171 for listing.

23 Virginia Park Apartments

11135 76 Street NW

See page 171 for listing.

24 Virginia Park Lodge

11033 76 St. NW

See page 220 for listing.

25 Viselka Seniors Home

11415 86 Street NW

See page 171 for listing.

A CDI College

104-9450 137 Avenue NW

**B Edmonton Public Library
-Londonderry Branch**

Londonderry Mall, 110 137 Ave NW

C Londonderry Mall

137th Avenue & 66th Street

D Northgate Centre

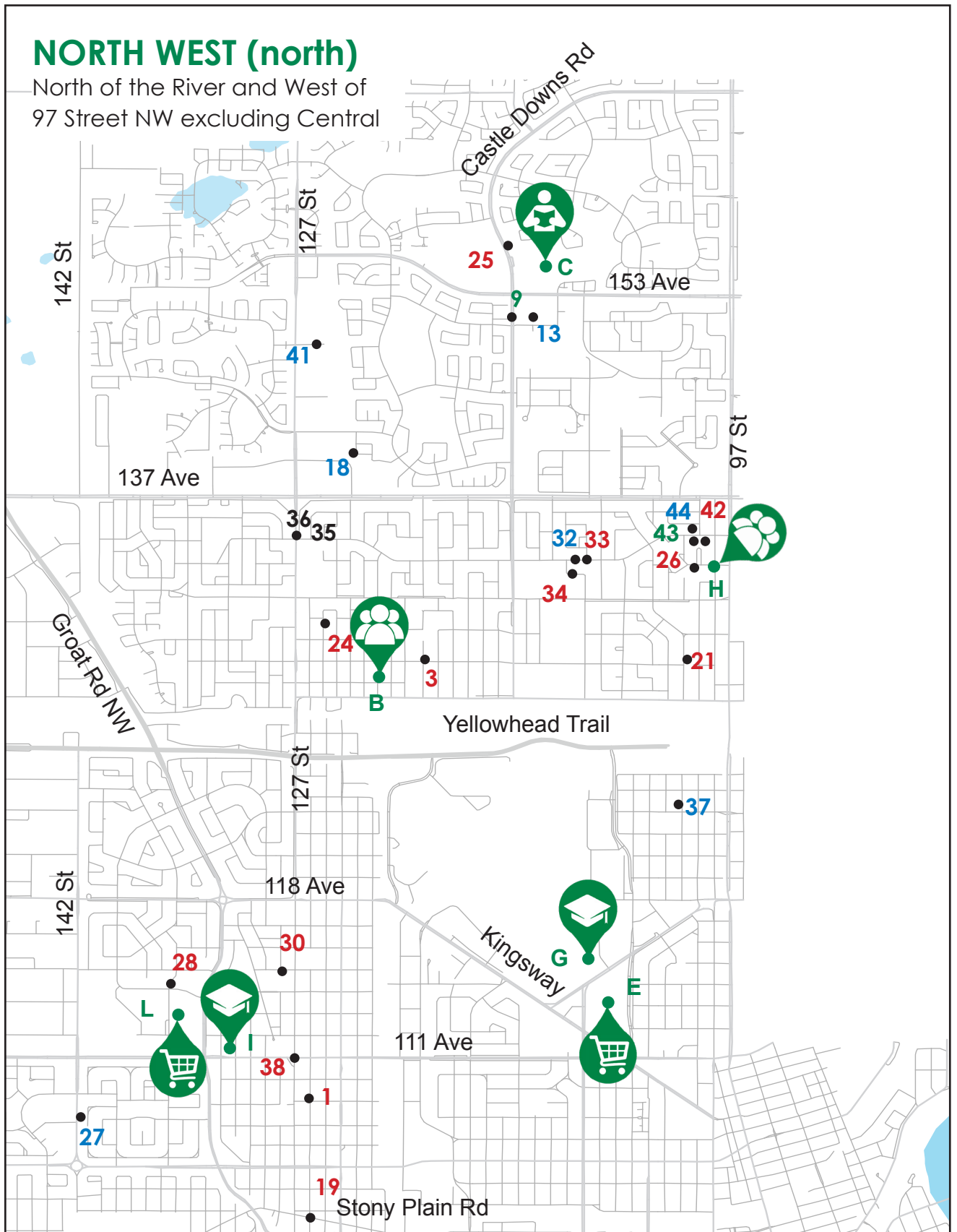
9499 137 Avenue NW

**E North Edmonton Seniors
Association**

7524 139 Avenue

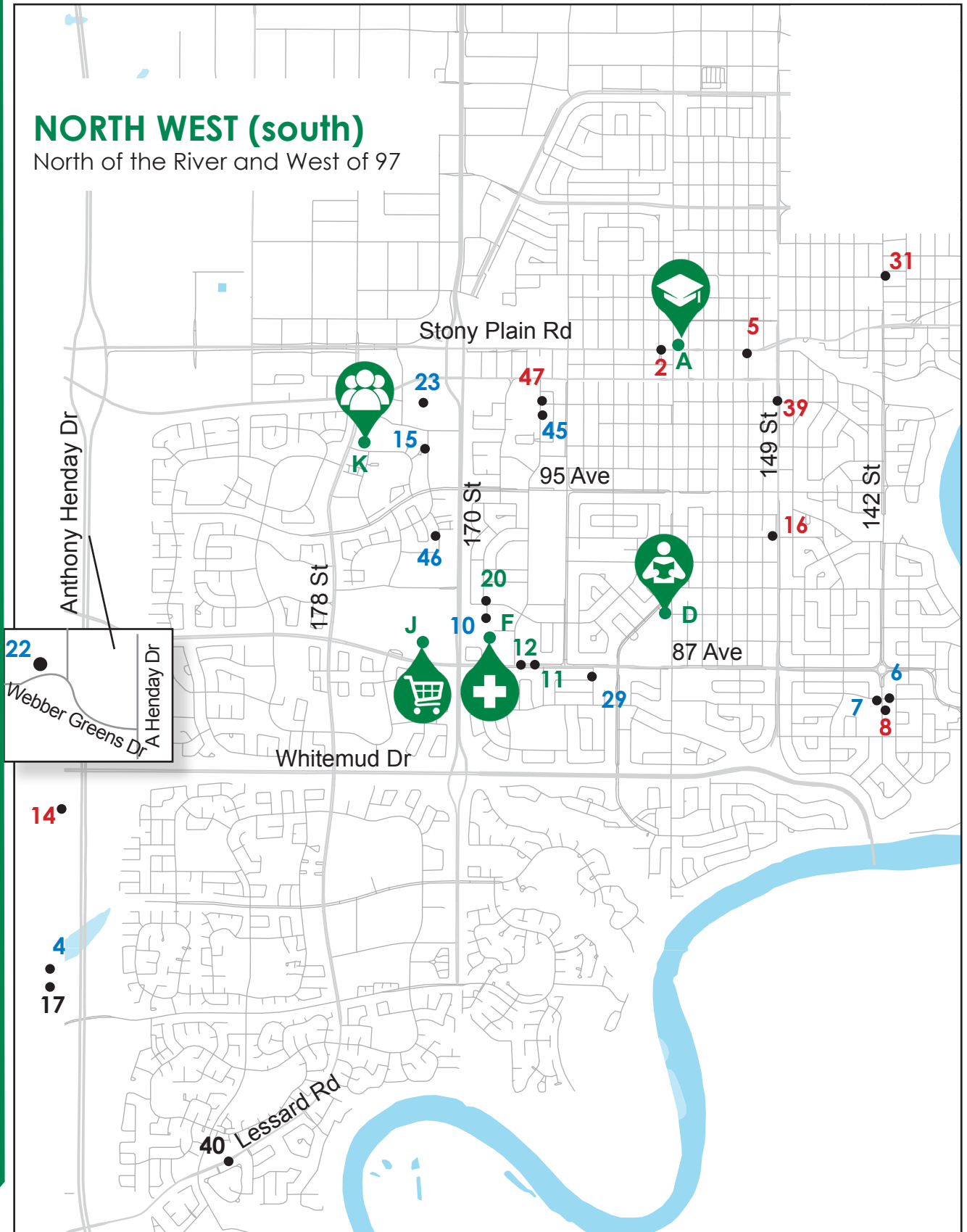
NORTH WEST (north)

North of the River and West of
97 Street NW excluding Central



NORTH WEST (south)

North of the River and West of 97



NORTH WEST

North of the River and West of 97 Street
excluding Central

Legend:

Red - Home Living

Blue - Supportive Living

Green - Facility Living

Black - Multi-level Facility

1 Alliance Villa

12620 109A Avenue NW

See page 172 for listing.

2 Britannia Gardens

10142 157 Street NW

See page 172 for listing.

3 Calder Place

12934 119 Street NW

See page 172 for listing.

4 Caleb Manor

6411 199 Street NW

See page 233 for listing

5 Canora Gardens Apartments

10160 151 Street NW

See page 173 for listing.

6 Canterbury Court

8403 142 Street NW

See page 234 for listing.

7 Canterbury Lane

8403 142 Street NW

See pages 234, 251 for listing.

8 Canterbury Manor

8311 142 Street NW

See page 173 for listing.

9 CapitalCare Kipnes Centre for Veterans

4470 McCrae Avenue NW

See page 257 for listing.

10 CapitalCare Laurier House Lynnwood

16815 88 Avenue NW

See pages 200, 255 for listing.

11 CapitalCare Lynnwood

8740 165 Street NW

See page 258 for listing.

12 CapitalCare McConnell Place West

8720 165 Street

See page 255 for listing.

13 Chartwell Griesbach

4480 McCrae Ave NW

See page 235 for listing.

14 Chartwell Hawthorn

6411 – 199th St. NW T5T 6Y4

See page 173 for listing.

15 Chartwell Wild Rose Retirement Residence

9612 172 Street NW

See page 235 for listing.

16 Chinese Alliance Manor

9312 149 Street NW

See page 173 for listing.

17 Glastonbury Village

1585 Glastonbury Blvd NW (199 St & 62 Ave.)

See pages 235, 255 for listing.

18 Grace Manor

12510 140 Avenue NW

See page 236 for listing.

19 Groat House Apartments

12627 Stony Plain Road NW

See page 174 for listing.

20 Jasper Place Continuing Care Centre

8903 168 Street NW

See page 259 for listing.

21 Lauderdale Homes

129 Avenue & 103 Street NW

See page 174 for listing.

22 Lewis Estates

9310 211 Street NW T5T 4N8

See pages 236, 250, 256 for listing.

23 Lifestyle Options Terra Losa

17203 99 Avenue NW

See pages 236, 256 for listing.

24 Lions Kensington Court

13120 125 Street NW

See page 175 for listing.

25 Lions Village - Castledowns

15617 & 15625 Castledowns Road NW

See page 201 for listing.

26 Mary A. Finlay Manor

10209 134 Avenue NW

See page 175 for listing.

27 McQueen Place Lodge

10938 142 Street NW

See page 220 for listing.

28 Matheson Seniors Housing Corp

11445 135 Street NW

See page 175 for listing.

29 Meadowlark Place

8609 161 Street NW

See page 221 for listing.

30 Mountwood Apartments

11512 128 Street NW

See page 175 for listing.

31 Ortona Villa

10421 142 Street NW

See page 176 for listing.

32 Rosslyn Place Lodge

10915 134 Avenue NW

See page 221 for listing.

33 Rosslyn Place Apartment

10819 134 Avenue NW

See page 177 for listing.

34 Rosslyn Terrace

13311 109 Street NW

See page 181 for listing.

35 Shepherd's Care Kensington Village - Shepherd's Place

13441 127 Street

See page 205 for listing.

36 Shepherd's Care Kensington Village - Shepherd's Manor

12511 135 Avenue NW

See page 221 for listing.

37 Shepherd's Care Vanguard

10311 122 Avenue NW

See pages 222, 256 for listing.

38 St. Andrew's Centre

12720 111 Avenue NW

See page 178 for listing.

39 Tegler Terrace

9918 149 Street NW

See page 179 for listing.

40 Touchmark at Wedgewood

18333 Lessard Road NW

See pages 201, 237, 260 for listing.

41 Tuoi Hac - Golden Age Manor

12607 148 Avenue NW

See pages 22, 251, 255 for listing.

42 Ukrainian Senior Citizens Home of St. John

13516 102 Street NW

See page 179 for listing.

43 Venta Care Centre

13525 102 Street NW

See page 266 for listing.

44 Venta Manor

10120 135 Ave

See page 223 for listing.

45 Villa Marguerite

9810 165 Street NW

See pages 251, 257 for listing.

46 Waterford of Summerlea, The

9395 172 Street NW

See page 237 for listing.

47 Westlawn Courts

9908 165 Street NW

See page 180 for listing.

A Arts Continuing Education at MacEwan University

10045 156 Street NW

B North West Edmonton Seniors Society

12963 120 Street

C Edmonton Public Library - Castle Downs Branch

15379 Castle Downs Rd NW

D Edmonton Public Library - Jasper Place Branch

9010 156 Street NW

E Kingsway Mall

1 Kingsway Garden Mall NW

F Misericordia Hospital

16940 87 Avenue NW

G NAIT

11762 106 Street NW

H Edmonton Aboriginal Seniors' Centre

Cottage E-10107 134 Avenue NW

I NorQuest College

11140 131 Street NW

J West Edmonton Mall

8882 170 Street NW

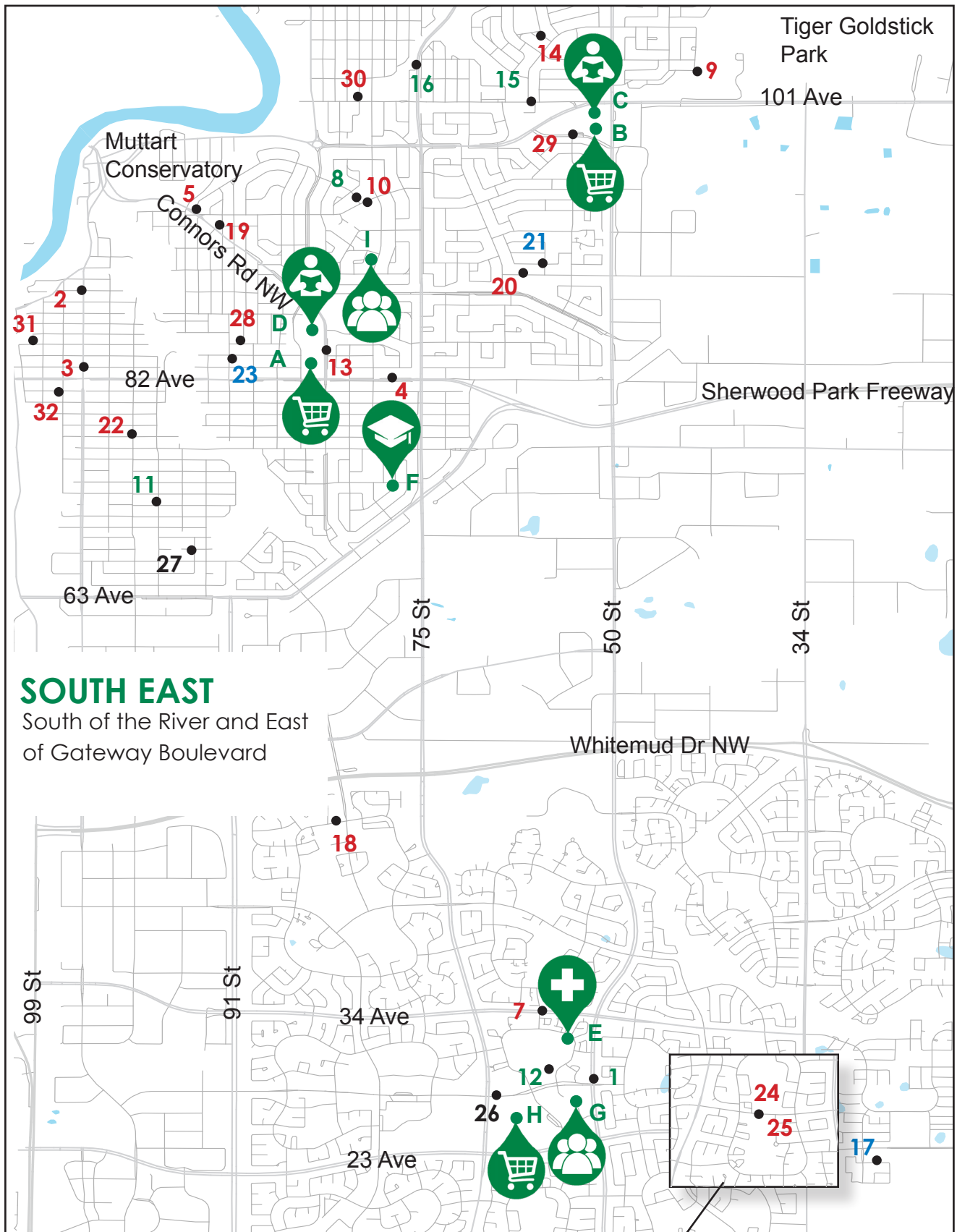
K Westend Seniors Activity Centre

9629 176 Street NW

L Westmount Shopping Centre

Groat Rd NW & 111 Avenue NW

See the "To Move Or
Not To Move" Checklist
pages 316-317



SOUTH EAST

South of the River and East of
Gateway Boulevard

Legend:

Red - Home Living

Blue - Supportive Living

Green - Facility Living

Black - Multi-level Facility

1 Allen Gray Continuing Care Centre

5005 28 Avenue NW

See page 258 for listing.

2 Bateman Manor

9923 90 Avenue NW

See page 181 for listing.

3 Bethany Senior Citizens Home

9920 83 Avenue NW

See page 181 for listing.

4 Bethel Senior Citizens Residence

7728 82 Avenue NW

See page 181 for listing.

5 Central Baptist Manor

9403 95 Avenue NW

See page 181 for listing.

7 Churchill Manor Retirement Residence

5815 34 Avenue NW

See page 182 for listing.

8 Extendicare Holyrood South

8008 95 Avenue NW

See page 259 for listing.

9 Gateway Manor Apartments

4215 102 Avenue NW

See page 182 for listing.

10 Golden Homes

80 Street & 95 Avenue NW

See page 182 for listing.

11 Good Samaritan Dr. Gerald Zetter Care Centre

9649 71 Avenue NW

See page 259 for listing.

12 Good Samaritan Millwoods Centre

101 Youville Drive NW

See page 259 for listing.

13 Good Samaritan Place

8425 83 Street NW

See page 182 for listing.

14 Grace Garden Court

6303 104 Avenue NW

See page 183 for listing.

15 Hardisty Care Centre

6420 101 Avenue NW

See page 259 for listing.

16 Jubilee Lodge Nursing Home

10333 76 Street NW

See page 259 for listing.

17 Laurel Heights Retirement Residence

3110 22 Avenue

See page 238 for listing.

18 Millbourne Manor

2115 Millbourne Road West NW

See page 183 for listing.

19 Montgomery Place

9420 92 Street NW

See page 183 for listing.

20 Ottewell Terrace

6315 92 Avenue NW

See page 184 for listing.

21 Ottewell Place

6207 92A Avenue NW

See page 223 for listing.

22 Ritchie Pioneer Place

9743 77 Avenue NW

See page 184 for listing.

23 Saint-Thomas Assisted Living Centre

8411 91 Street NW

See page 256 for listing.

24 Sakaw Terrace Apartments

5815 Millwoods Rd South

See page 184 for listing.

25 Sakaw Terrace Lodge

5815 Millwoods Rd South

See page 185 for listing.

26 Shepherd's Care Millwoods

6608, 6640 28 Avenue NW

See pages 205, 238 for listings.

27 Southwoods Village at Hazeldean

9430 67 Avenue

See page 204 for listing.

28 St. Andrew's Ukrainian Selo

8025 101 Avenue NW

See page 185 for listing.

29 St. Nicholas Apartments

5619 98 Avenue NW

See page 186 for listing.

30 St. Thomas Manor

9022 85 Avenue NW

See page 186 for listing.

31 Trinity Hall

8419 102 Street NW

See page 186 for listing.

32 Trinity Lutheran House

10006 80 Avenue NW

See page 186 for listing.

A Bonnie Doon Shopping Centre

160 82 Avenue & 83 Street

B Capilano Mall

5004 98 Avenue

**C Edmonton Public Library -
Capilano Branch**

200 Capilano Mall, 5615 101 Avenue NW

**D Edmonton Public Library -
Idylwyld Branch**

8310 88 Avenue NW

E Grey Nuns Community Hospital

1100 Youville Drive West NW

F Metro Continuing Education

7835 76 Avenue NW

G Mill Woods Seniors Association

201-2610 Hewes Way NW

H Mill Woods Town Centre Mall

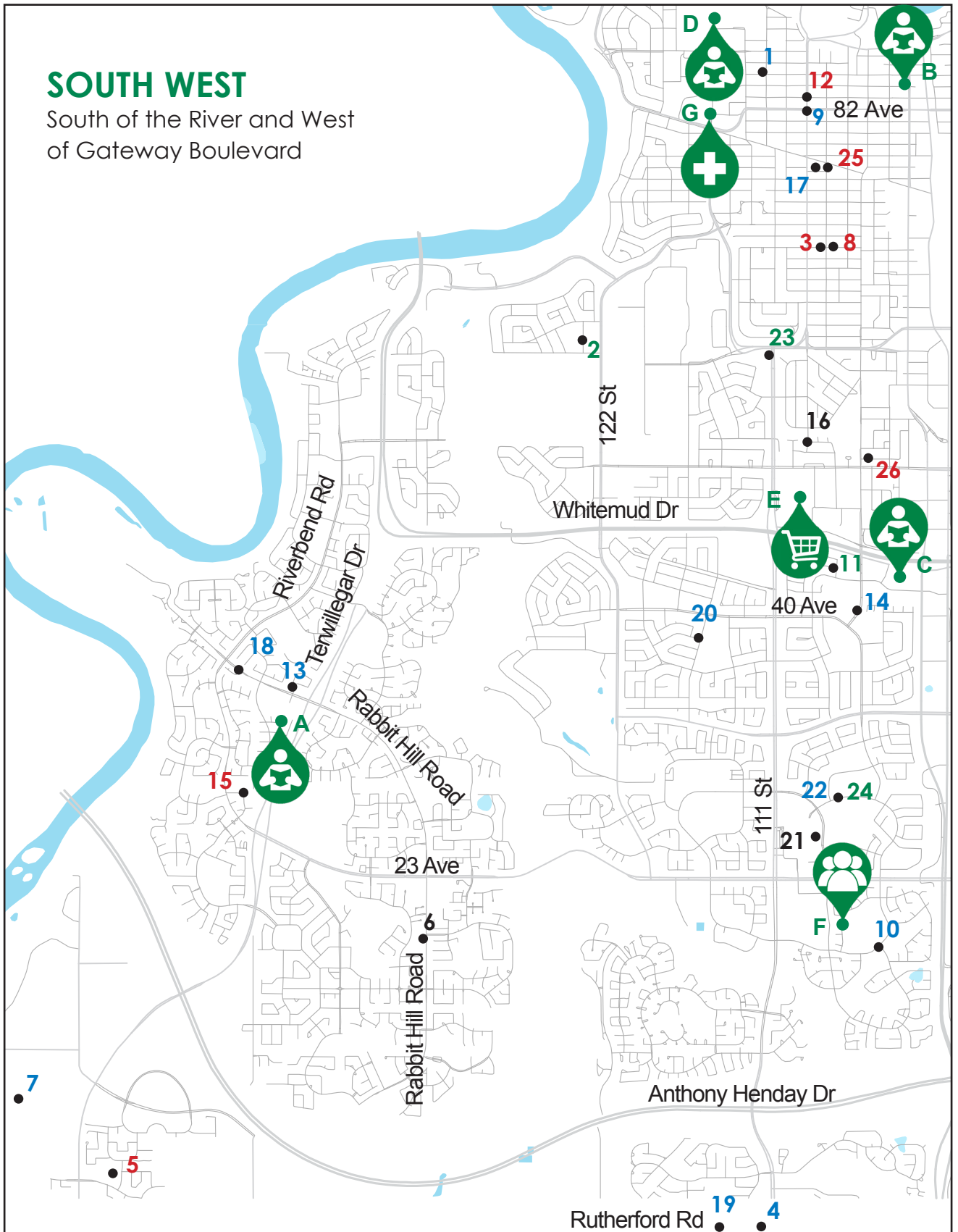
2331 66 Street NW

**I South East Edmonton Seniors
Association**

9350 82 Street NW

SOUTH WEST

South of the River and West
of Gateway Boulevard



SOUTH WEST

South of the River and West of
Gateway Boulevard

Legend:

Red - Home Living

Blue - Supportive Living

Green - Facility Living

Black - Multi-level Facility

1 Ashbourne

11148 84 Avenue NW

See page 240 for listing.

2 CapitalCare Grandview

6215 124 Street NW

See page 258 for listing.

3 Celo Vesnivka

10825 70 Avenue NW

See page 187 for listing.

4 Chartwell Heritage Valley

944 James Mowatt Trail SW

See page 241 for listing.

5 Chartwell Wescott Retirement Residence

3841- Allan Drive SW

See page 187 for listing.

6 Devonshire Village

1718 & 1728 & 1808 Rabbit Hill Road

See pages 202, 241 for listing.

7 Exquisicare Inc.

4003 Westcliff Place

See page 242 for listing.

8 Father Hannas Apartments

10809 70 Avenue NW

See page 187 for listing.

9 Garneau Hall

10923 Whyte Avenue NW

See page 242, 255 for listing.

**10 Good Samaritan Society-
Wedman House**

10525 19 Avenue NW

See page 256 for listing.

**11 Good Samaritan Southgate Care
Centre**

4225 107 Street NW

See page 265 for listing.

12 Knox-Met Manor

10941 83 Avenue NW

See page 188 for listing.

13 Lifestyle Options Riverbend

200 Falconer Court NW

See pages 243, 256 for listing.

14 Lifestyle Options Whitemud

4069 106 Street NW

See page 243, 256 for listing.

15 Lions Village – Riverside

204 Haddow Close NW

See page 202 for listing.

**16 Pleasantview Place Apartments/
Lodge**

5210 110 Street NW

See pages 188, 223 for listing.

17 Queen Alexandra Place Lodge

10825 77 Avenue NW

See page 224 for listing.

18 Riverbend Retirement Residence

103 Rabbit Hill Court NW

See pages 244, 251, 256 for listing.

19 Rutherford Heights Retirement Residence

949 Rutherford Road NW
See pages 245, 256 for listing.

20 Shepherd's Care Greenfield

3820 114 Street NW
See page 256 for listing.

21 Shepherd's Care Heritage - Shepherd's Gardens

2755 109 Street NW
See page 205 for listing.

22 Shepherd's Care Southside Manor

10745 29 Avenue NW
See page 253 for listing.

23 South Terrace Continuing Care Centre

5905 112 Street NW
See page 260 for listing.

24 St. Joseph's Auxiliary Hospital

10707 29 Avenue NW
See page 260 for listing.

25 Strathcona Place Residence

7720 108 Street NW
See page 189 for listing.

26 Veterans Villa (Southgate)

5210 106 Street NW
See page 189 for listing.

A Edmonton Public Library - Riverbend Branch

460 Riverbend Square NW

B Edmonton Public Library - Strathcona Branch

8331 104 Street

C Edmonton Public Library - Whitemud Crossing Branch

4211 106 Street NW

D Rutherford Library

90 Avenue NW

E Southgate Centre

5015 111 Street NW

F SouthWest Edmonton Seniors Association

10710 19 Avenue NW

G University of Alberta Hospital

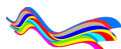
8440 112 Street NW

COME HOME

TO

Ashbourne
A GARNEAU UNITED COMMUNITY

www.theashbourne.ca



See the "To Move Or
Not To Move" Checklist
pages 316-317

HOME LIVING

SENIORS' SELF-CONTAINED HOUSING PROGRAM

Government of Alberta

This program provides apartment type accommodation to low and moderate income seniors who are functionally independent with or without the assistance of existing community based services. All suites are equipped with a refrigerator and stove.

Tenant Eligibility and Selection Criteria

Seniors whose income falls below local limits (2017 Core Need Income Thresholds: maximum annual income: \$42,000 single, \$53,000 couple (reviewed every July 1st)), who meet citizenship requirements and who are functionally independent, with or without the help of existing community based services, are eligible. Seniors are defined as persons 65 years of age or older. Seniors can also be defined as someone less than 65 years of age with special circumstances. Eligible applicants are prioritized on the basis of need according to a legislated point scoring system. Criteria used to determine an applicant's current situation and level of need includes factors such as percent of income paid to rent, emergency situations, utility responsibilities and accessibility issues.

Rental Rates

A tenant's rent, which includes heat, water and sewer expenses, is based on 30 percent of a household's adjusted income. The tenant is responsible for electricity, telephone and cable television, as well as any additional services they may request (e.g. parking).

Housing Delivery

Local Housing Management Bodies (HMBs) located throughout the province operate and administer the program on behalf of the Government of Alberta. Program elements delegated to individual HMBs include tenant selection, rent calculation, building maintenance and conflict resolution. HMBs may have local residency requirements.

HOME LIVING:

Alberta Health Services

Professional and support services are provided to clients who live in their own residences to assist them to remain independent in their homes. Clients may live in a house, apartment, duplex, townhouse, condominium or any other independent living option.

Services may also be provided in community clinic settings. Examples of care provided at clinics includes wound care, catheter care, lower leg assessment, and intravenous therapy. Home Living provides care for clients at all ages and stages of life:

- Short-term care for those who need minimal assistance for a short time
 - Long-term care for the chronically ill and those requiring assistance to maintain health and independence.
 - Palliative home care staff provide support for those at the end of life
 - Children's services support children with health care needs and their families
- Home Living services include:
- Home Care Adult Services
 - Home Care Children's Services
 - Home Care Volunteer Services
 - Palliative Home Care
 - Comprehensive Home Option for Integrated Care of the Elderly (CHOICE)
 - Day Programs

- Community Aids to Independent Living (CAIL)
 - Geriatric Consult Team
 - Stroke Early Support Discharge Day
- Programs provide medical, rehabilitation and/or social programs.

Most day programs support medical and rehabilitation needs and some programs support people with early Alzheimer disease or dementia. CHOICE – the Comprehensive Home Option for Integrated Care of the Elderly is an umbrella program that provides a full range of medical, social and supportive services for seniors at high risk of institutionalization. Transportation, emergency response, assessments for home adaptation and personal care are provided through CHOICE. Assessment and admission to CHOICE are arranged through Community Care Access at 780.496.1300.

See also **HEALTH & WELLBEING** chapter

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

www.albertahealthservices.ca/about/patientfeedback.aspx

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions, and compliments and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

BUILDINGS WHERE RENT IS GEARED TO INCOME: Rental rates, subsidized by Alberta Seniors and Housing Ministry, are usually 30% of gross combined family monthly income. Apartment sizes are bachelor and one bedroom. Pets are not allowed.

While the list below includes buildings where rent is geared to income, there are also seniors' apartment buildings that offer rent below market rates that should also be considered by seniors with low incomes.

BY AREA OF CITY

Central

- Ansgar Villa [p.160](#)
- Cathedral Close [p.160](#)
- Chinese Elders Mansion (Tower I) [p.161](#)
- Chinese Elders Mansion (Tower II) [p.161](#)
- Hutton Place [p.161](#)
- Kiwaniis Place Apartments [p.161](#)
- Kiwaniis Place Lodge [p.217](#)
- Piazza Italia Seniors [p.163](#)
- Pioneer Place [p.163](#)
- Sparling Lodge [p.218](#)
- St. Joachim Manor [p.161](#)
- St. Josaphat's Seniors Residence [p.165](#)
- Tegler Manor [p.166](#)
- Ukrainian Dnipro Senior Citizens Home [p.166](#)

North East

- Avenwood Corner [p.166](#)
- Barvinok Apartments [p.167](#)
- Beverly Place Lodge [p.218](#)
- Buchanan Manor [p.167](#)
- Highland Place [p.168](#)
- Londonderry Village [p.168](#)
- Millennium Pavilion [p.219](#)
- Norwood Golden Manor [p.169](#)

- Porta Place [p.169](#)
- Romanian House (Casa Romana) [p.170](#)
- St. Elia's Pysanka Manor [p.170](#)
- Tower I Vista Housing for Seniors [p.10](#)
- Virginia Park Apartments [p.170](#)
- Virginia Park Lodge [p.220](#)
- Viselka Seniors Home [p.171](#)

North West

- Alliance Villa [p.171](#)
- Britannia Gardens [p.171](#)
- Calder Place [p.172](#)
- Canora Gardens Apartments [p.172](#)
- Chinese Alliance Manor [p.173](#)
- Groat House Apartments [p.174](#)
- Lauderdale Homes [p.174](#)
- Mary A. Finlay Manor [p.174](#)
- Matheson Seniors Housing [p.175](#)
- McQueen Place Lodge [p.220](#)
- Meadowlark Place [p.221](#)
- Mountwood Apartments [p.175](#)
- Ortona Villa [p.175](#)
- Rosslyn Place Apartment [p.176](#)
- Rosslyn Place Lodge [p.221](#)
- Rosslyn Terrace [p.176](#)
- Tegler Terrace [p.179](#)
- Tuoi Hac-Golden Age Manor [p.222](#)
- Westlawn Courts [p.180](#)

South East

- Bateman Manor [p.181](#)
- Bethany Senior Citizens Home [p.181](#)
- Bethel Senior Citizens Residence [p.181](#)
- Central Baptist Manor [p.181](#)
- Gateway Manor Apartments [p.182](#)
- Golden Homes [p.182](#)
- Grace Garden Court [p.183](#)
- Millbourne Manor [p.183](#)
- Montgomery Place [p.183](#)

- Ottewell Place [p.223](#)
- Ritchie Pioneer Place [p.184](#)
- St. Andrew's Ukrainian Selo [p.185](#)
- St. Nicholas Apartments [p.185](#)
- St. Thomas Manor [p.186](#)
- Trinity Hall [p.186](#)
- Trinity Lutheran House [p.186](#)

South West

- Father Hannas Apartments [p.187](#)
- Knox-Met Manor [p.188](#)
- Pleasantview Place Apartments [p.188](#)
- Pleasantview Place Lodge [p.223](#)
- Queen Alexandra Place Lodge [p.224](#)
- Strathcona Place Residence [p.189](#)

Surrounding Edmonton

- Beaumont – Beauregard Manoir [p.190](#)
- Bon Accord – Sunset/Sunridge Manors [p.197](#)
- Calmar – Northern Lights Apartments [p.195](#)
- Calmar – Sunset Apartments [p.197](#)
- Devon – Goldring Manor [p.192](#)
- Fort Saskatchewan - Fort Lions Haven [p.191](#)
- Fort Saskatchewan - Dr. T.W.E. Henry House [p.190](#)
- Gibbons – Pine Crest Gardens [p.196](#)
- Gibbons – Spruce View Manor Lodge [p.228](#)
- Josephburg Homestead Place [p.193](#)
- Leduc – Goldage Apartments [p.191](#)
- Leduc – Planeview Place [p.227](#)
- Leduc – West Grove Apartments [p.198](#)
- Legal – Chateau Sturgeon Lodge [p.224](#)
- Legal – Sunset/Sunrise Villas [p.198](#)
- Morinville – Heritage Place 6-Plex [p.193](#)
- Morinville – Heritage Place Lodge [p.226](#)
- Morinville – Lions Manor [p.194](#)
- New Sarepta – Sunset Manor Apts [p.197](#)
- Redwater Diamond Spring Lodge [p.225](#)

- Redwater – Golden Villa p.192
- Sherwood Park – Kiwanis Apple Blossom Manor p.193
- Sherwood Park – Lakeside Legion Manor p.194
- Spruce Grove – Spruce Haven Manor p.197
- St. Albert – Chateau Mission Court p.190
- St. Albert – Chateau Mission Court Lodge p.224
- St. Albert – North Ridge Lodge p.226
- Stony Plain – Alberta Rose Manor p.189
- Stony Plain – Diamond Jubilee Manor p.190
- Stony Plain – Forest Ridge Place p.226

- Stony Plain – Meridian Pioneer Manor p.194
- Thorsby – Happy Haven p.192
- Wabamun – Foster Manor p.191
- Warburg – Cloverleaf Manor p.246

1
Visit Sage's
NEW health
services
program.

2
RECEIVE the
treatment you
need.

3
Access **100**
other seniors'
programs in the
same building.

4
Enjoy the
UNIQUE benefits
of truly holistic
seniors' care!

Health Services

NEW

- Annual check ups
- Health assessments
- Treatment for chronic and acute illness
- Prescriptions and refills
- Health information and education
- Diabetes and respiratory care
- Urgent care

No appointment necessary.

8:30am - 4:00pm, Mon-Fri

Drop in or call 780-423-5510 for more information.

www.mysage.ca

sage
Sage Seniors Association

social.
health.
community.
supports.

Comparing Housing Options Checklist		FACILITY NAME			
		Example Facility			
AREA		SW			
TYPE	Home Living - Apartments				
	Home Living - Housing Cooperatives				
	Home Living - Life Lease	✓			
	Home Living - Condominiums				
	Supportive Living				
GENERAL	Age Restrictions	55+			
	Rental Range	Lease + Fee			
	Cost for Second Person				
	Is the rent geared to income?	N			
	Deposit Required	\$400			
	Pets Permitted	Cats			
	Smoking	N			
TYPES OF SUITES	Wheelchair Accessible	✓			
	Bachelor				
	One Bedroom	✓			
	Two Bedroom	✓			
	Dementia Care Site				
	Supportive Living Site	✓			
	Long-Term Care Facility				
EMERGENCY RESPONSE	Available 24 Hours?				
	Healthcare Assistant				
	Licensed Practical Nurse (LPN)				
	Registered Nurse (RN)				
	Emergency (off-site) Call System	✓			
	Caretaker	✓			
ACTIVITIES	Resident Driven	✓			
	Staff Supported	✓			
	Other				

Comparing Housing Options Checklist		FACILITY NAME			
		Example Facility Continued			
INCLUDED / NOT INCLUDED IN RENT	Power	✓			
	Heat	✓			
	Water	✓			
	Cable	<i>basic</i>			
	Telephone	\$40			
	Internet	\$30			
	Parking Stall	✓			
	Housekeeping	<i>Incl.</i>			
	Linen Service				
	Laundry Service				
	In-Suite Kitchenette or Full Kitchen	<i>full</i>			
	Meal Plan	<i>pay per</i>			
	# of Meals	<i>up to 3</i>			
BUILDING FEATURES	Security System	✓			
	Exercise Rooms	✓			
	Activity Rooms	✓			
	Swimming Pool				
	Visitor Parking	✓			
	Personal Care Options	✓			
	Air Conditioning	✓			
	Transportation	<i>once/wk</i>			
	Housekeeping Services				
	Laundry Facilities	<i>in-suite</i>			
OTHER	Part of a larger facility?				
	More details on Directory page #				
	COMMENTS	<i>hairdresser, pedicure by appt.</i>			

HOME LIVING - APARTMENTS

CENTRAL

ALLIANCE MANOR

Operation Friendship Seniors Society

10403-10417 95 St. NW T5H 2B9

Phone: 780.408.2955

Email: info@ofss.org

www.ofss.org

Age: 55+ living in the inner city of Edmonton

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: Bachelor, studio, 1 bedroom

Rent: \$575-\$655

Included in Rent: Power, heat, water

NOT Included in Rent: Cable, phone, internet, and Smart card laundry

Activities: Access to recreation in McCauley Seniors Drop In

Features: Elevator; Access to agency support (outreach & transportation)

Emergency Responder: 911

ANSGAR VILLA

GEF Seniors Housing

10170 120 St. NW T5K 2N7

Phone: 780.488.4948

Email: housinginfo@gef.org

Website: www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 173 one-bedrooms, 1 two-bedroom, (3 barrier-free)

Rent: 30% of gross monthly income: maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in rent: Telephone, electricity, cable, parking, laundry

Activities: Recreation programs, bus outings, special events

Features: Security system, wheelchair accessibility, library, social room, exercise room, lounge

Emergency Responder: Staff available during office hours; on-call maintenance service available after hours.

CATHEDRAL CLOSE

GEF Seniors Housing

10039 103 St. NW T5J 3G4

Phone: 780.428.1027

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Limited smoking rooms

Units: 60 bachelors (12 handicapped)

81 one-bedrooms (4 handicapped)

Rent: 30% of gross monthly income: maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, recreation room, exercise room, library, computer stations

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

CHINESE ELDERS MANSION (TOWER I)

Chinese Benevolent Association
Management Body

9550 102 Ave. NW T5H 4A8

Phone: 780.429.2146

Age: 65+

Deposit: One month's rent

Pets: Not permitted

Smoking: No Smoking

Units: 92

Rent: Scaled to 30% of combined gross monthly income

Included in Rent: Water and heat

NOT Included in Rent: Electricity, phone, TV

CHINESE ELDERS MANSION (TOWER II)

Chinese Benevolent Association
Management Body

9530 102 Ave. NW T5H 4K4

Phone: 780.429.2146

Age: 65+

Deposit: One month's rent

Pets: Not permitted

Smoking: No Smoking

Units: 98

Rent: Scaled to 30% of combined gross monthly income

Included in Rent: Water and heat

NOT Included in Rent: Electricity, phone, TV

HUTTON PLACE

Operation Friendship Seniors Society

9520 110A Ave. NW T5H 4L1

Phone: 780.408.2955

Email: info@ofss.org

www.ofss.org

Age: 55+ living in the inner city of Edmonton

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: Bachelor, 1 bedroom, handicapped accessible

Rent: Subsidized 30% of monthly income, plus utilities (\$50/month)

Included in Rent: Power, heat, water

NOT Included in Rent: Cable, phone, internet, and Smart card laundry

Activities: Access to recreation at Sparling Lodge: Bingo, social teas, monthly entertainment, fun casinos, outings

Features: Social room, Access to agency support (outreach and transportation).

Emergency Responder: Access to LPN & HCAs at Sparling Lodge:

LPN: 7am-3pm Mon-Fri

HCA: 7am-10pm daily

Part of a larger Multi-level facility? YES:

Next door to Sparling Lodge

KIWANIS PLACE APARTMENTS

GEF Seniors Housing

10330 120 St. NW T5K 2A6

Phone: 780.488.4205

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Limited smoking rooms

Units: 64 bachelors, 37 one-bedrooms

Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations

Emergency Responder: Non-medical staff nearby in the Lodge 24 hours; on-call maintenance service available after hours.

Part of a larger multi-level facility? Yes:

Kiwanis Place Lodge

MELCOR YMCA VILLAGE

10350 95 St. NW T5H 0H8

Phone: 780.426.YMCA (9622)

Leasing: 780.935.5922

northernalberta.ymca.ca

Age: For all age groups.

Deposit: \$500.

Pets: Not permitted.

Smoking: Not permitted.

Units: 150 Self-contained units consisting of bachelor, one- and two-bedroom suites, including some barrier-free units.

Rent: Affordable Housing – there are income requirements. Rents are between \$725 Bach, \$850 1-bdrm, \$975 2-bdrm

Included in the Rent: Water and heat.

NOT Included in Rent: Power, phone, cable or internet.

Activities: Family Resource Centre.

Features: Laundry areas, storage space as well as flexible meeting spaces for services and programs offered by the YMCA and by community partners.

Part of a larger multi-level facility? Yes – YMCA Welcome Village

Family Resource Centre (Central) -

See [LEISURE & RECREATION](#)

OUR PARENTS' HOME

10112 119 St

Phone: 780.732.0412

Le10112 119 St

Phone: 780.732.0412

Leasing: 780.935.5922

www.ourparentshome.com

Units: 48 One bedroom (approx. 650 sq. ft.) and 32 Two bedroom (approx. 1050 sq. ft.) Full Kitchens.

Rent: Variety of financing options.

Activities: Resident driven programming.

Features: Concierge and 24-hour security desk, heated underground parking, full-service dining room, fitness centre, library, computer stations, hair salon, top floor piano lounge and activity centre, fireplace and outdoor patio and 3 elevators. Remarkable neighborhood amenities.

Part of a larger multi-level facility?

Independent Living, with all levels of care available.



The retirement living you've been waiting for.

Book a tour and a complimentary meal.
10112 - 119th st | OurParentsHome.com

780.988.5504

OPH
Our Parents' Home

for additional residence options
See HOME LIVING – Life Lease – Central,
and SUPPORTIVE LIVING – Central

PIAZZA ITALIA SENIORS

Vista Housing for Seniors

9521 108A Ave NW T5H 4G3

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org

or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Not Permitted

Units: One Bedroom

Rent: 30% of Household Income

Included In Rent: Heat and water

NOT included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, walking distance to grocery stores, restaurants, park, bus stops and barbecue. Building has surveillance cameras. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance service for after-hours emergency.

PIONEER PLACE

Operation Friendship Seniors Society

10310 93 St. NW T5H 1X1

Phone: 780.424.1161

Email: Gladis@ofss.org

www.ofss.org

Age: Bachelor 55+, One bedroom 65+

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: Bachelor, 1 bedroom, handicapped accessible

Rent: Subsidized 30% of monthly income,

plus utilities (\$50/month)

Included in Rent: Power, heat, water

NOT Included in Rent:

Cable (\$30/month), telephone, internet, and Smartcard laundry, parking (limited spots - \$30/month)

Activities: Puzzle table, weekly bingos, pool table and exercise bike, outings and active tenant association

Features: Fenced secure patio area, tenant courtesy phone, Co-op taxi direct line; Access to agency support (outreach & transportation); elevator

Emergency Responder: Security on-site evenings and weekends; staff with first aid training Mon-Fri 8am-4pm

RENAISSANCE TOWER

Metis Capital Housing Corporation

9505 105 Ave. NW T5H 0J1

Phone: 587.521.2630

Email: Lpappin@metiscapital.ca

or Mgladue@metiscapital.ca

www.metiscapital.ca

Age: 55+ seniors or people with physical disabilities

Deposit: \$750 (1BR) & \$850 (2BR)

Pets: Not permitted

Smoking: Permitted in suite and designated areas

Units: 1 and 2 bedroom

Rent: \$750 & \$850

Included In Rent: In-suite Washer and Dryer
Additional monthly charge: \$180.00 includes Utilities, Basic Phone, Cable and Internet

Activities: Social Committee - Various activities throughout the year

Features: 24-hour security, elevators

Emergency Responder: 24-Hour Onsite Security

ROOMING HOUSE

Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.408.2955

Email: info@ofss.org

www.ofss.org

Age: 55+, living in inner city of Edmonton

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: Shared kitchen and bathroom

Rent: \$475

Included in Rent: Power, heat, water, phone, and access to laundry room

NOT Included in Rent: Cable and internet

Activities: Access to recreation in McCauley Seniors Drop In

Features: Access to agency support (outreach, transportation)

Emergency Responder: Staff with first aid Mon-Sun 7am-6:30pm

ROSEDALE ESTATES

Rosedale Seniors' Living

10101 111 St. NW T5K 2W4

Phone: 780.425.1668

Email:

linda.t@rosedaledevelopments.com

www.rosedaledevelopments.com

Deposit: \$900 - \$1200

Units: 91 One-Bedroom (530-720 sq ft)

20 Two-Bedroom (920-960 sq ft)

10 Handicapped (640 sq ft)

Rent: One Bedroom starting at \$2,025

Two Bedroom starting at \$2,793

Included in Rent: Utilities, cable, supper meal, weekly housekeeping, linen service, emergency response system and recreational activities

NOT Included in Rent: Telephone, breakfast and lunch meals, personal laundry, underground parking.

Part of a Multi-level facility? Yes, Supportive Living Suites available

See Supportive Living-Central for additional building details

ROSEDALE MANOR

Rosedale Seniors' Living

10053 111 St. NW AB T5K 2H8

Phone: 780.447.1155

Email:

linda.t@rosedaledevelopments.com

www.rosedaledevelopments.com

Deposit: \$900 - \$1200

Units: 91 One-Bedroom (530-720 sq ft)

20 Two-Bedroom (920-960 sq ft)

10 Handicapped (640 sq ft)

Rent: One Bedroom starting at \$1,993

Two Bedroom starting at \$2,770

Included in Rent: Utilities, cable, supper meal, weekly housekeeping, linen service, emergency response system and recreational activities

NOT Included in Rent: Telephone, breakfast and lunch meals, personal laundry, underground parking.

Part of a Multi-level facility? Yes, Supportive Living Suites available

See Supportive Living-Central for additional building details

ROSEDALE ON THE PARK

Rosedale Seniors' Living

10103 111 St. NW T5K 2Y1

Phone: 780.425.1668

Email:

linda.t@rosedaledevelopments.com

www.rosedaledevelopments.com

Deposit: \$900 - \$1200

Units: 91 One-Bedroom (530-720 sq ft)

20 Two-Bedroom (920-960 sq ft)

10 Handicapped (640 sq ft)

Rent: One Bedroom starting at \$2,165

Two Bedroom starting at \$2,827

Included in Rent: Utilities, cable, supper meal, weekly housekeeping, linen service, emergency response system and recreational activities

NOT Included in Rent: Telephone, breakfast and lunch meals, personal laundry, underground parking.

Part of a Multi-level facility?

Supportive Living Suites available
See Supportive Living-Central for
additional building details

ROSEDALE VILLA

Rosedale Seniors' Living

10107 111 St. NW T5K 2Z1

Phone: 780.425.1668

Email:

linda.t@rosedaledevelopments.com

www.rosedaledevelopments.com

Deposit: \$900- \$1200

Units: 91 One-Bedroom (530-720 sq ft)

20 Two-Bedroom (920-960 sq ft)

10 Handicapped (640 sq ft)

Rent: One Bedroom starting at \$2,270

Two Bedroom starting at \$2,905

Included in Rent: Utilities, cable, supper meal, weekly housekeeping, linen service, emergency response system and recreational activities

NOT Included in Rent: Telephone, breakfast and lunch meals, personal laundry, underground parking.

Part of a Multi-level facility? Yes, Supportive Living Suites available
See Supportive Living-Central for
additional building details

ST. JOACHIM MANOR

La Société des Manoirs St. Joachim et St. Thomas

11020 99 Ave NW T5K 2M2

Phone: 780.488.7104

Email: info@msjst.ca

www.msjst.ca

Age: 60+

Deposit: No

Pets: Not permitted

Smoking: Not permitted

Units: 149 One Bedroom (502 sq. ft.)

Rent: Scaled to 30% of combined gross monthly income to maximum \$630, Utilities (\$50) + Cable (\$29)

Included in Rent: Laundry

NOT Included in Rent: Telephone,

noon meals 5 days/wk \$200/month,
parking \$40/month (outside)
lockers single \$5/month,
double \$10/month, key deposit \$40

Activities: active social club

Features: Catholic mass every Saturday at 3pm, caters to French bilingual residents.

Emergency Responder:

Office open Mon-Fri 9am-3pm

ST. JOSAPHAT'S SENIORS RESIDENCE

GEF Seniors Housing

9637 108 Ave. NW T5H 4G4

Phone: 780.429.3846

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 114 one-bedrooms, 1 two-bedroom (1 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in rent: Electricity, telephone, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, common room

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

TEGLER MANOR

Proudly Owned & Managed by
The Tegler Foundation

9943 110 St. NW T5K 2N5

Phone: 780.422.1531

Email: info@teglerfoundation.ca

Age: Minimum 65 years

Deposit: 1/2 month's rent

Pets: No

Smoking: Non-smoking

Units: 100

Rent: One bedroom starting at \$950/
month. Rent reduction for annual
income below \$28,000.

Two bedroom starting at \$1170/month-
no rent subsidy

Included in Rent: Heat, water, electricity,
Cable TV. ***Suites are newly renovated***

Not Included in Rent: parking (limited),
internet, laundry

Activities: Social Club, Chapel,
exercise class, plus much more

THE TEGLER FOUNDATION

Proud Owner of

Tegler Manor

9943 - 110 Street

Tegler Terrace

9918 - 149 Street

Providing Caring, Independent Living for Seniors,
where concern for our Residents comes first.

65+ (negotiable) | Subsidy Available
Close to all Amenities

Phone: 780-422-1531

Email: info@teglerfoundation.ca

Features: Social Room, Hobby Room

Emergency Responder: None,
Independent Living

UKRAINIAN DNIPRO SENIOR CITIZENS HOME

Dnipro Selo Housing Society

11030 107 St. NW T5H 4G5

Phone: 780.425.5097

Email: dniproselo@telus.net

www.dniproselo.com

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One bedroom

Rent: 30% of gross income

Included in Rent: Fridge, stove, water/
sewer, heat.

NOT Included in Rent: Electricity, cable,
parking, telephone

Activities: Seniors' Club, exercise class,
Bingo, English as a second Language
classes, etc.

Features: Several common areas, laundry
in building.

Emergency Responder: EMS and family

NORTH EAST

AVENWOOD CORNER

GEF Seniors Housing

11909 88 St. NW T5B 3S2

Phone: 780.479.6232

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 64 one-bedrooms, 1 two-bedroom

Rent: 30% of gross monthly income;
maximum annual income: \$39,000 single,



\$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in rent: Telephone, electricity, cable, parking, laundry

Activities: Recreation programs, bus outings, special events

Features: Security system, wheelchair accessibility, computer stations, multipurpose/recreation room

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

BARVINOK APARTMENTS

GEF Seniors Housing

3625 116 Ave. NW T5W 0W7

Phone: 780.479.4693

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 21 one-bedrooms (2 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water.

NOT included in rent: Telephone, electricity, cable, parking, laundry

Activities: Social programs, bus outings, special events

Features: Security system, wheelchair accessibility, multipurpose room with an exercise area and a library section

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

BUCHANAN MANOR

GEF Seniors Housing

8804 121 Ave. NW T5B 0Z6

Phone: 780.479.4693

Email: housinginfo@gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 21 one-bedrooms, 2 bachelor

Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Recreation programs, bus outings, special events

Features: Security system, wheelchair accessibility, lounge/recreation area

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

CHATEAU AT SCHONSEE SQUARE

Lifestyle Options Retirement Communities

6082 Schonsee Way NW T5Z 0K4

Phone: 780.818.1371

Email: info@chateauschonsee.com

www.chateauschonsee.com

Age: 55+

Deposit: Equal to 1 month's rent

Pets: Not allowed

Smoking: Non-smoking

Units: 124

Rent: From \$675

Included In Rent: Water, Heat, One Underground Parking Stall

NOT included in Rent: Power, Cable, Phone, Internet

Activities: N/A

Features: Adaptable suite designs 14 wheelchair accessible suites. Comfortable and modern units.

Underground parking, keyless FOB card

entry system, on-site resident managers. Professionally designed green spaces and over 17,000 square feet of commercial space on the main floor, serving residents and the surrounding community.

Emergency Responder: 911

EMMANUEL HOME

13429 57 St. NW T5A 0T8
Phone: 780.478.2051 (reception)
Email: info@emmanuelhome.ca
Tour Enquiries:
sonja@emmanuelhome.ca
www.emmanuelhome.ca

Age: 65+

Deposit:

One month's rent

Pets: Not permitted

Smoking: not permitted

Units: 146

Rent: \$930.00 - \$2190.00

Included In Rent: All utilities, basic cable, Tenant Insurance and use of laundry facilities, storage locker (if available)

NOT included in Rent: Telephone, internet, meals, underground parking

Activities: Full-time recreation coordinator; in house activities, trips to malls, parks, etc.

Features: Christian home operated on Biblical principles – Bible reading and prayer before all meals; Protestant chapel services & Catholic mass; foot specialist, dentist as needed, pharmacist twice a week, optometry services, hearing aid clinic once a month; on site physician for DSL residents and waiting list for others; no-smoking facility

Emergency Responder: We have on site Home Care 24/7

Part of a larger Multi-level facility? Yes – Independent/Home Living and DSL units available

HIGHLAND PLACE

GEF Seniors Housing

6209 118 Ave NW T5W 5A6

Phone: 780.479.2864

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 67 one-bedrooms (2 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in rent: Telephone, electricity, cable, parking, laundry

Activities: Recreation programs, bus outings, special events

Features: Security system, lounge, wheelchair accessibility

Emergency Responder: Staff available during office hours; on-call maintenance service available after hours.

LONDONDERRY VILLAGE APARTMENTS

GEF Seniors Housing

13805 75 St. NW T5C 3H8

Phone: 780.476.9585

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 117 one-bedroom (3 handicapped) 1 two-bedroom

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, cable, telephone, laundry, parking

Activities: Social, leisure programs, health

and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, computer stations, recreation room, library

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

NORWOOD GOLDEN MANOR

Vista Housing for Seniors

11715 95 St. NW T5G 3B6

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom, bachelor

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, barbecue, shuffleboard table and exercise equipment and pool table. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance service for after -hours emergency

POLISH VETERANS HOME

9203 144 Ave. NW T5E 2H7

Phone: 780.475.9366

Email: manager.pvs@shaw.ca

Age: 55+

Pets: Not permitted

Smoking: Not permitted

Units: 43 Bachelor, 37 One Bedroom

Included in Rent: Heat, water/sewer,

power

NOT Included in Rent: Telephone and parking only

Features: Air conditioning, Greenspace, TV room, Computers

Emergency Responder: 911

PORTA PLACE

GEF Seniors Housing

4436 117 Ave. NW T5W 4Y9

Phone: 780.479.4693

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 73 one-bedrooms (3 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility?

Yes: Beverly Place Lodge

ROMANIAN HOUSE (CASA ROMANA)

Vista Housing for Seniors

13439 97 St. NW T5E 4C7

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org
or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not Permitted

Smoking: Non-Smoking

Units: One-Bedroom, Two-Bedroom

Rent: 30% of Household Income

Included In Rent: Heat and water

NOT included in Rent: Telephone, power,
cable TV, underground parking and
laundry

Activities: Limited social events

Features: Lounge Area, walking distance
to Northgate Centre, restaurants, bus
stops. Building has surveillance cameras.
Exercise Equipment. Crime-Free Certified
through Edmonton Police Service.

Emergency Responder: On-call
maintenance service for after-hours
emergency.

ST. ELIA'S PYSANKA MANOR

Vista Housing for Seniors

11906 66 St. NW T5B 1J4

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org
or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One bedroom, Bachelor

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power,
cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, barbecue, pool
table, shuffleboard table and exercise
equipment. Crime-Free Certified through
Edmonton Police Service.

Emergency Responder: On-call
maintenance service for after-hours
emergency

TOWER 1

Vista Housing for Seniors

12840 64 St. NW T5A 4M8

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org
or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One-bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power,
cable TV, parking and laundry

Activities: Limited social events

Features: Lounge areas, barbecue,
pool table, shuffleboard table and
exercise equipment. Excellent bus service
and close to Belvedere LRT Station. Crime
-Free Certified through Edmonton Police
Service.

Emergency Responder: On-call
maintenance service for after-hours
emergencies

VIRGINIA PARK APARTMENTS

GEF Seniors Housing

11033 76 St. NW T5B 4T2

Phone: 780.479.2403

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 139 one-bedrooms (3 handicapped)

1 two-bedroom

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, computer station

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility?

Yes: Virginia Park Lodge

VISELKA SENIORS HOME

Vista Housing for Seniors

11415 86 St. NW T5B 3J2

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge areas, barbecue, shuffleboard and exercise equipment. Crime Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance service for after hour emergencies

NORTH WEST

ALLIANCE VILLA

Vista Housing for Seniors

12620 109A Ave. NW T5M 2J1

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry.

Activities: Limited social events

Features: Lounge area, Bus service.

Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance services for after-hours emergencies

BRITANNIA GARDENS

GEF Seniors Housing

10142 157 St. NW T5P 2T8

Phone: 780.489.4698

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not Permitted

Smoking: Designated outdoor area

Units: 62 one-bedrooms (2 handicapped), 1 two-bedroom

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single,

\$50,000 couple (reviewed every July 1st)
Included in the Rent: Heat, water
NOT Included in Rent: Telephone, electricity, cable, parking, laundry
Activities: Social, leisure and exercise programs, bus outings and special events
Features: Security system, wheelchair accessibility, library, multipurpose/recreation room, computer station, gazebo
Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

CALDER PLACE

Vista Housing for Seniors

12934 119 St. NW T5E 5M4

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One-Bedroom, Bachelor

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: 2 lounges, barbecue, shuffleboard table and exercise equipment. Located across the alley from Calder Seniors Drop-in Society. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance service for after-hours emergency

CANORA GARDENS APARTMENTS

GEF Seniors Housing

10160 151 St. NW T5P 4N2

Phone: 780-483-1715

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 13 bachelors, 85 one-bedrooms (4 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, computer stations, recreation room, library

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours

CANTERBURY MANOR

Canterbury Foundation

8403 142 St. NW T5R 4L3

Leasing Office: 780.930.3729

Email: leasing@canterburyfoundation.com

www.canterburyfoundation.com

Age: 65+

Deposit: None

Pets: Not permitted. Allowed for visitors

Smoking: Not permitted

Units: 127-suite independent living seniors' apartment complex

Rent: \$1,884.00 - \$3,928.00

Included in Rent: Utilities, daily activities,

bus outings, complimentary laundry facilities, A/C and 24 hr. Registered Nurse (RN) coverage

NOT Included in Rent: Meals (lunch pass: \$275 for 30 meals, supper pass: \$365 for 30 meals), housekeeping (\$30/hour), underground parking (\$75/month), telephone and cable

Activities: Exercise classes, live entertainment, movies, documentaries, games (cards, shuffleboard, crosswords, etc...), social events and a weekly happy hour

Features: Landscaped gardens, courtyard, peaceful atrium, library, gift shop, private dining room, large screen tv lounge, chapel, pool table, greenhouse and 16 passenger coach with wheelchair lift

Services: Homecare (as approved by Alberta Health Services), in-house physician clinic, on-site pharmacist, on-site registered social worker, blood pressure clinics, foot care clinics, mobile dentist and denturist, audiologist, Companion Program and beauty salon

Emergency responder: 24 hr. Registered Nurse (RN) coverage, receptionist weekdays and on-call maintenance service available after hours

Part of a larger Multi-Level facility?

Yes: 2 other sections on the same site, Canterbury Court (Supportive Living) and Canterbury Lane (Memory Care)

CHARTWELL GRIESBACH

Chartwell Retirement Residence

4480 McCrae Ave NW T5E 0Y5

Phone: 780.478.2233

www.chartwell.com

See Supportive Living - Northwest for full listing

CHARTWELL HAWTHORN

Chartwell Retirement Residence

6411 – 199th St. NW T5T 6Y4

Phone: 780.497.7737

www.chartwell.com

We offer a variety of activities, classes and outings that engage the mind, body and spirit and cater to our residents' individual interests and abilities. Bringing together six dimensions of wellness, our LiveNow programming promotes inspired, vibrant and fulfilling retirement lifestyles.

Features \ Services: Billiards, Book Club, Bowling Alley, Card Room, Conference room, Day trips, Exercise/Fitness facilities, Garden/Outdoor space, Hobby/Art Studio, Horseshoe Pitch, Kids Play Room, Lawn Bowling, Library, Movie Theatre, Piano, Place of Worship, Residents Computer Room, Social & Recreational Programs, TV Room

CHINESE ALLIANCE MANOR

Vista Housing for Seniors

9312 149 St. NW T5R 1C4

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-smoking

Units: One-bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, parking and laundry

Activities: Limited social programs

Features: Lounge area. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance services for after-hours emergencies

GROAT HOUSE APARTMENTS

GEF Seniors Housing

12627 Stony Plain Rd. NW T5N 3Z4

Phone: 780.455.9374

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 9 bachelors, 41 one-bedrooms (2 handicapped), 1 two-bedroom

Rent: 30% of gross monthly income;

maximum annual income: \$34,000

bachelor suite, \$39,000 single, \$50,000

couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social programs, special events and bus outings

Features: Security system, wheelchair accessibility, multi-purpose room featuring recreation/exercise areas and a library section

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

LAUDERDALE HOMES

GEF Seniors Housing

103 St. & 129 Ave. NW

Phone: 780.473.2915

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: One cat or one small dog permitted with approval

Smoking: Permitted in Units

Units: 12 one-bedroom units

Rent: \$600 single occupancy, \$675

double occupancy; maximum annual

income: \$39,000 single, \$50,000 couple

(reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, telephone, cable, laundry equipment not provided

Activities: Bus outings and special events at Rosslyn Place Lodge

Features: Grass cutting, snow removal, street parking

Emergency Responder: Non-medical staff from Rosslyn Place Lodge available 24 hours; on-call maintenance service available after hours.

LIONS KENSINGTON COURT

Ayre & Oxford Inc.

13120 125 St. NW T5L 0V6

Phone: 780.448.4984 Extension 316

Email: cgreen@ayreoxford.com

www.ayreoxford.com

MARY A. FINLAY MANOR

Vista Housing for Seniors

10209 134 Ave. NW T5E 1J2

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at Building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One-bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, barbecue, shuffleboard table, and exercise equipment. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance service for after-hours emergency

MATHESON SENIORS HOUSING CORP

11445 135 St. NW T5M 3M6

Phone: 780.454.5505

Email: yvonneb@brentwoodgroup.ca

www.mathesonhousing.ca

Office Hours: Mon-Fri 8am-4:30pm

Age: 55+**Deposit:** \$530**Pets:** Not permitted**Smoking:** Allowed in some suites**Units:** 308 Bachelor (420 sq. ft.)

112 One Bedroom (520 sq. ft.)

Rent: Bachelor \$680; One Bedroom \$855

Income restrictions apply.

Included in Rent: Utilities, HD Digital

Cable, social

programs, free WIFI in Lounge.

NOT Included in Rent: Telephone, Parking**Activities:** Exercise class, shuffleboard, bus trips, cards and pool tables**Features:** Restaurant, hair salon, guest room for visitors, security entrance system, balconies, exercise room, laundry, housekeeping, across from Westmount Centre**Emergency Responder:** AnswerPlus after hours**MOUNTWOOD APARTMENTS**

GEF Seniors Housing

11512 128 St. NW T5M 3Y5

Phone: 780.454.7168

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Designated outdoor area**Units:** 51 one-bedrooms**Rent:** 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple

(reviewed every July 1st)

Included in the Rent: Heat, water**NOT Included in Rent:** Telephone, electricity, cable, parking, laundry**Activities:** Social and leisure programs, health and wellness clinics, bus outings and special events**Features:** Security system, wheelchair accessibility, multi-purpose/recreation room, computer station**Emergency Responder:** Non-medical staff available during office hours; on-call maintenance service available after hours.**ORTONA VILLA**

Vista Housing for Seniors

10421 142 St. NW T5N 2P4

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at Building.

Age: 65**Deposit:** One month's base rent**Pets:** Not permitted**Smoking:** Non-smoking**Units:** One-bedroom, bachelor**Rent:** 30% of household income**Included in Rent:** Heat and water**NOT Included in Rent:** Telephone, power, cable TV, parking and laundry**Activities:** Limited social events. Social Club in building.**Features:** 2 lounge areas, barbecue, pool table, shuffleboard table and exercise equipment. Crime-Free Certified through Edmonton Police Service.**Emergency Responder:** On-call maintenance service for after-hours emergency

ROSSLYN PLACE APARTMENTS

GEF Seniors Housing

10819 134 Ave. NW T5E 1J9

Phone: 780.473.2915

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outside area

Units: 49 one-bedrooms (2 handicapped),
1 two-bedroom

Rent: 30% of gross monthly income;
maximum annual income: \$42,000 single,
\$53,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, cable,
parking, laundry, telephone

Activities: Access to social, leisure and
spiritual programs, health and wellness
clinics, exercise programs, bus outings
and special events

Features: Security system, wheelchair
accessibility, library. Access to hair salon,
recreation room, computer stations, tuck
shop, retreat room, and craft room.

Emergency Responder: Non-medical
staff available 24 hours; manager/office
staff available during office hours;
on-call maintenance service available
after hours.

Part of a larger multi-level facility? Yes:
Access to Rosslyn Terrace and Rosslyn
Place Lodge via Pedway.

ROSSLYN TERRACE

GEF Seniors Housing

13311 109 St. NW T5E 6R7

Phone: 780.473.2915

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$500

Pets: Not permitted

Smoking: Designated outside area

Units: 5 barrier free suites (\$875/month),
40 one-bedrooms (\$875-980/month),
5 two-bedrooms (\$1090/month)

Rent: See above; preference given
to applicants with annual incomes of
\$39,000 or less for a single, and \$50,000 or
less for a couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, cable,
parking (outdoor/underground), laundry,
telephone

Activities: Access to social, leisure and
spiritual programs, health and wellness
clinics, exercise programs, bus outings
and special events

Features: Security system, wheelchair
accessibility, dishwasher, access to hair
salon, library, recreation room, computer
stations, tuck shop, chapel/retreat room,
craft room

Emergency Responder: Staff available
during office hours; on-call maintenance
service available after hours.

Part of a larger multi-level facility? Yes:
Access to Rosslyn Place Apartments &
Lodge via Pedway



SATURDAY, SEPTEMBER 28, 2019

9:00AM TO 2:30PM

Central Lions Seniors Recreation Centre
11113 113 St. Edmonton, Alberta

FREE

WHAT IS THE SENIORS' HOUSING FORUM?

The Seniors' Housing Forum Planning Committee, comprised of key community stakeholders, is presenting the 13th Annual Seniors' Housing Forum for seniors, their families and caregivers, free of charge!

The goal of the Forum is to educate participants about the range of housing options and community resources available for older adults and to guide individuals in planning appropriate future housing for themselves and/or significant others.

Registration Opens
September 1st, 2019

www.mysage.ca

Call to register
780.809.8604

ST. ANDREW'S CENTRE

12720 111 Ave. NW T5M 3X3

Phone: 780.452.4444

Email: info@standrewscentre.com

www.standrewscentre.com

Age: 60+

Deposit: \$500

Pets: Cats and small birds with additional \$500.00 deposit for each pet. Vaccination records required.

Smoking: Non-smoking facility

Units: Bachelor suites (381 – 497 sq. ft.)

One-Bedroom (515 – 575 sq. ft.)

Two-Bedroom (878 – 1060 sq. ft.)

Rent: Please call the office for current pricing


Included in Rent: Utilities and basic cable

Not Included in Rent: Telephone, internet, meals, housekeeping, laundry, underground parking, storage

Activities: Active Residents' Assoc. with activities such as bingo, card games, shuffleboard, carpet bowling, exercise program, movies & entertainment nights

Features: Fully landscaped tropical atrium, Garden Café restaurant, meal packages available, weekly farmers market, special events, hair salon, pharmacy services & tuck shop, attached to St. Andrews Parish, 24-hr Adoration Chapel, surveillance cameras, housekeeping & laundry services available, coin-operated laundromat, garden boxes

Emergency Responder: Security personnel on-site after hours, weekends and nights.




St. Andrew's Centre

*Enhancing Living
for Seniors 60+ Through
Community and Faith!*

- Free Art program for all residents
- Full Service Garden Café
- Student suites and Guest suites available
- Numerous recreation activities
- Farmers Market year round
- Beautiful indoor tropical atrium

Call us at 780-452-4444 to book a tour!



12720-111 Avenue, Edmonton, AB, T5M 3X3
www.standrewscentre.com

TEGLER TERRACE

Proudly Owned & Managed by
The Tegler Foundation
9918 149 St. NW T5P 4X2
Phone: 780.481.2929
Email: info@teglerfoundation.ca

Age: 65+

Deposit: 1/2 month's rent

Pets: No

Smoking: Not permitted

Units: 83

Rent: One-bedroom starting at \$925/
month. Rent reduction for annual
income below \$28,000.

Two-bedroom starting at \$1130/month-
no rent subsidy

Included in Rent: Heat, water, cable TV.

Suites are newly renovated

Not Included in Rent: Electricity,
underground parking, internet, laundry.

Activities: Social Club, Chapel,
exercise class, plus much more

Features: Social Room, Hobby Room

Emergency Responder: None,
Independent Living

**UKRAINIAN SENIOR CITIZENS HOME
OF ST. JOHN**

St. John's Housing Society

13516 102 St. NW T5E 6A2

Phone: 780.478.3944

Email: ukrainianseniorshome@shaw.ca

Age: 65+

Deposit: One month's rent

Pets: Not permitted

Smoking: Not permitted

Units: 38 Bachelor, 6 One-bedroom suites

Rent: \$675 bachelor suite/
\$775 one-bedroom

Included in Rent: Cable TV, electricity,
gas, sewer, water, Wi-Fi

NOT Included in Rent: A/C, Parking,
Telephone

Activities: Stationary bike/tread mill/etc.

Features: Balconies/close to Northgate
mall/ETS bus service/etc.

Emergency Responder: 911

The Tegler Foundation

780.422.1531

info@teglerfoundation.ca

65+ (negotiable)

Subsidy Available

Close to all Amenities

9943 - 110 Street



9918 - 149 Street

WESTLAWN COURTS

The Pillar Senior Citizens Society

9908 165 St. NW T5P 4S3

Phone: 780.484.7509

Fax: 780.489.1949

Email: westlawncao@shaw.ca

Age: 65+

Deposit: \$450 or one month's rent

Pets: Not permitted

Smoking: Not permitted

Units: 198 suites; five layouts; 470 sq.ft. on average, containing: entry closet; living room, bedroom (w/ double closet), full bath, kitchen, storage area (w/electric, e.g. for small freezer).

Monthly Rent: 30% of line 150 'income', as per the latest income tax "Notice of Assessment", plus \$54 for utilities & basic cable.

Included in Rent: Kitchen fridge, stove, hood fan; two laundry rooms w/washers & dryers.

NOT included in Rent: Telephone, internet and specialty TV bundles; personal health needs and assistance; parking; air conditioning.

Activities: As per staff "Co-ordinator" include: trips/tours; bingo & cribbage; demonstrations/presentations; ESL; monthly music; newsletter(s); library; one large & two small multi-purpose rooms (meetings, puzzles, socials & specialty classes).

Features: Security entryways; curb side bus stops by the east & west entrances; 6-minute drive to West Edmonton Mall; lounge/assembly area for 75-persons; weekly beauty care; foot care; after-hours urgent messaging.



Comfortable Independent Living
for **LOW INCOME SENIORS**

Westlawn Courts provides 198 affordable subsidized rental apartment homes based on 30% of your income plus a minimal charge for basic cable TV and electricity. Located in West Edmonton, Westlawn Courts strives to meet all your basic requirements of living amenities in a caring and safe environment.

[./Subsidized One Bedroom Suites](#)

[./Frequent Bus Service](#)

[./Close Shopping incl. West Edmonton Mall](#)

[./Adjacent to Police Station](#)

[./Secure Entrances](#)

[./Elevators \(east & west entrances\)](#)

Call for Viewing Appointment Now!

780-484- 7509

Email: Westlawn-Courts@shaw.ca

Fax: 780-489-1949

9908 -165 Street,

Edmonton Alberta T5P 4S3

SOUTH EAST

BATEMAN MANOR

GEF Seniors Housing

9923 90 Ave. NW T6E 2T4

Phone: 780.439.4733

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 51 one-bedrooms

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, bus outings and special events

Features: Security system, wheelchair accessibility, library, multi-purpose room with recreation and exercise areas, computer station

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

BETHANY SENIOR CITIZENS HOME

Bethany Ritchie Management Agency

9920 83 Ave. NW T6E 2C1

Phone: 780.433.9987

Email: dul1@telusplanet.net

Age: 65+

Deposit: \$300

Pets: Not permitted

Smoking: Not permitted

Units: Studio and one-bedroom

Rent: 30% of total household income

Included in Rent: Laundry

NOT Included in Rent: Utilities \$50, cable \$30, parking \$15 (if available)

Activities: Social club, games and exercise area

Features: Cast in place concrete structure

BETHEL SENIOR CITIZENS RESIDENCE

Vista Housing for Seniors

7728 82 Ave. NW T6C 4L9

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One-bedroom

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, barbeque, shuffleboard table and exercise equipment. Excellent bus service and close to Bonnie Doon Mall. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance services for after-hours emergencies

CENTRAL BAPTIST MANOR

Vista Housing for Seniors

9403 95 Ave. NW T6C 4M7

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-smoking

Units: One-Bedroom, Two-Bedroom, Handicapped

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social events

Features: Lounge area, excellent bus

service, close to Bonnie Doon Shopping Centre, shuffleboard, barbecue. Crime -Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance services for after-hours emergencies

CHURCHILL MANOR

Atria Retirement Canada

5815 34 Ave NW T6L 7B8

Phone: 587.409.9606

GATEWAY MANOR APARTMENTS

GEF Seniors Housing

4215 102 Ave. NW T6A 0M5

Phone: 780.466.0038

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 36 one-bedrooms (1 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social and leisure programs, bus outings and special events

Features: Security system, wheelchair accessibility, multipurpose room with exercise and recreation areas, library section

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

GOLDEN HOMES

GEF Seniors Housing

80 St. & 95 Ave. NW

Phone: 780.465.1624

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: One cat or one small dog permitted with approval

Smoking: Permitted in units

Units: 25 one-bedroom units

Rent: \$600 single occupancy, \$675 double occupancy; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat and water

NOT Included in Rent: Telephone, electricity, cable, laundry, and parking

Activities: Bus outings and special events

Features: Shared laundry room with washer and dryer, grass cutting /snow removal

Emergency Responder: Non-medical staff from Montgomery Place available to call during office hours; on-call maintenance service available after hours.

GOOD SAMARITAN PLACE

The Good Samaritan Society

8425 83 St. NW T6C 2Z2

Phone: 780.989.3282

Email: shwong@gss.org

www.gss.org

Age: 60+

Deposit: One month's rent

Pets: Not permitted

Smoking: Non-smoking facility

Units: 40 One Bedroom (600 sq.ft.)

Rent: \$910/month

Included in Rent: Utilities, cable, laundry facilities

NOT Included in Rent: Telephone, parking \$30/month, Telecare, meals

\$7.25/lunch (Mon to Fri)

Activities: Weekly Bible study and activities planned by tenants' group

Features: Elevator, close to Bonnie Doon shopping centre and buses, adjoined to Ascension Lutheran Church

Emergency Responder: On-call after hours/weekends emergency maintenance concerns only

GRACE GARDEN COURT

GEF Seniors Housing

6303 104 Ave. NW T6A 0X9

Phone: 780.469.4530

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 1 bachelor, 34 one-bedroom (2 barrier free)

Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, library, recreation room, exercise room, computer stations

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

MILLBOURNE MANOR

Vista Housing for Seniors

2115 Millbourne Rd. W. NW T6K 0Y3

Phone: 780.476.1470

Email: admin@vistahousing.org

For applications visit www.vistahousing.org or also available at building.

Age: 65+

Deposit: One month's base rent

Pets: Not permitted

Smoking: Non-Smoking

Units: One-Bedroom, Bachelor

Rent: 30% of household income

Included in Rent: Heat and water

NOT Included in Rent: Telephone, power, cable TV, parking and laundry

Activities: Limited social programs

Features: Close to Millbourne Mall and Millgate Transit Centre, Lounge Area. Crime-Free Certified through Edmonton Police Service.

Emergency Responder: On-call maintenance services for after-hours emergencies

MONTGOMERY PLACE

GEF Seniors Housing

9420 92 St. NW T6C 4M9

Phone: 780.465.1624

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 290 one-bedrooms, 13 two-bedrooms, (4 handicapped)

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual

programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, recreation room, library, computer station and hair salon

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

OTTEWELL TERRACE

GEF Seniors Housing

6315 92 Ave T6B 0S3

Phone: 780.469.7739

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$500

Pets: Not permitted

Smoking: Designated outdoor area

Units: 38 one-bedrooms (\$875-980/month),
16 two-bedrooms (\$1090/month) (12 are barrier free)

Rent: See above; preference given to applicants with annual incomes of \$39,000 or less for a single, and \$50,000 or less for a couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, telephone, laundry, parking, cable

Activities: Access to social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, includes a daycare in the building

Emergency Responder: Staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility? Yes:
Access to Ottewell Place Lodge through walkway

RITCHIE PIONEER PLACE

Bethany Ritchie Management Agency

9743 77 Ave. NW T6E 1M2

Phone: 780.433.7188

Email: dul1@telusplanet.net

Age: 65+

Deposit: \$300

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of total household income

Included in Rent: Laundry

NOT Included in Rent: Utilities \$50, cable \$30, parking \$15 (if available)

Activities: Social Club, Birthday parties, games & exercise area

Features: Cast in place concrete structure

SAKAW TERRACE APARTMENTS – OPENING NOVEMBER 2018

GEF Seniors Housing

5815 Millwoods Rd South

Phone: 780.461.2449

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350 - \$500

Pets: Not permitted

Smoking: Designated outdoor area, smoking room

Units: 4 Affordable barrier free (\$ 1,495-\$1,795/month),
66 Affordable one-bedrooms (\$1,095 - \$1,495/month),
18 Affordable two-bedrooms (\$1,295 - \$1,795/month)

Included in the Rent: Heat, water, recreation, beverages, light snacks.
Optional Services for purchase:

Housekeeping, meals

NOT Included in Rent: Electricity, telephone, laundry, parking, cable

Activities: Social, leisure and spiritual programs, health and wellness clinics,

exercise programs, bus outings and special events.

Features: Security system, wheelchair Accessibility, hair salon, library, recreation room, computer stations, tuck shop Social, theater room, green house

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility? Yes: Sakaw Terrace Lodge

SAKAW TERRACE LODGE – OPENING NOVEMBER 2018

GEF Seniors Housing

5815 Millwoods Rd South

Phone: 780.461.2449

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350 - \$500

Pets: Not permitted

Smoking: Designated outdoor area

Units: 58 units (12 handicapped),

Rent Subsidized: 30% of gross monthly income plus

\$820/month for services for single, \$1,420/month for double. Maximum annual income:

\$36,000 single, 50,000 couple (reviewed every July 1st).

Rent Affordable: \$2,570 single, \$3,170 double, no income criteria.

Included in the Rent: Heat, water

NOT Included in Rent: Electricity, telephone, laundry, parking, cable

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events.

Features: Security system, wheelchair

Accessibility hair salon, library, recreation room, computer stations, tuck shop Social, theater room, green house.

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility? Yes: Sakaw Terrace Apartments

ST. ANDREW'S UKRAINIAN SELO

Dnipro-Selo Housing Society

100-8025 101 Ave. NW T6A 0K4

Phone: 780.469.4141

Email: dniproselo@telus.net

www.dniproselo.com

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: Bachelor and 1-bedroom

Rent: 30% of gross income

Included in Rent: Fridge, stove, water/sewer, heat

NOT Included in Rent: Electricity, cable, parking, telephone

Activities: Seniors' Club, exercise class, Bingo, etc.

Features: Several common areas, laundry in building, park, etc.

Emergency Responder: EMS and family

ST. NICHOLAS APARTMENTS

GEF Seniors Housing

5619 98 Ave. NW T6A 3Y5

Phone: 780.450.0501

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 38 one-bedrooms (1 handicapped)

Rent: 30% of gross monthly income;

maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT Included in Rent: Telephone, electricity, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, multi-purpose room, exercise room

Emergency Responder: Non-medical staff available during office hours; on-call maintenance

ST. THOMAS MANOR

La Société des Manoirs St. Joachim et St. Thomas

9022 85 Ave. NW T6C 4M4

Phone: 780.488.7104

Email: info@msjst.ca

www.msjst.ca

Age: 60+

Deposit: No

Pets: Not permitted

Smoking: Non-smoking facility

Units: 50 One Bedroom (510 sq. ft.)

Rent: Scaled to 30% of combined gross monthly income to maximum \$630, Utilities (\$50) + Cable (\$29)

Included in Rent: Laundry

NOT Included in Rent: Telephone, 5 PM meals 5 days/wk \$190/month, parking \$40/month outside key deposit \$40

Activities: Active social club

Features: French Language spoken to all residents.

Emergency Responder: Office open Tuesday and Thursday 1pm-4pm

TRINITY HALL

GEF Seniors Housing

8419 102 St. NW T6E 5T1

Phone: 780.438.0773

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350.00

Pets: Not permitted

Smoking: Designated outdoor area

Units: 51 one-bedroom, 1 two-bedroom

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in Rent: Electricity, telephone, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility

Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours

TRINITY LUTHERAN HOUSE

GEF Seniors Housing

10006 80 Ave NW T6E 1T5

Phone: 780.433.1036

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Off grounds only

Units: 35 one-bedroom

Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)

Included in the Rent: Heat, water

NOT included in rent: Telephone,

electricity, cable, parking, laundry

Activities: Recreation programs, bus outings, special events

Features: Security system, wheelchair accessibility, library, social room

Emergency Responder: Staff available during office hours; on-call maintenance service available after hours.

SOUTH WEST

CHARTWELL HERITAGE VALLEY

Chartwell Retirement Residence

944 James Mowatt Trail SW T6W 2B2

Phone: 780.784.4111

www.chartwell.com

See Supportive Living – South West for full listing

CELO VESNIVKA

St. Basil's Senior Citizens' Residence

10825 70 Ave. NW T6H 4Y5

Phone: 780.436.2745

Email: st.basils@live.ca

Age: 55+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: Bachelor and one bedroom

Included in Rent: Laundry facilities, cable

NOT Included in Rent: Telephone, Internet

Features: Elevator, common areas

Emergency responder: 911

CHARTWELL WESCOTT RETIREMENT RESIDENCE

Chartwell Retirement Residences

3841 Allan Drive SW T6W 0S7

Phone: 587-487-4032

Email: awilliamson@chartwell.com

www.chartwellwescott.ca

Age: 55+

Deposit: 50% rental fee

Pets: Gladly accepted with a dedicated pet grooming and dog wash spa

Smoking: Not permitted

Units: 137 studio, 1 bedroom, 1 bedroom+den, 2-bedroom suites

Rent: Starting at \$2600+

Included In Rent: Shuttle Service, Chauffeured Car Service, Electricity, Heating, Air condition with individual thermostat, Telephone, Cable, High Speed Internet, Lunch, Dinner, Personal Safety Device, Smoke detector, Sprinklers, Weekly Housekeeping with linen service, 24/7 emergency response

NOT included in Rent: Barber/ Hair Salon, Resident Storage, Scooter Parking Garage

Activities: Art, Yoga studio, Gardening, Billiards, Day trips and Outings, Exercise fitness room, Life Enrichment Programming

Features: Art studio, Yoga studio, Kids Zone, Indoor Salt Water Pool, State-of-the Art Family Kitchen, Chapel, Wellness Room, Landscaped Courtyards, Movie Theatre, Beauty Salon, Bistro, Seasonal Dining Patio, Formal Dining, Casual Dining, Private Dining Room Memory Living Neighbourhood

Emergency Responder: Personal Safety Device included with 24/7 Emergency Response

FATHER HANNAS APARTMENTS

GEF Seniors Housing

10809 70 Ave. NW T6H 4Y5

Phone: 780.433.4756

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 4 bachelors, 39 one-bedrooms (1 handicapped)
Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)
Included in the Rent: Heat and water
NOT Included in Rent: Telephone, electricity, cable, parking, laundry
Activities: Social programs, special events and bus outings
Features: Security system, wheelchair accessibility, recreation room, exercise room, computer station
Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

KNOX-MET MANOR

GEF Seniors Housing
 10941 83 Ave NW T6G 0T6
 Phone: 780.437.7061
 Email: housinginfo@gef.org
 www.gef.org

Age: 65+
Deposit: \$350
Pets: Not permitted
Smoking: Designated outdoor area
Units: 78 one-bedrooms, 1 two-bedroom (1 handicapped)
Rent: 30% of gross monthly income; maximum annual income: \$39,000 single, \$50,000 couple (reviewed every July 1st)
Included in the rent: Heat, water
NOT Included in Rent: Telephone, electricity, cable, parking, laundry
Activities: Social, leisure programs, health and wellness clinics, exercise programs, bus outings and special events
Features: Security system, wheelchair accessibility, multi-purpose room
Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

PLEASANTVIEW PLACE APARTMENTS

GEF Seniors Housing
 5210 110 St. NW T6H 5K1
 Phone: 780.437.7061
 Email: housinginfo@gef.org
 www.gef.org

Age: 65+
Deposit: \$350
Pets: Not permitted
Smoking: Designated outdoor area
Units: 8 bachelors, 142 one-bedrooms, 1 two- bedroom (4 handicapped)
Rent: 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$39,000 single, \$50,000 couple (reviewed every July 1st)
Included in the Rent: Heat, water
NOT Included in Rent: Telephone, electricity, cable, parking, laundry
Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events
Features: Security system, wheelchair accessibility, hair salon, library, recreation areas, computer stations
Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.
Part of a larger multi-level facility? Yes: Pleasantview Place Lodge

STRATHCONA PLACE RESIDENCE

GEF Seniors Housing

7720 108 St. NW T6E 5E1

Phone: 780.433.7192

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Designated outdoor area**Units:** 88 bachelors, 132 one-bedrooms, 1 two bedroom (7 handicapped)**Rent:** 30% of gross monthly income; maximum annual income: \$34,000 bachelor suite, \$40,000 single, \$50,000 couple (reviewed every July 1st)**Included in the Rent:** Heat, water**NOT included in rent:** Electricity, telephone, cable, parking, laundry**Activities:** Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events**Features:** Security system, multipurpose & games room, hairdresser, onsite medical clinic, wheelchair accessibility**Emergency Responder:** Non-medical staff available during office hours; on-call maintenance service available after hours.**VETERANS VILLA (SOUTHGATE)**

The Veterans Housing Project Edmonton Inc.

5210 106 St. NW T6H 2S9

Mailing address:

101-5210 106 St. NW T6H 2S9

Phone: 780.435.2096

Email: villa71@shaw.ca

Age: 55+**Deposit:** Same as rent**Pets:** Cats only, \$150 non-refundable deposit**Smoking:** In-suite only**Units:** Bachelor and One-bedroom -

Remodelled

Rent: Bachelor \$750. One bedroom \$850.**Included in Rent:** Utilities, 60+channel HD cable system**NOT Included in Rent:** Telephone, parking (limited), internet Activities: some tenants play cards**Features:** Exercise room**Emergency Responder:** 911**HOME LIVING APARTMENTS SURROUNDING COMMUNITIES****ALBERTA ROSE MANOR**

Meridian Foundation

4616 52 Ave **Stony Plain** AB T7Z 1N9

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+**Deposit:** \$300.00**Pets:** Not permitted**Smoking:** Not permitted**Units:** 20 – one-bedroom suites with separate entrances**Rent:** 30% of total income line 150 Notice of Assessment**Included in Rent:** Heat, water, garbage, laundry**Not Included in Rent:** Telephone, electricity, cable, parking (limited parking available), internet**Activities:** Social Club**Features:** Security System, Common room with wi-fi, Social Club, Shared free laundry in building, Patio area.**Emergency Responder:** 911, On-call maintenance service available after hours.

BEAUREGARD MANOIR APARTMENTS

Leduc Regional Housing Foundation

5033 52 Ave. **Beaumont** AB T4X 1K6

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+. 50-65 yrs. considered if there are vacancies

Deposit: Same as the first month's rent

Pets: Not permitted

Smoking: Not permitted effective June 1, 2019.

Units: 12 One Bedrooms, (580 sq. ft.)

Rent: Scaled to 30% of gross monthly income

Included in Rent: Utilities (heat, water), laundry facilities

NOT Included in Rent: Power, cable, parking, freezer hook-up, air conditioning

Emergency Responder: Ambulance Service - Call 911

CHARTWELL ST.ALBERT

Chartwell Retirement Residence

20 Herbert Rd. **St Albert** AB T8N 3Y6

Phone: 780.460.1600

www.chartwell.com

See Supportive Living - Surrounding Communities for full listing

CHATEAU MISSIONS COURT - SELF CONTAINED

Homeland Housing

34 Mission Ave. **St. Albert** AB T8N 1H8

Phone: 780.458.7445

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Designated smoking area only

Units: One-bedroom

Rent: 30% of monthly family income.

Included In Rent: Heat, water & sewer, kitchenette with fridge & stove, window

coverings, interior/exterior & grounds maintenance services & laundry facilities on each floor.

NOT included in Rent: Parking, power, telephone & cable TV.

Activities: Opportunity to participate in Chateau Mission Court lodge activities and programs.

Features: City amenities in close proximity & on transit route.

Emergency Responder: Ambulance Service - Call 911.

Part of a larger Multi-level facility?

Yes: Chateau Mission Court offers a seniors supportive housing lodge and self-contained apartments under the same roof.

DIAMOND JUBILEE MANOR

Meridian Foundation

4612 52 Ave **Stony Plain** AB T7Z 1N8

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+

Deposit: \$300.00

Pets: Not permitted

Smoking: Not permitted

Units: 45 – one-bedroom suites, one handicapped suite

Rent: 30% of total income line 150 Notice of Assessment

Included in Rent: Heat, water, garbage, laundry

Not Included in Rent: Telephone, electricity, cable, parking (limited parking available), internet

Activities: Social Club

Features: Security System, Common room with wi-fi, Social Club, Shared free laundry in building.

Emergency Responder: 911, On-call maintenance service available after hours.

DR. T.W.E. HENRY HOUSE

Heartland Housing Foundation

10007 101 St. **Fort Saskatchewan** AB T8L 1V8

Phone: 780.221.2503

Email: apartmentmanager@

heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not allowed**Smoking:** Not allowed**Units:** 32 units**Rent:** Rent geared to income (30%)**Included In Rent:** Heat, water**NOT included in Rent:** Telephone, cable, parking, utility recovery**Activities:** Resident social club**Features:** Located close to shopping and seniors centre, laundry onsite**Emergency Responder:** Heartland staff available via telephone 24/7**FORT LIONS HAVEN**

Heartland Housing Foundation

10025 99 Ave **Fort Saskatchewan** AB T8L 1R6

Phone: 780.221.2503

Email: apartmentmanager@

heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not allowed**Smoking:** Not allowed**Units:** 20 units**Rent:** Rent geared to income (30%)**Included In Rent:** Heat, water**NOT included in Rent:** Telephone, cable, parking**Activities:** Resident social club**Features:** Located close to shopping, laundry onsite**Emergency Responder:** Heartland staff available via telephone 24/7**FOSTER MANOR**

Meridian Foundation

50 St. **Wabamun** AB T0E 2K0

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+**Deposit:** \$300**Pets:** Not permitted**Smoking:** Not permitted**Units:** 4 – one-bedroom suites**Rent:** 30% of total income line 150 Notice of Assessment**Included in Rent:** Heat, water, sewer, garbage, laundry**Not included in Rent:** Telephone, electricity, cable, internet**Features:** Parking, in suite laundry, suites have separate entrances, patio area**Emergency Responder:** 911, On-call maintenance service available after hours.**GOLDAGE APARTMENTS**

Leduc Regional Housing Foundation

4404 Black Gold Drive **Leduc** AB T9E 5Y5

Phone: 780.986.2814

Email: info@leduregionalhousing.ca

www.leduregionalhousing.ca

Age: 65 yrs. 50-65 yrs. considered if there are vacancies**Deposit:** Same as the first month's rent**Pets:** Not permitted**Smoking:** Not permitted effective June 1, 2019.**Units:** 40 One Bedroom 480 sq. ft.**Rent:** Scaled to 30% of combined gross monthly income**Included in Rent:** Utilities (heat, water), laundry facilities**NOT Included in Rent:** Power, cable, parking, freezer hook-up, air conditioning**Emergency Responder:** Ambulance Service - Call 911

GOLDEN VILLA - SELF CONTAINED

Homeland Housing

5119 49 St. **Redwater** AB

Mailing Address: c/o Box #1060

4619 52 Ave Redwater AB T0A 2W0

Phone: 780.942.4553

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of monthly family income.

Included in Rent: Heat, water & sewer, kitchenette with fridge & stove, interior/ exterior & grounds maintenance services, washer & dryer in common area, window coverings.

NOT Included in Rent: Parking, power, telephone & cable TV.

Activities: Opportunity to participate in Diamond Spring Lodge activities and programs.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service - Call 911.

Part of a larger Multi-level facility?

Yes, [See Diamond Spring Lodge](#) - seniors supportive housing, is located on the same property.

GOLDRING MANOR APARTMENTS

[Leduc Regional Housing Foundation](#)

27 St. Lawrence Ave. **Devon** AB T0C 1E0

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+. 50-65 yrs considered if there are vacancies

Deposit: Same as the first month's rent

Pets: Not permitted

Smoking: Not permitted effective June 1, 2019.

Units: 24 One Bedroom (2 barrier free) (580 sq. ft.)

Rent: Scaled to 30% of combined gross monthly income

Included in Rent: Utilities (heat, water), laundry facilities

NOT Included in Rent: Power, cable, parking, freezer hook-up, air conditioning

Emergency Responder: Ambulance Service - Call 911

HAPPY HAVEN APARTMENTS

[Leduc Regional Housing Foundation](#)

4619 50 St. **Thorsby** AB T0C 2P0

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+. 50-65 yrs considered if there are vacancies

Deposit: Same as the first month's rent

Pets: Not permitted



Independent & Supportive Living for Seniors

Independent Living - Seniors' Apartments

Our seniors' apartments feature attractive one-bedroom suites and include a fridge, stove, and drapes. Rent is based on 30% of gross monthly income.

Beauregard Manoir	Beaumont
Northern Lights & Sunset Apartments	Calmar
Golddring Manor Apartments	Devon
West Grove & Goldage Apartments	Leduc
Sunset Manor Apartments	New Sarepta
Happy Haven Apartments	Thorsby

Supportive Living Program - Lodge Accommodations

Our supportive living program serves functionally independent seniors in a home-like atmosphere enhancing quality of life. Services include 24/7 building security & staff to contact emergency services, meals and snacks, coordinated activities, weekly housekeeping & linen service with personal laundry service available for an additional charge. Rent is based on 30% of gross monthly income plus a service package charge.

Planeview Place	Leduc
Cloverleaf Manor	Warburg

"Providing high quality, affordable housing and services to seniors, individuals and families of modest means within the Leduc Region."

5118 - 50 Avenue, Leduc, Alberta T9E 6V4
Phone: 780.986.2814 Fax: 780.986.4881
www.leducregionalhousing.ca

Smoking: Not permitted effective June 1, 2019.

Units: 16 One-Bedroom (1 barrier free) (550 sq. ft.)

Rent: Scaled to 30% of combined gross monthly income

Included in Rent: Utilities (heat, water), laundry facilities

NOT Included in Rent: Power, cable, parking, freezer hook-up, air conditioner

Emergency Responder: Ambulance Service - Call 911

HERITAGE PLACE 6-PLEX - SELF CONTAINED

Homeland Housing

10017 101 Ave. **Morinville** AB

Mailing Address: c/o 10015 101 Ave Morinville AB T8R 1M2

Phone: 780.939.3212

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of monthly family income.

Included in Rent: Heat, water & sewer, kitchenette with fridge & stove, window coverings, interior/exterior & grounds maintenance services & in-suite laundry facilities.

NOT Included in Rent: Parking, power, Telephone & cable TV.

Activities: Opportunity to participate in Heritage Place Lodge activities and programs.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service - Call 911.

Part of a larger Multi-level facility?

Yes, [See Heritage Place Lodge](#) - seniors supportive housing is located on the same property.

IRONWOOD ESTATES

Atria Retirement Canada

40 Ironwood Point

St. Albert AB T8N 6R1

Phone: 587.410.0001

JOSEPHBURG HOMESTEAD PLACE

Heartland Housing Foundation

30 Josephburg, 54569 R.R. 215

Josephburg AB T8L 4B9

Phone: 780.221.2503

Email: apartmentmanager@

heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: 8 - One-bedroom units

Rent: Rent geared to income (30%)

Included in Rent: Heat, water, power, parking

NOT Included in Rent: Telephone, satellite TV, internet

Activities: Resident-driven

Features: Quiet rural setting, close to Fort Saskatchewan, laundry onsite

Emergency Responder: Heartland staff available via telephone 24/7

KIWANIS APPLE BLOSSOM MANOR

Heartland Housing Foundation

97 Willow St. **Sherwood Park** AB T8A 5R4

Phone: 780.221.2503

Email: apartmentmanager@

heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: 20 - One-bedroom units

Rent: Rent geared to income (30%)

Included in Rent: Heat, power, water

NOT included in Rent: Telephone, cable, power, parking, internet

Activities: Resident social club, participation in Clover Bar Lodge activities if desired
Features: Located on transit route, laundry onsite
Emergency Responder: Heartland staff available via telephone 24/7
Part of a larger Multi-level facility? Yes: Clover Bar Lodge

LAKESIDE LEGION MANOR

Heartland Housing Foundation

495 Woodbridge Way

Sherwood Park AB T8A 4P1

Phone: 780.221.2503

Email: apartmentmanager@heartlandhousing.ca

heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: 80-One bedroom, 1-Two bedroom

Rent: Rent geared to income (30%)

Included in Rent: Heat, water

NOT Included in Rent: Telephone, cable, parking, utility recovery,

Activities: Resident social club

Features: Located on transit route; laundry onsite; facility owned bus for community outings with fee for service.

Emergency Responder: Heartland staff available via telephone 24/7

LIONS MANOR - SELF CONTAINED

Homeland Housing

10506 101 Ave. Morinville AB

Mailing address: c/o 10015 101 Ave.

Morinville AB T8R 1M2

Phone: 780.939.3212

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of monthly family income.

Included in Rent: Heat, water & sewer, kitchenette with fridge & stove, window coverings, interior/exterior & grounds maintenance services & laundry facilities in common area.

NOT Included in Rent: Parking, power, Telephone & cable TV.

Activities: Opportunity to participate in Heritage Place Lodge activities and programs.

Features: Heritage Place Lodge located in close proximity down the same street.

Emergency Responder: Ambulance Service - Call 911.

MERIDIAN PIONEER MANOR

Meridian Foundation

5007 52 Ave Stony Plain AB T7Z 1P6

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+

Deposit: \$300.00

Pets: Not permitted

Smoking: Not permitted

Units: 36 – one-bedroom suites, two handicapped suites

Rent: 30% of total income line 150 Notice of Assessment

Included in Rent: Heat, water, garbage, laundry

Not Included in Rent: Telephone, electricity, cable, parking (limited parking available), internet

Activities: Social Club

Features: Security System, Common room with wi-fi, Social Club, Shared free laundry in building. Bulk cable in building.

Emergency Responder: 911, On-call maintenance service available after hours.

NORTHERN LIGHTS APARTMENTS**Leduc Regional Housing Foundation**5012 51 Ave. **Calmar** AB T0C 0V0

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+. 50-65 yrs. considered if there are vacancies**Deposit:** Same as the first month's rent**Pets:** Not allowed**Smoking:** Not permitted effective June 1, 2019.**Units:** 8 One-Bedroom, 550 sq. ft.**Rent:** Scaled to 30% of combined gross monthly income**Included in Rent:** Utilities (heat, water), laundry facilities**NOT Included in Rent:** Power, cable, parking, freezer hook-up, air conditioning**Emergency Responder:** No**NORTH RIDGE PLACE - AFFORDABLE HOUSING****Homeland Housing**19 Mont Clare Place **St. Albert** ABMailing Address: c/o 21 Mont Clare Place
St. Albert AB T8N 5Z4

Phone: 780.460.0445

www.homelandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** Not permitted**Units:** One & two bedrooms

(2 bedrooms for couples only)

Rent: \$835.00 1 Bedroom - Singles

\$985.00 2 Bedroom – Couples only.

Included in Rent: Kitchenette with fridge & stove, window coverings, interior/ exterior & grounds maintenance services, washer & dryer on each floor, heat, water & sewer.**NOT included in Rent:** Electricity, parking, cable TV & telephone.**Activities:** Opportunity to participate in North Ridge Lodge activities and programs.**Features:** City amenities in close proximity & on a transit route.**Emergency Responder:** Ambulance Service - Call 911.**Part of a larger Multi-level facility?**Yes, [See North Ridge Lodge](#) - seniors supportive housing.**PARK VIEW MANOR****Meridian Foundation**5016 50 St. **Wabamun** AB T0E 2K0

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+**Deposit:** One month's rent**Pets:** Not permitted**Smoking:** Not permitted**Units:** 4 – One-Bedroom suites, 2 Two-Bedroom suites**Rent:** Set Rate**Included in Rent:** Heat, water, sewer, garbage, laundry**Not Included in Rent:** Telephone, electricity, cable, internet**Features:** Parking, in suite laundry, suites have separate entrances, patio area**Emergency Responder:** 911, On-call maintenance service available after hours.

PINE CREST GARDENS - SELF CONTAINED

Homeland Housing

4732 45 Ave. **Gibbons** AB

Mailing Address: c/o Box #660

4539 49 St. Gibbons AB T0A 1N0

Phone: 780.923.3330

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of monthly family income.

Included in Rent: Heat, water & sewer, fridge, stove, window coverings, interior/ exterior & grounds maintenance services & laundry facilities in common area.

NOT Included in Rent: Parking, power, Telephone & cable TV.

Activities: Opportunity to participate in Spruce View Manor activities and programs.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service - Call 911.

Part of a larger Multi-level facility?

Yes: [See Spruce View Manor](#) - seniors supportive housing, is located on the same property.

SILVER BIRCH COURT

Heartland Housing Foundation

920 Bison Way **Sherwood Park** AB T8H 2C4

Phone: 780.400.3600

Email: affordablemanager@heartlandhousing.ca

www.heartlandhousing.ca

Age: All ages

Deposit: Equal to one month's rent

Pets: Not permitted

Smoking: Not permitted

Units: 2 one-bedroom units (678 sq. ft.),

22 one-bedroom AISH units (828 sq. ft.),
30 two-bedroom units (839 sq. ft.),
15 three-bedroom units (1054 sq. ft.)

Rent: \$795-\$1010

Included In Rent: Heat, water

NOT included in Rent: Power, telephone, internet, cable, parking

Features: Located on transit route; laundry room on-site; includes wheelchair accessible units

Emergency Responder: Heartland staff available via telephone 24/7

SILVER BIRCH MANOR

Heartland Housing Foundation

918 Bison Way **Sherwood Park** AB T8H 2C4

Phone: 780.400.3600

Email: affordablemanager@heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: 52 One-bedroom units (565-900 sq. ft.), 8 Two-bedroom units (844 sq. ft.)

Rent: \$820-\$955

Included in Rent: Heat, water, power

NOT Included in Rent: Telephone, cable, power, parking, internet

Activities: Attached to Silver Birch Lodge with access to lodge activities.

Features: Located on transit route; facility owned bus for outings with fee for service. Attached to lodge, with limited meal services and housekeeping available.

Emergency Responder: Heartland staff available via telephone 24/7

Part of a larger Multi-level facility? Yes: Silver Birch Lodge

SPRUCE HAVEN MANOR

Meridian Foundation

420 Main St. **Spruce Grove** AB T7Z 2K8

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+**Deposit:** \$300**Pets:** Not permitted**Smoking:** Not permitted**Units:** 30 – one-bedroom suites, 1 handicapped suite**Rent:** 30% of total income line 150 Notice of Assessment**Included in Rent:** Heat, water, garbage, laundry**Not Included in Rent:** Telephone, electricity, cable, parking, (limited parking available) internet**Activities:** Social Club**Features:** Security System, Common Room with wi-fi, Social Club, Shared free laundry in building.**Emergency Responder:** 911, On-call maintenance service available after hours.**SUNSET APARTMENTS**

Leduc Regional Housing Foundation

5014 51 Ave. **Calmar** AB T0C 0V0

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+, 50-65 yrs considered if there are vacancies**Deposit:** Same as the first month's rent**Pets:** Not permitted**Smoking:** Not permitted effective June 1, 2019.**Units:** 16 One-Bedroom, (600 sq. ft.), 1 barrier free**Rent:** Scaled to 30% of combined gross monthly income**Included in Rent:** Utilities (heat, water), laundry facilities**NOT Included in Rent:** Telephone, power, cable, parking, freezer hookup, air conditioning**Emergency Responder:** Ambulance Service - Call 911**SUNSET MANOR APARTMENTS**

Leduc Regional Housing Foundation

5058 2nd Ave. **New Sarepta** AB T0B 3M0

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+, 50-65 yrs considered if there are vacancies**Deposit:** Same as the first month's rent**Pets:** Not permitted**Smoking:** Not permitted effective June 1, 2019.**Units:** 4 One-Bedroom, (682 sq. ft.)**Rent:** Scaled to 30% of combined gross monthly income**Included in Rent:** Utilities (heat, water), in-suite washer/dryer**NOT Included in Rent:** Power, Cable**Emergency Responder:** Ambulance Service - Call 911**SUNSET/SUNRIDGE MANORS
- SELF CONTAINED**

Homeland Housing

5011 49 St. **Bon Accord** AB

Mailing Address: c/o Box #660

4539 49 St. **Gibbons** AB T0A 1N0

Phone: 780.923.3330

www.homelandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** Not permitted**Units:** One-bedroom**Rent:** 30% of monthly family income.**Included in Rent:** Heat, water & sewer, kitchenette with fridge & stove, window coverings, interior/exterior & grounds maintenance services & in-suite laundry facilities.

NOT Included in Rent: Parking, power, Telephone & cable TV.

Activities: Opportunity to participate in Spruce View Manor activities/programs located in nearby town of Gibbons.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service - Call 911.

SUNSET/SUNRISE VILLAS - SELF CONTAINED

Homeland Housing

4811 47 St. Legal AB

Mailing Address: c/o Box #210

5320 46 St. Legal AB T0G 1L0

Phone: 780.961.3972

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: One-bedroom

Rent: 30% of monthly family income.

Included in Rent: Heat, water & sewer, fridge, stove, window coverings, interior/ exterior & grounds maintenance services & in-suite laundry facilities.

NOT Included in Rent: Power, telephone & satellite TV.

Activities: Opportunity to participate in Chateau Sturgeon lodge activities and programs located nearby.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service - Call 911.

WEST GROVE APARTMENTS

Leduc Regional Housing Foundation

5020 51 St. Leduc AB T9E 5X2

Phone: 780.986.2814

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+, 50-65 yrs considered if there

are vacancies

Deposit: Same as the first month's rent

Pets: Not permitted

Smoking: Not permitted effective June 1, 2019.

Units: 50 One-Bedroom (2 barrier free) (550 sq. ft.)

Rent: Scaled to 30% of combined gross monthly income.

Included in Rent: Utilities (heat, water), laundry facilities

NOT Included in Rent: Power, cable, parking, freezer hook-up, air-conditioning

Emergency Responder: Ambulance Service - Call 911

Part of a larger Multi-level facility? Yes: See Planeview Place

HOME LIVING - HOUSING COOPERATIVES

Co-ops come in many different shapes and sizes, ranging from collections of townhouses and small buildings with 4-12 units to large apartment-style buildings with hundreds of units.

What sets co-ops apart from private rental housing is that they are democratic communities where the residents make decisions on how the co-op operates. Housing co-ops are member-owned and controlled organizations. The monthly housing charges are set by the members to cover the costs of running the co-op. Members elect the board of directors, approve the annual budget and set policy. Member's right to live in the co-op is protected. A member can live in a co-op for as long as he or she wishes, as long as he or she follows the rules (bylaws) of the co-op, and pays his or her housing charge (rent) on time.

Housing co-ops can also be strong communities, where members actively participate in the business of the co-op. In addition to standard tasks, such as approving the annual budget, members often volunteer with maintenance tasks (e.g. lawn care) and are involved in other community-based projects, such as producing a co-op newsletter. Some co-ops work together to coordinate health and home supports for residents with specialized health care needs.

Adapted from 'Guide to Cooperative Housing', Canada Mortgage and Housing Corporation.

SUNDANCE PLACE

Sundance Housing Co-operative

8803 101 Ave. NW T5H 0B1

Phone: 780.426.0860

Email: sundancehousingcoop@gmail.com

www.sundancecoop.org

Age: 55+

Deposit: \$2,000

Pets: Two small pets only

Smoking: Not permitted

Units: 9 suites: 3 One-bedroom and 6 Two-bedroom

Rent: Housing cooperative - \$854-\$1,025

Maximum incomes: \$37,701 for singles and \$57,237 for couples.

Included in Rent: Gas, water, sewer, waste removal

Not included in Rent: Electricity, cable, telephone, internet

Activities: Part of a larger housing cooperative. Members/residents must be willing to attend meetings, participate in democratic functioning and join committees.

Features: Elevator

Emergency Responder: 911

HOME LIVING - LIFE LEASE

While financial requirements of the life lease depend on the particular development, residents typically invest in their apartment on a "life lease", allowing them to live in their own suite for as long as they choose. The requirement is usually a deposit of 35%-100% of the suite value before moving in. All residents pay a monthly fee to cover operating costs, such as property taxes, utilities, and maintenance of common areas. When less than the full value of the suite has been deposited, there is a monthly rental charge to finance the unpaid balance. In one example, a suite valued at \$400,000 with 50% deposited (\$200,000), the monthly rent was reduced from \$2,560 with 0% deposit, to a total monthly cost of \$550. This fee includes property taxes, utilities, maintenance of the common area, and in the suite, and property management. Additional services that may be available for an additional cost include a range of supportive living services, including meals, housekeeping, and recreation programs. Some developments offer long-term care facility living, which are accessed through Alberta Health Services - Community Care Access ([see page 263](#)).

Should you decide to move out, or in the event of your death, the amount of your original investment is refunded or returned to your estate. No interest is paid on the initial investment. Depending on the particular life lease development, there is a deduction from 1% to 12% from the initial investment to cover re-sale and administrative costs.

When purchasing a life lease suite, the agreement should be reviewed by an accountant or lawyer for the same reasons that a professional would advise on a real estate purchase.

CENTRAL

LIONS VILLAGE - RAILTOWN

Lions Village of Greater Edmonton Society

10916 102 Ave. NW T5K 2W6

Phone: 780.447.4484

Email: admin@lionsvillage.com

www.lionsvillage.com

Age: 55+

Deposit: Capital Investment required

Pets: Yes - one cat or small dog per suite

Smoking: Common areas smoke-free

Units: 1-bedroom and 2-bedroom suites

Lease: Life Lease Capital Investment plus monthly operating fees

Included in Monthly Fees: All utilities, property taxes, cable, unit and building maintenance

Not Included in Monthly Fees: Telephone, parking, high speed Internet and tenant's insurance.

Activities: Tenant-driven activities

Features: Air conditioned suites, in suite laundry, wine-making room, exercise room, craft room, Village Hall, guest suite, barrier free design

Emergency Responder: On-site caretaker

OUR PARENTS' HOME

10112 119 St. NW

Phone: 780.732.0412

Leasing: 780.935.5922

See Home Living – Apartments – Central for complete listing, and Supportive Living – Central for additional residence options

NORTH WEST

GLASTONBURY VILLAGE

Christenson Communities Ltd.

1585 Glastonbury Blvd. T5T 6P6

Phone: 780.341.2484

Leasing: 780.243.3363

www.cdlhomes.com

See Supportive Living - North West for complete listing

LAURIER HOUSE – LYNNWOOD

CapitalCare

16815 88 Ave. NW T5R 5Y7

Phone: 780.413.4712

Email: info@capitalcare.net

www.capitalcare.net

Age: 18+ and must be eligible for continuing care

Deposit: Not applicable

Pets: Yes

Smoking: Non-smoking

Units: 80 (studio, one- and two-bedroom suites)

Rent: Life lease - one time lease payment with monthly service fees.

-Studio: \$90,000-\$92,000

-One-bedroom: \$100,000-\$115,000

-Two-bedroom: \$123,000-\$136,000

- Monthly resident fee: \$1,995.00-\$2,195.00
\$2039.00 - \$2,243.00

Included In Rent: Housekeeping & meals

NOT included in Rent: Laundry, cable, wifi, telephone and parking

Activities: Recreational programs included

Features: Kitchenettes, spacious ensuites, private balconies or patios

Emergency Responder: 24-hour on-site nurse

See HOUSING - Designated Supportive Living and Facility Living sites lists

LIONS VILLAGE - CASTLEDOWNS

Lions Village of Greater Edmonton Society

15617 Castledowns Road T5X 6A8

15625 Castledowns Road T5X 6C2

Phone: 780.447.4484

Email: admin@lionsvillage.com

www.lionsvillage.com

Age: 55+

Deposit: Capital Investment required

Pets: Yes - one cat or small dog per suite

Smoking: Common areas smoke-free

Units: 1-bedroom, 1-bedroom plus den and 2-bedroom suites

Lease: Life Lease Capital Investment plus monthly operating fees

Included in Monthly Fees: All utilities, property taxes,

cable, unit and building maintenance

NOT Included in Monthly Fees: Telephone, parking, high speed Internet and tenant's insurance.

Activities: Tenant-driven Activities

Features: Air conditioned suites, in suite laundry, wine-making room, exercise room, craft room, Village Hall, hair salon, guest suite, barrier free design

Emergency Responder: On-site caretaker

TOUCHMARK AT WEDGEWOOD

Touchmark at Wedgewood

18333 Lessard Rd. NW T6M 2Y5

Phone: 780.577.5000

See Supportive Living-North West for complete listing, Supportive Living-Dementia Care Sites and Facility Living sites short list for additional residence options



Helping seniors make the best connection



Information and referrals to community and government supports. Press 2 for Seniors Information Phone Line.



Information on City of Edmonton programs and services



Directory assistance



Alberta road conditions



Health Link to speak with registered nurse



Emergency services: police, fire & ambulance

CONNECTING
EDMONTON
SENIORS



EDMONTON
SENIORS
COORDINATING
COUNCIL

SOUTH EAST

SOUTHWOODS COURT NORTH

Christenson Developments Ltd

99430 67 Ave NW T6E 0N7

Phone: 780.975.2509

Email: lynnec@cdlhomes.com

www.cdlhomes.com

Units: One Bedroom + Den, 2 Bedroom + Den

Rent: Variety of Financing Options. Rental & Life Lease Options.

Features: Resident Driven Programming, Air Conditioning, Large Patios & Balconies, In Suite Laundry, Full Kitchen, Exercise Room, Family Party Room, Landscaped Courtyard, Energy Efficient Heating System, Reduced Electrical Cost, Optional Meal Service Coming.

SOUTH WEST

DEVONSHIRE VILLAGE

Christenson Communities Ltd.

1728 Rabbit Hill Rd. NW T6R 3N6

Phone: 780. 433.1395

Leasing: 780.934.6636

www.cdlhomes.com

See Supportive Living - South West for complete listing.

LIONS VILLAGE - RIVERSIDE

Lions Village of Greater Edmonton Society

204 Haddow Close NW T6R 3B3

Phone: 780.447.4484

Email: admin@lionsvillage.com

www.lionsvillage.com

Age: 55+

Deposit: Capital investment required

Pets: Yes - one cat or small dog per suite

Smoking: Common areas smoke-free

Units: 1-bedroom, 1-bedroom plus den and 2-bedroom suites

Lease: Life Lease Capital Investment plus monthly operating fees

Included in Monthly Fees: All utilities, property taxes, cable, unit and building maintenance

NOT Included in Monthly Fees: Telephone, parking, high speed Internet and tenant's insurance.

Activities: Tenant-driven Activities

Features: Air conditioned suites, in suite laundry, wine-making room, exercise room, craft room, Village Hall, hair salon, guest suite, barrier free design

Emergency Responder: On-site caretaker

SURROUNDING COMMUNITIES

BEDFORD VILLAGE

Christenson Communities Ltd.

161 Festival Way, **Sherwood Park** AB T8A 4X2

Phone: 780.449.4163

Leasing: 780.233.6077

www.cdlhomes.com

See Supportive Living – Surrounding Communities for complete listing.

CITADEL VILLAGE

Christenson Communities Ltd.

115 and 35 Erin Ridge Rd.

St Albert AB T8N 0R3

Phone: 780.458.2657 West Building or

780.459.0306 East Building

Leasing: 780.233.6077

www.cdlhomes.com

See Supportive Living – Surrounding Communities for complete listing.

LAURIER HOUSE – STRATHCONA

CapitalCare

12 Brower Dr. **Sherwood Park** AB T8H 1V3

Phone: 780.467.3366

Email: info@capitalcare.net

www.capitalcare.net

Age: 18+ and must be eligible for continuing care

Deposit: Not applicable

Pets: Yes

Smoking: Non-smoking

Units: 42 (one- and two-bedroom suites)

Rent: Life lease - one time lease payment with monthly service fees

-One-bedroom: \$119,000-\$129,500

-Two-bedroom: \$145,500-\$155,000

-Monthly resident fee: \$2,015.00 - \$2,243.00

Included In Rent: Housekeeping & meals

NOT included in Rent: Laundry, cable, wifi, telephone and parking

Activities: Recreational programs included

Features: Kitchenettes, spacious ensuites, private balconies or patios

Emergency Responder: 24-hour on-site nurse

See [HOUSING - Facility Living sites list](#)

PLACE BEAUSEJOUR

Beaumont Aging in Place

5020 52 Ave. **Beaumont** AB T4X 1P3

Phone: 780.929.9889

Email: tday@placebeausejour.com

www.placebeausejour.com

beaumontaginginplace.blogspot.ca

Age: 50+

Pets: Not permitted

Smoking: Not permitted

Units: One-and Two-bedroom Life Lease units.

Cost: Purchase prices vary, admittance fees apply

Included in Rent: All appliances, property tax, natural gas heating, domestic water, sewer, garbage disposal, in-suite repairs & maintenance

NOT included in Rent: Electricity, telephone and cable

Activities: Social Committee

Features: Exercise facility, games room, pool and shuffleboard tables, full rentable kitchen facilities, guest suite, large outdoor patio with gas BBQ, fireside/chapel room, Woodworking Shop, Wine

making room.

Emergency Responder: Call 911

Part of a larger Multi-level facility?

Yes: 97 Independent Living Units plus a Supportive Living facility.

For information about DSL units (Chateau Vitaline, Covenant Care) contact the Executive Director at 780.929.9000

HOME LIVING - CONDOMINIUMS

Buying a Condominium

Buying a condominium means buying a piece of property individually, as well as sharing property ownership with other owners in the same condominium complex. Buying a condominium involves living within the boundaries of the community and the bylaws adopted by that community. The Condominium Property Act and the Condominium Property Regulations set out the rules for operating and managing condominiums in Alberta. The legislation includes:

- the rights of a unit owner
- the powers and duties of a condominium corporation
- the responsibilities of a condominium corporation and of a unit owner
- rules regarding budgets and financial matters of the condominium corporation
- rules regarding bylaws, including how they can be changed and enforced
- rules about reserve funds
- responsibilities regarding management agreements, renting a condominium unit, and proper insurance coverage
- requirements for annual general meetings of the unit owners and meetings of the condominium board.

The Government of Alberta produces a Consumer Tip Sheet for Buying and Owning a Condo. Contact 780.427.4088

or download a copy at
[www.servicealberta.gov.ab.ca/](http://www.servicealberta.gov.ab.ca/ConsumerTipsheets.cfm)
[ConsumerTipsheets.cfm](http://www.servicealberta.gov.ab.ca/ConsumerTipsheets.cfm)

Alberta Queen's Printer

700-10611 98 Ave. NW T5K 2P7

Phone: 780.427.4952

Toll-free in Alberta: 310.0000

then 780.427.4952

Email: qp@gov.ab.ca

www.qp.alberta.ca

Hours of operation:

Mon–Fri 8:15am–4:30pm

You may purchase Acts and regulations from Alberta Queen's Printer. These are also free for you to download in the “pdf” or “html” formats at our website.

Canada Mortgage and Housing Corporation

Phone: 780.423.8700 or toll-free

1.800.668.2642

www.cmhc.ca

Condominium Buyers' Guide available online in pdf format at our website: Enter website via English > search bar on top right > Search: 63100.

Canadian Condominium Institute

North Alberta Chapter

Phone: 780.453.9004

Email: info@ccinorthalberta.com

www.ccinorthalberta.com

South Alberta Chapter

Phone: 403.253.9082

Email: administrator@CCISouthAlberta.com

www.cci.ca/southalberta

- The Canadian Condominium Institute is a non-profit, nation-wide organization that assists its members in establishing and operating successful condominium corporations through education, information dissemination, workshops and referrals to condominium professionals.

- Its membership is open to individual condo owners, condominium corporations, professionals that serve the condominium industry and companies that provide services to the condominium industry.

Canadian Home Builders' Association - Alberta

Phone: 780.424.5890

Email: info@chbaalberta.ca

www.chbaalberta.ca

[See complete listing in](#)

[HOUSING – Housing Resources & Helplines](#)

Office of the Information and Privacy Commissioner - Personal Information Protection Act

Phone: 780.422.6860

Toll free: 1.888.878.4044

Email: generalinfo@oipc.ab.ca

Individuals who believe their personal information has been improperly collected, used or disclosed by a condo corporation can make a complaint to us under the *Personal Information Protection Act*.

Real Estate Council of Alberta

Phone: 403.228.2954

Toll Free: 1.888.425.2754

Email: info@reca.ca

www.reca.ca

Hours of Operation: Mon-Fri 8am-4:30pm

- The independent governing authority that sets, regulates and enforces standards for real estate brokerage, mortgage brokerage, property management and real estate appraisal professionals in Alberta.
- Access RECA's consumer guides, tips, and find out more about working with licensed real estate, mortgage brokerage, and real estate appraisal professionals at www.reca.ca

APPROVED PURCHASER PROTECTION PROGRAMS

The Alberta New Home Warranty Program Group of Companies

Phone: 1.800.352.8240

www.anhwp.com

See full listing in HOUSING –

Housing Resources & Helplines

NORTH WEST

SHEPHERD'S CARE KENSINGTON VILLAGE – SHEPHERD'S PLACE CONDOMINIUMS

Shepherd's Care Foundation

13441 127 St. T5L 5B6

Phone: 780.447.3840

Email: info@shepherdscares.org

www.shepherdscares.org

Age: Seniors living 55+

Pets: Not permitted

Smoking: Not permitted

Units: Condominiums are purchased privately.

Rent: Variety of floor plans and prices – privately owned

Activities: Access to full services; see Shepherd's Care Campus – Kensington Village description

Features: Wheelchair accessibility

Emergency Responder: Emergency response system

Part of a larger Multi-level facility?

Yes: [See Kensington Village](#)

SOUTH EAST

SHEPHERD'S CARE MILLWOODS – SHEPHERD'S GARDENS CONDOMINIUMS

Shepherd's Care Foundation

6608 28 Ave. NW T6K 3X8

Phone: 780.463.9810

Email: info@shepherdscares.org

www.shepherdscares.org

Age: Seniors condominiums 55+

Pets: Not permitted

Smoking: Not permitted

Units: Condominiums are purchased privately.

Rent: Variety of floor plans and prices – privately owned.

NOT Included: Phone

Activities: Independently Arranged

Features: Wheelchair accessibility; Home Care - residents have access to public pay Home Care through Alberta Health Services and private pay Home Care through Shepherd's Care at Home.

Emergency Responder: N/A

Part of a larger Multi-level facility? Yes: See Kensington Village

SOUTH WEST

SHEPHERD'S CARE HERITAGE – SHEPHERD'S GARDENS CONDOMINIUMS

Shepherd's Care Foundation

Newly Opened

2755 109 St. NW T6J 5S4

Phone: 780.463.9810

Email: info@shepherdscares.org

www.myshepherdscares.ca

Pets: Small pets permitted

Smoking: Non-smoking

Units: Condominiums are purchased privately.

Rent: Variety of floor plans and prices - privately owned.

Included In Rent: Shepherd's Care is noticing a trend. Renting a condo without all the hassles of ownership. Go to www.myshepherdscare.ca to see what great rental (or purchase) options are available.

Activities: Shepherd's Gardens Heritage is SCF's latest age-in-place community. 136 "Better Living Design" condos designed to allow you to age gracefully in your home - better light, ease of use appliances, wider doorways, 7th floor dining room, movie theatre, exercise room and much more.

Features: A 53 bed long term care community (Eden House) is attached to the condo.

SURROUNDING COMMUNITIES

CLOVER BAR PIONEER COURT

6 Mission St. **Sherwood Park** AB T8A 0V3

Phone: 780.467.8206

Email: pioneercourtmanager@shaw.ca

www.cloverbarpioneercourt.ca

Age: 60+

Pets: Not permitted

Smoking: Non smoking

Units: 42, various sizes, majority are for purchase

Rent: Varies on size of unit

Included in Rent: Heat, cable, water

NOT included in Rent: Power, telephone, parking

Activities: Games room for darts and bingo, library, occasional meals, occasional entertainment

Features: Warm, friendly environment close to shopping mall, restaurants, church, medical facilities

Emergency responder: Manager on duty week-day mornings, 911

SUPPORTIVE LIVING

What is supportive living?

Supportive living provides accommodation in a congregate homelike setting, where people can remain as independent as possible while they have access to accommodation and services that meet their changing needs. Supportive living combines accommodation or housing with hospitality services and other supports and care. It meets the needs of a wide range of people, but not those with highly complex and serious health care needs. Supportive living includes many different types of settings, such as (but not limited to) seniors lodges, group homes, mental health and designated supportive living accommodations. The settings can be operated by private for-profit, private not-for-profit, or public operators. In addition to providing a place to live, services in supportive living accommodations may include meals, housekeeping, and social activities. Supportive living residents may also receive professional and personal support services through home care. Supportive Living residents pay a monthly accommodation charge to cover the costs of providing accommodations and services like meals, housekeeping, and building maintenance. Supportive living is also typically unable to serve individuals who exhibit unpredictable behaviours that put themselves and/or others at risk.

COMPLETING THE SENIORS' SUPPORTIVE LIVING INFORMATION CHECKLIST - pages 208-214

The staff and Board Members of Sage have developed this checklist for you to use as you investigate the different facilities that may be able to provide accommodation and services that are required now and in the future. We have tried to include all the areas and address the issues that we feel are important to a successful relocation. There are many facilities in the community, and it can become confusing with the amount of information that you will be given. This checklist is designed to help you get all the information you need.

Our suggestion to make the search easier is to:

1. Consider the area of the city that will provide the best access to services, amenities, and family supports.
2. Consider any services or activities that are very important to you (place of worship, gardening, library, etc).
3. Use the checklist to learn the types of questions to ask and prevent issues that may arise after you move in.
4. Call the buildings that you are interested in and schedule a tour to view the building and individual suites.
5. As you are touring a building, ask the manager as many questions as you need to become an informed "shopper". You don't need to ask every question. Just those you think apply to your situation, now and in the future.
6. Use a separate checklist for each building. Feel free to make photocopies for your own use.

7. When you have toured all the buildings that you are interested in, compare the completed checklists
8. Eliminate the facilities that do not meet the specifications that are important to you.
9. Make your informed decision for your new home. Download the checklist at www.MySage.ca/help/housing.

Please call the **Sage** Housing Coordinator at 587.773.1764 if you need help with your search.

Join Sage Online

Find us on Twitter, Facebook, and YouTube!

TWEET@sageyeg

www.MySage.ca






SENIORS' SUPPORTIVE LIVING INFORMATION CHECKLIST

Name of Facility:

Manager's Name:

Address:

Phone:Fax:

E-Mail Address:Web Address:

Pre-admission requirements:☐ Application Form ☐ Medical ☐ Deposit Amount: \$.....**BUILDING**

Who owns the building?Year built:

Name of Organization that manages the building?

Location of Facility Office:Office hours:

Minimum age for residents: Average age of residents:

Elevators: Number:Capacity:Location:

Number of Floors:Stairs(location & width):

Number of Units:Number occupied:

Smoking: ☐ Permitted If permitted, where.....☐ Not Permitted**Rental increases:**

Dates of last increases: Amounts and %

Date of next increase: Amount and %

Amount of notice usually given:

Length of contract: ☐ Month to Month ☐ Annual ☐ Other (specify)

Amount of notice required when vacating unit:

Penalty for ending contract early:

Rental arrangement and charge if resident changes to another unit:

Parking: ☐ Yes☐ No☐ Surface – uncovered☐ Extra cost? \$.....☐ Surface – covered.....☐ Extra cost? \$.....☐ Plug-in☐ Extra cost? \$.....☐ Underground,☐ Extra cost? \$.....

APARTMENTS/UNITS

	Studio	1 Bedroom	2 bedroom	Loft & Others
Number of Suites				
Number Barrier Free				
Square Feet or Square Metres				
Damage Deposit				
Rent or Condo Fees				

*Ask for a Brochure showing floor plans*Utilities: ☐ Included in rent ☐ Not Included in rent \$Cable: ☐ Included in rent ☐ Not Included in rent \$High Speed Internet available? ☐ Yes ☐ No ☐ Included in rent ☐ Yes ☐ NoLaundry ☐ Included in rent ☐ Not Included in rent \$

Location of laundry area:

Other Occupancy Costs:

Item:\$

Item:\$

Kitchen

Appliances included in base cost:

☐ Refrigerator ☐ Stove/Oven ☐ Dishwasher ☐ Microwave ☐ Washer ☐ Dryer

Appliances available at extra cost:

☐ Refrigerator \$ ☐ Stove/Oven \$☐ Dishwasher \$ ☐ Microwave \$☐ Washer \$ ☐ Dryer \$☐ Other \$

Kitchen (open design, type of counter tops, etc.)

BathroomsBathroom 1: ☐ Shower ☐ Tub ☐ NeitherBathroom 2: ☐ Shower ☐ Tub ☐ Neither

Living Areas

Fireplace: ☐ Yes ☐ No

Balcony: ☐ Yes ☐ No

Type of flooring in suite:

Entrance: (Carpet, tile, hardwood, linoleum)

Hallway:

Livingroom:

Bedroom(s):

Bathroom(s):

Wheelchair/Walker Accessible Suites:

Bathroom: ☐ Yes ☐ No

Kitchen: ☐ Yes ☐ No

Doorway Widths:

Other: (e.g. Ramps) Specify

Safety features:

Grab bars: ☐ Yes Cost \$ ☐ No

Grab Bar Installation: ☐ Yes Cost \$..... ☐ No

Emergency call system: ☐ Yes Cost \$..... ☐ No

Other:Cost \$

AMENITIES WITHIN BUILDING

Amenities on site:

☐ Beauty parlour/barber shop ☐ Chapel ☐ Library ☐ Mail drop

☐ Computer, internet and e-mail facilities in complex

☐ Convenience store ☐ Exercise room ☐ Games room ☐ Gardening

☐ Guest Suite with bathroom

Cost of Guest Suite: \$

Maximum length of stay:

Limitations? (young children, pets)

☐ Parking for guests

Where:Costs: \$

☐ Piano in complex ☐ Allowed in suite? ☐ Pool ☐ Sauna

☐ TV room ☐ Whirlpool ☐ Workshop ☐ Other

PETS

Are Pets permitted? ☐ Yes ☐ No

Dogs? ☐ Yes ☐ No Number permitted:

Cats? ☐ Yes ☐ No Number permitted:

Birds? ☐ Yes ☐ No Number permitted:

Others? ☐ Yes ☐ No Specify:

Is there an additional charge for pets? ☐ Yes ☐ No \$.....

Any limitations?

FOOD

Dietician available on site? ☐ Yes ☐ No Cafeteria: ☐ Yes ☐ No

Dining room: ☐ One ☐ More than one ☐ Private dining room for special occasions

Sample meal before moving in? ☐ Yes ☐ No

Meals: Included in Rent? ☐ Yes Number of meals per day included

☐ No Minimum required to purchase per month:

Breakfasts: at \$

Lunches: at \$

Dinners: at \$

Number of sittings at main meal:Number of entrees offered at main meal:

Meal service to room when necessary? ☐ Yes ☐ No Cost \$

What is the policy for paying for meals during prolonged absences

(adjustment, refund)?

Will special diets be accommodated (diabetic, kosher, vegetarian, ethnic) ☐ Yes ☐ No

If Yes, what diets?

What is the usual charge for guests? Lunch: \$Dinner: \$

Will guests' special diets be accommodated? ☐ Yes ☐ No

SERVICES

Cleaning of Apartment: FrequencyperCost \$

Recycling Facilities? ☐ Yes ☐ No If Yes, where?

Garbage Disposal on each floor? ☐ Yes ☐ No

Laundry Service:

Change LinenFrequencyper Cost \$

Personal Laundry ..Frequencyper Cost \$

On-Site Banking Services: ☐ Yes How often?☐ NoDry cleaning pick up and delivery: ☐ Yes How often?☐ No

Additional services:

Assistance/Transporting to meals ☐ Yes Cost \$☐ No

Other (specify)Cost \$

HEALTH CAREIs there a health office? ☐ Yes If Yes, where?☐ NoIs there 24 hour on-site emergency response service? ☐ Yes ☐ NoIs there an RN on call 24 hours? ☐ Yes ☐ NoWho arranges Home Care? ☐ On-site health professional ☐ Resident

Number of Professional Staff: RNsLPNs.....PCAs

Recreation TherapistsOther (specify)

Doctor available on site? ☐ Yes Frequency of Visits:☐ NoDentist available on site? ☐ Yes Frequency of Visits:☐ NoPodiatrist (foot care)? ☐ Yes Frequency of Visits:☐ NoPharmacy on site? ☐ Yes ☐ No**What health services are offered?****Service****Cost**

(per hour/day/week/month/event?)

Provision of medications \$per.....

Bathing \$per.....

Feeding \$per.....

Dressing \$per.....

Other \$per.....

\$per.....

\$per.....

Is there a charge for calling an ambulance? ☐ Yes Cost \$☐ No

If health deteriorates, how is the decision made for re-location?

.....

.....

Does the building have a contract with Alberta Health Services for Home care?

TRANSPORTATION

How close is the nearest bus stop?

How close is the LRT?

Transportation to:

Doctor: ☐ Yes Cost \$..... ☐ NoDentist: ☐ Yes Cost \$..... ☐ NoOther medical appointments ☐ Yes Cost \$..... ☐ NoShopping ☐ Yes Cost \$..... ☐ NoPrivate van service to other destinations within Edmonton? ☐ Yes ☐ No

Frequency

Destinations

Restrictions

Cost \$.....

RESIDENT PARTICIPATIONIs there a Resident Council? ☐ Yes ☐ No

If Yes, what is it responsible for?

.....

.....

.....

.....

.....

Are there organized social activities that take place in the building?☐ Yes ☐ No

If Yes, how frequently?

Is there a charge for participation? ☐ Yes Cost \$.....☐ NoAre there organized outings (theatre, restaurants, etc)? ☐ Yes ☐ NoIf Yes, is transportation provided? ☐ YesCost?☐ NoIs there a Program Coordinator/Recreation Therapist? ☐ Yes ☐ No

Qualifications:

Hours per week:

SECURITY

Daily checks on clients? ☐ Yes By whom?.....☐ No

Type of door locks in units? (Key, number pad, electronic card)

Is there video surveillance in the lobby? ☐ Yes ☐ No

Can the resident view who is at the front door on their TV? ☐ Yes ☐ No

Is there security staff / concierge on site? ☐ Yes Number of hours per day:.....☐ No

How often are Fire Drills held?

GENERAL IMPRESSIONS

Type of neighbourhood (residential, business etc.)

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.....

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Overall outside appearance and environment (attractiveness, quietness, etc):.....

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Appearance and upkeep of lobby, halls, etc

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Social Atmosphere (friendliness of staff, other residents, etc):.....

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.....

.....

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Adapted from: Checklist for Seniors' Residences, M. Engelmann. Seniors' Issues Interest Group, Association of Professors Emeriti, University of Alberta, April/01. Revised, October, 2004 and January, 2005

Am I at risk of social isolation?

CONNECTING
EDMONTON
SENIORS

- ☐ I am content with my friendships and relationships
- ☐ I have enough people I feel comfortable asking for help at any time
- ☐ I am as socially and physically active as I want to be
- ☐ I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:
www.connectingedmontonseniors.ca



SENIORS HOME SUPPORTS PROGRAM

Six Edmonton seniors organizations provide seniors with referrals to businesses, community groups and individuals which offer:

SNOW REMOVAL
YARD HELP
HOUSEKEEPING
MOVING HELP
PERSONAL SERVICES
HOME REPAIR & MAINTENANCE

Find the seniors organization that serves your area of the city at

www.SeniorsHomeSupports.com



SUPPORTIVE LIVING - SENIORS LODGES

Seniors lodges typically offer single and double bed/sitting rooms, meals, housekeeping and other services, and recreational opportunities for seniors who are functionally independent, with or without the help of existing community-based services. Seniors Lodges may be operated by private for-profit or nonprofit organizations, however the majority of lodges are managed by a housing management body through the Seniors' Lodge Program administered by Alberta Seniors and Housing.

In the **Seniors' Lodge Program**, applicants are prioritized on the basis of need, taking into consideration housing needs, level of support required and the applicant's income. In some cases, applicants must also meet local residency requirements. Lodge rates are set by the local housing management body, so they may vary between regions. To protect lower income residents, operators must adjust the monthly rate to ensure that each resident has at least \$315 per month in disposable income. For more information, call **Alberta Seniors and Housing, Housing Division** at 780.422.0122.

The following lodges do not participate in the Seniors' Lodge Program:

- McCauley Lodge
- Nihgi Metis Seniors Lodge
- All Shepherd's Care facilities
- Sparling Lodge
- St. Michael's Grove Manor

CENTRAL

BOARDWALK RETIREMENT COMMUNITY

Boardwalk Rental Communities

10531 90 St. NW T5H 4E7

Phone: 780.408.2666

www.bwalk.com

Age: 55+

Deposit: \$299

Pets: Cats

Smoking: Yes

Units: Bachelor, 1-bedroom and 2-Bedroom

Rent: \$1,649

Included in Rent: Light housekeeping, lunch and dinner served daily in the dining room, 24 hr Customer Service, Care Call System

NOT Included in Rent: Parking

Features: Underground heated parking, on-site pharmacy, on-site laundry, car wash, swimming pool, steam bath, exercise room, squash and raquetball courts as well as a Tenant lounge. Wheelchair and Cat friendly.

Emergency responder: Care Call System

EDMONTON CHINESE SENIOR LODGE

Hong Lok Management Services Ltd.

9525 102A Ave. NW T5H 0G2

Phone: 780.413.1639

Email: mdunaway@edmccc.net

www.edmccc.net

Age: 65+

Deposit: Damage deposit equal to one month's rent

Pets: Not permitted

Smoking: Not permitted

Units: Single & double rooms

Rent: Based on income

Included in Rent: Room & board and

housekeeping services

NOT Included in Rent: Any care services

Activities: Exercise programs, bingo games, entertainment, bible study, supervised outings (weather permitting), afternoon tea, and more.

Features: Home Care services

KIWANIS PLACE LODGE

GEF Seniors Housing

10330 120 St. NW T5K 2A6

Phone: 780.488.4205

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Limited smoking rooms

Units: 190 singles, 15 doubles, (all handicapped)

Rent: 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).

Included in the Rent: Meals, light housekeeping, linen service, heat, water, power,

NOT Included in Rent: Telephone, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations, penthouse, auditorium

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service after hours.

Part of a larger multi-level facility?

Yes: Kiwanis Place Apartments

MCCAULEY LODGE

Operation Friendship Seniors Society

9520 108 Ave. NW T5H 4G2

Phone: 780.408.2955

Email: info@ofss.org

www.ofss.org

Age: 55+, living in inner city of Edmonton

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: 58 lodge rooms

Rent: \$900

Included in Rent: Meals, power, water, heat, housekeeping, linen, and personal laundry

NOT Included in Rent: Phone, cable, and internet

Activities: Weekly bingos & social teas, monthly entertainment & fun casinos, outings

Features: Access to agency support (outreach & transportation); elevator

Emergency Responder:

LPN: 7am-3pm Monday-Friday

HCA: 7am-10pm daily

Residential Aide: 24 hr.

See also Sparling Lodge

Sunshine

Café

Home style
cooking downtown

Mon to Fri

8:00 am to 3:00 pm

15 Sir Winston Churchill Square



SPARLING LODGE

Operation Friendship Seniors Society

9540 110A Ave. NW T5H 4L1

Phone: 780.408.2955

Email: info@ofss.org

www.ofss.org

Age: 55+, living in inner city of Edmonton

Deposit: \$100

Pets: Not permitted

Smoking: Permitted in suites only

Units: 20 lodge rooms

Rent: Subsidized 30% of monthly income, plus utilities (\$50/month) and meal services (\$400/month)

Included in Rent: Meals, power, water, heat, housekeeping, linen, and personal laundry

NOT Included in Rent: Phone, internet, and cable

Activities: Weekly bingos & social tea, monthly entertainment & fun casino, outings

Features: Access to agency support (outreach & transportation); lift

Emergency Responder:

LPN: PT 20 hours/week Monday-Friday

HCA: 7am-10pm daily

Residential Aide: 24 hr.

See also McCauley Lodge

NORTH EAST

BEVERLY PLACE LODGE

GEF Seniors Housing

4410 117 Ave. NW T5W 4Z8

Phone: 780.479.4693

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 73 singles, 6 doubles

(11 handicapped)

Rent: 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).

Included in the Rent: Meals, light housekeeping, linen service, heat, water, power

NOT Included in Rent: Telephone, cable, parking, laundry

Activities: Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility?

Yes: Porta Place Apartments

MILLENNIUM PAVILION

St. Michael's Health Group

7408 139 Ave. NW T5C 3H7

Contact: Charlotte Tria

Phone: 780.472.4526

Email: cttria@smhg.ca

www.smhg.ca

Age: 55+**Deposit:** One month's rent**Pets:** Not permitted**Smoking:** Not permitted**Units:** Studio suites - 250 sq. ft. or 500 sq. ft.**Rent:** 30% of monthly income + service package**Included in Rent:** Heat, water, window coverings, desk unit.**NOT Included in Rent:** Service Package (meals & housekeeping), electricity, cable, parking, personal laundry, phone**Activities:** Recreation Program with exercises, crafts, bingo, gardening, outings and other events.**Features:** In-house homecare, monthly foot care clinic, hairdresser, on-site physiotherapy clinic, chapel and pastoral services. Located next to Northgate Lions Seniors Centre and bus stop at location**Emergency Responder:** Emergency call system to 24 hours HCA staff on site, LPN 24 hour on call.**Part of a larger Multi-Level facility?** Yes:

Facility Living suites at St. Michael's Long Term Care Centre

NIHGI MÉTIS SENIORS LODGE

Métis Capital Housing Corporation

11935 65 St. NW T5W 4L5

Phone: 780.471.2443

www.metiscapital.ca

Age: Any, recommended 50+**Deposit:** None**Pets:** Not permitted**Smoking:** Non-smoking except outdoors in designated heated smoking areas**Units:** Individual rooms - private bath or semi-private bath options**Rent:** Range \$1,140 - \$1,240/month**Included in Rent:** Meals, snacks, laundry, housekeeping, furnished rooms, utilities. Lodge also includes 24 hour staff and surveillance.**NOT Included in Rent:** TV cable, phone in personal suites. Outside transportation, hairdressing, etc.**Activities:** Weekly bingo, monthly live entertainment, pool and shuffle board tournaments.**Features:** Home Care services available, elevator, power lift for walkers**Emergency Responder:** Metis Capital Housing 780.452.6440St. Michael's
HEALTH GROUP

smhg.ca

Supportive Housing For Seniors**Millennium Pavilion 780.472.4526 7408 - 139 Avenue**

An independent lodge-type facility in Edmonton with full services.

Grove Manor 780.962.6672 600 King Street

A one-level housing facility in Spruce Grove offering optimum freedom, privacy, programs & services. Minutes from shopping, recreation, library & churches.

Vegreville Manor 780.632.3540 5913 - 49 Street

A supportive housing facility in the Town of Vegreville. Secure building, 24-hour staffing & a full range of services, programs & activities.

Email for more information: smeccs@smhg.ca

VIRGINIA PARK LODGE

GEF Seniors Housing

11033 76 St. NW T5B 4T2

Phone: 780.479.2403

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Designated outdoor area

Units: 64 singles (2 handicapped),
1 double room

Rent: 30% of gross monthly income plus
\$820/month for services for single, \$1,420/
month for double (reviewed every July 1st).

Included in the Rent: Meals, light
housekeeping, linen service, heat, water,
power

NOT Included in Rent: Telephone, cable,
parking, laundry

Activities: Social, leisure and spiritual
programs, health and wellness clinics,
exercise programs, bus outings and
special events

Features: Security system, wheelchair
accessibility, hair salon, recreation room,
computer station

Emergency Responder: Non-medical staff
available 24 hours; manager/office staff
available during office hours;
on-call maintenance service available
after hours.

Part of a multi-level facility?

Yes: Virginia Park Apartments

NORTH WEST

MCQUEEN PLACE LODGE

GEF Seniors Housing

10938 142 St. NW T5N 2P8

Phone: 780.454.6350

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Seasonal lounge, designated
outdoor area

Units: 96 singles, 12 doubles,
12 handicapped suites

Rent: 30% of gross monthly income plus
\$820/month for services for single, \$1,420/
month for double (reviewed every July 1st).

Included in the Rent: Meals, light
housekeeping, linen service, heat, water,
power

NOT Included in Rent: Telephone, cable,
parking, laundry

Activities: Social, leisure, and spiritual
programs, health and wellness clinics,
exercise programs, bus outings and
special events

Features: Security system, wheelchair
accessibility, hair salon, library, recreation
room, computer stations, tuck shop,
chapel/retreat room, craft room, medical
wellness room

Emergency Responder: Non-medical staff
available 24 hours; manager/office staff
available during office hours;
on-call maintenance service available
after hours.

An additional tool to compare
facilities is the "**Comparing Housing
Options Checklist**" on [pages 158-159](#).
See also the "**To Move Or Not To
Move**" Checklist on [pages 316-317](#).

MEADOWLARK PLACE

GEF Seniors Housing

8609 161 St. NW T5R 5X9

Phone: 780.484.0581

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Seasonal lounge, designated outdoor area**Units:** 53 singles, 5 doubles (6 handicapped)**Rent:** 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).**Included in Rent:** Meals, light housekeeping, linen service, heat, water, power**NOT Included in Rent:** Telephone, cable, parking, laundry**Activities:** Social, leisure and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events**Features:** Security system, wheelchair accessibility, hair salon, library, recreation area, computer stations**Emergency Responder:** Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours**ROSSLYN PLACE LODGE**

GEF Seniors Housing

10915 134 Ave. NW T5E 1G4

Phone: 780.473.2915

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Seasonal lounge, designated

outside area

Units: 114 singles (12 handicapped), 6 doubles**Rent:** 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).**Included in Rent:** Meals, light housekeeping, linen service, heat, water, power**NOT Included in Rent:** Telephone, cable, parking, laundry**Activities:** Social, leisure, and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events**Features:** Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations, tuck shop**Emergency Responder:** Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.**Part of a larger multi-level facility?** Yes: Access to Rosslyn Place Apartments and Rosslyn Terrace via Pedway**SHEPHERD'S CARE KENSINGTON VILLAGE - SHEPHERD'S MANOR**

Shepherd's Care Foundation

12511 135 Ave. NW T5L 5B2

Phone: 780.447.3840

Email: info@shepherdscares.org

www.shepherdscares.org

Age: Seniors Living 55+**Deposit:** One month's rent**Pets:** Not permitted**Smoking:** Non-smoking**Units:** Studio, One-bedroom, One-bedroom with den, Two-bedroom, Lodge apartments**Rent:** Varies based on floor plan & services; \$1460 - \$2250**Included in Rent:** All suites include emergency response system, heat,

water, and cable. Some suites include meal voucher for use in public, full service restaurant open 7:30 am to 7 pm. Maintenance on call 24 hours
Lodge suites include all meals, snacks, weekly housekeeping & laundry;
\$2320 - \$3245

NOT Included in Rent: Power and telephone, window coverings, parking, internet

Activities: Full time Recreation Therapist on site with Activity team offering on-site programs, monthly calendar available on website

Features: Wheelchair accessibility; enclosed secure one acre courtyard, health clinic, hearing practitioner, foot care services; pharmacy delivery, veterans unit; doctor's office, gift/convenience store; church, games room, exercise room, library, hairdresser, in-house homecare, laundry each floor. Fee for Service housekeeping, laundry, room service in house bus and ETS services; close to shopping & services; fully sprinklered and insuite smoke detector monitored.

Emergency Responder: Emergency Response System

Part of a larger Multi-level facility? Yes

SHEPHERD'S CARE VANGUARD

Shepherd's Care Foundation

10311 122 Ave. NW T5G 0K8

Phone: 780.474.1798

Email: info@shepherdscare.org

www.shepherdscare.org

Age: 65+

Deposit: One month's rent

Pets: Not permitted

Smoking: Non-smoking

Units: Dementia DSL, DSL, Seniors' Supportive Housing

Rent: Varies based on floor plan & services; \$1950 – \$2349

Included in Rent: All utilities (including A/C in each room), barrier free washroom.

Independent Suites include:
fridge, stove, microwave,
dishwasher & in-suite laundry (washer/dryer), emergency pendant, parking, cable

NOT Included in Rent: Phone, internet

Activities: On-site recreation aides

Features: Unique age in place environment adjacent to a theological college; Wheelchair accessibility; Use of non-invasive technology to help seniors stay independent. Full service café open to the public onsite. SL4 , DSL4

have all meals provided. Supportive Housing suites include meal voucher

Emergency responder: Emergency Response System

TUOI HAC - GOLDEN AGE MANOR

12607 148 Ave. NW T5X 0C2

Phone: 780.476.8038

Email: tuoi.hac@goldenagemanor.ca

www.goldenagemanor.ca

Age: 65+

Deposit \$1500

Pets: No pets

Smoking: Non-smoking

Units: 140 bachelor and 1-bdrm

Rent: Varies according to income

Included In Rent: Water, electricity, heat, emergency wall call unit, window coverings

NOT included in Rent: Cable, meal packages and laundry facilities, parking

Activities: Catering available, recreational programs

Features: Close to shopping, excellent bus service

Emergency Responder: Call unit in suite

Part of a larger Multi-level facility? Yes:

Designated Supportive Living (DSL) suites

VENTA MANOR

Venta Care Centre

10120 135 Ave T5E 1P1

Phone: 780.377.4500

Age: 45 plus**Deposit:** \$1000**Pets:** Not permitted**Smoking:** Non-Smoking**Units:** 29**Rent:** \$1700-\$2300**Included In Rent:** All utilities, cable, phone, three meals per day and snacks, entertainment, most activities**Activities:** some activities**Features:** 24 hours secured building, air conditioning, newly renovated rooms, beautiful dining room, and 50's style recreation room, and other enjoyable sitting areas, beautiful court yards, exceptional staff.**SOUTH EAST****OTTEWELL PLACE**

GEF Seniors Housing

6207 92 Ave. NW T6B 0S3

Phone: 780.469.7739

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Lounge, designated outdoor area**Units:** 118 singles (8 barrier free), 6 doubles (4 barrier free)**Rent:** 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).**Included in Rent:** Meals, light housekeeping, linen service, heat, water, power**NOT Included in Rent:** Telephone, cable,

parking, laundry

Activities: Social, leisure, and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events**Features:** Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations, chapel/retreat room, craft room, wellness room**Emergency Responder:** Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.**SOUTH WEST****PLEASANTVIEW PLACE LODGE**

GEF Seniors Housing

5210 110 St. NW T6H 5K1

Phone: 780.437.7061

Email: housinginfo@gef.org

www.gef.org

Age: 65+**Deposit:** \$350**Pets:** Not permitted**Smoking:** Lounge, designated outdoor area**Units:** 55 singles, 4 doubles (2 handicapped)**Rent:** 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).**Included in Rent:** Meals, light housekeeping, linen service, heat, water, power**NOT Included in Rent:** Telephone, cable, parking, laundry**Activities:** Social, leisure, and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events**Features:** Security system, wheelchair accessibility, hair salon, library, recreation

areas, computer stations

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

Part of a larger multi-level facility?

Yes - Pleasantview Place Apartments

QUEEN ALEXANDRA PLACE LODGE

GEF Seniors Housing

10825 77 Ave. NW T6E 6C5

Phone: 780.433.5165

Email: housinginfo@gef.org

www.gef.org

Age: 65+

Deposit: \$350

Pets: Not permitted

Smoking: Lounge, designated outdoor area

Units: 51 singles, 7 doubles (3 handicapped)

Rent: 30% of gross monthly income plus \$820/month for services for single, \$1,420/month for double (reviewed every July 1st).

Included in Rent: Meals, light housekeeping, linen service, heat, water, power

NOT Included in Rent: Telephone, cable, parking, laundry

Activities: Social, leisure, and spiritual programs, health and wellness clinics, exercise programs, bus outings and special events

Features: Security system, wheelchair accessibility, hair salon, library, recreation room, computer stations, exercise room

Emergency Responder: Non-medical staff available 24 hours; manager/office staff available during office hours; on-call maintenance service available after hours.

SUPPORTIVE LIVING LODGES- SURROUNDING COMMUNITIES

CHATEAU MISSION COURT - LODGE

Homeland Housing

34 Mission Ave. **St. Albert** AB T8N 1H8

Phone: 780.458.7445

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: No (Designated smoking area only).

Units: Bachelor.

Rent: 30% of monthly income plus service package fee (currently \$695.00/month per person).

Included in Rent: Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.

NOT Included in Rent: Parking, Telephone & cable TV.

Activities: Full time Program Coordinator on site with a variety of programs and activities.

Features: City amenities in close proximity & on a transit route.

Emergency Responder: Ambulance Service – Call 911.

24 hour non-medical staff on site.

CHATEAU STURGEON LODGE**Homeland Housing**Box #210, 5320 46 St. **Legal** AB T0G 1L0

Phone: 780.961.3972

www.homelandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** No (Designated smoking area only).**Units:** Bachelor.**Rent:** 30% of monthly income plus a service package fee (currently \$695.00/month per person).**Included in Rent:** Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.**NOT Included in Rent:** Parking, telephone & satellite TV.**Activities:** Full time Program Coordinator on site with a variety of programs and activities.**Features:** Town amenities in close proximity.**Emergency Responder:** Ambulance Service – Call 911.

24 hour non-medical staff on site.

CLOVER BAR LODGE**Heartland Housing Foundation**100 Fir St. **Sherwood Park** AB T8A 1Z7

Phone: 780.467.7360

Email: CBL@heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** Not permitted**Units:** 75 rooms, various room sizes**Rent:** \$1136-\$1779**Included in Rent:** Meal services, weekly housekeeping, utilities.**NOT Included in Rent:** Telephone, cable, parking, internet**Activities:** Full-time recreation coordinator on site.**Features:** Located on transit route; Facility owned bus for community outings with fee for service.**Emergency Responder:** 24/7 Staff**DIAMOND SPRING LODGE****Homeland Housing**Box 1060, 4619 52 Ave. **Redwater** AB T0A 2W0

Phone: 780.942.4553

www.homelandhousing.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** No (Designated smoking area only).**Units:** Bachelor & studio.**Rent:** 30% of monthly income plus service package fee (currently \$695.00/month per person).**Included in Rent:** Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.**NOT Included in Rent:** Parking, telephone & cable TV.**Activities:** Full time Program Coordinator on site, with a variety of programs and activities.**Features:** Town amenities in close proximity.**Emergency Responder:** Ambulance Service – Call 911. 24 hour non-medical staff on site.

DR. TURNER LODGE

Heartland Housing Foundation

9422 94 Ave. **Fort Saskatchewan** AB T8L 0T7

Phone: 780.998.3321

Email: DTL@heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Non-smoking

Units: 90 units, various room sizes

Rent: \$1580-\$1816 (2017 rates)

Included In Rent: Meal services, weekly housekeeping, utilities.

NOT included in Rent: Telephone, cable, parking, internet

Activities: Full-time recreation coordinator on site.

Features: New building.

Emergency Responder: 24/7 staff

FOREST RIDGE PLACE

Meridian Foundation

5303 47 St. **Stony Plain** AB T7Z 1P1 Phone:

780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+

Deposit: \$300.00 Security deposit

Pets: Not permitted

Smoking: Not permitted

Units: 34 – Bachelor suites,

8 – One Bedroom suites for couples

Rent: 30% of total income line 150 Notice of Assessment plus package

Included in Rent: One meal, snacks, weekly housekeeping, utilities

Not Included in Rent: Telephone, cable, internet, parking, personal or linen laundry

Activities: Social, Fitness & Recreational programming

Features: Parking, free laundry facilities, Beauty Salon

Emergency Responder: Emergency Lifeline System, Home care support, 24 hour staffing.

HERITAGE PLACE LODGE

Homeland Housing

10015 101 Ave. **Morinville** AB T8R 1M2

Phone: 780.939.3212

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: No (Designated smoking area only).

Units: Bachelor.

Rent: 30% monthly income plus a service package fee (currently \$695.00/month per person).

Included in Rent: Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.

NOT Included in Rent: Parking, telephone & cable TV.

Activities: Full time Program Coordinator on site, with a variety of programs and activities.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service – Call 911. 24 hour non-medical staff on site.

NORTH RIDGE LODGE

Homeland Housing

21 Mont Clare Place **St. Albert** AB T8N 5Z4

Phone: 780.460.0445

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: No (Designated smoking area only).

Units: Bachelor

Rent: 30% monthly income plus a service package fee (currently \$695.00/month per person).

Included in Rent: Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.

NOT Included in Rent: Parking, telephone & cable TV.

Activities: Full time Program Coordinator on site, with a variety of programs and activities.

Features: City amenities in close proximity & on a transit route.

Emergency Responder: Ambulance Service – Call 911. 24 hour non-medical staff on site.

PLANEVIEW PLACE

Leduc Regional Housing Foundation

5105 52 Ave. Leduc AB T9E 8P1

Phone: 780.986.2835

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65 Yrs, 50-65 yrs considered if there are vacancies

Deposit: \$500

Pets: Not permitted

Smoking: Not permitted effective June 1, 2019.

Units: 93 Single (216-370 sq.ft.), 15 barrier free; 28 One Bedroom (485-580 sq. ft.) all barrier free

Rent: 30% of combined gross monthly income plus cost of service package (Single \$666-\$965, Couples \$1068-\$1347)

Included in Rent: Basic furnishings in single rooms, meals, weekly housekeeping, weekly linen change, emergency

response system, 24-hour staffing, cable, utilities.

NOT Included in Rent: Telephone, fridge hook-up, personal laundry, use of therapeutic tub, additional housekeeping, vehicle or scooter parking.

Activities: Daily social activities, planned trips & outings, weekly entertainment, bingo and wellness programming.

Features: Elevator, Recreation Centre

Emergency Responder: 24 hour staff available to assist with accessing emergency help.

Part of a larger Multi-level facility? Yes:
See West Grove Apartments

SILVER BIRCH LODGE

Heartland Housing Foundation

914 Bison Way

Sherwood Park AB T8H 2C4

Phone: 780.400.3600

Email: SBL@heartlandhousing.ca

www.heartlandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: Not permitted

Units: 100 rooms (272-720 sq. ft.)

Rent: \$1,259-\$2,143

Included in Rent: Meal services, weekly housekeeping, utilities.

NOT Included in Rent: Telephone, cable, parking, internet

Activities: Full-time recreation coordinators on site.

Features: Located on transit route; facility owned bus for community outings, with fee for service.

Emergency Responder: 24/7 Staff

SPRUCE VIEW MANOR - LODGE

Homeland Housing

Box 660, 4539 49 St. **Gibbons** AB T0A 1N0

Phone: 780.923.3330

www.homelandhousing.ca

Age: 65+

Deposit: None

Pets: Not permitted

Smoking: No (Designated smoking areas only).

Units: Bachelor.

Rent: 30% monthly income plus a service package fee (currently \$695.00/month per person).

Included in Rent: Meals (5 week rotation of 4 seasonal menus), 24 hour snacks & beverages, weekly light housekeeping, weekly laundry service for Homeland Housing-owned bedding & towels, heat, power, water & sewer, window coverings, fully furnished (resident has option to use own furniture), laundry facilities, emergency call system, interior/exterior grounds maintenance services.

NOT Included in Rent: Parking, telephone & cable TV.

Activities: Full time Program Coordinator on site, with a variety of programs and activities.

Features: Town amenities in close proximity.

Emergency Responder: Ambulance Service – call 911. 24 hour non-medical staff on site.

ST. MICHAEL'S GROVE MANOR

St. Michael's Health Group

600 King St. **Spruce Grove** AB T7X 4J8

Contact: Cate McDonald

Phone: 780.962.6149

Email: mcatindig@smhg.ca

www.smhg.ca

Age: 55+

Deposit: 1 month's rent

Pets: Not permitted

Smoking: Not permitted

Units: Studio, 1-bedroom, 2-bedroom

Rent: Studio: \$1250/month; 1-bedroom \$1690/month; 2-bedroom \$2210/month

Included in Rent: Supper, once a week light housekeeping (once a week), recreation program, snacks 3 times per day.

NOT Included in Rent: Lunch, breakfast, laundry, cable, parking, medications and phone.

Activities: Recreation Programs

Features: In-house homecare, hairdresser, 24-hr staffing, access to Specialized Transit System.

Emergency Responder: Emergency call system to 24 hour HCA staff on site, LPN 24 hour on call.

WHISPERING WATERS MANOR

Meridian Foundation

5303 47 St. **Stony Plain** AB T7Z 1P1

Phone: 780.963.2149

Email: admin@meridianfoundation.ca

www.meridianfoundation.ca

Age: 65+

Deposit: \$300 Security deposit

Pets: Not permitted

Smoking: Not permitted

Units: 57 – Bachelor suites

Rent: \$1345 and \$1743

Included in Rent: Meals, snacks, laundered linens and towels, weekly housekeeping, utilities.

Not Included in Rent: Telephone, cable, internet, parking, personal laundry

Activities: Social, Fitness & Recreational programming

Features: Parking, free laundry facilities, Beauty Salon

Emergency Responder: Emergency Lifeline System, Home care support, 24 hour staffing.

SUPPORTIVE LIVING EDMONTON

CENTRAL

BOARDWALK RETIREMENT COMMUNITY

Connecting Care / Boardwalk

Main Floor, 10531 90 St. T5H 4E7

Phone: 780.408.2666

Email: czana@exara.com

www.bwalk.com

Eligibility: Independent Supportive Living

Deposit: \$299.00

Pets: No dogs, cats only, extra \$25/month

Smoking: Yes

Units: Studio Suites 541 sq. ft.,

One Bedrooms 736 sq. ft.,

Two Bedrooms 1037 sq. ft.

Rent: Range from \$1569 to \$1899

Included in Rent: 2 meals per day, weekly housekeeping & linen service, recreation program, emergency response pendent, water, heat, power

NOT included in Rent: Telephone, cable TV, internet, window coverings, underground parking \$50/month, Pet \$25/month

Activities: Varied daily recreation

offerings are based on the interests of the Residents. At this time they include: Exercises, birthday parties, live entertainment, games, outings, special events

Features: Swimming pool, racquet room, exercise room, games room, underground parking

Emergency Responder: Not staffed at night. Pendent system programmed to neighbor and family for emergency assistance

Comfortable Senior Living

Boardwalk Retirement Community

Providing a caring environment that enriches the lives of our senior Resident Members.

Call **587.400.7386**
to book a tour today!



bwalk.com

Get up to
2 months
FREE
rent on a
year lease!

THE CHURCHILL

Revera Inc.

10015 103 Ave. NW T5J 0H1

Phone: 780.420.1222

email: Robert.olson@reveraliving.com

www.reveraliving.com

Age: 55+

Deposit: one month's rent

Pets: under 30 lbs

Smoking: No

Units: suites are one-bedroom; two-bedroom; one-bedroom+den: Each suite has full kitchen with fridge and stove

Rent: Starting from \$2,400

Included In Rent: Heat, water, cable, phone including long distance, wifi, evening meal, two snacks daily, visitor underground parking, weekly housekeeping, laundry facilities, pharmacy delivery, health clinics and services, scheduled transportation to grocery stores.

NOT included in Rent: Breakfast, Lunch

Activities: Fitness & Art Classes, Choir, Music Appreciation, Snooker & Chess Clubs, Cards, Bingo, Piano music during Dinner, Live Music Friday Night Dances, Movies 3 times a week, Knitting Club, German, French & Spanish clubs, Happy Hour Friday afternoons.

Features: Pedway to City Centre Mall, Shoppers Drug Mart, Winners, The Bay, Art Gallery and Edmonton Library; Rooftop Garden; In-house Theatre.

Emergency Responder: 24-hour emergency response system in all suites; Nurse on call 24 hours.

EDMONTON CHINATOWN CARE CENTRE

Hong Lok Management Services Ltd.

Lodge, DSL & Long Term Care

9539 102A Ave. NW T5H 0G2

Phone: 780.429.0888

Email: info@edmccc.net

www.edmccc.net

Age: 65+ Continuing Care and DSL (Designated Supportive Living)

Pets: Not permitted

Smoking: Not permitted

Rent: \$1,800/month - rate may change

Included in Rent: 3 meals a day, afternoon tea, housekeeping, utilities

NOT Included in Rent: Telephone, cable, laundry, parking, medication

Activities: Recreational activities, exercise programs, outings, seasonal celebrations, entertainment and more.

Features: Outdoor patio with furniture, barbeque available upon request. Foot care (podiatrist), volunteer hair salon, nursing.

Emergency Responder: 24-hour

GRAND MANOR ON 97TH

Excel Society

10766 97 St. NW T5H 4R2

Phone: 780.441.7979

Email: belkew@excelsociety.org

www.excelsociety.org

Age: Adult

Pets: Only service dogs and pet therapy animals

Smoking: No. Only in outside designated areas

Units: 102 Funded Supportive Living - Referrals by Alberta Health Services. Seniors Harm Reduction Program

Included in Rent: 3 meals per day plus snacks, house keeping, basic cable

NOT Included in Rent: Personal Laundry

Activities: Daily Recreational Activities

Features: Regular services of: Hair Dresser,

Podiatrist, Dental Hygienist, Spa Room
Emergency Responder: 24 hour LPN and Certified Health Care Aides, RN Monday to Friday 8:30 am - 4:30 pm and on call.

OUR PARENTS' HOME

10112 119 St. NW
 Phone: 780.732.0412
 Leasing: 780.935.5922
 See Home Living – Apartments – Central for complete listing, and Home Living – Life Lease – Central, for additional residence options.

ROSEDALE ESTATES

Rosedale Seniors' Living
 10101 111 St. NW T5K 2W4
 Phone: 780.425.1668
 Email: linda.t@rosedaledevelopments.com, www.rosedaledevelopments.com
Age: No age limit
Deposit: \$900 - \$1,200
Pets: certain pets with restrictions
Smoking: Not permitted
Units: 91 One-Bedroom (530-720 sq ft)
 20 Two-Bedroom (920-960 sq ft)
 10 Handicapped (640 sq ft)
Rent: One Bedroom starting at \$2,025.00
 Two bedroom starting at \$2,857.00
Included in Rent: Supper meal, weekly housekeeping, utilities, cable, emergency response system with licensed practical nurse, linen service, and on-site medical services
NOT Included in Rent: Telephone, optional breakfast and lunch, personal laundry \$60/month, underground parking at \$65/month.
Activities: Variety of daily recreational activities, exercise programs 3x weekly, bingos, excursions, variety of clinics.
Features: Building is wheelchair accessible, dining area, recreation areas,

exercise room, free laundry room, chapel, hairdresser, clinics, gardens, close to shopping, churches & Railtown Park
Emergency Responder: 24-hour emergency response by HCA and LPN
Part of a larger Multi-level facility?
 Yes: Independent Home Living, DSL, Dementia Care

ROSEDALE MANOR

Rosedale Seniors' Living
 10053 111 St. NW AB T5K 2H8
 Phone: 780.447.1155
 Email: linda.t@rosedaledevelopments.com, www.rosedaledevelopments.com
Age: No age limit
Deposit: \$900 - \$1,200
Pets: certain pets with restrictions
Smoking: Not Permitted
Units: 38 One-Bedroom (580-740 sq ft),
 10 Two-Bedroom (920-1010 sq ft),
 10 Handicapped (660 sq ft)
Rent: One-Bedroom starting at \$1,993.00
 Two-Bedroom starting at \$2,857.00
Included in Rent: Continental breakfast and supper meals, weekly housekeeping, utilities, cable, emergency response system with health care aides, linen service and onsite medical services
NOT Included in Rent: Telephone, optional breakfast and lunch, personal laundry \$60/month, underground parking at \$65/month.
Activities: Variety of daily recreational activities, exercise programs 3x weekly, bingos, excursions, variety of clinics.
Features: Building is wheelchair accessible, dining area, recreation areas, exercise room, free laundry room, chapel, hairdresser, clinics, close to shopping, churches & Railtown Park
Emergency Responder: 24-hour emergency response by HCA and LPN
Part of a larger Multi-level facility?
 Yes: Independent Home Living, DSL

ROSEDALE ON THE PARK

Rosedale Seniors' Living

10103 111 St. NW T5K 2Y1

Phone: 780.425.1668

Email:

linda.t@rosedaledevelopments.com.

www.rosedaledevelopments.com

Age: No age limit

Deposit: \$900 - \$1,200

Pets: Certain pets with restrictions

Smoking: Not permitted

Units: 80 One-Bedroom (560-685 sq ft),

21 Two-Bedroom (840-960 sq ft),

4 Handicapped (610 sq ft)

Rent: One-Bedroom starting at \$2,165.00

Two-bedroom starting at \$2,827.00

Included in Rent: Supper meal, weekly housekeeping, utilities, cable, emergency response system with licensed practical nurse, linen service, and on-site medical services

NOT Included in Rent: Telephone, optional breakfast and lunch, personal laundry \$60/month, underground parking at \$65/month.

Activities: Variety of daily recreational activities, exercise programs 3x weekly, bingos, excursions, variety of clinics.

Features: Building is wheelchair accessible exercise room, free laundry room, chapel, hairdresser, clinics, gardens, close to shopping, churches & Railtown Park

Emergency Responder: 24-hour emergency response by HCA and LPN

Part of a larger Multi-level facility?

Yes: Independent Home Living, DSL

ROSEDALE VILLA

Rosedale Seniors' Living

10107 111 St. NW T5K 2Z1

Phone: 780.425.1668

Email:

linda.t@rosedaledevelopments.com.

www.rosedaledevelopments.com

Age: No age limit

Deposit: \$900 - \$1,200

Pets: certain pets with restrictions

Smoking: Not permitted

Units: 67 One-Bedroom (540-670 sq ft),

20 Two-Bedroom (960-985 sq ft)

Rent: One Bedroom starting at \$2,270.00

Two bedroom starting at \$2,905.00

Included in Rent: Supper meal, weekly housekeeping, utilities, cable, emergency response system with licensed practical nurse, linen service, and on-site medical services

NOT Included in Rent: Telephone, optional breakfast and lunch, personal laundry \$60/month, underground parking at \$65/month.

Activities: Variety of daily recreational activities, exercise programs 3x weekly, bingos, excursions, variety of clinics.

Features: Building is wheelchair accessible, dining area, recreation areas, exercise room, free laundry room, chapel, hairdresser, clinics, gardens, close to shopping, churches & Railtown Park

Emergency Responder: 24-hour emergency response by HCA and LPN

Part of a larger Multi-level facility?

Yes: Independent Home Living, DSL

NORTH EAST**BALWIN VILLA**

Excel Society

6920 128 Ave. NW T5C 1S7

Phone: 780.757.5550

Email: lscarbeau@excelsociety.org

www.excelsociety.org

Age: Adult**Pets:** Service dogs & pet therapy**Smoking:** No, except in designated, secure, outdoor area**Units:** 104 Funded Supportive Living-referrals by Alberta Health Services
Secure site for dementia, brain injury and Alzheimers**Included in Rent:** 3 meals per day plus snacks, housekeeping, basic cable**NOT Included in Rent:** Personal Laundry**Activities:** Current Events, Wii games, Darts, Bingo, Cribbage Tournaments, Energize at Sunrise, Aroma Therapy**Features:** Spa room with lifts in each building, access to gymnasium, on-site hairdresser, GP who completes bi-weekly on site rounds, on-site dental hygienist available**Emergency Responder:** 24/7 on-call RN, LPN/PCW on site 24/7, otherwise Emergency services are utilized.**NORTH WEST****CALEB MANOR**

Caleb Group

6411 199 St. NW T5T 6Y4

Phone: 780.497.7737

Email: admin.edm@calebgroup.ca

www.calebgroup.ca

Age: 55+**Deposit:** Range from \$750 - \$1,200**Pets:** Not permitted**Smoking:** Non-smoking facility**Units:** Studio, One-bedroom, Two-bedroom**Rent:** Studios \$1995 to \$2495

One-Bedroom \$2995 to \$3595

Two-Bedroom \$4270

Included in Rent: 3 meals a day, utilities, weekly housekeeping and linen services; 24-hour snack bar, emergency response system; 24-hour staffing, activities, transportation to medicals and shopping.**NOT included in Rent:** Telephone, cable, parking**Activities:** Full-time activities director, exercise classes, devotionals, chapel services, crafts, entertainment.**Features:** Concrete and steel construction, large games and recreation areas, exercise rooms**Services:** Hairdresser, foot care, laundry assistance.**Emergency Responder:** 24-hour staffing trained in First Aid, outside monitoring of emergency response pendant system.**Join Us**

Activities, Events, Courses, and More

www.mysage.ca



sage

CANTERBURY COURT

Canterbury Foundation

8403 142 St. NW T5R 4L3

Leasing Office: 780.930.3729

Email: leasing@canterburyfoundation.com

www.canterburyfoundation.com

Age: 65+

Deposit: None

Pets: Not permitted. Allowed for visitors and pet therapy

Smoking: Not permitted

Units: 142-bachelor and double suite supportive living facility

Rent: \$3,074.00 - \$4,683.00

Included in Rent: Breakfast, lunch, supper, 3 daily snacks, daily housekeeping, linens & towels service, 24 hr. Registered Nurse (RN) & qualified Health Care Aids (HCAs) coverage, 24 hr. receptionist, medical alert pendant, call bell, bathroom emergency pull cord, daily activities, wanderguard signaling device available, basic cable tv, utilities, A/C, bus outings & complimentary laundry facilities

NOT Included in Rent: Telephone

Activities: Exercise classes, live entertainment, movies, documentaries, bus outings, pet therapy, games (cards, shuffleboard, crosswords, etc...), social events and a weekly happy hour

Features: Landscaped gardens, courtyard, peaceful atrium, library, gift shop, private dining room, large screen tv lounge, chapel, 16 passenger coach with wheelchair lift

Services: Homecare (as approved by Alberta Health Services), in-house physician clinic, on-site pharmacist, on-site registered social worker, blood pressure clinics, foot care clinics, mobile dentist and denturist, audiologist, Companion Program and beauty salon

Emergency responder: 24-hr. RN & HCAs coverage, 24-hr. receptionist and on-call maintenance service available after hours

Part of a Multi-level facility? Yes: 2 other sections on the same site, Canterbury Manor (Independent Living), Canterbury Lane (Memory Care)

CANTERBURY LANE

Canterbury Foundation

8403 142 St. NW T5R 4L3

Leasing Office: 780.930.3729

Email: leasing@canterburyfoundation.com

www.canterburyfoundation.com

Age: 65+

Deposit: None

Pets: Not permitted. Allowed for visitors and pet therapy

Smoking: Not permitted

Units: 20-bachelor suites secure and supportive setting for seniors with cognitive impairment such as Alzheimer's and other dementias

Rent: \$4,792.00 - \$5,015.00

Included in Rent: Breakfast, lunch, supper, 3 daily snacks, daily housekeeping, linens & towels service, personal laundry included, 24-hr. Registered Nurse (RN) & qualified Health Care Aids (HCAs) coverage, 24-hr. receptionist, bathroom emergency pull cord, daily activities, wanderguard signaling device available, basic cable tv, utilities, A/C & bus outings

NOT Included in Rent: Telephone

Activities: Walks, memory improving games, live entertainment, pet therapy, movies, bus outings, exercise classes & social events

Features: Higher staff/resident ratio, landscaped gardens, peaceful atrium, gift shop, private dining room, large screen tv lounge, 16 passenger coach with wheelchair lift, chapel

Services: Homecare (as approved by Alberta Health Services), in-house

physician clinic, on-site pharmacist, on-site registered social worker, blood pressure clinics, foot care clinics, mobile dentist and denturist, audiologist, Companion Program and beauty salon
Emergency Responder: 24-hr. RN & HCAs coverage, 24-hr. receptionist and on-call maintenance service available after hours

Part of a Multi-Level facility? Yes: 2 other sections on the same site, Canterbury Manor (Independent Living) and Canterbury Court (Supportive Living)

CHARTWELL GRIESBACH

Chartwell Retirement Residence

4480 McCrae Ave NW T5E 0Y5

Phone: 780.478.2233

www.chartwell.com

We offer a variety of activities, classes and outings that engage the mind, body and spirit and cater to our residents' individual interests and abilities. Bringing together six dimensions of wellness, our LiveNow programming promotes inspired, vibrant and fulfilling retirement lifestyles.

Features/Services: Barber/Hairdresser, Billiards, Chapel/Place of worship, Communal Laundry, Conference room, Crafts, Day trips, Elevator, Exercise/Fitness facilities, Garden/Outdoor space, Housekeeping, Indoor Parking, Linen Service, Mail Delivery, Newspaper Deliver, Outdoor Parking, Piano, Residents Computer room, Social & Recreational Programs, TV room

CHARTWELL HAWTHORN

Chartwell Retirement Residence

6411 – 199th St. NW T5T 6Y4

Phone: 780.497.7737

www.chartwell.com

See Supportive Living - Northwest for full listing

CHARTWELL WILD ROSE RETIREMENT RESIDENCE

Chartwell Retirement Residences

9612 172 St. NW T5T 6C7

Phone: 780.443.1234

GLASTONBURY VILLAGE

Christenson Communities Ltd.

1585 Glastonbury Blvd.

Phone: 780.341.2484

Leasing: 780.243.3363

www.cdlhomes.com

Units: 595 sq ft to 1,405 sq ft (One bedroom, One bedroom w/Den, 2 bedrooms, 2 bedrooms/Den)

Rent: Variety of financing options.

Activities: Resident driven programming.

Part of a larger multi-level facility?

Independent Living, with all levels of care available.

See Home Living – Life Lease – North West for additional residence options

See the "To Move or Not To Move" Checklist
pages 316-317

GRACE MANOR

The Salvation Army

12510 140 Ave. NW T5X 6C4

Phone: 780.454.5484

www.edmontongracemanor.ca

Age: No minimum but 65+ recommended

Deposit: \$150

Pets: Not permitted

Smoking: Grace Manor is a no smoking facility

Units: Single occupancy

Rent: \$1,992 per person lodge or Supportive Living

Included in Rent: Meals, snacks, utilities, housekeeping, nursing, recreation programs and chapel

NOT Included in Rent: Telephone services, TV services, personal laundry, medication costs

Activities: Exercise programs, bingo, arts & crafts, live entertainment, community & lunch outings, shopping.

Features: Supportive environment for individuals with psychiatric disorders

Emergency Responder: LPN on site 24/7

LEWIS ESTATES

All Seniors Care

9310 211 St. NW T5T 4N8

Phone: 780.452.2273

Contact: Tanya DeGrace Executive Director

Email: tdegrace@allseniorscare.com

www.allseniorscare.com

Age/Eligibility: 65+

Deposit: \$2000

Pets: Allowed

Smoking: Not permitted for all sites

Unit Types: One-and two-bedroom suites

Rent: Various

Included in Rent: 3 meals daily, weekly light housekeeping and linen service, access to shuttle for medical appointments and outings, recreation programs

NOT Included in Rent: Cable & Phone

Services: LPN Health Care Aid, laundry, shuttle service, VON, denturist,

audiologist, massage therapy, Private Memory Care, Respite or short stay program

Activities: Daily recreation programs

Features: Theatre, Chapel, Fitness Centre, Walking path, Spa, Games Room, Beauty Salon, Interior Courtyard, Swimming Pool, Emergency pull stations in every room, complementary laundry facilities, tuck shop, onsite hair dresser, podiatrist, blood pressure clinics.

Emergency Responder: 24-hr. nurse on duty, visiting physician

Part of a Multi-Level Facility: Yes: Independent, Private Memory Care, Respite Services, Private Supportive Living

LIFESTYLE OPTIONS TERRA LOSA

Alberta Life Care Housing Foundation

17203 99 Ave. NW T5T 6S5

Phone: 780.435.2000

Email: msolway@lifestyleoptions.ca

www.lifestyleoptions.ca

Age: Seniors & Special Needs

Deposit: Equal to one month's rent

Pets: Small pets only

Smoking: Allowed in outdoor designated areas only.

Units: 202 Assisted Living: One bedroom and two bedroom. Health Care and SL3, SL4, SL4D programs available. Safe Living Dementia Care and Health Care

Rent: From \$2150

Included In Rent: Water, gas, sewage, and 2 meals daily.

NOT included in Rent: Telephone, cable, power, storage, housekeeping, coin laundry and parking

Activities: Social & Recreational Programming

Features: Library, theatre, multipurpose areas, fitness room, visiting pharmacy, physician, foot care, hair salon, spiritual services and more

Emergency Responder: LPN and professional medical staff 24-hour

TOUCHMARK AT WEDGEWOOD**Touchmark**

18333 Lessard Rd. NW T6M 2Y5

Phone: 780.577.5000

Email: lrg@touchmark.com

www.touchmark.com

Age: 55+**Deposit:** Varies**Pets:** Small pet allowed with approval**Smoking:** Not permitted**Units:** Bungalow Homes, Studio, 1, 2, & 3 bedroom suites – rental and Life Lease
Options available**Rent:** Varies**Included in Rent:** Assisted Living monthly rate includes 3 meals and 2 snacks daily, medication assistance, laundry and housekeeping, access to 24/7 emergency aid and assistance, access to RN + LPN, individualized care plans, daily check in service, utilities, cable, and telephone. Transportation system 3 times weekly, and various activities provided by our Life Enrichments staff.**NOT Included in Rent:** Long distance, internet, underground parking and storage**Features:** Dining room, Ravine cafe, games room, convenience store, theatre, library, art studio, complimentary laundry facilities, car wash, raised garden beds, paved walking paths, storage units, onsite hairdresser, massage therapy, podiatrist, blood pressure clinics.**Activities:** Award winning Life Enrichment and Full Life program, daily exercise programs, outings and events, non-denominational church services.**Emergency Responder:** 24-hour access to healthcare aides, concierge staff and emergency pull cord response. RN & LPN are available on site.**Part of a larger Multi-level facility?** Yes:
Life Lease and Facility Living suites available**THE WATERFORD OF SUMMERLEA****Chantelle Management Ltd**

9395 172 St. NW T5T 5S6

Phone: 780.444.4545

Email: kimberleym@chantellegroup.com

www.thewaterford.ca

Age: 65+**Deposit:** \$1,000**Pets:** No pets allowed**Smoking:** Not permitted**Units:** Bachelor, Studio, One-Bedroom, Two-Bedroom**Rent:** Starting at \$1594**Included in Rent:** Evening meal, utilities, cable, weekly housekeeping, bed linen service, recreation activities, bus transportation, 24/7 emergency assistance**NOT Included in Rent:** Telephone, internet**Activities:** Exercise programs, outings, events, Sunday Brunch - visitors welcome**Features:** Air conditioned, 3.3 acres of mature green space & gardens, executive chef, hairdresser, podiatrist

SOUTH EAST

**LAUREL HEIGHTS
RETIREMENT RESIDENCE**

All Seniors Care
3110 22 Ave. T6T 0R2
Phone: 780.465.CARE (2273)
Contact: Darlene Lacasse Executive Director
Email: dlacasse@allseniorscare.com
www.allseniorscare.com
Age/Eligibility: 65+
Deposit: \$2000
Pets: Allowed
Smoking: Not permitted
Unit Types: One-and two-bedroom suites
Rent: Varies by floor plan
Included in Rent: 3 meals daily, weekly light housekeeping and linen service, access to shuttle for medical appointments and outings, recreation programs
NOT Included in Rent: Cable & Phone
Services: LPN Health Care Aid, laundry, shuttle service, denturist, audiologist
Activities: Daily recreation programs
Features: Theatre, Chapel, Fitness Centre, Walking path, Games Room, Beauty Salon, Interior Courtyard, Chef on Site
Emergency Responder: 24-hr. nurse on duty, visiting physician

**SHEPHERD'S CARE MILLWOODS -
MILLWOODS MANOR**

Shepherd's Care Foundation
6640 28 Ave. NW T6K 3X8
Phone: 780.463.9810
Email: info@shepherdscare.org
www.shepherdscare.org
Age: Seniors Living 55+
Deposit: One month's rent
Pets: Not permitted
Smoking: Not permitted
Units: Studio, One-and Two-bedroom units
Rent: Varies by floor plan. \$1405 - \$1670 +\$500.00 additional person
Included in Rent:

- 24 meals per month, additional meals available at an extra cost.
- Emergency Alarm Pendant
- Basic Cable TV

NOT Included in rent: Utilities, Telephone, Home Care
Activities: As scheduled; monthly calendar available on website
Features: Wheelchair accessibility
Emergency Responder: Telecare
Part of a larger Multi-level facility? Yes

When you support Sage you support seniors.

- Connections to information and resources
- Support for seniors looking for safe and affordable housing
- People who are dealing with the effects of hoarding behaviours
- Students who are learning to work with seniors and older adults
- Seniors seeking refuge from elder abuse
- English language learning for immigrant, refugee, and newcomer seniors
- Income tax preparation for low-income seniors
- Help with filling out government forms
- A welcoming space for seniors to stay mentally, physically, and socially active
- Outreach to lonely, isolated and vulnerable seniors

✂ To donate, complete the section below and send it to 15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

YES! I want to support seniors.

.....
Name

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Address

.....
City Province Postal Code

- ☐ Please contact me about a gift of **stocks, securities, or bequest.**
- ☐ Please send me email updates about Sage.

.....
Email



www.mysage.ca

Charitable Registration No. 11915 4839 RRR0001

- ☐ I want to join the **Silver Threads** program with a monthly gift of \$25 dollars, please contact me.

I want to make a

- ☐ one-time ☐ monthly
☐ quarterly ☐ annual

donation in the amount of:

- ☐ 20.00 ☐ 100.00 ☐ 500.00
☐ 50.00 ☐ 250.00 ☐ 1000.00
☐ OTHER :

- ☐ Cheque enclosed
☐ Credit Card

Card No.

Expiry Date

Amount

SOUTH WEST

ASHBOURNE

11148 84 Ave. NW T6G 0V8

Phone: 780.430.5800

Email: info@theashbourne.ca

www.theashbourne.ca

Age: Generally 65+, exceptions for people requiring Assisted Living.

Deposit: One month's rent

Pets: Small Pet Friendly

Smoking: No smoking in the rooms or the building

Units: Studio and One-bedroom, Two-bedroom

Rent: Call for prices

Included in Rent: Breakfast, evening meal and two snacks. Utilities, concierge service, phone, cable, recreation, Wellness nurse, and one housekeeping per week.

NOT Included in Rent: Parking, additional services.

Services: Hair salon, blood pressure clinics, podiatrist services, laundry and homecare.

Activities: Planned & scheduled activities daily, exercise program, van for outings, shopping trips, special event etc.

Features: Complimentary Wi-Fi in lobby
Emergency Responder: LPNS on site 24 hours.

COME HOME TO



An Independent and Assisted Living Community

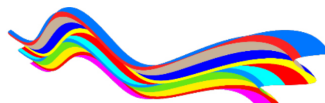
Located in the heart of Garneau (across from the University of Alberta Hospital).

Ashbourne is a safe and secure environment that offers a full range of services and amenities designed to fit your needs, including:

- Bright, spacious studios, one and two-bedroom suites
- Small, intimate dining rooms on each floor
- Licensed Practical Nurses and Health Care Aides on hand 24hrs
- Homecare services provided by Ashbourne Staff
- Rental rates include all utilities, telephone, cable, weekly housekeeping, breakfast, evening meal, and two snacks daily
- Members of the LGBTQ 2 community will be welcomed to join other, persons of diverse ethnicities, cultures, faiths, and abilities in enjoying our inclusive community

For more information, or to arrange a tour, please call 780 430-5800

11148-84 Ave Edmonton or visit our website at www.theashbourne.ca



CHARTWELL HERITAGE VALLEY

Chartwell Retirement Residence

944 James Mowatt Trail SW T6W 2B2

Phone: 780.784.4111

www.chartwell.com

We offer a variety of activities, classes and outings that engage the mind, body and spirit and cater to our residents' individual interests and abilities. Bringing together six dimensions of wellness, our LiveNow programming promotes inspired, vibrant and fulfilling retirement lifestyles.

Services: Card room, Chapel, Conference Room, Crafts, Day trips, Exercise/fitness facilities, Garden/outdoor space, Library, Place of worship, Resident computer room, Social and recreational programs, TV room

DEVONSHIRE VILLAGE

Christenson Communities Ltd.

1728 Rabbit Hill Rd. NW T6R 3N6

Phone: 780.433.1395,

Leasing: 780.934.6636

www.cdlhomes.com

Units: 665 sq ft – 1,900 sq ft (One bedroom, One bedroom W/Den, 2 bedrooms, 2 bedrooms/Den)

Rent: Variety of financing options.

Activities: Resident driven programming.

Part of a larger multi-level facility?

Independent Living, with all levels of care available.

See Home Living – Life Lease – South West for additional residence options



IF YOU THINK A SENIOR IS BEING ABUSED

1. Call the Seniors Abuse Helpline: **780.454.8888**
2. Contact your local police, RCMP department, or tribal police immediately when abuse involves theft, assault, or other illegal actions.
3. You can report abuse in a care facility through the Protection for Persons in Care Reporting Line (Toll Free) **1.888.357.9339**
4. Sage Seniors' Safe House Intake Line: **780.702.1520**

24 Hour Seniors' Abuse Help Line 780.454.8888

EXQUISICARE INC.

Phone: 780.903.5612

Email: info@exquiscare.com

www.exquiscare.com

Age: 65+

Deposit: \$1000

Pets: May be accommodated

Smoking: Non-smoking

Units: 10

Rent: Varies

Included In Rent: Care, meals, housekeeping, entertainment

NOT included in Rent: Personal use products, i.e. Medications, incontinence products

Activities: A variety of entertainment and personalized activities including outings to community events, in house exercise classes, yoga and massage therapy and much more based on your personal preferences.

Features: These comfortable residential homes with 24/7 care provide all levels of

care so residents will not need to move if/when care needs change

Emergency Responder: professional staff on site 24/7

GARNEAU HALL

Unicare Retirement Communities

10923 Whyte Ave. NW T6G 2N9

Phone: 780.433.3177

Email: office@garneauhall.com

www.unicarehomes.com

Age: 55+

Deposit: Full month's rent

Pets: Permitted

Smoking: Not permitted

Units: Newly renovated one bedroom

suites. Safe Living on secure private floor

Rent: From \$2,450, Second occupant \$600

Included in Rent: 3 nutritious meals per day, all utilities, weekly housekeeping, flat linen and towel service

NOT Included in Rent: Long distance,

Where love matters



780.903.5612
info@exquiscare.com



“Providing all levels of care, from Assisted Living up to Long Term Care in our comfortable residential homes, with professional staffing, honouring our Core Values of Love, Reverence and Family.”

www.exquiscare.com

internet service in suite

Activities: social/recreation/fitness programs, birthday parties, dances.

Features: Fireside lounge with TV, games room, computer lounge, library, 5 blocks from U of A Hospital, Shoppers Drug Mart next door, Safeway across the street, medical clinic, banks, stores, restaurants, coffee shops all within walking distance. Monthly foot care available, massage therapy, manicures and ABHS Chiropractic services.

Emergency Responder: State of the art Emergency Response System, 24 hour staffing.

LIFESTYLE OPTIONS RIVERBEND

Alberta Life Care Housing Foundation

200 Falconer Court NW T6R 2V9

Phone: 780.433.2223

Email: cmcgrath@lifestyleoptions.ca

www.lifestyleoptions.ca

Age: Seniors & Special Needs

Deposit: Equal to one month's rent

Pets: Small pets only

Smoking: Allowed in outdoor designated areas only.

Units: 145 Assisted Living: One-bedroom, Two Bedroom, Two bedroom plus den. 5 appliances included, full kitchens with dishwasher, washer and dryers right in the suites; Health Care and SL3 program available.

Rent: From \$2200

Included in Rent: Water, Gas, Sewage, and In-suite Laundry Appliances

NOT included in Rent: Telephone, cable, meals (optional) power, storage, housekeeping, underground parking

Activities: Social & Recreational programming

Features: Library, theater, multipurpose fitness room to promote health and wellness services. Visiting pharmacy, physician, foot care, hair salon, spiritual services and more.

Emergency Responder: LPN and other professional medical staff on site 24 hours

LIFESTYLE OPTIONS WHITEMUD

Alberta Life Care Housing Foundation

4069 106 St. NW T6J 2S3

Phone: 780.437.7171

Email: bscott@lifestyleoptions.ca

www.lifestyleoptions.ca

Age: Seniors & Special Needs

Deposit: Equal to one month's rent

Pets: Small pets only

Smoking: Allowed in outdoor designated areas only.

Units: 166 Assisted Living: Bachelor, one bedroom and two bedroom. Health Care and SL3, SL4, SL4D programs available, Safe Living Dementia Care & Health Care

Rent: From \$2150

Included in Rent: Water, Gas, Sewage, 2 meals daily.

NOT Included in Rent: Telephone, cable, power, storage, housekeeping, parking, coin laundry.

Activities: Social & Recreational Programming.

Features: Dementia Butterfly Project, library, multipurpose room, fitness room to promote health and wellness services. Visiting pharmacy, physician, foot care, hair salon, spiritual services and more.

Emergency Responder: LPN and professional medical staff on site 24 hours.

YOUR FAMILY IS OUR FOCUS



Garneau
HALL

Edmonton, AB
780-433-3177
unicarehomes.com



RIVERBEND RETIREMENT RESIDENCE

Revera Inc.

103 Rabbit Hill Crt NW T6R 2V3

Phone: 780.438.2777

Email: riverbend@reveraliving.com

www.reveraliving.com

Age: 65+

Deposit: One month's rent

Pets: Under 30lbs

Smoking: Not permitted

Units: Studios, One bedrooms & secure memory care

Included In Rent: 3 meals served daily in dining room, coffee/tea/juice & snacks in bistro daily, weekly light housekeeping incl. bed linen wash, no charge laundry machines, heat, water, phone+long distance, cable, internet, over 150 social activities a month, LPN nursing services 24/7/365.

NOT included in Rent: Underground parking, personal laundry, companion services.

Activities: Weekly shopping outings, live band entertainment, daytrips, fitness & art classes, pub nights weekly, guest speakers, walking group, garden club, craft group, card groups, group cooking activities & more.

Features: Theatre, beauty salon, guest suite, fitness room, bistro, puzzle table, resident computers, low & raised gardens, beautiful landscaped grounds with walking paths, exercise room, accessible mini bus, 3 visiting family physicians + other health professionals, 1/2 block to shopping district.

Emergency Responder: 24-hr emergency response system in all suites, pendants or bracelets available to rent, LPN on site 24 hrs.

Find your *new* happy place.

revera
Retirement Living

With plenty of amenities, vibrant programs and personalized services, at a Revera retirement residence you'll have everything you need to find your happy place.

The Churchill

10015 103rd Ave, Edmonton • 780-420-1222

Riverbend

103 Rabbit Hill Crt NW, Edmonton • 780-438-2777

River Ridge

78C McKenney Ave, St. Albert • 780-470-3700

McConachie Gardens

6503 170th Ave, Edmonton • 780-670-9919
Residence Opening Fall 2018



reveraliving.com

RUTHERFORD HEIGHTS RETIREMENT RESIDENCE

All Seniors Care

949 Rutherford Rd. NW T6W 0E5

Phone: 780.432.6900

Contact: Kim Parsons

Email: kparsons@allseniorscare.com

www.allseniorscare.com

Age/Eligibility: 65+

Deposit: \$2000

Pets: Permitted

Smoking: Not permitted

Unit Types: One and two bedroom suites

Rent: Various

Included in Rent: 3 meals daily, weekly light housekeeping and linen service, access to shuttle for medical appointments and outings, recreation programs

NOT Included in Rent: Cable & Phone

Services: LPN Health Care Aid, laundry, shuttle service, VON, dentist, audiologist, massage therapy

Activities: Daily recreation programs

Features: Theatre, Chapel, Fitness Centre, Walking path, Spa, Games Room, Beauty Salon, Interior Courtyard

Emergency Responder: 24 hr. nurse on duty, visiting physician

SHEPHERD'S CARE SOUTHSIDE MANOR

Shepherd's Care Foundation

10745 29 Ave. NW T6J 5H6

Phone: 780.435.3169

Email: info@shepherdscares.org

www.shepherdscares.org

Age: Seniors Living 55+

Deposit: One month's rent.

Pets: Not permitted

Smoking: Non-smoking

Units: One-bedroom units & two-bedroom units; some with bath and half

Rent: Varies based on floor plan; starting \$1670 / month for a 2-bedroom

Included in Rent:

24 meals per month, additional meals available at an extra cost. Emergency Alarm Pendant, Basic Cable TV

NOT Included in Rent: Home Care, utilities, telephone

Activities: As scheduled; Dining Room, Social Room, Games Room, Exercise Room, Hairdresser

Features: Wheelchair accessibility

Emergency Responder: Emergency Alarm Pendant

NEED HELP?

We're here to support seniors.

At Sage, we believe that all of us - regardless of age - have strengths, abilities, and gifts to share.

Through more than 100 programs and services, we work with seniors to meet both of these equally important aspects of aging: increasing resilience and reducing vulnerability when needed, and inspiring seniors to continue to build and enrich our communities.

www.MySage.ca 780.423.5510



SUPPORTIVE LIVING - SURROUNDING COMMUNITIES

Aspen House Care Residence

Chartwell Retirement Residences

9706 100 Ave. **Morinville** AB T8R 1T2

Phone: 780.939.1297

BEDFORD VILLAGE

Christenson Communities Ltd.

161 Festival Way, **Sherwood Park** AB T8A 4X2

Phone: 780.449.4163

Leasing: 780.233.6077

www.cdlhomes.com

Units: 385 sq ft to 1,608 sq ft (Studio,
One bedroom, One bedroom/Den, 2
bedrooms, 2 bedrooms/Den)

Rent: Variety of financing options.

Activities: Resident driven programming.

Part of a larger multi-level facility?

Independent Living, with all levels of care
available.

See Home Living – Life Lease – Surrounding
Communities for additional residence
options

CHARTWELL ST.ALBERT

Chartwell Retirement Residence

20 Herbert Rd. **St Albert** AB T8N 3Y6

Phone: 780.460.1600

www.chartwell.com

We offer a variety of activities, classes
and outings that engage the mind, body
and spirit and cater to our residents'
individual interests and abilities. Bringing
together six dimensions of wellness, our
LiveNow programming promotes inspired,
vibrant and fulfilling retirement lifestyles.

Services: Billiards, Chapel, Crafts, Day
trips, Exercise/Fitness facilities, Garden/
Outdoor space, Library, Movie theatre,
Piano, Resident Computer Room, Social
and recreational programs, TV room

CITADEL VILLAGE

Christenson Communities Ltd.

15 Erin Ridge Rd. **St Albert** AB T8N 0R3

Phone: 780.458.2657

Leasing: 780.233.6077

www.cdlhomes.com

Units: 750 sq ft to 1,765 sq ft (One
bedroom, One bedroom/Den,
2 bedrooms, 2 bedrooms/Den)

DSL Studios and 1 Bedrooms: Call
Supportive Living reception for details

Rent: Variety of financing options.

Activities: Resident driven programming.

Part of a larger multi-level facility?

Independent Living, with all levels of care
available.

See Home Living – Life Lease –
Surrounding Communities
for additional residence options

CLOVERLEAF MANOR

Leduc Regional Housing Foundation

5204 53 Ave (Box 490) **Warburg** AB T0C 2T0

Phone: 780.848.7717

Email: info@leducregionalhousing.ca

www.leducregionalhousing.ca

Age: 65+. 50-65 yrs. considered if there
are vacancies

Deposit: \$500

Pets: Not permitted

Smoking: Not permitted effective
June 1, 2019.

Units: 57 Bachelor (188-279 sq. ft.),
3 Couple (340-410 sq. ft.)

Rent: 30% of combined gross
monthly income plus cost of service
package (\$666 - \$965 and
Couples \$1068 - \$1347).

Included in Rent: Basic furnishings,
meals, weekly housekeeping, weekly
linen change, utilities, emergency
response system, 24-hour staffing, cable
and utilities.

NOT Included in Rent: Telephone,
fridge hook-up, personal laundry, use
of therapeutic tub, additional
housekeeping, vehicle or scooter parking

Activities: Daily social activities, planned trips & outings, weekly entertainment, bingo and wellness programming.

Emergency Responder: 24hour staff available to assist with accessing emergency help.

COUNTRY COTTAGE

Chartwell Retirement Residences

75 Cranford Way

Sherwood Park AB T8H 2B9

Phone: 780.417.0757

DISCOVERY PLACE - THE HEIGHTS

Integrated Life Care Inc.

2 Highwood Blvd. **Devon** AB T9G 2G2

Phone: 780.987.6500

THE GARDENS AT SOUTHFORT BEND

Connecting Care / Condominium Corp
052-0900

8802 Southfort Drive

Fort Saskatchewan AB T8L 4R6

Phone: 780.998.1195

Email:

marge.littlejohn@connectingcare.ca

Age: Senior oriented, no age restriction, Independent Supportive Living, can purchase or rent suites from current owner

Deposit: Dependent on individual owner

Pets: One per suite, also dependent on individual owner

Smoking: Only in suite, dependent on individual owner

Units: Studios, 1-Bedrooms, 1-Bedroom plus den, 2-Bedrooms

Rent: \$1300 to \$1700 (dependent on size and rate set by suite owner)

Included In Rent: Phase 1 includes: Cable, water & heat. Other services can be purchased as required
Phase 2 includes: Daily lunch, housekeeping & laundry every second week, emergency response pendant, cable, heat, water

NOT included in Rent: Phone, power, extra meals

Activities: Daily card games, weekly bingo, entertainment, billiards, quilting, crafts and miscellaneous. Monthly brunch, theme dinner, birthday party, miscellaneous.

Features: On-site Hair Salon, on-site spa, Fitness Room, Games Room, Craft/Activity Room, Guest Rooms

Emergency Responder:

staff on-site 24/7, 911

LIFESTYLE OPTIONS LEDUC

Alberta Life Care Housing Foundation

108 West Haven Drive **Leduc** AB T9E 0R7

Phone: 780.980.3064

Email: ymarquez@lifestyleoptions.ca

www.lifestyleoptions.ca

Age: Seniors & Special Needs

Deposit: Equal to one month's rent

Pets: Small pets only

Smoking: Allowed in outdoor designated areas only.

Units: 161 Assisted Living: Bachelor, One bedroom and Two Bedroom; Health Care and SL3, SL4, SL4D programs available. Safe Living Dementia Care & Health Care

Rent: From \$2200

Included In Rent: Water, Gas, Sewage, and 2 Meals.

NOT included in Rent: Telephone, cable, power, storage, housekeeping, underground parking, coin laundry.

Activities: Social & Recreational programming

Features: Library, multipurpose room, fitness room to promote health and wellness services. Visiting pharmacy, physician, foot care, hair salon, spiritual services and more.

Emergency Responder: LPN and professional medical staff on site 24 hours.

POINTS WEST LIVING HERITAGE HOUSE

Connecting Care / Points West Living

4570 Maple St. **Vegreville** AB T9C 1X2

Phone: 780.603.0853

Email:

gm.vegreville@pointswestliving.com

www.pointswestliving.com

Eligibility: Independent Supportive Living, In our Brand New Building.

In Our Heritage House we can also offer Designated Supportive Living Level 4 (DSL4) with access based on health needs determined by AHS.

Pets: With manager's approval & deposit.

Smoking: In designated area outside.

Units: 1 BR, 1 BR plus den, 2 BR - all with full kitchens.

Rent: Starting From \$1570 and up.

Included In Rent: Heat, water, power All Included daily wellness check, activity program, events and outings, 24/7 emergency response, home care services as approved by AHS.

NOT included in Rent: Personal laundry, Housekeeping, Meals telephone, cable, winter plug-in for vehicle.

Activities: Various daily recreation offerings are based on the interests of Residents. At this time they include: social gatherings, live music and entertainment, exercise, cooking & baking, worship, community charity projects, council & committee meetings, games, special events & outings. Go to www.pointswestliving.com to see the current recreation calendar.

Features: Garden courtyard, billiard table, spacious common areas, family dining room for personal occasions, hair salon.

Emergency Responder: 24/7 emergency response by HCA or LPN with on-call RN support.

RIVER RIDGE SENIORS COMMUNITY

Revera Inc.

78C McKenney Ave. **St. Albert** AB T8N 7M3

Phone: 780.470.3700

Email: barb.howell@reveraliving.com

www.reveraliving.com

Age: 50+

Deposit: One month rent

Pets: One small pet (must be approved)

Smoking: Non-smoking

Units: 24 secured dementia care, 90 assisted living: studio, one-bedroom, one-bedroom plus den and two-bedroom

Included in Rent: Two chef-prepared meals daily, major utilities, weekly housekeeping and linen service, scheduled transportation, weekly RN visits and more.

NOT Included in Rent: Telephone, secure underground parking, storage, third meal, personal laundry, tray service, meal portering, meal reminders, companion services.

Activities: Creative Expression programs (art program with artist in residence and music therapy, active living promotion), Cards, games, Happy Hour, outings, bingo

Features: Theatre, billiards room, beauty salon, guest suite, exercise room, lounge, bistro café, library with internet access with Skype, variety of floor plans

Concrete and structural steel building

Emergency Responder: 24-hour on site emergency response by an LPN

ST ALBERT RETIREMENT RESIDENCE**All Seniors Care**125 Everitt Drive North **St. Albert** AB T8N 7R9

Phone: 780.569. 2273

Contact: Laurie Clague

Email: lclague@allseniorscare.com

www.allseniorscare.com

Age: 55+**Deposit:** \$2000**Pets:** Permitted**Smoking:** Not permitted**Unit Types:** One-and two-bedroom suites**Rent:** Various**Included in Rent:** 3 meals daily, weekly light housekeeping and linen service, access to shuttle for medical appointments and outings, recreation programs**NOT Included in Rent:** Cable & Phone**Services:** LPN Health Care Aid, laundry, shuttle service, foot nurse twice weekly (private contractor), Wander Guard, emergency call pendants, private memory care**Activities:** Daily recreation programs**Features:** Theatre, chapel, games room, multi-purpose room, fitness centre, pool, hair Salon, library, private dining room, walking paths**Emergency Responder:** 2-hr. nurse on duty, visiting physician**SUMMERWOOD VILLAGE
RETIREMENT RESIDENCE****All Seniors Care**

4255 Clover Bar Rd.

Sherwood Park AB T8H 0C9

Phone: 780.416.1912

Contact: John McCullough

Email: jmccullough@allseniorscare.com

www.allseniorscare.com

Age/Eligibility: 65+**Deposit:** \$2000**Pets:** Allowed**Smoking:** Not Allowed**Unit Types:** One and two bedroom suites**Rent:** Various**Included in Rent:** 3 meals daily, weekly light housekeeping and linen service, access to shuttle for medical appointments and outings, recreation programs**NOT Included in Rent:** Cable & Phone**Services:** LPN Health Care Aid, laundry, shuttle service, dentist, audiologist, massage therapy**Activities:** Daily recreation programs**Features:** Theatre, Chapel, Fitness Centre, Walking path, Spa Games Room, Beauty Salon, Interior Courtyard, underground parking**Emergency Responder:** 24 hr. nurse on duty, visiting physician

VEGREVILLE MANOR

St. Michael's Health Group

5913 49 St. **Vegreville** AB T9C 1X4

Contact: Emily Gulevich

Phone: 780.632.3549

Email: egulevich@smhg.ca

www.smhg.ca

Age: 65+**Deposit:** ½ month's rent**Pets:** Not permitted**Smoking:** Not permitted**Units:** Studio, 1-bedroom, 2-bedroom**Rent:** Studio: \$1350; 1-bedroom \$1640;

2-bedroom \$2090; SL3 room \$1827

Included in Rent: 3 meals, light weekly housekeeping, 24-hr staffing**NOT Included in Rent:** Cable, medication, telephone service, parking, laundry service.**Activities:** Variety of social and recreational activities, exercises, bingo, entertainment and outings.**Features:** In-house home care, hair salon, 24-hour staffing.**Emergency Responder:** Emergency call system to 24 hours HCA staff on site, LPN 24-hour on call.**WEST COUNTRY HEARTH**

West Sturgeon People Aging in

Place Foundation

26504 SH 633 **Sturgeon County** AB T8T 1R9

Phone: 780.418.3015

Email: annette@westcountryhearth.ca

www.westcountryhearth.ca

Age: 65+**Deposit:** None**Pets:** Not permitted**Smoking:** Not permitted**Units:** 80 Units, 19 Studios (360 sq ft),

28 One-bedroom (542 sq. ft),

5 Two-bedroom (790 sq ft),

26 Alzheimer units (216-390 sq.ft), 2 respite suites

Rent: \$1260 - \$2894**Included in Rent:** Lunch & supper, basic utilities**NOT Included in Rent:** Breakfast, telephone, dining room service, internet, parking, TV receiver, housekeeping, laundry, call bell service.**Activities:** Exercise, bingo, pub night, birthday entertainment, games, excursions, banking/shopping**Features:** Central fireplace, chapel, library, craft room, hair salon, private dining room, rec. room**Emergency Responder:** 24/7 LPN, RN on staff and RN on call after hours**SUPPORTIVE LIVING-
DEMENTIA CARE SITES**

See the housing site maps on pages 136-153

These facilities offer suites that provide specialized, secure supports for residents living with dementia. These suites are accessed privately, directly through the facility operator and are not part of the Designated Supportive Living program (although they may offer both types of suites in the same facility). DSL contracted sites are listed on pages 255-257. In addition to the typical services found in supportive living, such as meals and housekeeping, dementia care services generally include additional nursing supports and specialized recreation programming. Each housing operator will have a different service model. We recommend you use the Checklist found on pages 218-224 when comparing sites.

Canterbury Lane

8403 142 St. NW T5R 4L3

Leasing Office: 780.930.3729

Lewis Estates

9310 211 St. NW T5T 4N8

Phone: 780.452.2273

River Ridge Seniors Community

78C McKenney Ave.

St. Albert AB T8N 7M3

Phone: 780.470.3700

Riverbend Retirement Residence

103 Rabbit Hill Crt NW T6R 2V3

Phone: 780.438.2777

Rosedale Estates

10101 111 St. NW T5K 2W4

Phone: 780.425.1668

Summerwood Village Retirement Residence

4255 Clover Bar Rd.

Sherwood Park AB T8H 0C9

Phone: 780.416.1912

St. Albert Retirement Residence

125 Everitt Drive North

St. Albert AB T8N 7R9

Phone: 780.569.2273

Tuoi Hac - Golden Age Manor

12607 148 Ave. NW T5X 0C2

Phone: 780.476.8038

Villa Marguerite

9810 165 St. NW T5P 3S7

Phone: 780.451.1114

West Country Hearth

26504 SH 633 Sturgeon County AB T8N 1R9

Villeneuve AB

Phone: 780.418.3015

Wild Rose Cottage

9612 172 St. NW T5T 6C7

Phone: 780.443.1234

Leave a Legacy of Life

For information on how your PLANNED GIVING can help us inspire and support seniors to be the best they can be:



The logo for Sage, featuring the word "sage" in a stylized, green, lowercase font.

Contact Sage at
780.423.5510

Visit www.mysage.ca and
click on "Support Us"



Discover a new lifestyle

We're really taking shape!

Learn about the unique attributes of
Windermere's newest retirement community.

**RESERVE
YOUR SUITE
TODAY!**

**OPENING
EARLY 2019**



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retirement residence

PRESENTATION CENTRE
102-16224 Ellerslie Road SW
Edmonton • **587-487-4033**

ChartwellWescott.com

CHARTWELL WESCOTT RETIREMENT RESIDENCE

Chartwell Retirement Residences

Address: 3841- Allan Drive SW, Edmonton, AB T6W 0S7

Phone: 587.487.4032

Email: awilliamson@chartwell.com

www.chartwellwescott.ca

Age: 55+

Deposit: 50% rental fee

Pets: Gladly accepted with a dedicated pet grooming and dog wash spa

Smoking: None Smoking Community

Units: 137 studio, 1-bedroom, 1-bedroom+den, 2-bedroom suites

Rent: Starting at \$2600+

Included In Rent: Shuttle Service, Chauffeured Car Service, Electricity, Heating, Air condition with individual thermostat, Telephone, Cable, High Speed Internet, Lunch, Dinner, Personal Safety Device, Smoke detector, Sprinklers, Weekly Housekeeping with linen service, 24/7 emergency response

NOT included in Rent: Barber/ Hair Salon, Resident Storage, Scooter Parking Garage

Activities: Art, Yoga studio, Gardening, Billiards, Day trips and Outings, Exercise fitness room, Life Enrichment Programming

Features: Art studio, Yoga studio, Kids Zone, Indoor Salt Water Pool, State-of-the Art Family Kitchen, Chapel, Wellness Room, Landscaped Courtyards, Movie Theatre, Beauty Salon, Bistro, Seasonal Dining Patio, Formal Dining, Casual Dining, Private Dining Room Memory Living Neighbourhood

Emergency Responder: Personal Safety Device included with 24/7 Emergency Response

TOUCHMARK AT WEDGEWOOD

Touchmark

18333 Lessard Rd. NW T6M 2Y5

Phone: 780.577.5000

Private Care utilizing a "Best Friends" certified approach.

Units: 32 studio suites (within two secure neighbourhoods)

Special Design features: Resident accessible kitchen (family-style), individual heat & A/C controls, private bathrooms, barrier-free showers, open floor plan, walking loop throughout the neighbourhoods, secure outdoor courtyard & garden.

Care Services: Three balanced meals, several nutritious snacks, weekly housekeeping, personal laundry service, daily bed-making, general tidying, individual cueing, escorts to activities, life enrichment events and various outings.

Emergency Responder: Full-time RN & 24-hr LPNs onsite

[See Supportive Living-North West for additional building details](#)

DESIGNATED SUPPORTIVE LIVING SITES

Designated Supportive Living (DSL) is administered by Alberta Health Services. The term “designated” refers to spaces within a supportive living facility where Alberta Health Services controls access to a specific number of spaces according to an agreement between Alberta Health Services and the operator.

An assessment by Alberta Health Services is required to access designated supportive living. Referral for assessment within Greater Edmonton is made for all designated supportive living facilities through **Community Care Access at 780.496.1300**. You can access this program if you live in Alberta, have an Alberta Health Care Number or have applied for and are eligible to receive Alberta Health Care coverage.

Designated Supportive Living Accommodation Charges:

Residents are responsible for the cost of accommodation or rent in designated supportive living, as well as for any additional care or support services requested by the resident that are not part of the care plan completed by the Alberta Health Services Case Manager. Please note that the maximum accommodation charges in long-term care and designated supportive living increases annually on July 1 based on the Alberta Consumer Price Index

(CPI). For the most current maximum accommodation charges, please go to <http://www.health.alberta.ca/services/continuing-care-accommodation-charges.html>.

The Province provides financial assistance to eligible low-income residents in Long Term Care or in Designated Supportive Living through the Alberta Seniors Benefit program. For more information, visit <http://www.seniors-housing.alberta.ca/seniors/> or call the Alberta Supports Contact Centre at 1.877.644.9992.

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca
www.albertahealthservices.ca/about/patientfeedback.aspx

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions, and compliments and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

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Designated Supportive Living Sites**Aspen House Care Residence**

9706 100 Ave. **Morinville** AB T8R 1T2
Phone: 780.939.1297

Balwin Villa - Excel Society

6920 128 Ave. NW T5C 1S7
Phone: 780.757.5550

CapitalCare Adult Duplexes

9935/39 & 9943/47 178 Ave T5X 5X2
Phone: 780.496.3335

CapitalCare Laurier House Lynnwood

16815 88 Ave. NW T5R 5Y7
Phone: 780.413.4712

CapitalCare Laurier House Strathcona

12 Brower Dr. **Sherwood Park** AB T8H 1V3
Phone: 780.467.3366

CapitalCare McConnell Place North

9113 144 Ave. NW T5E 6K2
Phone: 780.496.2575

CapitalCare McConnell Place West

8720 165 St. NW T5R 5Y8
Phone: 780.413.4770

Chateau Vitaline

5020A 52 Ave. **Beaumont** AB T4X 1P3
Phone: 780.929.9000

Churchill Retirement Community

10015 103 Ave. NW T5J 0H1
Phone: 780.420.1222

Citadel Mews West

35 Erin Ridge Rd. **St Albert** AB T8N 5S8
Phone: 780.458.2657

Copper Sky Lodge

100 McLaughlin Dr.
Spruce Grove AB T7X 0N1
Phone: 780.571.8100

Country Cottage Seniors Residence

75 Cranford Way
Sherwood Park AB T8H 2B9
Phone: 780.417.0757

Devonshire Manor

1718 Rabbit Hill Rd. NW T6R 3N6
Phone: 780.433.2549

Edmonton Chinatown Care Centre

9539 102A Ave. NW T5H 0G2
Phone: 780.413.1639

Edmonton People In Need #4 - Batoma House

10303 96 St. NW T5H 2H2
Phone: 780.424.6733

Emmanuel Home

13425 57 St. NW T5A 2G1
Phone: 780.478.2051

Garneau Hall

10923 82 Ave T6G 2N9
Phone: 780.433.3177

Glastonbury Village

1585 Glastonbury Blvd T5T 6S8
Phone: 780.341.2499

Golden Age Manor - Tuoi Hac

12607 148 Ave. NW T5X 0C2
Phone: 780.476.8038

Good Samaritan Society - George Hennig Place

4808 57 Ave **Stony Plain** AB T7Z 2J9
Phone: 780.963.3403

Good Samaritan Society - Spruce Grove Centre

415 King St. **Spruce Grove** AB T7X 3Y8
Phone: 780.962.3415

**Good Samaritan Society -
Wedman House**

10525 19 Ave. NW T6J 6X9
Phone: 780.431.3600

Grand Manor On 97th - Excel Society

10766 97 St. NW T5H 4R2
Phone: 780.441.7979

Kipohtakawkamik Elders Lodge

Alexander Reserve, PO BOX 2570

Morinville AB T8R 1S3

Phone: 780.939.4787

Laurel Heights

3110 22 Ave NW T6T 0R2
Phone: 780.465.CARE (2273)

Lewis Estates Retirement Residence

9310 211 St. NW T5T 4N8
Phone: 780.452.2273

Lifestyle Options Leduc

108 West Haven Drive **Leduc** AB T9E 0R7
Phone: 780.980.3064

Lifestyle Options Riverbend

200 Falconer Court NW T6R 2V9
Phone: 780.433.2223

Lifestyle Options Terra Rosa

17203 99 Ave. NW T5T 6S5
Phone: 780.435.2000

Lifestyle Options Whitemud

4069 106 St. NW T6J 2S3
Phone: 780.437.7171

Our Parents' Home

10112 119 St. NW T5K 1Y9
Phone: 780.988.5504

Riverbend Retirement Residence

103 Rabbit Hill Court NW T6R 2V3
Phone: 780.438.2777

Rosedale Estates

10103 111 St. NW T5K 2W4
Phone: 780.425.1668

Rosedale St. Albert

20 Herbert Rd. St. Albert AB
Phone: 587.805.4573

Rutherford Heights Retirement Residence

949 Rutherford Rd. SW T6W 0E5
Phone: 780.432.6900

Saint-Thomas Assisted Living Centre

8411 91 St. NW T6C 1E4
Phone: 780.450.2987

Salvation Army - Grace Manor

12510 140 Ave. NW T5X 6C4
Phone: 780.454.5484

Shepherd's Care Gardens

6608 28 Ave. NW T6K 2R1
Phone: 780.395.1001

Shepherd's Care Greenfield

3820 114 St. NW T6J 1M5
Phone: 780.430.3613

Shepherd's Care Kensington Village

12511 135 Ave. NW T5L 5B2
Phone: 780.447.3840

Shepherd's Care Vanguard

10311 122 Ave. NW T5G 0K8
Phone: 780.474.1798

Sprucewood Place

11418 97 St. NW T5G 1X5
Phone: 780.471.5465

St. Albert Retirement Residence

125 Everitt Dr. North **St. Albert** AB T8N 7R9
Phone: 780.569.2273

Summerwood Village Retirement Residence

4255 Clover Bar Rd.
Sherwood Park AB T8H 0C9
 Phone: 780.416.1912

Tuoi Hac - Golden Age Manor

12607 148 Ave. NW T5X 0C2
 Phone: 780.476.8038

Villa Marguerite

9810 165 St. NW T5P 3S7
 Phone: 780.451.1114

West Country Hearth

26504 SH 633 Sturgeon County AB T8N 1R9
Villeneuve AB
 Phone: 780.418.3015

Wild Rose Cottage

9612 172 St. NW T5T 6C7
 Phone: 780.443.1234



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 or visit **www.mysage.ca**
 for more information.

FACILITY LIVING

Long-Term Care Facilities

(e.g. nursing homes and auxiliary hospitals) are specifically for individuals with complex, unpredictable medical needs, who require 24 hour on-site Registered Nurse assessment and/or treatment. For a small number of seniors who can no longer be supported in their own home, or in a supportive living facility, long-term care might be an appropriate living option. You may need long-term care for:

- Complex end of life care needs
- Complex medication management
- Complex nursing care
- Inconsistent or unstable behavior that places you, or others, at risk

An assessment by Alberta Health Services is required to access long-term care. Referral for assessment within Greater Edmonton is made for all long-term care facilities through **Community Care Access at 780.496.1300.**

Long-Term Care Accommodation Charges:

Residents are responsible for the cost of accommodation or rent in long-term care, as well as for any additional care or support services requested by the resident that are not part of the care plan completed by the Alberta Health Services Case Manager. Please note that the maximum accommodation charges in long-term care and designated supportive living increases annually on July 1 based on the Alberta Consumer Price Index (CPI). For the most current maximum accommodation charges, please go to <http://www.health.alberta.ca/services/continuing-care-accommodation-charges.html>. The Province provides financial assistance to eligible low-income residents in long-term care or in Designated Supportive Living through the Alberta Seniors Benefit program. For more information, visit

<http://www.seniors-housing.alberta.ca/> or call the Alberta Supports Contact Centre at 1.877.644.9992.

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

www.albertahealthservices.ca/about/patientfeedback.aspx

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions and compliments, and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

CapitalCare (Corporate Services)

6th Floor, 10909 Jasper Ave T5J 3M9

Phone: 780.448.2400

Email: info@capitalcare.net

www.capitalcare.net

Hours of operation: Mon-Fri 8am–4:15pm

- Facility Living (Long-term care) – 24 hour nursing care and services for elderly & disabled adults who have complex health conditions.
- Supportive Living – Residential housing with continuing care services for younger adults with disabilities, people with Alzheimer's and other dementias, and a life-lease option for people able to live more independently – See Laurier House

- Community Living – Coordinated home and day centre services with 24 hour support to people living in their own homes
 - see **HEALTH & WELLBEING** – **AHS – CHOICE** program

Facility Living Sites

Allen Gray Continuing Care Centre

5005 28 Ave. NW T6L 7G1

Phone: 780.469.2371

CapitalCare Dickinsfield

14225 94 St. NW T5E 6C6

Phone: 780.371.6500

CapitalCare Grandview

6215 124 St. NW T6H 3V1

Phone: 780.496.7100

CapitalCare Kipnes Centre for Veterans

4470 McCrae Ave. NW T5E 6M8

Phone: 780.442.5700

CapitalCare Kipnes Centre for Veterans Veterans Day Program

4470 McCrae Ave. NW

Phone: 780.442.5722

CapitalCare Lynnwood

8740 165 St. NW T5R 2R8

Phone: 780.341.2300

CapitalCare Norwood

10410 111 Ave. NW T5G 3A2

Phone: 780.496.3200

CapitalCare Norwood Palliative Hospice

10410 111 Ave. NW T5G 3A2

Phone: 780.496.3251

Email: info@capitalcare.net

www.capitalcare.net

CapitalCare Strathcona

12 Brower Dr. **Sherwood Park** AB T8H 1V3
Phone: 780.467.3366

CapitalCare Strathcona Day Program

12 Brower Dr. **Sherwood Park** AB T8H 1V3
Phone: 780.417.4347

Citadel Care Centre

25 Erin Ridge Rd. **St. Albert** AB T8N 7K8
Phone: 780.458.3044

Devon General Hospital

101 Erie St. South **Devon** AB T9G 1A6
Phone: 780.342.7000

Devonshire Care Centre

1808 142 St. NW T6R 3H2
Phone: 780.665.8050

Edmonton Chinatown Care Centre

9539 102A Ave. NW T5H 0G2
Phone: 780.429.0888

Edmonton General Continuing Care Centre

11111 Jasper Ave. NW T5K 0L4
Phone: 780.342.8111

Extendicare Eaux Claires

16503 95 St. NW T5Z 0G7
Phone: 780.472.1106

Extendicare Holyrood South

8008 95 Ave. NW T6C 2T1
Phone: 780.469.1307

Extendicare Leduc

4309 50 St. **Leduc** AB T9E 6K6
Phone: 780.986.2245

Foyer Lacombe

1 St. Vital Ave. **St. Albert** AB T8N 1K1
Phone: 780.544.2100

Good Samaritan**Dr. Gerald Zetter Care Centre**

9649 71 Ave. NW T6E 5J2
Phone: 780.431.3600

**Good Samaritan Society -
Millwoods Centre**

101 Youville Drive East NW T6L 7A4
Phone: 780.413.3501

**Good Samaritan Society -
Pembina Village**

5225 50 St. **Evansburg** AB T0E 0T0
Phone: 780.727.4441

**Good Samaritan Society -
Southgate Care Centre**

4225 107 St. NW T6J 2P1
Phone: 780.431.3600

**Good Samaritan Society -
Stony Plain Care Centre**

4800 55 Ave **Stony Plain** AB T7Z 1P9
Phone: 780.963.2261

Hardisty Care Centre

6420 101 Ave. NW T6A 0H5
Phone: 780.466.9267

Jasper Place Continuing Care Centre

8903 168 St. NW T5R 2V6
Phone: 780.489.4931

Jubilee Lodge Nursing Home

10333 76 St. NW T6A 3A8
Phone: 780.469.4456

Miller Crossing Continuing Care

14251 50 St. NW T5A 5J4
Phone: 780.478.9212

Rivercrest Care Centre

10104 101 Ave.
Fort Saskatchewan AB T8L 2A5
Phone: 780.998.2425

Salem Manor Nursing Home

4419 46 St. **Leduc** AB T9E 6L2
Phone: 780.986.8654

**Shepherd's Care Kensington Village
Continuing Care Centre**

12511 135 Ave. NW T5L 5B2

Phone: 780.447.3840

Shepherd's Care Millwoods Centre

6620 28 Ave. NW T6K 2R1

Phone: 780.463.9810

Sherwood Care

2020 Brentwood Boulevard N

Sherwood Park AB T8A 0X1

Phone: 780.467.2281

South Terrace Continuing Care Centre

5905 112 St. NW T6H 3J4

Phone: 780.434.1451

St. Joseph's Auxiliary Hospital

10707 29 Ave. NW T6J 6W1

Phone: 780.430.9110

St. Michael's Long Term Care Centre

7404 139 Ave. NW T5C 3H7

Phone: 780.473.5621

Touchmark at Wedgewood

18333 Lessard Road T6M 2Y5

Phone: 780.577.5200

Vegreville Care Centre

4525 50 St. **Vegreville** AB T9A 0A1

Phone: 780.603.4201

Venta Care Centre

13525 102 St. NW T5E 4K3

Phone: 780.476.6633

WestView Health Centre

4405 South Park Drive

Stony Plain AB T7Z 2M7

Phone: 780.968.3656

Youville Auxiliary Hospital

9 St. Vital Ave. **St. Albert** AB T8N 1K1

Phone: 780.460.6900



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www.mysage.ca

Chapter Contents

- Legal Information on Personal Decision-Making
- Legal Resources
- Legal Firms
- Mediation

LEGAL INFORMATION ON PERSONAL DECISION MAKING

There are a variety of options for decision-making, which can range from advanced planning to full legal guardianship. Below is a description of the various options.

1. Options for Advance Planning

Personal Directive: a legal document that allows you to name an individual you trust to make personal* decisions on your behalf, in the event you are unable to do so yourself.

Enduring Power of Attorney: a legal document that allows you to name an individual you trust to make financial decisions on your behalf, either immediately, or in the event you are unable to make these decisions yourself.

Supported Decision-Making: allows you to name an individual to obtain personal information on your behalf that may help you in making personal* decisions.

Will: a legal document where you provide

a statement about how to divide your property (also known as 'estate') after death. A will must be in writing, and does not take effect until you die.

2. Options for when an adult does not have mental capacity** and advance planning options are not in place.

Specific Decision-Making: when an adult does not have the mental capacity** to make a personal decision* and they do not have a guardian or Personal Directive, a health care provider (physician, nurse practitioner, or dentist for dental care only), may choose a relative to act as a specific decision maker and make the necessary decision on behalf of the adult.

You think you know someone well until you need to plan their funeral.

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780-472-9007**



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Funeral Home & Cemetery
by Arbor Memorial

16204 Fort Road R.R. #6, Site 2, Box 20
North Edmonton, AB
evergreenmemorial.com

Arbor Memorial Inc.

Co-Decision Making: allows an individual, assessed as significantly mentally impaired, to consent to a court order appointing a trusted person or persons as his or her co-decision maker. The order requires the adult to make personal decisions* with his or her co-decision maker.**

Guardianship: a guardian appointed by the court has the legal responsibility to make decisions for an adult who lacks the capacity to make specific personal decisions and does not have a Personal Directive. Usually a family member or friend acts as a 'private' guardian. If no one is able, willing, or suitable, the Public Guardian may act as the adult's guardian.**

Trusteeship: a trustee, appointed by the Court, has the legal responsibility to make financial decisions for an adult who lacks the capacity to make financial decisions and does not have an Enduring Power of Attorney. Usually a family member or friend acts as 'private' trustee. If no one is able, willing, or suitable, the Public Trustee may act as trustee.**

Informal Trusteeship: arrangements that allow an individual to have authority to assist with financial decisions for an adult who lacks that capacity, or where the adult has minimal assets and needs help managing a government cheque. These arrangements are made with the government department issuing the cheque such as AISH, OAS, Veterans Affairs, etc.

*** Personal decisions include: health matters, living arrangements (where and with whom), associations, participation in social activities, educational activities, employment, and legal matters (not of a**

financial nature).

****The type of court application is based on recommendations made in a Capacity Assessment Report. Capacity is determined by a physician, psychologist, or trained capacity assessor.**

Information about legislation that governs these various decision-making options, and appropriate self-help kits, are available at:

www.humanservices.alberta.ca/opg

Legal Aid Alberta – Legal Services Centre

600-10320 102 Ave, Revillon Building T5J 4A1

Phone: 1.866.845.3425

www.legalaid.ab.ca

Hours of Operation:

By Phone: Mon, Tues, Thurs, Fri
8:30am-4pm, Wed 8:30am-2:30pm.

In person: Mon-Fri 8am-4:30pm
(closed at 2:30pm Wednesdays)

- Legal Aid Alberta (LAA) provides a range of legal services to eligible Albertans in a number of areas of law including family, civil, immigration/ refugee, and criminal.
- For Albertans who qualify under the eligibility guidelines, we offer legal representation through an assigned lawyer

Office of the Public Guardian and Trustee

Alberta Justice Ministry

www.humanservices.alberta.ca/guardianship-trusteeship.html

Guardianship/ Trusteeship services &

AGTA application drop-off

4th Floor, 9942 108 St. NW T5K 2J5

Phone: 780.427.0017

Email: hs.public-guardian@gov.ab.ca

- Provides assistance and services, including acting in the best interests of Albertans over the age of 18 years who are unable to make personal or financial decisions on their own, and administering the property of represented adults, minor children, and deceased persons, when the office is the most appropriate resource to provide support and protection.
- The OPGT also provides information and resources on personal directives and applications under the Adult Guardianship and Trusteeship Act.

Sage Guardianship/Trusteeship

15 Sir Winston Churchill Square NW T5J 2E5

Phone: 780.701.9006

Sage Guardianship/Trusteeship Program, funded by the Office of the Public Guardian and Trustee, a department of the Alberta Justice Ministry, provides information and assistance with completion of documents to the public, under the guidance of the Adult Guardianship and Trusteeship Act. Information sessions are held on a regular basis and recommended for anyone considering a private guardianship, trusteehip or co-decision making application using the self-help kits developed by the Office of the Public Guardian (available in hard copy or fillable forms on-line). Sage also provides information about advanced planning, including Personal Directives. Call 780.701.9013 for more information.

LEGAL RESOURCES

You will likely want to consult a lawyer to

- purchase a home or a business;
- draft a will, personal directive or power of attorney;
- incorporate or form a partnership contract; or if you are
- being sued by someone; or,
- charged with a criminal offence.

Lawyers are able to serve a wide range of client needs. A lawyer's principal responsibility is to ensure each client obtains the benefit of his or her legal rights and is aware of his or her legal obligations. In approaching this duty, lawyers have three fundamental obligations: they must serve clients competently, be completely loyal to clients, and keep client communications confidential. The services lawyers can provide include: answering legal questions, helping clients find an answer, appearing in court on a client's behalf, mediating disputes, counselling clients, planning estates, administering wills, drafting contracts, writing letters and opinions, taking steps to avoid litigation, negotiating settlements, and providing advice about clients' legal problems.

See this section:

- **Edmonton Community Legal Centre**
- **Law Society of Alberta**

ADR (Alternative Dispute Resolution) Institute of Alberta

Phone: 780.433.4881 or 1.800.232.7214

Email: info@adralberta.com

www.adralberta.com

- The vision of ADR Institute of Alberta (ADRIA) is that No Albertan Fears Conflict.
- ADRIA is a registered not-for-profit organization that provides leadership and services in Alternative Dispute Resolution (ADR) to support individuals and organizations to prevent and manage conflict in a healthy and productive way.
- ADRIA offers a directory of mediators and arbitrators to help the public find a qualified professional.

Alberta Limited Legal Services Project

www.albertalegalservices.com

- Alberta-wide listing of lawyers willing to help with part of a legal problem rather than all of it
- Participating lawyers are listed by area of law and location of office
- Many lawyers will provide services over the telephone or online

Centre for Public Legal Education Alberta (CPLEA)

Phone: 780.451.8764

Email: info@cplea.ca

www.cplea.ca

CPLEA is a public legal education organization that provides access to legal information through plain language websites, print publications and workshops.

The Older Adult Knowledge Network at www.oaknet.ca provides publications on:

- planning for the future,
- housing options, and
- using legal tools to prevent elder abuse.

Other resources for seniors are accessible from CPLEA's website.

Conflict Resolution Centre

A Social Enterprise of the Mediation and Restorative Justice Centre

Room CE 203 Ralph King Athletic Centre

7128 Ada Boulevard

(Corner of 112 Ave and 73 Street) T5B 4E4

Phone: 780.423.0896

Email: info@mrjc.ca

www.mrjc.ca

The Conflict Resolution Centre provides a broad spectrum of services to assist people to avoid or resolve conflicts, for example:

- Problem with a neighbour
- Address harm as a result of family violence or elder abuse
- Assisting families to consider elder care options
- Victimization by a crime
- Dispute in an association, board or condo group

We also offer conflict communication workshops to increase one's knowledge and tools on how to approach difficult situations.

Domestic Violence Complainant Assistance Program

Edmonton John Howard Society Family Violence Prevention Centre

L2 Law Courts

1A Sir Winston Churchill Sq. T5J 0R2

Phone: 780.422.0721

Email: info@johnhoward.org

www.johnhoward.org

- A free service providing information and emotional support to victims of family violence going through the criminal court process.
- Provide court preparation and court accompaniment
- Information and assistance on Victim Impact Statement, Financial Benefit program, and Restitution program.
- Services are offered to children, youth, adults, elders
- Criteria for this program: victim/complainant of domestic violence; Services are for Criminal court matters only
- We do not provide any legal advice

See also Family Violence Prevention Centre in ELDER ABUSE - Crisis Services

Edmonton Community Legal Centre

200-10115 100A St. T5J 2W2

Contact: Jennifer Smyth

Phone: 780.702.1725

Email: intake@eclc.ca

www.eclc.ca

Hours of Operation: 8:30am-4:30pm

- Provides free legal advice, representation and legal education to low-income people.
- Clinic appointments are with volunteer lawyers who provide legal advice.
- Services include legal assistance with civil matters, debt problems, employment issues, human rights, immigration, landlord and tenant issues, family law, & income support issues. We do not provide legal assistance in the areas of criminal law.

Legal Aid Alberta - Legal Services Centre

Phone: 1.866.845.3425

www.legalaid.ab.ca

See complete listing in LEGAL INFORMATION - Legal Information on Personal Decision Making

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15 Sir Winston Churchill Square



Law Society of Alberta

Lawyer Directory

www.lawsociety.ab.ca

- online tool where you can search for a lawyer by name, firm, location, practice area(s) and other criteria.
- Lawyer discipline information is also available on Lawyer Directory and our website.

Lawyer Referral Service

Toll free Phone: 1.800.661.1095 from anywhere in AB, SK, Lower Mainland BC, Yukon, NWT and Nunavut:

Calgary Phone: 403.228.1722

1. Describe the nature of your problem to the Lawyer Referral operator and you will be provided with the names and telephone numbers of up to three lawyers.

2. The first half-hour of your conversation with the lawyer is free. You should not expect the lawyer to provide free work during this time. You can discuss your legal situation, ask the cost of services and determine if the lawyer may be a good fit.

Resolution and Court Administration Services

Contact Centre

Phone: 780.638.4747

Toll Free: 1.855.738.4747

<https://www.alberta.ca/rcas-contact-centre.aspx>

Hours of Operation:

Mon-Fri 8:15am–4:30pm (closed weekends, and statutory holidays)

RCAS Contact Centre advisors will assist callers with:

- specific questions related to their court matters,
- available services,
- status of fine payments,
- referrals to appropriate external

agencies and offices, and,

- other straightforward questions previously directed to court offices.

For complex or location specific inquiries, advisors will connect callers with the most appropriate RCAS (or external legal information) service.

Resolution Support Centre - Information Services

Rm 8124, 10365 97 St.

Phone: 780.415.0404

- Can give you information about civil, family and criminal matters, explain what court forms can be used, explain the steps to take in legal applications, and refer you to legal services and other resources in the community.

Student Legal Services of Edmonton (SLS)

Phone: 780.492.2226

Email: sloed@ualberta.ca

www.slsedmonton.com

Hours of Operation:

Mon-Fri 8:30am–11:30am & 1pm–4pm

- Student Legal Services of Edmonton is a non-profit society dedicated to assisting low-income individuals to understand legal issues and solve legal problems.
- SLS is divided into four different projects: civil/family, criminal, legal education & reform, pro bono students Canada.

LEGAL FIRMS

Bishop & McKenzie L.L.P.

Barristers & Solicitors

2300-10180 101 St. Manulife Place T5J 1V3

Phone: 780.426.5550

Contact: Wanda Fawcett

Email: wfawcett@bmlp.ca

www.bmlp.ca

Hours of Operation:

Mon-Fri 8am-5pm

- Bishop & McKenzie LLP is a full service law firm that has been providing legal services to Albertans since 1905.

- We can assist with all legal matters including: wills, enduring powers of attorney, personal directives, estate administration, estate planning, guardianship, trusteeship, real estate, tax, business and family law matters.



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for more information.



Patty Ko

Wanda Fawcett

Joshua Fortier

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Calgary 403.237.5550

bmlp.ca


Bishop & McKenzie LLP

Kanji Law Office

Empire Building

1005-10080 Jasper Ave T5J 1V9

Phone: 780.756.0915

Email: assistant@kanjilawoffice.com

Hours of Operation: Mon-Fri 9am-5pm

- Available to provide legal services in the areas of family law, mediation, wills and estates, personal directives and powers of attorney, corporate commercial matters, contract reviews, legal research, dependent adult matters, and real estate.
- Contact us for more information, or to book an appointment.



KANJI LAW OFFICE, BARRISTER & SOLICITOR

Available to provide legal services in the areas of family law, mediation, wills and estates, personal directives and powers of attorney, corporate commercial matters, contract reviews, legal research, dependant adult matters, and real estate.

Kindly call 780-756-0915 or email assistant@kanjilawoffice.com for more information or to book an appointment.

MEDIATION

Kobewka Stark Law Office

14809 111 Ave

Phone: 780.414.0444

Email: reception@kobewkastark.com

www.kobewkastark.com

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Sensible guidance to give you confidence in your decisions. Have peace of mind knowing that we are working for you.

Wills & Estates Planning

Sensible guidance to give you confidence in your decisions. Have peace of mind knowing that we are working for you.

KOBEWKA STARK

Sid J. Kobewka

Lorraine A. Stark

14809 111 Avenue

Edmonton, AB T5M 2P3

LAWYERS | MEDIATORS

780-414-0444

info@kobewkastark.com

kobewkastark.com

An Association of Independent Practitioners

WILLS, ESTATES & NOTARY.



MARRAZZO LAW OFFICE

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1
Visit Sage's
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NEW

Health Services

2
RECEIVE the
treatment you
need.

Annual check ups

Health assessments

Treatment for chronic
and acute illness

Prescriptions and refills

3
Access **100**
other seniors'
programs in the
same building.

Health information
and education

Diabetes and
respiratory care

Urgent care

4
Enjoy the
UNIQUE
benefits of
truly holistic
seniors' care!

No appointment necessary.

8:30am - 4:00pm, Mon-Fri

Drop in or call 780-423-5510
for more information.

www.mysage.ca

sage
Sage Seniors Association

social.
health.
community.
supports.

CONNECTING EDMONTON SENIORS

Am I at risk of social isolation?

- ☐ I am content with my friendships and relationships
- ☐ I have enough people I feel comfortable asking for help at any time
- ☐ I am as socially and physically active as I want to be
- ☐ I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:
www.connectingedmontonseniors.ca

Leave a Legacy of Life

sage



For information on how your
PLANNED GIVING can
help us inspire and support
seniors to be the best they
can be:

Contact Sage 780.423.5510
visit www.mysage.ca and click
on "Support Us"

Chapter Contents

- Cultural Opportunities
- Recreation Resources
- Libraries
- Travel Insurance
- Travel Services

CULTURAL OPPORTUNITIES

Edmonton offers a variety of cultural opportunities for the public, including art galleries, ballet and dance, chamber music, opera, symphony, theatre, and many others. Specific events are listed in the two local newspapers, the Edmonton Journal (Today's Senior section, last Monday of the month) and the Edmonton Sun. Also watch the Edmonton Prime Times paper for other articles on Leisure and Recreation. This chapter of the Directory is a great starting point.

Alberta Culture and Tourism

Provincial Historic Sites, Museums and Archives

Phone: 780.431.2300

Email:

experiencealbertahistory@gov.ab.ca
www.ExperienceAlbertaHistory.com

- All seniors receive a discounted admission when visiting Alberta Government's historic sites, museums, and interpretive centres.

RECREATION RESOURCES

ACT Aquatic and Recreation Centre

2909 113 Ave. NW

Mailing address: PO Box 2359 T5J 2R7

Phone: 311

Email: 311@edmonton.ca www.

edmonton.ca/leisurecentres/ACT

- Adult Senior Leisure Dance: Wed 1pm-2:30pm. Kick up your heels to live toe tapping music. Have a good time socializing and dancing. Light refreshments served.
Fee \$3.50/person
- Water Works: Mon, Wed, Fri 12pm-1pm. This is a safe and easy aquatic exercise program for people with muscle or joint mobility problems. Follow the instructor as you decrease stiffness, increase flexibility and restore or maintain strength; all to soft music.

For information on all City of Edmonton recreation and leisure centres call 311

City of Edmonton recreation and leisure facilities have programs for everyone. You can find everything from fitness and aquatics programs to arts and leisure activities.

Citizen Services Information Line - City of Edmonton

Phone: 311

www.edmonton.ca

- Information about Citizen Services' facilities and programs including sports facilities & community activities.
- For specific listings refer to telephone directory, under City of Edmonton blue pages, located at the back of Yellow Pages

• **Leisure Access Program**

Phone: 780.496.4918. Provides unlimited free admission to City recreation facilities, and reduced cost for registered programs for low-income individuals and families.

• **Ride Transit Program**

The Ride Transit Program offers a monthly transit pass to eligible low-income Edmontonians at a subsidized rate of \$35/month. The program is for Edmontonians ages 6-64. Those 65+ will continue to access the ETS Senior Annual Pass Program.

For more information:

www.edmonton.ca/ridetransit

Edmonton Marigold 55 plus Recreation

Contact: Caroline Anker, President
Alberta 55 plus Edmonton, Zone 6
11113 113 St. NW T5G 2V1

Phone: 587.469.4460

- Participates in Alberta 55 plus Canada Games.
- Organizes winter/summer fun games during non-provincial Games years.
- Membership Fee: \$30 per year allows participation in all Edmonton, Zone 6 recreational activities and workshops. Membership contact: Marianne Gregory, phone: 780.446.8387

Edmonton Valley Zoo

13315 Buena Vista Rd. NW

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 311

Email: attractions@edmonton.ca

www.valleyzoo.ca

Hours of Operation for 2018:

Sept 3-Oct 9: 10am-4pm weekdays

9am-5pm weekends & holidays;

Home to more than 350 animals

- The Edmonton Valley Zoo is open 364 days of the year and every visit is rich with animal interactions.
- Get Closer with animal talks and demonstrations!

Harcourt House Arts Centre

3rd. Fl., 10215 112 St. NW T5K 1M7

Phone: 780.426.4180

Email: harcourtinfo@shaw.ca

www.harcourthouse.ab.ca

Hours of Operation: Tues-Sat 10am-5pm; closed Sundays, Mondays and statutory holidays.

- Harcourt House is an open, viewer friendly gallery forum for the best in contemporary visual arts, new media, architecture and design.
- The organization provides programs and exhibitions of the highest caliber in support of the local arts community and Edmonton audience.
- Our exhibition programming seeks both emerging and established artists and designers to present work that aims to engage. The gallery annually presents a minimum of 10 five-week exhibitions from local, provincial, national and international artists, collectives, architects, designers and arts organizations.

Heritage Amphitheatre

Phone: 780.944.7745

Email: amphitheatre@edmonton.ca

- The Heritage Amphitheatre is Western Canada's largest outdoor amphitheatre. The landmark's distinctive white canopy offers excellent acoustics and an open view of William Hawrelak Park. It has fixed seating for 1,100 patrons in the safety of a permanent structure with additional festival seating for 2,900 on attractively landscaped grassy slopes, for a comfortable capacity of 4,000 patrons.

John Janzen Nature Centre

Corner of Fox Drive & Whitemud Drive

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 311

Email: attractions@edmonton.ca

www.edmonton.ca/johnjanzen

Hours of Operation:

Jan 2-Dec 23: 10am-5pm daily,

11am-4pm holidays; Dec 24-Dec 31:

11am-4pm. Closed Christmas Day

- learn about the natural wonders of Edmonton's river valley
- seniors' rates available

John Walter Museum

(Kinsmen Park) 9180 Walterdale Hill

Mailing address: P.O. Box 2359 T5J 2R7

Phone: 311

Email: attractions@edmonton.ca

www.edmonton.ca/johnwalter

Hours of Operation:

July 1-Sept 30: Saturdays 1-4pm;

March 5-Nov. 26: Sundays 1-4pm

- Admission is free, though donations are gratefully accepted
- Learn about Edmonton's history through the story of this pioneer family

Kinsmen Sports Centre

9100 Walterdale Hill NW Phone: 311

Email: 311@edmonton.ca www.edmonton.ca/kinsmen

- Special rates for senior citizens (65+) per visit or passes to reduce the cost.
- Four swimming pools, two fitness centres, and field house. Walking and running tracks, racquetball courts, change rooms, indoor tennis courts, functional training centre, cafeteria, and physiotherapy.
- Personal trainers available for consultation.
- Check E Active Recreation Guide or website for registered or drop-in fitness classes.

The Minus One Club of Edmonton

Social dances for seniors twice a month

on Saturdays from 7-11 pm at Bellevue

Community Hall, 7308 112 Ave. NW

Live bands: Music from Old Time to a little

Rock 'n Roll

Widowed, divorced, single or couples - all welcome

For more information visit

www.minusonedanceedmonton.com

or call 780-478-6187

Provincial Archives of Alberta

8555 Roper Rd. NW T6E 5W1

Phone: 780.427.1750

- Acquires, preserves and makes available the documentary heritage of the province of Alberta.
- Throughout the year the Provincial Archives hosts numerous events and workshops. For more information on our events please visit our website.

See [HELP AT HOME – Donating Your Household Items – Historical Items](#)

Recreation and Wellness Directory for Older Adults

Edmonton Seniors Coordinating Council

Phone: 780.423.5635

Email: info@seniorscouncil.net

www.seniorscouncil.net

- The Recreation and Wellness Directory for Older Adults lists more than 1200 courses, clubs, trips and events for adults 55+ in the Edmonton area.
- Enrich your life with activities covering arts, fitness, technology, health and recreational programs.
- Browse the online directory at www.seniorscouncil.net or pick up a print copy.

See SENIORS' INFORMATION SERVICES – Seniors' Services Organizations, and VOLUNTEER RESOURCES for ESCC listings

Senior Citizen Centres

Most senior citizen centres have recreational programs; refer to the [Senior Centres, Clubs and Groups](#) chapter for listings, and call those that interest you.

Ukrainian Canadian Archives and Museum of Alberta

9543 110 Ave. NW T5H 1H3

Phone: 780.424.7580

Email: ucama@shaw.ca

www.ucama.ca

Hours of operation: Tues-Fri 10am-5pm, Sat 12 noon-5pm

- Welcomes small tour groups.
- Research library available.
- Membership opportunities.
- Building new museum; donors can receive artistic plates or donor wall recognition.

Seniors Information Phone Line

Connecting Seniors to Supports and Services

Dial 

Social Activity Matters

Staying socially active is an important part of our overall health.

Visit Sage and get connected!

780.423.5510



sage

University of Alberta Botanic Garden

51227 AB 60, Parkland County, AB T7Y 1C5
780-492-3050

Email: uabg.info@ualberta.ca

www.botanicgarden.ualberta.ca

Hours of Operation: Open daily, May 1 through Thanksgiving. Check website for hours.

- The University of Alberta Botanic Garden (formerly the Devonian Botanic Garden) is a 97 hectare (240-acre) property located in Parkland County, 15 minutes southwest of Edmonton, with cultivated gardens and plant collections, indoor showhouses, and extensive natural areas.
- Includes the stunning new Aga Khan Garden, Alberta, a 4.8 hectare Mughal-inspired garden, made possible by a gift from His Highness the Aga Khan. Other highlights include the Kurimoto Japanese Garden; a Tropical Showhouse with exotic butterflies; Temperate and Arid Showhouses; alpine, herb, rose, peony, lilac, lily and primula collections; Indigenous Garden; trial beds and much more. Amenities include gift shop, outdoor patio café, guided tours, group discounts.


Waskahegan Trail and Trail Maintenance

P.O. Box 131 Edmonton AB T5J 2G9


Email: information@waskahegantrail.ca

www.waskahegantrail.ca

- 10 km guided hikes every weekend. Country hikes April through October, city hikes November through March. Guests welcome.
- Want some exercise? Come to our trail maintenance work parties most Wednesdays and Saturdays.
- Membership and Waskahegan Trail Guide Book available.
- Visit www.waskahegantrail.ca or check Vue Weekly, Edmonton Journal listings.



Formerly the
Devonian Botanic
Garden

 UNIVERSITY OF ALBERTA
BOTANIC GARDEN

**Something
beautiful is
growing here.**

Experience 240 acres of tranquil beauty in our cultivated gardens, indoor showhouses and the beautiful new Aga Khan Garden, Alberta.

botanicgarden.ualberta.ca 780-492-3050

Located in Parkland County, 5 km north of Devon on Hwy 60

YMCA of Northern Alberta

www.northernalberta.ymca.ca

Offering over 20 drop-in fitness classes for seniors including cardio, strength, yoga, Tai Chi, Zumba®, aquatics, Pickleball and more.

- No contracts
 - No cancellation fees
 - Support from certified staff
 - Indoor running/walking track
- Seniors rates and financial assistance available.

Castle Downs Family YMCA (North Edmonton)

11510 153 Ave NW
780.476.YMCA (9622)

Don Wheaton Family YMCA (Downtown Edmonton)

10211 102 Ave NW
780.452.YMCA (9622)

Jamie Platz Family YMCA (West Edmonton)

7121 178 St NW
780.481.YMCA (9622)

William Lutsky Family YMCA (South Edmonton)

1975 111 St NW
780.439.YMCA (9622)

YMCA Welcome Village - Family Resource Centre (Downtown Edmonton)

9538 103A Ave NW
780.426.9265

LIBRARIES

CNIB

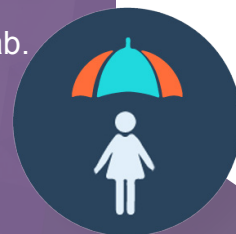
12010 Jasper Ave. NW T5K 0P3
Phone: 780.488.4871

- In coordination with the Centre for Equitable Library Access, CNIB Library Services offers both 'home bound' audio book services and access to accessible material such as audio and braille books at your local library. For individuals with vision loss, a specialized audio book reader is available.

See [HEALTH & WELLBEING-Health Service Organizations](#) for complete listing.

JUNE 15 WORLD ELDER ABUSE AWARENESS DAY

For more information on elder abuse visit the Sage website and look under the NEED HELP? tab.



www.mysage.ca

Edmonton Public Library

Main location: Enterprise Square
10212 Jasper Ave T5J 5A3

Phone: 780.496.7000

www.epl.ca

Hours of Operation:

(Enterprise Square Only)

Mon-Fri 9am–9pm

Sat 9am–6pm, Sun 1pm–5pm

- Hours vary by location.

For hours of operation of other
EPL locations, please contact the
branch or visit epl.ca.

- EPL has been designated Senior
Friendly™

EPL Locations

Abbottsfeld - Penny McKee Branch

3410 118 Ave. NW T5W 0Z4

Phone: 780.496.7839

Calder Branch

12710 131 Ave NW T5L 2Z6

Phone: 780.496.7090

Capilano Branch

9915 67 St NW T6A 3C2

Phone: 780.496.1802

Castle Downs Branch

106 Lakeside Landing,

15379 Castle Downs Rd. NW T5X 3Y7

Phone: 780.496.1804

Clareview Branch

3808 139 Ave. NW T5Y 3E7

Phone: 780.442.7471

eplGO – West Henday Promenade

818 Webber Greens Drive,

West Henday Promenade T5T 4K5

Phone: 780.796.8342

Heritage Valley

2755 119A St. SW T6W 3R3

Phone: 780.496.4834

Highlands Branch

6710 118 Ave. NW T5B 0P3

Phone: 780.496.1806

Idylwylde Branch

8310 88 Ave. NW T6C 1L1

Phone: 780.496.1808

Jasper Place Branch

9010 156 St. NW T5R 5X7

Phone: 780.496.1810

Lois Hole Branch

17650 69 Ave. NW T5T 3X9

Phone: 780.442.0888

Londonderry Branch

110 Londonderry Mall,

137 Ave. & 66 St. T5C 3C8

Phone: 780.496.1814

McConachie Branch

16607 50 St. NW T5Y 0C8

Phone: 780.496.1587

Meadows Branch

2702 17 St. NW T6T 0X1

Phone: 780.442.7472

Mill Woods Branch

2610 Hewes Way NW T6L 0A9

Phone: 780.496.1450

Riverbend Branch

460 Riverbend Square,

Rabbit Hill Rd. & Terwillegar Dr.

T6R 2X2

Phone: 780.944.5311

Sprucewood Branch

11555 95 St. NW T5G 1L5

Phone: 780.496.7099

Strathcona Branch

8331 104 St. NW T6E 4E9

Phone: 780.496.1828

Whitemud Crossing Branch145 Whitemud Crossing Shopping
Centre,

4211 106 St. NW T6J 6L7

Phone: 780.496.1822

Woodcroft Branch

13420 114 Ave. NW T5M 2Y5

Phone: 780.496.1830

epl2you**Edmonton Public Library**

Phone: 780.496.6894

- Provides library materials to older adults, ill or disabled individuals who are unable to get to the library, through delivery to their homes, extended-care facilities or senior's lodges.
- Special materials available: large print books, Daisy Books and Daisy Players (digital talking books), audiobooks on CD, descriptive videos and DVDs, digital content.

Leduc Public Library

2 Alexandra Park Leduc AB T9E 4C4

Phone: 780.986.2637

Email: infodesk@leduclibrary.ca www.
leduclibrary.caHours of Operation: Mon-Thurs 10am-9pm,
Fri-Sat 10am-5pm, Sun 12pm-4pm(The library is closed on Sundays from May
through to the Labour Day Weekend.)

- Outreach Services brings large print

books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities.

- The Library provides a substantial collection of audio and large print books.
- Staff provide one-on-one training sessions. Sessions must be booked in advance.

St. Albert Public Library5 St. Anne Street **St. Albert** AB T8N 3Z9

Phone: 780.459.1530

Email: sapl@sapl.ca

www.sapl.ca

Hours of Operation: Mon-Thurs 9am-9pm;
Fri 9am-6pm; Sat 9am-5pm; Sun 1pm-5pm

- Free programs of interest to seniors
- Many formats available for borrowing with a library membership, including large print, CD audiobooks, DVDs, blu-rays and playaways.
- Home library service is available for residents of St. Albert living in their own home who are unable to visit the library due to a temporary or permanent disability; a volunteer will deliver materials to you.

Stony Plain Public Library

112-4613 52 Ave, Forest Green Plaza

Stony Plain AB

Phone: 780.963.5440

Email: info@mysppl.ca

www.mysppl.ca

Hours of Operation: Mon-Fri 10am-8pm;
Sat 10am-5pm; closed Sun

- Free One on One Technology Help by appt
- Free Memberships
- Free/low-cost programs

Strathcona County Library

401 Festival Lane **Sherwood Park** AB T8A 5P7

Phone: 780.410.8600

Email: info@sclibrary.ca

www.sclibrary.ca

Hours of Operation: Mon-Fri 9:30am-9pm,

Sat 9:30am-5pm, Sun 1pm-5pm

Additional rural service provided by the Bookmobile

- FREE Library cards
- Free programs: technology, book clubs, authors, films, genealogy, travel, and more
- Outreach for people who are unable to come to the library
- Resources large print, e-books, movies, audiobooks, DAISY books, and more

TRAVEL INSURANCE

Consider whether purchasing travel insurance is right for your trip.

Types of Travel Insurance Coverage

- **Medical** travel insurance can help provide coverage to limit out-of-pocket costs if you become injured or sick.
- **Evacuation** - If you're abroad and must deal with a natural disaster or political unrest, getting to a safe place in a strange land is a harrowing experience. It can also be incredibly expensive. Travel insurance can help cover the cost of getting out of harm's way.
- **Cancellation** travel insurance covers cancellations due to illness and injury, and other problems such as if your tour provider goes bankrupt or an airline delay causes you to miss your event.
- **Baggage** insurance will provide some reimbursement for lost, damaged or stolen luggage.
- **Death and dismemberment** - Similar to typical life insurance, this option provides your heirs with a payout should you die during your trip.

TRAVEL SERVICES

Canada's Passport Program

Apply for a Canadian passport:

Phone: 1.800.567.6868

TTY: 1.866.255.7655

Canada.ca/passport (Complete the application form online and then print it)

Applications may be made:

In person

Passport Edmonton Office

Canada Place Building,

126-9700 Jasper Ave.

Mon-Fri: 7:30am-5pm

OR

at a Service Canada Office

Join Sage
Online

Find us on Twitter, Facebook,
and YouTube!

[TWEET@sageyeg](https://twitter.com/TWEET@sageyeg)

www.MySage.ca

Sage



OR contact the nearest Government of Canada office abroad:
travel.gc.ca/assistance/embassies-consulates

By mail

Government of Canada
 Passport Program
 Gatineau QC K1A 0G3 Canada

By courier

Passport Program
 22 de Varennes St.
 Gatineau QC J8T 8R1 Canada

Simplified Renewal Application Process

If you are eligible to use the Simplified Renewal Application Process, you need only provide a completed simplified renewal passport application (PPTC 054), along with your current Canadian passport, the required fee and two recent photos*.

The Simplified Renewal Application Process does not require supplementary identification or guarantor information.

To be eligible for Simplified Renewal, your current Canadian passport must:

- be submitted;
- be valid or expired for no more than one year;
- have been issued based upon an adult application form. (16 years of age or older at the time of your previous application);
- be in the exact same name, sex, date of birth and place of birth as requested on your new simplified

renewal application form;

- have been issued for five (5) or ten (10) years;
- not be damaged;
- never have been reported lost or stolen.

With the Simplified Renewal Application Process, you can apply in person in Canada at any Passport Canada office or Service Canada receiving agent location, or by mail in Canada or from the United States, or in person at a Government of Canada passport issuing office abroad.

Check passport processing times at: Canada.ca/passport.

*The new photos are only valid for 6 months from date they were taken. They do not need to be signed by anyone (guarantor). However, the name and address of the photographer or studio, as well as the date the photos were taken, must be provided on the back of one photo. Refer to the photo requirements at: www.canada.ca/passport

Adults (16 years of age or over) have the option of a 5-year or 10-year passport.

Travel Health Clinic

Traveller's Health Services / Immunization

Business Unit, Alberta Health Services
 440-10030 107 St. North Tower T5J 3E4
 Phone: 780.735.0100

- Appointments Required for Immunizations
- General Travel Information available from www.cdc.gov/travel

Social Activity Matters

Staying socially active is an important part of our overall health.

Visit Sage and get connected!

780.423.5510



sage

Chapter Contents

- Personal Safety Information
- Frauds and Scams
- False Charities
- Inheritance Scheme

PERSONAL SAFETY INFORMATION

Canadian Marketing Association

To reduce unwanted advertising mail register with CMA's Do Not Mail Service free of charge.

CMA Do Not Mail Service

Phone: 416.391.2362

Email: donotmail@the-cma.org

www.the-cma.org

- The Canadian Marketing Association does not maintain, rent or sell any consumer marketing lists. All our members that engage in direct (to consumer) marketing are required to use our Do Not Mail list to remove matching names from their marketing lists. Names are maintained on the service for 6 years and the service takes approximately six weeks to take effect.
- To reduce telemarketing calls, register your phone number with the National Do Not Call List. Call 1.866.580.3625 or visit www.LNTE-DNCL.gc.ca

Good Samaritan TeleCare

8861 75 St. T6C 4G8

Phone: 780.431.3630

Email: telecareinfo@gss.org

www.goodsamaritantelegare.com

Hours of Operation: Good Samaritan TeleCare® completes its continuum of care with exemplary response services, 24 hours a day, seven days a week, ensuring that every alert or alarm gets responded to in an appropriate and timely manner.

- Monitoring services in 170 languages for help button, fall alert & flood detection.
- Auto-off stove & microwave devices.
- Not for profit charity with easy to cancel month to month service.

FRAUDS AND SCAMS

Every day, seniors are at risk of being taken advantage of by criminals. Although many legitimate businesses market their products and services over the telephone (telemarketing), door-to-door, or through the Internet, mail, newspaper and magazine ads, there are some dishonest people who will use these methods to try to take your money. Learn how to tell the difference between a legitimate and honest offer and individuals who could be defrauding you.

The following information is from **The Little Black Book of Scams**, a fraud protection guide provided by the Competition Bureau. To order a copy: 1.800.348.5358. To view the full guide online, visit www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html

Scammers Do Not Discriminate

Scammers target people of all backgrounds, ages and income levels. Fake lotteries, Internet frauds, get-rich-quick schemes, and miracle health cures are some of the favoured means of separating the unwary from their money. New varieties of these scams appear all the time. Some popular scams include:

Lotteries, Sweepstakes, and Contests

You cannot win money or a prize in a lottery unless you have entered it yourself, or someone else has entered it on your behalf. You cannot be chosen as a random winner if you did not submit an entry.

Money Transfer Requests

Be very careful when someone offers you money to help transfer their funds. Once you send money to someone, it can be very difficult, if not impossible, to get it back, and you also risk having your identity stolen.

Internet Scams

Don't just assume an email you receive is legitimate. If the email is asking you to visit a website to "update", "validate" or "confirm" your account information, be sceptical.

Handy Hints to Protect Yourself

Protect Your Identity

- Only give out your personal details and information where it is absolutely necessary and when you trust the person you are speaking to or dealing with.
- Destroy personal information: don't just throw it out.

Money Matters

- Never send money to anyone you don't know and trust.
- Do not send any money or pay any fee to claim a prize or lottery winnings.

The Face-to-Face Approach

- If someone comes to your door, ask to see some identification. You do not have to let them in, and they must leave if you ask them to.

Telephone Business

- Do not give out your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.

Email Offers

- Never reply to a spam email - the best course of action is to delete any suspicious emails without opening them.
- Legitimate banks and financial institutions will never ask you for your account details in an email or ask you to click on a link in an email to access your account.

Internet Business

- Install software that protects your computer from viruses and unwanted programs and make sure it is kept current. If you are unsure, seek the help of a computer professional.
- Never enter your personal, credit card or online account information on a website that you are not sure is genuine.
- Never send your personal, credit card or online banking details through an email.

Scams and You: What To Do If You Get Scammed!

Report a scam. By reporting the scam to authorities, they may be able to warn other people about the scam and minimize the chances of the scam spreading further. You should also warn your friends and family.

If you think someone has gained access to your online account, telephone banking account or credit card details

call your financial institution immediately so they can suspend your account and limit the amount of money you lose. Credit card companies may also be able to perform a "charge back" (reverse the transaction) if they believe that your credit card was billed fraudulently.

If you have sent money to someone that you think may be a scammer:

- If you sent money through an electronic funds transfer (over the Internet), contact your financial institution immediately. If they have not already processed the transfer, they may be able to cancel it.
- If you sent a cheque, contact your financial institution immediately. If the scammer hasn't already cashed your cheque, they may be able to cancel it.
- If you sent money through a wire service (such as Western Union or Money Gram), contact the wire service immediately. If you are very quick, they may be able to stop the transfer.

Reporting a Scam

The Canadian Anti-Fraud Centre

www.antifraudcentre.ca

Phone: 1.888.495.8501

[See full listing this section](#)

The Competition Bureau's Information Centre

www.competitionbureau.gc.ca

Phone: 1.800.348.5358

Contact the police

If you are the victim of fraud - you have suffered a loss because of someone's dishonesty or deception - you should contact your local police (particularly if the amount involved is significant). You should contact the police if you have had your property stolen or have been threatened or assaulted by a scammer.

Alberta Securities Commission (ASC)

Phone Toll Free: 1.877.355.4488

Email: inquiries@asc.ca

www.albertasecurities.com

www.checkfirst.ca

Hours of operation:

Mon-Fri 8am–5pm

(with some exceptions on major holidays)

Free, impartial information on investing

and avoiding investment fraud. If

you're approached with an investment opportunity, do your own research before making a decision.

Visit the ASC website or call to:

- check registration and disciplinary history of an individual or firm offering an investment;
- make a complaint or report a suspicious investment opportunity; or
- request free investor education brochures.

Service Alberta and Consumer Contact Centre

Edmonton: 780.427.4088

Toll Free: 1.877.427.4088

www.servicealberta.ca

Follow the Consumer Information link. Information on Fraud Awareness is also available online at www.seniors.gov.ab.ca

The Canadian Anti-Fraud Centre

Box 686, North Bay, ON P1B 8J8

Toll Free: 1.888.495.8501

www.antifraudcentre.ca

Hours of Operation:

Monday-Friday 9am-4:45pm EST.

- The Canadian Anti-Fraud Centre (CAFC) is a joint forces operation with the RCMP, OPP and the Competition Bureau.
- The CAFC collects information and criminal intelligence on mass marketing fraud, and identity fraud schemes. The CAFC does not investigate but provides valuable assistance to law enforcement agencies all over the world.
- The CAFC Senior Support Unit has senior volunteers that call back senior victims to offer education & support.

The CAFC top mass marketing scams targeting seniors:

Tax scams: Fraudsters are calling impersonating the Canada Revenue Agency claiming that a recent audit has identified discrepancies from past filed taxes. Repayment is required immediately. Fraudsters threaten consumers with jail time and/or deportation. Fraudsters want payment asap. Contact the CRA at 1-800-959-8281 to confirm if you owe back taxes or

are entitled to a refund. The CRA would never request payment by money service business, iTunes gift cards or bitcoin.

Phishing Scams are misleading and deceptive emails, falsely claiming to be from a legitimate organization such as a financial institution, business or government agency in an attempt to have the consumer surrender private and personal information.

These unsolicited phishing scams are designed to get victims to click on malicious links or attachment that result in the installation of malicious software. Watch for spelling and formatting errors. Check the embedded hyperlink in the suspicious email by hovering your mouse over the link to verify the address. Do not click on any attachments; they can contain viruses and spyware. Go with your gut. If an email seems fishy it probably is.

Prize Scams

can may target you by phone, email or social media. They say you are winner of a large lottery or sweepstake. They may claim to represent "Reader's Digest" or "Publisher's Clearing House" and before you get your winnings, you are required to pay a small advance fee to cover taxes or legal fees associated with the win. Never pay fees upfront through a money service business such as Western Union, MoneyGram or by loading funds to prepaid credit cards such as iTunes. Any unsolicited phone call advising that you have won a lottery is fake. No winnings are ever received.

Service Scam

Any false, deceptive or misleading offer of services. These scams typically involve third parties offering anti-virus protection, lower credit card interest rates.

Emergency/Grandparent Scam

A grandparent receives a phone call from a con artist claiming to be a grandchild. They claim being in a car accident, and in trouble with the law and need money. Wanting to help, the victim sends the money as instructed. Variations on the scam exist but predominantly the emergency scam is directed toward the grandparents.

Extortion Scam

Consumers receive a call or text message claiming that they owe "back taxes" as the result of an audit. The payment must be made immediately to avoid a fine. However, the recipient is told that the outstanding warrant can be avoided if the payment is made promptly. In many cases, individuals are told they will be deported if the taxes are not paid right away. Consumers are instructed to purchase and activate iTunes gift cards and provide the codes back to the fraudsters.

Warning sign(s) - How to protect yourself:

- If you are asked to pay for any service or product with CRA or CIC by prepaid cards such as an iTunes gift card, don't do it, it's a scam!
- Ask yourself why the CRA would be asking for payment through an iTunes gift card over the phone or text message when they already have you on file as a taxpayer.
- Contact the CRA to confirm that you in fact owe back taxes, or are entitled to a refund, before providing any personal or banking information.

But the scam with the highest financial loss is the:

Romance Scam

Any individual with false romantic intentions towards a victim and by gaining their affection and trust (sometimes with the promise of marriage) gains access to the victim's money, bank account, credit cards or in some cases by getting the victims (usually unknowingly) to commit fraud on their behalf.

In 2011, Romance scams emerged as highest grossing scam, with over 12 million in losses reported by Canadians. This scam has also lead to incidents of suicide in cases where victims have lost their life saving and have been emotionally destroyed.

For more information about frauds and scams contact:

- **Service Alberta and Consumer Information Centre**
- **The Canadian Anti-Fraud Centre**

How To Report Fraud

It's not always easy to spot a scam, and new ones are invented every day.

If you suspect that you may be a target of fraud, or if you have already sent funds, don't be embarrassed - you're not alone. If you are a victim of fraud – file a report with your local police.

If you want to report a fraud, or if you need more information, contact The Canadian Anti- Fraud Centre:

Ways to report fraud

- On-line:

www.antifraudcentre-centreantifraude.ca

To all users: This application works best with Internet Explorer.

- Toll Free: 1.888.495.8501

Identity Theft and Identity Fraud Victim Assistance Guide

Tips that will help minimize your risk.

1. Before you reveal any personally identifying information, find out how it will be used and if it will be shared.
 2. Pay attention to your billing cycles. Follow up with creditors if your bills don't arrive on time.
 3. Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
 4. Utilize passwords on your credit card, bank and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN or your phone number.
 5. Minimize the identification information and number of cards you carry.
 6. Do not give out personal information on the phone, through the mail or over the internet unless you have initiated the contact or know whom you're dealing with.
 7. Keep items with personal information in a safe place. An identity thief will pick through your garbage or recycling bins. Be sure to tear or shred receipts, copies of credit applications, insurance forms, physician statements and credit offers you get in the mail.
 8. Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
 9. Don't carry your SIN card; leave it in a secure place.
- If you suspect or know that you are a victim of identity fraud, or if you unwittingly provided personal information

or financial information: Keep records of steps taken to clear your name and re-establish your credit.

Step 1 - Contact your bank/financial institution and credit card company

Step 2 - Contact the two national credit bureaus. Let them know you are a victim or at risk for ID fraud.

Request a fraud alert be placed on your credit report (Dispute any activity on your report that you did not initiate).

Equifax Canada

Toll free: 1.800.465.7166

TransUnion Canada

Toll free: 1.877.525.3823

Quebec residents: 1.877.713.3393

Step 3 – If you are a victim of ID fraud contact your local police force and file a report.

Step 4 - Report identity fraud to the **Canadian Anti-Fraud Centre**

Toll free: 1.888.495.8501

FALSE CHARITIES

In Canada we have a long and honourable tradition of voluntary giving, often through charity organizations. If an unfamiliar charity organization contacts you - by mail, phone, or Internet - be careful. Are they bogus?

Warning signs

- High pressure or threatening.
- Want you to contribute immediately.
- Thanks you for a pledge you didn't make.
- Copycat, misleading, or deceiving names.

What you can do: Ask

- for information to be sent to you in writing.
- how much of your gift will be used directly for the charity.
- how much goes to administrative costs.
- if the charity is registered, get their charitable tax number. Call the Canada Revenue Agency at 1.800.267.2384. Compare numbers.

What else you can do:

- Never give your personal/financial information.
- Call the charity. Do they know of the appeal? Ask them the above questions.
- Remember, on an incoming call a person could be misrepresenting a legitimate charity.
- Once a year, decide which charities you want to donate to and send your cheque directly to their head office. There are more than 85,000 registered charities in Canada. The **Canada Revenue Agency** (CRA) reviews applications for registered status and determines if an organization's purposes and activities are charitable and provide a public benefit. To find out if an organization seeking a donation from you is a registered charity, visit canada.ca/charities-list

INHERITANCE SCHEME

Foreign Money Offer: Any solicitation commonly offering or requesting assistance in the transfer of a large sum of money from an international country. The solicitation may also come from a lawyer or some legal entity advising the victim of an inheritance of a sum of money. The victim must pay one or more advance fees before the money can be released. The money or inheritance is fictitious and the victim never receives the money promised. This is sometimes referred to as Nigerian, 419 or West African fraud.

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial ®

CONNECTING EDMONTON SENIORS

Am I at risk of social isolation?

- ☐ I am content with my friendships and relationships
- ☐ I have enough people I feel comfortable asking for help at any time
- ☐ I am as socially and physically active as I want to be
- ☐ I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:
www.connectingedmontonseniors.ca

Introducing Health Services at Sage

- Annual check-ups
- Treatment for acute and chronic illnesses
- Prescription refills
- Health information and education
- Home visits for health services (if mobility is an issue)
- Health assessments
- Diabetes and respiratory health program
- Mental health services
- Urgent care

sage



Drop-in or by appointment.
780.423.5510
healthservices@mysage.ca

Chapter Contents

- **Resources to Maintain/Improve Driving Skills**
- **Support Groups for Driver Cessation**
- **Transportation Options for People Not Driving**
- **Public Transportation**

RESOURCES TO MAINTAIN/ IMPROVE DRIVING SKILLS

Alberta Safety Council

4831 93 Ave. NW T6B 3A2

Toll Free: 1.800.301.6407

Email: info@safetycouncil.ab.ca

www.safetycouncil.ab.ca

- The Canada Safety Council's 55 Alive Mature Drivers Course is offered through the Alberta Safety Council.

Alberta Transportation

Driver Fitness and Monitoring

Main Floor, 4999 98 Ave. T6B 2X3

Phone: 780.427.8230

Email: Driver.Fitness@gov.ab.ca

www.transportation.alberta.ca

- The Driver Fitness and Monitoring Section of Alberta Transportation is responsible for making decisions relating to a person's medical and/or physical fitness to drive.
- Medical reports are required upon renewal of Class 5, 6 and 7 operator's license at age 75, 80 and every two years thereafter. The same report is required for holders of Class 1, 2 and 4 commercial drivers' licenses every five years until age 45, every two years until

age 65, and then annually after the age of 65.

- The Alberta Health Care Insurance Plan will pay for medical exams for motor vehicle operators who are 74 years and six months of age and over.

Alberta Motor Association

CAA Seniors Driving Portal

SeniorsDriving.caa.ca

- SeniorsDriving.caa.ca is an online resource for seniors
- Whether you're a senior driving or a caregiver, our online portal has all the information and tools to help seniors stay safe behind the wheel

AMA Mature Driver Course

Toll Free: 1.800.642.3810

Email: drivered@ama.ab.ca

www.AMADriverEducation.ca

Keeping drivers on the road as long and as safely as possible

- 6 hours of classroom instruction i.e. rules of road; strategies and tips for safe driving
- Held at Kingsway AMA Centre
- Call for fees and dates
- In-car refresher is also available

AMA Senior In-vehicle Evaluation

Edmonton and area, Calgary and area, Red Deer, Camrose, Lethbridge, Medicine Hat and Grande Prairie

Phone: 1.800.642.3810

Email: drivered@ama.ab.ca

AMADriverEducation.ca/InVehicleEvaluation

- You'll get an honest evaluation of your driving ability and receive feedback on things you are doing well and recommendations for improvement.

- Some of the things included: vision screening and questionnaire, 45 minute in-vehicle evaluation, confidential feedback (verbal and written) and recommendations.

SUPPORT GROUPS FOR DRIVER CESSATION

Medically At-Risk Driver Centre (MARD)

University of Alberta

6-40 University Terrace T6G 2T4

Phone: 780.492.6273

Email: mard@ualberta.ca

www.mard.ualberta.ca

- Visit our website to access the **Online Listing of Alternate Transportation Service Providers** in the Greater Edmonton Area (<https://mard.med.ualberta.ca/mard/db/>).
- Also visit our website to access the **Edmonton and Area Guide to Mobility and Independence** (www.mard.ualberta.ca).
- Contact the MARD Centre for information on the availability of the **Driving Cessation Support Groups** in Edmonton and area.

TRANSPORTATION OPTIONS FOR PEOPLE NOT DRIVING

Bridge to Care Inc.

A Canadian based Not for Profit Healthcare Organization

Divisional office: 100-5013 48 St.

Stony Plain AB T7Z 1L8

Corporate office: 2-322, McLeod Ave, **Spruce Grove**, AB T7X 0J6

Phone: 780.591.1000

Toll-free: 1.800.717.5536

Email: info@bridgetocare.org

www.bridgetocare.org

Hours of Operation: 9am-5pm

Our Services:

- Transportation for Seniors and for people with Physical & Mental Disabilities

See also **HEALTH & WELLBEING – Home Health Care Agencies**

Comfort Keepers

Phone: 780.465.4665 for 24/7 service

Email: edmonton@comfortkeepers.ca

Edmonton.ComfortKeepers.ca

- Comfort Keepers provides superior dedicated drivers that offer fully escorted transportation for appointments, shopping, events, etc. Call for details.

See **HEALTH & WELLBEING – Home Health Care Agencies** for complete listing.

NEED HELP?

We're here to support seniors.

At Sage, we believe that all of us - regardless of age - have strengths, abilities, and gifts to share.

Through more than 100 programs and services, we work with seniors to meet both of these equally important aspects of aging: increasing resilience and reducing vulnerability when needed, and inspiring seniors to continue to build and enrich our communities.

www.MySage.ca 780.423.5510



Driving Miss Daisy

Edmonton Downtown & West Edmonton

Phone: 780.777.8813

Email: jim@drivingmissdaisy.net

Hours of Operation: Mon-Fri 8am-5pm

- We provide you with the opportunity to maintain your independence when driving is no longer an option for you.
- We offer friendly and courteous assistance and accompaniment services to: medical appointments, personal shopping, banking and hair appointments, adult care programs.
- We welcome the opportunity to meet with you and discuss your specific needs. Payment can be made by VISA or MasterCard.

Drive Happiness Seniors Assisted Transportation

A registered Canadian charitable organization providing door-through-door seniors assisted transportation.

Phone: 780.424.5438

Email: info@drivehappiness.ca

www.drivehappiness.ca

Our Services:

- We provide safe, secure transportation for seniors, in Edmonton and the surrounding communities to activities such as appointments, shopping, visiting family & friends and religious services.
- We operate 24 hours a day, 7 days a week, ride bookings accepted Mon-Fri 9am-4pm.
- Application to the rider program required in order to start booking rides.

Service Provided by see next ad.

Drive Happiness Seniors Association.

See listing in SENIOR CENTRES, CLUBS & GROUPS – South West

Home Instead Senior Care Edmonton

East location: Serving East Edmonton, Sherwood Park, Fort Saskatchewan, Clairview, Capilano, Millwoods, Summerside, Beaumont, East Leduc. 1004 Parsons Rd SW Unit 8 T6X 0J4
Phone: 780.465.5373 Answered 24/7
Contact: Lynn or Brent Boyd
Email: brent.boyd@homeinstead.com
www.homeinstead.com/EastEdmonton
Office hours: Mon-Fri 8am-4pm
Care hours: 24/7 on-call

- We provide dedicated CAREGivers that drive and escort our clients to all different types of activities such as: doctor's appointments, hospital discharge, grocery shopping, church service, Visit family or friends, medication pick up, fun-filled outings, Shopping centres.

See our Ad on the last page of the Directory

Operation Friendship Seniors Society – Helping Hands

Phone: 780.429.2626

- Provides transportation for seniors, living in the inner city of Edmonton, to appointments, for shopping, and to access other community resources and supports.
- Services targeted to: Seniors 55+; Living



DRIVING MISS DAISY IS A CAREGIVER WITH A CAR
Edmonton Downtown and West Edmonton Franchises

(780) 777-8813

jim@drivingmissdaisy.net

Wheelchair-Accessible



Van available

between 118 Ave. and the River Valley
and between 82 St. and 101 St.

See also SENIOR CENTRES, CLUBS & GROUPS
– Central, HELP AT HOME - Outreach, HELP
AT HOME - Donating Household Items.

Seniors Caring About Seniors

100-6770 129 Ave T5C 1V7

Phone: 780.465.0311

Email: info@sscass.com

www.sscass.com

- Services for low-income seniors living on the south-side. Membership fee applies.
- Transportation by Volunteer Drivers to city appointments. Ticket required for 1½ hour ride, contact us for pricing.

See also HELP AT HOME – Home Services

Yellow Cab

10135 31 Ave. NW T6N 1C2

Phone: 780.462.3456

www.edmtaxi.com

Hours of Operation: 24/7

- Seniors Discounts Available
- Caring seniors friendly trained drivers provide the assistance you need to ensure a safe and comfortable trip
- Scooter and wheelchair accessible vehicles at no added cost

PUBLIC TRANSPORTATION

Edmonton Transit Service

Phone: 311 for information about routes, schedules, fares, etc.

Email: 311@edmonton.ca

www.takeETS.com

- Provides public transportation in Edmonton and to the Edmonton International Airport.

Fare rates 2018 for seniors (65+)

Cash Fare \$3.25

Senior 10 Ticket Pack: \$23

Senior Monthly Pass \$15.50

- All senior residents of Edmonton aged 65 years and older qualify for an annual seniors transit pass for \$136.50. Seniors receiving the Federal Guaranteed Income Supplement (G.I.S) may qualify for the low income annual senior pass for \$59.25.
- Annual passes are non-transferable, are valid April 1st of the year purchased until March 31 of the following year for unlimited travel on regular ETS buses, LRT and DATS service if senior is a registered DATS user.
- Visit TakeETS.com or the Edmonton Service Centre for more information.

YELLOW CAB
Serving Edmontonians since 1945.



- Scooter and Wheelchair accessible vehicles at no added cost
- Senior's Discounts available
- Caring seniors friendly trained drivers
- Flat (fixed) rates for peace of mind when booking on our mobile app



Book online at edmtaxi.com | 780.462.3456

ETS Customer Service

Phone: 3-1-1 for all transit inquiries.
Outside of Edmonton city limits call
780.442.5311

Edmonton Service Centre,
2nd Floor, Edmonton Tower
10111 104 Ave.
(across from Roger's Place Arena)

Hours: Mon-Fri 8am-4:30pm

- Sell all ETS fares including the Seniors Annual Pass
- Provides lost and found services, route planning and ride guides.

Disabled Adult Transit Service (DATS)

DATS Client Services Centre

5610 86 St. T6E 2X3

Phone: 780.496.4567

TTY: 780.496.5506

Email: dats@edmonton.ca
takeETS.com/DATS

I-Book: datsibook.gov.edmonton.ab.ca

- DATS is a door-to-door, operator assisted, shared-ride specialized transit service for those who are unable to use conventional transit.
- There is no registration fee, but customers must meet eligibility requirements and be registered before they can use DATS.
Call DATS at 780.496.4567(option 3)
- Reservation, subscription, group and same day trip bookings are offered first-come/first-serve. To book a trip, please call 3 days in advance or at least before noon the day before.
Group trips of 5 or more people must be booked by 5pm 3 days in advance.

ETS Mobility Choices Customer Training

Phone: 780.496.3000

Email: ETSCustomerTraining@edmonton.ca
takeETS.com/mobilitychoices

- Free customized training for customers experiencing difficulties using public transit due to mobility challenges, including seniors, persons with disabilities, and agencies or organizations working with persons with mobility challenges.

Ride Transit Program

The Ride Transit Program offers a monthly transit pass to eligible low-income Edmontonians at a subsidized rate of \$35/month. The program is for Edmontonians ages 6-64. Those 65+ will continue to access the ETS Senior Annual Pass Program. For more information: www.edmonton.ca/ridetransit

Parking for People with Disabilities Program

Phone: 780.427.7013

www.servicealberta.ca, then click the Drivers/Vehicles tab.

- A parking placard allows people who cannot walk 50 metres (164 feet) to use disabled parking stalls.
- For information about applying for a placard: phone, visit the website, check your Yellow Pages under License and Registry Services or visit a registry agent. Applications are also available from any physician, podiatrist, nurse practitioner or chiropractor.

Chapter Contents

• Volunteer Resources

VOLUNTEER RESOURCES

211 Alberta-Edmonton and Area, Community Information & Referral

Phone: 211

www.ab.211.ca

Talk to an Information and Referral Specialist to find organizations that match your volunteer interests.

Outside of these areas call

780.482.INFO (4636)

TTY access 780.482.7273

Edmonton Seniors Coordinating Council

Lists volunteer opportunities for older adults at www.seniorscouncil.net.

See SENIORS' INFORMATION SERVICES – Seniors' Services Organizations, LEISURE & RECREATION - Recreation Resources

Information And Volunteer Centre For Strathcona County

Phone: 780.464.4242

Seniors Line: 780.464.4265

- Volunteer services include recruitment assistance and capacity building opportunities for not-for-profit organizations.

See SENIORS' INFORMATION SERVICES – Seniors' Services Organizations – Surrounding Communities for complete listing.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Northwest corner of 100 St. and 102A Ave.

Phone: 780.423.5510.

Email: info@MySage.ca

www.MySage.ca/supporting-sage/volunteer-services

Volunteer Services

Sage Seniors Association is a multi-service agency providing seniors with a broad range of programs, activities, and services to enhance their quality of life. Sage relies on the skills and experience of its volunteers, who are an essential part of the team at Sage. Current Volunteer opportunities are posted on the Sage website: www.mysage.ca/supporting-sage/volunteer-services

Examples of volunteer positions at Sage include:

- Administrative - Clerical Support, Switch board Operator
- Reception
- Life Enrichment Instructors - Computer, Language, Special Interests, Wellbeing: physical, mental & social, etc.
- Social Work Assistant
- Food Services - Food Prep, Dishwashing, Cashier, etc.
- Data Entry
- Income Tax Preparation
- Community Relations
- Casino
- Group leaders (games, cards, book club, etc.)
- Special Events

If you would like more information, or if you have other ideas about how you can volunteer your time and talents at Sage, please call the Volunteer Coordinator at 780.701.9014.

St. Albert Community Information & Volunteer Centre

10-215 Carnegie Drive

St. Albert AB T8N 5B1

Phone: 780.459.6666

Email: volunteer@stalbertcivc.com

Volunteer positions available at:

www.stalbertcivc.com/volunteeropportunities/

- We can find a volunteer opportunity to meet your interests and abilities.
- We encourage an inclusive environment for all volunteers within our community.
- Follow-up helps ensure satisfaction of volunteer and organization.
- St. Albert CIVC offers workshops, training sessions, and educational opportunities to non-profit organizations.

See also **SENIOR' INFORMATION**

SERVICES – Senior Service Organizations Outside Edmonton

Stony Plain Family & Community Support Services & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave.

Stony Plain AB

Phone: 780.963.8583

Email: pfcss@stonyplain.com

www.stonyplain.com/pfcss

- The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the wellbeing of individuals, families and the community.
- Volunteer services include recruitment assistance and educational opportunities for not-for-profit organizations.

Volunteer Alberta

609 Empire Building,

10080 Jasper Ave. NW T5J 1V9

Phone: 780.482.3300

Email: volab@volunteeralberta.ab.ca

www.volunteeralberta.ab.ca

Volunteer Alberta is a membership-based charitable organization serving Alberta's nonprofit sector and promoting the value of volunteerism. We offer:

- programs, services, & resources (Volunteer Screening Program, Serving Communities Internship Program, funder database, online resources & more)
- networking opportunities & strategic connections
- advocacy/voice for volunteer centres and nonprofits in Alberta.

When you support Sage you support seniors.

"I got all the help I needed, to get the help I need."



sage

www.mysage.ca

INDEX

Symbols

24 Hour Distress Line	7,17
24-Hour Emergency Income Support	8
211 Edmonton and Area Community Information	14,17,33,50,52,293
311	14,39
711 Emergency TTY Access	7
811 Health Link Alberta	84
911 Emergency	7

A

A Safe Place	8,53
ACT Aquatic and Recreation Centre	270
Addiction Services Edmonton	94
ADR (Alternative Dispute Resolution) Institute of Alberta	264
Adult Bereavement Counselling Services	94
After Hours Care	91
AISH Health Benefits	67,72
Alberta Aids to Daily Living (AADL)	66,72
Alberta Association on Gerontology	32
Alberta Blue Cross	66,98
Alberta Blue Cross Plan	59
Alberta Caregivers Association	92
Alberta Centre for Active Living	96
Alberta Consumers' Association	38
Alberta Council of Women's Shelters	54
Alberta Council on Aging	46
Alberta Culture and Tourism	270

Alberta Elder Abuse Awareness Network (AEAAN)	51
Alberta Family Violence Information Line	50
Alberta Funeral Services Regulatory Board	60
Alberta Health	59,72
Alberta Health Care Insurance Plan	98
Alberta Health Services	84,128,154
Alberta Hospital Edmonton	90
Alberta Life Care Housing Foundation	236,243,247
Alberta Limited Legal Services Project ..	264
Alberta Medical Supplies	73
Alberta Motor Association	288
Alberta New Home Warranty Program Group of Companies, The ..	128,205
Alberta Poison Control Centre	7
Alberta Ombudsman	36
Alberta One Call (Buried Cables)	19
Alberta Poison Control Centre	7
Alberta Queen's Printer	204
Alberta Rose Manor	157,189
Alberta Safety Council	288
Alberta Securities Commission (ASC)	282
Alberta Seniors and Housing	52,128
Alberta Seniors and Housing - Seniors Services	32
Alberta Seniors Benefit	58,66
Alberta Seniors Communities & Housing Association (ASCHA)	128
Alberta Seniors-Seniors Services	32
Alberta Transportation	288

INDEX

Alberta Union of Provincial Employees....	36
Allen Gray Continuing Care Centre	258
Allen Gray Day Program	85
Alliance Manor.....	160, 165, 167, 171, 179
Alliance Villa	156, 171
Allied Health	87
All Seniors Care.....	236, 238, 245, 249
Alzheimer Society of Alberta & Northwest Territories	101
Alzheimer Society of Alberta & Northwest Territories	101
Amramp Alberta	74
Animal Care & Control Centre.....	18
Animal Hospitals	18
Ansgar Villa	155, 160
Alternative Dispute Resolution Institute of Alberta (ADR)	264
Approved Purchaser Protection Programs.....	205
Around 60 Club	23
Arthritis Society Alberta & NWT Division .	101
ASCHA	128, 133
Ashbourne.....	240
Aspen House Care Residence	246, 255
ASSIST Community Services Centre.....	30, 43
Assisted Living Program	102
Assisted Waste Collection Program	38
Assured Income for the Severely Handicapped (AISH)	67
ATCO Blue Flame Kitchen	38
Atria Retirement Canada	182, 193
Avenwood Corner.....	155, 166
Ayre & Oxford Inc.	174

B

Balwin Villa - Excel.....	233, 255
Barvinok Apartments	155, 167
Bateman Manor	156, 181
Beaumont Aging in Place	203
Beaumont Beauregard Manor.....	156
Beaumont Health Centre.....	92
Beauregard Manoir Apartments....	156, 190
Bedford Village.....	202, 246
Bell/TELUS Repair/Telephone Trouble.....	19
Bent Arrow Traditional Healing Society ...	14
Bereavement Support	63
Bernadette N. Swan Social Care Foundation	20
Bethany Ritchie Management Agency	181, 184
Bethany Senior Citizens Home	156, 181
Bethel Senior Citizens Residence....	156, 181
Better Business Bureau	38, 110
Beverly Place Lodge.....	155, 218
Bev O'Shea-Thomas, SRES Seniors Real Estate Specialist	
CERC (Relocation Specialist Realtor.....	123
Bishop & McKenzie L.L.P.	267
Bissell Centre	15, 120
Blood Services	102
Blossom Manor	157
Blue Cross	59, 98
Blue Flame Kitchen, ATCO	38
Boardwalk Retirement Community	216, 229
Bon Accord Sunset/Sunridge.....	156, 197
Bonnie Doon Public Health Centre	

.....	91,103
Boyle McCauley Health Centre	15,102
Boyle Street Community Services.....	15,129
Bridges Support Services	102
Bridge to Care Inc.....	105, 289
Britannia Gardens	156,171
Buchanan Manor	155,167
Building Hope Compassionate Ministry.....	16
Buildings where rent is geared to income ...	
.....	155
Bullying Helpline.....	52
Buying a condominium	203

C

CAA Seniors Driving Portal	288
Calder Place	156,172
Caleb Group	233
Caleb Manor	233
Calmar Northern Lights.....	156,195
Calmar Sunset Apartments.....	156,197
Canada Passport Program	278
Canada Pension Plan (CPP)	64
Canada Revenue Agency (CRA)	69
Canadian Anti Fraud Centre....	14,282,283
Canadian Blood Services.....	102
Canadian Cancer Society	102
Canadian Condominium Institute	204
Canadian Government Annuities (CGA)	70
Canadian Home Builder's Association.....	129,204
Canadian International Immigrant and Refugee Support Association.....	43
Canadian Marketing Association	280

Canadian Mental Health Association	
.....	17,88,103
Canada Mortgage and Housing Corporation	204
Canadian Red Cross	19
Canadian Retirement Income Calculator ...	
.....	70
Cancer Society	102
CANDORA Society	16
Candora Society of Edmonton	32
Canora Gardens Apartments	156,172
Canterbury Court	234
Canterbury Foundation	
.....	172,173,234,235,241,246
Canterbury Lane	234,250
Canterbury Manor	172
CapitalCare.....	200,203,258
CapitalCare Adult Duplexes.....	255
CapitalCare CHOICE Dickinsfield	86
CapitalCare CHOICE Mental Health.....	86
CapitalCare CHOICE Norwood	86
CapitalCare Dickinsfield	258
CapitalCare Grandview	258
CapitalCare Kipnes Centre for Veterans	258
CapitalCare Kipnes Centre for Veterans Day Program	258
CapitalCare Laurier House Lynnwood	
.....	200,255
CapitalCare Laurier House Strathcona ..	255
CapitalCare Lynnwood	258
CapitalCare McConnell Place North ..	255
CapitalCare McConnell Place West ...	255

INDEX

CapitalCare Norwood	258	Chartwell Wild Rose Retirement Residence.	235
CapitalCare Norwood Palliative Hospice	89,258	Chateau at Schonsee Square.....	167
CapitalCare Strathcona	259	Chateau Mission Court Lodge	190,224
CapitalCare Strathcona Day Program	85, 259	Chateau Missions Court Self Contained	156,190
Capital Region Housing	129	Chateau Sturgeon Lodge.....	156,224
Care Centre.....	260	Chateau Vitaline.....	255
Care at Home by Exquisicare.....	106,110	Child Abuse Hotline	7
Caregivers Alberta.....	92	Chinatown Care Centre	230,255,259
Caregivers Support Groups	92	Chinese Alliance Manor.....	156,173
Casa Romana	170	Chinese Benevolent Association.....	161
Cathedral Close.....	155,160	Chinese Elders Mansion (Tower I) ..	155,161
Catholic Social Services	43	Chinese Elders Mansion (Tower II) .	155,161
Celo Vesnivka.....	187	Chinese Senior Lodge.....	216
Central Baptist Manor.....	156,181	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly)	86
Central Lions Seniors Recreation Centre (CLSA).....	20	Christ Church (Anglican).....	17
Centre for Family Literacy	46	Christenson Communities Ltd.	200,202,235,241,246
Centre for Public Legal Education Alberta (CPLEA)	263,264	Christenson Developments Ltd.....	202
Changing Together A Centre For Immigrant Women.....	44	Christian Care Centre.....	17
Chantelle Management Ltd.....	237	Churchill Manor Retirement Residence	182
Chartwell Griesbach.....	173,235	Churchill Retirement Community	255
Chartwell Hawthorn.....	173,235	Churchill, The	230
Chartwell Heritage Valley	241	Citadel Care Centre.....	259
Chartwell Retirement Residence	247	Citadel Mews West	255
Chartwell Seniors Housing	187,235,253	Citadel Village.....	202,246
Chartwell St.Albert	246	Citizenship and Immigration	43
Chartwell Wescott Retirement Residence	253	City of Edmonton	14,38,130,270
		City of Edmonton Non-Profit Housing Corporation, The	130
		Clover Bar Lodge	225

Clover Bar Pioneer Court	206	Connecting Care / Condominium Corp	
Cloverleaf Manor	157,246	052-0900	247
Clubs and Groups	20	Connecting Edmonton Seniors	33
CNIB.....	275	Connelly-McKinley Funeral Homes	61
CNIB & Vision Loss Rehabilitation Alberta		Consumer Contact Centre - Service	
.....	103	Alberta - Housing	133
Co-Decision Making	262	Continuing Care Concerns & Resolution	
Colleges and Universities.....	46	254,258
Comfort Keepers	107,289	Continuing Care System	134
Communicable Disease Control.....	84	Continuing Education	46
Community Adult Learning Councils.....	47	Contractors - Hiring	112
Community Aids for Independent Living		Cooperatives.....	198
(CAIL).....	73	Copper Sky Lodge	255
Community Care Access.....	91	Corbett Hall Student Physical Therapy	
Community Information and Referral	17,33	Clinic, University of Alberta	87
Community Rehabilitation Interdisciplinary		Counselling	94
Service.....	87	Country Cottage Seniors Residence	
Community Urgent Services and		247,255
Stabilization Team.....	88	County Family and Community Services	
Compass Centre for Sexual Wellness ..	103	119
Compassionate Companions	93	Covenant Health Community Geriatric	
Competition Bureau's Information Centre,		Psychiatry	88
The	282	Credit and Debt Management	69
Condominiums	203	Crisis Information	14,50
Conflict Resolution Centre	264	Crisis Services, Elder Abuse.....	50
Congdon's Aids To Daily Living Ltd.	74	Crisis Support Centre.....	63
Congratulatory Messages - Federal -		Crisis Support Centre's Seniors Abuse	
Governor General & The Queen ...	40	Helpline	7
Congratulatory Messages Federal - Prime		Cross Cancer Institute.....	90
Minister & MPs.....	40	CRTC's National Do Not Call List	41
Congratulatory Messages – Provincial	41	Crystal Kids (55+ years only meal)	15
Connecting Care.....	248	Cultural Opportunities	270
Connecting Care / Boardwalk.....	229	Cultural Organizations	45

D

DATS: Disabled Adult Transit Service	292
Day Programs	85,155
Deaf & Hear Alberta	104
Dee's Tender Tootsies	109
Dementia Advice.....	88
Dementia Care Sites.....	250
Dental and Optical Assistance for Seniors	96,100
Dental and Optical Assistance for Seniors	96
Designated Supportive Living Sites	135,253
Devon Day Program.....	85
Devon General Hospital.....	89,259
Devon Goldring Manor	156,192
Devon Pioneer 73 Club	28
Devon Public Health Centre.....	92
Devonshire Care Centre	259
Devonshire Manor.....	255
Devonshire Village	202,241
Diamond Jubilee Manor	157,190
Diamond Spring Lodge	225
Dickinsfield Amity House.....	16,141
Disabled Adult Transit Service.....	292
Disaster Preparedness Program	19
Discovery Place - The Heights.....	247
Dnipro Selo Housing Society	166,185
Doctors, Find a Doctor	90
Domestic Violence Complainant Assistance Program	265
Drainage and Sewer Trouble Hotline.....	19
Drive Happiness.....	290

Drive Happiness Seniors Association	24,290
Driver Fitness and Monitoring.....	288
Driving Miss Daisy.....	290
Drop-In Single Session Counselling	94
Drop-In Counselling at Sage.....	94
Dr. Turner Lodge	226
Dr. T.W.E. Henry House	156,190

E

EARS (Elder Abuse Resource and Supports)	50
EASC Housing Registry and Placement Service.....	134
East Edmonton Health Centre	91
Easter Seals Alberta	83
Eco Medical.....	74
Edmonton Aboriginal Seniors' Centre	27,117,134
Edmonton and Area Community Informationon and Referral	50,52
Edmonton Chinatown Care Centre	230,255,259
Edmonton Chinese Senior Lodge	216
Edmonton Community Foundation	56
Edmonton Community Legal Centre ...	265
Edmonton Emergency Relief Services Society.....	14,120
Edmonton Fire Rescue Services.....	18
Edmonton General Continuing Care Centre	89,259
Edmonton Gleaners Association....	115,120

Edmonton Healing Centre for Grief & Loss 94	Emergency Protection Order Program 7,51
Edmonton Immigrant Services Association 44	Emergency Relief Services Society .. 14,120
Edmonton Indigenous Seniors' Centre27,30	Emmanuel Home 168,255
Edmonton Marigold 55 plus Recreation.....271	Employment Insurance 58
Edmonton Meals on Wheels 115	Enduring Power of Attorney..... 261
Edmonton Lifelong Learners Association (ELLA)47	Energy & Environmental Response Line..19
Edmonton Mennonite Centre for Newcomers (EMCN)44	Enviromental Public Health..... 84
Edmonton Native Healing Centre 17	Estate Planning 55
Edmonton People In Need #4..... 255	ETS Customer Service..... 292
Edmonton Public Library 276,277	Evansburg Adult Day Support Program . 85
Edmonton Seniors Centre 20,117	Evansburg Health Centre..... 92
Edmonton Seniors Coordinating Council (ESCC) 33,273,293	Evergreen Memorial Gardens 62
Edmonton's Food Bank 115,120	Excel Society..... 230,233
Edmonton Transit System..... 291	Exquisicare Inc..... 242
Edmonton Valley Zoo 271	Extendicare Eaux Claires..... 259
Education..... 46	Extendicare Holyrood South 259
Elder Abuse 49	Extendicare Leduc..... 259
Elder Abuse Resource and Supports (EARS) 50	F
ElderCare Connections Day Program.... 85	Facility Living 257
ElderCare Daybreak Day Program..... 85	Fair Taxi Fare 290
ElderCare Edmonton 93	False Charities..... 285
ElderCare Vitality Day Program..... 85	Family Violence Prevention Centre 51
Elder Move Inc..... 124	Father Hannas Apartments..... 156,187
Elections Canada 41	Federal Financial Programs & Benefits ... 64
Emergency Numbers 7	Federal Service Centres 64
	Finance..... 64,69
	Financial Programs & Benifits 64
	Financial Services 70
	Find Furniture120
	Finding a Doctor 90
	Finding Balance 97
	Fire, Non-Emergency 14

INDEX

Fire Rescue 7,18
 First Choice Orthotics..... 74
 Food Bank 115,120
 Food Services..... 115
 Forest Ridge Place 157,226
 Fort Lions Haven 156,191
 Fort Moving Ltd..... 124
 Fort Saskatchewan Wellness Support.....89
 Fort Saskatchewan Adult Day Support
 Program 85
 Fort Saskatchewan Community Hospital 89
 Fort Saskatchewan Family and Community
 Support Services..... 93
 Fort Saskatchewan Public Health Centre 92
 Fort Saskatchewan Seniors Outreach . 117
 Foster Manor 157,191
 Foyer Lacombe 259
 Frauds and Scams..... 280,281,282,284,285
 Free Hot Meals..... 14
 Full House Hoarding Program, This 118
 Funeral Benefit Alberta Supports Contact
 Centre 59
 Furniture..... 41,120

G

Gardens at Southfort Bend, The247
 Garneau Hall 242,255
 Gas Emergency (ATCO).....19
 Gateway Manor Apartments 156,182
 Gay Seniors Group..... 21

GEF Seniors Housing . 130,160,161,167,168,1
 69,170,171,172,174,175,176,181,182,18
 3,184,185,186,187,188,189,218,220,221
 ,223,224
 General Assistance 14
 General Information Number, Government
 of Alberta 41
 GeriActors & Friends Intergenerational
 Theatre Company 20
 German Canadian Cultural Association 30
 Gibbons Family Resource Centre34
 Gibbons Health Centre 92
 Gibbons Pine Crest Gardens 156
 Gibbons Spruce View Manor Lodge 156
 Glastonbury Village 200,235,255
 G.L.B.T.Q. Group (Gay Seniors)..... 21
 Gleaners Association 115,120
 Glenrose Dental Clinic..... 96
 Glenrose Rehabilitation Hospital 87
 Goldage Apartments 156,191
 Golden Age Manor - Tuoi Hac 255
 Golden Homes 156,182
 Golden Villa - Self Contained 191
 Goldring Manor Apartments 192
 Good Samaritan 259

 Good Samaritan Dr. Gerald Zetter Care
 Centre 86,259
 Good Samaritan Place 182
 Good Samaritan Place CHOICE 87
 Good Samaritan Seniors' Clinic..... 90
 Good Samaritan Society..... 182,259

Good Samaritan Society - George Hennig
Place 255

Good Samaritan Society -
Millwoods Centre.....259

Good Samaritan Society-Pembina Village ..
..... 259

Good Samaritan Society -Spruce Grove
Centre 255

Good Samaritan Society - Wedman House
..... 255

Good Samaritan Society -
Southgate Care Centre.....259

Good Samaritan Stony Plain Care Centre ..
..... 259

Good Samaritan TeleCare..... 280

Goodwill Industries of Alberta..... 120

Government of Alberta General
Information Number.....14,41

Government of Alberta General
Information Number 14

Go Volunteer 293

Grace Garden Court..... 156,183

Grand Manor On 97th - Excel
Society.....230,256

Grandview 152

Greenfield 153

Grey Nuns Community Hospital 89

Groat House Apartments 156,174

Grocery Shopping and Delivery Services
..... 115

Guardianship 53,262

H

Happy Haven Apartments..... 157,192

Harcourt House Arts Centre.....271

Hardisty Care Centre 259

Hard of Hearing Association 103

Harmony Caregiving 107,110

Havencrest Home Health Care..... 108

Health Benefit Plans 98

Health Canada 104

Healthcare Solutions..... 82

Health Centres..... 91

Health Equipment Loan Program (HELP). 83

Health Link..... 8,52,91

Health Link Alberta..... 84

Health & Wellbeing 72

Heartland Housing Foundation
.....190,191,193,194,196,225,226,227

Heart To Home Meals 116

Help at Home 110

Helping Hands Personal Assistants 111

Heritage Amphitheatre ,272

Heritage Place 193

Heritage Place 6-Plex 156,193

Heritage Place Lodge 156,226

Heritage Senior Stop-In Centre..... 24

Highland Place 155,168

Hoarding, This Full House 118

Home Builder's Association..... 129,204

Homecare & Surgical 82

homeEd..... 130

Home For Life.....130

Home health Care agencies..... 105

INDEX

Home Health Store Inc.	82
Home Instead Senior Care Edmonton	108,290
Home Living	134,154
Home Living: Alberta Health Services...	154
Home Living - Apartments.....	160
Home Living Apartments Surrounding Communities	189
Home Living - Housing Cooperatives.....	198
Housing Options - Continuing Care System	134
Home Living - Checklist	207,217
Home Relocation and Moving Resources	123
Home Service & Community Connections - SEESA	111
Home Services	110
Hong Lok Management Services Ltd.	216,230,255,259
Hope Mission.....	8,15,53
Hospitals	89
House/Apartment Rentals.....	130
Household Items to Donate	120
Housing.....	123
Housing Association (ASCHA).....	128,133
Housing Registries.....	133
How To Report Fraud	284
Humane Society.....	18
Huntington Disease Resource Centre.....	104
Hutton Place	155,161

I

Identity Theft and Identity Fraud Victim Assistance Guide	284,285
Immigrant Serving Agencies.....	30,43
Immigration, Refugees and Citizenship Canada	43
Inclusion Alberta.....	121
Income Tax Assistance	69
Indigenous Seniors' Centre	30
Information and Support at Sage	22,95
Information and Volunteer Centre for Strathcona County	34,293
Information Protection Act	204
Inner City Pastoral Ministry.....	15
Insurance Bureau of Canada.....	41
Integrated Life Care Inc.....	247
Internal Revenue Service (IRS) United States	69
International Immigrant and Refugee Support Association.....	43
Ironwood Estates.....	193
Ital-Canadian Seniors Association	30
Islamic Family and Social Services Association (IFSSA)	45

J

Jasper Place Continuing Care Centre	259
Jasper Place Wellness Centre	17
Jewish Family Services	30
Jewish Family Services - Integrity Counselling	94

Kanji Law Office	268
Kaye Edmonton Clinic	91
Kensington Campus-Kensington Village	221
Kerby Centre - Calgary	34
Kerby Centre Housing Registry	134
Kinsmen Sports Centre.....	272
Kipnes Centre for Veterans.....	145
Kipohtakawkamik Elders Lodge	256
Kiwanis Apple Blossom Manor	157,193
Kiwanis Place Apartments	155,161
Kiwanis Place Lodge.....	155,217
Knox-Met Manor.....	156,188
Kobewka Stark Law Office.....	268

Lakeside Legion Manor	157,194
Landlord and Tenant Advisory Board...	130
Land Titles.....	59,130
La Soci��t�� des Manoirs St. Joachim et St. Thomas.....	165,186
Last Post Fund	58,66
Lauderdale Homes	156,174
Laurel Heights	256
Laurel Heights Retirement Residence ...	238
Laurier House Lynnwood	200

305

Lifestyle Options Retirement Communities 167	McCauley Lodge..... 217
Lifestyle Options Riverbend..... 243,256	McCauley Seniors' Drop-in Centre 15
Lifestyle Options Terra Losa 236,256	McQueen Place Lodge 156,220
Lifestyle Options Whitemud 243,256	Meadowlark Place 156,221
Lions Kensington Court 174	Meals 14,115
Lions Manor..... 156,194	Meals on Wheels 115
Lions Village - Castledowns 201	Medical Clinics 90
Lions Village of Greater Edmonton Society 200,201,202	Medical Equipment Suppliers 73
Lions Village - Railtown 200	Medically At-Risk Driver Centre (MARD) 289
Lions Village - Riverside..... 202	Melcor YMCA Village 162
Living Hope Christian Fellowship 16	Memorial Society of Edmonton & District, The62
Living Positive through Positive Living Society of Alberta..... 104	Mennonite Centre for Newcomers..... 44
Lodges..... 216,224	Mental Health..... 7,87,88
Lois Hole Hospital for Women 90	Mental Health Helpline 7
Londonderry Community League Hall... 16	Meridian Foundation189,190,194,195,197,226,228
Londonderry Village Apartments... 155,168	Meridian Pioneer Manor..... 157,194
Long term Care 135,257	Metis Capital Housing Corporation 163,219
Lung Association Alberta and NWT, The..104	Metro Continuing Education 47
Lurana Shelter..... 8,54	Millbourne Manor 156,183
Luther Place Seniors.....27	Millennium Pavilion..... 155,219
Lynnwood 145	Miller Crossing Continuing Care 259
M	Millwoods Centre 149
Management Body 161	Millwoods Cultural Society for the Retired and Semi-Retired 23,31
Manoir St. Thomas..... 156	Mill Woods Public Health Centre..... 91
Marian Centre 15,121	Mill Woods Seniors Activity Centre 23
Marigold 55 Plus Recreation 271	Mill Woods Seniors Association 24,117
Mary A. Finlay Manor..... 156,174	Minerva Learning in Retirement48
Matheson Seniors Housing 156,157	Minus One Club of Edmonton, The 272
Mazankowski Alberta Heart Institute 90	Minerva Learning in Retirement 47
	Misericordia Community Hospital 89

Mobile X-Ray.....	113	Non-Emergency Police	14
Molly Maid	112	Northeast Community Health Centre.....	91
Momentum Walk-In Counselling	94	North Edmonton Seniors Association (NESA)	27,117
Money Mentors	69	Northern Lights Apartments	195
Montgomery Place.....	156,183	Northgate Health Centre	91
Morinville Wellness Day Program.....	85	North Ridge Lodge.....	157,195,226
Morinville Day Program	85	Norwood	138,142,155
Morinville Health Centre	92	Norwood Golden Manor	155,169
Morinville Heritage Place 6-Plex	156	Nurse Next Door	108
Morinville Heritage Place Lodge	156		
Morinville Lions Manor 8-Plex	156	O	
Morinville Seniors' Rendez-Vous Centre...	28	Old Age Security (OAS).....	65
Mortgage and Housing Corporation....	204	Office of the Alberta Health Advocates	36
Mountwood Apartments.....	156,175	Office of the Appeals Advisor	266
Move Coordinators Inc	125	Office of the Information and Privacy Commissioner	204
Moving Resources.....	123	Office of the Public Guardian and Trustee	263
Multicultural Health Brokers Co-op	45	Office of the Seniors Advocate	37
Multicultural Seniors Outreach Program	117	Office of the Utilities Consumer Advocate	42
Multicultural Women and Senior Services Association (MWSSA)	33,52,117	OmbudService for Life & Health Insurance (OLHI).....	41,58
Museum of Alberta	273	Ombudsman, Alberta	37
Mustard Seed, The	15	Ombudsman for Banking Services and Investments (OBSI)	70
N		Online Crisis Support	17
N.A.I.T.....	46,48	Operation Friendship Seniors Society	15,21, 118,121,130,160,161,163,164,217,218,290
Navigate Your Health.....	73	Optical Assistance for Seniors.....	100
New Home Warranty Program	128	Ortona Villa.....	156,175
New Home Warranty Program Group of Companies.....	205	Ottewell Place.....	156,223
Newman Theological College	46		
New Sarepta Sunset Manor Apts ...	156,197		
Nihgi Métis Seniors Lodge.....	219		
Non-Emergency Fire	14		

INDEX

Ottewell Terrace.....	184
Our Parents' Home	162,200,231,256
Outreach.....	117
Over The Rainbow G.L.B.T.Q Seniors Group	21

P

Palliative Care	88
Parking for People with Disabilities Program	292
Parking Near Sage	22
Parkinson Alberta	105
Park Memorial Funeral Home & Crematorium	62
Park View Manor	195
Patient Concerns & Feedback	84,89,155,254,258
Patronato I.N.A.S	31
Paulette Maltais.....	126
Pembina Village	259
Pensions.....	64
Pensions from Other Countries	65
Personal Decision Making	261
Personal Safety Information	280
Petrolia Seniors.....	24
Piazza Italia Seniors' Residence.....	155,163
Pilgrims Hospice	94
Pilgrims Hospice Adult Respite Day Program	86
Pilgrims Hospice Society	93
Pillar Senior Citizens Society	180
Pine Crest Gardens	196
Pioneer House Club 50	28

Pioneer Housing Foundation.....	227
Pioneer Place	155,163
Place Beausejour	203
Planeview Place.....	227
Planned Giving	55
Pleasantview Place Apartments....	156,188
Pleasantview Place Lodge	156,223
Points West Living Heritage House	248
Poison and Drug Information Service (PADIS).....	104
Poison Centre	7
Police	7,14
Polish Veterans Home	169
Population, Public, and Aboriginal Health	84
Porta Place Apartments & Beverly Lodge ...	156,169
Power Trouble.....	19
Prevention Centre	51
Pride Centre of Edmonton	21
Primary Care Network	90
Privacy Commissioner Personal.....	204
PROBUS Clubs of Edmonton	25
Protection for Persons in Care (PPC)	53
Protection Order Program	51
Provincial Archives of Alberta.....	122,272
Provincial Financial Programs & Benefits	66
Provincial Service Centres.....	68
Provincial Services.....	100,131
Psychiatric Treatment Clinic	88
Public Guardian and Trustee	53,263
Public Health Agency of Canada	53,97

Public Health Agency of Canada- Division of Aging, Seniors and Dementia	42
Public Health Centres	91
Public Health Centres Surrounding Communities	92
Public Library.....	276
Public Reporting on Supportive Living and Long Term Care Accommodations	132

Q

Queen Alexandra Place Lodge	156,224
----------------------------------	---------

R

RAMP	112,132
Real Estate Council of Alberta	204
Realtors Association of Edmonton	132
Recreation and Wellness Directory for Older Adults.....	273
Recreation Resources.....	270
Red Cross	19
Redwater Diamond Spring Lodge .	156,255
Redwater Golden Villa	156,192
Refugee Support	43
Rehabilitation	87
Relationships with your Adult Children	53
Renaissance Tower	163
Report a wildfire.....	19
Residential Access Modification Program (RAMP)	112,132
Residential Tenancy Dispute	
Resolution Service (RTDRS)	132
Resolution and Court Administration Services	266

Resolution Support Centre - Information Services	266
Resources to Maintain/Improve Driving Skills	288
Retire-At-Home Services.....	109
Retirement Income Calculator	70
Retirement Residence	238
Revera Inc.....	230,244,248,251,255,256
Rick LeMieux, NOW Real Estate Group....	126
Ritchie Pioneer Place.....	156,184
Riverbend Retirement Residence	
.....	244,251,256
Rivercrest Care Centre.....	259
River Ridge Seniors Community	248,251
Roadway Maintenance	19
Robertson-Wesley United Church	17
Rock Society, The	16
Romanian House (Casa Romana).	156,170
Rooming House	164,170
Rosedale at Griesbach	251
Rosedale Estates	164,231,251,256
Rosedale Manor.....	164,231
Rosedale On The Park	164,232
Rosedale Seniors' Living	
.....	164,184,185,231,232
Rosedale St. Albert.....	256
Rosedale Villa	165,232
Rosslyn Place Apartments.....	156,176
Rosslyn Place Lodge	156,221
Rosslyn Terrace	156,176
Royal Alexandra Hospital.....	89
Royal Canadian Legion, The	22,29
Rutherford Health Centre.....	91

Rutherford Heights Retirement Residence ...	245,256
Rutherford Wellness Day Program.....	86
S	
Safe Accommodations.....	9,53
Sage Guardianship/Trusteeship.....	263
Sage Seniors Association 8,22,33,56,90,95, 105,118,127,134,207,262,263,293	
Sage Seniors' Safe House.....	8,54
Saint-Thomas Health Centre	150,256
Sakaw Terrace Apartments	184
Sakaw Terrace Lodge	185
Salem Manor Nursing Home	259
S.A.L.T.....	37
Salvation Army	16,122,236
Salvation Army - Grace Manor	256
Salvation Army Thrift Store, The.....	122
S.C.O.N.A. (Senior Citizens Opportunity Neighborhood Association)	25,118
Secondary Suite Grant Funding Program	133
Senior Centres	20
Senior Citizen Centres.....	273
Senior Citizen Society of Stony Plain	29
Senior Citizens Opportunity (S.C.O.N.A.)	25,119
Seniors Abuse Help Line.....	7
Seniors' Abuse Helpline - Crisis Support Centre	50
Seniors Action and Liaison Team.....	37
Seniors Advocate.....	36
Seniors Benefit Alberta.....	58,66

Seniors Caring About Seniors.....	112,291
Seniors' Centre Without Walls.....	23
Senior Service Organizations Outside Edmonton	34
Seniors Home Adaptation and Repair Program (SHARP)	133
Seniors Home Supports Program Referral Service	112
Seniors Information Phone Line	7,33,53
Seniors' Information Services	32
Seniors Lodge Supportive Living Program	133,216
Seniors Protection Partnership	51
Seniors' Recreation Centres	270
Seniors' Safe House	54
Seniors' Self-Contained Housing	154
Seniors' Services Organizations.....	32
Seniors Society Helping Hands.....	290
Seniors United Now (SUN).....	37
Service Alberta	42
Service Alberta and Consumer Contact Centre	133,283
Service Canada.....	42,58
Service Canada Pensions	64
Sexual Assault Centre of Edmonton (SACE) Crisis Line	7,95
Shelters For Abused Persons.....	8
Shepherd's Care Foundation	205,221,222,238,245
Shepherd's Care Gardens.....	256
Shepherd's Care Greenfield.....	256

Shepherd's Care Kensington Campus Condominiums	205	South East Edmonton Seniors Association (SEESA).....	24,111,119
Shepherd's Care Kensington Village	205,256,260	Southgate Care Centre	259
Shepherd's Care Kensington Village - Shepherd's Manor.....	221	Southside Manor	245
Shepherd's Care Millwoods	205	Southside Seniors Day Program, Ermineskin	86
Shepherd's Care Millwoods Centre	260	South Terrace Continuing Care Centre	260
Shepherd's Care Millwoods - Millwoods Manor	238	SouthWest Edmonton Seniors Association	25
Shepherd's Care Southside Campus- Shepherd's Gardens Heritage.....	205	Southwest Seniors' Outreach Society.....	26
Shepherd's Care Southside Manor	245	Southwood Court North	202
Shepherd's Care Vanguard	222,256	Sparling Lodge	155,218
Sherwood Park 55+ Club	29	Spruce Grove Health Centre.....	92
Sherwood Park Care Centre	260	Spruce Haven Manor	157,197
Sherwood Park Day Program	86	Spruce View Manor - Lodge.....	228
Sherwood Park Kiwanis Apple Blossom Manor	157,193	Spruce View Manor Lodge	156,227
Sherwood Park Lakeside Legion	157,194	Sprucewood Place	256
Sherwood Park - Strathcona County Health Centre	92	St. Albert Community Information & Volunteer Centre	35,294
Silver Birch Court.....	196	St. Albert Further Education Association	47
Silver Birch Lodge	227	St. Albert Public Health Centre.....	92
Silver Birch Manor	196	St. Albert Public Library	277
Social Services	43,45,52,94	St. Albert Retirement Residence	294,251,256
Soci���� G�������� du Nord-Ouest..	31	St. Albert Seniors Association	29
Society - Millwoods Centre	259	St. Andrew's Centre	178
Society of St. Vincent de Paul	122	St. Andrew's Ukrainian Selo.....	156,185
Sons of Norway.....	31	St. Basil's Senior Citizens' Residence	187
SOS (Service Options for Seniors) Camrose Program	35	St. Elia's Pysanka Manor	156,170
		St. Faith's Anglican Church.....	16
		St. Joachim Manor	155,165
		St. John's Housing Society	179
		St. Josaphat's Seniors Residence....	155,165

INDEX

St. Joseph's Auxiliary Hospital	260	Student Legal Services of Edmonton (SLS) ...	266
St. Michael's Adult Day Support Program	86	Sturgeon Community Hospital.....	89
St. Michael's Family Health Centre	91	Sturgeon Dementia Day Program	86
St. Michael's Grove Manor	228	Sturgeon Foundation 190,192,193,194,195, ..	196,197,198,224,225,226
St. Michael's Health Group	219,228,250	Sturgeon Nursing/Rehabilitation Day	
St. Michael's Long Term Care Centre...	260	Program	86
St. Michael's Mobile X-Ray	113	Suicide Crisis Support Service	63
St. Nicholas Apartments	156,185	Suicide Grief Support Services.....	34,93,96
St. Peter's Lutheran Church	16	Summerwood Village Retirement	
St. Thomas Manor.....	156,186	Residence	249,251,257
Stan Daniels Metis Manor A	156	Sundance Housing Co-operative	199
Stollery Children's Hospital	90	Sundance Place	199
Stony Plain Care Centre	259	Sunset Apartments.....	156,197
Stony Plain Wellness Day Program.....	86	Sunset Manor Apartments	156,197
Stony Plain Family & Community Support		Sunset/Sunridge Manors.....	156,197
Services & Volunteer Centre	35,113,294	Sunset/Sunrise Villas - Self Contained	156,198
Stony Plain Public Library.....	277	Supported Decision Making	261
Stony Plain - WestView Health Centre	92	Support Groups for Driver Cessation.....	289
Strathcona Community Hospital.....	89	Supportive Living	134,206,229
Strathcona County Elder Abuse Response		Supportive Living Information Checklist	207
Network.....	8,50	Surrounding communities (Housing)	224,246
Strathcona County Family and Community			
Services	95,113,119		
Strathcona County Library.....	278		
Strathcona County Seniors Information Line			
.....	35		
Strathcona Place 55+ Services & Activities ..	26		
Strathcona Place 55+ Services & Outreach			
.....	119		
Strathcona Place Residence.....	156,189		

T

Taxi.....	291
Tax Preparation at Sage	69
Technology Assistance	
Seniors Society	23
Technology Assistance Seniors Society ..	23
Tegler Manor.....	155,166
Tegler Terrace	156,179

Thorsby Happy Haven	157,192
Thorsby Health Centre	92
TLC Transitions	127
To Move or Not to Move	159
Touchmark	237,253
Touchmark at Wedgewood	201,237,253,260
Tower 1, Vista Housing for Seniors...	156,170
Transit System.....	291
Transportation.....	288
Transportation Options For People Not Driving	289
Travel Health Clinic	279
Traveller's Health Services / Immunization	279
Travel Services	278
Trinity Hall.....	156,186
Trinity Home Medical	83
Trinity Lutheran Church/B's Diner	16
Trinity Lutheran House	156,186
Trusteeship.....	262,263
TTY Access.....	7
Tuoi Hac - Golden Age Manor	156,222,251,257
Twin Brooks Public Health Centre	92

U

Ukrainian Dnipro Senior Citizens Home	155,166
Ukrainian Senior Citizens Home Of St. John .	179
Unicare Retirement Communities	242
University Hospital Foundation.....	56

University of Alberta	46
University of Alberta Botanic Garden...	274
University of Alberta Corbett Hall Student Physical Therapy Clinic.....	87
University of Alberta Hospital	89
University of Alberta School of Dentistry .	96
Utilities Consumer Advocate	41

V

Vanguard.....	222
Vasa Pioneers No. 12	31
Vegreville Manor	250
Venta Care Centre.....	260
Venta Manor	223
Veritas.....	109
Veterans Affairs Canada / Anciens Combattants Canada	58,65
Veterans Housing Project	189
Veterans Villa (Southgate)	189
Villa Caritas Geriatric Psychiatry	89
Villa Marguerite	251,257
Virginia Park Apartments.....	156,170
Virginia Park Lodge	156,220
Viselka Seniors Home	156,171
Vista Housing for Seniors 163,169,170,171,1.	72,173,174,175,181,183
Volunteer Alberta.....	294
Volunteer Resources.....	293

W

Walk - In Clinics.....	92
Waskahegan Trail and Trail Maintenance ...	274

Waterford Of Summerlea	237
Water Trouble.....	19
Wecan Food Basket Society of Alberta	116
Wedman House	256
Welcome Centre for Immigrants.....	45
West Country Hearth	250,251
Westend Seniors Activity Centre	26,113,115,119
West Grove Apartments.....	156,198
West Jasper Place Public Health Centre	92
West Jasper Sherwood Seniors Citizen Club	28
Westlawn Courts	156,180
West Sturgeon People Aging in Place Foundation	250,251,257
WestView Health Centre	89,260
What to do When Someone Dies – Checklist	57
What to do When you Turn 65.....	71
Whispering Waters Manor	228
Wild Rose Caregivers Ltd.....	115
Wild Rose Cottage.....	251,257
Wings of Providence.....	122
WIN House	8,54
Women's Emergency Accommodation Centre (WEAC).....	9,122
Women's EShelters Canada	9
Women's Shelters Canada	54
Woodcroft Public Health Centre.....	92
Workplace Accidents.....	19

Y

Yellow Cab	291
YMCA of Northern Alberta.....	275
Youville Auxiliary Hospital	260
YWCA of Edmonton.....	96

Z

Zoo.....	271
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Seniors Information Phone Line



There are agencies to help seniors with:

- in-home supports;
- income assistance (CPP, GIS, AB Seniors Benefit, etc.);
- housing options;
- tax preparation;
- meals on wheels, and more.



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Staying at home

Use this guide to help you and your family to decide whether to live at home or to think about moving. Ideally, the senior will answer the questions, either in writing or in conversation with the family.

Safety	
<p>Is your home suitable and safe?</p> <p>How difficult is it for you to manage the stairs in your home?</p> <p>How willing or able are you to clean your home?</p> <p>How willing or able are you to maintain the yard and outside of the home?</p> <p>Do you have enough help available when necessary; e.g., during a short-term illness?</p> <p>Are you at risk for falls? Does your home have good lighting, bathroom safety bars, handrails, and safe flooring?</p> <p>Do you smoke? Do you have and maintain enough smoke detectors?</p> <p>Do you have a hot water safety valve on hot water taps?</p> <p>Do you have an emergency response system¹ in case of illness or injury?</p> <p>Do you have other emergency contact numbers by the phone?</p>	
Finances	
<p>Is the choice to stay in your home economically sound?</p> <p>What minor and major repairs must you make in the next few years?</p> <p>Would freeing up the cash in your home allow you to have a more enjoyable lifestyle?</p> <p>Are taxes, insurance, utilities, and other costs affordable for you?</p> <p>If not, do you have finances available for renovations or adaptations if they are necessary?</p> <p>Can you get financial assistance for renovations or adaptations?</p>	

¹To locate an emergency response system, you can search the term on the internet or contact your provincial seniors' information line for more information.

Location

Is the location of your home suitable?

Is adequate transportation available for medical appointments, social activities, and visiting friends and family?

Are stores and other services within easy reach?

Is the neighbourhood safe and pleasing to you?

Do you value the relationships you have with your neighbours?

Do you have adequate access to friends, and social and church activities?

Is your own physical mobility or driving ability an issue?

Support Services

Are necessary in-home support services available and/or affordable for you?

Do you need the following services?

Can you find them and afford them?

Household services (cleaning, yard work, minor repairs).

Home-delivered meals, grocery delivery.

Visitors, companions, drivers, etc., volunteer or paid.

Access to adult day programs (if required).

Personal care services.

Professional services (physiotherapy, nursing).

After completing the checklist and talking to your loved ones or other support, how would you answer the following question?

Is the decision to stay at home in your best interest?

☐ Definitely yes

☐ Maybe

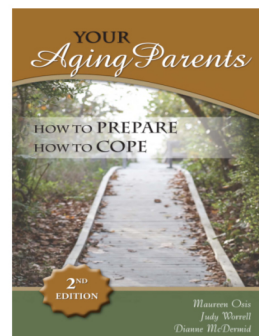
☐ Definitely not

Permission is granted to Sage to reprint this checklist in its modified form.

Source: Chapter 9: The meaning of home.

Maureen Osis, Judy Worrell, & Dianne McDermid.

Your Aging Parents: How to Prepare, How to Cope. 2nd ed. 2010, ElderWise Publishing.



Notes

[illegible]

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced, horizontal green lines running across the entire width of the page. The background is a solid off-white color, providing a clean surface for writing practice. There are no margins, text, or other markings present.

[illegible]

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