sage

Sage Seniors Association

DIRECTORY OF SENIOR SERVICES

2020-2021

780.423.5510

www.mysage.ca

SAGE SENIORS ASSOCIATION CELEBRATING 50 YEARS!

Lions Village

of Greater Edmonton Society

Independent Retirement Living

Affordable Life Lease

Three Locations in Edmonton

It's your Time
Enjoy your Freedom

CELEBRATING
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YEARS OF
SENIORS
HOUSING

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EDMONTON'S #1 CHOICE FOR SENIOR HOUSING
5 YEARS IN A ROW

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Lifestyle Options is retirement living with ease. Every building has great built in amenities and a full range of homecare options that help shape the best lifestyle for all residents. Every building features fresh daily meals created by Red Seal Chefs!

Each of our buildings are unique in their dynamics and the level of care provided. We offer independent, supportive, designated supportive and enhanced designated supportive living (dementia care).

At Lifestyle Options, our mission is to create and sustain affordable and supportive communities that foster healthy aging and opportunities for socializing. It's easy to see that Lifestyle Options has your best life in mind.

MOVE IN **INCENTIVES**

BEAUTIFUL SUITES **NOW AVAILABLE**

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(BUTTERFLY CARE HOME®)

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IN-SUITE LAUNDRY

SCHONSEE
6088 Schonsee Way
North Edmonton
(780) 250-9055

TERRA LOSA
17203 99 Avenue
West Edmonton
(780) 435-2000

WHITEMUD
4069 106 Street
South Edmonton
(780) 437-7171
(BUTTERFLY CARE HOME®)

LifestyleOptions.ca

The Village at Southgate 1-877-753-1783

- Independent Living
- Studio, 1, 2 & 3 Bedroom Suites Available
- On-site Convenience Store
- 24/7 Emergency Suite Maintenance
- Secure Entrances & On-Site Security
- Access to Fitness Centre, Games Room, Theatre, Hot Tub, Pool & Social Hall for residents, their families and friends
- Located Near Southgate Mall should you want to go shopping, purchase groceries or go to the pharmacy. Great for Mall Walking as well!

RIVERBEND ESTATES West Edm 877-752-5317
ELMWOOD TOWNHOMES West Edm 877-752-0487
DURHAM COUNTY North Edm 877-752-0425
CAMERON COUNTY North Edm 877-751-9416
JASPER HOUSE Downtown Edm 877-752-5269

rentmidwest.com

Welcome **Home**

- Accommodation for adults age 65+
- Subsidized rent geared to income (30%) and affordable housing
- 31 apartment buildings
- 11 lodges with meals and housekeeping
- Clean, well maintained, secure buildings
- Friendly, professional staff
- Easy access to public transportation

To request an application package or for more information, please call **780.482.6561**, email **housing@gef.org** or visit **gef.org**.

GEF Seniors Housing

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THANK YOU!

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.

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. If you're interested in having a listing or advertisement in the Directory, please contact 780.423.5510 or info@MySage.ca.

Due to the ongoing COVID-19 pandemic, information in this directory is subject to change. We encourage you to phone the lister for up to date information.

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, crisis intervention, emotional support and resources for those experiencing or concerned about someone else experiencing 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, short-term crisis intervention, emotional support and resources 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

9 am - 9 pm daily: 780.423.4121
Office Line: 780.423.4102
www.sace.ca

- This line is available for anyone who has experienced sexual assault or abuse, as well as to those who are supporting anyone impacted by it.
- For anyone who has experienced sexual assault, whether recently or a long time ago, these lines can help by providing supportive listening and important information about sexual violence. The conversation is led by the caller, and the caller will never have to talk about anything they don't want to talk about. Supporters can learn more about how to be there for someone, and get support for themselves around any feelings that may come up.

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 - Client Contact 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: css.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 community partners, including 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, see HEALTH & WELLBEING – Counselling, HELP AT HOME – Home Services, HELP AT HOME – Outreach

SHELTERS FOR ABUSED PERSONS

A Safe Place

24-Hour Crisis Line: 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. NW T5H 0N6
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 (Domestic Violence) 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: weacadmin@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 Shelters Canada sheltersafe.ca project

Ottawa, ON
Phone: 613.680.5119
Email: info@endvaw.ca
www.sheltersafe.ca
www.endvaw.ca
Hours of Operation: 9:00-5:00 EST for WSC / sheltersafe.ca is 24/7

- 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

IF YOU THINK A SENIOR IS BEING ABUSED

1. Call the Seniors Abuse Helpline at **780.454.8888** (available 24 hours).
2. Contact your local police, RCMP department, or tribal police immediately when abuse involves theft, assault, or other illegal actions.
3. Report abuse in a care facility through the Protection for Persons in Care Reporting Line **(Toll Free) 1.888.357.9339.**
4. Call the Sage Seniors Safe House Intake Line at **780.702.1520.**

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
Dial 311

Seniors Information Phone Line
Dial 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 Governmentof 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 need.
Outside Alberta, call long distance: 780.427.2711.
TDD/ TTY, call 780.427.9999 in Edmonton or 1.800.232.7215 throughout Alberta.

The Canadian Anti-Fraud Centre
For mass marketing fraud and ID fraud complaints.
Toll-Free: 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

Bissell Centre
West Building: 10530 96St NW
Phone: 780.423.2285

- Mon - Fri, closed on statutory holidays.
- Community Space hours: 8:00am-11am.
- Meals provided at 9:30am.
- Coffee served between 8-11am.
- Services include: showers, laundry, community closet (M,W,F), housing, mental health & supports, and mail services.

Boyle McCauley Health Centre
10628 96 St. NW
Phone: 780.422.7333
- Women's Health Promotion Program.
- Women only (with low income).

Boyle Street Community Services
10116 105 Ave. NW
Phone: 780.424.4106
- May 1 to October 31: Mon - Fri, 8:00am - 4:30pm
- November 1 to April 30: Mon - Fri, 8:00am - 4:30pm with extended Drop-In hours until 8 p.m. Mon - Sun
- Meal Service Times:
  Breakfast at 8:30a.m.
  Lunch at 11:30 a.m.
  Late Lunch at 3:30 p.m.
- All meals are served until the food is gone.
- Closed statutory holidays from May 1 to Oct 31.

Crystal Kids (55+ years only meal)
8718 118 Ave. NW
Phone: 780.479.5753
- Due to COVID-19, we are currently not providing an in-centre meal.
- We are providing a packed meal to go at our door from 11am - noon (provided it is safe to do so with the number of active cases in the area).
- We are in talks at the moment about what it might look like once the weather gets colder and we may be looking at a delivery service of some type to take the meals to the seniors in their homes.
- 55+ years only.

Hope Mission
9908 106 Ave. NW
Phone: 780.422.2018
- Mon - Fri:
  Breakfast 7:30am-8:15am
  Lunch 12:00pm-12:45pm
  Supper 4:30pm-5:15pm.
- Weekends and Holidays:
  Brunch 10:45am-11:30am
  Supper 4:15pm-5:00pm.

Inner City Pastoral Ministry
Bissell Centre West 10530 96 St. NW
Phone: 780.424.7652
(Main) 780.905.2060
- Sunday: sandwiches, fruits, veggies, dessert: 12:00pm-1:00pm.
- Worship service at 11:00am, food is served after. Not required to attend.
- Open on holidays.

Marian Centre
10528 98 St. NW
Phone: 780.424.3544
- Mon, Tues, Thurs, Sat: Hot Lunch 12:30pm-1:15pm.
- Daily except Wed and Sun: Sandwiches (pick up from alley door) 2:00pm-3:00pm.
- Closed for 4 days at end of each month.
- Closed in September.
- Schedule varies around Christmas and Easter. Call ahead to confirm.

Operation Friendship Seniors Society/ McCauley Seniors' Drop-in Centre
9526 106 Ave. NW
Phone: 780.429.2626
- Mon to Fri: Breakfast 9:30am.
- Daily Lunch 12:00pm, Supper 5:00pm.
- 55+ years only.

The Mustard Seed
10635 96 St. NW
Phone: 780.426.5600
- Tues to Fri Supper 7:00pm-8:00pm.
- Sat Supper 5:00pm-6:00pm.
- Zero tolerance for drugs and alcohol.
- Closed statutory holidays.

The Salvation Army - Addiction and Residential Centre (ARC)
11434 120 St. NW
Phone: 587.525.6555
9611 102 Ave. NW
Phone: 780.429.4274, ext. 229

- Referrals
- Clothing Voucher
- Transition Specialist
- Personal goal setting & mentoring
- Community education & awareness programming
- Income Tax Service

NORTH EAST

Building Hope Compassionate Ministry Centre
3831 116 Ave. NW (Basement)
Phone: 780.479.4504

- Mon, Tues, Wed: light breakfast & lunch 9:00am-3:00 p.m.
- Homeless Outreach Needs: Emergency food hampers, Laundry, Bus tickets, On-site social workers (Wed morning), Christian counselling. Contact us to learn more about our commitments or how you can be a part.

The CANDORA Society of Edmonton Abbottsfield Recreation Centre
3006 119 Ave. NW
Phone: 780.474.5011

- Thursday community lunch 11:45am-12:45 p.m.
- Targeted to Northeast Edmonton residents.
- Types of meals vary, but they usually include all food groups.

NORTH CENTRAL

Dickinsfield Amity House
9213 146 Ave. NW
Phone: 780.478.5022

- Free bread Mon, Tues & Fri.
- Depot for the WeCan food basket society.
- Access to outreach worker (connect to resources, crisis assistance, support).
- Limited drop-in (coffee/snacks).
- We have free clothing, small household goods & books (by appointment).
- Access to computers, fax machine, photocopier.
- Community lunch - call for details.
- Volunteer opportunities.

Londonderry Community League Hall
14224 74 St. NW
Phone: 780.412.1062

- 2nd Friday of each month: Community lunch 11:00am-12:00pm.
- Monday and Friday: Free Bread 8:30am until bread runs out.
- Wednesday Cooking Club 9:30am-11:00am - free, but participants must help in preparing the meal.

WEST

Jasper Place Wellness Centre
15308 Stony Plain Road
Phone: 780.481.4001

- Services and resources for families and individuals experiencing homelessness.

Medical Clinic:
15306 Stony Plain Road
Phone: 780-757-5115

- Now accepting new patients and walk-ins.

WEST CENTRAL

The Edmonton Native Healing Centre
101, 11813 123 St. NW
Phone: 780.482.5522
www.facebook.com/EdmontonNativeHealingCenter/

- Mondays: Serving sandwiches 11:30am-1:00pm (pickup only).
- Closed on Fridays.
- Closed statutory holidays.
- Targeted to low income and homeless.

Canadian Mental Health Association – Edmonton Region

Phone: 780.414.6300
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 8am-8pm daily at www.ab.211.ca.
Text support available by texting 211 8am-8pm daily.
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, short-term crisis intervention, emotional support and resources for those in crisis or distress. Available 24-hours, seven days a week.

Online Crisis Support

www.edmonton.cmha.ca/online-crisis-chat/
Provides free, confidential, short-term crisis intervention, emotional support and resources for those in crisis or distress through live Crisis Chat.

Animal Care & Control Centre

13550 163 St. NW. 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
Fund Development: 780-491-3507
Email: ehs@edmontonhumanesociety.com
www.edmontonhumanesociety.com

Emergency 24-Hour Animal Hospitals

NORTH:

VCA North Central Animal Hospital

12831 97 St NW. T5E 4C2
Phone: 780-423-9111
vcacanada.com/northcentral
Tues – Fri: 4:00 pm-12:00 am
Sat – Mon: Open 24 hours

SOUTH:

VCA Guardian Veterinary Centre

5620 99 St. NW T6E 1V2
Phone: 780-436-5880
vcacanada.com/guardian
Hours of operation: 24/7

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.

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
Phone: 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
Phone: 780.412.4500

Roadway Maintenance: 311

Water Trouble
EPCOR 24-hour emergencies
Phone: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 ready and expect the unexpected. You should be ready 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 disaster and emergency preparedness.

Chapter Contents

- Senior Centres, Clubs & 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

Bent Arrow Traditional Healing Society

11666 95 St. NW T5B 3E5
Phone: 780.474.2400
https://bentarrow.ca/

- Senior programs and outreach services.
- Pehonan - programs for seniors. Includes: teatime, men's shed, social hub, elders seeking resources and more activities.
- Contact for more details.
- Closed on statutory holidays

Bernadette N. Swan Social Care Foundation

Bill Rees YMCA Building
10211 105 St. NW T5J 1E3
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: 780-425-8625
Email:
executive@edmontonseniorscentre.ca
www.edmontonseniorscentre.ca
Hours of Operation: Mon-Fri: 9:00am-4:00pm

- 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.
- All our courses are online.
- We host ESCTV, a streaming channel for seniors.
- Virtual Annual Health and Wellness Coference.
- More can be found on our website.

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. 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 9:00am-5:00pm, closed 12:00-1:00pm

- 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.

Pride Centre of Edmonton

10618 105 Ave NW T5H 0L2
Phone: 780.488.3234
Email: hello@pridecentreofedmonton.ca
www.pridecentreofedmonton.ca
Office Hours: Mon, Wed, Fri.
By appointment only.
Tuesday from 2:00pm–7:00 pm and Thursdays from 5:00pm–7:00 pm.
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.
- 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: Mon-Fri 8:30am-4:00pm
Café Hours: Mon-Fri 8am-3:00pm

Please note that we have closed our building and suspended most services to support social distancing measures. We are working remotely and continue to respond to essential needs. Please visit our website for updates.

Sage Seniors Association is dedicated to 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.

We are a multi-service senior-serving organization that provides over 100 programs and services in the greater Edmonton area, employing a strengths-based approach to increase resilience and reduce vulnerability in seniors. Sage's programs and services include outreach, assessment and other social work services, life enrichment programming, volunteer opportunities, and annual seniors' forums.

Parking Near Sage
Sage does not offer free parking.
The closest parking to Sage is Edmonton City Centre East Parkade. The parkade entrance is on the north side of 102A Avenue, just west of Sage.

SAGE PROGRAMS AND SERVICES

Main Switchboard 780.423.5510

Life Enrichment services, activities, classes, and clubs, English as Another Language 780.701.9016

General inquiries, assessment and support, housing, This Full House – (hoarding) 587.773.1764
See page 92,121,131,138 for further information

Guardianship/Trusteeship 780.423.5510 etx. 404
See page 250 for further information

Multicultural Seniors Outreach 780.809.9411
See page 43 for further information

Seniors' Safe House 780.702.1520
See page 53 for further information

Health Services 780.809.9402

Income Tax Preparation 780.423.5510
Sunshine Café 780.701.9022

Volunteer Services 780.701.9014
See page 276 for further information

Executive Director 780.701.9008
Director of Operations 780.701.9002
Administration 780.701.9009
Finance 780.701.9015
Membership 780.423.5510

CITY-WIDE

The Royal Canadian Legion

www.legion.ca

- A non-profit Canadian ex-service (veterans') organization founded in 1925.
- Membership includes currently serving Canadian Armed Forces personnel and RCMP and their families.
- Canada's largest veteran support and community service organization.
- Known for the Remembrance Day Poppy Campaign.
- As members, we show our thanks by supporting and advocating for veterans, by remembering their sacrifices, and by continuing the tradition of service in helping our communities.
- Admission not restricted to only veterans or military. Guests welcome.
- Branch hours vary. Call to confirm.

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 NW T6J 6V4
Email: scww@espcn.ca
Phone: 780.395.2626
www.edmontonsouthsidepcn.ca/scww

- 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 using our toll-free number. An opportunity to socialize, learn new skills and stay connected.
- New series of participant selected topics every four months.
- Open to individuals 55+ residing in Alberta. Call or visit website for latest program catalogue and to register.

NORTH EAST

North Edmonton Seniors Association (NESA)

7524 139 Ave. NW T5C 3H7
Phone: 780.496.6969
info@nesa1.ca
www.nesa1.ca
Hours of Operation:
Mon-Fri: 8:30am-4:00pm.
Office closed daily from 12:00pm-12:30pm.

- Programs: computers, cameras, crafts, hobbies, painting, fitness, sports, general interest, health & wellness, languages, music, dance & social experiences.
- Services: Home Supports and Outreach.
- Amenities: senior-friendly fitness centre, cafeteria, rental space and free parking.
- Rental inquiries call: 780.496.4928.

SOUTH EAST

Around 60 Club
Spirit of Hope United Church
7909 82 Ave. NW T6C 0Y1
Contact: Carol Lockert
Email: officeadminespirtofhope.ca
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 12:00pm–5:00pm

- Information, support, sports and recreation, etc.

Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way (above the Mill Woods Public Library)
Phone: 780.496.2997
Email: program.coordinator@mwsac.ca
www.mwsac.ca
Programming to resume January 2021

- At time of printing, the Café is closed to the public, however we are taking orders for meals to be picked up Monday, Tuesday, Wednesday & Friday.
- Thursdays are cinnamon bun days.
- For further information on how to place an order, see our website or call our office.
- Closed on statutory holidays.

See also HELP AT HOME - Outreach

South East Edmonton Seniors Association (SEESA)
9350 82 St. NW T6C 2X8
Phone: 780.468.1985
Email: info@seesa.ca
www.seesa.ca
Find us on Facebook @seesaactivitycentre
Twitter & Instagram @seesahappenings
Office Hours: Mon-Fri 8:30am-4:30pm

- Mission: To empower and enhance the quality of life of people living in our community as they age.
- All in-centre activities are CANCELLED until further notice. Please watch for updates.
- Café - not open until further notice.
- Outreach Services - help with forms; grief recovery method; social circle; advocacy, information, referrals system navigation, home visits & friendly visitor.
- Activities - variety of fitness, art, music, computer and dance classes offered via ZOOM. No games, sports or clubs until further notice.
- Special Events: men's shed, fitness centre and volunteer opportunities not available until further notice.

SENIOR HOME SUPPORT PROGRAM
www.seniorshomesupports.com
Email: deborah@seesa.ca

- Referral Program for: yard maintenance, housekeeping, snow removal, home repair & maintenance, personal care and moving help.
- Information available on hiring contractors.
- Serving seniors living in T6A, T6B, T6C, T6E and T6P areas
- Check our website for updated information on our current programming and re-opening plans.

See also HELP AT HOME - Home Services for additional listings

SOUTH WEST

Heritage Senior Stop-In Centre

Ermineskin Shopping Centre
3036 106 St. NW T6J 5M5
Phone: 780.437.8759
Email: heritageseniors@shaw.ca
Hours of Operation: Mon-Sat 10am-4pm

- Cribbage - Mon 1:00pm.
- Canasta (Hand & Foot) - Tues and Thurs 1:00pm.
- Whist - Wed 1:00pm.
- Various card games - Fri 1:00pm.
- Monthly social: Third Thursday of each month.
- Coffee & conversation: daily10:00am-noon.

Drive Happiness Seniors Association

9916 45 Ave. NW T6E 5J1
Phone: 780.424.5438
Email: info@drivehappiness.ca
Office Hours: Mon-Fri 9:00am-4:00pm

- Drive Happiness Seniors Association is a registered, non-profit society. Our purpose is to assist seniors in the Edmonton area remain independent in their homes as long as possible.
- We provide door-through-door assisted transportation to seniors in order to promote their mobility, independence, and quality of life.

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 buffet luncheon and educational or entertaining program the 3rd Tuesday each month (except July and August) from 11:45 am to 2:00 pm at the Greenfield Community Hall, 3803 114 St. NW. Between 70 and 95 people attend each month. Cost may vary, depending on program. Come, join the fun and make new friends. For more information or to confirm attendance, please call: Betty Mullen at 780.434.0711 or Claire Penney at 780 - 435-3051.

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. NW T6J 5P5
Contact: Membership Director
Email: probussouthedmonton@gmail.com
Meetings: Meeting and speaker at 10:00am 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
c/o Royal Mayfair Golf Club
Location is west side of Groat Road, south

end of Groat Bridge.
Phone: 780.918.5577
Email: bruperry@telusplanet.net

- Meeting and speaker, usually the 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 fundraising. Guests welcome.

Membership Fees: Full year starting January 1 - $125. Fee prorated if membership commenced other months during the year.
Eligibility: Open to retired and semi-retired men and women.

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

10440 84 Ave. NW T6E 2H2
Phone: 780.433.5377
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.

South West Edmonton Seniors Association

Mailing Address:
Box 88008 Rabbit Hill PO T6R 0M5
Email: programs@swesa.ca
www.swesa.ca

- Activities and programs include: Art Group, Coffee n' Chat, knitting/stitching, bus trips, bridge, mahjong, fitness, Golden Gloves boxing. Monthly lunch socials and Toonie Talks. Check website for times and locations.
- New members and volunteers welcomed.

Program Locations:

Blue Quill Community League
11304 25 Ave. NW

eOne Fitness Studio
3474 Allan Drive SW

Seniors Lounge
Terwillegar Recreation Centre
2051 Leger Road NW

William Lutsky YMCA
1975 111 St. NW

Yellowbird East Community Centre
10710 19 Ave. NW
Phone: 587.987.3200

See HELP AT HOME - Home Services for additional listings.

Southwest Seniors' Outreach Society

10832 62 Ave. NW T6H 1N1
Phone: 780.435.9515
Email: swseniors@telus.net
www.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: Mon-Fri 8:30am-4pm, café 11:30am - 1:00pm

- Service activities: meditation, creative writing, pottery, stamp carving, woodworking, cards, dances, special teas, snooker, movies, art, fitness, yoga, tai chi, drama, 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: info@weseniors.ca
www.weseniors.ca
Hours of Operation: Mon, Wed, Thurs, Fri 9:00am-4:00pm
Tues, 9:00am-8:00pm

- 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.

See also HELP AT HOME – Home Services and – Outreach for additional listings.

Rocky Mountain Seniors Ski Club

18611 92 Ave. NW T5T 1P3
Email: info@SeniorsSki.com
Website: www.seniorsski.com

- We are a friendly non-profit club dedicated to promoting alpine (downhill) skiing for seniors aged 55+ at all ability levels. Besides regular skiing at Edmonton's Snow Valley, the club organizes mid-week tours to various mountain ski resorts in Alberta and B.C. every winter.
- Many of our members stay active and social during the summer with twice-weekly club bike rides and once-a-week golf. The club also organizes a pre-ski conditioning program, led by a qualified fitness instructor, prior to the start of the ski season.
- We welcome new members! Contact us if you would like to know more about the club and its activities.

Hosanna Lutheran Church

9009 163 St. NW T5R 2N8
Phone: 780.484.3932
Email: office@hosannalutheran.ab.ca
Website: www.hosannalutheran.ab.ca
Church office hours: Mon-Fri 9am-3:30pm

- We gather for worship, in person and online each Sunday morning. Everyone is invited to join. Special studies, educational opportunities, and times for fellowship are regularly available. Please see the Hosanna website and calendar for specific details.
- 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
Email: execald@telus.net
www.nwess.ca
Hours of Operation:
Mon - Fri 8:30am to 4:30pm
www.facebook.com/NWESSevents

- 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, WECAN Food Basket.
- Volunteer opportunities.
- Referrals for outreach services for seniors.

See HELP AT HOME – Home Services for additional listings.

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
For rental inquiries call 780.720.3493
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
Phone: 780.986.6160
Email: telfordhouse@shaw.ca
Hours of Operation: Mon-Fri 9:30am to 2:30pm

- A 50+ community activity centre that offers a wide variety of activities, Telford House assists support programs: low vision, stroke Recovery Association of Leduc, and the Parkinson Society.
- 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.morinvilleseniorsclub.org
Hours of Operation: Mon-Fri: 9am-4pm

- Drop-in centre for Morinville and area seniors. Open coffee time every Tues 9:00am-11:00am.

- Activities: 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
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.

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

5018 51 Ave. **Stony Plain** AB T7Z 1C2
Phone: 780.963.4707
Email: stonyplainseniors@gmail.com
www.stonyplainseniors.com
Hours of Operation: Mon-Fri 9:30am-4pm

- Activities: 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** T8A 2G6
Phone: 780-467-8389
Email: office@55plusclub.ca
www.55plusclub.ca
Hours of Operation: Mon-Sat.
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.
- Due to safety concerns for our members, our club will be closed to all activities and tournaments until further notice.

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

- 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 government form filling out assistance. Provide referrals for home support services like snow shoveling, cleaning and home maintenance support.
- Meals on 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 8:30am-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. NW T5H 0M3
Phone: 780.429.3111
Service languages: English, Cantonese, Mandarin

Southwest Office
Unit 2, 810 Saddleback Road NW 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 Aboriginal Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2
Phone: 587.525.8969
Email: info@easc.ca
www.easc.ca
Facebook: Edmonton Aboriginal Seniors Centre
@OfficialEASC
Hours of Operation: Mon-Fri 8:30am-4:30pm

- 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.

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: mail@gcca.ca
www.gcca.ca
Hours of Operation: Open at 5:00 pm, Thurs & Fri, Sat at Noon.

- Library of German books & DVDs. Open: 1st & 3rd Saturday of the month from 1:00 pm-3:00 pm, June to September.
- German movie: 1st Thursday of month at 2:00pm.
- Singkreis (Funsingers): Last Wednesday of the month at 1:30 pm.

Ital-Canadian Seniors Association

9111 110 Ave. NW T5H 4J9
Phone: 780.424.1255
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 NW T5R 5W5
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
Phone: 780.488.4241
Email: jdic@shaw.ca or programmer@jdicsenior.ca
www.jdicseniors.ca
Hours of Operation:
Sun-Thurs 9:00am-4:00pm

- Provides fitness activities, educational programs, entertainment, field trips and outings.
- Assists our members to maintain independence to age in place in the community.
- Mon-Thurs at noon: Frozen meal options to order available.
- We hold online Zoom activities.
- We're closed on Fridays, Saturdays, and Jewish and statutory holidays.

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
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: info@sgno.ca
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.

Sage Seniors Association

SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

Contact us to become a Silver Threads donor by a setting up a monthly, pre-authorized gift of $25. This simple act can help us sustain important programing over time - and adds up to a nice tax credit for you at the end of the year!

Become a Silver Threads Donor.

780.423.5510
www.mysage.ca

Chapter Contents

- Seniors' Services Organizations
- Advocacy Organizations
- Consumer Resources

SENIORS' SERVICES ORGANIZATIONS

Alberta Association on Gerontology (AAG)

PO Box 47022, Edmonton Centre, T5J 4N1
Email: info@albertaaging.ca
www.albertaaging.ca
Mission Statement:
In the spirit of collaboration and open communications, AAG enhances the quality of life of older adults who are engaged, empowered and enabled, living in inclusive communities with social connections through supporting research, influencing innovative policy and stimulating and promoting the exchange of knowledge and best practice among the public, experts, service providers and government.
Mandate:
AAG is a province-wide interdisciplinary organization that facilitates:

- Knowledge transfer related to evidence-informed practice in gerontology.
- Knowledge creation including student scholarships and support for research.
- Professional networking and shared interest in older adults and gerontological issues.
- Opportunities and inspiration for forward thinking and innovation in policies improving the quality of life and quality of services for older adults.

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/seniors-and-housing
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 is available on website.
- Forms and publications for seniors regarding various programs and services are available.

Candora Society of Edmonton

262 Riverview Crossing Mall
3210 - 118 Ave. NW T5W 4W1
Phone: 780.474.5011
Email: info@candorasociety.com
www.candora.ca
Hours of Operation: Mon-Thurs 9am-4pm, 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 was 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

- Disseminates meaningful and timely information to older adults and the organizations providing services to them.
- Plays a leadership role to develop shared aspiration and planning for collaborative action to benefit older adults.
- Builds linkages and facilitates collaborative action across organizations and systems that offer benefit to older adults.

See also VOLUNTEER RESOURCES and LEISURE & RECREATION – Recreation Resources "Recreation and Wellness Directory for Older Adults" for additional information.

Elders & Angels

Website: www.eldersandangels.org
Phone: 780-999-8958
Email: eldersandangelsyeg@gmail.com
Elders and Angels is a not-for-profit agency providing innovative services to:

- Enhance the quality of life of seniors - Elders and Angels is committed to bringing cheer to isolated seniors on their birthday and at Christmas and to providing them with useful basic items that they may not be able to provide for themselves.
- Strengthen seniors' independence - Staying safe is one of the most essential parts of ensuring a senior can live independently. Elders and Angels will provide free home services (snow removal, yard maintenance, minor home repair) to seniors in need.
- Support community inclusion and engagement. Stay Connected, Not Isolated! Being active in the community is an integral part of ensuring seniors live a happy and fulfilling life. Elders and Angels offer various programs to encourage all seniors stay connected with their social networks and make new friends.

Sage Seniors Association

Phone: 780.423.5510
See page 18 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.
Live, online chat available 8:00am-8:00pm daily at www.ab.211.ca
Text support available by texting 211 8:00am-8:00pm daily
Outside of these areas call: 780.482.4636
TTY access 780.482.7273

The Shaama Centre For Seniors and Women

329 Woodvale Road W. T6L3Z7
Phone:780-465-2992
Fax:780-756-1108
Email:light@shaama.ca
www.shaama.ca
Hours of Operation: Mon-Fri 9:00am 4:30pm

- For seniors: One-on-one support, outreach, referrals, help with filling government forms, information, translation, English, art, computer, exercise classes, crafts classes, workshops and much more.
- For women: As above, sewing classes, resumes and job search.
- Promoting small home-based business and volunteer opportunities.
- Prevention and responding to domestic violence: outreach services, one-on-one support, help with navigating the system, referrals, translation, counselling and other support services. Information, education, awareness workshops.

Suicide Grief Support Services

Canadian Mental Health Association - Edmonton Region
300-10010 105 St. NW T5J 1C4
Phone: 780.414.6300
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

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: LSchmidt@gibbons.ca
www.gibbons.ca
Hours: Mon–Fri 9am-3pm
Services provided at the Gibbons Family Resource Centre:

- 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

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

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 resources, housing referrals, foot care, adult day program, grocery delivery, a shelter for abused seniors, special events, and active living courses both in-person and online.

SOS (Service Options for Seniors) Camrose Program

5014B 48th St. **Camrose** AB T4V 1M1
Phone: 780.672.4131
Email: soscamrose@gmail.com
www.soscamrose.net
Hours of Operation: Mon-Thurs 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.

Stony Plain Family & Community Support Services (FCSS) & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave.
Stony Plain AB
Phone: 780.963.8583
Email: pfcss@stonyplain.com
www.stonyplainfcss.com

- The mandate of FCSS is to provide locally-driven, preventive, 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

ADVOCACY ORGANIZATIONS

Alberta Ombudsman

9925 – 109 St. NW, Suite 700 AB T5K 2J8
Toll free: 1.888.455.2756
Edmonton: 780.427.2756
Calgary: 403.297.6185
Email: info@ombudsman.ab.ca
Website: www.ombudsman.ab.ca
The Alberta Ombudsman works to protect Albertans by responding to complaints of unfair treatment by provincial government authorities, municipalities, the Patient Concerns Resolution Process of Alberta Health Services, health professions and other designated professional organizations. Under the Ombudsman Act, the Ombudsman conducts independent investigations, promotes standards of fairness and when necessary, makes recommendations to improve administrative processes.
The Ombudsman:

- is independent from the government
- is impartial
- focuses on administrative fairness
- is approachable and responsive
- provides services free of charge

If you have questions about the Ombudsman or wish to file a complaint with us, please get in touch. We are here to help.

Alberta Union of Provincial Employees (AUPE)

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
Toll-Free: 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 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.

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.
- SALT advocates on policy issues rather than on behalf of individuals.

Seniors United Now (SUN)

The Voice of Seniors in Alberta
Unit 37 15-2016 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

SUN
SENIORS UNITED NOW

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

LEAVE A LEGACY

Sage
Sage Seniors Association

For information on how your PLANNED GIVING can help us inspire and support seniors to be the best they can be, please contact Sage at **780.423.5510** or visit www.mysage.ca

CONSUMER RESOURCES

Alberta Consumers' Association

Mailing address:
P.O. Box 11171, Edmonton AB T5J 3K4
Phone: 780.426.3270
Email: contact@albertaconsumers.org
www.albertaconsumers.org
Hours of Operation: Wed-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
Email: bfkanswerline@atco.com
www.atcoblueflamekitchen.com

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

Better Business Bureau (BBB)

16102 100 Ave. NW AB T5P 0L3
Phone: 780.482.2341
Email: info@edmonton.bbb.org
www.bbb.org/edmonton

- Business profiles which include BBB Rating, reviews and complaints, contact information, products and services.
- Consumer education and advice.
- 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
www.edmonton.ca/edmontonservicecentre

Hours of Operation: Mon-Fri 8am-4:30pm
Closed 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)
- 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 website.

Senior Services
Phone: 311
Email: seniors@edmonton.ca
www.edmonton.ca/seniors

- The city provides strategic leadership and coordination related to age-friendly services for seniors in Edmonton.
- Information on senior programs and services can be found on the website.
- Municipal services available for seniors residing in Edmonton can be found in the guide.

Newcomer's Guide to Edmonton
Phone: 311
www.edmonton.ca/programs_services

- The City of Edmonton's Multicultural Relations team provides a new English version of the Newcomer's Guide to Edmonton on the website above.
- Translations are available in Amharic, Arabic, Chinese (Mandarin), French, Punjabi and Somali on the website.

311
TTY: 780.944.5555
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. If you require fire, ambulance, police emergency assistance you 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.
Website self-service is also available for many 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 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 the caller 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 Edmonton

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

Congratulatory Messages - Federal - Governor General & The Queen

Phone: 1.613.993.8164
Online submissions: https://www.gg.ca/en/contact-us/birthday-anniversary-greetings

The Governor General
(backdated up to 12 months)

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

The Queen
(backdated up to 6 months)

- Age 100 and every year thereafter
- 60th wedding anniversary and every 5 years thereafter
- 70th wedding anniversary and every year thereafter

Messages will be mailed one month prior to the required date.

Congratulatory Messages - Federal - Prime Minister & MPs

Phone: 1.613.941.6880
Email: pm@pm.gc.ca
For a message from the Prime Minister or an MP, 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.

Congratulatory Messages - Provincial - Premier, MLAs, Lieutenat Governor

Phone: 780.427.2251.
Email: premier@gov.ab.ca
www.alberta.ca/premier-request-scroll

- The Premier and MLAs provide birthday (65+) and wedding anniversary (25+) 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

Phone: 1.866.580.3625 (DNCL) to register.
Phone: 1.877.249.2782 for compaints.
www.lnnte-dncl.gc.ca

Elections Canada

Toll-Free: 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

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.
TDD/TTY: call 780.427.9999 in Edmonton or 1.800.232.7215 throughout Alberta.

Insurance Bureau of Canada

Consumer Information Office
Phone: 1.844.227.5422
Email: askibcwest@ibc.ca
www.ibc.ca
Hours of Operation: 8am-4pm Mon-Fri
Provides information about:

- 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

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

Toll-Free: 1.844.280.5020
www.canada.ca/en/publichealth
www.canada.ca/dementia

- 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, and dementia.

Service Alberta

Consumer Services
Phone: 780.427.4088
Toll-Free:1.877.427.4088 (outside Edmonton)
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.

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

Toll-Free: 1 800 O CANADA (1.800.622.6232)
TTY: 1.800.926.9105
www.servicecanada.gc.ca
www.servicecanada.gc.ca/seniors
services for seniors

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

See also ESTATE PLANNING – What To Do When Someone Dies

Utilities Consumer Advocate

5th Floor, John E. Brownlee Building,
10365 97 St. NW T5J 3W7
Phone: 310.4UCA (4822)
Email: ucahelps@gov.ab.ca
www.ucahelps.alberta.ca
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.

Thank You

Sage would like to thank the businesses and organizations that advertise in the Directory of Senior Services.

Your support for this important community resource is very much appreciated.

Want to advertise in the 2021/2022 Directory of Senior Services? Please contact: info@MySage.ca.

sage
Sage Seniors Association

Seniors Information Phone Line

211

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.

Dial 2-1-1+press2 or visit ab.211.ca

Free / Confidential / 24/7 / Live answer

Chapter Contents

- Citizenship and Immigration
- Immigrant Serving Agencies

CITIZENSHIP AND IMMIGRATION

Immigration, Refugees and Citizenship Canada

Phone: 1.888.242.2100
Hours of Operation: 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. NW 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 services 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
www.ciirsa.ca/

- Helps to sponsor refugees from all parts of the world.
- Helps newly arrived refugees and immigrants 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
- Provides public education.
- Offers classes for newcomers and immigrants: orientation to Canada, English classes, computer classes, beginner and intermediate.

Catholic Social Services

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.
- Due to COVID-19, conversation groups and computer classes are postponed until further notice.
- Settlement counselling.

- Regular information-sharing sessions about various aspects of living in Alberta .

Changing Together - A Centre For Immigrant Women Association

3rd Floor, 9538 107 Ave. NW
Phone: 780.421.0175
Email: info@changingtogether.com
www.changingtogether.com
Hours of Operation: Mon-Fri 9am-4pm
We offer:

- Seniors programs including the healing circle, workshops on topics of interest, health & wellness, arts & crafts, and networking with other immigrants.
- Classes include: English as a Second Language & conversation classes, IELTS Citizenship Class, computer classes, and sewing classes.
- Family Services: assistance with immigration issues, Food Bank access, housing needs, issues of family violence, bi-cultural parenting.
- Volunteer opportunities.

Edmonton Immigrant Services Association (EISA)

201-10720 113 ST. NW T6H3H8
Phone: 780.474.8445
Email: info@eisa-edmonton.org
www.eisa-edmonton.org
Hours of Operation
Mon-Fri: 8:30am to 4:30pm
Closed 12pm-1pm for lunch and on Statutory holidays.

- 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 (ESL); social and recreational activities; supportive counselling; translation and interpretation; and Commissioner of Oath.
- Our services can be accessed from over 80 locations in Edmonton, Strathcona County, St. Albert, and Fort Saskatchewan. Newcomers can access services and supports close to where they live.

Edmonton Mennonite Centre for Newcomers (EMCN)

10170 - 112 St. NW T5K 2L6
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.
- Offering limited, in-person services & all office visits are by appointment only.

EMCN at 82nd Street
11713 82 Street NW T5B 2V9
Phone: 780.945.2295

Welcome Centre for Immigrants
#200,Tower II, Millbourne Market Mall
(38 Avenue and Millwoods Road) T6K 3L6
Phone: 780.462.6924

Islamic Family & Social Services Association (IFSSA)

Phone: 780.430.9220
Email: info@ifssa.ca
www.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: By appointment only.
Services in North & South offices:

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

Help Line
Phone: 780.900.2777
10:00am-10:00pm 7 days a week
Request for counselling
Closed on Statutory holidays

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
Email: mchb@mchb.org
www.mchb.org

Multicultural Senior Outreach Program (partnership between Multicultural Health Brokers Co-op, Sage and Africa Centre). Program has a team of 8 brokers within 10 communities: Eritrean, Ethiopian, Former Yugoslavia, Korean, Kurdish, Iraqi, Syrian, Spanish-speaking and Russian-speaking and South Sudanese. 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 and refugee seniors' issues.
- Providing consultation support to other service providers regarding crosscultural issues and cultural competence training.

Welcome Centre for Immigrants

Suite 200, Tower II, Millbourne Mall
7609 38 Ave. NW T6K 3L6
Phone: 780.462.6924
Email: info@emcn.ab.ca
www.emcn.ab.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, 400+ student groups and $32 million in scholarship funding, the U of A is a premier choice for prospective students.
- An inspiring community of 40,000+ 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
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
Toll-Free: 1.888.423.9666
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 older adults. We encourage and enable older adults full participation in all aspects of community through inclusion, education and advocacy.
- Our older adults Friendly™ programs are designed to help communities become age-friendly and enjoy a high quality of life.
- Please join us in celebrating positive age!

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 reading, 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
Phone/Text: 780-667-8441
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. NW T6E 5R7
Phone: 780.415.5520
Email: info@ecala.org
www.ecala.org
www.ecala.org/courses/course-listing

- We provide funding to organizations to deliver non-credit, part-time literacy and foundational learning opportunities throughout our city.
- ECALA invests in learning opportunities where "Everyone can Learn" and access free or low-cost adult programs (reading, writing, digital literacy, language, life skills, collective kitchens, family literacy and tutoring).

St. Albert Further Education Association
Phone: 780.460.2207
Email: admin@stalbertfurthered.com
www.stalbertfurthered.com

- Adult education classes: computer, English, French, Spanish, photography, arthritis and chronic pain, literacy, iPhone seminar, speech reading, sign language, senior health, social media, art & sewing.
- Watch for our Course Calendar in the St. Albert Gazette and online, 3 times/year. Classes online and in person.

ELLA-Edmonton Lifelong Learners Association

Phone: 780.492.5055
Email: exella@ualberta.ca
www.my-ella.com

- Partners with the U of A, Faculty of Extension to offer learning opportunities to adults 50+.
- Organizes non-credit online and in person Spring Session(First 3 weeks of May) at the U of A. We offer liberal arts, fine arts, science and wellness courses taught by expert instructors.
- Courses have no prerequisites, home work or exams, registration is affordable and financial bursaries are available.

Metro Continuing Education

Edmonton Public Schools
7835 76 Ave. NW T6C 2N1
Phone: 780.428.1111
Email: metro@epsb.ca
www.metrocontinuingeducation.ca

- Offers hundreds of personal enrichment courses including art, cooking, 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.

N.A.I.T.

11762 106 St. NW T5G 2R1
Phone: 780.471.6248
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.

Y-Digital: YMCA Computer Learning

9528 103A Ave. NW Remote
Phone: 780.426.9265
Email: ydigital@northernalberta.ymca.ca
Hours of Operation: Varied

- Learn to be safe online and use a computer to connect with friends and family, discover community resources/ events or organize your photos and recipes. There are many topics to choose from.
- Flexible to community needs and can present online to any group 5+ people.
- One-on-one over the phone tutoring available as well.

Sage Seniors Association

SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

Contact us to become a Silver Threads donor by a setting up a monthly, pre-authorized gift of $25. This simple act can help us sustain important programing over time - and adds up to a nice tax credit for you at the end of the year!

Become a Silver Threads Donor.

780.423.5510
www.mysage.ca

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.

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, crisis intervention, emotional support and resources for those experiencing or concerned about someone else experiencing seniors' abuse.

Family Violence Information Line

Phone: 310.1818
- 24/7
- Get information, advice and referrals in over 170 languages

Family Violence Info Line Chat
- chat online in English
- 8:00am to 8:00pm MST daily
- chat link: alberta.ca/family-violence-find-supports.aspx

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.
Live, online chat available 8:00am-8:00pm daily at www.ab.211.ca
Text support available by texting 211 8:00am-8:00pm daily
Outside of these areas call:
780.482.INFO (4636)
TTY:780.482.7273

Strathcona County Elder Abuse Response Network

Help Line (24 hours): 780.464.7233
Phone: 780.464.4044
www.strathcona.ca/seniors
- Offers a 24-hour telephone line providing confidential support for those experiencing elder abuse or dealing with seniors' 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: 780.477.2929
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 (EPO) Program

Legal Aid Alberta - Family Law Office
Emergency Protection Order Program
Phone: 780.422.9222 (Edmonton),
403.297.5260 (Calgary),
403.340.7730 (Red Deer)
403.388.3162 (Lethbridge)
Clients outside these areas may also apply for EPOs during business hours at their local courthouse or to the local police or RCMP after hours.

- 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 to all Albertans and there are no eligibility requirements.

See also - EMERGENCY

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 and 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

Elder Abuse Intake Line: 780.477.2929

- 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, Sage Seniors Association 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)

Email: info@albertaelderabuse.ca
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.

For support groups see - HEALTH & WELLBEING

Alberta Seniors and Housing

Phone:1.877.644.9992
Toll-Free: 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

24-hour Help: 1.888.456.2323
www.alberta.ca/bullying-get-help
Trained staff are available to provide advice and support to individuals and families 24/7, 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; 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 24/7.
- Health Link Alberta also provides comprehensive information on services offered by Alberta Health Services and can direct you to the most appropriate hospital or community services and programs.

Office of the Public Guardian and Trustee

Guardianship services: 780.427.0017
Trusteeship services: 780.427.2744
www.alberta.ca/office-public-guardian-trustee
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.alberta.ca/protection-forpersons-in-care

- PPC responds to reports of abuse 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, as well as Persons with Developmental Disabilities (PDD) and supportive living facilities.
- Every individual is required to report abuse to PPC. Failure to report abuse is an offence. PPC reviews all reports of abuse received and investigates if necessary.
- If the adult is in immediate danger, call 911.

Public Health Agency of Canada

Toll-Free: 1.866.225.0709
TTY: 1.800.267.1245

- Information on elder abuse.

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

Seniors Information Phone Line

Phone: 211
Simply call 2-1-1 to be connected to information and referrals for a variety of seniors' resources.

The Shaama Centre For Seniors and Women

329 Woodvale Road W T6L 3Z7
Phone: 780.465.2992
Fax:780.756.1108
Email:light@shaama.ca
www.shaama.ca
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 and other service providers; translation services in Urdu, Hindi, Punjabi.
- Risk management/safety planning.
- Education, workshops such as communicating through conflict, meditation, anger management, dealing with difficult people, financial literacy, etc.

SAFE ACCOMMODATIONS

Alberta Council of Women's Shelters

600-10310 Jasper Ave. NW T5J 2W4
Phone: 780.456.7000
24-hr. Shelter Hotline: 1.866.331.3933
Email: voice@acws.ca
www.acws.ca

- We support 40-member sheltering organizations across the province who provide shelter to women, children, and seniors and work with them to end domestic violence.
- Two members provide services to older adults specifically: Sage Senior's Safe House in Edmonton and Kerby Rotary Shelter in Calgary.
- Find a shelter near you on our website.

A Safe Place

24 Hour Crisis Line: 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. NW
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 24 hours a day.

- Offers 3 meals/day to the community Mon-Fri: breakfast 7:30am–8:15am, lunch: 12:00pm-12:45pm, supper: 4:30pm- 5:15pm. On weekends and holidays there is brunch at 10:45am-11:30am and supper from 4:15pm-5:00pm.
- Residential addiction treatment for men and women. Call for application.
- Medical centre Mon–Fri 9:00am-4:00pm: family doctor, psychiatrist, acupuncturist.
- Operates rescue vans to help men and women who are in need of non-medical help which are dispatched by dialing 211 press 3.

Lurana Shelter

Phone: 780.424.5875
Email: info@luranashelter.com
www.luranashelter.com

- A Women's (domestic violence) 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
The Seniors Safe House provides temporary accommodation for up to 60 days for older adults (ages 60+) who are leaving abusive situations. Staff are on site to provide support and help residents with safety planning, access to financial supports, counselling, medical care, and find longer-term housing.

WIN HOUSE

Phone: 780.479.0058
Email: info@winhouse.org
www.winhouse.org

- 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

Ottawa, ON
Phone: 613.680.5119
Email: info@endvaw.ca
www.sheltersafe.ca
www.endvaw.ca
Office hours: Mon-Fri 9am-5pm
Sheltersafe hours: 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.

Chapter Contents

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

PLANNED GIVING

Every day, lives are enriched by the work of registered charities, foundations, and other not-for-profit organizations in our communities. Financial assistance is essential to support and sustain their charitable work. By leaving a gift in your will or estate plan to the charitable groups of your choice, you can have a positive impact on a favourite cause.

A financial gift can also be a very practical addition to a financial or estate plan when tax issues are taken into consideration. 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.

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

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

At IG Wealth Management, we believe in retirement planning that goes beyond RRSPs. With an IG Living Plan™ your retirement goals are synchronized with your whole financial picture.

IG WEALTH MANAGEMENT

Let's review your retirement goals today.

BRENDA ARCAND CFP RRC
Financial Consultant
Investors Group Financial Services Inc.
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Brenda.Arcand@IG.ca

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#107, 101 Broadway Blvd
Sherwood Park T8H 2A8
Phone: 780.449.1487 ext 5281
Email: Brenda.arcand@ig.ca
https://advisor.investorsgroup.com/en/brenda_arcand

- True financial well-being means living life on your own terms. Getting there requires a financial plan that evolves with your ever-changing needs and goals, which is why we've developed the IG Living Plan™. This holistic plan considers your full financial life and looks at whether you're saving enough, spending wisely, properly protecting yourself from the unexpected, while always considering how to maximize your tax efficiency along the way. Our goal? To improve your financial well-being and make sure you can embrace all of life's possibilities.
- Establish a well-constructed estate plan, tailored to your needs, that allows your legacy to endure by supporting the causes important to you.

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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, 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.

Joanne Berger

Lasting *continuity.*

Our family has been fortunate to benefit from all that Edmonton has to offer. Through Edmonton Community Foundation, the Berger Family Fund contributes to new community needs as they arise.

This helps maintain and strengthen Edmonton now and into the future.

Give. Grow. Transform.

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

EDMONTON COMMUNITY FOUNDATION

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

Canada Revenue Agency (CRA)

Inform the CRA of a death at 1.800.959.8281
- More information is available on the CRA website canada.ca/taxesdeceased: 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 Canceling a Representative.
- Death outside of Canada – contact the Canadian Consulate Office for assistance.

PENSIONS

Service Canada

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

Toll-Free: 1.800.622.6232 for information on Survivor and Death benefits. Link to www. servicecanada.gc.ca/eng/ lifeevents/ loss.

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

Alberta Seniors Benefit

Phone: 780.644.9992
Toll-Free: 1.877.644.9992
www.alberta.ca

- 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 available online at www.alberta.ca/open-governmentprogram.

Employment Insurance

Toll-Free: 1.800.206.7218
The EI Telephone Information Service is an automated telephone service that is available 24/7
If you would prefer to speak to a representative, call 1.800.206.7218 between 8:30am and 4:30pm, Monday to Friday, and press "0." You can get general information about the EI program, the Social Insurance Number (SIN), and your specific EI claim.

❑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 Finacial 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 FINANCEFederal Finacial 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 OLHI 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: 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 and 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: 310.0000, then 780.427.1432
Email: health.ahcipmail@gov.ab.ca
www.alberta.ca/health.aspx

- 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. NW 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.alberta.ca/land-titles.aspx

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

See HOUSING – Housing Resources & Helplines for more information.

VEHICLE

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

- If a vehicle was registered in the name of the deceased, attend a Registries office with a copy of the Death Certificate or Funeral Director's Statement of Death. Vehicles can only be operated under the Estate until the vehicle registration expires. The Executor will need to provide a copy of the will to change the vehicle registration. Parking placards may be cancelled at any Registries office.

- The driver's licence or identification card of the deceased should be taken to your local Registries office, together with a copy of the death certificate or a Funeral Director's statement.
  Service Alberta Contact Centre
  Phone: 780.427.7013.

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.

STATEMENT OF DEATH

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

FUNERAL SERVICES & CEMETERIES

Alberta Funeral Services Regulatory Board

180, 2755 Broadmoor Blvd
Sherwood Park, AB T8H 2W7
Phone: 780.452.6130
Email: office@afsrb.ab.ca
www.AFSRB.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 website for a complete list of all licensed funeral services businesses in Alberta.

Connelly-McKinley Funeral Homes

www.connelly-mckinley.com
Downtown Location:
10014 114 St. NW 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.

Experience the Compassion
Healing Hearts -Inspiring Trust -Comforting Souls.The difference you will experience at Connelly-McKinley Funeral Home is rooted in our deep belief in connecting with the hearts of the families we serve. By sharing the true story of your loved one with our staff, we learn how to help you share that legacy uniquely through ceremony and care.
We believe in the power of story, in the power of legacy, and we are here to help you tell it.

- 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

Since 1908
Connelly-McKinley

Connelly-McKinley Funeral Home
Reception Center & Crematorium
Proudly Family Owned & Serving the Community Since 1908
24 hrs 780-422-2222

Experience the Compassion
Healing Hearts -Inspiring Trust -Comforting Souls
The difference you will experience at Connelly-McKinley Funeral Homes is rooted in our deep belief in connecting with the hearts of the families we serve.
We believe in the power of story, in the power of legacy, and we are here to help you tell it.
Complete arrangements made in our office, your home or contactless phone, online, email.
CALL TODAY TO RECEIVE OUR COMPREHENSIVE PLANNING KIT AND EMERGENCY GRAB N' GO KIT
Committed to the Highest Standard of Service & Care
100% Service Guaranteed!
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

 Due to the ongoing COVID-19 pandemic, information in this directory is subject to change.

The Memorial Society of Edmonton & District

1108 (Bsmt.) - 10235 124 St. NW T5N 1P9
Phone: 780.944.0196
Email: info@memorialsocietyedmonton.ca
www.memorialsocietyedmonton.ca
Hours of Operation: by appointment only please phone: 780-944-0196
and Thursday from 11:00 am – 2:00 pm

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

Park Memorial Funeral Home & Crematorium

9709 111 Ave. NW T5G 0B2
Phone: 780.426.0050
Email: info@parkmemorial.com
www.parkmemorial.com
Open 7 days a week

- Our family owned and operated funeral home proudly serves all faiths and cultural backgrounds, 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.

BEREAVEMENT SUPPORT

Suicide Crisis Support Services

Canadian Mental Health Association - Edmonton Region
Suicide Bereavement Support Services
Phone: 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 (FCSS) & Volunteer Centre

Forest Green Plaza, 107 4613 52 Ave.
Stony Plain
Phone: 780.963.8583
Email: pfcss@stonyplain.com
www.stonyplain.com/fcss

- The mandate of FCSS is to provide locally-driven, preventive, social initiatives to enhance the well-being 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

Toll-Free:1.800.277.9914(English)
Callers outside Canada and the United States can call collect: 613.957.1954
Mon-Fri 8:30am-4:30pm EST
TTY: 1.800.255.4786
www.servicecanada.gc.ca
To find a Service Canada office near you:
Phone: 1 800 O CANADA. 1.800.622.6232.

- 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.

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.

Old Age Security (OAS)

Old Age Security (OAS) Pension
This 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.

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

Allowance
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
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 Canadian Forces and RCMP members, and dependants, include financial and 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.alberta.ca/alberta-aids-to-daily-living.
For complete listing see HEALTH & WELLBEING - Alberta Aids to Daily Living - Alberta Health

Alberta Blue Cross Coverage for Seniors

Toll-Free: 1.800.661.6995
www.ab.bluecross.ca/government-plan/government-plan.php

- The Alberta Health Care Insurance Plan (AHCIP) provides seniors 65 years of age & older premium-free coverage for prescription drugs & other health-related services not covered under the AHCIP.
- AHCIP manages eligibility and registration. www.alberta.ca/seniors-health-benefits.aspx Alberta Blue Cross administers the program.
- Provides premium-free Blue Cross coverage for seniors 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 percent of prescription drug costs are covered, and seniors generally 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/seniors-financialassistance.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 $28,785 or less, and senior couples with a combined annual income of $46,745 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

- **Alberta Supports Contact Centre**
  Toll-Free:1.877.644.9992
  Phone: 780.644.9992 (Edmonton),
  Phone 1.800.232.7215 (province-wide) &
  TTY: 780.427.9999 (Edmonton)
  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 $1,685. The amount you receive will depend on you and your co-habiting 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 $322. The amount you receive will depend on you and your co-habiting partner's income.
- Your assets and your co-habiting partner's assets must not exceed the limits allowed under the program.
- AISH may also provide a monthly child benefit of $200 for your first dependent child and $100 per month for each

additional dependent child.
- 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 co-habiting 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: 1.877.644.9992
Email: css.ascc@gov.ab.ca
www.alberta.ca/alberta-supports

Edmonton South – Mill Woods Alberta Supports Centre
Mill Woods Town Centre
2331 66 St. NW AB T6K 4B5
Phone: 780.644.2888
Email: CSS.EdmSouthIS@gov.ab.ca

Edmonton Central – 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)

Edmonton North – Northgate Alberta Supports Centre
2050 Northgate Centre
9499 137 Ave. NW T5E 5R8
Phone: 780.422.9440
Email: CSS.EdmNorthIS@gov.ab.ca

Edmonton West – 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 Supports Centre
Fort Saskatchewan Community Hospital
9401 86 Ave. 2nd floor
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 Tuesdays, Wednesdays and Thursdays.

Leduc Alberta Supports Centre
50 St. Leduc Plaza
Suite 202, 4809 43A Ave. **Leduc**, AB T9E 8J6
Phone: 780.980.0557
Fax: 780.980.0036

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)

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
www.canada.ca/revenue-agency
Register for "My Account," an online service to access your specific tax information.
www.canada.ca/my-cra-account
Community Volunteer Income Tax Program (CVITP)
www.canada.ca/taxes-volunteer
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 website above.
Seniors can find a free tax clinic near them by visiting the website above.

Income Tax Assistance

Phone:423.5510.
Hours of Operation: By appointment only.
Tax Preparation at Sage
Sage and other organizations offer income tax assistance in conjunction with the Canada Revenue Agency Community Volunteer Income Tax Program (CVITP).
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.

Internal Revenue Service (IRS) - United States

Toll-Free 1.800.829.1040
TTY/TDD: 800.829.4059
Hours of Operation: Mon–Fri 7am–7pm local time
www.irs.gov/individuals/seniors-retirees
International Call Centre Mon- Fri, From 6:00 am-11:00 pm EST
Phone: 267.941.1000 (not toll-free)

CREDIT AND DEBT MANAGEMENT

A.C. Waring & Associates Inc. "The Debt Solutions People" ®

First Edmonton Place,
10665 Jasper Avenue NW, Suite 410
(Building Located at Tim Horton's and Corona LRT corner)
Phone: 780.424.9944 or 1.800.463.3328
www.debtfree.ca

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423-DEBT
(3328)

Live Line: Mon-Fri 9am to 5pm+
Sponsored by: A.C. Waring & Associates Inc.
The Debt Solutions People®
Licensed Insolvency Trustees
Credit Counselling / Financial Options / Problem Solving
Bankruptcy Alternatives
• Confidential • Professional • Free Consultation
www.debtfree.ca

Money Mentors

Suite 175-17010 103 Ave. NW T5S 1K7
Toll-Free in Alberta: 1.888.294.0076
Email: csrmail@moneymentors.ca
www.moneymentors.ca

- Exclusive provider of the federally legislated Orderly Payment of Debts (OPD) program, helping Albertans become debt-free.
- Free, unbiased credit counselling and money coaching to set you up for financial success.
- Free in-person and online financial education to give Albertans the skills they need to get out of debt, manage their money better, and plan for a healthier financial future.

FINANCIAL SERVICES

Canadian Government Annuities (CGA)

Phone: 1.800.561.7922
www.servicecanada.gc.ca

- Canadian Government Annuities have not been 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 20 to 30 years.

Canadian Retirement Income Calculator

www.canada.ca/en/services/benefits

- 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 of 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. OBSI 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.

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
- Alberta Blue Cross Coverage for Seniors

If you do not receive this package, call:
Alberta Supports Contact Centre
Phone: 780.644.9992
Toll-Free:1.877.644.9992
Email: css.ascc@gov.ab.ca
www.seniors.alberta.ca

Alberta Blue Cross Coverage for Seniors

Toll-Free: 1.800.661.6995
www.ab.bluecross.ca
(For prescription medications and other health related coverage.)

- 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. 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

Credit Counselling Society

Suite 610-10216 124 St. T5N 4A3
Toll-Free Phone: 1.888.527.8999
Email: info@nomoredebts.org
www.nomoredebts.org

- Award-winning non-profit credit counselling organization in operation since 1996.
- Get help finding the best options to deal with debt and get your finances back on track.
- In-person or phone appointments are free, confidential, unbiased, and non-judgmental.

"We Help. We Educate. We Give Hope."

sage
Sage Seniors Association

THANK YOU!

Sage would like to thank the businesses and organizations that advertise in the Directory of Senior Services.

Your support for this important community resource is very much appreciated.

Want to advertise in the 2021/2022 Directory of Senior Services? Please contact: info@MySage.ca.

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- Home Health Care Agencies
- Podiatry and Foot Care
- Optometry
- Addictions Recovery
- Pets

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
Website: www.alberta.ca/alberta-aidsto-daily-living.aspx

- Alberta Aids to Daily Living (AADL) funds basic medical equipment and supplies to help Albertans with longterm disabilities, chronic and terminal illnesses, stay independent in their communities.
- AADL is a cost-share program. Clients pay 25% of the benefit cost up to a maximum of $500 per family per year. If you receive provincial income assistance, or if your income is below qualifying thresholds, you may be exempt from cost-share payments.
- To obtain AADL funding, you must be assessed by an approved healthcare professional. That person determines what equipment and supplies you can get through the AADL program. If you are eligible, they will give you an authorization for products from AADL's product list.
- To find an approved healthcare professional, you can contact your local health care centre or hospital, or call HealthLink at 811. Let them know what kind of equipment or supplies you are looking for, and ask them to help you find an AADL Authorizer or Specialty Supplier.

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 permanent 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

Amramp Alberta

Phone: 800.649.5215 or 780.666.2606
Email: Barbara.peters@amramp.com
Email: Normand.doyle@amramp.com
www.amramp.com
Hours of Operation: Mon-Fri 8:30am-4:30pm

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

Canada Homecare Group

1126 Wahl Place NW,
Edmonton AB T6W 3G6
Phone: 780.340.0910
Fax: 780.669.3569
Email: info@canadahomecaregroup.ca
www.canadahomecaregroup.ca

- Licensed Homecare Services
- Comprehensive Mobile Clinic
- Physician and Nurse Practitioner House calls
- Specialized Nursing Care at home
- Personal Support and Assistance with Activities of Daily Living
- Group of Doctors, Nurse Practitioners, Registered Nurses, Licensed Practical Nurses, Health Aides affiliated with Psychologists & Physiotherapists

Seniors Information Phone Line

Connecting Seniors to Supports and Services

Dial 211®

Congdon's Aids To Daily Living Ltd.

10550 Mayfield Rd
Phone: 780.483.1762
Email: info@congdons.ca
www.congdons.ca
Hours of Operation:
Monday-Friday 8:30am-5:00pm
Home Health product supplier since 1970

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

Eco Medical Equipment

18303 107 Ave T5S 1K4
Phone: 780.483.6232
Email: info@ecomedical.ca
Now serving Red Deer, Grande Prairie 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.

eco

medical equipment

Scooters

Lift Chairs

Van Conversions

Adjustable Beds

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CONTACT US

7843-106 Ave, Edmonton, AB
Phone: 780-469-8499
Toll: 877-417-9106

HOURS

Mon, Tue, Wed, Fri - 8:30am - 4:30pm
Thursday - 8:30am - 5:30pm
Saturday - 10:00am - 1:00pm

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, and custom hernia 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

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

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Edmonton, AB
T5E 5R8
T: (780) 406-3500
F: (780) 406-3567

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On Gateway
5920 Gateway Blvd
Edmonton, AB
T6H 2H6
T: (780) 434-3131
F: (780) 437-3355
Free: (800) 565-0333

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9:00am-5:00pm
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Healthcare Solutions

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Toll-Free: 1.800.565.0333
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www.healthcaresolutions.ca

- 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.
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- 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:
Monday, Tuesday, Wednesday, Friday: 8:30am-4:30pm
Thursday 8:30 to 5:30pm
Saturday: 10:00am-1:00pm (unless it's a long weekend)

- 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

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on Kingsway 11315 Kingsway Ave. 780-452-4386

MEDICAL EQUIPMENT LOANS

Easter Seals Alberta

103, 811 Manning Rd. NE **Calgary** T2E 7L4
Phone: 403.235.5662
Email: info@easterseals.ab.ca
www.easterseals.ab.ca
Facebook: www.facebook.com/EasterSealsAlberta/

- For almost 70 years, Easter Seals Alberta has supported individuals with disabilities and medical conditions. We strive to ensure that the resources they need for an independent and full life are available.
- We make this possible with our main supports:
  EASTER SEALS CAMP HORIZON
  Provides subsidized five-day summer camps and respite weekends near Bragg Creek for Albertans with disabilities and medical conditions.
- ACCESSIBILITY SUPPORTS
  Provides critically needed equipment and support to those who qualify both physically and financially. This includes Equipment and Support Services, Phyllis Davidson Easter Seals Scholarship, and Community Access.
- EASTER SEALS MCQUEEN HOME is a self-governed, 24-hour personal care residence in Edmonton for people with disabilities looking to develop independent living skills.

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: 780.342.0220
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 and Social Work.

Disability Services
Bridge to Care Promotes dignity, individuality, independence, personal growth and community inclusion for people with Mental - Cognitive, Psychological & Psychiatric disorders
Services provided throughout Alberta:

- 24 hours Respite Care (In- Home and Out of Home)
- Community Engagement
- Employment Support
- Therapeutic Care

Patient Concerns & Feedback
c/o Patients Relations 10030 107 St. NW T5J 3E4
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 during 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. NW
Phone: 780.469.9606, ext 228

CapitalCare Kipnes Centre for Veterans Day Program
4470 McCrae Ave. NW
Phone: 780.442.5722
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Strathcona Day Program
12 Brower Rd. **Sherwood Park** AB
Phone: 780.417.4347
Email: info@capitalcare.net
www.capitalcare.net

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
Phone: 780.496.1300

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

Hospice Day Program
Pilgrims Hospice Society
Interim Address:
104-15023 123 Ave. NW
Edmonton, AB T5V 1J7
Phone: 780.413.9801 ext 103
Email info@pilgrimshospice.com
www.pilgrimshospice.com

Rutherford Wellness Day Program
949 Rutherford Rd. SW
Phone: 780.496.1300

St. Joseph's Nursing/Rehab Day Program
10707 29 Ave. NW
Phone: 780.496.1300

Sherwood Park Wellness Day Program
314 52323 RR3, **Sherwood Park**

Southside Seniors Day Program, Ermineskin (Covenant Health)
3030 106 St. NW 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/senior-care/adult-day-support-program/
Hours of Operation: Mon-Fri 10am-4pm

- Adult Day Support Programs are designed to offer clients a variety of therapeutic services and structured social and recreational activities in a group setting. Participation is based on referral as part of a service plan; services are tailored to the client's individual needs.

Two types of programs are offered:

- Complex Day Program – for adults who may have physical and/or cognitive impairments, but no physical occupational therapy included.
- Medical Rehabilitation Support Program – provides physical and/or occupational therapy along with social activities.

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
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare CHOICE Mental Health
14504 118 St. NW T5X 1T3
Phone: 780.944.8668
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare CHOICE Norwood
10404 111 Ave. NW T5G 3A2
Phone: 780.944.8662
Email: info@capitalcare.net
www.capitalcare.net

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 192 under Housing

FACILITY LIVING

See page 243 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-therapyclinic
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.
See also Counselling

Alberta Health Services - Addiction & Mental Health Access 24/7

10959-102 St. T5H 2V1
Phone: 780.424.2424
Website:
www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14066
Hours of Operation: 24/7

- Provides a single point of access to adult addiction and mental health community based programs. Access 24/7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization.

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 Ave. T5M 3L7
Phone: 780.342.9100 for intake or inquiries
Hours: Mon-Fri 8:00am-4:15pm

- Provides assessment, treatment, and follow-up for seniors (age 65+) with mental, emotional, behavioural or concurrent addiction problems.
- Offers support and monitoring through community based day programs at Westmount Shopping Centre or Ermineskin Mall.
- 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
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 also Counselling.

PALLIATIVE CARE

Alberta Health Services Palliative Home Care

Phone: 780.496.1300
www.albertahealthservices.ca
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

Comfort Keepers

101-4208 97 St. NW T6E 5Z9
Phone: 780.465.4665 for 24/7 service
Email: edmonton@comfortkeepers.ca
www.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

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.
- 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. NW 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
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
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 Rd, **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. NW 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

College of physicians and Surgeons (CPSA)

Edmonton 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 CPSA if you have any concerns about the care you receive from your physician.

Primary Care Network

www.albertafindadoctor.ca
Phone: 811

- Find a PCN family doctor near you: 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 albertafindadoctor.ca/pcn 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 specializing in geriatrics, a social worker, exercise specialist, dietician, nurse practitioner, respiratory therapist and unit clerks.
- The goal of the clinic is to help seniors remain as independent as they can be within their community by providing primary health care and partnering with other community agencies.

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 For Full Listing.

AFTER HOURS CARE

Health Link Alberta
Phone: 811
Hours of Operation: 24/7

- 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.

Community Care Access
Hours of Operation: 24/7
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 Rd. 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

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, **Thorsby**, AB T0C 2P0
Phone: 780.789.4800

CAREGIVER SUPPORT

Caregivers Alberta

#17, 12122 68 St. NW T5B 1R1
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 community 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
8700 84 Street, Dow Centennial Centre
Fort Saskatchewan AB T8L 4P5
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.

NORQUEST COLLEGE

Learn skills to feel confident and empowered as a family caregiver.

Workshops and online tutorials now available.

Register today
norquest.ca/family-caregiver

Continuing Education & Custom Training

Family Caregiver Wellness Initiative

Presented by **NorQuest College**
10215 108 St. NW T5J 1L6
Phone: 1.866.534.6480
Email: health@norquest.ca
www.norquest.ca/family-caregiver

- Caring for a loved one?
- Learn skills to feel confident and empowered as a family caregiver
- Workshops and online tutorials now available. Register today!

Hospice Home Visiting Program

Pilgrims Hospice Society
Interim Address:
104, 15023 123 Ave. NW T5V 1J7
Phone: 780.413.9801 ext 103
Email: info@pilgrimshospice.com
www.pilgrimshospice.com
Hours of Operation:
Mon-Fri 8:30am-4:30pm

- Pilgrims Hospice Society provides support to those experiencing a severe life-limiting illness, as well as respite for their caregivers. We also provide support for individuals and families grieving the death of a loved one.
- Respite support is offered on site through the Hospice Day Program, as well, the Hospice Home Visiting Program connects clients living with a progressive life-limiting illness with specially trained volunteers who provide companionship and support in the home (including hospital, extended care and hospice locations).

ElderCare Edmonton

#23 Jerry Forbes Centre
12122 68 St. NW T5B 1R1
Contact: Sandra Stemmer, Executive Director
Phone: 780.434.4747
Email: info@eldercareedmonton.ca
www.eldercareedmonton.ca

- ElderCare Edmonton has served seniors and their caregivers for 40 years.
- We offer a full array of services, including day respite through three recreational day support programs for seniors in the community.

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.
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.

Grief Support Services

Pilgrims Hospice Society
Interim Address:
104-15023 123 Ave. NW
Edmonton, AB T5V 1J7
Phone: 780.413.9801 ext 102
Email: info@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 one-on-one support to explore their grief journey, including anticipatory grief related to end of life concerns.
- A bi-weekly Drop-in Grief Support Group and 10-week closed Adult Grief Support Groups are offered.

Catholic Social Services

Mercy Counselling
Phone: 780.391.3233
Email: info@cssalberta.ca
www.cssalberta.ca

- Individual, couple, and family counselling.
- Affordable. Confidential.
- Counselling in several languages is available
- We now offer telepsychology sessions

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
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

Suite 706, 5241 Calgary Trail NW
Phone: 780.757.0900
Email: info@walkinedmonton.org
www.momentumcounselling.org
Hours of Operation:
Mon-Wed 10:00am-7:00pm,
Thurs 10am-5pm, Fri 10:00am-2:00pm

- 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 hearts 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

Phone: 587.773.1764
www.MySage.ca
Hours: Monday-Friday 8:30am-4:00 pm
Sage provides one-on-one assessment and connection to resources, including assistance with filling out forms. Although walk-ins are welcome between the hours of 9:00 am and 2:00 pm, we recommend that you make an appointment to avoid what might be a lengthy wait. Please call 587.773.1764 to schedule.

Drop-In Counselling at Sage

Drop-In Counselling is available at Sage on Wednesdays between 10:00 am – 3:00 pm, with the last appointment seen at 2:00 pm. Single-session counselling is available on a walk-in basis.

Sexual Assault Centre of Edmonton (SACE)

Support and Information Line (9 am - 9 pm): 780.423.4121
Office Line: 780.423.4102
www.sace.ca

- 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.

See EMERGENCY – Emergency Numbers for complete listing.

Strathcona County Family and Community Services

Office: 200, 401 Festival Lane
Sherwood Park, AB T8A 3W7
Phone: 780.464.4044
Email: familyandcommunity@strathcona.ca
www.strathcona.ca/fcs

- Offering both virtual and telephone counselling in its efforts to help residents feel safe, supported and connected.
- We are all impacted by COVID-19. Many of us are experiencing the Impacts of financial stress, job loss, domestic violence, restrictions on seeing loved ones and friends or major changes to daily routines. People may feel uncertain, anxious, isolated, irritable, lonely or even have a sense of grief and loss.

Call in Hours:
Monday and Friday: 8:30 am-4:30 pm
Tuesday, Wednesday, Thursday: 8:30am-8 pm
Our office is not accessible to the public at this time.

- Counselling Groups: Are suspended temporarily due to COVID-19.

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 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.

The Family Centre

#20, 9912 106 St. NW
Phone: 780.423.2831
Email: info@familycentre.org
www.familycentre.org
Clients can also access video or phone counselling by emailing therapy-leads@familycentre.org

- Just drop-in for counselling – no appointments or referrals are needed.
- Your first session is free of charge and subsidies are available for follow-up sessions.
- If you are faced with a problem that you don't know how to solve, our mental health therapists can help you understand your situation better and figure out ways to move successfully through it.

DENTAL SERVICES

Dental and Optical Assistance for Seniors

Alberta Seniors Benefit
Phone: 780.644.9992
Toll-Free 1.877.644.9992
www.alberta.ca/seniors-financial assistance
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: Mon-Fri 8:00am-4:00pm

- Clinic specializes in Dental care for the elderly and disabled. Family and friends are also welcome.
- 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 Ave. NW
Corner of University Avenue (82 Ave.) and 114 St.
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

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 decisionmaking.

Finding Balance

Injury Prevention Centre
School of Public Health at the University of Alberta
Phone: 780.492.6019
www.findingbalancealberta.ca

- Finding Balance is a provincial seniors' falls prevention program that provides older adults and practitioners with the latest information and resources to help seniors live an active and independent lifestyle.
- Finding Balance Campaign: November is Falls Prevention Month across Alberta. Every year, the Finding Balance campaign creates resources and hosts activities and events to promote the importance of encouraging seniors to challenge their balance, build strength, and be active to prevent falls.

Public Health Agency of Canada

Toll-Free 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.

HEALTH BENEFIT PLANS

Alberta Blue Cross

10009 108 St. NW T5J 3C5
Phone: 780.498.8000
Toll-Free: 1.800.661.6995
www.ab.bluecross.ca
Hours: Mon-Fri 8:30 am to 5:00pm

- Not-for-profit providing supplementary health coverage.
- Administers coverage for seniors on behalf of Alberta Health Services.
- 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 Services
PO Box 1360, Stn Main T5J 2N3
Phone: 780.427.1432
Toll-Free: dial 310.0000, then 780.427.1432
Email: health.ahcipmail@gov.ab.ca
www.alberta.ca/ahcip.
Alberta Health Care Insurance Plan coverage includes:

- Insured hospital and physician services 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 in province once per benefit year for persons 65+.
- For details on community physiotherapy services in province, 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.**

Dental and Optical Assistance for Seniors

Alberta Seniors Benefit
Phone: 780.644.9992 or
Toll-Free1.877.644.9992
www.alberta.ca/financial-assistance-for-seniors.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 $28,785 or less, and senior couples with a combined annual income of $46,745 or less, may qualify.

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

Edmonton Central – 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)

Edmonton North – Northgate Alberta Supports Centre
2050 Northgate Centre
9499 137 Ave. T5E 5R8
Phone: 780.422.9440
Email: hs.EdmNorthIS@gov.ab.ca

Edmonton South – Mill Woods Alberta Supports Centre
Mill Woods Town Centre
2331 66 St. NW T6K 4B5
Phone: 780.644.2888
TTY: 780.427.9999
Email: hs.EdmSouthIS@gov.ab.ca

Edmonton West – Meadowlark Alberta Supports Centre
120 Meadowlark Shopping Centre
15710 87 Ave. NW T5R 5W9
Phone: 780.415.8116
Email: ABSupports_
MeadowlarkProcessing@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
50 St. Leduc Plaza
Suite 202, 4809 43A Ave.
Leduc, AB T9E 8J6
Phone: 780.980.0557
Fax: 780.980.0036

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
TTY: 780.449.0712

St. Albert Alberta Supports Centre
Provincial Building
30 Sir Winston Churchill Ave.
St. Albert, AB T8N 3A3
Phone: 780.419.3907

HEALTH SERVICE ORGANIZATIONS

Arthritis Society

Toll-free: 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 online education programs available 24/7 on our website, including pain management, workplace, childhood arthritis, and before/after surgery.

Assisted Living Program

Indigenous Services Canada
Phone: 780.495.2823
Email: Yaa.Attobrah@canada.ca
www.canada.ca/en/indigenousservices-canada.html.
Provides funding to First Nations' communities to provide social support services to infirm/ chronically ill/disabled individuals who live on reserve and who need help with activities of daily living.

Boyle McCauley Health Centre (BMHC)

10628 96 St. NW T5H 2J2
Phone: 780.422.7333
Dental Clinic (direct line): 780.421.7333
www.bmhc.net
Hours: Mon- Fri 8:00am- 4:30pm

- 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.
- iHuman Youth Clinic-providing primary health care for traumatized youth

Canadian Blood Services

8249 114 St. NW T6G 2R8
Phone: 1.888.236.6283
www.blood.ca
Blood Donor Clinic hours:
Mon-Fri 9:00am-7:00pm
Sat: 8:00am-2:00pm
Sun: Closed

- Manages the blood and blood products supply for hospitals across Canada.
- Manages OneMatch (stem cell and marrow network).
- To book your blood, plasma, or platelet donation appointment, call: +1 (888) 236-6283 (1.888.236.6283) or visit www.blood.ca.

Canadian Cancer Society

Phone: 1.888.939.3333
Email: info@cancer.ca
www.cancer.ca
How we can help:

- If you or someone you care about has been diagnosed with cancer, you will have many questions and concerns. We are here to help. We offer support and information for people with cancer and their families and help them find services in their communities.
- Call to speak with one of our Cancer Information Specialists.

Canadian Hard of Hearing Association, Edmonton Branch

Jerry Forbes Centre
#10, 12122 68 St. NW T5B 1R1
Office Hours: Mon & Wed 12:30pm–5:00pm. Thursday 9:30am–3:30pm
780.428.6622
info@chha-ed.com
www.chha-ed.com
Programs & Activities:
A non-profit, self-help organization providing support, activities, programs and advocacy for all persons with hearing loss:

- General Meetings, Presentations, and 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
- Hospital Kits (presentation & kits provided free)

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 Foundation AB & NWT

Bold Dreams, Bright Futures
11150 Jasper Ave. Edmonton, AB T5K 0C7
Phone: 780.488.4871
Email: Alberta@cnib.ca
www.cnib.ca
Empowering Albertans who are blind or partially sighted to live the lives they choose. We offer specialized programs and services for individuals and families looking for community supports, including:

- Peer support
- Volunteer matches
- Employment services
- Technology and products

Deaf & Hear Alberta

Alberta School for the Deaf, 6240 113 St. NW Upstairs,
Phone/Text: 866.471.2805
Email: info@deafandhearalberta.ca
www.deafandhearalberta.ca
https://estore.deafandhearalberta.ca
Hours of Operation: Mon-Fri 9am-4pm
(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
Email: Info@hc-sc.gc.ca
Phone: 613.957.2991
Toll-free: 1.866.225.0709
www.hc-sc.gc.ca

Northern Alberta 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.

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.
- Provides referral to support groups.

Poison and Drug Information Service (PADIS)

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 Herbals
- 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@parkinsonassociation.ca
www.parkinsonassociation.ca
Hours of operation:
Mon-Fri 8:30am-4:30pm

- Provides no and low-cost programming for people with Parkinson disease, Parkinson's Plus Syndromes; their care partners and families throughout the entire Parkinson's journey.
- Offers three types of programming: Support, Education and Active. Support includes: one-on-one/family support, support groups and peer-to-peer. Education includes: information and resources (disease-specific, local, provincial and federal), webinars and conferences. Active includes: physical, voice/speech, cognitive and social offerings.
- Call our office to learn more or to schedule an appointment.
- Membership is $25/year and is voluntary.

When you support Sage you support seniors.

"I got all the help I needed, to get the help I need."

sage
Sage Seniors Association
www.mysage.ca

Vision Loss Rehabilitation Alberta

#600, 11150 Jasper Ave, AB T5K 0C7
Phone: 780.488.4871
www.ab.visionlossrehab.ca
We provide training that enables people who are blind or partially sighted to develop or restore key daily living skills, helping enhance their independence, safety and mobility.
We offer programs and services including:

- Low vision services
- Training for independent living
- Travel and mobility instruction
- Technology and products

HOME HEALTH CARE AGENCIES

Bridge to Care Inc.

A Canadian-based Non-for-Profit Healthcare Organization
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
Branch Offices: Edmonton, Red Deer, Whitecourt - AB
Our Services:

- Skilled Nursing Care
- Pregnancy Care
- Dementia Care
- Palliative Care
- Convalescence Care
- Respite Care(In Home & Out of Home)

See also TRANSPORTATION - Transportation Options For People Not Driving

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

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.

Comfort Keepers

101-4208 97 St. NW T6E 5Z9
Phone: 780.465.4665 for 24/7 service
Email: edmonton@comfortkeepers.ca
www.comfortkeepers.ca/edmonton
Hours of Operation: 24/7

- 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

Care at Home

EXQUISICARE
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

Make everyday extraordinary

At Comfort Keepers, we provide in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes.

In-Home Care Services

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer's care
- Respite care
- Safety solutions

780-465-4665

Home + Life + Care | Comfort Keepers Edmonton

www.comfortkeepers.ca/edmonton

Harmony Caregiving

9856 89 Ave. T6E 2S4
Phone: 780.328.7807
www.HarmonyCaregiving.com.
Hours of Operation: Available Around the Clock, 24/7/365.

- Helping People with Dementia and their Family Members Enjoy the Best Quality Life Possible. Bonded, Insured & Fully Screened Health Care Aides & Companions Provide Assistance in Your Home, Seniors Community or Hospital. Approved AHS Self Managed Care Invoicing Model Service Provider.
- Our Licensed Practical Nurses Ensure Medications are Managed Daily. Certified Health Care Aides are Trained to Help Your Loved One Living with Dementia/Alzheimer's with Meal Assistance, Safe Bathing & Washroom Assistance. Hire a Caregiver to Accompany Your Loved One to Hospital & Medical Appointments, Fun Social Outings, Shopping or Running Errands to Ensure their Safety & Well-Being.
- Call for a Free Care Consultation Today.

HARMONY CAREGIVING
MEMORY CARE SPECIALISTS
♥Reliable ♥Trustworthy ♥Respectful ♥Compassionate
HELPING YOUR ELDERLY LOVED ONES LIVE A WONDERFUL LIFE
ESSENTIAL SERVICES TO SUPPORT YOUR ELDERLY LOVED ONES AT HOME OR IN-FACILITY
♥ Home Care ♥ Companionship ♥ Dementia Support ♥ End of Life Care
♥ Hospital to Home Transitions ♥ Medication Management ♥ Personalized Hygiene Care
♥ Meal Preparation ♥ Housekeeping
Covid-19 Compliant Protocols to Ensure Your Safety and Well-being
Certified, Screened, Insured & Dementia Trained Essential Health Care Team
AHS Invoicing Model & Self-Managed Care
Approved Service Providers
Complimentary Consultation
780-328-7807

www.HarmonyCaregiving.com

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 Homecare

Contact: Susie Sterenberg
780-953-0342
havencresthomecare@gmail.com
Hours of Operation 24/7
Serving the community since 2000

Providing affordable, compassionate care and improving quality of life is what we do best!

Our professional homecare team are certified, extensively trained, insured and available to provide compassionate care for you or your loved ones.

Services include:

- Personal Care
- Companion Care
- Home Support
- Alzheimer/Dementia Care
- 24 Hour Care
- Palliative Care
- AHS Approved
- Off Site Respite Care

From a few hours a week to fulltime live in care we are here to help.

Call for a complimentary consultation today!

Serving Edmonton and surrounding communities

www.havencresthomecare.ca

Home Care Assistance Edmonton

Store Front Office - Welcome to public
16953 127 St. T6V 1T0
Phone: 780.490.7337
Toll-free: 1.866.454.8346
www.HomeCareAssistanceEdmonton.ca
Hours of Operation: 24/7
Email: Zali@HomeCareAssistance.com

Home Care Assistance Edmonton
Non-Medical and Medical care

- Our One-on-One Services Balance Care Method and Cognitive Therapeutics Method
- **Medical Care LPN/RN and Non Medical Health Care Aides**
- Supervision and direct care with activities of daily living
- Assistance with a physical fitness regimen
- Meal preparation/healthy eating
- Companionship and recreation
- Transportation
- Household tasks
- Light housekeeping
- Bathing and hygiene
- Assistance with mobility and ambulation
- **Cognitive Therapy - memory care for Dementia Care**
- **Specialized Care - Quarantine Care**
- Respite Services
- Pallative Care
- **FSCD - Children with Disabilities**

Nurse Anytime Home Care

Phone: 780.435.9959
Email: info@nurseanytime.com
www.nurseanytime.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.

Nurse Next Door

Phone: 1.888.988.5880
Email: Edmonton@NurseNextDoor.com
www.NurseNextDoor.com
Hours of Operation: Day or Night, We're available 24/7/365 to provide immediate care

- It's our goal at Nurse Next Door to provide you with all the necessary support you need day to day so you can continue to live your life as you have been living.
- When you book a free Caring Consult, you'll meet with a Care Designer who will design a comprehensive home careplan using our Happier Aging™approach matching you with a perfect-fit caregiver who can help bring the plan to life.
- Our services range from friendly companionship to around-the-clock nursing care including respite care, personal care, Alzheimer's and dementia care as well as palliative care to provide comfort and peace of mind.
- Rest-Assured - we manage everything, every step of the way.

Veritas Seniors Concierge

Home Care Services for Seniors
Phone: 780.975.7927
Email: care@veritasseniors.ca
www.veritasseniors.ca
Hours of Operation: 24/7

- Veritas Seniors Concierge, an independent agency was started by a Registered Nurse over a decade ago in Edmonton.
- Specializing in Senior Care.
- Giving personalized care tailored to your family needs when and where care is required.
- Dignity, compassion, respect, listening, honesty and being present describes our approach to anything we do.
- Enter our family of compassionate Companion and Caregivers matched to your loved one.
- Absolute quality of life care is our goal
- Care available from a few hours a day to full time care.
- Book a complimentary home visit to learn more how our services can make a difference.
- Bonded, licensed and insured for your peace of mind.

Veritas
Seniors Concierge

Some services are:

Companions
Healthy Meals
Errands
Housekeeping
Personal Care
Respite Care
Mobility & Exercise
Palliative Care
Dementia Care
Alzheimer's Care
Hospital Discharge
Live-In Care

Peace of mind care occurs where you call home.

Meaningful Work,
Meaningful Relationships

Call: **780-975-7927**
for your Complimentary Home Visit

care@veritasseniors.ca
www.veritasseniors.ca

Bonded Licensed & Insured

Helping seniors make the best connection

Call 211 — Information and referrals to community and government supports. Press 2 for Seniors Information Phone Line.

Call 311 — Information on City of Edmonton programs and services

Call 411 — Directory assistance

Call 511 — Alberta road conditions

Call 811 — Health Link to speak with registered nurse

Call 911 — Emergency services: police, fire & ambulance

CONNECTING EDMONTON SENIORS

EDMONTON SENIORS COORDINATING COUNCIL

PODIATRY AND FOOT CARE

Comfort Footcare

Phone: 780.952.8551
Email: comfort_footcare@icloud.com
www.comfortfootcare.ca
Hours of Operation: Monday to Friday 8:00 am-4:00 pm. Services may be available during evenings and weekends.
Comfort Footcare is a Nursing Company specializing in Private Footcare. We have over 20 years of Nursing Experience.
We believe in providing quality services coupled with the strictest standards of practice.

Services Provided:

- Foot Care, Diabetic Foot Care, Hand Care. Services provided in your home. Foot Care Preventative Measures

Possible Interventions:

- Maintaining good skin integrity
- Corn & Callus Management
- Nail Care Including Treatment of Ingrowns & Fungal Infections

Comfort Footcare
Mobile In-Home
Services
Foot Care . Diabetic Foot Care . Nail Care
(780) 952-8551
Tanya Harding
LPN
comfort_footcare@icloud.com

OPTOMETRY

Alberta Association of Optometrists

www.optometrists.ab.ca

- An annual eye exam with your optometrist can help detect serious eye diseases before they compromise your sight.
- Optometrists recommend that babies have their first exam between six and nine months. At least one eye exam between the ages of two and five, and annually for everyone after age six.
- During an eye exam, your optometrist examines the tissues and structures inside the eye, looking for eye diseases.
- Many common eye diseases have no early signs or symptoms.
- Medically necessary and urgent care services are provided by optometrists. They have the proper knowledge, tools and equipment necessary to diagnose, treat and refer to a specialist, if needed. This includes things, such as: eye infections or injuries; foreign objects in the eyes; monitoring diabetes; and post-operative care.
- Check with your optometrists about your Alberta Health coverage for appointments.
- You can find an optometrist close to you by using the search tool on the website.

Your SIGHT is a *gift* that deserves protecting!

FOR ALL THAT YOU LOVE . . .

If you're 65+ there's no better time to focus on quality vision care – to preserve your eye health, an active, independent life, and the chance to enjoy all that you love. Speak to your optometrist about your Alberta Health coverage.

Find an optometrist near you at **optometrists.ab.ca**

Alberta Association of Optometrists

ADDICTIONS RECOVERY

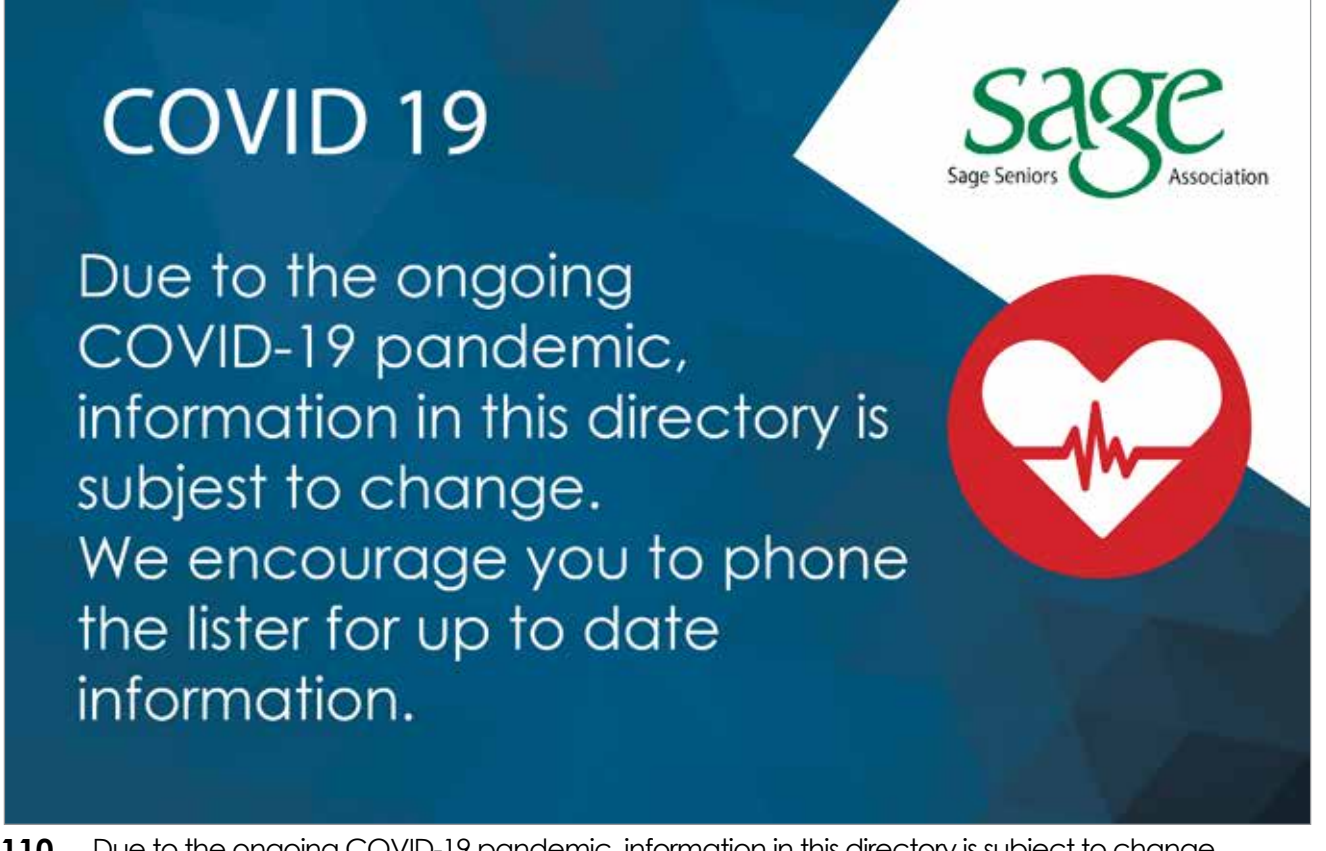
Cornerstone Residence
(Addictions Aftercare - 19 suites)
11838 82 St. NW
Phone: 780.474.7499
Population Served: Female/those who identify as female

Keystone Residence
(Addictions Aftercare - 15 suites)
11830 85 St. NW
Phone: 780.490.6501
Population Served: Male/those who identify as male

Transformations Program
(Addictions Treatment 32 beds)
9611 102 Ave. NW
Phone:780.429.4274. ext. 230
Population Served: Male/those who identify as male

PETS

Alberta Helping Animals Society
Phone: 587-338-8668
Website: www.ahas.ca
Email:
AlbertaHelpingAnimalsSociety@gmail.com
Alberta Helping Animals Society (AHAS) is a non-profit society developed to provide access to veterinary care and animal-related advice for the companion animals of vulnerable people, defined as low income, marginally housed, disabled, or otherwise disadvantaged.



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

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

Edmonton Senior Solutions

Edmonton, AB
Phone: 780.993.CARE (2273)
Email: info@edmontonseniorsolutions.com
www.EdmontonSeniorSolutions.com
Hours of Operation: Mon-Fri 9:00am-5:00pm
We offer in-home services to enhance the quality of life while preserving independence. Our professionals are trained to assess, plan, monitor and provide home care services to the elderly and their families.

Home Care:
- Nail & foot care
- Companionship
- Transportation
- Groceries & errands
- Personal care
- Respite care
- Light housekeeping

Care Management:
- Assessments
- Care planning
- Consulting
- Education & advocacy

Edmonton Senior Solutions

HOMECARE
- Nail & Foot Care
- Companionship / Transportation
- Groceries and Errands
- Nursing Care / Personal Care
- Caregiver Relief / Respite Care
- Meal Preparation
- Light Housekeeping

780.993.CARE (2273)

At Edmonton Senior Solutions our misssion is to enrich lives. That begins with every life we encounter: our team, our valued clients, and those who love & care for them.

Edmonton, Alberta
www.EdmontonSeniorSolutions.com
contact@.edmontonseniorsolutions.com

Elders & Angels

Website: www.eldersandangels.org/
Phone: 780.999.8958
Email: eldersandangelsyeg@gmail.com
Elders and Angels is a not-for-profit agency providing innovative services to enhance the quality of life of seniors

- Elders and Angels is committed to bringing cheer to isolated seniors on their birthdays and at Christmas and to providing them with useful basic items that they may not be able to provide for themselves.
- Strengthen seniors' independence - Staying safe is one of the most essential parts of ensuring a senior can live independently. Elders and Angels will provide free home services (snow removal, yard maintenance, minor home repair) to seniors in need.
- Support community inclusion and engagement. Stay Connected, Not Isolated! Being active in the community is an integral part of ensuring seniors live a happy and fulfilling life. Elders and Angels offer various programs to encourage all seniors to stay connected with their social networks and make new friends.

Good Samaritan TeleCare®

8861 75 St. T6C 4G8
Phone: 780.431.3630
Toll Free: 1.800.676.8397
Email: telecareinfo@gss.org
www.goodsamaritantelecare.com
TeleCare® specializes in monitored Home-Based & Portable GPS medical alerts, home safety and daily phone check-in services. Providing peace of mind and protecting Canadians for over 30 years.

- Not-for-profit charity driven by compassion and care of seniors.
- Focused on serving seniors, those with disabilities and lone workers – that's all that we do.
- Senior-friendly phone lines for direct access to Customer Care and Technical Support.
- No complicated phone system to navigate or long wait times.

HARMONY CAREGIVING
MEMORY CARE SPECIALISTS
♥ Reliable ♥ Trustworthy
♥ Respectful ♥ Compassionate

HELPING YOUR ELDERLY LOVED ONES LIVE A WONDERFUL LIFE

ESSENTIAL SERVICES TO SUPPORT YOUR ELDERLY LOVED ONES AT HOME OR IN-FACILITY

♥ Home Care ♥ Companionship ♥ Dementia Support
♥ End of Life Care ♥ Hospital to Home Transitions
♥ Medication Management ♥ Meal Preparation
♥ Personal Hygiene Assistance ♥ ROM Exercise

Covid-19 Compliant Team to Ensure Your Safety and Well-being

Certified, Screened, Insured & Dementia Trained Essential Health Care Team

AHS Invoicing Model & Self-Managed Care Approved Service Providers

780-328-7809

Book Your Complimentary In-Home Consultation Today!

Harmony Caregiving

9856 89 Ave. T6E 2S4
Phone: 780.328.7809
www.HarmonyCaregiving.com.
Hours of Operation: Available Around the Clock, 24/7/365.

- Helping People with Dementia and their Family Members Enjoy the Best Quality Life Possible. Bonded, Insured & Fully Screened Health Care Aides & Companions Provide Assistance in Your Home, Seniors Community or Hospital. Approved AHS Self Managed Care Invoicing Model Service Provider.
- Our Licensed Practical Nurses Ensure Medications are Managed Daily. Certified Health Care Aides are Trained to Help Your Loved One Living with Dementia/Alzheimer's with Meal Assistance, Safe Bathing & Washroom Assistance. Hire a Caregiver to Accompany Your Loved One to Hospital & Medical Appointments, Fun Social Outings, Shopping or Running Errands to Ensure their Safety & Well-Being.
- Call for a Free Care Consultation Today.

Heel to Toe
Mobile Foot Care Services

Phone: 780-293-3225
Email: Heel2toes@hotmail.com
Hours of operation: 24 hours.
We provide mobile services to: Edmonton, Sherwood Park, Fort Saskatchewan, Bruderheim, Red Water, Gibbons, Lamont, Mundare, Tofield and Vegerville and more. Provide services to long term care, acute care, and residential living.

- Foot care services provided by a qualified nurse.
- Services include: assessment, nail cutting and filing, corn and callus care, ingrown toenail care, education on proper foot care and diabetic foot education.

Heel to Toe

FOOT CARE SERVICES

Foot Care Services include:

Foot Care Assessment

Nail Cutting and Filing

Corn and Callus Care

Ingrown Toe Nail Care

Foot Massage

Education on Foot Hygiene and Proper Footwear

Diabetic Foot Care Education

Mobile Services including home visits, hospitals, acute care, long term care facilities, etc are available or visit us at our Bruderheim clinic.

All services are provided by a Qualified Nurse.

BOOK YOUR APPOINMENT TODAY!

Chantal Widynowski
Phone: 780.293.3225
Email: Heel2toes@hotmail.com

SENIOR CARE, DEMENTIA CARE AND CHILDREN WITH DISABILTIES.

AT **HOME CARE ASSISTANCE EDMONTON,**
WE PROVIDE CUSTOMIZED CARE FOR YOUR
LOVED ONES SO THEY CAN LIVE HAPPIER,
HEALTHIER LIVES AT HOME.
CERTIFIED, PROFESSIONALLY TRAINED AND
BONDED
HEALTH CARE AIDES AND SKILLED NURSES

780-490-7337

Customer Reviews

HOME CARE
ASSISTANCE

Home Care Assistance Edmonton, 16953 - 127 Street, Edmonton, AB T6V 0T1 **780-490-7337**

www.HomeCareAssistanceEdmonton.ca

Honey Bee
Private Personal Service

Phone: 780-542-0388
Email: rupertustrucks@gmail.com
www.ecfoundation.org
Located in **Drayton Valley**, Serving North, South, East and West Rural areas as well.

- We offer:companionship, end of life care, memory care, meal preparation, home cleaning, respite care, social outings, shopping, personal hygiene, medications. Helping loved ones age in place as long as possible.
- Helping loved ones age in place as long as possible.

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. NW 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 for seniors living in Edmonton to screened service providers that offer snow removal, yard help, housekeeping, home repairs and maintenance, personal services, and moving help.

Seniors Organizations Participating in the Program:

West: T5M, T5N, T5P, T5R, T5S, T5T, T5V, T6M
Westend Seniors Activity Centre
Phone: 780.483.1209
Email: info@weseniors.ca

North West: T5E, T5G, T5H, T5J, T5K, T5L, T5X, T6V
North West Edmonton Seniors Society
Phone: 780.482.1958
Email: homesupports@telus.net

North East: T5A, T5B, T5C, T5W, T5Y, T5Z, T6S
North Edmonton Seniors Association
Phone: 780.944.7470
Email: info@nesa1.ca

South East: T6A, T6B, T6C, T6E, T6P
South East Edmonton Seniors Association
Phone: 780.468.1985 ext. 260
Email: deborah@seesa.ca

Mill Woods: T6K, T6L, T6N, T6T, T6X
Mill Woods Seniors Association
Phone: 780.496.2997
Email: home.support@mwsac.ca

South West: T6G, T6H, T6J, T6R, T6W
SouthWest Edmonton Seniors Association (SWESA)
Phone: 780.860.2931
Email: homesupport@swesa.ca

Strathcona County Family and Community Services

Office: 200, 401 Festival Lane,
Sherwood Park, AB
Mail: 2001 Sherwood Drive
Sherwood Park, AB T8A 3W7
Phone: 780.464.4044
Email: familyandcommunity@strathcona.ca

- Light housekeeping support to residents in their own home. Sliding scale fee based on net income.
- Personal care supports provided by residents of Silver Birch Lodge and Clover Bar Lodge under contract from Alberta Health Services home care Program.

See also HELP AT HOME – Outreach, ELDER ABUSE - Crisis Information, HEALTH & WELLBEING - Counselling

St. Michael's Mobile X-Ray

Phone: 780.472.4504
www.smhg.ca/community-ventures/mobile-x-ray/

- Brings x-ray services directly to patients.
- Improves patient care and quality of life for seniors living at home or in 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.

Westend Seniors Activity Centre

Phone: 780.483.1209

- Home support referral program for: Yard cleaning, snow shovelling, housecleaning, minor home repair.

See SENIOR CENTRES, CLUBS & GROUPS – West and HELP AT HOME – Outreach

Your Good Company Ltd

Edmonton, AB
Phone: 780.299.9049
Email: info@yourgoodcompany.ca
www.yourgoodcompany.ca
Hours of Operation: Flexible (as required by clients)

- **Invested Companion Care for your Loved One**... When we are serving clients, they have our full attention. We are consistently told by those who observe us with our clients that they think we are family.
- **Individualized Service Plan**... Through our intake process, we learn how to best support each client with leisure interests, errands and outings, going to appointments, meal preparation, house/yard work. If there is anything else (non-medical) that you would like assistance with, please don't hesitate to let us know.
- **Kind, Trustworthy and Genuine**… are our values and is simply who we are. It would be our privilege to spend time with your loved one.

Enjoy good company with one of our companions! We look forward to hearing from you!

Louise and Susan

Volunteer Strathcona

Phone : 780.464.4242
Email: info@volunteerstrathcona.ca or services@volunteerstrathcona.ca
www.volunteerstrathcona.ca
Hours of Operation:
Mon-Fri 8:30am-4:30pm (closed between 12 - 1pm for lunch)

- LawnBusters lawn care program
- SnowBusters snow removal program
- Tax Clinics

See also VOLUNTEER RESOURCES

FOOD SERVICES

FREE HOT MEALS

See CRISIS - GENERAL ASSISTANCE for locations and meal times.

Edmonton's Food Bank

Warehouse: 11508 120 St. NW
Phone: 780.425.4190
Email:
clientservices@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.
- Our phone lines are opened Monday to Friday Between 8:30am and 4:00pm.
- The Client Assistance Line is open Monday to Friday between 8:30am & 4:00pm.
- Clients will be directed to one of our Many depots geographically located in Edmonton for their food hamper pick-up.

See HELP AT HOME – Donating Your Household Items for additional information.

Your Good Company
COMPANION CARE FOR SENIORS
Kind | Trustworthy | Genuine
♥ Caring Companionship
♥ Errands and Outings
♥ Leisure interests
♥ Appointments
♥ House/yard work
♥ Meal preparation

info@yourgoodcompany.ca
(780) 299-9049
www.yourgoodcompany.ca

Edmonton meals on wheels
feeding body and soul

HOMEMADE MEALS DELIVERED!

Chef's Choice® Meal Programs — During this challenging time we are still here providing the most nutritious, tasty & affordable meals in Edmonton!

Freezer Meals

- Home cooked flash frozen meals; locks in nutrition and flavour
- Large selection to choose from
- Classic favourites and Vegetarian, Gluten Free, or Halal meals available

Fresh Daily Meals

- Delivered chilled on weekdays
- Reduced price for qualifying individuals
- Monthly menu
- Modified and special diets available upon request

Contact us!
mealsonwheelsedmonton.org
emow@mealsonwheelsedmonton.org
780.429.2020

NO QUALIFICATIONS!
FLEXIBLE DELIVERY OPTIONS!

Store-to-Door® Program

- Personal grocery shopping, delivery and shelving service

Grocery Bag® Program (weekly grocery delivery)

- In partnership with Save on Foods
- Over 100 items to choose from
- Order from our website, via email or call us
- Contact us for delivery information

Edmonton Meals on Wheels

11111 103 Ave. NW T5K 2P1
Phone: 780.429.2020
Email: emow@mealsonwheelsedmonton.org
www.mealsonwheelsedmonton.org

- **Chef's Choice® Daily Meals:** Homemade, healthy, fresh cooked meals delivered to your door. No added salt. Special diet & texture modifications available. Locally made by Red Seal Chefs in our own commercial kitchen. Great variety, never boring! Free delivery.
- **Chef's Choice® Frozen Meals**: A large variety of home-cooked, flash frozen entrees ranging from classics like Shepherd's Pie & Meatloaf, to South Asian and gluten-free. Soups, sweets, and vegetarian options also available. Locally made by Red Seal Chefs in our own commercial kitchen. Always tasty! Free delivery.

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 dairy, produce, meats, canned items, and household goods. Orders can be delivered 1x/wk, during the day, and select evenings.

Heart To Home Meals

Toll Free: 1.800.704.4779
Phone: 780.666.2336
Email: edmonton@hearttohomemeals.ca
www.hearttohomemeals.ca
Hours of Operation: Mon-Fri 8:30am-5:00pm

- Heart To Home Meals delivers delicious and nutritious frozen meals, soups and desserts straight to your doorstep.
- Over 200 menu items to choose from: breakfast, lunch, dinner and 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 fiber and diabetic friendly.
- 3 different sizes (Mini, Standard and Hearty) of meals to suit your appetite.
- Approved provider of Access to Nutrition Program through Veteran Affairs of Canada.
- Free delivery, no minimum order, no contract.
- Pay by cash, cheque or credit card.

Leduc & District Food Bank

201 6051 47 St. **Leduc,** AB T9E 6L5
Phone: 780.986.5333
Email: director@ldfb.ca
www.ldfb.ca
Hours of Operation:
Mon, Wed, Fri 9:00am-4:00pm

- We offer short-term emergency food services and provide clients information on other helping agencies.
- During Covid-19 call for an appointment.
- We offer programs to food bank and agency clients in our kitchen learning and life skills learning center.

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.

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 government 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 8:00am-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 homes.

Mill Woods Seniors Association

2nd Floor, 2610 Hewes Way (Above the Mill Woods Library)
Phone: 780.508.9253
Contact: Outreach Worker:

- 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
- Home Supports Program: Referrals to screened, reliable service providers for seniors who want to stay in their homes longer.

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

Multicultural Seniors Outreach Program

Email: mchb@mchb.org
Phone: 780.423.1973

See 'Multicultural Health Brokers Co-op' in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies for complete listing

North Edmonton Seniors Association (NESA)

Phone: 780.496.6969
Outreach Supports: 780.414.8790
Home Supports: 780.944.7470
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
- Wellness information and resources
- Outreach referrals to North Edmonton Seniors Association (NESA), Sage and 211.

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

Phone: 780.423.5510
Email: info@MySage.ca
Website www.MySage.ca

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, finance, issues of hoarding, relationships, mental health, elder abuse, legal matters, mobility, safety and social/recreational options. Home and community visits are also provided. In addition, assistance is provided for seniors filling out the Canada Pension Plan (CPP); Old Age Security; Guaranteed Income Supplement (GIS); Alberta Seniors Benefit; Special Needs Assistance forms, and Housing Applications.

This Full House

Phone: 587.773.1764
This Full House provides 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 the desire to

acquire and save items has become too overwhelming, you may be experiencing the effects of hoarding. Remember – you are not alone. There is help, and people who understand. The program takes self-referrals, and referrals from family and community organizations. Once in the program you can expect us to visit you in your home, partner with you to develop an action plan based on your individual needs and goals, connect you with community resources using a Harm-Reduction Approach, connect you with others with the same experiences, and provide follow-up support.

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

Phone: 780.433.5377

- Seniors Outreach Services include: 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 seniors to safe affordable transportation.

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

The Shaama Centre For Seniors and Women

329 Woodvale Road W T6L 3Z7
Phone: 780.465.2992
Fax: 780.756.1108
Email: light@shaama.ca
www.shaama.ca

- one on one support
- outreach services
- visits at home or hospital

See SENIORS' INFO SERVICES – Seniors' Services Organizations

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, friendly visitor
- Social circle, bereavement care circle, men's shed

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
(Food Bank): Mon-Fri : 9am - 4pm
The St. Albert Community Village is open daily by appointment.

Strathcona County Family and Community Services

200, 401 Festival Lane, **Sherwood Park,** AB
Mail: 2001 Sherwood Drive
Sherwood Park, AB T8A 3W7
Phone: 780.464.4044
Email:familyandcommunity@strathcona.ca

- The Solutions Navigation program supports individuals and families. Our team will work with you to achieve your goals by developing an action plan, accessing community resources and finding a solution that works for you.

Monday and Friday: 8:30 am to 4:30 pm

Tuesday, Wednesday, Thursday: 8:30 am to 8:00 pm.
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, housecleaning, 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 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, and antiques. We are not able to do pickups.

Edmonton Emergency Relief Services Society

Phone 780.428.4422
See CRISIS-General Assistance for complete listing.

Edmonton's Food Bank

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(packaged) food donations may be left at any major grocery store.
- Fresh and non-perishable(packaged) food donation may be made at our warehouse located at 11508 120 Street Monday to Saturday between 8:30a.m. and 4:30 p.m. (except major holidays)
- Monetary donations may be made in person at our warehouse or securely online at www.edmontonsfoodbank.com/donate

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:
Tues–Thurs 10:00am–5:00pm
Fri 10:00am–7:00pm, Sat 10:00am–5:00pm
In-Store Donation Hours:
Mon–Thurs 9:00am–4:30pm,
Fri 9:00am–7:00pm, Sat 9:00am–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
178, 3803 Calgary Trail NW T6J 5M8
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: only men's clothing. We are not taking household items anymore. 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.

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
www.thriftstore.ca

- Donations accepted: clothing and textiles, furniture and household items. (Unable to accept mattresses or large household appliances).

Society of St. Vincent de Paul (SSVP)

10804 109 St. NW
Phone: 780.471.5577
Hours of operation: Mon to Fri -10am-noon
Email: ssvpedmonton@gmail.com

- Clothing depot for individuals and families (all ages).
- Email or call to ask for help with food, household items and furniture.
- To make a donation and request a pickup of acceptable items contact us.
- 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 donations 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

- Accepts donations of clothes and household items for residents. (by appointment only).

Women's Emergency Accommodation Centre

9611 101A Ave. NW T5H 0C8
Phone: 780.423.5302

- Accepts: food, sleepwear, underclothing, towels, socks, slippers and personal hygiene products.
- Accepts deliveries at head office 9321 Jasper Avenue.
- Does not offer pickup service.

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

- 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

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

MaxWell
POLARIS
REALTOR

4107 - 99 Street
Edmonton, AB
T6E 3N4

Chapter Contents

- Home Relocation and Moving Resources
- Housing Resources & Helplines
- Seniors Housing Lists
- Home Living
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- Supportive Living
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Please note that due to the ongoing COVID-19 pandemic, the information in this directory is subject to change.

See Comparing Housing Options Checklist on pages 144-145

See Seniors' Supportive Living Information Checklist on pages 193-199

See To Move Or Not Move Checklist on pages 246-247

HOME RELOCATION AND MOVING RESOURCES

Bev O'Shea-Thomas, SRES
Seniors Real Estate Specialist
CERC (Relocation Specialist)
Realtor

Direct: 780.445.8267
Office: 780.436.1162
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!

Centaur Moving & Deliveries Ltd

304, 14925 102 Ave. T5P 0M4
Phone: 780.220.6684
Email: steve@centaurmoving.net
www.centaurmoving.net
Hours of Operation: Call between 9:00am-9:00,pm – 7 days a week

- Have the owners of the business personally take care of your needs - yes, we do it all! Call Steve & Sue to find out how we can make your next transition a smooth one.
- We specialize in helping seniors navigate through the move process including packing/unpacking/ downsizing/dispersing of unwanted estate items and the move itself.
- We have no minimum so even if you need just one piece moving we are here to take care of you.
- Call today to see why so many residential homes and seniors call us friends.

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
RELOCATION with COMFORT & EASE
10+ Years serving Edmonton and area

- Downsizing
- Floor Planning
- Relocation/Movers
- Packing/Unpacking/Settling
- Charity Pick-ups/House Empty
- Selling Items of Value
- Member of the National Association of Senior Move Managers since 2011
- BBB, business license, police security checks, WCB, insurance
- Elder Move Inc. provides a full range of services. We are committed to making the experience as stress free as possible, helping clients transition into their new home. We are with you each step of the way!

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.

Move Coordinators Inc

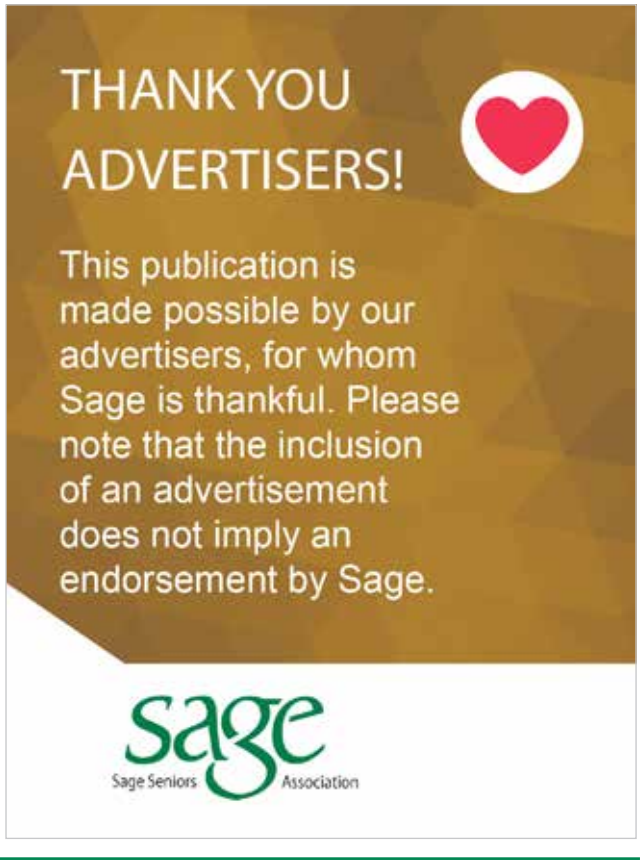
2, 2207-90B St. T6X 1V8
Phone: 780.668.8811
Email: info@movecoordinators.ca
www.movecoordinators.ca
Hours of Operation: Mon-Fri 9am-5pm

- FIRST Certified Senior Move Manager in Western Canada.
- 29 years Sentinel Self-Storage Operations Manager.
- Trained Professional Organizer, Better Business Bureau, Insurance, staff have Criminal Record Searches, City of Edmonton and St Albert business license.
- Downsize, including sale of items using Online Auction and other options.
- Donation, Disposal.
- Pack up – move coordination then unpack services.
- House clear out for Estates.

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.



Shalom Movers - Moving & Storage

Phone: 780.708.6000
Email: Alex@ShalomMovers.ca
www.ShalomMovers.ca
Hours of Operation: 24 Hours a Day / 7 Days a Week

- Shalom Movers offers Friendly & Reliable BBB A+ Seniors Moving Service in Edmonton, or Cross Canada, at Affordable Rates. In fact, we'll Move You Like You're Family
- Free Estimate
- Free 1st Month Clean & Heated Storage
- 10% Discount of Packing Supplies
- Full or Partial Packing & Unpacking (if needed)
- We also Deliver items to Auction, Dump, or Donations to Charity (if needed)

SHALOM MOVERS
MOVING & STORAGE
Local & Long Distance
780.708.6000
www.shalommovers.ca

Sweetly Real Estate

161,6005 Gateway Blvd. T6H 2H3
Phone: 780.477.9338

- Sweetly is a full-service real estate brokerage offering all the traditional services, PLUS solutions designed to make selling, buying, and moving far less stressful.
- Sweetly evaluates your home using the same comparable data used by appraisers and other Realtors.
- With our Sweet Sale program, we buy your home to resell it in a process similar to a corporate relocation. We pay the first 75% of anticipated value on your chosen moving day. We make the right improvements (if needed) and resell the home. You get the balance of equity less our fee once we resell it.
- Our Home Swap program provides an equity advance to help you buy and move into your next home before listing the previous home for sale. You repay us once your old home sells.
- Equity advances to seniors moving into any kind of rental.
- **Focus on your move. Let Sweetly handle the sale and all the stress.**

SOCIAL ACTIVITY MATTERS
Staying socially active is an important part of our overall health.
Visit Sage and get connected!
780.423.5510
sage
Sage Seniors Association

The Smartest Way to Move!

Sweetly real estate

- Sweetly buys your home to resell it.
- Choose your own moving date.
- Showings start after you move out.
- Equity Advance upon request.

SellSweetly.ca

780.477.9338

Sweetly
Sell Without Showings

Sage Seniors Association

Phone: 587.773.1764.

Please be aware that Sage is not a housing provider or provider of funds for housing.

Seniors' housing can be very confusing. There are multiple providers and 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 Information Services** 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 Information Services, staff consult with seniors (and often with their family or caregivers) to find appropriate housing, and help seniors without a local support system transition into housing that better meets their needs.

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: 780.644.9992
To be connected toll-free in Alberta, dial 1.877.644.9992
Email: housing@gov.ab.ca
www.alberta.ca/seniors-and-housing
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

301, 30 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

Sage Seniors Association

SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

Contact us to become a Silver Threads donor by a setting up a monthly, pre-authorized gift of $25. This simple act can help us sustain important programing over time - and adds up to a nice tax credit for you at the end of the year!

Become a Silver Threads Donor.

780.423.5510
www.mysage.ca

Alberta Seniors and Community 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 on behalf of the owners/operators of seniors and community housing in Alberta. ASCHA proudly champions a variety of seniors & community housing options.
- ASCHA also operates the online Alberta Seniors Housing Directory, which is accessible on our website or at housingdirectory.ascha.com.

BILD Alberta Association

(formerly Canadian Home Builders' Association – Alberta)
Phone: 780.424.5890
https://bildalberta.ca/

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.

Capital Region Housing

10232 112 St. NW T5K 1M4
Phone: 780-420-6161
inquiries@crhc.ca
www.crhc.ca

- Capital Region Housing is home for over 9,000 families in the Edmonton Metropolitan Region. As the largest provider of over 4,500 social and over 600 near market homes, we work with organizations and government agencies to develop, support and improve our communities and the lives of our families and individuals.
- A home is more than just a roof overhead; it should be a safe and secure place where families build relationships and communities, where they enjoy economic prosperity and where they are happy and healthy.

GEF Seniors Housing

14220 109 Ave. NW T5N 4B3
Phone: 780.482.6561
Fax: 780.488.3561
Email: housing@gef.org
www.gef.org

- GEF Seniors Housing provides Edmonton seniors with friendly, affordable and secure community living options. We have more than 40 locations in the city and offer subsidized and affordable apartment and lodge units.
- We are accepting applications for pets at all of our communities.

homeEd - The City of Edmonton Non-Profit Housing Corporation

11604 145 St. T5M 1V8
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
www.homeforlife.ca

- 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 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<mailto:lto@gov.ab.ca>
https://www.alberta.ca/land-titles.aspx
Office Hours: Weekdays 8:15am-4:00pm

- Registration of documents pertaining to property (land and or buildings).
- Our offices are temporarily closed to the public.
- Contact us for more information.

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 9:00am-5:00pm, closed 12:00pm-1:00pm

- 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
Website: http://standardsandlicensing.alberta.ca

- **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

Suite 101, 18354-118 Ave. NW T5S 2G2
Phone: 780.451.6666
Toll free: 1.888.674.7479
Email:
marketingcommunications@therae.com
https://realtorsofedmonton.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/seniors-financialassistance.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.

Seniors' Lodge Program

Alberta Seniors and Housing
3rd Floor, 44 Capital Boulevard
10044 108 St. T5J 5E6
Phone: 780.644.9992
Email: housing@gov.ab.ca
www.alberta.ca/seniors-and-housing

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 $322 in disposable income. A searchable list of housing management bodies is available at: www.seniorshousing.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

Tenant Support Services

City of Edmonton
6606 127 Ave. NW T5C 1R9
Phone: 780.496.5959
Email: ltab@edmonton.ca
https://www.edmonton.ca/programs_services/housing/landlord-and-tenant-advisory-board.aspx

- Provides advice, information, mediation and public education on landlord and tenant issues.

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 Aboriginal 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.

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

Sage Seniors Association

Phone: 587.773.1764
Email: info@mysage.ca
Website: www.mysage.ca
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 239 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 141, 240 'Patient Concerns & Feedback' for more information regarding compliance and complaints related to the accommodation standards in Supportive Living and Facility Living.

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, as determined by the market for that community (refer to alberta.ca/affordable-houing-programs.aspx), 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 include 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 WERE 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.

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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

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				

Housing Prices Subject to Change

Comparing Housing Options Checklist

		FACILITY NAME			
		Example Facility Continued			
INCLUDED / NOT INCLUDED IN RENT	Power	✓			
	Heat	✓			
	Water	✓			
	Cable	basic			
	Telephone	$40			
	Internet	$30			
	Parking Stall	✓			
	Housekeeping	Incl.			
	Linen Service				
	Laundry Service				
	In-Suite Kitchenette or Full Kitchen	full			
	Meal Plan	pay per			
	# of Meals	up to 3			
BUILDING FEATURES	Security System	✓			
	Exercise Rooms	✓			
	Activity Rooms	✓			
	Swimming Pool				
	Visitor Parking	✓			
	Personal Care Options	✓			
	Air Conditioning	✓			
	Transportation	once/wk			
	Housekeeping Services				
	Laundry Facilities	in-suite			
OTHER	Part of a larger facility?				
	More details on Directory page #				
	COMMENTS	hairdresser, pedicure by appt.			

HOME LIVING - APARTMENTS

CENTRAL

ALLIANCE MANOR
Operation Friendship Seniors Society
10403-10417 95 St. NW T5H 2B9
Phone: 780.429.2626
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: $610-$695
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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 173 one-bedrooms, 1 two bedroom, (3 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, computer stations, multipurpose/recreation room, library, exercise areas
Emergency Responder: Non-medical 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Limited smoking rooms
Units: 50 bachelor, 92 one-bedrooms (17 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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)
9550 102 Ave. NW T5H 4A8
Phone: 780.429.2146
Email: info@cemedmonton.com
Age: 55+
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, Heat & Electricity
NOT Included in Rent: Phone, TV, Parking

CHINESE ELDERS MANSION (TOWER II)

9530 102 Ave. NW T5H 4K4
Phone: 780.429.2146
Email: info@cemedmonton.com
Age: 55+
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, Heat & Electricity
NOT Included in Rent: Phone, TV, Parking

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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Limited smoking rooms
Units: 64 bachelor, 37 one-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, hair salon, library, recreation room, computer stations
Emergency Responder: Non-medical staff nearby in the Lodge 24 hours; oncall maintenance service available after hours
Part of a larger multi-level facility? Yes: Kiwanis Place Lodge

MANOIR SAINT-JOACHIM

La Société des Manoirs Saint-Joachim et Saint-Thomas
11020 99 Ave. NW T5K 2M2
Phone: 780.488.7104
Email: info@msjst.ca
www.msjst.ca
Age: 60+
Deposit: One month's rent
Pets: Not permitted

Smoking: Not permitted
Units: 146 one-bedroom
Rent: 30% of gross monthly income
Included in Rent: Laundry and public Wi-Fi
NOT Included in Rent: Heat, electricity, water, cable, telephone, and parking
Activities: active Social Club
Features: French-Bilingual environment. Catholic mass every Saturday at 3pm. Hair salon, library, and computer station. Optional meal program (lunch 5 days/ week for $200/month)
Emergency Responder: EMS, nonmedical staff available during weekday office hours. On-call maintenance service available after hours.

MELCOR YMCA VILLAGE

10350 95 St. NW T5H 0H8
Phone: 780.426.YMCA (9622)
Leasing: 780.426.9272
northernalberta.ymca.ca
Age: For all age groups
Deposit: $500
Pets: Not permitted
Smoking: Not permitted
Units: 149 self-contained units consisting of bachelor, one- and two-bedroom suites, including some barrier-free units.
Rent: Affordable Housing – there are income requirements. Rental ranges are $725 Bach, $850 1-bdrm, and $975 2-bdrm.
Included in Rent: Water and heat
NOT Included in Rent: Power, phone, cable, or internet
Activities: Recreation, special events, Collective Kitchen, and more at the 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
Boyle Street Plaza
YMCA Family Resource Centre
(Downtown Edmonton)
See LEISURE & RECREATION

OUR PARENTS' HOME

10112 119 St. NW T5K 1Y9
Phone: 780.732.0412
Email: info@ourparentshome.com
www.ourparentshome.com
Rated Edmonton's Top Retirement Community
Pets: Permitted under 30 lbs
Units: 1 & 2 Bedroom Suites
615 sq ft2-1280 sq ft2
Rent: Rentals starting at $3400
Features: Full kitchens & in-suite laundry, concierge and restaurant-quality dining, daily social & recreation programs; Penthouse Great Room and Rooftop Terrace, fitness and activity centres; heated underground parking; Onsite Car Service; Independent living; care options available.

Our Parents' Home
LUXURY RETIREMENT LIVING REDEFINED
- 1 and 2 bedroom Independent Living suites
- Penthouse Great Room and Rooftop Terrace
- Fulltime Concierge / 24-hour security

Managed by AdvantAGE Assist/Asura-rated most innovative seniors health care provider in Alberta

OPH
Our Parents' Home

Visit us at ourparentshome.com
Book a tour at 780.732.0412
Corner of Jasper Avenue and 119 Street

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: site.mgr@metishousing.ca
or info@metishousing.ca
www.metishousing.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 plus mandatory utility cost of $180 (includes utilities, landline phone, cable and internet)
Included in Rent: In-suite washer and dryer
Additional Monthly Charge: Parking $50.00
Activities: Social Committee - Various activities throughout the year
Features: 24-hour security, elevators, roof top patio
Emergency Responder: 24-Hour Onsite Security & After Hours Maintenance (Toll Free): 1.877.458.8684

ROOMING HOUSE

Operation Friendship Seniors Society
9526 106 Ave. NW T5H 0N2
Phone: 780.429.2626
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: $505
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

MEMBERSHIP HAS ITS REWARDS

Sage Seniors Association

- Subscription to the Sage Link newsletter
- Easy access to programs, activities, and courses
- A reduction in select course fees
- Free use of our public access computors (for Members age 60+)
- Participation in Sage clubs and groups

Individual and corporate memberships available. Call 780-809-9407 or visit www.mysage.ca to learn more.

ROSEDALE ESTATES

Rosedale Seniors' Living
10101 111 St. NW T5K 2W4
Phone: 780.709.0728
Email: linda.t@rosedaledevelopments.com
www.rosedaledevelopments.com
Age: No age limit
Deposit: $900 - $1200
Pets: Certain pets with restrictions
Smoking: Not permitted
Units: 101 one-bedroom (530-720 sq ft) 20 two-bedroom (920-960 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: 780.709.0728
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: 48 one-bedroom (580-740 sq ft), 10 two-bedroom (920-1010 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, lunch, personal laundry, underground parking.
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: 780.709.0728
Email: linda.t@rosedaledevelopments.com
www.rosedaledevelopments.com
Age: No age limit
Deposit: $900 - $1200
Pets: Certain pets with restrictions
Smoking: Not permitted
Units: 85 one-bedroom (530-720 sq ft)
20 two-bedroom (920-960 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: 780.709.0728
Email: linda.t@rosedaledevelopments.com
www.rosedaledevelopments.com
Age: No age limit
Deposit: $900- $1200
Pets: Certain pets with restrictions
Smoking: Not permitted
Units: 77 one-bedroom (530-720 sq ft)
20 two-bedroom (920-960 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. JOSAPHAT'S SENIORS RESIDENCE

GEF Seniors Housing
9637 108 Ave. NW T5H 4G4
Phone: 780.429.3846
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 113 one-bedroom (1 barrier free), 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in Rent: Heat, water
NOT included in rent: Electricity, telephone, cable, parking, laundry
Activities: Social, leisure and 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: ½ month's rent
Pets: No
Smoking: Non-smoking
Units: 100
Rent: One bedroom starting at $950 /month. Rent subsidy for annual income below $28,000.
Two bedrooms starting at $1170/month-no rent subsidy.
Included in Rent: Heat, water, electricity, cable. Suites are newly renovated
Not Included in Rent: Parking (limited), internet, laundry
Activities: Social Club, Chapel, exercise class, plus much more
Features: Social Room, Hobby Room, Guest Suite Available at Tegler Manor at a very reasonable rate. Stay in our Guest Suite and feel at home in Tegler Manor!
Emergency Responder: None, Independent living
Area of the City: Central

UKRANINIAN DNIPRO SENIOR CITIZENS HOME

Vista Housing for Seniors
11030 107 St. NW T5H 4G5
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 gross income
Included in Rent: Heat and water
NOT Included in Rent: Telephone, power, cable, parking and laundry
Activities: Limited social events
Features: Several common areas, shuffleboard table, Laundry in building.
Emergency Responder: On-call maintenance service for after-hours emergency

NORTH EAST

AVENWOOD CORNER

GEF Seniors Housing
11909 88 St. NW T5B 3S2
Phone: 780.479.6232
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 64 one-bedroom, 1 two-bedroom

Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 2 one-bedrooms
Rent: 30% of gross monthly income (income criteria required)
Included In 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 21 one-bedroom, 2 bachelor
Rent: 30% of gross monthly income (income criteria required)
Included in 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, multi-purpose room with library
Emergency Responder: Non-medical staff available during office hours; oncall 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 $785
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: 196
Rent: $960.00 - $2800.00
Included In Rent: All utilities, basic cable, tenant insurance and use of laundry facilities, storage locker
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; Reformed Christian services and support, Catholic services, foot specialist, denturist, hairdresser pharmacist, optometry, on-site physicians, Hearing aid clinic. Private Services available as needed.
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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 67 one-bedroom (2 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 117 one-bedroom (3 barrier free)
1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, cable, telephone, laundry, parking
Activities: Social, leisure and 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, water
NOT Included in Rent: Telephone, power, cable, 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
Features: Air conditioning (only in the hallways), Greenspace, TV room, Computers
Emergency Responder: 911

PORTA PLACE

GEF Seniors Housing
4436 117 Ave. NW T5W 4Y9
Phone: 780.479.4693
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 74 one-bedroom (4 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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, 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, 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 I

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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 139 one-bedroom (3 barrier free)
1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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, 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 64 one-bedroom (2 barrier free), 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, multipurpose room with exercise and recreation areas, library and computer station
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, parking and laundry
Activities: Limited social events
Features: 2 lounges, barbecue, shuffleboard table and exercise equipment. Located across the alley from Northwest Edmonton Seniors 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 15 bachelor, 83 one-bedroom (4 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: home@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: From $1,950
Included in Rent: Utilities, daily activities, bus outings, complimentary laundry machines, A/C
NOT Included in Rent: Meals (meal passes from onsite dining room available for pre-purchase), housekeeping and laundry services, underground parking, telephone, internet and cable
Activities: Exercise classes, live entertainment, movies, documentaries, games, social events and a weekly happy hour
Features: Located in the heart of prestigious Laurier Heights with quick access to major traffic routes, Canterbury Manor includes landscaped gardens, courtyard, peaceful atrium, library with rotating large-print books provided by the Edmonton Public Library, convenience store, cozy lounges with fireplaces, private dining room, large screen TV lounge, chapel, pool table, greenhouse and 16-passenger coach with wheelchair lift. Guest-suite available for family/friends.
Services: Homecare (as approved by Alberta Health Services), regular physician clinic visits, regular on-site pharmacist visits, registered social worker, blood pressure clinics, foot care clinics, mobile denturist, audiologist, companion program and beauty salon

Emergency Responder: Receptionist weekdays, on-call maintenance service available after hours and 24 hr. Registered Nurse (RN) available
Part of a larger Multi-Level facility? Yes: 2 other sections on the same site, Canterbury Court (Supportive Living) and Canterbury Lane (Memory Care). Buildings are connected allowing for over 500 meters of secured indoor walking loop.

CHARTWELL GRIESBACH

Chartwell Retirement Residence
4480 McCrae Ave. NW T5E 0Y5
Phone: 587.557.7764
See Supportive Living - Edmonton - NORTH WEST for complete listing.

CHARTWELL HAWTHORN

Chartwell Retirement Residence
6411 199 St. NW T5T 6Y4
Phone: 587.557.4922
See Supportive Living - Edmonton - NORTH WEST for complete listing.

CHARTWELL WILD ROSE RETIREMENT RESIDENCE

Chartwell Retirement Residences
9612 172 St. Edmonton AB T5T 6C7
Phone: 587.487.4547
See Supportive Living - Edmonton - NORTH WEST for complete listing.

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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 9 bachelor, 41 one-bedroom (2 barrier free),1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
This site is being re-developed, and new housing applications are not being accepted right now.
Visit www.gef.org for updates and timeline for re-opening.

LIONS KENSINGTON COURT

North Saskatchewan Valley Foundation
13120 125 St. NW T5L 0V6
Phone: 780.455.4667
Email: nsvf.sitemanager@gmail.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, 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 RESIDENCE

11445 135 St. NW T5M 3M6
Phone: 780.454.5505
Email: mathesonmarketing@brentwoodgroup.ca
www.mathesonhousing.ca
Office Hours: Mon-Fri 8am–4:30pm. Closed for statutory holidays.
Age: 55+
Deposit: $535
Pets: Not permitted
Smoking: Allowed in some suites
Units: 308 Bachelor (450 sq. ft.) 112 One Bedroom (550 sq. ft.)
Rent: Bachelor $525; One Bedroom $715. Furnished Bachelor Suite ($750)
Income restrictions apply
Included in Rent: On-site personal Mailbox, Security entrance system connected to your phone, bi-weekly bus trips, WIFI in Lounge
NOT Included in Rent: Telephone, Parking, Utilities, Cable TV
Activities: Pool tables, Exercise room, Exercise classes, Bingo
Features: Restaurant, Hair salon, Guest rooms for visitors, Laundry, Housekeeping, Foot clinic, Pharmacy, Physician/Dentist by appointments, Dances, Karaoke nights, BBQs, Coffee socials. Located across from Westmount Centre. A proud member of the Crime Free Multi-Housing program
Emergency Responder: AnswerPlus after hours

MOUNTWOOD APARTMENTS

GEF Seniors Housing
11512 128 St. NW T5M 3Y5
Phone: 780.454.7168
Email: housing@gef.org
www.gef.org
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 51 one-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outside area
Units: 49 one-bedroom (4 barrier free), 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, cable, parking, laundry, telephone
Activities: Social, leisure and 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?
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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outside area
Units: 6 barrier free suites,
45 one-bedroom, 5 two-bedroom
Rent: Fixed monthly rate
(income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, cable, parking (outdoor/underground), laundry, telephone
Activities: Social, leisure and 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 Terrace and Rosslyn Place Lodge via pedway

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

Sage Seniors Association

SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

Contact us to become a Silver Threads donor by a setting up a monthly, pre-authorized gift of $25. This simple act can help us sustain important programing over time - and adds up to a nice tax credit for you at the end of the year!

Become a Silver Threads Donor.

780.423.5510
www.mysage.ca

TEGLER TERRACE

Proudly Owned & Managed by The Tegler Foundation
9918 149 St. NW T5P 4X2
Phone: 780.481.2929
Email: info@teglerfoundation.ca
Age: Minimum 65 years
Deposit: ½ month's rent
Pets: No
Smoking: Non-smoking
Units: 83
Rent: One bedroom starting at $985/month. Rent subsidy for annual income below $28,000.
Two bedrooms starting at $1195/month-no rent subsidy.
Included in Rent: Heat, water, cable. 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, Guest Suite available at Tegler Manor at a very reasonable rate. Stay in our Guest Suite and feel at home in Tegler Manor!
Emergency Responder: None, Independent living
Area of the City: North West

THE WATERFORD OF SUMMERLEA

Chantelle Management Ltd
9395 172 St. NW T5T 5S6
Phone: 780.444.4545
Email: Ramona@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 $1800.00
Included in Rent: Evening meal, utilities, cable, internet, weekly housekeeping, bed linen service, recreation activities, bus transportation, 24/7 emergency response assistance
NOT Included in Rent: Telephone
Activities: Exercise programs, outings, events, Sunday Brunch - visitors welcome
Features: Air conditioned, 3.3 acres of mature green space & gardens, executive chef, hairdresser, podiatrist

The Tegler Foundation
780.422.1531
info@teglerfoundation.ca
Tegler Manor
9943 - 110 Street
65+ (negotiable)
Subsidy Available
Close to all Amenities
Tegler Terrace
9918 - 149 Street

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: 60+
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, 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

WESTLAWN COURTS

GEF Seniors Housing
9908 165 St. NW T5P 4S3
Phone: 780.484.7509
Fax: 780.489.1949
Email: housing@gef.org
Age: 65+
Deposit: $450 or one month's rent
Pets: Accepting applications
Smoking: Not permitted
Units: 197 one-bedroom (4 barrier free) 1 two-bedroom
Monthly Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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

SOUTH EAST

BATEMAN MANOR

GEF Seniors Housing
9923 90 Ave. NW T6E 2T4
Phone: 780.439.4733
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 51 one-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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 $35, parking $20 (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, 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, 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

We're doing things a little differently,
and we're staying safe.

NOW OWNED BY VRS COMMUNITIES AND UNDER NEW MANAGEMENT

Our 'new normal' way of living at Garneau Hall, though different for the time being, continues to offer seniors the benefits of a safe, connected, service-oriented community, with the security of knowing that someone is available 24/7 should they need assistance. A premium walkable location close to shopping and amenities,
call us today to book your private tour 780.433.3177

ALL INCLUSIVE LIVING • DINING • SOCIAL ACTIVITIES • HOUSEKEEPING

VRS COMMUNITIES

sales@garneauhall.com | 780.433.3177
garneauhall.com | 10923 Whyte Avenue, Edmonton

GARNEAU HALL

VRS Seniors Living Community

10923 Whyte Avenue T6G 2N9 Phone: 780.433.3177
Email: sales@garneauhall.com
www.garneauhall.com
New Owners/Management
Age: 55+
Deposit: 50% of one month's rent
Pets: Small pets welcome based on approval
Smoking: Garneau Hall is a no smoking building
Units: Bright one bedroom suites with kitchenettes. Laundry stations are available on each floor. Selective suites are handicap accessible.
Rent: Rentals starting at $2,500
Included in Rent: 3 served daily meals prepared by Red Seal Chef, basic phone and cable, utilities, weekly housekeeping including linen service, and main floor common area wi-fi available.
NOT Included in Rent: Long distance, in-suite internet service and parking
Activities: Wellness Clinics and resident centered recreational & social programs
Features: Independent seniors living in the heart of Whyte Avenue. Fireside lounge with TV, activity room, piano, computer lounge, library and onsite hair salon. Minutes away from U of A Hospital, walking distance to Shoppers Drug Mart, Safeway, medical clinics, banks, and local shops. Optional services available such as nursing care, foot care, massage therapy and chiropractic services.
Emergency Responder: 24 hour emergency response pendant system

GATEWAY MANOR APARTMENTS

GEF Seniors Housing

4215 102 Ave. NW T6A 0M5
Phone: 780.466.0038
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 1 bachelor, 35 one-bedroom (1 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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

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, internet, 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, buses, Valley Line LRT, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area **Units**: 1 bachelor, 34 one-bedroom (2 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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

MANOIR SAINT-THOMAS

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: One month's rent
Pets: Not permitted
Smoking: Not permitted
Units: 45 one-bedroom, 3 two-bedroom
Rent: 30% of gross monthly income
Included in Rent: Laundry and public Wi-Fi
NOT Included in Rent: Heat, electricity, water, cable, telephone, and parking
Activities: French Catholic mass service on Saturday
Features: Francophone environment. Library and exercise room. Optional meal program (supper 5 days/week for $200/month)
Emergency Responder: EMS, nonmedical staff available weekdays 11am to 6pm. 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, parking and laundry
Activities: Limited social events
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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 276 one-bedroom (4 barrier free), 13 two-bedroom, 14 Co-Joined
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 37 one-bedroom (9 barrier free)
4 one-bedroom with den (3 barrier free)
14 two-bedroom
Rent: Fixed monthly rate (income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, telephone, laundry, parking, cable
Activities: Social, leisure and 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 $35, parking $20 (if available)
Activities: Social Club, Birthday parties, games & exercise area
Features: Cast in place concrete structure

SAKAW TERRACE APARTMENTS

GEF Seniors Housing
5815 Millwoods Rd. South
Phone: 780.461.2449
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area, smoking room
Units: 69 one-bedroom (4 barrier free), 19 two-bedroom
Rent Subsidized Affordable: Fixed monthly rate (income criteria required)
Rent Affordable: Fixed monthly rate (no income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, telephone, laundry, parking, cable
Activities: Social, leisure and exercise programs, bus outings and special events
Features: Security system, wheelchair Accessibility, hair salon, library, recreation room, computer stations, tuck shop Social, theater room, greenhouse
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

GEF Seniors Housing
5815 Millwoods Rd. South
Phone: 780.461.2449
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area, smoking room
Units: 70 units (12 barrier free)
Rent Subsidized: 30% of gross monthly income plus support services fee (income criteria required)
Rent Affordable: Fixed monthly rate (no income criteria required)
Included in Rent: Heat, water
NOT Included in Rent: Electricity, telephone, laundry, parking, cable
Activities: Social, leisure and exercise programs, bus outings and special events
Features: Security system, wheelchair Accessibility, hair salon, library, recreation room, computer stations, tuck shop Social, theater room, greenhouse.
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

Vista Housing for Seniors
8025 101 Ave. NW T6A 0K4
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: Bachelor and 1-bedroom
Rent: 30% of gross income

Included in Rent: Heat and water
NOT Included in Rent: Telephone, power, cable, parking and laundry
Activities: Limited social events
Features: Several common areas, laundry in building, park, etc.
Emergency Responder: On-call maintenance service for after-hours emergency

ST. NICHOLAS APARTMENTS

GEF Seniors Housing
5619 98 Ave. NW T6A 3Y5
Phone: 780.450.0501
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 38 one-bedroom (3 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, multi-purpose room, exercise room
Emergency Responder: Non-medical staff available during office hours; on-call maintenance service available after hours.

TRINITY HALL

GEF Seniors Housing
8419 102 St. NW T6E 5T1
Phone: 780.438.0773
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 46 one-bedroom, 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in Rent: Heat, water
NOT included in rent: Electricity, telephone, cable, parking, laundry
Activities: Social, leisure and 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Off grounds only
Units: 35 one-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: 587.557.7789
See Supportive Living - Edmonton - SOUTH WEST for complete 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, AB T6W 4B8
Phone: 587.487.4033
See Supportive Living - SOUTH WEST for complete listing.

FATHER HANNAS APARTMENTS

GEF Seniors Housing
10809 70 Ave. NW T6H 4Y5
Phone: 780.433.4756
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 4 bachelor, 39 one-bedroom (1 barrier free)
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 78 one-bedroom (2 barrier free), 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 8 bachelor, 141 one-bedroom (4 barrier free), 1 two-bedroom

Rent: 30% of gross monthly income (income criteria required)
Included in 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, 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 91 bachelors, 133 one-bedroom (9 barrier free), 1 two-bedroom
Rent: 30% of gross monthly income (income criteria required)
Included in Rent: Heat, water
NOT included in rent: Electricity, telephone, cable, parking, laundry
Activities: Social, leisure and exercise programs, bus outings and special events
Features: Security system, multipurpose & games room, hairdresser, on-site 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
Fax: 780-637-9543
Email: villa71@shaw.ca
Manager: Iris Wall Cell: 780-719-4510
Age: 65+
Deposit: Same as rent
Pets: Cats only, $150 non-refundable deposit
Smoking: In-suite or on balcony
Units: Bachelor and one-bedroom - remodeled
Rent: Bachelor $750. one bedroom $850.
Included in Rent: Utilities, 60+channel HD cable system
NOT Included in Rent: Telephone, parking (limited), internet
Features: Exercise room
Emergency Responder: 911

THE VILLAGE AT SOUTHGATE

Midwest Property Management
10711 47 Ave. NW T6H 5J1
Phone: 1-877-753-1783 (24 Hour)
Email: leasing@rentmidwest.com
www.rentmidwest.com
Age:Adult-preferred building
Deposit: $100
Pets: Cats are allowed, sorry no dogs
Smoking: No smoking in common areas
Units:Studio, 1, 2 & 3 bedroom Independent Living Suites available
Fees /Rent: Call for prices
Included in Fees: 24/7 Emergency suite maintenance, heat & water, fitness centre, games room, theatre, hot tub, pool, social hall.
NOT Included in Rent: Electricity
Services: On-site convenience store
Activities:Access to private recreation &

fitness facilities. Enjoy game, social and theatre rooms. You can also receive an Empire Park community league membership upon move-in to take advantage of some great membership benefits.
Features: Live independently in a safe and secure community that has the luxuries of a high end hotel for both yourself and visiting friends and family to enjoy. Enjoy the convenience of elevators, an on-site convenience store and being located across from Southgate Mall should you need to shop, purchase additional groceries, or go to the pharmacy. Great for those who enjoy Mall walking as well!
Security: Secure main entrances with monitored cameras.

HOME LIVING APARTMENTS SURROUNDING COMMUNITIES

ALBERTA ROSE MANOR

Meridian Housing Foundation
4616 52 Ave. **Stony Plain,** AB T7Z 1N9
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00
Pets: Not permitted
Smoking: Not permitted
Units: 20 one bedroom suites approx. 565 ft2
Rent: 30% of total income (line 150 on Notice of Assessment)
Included in Rent: Heat, water, garbage, sewer
Not Included in Rent: Telephone, electricity, cable, parking (limited available), internet
Activities: Social Club
Features: Single story row housing with separate entrances and patios, security system, common room with free Wi-Fi, shared free laundry facilities in building
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
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 COUNTRY COTTAGE

Chartwell Retirement Residence
75 Cranford Way **Sherwood Park,** AB T8H 2B9
Phone: 587.745.0495
See Supportive Living - SURROUNDING COMMUNITIES for complete listing.

CHARTWELL EMERALD HILLS

Chartwell Retirement Residence
6101 Eton Blvd. **Sherwood Park**, AB T8H 2R8
Phone: 587.745.2068
See Supportive Living - SURROUNDING COMMUNITIES for complete listing.

CHARTWELL ST.ALBERT

Chartwell Retirement Residence
20 Herbert Rd. **St Albert,** AB T8N 3Y6
Phone: 587.805.4574
See Supportive Living - SURROUNDING COMMUNITIES for complete 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
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 selfcontained apartments under the same roof

DIAMOND JUBILEE MANOR

Meridian Housing Foundation
4612 52 Ave. **Stony Plain,** AB T7Z 1N8
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00
Pets: Not permitted
Smoking: Not permitted
Units: 44 one bedroom suites (one handicapped suite) approx. 650 ft2, 1 two bedroom suite (reserved for couples) approx. 855 ft2
Rent: 30% of total income (line 150 on Notice of Assessment)
Included in Rent: Heat, water, garbage, sewer
NOT Included in Rent: Telephone, electricity, cable, parking (limited available), internet
Activities: Social Club
Features: 3 story building with elevator, security system, common room with free Wi-Fi, shared free laundry facilities 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: 780.998.3321
Email: DTL@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: 780.998.3321
Email: DTL@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 Housing Foundation
5206 50 St. **Wabamun,** AB T0E 2K0
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00
Pets: Not permitted
Smoking: Not permitted
Units: 4 one bedroom suites approx. 700 ft2
Rent: 30% of total income (line 150 on Notice of Assessment)
Included in Rent: Heat, water, garbage, sewer
NOT Included in Rent: Telephone, electricity, satellite, 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@leducregionalhousing.ca
www.leducregionalhousing.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
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
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
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
Smoking: Not permitted
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

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
Goldring 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

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: 780.998.3321
Email: DTL@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: 780.467.7360
Email: CBL@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: 780.467.7360
Email: CBL@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
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 Housing Foundation
5007 52 Ave. **Stony Plain,** AB T7Z 1P6
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00
Pets: Not permitted
Smoking: Not permitted
Units: 36 one bedroom suites (2 handicapped suites) approx. 570 ft2
Rent: 30% of total income (line 150 on Notice of Assessment)
Included in Rent: Heat, water, garbage, sewer
NOT Included in Rent: Telephone, electricity, parking (limited available), internet, cable
Activities: Social Club
Features: 4 story building with elevator, security system, common room with free Wi-Fi, bulk cable package, shared free laundry facilities 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
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,** AB
Mailing 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: 1 Bedroom - Singles
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 Housing Foundation
5016 50 St. **Wabamun,** AB T0E 2K0
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: One month's rent
Pets: Not permitted
Smoking: Not permitted
Units: 4 one bedroom suites approx. 700 ft2, 2 two bedroom suites approx. 950 ft2
Rent: Flat rate (Affordable Housing)
Included in Rent: Heat, water, garbage, sewer
NOT Included in Rent: Telephone, electricity, satellite, 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
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: $900-$1135
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: Equal to one month's rent
Pets: Not permitted
Smoking: Not permitted
Units: 52 One-bedroom units (565-900 sq. ft.), 8 Two-bedroom units (844 sq. ft.)
Rent: $920-$1075
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 Housing Foundation
420 Main St. **Spruce Grove,** AB T7Z 2K8
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00
Pets: Not permitted
Smoking: Not permitted
Units: 30 one bedroom suites (one handicapped suite) approx. 580 ft2
Rent: 30% of total income (line 150 on Notice of Assessment)

Included in Rent: Heat, water, garbage, sewer
Not Included in Rent: Telephone, electricity, cable, parking (limited available), internet
Activities: Social Club
Features: 3-story building with elevator, security system, common room with free Wi-Fi, 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
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. Bon Accord AB
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
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. Each 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 - $876-1,060 per month. 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.

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

NORTH WEST

GLASTONBURY VILLAGE

Christenson Communities Ltd.
1585 Glastonbury Blvd. T5T 6P6
Reception: (780) 341-2484
Leasing: (780) 934-6636
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: $2,072 (studio), $2,092 (one-bedroom), $2,279 (two-bedroom)
Included In Rent: Housekeeping & meals
NOT included in Rent: Laundry, cable, wi-fi, 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
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

TOUHMARK AT WEDGEWOOD

Touchmark at Wedgewood
18333 Lessard Rd. NW T6M 2Y5
Phone: 780.577.5000

SOUTH EAST

SOUTHWOODS COURT NORTH

Christenson Developments Ltd
9433 67A Ave. NW
Phone: (780)975-2509
lynnec@cdlhomes.com
www.cdlhomes.com
Suites: 695 ft2 -825 ft2 1 Bedroom/Den, 1400 ft2-1550 ft2 2 Bedroom/Den Independent Living
Rent: Starting at $1700
Life Lease: From $277,400, with monthly operating cost of $690 including taxes and utilities *Included- Heat, power, water, internet & Cable TV, In-suite/Appliance Maintenance, air conditioning, site maintenance. *NOT Included- Telephone, tenants insurance
Suite Features: Full kitchens, in-suite laundry, air conditioning, balconies or patios
Building Features: Elevator, A/C, fire sprinkler system throughout, Social/Family Room, exercise room, guest suite, large outdoor communal patio, monitored security system, reduced electrical cost due to internal energy efficient system. Optional Meals & Services Available.

SOUTH WEST

DEVONSHIRE VILLAGE

Christenson Communities Ltd.
1728 Rabbit Hill Rd. NW T6R 3N6
Reception:(780)433-1395
Leasing: (780)934-6636
devonshire@cdlhomes.com
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
Reception: (780) 449-4163
Leasing: (780) 233-6077
bedford@cdlhomes.com
www.cdlhomes.com
See Supportive Living – Surrounding Communities for complete listing.

CITADEL VILLAGE

Christenson Communities Ltd.
15 and 35 Erin Ridge Rd.
St Albert, AB T8N 0R3
Reception: (780) 458-2657 West Building or (780) 459-0306 East Building
Leasing: (780) 267-5282
citadel@cdlhomes.com
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: $2,092 (onebedroom),
$2,279 (two-bedroom)
Included In Rent: Housekeeping & meals
NOT included in Rent: Laundry, cable, wi-fi, 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

Place Beausejour Life Lease Society
5020 52 Ave. **Beaumont,** AB T4X 1P3
Phone: 780.929.9889
Email: tday@placebeausejour.com
www.placebeausejour.com
Age: 55+
Pets: Not permitted
Smoking: Not permitted
Units: One, one plus den, two, two plus den 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, social 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.

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/ConsumerTipsheets.cfm

Alberta Queen's Printer

700-10611 98 Ave. NW
Edmonton AB 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 on our website

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: info@ccinorthalberta.com
www.ccinorthalberta.com

- 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

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
www.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

Canadian Home Builders' Association – Edmonton Region

150 Summerside Gate SW
(91st and Parsons Rd. SW) T6X 0P5
Phone: 780.425.1020
Email: info@chbaedmonton.ca
www.chbaedmonton.ca

- A good source of reliable building and renovation contractors and builders.
- Consumer information packages relating to new home construction or renovations.

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@shepherdscare.org
www.shepherdscare.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@shepherdscare.org
www.shepherdscare.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@shepherdscare.org
www.myshepherdscare.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 193-199

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.

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 ☐ No

Laundry ☐ 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.)

Bathrooms

Bathroom 1: ☐ Shower ☐ Tub ☐ Neither

Bathroom 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: Frequency .....per .....Cost $.....

Recycling Facilities? ☐ Yes ☐ No If Yes, where?

Garbage Disposal on each floor? ☐ Yes ☐ No

Laundry Service:

Change Linen .....Frequency .....per ..... Cost $ .....

Personal Laundry ..Frequency .....per ..... Cost $ .....

On-Site Banking Services: ☐ Yes How often? .....☐ No

Dry cleaning pick up and delivery: ☐ Yes How often? .....☐ No

Additional services:

Assistance/Transporting to meals ☐ Yes Cost $.....☐ No

Other (specify) .....Cost $ .....

HEALTH CARE

Is there a health office? ☐ Yes If Yes, where? .....☐ No

Is there 24 hour on-site emergency response service? ☐ Yes ☐ No

Is there an RN on call 24 hours? ☐ Yes ☐ No

Who arranges Home Care? ☐ On-site health professional ☐ Resident

Number of Professional Staff: RNs .....LPNs.....PCAs .....

Recreation Therapists .....Other (specify) .....

Doctor available on site? ☐ Yes Frequency of Visits: .....☐ No

Dentist available on site? ☐ Yes Frequency of Visits: .....☐ No

Podiatrist (foot care)? ☐ Yes Frequency of Visits: .....☐ No

Pharmacy 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 $..... ☐ No

Dentist: ☐ Yes Cost $..... ☐ No

Other medical appointments ☐ Yes Cost $..... ☐ No

Shopping☐ Yes Cost $..... ☐ No

Private van service to other destinations within Edmonton? ☐ Yes ☐ No

Frequency .....

Destinations .....

Restrictions .....

Cost $.....

RESIDENT PARTICIPATION

Is 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 $.....☐ No

Are there organized outings (theatre, restaurants, etc)? ☐ Yes ☐ No

If Yes, is transportation provided? ☐ Yes .....Cost? .....☐ No

Is 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.).....

.....

.....

.....

.....

Overall outside appearance and environment (attractiveness, quietness, etc):.....

.....

.....

.....

.....

Appearance and upkeep of lobby, halls, etc.....

.....

.....

.....

.....

Social Atmosphere (friendliness of staff, other residents, etc):.....

.....

.....

.....

.....

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

SUPPORTIVE LIVING - SENIOR 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
- St. Michael's Grove Manor

CENTRAL

BOARDWALK RETIREMENT COMMINITY

Boardwalk Rental Communities
10531 90 St. NW T5H 4E7
Phone: 780.408.2666

EDMONTON CHINESE SENIOR LODGE

9525 102A Ave. NW T5H 0G2
Phone: 780.413.1639
Email: front@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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Limited smoking rooms
Units: 190 single, 15 double, (all barrier free)
Rent: 30% of gross monthly income plus support services fee (income criteria required)

Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: 780.429.2626
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: $995
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-11pm daily
Residential Aide: 24 hr.
See also Sparling Lodge

SPARLING LODGE

Operation Friendship Seniors Society
9540 110A Ave. NW T5H 4L1
Phone: 780.429.2626
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 ($450/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: 7am-3pm Monday-Friday
HCA: 7am-11pm 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 67 single (4 barrier free), 6 double
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: ctria@smhg.ca
www.smhg.ca/senior-care/millennium-pavilion/
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
Email: nihgi@metishousing.ca
www.metishousing.ca
Age: 55+
Deposit: None
Pets: Not permitted
Smoking: Non-smoking except outdoors in designated smoking areas (heated)
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, and utilities.
NOT Included in Rent: Cable, phone in personal suites;0utside transportation, hairdressing, etc.
Activities: Weekly bingo, pool and

shuffle board, Weekly exercises, special occasion entertainment tournaments.
Features: Home care services available, elevator, power lift for walkers. Lodge includes 24 hour staff and surveillance.
Emergency Responder: 24 Hour staffing on site

VIRGINIA PARK LODGE

GEF Seniors Housing
11033 76 St. NW T5B 4T2
Phone: 780.479.2403
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Designated outdoor area
Units: 64 single (2 barrier free), 1 double room
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Seasonal lounge, designated outdoor area
Units: 108 single (12 barrier free), 12 double
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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

MEADOWLARK PLACE

GEF Seniors Housing
8609 161 St. NW T5R 5X9
Phone: 780.484.0581
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Seasonal lounge, designated outdoor area
Units: 54 single (6 barrier free), 4 double

Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Seasonal lounge, designated outside area
Units: 114 single (12 barrier free), 6 double
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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@shepherdscare.org
www.shepherdscare.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
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 7:00 pm. Maintenance on call 24 hours
Lodge suites include all meals, snacks, weekly housekeeping & laundry
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, inhouse home-care, 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
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: $2000
Pets: No pets
Smoking: Non-smoking
Units: 140 bachelor and 1-bdrm
Rent: Varies according to income
Included in Rent: Water, electricity, heat, window coverings, fridge & stove
NOT included in Rent: Cable, meal packages and laundry facilities, parking
Activities: Catering available, recreational programs
Features: Close to shopping, excellent bus service
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
Pets: Not permitted
Smoking: Non-Smoking
Units: 29
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

ACCESS SENIOR LIVING

2148-27 St. NW. Edmonton, AB. T6T 0Y5
Phone: 780-716-4244 / 780-729-9336
Email: accessSeniorLiving@Telus.net
www.accessSeniorLiving.ca
Age: Over 55 (exceptions may apply)
Deposit: First and last month's rent
Pets: No Pets (Pet visitors welcome)
Smoking: No smoking
Units: Private room for each resident; suite for couple
Fees/Rent: Call for prices
Included in Rent: 24/7 care, meals, cable, laundry, activities,Wi-Fi, medication administration, health monitoring
NOT Included in Rent: Hair dressing, nails and foot care
Services: Dementia care, doctor home visits, on call nurse & pharmacists
Activities: Art, music therapy, chair exercise program
Features: Elevator, chairlift, wheelchair accessible, & beautiful home atmosphere.
Security: Intercom & call bell in each room, video monitoring, staff onsite 24 hours a day.

OTTEWELL PLACE

GEF Seniors Housing
6207 92 Ave. NW T6B 0S3
Phone: 780.469.7739
Email: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Lounge, designated outdoor area
Units: 122 single (12 barrier free), 2 double
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Lounge, designated outdoor area
Units: 55 single (5 barrier free), 4 double
Rent: 30% of gross monthly income plus support services fee(income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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: housing@gef.org
www.gef.org
Age: 65+
Pets: Accepting applications
Smoking: Lounge, designated outdoor area
Units: 52 single (3 barrier free), 6 double
Rent: 30% of gross monthly income plus support services fee (income criteria required)
Included in Rent: Meals, light housekeeping, linen service, heat, water, power
NOT Included in Rent: Telephone, cable, parking, laundry
Activities: Social, leisure and 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

BOARDWALK RETIREMENT COMMUNITY

Connecting Care / Boardwalk
Main Floor, 102, 3520 31 St.
Calgary, AB T2L 2A4
Phone: 403.508.0684
Email: gm.brcc@connectingcare.ca
www.bwalk.com
Eligibility: Independent Supportive Living
Deposit: $500
Pets: Dogs and cats, extra $25/month
Smoking: Yes
Units: One bedroom 549 sq. ft.; two bedroom 657 sq. ft.
Rent: Range from $2271 to $2807.
Included in rent: two meals per day; weekly housekeeping & linen service; recreation program; emergency response pendent; water; heat; power
NOT included in rent: Telephone, cable, internet, covered parking $50/month,

pets $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, private bus.
Features: Salon, library, exercise room, games room, lounge, covered parking
Emergency Responder: Not staffed at night. Pendent system programmed to neighbour and family for emergency assistance.

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 $902.00/month per person)
Included in Rent: 3 Meals, 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
Activities: Full time Activities 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 $865.00/month per person)
Included in Rent: 3 Meals, 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 Activities 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
NEW LOCATION JAN 2021
1040 Iris Evans Way
Sherwood Park, AB T8A 3W7
Phone: 780.467.7360
Email: CBL@heartlandhousing.ca
www.heartlandhousing.ca
Age: 65+
Deposit: None
Pets: Not permitted
Smoking: Not permitted
Units: 144 rooms
Rent: Based on 30% of gross income.
Service Fee: $850/month for one person, $1450/month for couples
Included in Rent/Service Fee: 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 $882.00/month per person)
Included in Rent: 3 Meals, 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
Activities: Full time Activities 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: $1608-$1908
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 Housing Foundation
5303 47 St. **Stony Plain,** AB T7Z 1P1
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00 Security deposit
Pets: Not permitted
Smoking: Not permitted
Units: 34 studio suites approx. 368 ft2, 8 one-bedroom suites (reserved for couples) approx. 500 ft2
Rent: 30% of total income (line 150 Notice of Assessment) plus service package
Included in Rent: Lunch-time meal, snacks, weekly light housekeeping, utilities
NOT Included in Rent: Telephone, cable, internet, parking, personal or linen laundry, breakfast and supper meals
Activities: Social, fitness & recreational programming
Features: Parking, free laundry facilities, common rooms with free Wi-Fi, exercise equipment, on-site hairdressing salon
Emergency Responder: 911, Emergency Lifeline System, Home Care support, 24-hour staffing (non-medical), on-call maintenance service available after hours

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 $882.00/month per person).
Included in Rent: 3 Meals, 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
Activities: Full time activities 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 $913.00/month per person)
Included in Rent: 3 Meals, 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
Activities: Full time Activities 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

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
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

POINTS WEST LIVING STETTLER

Connecting Care
4501 70 St. **Stettler**, AB T0C 2L1
Phone: 403.740.7700
Email: gm.stettler@pointswestliving.com
Website: www.pointswestliving.com
Deposit: One month's rent
Pets: Yes, as long as resident is able to provide care.
Smoking: Not inside – outside building in smoking area only
Units: 16 independent; 50 SL4; 38 SL4D
Rent: Independent varies on size of unit (one bedroom; bedroom with den; and two bedroom units)
Included in rent: One meal for independent; three meals for SL4 & SL4D plus light housekeeping and personal health support
NOT included in rent: Cable, phone and internet package $65/month; personal laundry $70/month.
Activities: Full calendar of events both individual areas and group activities; allied health professionals such as physio, OT and speech language plus one-on-one therapies as required
Features: Exercise equipment and area, meal options included, guest suite
Emergency responder: Wrist band or lanyard call buttons as well as secure units as appropriate

POINTS WEST LIVING WAINWRIGHT

Connecting Care / Points West Living
2710 11 Ave. **Wainwright,** AB T9W0B1
Phone: 780.845.2080
gm.wainwright@pointswestliving.com
www.pointswestliving.com
Age: Senior-oriented, no age restriction, Independent Supportive Living as well as Designated Supportive Living Level 4 (DSL4)
Deposit: Equal to one month's rent
Pets: Allowed only with manager's approval and a deposit
Smoking: In designated area outside
Units: One bedrooms & two bedrooms with kitchens, studios for supportive living
Rent: Starting at $2074 for a studio and up
Included in rent: Supportive living includes all meals, two loads of laundry per week & housekeeping once a week; Independent living receives a load of lined laundry per week as well as one meal per day
NOT included in rent: Media package - $60 (includes Wi-Fi, phone, & Shaw cable); Supportive: extra laundry ($10/load); Independent extra meals, laundry and housekeeping
Activities: Varied daily recreation offerings are based on the interests of the residents. At this time, they include: exercises, birthday parties, live entertainment, outings, special events, cooking & baking, crafts, bingo, card games, worship, other games.
Features: A garden courtyard, billiard table, shuffleboard, dart board, hair salon, chapel
Emergency responder: 24/7 emergency response by HCA or LPN with on-call RN support

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: $400
Pets: Not permitted
Smoking: Not permitted
Units: 100 rooms (272-720 sq. ft.)
Rent: $1,310-$2,230
Included in Rent: Meal services, weekly housekeeping and 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 $882.00/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
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/senior-care/grove-manor/
Age: 55+
Deposit: 1 month's rent
Pets: Not permitted
Smoking: Not permitted (Must be smoke free for one year)
Units: Studio, 1 bedroom, 2 bedroom
Rent: Studio: $1350/month;
1 bedroom $1820/month
2 bedroom $2370/month
Included in Rent: Supper, once a week light housekeeping, 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, and access to specialized transit system
Emergency Responder: Emergency call system to 24 hour HCA staff on site

WHISPERING WATERS MANOR

Meridian Housing Foundation
5303 47 St. **Stony Plain,** AB T7Z 1P1
Phone: 780.963.2149
Email: admin@meridianfoundation.ca
www.meridianhousingfoundation.ca
Age: 65+
Deposit: $300.00 Security deposit
Pets: Not permitted
Smoking: Not permitted
Units: 57 studio suites approx. 330 ft2
Rent: $1375.00 and $1777.00
Included in Rent: Meals, snacks, laundered linens and towels, weekly light housekeeping, utilities
NOT Included in Rent: Telephone, cable, internet, parking, personal laundry services
Activities: Social, fitness & recreational programming
Features: Parking, free laundry facilities, common rooms with free Wi-Fi, exercise equipment, on-site hairdressing salon
Emergency Responder: 911, Emergency Lifeline System, Home Care support, 24 hour staffing (non-medical), on-call maintenance service available after hours

SUPPORTIVE LIVING EDMONTON

COME HOME
TO
Ashbourne
A Garneau United Community
www.theashbourne.ca

CENTRAL

BOARDWALK RETIREMENT COMMUNITY

Connecting Care / Boardwalk
Main Floor, 10531 90 St.
Edmonton, AB T5H 4E7
Phone: 780.408.2666
Email: gm.brce@connectingcare.ca
www.bwalk.com
Eligibility: Independent Supportive Living
Deposit: $299
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 $1659 to $1909
Included in rent: Two meals per day, weekly housekeeping & linen service, recreation program, emergency response pendent, water, heat, power
NOT included in rent: Telephone, cable, 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 neighbour and family for emergency assistance

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, wi-Fi, 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

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 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
16 funded Persons with Developmental Disabilities suites.
Included in Rent: 3 meals per day plus snacks, house keeping, nursing care – physical and emotional supports
NOT Included in Rent: Personal laundry, toiletries, cable, phone/call bell system
Activities: Daily recreational activities
Features: Regular services of: hair dresser, podiatrist, spa Room, GP and psychiatrist that complete weekly on-site rounds
Emergency Responder: 24 hour LPN and Certified Health Care Aides, RN Monday to Friday 8:30 am - 4:30 pm and on call

LONG TERM SHELTER/ TRANSITIONAL HOUSING

(147 Beds)
9611 102 Ave.
Phone: 780.429.4274 ext. 222
Population served: Male/those who identify as male

OUR PARENTS' HOME

10112 119 St. NW T5K 1Y9
Phone: 780.732.0412
Email: info@ourparentshome.com
See Home Living – Apartments – Central for complete listing, and Home Living – Central additional residence options

ROSEDALE ESTATES

Rosedale Seniors' Living
10101 111 St. NW T5K 2W4
Phone: 780.709.0728
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 $72/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

ROSEDALE MANOR

Rosedale Seniors' Living
10053 111 St. NW T5K 2H8
Phone: 780.709.0728
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: 48 one-bedroom (580-740 sq ft), 10 two-bedroom (920-1010 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 $63/month, underground parking at $72/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: 780.709.0728
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: 85 one-bedroom (560-685 sq ft), 20 two-bedroom (840-960 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 $63/month, underground parking at $72/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: 780.709.0728
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: 77 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 $63/month, underground parking at $72/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

STEPPING STONE SUPPORTIVE RESIDENCE

(Adult Supportive Living - 73 beds)
9611 102 Ave.
Phone: 780.429.4274 ext. 222
Population served: Male/those who identify as male

NORTH EAST

BALWIN VILLA

Excel Society
6920 128 Ave. NW T5C 1S7
Phone: 780.757.5550
Email: jthomas@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, nursing care – physical and emotional supports.
NOT Included in Rent: Personal laundry, toiletries, cable, phone/call bell system
Activities: Current events, Wii games, darts, bingo, cribbage tournaments, energize at sunrise, aroma therapy
Features: Spa room with lift building, access to gymnasium, on-site hairdresser, GP and Psychiatrist who completes weekly on site rounds, on-site dental hygienist and podiatrist available
Emergency Responder: 24/7 on-call RN, LPN/HCA on site 24/7, otherwise Emergency services are utilized

NORTH WEST

CANTERBURY COURT

Canterbury Foundation
8403 142 St. NW T5R 4L3
Leasing Office: 780.930.3729
Email: home@canterburyfoundation.com
www.canterburyfoundation.com
Age: 65+
Deposit: None
Pets: Not permitted. Allowed for visitors and pet therapy
Smoking: Not permitted
Units: 137-bachelor and double suite supportive living facility
Rent: From $3,212
Included in Rent: Meals prepared by 'Red Seal' chefs, 3 daily snacks, 24 hr. registered nurse (RN) & qualified health care aids (HCAs) coverage, daily housekeeping, linens & towels service, day & evening receptionist, various health monitoring systems (medical alert pendant, call bell, bathroom emergency pull cord, wanderguard signaling device available), daily activities, basic

cable, utilities, A/C, bus outings & complimentary laundry facilities
NOT Included in Rent: Telephone, internet, personal laundry
Activities: Daily exercise classes, live entertainment, movies, documentaries, bus outings, pet therapy, games, social events and a weekly happy hour
Features: Located in the heart of prestigious Laurier Heights with quick access to major traffic routes, Canterbury Court includes landscaped gardens, courtyard, peaceful atrium, library with rotating large-print books provided by the Edmonton Public Library, convenience store, cozy lounges with fireplaces, private dining room, large screen TV lounge, chapel, pool table, greenhouse and 16-passenger coach with wheelchair lift. Guest-suite available for family/friends.
Services: Homecare (as approved by Alberta Health Services), regular physician clinic visits, regular pharmacist visits, registered social worker, monthly blood pressure and foot care clinics, mobile denturist, audiologist, companion program and beauty salon
Emergency Responder: 24 hr. registered nurse (RN) coverage, receptionist days & weekday evenings, 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). Buildings are connected allowing for over 500 meters of secured indoor walking loop.

CANTERBURY LANE

Canterbury Foundation
8403 142 St. NW T5R 4L3
Leasing Office: 780.930.3729
Email: home@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: From $5,008
Included in Rent: Meals prepared by 'Red Seal' chefs, 3 daily snacks, 24 hr. registered nurse (RN) & qualified health care aids (HCAs) coverage, daily housekeeping, linens & towels service, day & evening receptionist, various health monitoring systems (medical alert pendant, call bell, bathroom emergency pull cord, wanderguard signaling device available), daily activities, basic cable, utilities, A/C, bus outings & complimentary laundry facilities
NOT Included in Rent: Telephone, internet
Activities: Walks, memory improving games, live entertainment, pet therapy, movies, bus outings, exercise classes & social events
Features: Higher staff-to-resident ratio with innovative specialized memory care programs, landscaped gardens, wandering loop, 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. registered nurse (RN) coverage, receptionist days & weekday evenings, 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: 587.557.7764
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Yes
Smoking: No
Units: 268
Included In Rent: 1 meal per day, weekly housekeeping including linen laundering, emergency medical response 24/7, basic cable, power, water and heating
Not included in Rent: Underground parking, telephone, and internet. Amenity services and additional care packages available on a fee for service basis.
Services: Barber/Hairdresser, regular attendance by hearing clinics, eyeglass clinics, mobility aid clinics
Features: Barber/hair stylist, billiards, chapel/place of worship, laundry rooms, craft room, day trips, exercise/ fitness facilities, garden/outdoor inner courtyard, mail delivery, piano, resident computers, social and recreational programs, TV-lounge area

CHARTWELL HAWTHORN

Chartwell Retirement Residence
6411 199 St. NW T5T 6Y4
Phone: 587.557.4922
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Small pets permitted
Smoking: No smoking
Units: 104
Included In Rent: 3 meals per day, 24 hour bistro, weekly housekeeping and linen service, emergency response pendant, transport to scheduled outings and neighbourhood medical appointments (restrictions may apply)
NOT included in Rent: Telephone, cable, internet, parking
Activities: Social & recreational programs, day trips
Features: Billiards, shuffleboard, exercise/ fitness facilities, garden/outdoor space, walking path, library, movie theatre, piano, place of worship, TV room, dining room, country kitchen private dining room, 24 Hour bistro, large, bright common areas

CHARTWELL WILD ROSE RETIREMENT RESIDENCE

Chartwell Retirement Residences
9612 172 St. T5T 6C7
Phone: 587.487.4547
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Yes. Small dogs and cats
Smoking: No
Units: 66
Included In Rent: 1 meal per day, emergency call pendant, all utilities, HD cable, weekly housekeeping, weekly linen service
NOT included in Rent: Nursing care

parking
Features: Small comfortable residence offering customize care and services in warm, environment in a prime west end location. Within walking distances to bank, grocery store, pharmacy and restaurants.

GLASTONBURY VILLAGE

Christenson Communities Ltd.
1585 Glastonbury Blvd. NW T5T 2W5
Reception: (780) 341-2484
Leasing: (780) 934-6636
Designated Supportive Living:
(780) 341-2487
glastonbury@cdlhomes.com
www.cdlhomes.com
Pets: Small pet friendly
Smoking: No
Suites: 595 sq ft to 1,405 sq ft (1 bedroom, 1 bedroom/Den, 2 bedrooms)
Independent Living and Supportive Living
Rent: Starting at $2,095
Life Lease: From $215,000, with monthly operating cost of $660 including taxes and utilities
*Included- Heat, power, water, internet & cable, in-suite/appliance maintenance, air conditioning, site maintenance.
*NOT Included- Telephone, tenants insurance.
Optional: Meal services, nursing/ care support (24hr on site care team), housekeeping, underground parking
Suite Features: Full kitchens, in-suite laundry, air conditioning, spacious balconies
Building Features: Elevators, A/C, fire sprinkler system throughout, social/family rooms, dining room, heated underground parking, exercise room, craft room, guest suites, large outdoor communal patios, salon, theatre room, monitored security system
Social and Recreation Programs

GRACE MANOR

(Seniors Supportive Living - 100 beds)
12510 140 Ave.
Phone: 780.454.5484
www.edmontongracemanor.ca

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: 55+
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 organized 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 SCHONSEE

Alberta Life Care Housing Foundation
6088 Schonsee Way, T5Z 0K6
Phone: 780.250.9055
Email: adevera@lifestyleoptions.ca
www.lifestyleoptions.ca
Age: Seniors & special needs
Deposit: Equal to one month's rent
Pets: Not permitted
Smoking: Non-smoking facility
Units: 34 SL4 suites and 40 SL4D suites. Safe Living Dementia Care & Health Care
Rent: From $2120
Included In Rent: three meals and two snacks daily, power and water
NOT included in Rent: Telephone, cable, internet
Activities: Social & recreational programming
Features: Built in May 2019 specifically for dementia care, Butterfly Model of Care throughout
Emergency Responder: LPN and professional medical staff 24-hour

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: Approved (small pets only)
Smoking: Allowed in outdoor designated areas only
Units: 200; one-bedroom and two-bedroom assisted living, SL4, SL4D programs available. Safe Living Dementia Care and Health Care
Rent: From $2400
Included In Rent: Two meals daily, water, gas and sewage
NOT included in Rent: Telephone, cable, internet, 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/day

TOUCHMARK AT WEDGE WOOD

Touchmark
18333 Lessard Rd. NW T6M 2Y5
Phone: 780.577.5000

WESTMOUNT VILLAGE

Christenson Communities Ltd.
13317-115 Ave. NW T5M 2R2
Reception: (780)784-4489
Leasing: (780)452-2030
Designated Supportive Living: (780)266-5658
westmountvillage@cdlhomes.com
www.cdlhomes.com
Pets: Small pet friendly
Smoking: No
Suites: 619 sq ft-1154 sq ft (1 bedroom, 1 bedroom/den, 2 bedroom, 2 bedroom/den)
Independent Living and Supportive Living
Rent: Starting at $2,810
Life Lease: From $322,000, with monthly operating cost of $670 including taxes and utilities
*Included- Heat, power, water, internet & cable, In-suite/appliance maintenance, air conditioning, site maintenance.
*NOT Included- Telephone, tenants insurance.
Optional: Meal services, nursing/ Care support (24hr on site care team), housekeeping, underground parking
Suite Features: Full kitchens, In-suite laundry, air conditioning, balconies
Building Features: Elevators, A/C, fire sprinkler system throughout, social/family rooms, dining room, heated underground parking, exercise room, craft room, guest suites, large outdoor communal patio, salon, theatre room, monitored security system, Social and Recreation Programs

SOUTH EAST

LAUREL HEIGHTS RETIREMENT RESIDENCE

All Seniors Care
3110 22 Ave. NW T6T 0R2
Phone: 780.465.CARE (2273)
Contact: Darlene Lacasse, Executive Director
Email: dlacasse@allseniorscare.com
www.allseniorscare.com
Age/Eligibility: 55+
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 organized 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

SHEHERD'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.
Included in Rent:
- 24 meals per month, additional meals available at an extra cost
- Emergency alarm pendant
- Basic cable

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

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: 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. Utilities, concierge service, phone, cable, recreation, 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, bus for outings, shopping trips, special event etc.
Features: Complimentary Wi-Fi in lobby
Emergency Responder: LPNs on site 24 hours

COME HOME TO

Ashbourne
A GARNEAU UNITED COMMUNITY

An Independent and Assisted Living Community

11148-84 Ave, Edmonton

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
- A warm, family-like atmosphere
- Low staff turn over
- Delicious, balanced meals prepared by our amazing Red Seal Chef
- A spacious, private outdoor patio with raised flower beds.
- Licensed Practical Nurses and Health Care Aides on hand 24hrs
- Small, intimate dining rooms on each floor
- A lively recreation program
- Rental rates include all utilities, telephone, cable, weekly housekeeping, breakfast, evening meal

For more information, or to arrange a tour, please call our Concierge at 780 430-5800

Visit our website at www.theashbourne.ca or Facebook: https://www.facebook.com/theashbourne/

CHARTWELL HERITAGE VALLEY

Chartwell Retirement Residence
944 James Mowatt Trail SW T6W 2B2
Phone: 587.557.7789
www.chartwell.com
Age: 65+
Pets: Yes
Smoking: No
Units: 1 bedroom, 1 bedroom + den, 2 bedroom suites
Included In Rent: Weekly housekeeping with linen service; scheduled lifestyle activities & programming; personal emergency response device; basic cable; electricity; heating with Individual thermostat; access to all building amenities; full kitchens in suites
NOT included in Rent: Phone, Internet, personal laundry, parking
Activities: Social & recreation programs, billiards, entertainment, day trips & outings
Features: Heated underground parking, dining room, common room, hair salon, fitness room, garden/ outdoor space, card room, games room, library, in-Suite storage room, easy access to transit and close to future heritage LRT

CHARTWELL WESCOTT RETIREMENT RESIDENCE

Chartwell Retirement Residence
3841 Allan Drive SW, AB T6W 4B8
Phone: 587.487.4033
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Small dogs and cats gladly accepted
Smoking: No
Units: 107
Included In Rent: Shuttle service, chauffeured car service, electricity, heating & air conditioning with individual thermostats, telephone, cable with 100+ channels, high speed internet with personal Wi-Fi, lunch and dinner prepared in house by seasoned chefs, smoke detector, sprinklers, weekly housekeeping with linen service, social and recreation programs, indoor scooter parking, energized and reserved parking
NOT included in Rent: Barber/ hair salon, resident storage
Activities: Art, yoga studio, gardening, billiards, day trips and outings, fitness room, with equipment for seniors, live entertainment
Features: Kids' zone for visiting young ones, indoor salt water pool, state-of the art family kitchen, chapel, spa, courtyards, movie theatre, beauty salon, bistro, seasonal patio, formal & casual dining, private dining room, signature memory living neighborhood with secured courtyard. A resident centred approach for those with dementia.
Emergency Responder: Personal safety device

DEVONSHIRE VILLAGE

Christenson Communities Ltd.
1728 Rabbit Hill Rd. NW T6R 3N6
Phone: (780)433-1395
Leasing: (780)934-6636
Designated Supportive Living: (780)221-3428
devonshire@cdlhomes.com
www.cdlhomes.com
Suites: 665 sq ft – 1,947 sq ft (1 bedroom, 1 bedroom/den, 2 bedroom, 2 bedroom/den)
Independent Living and Supportive Living
Rent: Starting at $2,200
Life Lease: From $255,000, with monthly operating cost of $740 including taxes and utilities
*Included- Heat, power, water, internet & cable TV, in-suite/appliance maintenance, Air conditioning, site maintenance.
*NOT Included- telephone, tenants insurance.
Optional: Meal services, nursing/ care support (24hr on site care team),

housekeeping, underground parking
Suite Features: Full kitchens, in-suite laundry, air conditioning, balconies
Building Features: Elevators, A/C, fire sprinkler system throughout, social/family rooms, dining room, heated underground parking, exercise room, craft room, guest suites, large outdoor communal patio, landscaped courtyard, salon, theatre room, monitored security system,
Social and Recreation Programs

EXQUISICARE INC.

Phone: 780.903.5612
Email: info@exquisicare.com
www.exquisicare.com
Age: 65+
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

Assisted Living and Long Term Care

EXQUISICARE SENIOR LIVING
WHERE LOVE MATTERS

780.540.8358
info@exquisicare.com

3 EDMONTON LOCATIONS

"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.exquisicare.com

GARNEAU HALL

VRS Seniors Living Community
10923 Whyte Ave. NW T6G 2N9 Phone: 780.433.3177
Email: sales@garneauhall.com
www.garneauhall.com
See HOUSING - Homeliving - Apartments - SOUTH EAST for complete listing.

LIFESTYLE OPTIONS RIVERBEND

Alberta Life Care Housing Foundation
200 Falconer Court NW T6R 2V9
Phone: 780.433.2223
Email: mgirard@lifestyleoptions.ca
www.lifestyleoptions.ca
Age: Seniors & special needs
Deposit: Equal to one month's rent
Pets: Approved 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; home care available on-site
Rent: From $2200
Included in Rent: Water, gas, sewage, and in-suite laundry appliances
NOT included in Rent: Telephone, cable, internet, power, storage, housekeeping, underground parking and meals (optional)
Activities: Social & recreational programming
Features: Library, theater, multipurpose areas, fitness room , 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: Not permitted
Smoking: Non-smoking facility
Units: 166; bachelor, one-bedroom and two-bedroom assisted living; SL4, SL4D programs available. Safe Living Dementia Care & Health Care
Rent: From $2074
Included in Rent: Two meals daily, water, gas and sewage
NOT Included in Rent: Telephone, cable, internet, power, storage, housekeeping, laundry and parking
Activities: Social & recreational programming
Features: Dementia Butterfly Project, library, multipurpose areas, fitness room, visiting pharmacy, physician, foot care, hair salon, spiritual services and more
Emergency Responder: LPN and professional medical staff on site 24 hours

MACTAGGART PLACE RETIREMENT RESIDENCE

All Seniors Care
5149 Mullen Rd. T6R 0W7
Phone: 780.540.2273
Contact: Ed DeGuzman Executive Director
Email: edeguzman@allseniorscare.com
www.allseniorscare.com
Age/Eligibility: 55+
Deposit: $2000
Pets: Allowed
Smoking: Not permitted for all sites
Unit Types: One and two bedroom suites
Rent: Various
Included in Rent: 3 delicious homestyle meals daily, snacks and beverages available throughout the day, weekly light housekeeping and linen service, complimentary laundry facilities, access to shuttle for medical appointments and outings, recreation programs, parking
NOT Included in Rent: Cable & phone services: care services, personal laundry, beauty, barber and aesthetics services private memory care, respite or short stay program
Activities: Daily recreation programs within the site and community.
Features: Theatre, chapel, fitness centre, walking path, spa, games room, beauty salon, courtyard, swimming pool, emergency pull stations in every room, complementary laundry facilities, tuck shop, medical services (podiatrist, visiting physician, optician) 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

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

revera®
Retirement Living
Your kind of place

Your kind of place

When it comes to choosing a retirement option, experience counts. Every Revera residence is staffed with seasoned experts dedicated to making your experience the best it can be. With plenty of amenities, vibrant programs, chef-prepared cuisine and personalized services, you'll enjoy an atmosphere as fulfilling and unique as you are.

Contact us today to explore the possibilities.
You're always welcome here. 403-755-7991.

The Churchill 10015 103rd Ave, Edmonton
McConachie Gardens 6503 170th Ave, Edmonton
Riverbend 103 Rabbit Hill Crt NW, Edmonton
River Ridge 78C McKenney Ave, St. Albert

reveraliving.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 30 lbs
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

RUTHERFORD HEIGHTS RETIREMENT RESIDENE

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: 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 organized outings, recreation programs
NOT Included in Rent: Cable & phone
Services: LPN health care aid, laundry, shuttle service, VON, denturist, 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@shepherdscare.org
www.shepherdscare.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

Included in Rent: 24 meals per month, additional meals available at an extra cost, emergency alarm pendant, basic cable
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

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
bedford@cdlhomes.com
www.cdlhomes.com
Suites: 300 sq ft to 1,608 sq ft (studio, 1 bedroom, 1 bedroom/den, 2 bedrooms, 2 bedrooms/den)
Independent living and private assisted living (Semi secure, great for those with memory concerns, keeping couples together longer)
Rent: Starting at $1,090
Life Lease: From $120,000, with monthly operating cost of $290 including taxes and utilities.
*Included- Heat, Power, Water, Internet & cable, in-suite/appliance maintenance, air conditioning, site maintenance.
*NOT Included- Telephone, tenants insurance.
Optional: Meal services, nursing/care support (24hr on site care team), housekeeping, underground parking
Suite Features: Full kitchens, in-suite laundry, air conditioning, balconies
Building Features: Elevators, A/C, fire sprinkler system throughout, social/family rooms, dining room, heated underground parking, exercise room, craft room, guest suites, large outdoor communal patio, landscaped courtyard, salon, theatre room, monitored security system Social and Recreation Programs

CHARTWELL EMERALD HILLS

Chartwell Retirement Residence
6101 Eton Blvd. **Sherwood Park**, AB T8H 2R8
Phone: 587.745.2068
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Small pets welcome
Smoking: No
Units: 1 Bedroom, 1 Bedroom + Den, 2 Bedroom
Included In Rent: Weekly housekeeping, including linen service; scheduled lifestyle activities; personal emergency response device; electricity; heating with individual thermostat; water; telecommunications package (phone, cable, internet); access to all building amenities; full kitchens in suites; and balconies on most suites
NOT included in Rent: Heated underground parking; wellness services; meal services
Activities: Billiards, social & recreation programs, entertainment, day trips & outings, fitness classes, chapel services, walking and gardening clubs
Features: Dining room, theatre, multi-purpose room, fitness room, garden/

outdoor space, card room, private dining room and meeting spaces, billiards, library, resident computer, chapel, spa, hair salon/barber, and pianos

CHARTWELL ST. ALBERT

Chartwell Retirement Residence
20 Hebert Rd. **St. Albert,** AB T8N 3Y6
Phone: 587.805.4574
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Pets: Yes
Smoking: No
Units: 230
Included In Rent: Evening meal, weekly housekeeping including linen laundering, emergency medical response 24/7, and basic cable, utilities (heat, power and water)
Not included in Rent: Underground parking, internet and telephone. Amenity services and additional care packages available on a fee for service basis.
Features: Barber/hair stylist, billiards, chapel/place of worship, laundry rooms, craft room, day trips, exercise/ fitness facilities, garden/outdoor inner courtyard, mail delivery, resident computers, social and recreational programs, TV-ounge area, piano
Services: Barber/hair stylist, regular attendance by hearing clinics, eyeglass clinics, mobility aid clinics

CHARTWELL COUNTRY COTTAGE

Chartwell Retirement Residences
75 Cranford Way **Sherwood Park,** AB T8H 2B9
Phone: 587.745.0495
Email: contact@chartwell.com
www.chartwell.com
Age: 65+
Smoking: No
Units: 22
Included In Rent: 1 Meal per day, emergency response device, weekly light housekeeping, cable, all utilities except phone and internet, parking
NOT included in Rent: Breakfast, lunch, laundry
Activities: Bingo, chapel, exercises, yoga, entertainment, outings, crafts, painting, games, news/views, hymn sing, resident choir, signature programs, happy hour, tea socials, patio lunches and much more.
Features: In house hair salon, fireside/TV room, library, patio, community bus stop in front of building, close to shopping, restaurants, bank, 24hr on site LPN & health care aid.

CITADEL VILLAGE

Christenson Communities Ltd.
15 & 35 Erin Ridge Rd. **St Albert** ,AB T8N 0R3
Phone: (780)458-2657
Leasing: (780)267-5282
Designated Supportive Living: (780)458-1245
citadel@cdlhomes.com
www.cdlhomes.com
Suites: 750 sq ft to 1,765 sq ft (1 bedroom, 1 bedroom/den, 2 bedrooms, 2 bedrooms/den)
Independent Living and Supportive Living
Rent: Starting at $2,690
Life Lease: From $280,000, with monthly operating cost of $815 including taxes and utilities.
*Included- heat, power, water, internet & cable, in-suite/appliance maintenance, air

conditioning, site maintenance.
*NOT Included- Telephone, tenants insurance.
Optional: Meal services, nursing/ care support (24hr on site care team), housekeeping, underground Parking
Suite Features: Full Kitchens, In-suite laundry, air conditioning, balconies
Building Features: Elevators, A/C, fire sprinkler system throughout, social/family rooms, dining room, heated underground parking, exercise room, craft room, guest suites, large outdoor communal patio, landscaped courtyard, salon, theatre room, monitored security system,
Social and Recreation Programs

NEXT TO STURGEON HOSPITAL

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
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: 24 hour staff available to assist with accessing emergency help

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:tammy.franklin@connectingcare.ca
Age: Senior-oriented, no age restriction, can purchase or rent suites from current owners
Deposit: Determined by individual owner
Pets: One per suite, dependent on individual owner
Smoking: Only in suite, dependent on individual owner
Units: Studios; one-bedrooms; one-bedroom plus den; two-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 & bedding laundry every second week, emergency response pendant, cable, heat, water
NOT included in Rent: Phone, power, extra services
Activities: Vibrant volunteer social committee organizes various activities and events.

Features: On-site hair salon, exercise 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: Approved (small pets only)
Smoking: Allowed in outdoor designated areas only
Units: 161; bachelor, one-bedroom and two-bedroom assisted living; SL4, SL4D programs available. Safe Living Dementia Care & Health Care
Rent: From $2400
Included In Rent: Two meals daily, water, gas and sewage
NOT included in Rent: Telephone, cable, internet, power, storage, housekeeping, laundry and underground parking
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 new building.
In 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: One bedroom; one bedroom plus den; two bedroom - 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

POINTS WEST LIVING LAC LA BICHE INC.

Connecting Care/Points West Living
9210 91 Avenue, P.O. Box 1380,
Lac La Biche, AB T0A 2C0
Phone: 780.623.9614
Email: gm.laclabiche@pointswestliving.com
Website: www.pointswestliving.com
Eligibility: Independent Supportive Living (ISL), also offer Designated Supportive Living Level 4 (DSL4) and Level 4 Memory Care (DSL4D)
Deposit: Equal to first month's rent, additional deposit required with pet
Pets: Allowed – must be under 30 lbs
Smoking: Smoking area provided outside of building
Units:16 DSL4 suites, 24 DSL4D suites, 9 ISL suites
Rent: DSL4/DSL4D $2,074 single occupant; ISL $1,460 to $2,395. As of Oct 1/2020 will be: DSL4/DSL4D $2,120 single occupant; ISL $1,460 to $2,445
Included in rent: DSL4D/DSL4 includes all utilities and meals. ISL includes all utilities and one meal. Emergency response pendant. Light housekeeping.
NOT included in rent: Cable, phone, Wi-Fi, winter plug in for vehicle.
Activities: We have various recreational activities e.g. live music and entertainment, popcorn & movie night on the big screen, Sunday brunch, monthly birthday parties, playschool visits, miniature horse visits, radio bingo, exercise, baking/cooking, crafts, travelling ice cream/hot chocolate cart, community garage & bake sales and special events. Activities are based on the interests of residents and will change monthly. Visit www.pointswestliving.com to see our current recreation calendar.
Features: Hair salon, spa room, exercise room, garden courtyard, multi-purpose room available for family events, family style dining rooms, 24/7 emergency response by LPN, Alberta Health Services RN on-site Monday to Friday.

THE RAVINES OF PARK AVENUE

Christenson Communities Ltd.
5810 47 Ave. **Rocky Mountain House**, AB T4T 0C1
Reception: (403) 871-8020
Leasing: (403) 596-4033
Designated Supportive Living: (403) 429-0345
parkavenue@cdlhomes.com
www.cdlhomes.com
Suites: 686 sq ft to 1,331 sq ft (1 bedroom, 1 bedroom/den, 2 bedrooms, 2 bedrooms/den)Independent Living and Supportive Living Rent: Starting at $2,286
Life Lease: From $240,000, with monthly operating cost of $686 including taxes and utilities.
*Included- Heat, power, water, in-suite/appliance maintenance, site maintenance.
*NOT Included- Telephone, tenants insurance, Internet & cable, Parking.
Optional: Meal services, nursing/ care support (24hr on site care team), housekeeping
Suite Features: Full kitchens, in-suite laundry, balconies
Building Features: Elevators, fire sprinkler system throughout, social/family rooms, dining room, amenity areas, guest suites, large outdoor communal patio, salon, monitored security system.
Social and Recreation Programs

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

ROYAL OAK VILLAGE

Christenson Communities Ltd.
4501 College Ave. **Lacombe,** AB T4L 2M8
Reception: 403.782.4435
Leasing: (403) 550-3004
Designated Supportive Living: 403.396.3384
royaloak@cdlhomes.com
www.cdlhomes.com
Suites: 598 sq ft to1,374 sq ft (1 bedroom, 2 bedrooms)
Independent Living and Supportive Living
Rent: Starting at $1,595
Life Lease: From $150,000, with monthly operating cost of $598 including taxes and utilities
*Included- Heat, power, water, in-suite/appliance maintenance, site maintenance.
*NOT Included- Telephone, tenants insurance, Internet & cable, parking.
Optional: Meal services, nursing/ care support (24hr on site care team), housekeeping
Suite Features: Full kitchens, In-suite laundry *for most suites, spacious balconies and patios
Building Features: Elevators, fire sprinkler system throughout, social/family rooms, dining room, amenity areas, craft and woodworking rooms, library and games room, exercise room, guest suites, outdoor communal patio, salon, monitored security system.
Social and Recreation Programs

SILVER BIRCH HAVEN

Heartland Housing Foundation
906 Bison Way
Sherwood Park, AB T8H 2C4
Phone: 780.400.3600
Email: SBH@heartlandhousing.ca
www.heartlandhousing.ca
Age: 65+
Deposit: $1,900-$3,100, depending on room size
Pets: Not permitted
Smoking: Not permitted
Units: 28 studio units (390 sq. ft.), 66 one bedroom units (551-718 sq. ft.), 6 two bedroom units (788-892 sq. ft.)
Rent: $2.600-$3,100
Included in Rent: Meal services, utilities.
NOT Included in Rent: Weekly housekeeping, telephone, cable, parking, internet
Activities: Recreation coordinators on site
Features: Located on transit route; facility owned bus for community outings, with fee for service
Emergency Responder: 24/7 Staff

ST ALBERT RETIREMENT RESIDENCE

All Seniors Care
125 Everitt Drive North **St. Albert,** AB T8N 7R9
Phone: 780.569. 2273
Contact: Craig Smith
Email: csmith@allseniorscare.com
www.allseniorscare.com
Age/Eligibility: 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 organized 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: 24-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: 55+
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 organized outings, recreation programs
NOT Included in Rent: Cable & phone
Services: LPN health care aid, laundry, shuttle service, denturist, 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

TIMBERSTONE MEWS

Christenson Communities Ltd.

42 Timberstone Way **Red Deer,** AB T4P 2M9
Reception: (403) 967-0699
Leasing: (403) 550-3004
Designated Supportive Living: (403) 550-2477
timberstone@cdlhomes.com
www.cdlhomes.com
Suites: 705 sq ft to1,117 sq ft (1 bedroom, 1 bedroom/den, 2 bedroom, 2 bedroom/den)
Independent Living and Supportive Living (SL4D-Memory Care)
Rent: Starting at $2,585
Life Lease: From $282,000, with monthly operating cost of $705 including taxes and utilities.
*Included- Heat, power, water, in-suite/appliance maintenance, site maintenance.
*NOT Included- Telephone, tenants insurance, internet & cable, parking.
Optional: Meal services, nursing/
Care support (24hr on site care team), housekeeping
Suite Features: Full kitchens, in-suite laundry, spacious balconies and patios
Building Features: Elevators, fire sprinkler system throughout, social/family rooms, dining room and english pub, amenity areas, craft and sewing room, library and games room, exercise room, guest suites, large outdoor communal patio, salon, monitored security system
Social and Recreation Programs

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/senior-care/vegreville-manor/
Age: 65+
Deposit: ½ month's rent
Pets: Not permitted
Smoking: Not permitted (Must be smoke free for one year)
Units: Studio, 1 bedroom, 2 bedroom
Rent: Studio: $1445; 1 bedroom $1756; 2 bedroom $2238; SL3 room $1983. Additional tenant in suite $483.
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 mini-studio suites
Rent: $1210-$2954

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

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 239-242. 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 193-199 when comparing sites.

Canterbury Lane
8403 142 St. NW T5R 4L3
Phone: 780-483-5361

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: 780.709.0728

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

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

CHARTWELL HERITAGE VALLEY

Chartwell Retirement Residences
944 James Mowatt Trail SW T6W 2B2
Phone: 587.557.7778
www.chartwell.com

CHARTWELL WESCOTT RETIREMENT RESIDENCE

Chartwell Retirement Residences
3841 Allan Drive SW. T6W 4B8
Phone: 587.487.4032
Email: contact@chartwell.com
www.chartwell.com
Features: Activity and life stations, family dining room, beautiful landscaped courtyard
See Supportive Living - SOUTH WEST for complete listing.

TOUHMARK AT WEDGE WOOD

Touchmark
18333 Lessard Rd. NW T6M 2Y5
Phone: 587.408.6797

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.

Is it time to consider
RETIREMENT LIVING?
Our Retirement Living Consultants can help.

CLICK ChartwellEdmonton.com
CALL 855-461-0685
VISIT a Chartwell near you

CHARTwell
retirement residences

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.

Designated Supportive Living Sites

Aspen House Care Residence
9706 100 Ave. **Morinville**, AB T8R 1T2
Phone: 587.557.7766

Balwin Villa - Excel Society
6920 128 Ave. NW T5C 1S7
Phone: 780.757.5550

CapitalCare Adult Duplexes
9935 & 9943 178 Ave. T5X 5X2
Phone: 780.496.3335
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Laurier House Lynnwood
16815 88 Ave. NW T5R 5Y7
Phone: 780.413.4712
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Laurier House Strathcona
12 Brower Dr. **Sherwood Park**, AB T8H 1V3
Phone: 780.467.3366
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare McConnell Place North
9113 144 Ave. NW T5E 6K2
Phone: 780.496.2575
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare McConnell Place West
8720 165 St. NW T5R 5Y8
Phone: 780.413.4770
Email: info@capitalcare.net
www.capitalcare.net

Chateau Vitaline
5018 - 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
15 Erin Ridge Rd. **St Albert,** AB T8N 0R3
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: 587.745.0494.

Devonshire Manor
1718 Rabbit Hill Rd. NW T6R 3N6
Phone: 780.432.9251

Edmonton People In Need #4 - Batoma House
10303 96 St. NW T5H 2H2
Phone: 780.424.6733

Emmanuel Home
13429 57 St. NW T5A 0T8
Phone: 780.478.2051

Garneau Hall
10923 82 Ave. T6G 2N9
Phone: 780.433.3177

Glastonbury Village
1585 Glastonbury Blvd T5T 2W5
Phone: 780.341.2484

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: 780.413.3520

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: 780-939-5887

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 Edmonton, T6R 2V9
Phone: 780.433.2223

Lifestyle Options Schonsee
6088 Schonsee Way, T5Z 0K6
Phone: 780.250.9055

Lifestyle Options Terra Losa
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: 780.732.0412

Riverbend Retirement Residence
103 Rabbit Hill Court NW T6R 2V3
Phone: 780.438.2777

Rosedale Estates
10103 111 St. NW T5K 2W4
Phone: 780.709.0728

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
12603 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: 780.451.1114

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

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 careaccommodation-charges.html.

The province provides financial assistance to eligible low-income residents in longterm 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.
- Designated Supportive Living and 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 Home Living – Life Lease - Laurier House
- Home Living – Coordinated home and day centre services with 24 hour support to people living in their own homes

– See HEALTH & WELLBEING – CHOICE Programs, Day Programs; Palliative Hospice

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
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Grandview
6215 124 St. NW T6H 3V1
Phone: 780.496.7100
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Kipnes Centre for Veterans
4470 McCrae Ave. NW T5E 6M8
Phone: 780.442.5700
Email: info@capitalcare.net
www.capitalcare.net

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 Strathcona
12 Brower Dr. **Sherwood Park**, AB T8H 1V3
Phone: 780.467.3366

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 Rabbit Hill Rd, AB T6R 3H2
Phone: 780.665.8050

Edmonton General Continuing Care Centre
11111 Jasper Ave. NW T5K 0L4
Phone: 780.342.8000

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: 780.431.3861

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
12603 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 Rd. T6M 2Y5
Phone: 587.408.6797

Vegreville Care Centre
4525 50 St. **Vegreville**, AB T9A 0A1
Phone: 780.632.2871

Venta Care Centre
13525 102 St. NW T5E 4K3
Phone: 780.476.6633

WestView Health Centre
4405 South Park Dr.
Stony Plain, AB T7Z 2M7
Phone: 780.968.3600

Youville Auxiliary Hospital
9A St. Vital Ave. **St. Albert**, AB T8N 1K1
Phone: 780.460.6900

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	
Is your home suitable and safe?	
How difficult is it for you to manage the stairs in your home?	
How willing or able are you to clean your home?	
How willing or able are you to maintain the yard and outside of the home?	
Do you have enough help available when necessary; e.g., during a short-term illness?	
Are you at risk for falls? Does your home have good lighting, bathroom safety bars, handrails, and safe flooring?	
Do you smoke? Do you have and maintain enough smoke detectors?	
Do you have a hot water safety valve on hot water taps?	
Do you have an emergency response system[1] in case of illness or injury?	
Do you have other emergency contact numbers by the phone?	
Finances	
Is the choice to stay in your home economically sound?	
What minor and major repairs must you make in the next few years?	
Would freeing up the cash in your home allow you to have a more enjoyable lifestyle	
Are taxes, insurance, utilities, and other costs affordable for you?	
If not, do you have finances available for renovations or adaptations if they are necessary?	
Can you get financial assistance for renovations or adaptations?	

[1]To locate an emergency response system, you can search the term on the internet or contact your provincial seniors' information line for more information.

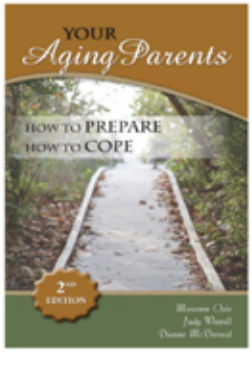
Location	
Is the location of your home suitable? Is adequate transportation available for medical appointments, social activities, and visiting friends and family? Are stores and other services within easy reach? Is the neighbourhood safe and pleasing to you? Do you value the relationships you have with 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.



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.

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 - Client Contact Centre

600-10320 102 Ave, Revillon Building T5J 4A1
Phone: 1.866.845.3425
www.legalaid.ab.ca
Hours of Operation:
By Phone: Mon–Fri 8:15am-4:15pm

- Legal Aid Alberta 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.alberta.ca/office-public-guardian-trustee.aspx
Guardianship/ Trusteeship services & AGTA application drop-off
4th Floor, 9942 108 St. NW T5K 2J5
(Changing in April 2021)
Phone: 780.427.0017
Email: hs.public-guardian@gov.ab.ca
www.alberta.ca/office-publicguardian-trustee.aspx

- The OPGT may act as guardian and/ or trustee for adults who lack the capacity to make their own personal and/or financial decisions when there is no other person able, willing or suitable to take on the role.
- The OPGT may also administer an estate if one of the beneficiaries is a minor child or a represented adult client of the Public Trustee. In addition, the OPGT protects the assets of minors (under 18 years) where required by law or where a minor is a beneficiary but there is no trustee named.
- The OPGT also provides information and resources on personal directives and applications under the Adult Guardianship and Trusteeship Act.

Sage Seniors Association

Guardianship and Trusteeship Program
Phone: 780.423.5510
www.mysage.ca

- Sage's Guardianship and Trusteeship program provides guidance and support needed to complete the application forms for private guardianship, trusteeship and/or co-decision making. This program is run as a fee-for-service social enterprise and is delivered at a cost-recovery price, ensuring that Sage can continue to provide this essential service. For information on how to receive support with your application, and to view the price list, please contact 780.423.5510 or visit www.mysage.ca.
- Sage also offers workshops to assist you in understanding the application process. For information on registering for the workshop, or for general information about the program, please call 780.423.5510 or visit www.mysage.ca.

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 a clients 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, 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 client's legal problems.

See this section:

- **Edmonton Community Legal Centre**
- **Law Society of Alberta**

Alternative Dispute Resolution Institute of Alberta (ADRIA)

Phone: 780.433.4881
Toll-Free 1.800.232.7214
Email: info@adralberta.com
www.adralberta.com

- The vision of the (ADRIA) is: leading dispute resolution in Alberta.
- ADRIA is a registered not-for-profit organization that provides leadership and services in alternative dispute resolution 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.

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 and print publications.

The Older Adult Knowledge Network at www.oaknet.ca provides information on:

- planning for the future (including decision-making support and wills and estates).
- housing law.
- using legal tools to prevent elder abuse.

Other resources for seniors are accessible from CPLEA's website.

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: DVCAP@johnhoward.org
www.johnhoward.org

- A free service providing information and emotional support to victims of family violence going through the criminal court process.
- Provides 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 and 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

2nd floor 10020 100 St. T5J 0N3
Contact: Jennifer Smyth
Phone: 780.702.1725
Email: intake@eclc.ca
www.eclc.ca
Hours of Operation: Mon-Fri 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 and income support issues.
- We do not provide legal assistance in the areas of criminal law.

Legal Aid Alberta - Client Contact Centre

Phone: 1.866.845.3425
www.legalaid.ab.ca
See complete listing in LEGAL INFORMATION - Legal Information on Personal Decision Making

Law Society of Alberta

Lawyer Directory
Toll-Free:1.800.661.1095
Calgary: 403.228.1722
Email: https://www.lawsociety.ab.ca/public/lawyer-referral/
www.lawsociety.ab.ca

- Provides an 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 & Nunavut
Calgary: 403.228.1722
Email: https://www.lawsociety.ab.ca/public/lawyer-referral/
1.Helps you connect with a lawyer. After you provide information on your legal issue, a member of the Law Society's Customer Service team will provide contact information for lawyers who may help meet your needs.
2.The first half-hour of conversation with the lawyer is unbilled and should be used to discuss your legal issues, explore your options, evaluate potential costs and help determine if the lawyer is a good fit.

Resolution and Court Administration Services

Contact Centre
Phone: 780.638.4747
Toll Free: 1.855.738.4747
www.alberta.ca/rcas-contactcentre.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

- Provides information about civil, family and criminal matters, explains what court forms can be used, explains the steps to take in legal applications, and refers you to legal services and other resources in the community.

Student Legal Services of Edmonton (SLS)

Phone: 780.492.2226
Email: slsoed@ualberta.ca
www.slsedmonton.com
Hours of Operation:
Mon-Fri 8:30am-11:30pm & 1:00pm-4:00pm

- 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@bmllp.ca
www.bmllp.ca
Hours of Operation:
Mon-Fri 8:00am-5:00pm

- 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.

Marrazzo Law Office

9535 135 Ave.
Phone: 780.756.5500
Email: mlo@marrazzolawoffice.com
Website: Facebook page - Marrazzo Law Office
Hours of Operation: 24 hours

- Wills & Estates Lawyer, preparation of Wills, Enduring Power of Attorneys and Personal Directives. Probate of Estates and Notary. Excellent service, flexible hours and mobile visits. Call today to speak with Lina Marrazzo 780.756.5500.

Patty Ko Wanda Fawcett Joshua Fortier

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Plan your estate today.
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Edmonton 780.426.5550 **Calgary** 403.237.5550 **bmllp.ca**

Bishop & McKenzie LLP

MEDIATION

Kobewka Stark Law Office

9409 – 98 Ave. T6C 2C8
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.

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Call us today at (780) 756-5500

Mobile appointments available
10% off with this ad

sage
Sage Seniors Association

LEAVE A
LEGACY

For information on how your PLANNED GIVING can help us inspire and support seniors to be the best they can be, please contact Sage at 780.423.5510 or visit www.mysage.ca

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
9409 – 98 Avenue
Edmonton, AB T6C 2C8

LAWYERS | MEDIATORS
780-414-0444
info@kobewkastark.com
kobewkastark.com

An Association of Independent Practitioners

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, Multiculturalism and Status of Women

Heritage Division
Phone: 780.431.2300
www.alberta.ca/historic-sites-places.aspx

- All seniors receive a discounted admission when visiting the 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

- Rockin in Rundle GOLD: Wednesdays, 1pm-2:30pm. Kick up your heels to live toe tapping music. Have a good time socializing and dancing. Light refreshments served. Free to Leisure Access Pass annual pass holders or City of Edmonton Rec Centre Members. Drop-in: $7

Please note: the pool is shut down for renovation without a reopening date as of the time of publishing. Please check our website for details.

Alberta 55-Plus

Edmonton Zone 6 - Recreation
Office Location: Central Lions
11113 113 St. NW T5G 2V1
Hours of Operation: Tues-Thur 1:00pm-3:00pm
Phone: 780.454.6560
www.alberta55plus.ca

- Edmonton 55-Plus offers a wide variety of athletic and artistic activities and workshops.
- Opportunities for competition in Alberta 55-Plus Winter and Summer Games and Canada 55-Plus Winter and Summer Games. Winter/summer fun games are organized during nonprovincial Games years.
- Membership fee: $30 per year.

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.
- **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**
  www.edmonton.ca/ridetransit
  The Ride Transit Program offers a monthly transit pass to eligible low income Edmontonians at a subsidized rate of $34/month. The program is for Edmontonians ages 6-64. Those 65+ will continue to access the ETS Senior Annual Pass Program.

Edmonton Valley Zoo

13315 Buena Vista Road NW
Mailing Address:
PO Box 2359 T5J 2R7
Phone: 311
(outside of Edmonton 780-442-5311)
www.valleyzoo.ca
Dates and hours of operation may change due to COVID19 restrictions. Visit www.valleyzoo.ca for updated information.
Accessing the Edmonton Valley Zoo now requires all patrons, including members, to purchase or reserve their timed entry for each visit.
Please visit https://movelearnplay.edmonton.ca/ to purchase your timed tickets before you arrive. Tickets are not being sold at the gate.

Fort Edmonton Park

Corner of Fox Drive & Whitemud Drive
Phone: 780.496.7381
www.fortedmontonpark.ca

- Fort Edmonton Park will be reopening in the summer of 2021 after significant enhancements.
- Enhancements to the Park include expansion of the 1920's-style midway, a new front entry and admissions area and the all-new Indigenous Peoples Experience.
- Old favourites like Johnson's Cafe in the Hotel Selkirk, the streetcars and the 100-year old Baldwin steam train will be operational. Note: Both the train caboose and the cafe are wheelchair accessible.

Harcourt House Artist Run Centre

3rd. Fl., 10215 112 St. NW T5K 1M7
Phone: 780.426.4180
Email: harcourtinfo@shaw.ca
www.harcourthouse.ab.ca
Hours of Operation:
Mon-Sat 10:00am - 5:00pm.

- 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: 780.691.1439
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
Phone: 311
(outside of Edmonton 780-442-5311)
Email: attractions@edmonton.ca
www.edmonton.ca/johnjanzen
Hours of Operation:
Dates and hours of operation are being impacted by COVID19. Please check the website or call 311 for up to date information.

John Walter Museum

(Kinsmen Park) 9180 Walterdale Hill
Phone: 311
(outside of Edmonton 780-442-5311)
Email: attractions@edmonton.ca
www.edmonton.ca/johnwalter
Hours of Operation:
Dates and hours of operation are being impacted by COVID19. Please check the website or call 311 for up to date information.

Kinsmen Sports Centre

9100 Walterdale Hill NW
Phone: 311
Email: 311@edmonton.ca
www.edmonton.ca/kinsmen
Hours vary for each amenity

- Special rates for senior citizens (65+) per visit or passes to reduce the cost.
- Two swimming pools, three fitness centres, and field house. Walking and running tracks, racquetball courts, change rooms, indoor tennis courts, functional training centre, cafeteria, and physiotherapy. (Partially open & COVID restrictions.)
- Personal trainers available for consultation.
- Check E Active Recreation Guide or website for registered or drop-in fitness classes.

The Minus One (Social Dance) Club of Edmonton

Bellevue Community Hall, 7308 112 Ave. NW
www.minusonedanceedmonton.com,
or phone 780 478 6187
Club hosts social dances with live bands playing polkas and waltzes for singles and married couples of all ages.
If you love old-time music, this is the place to come. Haven't danced in years? Just come and enjoy the music.

- Held each 2nd and 4th Saturday of the month
- 7 to 11 pm (includes light lunch at 9:30 pm)

For dance dates, list of bands, or more information on the club visit

Muttart Conservatory

9626-96A St. NW
Phone: 311
(outside of Edmonton 780-442-5311)
Email: attractions@edmonton.ca
www.muttartconservatory.ca
Hours of Operation:
Muttart Conservatory is closed for renovations until early 2021. Dates and hours of operation may be impacted by COVID19 once open. Please check the website or call 311 for up to date information.

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 events and activities for adults 55+ in the Edmonton area.
- Enrich your life with fun and engaging arts, fitness, technology, health, social and recreational programs.
- Browse the online directory at www.seniorscouncil.net.

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.

Shadow Theatre

10329 83 Ave. NW
Phone: 780.434.5564
Email: info@shadowtheatre.org
www.shadowtheatre.org
Hours of Operation: 10:00am – 5:00pm

- Breathtaking live theatre in the heart of Old Strathcona.
- All performances take place in the beautiful Varscona Theatre.

University of Alberta Botanic Garden

51227 AB 60, **Parkland County**, AB T7Y 1C5
Phone: 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. The garden has cultivated gardens and plant collections, indoor showhouses, and extensive natural areas.
- Admission 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.

YMCA of Northern Alberta

www.northernalberta.ymca.ca
Stay active, connect with others, and be a part of a welcoming community at the YMCA! 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 Family Resource Centre (Downtown Edmonton)
Boyle Street Plaza
9538 103A Ave. NW
780.426.9265

LIBRARIES

CNIB Foundation AB & NWT

11150 Jasper Ave. T5K 0C7
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.

Edmonton Public Library

Stanley A. Milner Library
7 Sir Winston Churchill Square T5J 2V4
Phone: 780.496.7070
www.epl.ca
Hours of Operation: Mon to 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

Abbottsfield - Penny McKee Branch
160-3210 118 Ave. T5W 4W1
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 3G4
Phone: 780.442.7471

West Henday Promenade (LewisEstates)
West Henday Promenade
818 Webber Greens Dr. NW T5T 4K5
Phone: 780.496.8342

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 (Callingwood)
17650 69 Ave. NW T5T 3X9
Phone: 780.442.0888

Londonderry Branch
166 Londonderry Mall,
137 Ave. & 66 St. T5C 3C8
Phone: 780.496.1814

McConachie Branch
16607 50 St. NW T5Y 0C8
Phone: 780. 442.5314

Meadows Branch
2702 17 St. SW T6T 0X1
Phone: 780.442.7472

Mill Woods Branch
2610 Hewes Way NW T6L 0A9
Phone: 780.496.1818

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

Stanley A. Milner Library (Downtown)
7 Sir Winston Churchill Square NW
Edmonton, AB T5J 2V4
Phone: 780.496.7070

Strathcona Branch
8331 104 St. NW T6E 4E9
Phone: 780.496.1828

Whitemud Crossing Branch
145 Whitemud Crossing Shopping
Centre, 4211 106 St. NW T6J 6L7
Phone: 780.496.1822

Woodcroft (Westmount) Branch
13420 114 Ave. NW T5M 2Y5
Phone: 780.496.1830

epl2you

Edmonton Public Library
Phone: 780.496.7000

- 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.ca
Hours 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.

Spruce Grove Public Library

35 Fifth Ave, **Spruce Grove**, AB T7X 2C5
Email: library@sgpl.ca
Hours of operation: Tuesday-Saturday from 10am-5:30pm (*new COVID hrs)
Phone: 780 962 4423

- Free memberships.
- Free virtual programs geared towards seniors. Our complete list is here https://sgpl.ca/programs/virtual-reading-clubs (if you scroll towards the bottom there are senior programs such as Virtual Reading Clubs, Virtual Write On!, Coffee and Crib 2.0)
- Many formats available for borrowing with a library membership, including large print, CD audiobooks, DVDs, blu-rays and Daisy Players available to take out. Free Eresources such as Overdrive, Hoopla, CELA (for print disabilities) and Cloud Library.

St. Albert Public Library

Downtown Location:
5 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
Hours of Operation: Due to the pandemic, please check the library's website or call.

- Free programs of interest to seniors, including book clubs.
- Many formats available for borrowing with a library membership, including large print, CD audiobooks, DVDs, blurays and playaways.
- Homebound library service is available for residents of St. Albert living in their own homes who are unable to visit the library for three months or more due to a temporary or permanent disability; a volunteer will deliver materials to you. (temporarily unavailable due to the pandemic). Call the library for further information

NEW LOCATION **Jensen Lakes Library**
#1010, 880 St. Albert Trail **St. Albert,** AB T8N 7V2
Phone: 780-544-0444

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 10:00am-8:00pm; Sat 10:00am-5:00pm; closed Sun
Hours are subject to change

- Free one on one technology help by appointment.
- 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
For current hours please call or see www.sclibrary.ca

- Free programs: technology, history, travel, book clubs, genealogy, crafts, and more.
- Additional services to seniors' residences and rural stops provided by the Bookmobile. Outreach deliveries for homebound people who are unable to come to the library.
- Accessible formats: large print, audiobooks, DAISY books, movies, ebooks, 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: 8:30am-4:00pm
OR
at a Service Canada Office
OR Contact the nearest Government of Canada office abroad:
https://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*. Refer to photo requirements on website.

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. NW, North Tower T5J 3E4
Phone: 780.735.0100

- Appointments Required for Immunizations
- General Travel Information available from www.cdc.gov/travelPersonal Safety

MEMBERSHIP HAS ITS REWARDS

Sage Seniors Association

- Subscription to the Sage Link newsletter
- Easy access to programs, activities, and courses
- A reduction in select course fees
- Free use of our public access computors (for Members age 60+)
- Participation in Sage clubs and groups

Individual and corporate memberships available. Call 780-809-9407 or visit www.mysage.ca to learn more.

Chapter Contents

- Personal Safety Information
- Frauds and Scams
- False Charities
- Inheritance Scheme

PERSONAL SAFETY INFORMATION

Canadian Marketing Association

Phone: 416.391.2362
Email: donotmail@the-cma.org
www.the-cma.org
To reduce unwanted advertising mail register with CMA's Do Not Mail Service free of charge.

CMA Do Not Mail Service

- 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.LNNTE-DNCL.gc.ca

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)

Toll-Free: 1.877.355.4488
Email: inquiries@asc.ca
www.albertasecurities.com
www.checkfirst.ca
Hours of operation:
Mon-Fri 8:00am–5:00pm
(with some exceptions on major holidays)
Develop your investor knowledge, avoid fraud and make informed and suitable investment decisions with unbiased resources and information brought to you by the Alberta Securities Commission (ASC). If you're approached with an investment opportunity, do your own research before making a decision.

Visit the ASC's investor education site CheckFirst.ca to:

- Access free unbiased information, factsheets, calculators and videos on investing wisely and avoiding fraud
- Make a complaint or report a suspicious investment opportunity; and
- Check registration and disciplinary history of an individual or firm offering an investment

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:
Mon-Fri 9:00am-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 and 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 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 antivirus 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 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 dollars in losses reported by Canadians. This scam has also lead to incidents of suicide in cases where victims have lost their life savings 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

Seniors Information Phone Line
Connecting Seniors to Supports and Services
Dial 211®

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.

IF YOU THINK A SENIOR IS BEING ABUSED

1. Call the Seniors Abuse Helpline at **780.454.8888** (available 24 hours).
2. Contact your local police, RCMP department, or tribal police immediately when abuse involves theft, assault, or other illegal actions.
3. Report abuse in a care facility through the Protection for Persons in Care Reporting Line **(Toll Free) 1.888.357.9339.**
4. Call the Sage Seniors Safe House Intake Line at **780.702.1520.**

Chapter Contents

- Resources to Maintain/Improve Driving Skills
- 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.alberta.ca/driver-fitness-monitoring.aspx

- 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 licenses at age 75, 80 and every two years thereafter. The same report is required for holders of Class 1, 2 and 4 commercial driver's 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(AMA)

Canadian Automobile Association Seniors Driving Portal
www.caa.ca/seniors

- SeniorsDriving.caa.ca is an online resource for seniors
- Whether you're a driving senior or a caregiver, our online portal has all the information and tools to help seniors stay safe behind the wheel.

Mature And Senior Driver Refresher
Toll-Free: 1.833.374.8733.
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 in Edmonton, Camrose, Red Deer, Calgary, Lethbridge and ,Medicine Hat.
- Call for fees and dates.
- In-car driving refresher is also available.

Senior Driver in-Car Evaluation
Edmonton and Area, Calgary and area, Lethbridge, Red Deer
Phone: 1.833.374.8733
Email: drivered@ama.ab.ca
www.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 topics included: vision screening and questionnaire, 45 minute in-vehicle evaluation, confidential feedback (verbal and written) and recommendations.

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 Edmonton and surrounding area. (https://mard.med.ualberta.ca/mard/db/).
- Also visit our website to access the "**Guide to Mobility and Independence**", a listing of essential services and transportation providers in Edmonton and surrounding area.

TRANSPORTATION OPTIONS FOR PEOPLE NOT DRIVING

Bridge to Care Inc.

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: Mon-Fri 9:00am-5:00pm
A Canadian based Not-for-Profit healthcare organization.
Our services:

- Transportation for seniors and for people with physical & mental disabilities
- Mental health therapy

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.

Drive Happiness Seniors Assisted Transportation

Phone: 780.424.5438
Email: info@drivehappiness.ca
www.drivehappiness.ca
A registered Canadian charitable organization providing door-to-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 is required in order to start booking rides.

See listing in SENIOR CENTRES, CLUBS & GROUPS - South West

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 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@sscas.com
www.sscas.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

PUBLIC TRANSPORTATION

Edmonton Transit Service(ETS)

ETS provides public transportation in Edmonton, including paratransit (DATS) service.
Phone: 311 for all ETS inquiries including transit routes, schedules, fares, or concerns.
Outside Edmonton, call 780-442-5311.
Email: 311@edmonton.ca
www.takeETS.com

Senior Fares:
ETS fares change annually in February of each year.
ETS fares are valid on ETS buses, LRT, and DATS service.
2020 Senior Fares (65 years +)
Cash fare: $3.50
Senior 10 ticket strip: $19
Senior monthly pass: $34
Senior annual pass (Valid Apr 1 - Mar 31):

- Regular: $374
- Low income: FREE*

*Senior residents of Edmonton aged 65 years and older with income less than $28,513 may qualify for a FREE annual pass. For information and proof needed to apply, check the Fares information on the ETS website or phone 311.

Ride Transit Program

The Ride Transit Program offers a monthly transit pass to eligible low-income Edmontonians at a subsidized rate. The program is for Edmonton residents ages 6-64.

ETS Customer Service

Outside Edmonton, call 780-442-5311.
For purchase of ETS fares, Lost and Found services and transit information.
2nd Floor, Edmonton Tower 10111 104 Ave NW (across from Rogers Arena)
Hours of operation: Mon - Fri, 8 am - 4:30 pm

Disabled Adult Transit Service (DATS)

5610 - 86 St. NW T6E 2X3
Phone: 780.496.4567
TTY: 780.496.5506
Email: dats@edmonton.ca
www.TakeETS.com/dats
IBook: datsibook.gov.edmonton.ab.ca

- DATS is a door-to-door, operator-assisted, shared-ride, specialized transit service for people who are unable to use conventional transit services.

- There is no registration fee, but clients must meet eligibility requirements and be registered before they can use DATS.
- Reservation, subscription, group and same-day trip bookings are offered on a first-come, first-served basis. To book a trip, please call three days in advance or up to noon of the day before your intended trip. Group trips of five or more people must be booked by 5 pm, three days in advance.

ETS Mobility Choices Customer Travel Training
Phone: 780.496.3000
Email: ETSCustomerTraining@edmonton.ca
www.TakeETS.com/mobilitychoices
Free, customized transit travel training for seniors, people with disabilities, and staff working at agencies or organizations serving people with mobility challenges.

Parking for People with Disabilities Program

Phone: 780.427.7013
www.servicealberta.ca, then click the Family and social supports link and then People with disabilities

- 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 or visit our 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.

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

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• Volunteer Resources

VOLUNTEER RESOURCES

211 Alberta-Edmonton and Area, Community Information & Referral

211 Alberta-Edmonton and Area, Community Information & Referral
Phone: 211
Outside of these areas call 780.482.INFO (4636)
TTY access 780.482.7273
www.ab.211.ca
Hours of Operation: 8:00am-8:00pm daily.
Talk to an information and referral specialist to find organizations that match your volunteer interests.
Text support available by texting 211.
Live, online chat available 8am-8pm daily at www.ab.211.ca.

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

Sage Seniors Association

Phone: 780.423.5510.
Email: info@MySage.ca
www.MySage.ca

Volunteer Services
Phone: 780.701.9014 Volunteer Coordinator
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. Volunteers are essential to help Sage realize its mission - to inspire and support seniors to be the best they can be.

Examples of volunteer positions at Sage include:

- Reception
- Clerical support
- Program Instructors
- Social Work Assistant
- Food Services
- Income Tax Preparation
- Community Relations
- Casino
- Group leaders
- Special Events

Time commitment is flexible, with most volunteer opportunities happening at Sage, Monday through Friday, between 8:30am - 4:00pm. There are a range of Volunteer Opportunities to fit with your availability. 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. Pleaase note: all volunteer opportunities are from home during COVID 19.

Stony Plain Family & Community Support Services (FCSS) & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave.
Stony Plain, AB
Phone: 780.963.8583
Email: pfcss@stonyplain.com
www.stonyplainfcss.com

- 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, learning opportunities, online resources, youth governance & more).
- networking opportunities & nonprofit evaluation.
- advocacy/voice for volunteer centres and nonprofits in Alberta.

Volunteer Strathcona

Phone: 780.464.4242

- Volunteer services include recruitment assistance and capacity building opportunities for not-for-profit organizations.

See HELP AT HOME.

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IF YOU THINK A SENIOR IS BEING ABUSED

1. Call the Seniors Abuse Helpline at **780.454.8888** (available 24 hours).
2. Contact your local police, RCMP department, or tribal police immediately when abuse involves theft, assault, or other illegal actions.
3. Report abuse in a care facility through the Protection for Persons in Care Reporting Line **(Toll Free) 1.888.357.9339.**
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CARING
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- We create customized care plans for clients and families in need of extra support
- We find the perfect match between a cargiver and client to ensure needs are not only met but exceeded

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