

St. Albert Seniors' Directory

Printed July 2019

Quick Connections

St. Albert Seniors Association.....	780-459-0433
St. Albert Community Information & Volunteer Centre.	780-459-6666
SAIF Stop Abuse In Families.....	780-460-2195
St. Albert Bereavement Fellowship.....	780-851-6562
Community Care Access Line (Home Care).....	780-496-1300
Alberta Supports Contact Centre.....	780-644-9992
Office of the Seniors Advocate	780-644-0682
St. Albert Victim Services	780-458-4353

My personal phone numbers:

My Doctor: _____

My Dentist: _____

A neighbour/friend I can call if I need help:

My frequently called numbers:

Name	Number	Comments
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Emergency & Community Guide

Emergency	911
RCMP Non-Emergency Complaint Line	780-458-7700
Canadian Anti-Fraud Centre	1-888-495-8501
Poison Centre	1-800-332-1414
Distress/Suicide Line (24 hrs)	780-482-HELP (4357)
Sexual Assault Centre (24 hrs)	780-423-4121
Addictions Help Line (24 hrs)	1-866-332-2322
Mental Health Help Line (24 hrs)	1-877-303-2642
Office of the Seniors Advocate	780-644-0682
Senior's Abuse Help Line Edmonton	780-454-8888
SAIF Stop Abuse In Families.....	780-460-2195
St. Albert Seniors Association.....	780-459-0433

City of St. Albert

Main Switchboard	780-459-1500
Public Works.....	780-459-1557
Taxation	780-459-1516
Utilities	780-459-1520
Transit.....	780-418-6060
Community and Social Development.....	780-459-1756

Provincial Member of the Legislative Assembly:

- Marie Renaud, MLA..... 780-459-9113
- Hon. Dale Nally, MLA..... 780-427-0265

Office of the Ombudsman (Alberta)..... 780-427-2756

Federal Member of Parliament:

- Michael Cooper, MP 780-459-0809 |

ATCO Gas for gas emergencies..... 780-420-5585

Fortis Alberta for electrical emergencies..... 780-310-9473

EPCOR Customer Service 780-310-4300 || Telus Repair (landline) | 611 |
| Shaw Repair..... | 1-888-472-2222 |

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Community Supports & Services

Alberta Supports Contact Centre1-877-644-9992

In the Edmonton area780-644-9992

www.albertasupports.ca

St. Albert Alberta Supports Centre780-419-3907

Fax.....780-419-3906

Hours: Monday – Friday 8:15am – 4:30pm (closed stats)

- Alberta Supports provides information on social-based programs and services offered by the Government of Alberta
- Specific to seniors – information and resources about financial assistance, benefits, and affordable housing programs for seniors in Alberta

Alzheimer Support Group.....780-488-2266

www.alzheimer.ab.ca

- Monthly care partner support group meeting on the second Friday of each month
- 10:00 am – 12:00 pm at the Citadel Mews West – 15 Erin Ridge Road, St. Albert
- No meeting July or December

Caregivers Alberta.....780-453-5088

12122 68 Street NW

Hours: Monday – Friday; 9:00 am – 4:00 pm (closed stats)

www.caregiversalberta.ca

- An organization of caregivers for caregivers providing resources, support and programs to caregivers across Alberta

Community Care Access Line780-496-1300
www.albertahealthservices.ca/info/service.aspx?id=1001464

- Provides a central telephone number and 24/7 help for people who need to access Community Care and Home Care services in the Edmonton area, including:
- Home living, day programs, CHOICE (Comprehensive Home Option of Integrated Care for the Elderly), Community Aids for Independent Living (CAIL), supportive living, facility living (long-term care), Palliative Care Program
- Offers screening and referral services 24/7, and answers calls from Home Care clients after regular business hours

Multiple Sclerosis (MS) Society780-471-3034
www.mssociety.ca

- Provides support, information and resources for those living with MS and their loved ones
- MS Knowledge Network can connect people with MS Navigators – call toll free: 1-844-859-6789

Office of the Seniors Advocate780-644-0682
seniorsadvocate.alberta.ca

- Provides information and support to senior Albertans and their families through referrals to government and/or community programs and services
- Identifies trends and systemic issues impacting seniors and seeks feedback from senior's groups on issues of importance
- Makes recommendations to the Government of Alberta for improvements to senior services and programs

Parkinson's Support Group.....780-425-6400

www.parkinsonassociation.ca

- Monthly meetings held the 3rd Tuesday of the month from 10:00 am to 12:00 pm at the St. Albert Seniors Association; call 780-459-0433 for schedule
- General public, those with Parkinson's and their care partners are welcome

Rivers Edge Counselling Centre.....780-460-0022

#204, 14 Mission Avenue

www.riversedgecounselling.com

- A team of experienced, dedicated counsellors focused on helping with all manner of life's challenges. Individual in-person counselling or phone/video conferencing available
- Counselling around issues including: Addictions, Anxiety, Depression, Gender Identity, Grief & Loss, Life Transitions, Person Growth, Relationship, Self-Esteem, Sexuality, Stress, Spirituality and Trauma
- Services available in French, English and Polish

Seniors United Now (SUN)780-449-1816

St. Albert Chapter

www.seniorsunitednow.com

Email: unitenow@telus.net

- Meetings are held on the fourth Monday of each month at 1:30 pm @ Cornerstone Hall, next to the St. Albert Legion (6 Tache Street)
- No meetings July, August or December
- a non-partisan, non-profit society that provides a venue for discussion and united actions on the needs, concerns and challenges that affect all Alberta Seniors

Seniors Advocating for Seniors780-907-7618

Email: seniorsadvocatingseniors@shaw.ca

- A non-partisan, non-profit group of seniors that advocate on the needs, concerns and challenges affecting seniors in Alberta; current focus is on affordable seniors housing
- No membership/meetings; committee only

St. Albert Community Information & Volunteer Centre (CIVC).....780-459-6666

#10, 215 Carnegie Drive

www.stalbertcivc.com

- Community Information – provide contact information for more than 400 of St. Albert’s non-profit agencies, church groups, clubs and recreation groups as well as self-help groups, health facilities and social service agencies
- Volunteer Centre – connects volunteers with organizations who need your time and talent
- Sidekicks Mentoring Program – matches volunteers to be mentors with school age children between the ages of 6 to 16 years old
- Community Volunteer Income Tax Program for individuals with a modest income

St. Albert and District Further Education780-460-2207

211, 86 McKenney Avenue

www.stalbertfurthered.com

- Offers and promotes diverse and ongoing learning opportunities to enhance personal growth, development and well-being
- Courses on Employability, General Interest topics and Languages; Course Calendar published three times a year; Spring, Fall and Winter

St. Albert Family Resource Centre.....780-459-7377
#10A, 215 Carnegie Drive
www.stalbertfrc.ca

- Offers parenting, child, youth, preschool and early learning programs
- Grandparents are welcome to become members and use the drop-in where children can play with their grandparents in a child-friendly environment
- Other programs that may interest grandparents and grandchildren include music, art and cooking

St. Albert Community Village780-459-0599
30, 50 Bellerose Drive
<http://stalbertcv.com/>

- Dedicated to providing free services to the St. Albert community and surrounding area; including Student Legal Services of Edmonton, Shower and Laundry Program, Mental Health Resource, Outreach, Financial Literacy, Advocacy, Wellness Room, and the Rental Assistance Program
- Assist disadvantaged residents to reach or return to a state of independence, personal safety and improved quality of life and empowerment

St. Albert Public Library.....780-459-1530
5 St. Anne Street
www.sapl.ca

- Library programs & services for Seniors, call Adult Information Services at 780-459-1682
- Large Print books, DVD's, CD books, downloadable eBooks and eAudiobooks, digital movies/TV shows, digital music
- A Seniors' Book Discussion Club that meets monthly

Continued on next page...

- Introductory Internet & Computer training sessions for library members
- Assistive technology services for seniors with print disability (includes DAISY books and readers)
- Outreach services to senior assisted living residences and homebound services
- Free computer access, career planning and job search support including free career workshops

St. Albert Salvation Army.....780-458-1937
 165 Liberton Drive

www.salvationarmy.ca or www.stalbertsalvationarmy.ca

- Church, Community Centre, Family Services
- Christian-based organization supplies basic human needs, as well as community information and referrals, spiritual counseling, Collective Kitchens, and is a WeCan Food Society depot
- Tot Time - For parents and grandparents to play, learn, and grow together with their children/grandchildren; for newborns and children up to 5 years of age. Drop-in Mondays from 10:00 - 11:30 am. No fee, donations are welcome
- Mid-Week Sermon and Lunch - Drop-in Chapel and lunch on Tuesday at 11:30 am. No fee, donations are welcome
- Annual program - Coats for Kids & Families (October)

St. Albert Seniors Association780-459-0433
Red Willow Place, 7 Tache Street
www.stalbertseniors.ca

- An activity, resource and recreation centre for all seniors in St. Albert and surrounding area 50 years+
- It is a non-profit charitable organization that hosts numerous activities, events and information sessions; provides transportation services, has an 18-seat wheelchair accessible bus and a Meals on Wheels program.
- Provides information and referrals on senior services in St. Albert and area.
- Facility is also available for private rentals and events

St. Albert Victim Services.....780-458-4353
96 Bellerose Drive (@ St. Albert RCMP Detachment)
www.stalbertvictimservices.ca

RCMP Non-Emergency 24-Hour Complaint Line
(After Hours Contact).....780-458-7700

- Office hours Monday thru Friday: 8 am - 4 pm
- Provides crisis intervention, support, information and appropriate referrals for victims of crime and tragedy
- Provides court preparation and accompaniment for victims of crime

STAR Literacy Program780-459-5864
211, 86 McKenney Avenue
www.stalbertfurthered.com

- An adult literacy program that offers free tutoring to assist adults in improving their reading, writing, numeracy and/or English language skills

Tips to keep your online information safe:

- Use a **password** that is a combination of letters (upper and lower case), numbers and symbols and would be difficult to guess. Example: **Arizona6\$**
- **Don't use an automatic log-in** feature that saves your user name and password.
- **Use a firewall program**; a firewall stops uninvited visitors from getting access to information stored on your computer.
- **Add virus protection software** and update it regularly. Viruses can instruct your computer to send information to other systems and you may not know it.
- **Be careful what e-mail you open.** E-mails from strangers could contain viruses or programs to hijack your computer.
- **Don't send personal or confidential information over e-mail.** This includes birthdates, address, or credit card information.
- **Make sure deleted information has actually been deleted** from your computer hard drive before you sell, recycle or dispose of your computer.
- **Shop and bank safely online.** Before giving your credit card number or other financial information to a business, make sure the merchant has a **secure transaction system**.
- **Always log out of a website before you exit**, do not enable the browser or website to remember your password, do not give out your password, and use the privacy settings.
- Most Internet browsers indicate when you are using a **secure Internet link**. To check to see if a website is secure, look for a website address that starts with https: or an icon - often a lock - just before the website address
- **Use a credit card rather than a debit card to make purchases.** Set aside one credit card with a low limit for Internet buying.
- **Ask your bank about fraud protection.** Banks have the ability to inform you if they see any kind of unusual activity on your banking or credit cards.

Alberta Financial Support Programs

Alberta Supports780-644-9992

Toll free number1-877-644-9992

Alberta Seniors Benefit780-644-9992

<https://www.alberta.ca/alberta-seniors-benefit.aspx>

- Benefits based on income
- Provides a monthly income supplement
- Must be 65 years or older
- Have lived in Alberta for minimum of 3 months
- Be a Canadian citizen or permanent resident
- Must be receiving Federal Old Age Security Pension

Dental & Optical Assistance for Seniors780-644-9992

<https://www.alberta.ca/dental-optical-assistance-seniors.aspx>

- Benefits based on annual income
- Must apply for Seniors Financial Assistance Program, then you are registered for this program

Special Needs Assistance Program780-644-9992

<https://www.alberta.ca/seniors-special-needs-assistance.aspx>

- Benefits based on income
- Must apply for Seniors Financial Assistance Program, then you are registered for this program
- provides a lump-sum payment to eligible low-income seniors for assistance with some of the cost of appliances, minor home repairs and some health and personal supports

Seniors Property Tax Deferral Program780-644-9992

<https://www.alberta.ca/seniors-property-tax-deferral-program.aspx>

- Voluntary program that allows eligible senior homeowners to defer all or part of their property

Continued on next page...

taxes through a low-interest home equity loan with the Alberta government

- To qualify you must: be 65 years or older, be an Alberta resident, own a residential property in Alberta, and have a minimum of 25% equity in your home
- Only residential properties are eligible. The home must be your primary residence

Seniors Home Adaptation and Repair Program

.....780-644-9992

<https://www.alberta.ca/seniors-home-adaptation-repair-program.aspx>

- Provides low-interest home equity loans to help seniors finance necessary repairs, adaptations and renovations to their homes.
- A maximum loan of \$40,000 is available to seniors and senior couples with an annual total income of \$75,000 or less and who have a minimum of 25% home equity in a residential property which is their primary residence.

Alberta Aids to Daily Living (AADL).....780-427-0731

<https://www.alberta.ca/alberta-aids-to-daily-living.aspx>

- Provides funding for basic medical equipment and supplies to meet clinically assessed needs
- Must be an Alberta resident
- Must have valid Alberta Personal Health Care
- Require assistance for a long-term disability, chronic or terminal illness
- An assessment by a health care professional determines the equipment and supplies that an Albertan can receive through this program
- Clients pay 25% of the cost of program benefits, up to a max of \$500 per family per benefit year

Cost-Share Exemption

<https://www.alberta.ca/aadl-cost-sharing-of-benefits.aspx>

- Designed to assist those who are having financial problems paying the client portion of the cost of equipment and supplies

Government of Canada Financial Programs

seniors.gc.ca

Service Canada.....1-800-OCANADA (622-6232)

www.servicecanada.gc.caTTY Device 1-800-926-9105

Locations:

- **Edmonton Canada Place Service Canada Centre**
9700 Jasper Ave.
- **Edmonton Millbourne Service Canada Centre**
148 Millbourne Market Mall;
38 Ave. & Millwoods Rd.
- **Edmonton Westlink Service Canada Centre**
16826 – 107 Ave., Suite 100
- **Edmonton Hermitage Service Canada Centre**
12735 – 50 St. North-West

Old Age Security Program (OAS)1-800-277-9914

www.servicecanada.gc.ca/oasTTY Device 1-800-255-4786

- A monthly payment available to most Canadians 65 years of age who meet the Canadian legal status and residence requirements
- Apply 6 months before 65th birthday

Old Age Security Program (OAS)

Allowance1-800-277-9914

www.servicecanada.gc.ca/eng/sc/oas/allowance/allowance.shtml

- A benefit available to the spouses or common-law partners of Guaranteed Income Supplement recipients
- Must be 60-64 years of age, a resident of Canada, and lived a minimum of 10 yrs. in Canada after the age of 18
- Apply when spouse receives Guaranteed Income Supplement

Canada Pension Plan (CPP).....1-800-277-9914

www.canada.ca/en/services/benefits/publicpensions/cpp.html

- A monthly benefit to eligible applicants that have contributed to the Canada Pension Plan
- May receive this benefit at 60 years or older
- Recommended you apply 6 months before you want your pension to begin
- Eligible to apply even if you are still working

Guaranteed Income Supplement (OAS)1-800-277-9914

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html>

- Provides a monthly non-taxable benefit to Old Age Security (OAS) recipients who have a low income and are living in Canada
- Application form must be filled out

GST Credit.....1-800-387-1193

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/goods-services-tax-harmonized-sales-tax-gst-hst-credit.html>

- a tax-free payment that helps individuals and families with low incomes offset all or part of the GST that they pay

Department of Veterans Affairs (DVA).....1-866-522-2122
www.veterans.gc.ca

- Provides services, benefits and financial assistance to qualified veterans

Last Post Fund1-800-465-7113
www.lastpostfund.ca

- Administers the Funeral and Burial Program

Canadian Virtual War Memorial
www.virtualmemorial.gc.ca/

- An on-line registry of information about the graves and memorials of those who died while in the military

Fraud / Scams - useful information

Canadian Anti-Fraud Call Centre	1-888-495-8501
<u>www.phonebusters.com</u>	
Competition Bureau	1-800-348-5358
<u>www.competitionbureau.gc.ca</u>	
Equifax Canada	1-800-465-7166
<u>www.equifax.ca</u>	
RCMP St. Albert (non-emergency)	780-458-7770
TransUnion	1-800-663-9980
<u>www.transunion.ca</u>	
Canada Post	1-800-267-1177
ABC's of Fraud	
<u>www.abcfraud.ca</u>	
Service Alberta	1-877-427-4088
<u>www.servicealberta.ca</u>	

GOLDEN RULES to help you beat the scammers

- Always **get independent advice** if an offer involves money, personal information, time or commitment.
- There are **no guaranteed get-rich-quick schemes**.
- **Do not agree to offers or deals right away.** If you think you have spotted a great opportunity, insist on time to get independent advice before making a decision.
- **Do not hand over money or personal information, or sign anything** until you have done your homework and checked the credentials of the company that you are dealing with.
- **Do not rely on glowing testimonials:** find solid evidence of a company's success.
- **Log directly on to a website** that you are interested in rather than clicking on links provided in an email.
- **Never send money or give credit card or online account details** to anyone you do not know or trust.
- **If you spot a scam or have been scammed, get help.** Contact the Canadian Anti-Fraud Centre, the Competition Bureau or your local police for assistance.
- **Use a password that is a combination of letters (upper and lower case), numbers and symbols, and would be difficult to guess.** E.g. Arizona6\$

Other Financial Assistance Programs

**St. Albert Community Information and Volunteer Centre
Income Tax Preparation Program780-459-6666**
stalbertcivc.com/income-tax-service/

- Tax appointments may be scheduled for individuals with a modest income at no charge
- Clinics are offered almost daily in March & April
- Monthly clinics are offered from May thru February
- Please call ahead to check eligibility and to make an appointment

St. Albert Utility Relief Grant.....780-459-0599 ext. 5
<http://stalbertcv.com/st-albert-utility-relief-grant-program/>

- The City of St. Albert and St. Albert Community Village is collaborating to offer a one-time utility relief grant; approximately \$75-200 dependent on your housing type.
- Can be credited directly to your utility account or deposited into your bank and will NOT affect those on income supports
- Must meet eligibility requirements:
 - o At or under the specified income level
 - o Lived in St. Albert a minimum of 6 months
 - o Fixed address with you as home owner or lease holder
 - o Canadian Citizen, Permanent Resident or Landed Immigrant

Food

Collective Kitchen.....780-458-1937

St. Albert Salvation Army

165 Liberton Drive

www.salvationarmy.ca or www.stalbertsalvationarmy.ca

- Small group of people get together once a month to plan and cook meals together
- Handicap accessible
- Meals are put into portions and are taken home to use or freeze
- Nominal cost to participants

Meals on Wheels.....780-459-0433

St. Albert Seniors Association

Red Willow Place, 7 Tache Street

www.stalbertseniors.ca

- For anyone who is unable to manage meal preparation or cooking due to illness, injury or other circumstances
- Volunteers deliver a low-cost, healthy meal to homes between 10:30 am and 12:00 pm
- Volunteers deliver meals Monday to Friday – no delivery on statutory holidays
- Daily meal \$8.50; includes meal, soup and salad
- Prices are subject to change
- Chef's Choice Frozen meals also available for pick up at the St. Albert Seniors Association: Entrees are \$5.00 to \$7.00 each; soup \$2.50 each, desserts range from \$1.50 to \$5.50.
- Regular and pureed meals available for order or purchase

St. Albert Salvation Army.....780-458-1937

165 Liberton Drive

www.salvationarmy.ca or www.stalbertsalvationarmy.ca

- Drop-in Chapel and Lunch on Tuesdays at 11:30 am.
No fee, donations are welcome

Community Garden Locations

Email saintalbert.communitygarden@gmail.com for more info

- St. Albert Community Garden
- St. Albert Parish Heritage Garden
- Gate Avenue Neighborhood Garden
- Meadowview Lane Community Plots
- St. Albert Botanic Park – Volunteer “Rows”

St. Albert Food Bank.....780-459-0599

30, 50 Bellerose Drive

<https://stalbertfoodbankandcommunityvillage.com/>

- Provides emergency nutritional support with Food Hamper Program
- Cultural and Community Kitchen: Every second Tuesday from 6:30 to 8:30 pm. No registration required, all welcome.
- Open Mon., Wed. and Fri. 9:00 am-3:00 pm
- Accepts donations of food and money to help with operations and additional community programs

St. Albert Seniors Association780-459-0433

Red Willow Place, 7 Tache Street

www.stalbertseniors.ca

- Come and enjoy our daily lunch Monday – Friday from 11:00 am to 2:00 pm at The Red Willow
- Men’s Breakfast Club: The second Tuesday of each month; a hearty breakfast and a speaker to educate and entertain the gentlemen

Continued on next page...

- Breakfast at Tiffany's: The last Tuesday of each month, breakfast and a speaker to educate and entertain the ladies
- Contact for more information on special events and social opportunities

WE CAN Food Basket Society.....780-458-1937

St. Albert Salvation Army

165 Liberton Drive

www.wecanfood.com

- Food Basket program participants pay a \$5.00 annual membership
- Three kinds of orders available: Meat Order for \$15; Produce Order for \$10; and a complete food basket of meat, vegetables and fruit is only \$25.00; must pre-pay. Orders must be in by 1st Friday of the month
- Pick up is on the 3rd Friday of each month

Identity Theft

Identity Theft occurs when someone steals or obtains your identification documents in order to impersonate you for reasons which include financial fraud and criminal activities. These documents include:

- Driver's License
 - Birth Certificate
 - SIN Card
 - Passport
 - Citizenship card
 - Permanent Resident card
- ✓ Sign all credit cards when you receive them.
 - ✓ Securely destroy all pre-approved credit applications.
 - ✓ Report stolen credit cards immediately to your bank and RCMP.
 - ✓ Check your bank statements regularly.

Free Events & Festivals

Arts and Heritage Foundation of St. Albert ..780-459-1194

www.artsandheritage.ca

- **Musée Héritage Museum:**

Come and learn more about the history of St. Albert and also our monthly exhibitions. Free admission.

780-459-1528

- **Heritage Sites:**

The Little White School, St Albert Grain Elevator Park, River Lot 24 and its associated houses and agricultural buildings. The heritage sites offer unique programs and tours for all ages. Managed by Musée Héritage Museum: 780-459-1528

- **Art Gallery of St. Albert (AGSA):**

Features contemporary and community exhibitions and a variety of public programs throughout the year
780-460-4310

Art in Public Places.....780-459-1600

www.stalbert.ca/exp/arts-culture/public-art/

- Tour St. Albert's murals and sculptures

City of St. Albert Community Events780-459-1500

<https://stalbert.ca/exp/calendar/events/>

- For upcoming events such as Canada Day celebrations, Compost Give-Away, Take-it or Leave-it or Visual Arts events

International Children's Festival.....780-459-1600

<https://stalbert.ca/exp/childfest/>

- Roving site artists, face painting, visual arts, chalk art and outdoor stage entertainment; End of May

Kinsmen Rainmaker Rodeo & Exhibition1-888-459-1725

<http://www.stalbertkin.ca/rainmaker-rodeo-exhibition/>

- Parade and Pancake Breakfast at St. Albert Place (City Hall)
- End of May

New Year's Eve Fireworks

- Set off from Mission Hill at 8:30 pm

Remembrance Day Ceremony780-458-3330

Royal Canadian Legion

stalbertlegion.com/

- St. Albert Branch No. 271 invites the public to its Remembrance Day Ceremony at the cenotaph on St. Anne Street held annually at 11:00 am every November 11th

Rock'N August International Car Show

www.rocknaugust.com

- The finest festival of Cars and Music in Western Canada held over a 5 day period
- Pancake breakfast, BBQ, Car Shows, Live Music
- Early August

Snowflake Festival Light Up Celebration780-458-2833

www.stalbertchamber.com

- Horse drawn wagon rides, entertainers, food, ice sculptures, and the lighting of the giant Christmas tree all make this a fun family event
- End of November/beginning of December

St. Albert Botanic Park.....780-458-7163

265 Sturgeon Road

www.stalbertbotanicpark.com

Continued on next page...

- Operated and maintained mainly by volunteers
- Multiple themed gardens over a beautiful five-acre site
- Open daily from sunrise to sunset
- Hosts many events and adult education classes

Spruce Up St. Albert780-459-1595

<https://stalbert.ca/city/environment/programs-events/spruce-up/>

- Includes a variety of activities from April to October, with the main goal of cleaning up and beautifying our city; visit website for more details

STARFest – St. Albert Readers Festival

St. Albert Public Library780-459-1530

www.sapl.ca

www.starfest.ca

- Author talks and writing workshops
- Starts end of September and runs until November

Personal Safety While You Are Out

- **Be especially alert at banks**, be sure to cover your PIN # when entering it.
- **Carry as little cash as possible** and carry **credit cards** in a concealed coat or chest pocket.
- If you have a purse, carry it close to the body, preferably in front. If the purse has a clasp, cover it with your hand. Don't wrap the strap of the purse around your wrist.
- **Never leave a purse unattended.**
- **Avoid carrying a wallet in a back or side pocket.**

Health & Wellness

Addiction & Mental Health St. Albert Adult Community Services - Alberta Health Services

Main - to book an intake appointment.....780-342-1410

Fax.....780-460-7152

Toll Free 24-hour Help Line1-866-332-2322

Mental Health Crisis Line 24 hour.....780-342-7777

30 Sir Winston Churchill Ave., Provincial Bldg. Upper Floor

www.albertahealthservices.ca

www.albertahealthservices.ca/amh.asp

- Professional referral required
- Services are confidential, voluntary and free-of-charge
- Treatment and prevention services for alcohol, drugs, gambling, tobacco and concurrent disorder
- Treatment and Information Services for mental health
- Education, Information, Prevention and Treatment services for alcohol, drug, gambling and tobacco and concurrent disorder
- Handicap Accessible

Alberta Blue Cross Coverage for Seniors

Alberta Blue Cross.....780-498-8000

www.ab.bluecross.ca

www.ab.bluecross.ca/government-programs.html

<https://www.alberta.ca/seniors-health-benefits.aspx>

- The Alberta Government provides free Alberta Blue Cross Coverage for Seniors for health-related services not covered by the Alberta Health Care Insurance Plan

Continued on next page...

- To be registered, seniors must complete a Proof of Age Declaration which Alberta Health mails to people two months before their 65th birthday
- Call to find out what is covered

Alzheimer Society of Alberta

& Northwest Territories780-488-2266

<https://alzheimer.ca/en/ab>

- A provincial network of educational and support services for those with dementia and their care partners
- Programs and Services include: individual care planning consultations; individual and group support; information and community referrals; public education and information; Safely Home MedicAlert program.

Alzheimer Society of Canada.....1-855-581-3794

<https://www.alzheimer.ca>

MedicAlert Safely Home.....1-800-668-1507

<https://medicalert.ca/>

www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Safety/Safely-Home

- A partnership between the Alzheimer Society and Canadian MedicAlert Foundation
- Individual with dementia gets a medic alert bracelet with all their pertinent details on it
- Medically trained specialists are available to answer a 24/7 emergency hotline and immediately supply police and emergency responders with the member's physical description, emergency contacts and critical health information

Aspen Healthcare.....780-458-5349
aspenhealthcare.ca

- Supplies a wide variety of healthcare and rehabilitation products including: power and manual wheelchairs, scooters, chair lifts, walking aids and bathroom safety products
- Rental program for equipment required to meet short term needs

Community Care Access Line780-496-1300
<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1001464>

- Offers 24/7 telephone screening and referral for people who need access to Continuing Care services including Home Care, Day Programs, Supportive Living, Long Term Care and Palliative living programs
- Professional staff are available 24 hours a day, 7 days a week to discuss callers' needs and provide referrals to appropriate programs

Home Care

<https://www.albertahealthservices.ca/cc/Page15488.aspx>

- Home Care is publically funded personal and healthcare services for clients of all ages living in private residence or other private residential setting, such as suites in a retirement residence.
- The Home Care philosophy promotes client independence, and supplements care and supports provided by families and community services.
- Individuals can access home care services through self-referral or a referral made by friends, family, neighbors, health care providers or other community agencies acting on their behalf.

Continued on next page...

- Home Care helps people remain well, safe and independent in their home for as long as possible.
- **A referral to the Home Care Program can be done by calling 780-496-1300 (Edmonton Branch)**
- See more Home Care options in our “*Home and Health Care Services*” section

DynaLIFE Diagnostic Laboratory Services780-458-8866

Unit 160, 190 Boudreau Road

www.dynalife.ca

- Open: Monday-Friday 7:00 am to 5:00 pm and Saturday 7:00 am to 3:00 pm, closed statutory holidays
- Lab appointments can be booked in advance. Phone 780-702-4486 or book on-line

Good Samaritan TeleCare Emergency

Response Service780-431-3630

Email: telecareinfo@gss.org 8861 75th Street, Edmonton

<https://gss.org/services/telecare/>

- Monitored home safety devices, telephone support services and personal emergency response services
- Monthly fee gives access to help, 24 hours a day, 7 days a week
- Pendant with call button can be worn with a neck cord or wristband
- Funding available through Alberta Seniors Benefits, Veterans Affairs and AISH

Health Link – Health Advice 24/7811

www.albertahealthservices.ca/assets/healthinfo/link/index.html

Additional info: myhealth.alberta.ca

- 24 hours a day, 7 days a week telephone health advice and information service
- answered by registered nurses, anyone can call

LifeLine.....1-866-784-1992
lifeline.ca

- Personal response service that lets you summon help any time of the day or night - even if you can't speak
- Monthly fee gives access to help, 24/7; pendant with call button can be worn with neck cord or wristband
- Other services include medication dispensing service and check-in service
- Funding available through Alberta Seniors Benefits, Veterans Affairs and AISH

LivingWell Companion.....1-844-432-3405
<https://www.telus.com/en/ab/health/personal/livingwell-companion>

A personal medical alert device with two major features:

- **LivingWell Home:** Instant 24/7 emergency support and fall detection.
- **LivingWell Go:** Built in GPS tracking for home and on-the-go support; two-way voice and fall detection. Use indoors and outdoors anywhere in Canada there's cell coverage.
- Has no upfront equipment costs, no contract, no installation or support fees.

Palliative Coverage Program780-427-1432
Alberta Health & Wellness
<https://www.alberta.ca/palliative-care-health-benefits.aspx>

- Supplementary health benefits that provide coverage for health-related services not covered by the Alberta Health Care Insurance Plan
- Open to Alberta residents who are registered with the Alberta Health Care Insurance Plan and who have been diagnosed as being palliative

Continued on next page...

- Are not receiving publicly funded drugs, diabetic supplies and ambulance services as part of the care they are receiving in a residence
- Must apply for the program

Residential Aide Placement Society (RAPS) ..780-425-5450
 #Unit 115, 17420 Stony Plain Rd, Edmonton
www.rapsedm.org

- Edmonton Residential Aide Placement Services (ERAPS) successfully matches health care aides and support workers with residential employers in need of support services.
- Placements are primarily persons with disabilities and/or seniors on an hourly or daily basis depending on unique care needs; for example: personal care, housekeeping and meal preparation
- Monthly payroll provision offered to employers (person with disability) on a fee for service basis

St. Albert Public Health Centre.....780-459-6671
 23 Sir Winston Churchill Avenue

- Seniors services: Provides adult influenza immunizations (flu shots).
- Call or visit www.albertahealthservices.ca for more information

St. Albert & Sturgeon Primary Care Network.....
780-419-2214
<https://www.saspcn.com/>

- Family physicians and other health care professionals working together to provide enhanced primary care services in the community
- The primary care focus is access to care, chronic disease prevention and management, seniors care,

Continued on next page...

health promotion and disease prevention, geriatric evaluation and management, mental health support services and primary care maternity

- Ask your doctor or call for information

St. Albert Seniors Association780-459-0433

Red Willow Place, 7 Tache Street

www.stalbertseniors.ca

- It is a non-profit charitable organization that hosts numerous activities and events, provides transportation services, a Meals on Wheels program, various seniors' support services, and can assist with information and referrals

Sturgeon Community Hospital780-418-8200

201 Boudreau Road

- Care provided includes emergency, women's health, cardiac care, surgery, medicine, pediatrics, and rehabilitation
- Visitors are welcome between 10:00 am and 8:00 pm
- Call or visit www.albertahealthservices.ca for more information

Medication Safety

1. Only use your own prescribed medications.
2. Keep current medication list in your wallet.
3. Use only one pharmacy.
4. Check the expiry date and return outdated medications.
5. Talk to your pharmacist and doctor if medication makes you drowsy or dizzy.
6. Alcohol affects medications. Be careful.
7. Many pharmacies deliver prescriptions and bubble pack medications.

Home & Health Care Services

All About Clutter780-707-7330

<http://www.allaboutclutter.com>

- Simplify your life with well-organized and efficient solutions – decluttering & organizing, space planning, pre and post-move organizing, donate & discard, and storage solutions
- Consultations and in-home services available

Classic Lifecare780-428-2750

www.classiclifecare.com

- Home care including personal care, nursing care, light housekeeping, rehabilitation and companionship
- Specialization in palliative care, Alzheimer care and acquired brain injury

Comfort Keepers780-465-4665

www.comfortkeepers.ca

- Offers a full range of in-home services including: conversation & companionship, personal care, medication reminders, meal preparation, incidental transportation, light housekeeping and medical care
- Also includes respite care, interactive caregiving, Alzheimer's Disease and Dementia care, nursing services, transitioning services and end-of-life care
- All Comfort Keepers employees are insured, bonded and covered by workers' compensation

Harmony Caregiving Inc.780-328-3917

www.HarmonyCareGiving.com

- Provides Alzheimer's & Dementia care, Parkinson's care; home cleaning services, companionship, shopping & errands, medical appointment accompaniment, meal preparation, bathing, personal care services; family caregiver respite services and in-facility or in-home senior care
- Harmony Caregivers are screened, trained, bonded and licensed to provide the very best care

Home Care Assistance Edmonton587-816-6112

www.homecareassistanceedmonton.ca

- Provides a full range of services from companionship care to total care, from hourly to 24/7 or live-in services; Alzheimer's and Dementia care; Parkinson's and stroke care
- Customized programs for all, including programs for memory care
- Contact us 24/7 to speak with a Client Care Manager

Home Instead Senior Care.....587-686-0141

www.homeinstead.com/edmonton

- Home and respite care including personal care, meals and nutrition, companionship and home helper services; respite, 24 hour and hospice care
- Specialized Alzheimer's and Dementia care

'Naoko' Organize Me.....780-418-4335

www.NaokoOrganizeMe.com

Email: info@NaokoOrganizeMe.com

Professional organizer specializing in:

- Transitions including downsizing and estate dispersal

Continued on next page...

- Organizing office files, documents and paper backlog
- Support for chronic disorganization (hoarding), attention deficit and hyperactivity disorder

Nurse Next Door.....780-737-1115
www.nursenextdoor.com

- Medical and non-medical home and respite care
- Light housekeeping services; meal preparation, personal care, transportation, appointment accompaniment and companionship
- Specialization in complex care by Registered Nurses and Licensed/Registered Practical nurses for post-operative and palliative/end-of-life care
- Care team and services available 24/7

Retire-At-Home Services.....780-435-9959
www.homecarealbert.com

Nurse Managed Care 24/7

- Personal Care – helping with personal hygiene
- Home Support – assistance with housekeeping and errands
- Companion Care – keeping you active and social
- Parkinson’s, Alzheimer’s and Dementia Care; Stroke Recovery Care and Hospital discharge follow-up
- Nursing & Palliative Care – managing medical needs

Senior Homecare by Angels.....780-487-4256
www.seniorhomecarebyangels.com

- Up to 24-hour temporary or long term non-medical home and respite care, Alzheimer’s and dementia care; light housekeeping, meal preparation, companion care, errands/shopping and/or personal care assistance; wheelchair-accessible van

We Care Home Health Services780-423-2944

www.wecare.ca

- Care and support from a few hours a month or around the clock 24/7 care
- Light housekeeping and personal care, companion and accompaniment services, nursing, foot care
- Alzheimer's, dementia, diabetes, acquired brain injury and end of life care; caregiver relief

Wild Rose Caregivers Ltd.....780-756-2700

www.wildrosecaregivers.com

- Services include, but are not limited to: disability and dementia supports; in-home or palliative care; companionship, housekeeping, personal care and meal preparation; overnight/respite care; pet and music therapy; transition counselling

Your Piggies Mobile Foot Care.....780-231-0901

Email: yourpiggies@outlook.com

- Helping provide foot care for clients including diabetics, at home or care facilities
- Therapeutic foot care services include nail trimming, foot hydration, corn and callus reductions, foot massage, assistance with ingrown toe nails and nail fungus

Preventing Falls

1. **Keep active** to improve your strength and balance.
2. **Review all medications** with your doctor or pharmacist.
3. **Visit an eye doctor** for an eye exam every year.

Housing

Gather Your Thoughts

Factors to consider when evaluating whether you should move:

1. Is your house too large or too costly to maintain?
2. Do health or mobility challenges make it difficult to live comfortably in your home?
3. Do you need help with personal hygiene, dressing, preparing meals, or housekeeping?
4. Do you feel safe in your surroundings?
5. Is your home close to medical services, shopping, family, friends, and activities?
6. Are you able to travel to these services and supports easily?

Housing Support for Low-Income Seniors

Low income seniors over the age of 65 are able to access:

1. The Alberta Seniors Financial Assistance Program

This program provides a monthly income supplement to qualifying seniors. Call the Alberta Supports Contact Centre at 780-644-9992, or refer to www.albertasupports.ca

2. Housing Foundations

In St. Albert low income seniors housing is provided through Homeland Housing. Call 780-939-5116 or refer to www.homelandhousing.ca. Have line 150 of your current year's tax return available to help determine your eligibility.

For further information on housing options for seniors in St. Albert refer to: **www.stalbert.ca** and search: Seniors Housing

Frequently Asked Questions

How do I access Home Care?

Community Care Access Line: 780-496-1300

Are there any rental subsidies in St. Albert?

St. Albert Rental Assistance Program: 780-459-0599 ext. 3

Who decides if long term care is necessary?

Medical professionals at Community Care Access Line:
780-496-1300

Can I call the Youville or Citadel Care Centre directly to access long term care?

No. You must call Community Care Access Line: 780-496-1300

How do I know how much care will be covered by Alberta Health Services?

Call Community Care Access Line to have your needs assessed:
780-496-1300

Can anyone call the Community Care Assess Line to have someone assessed?

Yes, you can self-refer or a family member or friend can call for you. Call Community Care Access Line: 780-496-1300

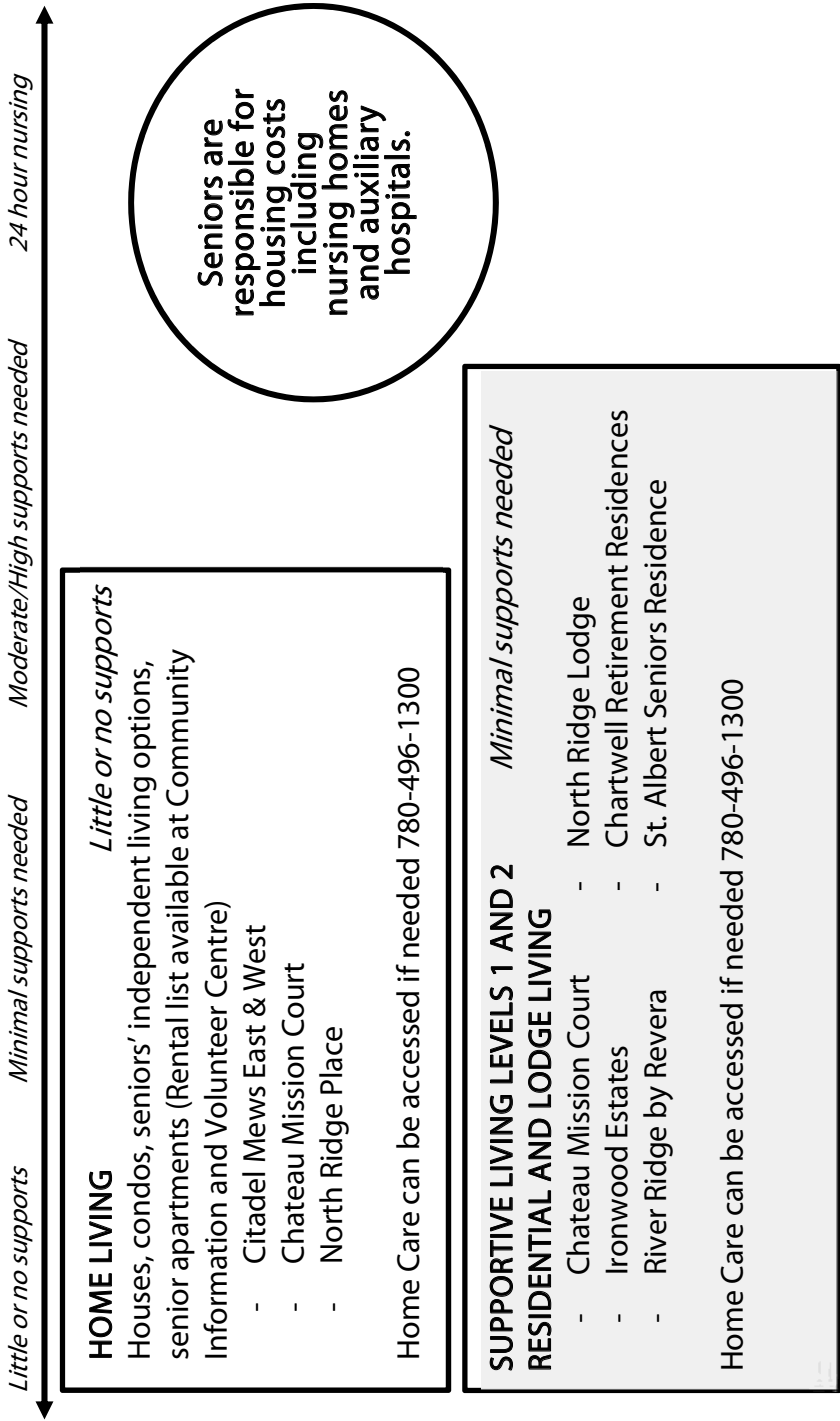
Who do I call when a senior is considering a move from another province to Alberta?

Alberta Health Care Insurance Plan: 780-427-1432

How Much Can You Afford?

Retirement Home Cost Calculator:

www.senioropolis.com



SUPPORTIVE LIVING LEVELS 3 AND 4 (DAILY FEES)

Moderate/High supports needed

**AVAILABLE ONLY BY ASSESSMENT THROUGH ALBERTA HEALTH SERVICES
COMMUNITY CARE ACCESS LINE 780-496-1300**

- Citadel Mews West
- Chartwell Retirement Residences
- St. Albert Seniors Residence

Private care: River Ridge by Revera – private assisted living and
private dementia care 780-470-7178

FACILITY LIVING – NURSING HOMES AND AUXILIARY HOSPITALS (DAILY FEES)

24 hour nursing care

**AVAILABLE ONLY BY ASSESSMENT THROUGH ALBERTA HEALTH SERVICES COMMUNITY CARE
ACCESS LINE 780-496-1300**

- Youville Home
- Citadel Care Centre

Housing Contact Numbers

Community Care Access Line	780-496-1300
Alberta Supports Contact Centre	780-644-9992
Alberta Seniors Financial Assistance Programs	780-644-9992
Service Canada (OAS, GIS, CPP)	1-800-277-9914
St. Albert Rental Assistance Program	780-459-0599 ext. 3
Alberta Health Care Insurance Plan	780-427-1432
Health Link	811
St. Albert Community Information & Volunteer Centre	
St. Albert Apartment Rental List	780-459-6666
www.stalbertcivc.com	
St. Albert Seniors Association	780-459-0433
www.stalbertseniors.ca	
St. Albert Housing Society	780-544-2205
St. Albert & Sturgeon Primary Care Network	780-419-2214
www.stalbertsturgeonpcn.com	
St. Albert Seniors Housing	
Citadel Village	780-902-9950
Ironwood Estates	780-459-0770
River Ridge by Revera	780-470-3700
Chartwell Retirement Residences	780-460-1600
Homeland Housing	780-939-5116
Chateau Mission Court	780-458-7445
North Ridge Lodge/Place	780-460-0445
St. Albert Retirement Residence	780-569-2273
West Country Hearth	780-418-3015

Edmonton

For complete Edmonton & Area housing information contact:

SAGE - Seniors Association of Greater Edmonton780-423-5510
.....
www.mysage.ca or Email: info@mysage.ca

Alberta

Alberta Senior Citizens' Housing Association (ASCHA) 780-439-6473
www.ascha.com

- Lists over 6000 Alberta senior housing residences

Residential Tenancy Dispute

Resolution Service.....310-0000 then 780-644-3000
Alberta Government (Landlords & Tenants)
<https://www.alberta.ca/residential-tenancy-dispute-resolution-service.aspx>

- Service allows landlords and tenants to resolve serious disputes outside of court

St. Albert Rental Assistance Program...780-459-0599 ext. 3
<http://stalbertcv.com/st-albert-rental-assistance-program/>
Email: sacv.rap@telus.net

- Provides rental assistance to low to moderate income families and individuals to assist with monthly rent payments up to a max of one year.
- To qualify:
 - o Individuals/families must be a resident of St. Albert for 6 months
 - o Have a fixed address and hold a lease
 - o Must be gainfully employed

Continued on next page...

- Meet the household income threshold
- Pay more than 30% of gross monthly household income towards rent
- Does not live in a subsidized or private facility funded by Alberta Seniors and Community Supports
- Does not live in a residential care facility
- The website also has links to:
 - St. Albert Apartment Rental List
 - Seniors Housing Directory for St. Albert

More information on Seniors Housing can also be found at:
<https://stalbert.ca/home/property/affordable-housing/seniors-housing/>

Legal & Estate Planning

Commissioner for Oaths and Notary Public Services

To contact your Alberta Member of Legislative Assembly (MLA) for St. Albert780-459-9113

- Both St. Albert Members of the Legislative Assembly (MLA) provide a Commissioner of Oaths and a Notary Public service
- Alberta Land Title Documents and Wills are excluded
- This service is free, please phone to make an appointment; cannot accommodate walk-ins

Dial-A-Law1-800-332-1091

www.clg.ab.ca/dial-a-law/

- Pre-recorded legal information messages available
- Monday – Friday 9:00 am – 4:00 pm

Edmonton Community Legal Centre (ECLC)780-702-1725
.....
2nd Floor, 10020 100 Street, Edmonton
www.eclc.ca

- Provides free legal services and education to low-income individuals in the areas of civil and administrative law
- Does not provide services in the area of criminal law

Legal Aid Alberta1-866-845-3425
Revillon Building, 600, 10320-102 Avenue, Edmonton
www.legalaid.ab.ca

Legal Aid Alberta can help you in:

- understanding your legal issues and needs,
- providing the proper service for your legal needs, and connecting you with other community services

The Memorial Society of Edmonton and District
.....780-944-0196
1108 (lower level) 10235-124 Street, Edmonton
www.memorialsocietyedmonton.ca

- Non-profit that promotes pre-planning simple, dignified final arrangements at a reasonable cost

Office of the Ombudsman.....780-427-2756
www.ombudsman.ab.ca

- Responds to complaints of unfair treatment by provincial government authorities, Alberta municipalities and designated professional organizations; provides services free of charge

Seniors Association of Greater Edmonton (SAGE)

.....780-423-5510

www.mysage.ca

- Provides information and assistance to complete a Personal Directive and Adult Guardianship Order
- Email info@mysage.ca for more information

Estate Planning Documents

Last Will and Testament – the legal statement of a person's last wishes about how to divide his or her property after death

Personal Directive – a written, signed, dated and witnessed document that appoints someone else to look after your personal, non-financial matters (such as health, housing or treatments). It allows *you* to determine in advance who will make personal (non-financial) decisions on your behalf if, due to illness or injury, you ever lose the mental ability to make these decisions for yourself.

Enduring Power of Attorney/Power of Attorney – a written, signed, dated and witnessed document that gives someone else the right, while you are still alive, to act on your behalf with respect to your financial affairs, including debts

Guardianship – a legal process that gives someone the legal responsibility to make personal decisions for you
Office of the Public Guardian and Trustee1-877-427-4525

Funeral Preferences

Written statement identifying your wishes regarding your funeral or cremation

Loss & Grief

Rivers Edge Counselling Centre780-460-0022
#204, 14 Mission Avenue
www.riversedgecounselling.com

- A team of experienced, dedicated counsellors focused on helping with all manner of life's challenges. Individual in-person counselling or phone/video conferencing available
- Counselling around issues including: Addictions, Anxiety, Depression, Gender Identity, Grief & Loss, Life Transitions, Person Growth, Relationship, Self-Esteem, Sexuality, Stress, Spirituality and Trauma
- Services available in French, English and Polish

St. Albert Bereavement Fellowship780-851-6562
Contact: Faye Tkachuk (Chair)
Carol Dickson (Certified Grief Support Councillor)780-458-6528
www.stalbertbereavement.ca

- Bereavement support and information for individuals, families and friends who are grieving the loss of a loved one through death
- Services include phone support, resource library, self-help support group and professional speakers at monthly gatherings

Saying Farewell booklet

Alberta Seniors and Community Supports

www.seniors-housing.alberta.ca/documents/Saying-Farewell-Dying-Process-Guide.pdf

Booklet provides information and checklists

Pet Care

To find a veterinarian in St. Albert, please look in the Yellow Pages in the Phone Book

Emergency After Hours

- Guardian Veterinary Centre780-436-5880
5620 99 St. NW, Edmonton
- VetEmerg Animal Hospital780-423-9111
12831 97 Street. NW, Edmonton

Safety

Edmonton Seniors' Safe Housing780-702-1520

www.mysage.ca/help/seniors-safe-house

- Provides non-emergency safe housing free of charge for 60 days for people 60 years and older wanting to leave an abusive situation
- Provides meals, support, information, outreach and follow-up
- Connects to community resources, practical assistance such as arranging finances, housing and legal services

Protection for Persons in Care1-888-357-9339

Alberta Government

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

- Promotes prevention and responds to reports of abuse of adult Albertans receiving care or support services from publicly funded service providers
- Public funded facilities include hospitals, seniors' lodges and nursing homes; mental health facilities, shelters, group homes, addictions treatment centres

SAIF -Stop Abuse in Families Society780-460-2195
#402, 1 Tache Street, St. Albert
www.stopabuse.ca

- If you feel you are in immediate danger, call 911
- Provides support services to families and individuals who are, or have experienced family violence
- SAIF's services are free of charge

Safety When Walking

- **Stay alert** to your surroundings.
- **Never exhibit or flash large sums of cash.**
- If you must walk at night, **choose the busiest and best-lit streets.**
- **Walk with a companion**, whenever possible.
- **Stay away from buildings** and walk next to the street.
- **Be wary of strangers.**

Seniors Abuse Help Line780-454-8888
www.albertaelderabuse.ca

- If you feel you are in immediate danger, call 911 as your first choice
- For seniors or those concerned about a senior
- Provides information, problem-solving help and referrals
- Available 24 hours a day; 7 days a week

St. Albert Citizen's Patrol Society780-569-5499
R.C.M.P. St. Albert Detachment780-458-7700
www.citizenspatrol.org

- Trained volunteers patrol several areas of St. Albert to observe and report any problems they may encounter to the RCMP
- Continued on next page...*

- Volunteers act in pairs, wear identifying Citizen's Patrol vests, carry flashlights and cell phones
- It is non-confrontational and restricted to observation and reporting

St. Albert RCMP

Emergency.....911

www.rcmp.ca

Non-Emergency 24-Hour Complaint Line780-458-7700

Administration780-458-4300

- The non-emergency number can also be called in order to do a wellness check on a friend or loved one

St. Albert Seniors Association780-459-0433

Red Willow Place, 7 Tache Street

www.stalbertseniors.ca

- Information, support and referral services specific to Seniors
- Centre hosts numerous activities and events, provides transportation services, and a Meals on Wheels program

9 PM ROUTINE

- Remove valuables and garage door opener from vehicles
- Lock vehicle doors and secure steering wheel lock
- Close overhead garage door
- Lock door between garage and house
- Close and lock all external doors
- Ensure windows are shut and locked
- Turn on an exterior light

Courtesy of St. Albert RCMP / St. Albert Victim Services

Elder Abuse Awareness

Elder Abuse is any action or inaction by someone in a position of trust, power or responsibility for care, which causes harm to an older adult.

Forms of abuse can include: physical, emotional, financial, sexual, medication, spiritual or cultural abuse or neglect.

Actions that violate a person's rights include:

- Inflicting physical discomfort or pain
- Any name calling, yelling, threatening, intimidating, swearing, ignoring or isolating
- Misusing another's property or money (stealing, forging another's signature, misusing a power of attorney, forcing or tricking someone into selling or giving away property)
- Not allowing someone to have visitors, friends or relationships

"Abuse hurts at any age. Together we can prevent abuse of Older Adults"

Elder Abuse Prevention Tips

1. **Plan for your own future** while you are well, healthy and still independent.
2. **Do not deed or will your house or other assets to someone who promises to keep you out of a nursing home or take care of you at home should you become disabled.**
3. **Make a will and review it annually.** Do not revise your will without careful consideration or without speaking with someone you trust.
4. **Do not give up control of your property or assets until such time that you feel unable to manage them any longer.**
5. Have your pension or other cheques deposited directly into your bank account.
6. **Do not leave cash, jewelry, or prized possessions lying about.** Make your home burglar-proof.
7. **Do not rely solely on family members for your social life and care.** Seek outside contacts. Develop friends of all ages.
8. **Stay active in the community** as long as possible.
9. **Do not allow adult children to return living at home** without carefully considering the situation.
10. **Don't be too proud to ask for help** when you need it.
11. **Don't be intimidated** in seeking your rights because of your age.
12. **Do not place expectations on your children without their consent.**

*Courtesy of Elderly Adult Resource Services,
Catholic Social Services (Alberta)*

Social Opportunities

For contact information for social opportunities please call the St. Albert Community Information & Volunteer Centre (CIVC) at 780-459-6666 or go online at www.stalbertcivc.com

Royal Canadian Legion Branch #271780-458-3330
stalbertlegion.com

6 Tache Street

- Honors the memory of our veterans, and assists them and their families
- Supports community initiatives in St. Albert
- Membership inquiries welcome

Seniors' Centre Without Walls.....780-395-2626
<http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>

- A seniors' centre from the comfort of your own home! Telephone-based social and health programming, free of charge. No referral necessary
- New series of participant-selected topics every four months.

St. Albert Seniors Association780-459-0433
Red Willow Place, 7 Tache Street
www.stalbertseniors.ca

- An activity, resource and service centre for all seniors in St. Albert and surrounding area
- A non-profit charitable organization that hosts numerous activities and events, provides transportation services, a Meals on Wheels program, various seniors' support services, and can assist with information and referrals

Transportation

St. Albert Transit (StAT)780-418-6060

235 Carnegie Drive

www.ridestat.ca

St. Albert Transit provides two forms of public transportation: Conventional Transit Service and the specialized Handibus service.

1. Handibus Service:

- Door-to-door, shared-ride, driver-assisted transportation service for registered, pre-booked passengers who are unable to use conventional transit due to a physical or cognitive disability.
- Registrants must complete a two-part application form which includes a qualified medical practitioner to verify medical reasons for not being able to access conventional transit services.
- Registration forms are available online or at the Transit Office.

2. Conventional Transit Service:

- Entire bus fleet is low floor accessible and has the ability to kneel to the curb to allow easy access.
- There are no stairs to climb when boarding the bus.
- Wide front doorways are equipped with retractable ramps to allow wheelchair and scooter access.
- Please call for additional information, schedule details, and trip planning.

Conventional Transit Service operates seven days a week from early morning until late evening, including most statutory holidays. Service does not operate on Christmas Day or New Year's Day.

Alberta Transportation, Driver Fitness and Monitoring

www.transportation.alberta.ca/542.htm

- Alberta Transportation, Driver Fitness and Monitoring are responsible for making decisions on an individual's ability to drive.
- Medical report form signed by a doctor is required at:
 - o 75 years;
 - o 80 years; and
 - o every two years after

Licensing information for drivers aged 75+ .780-427-8230

..... (Toll Free by first calling 310-000)

Alberta Health Services

Home Care Volunteer Driving Program780-496-1300

www.albertahealthservices.ca

- Provides rides to medical appointments for persons who are on the Home Care Program, and who have no other means of transportation
- Contact personal home care manager to access this service

Canadian Cancer Society

Wheels of Hope Transportation Program ..1-800-263-6750

- <https://www.cancer.ca/en/support-and-services/support-services/transportation-ab>
- Safe and reliable transportation for people living with cancer who cannot otherwise get to their treatment
- For active treatment at approved treatment facilities
- Clients must be able to enter and exit vehicles with minimal assistance
- Minimum of three business days' notice required

Staying Mobile

1. Plan ahead in case you need to limit or stop driving in the future
2. Develop a transportation plan.
3. Think of alternative ways to get around, such as public transit, taxis, volunteer drivers, family and friends
4. Create a transportation budget - funds can be used to pay for alternative forms of transportation in place of the cost of owning and operating a car
5. Talk to others who have transitioned from driver to passenger

Drive Happiness Seniors Assisted Transportation Program780-424-5438
www.drivehappiness.ca

Email: info@drivehappiness.ca

- Provides safe, reliable and affordable transportation for low resource, mobility or health challenged seniors through the use of volunteer drivers
- For seniors 65 years or older with a demonstrated need of transportation services due to limited income, mobility or health issues
- Must meet eligibility and income criteria

St. Albert Seniors Association780-459-0433
Red Willow Place, 7 Tache Street
www.stalbertseniors.ca

- Small passenger bus available for door-to-door trips within St. Albert, at a reasonable cost

Continued on next page...

- Information and referrals to appropriate transportation options
- Volunteer Driving Program for seniors age 65+ receiving Alberta Seniors Benefits

Private Transportation Options

St. Albert Taxi Cab Listing:

- Flat Rate Taxi780-710-6060
- St. Albert Taxi780-459-5050
 - o Wheelchair accessible taxi available
- Saint City Taxi780-298-8294

Transportation and accompaniment services for seniors:

Care for a Ride.....780-417-2222
www.careforaride.com

- Mon-Fri 7:30 – 5:00 pm

Comfort Keepers.....780-465-4665
www.comfortkeepers.ca

- Mon-Fri 8:00 – 4:00 pm

Corinne's Companions.....780-914-6285
 Email: corinnescompanions@gmail.com

Drive Happiness.....780-424-5438
www.drivehappiness.ca;

- Must apply & meet eligibility criteria

Driving Miss Daisy.....780-777-2023
www.drivingmissdaisy.net

For The Love Of Seniors.....780-979-0242
780-446-6918 (cell)
www.fortheloveofseniors.ca

Volunteer

Volunteering Information

Experience Counts!

People age 50 and older have so many skills and so much experience to offer.

Find a volunteer opportunity that touches your heart and lets you share those experiences.

Giving is more satisfying than receiving.

Help out and volunteer with one of our non-profit organizations to experience how true that is.

***St. Albert Community Information & Volunteer
Centre***

**St. Albert Community Information & Volunteer Centre
(CIVC).....780-459-6666**

Email:volunteer@stalbertcivc.com

#10, 215 Carnegie Drive

www.stalbertcivc.com/volunteer-opportunities/

- Our centre has many volunteer opportunities to choose from and can help find the right fit for you, even if you are not sure of what that might be. Contact us to get you connected
- Also check out www.volunteerconnector.org to find local volunteer opportunities to choose from

We assume no responsibility to any person or persons for the information contained in this guide.

The lists are to be used as a guide only, and are not to be considered as a fully authoritative, nor exhaustive list of services available to the community.

The St. Albert Seniors' Directory is not a complete guide to all services and agencies.

If there are any errors or omissions, please contact the St. Albert Seniors Association at 780-459-0433 to assist us in updating the next printing of this directory.



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