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Association



2023-2024 DIRECTORY OF SENIOR SERVICES

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info@homehealthstore.ca
780-469-8499 (in-store inquiries)
780-540-7648 (online inquiries)
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Sat 10:00am - 2:00pm
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OSTOMY



WOUND CARE



INCONTINENCE



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ABOUT THIS DIRECTORY



Navigating senior services and housing can be challenging. Sage Seniors Association (Sage) produces the Directory of Senior Services to help you along the way.

At a time when information and resources are increasingly online, we know that a hard copy of the Directory with listings of seniors housing and services, helpful checklists, and information, remains a valued resource that can be referred to as needs emerge and change.

This edition of the Directory is made available thanks to financial investment of:

- › Sage Seniors Association
- › City of Edmonton
- › CN
- › Advertisers
- › Community Donors

Special thanks to:
Great West Media
(advertising & production)
Unison in Calgary
(content sharing).

Please note:

Services included in the Directory as listings or advertisements are not vetted by Sage and Sage is not endorsing any business or organization by including them in the Directory.

HOW TO USE THE DIRECTORY

The Directory is divided into two sections:

1. Senior Services
2. Seniors Housing.

Each section has a Table of Contents and there is an Index at the back. Listings included are for Edmonton and surrounding areas.

HOW THE DIRECTORY IS CREATED

Producing the Directory requires collaboration with advertisers, senior serving organizations, production and distribution partners, volunteers, and staff. Together we make this resource available to community at no cost to the reader.

Sage coordinates Directory content with the senior serving community. Private / for-profit organizations are required to purchase an ad to be included, a model which helps cover a significant portion of production costs.

If a senior-serving organization is not listed in the Directory, let them know that you missed them! If you would like to include a listing or advertisement in the Directory, contact directory@mysage.ca.

Your feedback is valued. A short survey is available at the back and online at: www.mysage.ca/publications/directory.

ABOUT SAGE SENIORS ASSOCIATION



For over 50 years, Sage has worked towards a vision of community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

Sage aims to provide inclusive, barrier-free, asset-based and person-centered programs and services that:

- › Aid seniors in times of difficulty
- › Support seniors in sharing their gifts
- › Help seniors stay connected



COMMUNITY-BASED SENIORS SERVICES

Sage provides **outreach support services** (system navigation, help with forms, help finding affordable housing, referrals to other services), **income tax preparation**, multicultural seniors outreach, and **social prescribing** services; fosters senior-led **initiatives in community**; offers **senior-led life enrichment** activities; and provides **refuge from elder abuse**.

Sage serves all individuals who identify as a senior, with expertise in providing social supports for low-resourced seniors.

COMMUNITY LEADERSHIP

Sage is always working to improve services for seniors across Alberta. Sage works with organizations such as the Edmonton Seniors Coordinating Council, Healthy Aging Alberta, and Edmonton Social Prescribing Network to coordinate senior services; offers support to grassroots groups to increase capacity at the community level; engages in research projects to help understand and improve services that support seniors; and collaborates with partners to address gaps in systems.

COMMUNITY SUPPORT

Gifts from community through donations, grants sponsorships, and volunteer time help maintain supports that prevent crisis, provide connections that improve the lives of seniors, and fill gaps to ensure seniors have access to a network of support they can count on.

When you support Sage, you support seniors.

SAGE SENIORS ASSOCIATION

15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

Email: info@mysage.ca Phone: 780.423.5510

www.mysage.ca | Charitable # 119154839RR0001

Operating from Treaty 6 Territory.

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ESSENTIAL NUMBERS FOR EDMONTON SENIORS

911

Emergency (24-Hour)

For EMERGENCY medical, fire and police response.

Call the non-emergency police line at **780.423.4567** to report an incident that is not an emergency.

780.424.2424

Access 24/7

A single point of access to adult addiction and mental health community based programs.

Urgent and non-urgent services.

811

Health Link (24-Hour)

Health Advice from a registered nurse.

1.877.303.2642

Mental Health Helpline (24 Hour)

Call toll free within Alberta for mental health advice. Alberta Health Services

311

City of Edmonton (24-Hour)

Information on all City of Edmonton services.
www.edmonton.ca

780.454.8888

Seniors' Abuse Helpline (24 Hour)

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

211

Community Resources (24-Hour)

Information and referrals for community and social services.

Press 2 for seniors and older adults.

www.ab.211.ca

780.482.HELP (4357)

24-Hour Distress Line

Free, confidential, short-term crisis intervention, emotional support and resources for those in crisis or distress.

780.644.5135

24 Hour Emergency Income Support

1.877.644.9992 (Press 1)

AB Seniors Benefit



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WHAT TO DO WHEN YOU TURN 65

6 MONTHS BEFORE:

- Apply for Canada Pension Plan (CPP)
- Apply for Old Age Security (OAS) (12 months before for immigrant seniors)
- Apply for Guaranteed Income Supplement (GIS)

Contact Service Canada:

1.800.277.9914

www.servicecanada.gc.ca

3 MONTHS BEFORE:

Apply for Alberta Seniors Financial Assistance Program. This automatically registers you in the following programs if you are eligible:

- Alberta Seniors Benefit
- Dental & Optical Assistance
- Special Needs Assistance

A Seniors Financial Assistance package should arrive in the mail 3 months before your 65th birthday. 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

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

IF YOU HAVE NOT ALREADY DONE SO, 65 IS A GREAT TIME TO CONSIDER:

- Writing your will
- Preparing a Personal Directive
- Preparing or assigning an Enduring Power of Attorney

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● **South Edmonton**
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SERVICE CANADA

Service Canada provides Canadian seniors with a single point of access to a wide range of government services and benefits.

SERVICE CANADA

Toll-Free:

1.800.277.9914 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

THE CANADA PENSION PLAN (CPP)

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

- CPP provides contributors and their families with partial replacement of earnings in the case of retirement, disability, or death. It is a monthly payment for someone at least 60 years old who has worked and made valid contributions to the CPP.
- The pension amount depends on how much and for how long you have contributed to the CPP and at what age you want their pension to start. The standard age to start the pension is 65. However, you can start receiving it as early as age 60 or as late as age 70. If you start receiving your pension earlier, the monthly amount you'll receive will be smaller.

HOW TO APPLY

Apply online through My Service Canada Account (MSCA). If you do not already have a MSCA, you will need to request a personal access code (PAC). A PAC is your key to accessing Service Canada's secure online services.

-or-

Complete, sign, and mail the Application for Canada Pension Plan Retirement Pension (ISP1000) to Service Canada.

OLD AGE SECURITY (OAS)

www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security

- The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements lived in Canada for a minimum of 10 years.

OAS ALLOWANCE is a monthly payment for someone aged 60 to 64 whose spouse or common-law partner is receiving the OAS pension and is eligible for the Guaranteed Income Supplement.

THE GUARANTEED INCOME SUPPLEMENT (GIS)

www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement

- GIS provides a monthly non-taxable benefit to OAS pension recipients whose annual income (or in the case of a couple, a combined income) from the previous year is below the eligible threshold and are living in Canada.

CPP DISABILITY BENEFIT

A monthly payment for someone under the age of 65 who has worked and contributed to the CPP and whose disability is severe and prolonged and prevents them from working at any job on a regular basis. Dependent children may be eligible for CPP Children's Benefit.

CHANGES IN PERSONAL SITUATION

Changes in someone's personal situation may affect your benefits. Service Canada must be notified when any of the following events occurs:

- A couple can no longer live together for reasons beyond their control (e.g., if one of them is in the hospital or a Long-Term Care facility), they may be entitled to a higher payment.
- Change in marriage or common-law relationship status.
- Change of address; or any absence from Canada over six months.

DEATH

Service Canada must be notified as soon as possible when someone receiving CPP and/or OAS benefits dies. The month in which someone dies is their last month to receive benefits. Any benefits received after that month must be repaid.

SURVIVOR BENEFITS

www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension

- Death Benefit is a one-time, generally made payable to the estate or other eligible individuals, upon the death of CPP contributor.
- Survivor's Pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.(if eligible). Apply as soon as possible after the contributor's death. If you delay, you may lose benefits.
- CPP Child Allowance for dependent children of a deceased CPP contributor.
- Allowance for the Survivor: if you are 60-64 years of age and income is below the set threshold.

PENSIONS FROM OTHER COUNTRIES

- If you lived or worked in another country, you may be eligible for social security benefits, either from that country or from Canada. – Contact Service Canada for more information.

WHAT TO DO WHEN A SENIOR DIES

When someone dies there are a number of agencies, businesses, and government departments you may need to inform.

WHAT TO DO FIRST

- Provide the CRA (Canada Revenue Agency) with the date of death as soon as possible: Call: 1.800.959.8281. See Guide RC4111 “What to Do Following a Death” at www.cra.gc.ca.
- Notify Service Canada: 1.800.277.9914. Social Insurance Number is required to cancel Old Age Security, Canada Pension Plan, and Guaranteed Income Supplement.
- Obtain information from the deceased person’s tax records.
- Pay any tax installments due before the date of death. To appoint an authorized representative to manage tax matters on your behalf, complete Form T1013.
Note: any fees paid to you as an Executor, may need to be reported on a T4.
- Notify Seniors Financial Assistance Program (low-income individuals over 65), Call: 1.877.644.9992 with deceased’s personal health number.
- Notify Alberta Seniors Benefit: Toll-free 1.877.644.9992. Give name, date of death, and Personal Health Number of deceased.
- See if you are eligible to apply for any Survivor Benefits. *See Service Canada*

COMMON QUESTIONS

How do I know if I am the legal representative?

- You are named as executor in the will
- You are appointed as the administrator of the estate by a court
- You are the liquidator for an estate in Quebec

If there is no legal representative, responsibility passes to a family member in the following order: Spouse, Child, Child’s Parent, Sibling, Grandchild, Nephew/Niece, Other sole remaining relation.

What if I am unable to obtain documents that establish me as the legal representative?

- Complete Form RC552, available at canada.ca/cra-forms or call 1.800.387.1193

What form of “death certificate” do I need, and how do I obtain one?

- A Funeral Director’s Death Certificate (5-10 copies) should be sufficient for most cases (vehicle registry, banks, etc.)
- If the Funeral Director’s document is not sufficient (settling investments, canceling a health card, etc.) a certificate can be ordered from a private registry agent.

WHAT TO DO WHEN A SENIOR DIES

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

- Contact Land Titles at 780.427.2742.

If the deceased dies without a will:

- Contact the Public Trustee at 780.427.2744.

Finances and Insurance

- Cancel and destroy credit cards, and empty safety deposit boxes
- Notify the bank and either close or update accounts. The bank will require a copy of the will and death certificate.

When should I consider hiring a lawyer?

- There are numerous assets, accounts, and beneficiaries
- There is a possibility the will is going to be contested

Vehicle, Utilities & Insurance

- Notify phone, internet, cable companies
- Notify gas & electricity companies
- Notify home, vehicle and life insurance companies

If you are not able to identify the source life insurance company or cannot find the policy of the deceased, the OmbudService for Life & Health Insurance, Toll Free: 1.888.295.8112 may be able to assist.

If a vehicle is registered in the name of the deceased:

- Contact Service Alberta at 780.427.7013
- Remove the deceased's name from car insurance
- Parking placards may be cancelled at any Registries office.

Social Media and Internet Accounts

- Closing email accounts may prevent identity theft.
- For social media accounts, consider three basic options:
- Delete all accounts (activity and photos will be lost)
- Keep accounts up but not active
- Memorialize the accounts

If the deceased was a veteran receiving benefits or support services, contact:

- Veterans Affairs Canada: 1.866.522.2122 (English) / 1.866.522.2022 (Français)
- Some veterans may be eligible for assistance with funeral costs, contact the Last Post Fund
- Toll-Free: 1.800.465.7113 Email: info@lastpost.ca www.lastpostfund.ca

See also: Death and Funeral Arrangements

PERSONAL AND FINANCIAL DECISION MAKING OPTIONS

See also: Estate Planning and Legal Resources

There are a number of options available when a person does not, or can not, handle their financial and personal affairs. Visit www.alberta.ca/opgt-supports for information and support.

ENDURING POWER OF ATTORNEY:

A legal document used to appoint someone to make financial and legal decisions on your behalf.

- A power of attorney is “enduring” if it states its power continues after mental incapacity or it can be written to only take effect when mental capacity is lost.
- If you prepare this document, there is no need for your family to apply to be your trustee in the event you lose capacity.
- It is best if this document is prepared by a lawyer.

PERSONAL DIRECTIVE:

A document used to appoint someone else to make personal decisions on your behalf when you are unable to make your own decisions due to illness or accident.

- Decision making may include medical treatment, accommodation, and other personal care problems.
- This legal document ends on the death of the represented individual; it is typically signed at the same time as the Enduring Power of Attorney.

GUARDIANSHIP:

A guardian is appointed by the court to act on behalf of a person who is no longer mentally capable.

- Guardians may make decisions such as where to live, health care, etc.
- For assistance with application contact Office of the Public Guardian and Trustee call 780-427-0017.

TRUSTEESHIP:

A trustee is appointed by the court to handle the financial matters of a senior.

- Generally the person acting as a trustee will also act as a guardian to ensure that both financial and personal matters are handled.
- For assistance with application contact Office of the Public Guardian and Trustee call 780-427-2744.
- An “Informal Trusteeship” is a no-cost way for someone – an informal trustee – to help adults who receive government payments and have difficulties managing their money and remembering to pay their bills.

ALTERNATE PERSONAL DECISION-MAKING OPTIONS:

There are additional levels of personal decision-making support available to help an adult remain as independent as possible including: **supported decision-making, specific decision-making, co-decision-making**. For more information, visit www.alberta.ca/making-personal-decisions-for-incapable-adults.



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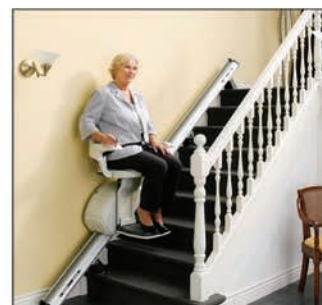


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EMERGENCY PREPAREDNESS & RESPONSE

BE PREPARED FOR EMERGENCY EVENTS

If an emergency happens in your community, it may take emergency workers some time to reach you. Be prepared to take care of yourself, family and pets for up to 72 Hours. Emergency events such as extreme weather, wildfire smoke and air quality hazards, and public health crises could lead to evacuation or shelter in place responses. Should any such event occur, stay informed with updates from Alberta's Emergency Alert system and from emergency authorities releasing information on local television and radio stations and through the City of Edmonton's social media.

Ways to prepare ahead:

- Create and share Emergency Contact Lists
- Prepare Emergency Kits
- Check your Insurance
- Sign up to receive Alberta Emergency Alerts to stay informed of potential risks to your health, safety or community

See www.alberta.ca/emergency-preparedness for helpful information and resources.

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

REPORT A WILDFIRE:

310-FIRE (3473)

ALBERTA ONE-CALL (Buried Cables)

1.800.242.3447

www.albertaonecall.com

DRAINAGE AND SEWER TROUBLE HOTLINE

311 Within City of Edmonton

ATCO GAS EMERGENCY LINE

Edmonton and area: 780.420.5585

All other areas: 1.800.511.3447

EPCOR POWER, WATER AND DRAINAGE TROUBLE LINE (24 HR)

Phone: 780.412.4500

DISASTER & EMERGENCY RELIEF

CANADIAN RED CROSS

www.redcross.ca

- When an emergency or disaster strikes, the Canadian Red Cross may work in partnership with first responders, public officials, and alongside other voluntary sector organizations to provide vital services. This assistance may come in the form of emergency food and clothing, emergency lodging, reception and information, personal services and family reunification services.
- If you have been affected by a personal disaster, contact us at 1-888-800-6493.
- For general inquiries phone Edmonton Branch Emergency and Disaster Services 780.423.2680.



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- Palliative Care
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- ♥ Appointment Accompaniment ♥ Home Cleaning ♥ Organization ♥ ROM Exercise

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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, spiritual abuse or neglect.

An abuser can be anyone. Most often the abuser is a family member or partner but may 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, or 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 or 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 and can significantly increase the person's chances of becoming ill or may make other health problems worse.

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.

ABUSE RESOURCES

24 HOUR CRISIS RESOURCES

SENIORS' ABUSE HELPLINE

Phone: 780.454.8888

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 or Text: 310.1818

Call 24/7 to get information, advice and referrals in over 170 languages.

Online chat (in English 8am-8pm daily):

www.alberta.ca/family-violencefind-supports.aspx

STRATHCONA COUNTY

ELDER ABUSE HELPLINE

Phone 780.464.7233

www.strathcona.ca/seniors

- 24/7 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.

URGENT SUPPORT SERVICES

FAMILY VIOLENCE PROTECTION

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.

ELDER ABUSE INTAKE LINE

Phone: 780.477.2929

Seniors Protection Partnership

- For seniors (ages 65+) who are at high risk of abuse or are experiencing abuse from a family member or unrelated caregiver.
- The Seniors Protection Partnership is 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.

In an emergency, call 911.

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

ELDER ABUSE RESOURCE AND SUPPORTS (EARS)

Catholic Social Services

Phone 780.477.2929 (ask for a Senior Resource Coordinator)

www.cssalberta.ca/our-services/elder-senior-citizen-abuse-support

Intake & Resource Phone Line for seniors and for people who support seniors:

- services for seniors (ages 65+) who have questions, concerns or may be at risk for elder abuse.
- assist in developing safety plans, protection orders, court processes and referrals to community resources.
- provide case consultation to other professionals who are concerned about a senior they are working with.

SEXUAL ASSAULT CENTRE SUPPORT AND INFORMATION LINE

Phone: 780.423.4121

9pm- 9pm daily 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.

INFORMATION RESOURCES

ALBERTA ELDER ABUSE AWARENESS COUNCIL

www.albertaelderabuse.ca

A group of Albertans and organizations dedicated to increasing awareness and supporting a community response to elder abuse. Visit the website for information about elder abuse and resources.

211 COMMUNITY INFORMATION AND REFERRAL (24/7)

Can guide you in reaching out to other resources.

SAFE ACCOMMODATIONS

Visit acws.ca to search for a shelter near you.

For seniors/older adults: women, men and couples.

SAGE SENIORS SAFE HOUSE

Phone: 780.702.1520

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

- The Seniors Safe House, operated by Sage Seniors Association, provides temporary accommodation (up to 60 days) for individuals aged 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.

For women only:

LURANA SHELTER

Phone: 780-424-5875

www.luranashelter.com

WIN HOUSE

Phone: 780.479.0058

www.winhouse.org

A SAFE PLACE

(Sherwood Park)

Phone: 780.464.7233

www.asafeplace.ca

ADDICTION SERVICES

Call 211 for local resources available to you for your personal recovery.

ADDICTION & MENTAL HEALTH ACCESS 24/7

Alberta Health Services
Edmonton Community Health Club
13211 Fort Road T5A 1C3

Phone: 780.424.2424

www.albertahealthservices.ca/amh/

- 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.

COMMUNITY GERIATRIC PSYCHIATRY

Covenant Health

Main office: Westmount Shopping Centre
#412 13310 111 Ave

Phone: 780.342.9100

- Mental health services for individuals aged 65+

See also Health Services - Mental Health



#ELDERABUSEHAPPENS

It's not always easy to spot the impact of elder abuse. Nearly one in 10 Alberta seniors is the victim of physical, mental or sexual abuse, financial exploitation or neglect. Make sure you know the signs and how to stop it.

Learn more.
Alberta.ca/ElderAbuseHappens

Alberta

CAREGIVER SUPPORT

See also: Help at Home and Day Programs

CAREGIVER ALBERTA

Province-Wide

Phone: 1.877.453.5088

Email: support@caregiversalberta.ca

www.caregiversalberta.ca

- Caregivers Alberta is a non-profit, charitable organization that offers programs on a free or cost-recovery basis to Alberta's one-million family caregivers. Our programs offer education, information, one-on-one support and coaching, resource navigation, a sense of community with other caregivers, and more.
- Call or email us to begin your journey of support, encouragement, improved well-being and empowerment as a family caregiver.

FAMILY CAREGIVER WELLNESS WORKSHOPS BY NORQUEST COLLEGE

Phone: 1.866.534.6480

Email: healthprojects@norquest.ca

www.norquest.ca

- Gain the skills and knowledge you need to confidently care for your loved ones through our free in-person or online workshops!
- Taught by experienced healthcare providers, our workshops will empower you to provide safe care without feeling stressed or overwhelmed.
- You'll also gain access to a caregiver community and can make connections with other caregivers who understand the difficult emotions you're facing.

SURROUNDING AREAS

FAMILY & COMMUNITY SUPPORT SERVICES

10409 100 Ave. Fort Saskatchewan

Phone: 780.992.6623

Email: tvanvelzen@fortsask.ca

www.fortsask.ca

- Caregiver Support Group is a safe and confidential space to share and listen to others in similar situations. Being a caregiver can have unique challenges. This is a time for reassurance, where caregivers can realize they are not alone. We keep all topics open for discussion and occasionally bring in professional guest speakers that educate and provide resources.
- The group meets on the last Thursday of the month, 2:00pm - 3:00pm.

Make everyday extraordinary

In-Home Care Services

- Personal care • Companionship • Housekeeping
- Dementia and Alzheimer's care • Respite care
- Errands and Transportation

For more information call 780.465.4665

www.comfortkeepers.ca/edmonton



Comfort
Keepers.

Elevating the
Human Spirit



HOMEFIRST HEALTHCARE

Because Care Begins at Home
...First

HomeFirst HealthCare's philosophy is to give our clients control over their own health. We aim to improve quality of life by promoting independence, dignity and wellbeing. We provide care services up to and including:



- Companion and Personal Care
- Dementia Care
- Housekeeping
- Meal preparation
- Medication assistance
- Outings and Appointments
- Respite and Palliative care
- Hospital discharge



587-819-1500

Serving Edmonton and surrounding

info@homefirsthealthcare.ca

www.homefirsthealthcare.ca

CITIZENSHIP & IMMIGRANT SERVICES

IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA

PHONE: 1.888.242.2100

Hours: Mon-Fri 8am-4pm local time

www.cic.gc.ca

ASSIST COMMUNITY SERVICES CENTRE

Main Office, Downtown:

9649 105A Ave. NW T5H 0M3

Phone: 780.429.3111

Southwest Office: Unit 2, Saddleback Rd. T6J 4W4

Phone: 780.429.3119

Email: info@assistcsc.org

www.assistcsc.org

- ASSIST serves the community at large – families, youth, and seniors - by providing programs and services that meet a variety of needs for newcomers.
- All are welcome to our programs regardless of race, gender identity, ability, religion, and sexual orientation. Assist strives to create an inclusive, diverse, and respectful environment for everyone.

CANADIAN INTERNATIONAL IMMIGRANT & REFUGEE SUPPORT ASSOCIATION

10584 107 St. T5H 2Y6

Phone: 780. 429. 4553

Email: ciirsaedmonton@ciirsa.ca

www.ciirsa.ca

- CIIRSA helps refugees from all parts of the world to settle and adjust to their new lives in Canada including:
- Assistance with family reunification for refugees and newcomers
- Support and advocacy for refugee claims
- Classes for newcomers and immigrants including orientation to Canada, English classes and computer classes.

EDMONTON MENNONITE CENTRE FOR NEWCOMERS (EMCN)

10170 112 St. T5K 2L6

Phone: 780.424.7709

Email: info@emcn.ab.ca

www.emcn.ab.ca

EMCN helps newcomers feel comfortable and safe in Edmonton by offering:

- Community Services: Settlement counselling, health and wellness services, and family support services.
- Language instruction for newcomers with personalized support and community activities for those aged 55 and up.
- Career and employment services.

EDMONTON IMMIGRANT SERVICES ASSOCIATION (EISA)

#201 10720 113 St. T5H 3H8

Phone: 780.474.8445

Email: info@eisa-edmonton.org

www.eisa-edmonton.org

- EISA exists to provide programs and direct services relating to integration, settlement, adaptation and education for new immigrants, refugees, and first-generation Canadians in Edmonton and surrounding areas.
- EISA works to assist them to make a smooth transition into Canadian life regardless of age, gender, religion, nationality, or ethnic origin.

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

**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

9538 107 Ave. NW T5H 0T7

Phone: 780.423.1973

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

- MCHB has a team of brokers within 13 communities who can support seniors: Eritrean, Ethiopian, Former Yugoslavia, Korean, Kurdish, Iraqi, Syrian, Spanish-speaking, Oromo, Romanian, Russian-speaking, Ukrainian-speaking, South Sudanese.
- provides culturally and linguistically

relevant holistic outreach and system navigation support to immigrant and refugee seniors;

- facilitates mutual support groups among immigrant and refugee seniors, and encourages community engagement around immigrant and refugee seniors' issues;
- provides consultation to other service providers regarding cross-cultural 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.

Newcomer's Guide to Edmonton

www.edmonton.ca/programs_services/for_new_residents/newcomers-guide

- Features 63 pages of essential information to help new residents settle in Edmonton.
- Translations are available in Amharic, Arabic, Chinese (Mandarin), French, Punjabi and Somali on the website.
- New residents are also encouraged to phone the City of Edmonton's 311 line which has interpreters for over 150 different languages for those who speak languages other than English.



**Join Age Friendly Edmonton for
virtual Lunch 'n' Learns every
third Wednesday of the month!**

Learn More >

seniorscouncil.net/lunch-n-learn-events



COMMUNITY CONNECTIONS

SAGE COMMUNITY ANIMATORS

Sage Seniors Association

Phone 780.423.5510

Email: info@mysage.ca

www.mysage.ca

Sage has community animators who work with seniors to help to connect to their community and bring their ideas to life.

NEIGHBOURHOOD RESOURCE COORDINATORS City of Edmonton 311

www.edmonton.ca

- The City provides intentional programs to facilitate relationship building between neighbours in the communities they call home. Formerly known as Community Recreation Coordinators (CRCs), Neighbourhood Resource Coordinators are a touch point for every neighbourhood in the City.
- To find out the Neighbourhood Resource Coordinator for your neighbourhood contact 311.

COMMUNITY LEAGUES

Edmonton Federation of Community Leagues

Email: info@efcl.org

www.efcl.org/league-search

- The city of Edmonton has 162 Community Leagues, formed to meet the unique needs and interests of residents within a defined geographic area.
- Each League creates programming, events and social gatherings: from community barbeques to soccer or other sports programs, learn to skate or yoga classes, games nights, seniors' activities, family activities, movie nights, and anything the volunteers at the League dream up to offer their community.
- Visit the community league in your neighbourhood to learn more or get involved.



COOPERATIVE MEMORIAL SOCIETY

We are a not-for-profit funeral planning cooperative formed in 1965 by a group of Alberta business leaders responding to a need to provide access to simple and dignified funeral options at economical prices. We help our members advance plan and prepare for end-of-life well before it is needed – a true gift to oneself and our loved ones. Cost to join is \$40 per person/lifetime.

- We partner with locally owned funeral homes across Alberta
- Edmonton providers: Foster & McGarvey, Serenity and Trinity Funeral Homes
- No need to purchase funeral plans in advance
- Multiple options available
- Members save their family on average \$5000
- Online registry available to store critical information needed by next-of-kin.
- Reduces stress for your loved ones when you can't be there to help them.

Join online today at calgarymemorial.com.

Toll free: 1-800-566-9959 admin@calgarymemorial.com



AIM NURSING
*Management * Advocacy * Support*

Our Aim is to provide you with the immediate support you need to navigate your health needs.

I can be your health advocate and help you with filling out government forms for applications to supports and services. Aim offers a unique approach to managing your health. We can support you with Guardianship and Trusteeship Applications, AISH applications



Wendy is a 30 year Registered Nurse, confidentiality is guaranteed!

Schedule an Appointment
wendy@aimnursingservices.com

780-668-4286

Flexible hours to meet your needs

CONGRATULATORY MESSAGES

For special birthdays and anniversaries, messages can be sent from a number of officials:

GOVERNOR GENERAL & THE KING

Phone: 1.800.465.6890 or 1.613.993.8164

Email: anniversaries.anniversaires@gg.ca

Messages from the Governor General

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

Messages from the King

- Age 100 and every year thereafter .
- 70th anniversaries and every year thereafter.
- Upon request: 90 years of age and every 5 years after.
- Upon request: 50th anniversaries and every 5 years after.

PRIME MINISTER & MPS

Phone: 1.613.941.6880

Messages from the Prime Minister and/or MPs

- 65th birthdays and up at 5-year intervals.
- 100th birthdays and every year older.
- 25th wedding anniversaries and up at 5-year intervals.
- To ensure on-time delivery, submit your request at least six weeks before the event date.

Visit www.parl.gc.ca for information on the celebrant's MP's office.

PREMIER, MLAS & LT GOVERNOR

Phone: 780.427.2251

Email: premier@gov.ab.ca

Messages from the Premier & MLAs

- 65+ birthdays.
- 25+ wedding anniversaries.

Messages from Lieutenant Governor

- birthdays of 80 or more in intervals of 5 years.
- wedding anniversaries of 50 years or more in intervals of 5 years.
- To request a greeting, contact the office at 902.368.5480.

CONSUMER RESOURCES

See also: Frauds & Scams

BETTER BUSINESS BUREAU

16102 100 Ave. NW T5P 0L3

Phone: 780.482.2341

Email: info@bec.bbb.org

www.bbb.org/local-bbb/bbb-of-canada-northern-capital-regions-and-quebec

- 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.

CMA DO NOT MAIL SERVICE

Phone: 1.800.267.8805

Email: donotmail@thecma.ca

www.thecma.ca

- Canadian Marketing Association (CMA) does not own, compile or rent marketing lists of consumer names and addresses. The CMA's Do Not Mail Service is offered free of charge to consumers to reduce the number of addressed marketing offers they receive by mail.

CRTC's NATIONAL DO NOT CALL LIST

Phone: 1.866.580.3625 (DNCL) to register.

Phone: 1.877.249.2782 for complaints.

www.lnnte-dncl.gc.ca

INSURANCE BUREAU OF CANADA CONSUMER INFORMATION OFFICE

Phone: 1.844.227.5422

Email: askibcwest@ibc.ca

www.ibc.ca

- Provides information about: House/condo/ apartment insurance, Auto insurance, Business insurance, Claims and claims process

Seniors Eye Care

Doctor's Note:

"Be proactive. Take care of your vision and eye health with a yearly exam."

Dr. Kirandeep Dhaliwal, Optometrist



By age 65, 1 in 9 Canadians develops irreversible vision loss;
1 in 4 by 75. Don't risk it. Stay active and independent.
Book your eye exam today.

Visit SeniorsEyeCare.ca to learn more.



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.

SERVICE ALBERTA AND RED TAPE REDUCTION

Phone: 780.427.4088

Toll-Free: 1.877.427.4088

Outside Edmonton 1.877.427.4088

www.alberta.ca/consumer-business-tips

- Service Alberta and Red Tape Reduction enforces consumer protection legislation and informs Albertans about residential tenancies and consumer protection.
- It also provides consumer education on a broad range of topics related to consumer protection.

UTILITIES CONSUMER ADVOCATE

5th Fl. 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.

Legal Services for Estate Planning and Administration

Sensible guidance to give you confidence in your decisions.
Have peace of mind, knowing that we are working for you.



SID J. KOBOWKA
LAWYER & MEDIATOR

#605 10080 Jasper Ave.
Edmonton, AB T5J 1V9

780-414-0444
sid@kobewka.com | kobewka.com

DEATH & FUNERAL ARRANGEMENTS

See also: What to do when a senior dies checklist (page 14/15)

FUNERAL ARRANGEMENTS

ALBERTA FUNERAL SERVICES REGULATORY BOARD

Phone: 780.452.6130

Email: office@afsrab.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 the website for a complete list of all licensed funeral services businesses in Alberta.

COOPERATIVE MEMORIAL SOCIETY (ALBERTA)

Phone: 1.800.566.9959

Email: admin@calgarymemorial.com

www.calgarymemorial.com

- Funeral planning can be incredibly stressful and overwhelming for a grieving family.
- Planning ahead gives you time to research options, communicate with family members, and add meaningful details to your plans.
- We work with more than 50 funeral homes

across Alberta to provide members with simple and dignified funeral plans for a significant cost savings. We also provide useful information for advance planning, including critical documents you need to have in place.

- Membership is a one-time \$40, available on our website.

CONNELLY-MCKINLEY FUNERAL HOME BBB

www.connelly-mckinley.com

Three locations:

Downtown: 10014 114 St.

Phone: 780.422.2222

South Edmonton: 4820 Meridian St.

Phone: 780.468.2222

St. Albert: 9 Muir Dr.

Phone: 780.458.2222

- 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. 100% service guarantee.
- Committed to: providing exceptional service and attention to detail; serving all faiths; affordable service options and pre-arrangement plans; comprehensive aftercare services.
- Spacious chapel and reception facilities at all locations with convenient parking.



We are here for you.

Prearranged Funeral Plans, Personalized Funeral Services, Reception Centre, On-site Crematorium and After Care.

Whether preplanning for peace of mind, celebrating the life of your loved one, or needing further grief support, we are here to help with every little step.

Our family owned & operated funeral home cares about you.

Edmonton: 9709 - 111 Avenue | Toll Free: 1-877-426-0050 | 24 Hours: 780-426-0050
info.parkmemorial.com | www.parkmemorial.com

Compassionately serving Edmonton, Lamont, Mayerthorpe, Smoky Lake, Vegreville and surrounding communities since 1941.

 **Park Memorial Ltd.**
Funeral Home, Crematorium
and Reception Centre



Wheelchair Accessible 

PARK MEMORIAL FUNERAL HOME & CREMATORIUM

9709 111 Ave. T5G 0B2

Phone: 780.426.0050

Email: info@parkmemorial.com

www.parkmemorial.com

- 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.
- Park Memorial has an on-site chapel, crematorium, reception centre, and pre-arrangement facilities.

VETERANS: LAST POST FUND

Toll-Free: 1.800.465.7113

Email: info@lastpost.ca

www.lastpostfund.ca

- Provides funeral and burial benefits for eligible veterans (Canadian and Allied) and retired military personnel in receipt of a disability pension from Veterans Affairs Canada.
- To qualify for assistance under the Funeral and Burial Program, both service-related and financial eligibility criteria will be evaluated.



Connelly-McKinley Funeral Home
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Committed to Service and
Value Beyond All Expectations
Funeral Director's Assistance 24 hrs./day
Complete Personalized Funeral & Cremation
Arrangements in Our Offices or Your Home
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*Healing Hearts, Inspiring Trust,
Honouring Legacy*

780-422-2222 • 24 hours
Three locations to serve you -
Edmonton Central, Edmonton South, St. Albert
Preplanning Call 780-590-0626
www.connelly-mckinley.com

GRIEF SUPPORT

See also: Health Services: Counselling

PILGRIMS HOSPICE SOCIETY

9808 148 St NW T5N 3E8

Phone: 587.414.1148

Email: griefsupport@Pilgrimshospicesociety.com

www.pilgrimshospice.com

Pilgrims Hospice Society offers compassionate, group-based grief counselling, for those navigating the loss of a cherished loved one.

THANK YOU!

Sage thanks all businesses and organizations that advertise in the Directory of Senior Services.

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



DONATING HOUSEHOLD ITEMS

Whether you're downsizing to a smaller home or retirement residence, or just want to free up some space, donating your unwanted household items is a great way to declutter. There are numerous non-profit organizations in Edmonton that will gladly take your items and find a new home for them, either by selling in their thrift shops, or by direct donations to people in need through social service agencies. Note: Different organizations offer different services. Be sure to call first and confirm the details.

BISSELL CENTRE THRIFT SHOPPE 8818 118 Ave. NW T5B 0T4

Phone: 780.471.6644

www.bissellcentre.org

- Accepts new and gently used clothing, small furniture, housewares, and antiques.
- Donations by delivery only at the 118 Avenue location.

FIND FURNITURE

5120 122 St. NW

Phone: 780.988.1717

Email: info@finedmonton.com

www.finedmonton.com

- Accepts furniture, housewares, kitchenware, books, CDs, DVDs, stationary, and wall art.
- Find sells gently used furniture and other items to the public and provides free furnishings for people transitioning out of homelessness through Housing First Programs.
- Free pick up is available for furniture only. Open 7 days a week, 10 am to 6 pm.

GOODWILL INDUSTRIES OF ALBERTA

Main Office: #178 3803 Calgary Trail NW

Phone: 780.944.1414

Email: marketing@goodwill.ab.ca

www.goodwill.ab.ca

- Goodwill accepts donations of new and gently used clothing, jewellery and accessories, furniture, household goods, linens, artwork, books, toys, games, and holiday items at 16 donation locations in Edmonton and area. Visit website for location hours.
- Donations accepted by drop off only.

HABITAT FOR HUMANITY REUSE STORE

Phone: 780-479-3566

Email: habitat@hgh.org

www.hfh.org/restore/about-restore/

- ReStore sells donated home furnishings, appliances, and other renovation at a discounted rate at its four locations in and around Edmonton.
- Accepts donations of new and gently used appliances, cabinetry and countertops, doors and windows, hardware, home goods, plumbing supplies, flooring, tile, lighting supplies, and other renovation materials.
- Donations are accepted by drop off or pick up. Phone for details.

INCLUSION ALBERTA

Phone: 1.800.252.7556

11724 Kingsway Ave.

Email: donations@inclusionalbertaina.org

www.inclusionalbertaina.org

- Accepts donations of used clothing, bedding, textiles, accessories and bags, household items, CDs, cameras, laptops, and sleeping bags.
- Pick up is available.

OPERATION FRIENDSHIP SENIORS SOCIETY

10403 95 St. T5H 2C1

Phone: 780.408 2967

Email: karena@ofss.org

www.ofss.org

- Accepts donations of clothing for adults (especially winter clothes), toiletries, incontinence supplies, small household items (e.g., blankets, flatware, etc.).
- Donations accepted weekdays by appointment only.

SALVATION ARMY THRIFT STORE

Five locations in and around Edmonton.

Phone: 780.437.6870 (Distribution Centre)

Email: donate@tstores.ca

www.thriftstore.ca

- Accepts gently used clothing, textiles, housewares, electronics, toys, media and books, accessories, antiques, and collectibles.
- Donations accepted by drop off only. Pick up is not available.

SOCIETY OF SAINT VINCENT DE PAUL

10804 109 St. NW

Phone: 780.471.5577

Email: ssvpedmonton@gmail.com

- Accepts donations of food, quality linens, bedding, kitchen items, small appliances, beds, lamps, and furniture.
- Phone to donate or to request a pickup.
Hours: Mon to Thurs 10 am – noon.

WINGS OF PROVIDENCE

Phone: 780.426.4985

Email: wings@wingsofprovidence.ca

www.wingsofprovidence.ca

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

HISTORICAL ITEMS

PROVINCIAL ARCHIVES OF ALBERTA

8555 Roper Rd. NW T6E 5W1

Phone: 780.427.1750

Email: paa@gov.ab.ca

www.provincialarchives.alberta.ca

- Accepts archival and historical records including photographs, documents, moving images, and sound recordings.
- Call before delivery.



Personal Laundry
Edmonton's premier personal laundry service

|  Schedule a Pick-up |  We Wash |  Returned to you |
|--|--|---|
| Place your order online or by phone. We pickup Monday to Friday | We wash, dry, and fold your laundry using our advanced laundry equipment | Your clean laundry is returned to you in our re-usable bags |

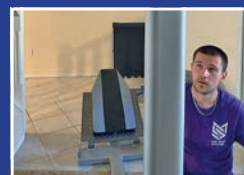
  **Personal Laundry**
www.personallaundry.ca

 **Buy Now**
780-980-0610

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info@shepherdscareshome.com

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now a proud home
care provider for

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**Get In
Touch!**



www.careathometrust.org

6620 28 Ave NW,
Edmonton, AB,
Canada T6K 2R1

ENTERTAINMENT & LEISURE

See also: Seniors Centres, Groups and Clubs and Recreation Resources

Edmonton is home to many vibrant arts and culture organizations, places of interest, year-round festivals and leisure opportunities. Here are just a few:

ART GALLERY OF ALBERTA

2 Sir Winston Churchill Sq T5J 2C1

Phone: 780.422.6223

Email: info@youraga.ca

www.youraga.ca

- The Art Gallery of Alberta is open Wed. to Sun. Admission for seniors (65+) is \$10 and offers free admission from 4 to 7pm on the last Thursday of every month.
- The AGA is wheelchair friendly. Companion aids are always free. Complimentary wheelchairs and folding stools are available on request at Guest Services. AGA hosts classes and events specifically for seniors – see the calendar on their website for details.

EDMONTON NEW SHADOW THEATRE SOCIETY

Varscona Theatre 10329 83 Ave NW

Phone: 780.434.5564

Email: generalmanager@shadowtheatre.org

www.shadowtheatre.org

- Shadow Theatre presents inspirational, thoughtful, and entertaining contemporary theatre from around the world, where “story” is paramount.
- Located in Edmonton’s historic Old Strathcona neighbourhood, Shadow Theatre is celebrating its 30th anniversary with four entertaining productions this season. Visit website for details.
- Seniors’ discounts are available on all regular priced tickets. Tuesday 2-for-1 discount on all tickets.

EDMONTON VALLEY ZOO

13315 Buena Vista Road NW

Phone: 311 or 780.442.5311

Email: attractions@edmonton.ca

www.valleyzoo.ca

- Nestled on the banks of the North Saskatchewan River, the Edmonton Valley Zoo is a small and intimate zoo that provides authentic, educational, and engaging animal experiences.
- Most of the Edmonton Valley Zoo is accessible, including Entry Plaza, The Wander Trail, Urban Farm Barn, Red Panda, Makira Outpost, Polar Extremes, and the Saito Centre.
- Seniors receive discounts on admission and membership.
- Visit valleyzoo.ca for up-to-date hours, admission, animal talks, and amenity information.

GERIACTORS THEATRE

Phone: 780.248.1556

Email: geriactors.friends@gmail.com

www.geriactors.ca

- GeriActors is an intergenerational theatre company. The performance group, GeriActors & Friends, produces original plays based on true stories and issues of aging, and performs at seniors’ residences, centres, conferences, local events, and more!
- Classes and workshops in storytelling, acting and improv are available for seniors aged 55+.

MUTTART CONSERVATORY

9626 96A St. NW T6C 4L8

Phone: 311

Email: muttartquestions@edmonton.ca

- Edmonton’s botanical garden pyramids: Explore the world of plants in the pyramids through concerts, workshops and more.
- Single admission for seniors 65+ is \$12.95. Annual memberships also available.

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WILLS AND ESTATES

ESTATE:

- Is all the property and money owned by an individual when they die.

WILL:

- Is a legal document prepared by a person prior to their death that outlines how their Estate will be given out after their death.
- It is always wise to have a lawyer prepare a will to avoid legal problems.

INTESTATE:

- A term used for a person who dies without a valid will.
- Contact a lawyer or Public Trustee for instructions on how to handle this situation.

HOLOGRAPH WILL:

- Holograph wills are legal in Alberta but not in all provinces or territories in Canada.
- Holograph wills must be written in the Testator's own handwriting and must be signed by the Testator and are not witnessed.
- These types of wills can be prepared in an emergency, but it is important that they clearly state what your intentions are.

EXECUTOR:

- Is the person or persons named in a will to deal with any financial matters related to the person who has died and to distribute the estate.

BENEFICIARY:

- Is the person or organization named in a will who will receive the assets of the estate.
- The executor and the beneficiary may be the same person.

PROBATE:

- Probate is a legal process that takes place after someone's death. It involves proving that the deceased's will is valid and dividing the property as instructed by the will.
- By planning ahead, it may be possible to avoid probate.
- Property that is held jointly with a spouse or other person does not need to be probated.
- Before any transfer of assets, it is a good idea to get legal advice.
- There may be costs and tax to pay.
- Probate may not be necessary if the estate is small.
- Probate is required when a house or investment is in the deceased's name only.
- A will needs to be probated if any individual such as a financial institution or the land titles office asks for it to be probated.
- Applications for probate are usually made by a lawyer however a lawyer is not required.

For more information visit: www.alberta.ca/surrogate-forms-non-contentious-matters

- You can also order A User's Guide for Grant Applications from the King's Printer by calling 780.427.4952 (\$49.95 available in paper and as a pdf).
- Court and Justice Services 1.855.738.4747 can offer assistance with forms.

JOINT LAND TITLES:

- It is a good idea to have both husband and wife listed on a land title to eliminate the need of probate.

- Lawyers DO NOT recommend that children or grandchildren be put on a land title.
- By adding another person to a land title, that person receives an equal share in the property and the property cannot be sold without that individual's permission.

WHAT HAPPENS IF YOU DIE WITHOUT A WILL?

- The Wills and Succession Act sets out how and to whom property is transferred when a person dies. Information about this act is available by visiting www.alberta.ca/wills-in-alberta

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 group(s) of your choice, you can have a positive impact on a cause that matters to you.

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:

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

LEAVE A LEGACY THAT SUPPORTS SENIORS

Sage Seniors Association (Sage)

- As a registered charity, Sage welcomes planned gifts to help sustain social supports and opportunities for seniors.
- Programs and services that assist at-risk and vulnerable seniors are made possible in part due to planned gifts made by community members. Contact Sage to discuss this special giving option - ask to speak to someone about planned giving;

Phone 780.423.5510

Email info@mysage.ca

www.mysage.ca

Charitable Registration # 119154839 RR0001

EDMONTON COMMUNITY FOUNDATION

9910 103 St NW T5K 2V7

Phone: 780.426.00156

Email: info@ecfoundation.org

www.ecfoundation.org

- Edmonton Community Foundation (ECF) can help you transform your dreams of helping others into a 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.
- There are many ways you can make a difference to the causes you cherish. Funds can be created now, over time, or through will bequests.

Havencrest Homecare

Contact: Susie Sterenberg

780-953-0342



havencresthomecare@gmail.com

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- **Alzheimer/Dementia Care**
- **Palliative Care**

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www.havencresthomecare.ca

FALL PREVENTION

FINDING BALANCE INJURY PREVENTION CENTRE

Phone: 780.492.6019

Email: info@findingbalancealberta.ca

www.findingbalancealberta.ca

- Stay Independent. Prevent Falls.
- A fall can have a significant impact on the life-style of an older adult and falls are the leading cause of injury among Alberta seniors.
- Working with seniors' groups, health care organizations, and practitioners from across Alberta, the Finding Balance fall prevention program provides information and resources to help seniors reduce their risk of falling, stay in their own home, and take action to live well and enjoy their daily activities.
- Resources are free and can be ordered or downloaded from the Finding Balance website.

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Hours: Mon-Sun. 24/7. Webpage coming soon.

Services Include:

- ➔ Snow removal & yard work
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- ➔ Medication pick-up & delivery
- ➔ Pet services (access to grooming services & pet sitting)
- ➔ Companionship & emergency respite (including overnights)
- ➔ Basic navigation of technology
- ➔ Disposal of unwanted items
- ➔ Help with basic cooking & meal-portioning
- ➔ Assistance with small laundry
- ➔ Other, as discussed and agreed upon...



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FINANCE

See also: What to do when you turn 65 (page 10) and Service Canada (page 12).

FEDERAL BENEFITS & PROGRAMS

SERVICE CANADA

Toll-Free: 1.800.277.9914

Callers outside Canada can call collect:
613.957.1954

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

TTY: 1.800.255.4786

www.canada.ca/en/contact

Get information about financial benefits for seniors from the Government of Canada, including:

- **Canada Pension Plan (CPP)**
- **Old Age Security (OAS)**
- **Guaranteed Income Supplement (GIS)**
- **Disability Benefit**
- **Survivor Benefits**

To find a Service Canada office near you:

Phone: 1 800 O CANADA 1.800.622.6232

If you need assistance filling out forms and applications, call Sage Seniors Association 780.423.5510 to book an appointment with a Forms Volunteer.

VETERANS AFFAIRS CANADA

940 Canada Place

9700 Jasper Ave. NW T5J 4C3

Phone: 1.866.522.2122

Email: 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.

PROVINCIAL BENEFITS & PROGRAMS

The primary source of income for seniors (65 years of age or older) is provided by the Government of Canada through the Guaranteed Income Supplement and Old Age Security. To supplement these programs the Government of Alberta provides a number of supports and services.

COVERAGE FOR SENIORS provides premium-free coverage for medical needs, such as prescriptions drugs, diabetes supplies, ambulance services, home nursing care, chiropractic services and clinical psychological services. This program is administered by Alberta Blue Cross.

See: Health Plan Coverage (page 60)

You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not, apply online at www.alberta.ca/seniors-financial-assistance, or call the Alberta Supports Contact Centre 1.877.644.9992. One application will help you access the following programs:

Alberta Seniors Benefit provides a monthly benefit to eligible seniors with low-income to assist with living expenses.

Special Needs Assistance for Seniors provides financial assistance to eligible seniors with low-income toward the cost of some appliances, and specific health and personal supports.

Dental and Optical Assistance for Seniors provides financial assistance to eligible seniors with low- to moderate-income for basic dental and optical services.

You can also apply for these home-equity loan programs for senior homeowners:

Seniors Property Tax Deferral Program

allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan.

Seniors Home Adaptation and Repair Program

helps eligible seniors finance home repairs, adaptations and renovations through a low-interest home equity loan.

See: Housing Resources page 117

ALBERTA AIDS FOR DAILY LIVING

(AADL) Phone: 780.427.0731

www.alberta.ca/alberta-aids-to-daily-living

AADL helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies.

See full listing in Health Services: Medical Equipment & Mobility Aids page 64

ASSURED INCOME FOR THE SEVERELY HANDICAPPED (AISH)

- AISH provides financial & health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living.
- Once you turn 65 and are eligible to receive an Old Age Security pension, you are not/or no longer eligible for AISH.

Phone: 780-415-6300 (Edmonton)

Email: aishedmonton@gov.ab.ca

TTY: 780-427-9999 Toll free TTY: 1-800-232-7215

www.alberta.ca/contact-aish

ALBERTA SUPPORTS

Phone: 780.644.9992

Toll-free: 1.877.644.9992

TDD/TTY toll-free: 1.800.232.7215

www.alberta.ca/alberta-supports

- Alberta Supports connects you to benefits and services that can assist with daily living; employment and training; abuse, bullying, homelessness and other emergency situations. Seniors can get information about financial assistance and health benefit programs, housing resources, and much more.

ALBERTA SUPPORTS SERVICE CENTRES:

Phone: 780.415.4900

Email: abworksis@gov.ab.ca

Edmonton Central-City Centre Alberta Supports Centre

Main Floor 10242 105 St. NW T5J 3L5

Edmonton North – Northgate Alberta Supports Centre

2050 Northgate Centre

9499 137 Ave. NW T5E 5R8

Edmonton South -Mill Woods Alberta Supports Centre

Mill Woods Town Centre

2331 66 St. NW T5K4B5

Edmonton West -Meadowlark Alberta Supports Centre

120 Meadowlark Shopping Centre

15710 87 Ave. NW T5R 5W9

Leduc Alberta Supports Centre

50 St Plaza 2nd Floor 4809 43A Ave.

Leduc T9E 8J6

Parkland Alberta Supports Centre

210 7 Tri Leisure Way Spruce Grove T7X 2Z8

Sherwood Park Alberta Supports Centre

105 Tailor Made Business Centre

85 Cranford Way Sherwood Park T8H 0H9

INCOME TAX

CANADA REVENUE AGENCY (CRA)

www.canada.ca/revenue-agency

Individual Tax Enquiries:

1.800.959.8281

Benefit and Credits Enquiry Line:

1.800.387.1193

Business Enquiries:

1.800.959.5525

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

www.canada.ca/my-cra-account

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, 6 am-11 pm EST

Phone: 267.941.1000 (not toll-free)

DEBT-TALK 423-DEBT (3328)

Live Line: Mon-Fri 9am to 5pm+

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INCOME TAX ASSISTANCE

A number of 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.

SENIORS INCOME TAX CLINIC

Sage Seniors Association

Phone: 780.809.9424

By appointment only.

- Sage provides a free Income Tax program for seniors and other low-income individuals in partnership with the CRA's Community Volunteer Income Tax Program (CVITP) to ensure that seniors continue to access the financial assistance for which they are eligible.

The free clinic runs year-round and is one of the only free tax clinics that will complete up to 10 years of returns. In person or phone appointments are available during tax season. After tax season appointments are

- available by phone only.

Sage can complete returns for individuals in the hospital, long-term care and remote areas by phone. We often work in partnership with Social Workers from many different facilities.

- This service is completely free of charge but donations are gratefully accepted.
- To book an appointment to complete your taxes, please call 780-809-9424 and leave a message with your name and number and a volunteer will return your call.

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#410 10665 Jasper Ave T5J 3S9

Phone: 780.424.9944

Email: acwaring@telus.net

www.debtfree.ca

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Phone Toll-Free: 1.800.527.8999

Email: info@nomoredebts.org

www.nomoredebts.org

- Not-for-profit credit counselling organization
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Fax: 780-450-6931 Edmonton, AB T6E 5N2
e-mail: gwarchola@silvercross.com Internet: www.silvercrossstores.com

FOOD SECURITY

See also: Help at Home: Food Services

FREE HOT MEALS

A number of agencies offer free hot meals. The Foodbank maintains a list of Community Meals with locations and times on their website which can be downloaded, or you can call 211 to find a meal service near you.

WECAN FOOD BASKET SOCIETY OF ALBERTA

Phone: 780.413.4525

Email: info@wecanfood.com

www.wecanfood.com

Hours: Tues – Fri 9 am – 2 pm

- WECAN believes every individual has a right to quality, fresh, and nutritious food.
- Food baskets offer 2 - 3 cuts of freshly frozen meat, 3 types of vegetables and 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. They then return on the 3rd Thursday or Friday to pick up their food.
- Produce baskets are \$15 and meat baskets are \$20.

EDMONTON'S FOOD BANK

Phone: 780.425.4190

Email: clientservices@edmontonsfoodbank.com

www.edmontonsfoodbank.com

- The Edmonton Foodbank is a short-term emergency food service hamper. Call the client services number or go online to our website to register, to receive a food hamper at the depot location closest to their home.

- Phone lines and online responses are available Mon.to Fri. 8:30 am - 4:00 pm.

Hours for hamper pick up will depend on the depot location the client is booked at.

FORT SASKATCHEWAN FOOD BANK

11226 88 Ave. Fort Saskatchewan

Phone: 780.998.4099

Email: fortsaskfoodbank@gmail.com

www.fortsaskatchewanfoodbank.com

Office Hours: Mon, Wed, Fri, 9 am – 2 pm

- Provides food support to those in need within the city of Fort Saskatchewan boundaries.
- Shopping Days are scheduled on Wednesdays and Hamper Days are Tuesdays and Thursdays. Pet food is available on Hamper Days.



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Phone: 780.986.5333

Email: director@ldfb.ca www.ldfb.ca

- We offer short-term emergency food services and provide clients information on other helping agencies.
- We offer programs to food bank and agency clients in our kitchen learning and life skills learning centre.
- Open Mon, Wed, Fri 9 am- 4 pm.



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FRAUDS & SCAMS

Every year Canadians lose hundreds of millions of dollars to fraud. Anyone can be a victim, but seniors are a favourite target of criminals looking for ways to steal money. These criminals use various methods - email, online, the phone, surface mail, or even in-person contact. As technology becomes more sophisticated so do their techniques. It's important to know how to protect yourself from fraudsters and scammers.

The Little Black Book of Scams is a fraud protection guide provided by the Competition Bureau. It is available online in eight different languages and is a downloadable pdf.

TIPS ON HOW TO AVOID GETTING SCAMMED

There are some basic actions you can take to protect yourself from fraudsters.

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. Do not give personal info of any kind over the phone.
- Guard your mail. Promptly remove mail from your mailbox after delivery. Ensure mail is re-routed if you move or change your mailing address.
- Destroy/shred personal information, don't just throw it out.

Money Matters

- **Never** send money to anyone you don't know.
- **Never** pay anybody with gift cards, money wire services, or bitcoin. No legitimate organization will ask for these forms of payment.
- Do not send any money or pay any fee to claim a prize or lottery winnings.

Telephone

- Never give out your personal, credit card, or online account details over the phone unless you made the call, or you are certain that the phone number came from a trusted source.
- You can't always trust the number on the phone screen. It's easy for fraudsters to pretend to be a legitimate business on the phone by "spoofing" a call that falsifies their ID and number on screen. If you're uncertain, hang up, look up the phone number, and then call back.

Email

- Never reply to spam or unsolicited email. Never click on any links. Delete any suspicious or unsolicited emails without opening them.
- Never give your personal, credit card, or online banking details through an email.
- 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

- Set up two-factor verification on your financial and online accounts. That's a security process in which users provide two different processes in order to verify themselves.
- 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.
- Install software that protects your computer from viruses and unwanted programs and make sure it is kept current.
- Never enter your personal, credit card, or online account information on a website that you are not sure is genuine.

In-Person

- Limit the amount of ID cards that you carry. Don't carry your SIN card; leave it in a secure place.
- If someone comes to your door, ask to see their identification. You do not have to let them in, and they must leave if you ask them to.

TYPES OF SCAMS:

There are many types of scams, here are some of the most common:

Emergency/Grandparent Scam

- A grandparent receives a phone call from a con artist pretending to be a grandchild.
- They say they've been in a car accident or are in trouble with the law and need money immediately. Wanting to help, the victim sends the money as instructed. Variations on this scam exist but predominantly the emergency scam is directed toward the grandparents.

False Charities

- Fraudsters call, pretending to be a legitimate charity. Signs of a bogus charity include pressuring you to contribute immediately, thanking you for a pledge you didn't make, or has a copycat or misleading name. If you think the call is a scam you can hang up, or ask for their charitable tax number, then call the Canada Revenue Agency at 1.800.267.2384 and confirm the numbers.

Inheritance Scheme (Foreign Money Offer)

- This is a solicitation usually requesting assistance in the transfer of a large sum of money from a foreign country. The solicitation may come from a lawyer or some legal entity advising the victim of an inheritance of a sum of money. The victim is asked to 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 or West African fraud.

Lotteries, Sweepstakes, and Contests

- These scams target people by phone, email, or social media. They claim that you've won a large lottery or sweepstakes and are required to pay a small advance fee - through a money service business such as Western Union or by loading funds to prepaid credit cards such as iTunes - to cover taxes or fees associated with the win. Never pay fees upfront. These are scams!
- 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.

Phishing Scams

- These are deceptive, unsolicited emails, claiming to be from a legitimate organization such as a bank, business, charity, or government agency. Phishing scams are designed to get victims to click on links or attachments that result in the installation of malicious software.
- These emails often contain spelling and formatting errors. Also check the embedded hyperlink in the suspicious email by hovering your mouse over it to verify the address.
- **NEVER** click on any attachments - they can contain viruses and spyware. It's best to delete unsolicited emails before opening them.

Romance Scam

- This is the most common scam, resulting in the highest financial loss. Scammers target people by befriending them on Facebook or dating sites. The scammers are not who they say they are. They are usually fraudsters based in Nigeria. They use photos

of attractive people stolen from the internet, and the men often claim to be military members working overseas. Once the scammer has gained the victim's affection and trust, they ask for and receive money, and often gain access to the victim's bank account and credit cards.

- **Canadians lost \$59 million dollars to romance scams in 2022.** This scam has also led to incidents of suicide in cases where victims have lost their life savings.

Tax scams

- Fraudsters call, impersonating the Canada Revenue Agency, claiming that the victim owes back taxes. They say that repayment is required immediately, threaten the victim with jail time and/or deportation, and demand payment in money transfers, gift cards, or bitcoin.
- Always contact the CRA 1-800-959- 8281 to confirm whether you owe back taxes or are entitled to a refund. **The CRA will never request payment by money wire services, iTunes gift cards, or bitcoin.**

WHAT TO DO IF YOU GET SCAMMED:

- **Don't be embarrassed. Report it**, starting with your local police. Reporting it can help protect other victims. 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 reverse the transaction if they believe that your credit card was billed fraudulently.

WHERE TO REPORT A SCAM:

- If you are a victim of a scam, call local police.
Edmonton City Police Phone: 780.423.4567
- If you've received a scam phone call, email, or text, report them to:
The Canadian Anti-Fraud Centre
Phone: 1.888.495.8501
[www. antifraudcentre.ca](http://www.antifraudcentre.ca)
- **If you sent money** to someone that you think may be a scammer, immediately contact the financial institution where the money was sent.
- If your bank has not already processed the transfer or cheque, they may be able to cancel it.
- If you sent money through a wire service (such as Western Union), they may be able to stop the transfer, if you contact them immediately.

If the fraud took place online through Facebook, eBay, a classified ad such as Kijiji, or a dating website, report the incident directly to the website. These details can be found under "report abuse" or "report an ad."

- Victims of identity fraud should place flags on all their accounts and report to both credit bureaus:

Equifax Canada

Toll-free: 1.800.465.7166 and

TransUnion Canada

Toll-free: 1.877.525.3823.

ANTI-FRAUD ORGANIZATIONS:

ALBERTA SECURITIES COMMISSION (ASC)

Toll-Free: 1.877.355.4488

Email: inquiries@asc.ca [www. albertasecurities.com](http://www.albertasecurities.com)

SERVICE ALBERTA AND CONSUMER CONTACT CENTRE

Edmonton: 780.427.4088 Toll-Free: 1.877.427.4088

www.servicealberta.ca

CANADIAN ANTI-FRAUD CENTRE

Toll Free: 1.888.495.8501

On-line: www.antifraudcentre-centreantifraude.ca

NEED HELP FOR MENTAL HEALTH?



Community
Mental Health
Action Plan

Edmonton and area

Are you in a crisis that is life threatening?

CALL 911

For emergencies (ambulance, fire and police)

Do you need immediate or supportive access to adult addiction and mental health community based programs?

CALL 780.424.2424

For Alberta Health Services adult addiction and mental health access 24/7
OR go to Anderson Hall, 10959 102 Street

Do you need to talk to someone right now?

CALL 211

OR the Distress Line at 780.482 HELP (4357)
OR Alberta Health Services Mental Health Helpline 1.877.303.2642

Do you need help today and are ready to go to walk-in counselling?

CALL 211

OR visit www.dropinyeg.ca
OR visit www.momentumcounselling.org

Do you want information about community support services available?

CALL 211

To speak to someone about where and how to find support near you

Do you have questions about your mental health?

CALL 811

For Alberta Health Services Health Link to speak with a registered nurse about your health
OR call your family doctor

Disclaimer: This tool was created by the CMHAP and adapted by Sage Seniors Association.

GOVERNMENT CONTACTS

CITY OF EDMONTON

EDMONTON CITY HALL

1 Sir Winston Churchill Sq NW T5J 2R7
Email: City.Hall@edmonton.ca
www.edmonton.ca/cityhall

MAYORS OFFICE

Phone: 780.496.8100
www.edmonton.ca/mayor

COUNCILLORS' OFFICES

Phone: 780.496.8110
Email: councillors@edmonton.ca
www.edmonton.ca/council
Telephone numbers for individual Councillors are listed on the website.

311

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

- Facility scheduling and information
- Program registration
- Purchasing a pet license (seniors discount)
- Registering a bylaw complaint
- Transit information
- City of Edmonton seniors programs
- Non-English speaking callers may request assistance of an interpreter – the 311 agent will connect the caller with an interpretive service to assist with the call.
- Deaf and Hard of Hearing callers can reach 311 using : TTY 780.944.5555

EDMONTON SERVICE CENTRE

2nd Flr, Edmonton Tower
10111 14 Ave NW T5J 0J4
Phone: 311
www.edmonton.ca/edmontonservicecentre
Edmonton Tower is a fully accessible

building near major transit routes and has several nearby ePark parking zones around the building.

PROVINCE OF ALBERTA

PREMIER OF ALBERTA

Phone: 780.427.2251
Email: premier@gov.ab.ca

LEADER OF THE OFFICIAL OPPOSITION

(Constituency Office - Rachel Notley)
Phone: 780.414.0702
Email: Edmonton.strathcona@assembly.ab.ca

GOVERNMENT OF ALBERTA CONTACT CENTRE

Toll-free 310-0000
Hearing impaired callers (requires TTY unit): Toll-free: 1-800-232-7215
www.alberta.ca/contact

ALBERTA SENIORS

Phone: 780.644.9992
www.alberta.ca/senior-supports

GOVERNMENT OF CANADA

Toll-Free: 1 800 O CANADA
(1.800.622.6232)
TTY: 1.800.926.9105
www.canada.ca

PRIME MINISTER OF CANADA

80 Wellington St, Ottawa, ON K1A 0A2 (No postage required)
Phone: 1-613-992-4211
www.pm.gc.ca

HEALTH SERVICES

FIND A DOCTOR

CPSA PHYSICIAN SEARCH

College of Physicians and Surgeons

**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.

ALBERTA FIND A DOCTOR

Primary Care Networks (PCNS)

www.albertafindadoctor.ca

Phone: 811

- Primary Care Networks are committed to helping Albertans find a family doctor near you who is accepting new patients.
- In a Primary Care Network, a group of family doctors works with Alberta Health Services and other Healthcare Professionals to coordinate the delivery of primary health services for their patients.
- Visit www.albertafindadoctor.ca/pcn or search: Primary Care Networks Alberta Health Services for more information about Primary Care Networks in Alberta.

AFTER HOURS CARE

HEALTH LINK ALBERTA

Phone: 811 24 hours

Health Link Alberta provides health advice and 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

Phone: 780.496.1300 24 hours

Community Care Access is the first point of contact for all programs within Community Care Services.

- 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.

EAST EDMONTON COMMUNITY HEALTH CENTRE

(Urgent care)

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Hours: Mon – Fri 5:00pm – 10:30pm,
Weekends & Holidays 3:00pm – 10:30pm

KAYE EDMONTON CLINIC

(Outpatient Service Only)

11400 University Ave. NW T6G 1Z1

Phone: 780.407.5000

NORTHEAST COMMUNITY HEALTH CENTRE

14007 50 St. NW T5A 5E4

Phone: 780.342.4000

COMMUNITY HEALTH CENTRES

www.albertahealthservices.ca

Bonnie Doon Community Health Centre

8314 88 Ave. NW T6C 1L1

Phone: 780.342.1520

East Edmonton Community Health Centre

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Edmonton Community Health Hub North:

13211 Fort Road, NW

Admin Reception 587-473-0775

Mill Woods Community Health Centre

7525 38 Ave. NW T6K 3X9

Phone: 780.342.1660

Northgate Community Health Centre

2020 Northgate Centre 9499 137 Ave. NW
T5E 4E3

Phone: 780.342.2800

Rutherford Community Health Centre

2nd Floor 11153 Ellerslie Rd. SW T6W 0E9

Phone: 780.342.6800

Twin Brooks Community Health Centre

George P Nicholson School

201-1110 113 St. NW T6J 7J4

Phone: 780.342.1560

West Jasper Place Community Health Centre

9720 182 St. NW T5T 3T9

Phone: 780.342.1234

Woodcroft Community Health Centre

448, Westmount Shopping Centre

13310 111 Ave. NW T5M 2M7

Phone: 780.342.1600

COMMUNITY HEALTH CENTRES SURROUNDING COMMUNITIES

Beaumont Community Health Centre

4918 50 Ave. Beaumont T4X 1J9

Phone: 780.929.4822

Devon Community Health Centre

101 Erie St. South, Devon T9G 1A6

Phone: 780.342.7069

Evansburg Community Health Centre

5225 50 St. Evansburg T0E 0T0

Phone: 780.727.2288

Fort Saskatchewan Community Health Centre

Room IT-007, 9401 86 Ave. Fort
Saskatchewan T8L 0C6

Phone: 780.342.2366

Gibbons Community Health Centre

4720 50 Ave. Gibbons T0A 1N0

Phone: 780.342.2660

Leduc Community Health Centre

4219 50 St. Leduc T9E 8C9

Phone: 780.980.4644

Morinville Community Health Centre

10008 107 St. Morinville T8R 1L3

Phone: 780.342.2600

St. Albert Community Health Centre

23 Sir Winston Churchill Ave. St. Albert
T8N 2S7

Phone: 780.459.6671

Sherwood Park - Strathcona County Community Health Centre

2 Brower Dr, Sherwood Park, AB T8H 1V4

Phone: 780.342.4600

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 www.heart2care.ca

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www.nurseanytime.com

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 www.HHPA.ca



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www.mysage.ca 780.423.5510

sage
 Sage Seniors Association

Spruce Grove Community Health Centre
#110 - 505 Queen St. Spruce Grove T7X 2V2
Phone: 780.342.1301

Stony Plain - WestView Community Health Centre
4405 South Park Dr, Stony Plain T7Z 2M7
Phone: 780.968.3700

Thorsby Community Health Centre
4825 Hankin St, Thorsby T0C 2P0
Phone: 780.789.4800

HOSPITALS

Grey Nuns Community Hospital Covenant Health
1100 Youville Drive West T6L 5X8
Phone: 780.735.7000

Misericordia Community Hospital Covenant Health
16940 87 Ave. NW T5R 4H5
Phone: 780.735.2000

Royal Alexandra Hospital
10240 Kingsway Ave. NW T5H 3V9
Phone: 780.735.4111

University of Alberta Hospital
8440 112 St. NW T6G 2B7
Phone: 780.407.8822

HOSPITALS SURROUNDING AREAS

Devon General Hospital
101 Erie St. South, Devon T9G 1A6
Phone: 780.987.8200

Fort Saskatchewan Community Hospital
9401 86 Ave. Fort Saskatchewan T8L 0C6
Phone: 780.998.2256

Leduc Community Hospital
4210 48 St. Leduc T9E 5Z3
Phone: 780.986.7711

Strathcona Community Hospital
9000 Emerald Drive, Sherwood Park T8H 0J3
Phone: 780.449.5380

Sturgeon Community Hospital
201 Boudreau Rd, St. Albert T8N 6C4
Phone: 780.418.8200

WestView Health Centre
4405 South Park Drive, Stony Plain 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

Covenant Health- Villa Caritas Geriatric Psychiatry
16515 88 Ave. NW T5R 0A4
Phone: 780.342.6500

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

Kaye Edmonton Clinic
(Outpatient Service Only)
11400 University Ave. NW T6G 1Z1
Phone: 780.407.5000

Lois Hole Hospital for Women
10240 Kingsway Ave. NW T5H 3V9
Phone: 780.735.4111

Mazankowski Alberta Heart Institute
11220 83 Ave. NW T6G 2B7
Phone: 780.407.8407

MEDICAL CLINICS

There are many medical clinics and medical centres including walk-in clinics where you can see medical professionals without an appointment, whether or not you have a family doctor. There are Resources online such as medimap.ca can help you locate a medical clinic near you, or you can Health Link 811.

SPECIALIZED CLINICS

GOOD SAMARITAN SENIORS' CLINIC
8861 75 St. NW T6C 4G8
Phone: 780.440.8274

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

- A primary health care clinic which sees seniors with complex health problems for Primary Care and Consults.
- The 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.

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780-489-3694
www.myscooter.ca

RADIUS COMMUNITY HEALTH AND HEALING

(formerly Boyle McCauley Health Centre)
10628 96 St. NW T5H 2J2

Phone: 780.422.7333

Dental Clinic (direct line): 780.421.7333

Email: info@radiushealth.ca

www.radiushealth.ca

- Radius provides critical primary health services including physical, mental, dental care, and much more to those who face multiple barriers to accessing health services.
- Barriers may include: ethnicity, poverty, homelessness/lack of appropriate housing, addictions, mental illness, literacy and education levels, social isolation and lack of social supports.

THE MIYOWAYAWIN CLINIC

Edmonton Native Healing Center

11813 123 St. T5L 0G7

Phone: 780.809.8610

Email: info@radiushealth.ca

www.radiushealth.ca/services/miyowayawin-clinic/

Radius operates the Miyowayawin Clinic in the Edmonton Native Healing Centre and provides services for Indigenous seniors and families.

SEXUALLY TRANSMITTED INFECTIONS (STI) CLINIC

Edmonton General Continuing Care Centre

11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8000

ALBERTA HEALTH SERVICES

Phone: 811

Email: info@albertahealthservices.ca

www.albertahealthservices.ca

- For information about programs and services or to book routine immunization appointment
- For health advice about a medical concern
- To book a COVID vaccination

PATIENT CONCERNS & FEEDBACK

c/o Patients Relations

10030 107 St. NW T5J 3E4

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

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.

CONTINUING CARE ACCESS

Phone: 780.496.1300

A central telephone number offering information, screening, referrals and assistance for people who require access to Continuing Care services in the Edmonton area, including:

- Home Care / Home living
- Day Programs / CHOICE
- Alberta Aids to Daily Living
- Supportive Living
- Facility Living (Long-Term Care)
- Edmonton Zone Palliative Care Program

CHRONIC DISEASE SUPPORT

See also: Health Service Organizations

CHRONIC DISEASE MANAGEMENT SUPPORT

Alberta Health Services

Phone: 825.404.7460

Toll free: 1.866.735.1051

Patients and Caregivers can contact the Chronic Disease Management (CDM) Information and Booking Line to access education workshops, as well as telephone education and support for Diabetes, Weight Management and Self-Management supports. Support and skill development workshops are offered for adult community members and caregivers to self-manage chronic illnesses such as Diabetes, Obesity, Chronic Pain, Heart problems, Long Covid, etc.

COUNSELLING

EDMONTON HEALING CENTRE

Jewish Family Services

#104, 15023 123 Ave T5V 1J7

Phone: 780.454.1194

Email: info@jfse.org

www.jfse.org

- Individual and family counselling
- Community presentations on grieving
- Bereavement support groups
- Counselling services are all available in person, by phone or video chat
- Flexible appointment times and adjustable fees

THE FAMILY CENTRE

#20 9912 106 St. T5K 1C5

Phone: 780.423.2831

Email: info@familycentre.org

www.familycentre.org

- A single counselling session with one of our mental health therapists may be enough to help you think more clearly

and work through your own solution when you feel stuck. Your first session is free, and subsidies are available for follow-up sessions.

- Counselling is available in person, over the phone, or online.
- Therapy groups for grief, anxiety, depression, and healthy relationships give you an opportunity to talk about your feelings and experiences in a healing and supportive group setting.
- Groups are facilitated by mental health therapists.

DROP-IN COUNSELLING AT SAGE

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Phone: 780.423.5510

- Drop-In Single Session Counselling is available at Sage on a walk-in basis. This is provided in partnership with The Family Centre.
- For dates and times Drop in Counselling is offered please go to our website at www.mysage.ca or contact Sage staff at 780.423.5510.

MERCY COUNSELLING

Catholic Social Services

Phone: 780.719. 2760

Email: mercy.intake@cssalberta.ca

www.cssalberta.ca/Our-Services/Mercy-Counselling

- Mercy Counselling is open to all members of the public. Common challenges people might seek support for include anxiety, depression, stress, grief, trauma, self-esteem, learning, work-related problems, personality difficulties, as well as frustrations in marriage and family life. No Walk ins. Contact for appointment and location.

STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES

#200 401 Festival Lane Sherwood Park

Phone: 780.464.4044

Email: familyandcommunity@strathcona.ca

www.strathcona.ca/seniors

- Offers walk-in, virtual, and telephone counselling.
- Residents are invited to phone or visit us on the second floor of the community centre to access affordable solution-oriented counselling (pay what you can afford).
- Many of us have times where we feel uncertain, stressed, overwhelmed, and can benefit from connection with a regulated professional.
- The counselling team is here to support you when you are ready.

DAY PROGRAMS

Adult Day Programs are designed for adults over the age of 18 who may have physical and/or memory challenges or are living with a chronic illness. They play a key role in allowing people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social, and emotional function. Adult Day Programs also provide respite and education for caregivers.

For further information or to make a referral:

Phone: 780.496.1300

www.albertahealthservices.ca

NOTE: Many organizations such as Elder Care provide Day Programs in locations around the city. Access to these programs requires an assessment by an Alberta Health Services Case Manager.

DENTAL CARE

GLENROSE DENTAL CLINIC

Glenrose Rehabilitation Hospital

Room 22, GlenEast Bldg, 10230 111 Ave NW T5G 0B7

Phone: 780.735.8810

www.ahs.ca/grh

- Clinic specializes in dental care for the elderly and disabled. Family and friends are also welcome.
- The treatment rooms are equipped with ceiling mounted lifts and large to accommodate patients with caregivers/family present.

HOME CARE

CONTINUING CARE - HOME CARE

Alberta Health Services

Phone: 780.496.1300

Email: [continuingcare@](mailto:continuingcare@albertahealthservices.ca)

albertahealthservices.ca

www.albertahealthservices.ca

- Home Care is publicly funded personal and healthcare services for clients of all ages living in a private residence or other setting, such as suites in a retirement residence.
- Home Care provides help with activities of daily living that the client cannot do themselves or cannot get help with from another source; these are often activities that are considered necessary for the client to safely maintain their independence, like personal hygiene or medication management.
- Home Care supplements care and supports provided by families and community services.
- An assessment by an AHS Case Manager is required to determine eligibility for Home Care services. Assessments may be coordinated by contacting Continuing Care Access at 780-496-1300.
- Home Care does not provide all services a client may need but can help arrange supports provided in your community. A case manager works directly with the client and is responsible for assessing the client's needs and ensuring the overall coordination of care and services.

CHOICE PROGRAM

Comprehensive Home Option for Integrated Care of the Elderly

Phone: 780.496.1300

www.albertahealthservices.ca

The CHOICE program provides services for older adults who have complex health issues and want to remain living in their own homes. The goal of the program is to keep clients healthy, at home, and out of the hospital system.

Services may include:

- Medical monitoring and treatment by CHOICE physicians and nurses
 - Medications dispensed by the CHOICE pharmacy
 - Physical and occupational therapy
 - Social Work (and Pastoral Care Services at a Good Samaritan location)
 - Recreation and social activities
 - Personal assistance with daily tasks, as needed
 - Health and wellness education
- This service offers several streams at different locations, including streams focused on: Main stream, mental health, later-stage dementia, restorative care.
- Once referred, you will be contacted by an AHS health professional to ask about your goals, determine with you which stream will best meet your needs, and coordinate your first day at the program.

See also: Help at Home for other care providers offering a range of services including nursing care at home.

HEALTH PLAN COVERAGE

ALBERTA HEALTH CARE INSURANCE PLAN

Phone: 780-427-1432

Toll free: 310-0000 before the phone number (in Alberta)

TTY: 780-427-9999

Email: health.ahcipmail@gov.ab.ca

(For general information or non-personal questions only.)

- The Alberta Health Care Insurance Plan (AHCIP) provides eligible Alberta residents with full coverage for medically necessary physician services, and some dental and oral surgical health services.
- Your health care number is what gives you access to coverage.
- Always carry your health care card and have additional travel or medical insurance when you leave Alberta.
- For details on what is and is not covered by AHCIP, visit: www.alberta.ca/ahcip-what-is-covered.

COVERAGE FOR SENIORS PROGRAM

Government of Alberta

www.alberta.ca/coverage-for-seniors-program

- The Government of Alberta works with Alberta Blue Cross to deliver premium-free coverage to individuals 65 years of age to cover 70 percent of prescription drugs and pay a portion of some health-related benefits.
- To register, seniors must provide proof of being 65 years of age or older such as a valid Canadian driver's license or Alberta identification card, birth certificate, Old Age Security entitlement letter, passport, immigration record, or naturalization or citizenship certificate.
- A Proof of Age Declaration form is included in the Seniors Financial Assistance application package – which you should receive in the mail six months before your 65th birthday

DENTAL & OPTICAL ASSISTANCE FOR SENIORS

www.alberta.ca/dental-optical-assistance-seniors

- Support to help cover basic dental and optical services. If eligible, seniors 65+ who are approved for the Seniors Financial Assistance programs will automatically be enrolled.

For more information contact:

ALBERTA BLUE CROSS

10009 108 St. NW T5J 3C5

Phone: 780.498.8000

Toll free: 1.800.661.6995

www.ab.bluecross.ca

- You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select Alberta government registry agents

See also: Financial - Provincial Programs

HEALTH SERVICE ORGANIZATIONS

ALZHEIMER SOCIETY

Phone: 1.866.950.5465

Email: help@alzheimer.ab.ca

ARTHRITIS SOCIETY

Toll-free: 1.800.321.1433

Email: info@arthritis.ca

www.arthritis.ca

CANADIAN BLOOD SERVICES

Phone: 1.888.236.6283

www.blood.ca

CANADIAN CANCER SOCIETY

Phone: 1.888.939.3333

Email: info@cancer.ca

CANADIAN HARD OF HEARING ASSOCIATION

Jerry Forbes Centre
#10, 12122 68 St. NW T5B 1R1
Phone: 780.428.6622
info@chha-ed.com

CANADIAN MENTAL HEALTH ASSOCIATION

Transition Place
#300 10010 105 St. NW T5J 1C4
Phone: 780.414.6300
Email: main@cmha-edmonton.ab.ca
www.edmonton.cmha.ca

CNIB FOUNDATION AB & NWT

11150 Jasper Ave. T5K 0C7
Phone: 780.488.4871
Email: Alberta@cnib.ca
www.cnib.ca

DEAF & HEAR ALBERTA

Phone/Text: 403.284.6200
Phone/Text: (Emergency) 866.471.2805
Email: info@deafandhearalberta.ca
www.deafandhearalberta.ca
www.ystore.deafandhearalberta.ca

HYPERTENSION CANADA

www.hypertenstion.ca
Contact form is on the website.

ALBERTA LUNG ASSOCIATION

#103 1259 91 St. T6X 1E9
Phone: 780.488.6819
Toll-Free: 1.888.566.5864
Email: info@ab.lung.ca
www.ab.lung.ca

THE LEUKEMIA & LYMPHOMA SOCIETY OF CANADA

Phone: 403.451.5430
Email: desiree.naylor@lls.org
www.bloodcancers.ca

NORTHERN ALBERTA HUNTINGTON DISEASE RESOURCE CENTRE

Buchanan Centre
11209 86 St. NW T5B 3H7
Phone: 1.800.998.7398 ext.202
Email: rromolock@huntingtonsociety.ca
www.huntingtonsociety.ca

PARKINSON ASSOCIATION OF ALBERTA

Buchanan Centre 11209 86 St. NW T5B 3H7
Phone: 780.425.6400
Email: info@parkinsonassociation.ca
www.parkinsonassociation.ca

POISON AND DRUG INFORMATION SERVICE (PADIS)

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Chemicals, Medications, and Herbals

VISION LOSS REHABILITATION ALBERTA

#600 11150 Jasper Ave. T5K 0C7
Phone: 1.844.887.8572
www.ab.visionlossrehab.ca

PALLIATIVE CARE

PALLIATIVE HOME CARE

Alberta Health Services
Phone: 780.496.1300
www.albertahealthservices.ca

AHS Palliative Home Care program:

- provides and coordinates specialist palliative care services for patients and families in all locations in the Edmonton Zone;
- works with primary care physicians or nurse practitioners in the community, and with attending teams in acute care;
- at any stage of a life-limiting illness, setting or medical diagnosis (e.g.: persons with cancer, end-stage chronic disease, frail elderly);

- in any location including in homes, hospices, acute care, long term care and supportive living sites;
- with a focus on early identification and application of a palliative approach to care; in the form of consultation for more complex needs at any time during the illness trajectory; that includes (but is not limited to) end-of-life care provided in the last hours, days or weeks of life.

SERVICE TYPES (Edmonton Zone)

Hospice Care:

Six hospices with a total of 85 spaces are available zone wide, located in urban and suburban / rural care settings.

Palliative Consult Services:

Consultants are available in the community and acute care for complex symptom management and/or assessment for hospice.

Palliative Home Care:

24/7 clinical and support services for adults provided at home; based on assessed care needs.

Specialty Clinics:

Symptom control and palliative care supports offered out of the Cross Cancer Institute as well as in a number of other specialty clinic settings.

See also: Financial - Provincial Programs

MEDICAL EQUIPMENT AND MOBILITY AIDS

ALBERTA AIDS TO DAILY LIVING

ATB Place North 10025 Jasper Ave. T5J 1S6

Phone: 780-427-0731

Toll free: 310-0000 before the phone number
The Alberta Aids to Daily Living (AADL) program helps Albertans with long-term

disabilities, chronic illness or terminal illness. The program provides funding for basic medical equipment and supplies so clients can live independently at home and within their communities.

- To obtain AADL funding, you must first be clinically assessed by an approved health care 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 health care professional, contact your local health care centre, hospital or call HealthLink 811. Let them know what kind of equipment or supplies you are looking for, and ask them to help you find an AADL Authorizer.
- AADL is a cost-share program. Albertans pay 25% of the benefit cost to a maximum of \$500 per individual or 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.

See also: Community Aids for Daily Living

EASTER SEALS EQUIPMENT LOAN

Phone: 403.235.5662

Email: accessibilitysupports@easterseals.ab.ca
www.easterseals.ab.ca/equipment-application/

Provides equipment to individuals with any disability.

- This program is a funding option for individuals who have exhausted all other funding resources for accessibility equipment. Clients must not be eligible for government-based funding (AADL), and we cannot cover the client cost-share portion of AADL funding.
- Eligibility for funding includes such equipment as power mobility devices,

lifts, hospital beds, elevating seats, ceiling tracks, portable ramps, walking aids, and lift assist chairs. Other equipment requests may be considered.

- Please email your inquiry to accessibilitysupports@easterseals.ab.ca. Friendly and knowledgeable staff ready to help you with your application.
- Easter Seals also takes donations of used equipment if people are no longer using it. We recycle it out to other clients.

ECO MEDICAL EQUIPMENT

1803 107 Ave. T5S 1K4

Phone: 780.483.6332

Email: info@ecomedical.ca

www.ecomedical.ca

- Since 1978, Eco Medical has been a leader in providing Edmonton & surrounding areas with the most updated medical assistive equipment and service.
- We provide a range of home health care products, many lifts and mobility solutions.

HOME HEALTH STORE INC.

7843 106 Ave T6A 1H6

Phone: 780.469.8499

Email: info@homehealthstore.ca

www.homehealthstore.ca

- Our knowledgeable staff is on site to discuss questions regarding ostomy, incontinence, mobility, and wound care.
- We carry bathroom equipment, walkers, hospital beds, compression stockings, wound care supplies, ostomy supplies, and catheters.
- A vendor for AADL, NIHB, DVA, and WCB.
- Certified fitter in store. Wholesale and professional pricing available.

MARKET DRUGS MEDICAL

10203 97 St. NW T5J 0L5

Phone: 780.422.1397

Email: market@marketrxmed.com

www.marketdrugsmedical.com

- Market Drugs Medical is a pharmacy and home medical store serving the Edmonton area for over 50 years. We offer specialized medical products including compression stockings, ostomy, incontinence, mobility & bathroom equipment.
- Pharmacists offer community and compounding services in English, Mandarin & Cantonese.
- Third-party direct billing is available for programs including Alberta Blue Cross, AADL, DVA, WCB and NIHB. Ask us about free delivery in Edmonton, Sherwood Park & St. Albert.

MEDMOBILITY

North Edmonton 12604 118 Ave

Phone: 780.457.5445

South Edmonton

5711 Calgary Trail NW, T6H 2K1

Phone: 780.437.3300

Email: contact100@medmobility.ca

www.medmobility.ca

- MEDmobility specializes in accessibility and mobility products, patient care, and home safety equipment.
- We are an accredited company providing services to AADL, WCB, and other funding agencies.
- MEDmobility's mission is to improve your quality of life by providing you with superior home medical equipment and services.
- A family business with over 30 years of experience in the industry- we understand your needs and provide attentive customer support.

MYSCOOTER.CA

Phone: 780.489.3694

Email: info@myscooter.ca

www.myscooter.ca

- Provides top quality portable folding electric wheelchairs and scooters at competitive pricing.
- Exclusive models that you won't find anywhere else in Canada. We'll ship the Mobi to you at no charge, to areas served by standard ground courier service.
- Licensed by Health Canada with Medical Device Establishment License, in business since 1982, A+ Business Accreditation with the BBB, 5-Star client rating.

SILVER CROSS

Phone: 780.450.6992

www.silvercrossstores.com

• MENTAL HEALTH

See also: Counseling, Addiction Services

ADDICTION & MENTAL HEALTH ACCESS 24/7

Alberta Health Services

13211 Fort Road T5A 1C3

Phone: 780.424.2424

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

COMMUNITY URGENT SERVICES AND STABILIZATION TEAM

Alberta Health Services

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.

DEMENTIA ADVICE

via Health Link, Alberta Health Services

Phone: 811

Email: healthlink@albertahealthservices.ca

www.MyHealth.Alberta.ca

- 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 Flr, 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.

COMMUNITY GERIATRIC PSYCHIATRY

Covenant Health

Main office: Westmount Shopping Centre

13310 111 Ave.

Phone: 780.342.9100

Ermineskin Satellite Office: 3030 106 St.

Phone: 780.342.1400

- 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.
- Accepts self-referrals, or referrals from families, physicians and other community agencies with the person's knowledge.

OPTOMETRY

ALBERTA ASSOCIATION OF OPTOMETRISTS

Phone: 780.451.6824

Email: alberta.association@optometrists.ab.ca

www.optometrists.ab.ca

Seniors aged 65 and older should undergo an eye exam annually.

- Annual eye exams can detect and provide the ability to manage eye diseases such as cataracts, glaucoma and macular degeneration, plus uncover other potentially serious medical conditions.
- Alberta Health coverage is available towards eye exams for seniors 65+. You can find an optometrist close to you by using the search tool on the website.

PODIATRY AND FOOTCARE

See also: Help at Home: Care Services

CLARAS FOOTCARE

9007 127 Ave. T5E 0A8

Phone: 780-399-2655

Email: clarasfootcare@gmail.com

www.clarasfootcare.ca

- A fully mobile foot care clinic providing advanced foot care in the comfort of your own home.
- Based in North Edmonton and serve the city and surrounding communities.

We direct bill for Veterans Affairs to Medavie Blue Cross.

- Contact us or visit our website to learn more about us and book your appointment.

REHABILITATION

COMMUNITY AUDIOLOGY SERVICES

Phone: 1.888.925.4044

- Provide screening, standardized hearing assessments, follow up recommendations, self-management education, and management of hearing loss for clients living in the community.

COMMUNITY REHABILITATION INTERDISCIPLINARY SERVICE (CRIS)

Phone: 780.735.2413

- Provides virtual and in-person assessment and treatment to adults living in the community who present with a functional impairment requiring an interdisciplinary approach (individuals with neurological conditions and other complex medical conditions).

OUTPATIENT & COMMUNITY PHYSIOTHERAPY SERVICES (OCPS)

Rehabilitation Advice Line

Phone: 1.833.379.0563

www.ahs.ca/RAL

- Virtual and clinic-based individual assessment and intervention is provided through contracted PT clinics.
- Services aim to prevent dysfunction, lessen the impact of disability, improve client awareness and self-management of their condition, and improve the quality of life for clients and families.
- Client must meet eligibility criteria and have received an approved assessment to access these services.

COMMUNITY AIDS FOR INDEPENDENT LIVING (CAIL)

Phone: 780.496.1300

- Provides assessment and provision for basic equipment and medical supplies for clients living in the community to improve safety, function, and independence in home and community.

See also: Alberta Aids to Daily Living in Medical Equipment & Mobility Aids page 64

CHRONIC DISEASE MANAGEMENT OCCUPATIONAL THERAPY (CDM-OT)

Phone: 780.342.8302

- Help for clients to participate safely and independently in their home and community through building skills to manage chronic conditions.
- Services focus on supporting client engagement in daily life activities, helping clients make and achieve functional and meaningful goals, identifying occupational roles and possibilities of clients and their caregivers, and enhancing family health, wellness and quality of life.

COMMUNITY RESPIRATORY SERVICES

Phone: 780.342.4914

- The Community Respiratory Therapy Team focuses on behavioral and lifestyle change to improve quality of life and successfully manage chronic lung disease patients, like Chronic Obstructive Pulmonary Disease (COPD), asthma, or interstitial lung disease.

SUPERVISED TRANSITIONAL EXERCISE PROGRAM (STEP) FORWARD

Phone: 780.735.3483

This beginner to intermediate group exercise program is for:

- adults living with a chronic health condition(s) that limits their ability to move
- adults who have recently received medical or rehab intervention and are ready to get back into community exercise,
- adults who want to prevent injury by improving physical function.

GLENROSE REHABILITATION HOSPITAL

10230 111 Ave. NW T5G 0B7

Phone: 780.735.7999

There is a variety of rehabilitation services available at the Glenrose. 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

HELP AT HOME: CARE SERVICES

AIM NURSING SERVICES

Phone: 780.668.4286

Email: admin@aimnursingservices.com
www.aimnursingservices.com

- We offer Capacity Assessment Report Assessments for Guardianships and Trusteeships as well as full applications for Guardianships and Trusteeships.
- We support health advocacy and form filing for government programs as well as Commissioning of documents.

ANGEL'S HANDS HOME & PERSONAL SUPPORTS

#418 422 Briarwynd Ct. T5T 0V5

Phone: 780.935.6199 or 780.906.4996

Email: cruzita2050@outlook.com

Angel's Hands Extended Home & Personal Supports Services Include:

- Snow removal and yard work, Disposal of unwanted items
 - Transportation to medical & other appointments, Med pick-up and delivery
 - Grocery runs and food storage, Help with basic cooking & meal-portioning
 - Companionship and emergency respite
- Assistance with laundry, Pet services

CARE AT HOME BY EXQUISICARE

Phone: 587.635.3223

Email: info@exquisicare.com

www.careathomebyexquisicare.com

- Care At Home offers companion care for all daily living activities, including home help and 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 and at home.

CARE AT HOME TRUST

Phone: 780.435.4663

Email: Info@shepherdscareathome.com

www.careathome.com

- Companionship, Personal care, Respite Care, Housekeeping, AHS Funding options
- Our dedication to our clients begins at first call.
- Contact us for a free consultation.

COMFORT KEEPERS EDMONTON

Phone: 780.465.4665

Email: edmonton@comfortkeepers.ca

www.comfortkeepers.ca/edmonton

- 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.

HARMONY CAREGIVING

Phone: 780.328.7807

Email: caring@harmonycaregiving.com

www.harmonycaregiving.com

- We specialize in around-the-clock home care for people living with dementia. Let us

take care of the cleaning, cooking, laundry, appointment accompaniment, errand running and more, so you can spend quality time with your loved ones.

- Our caregivers assist with companionship, personal care tasks such as medication reminders, bathing/showering, incontinence care, rom exercises.
- We are an approved vendor for the Alberta Blue Cross Client Directed Care Program.

HAVENCREST HOMECARE

Phone: 780.953.0342

Email: Havencresthomecare@gmail.com

www.havencresthomecare.ca

- Certified professional homecare team – extensively trained, insured and available to provide compassionate care for you and your loved ones.
- Services include: personal care, companion care, home support, Alzheimer/ Dementia Care, palliative care.
- AHS approved provider.

HEART2 CARE HOME CARE SERVICES

Phone: 780.717.9839

Email: heart2careyeg@gmail.com

www.Heart2Care.ca

- Heart2Care Home Care Services specializes in delivering compassionate in-home care that's tailored to your loved ones' needs.
- Our dedicated team prioritizes safety, comfort, and companionship, ensuring a holistic and supportive environment.
- Contact us to discover how Heart2Care can make a meaningful difference for your family.

HELPFUL NUTRITION & HEALTH NAVIGATION

Phone: 780.718.4827

Email: kelly@helpfulnutrition.ca

www.helpfulnutrition.ca

- Registered Dietitian specializing in Home Care for seniors, mental health, & complex health needs. Experienced expert advice and a passion for helping seniors.
- Home visits, phone, or online appointments.
- Coordinating care and connecting you to services.
- Support for caregivers with advice on managing special diets, groceries, meals, and home supports.
- Direct billing for private insurance. Tax receipts provided. Sliding scale fees for those in need.

HOME CARE ASSISTANCE

Phone: 780.490.7337

www.homecareassitanceedmonton.ca

- Customized care for clients of all ages.
See ad on page 4.

HOME INSTEAD

11 Fairway Dr. T6J 2S6

Phone: 780.439.9990

Email: shawn.turcotte@homeinstead.com

www.homeinstead.com/edmonton

- Our In-home care services can help aging adults stay engaged in everyday life with tailor-made support by professional caregivers.
- It's our mission to provide a care plan personalized to your family's needs to bring comfort, connection, and quality of life in the place that they love the most, their home.
- Our Home Care Services: Personal Care, Alzheimer's Care, Hospice Support, Chronic, illness Care, Home Helper, Transportation, Companionship, Nurse Directed Care.

HOMEFIRST HEALTHCARE

Phone: 587.819.1500

Email: info@homefirsthealthcare.ca

www.Homefirsthealthcare.ca

- Locally owned homecare service provider serving Edmonton and surrounding areas with care that respects the dignity and compassion of our clients.
- Services include companionship, dementia care, housekeeping, meal prep, medication reminders, hospital discharge, appointments and outings, respite, palliative, and personal care.
- Free Assessments. Approved provider for AHS funding program.
- Our caring team will work with you to navigate healthcare, and ensure you are comfortable with a customized care plan.

HELPING HANDS PERSONAL ASSISTANTS

Phone: 780.244.0488

Email: hpha@gmail.com

www.hpha.ca

- Making life easier, helping you remain independent within your life by providing personalized in-home services to fit your daily needs, companionship, shopping, accompanying to and from appointments, respite supports, meal prep, light housekeeping and so much more.

HOME SUPPORT SERVICES

Jewish Family Services

#104 15023 123 Ave. T5V 1J7

Phone: 780.454.1194

Email: info@jfse.org

www.jfse.org

Our fee-based home support services include:

- Personal care and Cleaning
- Meal preparation and Grocery Shopping
- Companionship
- Transportation

MANCHESTER ROSE GROUP

Phone: 780.340.4663

Email: info@manchester-rose.com

www.manchester-rose.com

- Quality Private Pay, AHS and WBC approved Home Care Services for Seniors.
- Respite Care, Personal Care, Nursing Services, Caregiver Support and Education, Senior Concierge, Companion Care, Palliative and End of Life Care, all available in your home or senior living facility.
- Affordable, flexible, and can be paid with private funds, Veterans Benefits, private insurance, or direct billed to the Alberta Health Self-Managed Care Invoicing Program.
- Call for a free consultation.

NURSE ANYTIME HOME CARE

Phone: 780.435.9959

Email: info@nurseanytime.com

www.nurseanytime.com

Helping seniors maintain their independence through quality, personalized home care since 1994. Our compassionate professionals can make a difference in your life.

- Nurse managed care. No-charge assessments.
- Client directed home care provider via Alberta Health Services.

- Personal care: Helping with everyday hygiene.
- Home Support: Ensuring chores and errands are complete.
- Palliative care: Managing end of life needs.
- Respite Care: Providing a break for the family caregiver.

NURSE NEXT DOOR EDMONTON

10942 124 St. NW T5M 0H5

Phone: 780.737.1115 After hours call 1.844.260.2155

Email: edmonton@nursenextdoor.com

www.nursenextdoor.com

- From companionship to around-the-clock nursing care, we can help your loved one stay safe at home.
- We connect you with a caregiver with the right background and skill set for excellent care.
- Free in-home consultation.
- Open 24/7: We promise you will always be able to talk to an actual person. We manage everything, every step of the way.
- Peace of mind is knowing that someone is always there to help. We take care of the details and guarantee regular, ongoing visits, and will keep your family updated.

VERITAS SENIORS CONCIERGE INC.

Phone: 780.975.7927

Email: care@veritasseniors.ca

www.veritasseniors.ca

- Specializing in personalized Senior Care- 24/7 tailored to your family needs when and where care is required.
- Join our family of compassionate Companions and Caregivers. Dignity, compassion, respect, honesty, and being present and listening describes our approach to anything we do. Care available from a few hours to full-time care.
- Book a complimentary home visit to learn how our services can make a difference.

YOUR GOOD COMPANY

Phone: 780.299.9049

Email: info@yourgoodcompany.ca

www.yourgoodcompany.ca

- A helping hand with gardening, cooking and light housekeeping.
- Rides to appointments, outings and errands.
- Assistance going for walks, sharing a hobby, reading together, writing letters or journalling memories.
- Communication with family members and/or senior care staff, if requested.
- Good companionship!
- We look forward to meeting with you to create and implement an individualized care plan.

HELP AT HOME: FOOD SERVICES

See also: Food Security page 45

EDMONTON MEALS ON WHEELS

Phone: 780.429.2020

Email: orders@mealsonwheelsedmonton.org

www.mealsonwheelsedmonton.org

- Edmonton Meals on Wheels offers nutritious fresh and frozen meal delivery services prepared by skilled chefs to accommodate various dietary needs, including texture modifications and special diets (like diabetic or low sodium).
- With a focus on friendly and caring service, our fully screened volunteers are committed to providing seniors with delicious, connected, and affordable meal options right at their doorstep.

HEART TO HOME MEALS

Phone: 780.666.2336 or

1.800.704.4779

Email: edmonton@hearttohomemeals.ca

www.hearttohomemeals.ca

- Delivers balanced and nutritious meals to

seniors in Edmonton and Northern Alberta.

- Over 200 meals, soups and desserts to choose from. Meals have controlled levels of salt, sugar, and fat and can be cooked from frozen.
- No Contracts or commitments. Order any time. Minimum order may apply.
- Approved provider through Veteran Affairs of Canada Access to Nutrition Program. Free Delivery to your door weekly or bi-weekly.
- Drivers are police checked and committed to customer service. They can even put the meals in your freezer.

HELP AT HOME: HOME SERVICES

ASSISTED WASTE COLLECTION

Phone: 780.496.5698

Email: wastesupport@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.

PERSONAL LAUNDRY

Phone: 780.980.0610

Email: scheduling@personallaundry.ca

www.personallaundry.ca

- Services include pickup, wash and fold, and delivery.
- Volume discounts for Personal Laundry depots and group housing facilities!

STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES

#200-401 Festival Lane, Sherwood Park

Phone: 780.464.4044

Email: familyandcommunity@strathcona.ca
www.strathcona.ca/seniors

- Screened homemakers in the community provide light housekeeping services for residents of Strathcona County who are 65 years of age or older, are experiencing health related difficulties preventing resident and household members from managing their housekeeping.
- Clients must meet household income eligibility criteria.

HOME RELOCATION & MOVING SERVICES

See also: Housing Resources, Donating Household Items

MOVING SERVICES

ELDER MOVE INC

Phone: 780.668.9767

Email: shannon@eldermove.ca
www.Eldermove.ca

Relocation with comfort & ease. Elder Move is committed to making the transition to a new home as stress free as possible. 12+ years serving Edmonton & area. Elder Move provides a full range of services including:

- Floor planning
- Relocation/Movers, Packing/Unpacking/Settling
- Downsizing, Donation pickups/House empty
- Member of the National Association of Senior Move Managers since 2011
- BBB, business license, police security checks, WCB, Insurance

FORT MOVING

Phone: 780.998.2422

Email: office@fortmoving.ca
www.fortmoving.ca

- Across the street or across the country...we make it easier!
- Fort Moving offers the full moving package, including packing service, and moving supplies.
- We also offer a 10% senior rate.

LAST STOP MOVING

3104 101 St. NW

Phone: 587.602.4858

Email: info@laststopmoving.com
www.laststopmoving.com

- Specialists in senior moving services, focused on easing transitions to new homes.
- Comprehensive background checks ensure our staff is reliable and trustworthy.
- Offering an array of services from downsizing, in-house moving to long-distance relocations.
- Donation and waste disposal services provided.
- We also offer home clear-outs, handling every detail with the utmost care.
- Book a packing job and receive free packing paper. First week of storage FREE.

MOVE COORDINATORS INC

Phone: 780.668.8811

Email: info@movecoordinators.ca
www.movecoordinators.ca

- Certified Senior Move Manager. Recipient of Circle of Service from the National Association of Senior Move Managers. Member of Better Business Bureau.
- Trained Professional Organizer
- Downsizing, including sale of items using Online Auction www.newlymine.com and other options.
- Pack up – move coordination then unpack services.
- Coordinate donation and disposal services
- House clear-out for Estates.

SHALOM MOVERS-MOVING AND STORAGE

12257 Fort Road NW T5B 4H2

Phone: 780.708.6000

Email: aleksandr@shalommovers.ca
www.shalommovers.ca

Shalom Movers is located in Edmonton and provides local and long-distance moving and storage services at affordable rates.

- Need storage? First-month storage is free in our heated, clean, and climate-controlled storage units with special discounts to senior citizens for additional months.
- Full or partial packing and unpacking services available.
- We deliver items to auctions, donation centres, or the dump.
- We are here to help. Feel free to contact us 24/7.

HOME SALES SERVICES

CONNIE BARNES, REALTOR, SRES HOMES & GARDENS REAL ESTATE LTD **Phone: 780.445.4080**

Email: office.connie.barnes@gmail.com
www.conniebarnes.ca

Luxury Adult Independent Living Rentals and Sales

- Home sales and condo/home purchases throughout the Greater Edmonton Area
- 18 years experience as a Realtor
- Designated Seniors Real Estate Specialist (SRES)
- I obtained my SRES designation to help folks in their retirement with their big move. I am always happy to assist with finding the best options to suit their housing needs.

SOLUTION HOME BUYERS

Phone: 780.484.6040

Email: Janet@Solutionhomebuyers.ca
www.solutionhomebuyers.ca

- When you need to move quickly and want to sell your house “As Is”, while leaving unwanted contents, we are here to help!
- Serving Alberta seniors with empathy, compassion and respect since 2003, we are the quickest, easiest way to sell a house without paying commissions.
- BBB A+ rated, we focus on doing a great job for you when you need a quick sale!
- Give us a call today at 780-484-6040!

SUNRISE HOME BUYERS

Edmonton and area

Phone: 587.982.7576

Email: sunrisebuyers@gmail.com
www.sunrisehomebuyers.ca

- We purchase houses outright, in “AS-IS” condition on the date of your choice.
- Whether downsizing or moving into a new phase of life, we operate on your timeline.
- We can purchase your home in days, or months, or anywhere in between. Don’t worry about repairing or cleaning.
- Fair, simple, and flexible terms. Sell your home without stress or expensive fees.
- Call us today for a no-pressure conversation to determine if we are a good fit.



SHALOM MOVERS

We'll Move You Like You're Family

- Providing Heated Climate Controlled Storage
 - Local & Long Distance Moving
 - 1st Month Storage Free!



www.shalommovers.ca



780-708-6000

SWEETLY REAL ESTATE

Phone: 780.477.9338

Email: kelly@sweetly.ca

www.sweetly.ca

- Sweetly provides flexibility and convenience for seniors looking to sell their properties, by offering both traditional MLS listing services and a quicker Swift Sale option.
- Your home sale is guaranteed whether you test the market with one of our expert REALTORS or sell directly to Sweetly and choose your own move-out date. We give seniors options and peace of mind they can count on.
- Order your appraisal today at www.sweetly.ca or call 1-877-850-4448 for more information.

LEARNING & LITERACY

See also: Citizenship & Immigrant Services for English Language learning

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.

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

EDMONTON COMMUNITY ADULT LEARNING ASSOCIATION

104 4207 98 St. NW T6E 5R7

Phone: 780.415.5520

Email: info@ecala.org

www.ecala.org

- ECALA provides 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).

EDMONTON LIFELONG LEARNERS ASSOC (ELLA)

Phone: 825.901.0515

Email: support@my-ella.com

www.my-ella.com

- ELLA offers mature adults (50+) high quality, affordable, non-credit, educational courses, seminars, and workshops that explore liberal arts, fine arts, sciences, humanities and wellness. Our winter session, offered ONLINE, runs January - March, and our IN-PERSON spring session takes place in May each year.
- Visit our web site for more details and to sign up for our newsletter.

ST ALBERT & DISTRICT FURTHER EDUCATION ASSOCIATION

Phone: 780.460.2207

Email: admin@stalbertfurthered.com

www.stalbertfurthered.com

- Offers continuing education, free tutoring, and English Language Learning (ELL) to adults in St. Albert.
- Courses include basic computer skills, iPhone use, languages, sewing, knitting, crocheting, ukulele, and much more.
- Weekly Senior Conversation Circle at the St Albert Seniors Centre.
- We always need volunteers for our tutoring program.

LEGAL RESOURCES & SERVICES

WHEN TO CONSULT A LAWYER

Lawyers serve a wide range of a client's needs. You should consult a lawyer:

- To purchase a home or a business
- To draft a will, personal directive, or power of attorney
- When Incorporating or forming a partnership contract
- If you are being sued by someone
- If you are charged with a criminal offence.
- A lawyer's principal responsibility is to ensure that each client obtains the benefit of their legal rights and is aware of their legal obligations. Lawyers have a fiduciary duty to act in the best interest of their clients. In approaching this duty, lawyers have three fundamental obligations:
- Serve clients competently
- Be loyal to clients
- Keep client communications confidential.

Lawyers can also assist with planning estates, administering wills, mediating disputes, writing letters and opinions, taking steps to avoid litigation, and negotiating settlements.

ALBERTA HUMAN RIGHTS COMMISSION

Phone: 780.427.7661

Email: humanrights@gov.ab.ca

www.alberta.humanrights.ab.ca

- Provides free, confidential information, a complaint resolution service, and education programs and services that educate and engage Albertans and Alberta organizations on human rights, diversity, and rights and responsibilities under Alberta's human rights law.

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.

COURT AND JUSTICE SERVICE CONTACT CENTRE

Phone: 780.638.4747

Toll Free: 1.855.738.4747

www.cjs.alberta.ca

- Can assist callers with specific questions related to their court matters (family, traffic, civil, or criminal) including court dates/time/location.
- Can also provide referrals to appropriate external agencies and offices.

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. Services are for Criminal court matters only.
- 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/witness of domestic violence.

EDMONTON COMMUNITY LEGAL CENTRE

#200 10020 100 St. T5J 0N3

Phone: 780.702.1725

Email: intake@eclc.ca
www.eclc.ca

The Edmonton Community Legal Centre provides free legal advice, advocacy, information, referral, and support when income poses a barrier to accessing justice.

- Clinic appointments are with volunteer lawyers who provide free 30 to 45-minute legal coaching appointments.
- 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.

LAW SOCIETY OF ALBERTA

Located in Calgary

Phone Toll-Free: 1.800.661.9003

Email: customer.care@lawsociety.ab.ca
www.lawsociety.ab.ca

- The regulatory body for lawyers – does not provide legal advice.
- Provides an online Lawyer Directory where you can search for a lawyer by name, firm, location, area(s) of practice, language(s) spoken and other criteria. Lawyer discipline information is also available in the Lawyer Directory and the website. May be able to help find lost files or wills.
- Note: The Lawyer Referral Service closed effective September 22, 2023.

LEGAL AID ALBERTA - CLIENT CONTACT CENTRE

Phone: 1.866.845.3425

www.legalaid.ab.ca

- A publicly funded, non-profit organization that provides affordable legal services in family law, domestic violence, child welfare, immigration, and criminal defence.
- For Albertans who qualify under the eligibility guidelines, we offer legal representation through an assigned lawyer.

OFFICE OF THE PUBLIC GUARDIAN AND TRUSTEE

Brownlee Building

4th floor 10365 97 St. T5J 3Z8

Adult Guardianship: 780.427.0017

Trusteeship: 780.427.2744

www.alberta.ca/opgt-supports

- 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 that is 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 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.

RESOLUTION SUPPORT CENTRE - INFORMATION SERVICES

#8124 10365 97 St.

Phone: 780.415.0404

Email: infoservices.edmonton@just.gov.ab.ca

- Provides information about civil, family and criminal matters; explains what court forms can be used, 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

- A non-profit society dedicated to assisting low-income individuals to understand legal issues and solve legal problems.
- SLS provides legal information and assistance in the following: civil/family law, criminal law, legal education and reform, pro bono students Canada.

LEGAL FIRMS

SID J. KOBOWKA PROFESSIONAL CORPORATION

#605 10080 Jasper Ave. T5J 1V9

Phone: 780.414.0444

Email: sid@kobewka.com

www.kobewka.com

Legal advice for Wills, Estate Planning. and Estate Administration.

LGBTQIA2S+ RESOURCES

See also: Aging with Pride in Seniors Clubs and Groups

PRIDE CENTRE OF EDMONTON

10618 105 Ave NW T5H 0L2

Phone: 780-433-3234

Email: hello@pridecentreofedmonton.ca

www.pridecentreofedmonton.ca

- The Pride Centre of Edmonton provides a non-judgmental, welcoming space where people of all attractions, identities, and expressions can be themselves, find support, meet new people, and be part of a caring community.
- The Centre offers resources, volunteer opportunities, counselling, and sensitive and expert information and referrals for those seeking help.
- The Centre also organizes programs to help improve the social, mental, and physical health of the 2SLGBTQIA+ community.

EDMONTON SENIORS PRIDE GROUP

www.epsg.ca

- Helping to create safe spaces in Edmonton for greater quality of life for older 2SLGBTQIA+ residents since 2013.
- EPSGS strives to ensure that all queer seniors' services, activity centres, and housing – assisted and independent senior housing complexes long term care facilities, lodges and palliative care centres – are a welcoming, safe, and caring environment for 2SLGBTQIA+ older adults aged 55+ in Edmonton and area.

LIBRARIES

CNIB FOUNDATION AB & NWT

#600 11150 Jasper Ave. T5K 0C7

Phone: 780.488.4871

Email: info@cnib.ca

www.cnib.ca/en/contact/

[edmonton?region=ab](http://www.cnib.ca/en/contact/?region=ab)

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.

EDMONTON PUBLIC LIBRARY

Stanley A. Milner Library

7 Sir Winston Churchill Sq T5J 2V4

Phone: 780.496.7000

www.epl.ca

EPL has been designated Senior Friendly!

- Can't visit EPL for 3 months? We deliver books to you! Our screened volunteers provide home service where you live, whether that's an extended care facility, a seniors' lodge or your own home.
- Explore large print, audio books, descriptive videos and more.
- Contact your local branch to register. Branch hours vary by location. Please contact the branch or visit www.epl.ca for more information.

EPL BRANCH LOCATIONS

ABBOTTSFIELD - PENNY MCKEE

#160 3210 118 Ave. T5W 4W1

Phone: 780.496.7839

CALDER

12710 131 Ave. T5L 2Z6P

Phone: 780.496.7090

CAPILANO

9915 67 St. NW T6A 3C2

Phone: 780.496.1802

CASTLE DOWNS

106 Lakeside Landing

15379 Castle Downs Rd NW T5X 3Y7

Phone: 780.496.1804

CLAREVIEW

3808 139 Ave T5Y 3G4

Phone: 780.442.7471

HERITAGE VALLEY

2755 119A St SW T6W 3R3

Phone: 780. 496.4834

HIGHLANDS

6710 118 Ave. T5B 0P3

Phone: 780.496.1806

IDYLWYLDE (BONNIE DOON)

8310 88 Ave. T6C 1L1

Phone: 780.496.1808

JASPER PLACE

9010 156 St. T5R 5X7

Phone: 780.496.1810

LOIS HOLE (CALLINGWOOD)

17650 69 Ave. T5T 3X9

Phone: 780.442.0888

LONDONDERRY

Suite 166 Londonderry Mall

137 Ave, 66 St. NW T5C 3C8

Phone: 780.496.1814

MCCONACHIE

16607 50 St. NW T5Y 0C8

Phone: 780. 442.5314

MEADOWS

2702 17 St. NW T6T 0X1

Phone: 780.442.7472

MILL WOODS

2610 Hewes Way T6L 0A9

Phone: 780.496.1818

RIVERBEND

460 Riverbend Sq

Rabbit Hill Rd and Terwillegar Dr T6R 2X2

Phone: 780.944-5311

SPRUCEWOOD

11555 95 St. T5G 1L5

Phone: 780.496.7099

STANLEY A. MILNER (DOWNTOWN)

7 Sir Winston Churchill Sq. T5J 2V4

Phone: 780.496.7070

STRATHCONA

8331 104 St. T6E 4E9

Phone: 780.496.1828

WEST HENDAY PROMENADE (LEWIS ESTATES)

West Henday Promenade

818 Webber Greens Dr. T5T 4K5

Phone: 780.495.8342

WHITEMUD CROSSING

145 Whitemud Crossing Shopping Centre

4211 106 St. T6J 6L7

Phone: 780.496.1822

WOODCROFT (WESTMOUNT)

13420 114 Ave. T5M 2Y5

Phone: 780.496.1830

- 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.
- Many formats are available for borrowing, including large print, movies, audio books, CDs, and playaways.
- Call or visit the website for hours, free programs and seniors services.

STRATHCONA COUNTY LIBRARY

401 Festival Lane Sherwood Park T8A 5P7

Phone: 780.410.8600

Email: info@sclibrary.ca

www.sclibrary.ca

- Free programs: One-on-one technology support, history, travel, book clubs, genealogy, crafts, and more!
- Additional services to seniors' residences and rural stops provided by the Bookmobile.
- Outreach deliveries for seniors who are unable to come into the library.
- Borrow items in accessible formats including large print, audiobooks, DAISY books, movies, eBooks, and more.

SURROUNDING COMMUNITIES**ST. ALBERT PUBLIC LIBRARY**

Two locations:

5 Saint Anne St. St. Albert T8N 3Z9

Jensen Lakes: #1010, 880 St. Albert Trail,

St. Albert T8N 7V2

Phone: 780.459.1530 www.sapl.ca

OUTREACH & SUPPORT SERVICES

Outreach workers can provide information about services and supports, help fill out forms, and help seniors connect to community resources. This service can be offered in seniors' centres, in community or in the senior's home.

In Edmonton, the Seniors Coordinated Outreach is a program involving the following organizations providing outreach and support to seniors (see ad: page 98)

ASSIST Community Services Centre

Phone: 780.429.3111

9649 105A Ave. T5H 0M3

Can travel to:

810 Saddleback Rd NW T6J 4W4

Bent Arrow Traditional Healing Society

Phone: 780.481.3451

11648 85 St. NW T5B 3E5

Edmonton Mennonite Centre for Newcomers

Phone: 780.474.8445

10170 112 St. NW T5K 2L6

Jewish Family Services

(Welcomes all individuals)

Phone: 780.454.1194

104 15023 123 Ave. NW T5V 1J7

Multicultural Health Brokers Cooperative

Phone: 780.423.1973

9538 107 Ave. NW T5H 0T7

Operation Friendship Seniors Society

Phone: 780.429.2626

10310 93 St. NW T5H 1X1

Sage Seniors Association

Phone: 780.423.5510

15 Sir Winston Churchill Sq. T5J 2E5

Strathcona Place Seniors Society

Phone: 780.433.5807

10831 University Ave. T6E 4R1

The Shaama Centre

Phone: 780.465.2992

329 Woodvale Rd W T6L 3Z7

Westend Seniors Activity Centre

Phone: 780.483.1209

9629 176 St. NW T5T 6B3

OUTREACH SUPPORT IN SURROUNDING COMMUNITIES

FORT SASKATCHEWAN SENIORS OUTREACH

10005 102 St. Fort Saskatchewan, AB T8L 2C5

Phone: 780.992.6623

www.fortsask.ca

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.

ST. ALBERT FOOD BANK AND COMMUNITY VILLAGE

30-50 Bellerose Dr, St. Albert T8N 3L5

Phone: 780.459.0599

Email: suzan@stalbertfoodbank.ca

www.stalbertfoodbankandcommunityvillage.com

- The Community Village is open daily by appointment.
- Community liaisons and trained volunteers are available to help you access the appropriate programs, agencies and services.

STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES

2nd Floor East Wing Community Centre
401 Festival Lane, Sherwood Park

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.
- They will call to confirm so check your voicemail

STRATHCONA PLACE 55+ SERVICES & OUTREACH

Phone: 780.433.5807

Outreach support and Wisemen and Wonderwomen discussion groups for seniors. Services include online and phone support, referrals, and access to support in other languages.

PETS

ALBERTA HELPING ANIMALS SOCIETY

Phone: 587.338.8668

Email: AlbertaHelpingAnimalsSociety@gmail.com
www.ahas.ca

- 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.

BOYLE STREET COMMUNITY SERVICES PET FOOD BANK

10116 105 Ave.

Phone: 587-334-2906

Email: aboopalan@boylestreet.org

www.facebook.com/ICRWPpetfoodbank/

- Open every Wednesday for walk-ins from 10 am to 12:00 pm.
- Please bring a bag with you to carry supplies. We do not ask for ID, we just ask for your name and some demographic information when you walk in.
- We are donation-based and do our best to meet the needs of people and their pets.

ANIMAL CARE & CONTROL CENTRE

13550 163 St. T5V 0B2

Phone: 311 Outside Edmonton: 780-442-5311

Email: 311@edmonton.ca

- The Animal Care & Control Centre offers safe-harbour for sick, injured, and lost pets as well as victims of animal neglect, cruelty and abandonment.
- ACCC houses and cares for these pets until their rightful owners can be found or they are transferred to a rescue for adoption.
- Priority is given to citizens with appointments. To avoid long waits, intake and pick-up appointments are highly recommended.

ELDERDOG CANADA EDMONTON PAWD

Phone: 780.885.1226

Email: elderdogedmontonldr@gmail.com
www.elderdog.ca

- ElderDog is a registered charity dedicated to ageing people, ageing dogs, and the important connection they enjoy.
- We assist and support older adults in the care and well-being of their canine companions.
- We promote the welfare of older dogs whose lives have been disrupted due to illness, relocation or death of a human companion.
- We educate about the human-animal bond and the significant role of companion animals in the health and well-being of seniors;
- 100% volunteer run. No charge for services.

RECREATION RESOURCES

See also: Seniors Centres, Groups & Clubs

ALBERTA 55 PLUS

Edmonton Marigold Recreation –Zone 6

Office Location: Central Lions

11113 113 T NW T5G 2V1

Phone: 780.454.6560

www.alberta55plus.ca

- Edmonton 55-Plus offers a wide variety of athletic and artistic activities and workshops including 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 non-provincial Games years.
- Membership fee: \$40 per year.

CITY OF EDMONTON RECREATION FACILITIES

- The City of Edmonton operates 20 recreation and leisure centres throughout Edmonton, offering everything from fitness and aquatics programs to arts and leisure activities.
- Call 311 for details and locations.
- Seniors and low-income families may also qualify for the Leisure Access Program which offers free admission to rec centres and reduced prices for registered programs. Call **780.496.4918**.

YMCA OF NORTHERN ALBERTA

www.ymcanab.ca

- Stay active, connect with others, and be a part of a welcoming community at the YMCA!
 - Offering drop-in fitness classes for seniors including cardio, strength, yoga, Zumba, and Aquafit, as well as lane swimming and aqua jogging, Pickleball, racquet sports, fitness centre access, 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)

11510 153 Ave. NW

Phone: 780.476.YMCA (9622)

Don Wheaton Family YMCA (Downtown)

10211 102 Ave. NW

Phone: 780.452.YMCA (9622)

Jamie Platz Family YMCA (West)

7121 178 St. NW

Phone: 780.481.YMCA (9622)

William Lutsky Family YMCA (South)

1975 111 St. NW

Phone: 780.439.YMCA (9622) .



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 ♥ Personal Hygiene
- ♥ Meal Preparation ♥ Appointment Accompaniment
- ♥ Home Cleaning ♥ Organization ♥ ROM Exercise

Screened & Trained Care Partners to
Help You Stay In Your Own Home

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

Approved AHS Client Directed
Home Care Invoicing Care Provider

780-328-7809

Book Your Complimentary In-Home Consultation Today!

SENIORS CENTRES, GROUPS, & CLUBS

Seniors' centres are community-based centres for older adults and senior citizens where they can gather to take part in social, wellness, recreational, and educational activities and services.

Call each centre for up-to-date hours of operations.

SENIORS CENTRES CENTRAL

SAGE SENIORS ASSOCIATION (SAGE)

15 Sir Winston Churchill Square T5J 2E5
(Northwest corner of 100 St. and 102A Ave.)

Phone: 780.423.5510

Email: info@MySage.ca

www.MySage.ca

Sage is dedicated to inspiring and supporting seniors to be the best they can be. When you connect with Sage, you connect with a network of resources, supports and opportunities.

Sage's programs and services include:

- Outreach, assessment and other social work services and referrals to other services.
- Income tax preparation for low-income seniors.
- Senior and volunteer-lead life enrichment activities including drop-in games, fitness, music and art classes, clubs and interest groups (see the monthly calendar on our website).
- Volunteer opportunities.
- There is generally no fee to access Sage services, and many programs are available online or by phone.

Sage's Main Building Downtown:

- Open Monday-Thursday 8:30 am - 4:00 pm for in-person onsite programming and appointments.
- Currently Sage's main doors are kept locked but volunteers and staff are available to let you in and there is a buzzer by the door.
- Closed Fridays: Off-Site service delivery only.
- Parking Near Sage: Sage does not offer free parking. The closest parking to Sage is Edmonton City Centre East Parkade (entrance on the north side of 102A Ave., just west of Sage).



CENTRAL LIONS' SENIOR ASSOCIATION (CLSA)

11113 113 St. T5G 2V1

Phone: 780.496.7369

Email: info@centrallions.org

www.centrallions.org

- CLSA provides recreational, educational, fitness, and social opportunities for people 55 years of age and older.
- The Centre features a gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium, and cafeteria.
- The Centre is fully accessible with lots of free parking onsite.
- Come for the programs, stay for the people!

ITAL CANADIAN SENIORS' ASSOCIATION

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Email: itcansrs@telus.net

www.Italcanadianseniors.ca

- Membership for anyone over 55 years or older; facility free to members.
- Drop-in Centre, bocce courts, card tables, pool table, TV with Italian channels, exercise room.
- Library of Italian Books, and VCRS.

SENIORS CENTRES NORTHEAST

NORTH EDMONTON SENIORS ASSOCIATION

7524 139 Ave. NW

Phone: 780.496.6969

Email: info@nesa1.ca

www.Nesa1.ca

- The North Edmonton Seniors Association (NESA) provides recreational, social, educational, wellness programs, and services to seniors.
- It is one of the largest seniors' organizations in Edmonton, located in Northeast Edmonton and delivers the city's most comprehensive selection of older adult social and recreational programs.

Please note: our home-base location, the Northgate Lions Recreation Centre, will be closed for renovations until sometime in the Spring of 2024. Until then, our programs will be offered out of various northeast Edmonton locations. Visit our website or call us for the most up to date information.

"Fear ageism, not aging"

~ Margaret Morganroth Gullette

EDMONTON ABORIGINAL SENIORS CENTRE (EASC)

Cottage E 10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

Email: info@easc.ca

www.easc.ca

The Edmonton Aboriginal Seniors Centre (EASC) provides programs and services that cater to the unique needs, well-being, and cultural enrichment of Aboriginal older adults, Elders, and seniors and fostering a sense of community, belonging, and empowerment. Programs include:

- Food Security Programs, Traditional Food Events, Nutrition and Cooking Classes
- Housing Support and Advocacy, Community Outreach
- Digital Literacy and Technical Support
- Cultural and Wellness Programs, Traditional Land-Based Activities
- Hearing Clinic and Foot Care
- Tax Clinics

SENIORS CENTRES NORTHWEST

JEWISH SENIOR CITIZENS' CENTRE (JEWISH DROP-IN CENTRE)

10052 117 St. NW

Phone: 780.488.4241

Email: programmer@jdicsenior.ca

www.jdicseniors.ca

- 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.
- Open Sun-Thurs 9am–4pm. Closed on Fridays, Saturdays, and Jewish and statutory holidays.

WESTEND SENIORS ACTIVITY CENTRE (WSAC)

9629 176 St. T5T 6B3

Phone: 780.483.1209

Email: info@weseniors.ca

www.weseniors.ca

WSAC is a community-based 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, workshops, and more.
- Community Café serving daily lunches.
- Frozen meal program.
- The Community Outreach Program provides support, referral, information, and form filling assistance to seniors.
- Mon, Wed, Fri 9am–4pm, Tues & Thurs 9am–7:30pm

SENIORS CENTRES SOUTHEAST

MILL WOODS SENIORS ASSOCIATION (MWSA)

2nd Fl. 2610 Hewes Way NW

Phone: 780.496.2997

www.mwsac.ca

- MWSA enhances the quality of life of seniors in Mill Woods and surrounding communities by providing programs and services that meet their recreational, social, health, physical, intellectual, and emotional needs.
- Programs include cafe services, fitness classes, presentations, workshops, social events, arts and cultural activities, support groups, and more.

THE SHAAMA CENTRE FOR SENIORS AND WOMEN

329 Woodvale Road W. NW

Phone: 780.465.2992

Email: light@shaama.ca

www.shaama.ca

- For seniors, the Shaama Centre offers one-on-one support, outreach services, help with navigating government systems.
- We provide educational workshops, information, referrals, community support and connections and translation services available in Urdu, Hindi, and Punjabi. We also offer Functional English, computer, fitness, craft and painting classes and a host of other activities.
- The Shaama Centre also offers services to prevent and respond to elder abuse and domestic violence as well as sewing classes, resumes, and job search for women.
- Hours: Mon-Fri 10am-4:30pm.

Seniors' Centre Without Walls

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.
- Take part in a variety of recreational programs and stay connected!
- New series of facilitated program topics sent out every few months.
- Open to individuals 55+ residing in Alberta.
- Call or visit the SCWW website for latest program catalogue and to register!

SOUTH EAST EDMONTON SENIORS ASSOCIATION (SEESA)

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: info@seesa.ca www.Seesa.ca

A place to socialize, get fit, and learn while having fun and making a difference in your life and in the community.

- Activities and classes include arts, crafts, quilting, woodwork, music, drama, cards, and more.
- Fitness includes pickleball, badminton, cardio and strength training, dance, yoga, floor curling, a workout room, and more.
- Weekly educational sessions about all things seniors want to know.
- Tillie's Cafe serving affordable breakfasts, lunches, goodies, and frozen meals.
- Volunteers welcome. Open Mon-Fri 8:30am-4:30pm.

SOUTHWEST

SOUTHWEST SENIORS OUTREACH SOCIETY

10832 62 Ave. NW

Phone: 780.435.9515

Email: swseniors@telus.net

www.swseniors.com

- Our goal is to create a fun and friendly place where all members and visitors feel welcome and comfortable.
- Activities include: Creative Stitchers, Essentrics, out-of-town bus trips, choir, and hot catered luncheons every Thursday followed by live entertainment.
- Open Tues-Thurs 9am- 3pm, Sept to June.

SOUTHWEST EDMONTON SENIORS ASSOCIATION (SWESA)

11304 25 Ave. NW

Phone: 587.987.3200

Email: info@swesa.ca

www.swesa.ca

- The Southwest Edmonton Seniors Association (SWESA) was established to address the social, cultural, and recreational interests of people over 55 in southwest Edmonton.
- Activities include: art classes, yoga, Zumba, and other fitness classes; luncheons; and other outings.

SENIORS CENTRES PHONE BASED

SENIORS' CENTRE WITHOUT WALLS

Phone: 780.395.2626 then press 1

Email: scww@espcn.ca

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.
- Take part in a variety of recreational programs and stay connected!
- New series of facilitated program topics sent out every few months.
- Open to individuals 55+ residing in Alberta.
- Call or visit the SCWW website for latest program catalogue and to register.

SENIORS CENTRES SURROUNDING AREAS

SENIOR CITIZEN SOCIETY OF STONY PLAIN

5018 51 Ave. Stony Plain

Phone: 780.963.4707

Email: stonyplainseniors@gmail.com

www.stonyplainseniors.com

- A drop-in centre offering a variety of recreational activities for people aged 55 and up.
- Activities include card games, BINGO, floor curling, pool, gentle exercise, yoga, corn hole, and musical jam nights. Open Mon–Fri, 9:30am–4pm.

ST. ALBERT SENIORS ASSOCIATION

7 Tache Street St. Albert T8N 2S3

Phone: 780.459.0433

Email: info@stalbertseniors.ca

www.stalbertseniors.ca

- Systems Navigation (1:1 support, referrals, forms filling-out, advocacy, home visits)
- Food Programs (Meals on Wheels, Lucia's Bistro & Frozen Meals) and Catering.
- Door-to-Door Transportation options. Foot care clinic.
- Classes, Workshops & Information sessions.
 - Assistance with tech devices. Access to a woodshop.
- Fun, affordable outings (monthly dinners & dances, Happy Hour, Breakfast Club).
- Volunteering opportunities.

SENIORS' GROUPS & CLUBS

This section features seniors' groups and clubs centered around a specific interest or focus.

If you have skills and/or knowledge you want to share with others and want to connect with others in your community, call Sage at 780.423.5510 and ask to speak to a Community Animator for a conversation about bringing your ideas to life.

AGING WITH PRIDE

Meets online

Phone: 780.701.9016

Email agingwithprideyeg@gmail.com

www.epsq.ca

- A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. Topics vary each week. Preregistration is required each week to get Zoom information.
- Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG), and Sage.

GERMAN CANADIAN CULTURAL CENTRE

8310 Roper Road NW TWE 6E3

Phone: 780.466.4000

Email: mail@gcca.ca

www.gcca.ca

- Singkreis (Fun Singers) on the last Wednesday of the month, starting at 1:00 pm.
- GCCA hosts several special events throughout the year including Oktoberfest in October.
- Visit the website gcca.ca or phone for more details. Office hours: Tuesday through Saturday, 12 Noon to 5pm.

MEN'S SHEDS EDMONTON

Various locations

Email: mensshedsedmonton@gmail.com

www.mensshedsyeg.ca

- Men's Sheds are community spaces where men can come together to work on projects, share skills, and socialize.
- Activities in Sheds range from coffee sessions, card games, guest speakers, woodworking and participating in community projects. These activities and new friendships provide men with a sense of purpose and accomplishment.
- There are seven Sheds in the Capital Region. Visit website for more details.

THE MINUS ONE CLUB (SENIOR SOCIAL DANCE) OF EDMONTON

Phone: 780.478.6187

Bellevue Community Hall

7308 112 Ave. NW T5B 0E3

www.minusonedanceedmonton.com

- The Minus One club provides a healthy and friendly environment for seniors to make new friends, and to keep active through music and dance.
- A social dance club for seniors 55+, featuring old-time, live band music for polkas, two-step, and waltzes which is what most seniors grew up with.
- Singles and couples are welcome. Dances held on the 2nd & 4th Saturday of each month and includes a light lunch.
- Visit the website for a list of dance dates.

PETROLIA SENIORS GROUP

Greenfield Community League

3803 114 St. NW T6J 1M3

Phone: 780.434.0711

Email: rbmullen@shaw.ca

www.greenfieldcommunityleague.com

- Petrolia Seniors Group invites individuals aged 55 and older to attend a buffet luncheon with an educational and entertaining program on the 3rd Tuesday of each month (except July and August) at the Greenfield Community Hall. Cost is approximately \$25.
- An additional outing is offered each month. Come, join the fun, and make new friends!

PROBUS CLUB OF CENTRAL EDMONTON

Email: Probus.cent.ed@gmail.com

www.probus-central-edmonton.com

- The Probus Club provides fellowship, friendship, and fun for men and women in their retirement and semi-retirement years.
- The purpose is to provide regular opportunities to meet members with similar interests, to expand those interests, and to make new friends.
- The club's activities are directed towards acquaintance, fellowship and learning through a program of presentations, tours, social activities, and other such events.

ROCKY MOUNTAIN SENIORS SKI CLUB

Email: Info@seniorsski.com

www.seniorsski.com

- Based in Edmonton, the Rocky Mountain Seniors Ski Club is a non-profit, volunteer-run organization of active seniors aged 55+.
- Besides local downhill skiing at Snow Valley, the club organizes 8-10 mid-week ski tours to mountain ski resorts in Alberta and B.C., and hosts weekly cross-country skiing in Edmonton and area.
- RMSSC also operates a weekly cycling program, cycle tours, weekly golfing, and special events, and social events.

ROYAL CANADIAN LEGION

www.legion.ca

Canada's largest veteran support and community service organization. Membership includes currently serving Canadian Armed Forces personnel and RCMP and their families.

- 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. Known for the Remembrance Day Poppy Campaign.

- 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

Phone: 780. 479.4277

Strathcona #150

9020 51 Ave. NW T6E 5X4

Phone: 780.433.1908

CLUBS & GROUPS SURROUNDING AREAS

DEVON 73 PIONEERS CLUB

29 St Lawrence Ave. Devon

Phone: 780.987.4822

Email: devonp73club@gmail.com

www.Devon.devonp73club.ca

- Devon and area 50-plus Activity Centre, hosting weekly line dancing, crib, canasta and bridge as well as monthly music jams and luncheons.

SHERWOOD PARK 55 PLUS CLUB

50A Spruce Ave. Sherwood Park

Phone: 780.467.8389

Email: office@55plusclub.ca

www.55plusclub.ca

- Check the calendar on the webpage: We have a variety of activities from floor curling, carpet bowling, bocce, pool, golfing, many card games, potluck suppers, dinner club, casino trips. Open Monday to Saturday.

SENIORS INFORMATION & ADVOCACY ORGANIZATIONS

ALBERTA ASSOCIATION OF GERONTOLOGY (AAG)

Email: info@albertaaging.ca

www.albertaaging.ca

- AAG is a province-wide interdisciplinary organization that seeks to enhance the lives of the aging population through support of persons involved in and concerned with gerontology.
- AAG seeks to provide a vehicle for networking among individuals and organizations interested in gerontology in Alberta and to stimulate the development of opportunities that enhance the knowledge and practice of people interested in gerontology in Alberta.
- Individual, organization, student and senior (65+) membership rates.

ALBERTA COUNCIL ON AGING

Phone: 780.423.7781

Toll free 1.888.423-9666

Email: info@acaging.ca

www.acaging.ca

- Alberta Council on Aging has been a voice for seniors in Alberta for 56 years.
- We are a non-profit, charitable organization committed to working towards improving the quality of life for all older adults through education, advocacy, and inclusion.
- Please contact us for support or referral information on any senior related concern or issue.

ALBERTA OMBUDSMAN

#700 9925 109 St. T5K 2J8

Phone: 1.888.455.2756

Email: info@ombudsman.ab.ca

www.ombudsman.ab.ca

- Every Albertan has the right to be treated fairly when accessing public services.

- The Ombudsman investigates complaints of unfair treatment by provincial government authorities, municipalities, the Patient Concerns Resolution Process of AHS, health professions, and other designated professional organizations.

EDMONTON SENIORS COORDINATING COUNCIL (ESCC)

255 Bonnie Doon Shopping Centre

8330 82 Ave. NW T6C 4E3

Phone: 780.423.5635

Email: info@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.
- Includes initiatives such as the Edmonton Social Prescribing Project, the Seniors Home Supports Program, Age Friendly Edmonton, and Seniors Coordinated Outreach.

HEALTHY AGING ALBERTA

www.calgaryunitedway.org/healthy-aging-alberta/

- Healthy Aging Alberta is a network of community-based senior serving organizations and allies across the province united by a shared vision: to make Alberta one of the best places in the world to grow older.
- Healthy Aging Alberta seeks to enhance the lives of older Albertans by uniting the organizations that serve them. This work is being done for the community, by the community.



SILVER THREADS MAKE BEAUTIFUL TAPESTRIES

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



Become
a Silver
Threads
Donor.

780.423.5510
www.mysage.ca

OFFICE OF THE ALBERTA HEALTH ADVOCATES

Phone: 780.422.1812

Email: info@albertahealthadvocates.ca
www.alberta.ca/office-of-alberta-health-advocates

- Aims to empower Albertans to be effective advocates in their own health and health care.
- Provides support and advocates for a health care system that is responsive and accountable to the people being served.
- Together, the Mental Health Advocate and the Health Advocate provide a single point of access for Albertans by listening to health service-related concerns and assisting
- Albertans in finding ways to resolve those concerns.

SENIORS UNITED NOW SOCIETY (SUN)

The Voice of Seniors in Alberta
#37 2016 Sherwood Dr. Sherwood Park
T8A3X3

Phone: 780.449.1816

Email: unitenow@telus.net
www.seniorsunitednow.com

- Seniors United Now is a non-profit, non-partisan organization created to enable all seniors in Alberta to contribute and truly participate in the well-being of the province.
- SUN is dedicated to ensuring the equitable treatment in the community, for seniors by making our collective voices heard.
- SUN is committed to being a contributing part of the changes necessary to meet the dynamics of a growing and changing senior population.

TRANSPORTATION & DRIVING

RESOURCES TO MAINTAIN/IMPROVE DRIVING SKILLS

ALBERTA MOTOR ASSOCIATION (AMA)

www.ama.ab.ca/driving-school/senior-drivers

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.
- Call for fees and dates.
- In-car driving refresher is also available.

SENIOR DRIVER IN-CAR EVALUATION

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.

ALBERTA SAFETY COUNCIL

4831 93 Ave. NW T6B 3A2

Toll-Free: 1.800.301.6407

Email: info@safetycouncil.ab.ca

www.safetycouncil.ab.ca

DRIVER FITNESS AND MONITORING

Alberta Transportation and Economic Corridors

Main Floor 4999 98 Ave. T6B 2X3

Phone: 780.427.8230

Email: Driver.Fitness@gov.ab.ca

www.alberta.ca/driver-fitness-monitoring.aspx

- 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.

TRANSPORTATION OPTIONS FOR NON-DRIVERS

COMFORT KEEPERS EDMONTON

Phone: 780.465.4665

Email: edmonton@comfortkeepers.ca

www.comfortkeepers.ca/edmonton24/7

- Comfort Keepers provides caregivers that offer fully escorted transportation for appointments, shopping, events, etc.
- Call for details.

DRIVE HAPPINESS SENIORS ASSISTED TRANSPORTATION

Phone: 780.424.5438

Email: info@drivehappiness.ca

www.drivehappiness.ca

- Drive Happiness Seniors Association is a registered, non-profit society. Our purpose is to enhance mobility and connect older adults to the resources needed to live and age well.
- We provide door-to-door assisted transportation to older adults to promote mobility, independence, and quality of life.
- 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.

PUBLIC TRANSPORTATION

EDMONTON TRANSIT SERVICE (ETS)

ETS provides accessible public transit service in Edmonton, including specialized transit (DATS - Dedicated Accessible Transit Service).

Phone: 311 for transit information and trip planning assistance.

Outside Edmonton: 780.442.5311

TTY: 711, ask for 311 or type 780.442.5311

www.edmonton.ca/transit

Senior Fares:

ETS fares are valid on ETS bus, LRT and DATS services.

Senior fares are applicable to people 65 years and older.

- Cash fare: \$3.50
- Senior 10 ticket pack: \$19.75
- Senior Monthly Pass: \$35
- Annual Pass (2023/2024): \$385
- Annual Pass Low Income (income between \$29,381 and \$32,318): \$139
- Annual Pass Low Income (income BELOW \$29,380): FREE
- Enrollment is required for the Senior Annual Pass program.
- For detailed information, call 311, or check Fares information on the ETS website at www.edmonton.ca/transit.

DEDICATED ACCESSIBLE TRANSIT SERVICE (DATS)

Phone: 780.496.4567

TTY: 711, ask for DATS

Email: dats@edmonton.ca

Website: edmonton.ca/dats

IBook: datsibook.gov.edmonton.ab.ca

DATS is a door-to-door, shared-ride, specialized transit service for Edmonton residents who are not able to take regular transit services due to physical or cognitive

disability. Clients must apply, 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.

ETS MOBILITY CHOICES TRAVEL TRAINING

Phone: 780.496.3000

Email: ETSCustomerTraining@edmonton.ca

- Free, customized transit travel training for people who need more support and assistance to learn to use public transit, including seniors.
- ETS also has On Demand Transit available to select Edmonton neighbourhoods, some seniors' residences, and to Fort Edmonton Park.

ON DEMAND TRANSIT CALL CENTRE

Phone: 780.496.2400

Detailed information is available on edmonton.ca/transit.

PARKING FOR PEOPLE WITH DISABILITIES PROGRAM

Phone: 780.427.7013

www.alberta.ca/get-parking-placard-people-disabilities

- Residents of Alberta who can't walk more than 50 metres (164 feet), may be eligible to apply for a parking placard. Applications can be found at any Alberta Registry Office or on the website.
- All applications require written approval by an authorized healthcare provider, such as physician, chiropractor, or occupational therapist.
- Please note that individuals who have sensory impairments, such as deafness and blindness, are not eligible for a parking placard.

TRAVEL

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

www.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.
- Service Canada Office
- Contact the nearest Government of Canada office abroad

By mail:

Government of Canada Passport Program
Gatineau QC K1A 0G3

By courier:

Passport Program
22 de Varennes St.
Gatineau QC J8T 8R1

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.

TRAVEL IMMUNIZATION

Note: Effective April 1, 2023, Alberta Health Services travel health clinics are permanently closed in all zones.

- To book an appointment for vaccines you need for travel, contact a private travel health clinic, your doctor, or your local pharmacist.
- Visit Travel Advice and Advisories for travel information by destination and COVID-19 Travel for general information about COVID-19 and travel.

Services included in the Directory as listings or advertisements are not vetted by Sage and Sage is not endorsing any business or organization by including them in the Directory.

VOLUNTEERING RESOURCES

There are many reasons to volunteer: learn new skills, help your body and brain to stay active, keeps you engaged which can help prevent loneliness and isolation, and it's an excellent way to share your gifts, have fun and make new friends.

There are several ways to find volunteer opportunities that match your skills, and interests:

VOLUNTEER CONNECTOR

www.volunteerconnector.org

- digitally matches potential volunteers with their interests. Whether it's being a volunteer dog walker, making Christmas cards and delivering hampers during the holiday season, teaching ESL, or using your computer skills to provide a non-profit group with IT support, you'll find the ideal volunteer job on Volunteer Connector.
- Visit their website to start your volunteer search.

If you're a fan of arts, culture, and Edmonton's many festivals, consider volunteering. Why not volunteer for your local senior's centre? These non-profits do so much to enhance the lives of seniors and the community as a whole and rely on volunteers. Check out our Seniors' Centres (See pages 82 - 86)

SAGE VOLUNTEER SERVICES

Sage Seniors Association (Sage)

Phone: 780.423.5510.

Email: volunteer@mysage.ca

www.mysage.ca

Sage 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.

There are a range of Volunteer Opportunities to fit with your availability such as:

- Customer Service Receptionist
- Forms Completion for Social Work
- Program Instructors and Group Leaders
- Income Tax Preparation & Admin
- Volunteer Services
- Casino and Special Events
- Administration

Time commitment is flexible, with most volunteer opportunities happening at Sage, Monday through Friday, between 8:30am - 4:00pm.

Income tax admin work and tax preparation can be done remotely.

- For more information, or if you have other ideas about how you can volunteer your time and talents at Sage, call the main line at 780.423.5510.



Make everyday extraordinary

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

- **Personal care**
- **Companionship**
- **Respite care**
- **Errands**

2022 – 23
READERS' CHOICE
SILVER WINNER
 EDMONTON JOURNAL | EDMONTON SUN

780-465-4665

www.comfortkeepers.ca/edmonton

Seniors Coordinated Outreach



EDMONTON
SENIORS
COORDINATING
COUNCIL

Seniors Coordinated Outreach is a program comprised of organizations across Edmonton that have Outreach and Support workers who can help connect Older Adults to relevant services and programs in our city.

This program can help you access a variety of supports in community:

- Applying for Old Age Security or the Canada Pension Plan
- Navigating community services and more!

We're here to help, if you need support as a senior just ask!

211 Call 211 and press 2 for the Seniors Information Phone Line. An operator will guide you to one of the following organizations that can support you. All seniors are welcome to any organization!

Interactive map: www.shorturl.at/gkrJ8

| | | | | |
|--|--|--|--|---|
|  <p>ASSIST Community Services Centre</p> |  <p>Bent Arrow Traditional Healing Society</p> |  <p>EMCN</p> |  <p>JFS EDMONTON</p> |  <p>MCHB Multicultural Health Brokers Cooperative</p> |
| <p>ASSIST Community Services Centre</p> | <p>Bent Arrow Traditional Healing Society</p> | <p>Edmonton Mennonite Centre for Newcomers</p> | <p>Jewish Family Services</p> | <p>Multicultural Health Brokers Cooperative</p> |
|  <p>Operation Friendship SENIORS SOCIETY</p> |  <p>sage Sage Seniors Association</p> |  <p>Strathcona Place Seniors Society</p> |  <p>THE SHAAMA CENTRE — from Seniors and Wisdom — Sharing the Light of Wisdom</p> |  <p>WESTEND SENIORS ACTIVITY CENTRE</p> |
| <p>Operation Friendship Seniors Society</p> | <p>Sage Seniors Association</p> | <p>Strathcona Place Seniors Society</p> | <p>The Shaama Centre</p> | <p>Westend Seniors Activity Centre</p> |

Coordinated Outreach Info/Map:
www.shorturl.at/gkrJ8



Seniors Home Supports Program Info:
www.shorturl.at/pEKQX



Social Prescribing Info:
www.shorturl.at/awGT5





Directory of Senior Services 2023-2024 www.mysage.ca

Donations Needed year-round



SENIORS SAFE HOUSE

The **Seniors Safe House**, operated by Sage Seniors Association, provides temporary housing for older adults who are leaving abusive situations. During their stay, Safe House residents receive meals and toiletries free of charge. Provision of these items relies on community donations throughout the year. Donated items may be offered to other vulnerable seniors if needed.

PERSONAL CARE ITEMS (for men and women)

- Bath robes
- Pajamas
- Underwear & Socks
- Bath towels and Face cloths
- Razors and shaving cream
- Wallets
- Purses and tote bags
- Non-slip slippers

Knit slippers without non-slip soles are a fall hazard and are not accepted.

GIFT CERTIFICATES

- Coffee shops
- Grocery stores
- Department stores

BASIC CONSUMABLES

- Coffee and Tea
- Sugar
- Garbage bags
- Dish soap
- Toilet paper
- Paper towels
- Bleach

HOUSEHOLD ITEMS

- Pillows
- Single comforters
(no lap blankets please)
- Deep pocket sheet sets
(min 20")
- Hard plastic laundry baskets
- Toasters, kettles,
coffee makers, tea pots
- Glasses, dishes, pots,
cooking utensils
- Calendars

For safety reasons only new/unused items are accepted.

TO DONATE ITEMS CALL
SAGE 780-423-5510

THANK YOU FOR
YOUR KIND SUPPORT.



www.mysage.ca | Charitable Registration No. 11915 4839 RR0001



SENIORS HOUSING



Inspiring and supporting seniors to be the best they can be.

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boardwalk
communities

Embrace the joy of your golden years.

Boardwalk Retirement Community

Extra-large suites. Starting at \$2,059

Bachelor: 560 sq. ft. Starting at \$2,059 | 1-Bedroom: 740 sq. ft. Starting at \$2,169
2-Bedroom: 1,037 sq. ft. Starting at \$2,439

Amenities:

- Power, heat and water utilities included
- Fully equipped kitchen including fridge, stove, and dishwasher
- Pet friendly community
- Large balconies — many with superb River Valley view, walk-in closets
- Lunch and dinner service in exclusive dining room, private dining available for special events and holidays
- Home-care services on-site
- Pharmacy on-site with door-to-door prescription delivery
- Weekly housekeeping, linen and towel services
- TELUS Emergency Pendants
- 24-Hour Customer Service and on-site security
- Underground parking and car wash
- Daily recreational and social activities
- Heated Swimming Pool, Fitness Centre, Pickleball, Basketball Courts, and much more

Discover a vibrant and active senior community!



Boardwalk Retirement Community
10531 90 St. NW, Edmonton, AB
➔ bwalk.com

Call **780-408-2666** or
email **brce@bwalk.com**
to book your tour today.

TO MOVE OR NOT TO MOVE CHECKLIST

Use this checklist to help you decide whether to remain living at home or to consider 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 you 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 smoke detectors? | |
| Do you have a hot water safety valve on hot water taps? | |

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? | |
| Could you get financial assistance for renovations or adaptations? | |

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?

| | |
|---|--|
| <p>Do you need any of the following services? Can you find them and afford them?</p> <ul style="list-style-type: none">> 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, talk to your loved ones or other supports and determine your answer to the following question:

Is the decision to stay at home in your best interest?

- ☐ Definitely yes
- ☐ Maybe
- ☐ Definitely not

Access this checklist and more helpful tools, visit www.mysage.ca/help/housing

RETIREMENT LIVING CHRISTENSON

INDEPENDENT LIVING Communities Across Alberta

Christenson Communities



EDMONTON
Devonshire Village
780-540-9500



Village at Westmount
780-540-9500



LEDUC
Telford Mews
780-394-8233



Glastonbury Village
780-540-9500



SHERWOOD PARK
Bedford Village
780-540-9500



WHITECOURT
Downtown South
587-442-4090



Southwoods Court North
780-975-2509



ST. ALBERT
Citadel Village
780-540-9500

Central Alberta Locations: Rocky Mountain House, Red Deer and Lacombe

CDLhomes.com





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- > Shuttle Bus Transportation
- > Emergency Call System

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780-444-4545
hello@thewaterford.ca
thewaterford.ca

SENIORS HOUSING TERMINOLOGY

One of the biggest frustrations of Albertans trying to navigate seniors housing options is the multitude of confusing terms used to categorize and describe seniors housing.

ASCHA (Alberta Seniors & Community Housing Association) has been investigating this conundrum in order to find a better solution. In their “Creating Common Terminology for Seniors Housing in Alberta” report, they describe the problem:

“The various levels of services and supports offered are described in various ways, using words or phrases that may not be familiar outside of the sector itself. Terminology and labels are very specific to government programs, levels of care within the health system, and euphemistic language used by marketing experts. To further complicate the issue, the same living environment is labeled differently depending on the information source, or its geographic location. There is a long history of term inconsistency, and it is part of the reason why Alberta’s seniors housing offerings appear so complex in comparison to other jurisdictions.”

In this year’s Directory we have taken ASCHA’s lead and categorized housing options without the use of terminology that tends to be used in different ways. We hope it is helpful but encourage you to ASK QUESTIONS of each housing provider to get the clarity you need. The Directory is just a starting point.

We will continue to work with senior-serving organizations to try to improve clarity and transparency— in the meantime, please read each individual listing to determine what best suits your needs, (rather than only searching by category).

HOUSING DEFINITIONS

AFFORDABLE HOUSING: Housing in which rent is below market value.

APARTMENT: A dwelling situated above or below one or more other units (residential or non-residential). The “apartment” unit may share common hallways and access to the outside with other units. Apartments usually consist of a main living space, a small kitchen, a bathroom and may have one bedroom or two bedrooms, or no separate bedroom if it is a studio/bachelor apartment.

BARRIER FREE: Means that a building, suite, facility and a path of travel can be approached, entered, and used by persons with physical or sensory disabilities, including those in a wheelchair.

SENIORS HOUSING DEFINITIONS

CONDOMINIUM: A form of property ownership where the purchaser buys a piece of property individually, and shares property ownership with other owners in the same condominium complex. There are governing rules, regulations and requirements. “Condo fees” are charged to cover building maintenance and other shared costs. Typically a condominium is an apartment or townhouse. The Government of Alberta produces a Consumer Tips sheet for Purchasing a Condominium that can be downloaded at www.open.alberta.ca/dataset/consumer-tips-purchasing-a-condominium.

DEMENTIA CARE / MEMORY CARE: Memory care is a term used sometimes used by private housing providers to describe (and market) a type of supportive living for individuals with dementia and Alzheimer’s. These suites are accessed privately, directly thorough the facility operator and are not part of the AHS Designated Supportive Living Program (although they may offer both types of suites in the same facility). 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.

INDEPENDENT LIVING: Refers to environments in which individuals are responsible for and capable of arranging any care and support services (functionally independent) needed – including AHS Home Care or private support services.

LIFE LEASE: A contract between a resident and an organization which grants the resident the right to occupy a unit for the balance of his/her life. Financial requirements 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.

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.

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.

SENIORS HOUSING TERMINOLOGY & DEFINITIONS

MARKET VALUE: The valuation in a competitive open market (market rate value). “Below market Value” is an amount that is below the going market rate.

PERSONAL CARE HOMES: Residences providing a home-like atmosphere where two to ten residents receive support services such as meals, housekeeping, and personal care services. Personal Care Homes may be privately operated (licensed or unlicensed) and care level may vary.

RENT GEARED TO INCOME: A tenant’s rent, which includes heat, water and sewer expenses, typically it is based on 30% of total income, but variations do exist. Rent does not include electricity, phone, TV, or additional services such as parking.

ROW HOUSE OR TOWN HOUSE: Ground-oriented housing attached to two or more similar units so that the resulting row structure contains three or more units.

SENIORS LODGE: 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. See in Housing Resources.

SUPPORTIVE/ASSISTED LIVING: These terms are used broadly yet neither are regulated (outside of Designated Supportive Living- see AHS Continuing Care information) which results in no single definition. Generally it refers to a living environment in which there is access to supports and services. The settings can be operated by private for-profit, 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. Residents may also receive professional and personal support services through home care. Typically supportive/assisted living residents pay a monthly accommodation charge to cover the costs of providing accommodations and services like meals, housekeeping and building maintenance.

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- ✓ Canterbury is the only move you will ever have to make, since we **provide care through every stage of aging**, beginning with Independent through to Long Term Care.
- ✓ **Canterbury is safe** – during the pandemic, Canterbury had ZERO Covid-related hospitalizations or deaths.
- ✓ **PLUS** Canterbury doesn't profit from our residents! **All funds are re-invested** right back into the Canterbury community in support of programs, services and initiatives to benefit our residents.



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TODAY!**


Canterbury
FOUNDATION

780-483-5361 | 8403 142 St | canterburyfoundation.com

INDEPENDENT LIVING | SUPPORTIVE LIVING | MEMORY CARE | ENHANCED SUPPORTIVE LIVING

Where community is at home, and life is well-lived.

ALBERTA HEALTH SERVICES CONTINUING CARE SYSTEM

Continuing Care is made up of three main levels: Home Care, Designated Supportive Living and Long Term Care. To get started, you need a case manager. *See also Health Services.*

| | Home Care | Designated Supportive Living | Long-Term Care |
|---------------------------|--|--|--|
| What is it? | Healthcare services to help people remain well, safe and independent in their home or congregate living setting (i.e. a lodge) for as long as possible | Provides a higher level of personal care supports onsite while promoting residents independence to “age in place” | Designed specifically for individuals with complex, unpredictable medical needs who require 24 hour onsite Registered Nurse assessment and/or treatment |
| Who is it for? | Anyone living in Alberta with a valid health-care card can receive services, as long as their needs can be met safely in their place of residence | Individuals who have increased care needs and require access to 24 hour monitoring and support | Individuals who have highly complex and unpredictable health needs whose care cannot be safely provided in their own home or in designated supportive living |
| Who provides care? | Home care providers, the client and family/caregivers are all active partners of the care team | Health Care Aides are onsite 24-hours a day and scheduled professional care (nursing, rehabilitation therapy, etc.) is available depending on your needs | Registered Nurses, Licensed Practical Nurses, Health Care Aides, and other healthcare professionals depending on your needs |

Source: www.albertahealthservices.ca What is Continuing Care?

DESIGNATED SUPPORTIVE LIVING

Designated Supportive Living (DSL3, DSL4, DSL4D) is a living environment for those who are medically stable, need 24-hour personal care support, and occasional/scheduled professional care through the help of onsite Health Care Aides and a Licensed Practical Nurse. Health care services are provided on a scheduled basis but can be accessed as needed. DSL4D is a setting for those living with advanced dementia requiring a secure environment.

Accommodation fees typically cover rent, meals, housekeeping, linen and towels change, building amenities and recreation programming. Individuals provide or pay for room furnishings, medication, medical and surgical supplies for chronic wounds, personal medical equipment and incontinence products (costs may be shared with Alberta Aids to Daily Living depending on finances), cable, phone and internet, personal laundry, hair salon fees, toiletries and outings.

- Designated Supportive Living spaces are contracted by Alberta Health Services (AHS) at many locations within and around Edmonton.
- Clients must be assessed by an AHS Case Manager to be deemed appropriate for this level of care.
- Assessments are coordinated through Continuing Care Access: 780-496-1300

DSL 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 www.health.alberta.ca/services/continuing-care-accommodationcharges

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 www.seniors-housing.alberta.ca/seniors
Call the Alberta Supports Contact Centre at 1.877.644.9992.**

LONG-TERM CARE

Long term care facilities are designed specifically for individuals with complex, unpredictable medical needs who require 24-hour onsite Registered Nurse assessment and/or treatment.

Long term care supports those who have:

- Serious changes in health status requiring immediate health professional assessment;
- A need for medication management and other treatments;
- Conditions requiring the continued presence of a Registered Nurse and the consultative availability of rehabilitation or dietary professionals;
- Unpredictable or unstable behaviour that place the individual or others at risk; and/or
- Complex end of life care needs.

To access Long Term Care, clients must be assessed by an AHS Case Manager which can be coordinated through Continuing Care Access: 780-496-1300

LONG-TERM CARE ACCOMMODATION CHARGES:

Residents pay an accommodation charge to cover the costs of providing accommodations and related services like meals, housekeeping and building maintenance.

Refer to the Alberta Health website: Continuing care – Accommodation charges | [Alberta.ca](https://alberta.ca)

True Independent Living

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A NEW WAY OF LIVING FOR TODAY'S SENIORS

- Full kitchen and laundry in every suite
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HarmonyAtRutherford.com

HOUSING RESOURCES: HELP FINDING HOUSING

ALBERTA SENIORS AND COMMUNITY HOUSING ASSOCIATION (ASCHA)

Email: ascha@ascha.com

www.ascha.com

- a non-profit provincial association that advocates on behalf of the owners/operators of seniors and community housing in Alberta.
- provides member services and resources to a variety of seniors and community housing options.
- operates the online Alberta Seniors Housing Directory, which allows seniors housing providers to list their sites across the province, in all communities, and is accessible on our website or at housingdirectory.ascha.com.

HOMEWARD TRUST EDMONTON: COORDINATED ACCESS TEAM

Phone: 780.702.5267

Email: coordinatedaccess@homewardtrust.ca

- Contact the Coordinated Access team (by phone or email) for assistance if you are at risk of or currently experiencing homelessness and would like further information on housing programs or support.
- If you are seeking support and do not have access to a phone or email, the Coordinated Access team hosts drop-in hours at the Stanley A. Milner library from 1 pm-4 pm, 3 days per week (first come, first served). The In-Community schedule is available online at homewardtrust.ca/housing-support-services/

SUITEBIRD

Phone: 780.719.6569

Email: hi@suitebird.ca

www.suitebird.ca

- A free, real time assistance tool that connects seniors and their families to real personal guides (navigators) ready to help them find their “perfect place”.
- Simple to use, local in focus and most importantly, personal with our approach: You tell us what you are looking for and we provide options.
- You can answer simple questions and submit from our website, send us an email, or call us anytime to start your personalized search.

See also: Outreach and Support for a list of organizations who can offer support to seniors in finding appropriate housing.

HOUSING RESOURCES: REPORTING/REGULATORY RESOURCES

CANADIAN CONDOMINIUM INSTITUTE (CCI)

- North Alberta Chapter

Phone: 780.453.9004

Email: info@ccinorthalberta.com

www.ccinorthalberta.com

- A national organization that provides education and government advocacy for condominium owners, boards, and managers, in the areas of owner rights & responsibilities and governance.

PUBLIC REPORTING ON SUPPORTIVE LIVING & LONG-TERM CARE ACCOMMODATIONS

Phone: 780.644.8428

Toll-free: 310.0000 and then 780.644.8428

www.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).
- If you have concerns about accommodation standards for supportive living or long-term care accommodations: Call 1.888.357.9339.

RESIDENTIAL TENANCY DISPUTE RESOLUTION SERVICE (RTDRS)

Main Floor, 44 Capital Boulevard Bldg.

10044 108 St. NW

Phone: 780.644.3000

Email: rtdrs@gov.ab.ca

www.alberta.ca/residential-tenancy-dispute-resolution-service

- Offers landlords and tenants a means of resolving serious disputes outside of court.
- 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.

TENANT SUPPORT SERVICES

City of Edmonton

Phone: 780.496.5959

www.edmonton.ca/programs_services/housing/tenant-support

- Provides advice, information, mediation and public education on landlord and tenant issues.
- In-person meetings can be scheduled at the Stanley Milner Library.

HOUSING RESOURCES: AGING IN PLACE HOME RESOURCES

HOME FOR LIFE PROGRAM

www.edmonton.ca/programs_services/for_seniors/home-for-life-program

- Home for Life™ is a set of voluntary guidelines to help home owners, home buyers and home builders create homes that meet the needs of all people, regardless of their age or ability.
- The guidelines were designed to be used by people building new homes, but they can also be used for renovation projects.

RESIDENTIAL ACCESS MODIFICATION PROGRAM (RAMP)

Phone: 780.427.5760

Toll Free: 1.877.427.5760

Email: css.RAMP@gov.ab.ca

www.alberta.ca/residential-access-modification-program

- Provincial 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 progressive neuro-degenerative disease who are about to be wheelchair users, to facilitate access into and within their personal primary Alberta residences.

SENIORS HOME ADAPTATION AND REPAIR PROGRAM (SHARP)

Phone: 780.644.9992

Toll free: 1.877.644.9992

www.alberta.ca/seniors-home-adaptation-repair-program

- 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, furnace and hot water tank upgrades
- 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. More information and the application form is available on the website.

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HOUSING RESOURCES: AFFORDABLE/SUBSIDIZED SENIORS HOUSING

The Alberta Government offers two kinds of “seniors housing” for individuals 65 or over who are functionally independent, with or without the assistance of community-based services:

1. SENIORS LODGE PROGRAM:

Offers rooms, meals, housekeeping services and recreation. Lodge operators set their own monthly lodge rates, but each resident must be left with at least \$342 in monthly disposable income. May be appropriate for those who do not require care in a specialized health care facility. Applicants must be 65 years of age or older. Exceptions may be made for applicants with special circumstances.

2. SENIORS SELF-CONTAINED HOUSING PROGRAM:

Apartment-style housing with your own kitchen and bathroom. There might be a common area to share with others. Applicants must be 65 years of age or older and functionally independent, with or without the assistance of community-based services. Rent is based on 30% of income; includes heat, water and sewer expenses, does not include electricity, phone, TV and any additional services such as parking.

For more information contact:

Phone: 780.644.9992

Toll Free: 1.877.644.9992

Email: housing@gov.ab.ca

www.alberta.ca/affordable-housing-programs

GEF SENIORS HOUSING

Phone: 780.482.6561

www.gef.org

- GEF Seniors Housing is the largest provider of subsidized seniors' housing in Alberta, and a registered charity.
- Our vision is to positively influence seniors' quality of life in everything we do and our mission is to be leaders in friendly, affordable and secure housing and services for seniors.
- We offer a wide selection of seniors' self-contained apartments and lodge accommodations throughout Edmonton. Buildings are pet friendly, well-maintained and managed.

VISTA HOUSING

Phone: 780.476.1470

www.vistahousing.org

- Vista Housing for Seniors is a significant provider of quality affordable apartment options for seniors who live in the Edmonton region.

See also: List of Buildings Where Rent is Geared to Income

HOUSING RESOURCES: OTHER AFFORDABLE HOUSING

CIVIDA (formerly Capital Region Housing)

Phone: 780-420-6161

Email: help@civida.ca

www.civida.ca

- Civida is the largest provider of social and near market homes in the Edmonton region – its mission is to provide safe and affordable housing.
- Civida's housing options are not specific to seniors and are not included in the housing listings in this Directory.

HOMEED - THE CITY OF EDMONTON

Non-Profit Housing Corporation

11604 145 St. T5M 1V8

Phone: 780.474.5706

www.myhomeed.ca

- HomeEd is a non-profit organization that provides affordable rentals to a diverse group of individuals and families with varied income levels.
- HomeEd's housing options are not specific to seniors and are not included in the housing listings in this Directory.



A FREE SERVICE

Your seniors home navigators.

A free tool that connects seniors and their families to guides ready to help them find their perfect place.

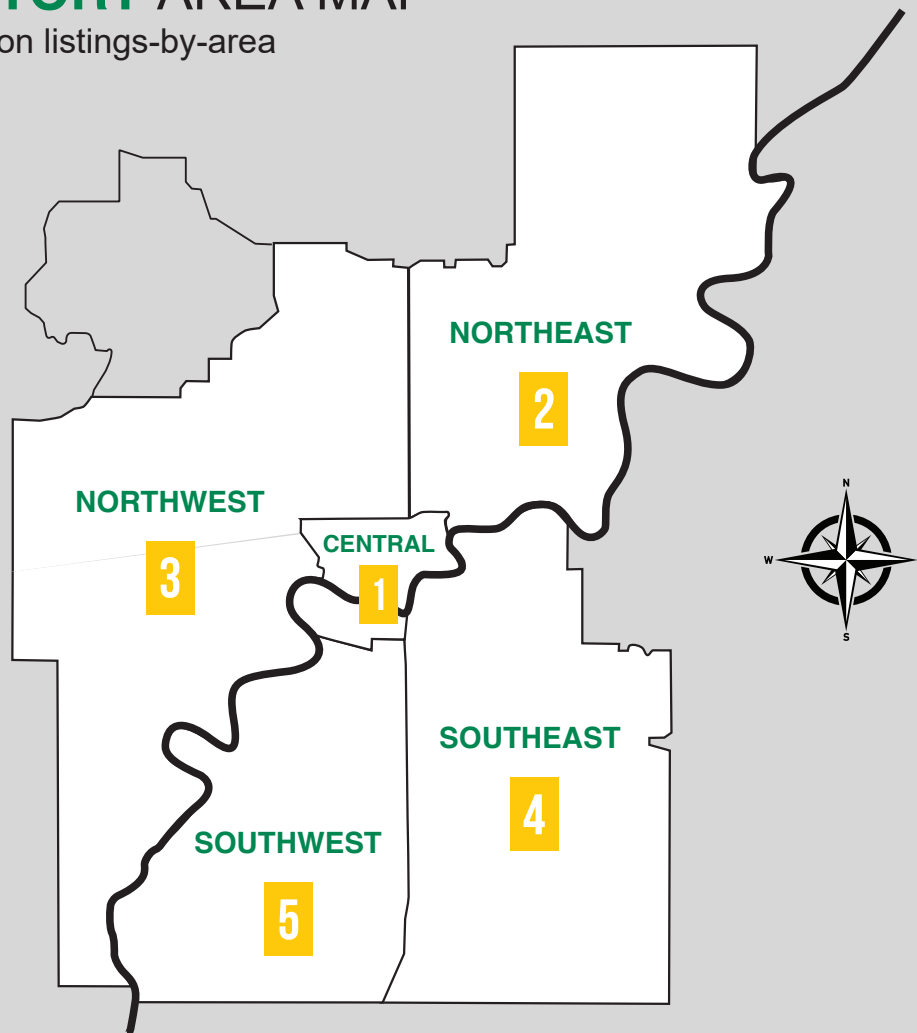


Suitebird

780.719.6569
suitebird.ca

DIRECTORY AREA MAP

for Edmonton listings-by-area



- 1** CENTRAL
North of the River to 111 Ave NW between 82 and 124 St NW
- 2** NORTH EAST
North of the River and East of 97 St NW excluding Central
- 3** NORTH WEST
North of the River and West of 97 St NW excluding Central
- 4** SOUTH EAST
South of the River and East of Gateway BLVD
- 5** SOUTH WEST
South of the River and West of Gateway BLVD

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you home.™



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optimaliving.ca



- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care



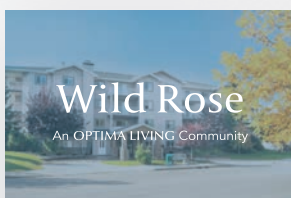
780-902-7837
7 Brower Dr
Sherwood Park, AB
astergardens.ca



- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care



780-416-1912
4255 Clover Bar Rd
Sherwood Park, AB
summerwoodvillage.ca



- ✓ Independent Living
- ✓ Supportive Living Level 4



780-443-1234
9612 - 172nd Street NW
Edmonton, AB
wildroseseniors.ca



- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care



780-452-2273
9310 - 211 Street
Edmonton, AB
lewisestates.ca

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*Enhancing Living
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Community and Faith!*

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- Student suites and Guest suites available
- Numerous recreation activities
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- Beautiful indoor tropical atrium
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www.standrewscentre.com



**Seniors
Housing**

Phone: **780.482.6561**
Website: **www.gef.org**
Email: **housing@gef.org**

Affordable Housing in Comfortable and Supportive Environments

We are the largest social housing provider for seniors in Alberta and are a registered charity.

Join our welcoming communities, where dedicated staff, friendly volunteers, and caring partners support your well-being and enhance your Quality of Life.

41 Accessible, Well-Maintained, Safe Buildings in Edmonton

- Choose between independent apartment or supportive lodge living
- All buildings welcome pets
- Rent is geared to income
- Close to public transit
- Community Supports Program connects seniors to resources and services

Apply online or contact us for an application.

SENIORS HOUSING: ACCOMMODATION ONLY

This list of housing options includes housing for older adults (see age eligibility) which does not include or offer supports or services such as meals or housekeeping. Home Care through Alberta Health Services (AHS), or private-pay care agencies, may be arranged by the resident if needed.

Listings are organized alphabetically by building name with Edmonton listings first followed by listings in surrounding communities. Regarding the area (i.e. Northeast, Southeast, Central, etc.), see Area Map on page 121.

Note:

Rental prices and housing details are subject to change - always confirm details with the individual housing provider.

Accommodation Only: 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

Eligibility: 55+

Pets: No

Smoking: Yes

Units: Bachelor, One Bedroom

Rent: \$685 - \$765

Deposit: \$100

Included in Rent: Basic utilities

Features: Barrier free suites

Supports: Non-medical staff during office hours

Accommodation Only: Northwest

ALLIANCE VILLA

Vista Housing for Seniors

12620 109A Ave. NW T5H 1G8

Phone: 780.476.1470

Email: admin@vistahousing.org

www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Central

ANSGAR VILLA

GEF Seniors Housing
10172 120 St. NW T5K 2N7
Phone: 780.488.4948
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: Yes

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Lounge area, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

AVENWOOD CORNER

GEF Seniors Housing
11909 88 St. T5B 3S2
Phone: 780.479.6232
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: Yes

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Computer stations, Courtyard, Lounge area, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Southeast

BATEMAN MANOR

GEF Seniors Housing
9923 90 Ave. NW T6E 2T4
Phone: 780.439.4733
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Southeast

BETHANY SENIOR CITIZENS HOME

GEF Seniors Housing
9920 83 Ave. NW T6E 2C1
Phone: 780.482.6561
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, Barrier free, One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

BETHEL SENIORS RESIDENCE

Vista Housing for Seniors
7728 82 Ave. NW T6C 4L9
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+
Pets: No
Smoking: No
Units: One Bedroom
Rent: 30% Subsidy
Deposit: One Month's Base Rent
Included in Rent: Power/Electricity
Features: Lounge area, Recreation room, Social recreation
Supports: After hours on-call maintenance

Accommodation Only: Northwest

BRITANNIA GARDENS

GEF Seniors Housing
10142 157 St. NW T5P 2T8
Phone: 780.489.4698
Email: housing@gef.org
www.gef.org

Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: One Bedroom, Two Bedroom
Rent: 30% of gross monthly income (income criteria required)
Deposit: Starting at \$350
Included in Rent: Heat, Water
Features: Barrier free suites, Computer stations, Courtyard, Recreation room, Security system, Special events
Supports: After hours on-call maintenance,

Accommodation Only: Northeast

BUCHANAN MANOR

GEF Seniors Housing
8804 121 Ave. NW T5B 0Z6
Phone: 780.482.6561
Email: housing@gef.org
www.gef.org

Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: Bachelor, One Bedroom
Rent: 30% of gross monthly income (income criteria required)
Deposit: Starting at \$350
Included in Rent: Heat, Water
Features: Computer stations, Courtyard, Recreation room, Security system
Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

CALDER PLACE

Vista Housing for Seniors
12934 119 St. NW T5E 5M4
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+
Pets: No
Smoking: No
Units: One Bedroom
Rent: 30% Subsidy
Deposit: One Month's Base Rent
Included in Rent: Power/Electricity
Features: Lounge area, Recreation room, Social recreation
Supports: After hours on-call maintenance

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northwest

CANORA GARDENS

GEF Seniors Housing
10160 151 St. NW T5P 4N2
Phone: 780.483.1715
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, Barrier free, One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Computer stations, Courtyard, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

CATHEDRAL CLOSE

GEF Seniors Housing
10039 103 St. NW T5J 3G4
Phone: 780.428.1027
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, Barrier free, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Computer stations, Exercise room, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

CASA ROMANA

Vista Housing for Seniors
13439 97 St. NW T5E 4C7
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Pets: No

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Southeast

CENTRAL BAPTIST MANOR

Vista Housing for Seniors
9403 95 Ave. NW T6C 4M7
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Central

CENTRAL MANOR

GEF Seniors Housing
10733 117 St. T5H 3N3
Phone: 587.340.3511
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Exercise room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

CHINESE ELDERS MANSION (TOWER I)

9550 102 Ave. NW T5H 4A8
Phone: 780.429.2146
Email: info@cemedmonton.com

Eligibility: 55+

Pets: No

Smoking: No

Units:

Rent: Rent geared to income (30%)

Deposit: One month's rent

Included in Rent: Utilities-all

Accommodation Only: Northwest

CHINESE ALLIANCE MANOR

Vista Housing for Seniors
9312 149 St. NW T5R 1C5
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Central

CHINESE ELDERS MANSION (TOWER II)

9530 102 Ave. NW T5H 4K4
Phone: 780.429.2146
Email: info@cemedmonton.com

Eligibility: 55+

Pets: No

Smoking: No

Units:

Rent: Rent geared to income (30%)

Deposit: One month's rent

Included in Rent: Basic utilities

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northwest

FR. HANNAS SENIORS' APARTMENTS

ST Michael's Health Care Services

10809 70 Ave. NW T6H 4Y5

Phone: 780.472.4545

Email: apartments@smhg.ca

www.smhg.ca

Eligibility: 65+

Pets: No

Smoking: Designated outdoor area

Units: Bachelor, One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: One month's rent

Included in Rent: Heat, Water

Features: BBQ, Courtyard, Crime Free
Certified through EPS

Supports: After hours on-call maintenance,

Accommodation Only: Southeast

GATEWAY MANOR

GEF Seniors Housing

4215 102 Ave. SE T6A 0M5

Phone: 780.466.0038

Email: housing@gef.org

www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

GOOD SAMARITAN PLACE

Good Samaritan Society
8425 83 St. NW T6C 2Z2
Phone: 780.989.3282
www.gss.org

Eligibility: 60+

Pets: No

Smoking: No

Units: One Bedroom

Rent: \$910

Deposit: \$910

Included in Rent: Basic cable, No cost to use laundry facilities, Utilities-all

Features: Courtyard, Lounge area, Salon, Parking \$25/month, May purchase hot lunch weekdays

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Southeast

GRACE GARDEN COURT

GEF Seniors Housing
6303 104 Ave. NW T6A 0X9
Phone: 780.469.4530
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

GROAT HOUSE APARTMENTS

GEF Seniors Housing
12627 Stony Plain Rd. NW T5N 3Z4
Phone: 780.455.9374
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northeast

HIGHLAND PLACE

GEF Seniors Housing
6209 118 Ave. NE T5W 5A6
Phone: 780.479.2864
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

HUTTON PLACE

Operation Friendship Seniors Society
9520 110A Ave. NW T5H 4L1
Phone: 780.408.2985
Email: info@ofss.org
www.ofss.org

Eligibility: 55+ and living in inner city

Pets: No

Smoking: Other

Units: Bachelor, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: \$100

Included in Rent: Basic utilities

Features: Barrier free suites, Outings, Social recreation

Supports: Non-medical staff during office hours

Accommodation Only: Central

KIWANIS PLACE APARTMENTS

GEF Seniors Housing
10330 120 St. NW T5K 2A6
Phone: 780.488.4205
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southwest

KNOX MET MANOR

GEF Seniors Housing
10941 83 Ave. SW T6G 0T6
Phone: 780.437.7061
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Courtyard, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

LAUDERDALE TERRACE - APARTMENTS

GEF Seniors Housing
12907 103 St. NW T5E 4M2
Phone: 780.473.2915
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Courtyard, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

LAUDERDALE TERRACE - ROW STYLE APTS

GEF Seniors Housing
12921 103 St. NW T5E 4M2
Phone: 780.473.2915
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Courtyard, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southwest

LIFESTYLE OPTIONS RIVERBEND

Lifestyle Options Retirement Communities
200 Falconer Court T6R 2V9
Phone: 780.433.2223
www.lifestyleoptions.ca

Eligibility: No age limit

Pets: Yes

Smoking: Designated areas

Units: One Bedroom, Two Bedroom, Two bedroom + den

Rent: Starting at \$2300

Deposit: One month's rent

Included in Rent: A/C, Access to shuttle, Activities, Basic utilities, Laundry

Features: Courtyard, Exercise room, Guest suite, Lounge area, Old English Pub, Craft Room, Theatre, Library, Visitor parking, Optional underground parking, Private mail boxes, Mezzanine with Grand Piano, Outings, Salon, Social recreation, Special events, Walking path

Supports: 24 hour onsite security, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

Accommodation Only: Life Lease Northwest

LIONS VILLAGE - CASTLEDOWNS

Lions Village of Greater Edmonton Society
15617 Castledowns Rd
Phone: 780.447.4484
Email: admin@lionsvillage.com
www.lionsvillage.com

Eligibility: 55+

Pets: Yes

Smoking: Common areas smoke free

Units: One Bedroom, One Bedroom + Den, Two Bedroom

Life Lease: Capital Investment plus monthly operating fees

Deposit: Capital investment required

Included: Basic cable, Property Taxes, Unit and building maintenance, Basic Utilities

Features: Barrier free design, Air conditioned suites, Exercise room, Guest suite, Salon, in suite laundry

Supports: On site caretaker

Accommodation Only: Life Lease 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

Eligibility: 55+

Pets: Yes

Smoking: Common areas smoke free

Units: One Bedroom, Two Bedroom

Life Lease: Capital Investment plus monthly operating fees

Deposit: Capital investment required

Included: Basic cable, Property Taxes, Unit and building maintenance, Basic Utilities

Features: Barrier free design, Air conditioned suites, Exercise room, Guest suite, Salon, in suite laundry

Supports: On site caretaker

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Life Lease Southwest

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

Eligibility: 55+

Pets: Yes

Smoking: Common areas smoke free

Units: One Bedroom, One Bedroom + Den, Two Bedroom

Life Lease: Capital Investment plus monthly operating fees

Deposit: Capital investment required

Included: Basic cable, Property taxes, Basic Utilities

Features: Barrier free design, Air conditioned suites, Exercise room, Guest suite, Salon, in suite laundry

Supports: On site caretaker

Accommodation Only: Northeast

LONDONDERRY VILLAGE APARTMENTS

GEF Seniors Housing
13805 75 St. NW T5C 3H8
Phone: 780.476.9585
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Lounge area, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

MANOIR SAINT-JOACHIM

La Société des Manoirs St-Joachim et St-Thomas
11020 99 Ave. T5K 2M2
Phone: 780.488.7104
Email: info@msjst.ca
www.msjst.ca

Eligibility: 60+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: One month's rent

Included in Rent: Utilities

Features: Chapel, Computer stations, Courtyard, Garden, Guest suite, Resident social club, Salon, French/Bilingual environment

Supports: After hours on-call maintenance

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

MANOIR SAINT-THOMAS

La Société des Manoirs St-Joachim et St-Thomas
9022 85 Ave. NW T6C 4M4
Phone: 780.488.7104
Email: MHFadmin@meridianfoundation.ca
www.msjst.ca

Eligibility: 60+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% of gross monthly income

Deposit: One month's rent

Included in Rent: Utilities

Features: Courtyard, Exercise room, Francophone environment, Garden, Guest suite, Special events

Supports: After hours on-call maintenance

Accommodation Only: Northwest

MARY A FINLAY MANOR

Vista Housing for Seniors
10209 134 Ave. NW T5E 1J2
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Northwest

MATHESON SENIORS RESIDENCE

11445 135 St. NW T5M 3M6
Phone: 780.454.5505
Email: mathesonmarketing@brentwood-group.ca
www.brentwoodgroup.ca

Eligibility: 55+

Pets: No

Smoking: Yes

Units: Bachelor, One Bedroom

Rent: Starting from \$755

Deposit: \$535

Included in Rent: Basic Utilities, Internet

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path

Supports: 24 hour onsite security, After hours on-call maintenance, No supports or emergency response

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

MILLBOURNE MANOR

Vista Housing for Seniors
2115 Millbourne Rd. West T6K 0Y3
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Supports: After hours on-call maintenance

Accommodation Only: Southeast

MONTGOMERY PLACE

GEF Seniors Housing
9420 92 St. SE T6C 4M9
Phone: 780.465.1624
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

MOUNTWOOD APARTMENTS

GEF Seniors Housing
11512 128 St. NW T5M 3Y5
Phone: 780.454.7168
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Computer stations, Courtyard, Exercise room, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

NORWOOD GOLDEN MANOR

Vista Housing for Seniors
11715 95 St. NW T5G 3B6
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northwest

ORTONA VILLA

Vista Housing for Seniors
10421 142 St. NW T5N 2P4
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room,
Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Southeast

OTTEWELL TERRACE

GEF Seniors Housing
6315 92 Ave. SE T6B 0S3
Phone: 780.469.7739
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom, Two
Bedroom

Rent: Fixed monthly rate with income criteria
required

Deposit: Starting at \$500

Included in Rent: Heat, Water

Features: Courtyard, Lounge area,
Recreation room, Security system, Special
events, Underground parking

Supports: After hours on-call maintenance,
Non-medical staff during office hours

Accommodation Only: Central

PIAZZA ITALIA

Vista Housing for Seniors
9521 108A Ave. NW
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room,
Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Central

PIONEER PLACE

Operation Friendship Seniors Society
10310 93 St. T5H1X1
Phone: 780.429.2626
Email: info@ofss.org
www.ofss.org

Eligibility: 55+

Pets: No

Smoking: Yes

Units: Bachelor, Barrier free, One Bedroom

Rent: 30% of household income

Deposit: One month's base rent

Included in Rent: Heat, Water

Features: Courtyard, Exercise room, Lounge
area, Outings, Special events

Supports: Non-medical staff during office
hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southwest

PLEASANTVIEW PLACE APARTMENTS

GEF Seniors Housing
5210 110 St. SW T6H 5K1
Phone: 780.437.7061
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

POLISH VETERANS HOME

9203 144 Ave. NW T5E 2H7
Phone: 78.475.9366
Email: manager.pvs@shaw.ca

Eligibility: 55+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom

Rent:

Deposit:

Included in Rent: Basic utilities

Features: Computer stations, TV room

Accommodation Only: Northeast

PORTA PLACE

GEF Seniors Housing
4436 117 Ave. NE T5W 4Y9
Phone: 780.479.4693
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom

Rent: Rent geared to 30% of gross monthly income (income criteria required).

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

RENAISSANCE TOWER

Metis Capital Housing
9505 105 Ave. T5H 0J1
Phone: 587.521.2630 or 780.452.6440
Email: reception@metishousing.ca
www.metiscapital.ca

Eligibility: 55+

Pets: May be accommodated

Smoking: Designated areas

Units: Barrier free, One Bedroom, Two Bedroom

Rent: \$750 one bedroom, \$850 two bedroom

Deposit: One month's rent

Included in Rent: Basic cable, Internet, Power/Electricity, Telephone

Supports: No supports or emergency response

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

RITCHIE PIONEER PLACE

GEF Seniors Housing
9743 77 Ave. SE T6E 1M2
Phone: 780.433.7188
Email: housing@gef.org
www.gef.org
Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: One Bedroom
Rent: 30% of gross monthly income (income criteria required)
Deposit: Starting at \$350
Included in Rent: Heat, Water
Features: Computer stations, Exercise room, Recreation room, Security system, Special events
Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

ROSSLYN APARTMENTS

GEF Seniors Housing
10819 134 Ave. NW T5E 1J9
Phone: 780.473.2915
Email: housing@gef.org
www.gef.org
Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: Barrier free, One Bedroom, Two Bedroom
Rent: 30% of gross monthly income (income criteria required)
Deposit: Starting at \$350
Included in Rent: Heat, Water
Features: Barrier free suites, Computer stations, Courtyard, Recreation room, Security system, Special events
Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

ROSSLYN TERRACE

GEF Seniors Housing
13311 109 St. T5E 6R7
Phone: 780.473.2916
Email: housing@gef.org
www.gef.org
Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: Barrier free, One Bedroom, Two Bedroom
Rent: Fixed monthly rate with income criteria required
Deposit: Starting at \$500
Included in Rent: Heat, Water
Features: Courtyard, Recreation room, Security system, Special events, Underground parking
Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

SAKAW TERRACE APARTMENTS

GEF Seniors Housing
5815 Millwoods Rd South SE T6L 0B1
Phone: 780-461-2449
Email: housing@gef.org
www.gef.org
Eligibility: 65+
Pets: May be accommodated
Smoking: Designated areas
Units: One Bedroom, Two Bedroom
Rent: Fixed monthly rate. Income criteria required
Deposit: Starting at \$500
Included in Rent: Heat, Water
Features: Barrier free suites, Chapel, Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Security system, Special events, Underground parking
Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northwest

ST ANDREW'S CENTRE

12720 111 Ave. T5M 3X3

Phone: 780.452.4444

Email: heather@standrewscentre.com

www.standrewscentre.com

Eligibility: 60+

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, One bedroom and Den, Two Bedroom

Rent: Starting from \$1010 - \$2370

Deposit: \$500

Included in Rent: Basic cable, Basic utilities

Features: Courtyard, Exercise programs, Exercise room, Games, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path

Supports: 24 hour onsite security

Accommodation Only: Southeast

ST ANDREW'S UKRAINIAN SELO

Vista Housing for Seniors

8025 101 Ave. NW T6A 3K5

Phone: 780.476.1470

Email: admin@vistahousing.org

www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Northeast

ST ELIAS PYSANKA MANOR

Vista Housing for Seniors

11906 66 St. NW T5B 1J4

Phone: 780.476.1470

Email: admin@vistahousing.org

www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom

Rent: 30% Subsidy

Deposit: One Month's Base Rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Southwest

STRATHCONA PLACE

GEF Seniors Housing

7720 108 St. SW T6E 5E1

Phone: 780-433-7192

Email: housing@gef.org

www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350.00

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Central

TEGLER MANOR

The Tegler Foundation
9943 110 St. T5K 2N5
Phone: 780.422.1531
Email: info@teglerfoundation.ca
www.teglerfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom \$1000-\$1045, Two bedroom \$1215-1245

Deposit: 1/2 months rent

Included in Rent: Activities, Basic cable, Basic Utilities

Features: Chapel, Courtyard, Exercise programs, Guest suite, Rec room, Security system

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northwest

TEGLER TERRACE

The Tegler Foundation
9918 149 St. T5P 4X2
Phone: 780.481.2929
Email: info@teglerfoundation.ca
www.teglerfoundation.ca

Eligibility: 65+

Pets: No **Smoking:** No

Units: One Bedroom, Two Bedroom

Rent: \$1,035 - \$1,075 1 Bedroom, \$1,240 - \$1,295

Deposit: 1/2 Months rent

Included in Rent: Basic cable, Heat, Water

Features: Chapel, Exercise room, Garden, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

TOWER ONE

Vista Housing for Seniors
12840 64 St. NW T5A 4M8
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Southeast

TRINITY HALL

GEF Seniors Housing
8419 102 St. SE T6E 5T1
Phone: 780-438-0773
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Courtyard, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Southeast

TRINITY LUTHERAN HOUSE

GEF Seniors Housing
10006 80 Ave. SE T6E 1T5
Phone: 780-433-1036
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Courtyard, Recreation room, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Central

UKRAINIAN DNIPRO SENIORS

Vista Housing for Seniors
11030 107 St. NW
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Southwest

VETERANS VILLA SOUTHGATE

Veterans Housing Project
5210 106 St. NW
Phone: 780.435.2096
Email: villa71@shaw.ca

Eligibility: 60+

Pets: Yes

Smoking: Yes

Units: Bachelor, One Bedroom

Rent: Starts at \$780

Deposit: \$780

Included in Rent: A/C, Basic cable, Basic utilities, Storage

Features: Courtyard, Games, Social recreation, Special events

Supports: No supports or emergency response

THE TEGLER FOUNDATION

Providing Caring, Independent Living for Seniors,
where concern for our Residents comes first!

Proud Owner of

Tegler Manor : **Tegler Terrace**
9943 – 110 Street : 9918 – 149 Street

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starting at \$1005 (before subsidy)

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and all utilities at Tegler Manor)

Phone: 780-422-1531

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wonderful amenity areas!!
www.teglerfoundation.ca



SENIORS HOUSING: ACCOMMODATION ONLY

Accommodation Only: Northeast

VIRGINIA PARK APARTMENTS

GEF Seniors Housing
11033 76 St NE T5B 4T2
Phone: 780.479.2403
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Courtyard, Security system, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Accommodation Only: Northeast

VISELKA

Vista Housing for Seniors
11415 86 St. NW T5B 3J3
Phone: 780.476.1470
Email: admin@vistahousing.org
www.vistahousingforseniors.org

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% Subsidy

Deposit: One month's base rent

Included in Rent: Power/Electricity

Features: Lounge area, Recreation room, Social recreation

Supports: After hours on-call maintenance

Accommodation Only: Northwest

WESTLAWN COURTS

GEF Seniors Housing
9908 165 St. NW T5P 4S3
Phone: 780.484.7509
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: 30% of gross monthly income (income criteria required)

Deposit: Starting at \$350

Included in Rent: Heat, Water

Features: Barrier free suites, Computer stations, Courtyard, Exercise room, Lounge area, Outings, Recreation room, Security system, Special events, Walking path

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Stony Plain

ALBERTA ROSE MANOR

Meridian Housing Foundation
4616-52 Ave. Stony Plain
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income

Deposit: \$300

Included in Rent: Heat, Water

Features: Resident social club

Accommodation Only: Sherwood Park

APPLE BLOSSOM MANOR

Heartland Housing Foundation
97 Willow St. Sherwood Park T8A 5R4
Phone: 780.467.7360
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom

Rent: Rent geared to income at 30%

Deposit: One month's rent (max of \$400)

Included in Rent: Heat, Water

Features: Lounge area, Security system, Walking path

Supports: No supports or emergency response

Accommodation Only: Beaumont

BEAUREGARD MANOIR APARTMENTS

Leduc Regional Housing Foundation
5033 52 Ave. Beaumont T4X 1K6
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Laundry facilities, Utilities-all

Accommodation Only: Sherwood Park

BEDFORD VILLAGE

Christenson Communities
161 Festival Way, Sherwood Park T8A 4X2
Phone: 780.540.9500
Email: bedford@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2500

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Internet, Utilities

Features: Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path

Supports: Non-medical staff during office hours

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: St. Albert

CHATEAU MISSION COURT

Homeland Housing
34 Mission Ave. St. Albert T8N 1H8
Phone: 780.458.7445
Email: www.homelandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom

Rent: Rent Geared to Income - 30%

Deposit: None

Included in Rent: Basic cable, Utilities

Features: Courtyard, Exercise programs,
Games, Outings, Salon, Social
recreation, Walking path

Accommodation Only: Stony Plain

DIAMOND JUBILEE MANOR

Meridian Housing Foundation
4612 52 Ave. Stony Plain
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income

Deposit: \$300

Included in Rent: Heat, Water

Features: Resident social club

Accommodation Only: Condo - Sherwood Park

CLOVER BAR PIONEER COURT

6 Mission St. Sherwood Park T8A 0V3
Phone: 780.467.8206
Email: pioneercourtmanager@shaw.ca

Eligibility: 60+

Pets: No

Smoking: No

Units: Various sizes available for purchase

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Fort Saskatchewan

DR. T.W.E. HENRY HOUSE

Heartland Housing Foundation
10007 101 St. Fort Saskatchewan T8L 1V8
Phone: 780.998.3321
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom

Rent: Rent geared to income at 30%

Deposit: Equal to one-month's rent (max of \$400)

Included in Rent: Heat, Water

Features: Courtyard, Lounge area, Walking path

Accommodation Only: Stony Plain

FOLKSTONE MANOR

Meridian Housing Foundation
17 Folkstone Pl. Stony Plain
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 55+

Pets: No

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$815.00

Deposit: One month's rent

Included in Rent: Heat, Water

Features: Barrier free suites, Underground parking

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Fort Saskatchewan

FORT LIONS HAVEN

Heartland Housing Foundation
10025 99 Ave. Fort Saskatchewan T8L 1R6
Phone: 780.998.3321
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom

Rent: Rent geared to income at 30%

Deposit: Equal to one-month's rent (max of \$400)

Included in Rent: Heat, Water

Features: Courtyard, Garden, Lounge area, Security system

Accommodation Only: Wabamun

FOSTER MANOR

Meridian Housing Foundation
5206 50 St. Wabamun
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income

Deposit: \$300

Included in Rent: Heat, Water

Accommodation Only: Leduc

GOLDAGE APARTMENTS

Leduc Regional Housing Foundation
4404 Black Gold Dr. Leduc T9E 5Y5
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Heat, Water, Laundry facilities

Accommodation Only: Devon

GOLDRING MANOR APARTMENTS

Leduc Regional Housing Foundation
27 St. Lawrence Ave. Devon Y0C 1E0
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: Barrier free suites, One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Laundry facilities, Utilities

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Josephburg

HOMESTEAD PLACE

Heartland Housing Foundation
30-54569 RR 215, Josephburg T8L 4B9
Phone: 780.998.3321
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom

Rent: Rent geared to income at 30%

Deposit: Equal to one-month's rent (max of \$400)

Included in Rent: Heat, Water

Features: Courtyard, Garden, Lounge area, Security system

Accommodation Only: Stony Plain

MERIDIAN HOUSING FOUNDATION

Meridian Housing Foundation
4908 53 Ave. Stony Plain T7Z 1Y4
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 55+

Pets: No

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$725

Deposit: One month's rent

Included in Rent: Heat, Water

Accommodation Only: Sherwood Park

LAKESIDE LEGION MANOR

Heartland Housing Foundation
495 Woodbridge Way Sherwood Park T8A 4P1
Phone: 780.467.7360
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: Rent geared to income at 30%

Deposit: One-month's rent (max of \$400)

Included in Rent: Heat, Water

Features: Courtyard, Garden, Lounge area, Security system, Walking path

Accommodation Only: Stony Plain

MERIDIAN PIONEER MANOR

Meridian Housing Foundation
5007 52 Ave. Stony Plain
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income

Deposit: \$300

Included in Rent: Heat, Water

Features: Resident social club

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Calmar

NORTHERN LIGHTS APARTMENTS

Leduc Regional Housing Foundation
5012 51 Ave. Calmar T0C 0V0
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Heat & water, Laundry facilities

Accommodation Only: Gibbons

PINECREST GARDENS

Homeland Housing
4820 45 Ave. Gibbons T0A 1N0
Phone: 780.923.3330
Email:
www.homelandhousing.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: 30% of income

Deposit: None

Included in Rent: Heat, Water, Parking spot

Supports: After hours on-call maintenance

Accommodation Only: Wabamun

PARK VIEW MANOR

Meridian Housing Foundation
5016 52 Ave. Wabamun
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$725

Deposit: One month's rent

Included in Rent: Heat, Water

Accommodation Only: Life Lease - Beaumont

PLACE BEAUSEJOUR

Place Beausejour Life Lease Society
5020 52 Ave. Beaumont T4X 1P3
Phone: 780.929.9889
Email: tday@placebeausejour.com
www.placebeausejour.com

Eligibility: 55+

Pets: No

Smoking: No

Units: One Bedroom, One Bedroom + Den, Two Bedroom, Two bedroom + den

Life Lease: Capital Investment plus monthly operating fees

Deposit: Capital investment and entrance fee required

Included: Appliances, Property Tax, Heat, Water, Garbage disposal, in-suite repairs & maintenance

Features: Exercise room, Guest suite, Social Room, Pool, Shuffleboard tables, Rentable kitchen facilities, Fireside/chapel room, Woodworking shop, Wine making room

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Sherwood Park

SILVER BIRCH MANOR

Heartland Housing Foundation
918 Bison Way Sherwood Park T8H 2C4
Phone: 780.400.3600
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: One bedroom \$940-\$1,065. Two bedroom \$1,095.

Deposit: One month's rent.

Included in Rent: Heat, Water, Storage

Features: Lounge area, Security system, Walking path

Supports: No supports or emergency response

Accommodation Only: Spruce Grove

SPRUCE HAVEN MANOR

Meridian Housing Foundation
420 Main St. Spruce Grove
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income

Deposit: \$300

Included in Rent: Heat, Water

Features: Resident social club

Accommodation Only: Calmar

SUNSET APARTMENTS

Leduc Regional Housing Foundation
5014 51 Ave. Calmar T0C0V0
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Heat, Water, Laundry facilities

Accommodation Only: New Sarepta

SUNSET MANOR APARTMENTS

Leduc Regional Housing Foundation
5058 2nd Ave. New Sarepta T0B 3M0
Phone: 780.986.2814
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: One Bedroom

Rent: Rent geared to income (30%)

Deposit: First month's rent

Included in Rent: Heat, Water, In-suite washer/dryer

SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Bon Accord

SUNSET/SUNRIDGE MANORS

Homeland Housing
5017 49 St. Bon Accord T0A 0K0
Phone: 780.923.3330
Email:
www.homelandhousing.ca

Eligibility: 65+
Pets: No
Smoking: No
Units: One Bedroom
Rent: 30% of income
Deposit: None
Included in Rent: Heat, Water
Supports: After hours on-call maintenance

Accommodation Only: Leduc

WEST GROVE APARTMENTS

Leduc Regional Housing Foundation
5020 51 St. Leduc T9E 5X2
Phone: 780.986.2814
Email: info@leduregionalhousing.ca
www.leduregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)
Pets: No
Smoking: No
Units: Barrier free suites, One Bedroom
Rent: Rent geared to income (30%)
Deposit: First month's rent
Included in Rent: Heat, Water, Laundry facilities

Service Options Available: Sherwood Park

CHARTWELL EMERALD HILLS RETIREMENT RESIDENCE

Chartwell Retirement Residences
6101 Eton Blvd. Sherwood Park T8H 2R8
Phone: 1.844.727.8679
www.chartwell.com

Eligibility: 65+, accept younger ages who require supportive living
Pets: Yes
Smoking: No
Units: One Bedroom, One Bedroom w Den, Two Bedroom
Rent: Starting at \$3351
Deposit: 1/2 month security deposit
Included in Rent: 24 hour staffing, Activities, Additional service packages (mandatory to choose), Basic cable, Emergency Medical Response Pendant, Internet, Telephone, Utilities-all, Weekly housekeeping
Features: Billiards, Private Dining Room, Chapel, Computer stations, Exercise programs, Guest suite, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking
Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Visiting physician

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

This list of housing options includes housing for older adults (see age eligibility) in which the **housing provider offers optional supports and/or services such as meals or housekeeping.**

- These options are available as fee-for-service packages. Ask the individual housing provider about the options available and the cost for such options.
- Home Care through AHS (or private pay care agencies) may be arranged by the resident if needed.

Listings are organized alphabetically by building name with Edmonton listings first followed by listings in surrounding communities.

Refer to the Area Map on page 121 for boundaries used to determine Northeast, Southeast, Central, Northwest and Southwest.

Note: Rental prices and housing details are subject to change - always confirm details with the individual housing provider.



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 e-mail: gwarchola@silvercross.com Internet: www.silvercrossstores.com



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www.eldermove.ca



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780.422.1531 | info@teglerfoundation.ca
www.teglerfoundation.ca

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Tegler Manor Tegler Terrace
 9943 - 110 Street 9918 - 149 Street



SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Northwest

CANTERBURY MANOR

Canterbury Foundation
8403 142 St. NW T5R 4L3
Phone: 780.483.5361
Email: home@canterburyfoundation.com
www.canterburyfoundation.com

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, Barrier free suites, One Bedroom, Two Bedroom

Rent: Starting from \$2,250

Deposit: \$1500

Included in Rent: 24 hour staffing, A/C, Activities, Basic utilities, Laundry, Storage, Underground parking,

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Options meal plans, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking

Supports: 24-Hr on-site RN available, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

Service Options Available: Southwest

CHARTWELL WESCOTT RETIREMENT RESIDENCE

Chartwell Retirement Residences
3841 Allan Dr. SW T6W 4B8
Phone: 1.844.727.8684
www.chartwell.com

Eligibility: 65+

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, One Bedroom + Den, Two Bedroom

Rent: Starting at \$3,040

Deposit: 1/2 month security deposit

Included in Rent: 24 hour staffing, A/C, Access to shuttle, Additional service packages (mandatory to choose), Basic cable, Internet, Telephone, Utilities-all, Weekly housekeeping includes linen service, Meals (lunch and dinner), chauffeured car service, indoor scooter parking.

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Guest suite, Lounge area, Pool, Movie theatre, Private dining room, kids' zone for young visitors, Recreation room, Salon, Social recreation, Special events

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA)

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Southwest

DEVONSHIRE VILLAGE

Christenson Communities
1728 Rabbit Hill Rd. T6R 3N6
Phone: 780.540.9500
Email: devonshire@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2900

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Basic utilities, Internet

Features: Chapel, Computer stations, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path. Optional meals, Personal services, In-suite laundry, Full kitchens.

Supports: Non-medical staff during office hours

Service Options Available: Northeast

EMMANUEL HOME

Emmanuel Seniors Living Society
13429 57 St. NW T5A 0T8
Phone: 780.478.2051
Email: fwoudstra@emmanuelhome.ca
www.emmanuelhome.ca

Eligibility: 65+,

Pets: No

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Starts at \$915 for studios & up to \$3485 for two-bed two-bath

Deposit: \$500

Included in Rent: Activities, Basic cable, Internet, Laundry, Optional meal plans, Storage, Tenant insurance, Utilities

Features: Barrier free suites, Courtyard, Exercise programs, Exercise room, Games, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path

Supports: 24 hour onsite security, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Southwest

GLASTONBURY VILLAGE

Christenson Communities
1585 Glastonbury Blvd. T5T 2W5
Phone: 780.540.9500
Email: glastonbury@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2400

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Internet, Utilities-all

Features: Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path. Optional meals, Personal services, In-suite laundry, Full kitchens.

Supports: Non-medical staff during office hours

Service Options Available: Southwest

HARMONY AT RUTHERFORD

12020 22 Ave SW T6W 0C7
Phone: 780.655.2929
Email: info@harmonyatrutherford.com
www.harmonyatrutherford.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting from \$2500

Deposit: ½ month's rent

Included in Rent: 24/7 Live Emergency Response, Activities, Phone, Cable & Internet, Basic utilities, Outdoor parking, Bus transportation

Features: Barrier Free Suites, Crafts Studio, Dining club with full-table service, Exercise room, Games room with fireplace, Outings, Billiard lounge & games room, Salon & Barber Shop, Theater room, Party room, Underground parking, additional storage areas

Supports: Third party care provider in the community for any care needs.office hours

Service Options Available: Northwest

KENSINGTON INN

Shepherd's Gardens
13451 127 St. T5L 5B3
Phone: 587.596.0580
Email: hsinclair@shepherdsgardens.ca
www.shepherdsgardens.ca

Eligibility: 55+

Pets: May be accommodated

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: starting from \$1485 to \$3055

Deposit: One month's rent

Included in Rent: Activities, Emergency pendant, Mandatory monthly meal plans start at \$218/month/person, Heat, Water

Features: Barrier free suites, Chapel, Christian community, Courtyard, Exercise programs, Exercise room, Games, Garden, Guest suite, Lounge area, Outings, Recreation room, Resident social club, Salon, Security system, Social recreation

Supports: Life Line, Non-medical staff during office hours

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Northwest

KENSINGTON MANOR

Shepherd's Gardens
12511 135 Ave. T5L 5B1
Phone: 587.596.0580
Email: hsinclair@shepherdsgardens.ca
www.shepherdsgardens.ca

Eligibility: 55+

Pets: May be accommodated

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Starting from \$1485 to \$3055

Deposit: One month's rent

Included in Rent: Heat, Mandatory monthly meal packages start at \$218/month/person, Emergency pendant, Water

Features: Barrier free suites, Chapel, Christian community, Courtyard, Exercise programs, Exercise room, Garages, Garden, Guest suite, Lounge area, Outings, Recreation room, Resident social club, Salon, Social recreation, Special events

Supports: Non-medical staff during office hours, Other

Service Options Available: Southeast

MILLWOODS MANOR

Shepherd's Gardens
6640 28 Ave. T6G 3X8
Phone: 587.596.0580
Email: hsinclair@shepherdsgardens.ca
www.shepherdsgardens.ca

Eligibility: 55+

Pets: May be accommodated

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Starting at \$1508 to \$1965

Deposit: One month's rent

Included in Rent: Mandatory monthly meal packages start at \$218/month/person, Emergency pendant included, Basic Utilities

Features: Chapel, Christian community, Courtyard, Exercise programs, Exercise room, **Games**, Garden, Guest suite, Lounge area, Meal Service, Outings, Recreation room, Resident social club, Salon, Social recreation, Special events, Walking path

Supports: Life line, Non-medical staff during office hours

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Southwest

SOUTH SIDE MANOR

Shepherd's Gardens
10745 29 Ave. T6J 5H6
Phone: 587.596.0580
Email: hsinclair@shepherdsgardens.ca
www.shepherdsgardens.ca

Eligibility: 55+

Pets: May be accommodated

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting from \$1331 to \$2570

Deposit: One month's rent

Included in Rent: Activities, Emergency Pendant, Mandatory monthly meal packages start at \$218/month/person, Full Service Dining, Heat, Water

Features: Christian community, Exercise programs, Exercise room, Games, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Life Line

Service Options Available: Southeast

SOUTHWOODS COURT NORTH

Christenson Communities
9433 67A Ave. NW T6E 0N7
Phone: 780.760.3400
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2400

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Basic Utilities, Internet

Features: Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Recreation room, Security system, Social recreation, Special events, Walking path. Optional meals, In-suite laundry, Full kitchens.

Supports: Non-medical staff during office hours

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE

Service Options Available: Central

VILLAGE AT WESTMOUNT

Christenson Communities
13317 115 Ave. T5M 2R2
Phone: 780.540.9500
Email: westmount@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2500

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Internet, Basic Utilities

Features: Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking. Optional Meals, Personal Services, In-suite Laundry, Full Kitchens.

Supports: Non-medical staff during office hours

SURROUNDING AREAS

Service Options Available: Sherwood Park

CHARTWELL EMERALD HILLS RETIREMENT RESIDENCE

Chartwell Retirement Residences
6101 Eton Blvd. Sherwood Park T8H 2R8
Phone: 1.844.727.8679
www.chartwell.com

Eligibility: 65+, accept younger ages who require supportive living

Pets: Yes

Smoking: No

Units: One Bedroom, One Bedroom w Den, Two Bedroom

Rent: Starting at \$3351

Deposit: 1/2 month security deposit

Included in Rent: 24 hour staffing, Activities, Additional service packages (mandatory to choose), Basic cable, Emergency Medical Response Pendant, Internet, Telephone, Utilities-all, Weekly housekeeping

Features: Billiards, Private Dining Room, Chapel, Computer stations, Exercise programs, Guest suite, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Visiting physician

SENIORS HOUSING WITH SERVICE OPTIONS AVAILABLE - SURROUNDING AREAS

Service Options Available: St. Albert

CITADEL VILLAGE

Christenson Communities
35 Erin Ridge Rd. St. Albert T8N 0G6
Phone: 780.540.9500
Email: citadel@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom, Two bedroom + den

Rent: Starting at \$2900

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Internet, Basic Utilities

Features: Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking, Walking path.

Supports: Non-medical staff during office hours

Service Options Available: Leduc

TELFORD MEWS

Christenson Communities
41 Athapaskan Dr. Leduc
Phone: 780.769.1162
Email: telford@cdlhomes.com
www.cdlhomes.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: Barrier free suites, One Bedroom, Two Bedroom

Rent: Starting at \$2200

Deposit: N/A

Included in Rent: A/C, Activities, Basic cable, Basic utilities, Internet

Features: Chapel, Computer stations, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events. Optional Meals, Personal Services, In-suite Laundry, Full Kitchens.

Supports: Non-medical staff during office hours



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SENIORS HOUSING WITH SUPPORTS INCLUDED

This list of housing options includes housing for older adults (see age eligibility) that includes supports or services such as meals or housekeeping in the base rent.

- The housing provider may also offer additional services/supports for a fee. Ask as many questions as needed to be clear on what is and is not included.
- Home Care through Alberta Health Services (AHS), or private-pay care agencies, may be arranged by the resident if needed.

Listings are organized alphabetically by building name with Edmonton listings first, followed by listings in surrounding communities.

Refer to the Area Map on page 121 for boundaries used to determine Northeast, Southeast, Central, Northwest and Southwest.

Note: Rental prices and housing details are subject to change - always confirm details with the individual housing provider.

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SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Central

BOARDWALK RETIREMENT COMMUNITY

Boardwalk REIT
10531 90 St. NW T5H 4E7
Phone: 780.408.2666
Email: BRCE@bwalk.com
www.bwalk.com

Eligibility: 55+

Pets: Yes

Smoking: Yes

Units: Bachelor, One Bedroom, Two Bedroom

Rent: \$2059

Deposit: \$500

Included in Rent: Activities, Basic utilities, Meals, Weekly housekeeping

Features: Exercise programs, Exercise room, Lounge area, Social recreation

Supports: 24 hour onsite security, Non-medical staff during office hours

Housing with supports included: Northwest

CANTERBURY COURT AND HEIGHTS

Canterbury Foundation
8403 142 St. NW T5R 4L3
Phone: 780.483.5361
Email: home@canterburyfoundation.com
www.canterburyfoundation.com

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor, Barrier free suites, One Bedroom, Two Bedroom

Rent: Starting at \$3828

Deposit: \$1500

Included in Rent: 24 hour staffing, A/C, Activities, Basic cable, Basic utilities, Laundry, Meals, Parking spot, Storage, Weekly housekeeping

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: 24 hour onsite security, 24/7 on site RN, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Northwest

CANTERBURY HAVEN - ENHANCED SUPPORTIVE LIVING

Canterbury Foundation
8403 142 S. NW T5R 4L3
Phone: 780.483.5361
Email: home@canterburyfoundation.com
www.canterburyfoundation.com

Eligibility: 65+ (may consider younger ages)

Pets: No

Smoking: Designated areas

Units: Bachelor

Rent: Please contact for rates

Included in Rent: 24 hour staffing, A/C, Activities, Basic cable, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Our newest level of care opened in early 2023! Private long-term care in homelike, warm environment: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events.

Supports: 24 Hr RN on site, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Other, Visiting physician

Housing with supports included: Northwest

CANTERBURY LANE - MEMORY CARE

Canterbury Foundation
8403 142 S. NW T5R 4L3
Phone: 780.483.5361
Email: Home@canterburyfoundation.com
www.canterburyfoundation.com

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor, One Bedroom (in secured memory care wing)

Rent: Starting at \$6,167

Deposit: \$1500

Included in Rent: A/C, Activities, Basic cable, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: 24/7 on site RN, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Northwest

CHARTWELL GRIESBACH RETIREMENT RESIDENCE

Chartwell Retirement Residences
4480 McCrae Ave. NW T5E 0Y5
Phone: 1.844.727.8680
www.chartwell.com

Eligibility: 65+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: Starting from \$3279 /month

Deposit: 1/2 month security deposit

Included in Rent: 24 hour staffing, Activities, Basic utilities, Emergency Medical Response Pendant, Telephone, One meal per day, Weekly housekeeping

Features: Chapel, Computer stations, Courtyard, Exercise programs, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking. Additional care packages available on a fee for service basis.

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Visiting physician

Housing with supports included: Northwest

CHARTWELL HAWTHORN RETIREMENT RESIDENCE

Chartwell Retirement Residences
6411 199 St. NW T5T 6Y4
Phone: 1.844.727.8681
www.chartwell.com

Eligibility: 65+ (may accept younger ages who require supportive living)

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, One Bedroom + Den, Two Bedroom

Rent: Starting from \$2200 /month

Deposit: 1/2 month security deposit

Included in Rent: 24 hour staffing, A/C, Access to shuttle, Activities, Basic utilities, Meals, Weekly housekeeping

Features: Chapel, Computer stations, Exercise programs, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: 24 hour onsite security

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Southwest

CHARTWELL HERITAGE VALLEY RETIREMENT RESIDENCE

Chartwell Retirement Residences
944 James Mowatt Trail SW T6W 2B2
Phone: 1.844.727.8682
www.chartwell.com

Eligibility: 65+, accept younger ages who require supportive living

Pets: Yes

Smoking: No

Units: One Bedroom + Den, One Bedroom, Two Bedroom

Rent: Starting at \$3410 /month

Deposit: 1/2 month rent

Included in Rent: 24 hour staffing, Basic cable, Scheduled Bus Outings, Basic utilities, Dinner meal, Weekly housekeeping

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Guest suite, In suite storage, Lounge area, Recreation room, Salon, Social recreation, Special events, Underground parking, Walking path

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Visiting physician

Housing with supports included: Central

THE CHURCHILL

Cogir (as of Nov 1)
10015 103 Ave. NW T5J 0H1
Phone: 780.420.1222
www.revera.com

Eligibility: 65+

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Market rates. Suite rate based on size & floor

Deposit: One month's rent

Included in Rent: 24 hour staffing, Activities, Basic cable, Evening 4 course meal, Free Visitor Parking, Internet, Laundry, Snacks, Storage, Telephone, Underground parking, Basic utilities, Weekly housekeeping

Features: Chapel, Christian community, Computer stations, Courtyard, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Pedway access to City Centre and Downtown core, Recreation room, Respite and Hotel suites, Salon, Security system, Social Activities

Supports: 24/7 LPN on call, After hours on-call maintenance, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: South

EVERITT GARDENS

Optima Living
125 Everitt Dr. St. Albert
Phone: 780.569.2273
Email: everittgardens@optimaliving.ca
www.everittgardens.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, One Bedroom + Den, Two Bedroom

Rent: Varies based on suite type and service level. Starting at \$4475

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Meals, Basic Utilities, Weekly housekeeping

Features: Exercise programs, Library, Outings, Pond, Recreation room, Salon, Social recreation, Special events, Theatre

Supports: 24 hour emergency call systems, 24/7 On-Site Clinical Staff, In-House Family Physician

Housing with supports included: Northwest

EXQUISICARE CAMERON HEIGHTS

ExquisiCare Inc.
3191 Cameron Heights Way NW T6M 0S5
Phone: 780.540.8358
Email: info@exquisicare.com
www.exquisicare.com

Eligibility: 65+

Pets: May be accommodated

Smoking: No

Units: One Bedroom

Rent: \$9500 /month inclusive of all care

Deposit: One month's rent

Included in Rent: 24 hour staffing, A/C, Activities, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Personal Care home with Courtyard, Exercise programs, Lounge area, Outings, Security system, Social recreation

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Other, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Southwest

EXQUISICARE WESTCLIFF PLACE

ExquisiCare Inc.
4003 Westcliff Place SW T6W0X9
Phone: 780.540.8358
Email: info@exquisicare.com
www.exquisicare.com

Eligibility: 65+

Pets: May be accommodated

Smoking: No

Units: One Bedroom

Rent: \$9500 /month inclusive of all care

Deposit: One month's rent

Included in Rent: 24 hour staffing, A/C, Activities, Laundry, Meals, Utilities-all, Weekly housekeeping

Features: Personal Care home with Courtyard, Exercise programs, Lounge area, Outings, Security system, Social recreation

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Other, Visiting physician

Housing with supports included: Southwest

EXQUISICARE WINDERMERE MANOR

ExquisiCare Inc.
3531 Watson Point SW T6W 2L2
Phone: 780.540.8358
Email: info@exquisicare.com
www.exquisicare.com

Eligibility: 65+

Pets: May be accommodated

Smoking: No

Units: One Bedroom

Rent: \$9500 /month inclusive of all care

Deposit: One month's rent

Included in Rent: 24 hour staffing, A/C, Activities, Laundry, Basic Utilities, Meals, Weekly housekeeping

Features: Personal Care home with Courtyard, Exercise programs, Lounge area, Outings, Security system, Social recreation

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Other, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Southwest

GARNEAU HALL

VRS

10923 82 Ave. T6G 0S7

Phone: 780.433.3177

Email: sales@garneauhalla.com

www.garneauhalla.com

Eligibility: 60+

Pets: May be accommodated

Smoking: Designated areas

Units: One Bedroom

Rent: Starting from \$2900

Deposit: Half of rent

Included in Rent: 24 hour staffing, Activities, Basic cable, Meals, Telephone, Utilities, Weekly housekeeping

Features: Courtyard, Exercise programs, Games, Garden, Guest suite, Outings, Salon, Social recreation, Special events, Underground parking

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance

Housing with supports included: Southeast

LAUREL HEIGHTS

Optima Living

3110 22 Ave. T6T 0R2

Phone: 780.465.2273

Email: laurelheights@optimaliving.ca

www.laurelheights.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Studio, Two Bedroom

Rent: Varies based on suite type and service level starting at \$4200

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Basic utilities, Meals, Weekly housekeeping

Features: Bistro, Courtyard, Exercise programs, Outings, Recreation room, Salon, Social recreation, Special events, Theatre, Wellness Centre

Supports: 24/7 LPN on call, 24/7 On-Call Pharmacist, 24/7 on site healthcare aid (HCA), In-House Family Physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: West

LEWIS ESTATES

Optima Living
9310 211 St. T5T 4N8
Phone: 780.452.2273
Email: lewisestates@optimaliving.ca
www.lewisestates.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: Studio, One Bedroom, One Bedroom
+ Den, Two Bedroom

Rent: Varies based on suite type and service level, starting at \$4365

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Basic utilities, Meals, Weekly housekeeping

Features: Bistro, Exercise programs, Garden, Library, Outings, Recreation room, Salon, Social recreation, Special events, Swimming Pool, Walking path

Supports: 24 hour emergency call systems, 24/7 On-Site Clinical Staff, In-House Family Physician

Housing with supports included: Northwest

LIFESTYLE OPTIONS TERRA LOSA

Lifestyle Options Retirement Communities
17203 99 Ave. NW T5T 6S5
Phone: 780.435.2000
www.lifestyleoptions.ca

Eligibility: No age limit

Pets: Yes

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2799

Deposit: One month's rent

Included in Rent: A/C, Access to shuttle, Activities, Laundry, Basic utilities, Two meals/day

Features: Computer stations, Courtyard, Exercise room, Garden, Lounge area, Outings, Salon, Social recreation, Special events, Walking path

Supports: 24 hour onsite security, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Southwest

LIFESTYLE OPTIONS WHITEMUD

Lifestyle Options Retirement Communities
4069 106 St. T6J 4N5
Phone: 780.437.7171
www.lifestyleoptions.ca

Eligibility: No age limit

Pets: Yes

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Starting at \$2325

Deposit: One month's rent

Included in Rent: A/C, Access to shuttle, Activities, Laundry, Basic utilities, Two meals/day

Features: Computer stations, Courtyard, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Walking path

Supports: 24 hour onsite security, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

Housing with supports included: Southwest

MACTAGGART PLACE

Optima Living
5149 Mullen Rd. T6R 0W7
Phone: 780.540.2273
Email: mactaggartplace@optimaliving.ca
www.mactaggartplaceseniors.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, One Bedroom+den, Studio, Two Bedroom

Rent: Varies based on suite type and service level starting at \$4239

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Chapel, Exercise programs, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Walking path

Supports: 24 hour live-in housekeeper, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Central

OUR PARENTS' HOME

10112 119 St. NW T5K 1Y9

Phone: 780.732.0412

Email: Tracy.Shaw-ache@reveraliving.com

www.reveraliving.com

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom starting at \$3,708, Two bedroom starting \$5,411

Deposit: One month's rent

Included in Rent: 24 hour staffing, A/C, Activities, Cable (200 channels), Basic utilities, Internet, Telephone, 20 Meals/month and breakfast every day

Features: Computer stations, Exercise programs, Exercise room, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Underground parking

Supports: 24/7 LPN and Nurse on call, 24/7 on site healthcare aid (HCA)

Housing with supports included: Central

ROSEDALE ESTATES

Rosedale Seniors' Living

10101 111 St. T5K 2H8

Phone: 780.709.0728

Email: leasing@rosedaleseniorsliving.com

www.rosedaleseniorsliving.com

Eligibility: No age limit

Pets: May be accommodated

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom starting from \$2465, two bedroom starting from \$3430

Deposit: \$1200-\$1500

Included in Rent: 24 hour staffing, Activities, Supper meal, Basic utilities, Weekly house-keeping

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking, Walking path

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Central

ROSEDALE MANOR

Rosedale Seniors' Living
10053 111 St. T5K 2H8
Phone: 780.709.0728
Email: leasing@rosedaleseniorsliving.com
www.rosedaleseniorsliving.com

Eligibility: No age limit

Pets: May be accommodated

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom starting at \$2275, Two bedroom starting at \$3260

Deposit: \$1200-\$1500

Included in Rent: 24 hour staffing, Activities, Basic Utilities, Supper meal, Weekly housekeeping

Features: Exercise programs, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Visiting physician

Housing with supports included: Central

ROSEDALE ON THE PARK

Rosedale Seniors' Living
10103 111 St. T5K 2H8
Phone: 780.709.0728
Email: leasing@rosedaleseniorsliving.com
www.rosedaleseniorsliving.com

Eligibility: No age limit

Pets: May be accommodated

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom starting at \$2465, two bedroom starting at \$3430

Deposit: \$1200-\$1500

Included in Rent: Activities, Basic utilities, Weekly housekeeping, supper meal

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking, Walking path

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Central

ROSEDALE VILLA

Rosedale Seniors' Living
10107 111 St. T5K 2H8
Phone: 780.709.0728
Email: leasing@rosedaleseniorsliving.com
www.rosedaleseniorsliving.com

Eligibility: No age limit

Pets: May be accommodated

Smoking: No

Units: One Bedroom, Two Bedroom

Rent: One bedroom starting at \$2465, Two bedroom starting at \$3430

Deposit: \$1200-\$1500

Included in Rent: 24 hour staffing, Activities, Basic utilities, Weekly housekeeping, Supper meal

Features: Chapel, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking, Walking path

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Visiting physician

Housing with supports included: Southwest

RUTHERFORD HEIGHTS

Optima Living
949 Rutherford Rd. T6W 0E5
Phone: 780.432.6900
Email: rutherfordheights@optimaliving.ca
www.rutherfordheights.com

Eligibility: No age restrictions

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, Studio, Two Bedroom

Rent: Varies based on suite type and service level starting at \$3885

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Utilities-all, Meals, Weekly house-keeping

Features: Chapel, Courtyard, Exercise programs, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Walking path

Supports: 24 hour emergency call systems, 24/7 On-Site Clinical Staff, In-house Family Physician

SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Northwest

TOUCHMARK AT WEDGEWOOD

18333 Lessard Rd. NW T6M 0A1

Phone: 780.577.5200

Email: info-TEAB@touchmark.com

www.TouchmarkEdmonton.com

Eligibility: 55+

Pets: Yes

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: \$4,200- \$7,000 (Life Lease options)

Deposit: \$1500

Included in Rent: 24 hour staffing, A/C, Access to shuttle, Activities, Basic cable, Internet, Laundry, Parking spot, Telephone, Basic utilities, Meals, Weekly housekeeping

Supports: 24 hour onsite security, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Visiting physician



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TOUCHMARK AT WEDGEWOOD  

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SENIORS HOUSING WITH SUPPORTS INCLUDED

Housing with supports included: Northwest

THE WATERFORD OF SUMMERLEA

Chantelle Management
9395 172 St. NW
Phone: 780.444.4545
Email: Gm-waterford@chantellegroup.com
www.thewaterford.ca

Eligibility: 65+

Pets: Yes

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Varies based on unit type & service level: \$2250 - \$4200

Deposit: \$2000

Included in Rent: 24 hour staffing, A/C, Access to shuttle, Activities, Internet, Parking spot, Premium Cable, Basic utilities, Meals, Weekly housekeeping

Supports: 24/7 on site healthcare aid (HCA), Non-medical staff during office hours, Visiting physician

Housing with supports included: West

WILD ROSE

Optima Living
9612 172 St. NW T5T 6C7
Phone: 780.443.1234
Email: Wild.Rose@optimaliving.ca
www.wildroseseniors.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: Bachelor, One Bedroom, Studio, Two Bedroom

Rent: Varies based on suite type and service level, starting at \$2286

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Basic utilities, Meals, Weekly housekeeping

Features: Exercise programs, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Walking path

Supports: 24/7 Staffing, Call Bell System

SENIORS HOUSING WITH SUPPORTS INCLUDED - SURROUNDING AREAS

Housing with supports included: Sherwood Park

ASTER GARDENS

Optima Living
7 Brower Dr., Sherwood Park T8H 1Y7
Phone: 825-218-0924
Email: astergardens@optimaliving.ca
www.astergardens.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: Studio, Deluxe, One Bedroom, Two Bedroom, Memory Care Studio (private)

Rent: Varies based on suite type and service level starting at \$3300

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Art Studio, Bistro, Exercise programs, Garden, Outings, Performance Space, Recreation room, Salon, Social recreation, Special events, Swimming Pool, Walking path

Supports: 24/7 LPN on call, Visiting physician

Housing with supports included: St. Albert

CHARTWELL ST. ALBERT RETIREMENT RESIDENCE

Chartwell Retirement Residences
20 Hebert Rd. St. Albert T8N 3Y6
Phone: 1.844.727.8683
www.chartwell.com

Eligibility: 65+, accepts younger ages who require supportive living

Pets: Yes

Smoking: No

Units: One Bedroom, One Bedroom +Den, Two Bedroom

Rent: Starting at \$3592

Deposit: 1/2 month security deposit

Included in Rent: 24 hour staffing, Activities, Basic cable, Emergency Response Pendant,, Basic utilities, Dinner Meal, Weekly house-keeping includes linen service

Features: Chapel, Computer stations, Courtyard, Exercise programs, Eyeglass & hearing clinics, Garden, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking

Supports: 24/7 LPN on call, 24/7 on site healthcare aid (HCA), Visiting physician

SENIORS HOUSING WITH SUPPORTS INCLUDED - SURROUNDING AREAS

Housing with supports included: Leduc

LIFESTYLE OPTIONS LEDUC

Lifestyle Options Retirement Communities
108 West Haven Dr. Leduc T9E 0R7
Phone: 780.980.3064
www.lifestyleoptions.ca

Eligibility: No age limit

Pets: Yes

Smoking: Designated areas

Units: One Bedroom, Two Bedroom

Rent: Starting at \$2250

Deposit: One month's rent

Included in Rent: A/C, Access to shuttle, Activities, Basic utilities, Laundry, Two meals/day

Features: Chapel, Courtyard, Exercise room, Garden, Outings, Recreation room, Salon, Social recreation, Special events, Underground parking, Walking path

Supports: 24 hour onsite security, 24/7 LPN on call, 24/7 on site healthcare aid (HCA), After hours on-call maintenance, Non-medical staff during office hours, Other, Visiting physician

Housing with supports included: Southwest

SUMMERWOOD VILLAGE

Optima Living
4255 Clover Bar Rd, Sherwood Park T8H 0C9
Phone: 780.416.1912
Email: summerwoodvillage@optimaliving.ca
www.summerwoodvillage.ca

Eligibility: 55+

Pets: Yes

Smoking: No

Units: One Bedroom, Studio, Two Bedroom

Rent: Varies based on suite type and service level starting at \$3750

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Laundry, Basic utilities, Meals, Weekly house-keeping

Features: Bistro, Exercise programs, Internet Lounge, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Theatre, Walking path

Supports: 24/7 Emergency Call Systems, 24/7 On-Site Clinical Staff, In-House Family Physician

Housing with supports included: Sturgeon County

WEST COUNTRY HEARTH

West Sturgeon People Aging in Place Foundation
26504 SH633 Sturgeon County T8T 1R9
Phone: 780.418.3015
Email: annette@westcountryhearth.ca
www.westcountryhearth.ca

Eligibility: 65+

Pets: No

Smoking: No

Units: Bachelor, One Bedroom, Two Bedroom

Rent: \$1330-\$3240

Deposit: \$0

Included in Rent: Basic Utilities, Meals

Features: Chapel, Courtyard, Exercise programs, Games, Garden, Guest suite, Lounge area, Recreation room, Salon, Security system, Social recreation, Special events, Walking path

SENIORS LODGES: EDMONTON

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. See in Housing Resources: Affordable/Subsidized Housing Page 119.

Seniors Lodge: Northeast

BEVERLY PLACE LODGE

GEF Seniors Housing
4410 117 Ave. NW T5W 4Z8
Phone: 780.479.4693
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen Service

Features: Barrier free suites, Computer stations, Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Central

KIWANIS PLACE LODGE

GEF Seniors Housing
10330 120 St. NW T5K 2A6
Phone: 780.488.4205
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: EDMONTON

Seniors Lodge: Central

MCCAULEY LODGE

Operation Friendship Seniors Society
9520 108 Ave. T5H 4G2
Phone: 780.429.2626
Email: info@ofss.org
www.ofss.org

Eligibility: 55+

Pets: No

Smoking: Permitted in suits only

Units: Bachelor

Rent: \$1070

Deposit: \$100

Included in Rent: 24 hour staffing, Activities, Basic utilities, Laundry, Meals, Weekly housekeeping

Features: Barrier free suites, Courtyard, Emergency responder: LPN: 7am-3pm Monday to Friday / HCA 7am-11pm daily Housekeeping staff 24hrs daily, Games, Garden, Outings, Social recreation, Special events

Supports: After hours on-call maintenance, Other

Seniors Lodge: Northwest

MCQUEEN PLACE LODGE

GEF Seniors Housing
10938 142 Ave. NW T5N 2P8
Phone: 780.454.6350
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Barrier free suites, Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: EDMONTON

Seniors Lodge: Northwest

MEADOWLARK PLACE LODGE

GEF Seniors Housing
8609 161 St. NW T5R 5X9
Phone: 780.484.0581
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Southeast

OTTEWELL PLACE LODGE

GEF Seniors Housing
6207 92 Ave. SE T6B 0S3
Phone: 780.469.7739
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: EDMONTON

Seniors Lodge: Southwest

PLEASANTVIEW PLACE LODGE

GEF Seniors Housing
5210 110 St. SW T6H 5K1
Phone: 780.437.7062
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Southwest

QUEEN ALEXANDRA PLACE LODGE

GEF Seniors Housing
10825 77 Ave. SW T6E 6C5
Phone: 780.433.5165
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Bachelor, units have front and back entrance doors

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

Features: Barrier free suites, Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Insuite laundry, Parking available for fee

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: EDMONTON

Seniors Lodge: Northwest

ROSSLYN PLACE LODGE

GEF Seniors Housing
10915 134 Ave. NW
Phone: 780.473.2915
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Barrier free suites, Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Southeast

SAKAW TERRACE LODGE

GEF Seniors Housing
5815 Millwoods Rd South SE T6L 0B1
Phone: 780-461-2449
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required), Also includes Rent Affordable (fixed monthly rate - no income criteria required) Lodge suites.

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Barrier free suites, Chapel, Computer stations, Courtyard, Exercise programs, Exercise room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: EDMONTON

Seniors Lodge: Central

SPARLING LODGE

Operation Friendship Seniors Society
9520108 A Ave. NW T5H 4G2
Phone: 780.429.2626
Email: info@ofss.org
www.ofss.org

Eligibility: 55+

Pets: No

Smoking: permitted in suites only

Units: Bachelor

Rent: 30% of monthly income, plus food (\$450), plus utilities (\$50)

Deposit: \$100

Included in Rent: Basic utilities, Laundry, Meals

Features: Barrier free suites, Garden, Outings, Social recreation, Special events

Supports: Non- medical staff 24 hrs, LPN: 7am-3 pm Mon to Fri, HCA: 7am - 11pm daily

Seniors Lodge: Northeast

VIRGINIA PARK LODGE

GEF Seniors Housing
11033 76 St. NE T5B 4T2
Phone: 780.479.2403
Email: housing@gef.org
www.gef.org

Eligibility: 65+

Pets: May be accommodated

Smoking: Designated areas

Units: Single, Double

Rent: 30% of gross monthly income plus support service fee (income criteria required)

Deposit: Starting at \$350

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

Features: Barrier free suites, Computer stations, Courtyard, Exercise programs, Exercise room, Outings, Recreation room, Salon, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

SENIORS LODGES: SURROUNDING AREA

Seniors Lodge: St. Albert

CHATEAU MISSION COURT

Homeland Housing
34 Mission Ave. St. Albert T8N 1H8
Phone: 780.458.7445
www.homelandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor

Rent: Rent Geared to Income (30%) plus service fee of \$932

Deposit: None

Included in Rent: 24 hour staffing, Activities, Basic cable, Basic utilities, Meals, Weekly housekeeping

Features: Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation room, Salon, Social recreation, Walking path

Supports: 24 hour live-in housekeeper, 24 hour onsite security, After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Sherwood Park

CLOVER BAR LODGE

Heartland Housing Foundation
1040 Iris Evans Way Sherwood Park T8H 2X5
Phone: 780.467.7360
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor

Rent: Rent geared to income (30%) plus the Lodge Service Package (starts at \$900)

Deposit: \$400

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

Features: Chapel, Christian community, Courtyard, Exercise programs, Exercise room,

Garden, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Walking path

Supports: Non-medical staff during office hours

Seniors Lodge: Fort Saskatchewan

DR. TURNER LODGE

Heartland Housing Foundation
9422 94 Ave. Fort Saskatchewan T8L 0T7
Phone: 780.998.3321
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor

Rent: Rent is geared to income at 30% plus the Lodge Service package (\$900-\$1,200)

Deposit: \$400

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

Features: Chapel, Christian community, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Walking path

Supports: Non-medical staff during office hours

SENIORS LODGES: SURROUNDING AREA

Seniors Lodge: Stony Plain

FOREST RIDGE PLACE

Meridian Housing Foundation
5303 47 St. Stony Plain T7Z 1P1
Phone: 780.963.2149
Email: MHFadmin@meridianfoundation.ca
www.meridianhousingfoundation.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor, One Bedroom (reserved for couples)

Rent: Rent + Package

Deposit: \$400

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

Features: Barrier free suites, Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation room, Salon, Social recreation, Special events, Walking path

Seniors Lodge: Morinville

HERITAGE PLACE LODGE

Homeland Housing
10015 101 Ave. Morinville T8R 1M2
Phone: 780.939.3212
www.homelandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor

Rent: Starting \$1200-\$2000

Deposit: \$0

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals

Features: Courtyard, Exercise programs, Garden, Lounge area, Outings, Security system, Social recreation, Special events

Supports: After hours on-call maintenance, Non-medical staff during office hours

Seniors Lodge: Leduc

PLANEVIEW PLACE

Leduc Regional Housing Foundation
5102 52 Ave. Leduc T9E 8P1
Phone: 780.986.2835
Email: info@leducregionalhousing.ca
www.leducregionalhousing.ca

Eligibility: 65+ (50-65 considered if there are vacancies)

Pets: No

Smoking: No

Units: Barrier free suites, Single, One Bedroom

Rent: Rent geared to income (30%)

Deposit: \$500

Included in Rent: 24 hour staffing, Basic cable, Basic utilities, Emergency Response System, Meals, Weekly housekeeping and linen

Features: Recreation room

SENIORS LODGES: SURROUNDING AREA

Seniors Lodge: Sherwood Park

SILVER BIRCH HAVEN

Heartland Housing Foundation
906 Bison Way Sherwood Park T8H 2C4
Phone: 780.400.3600
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor, One Bedroom, Two Bedroom

Rent: Studio suites are rent-geared-to-income (30%) plus the Lodge Service Package (\$950-\$1100). One Bedroom: \$2,800-\$2,900. Two Bedroom: \$3,000-\$3,100.

Deposit: \$400 for a studio, \$1,500 for one / two bedroom

Included in Rent: 24 hour staffing, Activities, Basic utilities, Meals,

Features: Chapel, Christian community, Courtyard, Exercise programs, Exercise room, Garden, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events, Walking path

Supports: Non-medical staff during office hours

Seniors Lodge: Sherwood Park

SILVER BIRCH LODGE

Heartland Housing Foundation
910 Bison Way, Sherwood Park, AB,
Phone: 780.400.3600
Email: info@heartlandhousing.ca
www.heartlandhousing.ca

Eligibility: 65+

Pets: No

Smoking: Designated areas

Units: Bachelor, One Bedroom

Rent: Rent geared to income at 30% + Lodge Service package (\$825-\$1,425)

Deposit: \$400

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SUPPORTIVE LIVING INFORMATION CHECKLIST

Sage has developed the Supportive Living Information Checklist for you to use as you investigate the different facilities that may be able to provide accommodation and services that you require (now and in the future). The list (see pages to follow) is also available on Sage's website www.mysage.ca/help/housing. We have tried to include all areas 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. The Seniors Supportive Living Information checklist is designed to help you get all the information you need.

To make the search easier we suggest:

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 wor-ship, 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.
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.

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: FrequencyperCost \$

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

Garbage Disposal on each floor? ☐ Yes ☐ No

Laundry Service:

Change LinenFrequencyperCost \$

Personal Laundry ..FrequencyperCost \$

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: RNsLPNs.....PCAs
 Recreation TherapistsOther (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? ☐ YesCost? ☐ 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*

| COMPARING HOUSING OPTIONS CHECKLIST | | FACILITY NAME | | | |
|--|----------------------------------|------------------|--|--|--|
| | | Example Facility | | | |
| AREA | | SW | | | |
| 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 | ✓ | | | |
| | Other | | | | |
| ACTIVITIES | Resident Driven | ✓ | | | |
| | Staff Supported | ✓ | | | |
| | Other | | | | |
| | Other | | | | |

| 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. | | | |

BUILDINGS WHERE RENT IS GEARED TO INCOME

Rental rates, subsidized by the provincial government are usually 30% of gross combined family monthly income. Apartment sizes are typically bachelor and one bedroom.

See individual housing listings for more details.

IN EDMONTON BY AREA (See Area Map on page 121):

NORTHWEST

| | | |
|------------------------|--------------------------|--------------|
| Alliance Villa | 12620 109A Ave. NW | 780.476.1470 |
| Britannia Gardens | 10142 157 St. NW | 780.489.4698 |
| Calder Place | 12934 119 St. NW | 780.476.1470 |
| Canora Gardens | 10160 151 St. NW | 780.483.1715 |
| Chinese Alliance Manor | 9312 149 St. NW | 780.476.1470 |
| Groat House Apartments | 12627 Stony Plain Rd. NW | 780.455.9374 |
| Lauderdale Terrace | 12907 103 St. NW | 780.473.2915 |
| Mary A Finlay Manor | 10209 134 Ave. NW | 780.476.1470 |
| McQueen Place Lodge | 10938 142 Ave. NW | 780.454.6350 |
| Meadowlark Place Lodge | 8609 161 St. NW | 780.484.0581 |
| Mountwood Apartments | 11512 128 St. NW | 780.454.7168 |
| Ortona Villa | 10421 142 St. NW | 780.476.1470 |
| Rosslyn Apartments | 10819 134 Ave. NW | 780.473.2915 |
| Rosslyn Place Lodge | 10915 134 Ave. NW | 780.473.2915 |
| Westlawn Courts | 9908 165 St. NW | 780.484.7509 |

NORTHEAST

| | | |
|--------------------------------|------------------|--------------|
| Avenwood Corner | 11909 88 St. NW | 780.479.6232 |
| Beverly Place Lodge | 4410 117 Ave. NW | 780.479.4693 |
| Buchanan Manor | 8804 121 Ave. NW | 780.482.6561 |
| Casa Romana | 13439 97 St. NW | 780.476.1470 |
| Highland Place | 6209 118 Ave. NE | 780.479.2864 |
| Londonderry Village Apartments | 13805 75 St. NW | 780.476.9585 |
| Norwood Golden Manor | 11715 95 St. NW | 780.476.1470 |
| Porta Place | 4436 117 Ave. NE | 780.479.4693 |
| St Elias Pysanka Manor | 11906 66 St. NW | 780.476.1470 |
| Tower One | 12840 64 St. NW | 780.476.1470 |
| Virginia Park Apartments | 11033 76 St NE | 780.479.2403 |
| Virginia Park Lodge | 11033 76 St. NE | 780.479.2403 |
| Viselka | 11415 86 St. NW | 780.476.1470 |

CENTRAL

| | | |
|-----------------------------------|-----------------------|--------------|
| Alliance Manor | 10403-10417 95 St. NW | 780.429.2626 |
| Ansgar Villa | 10172 120 St. NW | 780.488.4948 |
| Cathedral Close | 10039 103 St. NW | 780.428.1027 |
| Central Manor | 10733 117 St. NW | 587.340.3511 |
| Chinese Elders Mansion (Tower I) | 9550 102 Ave. NW | 780.429.2146 |
| Chinese Elders Mansion (Tower II) | 9530 102 Ave. NW | 780.429.2146 |
| Hutton Place | 9520 110A Ave. NW | 780.408.2985 |
| Kiwanis Place Apartments | 10330 120 St. NW | 780.488.4205 |
| Kiwanis Place Lodge | 10330 120 St. NW | 780.488.4205 |
| Manoir Saint-Joachim | 11020 99 Ave. NW | 780.488.7104 |
| Piazza Italia | 9521 108A Ave. NW | 780.476.1470 |
| Pioneer Place | 10310 93 St. NW | 780.429.2626 |
| Sparling Lodge | 9520108 A Ave. NW | 780.429.2626 |
| Ukrainian Dnipro Seniors | 11030 107 St. NW | 780.476.1470 |

SOUTHWEST

| | | |
|-------------------------------|------------------|--------------|
| Knox Met Manor | 10941 83 Ave. SW | 780.437.7061 |
| Pleasantview Place Apartments | 5210 110 St. SW | 780.437.7061 |
| Pleasantview Place Lodge | 5210 110 St. SW | 780.437.7062 |
| Queen Alexandra Place Lodge | 10825 77 Ave. SW | 780.433.5165 |
| Strathcona Place | 7720 108 St. SW | 780.433.7192 |

SOUTHEAST

| | | |
|--------------------------------|----------------------------|--------------|
| Bateman Manor | 9923 90 Ave. NW | 780.439.4733 |
| Bethany Senior Citizens Home | 9920 83 Ave. NW | 780.482.6561 |
| Bethel Seniors Residence | 7728 82 Ave. NW | 780.476.1470 |
| Central Baptist Manor | 9403 95 Ave. NW | 780.476.1470 |
| Gateway Manor | 4215 102 Ave. SE | 780.466.0038 |
| Grace Garden Court | 6303 104 Ave. NW | 780.469.4530 |
| Manoir Saint-Thomas | 9022 85 Ave. NW | 780.488.7104 |
| Millbourne Manor | 2115 Millbourne Rd. West | 780.476.1470 |
| Montgomery Place | 9420 92 St. SE | 780.465.1624 |
| Ottewell Place Lodge | 6207 92 Ave. SE | 780.469.7739 |
| Ottewell Terrace | 6315 92 Ave. SE | 780.469.7739 |
| Ritchie Pioneer Place | 9743 77 Ave. SE | 780.433.7188 |
| Sakaw Terrace Apartments/Lodge | 5815 Millwoods Rd South SE | 780.461.2449 |
| St Andrew's Ukrainian Selo | 8025 101 Ave. NW | 780.476.1470 |
| Trinity Hall | 8419 102 St. SE | 780.438.0773 |
| Trinity Lutheran House | 10006 80 Ave. SE | 780.433.1036 |

IN SURROUNDING COMMUNITIES

| | | |
|------------------------------|-----------------------------------|--------------|
| Apple Blossom Manor | 97 Willow St. Sherwood Park | 780.467.7360 |
| Beauregard Manoir Apartments | 5033 52 Ave. Beaumont | 780.986.2814 |
| Chateau Mission Court | 34 Mission Ave. St. Albert | 780.458.7445 |
| Clover Bar Lodge | 1040 Iris Evans Way Sherwood Park | 780.467.7360 |
| Diamond Jubilee Manor | 4612 52 Ave. Stony Plain | 780.963.2149 |
| Dr. T.W.E. Henry House | 10007 101 St. Fort Saskatchewan | 780.998.3321 |
| Dr. Turner Lodge | 9422 94 Ave. Fort Saskatchewan | 780.998.3321 |
| Fort Lions Haven | 10025 99 Ave. Fort Saskatchewan | 780.998.3321 |
| Foster Manor | 5206 50 St. Wabamun | 780.963.2149 |
| Goldage Apartments | 4404 Black Gold Dr. Leduc | 780.986.2814 |
| Goldring Manor Apartments | 27 St. Lawrence Ave. Devon | 780.986.2814 |
| Homestead Place | 30-54569 RR 215, Josephburg | 780.998.3321 |
| Lakeside Legion Manor | 495 Woodbridge Way Sherwood Park | 780.467.7360 |
| Meridian Pioneer Manor | 5007 52 Ave. Stony Plain | 780.963.2149 |
| Northern Lights Apartments | 5012 51 Ave. Calmar | 780.986.2814 |
| Pinecrest Gardens | 4820 45 Ave. Gibbons | 780.923.3330 |
| Planeview Place | 5102 52 Ave. Leduc | 780.986.2835 |
| Silver Birch Lodge | 910 Bison Way, Sherwood Park | 780.400.3600 |
| Silver Birch Manor | 918 Bison Way Sherwood Park | 780.400.3600 |
| Spruce Haven Manor | 420 Main St. Spruce Grove | 780.963.2149 |
| Spruce View Manor | 4539 49 St. Gibbons | 780.923.3330 |
| Sunset Apartments | 5014 51 Ave. Calmar | 780.986.2814 |
| Sunset Manor Apartments | 5058 2nd Ave. New Sarepta | 780.986.2814 |
| Sunset/Sunridge Manors | 5017 49 St. Bon Accord | 780.923.3330 |
| West Grove Apartments | 5020 51 St. Leduc | 780.986.2814 |
| Sunset Manor Apartments | 5058 2nd Ave. New Sarepta | 780.986.2814 |
| Sunset/Sunridge Manors | 5017 49 St. Bon Accord | 780.923.3330 |
| West Grove Apartments | 5020 51 St. Leduc | 780.986.2814 |

NOTE:

The following RGI Edmonton seniors' residences that were not included at the time of publication:

| | | |
|-----------------------------------|-----------------|--------------|
| Barvinok Seniors' | 3625 116 Ave NW | 780.472.4545 |
| Fr. Hannas Seniors Apartments | 10809 70 Ave NW | 780.472.4545 |
| St. Josaphat's Seniors' Residence | 9637 108 Ave NW | 780.472.4545 |
| St Nicholas Seniors' Home | 5619 98 Ave NW | 780.472.4545 |

We'd love to hear from you!

DIRECTORY FEEDBACK SURVEY

The Directory of Senior Services is resource to serve community. Your feedback helps improve the Directory by letting us know how the Directory helps, and/or what could make it more useful.

You can provide feedback by mailing or dropping off this form, or by filling out a survey online by visiting www.mysage.ca/publications/directory and clicking on "Directory Feedback Survey".

SECTION 1: About the Directory:

This section helps us understand how useful you find the Directory of Senior Services.

How do you access the Directory of Senior Services?

- ☐ Physical/print copy
- ☐ Online
- ☐ Both physical/print copy and online

Please select how much you agree with the following statements:

It was easy to find the information I was looking fo in the Directory

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree
- ☐ This does not apply to me

I am more aware of the senior services available because of the Directory

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree
- ☐ This does not apply to me

If there was information you were looking for, but couldn't find in the Directory, please let us know here:

If you have any suggestions about how we could improve the Directory, please let us know here:

If there is anything else you'd like to share with us about the Directory, please let us know here:

SECTION 2: About You

This section helps us understand who uses the Directory of Senior Services.

What is your connection to seniors? (Please select all that apply)

- ☐ I am a senior (at least 55+)
- ☐ I am a caregiver or family member of a senior
- ☐ I am a professional working with seniors
- ☐ Prefer not to say

Where do you live?

- ☐ Edmonton
- ☐ Surrounding community (such as Leduc, Spruce Grove, Sherwood Park, etc)
- ☐ Elsewhere in Alberta
- ☐ Outside of Alberta
- ☐ Prefer not to say

What is your age?

- ☐ 18-34
- ☐ 35-54
- ☐ 55-64
- ☐ 65-74
- ☐ 75-84
- ☐ 85+
- ☐ Prefer not to say.

THANK YOU

If you have any questions about this survey, please contact Sage Seniors Association at directory@mysage.ca or 780-423-5510.

To mail your survey please post to:
Directory of Seniors Services
- Feedback Sage Seniors Association
15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5

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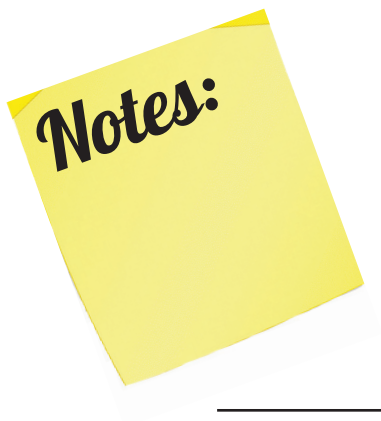
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