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Sage Seniors Association

**2025**  
DIRECTORY OF  
SENIOR SERVICES

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## TABLE OF CONTENTS

This Directory contains listings of seniors' services, resources and housing options available in Edmonton and surrounding area. Services included are provided by government, community, and the private sector\*. Services included in the Directory as a listing or advertisement are not vetted by Sage and Sage is not endorsing any business, organization or group by including them in the Directory. Information may change from the time of publication.

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## ABOUT THE COVER

The faces on the cover are a few of the vibrant seniors who participated in drop-in photo sessions at Sage in August 2024 creating an authentic reflection of our local senior population.

Thank you to all participants for sharing your light, and a special thank you to Allan Stewart who volunteered as “senior” photographer.



## SPONSOR SHOUT OUT

Community investment is required for production and distribution of this free community resource. A special thank you to sponsors of this edition:



## FEEDBACK

Let us know how the Directory helps and what could make it more useful. You can email [directory@mysage.ca](mailto:directory@mysage.ca), leave a voice-mail at 780.423.5510 or scan the QR code for a short online survey.



Scan this QR code to access a quick survey. Thank you!

\*Private sector services are required to purchase an ad to be included in the Directory.



## MESSAGE FROM SAGE

At Sage, we know that navigating seniors' services and housing can be frustrating and sometimes even confusing - particularly when new needs emerge, and you are doing it for the first time! That's why Sage produces the Directory - to help.

Our team works with hundreds of stakeholders to put the Directory together, carefully updating and confirming information so that community members have a reliable resource to use throughout the year. Printed resources are increasingly unavailable, and we know how valuable it is to have a paper copy of seniors' housing and services, helpful checklists, and useful information at your fingertips.

Producing this Directory is an enormous task, and we are proud to know that it is a lifeline people refer to repeatedly as their needs change.

We thank everyone who collaborated with us to bring this edition of the Directory to you. From the seniors who have volunteered to give feedback, edit content, and model for our cover, to the advertisers who pay to have their message included, and the seniors centres, libraries, healthcare providers, and dozens of other organizations throughout the Greater Edmonton region who help us distribute 45,000 copies of the Directory for free.

We rely on advertising, donations, and contributions from community to make this Directory available, and we would like to thank all supporters who have contributed, and invite others to consider supporting this work as well.

The Sage Team

The Directory of Senior Services is published by Sage Seniors Association, a not-for-profit organization in Edmonton, AB ([www.mysage.ca](http://www.mysage.ca)). Information is compiled by Sage staff in collaboration with the organizations listed. For information, contact [directory@mysage.ca](mailto:directory@mysage.ca).



# SAGE SENIORS ASSOCIATION

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

Sage provides inclusive and person-centred programs and services that help seniors meet their needs, share their gifts, and stay connected.

To contact Sage, call 780.423.5510 and you will be directed accordingly:

- Outreach and Support Services
- Life Enrichment Programs
- Community Animators
- Volunteering
- Donations, Sponsorship & Advertising

Income Tax Clinic: 780.809.9424

Safe House Intake Line: 780.702.1520

Sage is located downtown on the corner of 102A Ave. and 100 St.

Building hours:

Monday-Thursday 8:30am-4pm  
(Sage staff work off-site Fridays)

Sage Seniors Association:

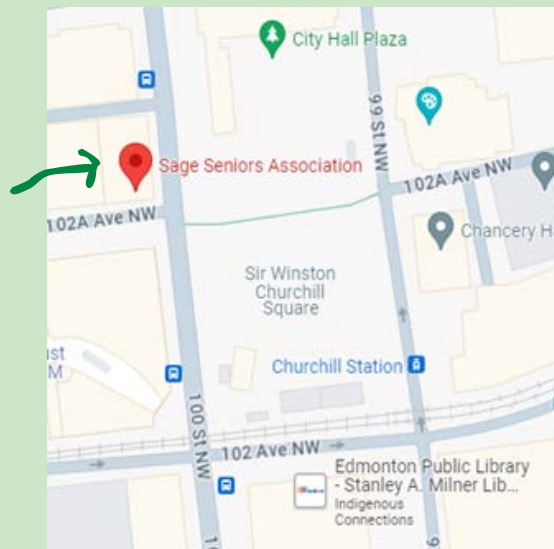
15 Sir Winston Churchill Square  
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Phone: 780.423.5510

Fax: 780.426.5175

Email: [info@mysage.ca](mailto:info@mysage.ca)

[www.mysage.ca](http://www.mysage.ca)



Sage proudly operates from the ancestral lands of the Plains Cree, Blackfoot, Metis, Nakota Sioux, Iroquois Dene, Ojibway, Saukteaux, Anishinaabe, Inuit and numerous other Indigenous Peoples.

## 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](http://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](http://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:

Federal Benefits:

- 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**

Phone: 1.800.277.9914

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

### 3 MONTHS BEFORE:

Provincial Benefits:

- 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, contact:

**ALBERTA SUPPORTS CONTACT CENTRE**

Phone: 780.644.9992

Toll-Free: 1.877.644.9992

Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

[www.seniors.alberta.ca](http://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: 780.427.1432

[www.health.alberta.ca](http://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

*See also: Estate Planning*

### SOCIAL ACTIVITY MATTERS.

Staying socially active is an important part of your overall health. Visit Sage and get connected! 780.423.5510





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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

Phone Toll Free: 1.800.277.9914 TTY: 1.800.255.4786

[www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada](http://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada)

To find a Service Canada office near you, phone: 1 800 0 CANADA 1.800.622.6232

### THE CANADA PENSION PLAN (CPP)

[www.canada.ca/en/services/benefits/publicpensions/cpp](http://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 your 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](http://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 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.

**OAS Allowance for the Survivor** is for someone aged 60 to 64 whose spouse or common-law partner has died, who has not remarried or entered into a new common-law relationship, and whose annual income is below the eligible threshold.



### THE GUARANTEED INCOME SUPPLEMENT (GIS)

[www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement](http://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 living in 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](http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension)

- Death Benefit is a one-time payment, payable to the estate or other eligible individuals, on behalf of a deceased 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.

### 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 numerous 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](http://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.
- Access the deceased person’s tax records as needed after the CRA processes that you are the legal representative (use the Represent a Client online sign-in service).
- 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 see How to give authorization on CRA website. Note: any fees paid to you as an Executor, may must be reported on a T4.
- Notify Seniors Financial Assistance Program (low-income individuals over 65), by calling: 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 Service Canada if you are eligible to apply for any Survivor Benefits.
- Stop or transfer payments (GST/Canada Cardon Rebate) to a survivor if applicable

### 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 were an authorized representative for tax matters while the person was alive

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

- Complete Form RC552, available at [canada.ca/cra-forms](http://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 death certificate cannot be issued until the death is registered, which is usually completed at the funeral home as funeral arrangements are being made.
- 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**

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

### **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:**

- To change the vehicle registration, contact a registry and share either the will of the deceased person, or if there is no will, a grant of administration from the court
- 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 (Francois)

• Some veterans may be eligible for assistance for funeral costs, contact The Last Post Fund: Toll free 1.800.465.7133 Email: [info@lastpost.ca](mailto:info@lastpost.ca) [www.lastpostfund.ca](http://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](http://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](http://www.alberta.ca/making-personal-decisions-for-incapable-adults).



## 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](http://www.alberta.ca/emergency-preparedness) for helpful information and resources.

### ENVIRONMENTAL/HOUSEHOLD CRISIS

#### ENERGY & ENVIRONMENTAL 24 HOUR EMERGENCY REPORTING & COMPLAINT LINE

Toll-Free Within Alberta: 1.800.222.6514  
Outside Alberta, Call: 780.422.4505

#### REPORT A WILDFIRE:

310-FIRE (3473)

#### ALBERTA ONE-CALL (Buried Cables)

1.800.242.3447  
[www.albertaonecall.com](http://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](http://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 enquiries phone Edmonton Branch Emergency and Disaster Services 780.423.2680.

# 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](http://www.alberta.ca/family-violencefind-supports.aspx)

#### STRATHCONA COUNTY ELDER ABUSE HELPLINE

Phone 780.464.7233

[www.strathcona.ca/seniors](http://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](http://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](http://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

9am - 9pm daily [www.sace.ca](http://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](http://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](http://acws.ca) to search for a shelter near you.

For seniors or older adults including women, men and couples:

### **SAGE SENIORS SAFE HOUSE**

Phone: 780.702.1520

[www.mysage.ca/help/seniors-safe-house](http://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](http://www.luranashelter.com)

### **WIN HOUSE**

Phone: 780.479.0058

[www.winhouse.org](http://www.winhouse.org)

### **A SAFE PLACE**

(Sherwood Park)

Phone: 780.464.7233

[www.asafeplace.ca](http://www.asafeplace.ca)



## ADDICTION RESOURCES

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

### ADDICTION & MENTAL HEALTH ACCESS 24/7

Alberta Health Services  
Edmonton Community Health Hub  
13211 Fort Road T5A 1C3  
Phone: 780.424.2424  
[www.albertahealthservices.ca/amh/](http://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.

### ALBERTA GAMBLERS ANONYMOUS

Phone: 780.463.0892  
Website: [albertaga.ca](http://albertaga.ca)

- We are a nonprofit, self-supporting fellowship of recovering compulsive gamblers who meet regularly to help each other recover from the disease of compulsive gambling.
- Visit the website for more information or to find a meeting.

### EDMONTON AREA ALCOHOLICS ANONYMOUS

Central Office Helpline: 780.424.5900  
Website: [edmontonaa.org](http://edmontonaa.org)

- A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another.
- Anyone with a desire to stop drinking is welcome. You don't have to pay anything to attend. You can just sit and listen and learn more about recovery, or you can share about your situation.
- Visit the website to find a meeting near you.

### EDMONTON AREA NARCOTICS ANONYMOUS

NA 24 hour Help Line 1.855.421.4429  
Website: [eana.ca](http://eana.ca)

- N.A. is a nonprofit Fellowship of men and women for whom drugs had become a major problem.
- We are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership, the desire to stop using.
- Find a meeting and more information on the website.

*See also Health Services - Mental Health*

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.



## CAREGIVER SUPPORT

See also: : *Help at Home, Home Care Agencies and Health Service Organizations*

### CAREGIVERS ALBERTA

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. We offer education, one-on-one coaching, resource navigation, and a sense of community with other caregivers.
- Call or email us to begin your journey of support, encouragement, improved well-being and empowerment as a family caregiver.

### CAREGIVERS CAN

www.virtualhospice.ca/caregiving

- If you are caring for someone who is ill or living with mobility challenges, the modules available on this website are for you. Access them anytime of the day or night, as many times as you need, and at no cost.
- Modules include useful information, strategies, and suggestions for preparing for and providing care as illness advances.

## SURROUNDING AREAS

### FAMILY & COMMUNITY SUPPORT SERVICES

10409 100 Ave. Fort Saskatchewan

Phone: 780.992.6623

Email: lplamondon@fortsask.ca

www.fortsask.ca

- Caregiver Support Group is a safe and confidential space to share and listen to others in similar situations. 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, 2pm - 3pm.

### RESPIRE CARE

Respite services provide caregivers a short period of rest or relief from their caregiving responsibilities. Overnight respite services are offered in a Continuing Care environment and can be organized through Home Care. A Home Care Case Manager can review respite options available.

Fees are site specific, contact site directly for information on cost. Seniors may submit receipts to Alberta Seniors Benefits.



• Buy Sell Trade • Scooters  
• Stair Lifts • Vertical Wheelchair Lifts  
• Lift Chairs • Homecare Beds

Phone: 780-450-6992      3715 - 98th street NW  
Fax: 780-450-6931      Edmonton, AB T6E 5N2  
e-mail: gwarchola@silvercross.com      Internet: www.silvercrossstores.com



Park Memorial Ltd.  
Funeral Home, Crematorium  
and Reception Centre

**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.

Caring for your family as if they were our own — that's the Park Memorial way since 1941.



Phone: 780-426-0050 (24/7)  
www.parkmemorial.com  
info@parkmemorial.com

 Wheelchair Accessible



## Programs & Support for Family/Friend Caregivers



- One-on-One Caregiver Coaching
- Systems Navigation
- Peer Support (Caregiver Support Communities)
- COMPASS for the Caregiver
- Caregiver Education for Healthcare Professionals

**Need Support? You're not alone.** Contact us today!  
1.877.453.5088 | [support@caregiversalberta.ca](mailto:support@caregiversalberta.ca) | [caregiversalberta.ca](http://caregiversalberta.ca)



## Want to Help Support Alberta's Caregivers?

Caregivers Alberta is creating a **Volunteer Seniors Ambassador Program** to connect with senior caregivers throughout the province.

If you are 65 or older and would like to learn more about becoming a Senior Caregiver Ambassador, visit [caregiversalberta.ca/get-involved/volunteer](http://caregiversalberta.ca/get-involved/volunteer) or email [volunteer@caregiversalberta.ca](mailto:volunteer@caregiversalberta.ca).

## COMMUNITY CONNECTORS

### SAGE COMMUNITY ANIMATORS

Sage Seniors Association

Phone: 780.423.5510

Email: [info@mysage.ca](mailto:info@mysage.ca)

[www.mysage.ca](http://www.mysage.ca)

- If you are a senior who wants to get to know others in your community, or you have ideas for projects you want to bring to life, contact Sage! We have a Community Animator in your area of Edmonton who wants to hear from you.

### NEIGHBOURHOOD RESOURCE COORDINATORS

#### City of Edmonton 311

[www.edmonton.ca](http://www.edmonton.ca)

- The City of Edmonton supports neighbours and community organizations looking to connect and engage.
- Neighbourhood Resource Coordinators (NRC) offer support and guidance for community groups pursuing projects and development opportunities.
- To find out the NRC for your neighbourhood contact 311.

### COMMUNITY LEAGUES

Edmonton Federation of Community Leagues

Email: [info@efcl.org](mailto:info@efcl.org)

[www.efcl.org/league-search](http://www.efcl.org/league-search)

- The City of Edmonton has 163 Community Leagues.
- Each League creates programming, events and social gatherings from community barbeques and sports programs, to games nights, seniors' activities, family activities, festivals, 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.

## 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](mailto: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
- 90 years and every 5 years after
- 50th anniversaries and every 5 years after

### PRIME MINISTER AND 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 5-year intervals

To ensure delivery on-time, submit your request at least six weeks before the event date.

Visit [www.parl.gc.ca](http://www.parl.gc.ca) for information on the celebrant's MP's office.

### MESSAGES FROM THE PREMIER & MLAS

Phone: 780.427.2251

Email: [premier@gov.ab.ca](mailto:premier@gov.ab.ca)

- 65+ birthdays
- 25+ wedding anniversaries

### MESSAGES FROM LIEUTENANT GOVERNOR

Phone: 780.427.7243

Email: [LTgov@gov.ab.ca](mailto:LTgov@gov.ab.ca)

- birthdays of 80 or more and 5-year intervals
- wedding anniversaries of 50 years or more and 5-year intervals



## CONSUMER RESOURCES

### BETTER BUSINESS BUREAU

16102 100 Ave. NW T5P 0L3

Phone: 780.482.2341

Email: [info@bec.bbb.org](mailto:info@bec.bbb.org)

[www.bbb.org/local-bbb/bbb-of-canada-northern-capital-regions-and-quebec](http://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, and dispute resolution services between consumers and businesses.

### CMA DO NOT MAIL SERVICE

Phone: 1.800.267.8805

Email: [donotmail@thecma.ca](mailto:donotmail@thecma.ca)

[www.thecma.ca](http://www.thecma.ca)

- 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](http://www.lnnte-dncl.gc.ca)

### INSURANCE BUREAU OF CANADA CONSUMER INFORMATION OFFICE

Phone: 1.844.227.5422

Email: [askibcwest@ibc.ca](mailto:askibcwest@ibc.ca)

[www.ibc.ca](http://www.ibc.ca)

- Provides information about: house/condo/apartment insurance, auto insurance, business insurance, claims and claims process.

### OMBUDSERVICE FOR LIFE & HEALTH INSURANCE (OLHI)

Toll-Free: 1.888.295.8112

[www.olhi.ca](http://www.olhi.ca)

- A national independent complaint resolution and information service for consumers of Canadian life and health insurance products and services.
- Provides 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

[www.alberta.ca/consumer-business-tips](http://www.alberta.ca/consumer-business-tips)

- Enforces consumer protection legislation and informs Albertans about residential tenancies and 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](mailto:ucahelps@gov.ab.ca)

[www.ucahelps.alberta.ca](http://www.ucahelps.alberta.ca)

- Contact 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.



Approved AHS Client Directed Homecare  
Invoicing Agency

Serving Spruce Grove/Stony Plain/  
St. Albert and Surrounding Communities

### IN-HOME CARE SERVICES

- Personal Care
- Respite
- Dementia Support
- Companionship
- End of Life Care
- Parkinson's Care

780-963-1516 • [info@servinghandsseniorcare.com](mailto:info@servinghandsseniorcare.com) • [www.servinghandsseniorcare.com](http://www.servinghandsseniorcare.com)

## DEATH & FUNERAL ARRANGEMENTS

*See also: What to do when a Senior Dies checklist (page 14)*

### ADVANCE PLANNING

*See Wills and Estates (page 38)*

#### COMPASSIONATE ALBERTA

[www.compassionatealberta.ca](http://www.compassionatealberta.ca)

- Serious illness and death impact the lives of all Albertans. The Covenant Health Palliative Institute offers resources to help Albertans face these experiences by planning ahead, learning about palliative care, building supportive communities, and talking about death and dying. Visit [CompassionateAlberta.ca](http://CompassionateAlberta.ca) to learn more.

#### CANADIAN VIRTUAL HOSPICE

[www.virtualhospice.ca](http://www.virtualhospice.ca)

- This website offers information and resources for understanding and dealing with serious illness, end of life and palliative care.

### FUNERAL ARRANGEMENTS

#### ALBERTA FUNERAL SERVICES REGULATORY BOARD

#180 - 2755 Broadmoor Blvd.

Sherwood Park T8H 2W7

Phone: 780.452.6130

Email: [office@afsrab.ab.ca](mailto:office@afsrab.ab.ca)

[www.AFSRB.ab.ca](http://www.AFSRB.ab.ca)

- The AFSRB is responsible for enforcing consumer protection legislation for funeral services.
- They provide information on funeral planning, answer consumer questions and investigate complaints. A list of all the licensed funeral service providers in Alberta can be found on the website.

#### COOPERATIVE MEMORIAL SOCIETY (ALBERTA)

Phone: 1.800.566.9959

Email: [admin@calgarymemorial.com](mailto:admin@calgarymemorial.com)

[www.calgarymemorial.com](http://www.calgarymemorial.com)

- Reduce the stress and overwhelm of funeral planning by planning ahead before life gets complicated.
- We work with locally owned funeral homes across Alberta to provide members with simple and dignified funeral plans for a significant cost savings. We also provide useful information about critical documents you need to have in place.
- Membership is a one-time \$40, available on our website.

#### CONNELLY-MCKINLEY FUNERAL HOME

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

Email: [marq.jeffrey@connelly-mckinley.com](mailto:marq.jeffrey@connelly-mckinley.com)

[www.connelly-mckinley.com](http://www.connelly-mckinley.com)

- The difference you will experience at Connelly-McKinley Funeral Homes is rooted in our belief in connecting with the hearts of the families we serve.
- Committed to providing exceptional service and attention to detail, serving all faiths, affordable options, pre-arrangement plans with comprehensive aftercare.
- Spacious service gathering spaces, chapels and reception facilities at all locations.



# 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](http://calgarymemorial.com).  
Toll free: 1-800-566-9959 admin@calgarymemorial.com



## Connelly-McKinley Funeral Home Reception Centre & Crematorium

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  
Professional Aftercare Services  
Preplanning Available

*Healing Hearts, Inspiring Trust,  
Honouring Legacy*

Three locations to serve you -  
Edmonton Central, Edmonton South, St. Albert  
780-422-2222 • 24 hours  
Preplanning – 780-590-0626  
[www.connelly-mckinley.com](http://www.connelly-mckinley.com)

## 66% of Canadian families haven't discussed their final wishes\*

Choosing funeral and cemetery plans can be overwhelming to a grieving spouse. Plan the details now. Together.

**Get started today.**

Scan the QR code to visit us  
online or call

**587-401-6879**

for a **FREE 87 Decisions, Choices,  
and Things to Do™** brochure.



Glenwood  
Funeral Home & Cemetery  
by Arbor Memorial

52356 Range Road 232, Sherwood Park, AB  
[glenwoodmemorial.com](http://glenwoodmemorial.com)

\*Research conducted by Willful and Arbor Memorial Inc. in a 2020 survey.



## **GLENWOOD FUNERAL HOME & CEMETERY**

Phone: 780.467.0971

Email: [glenwoodmg@arbormemorial.com](mailto:glenwoodmg@arbormemorial.com)  
[www.glenwoodmemorial.com](http://www.glenwoodmemorial.com)

- Every Life. Remembered. Ceremonies are more fitting, resting places more comforting, and mementos more meaningful when they're personalized.
- We help you create personalized ceremonies and receptions, and choose the ideal resting place, to ensure the memory of your loved one will last for generations.
- Discover the power of planning. Call us today.

## **PARK MEMORIAL FUNERAL HOME**

9709 111 Ave. NW T5G 0B2

Phone: 780.426.0050

Email: [info@parkmemorial.com](mailto:info@parkmemorial.com)  
[www.parkmemorial.com](http://www.parkmemorial.com)

- Park Memorial is a family-owned and operated funeral home with over 80 years of experience serving families throughout Alberta.
- Services include burial/entombment, cremation, funeral tributes and ceremonies, repatriation, Comfort Baskets and flowers, as well as grief support resources and community events.
- Amenities include a large onsite chapel and a spacious Reception Centre.

## **UNIVERSITY OF ALBERTA BOTANICAL GARDENS**

51227 AB 60, Parkland County T7Y 1C5

Phone: 780-492-3138

Email: [uabg.bookings@ualberta.ca](mailto:uabg.bookings@ualberta.ca)  
[www.botanicgarden.ualberta.ca](http://www.botanicgarden.ualberta.ca)

- From tranquil outdoor gardens to beautiful indoor facilities, choose a venue as unique as the person you're remembering.

- Celebrations of Life at the University of Alberta Botanic Garden can be held in any season, and offer stress-free planning for a celebration that honours your one-of-a-kind loved one.

## **VETERANS: LAST POST FUND**

Toll-Free: 1.800.465.7113

Email: [info@lastpost.ca](mailto:info@lastpost.ca)  
[www.lastpostfund.ca](http://www.lastpostfund.ca)

- We ensure all veterans receive a dignified funeral, burial and military gravestone, regardless of financial status, through the Veterans Affairs Canada Funeral Burial program.
- Canadian and Allied veterans may be eligible for assistance based on military service and financial need. Contact one of our counsellors to evaluate your specific situation.

## **GRIEF SUPPORT**

*See also: Health Services: Counselling & Mental Health*

## **MYGRIEF.CA**

- This website was developed by people who have "been there" and grief specialists.
- Confidential and free, MyGrief.ca helps you to understand and move through your grief in your own place, at your own pace.

## **PILGRIMS HOSPICE SOCIETY**

9808 148 St NW T5N 3E8

Phone: 587.414.1148

Email: [griefsupport@pilgrimshospice.com](mailto:griefsupport@pilgrimshospice.com)  
[www.pilgrimshospice.com](http://www.pilgrimshospice.com)

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



## DONATING HOUSEHOLD ITEMS

If you are downsizing, donating your unwanted household items is a great way to declutter. There are numerous non-profit organizations in Edmonton that will find a new home for your items, either by selling in their thrift shops, or by direct donations to people in need through social service agencies. Note: Services vary per organization - call first and confirm the details.

### **BISSELL CENTRE THRIFT SHOP ALBERTA AVE**

8818 118 Ave. NW

Phone: 780.471.6644

Email: [donorsupport@bissellcentre.org](mailto:donorsupport@bissellcentre.org)

[www.bissellcentre.org](http://www.bissellcentre.org)

- Accepts new and gently used clothing, small furniture, houseware, and antiques.
- Drop-off hours are Monday to Saturday from 10am – 4:30pm.

### **FIND**

5120 122 St. NW

Phone: 780.988.1717

Email: [info@findedmonton.com](mailto:info@findedmonton.com)

[www.findedmonton.com](http://www.findedmonton.com)

- Find accepts donations of furniture and home goods to support those transitioning out of homelessness.
- Free pickups for donations of furniture that can be used in the program.

### **GOODWILL INDUSTRIES OF ALBERTA**

Main office: 3803 Calgary Trail NW

Toll Free: 1.866.927.1414

Phone: 780.944.1414

Email: [marketing@goodwill.ab.ca](mailto:marketing@goodwill.ab.ca)

[www.goodwill.ab.ca](http://www.goodwill.ab.ca)

- Goodwill accepts donations of new and gently used clothing and household goods at 16 locations (visit website for locations and hours). Donations by drop off only.
- Seniors 60+ receive 15% off Wednesdays in our retail stores.

### **HABITAT FOR HUMANITY RESTORE**

Phone: 780.479.3566

Email: [habitat@hgh.org](mailto:habitat@hgh.org)

[www.hfh.org/restore/donations-hub](http://www.hfh.org/restore/donations-hub)

- Accepts donations of new and gently used appliances, cabinetry, doors and windows, hardware, home goods, plumbing supplies, flooring, and other renovation materials.
- Donations are accepted via free pick-up or drop off. Phone for details.

### **INCLUSION ALBERTA**

Phone: 1.800.252.7556

11724 Kingsway Ave. NW

Toll-Free: 1.800.252.7556

Phone: 780.451.3055 ext. 402

Email: [donations@inclusionalberta.org](mailto:donations@inclusionalberta.org)

[www.inclusionalberta.org](http://www.inclusionalberta.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. NW Alliance Manor  
Phone: 780.408.2967 / 780.717.2541  
Email: [karena@ofss.org](mailto:karena@ofss.org)  
[www.ofss.org](http://www.ofss.org)

- Accepts donations of clothing for adults, especially winter clothes, toiletries, incontinence supplies, and small household items like blankets, and flatware.
- Donations are accepted by appointment and seniors can access the Centre on Tues, Wed, and Thurs from 1pm to 3pm.

## SALVATION ARMY THRIFT STORE

Multiple Thrift store locations  
Phone: 780.437.6870  
Email: [donate@tstores.ca](mailto:donate@tstores.ca)  
[www.thriftstore.ca](http://www.thriftstore.ca)

- Accepts donations of gently used clothing and household items (not large furniture)

## SOCIETY OF SAINT VINCENT DE PAUL

10804 109 St. NW  
Phone: 780.471.5577  
Email: [ssvpdmonton@gmail.com](mailto:ssvpdmonton@gmail.com)  
[www.ssvpedmonton.ca](http://www.ssvpedmonton.ca)

- Always looking for gently used single, double and queen mattresses, beds, furniture, household goods and small appliances.
- Request for pick up by filling out a form online or call and we will arrange for a pickup.

## WINGS OF PROVIDENCE

Phone: 780.426.4985  
Email: [wings@wingsofprovidence.ca](mailto:wings@wingsofprovidence.ca)  
[www.wingsofprovidence.ca](http://www.wingsofprovidence.ca)

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

## HISTORICAL ITEMS

### PROVINCIAL ARCHIVES OF ALBERTA

8555 Roper Road  
Phone: 780.427.1750  
Email: [paa@gov.ab.ca](mailto:paa@gov.ab.ca)

[www.provincialarchives.alberta.ca](http://www.provincialarchives.alberta.ca)

- Preserves and documents private and government records for the public.
- Accepts archival and historical records including photographs, documents, moving images, and sound recordings. Call before delivery.

## ALBERTA SENIORS' WEEK

The first week of June.  
Celebrate the seniors in your life!



## Have you had changes in memory? Are you feeling forgetful?



[SynergicTrial.com](http://SynergicTrial.com)

Principal Investigator: Dr. Richard Camicioli

### Does this describe you:

- ✓ You are between 60 and 85 years old,
- ✓ You haven't been diagnosed with dementia?

You are invited to take part in a study from the comfort of your home that may help to improve your memory and thinking.

**For more information, contact Krista Nelles at 780-248-2043.**

We will provide you with information about the study and ask you questions about your memory and health.



# Social Prescribing for Seniors 55+

## A Prescription for Change

### Healthcare Provider Referrals

Social Prescribing provides a formal referral pathway for healthcare providers to refer patients to community based programs to improve their health and enhance their quality of life.

Referral Form for Healthcare Providers:



Learn More About Social Prescribing: [seniorscouncil.net/social-prescribing/](https://seniorscouncil.net/social-prescribing/)



Our Wills and Estates Lawyers:

Megan Harris  
780.421.2403  
mharris@bmlp.ca

Madison Durham  
780.421.2415  
mdurham@bmlp.ca

## Wills & Estates

# Specializing in peace of mind.

Creating and carrying out a Will can be intimidating. Let us help you and your loved ones comfortably and confidently navigate the process – to reflect your wishes and intentions. *Ask about our remote signing options.*

### Our Services Include:

- Estate Administration • Advice for Executors • Wills & Estate Plans
- Family Law • Dispute Resolution • Powers of Attorney
- Personal Directive • Adult Guardian and Trustee Applications
- Estate Litigation

## ENTERTAINMENT & LEISURE

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

### MUSEUMS & GALLERIES

#### ART GALLERY OF ALBERTA (AGA)

2 Sir Winston Churchill Sq.

Phone: 780.422.6223

[www.youraga.ca](http://www.youraga.ca)

#### ROYAL ALBERTA MUSEUM (RAM)

9810 103a Ave. NW

Phone: 825.468.6000

[www.royalalbertamuseum.ca](http://www.royalalbertamuseum.ca)

### PLACES OF INTEREST

#### EDMONTON VALLEY ZOO

13315 Buena Vista Rd NW

Phone: 311 or 780.442.5311

[www.valleyzoo.ca](http://www.valleyzoo.ca)

#### ELK ISLAND NATIONAL PARK

35 minutes east of Edmonton off of Highway 16

Phone: 780.922.5790

[parks.canada.ca/pn-np/ab/elkisland](http://parks.canada.ca/pn-np/ab/elkisland)

#### FORT EDMONTON

7000 143 St. NW

Phone: 780.496.7381

[www.fortedmontonpark.ca](http://www.fortedmontonpark.ca)

#### MUTTART CONSERVATORY

9626 96A St. NW

Phone: 311

[www.edmonton.ca/attractions\\_events/muttart-conservatory](http://www.edmonton.ca/attractions_events/muttart-conservatory)

#### UNIVERSITY OF ALBERTA BOTANIC GARDEN

5 km north of Devon on Hwy 60, Parkland County

Phone: 780.492.3050

[www.ualberta.ca/en/botanic-garden](http://www.ualberta.ca/en/botanic-garden)

#### TELUS WORLD OF SCIENCE

11211 142 St. NW

Phone: 780-451-3344

[www.telusworldofscienceedmonton.ca](http://www.telusworldofscienceedmonton.ca)

### PERFORMING ARTS

#### CITADEL THEATRE

9828 101A Ave. NW

Phone: 780.425.1820

[citadeltheatre.com](http://citadeltheatre.com)

#### EDMONTON NEW SHADOW THEATRE

Varscona Theatre 10329 83 Ave. NW

Phone: 780.434.5564

[www.shadowtheatre.org](http://www.shadowtheatre.org)

#### MAYFIELD DINNER THEATRE

16615 109 Ave. NW

Phone: 780.483.4051

[www.mayfieldtheatre.ca](http://www.mayfieldtheatre.ca)

#### THEATRE NETWORK

10708 124 St. NW

Phone: 780.453.2440

[www.theatrenetwork.ca](http://www.theatrenetwork.ca)

#### WINSPEAR CENTRE

4 Sir Winston Churchill Sq.

Phone: 780.428.1414

[www.winspearcentre.com](http://www.winspearcentre.com)

#### YARDBIRD SUITE

11 Tommy Banks Way NW

Phone: 780.432.0428

[www.yardbirdsuite.com](http://www.yardbirdsuite.com)

*See also: Seniors Centres, Groups and Clubs (page 94-100) and Recreation Resources (page 86)*



It's your time to shine



GeriActors is an intergenerational theatre company seeking to challenge stereotypes and foster authentic views of aging. ACT NOW by signing up for a class, workshop, or by booking a performance.

More information at [geriactors.ca](http://geriactors.ca)



**Make the  
Right Call** 

EDMONTON  
**POLICE**  
SERVICE



**Call 9-1-1 in an emergency or  
if you see a crime in progress**

[911MakeTheRightCall.ca](http://911MakeTheRightCall.ca)

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780-492-3138  
[uab.ca/remember](http://uab.ca/remember)





## HELP COVER THE COSTS

Sage provides the Directory of Senior Services and many other programs, resources, and services without a fee so that all seniors are able to access supports when needed.

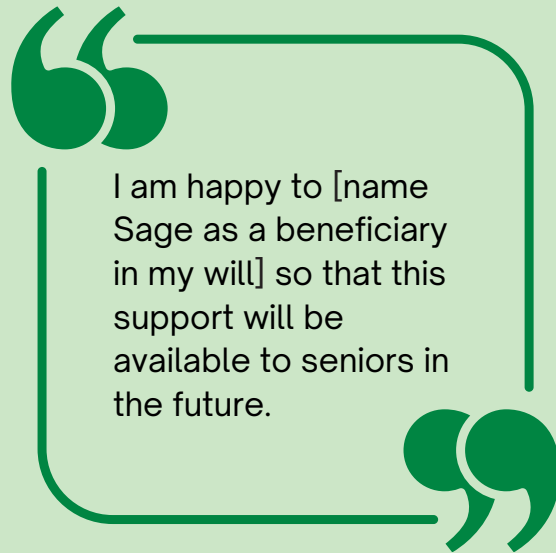
Donations help sustain programs that increase resilience, reduce vulnerability, and inspire seniors to continue to build and enrich our communities.

See the donation form on the back of this page or visit [www.mysage.ca](http://www.mysage.ca).

## LEAVE A LEGACY

Supporters of any age can plan a legacy with Sage that will improve the lives of seniors.

For information on how your planned giving can support community-based programs and services delivered with and for seniors, contact Sage at 780.423.5510 or visit [www.mysage.ca](http://www.mysage.ca) and click on “Support Sage.”



I am happy to [name Sage as a beneficiary in my will] so that this support will be available to seniors in the future.

Charitable Registration  
No. 11915 4839 RR0001

## WHEN YOU SUPPORT SAGE, YOU SUPPORT SENIORS.



- support for seniors looking for safe and affordable housing
- a welcoming space to stay mentally, physically, and socially active
- a safe place for seniors seeking refuge from elder abuse
- income tax preparation for low-income seniors
- outreach to lonely, isolated, and vulnerable seniors
- English language learning for immigrant, refugee, and newcomer seniors
- resources including the Directory of Senior Services



**I would like to make a donation to Sage Seniors Association**

Donation Amount: \$  Date of Gift:

I would like to make this a monthly gift. Monthly gifts can be setup to charge to your credit card (provide card information in the payment section below).

Contact me about a gift of securities, bequest, or other planned giving.

### Donor Information

Charitable tax receipts are issued for gifts of \$10 or more.

Name:

Mailing Address:

City:  Province:  Postal Code:

Phone:  Email:

Providing an email address will subscribe you to our Silver Threads email updates with news, stories, and opportunities from Sage. You can unsubscribe at any time.

### Recognition Preference:

Yes, include my name in Sage's annual list of donors.

No, I prefer to remain anonymous.

### Payment

To donate by credit card online, visit [www.mysage.ca](http://www.mysage.ca)

Cheque enclosed. Please make cheques payable to: Sage Seniors Association.

Credit Card #:  Expiry:  CSV:

Signature:  Date:

Please include this form (and your cheque, if applicable) in an envelope addressed to Sage.

*Thank you.*

Sage Seniors Association  
15 Sir Winston Churchill Square | Edmonton, AB T5J 2E5  
780-423-5510 | [info@mysage.ca](mailto:info@mysage.ca)







# #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](http://Alberta.ca/ElderAbuseHappens)

Alberta



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## WILLS, ESTATES & NOTARY

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- **Join Action Teams**
- **Volunteer as a Champion**

**For more information:**



**seniorscouncil.net**

**agefriendly@seniorscouncil.net**

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- Estate Clear Outs

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## 780-668-8811

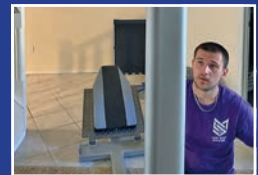
[www.movecoordinators.ca](http://www.movecoordinators.ca)

[info@movecoordinators.ca](mailto:info@movecoordinators.ca)

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Free boxes on local moves (Call for details) • \$127.97 off long distance moves  
\$37.97 off local move • 2 months of free storage with local moves

**CALL FOR FREE FRIENDLY ESTIMATES & ADVICE!**



[laststopmoving.com](http://laststopmoving.com)  
587-602-4858



## ESTATE PLANNING

### 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](http://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](http://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

## EDMONTON COMMUNITY FOUNDATION

9910 103 St NW T5K 2V7

Phone: 780.426.0015

Email: [info@ecfoundation.org](mailto:info@ecfoundation.org)

[www.ecfoundation.org](http://www.ecfoundation.org)

- 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.

## CAPITAL CARE FOUNDATION

Phone: 587.782.3727

Email: [ccfoundation@capitalcare.net](mailto:ccfoundation@capitalcare.net)

[www.capitalcarefoundation.net](http://www.capitalcarefoundation.net)

- Founded in 1989, CapitalCare Foundation is a registered charity in Alberta that supports the goals and needs of residents in long-term care at CapitalCare through private philanthropy and giving.

## SAGE SENIORS ASSOCIATION

Phone: 780.423.5510

Email: [info@mysage.ca](mailto:info@mysage.ca)

[www.mysage.ca](http://www.mysage.ca)

- Leave a legacy that supports seniors! As a registered charity (#119154839 RR0001), Sage welcomes planned gifts to help sustain community-based 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 - just ask to speak to someone about planned giving.



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PERSONAL CARE | IN-HOME NURSING | DEMENTIA CARE

## 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](http://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](mailto:vac.information.acc@canada.ca)

[www.veterans.gc.ca](http://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 Insurance Coverage (page 55)*

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](http://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.

### **Supplementary Accommodation Benefit**

supports eligible seniors who reside in a continuing care home with monthly accommodation charges.

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*

### **ALBERTA SUPPORTS CONTACT CENTRE**

Phone: 780.644.9992

Toll-free: 1.877.644.9992

TDD/TTY toll-free: 1.800.232.7215

[www.alberta.ca/alberta-supports](http://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](mailto:abworksis@gov.ab.ca)

#### **Edmonton Central-City Centre Main Floor**

10242 105 St. NW T5J 3L5

#### **Edmonton North-Northgate**

2050 Northgate Centre

9499 137 Ave. NW T5E 5R8

#### **Edmonton South- Millwoods**

Millwoods Town Centre

2331 66 St. NW T5K 4B5

#### **Edmonton West -Meadowlark**

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

### **ASSURED INCOME FOR THE SEVERELY HANDICAPPED (AISH)**

AISH provides financial and 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](mailto:aishedmonton@gov.ab.ca)

TTY: 780-427-9999 Toll free

TTY: 1.800.232.7215

[www.alberta.ca/contact-aish](http://www.alberta.ca/contact-aish)

### **ALBERTA AIDS FOR DAILY LIVING (AADL)**

Phone: 780.427.0731

[www.alberta.ca/alberta-aids-to-daily-living](http://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*



## INCOME TAX

All seniors, regardless of income, should file an individual tax return each year by April 30. Some government benefits are renewed from the income tax information. Seniors risk being cut off benefits by not filing income tax returns on time.

### CANADA REVENUE AGENCY (CRA)

[www.canada.ca/revenue-agency](http://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](http://www.canada.ca/my-cra-account)

### 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](http://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 low-income seniors to ensure that they can continue to access the financial assistance for which they are eligible.
- The free clinic runs year-round, will complete up to 10 years of returns, and can complete returns for individuals in the hospital, long-term care and remote areas by phone.
- In-person or phone appointments are available. To book an appointment to complete your taxes, call 780.809.9424 and leave a message with your name and number and a volunteer will return your call.

### INTERNAL REVENUE SERVICE (IRS)

#### United States

Toll-Free 1.800.829.1040

TTY/TDD: 800.829.4059

[www.irs.gov/individuals/seniors-retirees](http://www.irs.gov/individuals/seniors-retirees)

International Call Centre

Phone: 267.941.1000 (not toll-free)

## DEBT-TALK 423-DEBT (3328)

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## NATIONAL SENIORS DAY IS OCTOBER 1

Celebrate the seniors in your  
community.



## CREDIT & DEBT MANAGEMENT

### A. C. WARING & ASSOCIATES INC.

First Edmonton Place

#410-10665 Jasper Ave. T5J 3S9

Phone: 780.424.9944

Email: [acwaring@telus.net](mailto:acwaring@telus.net)

[www.debtfree.ca](http://www.debtfree.ca)

- Free Consultations for: Debt/Credit Counselling / Creditor Negotiations / Bankruptcy Alternatives / Debt Consolidation / Consumer Proposals / Bankruptcy Protection

### CREDIT COUNSELLING SOCIETY

Phone Toll-Free: 1.800.527.8999

Email: [info@nomoredebts.org](mailto:info@nomoredebts.org)

[www.nomoredebts.org](http://www.nomoredebts.org)

- Accredited not-for-profit credit counselling organization providing free counselling, low-cost debt solutions, and education to help you manage your money better.
- In-person or phone appointments are free, confidential, unbiased, and non-judgmental.

### MONEY MENTORS

# 175-17010 103 Ave. NW T5S 1K7

Toll-Free in Alberta: 1.888.294.0076

Email: [csrmail@moneymentors.ca](mailto:csrmail@moneymentors.ca)

[www.moneymentors.ca](http://www.moneymentors.ca)

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

## FINANCIAL SERVICES

### SERVUS CREDIT UNION

Toll Free: 1.877.378.8728

Email: [contact\\_us@servus.ca](mailto:contact_us@servus.ca)

[www.servus.ca](http://www.servus.ca)

- Senior Unlimited is for anyone 60+ who can benefit from a no-fee daily banking plan. No monthly fee, unlimited electronic or in-branch transactions (including bill payments and credit union ATM withdrawals), 100 free cheques per year, unlimited Interac e-Transfers, \$10 discount on safety deposit boxes, and 5 free overdrafts.

## JUNE 15 IS WORLD ELDER ABUSE AWARENESS DAY

Learn more about elder abuse, how to identify it, and how to stop it.

[www.mysage.ca](http://www.mysage.ca)



**DEBT SOLUTIONS**  
**780-424-9944**  
**1-800-463-3328**

Debt/Credit Counselling    Debt Consolidation  
Creditor Negotiations    Consumer Proposals  
Bankruptcy Alternatives    Bankruptcy Protection

**Personal and Business  
FREE Consultation**

**[www.DEBTFREE.ca](http://www.DEBTFREE.ca)**  
First Edmonton Place, Suite 410,  
10665 Jasper Ave.

**A.C. Waring**  
& Associates Inc.  
Licensed Insolvency Trustees  
Trustee in Bankruptcy

## FOOD SECURITY

*See also: Help at Home - Meal 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.

### CANAVUA

8744 50 Ave. NW T6E 5K8

Phone: 780.729.1709

Email: [info@canavua.org](mailto:info@canavua.org)

[www.canavua.org](http://www.canavua.org)

- CANAVUA operates a Francophone-based home delivery branch of Edmonton's Food Bank. Service includes a community food truck and a mobile farmers market every Friday at the intersection of 83 Ave & 91 St.
- Volunteers help provide food to anyone in need on a weekly basis.
- To register to receive food, please get in touch with us. One piece of ID is required for every member of your household to sign up.

### EDMONTON'S FOOD BANK

11508 120 St. NW T5G 2Y2

Phone: 780.425.2133

Email: [communications@edmontonsfoodbank.com](mailto:communications@edmontonsfoodbank.com)

[www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

- We provide emergency food support to individuals and families in need to ensure no one goes hungry.
- Contact the Edmonton Food Bank or visit our website to request emergency food hampers.

*Information is subject to change - call to confirm.*

### WECAN FOOD BASKET SOCIETY

12122 68 St. NW T5B 1R1

Phone: 780.413.4525

Email: [info@wecanfood.com](mailto:info@wecanfood.com)

[www.wecanfood.com](http://www.wecanfood.com)

- WECAN buys food in bulk and offers fresh and nutritious food baskets to members (\$5 annually) at an affordable price.
- Place and pay for orders online or at one of our community locations

## SURROUNDING AREA FOOD BANKS

### FORT SASKATCHEWAN FOOD BANK

Phone: 780.998.4099

Email: [general@fsnc.ca](mailto:general@fsnc.ca)

[www.fortsaskatchewanfoodbank.com](http://www.fortsaskatchewanfoodbank.com)

- If you need emergency food assistance, call the Food Bank to register.
- Eligible clients may receive a hamper once per month. Bread & Pastry plus available daily 10am to 2pm.
- Hamper days are: Tuesday 10am to 7pm, Thursday 10am to 5pm.

### LEDUC & DISTRICT FOOD BANK

Phone: 780.986.4803

Email: [director@ldfb.ca](mailto:director@ldfb.ca)

[www.ldfb.ca](http://www.ldfb.ca)

- LDFB operates on an appointment only basis. We start answering hamper request calls at 8:30am on Mondays, Wednesdays and Fridays. Call as early as possible.
- Do not call ahead of time as we do not pre-book appointments.

### ST. ALBERT FOOD BANK AND COMMUNITY VILLAGE

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

Phone: 780.459.0599

Email: [suzan@stalbertfoodbank.ca](mailto:suzan@stalbertfoodbank.ca)

[www.stalbertfoodbankandcommunityvillage.com](http://www.stalbertfoodbankandcommunityvillage.com)

- Offers emergency food hampers by appointment.

## GOVERNMENT CONTACTS

### CITY OF EDMONTON

#### EDMONTON CITY HALL

1 Sir Winston Churchill Sq NW T5J 2R7

Email: [City.Hall@edmonton.ca](mailto:City.Hall@edmonton.ca)

[www.edmonton.ca/cityhall](http://www.edmonton.ca/cityhall)

#### MAYORS OFFICE

Phone: 780.496.8100

[www.edmonton.ca/mayor](http://www.edmonton.ca/mayor)

#### CITY COUNCILLORS

Phone: 780.496.8110

Email: [councillors@edmonton.ca](mailto:councillors@edmonton.ca)

[www.edmonton.ca/council](http://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 104 Ave. NW T5J 0J4

Phone: 311

[www.edmonton.ca/edmontonservicecentre](http://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](mailto:premier@gov.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](http://www.alberta.ca/contact)

#### ALBERTA SENIORS BENEFITS

Phone: 780.644.9992

[www.alberta.ca/senior-supports](http://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](http://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](http://www.pm.gc.ca)



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## HEALTH SERVICES

### PRIMARY CARE

#### ALBERTA HEALTH SERVICES

##### ALBERTA HEALTH SERVICES (AHS)

Phone: 811

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

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

- Alberta Health Services (AHS) is the provincial health agency responsible for delivering health services to Albertans.

##### PATIENT CONCERNS & FEEDBACK

c/o Patients Relations

10030 107 St. NW T5J 3E4

Phone: 1.855.550.2555

Email: [patient.feedback@ahs.ca](mailto:patient.feedback@ahs.ca)

[www.albertahealthservices.ca/273.asp](http://www.albertahealthservices.ca/273.asp)

- Patient Concerns receives complaints about the health services they receive through AHS as well as 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.

##### OFFICE OF ALBERTA HEALTH ADVOCATES

9th Floor - 10055 106 St.

Phone: 780.422.1812

Email: [info@albertahealthadvocates.ca](mailto:info@albertahealthadvocates.ca)

[www.alberta.ca/office-of-alberta-health-advocates](http://www.alberta.ca/office-of-alberta-health-advocates)

- The Office of the Alberta Health Advocates is comprised of the Mental Health Advocate and the Health Advocate. Together, they provide a single point of access for Albertans by: listening to health service-related concerns, assisting Albertans in finding ways to resolve those concerns.

### 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](mailto:publicinquiries@cpsa.ab.ca)

[www.cpsa.ca](http://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](http://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](http://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  
 • Offers telephone information, screening and referrals for individuals who require access to Continuing Care services including Home Care, Continuing Care Homes (Type A and B), and Palliative Care, Adult Day Programs/ CHOICE.

**URGENT CARE CLINIC**

East Edmonton Community Health Centre  
 7910 112 Ave. NW T5B 0C2  
 Phone: 780.342.4700 press 2  
 Hours: Mon–Fri 5pm–10:30pm,  
 Weekends & Holidays 3pm–10:30pm  
 Will treat non-life-threatening injuries or illnesses which require same day treatment. May close early if clinic capacity is reached.

**KAYE EDMONTON CLINIC**

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

**NORTHEAST COMMUNITY HEALTH CENTRE  
 24/7 EMERGENCY DEPARTMENT**

14007 50 St. NW T5A 5E4  
 Phone: 780.342.4000




c q f l a u n d r y y o s e t a j w  
 i v b w p r e p a r a t i o n u u d  
 l n p n v c o m p a n i o n x y e l  
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 r o k i m a q m z a o f o m p s u l  
 e g u s e r v i c e s e u p a t t k  
 p o k y l k i m e a l r s m j m l f  
 b z e t n z y u f j k c a r e v a d  
 p b f y k e l i v e u t r g b j p g

Answer: Companion, Seniors, Services, Love, Dog, Cat, Meal, Preparation, Laundry, Family Caregiver, Care, Home, Live, Always, Best, Care, Mama

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- ✔ Palliative/End of Life Care
- ✔ Hair Care
- ✔ Live-in Care
- ✔ Nanny Services
- ✔ After Birth Services
- ✔ And many more

**CONTACT US**

☎ 825-966-9837 | 587-489-3531  
 ✉ info@completecaregivinghomecare.ca  
 🌐 www.completecaregivinghomecare.ca  
 📍 201-15205 Stony Plain Road NW, Edmonton

## COMMUNITY HEALTH CENTRES

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

- Services such as immunization and communicable disease follow-up, and nicotine and cannabis reduction are available at all Community Health Centres.
- Oral Health services are provided to seniors (65+) residing in subsidized, rent-protected facilities in low socio-economic areas to reduce risk of decay and promote oral health.

### **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

Phone: 780.459.6671

**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](http://medimap.ca) can help you locate a medical clinic near you, or you can call 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/](http://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.

### 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](mailto:info@radiushealth.ca)

[www.radiushealth.ca](http://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](mailto:info@radiushealth.ca)

[www.radiushealth.ca/services/miyowayawin-clinic/](http://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

## Did you know?

Sage offers free income tax services for low income seniors year-round. Appointments are available for qualifying seniors including those who are hospitalized or in care facilities.

To book an appointment call 780.809.9424 and leave a message with your name and number.



## CONTINUING CARE

### 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
- Type B (formerly Designated Supportive Living)
- Type A (formerly Long-Term Care)
- Type C (hospice) and the Edmonton Zone Palliative Care Program

### HOME CARE

Alberta Health Services

Phone: 780.496.1300

Email: continuingcare@

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.

### CHOICE PROGRAM

Comprehensive Home Option for Integrated Care of the Elderly

Alberta Health Services

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: 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.

*Note: Private-pay home care options also exist however, the client then assumes full responsibility for costs associated with such care service.*

*See Help at Home - Home Care Agencies (page 64).*





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## 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](http://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.

## PALLIATIVE CARE

### PALLIATIVE HOME CARE

Alberta Health Services  
Phone: 780.496.1300  
[www.albertahealthservices.ca](http://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.

Edmonton Zone palliative service types:

### Type C Hospice Care:

Seven hospices with a total of 104 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.

**DENTURE CARE SERVICES**  
Achieve a Brighter Smile with Our Comprehensive Denture Care Services

**LOCATED IN ELLERSLIE**  
#210, 6830 ELLERSLIE RD SW  
EDMONTON, AB T6X 1A3

**825-512-6219**  
INFO@IVORYDENTURECLINIC.COM  
WWW.IVORYDENTURECLINIC.COM

**IVORY DENTURE CLINIC**

The advertisement features a photograph of five elderly individuals (three men and two women) smiling and raising their hands in a celebratory gesture. The background is a light, airy outdoor setting with trees.

## ALLIED & OTHER HEALTH SERVICES

### CHRONIC DISEASE SUPPORT

#### CHRONIC DISEASE MANAGEMENT SUPPORT

Alberta Health Services

Phone: 825.404.7460

Toll free: 1.866.735.1051

- Patients and Caregivers can call to access education workshops, 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.

### 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](http://www.ahs.ca/grh)

- This clinic specializes in dental care for the elderly and persons with disabilities. Family and friends are also welcome.
- Treatment rooms are equipped with ceiling mounted lifts and large to accommodate patients with caregivers/family present.

#### IVORY DENTURE CLINIC

#210 - 6830 Ellerslie Road SW T6X 1A3

Phone: 825. 512.6219

Email: [info@ivorydentureclinic.com](mailto:info@ivorydentureclinic.com)

[www.ivorydentureclinic.com](http://www.ivorydentureclinic.com)

- We provide all denture related services such as full dentures, partial dentures, implant dentures, repairs and relines.
- Free consultations. Walk-in patients welcome.

## UNIVERSITY OF ALBERTA SCHOOL OF DENTISTRY

Kaye Edmonton Clinic

8th Flr-11400 University Ave. (82 Ave.) and 114 St.

Phone: 780.407.5550

[www.dentistry.ualberta.ca](http://www.dentistry.ualberta.ca)

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

### HEALTH INSURANCE

#### 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](mailto: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](http://www.alberta.ca/ahcip-what-is-covered).

## COVERAGE FOR SENIORS PROGRAM

Government of Alberta

[www.alberta.ca/coverage-for-seniors-program](http://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 AND OPTICAL ASSISTANCE FOR SENIORS

[www.alberta.ca/dental-optical-assistance-seniors](http://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](http://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

The following organizations are specialized resource centres that offer information, education, and support in their area of focus

### ALBERTA LUNG ASSOCIATION

103-1259 91 St. T6X 1E9

Phone: 780.488.6819

Toll-Free: 1.888.566.5864

Email: [info@ab.lung.ca](mailto:info@ab.lung.ca)

[www.ab.lung.ca](http://www.ab.lung.ca)

### ALZHEIMER SOCIETY

Phone: 1.866.950.5465

Email: [help@alzheimer.ab.ca](mailto:help@alzheimer.ab.ca)

[www.alzheimer.ab.ca](http://www.alzheimer.ab.ca)

### ARTHRITIS SOCIETY

Toll-free: 1.800.321.1433

Email: [info@arthritis.ca](mailto:info@arthritis.ca)

[www.arthritis.ca](http://www.arthritis.ca)

### CANADIAN CANCER SOCIETY

Phone: 1.888.939.3333

Email: [info@cancer.ca](mailto:info@cancer.ca)

[www.cancer.ca](http://www.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](mailto:info@chha-ed.com)

[www.chha-ed.com](http://www.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](mailto:main@cmha-edmonton.ab.ca)

[www.edmonton.cmha.ca](http://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.estimate.deafandhearalberta.ca

## **HYPERTENSION CANADA**

www.hypertension.ca

Contact form is on the website.

## **NORTHERN ALBERTA HUNTINGTON DISEASE RESOURCE CENTRE**

Buchanan Centre

11209 86 St. NW T5B 3H7

Phone: 1.800.998.7398 ext.202

Email: romolock@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

## **VISION LOSS REHABILITATION ALBERTA**

#600-11150 Jasper Ave. T5K 0C7

Phone: 1.844.887.8572

www.ab.visionlossrehab.ca

## **HEARING**

### **AMPLIFON HEARING CARE EXPERTS**

11 locations in Greater Edmonton

Phone: 780.488.8100

Email: johnrobertscentre@amplifon.com

www.amplifon.ca

- FREE professional hearing tests
- Advanced equipment & high-quality hearing aids
- Flexible payment plans

### **EARS TO YOU**

Phone: 1.833.834.3277

Email: edmonton@earstoyou.ca

www.earstoyou.ca

- We provide hearing tests, hearing aids, hearing aid fittings and fine tuning all from a fully equipped mobile hearing clinic with the latest in diagnostic and audiological equipment.
- Book an appointment for your free hearing test or hearing aids, we will come to you.
- Serving all of Alberta. Licensed members of the College of Speech and Hearing Health Practitioners of Alberta.

### **MELODY HEARING CLINIC**

Phone: 780.784.1349

Email: info@melodyaudiology.com

www.melodyaudiology.com

- We are dedicated to improving the quality of life for seniors through exceptional hearing care.
- Contact us today to schedule a consultation and take the first step towards improved hearing health.
- 5 locations throughout Edmonton and the area.

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Careful, Efficient & Friendly

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www.fortmoving.ca





## MEDICAL EQUIPMENT AND MOBILITY AIDS

### ALBERTA AIDS TO DAILY LIVING (AADL)

ATB Place North 10025 Jasper Ave. T5J 1S6  
Phone: 780.427.0731

Toll free: 310-0000 before the phone number

- The AADL program helps Albertans with long-term disabilities, chronic illness or terminal illness by providing 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.
- AADL is a cost-share program. Clients pay 25% of the benefit cost to a maximum of \$500 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: CAIL page 62*

CONGDON'S 780.483.1762 see ad page 80

### EASTER SEALS EQUIPMENT (ESA) LOAN

Phone: 403.235.5662

Email: [accessibilitysupports@easterseals.ab.ca](mailto:accessibilitysupports@easterseals.ab.ca)  
[www.easterseals.ab.ca/equipment-application/](http://www.easterseals.ab.ca/equipment-application/)

- This program is a funding option for individuals who have exhausted all other funding resources for accessibility equipment.
- Eligible equipment includes power mobility devices, lifts, hospital beds, elevating seats, ceiling tracks, portable ramps, walking aids, and lift assist chairs. Other equipment requests may be considered. Email your inquiry to our team.
- ESA also accepts donations of used equipment to be recycled to other clients.

### ECO MEDICAL EQUIPMENT

New location in 2025: 11749 180 St. NW T5S 2H6

Toll Free: 780.483.6232, 1.800.232.9450

Email: [info@ecomedical.ca](mailto:info@ecomedical.ca)

[www.ecomedical.ca](http://www.ecomedical.ca)

- We carry top-quality home medical equipment and supplies.
- Look at our online catalog to see our selection of power wheelchairs, lifts and other mobility devices.
- We offer service and warranty repair on everything we carry.

### HEALTH EQUIPMENT LOAN PROGRAM (HELP)

Canadian Red Cross

2B01-11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8588

[www.redcross.ca](http://www.redcross.ca)

- HELP allows people to return home from hospital earlier and gives independence and dignity to those in palliative care. Individuals can receive aids such as wheelchairs, walkers, bath seats, raised toilet seats, bed assist handles and more.
- A referral from a health care professional is required to access the loan program.

### HOME HEALTH STORE

New location: 9471 50 St. NW

Phone: 780.469.8499

Email: [info@homehealthstore.ca](mailto:info@homehealthstore.ca)

[www.homehealthstore.ca](http://www.homehealthstore.ca)

- We are a medical equipment supplier, specializing in ostomy and wound care products. Approved vendors for AADL, NIHB, WCB, and Veterans Affairs.
- We provide personalized in-store service, free samples, delivery, walker clinics, installation services, and support in multiple languages.
- Our website offers over 20,000 products with user-friendly shopping experience.

## MARKET DRUGS MEDICAL

10203 97 St. NW T5J 0L5

Phone: 780.422.1397

Email: market@marketrxmed.com

www.marketdrugsmedical.store

- We provide pharmacy, medical and rehab products to patients, healthcare professionals, institutions and other pharmacies and healthcare businesses.
- We offer services in English, Chinese, Filipino and Ukrainian languages.
- Enjoy prompt and reliable delivery to all points in Edmonton.

## MEDMOBILITY

South: 5711 Calgary Trail NW

Phone: 780.437.3300

North: 12604 118 Ave. NW

Phone: 780.451.5445

Email: request@medmobility.ca

www.medmobility.ca

- Accessibility lifts, mobility products, rehabilitation and care at home items
- Experienced and understanding staff to assist you with your home medical needs.
- Authorized supplier to AADL, WCB, and other agencies.

## SILVER CROSS

3715 98 St. NW T6E 5N2

Phone: 780.450.6992

Email: gwarchola@silvercross.com

www.silvercrossstores.com

- Silver Cross empowers people with the latest information about healthcare equipment.
- Equipment includes new and used Stair Lifts, Porch Lifts, Home Care Beds, Lift Chairs, Scooters, Power Chairs and many other types of mobility equipment.

## MENTAL HEALTH & COUNSELLING

### 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.

**CALL 211** for local resources available to you for your personal recovery.

### COMMUNITY GERIATRIC PSYCHIATRY

Covenant Health

Main office: #412 Westmount Shopping

Centre 13310 111 Ave. NW

Phone: 780.342.9100

Ermineskin Satellite Office: 3030 106 St. NW

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 at Westmount Shopping Centre or Ermineskin Mall.
- Accepts self-referrals, or referrals from families, physicians and other community agencies with the person's knowledge.

## **COMMUNITY URGENT SERVICES AND STABILIZATION TEAM**

Alberta Health Services

Phone: 780.342.7777

[www.albertahealthservices.ca](http://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](mailto:healthlink@albertahealthservices.ca)

[www.MyHealth.Alberta.ca](http://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](http://www.albertahealthservices.ca)

Services for persons **up to age 65.**

## **EDMONTON HEALING CENTRE**

Jewish Family Services

#104-15023 123 Ave. T5V 1J7

Phone: 780.454.1194

Email: [info@jfse.org](mailto:info@jfse.org)

[www.jfse.org](http://www.jfse.org)

- Individual and family counselling: available in person, by phone or video chat
- Bereavement support groups and

community presentations on grieving

- Flexible appointment times and adjustable fees

## **THE FAMILY CENTRE**

#20-9912 106 St. T5K 1C5

Phone: 780.423.2831

Email: [info@familycentre.org](mailto:info@familycentre.org)

[www.familycentre.org](http://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 supportive group setting.

## **DROP-IN COUNSELLING AT SAGE**

Sage Seniors Association

15 Sir Winston Churchill Sq. NW T5J 2E5

Phone: 780.423.5510

[www.mysage.ca](http://www.mysage.ca)

- 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 or contact Sage staff at 780.423.5510.

## **MERCY COUNSELLING**

Catholic Social Services

Phone: 780.719.2760

Email: [mercy.intake@cssalberta.ca](mailto:mercy.intake@cssalberta.ca)

[www.cssalberta.ca](http://www.cssalberta.ca)

- Mercy Counselling is open to all members of the public.

- We provide counselling for anxiety, depression, self-esteem, learning, work-related problems, personality difficulties, as well as frustrations in marriage and family life.
- Book your first appointment!

### **MOMENTUM COUNSELLING SOCIETY**

#132-6325 Gateway Blvd. T6H 5H6

Phone: 780.757.0900

Email: [info@momentumcounselling.org](mailto:info@momentumcounselling.org)

[www.momentumcounselling.org](http://www.momentumcounselling.org)

- A non-profit, charity led by a team of passionate mental health advocates who collaborate to provide virtual and in-person Solution Focused Therapy on a sliding scale fee.
- We aim to support clients who would otherwise be unable to access counselling because of long wait lists or financial barriers.
- Apart from one-on-one counselling, we also offer a wide variety of FREE therapeutic and support groups.

### **OUTSIDE OF EDMONTON**

#### **STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES**

#200-401 Festival Lane, Sherwood Park

Phone: 780.464.4044

Email: [familyandcommunity@strathcona.ca](mailto:familyandcommunity@strathcona.ca)

[www.strathcona.ca/seniors](http://www.strathcona.ca/seniors)

- Walk-in, virtual, and telephone counselling.
- Residents can phone or visit us on the second floor of the community centre to access affordable solution-oriented counselling (pay what you can afford). The counselling team is here to support you when you are ready.



**AspireCare**  
**Home Care Services**

"Aspire To A Better Care, At Home"

**Aspire To A Better Care, At Home.**



#### **HOME SERVICES**

- Companionship
- Personal Care
- Light Housekeeping
- Meal Preparation
- Transportation Assistance
- Alzheimer's and Dementia Care
- Respite Care
- FSCD Care
- Pet Care
- 24 HOUR Care

#### **HEALTH SERVICES**

- In-Home Nursing Care
- Post Hospitalization and Post-Surgery Care
- Palliative Care
- Medication Management
- Wound Care
- Foot Care



**Call Us Now**  
**(825) 777-0939**



[info@aspirehomecare.ca](mailto:info@aspirehomecare.ca)



[www.aspirehomecare.ca](http://www.aspirehomecare.ca)



## 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 comprehensive 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 such as high blood pressure, diabetes and cardiovascular disease.
- 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: Home Care Agencies*

## REHABILITATION

### ACCESSIBLE ACUPUNCTURE LTD

HYS Centre #600-11010 101 St. NW

Phone: 587.879.7122

Email: info@accessibleacupuncture.ca

www.accessibleacupuncture.ca

- Acupuncture for Seniors Peripheral Neuropathy and Chronic/Complex Pain.
- Dr. Melanie Morrill Ac. helps seniors regain their mobility and live pain-free.
- Call to book your consultation today.

### 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 page 58*

## 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

**Options for Purchase or Rent at  
Southside Edmonton Luxury Adult Condo Buildings**

**Heritage Tower @ Century Park  
& Millwoods Gardens**

**FANTASTIC ADULT COMMUNITY  
WITH ACCESS TO HOMECARE**

- In Building Dining
- Fully Independent suites with full kitchen
- In-suite laundry
- All appliances included
- A/C & underground parking
- Variety of sizes and layouts available

We are also available to provide you with a free home evaluation on your current property.

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780-445-4080  
constance.e.barnes@gmail.com  
www.conniebarnes.ca

**HOMES & GARDENS  
Real Estate**

**SRES**

**Tennille Sydor**  
780-218-8889  
tennille@tennillesydor.com  
www.tennillesydor.com

## HELP AT HOME

### HOME CARE AGENCIES

In-home personal care can help seniors stay in their home longer. Some home care agencies provide nursing care while others provide only non-medical personal help; some are AHS approved providers which may be covered by funding, while others may be private pay only. Ask questions to find the best fit for your needs.

#### **ALWAYS BEST CARE SENIOR SERVICES**

Phone: 587.407.1366

Email: infoedmontoneast@abc-seniors.com

www.alwaysbestcarecanada.ca

- We enable seniors to age in place by providing ongoing care not easily provided by family or friends. We enable seniors to stay at home, even in the face of illness or injury.
- Our nurses are HCA certified and provide the right level of care to maintain a level of independence in the comfort and convenience of home, even in the face of illness or injury.

#### **ASPIRE CARE HOME CARE SERVICES**

Phone: 825.777.0939

Email: info@aspirehomecare.ca

www.aspirehomecare.ca

- Committed to delivering top-tier healthcare services to support children, adults and seniors who live independently and comfortably in their own homes.
- Services include personal care, companionship, meal preparation, transportation help, respite care, Dementia care, post-hospitalization and post-surgery care and other skilled nursing care.
- Contact us for a free in-home consultation.

#### **BAYSHORE HOME HEALTH**

Phone: 780.801.3880

Email: edmontonprivate@bayshore.ca

www.bayshore.ca

- Provides respite services, personal care, palliative care and in-home nursing services, making aging in place a reality.
- We are committed to the communities we serve and are dedicated to increasing the quality of life of our most vulnerable populations.
- For a free in-home no-obligation assessment or if you have questions, call or email 24/7, we are here to help.

#### **BLESSING HOME CARE & GROUP HOME**

Phone: 587.887.1171

Email: admin@blessinghomecare.ca

www.blessinghomecare.ca

- We take all your specific requests and needs into consideration and guarantee personalized attention to your comfort at your home.
- Our 24-hour services include personal, palliative, and specialized care, housekeeping, and meal preparation.
- Staff speak English, Punjabi, Hindi, Gujrati and Urdu.

#### **CARE AT HOME BY EXQUISICARE**

Phone: 587.635.3223

Email: info@exquisicare.com

www.careathomebyexquisicare.com

- We provide in-home care for seniors.
- Our services include palliative care, personal care, care in facilities, respite care, companion care, skilled nursing care and Alzheimer's and dementia care.
- We understand the importance of finding a trustworthy caregiver and dedicate ourselves to finding the right fit for your family.

## COMFORT KEEPERS EDMONTON

Phone: 780.465.4665

Email: [edmonton@comfortkeepers.ca](mailto:edmonton@comfortkeepers.ca)  
[www.comfortkeepers.ca/edmonton](http://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.

## COMPLETE CAREGIVING HOMECARE SERVICES

Phone: 825. 966. 9837

Email: [info@completecaregivinghomecare.ca](mailto:info@completecaregivinghomecare.ca)  
[www.completecaregivinghomecare.ca](http://www.completecaregivinghomecare.ca)

- 24/7 care provided by professional, fun-loving uplifting caregivers who are ready to serve you with daily care as needed, in home or in facility care.
- Services include overnight respite care, post hospitalization recovery, dementia, Alzheimer's care, palliative, personal care and more.
- We also help with housekeeping and cleaning services, and salon care.

## HAVENCREST HOMECARE

Phone: 780.953.0342

Email: [Havencresthomecare@gmail.com](mailto:Havencresthomecare@gmail.com)  
[www.havencresthomecare](http://www.havencresthomecare)

- 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.

## HOME CARE ASSISTANCE EDMONTON

Phone: 780.490.7337

Email: [Zareena.Maqbool@HomeCareAssistanceEdmonton.com](mailto:Zareena.Maqbool@HomeCareAssistanceEdmonton.com)  
[www.HomeCareAssistanceEdmonton.ca](http://www.HomeCareAssistanceEdmonton.ca)

- 24-hour care for seniors and older adults with non-medical activities of daily living such as meal preparation, assistance with bathing, dressing, toileting, light housekeeping, medication reminders, transportation and much more.
- Companionship is available on an hourly or live-in basis.
- Serving Edmonton, St. Albert and surrounding areas.

## HOME INSTEAD

Phone: 780.439.9990 - Edmonton/St. Albert

Phone: 587.686.8211 - Leduc

Phone: 780.465.5373 - Sherwood Park

Email: [shawn.turcotte@homeinstead.com](mailto:shawn.turcotte@homeinstead.com)  
[www.homeinstead.com/edmonton](http://www.homeinstead.com/edmonton)

- Live Well with our Home Care Services.
- Home Instead provides personalized care plans that support family members and help keep those strong family bonds intact.
- Our home care services include personal care, nurse directed care, Alzheimer's care, hospice care, chronic care, meal prep and home assistance, and companionship.

### Considering a move?

Check out the *To Move or Not to Move Checklist* and other helpful resources in the Housing section of this Directory.





## **HOMEFIRST HEALTHCARE**

Phone: 587.819.1500

Email: [info@homefirsthealthcare.ca](mailto:info@homefirsthealthcare.ca)

[www.homefirsthealthcare.ca](http://www.homefirsthealthcare.ca)

- Locally owned homecare that respects the dignity of our clients and helps to navigate healthcare with customized care plans and flexible schedules.
- Services include companionship, dementia care, housekeeping, meal prep, hospital discharge, appointments and outings, respite, palliative and personal care.
- Free Assessments. Approved provider for AHS Funding program.

## **MANCHESTER ROSE GROUP**

Phone: 780.340.4663

Email: [info@manchester-rose.com](mailto:info@manchester-rose.com)

[www.manchester-rose.com](http://www.manchester-rose.com)

- We offer respite care, personal care, nursing services, caregiver support, 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 AHS self-managed care invoicing program.
- Call for a free consultation.

## **NURSE ANYTIME HOME CARE**

Phone: 780.435.9959

Email: [info@nurseanytime.com](mailto:info@nurseanytime.com)

[www.nurseanytime.com](http://www.nurseanytime.com)

- Empowering seniors to navigate uncertainties through quality, personalized home care since 1994. Our compassionate nurse-managed care will make a difference in your life!
- Approved vendor for Blue Cross, WCB Alberta and Veterans Affairs. Client directed home care provider via AHS.
- Services include Personal Care, Home Support, Respite Care, Accompaniment, Palliative Care.

## **NURSE NEXT DOOR EDMONTON**

Phone: 1.866.318.7932

Email: [edmonton@nursenextdoor.com](mailto:edmonton@nursenextdoor.com)

[www.nursenextdoor.com](http://www.nursenextdoor.com)

- At Nurse Next Door, we go beyond home care. We believe seniors should have a choice in everything they do. We match you or your loved one with the perfect caregiver, with care tailored to fit individual needs.
- We also provide 24/7 live support, providing you with peace of mind.

## **SERVING HANDS SENIOR CARE**

#100 - 72 Boulder Blvd. Stony Plain

Phone: 780.963.1516

Email: [info@servinghandsseniorcare.com](mailto:info@servinghandsseniorcare.com)

[www.servinghandsseniorcare.com](http://www.servinghandsseniorcare.com)

- Serving St. Albert, Spruce Grove, Stony Plain and surrounding communities since 2016, we are AHS approved for Client Directed Home Care and serve seniors living at home, senior facilities or hospitals.
- We excel in 24-hour home care, palliative care at home, personal care, companion care, Parkinson's, Alzheimer's or Dementia home care, meal prep, light housekeeping and more.

## **STAYSURE HOME CARE**

Phone: 780.993.2273

Email: [info@staysurehomecare.com](mailto:info@staysurehomecare.com)

[www.staysurehomecare.com](http://www.staysurehomecare.com)

- We offer mobile care services with compassionate, licensed caregivers and nurses.
- We are affordable, 24/7 availability, AHS invoicing available, with a 100% satisfaction guarantee.
- Services include housekeeping, foot care, wound care, companionship, transportation, groceries/errands, nursing care, personal care, respite, meal preparation and care management.

## **QUALICARE EDMONTON SOUTH**

Phone: 780.423.9100

Email: itoor@qualicare.com

www.qualicare.com/edmonton-south

- Qualicare Edmonton South is owned and operated by an RN Indy Toor with 35 years of experience in hospitals and home care.
- We help with daily living activities, medication assistance, companion care, homemaking, respite care, end of life care, dementia and Alzheimer care, post stroke care, ALS, MS, and more.
- We provide customized care, prioritizing your culture and lifestyle.

## **YOUR GOOD COMPANY**

Phone: 825.526.1027

Email: info@yourgoodcompany.ca

www.yourgoodcompany.ca

- Committed non-medical companion care. Those who observe us with our clients often think we are family.
- Individualized service plans that support leisure interests, errands and outings, appointments, meals, and household tasks.
- Kind, genuine and trustworthy - these are our values, and who we are. It would be our privilege to spend time with you or your loved one.

## **MEAL SERVICES**

*See also: Food Security page 45*

## **EDMONTON MEALS ON WHEELS**

Phone: 780.429.2020

Email: info@emow.ca

www.emow.ca

- Free delivery of affordable, nutritionally balanced chilled or frozen meals by fully screened volunteers.
- Our daily fresh menu changes monthly, offering a variety of meals prepared in our commercial kitchen. We accommodate

renal and diabetic diets, and texture modifications (cut up, minced & pureed) to support dietary needs.

## **HEART TO HOME MEALS**

Phone: 780.666.2336 / 1.800.704.4779

Email: edmonton@hearttohomemeals.ca

www.hearttohomemeals.ca

- Offers an extensive selection of over 200 nutritious balanced meals, soups and desserts to the seniors in Edmonton. Approved provider by Veteran Affairs Access to Nutrition Program.
- Fresh, frozen and ready to cook meals have controlled levels of salt, sugar, and fat.
- Free delivery at your doorstep, weekly or biweekly. No mandatory contracts or commitments needed. Order any time.

## **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.

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

## SENIORS HOME SUPPORTS PROGRAM

[www.seniorshomesupports.com](http://www.seniorshomesupports.com)

- The Seniors Home Supports Program gives older adults referrals to vetted service providers/businesses offering snow removal, housekeeping, minor home repair/maintenance, personal services, and more.
- This Program is now a part of the Seniors Coordinated Outreach Program (See page 82).
- To access supports, please contact 211 or one of the organizations listed under Coordinated Outreach.

## STRATHCONA COUNTY FAMILY & COMMUNITY SERVICES

#200-401 Festival Lane, Sherwood Park

Phone: 780.464.4044

Email: [familyandcommunity@strathcona](mailto:familyandcommunity@strathcona)

[www.strathcona.ca/seniors](http://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.

## HOARDING

Hoarding disorder is a chronic and long-term behaviour which tends to escalate after age 55. It is a complex condition that effects 2-5% of the population. For older adults, hoarding has unique impacts, particularly if they have reduced mobility or other health-related issues.

### THIS FULL HOUSE SUPPORT GROUP

Sage Seniors Association

Phone: 780.701.9005

Email: [cderksen@mysage.ca](mailto:cderksen@mysage.ca)

[www.mysage.ca/help/thisfullhouse](http://www.mysage.ca/help/thisfullhouse)

- Offers a Virtual Drop-in Support Group for individuals 55+ who struggle with hoarding behaviours.

### EDMONTON HOARDING COALITION

[www.edmontonhoardingcoalition.ca](http://www.edmontonhoardingcoalition.ca)

- A coalition of community partners who come together to address issues related to compulsive hoarding and assist in the development of a community response.

### THE HOARDING DISORDER FOUNDATION OF ALBERTA

Phone: 780.717.1745

Email: [hoardingdisorderfoundation@gmail.com](mailto:hoardingdisorderfoundation@gmail.com)

[www.Hdfa.ca](http://www.Hdfa.ca)

- HDFA provides compassionate, informed, collaborative supports and services for people who struggle with hoarding behaviours and their loved ones.
- The Sorting Through Hoarding Drop-in Support Group: no cost to participants, in-person and virtual meetings offered.
- Education and training opportunities available - contact us for more information.

## HOME RELOCATION & MOVING SERVICES

*See also: Housing Resources, Donating Household Items*

### MOVING SERVICES

#### **EAZY PEAZY DOWNSIZING**

Phone: 587.598.6123

Email: [info@eazypeazydownsizing.ca](mailto:info@eazypeazydownsizing.ca)

[www.eazypeazydownsizing.ca](http://www.eazypeazydownsizing.ca)

- Feeling overwhelmed by downsizing and moving? We offer peace of mind by helping you downsize and manage belongings, pack and move safely, set up your new home, and prepare your old home for sale to maximize its value.
- We can help with cleaning and tidying up the interior and exterior of your home before the sale to maximize your profit.

#### **ELDER MOVE INC**

Phone: 780.668.9767

Email: [shannon@eldermove.ca](mailto:shannon@eldermove.ca)

[www.Eldermove.ca](http://www.Eldermove.ca)

- Relocate with comfort and ease. Elder Move is committed to making the transition to a new home as stress free as possible.
- Elder move offers a full range of services including custom floor plans, sorting and packing, moving, unpacking and settling, estate management, handyman services, and downsizing.
- Serving Edmonton and the area for the past 14 years.

#### **FORT MOVING**

Phone: 780.998.2422

Email: [office@fortmoving.com](mailto:office@fortmoving.com)

[www.fortmoving.com](http://www.fortmoving.com)

- Fort Moving offers professional, courteous service at competitive rates and a 10% senior discount. Our trucks are fully

outfitted with moving equipment ready to handle any job.

- Our company services office & residential locations within Alberta, making frequent trips across the province and country.
- We offer the full moving package, including packing service and moving supplies.

#### **LAST STOP MOVING**

Phone: 587.602.4858

3104 101 St. NW T6H0L6

Email: [info@laststopmoving.com](mailto:info@laststopmoving.com)

[www.laststopmoving.com](http://www.laststopmoving.com)

- Specialists in senior moving services focused on easing transitions to new homes. We also offer home clear-outs, handling every detail with the utmost care.
- Offering an array of services from downsizing, in-house moving, to long-distance relocations, donation and waste disposal services. We do background checks on staff.
- 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](mailto:info@movecoordinators.ca)

[www.movecoordinators.ca](http://www.movecoordinators.ca)

- Provides expert move management, downsizing services, senior relocation, and estate sales services in Edmonton and surrounding areas.
- Certified Senior Move Manager and recipient of Circle of Service from the National Association of Senior Move Managers.
- We help you pack up and unpack, organize, sale items online, coordinate donation, and disposal services.



## HOME SALES SERVICES

### CONNIE BARNES & TENNILLE SYDOR

Homes & Gardens Real Estate Limited

Phone: 780.445.4080 or 780.218.8889

Email: office.connie.barnes@gmail.com

www.conniebarnes.ca

- We are local realtors that specialize in adult living purchases/ rentals and the downsizing process.
- We are also able to assist with selling your current property.

### 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.

### SUNRISE HOME BUYERS

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. We operate on your timeline by purchasing homes in days, months or in between.
- No need to worry about repairing, cleaning or vacating & showing your home. We offer a simple, fair and flexible experience for homeowners with no added fees.
- We are rated 5\* on Better Business Bureau, Google and Facebook.

## Havencrest Homecare

Contact: Susie Sterenberg

**780-953-0342**



havencresthomecare@gmail.com

**Hours of Operation 24/7**

**Serving the community since 2000**

*Providing care and improving quality of life is what we do best!*

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

Services include:

- **Personal Care**
- **Companion Care**
- **Home Support**
- **Alzheimer/Dementia Care**
- **Palliative Care**

**AHS APPROVED PROVIDER**

**AHS RATES FOLLOWED**

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

*Call for a complimentary*

*Consultation today!*

**Serving Edmonton and surrounding communities**

**www.havencresthomecare.ca**

## LEARNING & LITERACY

*See also: Newcomer services for English Language learning*

### **CALLS COMMUNITY ADULT LEARNING & LITERACY SOCIETY**

In Strathcona:

Phone: 780.667.8441

Email: [calls.coordinator@gmail.com](mailto:calls.coordinator@gmail.com)

In Fort Saskatchewan:

Phone: 780.257.6281

Email: [calls.fortsask@gmail.com](mailto:calls.fortsask@gmail.com)

[www.whatdidyoulearntoday.ca](http://www.whatdidyoulearntoday.ca)

- Offers low-cost part-time, non credit adult learning
- Learn English, reading, writing, math, and computers

### **CENTRE FOR FAMILY LITERACY**

Phone: 780.421.7323

Email: [info@famlit.ca](mailto:info@famlit.ca)

[www.famlit.ca](http://www.famlit.ca)

- Free programs for adults with children (ages 0-6) as well as adults only to attend on their own.
- Programs connect learning to real life, so it is relevant, practiced and shared with family, friends and community.
- Join a free group program or work one-on-one with a tutor to reach your goals.

### **EDMONTON COMMUNITY ADULT LEARNING ASSOCIATION**

104-4207 98 St. NW T6E 5R7

Phone: 780.415.5520

Email: [info@ecala.org](mailto:info@ecala.org)

[www.ecala.org](http://www.ecala.org)

- ECALA provides funding to organizations to deliver free or low-cost adult literacy and foundational learning opportunities throughout the city.

### **EDMONTON LIFELONG LEARNERS ASSOC (ELLA)**

Phone: 825.901.0515

Email: [support@my-ella.com](mailto:support@my-ella.com)

[www.my-ella.com](http://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 to 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.

## SURROUNDING AREAS

### **ST ALBERT & DISTRICT FURTHER EDUCATION ASSOCIATION**

Phone: 780.460.2207

Email: [admin@stalbertfurthered.com](mailto:admin@stalbertfurthered.com)

[www.stalbertfurthered.com](http://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.

See Sage's monthly activity calendar for weekly drop-in activities including fitness classes, games, and coffee group.

[www.mysage.ca](http://www.mysage.ca)



## 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](mailto:humanrights@gov.ab.ca)

[www.albertahumanrights.ab.ca](http://www.albertahumanrights.ab.ca)

- Free, confidential information, a complaint resolution service, and education on human rights, diversity, and rights and responsibilities under Alberta's human rights law.

### CENTRE FOR PUBLIC LEGAL EDUCATION ALBERTA (CPLA)

Phone: 780.451.8764

Email: [info@cplea.ca](mailto:info@cplea.ca)

[www.cplea.ca](http://www.cplea.ca)

- CPLA provides access to legal information through plain language websites and print publications.
- The [www.OakNet.ca](http://www.OakNet.ca) website caters to older adults providing legal information on abuse, housing, relationships, scams & fraud, travel and more.

### COURT AND JUSTICE SERVICES CONTACT CENTRE

Phone: 780.638.4747

Toll free: 1.855.738.4747

[www.alberta.ca/court-and-justice-services](http://www.alberta.ca/court-and-justice-services)

- Offers a range of resolution and court supports for individuals involved in legal disputes and can provide referrals to external agencies and offices.
- Services include family law, resolving legal disputes, navigating the court system, provide legal information and education.

### DOMESTIC VIOLENCE COMPLAINANT ASSISTANCE PROGRAM

Edmonton John Howard Society

Phone: 780.422.0721

Email: [DVCAP@johnhoward.org](mailto:DVCAP@johnhoward.org)

[www.johnhoward.org](http://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 who are a victim/ complainant/witness of domestic violence

## **EDMONTON COMMUNITY LEGAL CENTRE**

#200-10020 100 St. NW T5J 0N3

Phone: 780.702.1725

Email: intake@eclc.ca

www.eclc.ca

- Provides free legal advice, advocacy, information, referral, and support when income poses a barrier to accessing justice.
- Free 30 to 45-minute legal coaching appointments are available with volunteer lawyers on matters such as family law, civil law, immigration law, social benefits advocacy, and consumer debt negotiation. 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.

## **LEGAL AID ALBERTA - CLIENT CONTACT CENTRE**

Phone: 1.866.845.3425

www.legalaid.ab.ca

- A publicly funded, non-profit 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 (OPGT)**

4th Floor, John E. Brownlee Building

10365 97 St. NW T5J 3Z8

Phone: 780.427.2744

www.alberta.ca/oppgt-supports

- The OPGT acts as a guardian or trustee for adults who are unable to make personal or financial decisions when there's no other person suitable, willing to take on that role.
- 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)**

11036 88 Ave. T6G 0Z2

Phone: 780.492.2226

Email: slsoed@ualberta.ca

www.slsedmonton.com

- We provide free legal help to low-income adults who require assistance with civil, criminal, family, human rights law and more.
- We cannot help with matters at the Alberta Court of King's Bench.



## LEGAL FIRMS

### **BISHOP & MCKENZIE LLP**

Phone: 780.421.2403

Email: mharris@bmlp.ca

www.bmlp.ca

- Bishop & McKenzie is here to assist you and your loved ones comfortably and confidently navigate the legal process.
- We can assist with estate administration, advice for executors, creating comprehensive estate plans, drafting wills, powers of attorney, personal directives, applications for guardianship or trusteeship, and estate litigation matters.

### **MARRAZZO LAW OFFICE**

Phone: 780.756.5500

Email: mlo@marrazzolawoffice.com

- A small law firm located on the Northside of Edmonton (close to Northgate mall).
  - We specialize in wills, powers of attorney, personal directives & estates. If you are unable to come to our office, we can come to you.
  - We also offer notary services. Great rates and excellent client service.
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## LGBTQIA2S+ RESOURCES

*See also: Aging with Pride in Seniors Clubs and Groups*

### **EDMONTON PRIDE SENIORS GROUP**

Email: info@epsg.ca

www.epsg.ca

- Through advocacy and education, our group assists senior centres, programs, and residences to become safe, inclusive, and accommodating of older 2SLGBTQ+ persons.
- In addition, our group is proposing a new residence/home for our seniors and friends.

### **PRIDE CENTRE OF EDMONTON**

10618 105 Ave. NW T5H 0L2

Phone: 780-433-3234

Email: hello@pridecentreofedmonton.ca

www.pridecentreofedmonton.ca

- A place where people of all attractions, identities, and expressions can be themselves, find support, meet new people, and be part of a caring community.
- Resources include counselling, sensitive and expert information, referrals for those seeking help, drop-in programs and volunteer opportunities.

### **PROUD, PREPARED, AND PROTECTED**

Canadian Virtual Hospice

www.virtualhospice.ca/2slgbtq

- Proud, Prepared, and Protected is a collection of online resources to assist people who identify as 2SLGBTQ+ to access and receive inclusive, respectful care.

## LIBRARIES

### **CNIB FOUNDATION AB & NWT**

#600-11150 Jasper Ave. T5K 0C7

Phone: 780.488.4871

Email: [info@cnib.ca](mailto:info@cnib.ca)

[www.cnib.ca/en/contact/](http://www.cnib.ca/en/contact/)

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

- If you aren't able to visit the library for 3 months or longer due to physical restrictions, we can deliver! Whether you are in an extended care facility, a senior's lodge, or your own home, we can bring your books, magazine, movies or music to you!
- We have large print books, audio books, DVDs, cookbooks, magazines and music.
- You can take free classes on many things, like cooking, crafts, or using computers, phones, and email.

## EPL BRANCH LOCATIONS

### **ABBOTTSFIELD - PENNY MCKEE**

#160-3210 118 Ave. T5W 4W1

Phone: 780.496.7839

### **CALDER**

12710 131 Ave. T5L 2Z6

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 Square

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

## **SURROUNDING COMMUNITIES**

### **FORT SASKATCHEWAN LIBRARY**

10005 102 St.

Phone: 780.998.4275

Email: fsasklib@fspl.ca

www.fdpl.ca

- We offer plenty of resources for adults. If you have a book, movie, CD or anything else in mind to track down, access our online catalogue or visit the library.
- Open Monday to Thursday 9am-8pm, Friday 10am-6pm, Saturday: 10am-5pm.

### **SPRUCE GROVE PUBLIC LIBRARY**

35-5th Ave. Spruce Grove

Phone: 780.962.4423

Email: library@sgpl.ca

www.sgpl.ca

- Our programs are free, and our registered programs allow walk-ins if space allows.
- Programs and special events are accessible for guests with disabilities.
- You are eligible for a free TRAC card if you live in Spruce Grove or Parkland County

### **ST. ALBERT PUBLIC LIBRARY**

Two locations:

Main branch: 5 Saint Anne St.

Phone: 780.459.1530

Jensen Lakes: #1010-880 St. Albert Trail

Phone: 780.544.0444

Email: sapl@sapl.ca

www.sapl.ca

- Programs include community tea and Bannock, knits-lits, scrabble, cribbage and Homebound Library Service 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

Phone: 780.410.8600

Email: [info@sclibrary.ca](mailto:info@sclibrary.ca)

[www.sclibrary.ca](http://www.sclibrary.ca)

- Programs for seniors include memory and board games, senior road safety, crafts, clubs and more
- Additional services to seniors' residences and rural stops are provided by the Bookmobile.
- Accessible formats including large print, audiobooks, DAISY books, movies, eBooks, and more



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[www.homefirsthealthcare.ca](http://www.homefirsthealthcare.ca)



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## NEWCOMER SERVICES

### **ASSIST COMMUNITY SERVICES CENTRE**

Downtown: 9649 105A Ave. NW  
Southwest:#2-810 Saddleback Rd.  
Phone: 780.429.3111  
Email: info@assistcsc.org  
www.assistcsc.org

- Provides free one-on-one support to persons who aged 55 + to address their issues, access resources and apply for government benefits
- Offers a variety of free activities (Tues and Thurs 12:30-3:30pm), including Tai Chi, line dancing, drawing, singing, cooking, crafts, ping-pong, and computer learning
- A specialized LINC English learning class for newcomers aged 57+

### **CANADIAN INTERNATIONAL IMMIGRANT & REFUGEE SUPPORT ASSOCIATION**

10584 107 St. T5H 2Y6  
Phone: 780.429.4553  
Email: ciirsaedmonton@ciirsa.ca  
www.ciirsa.ca

- CIIRSA provides sponsorship and settlement assistance to newcomers

### **CATHOLIC SOCIAL SERVICES**

8212 118 Ave. NW T5B 0S3  
Phone: 780.424.3545  
Email: info@cssalberta.ca  
www.cssalberta.ca

- CSS helps immigrants and refugees learn about their new community including regular information-sharing sessions about various aspects of living in Alberta
- Support and outreach programs for seniors from ethno-cultural communities.
- Services for seniors (ages 65+) who may be at risk for elder abuse.

### **EDMONTON IMMIGRANT SERVICES ASSOCIATION (EISA)**

#201-10720 113 St. T5H 3H8  
Phone: 780.474.8445  
Email: info@eisa-Edmonton.org  
www.eisa-edmonton.org

- We offer interpretation, translation, and settlement services for all newcomer age groups.
- Programs include interpretation and translation, new neighbors program and supporting newcomer integration.

### **IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA**

Phone: 1.888.242.2100  
www.ircc.canada.ca

- IRCC manages immigration and refugee related issues and programs that help newcomers settle into Canada and offers protection to refugees.

### **LEGAL AID ALBERTA (LAA) IMMIGRATION AND REFUGEE SERVICES**

Toll-Free: 1.866.845.3425  
www.legalaid.ab.ca

- Can assist qualifying individuals with issues such as refugee claims, judicial review of failed refugee claims, detention review hearings, 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 who work within ethno-cultural communities who can support seniors (Eritrean, Ethiopian, Former Yugoslavia, Korean, Kurdish, Iraqi, Syrian, Spanish-speaking, Oromo, Romanian, Russian-speaking, Ukrainian-speaking, South Sudanese).
- Brokers provide culturally and linguistically relevant holistic outreach and system navigation support, facilitate mutual support groups, and encourage community engagement around immigrant and refugee seniors' issues.

## NEWCOMER'S GUIDE TO EDMONTON

www.edmonton.ca/programs\_services/for\_new\_residents/newcomers-guide

- Features 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.

## NEWCOMER CENTRE

Email: info@newcomercentre.com

www.newcomercentre.com

Three locations:

### Newcomer Centre - Downtown:

10170 112 St. NW

Phone: 780.424.7709

### Gupta Newcomer Resource Centre:

11713 82 St. NW

Phone: 780.945.2295

### Welcome Centre For Immigrants:

7609 38 Ave. NW Milbourne Mall

Phone: 780.462.6924

- The Newcomer Centre helps newcomers navigate the integration process in Edmonton comfortably and safely.
- English for Seniors is a relaxed, conversational online program where seniors can meet new people and practice reading, writing, listening and speaking in English. The New Horizons Seniors Program includes online English conversation circles that focus on communication for daily life.
- Seniors can participate in cooking sessions, volunteering, and other activities to apply what they learn and make connections. Programs are open to seniors with any immigration status.



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Director of Care

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## Seniors' Centre Without Walls

3110 Calgary Trail NW T6J 6V4

Email: scww@espcn.ca

Phone: 780.395.2626

[www.edmontonsouthsidepcn.ca/scww](http://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!



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- Advanced Foot Care
- Nursing & Wellness Care
- Palliative Care
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- Companion Care
- Wound & Post-operative Care
- Dog Walking & Pet Sitting
- Housekeeping & Laundry
- Respite Care

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[www.comfortkeepers.ca/edmonton](http://www.comfortkeepers.ca/edmonton)



## OUTREACH & SUPPORT SERVICES

Outreach workers help to navigate seniors to supports they need in community. They 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.

### **FEDERATION DES AINES FRANCO-ALBERTAINS (FAFA)**

140L, 8627 91e Rue T6C 3N1

Phone: 780.465.8965

Email: [fafa@fafalta.ca](mailto:fafa@fafalta.ca)

[www.fafalta.ca](http://www.fafalta.ca)

- La Fafa rassemble les francophones de 50 ans et plus en leur permettant de s'épanouir et rayonner à tout âge.
- Elle offre un service de navigation communautaire et d'aide aux aînés pour appuyer le désir de bien vieillir chez soi.

### **SENIORS COORDINATED OUTREACH PROGRAM**

[www.seniorscouncil.net/our-work-2/  
coordinated-seniors-outreach/](http://www.seniorscouncil.net/our-work-2/coordinated-seniors-outreach/)

- This city-wide program involves a number of seniors organizations and related non-profits to deliver coordinated outreach services for Edmonton Seniors.
- Social workers and support workers provide support to older adults, helping connect them with the resources and supports that they need to thrive.
- To contact, call 211 and press 2 to reach the Seniors Information Line, or directly contact a program partner organization listed below.

### **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

### **Newcomer Centre**

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

Phone: 780.992.6623

[www.fortsask.ca](http://www.fortsask.ca)

- Helps seniors and their families find solutions to their concerns, offers advocacy support, provides information and supportive referrals to community resources.

### ST. ALBERT FOOD BANK AND COMMUNITY VILLAGE

30-50 Bellerose Dr. St. Albert

Phone: 780.459.0599 Ext. 3

Email: [vivian@stalbertfoodbank.ca](mailto:vivian@stalbertfoodbank.ca)

[www.stalbertfoodbankandcommunityvillage.com](http://www.stalbertfoodbankandcommunityvillage.com)

- Services include free income tax filling, AISH paperwork, CPP form filling, food hampers, and help accessing the appropriate programs, agencies and services.
- Open from Monday to Friday 9am to 4pm

### STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES

2nd Flr East Wing Community Centre

401 Festival Lane, Sherwood Park

Phone: 780.464.4044

Email: [familyandcommunity@strathcona.ca](mailto: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.

## PETS

### ALBERTA HELPING ANIMAL SOCIETY

Phone: 587.338.8668

Email: [albertahelpinganimalsociety@gmail.com](mailto:albertahelpinganimalsociety@gmail.com)

[www.ahas.ca](http://www.ahas.ca)

- AHAS is a non-profit that provides 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.

### ANIMAL CARE & CONTROL CENTRE

13550 163 St. NW

Phone: 311 or 780.442.5311

Email: [311@edmonton.ca](mailto:311@edmonton.ca)

- Offers safe harbor for sick, injured, and lost pets as well as victims of animal neglect, cruelty and abandonment.
- Intake and pick up appointments are highly recommended.

### BOYLE STREET COMMUNITY SERVICES PET FOOD BANK

10527 96 St. (Bissell Centre East Building)

Phone: 587.357.2184

Email: [adesilva@boylestreet.org](mailto:adesilva@boylestreet.org)

[www.facebook.com/ICRWPpetfoodbank/](http://www.facebook.com/ICRWPpetfoodbank/)

- We offer free pet food, cat litter and treats. Bring a bag to carry supplies.
- We are donation-based and do our best to meet your pet's needs.
- Open Wednesdays 10am to 12pm

### ELDERDOG CANADA

Phone: 1.855.336.4226

Email: [info@elderdog.ca](mailto:info@elderdog.ca)

[www.elderdog.ca](http://www.elderdog.ca)

- We are a volunteer-run charity that assists and supports older adults in the care and well-being of their canine companions and promotes the welfare of older dogs whose lives have been disrupted due to illness, relocation or death of a human companion.

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Darlene G. Google Review. ★★★★★

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**South Edmonton**

110-6925 Gateway Blvd

**Downtown Edmonton**

11104 102 Ave NW Unit 200

**St. Albert**

225 Carleton Dr

**Mill Woods**

6560 28 Ave NW

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## RECREATION RESOURCES

*See also: Seniors Centres, Groups & Clubs*

### ALBERTA 55 PLUS

Edmonton Marigold Recreation –Zone 6

Office Location: Central Lions

11113 113 St. NW T5G 2V1

Phone: 780.454.6560

[www.alberta55plus.ca](http://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.
- Membership fee: \$40 per year.

### CITY OF EDMONTON RECREATION FACILITIES

Various locations city wide

Phone: 311

[movelearnplay.com](http://movelearnplay.com)

- 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 or check [movelearnplay.com](http://movelearnplay.com) for details and locations.
- Seniors and low-income families may qualify for the Leisure Access Program which offers free admission to rec centres and reduced prices for registered programs.

### Leisure Access Programs

Phone: 780.496.4918

Email: [lap@edmonton.ca](mailto:lap@edmonton.ca)

- Senior Matinee Admission: Seniors 65+ can access all amenities in all City of Edmonton Recreation facilities for \$3.50 from 11:30am – 1pm: 7 days a week, 12 months a year (does not include leader led programming).

### YMCA OF NORTHERN ALBERTA

[www.ymcanab.ca](http://www.ymcanab.ca)

Stay active, connect with others and be a part of a welcoming community at the YMCA!

Enjoy drop-in fitness classes for seniors as well as lane swimming and aqua jogging, Pickleball, racquet sports, fitness centre access, indoor walking track and more:

- No contracts or cancellation fees
- Support from certified staff
- 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)

## SOCIAL ACTIVITY MATTERS.

Staying socially active is an important part of your overall health.

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780.423.5510

[www.mysage.ca](http://www.mysage.ca)





## HOME CARE & CARE MANAGEMENT

At StaySure Home Care our mission is to enrich lives, that begin with every life we encounter, our team, our valued clients & those who love & care for them.

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✓ 100% Satisfaction

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- Groceries & Errands
- Nursing Care/Personal Care
- Respite Care
- Meal Preparation
- Foot Care
- Housekeeping

### CARE MANAGEMENT:

- Assessments
- Regular Nursing Visits
- Medical Management
- Consulting
- Monitoring Health Conditions



SERVING EDMONTON AND SURROUNDING AREAS

**780.993.CARE (2273)**

 [www.staysurehomecare.com](http://www.staysurehomecare.com)  
 [info@staysurehomecare.com](mailto:info@staysurehomecare.com)

## SAFETY AND SECURITY

If you're an older adult living alone or you care for an older person, here are some safety tips for you [Adapted from Safety Tips for Older Adults, Edmonton Neighbourhood Watch] and resources.

### **Keep emergency numbers by each phone.**

Write this information large enough to be read easily even if in a hurry or frightened. Make sure to include the following:

- 9-1-1
- Poison Control: 1-800-332-1414
- Emergency contact(s)
- Healthcare provider's office

See page 8 for other important numbers

### **Prevent falls.**

Falls are the leading cause of injury among Alberta seniors.

- If you have difficulty with walking or balance, talk to a healthcare provider about having a special falls risk assessment.
- Consider an alarm that can be worn as a bracelet or necklace, or a wearable button that you can press to call 911 and/or alert family members or neighbours.
- Do not rush to answer the phone.
- Wear non-slip footwear on smooth floors.
- If you have a cane or walker, use it at all times instead of holding onto walls and furniture.
- Have your vision checked regularly.
- Never place scatter rugs at the top or bottom of the stairs and tape all area rugs to the floor.
- Store frequently used items on lower shelves to limit use of stools or stepladders. If you must use a step stool, use one with a bar to hold onto.
- Make sure all paths are well lit and clear of objects and install nightlights in areas you frequently go to at night.

## FALL PREVENTION RESOURCES

### **FINDING BALANCE INJURY PREVENTION CENTRE**

**Phone: 780.492.6019**

Email: [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)

[www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

- Working with seniors' groups, health care organizations, and practitioners 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 website.

### **Avoid bathroom hazards**

- Set the thermostat on the water heater to no higher than 120F to prevent scalding (48.8C).
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put non-slip mats or decals in the bathtub to prevent slipping.
- If you have a hard time getting in and out of your tub (or on and off the toilet), ask your provider to help you get a special tub chair/bench, or a raised toilet seat.

See page 58 for Mobility Aid services

### **Protect against fire and related damages.**

- If there is a fire in your home, do not try to put it out. Leave the house and call the fire department or 9-1-1.
- Know at least two ways to get out of your home.
- When cooking, do not wear loose fitting clothes or clothing with long sleeves.
- Replace appliances that have damaged electrical cords.
- Do not put too many electrical cords into one socket or extension cord.

- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning in an empty room or unoccupied space.
- Turn off space heaters when you leave the room.

### Prevent Poisoning

#### Carbon monoxide

- Never try to heat your home using your stove, oven, or grill: they can give off carbon monoxide, a deadly gas that you cannot see or smell
- Install a carbon monoxide detector near all bedrooms
- Test and replace the carbon monoxide detector battery twice a year

#### Medications

- Store all medications in their original containers so they do not get mixed up. If you must transfer medication to a new container, clearly label it with the medication name, dose, and expiration date.
- Ask pharmacists to write large print labels on medications to make them easier to read.
- Take medications in a well-lit room so the labels can be seen and read.
- Bring all pill bottles with you to your healthcare provider's appointments so they can make sure they are being taken correctly.

#### Cleaning products

- Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

## POISON PREVENTION RESOURCES

### DEPRESCRIBING.ORG

Email: [deprescribing@deprescribing.org](mailto:deprescribing@deprescribing.org)

[www.deprescribing.org](http://www.deprescribing.org)

- A website with Information and resources to help you learn how to discuss your medications with your healthcare providers.

### POISON AND DRUG INFORMATION SERVICE (PADIS)

Phone: 1.800-332.1414

- Offers poison information, consultation and referral for anyone who may need advice after being exposed to poisons, chemicals or toxins.

### Protect against abuse or other types of crime.

- Keep windows and doors locked.
- Never let a stranger into your home when you are there alone.
- Do not share personal information, such as social security number, credit card or bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations; it is never rude to wait and discuss the plans with a family member or friend.

**When you support Sage, you support seniors.**

“I got all the help I needed to get the help I need.”

Your donation to Sage builds resilience with and for seniors.



[www.mysage.ca](http://www.mysage.ca)



## CRIME PREVENTION

### Edmonton Neighbourhood Watch Program Society (ENW)

Phone: 780.433.7458

Email: [admin@enwatch.ca](mailto:admin@enwatch.ca)

[www.enwatch.ca](http://www.enwatch.ca)

- ENW is a non-profit organization with a vision for every individual to feel safe in their community.
- We provide crime prevention information and support neighbourhood level programs for awareness, education, and participation.
- Reach out to us to learn how to volunteer and get involved.

## CRIME REPORTING

- If you are in immediate danger, call 911
- For non-emergencies call 780.423.4567

## CYBER SECURITY TIPS & COMMON FRAUD SCAMS

Every year Canadians lose millions of dollars to fraud. Anyone can be a victim, but seniors are a favourite target of criminals. These criminals use 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

#### 1. 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.

#### 2. Money Matters

- Never send money to anyone you don't know.
- Never pay anybody with gifts 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.

#### 3. 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.

#### 4. 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.

## 5. Internet

- Set up two-factor verification on your financial and online accounts. That's a security process in which users provide two different ways to verify themselves.
- Use passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, or your phone number.
- Install software that protects your computer from viruses and unwanted programs and make sure it is kept current. If you don't know how, seek the help of a computer professional.
- Never enter your personal, credit card, or online account information on a website that you are not sure is genuine.

## 6. 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 ID. You do not have to let them in, and they must leave if you ask them to.

## TYPES OF SCAMS

Scammers often stick to the same tricks because they work. To keep yourself safe, it's important to know the most common types of fraud out there. Most scams come with telltale signs. Stay alert to these signs, and you'll be less likely to fall for a scam.

### 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 it 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 CRA 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.

### 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 or by loading funds to prepaid credit cards - 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.

## 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.

Phishing Scams

## 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 your local police.  
**Edmonton City Police Phone:**  
780.423.4567
- If you require support, please contact Crime and Trauma-Informed Support Services at 780.421.2217 or via email
- 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, or a dating website, report the incident directly to the website - look 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.

**OTHER ANTI-FRAUD ORGANIZATIONS:  
ALBERTA SECURITIES COMMISSION  
(ASC)**

Toll-Free: 1.877.355.4488  
Email: [inquiries@asc.ca](mailto: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](http://www.servicealberta.ca)

**CANADIAN ANTI-FRAUD CENTRE**

Toll Free: 1.888.495.8501  
On-line: [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

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- Wound & Post-operative Care
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- Housekeeping & Laundry
- Respite Care

**780-340-4663**

SCHEDULE A CONSULTATION TODAY



**MANCHESTER  
ROSE**



## SENIORS CENTRES (BY AREA)

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.

### 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](mailto:info@mysage.ca)

[www.mysage.ca](http://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, social work support services, and referrals to other services
- Income tax preparation for low-income seniors
- Senior and volunteer-led life enrichment activities including, fitness, music and art classes, clubs and interest groups, drop-in games as well as information sessions, coffee and conversation, and special events and outings. Options to join remotely from home for some activities- see the monthly calendar on Sage's website.
- Volunteer opportunities to stay active and help Sage and our community.

There is generally no fee to access Sage services, and many programs are available online or by phone.

Hours of Operation:

- Sage's Main Building Downtown is open Monday-Thursday 8:30 am-4:00 pm for in-person onsite programming and

appointments. Sage's building is closed Fridays (Remote and off-site service delivery only).

Please note:

- Sage's main entrance doors are kept locked, but there is a buzzer by the door and volunteers and staff are available to let you in.
- Sage does not offer free parking. The closest parking to Sage is the Edmonton City Centre East Parkade (entrance on the north side of 102A Ave., just west of Sage).
- Sage is easily accessible by public transit.

### **Let's have a conversation!**

If you have skills or knowledge you'd like 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.



## **CENTRAL LIONS' SENIOR ASSOCIATION (CLSA)**

11113 113 St. T5G 2V1

Phone: 780.496.7369

Email: [info@Centrallions.org](mailto:info@Centrallions.org)

[www.centrallions.org](http://www.centrallions.org)

- Provides recreational, educational, fitness and social opportunities for persons 55+
- Features a gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium, and cafeteria – fully accessible with lots of free parking.
- Hours are Monday - Friday 8:30am to 4pm. Closed on statutory holidays.

## **EDMONTON SENIORS CENTRE AND COMMUNITY HUB**

3Y-1111 Jasper Ave T5K 0L4

Phone: 780.425.8625

Email: [admin@edmontonseniorscentre.ca](mailto:admin@edmontonseniorscentre.ca)

[www.edmontonseniorscentre.ca](http://www.edmontonseniorscentre.ca)

- Offers a variety of in-person activities including social events, health & wellness, fitness and recreation programs, as well as live online courses and activities you can easily access from the comfort of your home.
- Located in the Edmonton General Continuing Care Centre. Open Mondays, Wednesdays and Fridays from 10am to 3pm.

## **ITAL CANADIAN SENIORS' ASSOCIATION**

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Email: [itcansrs@telus.net](mailto:itcansrs@telus.net)

[www.Italcanadianseniors.ca](http://www.Italcanadianseniors.ca)

- Membership for anyone 55+; 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.
- Open Wednesday-Friday 11am -3pm

## **JEWISH SENIOR CITIZEN'S CENTRE**

10052 117 St. NW T5K 1X2

Phone: 780.488.4241

Email: [programmer@jdicseiors.ca](mailto:programmer@jdicseiors.ca)

[www.jdicseiors.ca](http://www.jdicseiors.ca)

- Feel welcomed and loved at our Centre.
- Programs: fitness activities, yoga, educational programs, entertainment, fieldtrips and outings.
- Hot lunches and take out food options

## **WAHKOMATOWIN SENIOR WELLNESS PROGRAM**

Bent Arrow Traditional Healing Society

11648 85 St. NW T5B 3E5

Phone: 780.481.3451

Email: [reception@bentarrow.ca](mailto:reception@bentarrow.ca)

[www.bentarrow.ca](http://www.bentarrow.ca)

- Provides promotion of wellness, socialization and connection, as well as access to information, resources, and referrals.
- Membership is free, just a quick intake.
- Please note: the main building is not wheelchair accessible, however the gym is.

## **NORTHEAST**

### **NORTH EDMONTON SENIORS ASSOCIATION**

7524 139 Ave. NW T5C 3H7

Phone: 780.496.6969

Email: [info@nesa1.ca](mailto:info@nesa1.ca)

[www.nesa1.ca](http://www.nesa1.ca)

- Supporting the mental, physical, social and emotional well-being of adults 55+.
- Offering over 600+ programs annually including arts, crafts, dance, education, fitness, music and much more!
- The centre is wheelchair accessible with free parking onsite.

## **EDMONTON ABORIGINAL SENIORS CENTRE (EASC)**

10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

Email: [info@easc.ca](mailto:info@easc.ca)

[www.easc.ca](http://www.easc.ca)

- The only Aboriginal seniors Centre in Canada and a major resource for Aboriginal seniors living in Edmonton.
- We offer a variety of programs and services designed to enhance quality of life and promote active healthy lifestyles. Become a member.

## **NORTHWEST**

### **NORTHWEST EDMONTON SENIORS SOCIETY**

12963 120 St. NW T5E 5N8

Phone: 780.451.1925

Email: [info@nwess.ca](mailto:info@nwess.ca)

[www.nwess.ca](http://www.nwess.ca)

- Built by seniors for seniors.
- Perfect solution for those 55+ who want to remain active in their lifestyle and continue contributing to the community.
- Our weekly and monthly programs and events provide opportunities for ongoing learning, fun, and social interactions.

## **WEST**

### **WESTEND SENIORS ACTIVITY CENTRE (WSAC)**

9629 176 St. T5T 6B3

Phone: 780.483.1209

Email: [info@weseniors.ca](mailto:info@weseniors.ca)

[www.weseniors.ca](http://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

## **SOUTHEAST**

### **MILL WOODS SENIORS ASSOCIATION (MWSA)**

#210 - 2610 Hewes Way NW T6L 6W6

Phone: 780.496.2997

Email: [ed@mwsac.ca](mailto:ed@mwsac.ca)

[www.mwsac.ca](http://www.mwsac.ca)

- Enhances the quality of life of seniors by providing a range of programs and services to meet their recreational and social needs.
- We have a variety of programs for seniors, including fitness classes, cards and games, art classes, drop-in sports, clubs, special events, and more.

### **THE SHAAMA CENTRE FOR SENIORS AND WOMEN**

329 Woodvale Rd. W T6L 3Z7

Phone: 780.465.2992

Email: [light@shaama.ca](mailto:light@shaama.ca)

[www.shaama.ca](http://www.shaama.ca)

- Offers one-on-one support, help navigating government systems, information, referrals, community connections, workshops and classes (ex. Functional English, computer, fitness), as well as services to prevent and respond to elder abuse and domestic violence.
- Translation & services available in Urdu, Hindi, and Punjabi.
- Hours are 10am - 4:30pm. Contact us for an appointment.

## **SOUTH EAST EDMONTON SENIORS ASSOCIATION (SEESA)**

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: [info@seesa.ca](mailto:info@seesa.ca)

[www.seesa.ca](http://www.seesa.ca)

- A welcoming space where you can socialize, stay active, and enjoy a range of clubs, classes, and events, including fitness, dance, music, arts, drama, and games. Plus, enjoy delicious, affordable meals at Tillie's Café, offering breakfast, lunch, and frozen meal options.
- Participate in educational sessions to learn about relevant topics which will enable you to make informed decisions.
- Join our volunteer team to make a difference at SEESA and within our community.

## **SOUTHWEST**

### **SOUTHWEST SENIORS OUTREACH SOCIETY**

10832 62 Ave. NW T6H 1N1

Phone: 780.435.9515

Email: [swseniors@telus.net](mailto:swseniors@telus.net)

[www.swseniors.com](http://www.swseniors.com)

- Our goal is to be a fun and friendly place where all members and visitors feel welcome and comfortable.
- Activities include creative stitchers, out of town bus trips, choir and hot catered luncheons every Thursday followed by live entertainment.

### **SOUTHWEST EDMONTON SENIORS ASSOCIATION (SWESA)**

1975 111 St. NW T6J 7C6

Phone: 587.987.3200

Email: [info@swesa.ca](mailto:info@swesa.ca)

[www.swesa.ca](http://www.swesa.ca)

- SWESA is a community-based 55+ seniors association that promotes overall wellbeing, equity and healthy aging. We offer social, educational, community, and wellness programming.
- Visit our front desk at Lutzky YMCA on Mon/Wed/Fri 12pm to 2pm, or Tues/Thurs 10am to 2pm. Membership is \$40 per year.

## **PHONE BASED**

### **SENIORS' CENTRE WITHOUT WALLS**

Phone: 780.395.2626 then press 1

Email: [scww@espcn.ca](mailto:scww@espcn.ca)

[www.edmontonsouthsidepcn.ca](http://www.edmontonsouthsidepcn.ca)

- A seniors' center from the comfort of your own home for Albertans 55+!
- We offer a variety of facilitated & interactive telephone-based social, health, recreational & educational programs, free of charge. Join any program of interest once you are registered with us.
- Call and leave a message and a facilitator will call you back or visit the website.

## **SURROUNDING AREAS**

### **SENIOR CITIZEN SOCIETY OF STONY PLAIN**

5018 51 Ave. Stony Plain

Phone: 780.963.4707

Email: [stonyplainseniors@gmail.com](mailto:stonyplainseniors@gmail.com)

[www.stonyplainseniors.com](http://www.stonyplainseniors.com)

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



## **ST. ALBERT SENIORS ASSOCIATION**

7 Tache St. St. Albert

Phone: 780.459.0433

Email: info@stalbertseniors.ca

www.stalbertseniors.ca

- Services include support and referrals, help with system navigation, food programs, catering, door-to-door transportation options, classes, workshops, information sessions, assistance with tech devices, access to a woodshop, outings, and volunteer opportunities.

## **SENIORS' GROUPS & CLUBS**

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

### **AGING WITH PRIDE**

Phone: 780.701.9016

Email: agingwithpride@

pridecentreofedmonton.ca

www.epsg.ca

- Aging with Pride is a weekly online discussion group for 2SLGBTQ+ seniors and their allies. Pre-registration is required via either email or phone.
- A partnership between Edmonton Pride Seniors Group, Pride Centre of Edmonton, and Sage Seniors Association.

### **EDMONTON SENIORS CLIMATE ACTION**

#205-10217 106 St. T5J 0J2

Phone: 587.930.9255

Email: edmontonclimateseniors@gmail.com

## **GERIACTORS & FRIENDS**

Phone: 780.244.0064

Email: geriactors.friends@gmail.com

www.geriactors.ca

- A performance company that produces original plays based on true stories and issues of aging. Performers range in age from early twenties to nineties.
- We also offer workshops in storytelling, acting, improv and more.

## **GERMAN CANADIAN CULTURAL CENTRE**

8310 Roper Road NW TWE 6E3

Phone: 780.466.4000

Email: mail@gcca.ca

www.gcca.ca

- A centre to preserve and promote the heritage and culture of all persons of German Language origin living in Edmonton and Alberta.
- We provide facilities for membership meetings, social events, leisure time gatherings of individuals for relaxation and friendship.
- Open Tuesday-Saturday 12pm to 5pm..

## **HERITAGE SENIORS EDMONTON**

Stop-In Centre

3036 106 St. NW T6J 5M5

Phone: 780.437.8759

Email: heritageseniors@shaw.ca

www.facebook.com/HeritageSeniorsEdmonton

- A non-profit community organization dedicated to serving and supporting seniors.
- Activities include fellowship, coffee conversations, card games, fitness classes, potluck luncheons, picnics, outings to theatres, and much more.
- To sign up for activities, call Pam at 780.686.5450.

## **MEN'S SHEDS EDMONTON**

Various locations

Email: [mensshedsedmonton@gmail.com](mailto:mensshedsedmonton@gmail.com)

[www.mensshedsyeg.ca](http://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 ten Sheds in the Capital Region. Visit website for more details.

## **THE MINUS ONE CLUB (SENIOR SOCIAL DANCE) OF EDMONTON**

Bellevue Community Hall

7308 112 Ave. NW T5B 0E3

Phone: 780.478.6187

Email: [imsather@gmail.com](mailto:imsather@gmail.com)

[www.minusedanceedmonton.com](http://www.minusedanceedmonton.com)

- A social dance club for seniors 55+, featuring traditional old-time country, live band music for polkas, two-step and waltzes.
- The club provides a friendly environment for seniors to make new friends and keep active through music and dance.
- Singles and couples welcome. Dances are on the 2nd and 4th Saturday evening each month and includes a light lunch.

## **PETROLIA SENIORS GROUP**

Greenfield Community League

3803 114 St. NW T6J 1M3

Phone: 780.434.0711

Email: [rbmullen@shaw.ca](mailto:rbmullen@shaw.ca)

[www.greenfieldcommunityleague.com](http://www.greenfieldcommunityleague.com)

- Petrolia Seniors Group invites seniors aged 55+ to attend a buffet luncheon from 11:45 am to 2pm, followed by an educational and entertaining program every 3rd Tuesday of the month (except July and August) at the Greenfield Community Hall. Fee is \$30 per person.
- An additional outing is offered each month.

## **PROBUS CLUB OF CENTRAL EDMONTON**

Email: [probus.cent.ed@gmail.com](mailto:probus.cent.ed@gmail.com)

[www.probus-central-edmonton.com](http://www.probus-central-edmonton.com)

- Our club provides the opportunity to meet other retired men and women through a monthly program of speakers and tours.
- We provide fellowship, friendship, and fun for men and women in their retirement and semi-retirement years.

## **ROCKY MOUNTAIN SENIORS SKI CLUB**

13216 62 St. NW T5A 0V6

Email: [membership@seniorsski.com](mailto:membership@seniorsski.com)

[www.seniorsski.com](http://www.seniorsski.com)

- We welcome seniors 55+
- Membership fee is \$35 per year, seniors that are 80+ receive free membership.

## **VOLUNTEER WITH US!**

Learn new skills, expand your social network, and make a meaningful difference in your community. Volunteer with Sage.

Call 780.701.9014 or visit [www.mysage.ca](http://www.mysage.ca) for more information.



## ROYAL CANADIAN LEGION

www.legion.ca

- We serve veterans, military and RCMP members and their families, to promote remembrance, and to serve our communities and our country.
- Membership is not restricted to only veterans or military, guests are welcome.

## Jasper Place #255

10427 174 St. NW T5S 1H1

Phone: 780.483.1959

## Kingsway #175

14339 50 St. NW T5A 0S9

Phone: 780.425.8654

## Norwood #178

11150 82 St. NW T5B 2V1

Phone: 780. 479.4277

## Strathcona #150

9020 51 Ave. NW T6E 5X4

Phone: 780.433.1908

## CLUBS & GROUPS SURROUNDING AREAS

## DEVON PIONEERS 73 CLUB

29 St. Lawrence Ave. Devon

Phone: 780.987.4822

Email: devonp73club@gmail.com

www.devonp73club.ca

- We empower seniors 55+ to achieve personal independence, healthy aging, social connection, and life-long learning in Devon.
- Devon and area 50+ Activity Centre hosts weekly line dancing, crib, canasta and floor curling as well as monthly music jams and luncheons.
- Membership runs from Jan 1 to Dec 31 and it's just \$20/year.

## PIONEER HOUSE CLUB 50

10102 100 Ave. Fort Saskatchewan

Phone: 780.998.3898

Email: Pioneerhouse.billing@shaw.ca

- Activities include games, monthly luncheons, information sessions, exercise, cards, library, daily coffee sessions, income tax for low-income persons, crafts, two pancake breakfasts, perogy supper.
- Hours are Monday- Friday 9am-3pm

## SHERWOOD PARK 55 PLUS CLUB

50A Spruce Ave. Sherwood Park

Phone: 780.467.8389

Email: office@55plusclub.ca

www.55plusclub.ca

- We have a variety of activities from floor curling, carpet bowling, bocce, pool, golfing, card games, potluck suppers, dinner club, casino trips.
- Find a calendar online. Open Mon. to Sat.

### 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.



## SENIORS INFORMATION & ADVOCACY ORGANIZATIONS

### **ALBERTA ASSOCIATION ON GERONTOLOGY (AAG)**

Email: [info@albertaaging.ca](mailto:info@albertaaging.ca)

[www.albertaaging.ca](http://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 provides networking and stimulates 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](mailto:info@acaging.ca)

[www.acaging.ca](http://www.acaging.ca)

- A voice for seniors in Alberta for over 50 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.
- 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](mailto:info@ombudsman.ab.ca)

[www.ombudsman.ab.ca](http://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 AGE FRIENDLY ALLIANCE (EAFA)**

Email: [agefriendly@seniorscouncil.net](mailto:agefriendly@seniorscouncil.net)

[www.seniorscouncil.net/our-work-2/eafa/](http://www.seniorscouncil.net/our-work-2/eafa/)

- Edmonton Age Friendly Alliance is a network for the well-being of older adults.
- We bring allies together to help make our city more age friendly by recognizing diverse needs of seniors, and actively supporting their inclusion, engagement and well-being.
- To learn more about joining the Age Friendly Alliance, including leadership and volunteering opportunities visit our website or send us an email.

### **EDMONTON SENIORS COORDINATING COUNCIL (ESCC)**

255 Bonnie Doon Shopping Centre

8330 82 Ave. NW T6C 4E3

Phone: 780.423.5635

Email: [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

[www.seniorscouncil.net](http://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.



## HEALTHY AGING ALBERTA

[www.calgaryunitedway.org/healthy-aging-alberta/](http://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.

## OFFICE OF THE ALBERTA HEALTH ADVOCATES

Phone: 780.422.1812

Email: [info@albertahealthadvocates.ca](mailto:info@albertahealthadvocates.ca)

[www.alberta.ca/office-of-alberta-health-advocates](http://www.alberta.ca/office-of-alberta-health-advocates)

- We strive to empower Albertans to be effective advocates in their own health and health care and provide support for a health care system that is responsive and accountable.
- Reach out if you have health service-related concerns and want help finding ways to resolve those concerns.

## SENIORS UNITED NOW SOCIETY (SUN)

The Voice of Seniors in Alberta

#37 2016 Sherwood Dr. Sherwood Park

Phone: 780.449.1816

Email: [unitenow@telus.net](mailto:unitenow@telus.net)

[www.seniorsunitednow.com](http://www.seniorsunitednow.com)

- SUN is a non-partisan, non-profit that provides a venue for discussion and united actions on the needs, concerns and challenges that affect all Alberta Seniors.
- SUN is dedicated to the equitable treatment for seniors in the community by making our collective voices heard and contributing to the changes necessary to meet the dynamics of a growing and changing senior population.



## 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](http://www.mysage.ca)

## TRANSPORTATION & DRIVING

### RESOURCES TO MAINTAIN/IMPROVE DRIVING SKILLS

#### ALBERTA MOTOR ASSOCIATION (AMA)

[www.ama.ab.ca/driving-school/senior-drivers](http://www.ama.ab.ca/driving-school/senior-drivers)

#### MATURE AND SENIOR DRIVER REFRESHER

Toll-Free: 1.833.374.8733

Email: [drivered@ama.ab.ca](mailto:drivered@ama.ab.ca)

[www.AMADriverEducation.ca](http://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](mailto:drivered@ama.ab.ca)

[www.AMADriverEducation.ca/InVehicleEvaluation](http://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.

#### DRIVER FITNESS

Alberta Transportation and Economic Corridors

Main Floor 4999 98 Ave. NW T6B 2X3

Phone: 780.427.8230

Email: [Driver.Fitness@gov.ab.ca](mailto:Driver.Fitness@gov.ab.ca)

[www.alberta.ca/driver-fitness-monitoring.aspx](http://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.
- Effective June 30, 2024, seniors can receive a reimbursement of 25% of the cost of the medical examination form (TRANS3050) – call or email or visit the website for details.

### TRANSPORTATION OPTIONS FOR NON-DRIVERS

*See also: Home care agencies listed in the Help at Home section page 64 – many include escorted transportation as part of their service.*

#### DRIVE HAPPINESS SENIORS ASSISTED TRANSPORTATION

Phone: 780.424.5438

Email: [info@drivehappiness.ca](mailto:info@drivehappiness.ca)

[www.drivehappiness.ca](http://www.drivehappiness.ca)

- Drive Happiness focuses on meeting the transportation needs of seniors, helping them retain their independence.
- Volunteer drivers get you where you need to go, like medical appointments, grocery shopping, banking, programming, and visits with friends or family.
- We are open Monday to Friday 9am to 4pm.

## PUBLIC TRANSPORTATION

### EDMONTON TRANSIT SERVICE (ETS)

ETS provides accessible public transit services in Edmonton- bus, LRT, DATS and On Demand Transit.

Phone: 311 for transit information and trip planning assistance.

Outside Edmonton: 780.442.5311

TTY: 711, ask for 311 or type 780.442.5311

Visit [www.edmonton.ca/transit](http://www.edmonton.ca/transit) for detailed information and the ETS Trip Planner tool

### DATS - DEDICATED ACCESSIBLE TRANSIT SERVICE

Phone: 780.496.4567

TTY: 711, ask for DATS

Email: [dats@edmonton.ca](mailto:dats@edmonton.ca)

Website: [edmonton.ca/dats](http://edmonton.ca/dats)

IBook: [datsibook.gov.edmonton.ab.ca](http://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.

### On Demand Transit

ETS has On Demand Transit available for select Edmonton neighbourhoods, some seniors' residences, and attractions.

### ON DEMAND TRANSIT CALL CENTRE

Phone: 780.496.2400

For detailed information visit:

Website: [edmonton.ca/OnDemandTransit](http://edmonton.ca/OnDemandTransit)

### SENIOR FARES\* (65 years and older):

- ETS uses Arc, a regional, account-based, electronic fare payment system.
- Arc has fare caps (limits) to ensure that

riders get the fares they are eligible for.

- With Arc, riders pay per ride (90 minutes with transfers). When a rider reaches a daily, monthly or annual fare cap for their fare category, they ride free for the rest of that day, month or year.
- Only fares paid on ETS bus, LRT and DATS services contribute to a rider's ETS fare caps.

**To get the senior fare cap with Arc, seniors must use Arc card and have an Arc account with the senior fare profile.**

- ETS Senior monthly fare cap: \$35 in a calendar month
- ETS Senior annual fare cap: \$385 in a calendar year (Jan - Dec)
- ETS Daily fare cap (All riders): \$10.25 per day

For information or questions about Arc card or account:

### ARC CALL CENTRE:

Phone: 1-888-302-0001 (Toll Free)

Website: [myArc.ca](http://myArc.ca), or send a message at [myarc.ca/customerservice](http://myarc.ca/customerservice)

### ETS Seniors Subsidized Annual Pass

- Application is required.
- Available to Edmonton residents 65+, qualifying by income:

Income BELOW \$30,526: FREE

Income \$30,527 - \$33,579: \$139/year

For information about the program:

Call 311, visit [edmonton.ca/ets/senior-fare](http://edmonton.ca/ets/senior-fare), or email [etsseniorspass@edmonton.ca](mailto:etsseniorspass@edmonton.ca)

**Arc tickets (All riders):** ETS Arc 90-minute ticket: \$3.50; ETS Arc 24-hour ticket: \$10.25

**Cash fare** is still accepted - \$3.50, 90 minutes of travel, transfers included.

*\* ETS fares are subject to change. Call 311 or visit [edmonton.ca/transit](http://edmonton.ca/transit) for current fare*

## ETS MOBILITY CHOICES TRAVEL TRAINING

Phone: 780.496.3000

Email: [ETSCustomerTraining@edmonton.ca](mailto:ETSCustomerTraining@edmonton.ca)

Free, customized transit travel training for people who need more support and assistance to learn to use public transit, including seniors.

## PARKING FOR PEOPLE WITH DISABILITIES PROGRAM

Phone: 780.427.7013

- 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 online at: [www.alberta.ca/get-parking-placard-people-disabilities](http://www.alberta.ca/get-parking-placard-people-disabilities)
- All applications require written approval by an authorized healthcare provider, such as physician, chiropractor, or nurse practitioner.
- 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:** can help cover the cost of getting out of harm's way if you're abroad and faced with a natural disaster or political unrest or other threat.
- **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 IMMUNIZATION

- Consult a health care provider or visit a travel health clinic, preferably six weeks before you travel.
- Most vaccines given for travel are not free, check with your health insurance company to see if it covers the cost.

### TRAVEL SERVICES

#### PASSPORT PROGRAM SERVICES

Phone Toll-free: 1.800.567.6868

Direct: 1.819.997.8338

TTY service: 1.866.255.7655

[www.canada.ca/en/immigration-refugees-citizenship](http://www.canada.ca/en/immigration-refugees-citizenship)

- Apply for a new passport or renew your old passport online.
- Complete the online application form, find instructions and fees online.

Service Locations:

Passport Office Canada Place Building  
126- 9700 Jasper Ave. NW

- Any Service Canada Office
- 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.



## VOLUNTEERING RESOURCES

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



# THANK YOU!

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

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

## VOLUNTEER CONNECTOR

Phone Toll Free: 1.888. 688.2161

Email: [info@volunteerconnector.org](mailto:info@volunteerconnector.org)

[www.volunteerconnector.org](http://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.

## SAGE VOLUNTEER SERVICES

Sage Seniors Association (Sage)

Phone: 780.423.5510

Email: [volunteer@mysage.ca](mailto:volunteer@mysage.ca)

[www.mysage.ca](http://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

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

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

For more information, or to share your ideas about how you can volunteer your time and talents at Sage, call 780.423.5510.

# 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
- Shampoo & conditioner (not travel size or too large)
- Deodorant, toothbrushes, toothpaste, hand/body soap
- 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, coffee makers, kettles
- Glasses, dishes, pots, cooking utensils
- Tea pots
- 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](http://www.mysage.ca) | Charitable Registration No. 11915 4839 RR0001



## **IT TAKES A VILLAGE... to feel connected, to thrive, to be human.**

We believe that everyone deserves to age with dignity and joy. We make this possible by fostering a warm, home-like environment that prioritizes positive mental well-being. The vibrant experiences and meaningful opportunities our community enjoys are made possible by the generous donations, sponsorships, and unwavering support of families and compassionate individuals. Together, we create a place where aging is celebrated and lives are enriched.

Each year, we touch the lives of over 12,000 individuals—including our residents, day program participants, their families and friends, and the dedicated frontline workers who care for them. Your generous support makes this possible, enriching lives and strengthening our entire community.

## **WHEN YOU SUPPORT OUR SENIORS, YOU STRENGTHEN OUR COMMUNITY!**

Show your support today!



 **CapitalCare**  
*Foundation*

Visit us to learn more [CapitalCareFoundation.net](https://www.CapitalCareFoundation.net)





**Bayshore**<sup>®</sup>  
Home Health



#### Everyday Care

Meal preparation, home check-in visits, appointments, errands and outings.



#### Essential Care

Medication reminders, assistance with eating, dementia care, respite care and personal care.



#### Enriched Care

Nursing, hospital bedside care, serious injury care, foot care services, palliative care and more!

## Life is better at home.

Bayshore provides personalized home care services tailored to each individual's needs. Our approach preserves independence, fosters engagement, and enhances quality of life. From light daily assistance to round-the-clock care, we enable seniors to age gracefully at home.

**Let's talk.**

**780.801.3880**

**[Edmontonprivate@bayshore.ca](mailto:Edmontonprivate@bayshore.ca)**





# LOCAL HEARING CLINICS

Come visit our **TEAM of EXPERTS!**

**BOOK YOUR FREE HEARING TEST TODAY!**

## The Amplifon Hearing Care Advantage



**FREE PROFESSIONAL HEARING TEST\***



**FLEXIBLE FINANCIAL PAYMENTS\*\***



**HEARING CARE EXPERTS**



**FREE CLEAN & CHECK**



**ADVANCED EQUIPMENT & HIGH-QUALITY HEARING AIDS**



**LIFETIME AFTERCARE\*\***

11 locations in and around Edmonton to serve you better

### EDMONTON

#### Bonnie Doon Mall

152-8330 82 Avenue NW  
**780.440.1010**

#### Heritage Square

111-10937 23 Avenue NW  
**780.447.4010**

#### John Roberts Centre

12310 105 Avenue NW  
**780.488.8100**

#### Lendrum Centre

5860 111 Street NW  
**780.989.3413**

### EDMONTON (CONT'D)

#### Northeast

2927 137 Avenue NW  
**587.401.6920**

#### Riverbend Square

200-596 Riverbend Square  
**780.486.1533**

#### West End Medical

M3-9509 156 Street NW  
**780.489.0044**

### SHERWOOD PARK Synergy Wellness Centre

213-501 Bethel Drive  
**780.640.1100**

### SPRUCE GROVE

220-70 McLeod Avenue  
**780.960.2960**

### ST. ALBERT

103-31 Liberton Drive  
**780.651.7300**

### STONY PLAIN

110-4300 South Park Drive  
**780.968.1011**



\*Full doctor report fee may apply.  
\*\*See clinic for full details.



# SENIORS HOUSING TABLE OF CONTENTS

This section of the Directory focuses on seniors housing. Included are resources to help with housing, listings of housing options and some checklists and tools to support you. Please note that the language and landscape of seniors housing in the region tends to change and evolve. The information in this edition of the Directory has been confirmed at the time of publication. Please confirm with providers.

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# Did you know...

- ✓ Canterbury can meet scheduled and unscheduled care needs due to our **24/7 on-site care team**, including a **Registered Nurse, pharmacy and doctors' office**.
- ✓ Canterbury is truly the last move you will ever have to make! Due to our authentic AGE-IN-COMMUNITY care model, we **provide care through every stage of aging**, beginning with Independent through to Long Term and Palliative Care. No wait lists. No moves. **No Life Leases**.
- ✓ Canterbury supports families as much as we support our residents because we understand the vital role families play in their loved ones' health and well-being.
- ✓ Canterbury is safe. **ZERO COVID-related deaths**.
- ✓ **PLUS!** As a not-for-profit, **all funds are re-invested** right back into the Canterbury community in support of programs, services and initiatives to benefit our residents.

BOOK YOUR  
PRIVATE TOUR  
TODAY!



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

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

**Canterbury**  
FOUNDATION

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



## 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?

NOTES:

How difficult is it for you to manage the stairs in your home?

How willing or able are you to clean your home?

How willing or able are you to maintain the yard and outside of the home?

Do you have enough help available when necessary: e.g. during a short-term illness?

Are you at risk for falls? Does your home have good lighting, bathroom safety bars, handrails, and safe flooring?

Do you smoke? Do you have and maintain smoke detectors?

Do you have a hot water safety valve on hot water taps?

Do you have an emergency response system in case of illness or injury?

Do you have other emergency contact numbers by the phone?

### FINANCES

#### Is the choice to stay in your home economically sound?

What minor and major repairs must you make in the next few years?

Would freeing up the cash in your home allow you to have a more enjoyable lifestyle?

Are taxes, insurance, utilities, and other costs affordable for you?

If not, do you have finances available for renovations or adaptations if they are necessary?

Could you get financial assistance for renovations or adaptations?

## LOCATION

### Is the location of your home suitable?

NOTES:

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?

## SERVICES

### Are necessary in-home support services available and/or affordable for you?

Do you need any of the following services? Can you find them and afford them?

- Household services (cleaning, yard work, minor repairs)
- Home-delivered meals, grocery delivery
- Visitors, companions, drivers, etc., volunteer or paid
- Access to adult day programs (if required)
- Personal care services
- Professional services (physiotherapy, nursing)

After completing the checklist and talking to your loved ones or other support, determine your answer to the following question:

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

- Definitely yes
- Maybe
- Definitely not

Download this checklist and more helpful tools at: [www.mysage.ca/help/housing](http://www.mysage.ca/help/housing)

Permission granted to Sage to reprint this checklist in its modified form.

Source: Chapter 9: The meaning of home. Maureen Osis, Judy Worrell & Dianne McDermid. *Your Aging Parents: How to Prepare, how to Cope*. 2nd ed. 2010. Elderwise Publishing.

# Love where you live



Designed for those who seek a vibrant and carefree retirement lifestyle, everything here is in place to enjoy the freedom to live, love and laugh. This is the Venvi experience.

**Visit [venviliving.com](https://venviliving.com) to learn more.**

**VENVVI**  
— Retirement Living —

## **RIVER RIDGE**

78 McKenney Ave Suite C, St Albert

## **RIVERBEND**

103 Rabbit Hill Ct NW, Edmonton

## **When You're Here, You're Home.**

Offering a curated selection of services and on-site amenities, at Cogir Senior Living you can tailor your lifestyle to meet your unique needs and preferences, so you can focus on what brings you happiness.

**Learn more at  
[cogirseniorliving.ca](https://cogirseniorliving.ca)**



### **Glenora Park** RETIREMENT LIVING

10150 Clifton Pl NW, Edmonton

### **Our Parents' Home** RETIREMENT LIVING

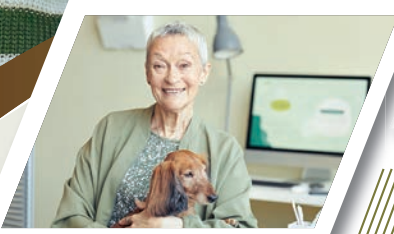
10112 119 St NW, Edmonton

### **McConachie Gardens** RETIREMENT LIVING

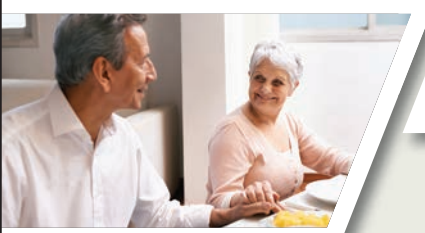
6503 170 Ave NW, Edmonton



Shuttle Bus Transportation





Pet Friendly Suites Available



Custom Meal Plans

**ONE & TWO  
BEDROOM SUITES  
AVAILABLE!**

# RETIREMENT LIVING AT ITS FINEST!

 [www.thewaterford.ca](http://www.thewaterford.ca)  
 780.444.4545

- Renovated Suites
- Weekly Housekeeping
- All Utilities Included
- 120+ HD TV Channels
- Wi-Fi Included
- Complementary Self Laundry
- Activities & Entertainment
- Afternoon Tea Time
- Fireside Lounge & Library
- Emergency Call System



## SENIORS HOUSING TERMINOLOGY

A challenge for Albertans trying to navigate seniors' housing options is the multitude of terms used to categorize and describe seniors' housing.

As ASCHA (Alberta Seniors & Community Housing Association) states in their “Creating Common Terminology for Seniors Housing in Alberta” report:

“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.”

Additionally, terminology used by Continuing Care changed with the introduction of the Continuing Care Act in early 2024, and new models of care, including private-pay long-term care options have developed in recent years.

In this edition of the Directory, we have categorized housing options as follows:

1. Accommodation only
2. Housing with Service or Care Options
3. Seniors Lodges
4. Long Term Care

We 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 listing to determine what best suits your needs (rather than only searching by category).

## HOUSING TERMS

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

**APARTMENT:** A rented 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. (mobility accesible)

**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.

**CONTINUING CARE HOMES:** Part of the Continuing Care services, these accommodations are licensed settings that receive public funding to provide residents with nursing, personal care, life enrichment activities and other support services. Continuing care homes are either operated by Alberta Health Services (AHS) or other contracted non-and for-profit providers. The amount and type of care provided to residents is based on their assessed needs. AHS determines access to continuing care home spaces and requires individuals to be assessed by a health professional to determine their health needs. Terminology for these changed in 2024 with the ongoing transformation of Continuing Care and the Alberta Continuing Care Act: Type A (formerly long term care, nursing homes or auxiliary hospitals), Type B (formerly Designated Supportive Living), Type C (publicly funded hospice settings).

**DEMENTIA CARE / MEMORY CARE:** These terms are used to describe a type of supportive living for individuals with dementia and Alzheimer’s. These secure suites may be publicly funded and accessed through AHS or accessed privately, directly through the facility operator (although there may be both private pay and AHS funded 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 may 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 needed (i.e. functionally independent) – including 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 - usually a deposit of 35%-100% of the suite value is required before moving in. All residents pay a monthly fee to cover operating costs. 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.

**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.

**RENT GEARED TO INCOME (RGI):** A tenant’s rent, which includes heat, water and sewer expenses is based on income. Typically rent is calculated based on 30% of total income (based on the tenant’s previous year’s tax return), but variations do exist. Rent does not include electricity, phone, TV, or additional services such as parking. Eligible applicants must fall below the income threshold, which is set annually by the Government of Alberta.

**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.

**SUPPORTIVE / ASSISTED LIVING:** In Alberta, these terms are used broadly and interchangeably, and neither are regulated which can result in inconsistent usage. Generally, it refers to accommodation in a home-like setting, where people can remain as independent as possible while they have access to accommodation and services that meet their changing needs. 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.

**DESIGNATED SUPPORTIVE LIVING**  
Designated Supportive Living (now called Continuing Care Type B) refers to residences operated in partnership with AHS (publicly funded) 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 (now called Continuing Care Home Type B Secure Space) is a setting for those living with advanced dementia requiring a secure environment.

## **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.

Publicly funded long term care in Alberta is now called Continuing Care Type A. Access requires assessment by an AHS Case Manager.

## **CARE ACRONYMS**

**HCA** – Health Care Aide: provides direct care, personal assistance and support to patients who are ill, elderly or disabled. They assist patients with activities such as bathing, grooming, dressing, and toileting. They may help with feeding or exercise and in some settings help patients take their medications.

**LPN** – Licensed Practical nurse: a nursing professional who works in collaboration with other members of a healthcare team.

**NP** - Nurse Practitioners are registered nurses (RNs) with graduate degrees and advanced knowledge and skills. They are trained to assess, diagnose, treat, order diagnostic tests, prescribe medications, make referrals to specialists and manage overall care. Nurse practitioners often work closely with physicians and other health professions as part of a team. Some NPs work independently and manage their own clinics.

**RN** – Registered Nurse: a licensed nursing professional who provides and coordinates patient care.



## HOUSING RESOURCES

### HELP FINDING HOUSING

#### **ALBERTA SENIORS AND COMMUNITY HOUSING ASSOCIATION (ASCHA)**

**Email:** [ascha@ascha.com](mailto:ascha@ascha.com)

[www.ascha.com](http://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](http://housingdirectory.ascha.com).

#### **HOMEWARD TRUST EDMONTON: COORDINATED ACCESS TEAM**

**Phone:** 780.702.5267

**Email:** [coordinatedaccess@homewardtrust.ca](mailto: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/](http://homewardtrust.ca/housing-support-services/)

#### **SUITEBIRD**

**Phone:** 780.719.6569

**Email:** [hi@suitebird.ca](mailto:hi@suitebird.ca)

[www.suitebird.ca](http://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.*

### REPORTING/REGULATORY BODIES

#### **CANADIAN CONDOMINIUM INSTITUTE (CCI)**

- North Alberta Chapter

**Phone:** 780.453.9004

**Email:** [info@ccinorthalberta.com](mailto:info@ccinorthalberta.com)

[www.ccinorthalberta.com](http://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.

## CONTINUING CARE ACT

On April 1, 2024, the Continuing Care Act, regulations and standards came into effect, marking the beginning of a significant milestone in the ongoing transformation of Alberta's continuing care system.

Under the Continuing Care Act, 2 new regulations have been developed to provide the details necessary to regulate all continuing care services and settings (including continuing care homes, supportive living accommodation and home and community care).

The Continuing Care Health Service Standards establish the minimum standards in the provision of high quality, individualized health care, based on the assessed needs of each client and resident.

More information and resources are available at [www.alberta.ca/continuing-care-legislation-and-standards](http://www.alberta.ca/continuing-care-legislation-and-standards).

## 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](http://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](mailto:rtdrs@gov.ab.ca)

[www.alberta.ca/residential-tenancy-dispute-resolution-service](http://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](http://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.

## AGING IN PLACE HOME RESOURCES

### HOME FOR LIFE PROGRAM

[www.edmonton.ca/programs\\_services/for\\_seniors/home-for-life-program](http://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](mailto:css.RAMP@gov.ab.ca)

[www.alberta.ca/residential-access-modification-program](http://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](http://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.

## 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](mailto:housing@gov.ab.ca)

[www.alberta.ca/affordable-housing-programs](http://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*

## 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.

### Guidelines for Accessible Homes

When renovating your home or building new, consider the essentials for making your home accessible.

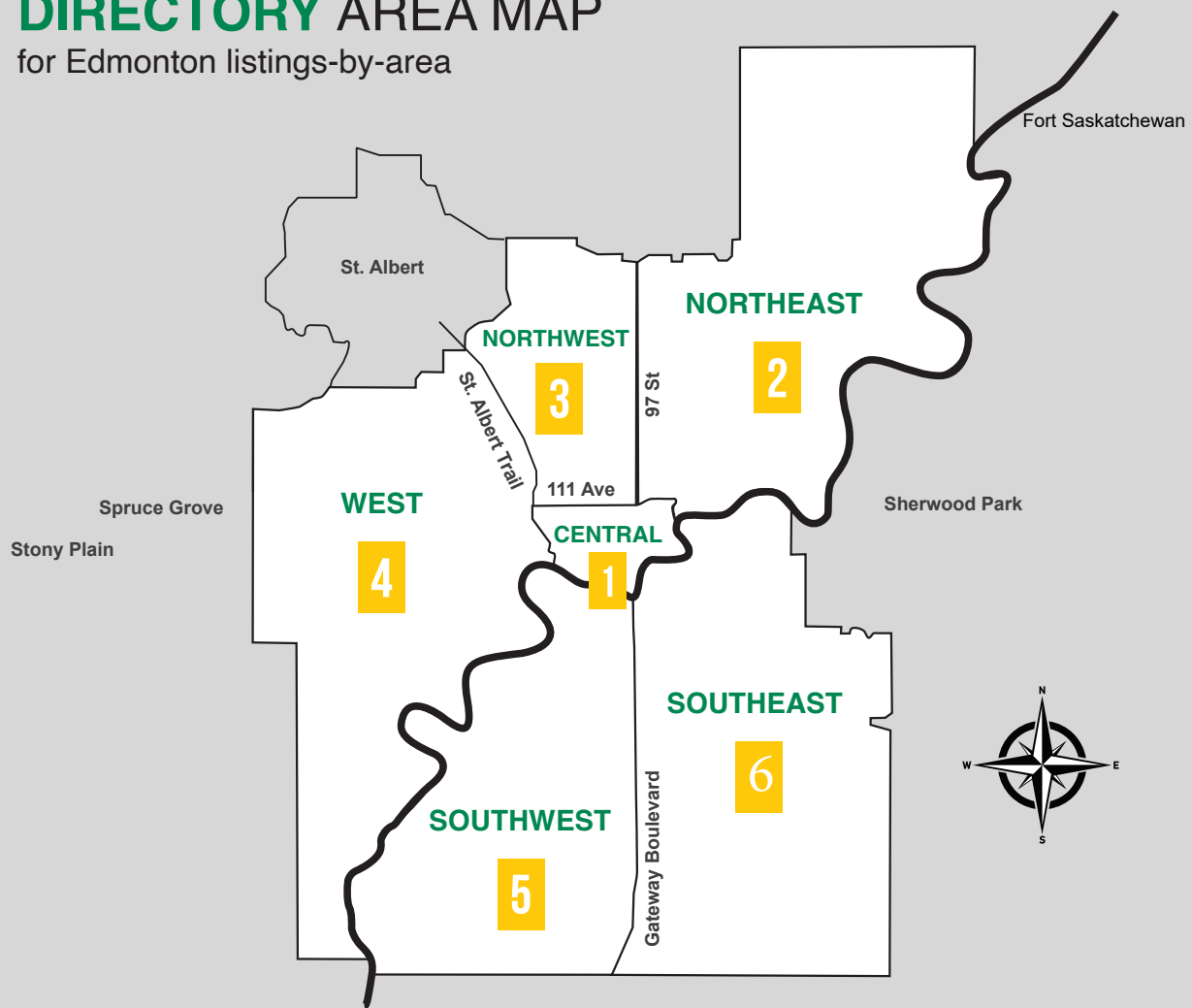
### The Home for Life Builder's Rule 0 - 36 - 42 - 60

0 steps and thresholds (including in the shower)  
36-inch (0.9 metre) wide doorways  
42-inch (1.1 metre) wide hallways  
60-inch (1.5 meter) diameter turning circles in the kitchen, bathroom, bedroom, and laundry area.



# DIRECTORY AREA MAP

for Edmonton listings-by-area



- 1** CENTRAL  
North of the river to 111 Ave NW between 82 and Groat Road
- 2** NORTHEAST  
North of the river and east of 97 Street
- 3** NORTHWEST  
North of the river between 97 Street and St Albert Trail excluding Central
- 4** WEST  
North of the river and west of St Albert Trail/Groat Road
- 5** SOUTHWEST  
South of the river and west of Gateway Boulevard
- 6** SOUTHEAST  
South of the river and east of Gateway Boulevard



## Truly Independent Seniors Living

### Seniors Apartments

Enjoy a life of independence in Harmony at Rutherford and live in a beautiful, modern apartment with a full kitchen and in-suite laundry.

Experience a vibrant, active seniors community that provides more options and flexibility than traditional retirement homes.



▶ 24/7 live response, state-of-the-art safety and security systems, utilities, telephone, Wi-Fi, and cable are all included in rent.

▶ Premium amenity spaces include salon, fitness studio, games room, crafts studio, party room, theatre and rooftop patio.

▶ Daily activities, fitness classes, and events for residents planned by full-time Recreation Coordinator.

▶ Full kitchen, laundry, and patio or balcony in every suite.

▶ On-site full-service Tutti Frutti restaurant with exclusive Dining Club access for residents.

**Book a tour and see firsthand how our residents are living their best lives!**

**Call Heather at 780-908-1081 or Alex at 780-655-2929**

**📍 12020 22 AVE. SW, Edmonton AB | [HarmonyAtRutherford.com](http://HarmonyAtRutherford.com)**

## SENIORS HOUSING: ACCOMMODATION ONLY

This list of seniors' housing options includes apartment-style housing for older adults which does not include or offer supports or services.

Residents in this type of housing are functionally independent and are responsible for, and capable of, arranging any care and support services needed.

Home Care through AHS or private-pay care agencies, may be arranged by the resident if needed. Residences are listed first by area of the city (see Area Map on page126) and then alphabetically by building name Listings in Surrounding communities follow those in Edmonton.

\*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:** \$1290 - \$1365  
**Deposit:** \$100  
**Included in Rent:** Basic utilities  
**Features:** Barrier free suites  
**Supports:** Non-medical staff during office hours

### 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+ (income criteria required)  
**Pets:** Yes  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Lounge area, Secure building, Social recreation, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance.



### The Tegler Foundation

780.422.1531 | info@teglerfoundation.ca  
 www.teglerfoundation.ca

65+ (negotiable) | Subsidy Available | Close to all Amenities

Tegler Manor  
 9943 - 110 Street

Tegler Terrace  
 9918 - 149 Street



## SENIORS HOUSING: ACCOMMODATION ONLY

### 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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Exercise room, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: Central

#### CHINESE ELDERS MANSION

9550 102 Ave. NW T5H 4A8  
Phone: 780.429.2146  
Email: info@cemedmonton.com  
www.cbacsm Edmonton.com  
**Eligibility:** 55+  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom  
**Rent:** Rent Geared to Income (30%)  
**Deposit:** One month's rent  
**Included in Rent:** Utilities  
**Features:** Recreation, Games, Fitness programs, Exercise equipment

### CENTRAL MANOR

GEF Seniors Housing  
10733 117 St. NW T5H 3N3  
Phone: 587.340.3511  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Exercise room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### 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, income criteria  
**Pets:** No  
**Smoking:** Other  
**Units:** Bachelor, one bedroom  
**Rent:** 30% of monthly income  
**Deposit:** \$100  
**Included in Rent:** Basic utilities  
**Features:** Barrier free suites, Outings, Social recreation  
**Supports:** Non-medical staff during office hours



## SENIORS HOUSING: ACCOMMODATION ONLY

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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** Rent 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

Accommodation Only: Central

### MANOIR SAINT-JOACHIM

La Societe des Manoirs  
 11020 99 Ave. T5K 2M2  
 Phone: 780.488.7104  
 Email: info@msjst.ca  
 www.msjst.ca  
**Eligibility:** 60+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's rent  
**Included in Rent:**  
**Features:** Chapel, Computer station, Courtyard, Guest suite, Resident social clubs, French/bilingual environment  
**Supports:** After hours on call maintenance

### LIONS VILLAGE RAILTOWN

10916 102 Ave. NW T5k 2W6  
 Phone: 780.447.4484  
 www.lionsvillage.com  
 Lifelease (capital investment plus monthly operating fees) for 55+s

### PIAZZA ITALIA

Vista Housing for Seniors  
 9521 108A Ave. NW T5H 4G3  
 Phone: 780.476.1470  
 Email: admin@vistahousing.org  
 www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

## SENIORS HOUSING: ACCOMMODATION ONLY

### 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, One bedroom, Barrier free  
**Rent:** 30% of 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

#### 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 with a medical letter (\$300 Pet Fee)  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom, Barrier free  
**Rent:** \$ 750 one bedroom, \$850 two bedroom (+ \$180 Utilities)  
**Deposit:** One month's rent  
**Included in Rent:** Basic cable, Internet, Utilities, Telephone  
**Supports:** No supports or emergency response.

### Accommodation Only: Central

#### ST. JOSEPHAT'S SENIORS RESIDENCE

St. Michaels HealthCare Services  
9637 108 Ave. NW T5H 4G4  
Phone: 780.472.4545  
Email: apartments@smhg.ca  
www.smhg.ca  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** Designated outdoor area  
**Unit Options:** One bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water  
**Features:** BBQ, Computer stations, Courtyard, EPS crime-free certified, Exercise room, Lounge area, Pool table  
**Supports:** After hours on call maintenance

#### SUNDANCE PLACE

8803 101 Ave  
Phone: 780.426.0860  
Email: info@sundancecoop.org  
www.sundancecoop.org  
**Eligibility:** 55+  
**Pets:** Small pets only  
**Smoking:** No  
**Units:** 9 suites: 3 One bedroom, 6 Two bedroom  
**Rent:** Housing cooperative set rate per month.  
**Features:** Part of a larger housing cooperative. Members/residents must be willing to attend meetings, participate in democratic functioning and join committees

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Central

#### UKRAINIAN DNIPRO SENIORS

Vista Housing for Seniors  
11030 107 St. NW T5H 4G5  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: Northwest

#### CALDER PLACE

Vista Housing for Seniors  
12934 119 St. NW T5E 5M4  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: Northwest

#### ALLIANCE VILLA

Vista Housing for Seniors  
12620 109A Ave. NW T5M 2J1  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

#### 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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Northwest

#### KENSINGTON COURT LIONS VILLAGE

Ayre & Oxford  
13120 125 Ave. NW T5L 0V6  
Phone: 780.257.2519  
Email: [monika@ayreoxford.com](mailto:monika@ayreoxford.com)  
[www.edmontonhostlions.com/lionskensington](http://www.edmontonhostlions.com/lionskensington)

**Eligibility:** 60+

**Pets:** No

**Smoking:** No

**Unit Options:** One bedroom, Two bedroom

**Rent:** Rent scaled to 30% income

**Deposit:** \$500

**Included in Rent:** All utilities, Internet

**Features:** Special events

**Supports:** No supports or emergency response

#### LAUDERDALE TERRACE - APARTMENTS

GEF Seniors Housing  
12907 103 St. NW T5E 4M2  
Phone: 780.473.2915  
Email: [housing@gef.org](mailto:housing@gef.org)  
[www.gef.org](http://www.gef.org)

**Eligibility:** 65+ (Income criteria required)

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** One Bedroom, Two Bedroom

**Rent:** 30% of gross monthly income

**Deposit:** Starting at \$350

**Included in Rent:** Heat, Water

**Features:** Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.

**Supports:** After hours on-call maintenance

### 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](mailto:housing@gef.org)  
[www.gef.org](http://www.gef.org)

**Eligibility:** 65+ (income criteria required)

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** One Bedroom, each single level unit has a front and back entrance and is equipped with its own furnace, hot water tank, and laundry washer and dryer.

**Rent:** 30% of gross monthly income

**Deposit:** Starting at \$350

**Included in Rent:** Heat, Water

**Features:** Courtyard, Special events

**Supports:** After hours on-call maintenance

#### LIONS VILLAGE-CASTLEDOWNS

15617 Castledowns Rd. T5X 6A8  
Phone: 780.447.4484  
[www.lionsvillage.com](http://www.lionsvillage.com)  
Lifelease (capital investment plus monthly operating fees) for 55+

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## SENIORS HOUSING: ACCOMMODATION ONLY

### 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.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

#### MOUNTWOOD APARTMENTS

GEF Seniors Housing  
11512 128 St. NW T5M 3Y5  
Phone: 780.454.7168  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### 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+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### ROSSLYN TERRACE

GEF Seniors Housing  
13311 109 St. NW T5E 6R7  
Phone: 780.473.2915  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** Fixed monthly rate  
**Deposit:** Starting at \$500  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Recreation room, Secure building, Special events, Underground parking. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance



## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Northwest

#### ST. ANDREW'S CENTRE

12720 111 Ave. NW T5M 3X3  
Phone: 780.452.4444  
Email: tammy@standrewscentre.com  
www.standrewacentre.com  
**Eligibility:** 60+  
**Pets:** Yes  
**Smoking:** No  
**Unit Options:** Bachelor, One bedroom, Two bedroom  
**Rent:** Starting from \$1050  
**Deposit:** One month's rent  
**Included in Rent:** All utilities, Basic cable  
**Features:** Chapel, Computer stations, Courtyard, Exercise programs, Guest suite, Lounge area, Recreation, Salon, Security system, Special events, Underground parking, Walking path  
**Supports:** 24-hour onsite security, After hours on-call maintenance, Non-medical staff during office hours

### Accommodation Only: Northeast

#### AVENWOOD CORNER

GEF Seniors Housing  
11909 88 St. NW T5B 3S2  
Phone: 780.479.6232  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ Income Criteria  
**Pets:** Yes  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Lounge area, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: Northeast

#### BARVINOK SENIORS APARTMENTS

St. Michaels HealthCare Services  
3625 116 Ave. NW T5W 0W7  
Phone: 780.472.4545  
Email: apartments@smhg.ca  
www.smhg.ca  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** Designated outdoor area  
**Unit Options:** One bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water  
**Features:** BBQ, courtyard, EPS crime-free certified, Lounge area, Security system  
**Supports:** After hours on call maintenance

#### BUCHANAN MANOR

GEF Seniors Housing  
8804 121 Ave. NW T5B 0Z6  
Phone: 780.479.6232  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Recreation room, Secure building. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Northeast

#### CASA ROMANA

Vista Housing for Seniors  
13439 97 St. NW T5E 4C7  
Phone: 780.476.1470  
Email: [admin@vistahousing.org](mailto:admin@vistahousing.org)  
[www.vistahousing.org](http://www.vistahousing.org)  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

#### CHATEAU AT SCHONSEE SQUARE

Chateau Schonsee Developments  
6082 Schonsee Way NW T5Z 0K4  
Phone: 780.456.3411  
Email: [chateau@lifestyleoptions.ca](mailto:chateau@lifestyleoptions.ca)  
[www.chateauschonsee.ca](http://www.chateauschonsee.ca)  
**Eligibility:** 55+  
**Pets:** No  
**Smoking:** No  
**Unit Options:** Bachelor, One bedroom, Two bedroom  
**Rent:** Starting from \$850  
**Deposit:** One month's rent  
**Included in Rent:** Heat, Water  
**Features** Lounge area, Underground parking  
**Supports:** After hours on-call maintenance, Non-medical staff during office hours

### Accommodation Only: Northeast

#### HIGHLAND PLACE

GEF Seniors Housing  
6209 118 Ave. NW T5W 5A6  
Phone: 780.479.2864  
Email: [housing@gef.org](mailto:housing@gef.org)  
[www.gef.org](http://www.gef.org)  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Recreation room, Secure building, Special events. Mobility accessible suites available

## THE TEGLER FOUNDATION

Providing Caring, Independent Living for Seniors,  
where concern for our Residents comes first!

Proud Owner of

<b>Tegler Manor</b>	:	<b>Tegler Terrace</b>
9943 – 110 Street	:	9918 – 149 Street

**INDEPENDENT LIVING FOR SENIORS (65+ negotiable)**  
One and Two-Bedroom Apartments  
starting at \$1005 (before subsidy)  
(Including some utilities at Tegler Terrace  
and all utilities at Tegler Manor)

**Phone: 780-422-1531**

Please book an appointment to see our suites and  
wonderful amenity areas!!  
[www.teglerfoundation.ca](http://www.teglerfoundation.ca)



## SENIORS HOUSING: ACCOMMODATION ONLY

### 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+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Secure building, Special events  
**Supports:** After hours on-call maintenance

#### NORWOOD GOLDEN MANOR

Vista Housing for Seniors  
11715 95 St. NW T5G 3B6  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One and Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: Northeast

#### PORTA PLACE

GEF Seniors Housing  
4436 117 Ave. NW T5W 4Y9  
Phone: 780.479.4693  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required).  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** Rent geared to 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### ST ELIAS PYSANKA MANOR

Vista Housing for Seniors  
11906 66 St. NW T5B 1J4  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Northeast

#### TOWER ONE

Vista Housing for Seniors  
12840 64 St. NW T5A 4M8  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: Northeast

#### VISELKA

Vista Housing for Seniors  
11415 86 St. NW T5B 3J2  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### VIRGINIA PARK APARTMENTS

GEF Seniors Housing  
11033 76 St NW T5B 4T2  
Phone: 780.479.2403  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: Southwest

#### FATHER HANNAS SENIORS' APARTMENTS

St. Michaels HealthCare Services  
10809 70 Ave. NW T6H 4Y5  
Phone: 780.472.4545  
Email: apartments@smhg.ca  
www.smhg.ca  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** Designated outdoor area  
**Unit Options:** Bachelor, One bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water  
**Features:** BBQ, Courtyard, EPS crime-free certified, Exercise room, Lounge area, Security system  
**Supports:** After hours on call maintenance

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Southwest

#### KNOX MET MANOR

GEF Seniors Housing  
10941 83 Ave. NW T6G 0T6  
Phone: 780.437.7061  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: Southwest

#### ST. NICHOLAS SENIORS HOME

St. Michael's HealthCare Services  
5619 98 Ave. NW T6A 3Y5  
Phone: 780.472.4545  
Email: apartments@smhg.ca  
www.smhg.ca  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** Designated outdoor area  
**Unit Options:** One bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water  
**Features:** BBQ, Courtyard, Lounge area, Security system, EPS Crime-free certified, Exercise equipment  
**Supports:** After hours on call maintenance

### 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+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### STRATHCONA PLACE

GEF Seniors Housing  
7720 108 St. NW T6E 5E1  
Phone: 780.433.7192  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350.00  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance



## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Southwest

#### VETERANS VILLA SOUTHGATE

Veterans Housing Project  
5210 106 St. NW T6H 2S9  
Phone: 780.435.2096  
Email: villa71@shaw.ca  
**Eligibility:** 60+  
**Pets:** Cats only  
**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

### Accommodation Only: Southeast

#### BETHANY SENIOR CITIZENS HOME

GEF Seniors Housing  
9920 83 Ave. NW T6E 2C1  
Phone: 780.433.9987  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### 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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### BETHEL SENIORS RESIDENCE

Vista Housing for Seniors  
7728 82 Ave. NW T6C 4L9  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

## SENIORS HOUSING: ACCOMMODATION ONLY

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.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### GATEWAY MANOR

GEF Seniors Housing  
4215 102 Ave. NW T6A 0M5  
Phone: 780.466.0038  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Recreation room, Secure building, Special events  
**Supports:** After hours on-call maintenance

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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** Rent geared to 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### MANOIR SAINT-THOMAS

La Societe des Manoirs  
9022 85 Ave NW T6C 4M4  
Phone: 780.488.7104  
Email: info@msjst.ca  
www.msjst.ca  
**Eligibility:** 60+, Income Criteria  
**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, Gardens, Guest suite, Special events  
**Supports:** After hours on-call maintenance

## 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.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:**  
**Supports:** After hours Emergency Maintenance On-Call

#### MONTGOMERY PLACE

GEF Seniors Housing  
9420 92 St. NW T6C 4M9  
Phone: 780.465.1624  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: Southeast

#### OTTEWELL TERRACE

GEF Seniors Housing  
6315 92 Ave. NW T6B 0S3  
Phone: 780.469.7739  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** Fixed monthly rate  
**Deposit:** Starting at \$500  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Lounge area, Recreation room, Secure building, Special events, Underground parking. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### RITCHIE PIONEER PLACE

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

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: Southeast

#### SAKAW TERRACE APARTMENTS

GEF Seniors Housing  
5815 Millwoods Rd South T6L 0B1  
Phone: 780-461-2449  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** Fixed monthly rate  
**Deposit:** Starting at \$500  
**Included in Rent:** Heat, Water  
**Features:** Chapel, Computer stations, Courtyard, Exercise room, Lounge area, Recreation room, Salon, Secure building, Special events, Underground parking. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### ST ANDREW'S UKRAINIAN SELO

Vista Housing for Seniors  
8025 101 Ave. NW T6A 0K4  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: Southeast

#### TRINITY HALL

GEF Seniors Housing  
8419 102 St. NW T6E 5T1  
Phone: 780.438.0773  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### TRINITY LUTHERAN HOUSE

GEF Seniors Housing  
10006 80 Ave. NW T6E 1T5  
Phone: 780.433.1036  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Mobility accessible suites available, Courtyard, Recreation room, Secure building, Special events  
**Supports:** After hours on-call maintenance

## SENIORS HOUSING: ACCOMMODATION ONLY

### Accommodation Only: West

#### BRITANNIA GARDENS

GEF Seniors Housing  
10142 157 St. NW T5P 2T8  
Phone: 780.489.4698  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

#### CANORA GARDENS

GEF Seniors Housing  
10160 151 St. NW T5P 4N2  
Phone: 780.483.1715  
Email: housing@gef.org  
www.gef.org  
**Eligibility:** 65+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor, One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Recreation room, Secure building, Special events. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance

### Accommodation Only: West

#### CHINESE ALLIANCE MANOR

Vista Housing for Seniors  
9312 149 St. NW T5R 1C4  
Phone: 780.476.1470  
Email: admin@vistahousing.org  
www.vistahousing.org  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

#### MATHESON SENIORS RESIDENCE

Brentwood Community Development Group  
11445 135 St. NW T5M 3M6  
780.454.5100  
ArthurT@BrentwoodGroup.ca  
www.mathesonhousing.ca  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Yes  
**Units:** Bachelor, One Bedroom  
**Rent:** Starting from \$675  
**Deposit:** \$535  
**Included in Rent:** Basic Utilities, Internet, Laundry, Utilities, Activities  
**Features:** Computer stations, Courtyard, Exercise programs/room, Garden, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, 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: West

#### ORTONA VILLA

Vista Housing for Seniors  
10421 142 St. NW T5N 2P4  
Phone: 780.476.1470  
Email: [admin@vistahousing.org](mailto:admin@vistahousing.org)  
[www.vistahousing.org](http://www.vistahousing.org)  
**Eligibility:** 65+, Income criteria  
**Pets:** No  
**Smoking:** No  
**Units:** Bachelor, One Bedroom, 2 Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** One Month's Base Rent  
**Included in Rent:** Heat, Water (Fee for power & parking)  
**Features:** Lounge area, Recreation room, Social recreation  
**Supports:** After hours Emergency Maintenance On-Call

### Accommodation Only: West

#### WESTLAWN COURTS

GEF Seniors Housing  
9908 165 St. NW T5P 4S3  
Phone: 780.484.7509  
Email: [housing@gef.org](mailto:housing@gef.org)  
[www.gef.org](http://www.gef.org)  
**Eligibility:** 65+ (income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** One Bedroom, Two Bedroom  
**Rent:** 30% of gross monthly income  
**Deposit:** Starting at \$350  
**Included in Rent:** Heat, Water  
**Features:** Computer stations, Courtyard, Exercise room, Lounge area, Outings, Recreation room, Secure building, Special events, Walking path. Mobility accessible suites available.  
**Supports:** After hours on-call maintenance



**I RECENTLY LOST  
MY WIFE AND  
NEED LESS LIVING  
SPACE.**



Recently widowed,  
moved to an independent  
living seniors' residence.



## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### Accommodation Only: Beaumont

#### BEAUREGARD MANOIR APARTMENTS

Leduc Regional Housing Foundation  
5033 52 Ave. Beaumont T4X 1K6  
Phone: 780.986.2814  
Email: [info@leducregionalhousing.ca](mailto:info@leducregionalhousing.ca)  
[www.leducregionalhousing.ca](http://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

#### PLACE BEAUSEJOUR

Place Beausjour Life Lease Society  
5020 52 Ave. Beaumont  
Phone: 780.929.9889  
Email: [tday@placebeausejour.com](mailto:tday@placebeausejour.com)  
[www.placebeausejour.com](http://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, Rentable kitchen facilities, Fireside/chapel room, Woodworking shop, Wine making room

### Accommodation Only: Bon Accord

#### SUNSET/SUNRIDGE MANORS

Homeland Housing  
5017 49 St. Bon Accord T0A 0K0  
Phone: 780.923.3330  
Email:  
[www.homelandhousing.ca](http://www.homelandhousing.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** Geared to Income at 30%  
**Deposit:** None  
Included in Rent: Heat, Water  
**Supports:** After hours on-call maintenance

### Accommodation Only: Calmar

#### NORTHERN LIGHTS APARTMENTS

Leduc Regional Housing Foundation  
5012 51 Ave. Calmar T0C 0V0  
Phone: 780.986.2814  
Email: [info@leducregionalhousing.ca](mailto:info@leducregionalhousing.ca)  
[www.leducregionalhousing.ca](http://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

## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### 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: 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

### Accommodation Only: Fort Saskatchewan

#### DR. T.W.E. HENRY HOUSE

Heartland Housing Foundation  
10007 101 St. Fort Saskatchewan  
Phone: 780.998.3321  
Email: info@heartlandhousing.ca  
www.heartlandhousing.ca  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**Units:** One Bedroom  
**Rent:** Rent geared to income at 30%  
**Deposit:** One-month's rent (max of \$400)  
**Included in Rent:** Heat, Water  
**Features:** Courtyard, Lounge area, Walking path

#### FORT LIONS HAVEN

Heartland Housing Foundation  
10025 99 Ave. Fort Saskatchewan  
Phone: 780.998.3321  
Email: info@heartlandhousing.ca  
www.heartlandhousing.ca  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**Units:** One 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

## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### Accommodation Only: Gibbons

#### PINECREST GARDENS

Homeland Housing  
 4820 45 Ave. Gibbons T0A 1N0  
 Phone: 780.923.3330  
 Email:  
[www.homelandhousing.ca](http://www.homelandhousing.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** No  
**Units:** One Bedroom  
**Rent:** Geared to Income at 30%  
**Deposit:** None  
**Included in Rent:** Heat, Water, Parking spot  
**Supports:** After hours on-call maintenance

### Accommodation Only: Josephburg

#### HOMESTEAD PLACE

Heartland Housing Foundation  
 30-54569 RR 215, Josephburg T8L 4B9  
 Phone: 780.998.3321  
 Email: [info@heartlandhousing.ca](mailto:info@heartlandhousing.ca)  
[www.heartlandhousing.ca](http://www.heartlandhousing.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**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: Leduc

#### GOLDAGE APARTMENTS

Leduc Regional Housing Foundation  
 4404 Black Gold Dr. Leduc T9E 5Y5  
 Phone: 780.986.2814  
 Email: [info@leducregionalhousing.ca](mailto:info@leducregionalhousing.ca)  
[www.leducregionalhousing.ca](http://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

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## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

Accommodation Only: Leduc

### WEST GROVE APARTMENTS

Leduc Regional Housing Foundation  
5020 51 St. Leduc T9E 5X2  
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:** 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

Accommodation Only: Sherwood Park

### APPLE BLOSSOM MANOR

Heartland Housing Foundation  
97 Willow St. Sherwood Park  
Phone: 780.467.7360  
Email: info@heartlandhousing.ca  
www.heartlandhousing.ca  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**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

### BEDFORD VILLAGE

Christenson Communities  
161 Festival Way Sherwood Park  
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 \$2200  
**Deposit:** N/A  
**Included in Rent:** A/C, Activities, Basic cable, Internet, Utilities  
**Features:** Optional meals, Personal services, In-suite laundry, Full kitchens, Recreation programs, Dining room, Fitness room, Salon, Theatre, Private courtyard, Large balconies, Underground parking, Security system for access, Guest suites  
**Supports:** Non-medical staff during office hours



## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### Accommodation Only: Sherwood Park

#### CLOVERBAR PIONEER COURT

6 Mission St. Sherwood Park  
Phone: 587.341.9133  
Email: [pioneercourtmanager@shaw.ca](mailto:pioneercourtmanager@shaw.ca)  
**Eligibility:** 60+  
**Pets:** No  
**Smoking:** No  
**Unit Options:** One bedroom, Two bedroom, Two bedroom + den  
**Rent:** Starting from \$782 (limited rental suites, most are purchased)  
**Deposit:** One month's rent  
**Included in Rent:** Basic cable, Heat, Laundry, Water  
**Features:** Garden, Lounge area, Salon, Social recreation  
**Supports:** Non-medical staff during office hours

#### LAKESIDE LEGION MANOR

Heartland Housing Foundation  
495 Woodbridge Way Sherwood Park  
Phone: 780.467.7360  
Email: [info@heartlandhousing.ca](mailto:info@heartlandhousing.ca)  
[www.heartlandhousing.ca](http://www.heartlandhousing.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**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: Sherwood Park

#### SILVER BIRCH MANOR

Heartland Housing Foundation  
918 Bison Way Sherwood Park  
Phone: 780.400.3600  
Email: [info@heartlandhousing.ca](mailto:info@heartlandhousing.ca)  
[www.heartlandhousing.ca](http://www.heartlandhousing.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Outdoor designated area  
**Units:** One Bedroom, Two Bedroom  
**Rent:** One bedroom \$959-\$1,086, Two bedroom \$1,117  
**Deposit:** One month's rent.  
**Included in Rent:** Heat, Water  
**Features:** Lounge area, Security system, Walking path  
**Supports:** No supports or emergency response

### Accommodation Only: Spruce Grove

#### GROVE MANOR

St. Michael's Health Group  
600 King St. Spruce Grove T7X 4J8  
Phone: 780.962.6672  
Email: [grovemanor@smhg.ca](mailto:grovemanor@smhg.ca)  
[www.smhg.ca](http://www.smhg.ca)  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** No  
**Unit Options:** Studio, One bedroom, Two bedroom  
**Rent:** Starting at \$900  
**Deposit:** One month's base rent  
**Included in Rent:** Heat, Water  
**Features:** Two Courtyards, Common areas, Security system  
**Supports:** After hours on call maintenance

## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### 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:** One month's Rent

**Included in Rent:** Heat, Water

**Features:** Resident social club

### Accommodation Only: St. Albert

#### CAREADON VILLAGE

2 Inglewood Drive St. Albert T8N 3L5  
Phone: 780.470.2330  
Email: info.careadonvillage@gmail.com  
www.careadonvillage.com

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** Designated area

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

**Rent:** \$2,766

**Deposit:** 50% of one month's rent

**Included in Rent:** A/C, Activities, All utilities, Basic cable, Internet, Monthly meal credit

**Features:** Computer stations, Courtyard, Exercise room, Garden, Lounge area, Recreation, Restaurant, Salon, Underground parking, Walking trails

**Supports:** Home care agency

### Accommodation Only: St. Albert

#### CHATEAU MISSION COURT

Homeland Housing  
34 Mission Ave. St. Albert T8N 1H8  
Phone: 587.596.0580

Email:

www.homelandhousing.ca

**Eligibility:** 65+

**Pets:** No

**Smoking:** Designated areas

**Units:** One Bedroom

**Rent:** Geared to Income at 30%

**Deposit:** None

**Included in Rent:** Basic cable, Utilities

**Features:** Courtyard, Exercise programs, Games, Outings, Salon, Social recreation, Walking path

### 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:** One month's Rent

**Included in Rent:** Heat, Water

**Features:** Resident social club

## SENIORS HOUSING: ACCOMMODATION ONLY - SURROUNDING AREAS

### 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:** One month's Rent

**Included in Rent:** Heat, Water

**Features:** Resident social club

#### 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 \$840.00

**Deposit:** One month's rent

**Included in Rent:** Heat, Water

**Features:** Barrier free suites, Underground parking

#### 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:** One month's Rent

**Included in Rent:** Heat, Water

**Features:** Resident social club

### 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:** One month's Rent

**Included in Rent:** Heat, Water

#### 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

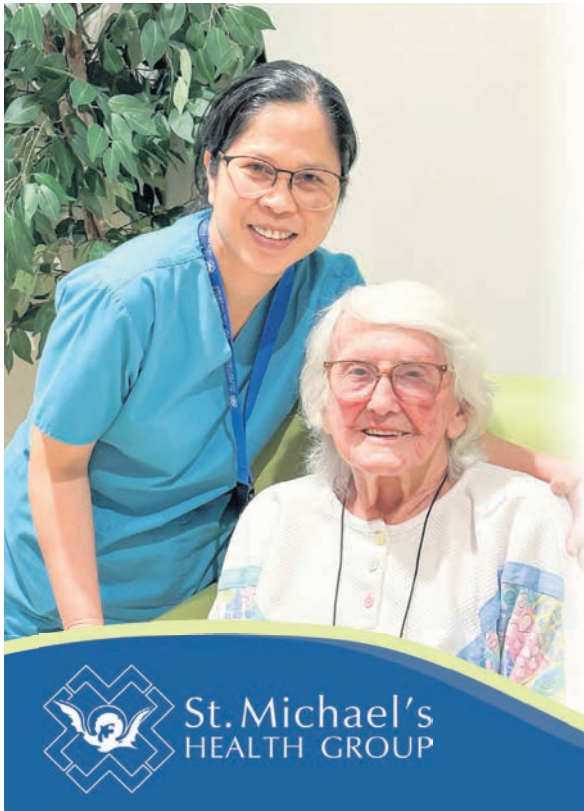
**Smoking:** No

**Units:** One Bedroom, Two Bedroom

**Rent:** Starting at \$755

**Deposit:** One month's rent

**Included in Rent:** Heat, Water



St. Michael's  
HEALTH GROUP

## Devoted to Exceptional Living

At St. Michael's Health Group, we are dedicated to enriching the lives of our residents through exceptional, compassionate care. Our mission of providing **Care with Love and Dignity** is the foundation of everything we do.

### Why Choose St. Michael's Health Group?

- **Quality Care:** Comprehensive support and attentive staff.
- **Loving Environment:** Friendly and safe atmosphere.
- **Supportive Living Residences:** Located in Edmonton, Spruce Grove, and Vegreville, Alberta.

### Our Residences

- **Long Term Care Centre** (Edmonton, AB)
- **Millennium Pavilion Seniors' Lodge** (Edmonton, AB)
- **Grove Manor** (Spruce Grove, AB) - Independent Living
- **Vegreville Manor** (Vegreville, AB)
- **Fenwyck Heights** (Spruce Grove)
- **Seniors' Apartments** (Edmonton, AB) - Independent Living  
St. Josaphat's, St. Nicholas, Father Hannas, Barvinok

### Experience the St. Michael's Difference Today!

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**24h**

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✓ COMPASSION Compassion is at the heart of everything we do & strive to make a positive difference everyday.

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# Careadon Village



## **55+ LUXURY RETIREMENT RENTAL SUITES**

*Independent Living*

### **Amenities include:**

*MOVIE THEATRE, SWIM SPA, EXERCISE ROOM, HAIR & NAIL SALON, FAMILY ROOM, GAMES ROOM,  
CRAFTS ROOM, GUEST SUITES, ROOF TOP TERRACE, UNDERGROUND PARKING*

**RENT INCLUDES ALL UTILITIES, CABLE TV, INTERNET, AC, AND**

**A \$250 MONTHLY MEAL CREDIT FOR OUR ON-SITE RESTAURANT**

Walking distance for shopping and access to  
The Sturgeon River walking trail



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**780-470-2330 • [careadonvillage.com](http://careadonvillage.com)**

**#2 Inglewood Drive, St. Albert, AB T8N 7W6**





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.**

## HOUSING WITH SERVICE OR CARE OPTIONS

This list of housing options includes housing for older adults in which there are services or care options available. Services may be included in rent (as indicated) or as additional fee-for-service options or packages.

Some residences require that residents are functionally independent (often categorized as independent living) and offer services like weekly housekeeping and meals, others have more supports in place. Ask the individual housing provider about the options available and the cost for each.

If a residence with nursing care is required, look for availability of and LPN (licensed practical nurse) or HCA (health care aide) in the list of “Supports” provided in the listing or get assessed by AHS Continuing Care for a publicly funded placement.

Remember that even in residences where there may be no nursing or care options, Home Care through AHS (or private- pay care agencies) may be arranged by the resident if needed.

In the listings to follow, residences are listed first by area of the city (see Area Map on page 126) and then alphabetically by building name. Options in surrounding communities follow those in Edmonton. Rental prices and housing details are subject to change - always confirm details with the individual housing provider.



A couple in their late 60's who live in a multi-story building for seniors where they receive housekeeping services and one meal a day.



A woman in her 90's who requires assistance with her medications and personal care. Lives with other seniors in a residence with a 24/7 HCA.

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Central

### GLENORA PARK

Cogir Senior Living  
10150 Clifton Place NW T5N 3J1  
Phone: 780.670.6957  
Email:  
[www.residencescogir.com/glenora-park/](http://www.residencescogir.com/glenora-park/)

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Unit Options:** One bedroom, Two bedroom,  
Barrier free suites

**Rent:** Starting from \$2,950 –\$5,500

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, AC, Access to shuttle, Activities, Utilities, Basic cable, Internet, Laundry, Meals, Storage, Telephone, Tenant insurance, Underground parking

**Features:** Fitness centre, Garden, Salon, Underground parking, Salt water pool, Theatre, Golf simulator, Billiards, Library, Skyview lounge

**Supports:** 24/7 LPN on call, 24/7 on site HCA

### OUR PARENTS HOME

Cogir Senior Living  
10112 119 St. NW T5K 1Y9  
Phone: 780.732.0412  
Email: [logan.chabot@cogirseniorliving.ca](mailto:logan.chabot@cogirseniorliving.ca)  
[www.cogirseniorliving.ca/our-parents-home](http://www.cogirseniorliving.ca/our-parents-home)

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Unit Options:** One bedroom, Two bedroom,  
Two bedroom + den

**Rent:** Starting from \$3,625

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, AC, Activities, All utilities, Basic cable, Internet, Laundry, Meals, Telephone, Weekly housekeeping

**Features:** Exercise programs, Salon, Special events

**Supports:** 24/7 LPN on call, 24/7 on site HCA, Non-medical staff during office hours, On site Pharmacy

Service or Care Options: Central

### ROSEDALE ESTATES

Rosedale Seniors' Living  
10101 111 St. NW T5K 2H8  
Phone: 780.709.0728  
Email: [linda.t@rosedaledevelopments.com](mailto:linda.t@rosedaledevelopments.com)  
[www.rosedaleseniorsliving.com](http://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 bedrooms starting from \$3430

**Deposit:** \$1200-\$1500

**Included in Rent:** 24-hour staffing, Activities, Supper meal, Basic utilities, Weekly housekeeping, 24 hour emergency call system

**Features:** Chapel, Courtyard, Exercise programs/room, Garden, Lounge area, Outings, Recreation, Salon, Special events, Underground parking, Walking path

**Supports:** 24/7 LPN on call, 24/7 on site HCA, After-hours on-call maintenance, Physician

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Central

### ROSEDALE MANOR

Rosedale Seniors' Living  
10053 111 St. NW T5K 2H8  
Phone: 780.709.0728  
Email: linda.t@rosedaledevelopments.com  
www.rosedaleseeniorsliving.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 & continental breakfast, Weekly housekeeping, 24-hour emergency call system  
**Features:** Exercise programs, Lounge area, Outings, Recreation, Salon, Special events, Underground parking  
**Supports:** 24/7 onsite HCA, 24/7 LPN on call, After hours on-call maintenance, Physician

Service or Care Options: Central

### ROSEDALE ON THE PARK

Rosedale Seniors' Living  
10103 111 St. NW T5K 2H8  
Phone: 780.709.0728  
Email: linda.t@rosedaledevelopments.com  
www.rosedaleseeniorsliving.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, 24-hour emergency call system  
**Features:** Chapel, Courtyard, Exercise programs/ room, Garden, Lounge area, Outings, Recreation, Salon, Special events, Underground parking, Walking path  
**Supports:** 24/7 LPN on call, 24/7 on site HCA, After-hours on-call maintenance, Physician

## SOCIAL ACTIVITY MATTERS.

Staying socially active is an important part of your overall health.  
Visit Sage and get connected! 780.423.5510





## HOUSING WITH SERVICE OR CARE OPTIONS

### Service or Care Options: Northwest

#### CHARTWELL GRIESBACH

4480 McCrae Ave. T5E 0Y5  
Phone: 587.557.7764  
chartwell.com/ab/edmonton/griesbach  
Rent: Starting from \$3496

#### CHARTWELL HAWTHORN

6411 199 St. NW T5T 6Y4  
Phone: 587.557.4922  
chartwell.com/ab/edmonton/hawthorn  
Rent: Starting from \$2650

### Service or Care Options: Northwest

#### SHEPHERDS GARDENS KENSINGTON

Shepherds Gardens  
12603 135 Ave. NW T5L 5B2  
Phone: 587.596.0580  
Email: info@shepherdsgardens.ca  
www.shepherdsgardens.ca  
**Eligibility:** 65+  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Unit Options:** Bachelor, Barrier free suites, One bedroom, Two bedroom, One bedroom with Den  
**Rent:** Starting from \$1670  
**Deposit:** One month's rent  
**Included in rent:** Activities, Heat, Water, Some meals, Emergency pendants  
**Features:** Chapel, Christian community, Courtyard, Movie Theatre, Clubhouse, Games Room, Fitness, Garden, Guest suite, Lounge area, Outings, Salon, Social Recreation, Special events,

### Service or Care Options: 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:** Small birds and fish only

**Smoking:** No

**Units:** Bachelor, One Bedroom, Two Bedroom

**Rent:** Starts at \$960 for studios & up to \$3645 for two-bed two-bath

**Deposit:** \$500

**Included in Rent:** Activities, Basic cable, Internet, Laundry, Storage, Tenant insurance, Utilities

**Features:** Christian community, Optional Meal Plans, Courtyard, Fitness, Games, Garden Boxes, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, Special events, Underground parking, Walking path

**Supports:** 24 hour onsite security, 24/7 on site HCA, After hours on-call maintenance, Non-medical staff during office hours, Visiting physicians.

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## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Northeast

### MCCONACHIE GARDENS (ASSISTED LIVING)

**Cogir Senior Living**  
 6503 170 Ave. NW T5Y 3W7  
 Phone: 780.244.8969  
 Email:  
[www.cogirseniorliving.ca/mcconachiegardens](http://www.cogirseniorliving.ca/mcconachiegardens)  
**Eligibility:** 55+  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Unit Options:** Bachelor, Barrier free suites  
**Rent:** Starting from \$4,825  
**Deposit:** One month's rent  
**Included in rent:** 24-hour staffing, Access to shuttle, Activities, Meals, Utilities, Weekly housekeeping, Internet, Basic cable, Laundry, Telephone, Parking spot  
**Features:** Courtyard, Garden, Guest suite, Lounge area, Art studio, Coffee bistro, Library, Exercise programs/rooms, Recreation room, Salon  
**Supports:** 24/7 LPN on call, 24/7 on site HCA, Non-medical staff during office hours, Visiting physician, Respite suite

Service or Care Options: Northeast

### MCCONACHIE GARDENS

**Cogir Senior Living**  
 6503 170 Ave. NW T5Y 3W7  
 Phone: 780.244.8969  
 Email:  
[www.cogirseniorliving.ca](http://www.cogirseniorliving.ca)  
**Eligibility:** 55+  
**Pets:** Yes  
**Smoking:** Designated areas  
**Unit Options:** Bachelor, One bedroom, Two bedroom, Barrier free suites  
**Rent:** Starting from \$3,300  
**Deposit:** One month's rent  
**Included in rent:** A/C, Access to shuttle, Activities, Basic cable, Internet, Meals, Parking spot, Telephone, Utilities, Weekly housekeeping  
**Features:** Courtyard, Exercise programs/room, Garden, Guest suite, Lounge area, Recreation, Salon, Walking path, Library, Art studio, Coffee bistro, Tuk shop  
**Supports:** 24/7 LPN on call, Non-medical staff during office hours, Visiting physician, Respite Suite

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.




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## HOUSING WITH SERVICE OR CARE OPTIONS

### Service or Care Options: Northeast

#### MCCONACHIE GARDENS (MEMORY CARE)

Cogir Senior Living  
6503 170 Ave. NW T5Y 3W7  
Phone: 780.244.8969  
Email:  
[www.cogirseniorliving.ca/mcconachiegardens](http://www.cogirseniorliving.ca/mcconachiegardens)

**Eligibility:** 55+

**Pets:** May be accommodated

**Smoking:** No

**Unit Options:** Bachelor, Barrier free suites

**Rent:** Starting from \$5,785

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, Activities, Meals, Utilities, Weekly housekeeping, Internet, Basic cable, Laundry, Telephone

**Features:** Exercise programs, Garden, Lounge area, Outings, Salon, Walking path

**Supports:** 24/7 LPN on call, 24/7 on site HCA, Non-medical staff during office hours, Visiting physician, Respite suite

#### CHARTWELL HERITAGE VALLEY

944 James Mowatt Trail SW T6W 2B2  
Phone: 587.557.7789  
[chartwell.com/ab/edmonton/heritage-valley](http://chartwell.com/ab/edmonton/heritage-valley)  
Rent: Starting from \$3635

#### CHARTWELL WESCOTT

3841 Allan Drive SW T6W 4B8  
Phone: 587.487.4033  
[chartwell.com/ab/edmonton/Wescott](http://chartwell.com/ab/edmonton/Wescott)  
Rent: Starting from \$3248

### Service or Care Options: Southwest

#### DEVONSHIRE VILLAGE

Christenson Communities  
1728 Rabbit Hill Rd. T6R 3N6  
Phone: 780.934.6636  
Email: [devonshire@cdlhomes.com](mailto:devonshire@cdlhomes.com)  
[www.cdlhomes.com](http://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:** Optional meals, Personal services, In-suite laundry, Full kitchens, Recreation programs, Dining room, Fitness room, Private courtyard, Large balconies, Security system fob access, Underground parking, Guest suites

**Supports:** Non-medical staff during office hours

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## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Southwest

### EXQUISICARE - CAMERON HEIGHTS

ExquisiCare

3191 Cameron Heights Way NW T6M 0C9

Phone: 780.540.8358

Email: info@exquisicare.com

www.exquisicare.com

**Eligibility:** Seniors

**Pets:** No

**Smoking:** No

**Unit Options:** One bedroom

**Rent:** Starting from \$10,920

**Deposit:** One month's rent

**Included in rent:** A/C, Activities, Internet, Laundry, Meals, All utilities

**Features:** The ExquisiCare model of care is focused on providing the highest quality of care with a personal touch; we provide all levels of care.

**Supports:** Long term care and palliative, 24/7 LPN on call, 24/7 on site HCA, 24-hour onsite security, Non-medical staff during office hours, Visiting physician

### EXQUISICARE - WESTCLIFF PLACE

ExquisiCare

4003 Westcliff Place SW T6M 0C9

Phone: 780.540.8358

Email: info@exquisicare.com

www.exquisicare.com

**Eligibility:** Seniors

**Pets:** No

**Smoking:** No

**Unit Options:** One bedroom

**Rent:** Starting from \$10,920

**Deposit:** One month's rent

**Included in rent:** A/C, Activities, Internet, Laundry, Meals, All utilities

**Features:** The ExquisiCare model of care is focused on providing the highest quality of care with a personal touch; we provide all levels of care.

**Supports:** Long term care and palliative, 24/7 LPN on call, 24/7 on site HCA, 24-hour onsite security, Non-medical staff during office hours, Visiting physician

Service or Care Options: Southwest

### EXQUISICARE - WINDERMERE MANOR

ExquisiCare

3531 Watson Point SW T6W 2L2

Phone: 780.540.8358

Email: info@exquisicare.com

www.exquisicare.com

**Eligibility:** Seniors

**Pets:** No

**Smoking:** No

**Unit Options:** One bedroom

**Rent:** Starting from \$10,920

**Deposit:** One month's rent

**Included in rent:** A/C, Activities, Internet, Laundry, Meals, All utilities

**Features:** The ExquisiCare model of care is focused on providing the highest quality of care with a personal touch; we provide all levels of care.

**Supports:** Long term care and palliative, 24/7 LPN on call, 24/7 on site HCA, 24-hour onsite security, Non-medical staff during office hours, Visiting physician

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: 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

### GLASTONBURY VILLAGE

Christenson Communities  
 1585 Glastonbury Blvd. T5T 2W5  
 Phone: 780.243.3363  
 Email: glastonbury@cdlhomes.com  
 www.cdlhomes.com  
**Eligibility:** 55+  
**Pets:** Yes  
**Smoking:** No  
**Units:** One Bedroom, Two Bedroom  
**Rent:** Starting at \$2200  
**Deposit:** N/A  
**Included in Rent:** A/C, Activities, All utilities, Basic cable, Internet  
**Features:** Optional meals, Personal services, In-suite laundry, Full kitchens, Recreation, Dining room, Fitness room, Games room, Private community patio, Large balconies, Security system fob access, Underground parking, Guest suites  
**Supports:** Non-medical staff during office hours

Service or Care Options: Southwest

### HARMONY AT RUTHERFORD

12020 22 Ave. SW T6W 4Y5  
 Phone: 780.908.1081/ 780.655.2929  
 Email: info@harmonyatrutherford.com  
 www.harmonyatrutherford.com  
**Eligibility:** 55+  
**Pets:** Yes  
**Smoking:** No  
**Unit Options:** One bedroom, Two bedroom, Barrier-free suites  
**Rent:** Starting from \$2,600  
**Deposit:** Half a month's rent  
**Included in rent:** 24/7 Live emergency response, Access to shuttle, Activities, Basic cable, Internet, Telephone, Utilities  
**Features:**  
 Full kitchen, In-suite laundry, Craft studio, Fitness/theatre/party rooms, Games room with fireplace, Salon/Barber, Woodworking shop, Dining club with table service, Underground parking, Guest suite, Storage, Garden, Outings, Security system, Events  
**Supports:** 24/7 staff onsite, Third-party care provider for community with office in building

### Clover Bar Pioneer Court



#### Seniors affordable housing

We have 3 sizes of suites,  
 1 and 2 bedrooms  
 Starting at \$113,000  
 to \$148,000  
 Centrally located in  
 Sherwood Park  
 60+ independent  
 living condo

Limited rental suites • Warm, friendly and safe environment • No Smoking, No Pets  
 Office number 780-467-8206

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Southwest

### LIFESTYLE OPTIONS RIVERBEND

Lifestyle Options Retirement Communities  
200 Falconer Court NW T6R 2V9  
Phone: 780.818.2042  
Email: ybranicki@lifestyleoptions.ca  
www.lifestyleoptions.ca

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Unit Options:** One bedroom, Two bedroom,  
One bedroom +den, Two bedroom + den

**Rent:** Starting at \$2,300

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, A/C,  
Access to shuttle, Activities, Heat, Laundry,  
Water

**Features:** In suite laundry, Courtyard,  
Exercise programs, Garden, Guest suite,  
Lounge area, Outings, Recreation, Salon,  
Security system, Special events,  
Underground parking, Walking path

**Supports:** 24/7 LPN on call, 24/7 on site  
HCA, After-hours on-call maintenance, Non-  
medical staff during office hours,

### LIFESTYLE OPTIONS WHITEMUD

Lifestyle Options Retirement Communities  
4069 106 St. NW T6J 4N5  
Phone: 780-818-2042  
Email: ybranicki@lifestyleoptions.ca  
www.lifestyleoptions.ca

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Unit Options:** Bachelor, One bedroom, Two  
bedroom

**Rent:** Starting at \$2,325

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, A/C,  
Access to shuttle, Activities, Heat, Meals,  
Water

**Features:** Chapel, Computer stations,  
Courtyard, Exercise programs/room, Garden,  
Guest suite, Lounge area, Outings,  
Recreation, Salon, Security system, Special  
events, Walking path

**Supports:** 24/7 LPN on call, 24/7 on site  
healthcare aid, After hours on-call  
maintenance, Non-medical staff during office  
hours, Visiting physician

Service or Care Options: Southwest

### MACTAGGART PLACE

Optima Living  
5149 Mullen Rd. T6R 0W7  
Phone: 780.540.2273  
Email: mactaggartplace@optimaliving.ca  
www.mactaggartplaceseniors.ca

**Eligibility:**

**Pets:** Yes

**Smoking:** No

**Units:** Studio, One Bedroom, One  
Bedroom+den, Two Bedroom

**Rent:** Varies based on suite type and service  
level starting at \$4240 (second resident  
\$800)

**Deposit:** \$0

**Included in Rent:** Basic utilities, Laundry,  
Meals, Weekly housekeeping

**Features:** Chapel, Exercise programs,  
Library, Linen & towel service, Movie theatre,  
Pool, Salon, Walking path

**Supports:** 24 hour on-site clinical staff,  
Visiting physician, multiple levels of care  
including Memory Care



## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: 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 (no complex clients)

**Pets:** Yes

**Smoking:** No

**Units:** Studio, One Bedroom, Two Bedroom

**Rent:** Starting at \$4090 1bedroom, \$5050 2 bedroom (second resident \$800)

**Deposit:** \$0

**Included in Rent:** Weekly housekeeping, Hair salon

**Features:** Bistro, Chapel, Library, Piano & organ, Salon, Wellness centre

**Supports:** 24 hour emergency call systems, 24/7 On-Site Clinical Staff, In-house Family Physician, Multiple levels of care including Memory Care (with assessment)

### SHEPHERDS GARDENS SOUTHSIDE MANOR

Shepherds Gardens  
10745 29 Ave. NW T6J 5H6  
Phone: 587.596.0580  
Email: info@shepherdsgardens.ca  
www.shepherdsgardens.ca

**Eligibility:** 65+

**Pets:** May be accommodated

**Smoking:** Designated areas

**Unit Options:** One bedroom, Two bedroom one bath, Two bedroom one and a half bath

**Rent:** Starting from \$1,750

**Deposit:** One month's rent

**Included in rent:** Heat, Water, Some meals, Emergency pendants

**Features:** Social room with 80 inch screen, Library and games room, Salon, Fitness area, Restaurant, Outdoor patio areas

**Supports:** Non-medical staff during office hours

Service or Care Options: Southwest

### VENVI RIVERBEND

Venvi Living  
103 Rabbit Hill Ct NW T6R 2V3

Email:  
Venviliving.com/riverbend

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** Designated areas

**Unit Options:** Bachelor, One bedroom

**Rent:** Starting from \$3,010 (Bachelor), \$3,375 (One bedroom)

**Deposit:** One month's rent

**Included in rent:** 3 meals daily, Housekeeping/Linen Service weekly, Utilities, Internet, Recreation Programs, Emergency Call System, Access to Shuttle

**Features:** Salon, Spa, theatre, Art room, Fitness centre, Bistro, Lounge

**Supports:** 24/7 LPN on call, 24/7 onsite HCA, Visiting physicians, Type B & Type B Secure, Private Memory Care, Respite Care

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: Southeast

### LAUREL HEIGHTS

Optima Living  
3110 22 Ave. T6T 0R2  
Phone: 780.465.2273  
Email: laurelheights@optimaliving.ca  
www.laurelheights.ca

**Eligibility:**

**Pets:** Yes

**Smoking:** No

**Units:** Studio, One Bedroom, Two Bedroom

**Rent:** Starting at \$4189 (second resident \$800)

**Deposit:** \$0

**Included in Rent:** Weekly housekeeping, Drycleaning pick up & delivery

**Features:** Bistro, Chapel, Courtyard, Movie theatre, Piano, Salon, Wellness Centre

**Supports:** 24/7 onsite LPN and HCA, 24/7 On-Call Pharmacist & pharmacy delivery, In-House Family Physicians

### SHEPHERDS GARDENS MILLWOODS MANOR

Shepherds Gardens  
6640 28 Ave. NW T6K 3X8  
Phone: 587.596.0580  
Email: info@shepherdsgardens.ca  
www.shepherdsgardens.ca

**Eligibility:** 65+

**Pets:** May be accommodated

**Smoking:** Designated areas

**Unit Options:** Bachelor, One bedroom, Two bedroom

**Rent:** Starting from \$1,670

**Deposit:** One month's rent

**Included in rent:** Activities, All utilities, Storage, Some meals, Emergency pendants

**Features:** Chapel, Christian community, Courtyard, Exercise programs, Garden, Guest suite, Lounge area, Outings, Recreation room, Salon, Security system, Special events

**Supports:** Non-medical staff during office hours

Service or Care Options: Southeast

### SOUTHWOODS COURT NORTH

Christenson Communities  
9433 67A Ave. NW T6E 0N7  
Phone: 780.760.3400  
Email: southwoods@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:** Optional meals, Personal services, In-suite laundry, Full kitchens, Recreation programs, Dining room, Fitness room, Salon, Chapel, Woodworking room, Theatre, Pub, Private courtyard, Large balconies, Security system fob access, Underground parking, Guest suites, Respite suites

**Supports:** Non-medical staff during office hours

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: West

### 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 \$4020

**Deposit:** \$2000

**Included in Rent:** 24 hour staffing, A/C, Activities, Basic cable, Basic utilities, Laundry, Meals, Parking spot, Storage, Weekly housekeeping

**Features:** Chapel, Courtyard, Fitness, Garden, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, Special events

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

Service or Care Options: West

### CANTERBURY FOUNDATION -

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

**Unit Options:** Bachelor, Barrier free suites, One bedroom, Two bedroom

**Rent:** Starting from \$2,359

**Deposit:** \$2,000

**Included in rent:** 24-hour staffing, A/C, Activities, Laundry, Meals, Utilities, Weekly housekeeping

**Features:** Chapel, Courtyard, Exercise programs / room, Garden, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, Special events, Underground parking

**Supports:** 24/7 on site HCA, 24/7 onsite RN, After hours on-call maintenance, Non-medical staff during office hours, Onsite pharmacy, Physician's clinic onsite



**Our vision** is a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

780.423.5510  
www.mysage.ca

## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: West

### CANTERBURY HAVEN - ENHANCED SUPPORTIVE LIVING

Canterbury Foundation  
8403 142 St. 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:** Private long-term care in homelike environment: Chapel, Courtyard, Fitness programs/room, Garden, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, Special events  
**Supports:** 24 hour RN on site, 24/7 LPN on call, 24/7 on site HCA, After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

Service or Care Options: West

### CANTERBURY LANE - MEMORY CARE

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, One Bedroom (in secured memory care wing)  
**Rent:** Starting at \$6,480  
**Deposit:** \$2000  
**Included in Rent:** A/C, Activities, Basic cable, Basic utilities, Laundry, Meals, Weekly housekeeping  
**Features:** Chapel, Courtyard, Fitness, Garden, Guest suite, Lounge area, Outings, Recreation, Salon, Security system, Special events  
**Supports:** 24/7 on site RN, 24/7 LPN on call, 24/7 on site HCA, After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

## AGEISM

refers to how we

- think (stereotypes)
- feel (prejudice)
- act (discrimination)

towards others or ourselves  
**based on age.**

Global Campaign  
to combat ageism  
#AWorld4AllAges  
Decade of healthy ageing

### AGEISM IS EVERYWHERE

1 in 2 people worldwide are ageist against older people and in Europe there is more ageism against younger than older people.

### AGEISM IS HARMFUL

Ageism has far-reaching impacts on all aspects of people's health, and takes a heavy economic toll on individuals and society.

### AGEISM CAN BE COMBATTED

Policy and law can protect human rights and address age discrimination and inequality, educational activities can transmit knowledge and skills and enhance empathy, intergenerational interventions can connect people of different generations.

## HOUSING WITH SERVICE OR CARE OPTIONS

### Service or Care Options: 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:** Starting at \$4627 (second resident \$800)  
**Deposit:** \$0  
**Included in Rent:** Laundry, Meals, Weekly housekeeping, Water, Power  
**Features:** Bistro, Chapel, Common area, Salon, Swimming Pool, Tuck shop, Walking path  
**Supports:** 24 hour emergency call systems, 24/7 On-Site Clinical Staff, In-House Family Physician, Memory Care suites (with assessment)

#### LIFESTYLE OPTIONS TERRA LOSA

Lifestyle Options Retirement Communities  
17203 99 Ave. NW T5T 6S5  
Phone: 780.818.2042  
Email: ybranicki@lifestyleoptions.ca  
www.lifestyleoptions.ca  
**Eligibility:** 55+  
**Pets:** Yes  
**Smoking:** No  
**Unit Options:** One bedroom, Two bedroom  
**Rent:** Starting at \$2,500  
**Deposit:** One month's rent  
**Included in rent:** 24-hour staffing, A/C, Access to shuttle, Activities, Heat, Meals, Water

### Service or Care Options: West

#### THE WATERFORD OF SUMMERLEA

Chantelle Management  
9395 172 St. NW  
Phone: 780.444.4545  
Email: hello@thewaterford.ca  
www.thewaterford.ca  
**Eligibility:** 65+  
**Pets:** Yes  
**Smoking:** Designated areas  
**Unit Options:** Bachelor, One bedroom, Two bedroom  
**Rent:** Starting from \$2150  
**Deposit:** \$2,000  
**Included in rent:** 24-hour staffing, AC, Access to shuttle, Activities, Basic cable, Internet, Laundry, Parking spot, All utilities, Weekly housekeeping

#### TOUCHMARK AT WEDGEWOOD

18333 Lessard Rd. NW T6M 0A1  
Phone: 780.577.5200  
www.touchmarkedmonton.com  
Lifelease (capital investment plus monthly operating fees) for 55+

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## HOUSING WITH SERVICE OR CARE OPTIONS

Service or Care Options: 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:** One Bedroom

**Rent:** Starting at \$3531 and up to \$4045 depending on room size (second resident \$700)

**Deposit:** \$1000

**Included in Rent:** Laundry, Utilities, Meals, Weekly housekeeping with sheets and towels laundered, Recreation activities

**Features:** Common areas, Activity lounge, Library, Outdoor space, Recreation, TV room

**Supports:** 24/7 onsite clinical team, Emergency call bell system, Physician on call (weekly)

### 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 \$2200

**Deposit:** N/A

**Included in Rent:** A/C, Activities, Basic cable, Internet, Basic Utilities

**Features:** Optional meals, Personal services, In-suite Laundry, full kitchens, recreation programs, dining room, fitness room, games room, private community patio, balconies, security system fob access, underground parking, surface parking, guest suites  
**Supports:** Non-medical staff during office hours

Service or Care Options: Leduc

### LIFESTYLE OPTIONS LEDUC

Lifestyle Options Retirement Communities  
108 West Haven Drive - Leduc  
Phone: 780.818.2042  
Email: ybranicki@lifestyleoptions.ca  
www.lifestyleoptions.ca

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Unit Options:** One bedroom, Two bedroom

**Rent:** Starting at \$2,600

**Deposit:** One month's rent

**Included in rent:** 24-hour staffing, A/C, Access to shuttle, Activities, Heat, Meals, Water

**Features:** Chapel, Courtyard, Exercise programs, Garden, Lounge area, Outings, Recreation, Salon, Security system, Special events, Underground parking, Walking path  
**Supports:** 24/7 on site LPN on call, 24/7 on site healthcare aide, After hours on-call maintenance, Non-medical staff during office hours, Visiting physician

## HOUSING WITH SERVICE OR CARE OPTIONS - SURROUNDING AREAS

Service or Care Options: Leduc

### PLANEVIEW PLACE

Leduc Regional Housing Foundation

5102 52 Ave. Leduc T9E 8P1

Phone: 780.986.2835

Email: [info@leducregionalhousing.ca](mailto:info@leducregionalhousing.ca)

[www.leducregionalhousing.ca](http://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

### TELFORD MEWS

Christenson Communities

41 Athapaskan Dr. Leduc

Phone: 780.394.8233

Email: [telford@cdlhomes.com](mailto:telford@cdlhomes.com)

[www.cdlhomes.com](http://www.cdlhomes.com)

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Units:** Barrier free suites, One Bedroom, Two Bedroom

**Rent:** Starting at \$1995

**Deposit:** N/A

**Included in Rent:** A/C, Activities, Basic cable, Basic utilities, Internet

**Features:** Optional meals, Personal services, In-suite laundry, Full kitchens, Recreation, Dining room, Fitness room, Games room, Whirlpool, Golf simulator, Theatre, Library, Salon, Private community patio, Balconies, Security system fob access, Surface parking, Guest suites.

**Supports:** Non-medical staff during office hours

Service or Care Options: Sherwood Park

### ASTER GARDENS

Optima Living

7 Brower Dr., Sherwood Park T8H 1Y7

Phone: 825.218.0924

Email: [astergardens@optimaliving.ca](mailto:astergardens@optimaliving.ca)

[www.astergardens.ca](http://www.astergardens.ca)

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

**Units:** Studio, Deluxe, One Bedroom, Two Bedroom, Memory Care Studio (private)

**Rent:** Starting at \$3150 (second resident \$800)

**Deposit:** \$2000

**Included in Rent:** Basic utilities, Laundry, Meals, Weekly housekeeping

**Features:** Art Studio, Bistro, Fitness centre, Garden patio, Outings, Performance Space, Rooftop garden, Salon, Spa, Swimming Pool

**Supports:** 24/7 LPN, Visiting physician (weekly), Multiple levels of care including Memory Care

## HOUSING WITH SERVICE OR CARE OPTIONS - SURROUNDING AREAS

Service or Care Options: Sherwood Park

### CHARTWELL EMERALD HILLS

6101 Eton Blvd, Sherwood Park T8H 2R8  
Phone: 587.745.2068  
chartwell.com/ab/sherwood-park/emerald-hills  
**Rent:** Starting from \$3509

Service or Care Options: Sherwood Park

### 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:** Studio, One Bedroom, Two Bedroom  
**Rent:** studio \$3750, small 1 bedroom \$3885, regular 1 bedroom \$4223 (send resident \$800)  
**Deposit:** \$0  
**Included in Rent:** Laundry, Basic utilities, Meals, Weekly housekeeping  
**Features:** Bistro, Chapel, Games room, Internet Lounge, Library, Movie theatre, Beauty Salon, Towel service, Wellness centre  
**Supports:** 24/7 Emergency Call Systems, 24/7 On-Site Clinical Staff, In-House Family Physician, Multiple levels of care including Memory Care (assessment required)

Service or Care Options: Spruce Grove

### ST. MICHAEL'S FENWYCK HEIGHTS

St. Michael's Health Group  
260 Pioneer Rd, Spruce Grove T7X 3W4  
Phone: 780.962.6598  
Email: fenwyckheights@smhg.ca  
www.fenwyckheights.ca  
**Eligibility:** Functionally independent, nonsmoker  
**Pets:** No  
**Smoking:** No  
**Unit Options:** Bachelor, One bedroom, Two bedroom  
**Rent:** Starting at \$1965  
**Deposit:** One month's base rent  
**Included in Rent:** Supper daily, 3 snacks a day, Utilities, Weekly housekeeping, 24 hour staffing, Recreation activities, Homecare services if needed  
**Features:** Outdoor patio & terrace, Salon, Library with computer station, Fitness, Private family dining room & kitchen, Outings, Special events, Security cameras  
**Supports:** 24/7 on site HCA, Non-medical staff during office hours, After hours on call maintenance

### Considering a move?

Check out the *To Move or Not to Move Checklist* and other helpful resources in the Housing section of this Directory.



## HOUSING WITH SERVICE OR CARE OPTIONS - SURROUNDING AREAS

Service or Care Options: St. Albert

### EVERITT GARDENS

Optima Living  
125 Everitt Dr. St. Albert  
Phone: 780.569.2273  
Email: everittgardens@optimaliving.ca  
www.everittgardens.ca

**Eligibility:**

**Pets:** Yes

**Smoking:** No

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

**Rent:** Starting at \$4605 (second resident  
\$800)

**Deposit:** \$0

**Included in Rent:** Weekly housekeeping, Dry  
cleaning pick-up and delivery, Hair salon

**Features:** Chapel, Games room, Library,  
Movie theatre, Pond, Salon, Tuck shop,  
Wellness centre

**Supports:** 24 hour emergency call systems,  
24/7 On-Site Clinical Staff, In-House Family  
Physicians and pharmacy, Multiple levels of  
care including Memory Care (requires  
assessment)

Service or Care Options: St. Albert

### CITADEL VILLAGE

Christenson Communities  
35 Erin Ridge Rd. St. Albert T8N 0G6  
Phone: 780.902.9950  
Email: citadel@cdlhomes.com  
www.cdlhomes.com

**Eligibility:** 55+

**Pets:** Yes

**Smoking:** No

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

**Rent:** Starting at \$1950

**Deposit:** N/A

**Included in Rent:** A/C, Activities, Basic cable,  
Internet, Basic Utilities

**Features:** Optional meals, In-suite laundry,  
Full kitchens, Recreation programs, Dining  
room, Private community patio, Large  
balconies, Security system fob access,  
Guest suites, Close to walking paths

**Supports:** Non-medical staff during office  
hours

## VOLUNTEER WITH US!

Learn new skills, expand your social network, and make a meaningful difference in your community. Volunteer with Sage.

Call 780.701.9014 or visit [www.mysage.ca](http://www.mysage.ca) for more information.



## HOUSING WITH SERVICE OR CARE OPTIONS - SURROUNDING AREAS

Service or Care Options: St. Albert

### CHARTWELL ST ALBERT

20 Hebert Road, St Albert T8N 3Y6  
Phone: 587.805.4574  
chartwell.com/ab/st-albert/st-albert  
Rent: Starting at \$3886

### VENVI RIVER RIDGE

Venvi Living  
78 C McKenney Ave. St. Albert  
Phone: 780.470.3700  
Email:  
Venviliving.com/riverridge  
**Eligibility:** 55+  
**Pets:** Yes  
**Smoking:** Designated areas  
**Unit Options:** Bachelor, One bedroom, Two bedroom  
**Rent:** Starting from \$3,700  
**Deposit:** One month's rent  
**Included in rent:** Access to shuttle, Activities, Basic cable, Internet, Meals, Parking spot, Telephone, Utilities, Weekly housekeeping  
**Features:** Chapel, Exercise programs, Garden, Guest suite, Recreation, Salon, Emergency call bells  
**Supports:** 24/7 LPN on call, 24/7 onsite HCA, Visiting physician

Service or Care Options: Sturgeon County

### WEST COUNTRY HEARTH

West Sturgeon People Aging in Place Foundation  
26504 SH633 Sturgeon County  
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, Salon, Security system, Special events, Walking path

### Let's have a conversation!

If you have skills or knowledge you'd like 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.





Let us welcome you home.™



optimaliving.ca



### Word Search

P G A M E N I G H T  
 A O L N B G J S G D  
 T S X U B P K G A I  
 I F E B N G L D R M  
 O Y C C V U J M D U  
 L Z W P U R R W E T  
 A S V E Z R P S N V  
 R A L T G K I B E E  
 T F M F Y L R T B S  
 C E J R H G L Z Y H  
 L T E I F J U N F M  
 A Y B E C V Z J Y E  
 S C L N D H M W W A  
 S Y F D E O Q F A L  
 F I E L D T R I P S  
 Q G Q Y B N S P V Z  
 N G I I C N E U Q I  
 H A I R S A L O N E  
 H R J R Q S B Y Y M  
 H E A L T H C A R E

SAFETY  
 SECURITY  
 HEALTH CARE  
 NURSES  
 PET FRIENDLY  
 FIELD TRIPS  
 MEALS  
 GAME NIGHT  
 HAIR SALON  
 GARDEN  
 ART CLASS  
 PATIO



Scan for answers!

All these perks and more await you at Optima Living communities.



780-540-2273  
 5149 Mullen Road  
 Edmonton, AB

Independent Living | Supportive Living  
 Private Long-Term Care



780-569-2273  
 125 Everitt Drive  
 St. Albert, AB

Independent Living | Supportive Living



780-465-2273  
 3110 - 22 Avenue  
 Edmonton, AB

Independent Living | Supportive Living | Respite Care



780-432-6900  
 949 Rutherford Road  
 Edmonton, AB

Independent Living | Supportive Living | Memory Care



## St. Andrew's Centre

*Enhancing Living  
 for Seniors 60+ Through  
 Community and Faith!*

- Free Art program for all residents
- Full Service Garden Café
- Student suites and Guest suites available
- Numerous recreation activities
- Farmers Market year round
- Beautiful indoor tropical atrium
- Laundry and housekeeping services available

**Call us at 780-452-4444 to book a tour!**



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**www.standrewscentre.com**

NEWLY RENOVATED RENTALS!



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Affordable Seniors Living  
for Age 65 Years and Older

*Suites  
that Suit  
You*

STARTING FROM  
**\$675**  
PER MONTH

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**11445 - 135 St. NW**

\*Price subject to change



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- ✓ 24 / 7 On-Site Nursing Care
- ✓ 1 & 2 Bedroom Suites
- ✓ Spacious Kitchen
- ✓ Full-Size Fridge & Stove
- ✓ Full Service Restaurant
- ✓ Sunday Brunch
- ✓ Walking Trails Nearby
- ✓ Next to Shopping & Save-On-Foods
- ✓ Premium Suites Available



**Life Enriching Compassionate Care**



**Leasing Inquiries  
(780) 709-0728**



***RosedaleSeniorsLiving.com***

**10101-111 Street NW, Edmonton, AB, T5K 2W4**



RETIREMENT LIVING

**CHRISTENSON**

**SAFE AND SOCIAL COMMUNITIES ACROSS ALBERTA**

**At Christenson**, we understand that each lifestyle is unique, which is why we offer maintenance free living with **optional meals and personal services** at each of our vibrant **independent living** retirement communities.

- Optional Meals & Personal Services
- Full Kitchens, In-Suite Laundry, A/C
- Balconies & Private Courtyard
- Maintenance Free Living
- Onsite Amenities, Social & Recreation Programs
- Underground Parking\*

\* At some locations

**CDLhomes.com**





# Welcome Home

Affordable & Active Community  
Independent Living

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## Now Renting Studio, 1 bdr, 2 bdr & Lodge Suites!

Starting at  
\$1,670/  
month!\*



### Kensington Village

12603-135 Avenue NW  
Edmonton, AB

Starting at  
\$1,670/  
month!\*



### Millwoods Manor

6640-28 Avenue NW  
Edmonton, AB

Starting at  
\$1,750/  
month!\*



### Southside Manor

10751-29 Avenue NW  
Edmonton, AB

Housekeeping and laundry  
services available!

### Be a part of a thriving community

- Independent living
- Immediate availability
- Christian community
- \*Rents include a \$218/month base meal program

- Newly renovated suites
- Located near shopping, parks, and recreation
- Beautiful courtyards/ gardens

- Amenities: games room, recreation, dining rooms, hair salon, gym, library, clubhouse, private movie theatre



Independent Living by:  
SHEPHERD'S  
CARE  
FOUNDATION



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[www.shepherdsgardens.ca](http://www.shepherdsgardens.ca)

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BOOK A TOUR WITH HOLLY!  
[hsinclair@shepherdsgardens.ca](mailto:hsinclair@shepherdsgardens.ca)

## SENIORS LODGES: EDMONTON

Seniors lodges typically offer single and double bedroom/sitting rooms, meals, housekeeping, recreational opportunities and other services for seniors who are functionally independent, with or without the help of home and community care.

Seniors lodges may be operated by private or not-for-profit 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 124).

Lodges are listed first by area of city (see Area Map page 126) and then alphabetically by building name. Listings in surrounding communities follow those in Edmonton.

\*Rental prices are subject to change - always confirm details with management.



**I HAVE WHAT I  
NEED - AN  
AFFORDABLE  
ROOM IN A PLACE  
WHERE MEALS AND  
HOUSEKEEPING ARE  
PROVIDED.**

A 77 year old single woman  
living in a seniors' lodge.

## SENIORS LODGES: EDMONTON

### Seniors Lodge: Central

#### EDMONTON CHINESE SENIORS LODGE

9550 102 Ave. NW T5H 4A8  
Phone: 780.413.1639  
Email: info@cemedmonton.com  
www.cbacsmosedmonton.com  
**Eligibility:** 55+  
**Pets:** No  
**Smoking:** No  
**Units:** Single  
**Rent:** Rent Geared to Income (30%)  
**Deposit:** One month's rent  
**Included in Rent:** Utilities, Meals, Weekly housekeeping, Emergency call system  
**Features:** Recreation, Games, Fitness programs, Exercise equipment  
**Supports:** 24 hour onsite staff, Secure building

#### 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+ (Income criteria required)  
**Pets:** May be accommodated  
**Smoking:** Designated areas  
**Units:** Bachelor  
**Rent:** 30% of gross monthly income plus support service fee  
**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. Mobility accessible suites available.

### Seniors Lodge: Central

#### MCCAULEY LODGE

Operation Friendship Seniors Society  
9520 108 Ave. NW T5H 4G2  
Phone: 780.429.2626  
Email: info@ofss.org  
www.ofss.org  
**Eligibility:** 55+  
**Pets:** No  
**Smoking:** In suites only  
**Units:** Bachelor  
**Rent:** \$1070  
**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 & HCA: 7am-11pm daily

#### SPARLING LODGE

Operation Friendship Seniors Society  
9540 110 A Ave. NW T5H 4L1  
Phone: 780.429.2626  
Email: info@ofss.org  
www.ofss.org  
**Eligibility:** 55+  
**Pets:** No  
**Smoking:** In suites only  
**Units:** Bachelor  
**Rent:** 30% of monthly income, + food (\$450), + 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 & HCA: 7am-11pm daily



## SENIORS LODGES: EDMONTON

### 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+, (Income criteria required)

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/room, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events. Mobility accessible suites available.

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

#### 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+, Income criteria

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/ room, Garden, Lounge area, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

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

### 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+, Income criteria

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/room, Lounge area, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

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

## SENIORS LODGES: EDMONTON

### 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+ (Income criteria required)

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen Service

**Features:** Computer stations, Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation room, Salon, Security system, Social recreation, Special events. Mobility accessible suites available.

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

#### VIRGINIA PARK LODGE

GEF Seniors Housing  
11033 76 St. NW T5B 4T2  
Phone: 780.479.2403  
Email: housing@gef.org  
www.gef.org

**Eligibility:** 65+, Income criteria

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/ room, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

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

### Seniors Lodge: Southwest

#### PLEASANTVIEW PLACE LODGE

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

**Eligibility:** 65+, (Income criteria required)

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/room, Lounge area, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

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

## SENIORS LODGES: EDMONTON

### Seniors Lodge: Southwest

#### QUEEN ALEXANDRA PLACE LODGE

GEF Seniors Housing  
10825 77 Ave. NW T6E 6C5  
Phone: 780.433.5165  
Email: housing@gef.org  
www.gef.org

**Eligibility:** 65+, Income criteria

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

**Features:** Computer stations, Courtyard, Exercise programs/room, Lounge area, Outings, Recreation, Salon, Security system, Special events, In-suite laundry, Parking available for fee

**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+, Income criteria

**Pets:** May be accommodated

**Smoking:** Designated areas

**Units:** Single, Double

**Rent:** 30% of gross monthly income plus support service fee

**Deposit:** Starting at \$350

**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping & Linen service

**Features:** Computer stations, Courtyard, Exercise programs/room, Lounge area, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

**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 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). 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:** Chapel, Computer stations, Courtyard, Exercise programs/ room, Lounge area, Outings, Recreation, Salon, Security system, Special events. Mobility accessible suites available.

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

## SENIORS LODGES: SURROUNDING AREAS

### Seniors Lodge: Fort Saskatchewan

#### DR. TURNER LODGE

Heartland Housing Foundation  
9422 94 Ave. Fort Saskatchewan  
Phone: 780.998.3321  
Email: info@heartlandhousing.ca  
www.heartlandhousing.ca

**Eligibility:** 65+

**Pets:** No

**Smoking:** Outdoor designated area

**Units:** Bachelor

**Rent:** Rent is geared to income at 30% plus the Lodge Service package (starts at \$927)

**Deposit:** \$400

**Included in Rent:** 24-hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping

**Features:** Chapel, Courtyard, Exercise, Garden, Lounge area, Outings, Recreation, Salon, Security system, Special events, Walking path

**Supports:** Non-medical staff during office hours

### Seniors Lodge: Gibbons

#### SPRUCE VIEW MANOR

Homeland Housing  
4539 49 St. Gibbons T0A 1N0  
Phone: 780.923.3330  
Email:  
www.homelandhousing.ca

**Eligibility:** 65+ (may consider younger ages)

**Pets:** No

**Smoking:** No

**Units:** Bachelor

**Rent:** Geared to Income at 30% + Service package approx. \$918

**Deposit:** None

**Included in Rent:** 24-hour staffing, Access to shuttle, Activities, Basic cable, Basic utilities, Meals, Weekly housekeeping

**Features:** Courtyard, Exercise programs, Outings, Recreation room, Salon, Security system, Social recreation, Special events  
**Supports:** Non-medical staff during office hours, Visiting physician, Other

### Seniors Lodge: Morinville

#### HERITAGE PLACE LODGE

Homeland Housing  
10015 101 Ave. Morinville T8R 1M2  
Phone: 780.939.3212  
Email:

www.homelandhousing.ca

**Eligibility:** 65+

**Pets:** No

**Smoking:** Designated areas

**Units:** Bachelor

**Rent:** Geared to Income at 30% + Service package

**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 LODGES: SURROUNDING AREAS

### 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 at 30% +  
Lodge Service Package (starts at \$900)

**Deposit:** \$400

**Included in Rent:** 24-hour staffing, Activities,  
Basic utilities, Meals, Weekly housekeeping

**Features:** Chapel, Courtyard, Exercise  
programs/ room, Garden, Lounge area,  
Outings, Recreation, Salon, Security system,  
Special events, Walking path

**Supports:** Non-medical staff during office  
hours

**Rent:** Studio suites are rent-geared-to-  
income at 30% plus Lodge Service Package  
(starts at \$979). One Bedroom:  
\$2,884-\$2,987. Two Bedroom:  
\$3,090-\$3,193.

**Deposit:** \$400 for studio, \$1,500 for one / two  
bedroom

**Included in Rent:** 24-hour staffing, Activities,  
Basic utilities, Meals,

**Features:** Chapel, Courtyard, Exercise,  
Garden, Lounge area, Outings, Recreation,  
Salon, Security system, 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 T8H 2C4  
Phone: 780.400.3600

Email: info@heartlandhousing.ca

www.heartlandhousing.ca

**Eligibility:** 65+

**Pets:** No

**Smoking:** Outdoor designated area

**Units:** Bachelor, One Bedroom

**Rent:** Rent geared to income at 30% +  
Lodge Service package (starts at \$850)

**Deposit:** \$400

### 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:** Outdoor designated area

**Units:** Bachelor, One Bedroom, Two  
Bedroom



## SENIORS LODGES: SURROUNDING AREAS

Seniors Lodge: St. Albert

### CHATEAU MISSION COURT

Homeland Housing

34 Mission Ave. St. Albert T8N 1H8

Phone: 780.458.7445

Email:

[www.homelandhousing.ca](http://www.homelandhousing.ca)

**Eligibility:** 65+

**Pets:** No

**Smoking:** Designated areas

**Units:** Bachelor

**Rent:** Geared to Income at 30% + 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



# THANK YOU!

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

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



**OUR VISION IS A COMMUNITY**  
where all seniors are valued and have the  
opportunity to live according to their  
beliefs, abilities, and aspirations.

780.423.5510  
[www.mysage.ca](http://www.mysage.ca)

## SENIORS LODGES: SURROUNDING AREAS

### Seniors Lodge: Stony Plain

#### FOREST RIDGE PLACE

Meridian Housing Foundation  
5303 47 St. Stony Plain  
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:** \$575/\$625  
**Included in Rent:** 24 hour staffing, Activities, Basic utilities, Meals, Weekly housekeeping  
**Features:** Barrier free suites, Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation, Salon, Special events, Walking path

### Seniors Lodge: Stony Plain

#### WHISPERING WATERS MANOR

Meridian Housing Foundation  
5303 47 St. Stony Plain  
Phone: 780.963.2149  
Email: MHFadmin@meridianfoundation.ca  
www.meridianhousingfoundation.ca  
**Eligibility:** 65+  
**Pets:** No  
**Smoking:** Designated areas  
**Units:** Bachelor, Barrier free suites  
**Rent:** Starts at \$1590  
**Deposit:** \$575  
**Included in Rent:** 24-hour staffing, Activities, Meals, Utilities, Weekly housekeeping  
**Features:** Courtyard, Exercise programs, Games, Lounge area, Outings, Recreation, Salon, Special events, Walking path



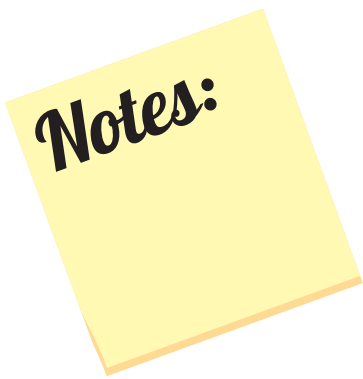
Go online for your free "Guide to Touring a Seniors Community."

**A FREE SERVICE**

### Simplify your seniors living search.

Save time and skip the hassle of visiting numerous senior communities. Suitebird connects you with a local expert who understands your needs and helps you find the perfect senior living option. Contact Suitebird today!

 Suitebird 780.719.6569 | suitebird.ca



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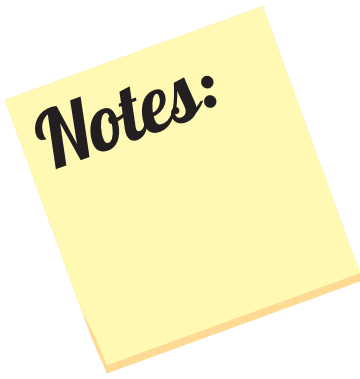
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## ALBERTA CONTINUING CARE

Continuing Care is made up of three main levels: Home Care, Type B care (formerly Designated Supportive Living - DSL) and Type A care (formerly Long Term Care). To get started, you need an AHS Case Manager. *See also Health Services: Continuing Care Pg 52*

	<b>Home Care</b>	<b>Type B</b> (formerly DSL)	<b>Type A</b> (formerly Long-Term Care)
<b>What is it?</b>	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” A Licensed Practical Nurse is on site 24/7 for assessment and/or treatments.	Designed specifically for individuals with complex, unpredictable medical needs who require 24 hour onsite Registered Nurse assessment and/or treatment
<b>Who is it for?</b>	Albertans with a valid healthcare card, 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 a Type B care home.
<b>Who provides care?</b>	Home care providers, the client and family/ caregivers are all active partners of the care team	Health Care Aides and one Licensed Practical Nurse are onsite 24-hours a day; scheduled allied health support is available if required.	Registered Nurses, Licensed Practical Nurses, Health Care Aides, and other healthcare professionals depending on your needs

Source: [www.albertahealthservices.ca](http://www.albertahealthservices.ca) What is Continuing Care?

## CONTINUING CARE HOME TYPE B

Formerly Designated Supportive Living (DSL)

Type B continuing care living services are provided by Alberta Health Services and are available once you or your loved one have contacted and been assessed by a Case Manager. Type B continuing care homes are for people with various levels of medical needs who are unable to remain safely in supportive living accommodations or in their homes.

Residents of Type B continuing care homes receive:

- accommodation
- meals
- access to 24-hour on-site scheduled and unscheduled personal care and support services from health care aides and/or licensed practical nurses

Type B Secure Space, formerly Designated Supportive Living 4 – Dementia (DSL4D), is an environment which provides a purposeful home-like design with small groupings of private bedrooms and associated spaces with security features (i.e., secured spaces) available for those living with advanced dementia requiring a secure environment.

Type B Continuing Care Home 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.

A list of current options will be provided to you once assessed by an AHS Case Manager.

You can also search the Continuing Care Facility Directory: [www.albertahealthservices.ca/cc/page15328.aspx#ccfd](http://www.albertahealthservices.ca/cc/page15328.aspx#ccfd)

Once assessed, clients may express their preferences of site locations. Depending on urgency of relocation, preferences may or may not be able to be accommodated.

### **Accommodation Charges:**

Residents are responsible for the cost of accommodation or rent in Type B Continuing Care Homes, 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.

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.

## 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.

Publicly funded long term care in Alberta is now called Continuing Care Type A (formerly long-term care, nursing homes or auxiliary hospitals). Access requires assessment by an Alberta Health Services (AHS) Case Manager.

- Health care aides are onsite 24 hours a day to provide support and personal care according to your care plan
- Registered nurses onsite to support care needs.
- Depending on the needs of the resident, other healthcare professionals such as occupational therapist, pharmacist, recreational therapist, etc.) are available
- Medical care is provided by either the resident's physician/nurse practitioner or a site designated physician/nurse practitioner that visits the site regularly.

### **Accommodation charges:**

The maximum resident accommodation charge in continuing care homes is set by the Alberta government. All continuing care homes provide 24-hour publicly funded health and personal care support on-site.

Note: There are also now some private pay long term care options (listings included in Housing with Care or Service Options) in which clients assume full responsibility for the care and accommodation portions of the costs associated with care provision. Eligibility criteria for these options is directly defined by each independent provider.



A woman in her 80's who's health has declined and become more complex. She has moved into a long term care facility.

## LONG TERM CARE FACILITIES

The following long term care homes are licensed as Continuing Care Homes Type A:

### **AgeCare Jasper Place**

8903 168 St. NW T5R 2V6  
Phone: 780.489.4931

### **AgeCare Miller Crossing**

14251 50 St. NW T5A 5J4  
Phone: 780.478.9212

### **AgeCare South Terrace**

5905 112 St. NW T6H 3J4  
Phone: 780.434.1451

### **Allen Gray Continuing Care Centre**

5005 28 Ave. NW T6L 7G1  
Phone: 780.469.2371

### **Benevolence Care Centre**

9810 B 165 St. NW T5P 3S7  
Phone: 780.540.9289

### **CapitalCare Dickinsfield**

14225 94 St. NW T5E 6C6  
Phone: 780.371.6500

### **CapitalCare Grandview**

6215 124 St. NW T6H 3V1  
Phone: 780.496.7100

### **CapitalCare Kipnes Centre for Veterans**

4470 McCrae Ave. NW T5E 6M8  
Phone: 780.442.5700

### **CapitalCare Lynnwood**

8740 165 St. NW T5R 2R8  
Phone: 780.341.2300

### **CapitalCare Strathcona**

12 Brower Drive, Sherwood Park T8H 1V3  
Phone: 780.467.3366

### **Citadel Care Centre**

25 Erin Ridge Road, St. Albert T8N 7K8  
Phone: 780.458.3044

### **Devon General Hospital**

101 Erie St. S, Devon T9G 1A6  
Phone: 780.342.7000

### **Devonshire Care Centre**

1808 Rabbit Hill Road NW T6R 3H2  
Phone: 780.665.8050

### **Edmonton General Continuing Care Centre**

11111 Jasper Ave. T5K 0L4  
Phone: 780.342.8000

### **Extendicare Eaux Claires**

16503 95 St. NW T5Z 0G7  
Phone: 780.472.1106

### **Extendicare Holyrood**

8008 95 Ave. NW T6C 2T1  
Phone: 780.469.1307

### **Extendicare Leduc**

4309 50 St.  
Leduc T9E 6K6  
Phone: 780.986.2245

### **Foyer Lacombe**

1 St. Vital Ave.  
St. Albert T8N 1K1  
Phone: 780.544.2100

### **Gene Zwozdesky Centre at Norwood**

10508 111 Ave. T5G 0B9  
Phone: 587.460.3814

## LONG TERM CARE FACILITIES

### **Good Samaritan Dr. Gerald Zetter Care Centre**

9649 71 Ave. NW T6E 5J2  
Phone: 780.431.3600

### **Good Samaritan Mill Woods Care Centre**

101 Youville Drive E. T6L 7A4  
Phone: 780.413.3501

### **Good Samaritan Southgate Care Centre**

4225 107 St. NW T6J 2P1  
Phone: 780.431.3854

### **Good Samaritan Stony Plain Care Centre**

4800 55 Ave.  
Stony Plain T7Z 1P9  
Phone: 780.963.2261

### **Hardisty Care Centre**

6420 101 Ave. NW T6A 0H5  
Phone: 780.466.9267

### **HoSome Place**

5836 Mullen Place NW T6R 0X3  
Phone: 780.429.0888

### **Jubilee Lodge Nursing Home**

10333 76 St. NW T6A 3A8  
Phone: 780.469.4456

### **LeeCaring Communities - Edmonton Chinatown Care Centre**

9539 102A Ave. NW T5H 0G2  
Phone: 780.429.0888

### **Rivercrest Care Centre**

10104 101 Ave.  
Fort Saskatchewan T8L 2A5  
Phone: 780.998.2425

### **Salem Manor Nursing Home**

4419 46 St.  
Leduc T9E 6L2  
Phone: 780.98.8654

### **Shepherd's Care Eden House**

2759 109 St. T6J 5S4

### **Shepherd's Care Kensington**

12603 135 Ave. NW T5L 5B2  
Phone: 780.447.3840

### **Shepherd's Care Millwoods**

6620 28 Ave. NW T6K 2R1  
Phone: 780.463.9810

### **Sherwood Care**

2020 Brentwood Boulevard N  
Sherwood Park T8A 0X1  
Phone: 780.467.2282

### **St. Joseph's Auxiliary Hospital**

10707 29 Ave. T6J 6W1  
Phone: 780.430.9110

### **St. Michael's Long Term Care Centre**

7404 139 Ave. NW T5C 3H7  
Phone: 780.473.5621

### **Touchmark at Wedgewood**

18333 Lessard Road T6M 2Y5  
Phone: 780.577.5000

### **Venta Care Centre**

13525 102 St. NW T5E 4K3  
Phone: 780.476.6633

### **WestView Health Centre - Stony Plain**

4405 South Park Drive  
Stony Plain T7Z 2M7  
Phone: 780.968.3600

### **Youville Home**

9A St. Vital Ave.  
St. Albert T8N 1K1  
Phone: 780.460.6900





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# LIFE CAN BE HARD. FINDING HELP CAN BE EASY.

Dial 2-1-1 to find help  
for all of life's challenges.



## SUPPORTIVE LIVING INFORMATION CHECKLIST

Sage has created a checklist to help you investigate residential facilities that may provide the accommodation and services you need. The checklist is also available at [www.mysage.ca/help/housing](http://www.mysage.ca/help/housing) or by request at Sage.

We've included key areas and issues important for a successful relocation. With several facility options in the community, collecting and comparing information can be overwhelming. This checklist will help you gather all the necessary details.

To simplify your search, we suggest you:

1. Choose a location with good access to services, amenities, and family support.
2. Identify any essential services or activities (ex. place of worship, gardening, library).
3. Use the checklist to formulate questions to avoid future issues after moving in.
4. Contact the buildings of interest to schedule tours of the facilities and suites.
5. During tours, ask the manager any questions relevant to your situation—there's no need to cover everything.
6. Use a separate checklist for each building.
7. After touring, compare your completed checklists.
8. Eliminate facilities that don't meet your criteria.
9. Make an informed decision for your new home.

### BUILDING DETAILS

Facility Name: \_\_\_\_\_

Manager's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Fax: \_\_\_\_\_

Website: \_\_\_\_\_

#### Pre-admission requirements:

Application Form    Medical    Deposit Amount: \$ \_\_\_\_\_

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: \_\_\_\_\_

**Appliances available at extra cost:**

Refrigerator \$ \_\_\_\_\_ Dishwasher \$ \_\_\_\_\_  
Washer \$ \_\_\_\_\_ Stove/Oven \$ \_\_\_\_\_  
Microwave \$ \_\_\_\_\_ Dryer \$ \_\_\_\_\_  
Other \$ \_\_\_\_\_

Kitchen layout: \_\_\_\_\_ (ex. open design, galley, u-shape)

Type of countertops: \_\_\_\_\_ Appliance finish: \_\_\_\_\_

Stove type:                      Electric                      Gas                      Induction

**Bathrooms**

Standard shower    Curbless shower    Standard tub    Grab bars included

**Living Areas**

Fireplace:                      Yes    No                      Balcony:                      Yes    No

Type of flooring in suite: (Carpet, tile, hardwood, linoleum)

Entrance: \_\_\_\_\_ Hallway: \_\_\_\_\_

Living room: \_\_\_\_\_ 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:**

Salon/barber shop    Chapel                      Library                      Mail drop

Computer, internet and e-mail facilities

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

Limitations (type and number): \_\_\_\_\_

Is there an additional charge for pets? No Yes \$ \_\_\_\_\_

## FOOD

Dietician available on site? Yes No Cafeteria: Yes No

Dining room: One More than one Private dining room available

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:

# of Breakfasts/month: \_\_\_\_\_ at \$ \_\_\_\_\_

# of Lunches/month: \_\_\_\_\_ at \$ \_\_\_\_\_

# of Dinners/month: \_\_\_\_\_ at \$ \_\_\_\_\_

# of Sitings/main meal: \_\_\_\_\_

# of entrees offered at main meal: \_\_\_\_\_

Meal service to room when necessary? Yes No Cost \$ \_\_\_\_\_

What is the policy for paying for meals during prolonged absences  
(adjustment refund)? \_\_\_\_\_

Will special diets be accommodated (diabetic, kosher, vegetarian, ethnic)

Yes No If Yes, what diets? \_\_\_\_\_

What is the usual charge for guests? Lunch: \$ \_\_\_\_\_ Dinner: \$ \_\_\_\_\_

Will guests' special diets be accommodated? Yes No

## SERVICES

Cleaning of Apartment: Frequency \_\_\_\_\_ per \_\_\_\_\_ Cost \$ \_\_\_\_\_

Recycling Facilities? Yes No If Yes, where? \_\_\_\_\_

Garbage Disposal on each floor? Yes No

Laundry Service:

Change Linen \_\_\_\_\_ Frequency \_\_\_\_\_ per \_\_\_\_\_ Cost \$ \_\_\_\_\_

Personal Laundry \_\_\_\_\_ Frequency \_\_\_\_\_ per \_\_\_\_\_ Cost \$ \_\_\_\_\_

On-Site Banking Services: Yes How often? \_\_\_\_\_ No

Dry cleaning pick up and delivery: Yes How often? \_\_\_\_\_ No

Additional services:

Assistance/Transporting to meals Yes Cost \$ \_\_\_\_\_ No

Other (specify) \_\_\_\_\_ Cost \$ \_\_\_\_\_

**Smoking:**

Not Permitted      Permitted If permitted, where: \_\_\_\_\_

**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				
Size (Sq Ft / Sq Mt)				
Damage Deposit				
Rent or Condo Fees				

***Ask for a Brochure showing floor plans***

Utilities:    Included in rent      Not Included in rent \$ \_\_\_\_\_

Air Conditioning included?      Yes    No

If not, window or stand alone units permitted?      Yes    No

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: \_\_\_\_\_

**Kitchen**

Appliances included in base cost:

Refrigerator    Stove/Oven    Dishwasher    Microwave    Washer    Dryer



## 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

Number of Professional Staff: RNs \_\_\_\_\_ LPNs \_\_\_\_\_ PCAs \_\_\_\_\_

Recreation Therapists: \_\_\_\_\_ Other: (specify) \_\_\_\_\_

Doctor available on site? Yes Frequency of Visits: \_\_\_\_\_ No

Dentist available on site? Yes Frequency of Visits: \_\_\_\_\_ No

Podiatrist (foot care)? Yes Frequency of Visits: \_\_\_\_\_ No

Pharmacy on site? Yes No

Who arranges Home Care? On-site health professional Resident

Does the building have a contract with Alberta Health Services for Home care?

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 \_\_\_\_\_

Is there a charge for calling an ambulance? Yes Cost \$ \_\_\_\_\_ No

If health deteriorates, how is the decision made for re-location? \_\_\_\_\_

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## TRANSPORTATION

How close is the nearest bus stop? \_\_\_\_\_ How close is the LRT? \_\_\_\_\_

Transportation provided 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 \_\_\_\_\_ Cost \$ \_\_\_\_\_

Destinations \_\_\_\_\_

Restrictions \_\_\_\_\_

## 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

### Activity Frequency

_____	_____
_____	_____
_____	_____

Is there a charge for participation?      Yes      Cost \$ \_\_\_\_\_      No

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

If Yes, is transportation provided?      Yes      Cost \$ \_\_\_\_\_      No

Is there a Program Coordinator/Recreation Therapist?      Yes      No

Qualifications: \_\_\_\_\_      Hours per week: \_\_\_\_\_

## SECURITY

Daily checks on clients?      Yes By whom? \_\_\_\_\_      No

Type of door locks in units? (Key, number pad, electronic card) \_\_\_\_\_

Is there video surveillance in the lobby?      Yes      No

Can the resident view who is at the front door on their TV?      Yes      No

Is there security staff / concierge on site?      Yes # 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			
BUILDING FEATURES	Meal Plan	pay per			
	# of Meals	up to 3			
	Security System	✓			
	Exercise Rooms	✓			
	Activity Rooms	✓			
	Swimming Pool				
	Visitor Parking	✓			
	Personal Care Options	✓			
	Air Conditioning	✓			
	Transportation	once/wk			
	Housekeeping Services				
OTHER	Laundry Facilities	in-suite			
	Part of a larger facility?				
	More details on Directory page #				
	COMMENTS	hairdresser, pedicure by appt.			

## LIST OF SENIORS' HOUSING WHERE RENT IS GEARED TO INCOME

Rent geared to income (RGI) is when rental rates, subsidized by the provincial government, are set to a percentage of your gross monthly family income (usually 30%). RGI apartment sizes are typically bachelor and one bedroom. See individual housing listings for more details.

**IN EDMONTON BY AREA** (See Area Map on page 126):

### 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	9550 102 Ave. NW	780.429.2146
Edmonton Chinese Seniors Lodge	9550 102 Ave. NW	780.413.1639
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	9540 110 A Ave. NW	780.429.2626
St. Josephat's Seniors Residence	9637 108 Ave. NW	780.472.4545
Ukrainian Dnipro Seniors	11030 107 St. NW	780.476.1470

### NORTHEAST

Avenwood Corner	11909 88 St. NW	780.479.6232
Barvinok Seniors Apartments	3625 116 Ave. NW	780.472.4545
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 NW	780.479.2403
Virginia Park Lodge	11033 76 St. NW	780.479.2403
Viselka	11415 86 St. NW	780.476.1470



## **NORTHWEST**

Alliance Villa	12620 109A Ave. NW	780.476.1470
Calder Place	12934 119 St. NW	780.476.1470
Groat House Apartments	12627 Stony Plain Rd. NW	780.455.9374
Kensington Court Lions Village	13120 125 St. NW	780.257.2519
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
Rosslyn Apartments	10819 134 Ave. NW	780.473.2915
Rosslyn Place Lodge	10915 134 Ave. NW	780.473.2915
Rosslyn Terrace	13311 109 St. NW	780.473.2915

## **SOUTHWEST**

Father Hannas Seniors' Apartments	10809 70 Ave. NW	780.472.4545
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
St. Nicholas Seniors Home	5619 98 Ave. NW	780.472.4545
Strathcona Place	7720 108 St. SW	780.433.7192

## **SOUTHEAST**

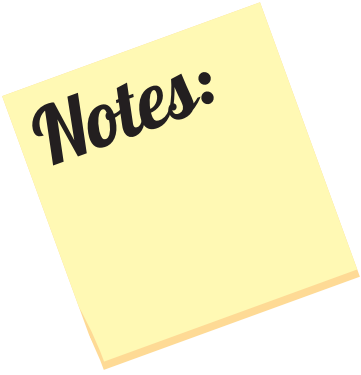
Bateman Manor	9923 90 Ave. NW	780.439.4733
Bethany Senior Citizens Home	9920 83 Ave. NW	780.482.6561
Bethel Seniors Residence	7728 82 Ave. NW	780.476.1470
Central Baptist Manor	9403 95 Ave. NW	780.476.1470
Gateway Manor	4215 102 Ave. SE	780.466.0038
Grace Garden Court	6303 104 Ave. NW	780.469.4530
Manoir 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

## WEST

Britannia Gardens	10142 157 St. NW	780.489.4698
Canora Gardens	10160 151 St. NW	780.483.1715
Chinese Alliance Manor	9312 149 St. NW	780.476.1470
Ortona Villa	10421 142 St. NW	780.476.1470
Westlawn Courts	9908 165 St. NW	780.484.7509

## 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	587.596.0580
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
Grove Manor	600 King St. Spruce Grove	780.962.6672
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
St Michael's Fenwyck Heights	260 Pioneer Rd. Spruce Grove	780.962.6598
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



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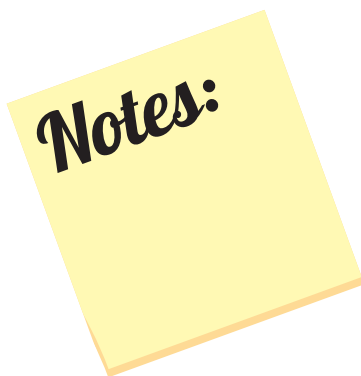
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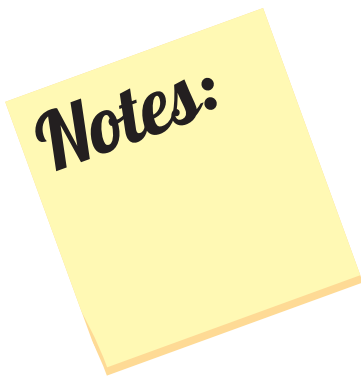
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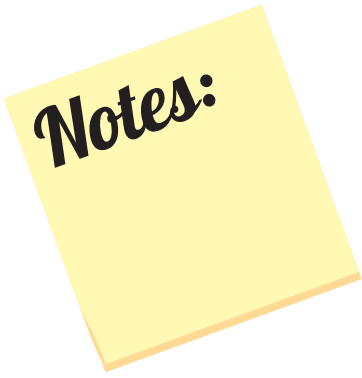
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