

Seniors Resource Directory

▶ Your guide to local resources



Your community, your guide

This directory provides seniors and their caregivers information on the various programs, services and activities available in Strathcona County to support older adults.

Information is available on a wide range of topics such as home supports, social and recreational activities, program subsidies, health services, and respite and caregiver supports.

Why?

The development of the Older Adults Plan was recommended in the 2007 Social Sustainability Framework.



In 2009, Strathcona County set out goals and strategies focusing on meeting current and anticipated needs of older adults over the next 15 years.

One goal is to ensure older adults receive clear, user-friendly information about services and programs in a variety of formats.

View the Older Adults Plan at www.strathcona.ca/seniors.

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Community Supports & Services

Strathcona County Family & Community Services

780-464-4044

www.strathcona.ca/fcs

- ▶ Offers a range of programs and services for older adults living in Strathcona County:

Caregiver Circle of Support

780-464-4044

- ▶ Support group for people who are care giving for an aging parent, relative or loved one.
- ▶ Provides an opportunity for caregivers to share their experiences and learn from one another in a relaxing, supportive environment.
- ▶ Participation is flexible, caregivers can attend on a regular basis or drop in when possible.

Snow Busters & Lawn Busters

780-464-4044

- ▶ **Snow Busters** matches eligible seniors with volunteers who will help them clear snow from their walkways and driveways.
- ▶ **Lawn Busters** matches eligible seniors with volunteers who will help mow their lawns.
- ▶ To register for either program, seniors must meet the following criteria and be:
 - a Strathcona County resident aged 65 or over
 - physically unable to mow the grass/shovel snow
 - have an annual income not exceeding \$24,000 for an individual or \$39,000 for a couple

Strathcona County Family & Community Services

Seniors Outreach Program

780-464-4044

- ▮ Provides information, emotional supports, advocacy and referrals to assist seniors and their families with issues relating to social isolation, emotional well being, housing, finances, family relationships, abuse and grief and loss.
- ▮ Seniors Outreach Worker visits with seniors in their home.

Home Support Services

780-464-4044

- ▮ Provides in-home health and support services to residents who are experiencing health related difficulties, such as chronic or acute health conditions or recovery from surgery.
- ▮ Services are provided by Health Care Aides and Homemakers and may include: assistance with personal care, treatments and medications; caregiver relief and light housekeeping.
- ▮ Fees are based on net family income and range from \$6.25 to \$15.75 per hour.

Counselling Services

780-464-4044

- ▮ Provides individual, family and/or couples counselling.
- ▮ Some reasons for accessing counselling include life transitions, relationship issues, isolation, anxiety, stress management, grief and loss, and family conflict.
- ▮ Counselling fees are based on net family income and range from \$10 to \$90 per session. Call for an appointment.

A Safe Place

780-464-7233

www.asafeplace.ca

- ▶ Emergency shelter located in Sherwood Park for women and children experiencing domestic violence or under the threat of abuse up to a maximum of 21 days.

Strathcona County Community Mediation Society

780-464-8445

www.sccm.ca

- ▶ Provides a safe place for people to discuss and explore how to resolve a conflict.
- ▶ Types of disputes include neighbourhood issues, family issues, community groups, or your unique problem.
- ▶ Free, confidential and voluntary service.

Information and Volunteer Centre for Strathcona County

780-464-4242

780-464-4265 - Seniors information and referral line

www.ivcstrathcona.org

100 Ordze Road, Sherwood Park

- ▶ Operates the Strathcona County Seniors Information and Referral Line.
- ▶ Provides information on community resources, activities and volunteer opportunities.
- ▶ Offers a variety of printed resources of interest to seniors.

Robin Hood Association

780-640-9401

www.robinhoodassoc.com

- ▶ Provides services to people with developmental disabilities including respite, social, recreational and vocational opportunities.

Saffron Centre Ltd

780-449-0900

www.saffron-ssac.com

- ▶ Provides one to one counselling and therapeutic services for victims of trauma, abuse and/or sexual violence.

RCMP Strathcona County Detachment

Community Policing

780-467-7749

www.strathcona.ca

911 Bison Way, Sherwood Park

- ▶ Coordinates Citizen's On Patrol and Crime Watch Association.
- ▶ Offers Wise Owl, a fraud prevention program providing information to older adults on telemarketing, renovation and consumer fraud.
- ▶ Victim Services provides immediate support, information and agency referral to victims of crime and trauma.

Health & Wellness

Health First Strathcona

780-449-5380

140, 80 Chippewa Road, Sherwood Park

Hours: Sunday – Saturday, 5:30 p.m. – 1 a.m.

- ▶ Provides after hours care for non-emergency illness and injuries that cannot wait, such as asthma, sprains and broken bones.
- ▶ Patients are encouraged to follow up with their family doctors for on going care.

Seniors' Clinic

780-416-6555

- ▶ Comprehensive assessment of conditions such as memory loss, falls, and functional decline.
- ▶ Referral required from physician, Home Care or health care professional.

Primary Care Network

780-410-8000

- ▶ Network of health care professionals who provide complex care and chronic disease management, mental health care and links to specialists, referral required from family physician.

Strathcona County Health Centre

780-342-4600

2 Brower Drive, Sherwood Park

- ▶ Provides the immunization program; vaccines for specific chronic health conditions and annual influenza immunization clinics.

Home Care

Alberta Health Services

780-496-1300 - Community Care Access

- ▶ Provides community based health services.
- ▶ Services provided based on need in collaboration with the client and caregiver.
- ▶ May include professional services such as nursing, occupational therapy, physical therapy or support services such as personal care.
- ▶ Some equipment may be available for short term loan such as bathroom aids, walkers and wheelchairs.

Adult Day Support Program

Alberta Health Services

- ▶ Wellness programs for adults who are unable to access other seniors programs due to physical or cognitive conditions.
- ▶ For adults who live in their own home, with family or in a seniors complex that is not funded by Alberta Health Services.
- ▶ Self refer or referrals accepted from Home Care, family doctor or health professional.

Sherwood Park Adult Day Support Program

780-886-7678

- ▶ Provides structured recreation, socialization, wellness education, physical activity and a nutritional meal.

Strathcona Care Adult Day Support Program

780-496-1300

- ▶ Provides nursing services, physical therapy, occupational therapy and assistance with personal care.

Alberta Health Services, Addiction & Mental Health

780-449-3468

1-866-332-2322 - Help Line (24 hours)

14 Blackfoot Road, Sherwood Park

- ▶ Specializes in **addictions**.
- ▶ Assessment, counselling, support and referral services for alcohol, other drug including prescription and gambling addictions.
- ▶ Confidential services, free of charge.

Alberta Health Services, Addiction and Mental Health

780-342-4675

2 Brower Drive, Sherwood Park

- ▶ Specializes in **mental health**.
- ▶ Provides services for individuals dealing with significant life stressors, depression or anxiety, including persistent mental health challenges.

Walk-In Clinics

Brentwood Walk-In Medical Clinic

780-467-0083

78 Athabasca Avenue, Sherwood Park

Sherwood Park Medicentre

780-467-4717

9, 101 Bremner Drive, Sherwood Park (in Rexall Store)

Housing Directories & Property Taxes

Strathcona County

Information and Volunteer Centre for Strathcona County

780-464-4242

www.ivcstrathcona.org

- ▶ Listing of seniors housing in Strathcona County.
- ▶ Listing of rental accommodations.

Edmonton and Surrounding Areas

SAGE - Seniors Association of Greater Edmonton

780-701-9018

www.mysage.ca

- ▶ Distributes a directory of seniors services that includes information on housing for seniors in Edmonton and surrounding areas.

Strathcona County Seniors' Property Tax Rebate

780-427-7876

www.strathcona.ca

- ▶ \$100 flat-rate municipal property tax rebate per qualifying low-income seniors' household, no application required.
- ▶ Cheques are issued automatically by the end of July.
- ▶ Eligibility: 65 years of age as of May 1, resides in and owns a residential property in Strathcona County, and is eligible for the Alberta Seniors Benefit.

Housing - Home Living

Home Living refers to people who live in their own homes, apartments, condominiums or with family. Residents are responsible for and capable of arranging any care or assistance they need and can access community based programs such as Home Care and Meals on Wheels.

Pioneer Housing Foundation - Apartments

780-467-7360

www.pioneerhousing.ca

- ▶ Provides one bedroom apartments for low and moderate income seniors.
- ▶ Eligibility: seniors aged 65 and over whose gross income falls within the set limits and are functionally independent, but may receive community based supports such as Home Care.
- ▶ Applicants are prioritized on the basis of need and a point related system.

Kiwanis Apple Blossom Manor

780-464-7146

97 Willow Street, Sherwood Park

Lakeside Legion Manor

780-464-7146

495 Woodbridge Way, Sherwood Park

Josephburg Homestead Place

780-464-7146

54569 Range Road 215, Josephburg

Clover Bar Pioneer Court

780-467-8206

6 Mission Street, Sherwood Park

- ▶ Independent living for people aged 60 and over.
- ▶ Condo purchase and rental units; one and two bedroom units.
- ▶ Services include scheduled shopping trips, exercise classes, common area with kitchen, hair salon and laundry rooms.

Co-op Housing

- ▶ Half of the units are subsidized.

Davidson Creek

780-464-1013

Brittany Lane

780-467-1379

▶ Did you know...

You can access telephone advice and information about health concerns 24 hours a day, 7 days a week.

Call Health Link at 780-408-5465 or visit www.healthlinkalberta.ca

Housing - Supportive Living

Several levels of **supportive living** are available to meet the needs of a wide range of people. It combines accommodation services with other supports and care, such as meals, housekeeping and social activities and may coordinate or provide other supports such as personal care. Residents can also receive nursing services through Home Care.

Pioneer Housing Foundation - Lodges

780-467-7360

www.pioneerhousing.ca

- ▶ Provides accommodation, food services, housekeeping, linen services and recreational programs.
- ▶ Eligibility: seniors aged 65 and over who are functionally independent, with or without the help of existing community based supports.
- ▶ Applicants prioritized on the basis of need, including housing need, level of support required and income.

Clover Bar Lodge

780- 467-7360

100 Fir Street, Sherwood Park

Silver Birch Lodge

780-467-6200

910 Bison Way, Sherwood Park

▶ Did you know...

You can dial 211 to connect to a range of social, health and government services. This is a 24 hour confidential network.

Aurora Residence

780-449-6022

901 Cedar Street, Sherwood Park

- ▶ Supportive living units.
- ▶ Services include all meals, snacks, housekeeping, personal care services, health care aide on duty 24 hours, weekly hairdresser service, monthly podiatrist service.

Country Cottage

780-417-0757

75 Cranford Way, Sherwood Park

- ▶ Independent/assisted living and designated assisted living options.
- ▶ Services include daily dinner, snack area, housekeeping, hair salon, scheduled outings, exercise program, LPN on duty 24 hours.
- ▶ Fees may apply for additional meals and laundry services.

Summerwood Village Retirement Residence

780-416-1912

www.allseniorscare.com

4255 Clover Bar Road, Sherwood Park

- ▶ Offers a range of independent and assisted living options for people aged 55 and over, including a secure unit for people with dementia.
- ▶ Services include all meals, light housekeeping, laundry facilities, free transportation on designated days, recreation activities.

Housing - Facility Living

Facility living refers to long term care centres for seniors who have complex health needs and whose care cannot be safely provided in their own home or in supportive living. Residents receive support and registered nursing care 24 hours a day.

CapitalCare Strathcona (Centre)

Assessment and admission: Community Care Access

780-496-1300

www.capitalcare.net

- ▶ Services include personal care, nursing care, assistance with meals and nutrition, recreation, rehabilitation, pastoral care and laundry services.

CapitalCare Laurier House Strathcona

780-496-1300 - Community Care Access

- ▶ Private suites that residents can own through a life lease.
- ▶ Couples can continue to live together.
- ▶ Combines health and personal care services with housing.
- ▶ For people with the mental ability to make choices but can no longer meet their own care needs.

CapitalCare Strathcona Alzheimer Care Centre

780-496-1300 - Community Care Access

- ▶ A secure residence with private rooms for people with Alzheimer or related dementia and/or at risk of wandering.
- ▶ Individualized care and therapy options provided as needed.

Sherwood Park Care Centre

780-467-2281 - Director of Resident Care

- ▶ Services include personal care, nursing supervision, physical and occupational therapy, pastoral care, and recreation programs.
- ▶ Provides meals for Meals on Wheels Program.

▶ Did you know...

Medical alarm companies provide a number of services including:

- personal help buttons for emergencies
- pre-scheduled medication reminders
- check-ins

For more information call

Good Samaritan TeleCare at 780-431-3630
or Philips Lifeline at 780-471-2175.

Meals on Wheels

780-467-2281

- ▶ Nutritious meals for people who have difficulty preparing meals themselves.
- ▶ Cost: \$7 per meal.
- ▶ Delivery Monday to Friday between 11 a.m. and 1 p.m. in Sherwood Park.

Meals on Wheels Edmonton - Frozen Meals

780-429-2020

www.mealsonwheelsedmonton.org

11111 103 Ave., Edmonton

- ▶ Delivers frozen meals to Sherwood Park with a minimum \$40 purchase plus a delivery fee of \$8.
- ▶ Or pick up orders at Edmonton Meals on Wheels Monday to Friday, 9 a.m. – 3:30 p.m.
- ▶ Meal prices range from \$4 to \$6 each.

▶ Did you know...

You can obtain dental services at a reduced cost?

University Dental Care 780-492-4458

NAIT Denture Clinic 780-471-7786

Strathcona Food Bank

780-449-6413

255 Kaska Road, Sherwood Park

- ▶ Hours: Monday to Friday, 9 a.m. – 12 noon.
- ▶ Provides three to five day emergency food hampers once every 30 days to residents who have financial difficulties.

WECAN Food Basket Society of Alberta

780-416-6730

www.wecanfood.com

- ▶ Food co-op with a \$5 annual membership fee.
- ▶ Members can order up to three types of food packages including fresh meats, fruits and vegetables ranging from \$8 to \$20.
- ▶ Call to register.

▶ Did you know...

Strathcona County's *Age in Action* eNewsletter is aimed at keeping residents aged 50 or better engaged in physical activity. It features content on staying physically active, maintaining good health and even recipes.

Sign up at www.strathcona.ca

Transportation

Strathcona County Transit

780-464-RIDE (7433)
www.strathcona.ca/transit

- ▶ Operates a local and commuter transit system.

SCAT (Strathcona County Accessible Transit)

780-449-9680

- ▶ Provides seniors and persons with disabilities transportation service within Strathcona County for all purposes except work and school, and to select destinations in Edmonton for medical appointments only.
- ▶ Application required.

Subsidized Transit Fares

780-464-4044 - Family and Community Services

- ▶ Subsidized transit fare programs are available, call for more information or to apply.

Senior Off Peak Local Bus Pass

- ▶ Free bus passes for residents aged 65 or older with a household income less than \$50,000.
- ▶ Valid for off peak bus service in Sherwood Park only.
- ▶ Hours: Monday to Friday, 9 a.m. - 3 p.m. and after 6 p.m., weekends and holidays anytime.

Subsidized Transit Fares

Seniors Subsidized Annual Pass

- ▶ Commuter bus passes at a reduced cost for seniors who receive the Guaranteed Annual Income Supplement.

Everybody Rides Program

- ▶ Monthly commuter passes available at a reduced cost for residents with a limited income.

Parking Placards for Persons with Disabilities

www.transportation.alberta.ca

- ▶ Persons who cannot walk more than 50 metres can apply for a parking placard or a disabled license plate.
- ▶ Application form must be completed by a physician, physiotherapist or occupational therapist and submitted to a registry agent office.
- ▶ Application forms are available online or at a registry agent office:

Alberta Motor Association

236, 222 Baseline Village, Sherwood Park
780-989-6370

Sherwood Park Registries

104, 52 Sioux Road, Sherwood Park
780-417-5283

Registry on Wye Ltd.

25, 99 Wye Road, Sherwood Park
780-417-7300

Clothing & Household Goods

County Clothes-Line

780-464-7786

www.countyclothes-line.com

38 Sioux Road, Sherwood Park

- ▶ Resale of donated clothing and household items at affordable prices to the public.

The Clothing Nook (OLPH Church)

780-467-5470

13 Brower Drive, Sherwood Park

- ▶ Clean, used clothing can be picked up by Strathcona County residents for free.
- ▶ 1:30 p.m. - 3 p.m. on the first and third Tuesday each month, except July and August.

Salvation Army Family Thrift Store

780-416-1303

10 Main Boulevard, Sherwood Park

- ▶ Gently used clothing, footwear, kitchenware, small appliances, sporting goods and furniture at reasonable prices.

▶ Did you know...

You can search online for events in your community and even add your own event. Visit www.strathcona.ca to check the Community Calendar.

Special Events

Strathcona County Family & Community Services

Active Living Conference

780-464-4044

www.strathcona.ca/fcs

- ▶ A bi-annual conference offering a wide range of learning opportunities for adults aged 55 and better.

Seniors Jamboree

780-464-4044

www.strathcona.ca/fcs

- ▶ An annual event held in June during Seniors' Week to celebrate seniors in Strathcona County.
- ▶ The event offers lunch, entertainment and an information fair with resource information on programs and services for older adults.

Recreation, Parks & Culture

Seniors Dance and Social

780-416-7234

55 A Spruce Avenue, Sherwood Park

- ▶ Seniors dances offered several times throughout the year at the Log Cabin (attached to the Sherwood Park 55+ Club).

Seniors Centres

Seniors centres offer a wide variety of social and recreational opportunities. Some activities include:

- ▶ cards, pool and shuffleboard
- ▶ carpet bowling, floor curling and bocce
- ▶ painting, potluck suppers, and outings

Contact a centre near you for more information.

Ardrossan 55 Plus Club

780-922-2258

21 Queen Street, Ardrossan

Josephburg Seniors Centre

780-998-3635

57A, 54569 Range Road 215

Sherwood Park 55 Plus Club

780-467-8389

50A Spruce Avenue, Sherwood Park

South Cooking Lake Seniors Centre

780-662-2376

102, 22106 South Cooking Lake Road

▶ Did you know...

Many churches in Strathcona County have seniors groups who organize activities for older adults. Contact churches for more information.

Seniors Groups

Seniors Advisory Committee

780-464-4044

- ▶ Strathcona County Council appointed committee.
- ▶ Advises and makes recommendations to Council regarding seniors' issues and needs.
- ▶ Provides feedback about policies, programs and services directly impacting seniors.

Alberta Seniors United Now

Sherwood Park Chapter

780-449-1816

www.seniorsunitednow.com/sherwoodpark.html

15, 2016 Sherwood Drive, Sherwood Park (Franklin's Inn basement)

- ▶ A non-profit non-partisan organization that provides a forum to discuss and advocate on seniors' issues.
- ▶ Meets monthly except December, July and August.
- ▶ Check website or Community Listings section in the Sherwood Park Strathcona County News for meeting times and topics.

Linking Generations

780-416-1111

www.linkinggenerations.ca

- ▶ Provides a mentored, structured program aimed at building relationships between seniors and youth in the community.

Recreation and Leisure

Recreation, Parks and Culture

780-467-2211

www.strathcona.ca/recreation

- ▶ Offers a wide range of recreation, health, fitness and cultural programs.
- ▶ Check the Recreation Guide or Strathcona County's website for the latest programs and schedules.

Everybody Gets to Play: Recreation Access Program

Family and Community Services

780-464-4044

- ▶ Provides approved applicants with no cost drop-in recreational opportunities as well as registered programs at a reduced cost for those with a limited income.

Recreation Facilities

- | | |
|--|--|
| ▶ Ardrossan Recreation Complex
80 1 Avenue, Ardrossan
780-922-3377 | ▶ Kinsmen Leisure Centre
2001 Oak Street
780-464-2112 |
| ▶ Broadmoor Public Golf Course
2100 Oak Street
780-467-7373 | ▶ Millennium Place
2000 Premier Way
780-416-3300 |
| ▶ Glen Allan Recreation Complex
199 Georgian Way
780-467-4404 | ▶ Strathcona Wilderness Centre
52535 Range Road 212
780-922-3939 |

Recreation, Parks and Culture

Smeltzer House Centre for Visual Arts

780-464-2023

1 Broadmoor Boulevard, Sherwood Park

- ▶ Offers a variety of arts and culture programs including creative arts, drawing, painting, pottery and more.

Festival Place

780-464-2852

www.festivalplace.ab.ca

100 Festival Way, Sherwood Park

- ▶ Offers live musical and theatre performances year-round and a variety of programs for all ages, including dance, music, theatre and more.

Parks Canada – Elk Island National Park

www.pc.gc.ca/elkisland

- ▶ Offers a variety of recreational opportunities year round, including wildlife viewing, hiking, cross-country skiing, picnicking and overnight camping.

Strathcona County Museum and Archives

780-467-8189

913 Ash Street, Sherwood Park

- ▶ A 'hands-on' museum with a research library and archives.
- ▶ Self-guided and guided tours available.

Lifelong Learning

Adult Literacy

780-464-4044

www.whatdidyoullearntoday.ca

- ▶ Adult literacy program for people with reading and writing below a grade nine level who want to improve their skills.
- ▶ One-to-one volunteer tutoring available.

Community Adult Learning Council

780-464-4044

www.whatdidyoullearntoday.ca

- ▶ Offers courses and workshops including some of interest to older adults.

Family and Community Services

780-464-4044

www.strathcona.ca/fcs

- ▶ Offers educational opportunities for older adults, including information sessions, workshops and conferences.

Next Step Continuing Education

780-467-7292

www.eipscontinuinged.ca

- ▶ Offers a variety of learning opportunities for older adults such as a Leisurely Paced Computer class.

Strathcona County Library

780- 449-5801

www.sclibrary.ab.ca

- ▶ Programs include information sessions, computer training, conversation circles, book clubs and movie groups.
- ▶ Special collections available for people with vision impairments, such as large print material and talking books.
- ▶ Provides volunteer outreach service to people who are homebound or living in lodges.
- ▶ Bookmobile provides library services in various locations throughout the community.

▶ Did you know...

If you are interested in learning more about a specific topic, you can contact Strathcona County Family and Community Services at 780-464-4044 to share your ideas.

Helpful Numbers

24 hour & emergency

Emergency

Fire, Police, Ambulance
911

Addiction Helpline

1-866-332-2322

A Safe Place - Shelter

780-464-7233

Distress and Suicide Line

780-482-4357

Emergency Social Services

780-644-5135

HealthLINK Alberta

780-408-LINK (5465)

Mental Health Crisis Line

780-342-7777

Natural Gas Emergency- ATCO

780-420-5585

Poison Control Centre

1-800-332-1414

Community Resource Info

The Support Network
211

Power Outage - Fortis AB

780-310-9473

RCMP 24 hr non-emergency

780-467-7741

Roads – maintenance

780-417-7100

Seniors Abuse Line

780-454-8888

Sexual Assault Crisis Line

780-423-4121

Victim Services

780-449-0153

Water and Sewer Trouble

780-467-7785

Regular hours & non-emergency

Alberta Blue Cross

780-498-8000

AB Seniors Information Line

780-427-7876

Addiction

780-449-3468

Food Bank

780-449-6413

Home Care

780-496-1300

Info and Volunteer Centre

780-464-4242

Meals on Wheels

780-467-2281

Mental Health

780-342-4675

Protection for Persons in Care

1-888-357-9339

SCAT (accessible transit)

780-449-9680

Service AB Consumer Info

780-427-4088

Strathcona County Bylaw

780-449-0170

Family & Community Services

780-464-4044

Strathcona County - main

780-464-8111

- ▶ If you are looking for a resource or phone number not represented in this directory, please call Strathcona County Family and Community Services at 780-464-4044.

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Please, tell us what you think.



To help us improve future editions of the *Strathcona County Seniors Resource Directory*, we need to know how useful it is.

There are three ways you can provide feedback to Strathcona County Family and Community Services:

▶ **Phone**

780-464-4044

▶ **Fax**

780-449-1220

▶ **Email**

familyandcommunity@strathcona.ab.ca

Thank you!

View the directory online:

www.strathcona.ca/fcs



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