

OLDER ADULT SERVICE DIRECTORY



HELPFUL
INFORMATION
FOR PEOPLE
65+ IN
BEAUMONT



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FAMILY & COMMUNITY SUPPORT SERVICES



LOCATED AT 5817 RUE EAGLEMONT
PHONE: 780-980-1006
EMAIL: FCSS@BEAUMONT.AB.CA
WEBSITE: BEAUMONT.AB.CA/243/SENIORS

INFORMATION FOR PEOPLE 65+ BEAUMONT



Family & Community Support Services (FCSS)

FCSS offers a range of support for people of all ages. FCSS programs and services are intended to help individuals in their community adopt healthy lifestyles, thereby improving quality of life and building resilience to prevent and/or cope with crisis situations should they arise.

FCSS:

- Provides information on programs and services for seniors and families caring for seniors.
- Assists with the completion of forms for various government programs.
- Coordinates subsidized counselling for eligible residents.
- Offers a free Community Volunteer Income Tax program.

FCSS Outreach Home Support Program

- OHS is a light housekeeping service that clients may access on a weekly or monthly basis.
- There is an hourly cost for all Outreach Home Support.
- Subsidies are available and are based on income guidelines that match Alberta Seniors Benefits

Seniors Outreach 780-929-1006

Government Contacts



Alberta Supports connects seniors with benefits and services that can assist with daily living. Seniors can get information about financial assistance, health benefit programs, housing resources, and much more.

There are 3 ways to connect with Alberta Supports: **CALL, CLICK OR COME IN**

Have your personal health number ready when calling.

CALL:

Alberta Supports Contact Centre
Toll-free: 1-877-644-9992 or

CLICK:

myalbertasupports.alberta.ca to find benefits and services to meet your needs and apply online.

COME IN:

Leduc Alberta Supports Centre

Leduc Plaza, Suite 202, 50th Street, 4809 43a Ave, Leduc, AB T9E 8J6

Alberta SUPPORTS
Find and apply for benefits and services for:

- Children and Youth
- Seniors
- Income Support
- Work or Training
- Disabilities
- Abuse and Bullying
- Family Violence
- Homelessness
- Making Life Decisions
- And more...

Alberta Government | albertasupports.ca

Alberta Seniors Benefit

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 the following supports and services.

Financial Assistance Programs for Seniors

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

Apply online: <https://sfa.alberta.ca>

The benefit is determined by:

- Type of accommodation you live in
- Marital/cohabitation status
- Income (combined with spouse/partner if applicable)
- Receiving federal Old Age Security pension

For more information call [1-877-644-9992](tel:1-877-644-9992)

Supplementary Accommodation Benefit

The Supplementary Accommodation Benefit supports eligible seniors who reside in a designated supportive living or long-term care facility with monthly accommodation charges. The Supplementary Accommodation Benefit is combined with the Alberta Seniors Benefit. You will receive one combined payment each month. If a couple is required to live apart for health reasons, a review of eligibility is completed to consider the couple as two single seniors living in separate dwellings.

For more information call [1-877-644-9992](tel:1-877-644-9992)

Special Needs Assistance

The benefit year for the Special Needs Assistance for Seniors program starts July 1 of one year and ends June 30 of the following year.

The Special Needs Assistance program for Seniors provides low income financial assistance toward a range of expenses including appliances and specific health and personal supports. A senior's total annual income and the expense requested are used to determine the amount funded. The maximum assistance available is \$5,105 in a benefit year (July 1-June 30).

Seniors must complete the Seniors Financial Assistance application form to enroll in the program. Once you are notified of your eligibility for Seniors Financial Assistance programs, you can submit an estimate or receipt to apply for assistance towards the cost of an item funded by the program.

Eligible items:

Special Needs Assistance for Seniors considers specific items that fall into one of the following three categories:

- appliances/furniture
- health supports
- personal supports

Your income level determines whether you are eligible for primary or secondary items.

For a full list of eligible items and program requirements or to apply online, visit alberta.ca/seniors-special-needs-assistance.aspx

To request a Special Needs Assistance for Seniors Information Booklet call the Alberta Supports Contact Centre toll-free at [1-877-644-9992](tel:1-877-644-9992)

For more information on this provincial program contact the Alberta Supports Office at [1-877-644-9992](tel:1-877-644-9992)

Provincial Government - Programs

Dental and Optical Assistance for Seniors

To qualify you must:

- Be 65 years of age or older
- Reside in Alberta for at least three months before applying
- Be a Canadian Citizen or Permanent resident (landed immigrant) and
- Have an income level within the limits allowed by the program



To apply:

If you have already applied for Seniors Financial Assistance programs, you are automatically enrolled in the Dental and Optical Assistance for Seniors programs and do not need to reapply.

For questions about your dental claim:

Alberta Dental Service Corporation
Toll Free Phone: **1-800-232-1997**
Edmonton: **780-426-7526**
Email address: claims@adsc.org
Website: albertadentalservicecorp.com

Address: Alberta Dental Service Corporation
200, 17010 - 103 Avenue
Edmonton, Alberta T5S 1K7

Coverage: basic coverage up to a maximum of \$5,000 every five years

Check ups, cleaning, filling, extractions, root canals and basic dentures.

For questions about your optical claim:

Alberta Blue Cross
Phone: **780-498-8000**
General information: **1-800-661-6995**
Website: ab.bluecross.ca

Address: Alberta Blue Cross
Box 26000 Station Main
Edmonton, Alberta T5J 2P4

Coverage: financial assistance for the purchase of prescription coverage

Prescription eyeglasses, including lenses and frames, dispensed by recognized optical provider.



Federal Government - Programs

Service Canada is a program operated by Employment and Social Development Canada to serve as a single point of access for the Government of Canada's programs, such as Old Age Security Pension, the Guaranteed Income Supplement and the Canada Pension Plan.

For information on benefits contact a [Service Canada Centre](#).

Location: 148 Millbourne Market Mall
7609 38 Ave NW, Edmonton, AB
Phone: [1-800-277-9914](tel:1-800-277-9914)
TTY: [1-800-255-4786](tel:1-800-255-4786)

Hours of operation: 8:30 am - 4:30 pm. Online services are available at canada.ca

My Service Canada Account

My Service Canada Account (MSCA) is a secure online portal that lets you apply, view and update your information for Employment Insurance (EI), Canada Pension Plan (CPP), Canada Pension Plan disability and Old Age Security (OAS).

Website: canada.ca/en/employment-social-development/services/my-account.html

Old Age Security Pension

Your Old Age Security (OAS) can start as early as the month after you turn 65. You should receive a letter from Service Canada advising of automatic enrollment the month after you turn 64 years old.

To be eligible for the Federal OAS pension you must:

- Be at least age 65 (you do not need to be retired)
- Be a legal resident of Canada
- Have lived a minimum of 10 years in Canada after age 18

Old Age Security (OAS) - Spousal Allowance:

- If you are between 60-64 and your spouse or common-law partner is receiving OAS, you may qualify for the allowance to help bridge your income until you turn 65.
- You must apply for this allowance.
- To apply visit your nearest Service Canada Centre.

If you are applying online you will need a "My Service Canada Account" number
For more information call Service Canada Call Centre at [1-800-277-9914](tel:1-800-277-9914)
(have your social insurance number) or go online to Canada.ca/OAS

Canada Pension Plan (CPP)

The Government of Canada administers the Canada Pension Plan (CPP). You contribute to CPP through employment or self-employment. Applications for CPP are available at any Service Canada Centre.

You are eligible for CPP benefits if you have worked and contributed to the Canada Pension Plan. You can apply as early as 60 years or as late as 70 years of age. You need to apply at least 6 months before you want to receive your CPP retirement benefits.

- You can apply online with your My Service Canada account (see page 6 for info)
- You can apply by completing the paper form and mailing it to:
Canada Pension Plan applications
Service Canada
PO Box 818 Station Main
Winnipeg MB R3C 2N4



Disability Benefit

If you become severely disabled to the extent you cannot work at any job on a regular basis, you may receive a monthly Canada Pension Plan Disability benefit.

Survivor's Pension

This monthly pension is paid to the surviving spouse or common-law partner of a deceased contributor.

Death Benefit

The CPP death benefit is a one-time payment to, or on behalf of, the estate of a deceased CPP contributor.

For more information or to change your address call [1-800-277-9914](tel:1-800-277-9914) or

visit their website: canada.ca/en/services/benefits/publicpensions/cpp.html

Federal Government - Programs

Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security pension recipients who have low income and are living in Canada.

You qualify for the GIS if you meet all of the following conditions:

- You are receiving an Old Age Security pension
- Your annual income is less than the maximum annual threshold (or, in case of a couple, combined income)
- You must apply for this benefit

Eligibility for GIS is reviewed yearly, using information from your Income Tax and Benefit return. If you still qualify, your benefit will automatically be renewed. In July you will receive a letter advising you if your GIS is renewed, stopped or more information is required.

For more information call Service Canada Call Centre at [1-800-277-9914](tel:1-800-277-9914) (have your social insurance number ready) or go online to Canada.ca/GIS



Affordable Housing

Subsidized Housing Leduc County

Leduc Regional Housing Foundation (LRHF) provides affordable accommodation and services to seniors 65 years and older.

Self-contained apartments or lodge accommodations are available. Apartments are located in Leduc, Devon, Beaumont, Thorsby and New Sarepta. Lodges are located in Leduc and Warburg.

Residents are required to pay 30% of their gross monthly income for rent. To determine eligibility an application form must be completed along with a medical form from a doctor; previous year's tax information and an interview.

Applications can be obtained from the Leduc Regional Housing Foundation office or on the website: leducfoundation.ca

5118A - 50 Ave, Leduc, AB
Phone: 780-986-2814

Office hours: Monday - Friday 8:30 - 4:30
Email: info@leducfoundation.ca
Website: leducfoundation.ca



Greater Edmonton Foundation

Greater Edmonton Foundation Seniors Housing is the largest provider of subsidized seniors' housing in Alberta. Our mission is to provide friendly, affordable, secure housing and services for seniors in the Edmonton community.

Address: 14220 - 109 Avenue Edmonton

Phone: 780-482-6561

Email: housing@gef.org

Website: gef.org

Provincial Seniors Housing Directory

The Alberta Senior Citizens' Housing Association (ASCHA) has a free online provincial housing directory which allows for searches by location, organization, project, support services and application criteria.

Phone: 780-439-6473

Website: ascha.com

Seniors Lodge Program

Lodges provide bed and sitting rooms for low to moderate income seniors who are functionally independent. Residents receive meals, housekeeping and recreational opportunities. For more information contact Alberta Senior Supports Centre:

Phone: 1-800-232-7215

Website: <https://www.alberta.ca/affordable-housing-programs.aspx>

Edmonton Housing Registries

Edmonton Housing registries has a list of senior citizen apartments, lodges and management bodies. They can also help find private accommodations.

Sage Seniors Association, provides housing information, referrals and support for seniors seeking subsidized or non-subsidized housing.

Call 780-423-5510 for information and referral support

Edmonton Indigenous Seniors Centre
Cottage E 10107 - 134 Ave, Edmonton.
Phone: 587-525-8969

Seniors Home Adaptation and Repair Program (SHARP)

Low-interest home equity loans can cover a range of home adaptations and renovations to help seniors stay in their homes longer.

For more information call Toll-free 1-877-644-9992

Seniors Property Tax Deferral Program

Eligible senior homeowners can defer all or part of their municipal property taxes with a low-interest home equity loan.

For more information call Toll-free 1-877-644-9992



Abuse Helpline

Edmonton Seniors Abuse Help Line

Phone: **780-454-8888**

Get support, referrals and crisis intervention.

Family Violence Info:

Phone: **310-1818**

Get information, advice and referrals in over 170 languages.

Website: <https://www.alberta.ca/family-violence-get-help.aspx>

Alberta Aids to Daily Living (AADL)

The Government of Alberta offers the Aids to Daily Living (AADL) program to assist with long-term disability, chronic illness, or terminal illness. AADL helps Albertans stay independent in their communities by paying for basic medical equipment and supplies.

To be eligible, a clinical assessment by a health care professional is required. They will determine what equipment and supplies you can get through the AADL program.

AADL is a cost-share program. Albertans pay 25% of the benefit cost to a maximum of \$500 per individual or family per year. Low-income Albertans and people receiving income assistance do not pay the cost-sharing portion.

For details on specific supplies and equipment covered by AADL, contact AADL directly.

Toll free: **780-427-0731**

Website: alberta.ca/alberta-aids-to-daily-living.aspx

Health Link 811

Health Advice 24/7

Call: **8-1-1**

Website: <https://www.albertahealthservices.ca/>

Community Aids for Independent Living (CAIL)

CAIL helps people with a chronic health condition or disability get basic medical aids and equipment primarily funded by the AADL. They specialize in home safety assessments, education and equipment to maintain individuals' safety and independence.

Phone: **780-496-1300** (Community Care Access)

Website: albertahealthservices.ca

Distress Line

24-hour CRISIS line providing immediate support. Confidential, non-judgmental supportive listening services for anyone in distress.

Phone: **780-482-4357**

Website: edmonton.cmha.ca

211 Alberta

211 is so much more than a phone line. It is a helpline and online database of Alberta's community and social services. 211 is answered and updated by highly trained specialists.

Call: **2-1-1**

Text INFO to 211

Website: <https://ab.211.ca>

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Protection for Persons in Care

The Protection for Persons in Care office (PPCO) addresses reports of abuse and administers the Protection for Persons in Care Act. This act promotes the safety and well-being of adult Albertans who receive care or support services from publicly funded service providers, including hospitals, seniors' lodges, nursing homes, mental health facilities, shelters, and other supportive living settings. The act requires that all service providers protect clients from abuse and maintain a reasonable level of safety. The act also requires that abuse be reported. A complaint officer reviews every allegation reported.

Information and reporting line
Phone toll free: **1-888-357-9339**

Website: alberta.ca/about-protection-for-persons-in-care.aspx



Beaumont, AB
Address: 5001A - 50 Avenue
Phone: **(780) 929-6050**

Leduc, AB
301-4710 50 St
Phone: **780-986-6624**

The Leduc Beaumont Devon Primary Care Network provides a specialized geriatric assessment service for seniors who have chronic, complex health issues. This helps ensure seniors enjoy optimal health and quality of life while remaining in their community.

The Leduc Eldercare Team accepts referrals for the following issues:

- Cognitive/behavioral concerns
- Functional decline (falls, mobility issues)
- Review of medications
- Capacity assessment
- Caregiver support

Access to programs must be made by a referral from your PCN family physician or nurse practitioner.

Alberta Health Advocates

The Health Advocate and Mental Health Advocate promote self-advocacy and support Albertans dealing with their concerns about health-related programs and services.

Phone: 310-0000

Website: albertahealthadvocates.ca

Emergency Response Services

TELUS - LIVING WELL COMPANION

Emergency support 24/7 at the push of a button.

Phone: 1-888-505-8008

Website:

<https://www.telus.com/en/ab/health/personal/livingwell-companion>

Seniors eligible for the Special Needs Assistance (SNA) program can receive a subsidy of up to \$20/month for medical alert system.

Good Samaritan TeleCare®

The Good Samaritan TeleCare® has monitored medical alerts, home safety devices and call support.

Phone: 780.431.3630 | 1.800.676.8397

Email: telecareinfo@gss.org

Foot Care Services

The Primary Care network has compiled a list of service providers who provide Foot Care Services in the Beaumont area.

Call: 780-929-6050

Website: <https://www.eopcn.ca/wp-content/uploads/2021/02/Private-Foot-Care.pdf>

Grey Nuns Hospital

The Grey Nuns Community Hospital is an acute care hospital located in the Mill Woods area of south Edmonton, Alberta. The Hospital provides a full range of services including a 24-hour Emergency Department.

Phone: 780-735-7000

Website:

<https://www.albertahealthservices.ca/findhealth/facility.aspx?id=3880>

Home Care Central Intake

Home Care's focus is creating an environment where you are able to live at home independently for as long as possible. Home Care is publicly funded and anyone living in Alberta with a valid healthcare card can receive Home Care services.

AHS provides healthcare services or contracts other home care providers to provide care. A case manager works directly with the client and is responsible for assessing the client's needs, and ensuring the overall coordination of care and services.

Phone: 780-496-1300

Website: albertahealthservices.ca

Leduc Hospital

Provides inpatient medical and surgical care, laboratory services, diagnostic imaging, outpatient clinics and 24 hour emergency care.
Address: 4219 - 50 St, Leduc AB

Phone: 780-986-7711

Website: ahs.ca/leduc



Health Support Services

Alberta Health provides premium-free coverage for some health-related services not covered by your Alberta Health Care insurance plan (Coverage for Seniors). This coverage is available once you are registered with Alberta Health and you have your Alberta Blue Cross card. To receive services show your card.

For more information contact Edmonton Alberta Blue Cross at [780-498-8000](tel:780-498-8000).

Ambulance

Seniors, age 65 and over, enrolled in the Coverage for Seniors program do not receive a bill for EMS. The Alberta government pays the complete cost of ambulance services.

Prescription drugs

Alberta Health covers 70 per cent of the cost of prescription drugs, you are required to pay the other 30 per cent up to a maximum of \$25 per prescription or refill.

Diabetic supplies

Coverage for Seniors provides diabetic supplies for insulin-treated diabetics only, up to a maximum of \$600 per eligible person each benefit year.

Clinical Psychological

Coverage up to \$60 per visit, to a maximum of \$300 per family each benefit year, by a registered chartered Psychologist.

Chiropractic service

Up to \$25 per visit to a maximum of \$200 each benefit year.

Community Geriatric Psychiatric Program

The Community Geriatric Psychiatric Program works in partnership with seniors to provide individualized care, to promote recovery and well being. Collaboration with primary care physicians, community agencies, and health and social services providers is an important part of supporting a senior's wellness and recovery.

Services include:

- Psychiatric consultation
- Comprehensive assessment
- Treatment and follow-up in the most appropriate setting
- Addiction screening
- Assessment and counseling services
- Therapeutic group programming.

Outpatient Day Program:

Westmount & Ermineskin – 25 clients daily at each site

Education and support for patients, families, services providers and stakeholders. Liaison and referrals to other community agencies. Member of the Seniors Protection Partnership. Member of the Hoarding Consolation Team. The service supports seniors in the Edmonton Zone with its main office located in the Westmount Shopping Centre and a satellite office located in the Ermineskin neighbourhood.

Contact Information - Westmount
#412 - 13310 111 Avenue Edmonton
Phone: [780-342-9100](tel:780-342-9100)

Continuing Care Services

Contact Alberta Health Services by calling 8-1-1

Alberta's continuing care system provides Albertans with the health, personal care and accommodation services they need to support their independence and quality of life.

Continuing care services are provided in three streams:

- Home living
- Supportive living
- Long-term care

Individuals looking for continuing care services will undergo a needs assessment by a health-care professional to determine their care and service needs. Anyone can request this assessment. AHS staff will work with the individual and family to find the service or facility that best meet the client's needs.

Home Living/Home Care Services:

The home living stream is designed to support individuals living in their own home. AHS will assess the client at no charge. An assessment can be arranged by contacting Alberta Health Services through Health Link by calling 8-1-1

Supportive Living:

Supported living combines accommodation services with other supports and care. It is designed to assist individuals in maintaining a level of independence and includes seniors lodges, group homes and designated supportive living accommodations.

Designated Supportive Living:

Designated supportive living is a type of supportive living. AHS determines access to designated supportive living and requires individuals to be assessed by a health professional to determine their health needs before they can move in.

Facility Living/Long Term care:

Long term care facilities provide support to individuals who require 24- hour nursing support to meet medical needs associated with chronic disease or frailty. Long term care facility living provides room and board in a secure living arrangement alone with personal care and support with activities of daily living.

Admission to long-term care facilities is determined by Alberta health Services, by conducting an assessment of the individual's health needs. For more information contact Health Link by dialing 811.

Heart and Stroke

The Heart and Stroke Foundation of Alberta

Phone: 780-451-4545

Website: heartandstroke.ca



Stroke Recovery Association of Leduc

The Association assists stroke survivors and their caregivers. It brings hope for recovery by presenting speakers, newsletters and education information including survivor stories, fellowship, humor and mind exercise.

Meetings at Telford House Leduc
First Monday of the month
(June-September)
From 7:00 pm

Phone: 780-985-3042

Warning Signs of a Stroke

Call 9-1-1 immediately if you or someone else has any of these symptoms

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

Alzheimer Support Programs

Leduc Alzheimer Support Group

The Leduc Alzheimer support group is designed for caregivers who want to gather information, share experiences, and receive support to cope more effectively in caring for someone with Alzheimer's disease or a related dementia.

Meetings: 2nd Monday of each month at 10 am at Peace Lutheran Church

Alzheimer Support Group
Peace Lutheran Church
4606 48 Street Leduc
Phone: [780-980-7115](tel:780-980-7115)

Alzheimer Support, Edmonton

The Alzheimer Society of Alberta and the Northwest Territories is a great source of information for caregivers who are dealing with a family member with Alzheimer's disease or related dementia. A home visit can be arranged through the First Link Program to provide information and to set up support services.

Allendale Professional Centre
306, 10430 - 61 Avenue, Edmonton Alberta

Phone: [780-488-2266](tel:780-488-2266) or
Toll free [1-866-950-5465](tel:1-866-950-5465)

Website: alzheimer.ca/en/ab
Email: reception@alzheimer.ab.ca

WHAT NEXT?

If you are concerned that you or someone you know is displaying any of the 10 warning signs listed on the next page, take action.

Talk to someone you trust. See a doctor. Get support and information.

Note: this list is for information only and is not a substitute for consultation with a qualified medical professional.

Support Programs

Leduc Adult Day Support Program

Phone: [780-980-3064](tel:780-980-3064)

[call for information](#)

The Telford Day Program provides structured recreation, socialization, exercises and a nutritious meal to dependent adults who live in Leduc and surrounding communities.

Program: Mondays and Fridays from 9:30 am to 2:30 pm



Leduc Vision Loss Support Group

Phone: [780-980-8152](tel:780-980-8152)

Website: telfordhouse.net

Meeting the first Tuesday of every month at 10 a.m. at the Telford House.

Canadian National Institute for the Blind

The CNIB Foundation is a non-profit organization. They deliver innovative programs and powerful advocacy that empowers people impacted by blindness to live their dreams and tear down barriers to inclusion. The foundation is powered by a network of volunteers, donors and partners from coast to coast to coast.

Phone: [780-453-8310](tel:780-453-8310)

Website: cnib.ca

Veterans Affairs Canada

Canada offers a range of services and benefits to quailed veterans and certain civilians, as well as their dependents or survivors. Veterans Affairs Canada provides disability pensions for service-related injuries and economic support allowances.

Phone: [1-866-522-2122](tel:1-866-522-2122)

Website: veterans.gc.ca

Brain Care Centre

Provide services to individuals with acquired brain injury, and their support systems, to help redefine their identity and "defy limitations!"

Phone: [780-477-7575](tel:780-477-7575)

Website: braincarecentre.com

Food & Clothing



Leduc & District Food Bank

Please call to arrange an appointment if you need to access the food bank.

The LDFB is a community driven and supported organization that relies on community donations and volunteer support in order to provide short term assistance. The Food Bank was created to provide those in the community/region relief of food insecurity.

Phone: [780-986-5333](tel:780-986-5333)

Website: ldfb.ca

Second Glance Clothes Ltd.

Second Glance accepts donations of clothing and household items, for resale. The Second Glance donation program assists many local community groups.

Phone: [780-986-1450](tel:780-986-1450)

Address: 5607 - 50 St, Leduc, AB

Hours: 9 am - 5 pm, closed Sundays

Heart to Home Meals

Meals for Seniors.

The answer to "What's for dinner?" just got easier. Heart to Home Meals believes life should get easier as you age. That's why they created a service with your lifestyle, tastes and nutrition in mind. Order online or by phone and your meals will be delivered straight to your door.

Phone: [1-855-442-6325](tel:1-855-442-6325)

Website: hearttohomemeals.ca

Circle Thrift store

Circle Thrift Store is a not-for-profit community-driven store. They accept donations of clothing for all ages.

Opening Spring 2023

4901 - 51 Street

Beaumont, AB



Transportation



Drive Happiness

Drive Happiness is a not-for-profit charitable organization that provides assisted transportation services to seniors in the Greater Edmonton region.

Phone: [780-424-5438](tel:780-424-5438)

Website: drivehappiness.ca

Driving Miss Daisy

Driving Miss Daisy offers services that improve the quality of life for seniors and those with disabilities or special needs. They provide personal, friendly, through the door service.

Southwest Edmonton:
website: drivingmissdaisy.ca
Phone: [780-462-4580](tel:780-462-4580)



Beaumont 50+ Club

The club has a passenger bus with weekly shopping trips, monthly visits to the Casino and Special Outings.

Phone: [780-929-5333](tel:780-929-5333)

Alberta Motor Association

AMA offers the following programs for mature drivers.

- A mature driver course in the classroom.
- A voluntary and confidential in-vehicle evaluation.
- Recommendations and feedback are given on improving driving skills and maintaining mobility.
- Brush-up lessons are also available.
- A 2-hour in-vehicle lesson to review driving rules and regulations.
- Coaching is provided on areas requiring improvement.

Phone: [1-833-374-8733](tel:1-833-374-8733)

Website: ama.ab.ca/ama-community-services

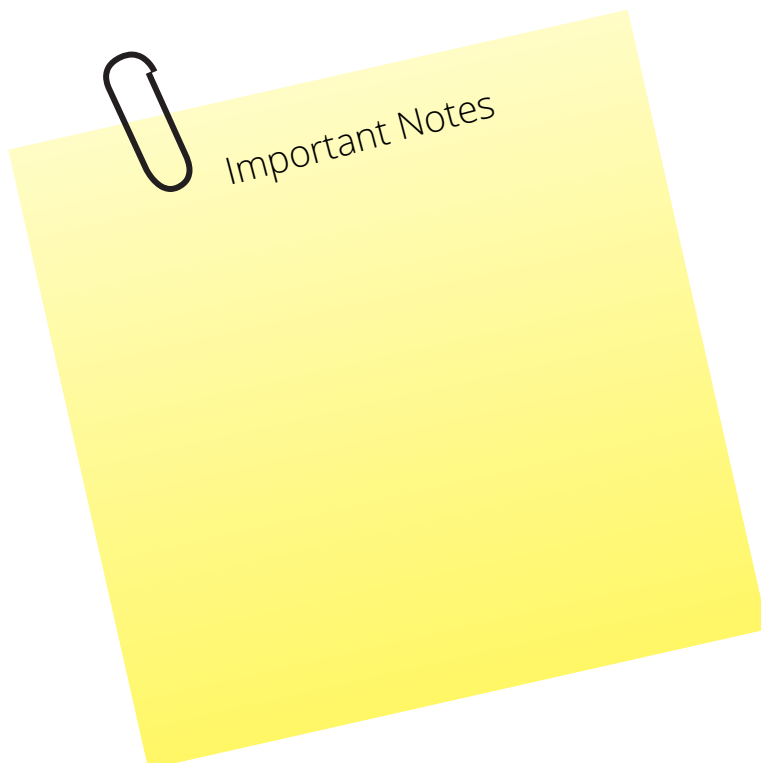


Parking Placards

Persons who cannot walk 50 meters (164 feet) can apply for a parking placard or a disabled licence plate. This service is provided through authorized Alberta registry offices.

Phone: [780-427-7013](tel:780-427-7013)

Website: alberta.ca/get-parking-placard-people-disabilities.aspx



Beaumont Sports and Recreation Centre

The Beaumont Sport and Recreation Centre (BSRC) is a multi-use facility located in the heart of Beaumont. Featuring an NHL-sized arena, hard court gymnasium, turf field house, aquatics center, two-lane walking track, various multi-purpose spaces.

Super Seniors over the age of 75 can access the multi-use facility free of charge.

Seniors 60+ can book ahead to access the facility between 12 noon and 4 pm free of charge.

Phone Guest Services: 780-929-7946

Website:

<https://www.beaumont.ab.ca/263/Recreation-Parks-Culture>



Bibliothèque de Beaumont Library

The Bibliothèque de Beaumont Library provides a welcoming space for those who want to connect to information and enjoy lifelong learning through participation in programming and the use of library resources. The Library works to accommodate the growth and diversity of the community while honouring its French heritage. Membership is free to Beaumont residents.

Seniors Corner:

Enjoy special speakers and activities.

2nd Tuesday of the month from 1-2:30 pm

Phone: 780-929-2665

Website: beaumontlibrary.com

5700 49 Street Beaumont, AB



Beaumont 50+ Club

The Beaumont 50+ club is a welcoming space, where people gather to meet others and have a great time. Membership is required at a nominal fee. You should be 50 years young, come visit every once in a while, and be prepared to enjoy nice surroundings and pleasant people.

Phone: [780-929-5333](tel:780-929-5333)

Website: beaumontseniors.net



Don Sparrow Lake

Located in Beaumont's Four Seasons Park. The pond is northwest of the spray park. The Alberta Conservation Association typically stocks this pond with rainbow trout and brown trout yearly.

Phone: [1-877-969-9091](tel:1-877-969-9091)

Alberta Conservation site:

Website: albertadiscoverguide.com

Fishing Licences

Fishing licences are not required if you are 65 or over and a resident of Alberta. You must carry proof of your age and must comply with all fishing regulations.

Phone: [1-844-643-2788](tel:1-844-643-2788)

Website: mywildalberta.ca

Historic Sites and Cultural Facilities

Seniors visiting Alberta's heritage facilities receive a reduced admission rate.

Phone: [780-431-2300](tel:780-431-2300)

Website: alberta.ca/historic-sites-museums.aspx

Provincial Parks

Some Provincial parks and recreation areas offer camping fee discounts to Albertans 65 years of age or older.

Phone: [1-866-427-3582](tel:1-866-427-3582)

Website: albertaparks.ca

Power of Attorney

A Power of Attorney (General Power of Attorney) allows you to plan for the future by appointing someone else to manage your financial affairs while you are still alive.

Granting a power of attorney gives another individual the power to make decisions and act on your behalf. Power of attorney is voluntary and limited to matters of property and finance.

- You must be mentally competent to appoint an attorney
- It takes effect immediately
- It ends if you become mentally incapable of managing your affairs.

Power of Attorney does not give someone authority to make decisions about your health care or personal decisions - for that you need a separate document called a Personal Directive.

Enduring Power of Attorney

Enduring power of attorney specifically states that the power of attorney remains in effect should you become mentally incapable of managing your affairs.

The agreement:

- Is written when you're capable of making your own decisions
- States when the person you trust will have authority
- Can start immediately and continue if you lose capacity
- Can start when you lose capacity

If you lose your capacity and don't have an enduring power of attorney agreement in place, one of your friends or family members might have to go to court to become your trustee. This takes time and money.

Although it is not mandatory, you should contact a lawyer to get this agreement. A lawyer can explain all your agreement options.

Your agreement can include:

- Specific decisions
- Specific dates
- Specific limits
- Multiple people

Mental capacity means the ability to understand information that is relevant to making a decision and the ability to appreciate the reasonably foreseeable consequences of the decision.

Personal Directive

A Personal Directive is a legal document that allows you to appoint a person or persons (Agent) you trust to make non-financial decisions for you while you are alive but when you do not have the mental ability to make decisions for yourself. The person you appoint as your Agent will be permitted to make decisions for you regarding health care, housing and treatment.

Alberta law does not allow anyone to automatically make decisions for you, not even your spouse or family members. By making a Personal Directive, you are appointing someone to make decisions for you based upon your expressed wishes. You should discuss your wishes with your Agent.

A Personal Directive may only be used once you have been declared mentally incapacitated and is only valid until you die or you are determined to have regained your mental ability. You may include in your Directive who will be responsible for deciding your capacity.

You may contact the office of the Public Guardian to receive a form for creating your Personal Directive, or print the form from alberta.ca/personaldirective. You can also register your Personal Directive with the Office of the Public Guardian.

Wills

A Will is a written document that allows you to set out how your property is to be distributed after you pass away. A Will allows you to name a person to act as your executor after your death and to make certain that your property is distributed according to your wishes. Making a Will is voluntary and optional. Your wishes need to be in writing and must adhere to the specific conditions of the Wills Act (Alberta).

You can have a lawyer draw up your Will, or you can make your own Will by using a kit or downloading forms from the internet.



Funeral Homes

Saying Farewell: The Alberta Supports Contact Centre has a booklet to assist you through the death and dying process. It has information on funeral planning, who to contact and settling affairs.

To obtain a copy, contact Alberta Supports Centre at [1-877-644-9992](tel:1-877-644-9992)

Website: <https://open.alberta.ca/dataset/9780778570905-2013>

Hainstock & Son Funeral Chapel Ltd

Phone: [780-986-2151](tel:780-986-2151)

Address: 4802-47 Ave, Leduc, AB

Website: dignitymemorial.com

Hainstock's Funeral Home & Crematorium

Phone: [780-440-2999](tel:780-440-2999)

Address: 9810-34 Ave, Edmonton, AB

Website: dignitymemorial.com

Serenity Funeral Service

Phone: [780-986-3688](tel:780-986-3688)

Address: 4702 - 51 Ave, Leduc, AB

Website: dignitymemorial.com

Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. There is no timetable for grieving and “getting on with one’s life.” Grief is a natural reaction to loss and is part of the healing process. Grief can have many stages ranging from shock and disbelief, sadness, guilt, anger and fear, as well as physical symptoms such as fatigue, insomnia, weight loss or weight gain, and aches and pains. However, not everyone who grieves will go through all of these stages prior to reaching a point of acceptance. If you are having difficult time moving forward from your loss, there are many support groups and agencies available to assist families and friends with grieving. Alberta Health Services can refer you to local support groups. Some faith groups provide special services during holiday seasons to support people who are grieving.

Who to notify if there is a death

Agencies often require a copy of the death certificate from the funeral home.

Pension

Notify Service Canada and provide the Social Insurance number of the deceased and the date of the death.

Phone: [1-800-277-9914](tel:1-800-277-9914)

Income Tax

You will be required to mail a copy of the death certificate and a copy of the social insurance number to the Canada Revenue Agency. Complete a final income tax return form. Complete the form requesting a Certificate of clearance to end the account.

Phone: [1-800-959-8281](tel:1-800-959-8281)

9700 Jasper Ave, NW, Edmonton, Ab

Alberta Seniors Benefit

Provide the name and Personal Health Number of the deceased and the date of death.

Phone: [780-427-7876](tel:780-427-7876)

Alberta Health

Notify Alberta Health to cancel health care insurance coverage for the deceased.

Phone: [780-427-1432](tel:780-427-1432)

Alberta Blue Cross

Notify Alberta Blue cross of the date of death. If there is a surviving spouse over 65, a new card will be issued.

Phone: [780-498-8000](tel:780-498-8000)

Motor Vehicle

If a vehicle was registered in the name of the deceased person, contact a registry agent to transfer the vehicle's ownership. The agent will need to see the vehicle registration, insurance policy and death certificate. The deceased person's drivers' license needs to be given to the registry agent.

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

Congratulatory Messages for Seniors:



Message from the King and the Governor General:

Website: <https://www.gg.ca/en/contact-us/birthday-anniversary-greetings>

Upon request Her Majesty The King sends birthday greetings to Canadians who are 100 years of age or older and to couples who are celebrating an anniversary of 60 years or more.



Message from the Prime Minister of Canada:

Email: PM@PM.GC.CA

Submit online request:
[PM.GC.CA/connect/greetings](https://www.pmgc.ca/connect/greetings)

On request, the Prime Minister sends a congratulatory certificate to Canadians celebrating 100th birthday and 25th wedding anniversaries.

Message from the Premier of Alberta:

Website: [alberta.ca/premier-request-scroll.cfm](https://www.alberta.ca/premier-request-scroll.cfm)

Request a congratulatory scroll from the Premier for a milestone birthday, wedding anniversary, special event, or retirement from long term service in the the Canadian Forces or Government of Alberta.



Alberta Aids to Daily Living
Toll-free: **780-427-0731**

Alberta Health Services - **Dial 811**

Alberta Registries (Vital Statistics)
Toll-free: **780-427-7013**

Alberta Senior Benefit Program
Toll-free: **1-877-644-9992**

Alberta Supports Contact Centre
Toll-free: **1-877-644-9992**

Canada Revenue Agency Community
Volunteer Income Tax Program
Toll-free: **1-800-959-8281**

Blue Cross coverage for Seniors
Toll-free: **1-800-661-6995**

Dental Assistance for Seniors Program
Toll-free: **1-877-644-9992**

Disabled Parking placard
Toll-free: **780-427-7013**

Family & Community Support Services
Beaumont: **780-929-1006**

Geriatric Assessment & Rehab Programs
Contact Alberta Health Services: **811**

Government of Alberta Contact Centre:
310-0000

GST Credit
Toll-free: **1-800-387-1193**

Health Advocate/Mental Health Advocate
Edmonton call: **780-422-1812**

Housing Programs:
Leduc Housing - **780-986-2814**

Landlord and Tenant information & consumer
Toll-free: **1-877-427-4088**

Office of the Public Guardian and Trustee
Edmonton: **780-427-0017**

Optical Assistance for Seniors
Toll-free: **1-877-644-9992**

Protection for Persons in Care
Toll-free: **1-888-357-9339**

Provincial Parks
Toll-free: **1-866-427-3582**

Seniors Abuse Help Line - Edmonton
Call 24 hour: **780-454-8888**

Seniors Home Adaptation and Repair Program
Toll-free: **1-877-644-9992**

Seniors Lodge Program
Toll-free: **1-877-644-9992**

Seniors Property Tax Deferral Program
Toll-free: **1-877-644-9992**

Service Alberta Contact Centre
Toll-free: **1-877-427-4088**

Service Canada Call Centre
(Government of Alberta)
Old Age Security, Guaranteed Income
Supplement, Canada Pension Plan
Toll-free: **1-800-277-9914**

Special Needs Assistance for Seniors Program
Toll-free: **1-877-644-9992**

Veterans Affairs
Toll-free: **1-866-522-2122**

Facts

*Aging is Universal.
It's time we fully
embrace it!*

1. Age doesn't determine success. The founder of Kentucky Fried Chicken, started Kentucky Fried Chicken at the age of 65!

2. We are born with 350 bones in our skeleton. We lose a few bones along the way. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

3. Seniors hold the most voting power. When it comes to voting people over the age of 60 cast more ballots than any other age group.

4. Creativity doesn't diminish with age. Laura Ingalls Wilder didn't publish *Little House in the Big Woods* until 65 years old. Millard Kaufman, creator of *Mr. Magoo*, didn't publish his first novel until 90!

5. Seniors are living longer, due to advancements in health care and technology. By the year 2040 the population of seniors over 85 is expected to triple.

6. According to the Census Bureau, by the year 2041 one in five Albertans will be over 65.

7. Studies show that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

8. Despite citing other health and money concerns, those 65 and older experience less stress.

9. Learning can save your brain. Older adults can grow new neurons over time which can help fight off dementia.

10. Sleeping habits alter over time. Our sleeping patterns change as we age: we get tired earlier and wake up earlier.

11. There is more to life after 65, other than game night and golf courses. You feel wiser, you know yourself better, and you also become part of a powerful demographic.