



St. Aidan's
Society

SENIORS



INFORMATION DIRECTORY



Empowering Seniors,
Strengthening Community

780-743-4370

 info@staidansociety.ca

 staidansociety.ca

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About This Directory | 2026



St. Aidan's
— Society Est. 1973

At St. Aidan's Society, our goal is to enhance the quality of life for older adults in Wood Buffalo. We work with various partners to create an age-friendly community where everyone feels valued, respected, and has opportunities to thrive.

To help you navigate the many services available locally, provincially, and federally, we have created this directory. We've gathered information from reputable online sources and government websites. While there are differences in services for rural areas, much of the information is relevant no matter where you live. We wanted to make this directory accessible to everyone, so it is available both in print and online.



This directory is for older adults, professionals who support them, and family members or caregivers.
We hope you find it helpful.

Find our online version here: staidanssociety.ca
or scan the QR code.

For copies of the directory, to be added into the directory, or to let us know of changes, please call **780-743-4370** or email info@staidanssociety.ca



**Scan to view the
digital copy**

Disclaimer: Listings in this directory are provided directly by each organization and have not been vetted by St. Aidan's Society. St. Aidan's does its best to keep this information up-to-date, but cannot guarantee accuracy and is not responsible for outdated contact details, programming changes, or discontinued services. Please confirm details directly with the organization before your visit.



Essential Numbers



Emergency (24 Hour)

9-1-1

For EMERGENCY medical, fire and police response.

Health Link (24 Hour)

811 or **1-866-408-5465** (Canada-wide toll free)
Health advice from a registered nurse

Link: myhealth.alberta.ca/811

Non-emergency police line: 780-788-4000 or
administration line **780-788-4040**

Report an incident that is not an emergency

Addictions Helpline (24 Hour)

Phone: 1-866-332-2322 (toll free)

Confidential information for alcohol, tobacco, drugs, and referral to services available in the province

AHS Mental Health Helpline (24 Hour)

Phone: 1-877-303-2642 (toll free)

Call for mental health advice

Community Resources (24 Hour)

2-1-1 Press 2 for seniors and older adults
Information and referrals for community and social services

Website: ab.211.ca

Hope for Wellness (24 Hour)

Phone: 1-855-242-3310

Website: [Hopeforwellness.ca](https://hopeforwellness.ca)

Non judgmental, respectful, culturally competent, trauma informed

Poison & Drug Information Service

Phone: 1-800-332-1414

Advice on chemicals, medicines & herbal products

S.O.S. Crisis Line (24 Hour)

Phone: 780-743-4357

Crisis support- confidential, anonymous, non-judgmental

Suicide Crisis Helpline (24 Hour)

9-8-8 (Call or Text)

Website: 988.ca

Regional Municipality of Wood Buffalo (24 Hour)

Pulse Line: 780-743-7000

Toll Free: 1-800-973-9663

Voicemail is monitored 7am - 7pm

Information on all regional services

Link: rmwb.ca/en/contact-us.aspx

Waypoints Crisis Line (24 Hour)

Phone: 780-743-1190

Crisis intervention, emotional support and resources for those experiencing or concerned about someone else experiencing domestic violence, including elder/seniors abuse

Link: waypointswb.ca

24 Hour Emergency Income Support Contact Centre

Phone: 1-866-644-5135 for an assessment (toll free)

About St. Aidan's Society

About St. Aidan's Society

St. Aidan's supports Wood Buffalo residents who are 60+ and experiencing age related issues. It is our goal to ensure that older adults are valued, respected and have opportunities to thrive in the community. We offer programs and services directly and in partnership to support the aging population.



Age Well At Home (AWAH) Program

These are non-medical, in-home support services provided to eligible older adults that allow them to remain in their homes as long as possible. Services may include: light housekeeping, meal support, laundry support, lawn care and snow removal.



Link Program

The Link Program is the entry point to St. Aidan's services, helping older adults access the supports they need to live safely, independently, and with dignity in their homes and community.

Seniors Outreach Program

The Seniors Outreach Program evaluates the immediate needs of older adults while providing ongoing case management support and targeted referrals to services and programs that will enhance their quality of life.

Seniors Volunteer Program

Seniors are matched with a volunteer to ensure they are connected, engaged and experience improved quality of life through volunteer-based support.

Elder Abuse Education & Support Services

The agency delivers education and awareness to older adults, families, caregivers, and services providers, equipping them to recognize, prevent, and respond effectively to elder abuse. We also provide direct client support, professional consultations, and community education initiatives.

Age Sensitivity Training

The training offers significant benefits for those working with or caring for older adults by fostering an experiential understanding of physical, cognitive, and emotional challenges associated with aging. Training is tailored to individual organizations and groups.



If you aren't sure where to start, have questions or need more information, our Link Worker can help.

Contact us for more information about our programs:
780-743-4370 Ext. 1 or Linkworker@staidanssociety.ca



FINANCIAL INFORMATION



What To Do When You Turn 65

What is an Alberta.ca Account?

Financial Benefit Programs (Federal / Provincial)

Seniors Discounts

Low Income Benefits & Tips

Income Taxes

How to Prepare for Tax Time

Credit & Debt Management

What To Do When You Turn 65



6 Months Before - Turning 65

- Apply for Canada Pension Plan (CPP)
- Apply for Old Age Security (OAS) (you must be 65 years or older, a Canadian citizen or legal resident at the time of approval, and have lived in Canada for at least 10 years after turning 18) [\(See page 9 & 10 for additional details\)](#)
- Apply for Guaranteed Income Supplement (GIS)

Contact Service Canada:

Phone: 1-800-277-9914

Website: servicecanada.gc.ca



3 Months Before - Turning 65

Apply for Alberta Seniors Financial Assistance Program.

This automatically registers you in the following programs if you are eligible:

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

A Seniors Financial Assistance package should arrive in the mail 3 months before your 65th birthday. If you do not receive this package call:

Alberta Supports Contact Centre

Phone: 780-644-9992

Toll-Free: 1-877-644-9992

Email: css.ascc@gov.ab.ca

Website: 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 these documents: 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 a registry office in Alberta

For additional AHCIP or Alberta Blue Cross Forms:

Phone: 310-0000 then dial 780-427-1432

Link: alberta.ca/ahcip-forms



Fort McMurray Registry Offices

Fort McMurray Vehicle Licensing & Registry

Phone: 780-790-0429
8720 Franklin Ave #121
Fort McMurray, AB T9H 3K8

Timberlea Licensing & Registry

Phone: 780-743-0888
118 Millennium Dr #41
Fort McMurray, AB T9K 2S8

AMA - Alberta Motor Association

Phone: 780-743-2433
4 Hospital Street
Fort McMurray, AB T9H 5E4

- ➔ **NOTE:** All Albertans 65+ receive a 25% discount on all personal registry services. This includes the cost of medical exams for senior drivers. Reimbursement will be credited back. A receipt from a doctor is required. Link: alberta.ca/seniors-discount for more details.



What Is An Alberta.ca Account?

An [Alberta.ca](https://alberta.ca) account provides you with secure access to multiple government programs, services, and information: such as paying fines, purchasing provincial park passes, applying for benefit programs, personal health information, as well as Government of Canada income tax and benefit information.

Creating an account is free.



How To Create an [Alberta.ca](https://alberta.ca) account

- Go to the Create account page
- Fill in the requested information and click “**submit**”
- You will receive a registration confirmation email
- In your email, Click “**confirm and continue**” within 96 hours to complete the registration process
- Once you have a basic Alberta.ca Account, click on the “**verify account**” button

Verifying Your Account - You will need:

- A permanent address
- An Alberta driver's licence or identification card button

To Verify your account:

- Enter your driver's licence or ID card number
- After you complete this second step, an activation code will be mailed to the address on your ID card within 10 days
- Enter it on the [Manage account](#) page to complete the verification process
- It cannot be sent to another address

If the information on your identification is different from the information in your basic (or unverified) Alberta.ca Account, fill in your updated personal information during verification.

If the address on your identification is not where you reside or is out-of-province, go to a registry agent and change your address on your Alberta driver's licence or identification card.

Financial Benefit Programs



Federal Benefits (Financial Benefit Programs)

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

Website: servicecanada.gc.ca

Service Canada (CPP, OAS, GIS)

Toll-Free: 1-800-277-9914

TTY: 1-800-255-4786

servicecanada.gc.ca



8530 Manning Ave

Unit 107

Fort McMurray, AB T9H 5G2

Canadian Pension Plan (CPP)

Link: 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)

Link: canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements 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.

Guaranteed Income Supplement (GIS)

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

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

Link: canada.ca/en/services/benefits/publicpensions/cpp-disability-benefit.html

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.

CPP Child Rearing Provision (CRP)

Link: canada.ca/en/services/benefits/publicpensions/cpp/child-rearing.html

The CRP increases retirement, disability, or survivors' benefits by excluding periods low to zero earnings from the benefit calculation while raising children under age seven. It applies to parents with children born after December 31, 1958, who were primary caregivers and received the Canada Child Benefit (or Family Allowance).

Disability Tax Credit (DTC)

Link: canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html

The DTC is a non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay.

Canada Disability Benefit (CDB)

Link: canada.ca/en/services/benefits/disability/canada-disability-benefit.html

The CDB provides direct financial support to people with disabilities who are between 18 and 64 years old.

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 occur:

- A couple can no longer live together for reasons beyond their control (e.g., if one of them is in the hospital or a Long-Term Care facility), they may be entitled to a higher payment
 - Change in marriage or common-law relationship status
 - Change of address or any absence from Canada over six months
 - In the event of a change of address – update your mailing address immediately to ensure continued services
 - Direct deposit banking information – notify if you change bank accounts to avoid payment interruptions
 - Name change – legal name changes must be updated
 - Employment status – changes relevant to EI benefits, such as returning to work, job changes or retirement.
 - Income changes – adjustments that may impact income-tested benefits like the Guaranteed Income Supplement (GIS).
-

Death

Link: canada.ca/en/services/benefits/publicpensions/cpp/cancel-cpp.html

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

Death Benefit

Is a one-time, generally made payable to the estate or other eligible individuals, upon the death of CPP contributor.

Link: canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit.html

Survivor's Pension

Is a monthly benefit 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.

Link: canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html

Indigenous Services Canada

Status, health, social programs, funding programs, housing and more.

Link: canada.ca/en/services/indigenous-peoples.html

Indigenous Services Canada (ISC) collaborates with partners to improve access to services for First Nations, Inuit, and Métis.

Link: canada.ca/en/indigenous-services-canada.html

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.

Link: canada.ca/en/services/benefits/publicpensions/cpp/cpp-international/apply.html

Veterans Affairs Canada

Edmonton: 940 Canada Place 9700 Jasper Ave. NW - Edmonton, AB T5J 4C3

Phone: 1-866-522-2122 **TTY:** 1-833-921-0071

Email: information@veterans.gc.ca

Website: veterans.gc.ca

Benefits for Veterans, still-serving Canadian Forces and RCMP members, and dependents, include financial and health benefits and Veterans independence program.

VAC (Veterans Affairs Canada) Assistance Service

Phone: 1-800-268-7708 **TTY:** 1-800-567-5803

Provides psychological support. Available 24 hours a day, 365 days a year.

The service is for Veterans, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services.

Financial Benefit Programs



Provincial Benefits (Financial Benefit Programs)



To access the following provincial programs call:

Alberta Supports: 1-877-644-9992



Seniors Financial Assistance Information Booklet (updated annually):

Link: open.alberta.ca/publications/6756730



Assured Income for Severely Handicapped (AISH)

Address: 9915 Franklin Avenue (1st Floor) Fort McMurray, AB T9H 2K4

Phone: 1-888-644-1802 **Fax:** 780-674-8366

Website: alberta.ca/aish **Email:** northzoneaish@gov.ab.ca

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living. Under 65 years of age.



Alberta Seniors Benefit

Provides a monthly benefit paid to eligible seniors with low income including accommodation assistance for eligible seniors living in a continuing care home.

To be eligible for this program, you must:

- be 65 years of age or older (benefits may start the month of your 65th birthday)
- have lived in Alberta for at least 3 months immediately before applying
- be a Canadian citizen or permanent resident
- receive the Old Age Security pension from the Government of Canada
- meet financial eligibility criteria



Dental & Optical Assistance for Seniors

Provides up to \$5,000 of basic dental coverage every five years and up to \$230 for prescription eyeglasses every three years if eligible.

To be eligible for this program, you must:

- be 65 years of age or older
- be an Alberta resident and have resided in Alberta for at least 3 months before applying
- be a Canadian citizen or admitted to Canada for permanent residence (landed immigrant)
- have an annual income within the limits allowed by the program
- be approved to receive Seniors Financial Assistance Programs. Eligibility for the Dental and Optical Assistance is determined by the senior's income. Eligibility thresholds subject to change.

Website: alberta.ca/dental-optical-assistance-seniors



Special Needs Assistance for Seniors program

Provides financial assistance to seniors with low income to assist with the cost of appliances and specific health and personal supports. Up to \$5,872 is available in the benefit year. 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. Eligibility is subject to change based on income threshold.

Website: alberta.ca/seniors-special-needs-assistance



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 (SHARP)

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



How to Apply for Seniors Financial Assistance

Option 1: Complete your application using your My Alberta Account

Link: account.alberta.ca/login

Option 2: Upload your documents online

Link: seniors-housing.alberta.ca/submit-documents/

Option 3: Mail the documents to:

Seniors Financial Assistance

PO Box 3100

Edmonton, AB T5J 4W3

Option 4: Fax the documents to **780-422-5954**

Option 5: Seniors Financial Assistance online fillable form

This online fillable form allows you to complete the application without using an Alberta.ca Account.

- Submit the Authorized Representative form along with the application if you would like to delegate a person to access your information and speak on your behalf.

Website: sfa.alberta.ca/

Authorization Representative Form:

formsmgmt.gov.ab.ca/Public/SFA13364.xdp%20



After you Apply

A letter explaining your benefit eligibility will be mailed to you.

It can take up to 24 weeks.

To check the status of your application call Alberta Supports Contact Centre at **1-877-644-9992** (Personal Health Care number is needed).

Alberta Seniors Benefits recipients with a **MyAlbertaSeniors** account can view and update banking information.

To create your account visit [Seniors Financial Assistance](https://seniorsfinancialassistance.alberta.ca/) online services.

Website: sfa.alberta.ca



Senior's Discounts

There are many community businesses that offer special savings and discounts on local services and products for older adults.

They include:

- Dining
- Retail
- Entertainment
- Personal Care
- Pharmacies
- Legal
- Health
- Moving
- Insurance
- Financial
- Travel
- Recreation
- Tax Preparation

A complete list of discounts can be viewed at staidanssociety.ca/service-discounts/ or scan the QR code.

Discounts are subject to change without notice.
Be sure to request your discount prior to service!



Notes

Notes

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Low Income Benefits & Tips



Guaranteed Income Supplement

From the federal government is a monthly payment available to low income individuals who are receiving Old Age Security.

Alberta Seniors Benefit

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 lower income toward the cost of eligible items such as:

- Continuous Positive Airway Pressure (CPAP) machine and supplies
- Housekeeping and yard maintenance
- Diabetes supplies
- Home clean-up
- Nutritional beverages
- Prescription costs
- Bed bug treatment
- Celiac groceries
- Clothing
- Podiatry
- Relocation of washer and dryer
- Respite care
- Wigs
- Personal response service monitoring fees
- Medical travel
- Appliances and furniture

Dental and Optical Assistance for Seniors

Provides financial assistance to eligible seniors with lower to moderate income for basic dental and optical services.

Rental Assistance Benefit

Rent Assistance Benefit (RAB) is a long-term benefit that subsidizes Albertans with lower incomes to support their rental needs.

Temporary Rent Assistance Benefit

(TRAB) provides a modest subsidy to help eligible recipients afford their rent while they stabilize or improve their situation.

Do you already get the Rental Assistance Benefit?

File your T5007 Tax Slip with your taxes, and let Alberta Seniors Benefits know. They can remove that amount when assessing your application each year.

Seniors Home Adaptation and Repair Program

Seniors Home Adaptation and Repair program helps eligible seniors finance home repairs, adaptations and renovations through a low interest home equity loan.

Low Cost and No Cost Bank Accounts

Low-cost accounts cost a maximum of \$4 per month in banking fees. The Government of Canada and certain financial institutions have an agreement to provide low-cost basic banking services to seniors.

Seniors Property Tax Deferral Program

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

Specialized Transit

Specialized Transit is an accessible curb to curb service for seniors 65+ and for individuals unable to board the regular transit system or have no other transportation means.

Eligible lower income riders can apply for a 75% discount on 10 and 20 ride passes for Specialized Transit through the RMWB LIFT Program.

For additional information on transportation [see page 116](#) (Other Transportation Options)

RMWB Transit

Seniors who are 65 years or older ride for free by showing the driver a valid photo ID.

Eligible lower income adults 64 and younger can apply for a \$10 monthly pass through the **RMWB LIFT Program**.

Low-Income Fare Transit Program (LIFT)

The program is designed to ease financial barriers for eligible individuals and increase access to essential services. It offers a monthly pass for conventional transit at a nominal cost of \$10, along with a 75% discount on 10 and 25-ride passes for Specialized Transit.

Apply: online forms.rmwb.ca/Community-Services/LIFT-Program-Application or by contacting PULSE 780-743-7000.

Rogers Connected for Success

Connected for Success (CFS) offers high-speed, low-cost internet, TV bundles and mobile plans to eligible individuals.

Website: rogers.com/connected-for-success

Telus For Good

Mobility for Good and Internet for Good provide low-cost service plans to eligible seniors.

TELUS Health Medical Alert services provide lower income seniors who have qualified for Internet for Good or Mobility for Good for Seniors programs with access to Medical Alert services.

TELUS Wise is a free digital literacy education program that provides workshops and resources.

Website: telus.com/en/social-impact/connecting-canada/connecting-for-good-programs



Income Taxes



Filing Income Taxes

Filing your income taxes every year is very important to ensure that you receive government financial benefits and credits and a refund, if you are eligible.



Canada Revenue Agency (CRA) Link: 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” Link: canada.ca/my-cra-account

This online service gives you access to your specific tax information.



How to Prepare for Tax Time

Filing taxes as a senior in Alberta involves gathering specific documents and information to ensure accurate reporting and potential tax savings.

Here’s a comprehensive list of common things you’ll need:

1. Personal Information:

- Full name, date of birth, and social insurance number (SIN) for yourself and your spouse or common-law partner

2. Income Documents:

- T4 slips for employment income
- T4A slips for pensions, annuities, RRSP withdrawals, and other income
- T4RIF slips for Registered Retirement Income Fund (RRIF) withdrawals
- T4RSP slips for Registered Retirement Savings Plan (RRSP) withdrawals



2. Income Documents (continued):

- T5 slips for investment income such as interest, dividends, and capital gains
- T3 slips for income from trusts and mutual funds
- Any other relevant income documentation, such as rental income or social assistance payments

3. Receipts for Deductions and Credits:

- Medical expenses, including prescription drugs, dental services, and medical supplies not covered by insurance
- Charitable donations made throughout the year
- Union dues and professional membership fees
- Education expenses for yourself or your dependents
- Home accessibility expenses for renovations that improve accessibility for seniors or persons with disabilities
- Public transit passes, if applicable
- Rent or property tax paid if you're eligible for the Alberta Seniors Benefit

4. Tax Credits and Benefits Information:

- Receipts or documentation for any eligible tax credits, such as the Credit Age, Pension Income Credit, and Disability Tax Credit
- Information about any pension income splitting with your spouse or common-law partner
- Details about any tax-free savings account (TFSA) contributions and withdrawals

5. Other Relevant Information:

- Details about any foreign income or assets, if applicable
- Records of any capital gains or losses from the sale of assets, such as stocks, bonds, or real estate
- Records of any business income or expenses, if you're self-employed.
- Information about any other relevant financial transactions or life events that may impact your taxes, such as buying or selling a home, inheriting money, or receiving government benefits.



Tax Filing Guide for Seniors in Alberta

1. Understanding Tax Filing Deadlines:

- The deadline for filing your income tax return in Canada is typically April 30th of each year. However, if you or your spouse or common-law partner is self-employed, the deadline is extended to June 15th.
- It's important to note that any taxes owed are still due by April 30th to avoid penalties and interest

2. Gather Necessary Documents:

Before starting the tax filing process, ensure you have all relevant documents on hand, including:

- T4 slips from employment income
- T4A slips for pensions, annuities, and other income
- Receipts for medical expenses, charitable donations, and other deductions
- Receipts for any tax credits you may be eligible for, such as the Credit Age or Pension Income Credit

3. Eligibility for Senior-Specific Tax Credits and Benefits:

As a senior in Alberta, you may qualify for various tax credits and benefits, including:

- Credit Age: A non-refundable tax credit available to individuals aged 65 and older, designed to reduce federal tax payable
- Pension Income Credit: If you receive eligible pension income, you may be eligible for a federal tax credit
- Alberta Seniors Benefit: A provincial program that provides financial assistance to lower income seniors aged 65 and older

4. Consider Pension Splitting:

- If you're married or in a common-law partnership and one of you receives a pension, you may be able to split eligible pension income to reduce your overall tax burden. This can be advantageous, especially if one partner is in a lower tax bracket than the other.

5. Explore Tax-Free Savings Accounts (TFSA):

- Seniors can continue to contribute to Tax-Free Savings Accounts (TFSA) regardless of age. Income earned within a TFSA, including interest, dividends, and capital gains, is tax-free, making it a valuable savings tool for retirement.

6. Seek Professional Assistance if Needed:

- If you're unsure about any aspect of your tax return or if your financial situation is complex, consider seeking assistance from a tax professional or accountant.
- They can provide personalized advice and ensure that you maximize your tax savings while staying compliant with tax laws.

7. File Your Taxes Electronically:

- The Canada Revenue Agency (CRA) encourages taxpayers to file their taxes online using NETFILE or certified tax software
- Filing electronically is convenient, secure, and typically results in faster processing and refund delivery

8. Stay Informed and Updated:

- Tax laws and regulations can change from year to year, so it's essential to stay informed about any updates or revisions that may affect your tax situation. The CRA website, tax guides, and reputable financial news sources are valuable resources for staying up-to-date.





Where to Get Your Taxes Done

A number of community organizations offer free income tax assistance in conjunction with the Canada Revenue Agency Community Volunteer Income Tax Program (CVITP), for lower income seniors with simple tax returns.

Centre of Hope

Phone: 780-743-3912
10095 Marshall Street
Fort McMurray, AB T9H 1X6

Francophonie Albertaine Plurielle-Society (FRAP-Society)

Phone: 780-740-8151
BL130-8015 Franklin Ave
Bob Lamb Building
Fort McMurray, AB T9H 2H7

Email: info.wbr@frap.ca

*All tax related income slips
required. By appointment

Golden Years Society

Phone: 780-743-4088
10111 Main Street
Fort McMurray, AB T9H 2G7
*By appointment

Wood Buffalo Regional Library (WBRL)

Phone: 780-743-7806
1 C.A. Knight Way
Fort McMurray, AB T9H 5C5
*By appointment

Contact Person: Lori Power

Email: Lori.power@wbrl.ca



There are also local
tax specialists that
offer a Senior rate.

Check the Discounts
List on [page 16](#)



Credit & Debt Management

Do you need help to get your finances back on track?

Credit Counselling Society (Canada Wide)

Phone Toll-Free: 1-888-948-8634

Email: info@nomoredebts.org

Website: nomoredebts.org

Phone appointments are free, confidential, unbiased, and non-judgmental credit counselling, education and debt consolidation.

*Chat and Zoom available

Money Mentors (Alberta)

Phone: 1-888-294-0076

Website: moneymentors.ca

Free and confidential debt consolidation, credit counselling and money management resources.





PLANNING AHEAD



Advance Care Planning - Green Sleeve
Personal & Financial Decision Making Options
Estate Planning
Planned Giving
What to do When Moving from Another Province
What to do When a Person Dies

Advanced Care Planning



Advance Care Planning - Green Sleeve

Make your own medical treatment decisions while you are able, by speaking with your Physician- this is called Advanced Care Planning. Keep these planning documents in a **Green Sleeve** which is a plastic pocket that holds your important advance care planning forms.



Personal Directive

A blank personal directive form comes with the Green Sleeve. If you already have a personal directive done, take out the blank form and replace it with yours.



Goals of Care Designation (GCD)

The Green Sleeve includes a blank GCD order form. This blank form is for your healthcare provider (doctor or nurse practitioner) to fill in. If you think you might need a GCD order, bring the blank form to your healthcare provider so you can talk about it. If your healthcare provider has already written your GCD order, take out the blank form and put your own GCD order in your Green Sleeve as the first page.



Advance Care Planning/Goals of Care Designation Tracking Record

This comes with your Green Sleeve and is not for you to fill in. Your healthcare provider uses this tracking form to write down conversations they have with you about your advance care plan and GCD. Keep it in your Green Sleeve as reference for all your healthcare providers.

Your Green Sleeve goes with you through Alberta's healthcare system. In an emergency, healthcare providers can look at your Green Sleeve and quickly know your healthcare wishes. Keep only the most up-to-date documents in it so healthcare providers are clear on what your current wishes are. Healthcare providers in all settings (such as the hospital) may ask if you have a Green Sleeve.



Green Sleeve Details

Where can I get a Green Sleeve?

Ask your healthcare provider (such as your family doctor)

Order a Green Sleeve Online

Instructions can be found here:

myhealth.alberta.ca/alberta/AlbertaDocuments/Green-Sleeves-Ordering-Instructions.pdf

You can have up to 2 Green Sleeves mailed to your home by following these instructions. It can take 5 to 10 business days for your Green Sleeves to arrive. If you need to order extra Green Sleeves (up to a maximum of 2 per household), or if you have questions about your order, **email:** conversationsmatter@ahs.ca

Where should I keep my Green Sleeve?

It belongs to you. When you're at home, keep it in a place where it's easy to find, such as on or near your fridge. This is easy for emergency responders to find them quickly.

If you go to the hospital or a healthcare appointment, take your Green Sleeve with you. Be sure to bring it home.



Personal & Financial Decision Making Options



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 an application contact Office of the Public Guardian and Trustee: **780-645-6278** (St. Paul Office)



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 an application contact Office of the Public Guardian and Trustee: **780-427-2744** (Edmonton Office)
- 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.



Authorize a Representative

Canada Revenue Agency – An **Authorize a Representative form**, completed by the senior, allows the delegated person to manage your personal or business tax matters on your behalf. You can choose different levels of access; from only viewing your information to their ability to make certain changes for you. You can set this up online through your CRA account, or you can mail in a paper form. If the form is submitted by mail, the Representative cannot access your CRA account online; this can only be done by phone. Their access remains until it is cancelled, it expires or upon your passing.

You are responsible for choosing a trusted person and you can cancel or change their access at any time by contacting CRA. To learn more, contact **1-800-959-8281**. canada.ca/en/revenue-agency/services/tax/representative-authorization/overview.html



Service Canada – A **Consent to Communicate Information with an Authorized Person form**, completed by the senior, allows the delegated person to communicate with Service Canada on your behalf about CPP, OAS, or certain foreign benefits (Form ISP1603). If a ISP1603 is submitted, it can take up to 180 days to apply. The delegated person can discuss your personal information such as payments, income, contributions, address changes (except payment details), phone number, request a copy of your tax slips, or entitlement letters. However, they are not allowed to apply for benefits, change or remove payment destinations, sign documents for you, or adjust tax withholdings. They also cannot submit written requests for documents from your file, make ATIP requests, or handle any payments. If you already have a legal representative, such as a power of attorney, Service Canada will communicate with them instead. Authorized third parties cannot use Service Canada's online services.

You can cancel or remove a representative at any time online, by phone, or by submitting a form to Service Canada. For more information contact Service Canada **1-800-277-9914**. catalogue.servicecanada.gc.ca/content/EFForms/en/Detail.html?Form=ISP1603OAS

Alberta Seniors Benefit and the Special Needs Assistance for Seniors Program – An **Authorization of Representative form** is completed by the senior and permits the delegation of a representative to look after a senior's Alberta Seniors Benefit and Special Needs Assistance for Seniors affairs under the Protection of Privacy Act. It allows a designated person to discuss file information on an ongoing basis and will remain in place until it is revoked in writing or replaced with another authorized person by the senior. The senior may also choose to have mail from the Seniors Program Delivery Branch directed to their representative's address. There are instructions on the form for limiting access of information and how to return the completed form. For more information, contact the Alberta Supports Contact Centre toll-free at **1-877-644-9992**, Monday to Friday 7:30 a.m. to 8:00 p.m. formsmgmt.gov.ab.ca/Public/SFA13364.xdp



Alternate Personal Decision-Making Options

There are additional levels of personal decision-making support available to help an older adult remain as independent as possible including: supported decision-making, specific decision-making, co-decision-making.

For more information: alberta.ca/opgt-supports



Wills And Estates Definitions

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

Holographic Will:

- A handwritten and signed document by a person (Legal in Alberta)
- Holographic 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 Info: [Surrogate Forms – Non-Contentious Matters](#)

You can also order Surrogate Rules and Forms Package 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

Link: alberta.ca/surrogate-forms-non-contentious-matters

Planned Giving



Planned Giving

The work of registered charities, foundations, and other not-for-profit organizations enrich lives, which creates healthier communities. Donations are essential to support and sustain charitable work. By leaving a gift in your will or estate plan to a charitable group(s) of your choice, you can be part of creating a positive impact in the community.

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.

By donating to St. Aidan's Society or contributing to our Endowment Fund, you are helping us to serve, empower and connect the community and its people. **Donate here:** staidanssociety.ca/contact-us/ or call **780-743-4370**.



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



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: alberta.ca/wills-in-alberta



What To Do When Moving to Alberta



Important Steps for Moving to Alberta



Identification: Driver's Licence Or Alberta Identification Card

- Change address with the Bank
- Print a bank statement to use as proof of address at the Registry
- You must go in person to a Registry
- TO BE DONE WITHIN 90 DAYS of moving to Alberta



What to Bring to the Registry:

Your valid driver's licence from your previous province (if you have one)

One piece of valid identification that shows you are legally allowed to live in Canada

- Valid Canadian passport
- NEXUS card
- Canadian Provincial/Territorial Government issued birth certificate
- Secure Certificate of Indian Status Card (Federal issued)
- Canadian Citizenship Certificate (issued after February 2012) or Canadian Citizenship Card (issued prior to February 2012)

What to bring to the Registry (continued):

One document that proves you are an Alberta resident

- Bank statement, credit card statement, Alberta Social Benefit Statements or cheques, income tax assessment summary (must be original mailed statement)
- Utility, telephone, gas, or cable TV bills (can be electronic, printed from the internet or mailed utility statements/paystubs)
- Written confirmation of Alberta employment including contact name and telephone number (must be current within the last 15 days)
- Refugee claimants with a Refugee Protection Claimant Document (Applicable for ID card only)
- Medical Records (Original copy)
- You may be asked to submit a medical report due to any of the following criteria:
 - You have a medical condition, such as a heart condition or epilepsy, that affects your ability to drive safely
 - You are 75 years of age or older
 - You are applying to obtain a class 1, 2, or 4 driver's licence



Fort McMurray Registry Offices

Fort McMurray Vehicle Licensing & Registry

Phone: 780-790-0416
8720 Franklin Ave #121
Fort McMurray, AB T9H 3K8

Timberlea Licensing & Registry

Phone: 780-743-0888
118 Millennium Dr #141
Fort McMurray, AB T9K 2S8

AMA - Alberta Motor Association

Phone: 780-743-2433
4 Hospital Street
Fort McMurray, AB T9H 5E4

➔ **NOTE:** Fees for this change can range from \$10 - \$50.
All Albertans 65+ receive a 25% discount off personal registry services.



Alberta Health Care Insurance Plan (AHCIP)

Complete the application

formsmgmt.gov.ab.ca/Public/AHC0102.xdp

Gather your supporting documents as follows:

Proof of Alberta residency

- Alberta driver's licence
- Bills such as utilities and phone bills
- Mortgage or rental agreement
- Home insurance
- Vehicle registration

Proof of identity

- Passport
- Permanent resident card (both sides)
- Certificate of Indian Status issued by the Federal Government
- Government issued driver's licence
- Government issued registry ID card
- Canadian citizenship card

Legal entitlement to be in and remain in Canada

- Canadian passport
- Permanent resident card (both sides)
- Certificate of Indian Status issued by the Federal Government
- Canadian birth certificate
- Canada entry document (for example, work or study permit)
- Canadian citizenship card or certificate (both sides), permanent resident card

Submit the application. No fee.

- **In Person at local Registry office.** Processing time can take up to 5 business days. The Health Care Card will be mailed to your home by the AHCIP office.
- **By mail.** Processing time can take up to 6 weeks. Send your completed application form and photocopies of your supporting documents to the AHCIP office:

Alberta Health

Attention: Alberta Health Care Insurance Plan
PO Box 1360, Station Main
Edmonton, Alberta T5J 2N3



Create your My Alberta Account



1. Visit the website:

account.alberta.ca/signup



2. Fill in your details:

- Create a username
- Supply your email address
- Create a password
- Submit First and Last name
- Agree to Terms of Use



3. Click Submit

Wait for the Registration Confirmation Email.

This step should only take a few minutes



4. Open the Registration Confirmation Email

Click on “Confirm and Continue”

Note that the link is only valid for 96 hours



5. Open your Alberta.ca Account

Click on “Confirm and Continue”

- Click on Manage Account
- Enter the Activation Code to complete the verification process



You now have full access to your account!

- Apply for Financial Benefits
- Securely Access Health Records
- Access Government of Canada Services and Benefits
- Pay for Government Products and Service
- Pay Fines or Purchase Permits



Need additional help creating your account? Check out this reference guide: alberta.ca/system/files/ti-alberta-ca-account-reference-guide.pdf



Alberta Seniors Benefit

Provides a monthly benefit paid to eligible seniors with lower income including accommodation assistance for eligible seniors living in a continuing care home.

To be eligible for this program, you must:

- be 65 years of age or older (benefits may start the month of your 65th birthday)
- have lived in Alberta for at least 3 months immediately before applying.
- be a Canadian citizen or permanent resident
- receive the Old Age Security pension from the Government of Canada
- meet financial eligibility criteria



Dental & Optical Assistance for Seniors

Provides up to \$5,000 of basic dental coverage every five years and up to \$230 for prescription eyeglasses every three years if eligible.

To be eligible for this program, you must:

- be 65 years of age or older
- be an Alberta resident and have resided in Alberta for at least 3 months before applying
- be a Canadian citizen or admitted to Canada for permanent residence (landed immigrant)
- have an annual income within the limits allowed by the program



Special Needs Assistance for Seniors Program

Provides financial assistance to eligible low-income seniors for essential appliances, health-related items, and personal supports. Eligible seniors may receive up to \$5,872 per benefit year to help cover approved expenses.

Visit alberta.ca/seniors-special-needs-assistance for eligibility requirements, income thresholds, covered expenses, and application details.

To be eligible for this program, you must:

- be 65 years of age or older
- be an Alberta resident
- be a Canadian citizen or have been lawfully admitted to Canada for permanent residence
- meet financial eligibility criteria
- have completed a Seniors Financial Assistance application



What To Do When A Person Dies

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



What to do First

Provide the CRA (Canada Revenue Agency) with the date of death as soon as possible:

- **Call:** 1-800-959-8281
- See Guide canada.ca/en/revenue-agency/services/forms-publications/forms/rc4111.html
-

Notify Service Canada: 1-800-277-9914.

- Social Insurance Number is required to cancel Old Age Security, Canada Pension Plan, and Guaranteed Income Supplement

Obtain information from the deceased person's tax records

- Pay any tax installments due before the date of death. To appoint an authorized representative to manage tax matters on your behalf, complete Form T1013
- Note: any fees paid to you as an Executor, may need to be reported on a T4

Notify Seniors Financial Assistance Program (lower income individuals 65+),

- Call: 1-877-644-9992 with deceased personal health number

Notify Alberta Seniors Benefit:

- Toll-free 1-877-644-9992. Give name, date of death, and Personal Health Number of deceased.

See if you are eligible to apply for any Survivor Benefits

- See Service Canada - Death Benefits



Common Questions



How do I know if I am the legal representative?

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

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



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

Complete Form RC552, available at the link below or call 1-800-387-1193. Link: canada.ca/en/revenue-agency/services/forms-publications/forms/rc552.html



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

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



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

Contact an **Alberta Registry Office** for Land title information.



If the deceased dies without a will:

Contact the **Office of the Public Guardian & Trustee** at **780-427-2744** (Edmonton Office).



Finances and Insurance

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



When Should I Consider Hiring a Lawyer?

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



Vehicle, Utilities & Insurance

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

If you are not able to identify the source life insurance company or cannot find the policy of the deceased, the Ombud Service for Life & Health Insurance, may be able to assist - Toll Free: **1-888-295-8112**

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

- Contact Service Alberta at **310-0000** then dial **780-427-7013**
- Remove the deceased's name from car insurance
- Parking placards may be cancelled at any Registries office



Social Media and Internet Accounts

Closing email accounts may prevent identity theft.

For social media accounts, consider **three basic options**:

- Delete all accounts (activity and photos will be lost)
- Keep accounts up but not active
- Memorialize the accounts



Veteran Benefits or Support Services

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

- **Veterans Affairs Canada:**
1-866-522-2122 (English) / 1-866-522-2022 (Français)
- Some veterans may be eligible for assistance with funeral costs, contact the **Last Post Fund:** Toll Free: 1-800-465-7113



Death & Funeral Arrangements

Robert Anderson Funeral Services

115-190 MacAlpine Crescent
Fort McMurray, AB T9H 4A6

Phone: 780-790-1220

Email: rafser@telus.net

Website: rafuneralservices.com

Hours of Operation: Available 24/7 for emergencies.

Consultations are by appointment. Offers assistance with traditional burials and cremation. Assistance with any international and provincial transfers. Services the Municipality of Wood Buffalo.

Alberta Funeral Service Regulatory Board

Phone: 1-800-563-4652

Website: afsr.ab.ca/

Funeral Planning, filing a complaint, funeral business search, Funeral Services Act

RMWB Cemeteries

Phone: 780-743-7000 (PULSE)

Link: rmwb.ca/communities-and-neighbourhoods/cemeteries

Anzac Cemetery

200 Cheecham Drive, Anzac

Pioneer Cemetery

Biggs Avenue, Fort McMurray

Highview Cemetery

589 Athabasca Avenue,
Fort McMurray

Woodlawn Cemetery

1000 Real Martin Drive,
Fort McMurray

Veteran's Last Post Fund

Toll Free: 1-800-465-7113

Website: lastpostfund.ca

Email: info@lastpost.ca

More About - Veteran's Last Post Fund

Provides funeral and burial benefits for eligible veterans (Canadian and Allied) and retired military personnel in receipt of a disability pension from Veterans Affairs Canada.





Grief & Loss Counselling

We are all impacted by grief and loss at some point in our lives. Whether it be the death of a loved one, pet or the loss of a friendship or romantic relationship. Counselling can help you move through the difficult emotions of grief, finding ways to remember and honour the loss, and look for a new meaning and direction in life. Grief & Loss Support Groups are available.

- Call Some Other Solutions **780-743-8605**
- See [page 70](#) for other counselling options

Notes



GOVERNMENT CONTACTS

Municipal
Provincial
Federal
Congratulatory Messages



Municipal Contacts

Regional Municipality of Wood Buffalo (RMWB)

City Hall: 9909 Franklin Avenue

Fort McMurray Alberta T9H 2K4

Phone: 780-743-7000 (PulseLine)

Toll free: 1-800-973-9663

RMWB - Mayor

To invite or make special requests

Link: rmwb.ca/local-government/mayor-council-and-administration/mayor

RMWB - Councillors

Email addresses for individual councillors are listed on the website

Link: rmwb.ca/local-government/mayor-council-and-administration/council/councillors

RMWB Property Taxes

Phone: 780-743-7900 (1 for Taxation or 2 for Assessment)

Website: rmwb.ca/en/property-taxes/paying-property-taxes.aspx

Taxes due annually on June 30th

RMWB Seniors Programs & Services

Link: rmwb.ca/communities-and-neighbourhoods/community-services-and-social-support/seniors-services-and-programs/

- Snow Angels
- Specialized Transit
- Seniors Parking Stalls
- Community Resources



Provincial Contacts

Premier of Alberta

Phone: 780-427-2251

Email: 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

Website: alberta.ca/contact

Alberta Support Contact Centre

Toll Free: 1-877-644-9992

Website: alberta.ca/senior-supports

Alberta Ombudsman

Phone: 1-888-455-2756

Website: ombudsman.ab.ca/

Independent investigations into complaints of treatment in the public sector

Members of Legislative Assembly

Tany Yao

Phone: 780-790-6014

#109 - 9912 Franklin Avenue

Fort McMurray, AB T9H 2K5

Email: FortMcMurray.WoodBuffalo@assembly.ab.ca

Members of Legislative Assembly

Brian Jean

Phone: 780-588-7979

#109 - 9912 Franklin Avenue

Fort McMurray, AB T9H 2K5

Email: FortMcMurray.LacLaBiche@assembly.ab.ca



Federal Contacts

Government of Canada

Toll-Free: 1-800-O-CANADA (1-800-622-6232)

TTY: 1-800-926-9105

Website: canada.ca

Prime Minister of Canada

Phone: 1-613-992-4211

80 Wellington St,

Ottawa, ON K1A 0A2

(No postage required)

Website: pm.gc.ca/en

Member of Parliament - Fort McMurray/Cold Lake

Laila Goodridge

Phone: 780-743-2201

Fort McMurray Constituency Office

#222 - 8520 Manning Ave.

Fort McMurray, AB T9H 5C2

Email: laila.goodridge@parl.gc.ca

Fax: 780-743-2287

Website: lailagoodridgemp.ca

Assists with access to Federal Programs, provides congratulatory messages, attends special events.

Congratulatory Messages



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

Governor General & The King

Phone: 1-800-465-6890

Email: anniversaries.anniversaires@gg.ca

Messages from the Governor General:

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

Messages from the King: Age 100 and every year thereafter

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

Prime Minister & Member of Parliament

Phone: 1-613-941-6880

Link: ourcommons.ca/members/en

Messages from the Prime Minister and/or MPs:

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

Premier

Phone: 780-427-2251

Email: premier@gov.ab.ca

Messages from the Premier & MLAs

- 65+ birthdays
- 25+ wedding anniversaries
- Retirement from the Canadian Forces (official request only)
- 20+ retirement or 25+ long service with the Government of Alberta



Members of Legislative Assembly

Tany Yao

Phone: 780-790-6014

#109 - 9912 Franklin Avenue

Fort McMurray, AB T9H 2K5

Email: FortMcMurray.WoodBuffalo@assembly.ab.ca

Members of Legislative Assembly

Brian Jean

Phone: 780-588-7979

#109 - 9912 Franklin Avenue

Fort McMurray, AB T9H 2K5

Email: FortMcMurray.LacLaBiche@assembly.ab.ca

Lieutenant Governor

Phone: 780-427-7243

Email: LTgov@gov.ab.ca

Messages from Lieutenant Governor

- 80+ birthdays in intervals of 5 years
- Wedding anniversaries of 50+ years and in intervals of 5 years





HEALTH



Contacts
Physician
Clinics
Community Living Supports
Food & Nutrition
Eye Care
Hearing
Dental
Counselling & Supports

Pharmacists
Rehabilitation
Podiatry & Footcare
Caregiving
Senior Health Benefit Coverage
Additional Health Services



Hospital / Alberta Health

Northern Lights Regional Health Centre

Phone: 780-791-6161

7 Hospital Street

Fort McMurray, AB T9H 1P2

Alberta Health- Personal Health Number

Toll Free (Alberta): 310-0000, then when prompted dial: 780-427-1432

Email: health.ahcipmail@gov.ab.ca (General Inquiries Only)

Website: alberta.ca/ahcip-contact

Call with any questions regarding your health care and health care insurance coverage in Alberta or to make any personal changes.

To make any changes in person or to register for Alberta Health Care, you may visit a **Registry Office** (see [page 37](#) for Registry Office information)



Fort McMurray Physicians

* walk-in appointments available

**Nurse Practitioner

Access Medical Clinic*

Phone: 780-743-4553

327-8600 Franklin Ave
Fort McMurray, AB T9H 4G8

- Dr. Salah Aboughouche
- Dr. Ahmad Omairi
- Dr. Victor Onwukwe
- Dr. Saroja Chindirapu

Al-Madina Medical Clinic*

Phone: 780-750-0088

103-9914 Morrison Street
Fort McMurray, AB T9H 4A4

- Dr. Ben Hassan
- Dr. Asra Segok
- Dr. Milud Kaal
- Dr. Akrm Albakosh
- Dr. Hythum Elharathi
- Dr. Alfaisal Abdulwanis
- Dr. Najua Casem Agha
(Internal Medicine Specialist)

Aspen Health Group

Phone: 587-604-9335

45-8106 Fraser Avenue
Fort McMurray, Alberta T9H 0G1

- Lisa Barter, NP**
- Stephanie Hottentrager, NP**

Dayspring Medical Clinic

Phone: 780-714-6665

8550 Franklin Ave
Fort McMurray, AB T9H 2J4

- Dr. Ibrahim Alfalah

Dr. Steven's Clinic

Phone: 780-880-6289

203-9914 Morrison Centre
Fort McMurray, AB T9H 4A4

- Dr. Steven Zhang

Franklin Avenue Community Care Clinic*

Phone: 780-715-1314

203-8706 Franklin Ave
Fort McMurray, AB T9H 2J6

- Dr. Ravi Seyed-Mahmoud
- Dr. Stone
- Dr. Veronica Crisp
- Dr. Rebecca Bix
- Dr. Monir Ebrahim-Sharis
- Dr. Nasreen Kadodia
- Dr. Grace Xu

Hardin 1 Medical Clinic*

Phone: 780-750-2180

15-9711 Hardin St.
Fort McMurray, AB T9H 1L2

- Dr. Abdulaati Mafud*
- Dr. Abdurrazig Haider*
- Dr. Abu Baker A. Malik
- Dr. Ahmed Swedan*
- Dr. Nasim Arruj
- Dr. Rida Ahmed
- Dr. Ridwan Ahmed
- Jennifer Moores, NP**

hardinmedicalclinic.ca/

Hardin 2 Medical Clinic

Phone: 780-750-2180

15-9711 Hardin St.

Fort McMurray, AB T9H 1L2

- Dr. Abu Baker A. Malik
- Dr. Aysha Shami
- Dr. Rida Ahmed
- Dr. Ridwan Ahmed
- Jennifer Moores, NP**

Helma Medical Clinic

Phone: 780-747-8703

205-108 Riverstone Ridge

Fort McMurray, AB T9K 1S6

- Dr. Helen Akosile-Xulu

Holistic Medical Clinic

Phone: 780-750-1600

603-8600 Franklin Ave

Fort McMurray, AB T9H 4G8

- Dr. Yahaya Aniki

MC Medical Clinic

Phone: 780-743-8629

9 Haineault Street

Fort McMurray, AB T9H 1R8

- Dr. Mobina Chaudhry

MaxWell Medical

Phone: 780-750-8684

55-8106 Fraser Ave

Fort McMurray, AB T9H 0G1

- Dr. Adrian Geambasu
- Dr. Nonso Udochukwu
- Dr. Odigie Osamuyimen
- Dr. Abdulgafar Sonumesi

Rehoboth Health Centre

Phone: 780-790-0366

8550 Franklin Ave

Fort McMurray, AB T9H 2J4

- Dr. Idowu Akinjise
- Dr. Prince Dan-Jumbo
- Jenevieve Senecal-Phinn, NP**

Rhema Medical Clinic

Phone: 780-714-9090

112 - 9612 Franklin Ave

Fort McMurray, AB T9H 2J9

- Dr. Ali Suleiman
- Dr. Amara Vivian Uche

River City Family Clinic

Phone: 780-743-0444

8550 Franklin Ave

Fort McMurray, AB T9H 2J4

- Dr. Emmanuel Osegbue

Walk-in appointments available

Signal Medical Clinic

Phone: 780-790-9342

200 Thickwood Blvd

Fort McMurray, AB T9K 1X9

- Dr. Melanie Young
- Dr. Pdraic McCombe
- Dr. W. Van Heerde

Stadek Clinic

Phone: 780-750-2225

2-245 Eagle Ridge Blvd

Fort McMurray, AB T9K 2Z7

- Dr. Stella Ogunsona
- Dr. Mary Ademuyiwa

Timberlea Medical Clinic

Phone: 780-742-2352

101-122 Millennium Dr

Fort McMurray, AB T9K 2S8

- Dr. Johannes Bouwer

TMC Medical Clinic

Phone: 780-713-2491

101-122 Millennium Dr

Fort McMurray, AB T9K 2S8

- Dr. Tina Tom

White Cross Medical Clinic

Phone: 780-750-2491

101-122 Millennium Dr

Fort McMurray, AB T9K 2S8

- Dr. Olukayode Fawole



Wood Buffalo Clinics

Chipewyan Prairie First Nation Health Centre

Main Line: 780-559-2375

Public Health: 780-881-6164

Conklin Health

Public Health: 780-793-7363

Fort McKay Health Centre

Phone: 780-828-4229

Fort McMurray Community Health Clinic

Phone: 780-791-6247

113 Thickwood Blvd

Fort McMurray, AB T9H 5E5

Immunizations

Gregoire Lake Health Centre

Phone: 780-334-2443

Juniper Naturopathic Clinic

Phone: 780-750-0786

204-122 Riverstone Ridge

Fort McMurray, AB T9K 1S6

Nunee Health Clinic

Phone: 780-697-3650

Indigenous Health GOC

sac-isc.gc.ca/

Health care services, non-insured health benefits (NIHB), environmental health, food safety & more



Alberta Health Line

8-1-1

811 Health Line

Phone: 8-1-1

A telephone service, free 24/7 advice and general health advice, navigation services and online content support for Albertans including:

- **Symptom-based nurse triage and health information**
- **Covid-19 Vaccine Booking**
- **System Navigation**
- **Dementia Advice Service**
- **Catch-A-Break Osteoporosis Screening**
- **Alberta Quits Tobacco Helpline**
- **Addictions Information/Referral**
- **Central Access to Specialized Services**
- **Information on Human Immunodeficiency Virus and Sexually Transmitted Infections (HIV / STIs)**
- **Referrals to clinical services including and Dietitian Services and Rehab Advice Line**



Primary Care

Primary Care Network (PCN)

Stoneycreek Village

Phone: 780-714-2193

Fax: 780-714-6091

301-108 Riverstone Ridge

Fort McMurray, AB T9K 1S6



Family Support

Fort McKay Family Support Centre

Phone: 780-828 4048

Email: familysupport@Fortmckay.com

Link: fortmckay.com/programs-services/community-resources/

Community Outreach, Counselling Services, Drop-in programs, Referrals to other resources, Ongoing support, Educational activities



Geriatric Support

Alberta Health Advocates

Link: alberta.ca/office-of-alberta-health-advocates

The Office of the Alberta Health Advocates helps Albertans with concerns about their health care. It brings together the Mental Health Advocate and the Health Advocate to offer one place to turn for support. The office listens, answers questions, and helps people understand their rights and find ways to resolve issues. It also works to make sure patients' voices are heard and uses feedback to help improve the health-care system.

Phone: 780-422-1812

Email: info@albertahealthadvocates.ca

albertahealthadvocates.ca

Address: 9th Floor, 106th Street Tower, 10055 106 Street NW, Edmonton, AB T5J 2Y2

Geriatric Consultations in Fort McMurray

Seniors in Wood Buffalo can access geriatric care through Telegeriatric Assessments at the **PCN**. Patients and families meet with a nurse at the Central Clinic for a full assessment, medical history review, and screening for daily living challenges. Additional hospital testing may also be arranged if needed.

A follow-up Telehealth appointment connects patients and families with an Edmonton-based geriatrician, who then shares care recommendations with the patient's family physician.

*Physician referral is required.

Community Living Supports

Home & Community Care Alberta Health Services

Phone: 780-791-6250

108 Wolverine Drive

Fort McMurray, Alberta T9H 4Y7

Continuing Care Access Toll Free: 1-855-371-4122 (To make a Referral)

See the website for more details

Website: albertahealthservices.ca/cc/Page15488.aspx

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.

- Supports daily living tasks clients cannot manage on their own, helping them maintain safe independence (e.g., personal care, medication management)
- Supplements care from family and community services, and helps arrange additional supports as needed
- Includes a case manager who assesses needs and coordinates overall care and services

Ask your Home Care Case Manager about Client Directed Home Care

LINK: ab.bluecross.ca/resources/government-programs/client-directed-home-care.php

Adult Day Program

Phone: 780-536-2414

Designed for people over the age of 18 who may have physical and/or memory challenges, or are living with a chronic illness, but medically stable.

- Socializing opportunity that allows people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social and emotional functioning.
- Adult day programs also provide respite and education for caregivers.

Respite Services

Short term respite stays can be booked at Willow Square.

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 **1-855-371-4122**.



Alberta Aids to Daily Living

Phone: 780-427-0731

Assists seniors in Alberta with long-term disability, chronic illness or terminal illness to maintain independence by providing basic medical equipment and supplies.

An assessment will be completed by an AADL authorizer such as a nurse, physical therapist, occupational therapist, or other healthcare professionals who work in a community health care centre, hospital or home care program.

AADL is a cost-share program. You pay 25% of the cost to a maximum of \$500 per individual, per benefit year. Low-income seniors may be exempt from cost-sharing. Your authorizer or will have a cost-sharing exemption application.

For more information about what is covered contact the call centre.



Personal Home Supports

Age Well At Home (AWAH) - St. Aidan's Society

Phone: 780-743-4370 Ext 1

Website: staidanssociety.ca

In-home supports program that includes light housekeeping support, meal support, yard maintenance, and snow removal.

Apidae Compassion Care

Phone: 780-573-6304

Website: apidaecompassioncare.ca/

Home care services for seniors and those with chronic illnesses or disabilities, including personal care, social activities, fall prevention, housekeeping, meal prep, mobility support, medication reminders, transportation, respite care, companionship, and family updates.

Snow Angels Program

Phone: 780-743-7000

Website: rmwb.ca/communities-and-neighbourhoods/community-services-and-social-support/seniors-services-and-programs/snow-angels/

Volunteer snow removal for those with mobility challenges.

Heart 2 Care Home Care

Phone: 780-717-9839

Website: heart2care.ca/

Email: heart2careyeg@gmail.com

Personalized in-home support that promotes independence and quality of life, including personal care, companionship, and nursing services. Care is tailored for seniors, individuals with disabilities, and those recovering from illness, with specialized options like dementia, pediatric, and palliative support, some covered by Alberta health programs.

Food & Nutrition

Wood Buffalo Food Bank

Phone: 780-743-1125

10010 Centennial Drive
Fort McMurray AB, T9H 4A2

Website: woodbuffalofoodbank.com

Provides food hampers to low income seniors

Client Intake: ana@wbfb.ca or ciw@wbfb.ca

Basic Shelf Workshops include cooking on a budget, how to smart shop, build a grocery budgeting as well as cooking classes
Register by email kitchen@wbfb.ca or phone: 780-743-1125 ext 227

Mobile Pantry (RURAL SERVICE)

Phone: 780-743-1125 ext. 226

10010 Centennial Drive
Fort McMurray AB, T9H 4A2

Phone: mpp@wbfb.ca

Phone: 780-743-1125 ext 226

Email: mpp@woodbuffalofoodbank.com

Website: woodbuffalofoodbank.com/programs/mobile-pantry/

Contact to register or for more information.

Meals On Wheels

Phone: 780-790-0900

Delivered Mon-Fri
(11:30 am -1:30 pm)
Dietary restrictions can be accommodated
Call for cost and details

Northlife Fellowship Baptist Soup Kitchen

Phone: 780-743-3747

141 Alberta Drive
Fort McMurray, AB T9H 1R2

Email: info@northlifechurch.ca

Mon-Fri from 11:30 am -12:30 pm

The Alberta Healthy Living Program

Link: albertahealthservices.ca/info/page13984.aspx

Free group exercise, health and nutrition education, self-management workshops. Services are offered online, in person, or over the phone.

Nutrition Handouts:

Link: albertahealthservices.ca/nutrition/page11115.aspx

(Select information for: Older Adults)

Nutrition Workshops & Classes:

Link: albertahealthservices.ca/nutrition/Page17512.aspx



PCN Dietitians

Phone: 780-714-2193

Diabetes, Cardiovascular Disease
or Weight Management

Older Adult Nutrition

Link: [albertahealthservices.ca/
nutrition/Page14678.aspx](http://albertahealthservices.ca/nutrition/Page14678.aspx)

Outpatient Dietitians

Phone: 1-844-793-7266

Unintended weight loss or other
nutrition concerns

Grocery Delivery (Online Ordering)

Superstore* (Downtown):

Next Day Pick up \$1; Next Day
Delivery \$5.99; Same day Delivery
\$9.99

Joly's Your Independent Grocer*

(Timberlea): Next Day Pick up \$1;
Next Day Delivery \$5.99; Same day
Delivery \$9.99

Save on Foods* (Downtown,
Thickwood & Stoney Creek):

Delivery charge ranges from \$4.95
– \$9.95

M & M Food Market*: Delivery \$9.95

*online account required





Eye Care Services

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

- Annual eye exams can detect and provide the ability to manage eye diseases such as cataracts, glaucoma and macular degeneration, plus uncover other potentially serious medical conditions
- Alberta Health coverage is available towards eye exams for seniors 65+. **Confirm the coverage with each provider before accessing the services**

Alberta Association of Optometrists

Phone: 780-451-6824

Email: alberta.association@optometrists.ab.ca

Website: optometrists.ab.ca

Eye Image Optometrists

Phone: 780-750-0094

113-108 Riverstone Ridge
Fort McMurray, AB T9K 1S6

FYidoctors Fort McMurray

Phone: 780-743-1163

21-165 Eagle Ridge Blvd
Fort McMurray, AB T9K 2Z7

OptoDoc

Phone: 780-714-0099

8600 Franklin Avenue Unit 501
Fort McMurray, AB T9H 4G8

The Eye Centre

Phone: 780-715-0150

101 Signal Rd #21
Fort McMurray, AB T9H 4N6

The Eyewear Place (Peter Pond Mall)

Phone: 780-791-7247

9713 Hardin St
Fort McMurray, AB T9H 1L2

Specsavers Fort McMurray (Real Canadian Superstore)

Phone: 587-960-4646

9 Haineault St
Fort McMurray, AB T9H 1R8



Hearing

Amplifon Hearing Clinic

Phone: 780-750-4327

8600 Franklin Ave #617

Fort McMurray, AB T9H 4G8
(Rivercity Centre)

Website: amplifon.com/ca/branch-locator

Belton Hearing Centre

Phone: 780-750-0018

109-9904 Franklin Ave

Fort McMurray, AB T9K 2H5

Website: beltonedmonton.com

Community Audiology Services (Northern Lights Regional Health Centre)

Phone: 780-788-1377

Physician referral required

Ears to Hear

(Based out of Athabasca)

Phone: 587-746-0540

Attends Golden Years Society on the 3rd Thursday of every month from 10am-1pm. Provides hearing tests for seniors, hearing aid repairs and assess and bill for new hearing aids.

Through AADL, seniors may qualify every five years for up to \$900 toward hearing aids, or up to \$2,400 for low-income seniors. Basic hearing tests for those 55+ are also covered by Alberta Health Care or Alberta Blue Cross. Ask your healthcare provider for details.



Denturists

McMurray Denture

Phone: 780-791-9940

B - 10018 Franklin Ave
Fort McMurray, AB T9H 2K6

Website: mcmurraydentures.com

Email: mcmurraydentures@gmail.com

Discount: Uninsured patients receive a 10% discount on services. Seniors are not charged any amount over the CDCP coverage.

CustomFit Denture Clinic

Phone: 780-881-1141

118 Millennium Dr
Fort McMurray, AB T9K 2S8

Website: customfitdentures.ca

Eagle Ridge Dentures

Phone: 780-750-4550

11-135 Eagle Ridge Blvd.
Fort McMurray, AB T9K 2Z7

Funding options through Canadian Dental Care Plan (CDCP)

Eligible Canadians can apply for the CDCP and visit any oral health provider who accepts CDCP patients and bills Sun Life directly. Coverage must be renewed yearly after filing taxes and receiving a Notice of Assessment. Members can find participating providers using Sun Life's Provider Search Tool or by calling 1-888-888-8110.

Counselling & Supports

About Grief

Website: aboutgrief.ca

Email: canadiangriefalliance@virtualhospice.ca

Access Addiction and Mental Health (North Zone)

Phone: 1-888-594-0211

Canadian Mental Health Association (CMHA)

Phone: 780-743-1053

8530 Manning Avenue Unit #111
Fort McMurray, AB T9H 5G2

Email: wellness@woodbuffalo.cmha.ab.ca

Counselling Alberta

Phone: 1-833-827-4230

Website: counsellingalberta.com/toolkit



Family Information Liaison Unit (North East Region)

Phone: 780-644-9890

Website: alberta.ca/family-information-liaison-unit

Fort McKay Family Support Centre

Phone: 780-828-4048



Indian Residential Schools Resolution Health Support Program

Phone: 1-888-495-6588

Legacy Counselling Centre

Phone: 587-536-6619

160 Dickins Drive
Fort McMurray, AB T9K 1R4
(Family Christian Centre Building)

Email: info@legacycounsellingcentre.org

Native Counselling Services

Phone: 780-743-1888

Website: ncsa.ca/

Room 203, 10012A Franklin Avenue,
Fort McMurray, AB T9H 2K6

Mark Amy Treatment Centre

Phone: 780-334-2398

Website:
woodbuffalowellnesssociety.com/mark-amy-treatment-program

Some Other Solutions (SOS)

Phone: 780-743-8605

125-8706 Franklin Ave
Fort McMurray, AB T9H 2J6

Waypoints Counselling Services

Phone: 780-750-8650

Wood Buffalo Walk In Addiction & Mental Health Counselling Services (Recovery Alberta)

Phone: 780-793-8360

339 Powder Drive
Fort McMurray, Alberta T9K 0M4

Pharmacists

Pharmacists offer medication management, immunizations & injections, medication reviews, blister packaging, monitoring of some health conditions, and some can prescribe medications for minor illness. Talk with your pharmacist about your medical issues.



Pharmacies in Fort McMurray (with Free Delivery for 50+)

Dave Hill Pharmacy

Phone: 780-750-1111

Cell Phone: 780-743-1111

(text for prescription refill)

1-200 Thickwood Boulevard

Fort McMurray, AB T9K 1X9

Website: medigroup.ca/pharmacies/dave-hill-pharmacy/

Loblaw Pharmacy

Phone: 780-788-1415

251 Powder Dr

Fort McMurray, AB T9K 2S8

Medicine Shoppe

Phone: 587-536-6648

8706 Franklin Ave #129

Fort McMurray, AB

T9H 4W1

The Commons Pharmacy

Phone: 780-750-2700

245 Eagle Ridge Dr. #1

Fort McMurray, AB T9K 2Z8

IDA (Wood Buffalo Pharmacy)

Phone: 780-607-1986

Fax: 587-536-1144

1-100 Signal Road

Fort McMurray, AB T9H 5A3

Website: guardian-ida-remedysrx.ca/en/alberta/fort-mcmurray/wood-buffalo-pharmacy-7057603

Free prescription delivery, home visits when accessibility is a challenge, mobility devices, incontinence supplies, AADL certified



There are many pharmacies in Fort McMurray.

Search online for more options.





Rehabilitation Advice Line

Phone: 1-833-379-0563
Monday to Friday:
9 am - 5 pm

Alberta wide free telephone service that provides rehabilitation advice and general health information for Albertans of any age.

Provides strategies to manage the day-to-day activities affected by mobility concerns and link you to rehabilitation, other applicable services, and low income program options.



Physical Therapy Clinics

Physiotherapists get people moving when they are coping with injury, medical conditions, disease or aging. They help restore or maintain movement, prevent injury, and promote fitness, health and wellness.

Tamarack Physical Therapy

Phone: 780-743-3267
128 - 9616 Franklin Ave
Fort McMurray, AB T9H 2J9

Accel Physical Therapy and Massage (2 Locations)

Phone: 587-536-6789
111 - 118 Millennium Drive
Fort McMurray, AB T9K 2S8

19-9908 Penhorwood Street
Fort McMurray, AB T9H 0C2

Achieve Wellness

Phone: 780-750-3391
112 Riverstone Ridge #206
Fort McMurray, AB T9K 1S6

CBI Health

Phone: 780-799-3300
100 Signal Rd #5
Fort McMurray, AB T9H 5A3

Kinetic Mobile Physiotherapy Services (In Home)

Phone: 780-747-1307
Email: info@kineticmobiletherapy.ca
Website: kineticmobilephysiotherapy.ca

Podiatry & Caregiving



Podiatry & Footcare

Dr. Michael Williams (Podiatrist)

Phone: 780-750-8684

Fax: 780-750-8673

8106 Fraser Ave #55
Fort McMurray, AB T9H 0G1
(Maxwell Medical)

Foot Care on the Go YMM

Phone: 587-646-8756

Email: salicay@yahoo.com

Cost: \$70 per visit. \$60 per visit for low-income seniors/referrals by St. Aidan's Society.

Soothing Soles - Gugu

Phone: 780-881-9907

E-mail: gugumaponga@outlook.com

Website: Footcarenurses.ca

Mobile footcare that includes nail trims, corn removal, Diabetic footcare

*Online Booking available

Senior Foot Care: Esthetics by Jackie Razor's Edge

Phone: 780-791-3344

E-mail: jgcmpestheticf@gmail.com

3-604 Signal Road, Westwood Plaza
Cost: \$45-\$55

Certified Master Pedicurist- Diabetic foot care, immune deficient, thick and curled toenails. Non-Invasive treatment, dry pedicure available if unable to soak.

Relaxation Place Foot Wellness

Yolande Boucher

Phone: 780-370-5048

Humble Hearts Mobile - Julia Tindale

Based in EDM but travels to RMWB

Phone: 587-991-2908

Email: humbleheartsnursing@gmail.com



Caregiving

Caregivers Alberta

Province-Wide Phone: 1-877-453-5088

Email: office@caregiversalberta.ca

Website: caregiversalberta.ca

Education, one-on-one support, coaching, and a strong caregiver community. Call or email to start your journey toward support, well-being, and empowerment.



Senior Health Benefit Coverage



For more info, visit: alberta.ca/alberta-seniors-benefit
Alberta Blue Cross Claims or Benefits: 1-800-661-6995

Prescription Drugs

Prescription drugs listed in the Alberta Drug Benefit List are covered. Co-payment is 30% to a maximum of \$25. A co-payment is the portion of the prescription cost you pay to your pharmacy when you have your prescription filled. For most prescriptions, you will not pay more than \$25 for each prescription.

Diabetes Supplies

Eligible diabetes supplies include test strips, needles, syringes, and lancets. Coverage for diabetes supplies purchased from a licensed pharmacy, up to a maximum of \$2,400 per eligible person depending on the method of diabetes management. Special Needs Assistance for Seniors may be an option if you have reached your diabetes supplies limit for the benefit year.

Ambulance Services

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

Clinical Psychological Services

Coverage for clinical psychological services are up to \$60 per visit, to a maximum of \$300 per family each benefit year for treatment of mental or emotional illness by a registered chartered psychologist.

Home Nursing Care

Coverage is up to \$200 per family each benefit year for nursing care provided in the patient's home by written order of a physician. Must be provided by a registered nurse or licensed practical nurse who is not a relative of the patient.

Chiropractic Services

Coverage for up to \$25 per visit to a maximum of \$200 per person each benefit year.

Additional Health Services

Alberta Precision Laboratory Services

Phone: 1-877-702-4486
9521 Franklin Ave #100
Fort McMurray, AB T9H 3Z7
Website: albertaprecisionlabs.ca

Alberta Indigenous Virtual Care Clinic

Phone: 1-888-342-4822
Website: aivcc.ca
Culturally safe health care and wellness support, Non-urgent

Alberta Quits

Phone: 1-866-710-7848
Support to stop tobacco use

Alcoholics Anonymous

Phone: 780-743-0099
24 Hour Line: 780-424-5900
Website: area78aa.org/meetings/?region=fort-mcmurray
Typically 3 meetings a day

Angel Flight Alberta

Phone: 780-756-0086
Email: info@angelflightab.ca
Website: angelflightab.ca
Volunteer pilots, aircraft owners and ground support that help Albertans get to and from their medical appointments efficiently, reducing stress, and at NO COST to the patient or family

Alzheimer's Society

Redpoll Centre at SMS Equipment Place,
1 C.A Knight Way
Fort McMurray, AB T9H 5C5
Phone: 780-714-6172
Toll-free: 1-866-950-5465
All inquiries: ssmith-gagne@alzheimer.ab.ca

Blue Heron Support Services Association

Phone: 780-674-4944
Website: bhssa.ca
Brain injury and respite supports

Canada Post Delivery Accommodation

Phone: 1-844-454-3009
Various accessibility options
*Apply online or by phone

Canadian Cancer Society

Website: cancer.ca/en

Canadian National Institute for the Blind (CNIB)

Phone: 1-800-563-2642
Website: cnib.ca/en

Community Cancer Centre

Phone: 780-791-6217
7 Hospital Street
Fort McMurray, AB T9H 1P2

Dementia Your Companion Guide

Website: <https://767b071f.flowpaper.com/entia27JUN2023EN4WEB/#page=1>

*available in multiple languages



Eco Medical Supplies (Edmonton-Services Fort McMurray)

Phone: 1-800-232-9450

Website: ecomedical.ca/

Home modifications, vehicle adaptations, scooters, wheelchairs, incontinence products, recycle program

Friendly Calls Program (Red Cross)

Phone: 1-833-979-9779

Website: redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program

Safe, accessible, free, and available nationwide

Health Equipment Loan Program (Red Cross)

Phone: 403-463-5790

Fax: 780-748-8995

Website: redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program

Email: ABHELPProgram@redcross.ca

8109 Fraser Ave.

Fort McMurray, AB T9H 1W5

Heart & Stroke Foundation Canada

Phone: 403-264-5549

General Inquiries: 1-888-473-4636

Website: heartandstroke.ca

Provides information about heart disease, stroke, healthy lifestyles, research, and statistics. Educational programs designed for survivors of the stroke and/or their caregivers.

Indigenous Support Line

Phone: 1-844-944-4744

Email: indigenouswellnesscore@ahs.ca

Indigenous Support Line
Improvement of Indigenous healthcare concerns and experiences

Indigenous Health AHS

Phone: 1-844-944-4744

The Indigenous Health Program, now called Indigenous Wellness Core, partners with Indigenous peoples, communities and key stakeholders to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit people in Alberta

For more information **email:**

indigenouswellnesscore@ahs.ca

Insight Medical Imaging

Phone: 780-791-1992

606 Signal Rd #1

Fort McMurray, AB T9H 4Z4

MS Canada

Toll Free: 1-800-268-7582

Email: info@mscanada.ca

Website: mscanada.ca/find-support-multiple-sclerosis

Online Dementia Education

Website: mcgill.ca/

Available in English and French

Parkinson Association of Alberta

Phone: Toll Free at 1-800-561-1911

Program, informational resources and newsletters

Protection for Persons In Care

Phone: 1-888-357-9339

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

Responds to reports of abuse or any form of neglect of care involving adults receiving government-funded care or support service in settings such as hospitals, nursing homes, seniors' lodges, group homes, shelters, assisted living facilities, and other settings



SAFETY



Elder Abuse
Emergency Preparedness
Fall Prevention
Consumer Resources
Frauds & Scams



About 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
- Sexual
- Physical
- Spiritual
- Emotional
- Neglect

Abusers

An abuser can be anyone. Most often the abuser is a family member or partner but it may also be friends or caregivers. They are most often close enough to have influence or control over the victim.

What is Abuse?

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 must give in or agree to something to avoid escalation or 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.



For Help with Elder Abuse

Waypoints Family Crisis Line

Phone: 780-743-1190

Help for domestic violence, shelter services for those fleeing domestic violence, including Elder Abuse.

Wood Buffalo RCMP

Phone: 780-788-4040

Non-Emergent reports of Elder Abuse

St. Aidan's Society

Phone: 780-743-4370 Ext 1

Information and support for those experiencing Elder Abuse



9-1-1

Call 9-1-1 if you are in **immediate** danger

Victim Services Unit

Phone: 780-788-4250

Support and Referrals

Staying Safe; A Resource For Older Adults Living in Alberta

Link: albertaelderabuse.ca/staying-safe-a-resource-for-older-adults/



Emergency Preparedness



Be Prepared for Emergency Events

If an emergency happens in your community, it may take emergency workers some time to reach you. Register for the Vulnerable Person's Registry. 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 RMWB social media.

Link: alberta.ca/emergency-preparedness

Vulnerable Persons Registry (VPR)

The VPR is a free, voluntary and confidential service aimed at improving the safety of residents living at home who would be at greater risk during emergencies. The VPR provides key information to local emergency services about vulnerable people within the Wood Buffalo Region during local large-scale emergencies.

Who Can Register?

Residents who experience any of the following:

- Mobility issues
- Visual or hearing impairments
- Developmental disabilities or cognitive impairments
- Challenges related to mental health
- Individuals who require electricity for life-sustaining equipment (life support, oxygen or dialysis)
- Temporary limitations (due to illness or recovery from surgery)

Register Online or by Mail: vpr.rmwb.ca/Home/Register



How to Be Prepared

Pack an emergency kit for yourself. Make sure you include the following items:

- Clothing
- Medications
- Medical equipment
- Water
- Snacks
- Important documents (passports, birth certificates, insurance documents, etc.)
- Emergency kit for companion animals (pets)

Review your evacuation contact process, keep your VPR contact info up to date, and notify your energy provider if you're a vulnerable customer.



Steps to Consider When You Make an Emergency Plan

- Maintain a list of required medications, prescribed dosages, and the names and telephone numbers of family doctors
- If you use a pacemaker or other medical equipment, keep the make and model, serial number and other important information with you
- Keep irreplaceable items like family photo albums where they can be quickly accessed if you must leave in a hurry
- Keep important family papers in a portable, fireproof and waterproof container (passports, birth certificates, insurance documents, etc.)
- Discuss what to do if you and your family members are at different locations when a disaster happens
- Plan for how your family will stay in contact if separated by a disaster or emergency
- Pick two meeting places, one near your home and one outside your neighbourhood
- Meet with your neighbours and plan how you could work together
- Create a list of contact information for close family, friends, and caregivers
- Identify an out-of-town contact person
- Conduct safety drills
- Write down and exercise your plan at least once a year (make sure everyone has it)



Am I at Risk For a Fall?

*Sourced from [Finding Balance Website](#)

➔ If you answer YES to any of the following questions, add the points to your total:

2 Points Each:

- Have you fallen in the last 6 months?
- Do you use, or have you been advised to use, a cane or walker to get around safely?

1 Point Each:

- Do you sometimes feel unsteady when you are walking?
- Do you have to steady yourself by holding onto furniture when walking at home?
- Do you worry about falling?
- Do you need to push yourself up with your hands to stand up from a chair?
- Do you have trouble stepping up onto a curb?
- Do you often have to rush to the toilet?
- Have you lost any feeling in your feet?
- Do you take medication to help you sleep or improve your mood?
- Do you take medication that sometimes makes you feel lightheaded or more tired than usual?
- Do you often feel sad or depressed?
- Do you have difficulty avoiding hazards in your path because you don't see well?

TOTAL:

Add up the number of points for each YES answer. If you scored 4 points or more, you may be at risk of falling.



Finding Balance Injury Prevention Centre

Phone: 780-492-6019 **Email:** info@findingbalancealberta.ca

Website: findingbalancealberta.ca/

Consumer Resources

Better Business Bureau

Phone: 1-800-221-6690

Alberta Head Office:

#5 -1709 8 Ave NE

Calgary, AB T2E 0S9

Email: info@alberta.bbb.org

Website: bbb.org

Business profiles including ratings, reviews and complaints, contact information, products and services
Consumer education and advice

Dispute resolution services between consumers and businesses

CMA - Do Not Mail Service

Phone: 1-800-267-8805

Email: HelpDesk@theCMA.ca

Website: thecma.ca

Canadian Marketing Association (CMA) does not own, compile or rent marketing lists of consumer names and addresses.

The CMA's Do Not Mail Service is offered free of charge to consumers to reduce the number of addressed marketing offers they receive by mail

CRTC's National Do Not Call List

Register: 1-866-580-3625 (DNCL)

Complaints: 1-877-249-2782

Website: lnnte-dncl.gc.ca/en

Insurance Bureau of Canada Consumer Information Office

Phone: 1-844-227-5422

Email: askibcwest@ibc.ca

Website: ibc.ca

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





About Fraud & Scams

Every year Canadians lose hundreds of millions of dollars to fraud. Anyone can be a victim, but seniors are a favourite target of criminals looking for ways to steal money. These criminals use various methods - email, online, the phone, surface mail, or even in person contact. As technology becomes more sophisticated so do their techniques. It's important to know how to protect yourself from fraudsters and scammers. The [Little Black Book of Scams](#) is a fraud protection guide provided by the Competition Bureau. It is available online in eight different languages and is a downloadable PDF.



Tips on How to Avoid Getting Scammed

Basic actions you can take to protect yourself from fraudsters.

Protect Your Identity

- Only give out your personal details and information where it is absolutely necessary, and when you trust the person you are speaking to
- Do not give personal info of any kind over the phone
- Guard your mail. Promptly remove mail from your mailbox after delivery
Ensure mail is re-routed if you move or change your mailing address
- Destroy/shred personal information, don't just throw it out

Money Matters

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



Tips on How to Avoid Getting Scammed (continued)

Telephone

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

Email

- Never reply to spam or unsolicited email
- Never click on any links. Delete any suspicious or unsolicited emails without opening them
- Never give your personal, credit card, or online banking details through an email
- Legitimate banks and financial institutions will never ask you for your account details in an email or ask you to click on a link in an email to access your account

Internet

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

In-Person

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





Types of Scams

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

Emergency/Grandparent Scam

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

False Charities

- Fraudsters call, pretending to be a legitimate charity. Signs of a bogus charity include pressuring you to contribute immediately, thanking you for a pledge you didn't make, or has a copycat or misleading name.
- If you think the call is a scam you can hang up, or ask for their charitable tax number, then call the Canada Revenue Agency at **1-800-267-2384** and confirm the numbers.

Inheritance Scheme (Foreign Money Offer)

- This is a solicitation usually requesting assistance in the transfer of a large sum of money from a foreign country. The solicitation may come from a lawyer or some legal entity advising the victim of an inheritance of a sum of money.
- The victim is asked to pay one or more advance fees before the money can be released. The money or inheritance is fictitious, and the victim never receives the money promised. This is sometimes referred to as Nigerian or West African fraud.

Lotteries, Sweepstakes, and Contests

- These scams target people by phone, email, or social media. They claim that you've won a large lottery or sweepstakes and are required to pay a small advance fee - through a money service business such as Western Union or by loading funds to prepaid credit cards such as iTunes - to cover taxes or fees associated with the win. Never pay fees upfront. These are scams!
- You cannot win money or a prize in a lottery unless you have entered it yourself, or someone else has entered it on your behalf
- You cannot be chosen as a random winner if you did not submit an entry



Types of Scams (continued)

Phishing Scams

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

Romance Scam

- This is the most common scam, resulting in the highest financial loss. Scammers target people by befriending them on Facebook or dating sites. The scammers are not who they say they are. They are usually fraudsters based in Nigeria. They use photos of attractive people stolen from the internet, and the men often claim to be military members working overseas. Once the scammer has gained the victim's affection and trust, they ask for and receive money, and often gain access to the victim's bank account and credit cards.
- Canadians lost \$59 million dollars to romance scams in 2022. This scam has also led to incidents of suicide in cases where victims have lost their life savings.

Tax Scam

- Fraudsters call, impersonating the Canada Revenue Agency (CRA), 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.



If You Get Scammed

What To Do If You Get Scammed:

- Don't be embarrassed. Report it, starting with your local police. Reporting it can help protect other victims. You should also warn your friends and family.
- If you think someone has gained access to your online account, telephone banking account, or credit card details, call your financial institution immediately so they can suspend your account and limit the amount of money you lose. Credit card companies may also be able to reverse the transaction if they believe that your credit card was billed fraudulently.

Where to Report a Scam

If you are a victim of a scam, call local police.

Wood Buffalo RCMP

Phone: 780-788-4040

If you've received a scam phone call, email, or text, report them to:

The Canadian Anti-Fraud Centre

Phone: 1-888-495-8501

Website: antifraudcentre.ca

- If you sent money to someone that you think may be a scammer, immediately contact the financial institution where the money was sent.
- If your bank has not already processed the transfer or cheque, they may be able to cancel it.
- If you sent money through a wire service (such as Western Union), they may be able to stop the transfer, if you contact them immediately.
- If the fraud took place online through Facebook, eBay, a classified ad such as Kijiji, or a dating website, report the incident directly to the website. These details can be found under "report abuse" or "report an ad."

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

Equifax Canada

Phone: 1-800-465-7166

-and-

TransUnion Canada

Toll-free: 1-877-525-3823



Anti-Fraud Organizations

Alberta Securities Commission (ASC)

Phone Toll Free: 1-877-355-4488

Email: inquiries@asc.ca

Website: asc.ca

Canadian Anti-Fraud Centre

Phone Toll Free: 1-888-495-8501

Website: antifraudcentre-centreantifraude.ca/index-eng.htm

Service Alberta And Consumer Contact Centre

Edmonton: 780-427-4088

Toll-Free: 1-877-427-4088

Website: servicealberta.ca



Elder Abuse Awareness

Elder Abuse Happens. Grow the conversation.
Take Action. What can YOU do?



For an Awareness Toolkit:

Alberta Elder Abuse Awareness Council

Website: albertaelderabuse.ca



For Information and Resources:

Canadian Network for Prevention of Elder Abuse

Website: cnpea.ca





HOUSING



Seniors Housing Terminology & Definitions
Help To Find Housing
Other Housing Supports
To Move or Not to Move Checklist
Donating Household Items
Supportive Living Information Checklist
Continuing Care System

Housing

Choosing where to live as we grow older comes with options, which are dependent upon our needs which will change over time. Knowing and understanding the options are important to making the decision about where you will live. The following information will help to increase awareness of housing options as we age, but know that the systems that support this part of aging can be challenging to navigate, so be sure to ask any questions along the way.

Many people would prefer to age in their own home and will reach a point when extra assistance is necessary in order for them to safely live independently. Consider the options and plan ahead.



Seniors Housing Terminology & Definitions

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:

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 or laundry.

Seniors Self Contained Housing in Wood Buffalo:

Legion Manor

Located downtown, this property has 12 one-bedroom apartments.

Araubasca House

Located downtown, this property has 18 one-bedroom apartments.

Woodsmoke Elders

Located in Anzac, there are four one-bedroom mobile homes.

Ayabaskaw Home

Located in Fort Chipewyan, this property features 10 one-bedroom apartments.

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 \$373 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.

Seniors Lodge in Wood Buffalo:

Rotary House Seniors Lodge

A 39-bed property that is funded through municipal property taxes.

Rent is calculated at 30% of the applicant(s) gross income. This property offers seniors independent living with some supports like meals, snacks, weekly light housekeeping and in-house recreation as part of the residents' monthly service fee.

Applicants for Rotary House must also complete the Medical Assessment Form.



For more information about Seniors Housing contact:

Wood Buffalo Seniors Housing

Phone: 780-799-4050

9915 Franklin Avenue Suite 9011
Fort McMurray, AB T9H 2K4

Email: info@wbhousing.ca

Website: wbhousing.ca/applicant-information/seniors-housing/



Get Help with Housing

Find potential affordable housing options around the province that may suit your situation. Answer online questions to determine your needs and get a list of options.

Website: findhousing.alberta.ca/





Housing Directory

Alberta Seniors Community and Housing Association (ASCHA)

For other areas of Alberta, **visit:** housingdirectory.ascha.com



Other Housing Supports

Salvation Army Fort McMurray

Phone: 780-743-4135

Emergency shelter, meals, financial support for essential items

Unity House Women's Shelter

Phone: 780-743-1190

Wood Buffalo Wellness Society

Phone: 587-537-8477

Moving Checklist

To Move or Not to Move Checklist

Use this checklist to help you decide whether to remain living at home or to consider moving. Ideally, the senior will answer the questions, either in writing or in conversation with the family.

SAFETY: Is your home suitable and safe?	
How difficult is it for you to manage the stairs in 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? Is there good lighting, bathroom safety bars, handrails, clear pathways 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?	
SUPPORT SERVICES: Are necessary in-home support services available and/or affordable for you?	
Do you need any of the following services?	
☐ Household services (cleaning, yard work, laundry)	☐ Adult day programs
☐ Food delivery (home-delivered meals, grocery delivery)	☐ Personal care services
☐ Visitors/drivers (visitors, companions, drivers, etc., volunteer or paid)	☐ Professional services (physiotherapy, nursing)

FINANCES: Is the choice to stay in your home economically sound?	
What minor and major repairs must you make in the next few years?	
Would freeing up the cash in your home allow you to have a more enjoyable lifestyle?	
Are taxes, insurance, utilities, and other costs affordable for you?	
If not, do you have finances available for renovations or adaptations if they are necessary?	
Could you get financial assistance for renovations or adaptations?	
LOCATION: Is the location of your home suitable?	
Is adequate transportation available for medical appointments, social activities, and visiting friends and family?	
Are stores and other services within easy reach?	
Is the neighbourhood safe and pleasing to you?	
Do you value the relationships you have with your neighbours?	
Do you have adequate access to friends, and social and church activities?	
Is your own physical mobility or driving ability an issue?	

After completing the checklist, talk to your loved ones or other supports and determine your answer to the following question:

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

☐ Definitely Yes
 ☐ Maybe
 ☐ Definitely No

Donating Household Items



Where to Donate Household Items in Fort McMurray

Salvation Army Drop Off Centre

Phone: 780-743-4135

8324 Franklin Ave

Fort McMurray, AB T9H 2J1

Tuesday, Thursday, and Saturday
10:00 am - 3:00 pm

*Details on Facebook if the
Drop Off Centre will be closed.

Thrifty Dutchess

Phone: 587-276-1286

8104 Fraser Ave #13

Fort McMurray, AB T9H 1Z8

Sunday - Saturday
10:00 am - 6:00 pm

What's In Store YMM

Phone: 587-536-6228

10020 Franklin Ave

Fort McMurray, AB T9H 2K6

Email: fortmcmurray@whatisinstorethrift.com

Monday - Thursday
10:00 am - 6:00 pm
Friday 10:00 am - 7:00 pm
Saturday 10:00 am - 6:00 pm
Sunday 12:00 pm - 5:00 pm

Center of Hope

Phone: 780-743-3912

10095 Marshall St

Fort McMurray, AB T9H 1X6

Sunday - Saturday
8:00 am - 4:00 pm

Waypoints

Phone: 780-743-1190

120 Prospect Dr

Fort McMurray, AB T9K 2Z5

Sunday - Saturday
24 hours



Donating is a great
option to downsize
and/or declutter.





Supportive Living Information Checklist

Rotary House is the Supportive Living facility in the Wood Buffalo Region.

The Supportive Living Information Checklist (on the next page) can be used to gather detailed information that will help you decide if the accommodations and services will meet your current and future needs. We have tried to include all aspects to think about to have a successful relocation. Some questions may not apply to you.



To make the search easier, we suggest

1. Consider the change in the area of the city to downtown
2. Consider any services or activities that are very important to you (place of worship, gardening, library, etc)
3. Use the checklist to learn the types of questions to ask and prevent issues that may arise after you move in
4. Call and schedule a tour of the facility and suites
5. As you are touring a building, ask the manager as many questions as you need to become an informed "shopper." You don't need to ask every question. Just those you think apply to your situation, now and in the future
6. Review the list and have a conversation with family or friends
7. Make an informed decision for your new home

Senior's Supportive Living Information Checklist

Name of Facility: _____

Manager's Name: _____

Address: _____

Phone: _____ Fax: _____

Email Address: _____ Web Address: _____

Pre-admission requirements:

☐ Application Form ☐ Medical ☐ Deposit Amount: \$ _____

Building:

Who owns the building? _____ Year built: _____

Name of Organization that manages the building? _____

Location of Facility Office: _____ Office hours: _____

Minimum age for residents: _____ Average age of residents: _____

of Elevators: _____ Capacity: _____ Location: _____

of Floors: _____ Stairs (location & width): _____

of Units: _____ # Occupied: _____

Smoking: ☐ Permitted, if permitted, where: _____ ☐ Not Permitted

Rental Increases:

Date of last increase: _____ Amount and %: _____

Date of next increase: _____ Amount and %: _____

Amount of notice usually given: _____

Length of contract: ☐ Month to Month ☐ Annual ☐ Other: _____

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? \$ _____

☐ Surface ☐ Extra cost? \$ _____



Senior's Supportive Living Information Checklist

Apartments/Units:

	Studio	1 Bedroom	2 Bedroom	Loft & Others
Number of Suites				
Number Barrier Free				
Square Feet / Metres				
Damage Deposit				
Rental/Condo Fees				

Ask for a Brochure showing floor plans

Utilities: ☐ YES, included - \$ _____ (month) ☐ NO, Not included

Cable: ☐ Included ☐ Not Included \$ _____

Internet: ☐ Included ☐ Not Included \$ _____

Laundry: ☐ Included ☐ Not Included \$ _____

Location of Laundry Area: _____

Other Occupancy Costs: _____

Item: _____ \$ _____

Item: _____ \$ _____

Kitchen

Appliances included in base cost:

☐ Refrigerator ☐ Stove/Oven ☐ Dishwasher ☐ Microwave ☐ Washer/Dryer

\$ _____ \$ _____ \$ _____ \$ _____ \$ _____

Other: _____ \$ _____ Other: _____ \$ _____

Kitchen style (open design, type of counters, etc). _____

Bathrooms

Bathroom 1: ☐ Shower ☐ Tub ☐ Neither

Bathroom 2: ☐ Shower ☐ Tub ☐ Neither

Senior's Supportive Living Information Checklist

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 bars installation: ☐ Yes Cost \$ _____ ☐ No

Emergency call system: ☐ Yes Cost \$ _____ ☐ No

Other: _____ Cost \$ _____

Amenities on site:

☐ Beauty parlour/barber shop ☐ Chapel ☐ Library ☐ Mail-drop

☐ Computer/internet/email facilities in complex ☐ Gardening

☐ Convenience store ☐ Exercise room ☐ Game Room

☐ Guest Suite with bathroom Cost \$ _____ Maximum Length of Stay: _____

Limitations? (young children, pets): _____

☐ Parking for guests Location: _____ Cost \$ _____

☐ Piano in complex ☐ Allowed in suite? ☐ Pool ☐ Sauna

☐ TV room ☐ Whirlpool ☐ Workshop ☐ Other: _____



Senior's Supportive Living Information Checklist

Pets

Are pets permitted? ☐ Yes ☐ No
Dogs? ☐ Yes ☐ No Number permitted: _____
Cats? ☐ Yes ☐ No Number permitted: _____
Birds? ☐ Yes ☐ No Number permitted: _____
Other? ☐ Yes ☐ No Specify: _____
Is there any charge for pets? ☐ Yes ☐ No Cost \$ _____
Any limitations? _____

Food

Dietician available on site? ☐ Yes ☐ No Cafeteria: ☐ Yes ☐ No
Dining room: ☐ One ☐ More than one ☐ Private dining/special occasions
Sample meal before moving in? ☐ Yes ☐ No
Meals: Included in Rent? ☐ Yes ☐ No # of meals per day included: _____
☐ No minimum required to purchase per month:
Breakfast: _____ at \$ _____
Lunches: _____ at \$ _____
Dinners: _____ at \$ _____
of sittings at 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
(adjustments/refunds)? _____
Will special diets be accommodated (diabetic, kosher, vegetarian, ethnic)
☐ Yes ☐ No If yes, which diets? _____
What is the usual charge for guests? Lunch \$: _____ Dinner \$: _____
Will guest's 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 If yes, where? _____



Senior's Supportive Living Information Checklist

Services, continued

Laundry: Change Linen Frequency: _____ per: _____ Cost \$ _____

Laundry: Personal Laundry Frequency: _____ per: _____ Cost \$ _____

Dry cleaning pick up and deliver: ☐ Yes How Often? _____ ☐ No

On-site Banking Services: ☐ Yes How Often? _____ ☐ No

Additional services:

Assistance/Transporting to meals: ☐ Yes Cost \$ _____ ☐ No

Other (specify): _____ Cost \$ _____

Health Care

Is there a health office? ☐ Yes If yes, where? _____ ☐ No

Is there 24 hour on-site emergency response service? ☐ Yes ☐ No

Is there an RN on call 24 hours? ☐ Yes ☐ No

Who arranges Home Care? ☐ On-site health professional ☐ Resident

Number of Professional Staff: RNs: _____ LPNs: _____ PCAs: _____

Recreational 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 Hours of Operation: _____ ☐ No

What health services are offered?

Service

Cost (per hour/day/week/month/event?)

Provisions of Medications \$ _____ per _____

Bathing \$ _____ per _____

Feeding \$ _____ per _____

Dressing \$ _____ per _____

Other \$ _____ per _____

Charge for Ambulance ☐ Yes \$ _____ per _____

Does the building have contract with AHS for home care? ☐ Yes



Senior's Supportive Living Information Checklist

Health Care, continued

If health deteriorates, how is the decision made for re-location?

Transportation

How close is the nearest bus stop/LRT?

Transportation to:

Doctor: ☐ Yes Cost \$ _____ ☐ No

Dentist: ☐ Yes Cost \$ _____ ☐ No

Other medical appointments: ☐ Yes Cost \$ _____ ☐ No

Shopping: ☐ Yes Cost \$ _____ ☐ No

Private van service to other destinations within your city? ☐ 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? ☐ Yes ☐ No

If yes, how frequently? _____

Is there a charge for participation? ☐ Yes Cost \$ _____ ☐ No

Are there organized outings (theatre, restaurants, etc)? ☐ Yes ☐ No

If yes, is transportation provided? ☐ Yes Cost \$ _____ ☐ No

Is there a Program Coordinator/Recreation Therapist? ☐ Yes ☐ No

Qualifications: _____ Hours per week: _____

Senior's Supportive Living Information Checklist

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 you view who is at the front door from their TV? ☐ Yes ☐ No

Is there security staff/concierge on site? ☐ Yes # 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 2001, Revised October 2004 and January 2005



* All information from this section was sourced from the AHS website.



About the Continuing Care System

When a person needs a higher level of care due to medical needs, Alberta Health Services Continuing Care System will be involved to determine the level of need, what their care options are and help navigate other health services.



Home & Community Care Services

Help people remain well, safe and independent in their home for as long as possible. Services include supports for caregivers, such as respite care which are intended to supplement other help and support from family, friends and the community.

Services can be provided on a short-term basis to help recover from an accident, injury or illness, or on a long term basis due to disease, disability or aging.

3 Types of Care Providers:

- 1 Home and community care provided to a client directly by the regional health authority
- 2 Home and community care provided to a client by a provider who has an agreement with the regional health authority for home and community care services
- 3 Home and community care provided through any service model where a client hires a home and community care provider of their choice

A client may receive services from more than one type of provider.



Cost for Community Care Services

Health and personal care services provided through home and community care are publicly funded. Home and community care clients who participate in day programs are responsible for a daily fee, which contributes to the costs of the program.

Additionally, home and community care clients are responsible for the costs of:

- Medications, supplemental nutritional products, long-term use of personal medical supplies and equipment.

Provincial financial assistance programs, such as Alberta Aids to Daily Living (AADL), may be available to subsidize costs related to medical equipment and supplies.

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



Rehabilitative or Restorative Care

What is Rehabilitative or Restorative Care?

- It is specialized care that is delivered in a variety of settings
- It can be provided in home, or in specialized units in supportive living, long-term care facilities or acute care hospitals. Focuses on maximizing an optimal level of functioning, enabling clients to regain/retain their independence following the debilitating effects of illness or injury
- Clients could be transferred to an appropriate rehabilitative or restorative care setting from acute care or from a community referral

Who is Rehabilitative or Restorative Care For?

- Clients who no longer need an acute level of care, but whose care requirements prevent them from being able to go home or to an alternative level of care (e.g. supportive living)
- Rehabilitative or Restorative Care is for clients who:
 - Require nursing care on a 24-hour basis
 - Are able and willing to participate in a rehabilitation or restorative program
 - Have the potential for improvement in functional status and/or will transfer to an alternate level of community care
 - Have medical and clinical needs within the capacity of the rehabilitative or restorative unit

Rehabilitative or Restorative Care (continued)

Rehabilitative or restorative clients do not require intensive diagnostic testing, invasive procedures or significant specialist consultation.

***Referral from a Health Professional is required.**

Services are provided at Willow Square in the Transition Unit.



Continuing Care Placement - Type A

Type A (formerly Longterm Care)

Scheduled & Unscheduled Personal Care with Health Care Aides

Is for Individuals who are:

- Living with a physical disability, mental health diagnoses or mild dementia, with no risk of wandering
- Not a risk to themselves or others
- Medically and physically stable but need scheduled and unscheduled supports
- Able to move independently or with some assistance
- Able to eat with minimal assistance and have minimal dietary or food texture modifications and able to use a call system to get help

Who will provide your care?

- Health care aides are onsite 24 hours a day to provide support, personal care and medication assistance
- Depending on the needs of the resident, professional care such as rehabilitation or nursing, is coordinated by a case manager
- Medical care is provided by either the resident's physician/nurse practitioner or a site designated physician/nurse practitioner that visits the site regularly





Continuing Care Placement - Type B

Type B (Formerly Designated Supportive Living)

Scheduled & Unscheduled Professional & Personal Care Support with Licensed Practical Nurses & Health Care Aides

Is for individuals who may:

- Have more complex medical needs, including chronic disease management which can be safely supported with onsite licensed practical nurses
- Have mild to moderate dementia
- Have some behaviours, but are not a safety risk to themselves or others
- May wander but are not at risk for leaving without supervision
- Have some dietary or food texture requirements
- Be able to use a call system for help
- Require assistance with daily activities such as:
 - Assistance to eat meals (including tube feeding)
 - Transferring with help from 2-people or a mechanical lift
 - Medication assistance or administration

Who will provide your care?

- Health care aides are onsite 24 hours a day to provide support and personal care
- Professional nursing care available onsite by a licensed practical nurse 24 hours a day
- Depending on the needs of the resident, professional care such as rehabilitation or nursing, is coordinated by a case manager.
- Medical care is provided by either the resident's physician/nurse practitioner or a site designated physician/nurse practitioner that visits the site regularly.



Continuing Care Placement - Type B Secure Space

Type B Secure Space (formerly Designated Supportive Living, Dementia)

Scheduled & Unscheduled Professional & Personal Care with Licensed Practical Nurses & Health Care Aides in a Secure Space

Type B Secure Space (continued):

Is for Individuals who may:

- Have more complex medical needs, including chronic disease management which can be safely supported with onsite licensed practical nurses
- Have moderate to advanced dementia
- Wander and are at risk of leaving without supervision
- Have unpredictable behaviours, but are not a safety risk to themselves or others
- Be unable to use a call system for help
- Have some dietary or food texture requirements
- Require assistance, supervision and/or monitoring to complete their daily activities such as:
 - Assistance to eat meals (including tube feeding)
 - Grooming and hygiene
 - Medication assistance or administration

Who will provide your care?

- Health care aides are onsite 24 hours a day to provide support and personal care
- Professional nursing care available onsite by a licensed practical nurse 24 hours a day
- Depending on the needs of the resident, professional care such as rehabilitation or nursing, is coordinated by a case manager.
- Medical care is provided by either the resident's physician/nurse practitioner or a site designated physician/nurse practitioner that visits the site regularly.



Continuing Care Accommodation Charge

To be assessed for Continuing Care placement services contact:

Continuing Care Access: 1-855-371-4122

All residents living in type A and type B continuing care homes are responsible for paying an accommodation charge.

Examples of things covered by accommodation charges include:

- rooms
- housekeeping
- meals
- routine building maintenance



Accommodation Charges, continued

Health care services in Type A and Type B continuing care homes are publicly funded at no cost to residents.

The Alberta government sets the maximum resident accommodation charge in type A and type B continuing care homes.

In other types of supportive living settings, the accommodation charge is set by the operator and can vary from facility to facility.

The most current maximum resident accommodation charges for type A and type B continuing care homes can be found online.

Link: alberta.ca/continuing-care-accommodation-charges#jumplinks-1



Continuing Care Facilities

Willow Square Continuing Care

6 Hospital Street Fort McMurray, Alberta T9H 0K4

Phone: 587-536-2400

Residential care setting (Type A, B, B Secure (Mild-Moderate Dementia) for people who have complex, unpredictable medical needs who require 24 hour on-site registered nurse assessment and /or treatment.

Other services: Adult Day Program, Respite Services.

Assessment by a Homecare Case Manager is required.

Call: 780-791-6250 or 1-855-371-4122

Kahkiyow Keykanow Elders Care Home (Type B Continuing Care Home)

Address: 133 Mackenzie Avenue - Fort Chipewyan, AB T0P 1B0

Phone: 780-697-0150



Palliative & End-of-Life Care

Palliative & End-of-Life Care is specialized medical care for adults and children diagnosed with a serious illness that will shorten their life. A care team works with clients requiring special medical care, in collaboration with their families, caregivers and doctors. The team can also offer services and supports to families and caregivers. ***Please note: There are no hospice facilities in the RMWB.**

Services can be received:

- in their home (through Home & Community Care)
- in a supportive living accommodation
- in a hospital, or
- in a continuing care home, which includes publicly funded hospices

Supports may include complex symptom assessment and management, coordination of care and services, specialized direct care, psychosocial support, and planning for preferred place of death. Services and care are provided by specialized interprofessional teams (e.g. rehabilitation, social work), and contracted service agencies (for personal care). Other supports that may be available include volunteers and community day programs.



TRANSPORTATION



Senior Driving Information
Other Transportation Options

Senior Driving Information



AMA Driving Program

*Sourced from AMA website

Age-related changes are part of life, and being aware of how they affect your driving performance is the first step to managing them. Drive longer and safer with AMA.

Alberta Motor Association (AMA)

Phone: 780-743-2433 **Address:** 4 Hospital St. - Fort McMurray, AB T9H 5E4

Brush up driving program that include tips and tricks for mature drivers, programs to help you evaluate and improve your driving skills as a mature driver. In Alberta, the process for renewing your driver's licence changes as you age. Here's what to expect from at this later stage of your driving journey.



I'M 65 OR OLDER...

As you plan your retirement from work, it may also be time to start thinking about an eventual retirement from driving. This is a way down the road for most younger seniors, but taking stock of your options now means you'll be better prepared for the future — especially if you have a pre-existing medical condition that may impact your driving as you age. And if your health changes in a way that could affect your ability to drive, you must disclose it to the government.



I'M APPROACHING 75...

Shortly before your 75th birthday, you'll receive a letter from the government telling you to arrange for a medical exam in order to renew your driver's license. Most family physicians can administer the exam, which tests your vision, hearing, blood pressure and cognitive ability. It also accounts for your medical history and current health.

Prepare for the exam by ensuring your vision prescription is up to date, and by going for a hearing test, if you think you need one. And make a habit of performing simple exercises to aid your flexibility (essential for shoulder checking) and mental acuity.



I'M TURNING 80 SOON...

The government requires that you undergo the driver medical exam again prior to your license renewal. An exam is then required every two years after age 80 (i.e. at 82, 84, etc). If you have any pre-existing medical conditions, you may need to go for several exams.

At this point you'll also want to further explore your transportation options—so you're better prepared to transition out of driving, if and when the time comes.

Prepare for the exam by ensuring your vision prescription is up to date, and by going for a hearing test, if you think you need one. And make a habit of performing simple exercises to aid your flexibility (essential for shoulder checking) and mental acuity.



Families of Senior Drivers

As the family or loved one of a senior driver, you may have some concerns or want to be proactive about the next steps for helping them adjust their driving habits or step away from driving.

This can be a difficult conversation to have.

Check out these helpful tools to make the transition to no-driving.

Link: ama.ab.ca/home-family/senior-mobility-support

To improve accessibility for seniors, there are designated parking stalls located in various locations in the Wood Buffalo Region. Senior's parking stalls locations

Link: rmwb.ca/communities-and-neighbourhoods/community-services-and-social-support/seniors-services-and-programs/



65+ ride for FREE!

Routes and Schedules available at rmwb.ca



Other Transportation Options

City Transit

Call Centre: 780-743-7931

Pulse: 780-743-7000

Toll Free: 1-800-973-9663

Rural Transit service is available

- Between Anzac, Gregoire Lake Estates and Fort McMurray (Tues - Fri)
- Between Janvier and Fort McMurray (Tues & Thurs)
- Between Conklin and Fort McMurray (Weds & Fri)
- Between Fort McKay and Fort McMurray (Thurs)

Drive Happiness

Phone: 1-888-336-4503 or 780-424-5438

Email: info@drivehappiness.ca

A low-cost, accessible volunteer driver service for older adults in the Fort McMurray area for medical appointments, shopping, banking, programming or even visits to others. \$12/ticket (up to 90 mins of time /up to 40 km distance).

If you are interested in becoming a rider or volunteering, please contact Drive Happiness.

Link: drivehappiness.ca/

City 2 City Xpress

Shuttle Transportation Services between Alberta's major cities. Each shuttle route is designed for maximum convenience with door-to-door service.

Phone: 780-715-5101

Email: info@citytocityxpress.ca

Website: citytocityxpress.ca

Specialized Transit Service

Booking Line: 780-743-7909

Open Monday to Friday

8:30 am – 4:00 pm

Accessible and affordable curb to curb transportation for seniors (65+), and those with mobility issues that prevent or severely restrict their use of conventional bus service.

Seniors 65+ with valid DL are eligible to access services in the winter

Eligible low-income riders can apply for a 75% discount on 10 and 20 ride passes for Specialized Transit through the RMWB LIFT Program.

\$2.25/ride, punch passes available. Passes can be purchased from Specialized Transit operators in advance.

Rural Schedule & Fees

The Specialized Transit travels to Anzac on Wednesdays and Janvier on Thursdays. There is a pick-up and drop-off once a day.

You can book your trip by calling 780-743-7909. You may suggest the time. \$14 one way.

Specialized Transit does not have a regular schedule for Conklin or Fort McKay. Anyone located in these areas who may be interested in the service should call 780-743-7909 to inquire.



ENTERTAINMENT & RECREATIONAL PROGRAMS

Community Recreation
Religious Organizations
Rural Programming Information
Seniors Program List

Community Recreation

Anzac Recreation Centre

Phone: 780-793-6300

Conklin Multiplex

Phone: 780-793-6970

Fort McKay Elders Centre

Phone: 780-828-4220

Website: [Community Resources](#)

Provides a space for Elders to meet, socialize, and to celebrate special events. Lunch is provided for Elders at the Centre twice a week.

Fort McMurray Giants Baseball

Legacy Dodge Field at SMS Equip. Place

1 C.A. Knight Way

Fort McMurray, AB T9H 5C5

Email: info@fortmcmurraygiants.ca

Website: fortmcmurraygiants.ca/

Schedule, tickets, rosters, and team news available on the website. Tickets can also be purchased at the Box Office outside the field.

Fort McMurray Golf Club

Phone: 780-743-5577

100 Real Martin Dr #3

Fort McMurray, AB T9H 4V9

Website: fortmcmurraygolfclub.com/

Fort McMurray Oil Barons Hockey

Phone: 780-743-5509

Centrefire Place

110 Eymundson Rd

Fort McMurray, AB T9H 5A5

Email: admin@oilbarons.com

Website: fortmcmurrayoilbarons.ca/

Schedule, tickets, rosters and team news available on the website. Volunteer opportunities.

Golden Years Society (65+)

Phone: 780-743-4088

10111 Main St

Fort McMurray, AB T9H 2G6

Website: goldenyearsociety.ca

Card nights, weekly luncheons, bocce ball, bowling, arts & crafts, outings, chair yoga, coffee time, social events, games, senior month activities, choir and health clinics. Free income tax clinics for low income seniors. Membership is \$60.00 for the year (January to December).

MacDonald Island Park

Phone: 780-791-0070

1 C.A Knight Way

Fort McMurray, AB T9H 5C5

Website: macdonaldisland.ca/

Golf, Bocce, Carpet Bowling, Fitness, Aquatics, Discounted Memberships.

Fort McMurray Royal Canadian Legion

Phone: 780-743-2329
9317 Huggard St
Fort McMurray, AB T9H 1C4
Email: royalcanadianlegion@shaw.ca

Fort McMurray Social Dance Club

Facebook: [Fort-McMurray-Social-Dance-Club](https://www.facebook.com/Fort-McMurray-Social-Dance-Club)
Email: fm.socialdanceclub@gmail.com

Keyano Theatre

Phone: 780-791-4990
8115 Franklin Ave
Fort McMurray, AB T9H 2H7
Link: [Keyano Theatre Information](#)
A variety of artistic events such as theatre, music, and films. See website for calendar of events, tickets and volunteer opportunities.

Keyano College Athletics- Huskies

Phone: 780-791-8900
8115 Franklin Ave
Fort McMurray, AB T9H 2H7
Website: gohuskies.ca
Basketball, Volleyball, Futsal, Soccer, E-sports - See website for details

Keyano- Syncrude Sport & Wellness

Phone: 780-791-7792
9908 Penhorwood Street
Fort McMurray, AB T9H 1L3
Fitness Centre, walking/running track

McMurray Métis

Phone: 780-743-2659
441 Sakitawaw Trail
Fort McMurray, AB T9H 4P3
Website: mcmurraymetis.org/
Elders Tea, language and cultural programs

Nistawoyou Association Friendship Centre

Phone: 780-743-8555
Website: nistawoyouafc.com/
8310 Manning Ave
Fort McMurray, AB T9H 1W1
Elders Supper, Grandparents Raising Grandchildren, Tea & Bannock

Oil Sands Discovery Centre

Phone: 780-743-7167
Toll-free: Dial 310-0000
515 MacKenzie Blvd
Fort McMurray, AB T9H 4X3
Email: osdc@gov.ab.ca

Rotary Links Golf

Phone: 780-743-9377
3000 Snow Eagle Dr
Fort McMurray, AB T9H 0B6
Website: rotarylinksgolf.com/

Sonny Flett Aquatic Centre

Phone: 780-697-0196
Fort Chipewyan, AB

Vista Ridge

Phone: 780-743-8651
1 Spruce Valley Drive
Fort McMurray, AB T9H 5B4
Email: info@vistaridge.ab.ca
Website: vistaridge.ab.ca/golf
12 holes, oversized cups (beginner friendly), aqua range

Wood Buffalo Senior Society

Phone: 780-667-7372
Social programming



Religious Organizations

McMurray Gospel Assembly

Phone: 780-743-2446
10110 Main St,
Fort McMurray, AB T9H 2G7

Fort City Church

Phone: 780-791-2434
101 Spruce St,
Fort McMurray, AB T9K 1E2

NorthLife Fellowship Baptist Church

Phone: 780-743-3747
141 Alberta Dr,
Fort McMurray, AB T9H 1R2

United Church of Canada

Phone: 780-743-8132
10003 Gordon Ave,
Fort McMurray, AB T9H 2E4

Native Christian Fellowship

Phone: 780-791-9508
10012 Gordon Ave,
Fort McMurray, AB T9H 4N7

Family Christian Centre

Phone: 780-791-3366
160 Dickins Dr,
Fort McMurray, AB T9K 1R4

All Saints Anglican Church

Phone: 780-743-3171
9902 Manning Ave,
Fort McMurray, AB T9H 2B9

All Nations Church

Phone: 587-826-2604
104 Brett Dr,
Fort McMurray, AB T9K 2H1

St. John The Baptist Catholic Parish

Phone: 780-743-3980
3 Hospital St,
Fort McMurray, AB T9H 1P2

St. Thomas' Anglican Church

Phone: 780-790-1114
195 Signal Rd,
Fort McMurray, AB T9H 4Z9

RCCG The Lord's Heritage

Phone: 780-800-8148
1 Alberta Dr,
Fort McMurray, AB T9H 1P3

Evergreen Christian Reformed

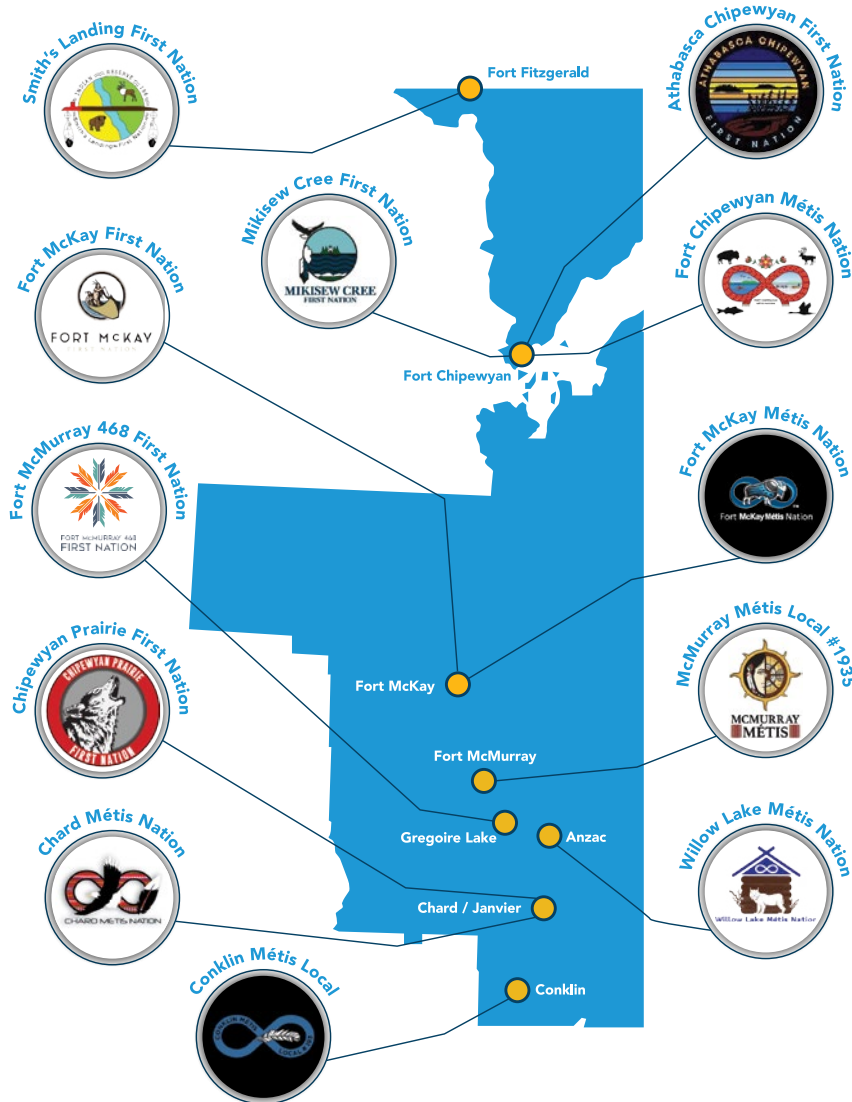
Phone: 780-743-8989
101 Tundra Dr,
Fort McMurray, AB T9H 5A4

Trinity Lutheran

Phone: 780-880-6058
110 Eymundson Rd,
Fort McMurray, AB T9H 5A5

Rural Programming Information

The Regional Municipality of Wood Buffalo is located within Treaty 8 Territory, and home to six First Nations and six Métis Communities, all with very distinct, diverse, and rich histories. Rural programming is offered in the following communities:



Municipal Offices

Pulse Line for all of RMWB:
780-743-7000 / 1-800-973-9663

Anzac Municipal Office

237 Stony Mountain Road
Anzac, AB T0P 1J0

Phone: 780- 334-2298

Email: viola.pindog-seguin@rmwb.ca

Conklin Municipal Office

244 Northland Drive
Conklin, AB T0P 1H1

Phone: 780-559-2235

Email: wendy.desjarlais@rmwb.ca

Fort Chipewyan Municipal Office

Phone: 780-697-3600

124-136 MacKenzie Ave,
Fort Chipewyan, AB T0P 1B0

Janvier Municipal Office

110 Opportunity Way
Chard, AB T0P 1G0

Phone: 780-559-2230

Email: melissa.herman@rmwb.ca



Graphic Credit



For monthly community newsletters, visit RMWB.ca





First Nation & Métis Organizations

Athabasca Chipewyan First Nation

Phone: 780-697-3730
Fax: 780-697-3550
Email: info@acfn.com
Website: acfn.com/

Athabasca Tribal Council (ATC)

Phone: 780-791-6538
Website: atcfn.ca/
Provides essential services to First Nations in the RMWB. Including Health, Education, Culture and Language

Chard Métis Nation

Phone: 780-799-0645
Website: chardmetis.ca

Chipewyan Prairie First Nation

Phone: 780-559-2259
Website: cpfn.ca

Conklin Métis Local

Phone: 780-559-9107

Fort Chipewyan Métis Nation

Phone: 780-697-3111
Email: info@fortchipmetis.ca
Website: fortchipmetis.ca

Fort McKay First Nation

Phone: 780-828-4220
Fax: 780-828-4680
94405 Fort McKay Rd.
Fort McKay, AB T0P 1C0
Email: info@fortmckay.com
Website: fortmckay.com/

Fort McKay Métis Nation

Phone: 780- 828-4401
Website: fortmckaymetis.com

Fort McMurray 468 First Nation

Phone: 780-334-2293
100 Lakeshore Dr.
Fort McMurray 468 First Nation, AB T9H 0J3
Email: fmfn468@fmfn468.com
Website: fmfn468.com/

McMurray Métis Local 1935

Phone: 780-743-2659
441 Sakitawaw Trail
Fort McMurray, AB T9H 4P3
Website: mcmurraymetis.org/

Mikisew Cree First Nation

Phone: 780-714-6500
8219 Fraser Ave
Fort McMurray, AB T9H 0A2
Website: mikisewgir.com/

Willow Lake Métis Nation

Phone: 780-334-0008
Email: info@wlmn.ca
Website: wlmn.ca



Follow St. Aidan's Society on [Facebook](#) and [Instagram](#) for events and information.

Seniors Program List

Program	Location	Day / Time	Registration	Cost
Friday Coffee Program	Golden Years Society	Fridays 10:00 am - 12:00 pm	Drop In *Members only	Free for everyone 65+
Nistawayou Friendship Centre	8310 Manning Ave.	Monthly schedule of activities (various times)	Contact 780-743-8555 elders@nistawayouafc.com	Free
Pickle Ball	MacDonald Island Park CNOOC Field House 1	Drop In - Courts Open 8:00 am - 12:00 pm	Book court online or at the front desk 780-791-0070	\$11
Seniors Swim	MacDonald Island Park	Monday - Friday 11:00 am - 1:00 pm	Check in at Guest Services	\$3
Seniors Connect and Learn	2-301 Sparrow Hawk Drive Eagle Ridge YMCA	The 3rd Wednesday of each month from 10:30am to 12:00pm	Drop In	
Walk On The Island	MacDonald Island Park, 3rd Floor Track & Second Cup	Tuesdays & Thursdays 9:30 am	Check in at Guest Services	Free
Walking Track	MacDonald Island Park SSWC - Keyano	Mon - Fri 5am - 11pm and Sat-Sun 8am-10pm Mon - Fri 9am - 1pm	Check in at Guest Services	Free 55+ Seniors
Wednesday Luncheons	Golden Years Society	Wednesdays Doors Open at 10:30 am Lunch at 12:00 pm	Register in advance (780)743-4088 *Members only	\$10/members GYS Membership \$60/year
Seniors Socials	Wood Buffalo Regional Library	Bimonthly 1:30pm to 3:00pm	Registration required. Contact 780-743-7800	Free
Chair Yoga	Golden Years Society	Mondays 11:15am-12:15pm	Drop in *Members only	Free for members GYS Membership \$60/year



Seniors Program List

Program	Location	Day / Time	Registration	Cost
Aquafit	MacDonald Island Shallow Pool	Monday - Thursday 9:00 am - 10:00 am	Register at Guest Services (780) 791-0070	\$12/class or \$57/monthly membership
Ageless & Unstoppable Fitness	MacDonald Island Park, 3rd Floor Track Pocket C	Mondays & Thursdays 1:00 pm - 1:05 pm	Register at Guest Services (780) 791-0070	Contact Guest Services
Bocce Ball	MacDonald Island Park - Pepsi Turf Fieldhouse SMS Equip Place	Fridays 1:00 pm - 2:00 pm	Register at Guest Services (780) 791-0070	Members - free or \$19 non-members 10 sessions Starts Apr 16-June 18
Carpet Bowling	MacDonald Island Park CNOOC Field House 1	Tuesdays 1:00 pm - 2:00 pm	Register at Guest Services (780) 791-0070	Members - free or \$19 non-members 10 sessions Starts Apr 16-June 18
Coffee Program	Legion Manor 10006 Fraser Ave	Tuesdays and Thursdays 9:30am-1:00pm	Contact Mona to register 204-365-6311 or email mmkawchuk@hotmail.com	Free or by donation
Book an Associate	Wood Buffalo Regional Library	Sunday to Wednesday	By appointment and reservation only. Contact 780-743-7800	Free
Corn Hole	Golden Years Society	Thursdays 11:00am – 12:00pm	Drop in *Members only	Free for members GY Membership \$60/year
Crib	Golden Years Society	Tuesdays 7:00 pm - 9:00 pm	Drop In *Members only	Free for members GY Membership \$60/year
Euchre	Golden Years Society	Mondays 1:00 pm - 3:00 pm	Drop In *Members only	Free for members GY Membership \$60/year





OTHER INFORMATION



Newcomer/Citizenship/Immigration Services
Advocacy
Learning & Literacy
Rural Library Services
Pets
Online Programs
Volunteering
Legal



Newcomer/Citizenship/Immigration Services

Multicultural Association of Wood Buffalo

Phone: 780-791-5186
9908 Penhorwood St.
Syncrude Sport & Wellness Centre
Room 1312
Fort McMurray, AB T9H 1L3
Website: mcawb.org/

Service Canada

Phone: 1-800-622-6232
8530 Manning Avenue,
Unit 107
Fort McMurray, AB T9H 5G2
Passports, Citizenships, Residency

Welcome Centre

Phone: 780-791-5186
9908 Penhorwood St.
Syncrude Sport & Wellness Centre
Room 1312
Fort McMurray, AB T9H 1L3
Email: welcome@mcawb.org

YMCA of Northern Alberta

Phone: 780-791-1115
Immigrant & Settlement Services
9401 Franklin Avenue - Unit 200
Fort McMurray, AB T9H 3Z7
Email: newcomers@ymcanab.ca



Advocacy

Canadian Association for Retired Persons (CARP)

Phone: 1-833-211-2277
70 Jefferson Ave
Toronto, ON M6K 1Y4
Email: support@carp.ca
Financial, health & ageism
advocacy

Wood Buffalo Pride

Phone: (587) 646-6626
Email: info@wbpride.ca
Website: wbpride.ca/

Seniors United Now (SUN)

Phone: 1-855-786-8669
Website: seniorsunitednow.com/
Provides a venue for discussion and
united actions on the needs,
concerns and challenges that
affect all Alberta seniors



Learning & Literacy

Keyano College

Phone: 780-791-4800
Clearwater Campus
(Main - General Inquiries)
8115 Franklin Ave
Fort McMurray, AB T9H 2H7

Students 60 years and older will receive a tuition waiver for one credit course per term and 20% discount on all non-credit courses. Students are responsible for the cost of all books, supplies, laboratory, and technology fees. Senior citizens are not charged for Campus Recreation, Students' Association and SAKC building fees.

Wood Buffalo Regional Library (WBRL)

Phone: 780-743-7800
Website: wbrl.ca/
1 C.A Knight Way
Fort McMurray, AB T9H 5C5

Offers a variety of adult programs and some specific to senior citizens.

WBRL offers the following services:

- The English Language
- Learners (ELL)
- Conversation Group
- Book an Associate
- Home Bound Delivery

The English Language Learners (ELL) Conversation Group

Speaking, reading, and writing, with a different topic covered at each relaxed and informal session. Every Wednesday from 6:00pm-7:30pm, no registration required.

Book an Associate (Tech Support)

Seniors are welcome to contact the library or reserve an appointment online wbrl.ca/book-an-associate/ to meet with library staff for tech support. Available Sunday-Wednesday.

Home Bound Delivery

Email: homebound@wbrl.ca
Phone: 780-743-7800

Homebound service delivers any WBRL material to patrons/residents who are unable to access facilities due to medical, physical, or visual issues.

Accessible formats are available: Braille Collection, DAISY Discs (CELA resource) and Victor Readers, large print collection, Audio Books and CDs, and Dyslexia-friendly Collection.

Rural Library Services - Material Delivery

Patrons in all rural communities can request materials from the library in Fort McMurray and they will be mailed directly to them. Borrowed materials can be returned to the designated areas.

Rural Library Services - Homebound Delivery

This service is available to rural patrons who are unable to access location or lockers. **Contact** homebound@wbrl.ca to sign up.





Pets

Fort McMurray SPCA

Phone: 780-743-8997

155 MacAlpine Cres
Fort McMurray, AB T9H 4A5

Email: info@fortmcmurrayspca.ca

Website: fmSPCA.ca

Nine Lives

A unique program to bring companionship to local seniors by connecting those who would like to have a pet with a senior adoptable feline. Through this program, all food and veterinary costs are provided, as well as regular check-ups.

Link: fmSPCA.ca/programs/9-lives-program/



Online Programs

Senior Centre Without Walls

A free, toll-free phone-based program that offers interactive health and well-being information sessions, recreational activities, and friendly conversations to those 55+ living anywhere in Alberta who find it difficult to leave their homes. To register call the Edmonton Southside Primary Care Network at 780-395-2626.

Senior Adult Fitness Exercise (SAFE) Fitness Program: safe-seniors.com/

Program Calendar: edmontonsouthsidepcn.ca/scww/



Volunteering

Volunteering is a great way to stay active in the community and provide social opportunities for everyone, which is important to overall well-being.

We live in a vibrant community with many activities.

Find an opportunity to get involved!

Website: woodbuffalovolunteers.ca



Legal

Legal Aid Alberta (LAA) - Immigration And Refugee Services

Toll Free: 1-866-845-3425

Website: legalaid.ab.ca/services/immigration-and-refugee-law/

Assist with issues such as refugee claims, judicial review of failed refugee claims, detention reviews, danger options, admissibility hearings, and removal appeals

Native Counselling Services

Phone: 780-743-1888

Website: ncsa.ca/

Room 203, 10012A Franklin Avenue,
Fort McMurray, AB T9H 2K6

Notary Services

Phone: 780-791-5186

Multicultural Association - Welcome
Centre

Syncrude Sport & Wellness Centre
9908 Penhorwood Street Room 1312

*Free walk-in clinic last Saturday of
each month

Centre For Public Legal Education Alberta (CPLEA)

Phone: 780-451-8764

Email: info@cplea.ca

Website: cplea.ca

CPLEA is a public legal education organization that provides access to legal information through plain language websites and print publications

The Older Adult Knowledge Network

Website: oaknet.ca/

Decision making support, wills/ estates, housing law, legal tools to prevent elder abuse, travel help, grandparents' rights



You can receive information about senior programs, events and government updates through our St. Aidan's Society Distribution List.

Email or call to be added:

Email: info@staidanssociety.ca

or call **780-743-4370** Ext. 1

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Aging is about becoming more of who you are, not less of what you were.

- Wendi Knox

To offer feedback, suggest additional information, or let us know about an update to the Seniors Directory, please contact us.

 info@staidanssociety.ca

 780-743-4370

 staidanssociety.ca



St. Aidan's

Society

Est. 1973

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