

Strathcona County

# Seniors' Resource Directory

▶ Your guide to local resources



**WE CAN HELP**

Family and Community Services



**STRATHCONA  
COUNTY**

## Your community, your guide

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

### Why?

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

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



View the Older Adults' Plan at [www.strathcona.ca/seniors](http://www.strathcona.ca/seniors)

DISCLAIMER: This directory is to be used as a guide only, and should not be considered to be a fully authoritative nor an exhaustive list of services available in the community, nor of those actually provided by the agencies listed herein, nor of their qualifications to provide such services. We assume no responsibility to any person or persons for the information contained in this publication, nor shall we be held liable for any damage caused to any person, whether negligently or otherwise. If the reader intends to rely on any information contained herein, he or she should verify the accuracy of the information independently.

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# Community Supports & Services

## Strathcona County Family & Community Services

780-464-4044 [www.strathcona.ca/seniors](http://www.strathcona.ca/seniors)  
200, 501 Festival Avenue, Sherwood Park

- Offers a range of programs and services for older adults.

### Seniors' Outreach Program

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

### Home Support Services

- Provides in-home health and support services to residents who are experiencing health-related difficulties, such as chronic or acute health conditions.
- Personal care, medication assistance, specialized treatments and bathing assistance are available to residents in Silver Birch Lodge and Clover Bar Lodge.
- Light housekeeping services are available to residents in their private homes. There is a fee for this service.
- Fees are based on net family income.

### Make Tax Time Pay

- Free tax preparation clinics are offered year round for income-qualified residents with simple returns only.
- Information is available on financial subsidies and benefits.

## Snow Busters & Lawn Busters

- **Snow Busters** matches eligible seniors with volunteers who will clear snow from their walkways and driveways.
- **Lawn Busters** matches eligible seniors with volunteers who will mow their lawns.
- To qualify, seniors must meet the following criteria:
  - Strathcona County resident aged 65 or over.
  - Physically unable to mow the grass/shovel snow.
  - Annual income not exceeding \$26,200 for an individual or \$42,500 for a couple.

## Counselling Services

- Provides individual, family and/or couples counselling.
- Some reasons for accessing counselling include life transitions, relationship issues, isolation, anxiety, stress, grief and loss, and family conflict.
- Fees are based on net family income. Call for an appointment.

## Seniors' Property Tax Rebate

- Strathcona County provides a \$100 property tax rebate to assist low income seniors who are homeowners.
- To qualify for the rebate, you must be:
  - 65 years of age or over
  - Meet the Alberta Seniors' Benefit program annual income guidelines.
  - Live in your own home in Strathcona County and pay property taxes.

## Community Supports & Services continued

### Saffron Centre Ltd.

780-449-0900 [www.saffroncentre.com](http://www.saffroncentre.com)

- ▶ Provides one-to-one counselling and therapeutic services for victims of sexual abuse and assault, and those supporting victims.

### Strathcona County Community Mediation Society

780-464-8445 [www.sccm.ca](http://www.sccm.ca)

- ▶ Provides a safe place for people to discuss and explore how to resolve conflict.
- ▶ Types of disputes include neighbourhood issues, family or community issues.

### Information and Volunteer Centre for Strathcona County

780-464-4242 [www.ivcstrathcona.org](http://www.ivcstrathcona.org)  
780-464-4265 Seniors' Information and Referral Line  
100 Ordze Avenue, Sherwood Park

- ▶ Operates the Seniors' Information and Referral Line.
- ▶ Provides information on community resources, activities and volunteer opportunities.
- ▶ Offers a variety of printed resources of interest to seniors.
- ▶ Home delivery for Chef's Choice Frozen Meals.
- ▶ Seniors' Housing printable resource available.

### Robin Hood Association

780-467-7140 [www.robinhoodassoc.com](http://www.robinhoodassoc.com)  
141 Broadway Boulevard, Sherwood Park

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

## Health & Wellness

### Strathcona Community Hospital

780-449-5380 [www.albertahealthservices.ca/facilities/strathcona](http://www.albertahealthservices.ca/facilities/strathcona)  
9000 Emerald Drive, Sherwood Park

- ▶ 24-hour full service emergency department, on-site diagnostic imaging and laboratory services, IV therapy clinic, ambulatory clinics, rehabilitation, and chronic disease management.
- ▶ Seniors' Clinic – Comprehensive assessment of mental and/or physical abilities (memory, falls, etc). Referral from doctor required.

### Primary Care Network

780-410-8000 [www.sherwoodparkpcn.com](http://www.sherwoodparkpcn.com)

- ▶ A group of healthcare professionals and administrative staff who work with you and your doctor to help you live well. Our caring team provides education and support with managing chronic diseases, mental health concerns, access to specialists and services all within your local community.

### Strathcona County Public Health Centre

780-342-4600 | 2 Brower Drive, Sherwood Park

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

**Did you know?**

**The Office of the Public Guardian and Public Trustee (1-877-427-4525)** provides services to plan for the future and when decision-making support is needed.



### Home Care - Alberta Health Services

780-496-1300 Assessment and Admission

780-342-4500 General Inquiries

**\*Have your Alberta Health number ready\***

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

### Adult Day Support Programs - Alberta Health Services

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

#### Sherwood Park Adult Day Support Program

780-496-1300

- ▮ Provides structured recreation, socialization, wellness education, exercises (mental and physical) and a nutritional meal.

#### Strathcona Care Adult Day Support Program

780-496-1300 Assessment and Admission

- ▮ Provides physical therapy, occupational therapy and structured recreation and socialization programs.

**Did you  
know?**

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

**Call 811 Health Link – Dementia Advice or visit [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)**

### Alberta Health Services - Addictions & Mental Health

780-342-3373 (24 Hour Help Line 1-866-332-2322)  
Strathcona Community Hospital  
9000 Emerald Drive, Sherwood Park

- ▶ Specializes in **addictions and mental health issues**.
- ▶ Assessment, counselling, support and referral services for addictions to gambling, alcohol and drugs, including prescriptions.
- ▶ Services for individuals dealing with significant life stressors, depression, anxiety, and persistent mental health challenges.
- ▶ Confidential services, free of charge.
- ▶ Available to individuals under the age of 65. If over the age of 65, a referral can be made to other programs.

### Walk-In Clinics

#### Brentwood Walk-In Medical Clinic

780-467-0083 78 Athabasca Avenue

#### Sherwood Park Medicentre

780-467-4717 9-101 Bremner Drive (in Rexall store)

#### Summerwood Medical Centre

780-570-5860 62, 4005 Clover Bar Road

#### Emerald Medical Clinic

780-638-5008 400, 7000 Emerald Drive (in Walmart)

### Strathcona County

#### Information and Volunteer Centre for Strathcona County

780-464-4242 [www.ivcstrathcona.org](http://www.ivcstrathcona.org)

- ▶ Listing of seniors' housing, clubs and organizations in Strathcona County.

### Edmonton and Surrounding Areas

#### Sage Seniors' Association

780-423-5510 [www.mysage.ca](http://www.mysage.ca)

- ▶ Directory of seniors' services includes information on housing for seniors in Edmonton and surrounding areas.



# Housing - Home Living

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

## Clover Bar Pioneer Court

780-467-8206  
6 Mission Street, Sherwood Park

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

## Co-op Housing

- ▶ Members form a community that work together to manage the co-op and have a say in decisions.
- ▶ Half of the units are subsidized.

**Davidson Creek**

780-464-1013

**Brittany Lane**

780-467-1379

**Did you know?**

You can obtain dental and denture service at a reduced cost.

**University of Alberta School of Dentistry at 789-407-5550**

**NAIT Denture Clinic at 780-471-7786 (for those with existing dentures only)**

## Heartland Housing Foundation - Apartments

780-400-3500 [www.heartlandhousing.ca](http://www.heartlandhousing.ca)

### Senior Only Apartments

- ▶ Provides one and two bedroom apartments for low and moderate income seniors.
- ▶ Eligibility: Seniors aged 65 and over, whose gross income falls within the set limits and are functionally independent.
- ▶ Applicants are prioritized on the basis of need and a point related system.

### Kiwanis Apple Blossom Manor

97 Willow Street, Sherwood Park

### Lakeside Legion Manor

495 Woodbridge Way, Sherwood Park

### Josephburg Homestead Place

54569 Range Road 215, Josephburg

### Silver Birch Manor

918 Bison Way, Sherwood Park

### Affordable Apartments

#### Silver Birch Court

920 Bison Way, Sherwood Park

- ▶ Affordable housing designed to meet the needs of lower-income families and AISH recipients.

## Housing - Supportive Living

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

### Heartland Housing Foundation - Lodges

780-400-3500 [www.heartlandhousing.ca](http://www.heartlandhousing.ca)

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

#### Clover Bar Lodge

780-467-7360  
100 Fir Street, Sherwood Park

#### Silver Birch Lodge

780-400-3600  
910 Bison Way, Sherwood Park

### Aurora Residence

780-449-6022 Assessment and Admission  
901 Cedar Street, Sherwood Park

- ▶ Supportive living units.
- ▶ Services include all meals, snacks, housekeeping, personal care services and health care aide on duty 24 hours.

### Chartwell Country Cottage Retirement Residence

780-417-0757  
75 Cranford Way, Sherwood Park

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

### Summerwood Village Retirement Residence

780-416-1912 [www.allseniorscare.com](http://www.allseniorscare.com)  
4255 Clover Bar Road, Sherwood Park

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



## Housing - Facility Living

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

### CapitalCare

780-496-1300 Assessment and Admission

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

**\*Have your Alberta Health number ready\***

- ▶ Long-term care with semi private and private rooms.
- ▶ Services include personal care, nursing care, assistance with meals and nutrition, recreation, rehabilitation, pastoral care and laundry services.
- ▶ Secure unit available for residents with dementia and/or at risk of wandering.
- ▶ Individualized care and therapy options provided as needed.

**Did you know?**

#### Utilities can help!

Are you physically unable to clear the snow from a hydrant on your property?

Call 780-467-7785.

Do you have concerns with moving your waste or organics cart on collection day?

Call 780-449-5514



### CapitalCare Laurier House Strathcona

780-467-3366 Assessment and Admission

**\*Have your Alberta Health number ready\***

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

### Sherwood Care

780-467-2281 Director of Resident Care

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

## Food

### Meals on Wheels – Hot Meals

780-467-2281

- ▶ Nutritious meals for people who have difficulty preparing meals themselves.
- ▶ Cost: \$8.50 per meal.
- ▶ Delivery Monday to Friday between 11 a.m. and 1 p.m. in Sherwood Park.

### Chef's Choice Meals – Frozen Meals

780-464-4242 [www.ivcstrathcona.org](http://www.ivcstrathcona.org)  
100 Ordze Avenue, Sherwood Park

- ▶ Pick up healthy frozen meals Monday - Friday, 8:30 a.m. – 4:30 p.m.
- ▶ Meal prices range from \$4.50 to \$7.00 each.
- ▶ Order forms are available.
- ▶ Feel free to call ahead.
- ▶ Home delivery available.



### Strathcona Food Bank

780-449-6413  
255 Kaska Road, Sherwood Park

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

### WECAN Food Basket Society of Alberta

780-416-6730 [www.wecanfood.com](http://www.wecanfood.com)

- ▶ Bulk food buying program with a \$5 annual membership fee.
- ▶ Members can order meat (3 cuts) \$15, fruit/vegetables \$10, complete order \$25.
- ▶ Call to register.

## Did you know?

Alberta Seniors' Benefit Program provides a monthly income supplement (based on income) to individuals 65 years of age and older. In addition, the Special Needs Assistance Program provides assistance with some of the cost of appliances and some health and personal supports.

**Call Alberta Supports Contact Centre at 780-644-9992 (Edmonton and Area)**

# Transportation

## Strathcona County Transit

780-464-RIDE (7433) [www.strathcona.ca/transit](http://www.strathcona.ca/transit)

- Operates a local and commuter transit system.

### Mobility Bus

780-449-9680

- Door-to-door accessible service.
- For persons who cannot use fixed route buses due to a physical or functional limitation.
- Application required.

## Subsidized Transit Fares

780-464-4044 Family and Community Services

- Subsidized transit fare programs are available for income-qualified applicants. Call for more information or to apply.

### Senior Off Peak Local Bus Pass

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

## Private Operators and Volunteer Driving Organizations also available.

Contact the Information and Volunteer Centre (780-464-4242) for a complete listing

## Subsidized Transit Fares

780-464-4044 Family and Community Services

### Seniors' Subsidized Annual Pass

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

### Everybody Rides Program

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

## Parking Placards for Persons with Disabilities

[www.servicealberta.ca/2070.cfm](http://www.servicealberta.ca/2070.cfm)

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

### Alberta Motor Association

780-467-8074 19, 101 Bremner Drive, Sherwood Park

### Sherwood Park Registries

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

### Registry on Wye Ltd.

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

## Clothing & Household Goods

### County Clothes-Line

780-464-7786 [www.countyclothes-line.com](http://www.countyclothes-line.com)  
201 Athabasca Avenue, Sherwood Park

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

### The Clothing Nook (OLPH Church)

780-467-5470  
13 Brower Drive, Sherwood Park

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

### Salvation Army Family Thrift Store

780-416-1303  
10 Main Boulevard, Sherwood Park

- ▶ New and gently-used furniture, clothing, and household goods at reasonable prices.

### Goodwill

780-464-3854  
130 Athabasca Avenue, Sherwood Park

- ▶ New and gently-used clothing and household items at affordable prices.

## Special Events

### Strathcona County Family & Community Services

780-464-4044 [www.strathcona.ca/seniors](http://www.strathcona.ca/seniors)

#### Seniors' Week Celebration

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

### Strathcona County Recreation, Parks & Culture

780-416-7234

#### Seniors' Dance and Social

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

#### Seniors' Fitness Days

- ▶ A great way to be active, learn something new and meet new friends.
- ▶ Offered in Sherwood Park and Ardrossan.

## Seniors' Centres

**Seniors' centres** offer a wide variety of social and recreational opportunities. Activities may include:

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

Contact a centre near you for more information.

### **Ardrossan 55 Plus Club**

780-922-2748 21 Queen Street, Ardrossan

### **Josephburg Seniors' Centre**

780-221-3799 57A, 54569 Range Road 215

### **Sherwood Park 55 Plus Club ([www.55plusclub.ca](http://www.55plusclub.ca))**

780-467-8389 50A Spruce Avenue, Sherwood Park

### **South Cooking Lake Seniors' Centre**

780-922-2174 102, 22106 South Cooking Lake Road

## Seniors' Groups

### **Alberta Seniors United Now**

#### **Sherwood Park/Strathcona County Chapter**

780-449-1816 [www.seniorsunitednow.com](http://www.seniorsunitednow.com)  
15, 2016 Sherwood Drive, Sherwood Park  
(Park Centre Hotel basement)

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

### **Linking Generations**

780-410-0711 [www.linkinggenerations.ca](http://www.linkinggenerations.ca)

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

**Did you know?**

#### **211 Alberta – Edmonton and Area.**

You can dial 211 to connect to social, health and government services. This is a 24-hour information and referral line.

**Did you know?**

**Seniors' Travelling Cafes** provide an opportunity for seniors in rural Strathcona County to connect with each other and learn about community resources while enjoying refreshments together. Cafes are run by seniors in the communities of Ardrossan, Josephburg and Antler Lake.

# Recreation and Leisure

## Strathcona County Recreation, Parks and Culture

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

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

### Everybody Gets to Play: Recreation Access Program

780-464-4044 Family and Community Services

- ▮ Provides income-qualified applicants with no cost drop-in recreational opportunities, as well as registered programs at a reduced cost.

### Recreation Facilities

- |  |  |
|--|--|
| ▮ Ardrossan Recreation Complex<br>780-922-3377<br>80 1 Avenue, Ardrossan | ▮ Moyer Recreation Centre<br>780-998-7022<br>54569 Range Road 215      |
| ▮ Broadmoor Public Golf Course<br>780-467-7373<br>2100 Oak Street        | ▮ Millennium Place<br>780-416-3300<br>2000 Premier Way                 |
| ▮ Glen Allan Recreation Complex<br>780-467-4404<br>199 Georgian Way      | ▮ Strathcona Olympiette Centre<br>780-922-4111<br>52029 Range Road 224 |
| ▮ Kinsmen Leisure Centre<br>780-464-2112<br>2001 Oak Street              | ▮ Strathcona Wilderness Centre<br>780-922-3939<br>52535 Range Road 212 |
| ▮ Emerald Hills Leisure Centre<br>780-467-2211<br>3555 Emerald Drive     |  |

## Strathcona County Recreation, Parks and Culture

### Smeltzer House Centre for Arts and Culture

780-464-2023

1 Broadmoor Boulevard, Sherwood Park

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

### Art Gallery @ 501

780-410-8585

120, 501 Festival Avenue, Sherwood Park

- ▮ Features exciting new exhibits every six weeks, along with creative visual art programs and community outreach projects.



### Festival Place

780-464-2852 [www.festivalplace.ab.ca](http://www.festivalplace.ab.ca)  
100 Festival Way, Sherwood Park

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

### Strathcona County Museum and Archives

780-467-8189  
913 Ash Street, Sherwood Park

- ▶ A 'hands-on' museum with a research library and archives.
- ▶ Self-guided tours available.
- ▶ Call to pre-book guided tour options.



### Community Adult Learning & Literacy Society

780-464-8441 [www.whatdidyoulearntoday.ca](http://www.whatdidyoulearntoday.ca)

- ▶ Offers a variety of courses and workshops.
- ▶ Provides free tutoring in reading and writing.
- ▶ Offers English language classes.

### Strathcona County Family and Community Services

780-464-4044 [www.strathcona.ca/fcs](http://www.strathcona.ca/fcs)

- ▶ Contact for complete listing.

### Next Step Continuing Education

780-467-7292 [www.eipscontinuinged.ca](http://www.eipscontinuinged.ca)

- ▶ Offers a variety of learning opportunities for older adults.

### Strathcona County Library

780-410-8600 [www.sclibrary.ab.ca](http://www.sclibrary.ab.ca)

- ▶ Programs include information sessions, computer training, conversation circles, book clubs and movie groups.
- ▶ Large print material, talking books, and digital content available for individuals with sight disabilities.
- ▶ Provides "Library Service Where You Are" to people who are unable to come to the library for a period exceeding three months.
- ▶ Provides Bookmobile library services in various rural and urban locations.



## A Safe Place

780-464-7233 [www.asafeplace.ca](http://www.asafeplace.ca)

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

## RCMP Strathcona County Detachment

### Community Policing

780-467-7749 [www.strathcona/rcmp](http://www.strathcona/rcmp)  
911 Bison Way, Sherwood Park

- ▶ Criminal records check
- ▶ Police certificate
- ▶ Fingerprints
- ▶ Vulnerable sector check
- ▶ Report a crime
- ▶ General information
- ▶ Non-emergency complaints

## Strathcona County Elder Abuse Response Network

780-464-4044 or 780-464-7233 Help Line (24 hours)

- ▶ Provides information and support for seniors experiencing abuse and for those concerned about the well-being of a senior.
- ▶ The network has representation from A Safe Place, the RCMP, Family and Community Services, Alberta Health Services, Covenant Health, the Primary Care Network and Heartland Housing Foundation.

## Strathcona County Emergency Services

### Community Safety Education

780-464-8468 [www.strathcona.ca/sces](http://www.strathcona.ca/sces)

- ▶ Offers a range of programs and services for older adults:
  - ▶ Falls Prevention: schedule a home safety visit and learn how to prevent a fall.
  - ▶ Home Fire Safety: obtain help with your home fire escape plan or book a home safety visit.
  - ▶ Emergency Preparedness: sign up for the Strathcona County Alert system to obtain alerts when a disaster happens.

**Did you know?**

**Never Been Better** features information specifically for seniors in the Sherwood Park Strathcona County News, the first Tuesday of every month.



# Helpful Numbers

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

## 24 hour & emergency

**Emergency**  
Fire, Police, Ambulance  
911

**Addiction Helpline**  
1-866-332-2322

**A Safe Place - Shelter**  
780-464-7233

**Community Resource Info**  
The Support Network  
211

**Distress Line**  
780-482-4357

**Emergency Social Services**  
780-644-5135

**Health Link Alberta**  
811

**Home Care**  
780-496-1300

**Crisis/Distress Line (AHS)**  
780-482-4357 / 780-342-7777

**Natural Gas Emergency**  
ATCO  
780-420-5585

**Poison Control Centre**  
1-800-332-1414

**Power Outage - Fortis AB**  
780-310-9473

**RCMP 24 hr non-emergency**  
780-467-7741

**Roads – Maintenance**  
780-417-7100 (County Connect)

**Sexual Assault Crisis Line**  
780-423-4121

**Strathcona County**  
**Elder Abuse Line**  
780-464-7233

**Victim Services**  
780-449-0153

**Water and Sewer Trouble**  
780-467-7785

## Regular hours & non-emergency

**Accessible Transit (Mobility Bus)**  
780-449-9680

**Alberta Blue Cross**  
780-498-8000

**Alberta Supports Contact**  
**Centre**  
780-644-9992

**Addiction & Mental Health**  
780-342-3373

**Family & Community Services**  
780-464-4044

**Chef's Choice Frozen Meals**  
(IVC)  
780-464-4242

**Collective Kitchen**  
780-868-7756 (Doryss)  
780-449-5437 (Tina)

**Food Bank**  
780-449-6413

**WECAN Food Basket**  
780-416-6730

**Health Centre**  
780-342-4600

**Information and Volunteer**  
**Centre**  
780-464-4242

**Legal Aid Alberta**  
780-427-7575

**Meals on Wheels (Hot Meals)**  
780-467-2281  
(Sherwood Park Care Centre)

**Protection for Persons in Care**  
1-888-357-9339

**Service AB Consumer Info**  
780-427-4088

**Strathcona County**  
**Enforcement**  
780-449-0170

**Service Canada (CPP & OAS)**  
1-800-277-9914

**Strathcona County - Main**  
780-464-8111

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**Seniors' Resource Directory**

Your guide to local resources

Further information or additional copies

Strathcona County Family & Community Services

780-464-4044

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

