



EDMONTON
SENIORS
COORDINATING
COUNCIL

Resources for Low to Moderate Income Seniors

During the COVID-19 Pandemic

Important information on COVID-19

Alberta is phasing a relaunch and gradual reopening of businesses and services to get people back to work. However, we must still take every precaution: physical distancing, staying at home if you do not feel well, and washing hands often. This virus is highly contagious and people could be spreading it without realizing it.

When we all stay home today, we see fewer new cases tomorrow. By keeping physical distance, we slow the spread. This protects people in our communities who are most at risk and supports the availability of the lifesaving health care we all depend on.

The Ministry of Seniors and Housing developed a COVID-19 Q&A which addresses common inquiries for seniors. This resource can be viewed on the Edmonton Seniors Coordinating Council website at www.seniorscouncil.net/covid-19.

Finding support in the community

If you need to find support in your community, reach out to 211, which is a comprehensive information referral system accessible by all Albertans. Call or text **2-1-1** or visit www.ab.211.ca.



Health

Health Link: If you're concerned about your health, **call Health Link at 811** to get advice from a registered nurse 24/7. They will ask questions, assess symptoms and determine the best care for you.

Family doctors: Your family doctor is here for you. If you or your family have any healthcare needs, please call your doctor and find out what appointment options are available to you. Your doctor is still the connection to the care you need. If you are looking for a doctor, please visit AlbertaFindADoctor.ca to find one near you.

Emergencies: In a medical emergency, always **call 911** or visit the nearest emergency department.

Access to free food

Edmonton's Food Bank provides food hampers to people in need. You can call **780-425-4190** Monday to Friday from 8:30 a.m. to 4 p.m. to make a request. However, if you have not used the Food Bank before, the intake process may be quicker if you contact an outreach worker at one of the senior sector Food Bank Partner agencies:

North Edmonton Seniors Association: 780-496-6969

Operation Friendship Seniors Society: 780-429-2626

Sage Seniors Association: 780-423-5510

Strathcona Place Society: 780-433-5807

Multicultural Health Brokers Grocery Run: A food hamper with culturally relevant food for ethnocultural seniors with few resources. Call **780-217-5449**.

Food Not Bombs: Free hampers across the city with one- or two-days' notice. Call **780-902-9664**.

Low cost prepared meals

Edmonton Meals on Wheels: Fresh meals delivered to your home daily or frozen meals that you can save for whenever you're ready. Call **780-429-2020** or visit www.mealsonwheeledmonton.org/pages/daily-meals

Low cost grocery essentials

These services offer baskets of pre-packaged affordable food basics, including eggs, bread and vegetables.

Fresh Routes: Call **780-809-1962** or visit www.freshroutes.ca/delivery-request.

Edmonton Meals on Wheels Grocery Bag program: Call **780-429-2020** or visit www.mealsonwheeledmonton.org/pages/the-grocery-bag.

Wecan Food Basket Society: Sign up to become a member for \$5 by completing a membership form and then place your order at the depot that's most convenient. Call **780-413-4525** or visit www.wecanfood.com/wp-content/uploads/2014/04/WFBS-2019-Membership_Registration-Fillable.pdf.

Grocery shopping and delivery

Drive Happiness: Call **780-424-5438** or visit www.drivehappiness.ca.

Bag Half Full: Call **780-952-7101** or email baghalffull@gmail.com.

Coordinated Pandemic Response (CPR) Packages & PPE Supplies Program

The Edmonton Coordinated Pandemic Response Group has resources to support Edmonton seniors. Packages include PPE supplies, activities and hygiene supplies. Add-ons include incontinence supplies, denture cleaning supplies, and M&M frozen meats packages for seniors experiencing food insecurity. To apply for a package, call **780-701-9007** and leave a message. A Sage Seniors Association employee will call you back.

Transportation

Drive Happiness: Provides assisted transportation to appointments and personal services and can also help with delivery of groceries and essential items. Call **780-424-5438** or visit www.drivehappiness.ca.

Wheels in Motion: Call Sandra at **780-433-2044** or email copland.c@shaw.ca.

Edmonton Transit Services: Travel only if it's essential and keep a safe physical distance. ETS is following an enhanced Saturday service on buses and LRT until further notice. Starting June 15, ETS will resume fare collection on buses, LRT and DATS. Customers should board the bus through the front door starting June 15. www.edmonton.ca/edmonton-transit-system-ets.aspx

Taxes

The federal government has extended the due date for filing individual tax returns to June 1, 2020. The deadline to pay amounts owing for 2019 has been extended to September 1, 2020. For information about how to receive tax assistance, **call 211**.

Friendly calls

Are you feeling lonely and wish you could connect with someone over the phone? Friendly phone call programs provide an opportunity to socialize while staying safely at home. Once you are signed up for a program, someone will call you (often weekly) to check in and chat. **Call 211** for a list of friendly phone call programs.

Activities

Seniors' Centre Without Walls: Seniors' Centre Without Walls is a free telephone-based program focused on social connection. Join other seniors from the comfort of your own home and enjoy activities such as trivia games, exercises, group chats, guest speakers from museums and universities, and so much more. Open to anyone 55+ years old. Learn more on their website, www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls, and call **780-395-2626 ext. 0** to register.

Alzheimer Society of Alberta and Northwest Territories: The Alzheimer Society of Alberta and Northwest Territories hosts weekly presentations on a variety of topics that anyone can join via phone or computer. Although the presentations include information for people with dementia and their care partners, everyone should be able to apply the information to their lives. Find more information at www.asantcafe.ca. Call **780-488-2266** or toll free at **1-866-950-5465** if you have questions.

Well Connected by ElderCare Edmonton and Caregivers Alberta: This new free program provides community-based programming by phone or computer. Stay connected by participating in activities, education, and friendly conversation. Both caregivers and care recipients are welcome to participate. Register through Eventbrite to receive a Zoom link at www.eventbrite.ca/e/well-connected-tickets-101938406518

Or call **1-877-453-5088** or **780-434-4747** for more information.

Caregivers Alberta: The Caregiver Advisor provides one-on-one support to caregivers. Also provided are a variety of education, workshops and speakers to support caregivers. You can connect by phoning **780-453-5088** or toll free at **1-877-453-5088**. You can also email ladams@caregiversalberta.ca.

Register for programs online at bit.ly/CaregiversAbPrograms.

West End Seniors Activity Center (WSAC): WSAC offers a variety of online activities such as adult coloring books, word searches, exercises, yoga and museum tours. Learn more here at www.weseniors.ca/whats_new_cat/on-line-activities.

Mill Woods Seniors Association: Mill Woods Seniors Association offers regular, live, online programs, where you can interact with the instructor and other participants. Examples include a virtual happy hour, pilates classes and an intergenerational program. To learn more, email karen@mwsac.ca or go to the website at www.mwsac.ca/online-programs-for-seniors.

Technology Assistance

Y-Digital, a program of the YMCA of Northern Alberta, offers free, one-on-one assistance to help familiarize seniors with technology options to help them stay connected. Y-Digital staff will set up an individual session with a senior to review technology tools such as Zoom, Google Meets, Skype, YouTube, etc. To arrange for a session, seniors can phone **780-863-6894** or email ydigital@northernalberta.ymca.ca.