

Maple Ridge - Pitt Meadows 2019

SENIORS 55+

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Developed by ALLEGRO PROPERTIES INC.

The Seniors Resource Directory is published by The Maple Ridge-Pitt Meadows News in partnership with the Seniors Network with funding support from Fraser Health. Our collective goal is to connect seniors in our communities with programs and services.

The Seniors Network is a community planning table led by seniors, for seniors. We work in collaboration with the community to improve the health and well-being of seniors in Maple Ridge, Pitt Meadows and Katzie First Nation. Our primary goal is to strengthen the availability and quality of programs and resources for seniors, and to develop a seamless approach to senior service delivery in a spirit of cooperation and understanding. We are grateful for funding support for the Seniors Network from the City of Maple Ridge.

Over the years, our members helped achieve the Age-friendly Community designation for both Cities through a sustained commitment and work to make them places for people of all ages to live, work and play. Our projects include construction and operation of the Inter-

generational Garden on Edge Street in Maple Ridge; initiatives to improve walkability and inclusiveness for people living with dementia and physical disabilities; advocating for improvements to seniors' health care services, housing and transportation and much more.

The Seniors Network meets once every two months and everyone is welcome. For more information, call us at 604-786-7404, email: seniorsnetworkmpk@gmail.com or visit: www.seniors-network.ca

Thank you to The Maple Ridge-Pitt Meadows News and our local business community for their generous support of the Seniors Directory.



Heather Treleaven
Coordinator

For more information, call us at
604-786-7404, email
seniorsnetworkmpk@gmail.com
or visit www.seniors-network.ca



The Maple Ridge-Pitt Meadows News is honored to bring the seventh edition of the Seniors Resource Directory to our residents in partnership with the Seniors Network.

The term senior doesn't mean to everyone what it once did. It's been redefined in many ways over the decades. To keep it simple, we'll define it here as 55 and older.

For many, the title is an honour – one denoting experience, knowledge and respect.

Look around, and you'll see seniors who, each according to individual skills and abilities, built families, neighbourhoods and businesses.

They challenged themselves with their pursuits daily.

They helped build communities.

Seniors range from those who worked a lifetime to achieve goals, and those still trying to do so.

And just as they offer something to our communities, Maple Ridge and Pitt Meadows have a great deal for them, as well.

The Maple Ridge-Pitt Meadows News offers this resource directory as a guide to seniors seeking information about such services.

Some will appreciate the guide for health, legal or support services, while others will enjoy seeking out recreational or leisure activities.

If you know of a business or organization that should be included in our next publication, please let us know. We want to provide as much information to our seniors as possible.

Our thanks to all who made the directory possible, especially Heather Treleaven and the members of the Seniors Network, for their support and hard work, and most importantly our seniors!



Lisa Craik,
Publisher
Maple Ridge-Pitt Meadows News



Intensify your laughlines



RIDGE MEADOWS SENIORS SOCIETY
Serving Maple Ridge & Pitt Meadows
Drop in Activity Centre connecting adults
55+ with a happy, healthy life.

Ridge Meadows Seniors Society is a registered charity whose mission is to provide services, foster shared experiences and advance the well being of adults 55+ in Maple Ridge and Pitt Meadows.

Whether you are retired or still in the workforce, RMSS will keep your mind and body active and spirits high through friendships and activities. We have plenty to offer and it's easy to join. A membership is only \$25 per year and the drop-in fee is just \$1-\$2 per class depending on the program.

Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge BC V2X 3N8
Tel: 604-467-4993

Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows BC V3Y 0E6
Tel: 604-457-4771



SENIORS OUTREACH SERVICES
Connecting you to your community

Outreach Services provides support for seniors to maintain their independence, improve quality of life and learn about resources available.

RECREATIONAL ACTIVITIES
Keeping your mind and body active

With over 80 activities and programs to choose from, take a fitness class, challenge yourself by learning a new game, make new friends or come for lunch.

VOLUNTEER YOUR TIME
Give the gift of time

Teach a class, organize a group, serve in our coffee shop, at the reception desk or work an event.

WELLNESS CLINIC
To enhance a healthy lifestyle

Seniors can drop in without an appointment to speak to a health care professional. The clinic is staffed by volunteers and retired registered nurses.

DRIVING SERVICES
Seniors helping seniors driving service

A safe drive where you need to go.

Seniors Party Bus

A strong social life helps keep us young

Seniors who participate in the Maple Ridge/ Pitt Meadows Community Services' Seniors Party Bus program know this very well.

There are now 140 people registered with the program that organizes group outings for isolated seniors. Have lunch with the bunch, visit the park, tour Christmas lights or take in a show at the ACT. Friendships have grown and now program participants have started meeting up on their own, said Joanne Leginus, Community Services' director of administration and services.

"The purpose of the Party Bus program is to provide an opportunity for seniors to connect with their peers and socialize," said Leginus.

Now into its third year, thanks to funding from United Way, members of the program say the party bus has made a huge difference in their lives.

For Angie, the party bus program has meant new friendships and happier outlook on life.

Angie always thought of herself as active and social. But the unexpected death of her husband—followed by personal health problems, mobility issues and limited income—left her feeling isolated and alone.

"You wonder, where do I go from here? What do I do? What do I have to look forward to?" Angie said in a testimonial with United Way.

Then Angie found the answer in the Seniors Party Bus. The program offers excursions two to three times a month, with door-to-door pick-up and drop-off, plus lunch or dinner. "The outings are precious to me," said Angie, who has limited transportation options. "I'm excited when I'm able to get out to be with other people and to go to different places, including parks, restaurants and local attractions."

For seniors like Angie, it means so much to be able to participate in these outings safely and at no or little cost. "Many of us are on pensions, and pensions are very limited," she added.

Many seniors who utilize the program said they have something to look forward to again, said Leginus.



"It's a pretty special program," she added. "The greatest thing to see is all the friendships that have formed out of this and now they are getting together outside of the program too."

Some of the participants are meeting for coffee at Haney Place Mall now, she said.

Excursions on the Party Bus can be anything from going to the library for an educational seminar to shopping downtown or going to Haney Place Mall.

The group just had a barbecue at Maple Ridge Park where members got to take in good food and live music, she said.

"These outings let seniors experience their community again," said Leginus.

Sandra Salvador, of Community Services, organizes the outings each month but input from participants is always part of the decision making, said Leginus.

"A huge part of the program is getting input about what they want to do and where they want to go," said Leginus.

If you would like to take part in the Seniors Party Bus, call Sandra at Community Services at 604-467-1405 ext. 1405. Or drop by Community Services and fill out a form.

Planning For the Future Gives Us Peace of Mind

Planning in advance for future health is an important part of life planning.

Advance care planning begins by thinking about your beliefs, values and wishes regarding future health care treatment. It is about having conversations with your close family, friends and health care providers so that they know the health care treatment you would agree to, or refuse, if you become incapable of expressing your own decisions, said Cari Borenko Hoffmann, Andrew Saunderson and Kelly Johnson of the Advance Care Planning team for Fraser Health.

When you write down your wishes and instructions for future health care, you are making an Advance Care Plan, said Saunderson.

An Advance Care Plan is a written summary of a capable adult's wishes or instructions to guide a 'substitute decision maker' if that person is asked by a physician to make a health care treatment decision on behalf of that person.

"Any health care provider within Fraser Health (doctors, social workers, nurses, physiotherapist, occupational therapist, dietician, etc.) can support seniors and other adults with their advance care planning," said Borenko Hoffman. "Seniors, their families and friends are encouraged to ask for support."

According to Fraser Health's Advance Planning, there are five key components to planning for your future health:

- **THINK** – Think about what's important to you and what brings your life meaning.



- **LEARN** – Learn about your current health and about different medical procedures and what they can or can't do.

- **DECIDE** – Decide on a substitute decision maker, someone who is willing and able to speak for you if you can't speak for yourself.

- **TALK** – Talk about your wishes with your family, friends, and health care providers.

- **RECORD** – Record your wishes, values, and beliefs.

"Advance care planning is about conversations and how we care for each other. It's thinking about and sharing with our family, friends and health care providers about what is most important to us and what brings our life meaning," she Borenko Hoffman.

Get Your Magnetized Health Care Passport

A health care passport is a green magnetized wallet for the fridge and holds a list of your medications, substitute decision makers and any advance care planning documents. Fraser Health recommends you take it with you to all medical appointments or hospital visits.

continued on page 9

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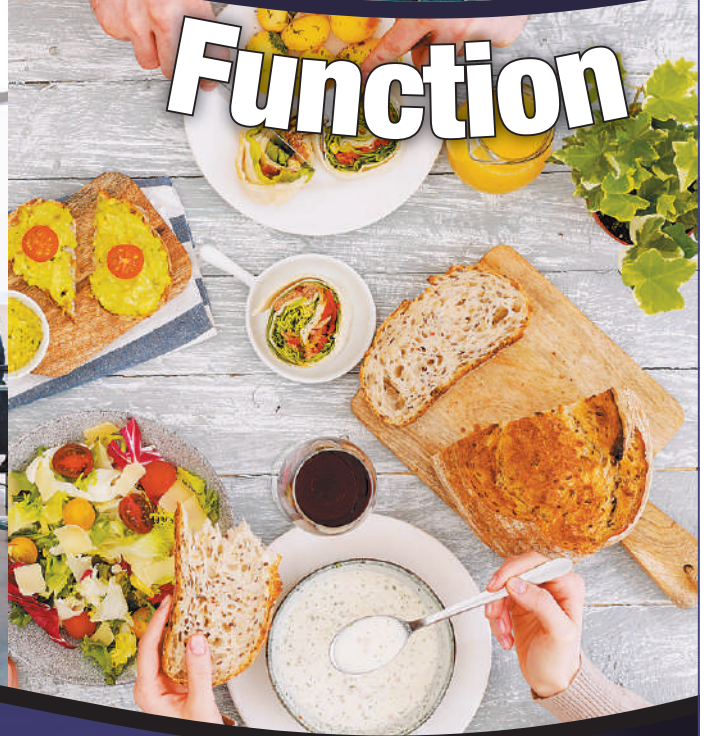
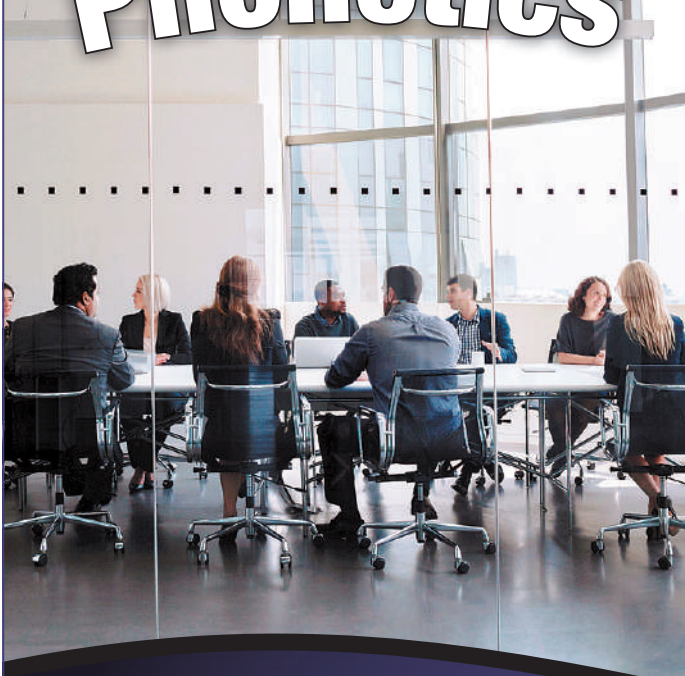
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Emergency Preparedness:

What Every Senior Needs to Know

In a catastrophic event such as an earthquake, everyone should be prepared to sustain themselves for at least three days, maybe more.

For seniors and people with disabilities there are special considerations to include in your personal safety plan, said Barbara Morgan, the City of Pitt Meadows Emergency Management Coordinator.

“Every person should have a plan and an emergency kit ready to go,” said Morgan. That emergency kit should include a flashlight, batteries, whistle, medications, ID, house keys, cash and credit cards.

Seniors need to make sure they have all their medications with them, both prescribed and over-the-counter as well as eye glasses, hearing aids and any walking aids they use, she stressed.

“Many seniors take over-the-counter medication daily like aspirin or Graval. They should make sure they have a supply of those medications because it will be next to impossible to get them in the case of a catastrophic event,” she said.

Help from emergency services will also be limited.

“We are used to the comforts of firefighters and ambulance being there for us but in the case of a major event, we have to think they won’t be available to help,” she said. “Hospitals won’t have enough medications to supply people and neither will pharmacies.”

Everyone should have a change of clothing, their cellphone and a charger as well.

Seniors should also have a plan for their pets, including food and shelter.

Every person should have copies of important documents ready to go, including house insurance papers, ID, driver’s license and CareCard.

“We should also have an out of province emergency contact,” she added.

A person should have access to four litres of drinking water per day in the case of a catastrophic event, said Morgan.

“What we say is preparing for an emergency is a lot like preparing for camping, where you pack water, food, bedding and your essentials like medication to sustain yourself for the time you are away,” said Morgan.

Everyone should have an emergency kit but choosing one can be confusing because prices are all over the map, she said.

“As with most things, you get what you pay for. The cheaper emergency kits have cheaply made items.”

The more expensive kits have silver foil packs that hold water that lasts for more than five years, she said. Plastic water bottles only last around six months to a year because the plastic breaks down.

When buying a kit, ask where the best place is to store it.

EMERGENCY PREPAREDNESS SESSIONS

The best way to make sure you are prepared for an emergency is to attend one of the free Emergency Preparedness Sessions offered through the City of Pitt Meadows.

Information Sessions

The first session is Sept. 18 at Pitt Meadows City Hall at 7 p.m. The next session is at the Pitt Meadows Seniors Centre on Nov. 7 at 1:30 p.m. Everyone is welcome and each person who attends receives a booklet with a checklist of what you need to survive an emergency event. For more information, contact Barbara Morgan by email: bmorgan@pittmeadows.ca or call 604-460-6713.

During an Earthquake

In the event of an earthquake, experts say that people with mobility challenges should stay where they are and cover their



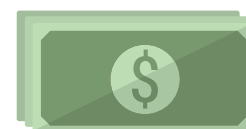
EMERGENCY BLANKET



MEDICAL SUPPLIES



IMPORTANT DOCUMENTS



EXTRA CASH



PERSONAL HYGIENE ITEMS

head if they are unable to get under a table.

If you are in a wheelchair, stay in it. Turn away from windows. Move the chair into a doorway with your back towards the hinge, or move away from hazards such as falling furniture like bookcases. Set the brake on the chair and try to hold a pillow or something protective over your head and neck.

If you are in bed, stay in it and cover your head and neck with a pillow.

After an earthquake, there are important things to evaluate before trying to exit your home. Is it safe to leave, is the elevator safe to use? Speaking with a neighbour about the best exit strategy is a good way to help each other.

Plan with Neighbours

The best and safest outcomes is having a plan with neighbours, said Morgan.

“Many seniors have set up Neighbourhood Preparedness Groups. That gets you together with neighbours who can help each other during or after an emergency,” she said.

For more information, contact Barbara Morgan at (604) 460 6713 or email: bmorgan@pittmeadows.ca

Planning for the Future Gives us Peace of Mind

continued from page 6

To order, call 1-877-825-5034 or email advancecareplanning@fraserhealth.ca

Learn Your Legal Rights

Getting your affairs in order gives you peace of mind and takes the burden off family and friends, said Nidus, a charitable organization for the rights of seniors.

Nidus is a non-profit that was set up by seniors and disability groups, based right here in B.C. Nidus is independent of private interests like legal professionals, financial institutions and government. Nidus believes that by knowing how the law works, the public can better exercise their rights and make informed decisions. Learn more at nidus.ca.

Power of Attorney

Making sure your financial wishes are known is just as important as planning for your future health. Speaking with a lawyer who specializes in estate planning, wills and power of attorney is a good place to start. Ask friends or family for recommendations on a quality notary or lawyer.

Lawyer Sherri Robinson, of Centra Lawyers in Maple Ridge, specializes in taking care of people’s future financial needs.

Sherri said the two most important things seniors should do to plan for their future is setting up power of attorney and being aware of how their assets are held. “Every person should have a power of attorney in place to allow someone they trust to step in to manage finances, pay bills, sell assets as required, file taxes, deal with pensions, etc. should that person become mentally incapable of managing their own financial affairs during their lifetime,” said Robinson.

“You should also be aware of how your assets are held. Are they held in your name alone or with another person in joint tenancy? Sometimes assets are owned jointly and it must be made clear whether your intention is to make a gift to that person at the time of transfer or on death or whether that person is simply holding that asset for the benefit of your estate.”

Sherrisaidshespecializinginthistypeoflawforyearsandtakesthetimetowalkherclientssthroughtheentireprocess.It’simportanttomakesureeverything is understood before any final legal decisions are made, she said.

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RESOURCE DIRECTORY

See Page 50 for quick reference guide



POLICE AMBULANCE FIRE 911

EMERGENCY CONTACTS

POLICE AMBULANCE FIRE 911

Crisis Line 604-951-8855 or 1-877-820-7444

BC Mental Health Crisis Line 310-6789

Poison Control 604-682-5050

Suicide Crisis Line 1-800-SUICIDE
(1-800-784-2433)

Emergency Electrical Calls

1-888-769-3766 BC Hydro

Natural Gas Leaks 1-800-663-9911 Fortis BC

Water/Sewer Emergency

Maple Ridge (24 hours) 604-463-9581

Pitt Meadows (8:30 a.m. – 4:30 p.m.) 604-465-2434

Pitt Meadows (After Hours) 604-465-2465

ELDER ABUSE SUPPORT

If you have concerns that a vulnerable adult may be:

- abused or neglected;
- living at risk due to neglect or self-neglect;

- having trouble knowing if they can get support and assistance on their own, and how to go about it there are several ways to help:

If you discover a crime or dangerous situation is occurring: call 9-1-1 to get help immediately.

If the situation is not an emergency:

- Find out if there is anything you can do to help.
- Call a family member, offer a ride to an appointment, or volunteer to run a few errands.

If the situation is not an emergency and you cannot talk directly to the person you are concerned about and you are concerned they are unable to get help on their own due to physical restraint or some type of physical or mental disability, then contact Fraser Health for help:

- Call Toll Free 1-877-REACT-08 (1-877-732-2808)
- Send an email to react@fraserhealth.ca
- Call Fraser Health Home Health: 604-476-7100
- Geriatric Mental Health Program: 604-476-7165

Fraser Health is responsible for responding to situations of abuse and neglect involving adults unable to seek support and assistance on their own due to restraint, physical handicap, illness, disease, injury, or any other condition that affects their ability to make decisions.

Maple Ridge/Pitt Meadows/Katzie, Community Response Network (CRN)

Call: Judith, 604-463-9860

A local group striving toward the prevention of abuse and neglect of older adults. The goal is to increase awareness and provide education and supports for adults who may be experiencing abuse, neglect or self-neglect. A sub-committee of the Maple Ridge, Pitt Meadows, Katzie, Seniors Network and member of the BC Association of Community Response Networks, www.bccrns.ca

Seniors First BC

Seniors Abuse & Info Line (SAIL) 604- 437-1940

www.seniorsfirstbc.ca TTY 604-428-3359

SAIL is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

NON-EMERGENCY RESOURCES

Ambulance (Non-Emergency)

604-872-5151

Maple Ridge & Pitt Meadows

BC 211

2-1-1 www.bc211.ca

A free, confidential, multilingual information and referral to a full range of community, social and government services. 24 hours a day, 7 days a week.

City Hall

Maple Ridge 604-463-5221

Pitt Meadows 604-465 5454

Civic Safety

604-785-7179 23705 - 106th Ave., Maple Ridge

An award-winning group of professionals leading efforts in emergency preparedness. Specializing in the needs of seniors. Emergency supplies, advice on how to be prepared, emergency training and operational plans.

Fire Department (Non-Emergency)

Maple Ridge 604-463-5880

Pitt Meadows 604-465-2401

Hospital – Ridge Meadows 604-463-4111

HealthLink BC (BC Nurseline)

8-1-1 24-hour, confidential health information and advice. Deaf & Hearing-Impaired TTY 7-1-1

Police (Non-Emergency)

Maple Ridge & Pitt Meadows 604-463-6251

CRISIS LINES & VICTIM SERVICES

BC Mental Health Support Line

310-6789 (don't add 604, 778 or 250)

Community Based Victim Services

Community Services

604-467-6911, Ext. 1227 www.comservice.bc.ca

Provides information, community referrals, emotional, practical and court support to victims, their families and witnesses.

Crime Stoppers

1-800-222 TIPS (8477)

If you have information about a crime, you can leave an anonymous tip by calling or visit www.bccrimestoppers.com.

Crime Victims Assistance Program

604-660-3888

This government program may provide benefits to certain crime victims, witnesses, or immediate family members of crime victims. Assists with forms and reports.

Crisis Intervention and Suicide Prevention Centre of BC

1-800-SUICIDE1-800-784-2433 www.crisiscentre.bc.ca

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DL 7662



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DL 31300



WEST COAST mazda

1-866-334-2016

20000 Loughheed Hwy. Pitt Meadows

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Fraser Health React

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1-877-732-2808 www.fraserhealth.ca/health-info/
health-topics/adult-abuse-and-neglect/getting-help/
getting-help
Fraser Health has specially trained staff who respond to
and investigate reports of possible abuse and neglect
of adults.

HeretoHelp

www.heretohelp.bc.ca/
A project of the BC Partners for Mental Health and Ad-
dictions Information that offers information on mental
health and substance misuse.

Seniors Distress Line

604-872-1234
Confidential, non-judgmental, free emotional support,
24 hours a day, 7 days a week, for people experiencing
feelings of distress or despair.

Seniors First BC

Seniors Abuse & Info Line (SAIL)
604-437-1940
www.seniorsfirstbc.ca TTY 604-428-3359
SAIL is a safe place for older adults, and those who care
about them, to talk to someone about situations where
they feel they are being abused or mistreated, or to
receive information about elder abuse prevention.

Victim Link BC

1-800-563-0808
VictimLinkBC@bc211.ca TTY 604-875-0885
www.2gov.bc.ca Text @ 604-836-6381
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information and referral services to all victims of crime
and immediate crisis support to victims of family and
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COUNSELLING & SUPPORT SERVICES

Affordable Family Counselling & Community Counselling

Community Services 604-467-6911 ext. 1423
www.comservice.bc.ca Counselling is available for
individuals within the community who may not be
covered by an Employee Assistance Program and who
are able to pay a nominal fee to access counselling
services.

Alcohol and Drug Information and Referral Service

604-660-9382
Free, confidential information and referral services to
British Columbians in need of support with any kind of
substance use issue (alcohol or other drugs). Funded
by the Ministry of Health.

Alouette Addiction Services

604-467-5179 www.alouetteaddictions.org
106-22838 Lougheed Hwy, Maple Ridge
A non-profit organization funded mostly by Fraser
Health offers individual and group counselling for any-
one with substance use issues, as well as for those that
care about them. Education, referrals, and aftercare
available. All services are free of charge. Daily drop-in
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Alzheimer Society of B.C.

604-298-0780 www.alzheimer.ca/en/bc
Caregivers Support Groups for family caregivers of
someone with dementia. No one understands the
challenges of the dementia journey like others who are
walking the same path. Please call for more informa-
tion and locations.

Arthritis Society of Canada

1-800-321-1433
Arthritis Answer Line www.arthritis.ca/bc



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Begin Again Widows Support Group

Call: Donna, 604-466-1173 or Sheila, 604-467-7183
A support group to promote emotional, physical and social wellness for widows and divorced women over 55. Provides support and help widows resume social activities. Meetings held last Friday of the month.

Caregivers Café

Call: 604 463 9611
caregivercafe@goldenearsunited.ca
Caregivers meet to relax, share and receive support. Community resource information provided to assist the caregiver with navigating the challenges of their situation.

Caregivers Connect

Ridge Meadows Seniors Society
604-380-0516 www.rmssseniors.org
A monthly support group for caregivers to discuss common issues, practice relaxation techniques, gain support from peers who have similar struggles, ask for advice and navigate community resources. Meeting times vary. Call to find out when the next meeting is taking place.

Grandparents Raising Grandchildren Support Line

604-558-4740 www.parentsupportbc.ca
Assists grandparents and other relatives raising a family member's child with navigating complex service systems such as MCFD; to find the answers, assistance & resources they need to prevent or solve problems; and to learn about benefits and services that support the whole family.

Parkinson's Support Group

604-463-6018
Offers support and information to persons with Parkinson's Disease and their family members. Meets once a month. A Caregiver's Support Group is also provided. Please call for more information.

Quit Now 604-731-5864 www.quitnow.ca

A free quit smoking program of the Government of British Columbia delivered by the BC Lung Association.

Ridge Meadows Hospice Society

604-463-7722 www.ridgemeanowshospicesociety.com
102 - 22320 119 Ave., Maple Ridge
Provides compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning in Maple Ridge and Pitt Meadows communities.

Self-Management BC

604-940-1273 www.selfmanagementbc.ca
Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s).

Seniors First BC

#304 - 411 Dunsmuir St., Vancouver
604-437-1940 www.seniorsfirstbc.ca
A non-profit charitable organization located in BC committed to protecting the legal rights of older adults; increasing access to justice for older adults; informing the public about elder abuse; and providing supportive programs for older adults who have been abused. Services include: Victim Services Program, Legal Advocacy Program, Seniors Advocacy and Information Line (SAIL), and The Elder Law Clinic.

Senior Peer Support

Ridge Meadows Seniors Society
604-380-0516 www.rmssseniors.org
We believe that every senior has the right to live a full, independent, dignified life. Peer counsellors, being of similar age and experience, can help them regain or maintain their independence allowing them to live with dignity by helping them work through any barriers or personal issues they may have.



11657 Ritchie Avenue, Maple Ridge
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Salvation Army Ridge Meadows Ministries

604-463-8296 www.ridgemeanowssa.ca
Community and Family Services/Administration office
Unit D-11948 227 St., Maple Ridge
Advocacy; referral to services; assistance with pension and income assistance applications; emergency food hampers; vouchers to Salvation Army Thrift Store. Volunteer sign-up and donation drop-offs are also done at this office.

Stroke Recovery Association of BC

Maple Ridge Branch
604-688-3603 www.strokerecoverybc.ca

Optimize Counselling, Coaching and Training Ltd.

Nadine Jans | 604-724-8972 www.optimizeyourlife.com
Nadine Jans is a registered clinical counsellor who helps older adults who struggle with depression, guilt or anxiety. She helps them break free and finally find inner peace. Book a free discovery session today!

DEMENTIA SUPPORT

Alzheimer Society of BC

201-15127 100th Ave., Surrey, BC
604-298-0780 www.alzheimerbc.org
Support services & education programs for people impacted by dementia in Ridge Meadows and throughout BC.

First Link Dementia Help Line

Alzheimer Society of BC
1-800-936-6033 www.alzheimerbc.org
If you are living with dementia or have questions about the disease, call the First Link® Dementia Helpline. The Helpline assists individuals in building the confidence to maintain quality of life when facing dementia.

Creekside Adult Day Program

11762 Laity Street, Maple Ridge
604-463-1826

Seniors with disabilities are assessed for eligibility. Provides health monitoring, physical, and recreational activities. A hot meal is served at noon. Monday - Friday, 8:30 a.m. - 2:30 p.m.

Dementia Info & Support in Maple Ridge

Alzheimer Society of B.C.
Meet with a representative from the Alzheimer Society of B.C. to learn about programs and services for people living with dementia and their families. Appointments are required and available every second Mon., 9:30 a.m. - 4 p.m. at the RMSS Maple Ridge Seniors Activity Centre - 12150 224 St. Call 604-298-0780 or email: info.northfraser@alzheimerbc.org for more info or to book an appt.

Dementia Support Groups

604-298-0780
The Alzheimer Society of B.C. offers mutual aid Care-giver and Early Stage support groups providing a safe environment to connect with and learn from others on the dementia journey. For specific days and times, please contact the North Fraser Resource Centre by phone or email: info.northfraser@alzheimerbc.org

MediAlert Safely Home

1-855-581-3794 www.medicalert.ca/safely-home
A partnership between the Alzheimer Society of Canada and Canadian Medic Alert Foundation to help people living with Dementia when they go missing.

Personalized Dementia Solutions

Karen Tyrell
1-888-502-1321 Info@DementiaSolutions.ca
Works with families 1-1 to recommend personalized dementia solutions for your situation. Specialty is providing creative solutions to manage changed behaviours to help alleviate daily stressful situations. Free 20-minute initial phone consultation.

Purple Angel Dementia Support

Call Myrna for more information. 604-477-9628



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For more information Call 604 941-7611 or visit our website at www.medrayimaging.com

MedRay Imaging Medical Corp 100-3001 Gordon Ave, Coquitlam, BC

Ridge Meadows Professionals for Seniors

www.ridgemeanowspersonalsforseniors.net



RMPS is a group of professionals who live and/or work in the Ridge Meadows community. Each member of the group provides a service and/or product that caters to senior members of the community and some of our professionals hold special designations. RMPS members come together regularly to share ideas and information and are working together to build a network of qualified professionals who may together, better serve our seniors community.



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Ela Lange
Associate to Brian Stevanak, CFP



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www.raincoastelemental.com
info@raincoastelemental.com
778-389-5152

Seniors Activity & Inclusion Group

CEED Centre – 11739 223 St., Maple Ridge
604-463-2229 community@ceedcentre.com
All seniors welcome, including those with dementia and their caregivers, to a fun, informal get-together each week. Tuesdays, 9:30-11:30 a.m. No cost.

Optimize Counselling, Coaching and Training Ltd.

Nadine Jans | 604-724-8972 www.optimizeyourlife.com
Nadine Jans is a registered clinical counsellor who helps family members and people with dementia create better relationships, calm behaviours and inner peace. She provides effective tools and strategies with her easy to follow step by step program based on best practices and latest neuroscience. Book a free discovery session today and receive her free e-book.

DENTAL SERVICES (LOW-COST)

The following clinics provide dental treatment at reduced rates. Clients should call for specific information on fees and hours of service. Clients may also want to contact local dental hygiene, denturist, and dental assisting teaching institutions for low-cost services.

BC Dental Association

604-736-7202 www.bcdental.org

East Side Dental Clinic

604-254-9900 www.vnhs.net
449 East Hastings St., Vancouver

Lookout Dental Clinic

10697 - 135A St., Surrey 604-545-4012

Mid Main Community Health Centre Dental Clinic

3998 Main St. & 24th, Vancouver
604-873-3602 www.midmain.net
Basic and emergency dentistry, all ages.

Pacific Oral Health Centre

300 - 15850 - 24th Ave., Surrey
604-536-2700 www.pohs.ca

REACH Dental Clinic

1145 Commercial Drive, Vancouver, BC
604-254-1331 www.reachcentre.bc.ca
Basic dentistry, all ages.

Nobel BioCare Oral Health Centre at UBC

604-822-2112 www.dentistry.ubc.ca

Dental Emergency Clinic

604-822-6917
2151 Wesbrook Mall, Vancouver
For general dentistry clinic, applicants go through a screening process to determine eligibility based on type of dental work needed. Age 5 and up.

DENTURISTS

Brite Smile Dentures Ltd.

604-724-0031 www.britesmiledentures.com
Mobile denture service serving the Lower Mainland.
Complete / Partial dentures. Reline / Repair dentures.

Maple Ridge Denture Clinic

2 - 22214 Dewdney Trunk Rd., Maple Ridge
604-463-4566

Precision Denture Clinic Ltd.

101 - 22325 McIntosh Ave., Maple Ridge (switch order)
604-467-5655 www.precisiondenture.ca

EMPLOYMENT

Douglas College – Encore Careers

Satellite Location: 22470 Dewdney Trunk Rd.,
Maple Ridge
604-777-6147 www.douglascollege.ca
Job search program for individuals 55+ to assist with identifying skills, retirement planning and career bridging. In-class training and individual/custom support.
No cost.

FINANCIAL SERVICES

SERVICE CANADA

English 1-800-277-9914 www.servicecanada.gc.ca
French 1-800-277-9915

Canada Pension Plan (CPP)

Canada Pension Plan (CPP) protects contributors and their families from loss of income due to retirement, disability or death. The retirement benefit can be received as early as age 60. Disability benefits are paid to contributors who are under 65 years of age, who have paid sufficient contributions to the CPP and who are disabled as defined under the CPP Act. If a contributor dies, a Lump Sum Death Benefit may be paid to the Estate or next of kin, as well as a monthly Survivor Benefit to the spouse or common-law partner of the deceased. Children of a deceased or disabled contributor are also eligible for benefits until they reach age 18, or between age 18 and 25 and in full-time attendance at a school or university. Applications are available at: www.servicecanada.gc.ca

Old Age Security (OAS) Pension

Federally funded basic monthly pension paid to you when you reach the age of 65 if you are a Canadian Citizen or a legal resident of Canada and if you meet the resident requirements. You should apply at least six months before your 65th birthday or the date of your eligibility.

Allowance

If you are a spouse or partner of someone receiving the Old Age Pension and the Guaranteed Income Supplement, you may qualify for an allowance. You must be between the ages of 60-64 and meet the legal status and residence requirements. Your benefit will be based on the combined incomes of you and your spouse/partner. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

Allowance for the Survivor

If you are a survivor, between the ages of 60 and 64 with low income and you meet the legal status and residence requirements, you may qualify for the Allowance for the Survivor, provided that, you have not remarried since the death of your spouse or are not presently living in a common-law relationship. Your

benefit will be based on your yearly income. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

Guaranteed Income Supplement (GIS)

If you are receiving the Old Age Pension (OAS), you may be eligible to receive the GIS, depending on your income. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

Ridge Meadows Service Canada

22325 Lougheed Hwy., Maple Ridge
A full customer service centre offering a mix of information and transactional support for government services.

PROVINCIAL

Ministry of Social Development & Poverty Reduction

22522 Lougheed Highway, Maple Ridge
Provincial financial assistance. Mon.-Fri., 8:30 a.m. – 4:30 p.m.

LEGION HOUSE

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(20% off the regular rate of \$1,800.00 per month).

VIEWINGS ARE BY APPOINTMENT ONLY.
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604-463-5101 Ext. 1



\$525 Feeds a Child for the entire school year!

You've already raised over 109 backpacks for this year! That's 109 children that will now have something to eat over the weekends. **BUT, more is needed.**

To help a child get through their weekend, each backpack is filled with 2 breakfasts, 2 lunches, 2 dinners along with snacks and 3 pieces of fresh fruit. Every week these backpacks are delivered to each child's school so they can easily pickup the backpack and take it home with them for the weekend. If you or your company/organization wish to support MeadowRidge Rotary's Starfish Pack Program for the 2018-2019 school term, please drop off or mail your cheque to the Friends in Need Foodbank in Maple Ridge (PLEASE write "Starfish program" in the memo line). You can also drop off funds at The Maple Ridge-Pitt Meadows News at 22611 Dewdney Trunk Road (parking at back of building off laneway). Or you can call Ineke at 604-467-2420 and ask for more information. **All donations over \$20 receive a tax receipt.**



Property Tax Deferment

City of Maple Ridge
11995 Haney Place, Maple Ridge
604-467-7316 www.mapleridge.ca
Open Monday-Friday, 8 a.m. – 4 p.m.

City of Pitt Meadows

12007 Harris Road, Pitt Meadows
604-465-2418 www.pittmeadows.ca
Open Monday-Friday, 8:30 a.m.-4:30 p.m.

FOOD SERVICES

FOOD HAMPERS

Friends in Need Food Bank, Maple Ridge

#8 - 22726 Dewdney Trunk Rd., Maple Ridge
604-466-3663 www.friendsneedfood.com
Open: Tuesday – Friday, 9 a.m. -12:15 p.m.

Friends in Need Food Bank, Pitt Meadows

Grace Community Church, 12240 Harris Rd.,
Pitt Meadows 604-460-4619
Open: Tues., 9-12:30 p.m. and Wed., 9 a.m. – 12 noon
Each week clients receive food of their choosing which includes bread, buns, produce and other items. Once a month on the week of the clients' choosing, they receive a hamper which includes three to four days of food. Clients must be registered with the Food Bank. Proof of residence, Care Card, photo ID and proof of income/benefits required.

Salvation Army Ridge Meadows Ministries

22188 Lougheed Hwy., Maple Ridge
604-463-8296 www.ridgemeanowssa.ca
Emergency hampers only. You must be registered with the Friends in Need Food Bank.

FOOD CUPBOARDS

Many churches have food cupboards that church members are welcome to use. If you are a member of

a faith community, talk to them. They are often able to offer emergency support.

FREE MEALS

Anishnaabe Place Community Services

604-467-6911 Ext. 1217 www.comservice.bc.ca
Many Anishnaabe programs have meals. Open to all persons of native ancestry. Anishnaabe Community Kitchen & traditional nights, second Monday of the month.

Community Meal Fridays

Maple Ridge Community Church -
20450 Dewdney Trunk Rd.
778-628-9107 www.mrchurch.com
6 p.m. This free, weekly dinner provides food, hospitality, and company for people of all ages, means, and needs. Assistance carrying a tray is available to anyone who needs it. If you would like to volunteer to help, email: mrcccommunitymeals@gmail.com

Community Dinner Saturdays

Golden Ears United Church - 22165 Dewdney Trunk Rd., Maple Ridge. www.goldenearsunited.ca
6:30 p.m., No cost. A wide variety of people from our community gather for this meal to catch up with friends and connect with services.

Katzie Elders

19700 Salish Rd., Pitt Meadows
604-465-8921, Ext. 25
Lunch program open to Katzie Elders

Salvation Army Ridge Meadows Ministries

22188 Lougheed Hwy., Maple Ridge
604-463-8296 www.ridgemeanowssa.ca
Monday, Wednesday, Friday, Saturday, Sunday: Lunch served 12-1 (only lunch). Tuesdays and Thursday: Dinner served 5-6 p.m. (only dinner).

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11768 - 223rd St., Maple Ridge **604-463-4663**





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LOW COST MEALS

Maple Ridge Secondary School

21911 - 122 Ave., Maple Ridge
604-463-4175 www.mapleridgesecsecondary.ca
Buffet style dinner open to the community. Thurs. evenings. Doors open at 4:30 p.m., buffet open from 5-6 p.m. Assistance is available for people with mobility challenges. Call to make a reservation. Take-out meals and gift certificates also available.

RMSS Maple Ridge Seniors Activity Centre

12150 - 224th St., Maple Ridge
604-467-4993 www.rmssseniors.org
Lunch served Monday to Friday. Meals consist of soup and sandwich or entrée plus dessert, tea or coffee. Takeout is also available.

RMSS Pitt Meadows Seniors Activity Centre

19065 119B Ave., Pitt Meadows
604-457-4771 www.rmssseniors.org
Soup, sandwiches and desserts are available Monday to Saturday 11:30 a.m.-12:45 p.m. Frozen takeout soup is also available.

Samuel Robertson Technical Secondary School

10445 245 St., Maple Ridge
604-466-8409 www.srtss.ca
Tuesday - Thursday from 5 - 6 p.m.
Entrée served with your choice of vegetables, one starch or small salad. Variety of desserts.

FROZEN MEALS

Batch. Food

#4 - 12851 Bathgate Way, Richmond, BC
778-882-7214 www.batchfood.com

Better Meals

5742 Beresford Street., Burnaby, BC
604-299-1877 www.bettermeals.ca

Real Meals

604-375-9990 www.eatrealmeals.com

RMSS Maple Ridge Seniors Centre

12150 224th St. Maple Ridge
604-467-4993 www.rmssseniors.org
Frozen meals and soup are available for takeout in Maple Ridge. Place an order at reception.

MEAL DELIVERY

Meals on Wheels

Community Services
22718 Lougheed Highway, Maple Ridge

604-467-6911 Ext. 1218 www.comservice.bc.ca
Offers delivery of hot, nutritious meals Monday - Friday to residents of Maple Ridge and Pitt Meadows. Can be tailored to meet specific dietary needs. Seniors benefit from social contact and the security of knowing a volunteer will check on them on delivery days. Meals are prepared at Ridge Meadows Seniors Society.

MEAL PREPARATION

Community Kitchens

Golden Ears FEAST
Contact Candace Gordon
604-283-9893 ciegordon@gmail.com
Also see the Home Support Section on page 26

SPECIAL EVENTS

Christmas Haven

christmashaven@gmail.com www.christmashaven.ca
The ACT Theatre, 11944 Haney Place, Maple Ridge
Christmas Eve: December 24, 6-9 p.m.
A free, non-denominational, and wheelchair accessible Christmas dinner, promoting a sense of belonging and camaraderie. A wonderful festive atmosphere with a turkey dinner; local entertainment, and children's activities. No registration required.

NUTRITIONAL COUPON PROGRAM

Haney Farmers Market

604-467-7433, ext. 2
www.haneyfarmersmarket.org
Through the BC Association of Farmers Markets, the program provides 16 weeks of coupons to low-income seniors and families for free produce and meat at the Market. Contact the Haney Farmers Market for more information.

SHOPPING TRANSPORTATION

Better at Home Seniors Outreach and Home Support Program

Community Services 22718 Lougheed Highway, Maple Ridge. 604-467-6911 Ext. 1232 www.comservice.bc.ca
Volunteer driver service for seniors 65+ provided Monday through Friday. Rides charged on sliding scale based on income.

Ridge Meadows Seniors Society Driving Service

604-467-4993 www.rmssseniors.org
The volunteer driving program operates Monday to Friday and is available to members of RMSS. An annual membership fee gives access to programs and services at two seniors centres. The transportation service includes rides to appointments, activities and shopping

as well as medical appointments from Delta to West Vancouver to Chilliwack for a nominal fee to cover volunteer fuel costs.

GROCERY DELIVERY

Dairyland Home Service

6800 Lougheed Highway, Burnaby, BC
1-877-341-8700 www.morethanmilk.ca

Save-On-Foods

1-800-242-9229 www.saveonfoods.com

Thrifty Foods

11895- 226 St., Haney Place Mall, Maple Ridge
1-800-667-8280 www.thriftyfoods.com

COMMUNITY GARDENING

CEED Centre & Pioneer Park

11739 223 St, Maple Ridge
604-463-2229 www.ceedcentre.org
Contact Christian Cowley at info@ceedcentre.org to register your garden or to find a garden to share.

Intergenerational Garden

22527 121 Ave., Maple Ridge
604-837-8915 gardencoord@gmail.com
Garden plots for rent and volunteer opportunities.

Maple Ridge Community Garden

Albion Fairgrounds – 23448 Jim Robson Way
604-467-7346 email: allison.maxwell@shawbiz.ca

Pitt Meadows Community Garden

11410 Bonson Rd., Pitt Meadows
www.pmcg.ca

St. George Community Garden

23500 Dewdney Trunk Rd., Maple Ridge
604 463 9622 www.stgeorgemr.org

FUNERAL SERVICES

A Simple Cremation

22374 Lougheed Hwy., Maple Ridge
604-809-2006 www.asimplecremation.ca

Garden Hill Cremation & Funeral Services

11765 224 St., Maple Ridge
604-463-8161 www.gardenhill.ca

Maple Ridge Funeral Chapel & Crematorium

11969 216 St., Maple Ridge
604-463-8121 www.mapleridgefuneral.ca

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GOVERNMENT SERVICES

FEDERAL GOVERNMENT

Service Canada

1-800-277-9914

Canada Benefits

1-800-0-CANADA / 1-800-622-6232

www.canadabenefits.gc.ca

Ruimy, Dan, MP

Federal MP for Pitt Meadows-Maple Ridge

22369 Lougheed Hwy. Maple Ridge

604-466-2761 www.druimy.liberal.ca

Veterans Affairs Canada

1-866-522-2122 www.veterans.gc.ca

Offers a wide range of services and benefits to qualified, eligible veterans (and their dependents), members and ex-members of the Armed Forces and members and ex-members of the RCMP.

PROVINCIAL GOVERNMENT

Help with finding government resources and/or assistance with issues or information related to BC govt. services. Also, able to assist with local knowledge & service information. Your MLA can also provide commemorative certificates from the BC govt. for special occasions.

Lisa Beare, MLA,

Pitt Meadows- Maple Ridge

104-20130 Lougheed Hwy., Maple Ridge, BC

604-465-9299 www.lisabeare.ca

Bob D'Eith, MLA

Maple Ridge-Mission 604-476-4530 www.bobdeith.ca

102-23015 Dewdney Trunk Rd. Maple Ridge

BC Seniors Advocate

1405 Douglas St., 5th Flr., Victoria

PO Box 9651, Stn. PROV GOVT, Victoria BC V8W 9P4

1-877-952-3181 www.seniorsadvocatebc.ca

Need help finding seniors' programs and services? Speak with one of the Information and Referral Analysts, Monday - Friday 8:30 a.m. - 4:30 p.m.

Fair PharmaCare Plan

604-683-7151 www.health.gov.bc.ca/pharmacare/

Fair Pharmacare assists British Columbians with the cost of eligible prescription drugs and certain other medical supplies ordered by your doctor, dentist, or podiatrist.

Ombudsperson of BC

PO Box 9039, STN PROV GOVT, Victoria, BC V8W 9A5

1-800-567-3247 www.bcombudsperson.ca

The Office of the Ombudsperson can help determine whether BC provincial and local public authorities have acted fairly and reasonably – and whether their actions and decisions were consistent with relevant legislation, policies and procedures. Services are provided free of charge.

Seniors BC

www.seniorsbc.ca Provides information about government programs and services for older adults so they can live a healthy active lifestyle. Includes health care, finances, benefits, housing, transportation and more.

Service BC

175 - 22470 Dewdney Trunk Rd., Maple Ridge

604-466-7470 www.servicebc.gov.bc.ca

Deaf & Hearing Impaired 604-775-0303

Provides basic provincial government information on programs and services, assists in identifying the program or person that the caller needs to speak to.

MUNICIPAL GOVERNMENT

Seniors Homeowner Grant

City of Maple Ridge 604-463-5221

City of Pitt Meadows 604-465-5454

Twinkle Toes Professional Foot Care

Mobile Nursing Foot Care

Delivered To Your Home By A Certified Foot Care Nurse

Services include:

- Nail cleaning, trimming and filing
- Treatment of corn and calluses
- In-grown and thickened/fungus nails care
- Diabetic foot care

Contact us: 778-883-7221

Email: info@twinkletoesfootcare.com

www.TwinkleToesFootCare.com



OTHER

Royal Canadian Legion Branch 88

12101 224 St, Maple Ridge

604-463-5101 www.legion88.com

Offers assistance to veterans in our community regarding the services and programs offered by Veterans Affairs Canada through their Veterans Services Officer.

HEALTH & WELLNESS

EXERCISE

Happy Wanderers Club

604-463-8874 or 604-465-4798

From Pitt Meadows Heritage Hall on Saturdays at 9:15 a.m. Social walking club for singles 55+.

Indoor Walking Club

Valley Fair Mall. Tue./Thurs./Sat. at 8:30 a.m.

Ridge Meadows Hospice Society

604-463-7722

www.ridgemeanowshospicesociety.com

Bereavement Support Services. An informal walking group for clients who have accessed their services.

Ridge Meadows Seniors Society

Pitt Meadows Seniors Activity Centre: 604-457-4771

Maple Ridge Seniors Activity Centre: 604-467-4993

A variety of exercise programs are offered such as Yoga, Osteofit, Pilates, Chair Fit, Stay Fit, Line Dancing, Tai Chi, Zumba and more. www.rmssseniors.org

Stride to Thrive Walking Club

For women whose lives have been touched by cancer including family members & friends. Jerry Sulina Park, meet at large signboard - 1 hr. walk, Sat. at 10 a.m.

Try Hard Walkers

604-467-9407

Meet in front of the Lottery Booth at the Haney Place Mall. Mon / Wed / Fri. 8:30 a.m.

Whonnock Walkers

604-462-9863

Whonnock Lake Centre, Mon / Wed / Fri. at 9:15 a.m.

WELLNESS

Cameo Group

12150 224th St. Maple Ridge

604-463-0539

Cameo Group is for seniors who are isolated and looking to socialize with other seniors. Every Thursday 1 - 3 p.m.



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- RENOVATION PROGRAM AND HOME ACCESSIBILITY TAX CREDIT.

UP TO **\$2,500** IN TAX CREDITS!

www.shelfgenie.com **778.984.6868**

Falls Prevention Mobile Clinic

604-587-7866 www.fraserhealth.ca/your-health/seniors/falls-and-injury-prevention

The Fall Prevention Society partners with Fraser Health, the Fire Dept., BC Ambulance and Fraser North Lifeline to increase awareness of the risks and prevention of falls.

Golden Seniors Wellness Clinic

Ridge Meadows Seniors Society
Maple Ridge Seniors Activity Centre – 12150 224 Street
604-467-4593 www.rmssseniors.org

Health & Wellness Clinic for seniors every Tuesday at RMSS, 9 a.m. to 12 noon. Retired RNs provide health and wellness info. Blood pressure and weight can be measured. Drop-in fee of \$1 (although no one will be turned away). Nail cutting services available by appointment. Additional \$2 fee applies.

Stroke Recovery Association of BC

604-688-3603 www.strokerecoverybc.ca
1-888-313-3377

A therapeutic program for people of any age who have had a stroke. Family/caregiver support is also available.

HEARING SERVICES

Absolute Hearing Services

12150 224 St., Maple Ridge
6045102299 www.absolutehearing.ca
Absolute Hearing Services is a full-service hearing clinic with two locations, one in Langley and our newest in Maple Ridge inside the Maple Ridge Seniors Centre. Much of our business is mobile and we service 21 senior's facilities in the Lower Mainland.

Amplifon

604-460-0671 www.amplifon.com
320 - 20398 Dewdney Trunk Rd., Maple Ridge
Audiologists, hearing aids and assistive devices.

Colonial Hearing Clinic Ltd.

11868 - 223 St., Maple Ridge
604-477-8879

Connect Hearing

120-1-22470 Dewdney Trunk Rd., Maple Ridge
604-466-8189 www.connecthearing.ca

Hear Canada

22540 Dewdney Trunk Rd., Maple Ridge
604-466-3277 www.hearcanada.com

Western Institute for the Deaf and Hard of Hearing

260 - 2755 Lougheed Hwy., Port Coquitlam
604-942-7397 www.widhh.com
Programs and services in audiology, employment counselling, sign language, interpreting, and communication devices for the deaf and hard of hearing. Operates a hearing aid loan program called "Lend an Ear" to assist those unable to afford a new hearing aid.

HOME SUPPORT SERVICES

Aging My Way Home Care

604-290-8331 www.agingmywayhomecare.ca
Companionship, meal planning and preparation, incidental transportation, running errands, light house-keeping, personal care and medication reminders. Our personalized services are available seven days a week and can range from a few hours daily to 24-hour care.

Access Health Services

#1 - 22337 Dewdney Trunk Rd., Maple Ridge
604-467-1135 www.accesshealthservices.ca
Will help with any services required to help you stay at home as long as possible. Same day service if needed. Fee for service.

Seniors flower workshops feed the soul



Flowers speak when words cannot

Westgate Flower Garden

210-20398 Dewdney Trunk Rd.,
Westgate Mall | Maple Ridge

Contact us:

604-460-7230 | 877-447-3522
M-F 9:30am - 6:30pm | Sat 9:30am - 5:30pm
Sundays for special occasions



www.westgateflowergarden.com

Better at Home Seniors Outreach and Home Support Program

Community Services 604-467-6911 Ext. 1232
www.comservice.bc.ca

Non-medical home support services for seniors 65+ including transportation to medical appointments (local and long-distance) and shopping; handyperson service; home and yard maintenance; housekeeping; and friendly visits, priced according to an individual's income.

Big Hearts Homecare

2982 Cliffrose Crescent, Coquitlam, BC
778-788-5578 www.bigheartshomecare.ca

Offers companionship, Alzheimer's and dementia support, personal care, errands and transportation, housekeeping, sleep-over services and caregiver relief. Same-day and short-notice services. No minimum hours of service. First hour free. BBB certified.

Caring Touch Health Care Services

604-477-7748 www.caringtouchhomehealth.ca

Nursing care and home support for the elderly or disabled in their own home. Services include foot care, wound care, hospital discharge preparation, companionship, personal care, respite, live-in care, errand services, medication reminders, physio/rehab assistance, mobile hair care, housekeeping, palliative care and more. Free assessment.

Comfort Keepers

604-689-8609 / 604-541-8653

www.comfortkeepers.ca/vancouver

Personal care; 24-hour live-in care; Companion Care; Nursing; Skin Management and assessment; Coordination with Fraser Health Home Health; Palliative Care; End of Life Care; Transportation; Foot Care; Respite Care; Palliative and End of Life Care. Emergency Response Systems; Medication Management; Fall Monitors; GPS monitoring systems for active seniors; Grocery Shopping; Meal preparation. Fee for Service.

Fraser Health Home Health Care

604-476-7100 1-855-412-2121

Home and community health care and support services for eligible residents who have acute, chronic, palliative or rehabilitative health care needs. Designed to complement and supplement, but not replace the efforts of individuals to care for themselves with the assistance of family, friends and community. New clients: for questions or to access this service, contact our central Service Line.

Fraser Health Patient Care Quality Office

1-877-880-8823 www.fraserhealth.ca/about-us/contact-us/complaints-about-patient-care-quality

Provides a process for patients to register complaints about care received from the Fraser Health integrated health system including hospitals, clinics, community health care centres, residential care & assisted living homes.

Helping Hands & Heart

604-785-5355 www.handsandheart.ca

Home support services to help with day to day activities such as cooking, cleaning, laundry, shopping, medication reminders, bathing, transportation and Alzheimer's and dementia care. Service is available for 2 hours up to 24 hours whenever you need us. Competitive rates. Free consultation visit. Fee for service.

Home Instead Senior Care

604-552-3324 www.homeinstead.com

Non-medical provider of companionship and home-care for the elderly. Fee for service.

Independence Matters

604-339-6134 www.independencematters.ca

Non-medical services from accompaniment, medical appointments, special events, companionship, shopping and escorts to outings and events. Medication reminders and personal grooming and bathing support. Veterans Independence Programs VAC Health Care Cards Accepted. Fee for service.

Make More Memories with Better Hearing

Have you heard there is a relationship between hearing and memory?

Absolute Hearing Services would like to ensure your memories are kept intact and healthy.



Christina Beer BC-HIS
Registered Hearing
Instrument Practitioner

It's Time To Hear What You've Been Missing! Book Your Appointment Today 604.510.2299



**5501 - 204 Street, Unit 104, Langley, BC •
Maple Ridge Senior's Centre, 12150 - 224 Street.
www.absolutehearing.ca**

Just Like Family Home Care

604-704-5115 www.justlikefamily.ca

Companionship, personal care, home support, overnight care or 24-hour live-in care, with flexible options to make it possible for seniors to continue to live in the comforts of their own home. Free home assessment. Fee for service.

Nurse Next Door Homecare Services

604-468-2273 www.nursenextdoor.com

Caring companionship, meal preparation, errands, outings, light housekeeping, medication management, personal care, and Alzheimer's and dementia support. Hourly or Daily live-in. Registered nursing available for wound care, complex care or end-of-life care. Free caring consult. Fee for service.

PJ Styling Mobile Hair Care Service

604-466-5879 Full range of professional hair care services in home. Fee for service.

Qualicare Family HomeCare

26755 Dewdney Trunk Road

778-730-0225 www.qualicare.com/tricities

Provides companions, homemakers, assistants, home helpers, health care aids, nurses and more for seniors and anyone else that requires extra care in their home. Personal Care, Respite Care, Post-op Care, Rehab Care, Companion Care, and Palliative Care. All services are nurse-managed no matter what level of care. Services include medical and non-medical care, morning/evening/day/overnight care, Alzheimer's care, and many other customized solutions.

Safe Care Home Support

604-945-5005 www.safecarehomesupport.ca

Homemaking services, including but not limited to light housekeeping, meal preparation, companionship, and escorting to and from appointments. Personal care, including but not limited to bathing, grooming, etc. Nursing services, including but not limited to wound care, catheter care, medication ad-

ministration, etc. Mobile footcare provided by licensed footcare nurses. Fee for service.

We Care Home Health Services

Unit 209, 19237 - 122A Ave., Pitt Meadows

604-283-9945 www.cbi.ca/web/homehealth-we-care-pittmeadows Tri-cities/Pitt Meadows/Maple Ridge Homecare, nursing and companionship on outings, shopping & appointments. Fee for service.

HOUSING PROGRAMS

BC Housing

Suite 101-4555 Kingsway, Burnaby, BC V5H 4V8

604-433-2218 www.bchousing.org

Seniors with low incomes who are able to live without any support services or who can continue to live independently with assistance of home care can apply.

Fraser Health Patient Care Quality Office

1-877-880-8823 www.fraserhealth.ca/about-us/contact-us/complaints-about-patient-care-quality

Provides a process for patients to register complaints about care received from the Fraser Health integrated health system including hospitals, clinics, community health care centres, residential care & assisted living homes.

Legion Housing

12101 224 St, Maple Ridge

604-463-5101 www.legion88.com

The Royal Canadian Legion, Branch 88 in Maple Ridge owns and operates two seniors' rental housing facilities, Earl Haig and Legion House. It also owns and operates two Life Lease (purchased) housing facilities, Legion Gardens and Legion Manor. Veterans place first in all the buildings but they are open to everyone. Call or email for a housing application legionoffice88@telus.net.

Safe Care Home Support

Your Safety and Comfort is our Number One Priority

In-Home Respite Care Freeing up Families

We provide family relief 24 hours a day, 7 days a week.

ICBC Claims Accepted • DVA Provider

For a FREE assessment call 604-945-5005
www.safecarehomesupport.ca

We offer:

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- Personal Care
- Homemaker
- Skilled Care Services
- Escort to Community Services

CALL NOW FOR A
COMPLIMENTARY
IN-HOME
CONSULTATION!



Long Term Care Assessment Fraser Health

1-855-412-2121

Fraser Health Home Health provides home support services for adults who can no longer live safely or independently at home because of their complex health care needs. A Long-Term Care Assessment is required before services can be provided. An assessment is also required for placement in publicly funded assisted living.

HAFI (Home Adaptation for Independence)

Suite 101-4555 Kingsway, Burnaby

604-433-2218 www.bchousing.org/HAFI

Administered by BC Housing, HAFI provides financial assistance for home modifications for eligible low-income British Columbians with mobility or health issues. It helps low-income households pay for modifications to their home for accessibility. Funding is available to help people of any age and families with children. If you qualify, you could receive up to \$20,000 in financial assistance.

SAFER (Shelter Aid for Elderly Renters)

Suite 101-4555 Kingsway, Burnaby, BC

604-433-2218 www.bchousing.org

SAFER is a rental subsidy program offered through BC Housing for individuals 60 years and older with low to moderate incomes. Download the application form or call to request a copy be mailed to you.

Seniors Services Society

750 Carnarvon St., New Westminster

604-520-6621 www.seniorservicesociety.ca

Non-profit organization which provides information on housing and support services for seniors in the lower mainland to be able to live as independently as possible. A temporary housing program and a seniors housing directory are available.

TYPES OF HOUSING & LISTINGS

Subsidized Rental Housing

Seniors non-profit or subsidized housing is affordable rental housing for individuals over 55 years of age with low incomes. Rent is subsidized by the government or another source and is normally set at 30% of income. Generally (though not always) there are no services provided and the apartment units are small bachelor suites. There are often long waitlists for subsidized housing, so it is important to apply early.

BC Housing Buildings

Suite 101-4555 Kingsway, Burnaby, BC

604-433-2218 www.bchousing.org

BC Housing is a crown corporation of the province that owns and operates many subsidized buildings in BC. To apply for a BC Housing building you must get on their centralized applicant database (the "Housing Registry") by filling out a BC Housing Application. For more information contact BC Housing by phone or visit www.bchousing.org.

Fraserwood

22450 121 Ave, Maple Ridge

Cost: Income based

604-451-6075 www.metrovancouver.org

Managed by Metro Vancouver Housing Corporation

Other Non-profit Buildings

In addition to BC Housing, there are many non-profit societies offering subsidized housing to seniors. Even though many of the buildings receive subsidies from BC Housing, they are operated by the individual societies, so you must apply to these buildings directly. Call or visit these buildings to obtain application forms.

Earl Haig

11821 Burnett St., Maple Ridge

604-463-5101 www.legion88.com

Owned and operated by Royal Canadian Legion, Branch 88

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11768 - 223rd St., Maple Ridge **604-463-4663**



Maple Towers

11841 - 222 St., Maple Ridge

Cost: *Income-based*

604-467-4013 www.baptisthousing.org

Owned and operated by the Baptist Housing Society

Maple Ridge Towers

11929 - 222 St., Maple Ridge

Cost: *Income-based*

604-467-1366 www.affordablehsg.com

Owned and operated by Affordable Housing Societies

Cottonwood Park

11600 Cottonwood Dr, Maple Ridge

Cost: *Income-based*

604.431.9225 www.reddoorhousing.ca

Owned and operated by Red Door Housing Society

Fenstaton Place

604.431.9225

11741 207th St, Maple Ridge

Cost: *Income-based*

www.reddoorhousing.ca

Owned and operated by Red Door Housing Society

Co-operative Housing (Co-op)

This type of housing is not just for older adults and varies in cost. There may be some subsidies available in Co-ops, however they are jointly owned and thus you must pay a refundable share purchase when entering Co-op housing. You must also contribute a certain amount of time to the running of the co-op.

Co-op Housing Federation of BC

220 - 1651 Commercial Dr., Vancouver, BC

604-879-5111 www.chf.bc.ca

For more information on Co-ops and listings of Co-ops currently taking applications contact Co-op Housing Federation of BC.

Disability Assistance & Trust

604-879-5111 ext. 140

The Community Housing Land Trust Foundation

As part of joining a housing co-op, a prospective member must buy a share in the Co-op. The Disability Trust helps people with disabilities who are unable to pay for their shares. Recognizing that even a small extra monthly cost can be a hardship for those on a fixed income, the Disability Trust helps by providing a loan with no fee or interest.

Domestic Violence Relief Fund

604-879-5111 ext. 103

The Community Housing Land Trust Foundation The Domestic Violence Relief Fund (DVRF) assists women who have experienced or are at risk of abuse, threats, or violence, who cannot afford to pay for their shares when they move into a housing co-op. The DVRF helps by providing loans with no fee or interest to qualified beneficiaries.

Devonshire Court Co-op

22170 Dewdney Trunk Rd., Maple Ridge

604-463-4568

Haney Pioneer Village Co-op

11830 230 St., Maple Ridge

604-463-2289 www.hanepioneervillage.ca

Co-op for independent seniors age 60+.

St. George's Seniors Housing Co-op

Suite 52-23580 Dewdney Trunk Rd., Maple Ridge

604-463-2334 www.stgeorgesvillage.ca

The Maples Housing Co-op

21570 Cherrington Ave., Maple Ridge

604-434-9185

Ford Road Housing Co-op

19041 Ford Rd., Pitt Meadows

604-465-6611 www.fordroadcoop.ca

Harris Road Housing Co-op

19225 119 Ave., Pitt Meadows

604-465-1938



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604-460-7230 | 877-447-3522

M-F 9:30am - 6:30pm | Sat 9:30am - 5:30pm

Sundays for special occasions



www.westgateflowergarden.com

Meadow Highlands Mobile Home Co-op

11892 Ponderosa Blvd., Pitt Meadows
604-465-8244 www.paradesquare.ca/MHC/

Meadowlands Housing Co-op

19032 Advent Rd., Pitt Meadows 604-465-1613

Privately Owned Seniors' Apartments Housing for older adults only.

Legion Gardens

12127 - 224th St., Maple Ridge
Cost: Life lease | 604-463-5101 www.legion88.com
Owned and operated by Royal Canadian Legion,
Branch 88

Legion Manor

22408 - 121 Ave., Maple Ridge
Cost: Life lease | 604-463-5101 www.legion88.com
Owned and operated by Royal Canadian Legion,
Branch 88

Fraserview Village

22610 116 Ave., Maple Ridge
Cost: Market Value | 604-463-2902
www.fraserviewvillage.com

Panorama by ECRA

12148 224 St., Maple Ridge
Cost: Market Value | 604-591-6060

Retirement Communities – Public, Private and Non-Profit

Retirement communities for older adults include some or all: meal services, emergency response system, housekeeping, social and recreational opportunities with additional assistance with personal activities such as bathing or taking medications. Assisted Living is available with or without subsidies.

Public assisted living facilities are operated by the local health authority. Fraser Health requires a health assessment for admittance and cost 70% of an individual's income. There are generally waitlists for public assisted living facilities.

Public Retirement Communities

Royal Crescent Gardens

11698 226 Street, Maple Ridge, BC
Cost: Income-based
604-463-6077 www.optimaliving.ca/optima-communities/royal-crescent-gardens
Publicly subsidized residences are accessed through a case manager. Owned and operated by RCG Management Ltd.

Private Retirement Communities

Chartwell Willow Retirement Community

12275 - 224 St., Maple Ridge *Cost: Private*
604-466-8602 www.chartwell.com
A full continuum of care, independent living with meals and housekeeping. Memory Care and Extended Care in a separate area. Some assisted living services provided. Owned and operated by Chartwell Retirement Residences

Greystone Manor

11657 Ritchie Ave., Maple Ridge *Cost: Private*
604-467-2808 www.greystoneresidence.ca
Residence offering premier suites, services, and amenities for an active living lifestyle. One or two bdrm. suites feature kitchens with full-size fridges, stove tops, in-suite washers/dryers. Convenient all-inclusive monthly fee. Owned and operated by Park Place Seniors Living

Maple Ridge Seniors Village

22141 119 Avenue, Maple Ridge *Cost: Private*
604-466-3053 www.retirementconcepts.com
Maple Ridge Seniors Village offers living accommodations for every level of care: Independent Living, Assisted Living and Complex Care. These levels of care provide options for residents to receive the needed support required to live, as well as the level of independence they desire. Studio, One Bedroom, One Bedroom Plus Den and Two Bedroom Suites available.



JUST LIKE FAMILY
HOME CARE

For your family's peace of mind, we will take care of your loved one's needs, just so they will be able to grow old, in their own homes, healthy and happy.

"Just Like Family" is a local company, servicing the Tricities, Pitt Meadows and Maple Ridge areas. We provide Home and Health Care services for seniors, including:

- Personal care services for daily living activities
- Overnight and 24/7 Live-in services
- Companionship, meal preparation and housekeeping
- Dementia (Alzheimer's) care, palliative care, cancer care, post-operative care and more...
- Bonded and Insured Caregivers
- Services in several languages

For more information please call us (24/7) at 604-704-5115
or visit our website at www.justlikefamily.ca

Rosewood Cottage

11742 225 St., Maple Ridge *Cost: Private*

604-463-1078 Rosewoodcottage.ca

A small private supportive to assisted living residence in the heart of Maple Ridge, that provides full supportive care and 24-hour staff for up to 36 residents. Owned and operated by HeShun Rosewood Senior Centre Inc.

Sunwood Senior Living Community

12241 224 St., Maple Ridge *Cost: Private*

604-463-5527 www.reveraliving.com

A variety of 93 independent living suites designed for active seniors. Owned and operated by Revera Long Term Care

The Wesbrooke Seniors Living Community

12000 - 190A St., Pitt Meadows *Cost: Private*

604-460-7006 www.thewesbrooke.com

Independent & Assisted Living. Respite beds also avail. Owned and operated by Allegro Properties

Non-Profit Retirement Communities

Legion House

11797 Burnett St., Maple Ridge *Cost: low cost*

604-463-5101 www.legion88.com

Owned and operated by Royal Canadian Legion, Branch 88

Residential Care - Public and Private

Residential Care provides care and supervision for individuals who can no longer manage in their own homes. Residential Care is available with or without subsidies.

Baillie House

11762 Laity St., Maple Ridge

Cost: Income based 604-476-7888

Operated by Fraser Health

Chartwell Willow Retirement Community

12275 224 St., Maple Ridge *Cost: Private*

604-466-8602 www.chartwell.com

Owned and operated by Chartwell Retirement Residences

Holyrood Manor

22710 Holyrood Ave., Maple Ridge *Cost: Income based*
604-467-8831 www.reveraliving.com/long-term-care/locations/holyrood-manor

Owned and operated by Revera Long Term Care

Maple Ridge Seniors Village

22141 119 Ave., Maple Ridge *Cost: Income Based / Private*

604-466-3053 www.retirementconcepts.com

Owned and operated by Retirement Concepts

INDIGENOUS PROGRAMS & SERVICES

Anishnaabe Place Community Services

604-467-6911, ext. 1217 www.comservice.bc.ca

Offers information, support, referral service, informal education in traditional teachings and a strong cultural environment that encourages a sense of belonging.

BC Association of Aboriginal Friendship Centres

Elders transportation to annual gathering. 1-800-990-2432

Fraser River Indigenous Society

202-19141 Ford Rd., Pitt Meadows

604-458-0151 www.franas.org

An Indigenous organization providing services and programs for our community to acknowledge our past present and future generations.

Katzie First Nation

604-465-8961

Katzie Health Care Centre

604-465-8921

Provides Foot Care Clinics and Wellness days as well as a meal program and Home Care/Home Making Services to Elders living on the reserve who require special care.



11895 226 STREET (HANEY PLACE MALL) | 604-477-3081 | thriftyfoods.com



LEGAL & ADVOCACY SERVICES

Access Justice Pro Bono Legal Clinic

Ridge Meadows Association for Community Living
11641 224 St., Maple Ridge, BC.
1-877-762-6664. Family and Civil.

BC Old Age Pensioners Organization

www.bcoapo.ca
Aims to promote the best interests of elder citizens of BC in all matters of their welfare.

Canadian Bar Association

604-687-4680
Dial-A-Law Program.

Canadian Grandparents Rights Association

www.canadiangrandparentsrightsassociation.com
Peer counseling, legal and general information services aimed at reuniting grandparents with grandchildren.

Community Law Advocacy Services

Community Services
22718 Lougheed Hwy., Maple Ridge
604-467-6911 Ext. 1210 www.comservice.bc.ca
Assists seniors with a number of issues, for example; filling in paperwork, applying for pensions, Veterans fuel tax receipts, Residential Tenancy Issues.

Council of Senior Citizens' Organizations of BC

www.cosco.bc.org
COSCO is an umbrella organization made up of seniors' organizations and individual associate members representing approximately 80,000 seniors in BC. The mandate is to promote the well-being of seniors and their families, advocating for policies that allow seniors to remain active, independent, and fully engaged in the life of the province. The organization is non-partisan, but politically active, advocating for seniors' needs.

Family Law Advocacy

Community Services

22718 Lougheed Highway, Maple Ridge

604-467-6911, Ext. 1249 www.comservice.bc.ca
Provides legal information, support and referral and legal resources relevant to family law matters including assisting with court forms, legal aid applications, and separation agreements.

Legal Aid Office

Port Coquitlam Courthouse
Room 323, 2620 Mary Hill Rd., Port Coquitlam
604-472-0634

Legal Services Society of BC Provincial Call Centre

1-866-577-2525 www.lss.bc.ca
Low income individuals from across the province can call to apply for free legal aid over the phone.

Nidus Personal Planning Resource Centre and Registry

1440 West 12th Ave., Vancouver
604-408-7414 www.nidus.ca
A non-profit, charitable organization that provides information about personal planning. They also operate a centralized registry for personal planning documents. Personal planning is the act of making one or more legal documents that authorize your personal supporters to help you manage your affairs or make decisions on your behalf if you need assistance due to illness, injury or disability.

Public Guardian & Trustee of BC

700 - 808 W. Hastings St., Vancouver
604-660-4444 www.trustee.bc.ca
Provides information and protection relating to financial and legal rights of individuals incapable of managing their financial or legal affairs. When you are concerned an adult is no longer able to manage their financial, legal and/or health care matters on their own you can contact the Public Guardian and Trustee to get help. They will also receive reports and allegations



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(former Mark's location) beside new medical clinic

of financial abuse by a third party. They gather information, take steps to protect assets and determine if formal arrangements are required for ongoing financial management.

Seniors First BC

150 - 900 Howe St, Vancouver, BC
604-437-1940 www.seniorsfirst.ca 1-866-437-1940
Information and public education on issues related to the abuse and neglect of seniors. Information and referral line offers legal information, referral and legal advocacy to seniors. 7 days a week, 8 a.m. - 8 p.m. excluding holidays.

Royal Canadian Legion Branch #88

12101 - 224 Street, Maple Ridge
604-463-5101 www.legion88.com
Veterans' community-based organization which any Canadian citizen, commonwealth subject or citizen of an allied country can join.

Salvation Army Ridge Meadows Ministries

Community and Family Services/Administration Office
Unit D-11948 227 Street, Maple Ridge
604-463-8296 www.ridgemeanowssa.ca
Advocacy; referral to services; assistance with pension and income assistance applications; emergency food hampers; vouchers to Salvation Army Thrift Store. Volunteer sign-up and donation drop-offs are also done at this office.

LITERACY PROGRAMS

Fraser Valley Regional Library Outreach Services

22470 Dewdney Trunk Rd., Maple Ridge
604-859-7141 www.fvrl.ca
Fraser Valley Regional Library's Library for You provides materials to people who are unable to visit the library due to illness, age, or disability.

Maple Ridge Pitt Meadows Katzie Community Literacy Committee

CEED Centre - 11739 223 St., Maple Ridge
604-721-3738 www.ceedcentre.com/community-literacy.html

Promoting and supporting adult, community and family literacy initiatives in the community.

MEDICAL CLINICS (WALK-IN)

PITT MEADOWS

Ford Road Walk In Clinic
19126 Ford Rd., Pitt Meadows
604-459-9995 www.fordroadwalkinclinic.ca/

New Pitt Meadows Medical Clinic

12181 Harris Rd., Pitt Meadows
604-465-4911 www.newpittmeadowsmedicalclinic.ca/

Pitt Meadows Medical Clinic

#105-19070 Lougheed Hwy., Pitt Meadows
604-459-9454

Ridge Meadows Care Clinic (West)

#203 -19800 Lougheed Hwy., Pitt Meadows
604-465-9188 (inside Superstore)

MAPLE RIDGE

Cottonwood Medical

#102 -12005 - 238B St., Maple Ridge
604-476-9705

Mageta Medical Clinic

#110 - 20528 Lougheed Hwy., Maple Ridge
604-465-1100 www.magetahealth.ca

Pure Care Walk In Clinic

#105-22470 Dewdney Trunk Rd., Maple Ridge
604-477-8800 www.purecareclinic.ca

MEDICAL SERVICES

Creekside Day Program

Ridge Meadows Hospital, 11666 Laity Street Maple Ridge

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22254 Dewdney Trunk Road, Maple Ridge
604-467-1822 rootsnatural.ca
Open 7 days a week

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[@rootsnaturalorganicfoods](https://www.instagram.com/rootsnaturalorganicfoods)



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11868 216 Street, Maple Ridge
604-467-6474 bigvalleyheating.ca

Ask about our seniors 65+ discount.

604-463-4111

Supportive community group program for older adults and adults with disabilities. Also offers the therapeutic bathing program. Participant eligibility to the program is determined through the local home health office. Call 604-476-7100.

Diabetes Health Centre

400-22470 Dewdney Trunk Rd., Maple Ridge
604-476-7056

Support and education for individuals living with diabetes and their families. Ask your health care provider to refer you.

Dietitian Services at HealthLink BC

8-1-1 www.healthlinkbc.ca/healthyteating
TTY 7-1-1

Registered dietitian on duty Mon/Fri 9 a.m... – 5 p.m.

Find a doctor in Maple Ridge or Pitt Meadows

www.divisionsbc.ca/ridge-meadows/find-a-doctor
The Ridge Meadows Division of Family Practice has partnered with local physicians to create an online directory of doctors in Maple Ridge and Pitt Meadows who are accepting new patients.

Fraser Health Falls Prevention Mobile Clinic

#400 - 22470 Dewdney Trunk Rd., Maple Ridge
fallsprevention@fraserhealth.ca 604-587-7866
Fraser Health Unit 604-476-7000

Government agency providing health services such as the Diabetes Clinic, flu shots, immunizations, and TB testing.

Fraser Health Home Health Intake

11762 Laity Street, Maple Ridge
604-476-7100 feedback@fraserhealth.ca

Home and community care services provide a range of health care and support services for eligible residents who have acute, chronic, palliative or rehabilitative health care needs including assessment and case management, nursing, rehabilitation, home support and

palliative care, and community-based services such as adult day programs, residential care services, hospice and short stay treatment and assessment centres.

Fraser Health Lifeline

604-953-4960 www.fraserhealth.ca
lifeline@fraserhealth.ca

Lifeline is a Personal Emergency Response Service that ensures assistance to you 24 hours a day, 7 days a week. This is often suggested by RMH staff to older adults.

Fraser Health Patient Care Quality Office

1-877-880-8823

Provides a process for patients to register complaints about care received from the Fraser Health integrated health system including hospitals, clinics, community health care centres, residential care & assisted living homes.

HealthLink BC

8-1-1 www.healthlinkbc.ca

24-hour, 7-day toll-free access to registered nurses specially trained to provide confidential help on the phone.

Home Health & Palliative Support Services

11762 Laity St., Maple Ridge

1-855-412-2121 www.fraserhealth.ca/homehealth
For health care and support at home.

LifeLabs

#101 -11743 - 224th St., Maple Ridge
604-431-7206 www.lifelabs.com

#102 -12195 Harris Rd., Pitt Meadows
604-431-7206 www.lifelabs.com

MedicAlert Safely Home

1-855-581-3794 www.medicalert.ca/safely-home

A partnership between the Alzheimer Society of Canada and Canadian Medic Alert Foundation to help people living with Dementia when they go missing.

Make More Memories with Better Hearing

Have you heard there is a relationship between hearing and memory?

Absolute Hearing Services would like to ensure your memories are kept intact and healthy.



Christina Beer BC-HIS
Registered Hearing
Instrument Practitioner

It's Time To Hear What You've Been Missing! Book Your Appointment Today 604.510.2299



**5501 - 204 Street, Unit 104, Langley, BC •
Maple Ridge Senior's Centre, 12150 - 224 Street.
www.absolutehearing.ca**

Natur-Elle Mastectomy Fittings

Contact Nicole Eccles
604-626-3354 naturelle4u@gmail.com
Fittings for breast prosthesis, partial/symmetry shapers, bras, swimwear & other accessories for women who have had mastectomy, lumpectomy, or reconstruction surgery. Mobile service.

Ridge Meadows Hospital

11666 Laity St., Maple Ridge
604-463-4111 EMERGENCY 9-1-1

MEDICAL SUPPLIES

Independent Lifestyle Store

Medical Home Healthcare Supply
2 - 22337 Dewdney Trunk Rd., Maple Ridge
604-477-1212 www.independentlifestylestore.com

Independent Respiratory Services

#101 - 22351 St. Anne Ave., Maple Ridge
604-466-0900 www.irscanada.ca

Kintec Footlabs Inc.

22336 Selkirk Avenue, Maple Ridge
604-463-3338 www.kintec.net/maple-ridge
Orthopedic & prosthetic appliances & shoes.

Maple Ridge Healthcare Products

#109 - 22550 Dewdney Trunk Rd., Maple Ridge
604-466-3276 www.mapleridgehealthcare.ca

Medic Alert (Bracelets)

1-800-668-1507 www.medicalert.ca

Red Cross Medical Equipment

#5 - 11435 - 201A St., Maple Ridge
604-465-5050 www.redcross.ca
Loans wheelchairs, walkers, bedpans, canes, beds and other non-electrical equipment. Client must be referred by a doctor.

Snore MD Sleep Apnea Clinic

#620 - 20395 Lougheed Hwy., Maple Ridge
1-833-766-7363 www.snoremcdcanada.ca

Sun Valley Medical Supply

100 - 11862 - 226th St., Maple Ridge
604-477-1786 www.sunvalleymedicalsupply.com

MENTAL HEALTH & ADDICTIONS

Adult Mental Health Program Family Education & Support Centre

22558 Lougheed Hwy., Maple Ridge
604-467-6055 www.familyed.bc.ca
amh@familyed.bc.ca

A resource and information centre to help community members become aware of and better understand mental health issues. Provides psycho educational groups for depression, anxiety and assertiveness and public forums and workshops on mental health issues.

Alouette Addiction Services

201-22477 Lougheed Hwy., Maple Ridge
604-467-5179 www.alouetteaddictions.org

A non-profit organization funded primarily by Fraser Health and staffed by professionals from accredited universities that offers individual and group counseling for anyone with substance use issues, as well as those who care about them. Education, referrals, and after-care available.

Anxiety BC

#311 - 409 Granville Street, Vancouver
604-525-7566 www.anxietybc.com
Information and resources for dealing with anxiety.

BC Schizophrenia Society

604-270-7841 www.bcscs.org

Canadian Mental Health Association

604-688-3234 www.cmha.bc.org



Seniors flower workshops feed the soul

Flowers speak when words cannot

Westgate Flower Garden

210-20398 Dewdney Trunk Rd.,
Westgate Mall | Maple Ridge

Contact us:
604-460-7230 | 877-447-3522
M-F 9:30am - 6:30pm | Sat 9:30am - 5:30pm
Sundays for special occasions



www.westgateflowergarden.com

Dementia Helpline Alzheimer Society of B.C.

1-800-936-6033 www.alzheimer.ca/en/bc/We-can-help

Geriatric Psychiatry Services

Maple Ridge Mental Health Office
Suite 500, 22470 Dewdney Trunk Rd., Maple Ridge
604-476-7165

Provides services for adults who have acute and/or persistent mental illnesses. Programs and services include assessment, individual or group treatment, case management, community living support, residential care, consultation, and referral/bridging to other community services. Referrals can come from family members, physicians and other community agencies.

Happy Gang

604-476-7165, ext. 557163

jennifer.burke@fraserhealth.ca

Maple Ridge Mental Health socialization group for seniors with mental health issues. Meets first Tuesday of the month at 1 p.m. at the RMSS Maple Ridge Seniors Activity Centre.

Mood Disorders Association of BC

604-873-0103 www.mdabc.net

The Club Community Services

604-467-0544 www.comservice.bc.ca

Provides a supportive psychosocial rehabilitation environment designed to assist persons who are living with mental health issues to realize their potential as individuals.

MULTICULTURAL SERVICES

Hello Canada

www.fb.me/HelloCanadaESL

ESL and living skills for people new to Canada. Tuesdays, 10-11:30 a.m. at RMSS Pitt Meadows Seniors Activity Centre – 19065 – 119B Ave. Classes are free (a donation of \$1 per class to offset cost of materials

appreciated.) To register, email: hellocanada.esl@gmail.com

ISS of BC (Immigrant Services Society of BC) Settlement Program

#320 - 22470 Dewdney Trunk Rd., Maple Ridge
778-284-7026 www.issbc.org

Assesses settlement and integration needs of newcomer clients and identifies an appropriate course of action to assist with: settlement, employment, and community connections.

LINC (Language Instruction for Newcomers to Canada)

604-942-1277 www.issbc.org

Free English Language Program for newcomers to Canada, 17 years old or older, and approved for permanent residence. Call or email: linc.mr@issbc.org

Family Education & Support Centre

22554 Lougheed Hwy., Maple Ridge
604-467-6055 www.familyed.ca

Providing Multicultural awareness and education programs to community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, Pitt Meadows, and Katzie First Nation. The Multicultural Women's Group offers a safe space for women to connect. Every Wednesday from 10 a.m. – 11:30 a.m. Childing minding available. Immigrant parenting available for grandparents as well, every other Thursday.

OPTOMETRISTS

BC Eye Care

22337 Dewdney Trunk Rd., Maple Ridge
604-466-3003 www.bceyecare.com

Dr. R. A. Strath

4 - 19126 Ford Rd., Pitt Meadows
604-460-0361

Maple Ridge Eye Care

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100%  Canadian and Locally Owned

Mon-Fri 9am-6pm, Sat 9am-5:30pm, Sun 10am-5pm

11768 - 223rd St., Maple Ridge **604-463-4663**

**FREE
DELIVERY**

101 - 23015 Dewdney Trunk Rd., Maple Ridge
604-463-4469 www.mapleridgeeyecare.ca

Pacific Eye Doctors

22320 Brown Ave., Maple Ridge
604-463-7127 www.eyedoctorsmapleridge.ca

Vision West Doctor of Optometry

Real Canadian Superstore
19800 Lougheed Hwy, Pitt Meadows
604-460-4347 www.visionwesteyecare.ca

PETS

BCSPCA (Maple Ridge Branch)

10235 Jackson Rd., Maple Ridge
604-463-9511 www.sPCA.bc.ca
Emergency: Day: 604-841-2642; Night (5 p.m. to 12 a.m.): 604-879-7343. After hours: call your local police or RCM; Cruelty and Wildlife Hotline (Toll free): 1-855-622-7722

ElderDog Vancouver (Maple Ridge/Pitt Meadows)

1-855-336-4226 www.elderdog.ca
Local volunteers support seniors who need assistance caring for their dog. Volunteers can help with daily dog care such as walking, light grooming and hygiene, trips for dog food or to the vet or groomer, and temporary care during hospitalization or other emergencies. Free service. Volunteers of all ages are welcome!

PHARMACIES

Alouette Pharmacy

604-467-3784
8 - 11937 227 St., Maple Ridge.

Best Care Pharmacy

604-262-4949
101 - 12181 Harris Rd., Pitt Meadows

Golden Ears Pharmacy

604-477-3222

#100-22722 Lougheed Highway

Haney Pharmacy

604-467-9100
D - 22195 Dewdney Trunk Rd., Maple Ridge

Loblaw's (No Frills) Pharmacy

604-467-0753
22427 Dewdney Trunk Rd., Maple Ridge

London Drugs

604-463-0991
101 - 22709 Lougheed Hwy., Maple Ridge

Maple Ridge IDA Pharmacy

604-479-2030
22353 Lougheed Highway, Maple Ridge

Meadows Pharmacy

604-460-0541
12161 Harris Rd., Pitt Meadows. Delivery available.

Medicine Shoppe Pharmacy

604-380-1500
11915 224 St., Maple Ridge

Medlandia Pharmacy

604-465-3375
20528 Lougheed Hwy., Maple Ridge

Pharma Choice

604-380-2551
100-22470 Dewdney Trunk Rd., Maple Ridge

Pharmasave

12005 - 238B St., Maple Ridge 604-476-1420
19070 Lougheed Hwy, Pitt Meadows 604-465-8807
2-19126 Ford Rd., Pitt Meadows 604-460-4808

Real Canadian Superstore

604-460-4335
201 - 19800 Lougheed Hwy, Maple Ridge

Save-On-Foods Pharmacies

22703 Lougheed Hwy., Maple Ridge 604-463-3329
20395 Lougheed Hwy., Maple Ridge 604-465-8606
19150 Lougheed Hwy., Pitt Meadows 604-465-1620



11657 Ritchie Avenue, Maple Ridge
Behind the 228th St. McDonalds
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Suites at Greystone Manor

feature kitchens with full size fridge and stove-top, in suite washer/dryer, 3 piece bath, air conditioning and a private balcony. Come for a tour!

Call Cheryl today to ask about our all inclusive, just one flat fee, monthly rate. **604-467-2808**



Shoppers Drug Mart

102-22441 Dewdney Trunk Rd., Maple Ridge.

604-467-5218

130 - 20395 Lougheed Hwy., Maple Ridge.

604-465-8123

19150 Lougheed Hwy., Pitt Meadows 604-465-8122

Walmart Pharmacy

778-306-9936

11850 - 224th St, Maple Ridge

Wellness Pharmacy

604-463-4207

6 - 22932 Lougheed Hwy., Maple Ridge

PODIATRISTS & FOOTCARE

PODIATRISTS

Dr. David Dixon

105 - 22561 Dewdney Trunk Rd., Maple Ridge

604-477-0999

Dr. Peter Fera

2B - 22722 Lougheed Hwy., Maple Ridge

604-466-1801

FOOTCARE

Absolute Tenderfeet Footcare

604-812-3625

Mobile nursing foot care services in home, residential care facilities, and assisted living facilities.

Access Health Services

604-467-1135

Staff available for all your foot care needs.

Ann's Footcare Services

604-375-0619

Toenail trimming. Treatment of calluses, corns, hammer toes, bunions, diabetic feet.

Caring Touch Health Care Services

604-477-7748

In home foot care by appointment, Fee for service

Feet for Life Footcare

Niki Paxton niki@feetforlife.ca

604-354-7771

In-home professional foot care invested in keeping you mobile and independent.

Footcare Nurse

604-725-4416 traceylynn42@hotmail.com

Mobile footcare nurse. Footcare needs including fungal nails, thickened nails, calluses, corns, cracked heels, bunions and more. Footcare for people with diabetes. Registered Health Service Provider with Veteran's Affairs Canada and Greenshield Insurance.

Gentle Sole Mobile Foot Care

778-574-0600 gentlesole@shaw.ca

Friendly and professional nursing foot care in your home or facility. Corns, calluses, thick fungal nails, diabetic feet.

Kat's Footcare

604-816-5288 www.katsfootcare.com

Maple Ridge Physiotherapy Footcare

604-467-8775 www.mapleridgephysio.com

Nurse Next Door Homecare Services

604-468-2273 www.nursenextdoor.com

Mobile, licensed nurses provide certified foot care services at home hospital or facility.

Pitt Meadows Wellness Centre

604-465-1624 www.pittmeadowswellness.com

Custom orthotic assessment and devices.

Ridge Meadows Seniors Society Foot Care Services

Call reception for details. Appointments necessary.

Maple Ridge Seniors Activity Centre

12150 - 224th St. Maple Ridge

604-467-4993 www.rmssseniors.org

Safe Care Home Support



Your Safety and Comfort is our Number One Priority

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- ✓ Live-in Caregiver
- ✓ Housekeeping
- ✓ Personal Care
- ✓ Companionship
- ✓ Meal Preparation
- ✓ Post-Hospital Care
- ✓ Respite Care

ICBC Claims Accepted • DVA Provider

For a **FREE** assessment call **604-945-5005** www.safecarehomesupport.ca



Pitt Meadows Seniors Activity Centre

19065 119B Ave, Pitt Meadows
604-457-4771 www.rmssseniors.org

Shirley's Massage & Reflexology

604-996-1123
Massage, reflexology and other spa services. Mobile service available. Specializing in seniors.

Twinkle Toes Foot Care

778-883-7221 www.twinkletoesfootcare.com
Mobile nursing foot care by a certified foot care nurse. Services include: nail cleaning, trimming and filing; treatment of corns and calluses; in-grown and thickened/fungus nail care; diabetic foot care.

RECREATION & LEISURE ACTIVITIES

The ACT Arts Centre & Theatre

11944 Haney Pl., Maple Ridge
604-476-2781 www.theactmapleridge.org
Arts experiences for all. For those who cannot afford to access Live Performances or Arts Programs, contact Lori Ceaser at loric@mract.org about how to receive tickets or arts program registration through the Arts Angels program supported by individual donors and Westminster Savings. Over 100 volunteers. If interested, register at: www.theactmapleridge.org/volunteer/

Creekside Day Program

604-463-4111 Ridge Meadows Hospital, 11666 Laity Street Maple Ridge
Supportive community group program for older adults and adults with disabilities. Also known as the Creekside Day Program and offers the therapeutic bathing program. Participant eligibility to the program is determined through the local home health office. Call for more information 604-476-7100.

Fraser Valley Regional Library

Maple Ridge Public Library
130 - 22470 Dewdney Trunk Rd., Maple Ridge

604-467-7417 www.fvrl.ca

Pitt Meadows Library

200 - 12099 Harris Rd., Pitt Meadows
604-465-4113 www.fvrl.ca

Golden Ears Winter Club (Curling)

23580 - 105 Ave., Maple Ridge
604-463-4813 www.gewc.ca
Various levels of curling for all ages.

Lawn Bowling Club

11445 232 St., Maple Ridge
604-467-0755
New members welcome! Will teach and lend equipment to participants. Come out and learn about the club and various activities.

Maple Ridge Leisure Centre

604-467-7322 www.mapleridge.ca
11925 Haney Place, Maple Ridge
The Leisure Centre includes a weight training room, racquetball and squash courts, full size gymnasium, accessible and inclusive pools, wet and dry saunas and a large swirl pool, youth centre, drop-in childcare (available during select times), and two multipurpose rooms. For more info, visit the website or drop by the centre for a seasonal program guide. A variety of admission passes are available to meet all individuals' needs and senior discounts do apply.

Pitt Meadows Family Recreation Centre

604-465-2452 www.pittmeadows.bc.ca
12027 Harris Rd., Pitt Meadows
Facility includes a youth centre, preschool and daycare, sports hall, multi-purpose room, craft studio with fitness/weight training room, and a Community Policing Office.

Red Hat Society

Call: Elaine, 604-442-1196 Encourages women 55+ to pursue fun, friendship, freedom, fulfillment of lifelong dreams and fitness by being part of a "play group" for women. Accepting new members!



JUST LIKE FAMILY
HOME CARE

For your family's peace of mind, we will take care of your loved one's needs, just so they will be able to grow old, in their own homes, healthy and happy.

"Just Like Family" is a local company, servicing the Tricities, Pitt Meadows and Maple Ridge areas. We provide Home and Health Care services for seniors, including:

- Personal care services for daily living activities
- Overnight and 24/7 Live-in services
- Companionship, meal preparation and housekeeping
- Dementia (Alzheimer's) care, palliative care, cancer care, post-operative care and more...
- Bonded and Insured Caregivers
- Services in several languages

For more information please call us (24/7) at 604-704-5115 or visit our website at www.justlikefamily.ca

Ridge Meadows Seniors Society

Maple Ridge Seniors Activity Centre
12150 - 224th St. Maple Ridge 604-467-4993
www.rmssseniors.org Mon. to Fri. 8 a.m. – 10 p.m.;
Sat. 9 a.m. - 4 p.m.; Sun. 9 a.m. - 12 p.m.

Pitt Meadows Seniors Activity Centre

19065 - 119B Ave., Pitt Meadows
604-457-4771 www.rmssseniors.org
Monday to Friday 9 a.m. -4 p.m.; Wed. 9 a.m. – 9 p.m.;
and Sat. 9 a.m.-2 p.m. Recreational and social pro-
grams for seniors in Maple Ridge and Pitt Meadows.
Activities and services ranging from fitness, cards, cre-
ative arts, health and wellness, special events and bus
trips. Volunteer opportunities also available. All adults
55+ welcome to join. Call each location for details or
pick up a copy of the GrapeVine newsletter or go on-
line to www.rmssseniors.org

Seniors Activity Program (Party Bus)

Community Services in Maple Ridge/Pitt Meadows
22718 Lougheed Highway 604-467-6911 ext. 1405
www.comservice.bc.ca
Join a group of seniors to socialize, attend education-
al workshops, share a meal, have a laugh. Service is
provided once a month on average, free of cost. Free
transportation door to door is available. A great way to
make friends, be physically active and connect to your
community. Waitlist may be in place depending on
availability.

SHELTERS

The Salvation Army

Ridge Meadows Ministries
22188 Lougheed Hwy, Maple Ridge
Day: 604-463-8296 Ext. 102 Night: 604-807-8290
Registration at 7:30 p.m. Wheelchair accessible. Laundry.
No alcohol/drug use on site. Free clothing vouchers for
the Thrift Store available.

Shelter Information

211 www.bc211.ca
A region-wide referral line for shelter and other essen-
tial services for all ages and genders.

SHOPPING

Downtown Maple Ridge Business Improvement Association

604-467-2420 www.downtownmapleridge.ca
With more than 700 businesses, downtown Maple Ridge
offers a unique shopping experience, close to home.
Through a wide variety of events, promotions, safety
initiatives, beautification projects, and clean-up programs,
DMRBIA aims to make Downtown Maple Ridge a pleasant
destination for residents and tourists. A large business
directory, events calendar, photo gallery and more are
available on our website. If there's a store or service you're
looking for, we'd be happy to help you find it.

TRANSPORTATION

Access Transit

778-452-2860 www.translink.ca
General Information on accessible public transit,
HandyDART, HandyCARD. The Access Transit Secretariat
helps TransLink offer a greater level of service to people
with disabilities, seniors, new Canadians and youth.

Better at Home Seniors Outreach and Home Support Program

Community Services
22718 Lougheed Hwy., Maple Ridge
604-467- 6911 ext. 1232 www.comservice.bc.ca
Volunteer driver service for seniors 65+ provided
Monday through Friday. Current charges are based on
a sliding scale.

BC Bus Pass for Seniors and Others

1 866-866-0800 www2.gov.bc.ca



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Facebook, Instagram, Twitter icons

Low-income seniors and others eligible can get a reduced-cost bus pass. Call for more information.

BC Ferries

604-467-2420 www.bcferries.com

BC Seniors travel is free Monday through Thursday except holidays on presentation of a BC Services Card, a BC Driver's License, a BC Identification Card, or a Birth Certificate. If you are presenting a Birth Certificate, proof of residency in BC is required. The BC Seniors discount applies only to the passenger fare. Contact BC Ferries for more information.

BC License Plates for Veterans

604-770-3498 www.bcveterans.org

Applications can be obtained from the website or any ICBC office.

Elder Transportation Program

BC Aboriginal Friendship Centre

1-800-990-2432 www.bcaafc.ca

Supports Aboriginal Elders with transportation costs who wish to attend the Annual Elders' Gathering.

HandyDART

604-575-6600 www.translink.ca

HandyDART is a public transit service that uses specially equipped vehicles designed to carry passengers with physical or cognitive disabilities who are unable to use public transit without assistance. It is a shared ride door-to-door service. To use the service, individuals must be registered and reserve the trip in advance of the required date. To book or confirm a trip:

604-575-6000

To request an application call Access Transit:

604-452-2860

Consumer Advocate Linda McGowan 778-772-4431

Seniors Provincial Phone Line

211 www.bc211.ca

BC 211 now includes a category that provides information on transportation available for seniors in communities across the province. Multi-lingual. Available 7

days a week, 24 hours a day.

Ridge Meadows Seniors Society Driving Service

12150 224 St., Maple Ridge

604-467-4993 www.rmssseniors.org

The volunteer driving program operates Monday to Friday and is available to members of RMSS. An annual membership fee gives access to programs and services at two seniors centers. The transportation service includes rides to appointments, activities and shopping as well as medical appointments from Abbotsford to Vancouver for a nominal fee to cover volunteer fuel costs.

SPARC BC Parking Permit

604-718-7744 www.sparcbc.ca

SPARC BC issues parking permits for persons with disabilities. To apply for a permit, visit the website or call to request an application form be mailed to you.

Taxi (Alouette Taxi)

604-463-8888 www.alouettetaxi.ca

10% discount given to seniors. Please inquire. Accepts Taxi Savers. Three wheelchair accessible taxis.

TransLink

Service Information

604-953-3333 (Push 0) www.translink.ca

Provides bus service to, from, and within Maple Ridge, connecting various parts of Maple Ridge with Haney Place Mall and linking the community to the rest of the Lower Mainland.

TransLink Customer Relations 604-953-3333

West Coast Express

604-488-8906 www.westcoastexpress.com

Operates Monday to Friday during peak commuter periods from Mission City to Waterfront station. The train cars are wheelchair accessible and have washrooms.

Also see the Home Support Services Section on page 26.

HEARING AIDS

STARTING @ **\$980 PER EAR!**



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FREE HEARING AID DEMO

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FROM BASIC TO STATE-OF-THE-ART
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Celebrating
9 years of
Better
Hearing

Locally Owned and Operated 11868 223 STREET, MAPLE RIDGE, BC (604) 477-8879 **GARY GEE** RHIP, Owner

VOLUNTEER OPPORTUNITIES

City of Maple Ridge Parks, Recreation & Culture

11995 Haney Place, Maple Ridge

604-467-7325 ext. 1

www.mapleridge.ca/1554/Volunteer

Give back to your community, learn new things, share your expertise, connect with others and have fun!

There are many volunteer opportunities that fit with your passions and unique talents in youth services, aquatics, festivals, emergency support services, committees and more. For more info, visit the City's volunteer page, phone or email: volunteer@mapleridge.ca

City of Pitt Meadows

12007 Harris Rd., Pitt Meadows

604-465-5285 www.pittmeadows.bc.ca

Volunteering with the City of Pitt Meadows is a great opportunity to meet new people, build new skills, and get involved in your community. There are many exciting volunteer opportunities to consider with the City of Pitt Meadows. Please see the website for volunteer opportunities!

Community Services

22718 Lougheed Highway, Maple Ridge

604-467-6911 Ext. 1218, 1232 www.comservice.bc.ca

Volunteers are needed to make friendly visits to lonely seniors. Drivers are needed for shopping trips, medical appointments and for the Meals on Wheels program. Drivers will be reimbursed for mileage or they can donate it in exchange for a tax-deductible receipt.

Friends of the Library

Maple Ridge Public Library

130-22470 Dewdney Trunk Rd., Maple Ridge

www.fvrl.ca

Pitt Meadows Public Library

200-12099 Harris Rd., Pitt Meadows

Friends of the Library help with library programming and initiatives and raise funds to purchase books and items of furniture and equipment. Meetings are monthly from September to June.

Friends in Need Food Bank

#8-22726 Dewdney Trunk Rd., Maple Ridge

604-466-FOOD (3663) www.friendsneedfood.com

Ridge Meadows Seniors Society

604-380-0517 www.rmssseniors.org

RMSS offers a variety of volunteer opportunities such as reception, coffee shop, activities, special events, volunteer drivers, wellness clinic and committees. Apply online through the website or drop in to see the Volunteer Coordinator.

Volunteer Maple Ridge/Pitt Meadows

Community Services

22718 Lougheed Highway

604-467-6911 Ext. 1230 www.comservice.bc.ca

Volunteer Maple Ridge/Pitt Meadows represents a wide range of volunteer opportunities in our communities. Volunteering provides a wonderful chance to share our knowledge, learn new skills, meet new friends and support a community in need.

Volunteer Maple Ridge/Pitt Meadows is the community volunteer centre that is a central resource for all your volunteer needs.



11657 Ritchie Avenue, Maple Ridge
Behind the 228th St. McDonalds
greystonerresidence.ca

Suites at Greystone Manor

feature kitchens with full size fridge and stove-top, in suite washer/dryer, 3 piece bath, air conditioning and a private balcony. Come for a tour!

Call Cheryl today to ask about our all inclusive, just one flat fee, monthly rate. **604-467-2808**





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Living Well With Dementia

A diagnosis of dementia can feel devastating and scary.



There are so many unknowns about what the future holds. Dementia can leave people and their caregivers feeling isolated.

However, you are not alone. There are other people to share the journey with you. More than 565,000 Canadians are living with dementia. In B.C., there are 61,000 seniors living with dementia and 5,000 non-seniors.

In Maple Ridge, there are several active groups for those living with dementia and their caregivers.

Purple Angel Dementia Support Group

Myrna Norman has been living well with dementia since

2008 and is making it her life's goal to support others in her community facing the same challenges. She hosts the Purple Angel Dementia Support group that meets the first and third Tuesday of each month from 1:30 to 3 p.m. at Fraserview Community Hall.

"We encourage families, friends and even neighbours to attend for an hour of sharing and advocacy. And then there is a plenty of time to ask questions. It's a time to learn for the whole family, because dementia affects the whole family," said Norman.

"I talk about bathing, and even when you serve us a meal,



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use a coloured plate and utensils that have a curve in them," she said. "We always share a laugh too. Laughter is so important in this journey."

Norman said there are several things that are vital to keep in mind when newly diagnosed.

"Stay social, and get outside in nature. Don't be cooped up inside all the time. Living well with dementia involves finding humour and laughter even when you feel like you can't."

For Norman, part of what has helped her is helping others.

"Helping others live well with dementia helps me live well. It's a win-win," she said. In 2016, Maple Ridge recognized Myrna as a Community Champion for her advocacy work. She chaired the first Alzheimer's Walk in Maple Ridge in May 2018. She is also part of the Seniors Network's Dementia Friendly Community Initiative.

With funding from the City of Maple Ridge, the Seniors Network launched the "Dementia Friendly Community Task Force. One of the first things the task force did was study how dementia-friendly the downtown is from signage, seating to bathrooms.

Purple Angel meets the first and third Tuesday of each month from 1:30 to 3 p.m. at Fraserview Community Hall which is located at 22610 116 Avenue.

Seniors Activity Group Eh!

Seniors Activity Group Eh! (SAGE) is a group that meets weekly to share humour and activities for seniors, including people with dementia and their caregivers at the CEED Centre Neighbourhood House.

First envisioned by Sue and Gerry Kennedy and their friend Bev Collins, SAGE is an inclusive group of seniors with a special place in their hearts for people with dementia and their caregivers, said CEED Centre executive director Christian Cowley.

The primary focus is social activities--but there are plenty of opportunities to share vital information and resources



that make the challenges of living with dementia easier.

The group meet every Tuesday morning at the CEED Centre Neighbourhood House or head out on adventures in the community. An example of one of the activities was fishing off the wharf.

On August, the group went to former Artist in Residence Kat Wahaama's house at Lake Errock for a picnic and swim. The sessions are free, except when they go out for lunch, said Cowley. Most sessions take place at the CEED Centre Neighbourhood House.

The group is not exclusively for persons with dementia or caregivers, but that is often a focus, said Cowley. It is a very inclusive group and welcomes newcomers, he said.

"The group is currently producing a cookbook with favorite recipes annotated with the reasons for their significance. It will be a memorial project for Teesha Sharma, homeless youth advocate, who passed away in February," said Cowley.

The SAGE program has been supported in part by the federal government's New Horizons for Seniors program.

Join the group Tuesday mornings from 9:30 am to 11:30 am at the CEED Centre Neighbourhood House located at 11739 223 Street or call 604-463-2229. Refreshments are supplied. Another great source of information is the Alzheimer's Society of BC. Go to alzheimers.ca.

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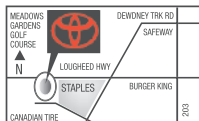
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Driving Safely in Your Senior Years

Many mature drivers remain competent behind the wheel.

Age alone is not a good predictor of driving safely but as we age, changes can affect our ability to function safely as a driver.

Reaction time slows, some mature drivers can experience a reduction in vision, hearing or mobility.

According to the BCCA Traffic Safety Foundation website, drivers make 15 critical decisions each kilometre they drive. As we age, reaction time slows down.

There are 2.9 million drivers over the age of 65 in Canada with that number set to increase substantially in the next 10 years, said BCAA.

As part of the process of determining a person's medical fitness to drive, RoadSafetyBC may require a driver to complete a road test re-examination called an Enhanced Road Assessment (ERA). There is no fee charged for the assessment.

According to the Insurance Corporation of BC (ICBC), the most common reasons why a driver might be asked to do a road test re-examination is:

A doctor reports a medical condition that may affect their fitness or ability to drive safely.

Results of a previous on-road assessment suggest a follow-up is necessary.

A collision report, police report or other report indicates they may be unable or unsure how to handle a common driving situation.

In 2018, ICBC changed the requirements for the re-test, no longer requiring people to take a computer exam. However, ICBC has increased the length of time and difficulty of the road test, using cognitive testing along the way.

Another change to driving requirements is at age 80 and every two years thereafter, you will need a Driver's Medical Examination Report completed by your physician, as required by the provincial Superintendent of Motor Vehicles. Unfortunately, doctors usually charge a fee for these reports. Sometimes, your doctor will recommend that you take the road test re-exam (an ERA).

Road Test Re-Exam

If you've received a letter to complete an Enhanced Road Assessment, here is what you need to know:

The ERA appointment will take approximately 90 minutes, according to the ICBC website.

An assessment consists of a pre-trip vehicle orientation, 45-minute on-road drive with a feedback component half-way through, and a post-trip review. The assessment is conducted in a passenger vehicle provided by the driver.

If you don't comply with the ERA, your existing driver's licence will be cancelled and no longer valid.

Tips For Senior Drivers To Stay Sharp

The rules of the road are constantly changing so it's good to pick up ICBC's Learn to Drive Smart booklet. You might also want to consider taking a refresher driving course for experienced drivers.

According to ICBC senior communication specialist Joanna Lingangan, they have held several information sessions for mature drivers this year, and plan to hold several more next.

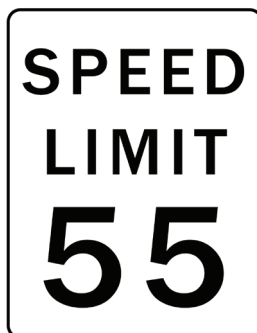
These sessions provide tips and information mature drivers need to know to stay safe on the road, she said.

Make sure your vehicle is in good condition. Be vigilant about vision and hearing tests, asks ICBC.

As we age, seeing at night becomes more difficult. Many seniors choose not to drive after dark for this reason.

Retiring Your Driver's Licence

You may also choose to retire from driving instead of taking the ERA. You can exchange your driver's licence for a free British Columbia Identification Card (BCID). This can be done at any ICBC driver licensing office.





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Continued from page 49.

Driving provides a lot of freedom and independence that many seniors enjoy. But when getting behind the wheel could potentially put you and others on the road in danger, it's time to consider hanging up your car keys.

Make sure to talk to your family openly about this decision and what your needs will be going forward.

Driving can be stressful. It can often be more relaxing to walk, use public transit, take a taxi or ride with family or friends.



As a senior, you can likely get some of your routine items, such as groceries or pharmaceuticals, delivered to you for free or for a small fee.

If you have received an ERA in the mail and are required to do a road test, call ICBC to set up an appointment and to get more information at 604-661-2255.

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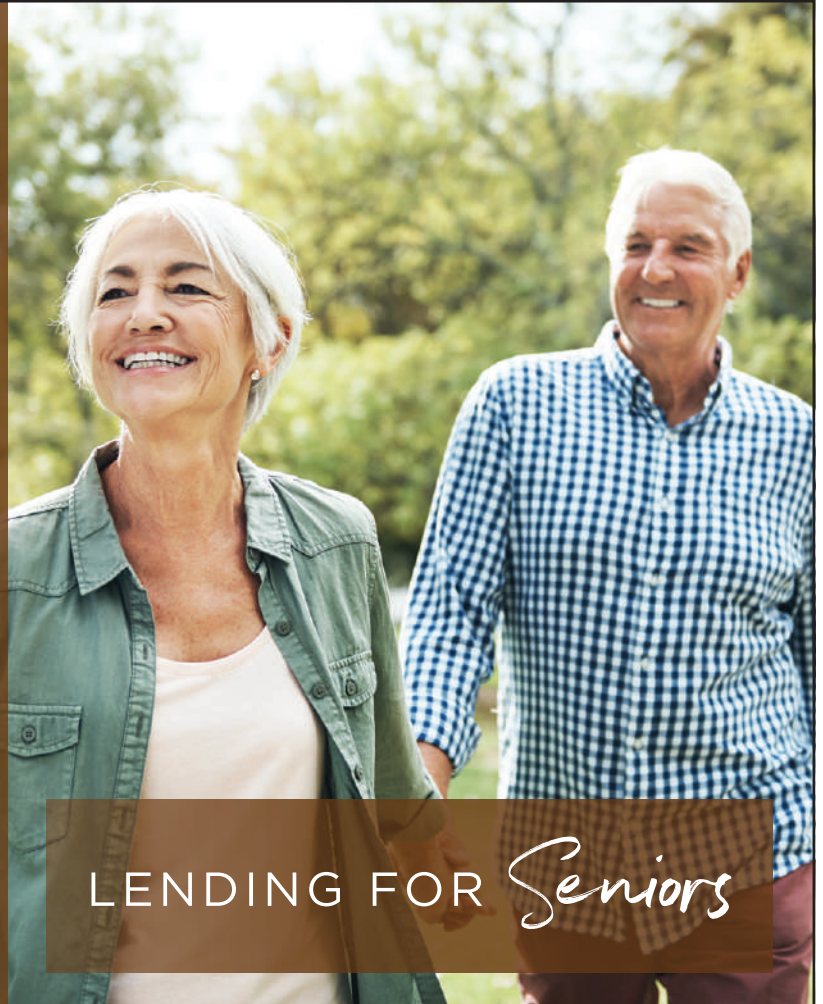
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A GPSC initiative

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