

## **SENIOR CITIZENS' SERVICES AND ORGANIZATIONS**

### **Cascade House,**

227 Bear Street, Banff

Tel: 403-760-0808

Managed by Bow Valley Regional Housing

920 – 1 3 Street, Canmore, AB T1W 1W1

Tel: 403-678-5922 / 403-678-2704, Fax: 403-678-3364

Currently 10 assisted living units, with plans for an additional 15-20 units. 24 hour on site staff.

**Alberta Seniors & Community Services - Assured Income for the Severely Handicapped (AISH)** 301, 800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-678-2363 Ext 241, Fax: 403-678-6730

Provides financial and health benefits to adults with a permanent disability that severely impairs their ability to earn a livelihood. AISH is only provided to those who have exhausted all opportunities for rehabilitation, training and work. The level of AISH will vary depending on the income and resources of the AISH recipient and immediate family members.

### **Banff Senior Citizens Society**

Box 21 94, Banff Senior Centre, 107 Bear Street, (upstairs) Banff, Alberta T1L 1B9

Tel: 403-762-4830

Meeting place: Senior Centre, James Boyce Lounge, 1 :30 pm, third Monday of each month.

To represent and serve Seniors in the Banff area and provide opportunities for social activities and recreation. Weekly Monday lunches, carpet bowling, pool room, use of computers. Anyone in Banff National Park 55+ years.

Number of members: 130

Volunteer opportunities: Tea Hostess, Assist with monthly birthday parties, pot lucks.

### **Bethany Lifeline**

Tel: 1-800-338-141 1

Website: [www.bethanycare.com](http://www.bethanycare.com)

Bethany Lifeline provides 24 hour, 7 days a week personal response and support services which are available to anyone who lives in a Bethany Lifeline Community. With the touch of a button, you can be in voice contact with trained and caring monitors who quickly assess the situation and send help as needed. Bethany Lifeline provides peace of mind, a comfort to more than 3500 subscribers in over 100 communities in Alberta.

### **Bow Valley Community Care Program (Home Care)**

Alberta Health Services Home Care

Canmore General Hospital, 11 00 Hospital Place, Canmore, AB T1W 1N2

Tel: 403-678-7200, Fax: 403-678-0093

Community Care services persons with chronic, acute, rehabilitative or palliative needs. Services include occupational therapy, physiotherapy, speech language pathology, recreational therapy, nursing and respiratory therapy as well as home support, personal care, volunteer coordination and medical care. Health professionals work with clients, their families and friends to coordinate and/or provide disease and injury prevention strategies, rehabilitation and care. Day Support Program for seniors available. Individuals may be self-referred.

### **Bow Valley Regional Housing**

920 – 1 3 Street, Canmore, AB T1W 1W1

Tel: 403-678-5922 / 403-678-2704, Fax: 403-678-3364

Number of Volunteers each year: 20

Number of Volunteer work hours: 100

The Bow Valley Regional Housing provides subsidized housing for families with low income, based on need. All inquiries

are totally confidential. Applications can be obtained from the office address above. BVRH presently has 58 units in total including 38 townhouses and 20 individual houses (2 are handicapped units). BVRH also operates the Bow River Lodge, Bow River Homes, and Mount Edith House (Banff) – housing for seniors.

### **Bow Valley Volunteer Driver Program**

On a cost-recovery basis, the Volunteer Driver Program provides transportation for seniors and persons with disabilities to medical appointments in Calgary, Canmore and Banff.

Banff 403-762-1253

Canmore 403-678.7129

M.D. of Bighorn 403-673-3611

### **Canmore Seniors Association**

600B – 9 Street Canmore, AB T1W 2T9

Tel/ Fax: 403-678-2457

[Email: csassoc@telus.net](mailto:csassoc@telus.net)

Website: [www.canmoreseniorsassociation.org](http://www.canmoreseniorsassociation.org)

Activities for members 55 years and over throughout the week at the Seniors Centre and include: birthday party every other month, monthly social evenings, tea and coffee times, fitness classes, songsters, cards (bridge, pitch and crib), and a variety of games and sports. For further information on activities phone the Seniors Centre (403.678.2457) or consult the weekly CSA column in the Canmore Leader. Office hours: weekdays from 10:00 am – noon, and 1:00 - 3:00 pm.

### **Heart Mountain GoGetters**

Tel: 403-673-3832

[Email: ruthieo@telusplanet.net](mailto:ruthieo@telusplanet.net)

A dynamic and active group of older adults in the community of Exshaw. The HMGG are a voluntary organization for those over the age of 55 to meet, socialize and share in a wide range of activities. The HMGG has a centre on the 2nd floor of the Exshaw Community building for community functions and member use.

### **Mount Edith House (BVRH)**

Managed by Bow Valley Regional Housing, 920 -1 3th Street, Canmore, Alberta T1W 1W1

Tel: 403-678-5922 Fax: 403-678-3364

[Email: bvrh@telusplanet.net](mailto:bvrh@telusplanet.net)

34 one-bedroom apartments for seniors. Tenants must have the need to reside in Banff and be able to maintain and look after their own needs. Alberta Provincial Government subsidizes rents. Tenants pay 30% of their gross income. Volunteer opportunities: Help tenants with shopping, housecleaning and transportation.

### **Seniors Helping Seniors (Public Health and Community Care – Banff Office)**

Tel: 403-762-2990 Brenda Pelton, Nancy Luck Fax: 403-762-5570

To decrease social isolation in the senior population, to provide an opportunity for health surveillance, to provide caregiver respite, to encourage good nutritional habits and provide one healthy meal per week. Lunch @ \$6 per person  
Number of volunteers: 8

### **Town of Canmore FCSS**

902 – 7 Avenue, Canmore, AB T1W 3K1

Tel: 403-678-7129, Fax: 403-609-8271

Some of the programs available to seniors are; Meals on Wheels, Specialized Garbage Pick Up, Snow Shoveling, volunteer income tax preparation and our Taxi Pass Program.

**Town Of Banff FCSS – Seniors’ Support Services**

Box 1 260, Banff Town Hall, 11 0 Bear Street, Banff, Alberta T1L 1A1

Tel: 403-762-1253 Fax: 403-762-1264

Sue Smythe, Senior Support

[Sue.smythe@banff.ca](mailto:Sue.smythe@banff.ca)

Provides seniors and people with disabilities services that will enable them to remain as independent and self-sufficient as possible, with dignity and optimum quality of life. Current programs include: pensions, grants and income tax preparation, ombudsman assistance, Monday lunch program, Meals-On-Wheels, taxi passes, shopping bus service, snow shoveling, seniors kitchen and the lock box program.

Volunteer opportunities: Snow shoveling and Meals-on-Wheels.

**Women’s’ Social Support Group – for Seniors**

Tel: 403-679-8046

Sponsored by Bow Valley Mental Health Services, Alberta Health Services

A weekly meeting of women who are interested in socializing, sharing stories and discussing topics of interest; followed by going out to a local coffee shop. This is a great way to network and meet other women in the community. This group is ideal for women who are feeling isolated and wish to expand their connections with other women in a small group. Age range varies, but is typically over 65. (This is not a therapy group.)