



Age-Friendly
Moose Jaw

RESOURCE GUIDE FOR SENIORS





SPECIAL THANK YOU

Age-Friendly Moose Jaw would like to thank all involved in the creation of this Resource Guide.

Special thank you to the following groups whose generous support has helped to make this project possible.



*Older
Adults
Moving
Forward*

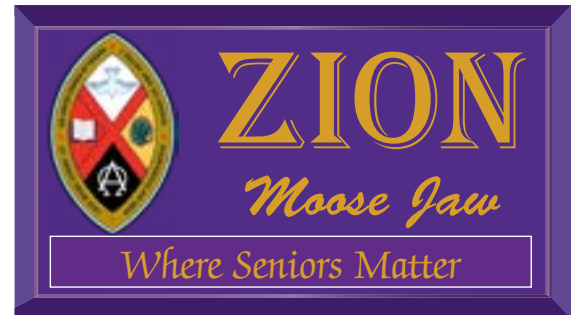




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Age-Friendly is a global movement with a goal of making communities safer, smarter, healthier, happier, more inclusive places for all people to live and thrive as they age well in their homes. Moose Jaw was recognized as an Age-Friendly Community at the Saskatchewan Legislative Building on November 22, 2022. The Age-Friendly Committee in collaboration with the Zion United Church has been working to create this resource guide as a valuable piece of information for those wishing to maintain their independence and age well in their homes as well as for caregivers of aging family members.

Please Note: While every effort has been made to ensure the accuracy of the information, changes in circumstances after the time of publication may impact the accuracy of the Information. No endorsement is made or intended for any of the entries. Age-Friendly Moose Jaw accepts no liability or responsibility for any loss, injury, or damage which may arise from anything contained in this directory. Once printed, information does change over time. Readers are encouraged to access this document and visit the websites that have been listed for additional information.

AGING AT HOME PUTTING MY PIECES TOGETHER

WHAT HOUSE CAN BE MY HOME?



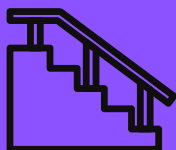
- You want to stay in your house as your needs change with age.
- Identify barriers, establish routines, and explore support options.

PLANNING

- The Safe Living Guide:
<http://www.publichealth.gc.ca/seniors>



1 Home Support



Home & Yard Care

- Paid services can be expensive but reduce risk and maintain well-being.

Transportation



- Driving less not never
 - During the day, to familiar places, less busy times.
 - Public transit, Para-transit options



Nutrition

- Food Services
 - Assisted Shopping & Meal Delivery
 - Meals on Wheels

2 Well Being

Physical



- Staying Active, Regular Check-Ups, Hygiene Routine
 - **85%** of older adults suffer from oral disease

- City of Moose Jaw 55+ Fitness



Emotional

- Time with family & friends
- Community programs & events
 - Cosmo Centre
 - Timothy Eaton Centre

Spiritual

- Places of worship and prayer
- Ways to volunteer and serve others





Safety Emergency Alerts

- Fall detection and alert pendants.
 - Lifeline

Medication

- Bubble Packs, Lists for Support Workers, Expiration & Disposal

- Medicine Wallet Card
- Provincial "Seniors' Drug Plan"



Falls

- 50% of falls causing hospitalization happen at home.
- 85% of seniors injury-related hospitalization are from falls.



Still Learning MJ Public Library



■ Tech Time

- In-person courses on technology

■ Outreach Service

- Delivery for house bound people

FH Wigmore Hospital

■ Admitting & Information Volunteer

- Helping others navigate the hospital, enhancing patient experience



Senior Resource Center

Located Inside Timothy Eaton's Centre

510 Main Street North

Moose Jaw SK

306-690-2977



This section of the Senior Resource Guide provides information about housing options in Moose Jaw and various home supports required for aging adults to consider as they opt to age well at home. As we age it becomes more difficult to keep up with the maintenance of a home and doing yard work and snow removal. Mobility or declining health may also create difficulties with looking after a house or with selfcare. Downsizing from a house to another housing option may also be something to consider. There are options for support to those wishing to stay in their homes as long as possible provided through the Saskatchewan Health Authority as well as several private providers that can be considered depending on the goal of the support you require. In this section you will find information on housing options, meals and grocery shopping, housecleaning, laundry, yard care, handy man services, pet care, transportation and home care services in Moose Jaw. Information about financial tax credits and income support programs has also been included in this section of the guide.

HOUSING

Some things to consider: Will your home meet your changing needs as you age? You may wish to consider what changes you could make in advance to have your existing home remain safe and accessible as you age – for example, would a walker fit through your doorways? Do you have handrails on your outside steps and any stairs in your home? Is your laundry area on the main floor? If you decide you want to remain independent but are better suited to do so in an apartment liv-

ing situation, Moose Jaw has the following resources available:

Moose Jaw Housing Authority (MJHA)

306-694-4055

255 Caribou St. West, Moose Jaw
www.moosejawhousingauthority.com

Senior housing is for people with low-to-moderate incomes, 55 years of age or older and capable of independent living. The Moose Jaw Housing Authority has been entrusted by the Saskatchewan Housing Corporation to manage and maintain over 800 housing units in the city of Moose Jaw providing quality, safe and affordable housing for the benefit of low-to-moderate income seniors.

An application must be filled out in its entirety. Applicants are placed according to need, not in the order of first-come, first-served. Rent is based on income and is approximately 30% of your gross household income. Application forms can be found on Moose Jaw Housing website.

Moose Jaw Housing offers senior tenants access to various programs and services. In their senior/adult buildings activities are planned to

enhance the lives of tenants, such as games and seasonal activities. There is also FREE city bus service to Superstore, the Town 'n' Country Mall, and the Moose Jaw Co-op. There is an activity calendar and bus service schedule posted in the building. Saskatchewan Assisted Living Services (SALS) is a limited support service option for persons living in Moose Jaw Housing Authority apartment buildings. Services are on a fee-for-service basis and include housekeeping and laundry, regular cleaning, appliance cleaning (fridge, stove, deep freeze), washing walls, cleaning windows and other seasonal cleaning as well as laundry services. The MJHA co-ordinates these services between the tenant and the service providers.

Saskatchewan Elks Seniors Homes

306-665-1333

www.elks-sask.org/Seniors-Homes.php

Provides appropriate living quarters and accommodations for seniors. Stand alone units with small yards. Please call for application process.

Ottawa Real Estate

306-694-4747

324 Main Street North, Moose Jaw
www.moosejawrealestate.net

Ottawa Real Estate has various apartment buildings with suites for rent ranging from \$700 to \$2000 per month. There are currently 5 buildings with heated parking and 4 buildings with elevators to ease issues with mobility. The staff at Ottawa Real Estate will work with you to help you find what apartment building would be best for you and your need. Please call for information on their different buildings.

Applications can be found online.

DID YOU KNOW?

There is no level of care in independent living communities. Home care is welcome but must be arranged by resident. Independent living is an ideal option for people who want to maintain an independent lifestyle, without the tasks and challenges that come with home ownership.

HOUSING OPTIONS AND SUPPORTS

Ottawa Real Estate can help you with tenant insurance and change of address.

Avenue Living - Langdon Towers

1-855-247-1492

450 Langdon Cres, Moose Jaw SK
www.avenueliving.ca/apartments-for-rent/langdon-towers

55+ apartments, rent varies on apartment sizes, pet friendly (fee required), 12 month lease.

Rosewood Housing Co-Operative

306-692-2200

140 High Street East, Moose Jaw
50+ building. Applicants must be fully independent, able, and willing to help in a co-operative. Pet free. Includes communal spaces for tenants to gather for activities and events. Please call for an application.

Crestview Housing Co-operative

306-694-5544

1325 Wolfe Avenue, Moose Jaw
55+ building. Applicants must fully independent, able, and willing to help in a co-operative. Pet free.

DID YOU KNOW?

Co-operative Housing is an independent organization that provides affordable housing for low-income adults. Individuals who live in these facilities may be required to participate in the operation and management of the co-op. For more information, visit: www.chfcanada.coop

Includes communal spaces for tenants to gather for activities and events. Please call for application.

Mulberry Estates

306-694-5020

220 Mulberry Lane, Moose Jaw

www.atriaretirement.ca

Mulberry Estates is a senior living residence, offering independent living amenities. All inclusive living that includes 3 full service meals, light housekeeping, complimentary scheduled transportation, daily scheduled activities. All utilities including cable are provided. Phillips lifeline is provided. Staff on sight 24 hours a day. Mobility friendly, hairdresser on site, pet friendly, monthly lease. Prices vary on size of suite.

The Bentley

306-692-7161

425 4 Ave NW, Moose Jaw

www.reveralliving.com

The Bentley retirement home has a host of amenities and services to choose from. All inclusive living includes full-service dining 3x/day, recreation and fitness programs. There is a hair salon on site, a theatre/spiritual room and bus service. Emergency pendant program is available. Housekeeping and/or laundry services and more. Mobility friendly, pet friendly facility. Month to month leases available and prices vary on size of suite.

Points West Living

306-693-3777

917 Bradley Street, Moose Jaw

www.pointswestliving.com

Services include light house keeping, meals 3x/day, weekly linen services, recreation, 24 hour employee care partners and security. Fees may be monthly depending on the

DID YOU KNOW?

The Bentley, Mulberry and Points West all offer hairdressing and foot services on site – for those that live there and anyone else in the community.

location, suite size and services provided. Scheduled transportation is included. Mobility friendly. Pet friendly.

GROCERY SHOPPING AND FOOD DELIVERY SERVICE

No matter where you decide to live, making sure that you can either obtain groceries or have them delivered is a priority. If you are not able to prepare your own meals there are some options to help you remain independent in your own home. The following information includes the options available in Moose Jaw.

Meals on Wheels

306-691-2090

Hot, nutritionally balanced meals may be available, based on your need. Meals in Moose Jaw are prepared by a local health facility or a private provider. Meals are delivered by volunteers Monday through Saturday. Meals on Wheels clients are assessed and referred to the program through Home Care. Fees are based on your income and number of meals received. As an alternative, home care staff may be able to do a simple meal preparation if you meet the criteria for this.

Good Food Box (Hunger in Moose Jaw)

306-693-0754

269 Stadacona St. West, Moose Jaw

www.hungerinmoosejaw.org

goofoodbox.mj@live.com

Each box contains a variety of fruits and vegetables. Basic items such as carrots, potatoes, onions and fruit are included. Other seasonal items are added in when in season. Available 18-20 times per year, for 20-30% less than what you would pay in the grocery store.

The Kinsmen Café (Moose Jaw Families for Change)

306-693-2271

335 4th Ave SW, Moose Jaw

A frozen meal program for residents looking to save themselves cooking. Every meal comes with a protein, starch, and vegetables. They come in microwavable containers. The meals offered change each week. Meals and delivery are at a reduced cost. Ordering specials is often available.

Skip the Dishes

App on smart phone/website accessible on computer

<https://www.skipthedishes.com/moose-jaw/restaurants>

Home delivery of various restaurant menu items. Delivery fees fluctuate.

Door Dash

App on smart phone/website accessible on computer

<https://www.doordash.com/en-CA/food-delivery/moose-jaw-sk-restaurants>. Delivery of various restaurant menu items. Delivery fees fluctuate.



Restaurants

Please call your favorite restaurant to find out if they are delivering and what that delivery fee would be. Most restaurants will take payment at the door of cash, debit or credit card.

Insta Cart

App on a mobile device/website accessible on computer

www.instacart.ca

Will shop and deliver groceries for a fee within the City of Moose Jaw including Superstore, Walmart, M&M Meats, Dollar Store, Giant Tiger, Shoppers Drug Mart, Rexall, Staples.

Home Care Access Center

306-691-2090

[AccessCentreBookletMarch2016.pdf \(fhhr.ca\)](#)

Home Care services are available in Moose Jaw for those that require extra support to stay in their home. All the services are based on the assessed needs and a goal for service. Available services include home nursing, IV Therapy, continuing care aide services including help with bathing, dressing and personal care, respite, meals on wheels, palliative care and wellness clinics.

An assessment of your needs is required prior to the start of services.

Home Care provides health and personal support services that will assist the client to stay at home. Fees are based on provincially established rates for each hour of service. Subsidies are available and are based on income.

South Hill Fine Foods

306-692-1516

<http://southhillfinefoods.ca/online-ordering/>

Please call to confirm current delivery times and prices. Orders can be made by telephone and online.

Moose Jaw Co-op

306-692-2351

500 1 Ave NW, Moose Jaw

Moose Jaw Co-op will deliver groceries after you shop and pay for your purchase. Please call for dates and times for deliveries.

IN HOME SUPPORTS

You will need to consider what other supports you might require to stay in your own home. Things like housecleaning, yard care, errands or other personal care. The following list includes several businesses that can provide in-home services you may require in order to stay safely and independently in your own home.

HOUSING OPTIONS AND SUPPORTS

HOUSE CLEANING

Brilliant Cleaners

306-313-0030

www.thebrilliantcleaners.com

CC Crazy Cleaners

306-681-3025

www.ccszazycleaning.com

1365 Prince Cres, Moose Jaw

Maid to Perfection

306-630-1509

www.mtperfection.com

315A Ominica St W Moose Jaw

Home Maid Cleaning Service

306 631-2872

351 Grandview Street West, Moose Jaw

Deb's Helping Hands

306-630-5740

www.debshelpinghands.net

Services include shopping, errands, transportation, accompaniment to medical appointments, light house cleaning, laundry, downsizing from house to apartment, garden-
ing/flower planting, transportation within Moose Jaw or to Regina. Fees vary on service.

Service 55+

1-306-291-2766

Services by French speaking volunteers includes shopping, errands, transportation/accompaniment to medical appointments, garden-
ing and yard maintenance. These services are in French for French speaking seniors.

LAUNDRY SERVICES

Eastend Laundry Mat

306-692-4125

846 Athabasca Street East, MJ

Self service coin laundry

Snow Hut

306-692-1630

105 Home Street East, Moose Jaw

Self service coin laundry

Kwala T Cleaner

306-693-4366

80 Stadacona Street West

Laundry can be dropped off for washing and drying.

Polar Bear Laundry

306-693-3430

1162 4th Ave NW, Moose Jaw

Self service coin laundry

Deb's Helping Hands

306-630-5740

www.debshelpinghands.net

In house laundry service available.

YARD CARE AND SNOW REMOVAL

All Star Lawn Care

306-631-7410

260 Ross Street West, Moose Jaw

Moose Jaw Yard Care

306-631-4664

1410 Normandy Drive, Moose Jaw

Anytime Snow and Yard Care

306-684-9576

77 Blue Sage Drive, Moose Jaw

Cornell Design

306-693-8733

11 km south of Moose Jaw on #2 Highway

www.cornelltrees.com

Brilliant Cleaners

306-313-0030

www.thebrilliantcleaners.com



Premier Landscape

306-313-9264

www.premierlandscapingmj.com

Visual Landscape

306-631-8968

www.visual-landscape-services.com

HANDYMAN REPAIR SERVICES

Handyman services can become a challenge as we age. Doing the jobs we used to do to keep our home, inside and out, in good working order is more difficult. Climbing ladders to clean eavestroughs or hammering a fence board may not be an easy task. When appliances break down we need those repaired in a timely fashion. Below is a list of services available in Moose Jaw to assist with repairing almost anything.

The All Around Handyman

306-501-1955

Dan Friars

Kitchen renos, custom built-ins, flooring & millwork, decks & fences, windows, doors, cabinets, countertops, flooring, tile, fix-it jobs, remove unwanted trees and branches.

Prairie Roots Contracting

639-538-3390

Kyle Oesch

koesch@prairiecontracting.com

Home renovation services, plumbing, flooring, tree trimming, exterior repairs.

APPLIANCE REPAIR

DM Service - 306-608-2943

Doug Moffatt – owner

Repairs and installs all major and small appliances

Quality Appliance Repair

306-990-1234

Western Appliance Repair

306-693-8555

ANIMALS/PET SERVICES

Pets provide companionship for people of all ages. Our furry friends sometimes need extra care and attention to keep them healthy also.

Moose Jaw Humane Society

306-692-1517

1755 Stadacona Street West, MJ

www.mjhs.ca

For questions about vet services, classes or daycare for dogs, or adoption of cats and dogs please contact the Moose Jaw Humane Society. The Moose Jaw Humane Society also provides Animal Control Services for the City of Moose Jaw – dogs at large, injured animals or dangerous dogs.

TRANSPORTATION

Being independent to attend appointments, shopping, activities or programs in the community is vital to those who wish to age well at home. Transportation considerations become more important as our ability to drive diminishes. The following information provides the options that are currently available in Moose Jaw.

City of Moose Jaw Transit Services

306-694-4488

DID YOU KNOW?

When booking a taxi make sure to let the dispatcher know about your mobility issues. Communicate with the dispatcher if you will need help getting in/out of the taxi when reaching your destination. Always book ahead and ask for a business card so you have their number to call for a return trip.

City of Moose Jaw Paratransit Service

Any resident of the City of Moose Jaw who is unable to use the regular transit system because of a physical or mental challenge may register for the Paratransit service. Registration for visitors to the City of Moose Jaw is also available.

Applicants are encouraged to utilize Moose Jaw Transit's regular service accessible low-floor buses whenever possible. Please remember that the Paratransit Service is not a taxi service, but a "shared ride" public transit system. As such, please be prepared to be flexible when requesting service.

An application form must be filled out and approved for ongoing services. This can be found on the City of Moose Jaw website or by contacting the City of Moose Jaw AT 306-694-4400

The following taxi services are wheelchair accessible:

Capone's Handi Cab

306-972-5050

Ability Transportation

306-630-8850

Volunteer Drivers (Moose Jaw) Association

306-692-2822

929 Caribou St W, Moose Jaw

Please note that this is based upon approval and availability of volunteers.

Accessible Parking Program

306-385-7213

SaskAbilities

2310 Louise Avenue, Saskatoon,

www.saskabilities.ca

Successful applicants receive parking permits for parking in designated areas. Wheelchair signs for businesses that need them are available for purchase Fees: \$10.00 charge for each permit.

Rider Express

1-833-583-3636

riderexpress.ca

This intercity bus was launched in 2017 in Saskatchewan. Rider Express continues to expand into new territories and is currently running the longest distance across Canada among its peers in intercity bus ser-

vices. New routes will be added to its existing network which will help Rider Express connect people from Vancouver all the way to Toronto and beyond. Please call the number above or visit their website for further information about the schedule between Canadian cities.

55 Alive Driver Refresher Course

Canada Safety Council

1-613-739-1535

The 55 Alive Driver Refresher Course is designed to help Canadians 55 years and over to maintain their independence and their driving privileges. The 55 Alive course is designed to help you gain more confidence behind the wheel, improve your awareness of traffic hazards, update yourself on traffic laws and new technology, anticipate the actions of other drivers, identify and correct bad driving habits and voice your concerns in a friendly, relaxed environment.

FINANCIAL SECURITY

Staying in your own home independently will require careful consideration of your financial situation. While some in-home supports do not come with a cost, many of them operate on a fee-for-service. The following list of programs may provide some financial support, depending on your situation.

DID YOU KNOW? SGI waives the fee for the Saskatchewan residents 65 years or older to obtain a non-driver photo identification card. This card is helpful for individuals who do not have a valid Saskatchewan drivers license but require photo identification.



Social Service Income Support

1-866-221-5200

The Old Age Security (OAS) Pension

1-800-277-9914

The OAS is a monthly payment you can receive if you are 65 and older. In some cases, Service Canada will be able to automatically enroll you for the OAS pension. In other cases, you will have to apply for the OAS pension. Service Canada will inform you if you have been automatically enrolled. You can receive your first payment the month after you turn 65. You can apply to have your OAS delayed. In addition to your OAS, you could also be eligible for other benefits (below).

Low Income Tax Credits

1-800-959-8281

The Saskatchewan Low Income Tax Credit is a fully refundable, non-taxable benefit paid to help Saskatchewan residents with low and modest incomes. You do not need to pay income tax to receive the benefits, but you do have to file an annual income tax form. There is no need to apply for the low-income tax credit. When you file your income tax and benefit return, the Canada Revenue Agency (CRA) will determine your eligibility and tell you if you are entitled to the credit.

Seniors Tax Credits

1-800-959-8281

Seniors may qualify for several federal and provincial tax credits within the tax system. Seniors eligible for the disability tax credit may also be eligible to claim additional medical expenses such as certain attendant care expenses.

Guaranteed Income Supplement (GIS)

1-800-277-9914

You may also be eligible for the GIS if you are 65 or older, live in Canada, receive the Old Age Security pension and your income is below the maximum annual income threshold for the GIS based on your marital status.

Senior Income Plan (SIP)

1-800-667-7161

A monthly supplement is provided to seniors who have little or no income other than the federal Old Age Security (OAS) pension and Guaranteed Income Supplement (GIS).

Rental Assistance and Homeowner Support

1-844-787-4177

www.saskatchewan.ca/SHC

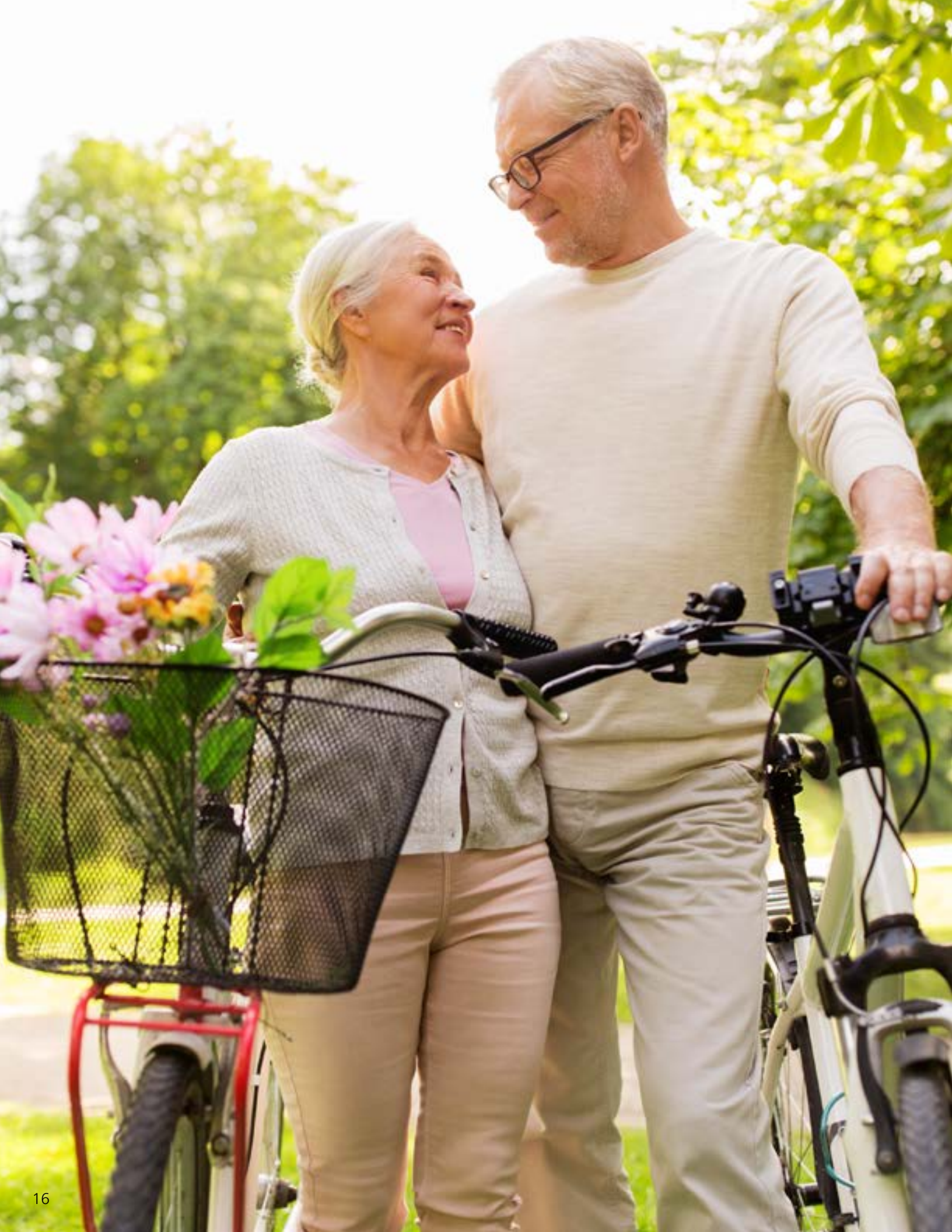
The Saskatchewan Housing Corporation also has programs for seniors who rent privately or own their own home. Seniors could be eligible for the Saskatchewan Housing Benefit (SHB) which provides a monthly payment to households with low to moderate incomes and assets who

DID YOU KNOW?

Individualized Funding is available for Home Care services. Older adults can receive funding to increase their choice and flexibility in Home Care. The funding will be based on assessed need and will be used for supportive Home Care services. For more information visit www.saskatchewan.ca

choose to rent in the private market. The amount received is based on income and household composition. There is also an Emergency Home Repair program which provides homeowners with low incomes to complete emergency repairs to make their home safe. Lastly, the Adaptations for Independence program provides a forgivable loan to households with low incomes to modify their dwellings to improve accessibility for a household member with a disability.





Well-being means to be in a state of being comfortable, healthy, and happy. Many factors influence the overall well-being of every individual. Wellness needs to be taken into consideration if you have decided to age well at home. Being sure to meet all your needs for socialization, physical activity programs, mental health needs, and medical health and mobility requirements as well as spiritual involvement can become a challenge. In this section you will find the services available in Moose Jaw for you to consider to remain healthy, active and happy at home.

Some things to consider: How will you stay connected in your community? Meeting with friends and joining support groups or taking part in recreational activities will keep you connected doing things you enjoy. How will you stay healthy and active? Whether it is walking or joining a physical activity program, making sure you keep moving reduces the risk of health problems and increases energy.

SOCIAL AND EDUCATION PROGRAMS:

Red Cross Friendly Calls Program

306-721-1635

friendlyvisitingsask@redcross.ca; or find them at redcross.ca/in-your-community/saskatchewan/friendly-calls.

The Canadian Red Cross offers the Friendly Calls program to help reduce isolation. This is a free program. Trained volunteers are paired with an individual to provide wellness checks and scheduled weekly phone calls. Calls can range from a two-minute check-in to a longer,

more social chat. Volunteers can also help provide connections to community resources and other referral services. Please contact them for more information on how to volunteer or to sign up to participate in the program,

Sentinelles

1-306-230-8501

French speaking volunteers provide regular social phone calls for French speaking seniors isolated in their homes.

Cosmo Senior Citizens' Center

306-692-6072

235 3 Ave NE, Moose Jaw

The objective of the Cosmo Senior Citizens' Centre is to provide facilities and programs for the Seniors Moose Jaw and surrounding districts. They aim to provide Seniors with the opportunity to enhance their well-being with social, cultural, and physical pursuits.

Activities are listed on the Cosmo Centre Facebook page or call for an up-to-date calendar. A home-made lunch is offered once a week. A membership is required for a small fee.

Moose Jaw & District Seniors Association (Timothy Eaton Centre)

306-694-4223

510 Main Street North Moose Jaw Timothy Eaton's is dedicated to the social, physical, and mental well-being of our community's seniors aged 50 and over. They offer a variety of daily activities, as well as special events, which encourage members and the seniors at large to remain active and productive in their later years. Timothy Eaton's Centre

includes a café which provides full meals to the public and to members at a reduced cost. There is also private hall rentals and on-site catering. Monthly menus are posted on their Facebook page. Activities are listed on Moose Jaw & District Seniors Association Facebook page or call for an up-to-date calendar. A Membership is required for a small fee to participate in activities.

Seniors Centre Without Walls

306-631-4357

seniorswithoutwalls2021@gmail.com

www.scwwmoosejaw.com

For all Saskatchewan residents 55+ Seniors Centre Without Walls (SCWW) provides the opportunity for participants to join in on health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships – all from the comfort of home. It is all done over the telephone. For more information about participating in or volunteering for these programs, contact Seniors Centre Without Walls Saskatchewan by phone or email.

Vitalité 55+

306-653-7442

www.vitalite55sk.ca

Vitalité 55+ provides the opportunity for French-speaking participants to join in on health and wellness seminars, legal advice, traveling, historical and educational presentations, cultural activities and entertainment – all accessible online from your phone, tablet or computer.

Maguire Centre Day Program

306-694-8081

Providence Place, Moose Jaw

Referrals may be self initiated or generated by a family member, physician, or allied health care worker. This is an adult day program which offers recreation, socialization, personal care, family support and education with nursing supervised care. The purpose is to assist clients to continue living in their own homes.

The Royal Canadian Legion Branch 59

306-692-5453

268 High Street West, Moose Jaw
www.royalcanadianlegion-branch59moosejaw.ca

Any Canadian or citizen of an Allied nation 18 years of age or older can join. Members can enjoy a wide variety of social events such as darts, curling, cribbage, golf, karaoke, Chase the Ace and Bingo. Annual membership fees vary by Branch.

DID YOU KNOW?

The Moose Jaw Recreation Pass provides access to the Yara Centre, Kinsmen Sportsplex, Phyllis Dewar Outdoor Pool and the PlaMor Palace. Members can swim/skate at the Kinsmen Sportsplex, skate at the PlaMor Palace, walk/run at the Yara Centre turf and track, sweat at the Yara Centre fitness centre and enjoy the summer at the Phyllis Dewar Outdoor Pool. Your Recreation Pass can be purchased at the Kinsmen Sportsplex, at the Yara Centre or online. Monthly payment plans are available.

Moose Jaw Public Library

306-692-2787

461 Langdon Crescent, Moose Jaw
www.moosejawlibrary.ca

The Moose Jaw Public Library offers a wide range of free services and resources of interest to seniors. Library cards are free and are required for checking materials out of the library. Services include the following: large print books, newspapers, magazines, audiobooks, DVDs, and a variety of programs. Public Internet stations are available with access to printing; photocopy services; and free Wi-Fi. The Archives provide a wealth of local history information for Moose Jaw and area. There is online access to digital materials and streaming services for books, audiobooks, and movies.

Tech Time – The Library provides one-on-one technical assistance with your device, program, or applications. Bring your own device (phone, tablet, laptop) to learn on. By appointment only.

Outreach Service – The library will deliver to the homes of those who are unable to visit the library due to illness, age, or disability. Library staff select materials based on a profile provided by the user. Deliveries are made on Wednesday and Friday afternoons. Call the library and ask for the Outreach Services for more information.

Curbside Pickup – If you prefer not to come into the library, you can arrange to order materials and then pick them up in the library parking lot at a specific time. Call the library for more information.

Moose Jaw Museum and Art Gallery

306-692-4471

461 Langdon Crescent, Moose Jaw
 The MJM&AG make art, culture and local history accessible, relevant, and inspiring for the community of Moose Jaw and surrounding area. They collect and exhibit art of local, regional, national, and international origin. They also offer visual arts classes for all ages throughout the year for a small fee.

PHYSICAL ACTIVITY PROGRAMS

Yara Center

306-694-4560

1220 High St W, Moose Jaw
www.moosejaw.ca/parks-recreation-culture/55-fitness/

Yara Center has an indoor walking track. A senior walk is offered Monday – Friday in the morning. It is a chance for the 55+ community to enjoy great exercise walking on our indoor, climate-controlled track and no surprising bumps in the road. Mobility devices are permitted for track use. Indoor shoes are required. Recreation passes or daily drop-in rates are available. They offer a variety of drop in 55+ Fitness Classes and programs. Programs include low impact fitness, Silver Stretch & Balance, Senior Stretch and Pilates.

Kinsmen Sportsplex

306-694-4483

The Kinsmen offer a variety of swims and water workouts for seniors. They offer an early morning adult swim, women only swim, shallow end, and deep end workouts. Contact the Kinsmen Sportsplex for more information.

Temple Garden Mineral Spa

1-800-718-7727

24 Fairford St E, Moose Jaw

Gentle Water Yoga for Seniors

combines the unique buoyancy of the spa water and ease of movement with traditional yoga in their geo-thermal mineral pool. People of all fitness levels can safely enjoy yoga techniques that will enhance flexibility, balance, and strength in body and mind. Contact the Temple Garden Mineral Spa for more information.

ENJOY THE OUTDOORS**Saskatchewan Provincial Park Vehicle Entry Permit for Seniors**

1-877-237-2273

Saskatchewan seniors, 65 and older, will receive a free park entry permit when they enter a provincial park upon providing identification verifying their age and residency. Beach Wheelchairs are available across the province for provincial park visitors with mobility challenges. Please call the park one week in advance of when needed. First come first served basis.

Saskatchewan Angling License

1-800-567-4224

Seniors who produce proof of age and Saskatchewan residency are also able to obtain a free angling licence from any of the over 1,000 angling licence vendors across the province. Although the licence is free, seniors are required to carry it while fishing and meet all other fishing regulations, such as honouring catch limits and fishing seasons. If a senior has already purchased an angling licence, they can get a refund

by going to any Saskatchewan Environment office.

MENTAL HEALTH AND ADDICTIONS SUPPORT**Moose Jaw Family Services**

306-694-8133

www.mjfamilyservices.ca

Strength based and client-centered programs, services and workshops and groups help people build resiliency, develop skills and knowledge and gain confidence to make positive changes in their lives. The goal of the Moose Jaw Family Service Bureau is to support, educate, empower and strengthen individuals and families. Rapid Access counseling services are provided virtually, over the phone or in person. Drop in/walk in is available depending on location.

Canadian Mental Health Association, MJ Branch

306-692-4240

326 High St W, Moose Jaw

www.moosejaw.cmha.ca

Vocational and social programs are available for persons with mental illness as well as advocacy, referral, and support for people and families experiencing mental illness. The Canadian Mental Health Association focuses on education, advocacy, and peer support. Mental Health First Aid training is available as well as public education programs, fundraising, workplace wellness workshops and other mental health workshops.

Wellness Support Response Line:

306-630-5968

The Canadian Mental Health Association in Moose Jaw would like to reach out and encourage wellness in the community of Moose Jaw. Their new Wellness Support Response line is a warm line for support available to all members of the community. This service is available Monday to Friday during the daytime. Please NOTE: This is NOT a Crisis Line.



Mental Health FHHR-Centralized Intake

306-691-6464

Dr. F.H. Wigmore Regional Hospital Centralized Intake responds to all initial requests for mental health and addictions information or services from individuals. Program staff will briefly discuss concerns with the referring person and determine the appropriate response to the service request. Priority for service is determined by the intensity of service required. In addition, the staff provides crisis intervention services.

University of Regina Online Therapy Services

<https://onlinetherapyuser.ca/>

Open to ALL offering adults free Online Cognitive Behaviour Therapy for a number of mental health concerns including wellbeing courses, alcohol change course and a chronic health conditions course. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care. Register online.

Saskatchewan Brain Injury Association Southern Office

306-692-7242

#322-310 Main St. N Moose Jaw

www.sbia.ca

Services include educational events, prevention information, quarterly provincial newsletter, advocacy, survivor & family camp & retreats, social and recreational programs, support for survivors and caregivers.

Medavie Health Services – Community Paramedicine Program

Community paramedics provide medical support and treatment as well as resources in a community based setting for individuals who are experiencing mental health issues and substance abuse disorder. This service does not replace routine practices for seeking service. This program is limited to clients of Wakamow Manor Social Detox or individuals within the community with severe mental health illness and substance abuse disorders. Clients must be referred to this program.

Wakamow Manor Social Detox Program

306-694-4030

200 Iroquois St. East, Moose Jaw

This is a 20 bed facility for withdrawal management and 2 transition beds. Clients can self refer by calling the facility. Admission appointment will be given within 48 hours of call, space willing.

Wellness Together Canada

1-866-585-0445

Website: wellnesstogether.ca

Wellness Together Canada offers free, 24/7, confidential support for mental health and substance use. You can connect to this resource by phone or online. You are given options of talking to a counselor by phone or video. If you don't have a phone, you can also connect through your computer by using Skype, Facetime, or Google Voice. Options include completing self-guided e-courses or programs, reading articles and tips, and connecting to peers facing similar issues and taking part in online group classes.

You create an account that you can delete at any time. It allows you to track your progress. Grief coaching is also made available through Homewood Health by calling the same number.

Other Mental Health/Addiction Services Numbers:

Problem Gambling Help Line

1-800-306-6789

Crisis Services Canada

1-800-456-4566

Suicide Crisis Line in French call Tao Tel-aide

1-800-567-9699

Alcoholics Anonymous

306-691-5811

Farm Stress Line

1-800-667-4442

Indian Residential School Survivors Society

1-800-721-0066

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Veterans Hotline

1-800-268-7708

Healthline

811 or 1-877-800-0002

Individuals who are deaf or hard of hearing can use the Sasktel Relay Operator service at 1-800-855-0511. Translation services are available. Healthline is a 24-hour confidential phone line that offers advice and education for questions or concerns about mental health and addictions. You can access specially trained Nurses and Social workers who can offer crisis support, advice to help you manage your situation and connections to resources in your community. When you call them let them know you are calling with mental health concerns and would like to speak to a social worker. If you would like to talk about medications, side effects, and any questions about your physical health, they will connect you to a Registered Nurse.

911 Emergency Services

If you or someone you know is in a mental health crisis and requires immediate assistance, call 911 and explain the situation. The 911 operator will send someone who is trained to work with people in mental health crisis.

Veterans Affairs Canada

1-866-522-2122

101-22nd Street East (5th Floor),
Saskatoon. www.veterans.gc.ca

Counseling and referral services are available. Financial assistance may be available based on military service such as Veterans Independence Program, Disability Pension, War Veterans Allowance, Veterans Death Benefits available. Treatment benefits include glasses, dental, hearing aids, drugs, prostheses.

First Nations And Inuit**Wellness Help Line**

1-855-242-3310

On request, telephone counselling is also available in Cree, Ojibway, and Inuktitut.

The helpline is available 24 hours a day, 7 days a week. It offers counselling and crisis intervention from experienced and culturally competent staff who can help if you want to talk, are distressed, are having strong emotional reactions, are triggered by painful memories. If asked, the counsellors can work with you to find other wellness supports that are accessible near you.

Metis Nation Saskatchewan

1-877-767-7572

24 hour crisis line – must be a registered Metis citizen

If you are unsure about the level of service to access, please contact **HealthLine** at **811** or **healthlineonline.ca** for guidance. HealthLine is a confidential, 24-hour health information and support telephone line. It is staffed by experienced and specially trained client navigators, registered nurses, registered

Commonly Accessed Numbers:**Hospitals and Health Services:**

Administrative Office, SHA, Moose Jaw	306-694-0296
Moose Jaw & District Paramedics (Medavie Health Services West)	306-694-2151
Provincial Healthline	811
Dr. F.H. Wigmore Regional Hospital	306-694-0200
Quality Care Coordinator – Rural	1-855-778-7708
Regina General Hospital	306-766-4444
Pasqua Hospital	306-766-2222
Saskatoon City Hospital	306-655-8000
St. Paul's Hospital	306-655-5000
Saskatchewan Poison Control Centre	866-454-1212
Health Card Renewal	1-800-667-7551
Vital Statistics	1-800-667-7551

SERVICES SPECIALIZED IN BEREAVEMENT AND GRIEF

Jones Parkview Funeral Home

306-693-4644

474 Hochelaga St, Moose Jaw

www.jonesparkview.com

Support Groups are open to the public and are a combination of mutual support coupled with “Information to Grow On” discussions. Some groups are face to face on location and some are Zoom call support groups. Please email della@jonesparkview.com for more information or to sign up.

GriefShare: Faith-Based Grief Courses

Minto United Church (1036 7th Ave. NW. MJ) 306-693-6148

Victory Church (637 Main St. N. MJ) 306-691-5051

GOVERNMENT WEBSITES THAT DEAL WITH GRIEF AND LOSS

www.virtualhospice.ca

www.mygrief.ca

www.carerscanada.ca

MEDICAL AND MOBILITY SERVICES

211 SASKATCHEWAN

211 Saskatchewan is a confidential and free service that can connect you with over 6,000 listings of social, community, non-clinical health and government services across the province. Telephone, text and web chats connect you to trained

professionals to help find and navigate the services you need. They also have a searchable website. The website offers translation. When you call, service is available in over 175 languages, including 17 Indigenous languages. Call or text 211 or call 1-306-751-0387 or go online to sk.211.ca.

Senior Drug Plan

1-800-667-7581

Eligible seniors 65 years and older pay \$25 per prescription for drugs listed on the Saskatchewan Formulary and those approved under Exception Drug Status. Program eligibility is determined by age and the income reported on your income tax return filed with the Canada Revenue Agency.

FOOT CARE, DENTAL AND VISION SERVICES

Moose Jaw has several care providers to serve your needs for foot care, dental and vision care. You may wish to take advice from your family physician or seek services based on feedback from your acquaintances. You may also find a current listing of services available in Moose Jaw by looking in the yellow pages of the phone book under the current service you require.

Eye Examinations

1-800-667-7523

Eye examinations are covered for seniors who receive income assistance from the Seniors Income Plan (SIP). Eligible seniors can receive one eye examination per year. Annual eye examinations are also covered for individuals who have a confirmed diagnosis of type 1 or type 2 diabetes.

HEALTH PRODUCTS AND DEVICES

Prairie Heart Mobility

306-693-1878

1240 9th Ave NW, Moose Jaw

www.prairieheartmobility.com

A comprehensive mobility company providing a wide range of products geared to improving customers quality of life through increased mobility as well as ease of access and safety in their homes. Products include lift chairs, bathroom safety products, beds and mattresses, mobility scooters, vehicle accessibility products, walking devices, and aids to daily living.

Motion

306-691-0550

(Formerly Golden Mobility & Rehab Ltd. / Easy Care Living Centre)

319 Main St N, Moose Jaw

www.moosejaw@motioncares.ca

Products include power wheelchairs and manual wheelchairs, stairlifts and ramps, walkers and canes, commodes and transfer/lift systems. They also offer repairs and maintenance of mobility products.

D&D Quality Care

306-691-0300

428 Main St. N. Moose Jaw

www.ddqualitycare.ca

Products include wheelchairs, walkers, mobility scooters, stairlifts, ceiling lifts, and bathroom and bedroom safety items, compression socks, lock boxes, respiratory products, and mastectomy supplies.

Prairie Oxygen Ltd

877-738-8702

#3 – 2210 Millar Avenue, Saskatoon

www.prairieoxygen.ca

Home Oxygen products and services including sleep apnea screening tests and a wide variety of CPAP equipment and supplies.

Saskatchewan Aids to Independent Living (SAIL)

1-888-787-8996

Regina

Seniors with physical disabilities or certain chronic health conditions may be eligible to receive supplies and equipment from the SAIL program. Examples include wheelchairs, walkers, home oxygen, prosthetics, and assistance with the cost of ostomy supplies.

HOSPITALS/WALK IN CLINICS**Dr. F.H. Wigmore Regional Hospital**

306-694-0200

55 Diefenbaker Drive, Moose Jaw

www.fhhr.ca

Emergency Room, Outpatient Services including Lab, Patient Education, Therapies, Dialysis, Diagnostic and Surgical Services, Mental Health, Outpatient Services

Crescent View Clinic

306-691-2040

131 1st Avenue NE Moose Jaw

www.fhhr.ca/CrescentViewClinic.com

Crescent View Clinic is an alternative to a hospital emergency department for minor, non-life-threatening emergencies. The clinic offers booked appointments on a daily first-come first served basis either by phone or walk-in. Visit Crescent

DID YOU KNOW?

Senior Citizens' Ambulance Assistance Program (SCAAP) caps ground ambulance fees at \$135 per eligible trip and covers inter-facility transfers within the province for eligible seniors over the age of 65. To be eligible for the capped rate, seniors must not have insured coverage by any other government service such as Health Canada, Workers Compensation (WCB) or Saskatchewan Government Insurance (SGI). Information on ambulance service in Saskatchewan can be found by searching for "ambulance services" on saskatchewan.ca.

View Clinic for things like: coughs and colds, bladder infections, sprains and strains, ear pain, minor suturing, draining minor abscesses, minor burns and skin rashes and infected wounds. Open 7 days a week from 9:30AM to 7:00PM

Alliance Medical

306-691-0030

890A Lillooet Street West, Moose Jaw

www.alliancehealth.ca

Along with regular patient visits and scheduled appointments, the physicians at Alliance Health provide walk-in services to patients requiring more urgent care and to patients who are unable to access their own physicians in a timely manner. Walk in Clinic – Please call for hours as this changes periodically.



Laboratory Service

1-833-727-5829

Lab services are available at Dr. F.H. Wigmore Regional Hospital, Crescent View Clinic and Alliance Health. Booking an appointment is highly recommended. Appointments can also be made online through the SHA's Patient Booking System (shaapt.cxmflow.com). To book online patients will need a valid health card and either a phone number or an email address where appointment notifications can be sent.

DISEASE MANAGEMENT AND RECOVERY

Saskatchewan Cancer Agency

1-639-625-2010

www.saskcancer.ca

The Cancer Agency is a provincial healthcare organization with a legislated mandate to provide compassionate cancer care for the people of Saskatchewan. They provide leadership in health promotion, early detection, treatment, and research for cancer. The Allan Blair Cancer Centre in Regina and The Saskatoon Cancer Centre focus on patient and family-centered care. Cancer Patient Lodges in Regina and Saskatoon provide a home away from home for rural patients and their companion or caregiver so they do not have to travel long distances for treatment. Community Oncology Program of Saskatchewan (COPS), together with our healthcare partners in 16 hospital locations in the province, provide chemotherapy treatments closer to home. Prevention and early detection programs include screening programs for breast, cervical and colorectal cancers, includ-

ing the Breast Screening Bus which provides more than 8,000 mammograms annually to women in rural and northern Saskatchewan.

Alzheimer Society of Saskatchewan

1-800-263-3367

301-2550-12th Avenue, Regina

www.alzheimer.ca/sk

For individual support, talk to the support staff in person, on the phone or by email. Information, and education for people with Alzheimer's Disease and related dementias, and their families and friends is available in learning series sessions and evenings of education offered throughout the year as well as support groups for people with dementia and their caregivers.

Dementia Helpline

1-877-949-4141: A province-wide information and support service.

Monday-Friday, 8:30-4:30.

Arthritis Society of Canada

1-800-321-1433

www.arthritis.ca

Information about treatment, support, education and living well with arthritis can be accessed on their website.

Canadian Liver Foundation

1-800-563-5483

www.liver.ca

This organization is devoted to providing support for research and education into the causes, diagnoses, prevention, and treatment of all liver disease. Volunteer chapters work to improve public awareness and understanding of liver health and liver disease as well as raise funds for research and reach out to liver disease patients and their families.

Crohn's and Colitis Canada-

1-844-664-4420

www.crohnsandcolitis.ca

Pamphlets and information will be sent on request. Newsletters are available 3-4 times a year. Information on living with Crohn's disease and colitis as well as fundraising initiatives, support and options to donate and become involved is available on the website.

Diabetes Canada

1-800-226-8464

www.diabetes.ca

Information on Diabetes Research, a resource library, advocacy, support, and education regarding nutrition and fitness is available on the website.

Heart & Stroke Foundation of Canada

1-888-473-4636

www.heartandstroke.ca

The Heart & Stroke Foundation leads the fight against heart disease, stroke and related conditions. Health information, peer support online communities, health prevention e-tools, Community Connect newsletter, advocacy, health public policy, research, and stroke best practices are all included in the information on the website.

Multiple Sclerosis Society of Canada

1-844-859-6789

150 Albert Street, Regina

www.mssociety.ca

Information, education, advocacy and support for individuals living with or affected by MS. 1:1 Peer Support & Self Help & Support Groups and applications & referral to appropriate groups or programs. Quality of Life Grant, equipment

funding information, eligibility, and application is available on the website. Information and education on disability forms such as the Canadian Pension Plan Disability. Information on fundraising initiatives, like MS Walk or Bike, additional programs, services, and events are included in the information on the website.

Parkinson Canada

1-800-565-300

www.parkinson.ca

Parkinson's Disease education & support is available for individuals and groups. A newsletter and information package will be sent to clients and families upon request. Disease research and education is available on the website.

The Kidney Foundation of Canada

1-833-664-8588

www.kidney.ca/sk

Peer support programs, and regular newsletter is available. Research and clinical education for kidney related diseases, as well as advocacy, supports and information regarding organ donation is available on the website.

Canadian Lung Association

1-833-385-5864

www.lungsask.ca

Information about lung diseases, lung health and many programs are available including a helpline, support groups and meetings, patient education webinars and rehab programs are available on the website.

Schizophrenia Society of Saskatchewan, Provincial Office

1-306-584-2620

1311 Saskatchewan Drive Regina

www.schizophrenia.sk.ca

This organization provides public awareness presentations on schizophrenia and related illnesses for community groups. They also provide information and support for people affected by schizophrenia and their families and provide referrals to various mental health and addiction programs in the community when needed.

MedSask

1-800-665-3784

www.medsask.usask.ca

MedSask is a service that you can phone to ask your questions about herbal, over the counter, and prescription medication. Licensed pharmacists answer your questions free of charge. MedSask services can add to and support the advice from your usual prescriber or community pharmacist.

PLACES OF WORSHIP

Places of worship include places where you can participate in cultural practices and prayer, ceremonies and/or celebrations. They may be on the land or in a mosque, synagogue, church, shrine, or temple. They can be wonderful places to connect with people who share your values and beliefs; they link you into the community they create and provide you with social support. They often offer opportunities to volunteer as well as programming.

To find one nearby you can:

Use an online search engine like Google or yellowpages.ca to find different denominations in Moose Jaw, or places of worship near you. You may also choose to connect with some of the community organizations to find out about upcoming opportunities.





Staying safe and being prepared for a medical emergency is an essential component for aging well in your own home. This section of the resource guide provides information on abuse, emergency services, medication safety and personal safety at home, getting your affairs in order and some contact information for legal services and governance.

ABUSE

Types of abuse include;

Physical abuse – hitting, pushing, or slapping. It may also include restraining the person against his/her will, such as locking them in a room or tying them to furniture.

Emotional abuse (also called psychological abuse) - yelling, threatening physical harm or restraint, threatening to harm other people, animals, relationships, saying hurtful things, or repeatedly ignoring someone. It may also include isolation if they do not let the person see close friends and family members.

Sexual abuse - a caregiver forces an older adult to watch or be part of sexual acts.

Financial abuse - money or belongings are stolen from someone. Examples include forging cheques, taking someone's government benefits, using a person's credit cards and bank accounts either without their permission or taking out more than what the person is aware of and has approved. It may include changing names on a will, bank account, life insurance policy, or title to a house without permission. Sometimes someone close to the person may manipulate them into giving them money when they do not want to, or

are uncomfortable doing so.

Neglect - the caregiver does not meet the person's physical, emotional, and social needs. May include withholding or forgetting food, medications, or access to health care.

Abandonment - someone needs help, but is left alone without assistance.

More often than we like to consider, the most vulnerable among us become targets for manipulation, exploitation, and outright violence. Being aware of what to look for when assessing whether yourself or someone you know is falling victim to such experiences is essential. In the context of our elderly members of society, we have described six particular forms of abuse: physical, psychological, sexual, financial, neglect and abandonment. Another factor of importance besides the form of abuse a senior may be facing is the relation of the abuser to the abused. Studies have suggested that the most likely sources of abuse towards an elderly person are their spouse and/or adult children.

Regardless of the form or source of abuse, once mistreatment of a senior has been identified it must be reported to the appropriate authorities so that interventions can happen. Intervention is more currently seen as ongoing, interagency collaboration which is recognized as both community based and resource intensive. Simply put, protecting our seniors requires more of us, working together with more investment more of the time. Those of us on the Age-Friendly Committee invite you to join us in taking strides to value, support, and protect the elders of

our community.

If you are a victim of abuse, or you think someone you know is being abused, you can call to get help and/or information from the Moose Jaw City Police Service; please call **306-694-7600**. If you need help immediately and are in danger, call **9-1-1**. If you are a victim of an assault, violent crime, or other traumatic event that is reported, you may be connected to the Victim Services Unit. Services include supportive listening, police investigation updates for victims, court and offender information and accompaniment to court if required. Information regarding Victim Compensation, Restitution, Victim Impact Statements and the Criminal Justice System, Crime Prevention information and referral to community resources and other police agencies is available.

DOMESTIC VIOLENCE

**For Women With Children:
Moose Jaw Transition House**
306-693-6511

There are many programs available for women that require shelter,



Information Sourced From:

Mark S. Lachs & Karl A. Pillemer, Elder Abuse. The New England Journal of Medicine (Nov. 2015)

Lynn McDonald, Elder Abuse and Neglect in Canada: The Glass is Still Half Full. Institute for Life Course and Aging, University of Toronto (2011)

Burston G.R., Granny-battering. British Medical Journal 3: 592. (1975) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1674523/pdf/brmedj01463-0050b.pdf>

support or follow up. A community outreach program, children's program and residential services as well as a 24 hour crisis line is available – all calls are confidential and collect crisis calls are accepted.

Assaulted Women's Helpline
1-866-863-0511

SUPPORT FOR MEN:

Riverside Mission 306-624-0137
Emergency men's shelter has 9 beds for men finding themselves in crisis. There are 7 affordable housing suites available also. Meals, free clothing and support is available.

FRAUD PREVENTION AND SAFETY HANDBOOK
skseniorsmechanism.ca/wp-content/uploads/2017/01/2019-FPS-Handbook-for-Website.pdf.

In partnership with many other agencies, the Saskatchewan Seniors Mechanism (SSM) developed this handbook in 2019. It offers definitions, examples, and descriptions of many of the types of scams and fraud that exist, including who to

contact or report it to if it happens to you. The handbook also covers: personal information and identity theft, cyber and email security, and personal and home safety.

MOOSE JAW
EMERGENCY SERVICES

Moose Jaw has its own police service that offers patrol, crime detection and crime investigation, along with public education and a variety of specialized units to support these services. The 911 Centre has access to a translation service and operators are trained in Emergency Medical Dispatch and Fire Priority Dispatch. They will ask a series of questions as well as guide you through what to do until help arrives.

TIPS WHEN ACCESSING
EMERGENCY SERVICES

Ambulance, Fire and Police – 911
If you accidentally dial 911, stay on the line so the operator knows that help is not needed; otherwise, the operator will notify the Police to investigate.
While driving — know your location and surrounding area. Take

DID YOU KNOW? Abuse can happen to anyone but people who are isolated, disabled, suffering from memory problems or dementia are more likely to be a victim of abuse. It is common for people to experience more than one type of abuse at the same time.

note of the distance you have travelled and know the road name on which you are travelling.
If an emergency is occurring and you dial 911—stay calm. When you are talking to the operator you will hear clicking noises, do not hang up. Listen carefully to the operator and if you do not understand a question, ask for clarification.

MEDICATION AND
PERSONAL SAFETY AT
HOME

E.R.I.K – Emergency Response Information Kit
An emergency response information kit is a tool to provide

MOOSE JAW EMERGENCY SERVICES:

- Saskatchewan Public Safety Agency
- Crime Stoppers
- Police Non-Emergency
- RCMP Moose Jaw Detachment
- Victim Services
- Fire and Protective Services: Administrative Offices
- Saskatchewan Public Safety Agency
- Crime Stoppers
- Police Non-Emergency
- RCMP Moose Jaw Detachment
- Victim Services
- Fire and Protective Services: Administrative Offices

- 911
- 800-222-8477
- 306-694-7600
- 306-691-4670
- 306-694-7621
- 306-692-2792
- 911
- 800-222-8477
- 306-694-7600
- 306-691-4670
- 306-694-7621
- 306-692-2792

emergency personnel with the vital health information to help them quickly and accurately respond to the situation. In the event of an emergency you are unable to provide information to paramedics and are alone, an E.R.I.K. can provide paramedics with the health information they need to provide the appropriate care.

What to include in the kit?

Document your name, address, health card number, next of kin, family physician and phone number, medical history, allergies, list of current medication. Include any health care directives/goals of care that you have; organ donor card and any other pertinent health care information. Insert your information into a clear plastic bag or folder and place in an easily accessible and visible spot; for example: a Ziploc bag held to your refrigerator door with a magnet.

A medication safety option to help you in your own home is blister packaging of your medication and home delivery of your prescriptions. Blister packaging is useful for remembering to take the proper medication at the proper time without second guessing and accidentally doubling up on your medications. Please talk to your pharmacist about this option. Some pharmacies also deliver medications to your home.

Who should have an E.R.I.K?

The kit is ideal for seniors, chronically ill persons, those who live alone or have caregivers, those with speech or language difficulties.

Are you concerned about access to your home by emergency personnel?

If you are concerned about EMS, Fire or Police being able to access your home in the event of an emer-

gency you may want to consider installing a lock box key holder to allow emergency services personnel access to your home or consider a keypad lock with a combination you can provide to 911. If you are interested in obtaining a lock box key holder please contact Medavie Health Services West- Moose Jaw at 306-694-2151.

EMERGENCY SUPPLIES KIT

Have supplies ready in case of an emergency, store them in a backpack or duffle bag so you can take them with you should you have to leave your home. Consider the following supplies: water, canned or packaged food, can opener, warm clothing/change of clothing, blankets, first aid kit/prescription medications, toiletries, battery powered radio and flashlight with extra batteries, spare cash, extra set of car keys/house keys, pertinent medical information/family doctor, photocopies of important identification, cell phone charger, and a list of important contact numbers.

SAFETY AND FALLS ALERT OPTIONS

You may consider contacting one or more the following companies to ensure you can access assistance if you live alone and suffer a fall or any other type of medical emergency.

Philips Lifeline Systems

800-313-9764

(Corporate Office) Toronto, ON

www.lifeline.ca

Emergency Help Line: 24 hours per day, 7 days per week

Philips Lifeline is an easy-to-use medical alert service that lets you summon help any time of the day or night - even if you can't speak. Emergency Help Line: 24 hours per day, 7 days per week. All you must do is press your Personal Help Button, worn on a wristband or pendant, and a highly trained Personal Response Associate will ensure you get help fast. Fees vary by features needed.

SecurTek – Medical Alert Services

877-777-7590

Dealers in many locations

www.securtek.com

In-Home Medical Alert and Fall Detection service. A help button is used to access trained staff that are available to assist 24/7. It is a water-resistance device that can be worn around the neck or on the wrist. Devices are rented out monthly.

Mobile Medical Alert

Help button sends panic alarm signal to SecurTek Monitoring Station via cellular network who will confirm if assistance is needed before notifying emergency services or designated contacts. It has the ability to track the device using GPS.

You receive an alert when your family member is wandering or leaving their home at odd hours. A medication sensor to see when loved one takes their medication, and bed and chair sensors are available to see if your loved one has gotten out of bed in morning or left their chair at the end of the night. Fees vary by features needed.

MedicAlert Foundation

Canada

1-800-392-8422

www.medicalert.ca

This service includes a 24-hour emergency toll free hotline accessible world-wide in 140 languages. Details. A wallet card, bracelet or necklace is engraved with your ID, medical condition and MedicAlert 24/7 hotline number. Saskatchewan Police (RCMP and municipal police services) have direct access to MedicAlert database. \$7.00 per month/might fluctuate.

Stove Guard International Ltd.

1-888-607-8683

www.stoveguardintl.com

This service offers automatic stove shut off devices to prevent cooking fires as well as a personal assistance medical alarm (no monthly monitoring fees). They also offer products for hearing loss, limited mobility and low vision. Fees vary by features needed.

GETTING YOUR AFFAIRS IN ORDER

Wills, Power of Attorney, Adult Guardianship

It is strongly suggested that you get your financial and personal affairs in order as soon as possible - that means making a will and appoint-

ing a Power of Attorney. These documents are usually drafted by a lawyer; if you cannot afford a lawyer or choose not to use one, accurate forms and information are available at publications.saskatchewan.ca/#/home or plea.org/plans-for-the-future

Power of Attorney

Having a Power of Attorney in place ensures that if there comes a time when you cannot make financial and property decisions anymore, the person you have chosen will manage that for you.

You may want someone to make decisions for you for a variety of reasons which could include mental capacity, illness, physical remoteness, lack of expertise in a subject.

Legal Will

A will is a legal document that shares what you want to happen with your estate once you've passed away. Your estate is the money, items and property you own. Without a Will there is a legal way of deciding where your assets go depending on your situation. Without a will, friends, charities, or other people/groups cannot inherit from your estate.

Adult Guardianship

If you become incapable of managing your property and financial affairs and do not have a power of attorney, an adult guardian will need to be appointed. Someone (a close friend or family member) will need to apply for this to the court. If there is no one who is willing or appropriate, your affairs can be managed by the Office of the Public Guardian and Trustee.

Public Guardian and Trustee

1-877-787-5424

The Office of the Public Guardian and Trustee protects the property

rights of children under the age of eighteen, administers the property and finances of adults who are incapable of managing their financial affairs, monitors other property guardians and investigates allegations of financial abuse, administers the estates of deceased persons; and holds and administers unclaimed property.

Government of Saskatchewan Publication Centre

publications.saskatchewan.ca/#/home

You can find a lot of helpful information on this website. When you go to the page, enter what you are looking for in the search bar (ex: wills, guardianship).

Public Legal Education Association of Saskatchewan (PLEA)

306-653-1868

There is a lot of information related to getting your affairs in order at plea.org/plans-for-the-future.

PRE PLANNING AND FUNERAL SERVICES

W. J. Jones & Son Funeral Home

306-693-4644

474 Hochelaga St

www.wjjonesandson.com

Moose Jaw Funeral Home

306-693-4550

268 Mulberry Lane, Moose Jaw

www.moosejawfuneralhome.com

Health Care Directive

1-888-425-1111

<https://www.fhhr.ca/HealthCareDirectives.htm>

Advance Care Planning is sometimes called a living will, advance directive, or health directive. Advance Care Planning is the legal set

DID YOU KNOW?

Your spouse, close friend or relative is NOT automatically entitled to make decisions for you when you cannot. You need a Power of Attorney if you want to choose someone yourself.

of directions you develop for your medical care if you are too ill or injured to communicate or make decisions. The instructions and information in the plan would only be used to give direction for your treatment if you are not capable of speaking for yourself. An Advance Care Plan can be verbal or written. It is a legal document. You can complete this on your own, with the help of your family, your health care team, or your legal advisor.

LEGAL SERVICES AND GOVERNANCE

Please see the list below for legal and governance services that may be beneficial to you as you age well in your home.

Legal Aid Saskatchewan

306-694-3700

Moose Jaw Branch

110 Ominica St W, Moose Jaw

<https://legalaid.sk.ca/>

Legal Aid is governed by the Saskatchewan Legal Aid Commission which was created through the provincial Legal Aid Act. This was created to provide legal services to persons and organizations for criminal and civil matters where those persons and organizations are financially unable to secure these services from their own resources.

Better Business Bureau of Saskatchewan

1-888-352-7601

980 Albert Street, Regina

www.bbb.org

Services include dispute resolution, mediation, complaint review. There is consumer information and information on business in Saskatchewan available on their website.

Public Legal Education Association of Saskatchewan (PLEA)

306-653-1868

333-25th Street East, Saskatoon

www.plea.org

Information about laws pertaining to older adults, consumer protection, marriage/divorce, wills and estates, power of attorney, health care directives, etc. Free legal information sessions. Publications available at no charge. Speakers available upon request. Free lawyer referrals for victims of sexual violence. Dedicated interactive website for self-represented individuals in family law matters. Dedicated website providing basic legal and citizenship information for newcomers.

Saskatchewan Human Rights Commission

1-800-667-9249

P.O. Box 6011 Saskatoon,

www.saskatchewanhumanrights.ca

If a person feels someone has discriminated against them, complaints can be made to the Saskatchewan Human Rights Commission. In-person or face-to-face meetings are by appointment only. The Commission does not accept walk-in traffic.

Saskatchewan Voice of People with Disabilities Inc. (SVOPD)

1-877-569-3111

614 Grand Ave, Indian Head SK,

www.saskvoice.com

This service provides advocacy which includes a systems navigator for health, social services, education, and employment for people with disabilities. They create public awareness of disability issues using social media, electronic newsletter, and website. They have members belonging to disability coalitions, committees both provincial and

national for equity for people with disabilities. \$10.00 for membership

Provincial Ombudsman

1-800-667-9787

#500-350 3rd Avenue North, Saskatoon

www.ombudsman.sk.ca

The role of the Ombudsman is to hold the government accountable in matters of fairness. Ombudsman promotes fairness by taking complaints about unfairness in government services and providing education to government programs about fair practices and making the public aware of services.

Consumer Protection Branch

1-877-880-5550

The Consumer Branch helps people understand their rights and responsibilities as a consumer. They investigate telemarketing scams and fraudulent door to door sales schemes.

Taxpayer rights

866-586-3839

The Taxpayers' Ombudsman will be charged with reviewing service-related complaints about the CRA and upholding the Taxpayer Bill of Rights about service matters. The Ombudsman will be the final level of review in the CRA complaint resolution process, including the CRA – Service Complaints program.

Association des juristes d'expression Française de la Saskatchewan

1-855-924-8543

1440, 9e Avenue Nord, bureau 219, Regina, Sask. S4R 8B1 <https://www.saskinfojustice.ca>

Improving access to justice in French for French-speaking residents in Saskatchewan.



Age-Friendly

Moose Jaw

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