

55+

Western Valley

DIRECTORY

Exercise / Wellness / Connections / More +



Welcome

Western Valley 55+ Directory

1st edition, December 1, 2017
The Western Valley *55+ Directory*
is published and distributed by the
Western Valley Regional Service Commission
For additional copies, write, or fax:

Telephone: 506-276-3610 ext. 206

Fax: 506-276-3576

E-mail: recreation@rsc12.ca



The Western Valley Regional Service Commission is happy to offer the first edition of the Western Valley 55+ Directory. This guide contains information to help older adults and their families in the Western Valley access services and programs at each level of government and most importantly at the community level.

With the province's aging population, it is increasingly important for older adults to be informed so they can stay involved and engaged in their communities. If you have any ideas to help improve this directory or notice any errors please contact our office at:

Telephone: 506-276-3610 ext.206

Fax: 506-276-3576

E-mail: recreation@rsc12.ca

Toll-Free Information Line For Older Adults

For older adults, their caregivers and family members the province of New Brunswick has a toll free number with information about government program and services.



Toll-Free at 1-855-550-0552

Contact the Seniors Information Line

for information about federal and provincial services and programs.

Hours of operation are **Monday to Friday 8:30 am to 4:30 pm.**

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Western Valley Services for Older Adults

Take a look at what's available at your local friendship group
The recreation, education, fitness and social programs can make a
difference in your life!

Friendship Clubs

Tobique Valley Seniors

506-356-2995

Golden Horizon's Senior Group

Florenceville-Bristol Recreation

506-392-6763

Waterville Seniors

Waterville Community Center

506-375-6368

Mount Pleasant Heritage Club

Mt. Pleasant Community Center

506-375-8824

Stickney 50 Plus Club

Stickney Rec Centre

506-392-5928

Juniper Seniors

Juniper Rec Centre

506-246-5493

Woodstock Forever Young Club

506-328-1897

Bath Seniors Fitness Club

Bath

506-278-3403

Mount Pleasant Heritage Club

Windsor

506-375-8824

Perth Andover Keenagers

First contact

Pearl Murray

506-328-8038

Second contact

Willie Kleebaum

506-273-6858

Masonic Hall

1-800-453-4333 Isabelle

[Main office in Dieppe](#)

New Brunswick senior's
federation is very involved with
seniors and represent almost
20000 people across the
province.

Western Valley Services for Older Adults

Friendship Clubs

Canterbury Country Club
Old School House
506-279-2926

Guimac Seniors
Hartland
506-375-6495

Golden Horizon's Senior Group
Florenceville – Bristol
506-392-6763

Centreville Senior Group
Centreville
506-276-3206

Red Hat Ladies
Centreville- **506-276-5383**
Bath- **506-278-5661**
Glassville- **506-392-5944**

Wednesday Senior Group
Florenceville – Bristol
506-392-6763



Western Valley Services for Older Adults

Resources

Health and Wellness

Kathy Sherwood Orser
Regional Wellness Consultant
Wellness Branch
Dept. of Social Development
108 Maple Street, 2nd Floor
Woodstock, NB
E7M 5C6

Telephone: **506-277-6024**
Fax: **506-325-4934**
Kathy.sherwoodorser@gnb.ca

Go Ahead Seniors

Janet Gee
janet.gee@nb.sympatico.ca

Senior Goodwill Ambassador

Bev Jacobson
Jacobson@xplornet.com



School Community Coordinators

Carol Godbout
School Community Coordinator
Andover Elementary School and
Perth Andover Middle School

Phone: **506-273-4889**
or **506-273-8421**

Email:
Carol.Godbout@nbed.nb.ca

JoAnn Boone
Meduxnekeag Consolidated
School/Townsvie School
Community School Coordinator,
Anglophone West School District

Phone: **506-325-4910 (MCS)**
Phone: **506-325-4672 (TVS)**

Email:
JoAnn.Boone@nbed.nb.ca

Valerie Carmichael
Community Coordinator
Carleton North High & feeder
schools

Mobile: **506-323-8875**

Email:
Valerie.carmichael@nbed.nb.ca

Western Valley Services for Older Adults

Physical Activities

Indoor Walking Tracks

Tobique - Plex
159 Main St, Plaster Rock
506-356-6070

Northern Carleton Civic Centre
40 McCain St, Florenceville-Bristol
506-392-6763

River Valley Civic Centre
11 School St. Perth –Andover
506-273-4959 ext. 2

Outdoor Walking Tracks

Bath walking track
Bath, NB
506-278-5293

Perth-Andover walking track
Perth-Andover
506-273-4959 ext. 2

50 Plus Aquacise
Carleton Civic Centre Pool
Florenceville -Bristol
506-325-4671

Golf Facilities

Plaster Rock Golf Club
Plaster Rock
506-356-2402

Aroostook Valley Golf Club
Aroostook
207-473-7474

Covered bridge Golf &
Country Club
Hartland
506- 375- 1112

Sam's Park 3 Hole Golf
Course
Florenceville-Bristol
506-392-6763

Yoga Instructor
Hartland
506-375-1816

Pottery Instructor
Florenceville-Bristol
506-463-8397

Western Valley Services for Older Adults

Physical Activities

Outdoor Pools

Bath

506-278-5749

Centreville

506-276-3671

Florenceville-Bristol

506-392-6763

Hartland

506-375-4222

Plaster Rock

506-356-6078

Perth-Andover

506-273-4717

Curling Clubs

Hartland

506-375-6961

Florenceville-Bristol

506-392-6339

Plaster Rock

506-356-2402

Cross Country Skiing & Snowshoeing

Tobique Nordic Ski Club
Plaster Rock

506-391-5457

Valley Outdoor Centre
Centreville

506-323-1055

Covered Bridge winter trails
Hartland

506-375-4222

Snowshoeing

1-800-561-0123



Western Valley Services for Older Adults

Outdoor Recreation Clubs

Twin River Archery
Aroostook
506-273-2510

Florenceville Shooting Sports Club
Florenceville-Bristol
506-391-5076

Riley Brook Gun Club
Riley Brook
506-356-8597

River Valley Outfitters
506-260-4927

Florenceville-Bristol
Hunter Safety
peter.palmer@gnb.ca

Perth-Andover ATV Club
Perth-Andover
506-819-0916

Millville ATV Club
Millville
506-463-2303

Bannon ATV Club
Bannon
506-375-6313

The New Brunswick Federation of Snowmobile Clubs

Woodstock Sno-Drifters Inc.
Grafton
Kendall Leech
506-328-9106

Northern Lights Trail Blazers Inc.
Hartland
Robert Taylor
506-328-7737

Aberdeen Snowmobile Club Inc.
Florenceville-Bristol
Reg Wasson
506-392-6979

Mountain View Trail Makers
Beechwood
Bruce Maskell
506-278-5719

Canterbury Meductic Fosterville
Recreation Association
Canterbury
Lee Dow
506-279-2966

Carleton Borderview Trails Inc.
Good Corner
Norman Gray
506-276-4689

Western Valley Services for Older Adults

Libraries

Andrew and Laura McCain library
8 Main Street
Florenceville-Bristol
506-392-5294

Hartland Library
395 Main Street
506-375-4876

Plaster Rock Library
290A Main Street
506-356-6018

Perth-Andover Library
642 East Riverside Dr.
506-273-2843



Western Valley Recreation Association

The Western Valley Recreation Association offers many services, programs and special events for people of all ages benefitting all residents of the Western Valley by promoting healthy living. <http://wvra.ca/>



Western Valley Services for Older Adults

Nursing Homes

River View Manor Inc.
96 Hospital Street, Bath, N. B.
E7J 1B9
506-278-6010

Tobique Valley Manor Inc.
5 Manor Road, Plaster Rock, N. B.
E7G 2H6
506-356-6040
506-356-6042

Victoria Glen Manor Inc.
20 Tepper Lane, Perth-Andover, N.B.
E7H 0B8
506-273-4885

Wauklehegan Manor Inc.
11 Saunders Road, McAdam, N. B.
E6J 1K9
506-784-6303

Carleton Manor Inc.
130 Burrtt Street, Woodstock, N. B.
E7M 5G6
506-325-4373

Central Carleton Nursing Home Inc.
139 Rockland Road, Hartland, N. B.
E7P 1E9
506-375-3033

BENEFITS OF PHYSICAL ACTIVITY FOR OLDER ADULTS

- ❖ Helps maintain independence
- ❖ Enhances mood and feelings of well – being
- ❖ Reduces the risks of falls and bone fractures
- ❖ Helps reduce blood pressure
- ❖ Improves self – esteem
- ❖ Relieves stress
- ❖ Reduces the risk of osteoporosis
- ❖ Improves sleep
- ❖ Enhances social engagement and mental health
- ❖ Decreases levels of anxiety and depression
- ❖ Helps maintain bone, muscle and joint health
- ❖ Decreases the risk of developing high blood pressure, certain types of cancer, type two diabetes and obesity
- ❖ Improves muscle strength and stamina for those with chronic/disabling conditions
- ❖ Can reduce arthritis-related joint pain and swelling

Western Valley Services for Older Adults

Physicians

Bath

Dr. Colin Lockhart
82 Hospital Street
Bath, New Brunswick
506-278-5200

Dr. Bruce Lockhart
82 Hospital Street
Bath, New Brunswick
506-278-5200

Dr. Camilla Tooley
82 Hospital Street
Bath, New Brunswick
506-278-5200

Perth-Andover

Dr. David Bell
14 F Tribe Road, unit 2
Perth-Andover, New Brunswick
506-273-9525

Dr. Andrew Kennedy
31 F Tribe Road
Perth-Andover, New Brunswick
506-273-9525

Perth-Andover

Dr. Larry Kennedy
31 F Tribe Road
Perth-Andover, New Brunswick
506-273-9522

Dr. Carter Kennedy
14 F Tribe Road
Perth-Andover, New Brunswick
506-273-9526

Dr. Peter G. Moore
14 F Tribe Road, unit 2
Perth-Andover, New Brunswick
506-273-9529

Dr. Allison Kennedy
14 Tribe Road
Perth-Andover, New Brunswick
506-273-9520



Western Valley Services for Older Adults

Physicians

Woodstock

Dr. Allison Boyle
255 Connell Road
Woodstock, New Brunswick
506-324-8000

Dr. Michael Chandra
255 Connell Road
Woodstock, New Brunswick
506-324-8000

Dr. Rose Anne Goodine
870 Main Street
Woodstock, New Brunswick
506-328-3115

Dr. Katie Goodine
870 Main Street
Woodstock, New Brunswick
506-328-3115

Dr. William Mutrie
389 Connell Road
Woodstock, New Brunswick
506-328-9929

Dr. Deborah O'Leary
350 Connell Road
Woodstock, New Brunswick
506-325-1999

Woodstock (Continued)

Dr. Frances Alborg
311 Connell Road
Woodstock, New Brunswick
506-328-3154

Dr. A. Wayne McLaughlin
350 Connell Road
Woodstock, New Brunswick
506-328-6645

Dr. John Milton
350 Connell Road
Woodstock, New Brunswick
506-328-9747

Dr. Kazi Parven
401 Connell Road
Woodstock, New Brunswick
506-328-1086

Florenceville-Bristol

Dr. Clayton Marco
8720 Main Street ,
Florenceville-bridol
New Brunswick
506-392-1077

Western Valley Services for Older Adults

Physicians

Hartland

Dr. Sara Ghanem
380 Main Street
Hartland, New Brunswick
506-375-4250

Dr. Rudolph Stoczek
380 Main Street
Hartland, New Brunswick
506-375-4250

Waterville

Dr. Annette Anderson
Upper River Valley Hospital
Waterville, New Brunswick
506-375-5900

Dr. Henry Fisk
Upper River Valley Hospital
Waterville, New Brunswick
506-375-2950

Dr. C. William Goodine
Upper River Valley Hospital
Waterville, New Brunswick
506-375-4181

Dr. Dale MacElwain
Upper River Valley Hospital
Waterville, New Brunswick
506-375-8900

Woodstock First Nation

Dr. Michael Perley
1 Maliseet Drive
Woodstock First Nation
506-328-8813



Western Valley Services for Older Adults

BENEFITS OF VOLUNTEERING

- **Refreshed Perspective and Mental Acuity**—occupy your free time. Published studies from the Baltimore Experience Corps Trial showed that older adults volunteering in the classroom helped support certain mental tasks like “executive function” or brain activity in key areas of the brain.
- **Effective Pain Remedy**—people with chronic conditions say volunteering helps them manage these conditions. It appears that giving back could serve as an important stress reliever and distraction for older adults suffering from various chronic conditions such as arthritis, diabetes and high blood pressure.
- **Invigorated Social Networks**—There’s no time when the risk of isolation is as great as in our older years. Volunteering gives many older adults a reason to walk out the door each morning.
- **Better Mental Outlook**—Depression is among the biggest challenges faced by older adults who have lost spouses or whose families have moved away or are too busy for them. Nearly 3/4 of the participants say volunteering can help.
- **Long-Lasting Legacies**—Volunteers say that they learned the importance of volunteering from their parents’ community service and 84 percent say they have encouraged their children to give back to their communities.



For information on how to become a volunteer within the Western Valley, please contact the Regional Recreation Coordinator, by phone **506-276 -3610 ext. 206** or by emailing recreation@rsc12.ca

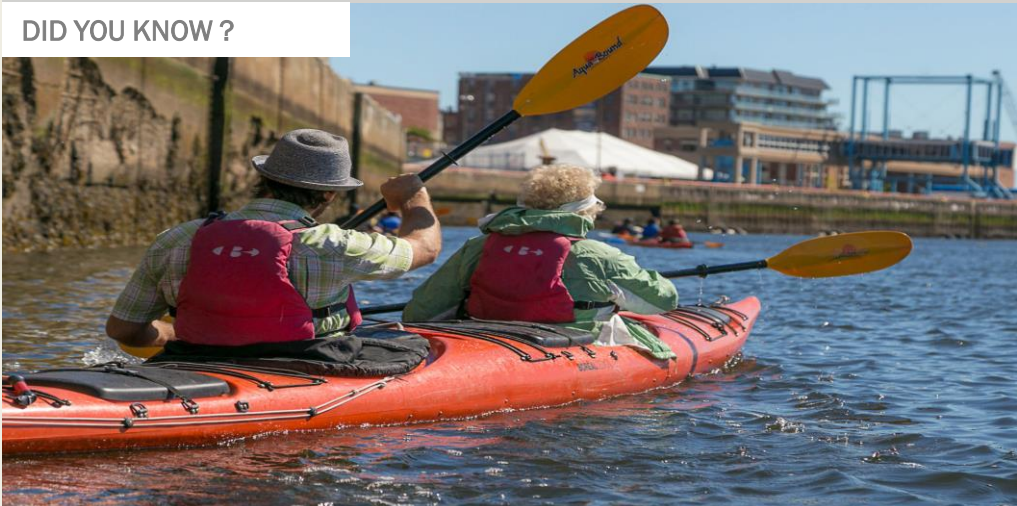
Western Valley Services for Older Adults

BENEFITS OF VOLUNTEERING CONTINUED

- **Strengthened Mission**—make a difference, Whether it's passing out lunches at a school program or volunteering at a food drive, nearly all senior volunteers want to make a difference.
- **Improved Physical Health**—stay active and feel better physically . Recent research confirms what other studies have revealed: giving back pays special dividends in increased activity, which often results in improved health.
- **Stronger Emotional Foundation**—feel better emotionally. Perhaps it's the idea of putting others' needs before one's own, but older volunteers almost always feel better emotionally.
- **Renewed Spiritual Purpose**—gain a sense of purpose. Along with a need to make a difference, older adult volunteers overwhelmingly want to gain a sense of purpose.
- **Shared wisdom**—share your talents, skills and experience. Many older adults have spent a lifetime in careers or honing domestic and creative skills that they are more than happy to share with others.

Preventive activities are one of the most effective ways to improve the health of older adults

DID YOU KNOW ?



Western Valley Services for Older Adults

Pharmacies

Lewis Pharmacy
14 F Tribe Rd, Perth-Andover
506-273-3772

Perth-Andover
Guardian
506-273-2882

Plaster Rock
Guardian
282 Main St
506-356-2671

Nevers Pharmacy
Main St, Hartland
506-375-4451

Pharmacy for Life
554 Main St, Hartland
506-375-8177



Active Older
Adults Live
Longer and
Have Better
Functional
Status

Northern Carleton Pharmacy
15 McCain St, Florenceville-Bristol
506-392-6028

Smith Drugs
2-8818 Main St, Florenceville-Bristol
506-278-5271

Medicine Shoppe Canada
389 Connell St, Woodstock
506-325-5550

Shoppers Drug Mart
370 Connell St, Woodstock
506-328-8801

Newnham & Slipp Pharmacy
604 Main St, Woodstock
506-325-2000

Superstore Pharmacy
350 Connell St, Woodstock
506-328-1126

Western Valley Services for Older Adults

Dentists

Aditya Bhalla
19 McCain Street, Florenceville
506-392-6133

Ian Giberson
19 McCain St, Florenceville
506-392-6133

Christine McLaughlin
19 McCain Street, Florenceville
506-392-6133

or

316 Route 555, Bedell
506-328-2710

Jeremy Fournier
82 Hospital St. Bath
506-278-5667

Geoffrey Moore
15 Station Street, Perth-Andover
506-273-6460

Terrence Shaw
15, Station Street, Perth-Andover
506-273-6460

A.M. (Dusty) Rabatich
56 rue Hillcrest St, Plaster Rock
506-356-7351

Kent Orlando
255 Connell Road, Woodstock
506-328-8405

Paul Parent
261 Connell Road, Woodstock
506-328-6817

Sharon Wagener
101 Poole Street, Woodstock
506-328-8026

Jody Wheeler
261 Connell Road, Woodstock
506-328-6817

Alex Wishart
255 Connell Road, Woodstock
506-328-8910



Western Valley Services for Older Adults

Health Facilities

Perth-Andover Addiction and
Mental Health Services
Location: 35 F Tribe Road
Perth-Andover, N.B
506-273-4701

Woodstock Addiction and
Mental Health Services
200 King Street,
Woodstock, N.B
506-325-4419

Perth-Andover Public Health
Location: 35 Tribe Road
Perth-Andover, N.B
506-325-4630

Woodstock Public Health
200 King St. Room 145,
Woodstock, N.B
506-325-4630

Upper River Valley Mobile
Crisis Services
35 F Tribe Road
Perth-Andover, N.B
1-888-667-0444

Tobique Valley Community
Health Centre
120 Main Street, Plaster
Rock, NB
506-356-6600

Plaster Rock Public Health
120 Main St.
Plaster Rock, N.B
506-325-4630

Upper River Valley Hospital
11300 Route 130, Waterville,
Carleton County, N.B
506-375-5900



Western Valley Services for Older Adults

Health and Wellness

Tobique Fitness Centre
Plaster Rock
506-356-6498

Neqotkuk Health Centre
Tobique First Nations
506-273-5568

Woodstock First Nations Health Centre
Woodstock First Nation
506-325-3570

Fitness Instructor
Hartland
506-375-8036

Kathy Sherwood Orser
Regional Wellness Consultant
Wellness Branch – Dept. of Social
Development
108 Maple Street, 2nd Floor
Woodstock, NB
E7M 5C6

Telephone: **506- 277-6024**
Fax: **506-325-4934**
Kathy.sherwoodorser@gnb.ca

Active Living Fitness Centre
Perth – Andover
506-273-4959 ext. 2

Eastside Gym
49 McCain Street
Florenceville-Bristol
506-392-6438

Fitness Instructor
Florenceville-Bristol
506-278-5412

Florenceville-Bristol Wellness Centre
Florenceville-Bristol
506-392-8175

Ashley's Happy Feet
Mobile foot care
Ashley Lovely Broad
506-391- 6610
ashleylovely@gmail.com



Western Valley Services for Older Adults

Waste Diversion & Recycling in the Western Valley

Western Valley Regional Service
Commission
3143 Main St., Unit 2
Centreville, NB
506-276-3610
www.rsc12.ca

Household Hazardous Waste

Many products we use are considered hazardous waste because they contain corrosive, toxic, flammable ingredients, or materials that react in harmful ways when combined with other materials. These products require special care when being disposed of. Once a year the Regional Service Commission holds a Household Hazardous Waste day where residents can safely and responsibly dispose of these items.

If a product's label indicates that it is toxic, corrosive, flammable or indicates caution or warning messages, then the products should be treated with care when in use and at time of disposal. Examples can include:

- Stains & varnishes
- Pesticides & herbicides
- Fertilizers
- Cleaning products
- Fluorescent light bulbs
- Propane tanks and cylinders
- Mercury thermometers
- Pool chemicals
- Drain and oven cleaners
- Solvents
- Upholstery cleaners
- Gas

These items should never be poured down drains, buried, burned or placed with your regular waste.



Western Valley Services for Older Adults

Household Recycling

Since 2001 Western Valley residents have had access to recycling via our blue depot bins located throughout the region. This service requires that residents transport their recyclables and deposit them sorted into the bins. For a complete list of the bin locations please check our website or give our office a call.

Recycle NB www.recyclenb.ca

Recycle NB is a non-profit organization which oversees many of the provincial diversion programs such as paint, tire, oil and electronics recycling. Drop-off depots for these items are available year-round. Visit their website for more information and drop-off locations.

We thank-you and appreciate your participation in all of these initiatives that extend the lives of our landfills and help protect the environment.

Thanks to the support from the Environmental Trust Fund, the annual Household Hazardous Waste drop-off service is offered free of charge to all residents. During these events industrial, commercial or institutional hazardous waste will not be accepted.

Information on hazardous waste day is updated annually on our website www.rsc12.ca.



WHAT IS A SUPPORTIVE ENVIRONMENT FOR WELLNESS?



JUST LIKE A TREE, YOUR WELLNESS STORY NEEDS THE RIGHT CONDITIONS TO GROW.

Your wellness story is about more than what you do and the choices you make. It's shaped by the people and places around you that nourish your wellness like soil, water and sunshine.



**START
your
STORY**

Find out how people in NB are empowered to thrive thanks to the supportive environments around them! Visit wellnessnb.ca

Provincial Services and Programs

Hon. Andrew Harvey



Minister Agriculture, Mines and Rural Affairs
Carleton-Victoria

Phone : **506- 453-8003**

Fax : **506-453-2930**

Email : Andrew.Harvey@gnb.ca

Tele-Care - Call 811

Tele-Care **811** is a bilingual, 24 hours, 7 days a week service that provides a wide range of health-related information, including advice and assistance on how best to get health-care services for specific needs and assistance being sought.

For deaf and hard-of-hearing New Brunswickers can now gain access to Tele-Care with TTY (teletypewriter) systems. TTYs are devices that enable people who are deaf or hard of hearing to use the telephone to communicate by typing messages. The toll-free number for TTY

Tele-Care is 1-866-213-7920.

Provincial Services and Programs

Seniors' Guide to Services and Programs

The Seniors' Guide to Services and Programs is available to New Brunswick seniors.

To receive a copy:

- By Email: seniors@gnb.ca
- By phone: **1-855-550-0552**

Consumer Advocate for Insurance

www.insurance-assurance.ca

The Consumer Advocate for Insurance monitors the practices of insurers, brokers and agents, while serving as an advocate for consumers. The primary mandate of the Consumer Advocate is to represent the interests of consumers

1-888-283-5111
nb@cai-dma.ca

Department of Finance

506-453-2451
wwwfin@gnb.ca
www.gnb.ca/finance

Low-Income Seniors' Benefit

For low-income seniors in New Brunswick, the government offers an annual benefit to qualifying applicants.

www.gnb.ca/finance
506-453-2451

Property Tax Deferral Program for Seniors

This program is for seniors in New Brunswick, who want to apply for a deferral of the annual increase in property taxes on their principal residence. See webpage for application form and eligibility

www.gnb.ca/finance
506-453-2451

Department of Health

Woodstock **844 553 2830**
Perth **506-273-4715**
Health.Sante@gnb.ca

Provincial Services and Programs

Property Tax Equalized Payment Plan (EPP)

The EPP is a payment plan that allows eligible homeowners to pay their annual property tax in twelve equal monthly payments without incurring a penalty. Application forms are available at Service New Brunswick centres. online at www.snb.ca or www.gnb.ca (keyword: Finance) or by calling

1-800-669-7070.

Tax Rebate for Specially Equipped Vehicles for the Disabled

Under the Harmonized Sales Tax Act, individuals with a disability who have purchased a motor vehicle from an HST registrant may apply to the Province of New Brunswick for a refund of 8/13 of the tax, paid (NB component of the HST). For more information,

visit www.gnb.ca/finance or call **1-800-669-7070.**

Extra-Mural Program

The Extra-Mural Program team works closely with individuals, their families, caregivers and family physicians to assist individuals such as those who:

- need help monitoring and managing a chronic disease like arthritis, chronic obstructive pulmonary disease(COPD), diabetes, and/or dementia;
- are experiencing multiple hospitalizations;
- are experiencing falls; are having difficulties with daily activities (bathing, dressing, preparing meals and walking) because of a health condition;
- require information to organize their healthcare needs and find services in the community so, they can safely live at home;
- are on multiple medications and require help understanding when and how to take them properly;
- have post-surgical care needs; and
- require end of life care at home.

<http://en.horizonnb.ca/home.aspx>

Waterville- **506-375-5900**

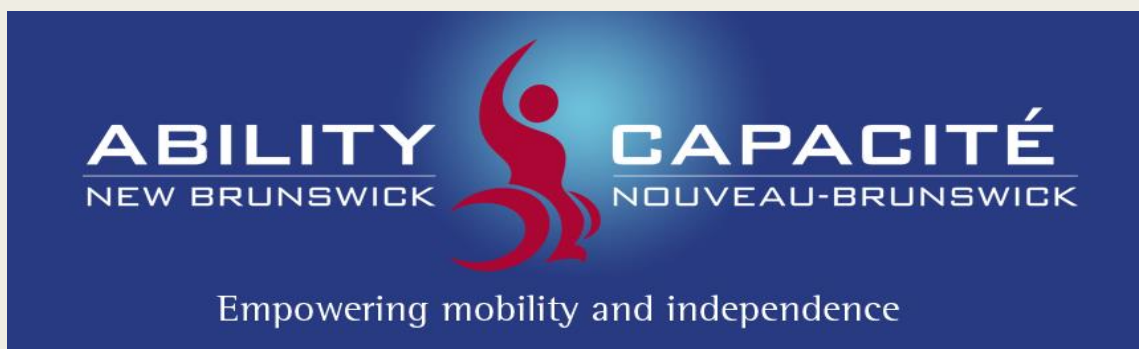
Perth-Andover- **506-273-7222**

Woodstock- **506-375-2539**

Provincial Services and Programs

Ability New Brunswick – Para New Brunswick

The sudden reality of a spinal cord injury or the onset of any mobility disability can be frightening and overwhelming. With determination and with the right supports, we can help people navigate the community in new ways, become as independent as possible, and rediscover all that life has to offer.



440 Wilsey Road Suite 102, Fredericton, NB E3B 7G5

Tel: **506-462-9555** | Fax: **506-458-9134**

Toll-free number: **1-866-462-9555**

info@abilitynb.ca



c/o Ability New Brunswick Inc.

440 Wilsey Road, Suite 102

Fredericton NB E3B 7G5

Tel. **506-462-9555/1-866-462-9555**

Fax **506-458-9134**

www.parasportnb.ca

Provincial Services and Programs

Ambulance New Brunswick



When calling **911**, it is important to know the following:

- The street address
- community name
- phone number where the ambulance is required
- Details on what happened
- The number of patients
- List of medications (if applicable)

For more information, visit www.ambulancenb.ca.

1 (888) 657-3222
feeinquiry@ambulancenb.ca



In a medical emergency, **always call 911.**

When you call **911**, your call is answered at one of the provincial **911** Public Safety Answering Points. If you are in medical distress, your call will be transferred to Ambulance New Brunswick's dispatch centre, which operates 24 hours a day, 365 days a year. An emergency medical dispatcher will ask you some questions to ensure the ambulance is responding to the correct location, and to better understand the patient's medical condition. While you are giving information to the dispatcher, another dispatcher is sending the ambulance and relaying the information you provide to the paramedics. Should your emergency require any lifesaving instructions, the dispatcher you are talking to will provide those directions over the phone.

Provincial Services and Programs

Gambling Behaviours

If you have questions regarding your gambling behaviour or the gambling behaviour of someone you love contact the Gambling Information Hotline. The Gambling Information line can provide information related to problem gambling and referrals for help.

For free confidential information
Call 1-800-461-1234
www.gnb.ca/0378/gambling-e.asp

Services for gambling related problems are provided by the Community Mental Health and Addiction Centres.

Community Addiction and Mental Health Services

Assessment and treatment is available for those who have issues related to addictions and/ or mental health. These services are provided by Regional Health Authorities through local Community Mental Health and Addiction Centres throughout the province.

Perth Andover, 35 F Tribe Road
506-273-4715

Woodstock CMHC
200 King St, Woodstock
Phone: **1-844-553-2830**

Medicare

To arrange for a New Brunswick medicare card, or a replacement card if your card is lost, stolen or damaged, call the number provided or visit your local Service New Brunswick (SNB) office.

1-888-762-8600

<http://www2.gnb.ca/content/gnb/en/departments/health/MedicarePrescriptionDrugPlan.html>

Department Tourism Heritage and Culture

The Department of Tourism Heritage and Culture promotes healthy living and integrates a number of socially oriented policies, programs and services in addition to overseeing sport and wellness programming. The Sport and Recreation Branch will work in partnership with the non-profit sector and stakeholders to better address the needs of seniors, young people, people living in poverty and persons with disabilities.

Kent Kuhn
Consultant Sport and Recreation
Branch

Kent.Kuhn@gnb.ca
506-325-4729

Provincial Services and Programs

Patient Connect NB

New Brunswick residents without a family doctor can register with Patient Connect NB and will be assigned to a doctor on a first-come, first-serve basis. You can register online or by calling Tele- Care at:

811.

www.gnb.ca/0217/registry-e.asp

New Brunswick Drug Plans for Seniors

The Prescription Drug Program provides drug coverage to eligible residents of New Brunswick.

Perth Andover, 35 F Tribe Road
506-273-4715

Woodstock CMHC
200 King St, Woodstock
Phone: **1-844-553-2830**
info@nbdugs-medicamentsnb.ca



Senior and Healthy Aging Secretariat

The principal mandate of the Senior Healthy Aging Secretariat is to promote healthy aging and seniors' wellness, collaborate with senior-related organizations and provide support to the Minister responsible for Seniors.

Publications can be viewed online and are available in print form by contacting the Secretariat.

1-855-550-0552
seniors@gnb.ca

Seniors Resource Centres

Seniors Resource Centres are run by non-profit community groups that provide seniors, their families, and their caregivers with access to information. For more information on the availability of a centre in your area, contact the Department of Social Development.

Email sd-ds@gnb.ca
Toll Free **1-866-444-8838**
www.gnb.ca/socialdevelopment

Provincial Services and Programs

Recreation NB



NB PLAYS! Gold

for Quality Older Adult Programming

NB PLAYS! Gold is a New Brunswick-led initiative developed by Recreation NB and its partners. It supports recreation leaders and others who work with older adults, formally or informally, and strengthens capacity for recreation programming that fosters health and wellness in our province.

To order a print copy of the NB PLAYS! Gold resource from Recreation New Brunswick, contact us at:

nbplays@recreationnb.ca or (506) 459-1929.

Provincial Services and Programs

Wellness Branch

The mandate of the Wellness Branch is to improve population health through a provincial Wellness Strategy, which includes increasing physical activity, promoting healthy eating, promoting mental fitness and resilience and promoting tobacco-free living.

506-277-6024

Department of Human Resources

Retired provincial employees of government departments, school boards, hospitals, NB Power, Alcohol NB Liquor, WorkSafeNB, and the University of New Brunswick should direct pension inquiries and questions concerning other employment related benefit programs to the Pensions and Employee Benefits Division of the Department of Human Resources.

Toll-free 1-800-561-4012

Department of Justice

The mandate of the Department of Justice is to promote the impartial administration of justice and to ensure protection of the public interest.

506-453-2659

justice.comments@gnb.ca

Department of Public Safety

Public Safety mission is working together to build a safer New Brunswick. They intend to accomplish this by: Providing leadership in the areas of public order and community safety; Providing fair, accessible, community-focused, coordinated programs and services; Ensuring effective inspection and enforcement procedures; Partnering with New Brunswick communities to prevent crime, to assist victims, and to create opportunities for offenders to change.

506-453-3992

DPS-MSP.Information@gnb.ca

Provincial Services and Programs

Veteran Vehicle Registration Plates

Assistance in completion of the application form is available through a Legion, or the New Brunswick Command. The application form is available through all:

- New Brunswick Royal Canadian Legions and web-site:

www.nb.Legion.ca

- Service New Brunswick Centres; as well as
- The Department of Public Safety and Service New Brunswick web-sites.



Florenceville-Bristol
8850 Main Street
Florenceville-Bristol, NB
E7L 2A1

506-392-5108

www.snb.ca/e

Perth Andover
1123 West Riverside Drive
Perth-Andover, NB
E7H 5G5

506-273-5901

www.snb.ca/e

Plaster Rock
139 Main Street
Plaster Rock, NB
E7G 2H2

506-356-6002

www.snb.ca/e

Woodstock
Bicentennial Place
200 King Street
Room: 100 Floor:
Woodstock, NB
E7M 1Z7

506-325-4404

www.snb.ca/e

Provincial Services and Programs

Adult Residential Services

Persons who are unable to live in their own homes may require long-term care services in an adult residential facility. These facilities are approved and monitored by Social Development. To get information about special care homes that are approved by the Department of Social Development to provide services to seniors in the Western Valley area, contact the Regional Office of Social Development.

506-277-6024

Email:

Kathy.SherwoodOrser@gnb.ca

After Hours Emergency Social Services

Toll-free 1-800-442-9799

Social workers will carry out assessments, make initial decisions on providing telephone crisis counselling, refer people to the appropriate regional office and/or arrange for financial assistance for special items.

Emergency Measures Organization

The New Brunswick Emergency Measures Organization (NB EMO) co-ordinates preparedness for emergencies through both provincial government departments and municipal governments to ensure that New Brunswick communities are protected by emergency plans.

1-800-561-4034

emo@gnb.ca

www.gnb.ca/emo

Department of Social Development

Nursing home services, Adult residential services, Home Support Services, Housing and income support, Home Adaptations for Seniors Independence Program, Fuel Supplement - Emergency Fuel Benefit. All Social Development Programs and Services can also be accessed by email at

Email sd-ds@gnb.ca

Toll Free 1-866-444-8838

www.gnb.ca/socialdevelopment

Provincial Services and Programs

Day Activity Services for Seniors

Long-term care clients may be able to access day activity services for seniors, which provide caregiver relief, social support, and meaningful social/recreational activities in a group setting. Normally these services are intended for seniors living at home or in an alternate family living arrangement; however, as part of their service plans, exceptions may be made for clients over the age of 55 who are receiving home support services, are in an alternate family living arrangement, or are in an adult residential facility (special care home or community residence).

For more information, contact the Social Development regional office in your area.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment

Health Services Program

The Health Services Program helps clients of Social Development obtain specific health services, supplies or items that are required to meet their basic needs, but cannot be obtained through Medicare or a private health plan. Subsidized residents of special care homes, community residences and nursing homes who are 65 years of age or older are entitled to specific health benefits if they do not have coverage under another plan. Other seniors may qualify only if they are facing exceptional medical expenses and meet the financial criteria of the program. Applications can be made at any regional office of Social Development.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment



Provincial Services and Programs

Fuel Supplement – Emergency Fuel Benefit

Emergency Fuel Benefit may be provided on a case-by-case basis to a client or applicant who is experiencing a winter hardship/emergency situation as it relates to winter heating costs. • The benefit may be up to \$550 per calendar year.

Adult Protection Services

Provides services to seniors and adults with disabilities who are victims of a abuse or neglect. Abuse can be physical, sexual or mental cruelty. Neglect can be self-neglect or caused by others.

1-888-99-ABUSE
1-888-992-2873 or 1-866-444-8838

Home Support Services

Home Support Services are generally provided at home and in alternate family living arrangements under the Long-Term Care Program to clients who require non-professional personal assistance with care needs or with essential light housekeeping tasks and who may require financial assistance from the department to obtain these services. Clients contribute according to their ability to pay. To get access to the Long-Term Care Program, contact the office of Social Development regional Office

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment



Provincial Services and Programs

Federal Provincial Repair Program

The Federal Provincial Repair Program provides financial assistance to low-income homeowners occupying existing substandard housing to repair, rehabilitate or improve their dwellings to a minimum level of health and safety.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment

Emergency Repair Program

The Emergency Repair Program provides assistance to low-income homeowners occupying existing substandard housing to undertake emergency repairs that are required for the continued safe occupancy of their units. Assistance is in the form of a non-repayable grant contribution.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment

Federal Provincial Repair Program for the Disabled

The Federal Provincial Repair Program for the Disabled provides financial assistance for the modification of existing homes and rental housing to improve the accessibility for disabled occupants.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment

Home Adaptations for Seniors Independence Program

The Home Adaptations for Seniors Independence Program helps low-income seniors make minor adaptations to their residences to assist with daily living activities.

Email sd-ds@gnb.ca
Toll Free 1-866-444-8838
www.gnb.ca/socialdevelopment

Provincial Services and Programs

Rental Residential Rehabilitation Assistance Program

The Rental Residential Rehabilitation Assistance Program provides financial assistance to owners/landlords for mandatory repairs to self-contained units that are substandard and rented to low income households.

Rent Supplement Assistance Program

The Rent Supplement Assistance Program helps households in need obtain affordable, adequate and suitable rental accommodations by subsidizing rents in eligible rental dwellings.

Public Housing Program

The Public Housing Program provides subsidized rental accommodations for families and senior citizens who, because of low income, experience difficulty in obtaining adequate and affordable housing in the private sector.

Email sd-ds@gnb.ca

Toll Free 1-866-444-8838

www.gnb.ca/socialdevelopment

Road Conditions and Ferry Interruption Services

Call to reach the automated New Brunswick Traveller Information Service: 5-1-1 within New Brunswick Road Conditions

:

1-800-561-4063

if dialing from outside of New Brunswick Ferry Interruption:

1-888-747-7006

if dialing from outside of New Brunswick.

Vehicle Retrofit Program (Persons with Disabilities)

This program is designed to increase the mobility of persons with a disability residing in the province of New Brunswick by providing financial assistance towards the cost of supplying and installing eligible retrofitting and accessibility features for vehicles.

506-453-3939

Provincial Services and Programs

Elections New Brunswick

Elections New Brunswick has taken steps to make sure the voting process in New Brunswick is more accessible. Contact us to find out the various voting options that are available for electors in nursing homes, special care homes, or for those with mobility challenges.

506-453-2218 or 1-888-858-8683

Toll free: 1-800-308-2922

TTY 1-888-718-0544

info@electionsnb.ca

www.electionsnb.ca/

Legislative Assembly of New Brunswick

Government Members Office

506-453-2548

Official Opposition Office

506-453-7494

www.gnb.ca/lenb

liberal.partygis/index-e.asp

New Brunswick Human Rights Commission

The Human Rights Commission is a provincial government agency whose purpose is to protect citizens from discrimination and harassment. The Commission also works to prevent discrimination by promoting human rights and offering educational opportunities to employers, service providers and the general public.

506-453-2301

Toll-Free: 1-888-471-2233

TTY: 453-2911

hrc.cdp@gnb.ca

www.gnb.ca/hrc-cdp/index-e.asp



Provincial Services and Programs

New Brunswick Power Corporation

NB Power is a progressive, sustainable and customer-focused utility dedicated to providing quality service and safe, reliable electricity at low and stable rates.

Toll-free 1-800-663-6272

<https://www.nbpower.com/Welcome.aspx>

Ombudsman

The Ombudsman is an independent officer of the Legislative Assembly who investigates complaints from the public about New Brunswick government services. Ombudsman offices are present throughout the Canadian provinces and their services are free.

506-453-2789

Toll-free: 1-888-465-1100

ombudsman@gnb.ca

www.ombudnb.ca/



Public Legal Education and Information Service

PLEIS-NB is a non-profit, charitable organization. Their mandate is to develop bilingual educational products and services about the law for the general public in order to promote access to the legal system. Their goal is to assist the public in identifying and understanding their legal rights and responsibilities, and attaining self-help skills where appropriate, to improve their ability to deal with legal issues

506-453-5369

pleisnb@web.ca

www.legal-info-legale.nb.ca/

Premier's Council on the Status of Disabled Persons

The Premier's Council on the Status of Disabled Persons is a body for consultation, study and information sharing, on matters relating to the status of persons with disabilities.

506-444-3000

Toll-free 1-800-442-4412

pcsdp@gnb.ca

www.gnb.ca/council

Provincial Services and Programs

Service New Brunswick

Florenceville-Bristol
8850 Main Street
Florenceville-Bristol, NB
E7L 2A1

506-392-5108

snb@snb.ca
www.snb.ca/e

Perth Andover
1123 West Riverside Drive
Perth-Andover, NB
E7H 5G5

506-273-5901

snb@snb.ca
www.snb.ca/e

Plaster Rock
139 Main Street
Plaster Rock, NB
E7G 2H2

506-356-6002

snb@snb.ca
www.snb.ca/e

Woodstock
Bicentennial Place
200 King Street
Room: 100 Floor:
Woodstock, NB
E7M 1Z7

506-325-4404

www.snb.ca/e

Motor Vehicle Registration

1-888-762-8600

Public Trustee Services

The Public Trustee of New Brunswick protects the financial and personal interests of the elderly, the mentally challenged, children, missing or deceased persons, when there is no one else able and willing to do so.

506-444-3688 or 1-888-336-8383

public.trustee@gnb.ca



Provincial Services and Programs

Property Tax Allowance Program

The Property Tax Allowance gives a tax break to low income property owners. To qualify you must own your property, it must be your principal residence, and you must be receiving the Residential Property Tax Credit.

If you and your spouse have a combined taxable income of:

- less than \$22,000, you are eligible for up to a \$300 rebate.
- Between \$22,001 and \$25,000, you are eligible for up to a \$200 rebate.
- Between \$25,001 and \$30,000, you are eligible for up to a \$100 rebate.

For more information about program contact:

506-453-2831

The Office of the Rentalsman

The Office of the Rentalsman is a government service that provides information on rental obligations and rights, and helps landlords and tenants resolve problems. The Office of the Rentalsman also holds all security deposits.

1-888-762-8600

irent@snb.ca

www.snb.ca/irent



COMMUNITY RECREATION AND PHYSICAL ACTIVITY PROGRAMS ARE ONE OF THE MOST **EFFECTIVE** WAYS FOR OLDER ADULTS TO BUILD COMMUNITY CONNECTIONS.

Provincial Services and Programs

Fire Safety Tips for Older Adults

Provincial Fire Marshal's Office – **506-453-2004**

1. Never smoke in bed.
2. Never run electrical cords under a carpet or rug, and avoid using extension cords with space heaters or electric blankets.
3. Before using portable space heaters ensure that you have at least three feet of clearance between the heater and combustibles
4. Do not use a dishtowel as a potholder.
5. Loose clothing is a serious burn hazard – roll up your sleeves and ensure that other pieces of clothing are kept well away from hot stovetop elements.
6. Install a working smoke alarm on every floor in your home and outside your sleeping area. Ask a friend or relative to test your smoke alarm while you are asleep. If it can't wake you – it can't save you!
7. Install a working Carbon Monoxide (CO) detector in your home
8. Test the battery in your smoke alarms and CO detectors once a month..
9. Never disconnect your smoke alarms or CO detectors for any reason.
10. Plan and practise an escape plan in case of fire. It will reduce panic and confusion in an emergency – and may save your life!
11. Make sure you can unlock all doors and open all windows. Know how to safely escape from all levels of your home.
12. Know two ways out of every room.
13. React Fast to Fire! Get Out and Stay Out!



Provincial Services and Programs

Office of the Premier

PO Box 6000
Fredericton, NB E3B 5H1

Telephone: **506 453 2144**
Fax: **506 453 7404**
Email: premier@gnb.ca
Web: www.gnb.ca/premier



A certificate of congratulations can be requested for the following special events in your life.

Message From	Birthday	Anniversary
Premier, leader of the federal official opposition, MP, MLA	65 and older	25 years or more
Prime Minister of Canada	75 and older (5 year intervals)	25 years or more (5 year intervals)
Lieutenant - Governor	80 and older	50 years or more
Governor General	90 and older	50 years or more
The Queen *	100 and older	60 years or more

Requests for birthday messages of 100 years and older, and anniversaries for 60 years plus, need to be accompanied by a copy of birth or marriage certificate or a statement from clergy.

Federal Services and Programs



With New Brunswick's aging population, it is increasingly important to ensure seniors and their families have access to information, key services and programs available not only within their local community, but also at the provincial and federal level.

Thank you to the Western Valley Regional Service Commission for developing this regional directory and for providing seniors and their families with a source of information to assist with navigating useful resources for everyday living in our rural communities.

A campaign banner for TJ Harvey, MP / Député Tobique-Mactaquac. On the left is the coat of arms of the province of New Brunswick. In the center, the text reads "TJ Harvey" in a large font, followed by "MP / Député" and "Tobique-Mactaquac" in a smaller font. Below the text are icons for Facebook, Twitter, and YouTube. On the right is a portrait of TJ Harvey, a man with glasses wearing a suit and tie. At the bottom, the banner includes the phone number "1.800.671.6160", the website "www.tjharveyparl.liberal.ca", and the email address "TJ.Harvey@parl.gc.ca".



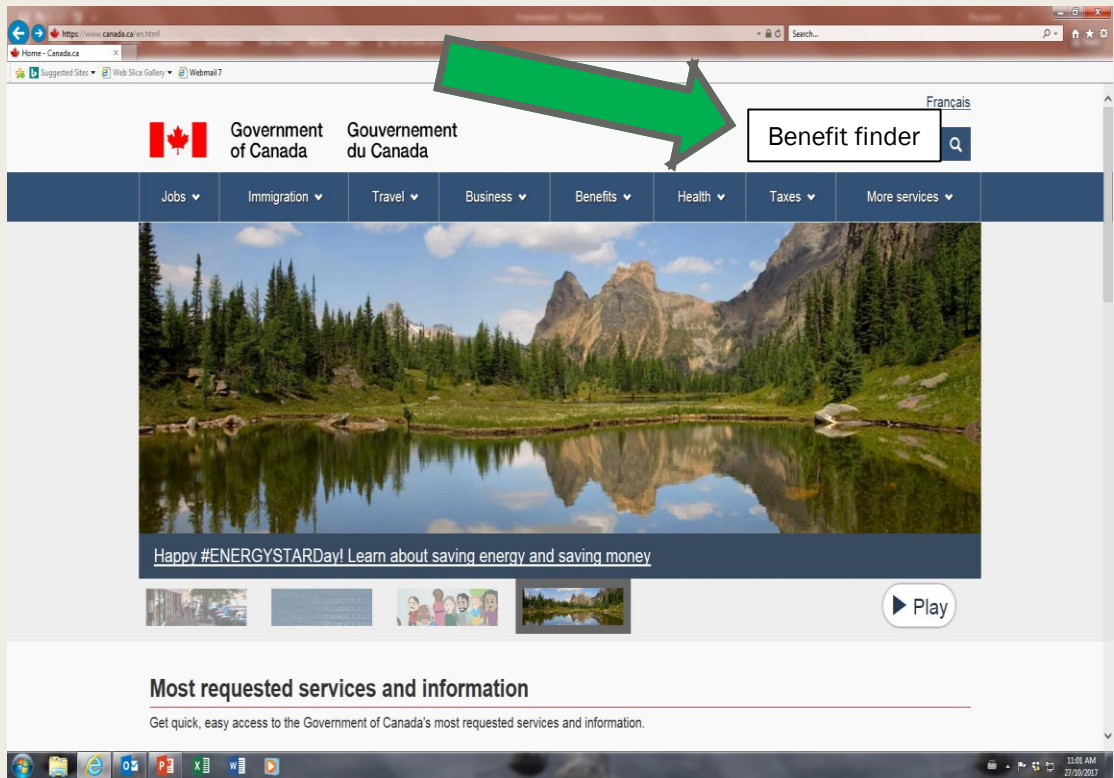
TJ Harvey, MP
Tobique-Mactaquac

Federal Services and Programs

Resources for Seniors Benefits Finder

Through a series of questions, the [Benefits Finder](#) may suggest federal, provincial or territorial governments benefits for which you may be eligible. The more questions you answer, the more customized your results will be. The Benefits Finder does not collect or track your information.

Go to Government of Canada website <https://www.canada.ca/en.html> and type in “**Benefit finder**” in the top right hand corner then click on magnifying glass.



Federal Services and Programs

Resources for Seniors Benefits Finder

This will bring up options in the search engine. Click on [Welcome to the Benefits Finder - Canada Benefits](#) and answer as many questions as you can to help u find results for your specific needs.

The screenshot shows a web browser window with the URL <https://www.canada.ca/en/sr.html?cdns=canada&st=s&num=10&lang=en&st1=1&st2=1&st3=1&st4=1&st5=1&st6=1&st7=1&st8=1&st9=1&st10=1&st11=1&st12=1&st13=1&st14=1&st15=1&st16=1&st17=1&st18=1&st19=1&st20=1&st21=1&st22=1&st23=1&st24=1&st25=1&st26=1&st27=1&st28=1&st29=1&st30=1&st31=1&st32=1&st33=1&st34=1&st35=1&st36=1&st37=1&st38=1&st39=1&st40=1&st41=1&st42=1&st43=1&st44=1&st45=1&st46=1&st47=1&st48=1&st49=1&st50=1&st51=1&st52=1&st53=1&st54=1&st55=1&st56=1&st57=1&st58=1&st59=1&st60=1&st61=1&st62=1&st63=1&st64=1&st65=1&st66=1&st67=1&st68=1&st69=1&st70=1&st71=1&st72=1&st73=1&st74=1&st75=1&st76=1&st77=1&st78=1&st79=1&st80=1&st81=1&st82=1&st83=1&st84=1&st85=1&st86=1&st87=1&st88=1&st89=1&st90=1&st91=1&st92=1&st93=1&st94=1&st95=1&st96=1&st97=1&st98=1&st99=1&st100=1>. The search results show 3,200 results for "Benefit finder". A green arrow points to the link <http://www.canadabenefits.gc.ca/f.1.2ch.4m.2@.jsp?lang=en>. Below it is the link <http://www.canadabenefits.gc.ca/f.1.2cw.3zardq.5esti.4ns@.jsp?wbdisable=true> with the text "Answer the questions below to get a customized list of benefits for which you may be eligible. The Benefits Finder may suggest benefits from federal, provincial ...". Other results include [Benefits - Canada.ca](https://www.canada.ca/en/services/benefits.html) and [Benefits Finder: Results - Canada Benefits](http://www.canadabenefits.gc.ca/f.1.2c.6.3z.1rdr.2s.5lts@.jsp?q2=1&q26=7&q11=3&ws=true&q1=45(=en&q20=4&q22=2&q15=7&q26show=0&q25show=0&q23=3&q18=3&q10=0&st11=0&qz/s11ow=1&q10s11ow=1&qz0=1&q4=4&q24=3&q20show=1&q21=1&q22=2&q23=3&q24=4&q25=5&q26=6&q27=7&q28=8&q29=9&q30=10&q31=11&q32=12&q33=13&q34=14&q35=15&q36=16&q37=17&q38=18&q39=19&q40=20&q41=21&q42=22&q43=23&q44=24&q45=25&q46=26&q47=27&q48=28&q49=29&q50=30&q51=31&q52=32&q53=33&q54=34&q55=35&q56=36&q57=37&q58=38&q59=39&q60=40&q61=41&q62=42&q63=43&q64=44&q65=45&q66=46&q67=47&q68=48&q69=49&q70=50&q71=51&q72=52&q73=53&q74=54&q75=55&q76=56&q77=57&q78=58&q79=59&q80=60&q81=61&q82=62&q83=63&q84=64&q85=65&q86=66&q87=67&q88=68&q89=69&q90=70&q91=71&q92=72&q93=73&q94=74&q95=75&q96=76&q97=77&q98=78&q99=79&q100=80) and [INS5216B](https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=INS5216B). The browser's taskbar shows the time as 11:13 AM on 2/10/2017.

Federal Services and Programs

Service Canada

633 Queen Street
Fredericton, NB
E3B 1C3

1-800-622-6232

TTY 1-800-926-9105

www.servicecanada.gc.ca

Old Age Security Pension

The Old Age Security (OAS) pension is a monthly payment available to most people 65 years of age and older who meet the Canadian legal status and residence requirements.

You can receive the OAS pension even if you have never worked or are still working

For more information eligibility criteria and forms visit the website :

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada. For more information eligibility criteria and forms visit the website :

www.servicecanada.gc.ca/eng/services/pensions/oas/gis/index.shtml

Registered Retirement Saving Plan (RRSP)

An RRSP is a retirement savings plan that you establish, that the Canada Revenue Agency registers, and to which you or your spouse or common-law partner contribution.

Any income you earn in the RRSP is usually exempt from tax as long as the funds remain in the plan; you generally have to pay tax when you receive payments from the plan.

Visit the website for more details and forms:

www.cra-arc.gc.ca/tx/ndvdl/tpcs/rrsp-reer/rrsps-eng.html

Federal Services and Programs

Allowance for Survivor Program

The Allowance for Survivor is a benefit available to people who have low income, who are living in Canada, and whose spouse or common-law partner is deceased. For more information eligibility criteria and forms visit the website

www.servicecanada.gc.ca/eng/services/pensions/oas/allowance-survivor.shtml

Allowance for People Aged 60-64

The Allowance is a benefit available to low-income individuals aged 60 to 64 who are the spouse or common-law partner of a Guaranteed Income Supplement (GIS) recipient. For more information eligibility criteria and forms visit the website :

www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml



Federal Services and Programs

Canada Pension Plan Retirement Pension

The Canada Pension Plan (CPP) provides contributors and their families with partial replacement of earnings in the case of retirement, disability or death. Almost all individuals who work in Canada outside Quebec [contribute to the CPP](#).

For more information eligibility criteria and forms visit the website

:

www.servicecanada.gc.ca/eng/service/pensions/cpp/retirement/index.shtml

Canada Revenue Agency

Volunteer tax preparation clinics are generally offered in March and April each year at various locations in the province for eligible individuals who have a modest income and a simple tax situation.

www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/frederict-on-nb-eng.html

Woodstock Phone: **506-328-5162**

Canadian Government Annuities

The Canadian Government Annuities Branch administers contracts on behalf of individuals who have contributed towards the purchase of an Annuity. Although it is not possible to purchase a Canadian government annuity today, the Branch is responsible for the administration of Annuities currently under payment. For more information eligibility criteria and forms visit the website

<https://www.canada.ca/en/employment-social-development/services/cpp-annuities.html>

Commissioner of Official Languages

The Commissioner of Official Languages of Canada is an agent of Parliament whose mandate is to promote Canadian linguistic duality and oversee the full implementation of the Official Languages Act.

Head office: Toll-free

1-877-996-6368

TTY 1-800-880-1990

Atlantic office: Toll-free

1-800-561-7109

www.officiallanguages.gc.ca

Federal Services and Programs



Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1

Take part in at least **2.5 hours of moderate- to vigorous-intensity aerobic activity** each week.

2

Spread out the activities into sessions of **10 minutes** or more.

3

It is beneficial to **add muscle and bone strengthening activities** using major muscle groups at **least twice a week**. This will help your posture and balance.

Tips to help you get active

- ☑ Find an activity you like such as swimming or cycling.
- ☑ **Minutes count** — increase your activity level 10 minutes at a time. Every little bit helps.
- ☑ **Active time can be social time** — look for group activities or classes in your community, or get your family or friends to be active with you.
- ☑ Walk wherever and whenever you can.
- ☑ Take the stairs instead of the elevator, when possible.
- ☑ Carry your groceries home.



- Start slowly
- Listen to your body
- Every step counts



Federal Services and Programs

First Nations – Assisted Living

The Assisted Living Program is an income dependent residency-based program through the Aboriginal Affairs and Northern Development Canada Department. This program provides funding to assist in non-medical, social support services to seniors, adults with chronic illness, and children and adults with disabilities (mental and physical) so that they can maintain functional independence and achieve greater self-reliance.

For more information eligibility criteria and forms visit the website

www.aadnc-aandc.gc.ca/eng/1100100035250/1100100035251



Lived or Living Outside Canada (International Benefits)

If you have lived or worked in Canada and in another country, or you are the survivor of someone who has lived or worked in Canada and another country, you may be eligible for pensions and benefits from Canada and/or from the other country because of a social security agreement.

A social security agreement is an international agreement between Canada and another country that is designed to coordinate the pension programs of the two countries for people who have lived or worked in both countries. The requirements under the social security agreement vary from agreement to agreement. It is important to check the details of the agreement that relates to you.

For more information eligibility criteria and forms visit the website

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-international/before-apply.html>

Federal Services and Programs

Pensions in Canada and Related Benefits

The Old Age Security (OAS) pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements. In addition to the OAS pension, there are three types of OAS benefits:

Guaranteed Income Supplement

If you live in Canada and you have a low income, this monthly non-taxable benefit can be added to your OAS pension.

Allowance

If you are 60 to 64 years of age and your spouse or common-law partner is receiving the OAS pension and is eligible for the Guaranteed Income Supplement (GIS), you might be eligible to receive this benefit.

Allowance for the Survivor

If you are 60 to 64 years of age and you are widowed, you might be eligible to receive this benefit.

Visit the website for more details and forms:
www.servicecanada.gc.ca/eng/services/pensions/index.shtml



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