

**Prince Edward Island  
Seniors' Quick Reference Guide  
November 2003**



Atlantic Seniors Health Promotion Network  
Prince Edward Island

## *Personal Information Page*

This page is designated for you to put all your personal information, fill in all the categories:

Name: \_\_\_\_\_

Telephone Number: (902) \_\_\_\_\_

Contact in case of an Emergency: \_\_\_\_\_

\_\_\_\_\_  
Telephone Number: (902) \_\_\_\_\_

Health Care Number: \_\_\_\_\_

Doctor: \_\_\_\_\_

Telephone Number: (902) \_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_  
Allergies: \_\_\_\_\_

\_\_\_\_\_  
Other Medical Information: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# *Emergency Numbers*

In Prince Edward Island here is the telephone number for emergencies relating to :

- Fire departments
- Police
- Ambulance services
- Poison control



When you call 911 you will be asked for your Civic Address.

Place your Civic Address below, for easy reference:

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Poison Control: 1-800-565-8161

Other Important Numbers:

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## *Introduction*

ASHPN-PEI (Atlantic Seniors Health Promotion Network) and the Provincial Government are happy to present our first Island Seniors Quick Reference Directory.

This directory contains information for both seniors and their caregivers. It lists senior related organizations and their contact information.

The directory also is a quick reference guide of government policies, programs, and services for seniors.

It is divided into 12 sections that provide useful contact numbers to organizations and services that seniors want to know about.

The Lifestyle section has a variety of topics such as leisure activities, physical activity and lifelong learning opportunities.

## *Message from ASHPN-PEI*

The Steering Committee for Atlantic Seniors Health Promotion Network-PEI is pleased to have collaborated with the Provincial Department of Health and Social Services in the preparation of this directory. As well, we appreciate the support of the Federal Government through Health Canada and Communications Canada.



The priority for the development of such a directory of available programs, services, and organizations for older adults was identified when the process commenced to establish a strong network of seniors and senior-related organizations in the province.

We trust that you will find this document to be of benefit to you. We seek sincerely for your reactions and views in the interest of striving to make the next edition of the seniors directory an even more useful source of information.

Sincerely,

A handwritten signature in cursive script that reads "Bernice Bell". The signature is written in dark ink and is positioned above the printed name.

H. Bernice Bell  
Chair, ASHPN-PEI

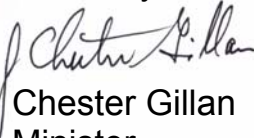
## *Message from the Minister*

I would like to congratulate the Atlantic Seniors Health Promotion Network of Prince Edward Island for working to develop this Quick Reference Directory for Island seniors. The directory should help you navigate the sometimes confusing maze of government programs and services and will help you find the most appropriate contact in the most efficient manner.



Whether you are looking for information on senior's housing, drug cost assistance, your local Royal Canadian Legion or the Senior's College of PEI, you will find contact names and numbers in this quick reference directory. As the Minister of Health and Social Services, I especially like the Lifestyles section, which outlines various leisure and physical activity programs and opportunities for lifelong learning.

The Department of Health and Social Services is pleased to support this project and to recognize the many contributions of seniors and the vital role that seniors play in our society.

Sincerely,  
  
Chester Gillan  
Minister



Health and Social Services

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## *How to Get Government Services*

A good way to access all government services is to contact the Access PEI office nearest you.

The Community Resource Centre at each site includes information on Federal, Provincial and Municipal services.

### **Access PEI Locations:**

#### **Access PEI Alberton**

16 Dufferin Street (Courthouse)

Alberton, PEI

☎ (902) 853-8622

E-mail: [accesspeialberton@gov.pe.ca](mailto:accesspeialberton@gov.pe.ca)

#### **Access PEI Charlottetown**

Highway Safety Building

33 Riverside Drive

Charlottetown, PEI

☎ (902) 368-5200

E-mail: [accesspeicharlottetown@gov.pe.ca](mailto:accesspeicharlottetown@gov.pe.ca)

#### **Access PEI Crapaud**

20424 Trans Canada Highway

Crapaud, PEI

☎ (902) 658-7885

E-mail: [accesspeicrapaud@gov.pe.ca](mailto:accesspeicrapaud@gov.pe.ca)

*Access PEI Locations ~ continued*

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**Access PEI Kinkora**

47A, Unit E, Route 225

Kinkora, PEI

☎ (902) 887-7382

E-mail: [accesspeikinkora@gov.pe.ca](mailto:accesspeikinkora@gov.pe.ca)

**Access PEI Montague**

41 Wood Island Hill

Montague, PEI

☎ (902) 838-0600

E-mail: [accesspeimontague@gov.pe.ca](mailto:accesspeimontague@gov.pe.ca)

**Access PEI Morell**

Morell Public Library

Red Head Road Morell, PEI

☎ (902) 961-7321

E-mail: [accesspeimorell@gov.pe.ca](mailto:accesspeimorell@gov.pe.ca)

**Access PEI North Rustico**

106 Riverside Drive

North Rustico, PEI

☎ (902) 963-7820

E-mail: [accesspeinorthrustico@gov.pe.ca](mailto:accesspeinorthrustico@gov.pe.ca)

**Access PEI O'Leary**

45 Barclay Road

O'Leary, PEI

☎ (902) 859-8800

E-mail: [accesspeioleary@gov.pe.ca](mailto:accesspeioleary@gov.pe.ca)

*Access PEI Locations ~ continued*

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**Access PEI Souris**

15 Green Street  
Souris, PEI  
☎ (902) 687-7000  
E-mail: [accesspeisouris@gov.pe.ca](mailto:accesspeisouris@gov.pe.ca)

**Access PEI Stratford**

13 Glen Stewart Drive  
Stratford, PEI  
☎ (902) 569-7750  
E-mail: [accesspeistratford@gov.pe.ca](mailto:accesspeistratford@gov.pe.ca)

**Access PEI Summerside**

120 Harbour Drive  
Summerside, PEI  
☎ (902) 888-8000  
E-Mail: [accesspeisummerside@gov.pe.ca](mailto:accesspeisummerside@gov.pe.ca)

**Access PEI Tignish**

103 School Street  
Tignish, PEI  
☎ (902) 882-7351  
E-mail: [accesspeitignish@gov.pe.ca](mailto:accesspeitignish@gov.pe.ca)

**Access PEI Wellington**

48 Mill Road  
Wellington, PEI  
☎ (902) 854-7250  
E-mail: [accesspeiwellington@gov.pe.ca](mailto:accesspeiwellington@gov.pe.ca)

## **Federal Government Access Sites -** Government of Canada

To find out about Government of Canada services:

- Call 1 800 O Canada (1 800 622 6232), the Government of Canada information service. If you use TTY call 1 800 465 7735.
- Visit the Government of Canada main Web site at: **[www.canada.gc.ca](http://www.canada.gc.ca)**

You can also visit your Service Canada Access Centre at the following locations:

Alberton	-	450 Main Street
Charlottetown	-	161 St. Peter's Road
Charlottetown	-	135 Kent Street
Georgetown	-	24 Kent Street
Kensington	-	62 Victoria Street
Souris	-	90 Main Street
Summerside	-	57 Central Street

(Self Serve Locations)



To obtain your free Guide to Government of Canada Services for Seniors and their families, call 1 800 O Canada (1 800 622 6232).

## *Health and Social Services System*

The mission of the Health and Social Services System is to promote, protect, and improve the health and independence of Islanders.

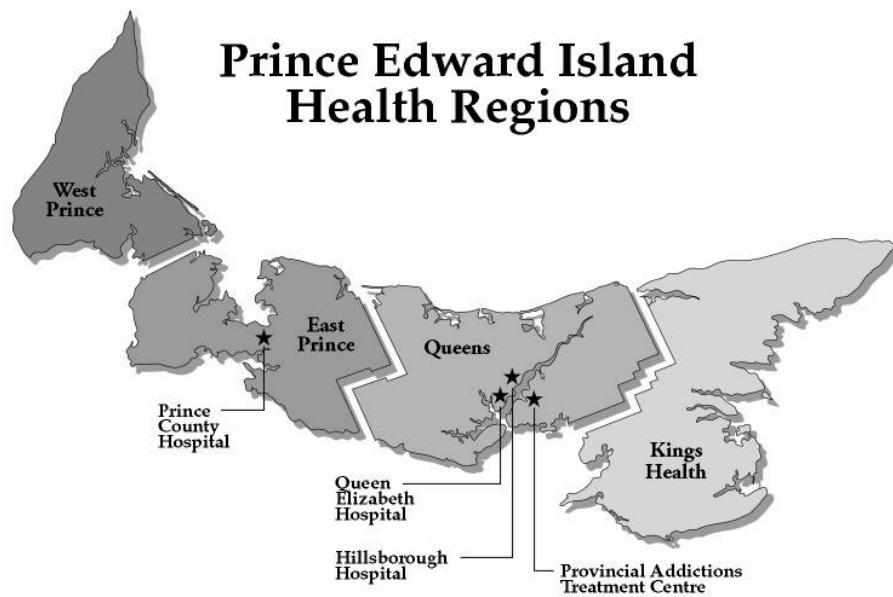
The system's goals are:

- to improve the health status of Islanders
- to increase our acceptance of the responsibility for our own health
- to improve the sustainability of the system
- to increase public confidence in the system
- to improve workplace wellness and staff morale
- to maintain other results at current levels

The Health and Social Services System consists of the Minister, the Deputy Minister, the Department of Health and Social Services, and the five health authorities including the four health regions (West Prince Health, East Prince Health, Queens Health, Kings Health), and the Provincial Health Services Authority.

Departmental staff provide advice, assistance and information to the health authorities. The health authorities deliver health and social services to the region for which they are responsible.

# Prince Edward Island Health Regions



★ Provincial Health Services Authority

# *Housing*

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## **Helping Hands for Seniors**

This Program is designed to assist senior homeowners to maintain their home and property. To qualify, a person must be at least 60 years of age and own their own home. Applications can be obtained from the Housing Services office of the nearest Regional Health Authority.



### **For more information contact:**

West Prince Region  
PO Box 400  
Alberton, PEI C0B 1B0  
☎ (902) 853-8688

East Prince Region  
310 Brophy Avenue  
Summerside, PEI C1N 5N4  
☎ (902) 888-8436

Queens Region  
PO Box 2000  
161 St. Peters Road  
Charlottetown, PEI C1A 7N8  
☎ (902) 368-5770

*Helping Hands for Seniors ~ continued*

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Kings Region  
PO Box 820  
Montague, PEI C0A 1R0  
Montague ☎ (902) 838-0796  
Souris ☎ (902) 687-7096

## **Home Care and Support**

The goal of the Home Care and Support Program is the prevention of unnecessary, premature or prolonged institutionalization.

Home Care services are provided to individuals based on assessed need, and are intended to:

- help individuals achieve and/or maintain health and personal independence in the community; and
- supplement the care and support available from family and friends

Programs offered by Home Care and Support include: Home Care Nursing, Home Dialysis Program, Visiting Homemakers, Community Support Services, Occupational Therapy, Physiotherapy, and Adult Protection.



*Home Care and Support ~ continued*

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**Contact Information:**

West Prince	..... ☎	859-8730
East Prince	..... ☎	888-8440
Queens	..... ☎	368-4790
Kings		
Montague	..... ☎	838-0791
Souris	..... ☎	687-7096

**Nursing Home Placement**

This service is delivered both by government owned manors/facilities and privately owned nursing homes.

To access this service contact a placement officer in one of the four health regions on PEI.

**For more information on Nursing Home**

**Placement contact:**

Queens Region, Cheryl Bradley	..... ☎	368-6803
Kings Region, Sandy MacLean	..... ☎	838-0950
East Prince, Anna Enman	..... ☎	888-8446
West Prince, Judy MacIsaac	..... ☎	859-8731

## **PEI Senior Citizens' Housing**

This is a Provincial Government service that offers rental accommodation for seniors. People must be 60 years and older, and are selected on need.

**Contact the Regional Housing Office nearest you:**

### **West Prince Region**

Alberton, PEI

☎ (902) 853-8610

### **East Prince Region**

310 Brophy Avenue

Summerside, PEI

☎ (902) 888-8436

### **Queens Region**

161 St. Peters Road

Charlottetown, PEI

☎ (902) 368-5770

### **Kings Region**

Montague, PEI

☎ (902) 838-0772

Souris, PEI

☎ (902) 687-7096

## *Finances*

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### **Social Assistance Program**

This financial program offers basic income support for children, families, and individuals who are unable to provide for themselves. The program also provides services and supports to enhance client self-reliance through access to training and employment, and through other measures.

#### **For further information on Social Assistance contact:**

O'Leary . . . . .	☎ 859-8811
Summerside . . . . .	☎ 888-8122
Charlottetown . . . . .	☎ 368-6440
Montague . . . . .	☎ 838-0702
Souris . . . . .	☎ 687-7060

Please note that Pensions are listed on page 48 under Federal Government Services.

## *Health*

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### **Chronic Disease Prevention and Control Support**

#### **Alzheimer Society of PEI**

166 Fitzroy Street  
Charlottetown, PEI  
☎ (902) 628-2257

#### **Alzheimers Wandering Registry**

☎ (902) 628-2257

#### **Arthritis Society of PEI**

95 Trans Canada Highway  
Charlottetown, PEI  
☎ (902) 628-2288

#### **Canadian National Institute for the Blind**

284 Grafton Street  
Charlottetown, PEI  
☎ (902) 566-2580

#### **Heart and Stroke Foundation of PEI**

40 Queen Street  
Charlottetown, PEI  
☎ (902) 892-7441

*Chronic Disease Prevention and  
Control Support ~ continued*

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**Hospice Palliative Care Association of PEI**

5 Brighton Road  
Charlottetown, PEI  
☎ (902) 368-4498

**Community Health Centres**

Community Health Centres provide health care services, with an emphasis on diagnosis and treatment, health promotion, illness prevention, and chronic disease management.

**Adult Health Clinic**

O'Leary, PEI  
☎ (902) 859-8726

**Beechwood Family Health Centre**

O'Leary, PEI  
☎ (902) 859-3929

**Central Queens Family Health Centre**

Hunter River, PEI  
☎ (902) 621-3050

**Eastern Kings Health Centre**

Souris, PEI  
☎ (902) 687-7150

*Community Health Centres ~ continued*

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**Evangeline Community Health Centre**

Wellington, PEI

☎ (902) 854-7259

**Four Neighbourhoods Community Health Centre**

152 St. Peters' Road

Charlottetown, PEI

☎ (902) 368-6930

**Gulfshore Family Health Centre**

(Central Queens Satellite Site)

7379 Cavendish Road

Rustico, PEI

☎ (902) 963-7835

**Lennox Island Health Centre**

Lennox Island, PEI

☎ (902) 831-2711

**Southern Kings Community Health Centre**

409 MacIntyre Avenue

Montague, PEI

☎ (902) 838-0766

## Diabetes Control Program

The Diabetes Control Program is offered by the **Provincial Government** to assist PEI residents diagnosed with diabetes with the purchase of approved insulin products, oral diabetes medications, and urine testing materials. The program does not cover blood glucose testing materials.

For more information regarding the Diabetes Control Program contact the PEI Drug Programs office at (902) 368 4947 (in Charlottetown or long distance outside of PEI) or 1 877 577 3737 (toll free in PEI).

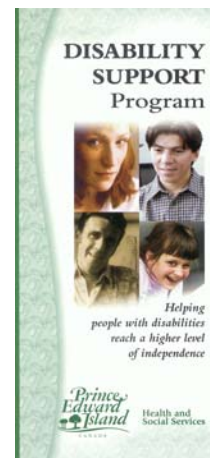
## Disability Support Program

The Disability Support Program helps people with disabilities to increase independence.

The program is set up to respond to the unique needs of individuals and families.

Three types of support are available:

- Child Disability Supports
- Adult Disability Supports
- Employment and Vocational Supports



*Disability Support Program ~ continued*

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Together with their Disability Support Worker, individuals and families develop their own Disability Support Plan which identifies their needs, resources, goals and actions to help them reach a higher level of independence.

**Other Services for People with Disabilities:**

**Association for Active Living**

Charlottetown, PEI

☎ (902) 566-4844

**Association for Active Living**

Souris, PEI

Souris Consolidated

☎ (902) 687-2468

**Disability Parking Permits**

Disability Parking permits applications are available at the Council of Disabled at 892-9147 or contact Access PEI (see pages 1-3).

**Orange Lodge**

Murray Harbour, PEI

☎ (902) 962-3150



*Other Services for People with Disabilities ~ continued*

**PEI Association for the Hearing Impaired**

Charlottetown, PEI

☎ (902) 892-6989

**PEI Citizen Advocacy**

Charlottetown, PEI

☎ (902) 566-3523

**Support for People with Special Needs**

Elmsdale, PEI

☎ (902) 853-3246

**Seniors Drug Cost Assistance Program**

Drug Cost Assistance Plan for Seniors which is provided by the **Provincial Government** assists PEI residents who are 65 years of age or older with the purchase of approved medications. To be eligible for coverage by the Seniors Drug Cost Assistance Plan, you must be eligible for PEI Medicare.

**For more information contact:**

PEI Drug Programs

Charlottetown, PEI

☎ (902) 368-4947

## *Seniors Advisory Council*

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The PEI Seniors Advisory Council was created in June 1998 to serve in an advisory capacity to government through the Minister Responsible for Seniors. It is also to provide an alternative means of drawing upon the knowledge and experience of seniors of the province.

If you have any questions or comments please contact one of the following Seniors Advisory Council members nearest you:

Eileen Trainor  
Charlottetown, PEI  
☎ (902) 566-4321

Gerarda Corcoran  
Bloomfield, PEI  
☎ (902) 853-2892

H. Bernice Bell  
Charlottetown, PEI  
☎ (902) 894-3782

Donald Thompson  
Charlottetown, PEI  
☎ (902) 368-1081

Heather Henry-MacDonald  
Stratford, PEI  
☎ (902) 569-2391

Fran Sark  
Lennox Island, PEI  
☎ (902) 831-2027

David Harper  
Tignish, PEI  
☎ (902) 882-2805

Camilla MacPhee  
Souris, PEI  
☎ (902) 687-2949

*Seniors Advisory Council ~ continued*

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Claire Doyle  
Earnscliffe  
Vernon Bridge, PEI  
☎ (902) 651-2417

Inez Doiron  
Mayfield  
Hunter River, PEI  
☎ (902) 963-2504

Marion Simpson  
Summerside, PEI  
☎ (902) 436-2828

Myrna MacPherson  
PO Box 84  
Murray River, PEI  
C0A 1W0

Gary Naylor  
Summerside, PEI  
☎ (902) 436-5968

## *PEI Seniors Citizens Federation*

The Federation works to advance the educational and social opportunities and improve the quality of life for seniors in PEI.

### **For more information contact:**

Irene Larkin  
Co-ordinator  
Charlottetown, PEI  
☎ (902) 368-9008  
Email: [peiscf@pei.aidn.com](mailto:peiscf@pei.aidn.com)

### **Seniors Federation Membership Clubs and Organizations:**

#### **Alberton Jolly Seniors**

Walter Bernard  
Alberton, PEI  
☎ (902) 853-3228

#### **Argyle Shore Breeze**

Barbara Currie  
Bonshaw, PEI  
☎ (902) 675-4906

#### **Borden Carleton Seniors**

☎ (902) 368-7542

#### **Dunstaffnage Seniors**

Marius VanBysterveldt  
Mount Stewart, PEI  
☎ (902) 629-1799

#### **East Royalty Seniors**

Edwin MacRae  
Charlottetown, PEI  
☎ (902) 892-1591

Seniors Clubs and Organizations ~ continued

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**55+ Plus Club**

Ethel Nicholson  
Montague, PEI  
☎(902) 838-4238

**Friendly Seniors Club**

Evelyn MacNevin  
Ellerslie, PEI  
☎ (902) 831-2536

**Getaway Seniors Club**

Marjorie Cobb  
Borden-Carleton, PEI  
☎ (902) 855-2287

**Golden Years Club**

Annie Boyle  
Charlottetown, PEI  
☎ (902) 894-8633

**Good Sports Club**

Mabel Carmichael  
Borden-Carleton, PEI  
☎ (902) 855-2206

**Happy Group**

Wilma Campbell  
Kensington, PEI  
☎ (902) 836-5570

**Happy Valley Club**

Carol MacDonald  
Bonshaw, PEI  
☎ (902) 675-3288

**Happy Valley Club**

Ethel Newitt  
Tyne Valley, PEI  
☎ (902) 831-2679

**Haviland Happy Hearts**

Stella Smith  
Charlottetown, PEI  
☎ (902) 894-4797

**Hilltoppers Seniors Club**

Myron Matheson  
Breadalbane, PEI  
☎ (902) 964-3150

*Seniors Clubs and Organizations ~ continued*

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**Lady Slipper Club**

Wilson Christopher  
Alberton, PEI  
☎ (902) 853-2357

**Lady's Slipper 2000  
Year**

Clara Souer  
Mount Stewart, PEI  
☎ (902) 676-2988

**Lot 16 Seniors**

Gerald Hardy  
Miscouche, PEI  
☎ (902) 888-2475

**Maple Leaf Club**

Kay McCardle  
Kinkora, PEI  
☎ (902) 887-2716

**Mayflower Club**

Margaret Murphy  
Stratford, PEI  
☎ (902) 569-1886

**Morell Legion  
Seniors**

Lea Hogan  
Morell, PEI  
☎ (902) 961-2748

**Murray River Senior  
Citizens Club**

Esther Mosher  
Murray River, PEI  
☎ (902) 962-3294

**New London Seniors**

Annie Douglas  
New London, PEI  
☎ (902) 886-2715

**Parkview Seniors  
Club**

Lloyd Cantelo  
Summerside, PEI  
☎ (902) 436-2930

**Pleasant Valley Club**

Norma MacLean  
Hunter River, PEI  
☎ (902) 964-2961

*Seniors Clubs and Organizations ~ continued*

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**Rainbow Club**

Reina Plomp  
Lower Bedeque, PEI  
☎ (902) 887-2061

**Rose Garden Club**

Margaret Deighan  
Charlottetown, PEI  
☎ (902) 892-6198

**Rustico Bay Club**

Reggie Blanchard  
South Rustico, PEI  
☎ (902) 963-2115

**Selkirk Millennium  
Club**

Kathleen Ross  
North Pinette, PEI  
☎ (902) 659-2920

**Seniors Active Living  
Centre**

Doreen Nicholson  
Charlottetown, PEI  
☎ (902) 892-2919

**Senior Neighbours**

Wendell Robertson  
Souris, PEI  
☎ (902) 357-2029

**Shamrock Club**

Agnes MacDonald  
Charlottetown, PEI  
☎ (902) 676-2921

**Silver Threads**

Esther Bennett  
Souris, PEI  
☎ (902) 687-2637

**St. Peters Circle**

Anita Beaton  
Morell, PEI  
☎ (902) 961-2899

**Star of The Sea**

Inez Doiron  
Hunter River, PEI  
☎ (902) 963-2504

*Seniors Clubs and Organizations ~ continued*

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**Sunshine Club**

Shirley MacIsaac

O'Leary, PEI

☎ (902) 859-2237

**Tignish Sunshine Club**

Beatrice Gallant

Tignish, PEI

☎ (902) 882-2339

**West Royalty Seniors**

Margaret LeBlanc

Charlottetown, PEI

☎ (902) 894-3505

**York Valiant Seniors**

Ada Rattray

York, PEI

☎ (902) 894-7154



## *Other Seniors Organizations*

### **Grief Recovery Support**

These are groups that are privately organized, that gather to help people deal with the passing away of a loved one.

#### **Grief Recovery Support Group**

Shelia Dunphy  
106 St. Peters Road  
Charlottetown, PEI  
☎ (902) 894-8380

#### **Seniors Bereavement Group**

Ellen McDearmid  
5 Brighton Road  
Charlottetown, PEI  
Email: [hospice@isn.net](mailto:hospice@isn.net)

### **PEI Royal Canadian Legions**

The Royal Canadian Legion is Canada's largest veterans'/ex service personnel organization.

#### **PEI Command Royal Canadian Legion**

47 Kensington Road  
Charlottetown, PEI  
☎ (902) 892-2161

## **Island Branches**

Royal Canadian Legion Branch #1

**Charlottetown**

☎ (902) 892-6022

Royal Canadian Legion Branch #2

**O'Leary**

☎ (902) 859-1714

Royal Canadian Legion Branch #3

**Summerside**

☎ (902) 687-2300

Royal Canadian Legion Branch #4

**Mount Stewart**

☎ (902) 676-2457

Royal Canadian Legion Branch #5

340 Notre Dame

**Summerside**

☎ (902) 436-2091

Royal Canadian Legion Branch #6

**Tignish**

☎ (902) 882-2011

Royal Canadian Legion Branch #7

**Eldon**

☎ (902) 659-2629

*Royal Canadian Legion Island Branches ~ continued*

Royal Canadian Legion Branch # 8

**Montague**

☎ (902) 838-2351

Royal Canadian Legion Branch #9

88 Victoria St. W

**Kensington**

☎ (902) 836-3229

Royal Canadian Legion Branch #10

**Borden**

☎ (902) 855-2660

Royal Canadian Legion Branch #13

**North Rustico**

☎ (902) 963-2452

Royal Canadian Legion Branch #17

**Wellington**

☎ (902) 854-2444

Royal Canadian Legion Branch #18

**Miscouche**

☎ (902) 436-2672

Royal Canadian Legion Branch #22

**Ellerslie**

☎ (902) 831-2806

*Royal Canadian Legion Island Branches ~ continued*

Royal Canadian Legion Branch#27

**Bloomfield**

☎ (902) 859-3404

Royal Canadian Legion Branch #30

**New Haven**

☎ (902) 675-2023

**Provincial Organizations for Seniors**

**Community Care Facility Association**

Dr. Lori Weeks

Rosewood Residence

Hunter River, PEI

**Island Hospice Association**

Graham Gaudet

Charlottetown, PEI

☎ (902) 368-4980

**Lennox Island Seniors Citizens**

Doreen Sark

Lennox Island, PEI

☎ (902) 831-2653

**Les francophones de l'age d'or de Î-P-É**

Winsloe, PEI

☎ (902) 368-8635

*Provincial Organizations for Seniors ~ continued*

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**Nursing Home Association**

Dr. John Gillis Memorial Lodge  
Belfast, PEI  
☎ (902) 659-2337

**PEI Centre for Study of Health and Aging**

Thomy Nilsson, Prof of Psychology  
Dalton Hall #07 UPEI - Charlottetown, PEI  
☎ (902) 566-0563

**Project L.O.V.E.**

Mary Burke  
Cornwall, PEI  
☎ (902) 368-4695

**Women's Institute Federation**

Betty Millar  
Charlottetown, PEI  
☎ (902) 368-4860

Please note if you are involved in a club or organization and would like to have it listed in the next addition of our directory, please call Heather Gillis at the Department of Health and Social Services (Garfield St.) (902) 368 6130.

## **Retirement Associations**

### **Association of Holland College Retirees(ASHCOR)**

Charlottetown, PEI

☎ (902) 892-7659

### **FSNA- Summerside Branch**

Gary Naylor

Summerside, PEI

☎ (902) 436-5968

### **Federal Superannuates National Association**

FSNA-Charlottetown Branch

Bill MacDonald

Charlottetown, PEI

☎ (902) 892-4148

### **Maritime Electric Retirees**

Charlottetown, PEI

☎ 1-800-670-1012

### **PEI Hospital Nurses Alumni**

Charlottetown, PEI

☎ (902) 566-2135

*Retirement Associations ~ continued*

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**PEI Union of Public Sector  
Employees Local 19**

Fred Quinn  
Charlottetown, PEI  
☎ (902) 628-6034

**Retired Teachers Association**

Blanche Howlett  
Cardigan, PEI  
☎ (902) 582-2721

**Telephone Pioneers /aka/ Aliant Pioneers**

Pioneer Administrator  
PO Box 820  
Charlottetown, PEI C1A 7M1

**UPEI Faculty Retiree Association**

Charlottetown, PEI  
☎ (902) 892-1538

## *Additional Services for Seniors*

### **Community Access Program Computer Sites (CAP Sites)**

These are sites that are available to the public for Internet and computer access.

#### **Alberton**

Alberton Public Library  
460 Main Street

☎ (902) 853-3049

E-mail: [alberton@gov.pe.ca](mailto:alberton@gov.pe.ca)



#### **Breadalbane**

Breadalbane Public Library  
4023 Dixon Road

☎ (902) 964-2520

#### **Charlottetown**

Confederation Centre Public Library  
Queen Street

☎ (902) 368-4642

E-mail: [ccpl@gov.pe.ca](mailto:ccpl@gov.pe.ca)

#### **Cornwall**

Cornwall Public Library  
Ferry Road

☎ (902) 629-8415

E-mail: [cornwall@gov.pe.ca](mailto:cornwall@gov.pe.ca)



*Community Access Program (CAP)*  
*Computer Sites ~ continued*

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**Georgetown**

Georgetown Public Library  
36 Kent Street  
☎ (902) 652-2832  
E-mail: [georgetown@gov.pe.ca](mailto:georgetown@gov.pe.ca)

**Kensington**

Kensington Public Library  
55 Victoria Street  
☎ (902) 836-3721  
E-mail: [kensington@gov.pe.ca](mailto:kensington@gov.pe.ca)

**Montague**

Access PEI Montague  
41 Wood Islands Hill  
☎ (902) 838-0600

Montague Public Library  
273 Queens Road  
☎ (902) 838-2528  
E-mail: [montague@gov.pe.ca](mailto:montague@gov.pe.ca)

**Morell**

Access PEI Morell  
Red Head Road  
☎ (902) 961-7321

*Community Access Program (CAP)  
Computer Sites ~ continued*

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**Mount Stewart**

Mount Stewart Public Library  
Main Street  
☎ (902) 676-2881  
E-mail: [mtstewart@gov.pe.ca](mailto:mtstewart@gov.pe.ca)

**Murray Harbour**

Murray Harbour Public Library  
McInnis Rd.  
☎ (902) 962-3875  
E-mail: [murray\\_harbour@gov.pe.ca](mailto:murray_harbour@gov.pe.ca)

**O'Leary**

Access PEI O'Leary  
45 Barclay Road  
☎ (902) 859-8800

O'Leary Public Library  
18 Community Street  
☎ (902) 859-8788  
E-mail: [o'leary@gov.pe.ca](mailto:o'leary@gov.pe.ca)



**Souris**

Access PEI Souris - Johnny Ross Young Centre  
15 Green Street  
☎ (902) 687-7000

*Community Access Program (CAP)*  
*Computer Sites ~ continued*

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**St. Peters**

St. Peters Public Library  
Cardigan Road  
☎ (902) 961-3415  
E-mail: [st\\_peters@gov.pe.ca](mailto:st_peters@gov.pe.ca)

**Stratford**

Stratford Public Library  
13 Glen Stewart Drive  
☎ (902) 569-7750

**Summerside**

Rotary Regional Library  
192 Water Street  
☎ (902) 436-7323  
E-mail: [summerside@gov.pe.ca](mailto:summerside@gov.pe.ca)

Access PEI Summerside  
120 Harbour Drive  
☎ (902) 888-8000

**Tignish**

Tignish Public Library  
20 Philips Street  
☎ (902) 882-7363  
E-mail: [tignish@gov.pe.ca](mailto:tignish@gov.pe.ca)

*Community Access Program (CAP)*  
*Computer Sites ~ continued*

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Access PEI Tignish  
103 School Street  
☎ (902) 882-7351

**Wellington**  
Access PEI Wellington  
48 Mill Road  
☎ (902) 854-7250

## **Meal Services**

This service provides meals which include meat, vegetables, bread, beverage, and dessert. For a small fee it is delivered to homes of Island residents.

### **Alberton**

Meals on Wheels

☎ (902) 853-2794

Charlottetown

Meals on Wheels

81 Prince Street

☎ (902) 892-4257

### **Kensington**

Meals on Wheels

Meals available - Mon, Wed, & Fri.

☎ (902) 836-3940

### **Montague**

Meals in Motion

Debbie Sheilds

PO Box 820

C0A 1R0

### **O'Leary**

Meals on Wheels

☎ (902) 357-2629

*Meal Services ~ continued*

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**Summerside**

Meals on Wheels  
205 Lefurgy Drive  
☎ (902) 436-1842

**Transportation Services**

*Taxi Services*

**O’Leary**

West Isle Taxi . . . . . ☎ 856-0999

**Wellington**

Evangeline Taxi . . . . . ☎ 439-5595

**Summerside**

Courtesy Cab . . . . . ☎ 436-4232  
Old Town Taxi . . . . . ☎ 436-4947

**North Rustico**

Cavendish Taxi . . . . . ☎ 963-3002

**Stratford**

Stratford Cab . . . . . ☎ 393-7077

*Transportation Services ~ continued*

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**Charlottetown**

City Cab ..... ☎ 892-6267 or 569-9999  
Co-op Taxi ... ☎ 892-1111, 894-1111 or 628-8200  
Yellow Cab PEI ..... ☎ 566-6666  
GrabbaCab / Limo Cab ..... ☎ 892-6000

**Montague**

Dixon's Taxi ..... ☎ 838-2191  
Montague Taxi ..... ☎ 838-3000

## *Lifestyles*

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### **55 Alive/Mature Driving**

The **PEI Senior Citizens Federation** is offering defensive driving courses in partnership with senior citizens' clubs, volunteer instructors, and the Province of Prince Edward Island.

*55 Alive/Mature Driving* is a comprehensive nationwide course designed especially for the mature driver. It takes into consideration the physical changes and drivers learn how to compensate for those changes. The course provides opportunities for participants to identify individual problem areas and to improve their behavior as drivers.

**6 hours - Classroom Only** (usually taught over a two day period) **No testing at the end of course**

Seniors often feel they must continue to drive in order to maintain their independence. *55 Alive* builds confidence, helps seniors drive more efficiently and safely, and will help extend driving years.

**For more information contact:**

PEI Senior Citizens' Federation

☎ (902) 368-9008



## **55+ Plus Games Society**

“Promoting an Active Lifestyles for Islanders 55 Years of Age and Over.” This organization promotes active lifestyles in seniors. Offering sports and recreation as well as a positive environment in which seniors can gain physical and social achievement through participation and friendly competition.

### **For more information contact:**

Sport PEI  
40 Enman Crescent  
Charlottetown, PE  
☎ (902) 368-4110  
☎ 1-800-247-6712

## **Genealogy**

If you are interested in finding genealogical information, here are some places which may help in your search:

### **Vital Statistics Information for Genealogical Research**

35 Douses Road  
Montague, PEI  
☎ (902) 838-0880  
☎ 1-877-320-1253

*Genealogy ~ continued*

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**Public Archives**

Provincial Archivist  
175 Richmond Street  
Charlottetown, PEI  
☎ (902) 368-4290  
E-mail: [archives@gov.pe.ca](mailto:archives@gov.pe.ca)

**Lifelong Learning**

*Seniors College*

Seniors College of PEI is an independent organization affiliated with UPEI, and is a member of the PEI Seniors Federation Inc. The College is a membership based organization and operates on an eight week - three semester a year system. The first semester is in September, the second in January and the third in April. All courses are non-credit and are taught both by peers and others. The college is governed by a board of directors, and a part-time staff person who is located on campus, and provides board support.

**For more information contact:**

Ron Irving  
PO Box 152  
Charlottetown, PEI C1A 7K4  
E-mail: [ron.irving@pei.sympatico.ca](mailto:ron.irving@pei.sympatico.ca)

## **Seniors Active Living Centre**

The Seniors Active Living Centre provides seniors with opportunities for social, recreational, educational, and volunteer activities. It is also a place for friendship and fun. Monthly meeting (170 members). Membership fees: \$20.00 single, \$30.00 couple, and \$5 distant member. Hours: Monday to Friday 9:00 am to 4:00 pm.

### **For more information contact:**

Connie Auld  
308 Queen Street  
Charlottetown, PEI  
☎ (902) 628-8388

## **UPEI Centennial Program**

This program is offered by the University of Prince Edward Island, it is available to Islanders over the age of 60 who wish to return to the University for Undergraduate Programs at no tuition cost incurred.

### **For more information contact:**

Heather Keoghan . . . . . ☎ (902) 566-0336

## *Federal Services*

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To find out about Government of Canada services:

- Call 1 800 O Canada(1 800 622 6232), the Government of Canada information service. If you use TTY call 1 800 465 7735.
- Visit the Government of Canada main Web site at: **[www.canada.gc.ca](http://www.canada.gc.ca)**

You can also visit your Service Canada Access Centre at the following locations:

Alberton	-	450 Main Street
Charlottetown	-	161 St. Peter's Road
Charlottetown	-	135 Kent Street
Georgetown	-	24 Kent Street
Kensington	-	62 Victoria Street
Souris	-	90 Main Street
Summerside	-	57 Central Street

(Self Serve Locations)



To obtain your free Guide to Government of Canada Services for Seniors and their families, call 1 800 O Canada (1 800 622 6232).

## **Home Repair**

*Canada Mortgage and Housing Corporation  
(CMHC):*

### **Home Adaptations for Seniors Independence (HASI)**

This Program helps homeowners and landlords pay for minor home adaptations to extend the time low-income seniors can live in their own homes independently.

### **Who is Eligible?**

Homeowners and landlords may qualify for assistance as long as the occupant of the dwelling where the adaptations will be made meets the following eligibility criteria:

- is 65 and over;
- has difficulty with daily living activities brought on by ageing;
- total household income is at or below a specified limit for your area;
- dwelling unit is a permanent residence.

***Canada Mortgage and Housing Corporation  
(CMHC) ~ continued***

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For More information you can contact Canada Mortgage and Housing Corporation in Charlottetown at 566 7336, the HRDC nearest you or visit Service Canada Access Centre at the following locations:

Alberton	-	450 Main Street
Charlottetown	-	161 St. Peters Road
Charlottetown	-	135 Kent Street
Kensington	-	62 Victoria Street
Souris	-	90 Main Street
Summerside	-	57 Central Street

***Seniors' Emergency Home Repair Program***

This program is intended to assist with emergency repairs to a senior's principal residence.

The program will provide assistance for low and moderate income seniors to make emergency repairs to one of the major components of the physical structure.



Seniors' Emergency Home Repair Program ~ continued

**For more information contact a Regional  
Housing Office nearest you:**

West Prince Region  
PO Box 400  
Alberton, PEI C0B 1B0  
☎ (902) 853-8688

East Prince Region  
310 Brophy Avenue  
Summerside, PEI C1N 5N4  
☎ (902) 888-8436

Queens Region  
PO Box 2000  
161 St. Peters Road  
Charlottetown, PEI C1A 7N8  
☎ (902) 368-5770

Kings Region  
PO Box 820  
Montague, PEI C0A 1R0  
Montague ☎ (902) 838-0796  
Souris ☎ (902) 687-7096

## Old Age Security and Pension Plans

### Old Age Security Program

At age 65, everyone who meets Canada's citizenship and legal resident requirements is entitled to an Old Age Security Pension.

The **Guaranteed Income Supplement** is an additional monthly benefit available to seniors who receive Old Age Security (OAS) and have low to modest income.

For more information on this service program call 1 800 277 9914 or visit a Service Canada Access Centre (listed above). Contact a Federal Government office nearest you (listed above) or call to talk to a live agent at 1 800 O Canada.

### Canada Pension Plan

The Canada Pension is contributory, earnings-related Social Insurance Program. It ensures a measure of protection to a contributor and his or her family against loss of income due to retirement, disability, and death.

For other information on pensions and related issues, contact a live representative at 1 800 O Canada. (1 800 622 6232) call 1 800 277 9914.



*Veterans Affairs Canada (VAC) Disability Pensions:*

**What Canadian Forces Members Need to Know**

Retired, still serving or releasing members of the Canadian Forces often have questions about the kinds of support that may be available to them through Veterans Affairs Canada.

For more information either call 1 800 O Canada or 1 800 565 2422.

**You can also visit a Federal Government office nearest you:**

Alberton	-	450 Main Street
Charlottetown	-	161 St. Peter's Road
Charlottetown	-	135 Kent Street
Georgetown	-	24 Kent Street
Kensington	-	62 Victoria Street
Souris	-	90 Main Street
Summerside	-	57 Central Street

## ***Further Information***

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### **Some interesting Web Sites for Seniors**

**<http://www.gov.pe.ca/infopei/Seniors>**

This seniors Web site was an initiative of the Prince Edward Island Seniors Advisory Council.

**<http://www.sppd.gc.ca>**

Seniors Policies and Programs Database(SPPD). The SPPD is a database of government policies and programs where the primary beneficiaries are seniors. Federal, Provincial and Territorial Governments developed and maintain it.

**[http://dir.yahoo.com/Society\\_and\\_Culture/Families/Parenting/Grandparents/](http://dir.yahoo.com/Society_and_Culture/Families/Parenting/Grandparents/)**

This site is a listing of web pages that will interest grandparents.

**<http://www.seniors.gc.ca>**

A Government of Canada site about seniors.

**<http://www.hirc.pe.ca>**

This is the site for the Health Information Resource Centre, where you can find the answers to many health questions.

*Web Sites for Seniors ~ continued*

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**<http://www.virtualmemorial.gc.ca>**

This site is an online memorial of deceased veterans.

**If you have comments, questions or suggestions for the next edition of the Prince Edward Island Seniors' Quick Reference Guide, please contact:**

**Heather Gillis**

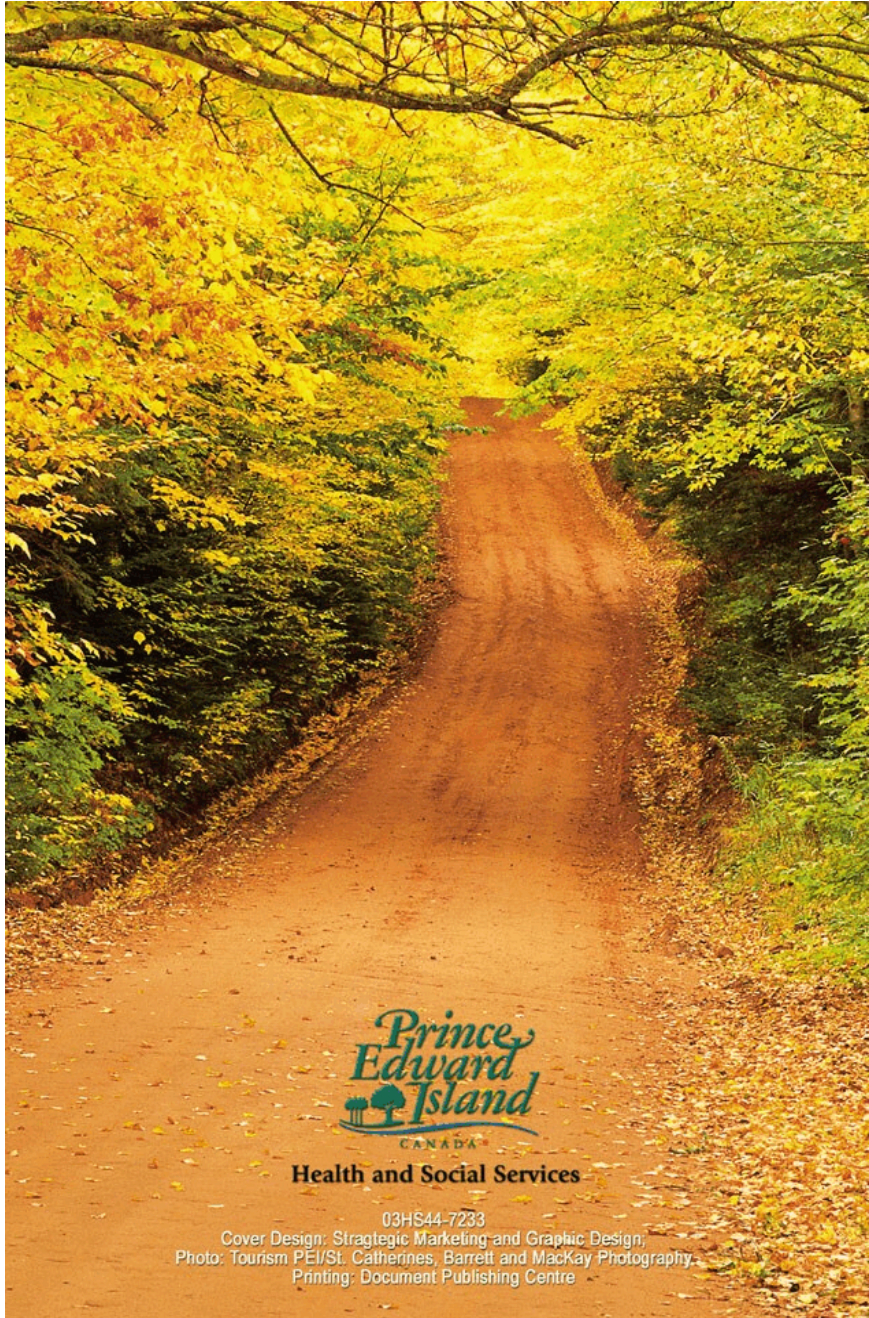
**Tel: (902) 368 6130**

**Email: [hmgillis@ihis.org](mailto:hmgillis@ihis.org)**

**Don LeClair**

**Tel: (902) 894 3170**

**Email: [donleclair@eastlink.ca](mailto:donleclair@eastlink.ca)**



**Health and Social Services**

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