

WHITE ROCK | SURREY  
*Come Share Society*



# **SENIORS' RESOURCE DIRECTORY**

## **COVERING THE CITIES OF SURREY AND WHITE ROCK**

Printed by City of Surrey  
September 2010



Prepared by Come Share Senior Support

(604) 531-9400

[www.comeshare.ca](http://www.comeshare.ca)

A program of the White Rock/Surrey Come Share Society



**Come Share Senior Support**  
gratefully acknowledges the support of

**The City of Surrey**  
has provided in printing the latest edition of the  
**Seniors' Resource Directory.**

This generous partnership allows our organization to provide this valuable resource support information to all communities within Surrey and White Rock areas.



## **DISCLAIMER**

Come Share Senior Support Services provides the Resource Directory as a service to the community. We have made every effort to provide accurate listings, however, we do not recommend the services and agencies listed here, nor do we accept any responsibility for them.

## **DIRECTORY INCLUSION**

If your agency, business or support group would like to be included in future editions of this directory, contact:

### **Come Share Senior Support**

15008 – 26<sup>th</sup> Avenue, Surrey, B.C. V4B 3H5

Ph: (604) 531-9400 Fax: (604) 531-9498

Please include the name and contact information for your agency, business or support group, as well as a brief description of services offered, office hours, etc.

# White Rock/Surrey Come Share Society

Our non-profit organization offers two separate programs.

## DAY PROGRAMS FOR OLDER ADULTS

### **Surrey Come Share Day Program**

13855 -68th Avenue, Surrey, B.C.

(604) 599-0034

Hours: Monday thru Friday 8:30am-3:30 pm

### **White Rock Come Share Day Program**

15008 – 26th Avenue, Surrey, B.C.

(604) 531-2502

Hours: Monday thru Friday 8:30am - 3:30pm

Come Share Day Programs for Older Adults provide meaningful purposeful programs customized to the needs of the clients while providing ongoing support to caregivers. These programs are designed to assist individuals who require some support to remain independent in the community. The programs offer a wide range of therapeutic activities as well as hot lunches, transportation by HandyDART (within the area) and access to professional supports such as nursing, podiatry care and a bathing program. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

## COME SHARE SENIOR SUPPORT

15008 – 26th Avenue, Surrey, B.C.

(604) 531-9400

Hours: Monday thru Friday 9:00am – 4:00pm

Come Share Senior Support services include:

- **Seniors Information Line** supported by our Senior Connector volunteers who provide information about services, programs and education on the phone or at a location close to you.
- **6 Meal Programs** for isolated people in the community needing a good meal and socialization.
- **Caregiver Support programs** providing strategies, stories, laughter and support.
- **Friendly Visitors** partnering volunteers with individuals in the community for weekly visits.
- **Telephone Reassurance Calls** made by our volunteers to individuals in the community wanting a regular phone call to keep connected to someone.
- **Computer Classes** where volunteers teach 'you' how to use this technology.
- **Community Education and Health Fairs**

Our website provides further information and details [www.comeshare.ca](http://www.comeshare.ca)

# Frequently Called Numbers

## Important Numbers

Arts Centre Theatre Box Office	(604) 501-5566
BC Seniors' Line	(800) 465-4911
Bylaws Call Centre	(604) 591-4370
Crisis Line for Persons in Emotional Crisis	(604) 951-8855
Fire Prevention Auto-Request Line	(604) 543-6760
Garbage and Recycling	(604) 591-4427
Power Outages & Emergencies	1 888 769-3766
• Cellular access	*49376
Surrey Water Meter Program	(604) 575-9283
Surrey Emergency Program	(604) 543-6795
Tax Enquiries	(604) 591-4181

## Hospitals

Peace Arch Hospital	(604) 531-5512
Surrey Memorial Hospital	(604) 581-2211

## 911 Non-Emergency Numbers

### **Surrey**

- Ambulance (604) 872-5151
- Fire (604) 543-6700
- Police (604) 599-0502

### **White Rock**

- Ambulance (604) 872-5151
- Fire (604) 541-2121
- Police (778) 593-3603

Crime Stoppers / TIPS 1 800 222-8477

## Health

HealthLink	(604) 215-4700
Fraser Health Authority Central Intake	(604) 953-4965
• Surrey/North Delta Office	(604) 953-4950
• White Rock Office	(604) 541-6800

# Subject Index

## **Abuse** 1

Ama Transition House 1

BC CEAS (BC Centre for Elder Advocacy and Support) 1

## **Adult Day Program** 2

Come Share Adult Day Programs 2

PICS Senior Day Centre 2

English Manor Adult Day Care 3

## **Advocacy** 3

BC CEAS (BC Centre for Elder Advocacy and Support) 3

Ombudsperson 4

## **Alzheimer's** 4

Alzheimer Resource Centre 4

## **Arthritis** 4

Arthritis Society of BC and Yukon Division 4

Fraser Arthritis Centre 5

## **Asthma** 5

BC Lung Association 5

## **Bereavement** 5

Bereavement Helpline 5

White Rock Hospice 6

## **Cancer Services** 6

Breast Screening Mammography of BC (PAH)	6
Cancer Society – Volunteer Driving Program (Surrey)	6
Cancer Society – Volunteer Driver Program (White Rock)	7
Surrey Screening Mammography Centre	7

## **Community Services** 7

AMSSA (Affiliation of Multicultural Societies and Service Agencies)	7
BC Healthy Communities	8
Come Share Senior Support Services	8
Crescent Beach Community Services at Camp Alexandra	9
Deltassist Family & Community Services	10
Oak Avenue Neighborhood Hub Society	10
Options - Newton	10
Options - Surrey Community Services	11
People Helping People - Guildford Seniors' Services	11
People Helping People - Sunrise Pavilion	11
PICS (Progressive Intercultural Community Services)	12
SOURCES BC (formerly PACS)	12
South Fraser Women's Services	12
Surrey Newcomers & Friends Club	13
Welcome Wagon	13

## **Computer Training** 13

Come Share Senior Support Computer Sessions	13
Computer Labs at Seniors' Centers	13
Electronic Classrooms at the Library	14
NAOC Computer Learning Academy	14

<b><u>Counselors</u></b>	14
Kent Street Activity Center	14
Rypkema Counselling and Mediation Services	15
Senior Peer Counseling Centers	15
<b><u>Crisis Line</u></b>	15
Ama Transition House	15
South Fraser Regional Crisis Line	15
<b><u>Dental Resources</u></b>	16
SOURCES Dental Clinic	16
UBC Dental Clinic	16
Vancouver Community College-Dental Clinic	16
Vancouver Hospital Dental Clinic	16
<b><u>Denturists</u></b>	17
David and Michelle DuGuay	17
Peter Hodson Denture Clinic – Surrey	17
Peter Hodson Denture Clinic – White Rock	17
<b><u>Diabetes</u></b>	17
Canadian Diabetes Association - Fraser Valley Region	17
Diabetes Outpatient	17
Diabetes Resource Centre	18
<b><u>Emergency Response Systems</u></b>	18
Fraser Health Lifeline	18
LifeCall	18

## **Emergency Response Systems (cont'd)**

LifeLink	19
Monitoring Pros	19
Surrey/White Rock Ambulance Non-Emergency	19
Surrey Fire Non-Emergency	19
White Rick Fire Non-Emergency	19

## **Enquiry BC**

BC Seniors' Information Line	20
Service B.C.	20

## **Estheticians**

Feet Zone	20
-----------	----

## **Food Banks**

Salvation Army Church & Community Ministries	20
SOURCES BC Food Bank	21
Surrey Food Bank	21

## **Food Shopping Services**

Buy-Low Foods	21
Dairyland	21
IGA Marketplace	22
Phone N Shop - PriceSmart	22
Safeway Home Delivery- Fleetwood	22
Safeway Home Delivery - Ocean Park	22
Safeway Home Delivery - Peninsula Village	22
Seniors Shopping Program	23
SOURCES BC - Shop by Phone	23

Supermarket to You 23

**Foot Care** 23

---

Dr. Rosemary Jones 23

Dr. Scott Knutzen 24

Fraser Valley Foot Care 24

**Hair Care** 24

---

Hair For You 24

**Health** 25

---

AMSSA (Affiliation of Multicultural Societies and Service Agencies) 25

BC HealthLink 25

Centre on Aging Chronic Disease Self Management Program (CDSMP) 26

Dial-A-Dietitian 26

Specialized Seniors Services 26

Fair Pharmacare 27

Medical Services Plan of BC 27

Young At ♥ Fitness 28

**Hearing Clinics** 28

---

Western Institute for the Deaf and Hard of Hearing 28

Surrey Hearing Care 29

**Heart and Stroke** 29

---

Blood Pressure Clinics - White Rock 29

Cardiac Rehabilitation Program 29

Heart and Stroke Foundation of BC & Yukon 30

Hearts in Motion Walking Club 30

Peace Arch Hospital Cardiac Rehabilitation 30

<b><u>Heart and Stroke Cont'd</u></b>	<b>31</b>
Stroke Recovery Group	31
White Rock/South Surrey Stroke Recovery Club	31
<b><u>Home Health</u></b>	<b>31</b>
Fraser Health Authority Central Intake	31
Fraser Health Authority Home Health	32
<b><u>Home Repair / Gardening</u></b>	<b>32</b>
Helping Hands Ministry	32
Home Adaptations for Seniors Independence	32
Residential Rehabilitation Assistance	33
Senior Citizens' Repair Service	33
Shell Busey's HouseSmart Home Services	33
<b><u>Home Support Agencies</u></b>	<b>34</b>
Bayshore Home Health	34
Comecare Health Services	34
South Fraser Home Support	34
South Fraser Concierge	34
<b><u>Home Support – Private</u></b>	<b>35</b>
B & B's Helping Hands	35
Classic Caregivers Ltd	35
Comfort Keepers	35
Cornerstone Care Society	35
D's Helping Hands	36
Divine Domestic	36
Errand Runners	36

## **Home Support – Private (con't)** 36

Harmony Health Care	36
Home Instead Senior Care	37
Liberty Concierge Seniors Services	37
Nurse Next Door	37
Nurse Next Door	37
Seniors Haven	38
We Care Home Health Services	38

## **Hospices** 38

Bayshore Home Health	38
Surrey Hospice Resource Centre	39
White Rock Hospice Society	39

## **Hospitals** 39

Langley Memorial	39
Peace Arch Hospital	39
Surrey Memorial Hospital	40

## **Housing – General** 40

B.C. Housing	40
SAFER	40
Seniors Housing Information	40
Tenant Hotline	41

## **Housing - Assisted/Independent/Supportive Living** 41

Amos Ferguson Manor	41
Bethshangardens	41
Christina Place	41

## **Housing - Assisted/Independent/Supportive Living (con't)**

Concord by-the-Sea	42
Crescent Gardens	42
Elim Village	42
English Manor	43
Evergreen Baptist Manor	43
Evergreen Heights	43
Fleetwood Villa	43
Friendship Village	44
The Gateway	44
Guildford Glen	44
Guildford Seniors Village	44
Hoffman Manor	44
Imperial Place – Retirement Residence	45
Kiwanis Park Place	45
Len Shepherd Manor	45
Newton Regency	45
Oddfellows Home (Newton Residence for Seniors)	46
The Orchard	46
Pacific Carlton	46
Peace Arch Manor	46
Peninsula Estates	46
PICS Seniors Housing Complex	47
The Renaissance Resort Retirement Living	47
The Residence at Morgan Heights	48
Rosemary Heights Seniors Village	48
Somerset Gardens	48
Southdale Manor I, II	48

Sunnyside Manor	49
Sunnyside Villas	49
Ted Kuhn Towers I and II	49
Westminster House	49
Whitecliff Retirement Residence	50

## **Housing - Residential / Complex Care** 50

Crescent Gardens	50
Czorny Alzheimer Centre	50
Elim Village	51
English Manor	51
Evergreen Baptist Manor	51
Morgan Place	51
Ocean View Care Home	52
Peace Portal Lodge	52
The Residence at Morgan Heights	52
Rosemary Heights Seniors Village	52
Suncreek Village	53
Westminster House	53
Whitecliff Retirement Residence	53

## **Housing – Subsidized** 54

English Manor	54
Evergreen Baptist Manor	54
Evergreen Heights	54
Friendship Village	54
The Gateway	55
Guildford Glen	55
Kiwanis Park Place	53

Len Shepherd Manor	55
Ocean View Care Home	55
Peace Arch Manor	56
PICS Seniors Housing Complex	56
Rosemary Heights Seniors Village	56
Somerset Gardens	57
Sunnyside Villas	57
Ted Kuhn Towers I and II	57

## **Immigrant Services** 58

AMSSA (Affiliation of Multicultural Societies and Service Agencies)	58
DiverseCity Community Resource Society	58
Options	58
PICS (Progressive Intercultural Community Services)	59

## **Legal Assistance** 59

Access Justice	59
BC CEAS	59
Dial-A-Law	60
Kent St Activity Centre	60
Law Line	60
Law Students' Legal Advice Program	61
Lawyer Referral Service	61
Legal Services Society of BC	61
Nidus Personal Planning Resources Centre & Registry	61
Public Guardian and Trustee of BC	62

## **Libraries** 62

Surrey Public Library Outreach Services	62
---	----

## **Libraries (Con't)**

Surrey Public Libraries	62
• Cloverdale	63
• Fleetwood	63
• Guilford	63
• Newton	63
• Ocean Park	63
• Port Kells	63
• Semiahmoo	63
• Strawberry Hill	63
• Whalley	63
White Rock Library	63

## **Meal Delivery Services**

Better Meals	64
Casalinga	64
Gold Card Catering	64
Meals-on-Wheels (North Surrey)	64
Meals-on-Wheels (White Rock)	65

## **Meal Programs**

Cloverdale Spice of Life Lunch	65
Community Hot Lunch – First United Church	65
Crescent Beach Community Services at Camp Alexandra	65
Fleetwood Lunch	66
Kent Street Fresh & Lively	66
Newton Spice of Life Lunch	66
Oak Avenue Neighborhood HUB	66

## **Meal Programs Cont'd** 67

St. John's Presbyterian Church	67
Sunrise Pavilion Seniors Luncheon	67
White Rock Baptist Church	67

## **Medical Equipment** 67

Debra Lynn Creations	67
Medical Pharmacy	68
Medi-Chair Canada	68
Personal Mobility Products	68
Red Cross Medical Equipment Loan Service - Surrey	69
Red Cross Medical Equipment Loan Service - White Rock	69
Save On Scooters	69
Shoppers Home Health Care	69

## **Mental Health** 70

Mental Health and Addictions - Surrey Central	70
Mental Health - White Rock	70
Mood Disorders Association of BC	70
Recovery Inc.	70

## **Mobile Medical Services** 71

Life Labs Laboratory Services	71
-------------------------------	----

## **Multiple Sclerosis** 71

Multiple Sclerosis Society of Canada	71
--------------------------------------	----

## **Pensions and Supplements** 71

Canada Pension Plan (CPP)	71
---------------------------	----

## **Pensions and Supplements Cont'd** 71

Guaranteed Income Supplement (GIS)	71
Old Age Security (OAS)	72
The Allowance and the Allowance for the Survivor	72

## **Pets** 72

Bowser's B&B	72
Cats for Seniors	72

## **Pharmacies** 73

Evergreen Pharmacy - Sunnyside	73
Linda's Pharmacy	73
London Drugs	73
Medical Pharmacy	73
Morgan Creek Medicine Center Pharmacy	74
Peoples Drug Mart	74
Pharmasave - Reid's Peace Arch Pharmacy	74
Pharmasave - Ocean Park	74
PriceSmart	75
Safeway - Ocean Park	75
Safeway - Peninsula Village	75
Safeway Pharmacy – Surrey	75
Save-On Foods - Southpoint	76
Shoppers Drug Mart	76
Zellers Pharmacy	76

## **Physicians - Walk-in Clinics** 76

Care Point Plaza Medical Clinic	76
---------------------------------	----

## **Physicians - Walk-in Clinics (cont'd)** 77

Cedar Hills Medical Clinic	77
Hilltop Medical	77
Morgan Creek Walk-in Clinic	77
Ocean Park Medical	77
Peach Arch Community Medical Clinic	77
Peninsula Medical Clinic	78
Semiahmoo Medical Clinic	78

## **RCMP/ Security / Safety** 78

Better Business Bureau of Mainland BC	78
BC Securities Commission	78
Crime Prevention Program Coordinator	79
Phone Busters & Seniors Busters	79
Revenue Canada - Registered Charities	79
Royal Canadian Mounted Police - Main Detachment	79
Telus Security	79
Victim Services - Surrey	80
Victim Services – White Rock	80
VictimLINK	80

## **Relocation and Transitioning Services** 81

Compass Seniors' Services	81
Home Harmony	81
Let's Make Space	81
Moving! Has To Go!	82

## **Seniors' Recreation** 82

Cloverdale Seniors Center	82
Fleetwood Community Center	82
Guildford Recreation Center	82
Indo-Canadian Seniors Society (Surrey/Delta)	83
Kennedy Seniors Recreation Center	83
Kent Street Activity Center	83
Langley Senior Resources & Recreation Center	83
Newton Senior Center	84
South Surrey Recreation Center	84
Sunrise Pavilion Seniors Center	84
White Rock Community Center	84

## **Substance Misuse** 85

Al Anon	85
Alcoholics Anonymous	85
SOURCES BC	85

## **Support Groups** 85

Al Anon	85
Alcoholics Anonymous	86
Alzheimer Support Group (Newton)	86
Alzheimer Support Group (White Rock)	86
Ama Transition House	86
Arthritis Support Group	87
Arthritis Telephone Information (White Rock/South Surrey)	87
Breast Cancer Support Group	87
Langley Arthritis Support Group	87

## **Support Groups (cont'd)** 87

Langley Better Breathers Club	87
Langley Fibromyalgia Support Group	88
Langley Lupus Support Group	88
Mood Disorders Association of BC	88
Parkinson's Society BC	88
Parkinson's Support Group - North Surrey	89
Post Polio Support Group	89
Recovery Inc.	89
Surrey Arthritis Community Group	89
Surrey Fibromyalgia Support Group	89
Surrey Hospice Resource Centre	90
Surrey Prostate Cancer Support Group	90
White Rock Macular Degeneration Support Group	90

## **Caregivers Support & Resources** 90

Caregivers Network of Surrey/Delta	90
Caregivers Support (DiverseCity)	91
Careproviders Helping Each Other	91
Family Caregiver's Network Society	91
South Surrey/White Rock Caregivers	92

## **Tailor** 92

Debra Lynn Creations	92
----------------------	----

## **Taxes** 93

Canada Revenue Agency	93
• Tax Information Phone Service	93

## **Taxes Cont'd** 93

- Individual Income Tax Enquiries 93
  - Tax Enquiries 93
- John Ward – Tax Preparation 93
- SOURCES BC 93

## **Transportation** 93

- Bus Pass Program 93
- Driving Miss Daisy 94
- HandyDART Services 94
- Liberty Concierge Seniors Services 94
- SNTransport 94
- SOURCES BC – Volunteer Wheels 95
- SPARC 95
- Taxi-Saver / HandyCard 95
- TransLink 96

## **Veterans Services** 96

- Veteran Affairs 96

## **Visually Impaired Services** 96

- Canadian Council of the Blind 96
- Canadian National Institute for the Blind 96

# **Abuse**

## **Ama Transition House**

(604) 542-5992

Fax: (604) 542-5993

Email: [ama@atira.bc.ca](mailto:ama@atira.bc.ca)

Providing one-to-one support, advocacy and outreach to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship.

Hours: Monday - Friday 7:30am to midnight, Saturday - Sunday, volunteers available 10am to midnight. Other languages include Spanish.

Outside of these hours, crisis calls can be directed to:

Durrant Crisis at (604) 531-4430 - 24 hours a day, 7 days a week.

## **BC CEAS (BC Center for Elder Advocacy and Support)**

#304 - 411Dunsmuir Street  
Vancouver, BC  
V6B 1X4

Business Line: (604) 688-1927

Fax: (604)437-1929

Email: [info@bcceas.ca](mailto:info@bcceas.ca)

[www.bcceas.ca](http://www.bcceas.ca)

## **Seniors Help and Information Line**

(604) 437-1940

Toll Free: 1 (866) 437-1940

Provides information about elder abuse and offers links to community resources. Specific legal questions or concerns are referred to the Legal Advocacy Program or the Elder Law Clinic. Hours: Monday – Friday 10:00am to 3:00pm (excluding statutory holidays).

## **Elder Law Clinic**

The Elder Law Clinic provides legal advice and represents clients at tribunals and in court but do not provide legal assistance with Wills and Estates.

Referrals to the Elder Law Clinic are made by calling the Seniors Help and Information Line.

Older adults who are 55+ and would not otherwise be able to access justice due to low income or other barriers are eligible for Elder Law Clinic services.

## **Legal Advocacy Program**

Takes referrals from the Seniors Help and Information Line. The Legal Advocate/Paralegal provides information over the phone and represents clients at tribunals or other hearings. For Public Legal Education and Information Workshops and Financial Abuse Workshops please contact BCCEAS business line at (604) 688-1927. Workshops also delivered in other languages such as Punjabi, Mandarin, and Cantonese.

# Adult Day Programs

## Come Share Day Programs

Come Share Day Programs for Older Adults provide meaningful, purposeful programs customized to the needs of the clients, while providing ongoing support to caregivers. These programs are designed to assist individuals who require some support to remain independent in the community. The programs offer a wide range of therapeutic activities as well as hot lunches, transportation by **HandyDART** (within the area) and access to professional supports such as nursing, podiatry care and a bathing program. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

The **Bathing Program** at the White Rock site is available to anyone in the community who requires some assistance with a bath. The Therapeutic Lift Bathtub provides a safe alternative for bathing requirements. Referral is through your Home Health Case manager or by calling the homemaking agency **Comcare** directly.

### **Surrey Come Share Day Program**

13855 - 68th Avenue  
Surrey, BC  
V3W 2G9

(604) 599-0034  
Fax: (604) 599-0982  
Email: [admincss@shaw.ca](mailto:admincss@shaw.ca)

Surrey Hours: Monday - Friday 8:30am to 4:00pm. Other languages- Hindi, Punjabi, German

### **White Rock Come Share Day Program**

15008-26th Avenue  
Surrey, BC  
V4P 3H5

(604) 531-2502  
Fax: (604) 535-8781  
[www.comeshare.ca](http://www.comeshare.ca)

White Rock Hours: Monday - Friday 8:30am to 3:30 pm.

### **PICS Senior Adult Day Centre**

12075 - 75A Avenue  
Surrey, BC  
V3W 1N3

(604) 596-0052  
[www.pics.bc.ca](http://www.pics.bc.ca)

PICS Senior Day Centre is a free service designed for South Asian Seniors who are physically or emotionally disabled, living at home and are provided for by their loved ones. Services offered include recreation and socialization opportunities, meals and refreshments, health services and personal care. For more information please call or visit our website.

Hours: Monday - Friday 8:30 am to 4:30 pm.

# English Manor

(604) 541-9694

16963 - 22nd Avenue  
Surrey, BC  
V3S 9Z3

Email: [sueandcharlie@shaw.ca](mailto:sueandcharlie@shaw.ca)

Adult Day Care - Full Time or Part Time, Respite, Convalescence, Intermediate or Long Term care. Call Sue or Charlie for more information

## Advocacy

### **BC CEAS (BC Center for Elder Advocacy and Support)**

#304, 411Dunsmuir Street  
Vancouver, BC  
V6B 1X4

Business Line: (604) 688-1927  
Fax: (604)437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

### **Seniors Help and Information Line**

(604) 437-1940  
Toll Free: 1 (866) 437-1940

Provides information about elder abuse and offers links to community resources. Specific legal questions or concerns are referred to the Legal Advocacy Program or the Elder Law Clinic. Hours: Monday – Friday 10:00am to 3:00pm (excluding statutory holidays).

### **Elder Law Clinic**

The Elder Law Clinic provides legal advice and represents clients at tribunals and in court but do not provide legal assistance with Wills and Estates.

Referrals to the Elder Law Clinic are made by calling the Seniors Help and Information Line. Older adults who are 55+ and would not otherwise be able to access justice due to low income or other barriers are eligible for Elder Law Clinic services.

### **Legal Advocacy Program**

Takes referrals from the Seniors Help and Information Line. The Legal Advocate/Paralegal provides information over the phone and represents clients at tribunals or other hearings. For Public Legal Education and Information Workshops and Financial Abuse Workshops please contact BCCEAS business line at (604) 688-1927. Workshops also delivered in other languages such as Punjabi, Mandarin, and Cantonese.

## **Ombudsperson**

Second Floor, 756 Fort Street  
Victoria, BC

Toll Free: 1 (800) 567-3247  
(250) 387-5855  
Fax: (250) 387-0198

Seniors contact the Ombudsperson's office for a variety of reasons. For example, if you feel you have been unfairly treated by Pharmacare, the Medical Services Plan, the Ministry of Health, a hospital or health region, ICBC or the Public Guardian and Trustee, our office may be able to help. If you have a problem with one of these or any of the other agencies under our jurisdiction, that you've been unable to resolve yourself, you may want to make a complaint to our office. We can also investigate complaints regarding the failure of health authorities to enforce standards of care in residential care facilities.

Office Hours: Monday – Friday 8:30am to 4:30pm.

## **Alzheimer's**

### **Alzheimer Resource Center**

#102, 20316 - 56 Avenue  
Langley, BC  
V3A 3Y7

(604) 533-5277  
Fax: (604) 533-1421  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

Resource Centre for Langley and surrounding areas. Call for information on education sessions, caregiver series, support program, special events and general information.

Hours: Tuesday - Thursday 10:00 am to 4:00 pm. Mondays and Fridays at the Czorny Center 10:00am to 2:30pm.

The society also runs **Safely Home (Alzheimer Wanderer's Registry)**, a national registry in co-operation with local police and RCMP departments across Canada. One-time fee of \$35 for bracelet.

## **Arthritis**

### **The Arthritis Society BC/Yukon Learning Centre**

895 - W 10th Avenue  
Vancouver, BC  
V5Z 1L7

(604) 875-5051  
Toll free: 1(800) 321-1433  
[www.arthritis.ca](http://www.arthritis.ca)

Provides education and training for people with arthritis and for health professionals.

Services include an information library, volunteers to answer questions and a treatment centre. Hours: Monday - Friday 10:00 am to 4:00 pm. Multilingual.

## **Fraser Arthritis Centre (Regional Office)**

#110, 5769 - 201A Street  
Langley, BC  
V3A 4H9

(604) 514-9902

Fax: (604) 514-0434

Email: [tsilvester-lee@bc.arthritis.ca](mailto:tsilvester-lee@bc.arthritis.ca)  
[www.arthritis.ca](http://www.arthritis.ca)

The Fraser Arthritis Centre is a regional office of The Arthritis Society BC & Yukon which has an arthritis resource centre, library (books, magazines, DVDs, Videos & CDs), up to date information on events and educational programs in the Fraser region. The Fraser Regional office is involved with the Arthritis Support/Wellness and Community groups from Delta, Burnaby out to Hope and Boston Bar. Our volunteers are involved with health and wellness fairs, speaker's bureau arthritis presentations, leading Arthritis Self-Management classes and arthritis Advocacy. Other languages spoken - French.

## **Asthma**

### **BC Lung Association**

2675 Oak St.  
Vancouver, BC  
V6H 2K2

(604) 731-5864

1(800) 665-5864

Fax: (604) 731-5810

Information and Referral service for respiratory diseases such as asthma, chronic bronchitis, emphysema, pneumonia, tuberculosis and lung cancer.

Hours: Monday - Friday 8:30am to 4:30pm. Contact: Kelly Marrant.

## **Bereavement**

### **Bereavement Helpline**

PO Box 53530  
984 West Broadway  
Vancouver, BC  
V5Z 1K7

1(877) 779-2223

(604) 738-9950

Fax: (604) 873-5002

[www.bcbereavementhelpline.com](http://www.bcbereavementhelpline.com)

Helpline for those who need support because they have suffered a loss through death. Provides referral to bereavement support agency in caller's local community throughout the province.

Hours: Monday - Friday 9:30am to 3:00pm or leave a message.

Other languages- Cantonese, Mandarin. Multilingual information available online.

## **White Rock Hospice**

15510 Russell Avenue  
White Rock, BC  
V4B 2R3

(604) 531-7484

Fax: (604) 531-8101

Email: [contactus@whiterockhospice.org](mailto:contactus@whiterockhospice.org)  
[www.whiterockhospice.org](http://www.whiterockhospice.org)

Offers professional and volunteer services to people with life-threatening illnesses, their families and to grieving people in White Rock/South Surrey.

Services include: Vigil Program, Relaxation Program, Walking Groups, crisis support, assessment and referral, as well as group and individual counseling by professional counselors and volunteers, hospital visiting program, telephone support program, speakers bureau, resource library, palliative care program and an emergency response team to provide support in cases of sudden death. Hours: Monday - Friday 9:00am to 4:00pm.

## **Cancer Services**

### **Breast Screening Mammography of BC**

#### **Peach Arch Hospital**

Berkeley Pavilion  
15476 Vine Ave  
White Rock, BC  
V4B 2R4

(604) 535-4512

Fax: (604) 541-7163

Clients may refer themselves to this provincial breast cancer screening program as long as they have no lumps, implants or have had breast cancer.

Hours: Monday – Friday, plus every second Saturday 7:30am to 3:30pm, Wednesdays to 6:30pm.

### **Cancer Society Volunteer Driving Program (Surrey)**

#301 - 9808 King George Blvd.  
Surrey, BC  
V3T 2V6

(604) 574-2361

Transportation provided for diagnosed patients to and from recognized cancer related treatment programs and services. Passengers must be able to enter/exit vehicles and share rides. Request 1-2 days advance notice.

Hours: Monday – Friday 10:00am to 4:00pm.

## **Cancer Society - Volunteer Driver Program (White Rock)**

104-15240 Thrift Avenue  
White Rock, BC  
V4B 2L1

(604) 538-0011  
Fax: (604) 533-1624  
Dispatcher Service: (604) 536-2961

A program of the Canadian Cancer Society that provides transportation to treatment whether in Surrey, Vancouver or Bellingham. Hours: 10:00am to 2:00pm.

## **Surrey Screening Mammography Center**

(604) 586-2772

1259 - Guildford Town Centre  
Surrey, BC  
V3R 7B7

Clients may refer themselves to this Provincial Breast Cancer Screening Program.

Hours: Monday, Tuesday, Wednesday 9:00am to 4:00pm; Thursday: 9:00am to 6:00pm; Friday: 9:00am to 4:00pm. Every other Saturday: 9:00am to 3:00pm.

## **Community Services**

### **AMSSA**

#### **(Affiliation of Multicultural Societies & Service Agencies)**

#205 – 2929 Commercial Drive  
Vancouver, B.C.  
V5N 4C8

(604) 718-2780  
1(888) 355-5560  
Fax: (604) 298-0747  
Email: [amssa@amssa.org](mailto:amssa@amssa.org)  
[www.amssa.org](http://www.amssa.org)

AMSSA is an affiliation of over 75 multicultural agencies providing immigrant settlement and multicultural services in communities throughout British Columbia. We create networking opportunities, disseminate information, provide professional development and build organizational capacities for our members. AMSSA champions the promotion of multiculturalism, diversity, multicultural health and human rights.

## BC Healthy Communities

235, 7231 - 120 Street  
Delta, BC  
V4C 6P5

(778) 891-8948

Deirdre Goudrian. Fraser Region Facilitator  
Email: [deirdre@bchealthycommunities.ca](mailto:deirdre@bchealthycommunities.ca)  
[www.bchealthycommunities.ca](http://www.bchealthycommunities.ca)

### GOALS:

- Increase awareness and understanding of the Healthy Communities Approach and of BC Healthy Communities.
- Expand and develop the capacity of communities to address complex issues and create better health, well-being and human development.
- Strengthen the effectiveness and sustainability of BC Healthy Communities.

This framework offers a holistic map of community that helps us to explore our edges – those areas of thinking and practice that are ready to be challenged and stretched a little. With the framework as a guide, we're encouraged to take an approach to capacity building that includes the whole community, seeing the big picture and the interconnections among seemingly separate problems and potentials.

## Come Share Senior Support Services

15008 - 26 Avenue  
Surrey, BC  
V4P 3H5

(604) 531-9400

Fax: (604)531-9498  
[www.comeshare.ca](http://www.comeshare.ca)

Our information and referral programs assist older adults to remain independent in their homes for as long as possible. Additionally, we have a variety of programs such as Care Givers Support Groups (complete with library for caregivers), Telephone Reassurance calls, Computer Classes, Friendly Visitors, Keep Well Lunches and Dinners throughout the community. We produce a Surrey/White Rock Resource Directory, attend Health Fairs, host a variety of free education/information sessions and facilitate special events.

Hours: Monday - Friday, 9:00am – 4:30pm.

- **Information and Referral Mobile Program**

This service provides up to date information connecting you to community services. This information will link you to organizations, health professionals and businesses.

- **Resource Directory - Surrey/White Rock**

This large print directory has information in specific areas providing easy access and helpful information about local organizations and businesses. Call our office to enquire about submitting information for our next publication or to acquire copies.

- **Support Groups**

Support groups bring caregivers with similar challenges together to share strategies, stories, laughter and support for each other. We also have a comprehensive Caregivers Resource Library which can be signed out for individual use.

Caregivers Support Group meets 1st Monday of the month from 10:00am -12:00 noon

Parkinson's Support Group meets 1st Wednesday of the month from 1:00 - 3:00pm

ALS Support – Call for details.

- **Social Luncheons and Dinners**

Nutritious well-balanced meals are prepared at various locations throughout Surrey and White Rock at a nominal cost. Participants enjoy home cooked meals, as well as the social interaction with others, and, at some venues, entertainment as well.

- **Health Fairs**

Senior Support Services attend several Health Fairs help to promote our services and provide information about other community services.

- **Free Education Sessions**

These sessions are held all year long focusing on senior's issues and interests. We offer a wide spectrum of topics such as tax preparation and tax information, caregiver education, dementia information, fall prevention, medication safety, health and well-being tips as well as current issues of the day. Call or visit our website for further information.

- **Special Events**

Social teas, parties and theme-focused events all provide older adults with an opportunity to do something new and interesting. This challenges everyone to add some spice to their lives contributing experience and knowledge to these activities for a really fun filled time.

## **Crescent Beach Community Services at Camp Alexander**

2916 McBride Avenue  
Surrey, BC  
V4A 3G2

(604) 535-0015  
Fax: (604) 535-2720  
[www.campalex.com](http://www.campalex.com)

A member of the Association of Neighborhood Houses of Greater Vancouver, this community service runs a variety of programs for all ages. Programs for seniors include meal programs and recreational activities and outing trips.

Hours: Monday - Friday 9:00am to 4:30pm. Hours may change slightly in summer months.

## **Deltassist Family & Community Services**

(604) 594-3455

9097 - 120th Street  
Delta, BC  
V4C 6R7

Email: [inquiry@deltassist.com](mailto:inquiry@deltassist.com)  
[www.deltassist.com](http://www.deltassist.com)

If you know a Senior who lives in Delta and requires any of the following services, contact Deltassist . Daily Phone Support, Helping Hands - one time requests for help around the home and yard, Volunteer Shopper, Volunteer Visitor. Counselors speak Arabic, Bengali, Farsi, French, German, Hindi, Punjabi and Spanish.

## **The Oak Avenue Neighborhood Hub Society**

(604) 582-7088

12740 - 102 Avenue  
Surrey, BC  
V4V 3E5

Fax: (778) 395-0323  
Email: [info@oanh.ca](mailto:info@oanh.ca)  
[www.oanh.ca](http://www.oanh.ca)

The Hub is a non-profit organization providing a range of services for youths, families and seniors in the community and also serving as a hub for other organizations and agencies to offer programs.

Seniors programs include:

- **Seniors Computer Class:** Mondays 1:00 to 2:30pm. Drop-in computer class where seniors can learn computer skills in a relaxed environment.
- **Seniors Luncheon:** Every 2nd and 4th Monday each month, 11:30am to 2:00pm. Free drop-in lunch for seniors to socialize, enjoy soup and sandwiches. Call (604) 531-9400 for information.
- **Seniors Drop-in Tea:** Every 3rd Wednesday each month, 1:00 to 3:00pm. Seniors gather at the Hub while enjoying coffee, tea and snacks.
- **Seniors Cooking Club:** Twice a month, club focuses on health and hearty soups.

For more information please call program coordinator Joyce Fan at 604-582-7088 ext. 3 or Email: [joycefan@oanh.ca](mailto:joycefan@oanh.ca).

## **Options - Newton**

(604) 596-4321

#100, 6846 King George Blvd  
Surrey, BC  
V3W 4Z9

Fax: (604) 572-7413  
[www.options.bc.ca](http://www.options.bc.ca)

Options provide a variety of services including programs for families, immigrants and the disabled. Options is also an Information and Referral service.  
Hours: Monday - Friday 9:00am to 5:00pm.

Languages available - Chinese, Vietnamese, Korean, Spanish, Punjabi, Somali.

## **Options - Surrey Community Services**

9815 - 140 St.  
Surrey, BC  
V3T 4M4

(604) 584-5811  
Fax: (604) 584-7628  
[www.scss.ca](http://www.scss.ca)

“People helping people to help themselves.”

We're here to help and support individuals and families in our community through a diverse range of programs and services. Give us a call and our staff will personally answer to assist you to find the service you need.

Office hours: Monday – Friday 8:30am – 4:30pm, except statutory holidays.

Contact Alice Close, Core Services Manager at ext. 233.

## **People Helping People - Guildford Seniors' Services**

Guildford Recreation Centre  
15105 – 105 Avenue  
Surrey, BC  
Z3R 7G8

(604) 502-6203

The plan of this volunteer office is to provide assistance to seniors who may be unaware of available resources. Open to everyone in the community. Services include:

Information and Referral, Peer Counseling, Telephone outreach services to isolated seniors, education, financial and wellness information seminars. Literature also available in French, Mandarin, Cantonese, Punjabi and Hindi.

Hours: Mondays 9:00-11:00am, Tuesdays 8:00-10am, 1:00-3:00pm,

Wednesdays 10:00am-12:00, 1:00-3:00pm, Thursdays 10:00am-12:00, Fridays 9:00-11:00am.

## **People Helping People - Sunrise Pavilion Seniors Center**

10341 - 135 Street  
Surrey, BC  
V3T 4C3

(604) 502-6380

An Information and Referral service for seniors. Also provides the services of a senior counselor, who is a volunteer appointed by the provincial government. A counselor is available by appointment to help seniors with their questions or concerns and to explain and help seniors complete application forms for benefits for which they may qualify.

Office Hours: Monday - Thursday 9:30am to 12 noon.

## **PICS (Progressive Intercultural Community Services)**

#205, 12725 – 80<sup>th</sup> Avenue  
Surrey, BC  
V3W 3A6

(604) 596-7722  
Fax (604) 596-7217  
Email: [pics@pics.bc.ca](mailto:pics@pics.bc.ca)  
[www.pics.bc.ca](http://www.pics.bc.ca)

PICS provides a variety of programs and services to assist new and recent immigrants with their transition to Canada including employment programs and counseling, immigration and settlement information, language training, drug and alcohol counseling and seniors housing. For further information please call or see website.

## **SOURCES BC**

### **(formerly Peace Arch Community Services)**

882 Maple Street  
White Rock, BC  
V4B 4M2

(604) 531-6226  
Fax: (604) 531-2316  
Seniors Info and Referral (604) 542-4357  
Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

Offering Community Visitors Program, Shop-by-Phone, Volunteer Wheels, Food Bank, Addiction Counseling and various other community programs. Please call or see website for further information.

Hours: Monday - Friday, 8:30am to noon, 1:00pm to 4:30pm.

## **South Fraser Women's Services Society**

15318- 20<sup>th</sup> Avenue  
Surrey, BC  
V4A 2A2

(604) 536-9611  
Fax: (604) 536-6362  
Email: [sfwss@sfwomensservices.com](mailto:sfwss@sfwomensservices.com)  
[www.sfwomensservices.com](http://www.sfwomensservices.com)

A drop-in and resource centre for women of all ages. Clothing exchange, support groups for single mothers, lesbians, and women with disabilities, survivors of sexual abuse and of abusive relationships. Legal services and one-on-one counseling are also available. All services are free of charge.

Hours: Monday 12:00 noon to 4:00pm, Tuesday - Friday 9:30am to 4:00pm.

Free Lunches Monday through Friday 12:00 noon – 1:00pm.

### **NEW**

**South Fraser Women's Concierge Service**

Email: [concierge@sfwomensservices.com](mailto:concierge@sfwomensservices.com)

## Surrey Newcomers & Friends Club

(604) 951-4948

[www.newcomersclub.com/canada.bc](http://www.newcomersclub.com/canada.bc)

The Surrey Newcomers Club is a ladies club for women of all ages. Emphasis is on meeting people through shared interests and activities. Contact: Barbara

## Welcome Wagon

[www.welcomewagon.ca](http://www.welcomewagon.ca)

Visits all newcomers to the community. Serves Langley, Surrey, Delta, White Rock, Cloverdale, as well as Maple Ridge, Pitt Meadows, Nanaimo, Chilliwack, Abbotsford, Mission, Golden. Provides information about community services. Represents businesses and supplies complimentary gifts.

Contacts: Dawn Corcoran at 604-538-3213 or JoAnn E. Smith at 604-538-3740

## Computer Training

### Come Share Senior Support Computer Sessions

15008 - 26 Avenue  
Surrey, BC  
V4P 3H5

(604) 531-9400 ext. 300 (Terry)

Fax: (604) 531-9498

[www.seniorsupportservices.bc.ca](http://www.seniorsupportservices.bc.ca)

Free computer support classes every Tuesday and Thursday for six weeks. Morning classes 10:00 – 11:30am and afternoon classes 1:00 – 2:30pm. Every level welcome from beginner to expert. Learn email, photos & internet knowledge at your own pace. Classes taught by volunteer seniors. Registration is required.

## Computer Labs at Seniors' Centers

Computer Labs are available at the following senior centers. Contact the centre directly for more information.

- **Cloverdale Seniors' Centre** (604) 502-6432
- **Newton Seniors' Centre** (604) 501-5010
- **Sunrise Pavilion Seniors' Centre** (604) 502-6380

## Electronic Classrooms at the Library

If you need a computer to use for internet or word processing, visit any of the following libraries.

- **Strawberry Hill** (604) 501-5839
- **Semiahmoo** (604) 592-6908
- **Guildford** (604) 598-7366

A library valid library card is required to use the computers on a first-come basis. At any of the Electronic Classrooms you can use Microsoft Office products including Word, Excel, PowerPoint, Access and Front Page.

## NAOC Computer Learning Academy

(604) 681-3767

2<sup>nd</sup> Floor - 411 Dunsmuir Street  
Vancouver, BC  
V6B 1X4

[www.naoc.ca](http://www.naoc.ca)

NAOC offers ongoing computer classes for older Canadians who want to keep pace with modern technology, including access to the internet. Canadians over 45 can take advantage of the computer lab and "senior friendly" courses. Specializing in teaching at your pace.

Membership Fee: \$17.00 annually,

Classes - 4 weeks, 12 hours, approx. \$50, Class Sizes – min. 4 – max. 8 people per class.

## Counselors

### Kent Street Activity Centre

(604) 541-2231

1475 Kent Street  
White Rock, BC  
V4B 5A2

Fax: (604) 541-2239

A seniors' counselor is available every Monday from 10:00am to 11:30am to help seniors with problems and concerns. The counselor can help complete application forms for OAS, GIS, Spouse's Allowance and SAFER. They can also inform you of benefits such as BC Medical, Pharmacare, bus passes, housing and Veteran's Affairs. No appointment necessary.

## **Rypkema Counselling and Mediation Services** (604) 592-3131

[www.wholelifecounselling.com](http://www.wholelifecounselling.com)

Rypkema Counselling and Mediation Services offers a full range of counselling and support services to families and individuals throughout the lifespan. Our professional counsellors offer services relevant to seniors and their families – including counselling adjustments to retirement, grief, loss and trauma, support and navigation services, caregiver support, family mediation, and practical support for individuals and families who are anticipating or experiencing a move to an assisted living situation or who have suffered the loss of a family member.

## **Seniors' Peer Counseling Centers - Lower Mainland**

- **New Westminster** (604) 519-1064
- **Richmond** (604) 279-7020
- **Vancouver (West End)** (604) 669-7339
- **North shore Neighborhood House** (604) 987 8138 - Lori Wall ext. 211

## **Crisis Lines**

### **Ama Transition House**

(604) 542-5992

Fax: (604) 542-5993

Email: [ama@atira.bc.ca](mailto:ama@atira.bc.ca)

Providing one-to-one support, advocacy and outreach to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship. Other languages include Spanish.

Open 24 hours a day, 7 days a week

Crisis calls can also be directed to Durrant Crisis at 604-531-4430, 24 hours a day, 7 days a week.

### **South Fraser Regional Crisis Line**

(604) 951-8855

Fax: (604) 584-7628

Run by Surrey Community Services, the Crisis Line provides a 24-hour counseling phone line. For information regarding suicide follow-up programs, contact the nonemergency number at 604 584-5811.

Hours for Surrey Community Services are Monday - Friday 8:30am to 4:30pm.

# **Dental Resources**

## **SOURCES BC Dental Clinic**

(604) 542-4357

SOURCES BC Dental Clinic offers dental services to low income individuals living in the White Rock/South Surrey area who do not have dental benefits available. The clinic offers basic dental services including Dental Examinations, Pain Relief due to dental problems, Basis Tooth Restoration (eg. Fillings) and Tooth Extractions. Dental Services are provided at Weatherby Pavilion, Peace Arch Hospital. Call to book an appointment or for additional information.

## **UBC Dental Clinic**

(604) 822-2112

Faculty of Dentistry  
2151 Westbrook Mall  
Vancouver, BC  
V6T 1Z3

Fax: (604) 822-3708

Dental services provided by students of the UBC Dental Clinic are available at reduced rates. Length for treatment varies.

Hours: Monday - Friday 8:15am to 4:30pm.

## **Vancouver Community College - Dental Clinic**

250 West Pender St.  
Vancouver, BC  
V6B 1S9

(604) 443-8499

Dentures: (604) 443-8500

The clinic only provides hygiene and denture services. Adult clinic that includes six, two hour visits. Low cost dental hygiene services. VCC'S Denture Clinic's services include new complete or partial dentures as well as relines to existing dentures. To be a patient you are required to be screened first as a time commitment is required.

## **Vancouver Hospital Dental Clinic - Willow Pavilion**

805 - West 12th Avenue  
Vancouver, BC  
V5Z 1M9

(604) 875-4006

Fax: (604) 875-5493

Dental services by dental residents are available at reduced rates up to 10%. All other work done by staff dentists is at regular rates. By appointment only; no walk-ins. Hours: Monday - Friday 9:00am to 4:00pm.

# Denturists

## **David & Michelle DuGuay**

(604) 531-0150

15168 Roper Avenue  
White Rock, BC  
V4B 2E7

## **Peter Hodson Denture Clinic - Surrey**

(604) 584-9988

1130 Guildford Town Centre  
Surrey, BC

[www.hodsondentures.ca](http://www.hodsondentures.ca)

Open Wednesday and Friday.

## **Peter Hodson Denture Clinic- White Rock**

(604) 536-9555

1504 Foster St.  
White Rock, BC

[www.hodsondentures.ca](http://www.hodsondentures.ca)

Open Monday – Saturday.

# Diabetes

## **Canadian Diabetes Association-Fraser Valley Region**

Suite 408, 7337 - 137th Street  
Surrey, BC  
V3W 1A4

(604) 596-5630

[www.diabetes.ca](http://www.diabetes.ca)

## **Diabetes Outpatient**

(604) 534-4121

**Langley Memorial Hospital**  
22051 Fraser Hwy  
Langley, BC  
V3A 4H4

Educational program for diabetics including prevention classes, when to read blood sugar, diet, etc. Classes are held twice every month on Monday 8:30am to 12 noon. Clients must be referred by a doctor.

## Diabetes Resources

[www.diabetes.ca](http://www.diabetes.ca)

**Diabetes Information Line**

1(800) 226-8464

**Diabetes Chinese Information Line**

(604) 732-8187

Toll free: 1(888) 666-8586

A Canadian Diabetes Association Information and Support Center for diabetics and their families. Hours: Monday, Wednesday, Friday 9:00am to 12:00pm.

## Emergency Response Systems

### Fraser Health Lifeline

(604) 517-8617

After Hours: 1(800) 387-1215

[www.fraserhealth.ca](http://www.fraserhealth.ca)

A personal emergency response program that ensures assistance to you 24 hours a day, 7 days a week.

**Community Offices:** Hours: Monday - Friday 8:00am to 4:00pm.

- **Surrey** (604) 572-5353
- **South Surrey/White Rock** LifeLink: (604) 535-4560
- **Cloverdale/Langley** (604) 514-6041
- **Maple Ridge & Pitt Meadows** (604) 466-7925

Activation Fee: \$40.00, Monthly Monitoring: \$35.00.

Upgraded Unit available which has special features including: Reminders to take medications, Help to remember medical appointments.

### LifeCall

1(800) 661-5433

[www.lifecall.ca](http://www.lifecall.ca)

A personal 24-hour medical alarm system. In the event of an emergency in the home, client presses the button on the LIFECALL pendant worn around the neck or wrist and help will be dispatched to the home.

Monitoring Rate: \$39.95 per month. Must rent for a minimum of three months.

## **LifeLink**

c/o Peace Arch Hospital  
15521 Russell Ave.  
White Rock, BC  
V4B 2R4

(604) 535-4560  
Fax: (604) 542-3176

Client wears a small lightweight button when in the home. If help is needed, simply push the button. Serves White Rock and most areas of Surrey.

Installation Fee: \$40.00, Monitoring Cost: \$35.00 per month.

Contact Monica, Hours: Monday - Friday 8:00am to 4:00pm.

## **Monitoring Pros Inc.**

1(866) 970-PROS (7767)  
Fax: 1(866) 404-7767  
[www.monitoringpros.com](http://www.monitoringpros.com)

Medical Alert Systems for Seniors. Live safe and secure independently with our Medical Alert System. By a simple press of a wireless personal help button our system will alert our monitoring center 24 hours a day. Help will be sent if needed and family or friends notified.

Free Setup, Free 2 Way Voice, Free Lifetime Warranty. Cost is \$25 per month plus tax.

We also install monitored wireless smoke detectors, carbon monoxide sensors and flood sensors. Add them to your system and monitoring package for added safety.

Contact Andrews Jeys: Email: [a.jeys@monitoringpros.com](mailto:a.jeys@monitoringpros.com)

## **Surrey and White Rock Ambulance**

(604) 872-5151

This non emergency line serves whole Lower Mainland, including White Rock and Surrey. It is designed to screen medical situations. Operators will call the response team when necessary. In an emergency, Dial 911.

## **Surrey Fire Non-Emergency**

(604) 543-6700

The Surrey Fire Department is involved in public education and safety issues. For any emergency situations call 911.

## **White Rock Fire Non-Emergency**

(604) 541-2121

For any emergency situations call 911.

# Enquiry BC

## **BC Seniors' Information Line**

1(800) 465-4911

B.C. government toll-free information line that enables seniors to speak with a real person to answer questions on health programs and services as well as a broad range of other government services for seniors. Staff on this "one-stop shopping" line also help people fill out forms and provide direct contact to other agencies.

Hours: Monday - Friday, 8:30am to 4:30pm (excluding holidays)

## **Service BC**

(604) 660-2421

1(800) 663-7867

[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)

A telephone Information and Referral service for BC provincial government services and programs.

Hours: Monday - Friday 7:30am to 5:00pm.

# Estheticians

## **Feet Zone**

(604) 585-6833

In-home treatments for feet and hands, for men and women by licensed nail technician. Services include soothing using fruit extracts and botanical lotions, along with massage to provide healthy beautiful, younger looking feet and hands. Nail trimming and shaping, cuticle care, callus reduction. For appointment call Yarka at 604-585-6833 (H) or 778-883-6834 (C).

# Food Banks

## **Salvation Army Church & Community Ministries**

13570 – 78<sup>th</sup> Avenue

Surrey, BC

V3W 8V3

Call for an appointment to apply for food bank services.

**Newton and North Surrey:** Monday – Thursday, 9:00am to 12:00 noon (604) 541-5801

**South Surrey and White Rock:** Tuesday and Friday 10:00am to 2:00pm (604) 531-7314

## **SOURCES BC Food Bank**

Unit 5, 15515 - 24 Avenue  
Surrey, BC  
V4A 2J4

(604) 531-8168  
Fax: (604) 541-8188

A program of SOURCES (formerly Peace Arch Community Services). The food bank helps those in need. Identification must be shown. Showers and laundry for homeless.  
Food Distribution Hours: Tuesdays 9:00am to 11:30am and 12:30 pm to 6:00 pm, Wednesdays, 10:00am to 2:00pm. Drop off food items during business hours.

## **Surrey Food Bank**

10732 - 135 Street  
Surrey, BC

(604) 581-5443

The food bank helps needy individuals and families in the Surrey area only. Identification and proof of address must be shown.  
Hours: Monday, Tuesday, Thursday and Friday, 9:30am to 1:00pm

## **Food Shopping Services**

### **Buy-Low Foods**

1405 Johnson Rd.  
White Rock, BC  
V4B 3Z4

(604) 538-2152

Seniors Delivery Charge \$6.00. Clients must shop for themselves, no phone orders.

### **Dairyland**

6800 Lougheed Hwy.  
Burnaby, BC  
V5A 1W2

(604) 421-4663  
[www.morethanmilk.ca](http://www.morethanmilk.ca)

Delivers dairy products, fruit juices and a variety of prepared foods. Customers must order at least one day in advance. Minimum order: \$10.00.  
Hours: Monday - Friday 8:00am to 4:30pm.

## **IGA Marketplace**

#101, 15127 Hwy 10  
Surrey, BC  
V3S 9A5

(604) 575-1488

Fax: (604) 575-1468

[www.marketplaceiga.com](http://www.marketplaceiga.com)

Grocery shopping and delivery service. Phone in orders Monday to Friday, 9:00am to 3:00pm. Deliveries in afternoon. Accept cash and check only. Minimum order \$30, Service charge \$2. Orders \$60 and over, no service charge.

## **Phone N Shop – PriceSmart**

(604) 536-6232

1641 - 152 St.  
Surrey, BC  
V4A 4N3

Options, shop Tuesdays only 9:30 - 11:30 am. Minimum purchase \$25.00. Delivery charge is \$5.00 for seniors.

## **Safeway Home Delivery - Fleetwood**

(604) 589-4774

8860 -152nd Street  
Surrey, BC  
V3R 4E4

Customers shop themselves before 3:00 pm Monday - Saturday. Seniors Delivery Charge \$3.50.

## **Safeway Home Delivery - Ocean Park**

(604) 531-3422

12825-16<sup>th</sup> Avenue  
Surrey, BC  
V4A 1N5

1(888) 391-9759

Customers must shop themselves. Home Delivery Charge is \$3.50 for seniors.

## **Safeway Home Delivery - Peninsula Village**

(604) 535-8960

15355 - 24th Avenue  
Surrey, BC

1(888) 391-9759

Customers must shop themselves before 4:00 pm Monday thru Saturday. Home Delivery Charge is \$3.50 for seniors.

## Seniors Shopping Program

(604) 502-6366

This program allows residents of the Surrey area to shop for groceries from the convenience of their own home. On Mondays volunteers contact clients for their orders. On Tuesdays the volunteers place our client's orders at Safeway, Safeway then delivers the groceries to our client's homes. Please call to register, refer a senior, or for more information about the program and volunteer opportunities. You can also apply online @ [surrey.ca/seniorsupport](http://surrey.ca/seniorsupport), or you can pick up an application form @ Sunrise Pavilion.

## Shop-by-Phone - SOURCES BC

(604) 542-4357

882 Maple St.  
White Rock, BC  
V4B 4M2

Volunteers take the grocery orders on Mondays between 8:00am and 12:00 noon and shop at Save-On Foods. Orders are delivered on Tuesdays between 12:00 pm and 4:00pm.  
Cost: \$7.00 per delivery. Office Hours: Monday - Friday 8:30am to 4:30pm.

## Supermarket to You

(604) 584-2616

Provides complete grocery shopping and delivery service Monday to Friday. Charge is \$9.00. Shopping is done at IGA Marketplace 14865 – 108<sup>th</sup> Avenue, Surrey. Serves Surrey, Langley, White Rock areas. Contact Dave Scott.

## Foot Care

### Dr. Rosemary Jones

(604) 535-2882

#103, 15240 Thrift Avenue  
White Rock, BC  
V4B 2L1

Foot care provided at White Rock office, no home visits.  
Hours: Monday - Thursday 8:30am to 4:30pm. Closed noon – 1:00pm.

## **Dr. Scott Knutzen**

(604) 536-2033

#204 - 1656 Martin Drive  
Surrey, BC  
V4A 6E7

Foot care provided in office, no home visits. Specializes in custom-made orthotics.  
Hours: Monday – Thursday 9:30am to 4:30pm. Closed 12:30 to 2:00pm.

## **Fraser Valley Foot Care**

(604) 626-5939

Clinic Location – Come Share Senior Support Services  
Lower Level 15008 – 26<sup>th</sup> Avenue  
Surrey. BC

Professional foot care services provided by registered nurses specializing in foot care. Services include: foot and skin assessment and treatment, nails cut and filed, thick nail, corn and callous reduction and foot and leg massage. Treatment for Diabetics and clients with Vascular Disease is available. Services are covered by some medical plans, Veterans Affairs and are Income Tax deductible. Direct billing to DVA for veterans is available. For appointment call Tannis.

## **Hair Care**

### **Hair For You**

(604) 507-0976

Cell: (604) 313-2651

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

Mobile Men's and Ladies Hairstylist/Barber Mobile Full Service Hairstylist for Men and Ladies in the comfort of your own home. Reasonable Rates. Call Jody for an appointment.

# Health

## AMSSA

### (Affiliation of Multicultural Societies & Service Agencies)

#205 – 2929 Commercial Drive  
Vancouver, BC  
V5N 4C8

(604) 718-2780  
1(888) 355-5560  
Fax: (604) 298-0747  
Email: [amssa@amssa.org](mailto:amssa@amssa.org)  
[www.amssa.org](http://www.amssa.org)

Promoting culturally sensitive, equitable and appropriate health care for all British Columbians and encourages communication and cooperation on multicultural health issues between government, health care providers and the community. Also provides resource directory for Multicultural Health Services, Programs and Resources in various areas of province, including Surrey. Call or see website for more information.

## BC Health Link

Call 811 or (604) 215-4700  
Toll free: 1(866) 215-4700  
TTY/TDD: 1(866) 889-4700  
[www.healthlinkbc.org](http://www.healthlinkbc.org)

**Call 811 for information** on various health topics as well as walk-in clinic locations. Provides access to help for your health concerns 24 hours a day, 7 days a week. Health Link is a toll-free health information line staffed by knowledgeable, specially trained registered nurses. The nurses will inform you when you can treat a problem safely at home and when you need to see a doctor or go to the emergency room. Nurses use their comprehensive health knowledge base and practical experience to answer questions about common health care concerns. **Dietitian** available Monday – Friday 9:00am to 5:00pm.

**Pharmacist** available Monday – Friday 9:00am to 5:00pm.

## Centre on Aging – UVIC

(604) 940-3580

Fax :( 604) 940-2099

[www.coag.uvic.ca/cdsmp/index.htm](http://www.coag.uvic.ca/cdsmp/index.htm)

The University of Victoria's Centre on Aging (Ladner) is a non-profit organization coordinating and conducting the Chronic Disease Self-Management Program (CDSMP), entitled "Living a Healthy Life with Chronic Conditions". These workshops are free of charge, meet in several Surrey locations, once per week for 2 ½ hours for six weeks. Programs are accepted by the Ministry of Health.

Also offering **Chronic Pain Self Management Program (CPSMP)** and **Diabetes Self Management Program (DSMP)**. Contact Suzanne, Admin Support (604) 940-1273, UVIC. Toll Free: 1-866-902-3767

## Dial-A-Dietitian

(604) 732-9191

Toll free: 1(800) 667-3438

[www.dialdietitian.org](http://www.dialdietitian.org)

Free nutritional counseling is provided by a Registered Dietitian/Nutritionist.

Hours: Monday - Friday 9:00am to 5:00pm.

## Specialized Senior Services

(604) 535-4577

Berkeley Pavilion

15476 Vine Avenue

White Rock, BC

V4B 2R4

Fax: (604) 535-4587

The Specialized Senior Services Program provides out-patient assessment and treatment services for seniors in the South Surrey/White Rock area. Services are for seniors who have had changes in their physical or mental health that have affected their ability to live independently or care for themselves. Anyone can make a referral to the program; however, the family doctor's consent is necessary.

Office hours: Monday - Friday 9:00am to 4:30pm

## Fair PharmaCare Administration

PO Box 9655 Stn. Prov. Govt.  
Victoria, BC  
V8W 9P2

Lower Mainland: (604) 683-7151

1(800) 663-7100

Fax: 1(250) 405-3598

[www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)

Register to receive your maximum financial assistance under the Fair PharmaCare plan. The amount you pay for prescriptions depends on your net income. PharmaCare subsidizes eligible prescription drugs and medical supplies.

Customer services representatives are available Monday to Friday 8:00am to 8:00pm and Saturday 8:00am to 4:00pm.

You can register for Fair PharmaCare 24 hours a day, 7 days a week if you use online registration at <https://pharmacare.moh.hnet.bc.ca/>.

## Medical Services Plan of BC

Ministry of Health and Ministry Responsible for Seniors  
P.O. Box 9035 Stn. Prov. Govt.  
Victoria, BC  
V8W 3P2

(604) 683-7151

Toll-free: 1(800) 663-7100

[www.health.gov.bc.ca/msp](http://www.health.gov.bc.ca/msp)

All BC residents are required to register and are asked to pay a monthly premium. If your income is low and you are a Canadian citizen or landed immigrant (permanent resident) who has held that status or lived in Canada for the last 12 months, you may be eligible to receive assistance with premium payments or a premium waiver. If you are 65 or over and enrolled in MSP you will automatically receive a Gold Care Card. Your Gold Care Card is useful as proof of age and residence for discounts offered by certain government programs and many businesses.

Hours: Monday - Friday 8:00am to 4:30pm

Do you want to have more energy and live more independently? The effects of aging can not be stopped but by following a simple exercise program it can be delayed, reduced and some conditions completely prevented. Some individuals are staying stronger longer. But how?

Did you know that simple aerobic exercises like walking will reduce the risk of heart disease, decrease blood pressure and type II diabetes? Increasing your flexibility through simple stretches and balance exercises will keep your joints healthy and mobile reducing your risk of falling. Lifting light weights will keep your muscles and bones strong allowing you to go through daily activities with ease and reducing your risk of developing osteoporosis.

As individuals age, muscles weaken and bone mass decrease. This can be prevented allowing individuals to lead a more active and independent lifestyle. Following an exercise program is not hard but finding the time and the resources is. That's where I can help you live a healthier lifestyle through simple and safe exercise programs. You will have fun in a safe, open and encouraging setting. There is no magic bullet to health, but with my help and proper nutrition, you can live the life you want.

Call Sarah Shoemaker for help with your personal program. BCRPA Certified.

## Hearing Clinics

### **Western Institute for the Deaf and Hard of Hearing**

2125 West 7th Avenue  
Vancouver, BC  
V6K 1X9

(604) 736-7391

Fax: (604) 736-4381

TTY: (604) 736-2527

Email: [audio1@widhh.com](mailto:audio1@widhh.com)  
[www.widhh.ca](http://www.widhh.ca)

Loan program for the deaf and hard of hearing. Program includes testing, mold adaptation and fitting of hearing devices. There is a small fee for this service. Donations of used hearing aids are appreciated. Contact: Jeannette.

Hours: Monday - Friday 9:00am to 5:00pm, Saturday 9:00am to noon and 1:00pm to 4:00pm. Audiology only and by appointment only; Thursday, extended evening hours, clinic by appointment only.

## **Surrey Hearing Care**

101 – 15957 84 Avenue  
Surrey, BC  
V4N0W7

(778) 565-4327  
Fax: (778) 565-4329  
[www.surreyhearingcare.ca](http://www.surreyhearingcare.ca)

Surrey Hearing Care offers hearing aids at affordable prices along with hearing aid adjustment and cleaning, repairs, batteries and accessories, free hearing tests, and counselling. As well, they will come to you if you cannot make it in to see them. The clinic's staff has over 35 years of combined experienced and they aim to help you attain better hearing, prevent further hearing loss, and help you understand what you need and why.

## **Heart and Stroke**

### **Blood Pressure Clinics – White Rock**

#### **Kent Street Community Center**

(604) 541-2231

1475 Kent St.  
White Rock, BC  
V4B 5A2

A drop-in clinic held the third Monday of every month beginning at 10:30am.

#### **White Rock Community Center**

(604) 541-2199

15154 Russell Avenue  
White Rock, BC

Drop-in clinic held the fourth Monday of every month beginning at 1:00pm.

### **Cardiac Rehabilitation Program**

(604) 588-3303

Surrey Memorial Hospital  
Surrey, BC

The "Healthier Heart for Life" program is designed for people within the Fraser Health Authority area who have had a recent heart attack, bypass surgery, angioplasty, angina or heart failure and for those who are at risk for developing heart disease. Participants meet with a team of professionals and discuss issues essential for heart health. No fee or physician referral is required (for education program only).

## **Heart and Stroke Foundation of BC & Yukon** (604) 591-1955

Surrey Office  
Unit 218, 13569 – 76<sup>th</sup> Avenue  
Surrey, BC  
V3W 2W3

Main branch: (604) 736-4404  
Fax :( 604) 591-2624  
[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)

Chapter of BC Heart and Stroke Foundation. Education and Information regarding local programs and support groups.

Hours: Monday - Friday 9:00am to 4:30pm.

## **Hearts in Motion Walking Club**

(604) 780-7364

Email: [ttang@hsf.bc.ca](mailto:ttang@hsf.bc.ca)

This program of the Heart and Stroke Foundation of BC and Yukon is designed to encourage people to participate in regular physical activity by walking. Annual fee of \$10.00 provides handbook full of tips for getting started safely, personal activity cards to record distances walked, bi-annual newsletters with helpful information and nutrition tips, new incentive prizes every year. For more information and to find club locations, please contact Theresa Tang, Health Promotion Initiatives Coordinator by phone or email.

## **Peace Arch Hospital Cardiac Rehabilitation**

15455 Vine Avenue  
White Rock, BC  
V4B 2T3

(604) 531-5512 ext. 7576  
Fax: (604) 538-9809

Designed for individuals with heart disease or who are at risk for heart disease, this program provides the knowledge and skills to make the necessary lifestyle changes on the road to rehabilitation. A physician's referral is required.

Registration fee: \$25.00, Exercise and Education Fee: \$100.00 per month for four months.

## Stroke Recovery Group

St. Luke's Lutheran Church  
10167 - 148 Street  
Surrey, BC

(604) 514-3033

Email: [past576@telus.net](mailto:past576@telus.net)  
[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

Program designed for individuals recovering from a stroke. Meetings are held every Thursday, speech therapy is at 9:00 am and physiotherapy at 10:00 am. General meeting continues until 1:00 pm. Contact: Erin Pasternak at (604) 594-6160.

## White Rock / South Surrey Stroke Recovery Club

St John's Presbyterian Church  
1480 George Street  
White Rock, BC

(604) 541-1290

Email: [gayl@shaw.ca](mailto:gayl@shaw.ca)

Meets Mondays and Tuesdays 9:00am – 12:00noon. Offers speech and exercise therapy. Contact Gayl Hutchison, Coordinator.

## Home Health

### Fraser Health Authority Central Intake

(604) 953-4965

Fax (604) 953-4966

**Important:** To request an **ASSESSMENT** for clients in Delta, North Surrey, Newton or White Rock, South Surrey, please call the **Central Intake number**.  
Hours: Monday - Friday 8:30am to 4:30pm.

# Fraser Health Authority Home Health

## Surrey/North Delta Office

1500, 13401 - 108 Avenue  
Surrey, BC  
V3T 5T3

(604) 953-4950  
Fax: (604) 953-4952

## White Rock Office

Berkeley Pavilion  
15478 Vine Ave  
White Rock, BC  
V4B 5M2

(604) 541-6800  
Fax: (604) 541-6872

Home Health provides a wide range of health care services to help individuals whose independence is affected by long-term health-related issues. Also provides assessment for Home Support Services, Long-Term Care placement or Home Nursing Care. Anyone can ask for an assessment for family members or themselves.

## Home Repair / Gardening

### Helping Hands Ministry

(604) 531-4733 ext. 2999

Email: [helpinghands@peaceportalalliance.com](mailto:helpinghands@peaceportalalliance.com)

If you or someone you know are in need and can't afford a helping hand with minor household repairs, including Plumbing, Electrical, Painting, Yard Work, Carpentry, Odd Jobs and more, please call.

### Home Adaptations for Seniors Independence

(604) 731-5733

#200, 1111 West Georgia  
Vancouver, BC  
V6E 4S4

1(800) 639-3938

<http://www.cmhc.ca>

A financial program of Canada Mortgage and Housing Corporation. Home Adaptations for Seniors' Independence (HASI) is a federal housing initiative that provides \$3,500 to help low-income seniors and/or landlords with a senior occupant. This program is designed to assist with changes to a home that help the occupants live independently in it. CMHC has various publications and videos on housing options for seniors.

Hours: Monday - Friday 8:30am to 4:30pm.

## **Residential Rehabilitation Assistance**

#200, 1111 West Georgia  
Vancouver, BC  
V6E 4S4

(604) 731-5733  
1(800) 639-3938  
[www.cmhc.ca](http://www.cmhc.ca)

A program of Canada Mortgage and Housing Corporation, RRAP provides a forgivable loan to low-income Canadians for home repairs to improve the health and safety of the home.  
Hours: Monday - Friday 8:30am to 4:30pm.

## **Senior Citizens' Repair Service**

#A105 – 1658 Foster's Way (Annacis Island)  
Delta, BC

(604) 529-1100

Small Repair and Renovation Service for seniors 55+ and disabled people in the lower mainland. Services offered by retired or semi-retired experienced trades people and depend on the availability of trades people. Experienced plumbers, electricians, painters, carpenters, handymen, appliance service, gas fitters and yard workers may be available.  
Office Hours: Monday - Friday 9:00am to 12:00 noon. Voicemail after office hours.  
Cost: \$30.00 per hour for trades people or handyman, plus travel expenses  
Grass Cutting from \$50.00.

## **Shell Busey's HouseSmart Home Services**

(604) 542-2236  
Toll Free Referral Line: 1(888) 266-8806  
[www.TheHouseSmart.com](http://www.TheHouseSmart.com)

The Shell Busey Referral Network is designed to assist homeowners find qualified contractors and suppliers for their home improvement projects. Each Referral Network Member is pre-screened by the HouseSmart team to ensure that their products and services meet Shell Busey's highest standards.

# Home Support Agencies

## **Bayshore Home Health**

Unit 206, 2828 - 152nd Street  
Surrey, BC  
V4P 1G6

(604) 531-6111  
Fax: (604) 531-0191  
Email: [whiterock@bayshore.ca](mailto:whiterock@bayshore.ca)  
[www.bayshore.ca](http://www.bayshore.ca)

Bayshore Home Health, Canada's largest home care provider, offers a wide range of services including wound care, palliative care, assistance with tasks of daily living and home support. All staff is thoroughly screened and trained and has access to 24/7 clinical support. Call for a free nursing assessments where your nurse works with you and your family and establishes a care plan specific for your needs. Area Director Debbie Sicker, R.N. We have staff who speak Tagalog, Hindi, Punjabi, French and Spanish.

## **Comcare Health Services**

#320, 601 - 6th Street  
New Westminster, BC  
V3L 3C1

(604) 520-3813  
1(877) 520-3813  
Fax (604) 520-3047  
[www.comcarehealthnetwork.ca](http://www.comcarehealthnetwork.ca)

Other languages- Punjabi, Filipino, Chinese.

## **South Fraser Home Support**

Building 4, 15050 - 54A Avenue  
Surrey, BC  
V3S 5X7

(604) 575-9030  
Fax: (604) 575-9060

Other languages- Punjabi.

## **South Fraser Concierge**

(604) 536-9611 ext. 223  
Cell: (604) 828-0253  
Email: [concierge@sfwomen'sservices.com](mailto:concierge@sfwomen'sservices.com)  
[www.southfraserconcierge.com](http://www.southfraserconcierge.com)

South Fraser Concierge is a community enterprise designed to provide a variety of quality services including house cleaning and organizing, errand services and seniors support services such as companion visits, transportation to and from medical appointments and meal preparation. South Fraser Concierge is a division of South Fraser Women's Services Society. Contact us for a free consultation. VAC Health Identification Cards Accepted.

# Home Support - Private

## **B & B's Helping Hands**

(604)541-7317 or (604) 951-0896

Private Caregivers. Experienced and dedicated care givers. We provide all levels of care, from respite to palliative. Servicing Langley, White Rock, Surrey, Delta and Ladner.

## **Classic Caregivers Ltd.**

(604) 263-3621

Toll free: 1(888) 263-5168

Fax: (604) 263-4139

[www.classiccaregivers.com](http://www.classiccaregivers.com)

Full-service home health care provided by experienced, qualified, insured staff; RN supervision and emergency pager support. Services include personal care, nursing, rehabilitation, home support services such as shopping, cleaning, companionship. Specialists in care for Alzheimer's, Parkinson's, MS, ALS, and stroke, surgery and injury rehab. Hourly or live-in daily basis.

## **Comfort Keepers**

(604) 541-8654

215 - 3388 Rosemary Heights Crescent

Fax: (604) 538-8655

Surrey, BC

Email: [whiterock@comfortkeepers.ca](mailto:whiterock@comfortkeepers.ca)

V3S 0K7

[www.comfortkeepers.ca](http://www.comfortkeepers.ca)

Providing full assistance with daily living activities. A custom care plan is prepared for each client to meet their personal needs including personal care, grooming, light housekeeping, meal preparation, medication assistance, socialization, companionship (in-home or out-bound), transportation, errands and many other services. Our fully bonded and insured CareGivers are trained to provide 'Interactive CareGiving' assisting seniors to continue to live with dignity at home. Call to book your free in-home assessment. Other languages available.

## **Cornerstone Care Society**

(604) 575-9080

6676 - 203 Street

Fax: (604) 532 1647

Langley, BC

[www.cornerstonecare.org](http://www.cornerstonecare.org)

V2Y 2Z1

Nonprofit society providing quality, consistent, individualized home care services. Care program developed using consultative approach to meet client's needs. Services include medication support, bathing and personal hygiene, companionship, domestic assistance, mobility assist, shopping and meal preparation and others. Insured staff; 24/7 availability; short or long-term service. Other languages: Punjabi.

## **D's helping Hands**

(604) 531-0522

Services include shopping, companionship, local outings, light housework and meal preparation. Call Dinah.

## **Divine Domestics**

(604) 308-8672

[www.divinedomestics.ca](http://www.divinedomestics.ca)

A domestic help company that is strongly oriented to helping seniors with household work and errands, with the goal of helping seniors live independently in their own home. Services include: household cleaning, laundry services, paying bills, grocery delivery, car washing and detailing, and companionship over a cup of coffee or tea for example.

## **Errand Runners**

(604) 538-0581 or (604) 789-2530

Email: [terri@errand-runners.ca](mailto:terri@errand-runners.ca)

[www.errand-runners.ca](http://www.errand-runners.ca)

Errands, large and small, transportation to and from appointments, home minding/monitoring, daily friendly calls and reminders, in-home social visits, companionship on outings and appointments, seasonal decorating, dinner party coordination, special event gift-shopping. Also pet transportation and accommodation at Bowser's B&B.

## **Harmony Health Care**

(604) 536-2445

104 - 1548 Johnston Road

White Rock, BC

V4B 3Z8

Fax: (604) 536-2464

In-home nursing specialists. Staff includes registered nurses, licensed practical nurses and home-support care aides. Provides palliative and home support, personal care, foot care, companionship and travel assistance as well as respite for family and caregivers.

## **Home Instead Senior Care**

102A, 15240 Thrift Avenue  
White Rock, BC  
V4B 2L1

(604) 541-3386

Fax: (604) 541-6489

[www.homeinstead.com](http://www.homeinstead.com)

Home Instead Senior Care is a non-medical service designed to enable older individuals to maintain an independent life in their own home for as long as possible. Services include companionship, meal preparation, medication reminders, bath standby, light housekeeping, errands and dementia care service. Caregivers are all screened, trained, insured and carefully selected for the client. Service frequency is flexible and available hourly and overnight. This Langley owned business assists seniors in the communities of White Rock, Surrey, Langley, Ladner and Tsawwassen.

## **Liberty Concierge Seniors Services**

(778) 294-4402

[www.libertyconciergeservices.ca](http://www.libertyconciergeservices.ca)

We understand the challenges facing today's Seniors and their families. At Liberty, we are committed to the maintenance of an independent stress-free lifestyle. We serve both Seniors and their extended families in the White Rock and South Surrey area. Let us take care of the everyday tasks, whatever they may be, so that you can enjoy quality time with family rather than chores, appointments, travel arrangements, etc. We are British Columbia Transportation Safety Board Approved and fully insured. In addition, we are volunteers within the White Rock Community and understand the needs of local seniors. We look forward to making your life easier.

## **Nurse Next Door**

(604) 228-4357

Toll Free 1(888) 988-5880

Nurse Next Door provides consistent one-on-one care in the comfort of the client's own home. Experienced healthcare professionals can provide the client or a loved one with help in a variety of areas including: companionship, home support, personal care, live-in care, palliative care, post-surgical care, private nursing, senior care, meal preparation and shopping. Serves all areas of the Lower Mainland through offices in White Rock and Vancouver. To schedule a free assessment, call (604) 228-HELP (4357). Open 7 days/week and 24 hours/day.

## Seniors Haven

(778) 565-4424

Cell (778) 320-7322

A service for seniors who are not able to live independently in their own home due to medical reasons or just old age and who do not want to go to a nursing home or assisted living. I am a Registered Nurse with 30 years experience. I have 2 homes (Langley – 2 beds, and Surrey - 2 beds) providing excellent 24/7 quality care. I will coordinate your medical needs with your physician, assistance with medication administration including diabetes management, wound care, foot care etc. Wheelchair accessible shower area. Relax and enjoy your new home and private caregiver or call for nursing services in the comfort of your own home (no overnight). Contact Estrella Bennett.

## We Care Home Health Services

(604) 596-0772

#1108, 7330 – 137<sup>th</sup> Street

Fax: (604) 596-0759

Surrey, BC

[www.wecare.ca](http://www.wecare.ca)

V3W 1A3

Unexpectedly you find yourself in a new and unfamiliar role, that of a caregiver. You need help to look after a loved one at home. How do you know what type of help you need and how do you know if they are qualified? Choose We Care and you can count on safe and appropriate care from our experienced home care professionals. We Care is an accredited Home Care Provider. Call for free assessment. Available 24 hours everyday.

## Hospices

### Bayshore Home Health

(604) 531-6111

#206, 2828 - 152nd Street

Fax: (604) 531-0191

Surrey, BC

Email: [whiterock@bayshore.ca](mailto:whiterock@bayshore.ca)

V4P 1G6

[www.bayshore.ca](http://www.bayshore.ca)

Our hospice palliative care services deliver end-of-life care in a variety of settings: home, long-term care facility, hospital or community. The services revolve around a personalized care plan developed with clients and their families. Our specially trained caregivers strive to provide support, compassion and dignity. Services include pain and symptom management, emotional and spiritual support, grief and bereavement support and funding investigations for extra care.

## **Surrey Hospice Resource Centre**

13857 - 68 Avenue  
Surrey, BC  
V3W 2G9

(604) 543-7006

Fax: (604) 543-7008

Email: [admin@surreyhospice.com](mailto:admin@surreyhospice.com)  
[www.surreyhospice.com](http://www.surreyhospice.com)

Provides training for volunteers who wish to offer support to persons with terminal illnesses and their families. Have children, teen and adult grief programs and one-on-one support, walking groups.

Hours: Monday - Friday 9:00am to 4:00pm.

## **White Rock Hospice Society**

15510 Russell Avenue  
White Rock, BC  
V4B 2R3

(604) 531-7484

Fax :( 604) 531-8101

Email: [contactus@whiterockhospice.org](mailto:contactus@whiterockhospice.org)  
[www.whiterockhospice.org](http://www.whiterockhospice.org)

Provides emotional, practical and spiritual support to individuals, their families and friends in the White Rock/South Surrey area who are facing advanced illness or bereavement. Services include: assessment and referral, group and individual counseling by professional counselors and trained volunteers, children and teen support, relaxation program, bereavement walking groups, telephone support, vigil program, a resource library, community outreach and an emergency response team to provide support in cases of sudden death.

Hours: Monday - Friday 9:00am to 4:00pm.

## **Hospitals**

### **Langley Memorial**

22051 Fraser Hwy.  
Langley, BC  
V3A 4H4

(604) 534-4121

Fax: (604) 534-8283

### **Peace Arch Hospital**

15521 Russell Avenue  
White Rock, BC  
V4B 2R4

(604) 531-5512

Patient Info: (604) 535-4523

# Surrey Memorial Hospital

13750 - 96 Avenue  
Surrey, BC  
V3V 1Z2

(604) 581-2211  
Patient Info: (604) 588-3349

## Housing - General

### B.C. Housing

101, 4555 Kingsway  
Burnaby, BC  
V5H 4V8

(604) 433-2218  
Toll free: 1(800) 257-7756  
Fax: (604) 439-4729  
[www.bchousing.org](http://www.bchousing.org)

Tenants eligible for BC Housing subsidized housing pay 30 percent of gross household income for rent. Low-income seniors must pay a minimum amount. Contact nearest BC Housing office to apply.

Hours: Monday - Friday 8:30am to 4:30pm.

### SAFER

B.C. Housing Commission  
#101 - 4555 Kingsway  
Burnaby, BC  
V5H 4V8

(604) 433-2218  
Toll free: 1(800)257-7756  
Fax: (604) 439-4729  
[www.bchousing.org](http://www.bchousing.org)

SAFER (Shelter Aid for Elderly Renters) is a program of BC Housing that provides financial assistance to BC renters age sixty and older whose rent is more than 30 percent of their income. Call for other requirements and information about applying.

Hours: Monday - Friday 8:30am to 4:30pm.

### Seniors Housing Information

Royal Square Mall  
#209 - 800 McBride Blvd  
New Westminister, BC  
V3L 2B8

(604) 520-6621  
Fax: (604) 520-1798  
Email: [info@seniorsservicessociety.ca](mailto:info@seniorsservicessociety.ca)  
[www.seniorshousing.bc.ca](http://www.seniorshousing.bc.ca)

Formerly known as SHIP, housing counselors are available to help seniors. This is a free service that provides information on housing options as well as Information and Referral on community resources.

Hours Monday - Friday, 8:30am- 4:30pm.

## Tenant Hotline

(604) 255-0546

If you are a tenant and need information about your rights, call the Tenant Hotline.

## Housing - Assisted/Independent/Supportive Living

### Amos Ferguson Manor

(604) 590-1522

8243 - 152nd Street  
Surrey, BC  
V3S 3M6

51 one bedroom units.

### Bethshangardens

(778) 373-0299

17528 – 59<sup>th</sup> Avenue  
Cloverdale, BC  
V3S 3T7

Email: [info@bethshangardens.org](mailto:info@bethshangardens.org)  
[www.bethshangardens.ca](http://www.bethshangardens.ca)

Supportive living, market rental residence for seniors. No nursing care or medical services are provided. Every prospective tenant will be interviewed by the facility Operations Management Team to ensure tenancy is appropriate. 100% non smoking. Pets may be allowed, subject to Pet Policy requirements.

### Christina Place

(604) 541-4663

1183 Maple Street  
White Rock, BC  
V4B 5K9

Fax: (604) 541-8808  
[www.christinaplace.com](http://www.christinaplace.com)

Seniors' residence for those 70 plus who seek an independent living situation. Many suites have ocean views; meals, housekeeping and recreational activities included. Contact Linda Fernholm.

## Concord by-the-Sea

15869 Pacific Avenue  
White Rock, BC  
V4B 1S8

(604) 531-6198

Fax: (604) 531-6192

Email: [concordretirementresidence@shaw.ca](mailto:concordretirementresidence@shaw.ca)  
[www.concordretirementresidence.com](http://www.concordretirementresidence.com)

Seniors' residence has studio, one-bedroom and one-bedroom plus den apartments, and seaside cottages. Rent includes 3 meals per day, housekeeping and linen service. Recreational and laundry facilities provided. 24 hour emergency response system. Contact Holly MacIntosh.

## Crescent Gardens

1222 King George Blvd.  
Surrey, BC  
V4A 9W6

Residence: (604) 541-8861

Fax: (604) 541-8871

[www.chartwellreit.ca](http://www.chartwellreit.ca)

Retirement community with 51 independent living condominiums, 59 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping, flat laundry service, recreational and social activities and emergency response system. For more information or a personal tour of the residence call (604) 541-6712. Contact Marlene Nash.

## Elim Village

9025 - 160th Street  
Surrey, BC  
V4N 2X7

(604) 582-5579

Fax: (604) 582-5503

Email: [info@elimvillage.com](mailto:info@elimvillage.com)  
[www.elimvillage.com](http://www.elimvillage.com)

A Christian retirement community includes Assisted Living, 36 Residential Care on 20+ acres with a "Campus of Care" vision. Current Elim residents live in 161 independent living suites, 109 assisted living, 118 residential care. Many extra services are available to Emerald residents to enhance the quality of everyday life. The Harrison Building offers full residential care. Presentation Centre is open Monday thru Saturday noon to 5:00 pm, or call for information.

## English Manor

16963 - 22nd Avenue  
Surrey, BC  
V3S 9Z3

(604) 541-9694

Email: [sueandcharlie@shaw.ca](mailto:sueandcharlie@shaw.ca)

Licensed Assisted Living (Sue & Charlie's Private Care Home) 24 hour care in a beautiful quiet setting. Landscaped gardens and pond, just 7 minutes drive to White Rock and Peace Arch Hospital. Cost includes laundry, cleaning, 3 home cooked meals daily plus 2 snacks. Permanent Residence, Adult Day Care - Full Time or Part Time, Respite, Convalescence, Intermediate or Long Term care. Call Sue or Charlie for more information.

## Evergreen Baptist Manor

1531 Everall Street  
White Rock, BC  
V4B 3T2

(604) 541-3835

[www.evergreen-home.com](http://www.evergreen-home.com)

Seniors supportive housing complex with option for applying for BC housing subsidy for rental and supportive housing portions.

## Evergreen Heights

1501 Everall Street  
White Rock, BC  
V4B 3T2

(604) 439-4757

Assisted Living. 84 units – some are subsidized BC Housing. Referral from Home Health (604) 953-4965 required. Contact Larisa Saunders.

## Fleetwood Villa

16028 - 83rd Avenue  
Surrey, BC  
V4N 0N2

(604) 590-2889

Fax: (604) 590-2887

Email: [fleetwoodvilla@reveraliving.com](mailto:fleetwoodvilla@reveraliving.com)

[www.reveraliving.com](http://www.reveraliving.com)

171 units. Private Assisted Living Residence. Provides apartment living within a community setting. Allows residents to live independently in their own suite as well as receive any support required such as meals, housekeeping or personal assistance.

## Friendship Village

(604) 433-2218

6526 - 135th Street  
Surrey, BC

Apply to the BC Housing Registry.

## The Gateway

(604) 585-2906

13787 - 100th Avenue  
Surrey, BC  
V3T 5X7

Fax: (604) 495-4560

Email: [thegateway@shawlink.ca](mailto:thegateway@shawlink.ca)

Subsidized assisted-living residence for seniors with 48 one-bedroom suites and 12 bachelor suites. Meals, housekeeping, security, 24-hour emergency response provided. Enhancements to maintaining independent lifestyle include social areas on each floor, laundry on each floor, convenient location to community services.

All referrals made through Fraser Health Authority. Call Central Intake at (604) 953-4965.

## Guildford Glen

(604) 433-2218

14860 - 101A Avenue  
Surrey, BC

Apply to the BC Housing Registry. 19 one bedroom units.

## Guildford Seniors Village

(604) 582-0808

14568 - 104A Avenue  
Surrey, BC  
V3R 1R3

[www.retirementconcepts.com/care/guildford](http://www.retirementconcepts.com/care/guildford)

Offers excellent nursing care to seniors to help support independent, healthy lifestyles. Services include 24 hour nursing care, special Alzheimer's Care Unit for residents requiring a secured environment, nutritious meals, specialized bathing facilities, in-house hairdressing salon, planned activity programs under the guidance of the recreational therapist and a person-centered model of care.

## Hoffman Manor

(604) 576-0083

17660 - 60th Avenue  
Surrey, BC  
V3S 1V2

Provides 43 one bedroom subsidized rental units with 2 wheelchair modified suites.

## **Imperial Place – Retirement Residence**

(604) 581-1555

13853 – 102nd Avenue  
Surrey, BC  
V3T 5P6

[www.residencesallegro.com](http://www.residencesallegro.com)

104 large, air-conditioned suites available for both supportive and independent living. Three meals daily and light housekeeping provided. Linens provided and laundry facilities for personal use included. Daily shuttle service to local shopping. Respite suites available. Studio suites available starting at \$1950.00 per month.

## **Kiwanis Park Place**

(604) 538-9669

12850 - 26th Avenue  
Surrey, BC  
V4P 1S1

Apartment living for individuals 55+. All one-bedroom apartments have been designed with seniors' needs in mind. Subsidies are available if you meet eligibility requirements. Individuals or couples, 1 bedroom and studios.

## **Len Shepherd Manor**

(604) 433-2218

15090 - 101<sup>st</sup> Avenue  
Surrey, BC  
V3R 6T4

[www.bchousing.org](http://www.bchousing.org)

Subsidized Housing for seniors and individuals with disabilities. Apply through BC Housing Management Commission.

## **Newton Regency**

(604) 597-9333

13855 – 68<sup>th</sup> Avenue  
Surrey, BC  
V3W 2G9

Fax: (604) 597-8032

[www.newtonregency.ca](http://www.newtonregency.ca)

Residence provides supportive living, intermediate care, respite and convalescent care. Recreational programs, all meals, housekeeping and laundry services included. 136 single rooms. Other languages- Punjabi, Tagalog, Farsi, German, Hungarian, French, Korean.

## **Oddfellows Home (Newton Residence for Seniors)**

6543 King George Blvd.  
Surrey, BC  
V3W 4Z4

(604) 594-4921  
Fax: (604) 594-4933

This facility is a non-profit facility and runs on a monthly basis in a warm home-like setting. There are 35 rooms available at this room and board, supportive living facility. All meals and housekeeping provided. Personal laundry arranged separately. Rents are an average \$900 per month.

## **The Orchard**

9858 - 151st Street  
Surrey, BC V3R 8C9

(604) 589-9317

Contact the Resident Manager.

## **Pacific Carlton**

15366 – 17th Avenue  
Surrey, BC  
V4A 1T9

(604) 542-8400  
Fax: (604) 535-8730

A private retirement residence with 76 rental units. Recreational programs, continental breakfast and dinner served daily. Some transportation, housekeeping and laundry services included.

## **Peace Arch Manor**

15468 Roper Avenue  
White Rock, BC  
V4B 2G5

(604) 531-4412

79 one bedroom units. Rent is based on 35% of income. Contact Peace Arch Manor for application forms.

## **Peninsula Estates**

15135 - 20th Avenue  
Surrey, BC  
V4A 7C5

(604) 202-4487

Call to apply Mon-Friday 8:30am - 4:30pm.

## **PICS Seniors Housing Complex**

(604) 596 0052

### **Independent Living**

[www.pics.bc.ca](http://www.pics.bc.ca)

100 – 7566 120A Street  
Surrey, BC

Our 54 unit Guru Nanak Niwas is for low income, independent seniors who are able to live on their own but desire the security and conveniences of community living. This facility offers organized social and recreational programs and can also provide laundry facilities, linen services, meals and access to meals, local transportation and planned social activities. All units are wheelchair accessible and subsidized by BC Housing.

## **PICS Seniors Housing Complex (con't)**

(604) 596 0052

### **Assisted Living**

[www.pics.bc.ca](http://www.pics.bc.ca)

12075-75A Ave  
Surrey BC  
V3W 1N3

Our 72 unit Assisted Living Complex is for low income seniors who require assistance with personal care. It is designed to meet the needs of those requiring help with activities of daily living but who do not need skilled medical care provided at residential care facilities. This facility offers organized social and recreational programs and can also provide laundry facilities, linen services, meals and access to meals, local transportation and planned social activities. All units are wheelchair accessible and subsidized by BC Housing.

## **The Renaissance Resort Retirement Living**

(604) 539-0571

6676 - 203rd Street  
Langley, BC  
V2Y 2Z1

Email: [info@residencesallegro.com](mailto:info@residencesallegro.com)  
[www.residencesallegro.com](http://www.residencesallegro.com)

Services include a concierge, dining with open seating & meal times in a restaurant style atmosphere, 24 hour security and emergency response, bus service and much more. A variety of options are offered such as a Marquis 32 seat theatre, fitness centre, hair salon, dance floor, bridge room, library, sports lounge, spa rooms and country store. There are 127 rental units in the complex ranging from studios to 2 bedrooms with two bathrooms.

## **The Residence at Morgan Heights**

(604) 535-1118

15955 – 27<sup>th</sup> Avenue  
Surrey, BC  
V3S 3W3

[www.pinnaclecaregroup.com](http://www.pinnaclecaregroup.com)

New campus of care facility consisting of 40 assisted-living units and 116 residential-care beds. Assisted living option offers personalized assistance, supportive services and compassionate care in a professionally managed, carefully designed community setting. Provides a welcoming home like atmosphere for seniors requiring access to 24 hour nursing. There are only 14 or 15 residents in each of our eight neighborhoods and they all have their own dining room, lounge, fireplace and spa. Courtyard gardens are accessible from the main level neighborhoods and the lounges. All entrances, elevators and exit doors have magnetic locks for security and safety. Two of our neighborhoods are suitable for residents who are an elopement or wandering risk.

## **Rosemary Heights Seniors Village**

(778) 545-5000

15240 - 34th Avenue  
Surrey, BC  
V3S 0L3

[www.retirementconcepts.com](http://www.retirementconcepts.com)

151 unit campus of care units include 90 Residential Care Rooms, 61 Assisted Living Suites.

## **Somerset Gardens**

(604) 433-2218

1821, 1831, 1851 Southmere Crescent East  
Surrey, BC

Apply to the BC Housing Registry total of 10 one bedroom units.

## **Southdale Manor I, II**

(604) 576-0083

5956 - 176A Street  
Surrey, BC  
V3S 4H8

25 Bachelor units in buildings I, II.

## **Sunnyside Manor**

15340 – 17<sup>th</sup> Avenue  
Surrey, BC  
V4A 1T9

(604) 531-7470

Fax: (604) 542-8399

Email: [office@sunnysidemanor.com](mailto:office@sunnysidemanor.com)  
[www.sunnysidemanor.com](http://www.sunnysidemanor.com)

A private residence with 74 rental units for independent living and assisted living. Recreational programs, two meals daily, housekeeping and laundry services included.

## **Sunnyside Villas**

2603 – 151<sup>st</sup> Street  
Surrey, BC  
V4P 1N3

(604) 538-8308

Subsidized housing complex for seniors in Surrey/White Rock. Rent is based on 30% of net income. Contact Sunnyside Villas for application forms.

## **Ted Kuhn Towers I and II**

13350 Old Yale Road  
Surrey, BC  
V3V 3E6

(604) 433-2218

[www.bchousing.org](http://www.bchousing.org)

Subsidized Housing for seniors and individuals who have disabilities. Apply through the BC Housing Management Commission. No wheelchair accessible suites in Tower I, Tower II at 13352 Old Yale Road does have wheelchair accessible suites. Call number listed for other available properties.

## **Westminster House**

1653 – 140th Street  
Surrey, BC  
V4A 4H1

(604) 538-5291

Fax: (604) 535-2510

[www.westminster-hours.org](http://www.westminster-hours.org)

A non-profit, residential care facility with 117 suites (bed sitting rooms, studios, 1 or 2 bedroom suites) which are licensed by the Adult Care regulations under the Community Care and Assisted Living Act. Offers professional nursing services, assistance with activities of daily living (bathing, dressing etc), 3 meals per day, housekeeping, physiotherapy, recreation and leisure programs, pastoral care, allows couples with different needs to stay together. For more information, contact Jenepher McLennan (ext 102).

## **Whitecliff Retirement Residence**

15501 – 16<sup>th</sup> Avenue  
Surrey, BC  
V4A 9M5

(604) 538-7227  
Fax: (604) 538-4919  
[www.lrc.com](http://www.lrc.com)

95 independent living studios, one and two bedrooms and 35 licensed intermediate care suites. Includes two meals for those living independently and three meals per day for those in our care suites. Refreshments daily, housekeeping, recreational and social activities. For more information or a personal tour of Whitecliff please call.

## **Housing – Residential/Complex Care**

### **Crescent Gardens**

1222 King George Blvd.  
Surrey, BC  
V4A 9W6

Residence: (604) 541-8861  
Fax: (604) 541-8871  
[www.chartwellreit.ca](http://www.chartwellreit.ca)

Retirement community with 51 independent living condominiums, 59 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping, flat laundry service, recreational and social activities and emergency response system. For more information or a personal tour of the residence call (604) 541-6712. Contact Marlene Nash.

### **Czorny Alzheimer Centre**

16850 - 66th Avenue  
Surrey, BC  
V3S 5M1

Surrey: (778) 571-2390  
Langley: (604) 533-5277

Czorney is the first stand-alone residential care facility in Fraser Health designed specifically to meet the needs of people with Alzheimer's disease. It houses 36 residents in three home-like cottages, equipped with full facilities including sleeping accommodations for families of individuals with Alzheimer's disease. Fraser Health operates the facility. The Centre also provides space for an Alzheimer Society of B.C. Resource Centre. Other languages available: IndoCanadian, Spanish, Polish, Tagalog.

## **Elim Village**

9025 - 160th Street  
Surrey, BC  
V4N 2X7

(604) 582-5579  
Fax: (604) 582-5503  
Email: [info@elimvillage.com](mailto:info@elimvillage.com)  
[www.elimvillage.com](http://www.elimvillage.com)

A Christian retirement community includes Assisted Living, 36 Residential Care on 20+ acres with a "Campus of Care" vision. Current Elim residents live in 161 independent living suites, 109 assisted living, 118 residential care. Many extra services are available to Emerald residents to enhance the quality of everyday life. The Harrison Building offers full residential care. Presentation Centre is open Monday thru Saturday noon to 5:00 pm, or call for information.

## **English Manor**

16963 - 22nd Avenue  
Surrey, BC  
V3S 9Z3

(604) 541-9694  
Email: [sueandcharlie@shaw.ca](mailto:sueandcharlie@shaw.ca)

Licensed Assisted Living (Sue & Charlie's Private Care Home) 24 hour care in a beautiful quiet setting. Landscaped gardens and pond, just 7 minutes drive to White Rock and Peace Arch Hospital. Cost includes laundry, cleaning, 3 home cooked meals daily plus 2 snacks. Permanent Residence, Adult Day Care - Full Time or Part Time, Respite, Convalescence, Intermediate or Long Term care. Call Sue or Charlie for more information.

## **Evergreen Baptist Manor**

1531 Everall Street  
White Rock, BC  
V4B 3T2

(604) 541-3835  
[www.evergreen-home.com](http://www.evergreen-home.com)

Seniors supportive housing and complex care with option for applying for BC housing subsidy for rental and supportive housing portions.

## **Morgan Place**

3288 - 156A Street  
Surrey, BC  
V3S 9T1

(604) 535-7328  
Fax: (604) 535-7386  
Email: [lynne.dunbar@morganplace.ca](mailto:lynne.dunbar@morganplace.ca)

Multilevel care facility with 141 beds; 101 funded, 20 private pay, 20 convalescent.

## Ocean View Care Home

15628 Buena Vista Avenue  
White Rock, BC  
V4B 1Z4

(604) 531-2273

Fax: (604) 531-8782

Email: [oceanviewcare@yahoo.com](mailto:oceanviewcare@yahoo.com)

Intermediate care facility. 71 beds of which 60 are funded, 59 single and 12 double.  
Contact: Raj Sidhu. [rsidhu@ovcare.com](mailto:rsidhu@ovcare.com).

## Peace Portal Lodge

15441-16<sup>th</sup> Avenue  
Surrey, BC  
V4A 8T8

(604) 535-2273

Fax :( 604) 535-3051

[www.retirementconcepts.com](http://www.retirementconcepts.com)

Intermediate care residence with special Alzheimer care available. 38 private and semi-private rooms which include ensuite bathrooms. Daily services include 2 nutritious meals plus snacks, housekeeping, linen & laundry service, varied and interesting social and recreation programs.

## The Residence at Morgan Heights

15955 – 27<sup>th</sup> Avenue  
Surrey, BC  
V3S 3W3

(604) 535-1118

[www.pinnaclecaregroup.com](http://www.pinnaclecaregroup.com)

New campus of care facility consisting of 40 assisted-living units and 116 residential-care beds. Assisted living option offers personalized assistance, supportive services and compassionate care in a professionally managed, carefully designed community setting. Provides a welcoming home like atmosphere for seniors requiring access to 24 hour nursing. There are only 14 or 15 residents in each of our eight neighborhoods and they all have their own dining room, lounge, fireplace and spa. Courtyard gardens are accessible from the main level neighborhoods and the lounges. All entrances, elevators and exit doors have magnetic locks for security and safety. Two of our neighborhoods are suitable for residents who are an elopement or wandering risk.

## Rosemary Heights Seniors Village

15240 - 34th Avenue  
Surrey, BC  
V3S 0L3

(778) 545-5000

[www.retirementconcepts.com](http://www.retirementconcepts.com)

151 unit campus of care units including 90 Residential Care Rooms and 61 Assisted Living Suites.

## Suncreek Village

13687 – 62<sup>nd</sup> Avenue  
Surrey, BC  
V3X 0B5

(604) 591-5177

Fax: (778) 575-7185

Email: [info@suncreekvillage.ca](mailto:info@suncreekvillage.ca)  
[www.suncreekvillage.ca](http://www.suncreekvillage.ca)

Suncreek Village is a new complex care facility (opened August 2009) with 120 private rooms, each with its own bathroom. Suncreek is made up of 7 smaller neighborhoods of no more than 18 residents giving it a cozy, comfortable and homey feel. Each of the 7 homes has its own living room with a fireplace, dining room, kitchenette, spa, laundry and activity area. In the common areas outside of each home, amenities such as hair salon, library, tuck shop and family dining are located. There is access to courtyards, balconies and gardens from all homes.

## Westminster House

1653 – 140th Street  
Surrey, BC  
V4A 4H1

(604) 538-5291

Fax: (604) 535-2510

[www.westminster-hours.org](http://www.westminster-hours.org)

A non-profit, residential care facility with 117 suites (bed sitting rooms, studios, 1 or 2 bedroom suites) which are licensed by the Adult Care regulations under the Community Care and Assisted Living Act. Offers professional nursing services, assistance with activities of daily living (bathing, dressing etc), 3 meals per day, housekeeping, physiotherapy, recreation and leisure programs, pastoral care, allows couples with different needs to stay together. For more information, contact Jenepher McLennan (ext 102).

## Whitecliff Retirement Residence

15501 – 16<sup>th</sup> Avenue  
Surrey, BC  
V4A 9M5

(604) 538-7227

Fax: (604) 538-4919

[www.lrc.com](http://www.lrc.com)

95 independent living studios, one and two bedrooms and 35 licensed intermediate care suites. Includes two meals for those living independently and three meals per day for those in our care suites. Refreshments daily, housekeeping, recreational and social activities. For more information or a personal tour of Whitecliff please call.

# Housing - Subsidized

## **English Manor**

16963 - 22nd Avenue  
Surrey, BC  
V3S 9Z3

(604) 541-9694

Email: [sueandcharlie@shaw.ca](mailto:sueandcharlie@shaw.ca)

Licensed Assisted Living (Sue & Charlie's Private Care Home) 24 hour care in a beautiful quiet setting. Landscaped gardens and pond, just 7 minutes drive to White Rock and Peace Arch Hospital. Cost includes laundry, cleaning, 3 home cooked meals daily plus 2 snacks. Permanent Residence, Adult Day Care - Full Time or Part Time, Respite, Convalescence, Intermediate or Long Term care. Call Sue or Charlie for more information.

## **Evergreen Baptist Manor**

1531 Everall Street  
White Rock, BC  
V4B 3T2

(604) 541-3835

[www.evergreen-home.com](http://www.evergreen-home.com)

Seniors supportive housing complex with option for applying for BC housing subsidy for rental and supportive housing portions.

## **Evergreen Heights**

1501 Everall Street  
White Rock, BC  
V4B 3T2

(604) 439-4757

84 units and some subsidized units. Referral from Home Health (604 953-4965) required. BC Housing. Contact Larisa Saunders.

## **Friendship Village**

6526 - 135th Street  
Surrey, BC

(604) 433-2218

Apply to the BC Housing Registry.

## The Gateway

13787 - 100th Avenue  
Surrey, BC  
V3T 5X7

(604) 585-2906

Fax: (604) 495-4560

Email: [thegateway@shawlink.ca](mailto:thegateway@shawlink.ca)

Subsidized assisted-living residence for seniors with 48 one-bedroom suites and 12 bachelor suites. Meals, housekeeping, security, 24-hour emergency response provided. Enhancements to maintaining independent lifestyle include social areas on each floor, laundry on each floor, convenient location to community services.

All referrals made through Fraser Health Authority. Call Central Intake at (604) 953-4965.

## Guildford Glen

14860 - 101A Avenue  
Surrey, BC

(604) 433-2218

Apply to the BC Housing Registry. 19 one bedroom units.

## Kiwanis Park Place

12850 - 26th Avenue  
Surrey, BC  
V4P 1S1

(604) 538-9669

Apartment living for individuals 55+. All one-bedroom apartments have been designed with seniors' needs in mind. Subsidies are available if you meet eligibility requirements. Individuals or couples, 1 bedroom and studios.

## Len Shepherd Manor

15090 - 101<sup>st</sup> Avenue  
Surrey, BC  
V3R 6T4

(604) 433-2218

[www.bchousing.org](http://www.bchousing.org)

Subsidized Housing for seniors and individuals with disabilities. Apply through BC Housing.

## Ocean View Care Home

15628 Buena Vista Avenue  
White Rock, BC  
V4B 1Z4

(604) 531-2273

Fax: (604) 531-8782

Email: [oceanviewcare@yahoo.com](mailto:oceanviewcare@yahoo.com)

Intermediate care facility. 71 beds of which 60 are funded, 59 single and 12 double. Contact: Raj Sidhu. [rsidhu@ovcare.com](mailto:rsidhu@ovcare.com).

## **Peace Arch Manor**

(604) 531-4412

15468 Roper Avenue  
White Rock, BC  
V4B 2G5

79 one bedroom units. Rent is based on 35% of income. Contact Peace Arch Manor for application forms.

## **PICS Seniors Housing Complex**

(604) 596 0052

### **Independent Living**

[www.pics.bc.ca](http://www.pics.bc.ca)

100 – 7566 120A Street  
Surrey, BC

Our 54 unit Guru Nanak Niwas is for low income, independent seniors who are able to live on their own but desire the security and conveniences of community living. This facility offers organized social and recreational programs and can also provide laundry facilities, linen services, meals and access to meals, local transportation and planned social activities. All units are wheelchair accessible and subsidized by BC Housing.

### **Assisted Living**

12075-75A Ave  
Surrey BC  
V3W 1N3

Our 72 unit Assisted Living Complex is for low income seniors who require assistance with personal care. It is designed to meet the needs of those requiring help with activities of daily living but who do not need skilled medical care provided at residential care facilities. This facility offers organized social and recreational programs and can also provide laundry facilities, linen services, meals and access to meals, local transportation and planned social activities. All units are wheelchair accessible and subsidized by BC Housing.

## **Rosemary Heights Seniors Village**

(778) 545-5000

15240 - 34th Avenue  
Surrey, BC  
V3S 0L3

[www.retirementconcepts.com](http://www.retirementconcepts.com)

151 unit campus of care units including 90 Residential Care Rooms and 61 Assisted Living Suites.

## **Somerset Gardens**

(604) 433-2218

1821, 1831, 1851 Southmere Crescent East  
Surrey, BC

Apply to the BC Housing Registry total of 10 one bedroom units.

## **Sunnyside Villas**

(604) 538-8308

2603 – 151<sup>st</sup> Street  
Surrey, BC  
V4P 1N3

Subsidized housing complex for seniors in Surrey/White Rock. Rent is based on 30% of net income. Contact Sunnyside Villas for application forms.

## **Ted Kuhn Towers I and II**

(604) 433-2218

13350 Old Yale Road  
Surrey, BC  
V3V 3E6

[www.bchousing.org](http://www.bchousing.org)

Subsidized Housing for seniors and individuals who have disabilities. Apply through the BC Housing Management Commission. No wheelchair accessible suites in Tower I, Tower II at 13352 Old Yale Road does have wheelchair accessible suites. Call number listed for other available properties.

# Immigrant Services

## **AMSSA**

### **(Affiliation of Multicultural Societies & Service Agencies)**

#205 – 2929 Commercial Drive  
Vancouver, B.C.  
V5N 4C8

(604) 718-2780  
1(888) 355-5560  
Fax: (604) 298-0747  
Email: [amssa@amssa.org](mailto:amssa@amssa.org)  
[www.amssa.org](http://www.amssa.org)

AMSSA is an affiliation of over 75 multicultural agencies providing immigrant settlement and multicultural services in communities throughout British Columbia. We create networking opportunities, disseminate information, provide professional development and build organizational capacities for our members. AMSSA champions the promotion of multiculturalism, diversity, multicultural health and human rights.

## **DiverseCity Community Resource Society**

#1107, 7330-137<sup>th</sup> Street  
Surrey, BC  
V3W 1A3  
[www.dcrs.ca](http://www.dcrs.ca)

(604) 597-0205  
Fax: (604) 597-4299  
Career Services: (604) 597-3448

Provides services in the following: information and referral, interpretation and translation, English language programs, family counseling, career services, women's programs and community development (settlement and integration).

Hours: Monday - Thursday 8:30am to 9:00pm, Friday 8:30am to 4:30pm.

## **Options**

#100, 6846 King George Blvd.  
Surrey, BC  
V3W 4Z9

(604) 596-4321  
Fax: (604) 572-7413  
Email: [info@options.bc.ca](mailto:info@options.bc.ca)

Options provides a variety of services including programs for families, immigrants and the disabled. Options is also an Information and Referral service.

Hours: Monday - Friday 9:00am to 5:00pm.

## **PICS (Progressive Intercultural Community Services)**

#109, 12414 – 82<sup>nd</sup> Avenue  
Surrey, BC  
V3W 3E9

(604) 596-7525  
Fax: (604) 596-7988

### **Head Office**

205, 72725 - 80th Avenue  
Surrey, B.C.  
V3W 3A6

(604) 596-7722  
Fax: (604) 596-7721  
Email: [pics@pics.bc.ca](mailto:pics@pics.bc.ca)  
[www.pics.bc.ca](http://www.pics.bc.ca)

Nonprofit society that helps new Canadians, including settlement of newcomers. Counseling available. Translators supplied if necessary. Assists the unemployed with job search; client resource centre available. Available to Surrey and South Surrey/White Rock residents. No appointment necessary. Hours: Monday - Friday 8:30am to 4:30pm.

## **Legal Assistance**

### **Access Justice**

#### **Society Head Office**

106, 873 Beatty Street  
Vancouver, BC  
V6B 2M6

(604) 878-7400  
1(877) 762-6664  
[www.accessjustice.ca](http://www.accessjustice.ca)

A non-profit organization that provides free legal service for low income clients. Free 30 minute appointment with a practicing lawyer. Lawyers do not appear in court but can assist you in preparation.

## **BC CEAS (BC Center for Elder Advocacy and Support)**

#304, 411 Dunsmuir Street  
Vancouver, BC  
V6B 1X4

Business Line: (604) 688-1927  
Fax: (604)437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

### **Seniors Help and Information Line**

(604) 437-1940  
Toll Free: 1(866) 437-1940

Provides information about elder abuse and offers links to community resources. Specific legal questions or concerns are referred to the Legal Advocacy Program or the Elder Law Clinic. Monday – Friday 10:00am to 3:00pm (excluding statutory holidays).

## **Elder Law Clinic**

The Elder Law Clinic provides legal advice and represents clients at tribunals and in court but do not provide legal assistance with Wills and Estates.

Referrals to the Elder Law Clinic are made by calling the Seniors Help and Information Line. Older adults who are 55+ and would not otherwise be able to access justice due to low income or other barriers are eligible for Elder Law Clinic services.

## **Legal Advocacy Program**

Takes referrals from the Seniors Help and Information Line. The Legal Advocate / Paralegal provide information over the phone and represents clients at tribunals or other hearings.

For Public Legal Education and Information Workshops and Financial Abuse Workshops please contact BCCEAS business line at (604) 688-1927. Workshops also delivered in other languages such as Punjabi, Mandarin, and Cantonese.

## **Dial-A-Law**

(604) 687-4680

1(800) 565-5297

[www.dialalaw.org](http://www.dialalaw.org)

Dial-A-Law is a library of pre-recorded messages prepared by lawyers to provide practical information on specific topics of law as they apply in BC, but not legal advice. If you need further information, you should consult a lawyer. Dial-A-Law is a free service available by telephone and internet. For a list of topics call and request a brochure. Chinese and Punjabi also available.

## **Kent Street Activity Centre**

(604) 541-2231

1475 Kent Street  
White Rock, BC  
V4B 5A2

Local lawyers will help seniors 55+ on low income with legal queries & problems. Visits are free of charge at the centre. Usual fees will be charged for additional visits away from the centre or when any legal work is done. Lawyer is available the first Wednesday of every month at 9:30am.

## **Law Line**

(604) 408-2172

A free service provided by Legal Services Society of BC. Legal information, not legal advice is provided on many subjects by staff. Referrals may be made.

Hours: Monday, Tuesday, Thursday, Friday 9:00am to 4:00pm; Wednesday 9:00am-2:30 pm.

## Law Students' Legal Advice Program

(604) 822-5791

A non-profit organization that offers free legal advice and representation to low-income earners throughout the Lower Mainland. Volunteer UBC law students, working under the guidance of supervising lawyers, provide legal expertise in various areas of the law.

## Lawyer Referral Service

(604) 687-3221

1(800) 663-1919

Email: [lawyerreferral@bccba.org](mailto:lawyerreferral@bccba.org)

Public service that refers lawyers to the public. Lawyers who participate in the program offer an initial no-obligation consultation of up to 30 minutes for a fee of \$25.00 plus taxes.

Service available by phone on weekdays from 8:30am to 4:30pm.

## Legal Services Society of BC

(604) 585-6595

Central City Tower One

1(800) 663-7867

1370, 13450 - 102 Avenue

Fax: (604) 585-7898

Surrey, BC

[www.lss.bc.ca](http://www.lss.bc.ca)

V3T 5X3

Legal Aid applications taken on a first come, first served basis at this office and at Surrey Courthouse (next to Courtroom 100). Centre deals with problems regarding family, crime and immigration. Website provides information about LSS services, including Legal Aid applications. LSS publications to read online, download or order, billing information, resources for legal aid lawyers, links to other sites about the law in BC.

Hours: Monday - Friday 8:30am to 12:00 noon and 1:00 pm to 4:30 pm.

## Nidus Personal Planning Resources Centre and Registry

411 Dunsmuir

(604) 408-7414

Vancouver, BC

Fax: (604) 801-5506

V6B 1X4

Email: [info@nidus.ca](mailto:info@nidus.ca)

[www.nidus.ca](http://www.nidus.ca)

Don't wait for a crisis – plan now. It is important to plan ahead in case you become incapable of managing your affairs or making medical decisions due to an illness, accident or disability. Nidus is a non-profit charity that provides free information on personal planning tools, such as Representative Agreements, Enduring Powers of Attorney, Advance Directives and living wills. The Resource Centre also operates a centralized Registry for legal planning documents.

# Public Guardian and Trustee of BC

(604) 660-4444

## Ministry of the Attorney General

Fax: (604) 660-0374

700, 808 W. Hastings Street

Email: [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

Vancouver, BC

[www.trustee.bc.ca](http://www.trustee.bc.ca)

V6C 3L3

The Public Guardian and Trustee is a division of the Ministry of the Attorney General. A public trustee is appointed by the court or mental health centre to manage the financial and legal affairs of an incapable person. Monday - Friday 8:30am to 4:30pm.

## Libraries

### Surrey Public Library

#### Outreach Services

(604) 598-7399

15105 - 105th Avenue

Email: [libraryoutreach@surrey.ca](mailto:libraryoutreach@surrey.ca)

Surrey, BC

If you are a Surrey resident confined to your home, hospital, or care facility because of illness, disability or age for a minimum of 3 months, you are eligible to receive Library Home Services. Seniors living in Surrey and without transportation also qualify. You will receive library items based on your expressed interests once every 4 weeks from a Home Delivery Volunteer. This is a Free service. Materials available for delivery include fiction and non-fiction books in regular or large print, audio books, music on compact disc, magazines (in print or audio), and paperback books, descriptive videos for the visually impaired.

Hours of operation: Monday - Friday: 8:30am to 4:00pm, Saturday: 9:00am to 5:00pm.

#### Cloverdale Branch

(604) 598-7320

5642 - 176A Street

Surrey, BC

V3S 4G9

#### Fleetwood Branch

(604) 598-7340

15996 – 84<sup>th</sup> Avenue

Surrey, BC

V4N 0W1

#### Guildford Branch

(604) 598-7360

15105 – 105<sup>th</sup> Avenue

Surrey, BC

V3R 7G8

**Newton Branch** (604) 598-7400  
13795 – 70<sup>th</sup> Avenue  
Surrey, BC  
V3W 0E1

**Ocean Park Branch** (604) 502-6304  
12854 – 17<sup>th</sup> Avenue  
Surrey, BC  
V4A 1T5

**Port Kells Branch** (604) 598-7440  
18885 - 88<sup>th</sup> Avenue  
Surrey, BC  
V3S 5X7

**Semiahmoo Branch** (604) 592-6900  
1815 - 152<sup>nd</sup> Street  
Surrey, BC  
V4A 9Y9

**Strawberry Hill Branch** (604) 501-5836  
7399 - 122<sup>nd</sup> Street  
Surrey, BC  
V3W 5J2

**Whalley Branch** (604) 598-7420  
10347 – 135<sup>th</sup> Street  
Surrey, BC  
V3T 4C3

**White Rock Library** (604) 541-2201  
15342 Buena Vista Avenue Fax: (604) 541-2209  
White Rock, BC  
V4B 1Y6

Branch of the Fraser Valley Regional Library. Delivery of books for the homebound is available. Special needs department offers large print books and audio book services. Call 1(888) 668-4141 for information. Summer hours differ.

# Meal Delivery Services

## **Better Meals**

Office and Commissary  
3930 Kitchener Street  
Burnaby, BC  
V5C 3M2

(604) 299-1877  
Fax: (604) 291-0822  
Toll Free 1(888) 838-1888  
[www.bettermeals.com](http://www.bettermeals.com)

Offers wide selection of affordable, nutritious and ready-to-eat full course meals and a la carte food items. Weekly delivery throughout Greater Vancouver, Fraser Valley and some parts of Vancouver Island and the Okanagan. Free delivery, minimum \$25.00 order per delivery. Order Desk Hours: Monday – Friday 8:30am to 4:00pm.

## **Casalinga Foods Services**

(604) 435-1994  
[www.casalingafoods.com](http://www.casalingafoods.com)

Wholesome gourmet freezer products and fresh items. Office Hours 10:00am to 2:00pm.

## **Gold Card Catering**

Unit 120, 12651 - 80th Avenue  
Surrey, BC  
V3W 3A6

(604) 594-5520  
Toll free: 1(866) 594-5520  
Fax: (604) 594-5575  
Email: [info@goldcardcatering.com](mailto:info@goldcardcatering.com)  
[www.goldcardcatering.com](http://www.goldcardcatering.com)

Individually portioned home-style meals delivered frozen to your door. Ready in minutes, just heat and eat. Phone-in orders taken Monday and Tuesday. Products specially packaged for the microwave or oven. Deliveries made Wednesday for North Surrey, Tuesday morning for South Surrey/White Rock, Tuesday for Langley. Delivery charge \$2.10 on all orders under \$50.00; minimum order is \$25.00. Telephone for a menu.

Office Hours: Monday - Thursday 9:00am to 4:00pm and Friday 9:00am to 12:00 noon.

## **Meals-on-Wheels (North Surrey)**

#233, 13352 Old Yale Road  
Surrey, BC  
V3T 5A4

(604) 588-6325  
Fax: (604) 580-6325  
Email: [sndmow@telus.net](mailto:sndmow@telus.net)  
[www.sndmow.com](http://www.sndmow.com)

Meal service for those unable to prepare adequate meals for themselves. Meals are \$6.00 for regular meals, \$6.50 for large meals. Delivery is Monday thru Friday. One hot meal per day. Bag lunch can be purchased for \$2.00 but only when hot meal is ordered as well.

## **Meals-on-Wheels (White Rock)**

(604) 541-6325

Meal service for those unable to prepare adequate meals for themselves. Meals delivered Monday, Wednesday and Friday. Cost: \$5.50 per four-course meal.

## **Meal Programs**

### **Cloverdale Spice of Life Lunch**

**Cloverdale Seniors Center**  
6022 – 176<sup>th</sup> Street  
Surrey, BC

Come Share Seniors Support: (604) 531-9400  
Cloverdale Seniors Center: (604) 502-6432

Program run by Come Share Seniors Support Services in partnership with Cloverdale Seniors Center. Lunch and Entertainment, every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month, 12:00 noon – 2:00pm. Cost \$6.75. Call 604 531-9400 to register.

### **Community Hot Lunch**

(604) 531-4850

**First United Church**  
15385 Semiahmoo Avenue  
White Rock, BC  
V4B 1T6

[www.firstunitedwhiterock.com](http://www.firstunitedwhiterock.com)

Lunch programs held Wednesdays (\$6.00) and Thursdays (\$3.00) at First United Church beginning at 11:30 am.

### **Crescent Beach Community Services at Camp Alexandra**

2916 McBride Avenue  
Crescent Beach  
Surrey, BC  
V4A 3G2

(604) 535-0015

A member of the Association of Neighborhood Houses of Greater Vancouver, this community service runs a variety of programs for all ages. Programs for seniors include meal programs and recreational activities.

Hours: Monday - Friday 9:00am to 4:30pm. Hours may change slightly in summer months.

## **Fleetwood Lunch**

Fleetwood Community Centre  
15996 – 84<sup>th</sup> Avenue  
Surrey, BC

Come Share Seniors Support: (604) 531-9400  
Fleetwood Community Centre: (604) 501-5030

Program run by Come Share Seniors Support Services in partnership with Kent Street Activity Centre. Entertainment and Lunch, third Thursday of each month. Cost is \$7. Call 604 531-9400 to register.

## **Kent Street Fresh & Lively Lunch**

1475 Kent Street  
White Rock, BC  
V4B 5A2

Come Share Seniors Support: (604) 531-9400  
Kent Street Activity Centre: (604) 541-2231

Program run by Come Share Seniors Support Services in partnership with Kent Street Activity Centre. Lunch and Entertainment, first 3 Fridays of the month. Cost is \$7. Closed in August. Call (604) 531-9400 to register. HandyDART transportation can be arranged.

## **Newton Spice of Life Lunch**

**Newton Seniors Center**  
13775 – 70<sup>th</sup> Avenue  
Surrey, BC  
V3W 0E1

Come Share Seniors Support: (604) 531-9400  
Newton Seniors Center: (604) 501-5010

Program run by Come Share Seniors Support Services in partnership with Newton Seniors Center. Entertainment and Lunch, every 1st and 3<sup>rd</sup> Wednesday of the month, 11:00am – 1:00pm. Cost \$6.75. Call 604 531-9400 to register.

## **The Oak Avenue Neighborhood Hub Society**

12740 - 102 Avenue  
Surrey, BC

Come Share Sr. Support: (604) 531-9400  
Hub Office/Programs: (604) 582-7088

The Hub is a non-profit organization, providing a range of services for youths, families and seniors in the community while also serving as a hub for other organizations and agencies to offer programs.

Seniors Luncheon, every 2nd and 4th Monday of the month, 11:30am – 2:00pm.

Free / By Donation drop-in lunch for seniors to socialize, enjoy soup and sandwiches.

Call 604 531-9400 to register.

## **St. John's Presbyterian Church**

(604) 536-9322

1480 George Street  
White Rock, BC  
V4B 4A3

Friday lunch program 11:00am to 1:00pm. Cost: By Donation

## **Sunrise Pavilion Seniors Luncheon**

**Sunrise Pavilion Seniors Centre**

10341 – 135<sup>th</sup> Street  
Surrey, BC  
V3T 4C3

Come Share Seniors Support: (604) 531-9400

Sunrise Pavilion: (604) 502-6380

Program run by Come Share Seniors Support Services in partnership with Sunrise Pavilion  
Every 2nd & 4th Wednesday of the month, 10:30am – 12:30pm.

Entertainment and Nutritious Meal for seniors 55+. Cost \$6.00. HandyDART can be arranged. Call 604 531-9400 to register.

Sunrise Café open Monday through Friday, 10:00am - 2:00pm. Cost \$6.00 while supplies last.

## **White Rock Baptist Church**

(604) 531-2344

1657 140<sup>th</sup> Street  
Surrey, BC  
V4A 4H1

Friday Friendship Seniors hot lunch, with entertainment, noon to 2:00 pm, September to June. Cost: \$7:00. Please call to confirm attendance by Thursday.

Also drop-in craft sessions Fridays at 9:30am, drop-in Fitness classes Tuesdays and Thursdays at 9:00am, September through June.

## **Medical Equipment**

### **Debra Lynn Creations**

(604) 596-5320

#318, 7102 - 138th Street  
Surrey, BC  
V3W 7V8

Catering to seniors in extended-care facilities who are confined to a wheelchair. Garments are stylish and functional. Clothing can be purchased ready to wear or existing garments can be altered. Client should call before visiting location.

## **Medical Pharmacy**

#102, 15451 Russell Avenue  
White Rock, BC  
V4B 2R5

(604) 536-8225

Fax: (604) 536-8405

Services provided include Blister packing, Dosette filling, Free prescription delivery and-printed larger labels. Video lending library and Medical supply rental program.

Hours: Monday - Thursday 9:00am to 6:00pm, Friday, 9:00am to 5:30pm. Closed holidays and weekends.

## **Medi-Chair Canada**

Unit 139, 7536 – 130th Street  
Surrey, BC  
V3W 1H8

(604) 572-9620

Fax: (604) 572-4929

A variety of equipment for sale and rental. Used walkers and wheelchairs also available.

## **Personal Mobility Products**

Email: [info@personalmobility.ca](mailto:info@personalmobility.ca)  
[www.personalmobility.ca](http://www.personalmobility.ca)

### **Surrey Central Mall**

#131 – 10153 King George Blvd.  
Surrey, BC  
V3P 2W1

(604) 588-7761

Fax: (604) 588-5559

### **Langley**

20437 Fraser Hwy  
Langley, BC  
V4B 4G2

(604) 530-0220

### **White Rock**

1620 152nd St  
White Rock, BC  
V4A 4N2

(604) 560-5101

Products include walkers, wheelchairs, electric scooters, bath lifts, bathroom safety products, hospital beds, power lift chairs, home care products, incontinent supplies, hospital beds. Sales, service, rentals. We can help you obtain a scooter or power chair for free. We specialize in rehab. Other languages available: French, Punjabi, Arabic.

Hours: Monday - Friday 9:30am to 5:00pm; Saturday 11:30am to 3:00pm.

## **Red Cross Medical Equipment Loan Service Surrey**

#107, 13065 - 84th Avenue  
Surrey, BC  
V3W 1B3

(604) 501-4944  
Fax: (604) 501-4966  
[www.redcross.ca](http://www.redcross.ca)

This volunteer-run service provides short-term loans of equipment to clients for home use. Equipment, including wheelchairs, walkers, crutches and bathroom aids available without charge but donations supporting the service are much appreciated. A medical referral is required for loan of mobility items.

Hours: Tuesdays and Thursdays 9:00am to noon, Wednesdays 9:00am to noon and 6:00pm to 8:00pm, Fridays 9:00am to 3:00pm, Saturdays 9:00am to noon.

## **Red Cross Medical Equipment Loan Service White Rock**

#16, 1480 Foster Street  
White Rock, BC  
V4B 3X7

(604) 536-7911  
[www.redcross.ca](http://www.redcross.ca)

This volunteer-run service provides short-term loans of equipment to clients for home use. Equipment, including wheelchairs, walkers, crutches and bathroom aids, available without charge, but donations supporting the service are much appreciated. A medical referral is required for loan of mobility items. Hours: Monday, Tuesday, Thursday, Friday and Saturday, 9:30am to 12:30pm and Wednesday, 1:30pm to 4:30pm.

## **Save On Scooters**

15231 - 16th Avenue  
Surrey, BC  
V4A 1R6

(604) 541-7550  
Fax: (604) 541 7560  
[www.saveonscooters.ca](http://www.saveonscooters.ca)

Scooters & Medical Equipment including bathroom safety & mobility aids. New and Used, Sales & Rentals, Service Department, Consignments & Trade-Ins welcome.  
Hours: Monday - Friday 9:00am-5:00pm, Saturday 10:00am-4:00pm.

## **Shoppers Home Health Care**

15182 North Bluff Road  
White Rock, BC  
V4B 3E5

(604) 538-3400  
Fax: (604) 538-3481  
[www.shoppershomehealthcare.ca](http://www.shoppershomehealthcare.ca)

Rental, sales and service. Stocks a wide range of equipment and accessories including crutches, scooters, walkers and wheelchairs. A certified fitter of mastectomy prostheses forms and apparel is available.

# Mental Health

## **Mental Health and Addictions - Surrey Central** (604) 953-4900

11th Floor, 13401-108 Avenue  
Surrey, BC  
V3T 5T3

Fax: (604) 953-4901

A program of the Fraser Health Authority. Provides a variety of mental health services. General information and intake for all areas of Surrey.

Hours: Monday - Friday 8:30am to 4:30pm. Other languages- Hindi, Punjabi, French.

## **Mental Health - White Rock**

(604) 541-6844

Berkeley Unit D, Peace Arch Hospital  
15521 Russell Avenue  
White Rock, BC  
V4B 2R4

Fax: 604-535-4566

The community geriatric psychiatry program is a specialized outreach service for people 65 and over who are affected by dementia, major affective disorder or other severe mental illnesses. Referrals to the program may be made by anyone and services are provided at no cost. Hours: Monday - Friday 8:30am to 4:30pm.

## **Mood Disorders Association of BC**

(604) 873-0103

#202, 2250 Commercial Drive  
Vancouver, BC  
V5N 5P9

Fax: (604) 873-3095

Email: [info@mdabc.net](mailto:info@mdabc.net)  
[www.mdabc.net](http://www.mdabc.net)

A non-profit society whose mission is to provide support and to educate people with mood disorders, their families and their friends, as we build an understanding community.

Hours: Mondays - Thursdays 9:00am to 5:00pm, Fridays 9:00am to 4:00pm.

## **Recovery Inc.**

**Delta**  
**Langley**  
**Surrey**  
**White Rock**

Roseanne at (604) 581-4881  
Brent at (604) 534-7496  
Diane at (604) 953-0638  
Mona at (604) 535-0388

A community mental health group serving South Surrey and North Surrey offering support for those with nervous symptoms and fears. Weekly group meetings.

# **Mobile Medical Services**

## **Life Labs Laboratory Services**

(604) 412-4495

Mobile lab services for homebound and non-ambulatory patients. At a physician's request, full range of collection services at no charge to the patient. Please call to book a home visit.

# **Multiple Sclerosis**

## **Multiple Sclerosis Society of Canada**

1501 - 4330 Kingsway  
Burnaby, BC  
V5H 4G7

1 (800) 268-7582  
(604) 689-3144  
Fax: (604) 689-0377  
[www.mssociety.ca](http://www.mssociety.ca)

Provides information regarding self-help groups, counseling and education for those with MS and their families. Hours: Monday - Friday 8:30am to 4:30pm.

# **Pensions and Supplements**

## **Canada Pension Plan (CPP)**

7404 King George Blvd  
Surrey, BC  
V3W 0L4

1 (800) 277-9914  
(604) 590-3346  
Fax: (604) 590-5351  
[www.sdc.gc.ca](http://www.sdc.gc.ca)

CPP is a federal program that provides benefits to those who have contributed to the pension plan through past employment in Canada. Applications are available at the local Social Development Canada office or online at CPP website.

Hours: Monday - Friday 8:30am to 4:00pm.

## **Guaranteed Income Supplement (GIS)**

7404 King George Blvd  
Surrey, BC  
V3W 0L4

1 (800) 277-9914  
(604) 590-3346  
Fax: (604) 590-5351  
[www.sdc.gc.ca](http://www.sdc.gc.ca)

GIS is a federal income supplement program for low-income seniors who are receiving an OAS pension and meet the GIS income requirements.

Hours: Monday - Friday 8:30am to 4:00pm.

## **Old Age Security (OAS)**

7404 King George Blvd  
Surrey, BC  
V3W 0L4

1 (800) 277-9914  
(604) 590-3346  
Fax: (604) 590-5351  
[www.sdc.gc.ca](http://www.sdc.gc.ca)

A federal pension program for eligible Canadian citizens or permanent residents age 65 and older who have lived in Canada at least 10 years after age 18. Seniors should apply six months prior to their 65th birthday. Hours: Monday - Friday 8:30am to 4:00pm.

## **The Allowance and the Allowance for the Survivor**

7404 King George Blvd  
Surrey, BC  
V3W 0L4

1 (800) 277-9914  
(604) 590-3346  
Fax: (604) 590-5351  
[www.sdc.gc.ca](http://www.sdc.gc.ca)

A federal income benefit for low-income seniors who are 60 to 64 and whose spouse is collecting OAS and GIS or whose spouse has died, among other requirements. (Previously called Spouse's Allowance or Widowed Spouse's Allowance.) Hours: Monday - Friday 8:30am to 4:00pm.

## **Pets**

### **Bowser's B&B**

(604) 538-0581 or (604) 789-2530  
Email: [terri@errand-runners.ca](mailto:terri@errand-runners.ca)  
[www.errand-runners.ca](http://www.errand-runners.ca)

Bowser's Bowl and Blanket is a home away from home for special dogs and dogs with special needs. Also provide pet transportation for medical and grooming appointments, at-home services for cats while you are away, dog walking. Call Terri to book an appointment or a free consultation.

### **Cats for Seniors**

(604) 709-6701  
[www.actionforanimals.net](http://www.actionforanimals.net)

Are you 60+ and missing the love and companionship of a cat? The Senior Cat Program run by Action for Animals in Distress Society can assist you in fostering a senior cat in your home. The Senior Cat Program will work with you to arrange cat food, cat litter and litter boxes, transportation of pets to appointments, veterinary costs and relocation of the cat if necessary. The program will reclaim the cat when and if the senior is no longer able to care for their pet. Newton, South Surrey and White Rock areas only. Call Marlene or Carole.

# **Pharmacies**

## **Evergreen Pharmacy – Sunnyside**

2397 King George Blvd  
Surrey, BC  
V4A 5A4

(604) 536-4404  
Fax: (604) 536-4572

Services: Blister packing, Delivery, Bold Print Labels  
Hours: Monday - Saturday 9:30am to 6:00pm, closed Sunday.

## **Linda Pharmacy**

#100, 1688 – 152nd Street  
Surrey, BC  
V4A 4N2

(604) 538-6334  
Fax: (604) 538-6389

Services provided: Blister packing, Dossette Filling, Delivery, Diabetic device, Larger print on labels.  
Hours: Monday - Friday 9:00am to 6:00pm, Saturday 9:00am to 5:00pm, closed Sunday.

## **London Drugs**

#100, 15355 - 24th Avenue  
Surrey, BC  
V4A 2H9

Pharmacy (604) 535-3281

Pharmacy Services provided: Medication review, Blister packing, Dossette filling, Bold print labels, Clinics, e.g., osteoporosis, Diabetic device training, Medical supply rental, Blood pressure machine in-store and training.  
Hours: Monday - Saturday 9:00am to 10:00pm; Sundays and holidays 10:00am to 8:00pm.

## **Medical Pharmacy**

#102, 15451 Russell Avenue  
White Rock, BC  
V4B 2R5

(604) 536-8225  
Fax: (604) 536-8405

Services provided: Blister packing, Rosette filling, Free prescription delivery, Hand-printed larger labels, Video lending library, Medical supply rental program.  
Hours: Monday - Thursday 9:00am to 6:00pm, Friday 9:00am to 5:30pm. Closed holidays and weekends.

## **Morgan Creek Medicine Center Pharmacy**

(604) 538-6333

#104,15252 - 32 Avenue

Fax: (604) 538-6387

Surrey, BC

V3S 0R7

Second location of Linda's Pharmacy. Services provided: blister packing, Dossette filling, delivery, Diabetic device teaching, and Larger print on labels.

Hours: Monday - Friday 9:00am to 6:00pm; Saturday 9:00am to 5:00pm; closed Sunday.

## **Peoples Drug Mart**

(604) 531-4636

1463 Johnston Road

Fax: (604) 535-7855

White Rock, BC

V4B 3Z4

Services provided include Blister packing, Dossette Filling, Delivery, Diabetic device teaching, Video lending library, Specialized compounding.

Hours: Monday - Saturday 9:00am to 6:00pm, closed Sunday.

## **Pharmasave - Reid's Peace Arch Pharmacy**

(604) 536-4211

#110, 15321 – 16<sup>th</sup> Avenue

Fax: (604) 536-6864

Surrey, BC

Email: [reids\\_peace@unipharm.com](mailto:reids_peace@unipharm.com)

V4A 1R6

Services provided: Blister packing, Delivery, Large print on labels, Medication review, Dossette and Compu-Med filling.

Hours: Monday - Friday 9:00am to 5:30pm; Saturday 10:00am to 3:00pm; closed Sunday.

## **Pharmasave - Ocean Park**

(604) 536-7611

12851-16<sup>th</sup> Avenue

Fax: (604) 536-4261

Surrey, BC

V4A 1N5

Services provided: Blister packing, Dossette Filling, Delivery, Video lending library, Bold print on labels Hand-printed larger labels, Monthly in-services, Clinics.

Hours: Monday, Tuesday, Wednesday, Saturday 9:00am to 6:00pm,

Thursday, Friday 9:00am to 9:00pm, Sunday 10:00am to 5:00pm.

## **PriceSmart**

1641 – 152<sup>nd</sup> Street  
Surrey, BC  
V4A 4N3

(604) 536-6530  
Fax: (604)-536-9838

Services provided: Free blood pressure checks, Medication review, Health clinics with nurses, Diabetic device training, Quarterly family health magazine and Family health brochures. Hours: Monday - Sunday 8:00am to 10:00pm.

## **Safeway - Ocean Park**

12825 – 16<sup>th</sup> Avenue  
Surrey, BC  
V4A 1N5

(604) 531-3422  
1 (888) 391-9759

Services provided: Blister packing, Free blood pressure checks, Medication review, Health clinics with nurses, Diabetic device training, Quarterly family health magazine, Family health brochures. Delivery for emergencies only. Hours: Monday - Friday, 8:00am to 10:00pm, Saturday 9:00am to 7:00pm, Sunday 10:00am to 6:00pm.

## **Safeway - Peninsula Village**

#700, 15355 – 24<sup>th</sup> Avenue  
Surrey, BC  
V4A 2H9

(604) 535-8960  
1 (888) 391-9759

Services provided: Blister Packing, Free blood pressure checks, Delivery, Medication review, Health clinics with nurses, Diabetic device training and log books, Quarterly family health magazine, Family health brochures. Hours: Monday - Friday 8:00am to 10:00pm, Saturday 9:00am to 7:00pm, Sunday 10:00am to 6:00pm.

## **Safeway Pharmacy – Surrey**

10355 King George Blvd.  
Surrey BC  
V3T 2W6

Pharmacy: (604) 584-7812 ext. 4  
Pharmacy Consultant: (604) 584-9803  
Fax: (604) 584-7197

Friendly and knowledgeable licensed pharmacists; Counseling and written information available on all prescription medications; All major health plans accepted, Medication packaging in blister pack cards as part of Safeway Med-Pak program (at your request) weekly, bi-weekly or monthly, Free sharps containers and free sharps disposal; Two free magazines; Prescription delivery, 7x Airmiles on all prescriptions everyday.

## **Save-On Foods - South Point**

(604) 538-5467

3033 – 152<sup>nd</sup> Street  
Surrey, BC  
V4B 3K1

Services provided: Weekly delivery for blister-pack medication, free blood-pressure checks, Medication review, Diabetic device training with appointment, Monthly newsletters on chosen topics, General health brochures.

Hours: Monday - Sunday 8:00am to 10:00pm.

## **Shoppers Drug Mart**

(604) 536-3111

15180 North Bluff Road  
White Rock, BC  
V4B 3E5

Services provided: Blister packing, Delivery Monday to Friday until 6:00pm, Health clinics as advertised, Larger print on labels.

Hours: Monday - Friday 8:30am to 9:00pm, Saturday 9:00am to 8:00pm,  
Sunday 10:00am to 6:00pm.

## **Zellers Pharmacy**

(604) 536-4173

1715 -152<sup>nd</sup> Street  
Surrey, BC  
V4A 4N3

Fax: (604) 536-8943

Services provided: Blister packing, Self-serve blood pressure checks, Free delivery, Larger print on labels, Health clinics with nurse, Diabetic device training, Dossette filling, Health brochures, Video lending library.

Hours: Monday - Wednesday 9:00am to 7:00pm, Thursday - Friday 9:00am to 9:00pm,  
Saturday 9:00am to 6:00pm, Sunday 11:00am to 6:00pm.

## **Physicians - Walk-in Clinics**

### **Care Point Medical Center**

(604) 588-2744

Impact Plaza  
#109, 15277 - 100 Avenue  
Surrey, BC  
V3R 8X2

[www.carepoint.ca](http://www.carepoint.ca)

Drop-in medical clinic. Opens 9:00am.

## **Cedar Hills Medical Clinic**

(604) 584-3531

12860 – 96<sup>th</sup> Avenue  
Surrey, BC  
V3V 6A8

## **Hilltop Medical Clinic**

(604) 531-5575

#140, 15341 – 16<sup>th</sup> Avenue  
Surrey, BC  
V4A 1R6

Fax: (604) 535-0126

Drop-in medical clinic.

Hours: Monday - Friday 8:00am to 5:00pm, Saturday, 9:00am to 3:00pm.

## **Morgan Creek Walk-in Clinic**

(604) 542-5990

#106, 15252 – 32<sup>th</sup> Avenue  
Surrey, BC  
V3S 0R7

Drop-in medical clinic.

Hours: Monday - Friday 9:00am to 9:00pm, Saturday - Sunday 9:00am to 5:00pm.

## **Ocean Park Medical**

(604) 531-7712

12894 – 16<sup>th</sup> Avenue  
Surrey, BC  
V4A 1N7

Fax: (604) 542-2559

Hours: Monday - Friday 9:00am to 5:00pm.

## **Peace Arch Community Medical Clinic**

(604) 535-8496

#101, 1790 – 152<sup>nd</sup> Street  
Surrey, BC  
V4A 7Z7

Drop-in medical clinic.

Hours: 9:00am to 9:00pm seven days a week.

## **Peninsula Medical Clinic**

(604) 531-4131

#410, 15355 – 24<sup>th</sup> Avenue  
Surrey, BC  
V4P 2E6

Drop-in medical clinic. Hours: Monday - Friday 8:00am to 9:00pm, Saturday- Sunday and holidays 9:00am to 5:00pm.

## **Semiahmoo Medical Clinic**

(604) 535-3388

1767 - 152<sup>nd</sup> Street  
Surrey, BC  
V4A 4N7

Drop-in medical clinic.

## **RCMP / Security / Safety**

### **Better Business Bureau of Mainland BC**

(604) 682-2711

[www.bbbvan.org](http://www.bbbvan.org)

To report fraudulent home repairs, door-to-door sales, fraudulent charities, etc. Complaints must be made in writing.

### **B.C. Securities Commission**

(604) 899-6500

Toll Free:1(800) 373-6393

To report investment frauds and scams.

# Crime Prevention Program

Police detachment provides special programs such as Block Watch, Community Bicycle Patrol, Lock Out Auto Crime, Lock Out Auto Theft, Home Security, Bicycle ID, Senior Safety and Speed Watch.

## **District 1– Central City/Whalley**

10720 King George Blvd  
Surrey, BC  
V3T 2X6

Contact Colleen Staresina: (604) 502-6287

Fax: (604) 502-6539

## **District 2 – Guildford/Fleetwood**

103-15355 Fraser Hwy  
Surrey, BC  
V3R 6S4

Contact Marlene Drozda: (604) 502-6509

## **Phone Busters & Seniors Busters**

1 (888) 495-8501

To Report Telemarketing fraud and identity theft.

## **Revenue Canada for Registered Charities**

1 (800) 267-2384

To check whether or not a charity is registered. Even if registered, you may still want to ask the charity representative what percentage of their funds go to the charity.

## **Royal Canadian Mounted Police Surrey Main Detachment**

14355 – 57<sup>th</sup> Avenue  
Surrey, BC  
V3X 1A9

(604) 599-0502

RCMP provides policing services for all areas of Surrey including community education programs.

**To report a fraud or scam call (604) 543-4940.**

## **Telus Security**

To report Crank Calls: \*57

To Block Your Number from someone's call display: \*67

## Victim Services

Information, support and follow-up program for victims and witnesses of crime.

### Victim Services - Surrey

14355 – 57<sup>th</sup> Avenue  
Surrey, BC  
V3X 1A9

(604) 599-7600

Fax: (604) 599-8892

Other languages available – Punjabi.

### Victim Services - White Rock

15299 Pacific Avenue  
White Rock, BC  
V4B 1R1

(778) 593-3608

Fax: (778) 593-3603

## VictimLINK

1 (800) 563-0808

Deaf or Hard of Hearing Callers: TTY (604) 875-0885

\*Collect calls accepted\*

Text: (604) 836-6381

Email: [inform@communityinfo.bc.ca](mailto:inform@communityinfo.bc.ca)

VictimLINK is a 24-hour province-wide telephone help line for victims of family and sexual violence and all other crimes. Victim Services workers provide support, information and referrals to all victims of crime, including those affected by elder abuse. Staff can connect callers to a network of community, social, health, justice and government resources, including victim services, transition houses and counseling resources. VictimLINK is a multilingual service, with help available in over 100 languages. Translation services available in all languages. All calls are treated in the strictest confidence and callers remain anonymous (we do not have call display). The service is operated by Information Services Vancouver, an accredited provider of information and referral services and is funded by the Ministry of Public Safety and Solicitor General.

# **Relocation and Transitional Services**

## **Compass Seniors' Services**

(604) 531-8772

alison@compass-seniors.ca

[www.compass-seniors.ca](http://www.compass-seniors.ca)

Provides advocacy, advice, information, labor and expertise to help make relocation and downsizing / rightsizing process more manageable for the client and their family. We will focus on moving the client, furnishings and organizing the new home and the disposition of all other items. Alison Anderson CEO, is a Certified Relocation and Transition Specialist (CRTS) and is a dedicated professional who provides a spectrum of moving and age-in-place services for senior clients, their families and caregivers. To arrange a consultation call Alison Anderson or connect through Compass Senior's Services Inc. to review our extensive menu of services.

"Knowledge with a compassionate heart to understand you're a unique and personal needs. Your best interest is our only interest."

CRTS is more than education or training – it is the most recognized symbol of professionalism and standards in move management, senior relocation and senior transition services.

## **Home Harmony**

(604) 916-3356

[www.organizeyourhome.ca](http://www.organizeyourhome.ca)

Home Harmony provides services to seniors who are faced with the need to move from their home of many years into a retirement community or other senior facility. We understand the need for sensitive support if family members are unable to assist in the process. We will help with packing, moving and setting up home in a new place including making decisions about excess or unwanted belongings. We will drive you to your new home and help you get setup and feel comfortable and safe in your new surroundings.

## **Let's Make Space**

Cell (604) 613-5151

Home (604) 536-5952

Email: [letsmakespace@shaw.ca](mailto:letsmakespace@shaw.ca)

[www.letsmakespace.com](http://www.letsmakespace.com)

Let's Make Space can help you make practical downsizing decisions, organize your possessions, coordinate with charities so that unwanted possessions can be used by others, help pack possessions and recycle when and where possible. Also assist seniors with mail and any financial matters.

## **Moving! Has To Go!**

(604) 721-8535

Need Help? I am a reliable honest woman who will help you or a loved one to downsize, pack and store your belongings. I am available to work with you or to completely pack and disperse the estate as to your specification. All items listed, photographed, and boxed in an efficient manner. For a free estimate call Jacqueline Allain.

## **Seniors' Recreation**

### **Cloverdale Seniors Center**

(604) 502-6432

6022 – 176<sup>th</sup> Street  
Surrey, BC  
V3S 4E8

Fax: (604) 502-6434

A Surrey Parks, Recreation and Culture facility offering services, bus trips, special events, recreational and educational programs for seniors 55+. Lunch is available Monday, Tuesday, Wednesday and Thursday; a hot meal also available on Wednesday.  
Hours: Monday - Friday 9:00am to 4:00pm.

### **Fleetwood Community Center**

(604) 501-5030

15996 – 84<sup>th</sup> Avenue  
Surrey, BC  
V3S 2M7

Fax: (604) 501-5031

Drop-in programs for seniors 55+ include bridge, dancing, knitting & crocheting, bowling, bingo, fitness, cribbage, table tennis, osteo-support, and monthly social events. Blood pressure clinic meet 3rd Wednesday of each month, 10:00am - 11:30am.  
Annual Fee \$16.95 plus tax.

### **Guildford Recreation Center**

(604) 502-6362

15105 – 105<sup>th</sup> Avenue  
Surrey, BC  
V3R 7G8

Programs for seniors 55+ include carpet bowling, cards and games, bus trips, bingo, badminton, pickle ball and special events. Annual Fee \$17.80.  
Hours: Monday - Friday 6:00am to 10:00pm, Saturday 7:30am to 8:00pm, Sunday 9:00am to 8:00pm. Seniors Lounge: Monday - Friday 9:00am to 3:00pm.

## **Surrey Delta Indo-Canadian Seniors Society** (604) 591-1795

#200 - 7050 120 St.  
Surrey, BC  
V3W 3M8

Recreation services for seniors 55+. Guest speakers, counsellors and interpreters available.  
Hours: 10:00 am to 4:00pm, seven days a week. Last Sunday of each month Entertainment Program is held from 1:00pm to 3:00pm. Punjabi, Hindi spoken as well.

## **Kennedy Seniors Recreation Center** (604) 594-2717

11760 – 88<sup>th</sup> Avenue  
Delta, BC  
V4C 3C5  
Email Seniors Coordinator: [lgibson@corp.delta.bc.ca](mailto:lgibson@corp.delta.bc.ca)

Recreational centre designed for retired and/or semi-retired seniors 55+.  
Hours: Monday - Friday 9:00am to 4:00pm, Saturday 9:00am to 12:00noon.  
Hours may vary during summer months. Monthly Bulletin. Annual Membership Fee: \$15.00

## **Kent Street Activity Center** (604) 541-2231

1475 Kent Street  
White Rock, BC  
V 4B 5A2  
Fax: (604) 541-2239

A White Rock Leisure Services facility. Mainly recreational, social and educational programs for seniors 55+ including special events. Also available are legal advisors, personal counselors and hearing tests. Coffee shop is open Monday - Friday. Special seniors' lunch program on the first three Fridays of each month. Call centre to reserve: tickets are \$7.00.  
Hours: Monday - Friday 8:30am to 4:30pm, Saturday 9:00am - 4:00pm.  
Hours and programs may vary in the summer.

## **Langley Senior Resource & Recreation Center** (604) 530-3020

20605 - 51B Avenue  
Langley, BC  
V3A 9H1  
Email: [lrs@telus.net](mailto:lrs@telus.net)  
[www.langleyseniorscentre.com](http://www.langleyseniorscentre.com)

Membership: \$50 per calendar year - age 50+. Cafeteria, Sharing & Caring Socials, Thursday Night Dinners, Field Trips, Fitness Programs.  
Seniors Outreach Programs: Annual Membership \$20. Call ext. 302 or 306 for more information. Outreach Programs include Transportation Assistance, Telephone Reassurance Line, Shopping, Housing Counselors, and Peer Support.

## **Newton Seniors Center**

13775 - 70th Avenue  
Surrey, BC  
V3W 0E1

(604) 501-5010  
Fax: (604) 501-5011

A Surrey Parks, Recreation and Culture facility offering services, bus trips, special events, recreational and educational programs for seniors 55+. Nutritional lunches are served daily. Hours: Monday - Friday 9:00am to 4:00pm, Tuesday nights 6:00pm to 9:00pm, Saturday 12:00noon to 4:00pm.

## **South Surrey Recreation Center**

14601 - 20th Avenue  
Surrey, BC  
V4A 9P5

(604) 592-6970  
Fax: (604) 592-6976

Programs for seniors include a wide variety of fitness classes, badminton, pickle ball, table tennis, duplicate bridge, various cards and games, dances, trips, special events and more. Hours: Monday - Friday 8:00am-10:00pm, Saturday - Sunday 8:30am-8:00pm.

## **Sunrise Pavilion Seniors Center**

10341 – 135<sup>th</sup> Street  
Surrey, BC  
V3T 4C3

(604) 502-6380  
Fax: (604) 502-6381

A Surrey Parks, Recreation and Culture senior activity center offering services such as bus trips, special events, recreational and educational programs for seniors 55+. Hours: Monday, Wednesday, Friday 9:00am to 4:00pm, Tuesday, Thursday 9:00am to 9:30pm, Saturday 12:00noon to 4:00pm. Summer hours may vary.

## **White Rock Community Center**

15154 Russell Avenue  
White Rock, BC

(604) 541-2199

Facility includes lobby, presentation room, studio, gallery and arts room. See White Rock Leisure Guide for information about programs and activities offered at the Centre. Hours: Monday – Friday 8:30am – 6:00pm, Saturday 9:00am – 1:00pm.

# **Substance Misuse**

## **Al Anon**

(604) 688-1716

101, 3680 Hastings Street East,  
Vancouver, BC  
V5K 2A9

Support group for families of alcoholics. Call the main number for the meeting places of local chapters. Hours: Monday - Friday 10:00am to 3:30pm.

## **Alcoholics' Anonymous**

(604) 434-3933

3457 Kingsway  
Vancouver, BC  
V5R 5L5

[www.vancouveraa.ca](http://www.vancouveraa.ca)

AA Hours:

Business Office: Monday - Friday 8:00am to 6:30pm, Saturday 9:30am to 5:00pm, Sunday 9:30am to 1:30pm.

Telephone Lines: 8:00am to 2:00am.

Call for information about group meeting times and locations in the lower mainland.

## **SOURCES BC**

(604) 538-2522

882 Maple Street  
White Rock, BC  
V4B 4M2

Fax: (604) 538-9473

Email: [addictions@sourcesbc.ca](mailto:addictions@sourcesbc.ca)

[www.sourcesbc.ca](http://www.sourcesbc.ca)

Offering individual addiction counseling, support groups, education and referrals.

# **Support Groups**

## **Al Anon**

(604) 688-1716

101, 3680 Hastings Street East,  
Vancouver, BC  
V5K 2A9

Support group for families of alcoholics. Call the main number for the meeting places of local chapters. Hours: Monday - Friday 10:00am to 3:30pm.

## **Alcoholics' Anonymous**

3457 Kingsway  
Vancouver, BC  
V5R 5L5

(604) 434-3933

[www.vancouveraa.ca](http://www.vancouveraa.ca)

AA Hours:

Business Office: Monday - Friday 8:00am to 6:30pm, Saturday 9:30am to 5:00pm, Sunday 9:30am to 1:30pm.

Telephone Lines: 8:00am to 2:00am.

Call for information about group meeting times and locations in the lower mainland.

## **Alzheimer Support Group - Newton**

**Caregiver Support Group**

(604) 541-0606

[www.alzheimerbc.org](http://www.alzheimerbc.org)

Support and education group for families and friends of persons with Alzheimer disease.

Meets second Monday of the month at 12:30 pm. at the ABC restaurant, 74 Avenue and King George Blvd. Contact: Avalon Tournier

## **Alzheimer Support Group - White Rock**

#101, 15240 Thrift Avenue  
White Rock, BC  
V4B 2L1

(604) 541-0606

[www.alzheimerbc.org](http://www.alzheimerbc.org)

A Support and Educational group for families and friends of persons with Alzheimer disease. Group meets on the second and fourth Monday of each month at 10:00 am. Resource Centre for White Rock and surrounding areas including Delta and Surrey. Call for information on education sessions, caregiver series, support program, respite program, special events, library and general information. Contact: Avalon Tournier

Hours: Drop-in Wednesday 10:00am to 12:00noon and 1:30pm to 4:00pm or by appointment, Monday through Friday.

## **Ama Transition House**

(604) 542-5992

Fax: (604) 542-5993

Email: [ama@atira.bc.ca](mailto:ama@atira.bc.ca)

Providing one-to-one support, advocacy and outreach to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship. Open 24 hours a day, 7 days a week. Crisis calls can also be directed to Durrant Crisis at 604-531-4430, 24 hours a day, 7 days a week. Other languages available.

## Arthritis Support Group

Contact Helen: (604) 538-5349  
or Audrey: at (604) 531-0830

## Arthritis Telephone Information White Rock & South Surrey

1222 King George Blvd.  
Surrey, BC

Arthritis Answer Line: (604) 875-5051  
[www.arthritis.ca](http://www.arthritis.ca)

An auxiliary program of the Arthritis Society of BC which provides information and support for those afflicted with arthritis and their families. The Auxiliary meets the second Tuesday of the month from 2:30pm to 4:30pm except in July and August.

## Breast Cancer Support Group

1 (888) 939-3333

A Breast Cancer Support Group for those who have/had breast cancer.

## Langley Arthritis Support Group

Fraser Arthritis Centre  
Unit 101, 5501 – 204th Street  
Langley, BC

Contact Grace Unger: (604) 464-1545  
or Sally Schriefer (604) 514-9902  
Fax: (604) 514-0401

Meets third Monday of each month at 1:30pm.

## Langley Better Breathers Club

2675 Oak Street  
Vancouver, BC  
V6H 2K2

BC Lung Association: (604) 534-2632  
1 (800) 665-5864

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 1:30 – 3:15pm at TIMMS Community Center, 20355 Douglas Crescent, Langley. Contact the BC Lung Association Ken Fisher to register.  
Hours: Monday - Friday 8:30am to 4:30pm.

## **Langley Fibromyalgia Support Group**

Office: (778) 278-3697

Heritage Square

#109 – 20631 Fraser Hwy

Langley, BC

Office is open Monday through Friday. Meetings first Wednesday of each Month at 12:30pm – 2:00pm at the Murrayville Library, Community Room, 22071 - 48th Ave. Langley and second Thursday of each month 3:00 – 5:00pm at Ricky's Restaurant, 8958 – 152nd Street, Surrey.

Call Cheryl Young (604) 530-4173 or email [info@fibromyalgiawellspringfoundation.org](mailto:info@fibromyalgiawellspringfoundation.org).

## **Langley Lupus Support Group**

Contact Renuka Senaratne: (604) 714-5564

Email: [surreylupus@yahoo.ca](mailto:surreylupus@yahoo.ca)

Meets last Tuesday of the month at 7:00pm at Ricky's Restaurant, 8958 - 152<sup>nd</sup> Street, Surrey Evergreen Mall.

## **Mood Disorders Association of BC**

(604) 873-0103

#202, 2250 Commercial Drive

Fax: (604) 873-3095

Vancouver, BC

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

V5N 5P9

A nonprofit society whose mission is to provide support and education to people with mood disorders, their families and their friends as we build an understanding community.

Hours: Monday - Friday 9:00am to 5:00pm.

## **Parkinson's Society British Columbia**

(604) 662-3240

600, 890 West Pender Street

Toll Free: 1 (800) 668-3330

Vancouver, BC

Fax: (604) 687-1327

V6C 1J9

For information about Parkinson's disease and local support groups please call the main office. Hours: Monday - Friday 8:30am to 4:30pm.

## **Parkinson's Support Group - North Surrey**

Contact Don Shannon: (604) 581-3101  
or Tario Sandhu: (604) 585-6850

Support group meets third Tuesday of the month at Imperial Place, 13853 – 102<sup>nd</sup> Avenue, Surrey. Meets every month except July, August, November, and December.

## **Post Polio Support Group**

Contact Mary Brown: (604) 535-6408  
or Cheryl Young: (604) 531-1875

Information and Education. Dates, timings and locations may vary so call for information. Newcomers welcome.

## **Recovery Inc.**

A community mental health group serving South Surrey and North Surrey. It offers support for those with nervous symptoms and fears. Weekly group meetings.

**Delta**  
**Langley**  
**Surrey**  
**White Rock**

Contact Roseanne: (604) 581-4881  
Contact Brent: (604) 534-7496  
Contact Diane: at (604) 953-0638  
Contact Mona: (604) 535-0388

## **Surrey Arthritis Community Group**

Contact Brenda Stubbs: (604)576-9294 or Email: [bstubbs@telus.net](mailto:bstubbs@telus.net)  
Dixie Mogg: (604) 581-6658 or Email: [nanadixie@shaw.ca](mailto:nanadixie@shaw.ca)

The Surrey Arthritis Community Group was formed in June 1992. The group focuses on providing support and education to persons with arthritis.

## **Surrey Fibromyalgia Support Group**

Meets second Thursday of each month at 3:30 – 5:00pm at 8867 - 159A Street, Surrey (Private Residence). For more information, see Langley Fibromyalgia Support Group.

## Surrey Hospice Resource Centre

13857 - 68 Avenue  
Surrey, BC  
V3W 2G9

(604) 543-7006

Fax: (604) 543-7008

Email: [admin@surreyhospice.com](mailto:admin@surreyhospice.com)  
[www.surreyhospice.com](http://www.surreyhospice.com)

Provides training for volunteers who wish to offer support to persons with terminal illnesses and their families. Have children, teen and adult grief programs and one-on-one support, walking groups. Hours: Monday - Friday 9:00am to 4:00pm.

## Surrey Prostate Cancer Support Group

(604) 583-2228

Self-help group for prostate cancer patients, family, and friends. Meets the last Saturday of each month in the Cafeteria of Surrey Memorial Hospital from 10:00am to 12:00noon.

## White Rock Macular Degeneration Support Group

15241 – 18<sup>th</sup> Avenue  
Surrey, BC  
V4A 1W9

(604) 535-3200

Support group for those diagnosed with macular degeneration. Meets fourth Thursday of each month, 1:00 to 3:00pm.

## Caregivers Support & Resources

### Caregivers Network of Surrey/Delta

Voicemail: (604) 686-3793

Email: [familycaregivers@shaw.ca](mailto:familycaregivers@shaw.ca)

Offers educational, emotional and social support to family caregivers who provide care to a loved one with a chronic or long-term illness, disability or frailty. Services include one-on-one support, day and evening support groups, workshops, educational series for caregivers and linking to needed resources. Minimal coverage cost for educational series only.

**Support Groups** meet as follows:

- **Newton Come Share:** last Monday of the month 7:00 to 9:00pm
- **Northcrest Care Facility:** third Wednesday of the month 10:00am to 12:00noon
- **Kennedy Senior Recreation Center:** third Wednesday of the month 6:30 to 8:30pm
- **Fleetwood Villa:** last Thursday of the month 16028 - 83<sup>rd</sup> Avenue, 6:30 to 8:30pm

## **Caregivers Support (DiverseCity)**

(604) 597-0205

### **Surrey Delta Immigrant Services Society**

#1107, 7330 – 137<sup>th</sup> Street

Surrey, BC

V3W 1A3

We provide information, referral and support services to South Asian caregivers in Punjabi, Hindi and Urdu languages. Services can be accessed in person or by telephone. Caregivers can meet the worker one to one in the office or at home (home visits) or in a group setting. Support groups offer support and information to caregivers of frail, elderly or ill family or friends. In addition, support groups offer caregivers a chance to connect with others in similar circumstances for relaxation and recreation. Refreshments, video presentations and leisure activities are included. Videos and books pertaining to care giving are available to caregivers. Educational series for caregivers in English cover topics such as role and lifestyle changes, self-care (how to deal with stress, guilt, anger and isolation), legal and financial considerations, connecting with health care and community services, communication and problem solving skills. Some educational workshops/guest speakers may be available in Punjabi/Hindi as per requirements. Call for schedule. All the group activities are held at Surrey Delta Immigrant Services Society and all services are confidential and free of charge.

## **Careproviders Helping Each Other**

(604) 291-2258

#107, 2101 Holdom Avenue

Burnaby BC

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

[www.bsoss.org](http://www.bsoss.org)

Information and education services, support group, and peer counseling program. Accepting members from outside Burnaby as well. Multilingual services can be made available.

## **Family Caregivers Network Society**

1 (250) 384-0408

526 Michigan Street

Victoria, BC

V8V 1S2

Fax: 1 (250) 361-2660

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

[www.fcns-caregiving.org](http://www.fcns-caregiving.org)

## South Surrey/White Rock Caregivers

(604) 531-9400

White Rock/Surrey Come Share Centre, Main Floor  
15008 – 26<sup>th</sup> Avenue  
Surrey, BC  
V4P 3H5

Fax:(604) 531-9498

Support groups: Refreshments, talk, and support. Services provided include Information & Referral, Library Resource Centre, Social Activities, Educational Series, Staff Visits, Health Fairs.

- **Caregivers Morning Group:** First Monday of the month, 10:00am - 12:00noon
- **Parkinson Support Group:** First Wednesday of the month, 1:00 – 3:00pm
- **ALS Support Group:** Third Thursday of the month, 1:00 – 3:00pm

Social Activities: Designed to connect caregivers and explore healthy options in recreation and relaxation. See newsletter calendar for latest presentations and leisure activities available. Email: [reception@seniorsupportservices.bc.ca](mailto:reception@seniorsupportservices.bc.ca)

Educational Series: Held three times a year. Topics include role and lifestyle changes, care for the caregiver (how to deal with stress, guilt, anger, and isolation), legal and financial considerations, connecting with health care and community services, communication and problem-solving skills. Call for latest class schedule.

All of the above groups meet at White Rock/Surrey Come Share Centre, Main Floor.

## Tailors

### Debra Lynn Creations

(604) 596-5320

#318, 7102 - 138<sup>th</sup> Street  
Surrey, BC  
V3W 7V8

Catering to seniors in extended-care facilities who are confined to a wheelchair. Garments are stylish and functional. Clothing can be purchased ready to wear or existing garments can be altered. Client should call before visiting location.

# Taxes

## Canada Revenue Agency

[www.cra.gc.ca](http://www.cra.gc.ca)

- Tax Information Phone Service (TIPS) 1 (800) 267-6999
- Individual Income Tax Enquiries 1 (800) 959-8281
- Tax Enquiries (604) 591-4181

## John Ward - Tax Preparation

(604) 536-7961

Revenue Canada Approved Volunteer for Completion of Income Tax Forms for low income seniors. All forms are E-filed. Pick-up and delivery if required.

## SOURCES BC

(604) 531-6226

882 Maple Street

Fax: (604) 531-2316

White Rock, BC

Seniors Info and Referral (604) 542-4357

V4B 4M2

[www.sourcesbc.ca](http://www.sourcesbc.ca)

Sources Income Tax Service offers free tax return preparation year-round to individuals with limited incomes that meet our criteria. See website of phone for more information.

Hours: Monday - Friday, 8:30am to noon, 1:00pm to 4:30pm.

# Transportation

## Bus Pass Program

Toll Free 1 (866) 866-0800

PO Box 9950, Stn. Prov. Govt.

Victoria, BC

V8W 9R3

BC government program for low-income seniors and persons with disabilities who qualify. Seniors 65+, must be receiving Old Age Pension and G.I.S. (Annual Income Supplement) and have lived in Canada for more than 10 years in order to qualify. If you have lived in Canada less than 10 years call for information about how you might qualify. Covers all BC Transit in province (not valid on HandyDART).

Dial 1 (866) 866-0800, Press option 4, then option 3. Monday – Friday 8:30am to 4:30pm.

## Driving Miss Daisy – “Ride with a Friend”

Contact Louise Fischer: (778) 549-2634

Email: [louise@drivingmissdaisy.net](mailto:louise@drivingmissdaisy.net)  
[www.drivingmissdaisy.net](http://www.drivingmissdaisy.net)

A seniors' service that provides accompaniment and assistance with incidental transportation. We cater to the special needs of clients on an individual basis. We assist with medical appointments, dialysis transportation, shopping, Alzheimer's companion, social function accompaniment... and much more. Call Louise for White Rock/South Surrey area.

## HandyDART Services

(604) 575-6600

Fax: (604) 575-6626

Fax Application to: (604) 453-4628

[www.translink.bc.ca](http://www.translink.bc.ca)

A program of TransLink, HandyDART is a special door-to-door transit service for persons with disabilities who are unable to use the regular transit system. Clients need to apply and be registered for this program before they can use the HandyDART service. Referrals are made by doctors and other health professionals. Call for application form.

## Liberty Concierge Seniors Services

(778) 294-4402

[www.libertyconciergeservices.ca](http://www.libertyconciergeservices.ca)

We understand the challenges facing today's Seniors and their families. At Liberty, we are committed to the maintenance of an independent stress-free lifestyle. We serve both Seniors and their extended families in the White Rock and South Surrey area. Let us take care of the everyday tasks, whatever they may be, so that you can enjoy quality time with family rather than chores, appointments, travel arrangements, etc. We are British Columbia Transportation Safety Board Approved and fully insured. In addition, we are volunteers within the White Rock Community and understand the needs of local seniors. We look forward to making your life easier.

## SNTransport

1 (800) 768-0044

Fax: 1 (604) 852-3354

Email: [info@SNTransport.ca](mailto:info@SNTransport.ca)  
[www.SNTransport.ca](http://www.SNTransport.ca)

Assisted personal transportation. Provides patient transfer service (non-emergency) and social and lifestyle transport. "Door to Door" service with guaranteed on-time pick up and drop off on confirmed bookings. Company owned, operated and maintained vehicles. Wheelchairs provided in all vehicles. Approved by BCAS, ICBC, WCB, Veterans Affairs.

## SOURCES BC - Volunteer Wheels

882 Maple Street  
White Rock, BC  
V4B 4M2

(604) 531-6226  
Fax: (604) 531-2316  
Seniors Info and Referral (604) 542-4357  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

The ability to get to essential medical and dental appointments is often challenging for many people. Our volunteer drivers provide assistance to residents of White Rock and South Surrey who are unable to use public transportation and have no other means of reaching essential medical and dental appointments in the Metro Vancouver area. Volunteer drivers pick up and return their clients to their residences.

## SPARC

4445 Norfolk Street  
Burnaby BC  
V5G 0A7

Business Office: (604) 718-7733  
Toll Free: 1(866) 542-9023  
Fax: (604) 736-8697  
Parking Decals: (604) 718-7744  
Email: [permits@sparc.bc.ca](mailto:permits@sparc.bc.ca)  
[www.sparc.bc.ca](http://www.sparc.bc.ca)

SPARC is a nonprofit organization that offers a parking permit program for people with disabilities. Form must be signed by client's physician. Decal processing fee is \$18.00 and is subject to change. Hours: Monday - Friday 9:00am 4:30pm.

## Taxi-Saver/ HandyCard

1600, 4720 Kingsway  
Burnaby, BC  
V5H 4N2

Application: (604) 453-4634

If you're a resident with special needs, you may be eligible for a **HandyCard**: you must have a permanent physical or cognitive disability that prevents you from using the public transit system without assistance. Also, you must reside within the TransLink service region.

**Taxi Saver** is a service for people with permanent disabilities who have a HandyCard. You will need a HandyCard before you can buy and use the non-transferable Taxi Saver coupons to pay for taxi rides. Coupons are sold in books containing \$1, \$2 and \$5 by Access Transit office. Beginning February 2009, Taxi Saver coupon books will no longer be sold by HandyDART contractors and will only be available by mail. Two pieces of Photo ID are required.

## TransLink

(604) 953-3333

[www.translink.bc.ca](http://www.translink.bc.ca)

Bus, Skytrain and Seabus schedule information. Open 7 days a week from 6:30am - 11:30pm. Seniors' Fare Discount: Available to passengers 65 and over; present Gold Care Card when paying fare.

## Veterans Services

### Veteran Affairs

#### Regional Office

900, 605 Robson Street  
PO Box 5600  
Vancouver, BC  
V6B 5G4

(English) 1 (866) 522-2122

(French) 1 (866) 522-2022

[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

General information line regarding programs and benefits for veterans of the Canadian Forces. Hours: Monday - Friday 8:30am to 4:30pm.

## Visually Impaired Services

### Canadian Council of the Blind

#818, 602 Hastings Street  
Vancouver, BC  
V6B 1P2

(604) 795-3885

1 (800) 874-4666

Fax: (604) 669-2214 or 1 (800) 874-7541

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

**BC/Yukon Division - 100 Mile House** Contact Lori Fry (Bd Member): (250) 395-2452

Provincial division of a national organization runs by and for the blind.

Hours: Tuesday - Friday 9:30am to 5:00pm.

**\*Contact Ottawa for updated Vancouver locations – 1(877) 304-0968.**

### CNIB - Canadian National Institute for the Blind

Suite 100, 5055 Joyce Street  
Vancouver, BC  
V5R 6B2

(604) 431-2121

(604) 431-2020

Fax: (604) 431-2099

CNIB provides educational and counseling services to blind, visually impaired and deaf-blind persons. Office hours: 8:30am to 4:30pm.

