

## Where can I meet other Seniors?

### Senior Centres:

Dogwood, 624 Poirier Street .....	604-927-6089
Glen Pine, 1200 Glen Pine Court .....	604-927-6940
Wilson Centre, 2150 Wilson Ave.....	604-927-7970
Recreation Complex, 300 Ioco Road.....	604-469-4556

### Recreation Facilities: Senior Discounts

Port Coquitlam .....	604-927-7900
Coquitlam .....	604-927-6076
Port Moody.....	604-469-4556

Free indoor walking circuits at the Port Moody and Poirier Recreation Centres, or the Coquitlam Centre Mall.

### Community Volunteer Services for Seniors:

Call for home visits, telephone reassurance, connections and transportation to activities.....604-927-7919

### Senior Social and Peer Support Groups:

Reconnect Seniors Support Group.....	604-937-6964
Seniors Supporting Seniors .....	604-937-6970
Cantonese Seniors Group (SUCCESS).....	604-468-6000

Neighborhood churches and faith centers can offer you connections, supports and companionship.

### Please copy this guide as required.

An up-to-date and printable version is available at:

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

Report updates to SCD at 604-777-2394

Appreciation to:  
The Vancouver Foundation and  
The Coquitlam Foundation for providing  
funding to create this guide.



# Tri Cities SENIOR Guide

Save on costs. Make connections. Find services.

June 2013

## Who do I call for immediate assistance?

Police/Fire/Ambulance .....	911
Senior Advocacy Information Line .....	604-437-1940
Elder Abuse (Fraser Health) .....	604-777-7300
Seniors Abuse and Info Line.....	604-437-1940
Senior Distress Line .....	604-872-1234
Crisis Line (Fraser Health) .....	604-951-8855
Emergency Shelter.....	211
Suicide /Distress Line .....	604-872-3311
BC Seniors Line .....	1-800-465-4911

(Alzheimer Society, Arthritis Society, Cancer Society, Parkinson Society, Diabetes Society, Immigrant and other services)

**Dial 2-1-1** or 604-660-3194  
For information or a referral to all  
services available in the Tri Cities.

## Where can I get health and support services?

Speak to a Nurse (24 hours/day) .....	811
Speak to a Pharmacist (evenings).....	811
HealthLink (health advice).....	811
Deaf and hearing impaired services.....	711
SHARE Counselling Services .....	604-936-3900
(Family, Alcohol, Drug and Gambling problems)	
SUCCESS (Immigrant program services).....	604-936-5900
Medical Services Plan (MSP) and Pharmacare .....	604-683-7151
Fair Pharmacare Registration.....	604-683-7151
(Financial assistance for prescriptions)	
Medical Premium Assistance BC Health Insurance .....	604-683-7151
(Financial assistance for MSP payments)	

## How can I get help with the cost of supplementary health benefits?

Eligibility information.....	604-683-7151
(Acupuncture, chiropractic, podiatry, massage, naturopathy)	

## How can I get help with household chores, yard work, snow and rubbish removal, etc.?

Suds in a Bucket (New View Society) .....	604-468-0055
Better at Home.....	604-936-3900
(Non-medical home support beginning July 2013)	

## Where can I learn about Income Security Programs?

Old Age Security (OAS)	
Spouse's and Widow's Allowances (OAS)	
Canada Pension Plan (CPP)	
Guaranteed Income Supplement (GIS)	
Old Age Allowance	
All Federal benefit questions .....	1-800-277-9914
Seniors Supplement .....	1-866-866-0800
Welfare or Income Assistance (For Renters and Home Owners)	
Ministry of Social Services.....	1-866-866-0800
Income Assistance Office.....	1-866-866-0800
Or visit B100-2099 Lougheed Hwy, Port Coquitlam, East of Shaughnessy St./Flint Street at rear. Walk-in Monday to Friday 9am-4pm.	
Veteran Affairs Canada .....	1-866-522-2122

## Where can I shop and get a Senior's discount?

Safeway (1st Tues/month)	
Sears Canada (2nd Tues/month)	
Shoppers Drug Mart (last Thurs/month)	
The Bay (1st Tuesday/month)	
Value Village (Every Tuesday)	
Nutrition House (2nd Tues/month)	
ALIVE (every day)	
Pharmasave (last Wednesday/month)	

## Where can I get help with meals and shopping?

### Food Bank:

SHARE (Wed. 12:00-2:30pm).....604-931-2451  
Port Moody: 2615 Clarke Street (rear entrance)  
Coquitlam: Como Lake United, 535 Marmont Street  
Port Coquitlam: Trinity United, 2211 Prairie Ave.

### Hot Meal Delivery:

PoCoMo Meals on Wheels .....604-942-7506  
Better Meals.....604-299-1877

### Community Volunteer Services for Seniors

(free shopping service, delivery fee).....604-927-7919

### Grocery Delivery:

Dairyland Foods (free delivery).....604-421-4663  
IGA Market Place (Ioco Road).....604-461-3373  
(Shop in store or by phone, free delivery)  
Safeway (Shop in store or by phone, delivery fee)..... all stores  
Super Valu (Port Coquitlam).....604-942-6126  
(Shop in store or by phone, delivery fee, PoCo only)  
Thrifty Foods (Austin Avenue) .....604-931-2601  
Thrifty Foods 'Sendial' Program.....1-800-667-8280  
(Shop in store or by phone, delivery fee, Coq + PoMo only)

## Who do I call to have library books delivered?

Coquitlam Library (Home bound service).....604-937-4140  
Port Coquitlam Library (outreach) .....604-927-7999

## Who do I call for translation services?

SUCCESS .....604-468-6000 or 604-936-5900

## How can I get in-home care, or affordable access to mobility aids, eye glasses, hearing aids, dental work?

Red Cross "Lends" program .....604-709-6600  
(Mobility & bath aids, wheelchairs, walkers and much more)

### Eye Care

Many optometrists offer free eye exams and glasses to qualifying seniors. Seniors must mention that they are low income and ask for these services.

Optometrists offering these services include:

Coquitlam Center Eye Care .....604-468-8600  
Wal-Mart.....604-421-4809  
Port Moody Optometry Clinic .....604-469-8428

Hearing aid loaner program.....604-736-7391  
(Refurbished hearing aids may be available)

BC Dental Association .....604-736-7202  
(Discounts on dental work may be available)

Fraser Health: Home Health Office .....604-777-7300

## Where can I get flu shots?

Fraser Health services and clinics.....604-777-7300

## Where can I get help with transportation?

Bus Pass (Annual Bus Pass \$45).....1-866-866-0800  
Handy DART.....604-575-6600  
Taxi Saver Coupons .....778-452-2860  
Handicap Parking Permit .....604-718-7744  
Cancer Car Program .....604-872-2034

## Where can I get help with Housing?

- Seniors' Supportive Housing (Housing with support services)
- SAFER Program (Assistance for Seniors who rent)
- Seniors Rental Housing (Affordable housing)
- Subsidized Seniors Housing (Rent based on income)
- BC Housing Registry .....604-433-2218
  
- BC Housing: Home Adaptation Grant.....604-646-7055  
(Renters and homeowners)
  
- Provincial Housing Assistance .....1-800-257-7756  
(Housing assistance for low and moderate income Seniors)
  
- Seniors Services Society .....604-520-6621  
(Counselling, temporary housing & housing directory)
  
- Assistance for Home Owners.....604-660-2421  
(Deferment of property taxes)
  
- Assisted Living or Residential Care.....604-777-7300  
(Services offered through Fraser Health)

## Who can I talk to about safety and security?

- Community Policing Stations:
  - Coquitlam, 1059 Ridgeway Ave .....604-933-6888
  - Coquitlam, 560 Clarke Road .....604-933-6833
  - Port Coquitlam, 3312 Coast Meridian.....604-927-5172
  - Port Coquitlam, 2581 Mary Hill Road.....604-927-2383
  - Port Moody Police, 3051 St. John's Street .....604-461-3456

## Where can I get legal information and help?

(Care Planning, Physical or Financial Abuse, Wills, Power of Attorney, Tenant/Landlord Concerns)

- Free Lawyer Consultation (Dogwood) .....604-927-6098
- Free legal services .....604-878-7400
- Legal Service Society .....604-408-2172
- Seniors Legal Information .....604-437-1940
- SHARE Legal Advocacy.....604-936-3900
- SUCCESS .....604-468-6000

## Where can I get help with my Income Tax?

Benefits are based on income reported; an annual tax form must be submitted.

- Free tax form preparation (Feb. to April):
  - Coquitlam .....604-927-6089
  - Port Coquitlam .....604-927-7970
  
- Free tax form preparation (Year Round):
  - Glen Pine Seniors Centre.....604-927-6940
  - Wilson Centre .....604-927-7970

## Where can I get help completing forms?

- Dogwood .....604-927-6098
- Glen Pine Seniors Centre.....604-927-6940
- Wilson Centre .....604-927-7970
- Senior Services Society .....604-520-6621