



RESOURCE DIRECTORY FOR SOUTH SURREY/WHITE ROCK

Prepared as a public service by Senior Support Services, a program of the Come Share Society. This directory is funded through the Fraser Health Authority, The United Way, Surrey Parks, Recreation and Culture, Coast Capital and the Gaming Revenue from the Province of B.C.

Important note: To ensure that you receive current information this directory should be replaced every six months. Please call Senior Support Services to obtain an up-to-date version.

(604) 531-9400

Summer 2005

Director: Corrine Parrott
Telephone: 604-531-9400
Address: 15008-26 Ave.
Surrey, BC
V4P 3H5
Email: sss@vcn.bc.ca
Web Page: www.seniorsupportservices.bc.ca

Senior Support Services is a contracted service of Home Health and the Fraser Health Authority. It is designed to assist seniors to maintain or increase their independence in the security of their own homes. Many also enjoy an improved well-being and a more satisfying lifestyle. This service is offered throughout Surrey and in White Rock.

How do you begin?

When you call us or are referred to us we will:

Arrange to visit you to see how we can help you and to identify the services you need.

Help you make a plan to maintain your independence.

Advise you on the services available and help you make contact.

What services does Senior Support Services provide?

HEALTH FAIRS:

A health fair is a great way to learn about available services. We will host a Health Fair in your building where many agencies will have information on their services and how to access them.

VOLUNTEER FRIENDLY VISITORS:

This program matches volunteers with isolated seniors. The pair will share good times and quiet moments, go for walks or on outings and do other things that interest them. Each volunteer is carefully screened and placed with a senior who has common interests.

PEER SUPPORT:

A peer support volunteer will assist you in accessing programs or services that you are unable to access on your own. They are trained to help fill out forms, make appointments and provide transportation when needed.

TELEPHONE TREE:

The telephone tree is a weekly phone call from a volunteer to see if you need assistance. It is a way for you to keep in touch with other seniors or the Senior Support Office.

OUTREACH PROGRAM:

Seniors enjoy outings to local senior citizens centers, shopping malls and places of interest. The cost varies according to meals and location.

CONGREGATE MEALS:

Many housing complexes now host dining Programs. Seniors enjoy home cooked meals in the company of other seniors.

INFORMATION AND REFERRAL

You can expect assistance from a staff member in linking you to services you may require to increase your independence and wellness.

HOW DO YOU GET INVOLVED?

PHONE: (604) 531-9400 (Senior Support Services)

FREQUENTLY USED NUMBERS FOR SOUTH SURREY/WHITE ROCK RESIDENTS

EMERGENCY SITUATIONS:	
EMERGENCY	911
CRISIS LINE	604-951-8855
SURREY VICTIMS SERVICES	604-599-7600
WHITE ROCK VICTIMS SERVICES	604-541-5111
MENTAL HEALTH GERIATRIC SERVICE	604-535-4563
HOME HEALTH	604-541-6800
LEGAL AID	604-585-6595
PUBLIC TRUSTEE OFFICE	604-775-0202
BC COALITION TO ELIMINATE ABUSE OF SENIORS	604-437-1940
COMMUNITY RESPONSE NETWORK INFORMATION	604-531-9400
SOUTH FRASER WOMEN'S SERVICES SOCIETY	604-536-9611
DURRANT TRANSITION HOUSE (SAFE HOUSE FOR WOMEN)	604-531-4430
HOSPITALS:	
PEACE ARCH HOSPITAL	604-531-5512
SURREY MEMORIAL HOSPITAL	604-581-2211
LANGLEY MEMORIAL HOSPITAL	604-951-8855
INFORMATION REGARDING GOVERNMENT PROGRAMS:	
ENQUIRY BC (PROVINCIAL PROGRAMS)	604-660-2421
SENIOR RECREATION:	
KENT ST. ACTIVITY CENTRE	604-541-2231
WHITE ROCK/SOUTH SURREY INDOOR POOL	604-502-6200
TRANSPORTATION:	
HANDYDART	604-576-6653
VOLUNTEER DRIVERS	604-542-4357

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ABUSE

Ama Transition House

(604) 542-5992

Atira Women's Resource Society

Fax (604) 542-5993

Email: ama@atira.bc.ca

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

Hours: Monday to Friday 9:00 am to 5:00 pm; volunteers may be available on weekends. Outside of these hours, crisis calls can be directed to Durrant Crisis at 604-531-4430.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors

Fax: (604) 437-1929

Email: ceas@telus.net

Website: www.bcceas.ca

#304-5050 Kingsway

Burnaby, BC

V5H 4C2

Provides community education regarding abuse and neglect of seniors.

Information and Referral available as well as legal information and advocacy for abused seniors.

Please Note: Address is for correspondence only.

1-866-437-1940(outside Lower Mainland)

Community Response Network

(604) 531-9400

Fax (604) 531-9498

Calls are handled by Senior Support Services. The CRN provides information and help to anyone who is being abused or neglected.

Email: @seniorsupportservices.bc.ca

South Fraser Regional Crisis Line

(604) 951-8855

Crisis Line (604) 951-8855

Fax: (604) 584-7628

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

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

Victim Services

(604) 599-7600

Victim Services-Surrey

Fax: (604) 599-8892

14355 - 57 Ave.

Surrey, BC

V3X 1A9

Victim Services-White Rock

(604) 541-5111

Fax : (604) 541-5117

15299 Pacific Ave.

White Rock, BC

V4B 1R1

Information, support and follow-up program for victims and witnesses of crime.

ADULT DAY PROGRAM

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

Fax: (604) 599-0982

13855 - 68th Ave.

Surrey, BC

V3W 2G9

White Rock Come Share Adult Day Program

(604) 531-2502

Fax: (604) 535-8781

15008-26th Ave.

Surrey, BC

V4P 3H5

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Friday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

ALZHEIMER

Alzheimer Resource Centre (Langley)

(604) 533-5277

South & Upper Fraser Valley Alzheimer Society

Fax: (604) 533-1421

#102-20316-56 Ave

Langley, BC

V3A 3Y7

Resource Centre for Langley and surrounding areas. Call for information on education sessions, caregiver series, support program, special events and general information. Hours: Monday thru Thursday 10:00 am to 4:00 pm.

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 \$25 for bracelet.

Alzheimer Resource Centre (White Rock)

(604) 541-0606

White Rock and Surrey Office

#102, 15240 Thrift Ave.

White Rock, BC

V4B 2L1

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.

Hours: Drop-in or by appointment, Wednesday 9:00 am to noon and 1:00 pm to 4:00 pm.

Alzheimer Support Group (White Rock)

(604) 541-0606

Caregiver Support Group

#101, 15240-Thrift Ave.

White Rock,, BC

V4B 2L1

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.

ARTHRITIS

BC and Yukon Division of the Arthritis Society

(604) 875-5051

Arthritis Society of BC

895 - W 10th Ave

Vancouver, BC

V5Z 1L7

Provides education and training for people with arthritis and for health professionals. Services include an information library, volunteers to answer questions, and a treatment center.

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

ASTHMA

BC Lung Association

(604) 731-5864

2675 Oak St.
Vancouver, BC
V6H 2K2

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

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

Contact : Kelly Marrant

Langley Better Breathers Club

(604) 731-5864

BC Lung Association

2675 Oak Street
Vancouver, BC
V6H 2K2

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 2:45 pm to 4:45 pm at TIMMS Community Center in Langley.

Contact the BC Lung Association or Ken Fisher at (604)534-2632 to register.

Hours: Monday thru Friday 8:30 am to 4:30 pm

Contact: Kelly Marrant

BEREAVEMENT

Bereavement Helpline

1-877-779-2223

BC Bereavement

(604) 738-9950

Email: bcbh@telus.net

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

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. Hours: Monday to Thursday 9:30 am to 3:00 pm.

Website: www.bcbereavementhelpline.com

White Rock Hospice Society

(604) 531-7484

Fax: (604) 531-8101

Hospice

15510 Russell Ave.
White Rock, BC
V4B 2R3

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Email: contactus@whiterockhospice.org

Website: www.whiterockhospice.org

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

CANCER SERVICES

Breast Screening Mammography Program of BC (604) 535-4512

Breast Screening

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

Clients may refer themselves to this provincial breast cancer screening program. Located at Peace Arch Hospital in the Berkeley Pavilion.
Hours: 8:00 am to 3:00 pm Monday to Friday; to 6:30 pm every second Wednesday; 8 am to 3 pm every second Saturday.

Volunteer Driver-Canadian Cancer Society (604) 538-0011

White Rock/ South Surrey Branch-Cancer Society

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

A program of the Canadian Cancer Society that provides transportation to treatment whether in Surrey, Vancouver or Bellingham.
Hours: 10:00 am to 2:00 pm.
Dispatcher Service: (604) 536-2961

CAREGIVERS RESOURCES

Caregivers Association of BC 1-800-833-1733

Provincial Head Office

#306, 1212 West Broadway
Vancouver, BC
V6H 3V1

The CABC is a nonprofit charitable organization dedicated to supporting, educating, informing and advocating for unpaid caregivers in BC. Information and Referral to services and support groups. An information package is available. Membership is \$10.00 per individual, \$25.00 associate.

Caregivers Network of Surrey/Delta

(604) 686-3793

Email: caregiver@telus.net

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.

White Rock and South Surrey Caregivers

(604) 531-9400

Caregivers Support Services

Fax: (604) 531-9498

Support group offers support and information to caregivers for frail, elderly or ill family or friends. Meetings are held the first and third Mondays of the month from 10:00 am to 11:45 am. Coffee, talk, support and occasional guest speakers.

Social club offers caregivers a chance to connect with others in similar circumstances for relaxation and recreation. Meetings are held the second and fourth Mondays of the month from 10 am to noon. Refreshments, presentations and demonstrations of leisure activities.

Resource room has a video and reference material library available to caregivers.

Educational series for caregivers are held three times a year. Each ten-week series covers topics such as 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 class schedule.

All of the above groups meet at Come Share Centre, Main Floor, 15008-26 Avenue, Surrey.

BC CEAS

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors

Fax: (604) 437-1929

Email: ceas@telus.net

Website: www.bcceas.ca

#304-5050 Kingsway

Burnaby, BC

V5H 4C2

Provides community education regarding abuse and neglect of seniors.

Information and Referral available as well as legal information and advocacy for abused seniors.

Please Note: Address is for correspondence only.

1-866-437-1940(outside Lower Mainland)

COMMUNITY SERVICES

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

Fax: (604) 599-0982

13855 - 68th Ave.

Surrey, BC

V3W 2G9

White Rock Come Share Adult Day Program

(604) 531-2502

Fax: (604) 535-8781

15008-26th Ave.

Surrey, BC

V4P 3H5

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Friday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

Community Response Network

(604) 531-9400

Fax (604) 531-9498

Calls are handled by Senior Support Services. The CRN provides information and help to anyone who is being abused or neglected.

Email: @seniorsupportservices.bc.ca

Crescent Beach Community Services

(604) 535-0015

Camp Alexandra

Fax: (604) 535-2720

2916 McBride Street

Surrey, BC

V4A 3G2

A member of the Association of Neighbourhood 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 thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

Food Bank - White Rock/South Surrey

(604) 531-8168

A program of Peace Arch Community Services

Fax (604) 541-8188

Unit 5 - 15515 - 24 Ave.

Surrey, BC

V4A 2J4

The food bank helps those in need. Identification must be shown.

Food Distribution: Tuesday, 9:00 am to noon and 12:30 pm to 6:00 pm. Also open Monday and Wednesday, 10:00 am to 2:00 pm. Drop off food items during business hours.

Options

(604) 596-4321

Service to Communities Society

Fax: (604) 572-7413

Email: info@options.bc.ca

#100-6846 King George Hwy.

Surrey, BC

V3W 4Z9

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

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

Peace Arch Community Services

(604) 531-6226

Fax: (604) 531-2316

882 Maple St.
White Rock, BC
V4B 4M2

Food bank is a service provided. For alcohol and drug program only, call (604) 538-2522. For the volunteer driving program and shop by phone, call the Information and Referral line at 604-542-4357. Request for a volunteer driver must be made a minimum of 3 days in advance.

Executive Director: Martin Harris.

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

Progressive Intercultural Community

(604) 596-7722

P.I.C.S.

Fax: (604) 596-7721

Email: pics@pics.bc.ca

#109-12414-82 Ave.
Surrey, BC
V3W 3E9

Nonprofit society that helps new Canadians, including settlement of newcomers.

Counselling 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 to Friday 8:30 am to 4:30 pm.

Senior Support Services

(604) 531-9400

Outreach Program

Fax: 531-9498

15008-26 Ave.

Surrey, BC

V4P 3H5

An outreach program designed to assist seniors to maintain or increase their independence in their own homes as well as to improve their well-being and have a more satisfying lifestyle. Programs include Information and Referral, volunteer visiting, the telephone assurance line, special day trips, outreach lunches and meal programs. This service is offered throughout North Surrey, White Rock/South Surrey, Newton/Cloverdale.

Director: Corrine Parrott.

Hours: Monday thru Friday 9:00 am to 3:30 pm.

Website: www.seniorsupportservices.bc.ca

South Fraser Women's Services Society

(604) 536-9611

Fax: (604) 536-6362

15318- 20 Ave.

Surrey, BC

V4A 2A2

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

Hours: Monday 12:00 noon to 4:00 pm and Tuesday thru Friday 9:30 am to 4:00 pm.

DENTAL RESOURCES

Peace Arch Hospital-Mobile Dental Services

(604) 535-4595

Dr.A Latif

A mobile unit is available for those living in a facility who are unable to travel to a dental clinic. Emergency home visits are available for those who cannot travel. Dr. Latif provides a full range of dental care to all ages.

UBC Dental Clinic

(604) 822-2112

Fax: (604) 822-3708

Faculty of Dentistry
2199 Westbrook Mall
Vancouver, BC
V6T 1Z7

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

Hours: Monday thru Friday 7:45 am to 5:00 pm.

Vancouver Community College-Dental Clinic

(604) 443-8499

Dental Hygiene Program

250 west Pender St.
Vancouver, BC
V6B 1S9

Adult clinic that includes six two hour visits. Cleaning include tartar

Vancouver Hospital

(604) 875-4006

Fax: (604) 875-5493

Dental Clinic - Willow Pavilion
805 West 12th Ave.
Vancouver, BC
V5Z 1M9

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 thru Friday 9:00 am to 4:00 pm.

DIABETES

Dial-A-Dietitian

(604) 732-9191

Toll Free Number 1-800-667-
3438

Free nutritional counselling line help is provided by a Registered Dietitian/Nutritionist.

Website: www.dialadietitian.org.

Email: dial@dialadietitian.org

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

Resources Centre

(604) 732-4636

Canadian Diabetes Association

Fax : (604) 732-8444

1-800-665-6526

Website: www.diabetes.ca

#360-1385-West 8th Ave.

Vancouver, BC

V6H 3V9

An Information and Support Center for diabetics and their families. Support line is (604) 732-4636, Monday to Friday 10:00 am to 3 pm. Information is available in Chinese Monday, Wednesday, and Friday 11:00 am to 2:00 pm at (604) 732-8187.

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

Phone: (604) 732-1331

EMERGENCY RESPONSE SYSTEMS

Lifecall

(604) 575-9030

Fax : (604) 575-9060

A personal 24-hour medical alarm system offered through Surrey/White Rock Home Care Association. In the event of an emergency in the home, client presses the button on the LIFECALL pendant and help will be dispatched to the home.

Monitoring Rate: \$30.00 per month. Must rent for a minimum of three months.

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

LifeLink

(604) 535-4560

c/o Peace Arch Hospital

Fax: (604) 535-4524

15521 Russell Ave.

White Rock, BC

V4B 2R4

A personal emergency response system monitored by staff at Peace Arch Hospital. Client wears a small lightweight button when in the home. If help is needed simply push the button. Serves White Rock and most areas in Surrey.

Installation Fee: \$35.00.

Monitoring Cost: \$35.00 per month Contact: Natalie or Monica

Hours: Monday thru Friday 8:00 am to 4:00 pm.

ENQUIRY BC

Enquiry B.C.

(604) 660-2421

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

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

FINANCIAL SERVICES

Coast Capital Savings

(604) 517-7000

We are proud to be part of your community.

Coast Capital Savings and its employees are committed to building relationships with local organizations throughout our trade areas. Last year we gave over \$1.6 million to local community organizations to help with their important projects and initiatives.

Supporting local non-profit organizations is just one way we can help to improve the lives of people living in our communities. We also raise significant funds through annual corporate campaigns for Cops for Cancer and the United Way, and we offer scholarships to post-secondary students and employment opportunities to youth.

Our superior service, however, is the single most important reason our members choose Coast Capital Savings as their financial institution. We offer our members an unrivaled customer experience. Whether they are opening a chequing account or looking for investment advice, their financial affairs will be well cared for.

We also offer a number of other convenient banking services to help our members meet all their banking needs, including:

- Personalized telephone banking services (call the Coast Hotline at 604-517-7489)
- Touch-Tone Teller (24-hour automated telephone banking service)
- Automated Banking Machines
- PC Direct (on-line banking)

We invite you to visit one of our branches and experience our exceptional services and see what a difference a great staff makes.

Kambo Insurance

(604) 722-6205

Kambo Insurance Financial/Investment Service

Services include retirement planning; investment and estate planning; life, disability and critical illness; long-term care insurance; health and dental plans; auto and home insurance. Services are provided in the client's home.

For more information, contact Jack at
(604) 722-6205 or Chander at (604) 377-1973.

FOOT CARE

Dr. Rosemary Jones

(604) 535-2882

Podiatrist

103 - 15240 Thrift Ave
White Rock, BC
V4B 2L1

Foot care provided at White Rock office, no home visits.
Hours: Monday thru Wednesday 9:00 am to 5:00 pm .

Dr. Scott Knutzen

(604) 536-2033

Podiatrist

#204 1656 Martin Dr.
Surrey, BC
V4A 6E7

Foot care provided in office, no home visits. Specialises in custom-made orthotics.
Hours: Monday to Thursday, 9:00 am to 4:30 pm; closed noon to 1:30 pm.

Feet First

(604) 868-9633

Feet First--Betty Gilbert

Email: bettymgilbert@shaw.ca

Home Foot Care

In-home pedicures for men and women by licensed, bondable nail technician. Pedicure includes soothing foot soak, gentle exfoliation, nail shaping, cuticle care, and relaxing foot massage. Equipment and supplies provided. Nail polish application also offered.

Kim's Nursing Foot Care

Kim's Nursing Foot Care Services

Nursing Foot Care Services

Professional foot care services by registered nurse include: foot assessment, education, and advocacy; skin inspection and treatment; nail trimming and filing; reduction of corns and calluses; foot bath and massage.

Services available In-Home or at Footcare Clinic, located at Come Share Centre, Lower Level, 15008-26th Ave, Surrey. For appointment call Kim at (604) 599-3868 or Luci at (604)590-8863

FOOD BANK

Food Bank - White Rock/South Surrey

(604) 531-8168

A program of Peace Arch Community Services

Fax (604) 541-8188

Unit 5 - 15515 - 24 Ave.

Surrey, BC

V4A 2J4

The food bank helps those in need. Identification must be shown.

Food Distribution: Tuesday, 9:00 am to noon and 12:30 pm to 6:00 pm. Also open Monday and Wednesday, 10:00 am to 2:00 pm. Drop off food items during business hours.

Salvation Army Church

(604) 541-5801

Salvation Army Church & Community Ministries

Call for an appointment to apply for food bank services.

GARDENING

Castle Care

(604) 536-0442

Home and Yard Maintenance

Home and yard maintenance and repair, lawn and garden care, window and gutter cleaning plus pressure washing. Call Randy.

Lloyd A. Johnson

(604) 999-2146

General interior/exterior handyman projects, including carpentry, painting, decorating, power washing, gutter cleaning.

Garden maintenance and restoration projects, including lawn care, bed work, pruning, general clean-up.

GAMBLING

Problem Gambling Services For Seniors

(604) 538-2522

Peace Arch Community Services

882 Maple St.
White Rock, BC
V4B 4M2

Assessment and counseling services available. Fee for service.

HAIR CARE

Gloria's Mobile Hair

(604) 530-3779

Mobile Hair Salon

cel: (604) 916-3779

Services clients in White Rock/South Surrey on Monday, Tuesday, Thursday; Langley, on Wednesday. Phone for an appointment.

Hair Time

(604) 317-2697

Mobile Salon Service

Email:hairtime@shaw.ca

Mobile full-service hair dresser. Call Debbie Golfetto at (604) 317-2697.

Have Scissors, Will Travel

(604) 594-7753

In-home hair care for men and women by licensed hairdresser/barber. Services include cuts and perms. Reasonable rates. Call Ruth.

HEALTH

BC NURSELINE

(604) 215-4700

BC Health

Provides access to help for your health concerns, from your home, 24 hours a day/7 days a week. NurseLine is a toll-free (1866-215-4700 within BC) health information line, staffed by knowledgeable, specially trained registered nurses who answer your questions. 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.

Elder Health Services

(604) 535-4577

Fax : (604) 535-4587

Berkeley Pavilion
Peace Arch Hospital
White Rock, BC
V4B 2R4

The Elder Health 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 thru Friday 9:00 a.m. to 4:30 p.m.

Fair Pharmacare

(604) 682-6849

PharmaCare

Fax : (604) 952-2861

1515 Blanchard Street
2nd floor
Victoria, BC
V8W 9P2

To receive your maximum financial assistance under the new Fair PharmaCare plan register at 1-800-387-4977. The amount you pay for prescriptions depends on your net income. This new plan started May 1, 2003. PharmaCare subsidizes eligible prescription drugs and medical supplies.

Health & 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.

1-800-465-4911

Hours: Monday to Friday, 8:30 am to 4:30 pm

Medical Services Plan of BC

(604) 296-4677

Care Card

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: 8:00 am to 5:00 pm Monday to Friday

Website: <http://www.healthservices.gov.bc.ca/msp>

Automated Services: (604) 683-7151

MENTAL HEALTH

Mental Health-White Rock

Community Geriatric Psychiatric Program

Fax: (604) 535-4566
Loc 7673 (604) 535-4500

Elder Health, Russell Unit
15521 Russell Ave.
White Rock, BC
V4B 2R4

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.

Call 604-535-4500, Local 7673

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

Mood Disorders Association of BC

(604) 873-0103

MDA

Fax: (604) 873-3095

#201-2730 Commercial Dr.
Vancouver, BC
V5N 5P4

A nonprofit 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: Monday thru Friday 9:00 am to 5:00 pm.

Recovery Inc.

(604) 581-4881

Self-help Group

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

White Rock/South Surrey Mental Health

(604) 541-6844

Mental Health Centre

Fax: (604) 541-6870

Russell Unit, 15521-Russell Ave.

White Rock, BC

V4B 2R4

A program of South Fraser Valley Regional Health Board. Provides a variety of mental health services for those between the ages of 19 and 65.

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

HEARING CLINICS

Western Institute for the Deaf and Hard of Hearing (604) 736-7391

Fax: (604) 736-4381

TTY:6047362527

Email: audiol@widhh.com

Website: www.widhh.ca

2125 West 7th Ave.

Vancouver, BC

V6K 1X9

Loan program for the deaf and hard of hearing. Program includes testing, mold adaption and fitting of hearing devices. There is a small fee for this service.

Donations of used hearing aids are appreciated.

Contact: Jeannette

Hours: 8:30 am to 5:00 pm, Monday thru Friday; 9:00 am to 4:00 pm, Saturday

Audiology only and by appointment only; Tuesday and Thursday, extended evening hours, clinic by appointment only.

HEART AND STROKE

Blood Pressure Clinic Centennial Arena

(604) 541-2161

Blood Pressure Clinic

14600-North Bluff

White Rock, BC

V4B 1Y6

A drop-in clinic held the fourth Monday of every month except July and August at Centennial Arena. Hours: 10:00 am to 11:30 am.

Blood Pressure Clinic-White Rock

(604) 541-2231

Blood Pressure Clinic Kent Street Activity Centre

1475 Kent St.
White Rock, BC
V4B 5A2

A drop-in clinic that is held the third Monday of every month. Service starts at 10:30 am.

Cardiac Rehabilitation Program

(604) 585-5503

Heart Health

Cardiac Stepdown Unit(A43)
Surrey Memorial Hospital
Surrey, BC

The "Healthier Heart for Life" program is designed for people in the Fraser Health Authority 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.

Heart and Stroke Foundation

(604) 591-1955

Fax: (604) 591-2624

Surrey office
Unit 218-13569-76 Ave
Surrey, BC
V3W 2W3

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

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

Peace Arch Hospital Cardiac Rehabilitation

(604) 531-5512

Heart Health

Local: 7676

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

Designed for individuals with 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.

Costs: Exercise and Education, \$100.00 per month for four months. Registration fee: \$50.00.

Stroke Recovery Club

(604) 541-1290

St. John's Presbyterian Church

1480 George St.
White Rock, BC
V4B 4A3

Support group for stroke victims and their families. Speech and physical therapy are available. Group meets every Tuesday 9:00 am.

Contact: Gayl Hutchison

HELP LINES

Health & 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.

1-800-465-4911

Hours: Monday to Friday, 8:30 am to 4:30 pm

South Fraser Regional Crisis Line

(604) 951-8855

Crisis Line (604) 951-8855

Fax: (604) 584-7628

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

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

Surrey and White Rock Ambulance

(604) 872-5151

Surrey Non-Emergency Line

This line serves 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

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

White Rock Hospice Society

(604) 531-7484

Fax: (604) 531-8101

Hospice

15510 Russell Ave.

White Rock, BC

V4B 2R3

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Email: contactus@whiterockhospice.org

Website: www.whiterockhospice.org

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

HOME HEALTH

Home Health

Home Health Surrey/North Delta Office

(604) 953-4950

Fax: (604) 953-4952

1300-13401 108 Ave
Surrey, BC
V3T 5T3

White Rock Office

(604) 541-6800

Fax: (604) 541-6872

Berkeley Pavilion
15521 Russell Avenue
White Rock, BC
V4B 2R4

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 or Long-Term Care placement. Anyone can ask for an assessment for family members or themselves.

Important: To request an assessment for clients in Delta, North Surrey, Newton or White Rock/South Surrey, please call the central intake number: (604) 953-4965, Fax (604) 953-4966.

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

HOME REPAIR

At Your Service Home Repair

(604) 541-8288

Fax: (604) 541-8298

Provides reliable, convenient and innovative home repair and home maintenance solutions. Services available hourly for small jobs or detailed estimates for larger jobs. Clear written contracts; proof of liability insurance and WCB coverage provided.

Email: ayshomerepair@shaw.ca

Castle Care

(604) 536-0442

Home and Yard Maintenance

Home and yard maintenance and repair, lawn and garden care, window and gutter cleaning plus pressure washing. Call Randy.

Home Adaptations for Seniors Independence

(604) 731-5733

HASI

#200 1111 West Georgia

Vancouver, BC

V6E 4S4

A financial program of Canada Mortgage and Housing Corporation. Home Adaptations for Seniors' Independence (HASI) is a federal housing initiative that provides up to \$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. Call toll-free at 1-800-639-3938.

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

Lloyd A. Johnson

(604) 999-2146

General interior/exterior handyman projects, including carpentry, painting, decorating, power washing, gutter cleaning.

Garden maintenance and restoration projects, including lawn care, bed work, pruning, general clean-up.

Residential Rehabilitation Assistance

RRAP

(604) 731-5733

200-1111 West Georgia

Vancouver, BC

V6E 4S4

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 thru Friday 8:30 am to 4:30 pm.

HOME SUPPORT AGENCIES

Home Support Agencies

(604) 520-3813

Comcare (Canada) Ltd.

#320-601 6th Street

New Westminster, BC

V3L 3C1

South Fraser Home Support

(604) 575-9030

Fax: (604) 597-9060

Building #4, 15050-54A Ave.

Surrey, BC

V3S 5X7

West Coast Health Care

(604) 590-2411

#2019, 7445 -132 St.

Surrey, BC

V3W 1J8

The above agencies can provide help for cleaning and/or personal care. Some of the agencies also have registered nurses available. Costs vary according to agency and skills required. Clients may purchase additional services that Continuing Care does not provide. Some individuals may qualify for home support through Continuing Care.

HOME SUPPORT PRIVATE

Canadian Independent Living Team

(604) 783-7857

Fax: (604) 535-7613

Community-based 24-hour in-home and facility support services designed to meet individual needs. Fully trained and experienced staff provide companionship, personal care, night sitting, live in, respite and other care. Draws on staff plus other professionals to best assist the client and ensure high quality continuous service. Client participation means we work "with" individuals rather than do things "for" or "to" them. Serves White Rock, Surrey and Langley.

Owner: Peter Fair

www.theindependentlivingteam.com

Carol

(604) 574-7495

Services include respite for family caregivers, companionship, light housekeeping, transportation to appointments. Experienced with seniors.

Cheyene Home Care Services

(604) 514-7703

Fax: (604) 514-7713

#61 - 20560 60th Ave

Langley, BC

V2Y 2Y8

Provide nursing care, personal care, home care, respite care, and companionship to clients in their own homes or in a facility. Services are flexible; times can be scheduled hourly. Unique physical, emotional, and social needs of each client are considered in service delivery. Work with families, physicians, and other health care staff in determining and providing needed services to clients.

Classic Caregivers Ltd.

(604) 263-3621

Fax: (604) 263-4139

Full-service home health care provided by experienced, qualified, insured staff; RN supervision and emergency pager support. Services include personal care, nursing, rehabilitation, and home support services such as shopping, cleaning, companionship. Specialists in care for Alzheimers, Parkinsons, MS, ALS, and stroke, surgery and injury rehab. Services on hourly or live-in daily basis.
www.classiccaregivers.com

Clean & Tidy Solutions

(604) 530-8499

Surrey, BC

A professional home organizer and cleaner who helps you to rid clutter from your home. Assists with packing, organizing and cleaning, including donation or sale of possessions that you no longer want. Insured and bonded. Call Ranka for a free estimate. Email: rburzan@hotmail.com

Comfort Keepers

(604) 541-8654

Fax: (604) 538-8655

215-3388 Rosemary Heights Cres
Surrey, BC
V3S 0K7

Provides companion and personal care to seniors in their homes to enable them to remain independent. Hours: 24/7. Services include: light housekeeping, meal preparation, transportation, grooming assistance, transfers, medical reminders and others. Our fully bonded and insured caregivers are certified resident care aides, food safe and WHIMS certified; many are trained to work with Alzheimer patients. For a free assessment, visit or call: 604-541-8654.

Email: whiterock@comfortkeepers.ca

Website: www.comfortkeepers.ca

Compassion on Wheels

(604) 531-6558

Fax: (604) 531-9458

Private service for seniors in need of companionship. Trained provider has 20 years' experience in social services, social work background and a specialty with seniors and the disabled.

Call Joanne at (604) 531-6558 for a free initial consultation at your home.

Convalescent and Senior Care

(604) 531-8580

Henry & Associates

Quality care of seniors recovering from illness, provided by a Christian Registered Nurse in a quiet and restful environment. Transportation from hospital to the Henry & Associates' residence can be arranged.

D's helping Hands

(604) 531-0522

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

Diane Gariepy

(604) 785-5853

Email: dianegariepy@shaw.ca

Health therapies provided in your home by insured professional Registered Therapist include: aromatherapy massage, seated chair massage, essential oil custom blending, reflexology. 20% discount to seniors.

Dustin Caldwell

(604) 536-8486

Services include personal care, transportation, shopping and companionship.

Generations

(604) 531-2032

Generations Home Care Solutions

Generations Home Care Solutions provides services for seniors in their own home so they can remain independent as much as possible. Trained caregivers will assist with a variety of daily activities such as: companionship, meal planning and preparation, transportation, errands, light housekeeping, medication reminders and respite for family caregivers.

Services available 7 days a week and can range from two hours daily to 24-hour and live-in care.

Toll-free: 1-877-531-2022

Email: info@gencaresolutions.com

Harmony Health Care

(604) 536-2445

Fax: (604) 536-2464

#104 - 1548 Johnston Rd.

White Rock, BC

V4B 3Z8

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

Home Instead Senior Care

(604) 541-3386

Fax: (604) 541-6489

102A-15240 Thrift Ave.

White Rock, BC

V4B 2L1

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 stand-by, light housekeeping, errands and social transportation. Caregivers are all screened, trained, insured and carefully selected for the client. Service frequency is flexible and available hourly and overnight.

Web: www.homeinstead.com

Home Support Services

(604) 536-8482

Will provide personal care, meal prep, respite care, light housekeeping, companionship and overnight stays in the White Rock/South Surrey Area.

Contact: Bertha

Cel: (604) 825-3421

Let's Make Space

(604) 536-5568

Home Downsizing

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.

Nurse Next Door

(604) 228-4357

Professional Homecare Services

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.

Mailing address: Suite 320, West Boulevard, Vancouver, BC, V6M 3W6

Pacific Rehabilitation Consultants Ltd.

Home Support Services

White Rock : (604) 535-0638

After hours: (604) 590-2411

Fax: (604) 538-3855

Tsawassen: (604) 948-0058

211-15252 32 Ave

Surrey, BC

Services for seniors who wish to stay in their own homes, individuals with physical or mental disabilities and anyone who wishes to spend more time with family. Services include: cleaning, laundry, meal preparation, transportation, shopping and personal care. All staff are bonded and have had criminal record check. I.C.B.C., W.C.B. and D.V.A. claims accepted.

Website: www.pacrehab.ca

Private Home Assistance

(604) 541-0929

Wendy

Home Help

Cell: (604) 805-3931

Services provided for seniors:

- Running errands around town
- Preparing meals and delivering them
- Light Housekeeping
- Escorting on errands or doctor's appointments
- Going for walks
- Reading
- Weeding

Private Home Help

(604) 531-7936

Madelaine Watkins

Services include: housework, personal care, errands and pet care.
Contact: Madelaine Watkins

Sadie's Home Help

(604) 538-5341

Sadie

Provides meal prep, shopping services, companionship, errands and housekeeping.

Sandy Pyrcz

(604) 536-0434

Email: vandekin@direct.ca

Fax: (604) 536-1304

16113-13A Avenue

Surrey, BC

V4A 6W4

Recreation Therapist with 15 years' experience working with seniors privately and in facilities. Helps seniors to maintain or improve mental and physical function through leisure and social activities. Provides home support functions such as homemaking, personal care, and transportation. Also trained in counseling. Call for complimentary in-home consultation.

HOUSE CLEANING-PRIVATE

Anita's Cleaning Services

(604) 597-7717

Private House Cleaning

Provides a wide range of services, from general house cleaning to window washing. Willing to take small jobs. Reasonable rates.

Sadie's Home Help

(604) 538-5341

Sadie

Provides meal prep, shopping services, companionship, errands and housekeeping.

HOSPICE

White Rock Hospice Society

(604) 531-7484

Fax: (604) 531-8101

Hospice

15510 Russell Ave.

White Rock, BC

V4B 2R3

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Email: contactus@whiterockhospice.org

Website: www.whiterockhospice.org

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

HOSPITALS

(604) 534-4121

Langley Hospital

22051 Fraser Hwy.

Surrey, BC

V3A 4H4

Surrey Memorial Hospital

(604) 581-2211

Patient Info (604) 588-3349

13750 - 96 Ave.

Surrey, BC

V3V 1Z2

Peace Arch Hospital

(604) 531-5512

Patient Info (604) 535-4523

15521 Russell Ave.
White Rock, BC
V4B 2R4

HOUSING

B.C. Housing

(604) 433-1711

Subsidized Housing

Fax (604) 439-4722

#601-4555 Kingsway
Burnaby, BC
V5H 4V8

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. 1-800-257-7756(outside Lower Mainland).

Website: <http://www.bchousing.org>

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

SAFER

(604) 433-2218

Shelter Aid for Elderly Renters

Fax: (604) 439-4729

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

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.

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

Website: <http://www.bchousing.org>

1-800-257-7756(outside Lower Mainland)

Seniors Housing Information Program(SHIP)

(604) 520-6621

Fax (604) 520-1798

Royal Square Mall
#209, 800 McBride Blvd.
New Westminster, BC
V3L 2B8

SHIP is a free service for seniors. It provides information on housing options as well as Information and Referral on community resources.

Subsidized Housing

Evergreen Baptist Manor

(604) 536-3344

1531 Everall St.
White Rock, BC
V4B 3T2

Kiwanis Park Place

(604) 538-9669

12850 - 26 Ave.
Surrey, BC
V4P 1S1

Peace Arch Manor

(604) 531-4412

15468 Roper Ave.
White Rock, BC
V4B 2G5

Sunnyside Villas

(604) 538-8308

2603 151 St.
Surrey, BC
V4P 1N3

The above complexes are subsidized residences for seniors in Surrey/White Rock. Application forms are available at the complexes.

HOUSING--SUPPORTIVE

Agape Home Care

(604) 575-0567

Respite or Relief Care

Level 1 or Level 2 care is provided in a private home. Available is a self-contained suite for someone who desires independent living along with the addition of any needed home care. Services provided: assistance with personal hygiene, shopping, meal preparation, housekeeping, laundry, daily walks and medication management. Another room is available for rent in the main part of the house. A licensed long-term care aide available at all times.

Christina Place

(604) 541-4663

Independent Living

Fax: (604) 541-8808

1183 Maple St.
White Rock, BC
V4B 5K9

Seniors' residence for those 70 plus who seek an independent living situation. Many suites have ocean views; meals, housekeeping and recreational activities included. To view suites, phone for an appointment.

Concord by-the-Sea

(604) 531-6198

Independent Living

Fax: (604) 531-6192

15869 Pacific Ave.
White Rock, BC
V4B 1S8

Seniors' residence has studio, one-bedroom and one-bedroom plus den apartments available. Recreational and laundry facilities provided. Rent includes dining room meal service and self-serve snacks, weekly apartment cleaning service and weekly laundry of bedding and linen. Short-term accommodation available.

Email: concordretirementresidence@shaw.ca

Website: www.concordretirementresidence.com

Crescent Gardens

Multilevel Facility

Residence (604) 541-8861

Fax: (604) 541-8871

1222 King George Hwy.

Surrey, BC

V4A 9W6

Retirement community with 54 independent living condominiums, 50 congregate rental suites with services included and 75 licensed intermediate care suites.

Services include three meals daily in dining room, snacks, weekly housekeeping and 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.

Website: www.cpac_care.com

Elim Village

(604) 582-5579

Website: www.elimvillage.com

Email: info@elimvillage.com

9089 160th St

Surrey, BC

V4N 2X7

A Christian retirement community on 20+ acres, with an "aging in place" vision. Current Elim residents live in 18 duplexes and two apartment buildings. In summer 2005 a building for assisted and supportive living will open. Many extra services will be available to Emerald residents to enhance the quality of everyday life. Presentation Centre is open Monday thru Saturday noon to 5:00 pm, or call for information.

Pacific Carlton

(604) 531-1160

Apartments

Fax: (604) 535-8730

15366 - 17 Ave.

Surrey, BC

V4A 1T9

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

Sunnyside Manor

(604) 531-7470

Independent Living-Intermediate Care

Fax: (604) 531-4052

Website: sunnysidemanor.com

15340 - 17 Ave.

Surrey, BC

V4A 1T9

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

Intermediate care also available.

Email: admin@sunnysidemanor.com

Whitecliff

(604) 538-7227

Apartments

Fax: (604) 538-4919

15501 - 16 Ave.

Surrey, BC

V4A 9M5

A luxury retirement residence consisting of 116 independent apartments plus 18 intermediate care beds. The independent suites offer a choice of studio, one-bedroom and two-bedroom designs. The amenities and services offer the ultimate in your lifestyle choices. Provides 3 meals, 3 snacks, weekly housekeeping, weekly laundry, cable, hydro, weekly excursions and a full-time recreation program. For more information, stop in for a tour.

INTERMEDIATE CARE FACILITIES

Crescent Gardens

Multilevel Facility

Residence (604) 541-8861

Fax: (604) 541-8871

1222 King George Hwy.
Surrey, BC
V4A 9W6

Retirement community with 54 independent living condominiums, 50 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping and 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.

Website: www.cpac_care.com

Morgan Place

(604) 535-7328

Email:
messages@morganplace.ca

3288 156A Street
Surrey, BC
V3S 0A3

Multilevel care facility with 144 beds; 122, funded; 24, private pay.

Ocean View Care

(604) 531-2273

Fax: (604) 531-8782

Email:
oceanviewcare@yahoo.com

15628 Buena Vista Ave.
White Rock, BC
V4B 1Z4
Intermediate care facility.
Contact: Lynne Dunbar.

Peace Portal Lodge

(604) 535-2273

Private Care Facility

Fax: (604) 535-3051

15441-16 Ave

Surrey, BC

V4A 8T8

Intermediate care facility. Licensed for 82 beds; 4 private rooms available.

Email: swilson@retirementconcepts.com

Westminster House

(604) 538-5291

Private Care Facility

Fax: (604) 535-2510

1653 - 140 St.

Surrey, BC

V4A 4H1

A private intermediate care residence with 104 rental units. Recreational programs, three meals daily, housekeeping and laundry services included. Also has 10 independent living suites.

Contact: Hendrik van Ryk

Email: administrator@westminster_house.org

Whitecliff-Intermediate Care

(604) 538-7227

Fax: (604) 538-4919

15501 - 16 Ave.

Surrey, BC

V4A 9M5

The ultimate in a private-care facility, with 18 intermediate care beds. Amenities and services are of the same quality and availability as in the independent living apartments.

IMMIGRANT SERVICES

Options

(604) 596-4321

Service to Communities Society

Fax: (604) 572-7413

Email: info@options.bc.ca

#100-6846 King George Hwy.

Surrey, BC

V3W 4Z9

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

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

Progressive Intercultural Community

(604) 596-7722

P.I.C.S.

Fax: (604) 596-7721

Email: pics@pics.bc.ca

#109-12414-82 Ave.

Surrey, BC

V3W 3E9

Nonprofit society that helps new Canadians, including settlement of newcomers.

Counselling 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 to Friday 8:30 am to 4:30 pm.

Surrey/Delta Immigrant Services Society

Immigrant Services Society

(604) 597-0205

Fax: (604) 597-4299

#1107-7330-137 St.

Surrey, BC

V3W 1A3

Information and Referral service. Programs offered through the society include: interpretation and translation, English language programs, family counselling, women's programs and citizenship preparation.

INSURANCE

Kambo Insurance-Home service

(604) 722-6205

Kambo Insurance- Home service

Insurance services include auto and home; life, disability and critical illness; long term care; health and dental plans; retirement planning and investments and estate planning. Services are provided in the client's home.

For more information, contact Jack at (604) 722-6205 or Chander at (604) 377-1973.

LEGAL ASSISTANCE

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 9:00 am to 4:00 pm; Wednesday 9:00 am to 2:30 pm.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors

Fax: (604) 437-1929

Email: ceas@telus.net

Website: www.bcceas.ca

#304-5050 Kingsway

Burnaby, BC

V5H 4C2

Provides community education regarding abuse and neglect of seniors.

Information and Referral available as well as legal information and advocacy for abused seniors.

Please Note: Address is for correspondence only.

1-866-437-1940(outside Lower Mainland)

Dial-A-Law

(604) 687-4680

Free service accessible by telephone or internet in English, Punjabi and Chinese.

Website: www.bccba.org

Outside the Lower Mainland: 1-800-565-5297

Lawyer Referral Service

(604) 687-3221

Public service that refers lawyers to the public. Lawyers who volunteer offer an initial no-obligation consultation of up to 30 minutes for \$10.00. Service available by phone on weekdays from 8:30 am to 4:30 pm.

Outside the Lower Mainland: 1-800-663-1919

Legal Services Society of BC

(604) 585-6595

Legal Services

Website: www.lss.bc.ca

Fax: (604) 585-7898

#1370 13450 102 Ave

Surrey, BC

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 and resources for legal aid lawyers
- links to other sites about the law in BC

Hours: Monday thru Friday 8:30 am to 4:30 pm (closed noon to 1:00 pm)

Public Guardian and Trustee of BC

(604) 660-4444

Ministry of the Attorney General

Fax: (604) 660-0374

#700-808 W. Hastings St.

Vancouver, BC

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.

Website: <http://www.trustee.bc.ca>

Queen Anne Estate Services

(604) 535-7917

Fax: (604) 535-7956

For all estate affairs: services include referrals to legal and realty services; professional appraisals and sales of art and real estate; storage, cleaning and disposal of goods.

Free consultation and estimate. Call Sylvia Rui and N. Dee Taylor at (604)535-7917.

White Rock Seniors Activity Centre

(604) 541-2231

Legal Advice

Kent Street Seniors Activity Centre

Fax: (604) 541-2239

1475 Kent St.

White Rock, BC

V4B 5A2

Legal advice is available the first Wednesday of the month at 9:30 am and the third Wednesday at 11:30 am. Contact the Activity Centre for more information.

LIBRARIES

Surrey Public Library

(604) 576-1384

Cloverdale Branch

5642 - 176A St.

Surrey, BC

V3S 4G9

Fleetwood Branch

(604) 572-5922

15996-84 Ave.

Surrey, BC

V3S 2N7

Guildford Branch

(604) 588-5015

15105- 105 Ave.

Surrey, BC

V3R 7G8

Newton Branch

(604) 596-7401

13795 - 70 Ave.

Surrey, BC

V3W 0E1

Ocean Park Branch

(604) 502-6304

12854 - 17 Ave.

Surrey, BC

V4A 1T5

Port Kells Branch

(604) 882-0733

18885 - 88 Ave.

Surrey, BC

V4N 1E8

Semiahmoo Branch

(604) 592-6900

1815 152nd St

Surrey, BC

V4A 9Y9

Strawberry Hill Branch

(604) 501-5836

7399-122 St.

Surrey, BC

V3W 5J2

Whalley Branch

(604) 588-5951

10347-135 St.

Surrey, BC

V3T 4C3

Library membership and services are free. Branch libraries offer many services for seniors such as books on tape, delivery of books to shut-ins and a variety of speakers; call Special Needs Department at (604)588-0909 for information. Summer hours differ.

White Rock Library

(604) 536-7601

Fraser Valley Regional Library

Fax: (604) 541-2209

White Rock Branch

15342 Buena Vista Ave.

White Rock, BC

V4B 1X6

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.

MEALS**Better Meals**

(604) 299-1877

Home Delivery

Fax: (604) 291-0822

Website: www.bettermeals.com

3930 Kitchener Street

Burnaby, BC

V5C 3M2

Frozen meals include soup, entree and dessert. \$5.75 per meal/\$20.00 minimum order. Depending on the area there is a delivery charge. Therapeutic diets are available.

Hours: Monday thru Friday 8:30 am to 5 pm.

Candlelight Cuisine

(604) 538-2662

Ocean Park Mall

12863 - 16 Ave.

Surrey, BC

V4A 1N6

Fresh and frozen, single size and four-serving size available for pick-up only.
Phone ahead for fresh orders.

Gold Card Catering

(604) 594-5520

Fax: (604) 594-5575

Unit 120, 12651-80th Avenue

Surrey, BC

V3X 2X9

Cooked meals delivered Phone-in orders taken Monday and Tuesday. Deliveries made Wednesday for North Surrey and Thursday morning for South Surrey/White Rock. Delivery charge (\$2.14) on all orders under \$50.00; minimum order is \$25.00. Telephone for a menu.

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

Meals-on-Wheels

(604) 541-6325

White Rock Meals-on-Wheels

Service for those unable to prepare adequate meals for themselves. Meals delivered Monday, Wednesday and Friday.

Cost: \$4.00 per four-course meal.

MEAL PROGRAM

Crescent Beach Community Services

(604) 535-0015

Camp Alexandra

Fax: (604) 535-2720

2916 McBride Street

Surrey, BC

V4A 3G2

Community Hot Lunch

15385 Semiahmoo Ave.

White Rock, BC

A member of the Association of Neighbourhood 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 thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

First United Church

(604) 531-4850

15385 Semiahmoo Ave.

White Rock, BC

V4B 1T6

Wednesday drop-in lunch program, 11:30 am to 12:30 pm. Cost: \$2.50 (sandwich) and \$2.50 (soup). Program not held during summer or on holidays.

Kent Street Activity Centre

(604) 541-2231

Fax: (604) 541-2239

1475 Kent St.

White Rock, BC

V4B 5A2

A White Rock Leisure Services facility. Many recreational, social and educational programs for seniors 55+, including special events. Available are legal advisors, personal counsellors, and hearing tests. Coffee shop is open Monday to Friday. Special lunch program on Fridays. Call centre to reserve; tickets are \$6.00.

Hours: Monday, Tuesday, Thursday 9:00 am to 8:00 pm, Wednesday 9:00 am to 11:00 pm, Saturday 9:00 am to 4:00 pm. Hours and programs may vary in summer.

St. John's Presbyterian Church

(604) 536-9322

Lunch

1480 George St.
White Rock, BC
V4B 4A3

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

Wheels to Wellness

(604) 538-9228

Hot meal and socialization at Westminster House, 1653-140 St., Surrey. The program includes exercise and music every Tuesday and Thursday at about 10:00 am.

Contact: Betty

Cost: \$5.00 for the lunch.

White Rock Baptist Church

(604) 531-2344

1657 - 140th St.
Surrey, BC
V4A 4H1

Monday 9:30 am drop-in meeting is followed by soup and sandwich lunch.
Cost: \$2.00. Friday hot lunch, with entertainment, noon to 2:00 pm, September to June. Cost: \$5:00. Please make reservations by 10 am.

MEDICATION

Fair Pharmacare

(604) 682-6849

PharmaCare

Fax : (604) 952-2861

1515 Blanchard Street
2nd floor
Victoria, BC
V8W 9P2

To receive your maximum financial assistance under the new Fair PharmaCare plan register at 1-800-387-4977. The amount you pay for prescriptions depends on your net income. This new plan started May 1, 2003. PharmaCare subsidizes eligible prescription drugs and medical supplies.

MEDICAL EQUIPMENT

Arthritic Enablers

(604) 986-4630

Mail Order

P. O. Box 91821

West Vancouver, BC

V7V 4S1

Equipment to help arthritic sufferers with everyday living; includes kitchen equipment, bathroom safety aids, etc. Mail order catalogue available.

Debra Lynn Creations

(604) 596-5320

Wheelchair Fashions

#318 - 7102 - 138th St.

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.

Loan Cupboard

(604) 536-7911

Red Cross-White Rock

#40, 1480 Foster St.

White Rock, BC

V4B 3X7

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, 10:00 am to noon and Wednesday, 2:00 pm to 4:00 pm.

Personal Mobility Products

(604) 576-1323

Fax: (604) 576-1400

#102, 17760 No. 10 Hwy.

Surrey, BC

V3S 1C7

Located in Clover Square Village Mall. Products include walkers, wheelchairs, electric scooters, bathlifts, bathroom safety products, hospital beds, powerlift chairs, home care products, incontinent supplies, hospital beds, home care products. Sales, service, rentals.

Sew It Seams

(604) 594-1748

Custom Sewing Service

8623 Prestige Place

Surrey, BC

V3S 4Z3

Twenty-five years sewing and design experience. Patient-care products, such as shirt protectors, chair protection pads, wheelchair cushions, support cushions, hospital gowns, un-dresser clothes and adaptive clothing. Hospital gowns are designed with discretion in mind, are made of 100% cotton and come in a variety of colors and prints. We can design new things or alter existing clothing. We do alterations on clothes and repair upholstery. Pick-up and delivery service offered.

Shoppers Home Health Care

(604) 538-3400

Shoppers Home Health Supplies

Fax: (604) 538-3481

15182-North Bluff Ave.

White Rock, BC

V4B 3E5

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

MULTIPLE SCLEROSIS

Multiple Sclerosis Society

(604) 689-3144

Multiple Sclerosis Society of Canada

Fax: (604) 689-0377

1600 - 1130 West Pender St.

Vancouver, BC

V6E 4A4

Provides information regarding self-help groups, counselling and education for those with MS and their families.

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

NEWCOMERS

Welcome Wagon

(604) 538-3740

Surrey & White Rock

Joann (604) 538-3740

Dawn (604) 538-3213

Visits all newcomers to the community. Provides information about community services. Represents businesses and supplies complimentary gifts.

White Rock and South Surrey Newcomers Club

(604) 536-3211

Victory Memorial Park Tea Room

14831-28 Avenue

Surrey, BC

V4P 1P3

The purpose of the Newcomers Club is to help introduce individuals to the community. Open to all women who have moved to the South Surrey area within the past two years. A program is planned for each meeting. Also, many group activities are planned, held, such as walks and hikes, pot luck lunches and movie night. The meetings are held the first Tuesday of each month from September to June at 7:30 pm.

OSTEOPOROSIS

Osteoporosis Society of BC-Ostop

(604) 731-4997

Fax: (604) 731-4691

2075 West 37 Ave.

Vancouver, BC

V6M 1N7

Provides information and support for those with osteoporosis. Call for information regarding exercise and support groups in your area.

Hours vary; call for appointment.

PENSIONS AND SUPPLEMENTS

Canada Pension Plan

1-800-277-9914

Social Development Canada

CPP

7404 King George Hwy.

Surrey, BC

V3W 5A8

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:

www.sdc.gc.ca

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

Guaranteed Income Supplement

1-800-277-9914

7404 King George Hwy
Surrey, BC
V3W 5A8

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 thru Friday 8:30 am to 4:30 pm.

Phone: (604) 590-3346

Website: www.sdc.gc.ca

Old Age Security

1-800-277-9914

OAS

7404 King George Hwy
Surrey, BC
V3W 5A8

OAS Pension

Social Development Canada

7404 King George Hwy.
Surrey, BC
V3W 5A8

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 thru Friday 8:30 am to 4:30 pm

Phone: (604) 590-3346

PHARMACIES

Evergreen Pharmacy-Sunnyside

(604) 536-4404

Peoples Drug Mart-Sunnyside

Fax: (604) 536-4572

2397 King George Hwy

Surrey, BC

V4A 5A4

Services:

-Blister packing

-Delivery

-Bold Print Labels

Hours: 9:30 am to 6:00 pm Monday to Saturday, closed Sunday.

Linda's Pharmacy

(604) 538-6334

Fax: (604) 538-6389

#102, 1790-152 St.

Surrey, BC

V4A 7Z7

Services provided:

- Blister packing

-Dosette Filling

-Delivery

-Diabetic device teaching

-Larger print on labels

Hours: Monday to Friday 9:00 am to 6:00 pm, Saturday 9:00 am to 5:00 pm,
closed on Sunday.

London Drugs

(604) 535-3281

#100-15355 24th Ave

Surrey, BC

V4A 2H9

Pharmacy Services provided:

- Medication review
- Blister packing
- Dosette filling
- Bold print labels
- Clinics, e.g.,osteoporosis
- Diabetic device training
- Medical supply rental
- Blood pressure machine in-store and training

Hours: 9 am to 10 pm Monday to Saturday; 10 am to 8 pm Sundays and holidays.

Medical Pharmacy

(604) 536-8225

#102-15451 Russell Ave.

White Rock, BC

V4B 2R5

Services provided:

- Blister packing
- Dosette filling
- Free prescription delivery
- Hand-printed larger labels
- Video lending library
- Medical supply rental program

Hours: 9:00 am to 7:00 pm, Monday thru Thursday; 9:00 am to 5:30 pm Friday.

Not open on holidays or weekends.

Morgan Creek Medicine Center Pharmacy

(604) 538-6333

Fax: (604) 538-6387

#103-15252 32 Ave

Surrey, BC

V3S 0R7

Second location of Linda's Pharmacy. Services provided: blister packing, dossette filling, delivery, diabetic device teaching, larger print on labels.

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

Peoples Drug Mart-Hillcrest Mall

(604) 531-4636

1453 Johnson Rd.

White Rock, BC

V4B 3Z4

Services:

Services provided:

- Blister packing
- Dossette Filling
- Delivery
- Diabetic device teaching
- Video lending library
- Specialized compounding

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

Pharmasave Health Centre #009

(604) 536-4211

Reid's Peace Arch Pharmacy

Fax: (604) 536-6864

Email:

reids_peace@unipharm.com

#110-15321-16 Ave.

Surrey, BC

V4A 1R6

Services provided:

- Blister packing
 - Delivery
 - Larger print on labels
 - Medication review
 - Dosette and Compu-Med filling
- Monday to Friday 9:30 am to 5:30 pm.

Saturday 9:30 am -3:00 pm; closed Sunday.

Pharmasave-Ocean Park

(604) 536-7611

12851-16 Ave.

Surrey, BC

V4A 1N5

Services provided:

- Blister packing
- Dosette Filling
- Delivery
- Video lending library
- Bold print on labels
- Hand-printed larger labels
- Monthly inservices
- Clinics

Hours: Monday, Tuesday, Wednesday, Saturday 9:00 am to 6:00 pm, Thursday and Friday 9:00 am to 9:00 pm and Sunday 10:00 am to 5:00 pm.

Safeway-Ocean Park

(604) 531-9694

12825-16 Ave.

Surrey, BC

V4A 1N5

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 to Friday, 8:00 am to 10:00 pm, Saturday, 9:00 am to 7:00 pm and Sunday, 10:00 am to 6:00 pm.

Safeway-Peninsula Village

(604) 535-8879

#700,15355-24 Ave.

Surrey, BC

V4A 2H9

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 to Friday 8:00 am to 10:00 pm, Saturday 9:00 am to 7:00 pm and Sunday 10:00 am to 6:00 pm.

Save-On Foods

(604) 538-5467

Save-On Foods Pharmacy, Southpoint

3033 152 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 to Sunday 8 am to 10 pm

Save-On-Foods

(604) 536-6530

Save-On-Foods Drug Store

1641-152 St.

Surrey, BC

V4A 2H9

Services provided:

- Free blood pressure checks
- Medication review
- Health clinics with nurses, as advertised
- Diabetic device training
- Quarterly family health magazine
- Family health brochures

Hours: Monday to Sunday 8:00 am to midnight.

Shoppers Drug Mart

(604) 536-3111

15180-North Bluff Road
White Rock, BC
V4B 3E5

Services provided:

- Blister packing
- Delivery, Wednesday and Friday until 3:00 pm
- Health clinics, as advertised
- Larger print on labels

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

Zellers Pharmacy

(604) 536-4173

1715-152 St.
Surrey, BC
V4A 4N3

Services provided:

- Blister packing
- Self-serve blood pressure checks
- Free delivery
- Larger print on labels
- Health clinics with nurse
- Diabetic device training
- Dosette filling
- Health brochures
- Video lending library

Hours: Monday to Friday 9:00 am to 9:00 pm, Saturday 9:00 am to 6:00 pm and Sunday, 11:00 am to 6:00 pm.

PHYSICIANS - WALK IN CLINICS

Hilltop Medical

(604) 531-5575

15341 16 Ave

Surrey, BC

V4A 1R6

Drop-in medical clinic.

Hours: Monday thru Friday, 9 am to 9 pm; Saturday, 9 am to 3 pm.

Morgan Creek Walk-in Clinic

(604) 542-5990

#106 15252-32 Ave

Surrey, BC

V3S 0R7

Drop-in medical clinic.

Hours: Monday thru Friday 9 am to 9 pm; Saturday and Sunday 9 am to 5 pm.

Peace Arch Community Medical Clinic

(604) 535-8496

Walk-in Clinic

#101 - 1790 152 St.

Surrey, BC

V4A 7Z7

Drop-in medical clinic.

Hours: 9:00 am to 9:00 pm seven days a week.

Peninsula Medical Clinic

(604) 531-4131

Walk-in Clinic

#410 - 15355 24 Ave.

Surrey, BC

V4P 2E6

Drop-in medical clinic.

Hours: Monday thru Friday 8:00 am to 9:00 pm and Saturday, Sunday and holidays 9:00 am to 5:00 pm.

Semiahmoo Medical Clinic

(604) 535-3388

Walk-in Clinic

#3-1767-152 St.

Surrey, BC

V4A 7L7

Contact: Dr. S. Petrovic

Hours: Monday thru Thursday 9:00 am to 9:00 pm and Friday, Saturday and Sunday 9:00 am to 5:00 pm.

POLICING

Royal Canadian Mounted Police

(604) 531-5527

White Rock-RCMP

15299-Pacific Ave.

White Rock, BC

V4B 1R1

The White Rock RCMP handles all general policing issues within White Rock.

The Community Policing section has the following programs in place:

Community Patrol, Coastal Watch, Home Security Check, Wise Owl Program, Speed Watch, Photo with a Mountie, Business Watch, Block Parents and Block Watch.

Royal Canadian Mounted Police-Main Detachmer (604) 599-0502

RCMP -Surrey

14355 -57 Ave.

Surrey, BC

V3X 1A9

RCMP provides policing services for all areas of Surrey including community education programs.

Royal Canadian Mounted Police-Surrey

(604) 592-3800

South Surrey District 5 Community Police Station

#100 1815 152 St.

Surrey, BC

V4A 9Y9

This police detachment provides special programs such as Block Watch, Block Parent, Community Bicycle Patrol, Lock Out Auto Crime, Lock Out Auto Theft, Home Security, Bicycle Identification, Family Identification, Residence Identification, Speed Watch, a Video Loan Program, and Safely Home (Alzheimer's Registryer WWanderer's Registry).

Hours: 9:00 am to 5:00 pm Tuesday thru Friday. Closed Saturday, Sunday and Mondays.

Victim Services

(604) 599-7600

Victim Services-Surrey

Fax: (604) 599-8892

14355 - 57 Ave.

Surrey, BC

V3X 1A9

Victim Services-White Rock

(604) 541-5111

Fax : (604) 541-5117

15299 Pacific Ave.

White Rock, BC

V4B 1R1

Information, support and follow-up program for victims and witnesses of crime.

RESPITE CARE

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

Fax: (604) 599-0982

13855 - 68th Ave.

Surrey, BC

V3W 2G9

White Rock Come Share Adult Day Program

(604) 531-2502

Fax: (604) 535-8781

15008-26th Ave.

Surrey, BC

V4P 3H5

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Friday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

Carol

(604) 574-7495

Services include respite for family caregivers, companionship, light housekeeping, transportation to appointments. Experienced with seniors.

Convalescent and Senior Care

(604) 531-8580

Henry & Associates

Quality care of seniors recovering from illness, provided by a Christian Registered Nurse in a quiet and restful environment. Transportation from hospital to the Henry & Associates' residence can be arranged.

Harmony Health Care

(604) 536-2445

Fax: (604) 536-2464

#104 - 1548 Johnston Rd.

White Rock, BC

V4B 3Z8

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

Home Away from Home

(604) 535-6411

Short-term stays for seniors when family members/caregivers are away or need a break. Respectful, certified caregivers provide full range of services in safe, comfortable, cheerful home. Experience assisting seniors at all levels of care. Specialists in care for seniors with Alzheimer disease and other related dementia. Call Sheryl for information.

SENIORS' RECREATION

Cloverdale Seniors Centre

(604) 502-6433

Fax: (604) 502-6434

17671 - 56 Ave.

Surrey, BC

V3S 1C9

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, Thursday and Friday; a hot meal available on Wednesday.

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

Crescent Beach Community Services

(604) 535-0015

Camp Alexandra

Fax: (604) 535-2720

2916 McBride Street

Surrey, BC

V4A 3G2

A member of the Association of Neighbourhood 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 thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

Fleetwood Community Centre

(604) 501-5030

Fax: (604) 501-5031

15996-84 Ave.

Surrey, BC

V3S 2M7

Drop-in programs for seniors include bridge, singalong group, carpet bowling, bingo, cribbage, knitting, table tennis, ramouli, osteosupport, blood pressure clinic and monthly social events.

Guildford Community Recreation Centre

(604) 502-6362

Guildford Community Recreation

15105 - 105 Ave.

Surrey, BC

V3R 7G8

Programs for seniors include carpet bowling, cards and games, bus trips, bingo and special events.

Hours: Monday to Friday 6:30 am to 10:00 pm, Saturday 7:30 am to 8:00 pm, Sunday 9:00 am to 8:00 pm.

Indo-Canadian Seniors Centre

(604) 591-1795

#200 - 7050 120 St.

Surrey, BC

V3W 3M8

Recreation services for seniors 55+. Guest speakers, counsellors and interpreters available.

Hours: 11:00 am to 5:00 pm, seven days a week.

Kennedy House

(604) 594-2717

11760 - 88 Ave.

Delta, BC

V4C 3C5

Recreational centre designed for retired and/or semi-retired seniors 55+.

Hours: Monday thru Friday 9:00 am to 4:00 pm and Saturday 9:00 am to noon.

Hours may vary during summer months.

Annual Membership Fee: \$15.00.

Kent Street Activity Centre

(604) 541-2231

Fax: (604) 541-2239

1475 Kent St.

White Rock, BC

V4B 5A2

A White Rock Leisure Services facility. Many recreational, social and educational programs for seniors 55+, including special events. Available are legal advisors, personal counsellors, and hearing tests. Coffee shop is open Monday to Friday. Special lunch program on Fridays. Call centre to reserve; tickets are \$6.00.

Hours: Monday, Tuesday, Thursday 9:00 am to 8:00 pm, Wednesday 9:00 am to 11:00 pm, Saturday 9:00 am to 4:00 pm. Hours and programs may vary in summer.

Newton Senior Centre

(604) 501-5010

Fax: (604) 501-5011

13775 - 70th Ave.

Surrey, BC

V3W 0E1

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 thru Friday 9:00 am to 4:00 pm; Tuesday nights 6:00 pm to 9:00 pm; Saturdays noon to 4:00 pm.

Sunrise Pavilion Centre

(604) 502-6380

Seniors Activity Centre

Fax: (604) 502-6381

10341 - 135 St.

Surrey, BC

V3T 4C3

A Surrey Parks, Recreation and Culture facility offering services such as bus trips, special events, recreational and educational programs for seniors 55+.

Hours: Monday, Wednesday and Friday 9:00 am to 4 pm; Tuesday and Thursday 9:00 am to 9:30 pm; Saturday 12:45 pm to 4:30 pm.

Summer hours may vary.

SENIORS' COUNSELLORS

Seniors' Counsellor-White Rock and South Surrey

Joyce Schmalz

A Seniors' Counsellor is a volunteer who can provide information about available services and benefits and help you to apply for these entitlements. Joyce Schmalz is also a commissioner (appointed by the B.C. Ministry of the Attorney General) for the taking of oaths, statutory declarations and affidavits.

Seniors' Counsellor Joyce Schmalz is available on a drop-in basis Monday 10:00 am to 11:30 am at Kent Street Activity Centre, 1475 Kent St., White Rock. Tel: (604) 541-2231

As of May 2005, Joyce Schmalz is also available by appointment only at Senior Support Services, Lower Level of the Come Share Building, 15008-26th Ave, Surrey. Joyce's telephone is: (604) 536-4066

SHOPPING SERVICES

Buy-Low Foods

(604) 538-2152

Hillcrest Mall

1405 Johnson Rd.
White Rock, BC
V4B 3Z4

Store delivers to seniors for a \$4.00 charge. Clients must shop for themselves; no phone orders.

Dairyland

(604) 421-4663

Home Delivery

6800 Lougheed Hwy.
Burnaby, BC
V5A 1W2

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 thru Friday 8:00 am to 4:30 pm.

Fran's Personal Shopping Service

(604) 538-8306

Shop by Phone

"Can't Get To The Store?

We'll Deliver To Your Door"

From \$8.00 for small orders - Groceries, pharmacies, library, etc.

IGA Marketplace

(604) 575-1488

Fax: (604) 575-1468

#101 15127 Hwy 10

Surrey, BC

V3S 9A5

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

Peace Arch Community Services

(604) 542-4357

Shop by Phone

882 Maple St.

White Rock, BC

V4B 4M2

Volunteers take the grocery orders on Monday and shop on Tuesday. Orders are delivered from Save-On Foods. Cost: \$4.00 per delivery.

Hours: Monday thru Friday 8:30 am to 4:30 pm

Phone N Shop

(604) 536-6232

Save-on Foods

1641 - 152 St.

Surrey, BC

V4A 4N3

A program run by OPTIONS. Shop by phone Tuesday only. Phone in between 9:30 am and 11:30 am. Minimum purchase is \$25.00.

Cost is \$5.00 for seniors.

Safeway Home Delivery-Ocean Park

Safeway-Ocean Park

12825-16 Ave.

Surrey, BC

Customers must shop themselves.

Cost: Home delivery is \$3.00 for seniors.

SUBSTANCE MISUSE

Al Anon

(604) 688-1716

Support Group

Support group for families of alcoholics. Call the main number for the meeting places of local chapters.

Hours: Monday thru Friday 10:00 am to 3:30 pm

Alcoholics Anonymous

(604) 434-3933

AA

3457 Kingsway

Vancouver, BC

V5R 5L5

Hours: Business Office is open 8:00 am to 7:00 pm weekdays, 9:30 am to 5:00 pm on Saturdays and 9:30 am to 1:30 pm on Sundays. Telephone lines are open from 7:00 am to 2:00 am. Call for information about group meeting times and locations in the lower mainland.

Seniors Well Aware Program

(604) 535-3672

Website: www.vch.ca/swap

Confidential in-home support for seniors (55+) who may have concerns about their use of alcohol, prescription medications, or other drugs. There is no charge for this service.

Contact: Kathryn Patterson

SUPPORT GROUPS

Parkinson's Disease Association

(604) 662-3240

Parkinson's Society British Columbia

#600-890 West Pender St.

Vancouver, BC

V6C 1J9

For information about Parkinson's disease and local support groups please call the main office for information.

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

Al Anon

(604) 688-1716

Support Group

Support group for families of alcoholics. Call the main number for the meeting places of local chapters.

Hours: Monday thru Friday 10:00 am to 3:30 pm

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Ama Transition House

(604) 542-5992

Atira Women's Resource Society

Fax (604) 542-5993

Email: ama@atira.bc.ca

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

Hours: Monday to Friday 9:00 am to 5:00 pm; volunteers may be available on weekends. Outside of these hours, crisis calls can be directed to Durrant Crisis at 604-531-4430.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors

Fax: (604) 437-1929

Email: ceas@telus.net

Website: www.bcceas.ca

#304-5050 Kingsway

Burnaby, BC

V5H 4C2

Provides community education regarding abuse and neglect of seniors.

Information and Referral available as well as legal information and advocacy for abused seniors.

Please Note: Address is for correspondence only.

1-866-437-1940(outside Lower Mainland)

Community Response Network

(604) 531-9400

Fax (604) 531-9498

Calls are handled by Senior Support Services. The CRN provides information and help to anyone who is being abused or neglected.

Email: @seniorsupportservices.bc.ca

Langley Better Breathers Club

(604) 731-5864

BC Lung Association

2675 Oak Street

Vancouver, BC

V6H 2K2

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 2:45 pm to 4:45 pm at TIMMS

Community Center in Langley.

Contact the BC Lung Association or Ken Fisher at (604)534-2632 to register.

Hours: Monday thru Friday 8:30 am to 4:30 pm

Contact: Kelly Marrant

Mood Disorders Association of BC

(604) 873-0103

MDA

Fax: (604) 873-3095

#201-2730 Commercial Dr.

Vancouver, BC

V5N 5P4

A nonprofit 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: Monday thru Friday 9:00 am to 5:00 pm.

Recovery Inc.

(604) 581-4881

Self-help Group

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

Senior Support Services

(604) 531-9400

Outreach Program

Fax: 531-9498

15008-26 Ave.

Surrey, BC

V4P 3H5

An outreach program designed to assist seniors to maintain or increase their independence in their own homes as well as to improve their well-being and have a more satisfying lifestyle. Programs include Information and Referral, volunteer visiting, the telephone assurance line, special day trips, outreach lunches and meal programs. This service is offered throughout North Surrey, White Rock/South Surrey, Newton/Cloverdale.

Director: Corrine Parrott.

Hours: Monday thru Friday 9:00 am to 3:30 pm.

Website: www.seniorsupportservices.bc.ca

Seniors Well Aware Program

(604) 535-3672

Website: www.vch.ca/swap

Confidential in-home support for seniors (55+) who may have concerns about their use of alcohol, prescription medications, or other drugs. There is no charge for this service.

Contact: Kathryn Patterson

South Fraser Women's Services Society

(604) 536-9611

Fax: (604) 536-6362

15318- 20 Ave.

Surrey, BC

V4A 2A2

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

Hours: Monday 12:00 noon to 4:00 pm and Tuesday thru Friday 9:30 am to 4:00 pm.

Stroke Recovery Club

(604) 541-1290

St. John's Presbyterian Church

1480 George St.

White Rock, BC

V4B 4A3

Support group for stroke victims and their families. Speech and physical therapy are available. Group meets every Tuesday 9:00 am.

Contact: Gayl Hutchison

Visually Impaired Society

(604) 531-1218

White Rock Visually Impaired Society

A support group for visually impaired individuals. Meets from May to September from 1:30 pm to 3 pm the second and fourth Thursday of each month at St. John's Presbyterian Church, 1480 George St., White Rock. Support, demonstrations, entertainment, trips, speakers and afternoon tea. Yearly membership: \$20.00.

Contact: Emily Olexson, secretary @ (604)531-1218, Elsie Carr, president @ (604) 541-8675

White Rock and South Surrey Caregivers

(604) 531-9400

Caregivers Support Services

Fax: (604) 531-9498

Support group offers support and information to caregivers for frail, elderly or ill family or friends. Meetings are held the first and third Mondays of the month from 10:00 am to 11:45 am. Coffee, talk, support and occasional guest speakers.

Social club offers caregivers a chance to connect with others in similar circumstances for relaxation and recreation. Meetings are held the second and fourth Mondays of the month from 10 am to noon. Refreshments, presentations and demonstrations of leisure activities.

Resource room has a video and reference material library available to caregivers.

Educational series for caregivers are held three times a year. Each ten-week series covers topics such as 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 class schedule.

All of the above groups meet at Come Share Centre, Main Floor, 15008-26 Avenue, Surrey.

White Rock Hospice Society

(604) 531-7484

Fax: (604) 531-8101

Hospice

15510 Russell Ave.

White Rock, BC

V4B 2R3

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Email: contactus@whiterockhospice.org

Website: www.whiterockhospice.org

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

Widows Support Group

St. John's Presbyterian Church

(604) 531-4419

(604) 538-2591

1480 George St.

White Rock, BC

V4B 4A3

Self-help group for widows and widowers living alone who want to improve themselves physically, mentally and socially. Contact Geneva Tupper for complete details.

Hours: Wednesdays, noon to 3:00 pm; summer hours may vary.

TRANSPORTATION

BC Transit

(604) 953-3333

Translink

Bus, Skytrain and Seabus schedule information. Open from 6:30 am to 11:30 pm.
Seniors' Fare Discount: Available to passengers 65 and over; present Gold Care Card when paying fare.

Website: <http://www.translink.bc.ca>

Bus Pass Program

(604) 682-0391

Ministry of Human Resources
P.O. Box 9430
Station: Provincial Government
Provincial Government
Victoria, BC
V8W 9V2

BC program for low-income seniors and persons with disabilities who qualify.
Annual pass; fee is \$45. Call for eligibility requirements. Covers all BC Transit in province (not valid on HandyDart).

HandyCARD

HandyDART-Newton

For bookings (604) 591-8234
To apply : (604) 453-4541
Fax: (604) 591-2655

HandyDART-North Surrey

For bookings (604) 591-8234
To apply: (604) 453-4541
Fax: (604) 591-2655

HandyDART-White Rock & Cloverdale

White Rock: (604) 576-6653
Fax: (604) 574-8833
To apply: (604) 453-4541
Cancellations: (604) 574-3147
Langley/booking: (604) 574-1472

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. Referrals are made by doctors and other health professionals.
Hours: Monday thru Friday 7:30 am to 3:30 pm. Closed statutory holidays.

SPARC

BC SPARC

Parking Decals (604) 718-7744
Business Office (604) 718-7733
Fax: (604) 736-8697

#201-221 East 10 Ave.
Vancouver, BC
V5T 4V3

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 \$15.00 and is subject to change.

Hours: Monday, Tuesday, Wednesday and Friday, 9:00 am to noon and 1:30 pm to 4:30 pm.

Taxi-Saver/ Handypass

Translink-Accessible Transit Program

To apply (604) 453-4634

1600-4720 Kingsway, Metrotower II
Burnaby, BC
V5H 4N2

Program of BC Transit for individuals who are unable to travel on regular transit. Coupons reduce taxi fares by about 50% and are sold at local HandyDART offices. Coupons can also be purchased at Semiahmoo Society, 15306 24th Ave, Surrey, 604-536-1242. Call head office for application forms.

Volunteer Driver

(604) 542-4357

Peace Arch Community Volunteer Driver

882 Maple St.
White Rock, BC
V4B 4M2

Transportation is available for medical and dental appointments in Vancouver only. A donation is requested. Service is offered Monday to Friday during office hours.

Volunteer Driver-Canadian Cancer Society

(604) 538-0011

White Rock/ South Surrey Branch-Cancer Society

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

A program of the Canadian Cancer Society that provides transportation to treatment whether in Surrey, Vancouver or Bellingham.

Hours: 10:00 am to 2:00 pm.

Dispatcher Service: (604) 536-2961

VETERANS SERVICES

Veteran Affairs

1-866-522-2122

General information line regarding programs and benefits for veterans of the Canadian Forces.

Hours: Monday thru Friday 8:00 am to 4:00 pm.

VICTIM SERVICES

Victim Services

(604) 599-7600

Victim Services-Surrey

Fax: (604) 599-8892

14355 - 57 Ave.

Surrey, BC

V3X 1A9

Victim Services-White Rock

(604) 541-5111

Fax : (604) 541-5117

15299 Pacific Ave.

White Rock, BC

V4B 1R1

Information, support and follow-up program for victims and witnesses of crime.

VISUALLY IMPAIRED SERVICES

Canadian Council of the Blind

(604) 669-2201

Fax: (604) 669-2214

818-602 W. Hastings St.

Vancouver, BC

V6B 1P2

BC-Yukon Division

Provincial division of a national organization run by and for the blind.

Hours: Tuesday thru Friday 9:30 am to 5:00 pm.

Canadian National Institute for the Blind

(604) 431-2121

CNIB

Fax: (604) 431-2199

Suite 100
5055 Joyce St.
Vancouver, BC
V5R 6B2

Provides educational and counselling services to blind, visually impaired and deaf-blind persons.

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

Fraser Valley Visually Impaired Society

(604) 589-1216

Royal Legion
13525-106 Ave.
Surrey, BC

Recreational and educational service for blind and visually impaired individuals.

Society meetings are held the first Tuesday of every month at 7:00 pm.

Mailing Address: P.O. Box 556, Surrey BC V3T 5B7

Visually Impaired Society

(604) 531-1218

White Rock Visually Impaired Society

A support group for visually impaired individuals. Meets from May to September from 1:30 pm to 3 pm the second and fourth Thursday of each month at St. John's Presbyterian Church, 1480 George St., White Rock. Support, demonstrations, entertainment, trips, speakers and afternoon tea. Yearly membership:\$20.00.

Contact: Emily Olexson, secretary @ (604)531-1218, Elsie Carr, president @ (604) 541-8675

White Rock Macular Degeneration

(604) 531-4727

15262 Pacific Ave

White Rock, BC

V4B 1P7

Support group for those diagnosed with macular degeneration. Meets 4th

Thursday of each month, 1:00 pm to 3:00 pm, at:

Breakaway Bays Home Park Activity Center

1840 160 St

Surrey, BC