



### Local Community Contact List (Template)

Name of CRN/Community: Maple Ridge / Pitt Meadows / Katzie

Date Submitted/Updated: June 20 2019

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 (Name) (Phone) (Email)

Where there are no local services, list the closest community that has services available under "NOTES". Add rows or use the back of the page if needed to create a complete list for your community.

#### EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	<b>911</b>	
Police ( Non – Emergency) (Maple Ridge and Pitt Meadows)	<b>604 463 6251</b>	
Ambulance ( Non - Emergency) (Maple Ridge and Pitt Meadows)	<b>604 872 5151</b>	
Fire Department ( Non - Emergency) Maple Ridge Pitt Meadows	<b>604 463 5880</b> <b>604 465 2401</b>	
Crisis Line	604 951 8855 or 1 877 820 7444	
BC Mental Health Crisis Support Line	310 6789 ( don't add 250, 604 or 778)	
Crisis Intervention and Suicide Prevention Center of BC	1 800 SUICIDE 1 800 784 2433	
Seniors Distress Line	604 872 1234	
Victim Link BC	1 800 563 -0808	

Poison Control	604 682 5050	
Fraser Health Lifeline	604 953 4960	Lifeline is a Personal Emergency Response Service that ensures assistance 24 hours a day, 7 days a week.

## ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse: Fraser Health REACT	1 877 REACT - 08 or 1 877 732 2808	See regional resources list for each CRN
Police-based Victim Services	604 660 3888	
Maple Ridge / Pitt Meadows / Katzie Community Response Network	604 463 9860	** Local CRN Resource
Community- based Victim Services	604 467 6911 Ext 1228	Local
Community Living BC	604 664 0101 1 877 660 2522	Local Vancouver Toll free
Emergency Shelter: The Salvation Army Ridge Meadows Ministries	Day: 604 463 8296 ext. 102 Night: 604 807 8290	Local
BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support	604-437-1940 1-866-437-1940	Toll free
Shelter Information	211	
Victim Link	1-800-563-0808	
bc211	211	Lower Mainland only

LBGTQ Contact	604-684-5307 1-800-566-1170	Toll free

## INFORMATION AND REFERRAL

(Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach – Ridge Meadows Seniors Society	604 380 0516	Bev Schmahmann – Outreach Coordinator
Community Services	604 467 6911	Services: Meals on Wheels, Housekeeping services; Handyperson service; Transportation; Seniors Party Bus: Friendly visits
Affordable Family Counselling, Community Counselling ( Community Services)	604 467 6911 Ext 1423	Counselling is available for seniors and families for free and at low cost
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Information and Referral Services	604 660 9382	Free confidential information for British Columbians in need of support with any kind of substance use issue.
Alouette Addictions Services	604 467 5179	Local
Veterans Affairs Canada	1-866-522-2122	

## HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Geriatric Psychiatry Services	604 463 7165	Maple Ridge Mental Health Center
Adult Mental Health Program (Family	604 467 6055	Provides resources and

Education and Support Center)		information to help community members increase awareness and understanding of mental health issues. Provides Psycho Educational Groups for depression, anxiety, assertiveness
<b>Mental Health and Substance Use Services:</b>		Fraser Health
Maple Ridge Mental Health Center	604 476 -7165	Provides services for adults who have acute and/or persistent mental illnesses Programs and service include assessment, individual or group treatment, case management, community living support, residential care, consultation and referral/bridging to other community services. Referrals can come from family members, physicians or other community agencies.
Anxiety BC	604 525 7566	
BC Schizophrenia Society	604 270 7841	
Canadian Mental Health Association	604 688 3234	
Mood Disorders Association of BC	604 467 0103	
Alouette Addiction Services	604 467 5179	Local
<b>Home and Community Health</b>		
Fraser Health Home Health Care	604 476 7100	Home and community health care and support services for eligible residents who have

		acute, chronic, palliative or rehabilitative health care needs.
Creekside <b>Adult Day Program</b>	604 463 1826	
Ridge Meadows Hospital	604 463 4111	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	

## HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
HAFI ( Home Adaptations for Independence)	604 433 2218	Administered by BC Housing, HAFI provides financial assistance for home

		modifications for low income British Columbians with mobility or health issues.
Advocacy and Appeals re Housing		
Long Term Care Assessment (Fraser Health)	1 855 412 2121	Fraser Health Home Health provides home support services for adults who can no longer live safely or independently at home because of their health care needs. A Long Term Care Assessment is required before services can be provided. An assessment is also required for placement in publicly funded assisted living
SAFER ( Shelter Aid for Elderly Renters)	604 433 2218	SAFER is a rental subsidy program offered through BC Housing for individuals 60 years and older with low to moderate incomes.
Legion Housing	604 463 5101	Operated by Royal Canadian Legion Branch 88 in Maple Ridge owns and operates two seniors residences. Veterans place first in buildings but they are open to everyone
Seniors Services Society	604 520 6621	Non-profit that provides information on housing and support services for seniors on lower mainland to live as independently as possible. A temporary housing program and a service directory are available.

<b>*** see the Maple Ridge Pitt Meadows 2018 Seniors 55 + Resource Directory for more extensive list of housing resources</b>	<b>604 786 7404</b>	<b>Published by Maple Ridge Pitt Meadows News in partnership with the Seniors Network</b>

## HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home Seniors Outreach and Home Support Program ( Community Services)	604 467 6911 Ext. 1232	Non profit services including transportation for medical appointments ( local and long distance) grocery shopping, handy person service, home and yard maintenance, housekeeping and friendly visits
Aging My Way Home Care	604 290 8331	Companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, personal care and medication reminders. Personalized services available seven days a week and can range from few hours daily to 24 hour care ( Fee)
Seniors Peer Support	604 380 0516	Ridge Meadows Seniors Society
Home Health and Palliative Support Services	1 855 412 2121	For healthcare and support at home
Fraser Health Patient Care Quality Office	1 877 880 8823	Provides a process for patients to register complaints about care received from the Fraser Health integrated health system including hospitals, community health care centers, residential care and assisted living homes.
<b>*** see the Maple Ridge Pitt Meadows 2018 Seniors 55 + Resource Directory for more resources</b>		<b>Published by Maple Ridge Pitt Meadows News in partnership with the Seniors Network</b>

## TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Access Transit	778 452 2860	General information on accessible public transit, Handy DART, Handy CARD.
Handy DART	604 575 6600	**Consumer advocate Linda McGowan 778 772 4431



SPARC BC Parking permit BC Bus Pass for Seniors and Others Program	604 718 7744 1 866 866 0800	Permit for persons with disabilities
Taxi ( Alouette Taxi)	604 463 8888	10 % discount to seniors
Ridge Meadows Seniors Society Driving Service	604 467 4993	The volunteer driving program operates Monday to Friday for members of the RMSS. Annual membership fee (25.00) gives access to programs and services at two seniors centers.

Parking Permit (disabled) SPARC BC	604 718 7744	
Translink Service Information	604 953 3333 (Push 0 )	Lower Mainland
Elder Transportation Program	1 800 900 2432	Supports Aboriginal Elders with transportation costs who wish to attend the Annual Elders Gathering

## LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604 437 1940 1 866 437 1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1 866 577 2525	
Family Justice Clinics	1 604 660 8828	
Crown Counsel Maple Ridge	1 604 466 7443	
NIDUS – Representation Agreements	1 604 408 7414	
Public Guardian and Trustee	1 604 660 4444	
Peoples Law School	604 331 5400	
Legal Services Society of BC	604 472 0634	
Access Justice Pro Bono Legal Services	1 877 762- 664	
Community Law Advocacy Services	604 467 6911 Ext. 1210	

## SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
First Link Dementia Helpline	1 800 936 6033	
Dementia Support Groups ( Alzheimer Society)	604 298 0780	
Purple Angel Dementia Support	604 477 9628	Call Myrna for more information
Seniors Activity and Inclusion Group	604 463 2229	
AA	604 434 3933 (24 hours)	
NA	1 877 909 3636	
Al-Anon		Online search for local meeting
Nar-Anon		Online search for local meeting
Alzheimer Society of BC	604 298 0780	
Caregivers Connect	604 380 0516	A monthly support group for Caregivers to discuss common issues, practice relaxation techniques, and gain support from peers who are struggling with similar issues.
MS Society	1 604 689 3144	
Arthritis	1 800 321 1433	
Diabetes Health Center	604 476 7056	Support and education for individuals living with Diabetes
Deaf and Hard of Hearing ( Service BC)	604 775 0303	
Parkinson's Support Group	604 463 6018	

## FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	1 800 990 2432	
Katzie First Nation Band Office	604 465 8961	
Katzie Health Care Centre	604 465 8921	Provides Foot Care Clinics and Wellness days as well as a meal program and Home Care/ Home Making services to Elders living on the reserve who require special care

First Nations Health Authority		
Fraser River All Nations Aboriginal Society	604 466 7439	
Anishnaabe Place	604 467 6911 Ext 1217	Offers information, support, referral service, informal education in traditional teachings and a strong cultural environment that encourages a sense of belonging

### IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Multicultural Women's Group	604 467 6055	
Immigrant Services Society of BC Settlement Program ( ISS)	778 284 7026	
UNC Language Instruction for Newcomers to Canada	604 942 1277	

### MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation – facilities		<b>*** see the Maple Ridge Pitt Meadows 2018 Seniors 55 + Resource Directory for more resources</b>
Parks and Recreation – programs		
Maple Ridge Public Library	604 467 4113	
Pitt Meadows Family Recreation Center	604 465 2452	
RMSS Ridge Meadows Seniors Activity Centre	604 467 4993	
RMSS Pitt Meadows Seniors Activity Centre	604 457 4771	

### INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada

Employment and Income Assistance	1 800 277 9914	Service BC
Community Volunteer Income Tax Prep.	604 786 7404 or 604 467 4993	

### DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Ridge Meadows Hospice Society	604 463 7722	
Grief Counselling		

### FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Friends in Need Food Bank – Maple Ridge	604 466 3663	
Friends in Need Food Bank – Pitt Meadows	604 460 4619	
Meal Delivery – Meals on Wheels	604 467 6911 Ext 1218	Community Services
Shopping Transportation		

### GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Lisa Beare	604 465 9299	MLA
Bob D’Eith	604 476 4530	MLA
Dan Ruimy	604 466 2761	MP
Service Canada	1-800-622-6332	CPP; OAP; GIS;
BC Seniors Advocate	1 877 952 3181	