

Are you a SENIOR?
Do you have a SENIOR
in your
life?



Age Friendly
Cold Lake
offers a variety
of services for
seniors provided
both at home and
throughout
the community.



Contact us
to learn more
about how we
can help.

Volunteer
opportunities
available!



780-594-5666

agefriendlycoldlake.ca


agefriendly
COLD LAKE | CREATING CONNECTIONS
IMPROVING LIVES

In-Home Support

- Volunteer navigators
- Light housekeeping
- Appointment advocacy
- Meal support programs
- Accompanied transportation to medical appointments
- Vulnerable senior registry
- Advocacy
- Minor home maintenance
- Short term caregiver respite
- Medical equipment loans
- End of life doula
- SLUMS cognitive testing



Community Support

- Caregiver support group
- Grief support counselling
- Grief recovery group
- Dementia day program



Social Support

- Feast to Friendship luncheons for isolated seniors
- One-on-one navigator support
- Men's Shed



Education

- Seniors' resource library
- Dementia resource kits
- Public awareness campaigns



*Visit our website for a complete list
of services and programs*

agefriendlycoldlake.ca

Age Friendly Cold Lake

Program Statistics

January 2022 to June 2023

Client referrals

116

received from family members, AHS and private health care providers, RCMP, Alberta Corrections, Victim Services, Veterans Affairs, the M.D. of Bonnyville.

21

Outgoing client referrals

to Alzheimer's Society, Caregivers Alberta, CNIB, John Howard Society, F.C.S.S., Food

Bank to name a few.

1732

Volunteer Navigator hours

for in home client support and advocating.

Delicious and healthy frozen meal orders

from our partners at Heart to Home Meals or Emma's Convenience delivered to clients.

111

270

Local trips provided by staff or volunteer Navigators for medical, dental, or eye appointments, banking and/or shopping.

Out of town trips

for non-emergency medical appointments

(since February 2023)

25

257

Attendees at our monthly **Feast to Friendship luncheons** for seniors who are isolated and usually eat alone.

People with mild to moderate dementia who have attended **Minds in Motion** for light exercise and socialization.
(Since January 2023)

61

69

Light housekeeping visits for seniors who need help keeping their homes clean and safe.

Cycling Without Age trishaw rides

enjoyed by seniors living in all 3 care facilities in Cold Lake.

102

Men's Shed visits by older men to socialize and work on projects together which give a sense of purpose and add value to the community.

313

Support to seniors and their families to navigate **end-of-life** challenges.

4

Age Friendly Cold Lake Operating Grant Request - 2024*		
office supplies	3,000	
office equipment	4,000	new computer, phone costs.
utilities	8,500	EKD Enterprises
transportation	3,000	volunteers and staff
furniture	10,000	set up expanded office area
promotional materials	7,000	printing, media, design, swag
training	5,000	provincial meetings, online training
outside building sign	1,000	
monthly luncheon	5,000	\$300 x 12 plus take home containers
agency insurance	1,600	D & O and general liability
accounting/bookkeeping	5,000	auditor and bookkeeper
building security system	750	Telus
facility rentals	1,000	large meeting spaces for community meetings
Total Request	53,850	

* More specific information will be available at the Council Meeting.