

SYLVAN LAKE COMMUNITY RESOURCES FOR SENIORS

Medical Clinics

- **Dr. Fugler's Office**
5036 – 48 Street, Sylvan Lake
(403)887-4418
- **Sylvan Family Health Center**
#101 – 190 Pelican Place, Sylvan Lake
(403)887-2224
- **Sylvan Medical Center**
5007 – 46 Street, Sylvan Lake, Alberta
(403)887-2221
- **Horizon Family Medicine**
65 Hewlett Park Landing, Sylvan Lake
(403)887-0510

Sylvan Lake Community Health Center and Ambulatory Care

4602 – 49 Ave. Sylvan Lake

- **Ambulatory Care:** For non-life-threatening health treatment
(403)887-2241
- **Sylvan Lake Home Care:** For support in personal care needs such as bathing, hygiene, medication administration, wound care, mobilization and transferring, assessment for aides to daily living.
(403)887-6793
- **Occupational Therapy:** For support in daily living needs, home safety, and driving concerns.
(403)887-6793
- **Home Physiotherapy:** For physical health and rehabilitation support.
(403)887-6793
- **Continuing Care Counselling:** For support in transitions to or between supportive living facilities and palliative care resource nurse.
(403)887-6793
- **Palliative Care Resource Nurse**
(403)887-6793
- **Seniors Mental Health Program Community Services Outreach Nurse:** Provides assessment for older adults.
(403)887-6793

Home Support Services

- **Sylvan Lake Family and Community Support Services (FCSS):** Offers subsidized light housekeeping services for seniors, social support services, assistance with government forms, lifeline, transportation resources, volunteer center, information and referrals.
(403)887-1137 ext. 222

Seniors Housing

- **Bethany Sylvan Lake**
4700 – 47 Ave. Sylvan Lake
(403)887-7741
- **Sylvan Lake Lodge Foundation and Sylvan Lake Manor**
4620 – 47 Street Sylvan Lake
(403)887-2555

Helping Services

- **211 Alberta:** 24-hour 7 day a week service
- **Alberta Blue Cross**
(403)343-7009
- **Addiction Services Helpline**
1-866-332-2322
- **Alberta Elder Abuse Awareness Network (24 hour)**
1-877-454-2580
1-403-346-6076
- **Alberta Monitoring for Health**
1-800-267-7532
- **Alberta Supports Contact Centre**
1-877-644-9992
- **Alberta Supports Contact Centre for Deaf or Hearing Impaired**
1-800-232-7215
- **Alberta Rite Number:** Access to all Alberta government offices
310-0000
- **Better Business Bureau**
1-800-232-7298

- **Canadian Cancer Society**
(403)347-3662
- **Canadian Red Cross**
(403)346-1241
- **Caregivers Alberta**
1-877-453-5088
- **Central Alberta Brain Injury Society**
(403)341-3463
- **CNIB Helpline**
1-800-563-2642
- **Compass Caregiver Support Group**
(403)887-5428 (Sylvan Lodge) or (403)887-1137 ext. 222 (FCSS)
- **Dementia & Alzheimer's Support Group**
(403)342-0448
- **Dementia Link**
811
- **Emergency Care**
911
- **Food Bank**
4607-47 Ave, Sylvan Lake
(403)887-4534
- **Government of Alberta Seniors Programs and Services**
1-877-644-9992
1-780-644-9992
- **Health LINK Alberta:** Health advice 24 hours a day
811
- **Heart & Stroke Foundation**
(403)342-7088
- **Henday Association for Lifelong Learning:** Adult literacy programs
(403)227-2866
- **Information & Referral Specialist**
4725-43 Street, Sylvan Lake
8:00 am – 4:00 pm

(403)887-1137

- **The Lending Cupboard:** For medical equipment loans, including wheelchairs, canes, crutches and more
(403)356-1678
- **Meals on Wheels:** Located in the Sylvan Lake Lodge
4620-47 Street, Sylvan Lake
(403)887-2555 ext. 5
- **Mental Health Crisis Line (24 hour)**
1-877-303-2642
- **Multiple Sclerosis Support Group**
(403)346-0290
- **Office of the Public Guardian:** For adult guardianship and trusteeship services
(403)340-5165
- **Parkinson's Association**
1-800-561-1911
- **Parkinson's Disease 24 Hour Help Line**
1-877-243-9999
- **Persons with Developmental Disabilities**
(403)340-5003
- **Problem Gambling Resources Network**
1-780-461-1259
- **Safeguards for Vulnerable Adults**
1-888-357-9339
- **Service Canada:** Information about taxes, Canada Pension and Old Age Security
www.canada.ca
1-800-277-9914
- **Veterans Affairs**
1-866-522-2122
- **Veterans Affairs Canada Assistance Services:** for psychological support (24 hours)
1-800-268-7708

Pharmacies

- No Frills Pharmacy
70 Hewlett Park Landing, Sylvan Lake
(403)887-1310
- Pharmasave
101101 – 10 Pelican Place, Sylvan Lake
(403)864-5192
- Remedy's Rx
5007 – 46 Street, Sylvan Lake
(403)864-0689
- Shoppers Drug Mart
3715 – 47 Ave. Sylvan Lake
(403)887-5392
- Shoppers Drug Mart
5043 – 50 A Street, Sylvan Lake
(403)887-4200
- Walmart Pharmacy
3420 – 47 Ave. Sylvan Lake
(403)887-7640

Optical/Optometrists/Hearing

- Doctors Eyecare
5043 – 47 Ave. Sylvan Lake
(403)887-2020
- Eyes and Ears Optical Hearing Co.
425 – 3715 – 47 Ave. Sylvan Lake
(403)887-5073
- Walmart Vision Center
3420 – 47 Ave. Sylvan Lake
(403)887-7284

Physical Therapy

- Physiotherapy Outpatient Clinic
108 – 5015 – 50 Street, Sylvan Lake
(403)887-6715
- Sylvan Lake Physiotherapy
5007 – 47 Ave. Sylvan Lake
(403)864-9488

Respiratory Therapy

- Sylvan Lake Respirology
5015 – 50 Street, Sylvan Lake
(403)887-6985