

Health Care Information						
Title/Name	Description	Published/Prepared By	Address	Phone	Website	Email
Knowledge is the <i>best</i> medicine: Things to know about medicines you take	Information regarding what you need to know about medication. Find out what you need to ask and how to know that your medication is safe. Includes a "Medication Record" log book.	R&D: Canada's Research-Based Pharmaceutical Companies	1220 - 55 Metcalfe St. Ottawa, On K1P 6L5	1-800-363-0203	www.canadapharma.org	knowledge@canadapharma.org
E.R.I.K. (Emergency Response Information Kit)	Magnetic plastic sleeve that you attach to your fridge. Also includes a sticker to attach to your main door to inform E.M.S. personnel to look for this important document.	Available through Community Seniors Resource Councils and Multi-purpose Senior Centres in Manitoba.	The website includes a list of all the Manitoban locations.	Various	http://cimnet.ca/cim/cs?sit=19&st=50,2811,-1,214,5068,-1&lk=1930&li=44	Various
Dial-a-Dietitian	Call to speak to a Registered Dietitian right here in Manitoba to get answers about food and nutrition.	Public Health Agency of Canada	Not Applicable	204.788.8248 or call toll free 1.877.830.2892	Not Applicable	Not Applicable
Information is the best medicine	Information regarding the eChart system in Manitoba	eChart Manitoba c/o Manitoba eHealth	300 - 355 Portage Ave.	1-855-203-4528	www.connectdcare.ca/echartmanitoba	echart@manitoba-ehealth.ca
Advance Care Planning: Have a say in your health care	Information regarding Manitoba's Health Care System	Manitoba Health Region Authority	Not Applicable	204-926-7000	http://www.wrha.mb.ca/acp/index.php	Not Applicable

Victoria Lifeline	A means of getting the help you need when and if you need it. By wearing a lightweight, discreet, waterproof button, help is just a button-push away. Now, Lifeline with AutoAlert can provide help if you have fallen and can't press your help button!	Victoria General Hospital	4 - 1875 Pembina Hwy. Winnipeg, MB R3T 2G7	204.269.8240	www.victorialifeline.ca	lorna.pankratz@phillips.com
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Socialization Opportunities

Title/Name	Description	Published/Prepared By	Address	Phone	Website	Email
Friendly Connections	Friendly connections is a telephone outreach program design for seniors who would like to visit with someone without having to leave their home. It offers friendship and contact with others. It is not a medication or security check. A volunteer will phone to chat on a daily, weekly or occasional basis.	Support Services - St. James-Assiniboia Senior Centre	2109 Portage Ave. Winnipeg, MB R3J 0L3	Call Adele Spence to set up your calls at 204.987.8858	Not Applicable	Not Applicable
Mensheds Manitoba Inc.	A peer-run program for men by men. They offer a variety of member run programs. Good for those men looking to get out and socialize	Mensheds Manitoba Inc.	Woodhaven Community Club - 200 Glendale Blvd.	Doug Mackie - Director at 204.832.0629 or Mensheds cell at 204.804.5165	Not Applicable	menshedsmanitoba@outlook.com

Household Assistance						
Title/Name	Description	Published/Prepared By	Address	Phone	Website	Email
Home Maintenance Program	Assistance provided for Housekeeping, Meal Preparation, Painting and Carpentry, Yard Work, Minor Electrical & Plumbing, Handyman Jobs	Good Neighbours Active Living Centre	720 Henderson Hwy. Winnipeg, MB R2K 0Z5	204.806.1303	Not Applicable	hmprogram@gnalc.ca
Legal and Tax Assistance						
Title/Name	Description	Published/Prepared By	Address	Phone	Website	Email
A Legal Information Guide for Seniors	Information regarding: Wills and Estates, Power of Attorney, Health Care Directives.	The Seniors and Healthy Aging Secretariat, Manitoba Healthy Living, Youth and Seniors, The Public Trustee and The Community Legal Education Association	1610 - 155 Carlton Street Winnipeg, MB R3C 3H8	204.945.6565 or 1.800.665.6565	http://www.gov.mb.ca/shas/	Not Applicable
Primary Caregiver Tax Credit	Application Form	Manitoba Government	Not Applicable	Not Applicable	http://www.gov.mb.ca/finance/tao/pdf/caregiver/application.pdf	Not Applicable
Disability Tax Credit Certificate	Application Form	Manitoba Government	Not Applicable	Not Applicable	http://www.cra-arc.gc.ca/E/pg/tf/t2201/t2201-12e.pdf	Not Applicable
Pharmacy Offerings						
Leila Pharmacy	Offers at no charge: Regular Visits by their Pharmacist in your home, prescription delivery, bubble pack or dosette packaging, automatic refill and delivery of medications, help with form completion for drug plans, prescription pricing that is equal or less than what you are currently paying. Call them at (204) 334-4248					