

Older, Bolder, Better!™

Seniors Exhibition & Symposium

Business Directory

Featuring Local Businesses And
Organizations That Serve Seniors In
Edmonton & The Surrounding Areas!



Westend Seniors Activity Centre

A Community Hub For
Older Adults

*Come see how we are changing the way the words
“seniors centre” are defined!*

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A MESSAGE FROM OUR EXECUTIVE DIRECTOR

I am so excited to announce that we will be hosting our 25th annual Older, Bolder, Better![™] (OBB) Seniors Exhibition and Symposium this year!

In 2022, we introduced an outdoor market with live music, outdoor activities, guest speakers, door prizes, raffles, and more. In 2023 we hope to make OBB even bigger and better!

As a Gerontologist, I have always believed in the concept of “healthy aging in communities”. When we talk about communities, we tend to only focus on the services/programs provided by the public and non profit sectors. However, we forget the important role that age friendly businesses play in supporting seniors and their families.

These are businesses that are providing crucial services to seniors on a daily basis so they understand the issues/struggles seniors and their families are facing. These practitioners also have a wealth of knowledge to share with seniors about the resources available to combat age related challenges and issues. Therefore, age friendly businesses are key players in our communities to help seniors age in place.

Older, Bolder, Better and this directory showcased some of the senior serving businesses here in Edmonton and many of those businesses have partnered with our centre, the Westend Seniors Activity Centre (WSAC) under our “Friends of WSAC” program.

I encourage you to use this directory when looking for senior serving businesses and if you have questions, please feel free to reach out to our centre

Haidong Liang, PhD
Executive Director, Westend Seniors Activity Centre



Aging Well
NUTRITION SERVICES



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NUTRITION SERVICES
&
HELPFUL
NUTRITION**

**DIETITIANS HELPING
YOU AGE WELL**



Kelly Reinprecht
Registered Dietitian





Kristen Hruschak
Registered Dietitian


Kelly has been practicing for 13 years in the continuing care sector in Alberta. She has a passion for helping seniors and specializes in geriatric nutrition. Kelly launched Helpful Nutrition & Health Navigation not only to help with diet and nutrition concerns but to provide support to caregivers and clients navigating the complex health and social systems.


Kristen has been practicing for 8 years in long term care in Alberta. She opened Aging Well Nutrition Services to help seniors and caregivers navigate nutrition concerns so seniors can stay in their homes for as long as possible. Kristen's ultimate goal is to ensure caregivers and loved ones have better access to dietitians in order to stay happy, healthy, and strong, for as long as possible.


Kelly and Kristen offer individual counselling including home visits in the local area, as well as virtual and phone appointments to reach clients and caregivers across the country.

 www.helpfulnutrition.ca

 kelly@helpfulnutrition.ca

 (780) 718-4827


 www.agingwellnutrition.ca

 kristen@agingwellnutrition.ca

 (780) 203-7568

ALBERTA ASSOCIATION OF OPTOMETRISTS

780 451 6824

Alberta
Association
of Optometrists 

100, 8407 Argyll Road,
Edmonton



DID YOU KNOW:


- Many common eye diseases have no early signs or symptoms, but if diagnosed early during your annual eye exam have greater treatment success.
- By age 65, 1 in 9 Canadians develops irreversible vision loss; 1 in 4 by 75.
- Your optometrist is also looking for early signs of serious medical conditions, such as high blood pressure, diabetes, and cardiovascular disease during an eye exam.
- There is Alberta Health coverage towards your annual eye exam. It's not just whether you might need an eye glass prescription update, it's about your eye health and protecting your vision.
- If you require urgent care, due to eye and eyelid inflammation, eye injuries, dry eye, or sudden changes in vision, there is Alberta Health coverage towards these appointments.

**Don't risk it. Stay active and independent.
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of Optometrists 



ALEXIS HLADY

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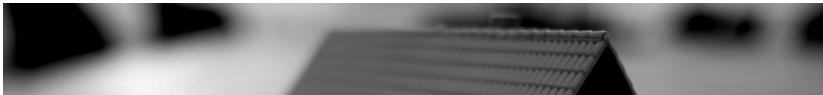
From CASTLES to CONDOS
...and everything in between

With 20 years of experience in the Edmonton area, Alexis Hlady is a household name in local real estate.

"I understand your needs, the market and the neighborhoods in the area, and possess extensive listings of houses, condos and properties for sale in the Edmonton area to suit every budget, family size & taste.

I will find the homes for sale or condos on the market that are perfect for you! Why don't we meet for coffee and you can tell me what you are looking for!"

Alexis Hlady



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Sherwood Park

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St Albert

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Are You Or Your Parents Determined To Age In Place? Is It Time To Downsize Where You Live?

Where you live sets the tone for your health & your ability to remain independent. Do you know how to plan to age well at home or how to plan your next housing choice? You aren't alone... figuring out the resources & options can be overwhelming!

One-On-One Consultations

Jolyn offers one-on-one consultations for older adults & their families to either create a plan to age well at home OR help you make decisions about your next housing options.

RESOURCES FOR AGING WELL

Explore the Edmonton55.com website to find a 55+ housing directory, a free decluttering challenge, support services to help you age well where you live, and become an Edmonton55 Insider to get access to sneak peek retirement living tours...and so much more!



*“You don’t have to figure this out on your own.
I’m here to help you navigate the options!”*

Jolyn Hall,
55+ Housing Navigator

ELDERCARE EDMONTON

ADULT DAY PROGRAMS

Recreation Programs in Edmonton

Fulton Place | 10310 – 56 St

Central Lions | 11113 – 113 St

Westend Seniors | 9629 – 176 St



Founded in 1980, ElderCare Edmonton (ECE) is a non-profit organization that supports adults and their caregivers through recreational adult day programs. Funded for adults living independently in the community, our social/recreation Day Programs set us apart from other medical-based programs in Edmonton. Our programs allow participants to remain active in their community by:

- Fostering new friendships
- Enjoying therapeutic recreation independently from their caregivers
- Maintaining independence
- Reducing isolation

*Join Us
For Only
\$10/day!*

Who Uses Our Programs

- Adults at risk of losing their mobile ability
- People with a history of increased healthcare usage
- Those with chronic or complex medical conditions
- Adults experiencing signs and symptoms of cognitive impairment
- Adults with caregivers in need of respite

CONTACT US

☎ (780) 434-4747

✉ info@eldercareedmonton.ca

🌐 www.eldercareedmonton.ca





FOREVER NEAT ORGANIZING

587 938 6517

info@foreverneat.ca

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WILLS, ESTATES & NOTARY



**MARRAZZO
LAW OFFICE**



**MARRAZZO
LAW OFFICE**

Lina Marrazzo B.A, LL.B

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5003 DeWolf Road NW, Edmonton

WILLS, ESTATES & NOTARY



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1.

Do you have your LAST WILL AND TESTAMENT?

A Will allows you to choose who will get *your assets*, who will look after *your children*, and who will be in charge of distributing *your estate*.

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3.

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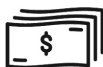
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Every family's needs are different and together you and I customize a plan that works with the entire family. My philosophy is that we are an extension of your family and we will always treat your loved one as if they were our family.

www.wendyserrands.com
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Wild Rose

An OPTIMA LIVING Community

WILD ROSE AN OPTIMA LIVING COMMUNITY

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MEMBER OF PARLIAMENT
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- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Veteran's Affairs

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.

104-10471 178 Street Edmonton, AB T5S 1R5
kelly.mccauley.c1@parl.gc.ca ~ 780-392-2515



KELLY MCCAULEY

MP | EDMONTON WEST



@KELLYMCCAULEYMP



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SENIOR FRAUD ALERT



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SENIOR FRAUD ALERT

spot & stop senior scams

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Visit our website to learn how to identify fraud and protect yourself from it.

SUSPECT, DETECT, REPORT

Learn how you can spot the clues left by scammers and stop them from causing harm by contacting the authorities.

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This educational tool is brought to you by Edmonton Seniors Centre, the Westend Senior Activity Centre, and ICANSA, the Chinese Seniors Association (the YEG Seniors Alliance), and the Edmonton Police Service.

seniorfraudalert.ca

WESTEND SENIORS ACTIVITY CENTRE

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***Celebrating 45 years of serving
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**Westend Seniors
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A Community Hub For
Older Adults

*Come see how we are changing the way the words
“seniors centre” are defined!*