

TOWN OF MILLET
DIRECTORY OF SERVICES FOR
SENIORS



**.....CARING FOR SENIORS IN OUR
COMMUNITY**

**Prepared by Town of Millet
Family & Community Support Services
2016**

Dear Seniors:

This booklet has been compiled to provide fingertip, quick access to telephone numbers or information that we feel may be of the most use to you, your families and the various agencies that provide services for seniors. FCSS had endeavored to ensure all information is current at the time of printing. If we have missed information that you would like to see in our next directory, please call us at 780-387-4554. I trust this directory will be very useful to you. Please remember that our FCSS program can be a great resource for you, so do not hesitate to call us!

Sincerely,

Lisa Schoening, Town of Millet FCSS Coordinator

Millet History

The Canadian Pacific Railway from Calgary to Edmonton was completed in 1891. At that time Ben Slaughter, a fur trader and buyer, had a store where Millet is now located. Sir William Van Horne, president of the Pacific Railway Company, asked Father Lacombe to give names of all the stations between Lacombe and Edmonton. Father Lacombe submitted a list, which was approved by the Lieutenant Governor of the North West territories. In honor of August Millet, a fur buyer who sold furs to Ben Slaughter and was a canoe man for Father Lacombe, on June 17, 1903, Millet was proclaimed a Village by an Order-in-Council. By 1908, Millet's first councilors were elected.



The first post office was established in 1896 on April 1 and Ben Slaughter was the first postmaster. In 1903 Van Meter and Jack West built stores in Millet the same year Millet became a Village. Jim Blades was the first overseer. P.J. Mullen settles in the Millet area in 1899. He was an entrepreneur who attracted many settlers to the area by extensive advertising of the possibilities for success here. New businesses were established and thrived. By 1915, the Board of Trade had fifty members from Millet and area. The one room school built on the east side of the tracks in 1901, was destroyed by fire and in 1902 was replaced by a two-room school, then by a four room school in 1930 to accommodate grades one to twelve.

In October 1927, a disastrous fire destroyed many of the buildings along the east side of Railway Street, but the businessmen rebuilt across the street.

In 1950, the Board of Trade built a Community Hall, which the Board gave to the Village and is still being used today. In 1953, Northwestern Utilities brought natural gas to the Village.

In the mid-seventies housing development started in Millet and was followed by an influx of new residents. Acreage developments surrounding Millet took place as well. In 1981, the Griffiths-Scott School was built; between it and the Millet School students from grades one to nine from Millet and the area were accommodated.

On September 1, 1983, Millet was declared a Town and October 17, 1983, a General Election was held with the change to Town status, 6 Councilors and a Mayor were elected. As the town continues to become a home to more people, its business community is steadily becoming revitalized. It can be proud of its excellent facilities, with the future looking very promising

TABLE OF CONTENTS

MILLET HISTORY.....	2
IMPORTANT CONTACT PHONE NUMBERS.....	4
Federal Government Services.....	5
Provincial Government Services.....	6
HOME SUPPORT SERVICES.....	7
HELPING AGENCIES.....	8-9
FRAUD & SCAMS.....	10-11
ELDER ABUSE.....	12
MEDICAL INFORMATION & SUPPORT.....	13-16
MILLET SENIORS EVENTS.....	17-19
PARKS & RECREATION.....	20
TRANSPORTATION.....	21
PLACES TO STAY.....	21
GOLF COURSES.....	21
PUTTING YOUR AFFAIRS IN ORDER.....	22-24
HOUSING FOR SENIORS.....	25
911 INFOMATION.....	25
PHARMACY/DOCTORS/DENTISTS/DENTURISTS.....	26
MAPS.....	27-28

IMPORTANT PHONE NUMBERS

TOWN OF MILLET

Town Hall.....	780-387-4554
5120-50 Street, Box 270, Millet, Alberta T0C 1Z0	
Family & Community Support Services	780-387-5655
Hall Rentals.....	780-387-5275
Rexall Drug Store.....	780-387-2200
Millet Library.....	780-387-5222

EMERGENCY

On-Call Public Works (24hr on call).....	780-916-6591
Ambulance, Fire, RCMP.....	911
Wetaskiwin Hospital.....	780-361-7100
Leduc Hospital.....	780-986-7711
Millet Dental Clinic.....	780-387-5100
Millet Denture Clinic.....	780-387-3311

FEDERAL & PROVINCIAL SERVICES

Veteran Affairs Canada.....	1-866-522-2122
-----------------------------	----------------

PENSIONS

Federal Government Programs.....	1-800-277-9914
Provincial Government Programs.....	1-877-644-9992

ALBERTA SUPPORTS

Provincial Government Programs.....	1-877-644-9992
-------------------------------------	----------------

FEDERAL GOVERNMENT SERVICES

VETERAN AFFAIRS

In recognition of the sacrifices made by Canadians in our nation's war and peace keeping efforts, Canada offers a wide range of services and benefits to qualified veterans and certain civilians, as well as their dependents or survivors. Veterans Affairs Canada provides disability pensions for service-related injuries, economic support allowances and additional benefits in the areas of health care, home help services, funeral and burial assistance and commemoration, among others, designed to meet the changing need of veterans.

For more information, contact:

All areas Toll-Free 1-866-522-2122
or Edmonton Direct 1-780-495-3762

Veterans Affairs Canada Website: www.vac-acc.gc.ca

CANADA PENSION PLAN & OLD AGE SECURITY

Almost all of today's seniors receive income from Canada's public pensions: the Canada Pension Plan (CPP) and the Old Age Security (OAS) program. Together, the CPP and OAS provide a modest base upon which Canadians can build their retirement income.

For information on applying for or about your CPP or OAS benefits:

Toll-free: 1-800-277-9914
TTY: 1-800-255-4786

Website: www.servicecanada.gc.ca

Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada.

You qualify for the Guaranteed Income Supplement if you meet **all** of the following conditions:

- you are receiving an Old Age Security pension
- your annual income (or in the case of a couple, your combined income) is lower than the maximum annual threshold.

For more information on this and other Federal programs, contact **Service Canada** at P.O. Box 2710 Station Main, Edmonton, Alberta T5J 2G4 or **1-800-662-6232**.

PROVINCIAL GOVERNMENT SERVICES

ALBERTA SENIORS

For more information about seniors programs and services from the Alberta government or to obtain a copy of “**Seniors Programs and Services Information Guide**”, please call:

Alberta Supports Toll Free: 1-877-644-9992
or in the Edmonton Local Calling area – 1-780-644-9992

It may also be found on the website: **www.seniors.gov.ab.ca** under “Information Services” or “Publications & Forms”.

Other Publications Also Available from “Alberta Seniors”

1. *Directory of Seniors Organizations in Alberta* – lists organizations in Alberta that provide services and programs for seniors.
2. *Saying Farewell* – A helpful guide with information and forms to assist you through the death and dying process.

ALBERTA SUPPORTS

Albertans can access information on more than 30 social based assistance programs and more than 100 services by visiting a single website or calling just one phone number.

Information includes services related to: career and training, income support, disabilities, seniors, homelessness, abuse and bullying, children and youth, and making life decisions such as personal directives. Albertans can also estimate their potential eligibility and obtain referral information.

WEBSITE: www.albertasupports.ca

CONTACT CENTRE: TOLL FREE 1-877-644-9992

HOME SUPPORT SERVICES

HOMEMAKER SERVICES

FCSS Homemaking Service is designed to assist seniors and people living with disabilities to live as independently as possible and stay in their own homes. Our services help our clients to live as residents in the community for as long as possible. Homemaking Service includes light housekeeping such as vacuuming, cleaning bathrooms, dusting, washing floors. On a short-term basis, the Homemaking Service can help people who have just been discharged from hospital and need extra help while recuperating at home. Homemaking Services are provided at a subsidized cost. For more information call Lisa at 780-387-4554.

MEALS

The Town of Millet does not currently have a Meals on Wheels program, we do however have a company that will deliver frozen pre-cooked nutritious meals right to your door. Heart to Home Meals has over 100 frozen meals, soups and desserts to choose from as well as products for special dietary needs. Each is designed by their chef and dietitian, and as a result you get the great flavour and the necessary nutrition. All you have to do is select the meals, order and their friendly drivers will deliver them direct to your home. Their menu includes a wide variety of entrées including beef, chicken, pork, fish and vegetarian. They have several soups to start and tempting desserts for the sweet tooth. In addition, they provide a diverse range to meet the needs of diabetic, low fat, low calorie, low sodium and texture modified diets – all designed with seniors in mind.

For more information, or to order, call:

780-666-2336

Or toll-free 1-800-704-4779

Website: www.hearttohomemeals.ca

AIDS TO DAILY LIVING

The Alberta Aids to Daily Living (AADL) program helps Albertans with a long-term disability, chronic illness or terminal illness maintain their independence in their community through the provision of medical equipment and supplies to meet their basic, medically assessed needs.

Who is eligible? You may be eligible if you: are a resident of Alberta; hold a valid and active Alberta Personal Health Card; and require assistance because of a long-term disability, chronic illness or terminal illness. You must be assessed by an AADL Authorizer or Specialty Supplier.

For more information call: Wetaskiwin Home Care at 780-361-4334

HELPING AGENCIES

AHS – MENTAL HEALTH & ADDICTIONS

Alberta Health Services – Mental Health & Addictions office is on the 1st Floor, Provincial Building at 101, 5201–50 Avenue, Wetaskiwin

Difficulty managing everyday activities, persistent memory problems or confusion can be a normal part of growing older. There are many different things that could cause difficulties like these to occur. If you are experiencing any of these difficulties, you should consult your family doctor and for further assistance, you can talk to the Community Outreach Nurse for Seniors Mental Health. In Wetaskiwin and surrounding area you can reach the Community Outreach Nurse for Seniors at **780-361-1229**

Being “down in the dumps” over a period of time is NOT a normal part of growing old but is a common problem. Feeling this way can affect your body, mood and thoughts. It can affect the way you eat and sleep, your self-concept and it’s not the same as a passing blue mood. It is not a sign of personal weakness or a feeling that can be willed or wished away. Help is available through your family doctor and after a complete examination your doctor may suggest you talk to a Mental Health Worker. In Wetaskiwin and surrounding area you can reach the Mental Health Worker at **780-361-1245**.

Information is available at www.albertahealthservices.ca

**we can
help**

HELPING AGENCIES continued

AHS – MENTAL HEALTH & ADDICTIONS

Formerly called AADAC, Alberta Health Services – Mental Health & Addictions contributes to the health of Albertans through a province-wide system of addictions treatment, prevention and information services.

AHS – Mental Health & Addictions provides one on one addiction services for those in need. Services available locally are: Individual outpatient counseling for

- Alcohol
- Other drugs (including tobacco)
- Gambling concerns
- Information and Educational services

Services are voluntary, free and confidential.

For information or assistance, contact: **780-361-1358**

2nd Floor, Provincial Building, 5201 – 50 Avenue, Wetaskiwin 8:15 AM – 4:30 PM, Monday – Friday Website:

www.albertahealthservices.ca

WETASKIWIN PRIMARY CARE NETWORK

5010C – 48 Street, Wetaskiwin, AB T9A 1G2

The Wetaskiwin Primary Care Network assists to better coordinate and improve access to the delivery of primary health services. Primary care is the first point of contact that a person has with the health system – the point where people receive care for most of their everyday health needs.

Priority Services Provided: Care for patients with complex / chronic conditions; seniors / geriatric care; health promotion and disease prevention; high-risk obstetrics; mental health care; palliative care (care for the terminally ill); pregnancy care and delivering babies; sexually transmitted disease care; tobacco cessation. For information call **780-312-2500**

THE SUPPORT NETWORK

24-Hour Distress Line – 1-780-482-HELP (4357)

The Support Network offers confidential, non-judgmental listening to people in distress who are experiencing difficulty in their lives.

FRAUDS & SCAMS

On a daily basis, criminals are taking advantage of people. Although many legitimate businesses market their products and services over the telephone, door to door, through the Internet, through the mail or through newspaper and magazine ads, there are unscrupulous people who will also use these methods to take your money. Learn how to tell the difference between a legitimate and honest offer and those individuals that could be defrauding you.

PROTECT YOURSELF FROM FRAUDS & SCAMS BY:

** Taking your time! Don't be pressured into making an immediate decision. Take time to ask family, a friend or someone you trust before making a deal you're not comfortable with.*

** Never give your credit card number or bank account information to people calling over the phone and don't ever send money by messenger or overnight mail.*

** Call PhoneBusters at **1-888-495-8501** or the website at **www.phonebusters.com** or call Alberta Government Consumer Information Centre at **1-877-427-4088**, if the offer sounds too good to be true.*

** Never buy something because there is a FREE GIFT.*

** If you feel uncomfortable or pressured by the caller, HANG UP.*

** Always remember, if it sounds too good to be true, it usually is.*

** Watch out for people asking you for "shipping & handling" fees or to pay a "small gift tax" in order to receive a prize. Legitimate contests won't ask you to send money to receive a prize.*

HOMEOWNERS BEWARE:

Home-repair frauds are occurring more frequently!!

- * Avoid contractors who knock on your door and claim they are doing work in the area and offer you a “special price” for repairs they feel your home needs.*
- * Be wary of contractors who promise you a discount for work done if you agree to allow them to use your home to “advertise” their work.*
- * Be cautious of contractors who quote a price without seeing what needs to be repaired.*
- * Be wary of contractors who demand a large down payment to buy materials.*
- * Be cautious of contractors who offer to conduct a free inspection of your home and then suggest major repairs.*

Before hiring a contractor, have the individual provide you with the following:

- * Municipal business license*
- * GST Number*
- * Workers’ compensation account number*
- * Provincial prepaid contractor’s license number*

REMEMBER: Legitimate businesses are not concerned about you checking past customer relationships, and are willing to wait for you to decide to use their services. If they are reluctant to give you any information, you should be just as reluctant to hire them. You should always shop around – get more than one price and compare. If you suspect a fraud or scam report it immediately to your local RCMP detachment at **780-312-7267**.

ELDER ABUSE

Elder abuse is generally described as any action or lack of action that causes harm to an elderly person. Elder abuse takes many forms:

- * Physical abuse – slapping, pushing, kicking, punching, deliberate exposure to severe weather, inappropriate use of medication or unnecessary restraint
- * Sexual abuse
- * Psychological abuse – humiliation, isolation, intimidation, threats, inappropriate control of activities or removal of decision-making power when the elderly person is still capable of making decisions
- * Financial abuse

For help or information, please contact:

- * **Seniors Abuse Help Line** – 1-780-454-8888 (Edmonton)
- * **Family Resource Centre** – 780-352-4010
- * **RCMP** – 780-312-7267
- * **Victim Services Social Worker** – 780-312-7287
- * **Older Adult Knowledge Network (Oak-Net)** -- a website offering information on types of abuse and legal protections for older adults -- **www.oaknet.ca**

VICTIM SERVICES

Aiding and assisting victims of crime and tragedy, Victim Services provides support, information and appropriate referrals. If you have experienced any kind of crime or tragedy in your life and require some support, assistance is available. For assistance, please call Wetaskiwin & District Victim Services Unit at 780-312-7287. Located in the Wetaskiwin RCMP Detachment at 5005 – 48 Avenue

SECURING YOUR HOME

If you have any questions or concerns about the security of your home against theft or vandalism, please contact:

Wetaskiwin & District Victim Services 780-312-7287

MEDICAL INFORMATION AND SUPPORT

HEALTH LINK ALBERTA – 1-866-408-LINK (5465)

You never know when you'll need immediate health advice or information. That's why Health Link Alberta is available to you 24 hours-a-day, 7 days a week. One phone call will connect you to a Registered Nurse who can answer your questions and give you sound advice whenever you need it. All calls are treated professionally and confidentially.

THE SUPPORT NETWORK

24-Hour Distress Line 1-780- 482-HELP (4357), offering confidential and non-judgmental listening to people in distress who are experiencing difficulty in their lives.

ALZHEIMER SUPPORT GROUP - Wetaskiwin

Where: Peace Hills Lodge, Wetaskiwin When: Last Tuesday of every month, from 1:30 – 3:30 PM For information call Mesghina Teweldebrhan, Continuing Care Counselor at 780-361-4337

ALZHEIMER SOCIETY OF RED DEER & CENTRAL ALBERTA

105, 4419 – 50 Avenue, Red Deer, AB T4N 3Z5 Phone: 1-403-342-0448 E-mail: cprysunka@alzheimer.ab.ca

ALZHEIMER SOCIETY OF ALBERTA

10531 Kingsway Avenue, Edmonton, AB T5H 4k1 Toll-free: 1-866-950-5465 Website: www.alzheimer.ab.ca E-mail: cgordon@alzheimer.ab.ca

ALZHEIMER SOCIETY OF CANADA

#20 Eglinton Ave., West, Suite 1200, Toronto, Ontario M4R 1K8 Toll-free: 1-800-616-8816 Website: www.alzheimer.ca E-mail: info@alzheimer.ca

Medical Information & Support continued

CANADIAN CANCER SOCIETY

Alberta /Northwest Territories Division

Contact: 1-800-661-2262 Email: info@cancer.ab.ca

Website: www.cancer.ca

The Other Cancer Society programs:

CancerConnection” – 1-800-263-6750

When you need someone to talk to, CancerConnection is there. The peer support program matches newly-diagnosed patient and caregivers with survivors and others who have had similar experiences.

Cancer Information Service – 1-888-939-3333

This is a national, toll-free service offering information about cancer and community resources.

Financial Assistance Program – This program provides financial assistance to people who need help covering transportation and accommodation expenses when travelling to cancer treatment facilities in other cities. For more information, please contact the regional office at 1-800-661-2262.

Inspiring Hope Support Group Series – www.inspringhope.ca – If you’ve recently been diagnosed with cancer, the Inspiring Hope Support Group Series can provide emotional and informative support. Please see the website for further information.



Medical Information & Support continued

ALBERTA CANCER FOUNDATION

Provincial Office: 1-800-412-4222 Cross Cancer Institute: 1-780-432-8771 (Edmonton)

CANADIAN HARD OF HEARING ASSOCIATION

Toll-free: 1-800-263-8068 TTY: 1-613-526-2692 Website: www.chha.ca Edmonton Branch:
#10, 9912 – 106 Street, Edmonton, AB T5K 1C5 Voice / TTY: 1-780-428-6622 E-mail: chha-ed@shaw.ca Website: www.chha-ed.org

CANADIAN DIABETES ASSOCIATION

Alberta & District Office 1-780-423-1232 (Edmonton)

Website: www.diabetes.ca

DIABETES EDUCATION PROGRAM – WETASKIWIN -

What is Diabetes? - Hypoglycemia/Hyperglycemia

- Foot Care
- Medications
- Sick Days
- Exercise
- Coping with Diabetes
- Healthy Eating

For dates, times, cost and to register, call the Diabetes Program at **780-361-4333**.

Medical Information & Support continued

CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB)

The CNIB provides counseling, rehabilitation services and support to help blind, deaf-blind and visually impaired people.

For more information about the CNIB and their services contact them at:

Edmonton

1-780-488-4871

Toll-free: 1-800-563-2642

TTY: 1-780-482-2791 (Collect calls are welcome at all offices)

Red Deer Local:

Local: 1-403-346-0037

Website: www.cnib.ca

HEART & STROKE FOUNDATION OF ALBERTA, NWT & NUNAVUT

Phone: 1-888-473-4636

Website: www.heartandstroke.ca



MULTIPLE SCLEROSIS SOCIETY OF CANADA

Alberta Division – Head Office: call Toll Free: 1-800-268-7582

Central Alberta Chapter: 105, 4807 – 50 Avenue, Red Deer Call: 1-403-346-0290 E-mail: info.centralalberta@mssociety.ca

PARKINSON'S SOCIETY OF ALBERTA

Toll-free: 1-800-561-1911 Website: www.parkinsonalberta.ca E-mail: info@parkinsonalberta.ca

SENIOR CITIZENS OF MILLET & DISTRICT AND OTHER EVENTS

The Millet Senior Citizens of Millet & District is designed to be affordable, provide companionship, connect seniors to the community, enhance and improve the quality of life of seniors.

Membership fees are \$5 per year and are due in January. If you would like to join, or would like more information, please contact the Town of Millet Administration office for the contact number at **780-387-4554**, or attend the monthly meetings held on the last Wednesday of each month at the Millet Legion, 5156-50 Avenue at 12pm.

EVENTS

Millet Seniors Club monthly meeting and potluck occurs on the last Wednesday of every month from 12-1:30pm at the Millet Legion, located at 5156-50 Avenue. Cost for the meetings are \$2.

The Millet Seniors have Floor Curling every Monday, except for holidays, at the Millet Community Hall, located at 5107-50 Avenue. Cost to attend is \$2 and refreshments are served. For more information, call Bob at 780-387-4187.

Millet Seniors Cribbage occurs on the second Tuesday of every month from 1-3pm at the Millet Legion, located at 5156-50 Avenue. For more information contact Walter at 780 387-4565.

ANNUAL COMMUNITY EVENTS

The Town of Millet hosts several annual events, all residents are welcome to attend. A bi-monthly newsletter is sent out with the utility bills that will list upcoming events, if you do not currently receive a utility bill, please contact our office to have your address added to the mailing list! Some of the annual events we host are as follows:

JUNE

*Museum Opening - the Millet Museum and Visitor Information center opens for its full time hours in June of each year. For information, call 780-387-5558.

*Annual Soccer Tournament - Millet hosts one for the largest youth soccer tournaments in June, teams from all over attend this tournament and the organizers always have additional attractions planned for the spectators, plan to go out and watch a few games! This usually falls on the 2nd weekend in June.

*Millet Communities in Bloom host their annual Community Garage Sale, residents purchase a stake and balloons to place at the end of their driveway to indicate they are having a garage sale.

SENIOR CITIZENS OF MILLET & DISTRICT AND OTHER EVENTS.....cont'd

*The Town of Millet in conjunction with the County of Wetaskiwin host an annual toxic and e-round up. This is your opportunity to dispose of all you old electronics as well as paint and other toxic containers you have.

AUGUST

*The Annual Concert in the Country gospel concert is held each year in August. This takes place at the Millet Agriplex, located at 5290-45 Ave. For information on this event, contact 780-387-2263.

*The Town of Millet Annual **HARVEST FAIR** is held on the 4th Saturday in August each year. The Fair includes an outdoor movie, fireworks, a parade, trade show as well as kids events. For more information, contact the Town office at 780-387-4554.

OCTOBER

*The Millet Legion hosts an annual Haunted House at the Millet Legion, located at 5156-50 Avenue on the weekend before Halloween. They are always looking for volunteers to dress up and help, for contact information, call the Town office at 780-387-4554.

NOVEMBER

*The Millet Lions Club host an annual Community Awards Banquet. If you would like to nominate someone or an organization for an award, or would like to attend the banquet, contact the Town office at 780-387-4554.

*The Millet Legion hosts the Annual Remembrance Day Ceremony on November 11th of each year. Ceremony begins at the Griffith-Scott school gymnasium at 10am each year, with a parade to the cenotaph, followed by a lunch at the Millet Legion.

*The Town of Millet Tourism Committee and the Millet Legion host an annual Winter Festival and Christmas Craft sale on the last Saturday of November at the Millet Agriplex. The festival includes several activities, a bon fire as well as horse and carriage rides. The Millet Legion set up their annual Christmas Craft Sale upstairs as well!

DECEMBER

*Every second year CP Rail Holiday Train has stops in Millet to perform a small concert, this event raises money and food for our local Food Bank and is free to all residents, information can be obtained at the Town office at 780-387-4554.

*The Town of Millet hosts an annual **COMMUNITY CHRISTMAS PARTY** at the Millet Agriplex. Contact the Town of Millet at 780-387-4554 for information.

OTHER EVENTS

The Millet and District Recreational & Agricultural Society host 2 bingos' annually, on the Saturday before Easter they host a Ham bingo at the Millet Agriplex and the Saturday before Christmas a turkey and toy bingo! More information is available at the Town office at 780-387-4554.

The Millet and District Recreational & Agricultural Society host the annual Holstein show at the Millet Agriplex each year in July, Information available at the Town office 780-387-4554.



OTHER ORGANIZATIONS

The Town of Millet has several groups and organizations that are always looking for board members or volunteers:

Millet & District Recreation & Agricultural Society

Millet & District Arts & Craft Guild (quilting)

Millet & District Fish & Game Association

Millet & District Lions Club

Millet Community Food Bank

Millet Citizens on Patrol

Millet Curling Club

Millet Communities in Bloom

Millet Public Library

Millet Royal Canadian Legion

For contact information on any of these organizations, contact the Town of Millet Administration office at 780-387-4554.

PARKS & RECREATION

SWIMMING POOLS

The Town of Millet does not have a swimming pool, but we are in close proximity to both Wetaskiwin and Leduc.

The Manluk Centre: Wetaskiwin Regional Aquatics & Fitness is located at 4514-50 Avenue and hosts many aquatic programs. For information, call 780-361-4444.

Leduc Black Gold Recreation Center is located at 4330 Black Gold Drive and also hosts many aquatic programs. For information, call 780-980-7120.

GARDENS AND WALKING TRAILS

Millet is centered on a **65-acre park system** with a combination of natural and manicured areas, Pipestone Creek and Eyot Creek with multi-use lighted and paved pathways (utilized year round), trails, and include facilities such as the Agriplex (a multi-use facility), Ball diamonds, Soccer fields, and Splash Pad.

Millet Memory Rose Garden is situated along Hwy 2A and was constructed in 1998. Rose bushes purchased are in memory of a loved one. There is variety of species and color. Completing the area is park benches and a Gazebo sponsored by the Millet Chamber of Commerce and maintained by Millet in Bloom.

The Burns Creamery Garden, constructed and designed after the original Creamery Garden. This perennial garden along Hwy 2A was a project of Communities In Bloom volunteers and started with perennials donated from the community. As a heritage site the museum added a plaque to tell the story of the creamery and its garden.

Bell Kiosk Garden Located at the north end of Millet along Hwy 2A this beautiful garden area is in a park like setting. The kiosk holds the first school bell in Millet and tells the story of the school including a mural of the interior of the school. The gardens in front frame the divided brick pathway leading to the kiosk. There are annuals, perennials and small shrubs displaying color and variety. Surrounding this are grassed areas, tall trees, park bench, picnic table, shrub bed and another flower bed.

Irish Garden designed and built by Communities In Bloom volunteers to honor their partnership at the international level with Warringstown, Northern Ireland. This shamrock shaped garden has a rainbow shaped planter in the center with a pot of gold (marigolds) at the base. At the back of the garden perennials are climbing one of the light poles of the outdoor rink located on 50th Avenue.

TRANSPORTATION

Millet does not currently have a taxi cab service, the closest taxi companies are in Wetaskiwn or Leduc, here are a few of these companies contact information;

WETASKIWIN

Eagle Taxi.....	780-352-7699
Wetaskiwin City Cabs.....	780-362-1875

LEDUC

LA Cabs.....	587-671-0573
Sunrise Cabs.....	780-986-5400

DRIVING MISS DAISY - Transportation, Accompaniment & Assistance for seniors. For information and rates, call 780-387-6688.

PLACES TO STAY

- Millet Lions Memorial campground – Open April 1 – October 1 no services, attendant onsite, fee \$20/night contact Zella 780 387-4620 or 780-387-1396. Located on 54 Street behind the Millet Agriplex 45 Avenue.
- Millet Campground - Weekly/Monthly rates, winter stalls, full hook-ups. Call 387-4000 / 914-1253

GOLF COURSES

Triple Creek Golf Course - located 4.5km east of the Petro Canada on Highway 814. Call 780-387-5760

Pipestone Links Golf Course - located 3km south of Millet on 2A, 1 km east on TWP 472, then 1km north on RR 242A, call 780-352-8788.

LICENSES AND REGISTRY SERVICES BIRTH, MARRIAGE AND DEATH CERTIFICATES

If you require a birth, marriage or death certificate, you may apply through a Registry Agent. You will require identification and prove you are eligible to make the application. Mullen Insurance (authorized agent for Alberta Registries) 780-387-4534.

PUTTING YOUR AFFAIRS IN ORDER

WILLS AND ESTATES

A will is a written document that allows you to set out how your property is to be distributed after you die. A will allows you to name a person who will act as your executor after your death and who will make certain that your property is distributed according to your wishes. A will does not have any legal force or effect until after you die. There are two types of wills: - A formal will: prepared for you by a lawyer - A holograph will: prepared by you and done in your handwriting What happens if you die without a will? If you die without a will, your property will be distributed according to the provisions of the Intestate Succession Act. Information about this act is available in the handbook "Saying Farewell: A helpful guide with information and forms to assist you through the death and dying process". To obtain copies of this booklet, telephone: **Alberta Supports - Toll-free: 1-877-644-9992 or 1-780-644-9992** For more information on wills, executors, or the Intestate Succession Act, contact your lawyer or call the Lawyer Referral service at 1-800-661-1095. Excellent information is also available on-line at Older Adults Knowledge Network – www.oaknet.ca.

In the first days and weeks after losing a loved one, there is a long list of calls the survivor needs to make, preferably by working closely with the executor of the estate. A careful reading of this list serves as a guide to help you put your affairs in order to make things much easier during a difficult time.

Service Canada – 1-800-277-9914

In person assistance is available by appointment only. - Includes Old Age Security, Guaranteed Income Supplement, Allowance for the Survivor, Canada Pension Plan (Retirement Pension, Disability Pension, Survivor's Benefit and Death Benefit.) - Give the name and Social Insurance Number of the deceased and make arrangements to take in the senior's Blue Card and other pension identification to be cancelled. - Pension payments for the month of death are paid to the estate. - See note under "Banks" (page 28) regarding cheques deposited directly to the bank account.

Alberta Seniors Benefit

10405 Jasper Avenue, Edmonton T5J 4R7 Phone toll free 1-877-644-9992 or Edmonton– 1-780-644-9992 - Give the name and Personal Health Number of the deceased and the date of death. - Alberta Seniors Benefit will arrange to have benefits cancelled. - A payment for the month of death will be paid to the estate. - Publishes "Saying Farewell" – a helpful guide with information and forms to assist you through the dying and death process.

Employment Insurance

Toll Free 1-800-206-7218 - When you get the voice mail, choose Option 3 and then Option 3 again to reach the Social Insurance Registry - Give the deceased person's name and social insurance number.

PUTTING YOUR AFFAIRS IN ORDER continued

Income Tax - Canada Revenue Agency

9700 Jasper Avenue, Edmonton, AB T5J 4CB Toll Free 1-800-959-8281 or 1-800-665-0354 (TDD) - Send or take a copy of the funeral director's death certificate with the social insurance number of the deceased person written on it to the above address. This is particularly important if the person has been receiving GST credits. - After completing the final income tax return, complete the form requesting a Certificate of Clearance to wind up their account with this department. - The survivor will have to file an income tax return for the year of death for the deceased. - If there is income from the other sources, pro-rate it to the date of death. - It is strongly advised that an accountant's help be obtained, particularly if the estate is considerable, as the estate will pay the cost for the survivor's income tax return.

Insurance

If you are not able to identify the source company of an insurance policy or cannot find the policy(s) of the deceased, contact the Canadian Life and Health Insurance OmbudService and have them do a policy search to locate potential life insurance coverage that may have been misplaced over time. Canadian Life and Health Insurance OmbudService 710 20 Toronto Street, Toronto, Ont., M5C 2B8 Phone 1-800-268-8099 or fax 1-416-777-9750 or visit the website at www.olhi.ca to make e-mail contact and look for more information about policy searches at this site.

Funeral and costs

Check to see if the deceased has made pre-arrangements. If not, decide on time and place of the funeral or memorial service. To arrange a plot in the Millet or Catholic Cemetery, please contact the Town of Millet at 780-387-4554.

Credit cards

These should be cancelled with the credit card issuers and the cards should be destroyed unless they are in the survivor's name as well.



PUTTING YOUR AFFAIRS IN ORDER continued

Banks/safety deposit boxes

The bank will require a copy of the will and the funeral director's death certificate. If cheques were deposited directly into a bank account, the issuer may not have the correct address of the deceased and must be apprised of the person's death.

Alberta Health and Wellness and Blue Cross

10025 Jasper Avenue, Edmonton, AB Mailing Address: PO Box 1360, Stn. Main, Edmonton T5J 2N3 Phone toll-free by dialing **1-780-310-000**, then **780-427-1432** - Notify Alberta Health and Wellness when an individual on your Alberta Health Care Insurance Plan account is deceased. - Alberta Health and Wellness will cancel the coverage for the deceased person and ensure coverage remains in place for any surviving family members.

Alberta Blue Cross Plan

10009 – 108 Street, Edmonton T45J 3C5; Phone 1-780-498-8000 - If the survivor is over 65, a new card will be issued. If the survivor is under 65, he/she will need to pay a monthly fee to continue with the service.



Property and Residences

If the deceased's name is on the title of property or a home, contact Alberta Land Titles, John E Brownlee Building, 10365 – 97 Street, Edmonton T5J 3W7 or mail to Box 2380, Edmonton, T5J 2T3 Phone **1-780-427-2742** or fax **1-780-422-4314** - Have the name on the title changed. - Special documentation will be required to change a title.

There are many other areas that may need to be remembered such as telephone service and many other household bills that may need to have the primary name changed to that of the survivor. Making preparations ahead of time and keeping your documents together is very important in helping to ease some of the stress of everyday matters during the loss of a loved one.

HOUSING FOR SENIORS

THE BETHANY GROUP – HOUSING AND COMMUNITY SERVICES

Offering independent living for low-to-moderate income seniors, The Bethany Group is the management body for subsidized apartment housing in Millet and has control of the John A. Smith Manor, located at 5215 - 51 Ave. **Call 780-352-4435**

Housing Office: 300, 4501 – 60 Street, Wetaskiwin, AB T9A 1X7 The Housing office has a separate entrance at the south end of the Peace Hills Lodge. Peace Hills Lodge is located near the Wetaskiwin Airport. **Phone: 780-352-4435 Fax: 780-352-4458**

Website: www.thebethanygroup.ca.

WHEN TO CALL 9-1-1

Don't risk the lives of yourself or someone else by trying to get to the hospital. Valuable minutes count! Here are just a few situations where an ambulance should be called!

- Anyone having stroke-like symptoms i.e. unable to speak, loss of movement, unusual behavior
- Anyone having chest pain or heart trouble
- Anyone with an altered level of consciousness
- Any drug overdose or poisoning
- Any difficulty breathing
- Allergic reactions
- Anyone injured in a motor vehicle collision
- Falls greater than twice the persons height
- Severe bleeding or amputation

HOW TO CALL 9-1-1

- REMAIN CALM
- Know where you are (address / phone number)
- Have specific directions ready with a legal land description, if you live in the country
- The 911 operator will ask you questions such as:
 - o The condition of the patient
 - o The number of patients
 - o Age of patient
- Be prepared to stay on the line, you will be advised on how to care for the patient prior to the ambulance arrival.

DID YOU KNOW... Anyone over the age of 65 will not receive an ambulance bill!?

PHARMACIES, DOCTORS, PODIATRISTS, DENTISTS & DENTURISTS



PHARMACIES -Millet Rexall Drug Store located at 5010-50th Avenue is open Monday-Thursday from 9am-7pm and Saturday from 9am to 6pm. They can be reached at 780-387-2200

MEDICAL CLINICS

Wetaskiwin:

Associate Clinic - 5215-49 Ave, 780-352-7157

Communnity Clinic - 5108-50 Ave, 780-352-2511

Tower Professionals Clinic - 5520-50 Ave, 780-3529700

Wetaskiwin Family Medical Practice - 5107-50 Street, 780-352-3010

Wetaskiwin Lung Lab - 5217-50 Street, 780-352-7085

FOOT CLINIC Foot Clinics are held at the Wetaskiwin Senior Citizens Society, 5216 – 54 Street. For information on the Foot Clinic, please call 780-352-4646.

Leduc:

Smyth Association - 4904-48 Street, 780-986-2712

Griffiths Medical Clinic - 5201-50 Street, 780-986-6200

Deo Smith Clinic - #2 Corinthia Park, 780-986-6222

The Foot Institute - 5201-50 Street, 780-980-1991

DENTISTS

The Millet Dental Clinic is located at 5014-50 Street - 780-387-5101

The Millet Denture Clinic is located at 5022-50 Street - 780-387-3311