



# INFORMATION GUIDE FOR NORTHUMBERLAND COUNTY SENIORS

 **8-1-1** *Tele-Care*  
*Télé-Soins*



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**SUPPORT**

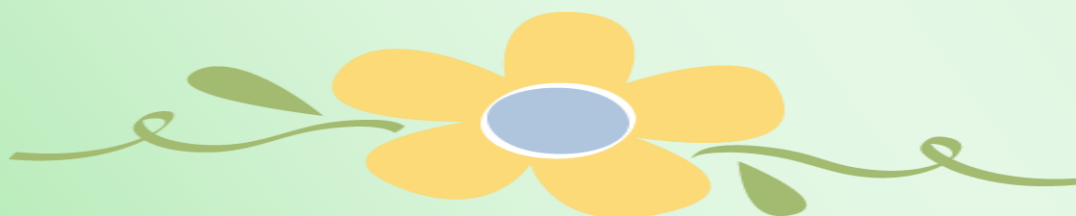
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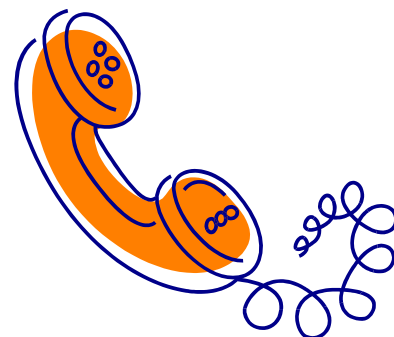


# EMERGENCY TELEPHONE NUMBERS:

Police, Fire, Ambulance or Poison Control: 911



Tele-Care 8-1-1



Chimo Helpline 24 hrs a day : 1-800-667-5005

Hospital: \_\_\_\_\_

## ADULT PROTECTION

**1-888-99-ABUSE /1-888-992-2873**

Next of kin

Name: \_\_\_\_\_

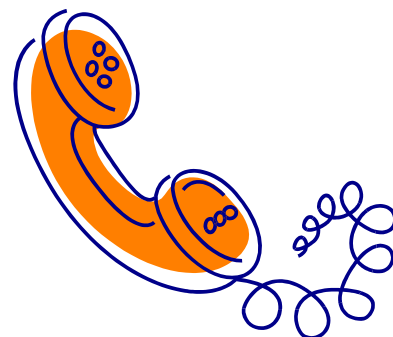
Phone # : \_\_\_\_\_

# EMERGENCY TELEPHONE NUMBERS:

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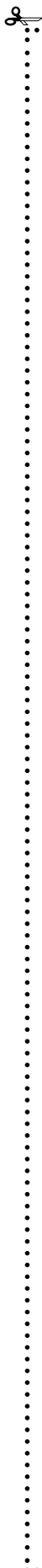
## ADULT PROTECTION

**1-888-99-ABUSE /1-888-992-2873**

Next of kin

Name: \_\_\_\_\_

Phone # : \_\_\_\_\_



Personal Health Information: Complete this so it can be used during an emergency. (You could also leave a copy in your car)

NAME: \_\_\_\_\_  
(LAST NAME) (GIVEN NAME)

ADDRESS: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_

TELEPHONE #: \_\_\_\_\_ OTHER CONTACT #: \_\_\_\_\_

MEDICARE #: \_\_\_\_\_  
HEALTH INSURANCE # \_\_\_\_\_ Provider: \_\_\_\_\_

MEDICATION LIST: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PERSONS TO CONTACT IN AN EMERGENCY:

Relative: \_\_\_\_\_ Friend: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Doctor: \_\_\_\_\_ Pharmacy: \_\_\_\_\_

Clergy: \_\_\_\_\_ Other: \_\_\_\_\_



Personal Health Information: Complete this so it can be used during an emergency. (You could also leave a copy in your car)

NAME: \_\_\_\_\_  
 (LAST NAME) (GIVEN NAME)

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

TELEPHONE #: \_\_\_\_\_ OTHER CONTACT #: \_\_\_\_\_

MEDICARE #: \_\_\_\_\_

HEALTH INSURANCE # \_\_\_\_\_ Provider: \_\_\_\_\_

MEDICATION LIST: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### PERSONS TO CONTACT IN AN EMERGENCY:

Relative: \_\_\_\_\_  
 \_\_\_\_\_

Friend: \_\_\_\_\_  
 \_\_\_\_\_

Doctor: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

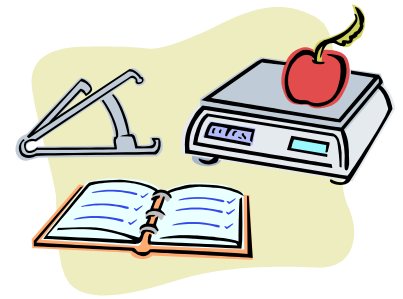
Clergy: \_\_\_\_\_

Other: \_\_\_\_\_





# HEALTH



## Addiction Services

- Alcohol, drugs, gambling, or other

(506) 778-6111

## Alzheimer Society - Miramichi

(506) 773-7093

## Ambulance Services [www.ambulancenb.ca](http://www.ambulancenb.ca)

1-888-657-3222

## Arthritis Society

1-800-321-1433

## Canadian Cancer Society

1-800-455-9090

## Canadian Diabetes Association

1-800- 884-4332

## Canadian Red Cross - Miramichi

(506) 622-4046

## Extra-Mural Program

- Blackville
- Miramichi
- Neguac

(506) 623-6312

(506) 623-6350

(506) 623-6311

## Flu shot - contact your health provider

## Health Centers (medical clinics)

- Baie-Sainte-Anne
- Blackville
- Miramichi
- Neguac
- Rogersville

(506) 228-2004

(506) 843-2910

(506) 627-7511

(506) 776-3876

(506) 775-2030



## HEALTH

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### Hospitals

- Bathurst (506) 544-3000
- Miramichi (506) 623-3000
- Tracadie-Sheila (506) 394-3000

Lifeline Medical Alert Service (506) 778-6810

Medical Alert 1-888-468-5311

Medicare [www.gnb.ca/health](http://www.gnb.ca/health)

- Within the Province 1-888-762-8600
- Outside the Province (506) 684-7901

Mental Health Services - Miramichi (506) 778-6111

Ostomy Canada Society - Miramichi (506) 622-3317

Patient Connect NB (for people looking for a family doctor) 8-1-1

Prescription Drug Program [www.gnb.ca/health](http://www.gnb.ca/health)

- within NB 1-800-332-3692

### Public Health

- Blackville (506) 843-2956
- Miramichi (506) 778-6102
- Neguac (506) 776-3824



# FINANCE

Brunswick Credit Counseling	1-800-745-2011
Community Fresh Box	(506) 622-7328
Department of Finance:	
<ul style="list-style-type: none"> <li>Low-income Senior's Benefit <a href="http://www.gnb.ca/finance">www.gnb.ca/finance</a></li> <li>Property Tax Deferral Program for Seniors</li> <li>Property Tax Equalized Payment Plan (EPP)</li> </ul>	1-800-669-7070
<ul style="list-style-type: none"> <li>Tax rebate for specially equipped vehicles for the disabled</li> </ul>	
<a href="http://www.snb.ca">www.snb.ca</a> or <a href="http://www.gnb.ca">www.gnb.ca</a> (keyword: Finance)	1-800-669-7070
Department of Healthy and Inclusive Communities	(506) 453-2909
<ul style="list-style-type: none"> <li>(Seniors and Healthy Aging)</li> <li><a href="http://www2.gnb.ca/content/gnb/en/departments/dhic.html">http://www2.gnb.ca/content/gnb/en/departments/dhic.html</a></li> </ul>	
Department of Natural Resources	(506) 444-4367
<a href="http://www.gnb.ca/naturalresources">www.gnb.ca/naturalresources</a>	
<ul style="list-style-type: none"> <li>Fishing, Hunting</li> <li>Application for a disabled hunter card</li> <li>Sentier NB Trail</li> </ul>	
Development of Social Development (see also page 15)	1-866-441-4246
Efficiency NB <a href="http://www.encyclynb.ca">www.encyclynb.ca</a>	1-866-643-8833




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Financial and Consumer Services Commission <a href="http://www.fcnb.ca">www.fcnb.ca</a>	1-866-933-2222
Government of Canada <a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a>	1-800-622-6232
<ul style="list-style-type: none"> <li>• Service Canada <a href="http://www.servicecanada.gc.ca/seniors">www.servicecanada.gc.ca/seniors</a></li> <li>• Canada Pension Plan           <ul style="list-style-type: none"> <li>• English (CPP) 1-800-277-9914</li> <li>• French (RPC) 1-800-277-9915</li> </ul> </li> <li>• Personal tax information <a href="http://www.cra-arc.gc.ca">www.cra-arc.gc.ca</a> 1-800-959-8281</li> <li>• Old Age Security (OAS) 1-800-662-6232</li> </ul>	
New Brunswick Association of Food Banks (NBAFB) <a href="http://www.foodbanksnb.com">www.foodbanksnb.com</a>	(506) 672-9780
Food Banks:	
<ul style="list-style-type: none"> <li>• Alnwick Family Resources Center (506) 779-1900</li> <li>• Le Comité de Bénévolat de Rogersville (506) 775-2783</li> <li>• The Miramichi Community Food Bank (506) 622-1838</li> <li>• Salvation Army Community &amp; Family Services (506) 622-6447</li> <li>• St. Andrew's United Church (506) 622-0287</li> <li>• St. Mary's Anglican Church (506) 773-7387</li> </ul>	
Pensions for retired provincial employees <a href="http://www.gnb.ca/pensions">www.gnb.ca/pensions</a>	1-800-561-4012



## FINANCE

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Service New Brunswick [www.snb.ca](http://www.snb.ca)

1-888-762-8600

- Change of address (Medicare, Driver's licence, etc.)
- Medicare applications
- Parking permits and placards for persons with disabilities
- Property Tax Allowance Program & Property Tax Deferral Program
- Office of the Rentalsman
- Motor Vehicle Registration, Driver Examiner Services, etc.
- Service NB offices:
  - Miramichi East (Chatham) (506) 778-6023
  - Miramichi West (Newcastle) (506) 627-4040
  - Neguac (506) 776-3180
  - Tracadie-Sheila (506) 394-3711

Veterans Affairs Canada [www.veterans.gc.ca](http://www.veterans.gc.ca)

- English 1-866-522-2122
- French 1-866-522-2022
- Disability pensions and awards
- Funeral and Burial Assistance [www.lastpostfund.ca](http://www.lastpostfund.ca) 1-800-465-7113
- Long-term care
- Operational Stress Injury Social Support (OSISS) 1-800-883-6094
- Veterans Independence Program (VIP)

# SUPPORT



Addiction and Mental Health Services	(506) 778-6111
CNIB	1-800-563-2642
Canadian Council of the Blind (CCB)	1-877-304-0968
<ul style="list-style-type: none"> <li>• CCB Miramichi Chapter</li> </ul>	(506) 622-4997
Canadian Mental Health Association	(506) 773-7561
Caring Friends Activity Centre	(506) 778-6680
Consumer Affairs	(506) 453-2659
Department of Public Safety <a href="http://www.gnb.ca/publicsafety">www.gnb.ca/publicsafety</a>	(506) 778-6066
<ul style="list-style-type: none"> <li>• Veteran Vehicle Registration Plate</li> <li>• Lottery Licensing</li> <li>• Fire Safety Tips for Older Adults</li> <li>• New Brunswick Emergency Measures Organization</li> <li>• Victim Assistance Services</li> </ul>	(506) 627-4065



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Department of Social Development

1-866-441-4246

[www.gnb.ca](http://www.gnb.ca)

- Adult protection/Elder Abuse
- Long Term Care Services
- In-home support services
- Fuel Supplement
- Health Services
- Nursing home services
- Housing programs
- Social Assistance

Department of Transportation and Infrastructure

(506) 453-5818

[www.gnb.ca/transportation](http://www.gnb.ca/transportation)

- Road Conditions
- Vehicle retrofit program

Legal Aid [www.legalaid.nb.ca](http://www.legalaid.nb.ca)

(506) 622-1061

Miramichi Volunteer Services

(506) 622-6565

New Brunswick Community College (NBCC)

1-800-376-5353

New Brunswick Human Rights Commission

1-888-471-2233

Parish telephone #

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## SUPPORT

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Police: (in an emergency, call 9-1-1)

- Miramichi City Police (non-emergency) (506) 623-2124
- RCMP (non-emergency)
  - Baie Ste-Anne (506) 228-3335
  - Blackville (506) 843-9400
  - Neguac (506) 776-3000
  - Rogersville (506) 775-0020
  - Tracadie-Sheila (506) 393-3001

Premier's Council on the Status of Disabled Persons 1-800-442-4412

[www.gnb.ca/council](http://www.gnb.ca/council)

Public Legal Education and Information Service (506) 453-5369

[www.legal-info-legale.nb.ca](http://www.legal-info-legale.nb.ca)

Public Libraries

- Bookmobile North (Alnwick, Baie Ste-Anne) (506) 789-7339
- Bookmobile South West (Blackville, Red Bank, Renous) (506) 453-5380
- Miramichi (Newcastle Public Library) (506) 623-2450
- Miramichi (Médiathèque Père Louis Lamontagne)  
(Centre Carrefour Beausoleil) (506) 627-4084
- Miramichi (Chatham Public Library) (506) 773-6274
- Rogersville (Rogersville Public Library) (506) 775-2102
- Tracadie-Sheila (Tracadie-Sheila Public Library) (506) 394-4005





## SUPPORT

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Public Trustee Services

1-888-336-8383

[www.gnb.ca/0062/PT-CP/index-e.asp](http://www.gnb.ca/0062/PT-CP/index-e.asp)

- (Protects the financial and personal interests of a person when there is no one else able and willing to do so).

Senior Goodwill Ambassador Program ([http://www2.gnb.ca/content/gnb/en/departments/dhlc/services/services\\_renderer.201327.Senior\\_Goodwill\\_Ambassador\\_Program.html](http://www2.gnb.ca/content/gnb/en/departments/dhlc/services/services_renderer.201327.Senior_Goodwill_Ambassador_Program.html))

Transition House (Emergency Centre for Women Inc.)

(506) 622-8865

Women's Equality Branch [www.gnb.ca/women](http://www.gnb.ca/women)

(506) 453-8126

- Access to Safe and Affordable Housing for Abused Women
- Community Outreach Service for Victims of Abuse

# OTHER

Canadian Hard of Hearing (CHHA)

1-800-263-8068

<http://www.chha.ca>

New Brunswick Power Corp. [www.nbpower.com](http://www.nbpower.com)

1-800-663-6272

- Braille bills
- Dusk to dawn area lighting
- Equalized payment plan
- Online services
- Power outage
- Pre-authorized payment plan
- NB Power telephone number in your area

My NB Power Account #

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New Brunswick Senior Citizens Federation <http://nbscf.ca>

Office of the Commissioner of Official Languages for New Brunswick 1-888-651-6444

[www.officiallanguages.nb.ca](http://www.officiallanguages.nb.ca)

Office of the Ombudsman [www.ombudnb.ca](http://www.ombudnb.ca)

1-888-465-1100

(Their mission is to ensure that all New Brunswick citizens are treated with administrative fairness by government and its agencies)

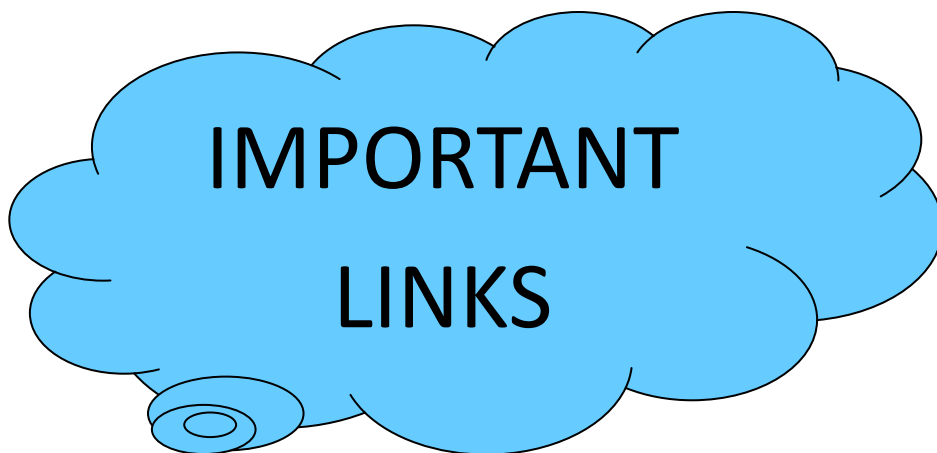
Office of the Premier [www.gnb.ca/premier](http://www.gnb.ca/premier)

(506) 453-2144

(Congratulatory messages)

Vital Statistics [www.snb.ca](http://www.snb.ca)

(506) 453-2385



[www.gnb.ca/seniors](http://www.gnb.ca/seniors)

[www.gnb.ca/health](http://www.gnb.ca/health)

[www.nbpower.com](http://www.nbpower.com)

[www.snb.ca](http://www.snb.ca)

Other relevant  
information



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Be Alive Seniors Network  
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