

# *Information Please...*



*A Guide to  
programs and services  
for Yukon  
Seniors & Elders*

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# PENSIONS

*For further information on and applications for the following Federal pension plan benefits, contact Service Canada by phone at:*

English .....	1-800-277-9914
French .....	1-800-277-9915
TTY .....	1-800-255-4786

On-line ..... [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*Or drop in to Room 125, Elijah Smith Building in Whitehorse (Fourth and Main, first floor)*

*If you move, you should notify Service Canada immediately of your new address, even if your payments are being deposited to your bank account. This will allow Service Canada to send you important information like your tax slip (T-4).*

*You can notify Service Canada's voice messaging service of any change to your personal information 24 hours a day, 7 days a week by calling, free of charge, the numbers indicated above.*

*You can also use the My Service Canada Account online service to view and update your Old Age Security and Canada Pension Plan address, telephone number and payment destination. You will have to apply for a personal access code on-line, and provide your social insurance number, date of birth and your mother's maiden name (name at birth).*

*Service Canada also provides information slips (T4s) on any benefits they administer.*

## **Canada Pension Plan (CPP)**

CPP was established to provide retirement pension and other benefits for those people who have contributed to the plan through paid employment in Canada. Payment to the plan is compulsory. An application must be made to receive any benefit under CPP.

### **CPP Retirement Pension**

The amount of your monthly CPP benefit is determined by the contributions you made during the time you were employed in Canada. CPP benefits normally are payable the month after your 65<sup>th</sup> birthday; however you may choose to begin as early as age 60 or as late as age 70. The amount of the benefit will be reduced by .7% per month (8.4% per year) if you take it before age 65, and increased by these same amounts if you choose to claim your pension after age 65. There is no financial benefit to delaying your pension after age 70. There are several different factors that may effect your decision: contact Service Canada for details

### **Working While Receiving CPP:**

#### **Post-Retirement Benefit (PRB)**

The PRB is for people who work in Canada (outside Quebec) and receive CPP. If you made contributions toward the PRB, it will be paid to you automatically the year after the contributions were made and after you have filed your tax return for that year. It will be included in your regular CPP payment.

**If you are under age 65 and you work** while receiving CPP, you and your employer will continue to make CPP contributions and these will go toward the PRB.

**If you are 65 but under age 70 and you work** while receiving CPP, you can elect to stop making further CPP contributions.

**To stop contributing to CPP**, you must complete *Form CPT30 Election to stop contributing to the CPP*, send the original to Canada Revenue Agency and give a copy to your employer.

If you are **self-employed** you will still have to pay both the employee and employer portions.

**CPP Disability Benefit**

The Canada Pension Plan Disability benefit is available to people whose disability prevents them from working on a regular basis. To receive a CPP Disability pension you must apply, be under age 65, and have made minimum earnings in the previous year. You must also have made enough contributions to the plan over the last six years at or above the minimum level of earnings, and must be disabled as defined under CPP legislation. A person is considered disabled under CPP if she or he has a physical or mental disability which is both severe and prolonged. “Severe” means the medical condition prevents the person from regularly pursuing any substantially gainful occupation. “Prolonged” means that the disability will prevent the individual from going back to work in the next 12 months, or is likely to result in death.

The application form is detailed and requires a medical report from your doctor.

**CPP Survivor Benefits**

There are three types of CPP Survivor benefits. The death benefit is a one time payment to, or on behalf of, the estate of a deceased CPP contributor. The survivor’s pension is a monthly pension paid to the surviving spouse or common-law partner of a deceased contributor. The children’s benefit is a monthly benefit for dependent children of a deceased contributor. For any of the CPP Survivor benefits to be payable, an application must be made and the deceased contributor must meet the specified contributor requirements.

*For further information on and applications for any of these Canada Pension Plan benefits, please visit the Service Canada office or contact:*

Service Canada ..... 1-800-277-9914  
Website ..... [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## Old Age Security (OAS)

OAS is a federally-funded basic monthly pension paid to persons who have reached the age of 65, are a Canadian citizen *or* a legal resident of Canada *and* meet the residence requirements (have lived in Canada for at least 10 years after turning 18). Starting in 2023, the age of eligibility will gradually increase to 67. Unlike CPP, one does not contribute financially to the pension. You could receive a full or partial pension depending on how long you have lived in Canada. Currently, most people will have to apply for the pension. However, starting in April 2013, an automatic enrollment process will eliminate the need for many seniors to apply for OAS. Applications for the OAS pension should be submitted 6 months before you want to start receiving the benefit but cannot be submitted more than eleven months ahead of the eligible date.

As of July 2013, you may choose to delay receiving your OAS for up to 5 years. For every month you delay receipt of your OAS, you will receive an increased monthly pension of 0.6% per month up to a maximum of 36% at age 70. You should consider your personal situation when deciding when to start receiving your OAS. Please note that if you delay your OAS you will not be eligible to receive the Guaranteed Income Supplement and your spouse or common-law partner will not be eligible to receive the Allowance until your OAS begins.

***Important: If you were born in Canada but have not resided here continuously since birth or are an immigrant, see the section on citizenship, legal status and residency (page 16).***

***For further information on and applications for the Old Age Security benefit, please visit the Service Canada office or contact:***

Toll-free ..... 1-800-277-9914  
Website ..... [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*The Old Age Security Act also provides the following income related benefits to eligible persons with little or no income.*

## **Guaranteed Income Supplement (GIS)**

The Guaranteed Income Supplement (GIS) provides additional money on top of the Old Age Security pension, to seniors who have a low income. To be eligible for the GIS, you must live in Canada, be receiving the OAS Pension and have low income. To receive GIS, you must apply using the application form or by indicating on your OAS application that you want to apply for the Supplement. You will then be sent an application form. If you qualify for the GIS, the amount you receive will be based on your annual income, or the combined income of you and your spouse or common-law partner. Since your annual income can change from year to year, you must update your income information each year, by filing your income tax return. If you have not filed your income tax by April 30 **or** if more information is needed to renew your benefit, you will be sent a renewal form in the mail. If you **do** get a renewal form in the mail, it is important to fill it out and send it back as soon as possible. Each July you will get a letter that confirms whether you will continue getting the Supplement and what your new monthly benefits will be for the next 12 months. The Supplement is not considered taxable income.

## **Allowance and Allowance for the Survivor**

The Allowance is a monthly benefit paid to spouses or common-law partners (same sex or opposite sex) of people receiving Old Age Security and the Guaranteed Income Supplement. The Allowance for the Survivor may be paid to low income widows and widowers. To be eligible for either Allowance, you must be between the ages of 60 to 64 and meet residency requirements as for OAS. Starting in 2023, the age of eligibility will gradually increase to 62. If you qualify to receive the Allowance, the amount you receive will be based on the combined income of you and your spouse/common-law partner for the previous calendar year. If you

are a survivor, it will be based on your income for the previous calendar year. You need to apply for the Allowance or Allowance for the Survivor. Since your annual income can change from year to year, you must update your income information each year, by filing your income tax return. As indicated above in the GIS section, it is important that you file your income tax by April 30. Each July you will get a letter that confirms whether you will continue getting the Allowance or the Allowance for the Survivor and what your new monthly benefits will be. These Allowances are not considered taxable income.

***For further information and applications please visit the Service Canada office or contact:***

Service Canada ..... 1-800-277-9914  
Website ..... [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## **Tax Deductions**

CPP and OAS Benefits are taxable income but tax deductions are optional. If you wish to have tax deducted from these benefits or to change the amount of existing voluntary tax being withheld, contact Service Canada as shown at the start of this section.

## **Canada Revenue Agency (CRA) On-Line and Toll-Free Services**

There is no longer a Revenue Canada office in Whitehorse (or elsewhere in the country).

To access CRA on-line services, you will have to first register for a user ID and a password. Make sure you have your SIN, current postal code and most recent income tax return on hand. Once you create your user ID and password, and set your security questions, CRA will mail you a security code.

***For more information, visit:***

..... [www.cra-arc.gc.ca/myaccount](http://www.cra-arc.gc.ca/myaccount)

If you contact Revenue Canada by telephone, be prepared to provide the following:

- your name
- your social insurance number
- your complete address, including postal code
- your date of birth, and
- details from your account or your most recently assessed return, notice of assessment or other tax document.

Individual Income Tax . . . . .	1-800-959-8281
Tele-refund (automated phone) . . . . .	1-800-959-1956
GST/HST Credit . . . . .	1-800-959-1953
International and Non-Resident . . . . .	1-855-284-5942
TTY . . . . .	1-800-665-0354
Forms and Publications . . . . .	1-800-959-8281
From outside Canada and the US . . . . .	1-613-940-8495
(call collect)	

**Yukon Seniors Income Supplement (YSIS)**

This benefit is paid to low-income seniors of the Yukon by the Yukon Government. To be eligible you must be receiving OAS or the OAS Allowance *and* GIS. You do not need to apply for this supplement: it will be paid automatically if you meet the requirements, starting in the month *after* you start receiving GIS. The YSIS monthly payments range from \$ 10 to a maximum of \$243. Benefits are based on your income tax return and the amount of GIS or OAS you receive. Like the GIS, you must complete your yearly income tax return or benefits may be suspended.

***For further information, contact:***

Whitehorse . . . . .	667-5137
Toll-free . . . . .	1-800-661-0408 ext 5137

## **Veterans Affairs Canada (VAC)**

Benefits are available to Canadian war veterans, ex-service personnel, merchant mariners and their dependants. Benefits include the programs listed below as well as certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic/surgical/medical supplies, counselling services, and assistance that helps qualified veterans remain in their homes and communities for as long as possible. Funeral and burial grants to eligible ex-service personnel are available through the “Last Post Fund”.

### **Disability Pensions**

Disability Pensions are available to Canadian ex-service personnel and are awarded for illness, injury or death attributable to military service. The disability pension is tax-free and is paid regardless of other income. Additional pension is payable for dependent children and spouses.

### **War Veterans Allowance**

The War Veterans Allowance (WVA) provides monthly financial assistance to help low-income veterans or their survivors meet their basic needs. The amount provided is based on income, marital status and whether you have dependants. If you qualify for WVA, you may also qualify for other VAC services and benefits.

### **Veterans Independence Program**

This program provides personal care and home help such as housekeeping or grounds-keeping (limited to grass cutting and snow shoveling) to veterans who qualify due to health, age or war service disability or who are in receipt of War Veterans Allowance. Requests for assistance with care, if you are in a continuing care centre, may be considered.

***For further information about any Veterans Affairs Canada programs and services, contact:***

..... 1-866-522-2122  
Website ..... [www.veterans.gc.ca](http://www.veterans.gc.ca)

# Registered Retirement Savings Plan (RRSP)

Many seniors have paid into an RRSP while working. You may continue to accumulate your savings in an RRSP until you are 71 years of age. You have to close your RRSP by the end of year in which you turn 71, and convert it into a retirement income fund. There are numerous options when it comes to withdrawing your RRSP, including life annuities, fixed term annuities or Registered Retirement Income Funds (RRIFs). The institution that holds your RRSP can provide detailed explanations of these options.

## Private Pensions

Private pensions available from your employer should have a number of options. They also may have several conditions placed on the amount and method of payment. Your employer will be able to provide you with detailed explanations of your pension plan so that you and your family are well taken care of after retirement.

## Superannuation

Superannuation is a pension plan administered in accordance with federal legislation. Contributors include federal and territorial government employees, those in the RCMP or military service, and employees of designated crown corporations. Should you have any questions or concerns regarding entitlement or benefits contact your local personnel office or the superannuation branch. Make sure that you have your superannuation number handy.

### *For further information, contact:*

Yukon employees:

- A - K surnames . . . . . (867) 667-5853
- L - Z surnames . . . . . (867) 667-3069

Federal Employees and Superannuation Recipients:

- English . . . . . 1-800-561-7930
- French . . . . . 1-800-561-7935

Website . . . . . [www.pensionetavantages-pensionandbenefit.gc.ca](http://www.pensionetavantages-pensionandbenefit.gc.ca)

## ***Citizenship, legal status, and residency:***

### ***Citizenship and Immigration Canada (CIC)***

When you apply for OAS benefits, you have to indicate whether you are a Canadian citizen who has lived continuously in Canada since birth. If this is not the case with you, you will have to provide proof of your legal status in Canada, and document your residence history, from age 18 to the present, both inside and outside of Canada. A certified copy of one of the following documents is usually sufficient to confirm your citizenship or legal status:

- Certificate of Canadian citizenship, naturalization certificate, or Canadian passport issued in 1970 or later;
- Permanent Resident Card, Record of Landing (IMM1000), or Canadian immigration stamp on your passport;
- Temporary Resident's Permit.

As proof of residence history, you must send certified copies of:

- passport from your country of entry into Canada;
- immigration records (such as visas);
- customs declarations; or
- other approved documents that can prove your history of residence in Canada.

Applications for Citizenship, Citizenship Certificates, Verification of Status, and Replacement of an Immigration Document (IMM5545) are available from CIC. Their website provides on-line tools to help you determine whether you may already be a Canadian citizen, or are eligible to apply for citizenship at the moment (e.g. have resided in Canada for 3 of the last 4 years, or 1095 of the last 1460 days).

Canadians working outside Canada for Canadian employers, such as the armed forces and banks, may have their time working abroad counted as residence in Canada. You will have to provide proof of employment and proof of physically returning to Canada.

If you are unable to provide the documentation requested, you may be eligible for a partial pension only or even be denied the OAS benefit.

A minimum of 10 years of residence in Canada after reaching age 18 is required to receive the OAS benefit. A minimum of 20 years of residence in Canada after reaching age 18 is required to receive the pension outside of Canada. If you live abroad, you will not be eligible for the GIS.

A person who has lived in Canada, after reaching age 18, for periods that total at least 40 years, may qualify for a full OAS pension. People who do not meet this criteria, but who were living in Canada on or before July 1, 1977 and in possession of a valid immigration visa, may still be eligible for full OAS benefits.

A partial benefit is calculated at the rate of 1/40<sup>th</sup> of the full pension for each completed year of residence in Canada after age 18, but requires a minimum of 10 years residency after age 18. If you resided in Canada for 10 years after your 18<sup>th</sup> birthday, you may qualify to receive 10/40ths or ¼ of the full OAS benefits.

***For more information on how to apply for citizenship or legal status in Canada, contact Citizenship and Immigration Canada:***

..... 1-888-242-2100  
Website ..... [www.cic.gc.ca](http://www.cic.gc.ca)



# GRANTS & FINANCES

## Pioneer Utility Grant (PUG)

The Pioneer Utility Grant is a Yukon Government Grant administered by Health and Social Services to help Yukon seniors/elders with their home heating costs. It was introduced in 1978 and you do not need to provide receipts. Your amount of PUG is based on your income, marital status and address; everyone's PUG amount will be different. The intake date opens July 2<sup>nd</sup> and closes Dec 31<sup>st</sup>.

You may be eligible for a PUG if you meet the income test threshold and are:

- 65 years of age or over on December 31 of the year of the grant;

AND

- Have (or your spouse living with you has) owned or rented the residence for the year of the grant;

AND

- Been a resident of Yukon for one year, 90 days of which were during the winter months (Oct, Nov, Dec, Jan, Feb, Mar).

In 2015 the maximum grant for City of Whitehorse residents was \$1049 and if you reside in the communities, \$1,132.92. The PUG is income tested based on **line 236 of your Canada Revenue Agency Notice of Assessment** (a copy of which you must provide with your application). Single seniors with income below \$40,000 and couples with income below \$56,000 will receive the maximum grant. Seniors in the middle income range will receive a partial PUG and individual seniors with incomes above \$117,000 and couples above \$165,000 will no longer be eligible.

You must provide proof of owning or renting your residence (property assessment notice, city utility bill, or a Certificate of Tenancy completed by your landlord). You cannot receive PUG if you were in receipt of social assistance that was used to subsidize your housing or if you are residing in a Yukon Housing subsidized unit.

You may download information about PUG at <http://www.hss.gov.yk.ca/pioneergrant.php> Read the documents carefully, **as by law incomplete applications must be returned.** Previous year's recipients will automatically receive an application in the mail. Please ensure you call to advise of any changes in your mailing address within a grant year.

***For further information and applications, contact:***

Seniors' Information Centre:  
4061B – 4<sup>th</sup> Ave. Whitehorse. 668-3383  
toll free 1-800-582-9707

Income Support Unit:  
3168 – 3<sup>rd</sup> Ave. Whitehorse. 393-6467 (*to notify of address changes*)  
toll free - 1-800-661-0408 (ext. 6467)

## **City of Whitehorse Seniors Utility Charges Rebate**

The City of Whitehorse offers a rebate on fees paid for water, sewer and garbage collection. You are eligible for the City Utility Grant if:

- You are 65 years of age or older;
- OR**
- You are 60 years of age or older and the surviving spouse of a person who was eligible for the rebate prior to his or her death;
- AND**
- You pay City of Whitehorse utilities.

Applicants attaining the eligible age may receive a rebate in the month following their eligibility. The amount of benefit is a maximum of \$500. Utilities must be paid in full to be eligible for the grant. Proof of age is required for first time applicants. If you are renting, you must provide a letter from your landlord stating that utilities are included in your rent. Applications must be made directly to the City of Whitehorse on or after October 15 of each

year but no later than December 31 in the year for which the grant is requested. After the first grant, application forms will be mailed out.

***For further information and application forms, contact:***  
City of Whitehorse . . . . . 668-8607

## **Homeowners Grant**

The Homeowners Grant is a grant for Yukon residents who own and occupy their own home.

If you, or the co-owner, are 65 years of age or older, the grant amount is equivalent to 75% of the general taxes to a maximum of \$500 per household.

If you, or the co-owner, are under 65 years of age, the grant amount is equivalent to 50% of the general taxes to a maximum of \$450 per household.

In order to qualify for the Home Owner's Grant you must:

- own and occupy your residence since January 1, or for 184 days of the current property tax year (January 1 to December 31);
- have paid your property taxes in full.

There are a number of ways to receive the grant:

- If you pay your own taxes, the grant may be credited at the time the taxes are paid.
- If a mortgage company pays your taxes, the grant may be credited at the time the taxes are paid. This application must be submitted by June 10 of the current year.
- If you or your mortgage company pay the taxes and you wish to receive your Home Owner's Grant cheque, you are required to submit your application requesting the cheque be forwarded to you.

Applications are accepted from the time of the current year tax payment until February 15 of the following year.

***For further information and application forms, contact:***

City of Whitehorse . . . . .	668-8607
Property Assessment & Taxation. . . . .	667-5118
Toll-free . . . . .	1-800-661-408 5118

**Employment Insurance Benefits**

Contact Service Canada by visiting their website:  
..... [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
**It is a short scroll down to the EI link.**

**Goods and Services Tax Credit (GST)**

The GST Credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes to offset all or part of the GST that they pay. To receive the GST credit quarterly payments, you must file your income tax return and check “yes” to apply for the goods and services tax/harmonized sales tax (GST/HST) credit on the first page of the return.

***For information regarding the GST/HST credit:***

Cheque Inquiries . . . . .	1-800-959-1953
Toll-free. . . . .	1-800-267-6999
Website . . . . .	<a href="http://www.cra.gc.ca/tips">www.cra.gc.ca/tips</a>

## **The Royal Canadian Naval Benevolent Fund**

The RCN Benevolent Fund was established in 1942 to promote the well-being of current and former members of the Naval Forces of Canada and their dependents. It is not a government agency.

Assistance is available through bursary and scholarship programs, emergency funds, distress relief and other financial assistance.

### ***For further information, contact:***

Toll-free ..... 1-888-557-8777

Email ..... rcnbf@rcnbf.com

Website ..... www.rcnbf.ca

RCN Benevolent Fund

P.O. Box 505, Station “B”

Ottawa, ON K1P 5P6

## **Social Assistance Program**

Yukon Health and Social Services offers financial assistance to residents in need. Generally, Social Assistance ends at age 65 when an individual is eligible for the various pensions. However, assistance may be granted either on an on-going basis or to help overcome an emergency situation, such as:

- assistance with medically-related expenses which are not covered under the Extended Health Care Benefits program for seniors, Yukon Pharmacare, or the Chronic Disease List.
- assistance with special needs. Consideration may be given on an individual basis for assistance with unexpected expenses which the senior citizen cannot afford to pay.
- as a funder of last resort, eligibility is determined by income and financial resources of the applicant.

### ***For further information, contact:***

Social Assistance, Whitehorse. .... 667-5674

Or drop in to make an appointment at:  
**3168-3<sup>rd</sup> Ave. (corner of 3<sup>rd</sup> and Black St) Whitehorse**

*If you live outside Whitehorse, see the Appendix at the back of this booklet for your local Social Services office.*



# **YUKON HEALTH SERVICES**

## **Yukon HealthLine/Ask a Nurse/Call 811**

Get answers to your everyday health questions simply by calling **811**. You'll reach the Yukon HealthLine: a free 24 hours-a-day, confidential services available to all Yukoners.

Yukon HealthLine is staffed by registered nurses and other health care professionals who can answer your questions or direct you to someone in your community who can assist you.

## **Doctor Find**

**(867) 393-6980**

A recorded message provides information on which, if any, doctors are accepting new patients. They also provide the hours and locations of walk-in clinics in Whitehorse.

## **Yukon Health Care Insurance Plan**

To receive coverage under the Yukon Health Care Insurance Plan (YHCIP) you must be registered with the plan. There are no monthly premiums.

If you have just moved to the Yukon from another province or territory and are planning to settle here, you should register with Yukon Health Care as soon as you arrive. Once you have registered, you will be able to enjoy the same health care benefits as any Yukon senior, after a 3 month waiting period in order to qualify as a Yukon resident. The health plan of the province or territory you have just left should cover your hospital and physician expenses for up to three months.

If you move from the Yukon, you should qualify under the plan of your new home province or territory after the same three month period. You should always register with the health care plan of your new home province or territory as soon as you arrive.

## **Pharmacare and Extended Care Benefits**

You are eligible for Yukon Pharmacare and Extended Benefits if you are a Yukon resident aged 65 or older, or if you are 60 years of age or older and married to a living Yukon resident who is 65 years of age or older. There are no premium payments. Eligible senior citizens in the Yukon must register with Health Services in Whitehorse. A Yukon Pharmacare card will be issued about three weeks after registration

Pharmacare is a drug benefit plan which pays for the total cost of the lowest priced generic prescription drugs listed in the Yukon Formulary. Prescription drugs include all those which legally require a prescription from a doctor or a dentist. Certain non-prescription drugs and products are included in the plan.

*However, Yukon Pharmacare does not cover the cost of products which can normally be obtained without a prescription, such as multivitamins, laxatives, cold medicines etc. It does not cover the cost of vaccines, e.g. for shingles or travel (please see information under Whitehorse Health Centre on page 28).*

Pharmacare is the insurer of last resort. If you receive health insurance benefits through your employer or third party, claims must be submitted to these insurers first.

*Payment is made on a reimbursement basis.*

Coverage under the Extended Care Health Care Benefits Plan means that there will be financial assistance (within the limits of the plan) for services and aids like the following:

- eye exam and eye glasses;
- hearing aids;
- most dental work;
- aids such as manual walkers, wheelchairs, etc.;
- medical-surgical supplies and equipment.

Please contact the Pharmacare office for more information prior to medical appointments.

***See the Seniors Health Benefits pamphlet for more information.***

## **Chronic Disease and Disability Benefits**

This program provides benefits to Yukon residents who have either a chronic disease or a serious functional disability. You must meet the chronic disease program requirements for eligibility.

If your illness or disability is covered under the program, some of the following items may be supplied at no charge to you:

- prescription drugs – for the total cost of lowest-priced generic of all eligible prescription drugs;
- medical equipment such as wheelchairs and commodes;
- medical surgical supplies such as syringes and hand inhalers;
- prostheses such as artificial limbs and body braces.

Chronic disease and disabilities covered under this program are listed in the regulations and include illnesses such as arthritis, diabetes, heart disease, lung disease and cancer. Your family doctor will be able to advise you about coverage for your chronic health condition. This plan covers those residents (below age 65) who do not qualify for seniors programs.

***Please see the Chronic Disease Program pamphlet for more information.***

**Temporary Absence** for those registered on the Yukon Health Care Insurance Plan: If you will be away from Yukon for more than 3 months, you are required to fill out a Temporary Absence form to ensure your coverage remains in good standing while you are away.

*For further information and registration regarding the Yukon Health Care Insurance Plan, temporary absence forms, chronic disease program, or Pharmacare and extended health care benefits, contact:*

Health Services, Whitehorse . . . . . 667-5403  
Toll-free . . . . . 1-800-661-0408 ext 5403  
Financial Plaza, 4<sup>th</sup> Floor,  
204 Lambert Street, Whitehorse

**Vital Statistics**

Vital Statistics will provide you with the following certificates:

- birth
- death
- marriage
- change of name

Certificates are \$10.00. The Vital Statistics office is located in the same office as Health Care Benefits.

*For further information, contact:*

Deputy Registrar. . . . . 667-5207  
Toll-free . . . . . 1-800-661-0408 ext 5207  
Email . . . . . vital.statistics@gov.yk.ca

**Community Health /  
Whitehorse Health Centre (WHC)**

Community Health Centres in the Yukon act as referral agencies to provide information, counseling and education about health issues. Public Health deals with preventative health measures and offers the following free services:

**Adult Immunization Clinics**

Call WHC to make an appointment for boosters or for international travel consults. Drop-in clinics are also available (call for times).

Travel immunizations should be made 6-8 weeks in advance of departure date.

## **Shingles Vaccine**

WHC provides shingles vaccines for those 50 and over, but they are not covered by Pharmacare or Social Assistance. Check with your private insurer to see if they cover this. For more information, contact WHC.

## **Flu Clinics**

These drop-in clinics are offered at WHC and the Kwanlin Dun Health Centre during the fall and winter. Dates are announced well in advance.

Website . . . . . [www.hss.gov.yk.ca/seasonal\\_flu\\_clinics.php](http://www.hss.gov.yk.ca/seasonal_flu_clinics.php)

## **Blood Pressure Clinics**

- Closeleigh Manor:** 2<sup>nd</sup> Tuesday of each month  
9:00 to 10:00 am, 100 Lambert St.
- Riverdale Manor:** 2<sup>nd</sup> Tuesday of each month  
2:30 to 3:30 pm, 20 Duke St.
- Greenwood Place:** 2<sup>nd</sup> Tuesday of each month  
10:15 to 11:15 am, 3090 – 3<sup>rd</sup> Ave.
- Waterfront Place:** 2<sup>nd</sup> Tuesday of each month  
1:00 to 2:00 pm.
- Yukon College Seniors' Complex:**  
3<sup>rd</sup> Monday of each month  
1:30 to 2:30 pm

## **Foot Clinic**

**Golden Age Society:** 1<sup>st</sup> Tuesday of each month  
9:00 – 11:00 am.

4061A 4<sup>th</sup> Avenue . . . . . 668-5538

Please bring a foot basin and towel. The free Foot Clinic is sponsored and operated by the Yukon Order of Pioneers Women in partnership with the Whitehorse Health Clinic. The Foot Clinic is not held July and August.

***For further information, contact:***

Community Health ..... 667-8864

**Kwanlin Dun Health Services**

The KDFN Health Centre offers unique, integrated programming that forms a continuous stream from pre-birth to death. Programming includes counseling services, Lunch ‘n’ Learn, sexual health information, a drop-in clinic, nursing and support services to elders, and more. Elders’ programming involves home visits, assessments, surveillance, and managed referrals, and is aimed at improving the quality of life by promoting resilience, motivation and independence. The Health Centre also provides Meals on Wheels 2X weekly, as well as rides to medical appointments as needed.

***For further information, contact:***

Nats Ekhi Ku Healing House ..... 668-7289  
Website ..... [www.kwanlindun.com/health](http://www.kwanlindun.com/health)  
43 McCrimmon Crescent (just west of KDFN Admin Building)

**Mental Health Services**

Mental Health Services provides consultation, referrals, assessment, and treatment services to individuals with a diagnosable mental health problem. They also provide consultation and information to individuals concerned about a family member’s mental health. The rural offices focus on servicing individuals with a serious, persistent mental illness.

**Whitehorse, Yukon** ..... (867) 667-8346  
#4 Hospital Road 2<sup>nd</sup> Floor

**Dawson City, Yukon** ..... (867) 993-7897  
853 – 3<sup>rd</sup> Avenue

**Haines Junction, Yukon** ..... (867) 634-7504

Residents of other communities should contact the Whitehorse office for more information and referral.

***See also:***

Canadian Mental Health Association: Mental Health for All

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

***and***

Canadian Coalition for Seniors' Mental Health: To promote seniors' mental health by connecting people, ideas and resources

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

## **Seniors' Services/Adult Protection Unit**

### **Social Worker for Seniors**

Seniors may obtain information, counseling and referral through the Seniors' Services office in Whitehorse and outlying communities. The social workers are familiar with many of the issues faced by seniors today and can provide support to seniors and their families. They can visit you at home or in the community and will treat confidentially any information you may share. See more information on the Adult Protection Act (page 77).

Seniors' Services provide links and information to help you plan for the future: health care decisions, financial and retirement planning as well as will and estate planning. They provide information on the challenges seniors face as well as information on the Yukon Seniors' Income Supplement, Pioneer Utility Grant, and healthy aging: active living, healthy eating and sleeping, and sexual health.

Printed information is available at their office or through their website.

***For further information, or to book an appointment, contact:***

Seniors' Social Worker, Whitehorse ..... 456-3946

Toll free 1-800-661-0408 (ext. 3946)

# 100 – 204 Black St. Whitehorse

Website: <http://www.hss.gov.yk.ca/seniorservices.php>

*If you live outside of Whitehorse, see the appendix for your Regional Services Office at the back of this booklet.*

**Hearing Services**

Hearing Services provides diagnostic audiological evaluations, hearing screenings, hearing aid evaluation and dispensing, and assistive listening devices, as well as helping you and your family to cope with hearing loss. Individuals may self-refer for any of these services.

**Hearing Aid Repair:**

Drop in Clinic, Monday to Thursday. 1:00 - 1:45 pm.

***For further information, please contact:***

Audiologist . . . . . 667-5913  
Toll-free . . . . . 1-800-661-0408 ext 5913  
#2<sup>nd</sup> Floor, Royal Bank Building (204 - 4114 4<sup>th</sup> Ave.)

**Sign Language Services**

An accredited American Sign Language Interpreter is available to support Yukon’s Deaf Community. This free service is offered by the Workplace Diversity Employment Office.

ASL interpretation is available for:

- medical/healthcare requirements
- employment needs
- education & training
- community and cultural events
- other individual needs.

***For further information, please contact:***

Office (voice) . . . . . (867) 456-6537  
Fax . . . . . (867) 456-3973  
Email . . . . . interpreter.ASL@gov.yk.ca

## **Yukon Home Care Program**

This program assists people to maintain their independence while living at home. The Home Care Team is made up of physiotherapists, occupational therapists, nurses, social workers, and home support workers. Services are based on assessed needs and are free of charge. Available services include:

- assistance with bathing and dressing, light housework and meal preparation;
- home adaptations to increase safety and accessibility;
- chronic disease management support, health promotion and prevention support;
- assistance with wound care or other medical treatments;
- prescription exercise programs, braces and mobility equipment;
- counseling, advocacy and assisting with referrals to appropriate community programs and support;
- respite care for caregivers;
- palliative care.

### ***For further information, contact:***

Whitehorse Home Care Office . . . . . (867) 667-5774

Home Care is available in all Yukon communities. Please contact the Whitehorse Office for the number in your community.

## **Palliative Care Program**

Palliative care is an approach offered to a person affected by a life-threatening illness. Its goal is much more than comfort in dying; palliative care is about living, through detailed attention to control of pain and other symptoms, supporting emotional, spiritual and cultural needs and maximizing functional status. Palliative care is not a physical location but a philosophy of care at the end-of-life.

This program supports and enhances the ability of a patient's primary care team to continue to care for them at the end-of-life.

This includes specialized supports for individuals and their families throughout the Yukon. The Palliative Care Program is based on the belief that quality and compassionate end-of-life care can be provided in a variety of settings; not only in the hospital, but also in the home or other usual residence. Services include:

- clinical consults;
- symptom and pain management;
- discharge planning and case management;
- training and support for caregivers;
- bereavement support in the communities.

Palliative Care Team members include a program manager, registered nurse, social worker, education and community liaison co-ordinator, and a palliative care physician.

***For further information, contact***

Palliative Care Program ..... 456-6807  
Toll-free ..... 1-800-661-0408 ext 6807

**Health Promotion Unit (HPU))**

The HPU offers programming and information in the areas of smoking cessation, nutrition/healthy eating, and sexual health.

**Quit Smoking!**

Getting support can double your chances of becoming smoke-free! For personalized counseling to quit smoking call the Smokers' Helpline **1-877-513-5333** or go to **[www.smokershelpline.ca](http://www.smokershelpline.ca)**. For in-person coaching to quit smoking, including free nicotine replacement therapy ("the patch"), sign up for the *Quitpath* program at **(867) 667-8393** or **[www.quitpath.ca](http://www.quitpath.ca)**

***For further information, contact:***

Health Promotion Unit. .... (867) 456-6576

## **Council of Yukon First Nations (CYFN)**

### **Home and Community Care Program**

The Yukon Territorial Government offers home care in Whitehorse, Watson Lake, Dawson and Haines Junction. The Home and Community Care Program, administered through First Nations, enhances this delivery in Yukon First Nation Communities. They provide a variety of services which may include meals on wheels, personal care, home support and respite care.

#### ***For further information, contact:***

Director, CYFN Health Programs . . . . . 393-9230

**Or** The Health and Social Services office in your community (see back of booklet).



# COMMUNITY HEALTH SERVICES

## **Alcohol and Drug Services (ADS)**

ADS offers a range of services to support individuals, families and communities to prevent and/or reduce the harms associated with substance use and to improve health and well-being. Specialized programs, training and groups are offered by each unit throughout the year.

### ***For further information, contact:***

ADS Reception and Information . . . . . 667-5777  
Toll-free . . . . . 1-800-661-0408 ext 5777

Detox Centre. . . . . 667-8473  
Toll-free . . . . . 1-800-661-0408 ext 8473  
(call 24 hrs/day; collect calls are accepted)  
6118 6<sup>th</sup> Avenue  
Whitehorse, YT

ADS Prevention Services location:

Suite 100 - 204 Black St.  
Whitehorse, Yukon

ADS website . . . . . [www.hss.gov.yk.ca/ads.php](http://www.hss.gov.yk.ca/ads.php)

Alcohol and Drug Information Helpline (24 hr):

Toll-free . . . . . 1-866-980-9099

## **Alcoholics Anonymous**

For a schedule of regular AA meeting times and locations call:

24 hours a day . . . . . (867) 668-5878

Web site . . . . . [www.bcyukonaa.org](http://www.bcyukonaa.org)

## **Alanon- Family Groups**

Provides assistance to individuals or families affected by alcohol.

### ***For further information, contact:***

..... (867) 667-7142  
Website ..... [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

## **Alzheimer/Dementia Family Caregiver Support Group**

The purpose of the group is:

- to meet with caregivers whose lives are affected by dementia and share information and friendship;
- to learn and share practical tips for coping with change;
- to provide a place to express feelings, find reassurance and decrease feelings of loneliness and isolation;
- to learn more about the disease, community resources and planning ahead.

The group meets on the second Wednesday of each month at 7:00pm at Copper Ridge.

### ***For more information, contact:***

Cathy 867-633-7337 or Joanne 867-668-7713

Website ..... [www.alzheimeryukon.org](http://www.alzheimeryukon.org)

## **Caring Voice Network**

This free, bilingual and confidential program connects caregivers and families to information and support through tele-learning. They host learning sessions by telephone and on-line on a wide range of topics. Workshops are lead by health care professionals and participants can share with others in similar situations.

Website ..... [www.careringvoice.com](http://www.careringvoice.com)

## **Arthritis Society**

For information on any of the 100 rheumatic conditions commonly referred to as *arthritis*, call:

Toll-free ..... 1-800-321-1433  
Website ..... [www.arthritis.ca](http://www.arthritis.ca)

## **Canadian Red Cross Society Health Equipment Loan Program**

The Canadian Red Cross Society operates the Health Equipment Loan Program (HELP) in Whitehorse. This volunteer managed, community-based program lends medical equipment on a short-term basis to people of all ages who are recovering from surgery, illness, or injury. The inventory consists of items such as wheelchairs, walkers, commodes, raised toilet seats and bath seats. A referral from a healthcare professional is required and arrangements to borrow equipment can be made by calling the Whitehorse depot. While there is no fee for borrowing equipment, HELP depends largely on generous individuals who make monetary contributions or donate equipment.

### ***For further information, contact:***

Red Cross Society ..... (867) 456-7359

## **Restoring Family Links**

This Red Cross program helps Canadians to re-establish contact with family members in other countries after separation due to war, natural disasters, etc.

### ***For information about this and other Red Cross programs and services, call:***

Toll-free Northern BC/Yukon Branch ..... 1-800-278-7177  
Website ..... [www.redcross.ca](http://www.redcross.ca)

## **Canadian National Institute for the Blind (CNIB):**

Toll-free ..... 1-800-563-2642  
Website ..... [www.cnib.ca](http://www.cnib.ca)

### **Sight Impaired Support Group**

First Monday of each month, 2:00 – 4:00 pm. All ages welcome to support and share with others. Sponsored by CNIB.

#### ***For further information, contact:***

June Cable ..... (867) 667-7464

## **Canadian Cancer Society**

The Canadian Cancer Society is a national, community-based volunteer organization which is very active in public education, fund-raising and patient services.

#### ***For further information, contact:***

BC & Yukon Division ..... 1-888-939-3333  
TTY ..... 1-866-786-3934  
Website ..... [www.cancer.ca](http://www.cancer.ca)  
Email ..... [info@cis.cancer.ca](mailto:info@cis.cancer.ca)

## **Cancer Care Navigator**

The Cancer Care Navigator is dedicated to guiding you and your family throughout your cancer journey. A diagnosis of cancer can affect you and your family physically, emotionally, financially, spiritually and socially. The Cancer Care Navigator will provide a continuity of support along with your medical team. You may call the Navigator yourself or be referred by your doctor.

#### ***For further information, contact:***

Whitehorse General Hospital ..... (867) 393-8853

## **Chronic Conditions Support Program**

CCSP assists family doctors, nurses and other health professionals to work together with patients to achieve the best possible care. The program helps people with chronic conditions such as COPD, diabetes, and high blood pressure to manage their health.

### ***For further information, contact:***

Manager ..... (867) 393-7487

## **Diabetes Education Centre**

The Centre offers outpatient information, support and teaching for adults diagnosed with diabetes. Referral is required from your family doctor, nursing station or Home Care. Lots of printed material is also available.

### ***For further information, contact:***

Diabetes Education Centre ..... (867) 393-8711

Thompson Centre

Website ..... [www.diabetes.ca](http://www.diabetes.ca)

## **Heart and Stroke Foundation of BC and Yukon**

The foundation provides information about heart disease and raises funds for research into heart disease.

*In memory* envelopes are available by contacting the phone numbers listed.

### ***For further information, contact:***

Whitehorse ..... 668-6285

Toll-free ..... 1-888-473-4636

Website ..... [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)

## Hospice Yukon Society

Hospice Yukon provides support for individuals and their loved ones facing advanced illness, death and bereavement, through compassionate one-to-one support, education and advocacy.

The educational workshop, *Living with Loss*, is offered four times a year for individuals, professionals and caregivers. Hospice offers counselling, Healing Touch, and vigil support. They organize events, such as walking groups, discussions and art retreats, and maintain a resource library of books, pamphlets and audio/visual materials. Items can be mailed outside of Whitehorse.

Membership is \$10 annually for seniors. This includes two newsletters per year with information on programs and public meetings. All services are free and confidential.

### ***For further information, contact:***

Hospice Yukon Society ..... (867) 667-7429  
409 Jarvis St.

Whitehorse, Yukon Y1A 2H4

Website ..... [www.hospiceyukon.net](http://www.hospiceyukon.net)

## Line of Life Association (LIFE LINE)

The Personal Response System that gives you the confidence of knowing help is at the touch of a button.

### ***For further information, contact:***

Co-ordinator ..... 667-6945

Toll-free ..... 1-800-543-3546

Website ..... [www.lifeline.ca](http://www.lifeline.ca)

Greenwood Place, 2<sup>nd</sup> Floor

3090 3<sup>rd</sup> Avenue,

Monday-Thursday: 10:00 am to 1:00pm

# Many Rivers Counselling and Support Services

Many Rivers offers counselling to individuals and families on many issues, including relationship problems, communication, loss, depression, marital problems, financial problems, and chronic conditions. A resource library is also available to the public.

***For further information, contact:***

Whitehorse . . . . .	(867) 667-2970
Dawson City . . . . .	(867) 993-6455
Haines Junction . . . . .	(867) 634-2111
Watson Lake . . . . .	(867) 536-2330

***Residents of Mayo, Pelly Crossing, Destruction Bay, Burwash Landing, Beaver Creek, Carmacks, Carcross and Teslin may contact the closest office for services.***

## Second Opinion Society (SOS)

This self-help group offers alternative mental health information and support to psychiatric survivors, people going through emotional distress, and people who are isolated or interested in holistic approaches to mental health. We offer peer support, advocacy, a resource library, recreational and social activities, and workshops. Everyone is welcome to drop in to check out our resources and activities.

***For further information, contact:***

Second Opinion Society . . . . . (867) 667-2037  
Email . . . . . info@second-opinion.ca  
304 Hawkins Street  
Whitehorse Yukon Y1A 1X6

## **Victoria Faulkner Women's Centre**

The Women's Centre is a safe and respectful space where women connect with each other, access support and services, and work together to create positive change for women and the community. We are committed to promoting women's equality and well-being.

Our Women's Advocate helps women to.

- access basic services: financial, legal, social, housing and employment;
- deal with government agencies and to access court services;
- trust their own judgment and make positive choices, by empowering them.

There is a free community lunch for women Wednesdays 11:30 am -1:30 pm. Drop in for coffee, tea, showers, laundry, and computer, fax and phone use!

**Drop In Hours:** 11:00 am to 3:00 pm, Monday to Friday.

### ***For further information, contact:***

Program Coordinator ..... (867) 667-2693  
503 Hanson Street

Email ..... vfwc@northwestel.net  
or ..... womensadvocate@northwestel.net

Website ..... victoriafaulknerwomenscentre.blogspot.com  
and on Facebook

## **Whitehorse General Hospital Outpatient Dietitian**

The WGH Dietitian offers information and consultation on diet and nutrition. For specific information regarding individual diets, please contact your doctor for a referral.

### ***For further information, contact:***

Dietitian ..... (867) 393-8711

**Women’s Auxiliary to the Whitehorse General Hospital**

Auxiliary volunteers take a cart around the hospital three times a week through all wards and departments. Patients can purchase small toiletries, stationery, pop and various edibles, as well as handmade baby knitting and birth announcement cards. Funds raised by these sales are used to purchase items for the hospital which are not covered by capital budget. New volunteers are always welcome!

***For further information, contact:***  
..... (867) 667-7185

**Women’s Directorate of Government of Yukon**

The mandate of the Women’s Directorate is to support the Government of the Yukon in its commitment to the economic, legal and social equality of women. Our library offers books, videos, journals, and magazines on women’s history, health, spirituality, economics, education and politics, to name just a few.

We publish pamphlets, booklets and brochures, such as:

- Yukon Family Violence Directory
- Options Choices Changes Safety Kit (for women living with violence)
- How to Support a Woman Who Has Been Sexually Assaulted

***For further information, contact:***  
In Whitehorse ..... (867) 667-3030  
Toll-free ..... 1-800-661-0408 ext 3030  
Email ..... stephanie.coulthard@gov.yk.ca  
Suite 1, 404 Hanson Street, Whitehorse

## **Yukon Anti-Poverty Coalition (YAPC)**

YPAC facilitates the elimination of poverty in Yukon through awareness, advocacy and action. They coordinate *Whitehorse Connects*, a day of free services for the poor and inadequately-housed three times a year, as well as *Poverty and Homelessness Action Week* in October. YAPC partners with community members on issues involving food, shelter and access to services.

Publications include *Surviving in Yukon: Where to go to get free or low-cost goods and services*, and *A Home for Everyone,: A Housing Action Plan for Whitehorse*.

### ***For further information, contact:***

..... (867) 334-9317  
Email ..... yukonantipovertycoalition@gmail.com  
Website ..... www.yapc.ca

## **Yukon Association for Community Living.**

Since 1964 the Yukon Association for Community Living has worked to provide advocacy, public education and parent support on behalf of adults and children with intellectual disabilities and their families. We believe that inclusion which includes all abilities and all ages is good for us all as individuals and for society as a whole.

We also offer programs designed to foster an atmosphere of inclusion which enhances the quality of life for adults and children with disabilities in our community:

- \* Youth Peer Mentor program which helps develop social skills and new friendships for teens
- \* The Connecting Through Stories Program featuring a series of live public readings by seniors to mixed-ability audiences

\* A proposed (anticipated start date Feb 2016) Supper Club where seniors will host a recurring meal event teaching social and hosting skills to participants with an intellectual disability

\* Monthly Just For Fun Dances for all ages friendship and the fun of dancing

\* Summer Recreation events for people with disabilities and their families to enjoy inclusive summer activities

\* Transition to employment through Ready, Willing and Able funding and job coaching support

## You can help us change a life.

Ask about membership, employment, or ongoing ways to contribute your time and resources to something meaningful. Together, we can build a community where everyone is welcome.

Yukon Association for Community living

Suite 7- 4230 4<sup>th</sup> Ave.

867-667-4606

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

## **Yukon Lung Association**

This association raises funds through their annual Christmas Seals Campaign. The funds raised are spent in the Yukon for the prevention and treatment of respiratory diseases.

### ***For further information contact:***

Coordinator . . . . . (867) 668-6974

P.O. Box 33122

Whitehorse YT Y1A 5Y5



# RECREATION

**Please note all times and dates are current at the time of publishing. Please phone contact numbers to get the most up to date information.**

## **BINGO**

Bingo is held most days of the week in Whitehorse at varying times, and is operated by many community groups as fundraisers.

### ***For dates and times, call:***

Elks Lodge Whitehorse . . . . . (867) 667-2201

Birthday Bingo, Dawson City . . . . . (867) 993-7151

## **ElderActive Recreation Association**

*Seniors helping seniors to be active in body,  
mind and spirit.*

The ElderActive Association is an organization of Yukoners 55+ dedicated to the promotion of active living for older adults. They organize games events at the Canada Games Centre, and visits to various Yukon communities and to Atlin, B.C. They also support and organize Team Yukon for the Canada Senior Games.

Office hours: Tuesday to Friday, 9:00 am to 1:00 pm.

### ***For further information contact:***

Office Coordinator. . . . . (867) 456-8252

Email . . . . . elderactive@ sportyukon.com

Website . . . . . www.yukon-seniors-and-elders.org

4061 4<sup>th</sup> Ave.

Whitehorse, Yukon Y1A 1H1

## **Greenwood Activity Centre**

3090-3<sup>rd</sup> Avenue, Whitehorse

Activities at Greenwood include:

- Blood Pressure Clinic: 2<sup>nd</sup> Tuesday of every month  
10:15 to 11:15 am.
- Bingo: Saturdays 7:00 – 9:00 pm

### ***For further information, contact:***

Leah Bowers ..... (867) 334-7625

## **Golden Age Society**

The Centre is open Monday to Friday, from September through May. Activities include:

- potluck supper held the last Monday of each month, except June, July, August and December, followed by music, and entertainment.
- EDGU on Mondays at 11:15 am
- Tai Chi on Mondays and Thursdays at 10:00 am
- Quilting on Tuesdays at 1:00 pm
- Line dancing on Wednesdays at 1:00 pm
- Fun Bingo every Thursdays at 1:00 pm
- Floor Curling Fridays at 9:30 am
- Crib tournament Fridays at 1:00 pm
- Semi-annual newsletter to members.

Events include a membership social in January, Spring Tea and Bake Sale in May, Seniors Barbeque in June, and Seniors Christmas Tea in December. Please pick up the schedule at the office.

Membership is \$ 22 a year, and open to anyone over 55.

### ***For further information, contact:***

Office Manager ..... (867) 668-5538

Office hours: Monday to Friday, 10:00 am to 1:00 pm

Email . . . . . goldenagesociety@gmail.com  
4061A- 4<sup>th</sup> Ave. (parking lot entrance).  
Whitehorse, Yukon

**Recreation and Parks Association of the Yukon  
(RPAY)**

RPAY is a non-governmental organization that works to promote and support healthy active lifestyles in the Yukon through a variety of initiatives. A few of the programs available include aquatics training and certification, Boat Operator Accredited Training, recreation leadership events, walking programs and fun interactive workshops to improve knowledge in the areas of exercise, nutrition, stress management, diabetes, osteoporosis and more. There is a small staff at the RPAY office, so it is best to call first before stopping by.

***For more information, contact:***

.....	(867) 668-3010
Email . . . . .	rpay@rpay.ca
Website . . . . .	www.rpay.org
Location:	509 Hanson Street
Mailing Address:	4061-4 <sup>th</sup> Avenue
	Whitehorse, YT Y1A 1H1

## Closeleigh Manor

100 Lambert Street, Whitehorse

All activities are open to persons 55 and older.

Tuesday	TOPS	4:30 - 5:30 pm
Wednesday	Rummoli	7:00 pm
	TOPS	8:30 to 10:00 am
Sunday Bingo		7:00 pm
(refreshments served)		

### ***For further information, contact:***

Eileen Boyle ..... (867) 633-4813

## Recreation Programs

### **City of Whitehorse / Canada Games Centre**

The City of Whitehorse Parks and Recreation Department offers a 50% discount for seniors (60+) on all adult leisure programs. Senior programs are usually advertised at the discounted rate, but if not you may request it. Please be ready to identify yourself as a senior and to provide your date of birth. Staff and resources are also available to assist in the area of leisure services provision.

### ***For further information on programs and services, contact:***

City of Whitehorse ..... (867) 668-8325  
4061 – 4<sup>th</sup> Avenue, Whitehorse (Sport Yukon Building)

### ***Swimming, skating, walking:***

A world of fun is waiting at the Canada Games Centre for Seniors (60+). Many different drop-in activities are offered: skating, swimming, tennis, basketball, badminton, indoor golf, indoor walking track and fitness equipment. Check out the seasonal **Active Living Guide** in print or at [www.whitehorse.ca/alg](http://www.whitehorse.ca/alg).

The Whitehorse Lions Aquatic Centre continues to offer *Aquafitness* classes at various times. *Aquafitness* allows a good

workout with less stress to joints than is usually associated with other types of exercises. Treat yourself to the energizing environment of a water workout, a hot tub or sauna and then enjoy a coffee and snack in the facility. Seniors can now continue to walk during the winter on the indoor track. This is a great safe place to keep on walking during the cold, slippery winter months.

***For further information on dates, times and prices, contact:***

Canada Games Centre ..... (867) 667-4FUN (4386)  
Website ..... [www.whitehorse.ca/alg](http://www.whitehorse.ca/alg)

See also ***Canadian Centre for Activity and Aging***: Leaders in physical activity research and program development for seniors:  
..... [www.uwo.ca/actage](http://www.uwo.ca/actage)



# EDUCATION

## **Yukon Public Libraries**

There is a central library in Whitehorse and branches in 14 communities across the territory. All Yukon public libraries contain large print books, talking books, e-books, book club sets, videos, and free internet access. Membership is free to Yukon residents.

### ***For further information, contact:***

Whitehorse Public Library . . . . . (867) 667-5239  
Reference Desk . . . . . (867) 667-3668  
Toll-free in Yukon . . . . . 1-800-661-0408  
Website . . . . . [www.ypl.gov.yk.ca](http://www.ypl.gov.yk.ca)  
1171 – Front Street (Front and Black Streets, next to the Kwanlin  
Dun Cultural Centre)  
Monday to Thursday: 10:00 am to 9:00 pm  
Friday to Sunday: 10:00 am to 6:00 pm

## **Yukon Archives**

The Archives is responsible for acquiring, preserving and making available documentary sources related to Yukon history, cultures and development. The holdings are constantly expanding by means of donation, purchase, and the Yukon government's records management program. Holdings include private records (diaries, correspondence, account books, and other papers of individuals), corporate records (of Yukon organizations, associations and businesses), photographs, government records, maps and plans, films, sound recordings, and library publications (newspapers, periodicals, newsletters, books, pamphlets).

### ***For further information, contact:***

. . . . . (867) 667-5321  
Toll-free in Yukon . . . . . 1-800-661-0408 ext 5321  
Fax . . . . . (867) 393-6253  
Email . . . . . [yukonarchives@gov.yk.ca](mailto:yukonarchives@gov.yk.ca)

Website . . . . . [www.tc.gov.yk.ca/archives](http://www.tc.gov.yk.ca/archives)  
400 College Dr.  
Whitehorse, Yukon Y1A 2C6  
(across from the Yukon College main entrance)

**Public hours:**

Tuesday and Wednesday: 9:00 am - 5:00 pm  
Thursday: 1:00 - 5:00 pm  
Friday: 1:00 - 9:00 pm  
Saturday: 10:00 am - 1:00pm, 2:00 pm - 6:00 pm  
Sunday and Monday: Closed

**Friends of the Yukon Archives Society  
(FOYAS)**

FOYAS has assisted the Archives in developing a genealogy to assist family history researchers to find information about family members who may have lived or worked in the Yukon since 1896. Research requests come to Yukon heritage organizations from Yukoners new and old, Yukon First Nations descendants, visitors whose ancestors passed through or lived here during the various eras of the Territory’s history. Resources available through this site have been compiled by two of Yukon’s largest repositories of historical information: the Dawson City Museum & Historical Society Archives and the Yukon Archives.

***For further information, contact:***

Yukon Archives, as above  
. . . . . (867) 667-5321  
Toll-free . . . . . 1-800-661-0408 ext 5321  
Website . . . . . [www.yukongenealogy.com](http://www.yukongenealogy.com)

**Road Scholar (formally Elderhostel)**

Road Scholar offers educational, international, travel adventures, at all-inclusive prices, to people 55 years of age and older. Discover nearly 5,500 educational tours in 150 countries with Road Scholar.

***For further information, contact:***

Toll-free ..... 1-800-454-5768  
Website ..... [www.roadscholar.org](http://www.roadscholar.org)

## **Routes to Learning**

For more than 20 years, Routes to Learning Canada has been the provider of Road Scholar programs (above), and a leader in adult and seniors' educational travel. Our small group learning adventures include resident experts who take you behind-the-scenes. Discover land and cruise adventures and volunteer abroad opportunities around the world, including the Arctic and Antarctic.

***For further information, contact:***

Toll-free. .... 1-866-745-1960  
Email. .... [information@routestolearning.ca](mailto:information@routestolearning.ca)  
Website ..... [www.routestolearning.ca](http://www.routestolearning.ca)

## **Yukon College**

Yukon College offers educational programs, courses, and services in 14 community campuses located throughout the Yukon, including the main campus in Whitehorse and the Kwanlin Dun House of Learning (see below). Each campus offers a variety of academic and vocational programming such as career and job readiness, part-time continuing education, and certificate/diploma/degree courses. Some of these programs and courses are offered in person, while others can be accessed remotely using video or the internet.

Details of courses and programs are available in the Yukon College Calendar. Copies can be obtained at the local community campuses or online at **[www.yukoncollege.yk.ca](http://www.yukoncollege.yk.ca)**.

With the exception of specifically required fees (e.g. activity and lab fees, continuing education), application and tuition fees for credit courses **are waived for people 65 years of age and older.**

The College also offers more than 400 courses online. Visit **ed2go.com/Yukon** to browse through course selections, and to get information about schedules, costs and registration.

***For further information, contact:***

Program Support Officer . . . . . (867) 668-8790  
Toll-free . . . . . 1-800-661-0504  
Website . . . . . [www.yukoncollege.yk.ca](http://www.yukoncollege.yk.ca)  
If you live outside of Whitehorse, contact your local community campus.

**Kwanlin Dun First Nation  
Kenädän Ku House of Learning**

The House of Learning provides educational opportunities and workplace skills training to KDFN and other First Nations citizens in a setting within their community, including college prep courses, standard First Aid/CPR, WHMIS, bobcat safety, chainsaw safety, flagging and others.

***For further information, contact:***

Instructor. . . . . (867) 633-8422 ext 7897

**Kwanlin Dun Cultural Centre**

The vision of the Cultural Centre is to revive, preserve and demonstrate the language, practices, values and traditional way of life for the benefit of Kwanlin Dun people, as well as other First Nations and people from around the world.

The Centre organizes events, hosts exhibits and offers programming for people of all cultures. We will be offering language classes and inviting people to learn about our culture through the sharing of our stories, art, music and traditional food.

***For further information, contact:***

Reception. . . . . (867) 456-5322

## **Yukon Learn**

Yukon Learn provides free, quality adult literacy services and programs throughout the Yukon. Their primary focus is to provide one-to-one tutoring to learners hoping to improve their reading, writing, math or computer skills. The Education Centre offers library use, scheduled computer classes and drop-in services.

### ***For further information, contact:***

..... (867) 668-6280  
Toll-free ..... 1-888-668-6280  
Email ..... admin@yukonlearn.com  
Website ..... www.yukonlearn.com

## **Learning Disabilities Association of the Yukon (LDAY)**

- provides individual and family counseling support
- educational and informational workshops
- self-esteem and social skill building programs for children
- referrals to other beneficial resources
- student/tutor matching program
- resource centre.

### ***For further information, contact:***

..... (867) 668-5167  
Email ..... office@ldayukon.com  
Website ..... www.ldayukon.com



# SENIORS' ORGANIZATIONS and SERVICES

## **Yukon Council on Aging**

The Yukon Council on Aging is a non-profit society that serves all Yukon senior citizens, lobbying for better living conditions and communicating information about benefits and issues for seniors to the community at large. The Council holds meetings each year in the spring and fall. Membership dues are \$10 per year and include a subscription to a quarterly newsletter the *Sourdough Chronicle*. The Yukon Council on Aging administers the Seniors Information Centre and The Seniors' Home and Yard Maintenance Program.

### ***For further information, contact:***

..... (867) 668-3383  
Toll-free. .... 1-866-582-9707  
Fax ..... (867) 668-6745  
Email ..... ycoa@yknet.yk.ca  
Website ..... www.yukons-seniors-and-elders.org  
4061B – 4<sup>th</sup> Avenue  
Whitehorse, Yukon Y1A 1H1

## **Seniors' Information Centre**

The Seniors' Information Centre offers information on and/or assistance with:

- pension applications
- various grants and supplements
- health issues
- Advance Directives
- recreation and education
- housing applications

Other services include:

- referrals to various agencies and organizations
- Discount List (see below)

- Notary Public on staff
- maintaining mailing list for quarterly newsletter

The service is free and all matters are confidential. The Centre also carries the pamphlets and printed materials of many of the services listed in this booklet.

Funding provided by Yukon Health & Social Services.

## **Seniors' Discounts**

Many businesses in Whitehorse offer discounts to Yukon seniors for goods and services. Some grocery stores and drug stores offer delivery services as well. All you have to do is ask. You will need your Pharmacare card or other proof of age.

### ***For further information, contact:***

Co-ordinator . . . . . (867) 668-3383

Toll-free. . . . . 1-866-582-9707

4061B - 4<sup>th</sup> Avenue

Whitehorse, Yukon Y1A 1H1

Office Hours: Monday to Friday, 9:00 am to 1:00 pm.

***Drop in, no appointment necessary!***

## **Seniors' Home and Yard Maintenance Program**

The Seniors' Home & Yard Maintenance Program provides a pool of security-screened workers to assist seniors, elders and persons with disabilities, with normal maintenance jobs at affordable rates. These may include snow shoveling, lawn and yard maintenance, wood splitting, and housekeeping chores, as well as minor repairs and painting.

### ***For more information, contact:***

Co-ordinator . . . . . (867) 667- HELP (4357)

Office Hours: Monday to Friday, 9:00 am to 1:00 pm.

Other contact information is the same as for the Seniors' Information Centre.

Funding provided by Yukon Housing Corporation.

**Pathways to Wellness**

The Pathways to Wellness team recognizes that grandparents play an important role in raising healthy, happy children. Check out their website to find new videos and information on topics ranging from healthy eating, brain development, raising happy and curious kids, and supporting youth to find their passion.

Website . . . . . [www.yukonwellness.ca](http://www.yukonwellness.ca)

**Grandparents' Rights Association of the Yukon (GRAY)**

GRAY is a non-profit, confidential association of grand-parents who believe that we provide a natural and necessary nurturing role in a healthy family. If you have difficulties with access or custody regarding your grandchildren, we can help.

***For further information, contact:***

GRAY . . . . . (867) 821-3821

**Signpost Seniors' Association  
Watson Lake**

The Association sponsors a lunch each Wednesday at 12:00. The lunch is free to members, and guests are welcome for a small charge. The annual membership fee is \$ 12. Call to learn more about our facilities and monthly calendar of activities.

A foot clinic, provided by Home Care nurses, is available at the Centre on the first Wednesday of the month. Please call **Home Care 536-5256** for an appointment.

***For further information, contact:***

Signpost Seniors' Association ..... (867) 536-2929

Email ..... signpostsenior@northwestel.net

100 - 7<sup>th</sup> Street South (behind Andrea's Hotel).

Office Hours: Monday to Friday, 10:00 p.m. to 1:00 p.m.

**Marsh Lake North of 60**

The seniors' group meets Tuesday afternoons 2:00 p.m. to 4:00 p.m. for coffee, cards and chats.

***For further information, contact:***

..... (867) 660-4999

Marsh Lake Community Center

Doehle Road

Judas Creek Subdivision

**Tagish Community Hall**

Seniors and community members meet Wednesday afternoons 2:00 - 4:00pm for coffee, tea and chats. The community hall operates a concession.

***For further information, contact:***

..... (867) 399-3407

Email ..... recreation@tagishyukon.org

Website ..... www.tagishca.ca

Community Hall is located at Km 27 Tagish Road

(watch for sign on highway)

**Yukon Retired Teachers' Alumni (YRTA)**

YRTA's membership made up of retired teachers and friends who have worked in Yukon's public schools. Activities sponsored by YRTA include: monthly breakfast gatherings, a Christmas luncheon, a fall potluck lunch, and annual meeting, etc. Each year two scholar-ships are awarded by YRTA to Yukon students enrolled in post-secondary education programs. In addition, members engage in volunteer work throughout the Yukon.

***For further information, contact:***

Ken Nash . . . . . kenandpatti@northwestel.net

**Big Brothers/Big Sisters of Yukon**

This organization welcomes responsible adult volunteers to provide in-school and one-to-one community based mentoring for young people.

***For further information, contact:***

Harold Sher (Executive Director) . . . . . (867) 668-7911  
Email . . . . . bbbsyukon@gmail.com  
Website . . . . . www.bbbsofyukon.ca  
305 Wood Street  
Whitehorse, YT Y1A 2E7

**Centre de la francophonie**

The centre is home to many francophone community organisations that offer programmes and services to our seniors and elders:

- **Association franco-yukonnaise** est la porte-parole officielle et leader du développement de la communauté franco-yukonnaise (867) 668-2663  
Ou courriel : afy@afy.yk.ca  
www.afy.yk.ca
- **Franco50** offre programmes et ressources pour personnes âgées. Pour devenir membre de **Franco50**, (867) 668-2663, poste 320 ou courriel : yk.franco50@yahoo.ca
- **Partenariat Communauté en Santé (PCS)** offre programmes, services et ressources reliés à la santé.  
Information : (867) 668-2663, poste 800  
ou courriel : pcsyukon@francosante.ca  
<http://www.francosante.org/>
- **Les EssentiElles** est un organisme offrant des programmes et services orientés vers les femmes.  
(867) 668-2636

elles@lesessentielles.ca  
www.lesessentielles.ca

302, Strickland Street  
Whitehorse, YT Y1A 2K1  
(867) 668-2663

## **Income Tax Returns**

Several local organizations offer free income tax return filing for people with low income. These are usually offered by the Golden Age Society, Salvation Army and the Victoria Faulkner Women's Centre. See contact information under the listings for the individual organizations.

## **National Seniors Council**

This council was established to advise the Government of Canada on all matters related to the well-being and quality of life of seniors. It provides advice to the Minister of Employment and Social Development, the Minister of Health, and the Minister of State (Seniors). In 2013, the National Seniors Council examined the social isolation of seniors, and committed \$ 2,000,000 to addressing this issue through New Horizons for Seniors Program pilot projects.

Website ..... seniorscouncil.gc.ca



# EMERGENCY FOOD and SHELTER

## Salvation Army Soup Kitchen and Shelter

The Salvation Army is at the corner of 3<sup>rd</sup> Avenue and Black Street in Whitehorse, and provides:

- Lunch for those in need, Monday to Friday  
11:30 am - 1:00 pm
- Coffee drop-in, Monday to Friday  
10:00 am - 3:00 pm
- Weekends: closed.

**Food Bank:** Monday to Friday 9:30 – 10:30 am.

### **Shelter:**

7 days a week, opening at 8:30 p.m.

First come, first served.

### ***For further information, contact:***

All services ..... (867) 393-8322

## Community Weekend Soup Kitchen

- Provides a hot meal on Saturday and Sunday for anyone in need.
- Operated by volunteers from various churches and groups.
- Hours of operation:  
Saturday 12:30 - 1:00 pm  
Sunday 2:00 - 2:30 pm
- Place: CYO Hall, Sacred Heart Cathedral, located at the corner of 4<sup>th</sup> Ave. & Steele Street.
- Everyone is welcome!

***For further information about the service, or to volunteer, contact:***

Sacred Heart . . . . . (867) 667-2437

## **Food Bank Society of Whitehorse**

- Food hampers for those in need.
- **Food Pick up:**  
**Tuesday and Thursdays**  
10:00 am - 1:00 pm and 3:00 - 5:00 pm
- **Office Hours:**  
Monday: 11:00 am - 4:00 pm  
Wednesday and Friday: 9:00 am - 12:00 pm and 1:00 - 4:00 pm  
Tuesday and Thursday: 9:00 am - 1:00 pm and 2:00 - 5:00 pm  
Saturday: 11:00 am - 3:00 pm

### ***For further information, contact:***

. . . . . (867) 393-2265

Email . . . . . office@whitehorsefoodbank.ca

Website . . . . . www.whitehorsefoodbank.ca

306 Alexander St.

Whitehorse, Yukon Y1A 2L6

## **Kaushee's Place Women's Shelter**

Kaushee's Place provides safe and confidential support to women and their dependent children who have experienced violence and abuse. We define violence and abuse broadly to include physical, sexual, emotional, psychological, spiritual, and financial abuse, as well as threats of abuse. Kaushee's Place offers a variety of services to women including short-term emergency shelter, long-term second stage housing, and a crisis line staffed 24 hours a day.

Women, with or without their dependent children, who access the services of the emergency shelter are allowed to stay at no cost to themselves, for up to 30 days. This emergency shelter is designed to provide a woman with a safe and supportive environment where she can evaluate her situation and take some time to examine their options.

Second stage housing includes five apartment units which are available for up to six months for women who want to live independently but remain in a safe environment.

Women who do not directly access the services of Kaushee’s Place can receive support regarding violence and abuse via the crisis line and outreach services.

***For further information, contact:***

Administration . . . . . (867) 633-7720  
Crisis Line (24 hours) . . . . . (867) 668-5733  
(Call collect)

**Betty’s Haven:**

The newly constructed Betty’s Haven offers 10 furnished suites to abused women and their children for a longer period (up to 18 months). There is one accessible suite available, plus a communal kitchen and a conference room.

***For further information, contact:***

. . . . . (867) 456-3190  
Email . . . . . bhadywth@northwestel.net



# TRANSPORTATION

## Whitehorse Bus System

Whitehorse Transit operates a regular bus service to most subdivisions in the City of Whitehorse. Schedules can be obtained from the City Hall and various outlets in Whitehorse, on the buses, or by checking the City of Whitehorse website. All conventional buses are fully accessible with low-floors.

In 2014, seniors' fares (60+) are \$ 2.50 cash; \$ 10 for a strip of 10 tickets; and \$ 26 for monthly pass. These rates also apply to the Handy Bus (below).

### *For further information, contact:*

Whitehorse Transit ..... (867) 668-7433  
Website ..... [www.whitehorsetransit.com](http://www.whitehorsetransit.com)

## Whitehorse Handy Bus System

The Handy Bus provides safe and secure transportation to persons with mobility difficulties. The bus provides transportation from accessible door to accessible door, and is available on a regular basis if required.

See rates as for regular bus system above.

### **Who can use the system?**

If you are a Whitehorse resident or a visitor to the City, who has a temporary or permanent physical disability that prevents or severely inhibits you from walking 175 meters (574 feet), you are eligible for the Handy Bus service.

If you are booking service for the first time, you will be requested to complete a brief application over the telephone. This will register you with the system.

**Hours of service:**

Monday to Friday: 6:40 a.m. to 9:20 p.m. (matches conventional service hours)

Saturday: 7:00 a.m. to & 7:00 p.m. Saturday service is provided only to clients who have made bookings prior to 4:30 p.m. on Friday.

**How to make a reservation:**

Reservations are accepted Monday to Friday from 8:30 am to 4:30 pm by calling **668-8394**. Service is provided on a first come, first served basis. Passengers are required to reserve all trips at least 24 hours in advance of time requested for travel. For inflexible appointments, it is suggested reservations be made as far in advance as possible to ensure you get the time you require.

**General Information:**

The Whitehorse Handy Bus will accommodate any person visiting the city, subject to availability. Lifts on the Handy Bus vehicles are capable to accommodating motorized scooters. If you are using a scooter and require assistance transferring to an ambulatory seat, you must have an attendant accompany you on the trip.

*Please see the Handy Bus Policy at:*

..... [www.city.whitehorse.yk.ca/transit](http://www.city.whitehorse.yk.ca/transit)

**Passenger tips:**

- Know the destination you are traveling to before you call the office.
- Please be specific with pick up and drop off locations (i.e. side door).
- Be ready at the nearest accessible door 15 minutes before your scheduled pick-up time.
- If an attendant or anyone else will be accompanying you, please advise the office when you make your reservation.
- Please notify the office of any change in address or telephone number.
- Please limit parcels to a manageable amount for you and your attendant.

- Smoking is prohibited on all transit vehicles.

**When you arrive:**

- Handy Bus operators will assist you to and from the vehicle and through the closest accessible door.
- Handy Bus operators are not required to wait more than 5 minutes past your appointment pick-up time.
- Handy Bus operators will fasten all restraints and seat belts within the vehicle.

***For further information, contact:***

Whitehorse Transit . . . . . (867) 668-8394

**Accessible Parking Permit**

If you have mobility difficulties and/or poor vision, you may request a handicapped parking permit from the City of Whitehorse. Your physician must complete and sign the application. The form should be returned to City Hall at 2121 Second Avenue . There is a fee of \$ 25 upon issuance of the parking permit.

***For further information, contact:***

City Hall . . . . . (867) 667-6401  
Website . . . . . [www.city.whitehorse.yk.ca](http://www.city.whitehorse.yk.ca)

**Motor Vehicles Licence Renewal and Medical Requirements**

**Keeping Senior Drivers Safely On The Road**

*A message from Motor Vehicles...*

*Our goal is to keep you driving safely while ensuring the safety of the traveling public...*

**Renewal of Driver's Licence (Class 5)**

- All driver's licenses are valid for a period of five years;
- A medical report is required at ages 70, 75 and 80, and every two years thereafter.

- The expiry date of the license does not always correspond with the due date of your medical report so a reminder letter is sent out. It is your legal responsibility to notify Motor Vehicles of changes to your mailing address, or changes in your health that may affect your driving.

## **Renewal of Drivers' Licences**

### **(Commercial Classes 1 - 4)**

- All licences are valid for a five year term;
- Drivers aged 45 to 65 are required to provide a medical report every three years;
- Drivers aged 65 and over are required to provide a medical report annually.

## **Vision Requirements:**

Good vision is one of the most important requirements of driving. Please visit your optometrist regularly to ensure your vision meets driving standards.

## **ID Required to get a Yukon License**

- Photo and Signature: Canadian driver's licence, passport Immigration Canada (CIC) documents, or secure Indian Status card;
- Date of Birth: birth certificate, CIC documents, or secure Indian Status Card;
- Current Legal Name: birth certificate, valid passport or permanent resident card showing your full, current legal name. If you do not have these documents, you may need to bring your marriage certificate(s) or legal name change document(s).

You also need two (2) documents to prove you live in Yukon:

- Yukon Health Care card (if you are new to the Yukon and don't yet qualify for a Yukon health card, bring *two* of the following documents);
- PLUS a bill or statement addressed to you showing your Yukon address, such as a utility or credit card bill, your

property tax statement, most recent income tax return, or a statement on company letterhead from your employer.

Bring money for any fees (see contact information below for more details).

***For further information, contact . . . . . 667-5315***

***Toll-free throughout Yukon . . 1-800-661-0408 ext 5315***

***Website . . . . . www.hpw.gov.yk.ca/mv***

### **AM I A SAFE DRIVER?**

1. Am I nervous behind the wheel?
2. Do others frequently honk at me?
3. Have I had a number of fender benders and near misses?
4. Do my family and friends worry about my driving?
5. Do my children or grandchildren no longer accept rides from me?
6. Have I ever become lost when driving or forgotten where I was going?
7. Do I sometimes change lanes or merge without looking?
8. Do I tend to drive much faster or slower than other traffic?
9. Does my attention wander while driving?
10. Do I find things happen too quickly for me to make good driving decisions?
11. Do intersections bother me because there is so much to watch for from all directions?
12. Do I stay informed on changes in driving and highway regulations?
13. Do I check with my doctor about the effect of my medications on my driving ability?
14. Do I always wear my seatbelt?
15. Do I get regular vision checks?

16. Do I communicate regularly with my doctor regarding changes in my health?
17. Do I have trouble pushing down on the gas pedal or brakes?
18. Do left hand turns make me nervous?
19. Do I have trouble judging distance of approaching cars?
20. Do I have trouble looking over my shoulder when backing up?

## TIPS FOR SUCCESSFUL AGING AND SAFE MOBILITY . .

- ❖ Take care of your health (visit your doctor and optometrist regularly).
- ❖ Use caution with new medications and driving.
- ❖ Be comfortable driving (do not drive if you are nervous, and prepare for the weather conditions).
- ❖ Keep yourself safe in your car (wear a seatbelt, keep your vehicle maintained, drive only when alert and focused).
- ❖ Take care of your emotional health ( do not drive when angry or upset).
- ❖ Plan! (create a transportation plan or use alternative modes of transportation).
- ❖ Self-restrict your driving (only in non-busy hours and in daylight only, know the road conditions).
- ❖ Know when to retire from driving completely (It's the responsible thing to do!).
- ❖ Seek advice: talk to your family, friends and your doctor....

*See you on the road!*



# PLANNING FOR YOUR FUTURE

At any time in your life, you could become very sick or get in a car accident. Who would you want to make decisions for you if you couldn't? What kind of health care treatment would you want? It is important to plan ahead so that your wishes are respected by your family and friends. Here are some legal tools that can help.

## **Will** (under the Yukon *Wills Act*)

A will sets out where you want your money, property and belongings to go when you die. The executor(s) you name to carry out your wishes has no authority to make decisions for you while you are still alive. It is strongly recommended that a lawyer prepare your will so that it is legal in the Yukon.

Please also refer to the booklet *Ten Common Questions about Wills and Estates* (see section on Legal Services in next chapter).

## **Enduring Power of Attorney** (under the Yukon *Enduring Power of Attorney Act*)

An Enduring Power of Attorney (EPA) sets out who you want to make financial decisions for you in the event you become incapable of making your own decisions. The EPA can take effect immediately (while you are still capable), or later when you become incapable of managing your finances. You must go to a lawyer to prepare an EPA. This is to protect people from being coerced into signing an EPA. The lawyer who prepares your will can also prepare an EPA. Ask about discounts if you get the two prepared at the same time.

Please also refer to the booklet *Ten Common Questions about Enduring Power of Attorney*, and the brochures *Understanding an Enduring Power of Attorney* and *My Role as "Attorney"* (see section on Legal Services in next chapter).

**Advance Directive** (under the Yukon *Care Consent Act*)

You can prepare an Advance Directive that says who you want to make health care and personal care decisions for you in the event you become incapable of making your own decisions. The person(s) you appoint to be your substitute decision-maker is called a “proxy”. The Directive only comes into effect when a health care provider decides that you are not capable of making your own care decisions.

You can also set out your wishes for future health care and personal care in a Directive. This could include whether you want to be resuscitated in the event you are terminally ill with no chance of recovery. It could also include whether or not you want visits from your spiritual advisor/priest/minister if you can no longer communicate. These wishes will only be followed by your proxy when you can no longer make your own decision at the time.

You do not have to go to a lawyer to prepare an Advance Directive. Forms and booklets have been prepared by Yukon Health and Social Services. It is recommended you consult your physician and family/friends when drawing up your Advance Directive.

***For more information, or copies please contact:***

- Seniors’ Information Centre ..... (867) 668-3383
- Continuing Care ..... (867) 456-6800
- Toll-free ..... 1-800-661-0408-ext 6800
- Website ..... [www.hss.gov.yk.ca](http://www.hss.gov.yk.ca)



# LEGAL INFORMATION and SERVICES

## Yukon Public Legal Education Association (YPLEA)

YPLEA is a non-profit organization devoted to providing legal information to the public and promoting increased access to the legal system. It operates various programs such as the Law Line.

YPLEA offers wide array of booklets, pamphlets and information packages on many topics, including: estate planning, separation/divorce, buying/selling a house, small claims court, and enduring power of attorney as well as the popular *Ten Common Questions about Wills and Estates*. YPLEA offers a number of preformatted legal forms that can be downloaded from the website. Materials may be picked up from their office or mailed out to you.

### Law Line

The Law Line is a toll-free service staffed by a lawyer who can answer questions about the law and the legal system. However, the Law Line does not provide legal advice or legal services, such as drafting documents.

The Law Line is available Monday, Wednesday, Thursday and Friday 8:30 am to noon and 1:00 pm to 4:30 pm, and Tuesdays 8:30 am to noon

### *For further information, contact:*

Law Line ..... 668-5297 or 667-4305  
Toll-free ..... 1-866-668-4305  
Website ..... [www.yplea.com](http://www.yplea.com)  
Andrew A. Phillipsen Law Centre (Law Courts building)  
2134 2<sup>nd</sup> Ave Whitehorse, Yukon Y1A 5H6

# Seniors Education Project

The purpose of this pilot project is to increase awareness and to prevent and reduce the risk of abuse to older adults, as well as to empower older adults in planning and preparing for support when no longer able to make decisions on their own. Their website has links to other websites. (Project expires March 2015, but website will remain active.)

## *For further information, contact:*

Email ..... yplea.seniors@gmail.com  
Website ..... yplea.com/seniors-education

# Lawyer Referral Service

This service is operated by The Law Society of Yukon for members of the public. It is to help you determine if you have a legal problem for which you need the services of a lawyer:

- You are responsible for contacting the lawyer of your choice from a list provided and making the appointment to see that lawyer.
- When you make the appointment be sure that the lawyer is aware you are on a referral from the Law Society and when you attend the meeting at the lawyer’s office, **take the certificate provided to you and present it to the lawyer at the beginning of the consultation.**
- The lawyer will provide you with some basic legal information and advise you whether or not you need a lawyer for your problem.
- The lawyer is not responsible under the Referral Certificate for doing any legal work or taking any further action on your behalf beyond the one half hour initial consultation.
- If you would like that lawyer to represent you after the initial consultation and the lawyer agrees to represent you, the fee and retainer arrangements and instructions will be a private matter between you and the lawyer

The cost for this consultation is \$30.00 (including GST) and is payable to the lawyer at the consultation.

***You may obtain the list of lawyers and certificate from the:***

Law Society of Yukon . . . . . (867) 668-4231

*If you live outside Whitehorse, you may call collect.*

Website . . . . . [www.lawsocietyyukon.com](http://www.lawsocietyyukon.com)

#202 - 302 Steele St.

Whitehorse, Yukon Y1A 2C5

## **Legal Aid**

### **(Yukon Legal Services Society)**

Legal Aid helps pay the cost of a lawyer for people who cannot afford one and who meet the eligibility criteria. Assistance is given for most criminal matters as well as some civil matters. Legal Aid does **not** provide assistance regarding wills and estates, power of attorney, bankruptcy, and real estate.

***For further information and applications, contact:***

. . . . . 667-5210

Toll-free . . . . . 1-800-661-0408 ext 5210

Office Hours:

Monday to Friday 8:30 am to 12:00 noon

1:00 to 4:30 pm

203 - 2131 Second Ave.

Whitehorse, Yukon Y1A 1C3

## **Neighbourhood Law Centre**

The Neighbourhood Law Centre is a Yukon Legal Services Society community clinic specializing in areas of non-family, civil law. The clinic is staffed by lawyers who can provide free legal advice as well as representation to eligible clients in areas of employment insurance, CPP and CPP disability pensions, disability issues, social assistance benefits, and housing matters.

Please call first to schedule an appointment:  
..... (867) 667-5255  
Toll-free ..... 1-800-661-0408 ext 5255  
Website ..... [www.legalaid.yk.ca/neighbourhood](http://www.legalaid.yk.ca/neighbourhood)

**Adult Protection Act**

In 2005, social workers were granted special authority to help support and protect seniors who may be subject to physical, emotional or financial abuse or neglect, and who are unable to seek help on their own. The senior is always presumed to be capable unless demonstrated otherwise. The social workers can tailor their approach and work with the adult and their support people to take into account the adult’s culture and beliefs. Most of this work is done out of the office in a place the adult chooses. In very serious cases the social workers can apply to the court to obtain a court order to keep the older person safe. If you know of a senior who may be at risk of abuse, please do not hesitate to contact the office. Your identity is protected by legislation and any information you provide is kept confidential.

***For further information, or to book an appointment, contact:***

Seniors’ Social Worker, Whitehorse ..... 456-3946  
Toll free 1-800-661-0408 (ext. 3946)  
#100 – 204 Black St. Whitehorse  
Website: <http://www.hss.gov.yk.ca/seniorabuse.php>

*If you live outside of Whitehorse, see appendix at back of booklet for your local Social Services office.*

**Public Guardian and Trustee (PGT)**

The PGT acts as guardian of last resort for adults who have no known relations or friends to assist them, and administers the estates of deceased and missing persons where there is no known next-of-kin. PGT may also investigate financial abuse or neglect of incapable adults, and protect assets under *the Adult Protection and Decision-Making Act* and *Care Consent Act*.

The PGT charges fees for its services.

***For further information, contact:***

..... (867) 667-5366  
Toll-free ..... 1-800-661-0408 ext 5366  
3<sup>rd</sup> floor Andrew A Phillipsen Law Centre (Law Courts)

**Royal Canadian Mounted Police (RCMP)**

The RCMP have valuable information and pamphlets on various kinds of fraud, home protection and safety tips for seniors.

***For further information and pamphlets, contact:***

Whitehorse Detachment RCMP ..... 667-5551  
24-hour number (non-emergency complaints) ..... 667-5555

**Crime Stoppers Yukon**

Crime Stoppers Yukon uses a three-way partnership – the media, the community, and the police – to meet its goal of assisting in the conviction of criminals, seizing of illicit substances, and the recovery of stolen property. All callers providing information to Crime Stoppers Yukon can be assured complete protection of their anonymity. Anyone who provides information leading to a conviction, seizure of illicit substances or retrieval of stolen property is eligible for a reward of up to \$ 2,000.

***For more information, contact:***

Crime Stoppers ..... 1-800-222-8477 (TIPS)

**Victim Assistance Volunteer Program (RCMP)**

The Victim Assistance Volunteer Program (VAV) was developed by “M” Division RCMP in 1991 to enhance services provided by police officers and to assist citizens who may be victims of crime and/or circumstances. The VAV Program is a community based volunteer service which offers 24-hour crisis intervention, short-term emotional support and practical assistance to victims of

crime, tragic circumstance or disaster when officers are unable to stay due to other commitments.

Volunteers provide a range of services including: crisis intervention, referral to services, moral support, practical assistance and transportation. With the hope of minimizing trauma for a victim and freeing up police officers to attend other occurrences, the program offers support during the critical gap between police presence and the intervention of other supports or specialized agencies. All volunteers are carefully screened by the RCMP.

***Should you require any information or assistance, contact:***

Whitehorse Detachment RCMP, 24 hrs ..... 667-5555  
Monday to Friday, call 667-5551 and ask for the crimes against persons unit.

**Canadian Anti-Fraud Centre (CAFC)**

Formerly known as PhoneBusters, the CAFC is the central agency in Canada that collects information and criminal intelligence on mass marketing fraud (telemarketing), advance fee fraud letters (e.g. West African), internet fraud and ID theft complaints.

***For further information, contact:***

Toll-free ..... 1-888-495-8501  
Website ..... [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

## **Financial Consumer Agency of Canada (FCAC)**

With educational materials and interactive tools, the FCAC provides objective information about financial products and services to educate and increase confidence in managing personal finances. The FCAC also informs consumers about their rights and responsibilities when dealing with banks and federally regulated trust, loan and insurance companies. Pamphlets are available on how to protect yourself from credit and debit card fraud, and identity, email and telephone fraud.

### ***For more information, contact:***

Toll-free .....	1-866-461-3222
TTY .....	1-866-914-6097
Website .....	<a href="http://www.fcac.gc.ca">www.fcac.gc.ca</a>

## **Ombudsman for Banking Services and Investments (OBSI)**

OBSI resolves disputes between participating banking services and investments firms and their customers if they can't solve them on their own. They are independent and impartial, and their services are free to consumers. You must first complain to the firm involved, but if you remain unsatisfied you have a right to bring your case to them.

### ***For further information, contact:***

Toll-free .....	1-888-451-4519
TTY .....	1-855-889-6274
Email .....	<a href="mailto:ombudsman@obsi.ca">ombudsman@obsi.ca</a>
Website .....	<a href="http://www.obsi.ca">www.obsi.ca</a>

## **Landlord and Tenant Act**

In 2013, a new Landlord and Tenant Act was passed. The legislation was developed through public consultations. There is now a Residential Tenancies Office that will administer the legislation, provide information and support to landlords and

tenants, hear and settle disputes outside of the courts, and have the ability to make binding decisions on those disputes.. This service provides answers to questions about security deposits, rent increases, notice of termination and other matters. Tip sheets are also available on-line.

Professional Licensing & Regulatory Affairs. . . . . 667-5111  
Toll-free . . . . . 1-800-661-0408 ext 5111  
Website . . . . . [www.community.gov.yk.ca/consumer/landtact](http://www.community.gov.yk.ca/consumer/landtact)  
307 Black Street, 1<sup>st</sup> Floor  
Whitehorse, Yukon

**Consumer Protection**

By understanding your consumer rights and how to exercise them, many problems and disputes can be avoided. Consumer Services staff can provide answers to questions and information on your consumer rights and responsibilities. Their website provides tip sheets, access to publications, and links to other related sites.

**Professional Licensing**

Consumer Services is the regulatory authority for the professions listed below. They issue licenses, answer questions about the laws governing these professions and investigate complaints.

- Medical professions (doctor, dentists, optometrists, pharmacist)
- Registered Psychiatric Nurses (RPN) and Licensed Practical Nurses (LPN)
- Chiropractors and physiotherapists
- Collection agencies and employees
- Real estate agents
- Funeral directors
- Insurers and insurance agents
- Pawnbrokers and secondhand dealers
- Private investigators, security guards and burglar alarm agencies.

### **Raffles, Bingos and Casinos: Licensing for Charitable Gaming**

Consumer Services Branch provides licences to charitable organization under the *Lottery Licensing Act* for bingos, raffles, and three-day event casinos. To be eligible for lottery licence, the organization must fulfill criteria to deem it a charity. All proceeds from these gaming events must be used for charitable or religious purposes. Application forms are available online.

#### ***For further information, contact:***

Professional Licensing & Regulatory Affairs. . . . . 667-5111  
Toll-free . . . . . 1-800-661-0408 ext 5111  
Email . . . . . consumer@gov.yk.ca  
Website . . . . . [www.community.gov.yk.ca/consumer/lottery.html](http://www.community.gov.yk.ca/consumer/lottery.html)



# HOUSING

## **Yukon Housing Corporation (YHC)**

YHC manages subsidized housing for people with a low income in most Yukon communities.

**Rent is calculated at 25% of gross household (combined) income.** If you qualify for subsidized housing, you will either be assigned an available unit or placed on a waiting list, depending on the vacancy rate among YHC units in your community.

Where there is a waiting list, housing is allocated according to the priority of people's needs. It is not necessarily assigned on a first come, first served basis.

Yukon Housing Corporation .....	667-5759
Toll-free .....	1-800-661-0408
Website .....	<a href="http://www.housing.yk.ca">www.housing.yk.ca</a>

## **Whitehorse Housing Authority**

Whitehorse Housing is an agent for the Yukon Housing Corporation. It manages a subsidized housing program for people with low income. Some of the rental accommodation available through Whitehorse Housing is specifically suited to the needs of seniors.

***For further information and application forms, contact:***

Whitehorse Housing Authority ..... 667-5712  
410G Jarvis St. (corner of 5<sup>th</sup> Ave and Jarvis)  
Whitehorse, Yukon Y1A 2H5

## Gateway Housing Society

Gateway Housing Society manages two subsidized housing units in Riverdale (20 Duke Street) designed for seniors. There are 29 single units and 8 two-bedroom units for couples. **Rent is calculated at 25% of gross household (combined) income.** No pets allowed. Coin-operated laundry facilities are available on each floor.

### *For more information, contact:*

Housing Manager ..... 668-6475  
Box 31132  
Whitehorse, Yukon Y1A 5P7

## Yukon Housing Corporation Home Repair Program

The program offers Yukon homeowners the opportunity to borrow up to \$ 35,000 at low interest rates to address energy efficiency upgrades, on-going maintenance, and accessibility issues for their principal residence. A technical officer will assess your home and provide with a list of eligible repair/upgrade options, such as:

- heating system repairs/upgrades
- wheelchair ramp or stair lift
- roofing replacement and structural deficiencies
- improved insulation, upgraded windows and doors.

### *For more information, contact:*

Yukon Housing Corporation ..... 667-5759  
Email ..... 1-800-661-0408 ext 5759  
Website ..... [www.housing.yk.ca](http://www.housing.yk.ca)

# Canada Mortgage and Housing Corporation (CMHC)

## Home Adaptations for Seniors Independence Program (HASI)

The HASI Program helps homeowners and landlords pay for home adaptations to extend the time that low income seniors can live in their own homes independently. The maximum assistance available is \$3,500 and it is intended to cover adaptations that are permanently fixed to the dwelling such as handrails, lever handles on doors and bathroom grab bars. To qualify for HASI, total household income must be below a set limit (the threshold varies according to the location) and the senior who the adaptations are for must be over age 65.

## Residential Rehabilitation Assistance Program

RRAP provides financial assistance to low-income homeowners to complete mandatory home repairs. The assistance is provided in the form of a forgivable loan. To qualify, the applicant must have an income at or below the income threshold depending on where you live. Financial assistance is also available for homeowners and landlords to complete modifications that make homes more accessible for persons with disabilities.

### *For more information, contact:*

CMHC .....	633-7530
Email .....	1-800-668-2642
Website .....	<a href="http://www.cmhc.ca">www.cmhc.ca</a>



# CONTINUING CARE

## **Thompson Centre, Whitehorse**

Thomson Centre is a 29-bed residential facility that provides the following:

- Intermediate Care: care and support to individuals who require moderate assistance with daily living activities and monitoring and/or professional care on an intermittent basis throughout the day; and
- Extended Care: for individuals who require extensive assistance with daily living activities, and monitoring and/or professional care on a 24-hour basis.

**Community Day Program** is available at the Thompson Centre, Monday through Friday. The program provides services and support to adults who live with cognitive and/or physical challenges.

### ***For more information, contact:***

6 Hospital Road . . . . . (867) 393-8625

## **Norman D. Macaulay Lodge, Whitehorse**

Macaulay Lodge is a 47-bed continuing care facility for Yukon adults who require intermediate level residential and respite care. The program provides care and support to individuals who require monitoring and moderate assistance with their activities of daily living and/or professional care on an intermittent basis throughout the day.

Services provided include room and board, professional nursing care, medical supervision and therapeutic services (occupational, physio, recreational, speech and volunteer services). A social worker and First Nations liaison person are also available to assist residents with personal support needs.

**Respite care** is available to those who:

- require temporary care following discharge from the hospital;
- are being taking care of at home in the community, to relieve their caregivers.

**Meals on Wheels** is also available through Macauley Lodge. Frozen meals are available for pick-up or delivery (cost in 2013 is \$ 3.00 each).

## **Copper Ridge Place, Whitehorse**

Copper Ridge Place is a 96 bed facility that provides the following residential and respite care services:

- Extended care.
- Complex chronic care -  
This program provides specialized care for seniors, adults and children who require extensive assistance with daily living activities and/or professional care on a 24-hour basis.
- Special Care -  
This program provides individualized care in a therapeutic and secure environment for clients with dementia.

***For more information regarding application for residency at Macaulay Lodge or Copper Ridge Place, respite services and meals on wheel, contact:***

Assessment & Admissions Coordinator . . . . . 667-8961

*If you live outside Whitehorse, contact your local Community Health Nurse, or Social Services office.*

**\*\*\* Please note that respite care needs to be booked well in advance (2 - 3 months minimum) and a 2 Step TB test is required. \*\*\***

## **Alexander McDonald Lodge Home for Seniors, Dawson City**

McDonald Lodge offers long-term and respite care for seniors who require some support in their activities of daily living. There are 10 single rooms in a home-like setting. Services include room and board, some assistance with personal care and transportation to appointments (when available). Seniors making the lodge their home are encouraged to bring with them personal belongings such as photographs, paintings, television and favorite chair. Personal telephones and cable can be available. The lodge also has a handi-bus with a wheel chair lift available. Recreational activities are planned during the year. Raised garden beds are available for use by gardening enthusiasts.

Applications for McDonald Lodge are made through contacting the Manager of McDonald Lodge or the Admissions Office in Whitehorse at (867) 456-6806 or (867) 667-8961. They will provide you with information and help you fill out the necessary application forms. Decisions for admission are made by a placement committee and are based upon suitability of applicant and availability of beds.

### **Additional Supports**

There is a Home Care Nurse for clients living in their homes who require nursing treatments and monitoring.

Individuals requiring assistance with daily activities can receive support through the Home Support Program. Services may include light housekeeping, personal care, respite care for the caregiver, and assistance with shopping.

Meals on wheels are delivered to individuals in their homes, 7 days a week for a small fee.

### ***For more information and applications, contact:***

Administrator, McDonald Lodge ..... 993-5345

# Appendix

## Telephone Directory of Services

### Community Libraries

Beaver Creek.....	862-7622
Burwash Landing.....	841-4707
Carcross.....	821-3801
Carmacks.....	863-5901
Dawson.....	993-5571
Faro.....	994-2684
Haines Junction.....	634-2215
Mayo.....	996-2541
Old Crow.....	966-3031
Pelly Crossing.....	537-3041
Ross River.....	969-2909
Tagish.....	399-3418
Teslin.....	390-2802
Watson Lake.....	536-7517
Whitehorse.....	667-5239

### Regional Social Services Offices

Carcross/Tagish.....	821-2920
Carmacks.....	863-5800
Dawson City.....	993-7890
Faro.....	994-2749
Haines Junction.....	634-2203
Mayo.....	996-2283
Old Crow (call Dawson City).....	993-7890
Pelly Crossing (call Carmacks).....	863-5800
Ross River.....	969-3200
Teslin.....	390-2588
Watson Lake.....	536-2232
Whitehorse.....	667-5674

## **Health Centres**

Beaver Creek.....	862-4444
Burwash Landing (call Destruction Bay).....	841-4444
Carcross.....	821-4444
Carmacks.....	863-4444
Dawson City.....	993-4444
Destruction Bay.....	841-4444
Faro.....	994-4444
Haines Junction.....	634-4444
Mayo.....	996-4444
Old Crow.....	966-4444
Pelly Crossing.....	537-4444
Ross River.....	969-4444
Teslin Health Centre.....	390-4444
Watson Lake Health Centre.....	536-7438
Whitehorse Health Centre.....	667-8864

## **Yukon First Nation Offices**

Carcross/Tagish.....	821-4251
Champagne & Aishihik/ Whitehorse.....	456-6888
/ Haines Junction.....	634-4200
Tr'ondek Hwech'in /Dawson City.....	993-7100
Kluane First Nations/ Burwash.....	841-4274
Kwanlin Dun/ Whitehorse.....	633-7800
Liard First Nations/ Watson Lake.....	536-5200
Little Salmon/ Carmacks.....	863-5576
Na-cho Nyak Dun/ Mayo.....	996-2265
Ross River Dena Council.....	969-2277
Selkirk First Nation/ Pelly Crossing.....	537-3331
Teslin Tlingit Council.....	390-2532
Vuntut Gwitchin/ Old Crow.....	966-3261
Kaska Tribal Council/ Watson Lake.....	536-2805
Ta'an Kwach'an Council.....	668-3613
White River / Beaver Creek.....	862-7802
Council of Yukon First Nations.....	393-9200

***OTHER ORGANIZATIONS and CLUBS***

Atlino Masonic Lodge - Jack Thompson.....	633-5227
Elks of Canada - Whitehorse Lodge.....	667-2201
Freemasons Lodge and Shriners	
Al Hubley (secretary).....	393-3514
Knights of Columbus - Ron Stanyer.....	633-4441
Lions Clubs:	
Fireweed Lions Club - Barb Bouvier .....	334-5334
Lake Lebarge Lions Club.....	668-7979
Whitehorse Lions Club - Cal Murdock.....	667-6102
Rotary Club-Whitehorse -Val Royle.....	456-7779
Box 31171 Whitehorse YT Y1A 5P7	
Order of the Royal Purple - Lois Fraser.....	667-6149
Order of the Eastern Star - Muriel Frizzel.....	633-4150
Royal Canadian Legion.....	667-2802
Ladies Auxiliary of the Royal Canadian	
Legion.....	667-2802
United Way Society of Yukon .....	667-2003
Yukon Historical & Museum Association.....	667-4704
Yukon Order of Pioneers (YOOPs)	
Rob Mason.....	668-2238
Yukon Order of Pioneers Women	
Joanne Smith.....	660-4510
Yukon Sourdough Rendezvous.....	393-4467
Yukon Volunteer Bureau.....	456-4304

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Notes and Numbers

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