

What is Seniors ASK?

The heart and soul of the **Seniors ASK** Program are trained seniors (for the most part), who Volunteer their time and expertise to provide confidential information to seniors and/or caregivers with answers regarding questions /concerns they have re:



- ✓ Government
- ✓ Health
- ✓ Education
- ✓ Documents (legal, medical, etc)
- ✓ Wills, estates
- ✓ Transportation
- ✓ Sports & Recreation
- ✓ Friendship
- ✓ Spirituality
- ✓ Socialization
- ✓ Fitness
- ✓ Leisure
- ✓ Community Events
- ✓ Entertainment



At **Seniors ASK** we help **seniors/caregivers** by collecting and sharing of information in the areas of:

ADVOCACY: The act or process of supporting a cause or proposal

SOLUTIONS: A solution to a problem or difficult situation is a way of dealing with it so that the difficulty is removed.

KNOWLEDGE: Facts, information, and skills acquired by a person through experience or education



CONTACT US!

SENIORS ASK Program:

226-909-3636

seniorsask@gmail.com

<https://www.alscgb.ca/seniors-ask>

By Phone Mon-Fri 10:00am - 2:00pm OR in person by appointment on Tuesday's from 9:30am-12:30pm at The Active Lifestyles Centre at 1852 3rd Ave. E. Owen Sound.

ACTIVE LIFESTYLES CENTRE GREY BRUCE
519-376-8304 | mail.alscgb@gmail.com
Office Hours M-F 9:30am-12:30pm | www.alscgb.ca



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SENIORS ASK PROGRAM

Advocacy, Solutions, Knowledge

Seniors ASK Program specializes in helping seniors/caregivers find the answers to any questions they may have in any area of concern to them, either locally or beyond Grey Bruce



About the Program

Active Lifestyles Centre Grey Bruce (ALCGB) has been involved with the Council on Aging and many other Programs in Grey Bruce for years.



All these Programs aim to help make life easier for seniors/caregivers. Through this involvement, the ALCGB Board saw a need to create a new Program so seniors / caregivers in Owen Sound and area, can easily access free local information of concern to them.

Funding was sought and found through the New Horizons for Seniors Program (NHSP). The Government of Canada continues to meet the needs of seniors by supporting initiatives that help them stay active and involved in their communities.

The ALCGB acquired NHSP funding in the Spring of 2019.

Active Lifestyles Centre Grey-Bruce is a not for profit incorporated organization that provides leadership, socialization, programs and activities that encourage healthy lifestyles and independence of 55+ adults.

We are here to help!

When you call or email the office, trained Volunteers are available to assist you with your question, problem or area of concern.

Your issue will be handled to the best of their ability and your information will be kept in confidence. Sometimes you may be asked to leave a message and we will call you back as soon as possible.

If you need help to find out how to complete some kind of Gov't Forms/ Pension Forms, issues with Wills, Pensions, Real Estate etc. we will do our best to help.

We have the ability to put you in touch with the right people, so that you don't feel frustrated and confused as sometime is the case.

Volunteers are here to help you and we take your questions and concerns seriously.

Sometimes answers are not always immediate, but we will follow up and follow through to ensure help is provided.



Help the Seniors ASK Program

The **Seniors ASK** Program is a free service helping seniors/caregivers to access Information, Advocacy & Transportation in Owen Sound and area through the Active Lifestyle Centre Grey Bruce.

One of the ways of the **Seniors ASK** Program can help the ALCGB, is to spread the news about the Seniors ASK Program



with their friends and family. One or more of them may be interested to offer their knowledge and time to help Seniors ASK and eventually they could become a **Seniors ASK** Volunteer.

People who apply to be a **Seniors ASK** Volunteer, successfully complete training and other requirements before being able to offer assistance to others. Volunteers in this Program are:

- ✓ Informed
- ✓ Curious
- ✓ Patient
- ✓ Considerate
- ✓ Organized
- ✓ Punctual
- ✓ Flexible Etc.

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." Helen Keller