

# What is Seniors ASK?

The heart and soul of the Seniors ASK Program is, for the most part, seniors volunteering their time and expertise to provide information to seniors and/or caregivers. To connect you to the right people with less frustration or confusion than can be the case.



Seniors ASK is a FREE service provided in collaboration with your local Seniors Centres, ONTARIO 211, and other supportive businesses and organizations throughout Grey-Bruce.

## SENIORS ASK is:

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

**SOLUTIONS:** The outcome or resolution to a question, problem or difficulty

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

When Seniors ASK, the Community Hubs can direct seniors and caregivers questions regarding:

- Fitness, Leisure, Community events
- Friendship and Socialization
- Club Memberships
- Health, Education, Spirituality
- Documents (legal, medical, etc)
- Transportation, Sports & Recreation
- Entertainment and more ...

Senior Friendly... Senior Focused ...

# Contact Seniors ASK

At Seniors ASK we help seniors /caregivers by collecting and sharing information. Seniors Ask staff works closely with Community Hubs sharing updated information and connecting with new Hub locations to ensure seniors get help and answers locally.

Contact Dave Wenn or one of our Seniors ASK community Hub locations below for more details on other locations and activities in your area.

**Dave Wenn, Peer Support Leader**  
seniorsask@gmail.com | 519-374-9495  
www.alscgb.ca/seniors-ask

## Seniors Ask Community Hubs

### OWEN SOUND

Active Lifestyles Centre Grey Bruce  
519-376-8304

### SOUTHAMPTON

Chantry Seniors Centre 50+  
519-374-9495

### MARKDALE

South East Grey Community Health Centre  
519-986-2222

### DUNDALK

South East Grey Community Health Centre  
519-986-2222

### TOBERMORY

The Meeting Place  
519-596-2313



This project is funded by  
the Government of Canada.



## SENIORS ASK PROGRAM

Advocacy, Solutions, Knowledge

Seniors ASK program specializes in helping seniors/caregivers in answering questions they may have in any area of concern to them, either locally or beyond Grey Bruce.

# 519-374-9495



Senior Friendly... Senior Focused ...

# Our History!

Over many years **Active Lifestyles Centre Grey Bruce** (ALCGB) has been involved with the Council on Aging and many other programs in Grey and Bruce to help older adults stay active in and informed about their communities.



While all these Programs aim to help make life easier for seniors/caregivers the ALCGB Board saw a need to create a new Program for seniors/caregivers in Grey-Bruce to easily access free information of concern to them.

Seniors ASK was originally funded through a New



Horizons for Seniors program (NHSP) grant in 2019-2022 sponsored through the ALCGB.

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.*

# We Can Help!

Contact any identified Community Hub, by phone or visit during scheduled hours with your question or concern.

- Your issue will be handled to the best of our ability.
- 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 complete some kind of government or pension form, 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.

We take your questions and concerns seriously and confidentially. Sometimes answers take time. We will follow up and follow through to ensure help is provided.



*One of the ways users of Seniors ASK can help is to spread the news about the program to their friends and family.*

# Key Supporters

## ALCGB

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

## COA

Council On Aging is a not for profit organization that provides older adults in Grey Bruce with the platform to make their collective voices heard at the Municipal, County and Provincial levels. [coagb.com](http://coagb.com)



## SEGCHC

The South East Grey Community Health Centre is a non-profit organization committed to providing primary care services and health programs to the residents of the Municipalities of Chatsworth, Grey Highlands, Southgate and West Grey. [www.segchc.ca](http://www.segchc.ca)

## Ontario 211

211 is an award winning helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. The vision for 211 Ontario is to be the primary source of information and gateway to human services for individuals and planners. – [brucegreycommunityinfo.ca](http://brucegreycommunityinfo.ca)