

## **Housing**

Landlord and Tenant Information (Rentalsman)..... 1-506-658-2512  
Retirement Miramichi.....773-0820  
Special Care Homes - Social Development N.B. ....1-866-441-4246

### **EMERGENCY HOUSING**

Canadian Red Cross Disaster Service .....1-800-222-9597  
Salvation Army .....622-7826

### **SENIORS HOMES, INCLUDING RELIEF CARE**

Miramichi Senior Citizen's Home.....778-6810  
Mount Saint Joseph's Nursing Home .....778-6550

## **Medical Clinics**

Miramichi After Hours Clinics:

250 Pleasant St. ....622-6562  
2 Johnson Ave. .... 778-9942  
Miramichi Health Center.....627-7511

## **Service Agencies**

Alzheimer's Society.....773-7093  
Arthritis Society, New Brunswick..... 1-800-321-1433  
Canadian Cancer Society..... 1-800-455-9090  
Canadian Diabetes Association..... 1-800-884-4232  
Canadian Hard of Hearing (CHHA) .....1-800-263-8068  
Canadian National Institute of the Blind (CNIB) .....1-800-563-2642  
Miramichi Physically Disabled & Handicapped Ass. ....773-9437

## **Wellness & Recreation**

Adult Day Care program .....778-6814  
Community Wellness & Recreation - For information on senior sports and recreation visit **www.miramichi.org** or call .....623-2300  
Libraries (access to computers, Internet, fax, & photocopier):  
Chatham .....773-6274  
Newcastle.....623-2450  
NB Library Services by Mail.....1-888-759-3535  
(no charge service including braille, large print books and e-book downloads)  
Miramichi Transit - For printable bus schedules, maps, and rates visit **www.miramichitransit.com** or call .....773-9437  
New Brunswick Community College.....778-6000  
Royal Canadian Legion Branch #10 .....622-1809

For community events and information  
visit **www.mightymiramichi.com**

### **FREQUENTLY CALLED NUMBERS:**


# Seniors INFORMATION GUIDE

Programs and Services in the City of Miramichi

2019



**St. Andrew's United Church Seniors Outreach Program**

188 Wellington Street • Miramichi, NB E1N 2M7

**PHONE: 773-9932    EMAIL: [chathamstauc@nb.aibn.com](mailto:chathamstauc@nb.aibn.com)**

*Senior's Guide available online at:*  
**[www.standrewsunitedmiramichi.org](http://www.standrewsunitedmiramichi.org)**

## **Counselling & Support**

Addictions and Mental Health Services .....	778-6111
Canadian Council of the Blind (CCB) .....	1-877-304-0968
CCB Miramichi Chapter .....	622-4997
Caring Friends.....	778-6680
Hospice Day Program (progressive illness support group) .....	773-7607
24/7 Mental Health Help Line .....	1-800-667-5005
The United Ostomy Ass. Of Canada, Miramichi Chapter.....	622-3317

## **Elder Abuse/Legal/Safety**

AMBULANCE/EMERGENCIES .....	911
Elder Abuse - Social Development N.B. ....	1-866-441-4246
Fraud - Call Miramichi Police or contact the Financial & Consumer Services Commission.....	1-866-933-2222
Legal Aid New Brunswick.....	622-1061
Lifeline .....	778-6810
Miramichi Emergency Centre for Women .....	622-8865
Miramichi Police (non-emergency) .....	623-2124
N.B. Power .....	1-800-663-6272
RCMP (non-emergency).....	1-888-506-7267
Miramichi Victim Assistance Services .....	627-4065

## **Food Sources**

Friendship Supper (Salvation Army).....	622-7826
St. Andrews United Community Kitchen.....	773-9932
St. Mary's Community Kitchen .....	773-7387
Meals on Wheels.....	778-6850
Miramichi Food Bank .....	622-1838

## **Government Services**

City of Miramichi.....	623-2200
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### **GOVERNMENT OF CANADA**

Canada Pension Plan/Old Age Security .....	1-800-277-9914
Canada Revenue Agency, GST/HST .....	1-800-387-1193
Income Tax (volunteer income tax program) .....	1-800-959-8281
Service Canada information on federal programs .....	1-800-622-6232
Veterans' Affairs.....	1-866-522-2122

### **GOVERNMENT OF NEW BRUNSWICK**

Department of Finance (Low-Income Senior's Benefit) .....	1-800-669-7070
N.B. Prescription Drug & Seniors' Health Benefit Programs Medavie Blue Cross.....	1-800-667-4511
Seniors Information Line .....	1-855-550-0552 (information on provincial services including Home First)
Service New Brunswick .....	1-888-762-8600 (Medicare, property tax, motor vehicle, disabled parking permits, etc.)
Social Development N.B. (affordable housing, social assistance, long-term care, adult protection, etc.) .....	1-866-441-4246

## **Health Care Equipment**

Local pharmacies.....	
Miramichi Medical Supplies Ltd.....	778-8811
Miramichi Physically Disabled & Handicapped (loans) .....	773-9437
Red Cross Equipment Loan Program .....	622-4046

## **Health Services**

Asthma Clinic .....	627-7565
Cardiac Wellness .....	623-3286
Extra Mural .....	623-6350
Miramichi Regional Hospital .....	623-3000
Clinical Nutrition .....	623-3500
Regional Diabetes Program.....	627-7500
Public Health .....	778-6102
Tele-Care (non-urgent health problems).....	811

## **Home Support Services**

Canadian Red Cross Home Support .....	1-800-588-4881
Hospice Outreach Program .....	773-7607
Karen's Cut & Go.....	627-8600
KRT & Associates Home Health Care .....	622-5400
Mary Mott, RN (mobile foot care) .....	627-9924
Melanie Dickson, RN (mobile foot care).....	625-9116
Miramichi Accessible Transit (M.A.T. Vans) .....	773-9437
Miramichi Health Training Center (home health care).....	773-7971
Unicare Home Health Care .....	622-0808
Vital Images Mobile Hair Care.....	251-0228