

HEALTH SERVICES

AB HEALTH QUILTS (SMOKERS HELPLINE)

Phone: Toll Free 1-866-332-2322

www.albertaquits.ca

Hours: 8:00 a.m. - 8:00 p.m., 7 days/week.

Smokers Helpline is a free, confidential telephone service for smokers. Calls are answered by a trained counselor who can help develop an individual quit plan, offer information or refer the individual to services available in their community. The Smokers Helpline operates from 8:00 am to 8:00 pm. Outside of these hours, general support from information and referral staff is provided who can arrange a call back from a tobacco counselor.

AB HEALTH SERVICES: ALLIED HEALTH SERVICES FOR CHILDREN & CENTRAL INTAKE PRISM

3rd. Floor, #300, 5015 - 50 Ave., Camrose, T4V 3P7

Phone: 780-608-8613 Fax: 780-608-8648

Toll-free: 1-866-937-7476

<http://www.albertahealthservices.ca>

Hours: Mon. - Fri. 8:00 a.m. - 4:15 p.m.

Fees: None

Allied Health Services for Children offers physiotherapy, speech-language pathology, occupational therapy, respiratory therapy, and audiology assessments for children with developmental needs. Screening assessment, treatment, and consultations are available. Services may be accessed by the family or by a referral from a health care provider by contacting Central Intake (below) or by accessing a Walk In Clinic. (780-608-8611 for schedule).

Central Intake operates within the Pediatric Regional Integrated Services Model (PRISM) which is a service model developed in collaboration with East Central Child & Family Services, AB Health Services, respective school divisions within east central Alberta. This model uses centralized intake of all referrals to AB Health for children with developmental delays. Referrals to agencies other

than AB Health are often facilitated and coordinated with AB Health through this office.

ALBERTA HEALTH SERVICES - CAMROSE HOME CARE

4615 - 56 St., Camrose, T4V 4M5

Phone: 780-679-2900 Fax: 780-679-2929

www.albertahealthservices.ca

Hours: 8:00 a.m. - 5:00 p.m.

Health and Support Services offered to assist individuals of any age, living in home or community settings, to maintain independence. Services may include: nursing, physical therapy, occupational therapy, respiratory therapy, social work, personal care. Home Care staff may authorize equipment through AB Aids to Daily Living for persons with a chronic or disabling condition. Home Care also provides Palliative Care for the terminally ill, and coordinates access to continuing care services. Referrals may be made by anyone. An assessment will be done to determine if the client's needs meet current program criteria for admission.

ALBERTA HEALTH SERVICES - COMMUNITY ADDICTION & MENTAL HEALTH

Phone: Mental Health Clinic: 679-1241

Adult/Geriatric, 679-1764 Child/Adolescent;

Addiction Office: 672-1181 Toll Free:

1-866-332-2322 Fax: Mental Health Clinic 679-1740;

Addiction Office: 679-1737

www.albertahealthservices.ca

Hours: Mental Health Clinic: Mon-Fri

8:00am-4:30pm; Addiction Office: Mon-Fri, 8:15

am-4:30pm; Closed 12:00-1:00p.m.

Fees: Services are provided free of charge.

Mental Health & Addiction professionals provide voluntary community based counselling/treatment (including psychiatric consultation as required), information & referral to all ages who present with a clearly definable mental illness &/or alcohol, drug, tobacco or gambling problems. Additional programs include:

Promotion & prevention around brain safety, client

consultation, & education specific to an acquired brain injury.

Mental health & emotional wellness activities & education to increase awareness & understanding & reduce stigma. Programs consist of Suicide Prevention, Mental Health First Aid & Men at Risk **Prevention, education & information** services are also provided through presentation to schools, agencies & community groups as well as through the office resource library & other resource materials within the addiction service stream.

ALBERTA HEALTH SERVICES - COMMUNITY REHAB/HEALTHY LIVING CENTRE

Edgeworth Centre, 4512 - 53 St., Camrose, T4V 4E3

Phone: 780-608-8683 Fax: 780-608-8693

www.albertahealthservices.ca

Hours: Mon.-Thurs. 8:00 am - 5:00pm; Fri. 8:00 am - 4:15

Fees: Depends on Service

The Healthy Living Centre is an innovative health service designed to be a central point for the community to access health information, programs and services in the areas of prevention and promotion, clinical rehabilitation and chronic illness. Focus is on facilitating client self management of their health, injury or illness. Services include occupational and physical therapy, speech pathology, respiratory, kinesiologist, dietician and a registered nurse.

ALBERTA HEALTH SERVICES - PUBLIC HEALTH

5510-46 Ave., T4V 4P8

Phone: 780-679-2980 Fax: 780-679-2999

www.albertahealthservices.ca

Hours: 8:00 a.m. - 4:30 p.m.

PUBLIC HEALTH NURSING: Promotes health and prevention of injury and illness through well child clinics and parenting support group. Offers new parents information & resources via the Maternity Visiting Program & provides early & ongoing breastfeeding support as well as maternal & infant information. School Health programs include immunization for grade 5 & 9 students as well as

catching up immunization for grades 1 - 12. Provides communicable disease control and health education. Yearly Influenza campaign targets the high risk senior population as well as individuals provincially identified as high risk groups. Opportunity for adults to update immunizations as needed. **ORAL HEALTH:** Provides fluoride varnish services for students in Kindergarten, grades 1 & 2 & sealant application to students in grades 1 & 2 of targeted schools. Fluoride varnish will be applied to preschool children 12 - 23 months who meet eligibility criteria. **EARLY INTERVENTION (EIP):** Provides support to families of children (0 - 3 1/2 years) with, or are biologically at risk for, developmental delays. The program is family centered with services delivered based on the unique strengths, needs and priorities identified by each family. **GENETIC SERVICES:** Provides inservices, free confidential counseling, referral, up-to-date information, and support to families and individuals concerned with birth defects and genetic disease. Prenatal diagnosis counseling is available for pregnant women who may have a genetic concern. The counseling supports individual choice. **SEXUAL HEALTH CONSULTANT:** Provides information/support, resources and presentations on sexual health to adults, youth, parents, professionals, community groups and schools. Issues addressed include sexual decision making, parent/child communication, birth control, sexually transmitted infections, menopause, sexual orientation and pregnancy. **Environmental Public Health Program:** Public health inspectors advise, inspect and educate operators of public places like restaurants, day cares, swimming pools, rental properties, and tattoo studios about safe practices that protect public health. Also makes Albertans aware of health risks linked to unsafe drinking water, unsafe housing & other unsafe conditions in the environment - making sure the Public Health Act is being followed. **HEALTH PROMOTION:** Strives to improve health and well being of residents through the development, support, promotion and coordination of community based initiatives that support health and reduce or prevent injury or chronic illness. Initiatives address local needs & may include motor vehicle & pedestrian safety; tobacco, alcohol & drug reduction &

prevention; workplace wellness; chronic disease screening; injury prevention; creating healthy school environments, active lifestyles, etc. **COMMUNITY NUTRITION SERVICES:** Registered Dietitians translate the science of nutrition into practical information that supports individuals, groups and the community in planning the best approach to overcoming barriers to health. Provides general nutrition information, resources & support.

CAMROSE ACUPUNCTURE CLINIC LTD.

Ste. 100, 4910 - 51 St., Camrose, T4V 1S3

Phone: 780-672-9360 Fax: 780-672-9366

cacupunc@telus.net

www.camroseacupuncture.com

Hours: 9:00 - 5:00 p.m.

Fees: Single treatments or packages available.

Acupuncture, Acupressure, Massage, Infra-red Sauna.

CAMROSE PRIMARY CARE NETWORK

4512 - 53 St., Room 1108 Suite 4 Edgeworth Centre,
Camrose, T4V 4E3

Phone: 780-608-4927 Fax: 780-608-4931

info@camrosepcn.com

<http://www.camrosepcn.com>

Hours: 8:30 a.m. - 4:00 p.m.

Working within the Camrose PCN, your family physician and other healthcare providers (such as your dietician, and your pharmacist) are communicating and consulting with one another in order to come up with a health plan that is best suited to your needs.

Programs include: Alberta Caring for Diabetes (HEALD) Project, New Mom's Network, Oncology Nurse Navigator, On Your Weigh Weight Management Program, PCN Dietitian, PCN Geriatric Assessment Program, PCN Mental Health Liaison Program, PCN Pharmacist, Pre/Postnatal Clinic, Risk Reduction Program.

CANADIAN BLOOD SERVICES BLOOD DONOR CLINICS

Toll-free: 1 888 2 DONATE (info & appointments)

1-888-236-6283

www.blood.ca

Hours: As advertised for each clinic.

Clinic held @ the Community Centre Field House the last Thurs. (4:30 - 8:00 pm.) & Fri. (11:30 - 3:00 p.m.) of every month. Call Jean Manchakowski 672-3853 to volunteer.

CANADIAN CANCER SOCIETY

Phone: 1-800-661-2262

info@cancer.ab.ca

www.cancer.ca

CORREEN'S FOOTCARE

Box 131, New Norway AB, T0B 3L0

Phone: 780-855-2138

Hours: Call for Appointments

Fees: \$25.00 (no GST & no mileage charged)

Nail Clipping, corn and callus care, diabetic foot care, assessments, education, and referrals if necessary.

COVENANT HEALTH ST. MARY'S HOSPITAL

4607-53 St., Camrose, T4V 1Y5

Phone: 780-679-6100 Fax: 679-6198

www.stmaryscamrose.com

Hours: 24 hour phone service

Medical and palliative care, surgical, operating rooms, orthopedics, obstetrics, gynecology, emergency, psychiatry, pharmacy, physiotherapy, occupational therapy, respiratory therapy, advanced chemotherapy, mammography, pulmonary function lab, laboratory, travelling MRI, diagnostic imaging (including radiology, ultrasound, fluoroscopy, CT scanning) & stroke program. Outpatient clinics including diabetic education, psychiatry walk-in, psychiatry out-patient, Holter Monitor clinic, community cancer clinic, pre-assessment clinic, urology clinic, nutritional counselling, cardiac function clinic and stress testing, enterostomal wound clinic, videofluoroscopy swallowing clinic and interdisciplinary high risk lower extremity clinic. Spiritual care, bereavement support and volunteer opportunities (including Meal Assistance training and Palliative Care training).

CROSSROADS DAY PROGRAM

4612 - 53 St., Camrose, T4V 1Y6

Phone: 679-3045/679-3046 Fax: 679-3071

tena.lansing@thebethanygroup.ca

www.thebethanygroup.ca

Provides social programs for older adults with chronic disease &/or disability who are living in the community. Serves people with memory impairment &/or chronic health problems. Offers socialization leisure activities.

GEMINI HEALTH CENTRE

#2010, 6708 - 48 Ave., Camrose, T4V 4S3

Phone: 780-672-9850 Dr. Wong: 780-672-9886

Fax: 780-672-9104

Hours: Mon. - Fri. - 8:30 - 4:30 p.m.

Family Medicine, Plastic Surgery and Geriatric Specialist

HEALTH LINK ALBERTA

Toll-free: 1-866-408-LINK (5465)

<http://www.myhealth.alberta.ca>

Hours: 24 hours/7day/week.

Health Link Alberta is a 24 hour a day, 7 day a week nurse telephone advice and health information service. Highly skilled Registered Nurses will provide you with advice and information about health symptoms and concerns that you or a member of your family may be experiencing. Health Link can also help you find appropriate services and health information. All calls are confidential and free.

HYPERION LASER REHABILITATION & WELLNESS CENTER

9-5000 51 AVE., Camrose, T4V 0V6

Phone: 672-2224/672-9301 Fax: 672-4007

feelingood@hyperionlasercamrose.com

Hours: 9:00 - 5:00, but available for evening bookings.

Fees: Determined by personalized consultations.

Naturopathic Medicine, Low Intensity Laser Therapy

(arthritis, back pain, sports injuries), Massage Therapy; Chiropractic Care; Intense Pulse Light (IPL) Aesthetic Treatments.

INFRA-RED & BIO-ENERGY CLINIC

Ste. 100, 4910 - 51 St., Camrose, T4V 1S3

Phone: 780-672-9360/780-608-8078 Fax:

780-672-9366

camroseacupuncture.com

Hours: Tues. - Fri.; 10:00 am - 6:00 pm, Saturdays by appointment.

Fees: Varied

Infra-red Sauna; Bioresonance, Aqua Chi Detox - all beneficial for detoxification, pain relief, improved immune system, increased energy, heart health; skin conditions.

KIDNEY FOUNDATION OF CANADA NORTHERN ALBERTA & THE TERRITORIES BRANCH

202, 11227 Jasper Avenue, Edmonton, T5K 0L5

Phone: 780-451-6900 ext 222 Fax: 780-451-7592

Toll-free: 1-800-461-9063

kkearns@kidney.ab.ca

www.kidney.ca

Provides information, assistance, support, and referral to people living with kidney disease, dialysis and transplant. Speakers are available for organ and tissue donation awareness and kidney health presentations.

LIMMANY FOOT & ANKLE CLINIC

4870 - 51 St. (Lower level Central Agencies),
Camrose, T4V 1S1

Phone: 679-0664 Fax: 1-780-416-0758

Hours: By appointment - Tuesday only

Doctor of podiatric medicine dealing with disease, injury and surgery of the foot.

MOTHER CARE

Phone: 780-672-9389

Provides doula services. A doula is a woman trained in labour assistance and/or postpartum care who

supports mothers and their families through the complex emotional and physical transitions of pregnancy, labour, delivery, postpartum transition and newborn care.

SMITH CLINIC

#1 Duggan Mall, 6601 - 48 Ave., Camrose, T4V 3G8
Phone: 780-672-2423 appointments; 780-672-2425 - other dept. Fax: 780-679-2668; Admin fax: 780-608-5881
Hours: Mon-Fri, 8:30 - 12:00; 1:00 - 5:00 p.m.

The Smith Clinic is a multi-disciplinary clinic combining family practice with various specialties. Walk-in clinic at Duggan Mall location on Fridays from 1:30 p.m. - 4:00 p.m. City Centre Walk-in Clinic (4823-51 St.) operates from 2:00 pm to 7:00 pm, Mon. - Thurs., and Saturdays from 10:00 am - 2:00 pm. Daily walk-in appointments may be available at the Duggan Mall location, Mon. - Fri., during regular business hours.

SOLE CITY SHOES

4851 - 50 St., Camrose, T4V 1P6
Phone: 780-672-2194/780-672-8371 Fax: 780-672-3416
www.solecityshoes.com

In-stock footwear. Shoes recommended by doctors: SAS, Rockport, Finn Comfort, Ecco, Clarks, Naot, New Balance, Birkenstock, Rieker, Propet, Foamtreads, Merrell, & Keen. Shoes and slippers available in wide widths, double wide and extra depth to fit orthotics for women and men.

THE BETHANY GROUP - CONTINUING CARE

Phone: Bethany Meadows 780-679-1000; Louise Jensen 780-679-3097 Fax: 780-679-2001 (LJ)
780-679-1020 (BM)
www.thebethanygroup.ca
Hours: Regular Business Hours

Residential facilities where seniors and others in need of ongoing nursing care and medical attention are provided with a warm, friendly living environment and a variety of social and recreational programs.

THERAPEUTIC LIFESTYLE ESSENTIALS

4825 - 51 St., Gateway Centre, Camrose AB, T4V 1R9

Phone: 780-672-5020 Fax: 780-672-5090

Hours: Mon. - Fri.; (9:00 - 4:00 p.m.)

Fees: Depends on Service

Sells specialized medical products including: mastectomy prosthesis, mastectomy bras, swim forms & bathing suits, post surgical garments, scarves, caps, hats, post cancer items, scar care, literature, ready made compression stockings, compression sleeves, burn garments, sport braces, ostomy supplies, & first aid supplies. Also offer as a specialized service: bra fittings, mastectomy fittings, stocking fittings, lifestyle education for women's health & group education/workshops.

TOTAL FOOTCARE

Phone: 780-672-3993

Hours: 8:00 am - 4:00pm

Fees: \$45.00/visit. No GST. Veterans eligible for DVA coverage.

In-your-own-home appointments for cutting and filing toenails, treatment of ingrown and thick toenails, reduction of calluses and corns, care of rough and/or cracked heels, and application of medicinal lotion. Teaching and advice provided in all areas of foot-care, including footwear, prevention, and self-care. Client advocate for any health care issues. All tools sterilized in autoclave. Diabetic clients welcome. Follow-up care & referral when necessary.