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# 50+ Newsletter



August 2024 • Issue 8

New Brunswick Senior Citizens Federation

www.nbscf.ca 

## Lots of helpful tools, links and phone numbers for seniors

**Benefits Finder:** The Benefits Finder on the government of Canada website is an online tool that can help you find potential Benefits and Services that you may be eligible to receive. It asks a few questions and uses your answers to search. It does not collect or track your information. The more questions you answer, the more customized and accurate your results will be.

[Benefits Finder - Search - Welcome to the Benefits Finder \(services.gc.ca\)](https://services.gc.ca/benefits-finder)

The government site can help seniors find out which benefits they can access. This tool gives people information on federal, provincial and territorial benefits programs. It will be updated as the government changes the programs or develops new ones and will be customized to list the benefits that participants may be eligible for based on search criteria.

**Computer Classes:** Did you know

that a partnership between GNB and South East Adult Education offers free computer classes to the public? These can be arranged in any community where space can be provided. For registration, our preferred range is 6-8 participants. We also ask that the location (usually the public library) handles the registrations/reserving of seats (Typically, the participants contact the library directly to reserve the seats, they keep a list there, as well as maintain a waiting list for future classes). One other note of importance is that all of our classes must be available to the public to attend, so we are not able to offer private groups (IE - Only seniors, only members of a particular community center/organization). We are 100% government-funded and this is a mandated requirement that we must meet. So, we would be able to schedule a course, and this course could be

advertised directly to any particular group of people, but the registrations must be open to anyone who wishes to participate. You can call 506-857-9912, or check here for more information and how to organize a class:

[Basic Computer Skills | Computer Training | South East Adult Education \(education-se.ca\)](#)

**Seniors' Minor Home Repair Grant:** A non-repayable Seniors' Minor Home Repairs Grant of up to \$1,500.00 is available for eligible low-income seniors. The Seniors Minor Home Repair Grant is open to all seniors who have completed a Seniors Health, Wellbeing and Home Safety Review. Information on the grant and how to apply is provided to seniors during the review. Reviewers do not approve applications or confirm eligibility for the grant. Call 2-1-1 or

... continued on next page

# Lots of helpful tools, links and phone numbers for seniors

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see here for more information:

<https://socialsupportsnb.ca/en/program/home-first>

## Free Community Connection Counselling:

Canadian Mental Health Association's Community Connections Counselling Clinic is expanding! We will now be offering free in person or virtual counselling every Tuesday and Thursday with a clinical intern. \*Please note that this is not a crisis service. This service is intended for individuals who are experiencing stress and need guidance and/or resources. Also, we cannot accept clients if they are already being seen by another mental health professional. These sessions are open to the public and are by appointment only. To book an appointment, you can call 1-888-357-8442.

**Age Better grant:** Age Better provides grants to community-based seniors' services organizations, so they

can provide older people in their communities with the equipment, services, and social programs they need to stay healthy, engaged, and active. Age Better | HelpAge Canada

- **Well-Being Grants** – Providing older adults in their communities with essential mobility and communication-enhancing equipment or devices, or access to vital day-to-day support services. For 2024, priority support services are related to food access. Read the eligibility requirements.

[https://helpagecanada.smapply.io/prog/age\\_better\\_well-being\\_grant\\_2024/](https://helpagecanada.smapply.io/prog/age_better_well-being_grant_2024/)

- **Innovative Programming Grants** – Supporting programs focusing on physical and mental health, social inclusion, financial or occupational stability, spiritual and emotional wellness, cognition, environmental and community relationships,

and more. Read the eligibility requirements.

[https://helpagecanada.smapply.io/prog/age\\_better\\_innovative\\_programming\\_2024/](https://helpagecanada.smapply.io/prog/age_better_innovative_programming_2024/)

For this last one, there is not much time left since the Grant application deadline is **August 5th, 2024**. You can also call 1-800-648-1111.

## Do you know how much your long-awaited retirement will cost, and what steps you need to take to get there?

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