

## Strong and Steady Resource List

### Primary Care Network

**Ph#:** 403.343.9100

**Address:** 5120 47 Street

**Website:** [www.reddeerpcn.com](http://www.reddeerpcn.com)

**Services:**

- Registered Nurses
- Mental Health
- Pharmacy
- Recreation Therapy
- Workshops

### Golden Circle

**Ph#:** 403.343.6074

**Address:** 4620 47A Ave

**Website:** [www.goldencircle.ca](http://www.goldencircle.ca)

**Services:**

- Exercise classes
- Social connection groups
- Hot Meals
- Frozen meals
- Driving/ home maintenance support

### AHS Home Care Referral line

**Ph#:** 1.855.371.4122

**Website:**

[www.albertahealthservices.ca/cc/page15488.aspx](http://www.albertahealthservices.ca/cc/page15488.aspx)

**Services:**

- Occupational Therapy (*Home equipment*)
- Physiotherapy (*Walkers, exercises*)
- Nursing needs - In home support
- Dietician

### Lending Cupboard

**Ph#:** (403)356-1678

**Address:** 1-7803 50 Ave

**Website:** [www.lendingcupboard.ca](http://www.lendingcupboard.ca)

**Hours:** 9:00am to 4:30 (Monday, Wednesday & Friday)

- Short term medical equipment rentals

### Lifeline

**Ph#:** 1.866.349.1862

**Website:** [www.lifeline.ca](http://www.lifeline.ca)

Medical alert provider

### Alzheimer's Society

**Ph#:** 403.342.0448

**Website:** <https://alzheimer.ca/ab/en/about-us/offices-alberta-northwest-territories/red-deer-central-alberta>

### Red Cross – Short Term Loan Program

**Ph#:** 403.346.1241

**Address:** 105, 5301 43 Street

**Website:** [www.redcross.ca/in-your-community/alberta/find-a-branch/red-deer-office/red-deer-office-short-term-loan-program](http://www.redcross.ca/in-your-community/alberta/find-a-branch/red-deer-office/red-deer-office-short-term-loan-program)

- Short term medical equipment rentals

### Meals on Wheels

**Ph#:** 403.340.2511

**Website:** [www.reddeermealsonwheels.com](http://www.reddeermealsonwheels.com)

*a non profit service that provides a hot, nutritious noonday meal to those unable to prepare or obtain one for themselves*

### Rehabilitation Advice Line

**Ph#:** 1.833.379.0563

**Website:** [www.ahs.ca/RAL](http://www.ahs.ca/RAL)

The service can:

- assess your rehabilitation needs over the phone and link you to rehabilitations services
- speak to parents, guardians or caregivers about a child's development or well-being
- give advice on activities and exercises that help with physical, functional, or developmental concerns
- provide strategies to manage the day-to-day activities affected by these concerns.

### Family Services of Central Alberta

**Ph#:** 403.343.6400

**Website:** [fsca.ca/peer-power-seniors-peer-to-peer-support-program](http://fsca.ca/peer-power-seniors-peer-to-peer-support-program)

*Seniors over the age of 55 who are looking to increase their social contacts in a mutually respectful manner.*

## Strong and Steady Resource List

### Suggested Foot Care Contacts & Phone Numbers

Updated as of January 2026

#### In Home Foot Care

Bekki the Foot Care Nurse	587.877.5720
Feet First Foot Care (Louise)	403.506.6038
Feet Terrific Foot Care (Jessa)	587.371.3338
Footcare by Kaitlin	587.377.6099
Footcare Therapy (Rhonda)	403.740.2943
Solano Foot Care (Haydee)	403.782.0841
Step It Up Foot Care (Bonnie)	403.650.1904
Susan Viterwijk (also at Dutchess Manor)	403.650.1904

#### Red Deer Community Foot Care

Barefoot Beauty Therapeutic Day & Spa Ltd.	403.406.9438
Feet Terrific Foot Care (Jessa)	587-371-3338

#### Podiatrist

Dr. Joshua Leavitt/Jason Lehr – The Foot Institute, Red Deer	403-342-0566
Dr. Scott Smith - 201, 4820 50 <sup>th</sup> Avenue; Red Deer	403-340-3343
Dr. Scott Smith – Golden Circle every 2 <sup>nd</sup> week	403-343-6074
Dr. Darren Woodruff – Central Alberta Podiatrists, 179C – Unit 101, Leva Ave., Red Deer (Orthotic modifications)	403-340-1468

#### Custom Made Footwear & Orthotics

Steenwyk Custom Shoes & Orthotics Free Assessment/Form Filling 5550-45 St. G12, Red Deer (Non-Insured Health Benefit approved)	403-340-0066
Precision Prosthetics Orthotic Services Ltd. Free Orthotics Assessment 4605B 63 St., Red Deer (NIHB approved)	403-347-3435

***The Red Deer PCN does not endorse or recommend any of the providers listed.  
Please use your own discretion when selecting services.***