

Closing the Gaps in Seniors' Care



A Guide To Public and Private Services For Salmo Area Seniors August 2024

This Guide and many more services posted on-line:
www.kb.fetchbc.ca

This Seniors' Resources Guide was Developed and Funded by:

- ❖ Trail FAIR Centre Society
- ❖ Interior Health Authority

Disclaimer:

This guide lists a number of publicly funded (government & non-profit) and privately operated, for-profit, services.

However, please note that we are NOT able to endorse or recommend specific services listed in this guide. While many publicly funded services are externally evaluated and required to meet rigorous standards, we strongly suggest, prior to hiring a privately funded service provider, that references be checked and clear agreements made re fees, service expectations, and so on.

For more information, go to the **Better Business Bureau of Mainland BC** website: www.bbb.org/mbc or phone: 1-888-803-1222

FOR MORE DETAILED INFORMATION about a wide variety of services and resources in the Kootenay Boundary region go to the Kootenay Boundary FETCH website: www.kb.fetchbc.ca

Note: Seniors Directories for all 8 KB sub-regions are posted on website

To SUGGEST additions, changes and corrections for future editions

Contact:

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ABUSE / CRISIS / EMERGENCIES

24 / 7 Emergency (Ambulance, Fire, Police)	911
24 / 7 Crisis Lines: <ul style="list-style-type: none"> • For support in a crisis, or concerns about the safety of another person • BC Mental Health Support Line • Interior Crisis Line Network • Suicide Crisis Helpline (National) • Suicide Prevention Crisis Line (BC) 	310-6789 1-888-353-2273 988 1-800-784-2433
Seniors Abuse & Information Line (SAIL) www.seniorsfirstbc.ca <ul style="list-style-type: none"> • Phone: Mon – Fri: 8am – 8pm; Sat: 10:30am - 5pm • Call re concerns about senior abuse or mistreatment TTY 	1-866-437-1940 1-855-306-1443
Report Concerns re Possible Elder Abuse or Neglect <ul style="list-style-type: none"> • Adult Abuse & Neglect Report Line Mon-Fri: 8:30am–4:30pm • Salmo RCMP 365 Main Street 	1-844-870-4754 250-357-2212
Salmo Community Response Network (CRN) Helen <ul style="list-style-type: none"> • Organizes prevention and education activities to help end abuse, neglect and self-neglect of adults in BC http://www.bccrns.ca 	250-551-5487
Salmo RCMP Victim Services 365 Main Street <ul style="list-style-type: none"> • Provides victims of crime & tragedy with crisis intervention, emotional support, practical assistance, information on the justice system, court orientation and referrals to community resources. VictimLink (24/7) 	250-357-2692 1-800-563-0808
For Women: <ul style="list-style-type: none"> • Safe Homes Program & Women’s Counselling <ul style="list-style-type: none"> ○ Support & shelter for women victims of violence as well as longer term counselling and support ○ Salmo Community Services, 311 Railway Ave www.scrs.ca • Women’s Transition Houses: <ul style="list-style-type: none"> ○ 24-hour, 7 days a week outreach support and safe shelter from domestic abuse & violence Nelson Trail 	250-357-2277 250-354-4357 250-364-1543

DRUG STORES / PHARMACIES

Salmo Valley Pharmacy 107 4 th Street	250-357-9444

FOOD / MEAL SERVICES

❖ **FOOD BANKS**

<p>Salmo Food Bank Salmo Community Services, 311 Railway Avenue</p> <ul style="list-style-type: none"> • Available to Salmo / Ymir residents • Open on Wednesdays: 9:30 – 11:45am • Pick up a hamper every 28 days / family • Call at least a week ahead for an appointment • More details re the service on website https://scrs.ca/food-security/ 	250-357-2277

❖ **DROP-IN / MEAL PROGRAMS**

<p>Lunches Salmo Valley Estates, 730 Railway</p> <ul style="list-style-type: none"> • Take out lunch available for a fee • Check out their menu & order one or several meals in advance. 	Melanie	250-357-2629

❖ **FROZEN MEALS**

There is a charge for these meals

<p>Dinners at Home</p> <ul style="list-style-type: none"> • Nutritious frozen meals • Pre-order in bulk & pick up • Call for menu & cost 	<p>Jubilee Manor, Nelson Talarico Place, Castlegar Columbia View Lodge Trail KB Hospital Gift Shop, Trail</p>	<p>250-352-7053 250-304-1269 250-231-2947 250-368-3311 ext 2330</p>

FOOT CARE

FCN = Foot Care Nurse; LPN = Licensed Practical Nurse; RN = Registered Nurse

<p>Dr Alumbaugh Podiatrist http://drdanapodiatry.com</p> <ul style="list-style-type: none"> Clinic location: 1686 2nd Ave, Trail: Mondays & Thursdays 	<p>250-364-1516</p>
<p>Foot Care by Janet</p>	<p>Janet Bruce 250-777-1265</p>
<p>Pampered Sole Mobile Foot Care Miranda Hildebrandt: FCN, LPN</p>	<p>250-870-1589</p>

FRAUD & FINANCIAL

<p>Banks and Credit Unions</p> <ul style="list-style-type: none"> Contact your Bank or Credit Union to set up services such as Automatic Deposit, Bill Paying, Internet, Telephone Banking. 	
<p>Better Business Bureau of Mainland BC www.bbb.org/mbc</p> <ul style="list-style-type: none"> Services include business info, scam warnings & receiving complaints 	<p>1-888-803-1222 1-604-682-2711</p>
<p>Canadian Anti-Fraud Centre</p> <ul style="list-style-type: none"> Report scams / suspected fraud. Mon-Fri: 6am-1:45pm PST 	<p>1-888-495-8501</p>
<p>Credit Counselling Canada www.nomoredebts.org</p> <ul style="list-style-type: none"> Free credit & debt counselling & personal budgeting services 	<p>1-888-527-8999</p>
<p>Police</p> <ul style="list-style-type: none"> Salmo RCMP: regarding concerns of possible financial abuse 	<p>250-257-2212</p>

GOVERNMENT SERVICES / ADVOCACY / SUPPORT

<p>Advocacy Centre 205 Hall Street, Nelson www.advocacycentre.org</p> <ul style="list-style-type: none"> • Helps with disability benefits, tenants' rights, welfare appeals, etc. • Offers remote services by phone, email, etc to Salmo residents who cannot travel to Nelson 	1-877-352-5777
<p>BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER)</p> <ul style="list-style-type: none"> • A rent subsidy for those over 60 paying over 30% of gross income • See website re other qualifications for program www.bchousing.org 	1-800-257-7756
<p>Income Assistance BC Employment & Assistance 566 Stanley St, Nelson</p> <ul style="list-style-type: none"> • An income supplement and other support available to eligible seniors 	1-866-866-0800
<p>Community Volunteer Income Tax Program</p> <ul style="list-style-type: none"> • Free tax filing services in March & April for those on a low income • For an appointment, contact the Salmo Public Library 106 4th Street 	250-357-2312
<p>Seniors' Information, Support & Advocacy www.nelsonseniors.ca</p> <ul style="list-style-type: none"> • Nelson & District Seniors' Coordinating Society 201- 514 Vernon St • Open: Tuesday & Thursday; 9am to 12noon; Call for appointment • Offers a Financial Advocacy Program providing info and help with applications to government and other financial support services 	250-352-6008
<p>SeniorsBC www.seniorsbc.ca</p> <ul style="list-style-type: none"> • Website offers a comprehensive summary of health care and other services for seniors & includes the on-line Seniors' Guide 	
<p>Service BC Centre (Government Agent) 310 Ward Street, Nelson 1520 Bay Ave, Trail</p> <ul style="list-style-type: none"> • Offices open Mon to Fri: 9am to 4:30pm • BC government forms, information, services, licences & assistance applying for a wide variety of programs such as MSP, Pharmacare, seniors' subsidies for housing & transportation <p>https://www2.gov.bc.ca/gov/content/home/services-a-z</p>	250-354-6104 250-364-0591
<p>Service Canada Centre Chahko Mika Mall, 1125 Lakeside Drive</p> <ul style="list-style-type: none"> • Monday to Friday: 8:30am – 4pm • Federal Government forms, information & assistance re a variety of services & programs including Social insurance, CPP, OAS & GIS, passports, EI, Veterans Affairs, etc https://www.servicecanada.gc.ca/ 	1-800-622-6232

HEALTH CARE SERVICES: GENERAL INFORMATION

<p>Advance Care Planning</p> <ul style="list-style-type: none"> • BC Government Website www.gov.bc.ca/advancecare provides links to the planning document “My Voice” & information on planning re future care, support and other needs • Nidus Personal Planning Resource Centre & Registry https://www.nidus.ca/ provides comprehensive online information, forms & support for all aspects of Personal Planning including: <ul style="list-style-type: none"> ○ Legal and Financial planning including the creation of an Enduring Power of Attorney document ○ Health and Personal Care planning including the creation of a Representation Agreement document ○ Estate Planning including creating a Will 	
<p>Ambulance Billing Services Info Line Monday to Friday: 9am - 4pm</p> <ul style="list-style-type: none"> • For Billing information: http://www.bcehs.ca/about/billing 	1-800-665-7199
<p>Health Insurance BC https://www2.gov.bc.ca/gov/content/health</p> <ul style="list-style-type: none"> • Medical Services Plan, Pharmacare & Fair Pharmacare • Forms and info also available at a Service BC Centre (page 4) 	1-800-663-7100
<p>HealthLinkBC</p> <ul style="list-style-type: none"> • Navigator or Nurse: 24 hours / 7 days a week • Dietician or Exercise Professional: Monday to Friday: 9am-5pm • Pharmacist: 7 days a week: 5pm-9am • Information and links to services: www.healthlinkbc.ca • Special Line for Hearing Impaired persons: 	<p>Toll-free 811</p> <p>Toll-free 711</p>
<p>Office of the Seniors’ Advocate Information & Referral Line</p> <ul style="list-style-type: none"> • Monday to Friday: 8:30am - 4:30pm www.seniorsadvocatebc.ca • Offers BC Seniors information and referrals to relevant services • Monitors and analyzes seniors’ services; offers recommendations to government & Service providers to address systemic issues in Health care, Housing, Income support, Community support & Transportation. • See the website for information, the BC Seniors Guide and a number of reports & studies including the Long Term Care & Assisted Living Directory https://www.seniorsadvocatebc.ca/quickfacts/location/ 	1-877-952-3181

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)

❖ HOSPITALS / EMERGENCY

Kootenay Boundary Regional Hospital 1200 Hospital Bench Rd, Trail	1-866-368-3314
Kootenay Lake Hospital 3 View Street, Nelson	1-866-352-3111

❖ SALMO HEALTH & WELLNESS CENTRE 413 Baker Avenue **250-357-0104**

<p>Home Health Services</p> <ul style="list-style-type: none"> • Provides nursing care and self-management teaching for chronic and acute conditions, Ambulatory Care Clinic visits (by appointment) and palliative care & navigation with support for families • Also offers case management for seniors and families to assess needs and develop care plans. Services include Home Support, Adult Day Program, Facility Respite, Advanced Care Planning and reviewing eligibility for Assisted Living and Long Term Care • New clients must phone the Central Intake/Assessment line 	<p>Central Intake /Assessment Salmo Home Health</p>	<p>1-800-707-8550 250-357-0109</p>
<p>Home Support Services</p> <ul style="list-style-type: none"> • A scheduled, subsidized service (cost depends on income) providing simple meal preparation, help managing personal health care needs, caregiver respite & palliative home support. NOTE: Does NOT include bulk meal preparation, cooking, housekeeping, driving, shopping, etc. • Home Support Scheduling 7 days/week: 6:30am - 8pm 	<p>Central Intake/Assessment</p>	<p>1-800-707-8550 1-800-707-8550</p>
<p>Salmo Health & Wellness Centre Medical Laboratory</p> <ul style="list-style-type: none"> • Preferable to Book online www.labonlinebooking.ca or by phone • 413 Baker Street; Tues: 9am - 1:30pm; Fri: 8am – 1:30pm; • Limited walk-in service 	<p>Lab #</p>	<p>250-364-3401 1-844-870-4756</p>
<p>Public Health / Promotion & Prevention Services</p> <ul style="list-style-type: none"> • Provides services for infants, children & youth, adults & families 		<p>250-357-0104</p>

MHSU OFFICE, KIRO WELLNESS CENTRE 3-1500 Columbia Avenue, Trail

<p>Senior Services, Mental Health & Substance Use (MHSU) Office</p> <ul style="list-style-type: none"> • Serves Salmo residents with mental health concerns related to aging 	<p>250-364-6262</p>
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HEALTH CARE SERVICES: INTERIOR HEALTH (IHA) (continued)**❖ RESPITE / DAY PROGRAMS**

Broader Horizons Adult Day Centre 905 Gordon Road, Nelson <ul style="list-style-type: none"> • Call Home Health for an assessment & referral Intake/Assessment • Centre offers social stimulation, exercise & support Centre phone 	1-800-707-8550 250-352-1444
Respite Services at home, or through short stays at a care facility <ul style="list-style-type: none"> • Call for an assessment by Home Health. Intake/Assessment 	1-800-707-8550
See page 10 <i>Home Support Services</i> for private service providers	

HEALTH CARE SERVICES: OTHER (NON-IHA)**❖ MENTAL HEALTH & SUBSTANCE USE**

Mental Health & Substance Use (MHSU) Services www.scrs.ca <ul style="list-style-type: none"> • Salmo Community Services 311 Railway Avenue • Counselling, support, groups and referrals • Some seniors' MHSU services provided by IHA's Trail Office (page 6) 	250-357-2277
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❖ MOBILE / IN-HOME

Community Paramedic Program: www.bcehs.ca/our-services <ul style="list-style-type: none"> • Referral required from doctor, home health or community nurse • Paramedics serve isolated seniors in the Salmo Area • Offers free home visits, health assessments, referrals, basic care 	
Kootenay River Mobile Dental Hygiene Services Noel <ul style="list-style-type: none"> • Private in-home or care facility dental hygiene services; https://krdh.ca/ 	250-304-5754

❖ PRIMARY CARE

Kootenay Boundary Health Connect Registry HealthLink BC <ul style="list-style-type: none"> • For KB residents looking for a physician or nurse practitioner • https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary 	811
Salmo Wellness Centre Primary Health Clinic 413 Baker Avenue <ul style="list-style-type: none"> • Open: Tuesday to Thursday 9am – 12noon; 1 - 4pm 	250-357-0104

HEALTH CARE: SUPPORT / NAVIGATION / COMPLAINTS**❖ INTERIOR HEALTH (IHA)**

<p>Hospital Social Work (primarily serves hospital patients)</p> <ul style="list-style-type: none"> Provides psycho-social care for patients & families, including support, adjustment counselling, practical assistance, advocacy and referrals Kootenay Boundary Regional Hospital, Trail Social Worker Kootenay Lake District Hospital, Nelson Social Worker 	<p>250-364-5163 250-354-2394</p>
<p>IHA Patient Care Quality Office Info & Register a Complaint:</p> <ul style="list-style-type: none"> Assists patients through the complaint process with regard to care they have received from Interior Health services & staff 	<p>1-877-442-2001</p>

❖ OTHER (NON-IHA)

<p>Aboriginal Health Circle of Indigenous Nations (COINS) https://coinations.net</p> <ul style="list-style-type: none"> Aboriginal Patient Navigator Katie Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers & their families Aboriginal Health Coordinator Sage Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the West Kootenay 	<p>1-877-904-2634 250-399-0699 250-551-4395 250-399-0731 250-608-4552</p>
<p>KB Mental Health & Substance Use Regional Consumer, Family & Peer Support Trail FAIR Society www.trailfair.ca Lisa</p> <ul style="list-style-type: none"> Provides support, education & resources to individuals (and their families) with long term mental health & substance use concerns. 	<p>1-877-364-2326 Ext 225</p>
<p>West Kootenay Nav-CARE Program Salmo Coordinator, Toni</p> <ul style="list-style-type: none"> Trained volunteers support adults living with chronic illness, increased frailty, and social isolation to help navigate services & find resources For more info see page 11 or go to https://westkootenaynavcare.org/ 	<p>778-760-3659</p>
<p>Office of the Seniors' Advocate Monday to Friday: 8:30am - 4:30pm</p> <ul style="list-style-type: none"> Phone & website offers BC seniors information, resources and referrals to relevant services. See page 5 for more info 	<p>1-877-952-3181</p>
<p>West Kootenay Boundary Caregiver Support Coordinator</p> <ul style="list-style-type: none"> Education, resources, 1:1 support and groups for caregivers See page 11 or website for details http://wkbcaregiver.org/ 	<p>1-888-212-2337</p>

HEALTH / MEDICAL EQUIPMENT & SUPPLIES**❖ NON-PROFIT**

Health Equipment Loan Program (HELP) <ul style="list-style-type: none"> • HELP Castlegar 1250 A 26th St: Mon to Thurs: 11am to 2pm • HELP Nelson 614 Front Street: Mon, Tues, Thurs, Fri: 10am to 1pm • HELP Trail 104-1199 Bay Ave: Mon, Tues, Wed: 10:30am to 3pm • Offers a wide variety of medical equipment for up to 3 months • By donation. Needs a referral from a health care professional. • Phone first for location & confirm when open 	250-365-3911 250-354-4456 250-368-9129
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❖ PRIVATE

Drug Stores / Pharmacies: <ul style="list-style-type: none"> • May carry medical supplies & equipment. (See Page 2) 	
Hearing Tests / Hearing Aids <i>All offer free screening for seniors</i> <ul style="list-style-type: none"> • Connect Hearing www.connecthearing.ca 259 Baker St., Nelson 104 - 1101 Dewdney Ave, Trail • Dynamic Hearing Solutions 105- 518 Lake Street, Nelson www.dynamichearingsolutions.ca • Kootenay Hearing Aid & Audiology Clinic 1184 Bay Ave, Trail www.kootenayhearingclinic.com 4-425 Columbia Ave, Castlegar 	250-354-4949 250-368-5105 236-302-2624 778-901-5707 778-901-9038
Kootenay Columbia Home Medical Equipment <ul style="list-style-type: none"> • 130-630 17th Street, Castlegar www.kchomemedical.ca • Rents, sells and repairs a wide range of medical equipment 	1-866-515-7772 250-365-7772
Personal Emergency Response Systems/ Medical Alarms <ul style="list-style-type: none"> • Lifeline www.lifeline.ca Kootenay contact: Rhandean Lacktin 	1-888-832-6071 250-364 2524
Respiratory Services: Testing & equipment; Appointments needed <ul style="list-style-type: none"> • Columbia Respiratory 806 Vernon Street (Nelson Medical Clinic) https://www.facebook.com/columbiarespiratory/ • Independent Respiratory Services: www.irscanada.ca 865 Columbia Ave, Castlegar or 806 Vernon St, Nelson • MedPro Respiratory Care https://www.medprorespiratory.com/ 3 – 425 Columbia Avenue, Castlegar 	250-364-0277 1-877-365-6952 1-888-310-1444

HOME SAFETY

Police	
<ul style="list-style-type: none"> • Salmo RCMP responds to safety concerns, financial & other abuse 	250-357-2212
BC Rebate for Accessible Home Adaptation (BC RAHA)	
<ul style="list-style-type: none"> • BC Housing funds low income seniors or persons with disabilities (or landlords) for home adaptations to support living safely in the home or rental unit https://www.bchousing.org/housing-assistance/BC-RAHA 	1-800-257-7756

HOME SUPPORT SERVICES

May include one or several of: Health & Personal Care, Housekeeping, Laundry, Meal Preparation, Respite, Shopping, Transportation, Yard Care, etc.

❖ NON-PROFIT / PUBLIC

Salmo Better at Home Salmo Community Services	Helen	250-357-2277 Ext 202
<ul style="list-style-type: none"> • A variety of non-medical supports for seniors 65+ living at home • Some services free & fees for some on sliding scale based on income • https://kb.fetchbc.ca/service.html?i=2573 		
Interior Health Home Support Services: See page 6		

❖ PRIVATE

Grey Owl Moving & Removals http://www.greyowlmovingservice.ca/		778-256-1201
(re)Fresh Cleaning Services https://refreshcleaning.ca/	Amanda	250-509-0215
Spectrum Home & Family Care	www.spectrumcares.ca	250-265-3842
Trixie's Cleaning & Junk Removal	www.trixiecleaners.ca	250-365-9313

HOSPICE / GRIEF / CAREGIVING

Bereavement BC Helpline Mon to Fri: 9am to 5pm; Sat: 9am to 1pm <ul style="list-style-type: none"> Connects callers to grief support services within BC. www.bcbh.ca 	1-877-779-2223
Salmo and District Hospice Society Coordinator <ul style="list-style-type: none"> Offers compassionate support to individuals and their families for grief, end of life, and life limiting illness. Includes coordination of care and trained bedside volunteers for support & family respite https://www.facebook.com/SalmoHospice 	250-551-9270
West Kootenay Nav-CARE Program Salmo Coordinator <ul style="list-style-type: none"> Support for adults living with chronic illness, frailty and social isolation. Trained volunteers make regular visits to individual and family to help navigate through changes & challenges, find resources & information, build social connections and encourage meaningful engagement. https://westkootenaynavcare.org/ 	778-760-3659
West Kootenay Boundary Caregiver Support <ul style="list-style-type: none"> Free service for unpaid caregivers(19+) who care for someone 55+ Offers emotional 1:1 support, peer support groups, healthcare navigation & information and/or referrals to local community resources For more Info: Phone or see website http://wkbcaregiver.org/ Salmo/Castlegar contact: castlegar@wkbcaregiver.org 	1-888-212-2337 778-671-1015

HOUSING / RESIDENTIAL ACCOMODATION**❖ INDEPENDENT (UNASSISTED) RENTAL HOUSING; PRIVATE PAY***SAFER Rent subsidies may be available from BC Housing (see page 4)*

Salmo Valley Villa 517 Davies Avenue	Greg, Villa Manager	250-357-9500
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❖ HOUSING with SUPPORTS: PRIVATE PAY*Independent Living for seniors with support; may include meal(s), housekeeping, etc**Rent subsidies may be available from BC Housing (see page 4)*

Salmo Valley Estates 730 Railway Avenue	Melanie	250-357-2629
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❖ FOR ADDITIONAL HOUSING, ASSISTED LIVING & LONG TERM CARESee Seniors Directories (Trail, Castlegar or Nelson) listed in [KB FETCH](#)

LIBRARY

<p>Salmo Valley Public Library 104 4th St. https://salmo.bc.libraries.coop/</p> <ul style="list-style-type: none"> • Free access to computers, the internet & computer training • Mobile Outreach to Salmo Valley Estates on the first and second Wednesday of each month • Hosts the Income Tax Preparation clinic in March & April each year 	250-357-2312
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RECREATION / ADULT EDUCATION

<p>Columbia Basin Alliance for Literacy https://cbal.org/salmo/ Lori</p> <ul style="list-style-type: none"> • Free adult, family and early literacy programs including helping seniors with computers, ipads & other technology • Also offers Settlement Services to newcomers to Canada 	250-687-4760
<p>Salmo Valley Recreation Office & Fitness Centre 206 7th Street</p> <ul style="list-style-type: none"> • Salmo Leisure Guide www.rdck.ca/EN/main/services/recreation.html • Leisure Access Program offers reduced fees to those on low incomes • Fitness centre free for anyone over 75 years. 	250-357-0121

SENIORS ACTIVITIES / COMMUNITY COORDINATION

<p>Senior Coffee Connections Helen Oldershaw</p> <ul style="list-style-type: none"> • All welcome: Salmo Community Services Centre, 311 Railway Ave • Fridays: 10am to 12 noon; phone or email for info & confirm hours • Refreshments, socializing, activities, speakers & information • A Salmo Better at Home activity; see Salmo Seniors Facebook group 	250-357-2277 ext 202
<p>Salmo Valley Estates 730 Railway Avenue Melanie</p> <ul style="list-style-type: none"> • Community members are welcome to join residents in a variety of recreational, social and other activities offered from September to June • Call for more information or check the Facebook page https://www.facebook.com/p/Salmo-Valley-Estates-100069022038193/ 	250-357-2629

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 5)

<p>Addictions / Substance Use</p> <ul style="list-style-type: none"> • Alcohol & Drug Information & Referral Line (24/7) • Alcoholics Anonymous (AA) www.bcyukonaa.org Phone for help & detailed info about AA meetings in WK or see https://aawestkootenays.org/ Salmo Mtng: Tues 8pm 430 Cady St • Al-Anon: List of area meetings: www.bcyukon-al-anon.org • Mental Health & Substance Use (MHSU) Services <ul style="list-style-type: none"> ○ Salmo Community Services 311 Railway Avenue (page 7) • WK Narcotics Anonymous (NA) <ul style="list-style-type: none"> ○ Nelson, Castlegar & Trail www.bcrna.ca • Nar Anon Family Group www.naranonbc.com • Quit Now: smoking cessation program & info www.quitnow.ca • Smoking Cessation Program: Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist 	<p>1-800-663-1441 1-250-800-4125 250-357-2277 1-877-455-2233</p>
<p>ALS (Amyotrophic Lateral Sclerosis) Society www.alsbc.ca</p> <ul style="list-style-type: none"> • Info, clinics & support groups; Phone: Monday to Friday: 8am to 4pm 	<p>1-800-708-3228</p>
<p>Alzheimer & Dementia Helpline: Monday to Friday: 9am - 8pm</p> <ul style="list-style-type: none"> • Alzheimer Society WK Resource Centre Call or check the BC website for information re resources, local family caregiver support groups, workshops & services www.alzheimer.ca/bc 	<p>1-800-936-6033 1-855-301-6742 OR 778-774-2133</p>
<p>Arthritis</p> <ul style="list-style-type: none"> • ArthritisBC & Me: Info & services https://arthritisbcandme.info/ • Arthritis Society Canada https://arthritis.ca/ 	<p>1-800-321-1433</p>
<p>Bereavement BC Helpline Mon - Fri: 9am - 5pm</p> <ul style="list-style-type: none"> • Connects callers to grief support services within BC. www.bcbh.ca 	<p>1-877-779-2223</p>
<p>Brain Injury</p> <ul style="list-style-type: none"> • Kootenay Brain Injury Ass'n Room 3 – 1250 26th St, Castlegar Offers outreach support & activities www.kootenaybia.ca • Acquired Brain Injury Services (Interior Health) Intake Office: Castlegar Health Centre M-Th:8:30am - 4pm Coordinator 	<p>778-460-4500 1-800-707-8550 250-365-9547</p>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 5)

<p>Cancer</p> <ul style="list-style-type: none"> • BC Cancer Agency: Cancer Care for the Southern Interior http://www.bccancer.bc.ca/our-services/centres-clinics/ <ul style="list-style-type: none"> ○ 399 Royal Avenue, Kelowna ○ Prevention, screening & early detection, diagnosis & treatment services, pain & symptom management clinic, support, etc • Southern Interior Rotary Lodge 330 Strathcona Ave, Kelowna <ul style="list-style-type: none"> ○ Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre • Canadian Cancer Society www.cancer.ca <ul style="list-style-type: none"> ○ Information Helpline and many supports, including travel assistance 	<p>1-888-563-7773</p> <p>1-877-712-2203</p> <p>1-888-939-3333</p>
<p>Caregiver Support</p> <ul style="list-style-type: none"> • West Kootenay Boundary Caregiver Support <ul style="list-style-type: none"> ○ Education, resources, 1:1 support and groups for caregivers ○ For details see page 11 or website http://wkbcaregiver.org/ 	<p>1-888-212-2337 778-671-1015</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Chronic Disease Management & Prevention Program Kootenay Lake Hospital offers comprehensive support and information programs for chronic conditions such as diabetes and heart disease. • Self-Management Program www.selfmanagementbc.ca <ul style="list-style-type: none"> ○ A free 6 week program (on-line & in communities) offering info & teaches skills to manage various chronic health problems. 	<p>250-352-3111</p> <p>1-866-902-3767</p>
<p>Chronic Pain Management & Local Resources</p> <ul style="list-style-type: none"> • Pain BC Support: Mon – Fri: 9am – 4pm https://painbc.ca/ • KBRH Pain Medicine Clinic, Trail - Referral required • Regional Resources & Information https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools 	<p>1-844-880-7246 250-368-3311 ext 2479</p>
<p>Crohn’s & Colitis Canada www.crohnsandcolitis.ca</p> <ul style="list-style-type: none"> • Call or see website for information & resources 	<p>1-800-513-8202</p>

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Deaf & Hard of Hearing <ul style="list-style-type: none"> • Wavefront Centre for Communication Accessibility TTY 	www.wavefrontcentre.ca	1-888-736-7391 1-604-736-2527
Dental: West Kootenay Community TEETH Clinic <ul style="list-style-type: none"> • 632 Front Street (in the West Arm Plaza); https://www.teethclinicwk.ca • Lower cost dental care for those living on a low income • Applications & Registration available at the Community First Health Co-op Society 518 Lake Street; Drop-in Tuesdays 1 to 3pm • For details re applications: https://www.teethclinicwk.ca/applications/ 	778-463-2232	
Diabetes <ul style="list-style-type: none"> • See Chronic Disease Management (page 14) for local access to support and information • Diabetes Canada Info & Support Line https://www.diabetes.ca/ 	250-352-3111 1-800-226-8464	
End of Life / Palliative Care <ul style="list-style-type: none"> • Salmo & District Hospice: See Hospice (page 11) for details • Home Health Services (IHA) (page 6) Central Intake 	250-551-9270 1-800-707-8550	
Fibromyalgia & Chronic Fatigue Syndrome <ul style="list-style-type: none"> • ME/FM Society of BC www.mefm.bc.ca 	1-888-353-6322	
Heart <ul style="list-style-type: none"> • See Chronic Disease Management (page 14) • Heart & Stroke Foundation www.heartandstroke.ca 	250-352-3111 1-888-473-4636	
Kidney (Renal) Disease <ul style="list-style-type: none"> • KB Chronic Kidney Disease Clinic: Kiro Wellness Ctre, Trail Support, referrals, info, resources for non-hospitalized patients Clinic • BC Renal: information, support, resources http://www.bcrenal.ca/ 	250-364-6270 1-604-875-7340	
Lupus Society (BC) Offers an on-line support group www.bclupus.org	1-866-585-8787	
Medication Concerns: HealthlinkBC Pharmacist: 7 days/ wk: 5pm-9am	811	

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Mental Health <ul style="list-style-type: none"> • BC Mental Health Support Line (24/7) • Canadian Mental Health Ass'n (CMHA) www.cmha.bc.ca CMHA "Bounce Back": Free online, video or phone programs help manage low mood, stress & anxiety. https://bouncebackbc.ca/ • Here To Help: www.heretohelp.bc.ca Info re mental health illnesses, substance use & eating disorders • Mental Health & Substance Use (MHSU) Services <ul style="list-style-type: none"> ○ Trail MHSU Senior Services: for age-related concerns (page 6) ○ Salmo Community Services 311 Railway Avenue (page 7) • Mental Health & Substance Use Regional Consumer & Family Support (page 8) • Alzheimer/Dementia Support Information (page 13) 	<p style="text-align: right;">310-6789</p> <p style="text-align: right;">1-800-555-8222</p> <p style="text-align: right;">1-866-639-0522</p> <p style="text-align: right;">250-364-6262</p> <p style="text-align: right;">250-357-2277</p> <p style="text-align: right;">1-877-364-2326</p> <p style="text-align: right;">Ext 225</p> <p style="text-align: right;">1-855-301-6742</p>
Multiple Sclerosis Society of Canada www.mssociety.ca Office <ul style="list-style-type: none"> • Phone or see website for support & info 	<p style="text-align: right;">1-800-268-7582</p> <p style="text-align: right;">1-844-859-6789</p> <p style="text-align: right;">MS Navigator</p>
Nutrition: Call the HealthLinkBC Dietician Monday to Friday: 9am-5pm	<p style="text-align: right;">811</p>
Parkinson Society of BC www.parkinson.bc.ca <ul style="list-style-type: none"> • Trail - Castlegar Area support group contact: 	<p style="text-align: right;">1-800-668-3330</p> <p style="text-align: right;">250-231-7705</p> <p style="text-align: right;">Sheila</p>
Respiratory (Lung) Disease <ul style="list-style-type: none"> • Private Respiratory testing & equipment (page 9) • BC Lung Foundation https://bclung.ca/ 	<p style="text-align: right;">1-800-665-5864</p>
Scleroderma Association of BC https://sclerodermabc.ca/ <ul style="list-style-type: none"> • For online toolkits & research info: https://spinsclero.com/ 	<p style="text-align: right;">1-604-371-1005</p>
Stroke Recovery Assn BC Online groups https://strokerecoverybc.ca/ <ul style="list-style-type: none"> • Nelson Support Group for stroke survivors and caregivers • Castlegar Support Group for stroke survivors and caregivers 	<p style="text-align: right;">1-888-313-3377</p> <p style="text-align: right;">250-354-4453</p> <p style="text-align: right;">1-888-540-6666</p> <p style="text-align: right;">Marg</p>
Vision Loss <ul style="list-style-type: none"> • Cndn National Institute for the Blind (CNIB) www.cnib.ca • Support & services re vision loss: online & in-person 	<p style="text-align: right;">1-800-563-2642</p> <p style="text-align: right;">250-763-1191</p> <p style="text-align: right;">Kelowna office</p>

TRANSPORTATION**❖ MEDICAL APPOINTMENTS**

Health Connections www.bctransit.com/west-kootenay <ul style="list-style-type: none"> Bus between Salmo & Nelson runs Tues,Thurs & Fri 3 times / day Everyone is eligible if space is available. Book 24 hours in advance 	1-855-993-3100
Hope Air www.hopeair.ca <ul style="list-style-type: none"> Free air travel provided for non-emergency specialist medical care. 	1-877-346-4673
Interior Medical Transport (IMT) https://www.bcimt.ca/ <ul style="list-style-type: none"> Private service offering a variety of patient transport services options 	250-368-7978
Travel Assistance Program (TAP) Inquiries <ul style="list-style-type: none"> Reductions on some carriers for non-emerg medical specialist care 	1-800-663-7100
Travel Treatment Fund / Wheels of Hope https://cancer.ca <ul style="list-style-type: none"> Canadian Cancer Society program helps with cancer treatment travel expenses & offers cancer appointment transportation Info & Register 	1-888-939-3333
Salmo Volunteer Driver Program Salmo Comm.Serv www.scrs.ca <ul style="list-style-type: none"> For medical, dental or other essential appointments; Cost by distance 	250-357-2277

❖ REGULAR / DISABILITIES

BC Bus Pass Program Low cost annual pass for low income seniors	1-866-866-0800
Glacier Cab Company Based in Nelson & goes out to Salmo	250-354-1111
Mountain Man Mike's Bus Service www.mountainmanmikes.ca <ul style="list-style-type: none"> Travel WK- Vancouver return (2 days/wk) & to/from Calgary (1 day/wk) 	778-382-7729
Other Volunteer Driver Programs Kootenay Seniors <ul style="list-style-type: none"> Medical, social & recreational purposes; cost /km WK Volunter Drivers 	778-463-5247 1-877-304-2990
Silver City Stagelines Info & book online https://fritztravels.com <ul style="list-style-type: none"> Travel several days a week between Nelson and Kelowna 	(778) 760-1891 (text only)
West Kootenay Transit Services www.bctransit.com/west-kootenay <ul style="list-style-type: none"> handyDART: Register & Book : Monday to Friday: 7am to 3pm For those unable to use regular local transit due to disability / health 	1-855-993-3100 ext 2