Closing the Gaps in Seniors' Care

A Guide

To Public, Community & Private Services for

Lower Columbia Seniors
(Trail & Area)

August 2026

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

This Seniors' Services 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 that, prior to hiring a privately funded service provider, 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***

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

To SUGGEST ***additions, changes and corrections for future editions of the Seniors Directory, Contact:***

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ABUSE / CRISIS / EMERGENCIES

24 / 7 Emergency (Ambulance, Fire, Police)	**911**
24 / 7 Crisis Lines: • 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) https://seniorsfirstbc.ca/ • Phone: Monday to Friday: 8am – 8pm • 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 to: • **Report Adult Abuse & Neglect (IHA)** Mon-Fri: 8:30am-4:30pm • **Trail Area RCMP** (re a crime) 3601 Laburnum Street, Trail	 **1-844-870-4754** **250-364-2566**
Beaver Valley Community Response Network (CRN) **Jayme** • Organizes prevention and education activities to help end abuse, neglect and self-neglect of adults in BC http://www.bccrns.ca	**250-512-1231**
Community Based Victim Services Trail FAIR, 2072 Columbia Ave • Supports victims of elder abuse, sexual assault & family violence • Offers crisis intervention, support, assistance, justice system & legal aid information, court orientation & referrals **24/7 VictimLink**	**250-364-2326** **ext 227** **1-800-563-0808**
Police Based (RCMP) Victim Services 3601 Laburnum Street • Offers victims of crime & tragedy crisis intervention, emotional support, justice system information, court orientation and referrals; On call 24/7	**250-368-2184** **250-364-2566** (after office hours)
WINS Transition House, Trail FAIR Society • Phone line and free confidential services for women **24/7** • Offers free provision of safe shelter, support and referrals for women (their children & pets) experiencing domestic abuse, violence & threats	**250-364-1543**
Homelessness • **La Nina Homeless Shelter** 2039 Riverside Avenue, Trail • **Getting To Home** Crisis assistance to find accommodation **Jenni**	 **250-512-0973** **250-364-1104**

DRUG STORES / PHARMACIES *There may be a delivery charge*

Alpine Drug Mart-IDA 2060 Columbia Avenue, Rossland	**250-362-5622**
Fruitvale IDA Pharmacy 1942 Main St, Fruitvale (free delivery Fridays)	**250-367-9331**
No Frills (Loblaws) Pharmacy Waneta Plaza (delivers to Rosewood)	**250-368-8544**
Pharmasave 1280 Cedar Avenue, Trail (free delivery if necessary)	**250-368-3363**
Safeway Pharmacy 1599 2nd Avenue, Trail (delivery at cost)	**250-368-3790**
Shoppers Drug Mart 1305 Cedar Avenue, Trail (free delivery)	**250-368-3341**
Trail Apothocary Pharmachoice 1101 Dewdney Avenue, Trail	**250-364-1993**
Wal-Mart Pharmacy 1601 Marcolin Drive, Trail	**250-364-2707**

FOOD / MEAL SERVICES

❖ FOOD BANKS

Beaver Valley:** 1846 1st Street, Fruitvale • Fruitvale, Montrose & Area A residents only; One hamper per month • Operates Thursdays by appointment only • Phone by Tues (Wed at latest) for appointment to pick up on Thursday • Phone for extra help in case of emergency,	**250-368-7513**
Rossland:** Arena back entrance: 1860 Second Avenue **Dolf** • Rossland residents only: Tuesdays:10am to noon or 5 to 7pm **Luba**	**250-897-6622** **250-362-5365**
Trail Salvation Army Community Services: 1460 Cedar Avenue • Monthly Food hampers; Call for appointment to register & pickup • Extra food usually available Mon-Fri from 10:30am to noon; upstairs	**250-368-3814**
United Church of Greater Trail** Basement; 1300 Pine Ave • Tuesdays (except 2nd Tuesday/month): 9 - 11:30am; All welcome • Call if food needed at other times **Office**	**250-368-3225**
**** Farmers' Market Nutrition Coupons** https://bcfarmersmarket.org • Contact local food banks** which distribute $27 coupons/market to those on low incomes to buy food at local markets (open May to Oct): • Trail Esplanade: Saturdays (bi-weekly): 10am – 2pm • Fruitvale: Pole Yard Lane Tuesdays (bi-weekly): 3 – 6pm • Rossland: Queen St /Columbia Ave: Thursdays (bi-weekly) 2–5:30pm	

FOOD / MEAL SERVICES (continued)

❖ DROP-IN / MEALS

Beaver Valley Seniors' Lunch, Fruitvale Hall,1968 Main Street • Monthly lunches provided by Beaver Valley Recreation • Call for dates, details & to book a $10 ticket **Jayme** • For info: BV Programs: https://rdkb.com/Recreation-Culture/Beaver-Valley	**250-231-7260**
Columbia Seniors Wellness Wednesdays • Beaver Valley Manor 24 Laurier Ave, Fruitvale; 10am – 1pm **Brenda** • Weekly drop-in , socializing, wellness checks & lunch ($2) **Jayme**	**250-367-3839** **250-512-1231**
Downtown Trail Sunday Dinners Trail United Church 1300 Pine Ave • Free dinners 5pm in church hall, 3rd Sun/ month (**not in** July,Aug,Dec)	**250-368-3225**
Sally's Place Salvation Army Community Services: 1460 Cedar Ave, Trail • Free lunches: Monday to Friday: 11:30am – 1:30pm	**250-368-3814**
Silver City Seniors Club Better at Home program,Trail FAIR **Karleigh** • Lunch, activities, socializing for 55+ seniors; 11am - 12:30pm • Every other 2nd Tues: Sept-June; Trail Legion 2141 Columbia Ave	**250-364-2326** **ext 233**
South Kootenay Seniors **Heather** • Coordinates a wide variety of drop-in and other activities for seniors in Trail, Rossland and Warfield. https://www.rossland.city/newsletter	**250-368-1896**
Trail Legion Sunday Breakfast 2141 Columbia Avenue • Last Sunday/month breakfasts: 8 to 11:30am; Adults $10; kids $5 • September to November & January to June	**250-354-1422**

❖ FROZEN MEALS

Dinners at Home Frozen Meals • **Columbia View Lodge** 2920 Laburnum Drive, Trail **Dawne** Pre-order and pick up at Columbia View Lodge • **Gift Shop** KB Regional Hospital, Trail (no pre-order required)	**250-364-5365** **250-368-3311** **ext 46530**
Other Frozen Meals Suppliers (in addition to Grocery Stores) • **Legion Auxiliary Frozen Meat Pies** $5; 2141 Columbia Ave, Trail • Pick up: Tues, Wed, Thurs: 9:30am-12noon & at Sunday Breakfasts	**250-364-1422**

FOOT CARE

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

Dr Alumbaugh Podiatrist http://drdanapodiatry.com • Clinic location: Kootenay Columbia Therapeutics, 1686 2nd Ave, Trail	**250-364-1516**
Comfort Sole Foot Care www.comfortsole.ca **Kelsey Coolin FCN, LPN**	**250-878-7756**
Dee's Home Foot Care City of Trail & Castlegar Area	**250-365-0244**
Fairlite Rogers Fruitvale and Trail **FCN, LPN**	**250-254-0876**
Feet First Mobile Foot Care (not Rossland) **Donna Tjader: FCN ,LPN**	**250-367-7263**
Gentle Soles Foot Care **Tiffany Paylado: FCN, LPN** • https://www.gentlesolesfootcare.ca/	**604-396-7457**
Kootenay Foot Care **Lindsay Ferreira: FCN, LPN**	**250-304-5753**
Kootenay Pedorthic Clinic, 415 Hall St, Nelson **certified Pedorthist**	**250-352-1384**
Nurturing Medical Foot Care **Amanda Trembath: FCN, RPN** • https://www.nurturingmedicalfootcare.com/	**778-965-0242**
Pampered Sole Mobile Foot Care **Miranda Hildebrandt: FCN, LPN** • https://www.pamperedsolemobilefootcare.ca/	**250-870-1589**
West Kootenay Foot Care **Julie Spizawka: FCN, RN**	**306-227-0249**

FINANCIAL / FRAUD

Banks and Credit Unions Bill paying, Internet & telephone banking, etc	
Better Business Bureau of Mainland BC www.bbb.org/mbc • Services include business info, scam warnings & receiving complaints	**1-888-803-1222** **1-604-682-2711**
Canadian Anti-Fraud Centre Report scams / suspected fraud	**1-888-495-8501**
Credit Counselling Canada www.nomoredebts.org • Free credit & debt counselling & personal budgeting services	**1-888-527-8999**
Trail Area RCMP Contact re concerns about possible financial abuse	**250-364-2566**

GOVERNMENT SERVICES / ADVOCACY / SUPPORT

BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER) • A rent subsidy for those over 60 paying over 30% of gross income • See website re other criteria for program www.bchousing.org	**1-800-257-7756**
Community Law Advocate Trail FAIR Society, 2079 Columbia Ave • Call for an appointment **Naomi** • Assists low income residents with issues related to tenancy, debt, income supports such as OAS, GIS, disability benefits, etc • Assists with appeals and tribunals & refers to other services as needed	**250-364-2326 ext 235**
Community Volunteer Income Tax Preparation • Trained volunteers offer free annual tax filing services for those living on a low income. For details & schedule contact**: Naomi at Trail FAIR** • Service available at several locations in Trail and Area in **March and April** and by appointment **year round**	**250-364-2326 ext 235**
Income Assistance • Service BC Centre,1520 Bay Avenue, Trail; Mon – Fri: 9am – 4:30pm • An income supplement and other support available to eligible seniors	**1-866-866-0800**
Office of the Seniors' Advocate Information & Referral Line • 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 & agencies to address systemic issues in Health care, Housing, Income support, Community support & Transportation. • For reports, studies & the **Long Term Care & Assisted Living Directory** see https://www.seniorsadvocatebc.ca/quickfacts/location	**1-877-952-3181**
SeniorsBC www.seniorsbc.ca • Website offers a comprehensive description of health care and other services for seniors & includes the on-line Seniors' Guide	
Service BC Centre (Government Agent / Access Centre) • 1520 Bay Avenue, Trail: Mon to Fri: 9am - 4:30pm • **BC government** forms, information, services, licences & assistance applying for programs such as MSP, Pharmacare, seniors' subsidies for housing & transportation as well as income & disability assistance. • BC gov't services: https://www2.gov.bc.ca/gov/content/home/services-a-z	**250-364-0591**

GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)

Service Canada Centre 101 - 1101 Dewdney Avenue, Trail • Office Hours: Tuesday to Thursday: 8:30am - 12 noon; ! – 4pm • **Federal Government** forms, information & assistance re a variety of services & programs including CPP, OAS & GIS, passports, EI, Veterans Affairs, etc **TTY** • Federal government services: https://www.servicecanada.gc.ca/	**1-800-622-6232** **1-800-926-9105**

HEALTH CARE SERVICES: GENERAL INFORMATION

Advance Care Planning
• **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:
  ○ 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
• **Greater Trail Hospice** offers related info & workshops (**page 13**)
	250-364-6204

Ambulance Billing Services Info Line Monday to Friday: 9am - 4pm • For Billing information: http://www.bcehs.ca/about/billing	**1-800-665-7199**
Health Insurance BC https://www2.gov.bc.ca/gov/content/health • Medical Services Plan, Pharmacare & Fair Pharmacare • Forms and info also available at the ***Service BC Centre*** (**page 5)**	**1-800-663-7100**
HealthLinkBC **Toll free** • Navigator or Registered Nurse (RN): 24 hours / 7 days a week After an assessment by a RN, a caller may be referred to a Physician • Dietitian and 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: **Toll free**	**811** **711**

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)

❖ KOOTENAY BOUNDARY REGIONAL HOSPITAL

- 1200 Hospital Bench Road, Trail **250-368-3311; 1-866-368-3314**

❖ KIRO WELLNESS CENTRE: 1500 Columbia Avenue, Trail **250-364-6200**

Home Health Services **Central Intake / Assessment** **Trail Home Health** • 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**	**1-800-707-8550** **250-364-6230**
Home Support Services **Central Intake /Assessment** **Trail Home Health** • A scheduled, subsidized service (income dependent) providing simple meal preparation, help with managing personal health care needs, caregiver respite & palliative home support. Does NOT include bulk meal prep, cooking, housekeeping, driving, shopping, etc • **Home Support Scheduling** 7 days/week: 6:30am - 8pm	**1-800-707-8550** **250-364-6230** **1-800-707-8550**
Mental Health & Substance Use (MH&SU) Services • Provides services for adults with moderate MHSU concerns • Senior Services staff assist seniors (& caregivers) with mental health issues associated with aging • Optional to use easy-to-remember single access phone number	**250-364-6262** **310-MHSU (6478)**
Public Health / Promotion & Prevention Services • Provides a wide range of public health services for infants, children & youth, adults & families	**250-364-6226**
Chronic Disease Management • Diabetes, Heart function, Kidney (Renal), etc Clinics & supports	**250-364-6200**
See page 12 *Home Support* & page 13 *Hospice* for other possibilities	

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA) (continued)

❖ MEDICAL LABORATORIES

Associate Medical Clinic Lab 1973 Columbia Ave.,Rossland **Lab** • Book online https://www.labonlinebooking.ca/ or **Book by phone**	**250-362-7307** **1-844-870-4756**
Trail Health Centre Laboratory #308 – 1101 Dewdney Ave **Lab** • Book online https://www.labonlinebooking.ca/ or **Book by phone**	**250-368-8141** **1-844-870-4756**

❖ MOBILE

Community Paramedic Program: www.bcehs.ca/our-services • A **free** BC Emergency Health Services program for isolated Beaver Valley & Rossland seniors • Offers home visits, health assessments, referrals, basic care • **Referral required** from Physician, Home Health or Community Nurse	

❖ RESPITE/ DAY PROGRAMS

Bridges Day Program **Home Health Intake /Assessment** • Offers personal, social and recreational opportunities for adults still living at home, but requiring care & support	**1-800-707-8550**
Respite Services **Home Health Intake /Assessment** • Short-term, temporary relief for those caring for a family member • Provided either in-home or in a long term care facility	**1-800-707-8550**

HEALTH CARE SERVICES: NON IHA

❖ DENTAL

Canadian Dental Care Plan • Those without access to private dental insurance & who meet other criteria (eg income) is eligible; See website or phone for details & apply	**1-833-537-4342**
Kootenay River Mobile Dental Hygiene Services **Noel** • Private in-home & care facility dental hygiene services https://krdh.ca/	**250-304-5754**
The Travelling Hygienist https://www.thetravellinghygienist.com/ • Services: In-Clinic: 1598 Bay Ave,Trail; **or** in-home or care facility	**778-231-0475**

HEALTH CARE SERVICES: NON IHA (continued)

❖ MEDICAL LABORATORIES (Private)

LifeLabs Medical Laboratory Waneta Plaza, 235 – 8100 Hwy 3B, Trail • Walk-in or Book online: https://www.lifelabs.com/?myProvince=bc	

❖ PRIMARY CARE

➢ FOR THOSE WITHOUT A PRIMARY CARE PROVIDER

BC Health Connect Registry HealthLink BC • For those residents looking for a physician or nurse practitioner • For more information and to register by phone or online: https://www.healthlinkbc.ca/find-care/health-connect-registry	**811**
KB Access Clinic https://kbaccess.ca/ Phone: M-Th: 9am-12noon • For those who aren't registered with a family doctor or nurse practitioner and who live in the Kootenay Boundary (KB) region • Offers virtual and in-person care to patients throughout the KB region	**778-508-3112**
Urgent and Primary Care Centre 709 10th Street, Castlegar • Team based care for non-life threatening illnesses or injuries that need attention within 12-24 hours: Open 7 days/week: 8am to 8pm only • Available to anyone in the KB region; Must book appointment	**250-304-1289**

➢ MEDICAL CLINICS

Associate Medical Clinic 1973 Columbia Avenue, Rossland	**250-362-7307**
Beaver Valley Medical Clinic 1957 Columbia Gardens Road, Fruitvale	**250-367-9211**
Columbia Primary Care Clinic 302 - 1101 Dewdney Avenue, Trail	**250-368-9394**
Lower Columbia Community Health Centre 106-1101 Dewdney Ave	**250-368-5656**
Monashee Medical Clinic 2067b Columbia Avenue, Rossland	**250-362-9040**
Waneta Primary Care Clinic 242 - 8100 Highway 3B, Trail	**250-368-0053**

HEALTH CARE: SUPPORT / NAVIGATION / COMPLAINTS

❖ INTERIOR HEALTH (IHA)

IHA Patient Care Quality Office **Info & Register a Complaint**: • Assists patients through the complaint process with regard to care they have received from Interior Health services & staff	**1-877-442-2001**
KB Regional Hospital Social Work Department • Provides psycho-social care for hospital patients & families, including support, practical assistance, advocacy & referrals to resources	**250-364-5163** **or** **250-368-3311**

❖ OTHER (NON-IHA)

Aboriginal Health Circle of Indigenous Nations (COINS) https://coinations.net • **Aboriginal Patient Navigator** Offers culturally sensitive supports to Aboriginal hospital patients, caregivers & families **Kaydan** • **Aboriginal Health Coordinator** Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the West Kootenay **Sage**	**1-877-904-2634** **250-551-4395** **250-399-0731**
KB Mental Health & Substance Use Consumer, Family & Peer Support Trail FAIR Society, 2079 Columbia Ave https://www.trailfair.ca • Provides support, education & resources to individuals (& families) with long-term mental health & substance use (addiction) concerns	**250-231-7552** **250-364-2326** **Ext 225**
Nav-CARE Program Greater Trail Hospice Society www.trailhospice.org • Supports adults living with declining health, increased frailty, social isolation by providing social, emotional & practical support. See **pg 13**	**250-368-7347**
Office of the Seniors' Advocate see **page 5** for details	**1-877-952-3181**
Society for the Protection & Care of Seniors (SPCS) • Advocates for safe continuing care & health services for Trail seniors • For info go to https://spcstrail.weebly.com/about-us.html/	
Trail Area Community Connector Trail FAIR Society **Amber** • Connects older isolated adults to services/ activities; supports wellness	**236-968-3581**
West Kootenay Boundary Caregiver Support **Trail Coordinator** • Education, resources, 1:1 support and support groups for caregivers • See **page 13** or website for details http://wkbcaregiver.org/	**1-888-212-2337** **ext 4**

HEALTH / MEDICAL EQUIPMENT & SUPPLIES

❖ NON-PROFIT

Health Equipment Loan Program (HELP) 104-1199 Bay Ave, Trail • Mon to Wed: 10:30am - 3pm https://www.redcross.ca/in-your-community • Offers a wide variety of medical equipment for up to 3 months • Referral from a health care professional; No fees; Donations welcome	**250-368-9129**

❖ PRIVATE

Drug Stores / Pharmacies: May carry medical equipment **(page 2)**	
Hearing Tests / Hearing Aids *All offer free screening for seniors* • **Connect Hearing** 104-1101 Dewdney Ave www.connecthearing.ca • **Kootenay Hearing & Audiology Clinic** 1184 Bay Ave Merged with **Dynamic Hearing** www.dynamichearingsolutions.ca	**250-368-5105** **250-368-8668**
Kootenay Columbia Home Medical Equipment • 130 - 630 17th Street, Castlegar www.kchomemedical.ca • Sells, rents and repairs a wide range of medical equipment	**1-866-515-7772** **250-365-7772**
Personal Emergency Response Systems/ Medical Alarms • **Lifeline** www.lifeline.ca **Kootenay Contact**	**1-888-533-6604** **250-364 2524**
Respiratory Tests & Equipment • **Columbia Respiratory** 240 - Waneta Plaza Hwy 3B,Trail https://www.facebook.com/columbiarespiratory/ **Appointment** • **Independent Respiratory Services** www.irscanada.ca Regional Clinic, 865 Columbia Avenue, Castlegar **Appointment**	**250-364-0277** **1-877-365-6952**

HOME SAFETY

Trail RCMP • Responds to seniors' safety concerns, financial & other abuse	**250-364-2566**
BC Rebate for Accessible Home Adaptation (BC RAHA) • 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 Prep, Respite, Shopping, Transportation, Yard Care, etc.

❖ NON-PROFIT / PUBLIC

Lower Columbia Better at Home www.trailfair.ca **Karleigh** • A variety of non-medical support services for seniors 65+ living at home including housekeeping, shopping, yard work, visiting, etc. • Some services free & fees for some on sliding scale based on income	**250-364-2326 Ext 233**
Interior Health Home Support Services: **See page 7**	

❖ PRIVATE

April's Caregiving for Seniors https://www.aprilscaregivingforseniors.ca/	**250-231-5033**
Brick a Braak Downsizing & estate facilitators https://brickabraak.ca/	**250-444-8080**
Confluence Cleaning https://confluencecleaning.ca/	**250-304-5420**
Green Sweep Cleaning https://kb.fetchbc.ca/service.html?i=2731 **Tara**	**250-215-7145**
Grey Owl Moving & Removals https://www.greyowlbc.ca/	**778-256-1201**
Hair at Home by Angela	**250-304-5734**
LM Home Support Services **Laura Morey**	**250-304-0501**
Liberty Foods Delivery Services: Fruitvale ($10) Montrose($15) • Groceries delivered to seniors on Wednesdays	**250-367-9911**
Margaret Doherty housekeeping only	**250-512-9548**
Neighborhood Nursing https://neighborhoodnursing.ca/ **Tara**	**250-693-2299**
(re)Fresh Cleaning Services https://refreshcleaning.ca/ **Amanda**	**250-509-0215**
Spectrum Home & Family Care www.spectrumcares.ca	**250-265-3842**
Trail Safeway Delivery Services 1599 2nd Avenue, Trail • Shops & packs groceries for pickup & delivers for a fee on Tues & Fri	**250-368-8710**

HOSPICE / GRIEF / CAREGIVING

BC Bereavement Helpline https://bcbh.ca/grief-support/ • Connects callers to BC grief support services Mon- Fri: 9am- 5pm	**1-877-779-2223**
Greater Trail Hospice Society www.trailhospice.org • Kiro Wellness Centre, 7-1500 Columbia Ave, Trail • Support & services for those with life-limiting illness or in need of end-of-life care as well as for those journeying through grief & loss • Hospice staff and trained volunteers provide confidential resources and support in homes, hospital, long term care or residential facilities • Services include; Friendly Visitors, Palliative Volunteers, Advance Care Planning, Grief Support as well as Nav-CARE and Caregiver Support (see below) • Office hours: Mon, Wed & Fri: 9am-1pm. Call or see the website	**250-364-6204**
Home Health Services (IHA) **(page 7)** **Central Intake** • End of life in-home palliative care and support for families	**1-800-707-8550**
Nav-CARE https://www.trailhospice.org/services/nav-care **Coordinator** • A volunteer community-based program supporting adults living with declining health, social isolation or increased frailty by providing social, emotional, and practical support. • Helps individuals and families to navigate services, find resources, and anticipate future needs	**250-368-7347**
Trail Area Community Connector Trail FAIR Society **Amber** • Connects older isolated adults to services/ activities; supports wellness • Provides focused 1:1 initial support and then may refer the person to community volunteer or other programs, such as Nav-CARE, for longer term, on-going support.	**236-968-3581**
West Kootenay Boundary Caregiver Support **Trail Coordinator** • Free services for unpaid caregivers(19+) who care for someone 55+ • Offers emotional 1:1 support, peer support groups, social activities, health care navigation & info, referrals to local community resources. • Trail support group: 1st & 3rd Thurs/month: 1 - 2:30pm • For more Information: Phone, check online calendar or see website https://wkbcaregiver.org/	**1-888-212-2337 ext 4**

HOUSING / RESIDENTIAL ACCOMODATION

❖ INDEPENDENT (UNASSISTED) RENTAL HOUSING: PRIVATE PAY

*In some cases, SAFER Rent subsidies may be available from BC Housing (**see page 5**)*

Affordable Housing Directory for Trail & Area • https://skillscentre.ca/how-we-help/affordable-housing • Includes contact & other info for non-profit affordable housing in area including those residences listed in this section.	
Beaver Valley Manor 24 Laurier, Fruitvale **David** • For low income seniors **To apply, contact Bev**	**250-367-7612** **250-367-9334**
Golden City Manor 2112 2nd Ave, Rossland **Maureen** • For low income seniors; Phone for application Info	**250-362-5030**
Jubilee Place Apartments 1651 Bay Ave Trail • For low income seniors; Phone M-F 9am-12noon for info& application	**250-364-0331**
Lower Columbia Affordable Housing Society • Offers 87 low cost & affordable rental units in various sites in Fruitvale, Rossland & Trail; Go to website to send an email or for application info: https://www.lowercolumbiahousing.ca/our-properties	
Silver City Gardens 1939 Columbia Avenue, Trail **Phone for info** • For low income seniors 55+ • Managed by the Canadian Mental Health Association	**250-368-5223**
Trail Seniors Villa 1955 7th Avenue, Trail • Low income seniors; Note: under construction-no new tenants until 2027	**250-368-7803**

❖ HOUSING with SUPPORTS: PRIVATE PAY (SAFER rent subsidies may apply)

***Independent living** for seniors with support; may include meal(s), housekeeping, etc*

Chateau Manor 1717 Columbia Avenue, Trail https://chateaumanor.ca • A 20 unit complex with many supports for seniors	**250-364-0033**
Mountain Side Village 135 Mountain Side Drive, Fruitvale • https://goldenlife.ca/villages/mountain-side-village/	**250-367-9870**
Rose Wood Village 8125 Devito Drive, Trail • https://goldenlife.ca/villages/rose-wood-village/	**250-364-3150**

HOUSING / RESIDENTIAL ACCOMODATION (continued):

FYI: ASSISTED LIVING & LONG TERM CARE FACILITIES INFORMATION

Long Term Care & Assisted Living Facilities Directory for BC • Published by the Office of the BC Seniors Advocate (**page 5**) • Many details: https://www.seniorsadvocatebc.ca/quickfacts/location/	

❖ ASSISTED LIVING: PUBLICLY SUBSIDIZED

*Independent Housing with a higher level of personal care: eligibility based on care need not financial need - **Access only through Home Health**: **1-800-707-8550***

Rose Wood Village 8125 Devito Dr, Trail • 26 public units; https://goldenlife.ca/villages/rose-wood-village/	**250-364-3150**

❖ ASSISTED LIVING: UNSUBSIDIZED

*Housing with a higher level of personal care – **contact provider directly***

Rose Wood Village 8125 Devito Dr, Trail • 9 private units; https://goldenlife.ca/villages/rose-wood-village/	**250-364-3150**

❖ LONG TERM CARE: PUBLICLY SUBSIDIZED

*Offers 24/7 "complex care": **Access only through Home Health: 1-800-707-8550***

Columbia View Lodge 2920 Laburnum Drive, Trail • 76 public beds; https://www.interiorhealth.ca/locations/columbia-view-lodge	**250-364-1271**
Poplar Ridge Pavilion 1200 Hospital Bench Road, Trail • 49 public beds; https://www.interiorhealth.ca/locations/poplar-ridge-pavilion	**250-364-3488**
Rose Wood Village 8125 Devito Dr, Trail • 45 public beds; https://goldenlife.ca/villages/rose-wood-village/	**250-364-3150**

❖ LONG TERM CARE; UNSUBSIDIZED

*For those needing 24/7 "complex care" **Contact provider directly***

Rose Wood Village 8125 Devito Dr, Trail • One private pay bed; https://goldenlife.ca/villages/rose-wood-village/	**250-364-3150**

LIBRARIES

*Book & video loans, educational programs, **tech-help drop in's for phone / computer / internet** & other services. See websites or phone for library hours, schedules and program calendars. All provide **"Homebound**" Service offering free delivery and pick up of books for those who lack transport or because of illness or disability*

Beaver Valley Public Library https://beavervalley.bc.libraries.coop/ • 1847 1ST Street, Fruitvale	**250-367-7114**
Rossland Public Library https://rossland.bc.libraries.coop • 2180 Columbia Avenue, Rossland	**250-362-7611**
Trail & District Public Library www.traillibrary.com • **Riverfront Centre**, 1505 Bay Ave, Trail	**250-364-1731**

RECREATION / ADULT & COMMUNITY EDUCATION

Community Recreation *May offer swimming, fitness & seniors programs. Phone or check websites for leisure guides and for info about the Common Access Card (aka Leisure Access) offering fee reductions for low income residents*. For more info re the Card see: https://portal.skillscentre.ca/programs/common-access-card/	
• **Beaver Valley Recreation** https://rdkb.com/ **Director**	**250-231-5172**
• **Genelle Recreation Society** **Genelle Community Hall**	**250-693-2216**
• **Rossland Recreation** www.rossland.ca/recreation	**250-362-2327**
• **Trail Parks and Recreation Program** www.trail.ca/en/	**250-364-0858**
• **Warfield Recreation** https://warfield.ca/warfield-recreation/	**250-368-8202**
Village of Fruitvale Gym 1968 Main St (Memorial Hall bsmt), Fruitvale • Register & pay monthly fee at Fruitvale Village Office 1947 Beaver St • Hours for Seniors (50+): 7 days/week: 5am to 10pm	**250-367-7551**
Columbia Basin Alliance for Literacy (CBAL) • 1160 Cedar Avenue, Trail https://cbal.org/trail-area/ • Office Hours: Monday to Thursday: 8 am – 5pm; Friday: 8:30am – 4pm • Free programs to help **adults** with basic math, computer, ipad, tech and other literacy skills as well as **family** & **children's** programs • Settlement & citizenship services, language & cultural programs for immigrants, refugees, temporary foreign workers, & other newcomers	**250-921-6525** **(call or text)** **250-368-6770**

RECREATION / ADULT & COMMUNITY EDUCATION (continued)

Selkirk College Trail Campus: 900 Helena Street **Office** • Various programs including community education https://selkirk.ca/ce/ • **Greater Trail Life Long Learners**: Join for monthly presentations on a wide variety of topics https://selkirk.ca/node/29345 **Info?** Call **Nella**	**250-368-5236** **250-364-5770** **250-364-5770**
Seniors Health & Wellness Institute Workshops • Over forty 60 – 90 minute workshops on various topics and concerns of interest to seniors. Available free of charge to any seniors' group • For info: www.seniorshelpingseniors.ca or contact **Theresa**	**250-367-9791**

SENIORS' SOCIAL GROUPS, ASSOCIATIONS & COORDINATION

Beaver Valley Recreation Seniors' Lunch Fruitvale Hall,1968 Main • Monthly event; Call for dates, info & book ticket **Jayme**	**250-231-7260**
Beaver Valley Senior Citizens Ass'n Branch 44 **Brenda** • Meets in the Beaver Valley Manor, 24 Laurier, Fruitvale **Kris**	**250-367-3839** **250-367-9685**
Columbia Seniors Wellness Wednesdays (**not** 3rd Wed/month) • Beaver Valley Manor 24 Laurier Ave, Fruitvale; 10am – 1pm • Weekly drop-in, socializing, wellness checks & lunch **Jayme**	**250-512-1231**
Genelle Seniors Genelle Community Hall 1205 2nd Street **Darlene** • Activities every Thursday afternoon; call for details **MaryAnn**	**250-693-8865** **250-693-2228**
Rossland Senior Citizens Ass'n Branch 45 1916 First Ave **Joanne** • Many year round social activities for seniors; small yearly fee	**250-362-2150**
Silver City Seniors Club Trail Legion Hall, 2141 Columbia Ave • Food & social activities every 2nd Tues: 11am-12:30pm **Karleigh** • Runs Sept to June; a Lower Columbia Better at Home program **(pg 12)**	**250-364-2326 ext 233**
South Kootenay Seniors Age Friendly Program **Heather** • Organizes events & connects seniors to local activities & programs • See website for Newsletter & Events https://rossland.ca/skseniors/	**250-368-1896**
Trail Area Community Connector Trail FAIR Society **Amber** • Connects older, isolated adults to services/activities; supports wellness • For a monthly list of activities: https://kb.fetchbc.ca/service.html?i=2769	**236-968-3581**

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

*Call for information and / or for a local support group OR call 811 (HealthLinkBC **page 6**)*

Addictions / Substance Use	
• **Alcohol & Drug Information & Referral Line (24/7)**	**1-800-663-1441**
• **Alcoholics Anonymous (AA)** www.bcyukonaa.org Phone for help & detailed info about AA meetings in the Trail Area & West Kootenay or see website https://aawestkootenays.org/ ○ Fruitvale Meeting: Sun 7:30pm; 1878 Columbia Gardens Rd ○ Rossland Meeting: Tues 7pm; Seniors Centre 1916 1st Ave ○ Trail Meetings: Mon,Wed,Fri: 7pm 1347 Pine Ave (back entrance)	**1-250-800-4125**
• **Al-Anon:** ○ Trail Mtng: Thurs 7pm Presbyterian Church 1139 Pine Ave **Jenny** ○ Other meetings & info: http://bcyukon-al-anon.org	**250-362-9507**
• **Mental Health & Substance Use Services (IH) (page 7)**	**250-364-6262**
• **Narcotics Anonymous (NA)** www.bcrna.ca ○ Trail Mtng: Thursdays 7pm United Church 1300 Pine Avenue	
• **Nar-Anon Family Group**: www.naranonbc.com ○ Trail Mtng: Fridays 7pm Trail United Church 1338 Pine Ave	
• **Quit Now** Smoking cessation info: online & phone www.quitnow.ca	**1-877-455-2233**
• **Smoking Cessation Program:** Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist	
ALS (Amyotrophic Lateral Sclerosis) Society www.alsbc.ca • Info, clinics & support groups; Phone: Monday to Friday: 8am to 4pm	**1-800-708-3228**
Alzheimer & Dementia Helpline: Monday to Friday: 9am - 8pm	**1-800-936-6033**
• **Alzheimer Society of BC** www.alzheimer.ca/bc	
• **West Kootenay Alzheimer Support & Education** Call or check the website for information re resources, local family caregiver support groups, workshops & other services	**778-774-2133** **1-855-301-6742**
• **Trail Support Group meets** 2nd Wednesday / month, 1 to 2:30 pm	
Arthritis Society Canada **Arthritis Answers Line** • Info & resources on website https://arthritis.ca/ **BC Office**	**1-800-321-1433** **1-866-414-7766**
Bereavement BC Helpline Monday to Friday: 9am - 5pm • Connects callers to grief support services within BC. www.bcbh.ca	**1-877-779-2223**

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

*Call for information and / or for a local support group OR call 811 (HealthLinkBC **page 6**)*

Brain Injury	
• **Kootenay Brain Injury Ass'n** 202-1060 Eldorado Street, Trail Participants are asked to provide documents re injury or be referred Offers outreach support, groups & activities www.kootenaybia.ca	**778-460-4500**
• **Acquired Brain Injury Services (Interior Health)** **Intake** Office: Castlegar Health Centre M - Th: 8:30am - 4pm **Coordinator**	**1-800-707-8550** **250-365-9547**
Cancer	
• **BC Cancer Agency: Southern Interior Cancer Care, Kelowna** 399 Royal Ave http://www.bccancer.bc.ca/our-services/centres-clinics/ Offers prevention, screening & early detection, diagnosis & treatment services, pain & symptom management clinic, support and more	**1-888-563-7773**
• **Southern Interior Rotary Lodge** 330 Strathcona Ave, Kelowna Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre	**250-712-2203**
• **Canadian Cancer Society** www.cancer.ca Info/Helpline and many supports, including travel assistance **(page 22)**	**1-888-939-3333**
Caregiving: WKB Caregiver Support **Trail Coordinator** • Education, resources, 1:1 support and support groups for caregivers • See **page 13** or website for services' details http://wkbcaregiver.org/	**1-888-212-2337** **ext 4**
Chronic Disease Management	
• Support and clinics for chronic disease management at the Kiro Wellness Centre **(page 7)**	**250-364-6200**
• **Self-Management Program** https://www.selfmanagementbc.ca A free, 6 week program (on-line & in communities) offering info & skills to manage various chronic health problems, pain, cancer, diabetes,etc	**1-866-902-3767**
Chronic Pain Management & Local Resources	
• **Bill Nelems Pain & Research Centre** https://nelemspain.ca/ Administers the **KBRH Pain Medicine Clinic, Trail**	**250-231-3299**
• **Pain BC Support Line:** Mon – Fri: 9am – 4pm https://painbc.ca/	**1-833-261-7246**
• **Regional Resources & Information** https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools	

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

*Call for information and / or for a local support group OR call 811 (HealthLinkBC **page 6**)*

Crohn's & Colitis Canada Info & resources www.crohnsandcolitis.ca	**1-800-513-8202**
Dental: Details re mobile and/or low cost Dental services on **page 8**	
Diabetes • **See Chronic Disease Management (page 19)** • **Diabetes Canada Info & Support Line** https://www.diabetes.ca/	**1-800-226-8464**
End of Life / Palliative Care • **Greater Trail Hospice Society** www.trailhospice.org **See Hospice (page 13)** for full description of available services • **Home Health Services (IHA) (page 7)** **Central intake**	**250-364-6204** **1-800-707-8550**
Fibromyalgia & Chronic Fatigue Syndrome • **ME/FM Society of BC** https://www.mefm.bc.ca/	**1-888-353-6322**
Hearing Tests / Hearing Aids *All offer free screening for seniors* • **Connect Hearing** 104-1101 Dewdney Ave www.connecthearing.ca • **Kootenay Hearing & Audiology Clinic** 1184 Bay Ave Merged with **Dynamic Hearing** www.dynamichearingsolutions.ca	**250-368-5105** **250-368-8668**
Heart • See **Chronic Disease Management (page 19)** • **Heart & Stroke Foundation** www.heartandstroke.ca	**1-888-473-4636**
Kidney (Renal) Disease • **KB Chronic Kidney Disease Clinic: Kiro Wellness Centre** 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 on-line support groups www.bclupus.org	**1-866-969-1743**
Medication Concerns HealthLinkBC: Pharmacist:7 days/wk: 5pm-9am	**811**

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

*Call for information and / or for a local support group OR call 811 (HealthLinkBC **page 6**)*

Mental Health • **Alzheimer / Dementia Support Information**: **(page 18)** • **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 • **Trail Mental Health & Substance Use Services (IH) (pg 7)** • **Mental Health & Substance Use Regional Consumer & Family Support** Trail FAIR Centre, 2079 Columbia Ave **(page 10)**	**1-800-936-6033** **310-6789** **1-800-555-8222** **1-866-639-0522** **250-364-6262** **250-231-7552**
MS (Multiple Sclerosis) Canada https://mscanada.ca/ • Phone or see website for support & info **MS Navigator**	**1-844-859-6789**
Nutrition: Call the **HealthLinkBC: Dietician** Monday to Friday: 9am-5pm	**811**
Parkinson Society of BC www.parkinson.bc.ca • Support group 3rd Tues/mo 11 am-1pm @ Colander, Trail **Todd**	**1-800-668-3330** **250-505-4666**
Respiratory (Lung) Disease • **See Chronic Disease Management (page 19)** • **Private Respiratory** testing & equipment (**page 11**) • **BC Lung Foundation** https://bclung.ca/	**1-800-665-5864**
Scleroderma Association of BC https://sclerodermabc.ca/ • For online toolkits & research info: https://spinsclero.com/	**1-604-371-1005**
Stroke Recovery BC https://strokerecoverybc.ca/ • **Support Group** for stroke survivors & caregivers; small annual fee Meets Wed 11am – 12noon Castle Wood Village 525 Columbia Ave For more info re group: https://kb.fetchbc.ca/service.html?i=2671	**1-888-313-3377**
Vision Loss • **Cndn National Institute for the Blind (CNIB)** www.cnib.ca • Support & services re vision loss: online & in-person **Kelowna office**	**1-800-563-2642** **250-763-1191**

TRANSPORTATION

❖ MEDICAL APPOINTMENTS

Hope Air Free air travel to non-emerg medical specialists www.hopeair.ca	**1-877-346-4673**
Private Medical Transportation Services • **Interior Medical Transport (IMT)** https://www.bcimt.ca/ • **NOW Shuttle** https://www.nowshuttle.ca/	 **250-368-7978** **250-540-6746**
Travel Assistance Program (TAP) **General Inquiries** • Fee reductions on some carriers for eligible BC residents travelling to non-emergency medical specialists. Must be referred by medical clinic	**1-800-663-7100**
Travel Treatment Fund Canadian Cancer Society **Info & Register** • Helps offset cancer treatment travel expenses https://cancer.ca	**1-888-939-3333**
West Kootenay Volunteer Driver Program **Michelle** • Transportation for medical apppointments: for all ages in WK region • Cost by distance; Call Monday to Friday: 9am to 4pm **Toll Free**	**250-365-2104 ext 225** **1-877-304-2990**

❖ REGULAR / DISABILITIES

BC Bus Pass Program Low cost annual pass for low income seniors	**1-866-866-0800**
Kootenay United Drivers Program **Michelle** • Transportation for medical, social or recreational purposes for senior (60+) residents of the WK; Call Mon to Fri: 9am to 4pm	**250-365-2104 ext 225** **1-877-304-2990**
Mountain Man Mike's Bus Service www.mountainmanmikes.ca • Travel WK-Vancouver return (2 days/wk) & to/from Calgary (1 day/wk) • Book online and/or phone for more information	**778-382-7729**
Silver City Stagelines For support: email: support@fritztravels.com • Travel seven days a week between Nelson and Kelowna • Info & book online via the website https://fritztravels.com/before/	**778-760-1891 (text only)**
Trail Taxi www.trailtaxi.ca	**250-921-6921**
West Kootenay Transit Info https://www.bctransit.com/west-kootenay • **handyDART**: Register & Book: Mon to Fri: 8am - 4pm For those unable to use regular local transit due to disability/health	**1-855-993-3100**