

Closing the Gaps in Seniors' Care



A Guide To Public and Private Services For North Kootenay Lake Seniors January 2026

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:

Ann Godderis: 250-364-2326 - ext 5046; AGodderis@trailfair.ca

Contents:

	Page
• Abuse / Crisis / Emergencies.....	1
• Drug Stores / Pharmacies.....	2
• Food / Meal Services.....	2
• Foot Care.....	3
• Fraud / Financial.....	3
• Government Services / Advocacy / Support.....	4
• Health Care Services: General Information	5
• Health Care Services: Interior Health (IHA).....	6 - 7
• Health Care Services: Other (Non-IHA).....	8
• Health Care: Support / Navigation / Complaints	9
• Health / Medical Equipment & Supplies.....	10
• Home Safety.....	11
• Home Support Services.....	11
• Hospice / Grief / Caregiving.....	11
• Housing / Residential Accommodation	12
• Library / Literacy / Adult Education	12
• Recreation.....	13
• Seniors' Social Groups, Associations & Coordination	13
• Support / Info Lines / Contacts for Specific Conditions.....	14 - 17
• Transportation.....	18

ABUSE / CRISIS / EMERGENCIES

Emergency (Ambulance, Fire, Police)	911
24 / 7 Crisis Lines: Support in a crisis / concerns re another's safety <ul style="list-style-type: none"> • 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 • 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: <ul style="list-style-type: none"> • Adult Abuse & Neglect Report Line Mon-Fri: 8:30am–4:30pm • Kaslo Area RCMP (re a crime) 	1-844-870-4754 250-353-2225
Kaslo Community Based Victim Services www.kaslo.services <ul style="list-style-type: none"> • Kaslo Community Services Society 336 “B” Avenue, Kaslo • Provides victims of sexual assault, crime, family violence or historic abuse with crisis help, emotional support, practical assistance, info on the justice system, court orientation and referrals. VictimLink (24/7) 	250-353-7691 1-800-563-0808
Kaslo Community Response Network (CRN) Elaine <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 	250-353-7666
For Women: <ul style="list-style-type: none"> • Kaslo Safe Home Kaslo Community Services www.kaslo.services <ul style="list-style-type: none"> ○ Crisis response, support & free short term shelter for women victims of violence and their children. Transportation to T-House in Nelson • Aimee Beaulieu Transition House, Nelson www.servicesfyi.ca <ul style="list-style-type: none"> ○ 24/7 free services & safe shelter from domestic abuse or threats. 	250-353-7691 (office hours) 250-354-4357 (call 24/7)
Sexual Assault Response Services (SAS) <ul style="list-style-type: none"> • Trauma informed confidential support and services for victims of sexual assault who are 13 years of age or older. 24/7 Help Line • For assistance (within 7 days of assault) go to Kootenay Lake Hospital Emergency Department, 3 View St. https://www.servicesfyi.ca/sas/ 	250-354-4357

FOOT CARE

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

Dr Alumbaugh Podiatrist	http://drdanapodiatry.com	
<ul style="list-style-type: none"> Clinic location: 1686 2nd Ave, Trail: Mondays & Thursdays 		250-364-1516
Grateful Feet	Stacey McCarty LPN,FCN	250-551-3338
Pampered Sole Foot Care	Miranda Hildebrandt LPN,FCN	250-870-1589

FRAUD / FINANCIAL

Banks and Credit Unions		
<ul style="list-style-type: none"> Includes Automatic deposit, Bill paying, Internet & telephone banking 		
Better Business Bureau of Mainland BC	www.bbb.org/mbc	1-888-803-1222
<ul style="list-style-type: none"> Services include business info, scam warnings & receiving complaints 		1-604-682-2711
Canadian Anti-Fraud Centre		
<ul style="list-style-type: none"> Contact re any scams / suspected fraud. Mon-Fri: 6am-1:45pm PST 		1-888-495-8501
Credit Counselling Society	www.nomoredebts.org	1-888-527-8999
<ul style="list-style-type: none"> Free credit & debt counselling & personal budgeting services 		
Police		
<ul style="list-style-type: none"> Kaslo Area RCMP 335 A Avenue, Kaslo Contact re any concerns regarding possible financial abuse 		250-353-2225

GOVERNMENT SERVICES / ADVOCACY / SUPPORT

<p>Advocacy Centre 205 Hall Street, Nelson www.advocacycentre.org</p> <ul style="list-style-type: none"> Assists low income residents with issues related to tenancy, debt, income supports, disability benefits, other government programs Offers remote services by phone or email to NKL residents 	<p>250-352-5777</p>
<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 	<p>1-800-257-7756</p>
<p>Community Volunteer Income Tax Program T-Th: 8:30 - noon</p> <ul style="list-style-type: none"> Free tax filing service in March & April to help those living on a low income to file tax return & for benefits they might not otherwise receive Phone Nelson & District Seniors Coordinating Society for appointment 	<p>250-352-6008</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 & 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 	<p>1-877-952-3181</p>
<p>SeniorsBC www.seniorsbc.ca</p> <ul style="list-style-type: none"> A comprehensive summary of health care and other services for seniors and includes the on-line Seniors' Guide 	
<p>Seniors Coordination Kaslo Community Services Elizabeth</p> <ul style="list-style-type: none"> Provides seniors with services' information and assistance with forms https://kaslo.services/programs-for-seniors/ 	<p>250-353-7691</p>
<p>Service BC Centre (Government Agent) 413 4th Street., Kaslo</p> <ul style="list-style-type: none"> Monday to Friday: 10am –12 noon; 1 - 3pm BC government forms, info, services, licences & applications for programs such as MSP, Pharmacare, seniors' housing subsidies. 	<p>250-353-2219</p>

GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)

<p>Service Canada Centre https://www.servicecanada.gc.ca/</p> <ul style="list-style-type: none"> • Chahko Mika Mall. 1125 Lakeside Dr, Nelson; Mon-Fri: 8:30am – 4pm • Federal Government forms, information & assistance re a variety of services & programs including Social insurance number, CPP, OAS & GIS, Passports, EI, Veterans Affairs, etc 	<p>1-800-622-6232</p>
--	------------------------------

HEALTH CARE SERVICES: GENERAL INFORMATION

<p>Advance Care Planning</p> <ul style="list-style-type: none"> • BC Government Website www.gov.bc.ca/advancecare links to the planning document “My Voice” & information on planning re future care, support and other needs • Nelson Seniors Coordinating Society 719 Vernon Street Tues to Thur: 8:30am-12:15pm www.nelsonseniors.ca Appointment • 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>250-352-6008</p>
<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 	<p>1-800-665-7199</p>
<p>Health Insurance BC www2.gov.bc.ca/gov/content/health</p> <ul style="list-style-type: none"> • Medical Services Plan, PharmaCare & Fair PharmaCare • Forms and information available at the Service BC Centre (page 4) 	<p>1-800-663-7100</p>
<p>HealthLinkBC Toll-free</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: Toll-free 	<p>811</p> <p>711</p>

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)**❖ EMERGENCY / URGENT CARE**

Victorian Community Health Ctr of Kaslo 673 A Ave, M-F: 9am-5pm	250-353-2211
Kootenay Lake Hospital 3 View Street, Nelson 24/7	1-866-352-3111

❖ KASLO PRIMARY HEALTH CENTRE: 250-353-2291

Victorian Community Health Centre of Kaslo, 673 A Avenue - Lower Level

Home Health Services	Central Intake / Assessment Kaslo Home Health	1-800-707-8550 250-353-2744
<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 		
Home Support Services	Central Intake / Assessment Kaslo Home Health	1-800-707-8550 250-353-2744
<ul style="list-style-type: none"> A scheduled, subsidized service (cost depends on income) 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
Medical Laboratory Book online www.labonlinebooking.ca or phone		1-844-870-4756
<ul style="list-style-type: none"> Open Tues to Thurs mornings Limited walk-in service available 8:30 to 10:30am 	Lab #	250-353-2291
Primary Care Clinic M-F 9am-5pm; Sat Drs Clinic; upper level:9am-5pm		250-353-2291
<ul style="list-style-type: none"> A multi-service team approach to health & medical care Serves all residents in NKL Area from Howser to Queens Bay For details of services provided by the Clinic's social worker: page 9 		
Public Health / Promotion & Prevention Services		250-353-2751
<ul style="list-style-type: none"> Provides a wide range of public health services for all ages 		

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

❖ **MENTAL HEALTH & SUBSTANCE USE** Nelson Health Centre, 902 11 Street

<p>Elder Services, Mental Health & Substance Use (MHSU)</p> <ul style="list-style-type: none"> • For Nelson & Kaslo Area seniors (& their caregivers / families) with mental health concerns related to aging 	<p>250-505-7247</p>
---	----------------------------

❖ **MOBILE**

<p>Community Paramedic Program: www.bcehs.ca/our-services</p> <ul style="list-style-type: none"> • Free program serving isolated seniors in North Kootenay Lake region. • Offers home visits, health assessments, referrals, basic care • Referral required from doctor, home health or community nurse 	
---	--

❖ **RESPITE/ DAY PROGRAMS**

<p>Adult Day Programs & Respite</p> <ul style="list-style-type: none"> • A referral is required from Home Health Services Intake /Assessment • Day program offers social & recreational opportunities for adults requiring care but still at home, as well as short term relief for caregivers. 	<p>1-800-707-8550</p>
---	------------------------------

HEALTH CARE SERVICES: NON-IHA**❖ DENTAL**

Canadian Dental Care Plan <ul style="list-style-type: none"> • See website or phone for eligibility requirements and application form • See WK Teeth Clinic (below) for contacts who can help with forms 		1-833-537-4342
Kootenay River Mobile Dental Hygiene Services <ul style="list-style-type: none"> • Private in-home & care facility dental hygiene services https://krdh.ca/ 	Noel	250-304-5754
The Travelling Hygienist https://www.thetravellinghygienist.com/ <ul style="list-style-type: none"> • Private in-home & care facility dental hygiene services 		778-231-0475
WK Community TEETH Clinic https://www.teethclinicwk.ca/ <ul style="list-style-type: none"> • Lower cost dental clinic for those living on a low income • Apply: Kaslo Community Services 336 “B” Ave Or: Social worker, Kaslo Primary Care Centre 673 A Ave 	Jenny	778-463-2232 250-353-7691 250-353-2291

❖ MENTAL HEALTH & SUBSTANCE USE

Mental Health & Substance Use (MHSU) Services <ul style="list-style-type: none"> • Kaslo Community Services 336 “B” Ave www.kaslo.services • Assessment, crisis intervention & counselling support for adults with mental health and/or substance use concerns. • Includes support groups, outreach services, coordination with local services & agencies & Community Connection Clubhouse • See Elder Services (pg 7) for mental health concerns related to aging 		250-353-7691
--	--	---------------------

❖ PRIMARY CARE: FOR THOSE WITHOUT A PRIMARY CARE PROVIDER

Note: All Howser to Queens Bay residents can register with Primary Care Clinic (pg 6)

Kootenay Boundary Health Connect Registry <ul style="list-style-type: none"> • For those KB residents looking for a physician or nurse practitioner • Register by phone or online https://kbhcr.ca/ 	HealthLink BC	811
KB Access Clinic <ul style="list-style-type: none"> • For those KB residents without a physician or nurse practitioner • Offers virtual visits to patients in all the Kootenay Boundary region as well as in-person care in Nelson & Castlegar 	https://kbaccess.ca/	778-508-3112

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

IHA Patient Care Quality Office Info & Register a Complaint: <ul style="list-style-type: none"> Assists patients through the complaint process with regard to care they have received from Interior Health services & staff 	1-877-442-2001
Kaslo Primary Care Clinic Social Work Services Jenny <ul style="list-style-type: none"> Provides psychosocial care including counselling, support, practical assistance, help with form completion, advocacy and referrals 	250-353-2733

❖ OTHER (NON-IHA)

Aboriginal Health Circle of Indigenous Nations (COINS) https://coinations.net <ul style="list-style-type: none"> Aboriginal Patient Navigator Carrie 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 	1-877-904-2634 250-399-0699 250-551-4395 250-399-0731 250-608-4552
Office of the Seniors' Advocate Monday to Friday: 8:30am - 4:30pm <ul style="list-style-type: none"> Phone & website offers BC seniors information, resources and referrals to relevant services. See page 4 for more details 	1-877-952-3181
Seniors Community Connector Krista <ul style="list-style-type: none"> One-to-one support and non-medical Wellness Plans for seniors Helps identify & reach goals to increase community connection. For seniors who have experienced a significant life change, ie surgery, reduction of mobility, social isolation, limiting health impacts, etc Seniors Weekly Discussion Group Molly Weekly discussion group explores life themes of interest to older adults. Supportive group environment. One hour weekly. 	250-353-7691 250-353-7691
West Kootenay Nav-CARE Program Audrey, NKL Coordinator <ul style="list-style-type: none"> Support for adults living with chronic illness, frailty and social isolation Trained volunteers regularly visit to help person and family navigate changes & challenges, find relevant resources & information, build social connections & encourage engagement in meaningful activities https://westkootenaynavcare.org/ Program Manager 	778-205-0031 250-551-6190

HEALTH CARE: SUPPORT / NAVIGATION / COMPLAINTS (continued)**❖ OTHER (NON-IHA)**

West Kootenay Boundary Caregiver Support	NKL Contact	1-888-212-2337 ext 6
<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 • See website for more details http://wkbcaregiver.org/ 		

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

Health Equipment Loan Program (HELP) 409 Cross Street		
<ul style="list-style-type: none"> • Offers a wide variety of medical equipment for up to 3 months • By donation. Needs a referral from a health care professional • https://www.redcross.ca/in-your-community Phone for Appointment 		
		250-353-2844

❖ PRIVATE

Drug Stores / Pharmacies:		
<ul style="list-style-type: none"> • Several carry medical supplies & equipment. (page 2) 		
Hearing Tests / Hearing Aids <i>All offer free screening for seniors</i>		
<ul style="list-style-type: none"> • Connect Hearing 259 Baker Street www.connecthearing.ca • Dynamic Hearing Solutions 105 – 518 Lake Street www.dynamichearingsolutions.ca 		
		250-354-4949
		250-352-5932
Kootenay Columbia Home Medical Equipment		1-866-515-7772
<ul style="list-style-type: none"> • 130-630 17th Street, Castlegar www.kchomemedical.ca • Rents, sells and repairs a wide range of medical equipment 		
		250-365-7772
Personal Emergency Response Systems/ Medical Alarms		
<ul style="list-style-type: none"> • Lifeline available from Kaslo Community Services, 336 “B” Ave • https://kaslo.services/seniors-activities-kaslo-area-d/lifeline-emergency-response-button/ 		
		250-353-7691
Respiratory Tests & Equipment 806 Vernon St (Nelson Medical Clinic)		
<ul style="list-style-type: none"> • Columbia Respiratory https://www.facebook.com/columbiarespiratory • Independent Respiratory Services www.irscanada.ca 		
		1-844-440-0277
		1-877-365-6952

HOME SAFETY

<p>BC Rebate for Accessible Home Adaptation (BC RAHA)</p> <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 	<p>1-800-257-7756</p>
<p>Police</p> <ul style="list-style-type: none"> Kaslo RCMP re community safety concerns, financial & other abuse 	<p>250-353-2225</p>

HOME SUPPORT SERVICES

<p>Interior Health Home Support Services: (page 6)</p>	
<p>Spectrum Home and Family Care www.spectrumcares.ca</p> <ul style="list-style-type: none"> Health & personal care, housekeeping, laundry, meal preparation, respite, shopping, transportation, yard care and other services 	<p>250-265-3842</p>

HOSPICE / GRIEF / CAREGIVING

<p>Bereavement BC Helpline Mon to Fri: 9am to 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>Home Health Services (IHA) (page 6) Central Intake</p> <ul style="list-style-type: none"> End of life in-home palliative care and support for families 	<p>1-800-707-8550</p>
<p>Hospice Society of North Kootenay Lake 201-312 4th St</p> <ul style="list-style-type: none"> For those who need end-of-life care. https://hsnkl.org/ Offers trained volunteers for companionship, support & family respite 	<p>250-353-2299</p>
<p>West Kootenay Boundary Caregiver Support NKL Contact</p> <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 See website for more details http://wkbcaregiver.org/ 	<p>1-888-212-2337 ext 6</p>
<p>West Kootenay Nav-CARE Program Audrey, NKL Coordinator</p> <ul style="list-style-type: none"> Support for adults living with chronic illness, frailty and social isolation Trained volunteers help person & family navigate changes/ challenges, find resources & information, build social connections & encourage engagement https://westkootenaynavcare.org/ 	<p>778-205-0031 Program 250-551-6190</p>

HOUSING /RESIDENTIAL ACCOMODATION

❖ INDEPENDENT (UNASSISTED) HOUSING; PRIVATE PAY

SAFER Rent subsidies may be available from BC Housing (see Page 5)

<p>Abbey Manor 208 A Avenue, Kaslo www.abbeymanorkaslo.com</p> <ul style="list-style-type: none"> • 10 rental units for low income seniors and person with disabilities. • Apply to Kaslo Senior Citizens Shelter Society, PO Box 1005, Kaslo • Application form on the website 	
<p>Penny Lane Apartments 334 A Avenue, Kaslo</p> <ul style="list-style-type: none"> • 10 unit housing with subsidized, low rent & market rental units • For application details, see the website or email the Building Manager: tenant@kaslohousingociety.org • Operated by Kaslo Housing Society http://kaslohousingociety.org/ 	

❖ LONG TERM CARE: SUBSIDIZED

For those needing 24/7 “complex care” Access thru Home Health 1-800-707-8550

<p>Victorian Community Health Centre of Kaslo 673 A Avenue, Kaslo</p> <ul style="list-style-type: none"> • 20 publicly subsidized beds • https://www.interiorhealth.ca/locations/victorian-community-long-term-care 	250-353-2211
---	---------------------

❖ ADDITIONAL HOUSING, ASSISTED LIVING & LONG TERM CARE

<p>See the Nelson Seniors Directory posted on KB FETCH</p>	
---	--

LIBRARY / LITERACY / ADULT EDUCATION

<p>Kaslo Public Library 413 4th Street https://kaslo.bc.libraries.coop</p> <ul style="list-style-type: none"> • Free access to computers, the internet; Homebound services 	250-353-2942
<p>Columbia Basin Alliance for Literacy: www.cbal.org Barb</p> <ul style="list-style-type: none"> • Free computer / digital literacy classes, settlement & English language services & other programs in Kaslo and Balfour 	250-353-2289
<p>Selkirk College The Kaslo Learning Centre is permanently closed.</p> <ul style="list-style-type: none"> • Community Education Coordinator for Nakusp & Kaslo • For more info: https://www.selkirk.ca/about-selkirk/campuses-places 	250-265-8865

RECREATION

<p>Kaslo Community Fitness Co-op Gym 6555 Miles Road</p> <ul style="list-style-type: none"> • Open 24/7; Info and join online at https://kaslofitness.com/ 	
<p>Kaslo Exercise Classes Heritage Hall 4th St & B Ave Liz Ross</p> <ul style="list-style-type: none"> • Walking laps & chair exercises; Friday mornings starting at 9:30am 	250-353-7609
<p>Kaslo Exercise Programs Seniors' Hall, 304 4th Street</p> <ul style="list-style-type: none"> • Participants need to belong to Seniors Ass'n (\$20/ year) • Chair Exercises: Tues & Thurs: 1:30 -2:30pm (\$3/session) • Carpet Bowling: Wednesdays 10am to noon (\$10pass + \$5/session) • Contact for more info about activity fees and registration Louise 	250-353-7553
<p>Kaslo Parks & Recreation https://kaslo.ca/p/amenities</p> <ul style="list-style-type: none"> • Contact the Village of Kaslo re recreational facilities including those operated by various local organizations / clubs 	250-353-2311
<p>Kaslo WISE (Weekly Invitation for Seniors and Elders) (also see pg 2)</p> <ul style="list-style-type: none"> • Free weekly, drop-in, 55+ social walking group Tuesdays at 10am "rain or shine" starting at the front of Abbey Manor 208 A Avenue, Kaslo • Bowling and lunch in Meadow Creek: 1 Monday/month • Includes prepared meal delivered to low income Kaslo seniors Fridays • Register with Kaslo Community Services 336 "B" Ave Kathy • https://kaslo.services/programs-for-seniors/ 	250-353-7691 ext 204

SENIORS SOCIAL GROUPS, ASSOCIATIONS & COORDINATION

<p>Kaslo Senior Citizens Association Branch 81 Seniors Centre</p> <ul style="list-style-type: none"> • Seniors Hall: 304 4th Street, Kaslo; \$20 membership/year; Sept-June • Drop-in Coffee & Socializing: Fridays 9:30 - 11:30am; By donation (\$3) • Lunch: 1st Tues / month at 12noon; Members: \$15; Non-members: \$20 • https://www.facebook.com/profile.php?id=61583361174760 	250-353-7553
<p>Seniors Coordination Kaslo Community Services Elizabeth</p> <ul style="list-style-type: none"> • Information about services and local programs for seniors, assistance with forms and connection to Kaslo WISE (above & page 2) 	250-353-7691

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) 1-800-663-1441 • Alcoholics Anonymous www.bcyukonaa.org 1-250-800-4125 <ul style="list-style-type: none"> ○ Phone for help & detailed info about AA meetings in WK or see website https://aawestkootenays.org/ ○ Kaslo Meeting; Tues; 4:30pm; St. Mark's, 601 5th St (back door) • Al-Anon List of area meetings: www.bcyukon-al-anon.org • Kaslo Mental Health & Substance Use Services (page 8) 250-353-7691 • Narcotics Anonymous (NA) List of area meetings www.bcrna.ca 1-855-444-2262 <ul style="list-style-type: none"> ○ Nelson Mtng: Thurs 5:30pm Salvation Army Centre 601 Vernon St • Nar Anon Family Group www.naranonbc.com for mtng info • Quit Now: smoking cessation program & info www.quitnow.ca 1-877-455-2233 • Smoking Cessation Program: Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist 	
<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 	1-800-708-3228
<p>Alzheimer & Dementia Helpline: Monday to Friday: 9am - 8pm</p> <ul style="list-style-type: none"> • Alzheimer Society of BC www.alzheimer.ca/bc • West Kootenay Alzheimer Resource Centre 778-774-2133 Call or check the website for information re resources, local family caregiver support groups, workshops & other services or • Nelson Support Group meets 3rd Wednesday / month, 1 - 2:30 pm 1-855-301-6742 	
<p>Arthritis Society Canada https://arthritis.ca/ Info Line</p>	1-800-321-1433
<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 	1-877-779-2223
<p>Brain Injury</p> <ul style="list-style-type: none"> • Kootenay Brain Injury Ass'n 202- 1060 Eldorado Street, Trail 778-460-4500 Offers outreach support & activities www.kootenaybia.ca Participants need to provide documents re injury or be referred • Acquired Brain Injury Services (Interior Health) Intake 1-800-707-8550 Office: Castlegar Health Centre M - Th:8:30am - 4pm Coordinator 250-365-9547 	

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: 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 • 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 • Canadian Cancer Society www.cancer.ca Info/Helpline and many supports, including travel assistance (page 18) 	<p>1-888-563-7773</p> <p>1-888-939-3333</p> <p>1-888-939-3333</p>
<p>Caregiver Support</p> <ul style="list-style-type: none"> • Mental Health Caregiver Support Group Darren Elderly Services, Nelson Mental Health & Substance Use 250-505-7265 • West Kootenay Boundary Caregiver Support Contact Education, resources, 1:1 support and groups for caregivers. 1-888-212-2337 For details see page 11 or website http://wkbcaregiver.org/ ext 6 	<p>250-505-7265</p> <p>1-888-212-2337 ext 6</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Chronic Disease Management & Prevention Program 250-353-2291 Victorian Community Health Centre offers comprehensive support & information programs for chronic diabetes & other diseases • Self-Management Program www.selfmanagementbc.ca 1-866-902-3767 A free, 6 week program (on-line & in communities) offering info & skills to manage various chronic health problems, pain, cancer & diabetes 	<p>250-353-2291</p> <p>1-866-902-3767</p>
<p>Chronic Pain Management & Local Resources</p> <ul style="list-style-type: none"> • Bill Nelems Pain & Research Centre https://nelemspain.ca/ Administers the KBRH Pain Medicine Clinic, Trail 250-231-3299 • Pain BC Support: Mon – Fri: 9am – 4pm https://painbc.ca/ 1-844-880-7246 • Regional Resources & Information https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools 	<p>250-231-3299</p> <p>1-844-880-7246</p>
<p>Crohn's & Colitis Canada www.crohnsandcolitis.ca</p>	<p>1-800-513-8202</p>
<p>Deaf & Hard of Hearing www.wavefrontcentre.ca</p> <ul style="list-style-type: none"> • Wavefront Centre for Communication Accessibility TTY 	<p>1-888-736-7391</p> <p>1-604-736-2527</p>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

Dental: See page 8 for details re: <ul style="list-style-type: none"> • Canadian Dental Care Plan • Kootenay River Mobile Dental Hygiene Services • The Travelling Hygienist • WK Community TEETH Clinic 	250-304-5754 778-231-0475 778-463-2232
Diabetes <ul style="list-style-type: none"> • See Chronic Disease Management Program (page 15) for access to local support and information • Diabetes Canada Info & Support Line https://www.diabetes.ca/ 	1-800-226-8464
End of Life / Palliative Care <ul style="list-style-type: none"> • Home Health Services (page 6) • North Kootenay Lake Hospice Society See <i>Hospice</i>: page 11 for a full description of available services 	250-353-2299
Fibromyalgia & Chronic Fatigue Syndrome <ul style="list-style-type: none"> • ME/FM Society of BC www.mefm.bc.ca 	1-888-353-6322
Hearing Tests/Hearing Aids <i>All offer free screening for seniors (pg 10)</i> <ul style="list-style-type: none"> • Connect Hearing 259 Baker Street • Dynamic Hearing Solutions 105 – 518 Lake Street 	250-354-4949 250-352-5932
Heart <ul style="list-style-type: none"> • See Chronic Disease Management (page 15) • Heart & Stroke Foundation www.heartandstroke.ca 	250-353-2291 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

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

<p>Mental Health</p> <ul style="list-style-type: none"> • Alzheimer/Dementia Support Information (page 14) • 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 • Kaslo Mental Health & Substance Use Services (page 8) • Mental Health Elder Services Nelson Health Centre, 902 11 St For concerns about mental health issues associated with aging 	<p>1-855-301-6742 310-6789 1-800-555-8222 1-866-639-0522 250-353-7691 250-505-7247</p>
<p>MS (Multiple Sclerosis) Canada https://mscanada.ca/</p> <ul style="list-style-type: none"> • Phone or see website for support & info <p style="text-align: right;">MS Navigator</p>	<p>1-844-859-6789</p>
<p>Nutrition: Call the HealthLinkBC Dietician Monday to Friday: 9am-5pm</p>	<p>811</p>
<p>Parkinson Society of BC www.parkinson.bc.ca</p> <ul style="list-style-type: none"> • Trail - Castlegar Area support group contact <p style="text-align: right;">Sheila</p>	<p>1-800-668-3330 250-367-9258</p>
<p>Respiratory (Lung) Disease</p> <ul style="list-style-type: none"> • See Chronic Disease Management (page 15) • Private Respiratory testing & equipment (page 10) • BC Lung Foundation https://bclung.ca/ 	<p>1-800-665-5864</p>
<p>Scleroderma Association of BC https://sclerodermabc.ca/</p> <ul style="list-style-type: none"> • For online toolkits & research info:: https://spinsclero.com/ 	<p>1-604-371-1005</p>
<p>Stroke Recovery Ass'n of BC https://strokerecoverybc.ca/</p> <ul style="list-style-type: none"> • Website offers many online groups and activities via zoom • Support Group for stroke survivors & caregivers in Nelson <p style="text-align: right;">Marg</p>	<p>1-888-313-3377 250-354-4453</p>
<p>Vision Loss</p> <ul style="list-style-type: none"> • CNIB (Cdn National Institute for the Blind) www.cnib.ca • Support & services re vision loss: online & in-person <p style="text-align: right;">Kelowna office</p>	<p>1-800-563-2642 250-763-1191</p>

TRANSPORTATION

❖ MEDICAL APPOINTMENTS

Health Connections www.bctransit.com/west-kootenay <ul style="list-style-type: none"> • Bus between Kaslo, Balfour & Nelson • Medical appointments have priority but everyone is eligible to use this service if space is available. Book 24 hours in advance 	1-855-993-3100
Helping Hands Trust Contact: Glen Stewart <ul style="list-style-type: none"> • Fund for Kaslo/Area D residents to travel for medical appointments 	250-353-7111
Hope Air www.hopeair.ca <ul style="list-style-type: none"> • Free for those on low incomes to obtain specialist medical care 	1-877-346-4673
Private Medical Transportation Services <ul style="list-style-type: none"> • Interior Medical Transport (IMT) https://www.bcimt.ca/ • NOW Shuttle https://www.nowshuttle.ca/ 	250-368-7978 250-540-6746
Travel Assistance Program (TAP) Inquiries <ul style="list-style-type: none"> • Reductions on some carriers for those travelling to medical specialists 	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

❖ REGULAR / DISABILITIES

BC Bus Pass Program Low cost annual pass for low income seniors	1-866-866-0800
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
Silver City Stagelines Info & book online https://fritztravels.com <ul style="list-style-type: none"> • Travels several days a week between Nelson and Kelowna 	(778) 760-1891 (text only)
Volunteer Driver Programs Kootenay Seniors <ul style="list-style-type: none"> • Medical, social & recreational travel; cost /km WK Volunter Drivers 	778-463-5247 1-877-304-2990
West Kootenay Transit Services www.bctransit.com/west-kootenay <ul style="list-style-type: none"> • Local (Fri) & Kaslo-Argenta (Thurs) & Health Connections (above) • handyDART: For those unable to use transit due to disability /health 	1-855-993-3100