

Closing the Gaps in Seniors' Care



A Guide To Public, Community & Private Services for Boundary Area Seniors

June 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

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

To SUGGEST additions, changes and corrections for future editions

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ABUSE / CRISIS / EMERGENCIES

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| 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) https://seniorsfirstbc.ca/ <ul style="list-style-type: none"> • Phone: Monday to Friday: 8am – 8pm • Call re concerns about senior abuse or mistreatment | 1-866-437-1940 1-855-306-1443 TTY |
| Report Concerns re Possible Elder Abuse or Neglect to: <ul style="list-style-type: none"> • Report Adult Abuse & Neglect (IHA) Mon-Fri: 8:30am-4:30pm • RCMP (re a crime) Grand Forks 1608 Central Avenue Midway 580 Florence Street | 1-844-870-4754 250-442-8288 250-449-2244 |
| Boundary Regional RCMP Victim Services Grand Forks <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 | 250-442-5846 250-449-2244 1-800-563-0808 (after office hours) |
| Boundary Women's Transition House & Counselling <ul style="list-style-type: none"> • 24-hour, 7 days a week free, confidential services for women. • Provision of safe shelter, outreach support and referrals for women (& their children & pets) experiencing domestic abuse, violence or threats. • Drop-in, outreach and counselling services for women also available | 250-442-3131 1-855-441-3131 |
| Boundary Stay Safe Homeless Shelter 2320 78 Ave, Grand Forks <ul style="list-style-type: none"> • Assistance includes meals, clothing, shower, laundry and referrals • Low barrier, open to Boundary residents; Staffed 24/7; Intake:3-10pm • Phone Boundary Family Services (BFS) for more information. After hours answering machine will connect to Shelter Manager's voicemail. | 236-352-0026 250-442-2267 1-877-442-5355 |
| Boundary Community Response Network Rachel <ul style="list-style-type: none"> • Organizes prevention and education activities to help end abuse, neglect and self-neglect of adults in BC | 250-442-2267 Ext 40243 1-877-442-5355 http://www.bccrns.ca |

DRUG STORES / PHARMACIES

| | |
|--|---------------------|
| Boundary Pharmacy 612 6 th Avenue, Midway Wed-Fri: 10am – 5pm | 250-449-2866 |
| <ul style="list-style-type: none"> • Free delivery available in the area between Greenwood & Rock Creek | |
| Forks Pharmacy (IDA) 426 Central Avenue, G. F. Mon-Fri: 9am-5pm | 250-442-1868 |
| <ul style="list-style-type: none"> • Free delivery in the Grand Forks Area | |
| Pharmasave 330 Central Ave, G.F. M-F:8am-6pm; Sat:9-5;Sun:10-3pm | 250-442-3515 |
| <ul style="list-style-type: none"> • Free delivery services: G.F: Thursdays; Christina Lake: 1 day/month | |
| Save-On-Foods Pharm. 441 Central Ave, G.F. M-F:9-6pm;Sat/Sun: 9-5 | 250-442-3147 |

FOOD / MEAL SERVICES**❖ FOOD BANKS**

| | |
|---|--------------------------------------|
| Beaverdell Food Share Beaverdell Hall 5841 Hwy 33 | |
| <ul style="list-style-type: none"> • 2nd Wednesday/month from 10 to 11am • https://www.facebook.com/groups/287592671441589 | |
| Boundary Community Food Bank 7816A Donaldson Dr. Grand Forks | 250-442-2800 |
| <ul style="list-style-type: none"> • Drop-in: Tuesdays: 12noon – 3pm • Or by appointment: Tuesdays & 1st four Fridays/mo: 10am - 12noon • For anyone living in Boundary region; One hamper/month • www.boundarycommunityfoodbank.ca • Distributes Farmers' Market Food Vouchers / Coupons for those living on a low income to purchase food from Grand Forks Farmers' Market: Gyro Park: Tues & Fri: 8am – 1pm; May to October | |
| Greenwood & Midway Food Bank | Karen Martin |
| <ul style="list-style-type: none"> • 401 N Kimberley Ave (Evangel Chapel), Greenwood • Food supplies available 10am to 1pm: 1st & 3rd Thursday / month • If first time to the food bank, call to set a time when you'll arrive | 250-449-2279 250-449-1978 |
| Kettle River Food Share: Rock Creek 4000 Highway 3 | Rick |
| <ul style="list-style-type: none"> • Open every Thursday from 11am to 12:30pm • Distributes large Boundary Food Bank hampers monthly. Date varies, so call /see facebook page https://www.facebook.com/kettlriverfoodshare/ • Distributes local food on other Thursdays • Food Share Program also teaches skills for sustainable eating & living | 250-449-8264 |

FOOD / MEAL SERVICES (continued)**❖ HOT MEALS: DELIVERED**

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| <p>Meals on Wheels</p> <ul style="list-style-type: none"> • Nutritious low cost meals delivered several times a week by volunteers • Call to register for the service <p>Boundary Lodge, Grand Forks: delivers within 5km of City Parkview Manor: delivers to Midway, Greenwood, Rock Creek</p> | <p>250-443-0006 250-449-2842</p> |
|--|---|

❖ MEALS / DROP-IN

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|---|--|
| <p>Beaverdell Community Lunch Beaverdell Hall 5841 Hwy 33</p> <ul style="list-style-type: none"> • Free lunch for residents on Fridays: 12noon to 1pm • Sponsored by the Beaverdell Community Club • https://www.westboundary.com/venue/beaverdell-community-hall/ | |
| <p>Courtesy Kitchen 7229 5th St, Grand Forks</p> <ul style="list-style-type: none"> • Drop-in, Monday to Friday: 8am to 2pm • Free Hot Lunch (take-out or eat-in): Monday to Friday: 11am to 1pm • A program of Whispers of Hope Benevolence Association | 236-352-0041 |
| <p>The Bridge Drop-in and Thrift Store</p> <ul style="list-style-type: none"> • 629 8th Avenue (Old Church Building), Midway • Free lunch on 1st & 3rd Monday of each month: 10am to 2pm Note: If Monday is a stat holiday, Centre is open Tuesday instead • Drop in for tea & coffee last Saturday / month: 10am to 12 noon | <p>Amber Martin 250-449-1772 250-449-1978</p> |
| <p>Therapeutic Activation Program for Seniors (TAPS)</p> <ul style="list-style-type: none"> • A free community program designed to support adults 65+ who may be experiencing isolation, low income, loneliness, or frailty. • Includes a nutritious lunch, snacks, activities and conversation. • Takes place from 10am to 1pm in the following communities: <ul style="list-style-type: none"> - Grand Forks on Mondays and Tuesdays - Rock Creek Wednesdays - Greenwood on Thursdays • A Boundary Family Services program; Call for more information | <p>Diane 250-585-5058 or 250-442-2267 ext 40220</p> |
| <p>Also see page 16: <i>Seniors Groups</i> for other activities</p> | |

FOOT CARE

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

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| Dr Alumbaugh Podiatrist http://drdanapodiatry.com | |
| <ul style="list-style-type: none"> • Clinic location: Kootenay Columbia Therapeutics, 1686 2nd Ave, Trail | 250-364-1516 |
| Boundary Advanced Foot Care Karina Brown (Cram), FCN, LPN | 250-442-7070 |
| <ul style="list-style-type: none"> • Mobile services provided in-home throughout the Boundary | |
| Boundary Medical Clinic 7486 2 nd Street, Grand Forks | 250-442-8233 |
| <ul style="list-style-type: none"> • Foot care services available only for registered clinic patients | |
| Canopy Care Advanced Foot Care Temeeeka Guy, FCN, RPN | 647-460-8003 |
| <ul style="list-style-type: none"> • In clinic and mobile services in Grand Forks and Christina Lake area | |
| Grand Soles Foot Care 7431 2 nd St, Grand Forks Deanna FCN, LPN | 250-507-2925 |
| <ul style="list-style-type: none"> • Services provided in the Clinic or in-home | |
| ReNEWell Care 5 - 317 Market Avenue https://renewellcare.com/ | 250-999-2740 |
| <ul style="list-style-type: none"> • Shelley Moss, RN,FCN offers in-clinic foot care services | |
| Shear and File Foot Care Christine | 250-442-6343 |
| <ul style="list-style-type: none"> • G F: 7219 2nd St ; Midway: #1 Medical Clinic Bldg, 500 Haynes Rd | |

FRAUD / FINANCIAL

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|--|-------------------------|
| Banks & Credit Unions Automatic Deposit, Bill Paying, Internet & phone | |
| 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"> • Report scams / suspected fraud. Mon-Fri: 7am-1:45pm PST | 1-888-495-8501 |
| Credit Counselling Canada www.nomoredebts.org | |
| <ul style="list-style-type: none"> • Free credit & debt counselling & personal budgeting services | 1-888-527-8999 |
| RCMP | Grand Forks RCMP |
| <ul style="list-style-type: none"> • Contact about any concerns re financial abuse | Midway RCMP |
| | 250-442-8288 |
| | 250-449-2244 |

GOVERNMENT SERVICES / ADVOCACY / SUPPORT

| | |
|--|---|
| BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER) <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 |
| Community Law Advocate Trail FAIR Society Naomi <ul style="list-style-type: none"> • Assists low income residents in Trail and Boundary areas with issues, appeals, tribunals re disability benefits, tenancy, debt & govt services | 250-364-2326 ext 235 1-877-364-2326 |
| Community Volunteer Income Tax Program Terry <ul style="list-style-type: none"> • Program offers free tax filing services to Boundary residents year round for those living on low incomes. Contact: 10am to 4pm | 250-442-6777 250-443-4208 |
| Help with Forms requiring physician certification Boundary Clinic <ul style="list-style-type: none"> • Social worker helps with government forms Christina Lake Clinic • Service available only for those attached to above medical clinics | 250-442-8233 250-447-6262 |
| Income Assistance Service BC Centre, 7290 2 nd Street, Grand Forks <ul style="list-style-type: none"> • An income supplement and other support available to eligible seniors | 1-866-866-0800 |
| Office of the Seniors' Advocate Information & Referral Line <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 & analyzes seniors' services & 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 |
| SeniorsBC www.seniorsbc.ca <ul style="list-style-type: none"> • Info re health care and other services for seniors / Seniors' Guide | |
| Seniors Navigator Boundary Family Services Christina <ul style="list-style-type: none"> • Information & referrals for seniors to services & government benefits | 250-584-5186 250-442-2267 |
| Service BC Centre (Government Agent / Access Centre) <ul style="list-style-type: none"> • 7290 2nd St., Grand Forks; M-F: 9 - 12 noon; 1 - 4:30pm • BC government forms, services, licences & info re MSP, Pharmacare, seniors' subsidies for housing & transportation, income & disability supports. More Info: https://www2.gov.bc.ca/gov/content/home/services-a-z | 250-442-4306 |

GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)

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|---|------------|--|
| <p>Service Canada Outreach Site 7290 2nd Street, Grand Forks</p> <ul style="list-style-type: none"> • Open: 3rd Friday/month: 9am - 12 noon & 1 - 3pm • Federal Government forms & assistance re a variety of programs including CPP, OAS & GIS, passports, EI, Veterans Affairs, etc • Federal government services: https://www.servicecanada.gc.ca/ | <p>TTY</p> | <p>1-800-622-6232 1-800-926-9105</p> |
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HEALTH CARE SERVICES: GENERAL INFORMATION

| | | |
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| <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 www2.gov.bc.ca/gov/content/health</p> <ul style="list-style-type: none"> • Medical Services Plan, Pharmacare & Fair Pharmacare • Forms & info at the Grand Forks Service BC Centre (page 5) | | 1-800-663-7100 |
| <p>HealthLinkBC</p> <ul style="list-style-type: none"> • 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: | <p>Toll free</p> <p>Toll free</p> | <p>811</p> <p>711</p> |
| | | |

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)

❖ **BOUNDARY DISTRICT HOSPITAL**

- 7649 22nd Street, Grand Forks **250-443-2100**

- ❖ **HOME HEALTH: East Boundary:** 7649 22nd Street, G.F. **250-443-2100**
 Serves Christina Lake, Grand Forks & Area **Ext 65127**
- West Boundary:** 540 7th Street, Midway **250-449-2887**
 Serves Greenwood, Midway, Rock Creek & Area

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| <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 and 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>Intake /Assessment Central Local Offices</p> | <p>1-800-707-8550 see above</p> |
| <p>Home Support Services</p> <ul style="list-style-type: none"> • 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 • Home Support Scheduling 7 days/week: 6:30am - 8pm | <p>Central Intake /Assessment Local Offices</p> | <p>1-800-707-8550 see above</p> <p>1-800-707-8550</p> |
| <p>See pg 12: Home Support Services & pg 14:Hospice for other possibilities</p> | | |

❖ **CHRONIC DISEASE MANAGEMENT**

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| <p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Support & information for chronic Diabetes, Heart and Kidney (Renal) Disease. | <p>Boundary District Hospital</p> | <p>250-443-2100</p> |
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HEALTH CARE SERVICES: INTERIOR HEALTH (IHA) (continued)**❖ MEDICAL LABORATORIES**

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| <p>For All Boundary Labs: Book Online www.lanonlinebooking.ca or Book by Phone: (7am – 7pm) Same contact phone # for all 3 labs</p> <ul style="list-style-type: none"> • Boundary District Hospital Lab 7649 22nd St, Grand Forks Open: Mon-Fri: 7:30am - 2pm; Walk in services available • Greenwood Public Health Bldg Lab 255 S.Government Street Wednesdays: 8 – 10:10am; Walk in services available • Midway Blood Laboratory Services 500A -500 Haynes Rd Open: Tues & Thurs: 8:20am – 12:20pm; Walk in services available | <p>1-844-870-4756 250-443-2100</p> |
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❖ MOBILE

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| <p>Community Paramedic Program: www.bcehs.ca/our-services</p> <ul style="list-style-type: none"> • A free program for isolated Boundary Area seniors • Paramedics offer home visits, health assessments, referrals, basic care • Referral required from Physician, Home Health or Community Nurse | |
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❖ OTHER

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| <p>Public Health: Promotion & Prevention Services</p> <ul style="list-style-type: none"> • Offers a range of services for infants, children, youth, adults & families • E Boundary: Boundary Community Health Centre: 7441 2nd St G.Forks • W Boundary : Midway Health Unit: 540 7th Street, Midway | <p>250-443-3150 250-449-2887</p> |
| <p>Boundary Mental Health & Substance Use (MH&SU) Services</p> <ul style="list-style-type: none"> • 7441 2nd Street, Grand Forks; • Services include assessment, support, groups, counselling as well as supports for seniors with mental health issues associated with aging | <p>250-442-0330 or 310-MHSU (6478)</p> |

❖ RESPITE/ DAY PROGRAMS

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| <p>Adult Day Program & Respite Hardy View Lodge 7649 22nd Ave, G.F.</p> <ul style="list-style-type: none"> • A referral is required from Home Health Services Intake /Assessment • 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**

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| Canadian Dental Care Plan <ul style="list-style-type: none"> Seniors (over 65) without a current plan now eligible for services See website or phone for eligibility requirements and application form | 1-833-537-4342 |
| The Travelling Hygienist https://www.thetravellinghygienist.com/ <ul style="list-style-type: none"> 267 Market Avenue, Grand Forks; Private basic dental care in-clinic: or mobile; includes cleanings, exams and X-rays | 778-231-0475 |

❖ INTEGRATED HEALTH & WELLNESS

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| ReNEWell Care 5-317 Market Avenue, GF https://renewellcare.com/ <ul style="list-style-type: none"> Private care services including foot care, naturopathic medicine, counselling, homeopathy, aromatherapy, reflexology, osteopathy, etc | 250-999-2740 |
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❖ PRIMARY CARE**➤ FOR THOSE WITHOUT A PRIMARY CARE PROVIDER**

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| BC Health Connect Registry HealthLink BC <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 |

➤ MEDICAL CLINICS

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|---|---------------------|
| Boundary Medical Clinic 7486 2 nd Street, Grand Forks | 250-442-8233 |
| Christina Lake Medical Clinic 1875 Bakery Frontage Road | 250-447-6262 |
| Greenwood Medical Clinic Rear 255 S Government Street | 250-445-6626 |
| Midway Medical Clinic 500 Haynes Street | 250-449-2218 |
| Rock Creek Medical Clinic 100 Cut Off Road | 250-446-2272 |

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

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| 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 |
| Boundary Hospital Social Services Beth McIver <ul style="list-style-type: none"> Provides psycho-social care and support for hospital patients in acute care and oncology as well as for long term care residents & families. Includes practical assistance, advocacy, referrals & end of life support | 250-443-2162 |

❖ OTHER (NON IHA)

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| Aboriginal Health Circle of Indigenous Nations (COINS) www.coinations.net <ul style="list-style-type: none"> Grand Forks Office: 7525 12th Street Aboriginal Patient Navigator Kaydan Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers & their families Aboriginal Health Coordinator Josie Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the Boundary region | 1-877-904-2634 250-551-4395 250-444-9599 |
| Boundary Seniors' Services Boundary Family Services Christina <ul style="list-style-type: none"> Community Connector Connects older adults (60+) to services supporting health & well-being Seniors Navigator / Peer Support: Information and referral support to services and government benefits | 250-584-5186 or 250-442-2267 Ext 40218 |
| KB Mental Health & Substance Use Consumer, Family & Peer Support Trail FAIR Society, 2079 Columbia Ave https://www.trailfair.ca <ul style="list-style-type: none"> Provides support, education & resources to individuals (& families) with long-term mental health & substance use (addiction) concerns | 250-231-7552 250-364-2326 Ext 225 |
| Office of the Seniors' Advocate Monday to Friday: 8:30am - 4:30pm <ul style="list-style-type: none"> BC seniors information, resources and referrals; see page 5 for details | 1-877-952-3181 |
| West Kootenay Boundary Caregiver Support Coordinator <ul style="list-style-type: none"> Education, resources, groups for caregivers http://wkbcaregiver.org/ Grand Forks/ Boundary caregivers support group details: see page 14 | 1-888-212-2337 ext 3 |

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

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| <p>Health Equipment Loan Program (HELP) 7642 22nd St., Grand Forks</p> <ul style="list-style-type: none"> • Located in the basement of the Boundary Hospital, Building. • Open Mondays & Wednesdays: 11am – 1pm • Offers a wide variety of free medical equipment for up to 3 months • By donation. Needs a referral from a health care professional. • https://www.redcross.ca/in-your-community | 250-442-2608 |
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❖ PRIVATE

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| <p>Drug Stores / Pharmacies</p> <ul style="list-style-type: none"> • Several carry health and medical equipment and supplies, including Pharmasave in Grand Forks (page 2) | |
| <p>Hearing Tests / Hearing Aids <i>All offer free screening for seniors;</i></p> <ul style="list-style-type: none"> • Dynamic Hearing Solutions 245 72nd Avenue, Grand Forks https://www.dynamichearingsolutions.ca • Sound Advice Mobile Hearing Aid Clinic 7381 2nd St., G.F. https://www.sahearing.ca/ In-home visits or in office | <p>236-352-0063</p> <p>778-531-5213</p> |
| <p>Kootenay Columbia Home Medical Equipment</p> <ul style="list-style-type: none"> • 630 17th Street, Castlegar www.kchomemedical.ca • Sells, rents and repairs a wide range of medical equipment | <p>1-866-515-7772</p> <p>250-365-7772</p> |
| <p>Personal Emergency Response Systems/ Medical Alarms</p> <ul style="list-style-type: none"> • Lifeline www.lifeline.ca Kootenay contact: Rhandean Lacktin | <p>1-888-533-6604</p> <p>250-364 2524</p> |
| <p>Respiratory Tests & Equipment:</p> <ul style="list-style-type: none"> • Columbia Respiratory 240 - 8100 Waneta Plaza Hwy 3B, Trail Boundary Hospital 7649 22nd St, G.F on Thursdays Appointment • Independent Respiratory Services www.irscanada.ca Regional Clinic: 865 Columbia Avenue, Castlegar Appointment | <p>250-364-0277</p> <p>1-844-440-0277</p> <p>1-877-365-6952</p> |
| <p>Pages 17-20: For More Health Related Information / Contacts</p> | |

HOME SAFETY

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|--|-------------------------------------|--|
| RCMP | Grand Forks Midway | 250-442-8288 250-449-2244 |
| <ul style="list-style-type: none"> Responds to seniors' safety concerns | | |
| BC Rebate for Accessible Home Adaptation (BC RAHA) | | 1-800-257-7756 |
| <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 | | |

HOME SUPPORT SERVICES

May include: Health & Personal Care, Housekeeping, Laundry, Meal Prep, Respite, Shopping, Transportation, Yard Care, etc,

❖ NON-PROFIT / PUBLIC

| | | |
|---|----------------|---|
| Boundary Better at Home Boundary Family Services | Melanie | 250-584-4164 1-877-442-5355 ext 40252 |
| <ul style="list-style-type: none"> Non-medical supports: light housekeeping, transportation, friendly visiting, grocery shopping for at home seniors 65+ Services for frail, isolated and low income seniors are a priority For additional supports see Community Connector & Navigator services: page 10 or Therapeutic Activation (TAPS) page 3 https://www.boundaryfamily.org/services/Seniors/ | | |
| Interior Health Home Support Services: See page 7 | | |

❖ PRIVATE Note: AB=All Boundary; GF = Grand Forks; CL+= Christina Lake

| | | |
|---|--------------------------|---------------------|
| Angele Marcoux Errands, housekeeping & food prep in GF & CL | | 250-443-9219 |
| Brown Family: Call Karnel for lawn care and Kacy for dog walking and animal check-ins in the Grand Forks and Christina Lakes area. | | 306-460-9234 |
| B.E. Services Handyman, electrician, yard work, snow removal, small scale pick up & delivery in GF; low income discounts. Also offers in-home (1-2 visits/day) care for cats & caged animals (no dogs) | Ed & Bobbi-Jo | 250-921-6451 |
| Beastmode Enterprises includes snow removal, landscaping, deliveries between GF & CL, personal trainer, nutrition specialist | Scott | 306-717-6256 |

HOME SUPPORT SERVICES (continued)

❖ **PRIVATE (continued)** **Note: GF = Grand Forks, CL= Christina Lake**

| | |
|--|--|
| Ginny Kelly: Meals, personal care, respite, shopping in GF & CL | 250-442-2473 |
| JJ's Cut & Style: In-home mobile hair services in Grand Forks area | 250-444-0999 |
| JunkAnd: Residential and property clean-up; removals; recycling John in Grand Forks, Christina Lake & Greenwood | 778-251-0982 |
| Kathleen Marko cleaning, personal care, respite, shopping, transportation assistance in Grand Forks and Christina Lake area. | 250-444-8562 |
| Lisa Brooks cleaning, house sitting and pet sitting | 250-444-7666 |
| Manon Forget Care Aide, personal care giver, respite | 778-922-3674 |
| Monette Hayashi Grocery shopping, personal care, meal preparation and respite services in the Grand Forks & Christina Lake area | 250-443-4321 |
| Pam Harris LPN provides respite care in the Grand Forks Area | 250-442-3738 |
| ReNEWell Care RN leads wrap-around multilevel home care services. | 250-999-2740 |
| Sandy Chernenkoff Mobile Fitness Trainer Seniors' wellness & rehabilitation in-home in Grand Forks, Christina Lake & Greenwood | 604-883-4509 |
| Sharon's Small Shuttle Service Transportation and errands | 250-442-8967 250-666-0266 |
| Spectrum Home and Family Care www.spectrumcares.ca | 250-265-3842 |
| True View Window Cleaning https://twindowclean.ca/ Thomas | 250-815-0820 |
| Twin Star Contracting handyman/housecleaner (W Boundary) Sheyna | 780-907-5643 |
| Yoko Cochran Care Aide, personal care, shopping, cleaning | 250-442-9764 |
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HOSPICE / GRIEF / CAREGIVING

| | | |
|--|--------------------------|---------------------------------------|
| Bereavement BC Helpline https://bcbh.ca/grief-support/ <ul style="list-style-type: none"> Connects callers to BC grief support services | Mon- Fri: 9am- 5pm | 1-877-779-2223 |
| Boundary Hospital Social Work Department <ul style="list-style-type: none"> Provides practical assistance, advocacy, referrals & end of life support for hospital patients as well as long term care residents & families. | Beth | 250-443-2162 |
| Eclectic Journeys https://eclecticjourneys.ca/ <ul style="list-style-type: none"> Private End of Life Doula Services offering care & support | Tarie Ann Frazier | 604-862-1567 |
| Jennifer Mallmes <ul style="list-style-type: none"> Private Advance Care Planning and End of Life Doula Services | | 778-829-9164 |
| West Kootenay Boundary Caregiver Support <ul style="list-style-type: none"> Free support 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. Grand Forks support group: 2nd Thursday / month: 1:30 to 3pm For Info : Phone or see website: https://wkbcaregiver.org/calendar/ | GF Coordinator | 1-888-212-2337 ext 3 |

HOUSING / RESIDENTIAL ACCOMODATION**❖ INDEPENDENT (UNASSISTED) HOUSING; PRIVATE PAY**

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

| | | |
|---|---------------------------------|--|
| Parkside Villa 100 - 2450 72 Avenue, Grand Forks <ul style="list-style-type: none"> Apply to BC Housing at the Villa Office: Tues, Thurs & Sat: 10am -2pm | | 250-442-3223 |
| Raven Place 6895 19 St., Grand Forks <ul style="list-style-type: none"> Phone or go to https://www.boundaryfamily.org/services/housing/ for eligibility and application information | Boundary Family Services | 250-442-2267 1-877-442-5355 |

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

Independent living with support; may include meal(s), housekeeping, etc.

| | | |
|---|--|---------------------|
| Parkview Manor 670 9 th Ave, Midway https://kb.fetchbc.ca/service.html?i=1967 | | 250-449-2842 |
| Phoenix Manor 876 72 nd Ave, G.F. https://kb.fetchbc.ca/service.html?i=1964 | | 250-442-2223 |
| Silver Kettle Village 2350 72 nd Avenue, G.F. www.goldenlifemanagement.ca | | 250-442-0667 |

HOUSING / RESIDENTIAL ACCOMODATION (continued)**❖ ASSISTED LIVING & LONG TERM CARE FACILITIES INFORMATION**

| | |
|--|--|
| Long Term Care & Assisted Living Facilities Directory for BC <ul style="list-style-type: none"> Published by the Office of the BC Seniors Advocate (page 6) <u>Many</u> 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

| | |
|--|---------------------|
| Boundary Lodge 7130 9 th Street, Grand Forks <ul style="list-style-type: none"> 17 publicly subsidized beds; www.interiorhealth.ca | 250-443-0006 |
|--|---------------------|

❖ ASSISTED LIVING: UNSUBSIDIZED

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

| | |
|--|---------------------|
| Boundary Lodge 7130 9 th Street, Grand Forks <ul style="list-style-type: none"> 1 private pay bed; www.interiorhealth.ca | 250-443-0006 |
|--|---------------------|

❖ LONG TERM CARE: SUBSIDIZED

*For those needing 24/7 “complex care”: Accessed only through Home Health
Services: Assessment / Intake: 1-800-707-8550*

| | |
|--|---------------------|
| Hardy View Lodge 7649 22 nd Street, Grand Forks <ul style="list-style-type: none"> 79 publicly subsidized beds; https://kb.fetchbc.ca/service.html?i=1968 | 250-443-2100 |
| Silver Kettle Village 2350 72 nd Avenue, Grand Forks <ul style="list-style-type: none"> 41 publicly subsidized beds; www.goldenlifemanagement.ca | 250-442-0667 |

❖ LONG TERM CARE; UNSUBSIDIZED

For those needing 24/7 “complex care” Contact provider directly

| | |
|---|---------------------|
| Silver Kettle Village 2350 72 nd Avenue, G.F. <ul style="list-style-type: none"> 1 private pay bed; www.goldenlifemanagement.ca | 250-442-0667 |
|---|---------------------|

LIBRARIES

Book & video loans, educational programs, computer and internet access & free delivery and pick up of books for those who lack transport or because of illness or disability

| | |
|--|---------------------|
| Grand Forks Library 7342 5 th St https://grandforks.bc.libraries.coop/ <ul style="list-style-type: none"> • 2nd location in the Christina (Lake) Living Arts Centre 1675 Hwy 3 | 250-442-3944 |
| Greenwood Library 346 S.Copper Ave https://greenwood.bc.libraries.coop | 250-445-6111 |
| Midway Library 612 6 th Avenue https://midway.bc.libraries.coop | 250-449-2620 |

RECREATION / ADULT & COMMUNITY EDUCATION

| | |
|---|-------------------------------------|
| Grand Forks District Recreation 2020 Central Ave https://rdkb.com <ul style="list-style-type: none"> • Phone or check website for leisure activities & program guide | 250-442-2202 |
| Columbia Basin Alliance for Literacy https://cbal.org/boundary/ <ul style="list-style-type: none"> • Selkirk College Building, 486 72nd Ave., Grand Forks Mireille • Programs for families & adults including basic computer & tech skills as well as English language and Settlement Services | 250-442-2704 Ext 6 |
| Selkirk College Grand Forks Campus 486 72 nd Ave., Grand Forks <ul style="list-style-type: none"> • Offers continuing education & various other programs www.selkirk.ca | 250-442-2704 |

SENIORS' SOCIAL GROUPS & ASSOCIATIONS

| | |
|---|--|
| Grand Forks Seniors' Society 565 71 st Avenue (in City Park) <ul style="list-style-type: none"> • Many regular drop in programs and activities (small fee) • https://grandforksseniors.wixsite.com/gfbcseniorssociety/programs | 250-443-9352 |
| Greenwood Senior Citizens Association Branch 99 Centre <ul style="list-style-type: none"> • 187 S Government St ; Various drop-in activities for members • Coffee time: T,Th,Sat: 2-3pm; Yoga: Mon:10am; Bingo:Wed: 1pm; Pool & card games: Fri: 1-4pm; Potluck: last Wed/mo | 250-445-6655 |
| Midway Social Centre Society https://midwaysocialcentre.blogspot.com/ <ul style="list-style-type: none"> • 541 7th Avenue; many drop-in & other activities; open year round | |
| Therapeutic Activation Program for Seniors (TAPS) Diane <ul style="list-style-type: none"> • Social & group activities to bring isolated seniors together (see pg 3) | 250-585-5058 250-442-2267 ext 40220 |

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

| | | |
|--|--|--|
| Addictions / Substance Use | | |
| <ul style="list-style-type: none"> • Alcohol & Drug Information & Referral Line (24/7) • Alcoholics Anonymous (AA)- Boundary www.bcyukonaa.org Grand Forks Meetings: 7252 7th St: Mon & Sat: 7pm: Lee & Butch 250-442-2646 Thurs: 6pm or Tom 250-442-8907 7252 7th St Wed 12 noon Susan 250-442-7290 2495 76 Ave: Sat: 10am Gary 250-443-9330 Greenwood Mtng: Com.Hall,1355 Veterans Lane Tues 8pm Rick 250-203-1339 • Al-Anon: http://bcyukon-al-anon.org Greenwood Mtng for women 1355 Veterans Lane: Tues 1pm France 250-812-9320 • Boundary Mental Health & Substance Use Services (pg 8) 250-442-0330 • Narcotics Anonymous (NA) https://bcrna.ca/ • Nar-Anon Family Group: www.naranonbc.com • 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 | |
| <ul style="list-style-type: none"> • 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 |
| <ul style="list-style-type: none"> • Alzheimer Society of BC www.alzheimer.ca/bc • West Kootenay Alzheimer Resource Centre Toll free 1-855-301-6742 Call or check the website for information re resources, local family caregiver support groups, workshops & other services | | |
| Arthritis Society Canada | Arthritis Answers Line | 1-800-321-1433 |
| <ul style="list-style-type: none"> • Info & resources on website https://arthritis.ca/ | BC Office | 1-866-414-7766 |
| Bereavement BC Helpline | Monday to Friday: 9am - 5pm | 1-877-779-2223 |
| <ul style="list-style-type: none"> • Connects callers to grief support services within BC. www.bcbh.ca | | |
| Boundary Connects Seniors | Boundary Family Services Christina | 250-584-5186 |
| <ul style="list-style-type: none"> • Community Connector & Seniors Navigator: Connects older adults (60+) to services supporting health & well-being Information and referral support to services and government benefits | | or 250-442-2267 Ext 40218 |

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

| | |
|--|--|
| <p>Brain Injury</p> <ul style="list-style-type: none"> • 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 • Acquired Brain Injury Services (Interior Health) Intake Office: Castlegar Health Centre M - Th: 8:30am - 4pm Coordinator | <p>778-460-4500</p> <p>1-800-707-8550</p> <p>250-365-9547</p> |
| <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 21) | <p>1-888-563-7773</p> <p>250-712-2203</p> <p>1-888-939-3333</p> |
| <p>Caregiving: WKB Caregiver Support Boundary Coordinator</p> <ul style="list-style-type: none"> • Education, resources, 1:1 support and support groups for caregivers • See page 14 or website for services' details http://wkbcaregiver.org/ | <p>1-888-212-2337 ext 3</p> |
| <p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Support & information for chronic Diabetes, Heart, Kidney (Renal) and other diseases located in the Boundary District Hospital • 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 | <p>250-443-2100</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 • Pain BC Support: Mon – Fri: 9am – 4pm https://painbc.ca/ • Regional Resources & Information https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools | <p>250-231-3299</p> <p>1-844-880-7246</p> |
| | |

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

| | |
|--|--|
| Crohn's & Colitis Canada Info & resources www.crohnsandcolitis.ca | 1-800-513-8202 |
| Dental <ul style="list-style-type: none"> • Canadian Dental Care Plan Seniors (over 65) without a current plan now eligible for services See website or phone for eligibility requirements and application form • The Travelling Hygienist https://www.thetravellinghygienist.com/ Provides in-home or residence (also in travel van) basic dental care including cleanings, exams and X-rays | 1-833-537-4342 778-231-0475 |
| Diabetes <ul style="list-style-type: none"> • See Chronic Disease Management (page 18) • Diabetes Canada Info & Support Line https://www.diabetes.ca/ | 1-800-226-8464 |
| End of Life / Palliative Care <ul style="list-style-type: none"> • See HOSPICE / GRIEF / CAREGIVING (page 14) for various services & resources • Home Health Services (IHA) (page 7) Central intake | 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 |
| Hearing (for Tests & Clinics see page 11) | |
| Heart <ul style="list-style-type: none"> • See Chronic Disease Management (page 18) • Heart & Stroke Foundation www.heartandstroke.ca | 1-888-473-4636 |
| Kidney (Renal) Disease <ul style="list-style-type: none"> • 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 an on-line support group 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 see pg 6)

| | |
|--|--|
| <p>Mental Health</p> <ul style="list-style-type: none"> • Alzheimer / Dementia Support Information: (page 17) • 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 Comprehensive website with resources & links to information re specific mental health illnesses, substance use & eating disorders • Boundary Mental Health & Substance Use Services (pg 8) • Mental Health & Substance Use Regional Consumer, Family & Peer Support Program (page 10) Lisa | <p>1-855-301-6742 310-6789 1-800-555-8222 1-866-639-0522 250-442-0330 250-231-7552</p> |
| <p>MS (Multiple Sclerosis) Canada https://mscanada.ca/</p> <ul style="list-style-type: none"> • Phone or see website for support & info MS Navigator | <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"> • Support group 3rd Tues/mo 11 am-1pm @ Colander, Trail Todd | <p>1-800-668-3330 250-505-4666</p> |
| <p>Respiratory (Lung) Disease</p> <ul style="list-style-type: none"> • Private Respiratory Testing & Equipment (page 11) • BC Lung Foundation https://bclung.ca/ Info | <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 • Closest support group meets Wednesdays 11am-12 noon in Castlegar For more info re group: https://kb.fetchbc.ca/service.html?i=2671 | <p>1-888-313-3377</p> |
| <p>Vision Loss</p> <ul style="list-style-type: none"> • Cndn National Institute for the Blind (CNIB) www.cnib.ca • Support & services re vision loss: online & in-person Kelowna office | <p>1-800-563-2642 250-763-1191</p> |

TRANSPORTATION / TRAVEL**❖ MEDICAL APPOINTMENTS**

| | |
|--|--|
| Boundary Transit Services https://www.bctransit.com/boundary/ <ul style="list-style-type: none"> • Within GF: M-F & between GF & Rock Creek: Tues & Greenwood: Fri • Book: by 2pm the day prior to trip, but much sooner if possible. | 1-855-993-3100 ext 1 |
| Boundary Volunteer Driver Program <ul style="list-style-type: none"> • For health related appointments 7 days/week; Cost varies by distance • For more information and to arrange for a ride contact: Christine | 250-584-4618 |
| Hope Air Free air travel to non-emerg medical specialists www.hopeair.ca | 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) General Inquiries <ul style="list-style-type: none"> • 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 / 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 for low income seniors | 1-866-866-0800 |
| Boundary Taxi Service serves from Christina Lake to Greenwood | 250-444-3333 |
| Boundary Transit Services All trips booked by 2pm the day prior <ul style="list-style-type: none"> • In GF or to Greenwood / Rock Creek https://www.bctransit.com/boundary/ | 1-855-993-3100 ext 1 |
| Mountain Man Mike's Bus Service www.mountainmanmikes.ca <ul style="list-style-type: none"> • Travel WK-Vancouver return (2 days/wk) & WK-Calgary (1 day/wk) • Book online and/or phone for more information | 778-382-7729 |
| Silver City Stagelines For support: email: support@fritztravels.com <ul style="list-style-type: none"> • Travel several days a week between Nelson, Boundary and Kelowna • Info & book online via the website https://fritztravels.com/before/ | 778-760-1891 (text only) |