

Closing the Gaps in Seniors' Care



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

June 2024

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

Emergency (Ambulance, Fire, Police)	911
24 / 7 Crisis Lines: For support in a crisis / concerns re someone's safety <ul style="list-style-type: none"> • BC Mental Health Support Line • Interior Network Crisis Line • BC Suicide Prevention Crisis Line 	310-6789 1-888-353-2273 1-800-784-2433
Seniors Abuse & Information Line (SAIL) www.seniorsfirstbc.ca <ul style="list-style-type: none"> • Phone: Mon – Fri: 8am – 8pm; Sat: 10am - 5:30pm • 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"> • Adult Abuse & Neglect Report Line Mon-Fri: 8:30am–4:30pm • Mental Health & Substance Use Services • RCMP (re a crime) 	1-844-870-4754 310-MHSU(6478) 250-442-8288 Grand Forks 250-449-2244 Midway
Boundary Regional RCMP Victim Services <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 Grand Forks 250-449-2244 Midway 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 also available 	250-442-3131 1-855-441-3131 24/7
Boundary Stay Safe Shelter 2320 78 Avenue, Grand Forks <ul style="list-style-type: none"> • Provides meals, clothing, shower, laundry, referrals, etc • Open year round from 2pm to 10am • Phone Boundary Family Services (BFS) for more info and access to Shelter Coordinator's voicemail 	250-442-2267 1-877-442-5355
Boundary Community Response Network <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 Rachel Ext 40243 1-877-442-5355 http://www.bccrns.ca

DRUG STORES / PHARMACIES

Boundary Pharmacy 612 6 th Avenue, Midway <ul style="list-style-type: none"> Free delivery available in the area between Greenwood & Rock Creek 	250-449-2866
Pharmasave – Grand Forks 330 Central Avenue <ul style="list-style-type: none"> Free delivery services within Grand Forks and Christina Lake Sells health and medical equipment and supplies 	250-442-3515
Save-On-Foods Pharmacy 441 Central Ave, Grand Forks <ul style="list-style-type: none"> No delivery services 	250-442-3147

FOOD / MEAL SERVICES**❖ FOOD BANKS**

Boundary Community Food Bank <ul style="list-style-type: none"> 7816 A Donaldson Drive, Grand Forks Drop-in Tuesdays: 10am – 3pm; or by appointment: 1st three Fri / mo 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 	250-442-2800
Greenwood Food Bank (also serves Midway residents) <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 	Karen Martin 250-449-2279 250-449-1978
Kettle River Food Share: Rock Creek 4000 Highway 3 <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/kettleriverfoodshare/ Distributes local food on other Thursdays Food Share Program also teaches skills for sustainable eating & living 	Rick 250-449-8264

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

Dinners at Home Frozen Meals <ul style="list-style-type: none"> • Low cost, nutritious frozen meals which can be re-heated at home • Coordinator's hours at River Valley Community Church 2826 75th Ave Thurs: 1 - 1:30pm; Fri: 9:45 – 10:30am • Order & pre-pay; Pickup time at church on Thursdays from 1 - 1:30pm 	Sheilagh 250-442-2315 or 250-442-7917 (office hours only)
Meals on Wheels <ul style="list-style-type: none"> • Nutritious noon meals delivered several times a week by volunteers • Call to register for the service Boundary Lodge, Grand Forks: delivers within 5km of City Parkview Manor: delivers to Midway, Greenwood, Rock Creek	 250-443-0006 250-449-2842

❖ MEALS / DROP-IN

Courtesy Kitchen 7229 5 th St, Grand Forks <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
The Bridge Drop-in and Thrift Store <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 • Last Saturday of the month: Drop in for tea & coffee: 10am to 12 noon 	Amber Martin 250-449-1772 250-449-1978
See page 15: Seniors Groups for drop in's, potlucks & other activities	

FOOT CARE

Dr Alumbaugh Podiatrist	http://drdanapodiatry.com	
<ul style="list-style-type: none"> • Clinic location: Kootenay Columbia Therapeutics, 1686 2nd Ave, Trail 		250-364-1516
Barefoot Health & Wellness Foot Care	Lexi Collingwood	250-938-5423
<ul style="list-style-type: none"> • Advanced Nursing Foot Care services in-home or in a facility 		
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	Temeeka	647-460-8003
<ul style="list-style-type: none"> • Services provided in-home or in Grand Forks or Christina Lake clinics 		
Grand Soles Foot Care	7337 2 nd Street, Grand Forks	250-507-2925
<ul style="list-style-type: none"> • Services provided in-home throughout the Boundary or in the Clinic 	Deanna	
ReNEWell Care	5 - 317 Market Avenue	250-999-2740
<ul style="list-style-type: none"> • Foot care services available in the clinic. Call for an appointment 	https://renewellcare.com/	
Shear and File Foot Care	Christine	250-442-6343
<ul style="list-style-type: none"> • Grand Forks: 7219 2nd Street: Mon, Tues, Wed & Fri • Midway: Ste 1 - Medical Clinic Bldg, 500 Haynes Road: Thursdays 		

FRAUD / FINANCIAL

Banks and Credit Unions		
<ul style="list-style-type: none"> • Includes: Automatic Deposit, Bill Paying, Internet & phone 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		1-888-495-8501
<ul style="list-style-type: none"> • Report scams and suspected fraud. Mon-Fri: 6am-1:45pm PST 		
Credit Counselling Canada	www.nomoredebts.org	1-888-527-8999
<ul style="list-style-type: none"> • Free credit & debt counselling & personal budgeting services 		
RCMP		250-442-8288
<ul style="list-style-type: none"> • Contact about any concerns regarding possible financial abuse 	Grand Forks RCMP Midway RCMP	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 Volunteer Income Tax Program <ul style="list-style-type: none"> • Program offers free tax filing services to Boundary residents in March & April for those living on low incomes. • Phone between 10am & 4pm to make an appointment 	Terry Karen 250-442-6777 250-443-4208
Forms requiring Physician Certification <ul style="list-style-type: none"> • Call for an appointment with Laura Dautel • Advocate helps completion of provincial or federal government forms • Service available only for those attached to above medical clinics 	G.F. Clinic Christina Lake Clinic 250-442-8233 250-447-6262
Income Assistance <ul style="list-style-type: none"> • Service BC Centre, 7290 2nd Street, Grand Forks • An income supplement and other supports available to eligible seniors 	1-866-866-0800
Poverty Advocate Trail FAIR Centre, 2079 Columbia Ave <ul style="list-style-type: none"> • Serves low income residents in the Trail and Boundary areas • Help with issues connected with income supports, disability benefits, tenancy, debt, other government programs. Call for an appointment 	Naomi 250-364-2326 ext 235
SeniorsBC <ul style="list-style-type: none"> • Website offers a comprehensive summary of health care and other services for seniors & includes the on-line Seniors' Guide. 	www.seniorsbc.ca
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, information, services, licences & assistance applying for programs such as MSP, Pharmacare, seniors' subsidies for housing & transportation as well as income & disability (welfare) services. https://www2.gov.bc.ca/gov/ 	250-442-4306
Service Canada Outreach Site 7290 2 nd Street, Grand Forks <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 • https://www.canada.ca/en/employment-social-development/corporate/ 	TTY 1-800-622-6232 1-800-926-9105

HEALTH CARE SERVICES: GENERAL INFORMATION

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

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

<p>Home Health Services</p> <p style="text-align: right;">Intake /Assessment Central Local Offices</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>1-800-707-8550 see above</p>
<p>Home Support Services</p> <p style="text-align: right;">Central Intake /Assessment Local Offices</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>1-800-707-8550 see above</p> <p>1-800-707-8550</p>
<p>See page 12: <i>Home Services</i> and page 13: <i>Hospice</i> for other possibilities</p>	

❖ **CHRONIC DISEASE MANAGEMENT**

<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Support & information for chronic Diabetes, Heart and Kidney Disease. 	<p>Boundary District Hospital</p> <p>250-443-2100</p>

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA) (continued)**❖ MEDICAL LABORATORIES**

<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 -1:30pm; Limited walk-in service available • Greenwood Public Health Bldg Lab 255 S Govt St; Wednesdays: 7:55 - 8:45am • Midway Blood Laboratory Services 500 A -500 Haynes Rd Open: Mon:8am-12:30pm; Wed: 10:15am -12:30pm; no walk-in 	<p>1-844-870-4756 250-443-2100</p>

❖ MOBILE

<p>Community Paramedic Program: www.bcehs.ca/our-services</p> <ul style="list-style-type: none"> • A free BCEHS program for isolated Boundary Area seniors • Offers home visits, health assessments, referrals, basic care • Referral required from Physician, Home Health or Community Nurse 	
<p>Home Support Services Central Intake /Assessment</p> <ul style="list-style-type: none"> • In-home services provided by Home Health (IHA) page 7 	<p>1-800-707-8550</p>

❖ OTHER

<p>Public Health: Promotion & Prevention Services</p> <ul style="list-style-type: none"> • Offers a range of services for infants, children, youth, adults & families • East Boundary: 7441 2nd Street, Grand Forks • West 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 includes assessment, support, groups & services specifically for seniors • Optional to use easy-to -remember single access 310# or office # 	<p>250-442-0330 or 310-MHSU (6478)</p>

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA) (continued)**❖ RESPITE/ DAY PROGRAMS**

Adult Day Program, Hardy View Lodge 7649 22 nd Ave ,G.F. <ul style="list-style-type: none"> • A referral is required from Home Health Services Intake /Assessment 	1-800-707-8550
Respite at Hardy View Lodge <ul style="list-style-type: none"> • A referral is required from Home Health Services Intake /Assessment 	1-800-707-8550
See page 12: <i>Home Support Services</i> for other possibilities	

HEALTH CARE SERVICES: OTHER**❖ MOBILE / IN-HOME (Private)**

Sound Advice Mobile Hearing Aid Clinic https://www.sahearing.ca/ <ul style="list-style-type: none"> • In-home visits or in office 7381 2nd Street, Grand Forks 	778-531-5213
See pg 4: <i>Foot Care</i> and pg 12: <i>Home Support</i> for more in-home services	

❖ PRIMARY CARE**➤ FOR THOSE WITHOUT A PRIMARY CARE PROVIDER**

Kootenay Boundary Health Connect Registry HealthLink BC <ul style="list-style-type: none"> • For those KB residents looking for a physician or nurse practitioner • Register by phone or online https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary 	811
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➤ MEDICAL CLINICS

Boundary Medical Clinic 7486 2 nd Street, Grand Forks <ul style="list-style-type: none"> • Offers foot care and other supports to those registered with the clinic 	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)**

IHA Patient Care Quality Office	Info & Register a Complaint:	1-877-442-2001
<ul style="list-style-type: none"> Assists patients through the complaint process with regard to care they have received from Interior Health services & staff 		
Boundary Hospital Social Work Department	Erin	250-443-2162
<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 		

❖ OTHER (NON IHA)

Aboriginal Health	Circle of Indigenous Nations (COINS) www.coinations.net	1-877-904-2634
<ul style="list-style-type: none"> Aboriginal Patient Navigator Katie Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers & their families Aboriginal Health Coordinator Josie Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the Boundary region 		250-399-0699 250-551-4395 250-399-0714
Community Connector	Boundary Family Services Susan	250-584-5219
<ul style="list-style-type: none"> Helps to connect frail and isolated seniors with community services 		1-877-442-5355 ext 40263
KB Mental Health & Substance Use Consumer, Family & Peer Support	Trail FAIR, 2079 Columbia Ave, Trail www.trailfair.ca	1-877-364-2326 Ext 225
<ul style="list-style-type: none"> Provides support, education & resources to individuals (and families) with long term mental health & substance use (addiction) concerns. 		
Office of the Seniors' Advocate Information & Referral Line		1-877-952-3181
<ul style="list-style-type: none"> Monday to Friday: 8:30am - 4:30pm www.seniorsadvocatebc.ca Information, reports and referrals to services including the online Seniors' Guide & the BC Long Term Care Directory (page 6) 		
West Kootenay Boundary Caregiver Support	Coordinator	1-778-671-1021
<ul style="list-style-type: none"> Education, resources, groups for caregivers http://wkbcaregiver.org/ Coordinates the Grand Forks/ Boundary caregivers support group 		or 1-888-212-2337
See pages 16 - 19 for additional services for specific conditions		

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

Health Equipment Loan Program (HELP) <ul style="list-style-type: none"> • Located in the basement of the Boundary Hospital, 7642 22nd St., G.F. • 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

Drug Stores / Pharmacies <ul style="list-style-type: none"> • Several carry health and medical equipment and supplies, including Pharmasave in Grand Forks (page 2) 	
Hearing Tests / Hearing Aids <i>All offer free screening for seniors;</i> <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 	236-500-0898 778-531-5213
Kootenay Columbia Home Medical Equipment <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Lifeline www.lifeline.ca Kootenay contact: Rhandean Lacktin 	1-888-832-6071 250-364 2524
Respiratory Tests & Equipment: <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 	1-844-440-0277 1-877-965-6204 250-365-6204
Pages 16-19: For More Health Related Information / Contacts	

HOME SAFETY

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 Family Services: Seniors Services		
<ul style="list-style-type: none"> • Boundary Better at Home Non-medical supports: light housekeeping, transportation, friendly visiting, grocery shopping for at home seniors 65+; Sliding scale fees • Community Connector Helps to connect frail and isolated seniors with community services • For More Info https://www.boundaryfamily.org/services/Seniors/ 	Melanie Susan	250-584-4164 1-877-442-5355 ext 40252 250-584-5219 1-877-442-5355 ext 40263
Interior Health Home Support Services: See page 7		

❖ **PRIVATE**

Bric a Brac Estate Facilitators: Household goods removals	Shane	250-444-8080
Brittany Babakoff: Cleaning services		250-443-5743
Carson Fuller: Installs kitchen cabinets and countertops		604-603-0575
Deliveries: Goods purchased in Grand Forks driven to W. Boundary	Clint	604-417-7150
JunkAnd: Residential and property clean-up; removals; recycling	John	778-251-0982
ReNEWell Care: Offers assistance with in-home personal care		250-999-2740
Sandy Chernenkoff Fitness Trainer: Seniors' wellness & rehabilitation		604-883-4509
Sharon Walker: Transportation and errands		250-666-0266
True View Window Cleaning	Thomas	250-815-0820

HOSPICE / GRIEF / CAREGIVING

Boundary Community Hospice Association	Christine	250-584-4618
<ul style="list-style-type: none"> For end-of-life care or for those with a life-limiting illness Free services including providing trained volunteers for family respite companionship and other support 		
Bereavement BC Helpline	Monday to Friday: 9am to 5pm	1-877-779-2223
<ul style="list-style-type: none"> Connects callers to grief support services within BC. www.bcbh.ca 		
Jennifer Mallmes		778-829-9164
<ul style="list-style-type: none"> Private Advance Care Planning and End of Life Doula Services 		
West Kootenay Boundary Caregiver Support	Coordinator	1-778-671-1021
<ul style="list-style-type: none"> Education, resources, groups for caregivers http://wkbcaregiver.org Call for information or to register for the Grand Forks/ Boundary support group 		or 1-888-212-2337 ext 3

HOUSING / RESIDENTIAL ACCOMODATION**❖ INDEPENDENT (UNASSISTED) HOUSING; PRIVATE PAY***SAFER Rent subsidies may be available from BC Housing (page 5)*

Parkside Villa 100 - 2450 72 Avenue, Grand Forks	250-442-3223
<ul style="list-style-type: none"> Apply at the Villa Office: Open Tues, Thurs & Sat: 10am -2pm 	
Raven Place 6895 19 Street, G.F. Operated by Boundary Family Services	250-442-2267
<ul style="list-style-type: none"> Contact BFS for eligibility and application information 	1-877-442-5355

❖ SUPPORTIVE HOUSING; PRIVATE PAY*Independent living with support, but no personal care. SAFER Rent subsidies (page 5)*

Parkview Manor 670 9 th Avenue, Midway	250-449-2842
Phoenix Manor 876 72 nd Avenue, Grand Forks	250-442-2223
Silver Kettle Village 2350 72 nd Avenue, G.F. www.goldenlifemanagement.ca	250-442-0667

HOUSING / RESIDENTIAL ACCOMODATION (continued)**❖ ASSISTED LIVING: SUBSIDIZED**

Independent Living with support & personal care; Access only through Home Health Services: Assessment / Intake: 1-800-707-8550

For detailed information about individual publicly funded Assisted Living Facilities see the **Long Term Care & Assisted Living Directory** <https://www.seniorsadvocatebc.ca/>

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

Supportive 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
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❖ LONG TERM CARE: SUBSIDIZED

For those needing 24/7 “complex care”: Accessed only through Home Health

Services: Assessment / Intake: 1-800-707-8550

For detailed information about individual publicly funded Long Term Care Facilities see the **Long Term Care & Assisted Living Directory** <https://www.seniorsadvocatebc.ca/>

Hardy View Lodge 7649 22 nd Street, Grand Forks <ul style="list-style-type: none"> 79 publicly subsidized beds; www.interiorhealth.ca 	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
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LIBRARIES

Book & video loans, educational programs, computer and internet access & other services. See websites or phone for library hours and schedules. "Homebound" Service offers free delivery and pick up of books for those who lack transport or because of illness or disability

Christina Living Arts Centre 1675 Hwy 3 Christina Lake G.F.Library	250-442-3944
Grand Forks Library 7342 5 th St https://grandforks.bc.libraries.coop/	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 https://rdkb.com <ul style="list-style-type: none"> Swimming, fitness & other programs, some especially for seniors. Phone or check website for monthly program guide. 	250-442-2202
Columbia Basin Alliance for Literacy www.cbal.org Allison <ul style="list-style-type: none"> A variety of programs for adults including basic computer skills, English as a Second 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 a range of continuing education programs www.selkirk.ca 	250-442-2704

SENIORS' SOCIAL GROUPS & ASSOCIATIONS

Offers a number of social and recreational activities for members

Grand Forks Seniors' Society Centre <ul style="list-style-type: none"> 565 71st Avenue (in City Park); Hall rentals available Many regular drop in programs and activities; monthly newsletter 	250-443-9352
Greenwood Senior Citizens Association Branch 99 Centre <ul style="list-style-type: none"> 187 S Government St ; Various activities for members Drop-in: Tues, Thurs & Sat: 2 - 3pm; Bingo: Wed:1 - 3:30pm 	250-445-6655
Midway Senior Citizens Association Branch 117 Wendy <ul style="list-style-type: none"> 541 7th Avenue; many drop-in & other activities; open year round 	250-449-5088

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>Addictions / Substance Use</p> <ul style="list-style-type: none"> • Alcohol & Drug Information & Referral Line (24/7) 1-800-663-1441 • AA (Alcoholics Anonymous)- Boundary www.bcyukonaa.org Grand Forks Meetings: 7252 7th St: Mon & Sat: 7pm: Lee or Butch 250-442-2546 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 • NA (Narcotics Anonymous) https://bcna.ca/ Grand Forks: Holy Trinity Anglican Church 7252 7th St; Thurs 7pm • 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 	
<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 • Alzheimer West Kootenay 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. Serves the Boundary region as well as the West Kootenay or 778-774-2133 	1-800-936-6033
<p>Arthritis</p> <ul style="list-style-type: none"> • ArthritisBC & Me: Info & services https://arthritisbcandme.info/ • Arthritis Society Canada https://arthritis.ca/ 	1-800-321-1433
<p>Bereavement BC Helpline M to F: 9am to 5pm; Sat: 9am to 1pm</p> <ul style="list-style-type: none"> • 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 see pg 6)

<p>Brain Injury</p> <ul style="list-style-type: none"> • Kootenay Brain Injury Ass'n Room 3 – 1250 26th St, Castlegar <ul style="list-style-type: none"> ○ Contact for schedule of regional activities www.kootenaybia.ca ○ Participants need to provide documents re injury or a referral • KB Acquired Brain Injury Services (Interior Health) Intake Coord. <ul style="list-style-type: none"> ○ Office: Castlegar Health Centre M - Th: 8:30am - 4pm 	<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: Cancer Care for the Southern Interior http://www.bccancer.bc.ca/our-services/centres-clinics/ <ul style="list-style-type: none"> ○ 399 Royal Avenue, Kelowna ○ Prevention, screening & early detection, diagnosis & treatment services, pain & symptom management clinic, support, etc • Southern Interior Rotary Lodge 330 Strathcona Ave, Kelowna <ul style="list-style-type: none"> ○ Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre • Canadian Cancer Society www.cancer.ca <ul style="list-style-type: none"> ○ Information Helpline and many supports: phone, email or online 	<p>1-888-563-7773</p> <p>1-877-712-2203</p> <p>1-888-939-3333</p>
<p>Caregiving: West Kootenay Boundary Support Coordinator</p> <ul style="list-style-type: none"> • Education, resources, groups for caregivers http://wkbcaregiver.org/ • Call for information or to register for the Grand Forks/ Boundary support group 	<p>1-778-671-1021</p> <p>or</p> <p>1-888-212-2337</p> <p>ext 3</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Support & information for chronic Diabetes, Heart, Kidney and other diseases located in the Boundary District Hospital • Self-Management Program: A free, 6 week program (on-line & in communities) offering info & skills to manage various chronic health problems, pain, cancer & diabetes https://www.selfmanagementbc.ca 	<p>250-443-2100</p> <p>1-866-902-3767</p>
<p>Chronic Pain Management & Local Resources</p> <ul style="list-style-type: none"> • Pain BC Support: Mon – Fri: 9am – 4pm https://painbc.ca/ • KBRH Pain Medicine Clinic, Trail - Referral required • Regional Resources & Information https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools 	<p>1-844-880-7246</p> <p>250-368-3311</p> <p>ext 2479</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)

Community Connector / Navigation Susan <ul style="list-style-type: none"> Helps to connect frail and isolated seniors with community services A Boundary Family Services program www.bfiss.org 	250-584-5219 1-877-442-5355 ext 40263
Crohn's & Colitis Canada www.crohnsandcolitis.ca <ul style="list-style-type: none"> Call or see website for information & resources 	1-800-513-8202
Deaf & Hard of Hearing www.wavefrontcentre.ca <ul style="list-style-type: none"> Wavefront Centre for Communication Accessibility TTY 	1-888-736-7391 1-604-736-2527
Diabetes <ul style="list-style-type: none"> See Chronic Disease Management (page 17) Diabetes Canada Info & Support Line 6am – 3pm PST https://www.diabetes.ca/ 	1-800-226-8464
End of Life / Palliative Care <ul style="list-style-type: none"> Boundary Community Hospice Association Office See <i>Hospice</i> (page 13) for description of various services & resources Home Health Services (IHA) (page 7) Central intake 	250-584-4618 1-800-707-8550
Fibromyalgia & Chronic Fatigue Syndrome <ul style="list-style-type: none"> ME/FM Society of BC www.mefm.bc.ca 	1-888-353-6322
Heart <ul style="list-style-type: none"> See Chronic Disease Management (page 17) Heart & Stroke Foundation www.heartandstroke.ca 	1-888-473-4636
Kidney (Renal) Disease <ul style="list-style-type: none"> Dialysis Unit located in the Boundary Hospital 250-443-2100 KB Chronic Kidney Disease Clinic: Kiro Wellness Centre, Trail: Support, resources, & referrals for non-hospitalized patients 250-364-6270 BC Renal: information, support, resources http://www.bcrenal.ca/ 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 see pg 6)

<p>Mental Health</p> <ul style="list-style-type: none"> • BC Mental Health Support Line (24/7) 310-6789 • Canadian Mental Health Ass'n (CMHA) www.cmha.bc.ca 1-800-555-8222 CMHA "Bounce Back": Free online, video or phone programs help manage low mood, stress & anxiety. https://bouncebackbc.ca/ 1-866-639-0522 • 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) 250-442-0330 • Mental Health & Substance Use Regional Consumer & Family Support: Office: Trail FAIR, 2079 Columbia Ave (page 10) 1-877-364-2326 Ext 225 • Alzheimer / Dementia Support Information: (page 16) 1-855-301-6742 	
<p>MS (Multiple Sclerosis) Canada https://mscanada.ca/</p> <ul style="list-style-type: none"> • Phone or see website for support & info MS Navigator 	1-844-859-6789
<p>Nutrition: Call the HealthLinkBC Dietician Monday to Friday: 9am-5pm</p>	811
<p>Parkinson Society of BC www.parkinson.bc.ca</p> <ul style="list-style-type: none"> • Website has valuable information including education & supports • Closest support group meets 3rd Tues/month in Trail Sheila 	1-800-668-3330 250-231-7705
<p>Respiratory (Lung) Disease</p> <ul style="list-style-type: none"> • Private Respiratory Testing & Equipment (page 11) • BC Lung Foundation https://bclung.ca/ Info 	1-800-665-5864
<p>Scleroderma Association of BC https://sclerodermabc.ca/</p> <ul style="list-style-type: none"> • For online toolkits & research info: https://spinsclero.com/ 	1-604-371-1005
<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 	1-888-313-3377
<p>Vision Loss</p> <ul style="list-style-type: none"> • Cndn National Institute for the Blind (CNIB) www.cnib.ca 1-800-563-2642 • Support & services re vision loss: online & in-person Kelowna office 250-763-1191 	

TRANSPORTATION / TRAVEL**❖ MEDICAL APPOINTMENTS**

Boundary Health Connections https://www.bctransit.com/boundary/home <ul style="list-style-type: none"> • BC Transit: Between Rock Creek & Grand Forks on Tuesdays for medical appointments (if room, open to others); Book Mon by 4pm 	1-855-993-3100
Boundary Hospice Volunteer Driver Program Christine <ul style="list-style-type: none"> • For medical appointments only; Cost varies according to distance 	250-584-4618
Hope Air www.hopeair.ca <ul style="list-style-type: none"> • Free air travel to obtain non-emergency specialist medical care. 	1-877-346-4673
Interior Medical Transport (IMT) https://www.bcimt.ca/ <ul style="list-style-type: none"> • Private service offering a variety of patient transport services options 	250-368-7978
Travel Assistance Program (TAP) Inquiries <ul style="list-style-type: none"> • Fee reductions on some carriers (eg Pacific Coastal, BC Ferries) for eligible BC residents travelling for non-emergency specialist care. 	1-800-663-7100
Travel Treatment Fund Canadian Cancer Society Info & Register <ul style="list-style-type: none"> • Helps offset cancer treatment travel expenses https://cancer.ca 	1-888-939-3333

❖ REGULAR / DISABILITIES

BC Bus Pass Program <ul style="list-style-type: none"> • Low cost for low income seniors & free for Persons with Disabilities 	1-866-866-0800
Boundary Taxi Service	250-444-3333
Boundary Transit Services All trips booked by 4pm the day prior <ul style="list-style-type: none"> • Tues & Fri: Within Grand Forks & btwn Greenwood & GF • Tues only: Btwn Rock Crk & G.F; www.bctransit.com/boundary/home 	1-855-993-3100
Mountain Man Mike's Bus Service www.mountainmanmikes.ca <ul style="list-style-type: none"> • WK-Vancouver return (2 days/wk) & WK-Calgary return (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)