

# ***Closing the Gaps in Seniors' Care***



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

**November 18 2025**

This Guide and many more services posted on-line:

[www.kb.fetchbc.ca](http://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](http://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](http://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**

<p><b>24 / 7 Emergency (Ambulance, Fire, Police)</b></p>	<p><b>911</b></p>
<p><b>24 / 7 Crisis Lines:</b></p> <ul style="list-style-type: none"> <li>• For support in a crisis, or concerns about the safety of another person</li> <li>• <b>BC Mental Health Support Line</b></li> <li>• <b>Interior Crisis Line Network</b></li> <li>• <b>Suicide Crisis Helpline (National)</b></li> <li>• <b>Suicide Prevention Crisis Line (BC)</b></li> </ul>	<p><b>310-6789</b>  <b>1-888-353-2273</b>  <b>988</b>  <b>1-800-784-2433</b></p>
<p><b>Seniors Abuse &amp; Information Line (SAIL)</b> <a href="https://seniorsfirstbc.ca/">https://seniorsfirstbc.ca/</a></p> <ul style="list-style-type: none"> <li>• Phone: Monday to Friday: 8am – 8pm</li> <li>• Call re concerns about senior abuse or mistreatment</li> </ul>	<p><b>1-866-437-1940</b>  <b>1-855-306-1443</b> TTY</p>
<p><b>Report Concerns re Possible Elder Abuse or Neglect to:</b></p> <ul style="list-style-type: none"> <li>• <b>Report Adult Abuse &amp; Neglect (IHA)</b> Mon-Fri: 8:30am-4:30pm</li> <li>• <b>RCMP</b> (re a crime)</li> </ul> <p style="text-align: right;"> <b>Grand Forks</b> 1608 Central Avenue  <b>Midway</b> 580 Florence Street         </p>	<p><b>1-844-870-4754</b>  <b>250-442-8288</b>  <b>250-449-2244</b></p>
<p><b>Boundary Regional RCMP Victim Services</b></p> <ul style="list-style-type: none"> <li>• Provides victims of crime &amp; tragedy with crisis intervention, emotional support, practical assistance, information on the justice system, court orientation and referrals to community resources</li> </ul>	<p><b>Grand Forks</b> <b>250-442-5846</b>  <b>Midway</b> <b>250-449-2244</b>  <b>1-800-563-0808</b>          (after office hours)</p>
<p><b>Boundary Women’s Transition House &amp; Counselling</b></p> <ul style="list-style-type: none"> <li>• 24-hour, 7 days a week free, confidential services for women.</li> <li>• Provision of safe shelter, outreach support and referrals for women (&amp; their children &amp; pets) experiencing domestic abuse, violence or threats.</li> <li>• Drop-in, outreach and counselling services for women also available</li> </ul>	<p><b>250-442-3131</b>  <b>1-855-441-3131</b></p>
<p><b>Boundary Stay Safe Homeless Shelter</b> 2320 78 Ave, Grand Forks</p> <ul style="list-style-type: none"> <li>• Assistance includes meals, clothing, shower, laundry and referrals</li> <li>• Low barrier, open to Boundary residents; Open year round 2pm- 10am</li> <li>• Phone Boundary Family Services (BFS) for more information and access to Shelter Coordinator’s voicemail</li> </ul>	<p><b>250-442-2267</b>  <b>1-877-442-5355</b></p>
<p><b>Boundary Community Response Network</b></p> <ul style="list-style-type: none"> <li>• Organizes prevention and education activities to help end abuse, neglect and self-neglect of adults in BC</li> </ul>	<p><b>Rachel</b> <b>250-442-2267</b>  <b>Ext 40243</b>  <b>1-877-442-5355</b> <a href="http://www.bccrns.ca">http://www.bccrns.ca</a></p>

**DRUG STORES / PHARMACIES**

<b>Boundary Pharmacy</b> 612 6 <sup>th</sup> Avenue, Midway <ul style="list-style-type: none"> <li>• Open Wednesday to Friday: 10am – 5pm</li> <li>• Free delivery available in the area between Greenwood &amp; Rock Creek</li> </ul>	<b>250-449-2866</b>
<b>Pharmasave – Grand Forks</b> 330 Central Avenue <ul style="list-style-type: none"> <li>• Free delivery services: G.F: Tues to Thurs; Christina Lake 1 day/week</li> <li>• Sells health, medical equipment and supplies; Seniors Day:Tuesdays</li> </ul>	<b>250-442-3515</b>
<b>Save-On-Foods Pharmacy</b> 441 Central Ave, Grand Forks <ul style="list-style-type: none"> <li>• No delivery services</li> </ul>	<b>250-442-3147</b>

**FOOD / MEAL SERVICES****❖ FOOD BANKS**

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

**FOOD / MEAL SERVICES (continued)**

**❖ HOT MEALS: DELIVERED**

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

**❖ MEALS / DROP-IN**

<p><b>Beaverdell Community Lunch</b> Beaverdell Hall 5841 Hwy 33</p> <ul style="list-style-type: none"> <li>• Free lunch for residents on Fridays: 12noon to 1pm</li> <li>• Sponsored by the Beaverdell Community Club</li> </ul>	<p><b>250-484-5664</b></p>
<p><b>Courtesy Kitchen</b> 7229 5<sup>th</sup> St, Grand Forks</p> <ul style="list-style-type: none"> <li>• Drop-in, Monday to Friday: 8am to 2pm</li> <li>• Free Hot Lunch (take-out or eat-in): Monday to Friday: 11am to 1pm</li> <li>• A program of Whispers of Hope Benevolence Association</li> </ul>	<p><b>236-352-0041</b></p>
<p><b>The Bridge Drop-in and Thrift Store</b></p> <ul style="list-style-type: none"> <li>• 629 8<sup>th</sup> Avenue (Old Church Building), Midway</li> <li>• Free lunch on 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of each month: 10am to 2pm                      Note: If Monday is a stat holiday, Centre is open Tuesday instead</li> <li>• Drop in for tea &amp; coffee last Saturday / month: 10am to 12 noon</li> </ul>	<p><b>Amber</b>  <b>Martin</b>  <b>250-449-1772</b>  <b>250-449-1978</b></p>
<p><b>Also see page 16: <i>Seniors Groups</i> for drop in's, potlucks or other activities</b></p>	

**FOOT CARE**

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

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

**FRAUD / FINANCIAL**

<b>Banks &amp; Credit Unions</b> Automatic Deposit, Bill Paying, Internet & phone	
<b>Better Business Bureau of Mainland BC</b> <a href="http://www.bbb.org/mbc">www.bbb.org/mbc</a>	<b>1-888-803-1222</b>
<ul style="list-style-type: none"> <li>• Services include business info, scam warnings &amp; receiving complaints</li> </ul>	<b>1-604-682-2711</b>
<b>Canadian Anti-Fraud Centre</b>	
<ul style="list-style-type: none"> <li>• Report scams / suspected fraud. Mon-Fri: 7am-1:45pm PST</li> </ul>	<b>1-888-495-8501</b>
<b>Credit Counselling Canada</b> <a href="http://www.nomoredebts.org">www.nomoredebts.org</a>	
<ul style="list-style-type: none"> <li>• Free credit &amp; debt counselling &amp; personal budgeting services</li> </ul>	<b>1-888-527-8999</b>
<b>RCMP</b> Grand Forks RCMP	<b>250-442-8288</b>
<ul style="list-style-type: none"> <li>• Contact about any concerns re financial abuse</li> </ul>	<b>Midway RCMP</b> <b>250-449-2244</b>

**GOVERNMENT SERVICES / ADVOCACY / SUPPORT**

<b>BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER)</b> <ul style="list-style-type: none"> <li>• A rent subsidy for those over 60 paying over 30% of gross income</li> <li>• See website re other qualifications for program <a href="http://www.bchousing.org">www.bchousing.org</a></li> </ul>	<b>1-800-257-7756</b>
<b>Community Law Advocate</b> Trail FAIR Society <b>Naomi</b> <ul style="list-style-type: none"> <li>• Assists low income residents in Trail and Boundary areas with issues, appeals, tribunals re disability benefits, tenancy, debt &amp; govt services</li> </ul>	<b>250-364-2326</b> ext 235 <b>1-877-364-2326</b>
<b>Community Volunteer Income Tax Program</b> <b>Terry</b> <ul style="list-style-type: none"> <li>• Program offers free tax filing services to Boundary residents year round for those living on low incomes. <b>Contact:</b> 10am to 4pm</li> </ul>	<b>250-442-6777</b> <b>250-443-4208</b>
<b>Help with Forms requiring physician certification</b> <b>Boundary Clinic</b> <ul style="list-style-type: none"> <li>• Social worker helps with government forms <b>Christina Lake Clinic</b></li> <li>• Service available <b>only</b> for those attached to above medical clinics</li> </ul>	<b>250-442-8233</b> <b>250-447-6262</b>
<b>Income Assistance</b> Service BC Centre, 7290 2 <sup>nd</sup> Street, Grand Forks <ul style="list-style-type: none"> <li>• An income supplement and other support available to eligible seniors</li> </ul>	<b>1-866-866-0800</b>
<b>Office of the Seniors' Advocate Information &amp; Referral Line</b> <ul style="list-style-type: none"> <li>• Monday to Friday: 8:30am - 4:30pm <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a></li> <li>• Offers BC Seniors information and referrals to relevant services</li> <li>• Monitors &amp; analyzes seniors' services &amp; issues in Health care, Housing, Income support, Community support &amp; Transportation.</li> <li>• See the website for information, the <b>BC Seniors Guide</b> and a number of reports &amp; studies including the <b>Long Term Care &amp; Assisted Living Directory</b> <a href="https://www.seniorsadvocatebc.ca/quickfacts/location/">https://www.seniorsadvocatebc.ca/quickfacts/location/</a></li> </ul>	<b>1-877-952-3181</b>
<b>SeniorsBC</b> <a href="http://www.seniorsbc.ca">www.seniorsbc.ca</a> <ul style="list-style-type: none"> <li>• Info re health care and other services for seniors / Seniors' Guide</li> </ul>	
<b>Seniors Navigator</b> Boundary Family Services <b>Christina</b> <ul style="list-style-type: none"> <li>• Information &amp; referrals for seniors to services &amp; government benefits</li> </ul>	<b>250-584-5186</b> <b>250-442-2267</b>
<b>Service BC Centre (Government Agent / Access Centre)</b> <ul style="list-style-type: none"> <li>• 7290 2<sup>nd</sup> St., Grand Forks; M-F: 9 - 12 noon; 1 - 4:30pm</li> <li>• <b>BC government</b> forms, services, licences &amp; info re MSP, Pharmacare, seniors' subsidies for housing &amp; transportation, income &amp; disability supports. More Info: <a href="https://www2.gov.bc.ca/gov/content/home/services-a-z">https://www2.gov.bc.ca/gov/content/home/services-a-z</a></li> </ul>	<b>250-442-4306</b>

**GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)**

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

<p><b>Advance Care Planning</b></p> <ul style="list-style-type: none"> <li>• <b>BC Government Website</b> <a href="http://www.gov.bc.ca/advancecare">www.gov.bc.ca/advancecare</a> provides links to the planning document “My Voice” &amp; information on planning re future care, support and other needs</li> <li>• <b>Nidus Personal Planning Resource Centre &amp; Registry</b> <a href="https://www.nidus.ca/">https://www.nidus.ca/</a> provides comprehensive online information, forms &amp; support for all aspects of Personal Planning including: <ul style="list-style-type: none"> <li>○ Legal and Financial planning including the creation of an Enduring Power of Attorney document</li> <li>○ Health and Personal Care planning including the creation of a Representation Agreement document</li> <li>○ Estate Planning including creating a Will.</li> </ul> </li> </ul>	
<p><b>Ambulance Billing Services Info Line</b> Monday to Friday: 9am - 4pm</p> <ul style="list-style-type: none"> <li>• For Billing information: <a href="http://www.bcehs.ca/about/billing">http://www.bcehs.ca/about/billing</a></li> </ul>	<p><b>1-800-665-7199</b></p>
<p><b>Health Insurance BC</b> <a href="http://www2.gov.bc.ca/gov/content/health">www2.gov.bc.ca/gov/content/health</a></p> <ul style="list-style-type: none"> <li>• Medical Services Plan, Pharmacare &amp; Fair Pharmacare</li> <li>• Forms &amp; info at the <b>Grand Forks Service BC Centre (page 5)</b></li> </ul>	<p><b>1-800-663-7100</b></p>
<p><b>HealthLinkBC</b></p> <ul style="list-style-type: none"> <li>• Navigator or Nurse: 24 hours / 7 days a week</li> <li>• Dietician or Exercise Professional: Monday to Friday: 9am - 5pm</li> <li>• Pharmacist: 7 days a week: 5pm-9am</li> <li>• Information and links to services: <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a></li> <li>• Special Line for Hearing Impaired persons:</li> </ul>	<p>Toll free <b>811</b></p> <p>Toll free <b>711</b></p>

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

❖ **BOUNDARY DISTRICT HOSPITAL**

- 7649 22<sup>nd</sup> Street, Grand Forks      **250-443-2100**

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

<p><b>Home Health Services</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• New clients must phone the Central Intake/Assessment line</li> </ul>	<p><b>Intake /Assessment Central Local Offices</b></p>	<p><b>1-800-707-8550 see above</b></p>
<p><b>Home Support Services</b></p> <ul style="list-style-type: none"> <li>• A scheduled, subsidized service (income dependent) providing simple meal preparation, help with managing personal health care needs, caregiver respite &amp; palliative home support. Does NOT include bulk meal prep, cooking, housekeeping, driving, shopping</li> <li>• <b>Home Support Scheduling</b> 7 days/week: 6:30am - 8pm</li> </ul>	<p><b>Central Intake /Assessment Local Offices</b></p>	<p><b>1-800-707-8550 see above</b></p> <p><b>1-800-707-8550</b></p>
<p><b>See page 12: <i>Home Services</i> and page 14: <i>Hospice</i> for other possibilities</b></p>		

❖ **CHRONIC DISEASE MANAGEMENT**

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



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

<b>Canadian Dental Care Plan</b> <ul style="list-style-type: none"> <li>Seniors (over 65) without a current plan now eligible for services</li> <li>See <a href="#">website</a> or phone for eligibility requirements and application form</li> </ul>	<b>1-833-537-4342</b>
<b>The Travelling Hygienist</b> <a href="https://www.thetravellinghygienist.com/">https://www.thetravellinghygienist.com/</a> <ul style="list-style-type: none"> <li>Private basic dental care in-home or facility (also in travel van) including cleanings, exams and X-rays</li> </ul>	<b>778-231-0475</b>

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

<b>Kootenay Boundary Health Connect Registry</b> <b>HealthLink BC</b> <ul style="list-style-type: none"> <li>For those KB residents looking for a physician or nurse practitioner</li> <li>Register by phone or online <a href="https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary">https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary</a></li> </ul>	<b>811</b>
<b>KB Access Clinic</b> <a href="https://kbaccess.ca/">https://kbaccess.ca/</a> <ul style="list-style-type: none"> <li>For those who don't have a family doctor or nurse practitioner</li> <li>Offers virtual visits to patients in all the Kootenay Boundary region as well as in-person care in Nelson &amp; Castlegar</li> </ul>	<b>778-508-3112</b>

**➤ MEDICAL CLINICS**

<b>Boundary Medical Clinic</b> 7486 2 <sup>nd</sup> Street, Grand Forks <ul style="list-style-type: none"> <li>Offers foot care and other services to those registered with the clinic</li> </ul>	<b>250-442-8233</b>
<b>Christina Lake Medical Clinic</b> 1875 Bakery Frontage Road	<b>250-447-6262</b>
<b>Greenwood Medical Clinic</b> Rear 255 S Government Street	<b>250-445-6626</b>
<b>Midway Medical Clinic</b> 500 Haynes Street	<b>250-449-2218</b>
<b>Rock Creek Medical Clinic</b> 100 Cut Off Road	<b>250-446-2272</b>

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

<b>IHA Patient Care Quality Office</b> <b>Info &amp; Register a Complaint:</b> <ul style="list-style-type: none"> <li>Assists patients through the complaint process with regard to care they have received from Interior Health services &amp; staff</li> </ul>	<b>1-877-442-2001</b>
<b>Boundary Hospital Social Work Department</b> <b>Erin</b> <ul style="list-style-type: none"> <li>Provides psycho-social care and support for hospital patients in acute care and oncology as well as for long term care residents &amp; families.</li> <li>Includes practical assistance, advocacy, referrals &amp; end of life support</li> </ul>	<b>250-443-2162</b>

**❖ OTHER (NON IHA)**

<b>Aboriginal Health</b> Circle of Indigenous Nations (COINS) <a href="http://www.coinations.net">www.coinations.net</a> <ul style="list-style-type: none"> <li><b>Grand Forks Office:</b> 7525 12<sup>th</sup> Street</li> <li><b>Aboriginal Patient Navigator</b>      <b>Carrie</b> Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers &amp; their families</li> <li><b>Aboriginal Health Coordinator</b>      <b>Josie</b> Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the Boundary region</li> </ul>	<b>1-877-904-2634</b>  <b>250-399-0699</b> <b>250-551-4395</b>  <b>250-399-0714</b>
<b>Boundary Seniors' Services</b> Boundary Family Services <ul style="list-style-type: none"> <li><b>Community Connector</b>      <b>E. Bound: Christina</b> Connects to services that support health &amp; well-being <b>W.Bound: Ruth</b></li> <li><b>Seniors Navigator</b>      <b>All Boundary: Christina</b> Info &amp; referrals to services &amp; gov't benefits</li> </ul>	<b>250-442-2267</b> <b>250-584-5186</b> <b>1-877-442-5355</b> <b>ext 40253</b> <b>250-584-5186</b>
<b>KB Mental Health &amp; Substance Use Consumer, Family &amp; Peer Support Program</b> Trail FAIR, 2079 Columbia Ave, Trail <a href="http://www.trailfair.ca">www.trailfair.ca</a> <ul style="list-style-type: none"> <li>Provides support, education &amp; resources to individuals (and families) with long term mental health &amp; substance use (addiction) concerns.</li> </ul>	<b>250-231-7552</b> <b>1-877-364-2326</b> <b>Ext 225</b>
<b>Office of the Seniors' Advocate</b> Monday to Friday: 8:30am - 4:30pm <ul style="list-style-type: none"> <li>BC seniors information, resources and referrals; see <b>page 5</b> for details</li> </ul>	<b>1-877-952-3181</b>
<b>West Kootenay Boundary Caregiver Support</b> <b>Coordinator</b> <ul style="list-style-type: none"> <li>Education, resources, groups for caregivers <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> <li>Grand Forks/ Boundary caregivers support group details: <b>see page 14</b></li> </ul>	<b>1-888-212-2337</b> <b>ext 3</b>

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

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

<p><b>Drug Stores / Pharmacies</b></p> <ul style="list-style-type: none"> <li>• Several carry health and medical equipment and supplies, including <b>Pharmasave</b> in Grand Forks (<b>page 2</b>)</li> </ul>	
<p><b>Hearing Tests / Hearing Aids</b> <i>All offer free screening for seniors;</i></p> <ul style="list-style-type: none"> <li>• <b>Dynamic Hearing Solutions</b> 245 72<sup>nd</sup> Avenue, Grand Forks <a href="https://www.dynamichearingsolutions.ca">https://www.dynamichearingsolutions.ca</a></li> <li>• <b>Sound Advice Mobile Hearing Aid Clinic</b> 7381 2<sup>nd</sup> St., G.F. <a href="https://www.sahearing.ca/">https://www.sahearing.ca/</a> In-home visits or in office</li> </ul>	<p><b>236-352-0063</b></p> <p><b>778-531-5213</b></p>
<p><b>Kootenay Columbia Home Medical Equipment</b></p> <ul style="list-style-type: none"> <li>• 630 17<sup>th</sup> Street, Castlegar <a href="http://www.kchomemedical.ca">www.kchomemedical.ca</a></li> <li>• Sells, rents and repairs a wide range of medical equipment</li> </ul>	<p><b>1-866-515-7772</b></p> <p><b>250-365-7772</b></p>
<p><b>Personal Emergency Response Systems/ Medical Alarms</b></p> <ul style="list-style-type: none"> <li>• <b>Lifeline</b> <a href="http://www.lifeline.ca">www.lifeline.ca</a> Kootenay contact: <b>Rhandean Lacktin</b></li> </ul>	<p><b>1-888-832-6071</b></p> <p><b>250-364 2524</b></p>
<p><b>Respiratory Tests &amp; Equipment:</b></p> <ul style="list-style-type: none"> <li>• <b>Columbia Respiratory</b> 240 - 8100 Waneta Plaza Hwy 3B, Trail Boundary Hospital 7649 22<sup>nd</sup> St, G.F on Thursdays <b>Appointment</b></li> <li>• <b>Independent Respiratory Services</b> <a href="http://www.irscanada.ca">www.irscanada.ca</a> Regional Clinic: 865 Columbia Avenue, Castlegar <b>Appointment</b></li> </ul>	<p><b>250-364-0277</b></p> <p><b>1-844-440-0277</b></p> <p><b>1-877-365-6952</b></p>
<p><b>Pages 17-20: For More Health Related Information / Contacts</b></p>	

**HOME SAFETY**

<b>RCMP</b>	<b>Grand Forks</b> <b>Midway</b>	<b>250-442-8288</b> <b>250-449-2244</b>
<ul style="list-style-type: none"> <li>Responds to seniors' safety concerns</li> </ul>		
<b>BC Rebate for Accessible Home Adaptation (BC RAHA)</b>		<b>1-800-257-7756</b>
<ul style="list-style-type: none"> <li>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 <a href="https://www.bchousing.org/housing-assistance/BC-RAHA">https://www.bchousing.org/housing-assistance/BC-RAHA</a></li> </ul>		

**HOME SUPPORT SERVICES**

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

**❖ NON-PROFIT / PUBLIC**

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

**❖ PRIVATE**      **Note: GF = Grand Forks, CL+= Christina Lake**

<b>Alicia Benoit</b> RN will provide various home support and personal services as needed, in the West Boundary area from Greenwood to Beaverdell		<b>250-869-9795</b>
<b>Angele Marcoux</b> Errands, housekeeping & food prep in GF & CL		<b>250-443-9219</b>
<b>Ashley Brown:</b> Respite care, support worker services ; her sons will do snow shovelling & yard work		<b>306-460-9234</b>
<b>B.E. Services</b> Handyman, electrician, yard work, snow removal, small scale pick up & delivery; low income discounts	<b>Ed</b>	<b>250-921-6451</b>
<b>Beastmode Enterprises</b> includes snow removal, landscaping, deliveries between GF & CL, personal trainer, nutrition specialist	<b>Scott</b>	<b>306-717-6256</b>

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

<b>Bric a Brac Estate Facilitators:</b> Household goods removals	<b>Shane</b>	<b>250-444-8080</b>
<b>Brittany Babakoff:</b> Cleaning services		<b>250-443-5743</b>
<b>Ginny Kelly:</b> Meals, personal care, respite, shopping		<b>250-442-2473</b>
<b>JunkAnd:</b> Residential and property clean-up; removals; recycling	<b>John</b>	<b>778-251-0982</b>
<b>Kathleen Marko</b> Light cleaning, personal care, respite, shopping, transportation to appointments		<b>250-444-8562</b>
<b>Lisa Brooks</b> cleaning, house sitting and pet sitting		<b>250-444-7666</b>
<b>Manon Forget</b> Care Aide, personal care, respite		<b>778-922-3674</b>
<b>Monette Hayashi</b> Grocery shopping, personal care, respite meal prep		<b>250-443-4321</b>
<b>Mountain Dog Barkery</b> Pet sitting, pet vet transport, dog treats		<b>250-921-6451</b>
<b>Pam Harris</b> LPN provides respite care in the Grand Forks Area		<b>250-442-3738</b>
<b>ReNEWell Care</b> RN leads wrap-around multilevel home care services.		<b>250-999-2740</b>
<b>Rosalee Kinakin</b> Shopping, respite, transportation to appointments in GF		<b>250-443-4008</b>
<b>Sandy Chernenkoff Mobile Fitness Trainer</b> Seniors' wellness & rehabilitation in Grand Forks, Christina Lake & Greenwood		<b>604-883-4509</b>
<b>Sharon's Small Shuttle Service</b> Transportation and errands		<b>250-442-8967</b> <b>250-666-0266</b>
<b>Sharon Unger</b> Personal care, shopping, cleaning, meals, etc		<b>250-574-1722</b>
<b>Spectrum Home and Family Care</b> <a href="http://www.spectrumcares.ca">www.spectrumcares.ca</a>		<b>250-265-3842</b>
<b>True View Window Cleaning</b> <a href="https://twindowclean.ca/">https://twindowclean.ca/</a>	<b>Thomas</b>	<b>250-815-0820</b>
<b>Yoko Cochran</b> Care Aide, personal care, shopping, cleaning, etc		<b>250-442-9764</b>

**HOSPICE / GRIEF / CAREGIVING**

<p><b>Bereavement BC Helpline</b> <a href="https://bcbh.ca/grief-support/">https://bcbh.ca/grief-support/</a></p> <ul style="list-style-type: none"> <li>Connects callers to BC grief support services</li> </ul> <p>Mon- Fri: 9am- 5pm</p>	<p><b>1-877-779-2223</b></p>
<p><b>Eclectic Journeys</b> <a href="https://eclecticjourneys.ca/">https://eclecticjourneys.ca/</a> <b>Tarie Ann Frazier</b></p> <ul style="list-style-type: none"> <li>Private End of Life Doula Services offering care &amp; support</li> </ul>	<p><b>604-862-1567</b></p>
<p><b>Jennifer Mallmes</b></p> <ul style="list-style-type: none"> <li>Private Advance Care Planning and End of Life Doula Services</li> </ul>	<p><b>778-829-9164</b></p>
<p><b>Seniors Navigator &amp; Community Connector Program (page 10)</b></p>	
<p><b>West Kootenay Boundary Caregiver Support</b> <b>GF Coordinator</b></p> <ul style="list-style-type: none"> <li>Free services for unpaid caregivers (19+) who care for someone 55+</li> <li>Offers emotional 1:1 support, peer support groups, social activities, health care navigation &amp; info, referrals to local community resources.</li> <li>Grand Forks support group: 2nd Thursday / month: 1:30 to 3pm</li> <li>For more Info : Phone or see website <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> </ul>	<p><b>1-888-212-2337</b> <b>ext 3</b></p>
<p><b>Note: The Boundary Community Hospice Association has closed</b></p>	

**HOUSING / RESIDENTIAL ACCOMODATION**

❖ **INDEPENDENT (UNASSISTED) HOUSING; PRIVATE PAY**

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

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

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

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

<p><b>Parkview Manor</b> 670 9<sup>th</sup> Avenue, Midway</p>	<p><b>250-449-2842</b></p>
<p><b>Phoenix Manor</b> 876 72<sup>nd</sup> Avenue, Grand Forks</p>	<p><b>250-442-2223</b></p>
<p><b>Silver Kettle Village</b> 2350 72<sup>nd</sup> Avenue, G.F. <a href="http://www.goldenlifemanagement.ca">www.goldenlifemanagement.ca</a></p>	<p><b>250-442-0667</b></p>

**HOUSING / RESIDENTIAL ACCOMODATION (continued)**

**❖ ASSISTED LIVING & LONG TERM CARE FACILITIES INFORMATION**

<p><b>Long Term Care &amp; Assisted Living Facilities Directory for BC</b></p> <ul style="list-style-type: none"> <li>Published by the Office of the BC Seniors Advocate (<b>page 6</b>)</li> <li><u>Many</u> details: <a href="https://www.seniorsadvocatebc.ca/quickfacts/location/">https://www.seniorsadvocatebc.ca/quickfacts/location/</a></li> </ul>	
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**❖ 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*

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

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

<p><b>Boundary Lodge</b> 7130 9<sup>th</sup> Street, Grand Forks</p> <ul style="list-style-type: none"> <li>1 private pay bed; <a href="http://www.interiorhealth.ca">www.interiorhealth.ca</a></li> </ul>	<p><b>250-443-0006</b></p>
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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*

<p><b>Hardy View Lodge</b> 7649 22<sup>nd</sup> Street, Grand Forks</p> <ul style="list-style-type: none"> <li>79 publicly subsidized beds; <a href="http://www.interiorhealth.ca">www.interiorhealth.ca</a></li> </ul>	<p><b>250-443-2100</b></p>
<p><b>Silver Kettle Village</b> 2350 72<sup>nd</sup> Avenue, Grand Forks</p> <ul style="list-style-type: none"> <li>41 publicly subsidized beds; <a href="http://www.goldenlifemanagement.ca">www.goldenlifemanagement.ca</a></li> </ul>	<p><b>250-442-0667</b></p>

**❖ LONG TERM CARE; UNSUBSIDIZED**

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

<p><b>Silver Kettle Village</b> 2350 72<sup>nd</sup> Avenue, G.F.</p> <ul style="list-style-type: none"> <li>1 private pay bed; <a href="http://www.goldenlifemanagement.ca">www.goldenlifemanagement.ca</a></li> </ul>	<p><b>250-442-0667</b></p>
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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*

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

## RECREATION / ADULT & COMMUNITY EDUCATION

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

## SENIORS' SOCIAL GROUPS & ASSOCIATIONS

*Offers a number of social and recreational activities for members*

<b>Grand Forks Seniors' Society</b> Centre <ul style="list-style-type: none"> <li>565 71<sup>st</sup> Avenue (in City Park)</li> <li>Many regular drop in programs and activities (small fee)</li> </ul>	<b>250-443-9352</b>
<b>Greenwood Senior Citizens Association Branch 99</b> Centre <ul style="list-style-type: none"> <li>187 S Government St ; Various drop-in activities for members</li> <li>Coffee time: Tues, Thurs &amp; Sat: 2-3pm; Yoga: Mon: 10am; Bingo: Wed: 1pm; Pool &amp; card games: Fri: 1-4pm</li> </ul>	<b>250-445-6655</b>
<b>Midway Social Centre Society</b> email contact: <a href="mailto:MSCSon7th@gmail.com">MSCSon7th@gmail.com</a> <ul style="list-style-type: none"> <li>541 7<sup>th</sup> Avenue; many drop-in &amp; other activities; open year round</li> </ul>	

**SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS**

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

<b>Addictions / Substance Use</b>		
<ul style="list-style-type: none"> <li>• <b>Alcohol &amp; Drug Information &amp; Referral Line (24/7)</b></li> <li>• <b>Alcoholics Anonymous (AA)- Boundary</b> <a href="http://www.bcyukonaa.org">www.bcyukonaa.org</a> Grand Forks Meetings: 7252 7th St: Mon &amp; Sat: 7pm: <b>Lee or Butch</b> Tom 7252 7th St Wed 12 noon <b>Susan</b> 2495 76 Ave: Sat: 10am <b>Gary</b> Greenwood Mtng: Com.Hall,1355 Veterans Lane Tues 8pm <b>Rick</b></li> <li>• <b>Al-Anon:</b> <a href="http://bcyukon-al-anon.org">http://bcyukon-al-anon.org</a> Greenwood Mtng for women 1355 Veterans Lane: Tues 1pm <b>France</b></li> <li>• <b>Boundary Mental Health &amp; Substance Use Services (pg 8)</b></li> <li>• <b>Narcotics Anonymous (NA)</b> <a href="https://bcrna.ca/">https://bcrna.ca/</a> Penticton Grand Forks: Baptist Church 7850 2nd Street; Thursdays 7:30pm</li> <li>• <b>Quit Now:</b> Smoking cessation info: online &amp; phone <a href="http://www.quitnow.ca">www.quitnow.ca</a></li> <li>• <b>Smoking Cessation Program</b> Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist</li> </ul>	<p><b>1-800-663-1441</b></p> <p><b>250-442-2646</b></p> <p><b>250-442-8907</b></p> <p><b>250-442-7290</b></p> <p><b>250-443-9330</b></p> <p><b>250-203-1339</b></p> <p><b>250-812-9320</b></p> <p><b>250-442-0330</b></p> <p><b>1-855-852-5687</b></p> <p><b>1-877-455-2233</b></p>	
<p><b>ALS (Amyotrophic Lateral Sclerosis) Society</b> <a href="http://www.alsbc.ca">www.alsbc.ca</a></p> <ul style="list-style-type: none"> <li>• Info, clinics &amp; support groups; Phone: Monday to Friday: 8am to 4pm</li> </ul>		<b>1-800-708-3228</b>
<p><b>Alzheimer Society of BC</b> <a href="http://www.alzheimer.ca/bc">www.alzheimer.ca/bc</a> Helpline: Mon-Fri:9am-8pm</p> <ul style="list-style-type: none"> <li>• <b>Alzheimer West Kootenay Resource Centre</b> Toll free Call / check the website for info re resources, family caregiver support groups, workshops &amp; other services. Includes the Boundary area</li> </ul>		<p><b>1-800-936-6033</b></p> <p><b>1-855-301-6742</b> or <b>778-774-2133</b></p>
<p><b>Arthritis Society Canada</b> <a href="https://arthritis.ca/">https://arthritis.ca/</a> Info Line</p>		<b>1-800-321-1433</b>
<p><b>Bereavement BC Helpline</b> Monday to Friday: 9am - 5pm</p> <ul style="list-style-type: none"> <li>• Connects callers to grief support services within BC. <a href="http://www.bcbh.ca">www.bcbh.ca</a></li> </ul>		<b>1-877-779-2223</b>
<p><b>Brain Injury</b></p> <ul style="list-style-type: none"> <li>• <b>Kootenay Brain Injury Ass'n</b> 202-1060 Eldorado Street, Trail Participants are asked to provide documents re injury or be referred Offers outreach support, groups &amp; activities <a href="http://www.kootenaybia.ca">www.kootenaybia.ca</a></li> <li>• <b>Acquired Brain Injury Services (Interior Health)</b> Intake Office: Castlegar Health Centre M - Th: 8:30am - 4pm <b>Coordinator</b></li> </ul>		<p><b>778-460-4500</b></p> <p><b>1-800-707-8550</b> <b>250-365-9547</b></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)

<p><b>Cancer</b></p> <ul style="list-style-type: none"> <li>• <b>BC Cancer Agency: Southern Interior Cancer Care, Kelowna</b> Prevention, screening &amp; early detection, diagnosis &amp; treatment services, pain &amp; symptom management clinic, support, etc 399 Royal Ave. <a href="http://www.bccancer.bc.ca/our-services/centres-clinics/">http://www.bccancer.bc.ca/our-services/centres-clinics/</a></li> <li>• <b>Southern Interior Rotary Lodge</b> 330 Strathcona Ave, Kelowna Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre</li> <li>• <b>Canadian Cancer Society</b> <a href="http://www.cancer.ca">www.cancer.ca</a> Info/Helpline and many supports, including travel assistance (page 22)</li> </ul>	<p><b>1-888-563-7773</b></p> <p><b>1-888-939-3333</b></p> <p><b>1-888-939-3333</b></p>
<p><b>Caregiver Support (West Kootenay Boundary) GF Coordinator</b></p> <ul style="list-style-type: none"> <li>• Free services for unpaid caregivers (19+) who care for someone 55+</li> <li>• Offers emotional 1:1 support, peer support groups, social activities, health care navigation &amp; info, referrals to local community resources.</li> <li>• Grand Forks support group: 2nd Thursday / month: 1:30 to 3pm</li> <li>• For more Info : Phone or see website <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> </ul>	<p><b>1-888-212-2337</b> <b>ext 3</b></p>
<p><b>Chronic Disease Management</b></p> <ul style="list-style-type: none"> <li>• Support &amp; information for chronic <b>Diabetes, Heart, Kidney (Renal)</b> and other diseases located in the Boundary District Hospital</li> <li>• <b>Self-Management Program:</b> A free, 6 week program (on-line &amp; in communities) offering info &amp; skills to manage various chronic health problems, pain, cancer &amp; diabetes <a href="https://www.selfmanagementbc.ca">https://www.selfmanagementbc.ca</a></li> </ul>	<p><b>250-443-2100</b></p> <p><b>1-866-902-3767</b></p>
<p><b>Chronic Pain Management &amp; Local Resources</b></p> <ul style="list-style-type: none"> <li>• <b>Bill Nelems Pain &amp; Research Centre</b> <a href="https://nelemspain.ca/">https://nelemspain.ca/</a> Administers the <b>KBRH Pain Medicine Clinic, Trail</b></li> <li>• <b>Pain BC Support:</b> Mon – Fri: 9am – 4pm <a href="https://painbc.ca/">https://painbc.ca/</a></li> <li>• <b>Regional Resources &amp; Information</b> <a href="https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools">https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools</a></li> </ul>	<p><b>250-231-3299</b></p> <p><b>1-844-880-7246</b></p>
<p><b>Community Connector</b></p> <ul style="list-style-type: none"> <li>• Connects seniors with community services and activities that support health and well-being</li> <li>• Boundary Family Services <a href="https://www.boundaryfamily.org/">https://www.boundaryfamily.org/</a></li> </ul>	<p><b>East Boundary: Christina</b> <b>West Boundary: Ruth</b></p> <p><b>250-584-5186</b> <b>1-877-442-5355</b> <b>ext 40253</b></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)

<b>Crohn's &amp; Colitis Canada</b> Info & resources <a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a>	<b>1-800-513-8202</b>
<b>Dental</b> <ul style="list-style-type: none"> <li>• <b>Canadian Dental Care Plan</b> Seniors (over 65) without a current plan now eligible for services See <a href="#">website</a> or phone for eligibility requirements and application form</li> <li>• <b>The Travelling Hygienist</b> <a href="https://www.thetravellinghygienist.com/">https://www.thetravellinghygienist.com/</a> Provides in-home or residence (also in travel van) basic dental care including cleanings, exams and X-rays</li> </ul>	<b>1-833-537-4342</b>  <b>778-231-0475</b>
<b>Diabetes</b> <ul style="list-style-type: none"> <li>• See <b>Chronic Disease Management</b> (page 17)</li> <li>• <b>Diabetes Canada Info &amp; Support Line</b> <a href="https://www.diabetes.ca/">https://www.diabetes.ca/</a></li> </ul>	<b>1-800-226-8464</b>
<b>End of Life / Palliative Care</b> <ul style="list-style-type: none"> <li>• See <b>HOSPICE / GRIEF / CAREGIVING</b> (page 14) for various services &amp; resources</li> <li>• <b>Home Health Services (IHA)</b> (page 7) <b>Central intake</b></li> </ul>	<b>1-800-707-8550</b>
<b>Fibromyalgia &amp; Chronic Fatigue Syndrome</b> <ul style="list-style-type: none"> <li>• <b>ME/FM Society of BC</b> <a href="http://www.mefm.bc.ca">www.mefm.bc.ca</a></li> </ul>	<b>1-888-353-6322</b>
<b>Hearing (for Tests &amp; Clinics see page 11)</b>	
<b>Heart</b> <ul style="list-style-type: none"> <li>• See <b>Chronic Disease Management</b> (page 18)</li> <li>• <b>Heart &amp; Stroke Foundation</b> <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></li> </ul>	<b>1-888-473-4636</b>
<b>Kidney (Renal) Disease</b> <ul style="list-style-type: none"> <li>• <b>KB Chronic Kidney Disease Clinic: Kiro Wellness Ctre, Trail</b> Support, resources, &amp; referrals for non-hospitalized patients <b>Clinic</b></li> <li>• <b>BC Renal:</b> information, support, resources <a href="http://www.bcrenal.ca/">http://www.bcrenal.ca/</a></li> </ul>	<b>250-364-6270</b> <b>1-604-875-7340</b>
<b>Lupus Society (BC)</b> Offers an on-line support group <a href="http://www.bclupus.org">www.bclupus.org</a>	<b>1-866-585-8787</b>
<b>Medication Concerns: HealthlinkBC Pharmacist:</b> 7 days/ wk: 5pm-9am	<b>811</b>

**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><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• <b>Alzheimer / Dementia Support Information:</b> (page 17)</li> <li>• <b>BC Mental Health Support Line (24/7)</b></li> <li>• <b>Canadian Mental Health Ass'n (CMHA)</b> <a href="http://www.cmha.bc.ca">www.cmha.bc.ca</a> <b>CMHA "Bounce Back":</b> Free online, video or phone programs help manage low mood, stress &amp; anxiety. <a href="https://bouncebackbc.ca/">https://bouncebackbc.ca/</a></li> <li>• <b>Here To Help:</b> <a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a> Comprehensive website with resources &amp; links to information re specific mental health illnesses, substance use &amp; eating disorders</li> <li>• <b>Boundary Mental Health &amp; Substance Use Services</b> (pg 8)</li> <li>• <b>Mental Health &amp; Substance Use Regional Consumer, Family &amp; Peer Support Program</b> (page 10) Lisa</li> </ul>	<p><b>1-855-301-6742</b> <b>310-6789</b> <b>1-800-555-8222</b> <b>1-866-639-0522</b>  <b>250-442-0330</b>  <b>250-231-7552</b></p>
<p><b>MS (Multiple Sclerosis) Canada</b> <a href="https://mscanada.ca/">https://mscanada.ca/</a></p> <ul style="list-style-type: none"> <li>• Phone or see website for support &amp; info <b>MS Navigator</b></li> </ul>	<p><b>1-844-859-6789</b></p>
<p><b>Nutrition:</b> Call the <b>HealthLinkBC Dietician</b> Monday to Friday: 9am-5pm</p>	<p><b>811</b></p>
<p><b>Parkinson Society of BC</b> <a href="http://www.parkinson.bc.ca">www.parkinson.bc.ca</a></p> <ul style="list-style-type: none"> <li>• Website has valuable information including education &amp; supports</li> <li>• Closest support group meets 3<sup>rd</sup> Tues/month in Trail <b>Sheila</b></li> </ul>	<p><b>1-800-668-3330</b>  <b>250-231-7705</b></p>
<p><b>Respiratory (Lung) Disease</b></p> <ul style="list-style-type: none"> <li>• <b>Private Respiratory</b> Testing &amp; Equipment (page 11)</li> <li>• <b>BC Lung Foundation</b> <a href="https://bclung.ca/">https://bclung.ca/</a> <b>Info</b></li> </ul>	<p><b>1-800-665-5864</b></p>
<p><b>Scleroderma Association of BC</b> <a href="https://sclerodermabc.ca/">https://sclerodermabc.ca/</a></p> <ul style="list-style-type: none"> <li>• For online toolkits &amp; research info:: <a href="https://spinsclero.com/">https://spinsclero.com/</a></li> </ul>	<p><b>1-604-371-1005</b></p>
<p><b>Stroke Recovery Ass'n of BC</b> <a href="https://strokerecoverybc.ca/">https://strokerecoverybc.ca/</a></p> <ul style="list-style-type: none"> <li>• Website offers many online groups and activities via zoom</li> <li>• Closest support group meets Wednesdays 11am-12 noon in Castlegar For more info re group: <a href="https://kb.fetchbc.ca/service.html?i=2671">https://kb.fetchbc.ca/service.html?i=2671</a></li> </ul>	<p><b>1-888-313-3377</b></p>
<p><b>Vision Loss</b></p> <ul style="list-style-type: none"> <li>• <b>Cndn National Institute for the Blind (CNIB)</b> <a href="http://www.cnib.ca">www.cnib.ca</a></li> <li>• Support &amp; services re vision loss: online &amp; in-person <b>Kelowna office</b></li> </ul>	<p><b>1-800-563-2642</b>  <b>250-763-1191</b></p>

**TRANSPORTATION / TRAVEL****❖ MEDICAL APPOINTMENTS**

<b>Boundary Health Connections</b> <a href="https://www.bctransit.com/boundary/home">https://www.bctransit.com/boundary/home</a> <ul style="list-style-type: none"> <li>• <b>BC Transit:</b> Between Rock Creek &amp; Grand Forks on Tuesdays for medical appointments (if room, open to others); <b>Book Mon by 4pm</b></li> </ul>	<b>1-855-993-3100</b> ext 1
<b>Boundary Volunteer Driver Program</b> Mon-Fri: 9am-4pm <b>Christine</b> <ul style="list-style-type: none"> <li>• For health related appointments 7 days/week; Cost varies by distance</li> </ul>	<b>250-584-4618</b>
<b>Hope Air</b> Free air travel to non-emerg medical specialists <a href="http://www.hopeair.ca">www.hopeair.ca</a>	<b>1-877-346-4673</b>
<b>Private Medical Transportation Services</b> <ul style="list-style-type: none"> <li>• <b>Interior Medical Transport (IMT)</b> <a href="https://www.bcimt.ca/">https://www.bcimt.ca/</a></li> <li>• <b>NOW Shuttle</b> <a href="https://www.nowshuttle.ca/">https://www.nowshuttle.ca/</a></li> </ul>	<b>250-368-7978</b> <b>250-540-6746</b>
<b>Travel Assistance Program (TAP)</b> <b>General Inquiries</b> <ul style="list-style-type: none"> <li>• Fee reductions on some carriers for eligible BC residents travelling to non-emergency medical specialists. Must be referred by medical clinic</li> </ul>	<b>1-800-663-7100</b>
<b>Travel Treatment Fund / Wheels of Hope</b> <a href="https://cancer.ca">https://cancer.ca</a> <ul style="list-style-type: none"> <li>• Canadian Cancer Society program helps with cancer treatment travel expenses &amp; offers cancer appointment transportation <b>Info &amp; Register</b></li> </ul>	<b>1-888-939-3333</b>

**❖ REGULAR / DISABILITIES**

<b>BC Bus Pass Program</b> Low cost for low income seniors	<b>1-866-866-0800</b>
<b>Boundary Taxi Service</b> serves from Christina Lake to Greenwood	<b>250-444-3333</b>
<b>Boundary Transit Services</b> All trips <b>booked by 4pm</b> the day prior <ul style="list-style-type: none"> <li>• Rock Creek-GF &amp; within GF <a href="http://www.bctransit.com/boundary/home">www.bctransit.com/boundary/home</a></li> </ul>	<b>1-855-993-3100</b> ext 1
<b>Mountain Man Mike's Bus Service</b> <a href="http://www.mountainmanmikes.ca">www.mountainmanmikes.ca</a> <ul style="list-style-type: none"> <li>• Travel WK-Vancouver return (2 days/wk) &amp; to/from Calgary (1 day/wk)</li> <li>• Book online and/or phone for more information</li> </ul>	<b>778-382-7729</b>
<b>Silver City Stagelines</b> For support: email: <a href="mailto:support@fritztravels.com">support@fritztravels.com</a> <ul style="list-style-type: none"> <li>• Travel several days a week between Nelson, Boundary and Kelowna</li> <li>• Info &amp; book online via the website <a href="https://fritztravels.com/before/">https://fritztravels.com/before/</a></li> </ul>	<b>778-760-1891</b> (text only)