

Closing the Gaps in Seniors' Care



A Guide

To Public and Private Services

For

Salmo Area Seniors

November 2025

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

This Seniors' Resources Guide was Developed and Funded by:

- ❖ Trail FAIR Centre Society
- ❖ Interior Health Authority

Disclaimer:

This guide lists a number of publicly funded (government & non-profit) and privately operated, for-profit, services.

However, please note that we are NOT able to endorse or recommend specific services listed in this guide. While many publicly funded services are externally evaluated and required to meet rigorous standards, we strongly suggest, prior to hiring a privately funded service provider, that references be checked and clear agreements made re fees, service expectations, and so on.

For more information, go to the **Better Business Bureau of Mainland BC** website: www.bbb.org/mbc or phone: 1-888-803-1222

FOR MORE DETAILED INFORMATION about a wide variety of services and resources in the Kootenay Boundary region go to the Kootenay Boundary FETCH website: www.kb.fetchbc.ca

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

To SUGGEST additions, changes and corrections for future editions

Contact:

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

Contents:

	Page:
• Abuse, Crisis / Emergencies.....	1
• Drug Stores / Pharmacies.....	2
• Food / Meal Services.....	2
• Foot Care.....	3
• Fraud & Financial.....	3
• Government Services / Advocacy / Support.....	4 - 5
• Health Care Services: General Information	5
• Health Care Services: Interior Health (IHA)	6
• Health Care Services: Other.....	7
• Health Care: Support / Navigation / Complaints.....	8
• Health / Medical Equipment & Supplies.....	9
• Home Safety.....	10
• Home Support Services	10
• Hospice / Grief / Caregiving.....	11
• Housing / Residential Accommodation	11
• Library.....	12
• Recreation / Adult Education	12
• Seniors' Activities / Community Coordination	12
• Support / Info Lines / Contacts for Specific Conditions.....	13 - 16
• Transportation.....	17

ABUSE / CRISIS / EMERGENCIES

24 / 7 Emergency (Ambulance, Fire, Police)	911
<p>24 / 7 Crisis Lines: Support in a crisis / concerns re another’s safety</p> <ul style="list-style-type: none"> • BC Mental Health Support Line 310-6789 • Interior Crisis Line Network 1-888-353-2273 • Suicide Crisis Helpline (National) 988 • Suicide Prevention Crisis Line (BC) 1-800-784-2433 	
<p>Seniors Abuse & Information Line (SAIL) www.seniorsfirstbc.ca</p> <ul style="list-style-type: none"> • Phone: Mon – Fri: 8am – 8pm; Sat: 10:30am - 5pm • Call re concerns about senior abuse or mistreatment TTY 	<p>1-866-437-1940</p> <p>1-855-306-1443</p>
<p>Report Concerns re Possible Elder Abuse or Neglect</p> <ul style="list-style-type: none"> • Report Adult Abuse & Neglect (IHA) Mon-Fri: 8:30am–4:30pm 1-844-870-4754 • Salmo RCMP 365 Main Street 250-357-2212 	
<p>Salmo Community Response Network (CRN) Helen</p> <ul style="list-style-type: none"> • Organizes prevention and education activities to help end abuse, neglect and self-neglect of adults in BC http://www.bccrns.ca 	250-551-5487
<p>Salmo RCMP Victim Services 365 Main Street 250-357-2692</p> <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. VictimLink (24/7) 1-800-563-0808 	
<p>For Women:</p> <ul style="list-style-type: none"> • Safe Homes Program & Women’s Counselling 250-357-2277 <ul style="list-style-type: none"> ○ Support & shelter for women victims of violence as well as longer term counselling and support ○ Salmo Community Services, 311 Railway Ave www.scrs.ca • Women’s Transition Houses: <ul style="list-style-type: none"> ○ 24-hour, 7 days a week safe emergency shelter from domestic abuse & violence, support & referrals Nelson Trail 250-354-4357 250-364-1543 	

DRUG STORES / PHARMACIES

Salmo Valley Pharmacy 107 4 th Street	250-357-9444
---	---------------------

FOOD / MEAL SERVICES

❖ **FOOD BANKS**

<p>Salmo Food Bank Salmo Community Services, 311 Railway Avenue</p> <ul style="list-style-type: none"> • Available to Salmo / Ymir residents • Open on Wednesdays: 9:30 – 11:45am • Pick up a hamper every 28 days / family • Call at least 24 hours ahead for an appointment • More details re the service on website https://scrs.ca/food-security/ 	250-357-2277
--	---------------------

❖ **DROP-IN / MEALS**

<p>Lunches Salmo Valley Estates, 730 Railway</p> <ul style="list-style-type: none"> • Take out lunch available for a fee • Check out their online menu & order one or several meals in advance. • https://www.salmovalleyestates.ca/blog/categories/menus 	Melanie	250-357-2629
<p>Senior Coffee Connections https://scrs.ca</p> <ul style="list-style-type: none"> • All welcome: Salmo Community Services Centre, 311 Railway Ave • Fridays: 10am to 12 noon; phone or email for info & confirm hours • Refreshments, socializing, activities, speakers & information • For information about this & other Seniors’ activities including occasional Seniors’ Dinners see the Salmo Seniors Facebook: https://www.facebook.com/groups/salmoseniors or the Salmo Library Calendar: https://salmo.bc.libraries.coop/community-calendar/ 	Helen Oldershaw	250-357-2277 ext 202

❖ **FROZEN MEALS** *There is a charge for these meals*

<p>Dinners at Home</p> <ul style="list-style-type: none"> • Nutritious frozen meals that are pre-ordered in bulk, picked up from Columbia View Lodge by Salmo Community Services, and delivered to senior’s home in Salmo Area • Call Salmo Community Services for more info and to order 	Helen	250-357- 2277 ext 202
--	--------------	----------------------------------

FOOT CARE

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

Dr Alumbaugh Podiatrist	http://drdanapodiatry.com	
<ul style="list-style-type: none"> Clinic location: 1686 2nd Ave, Trail: Mondays & Thursdays 		250-364-1516
Foot Care by Janet		Janet Bruce
		250-777-1265
Nurturing Medical Foot Care		Amanda Trembath: FCN, RPN
		778-965-0242
Pampered Sole Mobile Foot Care		Miranda Hildebrandt: LPN, FCN
		250-870-1589

FRAUD & FINANCIAL

Banks and Credit Unions		
<ul style="list-style-type: none"> Contact your Bank or Credit Union to set up services such as Automatic Deposit, Bill Paying, Internet, Telephone Banking. 		
Better Business Bureau of Mainland BC	www.bbb.org/mbc	
<ul style="list-style-type: none"> Services include business info, scam warnings & receiving complaints 		1-888-803-1222 1-604-682-2711
Canadian Anti-Fraud Centre		
<ul style="list-style-type: none"> Report scams / suspected fraud. Mon-Fri: 6am-1:45pm PST 		1-888-495-8501
Credit Counselling Canada	www.nomoredebts.org	
<ul style="list-style-type: none"> Free credit & debt counselling & personal budgeting services 		1-888-527-8999
Police		
<ul style="list-style-type: none"> Salmo RCMP: regarding concerns of possible financial abuse 		250-257-2212

GOVERNMENT SERVICES / ADVOCACY / SUPPORT

<p>Advocacy Centre 205 Hall Street, Nelson www.advocacycentre.org</p> <ul style="list-style-type: none"> • Help with issues connected with income supports, disability benefits, tenancy, debt, other government programs. Provides info re legal aid • Offers remote services by email, phone, etc to Salmo residents 	1-877-352-5777
<p>BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER)</p> <ul style="list-style-type: none"> • A rent subsidy for those over 60 paying over 30% of gross income • See website re other qualifications for program www.bchousing.org 	1-800-257-7756
<p>Income Assistance BC Employment & Assistance 566 Stanley St, Nelson</p> <ul style="list-style-type: none"> • An income supplement and other support available to eligible seniors 	1-866-866-0800
<p>Community Volunteer Income Tax Program</p> <ul style="list-style-type: none"> • Free tax filing services in March & April for those on a low income • For an appointment, contact the Salmo Public Library 106 4th Street 	250-357-2312
<p>Office of the Seniors' Advocate Information & Referral Line</p> <ul style="list-style-type: none"> • Monday to Friday: 8:30am - 4:30pm www.seniorsadvocatebc.ca • Offers BC Seniors information and referrals to relevant services • Monitors and analyzes seniors' services; offers recommendations to government & agencies to address systemic issues in Health care, Housing, Income support, Community support & Transportation. • For reports, studies & the Long Term Care & Assisted Living Directory see https://www.seniorsadvocatebc.ca/quickfacts/location 	1-877-952-3181
<p>Seniors' Information, Support & Advocacy www.nelsonseniors.ca</p> <ul style="list-style-type: none"> • Nelson & District Seniors' Coordinating Society 719 Vernon St • Open: Tues to Thurs: 8:30am to 12:15pm; Call for appointment • Offers a Financial Advocacy Program providing info and help with applications to government and other financial support services 	250-352-6008
<p>SeniorsBC www.seniorsbc.ca</p> <ul style="list-style-type: none"> • Info re health care and other services for seniors; Seniors' Guide 	
<p>Service BC Centre (Government Agent) 310 Ward Street, Nelson</p> <ul style="list-style-type: none"> • Offices open Mon to Fri: 9am to 4:30pm 1520 Bay Ave, Trail • BC government forms, information, services, licences & assistance re a wide variety of programs such as MSP, Pharmacare, seniors' subsidies, etc; https://www2.gov.bc.ca/gov/content/home/services-a-z 	250-354-6104 250-364-0591

GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)

<p>Service Canada Centre Chahko Mika Mall, 1125 Lakeside Dr., Nelson 101 – 1101 Dewdney Ave, Trail</p> <ul style="list-style-type: none"> • Nelson: M-F: 8:30am - 4pm; Trail: T- Th: 8:30am - 12noon; 1 - 4pm • Federal Government forms, information & assistance re a variety of services & programs including Social insurance, CPP, OAS & GIS, passports, EI, Veterans Affairs, etc https://www.servicecanada.gc.ca/ 	<p>1-800-622-6232</p>
---	------------------------------

HEALTH CARE SERVICES: GENERAL INFORMATION

<p>Advance Care Planning</p> <ul style="list-style-type: none"> • BC Government Website www.gov.bc.ca/advancecare links to the planning document “My Voice” & information on planning re future care, support and other needs • Nelson Seniors Coordinating Society 719 Vernon Street Tues to Thur: 8:30am-12:15pm www.nelsonseniors.ca Appointment • Nidus Personal Planning Resource Centre & Registry https://www.nidus.ca/ provides comprehensive online information, forms & support for all aspects of Personal Planning including: <ul style="list-style-type: none"> ○ Legal and Financial planning including the creation of an Enduring Power of Attorney document ○ Health and Personal Care planning including the creation of a Representation Agreement document ○ Estate Planning including creating a Will 	<p>250-352-6008</p>
<p>Ambulance Billing Services Info Line Monday to Friday: 9am - 4pm</p> <ul style="list-style-type: none"> • For Billing information: http://www.bcehs.ca/about/billing 	<p>1-800-665-7199</p>
<p>Health Insurance BC https://www2.gov.bc.ca/gov/content/health</p> <ul style="list-style-type: none"> • Medical Services Plan, Pharmacare & Fair Pharmacare • Forms and info also available at a Service BC Centre (page 4) 	<p>1-800-663-7100</p>
<p>HealthLinkBC Toll-free</p> <ul style="list-style-type: none"> • Navigator or Nurse: 24 hours / 7 days a week • Dietician or Exercise Professional: Monday to Friday: 9am-5pm • Pharmacist: 7 days a week: 5pm-9am • Information and links to services: www.healthlinkbc.ca • Special Line for Hearing Impaired persons: Toll-free 	<p>811</p> <p>711</p>

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

Castlegar Urgent & Primary Care 709 10 th St. 7 days/wk: 8am–8pm	250-365-7111
Kootenay Boundary Regional Hospital 1200 Hospital Bench Rd, Trail 24/7	1-866-368-3314
Kootenay Lake Hospital 3 View Street, Nelson 24/7	1-866-352-3111

❖ SALMO HEALTH & WELLNESS CENTRE 413 Baker Ave 250-357-0104

Home Health Services <ul style="list-style-type: none"> Nursing care and self-management teaching for chronic and acute conditions, Ambulatory Care Clinic visits (by appointment) and palliative care & navigation with support for families Also offers case management for seniors and families to assess needs and develop care plans. Services include Home Support, Adult Day Program, Facility Respite, Advanced Care Planning and reviewing eligibility for Assisted Living and Long Term Care New clients must phone the Central Intake/Assessment line 	Central Intake /Assessment Salmo Home Health	1-800-707-8550 250-357-0109
Home Support Services <ul style="list-style-type: none"> A scheduled, subsidized service (cost depends on income) providing simple meal preparation, help managing personal health care needs, caregiver respite & palliative home support. NOTE: Does NOT include bulk meal preparation, cooking, housekeeping, driving, shopping, etc. Home Support Scheduling 7 days/week: 6:30am - 8pm 	Central Intake/Assessment	1-800-707-8550 1-800-707-8550
Medical Laboratory <ul style="list-style-type: none"> Book online www.labonlinebooking.ca or Book by phone Tues: 9am-1:30pm; Fri: 8am-1:30pm; Limited walk-in service Lab # 		1-844-870-4756 250-357-0104
Public Health / Promotion & Prevention Services <ul style="list-style-type: none"> Provides services for infants, children & youth, adults & families 		250-357-0104
NOTE: Primary Care Clinic also located in the Centre (see page 7)		

❖ MHSU SENIOR SERVICES

Trail Area Mental Health & Substance Use (MHSU) Office <ul style="list-style-type: none"> Kiro Wellness Centre 3-1500 Columbia Avenue, Trail Serves Salmo residents with mental health concerns related to aging 	250-364-6262
---	---------------------

HEALTH CARE SERVICES: OTHER

❖ COMMUNITY PARAMEDICINE

<p>Community Paramedic Program: www.bcehs.ca/our-services</p> <ul style="list-style-type: none"> • Referral required from doctor, home health or community nurse • Paramedics serve isolated seniors in the Salmo Area • Offers free home visits, health assessments, referrals, basic care 	
--	--

❖ DENTAL

<p>Canadian Dental Care Plan See website or phone</p> <ul style="list-style-type: none"> • Seniors (over 65) without a current plan now eligible for services 	1-833-537-4342
<p>Just Smiles Dental Hygiene Therapy Lynnell Huser</p> <ul style="list-style-type: none"> • Mobile Services for those registered with Canadian Dental Care Plan 	250-505-2370
<p>Kootenay River Mobile Dental Hygiene Services Noel</p> <ul style="list-style-type: none"> • Private in-home & care facility dental hygiene services https://krdh.ca/ 	250-304-5754
<p>West Kootenay Community TEETH Clinic</p> <ul style="list-style-type: none"> • Lower cost dental care for those living on a low income. Clinic: 632 Front St.,Nelson https://www.teethclinicwk.ca/applications/ 	778-463-2232

❖ MENTAL HEALTH & SUBSTANCE USE

<p>Mental Health & Substance Use (MHSU) Services www.scrs.ca</p> <ul style="list-style-type: none"> • Salmo Community Services 311 Railway Avenue • Counselling, support, groups and referrals; For Seniors MHSU: page 6 	250-357-2277
---	---------------------

❖ PRIMARY CARE

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

<p>Kootenay Boundary Health Connect Registry HealthLink BC</p> <ul style="list-style-type: none"> • Register by phone or online: www.healthlinkbc.ca/health-connect-registry 	811
<p>KB Access Clinic https://kbaccess.ca/</p> <ul style="list-style-type: none"> • Offers some in-person care & virtual visits to patients in the KB region 	778-508-3112

➤ **PRIMARY CARE CLINIC**

<p>Salmo Wellness Centre Primary Health Clinic 413 Baker Avenue</p> <ul style="list-style-type: none"> • Open: Monday to Friday 9am – 12noon; 1 - 5pm 	250-357-0104
---	---------------------

HEALTH CARE: SUPPORT / NAVIGATION / COMPLAINTS

❖ INTERIOR HEALTH (IHA)

<p>Hospital Social Work (primarily serves hospital patients)</p> <ul style="list-style-type: none"> Provides psycho-social care for patients & families, including support, adjustment counselling, practical assistance, advocacy and referrals Kootenay Boundary Regional Hospital, Trail Social Worker Kootenay Lake District Hospital, Nelson Social Worker 	<p>250-364-5163 250-354-2394</p>
<p>IHA Patient Care Quality Office Info & Register a Complaint:</p> <ul style="list-style-type: none"> Assists patients through the complaint process with regard to care they have received from Interior Health services & staff 	<p>1-877-442-2001</p>

❖ OTHER (NON-IHA)

<p>Aboriginal Health Circle of Indigenous Nations (COINS) https://coinations.net</p> <ul style="list-style-type: none"> Aboriginal Patient Navigator Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers & their families Carrie Aboriginal Health Coordinator Supports Aboriginal patients' access to community services that enhance continuity of care & cultural safety in the West Kootenay Sage 	<p>1-877-904-2634 250-399-0699 250-551-4395 250-399-0731 250-608-4552</p>
<p>KB Mental Health & Substance Use Regional Consumer, Family & Peer Support Trail FAIR Society www.trailfair.ca Lisa</p> <ul style="list-style-type: none"> Provides support, education & resources to individuals (and their families) with long term mental health & substance use concerns 	<p>250-231-7552 1-877-364-2326 Ext 225</p>
<p>Office of the Seniors' Advocate: For details see page 4</p>	<p>1-877-952-3181</p>
<p>West Kootenay Boundary Caregiver Support Salmo</p> <ul style="list-style-type: none"> Education, resources, 1:1 support & groups for caregivers (page 11) 	<p>1-888-212-2337 Ext 8</p>
<p>Salmo Community Connector https://scrs.ca/ Kirsten</p> <ul style="list-style-type: none"> Connects older adults to community services & activities that support health and well-being. A Salmo Community Resources program 	<p>250-551-2537 250-357-2277</p>
<p>West Kootenay Nav-CARE Program Salmo Coordinator</p> <ul style="list-style-type: none"> Helps adults with health issues to navigate services & find resources For more info see page 11 or go to https://westkootenaynavcare.org/ 	<p>250-551-2537</p>

HEALTH / MEDICAL EQUIPMENT & SUPPLIES

❖ NON-PROFIT

<p>Health Equipment Loan Program (HELP)</p> <ul style="list-style-type: none"> • Offers a wide variety of medical equipment for up to 3 months • By donation. Needs a referral from a health care professional. • Phone first for location & confirm when open • HELP Castlegar 1250 A 26th St: Mon to Thurs: 11am to 2pm • HELP Nelson 614 Front Street: Mon, Tues, Thurs, Fri: 10am to 1pm • HELP Trail 104-1199 Bay Ave: Mon, Tues, Wed: 10:30am to 3pm 	<p>250-365-3911 250-354-4456 250-368-9129</p>
--	--

❖ PRIVATE

<p>Drug Stores / Pharmacies:</p> <ul style="list-style-type: none"> • May carry medical supplies & equipment. (See Page 2) 	
<p>Hearing Tests / Hearing Aids <i>All offer free screening for seniors</i></p> <ul style="list-style-type: none"> • Connect Hearing www.connecthearing.ca 259 Baker St., Nelson 104 - 1101 Dewdney Ave, Trail • Dynamic Hearing Solutions 105- 518 Lake Street, Nelson • Kootenay Hearing & Audiology Clinic 1184 Bay Ave, Trail www.dynamichearingsolutions.ca 4-425 Columbia Ave, Castlegar 	<p>250-354-4949 250-368-5105 250-352-5932 250-368-8668 250-304-2003</p>
<p>Kootenay Columbia Home Medical Equipment</p> <ul style="list-style-type: none"> • 130-630 17th Street, Castlegar www.kchomemedical.ca • Rents, sells and repairs a wide range of medical equipment 	<p>1-866-515-7772 250-365-7772</p>
<p>Personal Emergency Response Systems/ Medical Alarms</p> <ul style="list-style-type: none"> • Lifeline www.lifeline.ca Kootenay contact: Rhandean Lacktin 	<p>1-888-832-6071 250-364 2524</p>
<p>Respiratory Services: Testing & equipment; Appointments needed</p> <ul style="list-style-type: none"> • Columbia Respiratory 240-8100 Waneta Plaza, Hwy 3B, Trail or 806 Vernon St (Nelson Medical Clinic) https://columbiarespiratory.com/ • Independent Respiratory Services: www.irscanada.ca 865 Columbia Ave, Castlegar or 806 Vernon St, Nelson • MedPro Respiratory Care https://www.medprorespiratory.com/ 3 – 425 Columbia Avenue, Castlegar 	<p>250-364-0277 1-844-440-0277 1-877-365-6952 1-888-310-1444</p>

HOME SAFETY

<p>Police</p> <ul style="list-style-type: none"> • Salmo RCMP responds to safety concerns, financial & other abuse 	<p>250-357-2212</p>
<p>BC Rebate for Accessible Home Adaptation (BC RAHA)</p> <ul style="list-style-type: none"> • BC Housing funds low income seniors or persons with disabilities (or landlords) for home adaptations to support living safely in the home or rental unit https://www.bchousing.org/housing-assistance/BC-RAHA 	<p>1-800-257-7756</p>

HOME SUPPORT SERVICES

May include one or several of: Health & Personal Care, Housekeeping, Laundry, Meal Preparation, Respite, Shopping, Transportation, Yard Care, etc.

❖ **NON-PROFIT / PUBLIC**

<p>Salmo Better at Home Salmo Community Services Helen</p> <ul style="list-style-type: none"> • A variety of non-medical support services for seniors 65+ living at home including light housekeeping, yard work, shopping, visiting, transportation, etc • Some services free & fees for some on sliding scale based on income • See https://kb.fetchbc.ca/service.html?i=2573 or https://scrs.ca/ or phone for more information. 	<p>250-357-2277 Ext 202</p>
<p>Interior Health Home Support Services: See page 6</p>	

❖ **PRIVATE**

<p>Grey Owl Moving & Removals http://www.greyowlmoverservice.ca/</p>	<p>778-256-1201</p>
<p>(re)Fresh Cleaning Services https://refreshcleaning.ca/ Amanda</p>	<p>250-509-0215</p>
<p>Spectrum Home & Family Care www.spectrumcares.ca</p>	<p>250-265-3842</p>
<p>Trixie’s Cleaning & Junk Removal www.trixiecleaners.ca</p>	<p>250-365-9313</p>

HOSPICE / GRIEF / CAREGIVING

<p>Bereavement BC Helpline https://bcbh.ca/grief-support/</p> <ul style="list-style-type: none"> Connects callers to BC grief support services <p>Mon- Fri: 9am- 5pm</p>	<p>1-877-779-2223</p>
<p>Salmo and District Hospice Society Coordinator</p> <ul style="list-style-type: none"> Offers compassionate support to individuals and their families for grief, end of life, and life limiting illness. Includes coordination of care and trained bedside volunteers for support & family respite <p>https://www.facebook.com/SalmoHospice</p>	<p>250-551-9270</p>
<p>West Kootenay Boundary Caregiver Support</p> <ul style="list-style-type: none"> Free service for unpaid caregivers(19+) who care for someone 55+ Offers emotional 1:1 support, peer support groups, healthcare navigation & information and/or referrals to local community resources For more Info: phone or see website http://wkbcaregiver.org/ 	<p>1-888-212-2337 ext 8</p>
<p>West Kootenay Nav-CARE Program Salmo Coordinator</p> <ul style="list-style-type: none"> Support for adults living with chronic illness, frailty and social isolation. Trained volunteers make regular visits to individual and family to help navigate through changes & challenges, find resources & information, build social connections and encourage meaningful engagement. https://westkootenaynavcare.org/ <p>WK Program Manager</p>	<p>250-551-2537</p> <p>250-551-6190</p>

HOUSING / RESIDENTIAL ACCOMODATION

❖ **HOUSING with SUPPORTS: PRIVATE PAY**

*Independent Living for seniors with support; may include meal(s), housekeeping, etc
Rent subsidies may be available from BC Housing (page 4)*

<p>Salmo Valley Estates 730 Railway Avenue</p> <ul style="list-style-type: none"> A supportive living, pet -friendly, 20 unit facility for seniors Apply via the website https://www.salmovalleyestates.ca/ 	<p>Melanie 250-357-2629</p>
---	---

❖ **ADDITIONAL HOUSING, ASSISTED LIVING & LONG TERM CARE**

<p>Listed in local <u>Seniors Directories</u> for Trail, Castlegar or Nelson</p> <ul style="list-style-type: none"> Directories posted in the KB FETCH Community Services Website 	
---	--

LIBRARY

<p>Salmo Valley Public Library 104 4th St. https://salmo.bc.libraries.coop/</p> <ul style="list-style-type: none"> • Free access to computers, the internet & computer training • Mobile Outreach to Salmo Valley Estates on the 2nd and 4th Wednesday of each month from 10am to 12pm • Hosts the Income Tax Preparation clinic in March & April each year • For local events, see the Community Calendar on the library website https://salmo.bc.libraries.coop/community-calendar/ 	<p>250-357-2312</p>
--	----------------------------

RECREATION / ADULT EDUCATION

<p>Columbia Basin Alliance for Literacy https://cbal.org/salmo/ Lori</p> <ul style="list-style-type: none"> • Free adult, family and early literacy programs including helping seniors with computers, ipads & other technology • Also offers Settlement Services to newcomers to Canada 	<p>250-687-4760</p>
<p>Salmo Valley Recreation Office & Fitness Centre 206 7th Street</p> <ul style="list-style-type: none"> • Offers a number of recreation & fitness activities. • The Fitness centre & Gym are free for anyone over 75 years • See the website for a link to the current Program Guide • https://www.rdck.ca/our-community/recreation-2/ • Leisure Access Program offers reduced fees to those on low incomes 	<p>250-357-0121</p>

SENIORS ACTIVITIES / COMMUNITY COORDINATION

<p>Salmo Community Connector https://scrs.ca/ Kirsten</p> <ul style="list-style-type: none"> • Connects older adults to community services & activities that support health and well-being. A Salmo Community Resources program 	<p>250-551-2537 250-357-2277</p>
<p>Senior Coffee Connections Helen Oldershaw</p> <ul style="list-style-type: none"> • All welcome: Salmo Community Services, 311 Railway Ave • Fridays: 10am to 12 noon; phone for info & confirm hours • Refreshments, socializing, activities, speakers & information • See https://scrs.ca or Salmo Library Calendar (top of page) 	<p>250-357-2277 ext 202</p>
<p>Salmo Valley Estates 730 Railway Avenue Melanie</p> <ul style="list-style-type: none"> • Community members are welcome to join residents in a variety of recreational, social and other activities offered from September to June • Call for info or check the website https://www.salmovalleyestates.ca/ 	<p>250-357-2629</p>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

<p>Addictions / Substance Use</p> <ul style="list-style-type: none"> • Alcohol & Drug Information & Referral Line (24/7) • Alcoholics Anonymous (AA) www.bcyukonaa.org Phone for help & detailed info about AA meetings in WK or see https://aawestkootenays.org/ Salmo Mtng: Tues 8pm 430 Cady St • Al-Anon: List of area meetings: www.bcyukon-al-anon.org • Mental Health & Substance Use (MHSU) Services Services for Seniors with concerns related to aging (page 6) Other Concerns: Salmo Community Services MHSU program (pg 7) • WK Narcotics Anonymous (NA) <ul style="list-style-type: none"> ○ Nelson, Castlegar & Trail www.bcrna.ca • Nar Anon Family Group www.naranonbc.com • Quit Now: smoking cessation program & info www.quitnow.ca • Smoking Cessation Program: Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist 	<p>1-800-663-1441 1-250-800-4125 250-364-6262 250-357-2277 1-855-444-2262 1-877-455-2233</p>
<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 	<p>1-800-708-3228</p>
<p>Alzheimer & Dementia Helpline: Monday to Friday: 9am - 8pm</p> <ul style="list-style-type: none"> • Alzheimer Society of BC www.alzheimer.ca/bc • West Kootenay Alzheimer Resource Centre Call or check the website for information re resources, local family caregiver support groups, workshops & other services 	<p>1-800-936-6033 778-774-2133 or 1-855-301-6742</p>
<p>Arthritis Society Canada https://arthritis.ca/ Info Line</p>	<p>1-800-321-1433</p>
<p>Bereavement BC Helpline Monday to Friday: 9am - 5pm</p> <ul style="list-style-type: none"> • Connects callers to grief support services within BC. www.bcbh.ca 	<p>1-877-779-2223</p>
<p>Brain Injury</p> <ul style="list-style-type: none"> • Kootenay Brain Injury Ass'n 202-1060 Eldorado Street, Trail Participants are asked to provide documents re injury or be referred Offers outreach support, groups & activities www.kootenaybia.ca • Acquired Brain Injury Services (Interior Health) Intake Office: Castlegar Health Centre M - Th: 8:30am - 4pm Coordinator 	<p>778-460-4500 1-800-707-8550 250-365-9547</p>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

<p>Cancer</p> <ul style="list-style-type: none"> • BC Cancer Agency: Southern Interior Cancer Care, Kelowna 399 Royal Ave http://www.bccancer.bc.ca/our-services/centres-clinics/ Offers prevention, screening & early detection, diagnosis & treatment services, pain & symptom management clinic, support and more • Southern Interior Rotary Lodge 330 Strathcona Ave, Kelowna Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre • Canadian Cancer Society www.cancer.ca Info/Helpline and many supports, including travel assistance (page 17) 	<p>1-888-563-7773</p> <p>1-888-939-3333</p> <p>1-888-939-3333</p>
<p>Caregiving: West Kootenay Boundary Caregiver Support</p> <ul style="list-style-type: none"> • Free service for unpaid caregivers(19+) who care for someone 55+ • Offers emotional 1:1 support, peer support groups, healthcare navigation & information and/or referrals to local community resources • For more Info: phone or see website http://wkbccaregiver.org/ 	<p>1-888-212-2337 ext 5</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Chronic Disease Management & Prevention Program Kootenay Lake Hospital offers comprehensive support and information programs for chronic conditions such as diabetes and heart disease. • Self-Management Program www.selfmanagementbc.ca <ul style="list-style-type: none"> ○ A free 6 week program (on-line & in communities) offering info & teaches skills to manage various chronic health problems. 	<p>250-352-3111</p> <p>1-866-902-3767</p>
<p>Chronic Pain Management & Local Resources</p> <ul style="list-style-type: none"> • Bill Nelems Pain & Research Centre https://nelemspain.ca/ Administers the KBRH Pain Medicine Clinic, Trail • Pain BC Support: Mon – Fri: 9am – 4pm https://painbc.ca/ • Regional Resources & Information https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools 	<p>250-231-3299</p> <p>1-844-880-7246</p>
<p>Crohn’s & Colitis Canada www.crohnsandcolitis.ca</p>	<p>1-800-513-8202</p>
<p>Deaf & Hard of Hearing www.wavefrontcentre.ca</p> <ul style="list-style-type: none"> • Wavefront Centre for Communication Accessibility TTY 	<p>1-888-736-7391</p> <p>1-604-736-2527</p>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

Dental: See page 7 for details re: <ul style="list-style-type: none"> • Canadian Dental Care Plan • Just Smiles Dental Hygiene Therapy • Kootenay River Mobile Dental Hygiene Services • WK Community TEETH Clinic 	1-833-537-4342 250-505-2370 250-304-5754 778-463-2232
Diabetes <ul style="list-style-type: none"> • See Chronic Disease Management (page 14) for local support • Diabetes Canada Info & Support Line https://www.diabetes.ca/ 	250-352-3111 1-800-226-8464
End of Life / Palliative Care <ul style="list-style-type: none"> • Salmo & District Hospice: See Hospice (page 11) for details • Home Health Services (IHA) (page 6) Central Intake 	250-551-9270 1-800-707-8550
Fibromyalgia & Chronic Fatigue Syndrome <ul style="list-style-type: none"> • ME/FM Society of BC www.mefm.bc.ca 	1-888-353-6322
Hearing Tests / Hearing Aids <i>All offer free screening for seniors</i> <ul style="list-style-type: none"> • Connect Hearing www.connecthearing.ca 259 Baker St., Nelson 104 - 1101 Dewdney Ave, Trail • Dynamic Hearing Solutions 105- 518 Lake Street, Nelson & Kootenay Hearing & Audiology Clinic 1184 Bay Ave, Trail www.dynamichearingsolutions.ca 4-425 Columbia Ave, Castlegar 	250-354-4949 250-368-5105 250-352-5932 250-368-8668 250-304-2003
Heart <ul style="list-style-type: none"> • See Chronic Disease Management (page 14) for local support • Heart & Stroke Foundation www.heartandstroke.ca 	250-352-3111 1-888-473-4636
Kidney (Renal) Disease <ul style="list-style-type: none"> • KB Chronic Kidney Disease Clinic: Kiro Wellness Ctre, Trail Support, referrals, info, resources for non-hospitalized patients Clinic • BC Renal: information, support, resources http://www.bcrenal.ca/ 	250-364-6270 1-604-875-7340
Lupus Society (BC) Offers an on-line support group www.bclupus.org	1-866-585-8787
Medication Concerns: HealthlinkBC Pharmacist: 7 days/ wk: 5pm-9am	811

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

<p>Mental Health</p> <ul style="list-style-type: none"> • Alzheimer/Dementia Support Information (page 13) • BC Mental Health Support Line (24/7) • Canadian Mental Health Ass'n (CMHA) www.cmha.bc.ca CMHA "Bounce Back": Free online, video or phone programs help manage low mood, stress & anxiety. https://bouncebackbc.ca/ • Here To Help: www.heretohelp.bc.ca Info re mental health illnesses, substance use & eating disorders • Mental Health & Substance Use (MHSU) Services Services for Seniors with concerns related to aging (page 6) 250-364-6262 Other Concerns: Salmo Community Services MHSU program (pg 7) 250-357-2277 • Mental Health & Substance Use Regional Consumer, Family & Peer Support Program (page 8) 250-231-7552 	<p>1-855-301-6742 310-6789 1-800-555-8222 1-866-639-0522</p>
<p>Multiple Sclerosis Society of Canada www.mssociety.ca</p> <ul style="list-style-type: none"> • Phone or see website for support & info MS Navigator 	<p>1-844-859-6789</p>
<p>Nutrition: Call the HealthLinkBC Dietician Monday to Friday: 9am-5pm</p>	<p>811</p>
<p>Parkinson Society of BC www.parkinson.bc.ca</p> <ul style="list-style-type: none"> • Trail – Castlegar Support Group Sheila 	<p>1-800-668-3330 250-231-7705</p>
<p>Respiratory (Lung) Disease</p> <ul style="list-style-type: none"> • Private Respiratory testing & equipment (page 9) • BC Lung Foundation https://bclung.ca/ 	<p>1-800-665-5864</p>
<p>Scleroderma Association of BC https://sclerodermabc.ca/</p> <ul style="list-style-type: none"> • For online toolkits & research info:: https://spinsclero.com/ 	<p>1-604-371-1005</p>
<p>Stroke Recovery Assn BC Online groups https://strokerecoverybc.ca/</p> <ul style="list-style-type: none"> • Nelson Support Group for stroke survivors and caregivers Marg • Castlegar Support Group for stroke survivors and caregivers 	<p>1-888-313-3377 250-354-4453 1-888-313-3377</p>
<p>Vision Loss</p> <ul style="list-style-type: none"> • Canadian National Institute for the Blind (CNIB) www.cnib.ca • Support & services re vision loss: online & in-person Kelowna office 	<p>1-800-563-2642 250-763-1191</p>

TRANSPORTATION

❖ MEDICAL APPOINTMENTS

Health Connections www.bctransit.com/west-kootenay <ul style="list-style-type: none"> • Bus between Salmo & Nelson runs Tues, Thurs & Fri 3 times / day • Everyone is eligible if space is available. Book 24 hours in advance 	1-855-993-3100
Hope Air Free air travel to non-emerg medical specialists www.hopeair.ca	1-877-346-4673
Private Medical Transportation Services <ul style="list-style-type: none"> • Interior Medical Transport (IMT) https://www.bcimt.ca/ • NOW Shuttle https://www.nowshuttle.ca/ 	250-368-7978 250-540-6746
Salmo Volunteer Driver Program Salmo Comm.Serv www.scrs.ca <ul style="list-style-type: none"> • For medical, dental or other essential appointments; Cost by distance 	250-357-2277
Travel Assistance Program (TAP) Inquiries <ul style="list-style-type: none"> • Reductions on some carriers for non-emerg medical specialist care 	1-800-663-7100
Travel Treatment Fund / Wheels of Hope https://cancer.ca <ul style="list-style-type: none"> • Canadian Cancer Society program helps with cancer treatment travel expenses & offers cancer appointment transportation Info & Register 	1-888-939-3333

❖ REGULAR / DISABILITIES

BC Bus Pass Program Low cost annual pass for low income seniors	1-866-866-0800
Glacier Cab Company Based in Nelson & goes out to Salmo	250-354-1111
Mountain Man Mike's Bus Service www.mountainmanmikes.ca <ul style="list-style-type: none"> • Travel WK- Vancouver return (2 days/wk) & to/from Calgary (1 day/wk) 	778-382-7729
Regional Volunteer Driver Programs cost /km Kootenay Seniors <ul style="list-style-type: none"> • For medical, social or recreational purposes WK Volunteer Drivers 	778-463-5247 1-877-304-2990
Silver City Stagelines Info & book online https://fritztravels.com <ul style="list-style-type: none"> • Travel several days a week between Nelson / Castlegar & Kelowna 	(778) 760-1891 (text only)
West Kootenay Transit Services www.bctransit.com/west-kootenay <ul style="list-style-type: none"> • handyDART: Register & Book : Monday to Friday: 7am to 4pm For those unable to use regular local transit due to disability / health 	1-855-993-3100 ext 2