

Closing the Gaps in Seniors' Care



A Guide

**To Public, Community & Private
Services for**

Boundary Area Seniors

October 2023

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

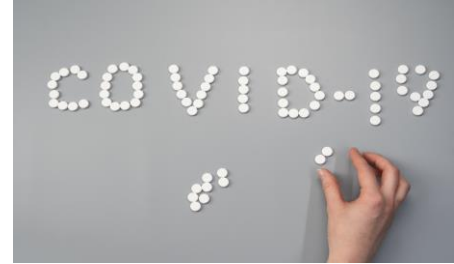
To SUGGEST additions, changes and corrections for future editions

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October, 2023

For information about COVID-19, vaccinations, supportive provincial services & other assistance:

- **Vaccine Info & Appointments: Call 1-833-838-2323 or go online:**
<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>
Open Monday to Friday 7am to 7pm
- **COVID-19 health information and links to current BC government programs: Call 811 for HealthLinkBC or go online www.healthlinkbc.ca**
- **Free rapid COVID test kits available free of charge from a local pharmacy for anyone over 18.**
- **Proof of Vaccine Card: may be required if travelling outside of Canada: Call 1-833-838-2323 or go online:**
<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>

ABUSE / CRISIS / EMERGENCIES

Emergency (Ambulance, Fire, Police)	911
24 / 7 Crisis Lines: <ul style="list-style-type: none"> For support in a crisis, or concerns about the safety of another person BC Mental Health Support Line Interior Crisis Line Network Suicide Prevention 	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: 10:30am - 5pm 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 & 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 1-877-442-5355 http://www.bccrns.ca

DRUG STORES / PHARMACIES

<p>Boundary Pharmacy 612 6th Avenue, Midway</p> <ul style="list-style-type: none"> Free delivery available on request 	<p>250-449-2866 1-866-495-4911</p>
<p>Pharmasave – Grand Forks 330 Central Avenue</p> <ul style="list-style-type: none"> Free delivery services within Grand Forks once a week on Thursdays 	<p>250-442-3515</p>
<p>Save-On-Foods Pharmacy 441 Central Ave, Grand Forks</p> <ul style="list-style-type: none"> No delivery services 	<p>250-442-3147</p>

FOOD / MEAL SERVICES

❖ FOOD BANKS

<p>Boundary Community Food Bank</p> <ul style="list-style-type: none"> 7816 A Donaldson Drive, Grand Forks Open 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 	<p>250-442-2800</p>
<p>Greenwood Food Bank (also serves Midway residents) Karen</p> <ul style="list-style-type: none"> 401 N Kimberley Ave (Evangel Chapel), Greenwood Food hampers can be picked up 1st & 3rd Thursday of each month If first time to the food bank, call to set a time when you’ll arrive 	<p>250-449-2279</p>
<p>Kettle River Food Share: Rock Creek 4000 Highway 3 Rick</p> <ul style="list-style-type: none"> Open every Thursday from 11am to 12:30pm Distributes Boundary Community Food Bank hampers monthly Food Share Program teaches skills for sustainable eating & living 	<p>250-449-8264</p>

FOOD / MEAL SERVICES (continued)

❖ FROZEN / HOT MEALS: DELIVERED / PICKED UP

<p>Dinners at Home Frozen Meals Sheilagh</p> <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: 1-2pm; Fri: 9 – 10:30am • Order & pre-pay; Pickup time at church on Thursdays from 1 to 2pm 	<p>250-442-7917 or 250-442-2315 (office hours only)</p>
<p>Meals on Wheels</p> <ul style="list-style-type: none"> • Nutritious noon meals delivered several times a week by volunteers • Call to register for the service <p>Boundary Lodge, Grand Forks: delivers within 5km of City Parkview Manor: delivers to Midway, Greenwood, Rock Creek</p>	<p>250-443-0006 250-449-2842</p>

❖ MEALS / DROP-IN

<p>Courtesy Kitchen 7229 5th St, Grand Forks</p> <ul style="list-style-type: none"> • Drop-in, Monday to Friday: 8am to 2pm • Free Hot Lunch (take-out or eat-in): Monday to Friday: 11am to 1pm • A program of Whispers of Hope Benevolence Association 	<p>250-352-0041</p>
<p>The Bridge Drop-in and Thrift Store Amber</p> <ul style="list-style-type: none"> • 629 8th Avenue (Old Church Building), Midway Martin • 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 	<p>250-449-1772 250-449-1978</p>

FOOT CARE

<p>Dr Alumbaugh Podiatrist http://drdanapodiatry.com</p> <ul style="list-style-type: none"> • Clinic location: 1686 2nd Ave, Trail: Mondays & Thursdays 	<p>250-364-1516</p>
<p>Barefoot Health & Wellness Foot Care Lexi Collingwood</p> <ul style="list-style-type: none"> • Advanced Nursing Foot Care services in-home or in a facility 	<p>250-938-5423</p>
<p>Boundary Medical Clinic 7486 2nd Street, Grand Forks</p> <ul style="list-style-type: none"> • Foot care services available only for registered clinic patients 	<p>250-442-8233</p>
<p>ReNEWell Care 5 - 317 Market Avenue https://renewellcare.com/</p> <ul style="list-style-type: none"> • Foot care services available in the clinic. Call for an appointment 	<p>250-999-2740</p>
<p>Shear and File Christine Esselink</p> <ul style="list-style-type: none"> • Foot care services, including diabetic & senior feet • Grand Forks: 7219 2nd Street: Mon, Tues, Wed & Fri • Midway: Ste 1 - Medical Clinic Bldg, 500 Haynes Road: Thursdays 	<p>250-442-6343</p>

FRAUD / FINANCIAL

<p>Banking</p> <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. 	
<p>Better Business Bureau of Mainland BC www.bbb.org/mbc</p> <ul style="list-style-type: none"> • Services include business info, scam warnings & receiving complaints • Open: Monday to Friday: 9am - 4pm 	<p>1-888-803-1222 1-604-682-2711</p>
<p>Canadian Anti-Fraud Centre</p> <ul style="list-style-type: none"> • Report scams / suspected fraud. Mon-Fri: 6am-1:45pm PST 	<p>1-888-495-8501</p>
<p>Credit Counselling Canada www.nomoredebts.org</p> <ul style="list-style-type: none"> • Free credit & debt counselling & personal budgeting services 	<p>1-888-527-8999</p>
<p>RCMP</p> <ul style="list-style-type: none"> • Contact about any concerns regarding possible financial abuse 	<p>Grand Forks RCMP 250-442-8288 Midway RCMP 250-449-2244</p>

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 living on an unsubsidized low income • See website re qualifying 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 – 11:45am; 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: 9-11:45pm & 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 www.gov.bc.ca/advancecare</p> <ul style="list-style-type: none"> • Website provides links to the planning document “My Voice” & information on planning re future care, support and other needs 	
<p>Ambulance Billing Services Info Line Monday to Friday: 9am - 4pm</p> <ul style="list-style-type: none"> • For Billing information: http://www.bcehs.ca/about/billing 	<p>1-800-665-7199</p>
<p>Health Insurance BC www2.gov.bc.ca/gov/content/health</p> <ul style="list-style-type: none"> • Medical Services Plan, Pharmacare & Fair Pharmacare • Forms and other info available at the Grand Forks Service BC Centre (page 5) 	<p>1-800-663-7100</p>
<p>HealthLinkBC</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: 	<p>Toll free 811</p> <p>Toll free 711</p>
<p>Nidus Personal Planning Resource Centre & Registry</p> <ul style="list-style-type: none"> • https://www.nidus.ca/ • Comprehensive online information, forms & support for all aspects of Personal Planning which includes; <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>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 and makes recommendations to government and service providers to address systemic issues in five areas: health care, housing, income support, community support and transportation. • See the website for a number of reports and studies in all these areas including the online Seniors’ Guide & BC Long Term Care Directory 	<p>1-877-952-3181</p>

HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)

❖ **BOUNDARY DISTRICT HOSPITAL**

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

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

<p>Home Health Services</p> <p style="text-align: right;">Central Intake /Assessment 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 disease and initial info for Kidney disease. Located in the Boundary Hospital 	<p>250-443-2100</p>

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

<p>For All Boundary Labs: Book Online www.labonlinebooking.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; • Midway Blood Laboratory Services 500 A -500 Haynes Rd <p>No walk-in services for Greenwood or Midway laboratories</p>	<p>1-844-870-4756 250-443-2100</p>
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❖ 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"> • 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 • Additional in-home services provided by Home Health (IHA) page 7 	<p>1-800-707-8550</p>

❖ PUBLIC HEALTH / MHSU

<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)**

Barefoot Health & Wellness Foot Care Lexi Collingwood <ul style="list-style-type: none"> • Advanced Nursing Foot Care services in-home or in a facility 	250-938-5423
Sound Advice Mobile Hearing Aid Clinic https://www.sahearing.ca/ <ul style="list-style-type: none"> • In-home visits or in office 7337 2nd Street, Grand Forks 	778-531-5213

❖ 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	250-442-8233
Christina Lake Medical Clinic 1975 Bakery Frontage Road	250-447-6262
Greenwood Medical Clinic Rear 255 Government	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: <ul style="list-style-type: none"> Assists patients through the complaint process with regard to care they have received from Interior Health services & staff 	1-877-442-2001
Boundary Hospital Social Work Department Erin <ul style="list-style-type: none"> Provides psycho-social care for hospital patients as well as long term care residents & their families. Includes practical assistance, advocacy, referrals to resources & end of life support 	250-443-2162

❖ OTHER (NON IHA)

Aboriginal Health Services Circle of Indigenous Nations (COINS) <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 Sarah Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety 	1-877-904-2634 250-399-0699 250-304-5621 250-399-0731
Mental Health & Substance Use Consumer, Family & Peer Support Trail FAIR, 2079 Columbia Ave, Trail www.trailfair.ca <ul style="list-style-type: none"> A Kootenay Boundary regional program providing support, education & resources to individuals (and their families) with long term mental health & substance use (addiction) concerns. 	1-877-364-2326 Ext 225
Office of the Seniors' Advocate Information & Referral Line <ul style="list-style-type: none"> Monday to Friday: 8:30am - 4:30pm www.seniorsadvocatebc.ca Offers BC Seniors information and referrals to relevant services See the website for a number of reports and studies in all these areas including the online Seniors' Guide & BC Long Term Care Directory 	1-877-952-3181
West Kootenay Boundary Caregiver Support Coordinator <ul style="list-style-type: none"> Education, resources, groups for caregivers http://wkbcaregiver.org/ Grand Forks/ Boundary support group meets once a month Call for information or to register for the group 	1-888-212-2337 ext 2
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, 7649 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 medical supplies & equipment. (See 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 7337 2nd St., G.F. https://www.sahearing.ca/ In-home visits or in office 	236-700-6585 778-531-5213
Kootenay Columbia Home Medical Equipment <ul style="list-style-type: none"> • 130-630 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 Boundary Hospital 7649 22nd St, Grand Forks Appointment 	250-364-0277 1-877-365-6952
For More Health Related Information / Contacts see pages 16 - 19	

HOME SAFETY

RCMP <ul style="list-style-type: none"> • Responds to seniors' safety concerns • Contact Canadian Anti-Fraud Centre re any scams or suspected fraud 	Grand Forks Midway	250-442-8288 250-449-2244 1-888-495-8501
BC Rebate for Accessible Home Adaptation (BC RAHA) <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 		1-800-257-7756

HOME SUPPORT SERVICES

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

❖ **NON-PROFIT / PUBLIC**

Boundary Better at Home <ul style="list-style-type: none"> • Non-medical supports include light housekeeping, transportation, friendly visiting, grocery shopping for seniors 65+ living at home • Fees based on a sliding scale according to income 	Rachel	250-442-2267 1-877-442-5355 ext 40243
Interior Health Home Support Services: See page 7		

❖ **PRIVATE**

Friend of Mine Cleaning Services	Linda Longbothm	250-718-3878
Home & Yard Work	Tony & Sandy Bennett, Riteman Contracting	778-387-8844
Handyman / Carpenter	Carson Fuller	604-603-0575
R&D Lawn Care		778-667-1555
ReNEWell Care: offers assistance with in-home personal care		250-999-2740
Sandy Chernenkoff Fitness Trainer: seniors' wellness & rehabilitation		604-883-4509

HOSPICE / GRIEF / CAREGIVING

Boundary Community Hospice Association <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 	Christine	250-584-4618
Bereavement BC Helpline <ul style="list-style-type: none"> • Connects callers to grief support services within BC. www.bcbh.ca 	Monday to Friday: 9am to 5pm	1-877-779-2223
Jennifer Mallmes https://www.livingfullywell.ca/ <ul style="list-style-type: none"> • Private Advance Care Planning and End of Life Doula Services 		778-829-9164
West Kootenay Boundary Caregiver Support <ul style="list-style-type: none"> • Education, resources, groups for caregivers http://wkbcaregiver.org/ • Grand Forks/ Boundary support group meets once a month • Call for information or to register for the group 	Coordinator	1-888-212-2337 ext 2

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

Parkside Villa 2450 72 Avenue, Grand Forks	250-442-3223
Raven Place 6895 19 St, G.F. Operated by Boundary Family Services	250-442-2267

❖ 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 G.F.	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*

Boundary Lodge 7130 9 th Street, Grand Forks www.interiorhealth.ca	250-443-0006

❖ ASSISTED LIVING: UNSUBSIDIZED

Supportive housing with a higher level of personal care – contact provider directly

Silver Kettle Village 2350 72 nd Avenue, Grand Forks • www.goldenlifemanagement.ca	250-442-0667

❖ LONG TERM CARE: SUBSIDIZED

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

Hardy View Lodge 7649 22 nd Street, Grand Forks • www.interiorhealth.ca	250-443-2100
Silver Kettle Village 2350 72 nd Avenue, Grand Forks • 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. www.goldenlifemanagement.ca • Has 1 private pay unit	250-442-0667

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	250-442-2202
<ul style="list-style-type: none"> Swimming, fitness & other programs, some especially for seniors. Phone or check website for monthly program guide. 	Aquatic Centre	250-442-3488
Columbia Basin Alliance for Literacy	www.cbal.org	250-442-2704 Ext 6
<ul style="list-style-type: none"> A variety of programs for adults including basic computer skills, English as a second language and settlement services. 	Allison	
Selkirk College Grand Forks Campus 486 72 nd Ave., Grand Forks	www.selkirk.ca	250-442-2704
<ul style="list-style-type: none"> Offers a range of continuing education programs 		

SENIORS' SOCIAL GROUPS & ASSOCIATIONS

Offers a number of social and recreational activities for members

Grand Forks Seniors' Society	Centre	250-443-9352
<ul style="list-style-type: none"> 565 71 Street (in City Park); Hall rentals available Many regular drop in programs and activities; monthly newsletter 		
Greenwood Senior Citizens Association Branch 99	Centre	250-445-6655
<ul style="list-style-type: none"> 187 S Government St ; Various activities for members Thrift Store & Drop-in Tues, Thurs & Sat 11am- 3pm 		
Midway Senior Citizens Association Branch 117	Wendy	250-449-5088
<ul style="list-style-type: none"> 541 7th Avenue; many drop-in & other activities; open year round 		

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) • AA (Alcoholics Anonymous)- Boundary www.bcyukonaa.org Grand Forks Mtngs: 7252 7th St: Mon & Sat: 7pm; Wed noon Tom 2495 76 Ave: Saturdays: 10am Dan Greenwood Mtng: Com.Hall 1355 Veterans Lane Tues 8pm Tony • Al-Anon: G. Forks Mtng: Anglican Church 7252 7th St; Friday noon Yvonne Greenwood Mtng for women 1355 Veterans Lane: Tues 1pm France Other area meetings: http://bcyukon-al-anon.org • Boundary Mental Health & Substance Use Services (pg 8) • NA (Narcotics Anonymous) Grand Forks: Holy Trinity Anglican Church 7252 7th St; Thurs 7pm • Quit Now: smoking cessation program & info www.quitnow.ca • Smoking Cessation Program: Talk to a local pharmacist 	<p>1-800-663-1441</p> <p>250-442-8907 604-999-3753 250-893-9320</p> <p>250-443-1525 250-812-9320</p> <p>250-442-0330</p> <p>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 • Alzheimer West Kootenay Resource Centre Toll free <ul style="list-style-type: none"> ○ 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 	<p>1-800-936-6033</p> <p>1-855-301-6742 or 778-774-2133</p>
<p>Arthritis</p> <ul style="list-style-type: none"> • Society Info Line https://arthritis.ca/ Mon to Fri: 9am-4pm • ArthritisBC & Me: Info & services https://arthritisbcandme.info/ 	<p>1-800-321-1433</p>
<p>Bereavement BC Helpline Monday to Friday: 9am to 5pm Saturday: 9am to 1pm</p> <ul style="list-style-type: none"> • Connects callers to grief support services within BC. www.bcbh.ca 	<p>1-877-779-2223</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>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 a referral from IH Acquired Brain Injury services • Acquired Brain Injury Services (Interior Health) <ul style="list-style-type: none"> ○ Office: Castlegar Health Centre M-Th:8:30am - 4pm 	<p>778-460-4500</p> <p>Intake 1-800-707-8550</p> <p>Coord 250-365-9547</p>
<p>Canadian National Institute for the Blind (CNIB) www.cnib.ca</p> <ul style="list-style-type: none"> • Support & services to help with vision loss 	<p>1-800-563-2642</p> <p>250-763-1191</p> <p>Kelowna office</p>
<p>Cancer</p> <ul style="list-style-type: none"> • BC Cancer Agency: Cancer Care for the Southern Interior <ul style="list-style-type: none"> ○ 399 Royal Avenue, Kelowna ○ http://www.bccancer.bc.ca/our-services/centres-clinics/ ○ 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: Open 6am to 4pm PST 	<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://wkbccaregiver.org/ • Grand Forks/ Boundary support group meets once a month • Call for information or to register for the group 	<p>1-888-212-2337</p> <p>ext 2</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Support & information for chronic Diabetes & Heart disease and initial info for Kidney disease. Located in the Boundary 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>

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

Chronic Pain Management & Local Resources <ul style="list-style-type: none"> • Pain BC Support: Mon–Fri: 9am –2 noon; 1–4pm https://painbc.ca/ • Local Info https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools 	1-844-880-7246
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 10:30am – 9:30pm BC Regional Office www.diabetes.ca 	1-800-226-8464 1-800-665-6526
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 available services • 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 BC Office 	1-866-432-7833
Kidney (Renal) Disease <ul style="list-style-type: none"> • See Chronic Disease Management (page 17) • Kiro Kidney Care & Clinic: Psychosocial support, Intake referrals, info and resources for non-hospitalized patients. Trail Clinic • Kidney Foundation of Canada https://kidney.ca/ See website for information, support, support, resources 	1-800-707-8550 250-364-6270 1-800-567-8112

SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS

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

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
Mental Health <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 Centre, 2079 Columbia Ave 1-877-364-2326 Ext 225 • Alzheimer / Dementia Support Information: (page 16) 	
MS (Multiple Sclerosis) Canada https://mscanada.ca/ Office Phone or see website for support & info MS Navigator	1-800-268-7582 1-844-859-6789
Nutrition: Call the HealthLinkBC Dietician Monday to Friday: 9am-5pm	811
Parkinson Society of BC www.parkinson.bc.ca <ul style="list-style-type: none"> • Website has valuable information including education & supports • Support group meets 3rd Tues/mo in Trail 	1-800-668-3330 Patti 250-367-9258
Respiratory (Lung) Disease <ul style="list-style-type: none"> • BC Lung Foundation https://bclung.ca/ Info • Private Respiratory Testing & Equipment (page 11) 	1-800-665-5864
Scleroderma Association of BC https://sclerodermabc.ca/ <ul style="list-style-type: none"> • For online toolkits & research info: https://spinsclero.com/ 	1-604-371-1005
Stroke Recovery Ass'n of BC https://strokerecoverybc.ca/ <ul style="list-style-type: none"> • Website offers many online groups and activities via zoom 	1-888-313-3377

TRANSPORTATION

❖ 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 Monday 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 provided to low income Canadians who must 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"> • Reductions on some carriers (eg Pacific Coastal) for eligible BC residents who must travel for non-emergency specialist care. 	1-800-663-7100

❖ 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 www.bctransit.com/boundary/home <ul style="list-style-type: none"> • Within Grand Forks: M, W, Th: 8:30am – 3:30pm; Fri: fewer hours • Tues: Btwn Rock Creek & G.F; Tues & Fri: Btwn Greenwood & G.F • All trips must be booked by 4pm the day prior to travelling 	1-855-993-3100
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) • 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 and Kelowna • Info & book online via the website https://fritztravels.com/before/ 	778-760-1891 (text only)