



RESOURCE DIRECTORY

For Seniors & Caregivers

Cranbrook Area

December 2019

Revised October 2020

SIP

Seniors in Partnership

Thank you to the Sponsors and Community Partners involved in creating and maintaining this resource



*Special thanks to **Cranbrook Better at Home** for creating this directory in 2016 and for ongoing revisions and support.*

This guide is a listing of contacts, not to be viewed as an endorsement of any individual listings or services.

*Please feel free to share the Resource Directory and its contents freely.
Copy in whole or in part as needed.*

A downloadable PDF is available at

www.cranbrookagefriendly.ca

We acknowledge that because community resources change frequently, this written document will almost certainly contain errors.

Please send updates, additions, corrections or comments to:

Seniors In Partnership
sip.uwek@shaw.ca | 778.517.5123

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ABUSE, CRISIS & EMERGENCIES-SAFETY & SECURITY

Emergency (Ambulance, Fire, Police)	911
CRISIS LINE (Interior Crisis Line Network) 24 ours a day, 7 days a week, year round <i>Call for support in a crisis (including suicide), information about community services or concerns about the safety of another</i>	1.888.353.2273
Seniors Advocacy & Information Line (SAIL) Mon-Sun: 8am to 8 pm <i>Older adults can speak to a trained professional about situations where they were abused or mistreated & be referred to a local community or other appropriate resource</i>	1.866.437.1940 Ext. 36 TTY: 1.855.306.1443
BC Association of Community Response Networks Stopping adult abuse, neglect & self-neglect	(250) 377-8181 <i>Ask for contact information for a local representative</i>
Police Victim Services of British Columbia Provides victims of crime & tragedy with crisis intervention, emotional support, practical support & information on the justice system, court orientation & referrals to community services.	Cranbrook 250.417.4225 Surrey 1.877.869.0720
Kootenay Haven Transition House Residential home for women and children seeking shelter from violence and abuse.	250.426.4887 Women's Help Line: 1.800.200.3008
Seniors Distress Line	1.519.667.6711
Elder Abuse: Victim Link BC	1.800.563.0808 TTY: 1.604.875.0885
Assisted Living Registrar If someone is being abused or neglected in an assisted living facility.	1.866.714.3378 778 974 4887
Poison Control	1.800.567.8911
Community Paramedic See www.bcehs.ca for general information about the Community Paramedic program and communities served.	Rob Oler, Cranbrook 250.919.5902 cp.cranbrook@bcehs.ca Aileen Boyd, Kimberley 250.908.7367 cp.kimberley@bcehs.ca

DAY PROGRAMS, CLUBS & ACTIVITIES

<p>Day Break (Adult Day Programs)</p> <ul style="list-style-type: none"> • Located in the F.W. Green Memorial Home • Provides group activities for seniors • Transportation available 	<p>250.420.2451</p>
<p>Cranbrook Public Library</p> <ul style="list-style-type: none"> • Homebound services delivers books, audio books and DVDs to your home • Provides some computer training 	<p>250.426.4063</p>
<p>Cranbrook Kin Club</p> <ul style="list-style-type: none"> • Events include our home show, Heritage Dinner for seniors • Casino table and bouncy tent rentals 	<p>Email: info@cranbrookkin.ca 250.417.1019</p>
<p>Cranbrook Lions Club Charitable society devoted to social and international service, taking its membership primarily from business and professional groups.</p>	<p>Contact Bob Selby 250 426 0960 Meets 2nd & 4th Monday of each month, 6:30 pm at Auntie Barb's Bakery</p>
<p>Rotary Club of Cranbrook Business and professional men and women worldwide unite to conduct humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.</p>	<p>www.cranbrookrotary.org Meets weekly Thursdays at 11:55am Heritage Inn</p>
<p>Cranbrook Sunrise Rotary As above.</p>	<p>www.cranbrookrotary.org <i>Click on Cranbrook Sunrise under links in left sidebar</i> Meets weekly, Tuesdays, 7am Prestige Rocky Mountain Resort</p>
<p>Royal Canadian Legion Branch 24 National organization committed to our Veterans, their families, and the communities they call home. Local and national level programs and services. Seniors Lunch & Song with Bud's Friends 3rd Wednesdays. Cranbrook.</p>	<p>250.426 8531 Located on the lower level Heritage Inn, Cranbrook</p>
<p>Cranbrook Senior Citizen Hall Multiple activities including bingo, card games, socials and general meetings. See their schedule!</p>	<p>250.426.3618 www.facebook.com/-cranbrookseniors</p>

Juniper Lanes Seniors leagues Tuesday, Wednesday, and Fridays. Includes coffee, 3 games, and shoes.	250.426.2865
Key City Theatre Live entertainment * Member discounts Best membership deal is for volunteers. Great volunteer opportunities.	250.426.5050 www.keycitytheatre.com
Western Financial Place (Cranbrook Community Services) Swimming (Aqua Fit and Joint Mobility) Senior Swim Weights and walking programs	250.489.0220 www.westernfinancialplace.ca
College of the Rockies Offering a variety of courses, specializing in computer courses for seniors. Registration required. Call for information.	250.489.2751 www.cotr.bc.ca
Minds in Motion® Fitness and social program for people living with early stage dementia and their caregivers.	Registration: 250.489.0220 Information: 778.7612011 www.alzheimer.ca
Better at Home Social Connections Program Tai Chi (seated & standing) most Wednesdays at 9am. Low cost lunches twice monthly, 2 nd & 4 th Wednesday of each month (holiday exceptions)	betterathome@ccssecbc.com 250.426.2943 www.facebook.com/cranbrookbetterathome
Seniors In Partnership Seniors Meeting Seniors & Seniors Meeting Youth Group socials at Cranbrook Seniors Hall	778.517.5123 See the Cranbrook Senior Centre activity calendar

DRUGSTORES & PHARMACIES

Safeway Pharmacy Free delivery within city limits	250.417.0221
Save-On-Foods Pharmacy Free delivery within city limits	250.489.5711
Walmart Pharmacy No Delivery	250.489.5338
Superstore Pharmacy No Delivery	250.420.2135

Shoppers Drug Mart Free delivery within city limits Will deliver other items with prescription order	250.489.3438
Pharmasave Free delivery within city limits Will deliver other items with prescription order	250.426.3368

FOOD & MEAL SERVICES

Cranbrook Food Bank For those who are having difficulty purchasing enough food. Delivery service not provided See their Food Resources Calendar, available in many locations.	250.426.7664 www.cranbrookfoodbank.ca
Farmers Market Nutrition Coupon Program Weekly coupon book worth \$21 from June-October can be used to purchase locally grown herbs, fruit, veggies, dairy, eggs, nuts, meats.	250.489.5011 b2b.coordinator@ccssebc.com
Volunteer Assisted Shopping Program (Volunteer Kootenays/CMHA) Grocery shopping at Safeway for seniors who need a hand. One-on-one shopping support, coffee social and transportation (uses HandyDart - \$6 round trip). Friday afternoons (excluding holidays).	250.426.5222 www.kootenays.cmha.bc.ca/volunteer
Dinners at Home (Interior Health) Assorted frozen dinners, easily stored in freezer and heated in microwave Pick up at F.W. Green Home Ask for brochure, order form and schedule Nutritional information flier on request	Kimberley - 250.420.2302 Cranbrook – 250.420.4120 F.W. Green Home 1700 4 th St South Cranbrook
Operation Street Angel Non-profit outreach & advocacy program, assisting marginalized people by providing support, services, community inclusion, resources & referrals. Low-cost meals, showers, laundry, phone, computer, clothing, activities, harm reduction kits etc.	250.420.2756 www.facebook.com/operationstreetangel

What's for Dinner Homemade meals by Mrs. Palmer	250.426.1151 220 Slater Road www.facebook.com/Whats-for-Dinner
Hello Fresh One of many national online ordering options	www.hellofresh.ca
Many community churches offer meals and events throughout the year. See Church listings in this directory.	

FOOT CARE (home visits, private businesses)

Commitment to Care Resources Full range of private home care services including certified foot care.	250.489.5300 www.ctcresources.ca
Complete Foot Care – Donna Medical Pedicure, Seniors, Diabetics	250.919.3335
Feet R Us – Charles Hoath Certified RCA/CHW Foot Care Provider	250.417.6535 choath747@gmail.com
Save Your Soles – Kathy Dobbs (retired RN) Certified Foot Care Provider.	250-426-3630
We Care Full range of private home care services including therapeutic foot care.	250.426.9066 www.wecare.ca

FINANCIAL ASSISTANCE (Government Programs)

Visit Service BC or Service Canada in Cranbrook for face-to-face assistance Service BC: 100 Cranbrook St N, 250.417.6100 Service Canada: 1113 Baker Street (upstairs, elevator), 250.489.4101	
Old Age Security (OAS) Pension Must complete application form	1 800 O-Canada (1-800-622-6232) TTY: 1-800-926-9105 http://www.servicecanada.gc.ca/eng/services/pensions/oas/pension/index.shtml Monthly payment available to most Canadians 65 years of age who meet the Canadian legal status and residence requirements. <i>In addition to the Old Age Security pension, there are three types of Old Age Security benefits: Guaranteed Income Supplement, Allowance and Allowance for Survivors (see below)</i>

<p>Guaranteed Income Supplement (GIS) Must complete application form</p>	<p>www.servicecanada.gc.ca/eng/services/pensions/oas/gis/index.html</p> <p>If you live in Canada and you have a low income, this monthly non-taxable benefit can be added to your OAS pension.</p>
<p>Allowance for those aged 60-64 whose spouse receives GIS Must complete application form</p>	<p>www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html</p> <p>If you are 60 to 64 years of age and your spouse or common-law partner is receiving the Old Age Security pension and is eligible for the Guaranteed Income Supplement, you might be eligible to receive this benefit.</p>
<p>Allowance for Survivor Must complete application form</p>	<p>www.servicecanada.gc.ca/eng/services/pensions/oas/allowance-survivor.html</p> <p>If you are 60 to 64 years of age and you are widowed, you may be eligible for this benefit.</p>
<p>Canada Pension Plan (CPP) Must complete application form</p>	<p>www.canada.ca/en/services/benefits/publicpensions/cpp.html</p>
<p>Employment Insurance</p>	<p>www.canada.ca/en/services/benefits/ei.html</p>
<p>Veterans Affairs (VAC)</p>	<p>1.866.522.2122 www.veterans.gc.ca/eng/services</p>
<p>Seniors Supplement (Provincial)</p>	<p>1.800.663.7867 http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/general-supplements-and-programs/seniors-supplement</p>
<p>GST Rebate Apply on your annual income tax</p>	<p>www.canada.ca/en/revenue-agency/services/child-family-benefits/goods-services-tax-harmonized-sales-tax-gst-hst-credit.html</p>
<p>BC Low Income Climate Action Tax Credit Combined with GST credit, apply on income tax</p>	<p>1.800.959.1953 http://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/climate-action</p>
<p>Disability Tax Credit A non-refundable tax credit for people with disabilities or their supporters. Ask your tax preparer.</p>	<p>www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html</p>
<p>Income Assistance for Seniors Not Receiving OAS</p>	<p>1.866.866.0800 Press 2-1-5</p>

Eligibility based on income, assets, shelter costs	
Property Tax Deferral Eligibility Criteria	1.800.355.2700 Email: taxdeferral@gov.bc.ca
Pharmacare & Fair Pharmacare Helps B.C. residents with the cost of eligible prescription drugs and certain medical supplies.	1.800.663.7100 www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents <i>If you or your spouse was born in 1939 or earlier, you may qualify for enhanced Fair Pharmacare.</i>
Palliative Care Benefits Applied by physician	www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/plan-p-bc-palliative-care-benefits-program
BC Ministry of Social Development & Poverty Reduction Income assistance, Disability Assistance, Work BC, BC Bus Pass	www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/social-development-poverty-reduction

HEARING AND VISION

Burntwood Hearing Suite 215 1311 2 St. N.	250.489.0880 www.burntwoodhearing.com
Dynamic Hearing Solution Ltd. 1712 Cranbrook St. N.	250.426.0079 www.dynamichearingsolutions.ca
Hearing Loss Clinic 800 Baker St.	250.489.2551 www.hearingloss.ca
Cranbrook Vision Care 1517 Baker St.	250.489.2020 www.cranbrookvisioncare.com
Iris 1924B 8 th St. N.	250.426.7066 www.iris.ca
Kimberley Vision Care 75 Deer Park Ave.	250.427.2020 www.kimberleyvisioncare.com
Grocery Store Vision Care Your grocer, pharmacy or “big box” store may have vision care or offer reading glasses and magnifiers.	

MEDICAL CLINICS

Ktunaxa Health Clinic – Nurse Practitioner	250.420.2700
Tamarack Medical Clinic Suite 191-1500 Cranbrook St. N.	250.426.7724
Associates Medical Clinic 123 10 th Ave S	250.426.4231
F.W. Green Clinic 262, 1311 2nd St. N. (Cranbrook Mall)	778.517.8208
Kimberley Medical Clinic 260 4 th Ave, Kimberley	250.427.4861
Fisher Peak Family Practice 255, 1311 2nd St. N. (Cranbrook Mall)	778.517.3701
Travel Medicine & Vaccination Centre 1617 Baker St.	1.888.288.8682 250.426.0869

DENTAL

Baker Hill Dental Clinic 100 9 th Ave. S.	250.426.5865
Cranbrook Denture Clinic 323C Kootenay St N	250.426.6862
Cranbrook Family Dental 2-1124 21 Ave N. (behind old Canadian Tire)	250.426.5825
Dr. Irina Baciu Family Dentistry 5-1124 21 Ave N. (behind old Canadian Tire)	250.489.4721
Kootenay Life Dental 3-1124 21 Ave N. (behind Canadian Tire)	250.489.4731
Nish Dental Clinic 40 12 th Ave N.	250.426.2322
Peak Family Dental 103 117 Cranbrook St. N.	
St Martin Dental Clinic 513D Cranbrook St N (beside Burger King)	250.426.0708
Salvation Army Dental Program Bring ID and proof of income. Limited dental services provided (emergency & extractions)	250.426.3612

Symmetry Dental #2-25 12 Ave S	250.489.4551
Victoria Ave Dental Suite 106, 425 Victoria Ave N	250.489.4771
Caron Denture Clinic 1-495 Wallinger Ave, Kimberley	250.427.3222
Kimberly Family Dental 90 Wallinger Ave.	250.427.5366

LEGAL AID & LAW OFFICES

Legal Services Society (Legal Aid)	1.866.5772525 www.lls.bc.ca
Smith Alliance Lawyers & Notaries	250.426.4352
Tarralin Hanson Notary Public	778.517.5520
Rella & Paolini	250.420.0927
Miles, Zimmer & Associates	250.489.3350
Collins David F Law Corp	250.489.2800
Michelle Fuchs Law Office	250.426.3511
Travelling Advocate Program Information, application and appeals assistance for poverty law issues ie: tenants rights/dispute resolutions, welfare, disability benefits, human rights complaints, CPP, Old Age Security, Guaranteed Income Supplement, Shelter Aid for Elderly Renters (SAFER), employment standards. <i>The Traveling Advocate is a not a lawyer and does not work for the government.</i>	250.426.4293 1.877.298.2211 Email: ekadvocate@ccssecbc.com www.tap.ccsccranbrook.ca Cranbrook Family Connections 209A 16 th Ave N (between Core Fitness & Memorial Arena)
Family Law Advocate Program Information, advice & application assistance: <ul style="list-style-type: none"> • Family Law • Legal Aid • Child Support • Spousal Support 	250.464.0474 Email: fladvocatecranbrook@ccssecbc.com Cranbrook Family Connections 209A 16 th Ave N (between Core Fitness & Memorial Arena)

LEGAL / ADVANCE CARE PLANNING

<p>Advanced Care Planning BC Government Resources</p>	<p>www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning</p>
<p>My Voice: Expressing My Wishes for Future Health Care Treatment (Downloadable PDF) Advanced Care Planning Guide</p>	<p>www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf</p>
<p>Substitute Decision Making</p> <ul style="list-style-type: none"> • Power of Attorney • Enduring Power of Attorney • Representation Agreements • Advanced Care Planning • Adult Guardianship/Committeeship 	<p>www2.gov.bc.ca/gov/topic.page?id=65182267A2DD4B94AEC4933EB0C66549</p>
<p>Public Guardian and Trustee (PGT) of BC Protecting the interests of British Columbians who lack legal capacity to protect their own interests.</p>	<p>1.800.663.7867 www.trustee.bc.ca</p>
<p>Talk to your lawyer or notary public about wills, powers of attorney, representation agreements and other related services.</p>	

FUNERAL SERVICES

<p>McPherson Funeral Services Pre-planning, grief & legal support, traditional funeral and cremation services, online tributes.</p>	<p>250.426.3132 1.800.619.4222 Same number for Kimberley & Cranbrook locations www.mcphersonfh.com</p>
<p>Mark Memorial Funeral Home Full-service funeral home serving Cranbrook, Kimberley, Fort Steele and surrounding communities from Creston to Radium Hot Springs and Golden for over 30 years.</p>	<p>250.426.4864 www.markmemorial.com</p>
<p>Memorial Society of BC Non-profit organization formed in 1956. An objective source of education and information regarding the planning of funeral services (including “green burials”. Not a funeral home.</p>	<p>604.733.7705 1.888.816.5902 Email: mail@memsoc.org www.memorialsocietybc.org</p>

<p>Living Well & Leaving Well End of life experts (life insurance representatives and funeral home pre-planning consultants) partnering with lawyers, notaries and financial planners who share the common vision of educating Canadians on how to minimize the emotional and financial stress associated with the death of a loved one. Online tools, resources and links. Workshops.</p>	<p>1.888.579.2233 www.livingwelleavingwell.ca Chilliwack, BC</p>
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You may wish to talk to your funeral pre-planner, insurance or financial planning representative about end-of-life and/or funeral insurance options.

AUTO REPAIR

<p>Ask at your garage if they have any unpublished discounts (ie for seniors, PWD, BCAA, CARP etc) or payment plans</p>	
<p>Meraki Mechanical Automotive Repair Assistance Program (ARAP) Minor vehicle repairs and maintenance to single parents, seniors, veterans, homeless, or persons in financial need. Call them for details.</p>	<p>(778) 517-1501 600 Industrial Rd #1 www.merakimechanical.com</p>

TRANSPORTATION

<p>Cranbrook Transit (City Bus) Bus schedules are available online or at City Hall</p>	<p>250.417.4636 www.bctransit.com/cranbrook/home</p>
<p>Cranbrook Transit Free Bus Pass (Leisure Access Program) For residents who live within city limits, whose limited income may prevent them from participating in basic recreation services. Includes pool access, public skating, transit. <i>Apply by contacting one of the five listed partner agencies</i></p>	<p>Salvation Army 250.426.3612 Cranbrook Family Connections: 250.426.2976 IH Mental Health 250.426.7855 MSDSI 1.866.866.0800 MCFD 250.426.1441</p>

<p>City of Cranbrook Seniors Parking Permit Free parking for City residents 65+ Display the free permit and you are eligible for one-hour free parking while downtown</p>	<p>250.426.4211 Apply at City Hall. Bring driver's license and vehicle registration (reg'n must be in your name)</p>
<p>HandyDART (BC Transit) Door-to-door shared-ride service. Specially-equipped vehicles for riders with physical or cognitive disabilities who need assistance to use public transit. Wheelchair friendly. Program Registration Required. Trips must be scheduled in advance. Cost \$3 per one-way trip (\$6 round trip).</p>	<p>250.417.3178 https://www.bctransit.com/cranbrook/riderinfo/handydart <i>* Important note: handyDART clients needing medical transportation in other cities may be eligible for a temporary pass in their destination city.</i></p>
<p>Taxi Fare Savers (BC Transit) For permanently registered handyDART passengers. 50% subsidy for a monthly allowance of taxi vouchers, to use when handDART is unavailable. Pay \$30 for \$60 worth of coupons. Must have handyPASS. No change provided.</p>	<p>250.417.3178 www.bctransit.com/cranbrook/riderinfo/handydart/taxi-saver <i>* Important note: be sure to read and understand notes about Fare Saver use.</i></p>
<p>Key City Cabs Participants in the Fare Saver Program</p>	<p>250.426.1111</p>
<p>Star Taxi Participants in the Fare Saver Program</p>	<p>250.426.5511</p>
<p>Better at Home DRIVE Program Registered/screened volunteer drivers help Cranbrook area seniors get to appointments, shopping and social activities. \$25 DRIVE card, good for four (4) in-town round trips. Longer trips may be possible if driver agrees. Rider subsidies available. Volunteers may claim mileage.</p>	<p>Email or FB message preferred: betterathome@ccssecbc.com www.facebook.com/cranbrookbetterathome 250.426.2943</p>
<p>St. Eugene Casino Shuttle (free) Free scheduled shuttle service for guests from various pick-up points around Cranbrook</p>	<p>250.417.2772 Toll free 1.877.417.2772 www.steugene.ca/en/shuttle</p>

<p>BC Bus Pass Program Reduced cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia. Valid in communities serviced by BC Transit or TransLink. Pass is valid for the eligible rider only; non-transferable. HandyDART not included.</p>	<p>Toll Free: 1.866.866.0800 Choose Option 2, Option 2, Option 1</p> <p>www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/seniors</p> <p>* Program of limited value in Cranbrook area, but may be useful if travelling.</p>
<p>Hope Air Providing Canadians in financial need with free travel to medical care far from home.</p>	<p>1.877.346-HOPE (4673) www.hopeair.ca</p>
<p>Angel Flight East Kootenay Based in Fernie BC. Volunteer run charity providing medical flights for EK residents from Elk Valley or Cranbrook to Kelowna.</p>	<p>250.430.7057 www.angelflightek.ca Email: info@AngelFlightEK.ca</p>

MEDICAL EQUIPMENT, SUPPLIES & ALERT SERVICES

<p>Red Cross Health Equipment Loan Program (HELP) Provides basic equipment on short term loan to assist people coping with illness, injury or recovery at home.</p>	<p>250.426.5105 www.redcross.ca/how-we-help/community-health-services-in-canada/bc-health-equipment-loan-program</p>
<p>Kootenay Columbia Home Medical Complete selection of home medical equipment and home health care products designed to enhance the quality of life, increase mobility, and provide a safe and accessible environment for the home.</p>	<p>250.426.6600 250 Slater Rd NW Cranbrook</p>
<p>Pharmasave Home Health Centre Sales, service and rentals of a variety of home health care products and medical equipment. Two locations in Cranbrook.</p>	<p>250.426.3368</p>
<p>IRS Independent & Respiratory Services Sleep apnea & oxygen therapy. BC Owned.</p>	<p>250.426.6275</p>
<p>Kootenay Respiratory CPAP and home oxygen systems. Locally owned/operated.</p>	<p>778.517.5600</p>

MedPro Respiratory Care CPAP/BiPAP, Home Oxygen, Asthma & Aero- sol Products, Suctions & Tracheostomy supplies	1 888.310.1444
VitalAire Healthcare Home oxygen therapy, sleep therapy and home medical equipment. Nationally accredited.	250.489.0976
Alert 911: The Simple Mobile Security Solution In home medical alert services	1.800.800.4067
Phillips Lifeline Medical alert services, in home or on the go. Ask about their automatic pill & medication dispenser.	Kootenay Lifeline 1.888.832.6071 1.866.784.1992 www.lifeline.ca
Telus LivingWell Companion Medical alert services, in home or on the go. Can be bundled with other Telus services.	1.888.505.8008 www.telus.com/en/bc/health/personal/livingwell-companion
Peak Security Security products and services.	250.426.4314
Many kinds of smart home security devices are now available on the retail market. You can customise, monitor, and manage your home securi- ty systems anywhere, at any time, from your mobile phone. See local home & building centres and/or electronics stores	

HOME SUPPORT

**Also see Interior Health below	
Cranbrook Better at Home Supporting the non-medical needs of older adults in BC so they can continue to live independently in their own homes and remain connected to community. Help with simple day-to-day tasks including light housekeeping & yard work, snow shovelling, transportation and grocery shopping. Social Connections including twice monthly sen- ior lunches and 50+ Tai Chi.	Email or FB message preferred: betterathome@ccssebc.com www.facebook.com/cranbrookbetterathome 250.426.2943 Cranbrook Family Connections 209A 16 th Ave N (between Core Fitness & Memorial Arena)

<p>Interior Health Home & Community Care A variety of services at home and in the community. For people with acute, chronic, palliative or rehabilitative health care needs.</p>	<p>Intake line: 250.421.8912 www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/default.aspx</p>
<p>Interior Health Home Support Services To help you remain at home safely and independently. Includes medical support.</p>	<p>250.420.2200 www.interiorhealth.ca/YourCare/HomeCommunityCare/HomeSupport/Pages/default.aspx</p>
<p>Commitment to Care Resources Ltd Locally owned private company; bonded, licensed, insured. Services offered throughout the East Kootenays.</p>	<p>250.489.5300 Email: ctcresources@telus.net www.ctcresources.ca</p>
<p>We Care (Home Health Services) Private company; bonded, licensed, insured. Over 50 locations across Canada.</p>	<p>250.426.9066 www.wecare.ca</p>
<p>Neighbourhood Nursing Private company; bonded, licensed, insured. Services offered throughout the EK & WK</p>	<p>1.888.427.2220 www.neighborhoodnursing.ca</p>
<p>Kootenay Care Nursing & Home Services Private company; bonded, insured. Services offered in Cranbrook and area</p>	<p>778.517.0969</p>
<p>Volunteer Kootenays Variety of programs for all ages: Crisis Line, Senior Friendly Visitor & Telephone Check-In Program, Volunteer Assisted Shopping, Volunteer Income Tax Preparation, Snow Angels.</p>	<p>250.426.5222 Crisis Line: 1.888.353.CARE (2273)</p>
<p><u>PALLIATIVE CARE</u>Interior Health Palliative Care What is Palliative Care? Choosing care options. Caregiving Supports. The final days. After death.</p>	<p>www.interiorhealth.ca/YourCare/PalliativeCare/Pages/default.aspx</p>
<p>After Hours Palliative Nursing Service 9pm–8am MST 7 days/week Must be currently receiving palliative care service.</p>	<p>1.877.800.8882</p>

<p>Cranbrook Kimberley Hospice Society Support for dealing with terminal illness, end of life, loss and grieving</p>	<p>250.417.2019 www.ckhospice.com Email: info@ckhospice.com</p>
<p>Medical Assistance in Dying (MAID)</p>	<p>www.interiorhealth.ca/YourCare/MAiD/Pages/default.aspx</p>

INTERIOR HEALTH AUTHORITY

<p>Health Link BC 8-1-1 is a free-of-charge health information and advice phone line available. Speak with nurses, pharmacists, dieticians and health services representatives. Translation services available</p>	<p>811</p>
<p>Home and Community Care (Interior Health) The “umbrella” that covers a variety of at home and in-community services for people with acute, chronic, palliative or rehabilitative health care needs. Programs include: Adult Day Programs, Acquired Brain Injury, Caregiver Support, Social Work, Case Management, Choice for Supports for Independent Living (CSIL), Community Care, Nursing & Nutrition, Home Oxygen, Home Support, Lifeline, Health Services for Community Living (for adults with developmental disabilities), Long-term care & Assisted Living.</p>	<p>Cranbrook: 250.421.8912 Public Health Building 20 – 23rd Ave S. Kimberley: 250.427.2215 Kimberley Health Centre 260 4th Ave</p> <p>www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/default.aspx</p> <p>* Note: it may be wise for older people to register with Home & Community Care while you are well, in order to avoid having to go through the registration process during a critical or painful time.</p>
<p>Home Support Services (Interior Health) Promotes independence for those with chronic health conditions, disabilities or terminal illness. Provides in-home assistance with daily living activities (ie bathing, dressing, grooming, medications administration and other personal/medical care needs). Also provides caretakers with support and relief.</p>	<p>Cranbrook: 250.421.8912 Kimberley: 250.427.2215 Locations as above under Home and Community Care</p> <p>www.interiorhealth.ca/FindUs/_layouts/FindUs/in-fo.aspx?type=Location&loc=Cranbrook%20Home%20Support%20Services&svc=Home%20Support&ploc=Cranbrook%20Health%20Centre</p>

<p>Interior Health Mental Health Includes Seniors Mental Health & Substance Use. Outreach clinicians and life skills workers focus on all aspects of personal health, especially for individuals who do not access medical services.</p>	<p>Cranbrook: 250.420.2210 20 – 23rd Ave S. Kimberley: 250.427.2215 260 4th Ave Crisis Line: 1.888.353.2273</p>
<p>F.W. Green Memorial Home (Interior Health) See details below under Residential Care & Housing</p>	<p>250.426.3710 www.interiorhealth.ca/FindUs/_layouts/FindUs/info.aspx?type=Location&loc=Dr.%20F.W.%20Green%20Memorial%20Home&svc=Residential%20Care&ploc=N/A</p>
<p>Joseph Creek Care Village (IH beds) See details below under Residential Care & Housing</p>	<p>250.417.0666</p>
<p>Kimberley Special Care Home – The Pines (Interior Health) See details below under Residential Care & Housing</p>	<p>250.427.4807</p>
<p>Cranbrook Health Centre (aka Public Health) Home and Community Care Cranbrook Wellness Centre Cranbrook Mental Health</p>	<p>250.420.2200 20, 23rd Ave S, Cranbrook <i>(blue roof building behind the EK Regional Hospital)</i></p>
<p>Cranbrook Wellness Centre Diabetes Clinic, TIA rapid response Kidney Care, Healthy Heart</p>	<p>250.489.6414 20, 23rd Ave S, Cranbrook <i>(located at the Health Centre – behind the EK Regional Hospital)</i></p>
<p>EK Regional Hospital</p>	<p>250.426.5281 1.866.288.8082 13, 24th Ave S, Cranbrook</p>
<p>See additional listings/descriptions under specific topic headings (i.e. Residential Care & Housing)</p>	

COUNSELLING, SUPPORT & ADVOCACY

Alcoholics Anonymous	250.426.9876
Narcotics Anonymous	1.800.663.1441
Al-Anon	250.342.8255
Nar-Anon	1.800.663.1441
Axis Family Resources Ltd. Addictions services, crisis support program, community living services, assessment and support services, family-based interventions, phase 2 program, specialized residential services, stopping the violence program etc.	1.877.392.1003 250-489-4074 www.axis.bc.ca
Alzheimer Society of British Columbia Information and resources for those living with and affected by all forms of dementia.	1-800-667-3742 Email: info@alzheimercbc.org www.alzheimer.ca
Minds in Motion® Minds in Motion® fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner.	Minds in Motion® Cranbrook Registration: 250-489-0220 Information: 778-761-2011 or 250-489-9401 (cell)
FirstLink® Dementia Help Line Monday to Friday, 9 a.m. and 4 p.m. (toll-free). (Operated by the Alzheimer Society of BC)	English: 1.800.936.6033 Cantonese and Mandarin: 1.833.674.5007 Punjabi: 1.833.674.5003 https://alzheimer.ca/en/bc/We-can-help/Resources/First-Link-dementia-helpline
East Kootenay Addiction Services Provide free, confidential counselling to individuals or groups dealing with their own or someone else's addiction or substance misuse.	250.489.4344 www.ekass.com
Caregiver's Network for EK Seniors Support for family caregivers of elderly persons. Caregivers meet regularly in several East Kootenay communities.	1.877.489.0803 www.caregiversnetworkek.com
Canadian Cancer Society Information, support, and services. There is no longer a Cranbrook office.	www.cancer.ca

<p>Parkinson Society Information and support for Parkinson Disease.</p>	<p>250.489.4252 1.800.565.3000 www.parkinson.bc.ca</p>
<p>Grandparents Raising Grandchildren</p>	<p>250.426.2543</p>
<p>Homeless Outreach & Prevention Program Not just for “homeless”. Provide direct, flexible, client-centered, frontline services to individuals who are homeless or facing homelessness. Connect with people and assist them in attaining safe and affordable housing in our community.</p>	<p>778.517.5355 www.hop.ccscranbrook.ca Cranbrook Family Connections 209A 16th Ave N (between Core Fitness & Memorial Arena)</p>
<p>ANKORS Aids Network Outreach & Support Society Education, support, prevention, harm reduction. LGBTQ2 networking & support. Nelson & Cranbrook offices plus outreach throughout the region.</p>	<p>Cranbrook: 250.426.3383 Cranbrook Family Connections 209A 16th Ave N (between Core Fitness & Memorial Arena) Nelson: 250-505-5506 www.ankors.bc.ca</p>
<p>Cranbrook Women’s Resource Centre Advocacy, confidential lay counselling, information and referrals for women of all ages. Working to improve the status of women and their families through direct service provision and advocating for social and systematic change. Resource library, public education, support during court, help with applications, health & family issues etc.</p>	<p>250.426.2912 www.cwrc.ccscranbrook.ca Cranbrook Family Connections 209A 16th Ave N (between Core Fitness & Memorial Arena)</p>
<p>Free Walk-In Counselling Clinic Free, confidential single session counselling for individuals, couples or families. Mondays & Tuesdays with Gary Wednesdays & Thursdays with Jasmine</p>	<p>778.517.8382 Cranbrook Family Connections 209A 16th Ave N (between Core Fitness & Memorial Arena)</p>
<p>Summit Community Services Individual and group counselling Men’s Group (Cranbrook) Women’s Support (Cranbrook & Kimberley) Community and Police Based Victim Services (Cranbrook & Kimberley)</p>	<p>Cranbrook: 250.489.3114 #101– 25, 10th Ave S Kimberley: 250.427.4200 97 Boundary St www.summitfamily.ca</p>

<p>Lighthouse Project Support for early stage dementia 1st and 3rd Wednesday of the month 9:45-11:30 am</p>	<p>Fellowship Baptist Church Pauline 250.420.1705</p>
<p>Many local churches provide grief support and faith-based counselling for their members. See church listings in this directory.</p>	
<p>There are many private counsellors in the area. Consult online listings and telephone directories or reach out to a trusted resource and ask for help finding the service you need.</p>	

LONG TERM CARE & HOUSING

<p>F.W. Green Memorial Home – Cranbrook (Interior Health) All levels of complex care includes 24 hour nursing and personal care, medication supervision and administration, meals, laundry services.</p>	<p>250.426.3710</p>
<p>Golden Life Management, owners of: Joseph Creek Village – Cranbrook Kootenay Street Village Cranbrook Garden View Village – Kimberley</p> <p>Independent living and a variety of supportive assisted living programs. Some care side spaces available through Interior Health.</p> <p>Privately owned by Golden Life Management 15 locations in BC and AB</p>	<p>250.417.0666 778 761 3393 250.427.4014</p> <p>Corporate office 521 Industrial Road G Cranbrook Phone: 250.489.0667 email: inquiry@glm.ca www.goldenlifemanagement.ca</p>
<p>Canadian Mental Health Association – Kootenays (CHMA) Several housing options available through the Housing Registry (code is DCC, AKS, AKP)</p>	<p>250.426.5222 Email: reception@cmhakootenays.org www.kootenays.cmha.bc.ca</p>
<p>Baker Gardens - Cranbrook Housing for seniors and people with disabilities. Owned by Canadian Mental Health Association-Kootenays</p>	<p>250.426.5222 Main switchboard</p>
<p>Aqanttanam Housing Low cost and subsidized housing for aboriginal and non-aboriginal citizens.</p>	<p>250.417.3774</p>
<p>Cranbrook Lions Club Senior Citizens Housing Society (Mountain View Villas)</p>	<p>250.426.3544</p>

Cranbrook Rotary- Scott Villas	www.cranbrookrotary.org
Kimbrook Manor – Kimberley/Western Lodge Provides apartment style living for seniors 55+ and others who can benefit from on-site staff and a variety of supportive assisted living programs. Some meals and housekeeping provided. Privately owned.	250.427.4423 www.kimbrookmanor.ca
Kimberley Special Care Home – The Pines (Interior Health) <ul style="list-style-type: none"> House all levels of complex care which includes 24 hour nursing and personal care, medication supervision and administration, meals, laundry services. 	250.427.4807
SAFER: Shelter Aid for Elderly Renters <ul style="list-style-type: none"> Monthly cash subsidy for renters based on NOA, Annual application. Must meet eligibility requirements and application on line 	1.800.257.7756 www.bchousing.org/housing-assistance/rental-assistance/SAFER
Cooperative Housing Federation of BC (CHF)	1.866.879.5111 www.chf.bc.ca
Senior Services Society <ul style="list-style-type: none"> Information on housing options for seniors Note, this Society serves only residents of the lower mainland, but has great information on their website 	1.604.520.6621 Email: info@seniorsservicessociety.ca www.seniorsservicessociety.ca
Home Adaptations for Independence (HAFI) <ul style="list-style-type: none"> Financial assistance up to \$ 17,500 for eligible low-income seniors and people with disabilities in BC Supports accessibility modifications that will promote continued safe and independent living (does not cover portable aids such as walkers or appliances) Homeless Outreach and Homelessness Prevention Program can assist with BC housing applications 	1.800.257.7756 604.433.2218 www.bchousing.org/Options/Home_Renovations 778 517 5355 Email: HOP@ccssebc.com HPP@ccssebc.com

ABORIGINAL SERVICES

Aboriginal Patient Navigator <ul style="list-style-type: none"> Supporting access to health care services 	250.489.2464 1.888.489.4563
Ktunaxa Kinbasket Child & Family Services <ul style="list-style-type: none"> Health Justice Advocacy Cultural Connections Family Support 	250.489.4563 Toll free 1.888.489.4563 www.ktunaxa.org
See Aquanttanum Housing above	250.417.3774
Street Angels	250.420.2756 streetangel@ktunaxa.org

CHURCHES

United Church of Canada	250.426.2022 12 th Ave. S.
Cranbrook Alliance Church	250.489.4704 1200 Kootenay St. N.
First Baptist Church	250.426.4319 328 24 th Ave. S.
New Life Foursquare Church	250.489.1057 308 10 th Ave. S.
Christ Church Anglican	250.426.2644 46 13 th Ave. S.
Saint Aidan Orthodox Church	250.420.1582 201 7 th Ave. S.
Abundant Life Pentecostal Assembly	250.426.2866 501 11 th Ave. S.
Church of Jesus Christ of Latter-Day Saints	250.426.1980 2210 2 nd St. N.
Mount Zion Lutheran Church	250.426.7564 920 11 th St. S.
St. Mary's Church	250.426.4266 39 10 th Ave. S.
Cranbrook United Church	250.426.2022 2 12 th Ave. S.

House of Hope	250.421.3784 629 6 th St. NW.
The Dwelling Place	250.489.5411 2324 2 nd St. S.
Knox Presbyterian Church	250.426.7165 2100 3 rd St. S.
Connect Church	250.919.7325 207 14 th Ave. N.
Fellowship Baptist	250.489.5169 2000 5 th St.N.
Cranbrook Seventh Day Adventist Church	250.426.6563 300 6 th Ave. S.
Christ the Servant Parish	250.426.4266 1100 14 th Ave S.
New Apostolic Church	250.426.2101 821 1 st St. S.
The Salvation Army	250.426.3612 533 Slater Rd. NW.
Calvary Chapel	250.426.7897 518 Cranbrook St.N.

ONLINE RESOURCES

AARP – USA (good online resources) American Association of Retired Persons, enhancing quality of life for all as we age.	www.aarp.org
CARP (formerly the Canadian Association of Retired Persons) National, non-partisan, non-profit organization. Promoting and protecting the interests, rights and quality of life for Canadians as we age. Membership benefits include online information/tools, Zoomer magazine, entertainment, financial, health, insurance and travel programs.	www.carp.ca Kootenay Chapter 23 Email: Kootenay@carp.ca 250.426.5021 www.Facebook.com/KootenayCARP

<p>Nidus Personal Planning Resource Centre Information for British Columbians about personal planning, specializing in Representation Agreements.</p>	<p>www.nidus.ca</p>
<p>Power of Attorney Act Information about the Power of Attorney</p>	<p>www.bclaws.ca/civix/document/id/complete/statreg/96370_01</p>
<p>Seniors BC Government of BC's online resource to help plan an active healthy life as you age.</p>	<p>www.seniorsbc.ca</p>
<p>Falls Prevention Falls are the main reason why older adults lose their independence. Falls can be prevented! Learn more.</p>	<p>www.findingbalancebc.ca www.healthlinkbc.ca/health-topics/ug2329spec</p>
<p>Service BC Your source for frontline government services and information in British Columbia. Service BC delivers hundreds of programs and services to residents, businesses and visitors - in person, online, and over the phone.</p>	<p>General Enquiries 1.800.661.8773 www.servicebc.gov.bc.ca</p> <p>100 Cranbrook St. N. 250.417.6100</p>
<p>Service Canada Online resources: Old Age Security Programs, Pension & GIS Information, Fraud Awareness, Benefits Finder, Veterans Information, Retirement Planning Tools</p> <p>Or visit the Cranbrook office in person!</p>	<p>www.servicecanada.gc.ca</p> <p>General Enquiries 1.800.622.6232 (1.800.O.Canada) TTY: 1.800.926.9105</p> <p>1113 Baker St, Cranbrook</p>
<p>Housing & Health (Interior Health) Alternate living arrangements for short and long term care,</p>	<p>www.interiorhealth.ca/YourCare/HousingHealth/Pages/default.aspx</p>
<p>Cranbrook Age Friendly Advisory Committee Resources, news and events for local seniors and caregivers.</p>	<p>www.cranbrookagefriendly.ca</p>

SOCIETIES (miscellaneous other/health related)

Alzheimer Society of BC Local contact: Carey Henry 778.761.2011 Minds in Motion Coordinator	Provincial Office, Vancouver 1.800.667.3742 www.alzheimer.ca First Link Dementia Helpline 1.800.936.6033
Arthritis Society BC/Yukon	Regional Office, Kelowna Phone: 250.868.8643 info@bc.arthritis.ca
BC Cancer Agency	Vancouver 1.800.663.3333 Toll free 1.888.563.7773
CNIB BC/Yukon a representative travels from Nelson periodically.	National Helpline 1.800.563.2642 info@cnib.ca
Canadian Cancer Society BC/Yukon There is no longer a Cranbrook office.	Toll-free: 1.888.939.3333 TTY 1.866.7863934 www.cancer.ca/en/?region=bc
Canadian Diabetes Association	National Contact Centre 1.800.226.8464 Provincial Office, Vancouver 1.800.665.6526 www.diabetes.ca

OTHER PRIVATE SERVICES

Columbia Courier Can meet all your delivery needs	250.489.2221
Deliver-All Medication, grocery, restaurant pick ups	250.489.2280
EZ Couriers Ltd Small deliveries, grocery shopping, medication pick ups.	250.919.5551
JJ's Laundry Depot Free pick-up Mon/Wed	250.489.1606

NOTES:

Seniors In Partnership
sip.uwek@shaw.ca | 778.517.5123

