



# RESOURCE DIRECTORY

For Seniors  
& Caregivers

Cranbrook Area

October 2016

# SIP

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Seniors in Partnership

*Thank you to our sponsors:*



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*This guide is merely a listing of contacts, we do not endorse any listings*

*It is intended that this document will be shared freely, and ultimately combined with the online resource directory "Cranbrook Clicks" currently being developed by the Cranbrook Social Planning Society.*

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## **ABUSE, CRISIS & EMERGENCIES-SAFETY & SECURITY**

<b>Emergency (Ambulance, Fire, Police)</b>	<b>911</b>
<b>Interior Crisis Line Network, West Kootenay Boundary Region</b> <ul style="list-style-type: none"> <li>• 24 hours a day, 7 days a week</li> <li>• Call for information about community services, assistance, support in a crisis, or concerns about the safety of another senior</li> </ul> Suicide	<b>1.888.353.2273</b>
<b>Seniors Advocacy &amp; Information Line (SAIL)</b> Mon-Sun: 8am to 8 pm <ul style="list-style-type: none"> <li>• Older adults can speak to a trained professional about situations where they were abused or mistreated &amp; be referred to a local community or other appropriate resource</li> </ul>	<b>1.866.437.1940</b> <b>Ext. 36</b>  TTY: 1.855.306.1443
<b>BC Association of Community Response Networks</b> <ul style="list-style-type: none"> <li>• Stopping adult abuse, neglect &amp; self-neglect</li> </ul>	<b>(250) 377-8181</b> <i>Ask for contact information for a local representative</i>
<b>Police Victim Services of British Columbia</b> <ul style="list-style-type: none"> <li>• Provides victims of crime &amp; tragedy with crisis intervention, emotional support, and practical assistance, information on the justice system, court orientation and referrals to community resources.</li> </ul>	<b>250.417.4225</b> Surrey 1.877.869.0720
<b>Kootenay Haven Transition House</b> <ul style="list-style-type: none"> <li>• Residential home for women and children seeking shelter from violence and abuse.</li> </ul>	<b>250.426.4887</b>  <b>Women's Help Line:</b> <b>1.800.200.3008</b>
<b>Seniors Distress Line</b>	<b>1.519.667.6711</b>
<b>Elder Abuse: Victim Link BC</b>	<b>1.800.563.0808</b> TTY: 1.604.875.0885
<b>Assisted Living Registrar</b> If someone is being abused or neglected in an assisted living facility	<b>1.866.714.3378</b>
<b>Poison Control</b>	<b>1.800.567.8911</b>

## **DAY PROGRAMS, CLUBS & ACTIVITIES**

<b>Day Break (Adult Day Programs)</b> <ul style="list-style-type: none"> <li>• Located in the F.W. Green Memorial Home</li> <li>• Provides group activities for seniors</li> <li>• Transportation available</li> </ul>	<b>250.420.2451</b>
<b>Cranbrook Public Library</b> <ul style="list-style-type: none"> <li>• Homebound services delivers books and DVDs to you from the library</li> <li>• Provides some computer training</li> </ul>	<b>250.426.4063</b>
<b>Cranbrook Kin Club</b> <ul style="list-style-type: none"> <li>• Events include our home show, seniors day cleanup, heritage day dinner for seniors, Daisy days Fundraiser for Canadian Cystic Fibrosis Research</li> <li>• Casino table and bouncy tent rentals</li> </ul>	<b>Email: <a href="mailto:info@cranbrookkin.ca">info@cranbrookkin.ca</a></b>
<b>Cranbrook Lions Club</b> <ul style="list-style-type: none"> <li>• Charitable society devoted to social and international service, taking its membership primarily from business and professional groups.</li> </ul>	<b>Email: <a href="mailto:Heichmer@gmail.com">Heichmer@gmail.com</a></b> Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of each month, 6:30 pm at Heritage Inn
<b>Rotary Club of Cranbrook</b>	<b><a href="http://cranbrookrotary.org">cranbrookrotary.org</a></b> Meets weekly: Thursdays, 11:55am at Heritage Inn
<b>Cranbrook Sunrise Rotary</b> 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.	<b><a href="http://Cranbrookrotary.org">Cranbrookrotary.org</a></b> <i>Click on Cranbrook Sunrise under links in left sidebar</i>  Meet weekly: Tuesdays, 7am Prestige Inn (Cranbrook)
<b>Royal Canadian Legion</b> <ul style="list-style-type: none"> <li>• As a national organization committed to our Veterans, their families, and the communities they call home, we offer programs and services for a wide variety of groups on both local and national levels.</li> </ul>	<b>250.426.4512</b>
<b>Cranbrook Senior Citizen Hall</b> <ul style="list-style-type: none"> <li>• Multiple activities including bingo, card games, dances and socials</li> </ul>	<b>250.426.3618</b>

<b>Juniper Lanes</b> <ul style="list-style-type: none"> <li>Seniors leagues Tuesday, Wednesday, and Fridays. Includes coffee, 3 games, and shoes.</li> </ul>	<b>250.426.2865</b>
<b>Key City Theater</b> <ul style="list-style-type: none"> <li>Assortment of live entertainment</li> <li>Discounts apply to members.</li> <li>Best membership deal is for volunteers.</li> </ul>	<b>250.426.7006</b>
<b>Western Financial Place (Recreation Complex)</b> <ul style="list-style-type: none"> <li>Swimming (Aqua Fit and Joint Mobility)</li> <li>Senior Swim</li> <li>Weights and walking program</li> </ul>	<b>250.489.0220</b>  <a href="http://www.westernfinancialplace.ca">www.westernfinancialplace.ca</a>
<b>College of the Rockies</b> <ul style="list-style-type: none"> <li>Offering a variety of courses, specializing in computer courses for seniors.</li> <li>Registration required</li> <li>Call for times and starting dates</li> </ul>	<b>250.489.2751</b>

## **DRUGSTORES & PHARMACIES**

<b>Safeway Pharmacy</b> <ul style="list-style-type: none"> <li>Free delivery within city limits</li> </ul>	<b>250.417.0221</b>
<b>Save-On-Foods Pharmacy</b> <ul style="list-style-type: none"> <li>Free delivery within city limits</li> </ul>	<b>250.489.5711</b>
<b>Walmart Pharmacy</b> <ul style="list-style-type: none"> <li>No Delivery</li> </ul>	<b>250.489.5338</b>
<b>Superstore Pharmacy</b> <ul style="list-style-type: none"> <li>No Delivery</li> </ul>	<b>250.420.2135</b>
<b>Shoppers Drug Mart</b> <ul style="list-style-type: none"> <li>Free delivery within city limits</li> <li>Will deliver food &amp; off-the-counter items with prescription order</li> </ul>	<b>250.489.3438</b>
<b>Pharmasave</b> <ul style="list-style-type: none"> <li>Free delivery within city limits</li> <li>Will deliver off-the-counter items with prescription order</li> </ul>	<b>250.426.3368</b>

## **FOOD & MEAL SERVICES**

<b>Cranbrook Food Bank</b> <ul style="list-style-type: none"> <li>• For those who are having difficulty purchasing enough food.</li> <li>• No Delivery</li> </ul>	<b>250.426.7664</b>
<b>Farmers Market Nutrition Coupon Program</b> <ul style="list-style-type: none"> <li>• Weekly coupon book worth \$15 from June-October can be used to purchase locally grown herbs, fruit, vegetables, dairy products, eggs, nuts, meats.</li> </ul>	<b>250.489.5011</b> Email pchisholm_bb@hotmail.com <b>Text 250.919.0467</b>
<b>Volunteer Assisted Shopping Program (Volunteer Kootenays/CMHA)</b> <ul style="list-style-type: none"> <li>• Grocery shopping at Safeway for seniors who need a hand. One-on-one shopping support, coffee social and transportation (uses HandyDart - \$6 round trip)</li> <li>• Friday afternoons (excluding holidays)</li> </ul>	<b>250.426.8019</b>
<b>Dinners at Home (Interior Health)</b> <ul style="list-style-type: none"> <li>• Frozen dinners to be picked up at the F.W. Green Home</li> <li>• Easily stored in freezer and heated in microwave</li> <li>• Selection of meals to choose from</li> </ul>	<b>To Order call:</b> <b>Kimberley - 250.420.2302</b> <b>Cranbrook – 250-420-4120</b> Get specific order and pick-up information. F.W. Green Home 1700 4 <sup>th</sup> St South Cranbrook
<b>Church Meals</b> <ul style="list-style-type: none"> <li>• Many community churches offer meals and events throughout the year.</li> </ul>	<b>See Church Listing</b>
<b>Street Angels</b> <ul style="list-style-type: none"> <li>• Dinner served every day except for Wednesdays.</li> <li>• Cost \$1 per meal</li> <li>• Coffee and Juice daily</li> <li>• Night snack at 8:30 pm</li> </ul>	<b>250-420-2756</b>

## **FOOT CARE (home visits, private businesses)**

<b>Commitment to Care Resources</b> Full range of private home care service including certified foot care	<b>250.489.5300</b> <a href="http://www.ctcresources.ca">www.ctcresources.ca</a>
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<b>Complete Foot Care – Donna</b> Medical Pedicure, Seniors, Diabetics	<b>250.919.3335</b>
<b>Feet R Us – Charles Hoath</b> Certified RCA/CHW Foot Care Provider	<b>250.417.6535</b> choath747@gmail.com
<b>Foot Care Solution – Astrid Maupu</b> Foot care nurse	<b>250.908.0275</b>
<b>Save Your Soles – Kathy Dobbs (retired RN)</b> Certified Foot Care Provider.	<b>250-426-3630</b>
<b>We Care</b> Full range of private home care service including therapeutic foot care	<b>250.426.9066</b> www.wecare.ca

## **FINANCIAL ASSISTANCE (Government Programs)**

<b>Old Age Security (OAS) Pension</b> Must complete application form	<b>1 800 O-Canada (1-800-622-6232)</b> TTY: 1-800-926-9105 <a href="http://www.servicecanada.gc.ca/eng/services/pensions/oas/pension/index.shtml">http://www.servicecanada.gc.ca/eng/services/pensions/oas/pension/index.shtml</a> 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>
<b>Guaranteed Income Supplement (GIS)</b> Must complete application form	<a href="http://www.servicecanada.gc.ca/eng/services/pensions/oas/gis/index.shtml">http://www.servicecanada.gc.ca/eng/services/pensions/oas/gis/index.shtml</a> If you live in Canada and you have a low income, this monthly non-taxable benefit can be added to your OAS pension.
<b>Allowance for those aged 60-64 whose spouse receives GIS</b>  Must complete application form	<a href="http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml">http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml</a> 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.
<b>Allowance for Survivor</b> Must complete	<a href="http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance-survivor.shtml">http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance-survivor.shtml</a>



application form	If you are 60 to 64 years of age and you are widowed, you might be eligible to receive this benefit.
<b>Canada Pension Plan (CPP)</b> Must complete application form	<a href="http://www.servicecanada.gc.ca/eng/sc/cpp/retirement/canadapension.shtml">www.servicecanada.gc.ca/eng/sc/cpp/retirement/canadapension.shtml</a>
<b>Employment Insurance</b>	<a href="http://www.servicecanada.gc.ca/eng/sc/ei/index.shtml">www.servicecanada.gc.ca/eng/sc/ei/index.shtml</a>
<b>Veterans Affairs (VAC)</b>	<b>1.866.522.2122</b> <a href="http://www.veterans.gc.ca/eng/services">www.veterans.gc.ca/eng/services</a>
<b>Seniors Supplement (Provincial)</b>	<b>1.800.663.7867</b> <a href="http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/general-supplements-and-programs/seniors-supplement">http://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/general-supplements-and-programs/seniors-supplement</a>
<b>GST Rebate</b>	Apply on annual income tax
<b>BC Low Income Climate Action Tax Credit</b> Combined with GST credit, apply on income tax	<b>1.800.959.1953</b> <a href="http://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/climate-action">http://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/climate-action</a>
<b>Income Assistance for Seniors Not Receiving OAS</b> Eligibility based on income, assets, shelter costs	<b>1.866.866.0800</b> <b>Press 2-1-5</b>
<b>Property Tax Deferral</b> Eligibility Criteria	<b>1.800.355.2700</b> Email: <a href="mailto:taxdeferral@gov.bc.ca">taxdeferral@gov.bc.ca</a>
<b>Pharmacare &amp; Fair Pharmacare</b>	<b>1.800.663.7100</b> <a href="http://www.health.gov.bc.ca/pharmacare/">http://www.health.gov.bc.ca/pharmacare/</a> Helps B.C. residents with the cost of eligible prescription drugs and certain medical supplies.  <i>If you or your spouse was born in 1939 or earlier, you may qualify for enhanced Fair PharmaCare assistance.</i>
<b>Palliative Care Benefits</b> Applied by physician	<a href="http://www.health.gov.bc.ca/pharmacare/outgoing/palliative.html">http://www.health.gov.bc.ca/pharmacare/outgoing/palliative.html</a>

## **HEARING/VISION**

<b>Dynamic Hearing Solution Ltd.</b> Tamarack Centre	<b>250.426.0079</b>
<b>Hearing Loss Clinic</b> Baker Street	<b>250.489.2551</b>
<b>Cranbrook Vision Care</b> On site optometrist	<b>250.489.2020</b>
<b>Iris</b> On site optometrist	<b>250.426.7066</b>
<b>Grocery Store Vision Care</b> Your grocer, pharmacy or “big box” store may have some form of vision care or offer reading glasses and magnifiers.	<b>See Drug Stores &amp; Pharmacies in this directory or enquire at your local store</b>

## **MEDICAL CLINICS**

<b>Ktunaxa Health Clinic – Nurse Practitioner</b>	<b>250.420.2700</b>
<b>Tamarack Medical Clinic</b> Suite 191-1500 Cranbrook St N	<b>250.426.7724</b>
<b>Associates Medical Clinic</b> 123 10 <sup>th</sup> Ave S	<b>250.426.4231</b>
<b>F.W. Green Clinic</b> 262, 1311 2nd Street North Cranbrook Cranbrook Mall	<b>778.517.8208</b>
<b>Kimberley Medical Clinic</b> 260 4th Ave, Kimberley	<b>250.427.4861</b>
<b>Fisher Peak Family Practice</b> 255, 1311 2nd Street North Cranbrook Cranbrook Mall	<b>778. 517. 3701</b>
<b>Travel Medicine &amp; Vaccination Centre</b> 1617 Baker St	<b>For appointments call 1.888.288.8682 250.426.3249</b>

## **DENTAL**

<b>Baker Hill Dental Clinic, 100 9<sup>th</sup> Ave S</b> <ul style="list-style-type: none"> <li>• <b>Drs. Burwasah, Choi &amp; Fisher</b></li> </ul>	<b>250.426.5865</b>
<b>Cranbrook Family Dentists</b> 2-1124 21 Ave N. (behind Canadian Tire) <ul style="list-style-type: none"> <li>• <b>Drs. Nelson, Rocus &amp; Remington</b></li> </ul>	<b>250.426.5825</b>
<b>Drs. Baciú &amp; Vicenzino</b> 5-1124 21 Ave N. (behind Canadian Tire)	<b>250.489.4721</b>
<b>Drs. Davis &amp; Williams</b> 3-1124-21 Ave N. (behind Canadian Tire)	<b>250.489.4731</b>
<b>St Martin Dental Clinic/Dr. Schandl</b> 513D Cranbrook St N (beside Burger King)	<b>250.426.0708</b>
<b>Dr. Nesbitt, 103, 117 Cranbrook St N</b>	<b>250.426.3422</b>
<b>Dr. Nish (new location across from Library)</b>	<b>250.426.2322</b>
<b>Drs. Callen &amp; Scott, 25 12 Ave S</b>	<b>250.489.4551</b>
<b>Associates for Dental Wellness</b>	<b>250.489.4771</b>
<b>Cranbrook Denture Clinic</b> 323 Kootenay St N	<b>250.426.6862</b>
<b>Caron Denture Clinic</b> 1-495 Wallinger Ave, Kimberley	<b>250-427-3222</b>
<b>Salvation Army Dental Program</b> Bring ID and proof of income. Limited dental services provided (emergency & extractions)	<b>250.426.3612</b>

## **LEGAL AID & LAW OFFICES**

<b>Legal Aid</b> <ul style="list-style-type: none"> <li>• Richard J. Strahl, Barrister &amp; Solicitor</li> <li>• A range of free services that may help you. They give priority to people with low incomes, but many services are available to all British Columbians.</li> </ul>	<b>250.426.4066</b>
<b>Rella &amp; Paolini</b> <ul style="list-style-type: none"> <li>• Lawyers Office</li> </ul>	<b>250.420.0927</b>

<b>Miles, Zimmer &amp; Associates</b> • Lawyers Office	<b>250.489.3350</b>
<b>Collins David F Law Corp</b> • Lawyers Office	<b>250.489.2800</b>
<b>Michelle Fuchs Law Office</b> • Lawyers Office	<b>250.426.3511</b>
<b>Travelling Advocate</b>  • Provide assistance and info to the public regarding poverty law issues (tenants' rights and dispute resolutions, welfare info and appeals, disability benefits info and appeals, Human Rights complaints, CPP, Old Age Security, Guaranteed Income Supplement, the S.A.F.E.R program, and employment standards. • The Traveling Poverty Law Advocate is a <b>not</b> a lawyer and <b>does not</b> work for the government.	<b>1.877.298.2211</b>

## **LEGAL / ADVANCE CARE PLANNING**

<b>My Voice</b> • Expressing My Wishes for Future Health Care Treatment • Advanced Care Planning Guide	<b>Health Link 811</b> <a href="http://www.seniorsbc.ca/legal/healthdecisions">www.seniorsbc.ca/legal/healthdecisions</a>
<b>Substitute Decision Making</b> • Power of Attorney • Enduring Power of Attorney • Representation Agreements • Advanced Care Planning • Adult Guardianship /Committeeship	<a href="http://www2.gov.bc.ca/gov/topic.page?id=65182267A2DD4B94AEC4933EB0C66549">http://www2.gov.bc.ca/gov/topic.page?id=65182267A2DD4B94AEC4933EB0C66549</a>
<b>Public Guardian and Trustee (PGT) of BC</b>	<b>1.800.663.7867</b> <a href="http://www.trustee.bc.ca">www.trustee.bc.ca</a>

## **FUNERAL SERVICES**

<b>McPherson Funeral Services</b>	<b>250.426.3132</b>
<b>Mark Memorial Funeral Home</b>	<b>250.426.4864</b>
<b>FamilySide/Purple Shield Preplanning &amp; Insurance Services associated with funeral homes</b>	<b>1.888.579.2233</b> <b>250.417.3285</b>

## **AUTO REPAIR**

<b>CANADIAN TIRE</b>	<b>250.489.5563</b>
<b>CRANBROOK AUTO REPAIR</b> 10% Discount on Labour Everyday * 60 Plus	<b>250.426.3233</b>
<i>Ask at your own garage to see if they have unpublished discounts.</i>	

## **TRANSPORTATION**

<b>HandyDART</b> <ul style="list-style-type: none"> <li>• Door-to-door shared-ride service</li> <li>• Specially-equipped vehicles with physical or cognitive disabilities who need assistance to use public transit. Wheelchair friendly.</li> <li>• Trips must be scheduled in advance.</li> <li>• Requires Registration</li> <li>• Cost: \$3 per one way trip</li> </ul>	<b>250.417.3178</b> <b>Website:</b> <a href="http://www.transitbc.com/regions/cra/accessible/handydart.cfm">www.transitbc.com/regions/cra/accessible/handydart.cfm</a>
<b>HandyPASS</b> <ul style="list-style-type: none"> <li>• Photo ID for handyDART users - required</li> </ul>	<b>250.627.1201</b>
<b>Key City Cabs Ltd</b> <ul style="list-style-type: none"> <li>• Participates in the Fare Saver Program (purchase \$60 worth of vouchers for \$30)</li> </ul>	<b>250.426.1111</b>
<b>Star Taxi</b> <ul style="list-style-type: none"> <li>• Participates in the Fare Saver Program (purchase \$60 worth of vouchers for \$30)</li> </ul>	<b>250.426.5511</b>
<b>Casino Guest Services (free)</b> <ul style="list-style-type: none"> <li>• Free scheduled shuttle service to guests from various pick-up points around Cranbrook</li> </ul>	<b>CALL FOR SCHEDULE</b> <b>250.417.2772</b> Toll free 1.877.147.2772
<b>Cranbrook Transit (City Bus)</b> <ul style="list-style-type: none"> <li>• Bus schedules are available at City Hall and online at <a href="http://www.busonline.ca">www.busonline.ca</a></li> </ul>	<b>250.417.4636</b>
<b>Cranbrook Transit Free Bus Pass (Leisure Access Program)</b> <ul style="list-style-type: none"> <li>• For residents who live within city limits, whose limited income may prevent them from participating in basic recreation services. Includes pool access, public</li> </ul>	<b>Salvation Army 250.426.3612</b> <b>Community Connections</b> 250.426.2976 <b>IH Mental Health</b> 250.426.7855 <b>MSDSI</b>

skating, transit <ul style="list-style-type: none"> <li>• Apply by contacting one of the five listed partner agencies</li> </ul>	1.866.866.0800 <b>MCFD</b> 250.426.1441
<b>BC Bus Pass Program</b> <ul style="list-style-type: none"> <li>• reduced cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia.</li> <li>• Valid in communities serviced by BC Transit or TransLink.</li> <li>• The pass is only valid for the eligible rider; non-transferable; Handy Dart is not included in this program</li> </ul>	<b>Toll Free: 1.866.866.0800</b> <b>Choose Option 4, then Option 3</b> <a href="http://www.sd.gov.bc.ca/programs/bus-pass.html">http://www.sd.gov.bc.ca/programs/bus-pass.html</a>
<b>City of Cranbrook</b> <ul style="list-style-type: none"> <li>• Free parking if 65+</li> <li>• Display the free permit and you are eligible for one-hour free parking while downtown</li> </ul>	<b>250.426.4211</b> Apply at City Hall: bring driver's license and vehicle registration (in your name)
<b>Hope Air</b> <ul style="list-style-type: none"> <li>• For regular medical treatment outside area, helps with cost of flight.</li> </ul>	<b>1.877.346-HOPE (4673)</b>

## **MEDICAL EQUIPMENT, SUPPLIES & ALERT SERVICES**

<b>Red Cross Health Equipment Loan Program (HELP)</b> <ul style="list-style-type: none"> <li>• Provides basic equipment on short term loan to assist people coping with illness, injury or recovery at home.</li> </ul>	<b>250.426.5105</b>
<b>Phillips Lifeline</b> <ul style="list-style-type: none"> <li>• In home medical alert services</li> </ul>	<b>Kootenay Lifeline 1.888.832.6071</b> 1.866.784.1992
<b>Alert 911 The Simple Mobile Security Solution</b> <ul style="list-style-type: none"> <li>• In home medical alert services</li> <li>• Open 24 hours</li> </ul>	<b>1.800.800.4067</b>
<b>MEDChair</b> <ul style="list-style-type: none"> <li>• Carries a 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</li> </ul>	<b>250.426.6600</b> 250 Slater Rd NW Cranbrook

home. •	
<b>VitalAire Healthcare</b> <ul style="list-style-type: none"> <li>Provides physicians and their patients with home oxygen therapy, sleep therapy and home medical equipment.</li> <li>Nationally accredited</li> </ul>	<b>250.489.0976</b>
<b>IRS Independent &amp; Respiratory Services Inc.</b> <ul style="list-style-type: none"> <li>Sleep apnea &amp; oxygen therapy</li> <li>BC Owned</li> </ul>	<b>250.426.6275</b>
<b>Peak Security</b> <ul style="list-style-type: none"> <li>Security products and services</li> </ul>	<b>250.426.4314</b>
<b>Pharmasave Home Health Centre</b> Sales, service and rentals of a variety of home health care products.	<b>250.426.3368</b>

## **HOME SUPPORT**

<b>**Also see Interior Health below</b>	
<b>Cranbrook Better at Home</b> <ul style="list-style-type: none"> <li>Helping seniors who need a hand with simple day-to-day (non- medical) tasks so that they can continue to live independently in their own homes and remain connected to their communities.</li> </ul>	<b>250.426.2943</b> <b><u>Lharris_ccs@shaw.ca</u></b> Facebook “Cranbrook Better at Home” <a href="http://betterathome.ca/">http://betterathome.ca/</a> Cranbrook Family Connections Building 209A 16 <sup>th</sup> Ave N
<b>Interior Health Home Support (Home Health)</b> <ul style="list-style-type: none"> <li>Home support (including medical) services to those who need assistance to manage their personal health care.</li> </ul>	<b>250.489.1734</b> <i>Interior Health:</i> <b>250.417.6161</b>
<b>Interior Health Home &amp; Community Care</b> <ul style="list-style-type: none"> <li>A variety of at-home and community services to people with acute, chronic, palliative or rehabilitative health care needs.</li> </ul>	<b>250.421.8912</b>

<b>Commitment to Care Resources Ltd</b> <ul style="list-style-type: none"> <li>• Private company; bonded, licensed, insured.</li> <li>• Services offered throughout the East Kootenays.</li> </ul>	<b>250.489.5300</b> <b>Email: <a href="mailto:ctcresources@shaw.ca">ctcresources@shaw.ca</a></b> <b><a href="http://www.ctcresources.ca">www.ctcresources.ca</a></b>
<b>We Care (Home Health Services)</b> <ul style="list-style-type: none"> <li>• Private company; bonded, licensed, insured.</li> <li>• Over 50 locations across Canada</li> </ul>	<b>250.426.9066</b> <b><a href="http://www.wecare.ca">www.wecare.ca</a></b>
<b>Neighbourhood Nursing</b> <ul style="list-style-type: none"> <li>• Private company; bonded, licensed, insured.</li> <li>• Services offered throughout the East and West Kootenays.</li> </ul>	<b>250.427.2224</b>
<b>Kootenay Care Nursing &amp; Home Services</b> <ul style="list-style-type: none"> <li>• Private company; bonded, insured.</li> <li>• Services offered in Cranbrook and area</li> </ul>	<b>778.517.0969</b>
<b>Volunteer Kootenays</b> <ul style="list-style-type: none"> <li>• Variety of programs: Crisis Line, Senior Friendly Visitor &amp; Telephone Check-In Program, Volunteer Assisted Shopping, Volunteer Income Tax Preparation, Snow Angels.</li> </ul>	<b>250.426.8019</b>

## **PALLIATIVE CARE**

<b>Interior Health</b>	
<b>After Hours Palliative Nursing Service</b> <ul style="list-style-type: none"> <li>• 9 pm – 8 am MST 7 days/wk</li> <li>• Must be currently receiving service for palliative care</li> </ul>	<b>1.877.800.8882</b>
<b>Cranbrook -Kimberley Hospice Society</b> <ul style="list-style-type: none"> <li>• Support for dealing with terminal illness, end of life, loss and grieving</li> </ul>	<b>250.417.2019</b> Email: <a href="mailto:hospice1@telus.net">hospice1@telus.net</a>



## **INTERIOR HEALTH AUTHORITY**

<b>Health Link BC</b> <ul style="list-style-type: none"> <li>• <b>8-1-1</b> is a free-of-charge health information and advice phone line available.</li> <li>• Speak with nurses, pharmacists, dieticians and health services representatives.</li> <li>• Translation services available</li> </ul>	<b>811</b>
<b>Mental Health &amp; Substance Use Outreach</b> <ul style="list-style-type: none"> <li>• Outreach clinicians and life skills workers focus on all aspects of personal health, especially for individuals who do not access medical services.</li> </ul>	<b>250.919.4835</b>
<b>Home Support/ Health (Interior Health)</b> <ul style="list-style-type: none"> <li>• Provides home support services to those who need assistance to manage their personal health care</li> <li>•</li> </ul>	<b>250.489.1734</b>
<b>Home and Community Care (Interior Health)</b> <ul style="list-style-type: none"> <li>• A variety of at-home and community services to people with acute, chronic, palliative or rehabilitative health care needs.</li> </ul>	<b>250.421.8912</b>
<b>F.W. Green Memorial Home (Interior Health)</b> <ul style="list-style-type: none"> <li>• See details below under Residential Care &amp; Housing</li> </ul>	<b>250.426.3710</b>
<b>Joseph Creek Care Village (IH beds)</b> <ul style="list-style-type: none"> <li>• See details below under Residential Care &amp; Housing</li> </ul>	<b>250.417.0666</b>
<b>Kimberley Special Care Home – The Pines (Interior Health)</b> <ul style="list-style-type: none"> <li>• See details below under Residential Care &amp; Housing</li> </ul>	<b>250.427.4807</b>
<b>Interior Health Mental Health</b> Includes Elderly Mental Health team	<b>250.420.2210</b> 20, 23 <sup>rd</sup> Ave S, Cranbrook
<b>Cranbrook Health Centre (Public Health)</b>	<b>250.420.2200</b> 20, 23 <sup>rd</sup> Ave S, Cranbrook
<b>Cranbrook Wellness Centre</b> A variety of services in one location. Types of services depend on patient needs and whether comparable services are available nearby.	<b>250.489.6414</b> 20, 23 <sup>rd</sup> Ave S, Cranbrook (located at the Health Center – behind the EK Regional Hospital)

<b>EK Regional Hospital</b>	<b>250.426.5281</b> 1.866.288.8082 13, 24 <sup>th</sup> Ave S, Cranbrook
<b>See additional listings/descriptions under specific topic headings (i.e. Residential Care &amp; Housing)</b>	

## **COUNSELLING, SUPPORT & ADVOCACY**

<b>Alcoholics Anonymous</b>	<b>250.426.9876</b>
<b>Narcotics Anonymous</b>	<b>1.800.663.1441</b>
<b>Al-Anon</b>	<b>250.342.8255</b>
<b>Nar-Anon</b>	<b>1.800.663.1441</b>
<b>Axis Family Resources Ltd.</b> <ul style="list-style-type: none"> <li>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.</li> </ul>	<b>1.877.392.1003</b> 250-489-4074 <a href="http://www.axis.bc.ca">www.axis.bc.ca</a>
<b>Dementia Help Line</b>	<b>604.681.8651</b>
<b>East Kootenay Addiction Services</b> <ul style="list-style-type: none"> <li>Provide free, confidential counselling to individuals or groups dealing with their own or someone else's addiction or substance misuse.</li> </ul>	<b>250.489.4344</b> <a href="http://www.ekass.com">www.ekass.com</a>
<b>EK Seniors Caregiver's Network</b> <ul style="list-style-type: none"> <li>Support for family caregivers of elderly persons.</li> <li>Caregivers meet regularly in several East Kootenay communities.</li> </ul>	<b>1.877.489.0803</b>
<b>Canadian Cancer Society (Cranbrook)</b> <ul style="list-style-type: none"> <li>Information, support, and services.</li> </ul>	<b>250.426.8916</b> <a href="http://www.cancer.ca">www.cancer.ca</a>
<b>Parkinson Society</b> <ul style="list-style-type: none"> <li>Information and support for Parkinson Disease.</li> </ul>	<b>250.489.4252</b> <b>1.800.565.3000</b> <a href="http://www.parkinson.ca">www.parkinson.ca</a>
<b>GrandParents Raising Grandchildren</b>	<b>250.426.2543</b>
<b>East Kootenay Seniors Coalition</b> <ul style="list-style-type: none"> <li>Helping seniors navigate the public health care system.</li> </ul>	<b>250.426.7478</b>
<b>Homeless Outreach Program</b>	<b>250.464.9955</b>
<b>Homeless Prevention Program</b>	<b>778.517.2978</b>

<ul style="list-style-type: none"> <li>• Not just for “homeless”.</li> <li>• Provide direct, flexible, client-centered, frontline services to individuals who are homeless or facing homelessness.</li> <li>• Connect with people and assist them in attaining safe and affordable housing in our community. Ent-centered</li> </ul>	Cranbrook Family Connections Building 209A 16th Ave N
<b>ANKORS</b> <ul style="list-style-type: none"> <li>• Meets with persons living with HIV/Aids</li> <li>• Offers education, support and prevention.</li> </ul>	<b>250.426.3383</b> Cranbrook Family Connections Building 209A 16 <sup>th</sup> Ave N
<b>Cranbrook Women’s Resource Centre</b> <ul style="list-style-type: none"> <li>• Monday Thru Thursday, 9:30 to 3:00</li> <li>• Advocacy and referrals for women of all ages.</li> <li>• Confidential support counseling; referrals, resource library, public education, child care support and programs, woman in trades workshop, advocacy, support during court procedures, woman health referrals and information.</li> </ul>	<b>250.426.2912</b> Cranbrook Family Connections Building 209A 16th Ave N
<b>Summit Community Services</b> <ul style="list-style-type: none"> <li>• Individual and group counselling</li> <li>• Separation/divorce, depression, anxiety, self-esteem struggles, anger, grief, loss, and any other of life stresses</li> <li>• Free of charge</li> <li>• For men aged 17+</li> </ul>	<b>250.489.3114</b> # 101 – 125, 10th Ave S

## **RESIDENTIAL CARE & HOUSING**

<b>F.W. Green Memorial Home –Cranbrook (Interior Health)</b> <ul style="list-style-type: none"> <li>• House all levels of complex care which includes 24 hour nursing and personal care, medication supervision and administration, meals, laundry services.</li> </ul>	<b>250.426.3710</b>
<b>Joseph Creek Village – Cranbrook</b> <b>Joseph Creek Care Village - Cranbrook</b> <ul style="list-style-type: none"> <li>• Provide residents with comfortable independent living suites and a variety of supportive assisted living programs.</li> </ul>	<b>250.417.0666</b>

<ul style="list-style-type: none"> <li>Privately owned by Golden Life Management</li> <li>Locations throughout BC</li> </ul>	
<b>Canadian Mental Health Association - Kootenays (CHMA)</b> <ul style="list-style-type: none"> <li>Some housing options available.</li> <li>Application forms available through The Housing Registry</li> <li>Cranbrook code is DCC, AKS, AKP</li> </ul>	<b>250.426.5222</b> <b>Email:</b> <b><a href="mailto:reception@cmhakootenays.org">reception@cmhakootenays.org</a></b>  <b><a href="http://www.kootenays.cmha.bc.ca">www.kootenays.cmha.bc.ca</a></b>
<b>Baker Gardens - Cranbrook</b> <ul style="list-style-type: none"> <li>Housing for seniors and people with disabilities.</li> <li>Owned by Canadian Mental Health Association-Kootenays</li> </ul>	<b>250.426.5222</b> Main switchboard
<b>Aqanttanam Housing</b> <ul style="list-style-type: none"> <li>Low cost and subsidized housing for aboriginal and non-aboriginal citizens.</li> </ul>	<b>250.417.3774</b>
<b>Cranbrook Lions Club Senior Citizens Housing Society (Mountain View Villas)</b>	<b>250.426.3544</b>
<b>Cranbrook Rotary- Scott Villas</b>	<b><a href="http://www.cranbrookrotary.org">www.cranbrookrotary.org</a></b>
<b>Garden View Village – Kimberley</b> <ul style="list-style-type: none"> <li>Seniors’ lifestyle community that provides independent and assisted living housing, hospitality and personal support services.</li> <li>Privately owned by Golden Life Management</li> </ul>	<b>250.427.4014</b>
<b>Kimbrook Manor – Kimberley /Western Lodge</b> <ul style="list-style-type: none"> <li>Provides apartment style living for seniors 55+ and others who can benefit from on-site staff and a variety of supportive assisted living programs.</li> <li>Some meals and housekeeping provided.</li> <li>Privately owned.</li> </ul>	<b>250.427.4423</b>
<b>Kimberley Special Care Home – The Pines (Interior Health)</b> <ul style="list-style-type: none"> <li>House all levels of complex care which includes 24 hour nursing and personal care, medication supervision and administration, meals, laundry services.</li> </ul>	<b>250.427.4807</b>

<b>SAFER:</b> <b>Shelter Aid for Elderly Renters</b> <ul style="list-style-type: none"> <li>• Monthly cash subsidy for renters based on NOA, Annual application.</li> <li>• Must meet eligibility requirements and application on line</li> </ul>	<b>1.800.257.7756</b> <a href="http://www.bchousing.org/programs/SAFER"><u>www.bchousing.org/programs/SAFER</u></a>
<b>Cooperative Housing Federation of BC (CHF)</b>	<b>1.866.879.5111</b> <a href="http://www.chf.bc.ca"><u>www.chf.bc.ca</u></a>
<b>Senior Services Society</b> <ul style="list-style-type: none"> <li>• Information on housing options for seniors</li> <li>• Note, this Society serves only residents of the lower mainland, but has great information on their website</li> </ul>	<b>1.604.520.6621</b> Email: <a href="mailto:info@seniorsservicessociety.ca"><u>info@seniorsservicessociety.ca</u></a> <a href="http://www.seniorsservicessociety.ca"><u>www.seniorsservicessociety.ca</u></a>
<b>Home Adaptations for Independence (HAFI)</b> <ul style="list-style-type: none"> <li>• Financial assistance up to \$20,000 for eligible low-income seniors and people with disabilities in BC</li> <li>• Supports accessibility modifications that will promote continued safe and independent living (does not cover portable aids such as walkers or appliances)</li> </ul>	<b>1.800.257.7756</b> <b>604.433.2218</b> <a href="http://www.bchousing.org/Options/Home_Renovations"><u>www.bchousing.org/Options/Home Renovations</u></a>

## **ABORIGINAL SERVICES**

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

## **CHURCHES**

<b>United Church of Canada</b> <ul style="list-style-type: none"><li>• Wednesday morning breakfast for everyone (8:30-10am)</li></ul>	<b>250.426.2022</b>
<b>Cranbrook Alliance Church</b>	<b>250.489.4704</b>
<b>First Baptist Church</b>	<b>250.426.4319</b>
<b>Kootenay Community Fellowship</b>	<b>250.919.7325</b>
<b>New Life Foursquare Church</b>	<b>250.489.1057</b>
<b>Christ Church Anglican</b> <ul style="list-style-type: none"><li>• Emergency food cupboard, once a month for anyone in need.</li></ul>	<b>250.426.2644</b>
<b>Saint Aidan Orthodox Church</b>	<b>250.420.1582</b>
<b>Abundant Life Pentecostal Assembly</b>	<b>250.426.2866</b>
<b>Church of Jesus Christ of Latter-Day Saints</b>	<b>250.426.1980</b>
<b>Mount Zion Lutheran Church</b>	<b>250.426.7564</b>
<b>St. Mary's Church</b>	<b>250.426.4266</b>

## **ONLINE RESOURCES**

<b>AARP – USA (good online resources)</b> <ul style="list-style-type: none"><li>• American Association of Retired Persons is dedicated to enhance quality of life for all as we age.</li><li>• Leading positive social change and deliver value to members through information, advocacy and service.</li></ul>	<b><a href="http://www.aarp.org">www.aarp.org</a></b>
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<b>CARP (formerly Canadian Association of Retired Persons)</b> <ul style="list-style-type: none"> <li>• National, non-partisan, non-profit organization committed to a ‘New Vision of Aging for Canada’ promoting social change that will bring financial security, equitable access to health care and freedom from discrimination.</li> <li>• Mandate: to promote and protect the interests, rights and quality of life for Canadians as we age.</li> <li>• Membership benefits include online information/tools, Zoomer magazine, entertainment, financial, health, insurance and travel programs.</li> </ul>	<a href="http://www.carp.ca">www.carp.ca</a>
<b>Alzheimer’s Disease</b> <ul style="list-style-type: none"> <li>• Information about Alzheimer’s Disease</li> <li>• Excellent online resources for all senior</li> </ul>	<a href="http://www.alz.org">www.alz.org</a>
<b>Nidus Personal Planning Resource Centre</b> <ul style="list-style-type: none"> <li>• Nidus provides information to British Columbians about personal planning, specializing in Representation Agreements.</li> </ul>	<a href="http://www.nidus.ca">www.nidus.ca</a>
<b>National Counsel of Age</b> <ul style="list-style-type: none"> <li>• NCOA significantly improves the health or economy security.</li> </ul>	<a href="http://www.ncoa.org">www.ncoa.org</a>
<b>Power of Attorney Act</b> <ul style="list-style-type: none"> <li>• Information about the Power of Attorney</li> </ul>	<a href="http://www.bclaws.ca/civix/document/id/complete/statreg/96370_01">http://www.bclaws.ca/civix/document/id/complete/statreg/96370_01</a>
<b>Wills and Legal Forms</b> <ul style="list-style-type: none"> <li>• Wills and Codicils ready for download, as well as Power of Attorney forms, a Representation Agreement form and an Advance Health Care Directive form for use in British Columbia</li> </ul>	<a href="http://www.willsandlegalforms.com">www.willsandlegalforms.com</a>
<b>Seniors BC</b> <ul style="list-style-type: none"> <li>• Government of BC’s online resource to help plan an active healthy life as you age.</li> </ul>	<a href="http://www.seniorsbc.ca">www.seniorsbc.ca</a>

<b>Fall Prevention</b> <ul style="list-style-type: none"> <li>Falls are the main reason why older adults lose their independence.</li> </ul>	<a href="http://www.health.gov.bc.ca/prevention/fallprevention.html">www.health.gov.bc.ca/prevention/fallprevention.html</a>
<b>Service BC</b> <ul style="list-style-type: none"> <li>Your source for frontline government services and information in British Columbia.</li> <li>Service BC delivers hundreds of programs and services to residents, businesses and visitors - in person, online, and over the phone.</li> </ul>	<b>General Enquiries</b> <b>1-800-661-8773</b> <a href="http://www.servicebc.gov.bc.ca">www.servicebc.gov.bc.ca</a> 100 Cranbrook St N (250) 417-6100
<b>Service Canada</b> <ul style="list-style-type: none"> <li>Online tools that will help you kick-start your retirement planning.</li> </ul>	<a href="http://www.serviccanada.gc.ca/eng/">http://www.serviccanada.gc.ca/eng/</a> <b>General Enquiries</b> <b>1.800.622.6232</b> <b>(1.800.O.Canada)</b> <b>TTY: 1.800.926.9105</b> 1113 Baker St
<b>Independent Living</b> <ul style="list-style-type: none"> <li>Subsidized Assisted Living units for people with disabilities who require some support , but not 24-hr institutional care, bridges gap between home care and residential care</li> <li>Eligibility requirements: must pay 70% after-tax income.</li> </ul>	<a href="http://www.interiorhealth.ca/YourCare/HousingHealth/AssistedLiving/Pages/default.aspx">www.interiorhealth.ca/YourCare/HousingHealth/AssistedLiving/Pages/default.aspx</a>

## **SOCIETIES (miscellaneous other/health related)**

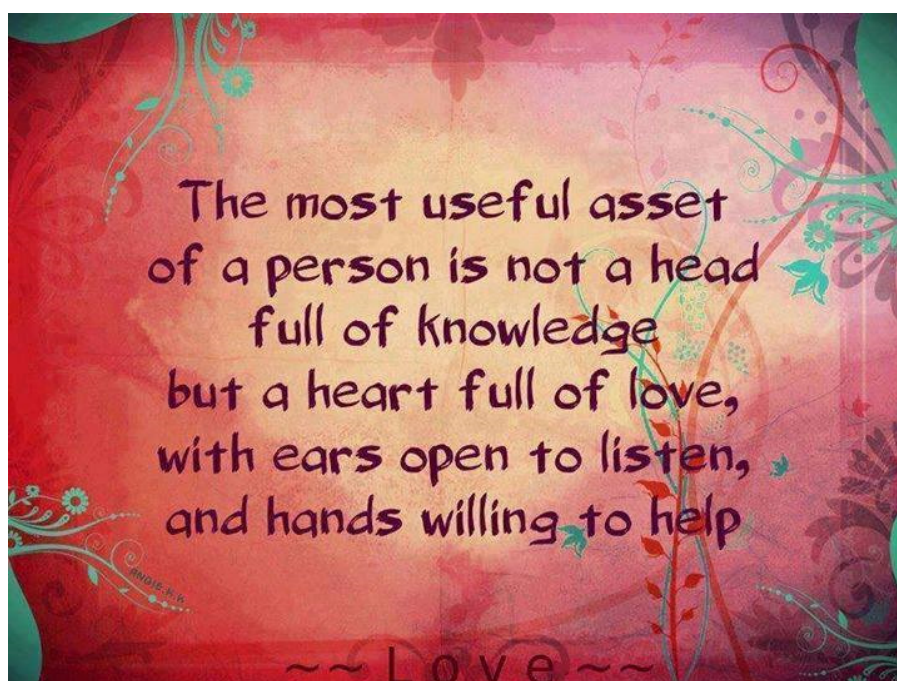
<b>Alzheimer Society of BC</b>	<b>Provincial Office</b> <b>1.800.667.3742</b>  Alzheimer Resource Centre Phone: 250.860.0305 Toll Free: 1.800.634.3399
<b>Arthritis Society BC/Yukon</b>	<b>Interior Regional Office,</b> <b>Kelowna</b> Phone: 250.868.8643 Fax: 250.868.0779 <a href="mailto:info@bc.arthritis.ca">info@bc.arthritis.ca</a>



<b>BC Cancer Agency</b>	<b>Vancouver 1.800.663.3333</b> Toll free 1.888.563.7773
<b>CNIB BC/Yukon</b>	<b>National Helpline</b> <b>1-800-563-2642</b>
<b>Canadian Cancer Society BC/Yukon</b>	Vancouver 1-800-663-2524 <b>Southern Interior Region</b> <b>Cranbrook Office</b> 19 – 9th Avenue S Phone:250-426-8916 Toll-free:1-800-656-6426
<b>Canadian Diabetes Association</b>	<b>National</b> <b>Contact Centre</b> <b>1.800.226.8464</b> Cranbrook District Branch Kelowna Phone: 250.762.9447

## **OTHER PRIVATE SERVICES**

<b>Deliver-All</b>	<b>250.489.2280</b>
<b>JJ's Laundry Depot</b> Free pick-up Mon/Wed	<b>250.489.1606</b>
<b>Cranbrook Martinizing</b>	<b>250.426.6812</b>



**NOTES:**

*Please let us know if you discover any errors in this directory, or if there are any services that you would recommend we add. Call 778.517.5123*

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## NOTES:

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