

Nav-CARE

Community Resource Guide



Nelson & Area

A workbook for Nav-CARE Volunteer Navigators for identifying local services and resources for older adults living in the area.



Kalein Centre

Table of Contents

Emergency Services	pg. 3
Crisis Lines	pg. 4
Legal Services	pg. 5
Financial Services	pg. 6
Food and Meal Services	pg. 7
Online Grocery Shopping Delivery Services	pg.8
Mental Health and Counselling Services	pg. 9
Hearing, Vision, Dental, and Hair Services	pg. 10
Personal Assistance and Foot Care	pg. 11
Respite Care and Assistance at Home	pg. 12
Advance Care Planning, Hospice, and End-of-Life	pg. 13
Pharmacies and Pharma-care	pg. 14
Transportation	pg. 15
Specialized Medical Services	pg. 17
Seniors Low-Income Housing	pg. 21
Assisted Living, Long-term Residential Care, Information on Housing and Transition ...	pg. 22
Downsizing - Who Might Benefit from Your Donations?	pg. 23
Seniors Associations	pg. 25
Hobbies and Recreation	pg. 26
Gambling and Addictions Services	pg. 30
Education	pg. 31
Computer Access	pg. 32
Online Resources	pg. 33
Miscellaneous	pg. 34

EMERGENCIES

Service	Phone & Contact Info
Ambulance	911 in emergency 250-352-2112
Fire	911 in emergency 250-352-3123
Nelson City Police	911 in emergency 250-354-3919
RCMP	911 in emergency 250-352-2156 Nelson or 250-357-2212 Salmo
RCMP Victim Services	Nelson 250-354-5196; after hours call 250-352-2156 Salmo victim services 250-357-2277
Kootenay Lake Hospital	250-352-3111
Stepping Stones Emergency Shelter	816 Vernon St. Nelson 250-352-9876 Up to 30 day stay, staffed 24/7. Support accessing social services, help finding housing and employment.
Aimee Beaulieu Transition House	250-354-4357 For abused women and their children.

Service	Phone & Contact Info
24 Hour Crisis Line	1-800-515-6999 toll free number Confidential and anonymous support 24/7
Crisis Centre of BC	1-800-784-2433 toll free number Crisis intervention and suicide prevention 24/7 www.crisiscentre.bc.ca
Interior Crisis Line Network	1-888-353-2273 toll free number Confidential, accessible, research-based, empowering support 24/7
Seniors Abuse and Information Line	1-866-437-1940 toll free number - 7 days a week, 8am - 8pm, except holidays Confidential service for people 50+ and those who care for them to talk, receive information and support.
Victim Link BC	1-800-565-0808 toll free number. Report any type of crime 24/7. Toll free, confidential, multilingual service. Information, support, and referrals for victims. Crisis intervention, crime prevention and home security information.
Poison Control Centre	1-800-567-8911 toll free number If possible, have the poison or substance container in hand for faster service
Seniors Distress Line	1-866-661-3311 toll free number Confidential, non-judgemental, free emotional support 24/7
Crimestoppers	1-800-222-8477 toll free number Provide anonymous information about a crime 24/7

Service	Phone & Contact Info
The Advocacy Centre	521 Vernon St. Nelson 250-352-5777 - Mon-Thurs 9am - 4pm (closed noon-1pm) Legal information, education, and problem solving for low-income West Kootenay residents
Seniors Advocate	1-877-952-3181 toll free number Information on health care, transportation, housing, income support, personal supports. www.seniorsadvocatebc.ca
Roads to Safety	1-888-630-1405 toll free number Legal info for older women in BC. Handbook that covers issues older women may face when they have experienced violence. www.westcoastleaf.org/roads/
Access Pro Bono Society of BC	1-877-762-6664 toll free number Pro bono (free of charge) legal services for income-qualified individuals accessprobono.ca
Community Legal Assistance Society	1-888-685-6222 toll free number. Provide legal assistance and advocate for legal changes in housing security, human rights and equality, income security, mental illness, and worker's rights. www.clasbc.net
Canadian Bar Association	1-800-663-1919 toll free number. Dial-a-law: a starting point for finding legal information (not advice). Lawyer Referral Service: members of the public can consult with a lawyer for up to 30 minutes for a \$25 fee. cbabc.org
Legal Services Society	1-866-368-9171 toll free number Independent, non-profit organization providing legal aid for income qualified people. www.lss.bc.ca

Service	Phone & Contact Info
Seniors Coordinating Society (SCS)	719 Vernon St. Nelson 250-352-6008 or info@nelsonseniors.ca . By appointment, available in Nelson, Slocan Valley, Salmo and Kaslo. Free income tax help for people with modest income and a simple tax situation.
Income Tax Services Modest Income Definition	One person \$35,000; One person with one dependant \$40,000 (add \$2,500 for each additional dependant); Couple \$45,000 (add \$2,500 for each dependant. nelsonseniors.ca/income-tax-service/
Financial Advocacy Program (SCS)	719 Vernon St. Nelson 250-352-6008 or info@nelsonseniors.ca . By appointment, available in Nelson, Slocan Valley, Salmo and Kaslo. nelsonseniors.ca/income-tax-service/
Financial Advocacy Program Cont'd.	Provide information to seniors and disadvantaged adults. Provide year-round assistance of income support, geared-in income programs, and low income premium relief.
Financial Advocacy Program Cont'd.	Assistance with understanding, applying and dealing with Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Rent Subsidy (SAFER), MSP Premium reduction and other low income programs.
Service Canada Income Security Programs	1-800-277-9914 toll free number, or 1-800-225-4786 TTY. Information: Canada Pension Plan, Guaranteed Income Supplement, Old Age Security pension, retirement planning. www.canada.ca/en/services/benefits/publicpensions.html
Credit Counselling Society	1-888-527-8999 toll free number Free credit counseling, bankruptcy help, budgeting assistance and debt consolidation options. www.nomoredebts.org
Public Guardian and Trustee of BC	1-800-663-7867 toll free number Provides assistance to adults who need support with financial management and personal decision-making. www.trustee.bc.ca
Canada Revenue Agency	1-800-959-8281 toll free number Information on tax returns, including tax benefits and Disability Tax Certificate (T2201). www.cra-arc.gc.ca

Service	Phone & Contact Info
Salvation Army (bottom floor)	601 Vernon St. Nelson 250-352-3488. Mon-Thurs 10am - 1pm Free hot breakfast served at 10am. Food bank, hot showers, hot meals, free clothes.
Nelson Food Cupboard	602 Silica St. Nelson (United Church basement) 250-354-1633. Mon 9am - 1pm or Weds 1pm - 5pm. Take what you need - no questions, no eligibility requirements. Foodcupboard.org
St. Saviour's Pro-Cathedral Anglican Church	701 Ward St. 250-352-5711. Fri 9am - 11am Free food, hot drinks, welcoming place to sit.
Our Daily Bread Kootenay Christian Fellowship	520 Falls St. Nelson 250-352-1722. Mon-Fri, 11am - 1pm Lunch served at noon. \$20 for a meal card for 22 meals, or donate \$5 per meal. Sponsorship and volunteer opportunities available for those unable to pay
Meals on Wheels - Nelson Jubilee Manor	500 Beasley St. W Nelson 250-352-7053. Mon, Weds, Fri delivery Service for people of all ages who are housebound or recently released from the hospital. \$6.25 for a full meal, can buy frozen.
Dinners at home - Nelson Jubilee Manor	500 Beasley St. W Nelson 250-352-7053. Low-cost, frozen meals to be heated at home. Order in advance, pick up from their location at your convenience. Entrees ordered in groups of 8, soups in groups of 6
Salmo Seniors Dinner	Last Tuesday of every month at the Salmo Secondary School, 715 Davies Ave. \$5 for a full home cooked dinner. Runs Sept-June.
Rel-ish Bistro	310 Baker St. Nelson 250-352-5232 Free meal for people in need each 1st and 15th day of the month, from 3-5 pm
Seniors Coordinating Society - Grocery Runs	250-352-6008 Every Thursday. Pick-up from the store and help taking food inside provided, help with purchasing of food may be available upon request. Cost: \$1.75. Call for pick-up times and location. Transport to store not included.
The Family Place	312 Silica St. Nelson 250-352-6678 Food cupboard for families with children 0-5, Mon-Thurs 9:30am - 1pm. BCAFM Program coupons for low-income families and seniors to buy fresh food at BC farmers' markets. Pre-registration required.

FOOD AND MEAL SERVICES - ONLINE SHOPPING & GROCERY DELIVERY

Service	Phone & Contact Info
Save-On Foods	1200 Lakeside Dr. Nelson 250-352-7617. Mon-Sun 8am - 9pm. Online shopping available at www.saveonfoods.com . Orders are prepared for pick up the next day, and choices are available for pick-up times.
Safeway	211 Anderson St. Nelson 250-352-9710 or nelsonsafewayshopassist@gmail.com for online orders. Mon-Sun 8am - 9pm. Pick up on Tues and Fri, call or email the day before and group by department (dairy, produce, frozen, etc.) if possible.
Kootenay Co-op	777 Baker St. Nelson 250-354-4077 ext 4. Mon-Sun 8am - 8pm. Personalized shopping for seniors and immuno-compromised/ quaranting for a fee. Delivery within Nelson city limits for an extra charge.
Burrells Grocery	1224 Stanley St. Nelson 250-352-6646. Mon-Fri 7am - 9pm, Sat-Sun 8am - 9pm. Call to order groceries for pick-up. Free grocery delivery within Nelson for orders over \$50, or a \$5 fee for smaller orders.
Ellison's Market	523 Front St. Nelson 250-352-3181. Mon-Sat 10am - 5pm. Call to order groceries for pick-up, if you cannot get through, please leave a message and they will call you back.
Salmo Foods	323 Davies Ave. Salmo 250-357-9922 or salfoods@telus.net . Mon-Sat 9:30am - 5:30pm. Call, email, or facebook message to order groceries for pick-up.
Express Lane Deliveries	250-505-9602 Mon-Fri, 10am - 6pm (can offer 24/7 service with a reservation) Seniors discount available. www.expresslanedeliveries.com
BC 211	Temporary service provided by the BC government to support seniors and compromised individuals. Call 2-1-1 anywhere in the province for support with non-medical essentials.
Nelson Helps Facebook Group	Temporary group set-up on Facebook to support seniors and immuno-compromised individuals by delivering goods during COVID. www.facebook.com/groups/NelsonHelps/

Service	Phone & Contact Info
Nelson Mental Health and Substance Use	2nd Floor - 333 Victoria St, Nelson 250-505-7248 May self-refer, or referrals may come from family members or health professionals. Elder Services may be accessed by individuals under 65 years old.
Nelson Mental Health: Elder Services	Support for depression, dementia, confusion, behavioral or management problems, stress from loss (death or loss of independence), anxiety, isolation, prolonged caregiving, competency issues and/or possible elder abuse.
Nelson Community Services	#201 - 518 Lake St. 250-352-3504 or admin@servicesfyi.ca - Mon-Fri, 8:30am - 4:30pm (closed 12 - 1pm for lunch). Low-income counselling and support services.
Circle of Indigenous Nations Society	250-231-4968 Mental health and addictions healing circles in Nelson and Salmo.
ANKORS	(AIDS Network Kootenay Outreach and Support Society) 101 Baker St. Nelson 250-505-5506. Hepatitis C, HIV, support and social worker. Trans Connect coordinator. Harm reduction supplies for safe drug consumption.
Nelson & District Hospice Society	250-352-2337 or info@nelsonhospice.org. Support in the lead-up to death, for individuals, families and caregivers 1:1 grief and bereavement support. Thursday drop-in grief group 6:30-8:30pm, call to register in advance.

Service	Phone & Contact Info
Canadian National Institute for the Blind	250-763-1191 (regional) or 250-509-0611 (local rep, Alan) Support for people with vision loss. Help with adaptive equipment and deciding which options are best for you. Home calls available. cnib.ca
Connect Hearing	259 Baker St. Nelson 250-354-4949. Offer free hearing test for clients over 50 years old and have a variety of hearing aid solutions. Must be able to come to their office - no home visits.
West Kootenay Community TEETH Clinic Society	632 Front St. Nelson 250-352-3543 or teethclinicwk@gmail.com . Qualifying requirements: net family income of less than \$30,000 and 3-months' residency in the West Kootenay Boundary are eligible for dental services at the clinic.
West Kootenay Community TEETH Clinic Society Cont'd.	Application forms and brochures available at the Seniors Coordinating Society (SCS). at 719 Vernon Street in Nelson Tues-Thurs, 10am - 3pm, or online healthco-op.ca/low-cost-dental/
West Kootenay Community TEETH Clinic Society Cont'd.	Assistance completing forms available at the Seniors Coordinating Society at 719 Vernon Street in Nelson on the 1st and 3rd Thursday of every month from 10am - 12pm.
Ling Randy Denturist	521 Nelson Ave. Nelson 250-352-2343
Nelson Denture Clinic Ltd.	802 Baker St. Nelson 250-352-5563
The Hair-a-Van: Home Salon and Mobile Services	250-354-9663 Can't make it out for a hair cut? They will come to your home! thehairavan.com/

Service	Phone & Contact Info
Gordon Road Wellness Centre (Public)	905 Gordon St. Nelson 250-352-1401 Home care aids, nurses, case management. Acute, palliative, chronic, or rehabilitative services.
Gordon Road Wellness Centre (Public) Cont'd.	Adult Day Services: personal care, activities, health monitoring, and caregiver respite for frail seniors and cognitively or physically impaired adults
Choices of Supports for Independent Living (CSIL)	Self-directed option for home support clients. CSIL clients receive funding to hire careaids and manage all aspects of their home support. A representative or group may support a client in managing their care.
Choices of Supports for Independent Living (CSIL)	CSIL clients have control over who they hire to provide personal assistance, when services are scheduled and how tasks are carried out. Contact Gordon Road Wellness Centre for more information. (Public/private partnership)
Neighborhood Nursing (Private)	250-693-2299 West Kootenay region Personal care: hygiene, foot care, hair care, oral hygiene. www.neighborhoodnursing.ca
Healthy Feet Foot Care - Krysta Rizzotti	250-505-9944 Licensed foot care nurse. Services Nelson, Castlegar, north shore up to 6 mile. Works in Kootenay Lake hospital, in care & group homes, and does house visits.
Nelson Foot Care - Amy Veale	250-352-9767 - Mon-Fri, 9am - 5pm. Mobile and in-clinic foot care, including nail trimming, callus reduction, thickened nail maintenance, corn removal, diabetic foot care, and foot health assessments. nelsonfootcare.ca
Foot Care Nurse - Stacy McCarty	250-551-3338 or 250-352-3358 Care of the foot and nails, trimming of nails and reducing corns and calluses.
Podiatrist - Dr. Lih	Kootenay Lake Hospital, 3 View St. 250-304-4792 Podiatrists specialize in preventing and treating foot and ankle related pain.

Service	Phone & Contact Info
Gordon Road Wellness Centre	905 Gordon St. Nelson 250-352-1401 - Mon-Fri, 8:30am - 5pm Can help those who are unable to continue living at home to access assisted living and residential care options.
Gordon Road Wellness Centre Cont'd.	Home support services, meal programs, home care nursing, adult day programs, case management, rehabilitation therapist, respite care, palliative care, end-of-life programs.
Kootenay Seniors Home Support Program	709A Vernon St. (Nelson CARES) 250-352-2708 ext 1, ext 2 Mon-Fri, 9am - 4pm Assisting seniors in their homes with laundry, house cleaning, light meal preparation & respite care. Fees \$25 per hour (subsidies are available).
Salmo Hospice Society	250-777-7523 or salmohospice@gmail.com In-home respite services for hospice patients.
Neighborhood Nursing	250-693-2299 West Kootenay region. Housekeeping, home management and maintenance, grocery shopping, personal care, transportation.
Neighborhood Nursing Cont'd.	Respite services, live-in care, palliative care, complex home health care. www.neighborhoodnursing.ca
Spectrum Home & Family Care	250-265-3842 or spectrumcares@telus.net. Friendly companionship, life skills training, personal care, cleaning, cooking, home and yard maintenance. Service area: Edgewood to Fauquier to Revelstoke to Nelson to Kaslo to Trail.
Home Adaptations for Independence Program	1-800-257-7756 toll free number. Financial assistance for eligible low income seniors and people with disabilities to make home adaptations that allow them to continue living at home. www.bchousing.org/HAFI
Seniors Coordinating Society - Grocery Runs	250-352-6008 Every Thursday. Pick-up from the store and help taking food inside provided, help with purchasing of food may be available upon request. Cost: \$1.75. Call for pick-up times and location. Transport to store not included.
Nelson Food Cupboard - Harvest Rescue Program	602 Silica St. 250-354-1633 Free service. Volunteers come and pick your fruit trees. Volunteers, homeowners, and the food cupboard each get 1/3 of the fruit collected. Register your home in advance, not when the fruit is already ripe!

ADVANCE CARE PLANNING, HOSPICE, AND END-OF-LIFE

Service	Phone & Contact Info
Seniors Coordinating Society	250-352-6008 Help with: health & personal care documents, financial & legal documents, emotional & psychological preparation for the future, possible incapacity, end-of-life decisions.
Seniors Coordinating Society Cont'd	By appointment in Nelson at 719 Vernon Street. Assistance also available in Balfour/Procter, East Shore, Kaslo, Passmore, and Salmo.
Nelson End of Life Society	250-509-1617 Assistance with advance care planning, support pre-death, during, and post-death, threshold choir. Specializing in home death-care, alternative funerals and burials. Death doulas to support the dying process.
Nelson & District Hospice Society	250-352-2337 Hospice palliative care (once curative treatments stop). Support pre-death, for individual, family and caregivers. 1:1 grief and bereavement support. Thursday drop-in grief group 6:30-8:30pm, call to register in advance.
Salmo Hospice Society	250-777-7523 or salmohospice@gmail.com Hospice support, 1:1 grief support, in-home respite care for hospice patients.
Kalein Centre	402 W Richards St. Nelson 250-352-3331 Death Cafés, Writing through Grief workshops, Festival of Lights in December to honour dead loved ones, beautiful wooded grounds - all are welcome.
BC Bereavement Helpline	1-877-779-2223 toll free number - Mon-Fri 9am - 5pm Free, confidential, anonymous calling service for compassionate listening and referrals to community services. www.bcbh.ca
Canadian Virtual Hospice	1-866-288-4803 toll free number or info@virtualhospice.ca Information and support on palliative and end-of-life care, loss and grief. www.virtualhospice.ca
Nidus Personal Planning Resource Centre and Registry	Support, information, and education for: Representation Agreements, Enduring Powers of Attorney, Living Wills, Advance Directives, Adult Guardianship, Health Care Consent, and Estate Planning. nidus.ca
The Conversation Project online	Helping people to talk about their end-of-life wishes and care. Download their conversation starter kits: theconversationproject.org

Service	Phone & Contact Info
Nelson Clinic Pharmacy	405 Hendryx St. Nelson 250-352-3121 Mon-Fri 9am - 5:30pm
Nelson Remedy'sRx	737 Baker St. Nelson 250-352-0022 Mon-Fri 9am - 5:30pm, Sat 10am - 4pm
Pharmasave	685 Baker St. Nelson 250-352-2316 Mon-Fri 9am - 6pm, Sat 9am - 5:30pm, Sun 10am - 4pm
Safeway Pharmacy	211 Anderson St. Nelson 250-352-9710 Mon-Fri 8am - 9pm, Sat-Sun 10am - 6pm
Shoppers Drug Mart	Chahko Mika Mall, 1116 Lakeside Dr. Nelson 250-352-7268 Mon-Sun 8am - 10pm
Walmart Pharmacy	Chahko Mika Mall, 1000 Lakeside Dr. Nelson 250-352-3782 Mon-Sun 8am - 9pm
Salmo Valley Pharmacy	107 4th St, Salmo 250-357-9444 Mon-Sat 9:30am - 5:30pm
Pharma-care	1-800-663-7100 toll free number. Financial assistance for BC residents for eligible prescription drugs and certain medical supplies. www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents

Service	Phone & Contact Info
Seniors Transportation Coordinator	(Nelson CARES) 250-352-2708, ext 1, ext 3. Provides help deciding which transportation service best suits your needs, and support booking/ getting it set-up. kootenayseniors.ca/kootenay-seniors-transportation/
West Kootenay Transit	Seniors and people with disabilities may be eligible for a subsidized bus pass, call 1-866-843-2877. Seniors pay \$45 for monthly pass instead of \$60 (no discount for daily rates). www.bctransit.com/west-kootenay/fares
West Kootenay Transit - Health Connections	1-855-993-3100 For non-emergency medical appointments. If there is space available (people with medical appointments have priority), anyone can use this service. Runs Kaslo-Nelson, Salmo-Nelson, Nakusp-Nelson. Fare \$3.50-\$4.
HandyDART	An accessible bus service for people who are temporarily or permanently disabled, and cannot use fixed-bus route services without the help of another person. It offers door-to-door service from your home to your destination.
HandyDART Cont'd.	1-855-993-3100 (press 4). Kootenay Zone (Nelson, Balfour, Blewett): Mon-Fri 7:30am - 4pm, Columbia Zone (Trail & Castlegar): Mon-Fri 8am - 4pm. Fare \$2-\$2.50. Must register in advance by phone or online.
West Kootenay Volunteer Driver Service	(Castlegar & District Community Services Society) 250-365-2104 - Mon-Fri 8:30am - 4:30pm, closed 12pm - 1pm for lunch.
Salmo Volunteer Driver Program	(Salmo Community Services) 250-357-2277 Mon-Fri 8:30am - 4:30pm. Daytime service for Salmo & area residents for essential, non-emergency appointments only. Small fee and a referral from a medical or other professional is required.
Bus Passes for Seniors & Persons with Disabilities	1-866-866-0800 toll free number (press option 2, option 2, option 1). Reduced cost bus pass for low income seniors and/or persons with disabilities.
Kootenay Rideshare	Online website where people can offer and request rides. Cost is determined by the driver on the listing based on distance & vehicle mileage. kootenay.ride-share.org/
Travel Assistance Program	1-800-661-2668 Assistance with financial costs for BC residents who need to travel for non-emergency, physician-referred medical care. www.gov.bc.ca/travelassistanceprogram

Service	Phone & Contact Info
Hope Air	1-877-346-4673 Free air travel for low-income patients who must travel to receive non-emergency medical treatment from a specialist. www.hopeair.org
Express Lane Deliveries	250-505-9602 Mon-Fri, 10am - 6pm (can offer 24/7 service with a reservation) Seniors discount available. www.expresslanedeliveries.com
Express Lane Deliveries Cont'd	Drop-off/ pick-up services: Dry cleaning or wash & fold; document delivery; floral delivery; groceries (9 items or less); meal delivery; parcel pick-up and delivery; prescription/ pharmacy pick-up and delivery; video pick-up and return.
Express Lane Deliveries Cont'd	Concierge services: Bill payments; banking needs; coordinate home repairs and maintenance personnel; senior citizen, family or friend check-ins.

Service	Phone & Contact Info
HealthLink BC	811 or 711 for TeleType (toll free). Speak to a Healthcare Navigator to find health information or services 24/7. Speak to a Registered Nurse about symptoms and help with non-emergency concerns 24/7.
HealthLink BC Cont'd.	Speak to a Pharmacist about your medication, 9am - 5pm. Speak to a Dietitian about healthy eating and nutrition, Mon-Fri 9am - 5pm. Speak to an Exercise Professional for exercise questions and advice, Mon-Fri 9am - 5pm.
Medic Alert Foundation	1-800-668-1507 Medical ID that is engraved with your medical condition, so paramedics know how to treat you effectively in an emergency. www.medicalert.ca
Philips Lifeline Medical Alert System	1-888-832-6071. 24/7 access to help. Fall detection, wandering (to find your loved one's location if they are lost or confused), live at home with confidence that you can access help when you need it. www.lifeline.ca
Parking Permits for People with Disabilities	1-888-718-7794 Apply online or by phone to have an application mailed to you. www.sparc.bc.ca
ALS Society of BC	1-800-708-3228 Online resources for patients and their caregivers www.alsbc.ca
Alzheimers Society of BC	Regional coordinator: Ruth Cordiner 778-774-2133, rcordiner@alzheimerbc.org Toll free number: 1-855-301-6742. Dementia helpline:1-800-936-6033. Monthly support groups for social support, sharing of tips and resources.
Arthritis Society of BC	250-868-8643 Kelowna regional office. 1-800-321-1433 toll free number. Research, care information, education and advocacy for people with arthritis. www.arthritis.ca/bc
Brain Injury Association	3 - 1250 26th St, Castlegar 778-460-4500 Support, guidance, and education for people living with brain injury and those that care for them. www.kootenaybia.ca
BC Cancer Agency	399 Royal Ave. Kelowna 250-712-3900/ 1-888-563-7773 Centre for cancer research, education, prevention, diagnosis and treatment. bccancer.bc.ca

Service	Phone & Contact Info
Canadian Cancer Society	1-888-939-3333 toll free number Research, cancer prevention, support for patients and their caregivers. www.cancer.ca
Canadian Celiac Society	1-800-363-7296 toll free number or info@celiac.ca Useful information and resources for people who are celiac and gluten sensitive. www.celiac.ca
Canadian Liver Foundation	1-800-563-5483 toll free number Research, information, support for liver disease patients and improving liver health. www.liver.ca
Canadian Mental Health Association	250-426-5222 Kootenays Branch, Cranbrook. Mental health services, including specialization in crisis intervention, healthcare, youth, women, employment, housing, and volunteering programs. kootenays.cmha.bc.ca
Cerebral Palsy Association	1-800-663-0004 Support Hotline Support, referrals, financial support, resources for people affected by cerebral palsy. www.bccerebralpalsy.com
Chronic Condition Self-Management Tool	1-866-902-3767 toll free number Self-management tools, resources, and programs to help individuals cope with chronic health conditions. www.selfmanagementbc.ca
Community Paramedic Services (Salmo)	250-231-2731 Help with proactive disease management, check-ins. Providers of home health monitoring systems to empower clients to maintain their own conditions.
The Compassionate Friends Canada	250-359-6923 or nelson@tcfcanada.net Nelson Branch. Support for people grieving the death of a child at any age, from any cause. Bereaved parents, grandparents, siblings welcome.
Crohn's & Colitis Canada	1-800-513-8202 BC/Yukon toll free number. Education and awareness for affected people and their families on inflammatory bowel disease (IBD), Crohn's, ulcerative colitis. crohnsandcolitis.ca
Diabetes Canada	1-800-665-6526 Vancouver toll free number Resources, information, prevention, and disease management tools. diabetes.ca

Service	Phone & Contact Info
Nelson Diabetes Clinic	3 View St. Nelson 250-352-3111. Education for diabetes awareness and prevention. Personalized assistance with managing the condition effectively, including insulin level adjustment.
BC Epilepsy Society	1-604-875-6704 Burnaby. Information, resources, programs, support groups. www.bcepilepsy.com
First Nations Health Authority	1-866-913-0033 toll free number. Services, programs, resources, health benefits information, wellness tips and guides. See online resources section for their Elders Guide. www.fnha.ca/
Kidney Foundation of Canada	1-800-567-8112 BC/Yukon toll free number. Research, education, support for people living with kidney disease, advocating, and raising awareness. kidney.ca
BC Lung Association	1-800-665-5864 toll free number Information on lung disease, research, prevention and advocacy for clean air regulations. www.bc.lung.ca
BC Lupus Society	250-869-1335 Kelowna regional office, 1-866-585-8787 toll free number Education and support for people living with lupus. www.bclupus.org
Multiple Sclerosis Society	1-800-268-7582 toll free number or info.bc@mssociety.ca Rossland (Interior Regional Chapter). Education, disease management and prevention tools, legal and self-advocacy support services. mssociety.ca
Muscular Dystrophy Canada	1-800-567-2873 Western Canada toll free number Supportive resources for people living with neuromuscular disorders, research for a cure. muscle.ca
Osteoporosis Canada	1-800-463-6842 Information, risks, prevention, diagnosis, treatment. www.osteoporosis.ca
Parkinson Society of BC	1-800-668-3330 toll free number Research, resources, and services including counselling, one on one consultations, support groups and education. www.parkinson.bc.ca

Service	Phone & Contact Info
Parkinson Support Group	250-229-2366 or ecartlidge@shaw.ca Meetings every third Tuesday of the month at Christie Lee Hall in the Kiwanis Villa on Gordon Rd. 1:30-3:00. No meeting Dec, July, Aug.
Prostate Cancer Canada	1-888-255-0333 toll free number or info@prostatecancer.ca Resources, support groups, treatment and prevention information. www.prostatecancer.ca
BC Schizophrenia Society	250-505-2976 Nelson & area - Melissa or 1-888-888-0029 toll free number or nelson@bcss.org . Resources, support for families and caregivers, information, policy, research, online library. www.bcss.org
Spinal Cord Injury BC	1-800-689-2477 toll free number or info@sci-bc.ca Information database, resources, peer support programs, accessibility information and guides, education. sci-bc.ca
Heart & Stroke Foundation	1-778-313-8090 Kelowna Research, education, advocacy. heartandstroke.ca
Stroke Recovery Association of BC	250-354-4453 Nelson Stroke Support Group Coordinator (Marg) or 1-888-313-3377 toll free number. Stroke recovery information, support groups, resources, advice. strokerecoverybc.ca
Stroke Support Group (Nelson)	Coordinator: Marg Dietrich 250-354-4453 or mmdietrich54@shaw.ca . Formal program spring & fall, 8 weeks of sessions based on participant needs. Social support, sharing of tips and resources. Informal gatherings summer/winter.

Service	Phone & Contact Info
Kiwanis Society	700 Gordon Rd. Nelson 250-354-4041. Subsidized housing for low income seniors. Priority to 65+ applicants, but accept from 60-65 years of age as well. 62 units total, 30 wheelchair accessible.
Anderson Gardens	302 Anderson St. Nelson 250-354-1236. A subsidized Supported Living Facility (may include meals, housekeeping, other) for low income seniors over 55 and persons with disabilities.
Anderson Gardens Cont'd	Apply through BC Housing at 1-800-257-7756. Income-based rent assessment. 33 one-bedroom units.
Cedar Grove Estates (Nelson CARES)	500 Richards St. W Nelson 250-352-1608. Some units wheelchair accessible. 22 one-bedroom units and 17 townhomes for families. Must fill in an application to determine eligibility - placement based on needs scale.
Copper Mountain Court (Nelson CARES)	505 W Beasley St. Nelson 250-352-1608. Subsidized housing. 23 two-bedroom units, and 14 two, three or four bedroom townhouse units. 2 are wheelchair accessible. Vacancies filled based on a needs assessment.
Copper Mountain Court (Nelson CARES) Cont'd	Features: underground parking, elevator, radiant in-floor heat, amenity room and laundry room.
Salmo Valley Villa	539 Davies Ave. Salmo 250-357-9638. Independent living facility for seniors. 15 bachelor suites, 8 one bedroom suites, and one wheelchair accessible suite.
Shelter Aid for Elderly Renters (SAFER)	1-800-257-7756 (toll-free) or 604-433-2218. SAFER is a government program that provides assistance for seniors (60+) who are not on income assistance, who are BC residents, and who spend more than 30% of their income on rent.

Service	Phone & Contact Info
Lakeview Village	1020 Seventh St. Nelson 250-352-0051 90 units total, independent and assisted living. www.goldenlifemanagement.ca
Mountain Lake Seniors Community (Assisted Living)	908 Eleventh St. Nelson 250-352-2600. Lunch and dinner provided, light housekeeping, medication assistance, assistance twice a week for bath or once a week shower, small personal care needs, recreation program. 42 units.
Mountain Lake Seniors Community (Assisted Living)	Assessment and application through Interior Health.
Mountain Lake Seniors Community (Long-term Care)	908 Eleventh St. Nelson 250-352-2600. For individuals with complex 24/7 care needs. Privately owned and operated through Park Place.
Mountain Lake Seniors Community (Long-term Care)	Access to subsidized long-term care is available through Interior Health - call 250-352-1433 for an assessment and potential referral.
Jubilee Manor	500 Beasley St. W Nelson 250-352-7011. For individuals with complex 24/7 care needs. Owned and operated by Interior Health.
Canada Mortgage & Housing Corporation	1-800-639-3938 toll free number, 1-800-309-3388 TTY. Information on how to adapt your home to make it more accessible, housing regulations affecting landlords and tenants, tips for sustainable home maintenance. www.cmhc.ca
Route 65 - BC Care Providers Association	1-604-736-4233 or marjahn@engageseniors.ca . Information on: independent living, assisted living, long-term care or home support options, and an online service to help you choose the best option: bccare.ca/programs/route65/
Tenant Resource and Advisory Centre	1-800-665-1185 toll free number. Mon, Tues, Thurs, Fri 1pm - 5pm, and Weds 5:30pm - 8:30pm. Information, education, support, and research on residential tenancy issues. tenants.bc.ca

DOWNSIZING - WHO MIGHT BENEFIT FROM YOUR DONATIONS?

Service	Phone & Contact Info
	<p><i>Please be mindful that broken, stained, smoke-damaged, or structurally questionable items are not sellable and should be taken to the dump, not donated. Donations are only accepted during open hours or call to see if alternative arrangements can be made.</i></p>
Nelson Food Cupboard	<p>602 Silica St. Nelson (United Church basement) 250-354-1633 Mon 9am - 1pm or Weds 1pm - 5pm Check to see if they have fridge space before bringing perishable items.</p>
Nelson Food Cupboard Cont'd	<p>Do not accept: out of date food, packaged food that has been opened, home canning. Foodcupboard.org</p>
Positive Apparel	<p>721 Front St. Nelson 250-505-5444. Mon-Sat 10am - 5pm, Sun 1pm - 5pm. Accept: clothing donations in all amounts, for all other donations call ahead.</p>
SHARE Nelson	<p>502 Falls St. Nelson 250-352-1222. Mon-Sat 9am - 5pm. Accept: furniture, fridges, freezers, houseware, clothing, novels & cookbooks. Do not accept: appliances, out of season clothing or equipment.</p>
SHARE Nelson Cont'd	<p>Items can be picked up by delivery truck. If deemed unsellable, they will take items to the dump for a fee. Check online for current list of items not being accepted: kootenaychristianfellowship.com/dat/?p=share-donations</p>
SPCA	<p>520-C Falls St. Nelson 250-352-7178. Tues-Sat 12pm - 4pm. Accept: cat & dog food, paper towels, laundry detergent, animal treats, animal toys, cat beds, disco balls, lava lamps, bubbles (cat life enrichment), cat-friendly plants. spca.bc.ca/</p>
Stepping Stones Transition House (Nelson CARES)	<p>816 Vernon St. Nelson 250-352-9876 Always need: bedding, towels, toilet paper. Also accept: tents, sleeping bags, blankets, sleeping mats, coats, boots, winter clothes. Call in advance.</p>
Women's Centre	<p>420 Mill St. Nelson 250-352-9916 or info@nelsonwomenscentre.com. Tues-Fri 12pm - 4pm. Accept: women's and children's clothing, washed, wearable, and in-season. Small amounts of men's clothes okay. (See next page)</p>
Women's Centre Cont'd	<p>Towels and linens (must be washed), toiletries, and menstrual hygiene products. Do not accept: furniture (including baby furniture), household items, or toys.</p>

Downsizing Cont'd, Resources for Hoarding & Decluttering, Waste Reduction

Service	Phone & Contact Info
	<p><i>Please be mindful that broken, stained, smoke-damaged, or structurally questionable items are not sellable and should be taken to the dump, not donated. Donations are only accepted during open hours or call to see if alternative arrangements can be made.</i></p>
20 Best Practices for decluttering	<p>Online resource for decluttering: www.bccrns.ca/WebLibrary/Network/Public20130110174825.pdf</p>
Articles on hoarding and understanding the behaviour	<p>Online articles on hoarding: www.bccrns.ca/WebLibrary/Network/Public20130110174654.pdf www.bccrns.ca/WebLibrary/Network/Public20130110174929.pdf</p>
Slimmer Waste	<p>How and where to reduce your waste in the Nelson area. Information on what can be recycled where on an interactive map. slimmerwaste.com/</p>
West Kootenay Habitat for Humanity ReStore	<p>4400 Minto Rd. Castlegar. 250-365-3497 or wkrestore@hfhsebc.org. Tues-Fri 9am - 5pm, Sat 9am -4:30pm. Accept: antiques, appliances, bathroom vanities, shower stalls, bricks, doors, drywall (full sheets), electrical fixtures, exterior</p>
West Kootenay Habitat for Humanity ReStore Cont'd	<p>siding, flooring, furniture, garden tools, hardware, home decor, insulation (full bags), kitchen countertops and cabinets, lumber (min. 6' pieces), paint, stain, plumbing fixtures, roofing materials, shelving units, sinks, stairs, hand and</p>
West Kootenay Habitat for Humanity ReStore Cont'd	<p>power tools, wallpaper (full rolls), windows (complete units only). Do not accept: mattresses, window blinds, unframed glass or mirrors, organs, pianos, exercise equipment, baby furniture, chemicals, partial containers of anything. Call first!</p>

Service	Phone & Contact Info
Balfour Seniors Citizens Association	8435 Busk Rd. Balfour 250-354-3172 or marvenp@telus.net. Monthly meetings first Thursday of every month except July & August. Artists, yoga, card games, computer info sessions, quilting & sewing.
Procter-Harrop Seniors Association	7906 Woodside Rd. Procter 250-229-5741 or rsboldt@telus.net. Crib, carpet bowling, quilting, potlucks.
Salmo Seniors Activity Centre	Davies Ave. Salmo 250-357-9553 Heather Crafts, cards, games, seniors dinners.
Nelson Seniors Citizens Association	717 Vernon St. Nelson 250-352-7078. Mon-Fri 1pm - 5pm. Recreational & social activities such as chess, knitting, card games, chair yoga.
Nelson & District Seniors Coordinating Society	719 Vernon St. Nelson 250-352-6008 or sencoord@gmail.com. Tues-Thurs 10am - 3pm. Assistance with income tax, pharmacare applications, advance care planning, computers and more. www.nelsonseniors.ca

Service	Phone & Contact Info
	<p><i>Please call or email to find out class dates and times, as they change seasonally. Although some classes are drop-in, please be aware that some classes require pre-registration - be sure to ask. There are many classes - this is a sampling to get started!</i></p>
Salmo & District Community Complex	<p>206 7th St. Salmo 250-357-0121 or SalmoRec@rdck.bc.ca. Mon, Weds, Fri 6am - 11am & 4pm - 8pm; Tues, Thurs 8am - 11am & 4pm - 8pm; Sat 8am - 11am. Weight room, fitness programs.</p>
Nelson & District Community Complex	<p>305 Hall St. Nelson 250-354-4386. Pool and fitness classes at all levels, personal training, public skating. Leisure Access Program for low-income individuals & families. 80 years and older enter free!</p>
Nelson & District Community Complex Cont'd	<p>Check online schedule or call for loonie/toonie times (changes every season). www.rdck.ca/recreation</p>
Fitness Shack Procter	<p>8244 Procter Rd. Procter 250-229-5705. Group fitness classes Mon, Tues, Thurs, Sat 8:30am - 9:30am. Drop-in or punch, monthly and machine passes available.</p>
Tae Kwan Do	<p>Balfour Community Hall, 250 551-7728. For all ages, first class is free.</p>
Tai Chi	<p>533A Baker St. Nelson (The Moving Centre) 250-352-1250 or cgibson360@gmail.com. Gentle movement for health, balance, and coordination.</p>
Essentrics	<p>533A Baker St. Nelson (The Moving Centre) 250-505-3437 or melodyparenteau@netidea.com. Stretching and strengthening particularly designed for the aging body.</p>
Qi Gong	<p>1111 MacDonald Dr. Nelson (upstairs) 778-463-1937. Breathing, meditation, movement, suitable for all ages. www.kootenayqigong.com</p>
55+ BC Games	<p>250-362-9489 Barb, West Kootenay organizer. Annual multi-sport event for people 55+ with 20-29 different sports categories.</p>

Service	Phone & Contact Info
	<p><i>Please call or email to find out class dates and times, as they change seasonally. Although some classes are drop-in, please be aware that some classes require pre-registration - be sure to ask. There are many classes - this is a sampling to get started!</i></p>
Balfour Gentle Yoga	Balfour Seniors Hall 778 899-1481.
Stretch/ Basic Yoga	8244 Procter Rd. Proctor 250-229-5705.
Gentle Flow Yoga	Harrop Hall 587-433-7604.
Procter Chair Yoga	Procter- Harrop Seniors Hall 250-229-4256. Wheelchair accessible, pre-register by calling ahead.
Procter Hatha Yoga	Procter- Harrop Seniors Hall (upstairs) 250-229-4256.
Sat Kaur Kundalini Yoga	533A Baker St. Nelson (The Moving Centre) contact@satkauryoga.com . http://www.satkauryoga.com
Shanti Yoga Studio	237 Baker St. Nelson 250-352-7703 or contact@shantiyoga.ca . shantiyoga.ca
Santé Holistic Health Centre	350 Baker St. Nelson 250-505-4233 or sante.holistichealthcentre@gmail.com . Restorative and vinyasa yoga. www.santeholistichealthcentre.com
Mountain Waters Spa and Wellness	2-266 Baker St. Nelson 250-352-3280 or info@relaxationredefined.com . relaxationredefined.com/

Service	Phone & Contact Info
	<p><i>Please call or email to find out class dates and times, as they change seasonally. Although some classes are drop-in, please be aware that some classes require pre-registration - be sure to ask. There are many classes - this is a sampling to get started!</i></p>
Line Dancing	<p>Balfour Hall, 250-229-4268. Bring your dancing shoes, no experience necessary, come out for fun and exercise.</p>
Kootenay Dance Beat Society	<p>Non-profit organization that aims to provide frequent opportunities for people of all ages to learn new dances, meet new people, and practice. info@kootenaydancebeat.ca</p>
Slava Doval's Dance Fusion	<p>1209 Falls St. Nelson 250-352-0047 or slavadancefusion@gmail.com Dance Fusion fosters confidence, health, musicality and community for people of all ages and backgrounds. slavadancefusion.com</p>
Front Street Dance	<p>612 Front St. Nelson 250-505-6338 or frontstreetdancenelson@gmail.com. Drop-in studio for ages 13+. Ballet, jazz, Broadway dance, hip-hop, ballet fit and contemporary. frontstreetdance.ca</p>
Nelson School of Dance	<p>612 Front St. Nelson 250-354-5373 or thenelsonschoolofdance@gmail.com. Ballet, jazz, modern, hip-hop, creative dance for people of all ages and genders.</p>
Miss Corrine's School of Dance	<p>622 Victoria St. Nelson 250-505-8041 or MissCsSchoolOfDance@gmail.com. Specializes in flamenco and ballet training for people of all ages and levels. Misscorrinesschoolofdance.com</p>
Kesavah Belly Dance	<p>612 Front St. Nelson 250-505-6338 or sarah@kesavah.com. Belly dance classes for all ages and genders, beginner to intermediate. www.kesavah.com</p>
Jesus Dance - Nelson Covenant Church	<p>533A Baker St. Nelson (The Moving Centre) 250-777-3595. Drop-in time for free-form movement and creative worship. Come as you are and enjoy an open time to soak in the presence of God's love and joy. All are welcome!</p>
Ecstatic Dance Nelson	<p>533A Baker St. Nelson (The Moving Centre) 250-777-3595. A supportive community to dance wildly and freely in a safe, inspiring and substance-free space. www.ecstaticdance.com/nelson/</p>

HOBBIES & RECREATION - KNITTING, SEWING, QUILTING & MORE

Service	Phone & Contact Info
	<p><i>Please call or email to find out class dates and times, as they change seasonally. Although some classes are drop-in, please be aware that some classes require pre-registration - be sure to ask. There are many classes - this is a sampling to get started!</i></p>
Berkana Wool Shop	602 Front St. Nelson 778-463-1053 or info@berkanawool.ca. Classes and workshops for knitting, felting, crocheting. Sign up for the email newsletter for upcoming classes or drop in and knit during open hours. www.berkanawool.ca
Knitting Club - Senior Citizen's Association	717 Vernon St. Nelson 250-352-7078.
Knitting Club	Hosted at Nelson & District Community Complex, 305 Hall St. 250-354-4386. \$2 drop in fee, or pay for a regular admission to knit and use the rest of the complex!
Nelson Stitch Lab	505 Baker St. nelsonstitchlab@gmail.com. Sewing classes and tutorials, sewing machine rental by the hour, and advice on starting and finishing your project. Lessons \$15/hour or a 10 hour punch card for \$120.
Nelson Stitch Lab	Fabric, thread, patterns, textile crafts, sewing machines, fabric dyes, block printing supplies, embroidery, quilting. www.nelsonstitchlab.com
Rug Hooking - Senior Citizen's Association	717 Vernon St. Nelson 250-352-7078
Kootenay Quilters Guild	701 Gordon Rd. Nelson (Radio Ave entrance) Christie Lees Hall in Kiwanis Villas. Open to all quilters from beginners to advanced. The Day Guild meet on the 1st Thurs of the month at 10am - Bonnie, 250-825-4776 or gor.bon@shaw.ca
Kootenay Quilters Guild	The Evening Guild meet every Thursday at 7pm - contact Gloria, 250-354-1027 or greibin@shaw.ca. The Art Quilt Group meet on the 2nd Thursday of the month at 9:30am - contact Rosemary, 250-825-4513 or arwallach@shaw.ca

Service	Phone & Contact Info
Alcoholics Anonymous	250-352-3391 or District75aa@gmail.com West Kootenay region. Support and information for people with alcohol related problems. Contact them or look at www.bcyukonaa.org/ for meeting schedule & location.
Al-Anon Family Groups	1-888-425-2666 or visit al-anon.org to find meeting schedule & location. Support for people living with alcoholism or troubled by another's drinking. Meetings in Salmo, Nelson, Castlegar.
Gambling Support Services	1-888-795-6111 toll free helpline. Free, confidential counseling for problem gambling issues. Tools and strategies for staying in control of time, money, and energy spent gambling. www.bcreponsiblegambling.ca
Quit Now	1-877-455-2233 toll free number. Support program to help individuals stop smoking and stay that way. Peer support from other people who are quitting. www.quitnow.ca

Service	Phone & Contact Info
Learning in Retirement	Selkirk College Silver King Campus, 2001 Silver King Rd. Nelson 250-354-3220 or nelson.lir2013@gmail.com. Spring & fall: guest speakers, courses, interest groups. Field trips in the summer. Membership \$15, modest per activity fees.
Free Computer Help (Seniors Coordinating Society)	719 Vernon St. Nelson 250-352-6008 or sencoord@gmail.com. Tues, Weds, Thurs 10am - 3pm. By appointment.
Digital Learning (Balfour Seniors Club)	Balfour Seniors Hall, 8435 Busk Road 250-353-2289 or bsca120@hotmail.com. Every 2nd and 4th Thurs of the month, 1pm - 3pm. Free!
French Language Lessons (AFKO)	West Kootenay Francophone Association, 807 Baker St. Nelson 250-352-3516 or coordination@afko.ca. Call or email for class schedule and prices.
Upgrading and Adult Education (Selkirk College)	2001 Silver King Rd. Nelson 250-352-6601 or cschmidt@selkirk.ca. Access low-cost or tuition free literacy, skills development, and high school level courses through Selkirk College.

Service	Phone & Contact Info
Nelson Public Library	602 Stanley St. Nelson 250-352-6333 or library@nelson.ca. Members can use computer for free for 30 min/day, non-members pay \$1. Free wifi on your own device. Access to printer, photocopier, scanner for a small fee.
Nelson Public Library Cont'd	Free membership for Nelson residents. Non-residents can purchase memberships for 3, 6, or 12 months. Subsidies available for low-income households (half the regular price).
Salmo Public Library	104 - 4th St. Salmo 250-357-2312 or salmolibrary@salmo.bc.libraries.coop. Mon & Fri 10am - 5pm, Tues & Thurs 3pm- 8pm, Sat 10am - 2pm. Photocopies, scanning, and faxing available for a small fee.
Salmo Public Library Cont'd	Members can use 1 of 6 computers (2 are only for teens) for 1 hour or use free wifi on their own device. Free membership for Salmo residents, or non-residents can sign-up for a temporary card with a \$50 refundable deposit.
Nelson & District Women's Centre	420 Mill St. Nelson 250-352-9916 or info@nelsonwomenscentre.com. \$1 per hour on their computer or free wifi on your own device.
Association des Francophones des Kootenays Ouest	807 Baker St. Nelson 250-352-3516 or direction_afko@telus.net. Tues-Fri 1pm - 5pm. Free for French speaking/ learning people or interested in the French language. Access to printer, photocopier, scanner for a small fee.
BC Government Access Centre	310 Ward St. Nelson. Free access for provincial government websites only.
Service Canada Access Centre	Chahko Mika Mall, 1125 Lakeside Dr. Nelson. Mon-Fri 8:30am - 4pm. Free access for federal government websites only.

Service	Phone & Contact Info
BC Elders Guide	A collaboration between the First Nations Health Authority and the BC government. www.fnha.ca/Eldersguide
BC Seniors Guide	Information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services. Available in multiple languages. www.gov.bc.ca/seniorsguide
Seniors Guidebook to Safety and Security	Guide for seniors, their family members, caregivers, and friends to provide information on common concerns related to seniors' safety and security. www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security
Canadian Association for Retired Persons	Canada's largest advocacy association for older Canadians. Non-partisan organization whose mission is to advocate for better healthcare, financial security, and freedom from ageism. www.carp.ca
Programs and Services for Seniors	Government of Canada website. Information available by phone 1-800-622-6232 www.canada.ca/en/employment-social-development/campaigns/seniors.html
Disability Alliance BC	Supporting people with all disabilities to live with dignity, independence, and as equal members of the community. disabilityalliancebc.org/
Fall Prevention	Falls are the most common cause of injury for seniors and the main reason many seniors lose their independence. Learn how to prevent falls - falling is not an inevitable part of aging. www.gov.bc.ca/fallprevention
Grandparents raising Grandchildren	1-855-474-9777 Assistance for grandparents and other relatives raising children to navigate complex systems and connect them with resources. Benefits and services to support the whole family. www.parentsupportbc.ca/
When I'm 64	Guide to benefits and services for people 60+. www.peopleslawschool.ca/publications/when-im-64-services-seniors
5 Tips for online dating for seniors	Stay safe while having fun! www.cbc.ca/news/canada/british-columbia/5-online-dating-tips-for-seniors-looking-for-love-in-canada-1.3102951

Service	Phone & Contact Info
Veteran Affairs Canada	1-866-522-2122 BC District Office, 1-877-228-2250 Bureau of Pensions Advocate. Information on benefits, programs, and services provided for Canadian services. www.veterans.gc.ca
Canadian Anti-Fraud Centre	1-888-495-8501 toll free number. Contact their phone or online service if you suspect you have been a target or victim of fraud, and find resources for protecting yourself. www.antifraudcentre-centreantifraude.ca
National Do Not Call List	1-866-580-3625 toll free number. Register your phone number to receive less telemarketing calls and file complaints for non-compliance. Lnnte-dncl.gc.ca
Emergency Management BC	403 Vernon St, Nelson 250-354-5904. Information on emergency preparedness, response and recovery for accidents, environmental emergencies or natural disasters such as floods, landslides and wildfires.