



CAREGIVERS NETWORK

for East Kootenay Seniors

COVID-19 Resource Listing for Columbia Valley

Provincial Resources and Phone Numbers

Description	Contact
BC 211	https://www.bc211.ca/ or dial 211 to register for supports or to become a volunteer
BC Center for Disease Control	http://covid-19.bccdc.ca/
BC Housing	1-604-879-5112
Caregivers of East Kootenay Seniors	1-877-489-0803
COVID-19 Self-assessment tool	https://bc.thrive.health/covid19/en
Crisis Line	310-6789
Family and Friend Caregiver Support Line	1-877-520-3267
First Link Dementia Health Line	1-800-936-6033
Health Links	BC 811
Interior Health Covid-19 news	https://news.interiorhealth.ca/covid-19/
Seniors Abuse and Information Line (SAIL)	1-604-437-1940
Seniors First BC	1-604-437-1940

Grocery Stores and Pharmacies

Joe's No Frills (grocery) • You can call in and pick up groceries using click and collect	1 866-987-6453
Sobeys (grocery) • They recommend seniors shop around 7am	(250) 342-6919
A G Valley Foods (grocery) • You can call in and pick up food and its free for seniors • Delivery service for seniors	(250) 342-3330
The Trading Post Specialty Foods (grocery) • You can order online in and pick up groceries	(778) 526-4818
Invermere Circle Health Foods (grocery) • You can call in and pick up food • Delivery service is offered	(250) 342-2552
Red Apple Store (grocery, clothing, and house wares) • You can call in and pick up food, but they are limiting it to ten items no additional cost.	(250) 342-0548

Radium Mountainside Market (grocery) <ul style="list-style-type: none"> You can call in and pick up groceries Delivery service Basic medication in the store 	(250) 347-9600
Pharmasave Invermere (pharmacy) <ul style="list-style-type: none"> You can call in and pick up medication Delivery for medication is free 	(250) 342-8877
Lambert Kipp Pharmacy Ltd (pharmacy) <ul style="list-style-type: none"> They do delivery only on Friday afternoons and evenings. You can call in and pick up medication. 	(250) 342-6612

Columbia Valley Community Resources

Note: Due to changes in funding, time of year and phases of the provincial pandemic, it is advisable to call the resource to obtain the most current information. Information might change on a regular basis.

Resource Name	Contact	Information
Caregivers Network Community Facilitator	Daneve McAffer 250-349-5515	Contact Daneve for Caregiver events in the Columbia Valley
Invermere Seniors Hall	250-342-2819 averyrs@telus.net	Call for up to date information on activities, this will depend on which phase of COVID we are in provincially.
Columbia Valley Better at Home	(250) 342-5566 jlindal@familydynamix.ca	Have partnered with BC 211 to offer volunteer opportunities and assistance to Seniors.
Columbia Valley Food Bank	250 342 0850 invermerecvfb@hotmail.com	Offer hampers from Spillamacheen to Canal Flats.
Hospice Society of the Columbia Valley	778-526-5143 office@hospicesocietycv.com	Offering bereavement support. Call for latest program support.
Invermere Public Library	250-342-6416 Website: https://invermere.bc.libraries.coop/ Email: publiclibrary@invermere.net	Curbside pickup of library resources: can be selected through website. You can also call and use email to search for resources that you might be interested in. Virtual: Gloo iPad and iPhone lessons and support program. Sign up online.