



# CAREGIVERS NETWORK

for East Kootenay Seniors

## COVID-19 Resource Listing for Cranbrook

### Provincial Resources and Phone Numbers

Description	Contact
BC 211	<a href="https://www.bc211.ca/">https://www.bc211.ca/</a> or dial <b>211</b> to register for supports or to become a volunteer
BC Center for Disease Control	<a href="http://covid-19.bccdc.ca/">http://covid-19.bccdc.ca/</a>
BC Housing	1-604-879-5112
Caregivers of East Kootenay Seniors	1-877-489-0803
COVID-19 Self-assessment tool	<a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a>
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	<a href="https://news.interiorhealth.ca/covid-19/">https://news.interiorhealth.ca/covid-19/</a>
Seniors Abuse and Information Line (SAIL)	1-604-437-1940
Seniors First BC	1-604-437-1940

## Grocery Stores and Pharmacies

<b>Superstore (pharmacy and grocery)</b> <ul style="list-style-type: none"> <li>• 7-8 am is senior hours but the pharmacy is not open</li> <li>• Pharmacy in store</li> <li>• You can call in and pick up groceries using click and collect</li> </ul>	(250) 420-2118
<b>Save on foods (pharmacy and grocery)</b> <ul style="list-style-type: none"> <li>• Senior shopping hours 7am-8am</li> <li>• E-com online shopping service, people can phone in and pick up their groceries. Additional fee of 7\$.</li> <li>• Call in for medication and they will have it prepared</li> </ul>	(250) 489-3461
<b>Safeway (pharmacy and grocery)</b> <ul style="list-style-type: none"> <li>• Senior hours 7am-8am</li> <li>• You can call in to pick up medication</li> </ul>	(250) 489-1165
<b>Walmart (pharmacy and grocery)</b> <ul style="list-style-type: none"> <li>• Senior hours 7am-8am</li> <li>• You can call in to pick up groceries and medication no additional fee</li> </ul>	(250) 489-3202
<b>Nutters Health Food (grocery)</b> <ul style="list-style-type: none"> <li>• Call in and pick up groceries</li> <li>• Tuesday and Friday 10% off for seniors</li> <li>• Delivery services for people who require assistance</li> </ul>	(250) 426-5519

<b>M&amp;M (grocery)</b> <ul style="list-style-type: none"> <li>• Call in click and collect (check website) until the end of July (service offered because of Covid-19) no additional fee</li> <li>• Delivery services for people who require assistance</li> </ul>	(250) 489-8438
<b>Kootenay Farm to Fork (grocery)</b> <ul style="list-style-type: none"> <li>• Noon to 5pm hours</li> <li>• Call in and collect</li> <li>• Online menu and delivery service (delivery service is free)</li> </ul>	(250) 417-5507
<b>Pharmasave Cranbrook Mall (pharmacy)</b> <ul style="list-style-type: none"> <li>• Delivery is free</li> <li>• You can call in and pick up medication</li> </ul>	(250) 417-0270
<b>Cranbrook I.D.A. Pharmacy (pharmacy)</b> <ul style="list-style-type: none"> <li>• Delivery is free and they deliver to Cranbrook, Kimberley, and Marysville 5-7 nights a week</li> </ul>	(250) 420-4133

## Cranbrook 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
Carey Henry Support Group Facilitator	250-489-9401 <a href="mailto:careyhenry@telus.net">careyhenry@telus.net</a>	Contact Carey for resources and events in the Cranbrook area
Aunty Barb's Bakery	(778) 517-0200	Frozen Meals for Sale
Connect Church Cranbrook	(250) 919-7325	Call for help and volunteers will assist with pick-up or home delivery. Have a limited supply of donated supplies on hand.
COVID – 19 Virtual Walk-In Clinic	(250) 426-4890	For people without a Doctor 7 days a week 1:00pm to 5:00 pm
Cranbrook Age Friendly Advisory Committee	(250) 919-3244 <a href="mailto:cranbrookagefriendly@gmail.com">cranbrookagefriendly@gmail.com</a>	Assistance with pick-ups and deliveries
Cranbrook and District Food Bank	(250) 426 7664 <a href="mailto:cranbrookfoodbank44@gmail.com">cranbrookfoodbank44@gmail.com</a>	Food hamper programs available
Cranbrook Better at Home	(250) 426-2943 (leave a message) <a href="mailto:betterathome@ccssebc.com">betterathome@ccssebc.com</a>	Assisting seniors with pick-up or home delivery.
Cranbrook Hospice Society	(250) 417 2019	Offering bereavement support. Call for latest program support.
Cranbrook Salvation Army	(250) 426-3612	Home meals delivery service for adults over 65+, registration through BC 211
Fire Hall and Tap	(778) 520-0911	Frozen Meals for Sale
Soul Food Frozen Meals	(778) 517-5339	Frozen Meals for Sale
The Heid Out Restaurant	(250) 426-7922	Frozen Meals for Sale
What's for Dinner?	(250) 426-1511	Frozen Meals for Sale