



# CAREGIVERS NETWORK

for East Kootenay Seniors

## COVID-19 Resource Listing for Creston

### 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>Pharmasave (pharmacy)</b> <ul style="list-style-type: none"> <li>• Equipment, home aides, resources</li> <li>• Medications</li> <li>• You can call in and pick up groceries using click and collect</li> </ul>	(250) 428-8766
<b>Save-On-Foods (grocery)</b> <ul style="list-style-type: none"> <li>• Senior hours are from 7-8am every morning</li> <li>• You can order and pick up groceries through the website</li> </ul>	(250) 428-2555
<b>Pealow's Your Independent Grocer (grocery and pharmacy)</b> <ul style="list-style-type: none"> <li>• They suggest seniors come in from 7-8am</li> <li>• You can call in and ask them to gather an order for you</li> <li>• They work with an organization called Angel hands and they can deliver your groceries</li> <li>• Pharmacy Delivery is free</li> </ul>	(250) 402-6020
<b>Vital Health - The Health Food Store (grocery)</b> <ul style="list-style-type: none"> <li>• You can call in and pick up groceries and they can put together an order</li> </ul>	(250) 428-7700
<b>Haven for Health (grocery)</b> <ul style="list-style-type: none"> <li>• You can call in and pick up groceries</li> </ul>	(250) 402-0047

<b>Pharmasave Creston (pharmacy)</b> • Delivery for most items is free in the Creston and surrounding area	<b>(250) 428-9080</b>
<b>Shoppers Drug Mart (pharmacy)</b> • Delivery is free • You can call in and pick up medication	<b>(250) 428-9334</b>
<b>Save on foods pharmacy (pharmacy)</b> • They can deliver medication with some people just call in and ask • You can pick up medication with your groceries if you specify it with a worker	<b>(250) 428-2555</b>

## Creston 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*

Resource Name	Contact	Information
Doug Johns, Caregivers Network Support Group Facilitator	<a href="mailto:revdjohns@hotmail.com">revdjohns@hotmail.com</a> 250-432-9531	Contact Doug for Caregiver events in the Columbia Valley
Creston Valley Gleaners Society	250-428-4106	Call for information on various food programs
Creston Better at Home	250-428-5520 <a href="mailto:betterathome@valley.services">betterathome@valley.services</a>	Grocery shopping for Seniors Housekeeping and yard care – sliding scale and require registration
TAPS Program	250-428-5585	Providing meal delivery services for Seniors only. Small charge.
Go4You	250-402-9648	Paid for delivery service
Creston Hospice Society	250-428-7575	Offering bereavement support. Call for latest program support.