



CAREGIVERS NETWORK

for East Kootenay Seniors

COVID-19 Resource Listing for Fernie

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

Kevin's Your Independent Grocer (pharmacy and grocery) <ul style="list-style-type: none"> 8-9am is their senior hours The PC express app is where you can order online and drive up and collect groceries 	(250) 423-7387
The Cottonwood Tree (grocery) <ul style="list-style-type: none"> You can call in and pick up items Delivery is free 	(250) 423-8081
Save On Foods (pharmacy and grocery) <ul style="list-style-type: none"> You can call in and pick up groceries with a small additional cost Once a week the pharmacy does delivery of medications to senior homes. 	(250) 423-4607
Good Earth Natural Alternative (grocery) <ul style="list-style-type: none"> The quietest time is at 10am You can order food over the phone 	(250) 423-7121
Red Apple (grocery, clothing, and household items) <ul style="list-style-type: none"> They suggest that seniors shop early morning You can call in and they will get groceries then you can pick it up If you need delivery you can call and ask They carry over the counter medication 	(250) 423-3484

IGS Value Drug Mart (pharmacy) <ul style="list-style-type: none"> • Delivery is free • You can call in to pick up medication 	(250) 423-4511
Kevin's Your Independent Grocer (pharmacy) <ul style="list-style-type: none"> • You can call in and pick up medication 	(250) 423-7387

Fernie 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
Marianne Agnew Whitehouse, Fernie Support Group Facilitator	Pineconelodge5305@gmail.com 403-650-9215	Contact Marianne for Caregiver events in the Columbia Valley
Fernie Fresh Food Share	250-423-4661	Open three days a week, open to everyone.
Salvation Army Food Bank	250-423-4661	Application required with monthly food hampers
Fernie Women's Resource Center	250-423-4687 fwrc@shaw.ca	Offering support and resources to women, call for most recent programs
Elk Valley Hospice	250-423-4453 ext. 309 leave a message elkvalleyhospice@gmail.com	Offering bereavement support. Call for latest program support.