



CAREGIVERS NETWORK

for East Kootenay Seniors

COVID-19 Resource Listing for Golden

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

IGA Golden (grocery) <ul style="list-style-type: none"> Senior hours 7-8 am everyday You can call in and pick up if needed 	(250) 344-2361
Save on foods (grocery) <ul style="list-style-type: none"> They suggested that seniors come early in the morning In the next few months, they will be trying to open e-com 	(250) 344-5315
Eat pure mountain market (grocery) <ul style="list-style-type: none"> You can call in and pick up groceries 	(250) 939-9532
Golden Family Pharmacy (pharmacy) <ul style="list-style-type: none"> Delivery is free You can call in and pick up medication 	(250) 344-6821
Gourlay's Golden Pharmacy (pharmacy) <ul style="list-style-type: none"> Delivery service with no additional charge You can call in and pick up medication 	(250) 344-8600

Golden 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
Mickey Ballas Caregivers Network Support Group Facilitator	250-344-6866 mickeybalas22@outlook.com	Contact Mickey for Caregiver events in the Columbia Valley
Golden Age Friendly Advisory Committee	250-272-0291 lynne.cdc@gmail.com	No COVID specific programs currently.
Golden Community Resources Society: Senior Navigator	250-344-6866 mickeybalas22@outlook.com	Providing a free weekly lunch program
Golden Food Bank Society	(250) 344-2113 info@goldenfoodbank.ca	Hamper Distribution, call for details and days
Golden Seniors Center	(250) 344-5465	Call for information about activities