



# CAREGIVERS NETWORK

for East Kootenay Seniors

## COVID-19 Resource Listing for Kimberley

### 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>Stoke market (grocery)</b> <ul style="list-style-type: none"> <li>• Quiet hours from 7-9am or 8-9pm</li> <li>• Curbside pickup is free</li> <li>• If you spend over 50\$ delivery is free.</li> <li>• They deliver to Cranbrook on Fridays.</li> </ul>	(250) 427- 4944
<b>Save-On-Foods (grocery)</b> <ul style="list-style-type: none"> <li>• Senior hours are between 7-8 am in the morning</li> <li>• You can call in and pick up groceries using e-com no additional cost</li> </ul>	(250) 427-2313
<b>Mark Creek Market (grocery)</b> <ul style="list-style-type: none"> <li>• Delivery service is free for seniors if you spend \$30</li> </ul>	(250) 427-4444
<b>Shoppers Drug Mart (pharmacy)</b> <ul style="list-style-type: none"> <li>• Delivery of medication is free</li> <li>• You can call in and pick up medication</li> </ul>	(250) 427-2181
<b>Gray's Compounding Pharmacy Remedy's Rx (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) 427-0038
<b>Shoppers Simply Pharmacy (pharmacy)</b> <ul style="list-style-type: none"> <li>• Delivery on Wednesday, Thursday, and Friday (it is free)</li> <li>• You can call in and pick up medication</li> </ul>	(250) 427-4432

# Kimberley 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.

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Due to the geographical proximity to Cranbrook, it is advisable to see the Cranbrook listening for additional resources.

Resource Name	Contact	Information
Stacey Coleman Kimberley Support Group Facilitator	250-426-5689 <a href="mailto:Staceycoleman3430@gmail.com">Staceycoleman3430@gmail.com</a>	Contact for local resources and Caregiver meetings
Kimberly Seniors Center	250-427-3512	Call for activity schedule
Kimberley Hospice Society	250-417 2019	Offering bereavement support. Call for latest program support.
Seniors Helping Seniors – a program of Summit family services	(250) 427-4200 <a href="mailto:seniorshelpingseniors@shaw.ca">seniorshelpingseniors@shaw.ca</a>	Volunteers helping Seniors, call for current program offerings.