



# NORTH OKANAGAN COMMUNITY SERVICES DIRECTORY FOR SENIORS



Produced by:

**NexusBC Community Resource Centre**  
102 - 3201 30<sup>th</sup> Street, Vernon BC V1T 9G3  
Telephone: 250.545.0585

Also available online at:

**[www.NorthOkanaganSeniorsDirectory.ca](http://www.NorthOkanaganSeniorsDirectory.ca)**

***Disclaimer:** The North Okanagan Community Services Directory for seniors is a listing of some services for seniors in the North Okanagan. It is not the purpose of this Directory to include all available services. We make our best effort to provide up to date information; however, we cannot guarantee the accuracy, and portions of the information contained in this site may change from time to time. Please note this site is for information purposes only. **Disclaimer of Endorsement:** Any service included in this directory does not constitute or imply an endorsement by NexusBC. **Disclaimer of Liability:** This Directory contains links to third-party service provider websites. NexusBC is not responsible and assumes no liability for the content or materials available on any linked third-party sites.*

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## **'BEFORE YOU HIRE' CHECKLIST**

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Your safety and protection is of utmost importance. NexusBC recommends that you follow this checklist before hiring an individual or business:

### **Ask for a quote**

You should always ask for a quote on the work you want done. If someone says they charge per hour, ask how many hours the job will take. If you can get a quote in writing, that's even better and will help to prevent any disagreements later.

### **Ask for references**

Ask for three references and call them all. At least two of the references should be from former or current clients or customers.

### **Ask for their Driver's Abstract**

If you are hiring someone to drive you to appointments or for grocery shopping, make sure you review a copy of their Driver's Abstract. It will tell you how long they've been driving plus if they've had any driving tickets or other offences in the last five years.

### **Talk with informal sources**

Don't hesitate to contact NexusBC Seniors Services at 250.545.0585 to see if we know more about the business or individual that you are interested in hiring.

### **Set up a meeting**

Meet with the person either at your home or at a nearby coffee shop. Take precautions such as having a friend or family member with you.

### **Ask to see photo identification such as a valid driver's license**

Check their photo ID to make sure they are who they say they are, then record their full name, birth date, address, and phone number.

### **Ask to see a copy of their recent Criminal Record Check (CRC)**

You should not feel awkward or bad about making this request. If the person is not willing to provide you with an updated CRC, then it is not advisable to hire them. Often, individuals that perform services for seniors may already have a valid check available or would be ready to get one upon request. Most of the individuals and businesses in this directory have submitted their CRC to us, but it is always good to request an updated one.

**☐ Ask if they are in good standing with WorkSafeBC.**

If you hire an independent business and they are not registered or in good standing with WorkSafeBC, you could be liable for the costs of a claim should a worker be injured doing the job that you hired them to do. For your own protection, it's good practice to request a clearance letter that guarantees they are registered and making their payments. Phone WorkSafeBC at 1-888-922-2768 for more information.

**☐ Never sign a contract unless you fully understand it.**

Do not rush into anything. Take the time to read and understand the terms of a contract. Seek independent legal advice if necessary.

**☐ Protect your safety, security and comfort**

For your own safety and security, find out who will be doing the work. If you don't want the worker showing up before a certain time or staying past a certain hour, let them know. If you don't want them using your bathroom, tell them and make certain they agree with those terms.

### **Kathleen Colquhoun**

Providing companionship services, transportation in-town and delivery services of groceries or pharmacy items. Minimum 1.5 hour outing is \$50. Phone Kathleen at 250.540.7825

### **Honey Do Handy Work**

Services include home repairs, renovations, painting, flooring, home maintenance, furniture assembly, power washing, putting up Christmas lights and snow shovelling. Phone Donald Clason at 1-888-701-8580 for a price estimate. Senior rates start at \$30 per hour depending on the service provided. Visit [www.honeydohandywork.com](http://www.honeydohandywork.com) for more details.

### **Joanne Sandaker**

Providing home support services in Armstrong, Enderby, Vernon and Lumby including light housekeeping, laundry, gardening, light yard work, grocery shopping, pharmacy pick-ups, and transportation to doctors appointments in Armstrong. Other services may be available upon request. Rates start at \$20 per hour. Phone Joanne at 250.546.6456 (Armstrong).

### **Celia's Caring Companionship**

Providing emotional and social support to seniors with dementia, particularly in a facility as well as emotional support for persons at the end of life. Rate: \$25 per hour. Phone Celia Foster at 250.308.4649 or [cj.foster@shaw.ca](mailto:cj.foster@shaw.ca). *"I look forward to meeting you and your loved one to talk about how I can provide support and ease your anxiety around loneliness."*

### **NexusBC Seniors Services in Armstrong**

Services for seniors through a NexusBC volunteer are provided at the Armstrong Seniors Activity Centre on Tuesdays from 10am to 2pm. Phone 250-546-1118 to find out what they can help you with. Visit [www.armstrongseniors.ca](http://www.armstrongseniors.ca) to find out what other services and activities are available.

### **John Willis**

Personal, friendly training using an iPad, Tablet or Computer. Learn how to organize your photos, how to edit your photos, and how to use a camera. John can also help with talking to Telus or Shaw for technical support to solve issues you might be having. Rates are \$40 per hour. Call John at 250.558.5647

### **Lana Tenetko**

Providing private in-home care with 25 years of experience working in the USA and Canada in hospitals and manors. Speaks three languages - English, Russian and Ukrainian. Rate negotiable. Phone Lana at 250.306.8050

### **Okanagan Property Services**

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just

about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertieservices.com/>

### **No Care Like My Care**

Registered Care Aide that provides personal care and home support, palliative care, companionship, transportation and foot care for seniors. Specializes in diabetic foot care. \$30 per hour, \$30 per footcare treatment, \$40 for out of town. Provides services in Vernon, Armstrong and Lumby. Phone Fern Chard at 250.307.5509 or email fernchard@hotmail.com.

### **Gaia's Gardener**

Susan provides gardening services including raking, pruning, planting, transplanting, deadheading, design consultation, weeding, fertilizing, and watering. No lawn mowing. Rates: \$25 per hour. Susan has a certificate in Landscape Horticulture.

Phone 250.549.7214

### **Heart To Heart Care Services**

Services provided: all aspects of home support including companionship, gardening/yard maintenance, pet care, respite, transportation in town and out of town. Rates are \$20-25 depending on service. Contact Deborah Kleine, retired health care professional at 250.938.7724.

### **Kizzy's Happy Feet Foot Care, LPN**

Mobile foot care service serving all of the North Okanagan. Specializes in diabetic and senior foot care. VAC approved and can provide direct billing for veterans. Rate: \$45. Phone Krystal Armbruster, LPN at 778.212.0067

### **The Pink Painter & More**

Candace Oleksyn provides the following services: home repairs and maintenance (change light bulbs, furnace filters, smoke detector batteries, wash windows, install blinds, hang curtains and pictures, painting, install safety devices and more), gardening and yard work (raking and mowing), and home support (companionship, meal prep). Candice is a registered apprentice carpenter and has Foodsafe. Rates are \$20 - \$25 per hour or priced per job. Phone 250.308.5600.

### **Bob Trites**

Providing home repairs, transportation in-town, as well as deliveries of pharmacy items or groceries. Home repairs include painting, installing electrical fixtures, plumbing and laminate flooring. Rate: \$25/hour. Phone Bob at 250.307.1942

### **Granville Getaway**

The *Granville Getaway Adult Day Program* provides clients with a day of companionship and therapeutic recreation. A variety of leisure activities are offered each day to encourage socialization among clients. Recreation programs are adapted as needed to increase success and enjoyment for all clients. The program is designed for socially isolated seniors or those living with dementia.

Phone Armstrong Community Care to inquire: 250.546.4752. Program runs Monday to Friday from

9:30am to 2:00pm. Location: 712 Granville Avenue. They provide transportation in Armstrong and Enderby for those in need who can't get there on their own.

When clients and caregivers have a goal to remain in their homes and communities as long as possible, it is important to look at wellness for both the client and caregiver. Granville Getaway also provides respite for the caregiver to look after their needs and enjoy their day *their way*. Call 250.838.2480.

### **North Okanagan Better At Home Program**

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

**Light Housecleaning:** A professional housekeeper provides services to help you maintain a clean and healthy household.

**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

**Light Yard Work:** We help you with light yard work including raking, lawn mowing and weeding.

**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### **AAA Philippine Concierge Services**

Evangeline Hatoc - services provided in Vernon and Armstrong: companionship, personal care services, shopping, groceries, gardening, hair care, housekeeping, transportation in-town, laundry and ironing. Housekeeping Training Certificate. Rate \$35 per hour plus tax. Visit [www.okanagancleaningservice.ca](http://www.okanagancleaningservice.ca) or phone 250.540.3644

### **Cindy's Home Care Service**

Cindy Tanner is available to provide the following services in Armstrong: companionship, delivery services, groceries, shopping, hair care, housekeeping, laundry, ironing, meals, palliative care, pet care, respite and transportation (in town and out of town). Has First Aid and FoodSafe. Rates from \$18-20 per hour. Phone 250.308.2077

### **Armstrong Volunteer Driver Program**

Serving the citizens of the City of Armstrong and District of Spallumcheen. Providing transportation for medical and dental appointments in Armstrong, Enderby, Vernon, Kelowna and Kamloops. For transportation, phone 250.546.0999. Office hours are Monday to Friday, 10am-12pm. Voicemail will be checked. Sponsored by the Armstrong Seniors Activity Centre.

### **Armstrong Spallumcheen Medical Equipment Loan Cupboard**

Open Monday, Wednesday and Friday, 10am to noon at the Hassen Arena.

Phone 778.442.5255

### **Community Rehabilitation Services**

Vernon Jubilee Hospital | Tel: 250.558.1203 or 250.558.1232

Armstrong: 3800 Patten Drive, Armstrong | Tel: 250.546.4742

### **Armstrong Pharmacy and Wellness Centre**

Address: 5 - 3300D Smith Drive, Armstrong | Tel: 250.546.3195

### **Senior's Lunch in Armstrong**

Targeting shut-ins. Wednesday 12pm - \$8. Call the Armstrong Legion (2526 PV Road) at 250.546.8455

### **Better Meals**

Frozen meals available for residential delivery at [www.bettermeals.ca](http://www.bettermeals.ca) or phone 1.888.838.1888. Must order by 2:00 pm Wednesday for delivery on Friday. Free delivery for all orders over \$30.

### **Askews in Armstrong**

Askews provides free delivery of groceries. Phone in order on Tuesdays between 8am and 10am, delivered same day. Phone 250.546.3039. Pay with cash or cheque.

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## **CHURCH OUTREACH**

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### **All Saints Anglican Church - Outreach Services**

Outreach programs include a soup kitchen, "Safeway Shoppers" for those unable to do their own grocery shopping, and an active lay Pastoral Care team that visits the sick and shut-in. Phone 250.542.3179 for more information.

### **Vernon Alliance Church - Outreach Services**

Through their Compassion Ministries, Vernon Alliance Church (VAC) helps by providing frozen meals for those in need in emergency situations, a free tax clinic in March and April for low income tax returns, free haircuts when a stylist is available and good used clothes for free at Common Threads. Phone VAC at 250.545.7105 or go online to <http://www.vernonalliance.org/Services> or more information.

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## **COMPUTER SUPPORT**

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### **Computer Support Program**

The Literacy Society of the North Okanagan has partnered with the Okanagan Regional Library (Vernon Branch) to provide basic computer tutoring services for adults. There will a volunteer available at the Vernon library on **Tuesdays and Thursdays**. Adults can register for one hour of help with a volunteer during those times. Tutors will be able to help with iPads, tablets, laptops or the library computers. To



book an appointment, or for more information, please visit the Resource Desk upstairs in the Vernon library or call the library at 250.542.7610. Ext. 6820.

### **John Willis**

Personal, friendly training using an iPad, Tablet or Computer. Learn how to organize your photos, how to edit your photos, and how to use a camera. John can also help with talking to Telus or Shaw for technical support to solve issues you might be having. Rates are \$40 per hour. Call John at 250.558.5647

### **Senior Tech Services**

Computer services including: teaching, tutor, tablet & iPad, assist with shopping of computer and devices. Software, hardware and printer installs. Professional friendly service on a 1 to 1 or small group. Call Christy at 250-307-2461 evenings and weekends. First hour is \$50; \$40 for every hour after.

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## **DENTAL**

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### **Community Dental Access Centre**

A non-profit dental health centre for North Okanagan residents experiencing financial and other barriers to dental health care. Hours of Operation: Tuesdays and Wednesdays; 9am-1pm and 2-5pm. For information, please phone 778.475.7779 or go online to [www.communitydentalaccess.ca](http://www.communitydentalaccess.ca)

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## **ELDER ABUSE**

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### **Interior Health Elder Abuse Hotline**

Anyone within Interior Health who has concerns regarding elder abuse can call 1.844.870.4754 to be connected with an Interior Health staff member who is trained to respond to such situations. The phone number and corresponding email address [ihadultguardianship@interiorhealth.ca](mailto:ihadultguardianship@interiorhealth.ca) were launched in May 2016.

### **Public Guardian and Trustee of BC**

Services to adults who need help in decision making (legal rights, financial interests, and personal care interests). Contract Service BC to be transferred to PGT offices. Phone 1.800.663.7867 or email [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

### **Seniors Abuse and Information Line (SAIL)**

Legal information and advocacy. Operated by the BC Centre for Elder Advocacy Support, SAIL is a safe place for older adults to talk to someone confidentially about situations where they feel they, or someone they know, is being abused, mistreated and to seek advice and support. Counsellors are available 7 days a week, 8am to 8pm. Phone toll-free 1.866.437.1940 | Website: <http://bcceas.ca/programs/sail/>

### **Specialized Victim Assistance Program**

Offers support and information to women, children and men who have been victimized as a result of: elder abuse, sexual assault, violence in an intimate relationship, child sexual abuse (recent or in the past), criminal harassment (stalking). Phone 250.542.3322 for more information.

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## **ENDERBY**

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### **Kathleen Colquhoun**

Providing companionship services, transportation in-town and delivery services of groceries or pharmacy items. Minimum 1.5 hour outing is \$50. Phone Kathleen at 250.540.7825

### **Joanne Sandaker**

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### **Lana Tenetko**

Providing private in-home care with 25 years of experience working in the USA and Canada in hospitals and manors. Speaks three languages - English, Russian and Ukrainian. Rate negotiable. Phone Lana at 250.306.8050

### **Enderby Wheels to Meals**

Volunteers pick up seniors on Wednesdays and take them for a meal at the Enderby Senior's Activity Centre and then return them home again. Refreshments at 11am and lunch at noon. Phone 250.838.6981

### **Enderby Volunteer Driver Program**

A volunteer driver's contact list can be obtained from the Enderby & District Senior Citizens Complex located at 1101 George Street.

### **Enderby Seniors In Motion Exercise Program**

If you're an older person who would like to feel stronger and more confident on your feet, then Interior Health's Seniors in Motion Program is for you. A physiotherapist, occupational therapist and rehab assistant provide instruction and supervision on how to improve your strength, balance and agility. For more information, phone 250.838.2484. Priority for admission will be to those with multiple (complex) health concerns. There will be an initial intake assessment by the Physical and Occupational Therapists to determine eligibility to benefit from the program. Program hours are Monday to Thursday from 9:30am to 12:00pm. Location: 712 Granville Avenue.

### **Kizzy's Happy Feet Foot Care, LPN**

Mobile foot care service serving all of the North Okanagan. Specializes in diabetic and senior foot care. VAC approved and can provide direct billing for veterans. Rate: \$45. Phone Krystal Armbruster, LPN at 778.212.0067

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When clients and caregivers have a goal to remain in their homes and communities as long as possible, it is important to look at wellness for both the client and caregiver. Granville Getaway also provides respite for the caregiver to look after their needs and enjoy their day *their way*. Call 250.838.2480.

### **Sunshine Line**

The Sunshine Line is a seniors "calling" telephone program. Trained volunteers will call you to say hello, have a conversation, make a friend and have a daily safety check-in. This service is offered free of charge in Enderby and Area F for seniors. They can call you to say Good Morning, or Afternoon or Evening. To register for the Sunshine Line, phone 250.838.9446. Visit <http://www.edcrc.ca/the-sunshine-line.html> for more information.

### **Shuswap Better At Home Program**

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. Seniors in Enderby can contact Eagle Valley Community Support Society at 250.836.3440 or visit <http://www.betterathome.ca/agency/shuswap-eagle-valley-community-support-society>

### **Cindy's Home Care Service**

Cindy Tanner is available to provide the following services in Armstrong: companionship, delivery services, groceries, shopping, hair care, housekeeping, laundry, ironing, meals, palliative care, pet care, respite and transportation (in town and out of town). Has First Aid and FoodSafe. Rates from \$18-20 per hour. Phone 250.308.2077

### **Red Cross Loan Cupboard**

For anyone who needs medical equipment to live safely at home, the Red Cross provides aids such as wheelchairs, walkers, bath seats and benches, commodes and toilet seats, crutches and canes, bed handles and other durable medical equipment. Equipment from the Red Cross requires referral.

**Vernon:** 2809 - 44th Avenue | 250.545.3111 | Open Monday to Friday, 10am to 1pm

**Enderby:** 710 Granville Ave | 250.838.0949 | Open Monday to Friday, 10am to noon

**Salmon Arm:** 510-6th St. Salmon Arm | 250.832.6553

### **Enderby Chiropractic Clinic**

Address: 719 Mill Avenue, Enderby | Tel: 250.838.6969

### **Enderby Pharmacy and Wellness Centre**

Address: 513 Cliff Avenue, Enderby | Tel: 250.838.6469

Hours: Monday to Saturday, 9am to 6pm. Closed Sunday.

### **Red Basket Foods**

Red Basket Foods provides free delivery to seniors for a minimum order of \$20. Call 250.838.6064 to place an order.

### **Marketplace IGA**

Marketplace IGA in **Enderby** provides free delivery on Mondays, Wednesdays and Fridays. Place your order before 1pm on the delivery day. Minimum \$20. To place an order, phone 250.838.7250

### **Better Meals**

Frozen meals available for residential delivery at [www.bettermeals.ca](http://www.bettermeals.ca) or phone 1.888.838.1888. Must order by 2:00 pm Wednesday for delivery on Friday. Free delivery for all orders over \$30.

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## **EYE CARE**

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### **Vision Centre at Wal-Mart**

Address: 2200 58th Avenue, Vernon | Tel: 250.558.0526

### **Vernon Optometry**

Address: 2710 39th Avenue, Vernon V1T 3C1 | Tel: 250.542.4217

### **Discovery Eye Care**

Address: #101-3410 32nd Ave, Vernon | Tel: 250.503.2020

Optometrists: Dr. Randy Mark, Dr. Kimberley Williams

### **Lensmakers Optical**

Address: #101 - 3304 32nd Avenue, Vernon | Tel: 250.545.3225

Optometrist: Dr. Parker

### **Iris: The Visual Group**

Address: #760 - 4900 27th Street, Vernon | Tel: 250.542.2239

Located in the Village Green Mall

### **Gerry's Downtowne Spectacle Shoppe**

Address: #104 - 3334 30th Avenue, Vernon | Tel: 250.549.0430

### **Corner Optical**

Address: #150 - 4400 32nd Street, Vernon | Tel: 250.545.3318

### **Art Schmidt Optical**

Address: 3105 - 31st Street, Vernon | Tel: 250.545.4481

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## **FITNESS / REHABILITATION**

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### **Enderby Seniors In Motion Exercise Program**

If you're an older person who would like to feel stronger and more confident on your feet, then Interior Health's Seniors in Motion Program is for you. A physiotherapist, occupational therapist and rehab assistant provide instruction and supervision on how to improve your strength, balance and agility. For more information, phone 250.838.2484. Priority for admission will be to those with multiple (complex) health concerns. There will be an initial intake assessment by the Physical and Occupational Therapists to determine eligibility to benefit from the program. Program hours are Monday to Thursday from 9:30am to 12:00pm. Location: 712 Granville Avenue.

### **Greater Vernon Parks and Recreation**

Be active and socialize with new friends at the Vernon Recreation Centre. There is a 75% discount available for eligible seniors for public swim and weight room drop-ins or passes. Eligibility: Must be on either Canada Pension Plan Disability (CPPD) and/or Guaranteed Income Supplement (GIS). To prove you're eligible, you will need a CPPD or GIS standard benefit letter from Service Canada or phone 1.800.277.9914 and request the "Confirmation of Current Status" letter for CPPD or GIS. | Location: 3310 - 37th Avenue, Vernon BC | Tel: 250.545.6035 | [Details on 75% Discount \(pdf\)](#)

### **Aqua Abilities | Cathy Sim**

Phone: 250.540.3739

Retired lifeguard and swimming instructor ready to share adventures at the pool! First aid, CPR, A&D, Foodsafe. Other services: companionship, fitness, rehabilitation, groceries and shopping, foot care, pet care, respite and transportation in town. Rates \$20-\$25 per hour, negotiable based on service. Website: [www.aquaabilities.com](http://www.aquaabilities.com)

### **JOY Fitness**

J.O.Y. (Journey Of Yourself) Fitness is dedicated to seniors well-being for all levels. Specializing in chair fitness exercises. Classes are available at the Schubert Centre.

Contact: Michelle or Darla | Tel: 250.540.9770 | Email: [journeyofyourselffitness@gmail.com](mailto:journeyofyourselffitness@gmail.com)

### **Empowered R and R**

Specializes in meeting the individual needs of seniors and adults with disabilities. Recreation and rehabilitation in the home and in the community.

Contact Michelle at 250.540.9770 or email [info@empoweredRandR.com](mailto:info@empoweredRandR.com).

Website: [www.empoweredRandR.com](http://www.empoweredRandR.com)

### **Vernon Physiotherapy and Rehabilitation Clinic**

Address: 3407 31st Ave Avenue, Vernon | Tel: 250.545.3696

### **D. John Way Craniosacral Therapy and Alternative Services**

The office is located in Lavington where treatments are conducted in a safe, quiet environment.

Address: 6448 Montcalm Drive, Lavington | Tel: 250.260.6004 | Website: [http://www.iahp.com/john--way/](http://www.iahp.com/john-way/)

### **Spine and Sport Physiotherapy**

Two offices located at:

#201 - 4710 31st Street, Vernon | Tel: 250.545.6030

#102 - 3607 - 31st Street, Vernon | Tel: 250.558.9998

### **Priest Valley Manual Therapy Centre**

Address: 3411 - 31 Avenue, Vernon | Tel: 250.549.2552

### **Kalamalka Physiotherapy**

Address: #8 - 100 Kalamalka Lake Road, Vernon | Tel: 250.503.2112

### **Enderby Chiropractic Clinic**

Address: 719 Mill Avenue, Enderby | Tel: 250.838.6969

### **Damini Physical Therapy Centre**

Address: #203 - 3301 24th Avenue, Vernon | Tel: 250.545.2335

### **Concept Physiotherapy**

Address: #200 - 4412 27 Street, Vernon | Tel: 250.260.1550

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## **FOOD AND GROCERIES**

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### **Butcher Boys Food Market**

Seniors can order groceries for delivery any day through Butcher Boys by calling 250.542.2968. There is a \$6 shopping fee and a \$8 delivery charge for in Vernon. Payment can be made by MasterCard, Visa or cash.

### **All Saints Anglican Church - Outreach Services**

Outreach programs include a soup kitchen, "Safeway Shoppers" for those unable to do their own grocery shopping, and an active lay Pastoral Care team that visits the sick and shut-in. Phone 250.542.3179 for more information.

### **Good Food Box Program**

The Good Food Box is a volunteer, nonprofit, healthy food initiative administered by the [Food Action Society of the North Okanagan](#) from Cherryville to Salmon Arm. Call Diane Fleming at 250.545.7617 or 250.306.7800 to learn more. Website: <http://www.goodfoodbox.net/>

### **Super A Foods, Lumby**

Super A Foods provides delivery for seniors in Lumby on Thursdays. no extra fees. Must be approved by manager. Call 250.547.2236

### **Salvation Army Food Bank in Vernon**

Operated under the name "House Of Hope" and located at 3303 32nd Avenue. Monday to Friday 9:30am to 12:00pm and 1:30pm to 3:00pm. Contact Anna Lee at 250.549.4111

### **Salvation Army - Community Kitchen for Seniors**

Community Kitchen for seniors takes place *usually* the last Thursday of the month. Call first: Diane at 250.545.7617

### **Better Meals**

Frozen meals available for residential delivery at [www.bettermeals.ca](http://www.bettermeals.ca) or phone 1.888.838.1888. Must order by 2:00 pm Wednesday for delivery on Friday. Free delivery for all orders over \$30.

### **Askews in Armstrong**

Askews provides free delivery of groceries. Phone in order on Tuesdays between 8am and 10am, delivered same day. Phone 250.546.3039. Pay with cash or cheque.

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## **FOOT CARE**

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### **No Care Like My Care**

Registered Care Aide that provides personal care and home support, palliative care, companionship, transportation and foot care for seniors. Specializes in diabetic foot care. \$30 per hour, \$30 per footcare treatment, \$40 for out of town. Provides services in Vernon, Armstrong and Lumby. Phone Fern Chard at 250.307.5509 or email [fernchard@hotmail.com](mailto:fernchard@hotmail.com).

### **Kizzy's Happy Feet Foot Care, LPN**

Mobile foot care service serving all of the North Okanagan. Specializes in diabetic and senior foot care. VAC approved and can provide direct billing for veterans. Rate: \$45. Phone Krystal Armbruster, LPN at 778.212.0067

### **Foot Care Fridays**

Nursing foot care clinic with nurse Joan vonNiessen, certified foot care nurse. Once a month from 9am to 5pm at the Schubert Centre. Cost is \$45. Call 250.804.3429 to book an appointment. Joan is a provider for Veterans Affairs Canada. Home visits available upon request.

### **Vernon Foot Clinic**

Dr. Booth. Address: 3404 - 32nd Avenue, Vernon | Tel: 250.549.3338

### **Lake Country Advanced Footcare**

Licensed practical nurse providing service to Okanagan area for seniors, veterans, diabetic and people on blood thinners. Registered Veterans Affairs Canada provider. Rates vary according to service. Contact Cindy-Lou Jensen at 250.766.2548

### **Inner Sole Foot Care**

Foot care and assessment by Janice (LPN). Serving Armstrong, Enderby, Lumby, Vernon. Call 250.308.5782

### **Home Sweet Home Foot Care & More**

Provides home care, shopping, housework and footcare. Contact Elizabeth Kenny at 250.542.0501 or 250.309.2089

### **Happy Feet**

Contact Pam Jewell, Podologist at 250.558.6740 (cell) or 250.545.2033 (res)

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## **GARDENING AND YARD MAINTENANCE**

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### **The Fairy Runner**

Errands, personal shopping, personal assistant services, non-medical senior companionship. Packing, downsizing and organizing. Household and yard services, cleaning, cooking & more. The Fairy Runner has a skilled handyman/carpenter on staff. \$20/hour for in-house services, \$30/hour for runner services plus a \$.40/km fuel charge.

Call Sarah at 250.308.7847 or email [info@thefairyrunner.ca](mailto:info@thefairyrunner.ca) or [sarah@thefairyrunner.ca](mailto:sarah@thefairyrunner.ca)

### **Andrea Schulte**

Housekeeping services including both regular and deep cleans, laundry and de-cluttering. Gardening and yard maintenance including weeding, pruning, planting/harvesting, mowing, and raking. Good knowledge about plants. Rate \$25 per hour. Phone Andrea at 250-938-2895

### **Okanagan Property Services**

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertyservices.com/>

### **Zin Gardens**

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email

[markzintel@gmail.com](mailto:markzintel@gmail.com)



### Gaia's Gardener

Susan provides gardening services including raking, pruning, planting, transplanting, deadheading, design consultation, weeding, fertilizing, and watering. No lawn mowing. Rates: \$25 per hour. Susan has a certificate in Landscape Horticulture.

Phone 250.549.7214

### Leo Lavallee

Services provided: lawn and garden, turf repair, snow removal. Phone Leo at 250.275.4945 or 778-930-0922. Over 30 years landscaping experienced. Rates \$20 to \$30 per yard depending on yard size.

### The Pink Painter & More

Candace Oleksyn provides the following services: home repairs and maintenance (change light bulbs, furnace filters, smoke detector batteries, wash windows, install blinds, hang curtains and pictures, painting, install safety devices and more), gardening and yard work (raking and mowing), and home support (companionship, meal prep). Candice is a registered apprentice carpenter and has Foodsafe. Rates are \$20 - \$25 per hour or priced per job. Phone 250.308.5600.

### North Okanagan Better At Home Program

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

**Light Housecleaning:** A professional housekeeper provides services to help you maintain a clean and healthy household.

**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

**Light Yard Work:** We help you with light yard work including raking, lawn mowing and weeding.

**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### David Dagenais

Providing gardening, yard maintenance, home repairs and snow removal for seniors. Former electrician. Rates \$20-25 per hour. Phone 250.260.8979

### Greater Vernon Community Garden

The Greater Vernon Community Garden Network has evolved through the efforts of community garden champions, the Food Action Society who administers the garden grants and fees, and with the support of local government and funding agencies. Two gardens are available - East Hill Community Garden and West Vernon Community Garden. Each gardener must attend the gardener orientation before the

season begins. Information will be provided upon registration. Phone the Food Action Society  
250.275.8814

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## GRIEF SUPPORT

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### **New Hope - Support Group for Widows and Widowers**

Meeting: Second Thursday of each month, 7-8:30 pm.

Location: People Place (3402 27th Avenue), Room 004

New widows and widowers are welcome. Support group sessions are led by Grace Wulff of the Family Resource Centre and New Hope volunteers. Bring a bag lunch if you wish. Phone 250.545.6004 or visit [www.newhope-grief.org](http://www.newhope-grief.org)

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## HAIR CARE

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### **Rox Scissors Hair**

Located in East Hill and will provide mobile hair services upon request. Over 20 years experience. Reasonable prices. Phone Lorinda at 250.503.7419

### **Gabriella's Hair**

Address: 109-3334 30th Avenue, Vernon (Sun Valley Mall) | Tel: 250.549.1515

10% discount for seniors 65+

### **Cherz (Kal Hotel Barber Shop)**

Address: 3004 30th Avenue, Vernon | Tel: 250.309.3662

Colours, perms, foils, cuts. Seniors rate for 60+. Men's cut \$15. Women's cut \$22.

### **Country Squire Barbers & Stylists**

Address: 4700 29th Street, Vernon | Tel: 250.542.1654

Seniors rates for 65+

### **Blanca's Hairstyling**

Address: 2906 31st Avenue, Vernon | Tel: 250.308.1037

Able to come to your home for your haircut.

20% discount for age 65+

### **Linda's Senior Home Services**

Services starting at \$12: Foot care, hair care, pet care (will go feed pets), gardening (\$15), shopping and driving. Call Linda Thorn at 250.542.2304

### **On Wheels Hair Care**

Providing at home hair care: cuts, colours, perms, sets. Call Connie at 250.938.7421. Not available November/December.

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## HEALTH SUPPORT

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### Seniors Health Care Support Line

The Seniors Health Care Support Line has been established to allow seniors and their families, or other concerned individuals in their lives, to report concerns about care. This toll-free phone line is intended to supplement existing care concern avenues with dedicated support for seniors with complex needs. Seniors will benefit from:

- Improved navigation with care concerns to appropriate health system channels.
- Improved access to support for unresolved care concerns.
- Increased confidence in the ability of the Ministry of Health to provide help when needed to resolve care concerns; and,
- Improved understanding of gaps and barriers in the health system that may impact effective resolution of seniors' care concerns and complaints.

The line is available 8:30am-4:30pm Monday-Friday by calling 1.877.952.3181

### InspireHealth | Cancer Support

InspireHealth is a not-for-profit supportive cancer care organization approved by the BC Ministry of Health. Since 1997, we have provided programs and services to enhance quality of life, health and well-being of people living with cancer and their families. Our cancer rehabilitation services support and educate people during and after cancer treatment. We offer practical and personalized exercise therapy, stress management, nutrition and counselling services. All of our services, programs, and classes are completely free of charge. No referral required. [#123-565 Bernard Avenue, Kelowna. Will provide phone sessions if unable to go to the office.](#) Phone: [250.861.7125](#) or email [info-kel@inspirehealth.ca](mailto:info-kel@inspirehealth.ca).

### Living with Stroke

If you have had a stroke, or if you are caring for someone who has, Living With Stroke, can help. Led by trained facilitators, Living With Stroke brings together survivors and care partners in a group program. In 7-8 weekly sessions you'll learn from and share with others to improve your health, work through everyday challenges and reduce risk of another stroke. There is no cost. To find a program near you, phone **1.888.473.4636**

### Canadian Cancer Society

Located at: Suite 104-3402 27 Avenue, Vernon | Phone: 250.542.0770

You can also phone the Cancer Information Line: 1.888.938.3339

### Arthritis Society

The Arthritis Society recommends that people living with arthritis should become involved with their local arthritis community group. Toll-free 1.800-321-1433 or Kelowna office at 250.868.8643

### Vernon Health Unit (Interior Health Authority)

Located at 1440 - 14th Avenue Vernon, BC | Phone: 250.549.5700

### **Stroke Recovery Association of BC - Vernon Branch**

This is a non-profit organization to help all stroke survivors and their caregivers to live their lives to the fullest. Provides support, information, speech programs, motor skill development, games, exercises, guest speakers, and friendship. Meets every Thursday at The Fraternal Order of Eagles Hall, 5101 25th Avenue, Vernon from 9:30am to 12:00pm. The first Thursday of the month is a family and caregiver meeting. Call for info on dates and times. Contact Chantelle Fairbrother at 250.864.2515 or email [vernonstrokerecovery@gmail.com](mailto:vernonstrokerecovery@gmail.com)

### **Interior Health Patient Care Quality Office**

Interior Health has established a central Patient Care Quality Office to receive, record, track and resolve complaints through Health Service Area Patient Care Quality Officers. The Patient Care Quality Officer is the liaison between patients, clients, residents and Interior Health regarding concerns, complaints or unmet needs. Phone toll-free: 1.877.442.2001 or email [patient.concerns@interiorhealth.ca](mailto:patient.concerns@interiorhealth.ca) | Website: <http://www.interiorhealth.ca/AboutUs/BusinessCentre/PartnerNetworkAccess/Pages/default.aspx>

### **Alzheimer Society of BC**

The only province-wide non-profit organization dedicated to helping people concerned with or facing dementia have the confidence and skills to maintain quality of life. We're also committed to ensuring public perceptions reflect the real issues, and to securing funding for support and research. Go online to [www.alzheimerbc.org](http://www.alzheimerbc.org).

North & Central Okanagan call 250.860.0305 or 1.800.634.3399

First Link Dementia Helpline 1.800.936.6033

### **Canadian Diabetes Association**

Located in Vancouver, but serving the interior of BC. Our mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We focus on education, advocacy, research, and fund development. Phone 1.800.665.6526 or email [infobc@diabetes.ca](mailto:infobc@diabetes.ca)

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## **HEARING CLINICS**

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### **Rockwell Audiology Inc.**

Locally owned and operated in the Sun Valley Mall (#204 3334 30th Avenue, Vernon)

Contact: Tosha Hodgson, Audiologist - [info@rockwellaudiology.ca](mailto:info@rockwellaudiology.ca) or phone 250.545.2226

Rockwell Audiology Instrument Loaner (RAIL) Program is a hearing aid loaner program for low income seniors in Vernon and surrounding communities. The program depends on community donations of behind-the-ear hearing aids. Individuals who are hard of hearing and are receiving G.I.S. (Guaranteed Income Supplement) may be eligible for the program. Contact Rockwell Audiology or the Seniors Services Office at NexusBC for more information or to request an application form.

### **Auris Hearing Loop Systems**

Already have hearing aids? Then hear even better with a hearing loop. Hearing loops are installed around the perimeter of a room in order to maximize the benefit of common T-coil hearing aids. The source of the sound is delivered directly to the earpiece, thus eliminating background noise. Hearing loops are widely used in Europe with the USA rapidly catching up. Several Vernon locations have had loops installed including the Schubert Centre, Vernon Library and several churches. Hearing loops are also available for your home or vehicle. For a free onsite demo of how a hearing loop works, please contact David Moore at 250.540.1172 or email [david@aurisloops.com](mailto:david@aurisloops.com)

### **Connect Hearing Vernon**

North - #310 - 5601 Anderson Way, Vernon | Call 250.542.0133

South - 3514 - 32nd Avenue, Vernon | Call 250.542.3353

### **Expert Hearing Solutions**

Village Green Mall #20 - 4900 27th Street, Vernon | Call 250.542.1555

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## **HOME SUPPORT INDIVIDUALS**

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### **B Cared For**

Maintain your independence, we're here for you!

House Cleaning, laundry, companionship, shopping & groceries, meal preparation. No job is too small. We can take care of weekly chores like looking after the garden, watering your house plants, changing the litter box or getting the garbage and recycling ready for collection. Have an odd job that need to be done? Let us change a lightbulb, oil a squeaky door or load your dishwasher. We can also coordinate professional services for bigger jobs in and around your house. \$27/hour (client must book 2 hours per visit). Call Debbie Morris 250.558.8292 or email [dmorris@bcaredfor.ca](mailto:dmorris@bcaredfor.ca) [www.bcaredfor.ca](http://www.bcaredfor.ca)

### **The Fairy Runner**

Errands, personal shopping, personal assistant services, non-medical senior companionship. Packing, downsizing and organizing. Household and yard services, cleaning, cooking & more. The Fairy Runner has a skilled handyman/carpenter on staff. \$20/hour for in-house services, \$30/hour for runner services plus a \$.40/km fuel charge. Call Sarah at 250.308.7847 or email [info@thefairyrunner.ca](mailto:info@thefairyrunner.ca) or [sarah@thefairyrunner.ca](mailto:sarah@thefairyrunner.ca)

### **Kathleen Colquhoun**

Providing companionship services, transportation in-town and delivery services of groceries or pharmacy items. Minimum 1.5 hour outing is \$50. Phone Kathleen at 250.540.7825

### **Joanne Sandaker**

Providing home support services in Armstrong, Enderby, Vernon and Lumby including light housekeeping, laundry, gardening, light yard work, grocery shopping, pharmacy pick-ups, and

transportation to doctors appointments in Armstrong. Other services may be available upon request. Rates start at \$20 per hour. Phone Joanne at 250.546.6456 (Armstrong).

### **Celia's Caring Companionship**

Providing emotional and social support to seniors with dementia, particularly in a facility as well as emotional support for persons at the end of life. Rate: \$25 per hour. Phone Celia Foster at 250.308.4649 or [cj.foster@shaw.ca](mailto:cj.foster@shaw.ca). *"I look forward to meeting you and your loved one to talk about how I can provide support and ease your anxiety around loneliness."*

### **CAN I HELP?**

Services provided include home support, personal hygiene assistance, errands, shopping, outings, companionship, light cleaning, laundry, and meals. Eileen is a Care Aide with 29 years experience with Interior Health. Alzheimer's and dementia experience. Rates are \$20-25 per hour. Receipts provided. Phone Eileen Caldwell at 250.307.1081

### **Lana Tenetko**

Providing private in-home care with 25 years of experience working in the USA and Canada in hospitals and manors. Speaks three languages - English, Russian and Ukrainian. Rate negotiable. Phone Lana at 250.306.8050

### **No Care Like My Care**

Registered Care Aide that provides personal care and home support, palliative care, companionship, transportation and foot care for seniors. Specializes in diabetic foot care. \$30 per hour, \$30 per footcare treatment, \$40 for out of town. Provides services in Vernon, Armstrong and Lumby. Phone Fern Chard at 250.307.5509 or email [fernchard@hotmail.com](mailto:fernchard@hotmail.com).

### **Zin Gardens**

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email [markzintel@gmail.com](mailto:markzintel@gmail.com)

### **Heart To Heart Care Services**

Services provided: all aspects of home support including companionship, gardening/yard maintenance, pet care, respite, transportation in town and out of town. Rates are \$20-25 depending on service. Contact Deborah Kleine, retired health care professional at 250.938.7724.

### **The Pink Painter & More**

Candace Oleksyn provides the following services: home repairs and maintenance (change light bulbs, furnace filters, smoke detector batteries, wash windows, install blinds, hang curtains and pictures, painting, install safety devices and more), gardening and yard work (raking and mowing), and home support (companionship, meal prep). Candice is a registered apprentice carpenter and has Foodsafe. Rates are \$20 - \$25 per hour or priced per job. Phone 250.308.5600.

### **Aqua Abilities | Cathy Sim**

Phone: 250.540.3739

Retired lifeguard and swimming instructor ready to share adventures at the pool! First aid, CPR, A&D, Foodsafe. Other services: companionship, fitness, rehabilitation, groceries and shopping, foot care, pet care, respite and transportation in town. Rates \$20-\$25 per hour, negotiable based on service. Website: [www.aquaabilities.com](http://www.aquaabilities.com)

### **AAA Philippine Concierge Services**

Evangeline Hatoc - services provided in Vernon and Armstrong: companionship, personal care services, shopping, groceries, gardening, hair care, housekeeping, transportation in-town, laundry and ironing. Housekeeping Training Certificate. Rate \$35 per hour plus tax. Visit [www.okanagancleaningservice.ca](http://www.okanagancleaningservice.ca) or phone 250.540.3644

### **Helen Cambronero**

Helen Cambronero

Phone: 250.307.6229

Services Provided: companionship, groceries and shopping, housekeeping, laundry, ironing, meals, palliative care, pet care, respite, transportation in-town and out-of-town. Rates: \$20-25 per hour for seniors (2 hour minimum). Certifications: Health Care Assistant; Dementia: Food Safe; and First Aid with CPR. Safe driving record.

### **Woman's Touch**

Providing home support, companionship and light housekeeping. Phone Cindy Blatny at 250.309.7706

### **We Care Home Health Services**

Services range from keeping you company and helping with light housekeeping to administering medications and changing dressings on wounds. Contact: Holly Malfair, RN at 250.542.9717 or visit <http://www.wecare.ca/>

### **Nurse Next Door**

Full spectrum of individualized home care services for seniors ranging from three hours-per-week of friendly companionship right through to around-the-clock care from a registered nurse. Serving Vernon, Coldstream, Lavington, Lumby, Cherryville, Armstrong, Enderby, Winfield, Lake Country. Call 250.984.8353 or email [vernon@nursenextdoor.com](mailto:vernon@nursenextdoor.com)

### **Linda's Senior Home Services**

Services starting at \$12: Foot care, hair care, pet care (will go feed pets), gardening (\$15), shopping and driving. Call Linda Thorn at 250.542.2304

### **All About You Helping Hands**

Respite and palliative care, accompaniment, celebrations, companionship. Contact Terrie at 250.307.882. Terrie is located at the Vernon end of Westside Road.

## Home Sweet Home Foot Care & More

Provides home care, shopping, housework and footcare. Contact Elizabeth Kenny at 250.542.0501 or 250.309.2089

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## HOME SUPPORT PROGRAMS

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### Library At Your Door Program

In partnership with NexusBC, the Okanagan Regional Library's Vernon Branch offers this program as a free service for seniors in Coldstream and Vernon who live independently in their own residence and who are unable to visit the library due to illness, infirmity or disability. Library materials are delivered to your door by volunteer drivers and picked up again in three weeks. For more information, please phone the Vernon Library at 250.542.7610

### Choice in Supports for Independent Living (CSIL)

Choice in Supports for Independent Living (CSIL) is a self-directed option for eligible home support clients. CSIL clients receive funds directly from their local health authority to purchase their own home support services. CSIL clients become employers who manage all aspects of their home support from hiring and supervising staff to overseeing how CSIL funds are spent.

CSIL may be suitable if you have a significant physical disability and desire more control and flexibility in managing your home support services. To be eligible for services, you must also be unable to function independently because of chronic, health-related problems or have health care conditions that require care due to one or more of the following: You have recently been discharged from an acute care hospital; you require care to prevent or reduce the need for hospital or emergency department services or admission to a residential care facility, or you have a life-limiting illness.

If you are interested in receiving CSIL services or know of someone who might be in need of these services, you can contact Vernon Community Care at 250.541.2200

Details: [Choice in Supports for Independent Living](#)

### North Okanagan Better At Home Program

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

**Light Housecleaning:** A professional housekeeper provides services to help you maintain a clean and healthy household.

**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

**Light Yard Work:** We help you with light yard work including raking, lawn mowing and weeding.

**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.



Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### Home Adaptations for Independence (HAFI)

This program provides financial assistance to help eligible low-income seniors and people with disabilities in BC to continue to live in the comfort of their home. For more information, visit [http://www.bchousing.org/Options/Home\\_Renovations#sthash.a8vNOrzU.dpuf](http://www.bchousing.org/Options/Home_Renovations#sthash.a8vNOrzU.dpuf) or phone BC Housing at 1.800.257.7756

### The Good Morning Program

A telephone service offered to vulnerable individuals that are living alone or feeling isolated in the community. All calls provided are outbound calls. This program is provided by Canadian Mental Health. Please phone 250.545.8074.

### Interior Health Lifeline Program

Lifeline connects you to the right help for the situation, 24 hours a day, 365 days a year at the push of a button, whether you need emergency services or just the assistance of a family member or friend to help you get back on your feet. Phone David Kelcey at 250.558.1334

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## HOUSEKEEPING

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### Andrea Schulte

Housekeeping services including both regular and deep cleans, laundry and de-cluttering. Gardening and yard maintenance including weeding, pruning, planting/harvesting, mowing, and raking. Good knowledge about plants. Rate \$25 per hour. Phone Andrea at 250-938-2895

### North Okanagan Better At Home Program

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

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**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will

need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### **AAA Philippine Concierge Services**

Evangeline Hatoc - services provided in Vernon and Armstrong: companionship, personal care services, shopping, groceries, gardening, hair care, housekeeping, transportation in-town, laundry and ironing. Housekeeping Training Certificate. Rate \$35 per hour plus tax. Visit [www.okanagancleaningservice.ca](http://www.okanagancleaningservice.ca) or phone 250.540.3644

### **We Care Home Health Services**

Services range from keeping you company and helping with light housekeeping to administering medications and changing dressings on wounds. Contact: Holly Malfair, RN at 250.542.9717 or visit <http://www.wecare.ca/>

### **All Spruced Up**

Services provided: light housekeeping and laundry. Located in the Falkland. \$20 per hour. Contact: Kathy Harper. Phone 250.379.2253

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## **HOUSING**

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### **North Okanagan Senior Housing**

Please visit <http://www.northokanaganseniors.ca/housing.htm> for more information on seniors housing in the North Okanagan.

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## **LEGAL**

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### **Okanagan Advocacy Resource Society**

Legal advocacy program for low income residents of the Vernon, Coldstream, Lumby, Cherryville, Armstrong, Falkland, Enderby and local First Nations communities.

Questions?

- Welfare
- Persons with Disabilities
- Canada Pension Plan Disability
- Employment Insurance
- Tenant Information

Office Location: Creekside Building, #102 – 3301 24th Avenue, Vernon, BC

Phone for appointment: 250.542.3555 Ext. 209

Email: [tishlakes@okadvocate.ca](mailto:tishlakes@okadvocate.ca)

Text: 250.307.4551

### **Public Guardian and Trustee of BC**

Services to adults who need help in decision making (legal rights, financial interests, and personal care interests). Contract Service BC to be transferred to PGT offices. Phone 1.800.663.7867 or email [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

### **Vernon Free Legal Assistance Clinic - Access Pro Bono**

By appointment only: Every Thursday from 7pm to 9pm

Location: People Place (3402 27th Avenue, Vernon), Room 302

Open to all, regardless of financial circumstances. Volunteer lawyers provide up to 30 minutes of basic advice of legal issues. You must make an appointment. Please phone Access Pro Bono at 1.877.762.6664

### **Lawyer Referral Service**

The Lawyer Referral Service is funded by the Law Foundation of British Columbia and operated by the Canadian Bar Association. Please call 1-800-663-1919 during business hours, Monday to Friday, 8:30am to 4:30pm. Once the area of law is determined, the operator will provide you with the name and telephone number of a local lawyer. You contact the lawyer to set up an appointment to meet. You are entitled to 30 minutes of legal advice for \$25 plus tax.

### **Legal Aid (Legal Services Society)**

Arthur Channer, Barrister & Solicitor

Suite E, 3105 - 31st Avenue, Vernon, BC V1T 2G9

Phone: 250.545.3666 | Website: [www.lss.bc.ca](http://www.lss.bc.ca)

Hours: Mon: 8:30am to 3:00pm | Wed: 10:30am to 3:00pm | Thu: 12:30pm to 3:00pm

Or at the Vernon courthouse (3001 27th Street, Vernon, BC V1T 4W5)

Hours: Wed: 8:30am to 10:00am | Thu: 8:30am to 12:00pm | Fri: 8:30am to 11:30am

### **Power of Attorney and Representation Agreements**

Presented by The Canadian Bar Association British Columbia Branch.

Website: [http://www.cba.org/bc/public\\_media/wills/180.aspx](http://www.cba.org/bc/public_media/wills/180.aspx)

### **Nidus Personal Planning Resource Centre and Registry**

A provincial, not-for-profit, charitable society incorporated in 1995. Nidus helps you learn about the law so that you can make a legal plan to fit your situation. Website: <http://www.nidus.ca/>

### **Seniors Abuse and Information Line (SAIL)**

Legal information and advocacy. Operated by the BC Centre for Elder Advocacy Support, SAIL is a safe place for older adults to talk to someone confidentially about situations where they feel they, or someone they know, is being abused, mistreated and to seek advice and support. Counsellors are available 7 days a week, 8am to 8pm. Phone toll-free 1.866.437.1940 |

Website: <http://bcceas.ca/programs/sail/>

### **Specialized Victim Assistance Program**

Offers support and information to women, children and men who have been victimized as a result of: elder abuse, sexual assault, violence in an intimate relationship, child sexual abuse (recent or in the past), criminal harassment (stalking). Phone 250.542.3322 for more information.

### **RCMP Victim Assistance Program**

Victims Assistance services include emotional support, and information about reactions to trauma, home security information or evaluation, information about the progress of the police file, the criminal justice system, and case progress, court orientation and court accompaniment, information about crime scene clean-up and revictimization prevention, assistance with Criminal Injury Compensation forms or Victim Impact Statements, where applicable, referrals to other service programs, community agencies or professionals for additional support, counselling or other identified needs and crisis intervention by trained workers 24 hours a day, accessed through the RCMP. Phone 250.260.7171 for more information.

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## **LUMBY**

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### **Kathleen Colquhoun**

Providing companionship services, transportation in-town and delivery services of groceries or pharmacy items. Minimum 1.5 hour outing is \$50. Phone Kathleen at 250.540.7825

### **Honey Do Handy Work**

Services include home repairs, renovations, painting, flooring, home maintenance, furniture assembly, power washing, putting up Christmas lights and snow shovelling. Phone Donald Clason at 1-888-701-8580 for a price estimate. Senior rates start at \$30 per hour depending on the service provided. Visit [www.honeydohandywork.com](http://www.honeydohandywork.com) for more details.

### **Joanne Sandaker**

Providing home support services in Armstrong, Enderby, Vernon and Lumby including light housekeeping, laundry, gardening, light yard work, grocery shopping, pharmacy pick-ups, and transportation to doctors appointments in Armstrong. Other services may be available upon request. Rates start at \$20 per hour. Phone Joanne at 250.546.6456 (Armstrong).

### **Lana Tenetko**

Providing private in-home care with 25 years of experience working in the USA and Canada in hospitals and manors. Speaks three languages - English, Russian and Ukrainian. Rate negotiable. Phone Lana at 250.306.8050

### **Okanagan Property Services**

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertyservices.com/>

### No Care Like My Care

Registered Care Aide that provides personal care and home support, palliative care, companionship, transportation and foot care for seniors. Specializes in diabetic foot care. \$30 per hour, \$30 per footcare treatment, \$40 for out of town. Provides services in Vernon, Armstrong and Lumby. Phone Fern Chard at 250.307.5509 or email fernchard@hotmail.com.

### Kizzy's Happy Feet Foot Care, LPN

Mobile foot care service serving all of the North Okanagan. Specializes in diabetic and senior foot care. VAC approved and can provide direct billing for veterans. Rate: \$45. Phone Krystal Armbruster, LPN at 778.212.0067

### Leo Lavallee

Services provided: lawn and garden, turf repair, snow removal. Phone Leo at 250.275.4945 or 778-930-0922. Over 30 years landscaping experienced. Rates \$20 to \$30 per yard depending on yard size.

### The Pink Painter & More

Candace Oleksyn provides the following services: home repairs and maintenance (change light bulbs, furnace filters, smoke detector batteries, wash windows, install blinds, hang curtains and pictures, painting, install safety devices and more), gardening and yard work (raking and mowing), and home support (companionship, meal prep). Candice is a registered apprentice carpenter and has Foodsafe. Rates are \$20 - \$25 per hour or priced per job. Phone 250.308.5600.

### Bob Trites

Providing home repairs, transportation in-town, as well as deliveries of pharmacy items or groceries. Home repairs include painting, installing electrical fixtures, plumbing and laminate flooring. Rate: \$25/hour. Phone Bob at 250.307.1942

### North Okanagan Better At Home Program

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

**Light Housecleaning:** A professional housekeeper provides services to help you maintain a clean and healthy household.

**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

**Light Yard Work:** We help you with light yard work including raking, lawn mowing and weeding.

**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email betterathome@nexusbc.ca for more information.

### **IDA Drug Stores**

Address: 1960 Vernon Street, Lumby | Tel: 250.547.2324

### **Hair's Wear It's At**

In-home hair care services in Vernon and Lumby. Seniors 20% off. Contact Kathy Dean at 250.547.2281 or 250.938.7773

### **Old Age Pensioners Hall, Lumby**

Address: 1765 Glencaird Street, Lumby. Call 250.547.6417

### **Whitevalley Community Resource Centre**

Located at 2114 Shuswap Avenue, Lumby BC | Phone 250.547.8866

Website: [http://www.whitevalley.ca/seniors\\_programs.html](http://www.whitevalley.ca/seniors_programs.html)

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## **MEALS**

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### **Meals on Wheels, Schubert Centre Society**

Meals on Wheels provides nutritious, well-balanced and flavourful meals to seniors and home-bound individuals. For more information, please phone the Schubert Centre Society at 250.549.4201. This program is sponsored by the Government of Canada, New Horizons Program.

### **Papa Nick's Global Cuisine**

Enjoy prepared meals ready to reheat and enjoy in the comfort of your own home, made by the original owners of the Royal Knight Restaurant. Senior portion meals are \$8.50 each. You can phone in your order and with 7 meals, you get free delivery. With 10 meals, you get free delivery and free desserts. Menu options include: shepherds' pie, Salisbury steak, Hungarian goulash, roast beef or turkey, chicken souvlaki, baggage rolls, and much more. Located in the Polson Mall. Tel: 250.260.4473

### **Home For Dinner**

With over 75 items on the menu, Home For Dinner provides nutritious ready-to-heat and serve prepared meals. Free delivery with a minimum of \$70 purchase (orders under \$70 are subject to a \$7.50 delivery fee); extra fees may apply for deliveries over 10 km away from Home For Dinner's location. Contact Rosemarie Brownfield.

Address: 300B-3101 48th Ave

Tel: 250.549.3145

### **Victorian Pantry**

Affiliated with The Victorian Retirement Residence, the Victoria Pantry delivers fresh nutritious meals to seniors. Oven or microwave ready. Brochure available at [www.victorianvernon.com](http://www.victorianvernon.com). Contact Tracy at 250.545.0470

### **Salvation Army - Community Kitchen for Seniors**

Community Kitchen for seniors takes place *usually* the last Thursday of the month. Call first: Diane at 250.545.7617

### **Better Meals**

Frozen meals available for residential delivery at [www.bettermeals.ca](http://www.bettermeals.ca) or phone 1.888.838.1888. Must order by 2:00 pm Wednesday for delivery on Friday. Free delivery for all orders over \$30.

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## **MEDICAL**

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### **Sterling Centre Walk in Medical Clinic**

Clinic hours: Mon - Fri 12noon-7pm, Sat - Sun 9am-1pm, Holidays 9am-1pm

Address: 101-3210 25th Ave | Phone: 778-475-8311 or visit [www.sterlingclinic.ca](http://www.sterlingclinic.ca)

### **Vernon Health Unit**

Location: 1440 - 14th Avenue | Tel: 250.549.5700

### **Vernon Jubilee Hospital (VJH)**

The Vernon Jubilee Hospital is in the Okanagan health service area and responsible for providing core medical and surgical specialty services to patients throughout its service area. VJH offers services including core physician specialties, 24 hour emergency and trauma services, acute and obstetrical care. Hospital main telephone: 250.545.2211

### **Vernon Downtown Primary Care Centre**

Located at 3306A 32nd Avenue in Vernon. Phone 250.541.1097. Walk-ins, no appointments necessary. Hours: Monday to Thursday, 9:30 am - 3:30 pm, Friday 9:30-noon. Services include STI/HIV testing, free condoms, needle exchange and crack pipe mouth pieces available.

### **North Okanagan Medical Clinic**

Walk-in clinic open 7 days per week 9am-9pm (except Mondays, open til 5pm)

Located upstairs in the Superstore (5001 Anderson Way, Vernon) | Tel: 250.545.8338

### **NeedleMasters Vernon**

Mobile blood collection and lab services. Rates starting at \$40 + GST. Contact Dawn Gillies, RT at 250.309.6495

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## MEDICAL EQUIPMENT AND SUPPLIES

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### Lakeside Medical Supplies

Quality medical supplies. Competitive prices. 250-542-2425

Located at 3210 25 Ave #104, Vernon

### Ministry of Social Development

If you are a low income senior who has a Person's with Disability (PWD) designation and are classified as Medical Services Only (MSO), you **may** be eligible for Ministry assistance for medical equipment and devices (such as a scooter) to meet a medically essential need. The application for this is form HR2138 "Medical Equipment Request and Justification" which can be requested by contacting an agent at 1-866-866-0800.

### Auris Hearing Loop Systems

Already have hearing aids? Then hear even better with a hearing loop. Hearing loops are installed around the perimeter of a room in order to maximize the benefit of common T-coil hearing aids. The source of the sound is delivered directly to the earpiece, thus eliminating background noise. Hearing loops are widely used in Europe with the USA rapidly catching up. Several Vernon locations have had loops installed including the Schubert Centre, Vernon Library and several churches. Hearing loops are also available for your home or vehicle. For a free onsite demo of how a hearing loop works, please contact David Moore at 250.540.1172 or email [david@aurisloops.com](mailto:david@aurisloops.com)

### Red Cross Loan Cupboard

For anyone who needs medical equipment to live safely at home, the Red Cross provides aids such as wheelchairs, walkers, bath seats and benches, commodes and toilet seats, crutches and canes, bed handles and other durable medical equipment. Equipment from the Red Cross requires referral.

**Vernon:** 2809 - 44th Avenue | 250.545.3111 | Open Monday to Friday, 10am to 1pm

**Enderby:** 710 Granville Ave | 250.838.0949 | Open Monday to Friday, 10am to noon

**Salmon Arm:** 510-6th St. Salmon Arm | 250.832.6553

### Creative Mobility

Formerly Vernon Medical Supplies. Located at #3 - 3100-35th Street in Vernon. Phone 250.542.0677.

### Valley Medical Laboratories

Valley Medical Laboratories is a private medical laboratory located at #101-3207 30th Avenue (former Tolko Building) in Vernon. Phone 250.549.1207

### Surg-Med Vernon

PG Surg-Med offers a huge selection of products and services, including scooters, wheelchairs, wheelchair lifts, van lifts, stair lifts, transportable lifts, lift chairs, walkers, canes, crutches, rental items, fully electric home care beds, mastectomy supplies, compression garments, medical supplies, blood pressure machines and accessories, ostomy supplies, wound care products, first aid supplies, bathroom

safety and incontinent supplies. Located at 4206 - 25th Avenue in Vernon. Phone 250.549.7288. *The last Thursday of every month is Customer Appreciation Day (10% discount on merchandise)*

### **Specialty Steel Fabricators, Armstrong**

Located at 4135 Hwy 97A, Armstrong. Phone 250.546.9468

### **Southward Medical Supplies Vernon**

Located at #8 - 2601 Hwy 6 in Vernon.

Hours: Monday-Friday 8am-5pm, Saturday 9am-3pm

Contact: Phil Southward at 250.542.3334

### **Nightingale Medical Supplies, Vernon**

Nightingale Medical Supplies is a post surgical care clinic that has been providing medical supplies and support to our clients for over 50 years. They have products and services for a variety of needs including ostomy supplies, wound care, post surgical compression products, mastectomy products, maternity support wear, and scar therapy. Located at #111 - 3400 Coldstream Avenue in Vernon. Phone 250.545.7033 or toll free 1.800.545.8977

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## **MOVING AND DELIVERY SERVICES**

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### **B Cared For**

Maintain your independence, we're here for you!

House Cleaning, laundry, companionship, shopping & groceries, meal preparation. No job is too small. We can take care of weekly chores like looking after the garden, watering your house plants, changing the litter box or getting the garbage and recycling ready for collection. Have an odd job that need to be done? Let us change a lightbulb, oil a squeaky door or load your dishwasher. We can also coordinate professional services for bigger jobs in and around your house. \$27/hour (client must book 2 hours per visit). Call Debbie Morris 250.558.8292 or email [dmorris@bcaredfor.ca](mailto:dmorris@bcaredfor.ca) [www.bcaredfor.ca](http://www.bcaredfor.ca)

### **The Fairy Runner**

Errands, personal shopping, personal assistant services, non-medical senior companionship. Packing, downsizing and organizing. Household and yard services, cleaning, cooking & more. The Fairy Runner has a skilled handyman/carpenter on staff. \$20/hour for in-house services, \$30/hour for runner services plus a \$.40/km fuel charge.

Call Sarah at 250.308.7847 or email [info@thefairyrunner.ca](mailto:info@thefairyrunner.ca) or [sarah@thefairyrunner.ca](mailto:sarah@thefairyrunner.ca)

### **Okanagan Property Services**

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertyservices.com/>

### **Zin Gardens**

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email [markzintel@gmail.com](mailto:markzintel@gmail.com)

### **Across Town Delivery**

Pick-up and delivery of groceries, prescriptions, liquor and meals. Major credit cards and debit accepted. Fee is less if you pay cash. Phone 250.275.8845 for groceries. Everything else, phone 250.275.8884

### **Round Town Delivery Service**

Bonded services; delivery and shopping. Phone 250.308.7756

### **Man With A Van**

Contact Michael at 250.542.5226. \$85 for two men, \$105 for three men. Seniors receive a 10% discount.

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## **NUTRITION**

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### **Community Nutritionist, Vernon Health Unit**

Call 250.549.5700

### **Community Care Dietician, Vernon Jubilee Hospital**

Provides clinical nutrition counselling for homebound clients. Call 250.541.2237 or cell 250.306.9700.

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## **PET CARE**

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### **B Cared For**

Maintain your independence, we're here for you! House Cleaning, laundry, companionship, shopping & groceries, meal preparation. No job is too small. We can take care of weekly chores like looking after the garden, watering your house plants, changing the litter box or getting the garbage and recycling ready for collection. Have an odd job that need to be done? Let us change a lightbulb, oil a squeaky door or load your dishwasher. We can also coordinate professional services for bigger jobs in and around your house. \$27.00/hour (client must book 2 hours per visit). Call Debbie Morris 250.558.8292 or email [dmorris@bcaredfor.ca](mailto:dmorris@bcaredfor.ca) | [www.bcaredfor.ca](http://www.bcaredfor.ca)

### **Animal Care Society**

The Animal Care Society is a small local group of volunteers operating a Registered, Non-profit Charitable Society known as Vernon & District Animal Care Society (or VDACS). They serve the North Okanagan Regional District, plus Falkland. Their primary focus is spay/neuter financial assistance for low income families. They are not a shelter – their goal is to reduce the need for a shelter by reducing pet overpopulation. Call 250.542.7203 or visit [www.vernonanimalcare.com](http://www.vernonanimalcare.com)

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## PHARMACIES

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### Real Canadian Superstore Pharmacy

Address: 5001 Anderson Way, Vernon | Tel: 250.550.2335

### Shoppers Drug Mart

Polson Place Mall | Tel: 250.260.8576

Downtown: 3417-31st. Avenue, Vernon | Tel: 250.542.3371

North: 4376-27th Street | Tel: 250.549.3326

### Safeway Pharmacy

Downtown: 3417 30th Avenue, Vernon | Tel 250.542.8008

Vernon Square: 4300 - 32nd Street, Vernon | Tel: 250.542.0313

### Save-On-Foods Pharmacy

Address: #245 4900 27th Street, Vernon (at Village Green Centre) | Tel: 250.558.4854

### Real Canadian Wholesale Pharmacy

Address: 2501 - 34th Street, Vernon | Tel: 250.260.4558

### Nolan's Pharmasave

Pharmasave Address: 3101 - 30th Avenue, Vernon | Tel: 250.542.5181

Clinic Address: 3009 - 31st Avenue, Vernon | 250.542.5866

### London Drugs

Address: #700 4400 32nd Street, Vernon | Tel: 250.549.1551

### Hogarth's Clinic Pharmacy

Address: 3310 32nd Avenue, Vernon | Tel: 250.545.3660

Free in-town delivery.

### Enderby Pharmacy and Wellness Centre

Address: 513 Cliff Avenue, Enderby | Tel: 250.838.6469

Hours: Monday to Saturday, 9am to 6pm. Closed Sunday.

### Wal-Mart Pharmacy

Address: 2200 - 58th Avenue, Vernon | Tel: 250.558.0562

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## REPAIRS AND MAINTENANCE

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### The Fairy Runner

Errands, personal shopping, personal assistant services, non-medical senior companionship. Packing, downsizing and organizing. Household and yard services, cleaning, cooking & more. The Fairy Runner has a skilled handyman/carpenter on staff. \$20/hour for in-house services, \$30/hour for runner services

plus a \$.40/km fuel charge. Call Sarah at 250.308.7847 or email [info@thefairyrunner.ca](mailto:info@thefairyrunner.ca) or [sarah@thefairyrunner.ca](mailto:sarah@thefairyrunner.ca)

### **Honey Do Handy Work**

Services include home repairs, renovations, painting, flooring, home maintenance, furniture assembly, power washing, putting up Christmas lights and snow shovelling. Phone Donald Clason at 1-888-701-8580 for a price estimate. Senior rates start at \$30 per hour depending on the service provided. Visit [www.honeydohandywork.com](http://www.honeydohandywork.com) for more details.

### **Okanagan Property Services**

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertyservices.com/>

### **Smoke Alarm Campaign**

Senior home owners, on request, can have someone from the Vernon Fire Department check and replace (if necessary) their smoke alarms, as part of a fire safety project. Renters are asked to contact their landlord for the same service. For more information or to request this service, contact the Fire Department at 250.550.3566

### **The Pink Painter & More**

Candace Oleksyn provides the following services: home repairs and maintenance (change light bulbs, furnace filters, smoke detector batteries, wash windows, install blinds, hang curtains and pictures, painting, install safety devices and more), gardening and yard work (raking and mowing), and home support (companionship, meal prep). Candice is a registered apprentice carpenter and has Foodsafe. Rates are \$20 - \$25 per hour or priced per job. Phone 250.308.5600.

### **Bob Trites**

Providing home repairs, transportation in-town, as well as deliveries of pharmacy items or groceries. Home repairs include painting, installing electrical fixtures, plumbing and laminate flooring. Rate: \$25/hour. Phone Bob at 250.307.1942

### **Home Renovation Tax Credit For Seniors and Persons with Disabilities**

The BC Seniors' Home Renovation Tax Credit is a refundable personal income tax credit to assist individuals aged 65 and over with the cost of certain permanent home renovations, effective for the 2012 and subsequent tax years. For more information, visit:

<http://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/seniors-renovation>

### **North Okanagan Better At Home Program**

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**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

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**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### **Home Adaptations for Independence (HAFI)**

This program provides financial assistance to help eligible low-income seniors and people with disabilities in BC to continue to live in the comfort of their home. For more information, visit [http://www.bchousing.org/Options/Home\\_Renovations#sthash.a8vNOrzU.dpuf](http://www.bchousing.org/Options/Home_Renovations#sthash.a8vNOrzU.dpuf) or phone BC Housing at 1.800.257.7756

### **David Dagenais**

Providing gardening, yard maintenance, home repairs and snow removal for seniors. Former electrician. Rates \$20-25 per hour. Phone 250.260.8979

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## **RESPITE CARE & ADULT DAY PROGRAMS**

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### **CAN I HELP?**

Services provided include home support, personal hygiene assistance, errands, shopping, outings, companionship, light cleaning, laundry, and meals. Eileen is a Care Aide with 29 years experience with Interior Health. Alzheimer's and dementia experience. Rates are \$20-25 per hour. Receipts provided. Phone Eileen Caldwell at 250.307.1081

### **Time Out Adult Day Program**

Time Out Adult Day Program is a 3 hour adult care service every Monday, Wednesday and Friday from 1-4 pm at the People Place. It is operated by the Age Action Society of BC. The cost \$30 per day. Spots are limited on some days so please call for availability and/or put your name on the wait list. All participants need to register prior to attending the program. Their goal is to promote aging seniors autonomy and independence so they can remain at home as long as possible. Their aim is to provide a lively atmosphere with fun and laughter for the program participants. Their hope is to provide an adult day program 6 days a week. For more information, call 778.212.5161, 778.212.4046 or visit [www.timeoutprogram.com](http://www.timeoutprogram.com)

### **Granville Getaway**

The *Granville Getaway Adult Day Program* provides clients with a day of companionship and therapeutic recreation. A variety of leisure activities are offered each day to encourage socialization among clients. Recreation programs are adapted as needed to increase success and enjoyment for all clients. The



program is designed for socially isolated seniors or those living with dementia.

Phone Armstrong Community Care to inquire: 250.546.4752. Program runs Monday to Friday from 9:30am to 2:00pm. Location: 712 Granville Avenue. They provide transportation in Armstrong and Enderby for those in need who can't get there on their own.

When clients and caregivers have a goal to remain in their homes and communities as long as possible, it is important to look at wellness for both the client and caregiver. Granville Getaway also provides respite for the caregiver to look after their needs and enjoy their day *their way*. Call 250.838.2480.

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## SNOW REMOVAL

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### The Fairy Runner

Errands, personal shopping, personal assistant services, non-medical senior companionship. Packing, downsizing and organizing. Household and yard services, cleaning, cooking & more. The Fairy Runner has a skilled handyman/carpenter on staff. \$20/hour for in-house services, \$30/hour for runner services plus a \$.40/km fuel charge.

Call Sarah at 250.308.7847 or email [info@thefairyrunner.ca](mailto:info@thefairyrunner.ca) or [sarah@thefairyrunner.ca](mailto:sarah@thefairyrunner.ca)

### Honey Do Handy Work

Services include home repairs, renovations, painting, flooring, home maintenance, furniture assembly, power washing, putting up Christmas lights and snow shovelling. Phone Donald Clason at 1-888-701-8580 for a price estimate. Senior rates start at \$30 per hour depending on the service provided. Visit [www.honeydohandywork.com](http://www.honeydohandywork.com) for more details.

### Okanagan Property Services

Specializing in property management, garbage & appliance removal, yard tidy-up, snow removal, eaves trough cleaning, tree trimming, tree removal, storage for RVs, trailers and boats, small repairs and just about everything property-related. Serving the North Okanagan . Rates are \$25 per hour. Discounts for repeat clients. Phone Matt Black at 250-351-5343 or visit <http://www.okanaganpropertyservices.com/>

### Zin Gardens

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email [markzintel@gmail.com](mailto:markzintel@gmail.com)

### Leo Lavallee

Services provided: lawn and garden, turf repair, snow removal. Phone Leo at 250.275.4945 or 778-930-0922. Over 30 years landscaping experienced. Rates \$20 to \$30 per yard depending on yard size.

### David Dagenais

Providing gardening, yard maintenance, home repairs and snow removal for seniors. Former electrician. Rates \$20-25 per hour. Phone 250.260.8979

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## SOCIAL ACTIVITIES

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### Vernon Outdoors Club

Outdoors activity-focused group based in Vernon with a membership of close to 200. The club regularly schedules hiking, bicycling, and snowshoe outings throughout the North Okanagan. For more information, visit [www.vernonoutdoorsclub.org](http://www.vernonoutdoorsclub.org).

### North Okanagan Naturalist Club

Dedicated to the conservation and stewardship of nature in the northern part of the Okanagan Valley. NONC members are active in observing and appreciating nature. We spend time in nature by birding, hiking, skiing, snowshoeing and taking on various stewardship projects. Members take part in annual Christmas Bird Counts, Swan & Eagle Counts, bluebird trail monitoring and hummingbird banding. Visit [www.nonc.ca](http://www.nonc.ca) for more information

### Halina Seniors Centre

Located at 3310 37 Ave, Vernon BC | Phone 250.542.2877 or email [halina@junction.net](mailto:halina@junction.net)

Website: [http://www.greatervernonrecreation.ca/pdf/halina\\_schubert.pdf](http://www.greatervernonrecreation.ca/pdf/halina_schubert.pdf)

Open Sunday to Saturday.

### Schubert Centre

Run primarily by volunteers, the Schubert Centre is an independent organization running activities and programs that help local seniors boost their quality of life. Located at 3505 30th Avenue in Vernon. Tel: 250.549.4201. Website: [www.schubertcentre.ca](http://www.schubertcentre.ca)

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## TRANSPORTATION: IN TOWN

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### Joanne Sandaker

Providing home support services in Armstrong, Enderby, Vernon and Lumby including light housekeeping, laundry, gardening, light yard work, grocery shopping, pharmacy pick-ups, and transportation to doctors appointments in Armstrong. Other services may be available upon request. Rates start at \$20 per hour. Phone Joanne at 250.546.6456 (Armstrong).

### HandyDART

handyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. handyDART picks you up at your accessible door and drops you off at the accessible door of your destination. Customers must first register, at no charge, for this program. Please phone 250-549-1366 or visit: <https://bctransit.com/vernon/riderinfo/handydart>

### **Enderby Volunteer Driver Program**

A volunteer driver's contact list can be obtained from the Enderby & District Senior Citizens Complex located at 1101 George Street.

### **Kelly Bench**

In and out-of-town drives only including to Armstrong and Kelowna. Please discuss rates with Kelly. Phone her at 250.558.7084

### **Intra-Facility Transport**

Intra-facility Transport (former name Medi-Van) is an alternate transport provider providing wheelchair and stretcher services. Oliver to Salmon Arm. Call 250-860-0682 for details.

### **No Care Like My Care**

Registered Care Aide that provides personal care and home support, palliative care, companionship, transportation and foot care for seniors. Specializes in diabetic foot care. \$30 per hour, \$30 per footcare treatment, \$40 for out of town. Provides services in Vernon, Armstrong and Lumby. Phone Fern Chard at 250.307.5509 or email fernchard@hotmail.com.

### **Zin Gardens**

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email [markzintel@gmail.com](mailto:markzintel@gmail.com)

### **Heart To Heart Care Services**

Services provided: all aspects of home support including companionship, gardening/yard maintenance, pet care, respite, transportation in town and out of town. Rates are \$20-25 depending on service. Contact Deborah Kleine, retired health care professional at 250.938.7724.

### **Bob Trites**

Providing home repairs, transportation in-town, as well as deliveries of pharmacy items or groceries. Home repairs include painting, installing electrical fixtures, plumbing and laminate flooring. Rate: \$25/hour. Phone Bob at 250.307.1942

### **North Okanagan Better At Home Program**

The North Okanagan Better at Home Program provides the following subsidized services:

**Transportation and Grocery Shopping:** We provide you with rides to appointments and for assistance with grocery shopping.

**Light Housecleaning:** A professional housekeeper provides services to help you maintain a clean and healthy household.

**Minor Home Repair:** A handyman provides minor home repairs to help you maintain a safe home.

**Light Yard Work:** We help you with light yard work including raking, lawn mowing and weeding.

**Friendly Visiting:** A volunteer will spend time with you doing activities you enjoy.

Fees for Better At Home services are priced on a sliding scale according to your income. To be eligible, you must be age 60+ residing in your own residence in Vernon, Armstrong, Lavington, Lumby or Cherryville. Not all services are available in each community. In order to receive this service, you will need to register with the Better at Home program. Please phone 250.545.0585 ext. 3 or email [betterathome@nexusbc.ca](mailto:betterathome@nexusbc.ca) for more information.

### **Aqua Abilities | Cathy Sim**

Phone: 250.540.3739

Retired lifeguard and swimming instructor ready to share adventures at the pool! First aid, CPR, A&D, Foodsafe. Other services: companionship, fitness, rehabilitation, groceries and shopping, foot care, pet care, respite and transportation in town. Rates \$20-\$25 per hour, negotiable based on service. Website: [www.aquaabilities.com](http://www.aquaabilities.com)

### **AAA Philippine Concierge Services**

Evangeline Hatoc - services provided in Vernon and Armstrong: companionship, personal care services, shopping, groceries, gardening, hair care, housekeeping, transportation in-town, laundry and ironing. Housekeeping Training Certificate. Rate \$35 per hour plus tax. Visit [www.okanagancleaningservice.ca](http://www.okanagancleaningservice.ca) or phone 250.540.3644

### **Helen Cambronero**

Helen Cambronero

Phone: 250.307.6229

Services Provided: companionship, groceries and shopping, housekeeping, laundry, ironing, meals, palliative care, pet care, respite, transportation in-town and out-of-town. Rates: \$20-25 per hour for seniors (2 hour minimum). Certifications: Health Care Assistant; Dementia: Food Safe; and First Aid with CPR. Safe driving record.

### **Armstrong Volunteer Driver Program**

Serving the citizens of the City of Armstrong and District of Spallumcheen. Providing transportation for medical and dental appointments in Armstrong, Enderby, Vernon, Kelowna and Kamloops. For transportation, phone 250.546.0999. Office hours are Monday to Friday, 10am-12pm. Voicemail will be checked. Sponsored by the Armstrong Seniors Activity Centre.

### **Vernon Taxi**

Have taxi vans for wheelchairs. Call 250.545.3337

### **NeighbourLink**

NeighbourLink works through a network of local churches and agencies and responds to the needs of people by mobilizing volunteers. Phone 250.558.5527 for a volunteer driver.

### **Armstrong-Enderby Taxi**

Tel: 250.838.7241

### **Driving Miss Daisy**

Reliable, safe accompaniment and other support services such as grocery / local and out-of-town medical appointments / airport. Alzheimer's companion. Rates dependent on service. Call Michelle at 250.540.0975 or 1.877.613.2479 or email [michelle@drivingmissdaisy.net](mailto:michelle@drivingmissdaisy.net)

### **Linda's Senior Home Services**

Services starting at \$12: Foot care, hair care, pet care (will go feed pets), gardening (\$15), shopping and driving. Call Linda Thorn at 250.542.2304

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## **TRANSPORTATION: OUT OF TOWN**

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### **Joanne Sandaker**

Providing home support services in Armstrong, Enderby, Vernon and Lumby including light housekeeping, laundry, gardening, light yard work, grocery shopping, pharmacy pick-ups, and transportation to doctors appointments in Armstrong. Other services may be available upon request. Rates start at \$20 per hour. Phone Joanne at 250.546.6456 (Armstrong).

### **Enderby Volunteer Driver Program**

A volunteer driver's contact list can be obtained from the Enderby & District Senior Citizens Complex located at 1101 George Street.

### **Kelly Bench**

In and out-of-town drives only including to Armstrong and Kelowna. Please discuss rates with Kelly. Phone her at 250.558.7084

### **Intra-Facility Transport**

Intra-facility Transport (former name Medi-Van) is an alternate transport provider providing wheelchair and stretcher services. Oliver to Salmon Arm. Call 250-860-0682 for details.

### **Zin Gardens**

Services provided: gardening and yard maintenance, companionship, delivery services, home repairs, home support, light cleaning, cooking, laundry, snow removal, transportation in town and out of town. Rates are \$15-20 per hour, or priced per job. Phone Mark at 250.307.1816 or email [markzintel@gmail.com](mailto:markzintel@gmail.com)

### **Freemason Volunteer Driver Program**

Provides complimentary, round-trip transportation to and from primary cancer treatment appointments to patients with no other means of transportation. Clients must be able to get in and out of a car without assistance as the volunteer drivers do not have access to specially equipped vehicles. Clients must be willing to share rides. Call to arrange a reservation: 1.800.299.0188

### **Heart To Heart Care Services**

Services provided: all aspects of home support including companionship, gardening/yard maintenance, pet care, respite, transportation in town and out of town. Rates are \$20-25 depending on service. Contact Deborah Kleine, retired health care professional at 250.938.7724.

### **Helen Cambronero**

Helen Cambronero

Phone: 250.307.6229

Services Provided: companionship, groceries and shopping, housekeeping, laundry, ironing, meals, palliative care, pet care, respite, transportation in-town and out-of-town. Rates: \$20-25 per hour for seniors (2 hour minimum). Certifications: Health Care Assistant; Dementia: Food Safe; and First Aid with CPR. Safe driving record.

### **Vernon Taxi**

Have taxi vans for wheelchairs. Call 250.545.3337

### **Health Connections: Revelstoke - Kelowna**

For travel between Revelstoke and Kelowna, Health Connections provides accessible transportation options to non-emergency medical appointments. Although medical appointments have priority, everyone is eligible to use this service if space is available. To take advantage of the transit service, you must call to arrange your trip a minimum of 24 hours in advance: **1-866-618-8294**

View the schedule online: <https://bctransit.com/vernon/schedules-and-maps/health-connections/revelstoke-kelowna>

### **Armstrong-Enderby Taxi**

Tel: 250.838.7241

### **Driving Miss Daisy**

Reliable, safe accompaniment and other support services such as grocery / local and out-of-town medical appointments / airport. Alzheimer's companion. Rates dependent on service. Call Michelle at 250.540.0975 or 1.877.613.2479 or email [michelle@drivingmissdaisy.net](mailto:michelle@drivingmissdaisy.net)