



South Kootenay Seniors



INFORMATION ON NON-MEDICAL LOCAL RESOURCES FOR SENIORS DURING THE COVID-19 PANDEMIC

South Kootenay Seniors
TRAIL WARFIELD ROSSLAND

City of Trail, Village of Warfield & City of Rossland

April 2, 2020

Seniors and older adults living in Trail, Warfield and Rossland

'South Kootenay Seniors' is the new regional age-friendly initiative between Trail, Warfield and Rossland. In light of the COVID-19 pandemic, our three municipalities are working together to support local seniors by providing information on local non-medical resources. Now, more than ever, it is important to stay at home and practice physical distancing as much as possible. This is especially important for seniors. Many local businesses, groups and individuals have generously stepped forward to assist seniors with services such as delivering groceries or prescriptions, and doing wellness check-ins by phone. Details on local services change often, so please check our website for current information or contact us to join our mailing list for future updates:

Contact information for South Kootenay Seniors:

Web: www.rossland.ca/south-kootenay-seniors **Email:** southkootenayseniors@rossland.ca

If you don't have internet access or need additional resources, please call our coordinator Heather:

Ph: 250-368-1896 Monday to Friday 9:00am - 5:00pm

*Business or service providers offering help to seniors in response to COVID-19 that we've missed, please contact us to be included in future updates.

Where to Find COVID-19 Information

BC Centre for Disease Control www.bccdc.ca

Non-medical information about COVID-19 is available 7:30am-8:00pm, 7 days a week at 1-888-COVID19 (1-888-268-4319)

There is a self-assessment tool at:

<https://bc.thrive.health/covid19>

If you have concerns or questions about COVID-19, call your health-care provider or phone

HealthLink BC toll-free at 811 or at 711 for the deaf or hard of hearing.

New Service for BC Seniors - BC 211

The new '**Safe Seniors, Strong Communities**' program provides seniors with the support they need free of charge during the COVID-19 crisis. The program matches seniors 65 and older who need support with volunteers in their community that are willing to help. Non-medical services include help with grocery shopping, meal prep and prescription pick-up or receiving a friendly check-in phone call. To register for services or to volunteer call 211 or visit www.bc211.ca

Ways to Support Seniors in Your Community:

- * Call your older family members, friends or neighbours
- * Offer to assist with shopping/errands

- * Volunteer with local groups or call BC211 to sign-up as a volunteer
- * Be aware of potential scams & protect personal information
- * Stay home as much as possible & practise physical distancing

GROCERY / PRESCRIPTION DELIVERY SERVICES FOR SENIORS

TRAIL/WARFIELD/ROSSLAND: You can call **211** to register for the new **BC 211** service, call **Better at Home at 250-364-2326**, or use one of the following options (Kiwanis and Rotary offer shopping at Ferraro Foods):

TRAIL/WARFIELD: The Kiwanis Club of Trail has graciously offered to help deliver groceries for seniors who are unable to shop in person. You may contact the following members for assistance:

Wayne: 250-368-8543 or waynehodgson@telus.net

Chris: 250-368-5342 or cvlanich@telus.net

Yogi: 250-368-5342 or yogi.13@hotmail.com

Steve: 250-368-5194 or webb74@telus.net

ROSSLAND: Rossland Rotary Club and Lions Club of Rossland have kindly offered to deliver groceries for seniors and those with immune sensitivities. You may contact the following members for assistance:

John: 250-551-2259

Chris: 604-866-7332

Louis: 514-816-3435

Mike: 250-362-7787

Bill: 250-512-7671

The following pharmacies offer delivery options for prescriptions. Please call them for details:

Safeway: 250-368-3790

Shoppers Drug Mart: 250-364-3341

Pharmasave: 250-368-3363

Alpine Drug: 250-362-5622

Thank-you to everyone in our communities helping local seniors during this challenging time!

'Seniors Only' Shopping Hours at Local Stores

**For Seniors and Immune Sensitive People
(as of April 1, 2020 subject to change):**

Ferraro Foods Rossland & Trail: 8:00-10:00am daily

Safeway: 7:00-8:00am daily

No Frills: Tuesday & Thursday 7:00-8:00am

Walmart: 7:00-8:00am Mon-Fri (not on weekends)

Shoppers Drug Mart: 9:00-10:00am 7 days/week

**Note: Most stores not allowing reusable bags;
some not accepting cash payments at this time.**

To Reduce Risk of Exposure to COVID-19

Let others shop for you if possible or go during 'Sr's only shopping times' and keep 2m from others. Wash fresh produce, disinfect groceries with disinfectant wipes if desired; wash hands well with soap and warm water after shopping.

United Way's Better at Home Program

The Lower Columbia Better at Home program offers support for seniors by providing non-medical services such as grocery shopping and friendly phone calls. For more info please call: 250-364-2326 or look for them on Facebook.

As always, beware of phone or email scams and protect your personal and financial information.

To access information on city services or find links to COVID-19 information contact your municipality:



City of Trail
www.trail.ca
Ph: 250-364-1262



Village of Warfield
www.warfield.ca
Ph: 250-368-8202



City of Rossland
www.rossland.ca
Ph: 250-362-7396