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Spring 2015



SENIORS HEALTH

*Health and
Wellness
Resources for
Chronic Disease
and the Elderly*



www.kcr.ca
250.763.8008 ext.125

This initiative is funded by Interior Health.

Basic Living Needs: Meals & Food



In addition to the meal service programs listed below, there are private companies that provide meal delivery services locally.

These companies can be found on our website: www.kcr.ca, under Healthy Aging, Basic Living Needs, Meals & Food.

Canadian Mental Health Association Kelowna & District Branch, Meals Matter

250.861.3644 ext. 130
504 Sutherland Ave, Kelowna

First United Church, Outreach Services

250.762.3311
721 Bernard Ave, Kelowna

French Cultural Centre, (Centre Culturel Francophone de l'Okanagan)

250.860.4074
702 Bernard Ave, Kelowna

Kelowna's Gospel Mission, Warm Meals and Coffee

250.763.3737
251 Leon Ave, Kelowna

Ki-Low-Na Friendship Society, Coffee and Saturday Breakfast

442 Leon Ave, Kelowna
250.763.4905

May Bennett Meal Program, Kelowna and West Kelowna Meal Delivery & Dinners @ Home

250.860.3378
135 Davie Rd, Kelowna

Meals on Wheels and Dinners @ Home

250.763.2424
2009A Enterprise Way, Kelowna

Metro Community

778.478.9727
1470 Water St, Kelowna

The Salvation Army, Emergency Food, Clothing and Furniture Program

250.765.3450
200 Rutland Rd, Kelowna

Willow Park Church, The Hope Centre

250.765.6622
439 Hwy 33, Kelowna

Basic Living Needs: Housing

There are three types of senior housing communities, Independent Living, Assisted Living, and Residential Care.

- *Assisted Living housing is for seniors who require some extra assistance with personal needs, mobility or taking medications.*
- *Residential Care housing provides 24 hour professional nursing care for seniors unable to live independently.*



A = Assisted Living, private sites and funded by Interior Health sites
R = Residential Care, private and funded by Interior Health facilities
S = Supportive Housing, independent living not funded by Interior Health
OHA = Other housing support organizations and programs

Abbeyfield Orchard City, Abbeyfield Houses Society of Canada 250.763.5254 1531 Bernard Ave, Kelowna	S
BC Housing, Shelter Aid for Elderly Renters, SAFER 1.800.257.7756 604.433.2218	OHA
BC Housing - Home Adaptations, for Independence (HAFI) 1.800.257.7756 604.433.2218 4555 Kingsway, Unit 101, Burnaby	OHA
Baptist Housing Ministries, Sun Point Village 250.491.1400 700 Rutland Rd N	A/R/S
Baptist Housing Ministries, Village At Mill Creek 250.860.2216 1450 Sutherland Ave, Kelowna	R
Baptist Housing Ministries, Village at Smith Creek 250.768.0488 2425 Orlin Rd, West Kelowna	A/R/S
Borden Manor 250.763.9750 1035 Borden Ave, Kelowna	S
Blue Heron Manor, Lake Country Seniors Housing Society Central Intake: 250.980.1400 9509 Main St, Lake Country	A

Brandt's Creek Mews 778.478.8800 2081 Cross Rd, Kelowna	R
Chatsworth Retirement Residence 778.738.0623 1831 Parkview Cres, Kelowna	A/S
Comfort Living/Harmony Living for Seniors 962 and 964 Laurier Ave, Kelowna 250.861.3991	A/S
Dorchester, The 250.860.0725 860 Leon Ave, Kelowna	S
Elder Care Seniors Residence 250.763.2188 3431 Scott Rd, Kelowna	S
Fernbrae Manor 250.979.0600 295 Gerstmar Rd, Kelowna	S
Glenwood Homes 250.762.0028 760 and 766 Glenwood Ave, Kelowna	S
Gordon Park Village 250.860.5445 1329 KLO Rd, Kelowna	S
Hawthorn Park 250.861.6636 867 KLO Rd, Kelowna	A/R/S
Highlands Retirement Residence 250.763.7265 400 Snowsell St N, Kelowna	S
Interior Health Authority, Three Links Manor 250.763.2585 1449 Kelglen Cres, Kelowna	R
Interior Health Authority, Cottonwoods Care Centre 250.862.4100 2255 Ethel St, Kelowna	R
Interior Health Authority, Brookhaven Care Home 250.862.4047 1775 Shannon Lake Rd, West Kelowna	R
Interior Health Authority, David Lloyd-Jones Home 250.762.2706 934 Bernard Ave, Kelowna	R
Joseph Benjamin Residence 250.860.2117 1460 Sutherland Ave, Kelowna	A/S
Lake Country Lodge & Manor 250.766.3007 10163 Kenschuh Rd, Lake Country	R/S

Lakeshore Place 250.860.3223 3200 Lakeshore Rd, Kelowna	S
Laurier Manor 250.763.6900 * 250.863.1176 1024 Laurier Ave, Kelowna	S
Missionwood Retirement Resort 250.860.9308 1075 Barnes Ave, Kelowna	S
Mountainview Village, Good Samaritan Society 250.762.2192 ext. 221 3070 Burtch Rd, Kelowna	A/R/S
Okanagan Chateau 250.862.9088 2100 Benvoulin Crt, Kelowna	S
Pine Acres Home, Westbank First Nation 250.768.7676 1902 Pheasant Lane, Westbank	R
Rose Cottage - Supportive Living Seniors Home 250.861.1000 453 Morrison Ave, Kelowna	S
Sandalwood Retirement Resort 250.717.1884 580 Yates Rd, Kelowna	S
Seniors Outreach & Resource Centre, Seniors Housing Outreach 250.861.6180 2055 Benvoulin Crt, Unit 102, Kelowna	OHA
Spring Valley Care Centre 250.979.6000 355 Terai Crt, Kelowna	R
Sutherland Hills Rest Home 250.860.2330 3081 Hall Rd, Kelowna	R
Tender Care Cottage 250.860.7771 1446 Graham St, Kelowna	S
The Kelowna Wedgewood 250.860.7100 1045 Sutherland Ave, Kelowna	S
Three Oaks Assisted Living 250.762.5004 551 Sherrydale Cres, Kelowna	S
Twin Maples Senior Home 250.763.1940 919 Guisachan Rd, Kelowna	S
Westwood Retirement Resort 250.768.2934 2505 Ingram Rd, West Kelowna	S

Basic Living Needs: Transportation

In addition to the services listed below, there are private companies that offer transportation services locally.

These companies can be found on our website: www.kcr.ca under Healthy Aging, Basic Living Needs, Transportation.



Canadian Cancer Society, Freemason Volunteer Driver Program

250.712.1101
2251 Abbott St, Kelowna

HandyDART

250.762.3278 * Cancellation line: 250.762.3274
1494 Hardy St, Kelowna

Westside Health Network Society

250.768.3305
2300 Carrington Rd, Ste 266

Basic Living Needs: Seniors Outreach

The following organizations provide services and assistance to help seniors who are isolated or vulnerable.



Lake Country Health Planning Society

778.215.5247
PO Box 41146 , Winfield South , Lake Country

Peachland Wellness Centre, Seniors Outreach

250.767.0141
4426 5th St, Peachland

Seniors Outreach & Resource Centre

250.861.6180
2055 Benvoulin Crt, Unit 102, Kelowna

Westside Health Network Society, Seniors Information and Referral Service

250.768.3305
2300 Carrington Rd, Ste 266, West Kelowna

Chronic Disease Information & Services: Foundations & Societies



Chronic diseases are long-term conditions that usually progress slowly over time and include conditions such as heart disease, diabetes, chronic kidney disease, asthma and chronic pulmonary disease (COPD), depression, and arthritis, among many others.

Chronic Disease specific foundations and societies provide information about living with a specific illness, and fundraise to support scientific research, education and awareness. Many of these organizations are also the point of contact or referral source for support groups and management programs.

ALS Society of BC

1.604.278.2257
13351 Commerce Pkwy, Ste 1233, Richmond

Alzheimer Society of BC

604.681.6530
828 8th Ave, Ste 300, Vancouver

Arthritis Society, BC and Yukon Division

250.868.8643
1855 Kirschner Rd, Ste 150A, Kelowna

BC Cancer Agency

604.877.6000
600 West 10th Ave, Vancouver

BC Epilepsy Society

604.875.6704
900 West 8th Ave, Unit 2500, Vancouver

British Columbia Lung Association

604.731.5864
2675 Oak St, Vancouver

CNIB

250.763.1191
1456 St. Paul St, Ste 101, Kelowna

Canadian Breast Cancer Foundation, BC and Yukon Chapter

604.683.2873
1090 Pender St, Ste 300, Vancouver

Canadian Cancer Society

250.762.6381
1835 Gordon Dr, Rm 202, Kelowna

Canadian Diabetes Association, Interior Regional Office

250.762.9447
1589 Sutherland Ave, Kelowna

Canadian Hard of Hearing Association

613.526.1584

2415 Holly Lane, Ste 205, Ottawa

Canadian Liver Foundation, BC and Yukon

604.707.6430

828 West 8th Ave, Ste 109, Vancouver

Canadian Mental Health Association Kelowna & District Branch

250.861.3644

504 Sutherland Ave

Crohn's & Colitis Foundation of Canada

1.800.513.8202

11198 84th Ave, PO Box 33060, Delta

Heart and Stroke Foundation, BC and Yukon

250.860.6275

1551 Sutherland Ave, Ste 4, Kelowna

Histiocytosis Association of Canada

250.764.6104

Kidney Foundation of Canada, BC Interior

4940 Canada Way, Ste 200, Burnaby

1.800.567.8112

Multiple Sclerosis (MS) Society of Canada, Okanagan Chapter

250.762.5850

1855 Kirschner Rd, Ste 230, Kelowna

Muscular Dystrophy Canada, Western Canada Regional Office

1.800.366.8166

Osteoporosis Canada, Kelowna Chapter

Kelowna: 250.861.6880

Ovarian Cancer Canada, BC/Yukon

1.800.749.9310

Parkinson Society British Columbia

890 West Pender St, Ste 600, Vancouver

1.800.668.3330

Chronic Disease Information & Services: Disease Management Programs

Arthritis Society

Offers various Arthritis programs and a Coffee & Learn program

250.868.8643

1855 Kirschner Rd, Ste 150A, Kelowna

Interior Health, Diabetes Education Program

Main Program Reception: 250.980.1406

Offered at Capri Community Health Centre, May Bennett Wellness Centre and West Kelowna Health Unit

Interior Health, Breathe Well Program

250.980.1400

Offers an at home program that helps patients being discharged from hospital to manage COPD.

University of Victoria, Centre on Aging, Self-Management Programs

1.866.902.3767

Free self-managment programs offered throughout the Central Okanagan.

YMCA of Okanagan, YMCA Coach Approach for Chronic Disease Management

250.491.9622

375 Hartman Rd, Kelowna

Chronic Disease Information & Services: Support Groups

ALS Support Group

Referrals: 1.800.708.3228

loumar4@shaw.ca

Alzheimer Society of BC, Kelowna Branch

Early Stage Support Group * Caregiver Support Group * Individual Support

250.860.0305

1664 Richter St, Ste 307, Kelowna

Canadian Cancer Society, CancerConnection

604.675.7148

565 West 10 Ave, Vancouver

Central Okanagan Hospice Association

250.763.5511

1456 St. Paul St, Ste 104, Kelowna

Diabetes Support Group

Referrals: 250.762.9447

Interior Health, Adult Day Programs

250.980.1400

1835 Gordon Dr, Ste 118

Kelowna Arthritis Fellowship

250.860.4869

Kelowna Lupus Support Group

Debra: 250.764.1234 * Janet: 250.764.1640 * Jackie: 250.868.3540 * Abe: 250.868.9627

Kelowna Respiratory Club, Better Breathers Clubs of BC

250.980.1572

863 Leon Ave, Kelowna

Kelowna Stroke Recovery Branch, 250.763.0556

1249 Pacific Ave, Ste 105, Kelowna

Okanagan Mainline Ostomy Association of BC

250.868.3034

1953 Baron Rd, Ste 101, Kelowna

Okanagan Post & Pre-Liver Transplant Support Group

250.862.2049 * 250.860.8439

Okanagan Visually Impaired Society

250.868.1468

Parkinson's Support Group

250.762.5097

3953 Gallaghers Cir, Kelowna

Peachland Wellness Centre, Bereavement Group

250.767.0141

4426 5th St, Peachland

Wellness & Recreation Programs



A healthy lifestyle includes at least 150 minutes of moderate to vigorous activity per week. If you have not participated in regular physical activity for some time, check with your doctor before becoming more physically active.

Community recreation centres offer programs for individuals with chronic pain and/or chronic illness.

Contact the centre closest to you for current programs.

Able Sail Program, Central Okanagan Sailing Association

250.764.2203

4220 Hobson Rd, Kelowna

Arion Therapeutic Farm

778.477.1006

2457 Saucier Rd, Kelowna

Barbershop Harmony Society, Chordial Invitation, The Kelowna Chapter

250.707.3475 * 250.317.4446

BC Blind Sports and Recreation Association

604.325.8638

5055 Joyce St, Ste 330, Vancouver

BC Old Time Fiddlers Association

250.763.4406

Box 20111, TCM, Kelowna

Branch 17 Senior Centre

250.762.5505 * Hall Rentals: 250.448.5970

1353 Richter St, Kelowna

Branch 55 Senior Centre

250.765.5531

150D Gray Rd, Kelowna

City of Kelowna, Active Living & Culture

250.469.8800

Community Recreational Initiatives Society (CRIS)

250.979.3941

PO Box 25141, Mission Park RPO, Kelowna

Johnson-Bentley Memorial Aquatic Centre

250.768.4442
3737 Old Okanagan Hwy

Kelowna & District Society for People In Motion

250.861.3302
1720 Ethel St, Ste 23, Kelowna

Lake Country Senior Activity Society

250.766.4220
9832 Bottom Wood Lake Rd, Lake Country

Okanagan Festival Singers (OFS)

250.870.8701
Box 21106 Orchard Park, Kelowna

Okanagan Men's Sheds Association

250.717.1575

Okanagan Mission Senior Center Society

250.558.7723
4398 Hobson Rd, Kelowna

Parkinson Activity Centre, Parkinson Senior Society

250.762.4108
1700 Parkinson Way, Kelowna

Peachland Senior Centre

250.767.9133
5672 Beach Ave, Peachland

Rutland Senior Centre

250.765.3723
765 Dodd Rd, Kelowna

Sing for Your Life Foundation BC

250.860.5408

Sweet Adelines International, White Sails Chorus

250.764.8808 * 250.764.7776

Therapeutic Lake Cruises Society

tlcsociety@gmail.com

Tracks Walking Club, (RDCO)

250.469.6140
c/o Environmental Education Centre for the Okanagan, 2363A Springfield Rd, Kelowna

Westside Seniors' Centre

250.768.4004
3661 Hwy Old Okanagan, Kelowna

YMCA of Okanagan, H2O Adventure & Fitness Centre

250.764.4040
4075 Gordon Dr, Kelowna

YMCA of Okanagan, Kelowna Family Y

250.491.9622
375 Hartman Rd, Kelowna

Mobility Aids & Medical Equipment

The Canadian Red Cross Health Equipment Loan Program lends medical equipment on a short term basis for individual recovering from surgery, illness or injury.

However, there are many companies in the Okanagan that sell mobility aids and medical equipment.

These companies can be found on our website, www.kcr.ca, under Healthy Aging, Mobility Aids and Medical Equipment.



Assistive devices can help keep you safe in your own home. Some assistive devices you may wish to consider are:

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub
- A hand-held shower nozzle for bathing while sitting down

Things to consider before purchasing mobility devices:

- Have you had an assessment by a medical professional to help you determine the type of mobility device you need?
- What are your needs for portability of the device? Does it need to be easy to carry and/or transport in a vehicle?
- Does the supplier offer a trial period, return policy, and a warranty?
- Where can you have the product serviced and/or buy replacement parts?

Government Cheques & Medical Assistance Programs

You are eligible to receive your **Canada Pension Plan** as early as age 60 (at a reduced benefit, full benefit at age 65, increased benefit at age 70).

To receive **Old Age Security benefits** you must be 65 or older.

You must apply to receive these benefits. Lower income seniors may be eligible for additional income benefits.



<p>Canada Pension Plan Service Canada: Kelowna Office, 250.762.3018 Toll Free: 1.800.277.9914</p>	<p>Ministry of Health, Fair PharmaCare Program 1.800.663.7100</p>
<p>Canada Revenue Agency Southern Interior Tax Services Office 1.800.959.8281 (General Inquiries or to make an appointment) 1620 Dickson Ave, Ste 100, Kelowna</p>	<p>Ministry of Social Development and Social Innovation Employment and Income Assistance Program 1.866.866.0800</p>
<p>Ministry of Health Medical Services Plan (MSP) 1.800.663.7100 1515 Blanshard St, Victoria</p>	<p>Old Age Security Pension 1.800.255.4786 Service Canada Kelowna Office: 250.762.3018</p>

Cheque Dates

Home & Caregiver Support



Home and Community Care services include case management, nursing services, rehabilitation, home support, respite, nutrition, social work, respiratory therapy and more.

To access Home and Community Care services through Interior Health, your first step is to contact the Community Care Office at **250.980.1400**.

Many Chronic Disease organizations provide caregiver support services (see pages 7-9).

CONNECT - Lake Country

250.469.9358

11438 Bottom Wood Lake Rd, Lake Country

Interior Health Authority, Home & Community Care Office * Adult Day Programs

250.980.1400

1835 Gordon Dr, Ste 118, Kelowna

Interior Health Authority, West Kelowna Health Centre

250.980.5150

2300 Carrington Rd, Ste 160, West Kelowna

Interior Health Authority, May Bennett Wellness Centre

250.980.1400

135 Davie Rd, Kelowna

Lake Country Health Planning Society

778.215.5247

PO Box 41146, Winfield South, Lake Country

Peachland Wellness Centre

Bereavement Group

250.767.0141

4426 5th St, Peachland

Westside Health Network Society, Seniors Information and Referral Service

250.768.3305

2300 Carrington Rd, Ste 266, West Kelowna



*Did you know
you could....*

Call **8-1-1, HealthLink BC**, at any time and speak with a health professional about your health concerns?

Call the **TOLL FREE Office of the Seniors Advocate at 1.877.952.3181**. This service provides a single provincial phone line that will allow seniors and their families to **report concerns about care**, and to provide such clients with direct support and timely follow-up through to resolution.

Sign up to have a **daily call** from the local **RCMP Seniors Contact Program**. They will contact you briefly by phone at a predetermined time to verify your safety status. **Contact the KLO RCMP Community Policing Office at 250.764.5004 to apply.**

Maintain your independence and remain in your home with a **Lifeline Personal Call Device**? For more information on whether this service is suitable for you, please call **Interior Health at 250.762.0200**.

Have details of your current medical information stored at home for emergency response personnel? You will be provided with a book and a vial in which to store the book in your fridge door. Call **The Westside Health Network at 250.768.3305** to find out if this will work for you.

Contact the **MedicAlert** Foundation and buy a Medical ID item engraved with your most urgent medical needs. This could provide life-saving information for first responders. **Call 1.800.668.1507** to find out if an ID bracelet is for you.

Visit the **SeniorsBC** website for a host of useful information and links. Go to **www.SeniorsBC.ca**.

*If you would like to download a copy of this publication, please visit:
www.kcr.ca | Community Services | Publications*

Computers are used by people of all ages to quickly locate information or services, **and provide a vital link to friends and family.**

If you do not have a home computer, here is a list of locations offering FREE access to public computers.

If you would like to learn more about computers or computer programs, there are



Public Access Computer Locations

Kelowna

Kelowna Community Food Bank 1265 Ellis St, Kelowna 250.763.7161	Ki-Low-Na Friendship Society 442 Leon Ave, Kelowna 250.763.4905
KCR #120-1735 Dolphin Ave, Kelowna 250.763.8008	Metro Central 1420 Water St, Kelowna 778.478.9727
Kelowna Library 1380 Ellis St, Kelowna 250.763.8008	Mission Library 4105 Gordon Dr, Kelowna 250.764.2254

Rutland & Lake Country

Hope Centre, Willow Park Church 439 Hwy 33 W, Kelowna 250.765.6622	Kelowna Family Y (Athens Pool) 375 Hartman Rd, Kelowna 250.491.9622
Rutland Library Ste 32 - 301 West Hwy 33, Kelowna 250.765.8165	Lake Country Library Ste 2 - 10150 Bottom Wood Lake Rd, Lake Country 1.250.766.3141

West Kelowna & Peachland

Westbank First Nation, Health and Wellness Building 1900 Quail Lane, 2nd Flr, Westbank 250.768.0227	Peachland Chamber of Commerce, Tourist Info Centre 5812 Beach Ave, Peachland 1.250.767.2455
Westbank Library Westridge Mall, West Kelowna Main St and Hwy 97 250.768.4369	Peachland Library Peachland Centre Mall, Peachland 1.250.767.9111
West Kelowna, Chamber of Commerce Ste 4 - 2375 Pamela Rd, West Kelowna 250.768.3378	

Computer Classes for Adults

Parkinson Activity Centre, 1700 Parkinson Way, 250.762.4108
The Peachland Wellness Centre, 4426 5th St, Peachland, 250.4767.0141