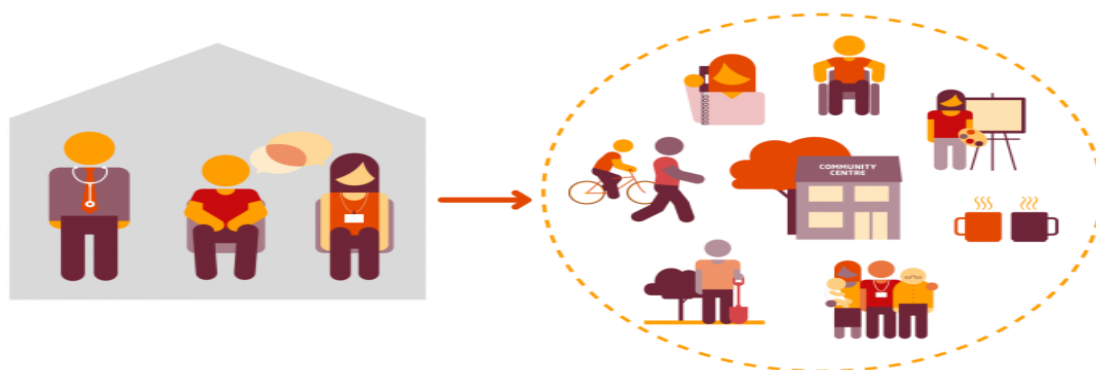


Linked Together Around the Columbia Valley

RESOURCE GUIDE FOR SENIORS 2021



***Weakness, frailty, and dependency
are not inevitable as you age!***



CONTENTS

This guide contains empowering information including local and online resources:

1. Ways to be Social and Feel Less Isolated at home
2. Mental Health Resources
3. Weekly Zoom Gatherings, Catch-up Café and Art Connect
4. Empowering Senior's to Thrive
5. Better at Home Services
 - a. Grocery and Prescription Delivery/Pick-up Services
 - b. Transportation to Medical Appointments
6. Affordable Rental Housing
7. Columbia Valley Activities and Events for Seniors
8. Fascinating Online Magazines for Seniors
9. Websites/Contacts for Information and Education
10. Interesting websites for Seniors



1. Ways to be Social and Feel Less Isolated at Home

Being on your own at home can trigger some negative feelings. To prevent or alleviate feelings of boredom, loneliness and/or depression during self-isolation, try to do activities at home or, if safe to do so, outside in nature.



Practice physical distancing rather than social distancing. Physical distancing does not mean you have to be socially distant from the resources in your community.



Consider some of these ways to be physically distant yet socially active:

- If you feel your health will not be compromised by going outdoors, go for a walk and take deep breaths of fresh air.
- Phone up a friend or family member and ask and answer at least 4 questions.
- Email a friend or family member.
- Read or listen to a book.
- Watch or listen to a silly or light-hearted movie or T.V. show
- Channel your inner artist and draw or paint a picture.

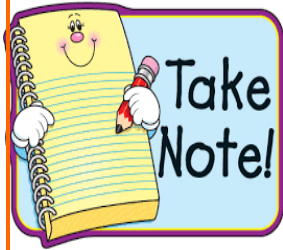


- Write a poem or story, possibly your own story and history.
- Play solitaire, canasta, or other card games like bridge, you can even learn how to play on online at www.bridgebase.com
- Play other online games like
- chess, checkers, scrabble and meet new friends.
- Knit or bead or sew or learn new crafts while listening to some upbeat music.

If you are feeling isolated or lonely, call one of the mental health resources for emotional support.



2. Mental Health Resources



If you are feeling overwhelmed and isolated during this time of COVID-19, please phone any of the following numbers below for emotional support. If you need immediate support for crisis, mental health, or substance use call **Emergency Services at 911**.

➤ **Emergency Services: Available 24/7**

- B.C. Crisis Line: 1-888-353-2273
- B.C. Suicide Line: 1-800-784-2433
- Hope for Wellness Crisis Line: Indigenous Peoples: 1-855-242-3310
- First Nations and Aboriginal Specific Crisis Line: 1-800-588-8717
 - Youth Line: 250-723-2040
 - Adult Line: 250-723-4050
- SAGE LGBT Elder Hotline, translation in 180 languages: 1-877-360-5428
- PFLAG Canada: 1-888-530-6777 with issues of sexual orientation, gender identity, gender expression, supports, education & resources
- Kids Help Phone: 1-800-668-6868/310-1234
- VictimLinkBC: 1-800-563-0808
- Domestic violence Safe Homes: 250-341-3963 or 24/7 service- 7800-200-3003

➤ **Non-Emergency Services**

- Mental Health Referral: 250-868-7788
- Non-emergency Health Line: 811
- Canadian Mental Health Association: 250-861-3644
- Senior abuse and Information Line: 604-437-1940 or 1-866-437-1940
- Police/Wellness Check Line: 250-861-3644
- COVID-19 Hot Line: 1-888-268-4319
- BC Alliance for Health.ca
- To quit smoking or reduce tobacco and e-cigarette use:
Website- www.quitnow.ca



3. Weekly Zoom Gatherings

Catch-up Café every Wednesdays from 10.30-11.30 am

Art Connect every other Mondays from 2-3 pm

For zoom link, register with Family Dynamix at 250-341-5625

4. Empowering Seniors to Thrive!



This service identifies risks and signs of frailty and provides an opportunity for tailored one to one support & self-management plans. Seniors are supported to remain connected and independent for as long as possible.

Seniors are connected to: Physical activities, nutritional supports, social fun opportunities, and general information and resources.

For more information and registering in the program, please contact:

Family Dynamix Association at (250) 342-5566 or

Senior's Community Connector at (250) 341-5625

5. Better at Home Services



- Grocery and Prescription Pick-up/Delivery
- Transportation to Medical Appointments
- Friendly Phone and Virtual Visits
- Friendly visiting and dog walks
- Volunteer Opportunities



For more information or registering in the program, please contact:

Family Dynamix at: 250-342-5566 or

Columbia Valley Better at Home Program Coordinator at: 250-342-1110.

Clients will be asked to fill out an intake form and to provide proof of income.

6. Affordable Rental Housing

Provides affordable rental housing to moderate and low-income families and individuals in need. Construction is underway on 30 new affordable housing units in Invermere for seniors and families.

For more information or an assessment application form, please contact:

Family Dynamix at: 250-342-5566 or

Affordable Housing Program Co-ordinator at: 250-342-1469

7. Columbia Valley Activities and Events for Seniors

- Columbia Valley Events
 - <https://columbiavalley.com/annual-events>
- Invermere Senior Hall. Phone: 250-342-2819
 - Email donahue43@gmail.com to join for \$20 and receive regular informative newsletter.
 - On-line Bridge on Bridgebase.com every Monday at 6:30 pm and Friday 3 pm. Contact Trish at boydpe@telus.net
- Columbia Valley Centre, Invermere. Phone: 250-242-9281
 - Seniors Fitness, Seniors Yoga and Fitness for \$2 per session. All must be scheduled in advance; no drop-in is allowed. Classes are a maximum of 25 people. Everyone must agree to follow the safety protocols in place. Need to call Cortney to reserve at 250-242-9281 extn- 1232 or email at events@invermere.net
 - Seniors Fitness Mondays 10:30 am-11:30 am
 - Seniors Yoga Wednesdays 10 am-11:00 am
 - Seniors Fitness Thursdays 10:30 am-11:30 am
 - Indoor Walking Mondays/Wednesdays 11:45 am-1 pm (Free/Drop-in)
- Valley Fitness Centre, Invermere. Phone: 250-342-3121
 - Discount pricing for seniors. Free for seniors over 80.
- Columbia Valley Pickleball
 - <http://columbiavalleypickleball.ca/>
 - Membership \$20 per year
 - Winter, play at Askisqnuq Recreation Centre
 - Summer play at Pineridge pickleball courts, Edgemont pickleball court, Copper Point Pickleball Courts
- Columbia Valley Tennis-Summer Invermere Courts
 - Open play every Monday, Wednesday, and Friday mornings
 - Women's play every Tuesday, Thursday, Saturday mornings



- Askisqnuq Recreation Centre, Windermere
 - Website: <https://akisqnuq.civicweb.net/document/47429>
 - Walking/running track, basketball, volleyball, pickleball daily, see schedule online (Membership \$30 per month)
- Everybody Moves- website:
www.everybodymoveshub.ca
- Canal Flats Senior Centre
 - Canal Flats Civic Centre – 8911 Dunn, Canal Flats 250-349-5260
- Edgewater Community Hall
 - Address: 4818 Selkirk Avenue, Edgewater. Phone: 250-347-9575
- Edgewater Senior Centre
 - Address: 4818 Selkirk Avenue, Edgewater
- Edgewater Legion Hall
 - Address: 4858 Cordillera Avenue, Edgewater
 - Phone: 250-347-9725, Email: legionedgewater@yahoo.ca
- Invermere District Legion
 - Address: 525 13 Avenue, Invermere. Phone 250-342-9517
 - Every Wednesday evening, Home Cooked Dinner (See Facebook page for the menu) Dinner is served at 6:30 pm. Reservations must be made by Saturday before 8 pm Phone: 250-342-9517
 - Seniors Lunch every 2nd Thursday of each month
- Columbia Valley Online Bingo
 - You can join the group and purchase cards on Facebook, Columbia Valley Online Bingo, where they play live online bingo every 2nd Wednesday
- Rotary Community Online Bingo
 - <https://www.facebook.com/groups/844076416088748>
 - <https://golden-rotary.myshopify.com>
 - Fridays at 6pm, purchase cards early to avoid disappointment
- Churches and Religious Gatherings
 - Lake Windermere Alliance Church. Online every Sunday at 10:30 am; Website: www.lwac.ca Phone: 250-342-9535





- Christ Church Trinity (Anglican/United) Phone: 250-342-6644
- Canadian Martyrs Catholic Church Phone: 250-342-6167
- Jehovah Witness Phone: 250-342-3943
- Church of Jesus Christ of Latter-Day Saints Phone: 250-345-6642
- Valley Christian Assembly Phone: 250-342-9511
- Radium Christian Fellowship Phone: 250-342-6633
- Bahai: Email: shizu4bahai@shaw.ca
- Golden Sikh Temple, 603 13th St S Golden, BC. Phone: 250-344-2965
- Buddhism: For information, call Siri Tilling at 250-688-8052
- Hinduism: For information, call Purnima at 778-316-6371

➤ **Columbia Valley Food Bank**

- Email: info@columbiavalleyfoodbank.ca
- Address: 201 B-7th Avenue, Invermere. Phone: 250-342-0850
- Tuesday and Thursday 1-2 pm. Call ahead to arrange pick-up

➤ **Invermere Library**

- Address 646 4th St. Anne Rogers, 250-342-6416, pick up free library card, ask about free income tax assistance and other services
- <https://invermere.bc.libraries.coop/2021/02/18/free-tax-clinic>

➤ **Columbia Basin Alliance for Literacy (CBAL):** Various ongoing learning assistance programs for all ages and one-to-one help with such things as filling out government forms, settlement assistance for newcomers to Canada, tutoring and other special courses are available.

- Contact: Leanne Brooks at: 250-341-5683 or Email: lbrooks@cbal.org



8. Fascinating online Magazines for Seniors

- <https://www.seniorlivingmag.com>
- <https://muskokaseniorsmagazine.ca>
- <https://caregivingmatters.ca>
- <http://www.theseniortimes.com>
- <https://seniorslifestylemag.com>



9. Web Sites/Contacts for Information and Education

- <https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-11th-edition.pdf>
- BC Transit Phone: 250-344-5237, Website: www.bctransit.com
- Meals from Interior Health, Erin McMurray, 250-342-2309
 - Purchase well balanced meals through Invermere District Hospital
- Senior information and education Website: www.bc211.ca
- Income Tax Assistance, free webinars, assistance in completing tax returns and more, Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>
- Invermere Library-free income tax completion
 - www.invermerelibrary.ca
- Knowledge Network
 - <https://www.knowledge.ca/>
- Dance Performances Online
 - <https://www.alvinailey.org/performances>
 - Also learn how to dance at home
- Live Plays including Shakespeare
 - www.dramanotebook.com
- Arts and Culture
 - www.artsandculture.google.com
- Mysleepwell.ca
 - Resources for helping you sleep
- Gluu Guide to Your Digital Life-technology support
 - www.gluu.sr/free-classes
- <https://kootenayseniors.ca>
- McMaster Optimal Aging Portal:
 - <https://www.mcmasteroptimalaging.org>
- Dementia Research and Education Centre
 - <https://www.utas.edu.au/wicking/mdem>



- Free Understanding Dementia and more
- Diet Doctor
 - Website: <https://www.dietdoctor.com/>
 - Recipes, education on Keto diet, and more
- Caregivers Support Network for East Kootenay Seniors
 - Phone: 1-877-489-0802
 - Email: info@caregiversnetworkek.com
- The Curiosity Stream
 - www.curiositystream.com
 - Low-cost documentaries and educational courses
- The Great Courses
 - <https://www.thegreatcourses.com/>
 - Check out the courses on sale.
- RCMP Scams & Fraud <http://www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm>
- Canadian Anti-Fraud Centre: <http://www.antifraudcentre.ca/>
- Seniors Canada: <http://www.seniors.gc.ca>



- Legal Documents and Wills: www.Willfo.co
- Columbia Valley Hospice Society: <https://hospicesocietycv.com/>
 - Unit #103 Frater Landing, 926 7 Ave Invermere, Phone: 778-526-5143
- BC Alliance for Healthy Living
 - To promote wellness and prevent chronic disease.

- www.bcallianceforhealthyliving.ca
- Everybody Moves Hub
 - Newsletter and resources
 - Website: www.everybodymoveshub.ca



10. Interesting Websites for Seniors

1) American Association of Retired Persons (AARP)

Website: <https://www.aarp.org>. The website is packed with articles ranging from travel tips and health advice to guides for fraud prevention and managing Alzheimer's disease. Check out the site for membership benefits and discounts.

2) Pogo for fun and games

Video games are not just for kids. Pogo.com has digitized all your favorite pastimes like Scrabble, Chess, Mahjong, Sudoku, and crossword puzzles, so you can play them again and again. Strike up a solo game or pit your skills against friends in online competitions.



3) Lots of laughs at Suddenly Senior

With over 4,000 pages of humor, SuddenlySenior.com is one of the Internet's best resources for generational yuks. Howl at articles such as "Looking for Mr. Oldbar" and "When Wild Oats Turn into Prunes and All Bran." You can chuckle at senior trivia, knee-slapping nostalgia, and joke-packed forums.

4) Interact at Third Age

From money management to relationships, ThirdAge.com explores every aspect of senior life. Unlike other sites, all healthy living articles get the stamp of approval from on-site physicians before going live. But what makes Third Age really stand out is its interactivity, offering a participatory blog and online classes.

5) Seniors guide to computers



Did not grow up with computers?

SeniorsGuidetoComputers.com tells you what you need to know in down-to-earth language that will not make your brain blow a microchip. Get practical advice on how to set up a computer if you are visually impaired or how to avoid e-mail scams. Animation and easy-to-understand screenshots help you along the way.

6) Love to know ... everything!

What is your generation thinking about? Find out at Seniors.LovetoKnow.com. Catering to seniors, their adult children and caregivers, this site covers topics from fashion, beauty, and home décor to financial planning and shopping for antiques.

7) Retirement in style...

Get online guidance for retirement at RetireWow.com. Spanning health, finance and spirituality, these articles focus on getting the most out of "life after work." The interactive site invites you to join online classes and ask questions of experts in senior-related matters.



8) Play Your Travel with the Evergreen Club

Accommodations for two at \$20 a night? Yes, it is possible! EvergreenClub.com is a network of Bed and Breakfast spots. With an annual fee and an agreement that you will sometimes host other travelers over 50, you can take advantage of more than 2,000 homestays across the United States and Canada.



9) Socialize from your desktop

If you want to share a passion with other seniors, chances are you will find a forum at SeniorsOnly.club. You can chat about music, movies, science, and sports.

Find new friends who love to talk about fashion, faith, politics, or even paranormal activity. You can share jokes and tell tall tales on this wide-ranging platform.

10) And do not forget about the Facebook

Seniors are one of the fastest-growing demographics on the world's most popular social network. Join your family and friends on Facebook to share thoughts, photos, and videos.



If you have any questions or for more information, please contact:

Family Dynamix: 250-342-5566

Empowering Seniors to Thrive Program

Senior's Community Connector: 250-341-5625

Better at Home Program

Program Coordinator: 250-342-1110



“We don't stop playing because we grow old; we grow old because we stop playing”.

George Bernard Shaw

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Stay alert and use your discretion.

Thank you.



Family Dynamix acknowledges that we deliver services on the unceded shared territories of the Ktunaxa and Secwepemc people.

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