

Seniors' Care Resource Guide



Princeton and Regional District Area H



**Princeton and District
Palliative Care Society**

Summer, 2014

ACKNOWLEDGEMENT

This document was developed based upon the Seniors Resource Guides for Trail and Castlegar sponsored by Interior Health.

(www.trailfair.ca/seniors)

To talk with someone about services that may be helpful for you:

- Interior Crisis Line Network
 - 24 hours/day, 7 days/week
 - 1-888-353-CARE(2273)
- Healthlink BC
 - Dial: 811
 - Visit: www.healthlinkBC.ca

Do you have recommendations for future editions? If so, please contact:

- June Hope
 - Phone: 250-295-3524
 - Email: jrhope@nethop.net

CONTENTS

ABUSE, CRISIS & EMERGENCIES	4
DAY PROGRAMS & RESPITE SERVICES	5
DENTIST	5
DRUG STORES / PHARMACIES.....	6
EYES/OPTOMETRY.....	6
FINANCIAL, FRAUD, & LAW	6
FOOD & MEAL SERVICES	7
GOVERNMENT BENEFITS & SERVICES: CONTACTS & SUPPORT	7
HEALTH CARE SERVICES: GENERAL INFORMATION.....	8
HEALTH CARE SERVICES: LOCAL	9
HEALTH CARE: CONCERNS / ISSUES / COMPLAINTS	10
HEALTH INFO LINES & SUPPORT GROUPS for SPECIFIC CONDITIONS	11
HEALTH: HEARING TESTS & HEARING AIDS.....	16
HEALTH / MEDICAL EQUIPMENT & SUPPLIES	16
HOME SAFETY	17
HOME SERVICES: PRIVATE	17
HOUSING & ACCOMODATION: INDEPENDENT/UNASSISTED (PRIVATE PAY).....	17
HOUSING & ACCOMODATION: RESIDENTIAL CARE (SUBSIDIZED).....	17
PERSONAL CARE: HAIR AND FOOT	18
RECREATION AND EDUCATION PROGRAMS	18
SOCIAL ASSOCIATIONS & GROUPS.....	19
TRANSPORTATION	20
TRANSPORTATION: MEDICAL APPOINTMENTS and/or SPECIAL NEEDS	20

Name of Resource	Phone Number
• Information	Address

Note: All phone numbers are toll free or local Princeton numbers, unless stated otherwise.

ABUSE, CRISIS & EMERGENCIES

Emergency (Ambulance, Fire, Police) <ul style="list-style-type: none"> Volunteer Fire Departments <ul style="list-style-type: none"> Tulameen Volunteer Fire Dept. – Jody Woodford, Chief Hayes Creek Volunteer Fire Dept. – Rob Miller, Chief Erris Volunteer Fire Dept. – Sandy Lawlor, Chief Allison Lake Volunteer Fire Dept. – Tom Hamilton, Chief Missezula Lake Volunteer Fire Dept. – Gord Borg Eastgate Volunteer Fire Dept. – Tom Rushworth, Chief 	911
BC Seniors Abuse & Information Line (SAIL) <ul style="list-style-type: none"> 7 days a week (excluding holidays), 8 am – 8 pm. Older adults can speak to a trained professional about situations where they were abused or mistreated & be referred to a local community or other appropriate resource 	1-866-437-1940
RCMP victim services <ul style="list-style-type: none"> 24 hours a day, 7 days a week Information about community services, assistance, support in a crisis, or concerns about the safety of another senior 	250-295-7901 1-800-563-0808
Reporting possible elder abuse or neglect <ul style="list-style-type: none"> Options for reporting: <ul style="list-style-type: none"> Crime Prevention Officer at RCMP victim services Princeton & District Community Care Services Society Mental Health & Substance Use Services All three services provide victims of elder abuse, sexual assault and family violence with crisis intervention, emotional support, practical assistance, justice system info, and referrals 	250-295-7901 250-295-6666 250-295-4403

Cont. ABUSE, CRISIS & EMERGENCIES

Cindy Parolin Safe Home <ul style="list-style-type: none">• 24-hour, 7 days a week confidential service for women including outreach support and safe shelter from domestic abuse, violence or the threat of abuse or violence.	250-295-8211
Healthlink BC <ul style="list-style-type: none">• Non emergency health information	811

DAY PROGRAMS & RESPITE SERVICES

Adult Day Centre Services <ul style="list-style-type: none">• Tuesday and Thursdays 9:00am-3:00pm• \$9.00 per day includes snacks/meals and transportation	250-295-4442 Vermillion Court, 72 Fenchurch St.
BC Home and Community Care Support <ul style="list-style-type: none">• Adult Day Services, Case Management, Nursing Services, Lifeline, Oxygen Program, Social work, Assisted Living, Residential Care, End of Life, Hospice, Palliative Care	250-295-4442 1-877-952-3181
Community Home Support Program <ul style="list-style-type: none">• Elderly, disabled and handicapped clients receive care that is supplemental in nature and provided when other resources may not be available. This service promotes independence for clients wishing to remain in their own home and supports their caregivers.	250-295-6696
Also see HOME SERVICES: PRIVATE	

DENTIST

Dr. Barry Cook	250-295-6212 203 Vermilion Ave
Dr. Dan Dodds	250-295-7931 211 Vermilion Ave

DRUG STORES / PHARMACIES

I D A Rexall Pharmacy <ul style="list-style-type: none"> • Will deliver 	250-295-7670 3-136 Tapton
Shoppers Drug Mart <ul style="list-style-type: none"> • Will deliver 	250-295-3383 232 Bridge St.

EYES/OPTOMETRY

Princeton Optometry Clinic <ul style="list-style-type: none"> • Eye Testing 	250-295-6640 131 Vermilion Ave.
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FINANCIAL, FRAUD, & LAW

Banking <ul style="list-style-type: none"> • Set up services such as automatic deposit, bill paying, as well as internet and telephone banking. 	Contact your bank
Better Business Bureau of Mainland BC <ul style="list-style-type: none"> • Provides a number of services including information about a business, scam warnings and receiving complaints. • Office open: Mon to Thurs 9am to 3pm; 24 hr automated line • Visit: www.mbc.bbb.org 	1-888-803-1222
Dial a Law <ul style="list-style-type: none"> • Connects you with the right lawyer. Lawyers in the program offer initial consultation up to 30 minutes for a small fee. 	1-800-565-5297 (press 3 for will & estate information)
RCMP Crime Prevention Officer <ul style="list-style-type: none"> • Contact re any concerns regarding possible financial abuse 	250-295-7901

FOOD & MEAL SERVICES

Care A Lot Home Support <ul style="list-style-type: none"> Program works with clients to prepare nutritional, homemade meals that they like 	250-295-1884
Food and Nutrition <ul style="list-style-type: none"> Province of BC Service (information) 	1-800-667-3438
Meals on Wheels available through Community Services <ul style="list-style-type: none"> Hot nourishing meals delivered to disabled and elderly in their homes at a cost of \$6.00 for clients and \$7.00 for non-clients (7 days a week) 	250-295-6696
Princeton Crisis Assistance Society <ul style="list-style-type: none"> Emergency needs, food/clothing 	250-295-6881 111 Vermilion Ave.
Seniors Citizens Branch 30 <ul style="list-style-type: none"> Healthy Lunch program (with membership)\ 	250-295-7515 162 Angela Ave.

GOVERNMENT BENEFITS & SERVICES: CONTACTS & SUPPORT

BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER) <ul style="list-style-type: none"> A rent subsidy for people over 60 with low income located in the Interior Region of BC To download application or find out more information, visit: http://www.bchousing.org/Options/Rental_market/SAFER 	1-800-834-7149
Seniors BC: <ul style="list-style-type: none"> Website offers a comprehensive description of health care and other services for seniors & includes the on-line Seniors' Guide. Visit: www.seniorsbc.ca 	1-877-952-3181
Service BC Centre (Government Agent/Access Centre) <ul style="list-style-type: none"> Forms, information, licences & assistance applying for a wide variety of BC government services and programs. More info: www.servicebc.gov.bc.ca 	250-295-4600

Cont. GOVERNMENT BENEFITS & SERVICES: CONTACTS & SUPPORT

<p>Service Canada Centre:</p> <ul style="list-style-type: none"> • Forms, information & assistance re a variety of federal government services & programs including CPP, OAS & GIS. • More info: www.servicecanada.gc.ca 	<p>1-800-622-6232</p>
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HEALTH CARE SERVICES: GENERAL INFORMATION

Ambulance Billing Services Information Line	1-800-665-7199
<ul style="list-style-type: none"> • Mon - Fri: 1pm – 4pm 	
Health Insurance BC	1-800-663-7100
<ul style="list-style-type: none"> • Medical Services Plan & Pharmacare • Forms and other information also available at the <i>Service BC Centre</i> 	
HealthLink BC (formerly BC NurseLine):	811
<ul style="list-style-type: none"> • Health Information from a nurse: 24 hours / 7 days a week • Dietician Information: Mon-Thurs: 8am - 8pm: Fri: 8am - 5pm • Pharmacist Information: 7 days a week: 5pm - 9am • Information and links to services: www.healthlinkbc.ca • Special line for hearing impaired persons: 	711
Ministry of Health:	online
<ul style="list-style-type: none"> • New Resource – “Planning for Your Care Needs: Help in Selecting a Residential Care Facility” • Visit: http://www.health.gov.bc.ca/library/publications/year/2013/planning-for-your-care-needs.pdf 	
SeniorsBC	online
<ul style="list-style-type: none"> • A comprehensive summary of provincial services for seniors, including health and safety, fall prevention, and advanced car planning • Visit: www.seniorsbc.ca 	

HEALTH CARE SERVICES: LOCAL

Princeton General Hospital	250-295-3233 98 Ridgewood Dr.
Cascade Medical Clinic <ul style="list-style-type: none"> Doctors: Dr. Eva Idanweki, Dr. Ella Monroe, Dr. Colleen Black, Dr. Devinder Sandhu Nurse Practitioner: Tanya teCours 	250-295-4482 98 Ridgewood Dr.
Community Nursing Services <ul style="list-style-type: none"> Services for those requiring acute, chronic or palliative support. Includes administering medication, changing dressing and education re self-care. Through Interior Health Home & Community Care 	250-295 -4442 98 Ridgewood Dr. at the Hospital
Home Support Services <ul style="list-style-type: none"> Scheduling: Monday-Friday: 8:30am-12:00pm, 1:00pm-4:30pm A scheduled, subsidized service, (with cost depending on income), that provides very simple meal preparation, assistance in managing personal health care needs, respite for caregivers and palliative home support. Through the Princeton & District Community Services Society and Interior Health Home & Community Care Note: Does NOT include bulk meal preparation housekeeping, driving to appointments, shopping etc. 	250-295-6666
Hospice Services – Princeton and District Palliative Care Society <ul style="list-style-type: none"> For those who need end-of-life care or with a life-limiting illness <ul style="list-style-type: none"> Offer assessment of needs, trained bedside volunteers for companionship or family respite, palliative equipment loans, and integration/coordination of care services. For caregivers or professionals: <ul style="list-style-type: none"> Offer a resource library, education in the community, and a grief support group. Contact: Volunteer Coordinator Social Worker 	250-295-3512 250-295-4464

Cont. HEALTH CARE SERVICES: LOCAL

Hospice and Family Room at Princeton General Hospital <ul style="list-style-type: none"> • Princeton and District Palliative Care Society provides trained bedside volunteers for companionship or family respite; palliative equipment loans; integration and coordination of care services • Doctor referral required • Contact: <ul style="list-style-type: none"> ○ Hospital ○ Volunteer Coordinator ○ Social Worker 	250-295-3233 250-295-3512 250-295-4464
Long Term Care Case Managers <ul style="list-style-type: none"> • Work with seniors and their families to assess needs and develop care plans that may include home support, subsidized housing navigation, and assessing for assisted living or residential care. • Through Interior Health Home & Community Care 	250-295-4442
Public Health Services (Promotion & Prevention Services)	250-295-4442
Respite Services and Adult Day Program <ul style="list-style-type: none"> • Through the Princeton & District Community Services Society and Interior Health Home & Community Care 	250-295-6666
Seniors' Mental Health & Substance Use (MH&SU) Services <ul style="list-style-type: none"> • Case Manager, Elder Services offers assessment, support, groups & other services specifically for seniors 	250-295-4449 1-800-663-1441

HEALTH CARE: CONCERNS / ISSUES / COMPLAINTS

Interior Health Patient Care Quality Officer <ul style="list-style-type: none"> • Helps people access the Interior Health services they need. Addresses questions and concerns, and assists people through the complaint process, ensuring understanding of rights and responsibilities. 	1-877-442-2001 220-1815 Kirschner Rd., Kelowna
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Cont. HEALTH CARE: CONCERNS / ISSUES / COMPLAINTS

<p>Social Worker, Social Work Department (primarily serves hospital patients or patients under IHA care)</p> <ul style="list-style-type: none"> Provides psychosocial care for patients and families, including adjustment counselling, support, practical assistance, advocacy and referrals to community resources. 	<p>250-296-4464</p>
<p>Seniors' Health Care Support Line BC:</p> <ul style="list-style-type: none"> Mon-Fri 8:30am-4:30pm Information, support and referrals for BC seniors who are having trouble accessing health care services or resolving care concerns. 	<p>1-877-952-3181</p>

HEALTH INFO LINES & SUPPORT GROUPS FOR SPECIFIC CONDITIONS

<p>Alzheimer & Dementia</p> <ul style="list-style-type: none"> • Alzheimer Society of BC <ul style="list-style-type: none"> ○ Dementia Helpline: Tues-Fri, 10am - 4pm ○ Many useful resources on website ○ Visit: www.alzheimerbc.org • Phased Dementia Pathway: <ul style="list-style-type: none"> ○ A new Interior Health resource for caregivers & clinicians ○ Visit: www.interiorhealth.ca/sites/Partners/DementiaPathway/ 	<p>1-800-936-6033</p> <p>1-855-301-6742</p>
<p>Arthritis</p> <ul style="list-style-type: none"> • Arthritis Society <ul style="list-style-type: none"> ○ Help Line: Mon-Fri: 9am - 4pm ○ BC Interior Office in Kelowna (Trudy Battaglio) ○ Contact either number for resources, information, dates of local workshops and names of local volunteers who can offer support. ○ Visit: www.arthritis.ca 	<p>1-800-321-1433</p> <p>1-250-868-8643</p>

Cont. HEALTH INFO LINES & SUPPORT GROUPS for SPECIFIC CONDITIONS

Bereavement <ul style="list-style-type: none"> • BC Bereavement Helpline <ul style="list-style-type: none"> ○ Mon –Thurs: 9:30am to 3pm ○ Visit: www.bcbereavementhelpline.com • Compassionate Friends of Canada – Princeton Division 	1-877-779-2223 250-295-3607
Blindness <ul style="list-style-type: none"> • Canadian National Institute for the Blind (CNIB) • Kelowna Office • Visit: www.cnib.ca 	1-800-563-2642 1-250-763-1191
Brain Injury <ul style="list-style-type: none"> • South Okanagan Similkameen Brain Injury Society 	250-490-0613 #2 – 996 Main St., Penticton
Cancer <ul style="list-style-type: none"> • BC Cancer Agency: CCSI (Cancer Care for the Southern Interior) <ul style="list-style-type: none"> ○ Prevention, screening & early detection, diagnosis & treatment services, Pain & Symptom management clinic, support & community programs, research & education ○ Visit: www.bccancer.bc.ca • Canadian Cancer Society <ul style="list-style-type: none"> ○ Monday to Friday 9am - 6pm ○ Visit: www.cancer.ca • Princeton Cancer Support Group for Women <ul style="list-style-type: none"> ○ Barb ○ Del 	1-888-563-7773 399 Royal Ave., Kelowna, BC 1-888-939-3333 250-295-4050 250-295-3266

Cont. HEALTH INFO LINES & SUPPORT GROUPS for SPECIFIC CONDITIONS

<p>Caregiver Support (also see particular illness or condition)</p> <ul style="list-style-type: none"> • Choices in Support for Independent Living (CSIL) <ul style="list-style-type: none"> ○ IHA funded program for people with disabilities or life limiting illness enabling them to continue to live at home with support from family or appointed caregiver ○ Contact – Community Public Health Nurse: ○ Visit: www.interiorhealth.ca/information.aspx?id=634 	<p>250-295-4448</p>
<p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Self-Management Program: <ul style="list-style-type: none"> ○ A free, 6 week program (on-line & in communities) that offers info & teaches skills to manage various chronic health problems. ○ Visit: www.coag.uvic.ca/cdsmp/ 	<p>1-866-902-3767</p>
<p>Crohn's & Colitis</p> <ul style="list-style-type: none"> • Crohn's & Colitis Foundation of Canada <ul style="list-style-type: none"> ○ Visit: www.ccfc.ca 	<p>1-800-513-8202</p>
<p>Deaf & Hard of Hearing</p> <ul style="list-style-type: none"> • Deaf & Hard of Hearing Western Institute <ul style="list-style-type: none"> ○ Kelowna Office ○ Visit: www.widhh.ca 	<p>1-250-763-3562 TTY: 250-763-3547</p>
<p>Dementia (see Alzheimer information above)</p>	
<p>Diabetes (see Chronic Disease Management above)</p> <ul style="list-style-type: none"> • Canadian Diabetes Association <ul style="list-style-type: none"> ○ Visit: www.diabetes.ca 	<p>1-800-226-8464</p>

Cont. HEALTH INFO LINES & SUPPORT GROUPS for SPECIFIC CONDITIONS

End of Life Care <ul style="list-style-type: none"> • Princeton and District Palliative Care Society • Hospice <ul style="list-style-type: none"> ○ Available at home or Princeton General Hospital ○ See “Hospice Services” under HEALTH CARE SERVICES: LOCAL for a full description of available services 	250-295-3512
Heart (see Chronic Disease Management above) <ul style="list-style-type: none"> • Heart & Stroke Foundation of BC <ul style="list-style-type: none"> ○ Visit: www.heartandstroke.bc.ca 	1-866-432-7833
Kidney(Renal) Disease <ul style="list-style-type: none"> • Kidney Foundation of Canada <ul style="list-style-type: none"> ○ www.kidney.ca 	1-800-567-8112
Lung (Respiratory) Disease <ul style="list-style-type: none"> • BC Lung Association <ul style="list-style-type: none"> ○ Lung Health Information Line ○ Visit: www.bc.lung.ca 	1-800-665-5864 1-888-566-5864
Lupus <ul style="list-style-type: none"> • Lupus Society (BC) <ul style="list-style-type: none"> ○ Visit: www.bclupus.org 	1-866-585-8787
Mental Health (see Alzheimer information above) <ul style="list-style-type: none"> • Canadian Mental Health Association - BC <ul style="list-style-type: none"> ○ “Bounce Back” – Self help guide helps adults with symptoms of depression and anxiety. Requires a doctor’s referral. ○ Visit: www.cmha.bc.ca 	1-866-639-0522

Cont. HEALTH INFO LINES & SUPPORT GROUPS for SPECIFIC CONDITIONS

Cont. Mental Health <ul style="list-style-type: none"> • Here To Help <ul style="list-style-type: none"> ○ Online info, links & resources regarding mental health and substance use. ○ Visit: www.heretohelp.ca • The Anchorage Drop-in Center 	250-295-7936
Multiple Sclerosis <ul style="list-style-type: none"> • Multiple Sclerosis Society of Canada <ul style="list-style-type: none"> ○ Local Support Info: <ul style="list-style-type: none"> ▪ Phone Lonnie ▪ Visit: www.mssociety.ca 	1-866-352-3997
Nutrition <ul style="list-style-type: none"> • Dietician Info Helpline <ul style="list-style-type: none"> ○ Monday to Thursday 8am to 8pm, Friday 8am – 5pm ○ Visit: www.healthlinkbc.ca 	811
Ostomy <ul style="list-style-type: none"> • United Ostomy Association of Canada <ul style="list-style-type: none"> ○ Visit: www.ostomycanada.ca 	1-888-969-9698
Parkinson's Disease <ul style="list-style-type: none"> • Parkinson Society of BC <ul style="list-style-type: none"> ○ Visit: www.parkinson.bc.ca 	1-800-668-3330
Scleroderma <ul style="list-style-type: none"> • Scleroderma Association of BC <ul style="list-style-type: none"> ○ www.sclerodermabc.ca 	1-888-940-9343
Stroke <ul style="list-style-type: none"> • Stroke Recovery Association of BC <ul style="list-style-type: none"> ○ Visit: www.strokerecoverybc.ca 	1-888-313-3377

HEALTH: HEARING TESTS & HEARING AIDS

Testing and Devices <ul style="list-style-type: none"> Travel to Penticton required for testing and devices 	Penticton
Voice Enhancer Amplifiers <ul style="list-style-type: none"> Available at The Source (and other electronic stores) 	250-295-6848 259 Bridge St, Princeton

HEALTH / MEDICAL EQUIPMENT & SUPPLIES

Drug Stores / Pharmacies <ul style="list-style-type: none"> Several carry medical supplies & equipment. 	See DRUGSTORES/ PHARMACIES
Creative Mobility Products Inc. <ul style="list-style-type: none"> Private business selling medical equipment, wheelchairs, scooters, lifts and ramps 	1-250-492-4435 113 - 78 Industrial Ave., Penticton
Personal Emergency Response Systems/ Medical Alarms <ul style="list-style-type: none"> Office located in Penticton Visit: www.lifeline.ca 	1-250-770-3531
Red Cross Health Equipment Loan Program (HELP) <ul style="list-style-type: none"> Offers a wide variety of medical equipment for up to 3 months By donation. Need a referral from a health care professional. 	250-293-6467 Riverside Centre at 148 Old Hedley Rd
Shoppers HomeHealthCare <ul style="list-style-type: none"> Wheelchairs, walkers, scooters, stair lifts, porch lifts, elevators, adjustable beds, supports and braces, bathroom safety, wheelchair accessible vehicles. Visit: www.shoppershomehealthcare.ca 	1-250-492-7592 709-1301 Main St., Penticton

HOME SAFETY

Home Adaptations for Independence (HAFI) <ul style="list-style-type: none">• Funding to low income seniors or persons with disabilities (or their landlords) for home adaptations so they can continue living safely in their own home or rental accommodation.• Part of the BC Housing Program• Visit: www.bchousing.org/HAFI	1-800-407-7757 ext. 7055
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HOME SERVICES: PRIVATE

Care A Lot Home Support <ul style="list-style-type: none">• Certified Care Providers• Personal care including medication dispensing, bathing, hair care, foot care, as well as meal prep, housekeeping, shopping, errands, and yard care.• 24/7 service as arranged.	250-295-1884 121 Vermillion Ave.
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HOUSING & ACCOMODATION: INDEPENDENT/UNASSISTED (PRIVATE PAY)

*Rent subsidies may be available from BC Housing (see section: **GOV'T SERVICES**)*

Vermillion Lodge <ul style="list-style-type: none">• Through the Princeton & District Community Services Society	250-295-6666
Silvercrest <ul style="list-style-type: none">• Affordable housing complex for adults 55 yrs and older and people with disabilities who can live independently.• Through the Princeton & District Community Services Society	250-295-6666

HOUSING & ACCOMODATION: RESIDENTIAL CARE (SUBSIDIZED)

Ridgewood Lodge <ul style="list-style-type: none">• Located next to Princeton General Hospital• For those needing 24/7 “complex care”• Accessed through the Home & Community Care Office:	250-295-3233 98 Ridgewood Dr. 250-295-4462
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PERSONAL CARE: HAIR AND FOOT

Dr. Dan White (Podiatrist) <ul style="list-style-type: none"> • Orthotics, etc. 	250-492-3450 301-383 Ellis St, Penticton
Gentle Foot Care, Certified Foot Care Nurse, Aida Bouvette LPN <ul style="list-style-type: none"> • Call for appointment (available at Shopper's Drug Mart, or home) 	250-295-6956
Hair care in home – Cory Smith	250-295-2470
Hair care in home – Marg Ovington	250-295-6188

RECREATION AND EDUCATION PROGRAMS

Princeton Golf Club <ul style="list-style-type: none"> • May – Sept. • 18 holes \$30 • www.princetongolfclub.com 	online
Princeton Curling Club <ul style="list-style-type: none"> • Weekly seniors • www.princetoncurlingclub.com 	online
Centennial Outdoor Pool <ul style="list-style-type: none"> • May 15th – Sept. 1st • Seniors swim 4 times a week 	online
Princeton Leisure Guide <ul style="list-style-type: none"> • Details winter and summer activities 	Available at Riverside Center, 148 Old Hedley Rd
Princeton and District Community Skills Centre <ul style="list-style-type: none"> • Computer literacy classes for seniors & other programs 	250-295-4051 206 Vermilion Ave.

Cont. RECREATION AND EDUCATION PROGRAMS

Riverside Community Center <ul style="list-style-type: none"> • Red Cross office for loan of crutches, wheelchair, etc. • Meeting spaces • Theatre • AA and Alanon meetings • Counseling and wellness resources 	Nadine McEwen 250-295-3477 recreation@princeton.ca
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SOCIAL ASSOCIATIONS & GROUPS

Offer a number of social and recreational activities for members

Senior Citizen Branch #30	250-295-7515 162 Angela Ave.
Tulameen Community Assoc. (Mardi Hassel)	250-295-7232
Coalmont Community Assoc. (Ole Jule)	250-295 6621
Osprey Lake Ratepayers Assoc. (Alan Holmgren)	250-295-3844
Erris Community Association (Sandi Lawlor)	250-295-3062
Allison Lake Ratepayers Association (Barb Hamilton) <ul style="list-style-type: none"> • includes Round Lake 	250 295-7096
Missezula Lake Community Association	
Eastgate Community Association	250-840-8810
Royal Canadian Legion Branch #56 (Princeton) <ul style="list-style-type: none"> • For veterans and those who support Canada's military heritage • Social events, dinners, fundraising activities. 	250-295-6060 170 Bridge St.

TRANSPORTATION

BC Transit <ul style="list-style-type: none"> • Appointments must be booked in advance • Service: <ul style="list-style-type: none"> ○ Around local Princeton on Tuesday, Thursday, Friday ○ To Penticton on Monday, Wednesday, Friday ○ To Coalmont, San Ang Estates, Tunnel area, Allison Flats, West China Ridge, East Princeton. Phone for specifics. • For low income seniors & those receiving “Persons with Disabilities” assistance, visit: www.eia.gov.bc.ca/programs 	250-295-6666 1-800-291-0911
Princeton Taxi	250-295-2727

TRANSPORTATION: MEDICAL APPOINTMENTS AND/OR SPECIAL NEEDS

HandyDART <ul style="list-style-type: none"> • For those unable to use regular transit due to a disability. • Register & book through Princeton Transit: • Info: www.transitbc.com/regions/accessible/handydart.cfm 	250-295-6666
Princeton Volunteer Driver Program <ul style="list-style-type: none"> • For medical appointments only; cost varies according to distance 	250-295-7515 250-295-0217
Travel Assistance Program (TAP) <ul style="list-style-type: none"> • Reductions on some transportation carriers (including Pacific Coastal Airlines) for eligible BC residents who must travel outside their home community for non-emergency specialist medical care. • After referring doctor completes form, call for confirmation number • Visit: www.health.gov.bc.ca/tapbc/ 	1-800-661-2668

DISCLAIMER

We are not able to endorse or recommend specific services listed in this guide. Many publicly-funded services are externally evaluated and required to meet rigorous standards; however, we strongly suggest that prior to hiring a privately-funded service provider references be checked and clear agreements be made regarding fees, service expectations, etc.