



**SENIORS'
PROGRAM**
129 Hereford Avenue
Salt Spring Island, BC V8K 2T3
250-537-4607
SHELLYSE SZAKACS, Coordinator



Better at Home is funded by the Government of British Columbia.

Health-Related Resources for Seniors on Salt Spring Island

SUPPORT SERVICES

Alcoholics Anonymous, (250) 221-1559

- support & information in confidence
- meetings are noon at Central Hall
- for the Victoria area: **1 (250) 519-3566**, Victoria Innovative Services Treatment Approach (VISTA) Alcohol and drug services for seniors 55 and older.

Alzheimer's Caregivers Support Group, (250) 537-5004,

379 Lower Ganges Road, SSI, BC V8K 2V4 Contact: **Margaret Monro**

This group is a volunteer initiative of Salt Spring Seniors Services Society. We meet on Wednesdays from 11-noon. All are welcome.

Beacon Community Services, 1 (877) 658-6407, apply via physician or Island Health Central Intake, 1 (888) 533-2273.

A non-profit organization providing bonded personal care attendants to assist elderly or handicapped residents to maintain their independent lifestyle in their own home. An in-home assessment will be conducted by a Case Manager to evaluate needs and offer relevant community resource information

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Seven days per week service supervised by Registered Nurse Services include: personal care, respite care and possible laundry assistance.

Subsidized: per diem rates are calculated by Home & Community Care Case Manager using the previous year's Income Tax return

BC Bereavement Helpline, 1 (877) 779-2223, www.bcbereavementhelpline.com

The BC Bereavement Helpline is dedicated to the recovery of individuals experiencing grief through referral and a community network of support and information.

Grandparents Raising Grandchildren, Parent Support Services Society of BC, 1 (250) 384-8042

Grandparents Raising Grandchildren Support Circles: A safe supportive place to meet others in a similar situation and to share information and resources. We also offer a province wide toll free information and support line for Grandparents Raising Grandchildren. Call 1 (855) 474-9777 or email grgline@parentsupportbc.ca

Parent Support Circles: Parenting isn't always easy. Sometimes it helps to talk things through with other parents. At the Parent Support Services Society of BC we believe that every parent is the expert of their own family. Any person in a parenting role is welcome! For more information about groups near you please call 1 (877) 345-9777 or visit us online at www.parentsupportbc.ca

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Island Health Elderly Outreach, 1 (250) 388-2273

Mental health services for seniors. This Victoria-based service does some outreach to Salt Spring Island and can provide referral for home care as well

IWAV – Island Women Against Violence

A non-profit society with safe, free, confidential services supporting all women & their children whose lives have been affected by poverty, violence & abuse

Women's Outreach Services, (250) 537-0717 or outreach@iwav.org

- info and support to help with income assistance, housing, health & wellness services, safety planning, etc.

Transition House, and Violence & Abuse Helpline, (250) 537-0735

- 24 hours/7 days/week

Stopping the Violence Counselling for Women, (250) 537-0717 or stv@iwav.org

Croftonbrook Housing for seniors, (250) 537-2441

- call for more info or application

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Old Age Pensioners Organization Branch, (South Salt Spring Seniors) (250) 653-4710, Contact: C J Hughes, 170 Fulford-Ganges Road Salt Spring

Island, BC V8K 2T8

Meetings are held the last Wednesday of every month in the OAP Room (attached to Fulford Hall) at 2pm. New members are most welcome. Meetings may feature speakers, art exhibits, and activities, such as armchair and seniors' yoga, carpet bowling, painting, bridge.

- socializing a focus – drop-in – coffee & crafts/activities, Monday, 10:00 am
- Senior Fit: Monday & Wednesday, 9:00 am - 10:00 am; Chair Yoga: Tuesday pm
- carpet bowling, Friday, 10:00 am
- special spring dinner

Salt Spring Island Community Services, (250) 537-9971

www.saltspringcommunityservices.ca

A charitable organization dedicated to strengthening and supporting individuals, families and communities. Monday–Friday, 9:00 am–4:00 pm. We provide a broad range of services and supports to the communities of the Southern Gulf Islands. Services offered include Counselling and Family Development; services for people with Developmental Disabilities; Shelter and Housing; Outreach and Mental Health support; Seniors' Wellness; Family Place; Food Security; Victims services; Core Inn Youth Centre; Recycle Depot; Restorative Justice; Climbing Wall; Community Directory.

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Seniors' Wellness Programs, (250) 537-4607, 129 Hereford Avenue, Salt Spring Island, BCV8K 2T3

Monday - Thursday, 10:00 am - 2:00 pm, or leave a message at any time. Contact Program Coordinator Shellyse Szakacs. We offer health-related programs, consultations, referral and sharing of community health & social support information for seniors, including:

- Arthritis and Chronic Pain Self-Management Programs, & Screening Mammography Clinic
- Peer Support from Senior Peer Counsellors, Friendly Visitors, Friendly Voices, and Friendly Reader programs
- Better At Home Program; we assist seniors in their homes with light housekeeping, yardwork, simple home repairs, transportation to appointments (excluding medical appointments). Subsidies are available.
- Seniors' Van Excursions. Off- and on-island trips to points of interest. Subsidies are available.

Salt Spring Hospice Society, (250) 537-2770, Executive Director: Erin Pauch

www.saltspringhospice.org or email: office@saltspringhospice.org

129 Hereford Avenue, Salt Spring Island, BCV8K 2T3

A registered non-profit organization with charitable status providing emotional and vigil support for people and their families in the palliative stage.

Confidential vigil sitting, one-to-one visits, follow up bereavement care, bi-annual grief groups are available from trained community volunteers. Community education workshops are offered

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through the year and the Hospice Resource Centre is available without charge. The non-profit offers training, support and ongoing education for volunteers who visit terminally ill patients at home or in the hospital.

Hospice also runs a Grief Support Program: This is a life enhancing program for people coping with the death of a loved one. Six two-hour group sessions provide opportunities to make contact with others experiencing loss and to discuss ways to cope with your loss in a non-judgmental, confidential, supportive environment. The non-denominational program is offered twice a year and led by trained facilitators.

Salt Spring Seniors Services Society, (250) 537-4604

379 Lower Ganges Road, Salt Spring Island, BC V8K 2V4

A volunteer-based, charitable organization with 450 members who provide resources, information, and outreach programs for seniors, including home visits, telephone contacts, drivers, peer counselling, caregiver support.

Drop-in centre services include weekly luncheons, monthly meetings, games afternoons, computer instruction, choir, French and Spanish classes, yoga and art groups.

No charge for membership but donations always appreciated.

- **Senior Peer Counsellors:** trained volunteer seniors helping support other seniors with mild to moderate social or emotional issues, weekly, in their homes; confidential
- **Friendly Visitors/Friendly Voices:** warm and friendly volunteers who make weekly social visits to lonely or isolated seniors, to brighten their week

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- **Social Activities:** include: art club, choir, chess, stamp club, Readers' Theatre, bridge & mahjong
- **Driver Program:** volunteer seniors drive to medical, dental, and limited social appointments, or shopping (on island), or medically-related appointments to Vancouver Island, when senior has no other means of transportation and with advance notice
- **Thursday Members' Luncheon:** a tasty and social gathering at noon most weeks (except during July - September) at a cost of \$6.00 - reserve by Wednesday before noon
- **Friday Friendly Get-Togethers:** 10:00 am - 11:00 am, coffee, goodies & conversation
- **Monthly Program:** 4th Wednesday of the month
- **Caregivers' Support Group:** meets Wednesdays 11:00 am - noon; mutual support for those in caregiving roles; library of current related information available, facilitated by Marg Monro, B.Sc. Nursing, 250-537-5004

Salt Spring Women Opposed to Violence and Abuse (SWOVA)

(250) 537-1336 info@swova.org 344 Lower Ganges Road, SSI, BC V8K 2V3

SWOVA develops and delivers innovative, evidence-based social-emotional education programs for children, youth and adults.

They also train others to deliver their program models to foster violence-free communities through education, research, awareness-building and collaborative action.

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HEALTH SERVICES

BC Poison Control Centre, 1 (800) 567-8911, www.dpic.org

24 hour phone line offering emergency advice and information on the treatment of poisoning or overdose of medication, chemicals, street drugs, or other hazardous or toxic substances.

Island Health, Home and Community Care, Central Intake 1 (888) 533-2273

***all services require referral through family physician or other care professionals**

Community Occupational Therapy

- assessment, treatment, consultation and education in clients' homes
- focused on activity, independence and safety issues

Home Care Nursing

- Registered Nurses teach, coordinate, & administer medications, change dressings and perform other nursing functions

Residential Care and Lady Minto Extended Care

- may include Home Support Services, Adult Day Care at Braehaven, respite in-home or facility (see Respite Bed, Greenwoods, p. 1), or residential care
- eligibility: BC residents of at least 3 months, 19 & older, with chronic and/or progressive illness of longer than 3 months' duration

SORT: Seniors Outreach Team

short-term in-home or facility assessment from an outreach clinician and/or the multidisciplinary support team

- treatment and support for those generally 75+ experiencing mental health problems

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- also, for older adults experiencing problems where alcohol, prescription drugs or other substances may be involved
- also, elder abuse, neglect or self-neglect issues
- access to geriatric psychiatric service
- clinician makes regular visits to the island

Home Health Monitoring, (250) 388-2273 (South island), (250) 739-5749 (Centre), (250) 951-9550 (Oceanside)

A free home health management service to support people living with heart failure or COPD. This Monday-Friday service monitors and looks for changes in health indicators. You are provided with tools such as: blood pressure monitor, weight scale, pulse oximeter, pedometer, education binder, daily log. Your results and responses to daily measurements are sent to the Home Health Monitoring nurse, who contacts you regularly to review results and answer questions, and who sends reports and communicates concerns to your physician.

Participation takes a few minutes a day. Requirements are to have a family doctor (or nurse practitioner) and a diagnosis for Heart Failure or COPD.

Community Bathing Program at Greenwoods, (250) 537-5520, Ext. 7

For those who cannot bathe themselves, this service operates 4 days a week, Tuesday-Friday, year round. A registered care aid provides support and transport as this is operated at the Braehaven residence, at spa room that is private and peaceful, in Arjo side entry jet-tub.

Access this program by assessment and referral from Island Health , Home & Community Care Case Manager. Once referred, client pays small fee (\$8.00) and Island Health subsidizes the balance. Private access is also possible, without a subsidy, the cost is \$33.

Wheelchair access for individuals with limited mobility

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Health-Related Resources for Seniors on Salt Spring Island

Public Health Nursing: Community Health, (250)538-4880, (250 538-4884

- various functions in community, including health promotion, immunization for disease prevention and communicable diseases
- Open Monday to Friday, 8:30-4:30, closed 12-1
- Mental Health and Substance Abuse Program, (250) 538-4849, Leah McNinch, Lancer Building, Older Adult Mental Health and Addictions Services Intake

Lady Minto Hospital, (250) 538-4846, M-F, 8-4 vanessa.horel@viha.ca

A small community hospital of 50 beds, of which 19 are designated Acute Care and 31 Extended Care. Palliative care suite in both wards. 24 hour emergency services.

Now have telehealth, which needs a referral through physician, mental health, oncologists, geriatrics, dermatology. If interested, please suggest to physician that you would like telehealth.

- physiotherapy, laboratory, pharmacy and radiology (with ultrasound) departments
- midwifery services for in-house deliveries, through Salt Spring Midwifery
- internist, psychiatrists; endoscopy services
- visiting geriatric psychiatry outpatient clinic
- coronary monitoring services & care for cardiac patients
- Social Worker on site, (250) 538-4890
- dietitian - individual in-patient service & out-patient appointments on referral, (250) 538-4802, Tues, Wed, Thurs.
- After hours nursing (250) 538-4840

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Red Cross, in Lady Minto Hospital, (250) 538-4834, Audrey Denton, Monday, Wednesday, Friday, 10:00 am - 2:00 pm

- medical equipment loan service – over 400 items – wheelchairs, walkers, commodes, hospital beds, and more.
- Loans are for 3 months, can be extended
- Health Professional referral required

Medical Alert/Lifeline 1 (800) 832-6073

A personal response medical alert system for seniors that can help at home and on the go.

PharmaCare 1 (800) 464-4911 www.health.gov.bc.ca/pharmacare/index.html

BC Pharmacare helps British Columbians with the cost of eligible prescription drugs and designated medical supplies.

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Foot Care

The Foot Care Nurse, (778) 353-2115

Maureen Gix, Registered Nurse, foot care specialist certificate, offers in-home senior pedicure, \$50.00.

Feet First, (250) 537-0715

Certified foot care nurse, Heather Howard will visit at your office, \$30.00

Judith the Foot Lady, (250) 537-1624, dooleyblue@gmail.com

Senior foot care in her home or yours.

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INDEPENDENT AND ASSISTED LIVING

Braehaven Assisted Living, Central Intake (IH) 1 (888) 533-2273

30 one-bedroom suites subsidized by IH, located up from Greenwoods

Croftonbrook Seniors Residence, (250) 537-2441, 132 Corbett Road, Salt Spring Island, BCV8K 1Z8

Croftonbrook is an affordable housing complex for seniors and people with disabilities supported by the Legion, and Rotary service clubs. It has 20 one bedroom units. It is operated by Island Women Against Violence with funding from BC Housing. A meeting room is for rent which can accommodate up to 20 people.

Greenwoods Eldercare, (250) 537-5561, 1 (888) 533-2273, Bob McWhirter, 133 Blain Road, Salt Spring Island, BCV8K 1Z9

A government subsidized facility with 50 beds and 1 short term respite bed & 1 respite care bed (private pay) for seniors who can no longer be cared for at home and require 24 hour/7 day a week nursing care. The cost depends on client income; affordable for those with a basic pension. Potential residents must be assessed by a Home & Community Care Case Manager (Island Health) in their home area and then may qualify for Greenwoods. Short term care (up to 5 weeks) room & care at Greenwoods for seniors who are normally cared for at home.

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Day Program

- program of social activities, health monitoring and lunch
- held at Braehaven Assisted Living, just beside Greenwoods
- Tuesdays, Wednesdays and Thursdays from 10:00 am to 3:00 pm; \$8.00/day
- may be attended 1, 2 or 3 days/week dependent upon individual need
- limited small bus transportation available

Heritage Place Senior Residence, (250) 537-8340, www.heritageplace.info

120 Crofton Road, Salt Spring Island, V8K 2Y4 office@heritageplace.info

This residence provides independent and assisted living for seniors age 65 or older.

Lautman Road Community Housing, (250) 537-9971, www.saltspringcommunityservices.ca

Lautman House is a 6 unit rooming house style residence for low income individuals.

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Meadowbrook Seniors Residence, (250) 538-1995, Monday - Friday

- a 37 suite affordable, supported living and assisted living rental facility owned & operated by Gulf Islands Seniors Residence Association (GISRA)
- not for profit – registered charitable status; community board

Murakami Gardens Community Housing, (250) 537-9971

www.saltspringcommunityservices.ca

A 27 unit apartment that provides affordable, secure, and safe housing for low to medium income individuals and families residing on Salt Spring Island.

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HOME DELIVERED FOOD

Meals On Wheels, (250) 537-5561 ext. 233, Catherine Bennett,
greenwoodsmow@gmail.com 133 Blain Road Salt Spring Island, BC V8K 1Z9

Hot nourishing meals delivered by volunteer drivers. This service is operated by Greenwoods and subsidized by Island Health. Delivered Monday – Friday at lunchtime; may order extra (frozen) meals for the weekend. Modified meals to suit dietary needs, if necessary.

\$6.25 per person per meal. You pay for the previous months meals, not in advance and you are charged only for the meals you have; this is not a regular charge. The payment must be made by direct payment method before the meals are sent out.

Self or family referral, or access via family physician or Home & Community Care Case Manager. This is not a delivery service, we are usually able to send meals out with 24-48 hours if it is needed quickly.

Chef On The Run, toll-free 1 (877) 704-2433 or www.chefontherun.net

A private company offering home delivery of fresh, frozen main course dishes

- one dish costs approximately \$9
- delivery cost for home delivery (1 or many dishes) \$5.00

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Food Shopping Services

Thrifty Foods Sendial Service, (250) 537-1529 to register (mandatory) M-F 8-6 pm, Sat 8-4

A volunteer shopping service & delivery to your home. \$5.00 min \$25 order. Call on Monday for food delivery on Tuesday

Country Grocer, (250) 537-4144

\$5.00 paid for seniors toward cab service to your home, minimum order of \$25.00

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ADDITIONAL HELPFUL RESOURCE INFORMATION

Provincial Government - HealthLink BC, (250) 537-7573,
www.healthlinkbc.ca,

- speak with a Registered Nurse any time, day or night
- dietitians available, Monday - Thursday, 5:00 pm - 9:00 pm, and Friday, 8:00 am - 5:00 pm
- pharmacists available Monday - Friday, 5:00 pm - 9:00 pm
- phone **811** (then option 2) or **711** for those deaf & hearing-impaired

Information for Seniors - Healthy Aging, www.seniorsbc.ca

Extremely useful information on health care, finances, benefits, housing, transportation and much more!

Local Resource Info, (250) 537-4448, Parks & Recreation

For health, fitness, relaxation and leisure activities for seniors, consult the free, most recent yearly edition of PARC's "Saltspring Unlimited"

FETCH (Community Health resources website):
www.saltspring.fetchbc.ca

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Gulf Island Health Units:

Galiano Island:

908 Burrill Road, RR2, Galiano Island, BC V0N1P0
Phone: (250) 539-5103, Fax: (250) 544-2506

Mayne Island:

526 Felix Jack Rd, Mayne Island, BC, V0N2J2
Phone (250) 539-3645, Fax: (250) 539-5174

Pender Island:

5715 Canal Rd, RR1, Pender Island, BC, V0N 2M1
Phone: (250) 629-3242, Fax: (250) 629-0001

Salt Spring Island:

1-137 Crofton Road, Salt Spring Island, BC V0N 2M1
Phone: (250) 538-4820, Fax: (250) 538-4899

Saturna Island:

Box 39, Saturna Island, BC, V0N 2Y0
Phone: (250) 539-5435, Fax: (250)544-2506

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