

# Revelstoke Seniors' Resource Guide

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2016



## A Personal Record & Emergency Numbers

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

BC Care Card Number \_\_\_\_\_

Old Age Security Number \_\_\_\_\_

Pharmacare Card Number \_\_\_\_\_

Name of Closest Relative \_\_\_\_\_

Relative's Telephone/E-mail \_\_\_\_\_

Closest Friend \_\_\_\_\_

Doctor/Medical Clinic \_\_\_\_\_

Pharmacy \_\_\_\_\_

Lawyer \_\_\_\_\_

### **EMERGENCY (Ambulance, Fire, Police): 911**

#### **Healthlink BC ([www.healthlinkbc.ca](http://www.healthlinkbc.ca))**

**Call 811** to speak to a:

- Registered Nurse for health questions (24 hrs/day)
- Pharmacist for medication questions  
(nightly from 5:00pm-9:00am)
- Dietitian for nutritional advice  
(Monday-Friday 9:00am-5:00pm)

#### **Health Insurance BC: 1-800-663-7100**

(for MSP, Pharmacare, Fair PharmaCare, CareCard,  
and Travel Assistance inquiries)

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## **Welcome to the third edition of the Revelstoke Seniors' Resource Guide!**

If you have questions or need help accessing services or programs, please contact one of the following:

### **Revelstoke Seniors' Counsellor**

**Phone: 250-837-9456**

**Email: [revelstokeseniors@rctvonline.net](mailto:revelstokeseniors@rctvonline.net)**

**Web: [www.revelstokeseniors.ca](http://www.revelstokeseniors.ca)**

### **Interior Health, Social Work**

**Phone: 250-837-2131 x50204**

### **Community Connections, Social Justice Advocate**

**Phone: 250-837-2920**

**Email: [info@community-connections.ca](mailto:info@community-connections.ca)**

**Web: [www.community-connections.ca](http://www.community-connections.ca)**

### **Office of the Seniors' Advocate**

This government office helps seniors find programs and services, monitors and analyzes seniors' services and issues in BC, and makes recommendations to government and service providers to address systemic issues.

**Toll-free: 1-877-952-3181**

**Email: [info@seniorsadvocatebc.ca](mailto:info@seniorsadvocatebc.ca)**

**Web: [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)**

## **OTHER RESOURCES**

### **Directory of Social Services for Revelstoke & Area**

Complete list of current programs & services:

**[www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)**

*(Paper copies available at the Seniors' Centre)*

**[www.gov.bc.ca/seniorsguide](http://www.gov.bc.ca/seniorsguide)**

*(downloadable information)*

**[www.seniorsbc.ca](http://www.seniorsbc.ca)**

*(viewable information only)*



**Are you caring for your grandchildren, great-grandchildren, or young family members?**

Revelstoke has many FREE and FUN early childhood activities and resources. Call or visit the Early Years Centre to find out about local programs or check out the link below to see their program directory. See also the Early Years bulletin board across from the reception desk at the Community Centre.



### Early Years Centre

**1001 Mackenzie Ave., Rm. 120** (main office)  
(west side of Begbie View School)

**Phone: 250-805-2305**

**Web: [revelstokeearlychilddevelopment.com](http://revelstokeearlychilddevelopment.com)**

## OTHER RESOURCES

### BC Grandparent Support Line

**Toll-free: 1-855-474-9777**

**Web: [www.parentsupportbc.ca/grandparents\\_raising\\_grandchildren](http://www.parentsupportbc.ca/grandparents_raising_grandchildren)**

**Email: [GRGline@parentsupportbc.ca](mailto:GRGline@parentsupportbc.ca)**

### Christian City Church (C3)

**108 1st St. W. (above RBC)**

*Sunday services: 10:00am*

**Phone: 250-837-4894**

**Web: [www.c3church.ca](http://www.c3church.ca)**

### Kingdom Hall of Jehovah's Witnesses

**250 Basford Drive**

*Sunday services: 10:00am*

**Phone: 250-814-2000**

### Legion Chaplain

**600 1st St. W.**

*Non-denominational ministerial services.*

**Phone: 250-837-6020**

**Web: [www.legionbcyukon.ca/content/revelstoke-46](http://www.legionbcyukon.ca/content/revelstoke-46)**

### Revelstoke Alliance Church

**1559 Illecillewaet Rd.**

*Sunday services: 10:30am*

**Phone: 250-837-4008**

**Web: [www.revelstokealliance.com](http://www.revelstokealliance.com)**

### Revelstoke Baptist

**1806 Colbeck Road**

*Sunday services: 10:30am*

**Phone: 250-837-9414**

**Web: [www.revelstokebaptist.com](http://www.revelstokebaptist.com)**

### Revelstoke United Church

314 Mackenzie Ave.

Sunday services: 10:00am

Phone: 250-837-3198

Web: [www.revelstokeunitedchurch.com](http://www.revelstokeunitedchurch.com)

### Seventh-Day Adventist Church

662 Big Eddy Rd.

Saturday services: 11:00am

Phone: 250-837-3917

Web: [www.revelstokeadventist.ca](http://www.revelstokeadventist.ca)

### St. Francis of Assisi Catholic Church

510 Mackenzie Ave.

Sunday services: 9:00am

Phone: 250-837-2071

Web: [www.sanfranrevelstoke.org](http://www.sanfranrevelstoke.org)



### St. Peter's Anglican Church

622 2nd St. W.

Sunday services: 10:00am

Phone: 250-837-3275

Web: [www.anglican.ca](http://www.anglican.ca)

### Okanagan College, Continuing Studies

1401 1st St. W.

Okanagan College offers a variety of certificate and professional development programs, as well as leisure and lifestyle courses. Pick up a copy of their brochure at the Community Centre or at the college itself, or check them out online.

Phone: 250-837-4235

Web: [www.okanagan.bc.ca/cs](http://www.okanagan.bc.ca/cs) (click on Campus & Community)

*See also Work BC (next page) under Employment Services for work-related education.*

*Many universities and colleges offer online education programs. Conduct an internet search for 'distance education'.*



**Work BC Employment Services Centre  
117 Campbell Ave.**

Work BC offers job-search help, job retraining, skills workshops, free computer stations, and funding opportunities (depending on eligibility).

**Phone: 250-814-0244**

**Web: [www.workbc-revelstoke.com](http://www.workbc-revelstoke.com)**

*Business-related services such as business employment financing, training, and counselling are offered by the Basin Business Advisors Program as well as the Community Futures Development Corporation of Revelstoke.*

**[www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)**

*See the Directory of Social Services for Revelstoke & Area for details.*

**FINANCES**

The information in this section is only a general guide. For detailed information, visit the Seniors' Centre for a copy of the Seniors' Financial Guide and/or speak to your accountant, financial planner, or income tax professional. For local help with any of the programs, see page 1.

**FEDERAL**

For information on and forms for the programs below, contact Service Canada at:

**Toll-free: 1-800-277-9914**

**Web: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)**

**Allowance**

Allowance is paid to the spouse or common-law partner of someone receiving both OAS and GIS.

**Allowance for the Survivor**

This benefit is for those whose spouse or common-law partner has passed away. It provides additional money until age 65.

**Canada Pension Plan (CPP)**

CPP is paid to those who have contributed to the plan through paid employment in Canada. To receive CPP, apply at least 6 months before you want to receive it. The earliest age at which this pension can be received is 60.

***Remember, to access most programs you must file your income tax return on time!***

*Trained volunteers provide free income tax preparation for low-income residents. For up-to-date information on this program, call the Seniors' Centre at **250-837-9456**.*

### Employment Insurance Benefits (EI)

Seniors who continue working after age 65 are eligible for the same EI benefits as other workers in Canada if they meet the required conditions.

**Toll-free: 1-800-206-7218**

### Old Age Security (OAS)

OAS is paid monthly once a person is 65 years or older. To receive OAS, apply at least 6 months before your 65th birthday.

### Guaranteed Income Supplement (GIS)

GIS provides money on top of OAS for seniors living on a lower income. You must apply for this at age 65 when you file your income tax return.

## PROVINCIAL

### Income Assistance (IA)

IA is for seniors not eligible for OAS or GIS. Eligibility is based on income, assets, and shelter costs.

**Toll-free: 1-866-866-0800**

**Web: [www.seniorsbc.ca](http://www.seniorsbc.ca)**

For information on programs and services for low-income people and families in BC, check out the website below:

**Web:**

**[www.mcf.gov.bc.ca/supporting\\_affordability/index.htm](http://www.mcf.gov.bc.ca/supporting_affordability/index.htm)**

### Senior's Supplement

The Seniors' Supplement is for low-income seniors who are receiving GIS and OAS. It should be paid to you automatically when you file your income tax return (check to make sure!).

**Toll-free: 1-866-866-0800**

**Web: [www.seniorsbc.ca](http://www.seniorsbc.ca)**

**[www.gov.bc.ca/seniorsguide](http://www.gov.bc.ca/seniorsguide)**

*Experts at your local bank or investment management firm can help you protect and manage your finances for the future. Planning ahead is essential!*

## OTHER RESOURCES

### Veterans Affairs Canada (VAC)

VAC provides assistance to elderly veterans and caregivers, such as disability benefits, attendance allowances, health care, home care, respite, palliative care, special equipment, and home adaptations.

**Toll-free: 1-866-522-2122**

**Web: [www.veterans.gc.ca/eng](http://www.veterans.gc.ca/eng)**

### Work BC

The staff at Work BC can help you fill out EI forms online at the office's computer stations.

**Phone: 250-814-0244**

**Web: [www.workbc-revelstoke.com](http://www.workbc-revelstoke.com)**

## Brandon-Bowers Funeral Home 301 Mackenzie Ave.

Services offered include:

- pre-planning
- funeral
- cremation
- burial and celebrant services
- grief counselling

**Phone: 250-837-2029**

**Website: [www.bowersfuneralservice.com](http://www.bowersfuneralservice.com)**



## Mountain View Cemetery 103 Hwy. 23 North

To reserve a plot or Columbarium space, call City Hall at **250-837-2161** or contact Brandon-Bowers Funeral Home at **250-837-2029**.

## Legal Arrangements

Three legal arrangements are essential as we age:

1. A legal representative for one's healthcare decisions and a corresponding document (advance-care planning).
2. A legal representative for one's financial decisions (power of attorney).
3. A will.

For powers of attorney and representation agreements, see the Canadian Bar Association's information page at:

**[www.cbabc.org/For-the-Public/Dial-A-Law/Scripts/Wills-and-Estates/180](http://www.cbabc.org/For-the-Public/Dial-A-Law/Scripts/Wills-and-Estates/180)**

## Medical Arrangements

For future healthcare decisions, see the Government of BC's pamphlet *My Voice*, available at the Seniors' Centre.

**See it online at: [www.gov.bc.ca/advancecare](http://www.gov.bc.ca/advancecare)**

## Wills

Go to **[www.seniorsbc.ca](http://www.seniorsbc.ca)** and click on Financial and Legal Matters, or speak to your lawyer or notary public.



## SERVICE BC (Revelstoke)

**Revelstoke Court House, 1123 2nd St. W., Rm. 104**

*Monday-Friday 8:30am-4:30pm, Closed Noon-1:00pm*

**Phone: 250-837-6981**

**Web: [www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)**

Most applications and information for BC Agent services are online. Staff can print out forms and help at the computer stations.

## Office of the Seniors' Advocate

This government office monitors and analyzes seniors' services and issues in BC, and makes recommendations to government and service providers to address systemic issues.

**Toll-free: 1-877-952-3181**

**Email: [info@seniorsadvocate.bc.ca](mailto:info@seniorsadvocate.bc.ca)**

**Web: [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)**

## HELPFUL WEBSITES

**[www.gov.bc.ca/seniorsguide](http://www.gov.bc.ca/seniorsguide)**

(downloadable information)

**[www.seniorsbc.ca](http://www.seniorsbc.ca)**

(viewable information only)

Or call **Toll-free: 1-800-663-7867**

*Monday-Friday 7:30am-5:00pm*

## BC Agent Services

- Affidavits
- BC Assessment
- 'B' Licence Applications: Permits for Casinos, Bingos, and Raffles
- BC Hydro Payments
- Birth, Death, and Marriage Certificate Applications
- Child Care Subsidy Program
- Commercial Vehicle Inspection Program Decals and Forms
- Company Name Searches and Registrations
- Driver's Licence Services
- Fish and Wildlife Licences
- Freedom of Information Act Applications
- Legal Services Society Forms and Access
- Logging Tax Payments
- Manufactured Home Searches, Relocation Permits and Registrations
- Marriage Licences
- Medical Services Plan Registration and Billing Payments
- Mineral Titles Online
- Ministry of Employment & Income Assistance Services
- OneStop Business Registration
- Personal Property Registry
- Pesticide Exams
- Property Tax Information and Collections
- Public Computer Terminals
- Registrar of Voters
- Residential Tenancy Information

**DEMENTIA**

The Alzheimer Society of BC'S First Link® Dementia Help-Line is a province-wide support and information service for anyone with questions about dementia, including people with dementia, their caregivers, family and friends, professionals, and the public. All calls are confidential.

**Toll-free: 1-800-936-6033**

*Monday-Friday 9:00am-4:00pm*

Contact the Kelowna Resource Centre for services near you:

**Phone: 1-250-860-0305**

**Email: [info@alzheimerbc.org](mailto:info@alzheimerbc.org)**

**Web: [www.alzheimerbc.org](http://www.alzheimerbc.org)**

**DENTISTS****Mackenzie Dental Centre**

101 1st St. W.

**Phone: 250-837-4253**

**Web: [www.mackenziedental.ca](http://www.mackenziedental.ca)**

**Revelstoke Dental Centre**

111 2nd St. W.

**Phone: 250-837-6231**

**Web: [www.revelstokedental.com](http://www.revelstokedental.com)**

**Selkirk Dental Clinic**

314 Connaught Ave.

**Phone: 250-837-5249**

**DENTURISTS**

There are no denturists in Revelstoke. Kasper Denture Clinic offers a shuttle to its office in Salmon Arm when there are enough people who need appointments. Phone **1-250-542-7423** to book. Other denturists are listed in the phone book and on the Internet.

**DISABILITIES****Community Living BC (CLBC)**

Through service agencies, Community Living BC funds supports and services for adults with developmental disabilities and their families in BC. CLBC works to create communities where people with developmental disabilities have more choices about how they live, work, and contribute.

**Regional office: 1-250-832-1718**

**Web: [www.communityliving.bc.ca](http://www.communityliving.bc.ca)**

**HEALTHLINK BC****Call 811 to speak to a...**

- **Registered Nurse** for health questions  
*(24 hours/day)*
- **Pharmacist** for medication questions  
*(nightly from 5:00pm-9:00am)*
- **Dietitian** for nutritional advice  
*(Monday-Friday 9:00am-5:00pm)*

**For after-hours medical emergencies, call 911**

## EYE CARE

### Revelstoke Optometry Centre

310 Connaught Ave.

ROC offers a senior's discount on a full set of glasses (lenses and frames).

**Phone: 250-837-5244**

**Emergency: 1-778-252-3937**

**Web: [www.revelstokeoptometry.ca](http://www.revelstokeoptometry.ca)**

## HEARING

### Canadian Hearing Care

305 1st St. W

CHC services include hearing evaluations and hearing aid sales, including batteries.

**Phone: 250-837-3011**

**Web: [www.revelstoke.canadianhearingcare.com](http://www.revelstoke.canadianhearingcare.com)**

## PHARMACIES

### Peoples Drug Mart

555 Victoria Rd., in the Cooper's Mall

**Phone: 250-837-5191**

**Web: [www.peoplesdrugmart.com](http://www.peoplesdrugmart.com)**

### Pharmasave

307 Victoria Rd.

**Phone: 250-837-2028**

**Web: [www.pharmasaverevelstoke.com](http://www.pharmasaverevelstoke.com)**

## PHYSICIANS

### Selkirk Medical Group

201-101 1st St. W.

The clinic has 10 physicians and also provides an urgent-care clinic and travel medicine vaccinations.

*Monday-Friday, 9:00am-5:00pm*

**Phone: 250-837-9321**

**Web: [www.selkirkmedicalgroup.ca](http://www.selkirkmedicalgroup.ca)**

## SEXUAL HEALTH

### Revelstoke Opt Clinic

Selkirk Medical Clinic, 201-101 1st St. W.

Confidential, unbiased, and non-judgmental services open to all ages, genders, and orientations.

*This service is drop-in only: Wednesdays 7:00pm-9:00pm.*

**Email: [reception@optbc.org](mailto:reception@optbc.org)**

**Web: [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)**

**SexSense line, Monday-Friday, 9:00am-9:00pm**

**Toll-free: 1-800-739-7367**

***The Directory of Social Services for Revelstoke and Area** has up-to-date listings of private healthcare service providers, such as Acupuncturists, Naturopaths, Chiropractors, Registered Massage Therapists, Occupational Therapists, Counsellors, Physiotherapists, Osteopaths, etc.*

**Web: [www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)**

## HOSPITAL SERVICES

### Queen Victoria Hospital

1200 Newlands Rd.

**Phone: 250-837-2131**

**Web: [www.interiorhealth.ca](http://www.interiorhealth.ca)**

For most services, you must be referred by a physician or other healthcare provider. The hospital offers emergency, laboratory, ultrasound, radiology (x-ray), maternity, minor elective surgery, and visiting specialist services, as well as the following:

### Mental Health and Substance Use Services

**Phone: 250-814-2241**

This program is out of Queen Victoria Hospital, and includes:

- psychiatry,
- adult mental health (including seniors), and
- alcohol and drug counselling services

### Rehabilitation Therapy, Occupational Therapy, and Physiotherapy

**Phone: 250-814-2270**

Therapists help clients having difficulty with daily living activities. They provide home and cognitive assessments and also have access to specialized equipment.

## Nurse Practitioner (NP)

**Phone: 250-837-2131 x50213**

NPs are advanced-practice, registered nurses. NPs are primary care providers, with a similar scope of practice to a family physician. NPs are especially helpful for isolated residents, as they:

- conduct home visits,
- provide medical care to the frail elderly and to clients with complex chronic diseases,
- prescribe medications, order diagnostic testing, and
- complement the care provided by physicians.

## Public Health

**Phone: 250-814-2244**

The public health team includes a health inspector, nurses, and a dietitian (referral required).

Services include:

- communicable disease investigation,
- food, nutrition, and diabetes education,
- immunizations for children and adults,
- sexually transmitted infection (STI) and HIV education, referrals, and resources,
- support for families with young children, and
- tobacco education.



## REGIONAL HOSPITALS

### Kelowna General Hospital

**Toll-free: 1-888-877-4442**

### Kamloops Royal Inland Hospital

**Toll-free: 1-877-288-5688**

### Salmon Arm Shuswap Lake General Hospital

**Phone: 1-250-833-3600**

### Vernon Jubilee Hospital

**Toll-free: 1-877-288-5788**

## HOME HEALTH DEPARTMENT

### Adult Day Program

The Adult Day Service Program offers personal care, therapeutic recreation, and social activities for adults with disabilities who are living at home or with family and may be at risk of losing of independence. These programs also allow caregivers time for rest and relief. A variety of supportive programs and activities are provided in a comfortable group setting.



## Social Work

**Phone: 250-837-2131 x50204**

Social Work services provide counselling or information on:

- abuse and neglect of older, vulnerable adults,
- advance-care planning,
- client and family adjustment to health changes,
- caregiver support groups,
- financial concerns,
- identifying and developing community resources to support clients, and
- palliative care and bereavement.

Social Work services also provide information about the Public Guardian and Trustee of BC, which provides a range of services to adults who need help managing their affairs, such as financial, legal, and personal-care matters.

**Phone: 1-604-660-4444**

**Web: [www.trustee.bc.ca](http://www.trustee.bc.ca)**

## Other Programs

Revelstoke has various programs to help provide independence, choice, and dignity in supporting people with disabilities to remain in their home for as long as possible. Referrals can be made by physicians, other healthcare providers, and clients themselves. For eligibility criteria and more information on these programs, phone **Home Health Nursing at 250-814-2267.**

## Assisted Living

Assisted Living provides another option to those who need a little more help to live independently but are not at the stage of requesting 24-hour, professional care in a residential facility. Interior Health, in partnership with BC Housing, has created many public, subsidized assisted living units throughout the region. These housing options focus on:

- maximizing independence,
- promoting personal decision-making, and
- emphasizing choice, responsibility, and dignity.



## Community Care Nursing

If you require acute, chronic, or palliative support, Interior Health can help with Home Health nursing services. Nurses will provide care on a non-emergency basis to help with things such as administering medication and changing dressings. These services may be provided at the community clinic or at the client's home, as appropriate.

## Home Support

Home Support is designed to supplement rather than replace care by loved ones. It is for people who need help managing personal health care needs, such as getting up, dressing, bathing, and using the toilet.

## Residential Care

For people with complex health care needs who require 24-hour professional care due to physical, mental, and behavioural conditions, and who are unable to continue living safely at home. Care is available on a short-term or permanent basis. Those with the greatest need have priority over others.

## Palliative Care

Palliative or end-of-life care provides supportive and compassionate care for the dying. This care is provided in the hospital, at assisted-living facilities, in residential care, or at home. It includes professional nursing, rehabilitation, home support, respite care, counselling, bereavement, and grief support. The program is supported by volunteers from the Revelstoke Hospice Society (see p. 25). Phone Home Health Nursing (**250-814-2267**) for information on the BC Palliative Care Benefits Program.

## Respite Care

Respite provides those who look after a loved one with temporary relief. The Adult Day Service program or facility-based care is provided on a short-term basis.

## HOME HELP

There are many individuals in Revelstoke who offer housekeeping, delivery services, foot care, yard and lawn maintenance, and handyman services.

For contact information, call the Revelstoke Seniors' Association (**250-837-9456**) or check local newspapers, community bulletin boards, and churches for ads. Ask for references or recommendations from friends.

You can also post an ad for services at **Work BC (250-814-0244)**.

For personal care or foot care services only, call **Home Health Nursing (250-814-2267)**.

## REVELSTOKE HOSPICE SOCIETY

The hospice philosophy encourages a focus on life and living. The goal of hospice care is to help the client live the fullest life possible, while also helping all those involved to come to terms with the illness. Hospice offers information, companionship, and emotional support, and allows caregivers to have some time for themselves.

## PALS

Revelstoke Hospice also offers PALS, a visitation program for seniors who live on their own or in residential care facilities without friends or family to visit often.

**Phone: 250-837-5523**

**Email: [revhosp@telus.net](mailto:revhosp@telus.net)**

**Web: [www.revelstokehospicesociety.com](http://www.revelstokehospicesociety.com)**

## IF YOU ARE RENTING

### Residential Tenancy Branch

This office provides information to landlords and tenants about their rights and responsibilities, as well as options under the provincial Residential Tenancy Act and Manufactured Home Park Tenancy Act. The office can provide information to help resolve disputes related to tenancy, such as claims for damages, rent increases, or eviction notices.

**Toll-free: 1-800-665-8779**

**Email: [HSRTO@gov.bc.ca](mailto:HSRTO@gov.bc.ca) Web: [www.rto.gov.bc.ca](http://www.rto.gov.bc.ca)**



### Shelter Aid for Elderly Renters (BC Housing)

For people aged 60 years and over who pay over 30% of their gross monthly income on rent for their home, including pad rental for a manufactured home that is owned. For applications and eligibility requirements, phone:

**Toll-free: 1-800-257-7756**

**Email: [InteriorRegion@bchousing.org](mailto:InteriorRegion@bchousing.org)**

**Web: [www.bchousing.org/programs/SAFER](http://www.bchousing.org/programs/SAFER)**

## IF YOU ARE RENTING

### Subsidized Rental Housing

To be eligible for BC Housing's subsidized rental units, a person's gross household income must be below certain income limits. These limits vary, depending on the community and number of bedrooms in the unit. Assets must also be limited.

*The following is a list of facilities with subsidized housing units in Revelstoke for seniors and people with disabilities:*

**Moberly Park Manor:** 711 1st Street; 250-837-3147

**Monashee Court:** 505 3rd St. W.; 250-837-5062

**Mt. Begbie Manor:** 1214 Downie St.; 250-837-3033

For more information on the above, contact BC Housing's Interior Region Office at:

**Toll-free: 1-800-834-7149**

**Email: [InteriorRegion@bchousing.org](mailto:InteriorRegion@bchousing.org)**

**Web: [www.bchousing.org/applicants/housing\\_listing](http://www.bchousing.org/applicants/housing_listing)**

### Tenant Resource and Advisory Centre (TRAC)

TRAC is an educational charity that provides information about residential tenancy law in BC through a variety of supports, including the Tenant Survival Guide.

**Toll-free: 1-800-665-1185**

**Web: [www.tenants.bc.ca](http://www.tenants.bc.ca)**

See also [www.rentingitright.ca](http://www.rentingitright.ca) for a free online course created by TRAC and the Justice Education Society.

## Housing Outreach Worker

### Community Connections

**314 2nd St. E.**

Provides support to adults who are homeless or at risk of homelessness. Offers a range of services to decrease barriers and increase success to keep permanent housing, including assessment, service planning, skills teaching, resource identification, and follow-up.

**Phone: 250-837-2920**

**Email: [info@community-connections.ca](mailto:info@community-connections.ca)**

**Web: [www.community-connections.ca](http://www.community-connections.ca)**

### Revelstoke Community Housing Society

RCHS is a non-profit corporation formed by the citizens of Revelstoke in conjunction with the municipality and BC Housing. Its primary objective is to provide, manage, and promote a range of affordable housing options accessible to local residents. For available units, contact RCHS.

**Phone: 250-837-5345**

*For more information on housing, see the [Seniors' Financial Guide under BC Housing](#); copies available at the [Seniors' Centre](#).*





## IF YOU OWN YOUR HOME

### Home Adaptations for Independence (HAFI)

HAFI offers financial assistance for homeowners (and renters through landlords) to pay for minor home adaptations to extend the time that low-income seniors can live in their own homes independently. Maximum assistance available is \$20,000 (and up to \$40,000 if renovations must be done beforehand).

**Toll-free: 1-800-668-2642**

**Web: [www.bchousing.org/Options/Home\\_Renovations](http://www.bchousing.org/Options/Home_Renovations)**

### Homeowner Residential Rehabilitation Assistance Program (RRAP)

RRAP offers financial assistance to low-income homeowners for the repair of lower-value homes or for modifications that make homes more accessible for persons with disabilities.

**Phone: 1-800-668-2642**

**Web: [www.pib.ca/wp-content/uploads/2012/11/RRAP\\_HO\\_Application\\_Guide\\_61939W.pdf](http://www.pib.ca/wp-content/uploads/2012/11/RRAP_HO_Application_Guide_61939W.pdf)**

### Homeowner's Grant for Seniors

This grant reduces the amount of property tax paid on a senior's primary residence.

Visit or call reception at **City Hall (250-837-2161)** or

**Toll-free: 1-888-355-2700**

**Web: [www.gov.bc.ca/homeownergrant](http://www.gov.bc.ca/homeownergrant)**

## Property Tax Deferment

Homeowners aged 55 years and over may defer the payment of annual property taxes on their principal residence. This is a low-interest loan program supported by the provincial government. Deferred taxes must be repaid with interest and an administration fee.

Visit or call reception at **City Hall (250-837-2161)** or

**Phone: 1-800-663-7867**

**Web: [www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/pay/defer-taxes](http://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/pay/defer-taxes)**



## VOLUNTEER INCOME TAX PROGRAM

Trained volunteers in Revelstoke provide free income tax preparation for low-income residents. For up-to-date information, call the Seniors' Centre.

**Phone: 250-837-9456**

**Email: [revelstokeseniors@rctvonline.net](mailto:revelstokeseniors@rctvonline.net)**

**Web: [www.revelstokeseniors.ca](http://www.revelstokeseniors.ca)**

*If you use a professional income tax service, ensure they help you access eligible provincial (e.g., OAS and GIS) and federal benefits.*



*Search phone and Internet listings under Tax Consultants or Accountants for local businesses that (for a fee) will assist you with income tax preparation.*

## FEDERAL & PROVINCIAL TAX CREDITS

Remember to apply for the following (as applicable) when you file your income tax return:

- pension income amount,
- disability amount,
- medical expenses,
- GST tax credit,
- expenses for an attendant or full-time care in a nursing home, and/or
- age amount for those who turn 65 (or are older) during the year.

## Canada Revenue Agency

**Toll-free: 1-800-959-8281**

*For more detailed information on financial matters, refer to the Seniors' Financial Guide, available at the Seniors' Centre.*



## LEGAL SERVICES SOCIETY/LEGAL AID

This program provides information about legal problems and assists you if you cannot afford a lawyer. The nearest office is in Salmon Arm.

**Toll free: 1-866-577-2525**

**Web: [www.legalaid.bc.ca](http://www.legalaid.bc.ca)**

## DIAL-A-LAW

This telephone service provides free recorded information on a variety of provincial law topics. Available 24 hours/day. Call Dial-A-Law if you:

- think you may have a legal problem and want practical information on the law involved,
- want to find out about your legal rights and responsibilities, and/or
- want to learn more about the law and the legal system in British Columbia.

**Toll-free: 1-800-565-5297**

**Email: [cba@cbabc.org](mailto:cba@cbabc.org)**

**Web: [www.dialalaw.org](http://www.dialalaw.org)**



## FAMILY DUTY COUNSEL

**Revelstoke Court House, 1123 2nd St. W.**

Family duty counsel are lawyers paid by Legal Aid who can help low-income people with family law, criminal law, or immigration law problems. Duty counsel can give free legal advice, but cannot take on the whole case or represent people at trial. These services are intended to assist people who are representing themselves in court.

Duty counsel hours in Revelstoke are 10:00am-2:00pm on the first Wednesday of each month. People are helped on a first-come, first-served basis. Note that the lawyers must first help people who have court matters that day, and can assist others afterward. For more information, call the Salmon Arm Court Registry:

**Toll-free: 1-250-832-1610**

## OFFICE OF THE SENIORS' ADVOCATE

This government office monitors and analyzes seniors' services and issues in BC, and makes recommendations to government and service providers to address systemic issues.

**Toll-free: 1-877-952-3181**

**Email: [info@seniorsadvocatebc.ca](mailto:info@seniorsadvocatebc.ca)**

**Web: [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)**

*For up-to-date listings of local lawyers and notaries public, see the Directory of Social Services for Revelstoke and Area at [www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)*

## POVNET

This organization provides online tools to facilitate communication, community, and access to information about poverty-related issues in British Columbia and Canada. PovNet collects relevant news and resources useful to advocates, community workers, marginalized communities, and the public.

**Phone: 1-604-876-8638**

**Email: [info@povnet.org](mailto:info@povnet.org)**

**Web: [www.povnet.org](http://www.povnet.org)**



## LEGAL TERMS

### Power of Attorney

A power of attorney is a legal document that gives another person the power to make decisions regarding your legal or financial matters. This can be general or specific. It is usually done if you are physically unable to look after your affairs due to travel, injury, illness, disease, or accident.

### Representation Agreement

This agreement is a legal document that appoints someone to make decisions for you about finances, health, and/or personal-care matters if you are incapable of making decisions independently. You can choose when or under what circumstances you want the agreement to start. You can also choose different representatives to make different decisions. For example, you may choose your daughter to handle your banking and your son to make medical decisions.

### Wills

A document that explains what you want done with the assets that you own solely in your name when you die. A will is also your statement on who and what is important to you. It is very important to consult a professional and make a will properly, as it is a complex legal document.

***When making legal decisions it is very important to consult a trusted legal advisor!***

**Okanagan Regional Library****605 Campbell Ave., in the Community Centre**

ORL offers a range of services and drop-in programs for all ages, such as games nights, crafts, movie streaming, etc.

**Hours:** *Closed Sunday and Monday*

*Tuesday: 12:00pm-8:00pm*

*Wednesday: 12:00pm-7:00pm*

*Thursday: 10:00am-4:00pm*

*Friday: 10:00am-5:00pm*

*Saturday: 10:00am-5:00pm*

**Phone: 250-837-5095**

**Web: [www.orl.bc.ca/branches/revelstoke](http://www.orl.bc.ca/branches/revelstoke)**

**Association des Francophones de Kootenay Ouest**

Based out of Nelson, AFKO is a non-profit that promotes French language and culture throughout the region. In Revelstoke, it offers a weekly radio show, travelling library (bibliobus), French-language directory of services (copy at the Seniors' Centre), and events celebrating French culture that are open to everyone.

**Phone: 1-250-352-3516**

**Web: [www.afko.ca](http://www.afko.ca)**

*The Seniors' Centre has copies of the BC Seniors' Guide in Chinese, Punjabi, and French. It also has a copy of L'Annuaire, a guide to BC businesses offering services in French.*

**Columbia Basin Alliance for Literacy**

CBAL is based out of the Early Learning Centre, Begbie View School, and offers community literacy programs and events for families and individuals of all ages, including seniors.

**Phone: 250-805-2305**

**Email: [revelstokecoordinator@cbal.org](mailto:revelstokecoordinator@cbal.org)**

**Web: [www.cbal.org/revelstoke.html](http://www.cbal.org/revelstoke.html)**

**English as a Second Language****Okanagan College****1401 1st St. W.**

ESL programs include free English language tutoring, weekly learning sessions, field trips, and other services to eligible adults who are residents of Canada.



**Phone: 250-837-4235**

**Revelstoke Volunteer Literacy Tutoring Program  
Okanagan College, 1401 1st St. W.**

A free and confidential one-to-one tutoring program for adults. Learners do not have to be enrolled as students at the college to access this program. The focus is to help adult learners gain literacy skills so they can achieve life goals.

**Phone: 250-837-4235 x6504**

### **Community Connections Food Bank Legion Building, 600 1st St. W., downstairs**

The food bank coordinates free weekly food distribution to those in need: non-perishable food hampers, and milk, bread, fresh fruit, and vegetables. The Christmas Hamper program is also offered each year.

*Hours: Fridays 8:30am-11:00am*

**Phone: 250-837-2920**

**Email: [info@community-connections.ca](mailto:info@community-connections.ca)**

**Web: [www.community-connections.ca](http://www.community-connections.ca)**



### **Meals on Wheels**

Nutritious meals prepared at Moberly Manor are provided at home for seniors and people with disabilities who want to maintain some independence but are unable to prepare their own meals.

**Phone: 250-837-3147**

### **Nutrition and Diabetes Counselling**

Offered at Public Health at the hospital. Physician referral required. Phone **250-814-2131 x50276**.

For general nutrition inquiries, call **HealthlinkBC toll-free at 811** to speak with a registered dietitian, Monday-Friday 9:00am-5:00pm.

### **Seniors' Helping Hands**

This program is for those unable to grocery shop for themselves and have Home Health Nursing approval. Applications are available at Coopers and Home Health Nursing (at the hospital).

- Coopers accepts orders (\$25.00 or more) over the phone on Wednesdays from 10:00am-11:00am.
- Seniors' Association volunteers fill the order and Coopers delivers the groceries to your home.

For more information, call the Seniors' Centre at **250-837-9456** or Home Health Nursing at **250-814-2267**.

**Community Rehabilitation**

This program offers specialized equipment and other assistance out of Queen Victoria Hospital (see p. 19).

**Phone: 250-814-2270**


**Red Cross Loan Cupboard**  
**Okanagan College, 1401 1st St. W.**

This program lends crutches, canes, commodes; wheel-chairs, walkers, and more. Referral from a healthcare practitioner required.

*Monday, Wednesday, Friday: 10:00am-2:00pm*

**Phone: 250-814-0200**

**Pharmacies** (see also p. 17)

Revelstoke pharmacies offer a variety of specialized equipment, including communication and mobility aids and incontinence supplies.

**People's Drug Mart: 250-837-5191**

**Pharmasave: 250-837-2028**

**Canadian Mental Health Association (CMHA)**  
**Shuswap, Revelstoke Branch**

CMHA is a nation-wide, volunteer organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. It accomplishes this mission through advocacy, education, community-based research, and service.

In Revelstoke, CMHA runs the Revelstoke Awareness and Outreach Program (RAOP), which offers friendship, support, and empathy to people isolated by the effects of mental illness. Trained peer volunteers assist people in building self-confidence. Located at the Clubhouse in the laneway behind Skookum Cycle and Ski.

**Phone: 250-837-6030**

**Toll-free Crisis Line: 1-888-353-CARE (2273)**

**Email: [info.sr@cmha.bc.ca](mailto:info.sr@cmha.bc.ca)**

**Web: [www.shuswap-revelstoke.cmha.bc.ca](http://www.shuswap-revelstoke.cmha.bc.ca)**

**Interior Health Mental Health and Substance**  
**Use Services**

This program is out of Queen Victoria Hospital (see p. 19), and includes:

- psychiatry,
- adult mental health (including seniors), and
- alcohol and drug counselling services.

**Phone: 250-814-2241**

**Community Connections Clinical Services**

Community Connections offers individual, family, and group counselling services to those who may be experiencing a range of problems, including:

- anxiety and stress,
- loss/grief,
- relationship conflict, and
- violence, including sexual, physical, and emotional abuse.

*All services are free of charge.*

**Phone: 250-837-2920**

**Email: [info@community-connections.ca](mailto:info@community-connections.ca)**

**Web: [www.community-connections.ca](http://www.community-connections.ca)**

**Alcoholics Anonymous**

St. Peter's Anglican Church, 622 2nd St. W.

*Open meetings are held Wednesdays at noon, and Fridays and Saturdays at noon and/or 8pm.*

**Male contact: 250-814-8059**

**Female contact: 250-814-7861**

**Web: [www.aarevelstoke.ca](http://www.aarevelstoke.ca)**

**Alanon** (for friends and families of alcoholics)

United Church, 314 Mackenzie Ave.

*Meets Mondays at 7:30pm. Ladies' meetings at 7:00pm at the Sandman Inn (1901 Laforme Blvd).*

**Web: [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)**

**Narcotics Anonymous**

St. Peter's Anglican Church, 622 2nd St. W.

*Meets Sundays and Wednesdays at 7:30pm.*

**Toll-free Help Line: 1-877-782-7409**

**Web: [www.narconon.ca](http://www.narconon.ca)**



*For private counselling services, see the  
Revelstoke & Area Directory of Social Services.  
[www.revelstokesocialdevelopment.org](http://www.revelstokesocialdevelopment.org)*



**Revelstoke Community and Aquatic Centre**  
**600 Campbell Ave.**

The City of Revelstoke offers a myriad of activities, some especially for seniors. The Parks and Recreation Leisure Guide has a complete, up-to-date listing of local clubs, organizations, societies, and community activities. For more information or to obtain the guide, visit the front desk of the community centre.

**Phone: 250-837-9351**

**Web: [www.revelstoke.ca](http://www.revelstoke.ca)**

(click on Departments, then Parks, Recreation, and Culture)

**Pool Passes and Recreation Subsidies**

For clients who meet the low-income criteria, passes for the Revelstoke Aquatic Centre and subsidies for all other Parks and Recreation programs are available. Applications are accepted at Community Connections (314 2nd St E.) on Thursdays from 1:00pm-3:00pm.

**Phone : 250-837-2920**

**Web: [www.community-connections.ca](http://www.community-connections.ca)**

**Revelstoke Senior Citizens' Association and Seniors' Centre**  
**603 Connaught Ave.**

RSCA offers a variety of activities, including a monthly birthday party, fitness classes, and computer lab.

Membership is \$10/year and most activities are free.

**Phone: 250-837-9456**

**Email: [revelstokeseniors@rctvonline.net](mailto:revelstokeseniors@rctvonline.net)**

**Web: [www.revelstokeseniors.ca](http://www.revelstokeseniors.ca)**

**The Royal Canadian Legion****BC/Yukon Command - Revelstoke Legion #46**  
**600 1st St. W.**

The Legion's mission is to serve veterans (including those currently in the military and RCMP) and their families, to promote remembrance, and to serve its communities and Canada.

**Phone: 250-837-6020**

**Email: [rcl46@rctvonline.net](mailto:rcl46@rctvonline.net)**

**Web: [www.legionbcyukon.ca/content/revelstoke-46](http://www.legionbcyukon.ca/content/revelstoke-46)**



**If you have a police, fire, or medical emergency, call 911!**

## ADULT ABUSE AND NEGLECT

### Community Response Network (CRN)

The CRN is a diverse group of concerned organizations and individuals that works to end adult abuse, neglect, and self-neglect. The CRN meets regularly to discuss opportunities for better support to all at-risk adults and to implement prevention and education activities. If you or someone you know are possibly being mistreated, please call Social Work at **250-837-2131 x50204**. If the adult being mistreated has a disability, please call Community Living BC at **1-250-832-1720**.

**Email:** [revycrn@gmail.com](mailto:revycrn@gmail.com)

**Web:** [www.bccrns.ca](http://www.bccrns.ca)

### Revelstoke Women's Shelter – Forsythe House

Forsythe House provides refuge and support for women and their children at risk of or experiencing emotional, physical, sexual, or financial abuse.

**Crisis Line 24 hours/day:** 250-837-1111

**Office:** 250-837-4382

**Email:** [forsythe@telus.net](mailto:forsythe@telus.net)

**Web:** [www.revelstokewomensshelter.com](http://www.revelstokewomensshelter.com)

## AMBULANCE, FIRE, & RCMP

### RCMP Detachment 404 Campbell Ave.

The Revelstoke RCMP aims to preserve the peace, uphold the law, and provide the best possible service to keep the community safe.

**Administration:** 250-837-5255

**Web:** [www.revelstoke.rcmp-grc.gc.ca](http://www.revelstoke.rcmp-grc.gc.ca)

### RCMP Victim Services

Highly trained staff provide support services for victims of crime or trauma at no charge.

**Phone:** 250-837-9260

**Email:** [victim.services@revelstoke.ca](mailto:victim.services@revelstoke.ca)

### Fire Rescue Services

227 4th St. W.

On request, the Fire Inspector conducts free smoke alarm checks, group fire extinguisher training, and other fire education activities.

**Administration:** 250-837-2884

**Web:** [www.cityofrevelstoke.com](http://www.cityofrevelstoke.com) (click on Departments)

### BC Ambulance

900 Oscar St.

BCA provides emergency medical care and patient transfers.

**Regional Administration:** 1-250-828-5855

**Web:** [www.bcehs.ca](http://www.bcehs.ca)

## CONSUMER PROTECTION

Loss of money is the crime most commonly reported by seniors. Consumer fraud includes:

- home renovation scams,
- bogus charities, and
- telemarketer/e-mail requests for personal financial information.

Typical scams include supposed lottery wins and prizes, offers from overseas to place money in your account, and “It’s the manager calling” to update your account details or to say you have missed payments.

### Consumer Protection BC

This organization has been designated by the BC government to address consumer complaints.

**Toll-free: 1-888-564-9963**

**Web: [www.consumerprotectionbc.ca](http://www.consumerprotectionbc.ca)**



## Telemarketers

Call **Phone Busters**, a central source for complaints against telemarketing fraud:

**Toll-free: 1-888-495-8501. Ask for ‘Seniors Busters’.**

The **National Do Not Call List (DNCL)** gives consumers a choice about whether to receive telemarketing calls.

**Phone: 1-866-580-3625**

**Web: [www.innate-dncl.gc.ca](http://www.innate-dncl.gc.ca)** (lowercase ‘l’; not uppercase ‘i’)

### WHAT TO DO:

- Say no! Hang up! Close the door!
- Delete the email! Or call the police!
- NEVER give out any of your personal or financial information by email or over the phone!

## EMERGENCY & DISASTER PREPAREDNESS

### Emergency Social Services (ESS)

ESS provides basic short-term services required by people who are forced from their homes by disasters. Essential services include: food, lodging, clothing, family reunification, and emotional support.

**Local Coordinator: 250-837-8629**

**Web: [www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery](http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery)**

## FALLS PREVENTION

Contact Occupational Therapy at **250-814-2270**.

## MEDICAL ALARMS

These companies provide paid personal response services to summon help and/or detect falls 24 hours/day.

**Lifeline in Vernon: 1-250-814-2267**

**Lifecall: 1-800-661-5433; [www.lifecall.ca](http://www.lifecall.ca)**

Do your research, as costs can add up!



## SETTLEMENT SERVICES

**Revelstoke Settlement Services**  
**Okanagan College, 1401 1st St. W.**

Staff help immigrants and refugees with their settlement goals, including ESL, filling out forms, researching work and education options, social events, etc.

**Phone: 250-837-4235 x6502**

**Web: [www.okanagan.bc.ca](http://www.okanagan.bc.ca)**

(Click on Campus and Community and follow the links)

## BUS PASS

Purchase bus tickets or a pass for the local bus at the front desk of City Hall or at the Community Centre.

**City Hall: 250-837-2161**

**Community Centre: 250-837-9351**

Eligible low-income seniors and persons with disabilities can buy a yearly bus pass at a reduced cost. For more information or to apply call the Ministry of Social Development.

**Toll-free: 1-866-866-0800**

Bus schedules can be picked up at City Hall, the Seniors' Centre, and the Community Centre.

View online at [www.bctransit.com/Revelstoke/?p=2.list](http://www.bctransit.com/Revelstoke/?p=2.list)

*When travelling by bus, ferry, or air, or when staying in hotels/motels, remember to ask for the seniors' discount!*

## DISABLED PARKING PASS

To apply for a disabled parking pass, download and print the application form from [www.sparc.bc.ca](http://www.sparc.bc.ca) or pick one up at the Selkirk Medical Clinic (201-101 1st St. W).

Your doctor must fill in the appropriate section. Mail the completed form, along with payment of a small fee, to the SPARC BC office (address on the form). Forms cannot be faxed, as the original signatures of the applicant and doctor are required.

## HEALTH CONNECTIONS BUS

This program is a partnership funded by Interior Health and provides transportation to non-emergency medical appointments in Salmon Arm, Kamloops, Vernon, and Kelowna. Although medical appointments take priority, everyone is eligible to use this service if space is available.

### **Schedule:**

- *The bus travels from **Revelstoke to Kamloops on Tuesdays**, leaving Revelstoke from the Community Centre at 8:00am and departing from Kamloops for the return trip at 3:00pm.*
- *The bus travels from **Revelstoke to Kelowna on Wednesdays**, leaving Revelstoke at 8:00am from the Community Centre and departing from Kelowna at the hospital and Orchard Park Mall, Chapters, for the return trip at 3:00 pm (schedules also available at the Community Centre).*

To guarantee a seat, call at least 24 hours in advance. Non-medical reservations may be bumped.

**Phone: 250-837-3888**

**Toll-free: 1-866-618-8294**

**Web: [www.bctransit.com](http://www.bctransit.com)**

Fare is \$5.00 one-way. Please have exact change. No luggage allowed (purses, bags okay).

## DOOR-TO-DOOR TAXI PASS

Taxi passes are for people with disabilities who are able to transfer themselves to a vehicle. Passengers must first register at the Community Centre. There is no fee to register and the information you provide is confidential. Each applicant is eligible for 20 one-way trips per month at a cost of \$2.00 per trip.

**Phone: 250-837-9351**



## HANDYDART

**To book a spot: 250-837-3888**

This program offers door-to-door transportation service for people unable to use the conventional transit service without assistance. The HandyDart is a fully accessible vehicle equipped with a wheelchair lift. Available to all registered clients on Mon, Thur, and Fri, 8:30am-4:00pm. Trips are shared and must be booked a minimum of 24 hours in advance. To register or for more information, visit the Community Centre for an application or call **250-837-9351**.

## KOOTENAY CAR SHARE COOPERATIVE

Carsharing is a great way to save money. If you need a car four days a week or fewer, carsharing will probably work for you. With a one-time sign-up fee, you get the benefits of a car without the hassle.

**Branch Coordinator: 250-837-5445**

**Regional office: 1-250-352-2033 (Nelson)**

**Web: [www.carsharecoop.ca](http://www.carsharecoop.ca)**



## KOOTENAY RIDE SHARE

Post your travel needs on Kootenay Rideshare – it's like electronic hitchhiking! Designed to minimize the impacts of travel, ridesharing saves money, reduces emissions, and builds community. Special website page for seniors.

**Web: [www.kootenayrideshare.com](http://www.kootenayrideshare.com)**

## TAXIS

**Johnnie's Taxi: 250-837-3000**

**R Taxi: 250-837-4000**

## VETERANS AFFAIRS

VA provides information and assistance to serving and discharged members of the Canadian Forces, RCMP, and their families.

**Toll-free: 1-866-522-2122**

Remember to have your discharge number on hand! For local Service Officer information, contact the Seniors' Centre:

**Phone: 250-837-9456**

**Web: [www.revelstokeseniors.ca](http://www.revelstokeseniors.ca)**

## Veterans Transition Network

Provides connection, communication, self-maintenance and career help for former Canadian Forces and RCMP personnel. Provides funding for people to travel to the Lower Mainland for their programs.

**Toll-free: 1-844-236-8387**

**Web: [www.vtncanada.org](http://www.vtncanada.org)**

## Royal Canadian Legion - Revelstoke #46

600 1st Street W.

**Phone: 250-837-6020**

**Web: [www.legionbcyukon.ca/content/revelstoke-46](http://www.legionbcyukon.ca/content/revelstoke-46)**

## Revelstoke Veterinary Clinic

717 Victoria Rd.

**Phone: 250-837-4530**

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## VOLUNTEER OPPORTUNITIES

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There are many opportunities to volunteer in Revelstoke. Visit or phone the Revelstoke Senior Citizens' Association at **250-837-9456**. Or check out the volunteer bulletin board at the Community Centre, near the north entrance.

**Web: [www.revelstokecf.com/volunteers](http://www.revelstokecf.com/volunteers)**



### **This guide was produced by the Revelstoke Senior Citizens' Association.**

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**We apologize for any errors or omissions.**



*Photo: Ruby Cameron*

### **Disclaimer:**

***The Revelstoke Senior Citizens' Association is in no way responsible for the delivery of the services listed in this guide.***

Cover photo: Dale Dusang.

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Remaining interior photos courtesy of the Revelstoke Seniors' Centre.



# Revelstoke Seniors Guide 2016



*Photo: Dale Dusang*



*Photo: Eleanor Hills*

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