

This information is designed as a general reference only. Reference to any service does not imply endorsement or recommendation by the Senior's Information & Resource Bureau or the North Okanagan Social Planning Council.

Please email sirb@socialplanning.ca with suggested corrections, amendments, deletions, or additions to this List.

COMMUNITY SERVICES LIST FOR VERNON, ARMSTRONG & ENDERBY

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GOVERNMENT AGENCIES		
Federal:	Contact Information:	Fax / E-mail:
Veteran Affairs Canada (formerly known as DVA)	1-866-522-2122	
Vernon – Steve Argue – Area Counsellor	1-866-522-2122	
Armstrong/Enderby	1-866-522-2122	
Westwold/Lumby/Falkland	1-866-522-2122	
Veteran Affairs Canada – Veterans of Foreign Countries	1-888-996-2242	
Income Security Programs (CPP/OAS/GIS)	1-800-277-9914	
Passport Canada (#306-471 Avenue Queensway Kelowna)	1-250-762-3018	1-800-567-6868
Gov't of Canada – (General Switchboard – all depts.)	1-800-622-6232	
GST/HST Credit	1-800-959-8281	

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GOVERNMENT AGENCIES		
Provincial:	Contact Information:	Fax / E-mail:
Access Centre (Gov't Agent/Service Centre)	250-549-5511	
Accountant Referral Services	1-800-663-2677	
B.C. Housing	1-800-257-7756	
B.C. Ministries Referral Line - Personal Support Serv.	1-888-818-1211	
B.C. Nurse Line	1-866-215-4700	
B.C. Respiratory Outreach	1-866-326-1245	www.bcits.org
CanAssist		www.canassist.ca
Cancer Information Line	1-888-938-3339	
Day Break Adult Day Care	250-542-9898	
Dental Health Service	250-549-5700	
Dial - A - Dietitian	1-800-667-3438	
Elder Assessment/Short-term Treatment Prog. (east)	250-545-4456	
Enquiry B.C. - (Main switchboard for BC Gov't. Offices)	1-800-663-7867	
Geriatric Day Program	700 Granville St. Enderby	Ph:1-250-838-2480
First Nations Employment Services	250-558-3345	
First Nations Friendship Centre	250-542-5311	
Health Link BC – (Province Wide)	Tel No: 8-1-1 for all non-emergency health needs (pharmacy/nurseonline)	Ph.1-250-953-4293 contact: Aaron Macdonald
Health Services for Community Living - Vernon (HSCL)	250-541-2200	
Health Unit - Enderby	1-250-838-2450	
Health Unit - Lumby	1-250-547-2164	
Health Unit – Vernon	250-549-5700	
Integrated Care Co-ordination Program (VJH)	250-503-3703	Fx: 250-503-3702
Landlord/Tenant Housing	1-800-665-8779	

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GOVERNMENT AGENCIES		
Provincial:	Contact Information:	Fax / E-mail:
Law Line	1-800-577-2525	
Lawyer Referral	1-800-663-1919	
Law Society of B.C. (Complaints)	1-800-903-5300 (toll free-ask for complaints dept) or 1-604-669-2533	
Medical Services Plan (MSP)	1-800-663-7100	
Mental Health - Adult & Geriatrics - Vernon	250-549-5737	Fx:250-549-6358
Mental Health - Community Response Team (CRT)	250-260-7893	
Mental Health - Enderby/Armstrong	250-549-5737	Fx:250-549-6358
Ministry of Employment & Assist. Centre (aka:Social Serv.)	1-866-866-0800	
OKIB Health Unit - Six Mile	250-542-5094	
Ombudsman (Investigates unfair practices complaints)	1-800-567-3247	
Opportunities for Disabled Foundation	1-888-242-7202	www.oftdf.org
Pharmacare (Seniors Gold Care Card)	1-800-554-0250	
Public Trustee of B.C. (Kelowna)	1-250-712-7576	Fx:1-250-712-7578
Public Guardian of B.C.	1-604-775-0202	
Residential Tenancy Office	1-250-717-2000	
Senior's Medication Info. Line	1-800-668-6233	
S.A.F.E.R. (Shelter Aid for Elderly Renters - BCH)	1-800-257-7756	
W.C.B.	1-888-922-4466	

Community Organizations	Contact Information:	Telephone No:
B.C. Senior's Line		1-800-465-4911
Brain Injury Society	Central Okanagan (COBIS)(Kelowna)	1-250-762-3233
Church Serve		250-306-2064
Coffee Group/Armstrong (Drop-in)	The Brown Derby Café – Tues.@2:00 p.m.	No number available

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Community Organizations	Contact Information:	Telephone No:
Coffee Group/Enderby (Drop-in)	Community Health Centre –Thurs.@2:30 pm	No number available
Crisis Line	24 hours a day	250-545-2339
Custom Clothing Solutions	Dressing needs	1-800-817-4365
Good Morning Program	Support calls to Seniors living alone	250-545-8074
Halina Centre Recreation Complex	Senior's Programs – various	250-542-2877
Home Adaptations for Seniors Independence (HASI)	Contact: Judy Wowchuk	1-800-639-3938
Hospice House (Vernon)	3506 27 th Ave. Vernon	250-503-1800
Lafleur Street Clinic	2900-32 nd Ave. Vernon V1T 2L5	250-545-3572
Legal Aid Services Society	#201-3704-32 nd St. Vernon	250-545-3666
Needle Masters	Mobile Blood Collection & Lab Services Contact: Dawn Gillies, R.T.	250-309-6495 fax:250-558-9974
Neighbour Link	Volunteers – assistance in moving	250-558-5527
North Okanagan Handicapped Assoc. (NOHA)	12420 Westside Rd. Vernon	250-542-7605
North Okanagan Indian Band Health Office	12420 Westside Rd. Vernon	250-542-5094
Nurse Next Door-Mechal Corbett BSN Director	Individualized home care services	250-545-4455
Okanagan Life Line	4000-25 th Ave. Vernon	250-558-1334
People Place	Community Access Programs-3402-27 th Ave, Vernon	250-558-6585
Schubert Senior's Centre	All Seniors welcome – various programs	250-549-4201
Senior's Falls Prevention Program	North Okanagan Social Planning Council- @ 3205-31 st . Ave Vernon	250-545-8572
Senior's Information & Resource Bureau (SIRB)	North Okanagan Social Planning Council @ 3205-31 st . Ave Vernon	250-545-8572
Senior's Wellness	2 nd Tues of month @ Schubert Centre	250-542-3717
The Roving Readers	Reading to Seniors In-Home contact: Virginia Dansbureau	250-542-4166
Taoist Tai Chi Society of Canada	3105-28 th St. Vernon	250-542-1822
Transition House	(do not publish address)	250-542-1122
Vernon Disability Resource Centre	#101-3402-27 th Ave. Vernon (People Place)	250-545-9292
Vernon & Lumby Community Response Network	Fighting Adult Abuse & Neglect : Contact: Crisis Line	

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Community Organizations	Contact Information:	Telephone No:
Vernon Recreation Centre	3310-37 th Ave Vernon	250-545-6035
Welcome Wagon	Newcomers & Babies contact: Brenda Allard	250-542-3950
Western Star Cancer Dressings	Armstrong	1-250-546-6370
Western Star Cancer Dressings	Enderby	1-250-838-9741
Wheels to Meals/Lumby	(Offered 50+-Thurs. 12pm, OAP Hall)	1-250-547-9979
Wheels to Meals/Armstrong	Armstrong contact	1-250-546-8455
Wheels to Meals/Enderby	Weds.-1101 George St. Senior Centre	1-250-838-7541
Wheels to Meals/Vernon	Schubert Seniors Centre (Vernon)	250-545-3717
Whitevalley Community Resource Centre	Serving Seniors – 2114 Shuswap Ave. Lumby	1-250-547-8866

Delivery/Moving Services	Contact Information:	Telephone No:
Man With A Van	Contact: Michael-\$85/2men;\$105/3men; Seniors 10% discount	250-542-5226
Round Town Delivery Service	Bonded Services - delivery & shopping	250-308-7756
Sherlock Moving	Local & long distance moving. Piano & furniture delivery. Packing & clean-up service. Seniors discount. Contact: Todd Leavitt. http://enderbymovers.com/index.htm	250-558-7190

Groceries & Meals:	Contact Information:	Telephone No:
A Fine Kettle O'Fish - Vernon	Fresh / frozen seafood dinners contact: Bob	250-545-5665
Askew's - Armstrong	Delivery Weds. 9 am - 1 pm	1-250-546-3039
Better Meals	www.bettermeals.com - frozen meals	1-888-838-1888
Chef in the House	Custom menus - contact: Gary Osborne	250-554-7375
Community Kitchen for Seniors Church	Fri. morning 1 per-month@Salvation Army	250-545-7617
Food Bank - Vernon	32nd Ave. @ 9:30 a.m.-11:30 am	250-549-4111
Good Food Box Program	Cherryville to Salmon Arm	250-545-7617
IGA Grocery - Enderby	Orders - No delivery charge	1-250-838-7250

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Groceries & Meals:	Contact Information:	Telephone No:
Home For Dinner	Take-Out Meals-contact: Rosemarie Brownfield	250-549-3145
Red Basket Foods	Mon-Fri- No delivery charge over \$30	1-250-838-6064
Canada Safeway - Downtown Vernon	Delivery to Seniors locally w/\$25 order	250-542-8167
Senior's Dinner - Armstrong	Targeting Shut-ins -call Armstrong Legion	
Sheardowns Foodliner - Lumby	Delivery for Shut-ins	1-250-547-2236
Village Market (Vernon)	\$30=\$6 delivery chrg Over \$30=\$3 delivery chrg	250-542-2823

Handyman Services for Hire:	Contact Information:	Telephone No:
Dennis Kowal	Transportation / companionship / household maintenance / repairs. Rates dependent on service. Contact: Dennis	250-549-4747
Tim Udell		250-558-0974
Handyman Connection	Local contractors working for a national cpy	1-888-774-2639

Low-Cost or Free Handyman Services:	Contact Information:	Telephone No:
Neighbour Link	Volunteers	250-558-5527

Hearing Clinics:	Contact Information:	Telephone No:
Expert Hearing Solutions	690-4900 27 St., Vernon	250-542-1555
Okanagan Hearing Clinic	3415-32nd Ave. Vernon	250-542-3353
Vernon Hearing & Audiology Clinic	3002-32nd Ave. Vernon	250-542-0133

Medical Equipment & Supplies:	Contact Information:	Telephone No:
Medichair (Kelowna)		1-800-720-8020
NeedleMasters	Mobile Blood Collection and Lab Services. Rates starting at \$30. Contact Dawn Gillies, RT	Ph 250-309-6495 Fax 250-558-9974
Nightingale Medical Supplies	#111-3400 Coldstream Ave. Vernon	250-545-7033

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Medical Equipment & Supplies:	Contact Information:	Telephone No:
Red Cross Loan Cupboard	Equip. from Red Cross requires referral	
Vernon 2809-44th Ave. Vernon	Open Mon to Fri - 10am - 1 pm	250-545-3111
Armstrong Haugen Centre, Armstrong	Open Mon to Fri - 10 am - 12 noon	1-250-546-2882
Enderby 710 Granville Ave. Enderby	Open Mon/Tues/Wed/Thurs/Fri 10am-noon	1-250-838-0949
Salmon Arm 510-6th St. Salmon Arm		1-250-832-6553
Southward Medical Supplies	2601 Hwy 6, Vernon V1T 5G4 Phil Southward	250-542-3334
Specialty Medical Supply		1-250-470-9120
Specialty Steel Fabricators	Hwy 97 North, Armstrong	1-250-546-9468
SurgMed		250-549-7288
Tai Chi Club	3105-28th St. Vernon	250-542-1822
Valley Medical Lab	3107-31st. Ave. Vernon	250-549-1207
Vernon Medical Supplies	#3-3100-35th St. Vernon	250-542-0677

Nutrition:	Contact Information:	Telephone No:
Community Care Dietitian (VJH)	250-541-2237	250-306-9700 (Cell)
Community Nutritionist (Vernon Health Unit)		250-549-5700
Senior's Sharing Kitchens		250-545-7617
Old Age Pensioners Hall (Lumby)		1-250-547-2344

Occupational / Rehabilitation Therapists:	Contact Information:	Telephone No:
Community Rehabilitation Services	3800 Patton Drive Armstrong/Enderby	1-250-546-4742
Community Rehabilitation Services	(Vernon - VJH)	250-558-1203/1232

Opticians:	Contact Information:	Telephone No:
Art Schmidt Optical	3105-31st. St. Vernon	250-545-4481
Beaupre Vision Centre	3111-32nd. Ave., Vernon	250-545-1984

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Opticians:	Contact Information:	Telephone No:
Corner Optical	#150-4400- 32nd St. Vernon	250-545-3318
Downtowne Spectacle Shoppe	#104-3334-30th Ave. Vernon	250-549-0430
Ken Gaden Optical Ltd.	3002-32nd Ave. Vernon	250-542-1244
Iris The Visual Group	#760-4900-27th St. Vernon	250-542-2239
Lensmakers Optical	#101-3304-32nd Ave. Vernon	250-545-3225
Pearle Vision	#107-4900-27th St. Vernon	250-545-2391

Optometrists:	Contact Information:	Telephone No:
Hoekstra, Dr., Clark, Dr., Reed, Dr., Ashton, Dr.	#100-3605-31st.St. Vernon	250-542-4217
Irwin, Dr. Doug	#100-3605-31st.St. Vernon	250-542-4217
Labun, Dr. Karla	#102-711 Cliff Ave. Enderby	1-250-838-9966
Mark, Dr. Randy	#760-4900-27th St. Vernon	250-542-2239
Williams, Dr. Kimberley	#7-3100-35th St. Vernon	250-503-2020

Personal Foot Care:	Contact Information:	Telephone No:
Audrey Cliffe	Armstrong/Enderby	1-250-546-2979
Certified Foot Care	Home visits-North Ok.-contact: Lorraine	1-250-832-9923
Comfort First Footcare (Armstrong/Enderby)	Donna Canning (LPN)	1-250-540-3668 250-546-2952
Debra's Foot Care	Podologist- contact: Debra Stefans	250-545-9396
Dr. Greg Lindsay (Salmon Arm)	Podiatrist	1-250-833-1153
Happy Foot Care	Personal Foot Care - contact: Pam Jewell	250-309-3711 250-546-2951
Healthy Foot Care by Elsa	2545 Dunn Rd. Armstrong	250-545-2033
Healthy Steps Foot Care	May Fielden LPN Certified foot nurse (Community Care)	250-540 1002
Heart & Sole Foot Care	contact: Marlee (RN)	250-549-1569
Home Sweet Home Foot Care	contact: Elizabeth Kenny	250-542-0501

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Personal Foot Care:	Contact Information:	Telephone No:
Inner Sole Foot Care	Foot Care Assess. (LPN) cont: Janice (Armstrong, Enderby, Lumby/Vernon)	250-308-5782
Lumby Senior's Drop-in Footcare	Bi-weekly - Wednesdays	250-547-8821
Nina's Foot Care	Mobile/Podology -contact: Nina	250-306-7767
Nursing Foot Care	Assessments / nail care / massage / hygiene / education. Contact: Holly Malfair, RN	250-542-9717
People Place	Reflexology	250-558-6585
Senior's Centre (Armstrong)	2520 Patterson Ave. Armstrong	1-250-546-8307
Senior's Centre (Enderby)	1101 George St. Enderby	1-250-838-7541
Simply Foot Care	Feet / nails / hair / massage Jo-Anne Smith RCA	250-309-7644
The Foot Nurse	Feet / nails / hair / massage Jo-Anne Smith RCA	1-250-804-3429
Transition Massage & Foot Care	Mobile/Salmon Arm contact: Joan Vonniessen	250-542-7969
Vernon Foot Clinic	3404-32nd. Ave. Vernon	250-542-3959

Personal Hair Care:	Contact Information:	Telephone No:
Mobile Hair Care	Fri / Sat / Sun. reasonable rates contact: Kathy Feenstra	
On Wheels Hair Care	Connie	250-545-7421
Rosanne's Hair	Men's & Ladies (in my home)	250-542-5882
Rosanne's Hair Mobile	Men's & Ladies	250-542-5882
Interior Academy School of Hair, Esthetics and Nails	\$10.00 for nail trim and feet soak	250-542-8393

Pharmacies:	Contact Information:	Telephone No:
Enderby Pharmacy & Wellness Centre	513 Cliff Ave. Enderby	1-250-838-6469
Hogarth's Clinic Pharmacy	3310-32nd Ave. Vernon	250-545-3660
IDA Drug Stores	1960 Vernon St. Lumby	1-250-547-2324
London Drug Stores	#700-4400-32nd St. Vernon	1-250-549-1551
Nolan's Clinic Pharmacy	3009-31st. Ave. Vernon	250-542-5866
Nolan's Pharmasave	3101-30th Ave. Vernon	250-542-2929

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Pharmacies:	Contact Information:	Telephone No:
Real Canadian Wholesale Pharmacy	2501-34th St. Vernon	250-260-4558
Save-On Foods Pharmacy	#245-4900-27th St. Vernon	250-558-4954
Safeway Pharmacy	4300-32nd St. Vernon	250-542-0313 250-542-8008
Shopper's Drug Mart	3417-31st. Ave. Vernon	250-542-3371
Super Store Pharmacy	2501-34th St. Vernon	250-260-4558
Wal-Mart Pharmacy	2200-58th Ave. Vernon	250-558-0562
Zellers Pharmacy	4900-27th St. Vernon	250-545-7328

Physiotherapists:	Contact Information:	Telephone No:
Community Rehabilitation Services	3800 Patten Dr. Armstrong	1-250-546-4742
Community Rehabilitation Services	(Vernon) VJH	250-558-1203 250-558-1232
Concept Physiotherapy	#200-2802-30th St. Vernon	250-260-1550
Damini Physical Therapy Centre	#103-3310-32nd Ave. Vernon	250-545-2335
Enderby Physiotherapy Clinic	719 Mill Ave. Enderby	1-250-838-2012
Kalamalka Physiotherapy	#8-100 Kalamalka Lake Rd. Vernon	
Mobile Physiotherapy	In home- contact: Helen Ansell	250-558-6830 250-542-4566
Priest Valley Manual Therapy Centre	2815-35th St. Vernon	250-549-2552
Spine & Sport Physiotherapy		1-888-774-2639
Spine & Sport Physiotherapy	#201-4710-32nd Ave. Vernon	250-545-6030
Valley Physiotherapy Group	3407-31st. Ave. Vernon	250-542-8910
Vernon Home Care Physiotherapy	Home physiotherapy – Rehab Services. Call for more info. Contact: John Shanks, Registered Physiotherapist	(O) 250-938-4708 (F) 250-542-2334
Vernon Physiotherapy & Rehabilitation Clinic	3007-31st.Ave. Vernon	250-545-3696
Way, D. John (Physiotherapist)	6448 Montcalm Dr. Lavington	250-260-3936

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Private Home Support Services:	Contact Information:	Telephone No:
'All Spruced Up'	Household duties/ironing/meal prep/pet care groceries/vehicle care contact: Kathy - \$15 per hour and up depending on service provided.	250-545-5207
Angelic Personal Home Care	Pet sitting / errands / footcare / housework	250-503-0077
'Can Do For You' Seniors Home Care Support	Yard work / painting etc. Contact: Pat Aguilar	250-542-1808
Caring For You At Home Support Services	Caregiving / housework Contact: Wendy	1-250-546-2893 250-503-7227
Darcy Shields	House cleaning/transportation/errands/appts.	250-540-2979
Dennis Kowal	Transportation / companionship / household maintenance / repairs. Rates dependent on service. Contact: Dennis	250-549-4747
Donna's Support for Seniors	Companionship / shopping / meal preparation / social outings. Rates dependent on service – starting at \$18 per hr. Contact: Donna	250-260-2807
Heather Benn	Caregiving / meds.monitor / respite / shopping	250-542-0758
Home Sweet Home	Care / shopping / housework Contact: Liz Kenny	250-542-0501 250-309-2089
Integrity Home Support Services		250-306-8734
Jeanette Leduc	Yard work / weeding / lawn / East Hill only	250-542-1808
Linda's Senior Home Services	Housework / foot / hair / pet care / shopping / drive	250-542-2304
Mike Bellamy	Care / activities / shopping / med. appts.	250-307-5149
NeedleMasters	Mobile Blood Collection and Lab Services. Rates starting at \$30. Contact Dawn Gillies, RT	Ph 250-309-6495 Fax 250-558-9974
Nurse Next Door - Mechal Corbett, BSN, Director	Individualized homecare services	250-545-4455
Okanagan Private Supportive Living Association	Housing only	250-558-4009
Pat Siemens	Housework / shopping	250-545-4836
Positive Image Concepts	Rehab & Home Support - contact: Terry Muir	250-542-0437
PRN/Elite Home Health Care Services		250-309-1350
Sheila Chaisson	Care / housework / cooking	250-545-6602 250-306-8585
Tami Ryder	Care aid / home support / companionship for seniors and disabled. Contact for more info	250-558-0052 250-306-8996
Tracy Graham	Housekeeping Service = \$15 per hr.	250-545-0665
Tracy Ryan	Housekeeping Service = \$17 per hr.	250-542-0758

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Private Home Support Services:	Contact Information:	Telephone No:
We Care Health Services	Assessments/Nursing Care/Homemaking Contact: Holly Malfair, RN	250-542-9717
Yvonne Haller	Housekeeping Service = \$18 per hr.	250-260-1022

Transportation:	Contact Information:	Telephone No:
Armstrong/Enderby Taxi		1-250-546-6961
Dennis Kowal	Transportation / companionship / household maintenance / repairs. Rates dependent on service. Contact: Dennis	250-549-4747
Enderby-Armstrong Taxi		1-250-838-7241
Handy Dart Bus	Book: 3 days in advance- Fee: \$1.75 per trip	250-545-7221
Neighbour Link	Volunteer Drivers	250-558-5527
Revelstoke Taxi	VJH to Kelowna - Call to arrange ride	1-250-837-3000
Seniors Bus Pass Supplement		1-888-661-1566
Seniors Information Resource Bureau (SIRB)	Medical Appts etc / Volunteer Drivers only	250-545-8572
The Masons	To Kelowna Cancer Clinic	1-800-299-0188
Travel Assist Program		1-800-661-2668
Vernon & Regional Transit Service	4210-24th Ave. Vernon	250-545-7221
Vernon Taxi	Wheel-chair accessible vans	250-545-3337
Vernon Taxi Saver	\$30 in coupons-eligible for HandyDart	250-545-7221
VIP Charter	Tours/Transportation for Groups/Individuals Contact: Rick Windsor	250-307-6269