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Seniors Information  
Booklet.**



**September 2023**

## **NORTH CARIBOO SENIORS' COUNCIL**

### **Seniors' Information Booklet**

#### **Our Services include:**

- **Yardwork/Snow Removal**
- **Meal Deliveries**
- **Housing Support**
- **Agency Networking for Seniors**



#### **AREAS OF FOCUS**

- Safety and Accessibility
- Transportation
- Housing
- Social Participation and Recreation
- Respect and Social Inclusion
- Communication and Information
- Food Security and Health

We continue to engage and utilize the community's strong volunteer base, partner with key stakeholders, and search for funding avenues by way of grants and donations to deliver programs and services which continue to improve the lives of seniors in our community.

**#102—246 St. Laurent Avenue  
(Spirit Square)**

**Quesnel, BC V2J 2C9**

**PHONE: 250-991-0510**

**EMAIL:**

**[info@caribooseniorscouncil.org](mailto:info@caribooseniorscouncil.org)**

**[ncseniorsc@gmail.com](mailto:ncseniorsc@gmail.com)**

**Office hours are:**

**Tues-Wed-Thurs 9:30a-3:00p**

**Find us at:**

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

**[www.facebook.com/NCSCQuesnel](https://www.facebook.com/NCSCQuesnel)**



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## 5 reasons to have a North Cariboo Seniors' Council Membership

1. Your membership fee will help us as we work to improve the lives of our seniors, and you may be one some day.
2. You can know that you put a smile on a seniors face by providing food or keeping them safe and supported in their own home.
3. The membership in the NCSC allows Quesnel to get funding and support for being an age friendly community.
4. You are supporting your parents, grandparents, aunts, and uncles who have all helped build our community.
5. Your membership supports our volunteers in providing an average of 85 visitations, 187 meals, and over 50 hours of yard work or snow removal per month.

Please See website for application or call the office at 250-991-0510

Community and Business memberships are available.

We have 3 levels of membership

- ◆ \$10 individual membership,
- ◆ \$50 community group membership  
(Rotary, Quesnel Senior Society)
- ◆ \$100 business membership.

We encourage you to become a member and show your support of the North Cariboo Seniors' Council, as we work to improve the lives of seniors.

See website for application and details  
([www.caribooseniorscouncil.org](http://www.caribooseniorscouncil.org))

A membership purchased will remain current one year from March.

## This Book is brought to you by



### Our Mission

To protect and enhance the safety, quality of life, livability and sustainability of our senior citizen community and utilize opportunities available in order to benefit all seniors.

We will be successful in serving the needs of our Seniors' community through:

**Visionary Leadership**

**Strong Community Partnerships**

**Safety and Service**

**Sound Financial Management**

We created a council that has a well-rounded representation of all ages, health authority, cultures, business, technology and services, to not only create a sustainable support network, but to foster one that can grow, and thrive for all seniors.

We would like to sincerely thank the following



## Emergency Services

**If it is an immediate emergency please call 9-1-1**

**IF you are a victim of a crime please call**

**Victim-Link- 24 hour line: 1-800-563-0808**

During an emergency, dial

☎ 9-1-1

### Contact information **RCMP**

584 Carson Ave  
Quesnel BC V2J 2B5

Telephone: 250-992-9211

Fax: 250-992-9312

👤 English only

🗺 Your nearest bilingual detachment is [Prince George](#)

### Services available

- ✓ Chauffeur's permit
- ✓ Criminal records check
- ✓ Fingerprints
- ✓ Online crime reporting
- ✓ Report a crime
- ✓ Vulnerable sector check

### Hours of operation

**General services** Monday to Friday  
8 am to 4 pm

### Crisis Lines

For those needing suicide prevention, crisis intervention, and distress management service, 24-hour phone support, risk assessment, safety monitoring, and community engagement.

**BC Crisis Line** 1-888-562-1214

**Adult/Elder Crisis Line** 1-800-KUU-US17 (1-800-588-8717)

**Metis Crisis Line** 1-833-MetisBC (1-833-638-4722)

Provided by: KUU-US Crisis Line Society

**Gambling support line** 1-888-795-6111

Provides free, confidential, multilingual information and support about gambling.

**1-800-SUICIDE (1-800-784-2433)**

**310 Mental Health Support 310-6789**



## Elder Abuse

**Stop adult abuse and neglect! Together we can help!**

Adult abuse is any action which will cause harm to another physically, financially, sexually, or psychologically.

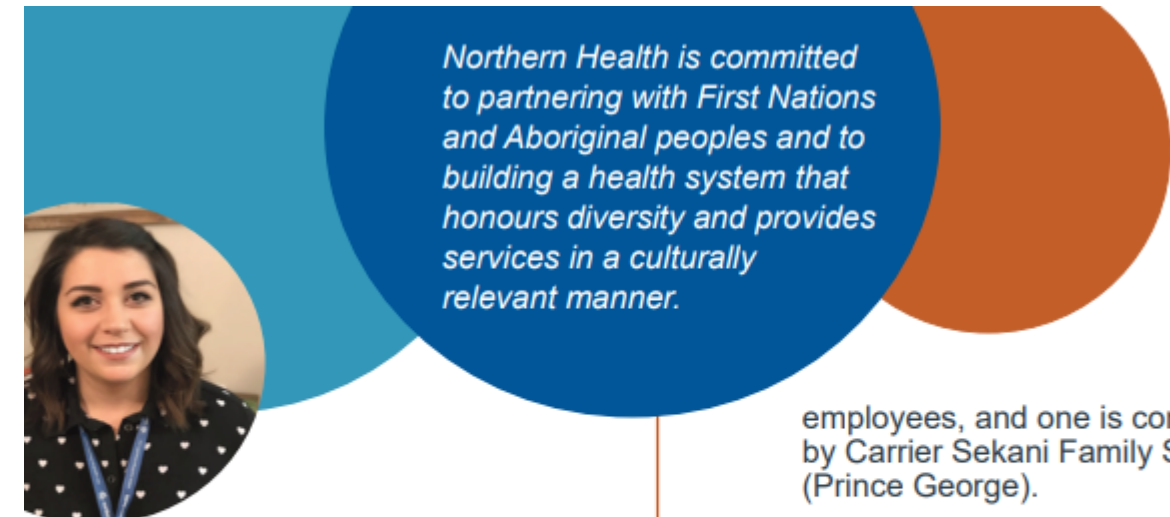
**CALL 9-1-1 for Emergency RCMP**

**Seniors First BC** (lower mainland) **1-866-437-1940** or **604-437-1940**  
**CRISIS LINE 310-6789**

Provides assistance and support to older adults and third parties assisting older adults, who are dealing with abuse or mistreatment as well as assistance to navigate systems that impact older adults. Services are provided through a helpline, victim services. This program is open to all of BC. Those who may benefit include seniors who are feeling alone or facing difficult life situations and want help working through a problem.

**BC Community Response Network 250-992-9156**

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults. When the community cannot provide appropriate support to the adult, the Adult Guardianship Act provides designated agencies (Health Authorities and Community Living BC) with the responsibility of investigating and ensuring that the proper action is undertaken.



**LYNDSLEY RHEA**  
Aboriginal Patient Liaison

G.R. Memorial Hospital  
543 Front Street  
Quesnel, BC V2J 2K7

Phone: 250-985-5812  
Cell: 250-983-8411  
Fax: 250-985-5875  
Lyndsey.Rhea@northernhealth.ca

Hours: Monday - Friday  
8:30 am to 4:30 pm

### ABORIGINAL PATIENT LIAISONS (APL)

APLs work to ensure Indigenous Peoples and their families have access to high quality, culturally appropriate care. APLs help bridge the gaps between western and traditional medicine for a holistic health approach.

Indigenous Health supports ten APLs, nine of which are NH

employees, and one is contracted by Carrier Sekani Family Services (Prince George).

### SERVICES PROVIDED

- Arrange for translation services
- Help patients understand health care processes, procedures and terminology
- Help admission and discharge planning go according to patient needs
- Assist with Advance Health Care Planning
- Facilitate communication and cultural understanding between patient and care providers
- Assist patient with end-of-life resources
- Coordinate spiritual / cultural advisors
- Support and comfort family and friends
- Help link patients to First Nations Health Benefits
- Assist with transition to and within long-term care

## NOTES

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**North Cariboo Seniors' Council would like to acknowledge  
that all our services are situated on the unceded  
traditional territories of the Lhtako Dene Nation.**

## Financial Services

### OAS/GIS

1-800-277-9914

Apply for the Old Age Security (OAS) pension & the Guaranteed Income Supplement (GIS)  
To apply online, you must:

- Be 65 years or older
- Be a Canadian citizen or legal resident
- Have resided in Canada at least 10 years since the age of 18



### Income Assistance

1-866-866-0800

You may be eligible if you find yourself in any of these situations:

- You're out of work or not earning enough to meet basic needs.
- You're waiting for other sources of money to arrive.
- You can't work at all.
- You urgently need food, shelter, or medical attention.

### Community Volunteer Income Tax Program

Sharon

250-747-2132

North Cariboo Seniors' Council is proud to partner with the Community Volunteer Income Tax Program (CVITP) to provide support for low-income individuals needing their tax return done. Please call to book your appointment.

### Veterans' Affairs Canada

1-866-522-2122

If you are a current or former member of the CAF or RCMP, or a family member, we have targeted services and benefits to improve your well-being.

### Credit Counselling Society for BC

1-888-527-8999

## Shelters and Housing

**Amata Transition House Society**      **Info**      **250-992-7321**  
**(24-hour Crisis line)**      **250-992-3385**

Provides a 24-hour safe shelter and support for self-identified women (and their dependent children), and senior woman who have experienced, or are at risk of experiencing, violence or abuse, whether physical, mental, emotional, or financial.

**Season's House**      **250-991-0222**

Is the primary shelter for people experiencing homelessness in Quesnel. All services at Seasons House are provided with respect, compassion, and utmost confidentiality.

**BC Housing SAFER Program**      **1-800-257-7756**

### **Shelter Aid for Elderly Residents:**

Provides a monthly rent supplement to eligible BC seniors age 60 or over with low to moderate incomes.

Households that do not qualify for the Rental Assistance program or Shelter Aid for Elderly Renters (SAFER) may be selected to receive the Canada BC Housing Benefit, but cannot apply directly. Existing clients need to reapply each year. **Office hours are 8:30 am to 4:30 pm Monday to Friday.**

**Dakelh & Quesnel Community Housing**      **250-992-3306**  
**Stepping Stone**      **250-992-3306**  
**Kikihnaw**      **250-992-3306**  
**Bridges Supportive Housing**      **250-991-0222**  
**Fraser Village (low income)**      **250-991-5054**  
**Maeford Place (assisted living)**      **250-992-8342**  
**Redwood Residence (assisted living)**      **778-466-5400**  
**Silver Manor**      **250-992-3306**  
**Night Respite Program**      **250-983-6850**  
**Seniors First BC**      **1-866-437-1940**

## Seniors' Activities

**Quesnel Seniors' Centre**      **250-992-3991**

Call the Centre for more information about these and other activities

Line Dancing      Hand Bell Ringers      Spring Garage Sale  
 Tai Chi Chih      Tops (3X per week)      Fall Craft and Market  
 Vintage Car Club      Red Hat Ladies.      Christmas Dinner  
 Cards - Canasta, Bridge, Cribbage, Whist      Ladies Pool

Activities Vary.

Anyone over the age of 40 is welcome to join, most activities require a membership which is \$10 per year.

**The Centre is open daily, Monday to Friday, from 10 am until 1 pm.**

Monday	10:00 AM Tai Chi
Tuesday	10:00 AM Coffee's on 1 PM Cards \$2.00 7 PM Beginners Line Dancing \$2.00
Wednesday	10:00 AM Coffee's on 1:00 PM Bridge \$2.00
Thursday	10:00 AM Coffee's on 2—4 PM Line Dancing
Friday	1 PM Cards Coffee is always on.
Saturday	Various Booked Activities please contact Quesnel Seniors' Centre
Sunday	Pancake breakfast 1 <sup>st</sup> and 3 <sup>rd</sup> Sunday of each month, 8:00 am until noon - open to the public. between Sept and May.



## Seniors' Activities

**Quesnel Arts & Recreation Services**                      **250-992-8200**  
Has various programs geared towards seniors both physically, culturally, and intellectually. Please check the Rec Centre website or call the Rec Centre for schedule.

Recommended seniors' programs are: Trail Blazers Nordic Walking, Pickleball, SeniorFit, Choose to Move, Cooking classes and Pottery Workshops.

CardioLite, Aqua Lite, Aqua Fit and Deep Water Running are all drop-in programs and do not require pre-registration, just a drop-in fee. Admission is **FREE** for those 80+

**West Fraser Centre**    **250-992-7125**  
**330 Vaughan St, Quesnel BC**

Rubberized Walking Track available on the 2<sup>nd</sup> Floor.  
**Monday to Friday 8:30 AM to 4:00PM unless there is a paid event.**  
**Hours vary with the season**

**Quesnel Branch of the Old Age Pensioners Organization (OAPO)**    **250-991-0090**

Current ongoing activities that take place at Golden Centre run by the OAPO, include lunch on Mondays, Tuesdays, Thursdays and Fridays from 11:30 a.m. to 12:30 p.m.

Card games are always popular and include drop-in cribbage, two crib tournaments a year and more. New players are always welcome.

**Quesnel's Gold Pan Grannies**    **250-992-7485**

The Gold Pan Grannies are a group of ladies from Quesnel who band together to bake, plant and do some crafts. They then sell these items to raise some money to support grandmothers in Africa.

## Housing

**Home Adaptations - Canada Mortgage & Housing**  
**1-800-668-2642**

**Tenant Resource Advisory Centre**    **1-800-665-1185**

TRAC is a non-profit organization that provides free legal education, representation, and advocacy on residential tenancy matters. A leader in tenants' rights since 1984, TRAC's mandate is to enhance legal protections for all tenants living in British Columbia.

### Rentals

North Cariboo Realty	250-992-2207
Aspen Heights	250-996-1272 or 250-992-2806
Fircrest Apartments	250-992-6593
Cottonwood Court	250-991-6429
Charlotte Manor	778-414-0034
Silver Manor	250-992-3306
Wilkinson Apartments	250-992-3036
Vaughn Street Apartment	250-255-6661
Keen's townhouses	250-255-6749
Milestone Manor	250-992-3306
Wood Grove Manor	250-992-3306
Stepping Stones	250-992-3306

### City of Quesnel Affordable Housing Guide

<http://www.quesnel.ca/building-development/housing-initiatives/affordable-housing>



## Housing

### **Extended Care and Assisted Living Dunrovin**

**250-985-5800**

Residential care facility for individuals with complex health care needs who require 24-hour care due to physical disability or mental or behavioural conditions such as dementia. Services include nursing and personal care, medication administration, meals, laundry service, and social and recreational activities.

Referral required from a Home Health office following a Health Care Needs Assessment; do not contact the facility directly. Monthly rate is up to 80 percent of client's after-tax income.

## Community Supports

### **Better at Home**

**250-992-9156**

Better At Home offers non-medical support for seniors 65 yrs and older. BAH is expanding services to out lying areas of Quesnel ie; Kersley, Quesnel Hixon Rd., Barkerville Hwy to Wells, Bouchie Lake to Baker Creek. This program supports seniors with day to day tasks, helping them live in their homes longer and ensuring older adults continue to play an active part in the community.

**Services include:** Friendly visits, light yard work, light housekeeping, snow shoveling, transportation to appointments, minor home repairs, grocery shopping. Most services are volunteer based.

Payment for contracted services is on an income based sliding scale.

**Better at Home** always welcomes new faces to volunteer.

**Location:** 275 Reid Street, Quesnel, BC

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

**Website:** [www.betterathome.ca](http://www.betterathome.ca)

**FaceBook:** Better At Home-Quesnel



## Mental Health/Counselling and Support

### **QUESST**

**250-985-5608**

Provides short-term assessment and stabilization for adults with a psychiatric diagnosis (including those with concurrent addiction) who do not require a designated facility but require a more intensive service than can be offered in a community setting. Services include crisis stabilization, assessment, consultation, brief treatment, and discharge planning.

Referral required from mental health and substance use service, physician, or emergency department.

**Office hours are** 8 am to 4 pm Monday to Friday.

### **QMUNITY**

**604-684-5307**

**Ext 110**

QMUNITY's 55+ programming brings these people together so that they can find support and agency with their peers as they transition into older adulthood and experience what it means to be an older member of the 2SLGBTQIA+ community.

### **QDHPCA Grief Support**

**250-985-5816**

Quesnel and District Hospice and Palliative Care Society provides individual and group palliative grief, bereavement, and spiritual support throughout the Quesnel Health Services Area.

1096 Hospice Palliative Care Unit, 900 St Laurent Avenue.

### **Quesnel Womens' Resource Centre**

**250-992-8472**

Offers an inclusive space for all women to discuss issues that affect their lives and find the resources and support they need. Provides information and referral about community services, advocacy, health services, a lending library, computer, photocopier and fax.

**Office hours are** 9 am to 4 pm Mon to Fri.



## Mental Health/Counselling and Support

### Al-Anon/Alcoholic's Anonymous (A.A)

**Al-Anon** 250-249-5968

**A.A.** 250-992-5560

Many loved ones seek help through Al-Anon, a mutual support group for those whose lives have been affected by the alcohol use of another. Al-Anon can help you, even if your loved one with alcohol use disorder does not seek help.

A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

### Alzheimer's/Dementia Caregiver's Support Group

**1-866-564-7533**

For people caring for someone living with the disease – spouses, family or friends – a caregiver support group offers the chance to:

- Exchange information and friendship with others affected by dementia.
- Access the most current information provided by the Alzheimer Society of B.C.
- Learn and share practical tips for coping with change.
- Decrease feelings of loneliness and isolation.
- Express feelings and be reassured that these feelings are normal.

**Alzheimer's Society** 1-800-936-6033 (helpline)

### Canadian Mental Health Association (CMHA)

**Quesnel Office**

**Northern BC Branch** 236-424-1946

A satellite office of the Prince George branch provides community mental health services, including psycho-educational courses, assessments, advocating, counselling, and support. It assists people to strengthen and build resilience, connect with community resources.

102-345 Anderson Drive, Quesnel, V2J 1G3, BC, Canada

**Gambling Support line** 1-888-795-6111

## Transportation

**Quesnel Transit & HandyDART** 250-992-1109

HandyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. HandyDART picks you up at your accessible door and drops you off at the accessible door of your destination. Customers must first register, at no charge, for this program.

**Seniors Advocacy Service** 250-992-9330

Provides transportation services for seniors through the Accessibility Parking Permit Program (disabled permits), Courtesy Transportation to Medical Appointments, Vital Information Program – community wide (a vial that sits in your fridge to alert emergency services to the medical needs of the occupants & pets), and Touchscreen Computer Training (DriveAble prep).

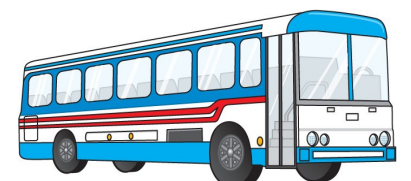
Accessibility Repair Fund for wheelchairs and minor vehicle repairs. Seniors Advocacy also provides help for form preparation and mediation services, PLUS Life After 60 Seniors Living Well program that may help where health care ends.

**Tuesday & Thursday, 11 – 1pm**

Located at West Park Mall.

**Northern Health Connections Medical Transport Services**  
1-888-647-4997

Northern Health Connections is a travel service program for patients needing to travel for out-of-town health care appointments in Northern BC and Vancouver. Buses are Wheelchair-accessible. Please contact them for schedules and bookings.



## Transportation

### **Quesnel Airport**

**250-992-2208**

The Quesnel Regional Airport is located at the north end of Quesnel; 7 minutes from downtown. There are daily scheduled flights to Vancouver allowing residents and businesses access to other flight connections. The airport offers free short- and long-term parking.

### **Hope Air**

**1-877-346-4673**

Medical Travel Assistance Program-Hope Air bridging the distance between home and hospital for Canadians in need of travel help.

### **E- Bus**

**1-877-769-3287**

### **Myebus.ca**

Presently goes to Prince George and beyond 3 days/week and to Kamloops 3 days/week.

### **Quesnel Taxi**

**236-766-1908**

Please note **Better at Home** (Page 8) provides transportation services to various appointments or shopping as needed.



## Community Programs

### **Literacy Quesnel Society**

**778-414-9119**

We have ongoing activities, some of which include:

- Literacy Training/Tutoring.
  - Community Adult Literacy Program.
  - Computer Literacy Training for Adults.
- Call for hours as hours vary.

### **Legal Advocate - Friendship Centre Family Law 250-992-8347**

Provide advocacy and support by accompanying clients to initial court appearances and directing clients to family duty counsel lawyers or other court staff and facilities;

- Provide information in the form of printed materials, online research, and verbal information;
- Assist in preparing: Provincial Court forms and applications, FMEP applications, financial statements, legal aid applications and appeals, indigent desk order divorce, other family law documents
- Help clients access community resources and services that would be of assistance
- Facilitate other services in relation to family law matters;

### **North Cariboo Seniors' Council (page 11)**

**Better at Home (page 8) have yard, snow, and various other services for seniors.**

## Private Community Supports

Best Living Home Care-Melissa Gonzalez	250-991-1536
Give A Hoot Home Care-Melissa Harrison (call/text)	250-730-0524
Classic Life Care (PG)	250-563-3501
PG Nannies & Caregivers	250-612-2995
Quesnel Foot Care	250-925-0009

## Pharmacies and Supplies

### Red Cross Loan Cupboard 250-991-7565

Lends a variety of health equipment to eligible individuals experiencing illness, injury, or mobility issues. Short Term Health Equipment Loan Program provides aids such as wheelchairs, walkers, bath seats and benches, commodes and toilet seats, crutches and canes, bed handles, and other medical equipment. Referral from a health professional required. **Office hours are 9:30 am to 1:30 pm Monday, Thursday, Friday.**  
Location: GR Baker Hospital

### Philips Lifeline 1-844-446-5060

Is a provider of Medical Alert Services in North America.

### At Home Fall detection for Seniors | TELUS Health 1-844-788-0267

Feel safer at home with access to 24/7 emergency support at the push of a button.

### Pharmacies

Fraserview Pharmacy 665 Front St	(250) 992-3822
Shoppers Drug Mart 225 St Laurent Ave	(250) 992-2214
Walmart 890 Rita Rd	(250) 747-4464
Extra Foods 2222 Maple Dr	(250) 747-4008
Reid Street Pharmacy 359 Reid St	(250) 985-0557
Save-On Foods 7 - 155 Malcolm Dr	(250) 692-7134
Safeway - 445 Reid Street	(250) 992-6898

## Food

### North Cariboo Seniors' Council 250-991-0510

Provides frozen meals delivered to seniors on the **third Friday** every month, *free of charge*. Meals are prepared by various community groups throughout the Quesnel and Cariboo Regional District.

102-246 St Laurent Ave Quesnel, BC V2J 2C9

### Meals on Wheels Ask for Melissa 250-992-8342

Meals are prepared at Maeford Assisted Living and are \$10.00 per meal delivered Monday, Wednesday, and Friday.

### Golden Centre

Monday, Tuesday, Thursday & Friday -11:30-12:30  
Sandwich, Soup, Dessert & Coffee \$6

### Safeway Grocery Delivery 250-992-6477

### Save On Delivery 250-992-8718

### Canadian Mental Health Association:

Offers produce boxes 236-424-1998

### GreenHope Society 284 Anderson Dr.

Details on FaceBook @QuesnelGreenHope Society

### North Cariboo Seniors Council 250-991-0510

Offers free meals for seniors in need once per month

### Nourish Food Bank

Offers monthly food hampers

**250-991-0481**





## Food

### FREE MEALS IN QUESNEL



<b>Monday</b>	<b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm * <b>CSUN</b> -Snacks & hot meal #3-445 Anderson Dr. 5pm-11pm
<b>Tuesday</b>	<b>CMHA</b> lunch served at Jean's Side Door 383 North Fraser Dr. 11am-12:30pm <b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm
<b>Wednesday</b>	<b>CMHA</b> lunch served at Jean's Side Door 383 North Fraser Dr. 11am-12:30pm <b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm * <b>CSUN</b> -Snacks & hot meal #3-445 Anderson Dr. 5pm-11pm
<b>Thursday</b>	<b>CMHA</b> lunch served at Jean's Side Door 383 North Fraser Dr. 11am-12:30pm <b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm
<b>Friday</b>	<b>Friendship Centre</b> Breakfast to go 319 N Fraser Dr. 9am-10am <b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm * <b>CSUN</b> -Snacks and hot mel #3-445 Anderson Dr. 5pm-11pm
<b>Saturday</b>	<b>Two Rivers Church</b> Hot meal Sit in Victory Way Church 214 Anderson Dr. 11am-1pm <b>NOPE</b> -Nutritional support 325 St. Laurent Ave. 12noon-4pm * <b>CSUN</b> -Snacks and hot meal #3-445 Anderson Dr. 5pm-11pm
<b>Sunday</b>	<b>Two Rivers Church</b> Hot meal Sit in Victory Way Church 214 Anderson Dr. 11am-1pm * <b>CSUN</b> -Snacks and hot meal #3-445 Anderson Dr. 5pm-11pm

## Eye care for Seniors

Everyone who receives income or disability assistance gets specified optical services. Tell the eye clinic you are in receipt of assistance and give them your **CareCard** or your **BC Services Card**. They'll verify your coverage with **Pacific Blue Cross**.

**When you receive assistance or medical services only, you can get:**

- Up to \$48.90 for routine eye exams once every two years
- New eyeglasses, up to the ministry's maximum rate
- New lenses if your eye doctor confirms a change in your prescription
- Necessary repairs to lenses or frames
- A case for new glasses or lenses

Routine eye exams for seniors, covered by **Medical Services Plan** (MSP), which covers medically necessary eye exams for everyone, regardless of age



Please note **Seniors' Advocacy Service (Page 9)** provides **Life After 60 Program** - when medical coverages have been exhausted for extended health items, we may be able to help - application required.

### Optometrist

<b>Quesnel Family Optometric Center</b>	<b>250-992-5417</b>
<b>IRIS</b>	<b>250-747-4747</b>
<b>Lensmasters 1 Hour Optical</b>	<b>250-992-5240</b>

## Dental Programs

### **The Emergency Dental Outreach Clinic** 250-613-7246

A place where individuals can have teeth removed if they are in pain. The program runs on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday evenings every month out of the Prince George Native Friendship Centre 1600 3rd Ave, Prince George BC V2L 3G6. The clinic starts at 5:30pm but it's best to arrive early.

### **CNC (College of New Caledonia) Dental Hygiene Program.**

Prince George (September to May) 250-561-5810

During the college year, people can have their teeth cleaned for a flat rate of \$40 or \$50.

## INFORMATION

**Social Assistance/Disability** If people are covered under either of these programs, they will have access to emergency care (pain control, usually in the form of extractions) at a Dental office. Balance billing will be involved as these programs pay out at a reduced rate.

### **NIHB (Non Insured Health Benefits) and PBC (Pacific Blue Cross) Dental Plan**

**PBC Dental Plan** has coverage for Indigenous individuals. This plan will pay full or part of the dental costs for Indigenous individuals with a status card; it requires the individual to create an account.

**PBC** is for BC Status Indigenous individuals; it may include funds for dentures.

## Health Clinics and Support

**Quesnel Community Health Services:** 250-983-6850  
*Home support, long-term care, care at home after hospital stay,*

### *Also after hours home support*

- *At-home services ie; home care nursing, to prevent admission to hospital or allow earlier discharge from hospital.*
- *Respite (temporary relief for a client's unpaid caregiver)*

**GR Baker Hospital Mental Health** 250-983-6828

### **Westside Mental Health & Addiction Services**

**Grace Young Wellness Centre**

**395 Elliot Street**

**Quesnel, BC V2J 2K7** 250-992-5189

Provides a range of health care and support services for adults and youth with mental health and/or substance use issues. Services include assessment, treatment, counselling, education, and referral to community resources. Also provides counselling to individuals who are concerned about someone else's substance use. Referral required from a Mental Health and Substance Use clinician.

Serves Quesnel.

**Office hours are 8:30 am to 4:30 pm Mondays to Friday.**

**For Wound Care please contact:**  
**Urgent Primary care Centre**

250-991-7571

**Nurses Helpline**

1-866-215-4710

**G.R. Baker Memorial Hospital**

250-985-5600



## Health Clinics and Support

### **Urgent Primary Care Clinic**

**250-991-7571**

*For those without a regular family doctor  
Virtual and in person appointments*

12p-8p Mon-Fri

10a-2p Sat & Sun

### **Northern Health Virtual Care Clinic 1-844-645-7811**

For general advice over the phone and prescription refills

### **Chronic Disease Management 250-985-5657**

The Regional Chronic Diseases program helps Northerners with chronic diseases. With the mandate to work in collaboration with key stakeholder groups, it provides and stewards Northern Health's response to chronic diseases for the entire population of the North. Presently, there is a focus on diabetes care, heart and stroke care, kidney care, cancer care and chronic respiratory disease care.

Monday to Friday 8 am—4 pm.

Requires Medical Doctor referral.

### **Hospice Palliative Care, and Grief Support 250-985-5816**

Quesnel and District Hospice Palliative Care Association (QDHPCA) Provides support for individuals and their families living with chronic progressive and life-limiting illnesses or receiving end of life care.

Also provides individual and group palliative grief, bereavement, and spiritual support throughout the Quesnel Health Services Area.

1096 Hospice Palliative Care Unit, 900 St. Laurent Avenue

## Health Clinics and Supports

### **Home and Community Care Support 250-983-6819**

Home and community care services are designed to provide the right care in the right setting by offering:

- Support for clients to remain independent in their own homes for as long as possible.
- At-home services (for example, home care nursing) to prevent admission to hospital or to allow for earlier discharge from Hospital.
- Respite (temporary relief) for a client's unpaid caregivers
- Assisted Living services to clients who are still independent, but require a higher level of care
- Residential care services to clients who can no longer be supported in their homes
- Wound and IV therapy
- Hospice palliative and end-of-life care that supports people at the end of life, and their loved ones

### **Public Health Nurse & Immunizations 250-983-6850**

## **Doctor's Clinics**

**Please call to make an appointment, unless otherwise posted.**

<b>Quesnel Primary Care Clinic</b>	<b>250-992-8321</b>
<b>Heiho Clinic</b>	<b>250-992-2934</b>
<b>Holley Clinic</b>	<b>250-992-2158</b>
<b>Quesnel Medical Clinic</b>	<b>250-992-8948</b>
<b>Fraserview Clinic</b>	<b>250-992-3636</b>