

Looking for something?

If you don't find what you're looking for in this resource **other options** are:

- **bc211.ca** or by phone, text or chat with **211**, 24 hours a day, 7 days a week.
- **Pathways website**, chilliwack-fraserhealthrural.pathwaysbc.ca.
- **Seniors Resources Card** from the Chilliwack & District Seniors Resources Society, 604-793-9979 or City Hall, 604-792-9311.

Resources for Your Health

- Seniors seeking **mental health support**, including assessments for dementia, can call the Chilliwack Mental Health Unit at 604-702-4860.
- Call the Alzheimer Society of BC's **First Link® Dementia Helpline** for information, education and virtual /in-person programming for individuals living with Alzheimer's disease or other dementias and their caregivers. Monday to Friday, 9:00am-8:00pm at 1-800-936-6033.
- To learn more about **flu and COVID-19 health**, visit fraserhealth.ca/flu and fraserhealth.ca/covidsense.
- Call Leila, **Seniors Community Connector**, at 778-539-5435 for help navigating resources.

Transportation (as available)

- Accessible **door-to-door shared transit** for people with disabilities. Taxi vouchers may also be available. Call HandyDart at 604-795-5121 to apply.
- Safe, reliable, **free transportation** is available for seniors to attend medical appointments, social outings and grocery shopping within Chilliwack and Abbotsford. 604-793-7216 or stars@comserv.bc.ca.
- For **complimentary rides** for **cancer patients** to and from treatment centres call 604-515-5400.

Food

- The Pantry is a **free** Salvation Army **food** program with fresh produce, fruit and deli items. 45746 Yale Road, Monday to Friday from 10:00 to 11:45 a.m. and 1:00 to 3:45 p.m. Walk-in, no appointment necessary. Please bring your own reusable shopping bags.
- **Online grocery orders** are made on your behalf, to be delivered to your door. Call 778-860-5499.
- Meals on Wheels **delivers low-cost meals**. Call 604-793-7242.
- Low-income seniors can **receive groceries monthly**. Contact 604-793-9979 or info@cdsrs.ca.
- **Emergency food hampers** to make ends meet are available. Text 778-772-2203 or email streamsfoundationcanada@gmail.com.
- A **seniors' food program** assists adults who are 60+ and experiencing food insecurity. Contact brigida@tydelfoods.com or 604-316-6015.

Support for Caregivers

- Contact **Compassionate Neighbourhood Health Partners Society** at 604-798-2023 or neighbourhealth@gmail.com if you are a caregiver of an older adult and would like to join a weekly in-person support group or a monthly virtual group.
- Contact the Alzheimer Society of BC's Dementia Helpline to join a **caregiver support group**, at 1-800-936-6033.

Volunteer Opportunities

- **Deliver meals** with Meals on Wheels. Contact MOW@comserv.bc.ca or 604-793-7242.
- Become a **seniors peer counsellor**, call 604-793-7204.
- To volunteer with **Chilliwack Seniors Resources Society**, contact 604-793-9979 or programs@cdrs.ca.
- **Read with children** ages 3-10, one-to-one or in small groups, in-person or on Zoom. 604-392-2404 or info@chilliwacklearning.com.
- The Alzheimer Society needs volunteers to **facilitate support groups for Caregivers** or people in the early stages of **dementia**. Call 604-449-5000 or email volunteer@alzheimerbc.org.
- Help **serve and support other seniors** at weekly indoor or outdoor social events or intergenerational events. Make weekly in-person or virtual social connections with a senior living with social isolation. Help serve refreshments or be a peer facilitator for in-person or virtual Family Caregiver Support Group meetings. Contact 604-798-2023 or neighbourhealth@gmail.com.

Older Adult Abuse Prevention

- Chilliwack Community Response Network (CCRN) offers **support**. Call 604-845-4374.
- Seniors Abuse & Information Line (SAIL) is a **safe place to talk** to a trained intake worker about abuse or mistreatment. Contact 604-437-1940 or 1-866-437-1940.

Connections for Seniors

- Older adults are invited to join for free in-person weekly **social events**, some of which will take place at Gwynne Vaughan Park over the summer months. Free monthly luncheons are also provided. Twice monthly free intergenerational cooking classes are available. If it is difficult for you to get out, receive a weekly friendly visit, either in-person or virtually. All older adults 55+ are welcome. Contact 604-798-2023 or neighbourhealth@gmail.com.
- Chilliwack Senior Peer Counsellors support seniors with one-to-one **peer counselling**. Call 604-793-7204.
- Chilliwack Seniors Resources Society has **exercise classes, educational programs and Bus Tours**. Contact 604-793-9979 or programs@cdrs.ca. See their calendar at cdsrs.ca.
- **Learn** how to use your **tablet**. 604-701-9794 or adultlearning@chilliwacklearning.com.
- A **virtual Day Program for Older Adults** (NETCare) is available. Referrals through the Home Health Service Line, 1-855-412-2121, or your Community Health Nurse.
- Would you like to have **coffee with a group of seniors**? Contact 778-772-2203 or streamsfoundationcanada@gmail.com.

Housing & Help at Home

- **Minor home repairs**, provided by a volunteer contractor. Contact 778-860-5499.
- For information and assistance with **housing support**: 604-793-9979 or info@cdrs.ca.
- Do you have questions about your **tenancy rights**? Call 604-702-2907.
- For subsidized help with **light housekeeping** call 778-860-5499.
- The Paramount Project is accepting **affordable housing** applications from adults aged 65+. Call 604-702-2900.