



Westside Health
Network Society

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We are committed to ensuring the health and safety of all those we serve, volunteers, and staff during the flattening of the COVID -19 curve.

Resources for Seniors during COVID – 19

1. Strategies to be Socially Connected reducing the feeling of being isolated at home.

Stay connected while staying away. It is very important to stay in touch with friends and family who don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths and stretch.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy or try something new.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Grocery and Meal Delivery and/or Pick up

Nature's Fare Markets - West Kelowna
Open · Closes 7 p.m. · (250) 707-3935
Orders on line for pick up

Save-On-Foods
Westbank Towne Centre
(250) 768-2944
7:00 – 8:00a.m. Shopping for seniors
Pick up or delivery (delivery is a wait time of approx. 7 days)

Nesters Market
855 Ander Rd. West Kelowna, BC
Open hours are changing (250) 769-6502
First hour open for seniors.

T-Bones Fresh Meal Market - West Kelowna
10:30- 6 p.m. (250) 707-4667
Online ordering for pick up (5 days' notice)

Walmart Grocery
Westbank, BC
(250) 452-7000
Online shopping for pick up only

Real Canadian Superstore
Westbank, BC
online shopping for pick up or delivery (250) 707-7000

Bulk Barn
Westbank, BC
(250) 707-1300
Online shopping for pick up only

IGA
Peachland, BC
Open at 7:00 a.m. for seniors (250) 767-9110

Additional Meal options:

Better Meals Kelowna: Delivery, 1-888-838-1888

Ordering online option: <http://bettermeals.ca/index.php/cart/index>

West Kelowna Food Bank: (250) 768.1559

Gospel Mission Kelowna: 250-763-7161

Meals on Wheels: Delivery, (250) 763 2424

Salvation Army West Kelowna 250.768.1850 ext. 2

Local Restaurants

Bamboo Chopsticks

778.754.5589

Take out or Delivery

www.bamboochopsticks.ca

Boston Pizza

250.768.5665

Take out or Delivery

www.bostonpizza.com

Il Mercato Social Kitchen

250.707.1183

Take out or Delivery

www.ilmercatosocialkitchen.com

Kelly O'Bryan's

250.768.8442

Take out or Delivery

www.kobcob.com

Murray's Pizza 250.707.1313

Take out or Delivery

www.murrays.pizza

Original Joe's

250.768.3835

Take out or Delivery

250.768.3835

Pizza Moreh

250.707.3988

Take out or Delivery

www.pizzamoreh.ca

Pharmacies

The Medicine Shoppe Pharmacy
West Kelowna, BC
(250) 707-2952 Delivery and pick up

Pharmasave West Kelowna
West Kelowna, BC · In Westridge Shopping Centre
(250) 707-0745 Pick up
Delivery Mon, Wed and Fri only

Rexall Pharmacy
West Kelowna, BC
(250) 768-1459 Deliveries weekdays only.

Andreen's Pharmacy
West Kelowna, BC
(250) 769- 2014
Pick up and Delivery

Save-On-Foods Westbank Pharmacy
West Kelowna, BC · In Westbank Towne Centre
(250) 768-2323 Delivers

Rose Valley Pharmacy Remedy'sRx
West Kelowna, BC
(778) 755-6715) Delivers

Shoppers Drug Mart
(250) 707-0891 Delivers

Emergency Numbers – BC Centre for Disease Control

Find phone numbers and web addresses for emergency services in BC.

Ambulance, fire, police

Phone: 911

COVID-19

- Find up-to-date [contact information](#) on the BC Centre for Disease Control website.

Poison control

Toll-free: 1-800-567-8911

Alcohol & Drug Information & Referral Service

This service is available to people across BC needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.

Toll-free: 1-800-663-1441

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- [Visit BC211 website](#)
 - [Visit Mental Health & Substance Use crisis & info lines website](#)

HealthLink BC

Confidential health information and advice available 24 hours a day, seven days a week.

Phone: 811

Deaf or hearing-impaired (TTY): 711

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- [Visit HealthLink BC website](#)

Crisis intervention & suicide prevention (BC crisis lines)

Confidential, non-judgmental, free emotional support 24 hours a day, seven days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

Toll-free: Call 1-800-SUICIDE (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.

Mental health support: Call 310-6789 (no need to dial area code) for emotional support, information and resources specific to mental health.

If you require any assistance with the listed resources, do not hesitate to phone Westside Health Network Society at 250.768.3305