

# Dawson Creek Better at Home E-Newsletter

## Elder Financial Abuse Can Be Reported to the Following Agencies

- **RCMP/Local Police**  
250-784-3700
- **Office of the Seniors Advocate BC**  
Telephone: 1-877-952-3181
- **BC Securities Commission** (investment fraud)  
Telephone: 1-800-373-6393  
[Email](#) [Website](#)
- **Consumer Protection BC**  
Telephone: 1 888-564-9963  
[Email](#) [Website](#)
- **Seniors First BC**  
Telephone: 1-866-437-1940  
[Website](#)
- **Seniors Abuse & Information Line (SAIL):**  
TTY: 604-428-3359 TTY Teletype for the deaf
- **Regional Health Authorities**  
Northern Health Regional Office  
Telephone: 1-866-565-2999
- **Government of BC – Scams and Frauds**  
[Website](#)

[Video on Elder Abuse awareness—financial abuse](#)

The importance of information and referral services for seniors cannot be understated.

There are many services and resources available for older adults; from rent subsidy to frozen meal delivery. There are people preparing income tax returns for seniors, nurses providing foot care, and agencies offering grocery delivery.

But where do you start?

What if a senior could be connected to these many and varied services and resources by calling one number.

That is what we are providing. We have a comprehensive database of seniors' services that is continually updated. If we don't have it, we'll do the legwork and find it.

The Seniors' Help Line - It's there to help.

## Seniors' Help Line

# 250-219-2119

**Any senior** can call for help accessing services, information, and resources. If we don't know it, we'll find out and get back to you. We respond to all calls as soon as possible.



South Peace Community Resources Society

Better at Home is funded by the Government of BC and managed by the United Way of the Lower Mainland  
Hosted in Dawson Creek by SPCRS and SPSASS

# COVID-19

## Closures, Cancellations and Reopening



[www.dawsoncreek.ca](http://www.dawsoncreek.ca)



City of Dawson Creek **or**  
City of Dawson Creek Recreation



(250) 784-3600

As the continued risks associated with the COVID-19 pandemic evolve,  
the following list will be updated regularly.

**REVIEW POSTED SIGNAGE FOR USE RESTRICTIONS;  
PLEASE FOLLOW ALL RECOMMENDED HEALTH GUIDELINES.**

IN-TOWN AMENITY	STATUS	ESTIMATED RE-OPEN DATE
City Hall - All Floors	Open	June 1, 2020
Classes (Outdoor)	Registration Open	July 2020 (limited)
Disc Golf Course	Open	May 21, 2020
Parks & Outdoor Trails (Municipal)	Open	
Playgrounds (Municipal)	Open	June 2, 2020
Seniors Fitness Park	Open	June 2, 2020
Skate Board Park	Open	
Tennis Courts	Open	
Kenn Borek Aquatic Centre	CLOSED	Closed until further notice
Kin Arena	CLOSED	Closed until further notice
Memorial Arena	CLOSED	Closed until further notice
Classes (Indoor)	CANCELLED	Cancelled until further notice
Rentals	CANCELLED	No rentals until further notice
Sports Fields (Soccer, Baseball)	CLOSED	Closed until further notice
Wayne & Bev Dahlen Walking Track	CLOSED	Closed until further notice



# Community Foot Works

*Make your feet happy feet!*

Maxine Erickson RN  
250 782-9786



*Put your best foot forward on the road to good health!*

## Foot Care Clinic at Senior's Hall

2nd & 3rd      TUESDAY      Dawson Creek  
2nd              WEDNESDAY      Pouce Coupe

### APPOINTMENT NEEDED

Professional foot care by RNs with special training in care of diabetic and other high risk groups in the needs of corns, callouses, dry feet, and problem nails

EMERGENCY NUMBERS	
Emergencies—fire/rescue/etc...	911
Ambulance	250-782-2211
BC Drug & Poison Control	1-800-567-8911
Dawson Creek & District Hospital	250-782-8501
Northern BC Crisis Line	1-888-562-1214
BC Suicide Hot Line	1-800-784-2433
BC Mental Health Support	310-6789
Crisis Line—TTY	1-866-872-0113
BC Hydro—report outage	1-800-224-9376
Pacific Northern Gas	1-800-663-1173
Telus	310-2255
Health Link BC	811

### Changes to Dawson Creek Bus Routes.

[Map with bus stops to be removed or added.](#)

## Referral Information: Dawson Creek

### Yard Work

**Better at Home/** volunteer lawn mowing  
250-219-2119

### Cam's Cuts Yard Maintenance

1512 101 Avenue  
(250) 719-6259

### Medical appliances, supplies etc...

**Dawson Creek Home Medical Needs Ltd.**  
723 116 Ave  
250-719-0577 or 250-719-0578

### Food Security

**Meals for You**  
250-782-3221 or 250-782-3837  
Delivery can be arranged

**Networks Ministry:** Food Bank Tuesday, Wednesday, Thursday 10am to 2:30pm—phone for appointment . Good Food Boxes/delivery call. 250-784-0166

**Nawican Friendship Centre:** Hot meals Monday to Saturday 12—2pm, Take out only. No Elders' Café during Covid 19. 250-782-5202

**Salvation Army:** Food Bank Monday, Wednesday, Friday from 10:30 to 1:30 by appointment only 250-782-8669

**Salvation Army Thrift Store** is closed until further notice

**St Mark's Anglican Church:** Food Bank Tuesdays and Thursdays, drop in. One food hamper per month plus bread, perishables, and bag lunches any day the food bank is open. Soup Kitchen closed until further notice.

### Transportation:

**Northern Health Connections Bus**  
1-888-647-4997

Only 12 people on bus at a time to allow for social distancing.

**Step Up and Ride:** transportation. Must be unable to access public transportation. Monday—Friday between 9:30am and 1:30pm. Call 250-782-7433.

### Clothing/Household items:

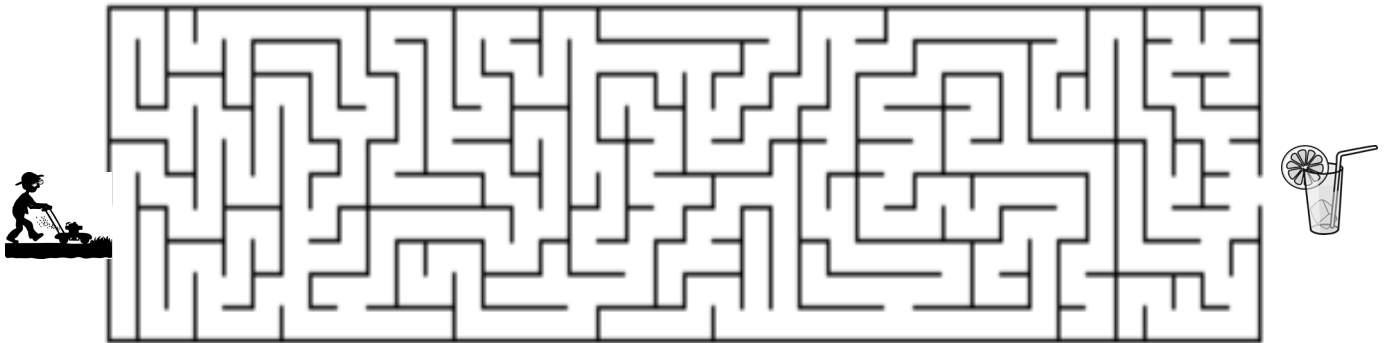
**Networks Ministry:** one person in store at a time. Call for appointment 250-784-0166.

# It's easier than ever to become a Better at Home volunteer

Just call BC211 (dial 211)

They will get you registered and notify us

We'll call and connect you to a senior who needs help mowing



## ADULT + SENIOR PROGRAMS

### “GET OFF THE COUCH” CONDITIONING CLASS ► AGE 15+

This summer join us in the journey to becoming a new healthier you. A Canadian Society for Exercise Physiology certified personal trainer will guide you to help improve your physical abilities with focus on using body weight and small weights to adapt into your long term lifestyle. This program is good for all ranges of abilities including health beginners! Create a goal and *crush it* this summer! *\*Youth 15 - 18 years must have written consent from a parent/guardian.*

**FREE “Pilot” Session:** Help us test drive this one-day session! As it is the first time we are implementing new protocols (due to Covid-19) and we want to know if we need to make any adjustments. We hope you can provide feedback after the session!

**TUE, July 7 | 12:10 - 12:50pm | Central School Field (next to Skateboard Park) | FREE, but must register**

**Regular Sessions: TUE/THUR, July 9 - 30 | 12:10 - 12:50pm | Central School Field West (next to Skateboard Park) | \$52.15 *plus tax***

**TUE/THUR, Aug 4 - 13 | 12:10 - 12:50pm | Central School Field West (next to Skateboard Park) | \$29.80 *plus tax***



### Registration

To encourage Physical Distancing and limit contact, we encourage everyone to:

**Register online** at

[www.dawsoncreek.ca/register](http://www.dawsoncreek.ca/register)

**OR Register by phone** at 250-784-3604

If either option doesn't work, come down to the Community Services office, located at City Hall, to register in person.

**Payment is due at time of registration.**

### Please note

As COVID-19 is unpredictable, we will continue to adapt or change our protocols as needed. We ask for your patience and understanding should changes need to be made due to the evolving situation.



[www.dawsoncreek.ca](http://www.dawsoncreek.ca)



City of Dawson Creek Recreation



(250) 784-3604





## GROCERY DELIVERY

Are you isolated or quarantined or can't get out because of COVID-19? Would you like to order Groceries and have them delivered?

Payment available by credit card or e-transfer.

DCSCL staff will pickup groceries and deliver.

Orders limited to 20 items.

Please call Anne at 250 782 2611 Ext 227  
Monday, Tuesday or Thursday Mornings between 9am and 1pm.  
Delivery days will be Wednesdays and Fridays